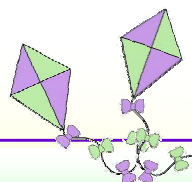


March 2014



Sea~Ha Runner

Coquille Indian Housing Authority



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

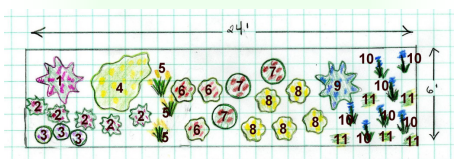
Volume 17, Issue 3

There is still time to enter the 4th Annual Renter Front Yard Makeover Drawing

If you **rent** a home in the Kilchick community, you are eligible to enter the 4th Annual Renter Front Yard Makeover Drawing.

- ♦ There is no cost to enter
- ♦ One entry per household
- ♦ **Winner will be chosen at the March 27th CIHA Board meeting by random drawing**
- ♦ To be eligible, renter agrees to perform the required maintenance after landscape installation in accordance with Section 6(K) of their Rental Lease Agreement

Winner will participate in the design of their new front yard with a focus on low-water landscaping, easy maintenance, and the incorporation of indigenous plants and materials.



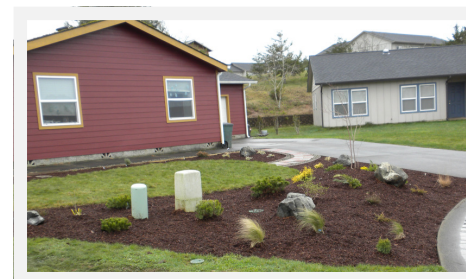
The winner will NOT:

- ♦ Be eligible to participate in the next two CIHA Landscaping Contests held each year in June
- ♦ Be eligible to enter the Renter Front Yard Makeover Drawing again for the duration of their tenancy at their current address

The winner will be notified by telephone or mail and will also be announced in the April edition of the Sea~Ha Runner newsletter.

If you have any questions, please contact CIHA at 541-888-6501. Entry forms are available at the CIHA office and are due no later than March 27th at 1:00 p.m.

Winners of the 2013 Renter Front Yard Makeover Drawing were Jesse and Stacy Nix at 709 Jistajaya Court. Photos of their yard before, during, and after their front yard makeover are shown here.

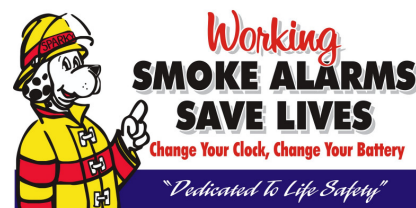


March Calendar

| | | |
|---------------------------------|---|----|
| Daylight Saving Time Begins |  | 9 |
| KRA Board Meeting at 5:30 p.m. | | 10 |
| St. Patrick's Day |  | 17 |
| Spring Begins |  | 20 |
| CIHA Board Meeting at 3:30 p.m. | | 27 |



Sunday, March 9th is the beginning of Daylight Saving Time. We set our clocks AHEAD one hour and lose an hour of sleep, but we gain an hour of daylight in the evening. DST is a reminder that spring is on its way in and winter is on its way out.



It is a good habit to test all of your smoke alarms and change your smoke alarm batteries every year when you move your clocks ahead one hour to reflect Daylight Saving Time. ALWAYS replace non-working smoke alarms.

Do You Need a Gently-Used Queen-Size Mattress?

If you are in need of a gently-used queen-size mattress, CIHA still has a few available; the mattress does NOT come with a set of box springs.

The Mill Casino · Hotel recently donated another set of mattresses to CIHA. The mattresses are available to Kilkich residents, Coquille Tribal members, and CIHA program participants.



If you are a Kilkich resident, CIHA will deliver the mattress to your home. CIHA will not move or remove any furniture or your existing mattress. If you live off of Tribal Lands, you will need to make personal arrangements to transport your mattress.

Mattresses will be issued on a first-come first-serve basis. If you would like a mattress, please call CIHA at 541-888-6501.



Kilkich Community Garden Beds Available

There are a few vacant garden beds available in the Kilkich Community Garden this year. As a gardener, you



will need to plant, weed, fertilize, and harvest

your bed as needed. There is no charge to use the community garden, but your bed **MUST** be maintained which requires a weekly personal commitment of time and energy.

If you are interested in planting a vegetable garden this year, please give CIHA a call at 541-888-6501. The garden beds will be assigned on a first-come first-serve basis. The beds are scheduled to be ready for planting by May 1, 2014.

