

Poarch Creek News

Cokv-Tvlvme (job-guh dub-hub-mee /newspaper)



FEATURING:

- *Tribal Member Benefits Department Expands Services ... page 5*
- *Teacher Mixes Heritage With Learning ... page 9*
- *White House Highlights Native American Youth ... page 12*
- *Em Vnicv: The Spirit of Helpfulness ... page 19*

Happy New Year from the Huskey's



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CHAIRMAN'S CORNER JANUARY 2012

We the Tribal Council hope that each of you had a happy holiday season and got to spend time with your families and loved ones. We gallantly go forward into a new year with hopes and dreams of continuing the successes our Tribe has made over the past couple of years!

The grand opening for the renovations at Creek Casino Montgomery was a success. It was good to look out over the newly expanded building to see so many people enjoying the new amenities. Through the patronage of folks like this and those who visit Creek Casino Wetumpka and Wind Creek Atmore the Tribe is able to continue to provide and increase services to Tribal Members.

I hope many of you were able to join us for the first racing at Creek Casino Gretna last month. This is a new and exciting venture for us and everything seems to be headed in the right direction. I feel that the Tribe is fortunate to have become involved in this venture. Not only will it be another part of the success of PCI Gaming, but it is also strengthening the stewardship between our Tribe and Gretna, FL. The citizens and leadership of Gretna are very excited about our presence in their community.

I leave you with the thought that I continue to serve you, my fellow Tribal Members, as Tribal Chairman with great pride and humility. I look at where we were, where we are, and where we will be in the future. I am



Buford L. Rolin, Tribal Chairman
tlanaster@pci-nsn.gov

honored to have been part of the success of the Tribe. I can also look across Indian Country and see the impact Poarch Creek has made. We are no longer the forgotten little Tribe east of the Mississippi.

Tribal Council Executive Officers



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For more information visit www.poarchcreekindians-nsn.gov

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Once the newsletter has been posted on-line, you can use the embedded hyperlinks to take you directly to articles/pages, web sites, email forms, etc.

We have incorporated the use of the Muskogee language as much as possible in the newsletter. You will see examples in the numbers of each page as well as on the front cover.

We hope you enjoy the new look of the Poarch Creek News.



On the cover is a picture of the Blue Angels flying in formation over a crowd of thousands at their 2011 homecoming air show.

A group of participants of the Mentor Program of the Boys & Girls Club and several Mentors attended the 2011 Blue Angels Homecoming on Veterans' Day.

Upon arrival, the group had time for a short tour of the Naval Air Station Museum and a picnic lunch before settling in for the air show. It was quite an adventure for all in attendance!

If you are interested in serving as a mentor for a child in our community, please contact Cassie O'Brien, Mentor Program Coordinator, at (251) 368-9136 x 2049 or via email at cobrien@pci-nsn.gov.

Newsletter Deadlines

The Poarch Creek News is generated on a monthly basis by the Government Relations Department of the Poarch Band of Creek Indians at the direction/discretion of the Tribal Council to provide important updates, news, and information to Tribal Members. We reserve the right to edit or refuse any item for publication.

The Poarch Creek News is generated one month prior to the month of publication. The deadline to submit information to be published in the newsletter is the 10th of the month prior to the month of publication. If the 10th falls on a weekend or holiday, the deadline is extended to the next working day.

TRIBAL MEMBER BENEFITS EXPANDS SERVICES

By Sharon Delmar

Tribal Member Benefits is expanding its department to provide even more specialized assistance and technical support to Tribal Members. The newest addition to the department is Carolyn Rackard, Tribal Member Benefits Coordinator. "The Tribal Member Benefits Department is excited to have Mrs. Rackard join our team. We are an ever-growing department with more to offer our Tribal Members than ever before. We certainly want to ensure that each Member receives maximum benefits for which he or she may qualify," said Tim Manning, Tribal Member Benefits Director.

Many of you will know Mrs. Rackard from her work in the Tribe's Family Services Department. When asked how she felt about her



Carolyn Rackard

work with Tribal Member Benefits, Carolyn replied, "I am very excited to be in the Tribal Member Benefits department. This is a much needed area of assistance that Tribal Members need, especially due to the increase in benefits we are receiving."

The newly expanded services Mrs. Rackard will be providing through the department will be to assist Tribal Members with specific needs. These will include: assistance with orientation and enrollment in the

Tribal Member insurance program, assist with Medicaid applications and AllKids applications, and other applications for health assistance. She will also act as the liaison between various social services and health organizations and Tribal Member Benefits department.

If you need to contact Mrs. Rackard or anyone else in the Tribal Member Benefits Department, you can reach them at 251-368-9138 ext. 2209.



Tribal Member Benefits Department staff L-r are Carolyn Rackard, Savilla McGhee, Marlene McNairn, and Tim Manning.

RETIRED AND SENIOR VOLUNTEER PROGRAM (RSVP) TO PROVIDE FREE TAX PREPARATION AND COUNSELING

Escambia County RSVP assists the low-to-moderate income elderly and disabled with FREE tax preparation. All of our Volunteers are IRS trained and certified. The volunteers will prepare both Federal and State returns, counsel on tax laws, and electronically send tax returns. RSVP assists those ages 60+ by appointments or as walk-ins at each tax site. The IRS guideline to receive this FREE assistance is \$49,000 or less per household for the year. RSVP will maintain tax sites January through April 2012

at the Atmore Public Library, Brewton Public Library and the Poarch Creek Indian Reservation.

Escambia County RSVP is currently looking for Volunteers to be Tax Preparers for the 2012 tax season. If you have any questions regarding RSVP Tax Preparation or Volunteer Preparer training for 2012 please call Charles Smith, RSVP Volunteer Coordinator at 251-867-0256.

Submitted by Charles Smith, RSVP Volunteer Coordinator

For more information visit www.pouchcreekindians-nsn.gov

LEGAL UPDATE

Submitted by Venus McGhee Prince,
Attorney General

I wanted to take this opportunity to update you on legal matters affecting your interests as tribal members. If you have any questions regarding any of these matters, please feel free to contact any of your Tribal Council members at (251) 446-1140 or me at (251) 368-9136 ext. 2525.

