



Sea~Ha Runner



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



Holiday payment credits will be awarded again this year!

Approved by the CIHA Board of Commissioners, each household on

Coquille Tribal Lands will receive a holiday payment credit ranging from \$25 - \$150. The credit will appear on your December billing statement.

Payment credits are awarded based on how well each household complied with their housing agreement during

2012.

The compliance categories are:

- ◆ Payments (made on time and in full each month)
- ◆ Inspections (no home damage beyond normal wear and tear; no housekeeping issues)
- ◆ Update

Information (provided timely, voluntarily, or upon request)

- ◆ Neighbor Complaints (no actionable complaints)



Happy Holidays!



Kilkich Residents Association Holiday Gift Card Drawing



The Kilkich Residents Association (KRA) will sponsor a Holiday Gift Card Drawing again this year.

- All Kilkich homes with **OUTSIDE DECORATIONS** displayed by Wednesday, December 19th will be entered in the gift card drawing. Three \$50 gift cards will be awarded.
- The décor may be lights, trees, wreaths, holiday scenes, etc.
- The drawing will take place Thursday morning, December 20th; three gift card winners will be drawn. A \$50 gift card will be awarded to each of the winners Thursday afternoon.
- If you have any questions, please contact KRA Chair Rocky Doyle at 541-888-4910.

Join in the holiday spirit this season and be entered to win a \$50 gift card.

December 2012

KRA Holiday Party at the Tribal Community Center 5:30 p.m. - 6:30 p.m. 10

CIHA Board Meeting at 3:30 p.m. 13

CIHA closes at 3:00 p.m. 20

CIHA closed for the Christmas holiday 21-25

CIHA closed for the New Year's holiday 31

Merry Christmas



KRA Holiday Open House at the Tribal Community Center on Monday, December 10th from 5:30 p.m. - 6:30 p.m.

The Kilkich Residents Association will be hosting a Holiday Open House at the Tribal Community Center on Monday, December 10th from 5:30 p.m. - 6:30 p.m. All Kilkich community residents are invited; refreshments will be served.

The KRA Holiday Open House is

an excellent time to meet your KRA Board members and enjoy some holiday refreshments.



Tribal candidates for the Tribal Council Vice-Chair position will also be in attendance to talk with

the Kilkich community members.

So please mark your calendars for December 10th and join the KRA Board as they host their first annual Holiday Open House.

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



Sign Up Today!

Low-Income Home Energy Assistance Program appointments are still being accepted. Please call the CIHA office at 541-888-6501 to schedule an appointment.

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.

Coming in January



strive for five

Eat. Drink. Think. Move. Lose.

Begins Monday, January 21st

Strive for Five is a two-month, team-based, wellness program that uses five simple steps to improve overall health. It's fun; it's easy; and it can change your life! Look for details in the January 2013 edition of the Sea~Ha Runner or contact Denise Stuntzner, Nasomah Wellness Program Coordinator at 541-751-0940, ext. 2. Details will soon be posted at: <http://www.coquilletribe.org/coquille-indian-tribe-nasomah-health-group.htm> Click on the HT at the top of the page.

Winter Solstice

Celebrated in Traditional Style Dance

Friday, December 21

The celebration begins at dusk at the Community Plankhouse on Tribal Lands.

All Kilkich residents are invited!

The celebration is a potluck. Please bring a salad or dessert.

If you have any questions, please contact Brenda Meade at 541-297-8803.

Miluk Language Tools on the Library Patron Computer

If you are interested in practicing your Miluk vocabulary, come by and visit the Education Center and Library and practice (or learn) some words on the Library's patron computer. The Miluk Word Game was created in 2007 by the Tribe's IT manager Robert Goldrick with help from several Coquille members who volunteer for the Tribe on the Culture Committee. Each word used in the game has a sound recording accompanying it. The spoken Miluk words were taken from a recording made by a Coquille elder from the 1950s with other words recorded by the Culture Committee members. Every round, a player will receive one word with three choices to pick from. Pick right and you get a new word. Get it wrong and you try again...and you will learn how to say "try again" in Miluk before you are finished playing.

As readers of this column already know, the Library has other resources on Pacific Northwest languages on the Coquille and other tribes in the Pacific Northwest. These resources include several good books on Chinook Jargon.

A co-worker sent me the following article regarding smartphone/mobile apps of interest to members of Native communities. As a new owner of a smartphone (my first!), I found this article to be particularly informative. One Native American Encyclopedia coming up!

