



Coquille Indian Housing Authority

# Sea~Ha Runner

November 2011

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

Volume 14,  
Issue 11

## November Calendar

Daylight Saving Time Ends	6
CIHA Closed in Observance of Veteran's Day	10
KRA Dinner Meeting at 5:30 p.m.	14
CIHA Closed at Noon	22
CIHA Closed for the Thanksgiving Holiday	23-24

## Disaster Preparedness R U Ready?? Make a Plan!

CIHA has maps, brochures, check lists, guidelines, and instructions on how to prepare for a disaster and what you should do in the event of a disaster. If you have not already made a disaster plan, please stop by the CIHA office and pick up some life-saving information TODAY!

The Low Income Home Energy Assistance Program will be available again this year. CIHA has NOT been notified of "when" the application process will begin; however, once a date has been set, residents will be notified.

## LIHEAP

The Oregon LIHEAP provides low-income families assistance with their home energy expenses. To be eligible, households must be at or below 60 percent of state median income; both renters and homeowners are eligible. 2012 income guidelines for Oregon, effective October 1, 2011, are:

Size of Family Unit	Annual Income 60% of Median	Monthly Income 60% of Median
1	\$22,493	\$1,874.43
2	\$29,414	\$2,451.17
3	\$36,335	\$3,027.92
4	\$43,256	\$3,604.67
5	\$50,177	\$4,181.41
6	\$57,098	\$4,758.16
7	\$58,396	\$4,866.30
8	\$59,693	\$ 4,974.44

LIHEAP is a once-a-year payment that is paid directly to your energy provider (Pacific Power, for instance) helping to offset the cost of heating your home during the winter months. You must provide documented heating costs, a power bill, for example.

## Smoke Alarms

- Please test your smoke alarm to ensure it is working properly
- Replace your old battery with a new battery if needed

## November 6<sup>th</sup> - Daylight Saving Time Ends Time To Turn The Clocks Back One Hour

It is almost time to set the clocks back one hour. Daylight Saving Time ends in the United States on Sunday, November 6<sup>th</sup> at 2:00 a.m. when we return to Standard Time.

Daylight Saving Time will begin again on Sunday, March 11, 2012 at 2:00 a.m. Daylight Saving Time always begins on the 2<sup>nd</sup> Sunday in March and ends on the 1<sup>st</sup> Sunday in November.

Remember to set your clocks **BACK ONE HOUR** on Saturday evening before you go to bed or on Sunday morning. Enjoy the extra hour of sleep!





## Kilkich Residents Association Meeting

Monday, November 14, 2011 at 6:00 p.m.

A light dinner is served at 5:30 p.m.

All Kilkich residents are welcome.



If you have any questions, please contact  
KRA Chair Rocky Doyle at 541-888-4910.

## 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 payment, please call the CIHA office at 541-888-6501. A CIHA staff member would be happy to stop by and pick up your payment for you.

# Congratulations, Alison!



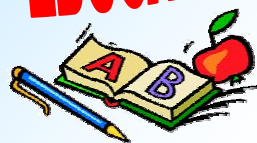
Telephone: 541-290-1590 - [www.alisonwassonphoto.com](http://www.alisonwassonphoto.com)

## The Knights of Columbus Food Boxes

The Knights of Columbus started delivering food boxes throughout the Southern Oregon Coast to families in need in 1982. The Knights of Columbus is a fraternal society for Catholic men comprised of members from Coos Bay, North Bend, Bandon, Coquille, and Myrtle Point. The Knights will be providing **Christmas food boxes** for needy families again this holiday season. The Knights do not set any eligibility restrictions for those signing up for food, so anyone who needs help with their holiday dinner is considered eligible regardless of age, religion, number of family members, or level of need. **If you would like to receive a food box in December, sign up at the Newmark Center, 2110 Newmark Avenue, Coos Bay, Room 113, between the hours of 9:00 a.m. and 3:00 p.m. on Monday, November 14<sup>th</sup> or Tuesday, November 15<sup>th</sup>. The food boxes will be available for pickup on Sunday, December 18<sup>th</sup>.** For more information, please call 541-297-9462.



## LABELS FOR EDUCATION



KRA is still collecting "Labels for Education" to help support Madison Elementary School. Please drop your labels off at the CIHA office. The labels help Madison Elementary earn FREE educational equipment. For a list of participating products, go to:

[www.labels4education.com/Earn/participating-products.aspx](http://www.labels4education.com/Earn/participating-products.aspx)



## Presents The Nut Cracker

### Saturday, November 19

Two shows - 4:00 p.m. and 7:30 p.m. at the Hales Center for the Performing Arts at SOCC. Tickets available in advance at Checkerberry's (\$20) and at the door (\$22). Contact Kathy at 541-269-1214 for more information.

The September edition of K'wen 'inish-ha includes information on Chocreladun, a village complex that existed for hundreds of years in the area where the city of Myrtle Point is located today. Copies of the newsletter are available at the CIHA office, the CIT Community Center, the CIT Health Center and yes, the CIT Library.