Significant Court Cases

White v. PBCI et al. (Tribal Court)

White v. McGhee et al. (State Court)

On May 1, 2009, former Tribal Judge Ernie White filed suit in Tribal Court against the Tribe and six individual Tribal Council members that voted to remove him from judicial office, alleging violations of his constitutional rights and demanding damages exceeding \$3 million for each of his four claims, and in Escambia County circuit court against the six individual Tribal Council members who voted to remove him, alleging invasion of privacy and outrage claims and demanding damages exceeding \$2.5 million for each of his five claims.

Tribal Case

The Tribe filed a motion to dismiss all claims based on sovereign immunity. In May 2010, the Tribal Court granted the Tribe's motion to dismiss. White moved for reconsideration of that ruling, and the Tribal Court denied that motion in December 2010.

On April 5, 2011, the Tribal Supreme Court entered a Decision affirming the dismissal of the claims against the Tribe and the named Tribal Council members in their individual capacities because there was no waiver of sovereign immunity. The Tribal Supreme Court, however, remanded the matter for consideration of the Tribe's motion to strike White's second amended complaint, which alleged claims against the individual Tribal Council members in their official capacities and was filed after the notice of appeal.

Per the Tribal Judge's May 2011 Order responding to the remand from the Tribal Supreme Court, the parties submitted briefs regarding the motion to strike the second amended complaint. On July 13, 2011, the Tribal Judge denied the motion to strike the second amended complaint. The individual Tribal Council member defendants then filed its answer on September 12, 2011.

On October 5, 2011, the individual Tribal Council member defendants filed a motion for summary judgment. The Tribal Court then set a briefing schedule for the summary judgment motion and a trial date of December 12, 2011. After briefing by all parties, the Tribal Court granted the individual Tribal Council member defendants' motion for summary judgment on December 7, 2011. As a result, the trial date is moot. White will have an opportunity to appeal.

State Case

The individual Tribal Council member defendants also moved to dismiss the privacy and outrage claims based on sovereign immunity. In August 2009, the State Court denied the Tribal defendants' motion to dismiss, concluding that the issue of sovereign immunity is more appropriately addressed at summary judgment. The Tribal defendants filed a petition for a writ of mandamus with the Alabama Supreme Court, requesting that the Supreme Court direct the trial court to dismiss this case based on sovereign immunity. The Alabama Supreme Court denied the petition for a writ of mandamus in October 2010. The parties engaged in discovery from that point until June 2011.

On June 15, 2011, the State Court set a status conference for June 27, 2011, and ordered that any dispositive motions be filed with the Court not later than June 20, 2011, and heard at the status conference. The individual Tribal Council member defendants and White filed motions for summary judgment and argued them at the June 27th status conference.

On August 17, 2011, the State Court granted the Tribe's motion for summary judgment. On September 16, 2011, White filed a motion to alter, amend or vacate the order granting summary judgment. If the court does not rule on this motion to alter, amend or vacate the order granting summary judgment by December 15, the motion will be denied. White will then have an opportunity to appeal.

§



TAKE ACTION!

Our mission at Escape is to inspire you to embrace a fun, healthy lifestyle. Located in the AAA Four Diamond Wind Creek resort, Escape offers an innovative wellness program designed to make you look, feel and live better. Enjoy our world class spa, healthy and great tasting cuisine, an array of fitness and discovery activities, culinary demonstrations, escape on the water, and a serene meditation garden.

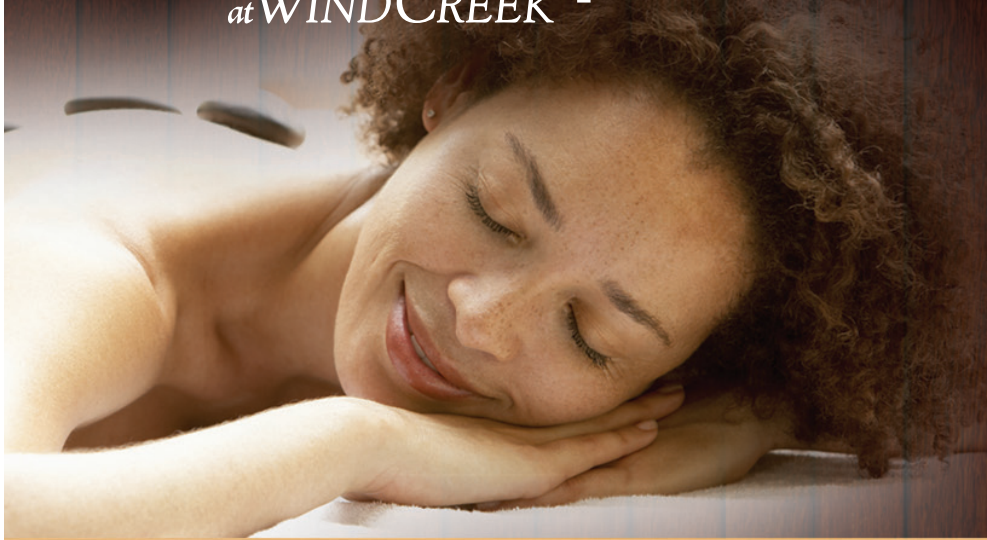
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CELEBRATING BIRTHDAYS



Canyon Hayles
December 7, 2011

Happy 10th birthday Canyon! We love you! Mom, Dad, Waylon, Catelyn, Corey, & Damon.

Aunt Deidra, Champburgers and family also wish our future Harvard graduate an enbecketv-nettv afvcke (happy birthday)!



Tiffany Amerson
December 14, 2011

Happy 25th birthday Tiffany!! Tiffany is the daughter of Mellie & Lamar Amerson.

Happy birthday, we love you! Mom, Dad & family.



Cristiana Joy "CJ" Ward
December 21, 2011

Happy 4th birthday baby girl! Mommy, Daddy, and Bubby love you!

CJ is the daughter of Jeff & Diedra McGhee Ward, and granddaughter of Raymond McGhee.



