



Sea~Ha Runner



October
2012



Coquille Indian Housing Authority



Volume 15
Issue 10

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



Low-Income Home Energy Assistance Program



CIHA will begin scheduling appointments for the Low-Income Home Energy Assistance Program (LIHEAP) starting October 1, 2012. This program is federally funded through the U. S. Department of Health and Human Services and is not an entitlement program. LIHEAP provides money to help low-income homeowners and renters pay for heating costs. **The LIHEAP payment is made directly to the energy provider.**

The amount of financial assistance you may get from LIHEAP is based on your household size and income, documented energy costs, and other factors.

To be eligible for assistance, the total household income must be at or below 60 percent of Oregon's

median income. The household must also have documented energy costs.

At the time of application, you should be prepared to provide:

- Names and social security numbers of all household members.
- 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.)
- The most recent copy of your power bill.

If you have any questions or would like to make a LIHEAP appointment, please call the CIHA office at 541-888-6501.

2012 Annual Nasomah Wellness Fair Tuesday, October 23rd at The Mill Casino · Hotel

The Nasomah 2012 Annual Wellness Fair is scheduled for Tuesday, October 23rd from 7:30 a.m. until 3:00 p.m. at The Mill Casino · Hotel in the Salmon Rooms. The Fair provides an opportunity to learn about available health services that can help maintain long-term wellness. Tribal members, employees, and Kilkich residents are welcome and invited to attend the Fair. The Fair will host a variety of exhibitors who will be providing valuable information and resources, as well as providing assess-

ments regarding various aspects of your health.

The Fair will include:

- Raffle prizes, including a Wii Fit System and a bike from Moe's.
- Free 5-minute massages
- Blood-glucose testing
- Hearing tests 
- Vision tests
- Body fat testing
- Information on tobacco cessation 
- Flu shots
- Yoga Instructors
- Weight Watchers
- Women's Health Coalition

- Park Avenue Dermatology
- Aging and People with Disabilities
- South Coast Hospice
- Coos Tribe Dental Clinic
- Bay Area Foot Clinic
- AFLAC
- Costco
- Umpqua Coastal Housing Center/Neighbor Works
- Emergency Preparedness
- And much more.

For more information on this event, please contact Denise Stuntzner, LCSW
Nasomah Wellness Program Coordinator
541-751-0940, ext. 2

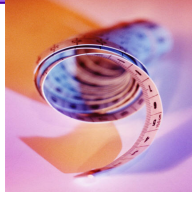
North Bend
Safeway has
job openings!

- 2 Deli Clerk positions open
- Apply online at Safeway.com or at the kiosk located inside the store by Customer Service



Happy Halloween

Take control and attend our Pre-Diabetes Prevention Informational Class



Our experienced Lifestyle Coach wants you to know:

- About the risk factor for developing diabetes - BEFORE it happens
- Diabetes can be delayed or prevented with small lifestyle changes in food and exercise habits
- Tips for healthy eating at home or out

Class Meetings:

October 8, 2012 at Noon or 5:30 p.m.

For more information:

Call 541-888-9494, ext. 20216

Light refreshments



Attend the CIT Health Center and Arthritis Foundation Exercise Class

Benefits include: Reduced pain and stiffness, positive social interaction among participants, decreased depression and improved mood, maintain or improve certain physical parameters



Where:

CIT Community Center

When:

Every Tuesday

Time:

11:00 a.m. to 12:00 p.m.

Eligibility:

Coquille Tribal members and Kilkich residents age 18 and over

Contact:

Connie Carter, Community Health Representative, at 541-888-9494, ext. 20206 or email conniecarter@coquilletribe.org

Oregon Tobacco Quit Line

The Quit Line is open seven days a week; 4am - 12am PST. The Oregon Tobacco Quit Line provides free counseling to help you quit tobacco.

Call 1.800.QUIT.NOW (1.800.784.8669) or visit www.quitnow.net/oregon/ to get started.

Spanish Quit Line: 1.877.2NO.FUME (1.877.266.3863) or www.quitnow.net/oregonsp/

TTY: 1.877.777.6534

Should you call the Quit Line?

