



Coquille Indian Housing Authority



Sea~Ha Runner

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

Test Your Smoke Alarm



Replace the battery if needed.
Safety Saves Lives!

Turn Your Clocks Back on November 4



It is almost time to set your clocks back one hour.

Daylight Saving Time ends in the United States on Sunday, November 4th at 2:00 a.m. when we return to Standard Time.

Daylight Saving Time will begin again on Sunday, March 10, 2013 at 2:00 a.m.

Daylight Saving Time always begins on the 2nd Sunday in March and ends on the 1st Sunday in November.

Remember to set your clocks

BACK ONE HOUR on Saturday evening before you go to bed or on Sunday morning.



Enjoy the extra hour of sleep!



November Calendar

CIHA Board Meeting at 3:30 p.m.	1
Daylight Saving Time Ends (Fall Back)	4
Election Day	6
Veterans Day - CIHA Office Closed	12
KRA Dinner Meeting at 5:30 p.m.	13
CIHA Closed for the Thanksgiving Holiday	21-23

LIHEAP Appointments Are Still Available



Low-Income Home Energy Assistance Program appointments are still available. The Oregon LIHEAP provides low-income families assistance with their home energy expenses. To be eligible, households must be at or below 60 percent of state median income; both renters and homeowners are eligible. The fiscal year 2013 income guidelines, effective October 1, 2012, are:

At the time of application, you will need to provide:

1. The names and Social Security numbers of all household members
2. Proof of gross household income for the last 3 months (household income includes, but is not limited to: wages, unemployment, pension, Social Security, and disability payments)
3. The most recent copy of your power bill

Income Guidelines for Oregon (Program Year 2013) (Effective October 1, 2012)

Size of Family Unit	Annual Income 60% of Median	Monthly Income 60% of Median
1	\$22,138	\$1,844.87
2	\$28,950	\$2,412.53
3	\$35,762	\$2,980.18
4	\$42,574	\$3,547.83
5	\$49,386	\$4,115.49
6	\$56,198	\$4,683.14
7	\$57,475	\$4,789.58

LIHEAP is a once-a-year payment that is paid directly to your energy provider to help offset heating expense during the winter months. The amount of financial assistance you may receive from LIHEAP is based on your household size and income, documented energy costs, and other factors. Call CIHA today at 541-888-6501 to schedule an appointment.



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.

Community Center No School Fridays in November

The After-School program will be open from 7:30 a.m. - 5:30 p.m. on the following days in November:

- ◆ 11/02/12
- ◆ 11/09/12
- ◆ 11/30/12

Please join us and bring a sack lunch; breakfast and a snack will be provided.

The Community Center will be closed on:

- ◆ 11/12/12 in observance of Veterans Day
- ◆ 11/21/12 - 11/23/12 for Thanksgiving

Please contact the CIT Community Center if you have any questions at 541-888-9494.

Kilkich Residents Association Meeting

The Kilkich Residents Association usually meets the second Monday of every month. KRA meets to discuss community issues, plan fundraising events, and collaborate ideas for projects and community enhancements that will benefit the Kilkich residents.

If you are interested in joining the KRA Board or would just like to see what goes on at a KRA meeting, please join the Kilkich Residents Association at their next meeting on:

- ◆ Tuesday, November 13th at 6:00 p.m.

A light dinner is served at 5:30 p.m. before the meeting begins.

Please stop in, meet the KRA Board, and share your thoughts and ideas.

All Kilkich residents are welcome!



Update On The Diabetes Prevention Program

I wanted to share with everyone the incredible accomplishments of my current participants in the Diabetes Prevention Program (DPP).

The participants recently graduated from their 16-week sessions in which they all lost weight. One of the participants lost 21 pounds; another lost 14 pounds!! They all worked hard to eat healthy and exercise.

We are very proud of our Diabetes Prevention Program. The program helps Native Americans fight against diabetes.

Participants are given the tools to eat healthy and

exercise. The DPP provides \$20 Safeway Nutrition Cards every week to help the participants buy healthy foods. We also take field trips to grocery stores for tours, prepare a healthy meal each time we meet, and provide tools to cook healthy, such as George Foreman grills, rice cookers, and Britta water pitchers, etc. To help participants exercise, we pay for their gym memberships or swimming passes.; I attend with them to help them get started. The goal is a life-time of exercise.

Now that the participants have graduated, we meet

once a month for the many years to come.

I am so proud of all my DPP participants. Some of them have been with me for 7 years!!

I am recruiting for my next class. All Native Americans over the age of 18 are eligible and welcome to join.

Please contact me:

Gail Accinelli
B.S. Health Education
Coquille Indian Tribe
Health Clinic
541-888-9494, ext. 20216
800-344-8583



Teen Group

Held every Thursday evening at the CIT Community Center from 5:30 p.m. - 8:30 p.m. for youth 12 - 18 years of age. Dinner and transportation provided. Please contact Lisa or Laura at 541-888-9494 if you have questions.

Tribal Independent Living Program

TILP will begin on Friday, November 2, 2012 at the CIT Education Department located at 2611 Mexeye Loop from 9:00 a.m. - 11:00 a.m. TILP classes will be offered the 1st and 3rd Friday of each month. TILP is for youth 14 - 18 years of age. The program focuses on life skills, education, and hands-on job training. For more information, please contact Lisa or Laura at 541-888-9494.

Veterans Day Honors All American Veterans of Military Service

Thanksgiving is coming soon and that means several opportunities to enjoy good food and good times with your family. Enjoy. Don't forget to visit the library when you can.