In general, cool weather crops do well and yield plentiful harvests in the climate here on the south coast. Past success has been seen with artichokes, broccoli, carrots, cabbage, chives, kale, kohlrabi, lettuce, potatoes, spinach, squash, and turnips.



Arthritis Exercise Class (Every Tuesday) Begins March 4th

Falls are the leading cause of injury for people over 65 years of age. According to the Centers for Disease Control (CDC), one out of every four people over 65 years of age will fall. Of those people, 20 to 30% will suffer moderate to severe injuries; only half will talk to their health care provider about their fall.

The CITCHC and the Arthritis Foundation are working together to help people who have arthritis work on reducing their stiffness and pain



while improving their ability to move and balance, decrease depression, and improve mood.



The Arthritis Exercise Class is open to Tribal elders and spouses and Kilkich residents age 55 and over. The class will be held every Tuesday morning from 11:00 a.m. to 12:00 p.m. The first class is Tuesday, March 4th.

If you would like more information, call 541-888-9494 and contact Dani Bliss at ext. 20206 or Danielle Summers at ext. 20239.



Rent Check Pickup is available for elders and persons with disabilities. If you need your housing payment picked up this month, please contact CIHA at 541-888-6501.

Drum and Dance Practice

ALL Tribal members and Kilkich community members are invited to drum and dance practice every Wednesday night at the CIT Plankhouse from 6:00 p.m. - 7:00 p.m.



Children age 13 and under MUST be accompanied by an adult.

For more information, contact Lyman Meade at 541-297-5582.

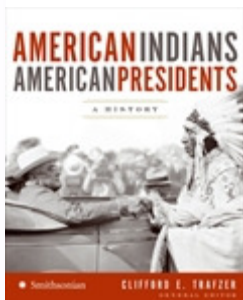
KRA Meeting - The Kilkich Residents Association meets the second Monday of every month at the CIHA office.

The next meeting is scheduled for Monday, March 10th at 5:30 p.m. All Kilkich residents are welcome and encouraged to attend!



A Lesson in American History: When Native American Leaders and Presidents Meet

A recent addition to the CIT Library is the book American Indians, American Presidents; a Smithsonian publication on American history focusing on the interactions that occurred between U.S. Presidents and Native American



leaders since the country was founded.

The book discusses laws and federal policies implemented by various U.S.

Administrations and the impact these laws and federal policies had on tribal communities in the United States. The book gives a detailed look at a rarely discussed section of American history providing an opportunity to learn about historical leaders of this country's sovereign nations, leaders elected to serve in those positions, and leaders elected to serve in this country's executive branch. The book uses inaugural addresses, proclamations, Indian Agency records, petitions, private correspondence, memoirs, photographs, and objects from the Smithsonian's National Museum of the American Indian to tell the stories about the relationship between tribes and the federal government; the commitment of Native Americans to self-determination; and the changes the United States has gone through in its 237.5 years of existence.

Mt. Rushmore, located in the Black Hills (Paha Sapa) within Indian Country, with its famous stone-carved U.S. Presidents, is used in the book's introduction as a metaphor for the relationship that exists between tribes and the United States. From there the book is broken into 5 parts with each section detailing a period of U.S. history starting with the country's first

50 years, the era of western expansion (and its impact on tribes), then to the repressive policies of the late 19th and early 20th centuries, and then later, efforts to reverse these policies, for better or for worse, as one of these "reform" policies included termination, and then finally covering the last 45 years with a focus on tribal self-determination, federal recognition of tribes, and improved, if not perfect, efforts to create and adhere to federal Indian policies based on government to government relationships on an equal level.

The following quotes are taken from the book. "When President John Adams took office on March 4, 1797, he expressed concern over Great Britain's continued effort to foment Indian resistance to the United States. His greatest concern, however, revolved around the possibility of war with revolutionary France or even Great Britain. Locked in a titanic struggle in Europe, the two super-powers continued to occupy lands in North American and could easily enmesh the United States and Native nations in the conflict."

Chapter 1: Native Lands in the Age of Adams and Jefferson, Pg. 51.

"Nineteenth-century American Indian policy was cast in terms of "helping" Native people. American presidents, beginning with George Washington, believed that Indians would be better off if they adopted farming, embraced Christianity, and internalized the values of mainstream American society, including industry, private property, thrift, and sobriety. In many Indian treaties, the United States promised to send teachers, missionaries, blacksmiths, and farm implements to Native communities to help Indians become farmers and Bible-reading Christians. The offers of assistance were sincere, but

assimilation was not the primary goal of American Indian policy. In reality, the United States government set Indian policy with one goal in mind: to obtain Indian lands and wealth." Chapter 2: The Rhetoric of American Indian Policy, Pg. 68.