Kortlan Jo Peebles
December 23, 2011

Kortlan celebrated her 16th birthday with friends and family on December 17, 2011. Happy Sweet 16 Kortlan!!

We love you Tootie Jo, from your family!

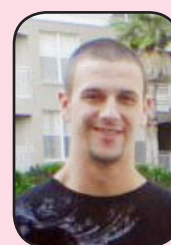


Bev Johnson
January 1, 2012

Happy Birthday seesta!

How old would I be if I didn't know how old I was?!

Happy Happy Momentous 50! Sunshine and smiles, love and joy from all of us.



Levon Reese Chambers
January 2, 2012

Happy 30th birthday! You are an intelligent, sincere, brave, & honest individual; being a part of your life is truly a blessing.

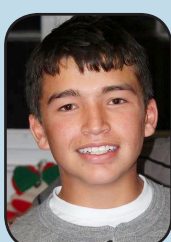
Much love from your baby & the family.



Ruthie Shelby
January 4, 2012

Mom, you mean the world to me; there's nothing more I could say to wish you a happier birthday than "I love you."

Love, your son David.



Brice McGhee
January 5, 2012

Happy 16th Birthday!

Love from Uncle Robbie, Mom, Dad, and your brothers Xan, Daughtry and Jameson.



Ed Jarman
January 5, 2012

Happy Birthday Dad! We hope you have a wonderful day! We love you, Laurie, Leeann, Big Steve, Steven & Trevor.



Willie Mae Bray
January 12, 2012

Happy birthday to Willie Mae Bray from your 6 children, 13 grandchildren, 20 great grandchildren, and your soon to be great-great grandchildren who are due in the spring!



Kaylee Cox
January 23, 2012

Happy 15th Birthday to Kaylee Cox on January 23, 2012!

We love you, Mom, Chris, Wyatt, Dawson, Rowdy, Malorie, Jadon, Dad and the rest of the family!



Waylon Rolin
January 28, 2012

Happy birthday my love! I hope you and I have many more to spend together. We all love you, Valerie, Canyon, Damon, Dillon, Brady, Corey, Catelyn, Mom, & Granny.

Birthday Wishes are limited to 30 words or less. Birthday wishes may be submitted for publication in the newsletter the month before, the month of, or the month after the birthday as long as established deadlines have been met. This may mean you have to submit your wish prior to the actual birthday party that may be planned.

TEACHER MIXES HERITAGE WITH LEARNING

Mathew Pellegrino,
Santa Rosa's Press Gazette

<http://www.srpressegazette.com/articles/students-14448-teacher-grade.html>

A teacher at East Milton Elementary School gave students a history lesson based on his life experiences of his Native American tribe just in time for Thanksgiving.

On Friday, East Milton Elementary fifth grade teacher Justin King who is a member of the Poarch Band of Creek Indians based out of southern Alabama put some of his heritage into his classroom curriculum for his students. His students not only learned tribal language and beliefs, but they also helped build a scale model of a Muskogee Tribe campground just outside of the school.

Classes from each grade level were able to come and view the model while King stepped back and let his children do the teaching.

"We set up displays on how they made stuff," said Josh McLendon, a fifth grade student of Kings.

This was the first year King, a 2009 University of West Florida graduate helped put on the presentation for the school.



Classes from East Milton Elementary school look on at the Native American presentation put on by Justin King's fifth grade social studies class.

Mathew Pellegrino | Press Gazette

"I like to keep the culture alive, even here in this community," King said.

The social studies teacher said he was not attending the Floridatown Pow Wow, but that he was attending a similar ceremony with his native tribe this week in Alabama.

"The children really helped set this up, but there is a true lesson involved," King said.

THANKFUL THAT OUR COMMUNITY RALLIES TOGETHER

Virginia Bell Godwin and family would like to express their appreciation to the entire Poarch community for their generosity and support of the recent Alton "Hawkeye" Godwin benefit.

*"First and foremost, we want to thank all of the **workers, family, and friends** who came out to help cook the food, serve the plates, and make such selfless donations in our time of need. We would also like to thank **Brother Ray and Christine Ward and the Friendly Holiness Church** for*

opening their church and their hearts for the benefit.

*Lastly, we would like to recognize the following companies who without their very kind donations, the benefit could not have been such a success: **Wind Creek Casino, Poarch SAIL Center (& workers), Pepsi-Cola Bottling Co., Sizemore Creek Beverage Co., Lulu's Grocery, North Baldwin Pharmacy, S. Rolin Construction, Inc., and Martin Construction.***

The ability of the Poarch community

to rally together in times of need is what makes it so special and we will be eternally grateful to everyone who gave their support in our time of need. Your generosity has already made an impact on our quality of life and I want to say thank you to the entire community for their continued support and ask that you continue to keep "Hawkeye" in your prayers."

Thank you and God Bless.
Virginia Bell and Alton "Hawkeye" Godwin

BIRTH ANNOUNCEMENT

Mylynn Alyssa Sybil Smedley

Aaron and Jami Smedley would like to announce the birth of their daughter, Mylynn Alyssa Sybil Smedley. Mylynn was born on November 9, 2011. At birth Mylynn weighed 7 lbs 13 oz. and was 21 inches long.

Mylynn is the granddaughter of Kevin and Tammie Andrews and Charles and the late Sybill Smedley.

She is the great-granddaughter of Melree and Pandora Andrews of Atmore, AL and Donnie and JoAnne Johnson of Century, FL, and the



late Joe and Letha McGhee. Mylynn is also the great -great granddaughter of Lucile and the late Half Sells of Atmore, AL.

Birth Announcements may be submitted for publication in the newsletter as long as the information is submitted by the last working day of the month immediately following the birth as long as established deadlines have been met.

Wedding/Engagement

Announcements may be submitted for publication in the newsletter as long as the information is submitted by the last working day of the month immediately following the wedding/engagement as long as established deadlines have been met.

Anniversary Wishes may be submitted for publication in the newsletter the month before, the month of, or the month after the anniversary as long as established deadlines have been met.

