



Coquille Indian Housing Authority

Sea~Ha Runner

April
2011
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Issue 4

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

Were You Ready?

The recent tsunami warning should encourage anyone who has not prepared for a future catastrophic event to do so. It was an imminent warning that should not be taken lightly.

Recent studies show there is a 75 - 85 percent chance of a tsunami happening in Oregon in the next 50 years. Experts and geologists continue to say it is not "if", it is "when" a major earthquake and tsunami will strike the Oregon coast. The earthquake is expected to be a 9.0 magnitude. Once the earthquake hits, people will have 15-20 minutes to get to higher ground before the tidal wave comes ashore.

WHEN YOU FEEL AN EARTHQUAKE, MOVE IMMEDIATELY TO HIGH GROUND!

The following two pages have disaster preparedness tips, resourceful websites, and other useful information to help you prepare for an emergency. If you have not yet prepared, a good place to start is by answering the following questions.

▶ Have all the family members talked about what to do in an emergency? Does your family have an evacuation plan? Have all family members practiced this plan together? Does everyone know "where" to meet up should they become separated?



▶ Does each family member have an emergency kit? Are the supplies fresh? Are there new items that should be added, such as new medication or an extra pair of eyeglasses?

▶ Please review the enclosed maps and information; become familiar with your surroundings; and **PACK YOUR EMERGENCY KIT TODAY!**

- 1. MAKE A KIT**
- 2. MAKE A PLAN**
- 3. BE INFORMED**

In the Event of an Earthquake on Tribal Lands

- Gather your family together
- Grab your emergency gear
- Proceed to the Plankhouse for further instruction;
- Do not call emergency personnel unless you have a real emergency; emergency personnel will be busy evacuating and directing people to safe locations

DO NOT WAIT FOR THE TSUNAMI SIRENS



Emergency Preparedness



Reduce the consequences of a disaster by preparing today!

Basic Emergency Supply Kit

- Water - 1 gallon of water per person, per day, for at least 3 days
- Food - at least a 3-day supply of non-perishable food
- Ziploc storage bags to store opened food
- NOAA Weather Radio with tone alert and an AM/FM Radio, hand crank or battery powered, with extra batteries for both radios
- Flashlight(s); extra batteries
- Whistle; signal flare
- Dust mask to help filter contaminated air; plastic sheeting and duct tape to shelter-in-place
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench, pliers and/or multi-purpose tool to turn off utilities; can opener for food
- Local maps; compass
- Cell phone with charger (some crank radios come with a cell phone charger)
- Prescription medications, glasses, and sunglasses
- Infant formula and diapers
- Pet food, medication, leash, favorite toy, treats, and extra water for your pet
- Sleeping bag/warm blanket for each person
- Personal hygiene items and feminine supplies
- Emergency Reference Manual
- Cash or traveler's checks
- Copies of identification, insurance policies, and bank records in a portable, waterproof container
- Matches in a waterproof container
- Complete change of clothing, hat, gloves, raincoat, boots, and umbrella
- Household, unscented, pure chlorine bleach and a medicine dropper; dilute 9 parts water to 1 part bleach to be used as a disinfectant; to purify water for drinking, use 16 drops of bleach to one gallon of water
- Mess kits, paper cups, plates, plastic utensils, and paper towels
- Paper and pencil
- Books, games, puzzles, or other activities for children
- Fire extinguisher

Best Foods To Store

When storing food for an emergency, store food that will provide substantial nutritional value, energy, and protein for your body, yet not require special care or refrigeration after opening.

- Peanut butter
- Jerky
- Nuts, trail mix, and granola bars
- Dry cereal
- Dried fruit
- Whole-wheat crackers
- Canned soups and chili
- Canned vegetables
- Canned tuna, salmon, chicken
- Sports drinks

Be sure to store a can opener WITH THESE FOODS. A backup can opener is also a good idea.

- Multi-vitamins

Taking a daily multi-vitamin will help replace nutrients you would have consumed on a normal diet.

Being without basic services, even for a short period of time, can be very stressful. PLEASE, plan ahead and be prepared. Take the time to gather the items on this list, store them in a safe, cool, accessible location, and check the expiration dates every 6 - 12 months and rotate accordingly to keep your food and supplies fresh.

For more tips and information, visit:

www.fema.gov/areyouready

www.ready.gov

www.redcross.org

Drinking Water - Storage & Purification

STORAGE: Store your water in thoroughly washed plastic, glass, fiberglass, or enamel-lined metal container. Never use a container that has held toxic substances. Plastic containers, such as soft drink bottles, are best. You can also purchase food-grade plastic buckets or drums.

Seal water containers tightly, label them, and store them in a cool dark place. Rotate water every six months.

Emergency Outdoor Water Sources:

- Rainwater
- Streams, rivers, and other moving bodies of water
- Ponds and lakes
- Natural springs

Purify water from these sources **BEFORE** drinking it. Avoid water with floating material, an odor, or dark color. Use salt-water **ONLY** if you distill it first. You **SHOULD NOT** drink flood water.

