



Sea~Ha Runner



A Fun and Informative Newsletter for the Residents of the Kilkjich Tribal Community

LIEAP - Low Income Energy Assistance Program

The Low Income Energy Assistance Program is intended to provide low income Oregonians assistance with their home energy expenses. Services covered by the Oregon LIEAP include bill payment assistance, case management, home weatherization, and energy education. Households wishing to receive LIEAP assistance must be at or below 60% of the state median income level.

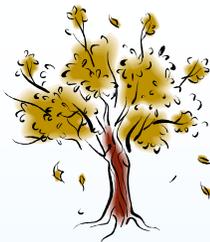
Oregon Coast Community Action has indicated that the Low Income Energy Assistance Program could be available as early as the end of November 2010. Federal funding for the program is likely, but not guaranteed. More information will be provided as it becomes available. In the meantime, you are welcome to call CIHA at 541-888-6501, if you have any questions or would like more information.



Reminder:

- Please check your smoke detectors to insure they are working properly.
- Replace your old battery with a new battery, if needed.

**SAFETY
and
AWARENESS
SAVES
LIVES!!**



FALL BACK!

And enjoy an extra hour of sleep!



Sunday, November 7th
at
2:00 a.m.



At 2:00 a.m. on Sunday, November 7, 2010, it will be time to set your clocks **BACK ONE HOUR**. Daylight Saving Time ends in the United States and we return to Standard Time until March 13, 2011, at 2:00 a.m. Many people prefer to set their clocks back Saturday evening before they go to bed so that when they wake up on Sunday morning their clocks display the correct time.

Daylight Saving Time was instituted in the U.S. During WWI in an effort to save energy for war production by taking advantage of the later hours of daylight between April and October. In 1966, Congress passed the Uniform Time Act, which standardized the length of Daylight Saving Time. In 2007, Daylight Saving Time was extended to four weeks longer each year due to a provision in the 2005 Energy Policy Act amending the 1966 Uniform Time Act. All states, with the exception of Arizona (excluding some Indian Reservations), Hawaii, Puerto Rico, the U.S. Virgin Islands, and American Samoa, observe Daylight Saving Time.

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.

At this time, KRA has two Board positions open. If you or another Kilkich community resident would be interested in serving on the KRA Board,

please come to the next KRA meeting on Monday, November 8, 2010.

Dinner is served at 5:30 p.m.

The one-hour meeting begins at 6:00 p.m.



All Kilkich community residents are welcome and encouraged to attend the monthly KRA meetings.

If you have any questions, please contact KRA Chairperson Rocky Doyle at 541-888-4910 for more information.

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 our office at 541-888-6501.

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

"Dream as if you'll live forever ... live as if you'll die today."
~ James Dean

Knights of Columbus Christmas Basket Program



The Knights of Columbus started delivering food boxes throughout the Southern Oregon Coast to families in need in 1982. The Knights will be providing Christmas food boxes for needy families again this holiday season. The Knights of Columbus is a fraternal society for Catholic men comprised of members from Coos Bay, North Bend, Bandon, Coquille, and Myrtle Point. The Knights do not set any eligibility restrictions for those signing up for food, so anyone who needs

help with their holiday dinner is considered eligible regardless of age, religion, number of family members, or level of need. If you would like to sign up to receive a food box, you may do so Tuesday, November 16th and Wednesday, November 17th at the Newmark Center, 2110 Newmark Avenue, Coos Bay, between the hours of 9:00 a.m. and 3:00 p.m. For more information, please contact Oregon Coast Community Action at 541-888-2667.

COQUILLE INDIAN HOUSING AUTHORITY

SMOKE-FREE FACILITIES POLICY

To ensure the quality of air and the safety of the users of facilities owned and operated by the Coquille Indian Housing Authority (CIHA), the Authority has declared its intention to transition its residential, other buildings, and common areas to become smoke-free. Smoking will not be permitted, except in designated areas within the housing community. All tenants, employees, and guests within the housing community shall be subject to this policy.

