

**Coquille
Indian Housing
Authority**

Sea~Ha Runner

Volume 13, Issue 3

March 2010

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

Come and Join the
Fun on Friday,
March 12th! All
ages are welcome!

Kids In The Woods

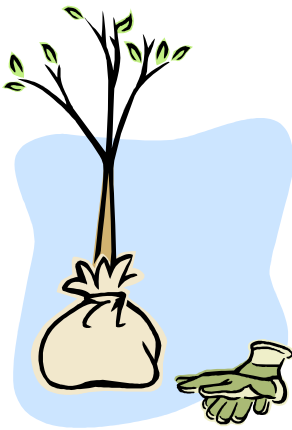
“Kids in the Woods” Forestry Education Day

is a local, annual event sponsored by the Coquille Indian Tribe. The event will be held Friday, March 12th on Coquille Indian Tribal Lands. Tribal and Kilkich Community members of all ages are welcome and encouraged to attend.

The event is held to promote awareness and education of the natural wooded resources and to encourage renewal and preservation of these resources. The Land, Resources, and Environmental Services Department (LRES) will provide a tree planting demonstration to start the day followed by hands-on tree planting by event participants.

Schedule for the day:

8:00 AM	LRES Crew Coordinates Set-Up at the Community Center Parking Lot
9:00 - 9:15 AM	Tree Planting Demonstration
9:15 - 12:00 PM	Tree Planting
12:00 - 12:45 PM	Lunch Break
12:45 - 1:00 PM	Group Picture
1:00 - 3:00 PM	Tree Planting



**MARCH 2010
CALENDAR**

CIHA Open Until 6:00 PM	1-5
KRA Dinner Meeting at 5:30 PM	8
Kids In The Woods	12
Daylight Saving Time Begins	14
St. Patrick's Day	17
Elder's Honor Days	19-20
First Day of Spring	20
CIHA Board Meeting at 4:00 PM	25

And the Winners Are ...

Earlier this month, the Coquille Indian Tribe Health Center mailed a Tobacco Survey to each household in the Kilkich Community. The five-question survey requested feedback regarding issues related to tobacco use. Those people who completed and returned the survey in the envelope provided were entered into a drawing for a \$50 Wal-Mart Gift Card. The winners were drawn and notified on Friday, March 19th, and four \$50 gift cards were awarded.

The lucky winners are:

- 1. Brenda and Lyman Meade**
- 2. Janet and Carl Simpson**
- 3. Trudy and Lewis Simpson**
- 4. Kay and Bob Younker**

The Coquille Indian Tribe Health Center would like to extend a sincere thank you to everyone who participated in the survey. Your feedback is important to us.

Head Start Fundraising Raffle

A beautiful Breakfast Center made and donated by Ken Duvall, teacher Sue Duvall's husband, will be raffled off on Friday, March 19, 2010, at the Elder's Honor Day Luncheon. The Breakfast Center is being raffled to help Head Start raise funds for the Parent Resource Center. **You do not have to be present to win.**

The Breakfast Center comes with ALL of the contents shown, which includes, a microwave, a toaster, a coffeemaker, and some glassware. The Breakfast Center measures 63" tall, 25" wide, and 22" deep. It is currently on display at the CIT Community Center.

Tickets are currently available for purchase through March 18, 2010. Tickets are \$3 each or 4 for \$10; exact change or a check is appreciated.

If you would like to purchase tickets or would like more information, please contact Tanya Clark at 541-888-9494.

The winner will be responsible for picking the items up.

Please help raise money for the Parent Resource Center by purchasing your raffle tickets today.



Diabetes Prevention Program



Diabetes Health Educator for the Coquille Indian Tribe Health Center, Gail Accinelli, is now recruiting for the next Diabetes Prevention Program. **The Program has shown that lifestyle changes can help prevent or delay diabetes.**

Diabetes can be a serious and real threat to people with any of the following conditions, and if you have one or more of the following conditions, you may be eligible to participate in the Diabetes Prevention Program.

1. Pre-diabetic (determined by a simple Fasting Blood Sugar)
2. A1c level between 6.0 - 6.4%
3. Metabolic Syndrome -having metabolic syndrome means

you have three or more disorders related to your metabolism at the same time, including:

- Obesity, particularly around your waist (having an "apple shape")
- A systolic (top number) blood pressure measurement higher than 120 millimeters of mercury (mm Hg) or a diastolic (bottom number) blood pressure measurement higher than 80 mm Hg
- An elevated level of the blood fat called triglycerides and a low level of high-density lipoprotein (HDL) cholesterol - the "good" cholesterol
- Resistance to insulin, a hormone that helps to regulate the amount of sugar in your body

Not eligible for the program are people who are:

1. Diabetics
2. Have a normal blood sugar level
3. Under 18 years of age
4. Non-Native American

If you are interested in signing up or would like more information regarding this life-saving Diabetes Prevention Program, please contact Gail at 541-888-9494, or 1-800-344-8583, ext. 20216.

Diabetes prevention is in your hands. Take charge of your health today and give Gail a call.