Atmore Community Hospital (ACH) has announced that Michael Allen Loewen, a JDCC nursing program student, has received the first \$1000 Dottie Padgett Memorial Nursing Scholarship.

The Dottie Padgett Memorial Nursing Scholarship was established through the generosity of the Atmore Community Hospital staff and physicians in memory of Dottie Padgett, who was a dedicated member of the Atmore Community Hospital OR staff.

The scholarship was created to assist area students who are pursuing a nursing degree. Scholarship

requirements and applications are available online under Baptist Healthcare Foundation's Atmore Community Hospital site.

A selection committee appointed by ACH leaders will review applications and award scholarships based on academic excellence, demonstrated aptitude, and extracurricular activities. One or more scholarships will be awarded in amounts not to exceed \$1000 per year. Scholarship payments will be made directly to the college or university on behalf of the recipient.

The Dottie Padgett Memorial Nursing Scholarship Committee

would like to thank everyone that made donations last year and/or supported last year's fundraiser. We hope that this yearly scholarship of \$1,000 will help defray some costs to students that are pursuing a nursing degree. Hopefully there will be many more students that share Dottie's enthusiasm for nursing!

We are gearing up now for our next fundraiser for the scholarship fund and hope that we can be as successful as last year.

Submitted by Myrtle Staff, Chairperson
Dottie Padgett Scholarship Committee

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- OR -

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Dr. Stephen M. Gross
Optometrist

Dr. Valerie Vick
Ocular Plastics

Dr. David Helton
Optometrist

Dr. Alan Franklin
Retina Specialist

Dr. Rollins Tindell
Cataract Specialist

Dr. Sunil Gupta
Retina Specialist

Atmore Vision Center
166 Lindberg Avenue
Atmore, Alabama 36502
251-368-8767

Monroeville Eye Care
3016 S Alabama Avenue
Monroeville, Alabama 36460
251-743-3384

WHITE HOUSE HIGHLIGHTS NATIVE AMERICAN YOUTH ...

On Thursday, December 1st, eleven Native American Youth leaders will be honored at the White House as Champions of Change. These young people are Champions in their tribes and communities as they work to improve the lives of those around them through innovative programs that help others, raise awareness of important issues like suicide and bullying prevention, energy efficiency and healthy eating.

“The ‘Champions of Change’ for Native American youth are here to share their stories and to attend the White House Tribal Nations Conference. They are examples of the generation that will build a stronger future for Indian Country by continuing to address the challenges facing American Indians and Alaska Natives,” said Associate Director of Intergovernmental Affairs, Charlie Galbraith.

The Champions of Change program was created as a part of President Obama’s Winning the Future initiative. Each week, a different issue is highlighted and groups of Champions, ranging from educators to entrepreneurs to community activists, are recognized for the work they are doing to better their communities.

These outstanding young Americans were selected from a group of hundreds who answered President Obama’s call to share their stories of leadership and

community service. To watch this event live, visit www.whitehouse.gov/live at 12:00 pm ET December 1st.

The White House’s Native American Youth “Champions of Change” honorees are:

Teressa Baldwin **Native Village of Kiana Sitka** **AK**

Teressa Baldwin has been directly impacted by suicide and wanted to take action to help reduce the rate of suicide in her home state of Alaska. As a junior in high school, Teressa was appointed by Governor Sean Parnell to the Statewide Suicide Prevention council and became one of the youngest appointed representatives in the state of Alaska. Following her appointment, Teressa started her own organization teaching her peers about the signs of suicide and sharing her own story about how suicide affected her life. After facing common hurdles to suicide prevention programs, including high costs and low enrollment numbers in trainings, Teressa has been able to work with 12 schools on suicide prevention programs and is hoping to expand to more. Teressa feels that her work is part of her life goal to help lower the rates of suicide in not only Alaska but the rest of the country.

Morgan Fawcett Tlingit and **Haida Fort Jones,** **CA**

Morgan Fawcett was diagnosed with

Fetal Alcohol Spectrum Disorders (FASD) when he was 15 years old. At the time of his diagnosis, Morgan knew that he wanted to help educate others about FASD both among Native Youth and all youth and adults across the country. Morgan has organized concerts and benefits that allow to him to speak about FASD at school assemblies, colleges, community colleges, hospitals, churches and many more. Morgan has also created a flute program that has allowed him to donate over 650 Native flutes to at risk youth and challenged individuals. The Alaska State Legislature recognized Morgan for his work by awarding him the NOFAS leadership award in 2011. Morgan hopes to begin college this year and show others that just because you are born with a disability, with help from friends, family and the community you can succeed.

LeVon Totsohnii Thomas **Navajo** **Cambridge, MA**

Levon Totsohnii Thomas is currently studying Mechanical Engineering at the Massachusetts Institute of Technology and has been actively engaged with the Navajo Nation Government. Levon currently sits on the Navajo Green Economy Commission which promotes green businesses/jobs and influences green legislation in the Navajo Nation. In addition, Levon has worked on wind energy development on the Navajo Nation to educate the people on the importance of sustainable

... as "Champions of Change"

development. He plans to use his education to help his community by bringing together the need for small businesses on the reservation with sustainable business practices.

Madeline Sayet Mohegan New York, NY

Madeline Sayet keeps her culture alive by telling the stories of her tribal ancestry through storytelling and plays. Beginning as a teenager, Madeline spent summers creating and teaching shadow puppet plays of traditional stories in the Mohegan language to her Youth Camp. Madeline played a critical role in all aspects of the development and production of these plays which were intended to help children gain a deeper understanding for their heritage and native tongue. She went on to receive a degree in Theater from New York University (NYU) where she also served as Co-President of the Native American Club. Since graduating, Madeline has performed a Native play by William Yellowrobe Jr. and still plays an active role on the campus of NYU as she continues her education. Madeline also writes about her homeland including one short story in University of Nebraska's forthcoming Anthology of New England Native Literature. She is currently working on her Masters' thesis which will be a play illustrating the life of her ancestor Fidelia Fielding, the last fluent speaker of the Mohegan language- to be performed in NYC this spring before performing to her tribe back home.

