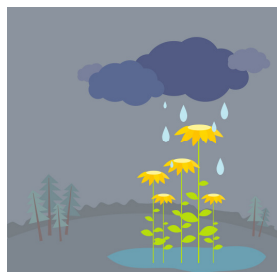


Sea-Ha Runner

Volume 12, Issue 3
March 2009

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

13th Annual Oregon Tribal Elders Honor Day Celebration at Three Rivers Casino in Florence March 20th and 21st



March Calendar

| | |
|---|-----|
| CIHA Office Open Until 6:00 PM | 2-6 |
| Daylight Saving Time Begins | 8 |
| KRA Meeting 6:00 PM Dinner at 5:30 PM | 9 |
| St. Patrick's Day | 17 |
| 1 st Day of Spring | 21 |
| CIHA Board of Commissioners Meeting , 3:30 PM | 26 |
| CIHA Office Open Until 6:00 PM | 31 |

The Coquille Indian Tribe and the Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians would like to invite all Native American Elders, age 55 and older, to the 13th Annual Oregon Tribal Elders Honor Day Celebration. The Celebration will be held at Three Rivers Casino in Florence.

There will be various activities both Friday and Saturday.

Friday, March 20

9:30am -11:00am Registration

11:00am - 2:00pm Luncheon
Hosted by the Coquille Indian Tribe

2:30pm - 4:30pm Bingo

5:00pm Dinner

Hosted by CTCLUSI

Saturday, March 21

7:30am - 10:00am Breakfast

Hosted by the Coquille Indian Tribe

Pre-registration is recommended for anyone interested in attending the Elders Honor Day Celebration. Forms can be picked up at the Community Health Center or at the Coquille Indian Housing Authority. You may also call Brenda Meade at 541-888-9494, or 1-800-344-8583, ext. 20205 for forms or for more information.

Transportation will be available to and from the Casino. Please indicate your transportation need on the form when you send it in, or contact Brenda Meade.

**FORMS ARE DUE BY
MARCH 2, 2009**

RENT CHECK PICKUP

If you are an elder, a person with a disability, or it is difficult for you to get to the Housing Office to drop off your rent payment, please call our office at 888-6501 to schedule a rent pick-up. We will be happy to stop by and pick up your payment for you!

**Census Jobs!!
See page 5 for
more information.**

In 1790, the first census was taken by U.S. marshals on horseback and counted 3.9 million people. U. S. Census 2000 counted more than 281 million people in the United States.

Daylight Saving Time Begins March 8



Don't forget to set your clocks ahead one hour on March 8th.

Daylight Saving is not observed in Hawaii, Arizona, Puerto Rico, Virgin Islands, Guam, and American Samoa.

Daylight Saving is a system of setting clocks ahead so that both sunrise and sunset occur at a later hour, producing an additional period of daylight in the evening. In the North Temperate Zone clocks are usually set ahead one hour in the spring and set back to standard time in the fall. The correct adjustment is easily remembered via the mantra:

"Spring Forward, Fall Back"

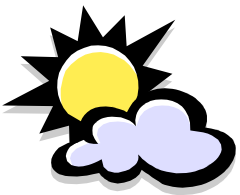
Beginning in 2007, daylight saving time in most of the United States and Canada has started at 2 AM on the second Sunday of March, and has ended at 2 AM on the first Sunday of November. Intended to promote energy conservation by starting daylight saving three weeks earlier and ending it one week later, the change was part of the Energy Policy Act of 2005, passed by the U.S. Congress.

Daylight saving has been used in the United States and in many European countries since World War I (1914-1918), when the system was adopted in order to conserve fuel needed to produce electric power. Some localities reverted to standard time after the war, but others retained daylight saving. During World War II (1939-1945), the U.S. Congress passed a law putting the entire country on "war time," which set clocks one hour ahead of standard time for the duration of the war. War time was also followed in Britain, where clocks were put ahead still another hour during the summer.

In the United States during peacetime, daylight saving was a subject of controversy. Farmers, who usually work schedules determined by sun time and are therefore inconvenienced when they must conduct business on a different time basis, registered strong opposition. Railroad, bus, and plane scheduling was hampered by time inconsistencies among various cities and states. The Uniform Time Act, enacted by the U.S. Congress in 1966, established a system of uniform (within each time zone) daylight saving time throughout the United States and its possessions, exempting only those states in which the state legislature voted to keep the entire state on standard time.

~"Daylight Saving," Microsoft® Encarta® Online Encyclopedia 2008

Spring is right around the corner, March 20th to be exact. Flowers are beginning to bloom, the breeze is warmer, and the sun and rain showers have started the grass growing. Please remember that you are responsible for the maintenance of your yard. CIHA has lawn care equipment available for you to borrow including weed eaters, lawn mowers, a wheel barrow, a square shovel and a round shovel. To make arrangements to borrow any of these items, please call Ken Myers, CIHA Maintenance Technician, at the CIHA office during regular business hours at 888-6501 or 297-3022.



