



CHEHALIS TRIBAL NEWSLETTER

The Confederated Tribes of the Chehalis Reservation
"People of the Sands"

December 2015

Free

Community Efforts Make the 2015 Annual Veterans Appreciation Day a Huge Success

Wednesday, November 10 was a special day for many veterans. This celebration is honoring all America's veterans for their patriotism, love of country, and willingness to serve and sacrifice for the common good. Tribal and community members were very busy throughout the reservation creating lasting memories to honor them.

The 14th Annual Veterans Day Dinner was hosted by the Chehalis Tribe at the Lucky Eagle Casino in the Events Center on November 11. This is a very popular event. Over 500 people came out to celebrate this day to honor veterans from all the wars to protect our freedom. The evening started with Chehalis



Each Chehalis tribal member was recognized and received a Pendleton vest at the Veterans Appreciation Day.

tribal members and a few other tribal folks posting the colors. Their eyes showed the pride of what the colors meant as they marched throughout the floor.

Then the event was blessed with an opening prayer by Chehalis Tribal Elder, Cindy Andy and Pastor Marie Bird did the dinner blessing.

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Improvements Enhance Tribal Housing Projects Changes in Tahown!

This fall the Tahown neighborhood saw some exciting changes. During October and November, the roads in Tahown were repaved, and the sidewalk was improved. These road upgrades will keep residents safe and cars free from potholes in the coming years. Thanks to Chehalis Confederated Construction for working on the road project to improve the community.

A new playground was also put in the Tahown neighborhood, near the old drain field. The playground features toys for little kids and elementary school age kids. One end has a basketball half-court for the teenagers to use too. This fun new playground will keep the kids safe and out of the road when they are playing. We can't wait for nice weather to see all the kids out there on the new toys!

Photos on Page 9

Families Gather to Celebrate with a Holiday Dinner



The Early Head Start Program families gathered together to celebrate the Holiday Season at the Community Center.

Early Head Start and Head Start families started the holiday off right this week with a wonderful turkey and trimmings feast hosted by the Lucky Eagle Casino at the Community Center. Children enjoyed time for family and friend fellowship. Thank you Robert Cayenne for all of your hard work and having the food ready for our event. Dan Gleason (Bones) offered a blessing and elders started our dinner buffet line.

Parents who are leading in the Santa Letter project, Philip Youckton, Jacinda Legg, and Yolanda Edwards discussed the mailboxes that were made for each classroom. Beautiful work!

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After the blessing, elders and families lined up to be served a delicious feast provided by the Lucy Eagle Casino staff.

Pumpkin pie was plentiful and families took home extra food and pie!

Thank You to Our Elves!

Our program would again like to thank the Lucky Eagle Casino for their support. A special thank you to Philip Youckton, and Leroy Boyd for set up of tables and chairs and Penny Gleason, for all your help during the event. Thanks to all who helped with clean up.

Wishing you and your family a Merry Christmas and the Best in the New Year!



The children had fun coloring and visiting at the craft table during the Holiday Dinner.

Chehalis Tribal Early Learning Program News

November brought joy to our program as the new playground, designed by Jenee Penn, from Planning, with total financial support from the Business Committee was put to good use. Special thanks to Jenee and the Business Committee, for their continued support of active covered play spaces for our children.

To Trudy Marcellay and Cammi Wittwer for arranging a special field trip to the GWL for snow flakes and story time, thanks to you! Trudy will also come and teach beginning weaving to our children.

November and December rains and wind allowed our center to again test our Emergency Notification System which can send out a mass text, email, or phone call to all parents. Another aspect of safety that Early Learning practices is to ensure that all children can leave the building in under 2 minutes in case of fire. Our monthly fire drills ensure a quick exit. Both our baby rooms use evacuation cribs to exit quickly.

Thank you Cal Bray, Emergency Manager, for all your assistance for establishing these drills in order to

handle emergencies as they arise.

Our attendance did not meet our federally mandated 85% goal in November. Head Start's overall attendance for November was 83.67 % and Early Head Start was 83.33%. Please work together to have children at Head Start and Early Head Start here at 8:00 am.

Volunteers are needed to read daily to children. Please consider coming and reading a story, telling a story, or sharing an art or craft.

Contact the Head Start Program Center at 360-273-5514 to volunteer.



Families spend time together enjoying the activities provided by the Head Start Program.

Chehalis Tribe Community Christmas Party

Sunday, December 20
Starts at Noon
In the Community Center

For more information
contact Leroy Boyd at
360-709-1787.

