

Sea~Ha Runner

Volume 16, Issue 5
May 2013

May Calendar

CIHA Board Meeting at 3:30 p.m.	2
Mother's Day	12
KRA Board Meeting at 5:30 p.m.	13
Craft Class with Sarah Garland - Natural Floral Solid Perfume and Flower Seed Bombs	17
Kilkich Community Earthquake - Tsunami Evacuation Drill at 2:00 p.m.	23
CIHA Closed	24
CIHA Closed for Memorial Day Holiday	27

Rent Check Pickup

If you are an elder or a person with a disability and you would like CIHA to stop by and pick up your rent payment, please call the CIHA office at 541-888-6501 to schedule a payment pickup.

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

Congratulations to JESSE and STACEY NIX, Winners of the 2013 Renter Front Yard Makeover Drawing

The drawing for the Renter Front Yard Makeover was held on Thursday, April 25th. The winner was drawn at random by a member of the U.S. Housing and Urban Development (HUD) Monitoring Team that was onsite at CIHA performing an in-depth review of CIHA operations. CIHA received 10 entries for the drawing.

Jesse and Stacey Nix will participate in the design and installation of their new front yard at 709 Jistajaya Court focusing on low-maintenance, indigenous plants and materials, and low-water landscaping.



Kilkich Community Earthquake - Tsunami Evacuation Drill Thursday, May 23, 2013 2:00 p.m. Sharp!



If you have not packed a 72-hour emergency kit, assemble one today!

In the event of a real earthquake - tsunami, the only notification you will have is the ground shaking.

- At 2:00 p.m. sharp, as if the earthquake is beginning, DROP, COVER, and HOLD ON.
- Next, grab your emergency kit and head to high ground.
- There will be NO siren sounded for this drill, just as there will be NO SIREN sounded IF THE EARTHQUAKE IS REAL. The earth shaking will be your only warning.
- NO ONE WILL KNOCK ON YOUR DOOR TO REMIND YOU OF THIS DRILL.
- The evacuation drill is voluntary but strongly encouraged.
- Participation in drills saves lives; pretend this is the real event and act accordingly.

Restoration Celebration Mussel Gathering Trip on Saturday, May 11

If you are interested in gathering mussels for the upcoming Tribal Restoration Celebration, please be at the Tribal Community Plankhouse on Saturday, May 11th at 7:00 a.m. Please bring your rubber boots, a pointed shovel, and a 5-gallon bucket. Harvesters over the age of 14 will need a shellfish license. You must be able to climb steep, rocky terrain (please no young children) in order to harvest the mussels, as the gathering area is not an easily accessible place. If you would like to help clean and prep the mussels after the mussels have been gathered, please be at the Tribal Community Plankhouse at 8:00 a.m. Lunch will be provided for all volunteers; so if you will be attending the gathering or the cleaning, **please RSVP Sarah Garland, Activities and Events Coordinator, by calling 541-217-1850 or by email: sarahgarland@coquilletribe.org**

PLEASE NOTE: Anyone under the age of 18 MUST be accompanied by an adult.



SUMMER FOOD SERVICE PROGRAM 2013 PUBLIC RELEASE

The Coquille Indian Tribe announces the sponsorship of the Summer Food Program for eligible applicants at the Tribal Community Center. Breakfasts and lunches will be made available Monday through Thursday free to all children residing on the reservation 18 years of age and under. Meals will be served at the Tribal Community Center beginning on Monday, June 17, 2013; meal times will be 8:30 a.m. for breakfast and 11:30 a.m. for lunch. **This institution is an equal opportunity provider.**

If you have any questions or would like to volunteer to help monitor meals, please contact Jane Metcalf, Sandi Belletto, Laura Angulo, or Sue Duvall at 541-888-9494.

NAME OF MEDIA OUTLET	DATE OF RELEASE
Coquille Indian Housing Authority Sea-Ha Runner Newsletter	May and June 2013
Coquille Indian Tribe K'wen 'inish-ha Newsletter	May and June 2013
Coquille Indian Community Health Center	May and June 2013



CIHA Annual Landscaping Contest



It is time to start getting your yard ready for CIHA's Annual Landscaping Contest. Yard judging will take place the end of June this year. The beautiful April weather has prompted some Kilchick residents to start working in their yards and flower beds already.

