

# Sea~Ha Runner

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

February  
2013

Volume 16,  
Issue 2



## 8 NATURAL TIPS TO HELP PREVENT A COLD

There are no known cures for colds and flu, so cold and flu **prevention** should be your goal. The most effective way for preventing the flu is to get the flu shot. It works better than anything else. Here are 8 tips you can use to help prevent colds and the flu naturally:

### #1 Wash Your Hands

Most cold and flu viruses are spread by direct contact. Someone who has the flu sneezes onto his or her hand and then touches the telephone, the keyboard, a kitchen glass. The germs can live for hours. Wash your hands often; if you can't get to a sink, rub an alcohol-based hand sanitizer onto your hands.

### #2 Don't Cover Your Sneezes

### and Coughs With Your Hands

Because germs and viruses cling to your bare hands, muffling coughs and sneezes with your hands often results in passing along your germs to others. When you feel a sneeze or cough coming, use a tissue, then throw it away immediately. If you don't have a tissue, cough or sneeze into the inside of your elbow.

### #3 Don't Touch Your Face

Cold and flu viruses enter your body through the eyes, nose, or mouth.

### #4 Do Aerobic Exercise Regularly

Aerobic exercise speeds up the heart to pump larger quantities of blood; makes you breathe faster to help transfer oxygen from your

lungs to your blood; and makes you sweat once your body heats up. Exercise helps increase the body's natural virus-killing cells.

### #5 Eat Foods Containing Phytochemicals

"Phyto" means plants, and the natural chemicals in plants give the vitamins in food a supercharged boost. Eat dark green, red, and yellow vegetables and fruits.

### #6 Don't Smoke

### #7 Cut Alcohol Consumption

There's evidence that when you put your relaxation skills into action, your interleukins -- leaders in the immune system response against cold and flu viruses -- increase in the bloodstream.

Excerpted from: [www.webmd.com](http://www.webmd.com)

## February Calendar

Groundhog Day	2
KRA Board Meeting at 5:30 p.m.	11
Valentine's Day	14
Shell Button Necklace Class 6:00 p.m. - 7:30 p.m.	15
Bingo at the Plankhouse 5:00 p.m. - 7:00 p.m.	16
Presidents' Day - CIHA Office Closed	18
CIHA Board Meeting at 3:30 p.m.	21

## POSTAGE RATES TO INCREASE JANUARY 27, 2013

On January 27, 2013, the U.S. Postal Service introduced a new **First-Class Mail Global Forever Stamp**. The new stamp allows customers to mail one-ounce letters anywhere in the world for one set price of \$1.10, and is among new mailing and shipping changes for the new year.

The price for First-Class Mail single-piece letters increased by a penny. The

**new 46-cent Forever stamps will allow customers to mail letters to any location in the United States.** Forever stamps are always good for mailing a one-ounce letter anytime in the future regardless of price changes, and are a good item to stock up on for future reference.

Highlights of the new single-piece First-Class Mail pricing, effective January 27, 2013 include:

Letters (1oz.): 1-cent increase to 46 cents

Letters (additional ounces): unchanged at 20 cents

Letters (1oz. to all international destinations): \$1.10

Postcards: 1-cent increase to 33 cents

Excerpted from: [www.usps.com](http://www.usps.com)

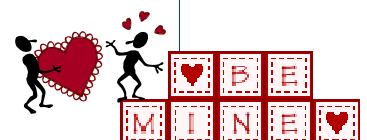


### LIHEAP

- Energy assistance appointments are still available. Call CIHA at 541-888-6501 to make an appointment.

### RENT CHECK PICKUP

- Available for elders and persons with disabilities. Call CIHA at 541-888-6501 to request a rent payment pickup.





# KRA Meeting



Monday, February 11<sup>th</sup>  
5:30 p.m. - 6:30 p.m.  
All Kilkich residents are welcome and encouraged to attend.




## Fun Websites



[www.vinegartips.com](http://www.vinegartips.com) - 1001 uses for white distilled vinegar from cleaning to gardening.

[www.diynetwork.com](http://www.diynetwork.com) - Fun projects, how-tos, and experts' advice on hundreds of home improvement projects. Never be bored again!

[www.howstuffworks.com](http://www.howstuffworks.com) - Thousands of topics with video and illustrations. A truly interesting, fun, and educational website.

[www.wisebread.com](http://www.wisebread.com) - Budgeting, career, coupons, deals, frugal living tips ... the list goes on.