SAVE THE DATE



Tribal Member Freshman Becomes Only WSU Twirler

By Edmund "Frazer" Myer

If you've watched any of the Cougar football games this fall, chances are you've seen WSU freshman Valea Higheagle, the only "feature twirler" in the WSU marching band. Higheagle, 18, of Olympia, Washington, is a member of the Chehalis Tribe, and a descendant of the Nez Perce Tribe as well. Her parents Billie and Tony Higheagle, Jr. are both WSU alumni.

She graduated from Olympia High School in 2015, and is in her first semester at WSU. Higheagle is undecided about what major she wants to pursue; she is considering either pharmacy or athletic training. Higheagle began twirling at five years old. She learned from her mother and older sister.

"I can remember back when I would always watch my mom and sister twirl, and how I wanted to join and do what they were doing," said Higheagle. She grew-up performing and taking twirling lessons for 13 years with a private group called Fantasia Twirling Corps, since her school didn't have an official "twirling" program.

There are many different events twirlers compete in: Solo, Dance-Twirl, Strut, Two-Baton, Three-Baton, and Freestyle. Each dance has their own kind of music. In Freestyle one can choose any song they like. There are also partner routines referred to as "Pairs."

In addition to local competitions, her group competed in Regionals and Nationals. They also performed for fun-fairs/other events.

Each region has their own competition, and

whoever qualifies may move on to the national competition. Western Regionals is always held in California, while Nationals is hosted by a different state every time. Higheagle said her favorite is when Nationals is in Florida.

The judges base their overall score on artistic measure and technical merit. Competitors can receive a score ranging from 1-10 (10 being a flawless performance). After the judges configure a score, they then subtract .75 for each drop-penalty.

When Higheagle is competing as part of a team, they choose a song and a routine, a routine that she said, "includes a lot of choreography and exchanges."

This year at Nationals, her team placed third. She said that was a major accomplishment, since other teams had six to eight members and her team only had four. She has won a lot of state and regional awards, she said, the most memorable was in 2014 Regionals when she placed first in "pre-trials" of the Junior AA Division, which qualified her for Nationals.

Another celebrated moment was when she won the State Title in the "Strut" in 2012. She said the trophy was almost as tall as her and she received a certificate Starline gives you for a free baton. Higheagle explained that Starline is the main brand used by twirlers and that Starline carries various twirling necessities, such as tape and all types of merchandise. However, she prefers the tennis tape by the Wilson brand. She likes



Valea Higheagle twirling at halftime of a recent WSU football game.

Photo courtesy of Shelly Hanks/WSU Photo Services.

it because it gives her a better grip and it lasts longer.

When asked about when she gets most nervous, Higheagle responded, "I would say that right before I start my routine is the most nervous part for me. Right when the music starts I start twirling as fast as I can. When I start to go into autopilot is when I'm no longer nervous." She followed that by stating, "I do not twirl for the sole purpose of winning; I twirl because I love what I do. I go out there and I twirl to the best of my abilities. I always congratulate the other athletes in my division, if they won or not. It's all about sharing the same passion and lifting each other up."

For the rest of the story...go to the Washington State University website or use the following html:

<http://native.wsu.edu/news/december2015/valea.html>

Tahown continued from Page 1



A new playground was also put in the Tahown neighborhood. The playground features toys for little kids and elementary school age kids.

Tribal Health and Wellness News

Study Finds that Sugar-Free Drinks, Candy May Lead To Dental Erosion

The Washington Post "To Your Health" reports that researchers from the Melbourne University's Oral Health Cooperative Research Centre "tested a wide range of sugar-free soft drinks, sports drinks and sweets and found that many of them can be just as harmful to teeth as their sugared counterparts due to their chemical composition."

Researchers found that because these sugar-free beverages "contain acids like phosphoric acid

(found in colas) or citric acid (found mainly in lemon and lime flavored drinks)," they can "strip away a tooth's outer layer – leading to chalkiness of the tooth's surface, pitting, opacity, tooth sensitivity and other issues."