My Money, My Home, My Future

HUD recently unveiled a new website entitled, “My Money, My Home, My Future”, to assist the public with information on getting their financial house in order. The website has links to information on building wealth and managing money; homeownership, and how to achieve financial stability and avoiding foreclosure. It also contains a self-assessment tool kit and tips for avoiding foreclosure. The website is:



Excerpted from NwONAP Newsletter

http://portal.hud.gov/portal/page?_pageid=73,7620944&_dad=portal&_schema=PORTAL

More Energy and Money Savings Tips from the



U.S. DEPARTMENT OF
ENERGY

Energy Efficiency &
Renewable Energy

Did you know that the typical U.S. family spends about \$1,900 a year on home utility bills? Unfortunately, a large portion of that energy is wasted. And each year, electricity generated by fossil fuels for a single home puts more carbon dioxide into the air than two average cars. And as for the road, transportation accounts for 67% of all U.S. oil consumption. The good news is that there is a lot you can do to save energy and money at home and in your car. Small changes you can make right away to start seeing saving results are:

- Use compact fluorescent light bulbs with the [ENERGY STAR®](#) label.
- Air dry dishes instead of using your dishwasher's drying cycle.
- Turn off your computer and monitor when not in use.
- Lower the thermostat on your hot water heater to 120°F.
- Take short showers instead of baths.
- Wash only full loads of dishes and clothes.
- Open southern exposure windows during the day to let the sun warm the house naturally.
- Plug home electronics, such as TVs and DVD players, into power strips; turn the power strips off when the equipment is not in use (TVs and DVDs in standby mode still use several watts of power).
- Drive sensibly. Aggressive driving (speeding, rapid acceleration, and braking) wastes gasoline.
- Look for the ENERGY STAR label on home appliances and products. ENERGY STAR products meet strict efficiency guidelines set by the U.S. Department of Energy and the Environmental Protection Agency. Many Energy Star products qualify for tax credits. Check for federal tax credits for qualifying energy efficiency products at:



More energy saving tips at:
<http://www.energysavers.gov>

http://www.energystar.gov/index.cfm?c=products.pr_tax_credits

LIEAP IS ALMOST OVER

March 13th is the last day to sign up for LIEAP (Low Income Energy Assistance Program). Don't miss out on this generous opportunity to obtain assistance with your energy bill. Call today for an appointment, 888-6501.

Job Opportunities locally and throughout Oregon for Tribal Community Members

**The U.S. Census Bureau is currently hiring
Tribal Members age 18 and over to help
with the 2010 U.S. Census in Oregon.
Students & Retirees are welcome.
Bilingual and Bicultural Jobs are also
available.**

Call Today!
Premium
Jobs Still
Available!

- ◆ **Great Pay \$9-\$15**
 - ◆ **Flexible Hours**
 - ◆ **Paid Training**
- 1-866-861-2010**



If you are interested in this job opportunity, please call, toll-free, 1-866-861-2010 to register for a basic math and reading skills test session. There are practice tests online, and the following link will direct you to the tests.

[http://2010.census.gov/2010censusjobs/documents/Practice Test.pdf](http://2010.census.gov/2010censusjobs/documents/Practice%20Test.pdf)

Gaye-Lynne Brogan, Recruiter for Eugene and Southwestern Oregon, will gladly answer any questions you may have.

Email Gaye-Lynne at: contactgayelynne@yahoo.com

Related Links: <http://www.census.gov/2010censusjobs/index.php>
<http://www.nativebiz.com/content/view/1263/418/>

Equal Opportunity Employer

Be Aware of Debit Card Thieves

Debit-card purchases for 2008 are expected to have risen by 13 percent, but those cards have downsides, including a growing appeal to thieves. Using a technique called skimming, thieves set up devices that capture magnetic-stripe and key-pad information when you input your PIN at ATMs, gas pumps, or retailers. Then they pull cold cash from your bank account. Here's how to protect yourself:

Don't type your PIN at the pump.

Gas pumps are notorious

for skimming. Use a credit card rather than a debit card, or if you must debit, choose the screen prompt that identifies it as a credit card so that you don't have to type in your PIN. If you give your debit-card to the attendant, they should always run it as credit and therefore, never need your PIN. If they ask you for your PIN, ask to speak to the manager immediately.

