



Sea~Ha Runner

Coquille Indian
Housing Authority

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

January 2011
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Volume 14
Issue 1

Holiday Gift Card Drawing Winners

The KRA Board of Directors voted at the November 8, 2010 KRA meeting, to sponsor a Gift Card Drawing again this year. All Kilkich homes with outside holiday decorations displayed by the evening of December 16th were entered into the random drawing. On the morning of Friday, December 17th, three entries were randomly drawn. The three winners were each awarded a \$50 Wal-Mart gift card.

The gift card winners were:

- Bryson & Stephanie Burns
- Dustin & Jamie Dettmer
- Duke & Danielle Summers

Congratulations!

THANK YOU to everyone who decorated their home this year. The festive decorations truly expressed a holiday spirit and brought beauty to the Kilkich Tribal community.



January CIHA Calendar

New Year's Day	1
KRA Dinner Meeting at 5:30 p.m.	10
Martin Luther King Holiday—CIHA Closed	17
CIHA Board Meeting at 4:00 p.m.	27



Two Days Only

Monday, January 3rd & Monday, January 10th

If you would like your Christmas tree picked up, please:

1. Remove all of the decorations and the tree stand
2. Set the Christmas tree out by your curb

Christmas trees will only be picked up during these two days.

Holiday Decoration Reminder

Please remember to
remove your holiday
decorations within
30 days following
a holiday.

Thank You!



Dumpsters Arrive In January

January 17th - Dumpsters Arrive
January 31st - Dumpsters Depart



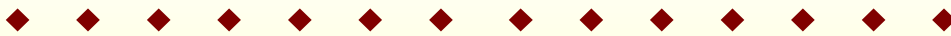
CIHA will be providing dumpsters for the convenience and exclusive use of the Kilkich Tribal community residents again in January 2011. Please do not put appliances, chemicals, motor oil, any recyclable materials, or other questionable items in the dumpsters. **WHEN IN DOUBT, PLEASE CALL THE CIHA OFFICE at 541-888-6501.**



FOR RECYCLABLES: There is a recycling container located at the west end of the Tribal Community Center. This container accepts plastics, tin cans, paper, newspaper, and magazines. **NO GARBAGE- NO GLASS**

Please respect the guidelines listed above and help keep the Kilkich Tribal community a beautiful and clean place to live.

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 is always looking for interested Kilkich community members and new ideas. Currently, KRA has three board position openings; attend the next KRA meeting if you are interested in a board position.

Please join the KRA board members and members of the Kilkich Tribal community

at the next KRA meeting to be held on:



- ◆ Monday, January 10, 2011
- ◆ Dinner will be served at 5:30 p.m.
- ◆ The KRA one-hour meeting begins at 6:00 p.m.





LIEAP



Have you signed up yet?

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 payment 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 appointment. Don't delay, call today!

FREE

Beds ... Beds ... Beds...

FREE

Available to Kilkich Residents, Program Participants, and Coquille Tribal Members

CIHA still has gently-used 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 frame is NOT included; it is only a queen size mattress and box spring. If you would like to sign up to receive a FREE bed set or have questions, please contact CIHA at 541-888-6501. The sets are first come, first serve. Please give CIHA a call, and reserve your set today!

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 CIHA office at 541-888-6501.

A staff member would be happy to stop by and pick up your payment for you.





Coquille Indian Housing Authority



1st Annual Renter Front Yard



Makeover Contest

No cost to enter
Winner(s) chosen by random drawing
Prizes valued at up to \$2.00 per square foot
One entry per household



Are You At Risk For Diabetes?

While there is no cure for diabetes, doctors know it can be prevented or delayed by making healthy food choices and being physically active. You have the power to prevent diabetes. Please take the Diabetes Risk Test below to determine your risk. If you score 10 or more points, your risk for having diabetes is high. Your health is important, not just for you, but for your family as well.

Please contact Gail Accinelli at 541-888-9494, ext. 20216, for a FREE Oral Glucose Tolerance Test to determine if you are pre-diabetic, and for an opportunity to participate in the Diabetes Prevention Program. Please don't delay; today is a great day to start your preventative care program.