The contest judges are members of the local Master Gardeners Club. The judges will stop at each home (unless you have notified CIHA that you do not want your yard judged), take notes and perhaps some digital photos, and then collaboratively compare, tally, and decide the landscaping winners.



Criteria considered in the landscape scoring include:	
- Accessories	- Bird Friendly
- Color	- Design
- Edibles	- Maintenance
- Native Plants	- Plant Health
- Works In Progress	

There is no fee or sign-up sheet to enter the contest. **Please contact the CIHA office, 541-888-6501, by Monday, June 17th if you DO NOT WANT YOUR YARD JUDGED.**

As in past years, homeowners and renters will be judged individually. Within the homeowner and renter categories, the front yard and back yard will be judged separately. You do not have to be a veteran gardener to place in this contest and all gardeners are encouraged to participate. The list at the left was created by the Master Gardeners to help you create your own personal landscape design using the criteria they use when judging your landscaping.

Prizes

1st Prize = \$100 Gift Card

2nd Prize = \$75 Gift Card

3rd Prize = \$50 Gift Card

Honorable Mention awarded a Certificate



Gardening, History, and Education



Well this is the second year of my foray into the world of gardening. the Community Garden, but I'm lucky to have a little spot of land at

and I can work on growing some food. This year, I've really expanded my gardening from simply managing the Oregon trailing blackberries to constructing a crude trellis and a couple of raised beds. We'll see what happens. The vegetables I'm growing include tomatoes, corn, potatoes, and pumpkins. O.K., I'm not sure how the pumpkins will go, but I realized after I planned this garden that all of these vegetables are indigenous to the western hemisphere. These are foods that were farmed by the first peoples of North and South America. Maybe I'm the only one who didn't know that automatically. With that in mind, this month's report includes some quick links to more information on a couple of these vegetables.

No, I don't have a plot in my home where my wife

Tomato, the Apple of Peru

www.mhhe.com/biosci/pae/botany/botany_map/articles/article_35.html



Tomato sauce goes great with spaghetti, but tomatoes are not from Italy. Tomatoes were introduced in Italy in the early 1500s by returning Spanish colonists. This small article on tomatoes is part of a botanical series published by McGraw Hill that talks about various fruits & vegetables and the part of the world from which they originate.

Halloween & Pumpkins in Colonial America

www.history.org/foundation/journal/autumn09/pumpkins.cfm



Pumpkin seeds have been found at archaeological sites in the U.S. that date back thousands of years. This article discusses Native American use of the pumpkin as a food crop, as well as many other interesting facets of this famous squash, including its connection to Halloween. I guess you can't really avoid talking about pumpkins without mentioning Halloween can you?

Climate Change Spurs Revival of Ancient Inca Agriculture

www.theworld.org/2011/09/climate-change-spurs-revival-of-ancient-incan-agriculture/

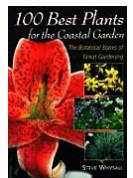


Going back to Peru, this article from Public Radio International discusses modern farming of indigenous Andean crops. I knew there were a lot of different types of potatoes, but I had no idea they numbered in the hundreds! The article discusses how, where, and why the Inca and other indigenous groups grew these crops. The article also references recent research indicating the benefits of reviving these foods in light of changes to the environment.

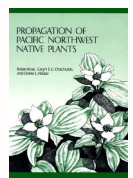


Below are two books available at the CIT Library. I will be spending some time later this month adding more books on this subject to the Library's collection.

100 Best Plants for the Coastal Garden: As the title suggests, this book is a guide to the 100 best plants to grow if you live on the Pacific Northwest coast. It includes descriptions of these 100 plants plus reference tables, growing and care techniques, and even recommendations for shopping wisely at garden centers. These plants are not necessarily native to the Pacific Northwest; they were selected for having at least one outstanding quality, such as a colorful bloom, and their ability to thrive in the local climate.



