

# Sea~Ha Runner

SEPTEMBER  
2010

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

VOLUME 13  
ISSUE 9



## Seventh Annual

Mill-Luck

# Salmon Celebration



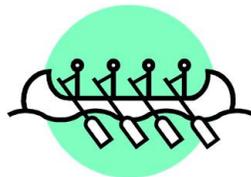
A celebration of Native American and Coquille Tribal culture  
September 4 & 5

### Saturday, September 4 FREE Outdoor Festival

10:00 a.m. until 6:00 p.m.

At the South End of the Hotel

- Native Vendors
- Canoe Races
- Native Drummers and Dancers
- Hands-on Cultural Demonstrations



### Sunday, September 5 FREE Outdoor Festival

10:00 a.m. until 6:00 p.m.

- Canoe Race - Long Pull  
10:00 a.m. - 11:30 a.m.
- Canoe Exhibition & Rides  
1:00 p.m. - 4:00 p.m.



### Saturday Evening, September 4 Joanne Shenandoah In Concert

7:30 p.m. in the Salmon Room

- All Ages Welcome
- Tickets on Sale at Kokwel Gifts
- \$18 General Public (All Ages)
- \$10 Club Members

### Saturday and Sunday Traditional Salmon Bake

Includes Commemorative T-Shirt while supplies last

11:00 a.m. until 6:00 p.m.  
At the South End of the Hotel

Traditional Salmon Bake Tickets on Sale at Kokwel Gifts 541-756-8800  
\$25 Adult - General Public ~ \$20 Club Members ~ \$17 Children, 11 years & younger

## Dumpsters Leave Tuesday, September 7<sup>th</sup>



E-Cycle

The dumpsters are scheduled to be picked up on Tuesday, September 7, 2010. Labor Day Weekend will be the last weekend you will be able to use the dumpsters.

Please remember that the dumpsters are for the use of the Kilkich Residents Only.

Please **DO NOT** put electronics, cell phones, or batteries in the dumpsters.

Appliances, motor oil, antifreeze, paint, solvents, and any questionable items **ARE NOT ALLOWED** in the dumpsters.

Please recycle all recyclable items such as newspapers, magazines, tin cans, plastics, etc.... There is a recycle bin next to the Tribal Community Center.

Please **DO NOT** put glass in the recycle bin.

For more information, please call the CIHA office at 541-888-6501.

### Electronic Recycling Information:

Oregon E-Cycles accepts some electronic devices. Oregon E-Cycles collection sites and services accept computers, monitors, and TVs at no charge from anyone bringing in seven or fewer devices. Local E-cycle sites include:

- **West Coast Recycling and Transfer**  
1210 South Broadway, Coos Bay  
541-756-5868 Mon. - Sat., 8am - 5pm
- **Beaver Hill Disposal Site** 541-396-5444  
55722 Highway 101, South of Coos Bay  
Tues. - Sat., 8am - 4:30pm

To find out more about Oregon E-Cycles, product stewardship, data destruction, drop-off locations, and how to recycle items not covered by the program, call 1-888-532-9253 or log on to their website:

[www.oregonecycles.org](http://www.oregonecycles.org)



## Kilkich Residents Association Board Opening

- Are you interested in becoming a voice for your community?
- Would you like to be a part of enhancing and improving the Kilkich community?

If so, please join the Kilkich Residents Association on Monday, September 13, 2010, for their next meeting. Dinner is served before the meeting at 5:30 p.m.; the one-hour meeting begins at 6:00 p.m. Board Members and Kilkich Residents gather to discuss current events and Kilkich community issues and concerns, as well as upcoming events and fundraisers,

The Kilkich Residents Association currently has one board position open. Please stop in and show your interest. New members bring new ideas. KRA would love to hear your ideas!

For more information about KRA or becoming a KRA Board Member, please contact KRA Chairperson Rocky Doyle at 541-888-4910.



Rent  
Check  
Pickup?

If you are an Elder or person with a disability and it is difficult for you to get 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 for you.



