



# Sea~Ha Runner

A Fun and Informative Newsletter

For the Residents of the Kilkich Community

February 2012

## Emergency Preparedness



The recent winter storm that brought hurricane-force winds to our area was a strong reminder of the importance of being ready for any emergency at any time. It is a good idea to have emergency supplies both at home and in your vehicle as you never know exactly where you will be when a disaster strikes.



**If you do not already have an emergency supply kit, assemble one today!**

If you do already have a kit, please review your kit to make sure you have adequate supplies. Your personal needs may have changed since you packed your kit (medication, etc.); check the perishable items for expiration dates.

**WATER** - Having an ample supply of clean water is a top priority in an emergency. Store at least

one gallon per person, per day; a two-week supply for each family member is recommended for your home; your portable kit should have a three-day supply.

**FOOD** - A two-week supply of non-perishable food is recommended for your home; a three-day supply is recommended for your portable kit. Include a manual can opener.

**UTENSILS** - Cooking & eating utensils.

**FIRST AID** - A first aid kit & manual.

**FLASHLIGHT** - A hand crank or battery-operated flashlight & extra batteries.

**RADIO** - A hand crank or battery-operated NOAA weather radio & extra batteries.

**SANITATION** - Hygiene items (hand sanitizer, moist towelettes, & toilet paper).

**MATCHES** - Waterproof matches or matches in a waterproof container.

**IDENTIFICATION** - Photocopies of ID &

credit cards.

**MONEY** - Cash & coins; credit card machines may not work.

**SPECIAL NEEDS** - Eye glasses, medications, contact lens solution, & hearing aid batteries.

**INFANT NEEDS** - Formula, diapers, bottles, etc.

**CELL PHONE & CHARGER**

**EXTRA CLOTHING & BLANKETS**

**TARP & ROPE**

**WHISTLE**

**TOOLS**

**PET SUPPLIES**

**MAP OF LOCAL AREA**

**BOOK/GAME/CARDS**

Check your kit once a year and update the supplies.

Emergency supply information and local evacuation maps are available at the CIHA office.

Informational websites:

- [www.fema.gov](http://www.fema.gov)
- [www.ready.gov](http://www.ready.gov)
- [www.redcross.org](http://www.redcross.org)

## February Calendar

KRA Dinner Meeting at 5:30 p.m.	13
Valentine's Day	14
President's Day CIHA Closed	20
CIHA Board Meeting at 3:30 p.m.	23

## 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.

# KRA Dinner Meeting



# FREE Tax Help & E-Filing AARP Tax Aide Program

For those of ALL ages with low and moderate income  
Come to any Tax-Aide location and bring:

- Photo ID
- Social Security card
- 2010 tax returns
- 2011 tax information

## Schedule for February 1 through April 17, 2012

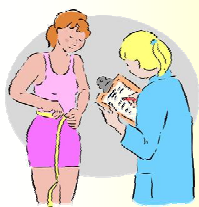
<b>Bandon</b> Bandon Senior Center 1200 11 <sup>th</sup> Street SW	Tuesday & Saturday 9:30 a.m. - 11:30 a.m.
<b>Coquille</b> Holy Name Catholic Church 12 N Dean Street	Tues. 12:00 p.m. - 3:00 p.m. Sat. 2/4 & 2/11 <u>ONLY</u> 10:00 a.m. - 12:00 p.m.
<b>Lakeside</b> Lakeside Lions Club 890 Bowron Road	Thursday 1:30 p.m. - 3:30 p.m.
<b>North Bend</b> College Park Comm. Church 2548 Newmark at Oak	Mon., Tues., Fri., & Sat. 9:00 a.m. - 1:00 p.m.
<b>Brookings</b> Chetco Activity Center 550 Chetco Lane	Mon., Tues., Wed., Thurs., & Fri. 8:30 a.m. - 4:00 p.m. Appt. Only 541-469-6822
<b>Florence</b> Siuslaw Public Library 1460 9 <sup>th</sup> Street	Monday & Wednesday 10:00 a.m. - 2:00 p.m.

For more information, call RSVP at 541-888-7332.

## Healthy Weight, Healthy You Program

Aim for a  
healthy  
weight!

- Are you ...
- Obese?
  - Overweight?
  - At risk for diabetes?



**DID YOU KNOW** that the Healthy Weight, Healthy You Program provides information and tools to help you identify, achieve, and maintain your ideal weight?

This program includes:

- \$100 a month to buy your healthy groceries
- Lifestyle Coach/Personal Trainer

You are eligible to participate in the program if you are:

- Native American
- Over 18 years of age
- NOT A DIABETIC

Choose a healthy  
lifestyle TODAY!

Please call  
Gail Accinelli,  
541-888-9494,  
ext. 20216,  
for more  
information or  
to sign up!

## Basketball at the CIT Community Center

Thursday night basketball  
has been moved to TUESDAY  
evenings from 5:15 p.m. until  
approximately 7:00 p.m.

Please contact Luke Clark at  
541-888-7724 with questions.

