



SEA~HA RUNNER

HAPPY HALLOWEEN

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

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COQUILLE INDIAN HOUSING AUTHORITY



New Playground Equipment Under Construction

A plan to update the playground with new, modern, colorful play equipment and surfacing material has been in progress for the last few months.

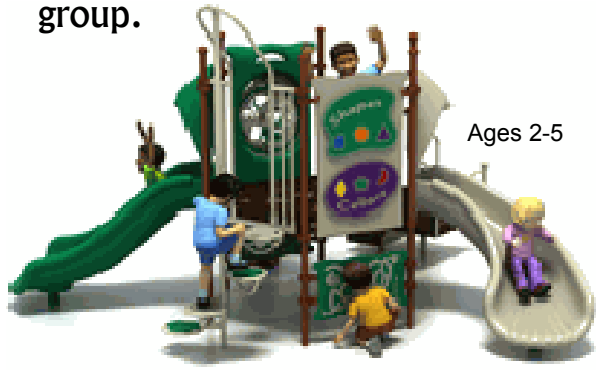
Before construction began, this was what our playground looked like. →



Currently, the playground is under construction with the CIHA projects and maintenance team painstakingly piecing together the brand new equipment. Each day the playground takes on a new look. It has been exciting to watch it all coming together.

← This is a picture of the toddler play structure in progress.

When completed, the playground will include two new play structures. One is designed for the pre-school age group, while the other is for the elementary age group.



Ages 2-5



Ages 5-12

The playground is scheduled to be complete in October. Once completed, there will be a playground blessing and grand re-opening. The date will be announced.

Bicycle Rodeo A Fun, Successful Event!



The Coquille Tribal Police Department held its 3rd Annual Bicycle Safety Rodeo on Saturday, August 29, 2009.

The Rodeo consisted of eight safety exercises ranging from straight-line control, braking control, and short-radius turning. Each participant received a goodie bag. The goodie bags contained coloring books, safety information, a safety dog-tag, pencils, and other miscellaneous items. As part of the Rodeo, the kids took 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 gathering contact information, as well as the serial number of the bicycle or scooter. The information is stored in a database in case the bicycle or scooter is lost or stolen.

A total of 18 kids participated in the Rodeo. All of the participants were entered into drawings. Adam Sharp won the boy's bicycle; Taylor Ward won the girl's bicycle; and two skateboards were given away; one each to Erasto and Lucia Jimenez. Jesse Meza was the winner of the night stay at the Mill Casino.

Congratulations to all of the Winners!!

Thank you to the Coquille Tribal Community Center for providing a healthy lunch for the kids and their families.

And, THANKS to the Coquille Indian Tribe, the Coquille Indian Housing Authority, and The Mill Casino for making this a great, fun event for everyone.



CCAT now offers transportation to and from Tribal Lands. Coquille Tribal Members may ride the Loops for FREE. Must show Tribal ID.

Transportation Available on Tribal Lands

53 STOPS AROUND THE COOS BAY/NORTH BEND AREA!



Monday through Friday Service
7:15am - 5:45pm
RATES PER RIDE
Exact Change Required...
General Public = \$1.25
Youth (ages 6-17) = \$.50
Youth (under 6) ride FREE
 When accompanied by a chaperone.
ALL TRANSIT VEHICLES ARE WHEELCHAIR ACCESSIBLE.
Have Questions?
Call: 541-267-7111

CCAT is now offering Bay Area Loop Service and Dial-A-Ride Service here on Tribal Lands. The service is available Monday through Friday.

- CCAT is a curbside service only.
- Some riders may require an escort to enable them to travel. Escorts are not required to pay a fee.
- Please leave pets at home unless it is a designated service animal or in a pet carrier.
- A minimum of one day is needed to “schedule” a ride; you may schedule up to two weeks in advance.
- In order to provide service to as many riders as possible, CCAT operates with a 30-minute “pick-up window”. Drivers may arrive up to 15 minutes before or after your scheduled pick-up time. Drivers are only able to wait 5 minutes.
- Abusive/disruptive riders will be put off the bus.
- Due to high transportation demand, the driver’s schedule may not allow for unscheduled stops. Additional destinations must be scheduled with the office at least a day in advance.
- Please advise dispatcher if you require special services or a wheelchair lift.