Article from ADA Foundation, December 1, 2015

Article Submitted by the Chehalis Tribal Dental Clinic

Chehalis Tribal Wellness Center Podiatrist Schedule

Podiatrist, Deborah Behre will be here on

Wednesday, January 27, 2016

Wednesday, February 24, 2016

Wednesday, March 23, 2016

8:30 AM to 4:00 PM

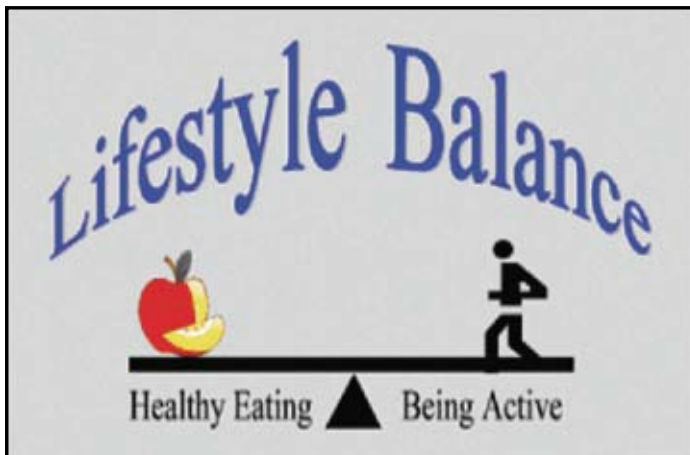
Diabetic patients should have their feet checked by a Podiatrist at least once a year, even if you don't have any foot problems.

Foot care tips for people with Diabetes:

People with diabetes have to take special care of their feet. You should have a Comprehensive foot exam every year. Some things you can do to keep your feet healthy:

- Wash your feet in warm water daily.
- Dry your feet well, especially between the toes.
- Keep the skin soft, with a moisturizing lotion, but do not apply in between the toes.
- Inspect your feet daily for cuts, bruises, blisters, or swelling. Tell your health care provider right away if you find something wrong.
- Ask your diabetes care team how you should cut your toenails.
- Wear clean, soft socks that fit you.
- Keep your feet warm and dry. Always wear shoes that fit.
- Never walk barefoot indoors or outdoors
- Examine your shoes daily for cracks, pebbles, nails or anything that could hurt your feet.

If you would like to make an appointment to see her please call the CTWC at 360-273-5504 and ask to speak to Pat Odiorne or Christina Hicks.



The Diabetes Prevention Program's Lifestyle Change Program Classes will begin

December 2nd, 2015 through May 25th, 2016

12:00 - 1:00 PM

PT Room at the CTWC

This is a 16 week class to help you:

- Learn the facts about healthy eating and being active
- Learn what makes it hard for you to eat healthy and be active. And learn how to change these things so they work for you, not against you.
- Will also give you the long-term support that you need.
- You are welcome to invite a friend or family member.



Points of Contact: Pat Odiorne RD, CDE
Podiorne@chehalis tribe.org or 360-709-1884
or Gloria Jones
Gjones@chehalis tribe.org or 360-709-1810

N Information displayed on
O any flyer, in email or on our
T website calendar is subject to
I change without notice. Please
C refer to the flyer's contact
E person for latest update.

CTWC Staff Profiles: Nurse and Physician



Hello! My name is Dr. Alan Whipple. I am a family practice physician new to the Chehalis Tribal Wellness Center.

Prior to coming here I practiced at Roger Saux Health Center Quinault Indian Nation for seven years. Prior to that I work for a number of community health clinics in Grays Harbor and before that other clinics out of state.

I moved back to the Pacific Northwest 21 years ago after having lived in Seattle as a child. I am married and have two grown children. I am excited for this opportunity to assist the Chehalis tribal community in taking care of your health needs.

Dr. Alan Whipple, Physician

Hi, My name is Jessica Small, RN at the Chehalis Tribal Wellness Center. I graduated nursing school in 2010 from South Sound Community College. I am currently a student at the University of Texas at Arlington for my Bachelor's in Nursing.

I have been working Tribal Health my entire nursing career. I started as an agency nurse with the Chehalis Tribe in June 2011 and left to go to Quinault Tribe back in November 2011. I was hired in December 2011 at Skokomish Health Center and have been there until I took this position. I am extremely excited and happy to be back working with the Chehalis community.

I presently live in the Olympia area with my husband of 18 years and my two children. I look forward to meeting you!

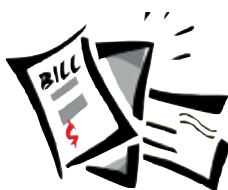
Jessica Small, Nurse



ATTENTION All CHS/PRC Patients!

Have you been referred for medical care?
Are you receiving medical bills in the mail?

If so please bring them to the Chehalis Tribal Wellness Center so the Purchased Referred Care Department can process and pay them.



