

Happy
Thanksgiving

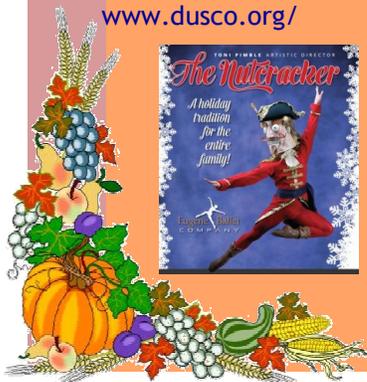


November
Calendar

Cultural Department "Tsut Dah Yah Weth-Tit" Workshops	1-3
Daylight Saving Time Ends	3
Veterans Day - CIHA Closed	11
KRA Meeting at 5:30 p.m.	12
Thanksgiving Holiday - CIHA Closed	27-29

Eugene Ballet's Nutcracker
Saturday, November 23
3:00 p.m. and 6:30 p.m. Shows

Event is at the Hales Center
for the Performing Arts
on the SOCC Campus.
Tickets are available
at the door: Adults \$25;
Children 12 and under \$15.
Tickets available online at
www.dusco.org/



Sea-Ha Runner

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



Turn Your Clocks Back One Hour on Sunday, November 3rd

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

Daylight Saving Time will end in the U.S. on Sunday, November 3rd at 2:00 a.m. when we return to Standard Time.

Daylight Saving Time will begin again on Sunday, March 9, 2014 at 2:00 a.m.

Daylight Saving Time (DST) currently begins on the 2nd Sunday in March and ends on the 1st Sunday in November each year.

DST began in the U.S. during WWI in an effort

to conserve fuel. During WWII, states were required by the federal government to observe the time change.

Between the wars and after WWII, states and communities chose whether or not to observe DST. In 1966, Congress passed the Uniform Time Act which standardized the length of DST. Since 2007, DST has been extended by four weeks due to the passage of the 2005 Energy Policy Act.

Arizona (except for the Navajo Indian Reservation), Hawaii,

Puerto Rico, the U.S. Virgin Islands, American Samoa, Guam, and the Northern Mariana Islands do not observe DST.

Remember to set your clocks **BACK ONE HOUR** Saturday evening before you go to bed or when you wake up on Sunday morning.



Enjoy the extra hour of sleep!

DST data excerpted from:
www.geography.about.com/cs/daylightsavings/a/dst.htm

LIHEAP Appointments Are Still Available

LIHEAP helps qualifying low-income households pay heating bills. Both homeowners and renters are eligible for LIHEAP. In order to qualify, the household's total income must be at or below 60 percent of Oregon's median income and must have documented energy costs (e.g. a power bill). Paperwork required at the time of appointment:

- Names and Social Security numbers of all household members
- Proof of gross household income for the last 3 months
- The most recent copy of your power bill



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

60% SMI for PY2014

# in HH	Annual Income
1	\$21,706.88
2	\$28,385.92
3	\$35,064.96
4	\$41,744.00
5	\$48,423.04
6	\$55,102.08
7	\$56,354.40

FREE Queen-Size, Pillow Top Mattresses from The Mill Casino · Hotel

The Mill Casino · Hotel has donated a second set of queen-size, pillow top mattresses to CIHA.

These mattresses are gently-used and **DO NOT** come with a set of box springs.

CIHA has six mattresses available. If you are a Kilkich community resident or a CIHA program participant, your household is eligible to receive a mattress.

If you are interested in a mattress, please call CIHA at 541-888-6501.

- One mattress per household
- Mattresses will be given away on a first-come, first-served basis
- CIHA will NOT haul away your old mattress



2622 Mexeye Loop Home for Sale to Coquille Tribal Members Original price was \$114,500 Reduced price is \$89,900

This home is a single-level, 1,212 square foot stick-built structure, 3 bedrooms, 2 bathrooms with tiled floors, new wood flooring and carpeting throughout, a tiled entryway, and an attached 2-car garage. Utilities are reasonable; the home is warm and cozy in the winter. Situated on a large lot, the house is conveniently located across the street from the Kilkich community playground.

For more information contact Valerie Healy by telephone at 541-977-5832 or by email at: v.healy021@gmail.com or v.healy@yahoo.com



Recruiting Native Americans for the Diabetes Prevention Program *Balancing Our Lifestyles*



Diabetes is a serious health issue that affects millions of people every year. Before people develop type 2 diabetes, they almost always have prediabetes - blood glucose levels that are higher than normal but not yet high enough to be diagnosed as diabetes. There are no clear symptoms of prediabetes, so you may have it and not know it.

The Diabetes Prevention Program consists of:

- 16 classes, one hour once a week
- \$25 Safeway Nutrition Card each week for 16 weeks
- Follow-ups every 6 months



- Lifestyle Coach/Personal Trainer
- Retention activities 
- One physical per year

Qualifications to sign up for the Diabetes Prevention Program are:

- Must be an American Indian
- Must be 18 years of age
- Must have PREDIABETES A1C-5.7 TO 6.4
FBG-100mg/dl to 125mg/dl
- Cannot have diabetes
- Cannot be pregnant

If you would like to sign up or would like more information, please contact Gail Accinelli at 541-888-9494, ext. 20216.

Test Your Smoke Alarm! Safety Saves Lives

As we move from Daylight Saving Time to Standard Time on November 3rd, it is a good practice to check your smoke alarms as you are changing the time on your clocks.

Replace your old batteries, make sure the smoke alarm is in good working order, and review your fire evacuation plans with your family.

A working smoke detector may save your life!!



Rent Check Pick Up

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 will stop by and pick up your payment for you.

Shutdown? What Shutdown?