## Sarah's February 15<sup>th</sup> Craft Class - Shell Button Necklace



Photo courtesy of marthastewart.com

Sarah's February craft class will feature making a shell button necklace. The technique that is used to make this necklace can be applied to many different buttons, beads, and other danglers.

The class size is limited to 10 people on a first come, first serve basis. Tribal members, Tribal staff, and Kilkich residents of all ages are welcome to attend; children under the age of 13 must be accompanied by an adult. The class is NOT open to the public. **You must RSVP to Sarah if you are planning on attending.**

The class will be held Friday, February 15<sup>th</sup> from 6:00 p.m. - 7:30 p.m.; the location will be announced when you sign up. **THE CLASS IS FREE!!**

For more information or to sign up for the class, please contact Sarah Garland at 541-217-1850 or [sarahgarland@coquilletribe.org](mailto:sarahgarland@coquilletribe.org).

Learn to create this beautiful shell button necklace.

Please RSVP to attend!



## Bingo Night at the Plankhouse

Fundraiser for the Elders Program

When: Saturday, February 16<sup>th</sup>

Time: 5:00 p.m. - 7:00 p.m.

Prizes!!

Bingo cards can be purchased at the door.

For more information, please contact Theresa Libbett,

Elders Coordinator at 541-888-9494, ext. 20214 or

800-344-8583 or by email at [theresalibbett@coquilletribe.org](mailto:theresalibbett@coquilletribe.org)



Grand Final  
50/50  
Blackout

REFRESHMENTS • FINGER FOOD • POTLUCK

## CIT Library provides articles of interest at Mid-Winter Gathering

The Tribe recently held its annual Mid-Winter Gathering Celebration, one of the two annual celebrations the Coquille Indian Tribe holds every year (the other being the Restoration Celebration and Salmon Bake held in June). During the celebration, the CIT Library, along with many of the Tribe's other departments, provided information relevant to programs and services provided by each tribal entity to the Coquille Tribal members and their families.

The Library's contribution to the event included print-outs of articles and documents covering a variety of subjects related to the Coquille Indian Tribe, including general subjects related to "Indian Country" that guests attending the Gathering would (hopefully) find interesting. Below are brief descriptions and links to some of the information that was provided during the Mid-Winter Gathering Celebration.

**The Milluk Language**, compiled by Patty Whereat. Patty Whereat is a Coos Tribal member and linguist. Her study focused on the indigenous languages of the southwestern Oregon coast. The 25-page document gives a brief description of the Miluk language (sorry, I always spell it with one 'l') and provides plenty of vocabulary lists for practice. You can find this article online at:

<http://ctclusi.org/sites/default/files/Milluk%20Language%20%28Secure%29-1.pdf>

**Coyote and the Strawberries: Cultural Drama and Cultural Collaboration**. This essay discusses the importance of traditional stories to the Coquille Indian Tribe. It contains one story, "Coyote and the Strawberries", and includes comments from the storyteller regarding historic and cultural references about the Tribe contained in the story. This essay is included in the "Changing Landscapes" books published by the Tribe that contain numerous essays written on the history and traditions of the Coquille and other Oregon coast tribes. The Changing Landscapes series is available at the CIT Library. Find it online at:

<http://journal.oraltradition.org/articles/download/13i?article=wasson>

**Yes Virginia, Native Americans Do Pay Taxes**. In the spirit of the coming tax season, I always like to put in a reminder or two that indeed, members of American Indian Tribes do pay taxes. Written by Tim Giago, the owner of the Native Sun News and founding member of the Native American Journalist Association, the essay talks about the circumstances today where Tribes, Tribal members, and institutions such as colleges located on Indian Reservations pay, or do not pay, taxes. Find the article online at:

[http://www.huffingtonpost.com/tim-giago/yes-virginia-native-ameri\\_b\\_409810.html](http://www.huffingtonpost.com/tim-giago/yes-virginia-native-ameri_b_409810.html)

**Idle No More**. The CIT Library included an article on the First Nations of Canada's protest movement known as "Idle No More". Several Coquille members have posted articles covering the ongoing demonstrations by Canadian First Nations in the last few months. The Christian Science Monitor is one of many large media outlets that have provided ongoing coverage of the movement. The article made available at the Mid-Winter Gathering is online at:

<http://www.csmonitor.com/World/Americas/2013/0110/Idle-No-More-Canada-s-indigenous-Occupy-movement>.