New CTWC PRC Available

Are you Contract Health Eligible? Have you received your new ID card? This ID card along with a Purchase Order will help to ensure outside providers are billing the Purchased Referred Care Department quickly and accurately.

If you or your family members have not received their card, please see

Deb Shortman at the
Chehalis Tribal Wellness Center

Mammogram Clinic Schedule

Wednesday, February 17, 2016

Thursday, March 17, 2016

Tuesday, May 31, 2016

9:00 AM to 3:00 PM

Clinic Parking Lot

Swedish Mobile Mammography will be here.

Women age 40 years and up should have a mammogram once a year. Please schedule your appointment with a provider to have a CBE prior to your mammogram appointment.

To schedule your appointment please call the CTWC at 360-273-5504.

If you have questions about Mammogram clinics please contact Christina Hicks, Community Wellness Manager at 360-709-1741

WIC Program

(Women, Infants, and Children) provides healthy foods and nutrition information for you and your child up to age 5.



**First Thursday
each month
9:00 AM - 3:00 PM
at the Chehalis Wellness
Center
(dates and times
may change)**

For appointments or questions, contact:
Deb Shortman at 360-709-1689
Debbie Gardipee-Reyes 360-462-3227
or gardipee@spipa.org
Patty 360-462-3224 or
SPIPA main number: 360-426-3990

Ordering Medication Prescriptions

Chehalis Tribal Wellness Center Patients

If you are needing medication pick up, please have your name put on our pickup list NO later than 10:30 AM, Monday through Friday.

You can call refills into
360-493-8614 or 360-456-5475.


If you have any questions, please call the clinic at 360-273-5504.

Plan Ahead: Watch for Holiday Closures

Harmony Hill

HEALING RETREAT

TRIBAL CANCER RETREAT: JOURNEY TOWARD HEALING



Enjoy Harmony Hill's beautiful campus and guest facilities overlooking Hood Canal and join us for this special retreat for Tribal cancer survivors and their caregivers. (All tribes welcome!)


- ◊ Connect and enjoy time with other cancer survivors on their journey toward healing.
- ◊ Learn ways to help cope with the stress and worry that comes with this journey.
- ◊ Reconnect with traditional foods and healthy eating on your cancer journey.
- ◊ Help your body with gentle movement exercise.
- ◊ Enjoy traditional crafts

**FEBRUARY 19-21, 2016
IN UNION, WA**

JOIN US FOR A SALMON DINNER.
THIS RETREAT IS OFFERED FOR FREE.
Participants must be of Tribal heritage with a cancer diagnosis at some time in their life, and over the age of 18. Each participant is limited to one companion.

To apply, please contact us at 360-898-2363 or email us at programs@harmonyhill.org

Only 20 spaces available!



7362 E State Route 106, Union, WA 98592
www.harmonyhill.org • 360-898-2363



the evergreen state college

olympia, washington

RBCD



Reservation-Based Program Presentation



Senator John McCoy, Tulalip
Presentation Title: *Sustainable Economic Development for Tulalip*
Date: January 9, 2016, 1:30 pm
Place: The Evergreen Longhouse
The public is welcome, free event

**Sponsored by: The Reservation-Based,
Community Determined
(RBCD) Program**




RBCD: www.evergreen.edu/tribal - 360.867.6286

Merry Christmas and a Happy New Year!!



Watch for Holiday Closures.....




There are so many reasons to get to a healthy weight . . .

You are important to many people. We need you to stay healthy.

By losing just 5-7 percent of your weight, you will reduce your risk for diabetes.

See your health care provider today to set your goals and write a plan.



Produced by IHS Division of Diabetes Treatment and Prevention, www.diabetes.ihs.gov

Winter Weather Has Arrived!

With the onset of the rain, cold and freezing temperatures, the Emergency Management Dept. believes it's important for you and your family's health and safety to be prepared. Here are some steps you can take:

- Keep cold weather clothing and extra blankets handy at home, work, and in your vehicle to use in an emergency to minimize heat loss.
- Make sure that portable heaters are kept away from furniture, draperies and other flammable materials.
- A trickle of hot and cold water might be all it takes to keep your pipes from freezing. Let warm water drip overnight, preferably from a faucet or an outside wall.
- Open cabinet doors to allow heat to get to un-insulated pipes under sinks and appliances near exterior walls.
- Clear your sidewalks of snow and ice with salt, deicer and/or snow shoveling to avoid injuries.
- Wrap outdoor pipes and faucets to keep them from freezing.
- Disconnect garden hoses and, if practical, use an indoor valve to shut off and drain water from pipes leading to outside faucets. This will reduce the chance of freezing in the short span of pipe just inside the house.