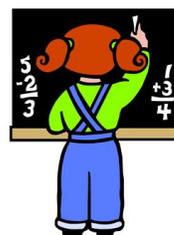


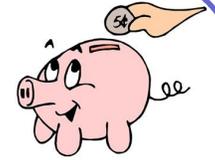
It is hard to believe summer is almost over. The kids will soon be back in school and busy with the new school year.

Whether your child is just starting school or is already a veteran, starting back to school can be a fun, yet chaotic and stressful time. Here are a few tips to help you and your child stay physically and mentally on top of the many demands of the busy school year, while staying healthy, happy, focused, and relaxed at the same time!

Proper nutrition, getting enough sleep, and setting boundaries and goals are just a few of the ways you can minimize your stress and maximize your time and energy. Staying healthy during the school year is sometimes tough, but the following suggestions should give you a healthy edge.

- **Proper Nutrition** - Studies have shown that breakfast not only improves your mental alertness and concentration, but also helps fight illness and reduces stress. Breakfast is the fuel that starts your day and helps you get going. Whole grains, fruits, protein, and dairy products are good, healthy choices. Continue to make good food choices throughout the day. Good nutrition not only helps you sustain an adequate energy level and fight fatigue, it is essential in maintaining and supporting a strong immune system, which helps you stay strong and healthy.
- **Sleep** - Sleep is another crucial factor in overall wellness. Getting a proper amount of sleep reduces stress, bolsters memory, may help prevent diseases, increases alertness, and improves general well-being. Getting enough sleep also improves your ability to focus and concentrate. Even an afternoon nap can help improve cognitive function, mood, and memory. A good night's sleep can make a difference between a good performance or a bad performance, academically or athletically.
- **Avoid Overload** - Don't let your child take on too many extra-curricular activities. It is hard to not want to be involved in numerous activities, but experts recommend choosing one or two recreational activities that your child enjoys. This will help keep your busy schedule balanced, while allowing enough time for adequate study time and rest.
- **Set Goals** - Work with your child to set realistic goals at the beginning of the school year. For example, study and do homework from 7:00 - 8:30 p.m. nightly. Put the goal in writing; this will help make the goal concrete and more attainable. This will also help to motivate your child to work toward their goal and stick with it. Learning to set goals at a young age helps your child understand the importance of working toward something that is important to them and enjoying success when their goal is reached. A good idea is to balance the homework goal with a treat goal. For example, after your child has finished studying for a set amount of time, they are rewarded with a pre-established treat. If you make goal setting fun, success is easier!





# 10 Tips to Help You Save \$1,000 By Christmas

## Simple Savings

Excerpted From:  
<http://finance.yahoo.com>

By Stacy Johnson  
 Saturday, August 7, 2010  
[MoneyTalksNews.com](http://MoneyTalksNews.com)

SAVE \$\$

Available at Wal-Mart:

### Straight Talk Cell Phone 30-Day Plan

- No Contract
- \$30 All-You-Need Plan
- \$45 Unlimited Plan
- [StraightTalk.com](http://StraightTalk.com)

**Straight  
 Talk**

**Check out  
 these  
 helpful  
 websites:**

[www.visittheoregoncoast.com](http://www.visittheoregoncoast.com)

For wonderful places to  
 visit close to home.

[www.betterbudgeting.com](http://www.betterbudgeting.com)

For great money-saving  
 ideas, budgeting tips,  
 coupons, and much more!

[www.moneysavingtips.org](http://www.moneysavingtips.org)

For numerous, all-around  
 money-savings tips,  
 advice, & web links.

