

Sea~Ha Runner

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



Holiday Gift Card Drawing Winners

The Kilkich Residents Association sponsored a Holiday Gift Card Drawing again this year. Every home in the Kilkich community was eligible to enter; any home with outside holiday decorations displayed by the evening of Wednesday, December 19th were entered into the random drawing. On Thursday, December 20th,

three entries were drawn. The winners were each awarded a \$50 Wal-Mart gift card.

The gift card winners were:

- Terry and Beverly Doyle
- Rhonda Parrish
- Duke & Danielle Summers

THANK YOU to every resident who decorated their home and yard this holiday season.



The Kilkich community sparkled with Christmas spirit!

January Calendar

New Year's Day - CIHA Closed	1
KRA Dinner Meeting at 5:30 p.m.	14
Martin Luther King Jr. Day - CIHA Closed	21
CIHA Board Meeting at 3:30 p.m.	24
Craft Class at 6:00 p.m. Rustic Pillar Candle (see page 2 for details)	25

FREE Christmas Tree Pick-up

TWO DAYS ONLY!!

Monday, January 7
Monday, January 14

Remove ALL decor and tree stand.

Set your tree out beside the curb; Maintenance will pick-up the tree.

Please call **CIHA at 541-888-6501** if you have any questions.

SAVE \$\$\$

LIHEAP Appointments are still being scheduled. Call 541-888-6501 to set up an appointment. To be eligible for energy assistance, the total household income must be at or below 60 percent of Oregon's median income. The household must also have documented energy costs.

At the time of application, you will need to provide:

- Names and Social Security numbers of all household members
- Proof of gross household income for the last 3 months.
- The most recent copy of your power bill.

The LIHEAP payment is made directly to the energy provider.

Holiday Decoration Reminder

Please remove all holiday decorations within 30 days following a holiday. Thank you!

Charlotte Grace Trospen



Parents Jennifer and Jesse Trospen welcomed beautiful Charlotte Grace into the world on October 14, 2012 at 1:39 a.m.

Charlotte weighed 7 pounds, 11 ounces, and was 19 inches long at birth. Charlotte joins her big brother Lucas who, as reported by Mom, "...loves being a big brother."

CONGRATULATIONS!!



*Never succumb
to the
temptation
of bitterness.*

~

Martin Luther King, Jr.



- KRA meets the 2nd Monday of every month
- A light dinner is served at 5:30 p.m.
- The one-hour meeting begins at 6:00 p.m.
- ALL Kilkich residents are welcome and encouraged to attend
- Please stop in and share your thoughts and ideas
- Next meeting is on Monday, January 14th

Hope to see you there!

**There are five choices
that can
CHANGE YOUR LIFE.
Pick any two, and
YOU'RE ON YOUR WAY.**








striveforfive

Eat. Drink. Think. Move. Lose.

**Begins
January 21st!**

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. It's fun; it's easy; and it can change your life!

For more information, contact Denise Stuntzner, Nasomah Wellness Program Coordinator at 541-751-0904, ext. 2

-  **Eat Five** servings of fruits and vegetables per day
-  **Drink Five** cups of water per day
-  **Think Five** minutes per day - spend 5 minutes in meditation or activities/hobbies that relax you and renew your spirit
-  **Move Five** minutes per day - exercise 30 minutes a day, 5 days a week
-  **Lose Five** or maintain 5 pounds of body weight

Testimonial from 2012 S45 participant: Strive for Five! A healthy, filling, and enjoyable way to consume food that's good for you. Yes. I firmly believe that. Accomplishing it is another story. It takes determination and time. And it takes assistance and encouragement from family and friends.

My family plays together, eats together, and supports each other. Last year, we decided to join together to form a S45 team. We walked together and played Frolf. We filled each other's water glasses and laughed about how many trips we made to the restroom. We found new ways to eat our vegetables and we always had fresh fruit in our houses. We weren't worrying about losing weight so much as learning to eat healthier.

Reducing the size of our servings wasn't as difficult as we thought it would be. We ate all our fruits and vegetables and drank all our water. We kept berries in the house to munch on in the evening when that "sweet" craving hits. It was perfect.

And now, a year later, we may not be eating the full five helpings of vegetables every day, but we eat more than we used to. We drink more water than in years past, and we are more aware of what we munch on at night. We are planning to join S45 again, and renew, refresh and remember those good eating habits; habits that will hold on through the coming year.

Craft Class with Sarah Garland on January 25th - Learn how to make a Rustic Pillar Candle

Sarah Garland, Activities and Events Coordinator for the Tribe, has a variety of creative craft classes planned for the upcoming year. January's class will feature making a Rustic Pillar Candle.

The class is open to Tribal members, CIT staff, and Kilkich residents; the class is NOT open to the public. All ages are welcome; children under 13 must be accompanied by an adult.

Class size is limited 10 people, so call today to save your seat. The class will be held on Friday, January 25th at 6:00 p.m.

February's class will feature a Shell Button Necklace.

If you would like to attend, please email Sarah at sarahgarland@coquilletribe.org or call 541-217-1850.

The NCAI and The Indian Fiscal Cliff

Want to learn more about the “fiscal cliff”? Well probably not, but there is some information out there on the Internet covering the Native American perspective of the potential \$600 million of automatic spending cuts that will occur in January 2013 without a compromise being made between the White House and Congress. Yes, the description I just gave is a summary of this process and certainly not necessarily the most detailed analysis of what could happen when the tax-cuts of the early 2000s and tax-credits related to the 2009 economic stimulus expire. So, where can you learn more?

