



Sea~Ha Runner



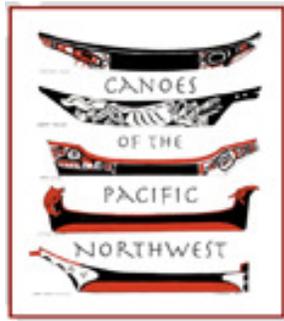
**September
2011**

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

**Volume 14,
Issue 9**



8th Annual Mill-Luck Salmon Celebration **September 10 & 11** A Celebration of Native American and Coquille Tribal Culture



FREE Outdoor Festival at the south end of The Mill Casino ~ Hotel on the Casino's waterfront dock from 10:00 a.m. - 6:00 p.m. Saturday and Sunday

Daily Exhibits and Performances:

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



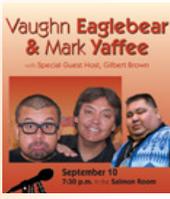
Daily Traditional Salmon Bake:

- 11:00 a.m. - 6:00 p.m.
- \$25 General Public
- \$20 Club Members
- \$17 Children 11 years and younger



Saturday Evening, September 10:

- Pow Wow Comedy Jam featuring:
Vaughn Eaglebear & Mark Yaffe
Special Guest Host, Gilbert Brown
- 7:30 p.m. in the Salmon Room
- All ages welcome
- \$18 General Public
- \$10 Club Members



Sunday, September 11:

- Canoe Exhibition & Rides, 11:00 a.m. - 1:00 p.m.

Tickets on sale now for both events at Ko-Kwel Gifts, 541-756-8800, ext. 9

Dumpsters leave Tuesday, September 6



The Kilkich community dumpsters are scheduled to leave on Tuesday, September 6; the Tuesday after Labor Day weekend. Please remember that the dumpsters are for the use of Kilkich community residents only. Please do not put electronics, batteries, cell phones, appliances, motor oil, antifreeze, paint solvents, tires, or any other questionable items in the dumpsters; please do not put glass in the dumpsters. Please recycle plastics, tin cans, magazines, newspapers, and cardboard. There is a recycle bin next to the Tribal Police Department. Oregon E-Cycles (www.oregonecycles.org) accepts computers, monitors, and televisions at no charge to anyone bringing in seven or fewer devices. If you have any questions, please contact the CIHA office at 541-888-6501.

New CIHA Hours beginning Oct. 1st	
Monday	7AM - 6PM
Tuesday	7AM - 6PM
Wednesday	7AM - 6PM
Thursday	7AM - 6PM
Friday	CLOSED
The office is open during lunch Monday - Thursday.	

Weight-Loss Programs Beginning in September

DIET FREE™



The Eight Habits That Will Change Your Life

Lose Weight and Master Your Health - For Life!

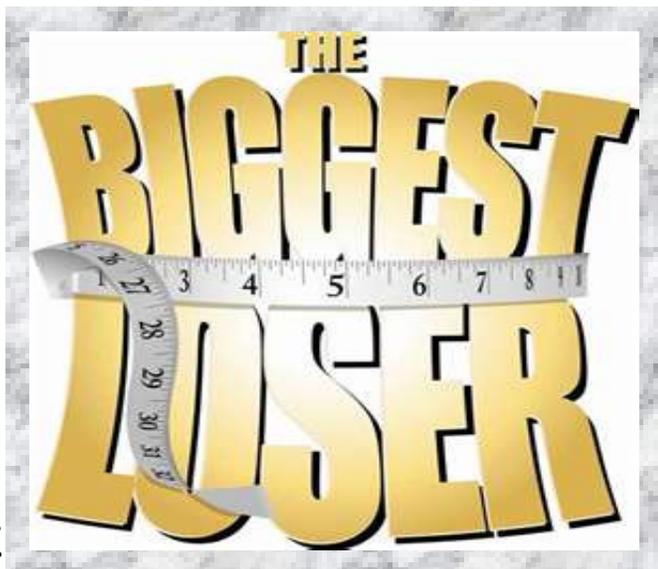


Don't miss this life-changing, nine-week weight-loss program as America's Nutrition Leader, Zonya Foco, coaches you through her eight DIET FREE habits in this inspiring video seminar program.

The program begins September 22, 2011.

- **Materials include:** DIET FREE Lifestyle Guide, DIET FREE Habit Tracker; the cost is \$20; Native Americans receive this packet for FREE.
- **Place and Time:** The CIT Health Center conference room; time to be determined.
- **Register:** Call Gail Accinelli at 541-888-9494, ext. 20216 or 1-800-344-8583.
- **RSVP by August 31, 2011.**

Lose Weight and Feel Better!
Join a Program Today!



Diabetes Prevention Program



Are you frustrated in your efforts to lose weight?



Take Off Pounds

and keep them off with customized, weekly classes from your own Personal Lifestyle Coach!

We've all joined programs, attempted "quick fix" diets, and bought the latest fad diet books. Sure, these methods work for a while, but if you haven't changed your habits and behaviors, you'll soon lose interest, quit the program, and gain back any weight you have lost.

The Diabetes Prevention Program is designed to help you overcome obstacles and make lifestyle changes that enable you to make healthy lifestyle choices through healthy eating and physical exercise. What's more, this program is designed for you!

Are you at risk for Diabetes?

Schedule to come in for your blood sugar test and receive a free t-shirt and water bottle.