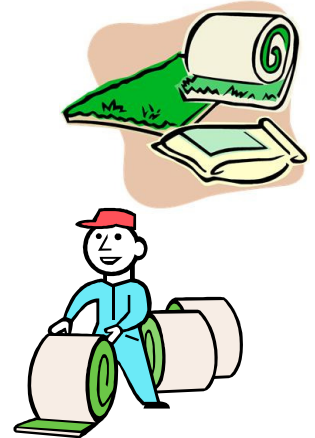
Questions	Yes	No
Are you a woman who has had a baby weighing more than nine pounds at birth?	1	0
Do you have a sibling with diagnosed diabetes?	1	0
Do you have a parent with diagnosed diabetes?	1	0
Find your height on the chart. Do you weigh as much as or more than the weight listed for your height?	5	0
Are you under 65 years old and get little or no exercise in a typical day?	5	0
Are you between 45 and 64 years old?	5	0
Are you 65 years or older?	9	0
Add Your Score		

Height	Weight
4'10	129
4'11	133
5'0	138
5'1	143
5'2	147
5'3	152
5'4	157
5'5	162
5'6	167
5'7	172
5'8	177
5'9	182
6'0	199
6'1	204
6'2	210
6'3	216
6'4	221

Coquille Indian Housing Authority

1st Annual

Renter Front Yard Makeover Contest



No cost to enter

Winner(s) chosen by random drawing

Prizes valued at up to \$2.00 per square foot

One entry per household

Winners will participate in the design and installation of their new front lawn with a focus on low maintenance, low water landscaping, and incorporating indigenous plants and materials. Eligibility is easy – you simply agree to perform the required maintenance after installation. (That, and you won't be eligible to win the Resident Landscaping Contest for a couple of years!)

To enter, please complete and return to the CIHA office no later than
1:00 p.m., February 24, 2011.

Drawing will be held at approximately 4:30 p.m. on February 24, 2011.

Name	Address
Telephone	Email

Winner(s) will be notified by phone or mail and announced
in the March 2011 issue of the Sea-Ha Runner.

If selected as a winner of the Renter Front Yard Makeover Contest, I acknowledge:

- My continued obligation to perform lawn maintenance in accordance with Section 6(K) of my Rental Lease Agreement;
- That I will not be eligible to enter the next two Resident Landscaping Contests; and,
- That I will not be eligible to enter the Renter Front Yard Makeover Contest again for the duration of my tenancy at this address.

Signature

Date



Diabetes Prevention Program

Are you frustrated in your efforts to lose weight?

Do you have a strong family history of diabetes in your family?

Are you at risk for Diabetes?

We've all joined programs, attempted "quick fix" diets, and bought the latest fad diet books. Sure, these methods work for a while, but if you haven't changed your habits and behaviors, you'll soon lose interest, quit the program, and gain back any weight you have lost.

The Diabetes Prevention Program is designed to help you overcome obstacles and make lifestyle changes that enable you to make healthy lifestyle choices through healthy eating and physical exercise. What's more this program is designed for you.

Take Off Pounds and keep them off with customized, weekly classes from your own

Personal Lifestyle Coach!

Primary Program Goal:

- Prevent or delay the development of type 2 diabetes in persons with pre-diabetes

Lifestyle Coaches want to help you in 3 ways:

- Lose weight and keep it off
- Get fit
- Start by making small lifestyle changes

Eligibility:

- Native American
- 18 Years or older
- NOT a diabetic

Do you want to know if you are at risk for developing DIABETES? Call Gail Accinelli today to schedule your FREE blood sugar test and receive:

- A free t-shirt
- Your name entered into a drawing for a \$25 Nutrition Card from Albertson's



**Call
Gail Accinelli Today!
541-888-9494, ext. 20216**



There are five choices that can
CHANGE YOUR LIFE.

Pick any two, and
YOU'RE ON YOUR WAY.

**Begins
Jan 31st!**



strive for five

Eat. Drink. Think. Move. Lose.

how does it work?

Strive for Five is a two-month, team-based, wellness program that uses five simple steps to improve overall health. Teams work together to achieve two of the Strive for Five goals listed to the right:

Team Captains will have an important role to play and will receive an extra Bonus Prize for their weekly work. Captains need to form a team and get a registration packet from one of the Strive for Five Coordinators listed below.

how do I start?

Don't wait! For all the details, contact:

Julia Willis, Marketing
jwillis@themillcasino.com
541.756.8800, ext. 1236

Bryan Duggan, Tribal Admin Office
bryanduggan@coquilletribe.org
541.756.0904, ext. 10208



Eat Five

(5 servings of fruits and vegetables per day)



Drink Five

(5 cups of water per day)



Think Five

(5 minutes per day spent in meditation or activities/hobbies that relax you and renew your spirit)



Move Five

(exercise 30 minutes a day, 5 days a week)



Lose Five

(Maintain or lose 5 pounds of body weight)

Call today for details!