CCAT Schedules are available at the CIHA of-

“Fall Back” Sunday November 1st at 2:00 a.m.

Don't forget to
set your clocks
BACK ONE HOUR
on Sunday,
November 1st at
2:00 a.m.

In the United States, Daylight Saving Time begins at 2:00 a.m. local time on the second Sunday in March. *On the first Sunday in November, areas on Daylight Saving Time return to Standard Time at 2:00 a.m.* During Daylight Saving Time turn your clocks ahead one hour. *At the end of Daylight Saving Time turn your clocks back one hour.*

Arizona, Puerto Rico, Hawaii, U.S. Virgin Islands, and American Samoa do not observe Daylight Saving Time



G oing Green



Simple Answers to Common Questions

The Reader's Digest Version ~ Excerpted from the April 2009 Issue

- **Should I turn off the lights every time I leave the room?**



Let your bulb answer that. You save energy with the lights off, even for a few seconds. But flicking that switch shortens every lightbulb's life. Incandescent lightbulbs are cheap, so turn them off when you can. Compact fluorescents (CFLs) aren't cheap, but one will save you about \$30 in electricity throughout its lifespan over an incandescent. And turning on a light bulb doesn't burn a lot of energy. The amount of electricity needed to turn on a bulb equals a few seconds of its burning brightly. **RD Suggests:** Turn off incandescents if you're leaving the room for more than five seconds; CFL's if you'll be gone at least 15 minutes.

- **Do I really have to unplug my TV, phone chargers, CD player ...?**

Even when they're not on, electricity courses

through the plugs of your electronic gadgets so that they'll jump into action more quickly. This "vampire electricity" sucks up \$4 billion a year in energy for things that aren't even on. Your laptop alone, turned off but plugged into the wall, will cost you \$9 a year. Cell phone chargers that aren't connected to a phone cost 14 cents a year. With some 260 million chargers out there, it adds up. **RD Suggests:** Unplug. Even easier, plug everything into power strips with on/off switches.

- **In public restrooms, paper towel or electric hand dryer?**

Far less energy is needed to heat and blow air at your hands than to make paper towels. One study found that nine trees are cut down to supply an average fast food restaurant with paper towels over a year; the tossed towels then create 1,000 pounds of landfill waste. **RD Suggests:** If there is a choice, go for the hot air.

Congratulations

Jordan Clark Receives Top Honors at Major Competitions This Summer

Jordan was recently featured on the front page of the Sports section of The World newspaper for his bowling accomplishments this summer.

Jordan is 11 years old, the son of Luke and Tanya Clark. Jordan attends Millicoma Intermediate School. He recently traveled to Colorado Springs, Colorado, to compete in the State Games of America against the nation's best bowlers. Jordan came home a winner with a GOLD MEDAL!

Jordan previously qualified for this year's nationals by earning the Silver Medal at the State Games of Oregon in 2007. Jordan is now qualified for the State Games of America in 2011.

Jordan says his whole family bowls; he loves the sport. He typically bowls about three times a week at North Bend Lanes.

**Congratulations, Jordan.
Your accomplishments are truly outstanding!**



Jordan has been bowling since he was 5 years old. He won a silver medal in 2007, and a gold medal in 2009.



Gaige Cory Pallas

Ben and Crystal Pallas welcomed Gaige Cory Pallas, their handsome baby boy, into the world on Saturday, September 4, 2009.

Gaige arrived weighing 8 pounds, 1 ounce. Gaige is welcomed home by his older sister, Kendra.

Both mother and son are doing wonderfully, although a little more sleep would be good!

In need of a lawn mower, weed eater, or carpet shampooer? Please give CIHA a call to check an item out. 888-6501



Rent Check Pickup
If you are an elder or a person with a disability, and would like CIHA to stop by your home and pick up your rent payment, please give us a call. We would be happy to assist. 888-6501

October Calendar

CIHA open until 6pm	1
CIHA open until 6pm	2
CIHA open until 6pm	5
KRA Dinner Meeting at 5:30pm	12
CIHA Board Meeting at 3:30pm	22
CIHA open until 6pm	30
Happy Halloween 	31

**Excellence
is not a
skill.**

**It is an
attitude.**

~


**Ralph
Marston**

**Coquille Indian
Housing Authority**

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Halloween 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.



Have a Safe and Happy Halloween!