1. With certain designated exceptions, smoking is not permitted in any building or facility owned or operated by CIHA.
2. Definition: The term "smoking" means inhaling, exhaling, breathing, carrying, or possessing any lighted cigar, cigarette, pipe, other tobacco product or similar lighted product in any manner or in any form.
3. Exceptions: (a) An exception to the smoke-free policy is granted for CIHA housing units subject to a lease-purchase (homebuyer) agreement. (b) An exception to the smoke-free policy is granted for the rental units of residents who are smokers at the time that this policy is adopted. This exception ends for any unit at the time that the resident vacates the unit. A resident smoker's grandfathered right to smoke inside a unit may be transferred from one unit to another. (c) An exception to the smoke-free policy is granted for the ceremonial use of tobacco. These exceptions only apply to the smoking of legal substances.
4. Smoking outdoors in the vicinity of any occupied building or structure, except one's own single-family dwelling or on the rear exterior deck, porch, or patio of one's own multi-family dwelling unit; the community park and playground; Cultural Garden; or, other common use facility shall be permitted no closer than 10 feet to the facility, a sufficient distance so that secondhand tobacco smoke will not enter the building or area, nor will residents or guests have to walk through secondhand tobacco smoke to enter or leave the building, adjacent buildings, or area. Persons smoking in these areas are asked to be considerate of others and increase this distance if wind or other natural conditions warrant. Smokers are responsible for not littering the grounds with cigarette butts, other tobacco products, or related debris. Smoking is specifically not permitted in the common areas of multi-family dwellings.
5. Upon adoption of this policy, notice shall be published in the Sea-Ha Runner and posted in a conspicuous place in the CIHA office. Residents will be given 30 days written notice by direct delivery or mailing. This notice shall constitute an amendment to the resident's agreement with CIHA. Resident accepts this amendment by continued occupancy after the 30-day period.
6. New tenants will be given two copies of the smoke-free policy. After review, the tenant will sign both copies and return one to CIHA to be placed in the tenant's file.

Revised September 30, 2010



It's Time for:

Holiday Wellness

WHAT? A 6-week weight *maintenance* wellness program via email, or pick-up weekly materials at the Coquille Indian Tribe Health Center.

You'll receive resources to help you stay healthy through the holidays, and all participants will have a chance to win a \$10 Subway gift card each week.

Each week you'll have a simple, short piece of 'homework' to complete related to the week's topic. You become eligible for the weekly drawings by return emailing, faxing, or bringing your homework to the Health Educator, Gail Accinelli, by the end of each week.

WHEN? November 1, 2010, through December 12, 2010

WHO? All Tribal Members and Their Spouses, Tribal Staff Members, and Nasomah Members

HOW? Contact Gail Accinelli to sign up:
gaila@uci.net or 541-888-9494, ext. 20216 or fax # 541-888-3431

WHY? Feel Better & In Control, Have More Energy, Avoid Weight Gain

WEEK 1: Exercising Through the Holidays

WEEK 2: Substituting - Holiday Dishes Made Better

WEEK 3: Eating on the Run

WEEK 4: Shopping Tips

WEEK 5: Gifts of Food and Health

WEEK 6: Holiday Party Survival and Healthy Appetizers

So Hurry!
Contact Gail Accinelli
to sign up today!!

FREE

Craft Classes

FUN



- FREE Craft Classes are being held again this Fall
- The classes are taught by Jenny Dill
- Classes will be held at the Tribal Community Center
- Youth Classes will be held the 2nd and 4th Tuesdays in November from 3:30 p.m. - 5:00 p.m.
- Adult Classes will be held the 3rd Thursday in November from 5:30 p.m. - 7:00 p.m.
- Youth Class Craft Projects - To Be Announced
- Adult Class Craft Projects - November 18th - Sewing Personalized Pendleton Woolen Pouches



For more information and to RESERVE YOUR SPOT, please contact Brenda Meade at the Tribal Community Health Center at 541-888-9494 or 1-800-344-8583, ext. 20205.

Adult Yoga Class

When: Mondays
Where: Coquille Tribal Community Center Gym
When: November 1st - December 20th
Time: 5:15 p.m. - 6:15 p.m.
Cost: FREE

Eligibility:

Tribal Members
 Kilkich Community Residents
 Coquille Indian Tribe Employees

Instructor:

Donna VonLobedan

Relax
 Breathe
 Move

A class where
 mind and body
 make a
 connection
 through
 movement



Please RSVP to Luke or Cody by calling 541-888-9494.
 Bring a soft blanket and a Yoga mat if you have one.

Festival of Trees

Presented by Bay Area Rotary
and The Mill Casino · Hotel



Enjoy beautifully decorated
trees and wreaths on display at
The Mill · Casino Hotel
November 23 - December 2

Enjoy FREE Admission to the Festival of Trees!!! Celebrate the Season this year by visiting the Festival of Trees at The Mill · Casino Hotel November 23rd through December 2nd. Local businesses and individuals throughout the community will be creating a holiday extravaganza to benefit local charities. The trees will be on display for ten days and then auctioned off to the highest bidder on December 2nd. ALL proceeds benefit local charities. The auction will be held at The Mill · Casino Hotel on Thursday, December 2nd in the Salmon Room; doors open at 6:00 p.m.; the live auction begins at 6:30 p.m. If you are the successful bidder, the Bay Area Rotary Club will deliver your decorated tree right to your door, or you may donate your tree to a needy family in the community through Oregon Coast Community Action, Services for Children and Families, or the Coquille Indian Housing Authority. Tree delivery is limited to a 30 mile radius. Your contribution to The Festival of Trees/Bay Area Rotary Club is tax-deductible as allowed by law. For more information, please contact Debbie Webb at 541-808-1969 or email at dwebb@co.coos.us.