- Are you ready to quit? Call and they will help you make your quit plan.
- Are you not quite ready to quit? Call and they will help you get started.
- Have you tried to quit and it didn't work? It can take more than one try to quit for good. Don't be discouraged. Call. They will help you make a new quit plan.
- Have you already quit? We know it is hard for a while. If you need some help to stay tobacco free, please call.
- If you have any questions, please contact:

Connie Carter

CIT Community Health Representative

1.800.344.8583 or

541-888-9494, ext. 20206

Mahaffy Ranch Pumpkin Patch

10362 Highway 241
Coos Bay



541-269-3900

Mahaffy Ranch Pumpkin Patch opens Friday, September 28th.
Family friendly for all ages!

The Pumpkin Patch and Gift Shop are open to the public:

• Tuesday - Thursday 12p - 5pm

The Pumpkin Patch, Gift Shop, Hay Rides, Corn Cannon, Food Vendors, etc. are open to the public:

• Friday - Sunday 10am - 6pm

• Pick your own pumpkins from the Pumpkin Patch

• Pick your pumpkin from already picked pumpkins

• Enjoy a tractor-pulled hay ride

• Refreshment stand

• Restrooms

• Picnic area

• Face painting

• School field trips may be scheduled

Directions: Highway 101 through Coos Bay; east on Highway 241 approximately 13 miles; follow signs to Alleghany.

Email address:

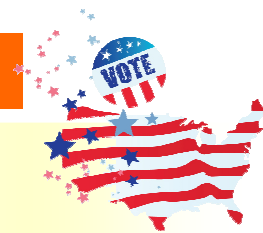
mahaffyranch@wildblue.net

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.

Please vote in our regional, state, and national elections.



Like all Oregon voters, Coos County voters must complete and submit a voter registration card to their county's elections office (address for Coos County office printed below) if they are not currently registered to vote or if their personal information has changed recently.

The deadline for submitting your voter registration in time to vote in the November 6th election is Tuesday, October 16th.

Voter registration cards are available at many locations in the Coos Bay/North Bend area, including public libraries and U.S. Post Offices. They are also available online at the Oregon State Election Division's web page. If you have access to a computer, you can print the form from the following web page address:

http://oregonvotes.org/doc/publications/forms/500_nvra/SEL500.pdf

Sign the completed form and mail it to your county elections office. Coos County's Elections Division office is located at :

**Coos County
Elections Division
250 N. Baxter Street
Coquille, Oregon 97423**

The Oregon Voters' Pamphlet provides information on ballot measures and the candidates in the upcoming election. The pamphlets are mailed to all households. If you don't have a copy, you can read the pamphlet online at:

<http://oregonvotes.org/pages/history/archive/may152012/guide/eng/votersguide.html>

(Please note that pamphlet for the November election has not been released as of mid-September.)

For more information on the upcoming election, voter education in general, and information on the candidates and ballot measures in the upcoming election, you might want to visit some, or all, of the following web pages.

Native Vote 2012 is dedicated to encouraging Native Americans to register to vote:
www.nativevote.org

League of Women's Voters Oregon

chapter provides voter information and a voter guide:
<http://www.lwvor.org>

Oregonlive.com Voters Guide:
<http://www.oregonlive.com/voterguide>

Ballotpedia provides information and links to voter guides for all 50 states:
http://ballotpedia.org/wiki/index.php/Voter_guides

The Brennan Center provides voter education resources for students. The Oregon guide is available at:
http://www.brennancenter.org/pages/student_voting_guide_oregon

Oregonvoting.org:
<http://www.oregonvoting.org/index.htm>

Don't forget, the CIT Library has a **computer** with Internet access.

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

Voting in Oregon

<http://bluebook.state.or.us/state/elections/elections01.htm>

All regular elections in Oregon are held on one of four days each year, except in cases of emergency. The election days are:

- the second Tuesday in March,
- the third Tuesday in May,
- the third Tuesday in September, and
- the first Tuesday after the first Monday in November.

Elections are conducted by mail. Voters who are registered as of the 21st day before an election are mailed a ballot to vote and return by election day. The use of vote-by-mail was first approved on a limited basis by the Legislature in 1981 and was made a permanent feature of some elections in 1987.

In 1998, Oregon voters amended state law to require that the primary and general elections in May and November of even-numbered years also be conducted through vote-by-mail.

