



February 2011

Sea~Ha Runner

Coquille Indian Housing Authority



Volume 14, Issue 2



A Fun and Informative Newsletter for the Residents of the Kilkich Tribal Community

Renter Front Yard Makeover Contest



There is still time to enter the *Renter Front Yard Makeover Contest!* An entry form is included in this newsletter; forms are also available at the CIHA office.

- All single-family rental units are eligible to enter the contest.
- One entry per household.
- There is no cost to enter, however, you will be responsible for the care and maintenance of the new front yard.
- Prize is valued at up to \$2.00 per square foot.
- Entry forms must be received by the CIHA office no later than 1:00 p.m., Thursday, February 24, 2011.
- A random drawing will be held at approximately 4:30 p.m., Thursday, February 24, 2011. Winners will be notified by telephone or mail and announced in the March 2011 issue of the Sea~Ha Runner.
- Winners will participate in the design and installation of their new front lawn with a focus on low maintenance, incorporating indigenous plants and materials, and low-water landscaping.

CIHA February Calendar

Groundhog Day	2
KRA Dinner Meeting at 5:30 p.m.	7
Valentine's Day	14
President's Day CIHA Closed	21
CIHA Board Meeting at 4:00 p.m.	24



Low
Income
Energy
Assistance
Program

Low Income Energy Assistance Program appointments are still being scheduled. LIEAP is an assistance program designed to help low-income households with home heating costs. LIEAP is a once-a-year subsidy paid directly to your energy provider towards your heating costs for your home. If you haven't already signed up for energy assistance, please call the CIHA office today at 541-888-6501 and schedule your LIEAP appointment. It's quick; it's easy; it helps offset your heating costs.



Even if you are on the right track, you will get run over if you just sit there.

~ Will Rogers

Kilkich Residents Association

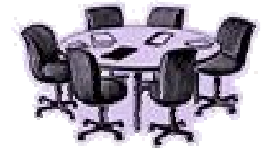


The Kilkich Residents Association (KRA) meets the second Monday of every month for one hour in the evening to discuss and review community issues and concerns, fundraising ideas, upcoming events, and ideas for the betterment and enrichment of the Kilkich Tribal community.

KRA welcomes all Kilkich residents, their ideas, and their

participation. Currently, KRA has three board positions open. If you are interested in serving on the KRA Board, please attend the next KRA meeting scheduled to be held on:

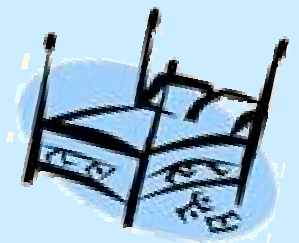
- ♦ Monday, February 7, 2011
- ♦ A light dinner will be served at 5:30 p.m.
- ♦ The KRA one-hour meeting begins at 6:00 p.m.



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 the Housing office at 541-888-6501. A staff member from the CIHA office would be happy to stop by and pick up your payment for you. Please remember that this is a monthly service CIHA offers to Kilkich residents who need assistance.

CIHA still has a few gently-used queen-size beds available. The Mill Casino · Hotel donated their gently-used queen-size beds to CIHA to disburse to Kilkich residents, program participants, and Coquille Tribal members. The bed set consists of a **queen-size mattress and box spring**; **the bed frame is not included**. If you would like to sign up to receive a **FREE** bed set or have any questions, please contact CIHA at 541-888-6501. The sets are first come, first serve, and the beds are almost gone. Please give CIHA a call today to reserve your bed set.



**Bed frame
is not included.**



Congratulations, Alison

Alison Wasson's photo (pictured on the left) was chosen by AAA to be on the front cover of their future Coos - Curry county map.

Alison's coastal photo was chosen from over sixty photos submitted by both professional and amateur photographers.

If you are interested in seeing more of Alison's photography work, please log on to:

www.alisonwassonphoto.com or

contact Alison by telephone at 541-290-1590.

**It's
Tax
Time
Again!**



Free Local Tax Preparation Sites

RSVP (Retired Senior Volunteer Program) will be performing FREE 2010 tax preparation beginning February 1st at the North Bend College Park Community Church located at 2548 Newmark Street for anyone who needs free tax preparation.

- No appointment is necessary
- Hours of operation: 10:00 a.m. - 1:00 p.m., Monday, Tuesday, Friday, & Saturday
- Bring photo ID, Social Security card(s), 2009 tax return, & 2010 tax information

There are also free tax preparation sites located in Bandon, Coquille, Lakeside, and Florence. Please call RSVP at 541-888-7332 or CIHA at 541-888-6501 for location, date, and time information.