Low
Income
Energy
Assistance
Program



There is still time left if you have not signed up for Low-Income Energy Assistance Program. LIEAP is a federally-funded assistance program designed to help low-income households with home heating costs.

To be eligible:

- A household's income must be below or at 60% of Oregon's median income
- You must have documented energy costs
- Both homeowners and renters are eligible.

Schedule your LIEAP appointment today by calling the CIHA office at 541-888-6501.



March 14th
Spring
Forward

Daylight Saving Time begins Sunday, March 14th this year. Before you go to bed on Saturday night, March 13th, move all your clocks one hour ahead. When you wake up Sunday morning, you will wake up to the correct time.



Beginning in 2007, daylight saving time in most of the United States and Canada has started at 2:00 AM on the second Sunday of March, and has ended at 2:00 AM on the first Sunday of November. Intended to promote energy conservation by starting daylight saving three weeks earlier and ending it one week later, the change was part of the Energy Policy Act of 2005, passed by the U.S. Congress.



It is a good idea to test all of your smoke alarms, remove the batteries, and replace with fresh batteries. You should also test and replace the batteries in your carbon monoxide detectors. **Prevention saves lives.**

Thank You!

I want to take the time to thank Ken Shea and Bob Garrett for unloading and moving a hide-a-bed sofa into my apartment a few weeks ago. I needed several husky men to help me as I had shoulder rotator cuff surgery recently on December 29th, and I was not able to do any lifting. You are much appreciated for assisting me in time of need. Things do not need to be major to be worthy of recognition. It is these little things we all do for others that makes our lives better. We are very fortunate we live in a small community of caring people. There are always neighbors that are more than willing to help, if we only ask for help. Thanks again Ken and Bob.

Submitted by Gloria Johnsen

March Employment Opportunities

SAFEWAY 

Your Future Starts Now.

**Now Hiring for 20 New Positions
at the Coos Bay Location!**
(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

Employment Opportunities Still Available with the **2010 Census**

1. Census Takers
2. Crew Leaders
3. Crew leader Assistants
4. Recruiting Assistants
5. Census Clerks

Earn good pay, flexible hours, paid training, get paid weekly, authorized mileage reimbursement ...

www.2010censusjobs.gov
1-866-861-2010

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



Log on to:

- www.themillcasino.com
 - Click on *Employment* 541-756-8800
 - Click on *Open Positions*
- The Application for Employment is available online.

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

Current Job Openings

Housing Program Manager

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

www.orcca.us

Or call 541-888-7014



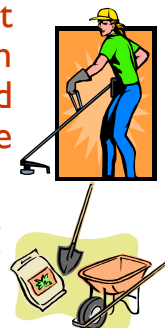
State of Oregon Job Listings Website:

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!

Spring Begins Saturday, March 20th



The weather is getting better, the days are getting longer, and spring is only a few weeks away. The signs are everywhere from the flowers beginning to bud and bloom to the grass starting to grow. Please remember that CIHA has lawn care equipment available for you to borrow, such as weed eaters, lawn mowers, a wheel barrow, a square shovel and a round shovel, to help you with your lawn maintenance. To make arrangements to borrow any of these items, please call Ken Myers, CIHA Maintenance Technician, at the CIHA office during regular business hours at 541-888-6501 or 541-297-3022.



Drinking Water - Storage & Purification

Are You Ready?
Do you know what to do in case of an Emergency?

Store your water in thoroughly washed plastic, glass, fiberglass or enamel-lined metal containers. Never use a container that has held toxic substances. Plastic containers, such as soft drink bottles, are best. You can also purchase food-grade plastic buckets or drums. Seal water containers tightly, label them, and store them in a cool dark place. Rotate water every six months.

Emergency Outdoor Water Sources

- Rainwater
- Streams, rivers, and other moving bodies of water
- Ponds and lakes
- Natural springs

Purify water from these sources **BEFORE** drinking it. Avoid water with floating material, an odor, or dark color. Use saltwater **ONLY** if you distill it first. You **SHOULD NOT** drink flood water.

3 Ways to Purify Water

1. **Boiling** - boiling is the safest method of purifying water. Bring water to a rolling boil for 3-5 minutes. Let the water cool before drinking.
2. **Disinfection** - use regular household bleach (never scented, color-safe, or bleaches with added cleaners) that contains 5.25% sodium hypo-chlorite. Add 16 drops of bleach per gallon of water, stir and let stand for 30 minutes. If water does not have a slight bleach odor, repeat the dosage and let stand another 15 minutes. **DO NOT USE ANY OTHER AGENT TO PURIFY YOUR DRINKING WATER.**
3. **Distillation** - distillation involves boiling water and then collecting the vapor that condenses back to water. To distill, fill a pot halfway with water. Tie a cup to the handle of the pot's lid so that the cup will hang right-side-up when the lid is upside-down

(make sure the cup is not dangling into the water) and boil the water for 20 minutes. The water that drips from the lid into the cup is distilled.

