



Coquille Indian Housing Authority



Sea~Ha Runner

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

October 2010
Volume 13, Issue 10

Happy Halloween



CIHA Calendar

CIHA open until 6:00 p.m.	1
CIHA open until 6:00 p.m.	4-5
Dinner at 5:30 p.m. KRA Meeting at 6:00 p.m.	11
CIHA Board Meeting at 4:00 p.m.	21
CIHA open until 6:00 p.m. HALLOWEEN TREATS at the CIHA Office	29
HALLOWEEN	31

Bicycle Rodeo

Another Successful Rodeo!



The Coquille Tribal Police Department held its 4th Annual Bicycle Safety Rodeo on Saturday, August 28, 2010, between 10:00 a.m. and 12:00 p.m. at the Tribal Community Health Center.

The Rodeo consisted of multiple safety exercises ranging from straight-line control, braking control, and short-radius turning. All Rodeo participants received a free bike helmet and a goodie bag, which contained bicycle safety-related items.

As part of the Rodeo, the kids were offered an off-road ride along the trails down to Tarheel Lake and back, finishing off with a ride around Mexeye Loop.

The Bicycle Safety Rodeo provided residents an opportunity to register their scooter or bicycle. Registration included obtaining contact information, as well as the serial number of the bicycle or scooter. The information is stored in a database in the event the bicycle

or scooter is ever lost or stolen. Several bicycles were registered this year.

A delicious and nutritious snack bag was provided to all Bicycle Rodeo participants, courtesy of the Coquille Indian Tribe.

A total of 8 kids participated in the 2010 Bicycle Safety Rodeo. All were entered into the drawings for raffle prizes. All of the Bicycle Rodeo participants were also entered into the bicycle drawing. **Chance Maude was the lucky bicycle winner!**

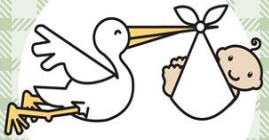
**Congratulations
to ALL of the Winners,
and THANK YOU to the
sponsors of the 2010 Bicycle
Rodeo, the Coquille Indian
Tribe and the Coquille Indian
Housing Authority. This
event was made possible by
your generous contributions.**



Stork Report



It's a Girl!



Alexis Ranae

Born Sept. 11th



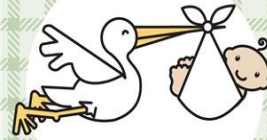
Kayla Smith and Dustin Gilkey welcomed their new baby girl into the world on September 11, 2010, at 8:14 a.m. Alexis Ranae weighed 7 pounds, 14 ounces when she was born. Alexis Ranae's parents are very excited and proud of their beautiful, healthy baby girl!



Congratulations!



It's a Boy!



Bryson, Jr.

Born Sept. 12th



Stephanie and Bryson Burns welcomed their new baby boy into the world on September 12, 2010, at 1:48 a.m. Bryson VerNon Burns, Jr. weighed 7 pounds, 8 ounces when he was born. Bryson's parents are enjoying their handsome and healthy baby boy!

Congratulations!



Kilkich Residents Association Has A Board Opening



KRA has a vacancy on their Board. If you have some great ideas you would like to share or would like to become involved in your community, please attend the next Kilkich Residents Association meeting on Monday, October 11, 2010. KRA Board Members and Kilkich residents gather once a month to discuss current events and issues of community interest. Nominations for the Board opening will be held at the next meeting.

The KRA meeting is held at the Coquille Indian Housing Authority office. A light dinner is served before the meeting at 5:30 p.m.; the one-hour meeting begins at 6:00 p.m.

At the September 13th KRA meeting, Larry Neiffer was nominated to fill a previous Board vacancy. The attending KRA Board Members unanimously voted Larry in. Congratulations, Larry! KRA is excited to have you as a new member!

For more information about KRA or becoming a KRA Board Member, please contact KRA Chairperson Rocky Doyle at 541-888-4910.



ORCA Kilkich Wireless Network



If you are a Kilkich resident using ORCA's Wireless Communications Network and have a wireless router in your home, **please set your home wireless router to channel 6.** Some people have had problems with their internet service because of router interference.

