



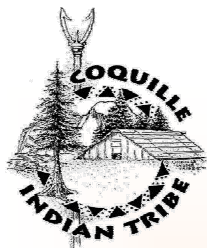
Volume 16
Issue 6

Sea ~ Ha Runner

A fun and informative Newsletter

for the Residents of the Kilkich Community

June
2013



24th Annual Tribal Restoration Celebration June 28th - 30th

Schedule of Events

Friday

6:00 p.m. Lighting the Fires - CIT Plankhouse Fire Pit



6:30 p.m. Potluck hosted by CIT's Cultural Committee
Please join us and bring a salad or a dessert



All children
under the age
of 12 must be
accompanied
by an adult
during the
Restoration
Celebration.

Saturday

8:30 a.m. Salmon Ceremony at Bullard's Beach Park

11:00 a.m. Celebration begins at the Plankhouse with
Welcome from Chairperson Brenda Meade and Blessing with Chief Ken Tanner

Honoring Our People with Chairperson Brenda Meade and Chief Ken Tanner

Refreshments, Kid's Activities, Native Craft Vendors, and Information Booths
Giveaway Ongoing

12:00 p.m. Traditional Salmon Dinner (time is approximate)

2:00 p.m. General Council Meeting (time is approximate)
In the Plankhouse following the Luncheon

There will be stick games in the east field of the Plankhouse, along with all of the
other day's activities, for guests during Saturday's General Council meeting

Sunday

9:00 a.m. Poker Walk  Walk begins at the CIT Community Center

10:00 a.m. - 3:00 p.m. Please join us for a Day of Learning and Sharing
Traditional Basket Weaving Class
Fish Hook Carving (limited space)
Tulle Reeds Class
Jewelry/Beading Class
Kid's Activities - Ongoing



12:00 p.m. Traditional Gourmet Feast Served (time is approximate)

- | | | | | |
|--------------|---------------|--------------------|----------------------|-------------------------|
| • Fish Heads | • Cranberries | • Mussels | • Clams | • Smoked Salmon Collars |
| • Fish Roe | • Duck | • Camas Bulbs | • Hazelnuts | |
| • Goose | • Lamprey | • Fiddlehead Ferns | • Native Berry Crisp | |
| • Bear | • Greens | | | |



CIHA Annual Landscaping Contest

Calling all gardeners ... Just a reminder that there are still a few weeks left to plant and prepare for the annual Landscaping Contest.

- The judges are scheduled to be on Tribal Lands the week of June 23rd to judge the yards.
- All Kilkich community residents are welcome and encouraged to participate; homeowners and renters will be judged separately; front yards and back yards are two separate categories.
 - 1st prize = \$100; 2nd prize = \$75; 3rd prize = \$50; Prizes are gift cards.

- If you have any questions or **DO NOT** want your yard judged, please contact the CIHA office by Friday, June 21st at 541-888-6501.

NOTE: Winners of the 2012 and 2013 Renter Front Yard Makeover Drawings are NOT eligible to enter.

KRA Silent Auction Donations

The Kilkich Residents Association will be having two fundraising events at the Restoration Day Celebration on Saturday, June 29th:



- a Silent Auction, and
- a 50/50 Raffle



Contact Janet Simpson (541-888-4831) or Carol Arzt (541-662-1331) if you have items that are new or in like-new condition that you would like to donate to the Silent Auction.

Please stop by KRA's booth on Saturday, June 29th to sign up for the Silent Auction and buy tickets for the 50/50 raffle!

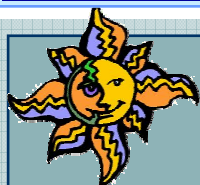
Help support the Kilkich Residents Association!

SUMMER FOOD SERVICE PROGRAM 2013 PUBLIC RELEASE

The Coquille Indian Tribe announces the sponsorship of the Summer Food Program for eligible applicants at the Tribal Community Center. Breakfasts and lunches will be made available Monday through Thursday free to all children residing on the reservation 18 years of age and under. Meals will be served at the Tribal Community Center beginning on Monday, June 17, 2013; meal times will be 8:30 a.m. for breakfast and 11:30 a.m. for lunch. **This institution is an equal opportunity provider.**

If you have any questions or would like to volunteer to help monitor meals, please contact Jane Metcalf, Sandi Belletto, Laura Angulo, or Sue Duvall at 541-888-9494.

NAME OF MEDIA OUTLET	DATE OF RELEASE
Coquille Indian Housing Authority Sea-Ha Runner Newsletter	May and June 2013
Coquille Indian Tribe K'wen 'inish-ha Newsletter	May and June 2013
Coquille Indian Tribe Community Health Center	May and June 2013



All Kilkich families
are invited to this
Summer Celebration!



Summer Solstice Celebration in Traditional Dance

Friday, June 21st
beginning at 6:00 p.m.
at the
Coquille Indian Tribe
Community
Plankhouse



The Celebration includes
a potluck dinner; bring
your favorite salad or dessert.



Questions?
Please call Brenda Meade
541-756-0904

Health on the Range? Rural community health information on the Web

Anyone with access to a computer and the ability to perform a search on Google, Yahoo, or a similar search engine has likely perused web pages providing information related to health and wellness. Yes, health and wellness cover a wide range of subjects and material. Recently I found a list of web pages providing information on rural health care issues and resources. By no small coincidence, I found this list at a library conference workshop about health-related web pages! Some of these pages provide medical information, while others focus on educating the user on specific medical issues. Even if you don't live in a rural community, you might find knowing if there are any environmental Superfund sites near where you live a good piece of knowledge to have.

