



SEA-HARUNNER

COQUILLE INDIAN HOUSING AUTHORITY

2678 Mexeye Loop
Coos Bay, OR 97420
Phone: (541) 888-6501
Phone: (800) 988-6501
Fax: (541) 888-8266
traceymueller@coquilleiha.org

HOUSING PAYMENT PICK UP AVAILABLE
Housing payment pick up is available
for elders and people with a
disability. Call CIHA to schedule a
payment pick up at (541) 888-6501.

SPRING FORWARD

DAYLIGHT SAVING BEGINS
SUNDAY, MARCH 9TH AT 2:00 AM



THE IMPORTANCE OF WORKING SMOKE DETECTORS

A smoke alarm is critical for the early detection of a fire in your home and could mean the difference between life and death. Fires can occur in a variety of ways and in any room of your home. But no matter where or how, having a smoke alarm is the first key step toward your family's safety. Every year in the United States, about 2,000 people lose their lives in residential fires. In a fire, smoke and deadly gases tend to spread farther and faster than heat. That's one reason why most fire victims die from inhalation of smoke and toxic gases, not from burns. A majority of fatal fires happen when families are asleep because occupants are unaware of the fire until there is not adequate time to escape.



A WORKING SMOKE DETECTOR CAN REDUCE THE RISK OF DYING FROM A FIRE IN YOUR HOME BY ALMOST HALF.

About two-thirds of home fire deaths occur in homes with no smoke alarms or no working smoke alarms. Properly installed and maintained smoke alarms are considered to be one of the best and least expensive means of providing an early warning of a potentially deadly fire.



SHISHDA HAWS NOW OPEN TO CIT EMPLOYEES AND KILKICH RESIDENTS

We are thrilled to announce the opening of the Shishda Haws Rehabilitation and Fitness Center (SHRFC) at 650 Miluk Drive in Coos Bay, adjacent to the Ko-Kwel Wellness Center. Since January 12, 2025, Tribal citizens, spouses, and households have been getting acquainted with the new facility and the state-of-the-art equipment.

SHRFC is now open 24 hours per day/ 7 days a week for unrestricted adult users to include Coquille Indian Tribe employees and Kilkich residents. Minors aged 14-17 years old who have restricted badge access will still be limited to 6 am - 8 pm.

SHRFC showcases ample space for physical and massage therapies, a large fitness classroom; and a generous equipment area for cardio, exercise, weight equipment, infrared sauna, lockers rooms and shower are all part of the layout. There is plenty to do for youth and the young at heart including a bouldering wall, and covered multi-use sport court for basketball, volleyball, pickleball, and four square.

Here's what you need to know to make the most of this wonderful fitness resource:

- Tribal citizens can sign up with their Tribal ID to receive a PDK badge for access.
- Tribal citizens who are also CIT Employees should also provide their Employee ID so their current PDK badge will be programmed to include SHRFC access.
- CIT employees should provide their current ID Badge number to sign up
- Kilkich residents will need to include an address that verifies they reside on Kilkich lands.
 - Children in the categories above, aged 10-13, can use the facility when supervised by a parent or guardian. They need to be included on their parents User Agreement and will not be issued their own badge.
 - Minors 14-17 can use the facility unsupervised if a User Agreement is completed and signed by a parent or guardian. This will give minors access to SHRFC from 6 am -8 pm, 7 days a week and their own badge will be issued.
 - Youth 9 years and under are welcome to use the outdoor areas but are not allowed inside the SHRFC. The only exception would be during Tribe-sponsored events for youth.
- Other exciting services include Massage Therapy and Physical Therapy.

All users of SHRFC must complete the User Agreement and watch an orientation video before using the facility for the first time.

For additional information, please email wellness@coquilletribe.org.

Submitted by: The Ko-Kwel Wellness Center



SOUTH COAST CLAMBAKE MUSIC FESTIVAL

FOR NEARLY THREE DECADES, THE SOUTH COAST CLAMBAKE MUSIC FESTIVAL HAS ENTERTAINED THOUSANDS IN THE NORTHWEST WITH A LINEUP OF INCREDIBLE MUSIC THAT RANGES FROM TRADITIONAL JAZZ TO 50'S ROCK, INCLUDING SWING, DOO-WOP, BLUES, BIG BAND AND ZYDECO!

For more information go to www.clambakemusic.com or call (458) 710-1138

March 13th-16th
at The Mill Casino
Hotel & RV Park



2025 GATHERINGS



Feb 22nd Deertoe Class

March 15th Gooseneck Barnacles

April 26th Cedar Bark Gathering



May 24th Camas Dig

June 14th Clam Digging

July 26th Tule Reed Gathering

Aug 16th Saltmarsh Sedge
Gathering



Oct 18th Salmon Canning Class

Nov 15th Hand Drum Class

Dec 20th Sedge Basket Weaving
Class



Questions?

Contact:

Lyman Meade

541-290-3604

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March

CALENDAR

9	Daylight Saving Time Begins
10	Killich Residents Association Meeting at the CIHA Office and via Zoom. Begins at 4:00 p.m.
15	Coffee with a Cop
17	ST. PATRICK'S DAY

Women's History Month Program Walk in Her Shoes

The Coos History Museum (CHM) hosts Walk in Her Shoes as part of its Women's History Month Program on Saturday, March 22. This event is a guided walking tour of Front Street and Downtown Coos Bay, bringing to life the stories of the remarkable women who shaped local history. Back at the museum, enjoy refreshments, explore the exhibits and celebrate women's history. Tickets are \$20 for members, \$25 for non-members, \$10 for youth, and is open to all. Guided tours leave CHM every hour on the hour from 11 a.m. to 2 p.m. rain or shine. Pre-registration is encouraged. Reservations can be made online at cooshistory.org, by phone at 541-756-6320 or in person at the museum's front desk.

THE CIT PUBLIC SAFETY DEPARTMENT

invites you to have

Coffee and Cocoa with a Cop



**COME AND MEET THE COQUILLE TRIBE'S
POLICE AND PUBLIC SAFETY DEPARTMENT
ON SATURDAY, MARCH 15TH
FROM 10:00 AM TO 1:00 PM
AT THE LEARNING CENTER GYM**

JUNIOR POLICE ACADEMY FOR THE KIDS

- **INTERACT WITH THE PUBLIC SAFETY DEPARTMENT**
- **TEST YOUR PHYSICAL SKILLS (APPROPRIATE SHOES REQUIRED)**
- **LEARN ABOUT SAFETY IN THE WOODS**
- **FINGERPRINTING**

**K-9 DEMONSTRATION, INTERACTIVE
ACTIVITIES FOR EVERYONE,
GIVEAWAYS AND MORE.**



Open to all Coquille Tribal Members,
Kilkich Employees and Residents of all ages.