



Autumn Begins
September 22



September 2012



Sea~Ha Runner

Coquille Indian Housing Authority



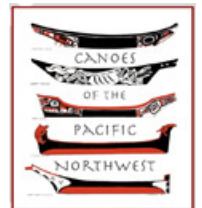
Volume 15, Issue 9

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



9th Annual Mill-Luck Salmon Celebration September 8th and 9th

A celebration of Native American and Coquille Tribal culture



FREE Outdoor Festival at the south end of The Mill Casino ~ Hotel
Saturday 10:00 a.m. - 6:00 p.m.; Sunday 10:00 a.m. - 4:00 p.m.

Daily Exhibits and Performances:

- Native Vendors
- Canoe Races
- Canoe Exhibition Rides
- Native Drummers and Dancers
- Hands-on Cultural Demonstrations



Daily Traditional Salmon Bake Dinner:

- 11:00 a.m. - 6:00 p.m. (4:00 p.m. on Sunday)
- \$25 General Public
- \$20 Club Members
- \$12 Children 11 years and younger



Entertainment on Friday and Saturday Evenings:

- Legendary Singer-Songwriter Buffy Sainte-Marie concert, 7:00 p.m. in the Salmon Room
- All ages welcome
- \$25 General Public (all ages)
- \$20 Club Members



**Tickets on sale now at Ko-Kwel Gifts,
541-756-8800, ext. 9, for the Salmon Bake
Dinner and the Buffy Sainte-Marie Concert**

Dumpsters Leave Monday, September 10th



The Kilkich community dumpsters are scheduled to leave on Monday, September 10th. Please remember that the dumpsters are for the use of Kilkich community residents only. **Please do not put electronics, batteries, cell phones, appliances, motor oil, anti-freeze, paint solvents, tires, or any other questionable items in the dumpsters; please do not put glass in the dumpsters. Please recycle plastics, tin cans, magazines, newspapers, and cardboard. There is a recycle bin next to the Tribal Police Department. Oregon E-Cycles (www.oregonecycles.org) accepts computers, monitors, and televisions at no charge to anyone bringing in seven or fewer devices. Computer peripherals (keyboards, mice, etc.) and other types of electronics are currently not included in this program. If you have any questions, please contact the CIHA office at 541-888-6501.**

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



DIET FREE™

The Eight Habits That Will Change Your Life

Lose Weight and Master Your Health - For Life!

Learn about this life-changing, nine-week program offered by America's Nutrition Leader, Zonya Foco. Learn about her eight DIET FREE habits through lifestyle change.

The program is offered by the Coquille Indian Tribe Health Center.

To sign up for the classes, please call Gail Accinelli at 541-888-9494, ext. 20216.

Program begins Thursday, September 20th

Location: CITHC

Time: 12:00 p.m.

ALL Native Americans age 18 and over are eligible to participate in the program.

Please Slow Down Around The Loop



School will soon be starting and children will be out waiting for their bus, talking to friends, and perhaps not paying attention to the traffic around them. Please use extra caution and obey the speed limit throughout the entire Kilkich community.



PLEASE USE CAUTION AND DRIVE SLOWLY AT ALL TIMES.

FOR SALE to Coquille Tribal Members Price Reduced



2622 Mexeye Loop, Coos Bay, OR

Original asking price = \$114,500.00

Reduced price = \$ 94,500.00

A must see, this home is a lovely single-level, 1,212 square foot stick-built structure featuring 3 bedrooms, 2 bathrooms with tiled floors, new wood flooring and carpeting throughout, a tiled entryway, and an attached 2-car garage. Utilities are reasonable; the home is warm, cozy, and comfortable in the winter. Situated on a large lot, the house is located across the street from the Kilkich community playground.

Section 184 home loans are available for Tribal members.

http://portal.hud.gov/hudportal/HUD?src=/program_offices/public_indian_housing/ih/homeownership/184/borrowers

For more information contact Valerie Healy by telephone at 541-977-5832 or by email at: v.healy021@gmail.com or v.healy@yahoo.com

CIT Health Center and Arthritis Foundation Exercise Class

Benefits: Reduced pain and stiffness
Where: CIT Community Center
When: Every Tuesday
Time: 11:00 a.m. to 12:00 p.m.
Eligibility: Coquille Tribal members and Kilkich residents age 18 and over
Contact: Connie Carter, Community Health Representative, at 541-888-9494, ext. 20206 or email at conniecarter@coquilletribe.org