The National Congress of American Indians is an inter-tribal organization dedicated to advocating for issues related to protecting the sovereign rights of American Indian tribes. In that purpose, the NCAI advocates on a wide range of issues of concern ranging from the protection of traditional religious practices to assuring that current federal programs benefiting tribal members continue to be funded. The NCAI also promotes tribal member participation in their local and national government affairs. In 2012, NCAI has advocated for and contributed to the discussion of several issues including increasing the number of Native American registered voters, advocating for the legal use of eagle

feathers by members of Tribes for religious purposes, and organizing annual meetings with elected leaders, including the President of the United States.

Recently, the White House and the NCAI co-hosted the 4th Annual Tribal Leader Summit. This meeting brings together tribal and U.S. government leaders, including President Obama, and is an opportunity to discuss issues of importance, including the “fiscal cliff”.

Prior to the meeting, the NCAI sent a letter to congressional leaders on behalf of its members regarding their concerns for the 2013 budget. A NCAI press release on this letter, including the text of the letter, is available online at: <<http://www.ncai.org/news/articles/2012/12/03/tribal-nations-send-message-about-fiscal-cliff-in-advance-of-white-house-tribal-nations-summit>>

NCAI has a web page providing a re-cap and report on the 2012 Summit that be read at: <<http://www.ncai.org/news/articles/2012/12/07/2012-white-house-tribal-nations-summit-recap>>

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The National Congress of American Indians (NCAI) is an inter-tribal organization dedicated to advocating for issues related to protecting the sovereign rights of American Indian tribes. Founded in 1944, NCAI is the oldest, largest, and most representative American Indian and Alaska Native organization serving the broad interests of tribal governments and communities.

CITCC - No School Fridays in January

The After-School program will be open from 8:00 a.m. - 5:30 p.m. on the following days in January:

- ◆ 01/11/13
- ◆ 01/18/13
- ◆ 01/25/13

Please join us and bring a sack lunch; breakfast and a snack will be provided.

The Tribal Community Center will be closed on:
◆ 01/21/13
in observance of Martin Luther King, Jr. Day.

Please contact the Tribal Community Center if you have any questions at 541-888-9494.

CITCC - Teen Group in January

Hey Teens... ages 12 - 18 years!
Please join us at the Tribal Community Center for Teen Group every Thursday in January from 5:30 p.m. - 7:30 p.m.

- ◆ 01/10/13
- ◆ 01/17/13
- ◆ 01/24/13
- ◆ 01/31/13

Dinner and transportation provided.
Please contact Lisa or Laura at the Tribal Community Center for more information at 541-888-9494.

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

Rent Check Pickup

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



AT&T Lifeline Service for Oregon Tribal Applicants Residing on Tribal Lands

AT&T Lifeline service offers a discounted wireless service for qualified low-income tribal residents living on Tribal Lands. Customers must meet certain eligibility criteria based on income level or current participation in financial assistance programs. If you live on Tribal Lands and qualify, you may be eligible for *Enhanced Lifeline support*, which can reduce your wireless bill to as little as \$1 a month. All subscribers are required to demonstrate eligibility based upon:

- 1) Participation in one of the federal assistance programs listed below; or
- 2) Household income at or below 135% of Federal Poverty guidelines for a household of that size.

Financial assistance programs include:

- SNAP (Food Stamps)
- TANF
- SSI
- LIHEAP
- Medicaid (not Medicare)
- National School Lunch Program's Free Lunch Program
- Head Start

Applications are available at the CIHA office or by logging on to: <http://www.wireless.att.com/learn/articles-resources/community-support/lifeline-link-up.jsp#OregonTribal>

You may also call an AT&T Lifeline Customer Support Representative at 1-800-377-9450 to obtain an application or if you have any questions or concerns.

2013
Happy New Year Party
at The Mill

Dec. 31st **Featuring**
9:00 p.m. - 12:30 a.m. **The Young Bucs**
in the Salmon Room **Age 21 and over**

Party favors, midnight balloon drop, champagne toast, and confetti! Tickets are \$30 (reserved seats) on sale at The Mill Casino-Hotel KoKwel Gift shop or charge by telephone at 541-756-8800, ext. 9. Make your reservations today and enjoy your New Year's Eve in style!

January . . .



For tax information, advice, and answers, check out these websites:

www.irs.gov

www.completetax.com

www.bankrate.com/taxes.aspx

www.1040.com

Free local tax preparation sites and services will be announced after January 1st.

S/Nipped - Low Cost Spay & Neuter Clinic

For information on services available and to schedule your low cost spay/neuter, please call 541-808-2377

or visit the S/Nipped website at:
<http://snippedandspayed.webs.com/>

- ✕ The clinic is located at 132 N. Wasson, Coos Bay (right behind Empire McKay's grocery store)
- ✕ Female Dog Spay - \$95; Male Dog Neuter - \$85
- ✕ Female Cat Spay - \$63; Male Cat Neuter - \$43
- ✕ Feral Cat Package - \$43
- ✕ Low-cost vaccinations are available for surgical patients
- ✕ Prices are subject to change