Top 10 Must-Have Indigenous iPhone Apps

Don't have enough time to sift through 300,000+ apps to find the good ones? We've done the work for you and compiled 10 must-have apps that will save you time, make your life easier, and make you smile. Submitted by FastHorseMarketing.com

Original article located at <http://www.fasthorsemarketing.com/top-10-indigenous-iphone-apps>

1. American Indian Magazine: American Indian is the award-winning magazine of the Smithsonian's National Museum of the American Indian. From Alaska's Native villages to the Andean communities of South America, American Indian tells inspiring and enlightening stories illustrated with glorious photography and video.
2. Native American Encyclopedia: Native American Encyclopedia is the largest and only online encyclopedia devoted exclusively to Native Americans, American Indians, Métis, Inuit, First Nations, Aboriginal Peoples, and our communities in North America.
3. Tribal Casinos Indian Gaming: Search 449 casinos from 238 tribes!
4. PowWows.com: PowWows.com is your source for all things Native American Pow Wow since 1996. PowWows.com is your portal to explore Native American life, culture and history through photos, videos, forums, Pow Wow Calendar, Native American Information, and more.
5. Pow Wow Radio: Pow Wow Radio - Your free 24/7 online station for Native American Pow Wow music.
6. Indian Law Programs - Native American Law School Centers: This is the ultimate Indian law school programs directory for Indian Country!
7. First Peoples of North America for iPad: This digital resource from the makers of the Manual for the United States of America app includes a directory of over 800 Indian Nations in the US and Canada, historical documents and legal texts.
8. First Voices Chat: First Voices Chat is a multilingual texting app with keypads serving over 100 indigenous languages. The app was developed in response to First Nation youth who wanted to communicate via social media in their own languages. Most Indigenous writing systems use unique characters previously unavailable in mobile technologies.
9. Medicinal Herbs: This cool FREE app gives you the best information on many traditional herbs and botanicals used in complementary and alternative medicine (CAM).
10. Fire Mountain Catalog: Your favorite jewelry-making catalog is now more portable than ever. Fire Mountain Gems and Beads Catalog app enables you access to the latest catalogs to shop online right on your iPhone, iPod touch or iPad. Now you can view the latest beads, findings and other jewelry-making supplies whenever (and wherever) you want!

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



Christmas Buffet

at the Saw Blade Buffet
located inside The Mill Casino • Hotel
on December 25

- Incredible entrees
 - Hand-carved meats
 - Succulent sides
 - Delectable desserts
 - Free Wi-Fi
 - Warm, comfortable atmosphere
- For hours and buffet cost, call 541-756-8800.*



Are You Making New Year's Resolutions? Tips to help you achieve your goals

1. Start slow; perhaps one goal at a time. It is easy to get overwhelmed and give up.
2. Write your goals down and keep a progress diary. If you make yourself accountable and watch your progress, you are more likely to succeed.
3. Don't wait for New Year's Eve to write down your goals and plan; plan NOW and plan to START with the new year.
4. Make sure your goal is clear, e.g. you want to "lose weight" - how much weight? A pound a week or a pound a month? Clear goals are easier to accomplish.
5. Learn from past mistakes - what worked, what did not; try not to repeat what did not work. Set positive, accomplishable goals.
6. Keep a positive attitude and stay motivated. Start each day new and keep working toward your goal!

Christmas Tree Safety

Preventing Christmas Tree Fires

- Select fresh trees - choose a green tree with a sticky trunk and tight needles.
- Care for your tree - keep the tree away from heat sources and keep the tree stand filled with water.
- Take advantage of curbside recycling to dispose of your tree; never put the tree or branches in the fireplace or woodstove.

Excerpted from AMERINDRISK.org

*May Peace be your Gift at Christmas
and your Blessing all year through.
~ Author Unknown*

Santa Arrives for the North Bend Christmas Tree Lighting Celebration



The annual Christmas Tree Lighting Celebration will be held at the North Bend Community Center located at 2222 Broadway beginning at 5:45 on Thursday, December 13th.

Santa will arrive at 6:00 p.m. to help light the Christmas tree; the celebration will continue until 8:00 p.m.

The cost of admission is FREE!!! There will be:

- Arts and Crafts
- Coffee, Cider, Punch, and Cookies
- Fire Truck Rides in North Bend's Antique Fire Truck
- Two Bicycles Will Be Given Away

For more information, call the North Bend Visitor Information Center at 541-756-4613 or log on to www.northbendcity.org