



February 2010

Coquille Indian Housing Authority

Sea~Ha Runner

Volume 13, Issue 2

*A fun and informative Newsletter for
the Residents of the Kilkich Community*

Emergency Preparedness

Prepare your
Supply Kit now.
Don't wait for
the Emergency
to happen!

The thought of having to deal with a disaster can be very unsettling. Being prepared for such an emergency can provide peace of mind.

In the event of a disaster, you may have to survive on your own for a few days. Local officials and relief workers will be on the scene after a disaster, but they cannot reach everyone immediately. In addition, basic services such as electricity, water, gas, sewage treatment, and telephones may be cut off for days, a week, or even longer. Being prepared is essential!

Here are some important suggestions and preparedness tips to help you and your family become ready in the event of an emergency or natural disaster.

- Always keep your gas tank 1/2 full. In case of an evacuation, you should have enough fuel to allow you to reach a safe area.
- Have an emergency kit at home, at work, and in your car. Be ready at any time.
- Educate yourself on what to do in the event of a fire, tsunami, earthquake, wind storm, terrorist attack or other emergency situation.
- Take a First Aid/CPR class at your local Red Cross.

Basic Emergency Supply Kit (Recommended Items)

- Water - 1 gallon of water per person, per day for at least 3 days.
- Food - at least a 3-day supply of non-perishable food.
- NOAA Weather Radio with tone alert, and an AM/FM Radio, hand crank or battery powered, with extra batteries for both radios.
- Flashlight(s) and extra batteries.
- Whistle (to signal for help).
- Dust Mask to help filter contaminated air. Plastic sheeting and duct tape to shelter-in-place.
- Moist towelettes, garbage bags and plastic ties for personal sanitation.
- Wrench or pliers to turn off utilities.
- Can opener for food.
- Local maps.
- Cell phone with charger. (Some crank radios come with a cell phone charger)
- Prescription medications and glasses.
- Infant formula and diapers.
- Pet food and extra water for your pet.
- Sleeping bag or warm blanket for each person.
- Personal hygiene items and feminine supplies.
- Emergency Reference Manual.
- Cash or traveler's checks.
- Copies of identification, insurance policies, and bank records in a portable, waterproof container.
- Matches in a waterproof container.
- Complete change of clothing, hat, gloves, raincoat, boots, umbrella.
- Household, unscented, pure chlorine bleach and a medicine dropper. Dilute 9 parts water to 1 part bleach to be used as a disinfectant. To purify water for drinking, use 16 drops of bleach to one gallon of water.
- Mess kits, paper cups, plates, plastic utensils, paper towels and plastic garbage bags.
- Paper and pencil.
- Books, games, puzzles, or other activities for children.
- Fire extinguisher.

Check out the websites listed above on the right for more crucial information.

R U Ready?

Emergency Preparedness Websites

www.ready.gov
www.fema.gov/areyouready/
www.bt.cdc.gov
www.redcross.org
www.scouting.org

February 2010 CIHA Calendar

CIHA Open Until 6:00 PM	1-5
KRA Dinner Meeting at 5:30 PM	8
President's Day CIHA Closed	15
CIHA Board Meeting at 4:00 PM	25



(S45) Strive for Five February 1st - March 28th, 2010

Healthy Lifestyle Behaviors

Strive for Five is a 2-month program to encourage Tribal employees, employees of Tribal businesses, and Tribal Community members to adopt and maintain healthy lifestyle behaviors.

Strive for Five is a team-based effort to *strive* towards five (5) health and lifestyle goals. Teams (or Team Members) can *strive* for all five goals. At minimum, each Team should have **2 Team Goals** that all Team Members are *striving* for.



strive for five

Eat. Drink. Think. Move. Lose.

GOALS:

1. **EAT:** At least 5 fruits and vegetables each day.
2. **DRINK:** At least 5 glasses of water each day.
3. **THINK:** Spend 5 minutes a day on relaxing hobbies/activities or in meditation.
4. **MOVE:** Do 30 minutes of physical activity at least 5 days per week.
5. **LOSE:** Lose or maintain 5% of total body weight (Team or Team member).

Team Captains will track the goals the Team chooses to *strive* together on. Each individual Team Member is also welcome to *strive* towards additional goals and will be able to track their own progress on those goals. Team Captains will only collect weekly progress for **Team Goals**.