PURIFICATION:

Three Ways to Purify Water

1. **Boiling** - boiling is the safest method of purifying water. Bring water to a rolling boil for 3-5 minutes. Let the water cool before drinking.

2. **Disinfection** - use regular household bleach (never scented, color-safe, or bleaches with added cleaners) that contains 5.25% sodium hypo-chlorite. Add 16 drops of bleach per gallon of water, stir and let stand for 30 minutes. If water does not have a slight bleach odor, repeat the dosage and let stand another 15 minutes. **REMEMBER: USE ONLY REGULAR HOUSEHOLD BLEACH.**

3. **Distillation** - distillation involves boiling water and then collecting the vapor that condenses back to water. To distill, fill a pot halfway with water. Tie a cup to the handle of the pot's lid so that the cup will hang right-side-up when the lid is on the pot (make sure the cup is not dangling into the water) and boil the water for 20 minutes. The water that drips from the lid into the cup is distilled.

In addition to having a bad odor and taste, contaminated water can contain microorganisms that cause diseases such as typhoid, dysentery, and hepatitis. **Boiling and disinfection** will kill most microbes, but these two

*Are You Ready?
Do you know what to
do in case of an
Emergency?*

methods will not remove other contaminants such as heavy metals, salts, and most chemicals. **Distillation** removes microbes, as well as heavy metals, salts, and most other chemicals.

CHLORINE DIOXIDE TABLETS:

Chlorine dioxide tablets can be used to purify any water from bacteria, viruses, giardia, and cryptosporidium.

Despite the name, chlorine dioxide uses oxygen, not chlorine, to purify water. There are several brands of chlorine dioxide tablets available; all the tablets are similar.

Simply drop a tablet into a one-quart or one-liter container of water that needs to be treated; wait the designated amount of time as per instructions; the water is ready for drinking.

The wait time varies depending on how cold/dirty the water is.

Check online sources or your local outdoor stores for the chlorine dioxide water-purifying tablets.



Carey L. Palm, Tribal Liaison/GIS Specialist, Public Health Division, Emergency Preparedness Program, will be a guest speaker at this meeting. Carey will be presenting information on the geological and historical occurrences of the local area.

*Believe you can
and you're
halfway there.*
~Theodore Roosevelt

The Kilkich Residents Association holds their monthly, one-hour meeting the second Monday of every month. The April meeting will be held on Monday, April 11th at 6:00 p.m. A light dinner will be served at 5:30 p.m.

KRA welcomes all Kilkich residents, their ideas and participation. Please attend the next KRA meeting and see what the Association is all about!

The art of being wise is knowing what to overlook.
~ William James



Low Income Energy Assistance Program



Have you signed up for the low-income energy assistance program yet? Energy assistance is available for low-income families to assist them with their home energy expenses. Households at or below 60% of the Oregon state median income level are eligible for LIEAP.

There is still time to sign up for LIEAP. Please call the housing office at 541-888-6501 to schedule an intake 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 housing payment, please call the Housing office at 541-888-6501. CIHA would be happy to have a staff member stop by your house and pick up your payment.

Native American Earthquake and Tsunami Stories

Submitted by:
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It is never fun to think about a worst case scenario. The recent Japan earthquake on March 11th that gave us tsunami sirens in the middle of the night and, relatively speaking, minor tsunami waves the next morning was as much a wakeup call as anyone would ever want.

There is plenty of information out there about how to best prepare for a natural disaster. This includes information on evacuation points (the CIT Community Plankhouse, BTW), tsunami warning systems, disaster kits you can purchase, and other community resources such as information brochures. One online source where you can learn more is the Coos County Emergency Management web page; <http://www.co.coos.or.us/ccem/EOP.html>.

However, as the title to this month's story suggests, I'm not here to talk about Emergency responses, I'm here to share some stories from Oregon coastal tribes. These are stories passed down through many generations from tribes who experienced, and survived, devastating natural disasters occurring in the Pacific Northwest.

Some of these stories come from books available at the CIT Library located at 2611 Mexeye Loop. Stop on by if you would like to read more. You can also see more stories in this month's edition of the Tribe's newsletter which is available online at www.coquilletribe.org.

Beverly Ward wrote and published her biography in 1986. Her life story has been quoted by several academics whose thesis work focused on the Coquille Indian Tribe. As you can see, Ms. Ward directly references the 1700 tsunami as something she learned from her elders.

Most winters were mild, but sometimes a big storm struck and snow fell. Indians said there was a big flood shortly before the white man's time, and the Indians had many stories about a huge tidal wave that struck the Oregon Coast not too far back in time, for some old Indians said they saw people who were crippled in the tidal wave.

Indians said the rains came down and the rivers rose; then the ocean rose and huge waves swept and surged across the land. Trees were uprooted and villages were swept away. Indians said they tied their canoes to the top of the trees, and some canoes were torn loose and swept away. Some ran back in the hills, and climbed trees. When the waves receded, some fell out of the trees and got hurt. After the tidal wave, the Indians told of tree tops filled with limbs and trash and of finding strange canoes in the woods.

The Indians said the big flood and the tidal wave tore up the land and changed the rivers. Nobody knows how many Indians died.