If you're leaving your home for travel or an extended period...

- Set the thermostat in your house no lower than 55°F.
- Ask a friend or neighbor to check your house daily to make sure it's warm enough to prevent freezing.

FREE LEGAL ADVICE CLINIC

For low-income community members of the five Tribes SPIPA serves

An attorney from the Northwest Justice Project will be coming to the South Puget Intertribal Planning Agency's (SPIPA) Squaxin Island Office the first Thursday of each month, unless noted otherwise, to provide free legal consultations to eligible tribal members on civil legal matters.



First THURSDAY of every month from
10:00 AM – 3:00 PM
SPIPA's office at Squaxin Island Tribe



For more information please call Janel Riley at
1-888-201-1012, EXT: 0920.

Chehalis Tribal Members

Indian Wills and Estate Planning Services

Indian Wills and Estate Planning Services are now being offered to all Chehalis Tribal Members who are 18 years and older. These include Wills, Powers of Attorney, Medical Directives, or Living Wills.

Jerrie Simmons is now available at the Chehalis Tribal Center three days a week from 8:00 AM to 4:30 PM.

This service is without cost to Chehalis Tribal members who currently do not have a Will or would like to update a current Will. Her position is for legal questions, not part of the Office of Tribal Attorney. If you have a legal question, she can point you in the right direction on where and who to contact if she can't help you.

For more information please contact Jerrie Simmons, Legal Advisor 360-273-5911, to set up an appointment and get the paperwork needed to get started.

USDA Food Program

Please call the SPIPA Food
Distribution Warehouse at
360-438-4216

Monday through Friday
between the hours of
8:00 AM till 4:00 PM

Our staff will be happy to assist
you in applying for this program.

Distribution Dates

December 17
January 21, 2016

Pickup is at the
Community Center from
9:45 AM to 1:30 PM



Chehalis Tribal Newsletter

The Confederated Tribes of the Chehalis Reservation...

"People of the Sands"

Articles and opinions expressed in this publication are not necessarily the opinions of this publication or the Chehalis Tribal Business Committee.

The Chehalis Tribal Newsletter encourages tribal members to submit letters, articles, photographs, and drawings to be considered for publication. These are subject to editing.

Contributing writers, artists, and photographers include Chehalis tribal community members and staff. **Submission deadline:** Changed to the first of each month (printed monthly).

Tribal Center (360) 273-5911

420 Howanut Road
Oakville, WA 98568
(360) 709-1726 (office)
(360) 273-5914 (fax)
fshortman@chehalistribe.org

Chehalis Tribe's Vision Statement

*To be a thriving, self-sufficient,
sovereign people, honoring our past
and serving current
and future generations*

Business Committee

Don Secena, Chairman
Harry Pickernell, Sr., Vice Chairman
Farley Youckton, Treasurer
Cheryle Starr, Secretary
Dan Gleason, Sr., 5th Council Member