"In 1830, Congress began debate on a plan to remove all eastern Indians to lands west of the Mississippi River. The measure, President Andrew Jackson's top legislative priority, ignited a firestorm of controversy that focused national attention on the rights of Native nations. Despite opposition from Indians as well as religious and reform groups, Congress passed the Indian Removal Act, setting the stage for the eviction of thousands of Native people along the Trail of Tears.

Among the lawmakers who voted against the measure was Representative David Crockett of Tennessee. Best remembered as the coonskin-cap-wearing, gun and axe-toting frontiersman who died heroically at the Alamo, Crockett (1786-1836) was also a champion of Indian rights during one of the darkest hours in Native American history.

...As payback for opposing Indian removal, Jackson's allies rallied to unseat Crockett in 1831. Reelected in 1833, Crockett again lost his seat in 1835. Weary of politics and hounded by creditors, Davy Crockett left Tennessee and traveled west where he died fighting for Texas's independence."

Davy Crockett: Defender of Indian Rights, Pg. 76

Again, this book is available at the CIT Library.

Article submitted by:

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Happy
Spring!



Fertilize Your Mind 13th Annual Garden Seminar at SWOCC Campus

Fertilize Your Mind is a day-long garden seminar offering practical, hands-on learning for both novice and experienced gardeners. Eight experienced and practical speakers will present classes covering a wide range of horticultural interests; information-packed vendor displays are available for perusal all day.

The registration fee is \$25; the registration fee includes the keynote speech, educational lectures, and access to the vendor displays. Coffee, tea, and water will be provided. Lunch will not be served; you may bring your own sack lunch. For a schedule of speakers, class sessions, and a seminar registration form, log on to: http://extension.oregonstate.edu/coos/sites/default/files/Mg/fym_registration_2014.pdf

You may also contact the local OSU Coos County Extension Service at 541-572-5263 in Myrtle Point.



March 14, 15, and 16 2014

The 25th Annual Clambake Jazz Festival has an incredible band lineup again this year. Doors open at 6:00 p.m. on Thursday, March 13th as Soulpie, the Young Bucs, and High Street open up the weekend festival at The Mill Casino · Hotel. The Mill will be the ONLY venue this year so you can park once and enjoy the music under one roof all day long!

For a full listing of the bands, their bios, performance video clips, their Clambake Jazz Festival performance schedule, as well as ticket information, log on to www.clambakejazz.com

Don't miss this weekend of fabulous music and exceptional performers.



Do You Need A Lawnmower?

If you would like to borrow a lawn mower, rake, or a weed eater, call CIHA at 541-888-6501 during normal office hours.



Have You Heard of Spokeo? You Might Want To Check It Out and See If You Are Listed

In an ever-expanding market for personal information, many data-mining websites exist to provide (for a nominal fee) your personal information to anyone who may be looking for you. Such easy and immediate access to personal information poses a multitude of privacy and security risks. Spokeo is one such site. Spokeo is an intuitive *people search service* that provides loads of data on people, including a map view of the person's property complete with property details (for a fee). You can preview your search before you buy it, and the search can include a family tree, telephone number, and links to social networks. Not all of this information however, may be totally accurate.

Spokeo is very user friendly and with two keywords, you may be able to find anyone in the United States.

If you do NOT want Spokeo selling your personal information, follow the steps listed here to remove your personal information from Spokeo's database. You may want to periodically recheck the site to ensure your information has not been relisted.

First, log on to www.spokeo.com; type your name in the search box. A U.S. map will appear; choose the state you want to search. A city (or list of cities) will appear on the left. Click on the city that you want to search (you may have more than one listing; you will need to go through each listing and remove each listing individually),

In the browser bar on the page that lists your information, right click on the URL and click "copy" (you will paste this URL into the opt out page.)

Second, go to Spokeo's Opt Out page www.spokeo.com/optout

Right click and "paste" your URL into the box labeled "Profile URL"; enter your email address; enter the code listed on the screen. Click the green box "Remove This Listing". Follow the directions on this page for removing all your listings. Spokeo sends a confirmation email to the email address you list on the opt out page. You will need to click on the link in the email Spokeo sends to you in order to finalize and confirm your personal information listing removal.