Wellness Fair Tuesday, October 23

- 7:30 a.m. - 3:00 p.m. Salmon Room at TMCH
- Flu shots
- Screenings for vision, hearing, blood glucose, blood pressure, and body fat percentage testing
- Previous and new exhibitors; local finance resources
- Tribal members, staff, and Kilkich residents welcome

Online Resources Relating to Oregon Coast Tribes



Submitted by:
Chris Tanner, Librarian
541-756-0904, ext. 10218
christanner@coquilletribe.org

I recently had the opportunity to give a presentation at one of the Coos County Library System's in-service trainings. To summarize my presentation, I spoke about the resources available both at the CIT Library and on the Internet that are relevant to the Coquille Indian Tribe. These are not just web pages; these are links to entire books focusing on Tribes from the Oregon coast! Below are a few of these resources.

Brush Fences and Basket Traps: The Archaeology and Ethnohistory of Tidewater Weir Fishing on the Oregon Coast by R. Scott Byram, Ph.D. This is a dissertation written by Scott Byram, a man who worked with the Coquille Tribe for over ten years on archaeology projects. As the title suggests, his work focuses on traditional fishing methods practiced by Oregon coastal tribes. This dissertation is available online at:
<http://www.coquilletribe.org/documents/Byramfulltext.pdf>

Coquille Indian Tribe produced and published by the Cultural Resources Program. This report is a summary of the Tribe's history and overview of what the Tribe is doing today. Originally written in 1999 and updated in 2008, this document was used to produce brochures describing the Coquille Indian Tribe. These brochures are available at The Mill Casino · Hotel and at some of the Tribe's events. You can read the report online at:
<http://www.coquilletribe.org/documents/CoquilleTribebyDonIvy.pdf>

The Confederated Tribes of the Coos, Lower Umpqua and Siuslaw Indians: Our Culture and History. OK, this book is obviously not about the Coquille Indian Tribe, but our neighbors the Confederated Tribes of the Coos, Lower Umpqua and Siuslaw Indians (CTCLUSI). This book was written by Don Whereat with contributing articles by Patty Whereat Phillips and several other CTCLUSI members. Patty is a linguist and ethnobotanist and has worked on several projects related to teaching ancestral languages. Much of the history covered in this resource will be of interest to Coquille tribal members. This book is online at:
http://www.yachats.info/history/Indigenous/Our_Culture_&_History.pdf

An Environmental History of Euphoria Ridge, Oregon: A Case Study for Ethnobotany in Traditional Resource Management. This dissertation focuses on the plants located on the Coquille Indian Tribe's ancestral lands, how the plants were used historically, and how the plants are used today. Euphoria Ridge is located in the Coquille Forest and has been used for centuries to harvest the natural resources that grow in abundance there. The Tribe conducts routine maintenance on this land to encourage the growth of native plants and eliminate invasive species. The Tribe's Cultural Adventures program plans a field trip to Euphoria Ridge every year. You can find this work by visiting Oregon State University's Scholars Archive at:
<http://ir.library.oregonstate.edu/xmlui/handle/1957/6586?show=full>

REVIEW YOUR EMERGENCY SUPPLY KIT As we begin to prepare for the school year and close out the summer, now is a good time to review your emergency preparedness supplies and rotate items that are nearing their expiration date and add new items, e.g. new medication. It is also a good time to review **WHAT you have in your supply kit(s).** Recommended items include:

- 3-day supply of water; 1 gallon per person, per day
- 3-day supply of non-perishable food
- Prescription medications, multi-vitamins, glasses, and sunglasses
- NOAA Weather Radio with tone alert and AM/FM radio (hand-crank is good)
- Charger for cell phone
- Flashlight with extra batteries
- Whistle, signal flare
- Map, compass
- Children and pet food necessities
- Emergency reference manual
- Cash
- Copies of identification, insurance policies, and bank records in waterproof storage
- Complete change of clothing
- Weatherproof coat, gloves, and footwear
- Sleeping bag, blanket, tarp, rope/twine
- Household, unscented, pure chlorine bleach and a medicine dropper for measuring
- Mess kits, paper towels, moist towelettes
- Matches in a waterproof container
- Ziploc bags to store opened food
- First aid supplies

CIHA has Emergency Preparedness pamphlets and information available.

Internet resources:

www.fema.gov/areyouready

www.ready.gov

www.redcross.org

PREPARE TODAY!