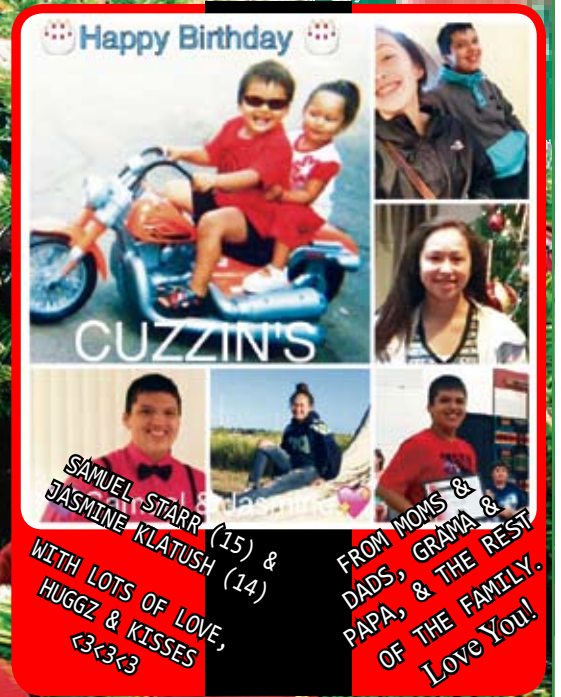
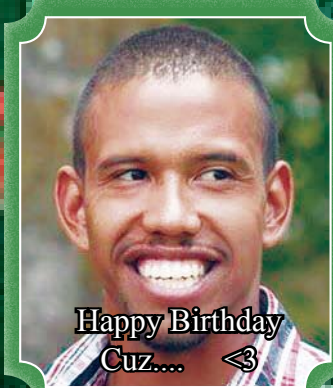
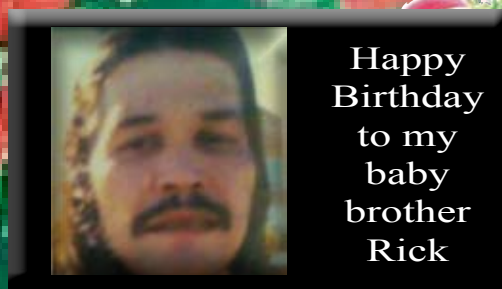
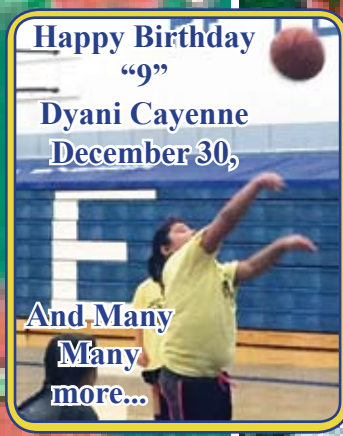
Chehalis Tribal Newsletter Staff:

Fred Shortman,
Communications
Coordinator



Happy Birthday to Tribal Members Born in December

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Joshua Chum Ruben Chum Justin Karl Derrick Klatush Natasha Moore	2 Victoria Flores Aaron Youckton	3 Hunter Ortivez Madyson Pickernell	4 Leah Secena Alexa Strawder	5 Nancy Black Zachary Hofstetter Andrea Robertson
6	7 Nathan Patterson Jacob Secena Kirsten Secena Jerry Youckton	8 Marie Bird Samuel Starr-Wright	9 Monica Lopez	10 Alyssa Fern Jason Lyons Rebecca Youckton-Legg	11 Phillip Bush Shirley Gunnels Randi Robertson Roberta Youckton	12 Mary Weber
13 Kaileen Bray Jasmine Esparza- Klatush Melanie Hjelm Crystal Jones Adam Medina Rebecca Potter	14 Chase Beckwith Anthony Olney Eugene Ortivez	15 Libby Penn	16 Loren Klatush	17 Kindra Youckton	18	19 Jeana Nyland Anthony Soeby
20 Jonah Brown Justin Irizary Glenda Delamater	21 Craig Burns Michael Simmons	22 Allison Goldman Jeremiah Jones- Baker Braden Yawn	23 Shania McCloud	24 Laela Baker Shawn Goddard Elijah Revay	25 John Bird Ashton Boyd Ella Camp Kim Starr Bladen Zahner	26 Yvette Fulton Helen Sanders
27 Rachel Cortes Richard Hill Katelyn McCloud Kly Meas III	28 Edmund Myer	29 Koner Burnett Lana Cosman	30 Dyani Cayenne Roseabell McAllister James Quilt Joshua Sanchez	31 Lance Burgess Cayden Klatush		



Ask Aunties Play Group

TUESDAY, JANUARY 26, 2016
TUESDAY, FEBRUARY 23, 2016
TUESDAY, MARCH 22, 2016
TUESDAY, APRIL 26, 2016
TUESDAY, MAY 24, 2016

*Dinner will
be provided*

5:00-7:00PM
IN CLINIC PT ROOM
EVERYONE IS WELCOME!

For More Information Please Contact
 Beth Klatush at 360-709-1627
 or bklatush@chehalis tribe.org



*SPIPA Healthy Families Project
Presents:*



POSITIVE INDIAN PARENTING

CLASS SCHEDULE
IN CLINIC PT ROOM
5:00 - 7:00 PM

- 1/13/16-Traditional Parenting
- 1/20/16-Lessons of the Storyteller
- 1/27/16-Lessons of the Cradle board
- 2/3/16-Harmony in Child Rearing
- 2/10/16-Traditional Behavior Management
- 2/17/16-Lessons of Mother Nature
- 2/24/16-Praise in Traditional Parenting
- 3/2/16-Choices in Parenting



For More Information Contact:
 Beth Klatush Office: 360-709-1627
 Email: bklatush@chehalis tribe.org

NOTICE: Information displayed on our website calendar or in email is subject to change without notice. Please refer to the flyer's contact people for the latest updates.