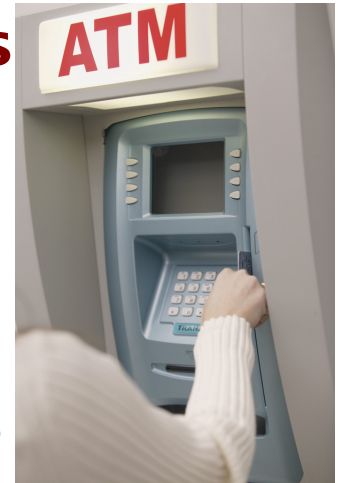
Stick with ATMs at banks. A thief has to attach a skimming device to the ATM and retrieve

the device. That's easier in nonbank settings.

Monitor your bank accounts regularly.

Federal law limits your liability for fraudulent debit-card charges, and Visa and MasterCard go further, but there are time limits for reporting a problem. And when a thief steals money from your account using a counterfeit debit card, you might not have access to that cash until the bank classifies the act as fraud.

~ Information based on March 2009 Consumer Reports



Monitor your debit and credit card accounts closely, and report any unauthorized activity immediately.

If you use the internet to monitor your account, or use online banking, you may be able to set your account up to notify you daily of your balance, or of any new activity.



St. Patrick's Day is celebrated on March 17, his religious feast day and the anniversary of his death in the fifth century. The Irish have observed this day as a religious holiday for over a thousand years. St. Patrick, the patron saint of Ireland, is one of Christianity's most widely known figures. But for all his celebrity, his life remains somewhat of a mystery.

On St. Patrick's Day, which falls during the Christian season of Lent, Irish families would traditionally attend church in the morning and celebrate in the afternoon. Lenten prohibitions against the consumption of meat were waived and people would dance, drink, and feast—on the traditional meal of Irish bacon and cabbage. Though cabbage has long been an Irish food, corned beef only began to be associated with St. Patrick's Day at the turn of the century. About 41.5 billion pounds and 2.6 billion pounds of U.S. beef and cabbage, respectively, were sold in 2007. Corned beef and cabbage is a traditional St. Patrick's Day dish. Irish Soda Bread gets its name and distinctive character from the use of baking soda instead of yeast as the leavening agent.

Over 100 St. Patrick's Day parades take place around the United States, but the parades in New York City and Boston are the largest.

The shamrock, which was also called the "seamroy" by the Celts, was a sacred plant in ancient Ireland because it symbolized the rebirth of spring.



Excerpted from History.com

Coquille Indian Housing Authority

2678 Mexeye Loop
Coos Bay, OR 97420
(541) 888-6501
or
(800) 988-6501
Fax (541) 888-8266
daleherring@uci.net
traceyroome@uci.net



WWW.IRS.GOV

Free Tax Filing Sites
Answers to Tax Questions
Forms & Publications
Taxpayer Advocate Service
Local Tax Offices
E-File

Earned Income Credit and Child Tax Credit

You Could Owe Less in Taxes & Get Cash Back from the IRS
File a Tax Return to Claim the Benefits You Earned

**To learn more, call the IRS at 1-800-829-1040 or
<http://www.irs.gov/faqs/content/0,,id=199902,00.html>**

If you're like millions of Americans, you work hard but you don't earn a high income, and want to keep more of what you earn. The Earned Income Tax Credit (EITC) is a credit for people who earn low-to-moderate incomes. EITC can reduce your taxes, and can mean a refund. In simple terms, working families and individuals may keep more of what they work for.

There are 20 factors that determine whether you qualify and how much you get. The main issues are:

- Your total income must be below \$15,880 if you have no children, less than \$36,995 if you have one qualifying child and not more than \$41,464 if you have two or more qualifying children.
- You must not be a dependent of another taxpayer.
- If you have no qualifying children, you must be between the ages of 25 and 65.
- You must be a U.S. citizen or a legal immigrant for the entire year.
- You must have a valid Social Security number for yourself and any child claimed.
- Your filing status may not be "married, filing separately."
- You must have income from work, and unless you're in the military, your work must be in the U.S.

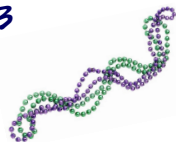
March Craft Classes

Gail's Beading Classes

Learn how to create spectacular beaded jewelry.
Monday Evening from 5:30-7:00 P.M.



March 23



Lois Parrish's Scrapbooking Classes


Enjoy the Art of Scrapbooking & create something new and exciting in 2009!
Saturday Evenings from 5:00-8:00 P.M.




March 7
March 21



Jenny Dill's Classes

Every night, something new to create!!
Tuesday, March 3 from 5:30-7:00 P.M.
Acrylic Book
Saturday, March 14 from Noon-4:00 P.M.
Decorating Frames and Stars 

Vi's Braids & Beads Classes

Create many Native beaded items.
Thursday Evenings from 5:30-7:00 P.M.
March 5—Native Earrings
March 19—Beaded Cabochon Necklace 

Class size is limited, so please sign up today and reserve your seat!