Desiree Vea Koloa, HI

When Desiree Vea returned home to Hawaii in 2009 after attending college in New York, homelessness was at its highest since 1997, with its highest rates among Native Hawaiian. Moved by the needs of her community, Desiree began developing a curriculum to help homeless families transition to permanent rentals. During this time, Desiree helped the community see how important their voice was and as the 2011 legislative session began in Hawaii, she conducted her first workshop of 12 people who came together to organize a poverty simulation at the capitol. This group continued with her support to create community cash-flow projects, multi-family markets and micro-enterprise. Now they are rebuilding their community on their own and creating models for other communities.

Iko'tsimiskimaki "Ekoo" Beck Blackfeet Missoula, MT

Iko'tsimiskimaki "Ekoo" Beck is an advocate against bullying and after earning the My Idea Grant from AT&T and America's Promise Alliance, she was able to fund her project "Inspire to Lead." With this program, Ekoo has implemented a program which is providing peer led prejudice reduction, violence prevention trainings for high school, middle school and elementary school students as well as after school programs.

In the course of these trainings, participants learn more about the effects of bullying, prejudice and racism and how to end it. Ekoo's program has impacted hundreds of students in Missoula through community and peer leaders. Due to Ekoo's work on this important issue, she was appointed as a youth representative on the Board of Directors of America's Promise Alliance led by and founded by General Colin Powell and Alma Powell.

Emmet Yepa Jemez Pueblo Jemez Pueblo, NM

Emmet Yepa from the Jemez Pueblo tribe in New Mexico, is an environmental advocate in his tribe and wants to find solutions to help educate his people and future generations about the importance of recycling. Emmet helped to form the Walatowa Green Stars Recycling Group in 2010 which consists of four youth members and is focused on preserving and keeping their ancestral lands beautiful through recycling. Despite initial challenges to get approval, the Green Stars persisted and currently educate students at local schools and have implemented recycling bins in designated areas within their Pueblo. Since 2010, Walatowa Green Stars had been recognized with numerous awards and given opportunities to speak at local and national conferences. Emmet's ultimate goal is for his tribe to eventually have its very own Recycling Center.

Continued on page 14

Champions of Change

Continued from page 13

Lorna Her Many Horses

Rosebud

Rosebud, SD

Lorna Her Many Horses is dedicated to honoring the American Indian soldiers and veterans who serve this country at a higher per capita rate than any other ethnic group. She has worked with elders and language teachers to translate the Star Spangled Banner into Lakota and Dakota because she feels that our soldiers and veterans deserve to be honored in their own language. To make this a reality, along with the help of others, she was able to record and produced CD's in her own community that have been given out to hundreds of Native American veterans and soldiers, and more than 50 schools and youth organizations.

Tiffany Calabaza

Kewa

(formerly Santo Domingo Pueblo) Colorado Springs, CO

Tiffany Calabaza is currently a student at Colorado College and has helped bring renewable energy technology to her hometown of Kewa, New Mexico. Tiffany worked with her advisor and others at Colorado College along with tribal community members and tribal community leaders on education and development of the energy technology. Through her community based research, everyone agreed upon converting one of their community windmills into a solar water pumping station which will pump ground water in a more efficient fashion allowing

livestock and other small wildlife to have a source of drinking water. The project continues to involve both Colorado College students as well as Kewa tribal members. The goal is to educate her community on renewable energy technologies so that it will raise awareness on the efficiency and benefits of engaging with this technology. Overall, Tiffany's goal is to provide her people with solutions to allow the cattle to spread evenly throughout the rangelands and avoid over grazing, preventing further damage to our land.

Cassandra Candice Steele

Pinoleville Pomo Nation

Ukiah, CA

Cassandra Steele started her tribe's first traditional Pomo dance group and continues to work with a youth group she started to preserve their culture by learning traditions of basket-making, fishing, gathering, beading, speaking the Pomo language, singing traditional songs and ceremonial dancing. Cassandra arranges fundraisers, activities and talking circles for her youth group which she works to keep inclusive of those not only in her tribe but for any children who want to participate. The main focus of the group is to improving life for young people in her community by preventing teen pregnancy, drug and alcohol abuse, suicide, bullying, and preserving their culture and tradition. In addition, Cassandra works to teach environmentally friendly practices to her community, including building a proto type house for their tribal citizens. In July 2011, they broke

ground on their first house which will use solar energy, composting toilets, rain water catch system, grey water system and hay bale materials with a culturally inspired physical design. Cassandra remains focused on bridging the gap between the elders and youth in her community to preserve their culture for future generations.

Dallas Duplessis

Alaskan Native

Tulalip, WA

Dallas Duplessis is an advocate for healthier eating on her reservation. After seeing firsthand the negative effects of unhealthy eating habits, Dallas was focused on making a difference. Dallas and her family have been involved in the Hilbulb Cultural Center program "Growing Together as families" which teaches families healthy eating habits. From her involvement with the Cultural Center, Dallas was inspired to start the Tulalip Youth Gardeners Club to inspire other kids to garden together with their families. Since the start of the club, they have been able to teach kids to learn about gardening during the opening of the Hilbulb Center, at the Boys and Girls Club and at the Evergreen State Fair where they won ten ribbons. As their club says, their goal is not to be couch potatoes but to grow some potatoes.

###

[www.WhiteHouse.gov/
NativeAmericans](http://www.WhiteHouse.gov/NativeAmericans)

FOR YOUR HEALTH

Submitted by Donna Johnson, RN/Diabetes Case Manager

A FISH TALE

The American Heart Association recommends eating fish twice per week. Several studies have shown that having a diet higher in fish and omega 3 fatty acids may reduce the risks of cardiovascular disease in people with Type 2 Diabetes. Fatty fish are good sources of omega-3 fatty acids. Omega- 3 fatty acids are polyunsaturated fatty acids with two main components, eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). These include sardines, salmon, trout, herring, mackerel, and halibut.

We have to also be aware that some fish can contain mercury. The Food and Drug Administration (FDA) advise that children and pregnant women avoid fish that have the potential for elevated levels of mercury. These can include king mackerel, shark, and swordfish. Local fishing advisories can provide updates regarding fish in local areas.