First Annual Chehalis Tribe Elder Dinner at GWL A Great Success!!



Elders enjoying the annual dinner provided by the Great Wolf Lodge.

The first annual Chehalis Tribe Elder Dinner on Tuesday, December 1 was a hit! This dinner gave the Great Wolf Lodge a chance to break bread with the Chehalis Tribe elders and to show our appreciation to them.

We are looking forward to making this an annual event every holiday season.

*There is faith in their eyes,
 Love in their eyes,
 Love in their touch,
 Kindness in their gestures.
 Thrill with them at life's big and small moments...hold them close.
 From small beginnings...come great things.*



Call this toll-free number if you suspect that a child or vulnerable adult is being abused or neglected. The Operator will connect you with the right DSHS office to make your report.

Washington State Department of Social and Health Services

Toll Free 1-866-End Harm (1-866-363-4276)

You may also call Chehalis Tribal Law Enforcement at 360-273-7051

Protect Services Office hours are 8:00 AM to 4:30 PM

in the Social Services Building.

If you are calling about immediate life-threatening emergency call 9-1-1!

Foster Care Licensing Program

Are you interested in becoming an emergency, short term or long term home for youth in need?

Please contact either Frances Pickernell at 360-709-1745
 or Melanie Hjelm at 360-709-1632



Division of Child Support

NOT SURE HOW TO GET STARTED? HAVE QUESTIONS?
NEED HELP FILLING OUT PAPERWORK?

JUST SHOW UP BETWEEN 1:00 - 3:00 PM
EVERY SECOND WEDNESDAY OF THE
MONTH

CHEHALIS TRIBAL SOCIAL SERVICES
CONFERENCE ROOM

Eric Stender, Support Enforcement
Officer - Tribal Liaison
360-664-6971

stender@dshs.wa.gov

Chehalis Tribe Students of the Month By J. William Gleason

Laela Baker (K-5)



Laela Baker is a fourth grade student at Grand Mound Elementary who has shown a great interest in learning and has proven this by her performance in class. Laela has become a staple in the Education Department's

After-School Homework Club and uses her time wisely, completing all of her work quickly and efficiently. One of her favorite activities at school is reading. She is a big fan of the books Diary of a Wimpy kid.

Laela's advice to her fellow students is to pay attention to what you are being taught, because this will make homework a lot easier. Also, limit your talking in class, especially during instruction time. After talking to her teacher, these are qualities that Laela has polished and has put to good use this year.

This year has given Laela a new passion and that is basketball. She has attended many practices and feels that she is ready for the court. While this is brand new, Laela plans on taking this all the way to the pros. She will start here at GMES, take it to the University of Washington and from there, wait for her name to be called in the WNBA draft. Her motivation for this has been the success of the Shimmel sisters, who have helped pave the way for tribal youth to believe that anything can be done as long as your give it your all. Laela knows that it won't be easy but if it were easy, everyone would do it. You'd better buy your Baker jerseys now because the price is just going to keep rising.

Annie Burnett (6-8)

For the month of November and over the course of the first quarter, Annie Burnett has been a student to watch. As a sixth grader at Elma Middle, Annie has posted an impressive 3.6 overall GPA as her introduction to the new grading system. This can be attributed to her ability to adapt well to new and exciting tasks in junior high.

She is quoted as saying "I am a successful student because I can catch on quickly." With this ability, Annie is gaining traction very fast and will continue to build her GPA over the years to come.

When asked what advice she would offer any of the younger students who will follow her into the halls of middle school she had this to say, "When you are in class, be sure to give your full attention." This is information Annie will learn to use throughout her lifetime and it is great she is learning it now.

Ms. Burnett enjoys the activities in her clubs, Country Pride and 4-H, but what she enjoys the most about school is choir. It is something that she can build on as she moves into her new role as a student on the rise. There are many things she would like to do but has made no decisions yet as to what those things may be. It's very good to keep your options open and at such a young age. She is happy to just keep her goals simple for the time being.



When asked about who a hero in her life is Annie replied, "My bother. He sets a good example for achieving goals." Annie has her own goals to set and her own accomplishments to reach and having someone so close to her to model after, she is on the right path.