Your family may qualify for the Earned Income Tax Credit for 2010. Log on to the IRS website: www.irs.gov for tax information, useful tips, and a library of tax forms. Tax credits = Extra \$\$\$ for your family

Help to Quit

Oregon
Tobacco
Quit Line



Call Today!

The Oregon Tobacco Quit Line is a free telephone service available to all Oregon residents who want to stop using tobacco.

The Quit Line offers:

- Free quitting information
- One-on-one telephone counseling
- Referrals for you or a loved one

Call 1-800-QUIT-NOW (1-800-784-8669)

Connie Barton, TPEP Coordinator
Coquille Indian Tribe
541-888-9494, ext. 20206

The Library is here and all are Welcome!

Submitted by:

Chris Tanner, Librarian

541-756-0904, 10218

christanner@coquilletribe.org

Yes! The Coquille Indian Tribe's Library is now located at 2611 Mexeye Loop and we want to remind you that all Kilkich residents are welcome!

The Coquille Indian Tribe Library is not just for Tribal members and family. The Library is open to the public and certainly any resident of the Kilkich community who wants to pay a visit is more than welcome to stop by!



Hey! Just because this is the Coquille Indian Tribe's Library doesn't mean everything we have here is about Indians! Future articles in the Sea-Ha Runner will include references and excerpts from Library materials, sometimes on the Coquille Indian Tribe and sometimes on other points of interest regarding southwest Oregon. This month, we are introducing readers to the Library and summarizing its available resources. The Library has:

- Computer with Internet access and printer.
- Over 2,000 books and materials. As you might think, many of these items focus on the Coquille Indian Tribe. But that is not all. The Library has information about many other Tribes and a lot more. We have books covering many interesting subjects; too many to describe in detail here.
- Regional newspapers from southwest Oregon plus The Oregonian and newspapers printed by Oregon Tribes.

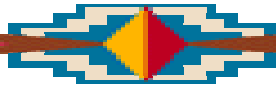
What would YOU like to see here?

As 2011 gets under way, I would like all Kilkich residents to take a few minutes to visit the CIT Library. Take five minutes, look around, ask questions, and take something home with you to enjoy.

While we talk, perhaps you can share an idea of a book or DVD to add to the collection. A book you read about on someone's top ten best-seller list? Maybe you would like to see popular movies here? Perhaps you heard about a new book about beading and you think it would be a good addition to the Library.

Next time:
A little bit of history

Stop by the library and say hello. Check out the wide variety of books and regional newspapers; enjoy Internet access.



Native American Drumming & Dancing

Please Join Us

Wednesday

February 9th

6:00 p.m. - 8:00 p.m.

Coquille Community Plankhouse

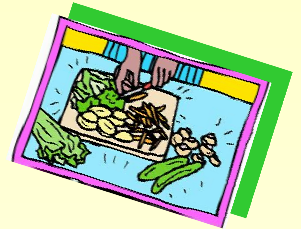


A guest teacher will be present demonstrating pow-wow dance techniques. For more information, contact Brenda Meade at 541-888-1454.



Cooking Class I

THURSDAY, FEBRUARY 24, 2011
5:30 p.m.



- Learn simple ways to prepare healthy and delicious food for your family.
- Whether new to cooking or a whiz in the kitchen, cooking classes will add flavor and variety to your meals.
- Classes are centered around hands-on experience with a fun group.
- Enjoy the wonderful food you have prepared.
- Come enjoy summer's bounty.
- Tired of the same old recipes?
- Come to our cooking class and get some new ideas.
- Meet new people and have a good time
- Ask the dietitian nutrition questions in a non-threatening, relaxed environment.
- Teens are also welcome.



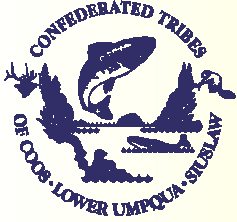
FREE

CLASS SIZE IS LIMITED

Call 541-888-9494, ext. 20216
for registration information
and class location

All Coquille Tribal members and Native Americans are welcome!

The Confederated Tribes of Coos, Lower Umpqua & Siuslaw Indians
and the Coquille Indian Tribe



will be co-hosting the
15th Annual
Oregon Tribal Elders Honor Day
to be held on **March 18th & 19th, 2011**
at **Three Rivers Casino & Hotel in Florence, Oregon**

Friday, March 18th:

9:30 a.m. to 11:00 a.m. – Registration

11:00 a.m. to 2:00 p.m. – Luncheon program in the Events center hosted by Coquille Tribe;
lunch served at 12:00 p.m.

2:30 p.m. to 4:30 p.m. – Bingo in the Sprung Building; snacks and beverages available

5:00 p.m. to 9:00 p.m. – Dinner program in the Events Center hosted by CTCLUSI; dinner
served at 6:00 p.m.

