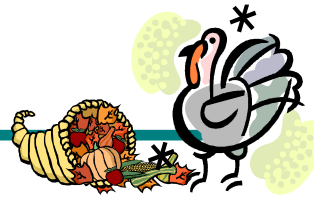


Happy Thanksgiving!



Coquille Indian
Housing Authority

November
2009

Volume 12
Issue 11

Sea~Ha Runner

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

Kilkich Playground Blessing & Re-Opening Was A Success!



Welcoming Ceremony & Playground Dedication by Chief Tanner & Toni Ann



Here comes Dora, the Share Bear, & Elmo with balloons galore



Sponge Bob takes a moment from the festivities for a photo shoot



Sharon Parrish tries out the new spiral slide - looks like it was fun



Elmo can't help but share a hug with one of his friends



Everyone is enjoying the new playground equipment



Dora the Explorer has fun exploring with the children



Sponge Bob takes a spin with his playground buddies



Elmo shares his goodies while the Share Bear watches

**More Playground Pictures are available on the web at: www.coquilletribe.org
Click on the Coquille Indian Housing Authority (CIHA) link.**



Upcoming Events at the Community Center

ADULT BASKETBALL EVERY TUESDAY NIGHT

Time: 5:00 - 7:00 PM
 Place: Community Center
 Eligibility: Coquille Tribal Member, Coquille Tribal Employee, Kilkich Community Resident, or Member of the Confederated Tribes of the Coos, Lower Umpqua and Siuslaw



DECEMBER BASKETBALL CAMP

Time: 8:30 - 11:30 AM
 Place: Community Center
 When: December 21st - 23rd
 Eligibility: Coquille Tribal Member or Kilkich Community Resident, age 7 through 17



YOGA MONDAY

Time: 5:15 - 6:15 PM
 Place: Community Center
 When: October 12th - December 14th
 Eligibility: Coquille Tribal Member, Coquille Tribal Employee, or Kilkich Community Resident



NEW YEARS EVE PARTY

Time: 6:00 - 10:30 PM
 Place: Community Center
 When: December 31st
 Eligibility: Coquille Tribal Member, Coquille Tribal Employee, or Kilkich Community Resident



November CIHA Calendar

CIHA Open Until 6:00 PM	2-5
CIHA Closed for Training	6
KRA Meeting at 6:00 PM Dinner at 5:30 PM	9
CIHA Closed for Veteran's Day	11
CIHA Closed at Noon	25
Thanksgiving Holiday	26-27
CIHA Open Until 6:00 PM	30

Rent Check Pickup

If you are an Elder or a person with a disability and would like a member of CIHA to stop by your house and pick up your rent payment, please call the CIHA office at 888-6501. CIHA would be happy to assist you!

In January, the Community Center will be starting a 100 Mile Club. Watch for the flyers, call Dan or Luke at 888-9494, or check the website at: www.coquilletribe.org



Fall Back



It's Time! Our Time Changes Sunday, November 2nd at 2:00 AM.
Don't forget to set your clocks BACK one hour Saturday night when you go to bed!
Enjoy the extra hour of sleep!

Lost and Found during the month of October

Volume 12, Issue 11

- A flash drive found in the CIHA parking lot
- PLEASE CALL TO



Marilyn and Larry Locken would like to invite all boys, grades 1st through 5th, to weekly Cub Scout Meetings. The meetings are held:

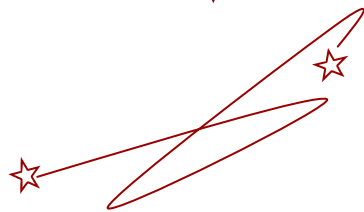
- ◆ At the Plankhouse
- ◆ Tuesday Evenings
- ◆ At 6:00 P.M.

Please come and learn, have fun and help improve our community!

For more information, please contact Marilyn or Larry Locken at 888-4564 or email Marilyn at: marilynlocken@yahoo.com



Shianne Myers ...
A Limo & Pizza



Congratulations

It appears Shianne Myers is a very lucky and generous girl!

Earlier this year, Shianne entered a drawing at the Coos Bay School District office and WON!! Shianne was able to choose a few of her second-grade friends from Madison Elementary to join her for her prize lunch at Abby's Pizza Parlor. A limousine ride to Abby's Pizza Parlor was included in the prize! The girls had a blast!



Lisa and Shawn Chase are proud parents of their handsome newborn baby boy, Jason Eric Chase. Jason was born on Monday, October 12, 2009, at 7:29 PM, weighing 8 pounds, 13.2 ounces.

Jason's big brother Ryan says Jason is cute and very fun to hold. Jason also has two sisters, Makayla and Makenzie.



Jason Eric Chase



The Lockens ...
2009 Prefontaine Runners



On September 20th, Kyrin, Seth and Skya Locken all ran in the 2009 Prefontaine Kids Race. Kyrin won 2nd place in his grade for the 2nd year in a row! WOW!! Great job, Kyrin. And Great Job to all of you!! The Prefontaine is hard work and requires strength and determination!!

A happy family is but an earlier heaven.