In addition to having a bad odor and taste, contaminated water can contain microorganisms that cause diseases such as typhoid, dysentery, and hepatitis. **Boiling and Disinfection** will kill most microbes, but these two methods will not remove other contaminants such as heavy metals, salts and most chemicals. **Distillation** removes microbes, as well as heavy metals, salts, and most other chemicals.

For more Emergency Preparedness Tips and Information, log on to:
www.ready.gov
www.fema.gov/areyouready/
www.redcross.org

North Bend PowWow



INDIAN PRIDE ON THE MOVE



**Saturday,
April 3, 2010**

**Youth PowWow
@ N.B.M.S Gym
1500 16th Street
North Bend, OR**

**Grand Entry:
1:00 p.m. & 6:30 p.m.**

**Whip Man: Victor Frye
Master of Ceremonies: David West
Host Drum: Nasomah Singers**

Vendor information:

**Questions?
Contact Alicia Mueller**

**Phone:
541-217-1539**

**Email:
coastalgirl97459@live.com**

Fees: Table space is \$25 per 10 feet of space. You must bring your own tables as we are unable to provide tables for you at this powwow.

Keep in mind that the quantity of space is limited.

We are requesting a donation of an item for our raffle.

Please phone or email a request for space ASAP.

Annette Brainard, 541- 751-6782

abrainard@nbend.k12.or.us

**No display, sale or trade of protected species or pipestone.
Use of tobacco products, alcohol and drugs are not allowed on school property.**

Safety Tip of the Month

Social Networking Websites - Safety & Risks

Social networking websites may seem high-tech, especially to the non-tech savvy user, but they're easy to use and to understand. They differ from traditional websites in that they allow users to interact with them and with other users. Many of the popular social networking websites let users create personal profiles, add photos, write in a public journal or blog, send messages to others, and invite people to become their online friend – all with just a few clicks of the mouse.

None of this technology is inherently dangerous, and if it's safely used it can be a great creative outlet for young people and a way to get them excited about technology. However, many young people are sharing too much information online and aren't aware that anyone with an Internet connection can view it - even pedophiles, employers, teachers, their school nemesis, and you. As a parent, you can teach your children how to safely use social networking websites and make sure that they do.

Talk To Your Kids About The Risks

- * Explain that online information and images can live forever. It can be very hard and sometimes impossible to take down information that is posted; photos and information may already have been copied and posted elsewhere.
- * Tell your children not to post any identifying information online. This includes their cell phone number, address, hometown, school name, and anything else that a stranger could use to locate them.
- * Explain that anyone in the world can access what they post online. Tell your children that some college admissions boards and employers are checking social networking sites before they admit students or hire people.
- * Remind your children never to give out their passwords to anyone but you – not even their friends. Explain that if someone has their password, they could post embarrassing and unsafe information about them on their personal pages and even pose as your children to talk to other people.
- * Make sure that children understand that some people they meet online may not be who they say they are. Explain that on the Internet, many people are not truthful about their identity and may even pretend to be someone else. **It's important to stress that young people should never meet people face-to-face that they met online.**
- * Have your children set their profile to Private and if someone requests to be added as a friend, have that request be automatically sent for 'Approval' before they can be added as an online Friend.
- * Have your children tell you if they ever see anything online that makes them uncomfortable. Make sure they understand that you won't blame them.
- * Ask them to come to you if anything happens online that hurts or scares them. Tell them that you won't punish them by banning them from the Internet – this is a big reason why many kids don't talk to their parents about their online problems.

Report any cases of possible child sexual exploitation, no matter how small, to the Coquille Tribal Police Department .

If you have any questions regarding Internet safety, please contact the Coquille Tribal Police Department at 541-888-0189.

National Crime Prevention and Coquille Tribal Police Department

COQUILLE INDIAN HOUSING AUTHORITY

2678 Mexeye Loop
Coos Bay, OR 97420

(541) 888-6501
OR
(800) 988-6501
Fax: (541) 888-8266

daleherring@uci.net
traceyroome@uci.net



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 our office at 541-888-6501.

A staff member would be happy to stop by and pick up your payment.



Happiness cannot be traveled to, owned, earned, worn or consumed. Happiness is the spiritual experience of living every minute with love, grace, and gratitude. ~ Denis Waitley

Upcoming Local March Event



March 12, 13, and 14

Badges are on sale now at KoKwel Gifts located in The Mill Casino · Hotel and at the door of each venue.

Jazz Venues: The Mill Casino · Hotel and the Red Lion

Thursday

Warm-Up: 7:00-10:00 PM in The Mill Salmon Room

\$10 at the door (not included in All Event Badge price)

Music by High Street and Soulpie

Friday:

3:00-5:30 PM Youth Groups

6:00-Midnight Festival Bands

Saturday: 10:00 AM to Midnight Festival Bands

Sunday: 9:00 AM Gospel Service at the NB Presbyterian Church

10:00AM-8:30 PM Festival Bands

For more information on venues, badges, bands, & updates, please call 541-888-4386 or log on to www.clambakejazz.org