Team Captains will collect & record weekly numbers for Team goals in addition to distributing weekly Tip Sheets to their Teammates. Each Team Member will also receive Excel trackers. Team Captains will submit their *Team's* progress to one of the Site Coordinators (listed below) by email, phone or regular mail each week. **S45 T-shirts will be provided to everyone, and ALL Team Captains will receive an extra "Bonus Prize" for their weekly hard work.**

To register, fax **541-756-4714** or email the information below by **February 1, 2010** to: **Julia Willis (TMCH)**, jwillis@themillcasino.com or **Bryan Duggan (CIT Administration Office)**, bryanduggan@coquilletribe.org, or **Becky Cantrell**, beckyc@uci.net, or **Laura Angulo (CIT-CC/CHC/Police/Housing)** citccla@uci.net. Trudi Rouske, Gaming Commission has a sign up sheet in her office.

Please include this information:

Team Captain/Department /Email: _____

Team Name (if you have one): _____

Team Goal/s (circle those you will work on as a group): Eat / Drink / Think / Move / Lose

Team Members/Dept./Men's T-shirt Size & Individual Email: (1) (Captain) _____

(2) _____ (3) _____

(4) _____ (5) _____

(6) _____ (7) _____

February Employment Opportunities



Your Future Starts Now:

Now Hiring Courtesy Clerks and Deli Clerks at the Coos Bay Location
Now Hiring Deli Clerks at the North Bend Location
 (Wages vary: most entry level positions start at \$8.50 an hour.)

At Safeway, the possibilities are endless. It starts with an environment where everyone's contributions matter, an excellent training program, flexible work schedules and, of course, the best advancement opportunities. Because it's not just about work, it's about working your way up.



Link your future to the Safeway Team.

Apply now at our in-store hiring kiosk or Safeway.com for an onsite interview.

Equal Opportunity Employer

Oregon Coast Community Action
 2110 Newmark Avenue
 Coos Bay, OR 97420

Current Job Openings

Housing Program Manager

South Coast Head Start Positions

Positions Open Until Filled

- **Family Advocate**
- **Teacher/Home Visitor**
- **Teacher Assistant**
- **Cook**
- **Family Support Specialist**
- **Classroom Assistant**

For a job application/more information,
 access ORCCA's website at:

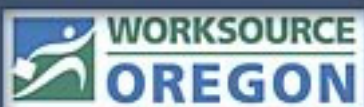
www.orcca.us

Or call 541-888-7014



The Coquille Indian Tribe has
 posted a job opening for a
Teacher / Tutor

For a complete job listing, log
 on to: www.coquilletribe.org or
 contact the Human Resources
 Director at 541-756-0904



State of Oregon Job Listings Website:
www.employment.oregon.gov

Employment Opportunities Still Available with the 2010 Census

1. Census Takers
2. Crew Leaders
3. Crew leader Assistants
4. Recruiting Assistants
5. Census Clerks

Earn good pay, flexible hours, paid
 training, get paid weekly, authorized
 mileage reimbursement ...

www.2010censusjobs.gov
 1-866-861-2010

Rent Check Pickup

If you are an Elder or a person with a disability and it is difficult for you to come to the CIHA Office to make your housing payment, please call our office at 541-888-6501. A staff member would be happy to stop by and pick up your payment for you.



KRA Meeting

- ◆ The Kilkich Residents Association (KRA) meets
- ◆ the second Monday of every month to discuss
- ◆ and review community issues and concerns,
- ◆ fundraising ideas, upcoming events, and a variety
- ◆ of ideas for the betterment and enrichment of the
- ◆ Kilkich community. KRA is always looking for
- ◆ new ideas and interested community members.
- ◆ Please join KRA at their next meeting on:
- ◆
 - ◆ Monday, February 8, 2010
 - ◆ Dinner is served at 5:30 p.m.
 - ◆ KRA meeting begins at 6:00 p.m.

LOW
INCOME
ENERGY
ASSISTANCE
PROGRAM
Ends Soon!

LIEAP is a federally-funded assistance program designed to help low-income households with home heating costs. To be eligible, a household's income must be at or below 60% of Oregon's median income and you must have documented energy costs. Both homeowners and renters are eligible. If you haven't made an appointment to sign up for LIEAP, it is not too late. To schedule your LIEAP appointment, please call the CIHA office at 541-888-6501.