Desirray Klatush-Pope (9-12)

As a senior at Oakville High School, Desirray has maintained an amazing 3.9 GPA for the first quarter of her last



year at OHS. While there are traits that Desi has at her disposal, she did not hesitate to say the qualities that made this possible are efficiency and determination and there are few quite as determined as she.

Her advice to students reads like a discipline or an art form, "Do not slack off, stay on task and always strive to do and be the very best". This comes with its hurdles and difficulties, but Desirray makes it look so simple.

Desirray has been a very active member of her schools extracurricular programs and has lettered in Volleyball, and Fast-Pitch Softball. After she has finished her time at OHS Desirray wants to attend the University of Washington to further her study of nursing with an emphasis on pediatrics and become a pediatric nurse.

Her personal heroes are her Nana, Paula Pope, and her mother, Sassy. "They are strongest women in my life and I know they will always push me to be the best. They are my biggest fans and I love them.

It's only a matter of time before Desirray becomes someone's hero and inspiration in life. Who knows, it could be you...

~ Honor Roll ~

*Kennedy Adams
Kelsey Bray
Annie Burnett
Arielle Burnett
Kaylena Delgado
Faith Hoheisel*

*Desirray Klatush
Jasmine Klatush
Steasha McJoe
Mya Ortivez
Shyann Ortivez
Emily Ortivez*

*Emily Pickernell
Richard Romo
Kirsten Secena
Roberta Youckton
Destiny Zaidy*



Congratulation to the following students for being on honor roll!

Veterans continued from Page 1



Chehalis Tribal Royalty said the Pledge of Allegiance at the beginning of the Veterans Appreciation Day Dinner.

The children made it a special night as the Pledge of Allegiance was given by our Chehalis Tribal Royalty. Madoleen Goddard, a Chehalis tribal member/second grader sang the National Anthem to a crowded room of veterans and community members. They received a thunderous roar of approval as everyone stood up to honor our country and colors. It set the tone for the rest of the night.

The event would not be the same without honoring those who sacrificed their lives, never to come home to their families. The table had different items representing a symbolic meaning to honor them. This was a surreal moment in the ceremony that brought back some heartfelt memories of those who didn't return.

Let the feast begin! Our tradition invites veterans to serve themselves first. For some they could raise their hand to let the youth know to bring them a delicious meal. The tribal fishermen cooked the fish for the dinner along



Madoleen Goddard, a Chehalis tribal member/second grader sang the National Anthem crowded room of veterans and community members.

with a delicious meal. The dessert table was spectacular.

During the Dinner the audience were entertained by the Chehalis Canoe Family. They sang, and drummed blessing the event with their traditional songs.

Next to take the stage was the guest speakers invited by the Veterans Committee. Elaine Miles, the actress of *Smoke Signals* and *Northern Exposures* gave an inspiring speech about how she raised an only son as a single mother, as he is on his third tour of duty as a Marine. Her speech was magnificent, earning her a standing ovation. She brought tears to many eyes.

Many door prizes were handed out to all the Veterans in attendance.



Elaine Miles, the actress of *Smoke Signals* and *Northern Exposure*, gave an inspiring speech about how she raised an only son as a single mother, and he is on his third tour of duty as a Marine.

Thank You

The Heritage Program and Penny Gleason, Lynn Hoheisel, Jodie Smith and Joyleen McCrory made beautiful Pendleton Vests for each of our Chehalis Tribal Veterans: Don Brown, Darryl Cayenne, Art Medina, Dan Gleason, David Bird, Farley Youckton, Dan "Bones" Gleason, Frances Pickernell, Curtis Dupuis, John Jack, Robert Penn, and Roger Shortman. A big thank you to these ladies for their hard work and the heart they put into the beautiful vests.



Throughout the room you could see decorated honoring the veterans. From the fruit and cake demonstrated the love the Chehalis Tribe has for all veterans.



Finishing off the raffles, along with a 55 inch TV, the dinner ended with the Chehalis Tribal Veterans retiring the colors. And the volunteer youth, adults and Veterans committee shook all Veterans hands and thanked them for coming and for their service protecting our country. The Veterans committee included Nancy Romero, Chairperson, Gloria Jones, Jacinda Legg, Josephine Aldrich, Meryl Goldstein, DeDe Draeger, Joe Talotta, Gigi Fisher, Tamra Marlowe. These folks dedicated their time and long hours to provide this wonderful and successful event.



The raffles ran throughout the evening. Veterans were able to win awesome prizes as they raised their tickets in the air to claim their prize.

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