- Lower your cell phone bill.**  
**Potential savings: \$100**  
 If you are not using minutes you are paying for, switch to a cheaper plan.
- Lose your land line.**  
**Potential savings: \$100**  
 If you find that your land line is gathering dust, lose it. And even if you want to keep your land line, if you have a broadband internet connection, get your phone service through it rather than the phone company. A service like Magic Jack will give you unlimited calling for \$2 a month rather than the \$30 you might be paying for traditional phone service providers.
- Staycation instead of vacation.**  
**Potential savings: \$1,000+**  
 The savings from staying home vs. traveling for vacation are obvious. The trick is to maintain your quality of life while you do it. NO working allowed. Turn off the computer and the phone. Relax, have fun, and take day trips exploring your local area.
- Raise your insurance deductibles.**  
**Potential savings: \$250**  
 Raising your car and home insurance deductibles could have zero impact on your quality of life, but it could have a big impact on your savings. Decide what you can afford to pay out of pocket and spend a few minutes on the phone and see what you can save. Another way to save: Shop your insurance and see if you can get a better deal.
- Drop the gym.**  
**Potential savings: \$150**  
 Unless you are training for competition, a gym can be an expensive overkill. You can buy cheap weights at yard sales or places like [Play It Again Sports](http://Play It Again Sports). Better yet, find them free at sites like [craigslist](http://craigslist) or [Freecycle](http://Freecycle). You can buy cheap workout
- videos and exercise in front of the TV, or get both exercise and fresh air by walking, jogging, or biking in your neighborhood.
- Drop premium channels, or drop cable television altogether.**  
**Potential savings: \$50 - \$600**  
 One of the most popular stories we've done this year was "[You Don't Have to Pay for Cable](#)," a step-by-step guide to bypassing your cable company while still watching your favorite shows. Even if you decide against that, consider dropping premium channels; they're expensive.
- Sell stuff.**  
**Potential earnings: \$400+**  
 If you are like most people, you have clothes you don't wear, CD's you don't listen to, books you don't read, DVDs you don't watch, furniture you don't sit in .... Take it to a consignment shop or a swap meet; sell it online at [eBay](http://eBay) or [craigslist](http://craigslist); have a yard sale. If nothing else, donate it and create a tax deduction.
- Save on food.**  
**Potential savings: \$300+**  
 The web is full of tips to save on food; make a list, use coupons, shop sales and grocery outlet stores.
- Haggle.**  
**Potential savings: \$500+**  
 According to a survey by Consumer Reports, negotiating a lower price is not only possible, it's likely. You can negotiate a lower price on anything from home electronics to hotel rooms; just ask!
- Carry only cash.**  
**Potential savings: \$250+**  
 This simple idea can easily result in major savings. The reason is simple: If you carry only the cash you need to buy what you went out for, you'll avoid impulse buys.

# DIET FREE™

The Eight Habits That  
Will Change Your Life

## **LIVE KICK-OFF EVENT**

**Lose Weight and Master Your Health - For Life!**

**Program Offered By:**

**The Coquille Indian Tribe Health Center**

Come and learn about this life-changing, nine-week program offered  
by *America's Nutrition Leader, Zonya Foco.*

Learn about her eight DIET FREE habits through lifestyle change.

**When: Wednesday, September 29, 2010**

**Where: Tribal Community Center**

**Time: 6:00 p.m.**

To sign up for this Kick-Off Event, please call:  
Gail Accinelli at 541-888-9494, extension 20216

*Door Prizes!!  
Healthy Desserts will be served!*

# Disaster Preparedness - Plan Now & Be Prepared!

## Best Foods to Stockpile for an Emergency

Excerpted from:  
www.realsimple.com  
By: Vanessa DiMaggio

Natural disasters often come without warning. Stocking up on the right non-perishable food items will help you weather the storm with less stress.

Fueling your body during an emergency is very different from your everyday diet. Because you will probably expend more energy than you normally would, you should eat high-energy, high-protein foods.

You will want to store items that have lengthy expiration dates so you can stash them away for a long period of time. Make a list of everything in your stockpile and check expiration dates every 6 to 12 months to keep food fresh. And don't forget to have a can opener on hand at all times.

- **Peanut Butter** - A great source of energy, peanut butter is chock-full of healthful fats and protein.
- **Whole-Wheat Crackers** - Crackers are a good replacement for bread. Due to their higher fat content, whole-wheat or whole-grain crackers have a shorter shelf life than plain crackers, but the extra fiber pays off when you are particularly hungry.
- **Nuts & Trail Mix** - These are high-energy foods. Look for vacuum-packed containers.
- **Cereal** - Choose multigrain

cereals that are individually packaged so they don't become stale after opening.