Beginning in 2000, primary and general elections have been conducted by mail. In 2007, the Legislature provided that all elections will be conducted by mail. At the primary election, voters who are registered in the major political parties, currently the Democratic and Republican parties, nominate candidates to run in the general election. All voters may vote on nonpartisan contests, such as judicial elections, which are also held at the primary election. Most statewide ballot measures are on the general election ballot.



Coquille Indian Housing Authority

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daleherring@coquilleiha.org

traceymueller@coquilleiha.org

October Calendar

8 KRA Dinner Meeting
at 5:30 p.m.

25 CIHA Board Meeting
at 3:30 p.m.

31 Halloween



Prevent Identity Theft

Excerpted from AMERIND;
Risk Management Corporation;
10/24/11 Revision

According to the U.S. Postal Service, there were almost ten million incidents of identity theft in the United States in 2010 at a cost of \$5 billion to consumers.

Identity thieves commit their crime in several ways:

- They steal credit card payments and other outgoing mail from private, curbside mailboxes
- They dig through garbage cans or dumpsters in search of cancelled checks, credit card and bank statements, and preapproved credit card offers.
- They hack into computers that contain personal records and steal the data.
- They file a change of address form in the victim's name to divert mail and gather personal and financial data.



Tips:

- Mail letters directly at the post office.
- Never give out your Social Security number.
- Commit all passwords to memory. Never write them down or carry them with you.
- When using an ATM machine, make sure no one is hovering over you.
- Be skeptical of websites that offer prizes or giveaways.
- Tell your children never to give out their address, telephone number, password, school name, or any other personal information.
- Make sure your children know to never agree to meet face-to-face or send pictures to someone they have met online.
- Tell your children never to respond to messages that have bad words, or just seem weird.
- Make sure that access to the Internet at home and your children's school is monitored by adults.

How and When did Daylight Saving Time Start?



Time will fall back to standard time on Sunday, November 4, 2012, when daylight saving time ends.

The federal government doesn't require U.S. states or territories to observe daylight saving time, which is why residents of Arizona, Hawaii, Puerto Rico, the Virgin Islands, American Samoa, Guam, and the Northern Marianas Islands won't need to change their clocks next month.

How and When Did Daylight Saving Time Start?

Ben Franklin - of "early to bed and early to rise" fame - was apparently the first person to suggest the concept of daylight savings, according to computer scientist David Prerau, author of the book *Seize the Daylight: The Curious and Contentious Story of Daylight Saving Time*.

While serving as U.S. ambassador to France in Paris, Franklin wrote of being awakened at 6 a.m. and realizing, to his surprise, that the sun would rise far

earlier than he usually did. Imagine the resources that might be saved if he and others rose before noon and burned less midnight oil, Franklin, tongue half in cheek, wrote to a newspaper.

"Franklin seriously realized it would be beneficial to make better use of daylight but he didn't really know how to implement it," Prerau said.

It wasn't until World War I that daylight savings were realized on a grand scale. Germany was the first state to adopt the time changes, to reduce artificial lighting and thereby save coal for the war effort. Friends and foes soon followed suit.

In the U.S. a federal law standardized the yearly start and end of daylight saving time in 1918 - for the states that chose to observe it.

During World War II, the U.S. made daylight saving time mandatory for the whole country, as a way to save wartime resources. Between February 9, 1942,

and September 30, 1945, the government took it a step further. During this period daylight saving time was observed year-round, essentially making it the new standard time, if only for a few years.

Since the end of World War II, though, daylight saving time has always been optional for U.S. states. But its beginning and end have shifted - and occasionally disappeared.

During the 1973-74 Arab oil embargo, the U.S. once again extended daylight saving time through the winter, resulting in a one percent decrease in the country's electrical load, according to federal studies cited by Prerau.

Thirty years later the Energy Policy Act of 2005 was enacted, mandating a controversial month-long extension of daylight saving time, starting in 2007.

**Fall back ONE hour
November 4, 2012**

Excerpted from National Geographic Daily News at:

<http://news.nationalgeographic.com/news/2012/12/120309-daylight-savings-time-2012-what-time-is-it-spring-forward-nation/>