Submitted by: Chris Tanner, Librarian
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christanner@coquilletribe.org

This month's newsletter article includes press releases and links to stories regarding how the U.S. government's "shutdown" could have potentially affected the programs and services tribes provide to their respective memberships. The shutdown ended before this month's newsletter was printed. Regardless, the situation created an opportunity to include relevant information in this month's edition. In context of some of the shutdown's consequences, including the closing of the National Museum of the American Indian in both Washington D.C. and New York, it seems like a good idea to provide this information. <http://nmai.si.edu/home/>

Tribe's Working Hard To Recover From Shutdown of Federal Government:

<http://www.indianz.com/News/2013/011491.asp>

Shutdown Means A Windfall For A Few Arizona Tribes:

<http://fronterasdesk.org/content/9104/shutdown-means-windfall-few-arizona-tribes>



Indian Country Needs A Solution Beyond Shutdown: <http://www.indianz.com/News/2013/011385.asp>

Alaska Native Tribal Governments Keep Doors Open For Now:

<http://www.ktoo.org/2013/10/09/alaska-native-tribal-governments-keep-doors-open-for-now/>

Native American Communities Hit Hard by Government Shutdown:

<http://america.aljazeera.com/articles/2013/10/3/indian-country-hithardbygovernmentsshutdown.html>

Government Shutdown Affecting Osage Nation WIC Program:

<http://www.newson6.com/story/23584955/osage-nation-wic-program>

Government Shutdown Suspends Native American Loan Program:

<http://swtimes.com/news/government-shutdown-suspends-native-american-home-loan-program>

Navajo President Shelly to Congress--Do Your Job:

<http://www.nnwo.org/content/navajo-president-shelly-congress-do-your-job>

Oklahoma Tribes Weathering the Shutdown:

<http://indiancountrytodaymedianetwork.com/2013/10/11/oklahoma-tribes-weathering-shutdown-151713>

Government Shutdown 'Wake Up Call' To Native Americans:

<http://www.npr.org/templates/story/story.php?storyId=230703532>

Winter Solstice
Save the date - Dec. 21
Celebrated in Traditional Style Dance
at the Tribal Community Plankhouse

A graphic with a dark background and a light blue border. The text is white and blue. At the bottom, there is a blue banner with white text.

All Kilkich community members are invited!

THE COATS
Holiday Concert
November 23

A photograph of four people wearing Santa hats and vests, smiling. The text is overlaid on the image.

in the Salmon Room
at The Mill Casino · Hotel
Two Shows:
7:00 p.m. and 9:00 p.m.

Enjoy the harmonic, high-octane vocal sounds of the Pacific Northwest's premiere, award-winning a cappella group - The Coats.

Performing timeless Christmas classics, they will be accompanied by a drummer, a keyboardist, and a saxophonist to bring a special touch to this holiday concert.

Tickets are \$15 on sale now at KO-Kwel Gifts, 541-756-8800, ext. 9.

Coquille Indian Housing Authority

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Phone: 541-888-6501
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Fax: 541-888-8266

daleherring@coquilleiha.org
traceymueller@coquilleiha.org



Tsut Dah Yah Weth-Tit

The Cultural Department would like to invite all Tribal members, staff, friends, family, and Kilkich residents to the second set of technologies workshops that will be held at the Tribal Community Plankhouse.

Join in basket making, beading, stick games, regalia making, storytelling, atlatl throwing, shinny, and a bow making demonstration.

- Friday, November 1st, 1 p.m. to 7 p.m. - dinner will be served
- Saturday and Sunday, November 2nd and 3rd, 10 a.m. to 5 p.m. - lunch will be served

Call Denni Hockema at 541-756-0904, ext. 10239 if you have any questions.

Knights of Columbus Christmas Food Boxes - Sign Up in November

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

Knights of Columbus began 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 do not set any eligibility restrictions for families 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, you may sign up at the Newmark Center in room 113 between the hours of 9:00 a.m. and 3:00 p.m. on any of the following dates:

- **Monday, November 18th**
- **Tuesday, November 19th**
- **Wednesday, November 20th**

You will receive an informational voucher when you sign-up indicating the date, time, and location where you will pick up your food box in December.

If you have any questions, contact Terry Evans at 541-297-5924.

Salvation Army Thanksgiving Dinner Served on November 28th

Thanksgiving dinner is scheduled to be served at the Salvation Army Family Worship Center located at 1155 Flanagan Avenue in the Empire district on Thursday, November 28th from 11:00 a.m. to 2:00 p.m. There is no charge for the Thanksgiving meal; there

are no eligibility restrictions; the meal facility is wheelchair accessible. Meal deliveries may be available for the homebound.

If you have any questions, please call 541-888-5202.



27th Annual Shore Acres Holiday Light Display



The 27th Annual Shore Acres Holiday Light Display

opens on Thanksgiving Eve, November 28th and will be open through New Year's Eve. The walk-through display will be open every night (including Christmas Eve, Christmas, and New Year's Eve) from 4:00 p.m. - 9:30 p.m. Admission to the park is \$5 per carload; there is no additional charge for viewing the holiday light display. The walk-through holiday light display is all abilities accessible.

The Garden House located amidst the light display is a nice place to visit and enjoy a cup of

delicious free hot cider, coffee, or punch, and cookies. Be sure to enter to win the Ultimate Bed and Breakfast Raffle!

The community tradition of the Shore Acres Holiday Light Display was born in 1987 when the Friends of Shore Acres decided to "string a few lights" to help celebrate the holidays. 6,000 miniature lights, one Christmas tree, and the decorated Garden House drew 9,000 visitors. The tradition has continued year after year thanks to business supporters and more than 1,500 volunteers who make the light display happen! Plan to come visit the beautiful display!

For more information, contact Shore Acres State Park, 541-888-3732 or 541-269-0215.



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.