"Safety Tip of the Month"

Auto Theft - Safety & Prevention Tips



- Make sure your car is locked at all times.
- Never leave your vehicle running while unattended.
- Keep all personal items, such as checkbook, personal identification, credit cards, purses, wallet and CD's out of view.
- Always activate any anti-theft you have on your vehicle.
- Don't hide spare keys in your car.
- Engrave your drivers license number on stereos and other vehicle valuables.
- Never leave a high tech device such as a cellular phone, portable TV, GPS unit, iPod, satellite radio or compact disc player visible.

National Crime Prevention and Coquille Tribal Police Department



**Keep your children safe....
Have your car seat inspected !!!**

**The Back Seat is the
Safest Place for Your
Child!**

No one will be ticketed or arrested if they show up with a child seat that doesn't comply with Oregon laws
Our #1 goal is to make sure your child is properly secured

Coos County Child Safety Seat Coalition CAR SEAT INSPECTIONS



**at Coos Bay City Hall (500 Central Ave.)
2nd Wednesday of each month
1:00 pm – 3:00 pm**

**7 out of 10 kids in child safety seats
are not properly buckled in**

Parents need to bring their children with them
for proper safety seat fitting and inspections

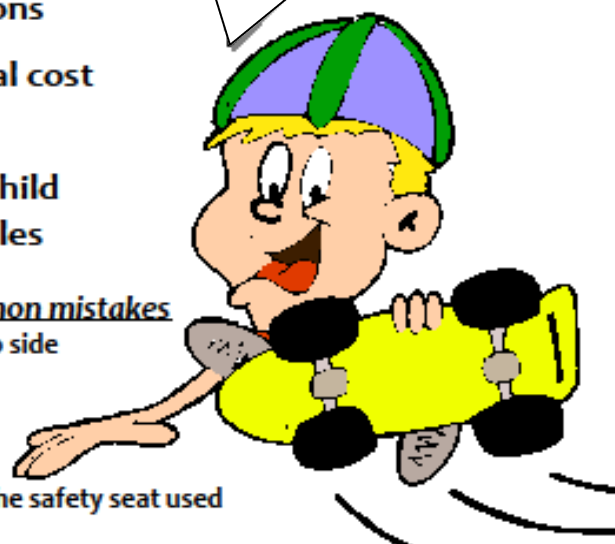
New car seats will be available at a minimal cost
for low income families

Certified technicians will help make sure child
safety seats are properly installed in vehicles

Let our techs show you how to avoid these five common mistakes

1. The child safety seat moves more than one inch from side to side
2. The child safety seat faces the wrong direction
3. The child safety seat is in the path of an air bag
4. The harness straps are loose and at the wrong height
5. The child is NOT the appropriate height, weight or age for the safety seat used

Call:
Jackie Potter
541-756-5500, ext. 238
for an appointment



This event supported by:

Coos Bay Police Dept., Coos Bay Fire Dept., Bay Area Hospital, ODOT, Dept. of Human Services, OSP, South Coast Head Start, Coquille Tribal Police, Coquille Tribal Health Dept., Bandon Police Dept., Coos County Health Dept.



Healthy Tidbits

Submitted by:
Connie Barton
CHR/Tobacco Coordinator

Chronic Diseases can be grouped as cardiovascular diseases (heart problems), cancers, respiratory diseases, or other long term diseases. Amazingly, tobacco-related deaths are almost always due to one of the three previously stated chronic diseases (Oregon Tobacco Facts & Laws, DHS, April 2009).

The number one preventable cause of death among Oregonians is **TOBACCO**. Coos County is one of five Oregon counties with significantly more tobacco-related cancers (Oregon Tobacco Facts & Laws, DHS, April 2009).

The rates for American Indian/Alaskan Native tobacco use are the highest out of any other group.

National Average for tobacco use:

United States average population	19%
American Indian/Alaskan Native	36%
African American	30%
Latino	14%
Asian/Pacific Islander	10%



*Stop Smoking
Today*

Do you smoke? Does a member of your family? Do you want information about quitting?
If so, contact the Quit Line at (877) 270-7867.

February Holidays

Valentine's Day
Sunday
February 14th

The legend of Valentine's Day goes back to the 3rd Century. Today, Valentine's Day is still celebrated worldwide, and it is estimated that one billion Valentine cards are sent each year.
Happy Valentine's Day!