Changing your router to channel 6 should help avoid future interference problems.

If you have any questions, please contact ORCA Communications at 541-267-7907; an ORCA technician would be happy to assist you and answer any questions you may have.

Kilkich Community Clothes Lines



There has been a considerable amount of community interest in allowing clothes lines to be erected so that people can dry their clothes outdoors. Not only do the clothes have a wonderful fresh-air scent when dried outdoors, but a significant amount of energy is saved, which in turn results in a lower energy bill for your household.

If you wish to install a clothes line, there are a few guidelines to follow.

1. Clothes lines shall be located as to minimize their visibility from a street, road, or common area.
2. Clothes lines shall be free-standing and may not be attached to housing.
3. Construction shall be approved in advance and shall follow the standards for materials and installation as provided by the Fence Policy.

If you have any questions or would like more information, please feel free to contact the CIHA office at 541-888-6501.



Thursday Night Basketball



Ages 14 Years and Up



It's basketball time again, just in time for Fall! On Thursday evenings from 5:00 p.m. until 7:00 p.m., come and enjoy a couple of hours playing basketball on an indoor court at the Coquille Tribal Community Center. It's fun, it's free, and it's great exercise! If you have any questions, please contact Luke Clark at 541-888-9494, ext. 20240, or Cody Libbett at ext. 20239.

See You On the Court!



FREE

Craft Classes

FUN



- FREE Craft Classes will be held again this Fall
- The classes will be taught by Jenny Dill
- Classes will be held at the Tribal Community Center
- Youth Classes will be held the 2nd and 4th Tuesdays in October and November from 3:30 p.m. - 5:00 p.m.
- Adult Classes will be held the 3rd Thursday in October and November from 5:30 p.m. - 7:00 p.m.
- Youth Class Craft Projects - To Be Announced
- Adult Class Craft Projects -
 - October 21st - Canning Traditional Foods
 - November 18th - Sewing Personalized Pendleton Woolen Pouches



Handmade



Handmade

For more information and to RESERVE YOUR SPOT, please contact Brenda Meade at the Tribal Community Health Center at 541-888-9494 or 1-800-344-8583, ext. 20205.

Mountain View Farms in Lakeside

Pumpkin Patch by Day

Haunted Village & Spooky Graveyard by Night

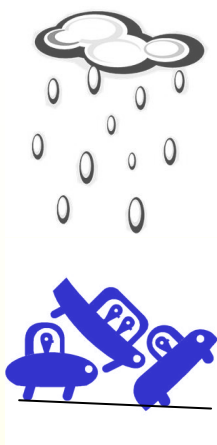


It is pumpkin time again! Bring your family and friends and come out to Mountain View Farms in Lakeside and wander through the fun and interesting pumpkin patch. Here, during the daylight hours, you will be able to choose your own unique pumpkin from the large pumpkin patch, and then as darkness begins to descend and the comfort of daylight is gone, you are invited to take a stroll through the 3/4 mile, lantern-lit, spooky trail that comes alive with monsters on Friday and Saturday evenings. Be ready for unexpected frights and a spooky, fun-filled, one-of-a-kind adventure. The Haunted Village and Spooky Graveyard opens at 7:00 p.m. on Friday and Saturday evenings throughout the month of October. For more information, please call 541-759-3582.



Monster Mash Dance Party & Costume Contest

The Monster Mash Dance Party starts at 8:00 p.m. in Warehouse 101 inside The Mill Casino • Hotel and parties until Midnight. There will be lots of contests and prizes and most likely some pretty wild costumes! There is no cover charge; you must be 21 or older to attend; the party is open to the public. For more information, contact The Mill Casino • Hotel at 541-756-8800 or www.themillcasino.com



Please Drive Safely

For more Safe Driving Tips, log on to: www.roadtripamerica.com

Winter Driving Tips

With the wet and rainy season fast approaching, here are some driving tips and reminders to help you stay safe on the road.