~
George Bernard Shaw



Thanksgiving Dinner at The Saw Blade Buffet located inside The Mill Casino · Hotel

Pamper yourself on Thanksgiving and let the Saw Blade do the cooking! The bountiful, elegant, all-you-can-eat buffet will be available on Thursday, November 26th from 11:00 am - 8:00 pm. Here is what's cookin':

Carving Station

Roast Tom Turkey with Pan Gravy
Cranberry Relish
Baked Sugar-Glazed Ham
Cedar Plank Baked Salmon Glazed with Sweet Chili Glaze



Hot Entrees

Country Style Fried Chicken
Beer-Battered Alaskan Cod
Chef's Choice of Fresh Seafood Catch of the Day
Assorted Fresh Sautéed Vegetables
Western Beef Stew and Tri-Colored Roasted Potatoes
Pasta du jour with Alfredo and Marinara Sauce
Kid's Macaroni and Cheese



Traditional Fixings

Traditional Mashed Potatoes & Gravy
Glazed Candied Yams
Famous Giblet Dressing
Assorted Biscuits and Muffins
Assorted Salad Bar with All the Fixings
Assorted Freshly Baked Holiday Treats



Adults: \$21.95

Children under 4
years old: FREE

Children under 11
years old: 1/2 price



*Gratitude is not
only the
greatest of
virtues, but the
parent of all the
others.
~ Cicero*

23rd Annual Holiday Lights at Shore Acres State Park



The brightest and most beautiful place on the West Coast shines brighter than ever this season beginning Thanksgiving Eve. Shore Acres is open every night from 4:00 PM -10:00 PM. through New Year's Eve. There is plenty of parking; the admission fee is \$3 per vehicle. The Garden House hosts cookies, hot cider, punch and coffee; enter to win the Ultimate Bed & Breakfast Raffle. The Information and Gift Center is open every evening. This community event is sponsored by Friends of Shore Acres, Inc. in partnership with Shore Acres State Park. Come out, bring your friends and family, and Enjoy the Lights.

The Cold and Flu Season is already here and hitting hard. The Centers for Disease Control and Prevention recommend a yearly flu vaccine as the 1st and most important step in protecting against seasonal flu. The seasonal flu vaccine will NOT protect you against the novel H1N1.

Cover your nose and mouth with a tissue when you cough or sneeze.

Wash your hands often with soap and water, especially after coughing or sneezing.



Avoid touching your eyes, nose, or mouth. Germs spread this way.

Avoid close contact with sick people.

If you are sick with flu-like illness, CDC recommends you stay home 24 hours AFTER your fever is gone to keep from making others sick.



While sick, try to limit contact with others to keep from infecting them.

If you get the seasonal or novel H1N1 flu, antiviral drugs can treat the flu if started within the 1st two days of symptoms. These drugs are NOT sold over-the-counter, and are different from antibiotics. The antiviral drugs can make you feel better faster, and may prevent serious flu complications. Antiviral drugs work by keeping flu viruses from reproducing in your body.

C

Applications are now being accepted for an opening on the CIHA Board of Commissioners. Applications are available at the CIHA office or on the website: www.coquilletribe.org Just click on the Coquille Indian Housing Authority (CIHA) link; the application is located near the bottom of the page. A General Statement of Duties is included with the application.



Caption describing picture or image

Applications will be received through 5:00 PM, November 30, 2009.



If you have any questions, please contact Anne Shane, Executive Director, at (541) 888-6501.



Kilkich Residents Association

The Kilkich Residents Association (KRA) meets the second Monday of every month to discuss community issues and concerns, fundraising ideas, upcoming events, and a variety of ideas for the betterment and enrichment of the Kilkich community. Please join us for our next meeting on Monday, November 9, 2009.



Dinner is served at 5:30 PM.

The meeting begins at 6:00 PM.

The KRA welcomes your participation.

OREGON E-CYCLES

As of January 1, 2010, computers, monitors, & TVs CANNOT be disposed of in the garbage or at disposal sites such as landfills, transfer stations, & incinerators.

Oregon E-Cycles provides **FREE RECYCLING** of computers, monitors, & TVs. Anyone can bring 7 or fewer computers (desktops & laptops), monitors, & TVs at a time to participating Oregon E-Cycles collectors for **FREE RECYCLING!**

This program **DOES NOT** provide free recycling of keyboards, mice, speakers, printers, scanners, or other types of electronics or appliances.

Oregon E-Cycles has statewide collection sites & services that operate year-round. All brands of computers, monitors, & TVs are accepted for **FREE RECYCLING!**



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

Local Participating Collection Sites:

→
For other
participating
collection sites:
www.oregonecycles.org
1-888-5-ECYCLE

Goodwill
3698 Broadway, North Bend
269-9150
West Coast Recycling & Transfer
1210 S. Broadway, Coos Bay
756-5868
Beaver Hill Disposal Site
55722 Hwy 101, Coos Bay
No Telephone



Festival of Trees on Display at The Mill Casino • Hotel

November 23—December 3. This annual event raises funds for the community service work of the Bay Area Rotary Club. Trees will be on display November 23 -December 3 for everyone to enjoy. On December 4th the trees will be auctioned to the public.

For more information, call 756-8800 or www.themillcasino.com

Fluffy Pumpkin Cheesecake Pie

From Taste of Home Cooking School Collection

Ingredients:

12 ounces of cream cheese, softened
1/2 cup of sugar
1 ½ teaspoons pumpkin pie spice
1 cup canned pumpkin
2 eggs
1 (6 ounces) graham cracker pie crust
Whipped Topping, optional



Directions:

In a mixing bowl, beat the cream cheese, sugar, and pumpkin pie spice on medium speed until smooth. Stir in the pumpkin. Add eggs and mix until blended. Place crust on a baking sheet. Pour filling into crust. Bake at 350° for 40 minutes or until center is almost set. Cool completely on a wire rack. Refrigerate for 3 hours or overnight. Garnish with whipped topping if desired.
Yield: 8 servings. YUMMY!!!