For those of us that have limited access to fish, do not eat fish or just plain can't afford it, fish oil supplements may be an option. Supplements may also be an option for those that cannot achieve the recommended 1 gram per day of omega-3 through diet alone. Most fish oil in the U.S. provides 180mg of EPA and 120mg of DHA per capsule. This means that up to three capsules may



have to be taken in order to get the recommended dose of 1 gram per day of omega-3.

Fish oil supplements can have some draw backs. They can increase the potential for bleeding in some. Fish

oil capsules can also cause you to belch a fishy aftertaste. Trying different brands or coated capsules may alleviate this unpleasant problem. If you have any allergies to fish, you should avoid fish oil. Supplements are essentially mercury free.

Currently the FDA does not regulate supplements or herbs, therefore there is no guarantee that the over the counter supplements contain the exact strength that is listed. There are a couple of ways to ensure you get the best quality fish oil supplements. Ask your doctor which brand they recommend. Store brands are often as good as name brands. Look to make sure your bottle has a USP label. The US Pharmacopeia has a program called the Dietary Supplement Verification Program. This program works to ensure product ingredients are accurate, pure and will dissolve properly. They also make sure that the manufacturer has used good manufacturing practices. There is also an Omega-3 called Lovaza, available by prescription. Since this column is for informational purposes only, consult your Healthcare Provider, before starting any over the counter supplement.

Tips for Cooking Fish

Enjoy fish baked or grilled, not fried.

Choose low-sodium, low-fat seasonings such as spices, herbs, lemon juice and other flavorings in cooking and at the table.



For more information visit www.pouchcreekindians-nsn.gov

MEMORIES FROM THE 2011 CHRISTMAS PARADE!



Congratulations to Gaming Commission "Jack In The Box" for placing first in Poarch's parade and third in Atmore's parade. Congratulations to Public Works "Tonka Trucks" for placing second in Poarch's parade and FIRST in Atmore's parade, and congratulations to the Wellness & Activities Center "Toy Plane" for placing third in Poarch's parade!

Creek Indian Enterprises Development Authority (CIEDA) Small Business Loan Program

Creek Indian Enterprises Development Authority offers valuable business assistance to Tribal Members seeking small business loans.

Getting your loan request approved depends on how well you represent yourself, your business, and your financial needs. The lending limit

may extend up to \$50,000.00 in aggregate to any Tribal Member.

All loans exceeding these limits must be approved by the CIEDA Board of Directors. Additional credit criteria as well as loan collateralizing requirements apply.

If you are a Tribal Member who owns a business or is thinking about starting a business and interested in obtaining a small business loan, please contact Donna Henry, Economic Development Coordinator at 251-368-0819, or by e-mail at dhenry@pcicie.com for additional information.

THE NEW YEAR BRINGS CHANGES TO FAMILY SERVICES DEPARTMENT

The Family Services Department starts the new year with a new director; Mrs. Martha Gookin. Martha has worked in the Family Services Department for several years as the Family Services Coordinator. With the departure of Carolyn White, Martha applied for and was hired to fill the director position. Martha and her staff wish Carolyn the best of luck in her new job as Legislative Assistant in the Legal Department.



*Martha Gookin
Family Services Director*

The Family Services Department staff also includes Kathy Ledkins, Special Assistant; Wanda Fowler, Adult Services Coordinator; Melissa Durden, Victim's Advocacy Coordinator; Amanda Montgomery, Community Services Coordinator; Judy Camden, Stella Rutherford and Tiffany Jones Family Service Clerks; and Juanita Slate, Angela Bartley, and Shirley "Pug" Roberson, Homemaker Aides.

Martha and her staff would like to refresh everyone's memory as to the services provided through their department:

1. Adult & Child Welfare issues. These services are offered for child and adult protection and for supportive services to assist individuals in remaining at home whenever possible.
2. The Indian Child Welfare Act (ICWA) sets the standard for casework practice for children in danger of being removed from their home.
3. The Adult Services Program provides assistance with homemaker services, case management for all open cases,

and assistance with other elder and adult issues.

4. Domestic Violence intervention and recovery. The domestic violence program assists victims of family violence or spousal abuse to become and to remain safe from abuse, and operates the Creek Safe haven Shelter.

5. Financial Assistance. The financial assistance is administered through the Community Services Program. Two programs are funded from federal programs- LIHEAP, and CSBG- and one program is funded for tribal member emergency assistance- The (TEF) Tribal Emergency Fund. All of these forms of assistance are for tribal members only.

Any tribal member or adult member of a tribal household is eligible to come to the Family Services Department to make application for any of our services. The contact information is 1-251-368-9136 ext:2600.

If you or a loved one is a victim of domestic violence please contact Melissa Durden, Victim's Advocacy Coordinator, for assistance or information at (251) 368-9136 ext. 2212 or via email at mdurden@pci-nsn.gov. You are not alone; we are here to help you. Stop the Violence * Prevent the Abuse

If you suspect fraud, waste, or abuse in any of the Community Services Programs (LIHEAP, Community Services Block Grant, Child Care, or Tribal Emergency Fund), please contact the Family Services Department at (251) 368-9136 Ext. 2600.

LEARNING IS FUN AT THE FRED L. MCGHEE EARLY LEARNING CENTER



The students at the Fred L. McGhee Early Learning Center (FLMELC) were encouraged to read books through the month of September. The child who read the most books would be treated to a ride on the fire truck to the FLMELC. The top reader was Tabitha Schwieger. Tabitha is shown above with (l-r) Michael Wood, Paul Garner, Trent Lambert and Brice Agerton.



The week of October 10th-14th FLMELC observed Fire Safety Week. The Poarch Fire Department sent each shift to discuss fire safety and the procedures if a fire occurred at their home. To finish the unit, the children visited the Fire Department at Poarch. The students are shown above with Chris McGhee (center) and the guys from A shift.