Lincoln

President's Day
Monday
February 15th



Washington

**Don't Worry When You Are Not
Recognized, But Strive To Be Worthy
Of Recognition.**
~ Abraham Lincoln

**It Is Better To Be Alone Than In Bad
Company. It Is Better To Offer No
Excuse Than A Bad One.**
~ George Washington



It is not too early to start thinking about doing your 2009 taxes. April 15th is right around the corner, and you may be entitled to tax credits. **Tax Credits = Extra Money For Your Family!**

Every year in Native communities, millions of Earned Income Tax Credit (EITC) dollars go unclaimed. If your family earned less than \$43,279 in 2009, you may qualify for the EITC. For families who worked in 2009, you could get up to \$5,657 depending on your income and number of qualifying children. In order to receive these credits, eligible workers must file a tax return.

Save your \$\$\$\$\$\$ and receive FREE Tax Preparation

Local Free Tax Preparation Sites or Volunteer Income Tax Assistance (VITA) sites are available for low-income families. Beginning February 1st - April 15th, RSVP will host FREE tax preparation at the College Park Church, 2548 Newmark Avenue, North Bend; walk-ins only. The hours are Monday, Tuesday, Friday and Saturday, 10:00 a.m. - 1:00 p.m.

The Earned Income Tax Credit and the Child Tax Credit: You Could Owe Less in Taxes and Get Cash Back from the IRS!

- If you worked in 2009 – full-time or part-time – you may qualify.
- Even if you don't owe income tax you can get the credits.

If You Had Children Living With You for More than Half of 2009:

- **For the EITC**, children must be under 19 in 2009.

(Full-time students can be under 24; children who are permanently and totally disabled can be any age.)

- **For the CTC**, children must be under 17 in 2009.

If You Did Not Have Children Living With You:

- You may claim **the EITC** if you were between ages 25 and 64 in 2009.

How Much Can I Earn? How Large a Tax Credit Can I Get?

EITC Income limits for married workers are \$5,000 higher!

For the EITC, if you have:	Earned Income less than:	Claim an EITC up to:
1 child	\$35,463	\$3,043
2 children	\$40,295	\$5,028
3 or more children	\$43,279	\$5,657
No children	\$13,440	\$457
For the CTC, if you have:	Earned more than:	Claim a CTC up to:
1 or more children	\$3,000	\$1,000 per child

**Coquille Indian
Housing Authority**

2678 Mexeye Loop
Coos Bay, OR 97420

(541) 888-6501

Or

(800) 988-6501

Fax: (541) 888-8266

daleherring@uci.net

traceyroome@uci.net



February 2, 2010



**Charleston Merchants
Association
25th Annual Crab Feed**



Saturday, February 13th, 11:00 a.m.- 4:00 p.m.
at the former Charleston Elementary School
on Seven Devils Road

- Fresh Dungeness Crab Dinners
- Beans
- Salad
- Bread
- Beverage

**Whole or Half Crabs
At
Market Price**

Tickets At The Door

For more
information,
contact Mel
Campbell at
541-888-4875

**All proceeds help support the
Charleston Visitors Center.**

According to folklore, if a Groundhog sees his shadow on February 2nd, it will retreat into its burrow, signaling that Winter will continue for six more weeks. If it does not see its shadow, it will leave its burrow, signifying that Winter will soon be ending and Spring is on the way.

Upcoming Mill Casino Entertainment Events



Davy Jones

February 12th

Shows at 7:00 p.m.
& 9:00 p.m.

**Tickets on sale now at
the KoKwel Gift Shop**

\$25 General Admission

**\$19.50 Millionaire\$
Club Members**

Every Wednesday is FREE Comedy Night at The Mill Casino · Hotel in Warehouse 101. Shows at 7:00 & 9:00 p.m. Everyone over 21 years of age is invited!

LIVE

**In
Concert**

Country

**Rat
Pack**

May 28th

Shows at
7:00 p.m.
& 9:00 p.m.

**Tickets go on sale
February 9th at the
KoKwel Gift Shop**

\$25 General Admission

**\$19.50 Millionaire\$
Club Members**

**Must be over 21
years of age**



Tracy Lawrence



Richie McDonald



**Tracy Lawrence
Richie McDonald
Tracy Byrd**