Saturday, March 19th:

7:30 a.m. to 10:00 a.m. – Breakfast in the buffet

Registration information and forms are available by contacting:

Iliana Kazmierczak
CTCLUSI Assistant Health Director, Elders Activities
Telephone: 541-888-7526 or 541-217-4613
E-mail address: ikazmierczak@ctclusi.org
Fax number: 541-888-2847

OR

Brenda Meade, CIT Elders Coordinator
Telephone: 800-344-8583 or 541-888-9494
E-mail address: brendameade@coquilletribe.org

There will not be a charge to Tribal Elders for any of the activities. All other guests, with the exception of van/bus drivers, care providers/chaperons, will be charged for meals.

PRE-REGISTRATION IS ENCOURAGED!

Please fax or e-mail your registration forms by March 4th to:
Fax: 541-888-2847
E-mail: ikazmierczak@ctclusi.org

It is important that you let the Coordinators for this event know if minors will be attending. Alcohol is now being served on the gaming floor of the Casino and special arrangements will need to be made if minors will be present .



Emergency Preparedness



Reduce the consequences of a disaster by preparing today!

Basic Emergency Supply Kit

- 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
- Ziploc storage bags to store opened 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); extra batteries
- Whistle; signal flare
- 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, pliers and/or multi-purpose tool to turn off utilities; can opener for food
- Local maps; compass
- Cell phone with charger (some crank radios come with a cell phone charger)
- Prescription medications, glasses, and sunglasses
- Infant formula and diapers
- Pet food, medication, leash, favorite toy, treats, and extra water for your pet
- Sleeping bag/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, and 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, and paper towels
- Paper and pencil
- Books, games, puzzles, or other activities for children
- Fire extinguisher

Best Foods To Store

When storing food for an emergency, store food that will provide substantial nutritional value, energy, and protein for your body, yet not require special care or refrigeration after opening.

- Peanut butter
- Jerky
- Nuts, trail mix, and granola bars
- Dry cereal
- Dried fruit
- Whole-wheat crackers
- Canned soups and chili
- Canned vegetables
- Canned tuna, salmon, chicken
- Sports drinks

Be sure to store a can opener WITH THESE FOODS. A backup can opener is also a good idea.

- Multi-vitamins

Taking a daily multi-vitamin will help replace nutrients you would have consumed on a normal diet.

Being without basic services, even for a short period of time, can be very stressful. PLEASE, plan ahead and be prepared. Take the time to gather the items on this list, store them in a safe, cool, accessible location, and check the expiration dates every 6 - 12 months and rotate accordingly to keep your food fresh.

For more tips and information, visit:
www.fema.gov/areyouready
www.ready.gov
www.redcross.org

Coquille Indian Housing Authority

2678 Mexeye Loop
Coos Bay, OR 97420

(T) 541-888-6501

(T) 800-988-6501

(F) 541-888-8266

daleherring@uci.net

traceyroome@uci.net

Charleston Merchant's 26th Annual Crab Feed

- Saturday, February 12, 2011, 11:00 a.m. until 4:00 p.m.
- "Old" Charleston Elementary School, 64065 Seven Devils Road
- Fresh Dungeness crab dinners; whole or 1/2 crab at market \$\$
- Dinner includes beans, salad, bread, and beverage
- All proceeds help support the Charleston Visitors Center
- For more information, call Mel Campbell at 541-888-4875 or log on to: www.charlestonoregon-merchants.com

Herman's Hermits starring Peter Noone

Friday,
February 11th



In Concert at the Mill Casino - Hotel

- Two shows: 7:00 p.m. & 9:00 p.m.
- Tickets on sale NOW at the Kokwel gift shop; 541-756-8800, ext. 9
- \$25 per person, general admission
- \$20 for Millionaire\$ Club Members
- www.themillcasino.com

Chef's Table at the Oregon Coast Culinary Institute

The Oregon Coast Culinary Institute (OCCI) is offering wonderful culinary lunch and dinners as part of their new externship program. Lunch and dinner cuisine, creatively and tastefully prepared, delight diners every Friday.

- Lunch is a 3-course meal priced at \$20 per person or 2 people for \$30; seating is at 12:00 p.m.
- Dinner is a 4-course meal priced at \$25 per person; seating is at 6:00 p.m.

To make reservations for lunch or dinner, please call 541-888-1540 or e-mail chefstableocci@socc.edu. Seating is limited to 30 people. Please make your *dinner reservations* by noon on Thursday; lunch reservations can be made through Friday; walk-ins are available *for lunch only*.

Weekly lunch and dinner menus are available for viewing on OCCI's website, www.occi.net. Plan an afternoon or evening out and enjoy an exquisite dining experience at the Oregon Coast Culinary Institute!