Medline Plus Rural Health Concerns:

<http://www.nlm.nih.gov/medlineplus/ruralhealthconcerns.html>

People in rural areas face some different health issues than people who live in towns and cities. Getting health care can be a problem when you live in a remote area. You might not be able to get to a hospital quickly in an emergency. You also might not want to travel long distances to get routine checkups and screenings. Rural areas often have fewer doctors and dentists and certain specialists might not be available at all. Considering the Tribe has a health center on its lands, it may not seem that Kilbuck is in a rural community. None the less, there are situations where members of the Tribe's community have needed to travel outside of Coos County to receive medical care for a specific health concern. The web page listed above includes links to information and organizations which are focused on rural health care issues. The page also includes links to frequently asked health questions in regard to elders living in rural communities.

Toxtown:

<http://www.toxtown.nlm.nih.gov>

The National Library of Medicine sponsors Toxtown, a web page that lists and describes every possible environmental health concern and toxic chemical you could find in a community or neighborhood. Toxtown allows visitors to select generic locations such as Town, City, Farm, or Port to learn about suburban, urban, border, rural, and coastal environmental health risks. Once you have selected a neighborhood, you can search for specific locations, such as where you work or where you go hiking, and learn more about many potential, well-known toxic chemicals found in these locations.

Toxmap:

<http://www.toxmap.nlm.nih.gov/toxmap/main/index.jsp>

Toxmap is related to the National Library of Medicine web page that uses Geographic Information Systems (GIS) to help users explore data from the Environmental Protection Agency to research chemical and environmental health information. There are not any Superfund sites near Coos Bay. If there were, this would be the page to find them.

DIRLINE:

<http://www.dirline.nlm.nih.gov/>

DIRLINE provides a directory and search tools to health organizations including online resources and real life health centers. The web page includes a search engine allowing you to specify fields such as an organization's name, a specific medical condition, and resources with services for the hearing impaired. Separate search engines focusing on disaster organizations and toll-free health hotline phone numbers (there are over 300!) are also made available.

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

June Calendar

KRA Board Meeting at 5:30 p.m.	10
CIHA Board Meeting at 3:30 p.m.	13
Flag Day 	14
Father's Day	17
Summer Solstice Celebration	21
Tribal Restoration Day	28
Tribal Restoration Celebration Activities	28
Tribal Restoration Celebration Activities	29
Tribal Restoration Celebration Activities	30

SafeLink Wireless

FREE cell phone service if you participate in a social service program such as SNAP, Medicaid, TANF, NSLP, or are at or below 135% of the federal poverty guidelines. Choose from different plans which include long-distance calling, texting, caller ID, voicemail, roll over minutes, and more.

For more information:
1-800-723-3546 or
www.safelinkwireless.com

Farmer's Market

every Wednesday from
9:00 a.m. until 3:00 p.m.

on Central Avenue
in downtown Coos



Bay. For
more
information, call
541-269-0215.



KRA Board Meeting

Monday, June 10th

at 5:30 p.m.

All Kilkich residents
are welcome!



Cancer Poker Walk

Sunday, June 30th at 9:00 a.m.

Registration and Walk begin at the CIT Community Center. Pick up your verification card, water, and leather to make your necklace. The Poker Walk consists of 5 poker stations. Visit each station ONCE to create a 5-card poker hand. The worker at each station will verify your card. At each station you will receive information on a particular cancer, a cancer bead to put on your leather necklace, and a giveaway representing each cancer.

The BEST hand wins.

Everyone participating will receive a t-shirt at the end of the Poker Walk. Prizes awarded to the top 5-card hands.

YOU MUST BE 18 YEARS OR OLDER TO PLAY AND RECEIVE PRIZES. ALL FAMILIES ARE ENCOURAGED TO WALK REGARDLESS OF AGE.

Attention ALL Parents and Kids!!

Do you need something to do this summer?

Stop by the CIT Community Center and join in on the fun at the After School Program! Games and Sports, Swimming, Arts and Crafts, Cultural Activities, and Field Trips. Tribal youth and Kilkich residents ages 5 through 18 are WELCOME!!!

Please contact the CIT Prevention Team (Jennifer, Laura, or Lisa) if you have any questions at 541-888-9494.

Restoration Gathering Trip for Camas Bulbs on June 8th

Are you interested in helping dig camas bulbs for the Restoration Celebration that will be held the last weekend in June? If so, grab a pointed shovel or digging stick, gloves, a bucket, and sunscreen and be at the CIT Plankhouse on June 8th at 8:00 a.m.

Transportation and lunch will be provided, so **PLEASE RSVP if you plan to attend.** If you plan on driving your own vehicle, know that the gravel road to get to the camas area is NOT always in the best condition. The group will have lunch on the hill returning to the CIT Plankhouse around 3:00 p.m.

RSVP to 541-756-0904, Bridgette Wheeler, ext. 10243, or Rhonda Ferguson, ext. 10206.

NOTE: ANYONE UNDER THE AGE OF 18 MUST BE ACCOMPANIED BY AN ADULT FAMILY MEMBER.

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 CIHA at 541-888-6501 and request a payment pickup.