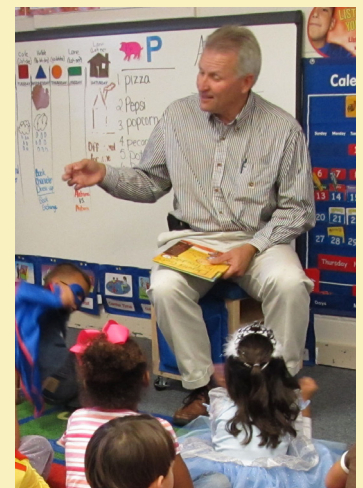


Reading with Arthur Mothershed

During the week of Nov. 14th-18th the FLMELC observed National Book week. Each day, a Tribal Council member read to the children. The Tribal Council who participated were Arthur Mothershed, David Gehman, Stephanie Bryan, and Robbie McGhee. We want to say a "thank you" for these council members who gave the children such a special treat on Nov. 16th. The children dressed up as a book character from a book and had a book exchange as well.



Reading with Robbie McGhee



Reading with David Gehman



Reading with Stephanie Bryan

Em Vnicv: The Spirit of Helpfulness

Submitted by Deidra Suwanee Dees, Ed.D.

The 1950s original tribal roll book has become the most sought after document in the Office of Archives and Records Management! Tribal Members have had family reunions sitting around the book looking for the names of their grandmothers and grandfathers. Seeing these names brings to their remembrance deep-rooted family stories that have been silenced by the dust of time. This important record on tribal history had lain dormant for over sixty years until it was given new life in a news article published in the October 2011 issue of the *Poarch Creek News*.

In that article, I described how Mrs. Roberta McGhee Sells (called Aunt Bert) said Chief Calvin McGhee asked her to compile the roll book for the Tribe in response to the Indian Claims Commission Act of 1946 which empowered Creeks to file for land claims settlements. I learned that Aunt Bert had *em vnicv*, which means that she had helpers. These Muscogee words *em vnicv* characterize the spirit of helpfulness of the 1950s where people in the community banded together and supported events for the good of the



Arentha "Aunt Rent" McGhee

Tribe—not the individual—usually without payment or recognition.

One prominent helper was Aunt Bert's sister-in-law Mrs. Arentha McGhee who worked with Aunt Bert by signing up Creeks for the tribal roll. She was married to Aunt Bert's brother Mr. Willis McGhee who has passed on. "I helped from 8:00 or 9:00 in the morning to about 2:00 in the afternoon. Then I had to take care of my baby—two years old," she said. At age 90, Aunt Rent has a mind as sharp as a teen.

"I'm not Indian but I've lived here for 70 years," Aunt Rent said recalling that she used to be a substitute teacher for the fourth graders at the Consolidated Indian School. She is the mother of Mary Jane Tullis who is married to Tribal Councilman Eddie Tullis, who has served

this community for decades. Aunt Rent also worked with the senior citizens for a number of years saying, "This community has really been good to me."

She recalled others in addition to Aunt Bert who helped sign up Creeks for the tribal roll including Mrs. Ernestine Daughtry and Mr. LaVan Martin. They had little tables set up outside the front of the Consolidated Indian School so that people could lay out their family information. Some of the women would help take care of the small children while the others did the enrollment paperwork. "People would come from all different places" to sign up she said.

When they finished the roll in December 1950, they had signed up 4,658 Creek families! What an amazing amount of work these workers did all for the development of the Tribe! This tribal roll laid a foundation for the reorganization of the tribal government, the land claims settlements and federal recognition which opened the doors to our future. The workers set a standard of *em vnicv*, the spirit of helpfulness, as an example for future generations to follow.

For more information visit www.pouchcreekindians-nsn.gov

TRIBAL MEMBER SUBMISSIONS

Five Flourishing Generations of Poarch Creek Women

September 8, 2011 marked the momentous occasion of the birth of Emmee Gracyn Hayes...and the birth of the fifth generation of Poarch Creek women in the Ernestine McGhee Daughtry family line. Emmee weighed 5 pound 15 ounces and was 19 ½ inches long. She was welcomed by great-great grandmother Ernestine McGhee Daughtry, great-grandmother Jackie Smith, grandmother Denise Young, and mother Mallory Young. Also included in the welcoming committee were "Auntie Meg," "Papa Phillip," and father Curtis Hayes, as well as numerous aunts, uncles, and cousins.

Emmee's birth not only signifies that the Poarch Creek Indians are thriving, but it also signifies that yet another generation has sustained. The Poarch Creek Indians are not a people of the past; we are not just a people from the pages of a history book. Rather, we are a living people of the present. With each new tribal member's birth, we are assured that our legacy is not lost.

Every upcoming generation presents us with an opportunity that we should



Ernestine McGhee Daughtry holds her great-great granddaughter, Emmee Gracyn Hayes. Standing left to right are Ernestine's daughter Jackie Smith, her granddaughter Denise Young, and her great granddaughter Mallory Young, mother of Emmee.

seize. Each of us is tasked with the responsibility to ensure that we teach these future generations the important lessons in life. We should teach them the values that will make them an upstanding and contributing member of society. We should teach them the importance of respect for oneself and one's elders, that it is truly better to give than to receive and that a spirit of gratitude will carry them farther in life than a spirit of entitlement. Our children need to understand and appreciate their Mvskoke culture and

Submitted by Denise Young

what it is that makes them special and unique as a Native American person. They need to hear the stories of "how things used to be." Emmee is fortunate to hear these stories from her great-great Grandmother, great-Grandmother and Grandmother. Great-great Grandmother Ernestine may regale her school days and explain how hard it was to receive a basic education for the Indian children in the community. Great-Grandmother Jackie will reveal remembrances triggered by pictures in family photo albums. Grandmother Denise will share how her faith in God sustained her through many personal trials and how that faith still remains steadfast. As Mvskoke people and members of the Poarch Creek Indians, we have traveled a long road with many ups and downs. We are a resilient people. However, it is of the utmost importance that we instill the proper values in our upcoming generations so we may be resilient still. It is my sincere hope that we should all live to see our own flourishing fifth generation of Poarch Creek lineage.



LCPL Nathan Gipson

Another Tribal Member answering the call to serve his country & Tribe.