Holiday Lights at Shore Acres

November 25 through December 31



Shore Acres will be the brightest and most beautiful place on the West Coast again this year with over 300,000 holiday lights. Shore Acres will be open every night from 4:00 p.m. - 9:30 p.m. Thanksgiving through New Year's Eve. There is plenty of parking; the admission fee is \$5 per vehicle. The Garden House will host cookies, hot cider, punch, and coffee; enter to win the Ultimate Bed & Breakfast Raffle. The Information and Gift Center will be open every evening. This community event is sponsored by Friends of Shore Acres, Inc. in partnership with Shore Acres State Park. For more information, contact Shore Acres State Park at 541-888-3732.



Annual Tree Lighting & Santa's Arrival

November 27 on the Downtown Coos Bay Boardwalk

Between 5:00 p.m. and 5:30 p.m. on Saturday, November 27th, there will be music and caroling on the Coos Bay Boardwalk. Santa will arrive by boat to help the Coos Bay Mayor light the Christmas tree. The Mayor and Santa will then lead the way to the Egyptian Theatre for pictures with Santa and a free movie at 7:00 p.m. For more information, call the Coos Bay Downtown Association / Cindi Miller at 541-267-3341.



Have your picture taken with Santa and enjoy a free movie!

November Employment Opportunities

SAFEGWAY 

Your Future Starts Now.

Coos Bay has an opening for a Deli Clerk;
North Bend has an opening for a Fuel Clerk.

(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



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!

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

Current Job Openings

Development Support Specialist

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

www.orcca.us

Or call 541-888-7014

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



Log on to :

- www.themillcasino.com
- Click on Employment
- Click on Open Positions

The Application for Employment
is available online.

For more information,
call 541-756-8800.

Coquille Indian Housing Authority

2678 Mexeye Loop
Coos Bay, OR 97420

• • • • •
Phone: 541-888-6501
Toll Free: 1-800-988-6501
Fax: 541-888-8266
• • • • •
▶ daleherring@uci.net
traceyroome@uci.net



Best wishes for a Fulfilling and Happy Thanksgiving

Eggnog Pumpkin Pie

Ingredients:

- 1 can (15 ounces) solid-pack pumpkin
- 1 1/4 cups eggnog
- 2/3 cup sugar
- 3 eggs
- 1 1/2 teaspoons pumpkin pie spice
- 1/4 teaspoon salt
- 1 unbaked pastry shell (9 inches)



Directions:

In a large bowl, combine pumpkin, eggnog, sugar, eggs, pumpkin pie spice, and salt. Pour into pastry shell. Bake at 375° for 60 - 65 minutes or until a knife inserted near the center comes out clean. Cool on wire rack. Refrigerate until serving. Yield: 6 - 8 servings

Recipe from Taste of Home 2010

The History of Thanksgiving

Thanksgiving Day is a harvest festival celebrated primarily in the United States and Canada. Traditionally, it is a time to give thanks for the harvest and express gratitude in general. While it may have been religious in origin, Thanksgiving is now primarily identified as a secular holiday. In the United States, Thanksgiving Day falls on the fourth Thursday of November. In Canada it is celebrated on the second Monday in October. The precise historical origin of the holiday is disputed. Although Americans commonly believe that the first Thanksgiving happened in 1621 at Plymouth Plantation in Massachusetts, there is strong evidence for earlier celebrations in Canada (1578) and by Spanish explorers in Florida (1565). Thanksgiving Day is also celebrated in the Netherlands. A different holiday, which uses the same name, is celebrated at a similar time of year in the island of Grenada.

Excerpted from Wikipedia

**November 2010
CIHA Calendar**

CIHA Open Until 6:00 p.m.	1-5
Daylight Saving Time Ends	7
Dinner at 5:30 p.m. KRA Meeting at 6:00 p.m.	8
CIHA Closed in Observance of Veterans Day	11-12
CIHA Closed at Noon	24
CIHA Closed in Observance of Thanksgiving	25-26
CIHA Open Until 6:00 p.m.	30