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

September Calendar

Labor Day Holiday - CIHA Closed	3
9 th Annual Mill-Luck Salmon Celebration at TMCH	8-9
Dumpsters Leave	10
KRA Dinner Meeting at 5:30 p.m.	10
Autumn Begins	22
CIHA Board Meeting at 3:30 p.m.	26

9-Volt Battery in Junk Drawer a Fire Hazard

9-volt batteries have both positive and negative contact points on the same end. If those points touch a paper clip, a key, or the clip on a pen, it can generate heat; left long enough it can start a fire by igniting with combustible material in the drawer like paper or tissue. If you must store batteries in your junk drawer, the best way to prevent them from sparking a fire is to wrap the ends in electrical tape or keep them in their original package.

Administrative and PILOT Fees Increase October 1, 2012

for Mutual Help homebuyers, HomeGO homebuyers, and private homeowners within the Killich community.

Beginning October 1, 2012, the Administrative fee and the PILOT fee charged to homebuyers and homeowners will increase from the current rate of \$78 per month to the new rate of \$86 per month. These fees support CIHA's costs to provide basic services to the units and common services within the community. All participants affected by this rate increase should have received a letter of explanation in the mail. If you have any questions, please contact the CIHA office at 541-888-6501.



S/Nipped is a low-cost spay and neuter clinic located at 132 N. Wasson, Coos Bay (right behind Empire McKay's).

The clinic schedule varies each week. Please contact the clinic at 541-808-2377 or visit the website <http://www.snippedandspayed.webs.com>

for a current schedule and pricing information.

S/Nipped also offers low-cost vaccinations and additional services for their surgical patients. Some of the services offered are microchipping, heartworm testing, flea treatment, worming treatment, and nail trimming. The website offers a complete list of services and pricing.



Fuel prices continue to rise ...



Listed below are some fuel-saving tips from the U.S. Department of Energy to help you squeeze a few extra miles out of that gallon of high-priced gas you are paying for at the pump.

1. Drive sensibly; avoid fast starts and stops.
2. Observe the speed limit.
3. Remove excess items in your vehicle to reduce weight.
4. Avoid excessive idling.
5. Use cruise control.
6. Use overdrive gears to reduce your engine speed; this saves gas and engine wear.
7. Keep your engine properly tuned.
8. Keep your tires properly inflated.
9. Use the recommended grade of motor oil for your vehicle.
10. Plan and combine your trips.



For more in-depth information and related statistics, log on to:
<http://www.fueleconomy.gov>

Kindness is the language
which the deaf can hear
and the blind can see.

~ Mark Twain





Century Calorie Club

Join the Century Calorie Club

Maybe the Easiest Way to Lose 10 Pounds in One Year

What: “Find” 100 calories per day. You’ll achieve this goal either through reducing caloric intake or increased calorie burning. We’ll provide you with detailed lists of ideas for both methods and a way to track your progress. *Find a partner to join the ‘Club’ with—working together increases your success rate.*

When: September 1st - 30th, 2012.

Prizes: Complete & return your tracker by 10-5-12 & earn your choice of a Nasomah Wellness fleece hat (Black or Navy) or a Century Calorie Club t-shirt!

How: Return a copy of your calorie tracker to Nasomah Wellness, attention: Denise Stuntzner. Trackers may be faxed, mailed, emailed, or hand-delivered.

Sign Up: Contact Denise Stuntzner beginning now, to sign-up. All Native Americans are eligible to participate.
No sign-ups will be taken after September 5th, 2012.

Denise Stuntzner
Nasomah Wellness Coordinator

POB 921

North Bend, OR 97459

Phone: 1-541-751-0940, ext. 2

Toll Free: 1-866-436-4785

Fax: 1-541-756-4714 or email:

wellness@coquilletribe.org





Ready to quit using tobacco?

Sign up for:

"30 Days, 30 Dollars"

Starts October 1st - get ready!

“WHAT IS IT?”

A simple 30-day program for any tobacco user, planning to quit or *seriously* considering it. You will receive a fabulous workbook to complete during the 30 day program. **To receive your \$30, you must quit during the program AND be covered by Nasomah (dependents are eligible, too).* Send your workbook (or a copy) to Denise Stuntzner, Nasomah Wellness Coordinator, for verification of participation.

Your workbook will be returned to you. It is a powerful tool for you to keep using to *stay tobacco-free*.

To sign up, call or email Denise Stuntzner

541-751-0940 or 1-866-436-4785, ext. 2

wellness@coquilletribe.org

Please provide the following information:

Name/Department (or whether OSA Coquille Tribal Member)

Mailing Address and Contact Phone #

**If interested, but not covered by Nasomah, contact Denise*

All Native Americans are eligible to participate