Hosted by the  
Coquille Indian Tribe  
Community Center



# Native American History on the Web

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The Coquille Tribe recently hosted their annual Mid-Winter Gathering Celebration during the second weekend in January. The Monday following the celebration was a federal holiday honoring the birth of American Civil Rights leader Martin Luther King, Jr.

In the spirit of Dr. King, this month's Library report focuses on providing information on web pages that are dedicated to profiles of Native American historical figures, including many civil rights activists, and web pages of organizations that are dedicated to the rights of Tribes and Native people in the United States.

**Indigenouspeople.net:** This web page is extensive, to say the least, in the information it provides on indigenous peoples all over the world, including Australia, North and South America, and Europe. The page includes numerous biographies, excerpts, and links to published works by indigenous authors. It also includes famous quotes, information on languages, music, stories, and a great deal more. In addition, the site provides numerous links to other web pages.

<<http://www.indigenouspeople.net>>

**Notable American Indians courtesy of Infoplease.com:** This web page is a web encyclopedia of sorts where one can search for information on most any subject imaginable. The site includes an extensive list of Native American biographies, including contemporary artists and authors, civil rights activities, famous athletes, and historical figures.

<<http://www.infoplease.com/spot/aihmbioaz.html>>

The web page and links can also be found at the following URL address.

<<http://www.infoplease.com/american-indian-heritage-month/>>

**Native American Rights Fund:** Founded in 1970, the Native American Rights Fund (NARF) is the oldest and largest non-profit law firm dedicated to asserting and defending the rights of Indian tribes, organizations, and individuals nationwide. NARF's practice is concentrated in five key areas: the preservation of tribal existence; the protection of tribal natural resources; the promotion of Native American human rights; the accountability of governments to Native Americans; and the development of Indian law and educating the public about Indian rights, laws, and issues. NARF's web page includes news and updates on the many court cases the organization is currently working on.

<<http://www.narf.org>>

**Tribal Court Clearing House:** Recently revised, the Tribal Court Clearinghouse is devoted to Native American court systems. The Clearinghouse is a resource for tribal justice systems and is available to all of the web page's visitors. A quick link will give you access to the published Constitutions of hundreds of restored American Indian Tribes, and that is just one link! Other links include federal and state laws as they relate to Tribes (examples: Indian Child Welfare Act, Indian Education Act), upcoming legislation that could impact Tribes, resources for victims of crime, and hundreds of links to other information resource web pages, including current news, education issues, gaming, and other Native organizations.

<<http://www.tribal-institute.org>>

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(Telephone) 541-888-6501

(Telephone) 800-988-6501

(Fax) 541-888-8266

daleherring@coquilleiha.org  
traceyroome@coquilleiha.org

## LIHEAP

LIHEAP appointments are still available. If you have not signed up for the Low-Income Home Energy Assistance Program, please call the CIHA office at 541-888-6501 to schedule an appointment.

## Job Openings at Safeway

Safeway has immediate openings for a Seafood Manager at both the Coos Bay and North Bend stores. To apply, go to [www.safeway.com](http://www.safeway.com) or visit the kiosk inside the Safeway store.

## Financial Fitness Class

**Saturday, March 24, 2012, 8:00 a.m. - 5:00 p.m.**  
**Umpqua Coastal Housing Center**  
**1984 Sherman Ave., North Bend**

Pump up YOUR wallet with FINANCIAL FITNESS! You will build your knowledge, security, and confidence. Learn:



- Budgeting
- Credit
- Banking
- Saving
- Loans
- Investing
- Taxes
- Insurance

After completing this course, you will :

- Make informed decisions and save money
- Have the knowledge to start a monthly budget and stick to it
- Understand credit and the role it plays in your life
- Start finding ways to pay yourself first

Pre-registration is required - Cost is \$45. Contact Valerie Rose at 541-756-1000 or [vrose@nwumpqua.org](mailto:vrose@nwumpqua.org) for more information.

## UO Law Students offer FREE Tax Assistance in March

UO law students have volunteered to provide FREE tax preparation assistance to low-moderate income (\$50,000 gross or below) Native Americans during spring break. The law students have taken the federal Volunteer Income Tax Assistance (VITA) Program training, and as certified volunteers, will help qualifying Native American individuals and families prepare and file their income tax returns.

The assistance will be available during spring break, March 26 - March 30; location, dates, and times will be announced in the March edition of the Sea-Ha Runner.



A good head and a good heart are  
always a formidable combination.

~ Nelson Mandela



## AT&T Lifeline Service

AT&T Lifeline is a discounted wireless service available from AT&T for qualified low-income residents. Customers must meet certain eligibility criteria based on income level or current participation in financial assistance programs. If you live on Tribal Lands and qualify, you may be eligible for Enhanced Lifeline support, which can reduce your wireless bill to as little as \$1.

Financial assistance programs include:

- Food Stamps
- TANF
- SSI
- Tribal Head Start
- Certain Medical or Medicare Programs
- Bureau of Indian Affairs General Assistance
- Tribal National School Lunch Program



Applications are available at the CIHA office or by logging on to <http://www.wireless.att.com/about/community-support/lifeline-link-up.jsp>

You may also call 1-800-377-9450 and an application will be mailed to you.