- **Granola & Power Bars** - Healthy and filling, these are an excellent source of carbohydrates.
- **Dried Fruits, such as Apricots and Raisins** - These healthy snacks offer fiber, potassium, nutrients, and calories.
- **Canned Tuna, Salmon, Chicken, or Turkey** - Canned meats provide essential nutrients and can last up to two years in the pantry.
- **Canned Vegetables** - Canned vegetables can provide you with essential nutrients.
- **Canned Soup and Chilis** - Soups and chilis can be eaten straight out of the can and provide a variety of nutrients.
- **Bottled Water** - Try to stock at least a 3-day supply. You need at least 1 gallon per person, per day.
- **Sports Drinks such as Powerade or Gatorade** -

Electrolytes and carbohydrates in these drinks will help you rehydrate and replenish fluids when water is scarce.

- **Powdered Milk** - This is an excellent source of vitamin D and calcium when fresh milk is unavailable.
- **Sugar, Salt, and Pepper** - A basic supply of sweeteners and seasonings will improve the flavor of your food.
- **Multivitamins** - Supplements will help replace the nutrients you would have consumed on a normal diet.

If you have been given ample warning a storm is approaching, here are some fresh items to buy right before an emergency that will last at least a week:

- Apples
- Citrus Fruits
- Avocados
- Tomatoes (unripe)
- Cucumbers & Summer Squash
- Winter Squash
- Dry-cured Salamis and Pepperoni

# September Job Opportunities



## State of Oregon Job Listings Website:

[www.employment.oregon.gov](http://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

- **Disabilities Specialist**
- **Office Resource (Inventory) Specialist**

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

[www.orcca.us](http://www.orcca.us)  
Or call 541-888-7014



## Your Future Starts Now.

The Coos Bay, North Bend, and Reedsport Stores are currently hiring Deli Clerks and Courtesy Clerks.

(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](http://safeway.com) for an onsite interview.

Equal Opportunity Employer

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



Log on to:

- [www.themillcasino.com](http://www.themillcasino.com)
- Click on Employment
- Click on Open Positions

The Application for Employment is available online.

For more information, call 541-756-8800

2678 Mexeye Loop  
Coos Bay, OR 97420

541-888-6501  
Or  
1-800-988-6501  
Fax: 541-888-8266  
daleherring@uci.net  
traceyroome@uci.net



Autumn Begins  
September 23

## September Calendar

CIHA Open Until 6:00 p.m.	1 & 2
CIHA Closed	3
Mill-Luck Salmon Celebration	4 & 5
Labor Day Holiday - CIHA Closed	6
CIHA Open Until 6:00 p.m.	7
KRA Board Meeting at 6:00 p.m. Dinner Served at 5:30 p.m.	13
CIHA Board Meeting at 4:00 p.m.	23
CIHA Open Until 6:00 p.m.	30

To give anything less than your best  
is to sacrifice the Gift.  
~ Steve Prefontaine



# September 17, 18, & 19



## Bay Area Fun Festival

## 25th Annual Cruz the Coos

This year's Bay Area Fun Festival will be the place to be Friday, Saturday, and Sunday, September 17-19 in downtown Coos Bay. The streets will be lined with vendors selling unique and creative arts and crafts and a wide variety of delicious food and barbeque. There will also be live entertainment all weekend, and a beer and wine garden for your enjoyment.

Contact Cindi Miller FMI: 541-267-3341  
or 1-800-752-9153, etc. 00

The 31<sup>st</sup> Annual Prefontaine Memorial Run will be held Saturday, Sept. 18<sup>th</sup>. Race begins at 10:00 a.m. FMI: 541-269-1103.

Register online at:  
[www.prefontainerun.com](http://www.prefontainerun.com)

More than 400 classic cars can be seen at this year's 25<sup>th</sup> Annual Cruz the Coos. This fun-filled 3-day event is a delight for car enthusiasts and the general public alike. Events include a Friday night Beach Party at Sunset Beach; a Saturday midday Car Show at the Mill Casino · Hotel; the Saturday night **Cruz the Coos** through downtown Coos Bay; and the Sunday Show and Shine at Shore Acres State Park. The Sunday Show & Shine is always a popular event during the Annual Bay Area Fun Festival. Come out & Enjoy!

Contact Darrell King of Sunset Classic Chevys  
FMI: 541-888-3863

or log on to:  
[www.sunsetclassicchevys.com](http://www.sunsetclassicchevys.com)