The program begins the end of September. Call Gail Accinelli at the CIT Community Health Center for more information, 541-888-9494, ext. 20216 or 1-800-344-8583.

The Biggest Loser is brought to you by the Coquille Indian Tribe and The Confederated Tribes of Coos, Lower Umpqua, and Siuslaw Indians.

- 8 week competition to see who can lose the greatest percentage of total body weight.
- Native Americans, spouses, tribal employees, and Kilchick residents who have a BMA greater than 25 may enter the competition; must be 18 years of age or older to enter.
- Program runs September 28, 2011, through February 10, 2012.
- Entry fee is \$20.00 (100% of the entry fee is put towards the winner's pots of money).
- For additional information and complete set of rules, contact Gail Accinelli at 541-888-9494, ext. 20216 or 1-800-344-8583.
- Please RSVP by September 16, 2011.

Back to School - CIT Library has the Resources you need!

Going back to school is not a bad thing. No, it really isn't. However, it's much easier to say that when you are 41 and school is a thing of the past. Please don't tell that to my Spanish teacher. Regardless, Labor Day weekend reminds us that summer is about to end, and school is about to begin. The CIT Library has resources that can help.

Last month's article included information on Quia.com; a free site designed by educators that provides thousands of free lessons on numerous subjects for students, parents and anyone else who wants to practice. For me, the Spanish language lessons I found on their web page have been very useful. Other lessons you will find at Quia.com include Math, Science, English and Social Studies.

Quia.com is one of many useful web pages that can help a dedicated student. I have included summaries of a few of them in this article. Please don't forget that the Education Center and Library has computers with Internet access you can use.

GALE is an extensive site that provides links to over 20 separate web sites dedicated to specific research. There is a cost to using GALE, but fortunately the CIT Library is currently able to access it for free thanks to help from the Oregon State Library. A high school student researching a paper could come to the Library and use GALE to find the information they need.

The Oregon Department of Education provides a Teaching and Learning page with links to numerous subjects including student assessment testing, career skills (for after high school of course), and in depth coverage of school subjects. Some of these sites are free but others do require a fee.

You can research these by visiting:

<http://www.ode.state.or.us/search/results/?id=51>

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

Disaster Preparedness - Is your pantry stocked?

Fueling your body during an emergency is very different from your everyday diet; 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 full of healthy fats and protein.
- **Whole-Wheat Crackers** - Crackers are a good bread replacement. 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 multi-grain 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.
- **Evaporated, Powdered and Shelf Stable Milk** - These are great sources of vitamin D and calcium.

- **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 that will last at least a week:

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

Coquille Indian Housing Authority

2678 Mexeye Loop
Coos Bay, OR 97420

(P) 541-888-6501
(P) 800-988-6501
(F) 541-888-8266

daleherring@coquilleiha.org
traceyroome@coquilleiha.org



Autumn Begins
September 23

SEPTEMBER CALENDAR

CIHA Closed	2
Labor Day Holiday - CIHA Closed	5
Community Cleanup Dumpsters Leave	6
8th Annual Mill-Luck Salmon Celebration at the Mill Casino • Hotel	10 & 11
KRA Dinner Meeting at 5:30 p.m.	12
CIHA Board Meeting at 3:00 p.m.	22

September Fun Stuff



Music on the Bay - Every Tuesday in September; 7PM in Mingus Park. The concerts are FREE. FMI, www.musiconthebay.com	Every Tues.
Downtown Farmer's Market on Central Avenue in Coos Bay - 9AM - 3PM. FMI, 541-269-0215.	Every Wed.
Chef's Table at Oregon Coast Culinary - Lunch or dinner; reservations required. FMI, 541-888-1540 or www.occinet.net	Every Fri.
Bay Area Fun Festival - Downtown Coos Bay; arts, crafts, food vendors, and live entertainment. FMI, Cindi Miller, 541-267-3341.	16-18
26th Annual Cruz the Coos - Beach party, Cruz the Coos, Show and Shine. FMI, Darrell King, 541-888-3863.	16-18
31st Annual Prefontaine Memorial Run - 10AM, 4th & Anderson; registration required. FMI, Bob Huggins, 541-269-1103.	17
Marshall Tucker Band and Molly Hatchet in Concert - 7:15 PM in the North Bend High School parking lot; tickets are \$18. FMI, 541-297-3844 or www.ROCKounty.org	17
4th Annual Mutt Strutt in Mingus Park - Fundraiser for the Retired and Senior Volunteer Program; contests, prizes, and food. Fun, fun, fun! FMI, 541-888-7332.	24

Rent Check Pickup

If you are an elder or a person with a disability and it is difficult for you to come to the housing office to make your payment, please give CIHA a call at 541-888-6501. A staff member will stop by your home and pick up your housing payment.

Need to borrow a lawn-mower?



Please call Kyle at 541-217-0555. CIHA also has a weed eater, a wheelbarrow, a shovel, and a rake that you may borrow.

New CIHA Hours beginning Oct. 1st

Monday 7AM - 6PM
Tuesday 7AM - 6PM
Wednesday 7AM - 6PM
Thursday 7AM - 6PM
Friday CLOSED

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KRA Meeting

- Monday, September 12
- Light dinner served at 5:30 p.m.
- One-hour meeting begins at 6:00 p.m.

All Kilkich community members are invited and encouraged to attend!