Another holiday in November is Veterans Day. November 11, 1918 is the anniversary of the signing of the armistice agreement that ended combat operations in World War I. The armistice was signed on the 11th hour of the 11th day of the 11th month. The following year, President Wilson proclaimed November 11th as "Armistice Day". This anniversary was recognized as a federal holiday in 1938 and in 1954, with both WWII and the Korea Conflict occurring in the last decade, the name of this day was changed to "Veterans Day" to honor all American veterans of military service. The U.S. Department of Veterans Affairs has a detailed history of Veterans Day on their web page at:

<http://www.va.gov/opa/vetsday/>

The Library has a few books about Native Americans who served in the United States military.

***American Indians and World War II*, by Alison R. Bernstein.**

When Japan launched its surprise attack on Pearl Harbor there were 4,000 American Indians in the military. By 1945, there were approximately 25,000 serving in the military. This book tells the stories of individual veterans and discusses the impact WWII had on American Indian communities. This includes how these communities were affected by the Indian policies of that time and how post-war policies were influenced by the tribes' participation in war-time efforts. These sections include discussion of the 1934 Indian Reorganization Act and the Termination policies implemented in the late 1940s and early 1950s.

***Navajo Code Talkers*, by Nathan Aaseng.**

Likely you have heard of the Navajo Code Talkers from WWII and how they helped coordinate the movements of U.S. military forces in the Pacific front using a code based on the Navajo language; a code that was never broken by enemy forces. The book begins telling about how the U.S. military came up with the idea of using the Navajo language for a military code. It continues by describing the efforts to recruit from the Navajo and other Indian

communities, the training undertaken by these recruits, their integration into Marine Corps regiments, detailed stories from their intense combat experiences, and their adjustment back to civilian life. The book begins with an introduction by Roy Hawthorne, a veteran Code Talker and one-time vice-president of the Navajo Code Talkers Association.

***Strong Hearts, Wounded Souls*, by Tom Holm.**

At least 43,000 American Indians were among those Americans who served in the Vietnam War. This book tells their story through extensive interviews with the veterans and focusing on how their experience differed from other soldiers. For example, one chapter includes excerpts of soldiers describing how in times of distress they used traditions learned from their respective elders to help them overcome fear and remain calm and composed. In effect, they testify that these traditions helped them stay alive during combat.

Submitted by: Chris Tanner, Librarian
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November 6th is Election Day. Exercise Your Right to Vote!

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The Knights of Columbus Food Boxes

The Knights of Columbus is a fraternal society for Catholic men comprised of members from Bandon, Coos Bay, Coquille, Myrtle Point, and North Bend.

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** again this holiday season for needy families.

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, level of need or number of family members. **If you would like to receive a food box this December, please sign up at the new Oregon Coast Community Action office (new building to the west of Wal-Mart) between the hours of 9:00 a.m. and 3:00 p.m. on:**

- ◆ Monday, November 12th
 - ◆ Tuesday, November 13th
 - ◆ Wednesday, November 14th
- ◆ For more information, please contact ORCCA at 541-435-7080.

Save the date ... December 21

Winter Solstice

Celebrated in Traditional Style Dance

Begins at dusk at the

Community Plankhouse on Tribal Lands

Annual Tree Lighting and Santa's Arrival On The Coos Bay Boardwalk

Friday, November 23, 5:00 p.m. - 8:00 p.m.

Caroling will begin at 5:00 p.m. at the Pavilion on the Coos Bay Boardwalk with hot cider and popcorn provided by Farr's True Value Hardware store. Santa will arrive at 5:30ish and will light the tree with the Mayor around 5:45 p.m. After the tree has been lit, walk with Santa to Coast Karate for visiting and wish-making while enjoying the festive music provided by the Oregon Coast Lab Band. Around 7:30 p.m. there will be a showing of *The Muppets Christmas Carol* sponsored by Outdoor-In. Please feel free to bring blankets and pillows to curl up on the karate mats with your family. For more information, call the Coos Bay Downtown Association/Cindi Miller at 541-267-3341.

Salvation Army Thanksgiving Dinner

Thursday, Nov. 22, 12:00p.m. - 2:00 p.m.

1155 Flanagan Avenue, Coos Bay

MEAL DELIVERIES FOR THE HOMEBOUND

For more information, call 541-888-5202

Thanksgiving Day
at The Mill Casino - Hotel

Saw Blade Buffet

Dine on savory roast turkey with all the trimmings, an array of delicious side dishes, and a delectable dessert assortment from The Mill Casino • Hotel's own bakery.

Plank House Restaurant

Waterfront dining in a relaxed atmosphere with holiday specials as well as regular menu items.

For more information, please contact The Mill Casino • Hotel at 541-756-8800.

26th Annual Shore Acres Holiday Light Display



Photo Credit: Friends of Shore Acres

The 26th Annual Shore Acres lights display starts on November 22nd and continues every night through New Year's Eve. This walk-thru display with its beautiful lighted formal gardens continues to attract thousands of visitors each season. The garden house, beautifully decorated in a traditional holiday theme, has friendly volunteer hosts from many organizations, businesses, and the Friends serving hot cider, punch, coffee, and cookies from 4:00 - 9:30 p.m. every night including Christmas Eve, Christmas,

and New Year's Eve. Choirs, carolers and bands offer entertainment in the performance pavilion. The information and gift center, reminiscent of L.J. Simpson's original mansion, is open every night. There's plenty of parking for both cars and buses. For more information, call 541-756-5401 or Shore Acres at 541-888-3732.