Submitted by: Chris Tanner, Librarian, 541-756-0904, ext. 10218, [christanner@coquilletribe.org](mailto:christanner@coquilletribe.org)

## UO Law Students will be offering FREE Tax Assistance in March Detailed information will be published in the March Sea-Ha Runner

UO law students have once again volunteered to provide FREE income tax preparation assistance to low-moderate income (\$50,000 gross or below) taxpayers in March. The law students have taken the federal Volunteer Income Tax Assistance (VITA) program training, and as certified volunteers, will help qualifying individuals and families

prepare and file their income tax returns.

The assistance will be available on Saturday, March 9<sup>th</sup> at the Tribal Community Center. This event is open to everyone; it is not limited to Tribal members or Kilkich residents. For more information, contact Kay Collins, CIT Legal Assistant, at 541-756-0904, ext. 10248.





**COQUILLE INDIAN HOUSING AUTHORITY**

2678 Mexeye Loop  
Coos Bay, OR 97420

Phone: 541-888-6501  
Phone: 800-988-6501  
Fax: 541-888-8266

daleherring@coquilleiha.org  
traceymueller@coquilleiha.org

*Nearly all men can stand adversity,  
but if you want to test a man's  
character, give him power.*

*Abraham Lincoln*

**GROUNDHOG**

**DAY**

February 2nd



According to folklore:  
If the groundhog sees his shadow, winter will continue for 6 more weeks.  
If the groundhog does NOT see his shadow, spring will come early.



February

Mill - Casino Hotel

**Entertainment**



Burns' Night Celebration and Dinner presented by the Coastal Celtic Society

Saturday, February 2, 2013  
5:00 p.m. - 11:00 p.m.  
Tickets: \$35 per person on sale now at KoKwel Gifts

Traditional Burns' Night Program and Food



Star of Hope's 3rd Annual Valentine's with The Stars, Celebrity and Bachelor Auction, Dinner, and Dance Fundraiser

Saturday, February 9, 2013  
5:00 p.m. - 11:00 p.m.  
Tickets: \$40 per person on sale now at KoKwel Gifts or call 541-888-8893



The Mill Casino Hotel proudly presents the Pacific Northwest's premier vocal band, The Coats.

Saturday, February 16, 2013  
Concert begins at 8:00 p.m.  
Tickets: \$15 per person on sale now at KoKwel Gifts



To purchase tickets,  
please call KoKwel Gifts  
at 541-756-8800, ext. 9.

**FREE Tax Help & E-Filing  
AARP Tax Aide Program**

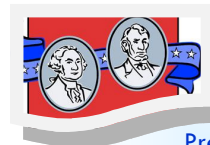
For those of ALL ages with low and moderate income  
Come to any Tax-Aide location and bring:

- Photo ID
- Social Security card
- 2011 tax returns
- 2012 tax information

Schedule for February 1 through April 15, 2013

<b>Bandon</b> Bandon Senior Center 1200 11 <sup>th</sup> Street SW	Tuesday & Saturday 9:30 a.m. - 11:30 a.m. Walk - In
<b>Brookings</b> Chetco Activity Center 550 Chetco Lane	Mon., Tues., Wed., Thurs., & Fri. 8:30 a.m. - 4:00 p.m. Appt. Only 541-469-6822
<b>Coquille</b> Holy Name Catholic Church 12 N Dean Street	Tues. 12:00 p.m. - 3:00 p.m. Sat. 02/02 & 02/09 ONLY 10:00 a.m. - 12:00 p.m. Walk - In
<b>Florence</b> Siuslaw Public Library 1460 9 <sup>th</sup> Street	Monday & Wednesday 10:00 a.m. - 2:00 p.m. Walk - In
<b>Lakeside</b> Lakeside Lions Club 890 Bowron Road	Thursday 1:00 p.m. - 3:00 p.m. Walk - In
<b>North Bend</b> College Park Community Church 2548 Newmark Avenue	Mon., Tues., Fri., & Sat. 9:00 a.m. - 1:00 p.m. Walk - In

For more information, call RSVP at 541-888-7332.



**P**residents' Day is an American holiday celebrated on the third Monday in February. Originally established in 1885 in recognition of President George Washington, it is still officially called "Washington's Birthday" by the federal government. Traditionally celebrated on February 22 - Washington's actual day of birth - the holiday became popularly known as Presidents' Day after it was moved as part of 1971's Uniform Monday Holiday Act, an attempt to create more three-day weekends for the nation's workers. While several states still have individual holidays honoring the birthdays of Washington, Abraham Lincoln and other figures, Presidents' Day is now popularly viewed as a day to celebrate all U.S. presidents past and present.

*Excerpted from www.history.com*