In addition to providing excerpts from written materials on Chocreladun, a list of books is provided for people who would like to learn more about the Coquille, neighboring Tribes, and southwest Oregon. Here is the list of books:

- The Coquille Indians: Yesterday, Today and Tomorrow; Roberta Hall
- Coquelle Thompson: Athabaskan Witness; Lionel Youst
- Changing Landscapes, Volumes 1-3; this series contains papers submitted by speakers at the Tribe's Cultural Preservation Conference
- Indians of the Pacific Northwest; Robert Ruby
- The First Oregonians, 1<sup>st</sup> and 2<sup>nd</sup> editions; both published by the Oregon Historical Society
- Growing up Indian: An Emic Perspective; George Wasson
- White Moccasins; Beverly Ward
- She's Tricky Like Coyote; Lionel Youst
- South Slough Adventures; published by the Friends of South Slough
- Coquille/Ko'Kwel, A Southern Oregon Coast Tribe; Jason Younker
- The Indians of Western Oregon: This Land Was Theirs; Stephen Dow Beckham
- The Coos and the Coquille; Mark Tveskov



## Diabetes Prevention Program: Still Recruiting!

### **Earn \$25 Safeway Nutrition Cards - Learn Healthy Eating Habits**

Native Americans are more than twice as likely to become diabetic than the rest of the U.S. population, and Native Americans are more likely to develop complications of diabetes once they have the disease. *If someone in your family has diabetes, you are at an increased risk of developing it, too.* The higher rate of diabetes among family members is probably the result of both heredity and similarities in lifestyle, such as diet and exercise routines.

The Diabetes Prevention Program classes consist of:

- Label reading
- Recognizing fat in foods, stress eating, and much more
- **You will receive a \$25.00 Safeway Nutrition Card** to buy healthy foods, along with many more incentives, **when you attend each class**
- If you **come in for a Fasting Blood Sugar test, you will receive a \$25.00 Safeway Nutrition Card**
- **Call Gail Accinelli at 541-888-9494, ext. 20216 for more information**

**You must be Native American, over the age of 18 years old, and NOT a diabetic to participate in the Diabetes Prevention Program.**



Sign up for the Biggest Loser was a success; thirty people joined! The Biggest Loser Challenge focuses on healthy eating and exercise. There will be two top winners divided between a man and a woman and two runner-ups in each group. All money collected will go to the winners.



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## Buffet at The Mill Casino

Savory roast turkey with all the trimmings, an array of delicious side dishes, and a delectable dessert assortment from The Mill Casino · Hotel's own bakery.

The Plankhouse Restaurant will also have holiday specials.

For more information, please contact The Mill Casino · Hotel at 541-756-8800.



## Holiday Lights at Shore Acres

Shore Acres will be the brightest and most beautiful place on the West Coast again this year with over a quarter million holiday lights. Shore Acres will be open every night from 4:00 p.m. - 10:00 p.m. Thanksgiving through New Year's Eve. There is plenty of parking; the admission fee is \$5 per vehicle. The Garden House will host cookies, hot cider, punch, and coffee; enter to win the Ultimate Bed & Breakfast Raffle. The Information and Gift Center will be open every evening. This community event is sponsored by Friends of Shore Acres, Inc. in partnership with Shore Acres State Park. For more information, call 541-888-3732 or 541-756-5401 or log on to [www.shoreacres.net](http://www.shoreacres.net).

## Festival of Trees

Presented by Bay Area Rotary  
and The Mill Casino · Hotel  
**FREE ADMISSION**



Enjoy beautifully decorated trees & wreaths on display at The Mill Casino · Hotel  
**Nov. 22 - Dec. 1**

Celebrate the Holiday Season this year by visiting the Festival of Trees at The Mill Casino · Hotel November 22<sup>nd</sup> through December 1<sup>st</sup>. The trees will be auctioned off on Thursday, December 1<sup>st</sup> at The Mill Casino · Hotel in the Salmon Room; doors open at 6:30 p.m.; the live auction begins at 7:00 p.m. Bid on your favorite tree; all proceeds benefit local charities. If you are the successful bidder, the Bay Area Rotary Club will deliver your decorated tree right to your door, or you may donate your tree to a needy family in the community through Oregon Coast Community Action, Services for Children and Families, or the Coquille Indian Housing Authority. Tree delivery is limited to a 30-mile radius. Your contribution to The Festival of Trees/Bay Area Rotary Club is tax-deductible as allowed by law. For more information, please contact Debbie Webb at 541-808-1969 or email at [dwebb@co.coos.us](mailto:dwebb@co.coos.us).

## Annual Tree Lighting & Santa's Arrival

Friday, November 25; 5:00 - 5:30 p.m. on the

Downtown Coos Bay Boardwalk

Free movie at 7:00 p.m. at the Egyptian Theatre



Music and caroling on the Coos Bay Boardwalk while Santa arrives by boat. The Coos Bay Mayor and Santa will light the Christmas tree and then lead everyone to the Egyptian Theatre for pictures with Santa and a FREE movie. FMI, call Cindi at 541-267-3341.

In every walk with nature,  
one finds far more than he  
seeks. - John Muir

## Save the date ... December 21 Winter Solstice

Celebrated in Traditional Style Dance



Begins at dusk  
at the  
Community  
Plankhouse  
on Tribal Lands