Propagation of Pacific Northwest Native Plants: This is a similar book, but as the title suggests (again!) it is specific to native plants. This title is designed for both home gardeners and nursery professionals and gives comprehensive information on how to best grow nearly 140 different native plants. No doubt a few of these selections can be seen around the Kilchich community in places like the cultural garden and gazebo across the street from the Health Center.



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

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Looking for a job?

North Bend Safeway has job openings for a:



- Courtesy Clerk
- Deli Clerk
- Food Clerk

Apply online at Safeway.com or at the in-store kiosk.

The Mill Casino · Hotel has job openings posted on their website at www.themillcasino.com. Click on employment to view a list of job openings and a job application link.



2013 Farmer's Market Opens May 1

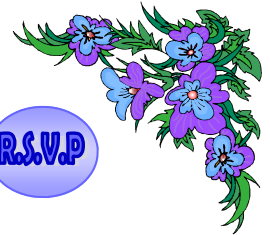
The 2013 Coos Bay Downtown Farmer's Market will open for business on Wednesday, May 1st. The Market will be open from 9:00 a.m. until 3:00 p.m. and will offer fresh vegetables, fruits, flowers, plants, baked goods, honey, nuts, craft items, and much more.

The Market will be set up on Central Avenue again this year. For general information, call the Coos Bay Visitor Center at 541-269-0215 or 541-267-9706. You may also log on to www.coosbaydowntown.org.

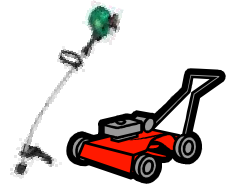
Sarah's May Craft Class

Sarah is combining the previously scheduled April class *Natural Floral Solid Perfumery* with her May *Make Your Own Seed Bombs* class. Both classes feature natural, easy-to-make projects that you can use right away!

- Class size is limited to 10 people on a first-come, first-served basis.
- Children are welcome but must be accompanied by an adult.
- RSVP to Sarah if you are interested in attending this class.
- The class is scheduled to be held on Friday, May 17th at 6:00 p.m. Sarah will announce the class location when you sign-up.
- RSVP to Sarah Garland at 541-217-1850 or email sarahgarland@coquilletribe.org

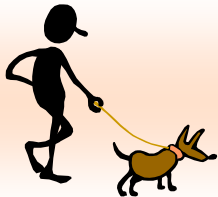


RSVP



CIHA has lawn mowers and weed eaters available for you to borrow to help you keep your yard looking its best. Please call Kyle Simpson, CIHA Maintenance Technician, at 541-217-0555 if you would like to borrow yard equipment.

Please Keep Your Dog On A Leash



There have been numerous complaints recently regarding various dogs that live in the Kilchick community running at large. ALL dogs should be on leash when not contained in their yard. Loose dogs pose a threat to children, people, passing vehicles, and other animals. The dogs at large are also using the neighbor's yard as a bathroom. This is not only unsanitary, but disrespectful to your neighbor. Please keep your dog on a leash and clean up any mess it makes.

2nd Annual BBQ, Blues & Brews on the Bay ~ May 24-26

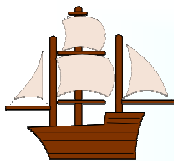
The Mill Casino · Hotel will host their 2nd Annual BBQ, Blues & Brews on the Bay, a free, three-day celebration of lip-smacking good barbeque, locally-crafted beers, and sizzling hot blues music from Coup d'Bop, Soulpie, and The Vipers.

Join the KCBS Sanctioned BBQ competition outdoors at The Mill Casino · Hotel and win CASH! Team registration deadline is May 10th; deadline to sign up to be a judge for the competition is May 17th.

For more information, call 1-800-953-4800 or 541-756-8800.



Tall



Tall Ships arrive May 2 and will be in Coos Bay through May 13. Please note that tide conditions sometimes affect arrival dates and times. Featured events include Dockside Tours, Battle Sails, and Educational Tours. Both the Lady Washington and the Hawaiian Chieftain will be in Coos Bay for this event. Tickets can be purchased by calling 1-800-200-LADY (5239) or by visiting www.historicalseaport.org



Ships