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 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. Continued on Page 11

Families Gather to Celebrate with a Holiday Dinner

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! Continued on Page 2

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

Inside

Tribal Member Student Recognized .. 3
Health and Wellness Programs ... 4 & 5
Evergreen College Announcement .. 6
Tips in Preparing for Winter ............ 7
December Birthdays ..................... 8
Ask Auntie Classes Offered............ 9
Students of the Month; Honor Roll ... 10
Veterans Appreciation Day .............. 11
More Photos of the Veterans Day .... 12
Dinner continued from Page 1

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!

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

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

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

Tahown continued from Page 1

**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 its 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 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](http://native.wsu.edu/news/december2015/valea.html)
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

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@chehalistribe.org or 360-709-1884
or Gloria Jones
Gjones@chehalistribe.org or 360-709-1810

Information displayed on any flyer, in email or on our website calendar is subject to change without notice. Please refer to the flyer’s contact person for latest update.
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.

ATTENTION

CTWC Staff Profiles: Nurse and Physician

Hee! 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 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

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

(For 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
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.

---

**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**

*Chehalis Tribal Members*

**Distribution Dates**

**December 17**
**January 21, 2016**

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

---

**Chehalis Tribe’s Vision Statement**

To be a thriving, self-sufficient, sovereign people, honoring our past and serving current and future generations.
### Happy Birthday to Tribal Members Born in December

<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td>1</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>2</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>3</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>4</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
<td>11</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12</td>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>19</td>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>26</td>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
<td>31</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Happy Birthday to Tribal Members Born in December

- Auntie Lova, Lova, Lova You!!
- I hope your Birthday is as wonderful as you are!
- Happy Birthday to my baby brother, Rick
- Happy Birthday to my Number 1
- Dyani Cayenne
- December 30,
- And Many Many more...
- Happy Birthday, Cuz....

---

**Happy Birthday to Tribal Members Born in December**

- Kly B. Meas Da Turd
- Happy Birthday to Tribal Members Born in December
- Dyani Cayenne
- December 30,
- And Many Many more...
- Kly B. Meas Da Turd
- Happy Birthday, Cuz....

---

**Happy Birthday to Tribal Members Born in December**

- Auntie Lova, Lova, Lova You!!
- I hope your Birthday is as wonderful as you are!
- Happy Birthday to my baby brother, Rick
- Happy Birthday to Tribal Members Born in December
- Dyani Cayenne
- December 30,
- And Many Many more...
- Kly B. Meas Da Turd
- Happy Birthday, Cuz....
**Ask Aunties Play Group**

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

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

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

---

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

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.

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

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.

---

**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

---

**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.

chehalistribe.org ✿ greatwolflodge.com ✿ luckyeagle.com ✿ eagleslandinghotel.net
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 the 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 you 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 the bar high whenever he does anything.” When asked about her own accomplishments and achievements Annie was quick 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 the 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...
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 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.

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 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.
* Or current resident

Veterans photos continued from Page 11