1. Prepare your car for night driving; clean and check the headlights, tail lights, signal lights, and windows.
2. Check your windshield wipers for wear; replace as needed. Good windshield wipers could help prevent an accident. It is hard to see with rain on your windshield. Check your windshield fluid reservoir level.
3. Make sure your tires are properly inflated.
4. Defrost your vehicle before driving. Fogged windows limit your visibility and are a hazard.
5. Wear your seatbelt - IT'S

THE LAW!



6. Reduce speed, use caution, increase following distance, and watch for children and animals, especially in school and residential areas. Pedestrians wearing dark-colored clothing are very difficult to see, even in the daylight hours.
7. Remember to drive with your headlights on early in the morning and early in the evening. Even though you may be able to see clearly, other traffic may not be able to see you clearly, especially if you have a light-colored vehicle. BEST TIP: Always drive with your headlights on for safety.
8. Drive the speed limit. Driving too fast or too slow can increase the likelihood of a

collision.



9. Do not talk without a headset or text on your cell phone while driving - IT'S THE LAW!
10. Avoid smoking while driving. Smoke's carbon monoxide hampers night vision.
11. Follow the rules of the road. Don't contest the "right of way" or try to race another car during a merge. Be respectful of other motorists.
12. DON'T DRINK AND DRIVE! If you plan to drink, please designate a driver who won't drink. **ALCOHOL IS A FACTOR IN ALMOST HALF OF ALL FATAL MOTOR VEHICLE ACCIDENTS.**
13. Keep both a personal and a roadside emergency kit in your car. These supplies could save your life.



Octoberfest

A Community Festival of Music, Food, Fun, and more!
Benefitting ORCCA Children's Programs.

Saturday, October 9th
Noon to 6:00 p.m.

Old Charleston School
Seven Devils Road

Admission: \$1/Person

Food: \$10/Person, \$25/Family

- Live music with local bands
- Food from the Tuna Guys
- Beer garden hosted by High Tide
- Old-fashioned cider press (bring apples from your own tree)
- Local artists with interactive displays
- Community organizations information booths



**STOP
SMOKING**



Every year in the U.S. over 392,000 people die from tobacco-caused disease, making it the leading cause of preventable death. Another 50,000 people die from exposure to secondhand smoke. Tragically, each day thousands of kids still pick up a cigarette for the first time. The cycle of addiction, illness, and death continues. What can be done to stop smoking? The American Lung Association is working to strengthen laws and policies that protect everyone from secondhand smoke and prevent young people from starting. Excerpted from www.lungusa.org

Connie L. Barton, 1-800-344-8583 or 541-888-9494, ext. 20206
Tobacco Coordinator and Community Health Representative
Coquille Indian Tribe, submits a list of resources below to help you quit smoking, and highlights the chemicals that are in cigarettes.

Resources available to help you quit smoking

1. Your Primary Care Physician
2. Connie L. Barton, Tobacco Coordinator, Coquille Indian Tribe, 1-800-344-8583 or 541-888-9494, ext. 20206
3. Deborah Sensenbach, RN, Case Manager, Coquille Indian Tribe, 1-800-344-8583 or 541-888-9494, ext. 20204
4. Oregon Tobacco Quit Line 1-800-QUIT-NOW (1-800-784-5463)
5. The FREE One-Hour Stop Tobacco Use Clinic. Meetings are held at the Community Health and Education Center located at 3950 Sherman Avenue, North Bend; the telephone number is 541-269-7400, ext. 110. The meetings are held the 1st and 2nd Wednesday of every month from noon - 1:00 p.m.; and the 3rd and 4th Wednesday of every month from 5:30 p.m. - 6:30 p.m. The Clinic is sponsored by DOCS and co-sponsored by Bay Area Hospital.