Nasomah Wellness



**541.751.0940
1.866.436.4785**

wellness@coquilletribe.org

Laura Angulo, CIT-Community Center
citccla@coquilletribe.org
541.888.9494, ext. 233



Peacegiving Court

Peacegiving Court is available to assist in resolving disputes involving members of the Coquille Indian Tribal community. Peacegiving:

- offers a safe means to resolve disputes through communication
- calls on old ways and the wisdom and experience of tribal elders
- ensures due process and equal protection under the law to all participants
- seeks to help those in conflict resolve underlying causes of dispute
- focuses on restoration in the community rather than punishment
- mentors individuals, guiding them in tradition, ceremony & skills for living
- gives to those in conflict while inviting them to give back to their community

Cases or disputes may be filed by individuals or referred to Peacegiving Court through the office of the Coquille Indian Tribal Attorney.

For additional information, please contact Susan Thornton, Peacegiving Court Advocate, Coquille Indian Tribal Court, 541-756-0904 or susanthornton@coquilletribe.org

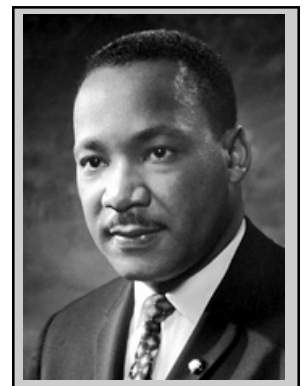
Martin Luther King, Jr. Day

From Wikipedia, the free encyclopedia

Martin Luther King, Jr. Day is a United States Holiday marking the birth date of the Reverend Martin Luther King, Jr., observed on the *third Monday of January each year*, around the time of King's birthday, January 15. The holiday falls on Monday, January 17th in 2011.

King was the chief spokesman for non-violent activism in the civil rights movement, which successfully protested racial discrimination in federal and state law. He was assassinated in 1968 by a prison escapee.

The campaign for a federal holiday in King's honor began soon after his assassination. Ronald Reagan signed the holiday into law in 1983, and it was first observed in 1986. At first, some states resisted observing the holiday as such, giving it alternative names or combining it with other holidays. It was officially observed in all 50 states for the first time in 2000.



“Faith is taking the first step, even when you don’t see the whole staircase.”

~

Martin Luther King, Jr.





Lightning Storm Safety

Excerpted from www.noaa.gov



The safest place to be during a lightning storm is inside a building that has electricity and/or plumbing or in a hard-topped vehicle with the windows closed. Picnic shelters, dugouts, and small buildings without plumbing and/or electricity are NOT safe. Stay OFF corded telephones (you may use a cell phone or a cordless phone, if they are not in a charger), avoid plumbing, do not wash your hands, take a shower, wash dishes, do not touch electrical equipment or cords, do not use computers or equipment directly connected to electricity, stay away from windows and doors, and stay off porches. Do not lean against concrete walls, and do not lie on concrete floors. Dog houses are NOT safe shelters; bring your dog or cat indoors.

Typical surge protectors will NOT protect your electronic equipment from a lightning strike. Unplug electronic equipment BEFORE a thunderstorm; do NOT unplug equipment DURING a storm.

There is NO safe place outside during a lightning storm. To reduce your risk, stay away from open fields, tall trees and/or objects, metal, wet items, and water. These all conduct electricity and put you at risk for being struck by lightning.

Coquille Indian Housing Authority

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Coos Bay, OR 97420

(T) 541-888-6501
(T) 800-988-6501
(F) 541-888-8266

daleherring@uci.net
traceyroome@uci.net

For more safety tips and advice, visit: www.lightningsafety.noaa.gov

Be Smart - Be Safe

Are you looking for a job? Want to change careers?

Job postings are always changing; jobs openings are filled and new jobs are advertised. If you are looking for a job, it is a good idea to check job listings daily and apply for a job as soon as you see it advertised. Keep your resume updated so that you are prepared. Below are some websites that list available local and state jobs; local and regional newspapers are also good job resources.

www.coquilletribe.org

www.orcca.us

www.themillcasino.com

www.fredmeyer.com

www.oregon.gov

www.theworldlink.com

www.governmentjobs.com

www.safeway.com

www.walmart.com

If you need help creating or updating your resume, or would like some resume advice, check out careeronestop.org CareerOneStop is sponsored by the U.S. Department of Labor, Employment and Training Administration. "CareerOneStop is your pathway to career success." The in-depth career website offers tools for job seekers, students, businesses, and career professionals.

If you are a student at SWOCC, you can access an online resume builder, www.jobspice.com This resume builder is provided by SWOCC Career Services Center. Students can log on, create a resume, then schedule an appointment with a career services representative. Resumes created by students on JobSpice can easily be uploaded to job boards, emailed to potential employers, and hosted online at www.jobspice.com. Take advantage of this great service today!