Gipson Deployed to Afghanistan

LCPL Nathan Gipson has been deployed to Afghanistan for his second tour of duty.

Nathan is the son of Doug and Carol Gipson and the great nephew of Thelma Henson.

We love you and our prayers will be with you daily.

Wellness & Activities Authority

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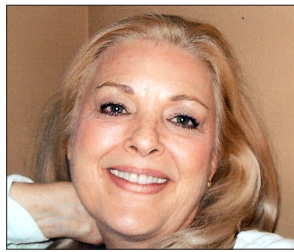
Visors \$1 / Ball Caps \$2

Contact Kimberly Rolin

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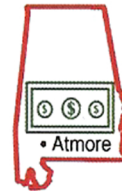
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NCAI FELLOWSHIP ANNOUNCEMENT | The NCAI Native Graduate Health Fellowship

The NCAI Native Graduate Health Fellowship aims to address the stark disparities in Native health. Applications are due via email to Katie Jones at kjones@ncai.org by Friday, January 20, 2012. A completed application submission must include a personal/education information form, an essay, a resume or curriculum vitae, and two letters of recommendation. Applicants will be notified of their status by February 15, 2012. Please find the application materials and more information linked below:

- Graduate Health Fellowship Application

<http://www.ncai.org/fileadmin/broadcasts/2011/December/Attachments/NCAI%20Graduate%20Health%20Fellowship%20-%20Application.pdf>

- Reference

<http://www.ncai.org/fileadmin/broadcasts/2011/December/Attachments/NCAI%20Graduate%20Health%20Fellowship%20-%20Reference%20Form.pdf>

- Fellowship Announcement

NCAI Contact Information: Katie Jones, Legislative Fellow - kjones@ncai.org

Poarch Creek News/January 2012

Pale-Hokkolen Hymken-tvlaken

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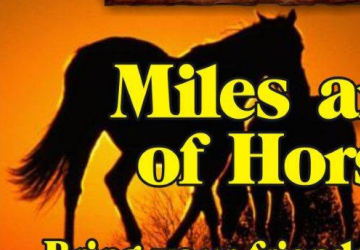
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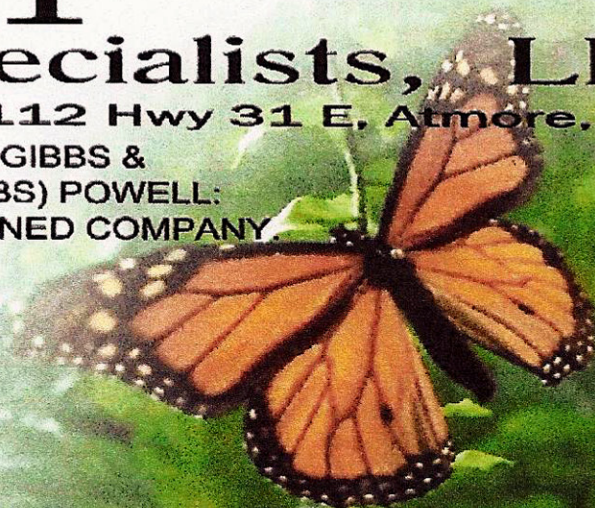
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- * LANDSCAPING
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JANUARY 2011

Tribal Council Meetings

Thursday, January 5th & 19th
4:00 p.m.
Tribal Council Chambers

Tribal Court Sessions

Monday, January 2nd & 16th
9:00 a.m.
Tribal Courtroom

NA Meetings

Every Saturday
7:00 p.m.
Turning Point Facility

CIEDA Meetings

Friday, January 6th & 20th
7:30 a.m.
CIEDA Offices

CMCMA

Tuesday, January 10th & 24th
5:30 p.m.
Welcome Center

Housing Authority Meetings

Thursday, January 12th & 26th
5:00 p.m.
Building 400 Conference Room

Wellness & Activities Authority Meetings

Tuesday, January 10th & 24th
11:00 a.m.
Wellness & Activities Center (Gym)

TERO Commission Meetings

Tuesday, January 10th & 24th

3:00 p.m.
TERO Offices

Education Classes/Club Meetings 4-H Club

Monday, January 9th & 23rd
6:00 p.m.
Education Department

Homework Club

Monday-Thursday
5:00 p.m. - 7:30 p.m.
Grades 1-12
All through school year
Education Department

After School Tutoring

Monday - Thursday
3:30 p.m. - 5:00 p.m.
Grades 1-6
All through school year
Education Department

GED Classes

Tuesday, Wednesday, & Thursday
5:00 p.m. - 7:00 p.m.
Education Department

Wellness & Activities Programs Gym Hours

Monday - Friday
8:00 a.m. - 8:00 p.m.
(closed from 3:30 p.m. - 5:30 p.m.
for Boys & Girls Club)
Saturday 11:30 a.m. - 4:30 p.m.

Dance Classes/Every Monday

4:00 P.m. Senior Adults

5:30 P.m. K4-K5
6:30 P.m. 1st - 4th Grade

Dance Class/Every Tuesday

5:30 P.m. 5th & 6th Grade
6:30 P.m. 7th - 12th Grade
7:30 P.m. Adult

Weight Room

Monday - Friday
6:00 a.m. - 8:00 P.m.
Saturday 11:30 a.m. - 4:30 p.m.

Ladie's 30 Minute Circuit Workout

Monday & Wednesday
5:30 p.m. - 6:30 p.m.
Tuesday & Thursday
12:00 noon - 1:00 p.m.

2011 Sports Banquet

February 3, 2012

RSVP by January 13, 2012

Athlete of the Year

***Registration Deadline
January 13, 2012***

Other Dates To Remember This Month

***Tribal Offices Closed January 2,
2012 in observance of New Year's
Day***

***Deadline to submit information to be
published in the February newsletter
is Tuesday, January 10, 2012.***

Newsletter Contact Information

Poarch Creek News

Gayle Johnson, Media Specialist
(251) 368-9136 x 2210 gjohnson@pci-nsn.gov
5811 Jack Spring Road, Atmore, AL 36502
www.poarchcreekindians-nsn.gov
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