Chemicals Contained in Cigarettes

Mothballs (Napanene): Keeps the moths away; moths love tobacco

Rat Poison (Arsenic): Rats die from the arsenic and then get chopped up with the tobacco plant

Windex (Ammonia): Ammonia increases the nicotine absorption into the body

Bleach: Bleach is in the white paper of the cigarette

Insect Poison (DDT): DDT is sprayed on the tobacco plants to kill the bugs

Gas (Nitrobenzene): Nitrobenzene helps light the cigarette faster

Lighter Fluid: Allows the cigarette to burn easier



Batteries (Cadmium): This gives the cigarette a sweeter taste

Nuclear Waste (Plutonium 210): This keeps the cigarette lit

Carbon Monoxide (Same as Car Exhaust): A result of burning and smoke

Tar: A sticky substance that takes the nicotine to the lungs

Fiberglass (In Tobacco Chew): Cuts the lip, which makes the absorption faster

Acetone (Nail Polish Remover): Acetone is an eye, nose, and throat irritant

Formaldehyde: Formaldehyde is in secondhand smoke

October Employment Opportunities

Oregon Coast
Community Action
2110 Newmark Avenue
Coos Bay, OR 97420

Current Job Openings

Development Specialist

For a job application or
more information, access
ORCCA's website at:

www.orcca.us

Or call 541-888-7014

The Mill Casino ·
Hotel currently has a
list of job openings
posted on their website.



Log on to :

- www.themillcasino.com
- Click on Employment
- Click on Open Positions

The Application for Employment
is available online.

For more information,
call 541-756-8800.

Apply

SAFEWAY 

Today!

Your Future Starts Now.

Coos Bay has an opening for a Starbucks Clerk; North
Bend has an opening for a Deli Clerk and Fuel Clerks;
Reedsport has an opening for a Deli Clerk.

(Wages vary: most entry level positions start at \$8.50 an hour.)



Link your future to the Safeway Team.

Apply now at our in-store hiring kiosk or safeway.com for an onsite interview.

Equal Opportunity Employer



State of Oregon Job Listings Website:

www.employment.oregon.gov

You can search by job location, job listing,
or occupation. You may also sign up for
iMatch Skills which matches your skills
and experience to Oregon jobs.

Log on today!



Coquille Indian Housing Authority

2678 Mexeye Loop
Coos Bay, OR 97420

541-888-6501

Or

1-800-988-6501

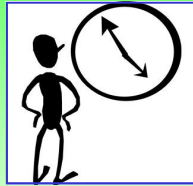
Fax: 541-888-8266

daleherring@uci.net

traceyroome@uci.net

It is better to offer no
excuse than a bad one.
~ George Washington

Almost Time to Set the Clocks Back! Sunday, November 7 at 2:00 a.m.



Going forward is a lot more fun than going backward (except for the lost hour of sleep), but regardless, it will soon be time to set our clocks BACK one hour. The phrase "Spring forward, Fall back" helps people remember how Daylight Saving Time affects their clocks. At 2:00 a.m. on the second Sunday in March, we set our clocks forward one hour ahead of Standard Time ("Spring forward"). At 2:00 a.m. on the first Sunday in November, we set our clock back one hour and return to Standard Time ("Fall back"). The change to Daylight Saving Time allows us to use less energy in lighting our homes by taking advantage of the longer and later daylight hours.

Trick-or-Treating Safety Tips

- ⚡ Never trick or treat alone; have at least two buddies travel with you.
- 🕷 Plan your entire route, and make sure your family knows what it is.
- 👻 Wear a reflective, bright-colored, flame-retardant costume.
- ⚡ Accept treats only in the doorway; never go inside a house.
- 🕷 Be very cautious of strangers; visit only houses where the lights are on.
- 👻 BE CONSIDERATE OF PEOPLE WHO DO NOT HAVE THEIR PORCH LIGHT ON.
- ⚡ Be respectful of others property; do not vandalize or leave trash behind.
- 🕷 Carry a flashlight, a cell phone, and a watch. Set a curfew time and stick to it.
- 👻 Walk, DON'T RUN, on sidewalks and driveways. Don't walk through yards.
- ⚡ Do not approach pets, people you do not know, or strange cars.
- 🕷 Wear reflective or flashing clothing, shoes, or jewelry to increase your visibility.
- 👻 Have your parents check your candy before eating any of it.



Please have a Safe and

Happy Halloween