Beverly Ward, [White Moccasins](#)

The next two excerpts are from the research papers of John P. Harrington, an anthropologist who worked with many coastal tribes recording language and historical information. I found these when reading Tribal member George Wasson's paper [Oral Traditions of the Earliest Humans on the Oregon Coast: A comparison of Ethnohistorical and Archaeological Records](#). The paper has a lot of information on traditional stories and the real life situations. The two below are creation stories, but refer to "large floods" from the ocean and geologic features you can see today as a result of these floods. You can find this story in volume one of the Changing Landscapes series. Changing Landscapes is a collection of research papers submitted at the Cultural Preservation conferences the Coquille Indian Tribe used to host.

The earth is flat and floating on water which is underneath land on all sides. Every so often the earth rocks up and down and tips a little, and this is the cause of the tides. When the creator made the earth, the water came all over the earth at every high tide. To make land appear, the Creator obtained "blue earth" and laid down a layer of it. Some old people believe it came from the blue clay at a place now called "Cook's Chasm" just north of the Sea Lion Caves. (John P. Harrington, unpublished field notes)

But it was not enough because the water still covered it all over. The Creator placed a second layer of "blue earth" down, so that the water went over most of it though it was no longer completely covered. When he put down a third layer, it was all right; it worked well. Still each time the earth tipped, the water ran too far inland. Then the people placed strips of basketry along the whole length of the ocean shore. The water fell through the basketry and back out and it came no farther inland than where the basketry was placed. The basketry is now the sand along the beaches. The blue earth can still be seen under the ocean water. The people did not say what made the land tip. (Harrington 1943, 1981)

TSUNAMI SIREN TESTING

The Coquille Indian Housing Authority will be testing the tsunami siren every Wednesday at noon in conjunction with the Charleston Fire Department.

The TEST SIREN TONE will sound like a chime, similar to a doorbell chime.

In the event of a real tsunami, the REAL SIREN TONE will sound like a sustained 3-minute wail.

In the event of a REAL SIREN TONE, proceed immediately to the Plankhouse and wait for further instruction.

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Peacegiving Court

Peacegiving is available at the
Coquille Indian Tribal Court.

The first peacegiving case was filed in the Coquille Indian Tribal Court in 2004. Starting with that case, a wide variety of Coquille Indian Tribal Court cases and other disputes in the Coquille Tribal community have been resolved with a high level of participant satisfaction.

This is because peacegiving:

- emphasizes mutual respect, generosity, and creativity
- uses restorative justice principles and traditional tribal dispute resolution and community integration values and practices
- provides a safe and peaceable means for the resolution of cases and disputes
- ensures for all participants due process and equal protection under Tribal law
- helps address the underlying causes of cases and disputes
- focuses on restoration, safety and skills-development, and not on punishment
- mentors and guides individuals, particularly youngsters

Cases or requests for peacegiving may be filed by individuals at the Tribal Court Clerk's office or referred to the Coquille Indian Tribal Attorney for review and possible filing.

For additional information and filing forms,
please contact Susan Thornton, Peacegiving Court Advocate,
Coquille Indian Tribal Court, 541-756-0904,
or susanthornton@coquilletribe.org.

**Coquille Indian
Housing Authority**

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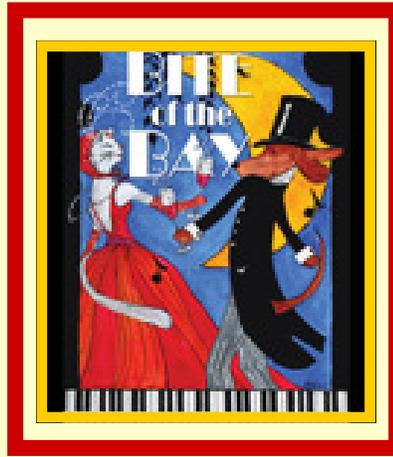


**Pacific
Cove
Humane
Society
Presents**



**Tuesday,
April 5
6 - 10 p.m.**

The Mill Casino - Hotel



Pacific Cove Humane Society's premier fundraising event of the year with gourmet treats from the local area's talented chefs, wine tasting from the regional wineries, silent and live auctions, and the dance tunes of Timberwolf.

**\$25 in Advance
\$30 at the Door**

For ticket or additional information, please call 541-269-2765.

April CIHA Calendar

April Fool's Day	1
KRA Dinner Meeting at 5:30 p.m.	11
Earth Day	22
Easter Sunday	24
CIHA Board Meeting at 4:00 p.m.	28

AW Shucks!

Oyster Feed
Saturday, April 23

Oregon Institute of Marine Biology Cafeteria
63466 Boat Basin, Charleston
Noon - 4:00 p.m.

Cost = Market Price

For more information, call Dave Ford at 541-888-6871.

CIHA 1st Annual Renter Front Yard Makeover Contest



At the March 24th CIHA board meeting, a winner was drawn from the entries CIHA received from Kilkich renters interested in entering the Renter Front Yard Makeover Contest. And the winner is:



Congratulations!

**Ken Shea
711 Jistajaya Court**