VOLUME 31 • ISSUE 08 Keeping the friends & family of Poarch informed Hvyo-Rakko (August)

Introducing Tribal Council Member Kevin McGhee and bis family

Cokv-Tvlvme (joh-guh duh-luh-mee /newspaper)



Poarch Creek News / Hvyo-Rakko (August) 2013

CHAIRMAN'S CORNER AUGUST 2013

The Land and Natural Resources Legislative Committee is holding a meeting to discuss wildlife management and hunting on Tribal Lands on August 12th at the Coosawada Ballroom at Wind Creek Casino and Hotel. I encourage all Tribal Member hunters to attend and help us put in place rules, regulations, and guidelines that will ensure the longevity of the wildlife at Magnolia **Branch Wildlife Reserve.**

You will see a photo and short article on page 18 wherein some of our Tribal Swim Team members have been recognized by the Mobile Optimist Club. The success of the swim team has been a pleasant surprise and I look forward to seeing what else this swim team can do.

I am sure you have noticed the submissions honoring recent graduates and academic achievements.

It is great to see that our Buford L. Rolin, Tribal Chairman tlancaster@pci-nsn.gov youth are doing so well academically. As Nelson Mandela once said, "Education is the most powerful weapon you can use to change the world." I congratulate each one on their graduation and outstanding academic achievements. Many of these graduates will be recognized during the Academic

Achievement Banquet Wind Creek on Tuesday, August 6, 2013.

> There are several events going on in Tuscumbia, AL in September that you may be interested in, be sure to read the article

on page 25, contact Robert Thrower, Tribal

Historic Preservation Officer at rthrower@pci-nsn.gov for more information on these events.

Hope to see you at the Annual Sovereignty Celebration on Saturday, August 31, 2013.

Tribal Council Executive Officers



Stephanie Bryan Vice Chair sbryan@pci-nsn.gov

David W. Gehman

dgehman@pci-nsn.gov

Secretary



Tribal Council Members At Large

Sandy Hollinger At Large shollinger@pci-nsn.gov

Kevin McGhee At Large kdmcghee@pcigaming.com



Keith Martin At Large kmartin@pci-nsn.gov

Garvis Sells At Large





Robert McGhee Treasurer rmcghee@pci-nsn.gov



Arthur Mothershed At Large amothershed@pcigaming.com

The Council's Purpose Our love for our people and our commitment to their future drives us to make tough decisions and stand by them to provide stable governance. With our blend of mature wisdom and modern knowledge, we grow the Tribe's assets to build self-reliance and enhance quality of life for all.

REGULAR FEATURES

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

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.

The Minutes Insert is not published in the newsletters received by those on the Subscription Mailing List.



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THERE ARE 3074 ENROLLED MEMBERS OF THE POARCH BAND OF CREEK INDIANS.

TRIBAL MEMBERS AGE 18 & UP!

HELP US HELP YOU!

EMAIL YOUR CONTACT INFORMATION TO

info@pci-nsn.gov

IF YOU WOULD LIKE TO BE ADDED TO THE TRIBAL MEMBER DISTRIBUTION LIST FOR DISSEMINATION OF UPDATED NEWS & INFORMATION!

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Don't forget Tribal ID and Family pass are required for free admission when attending the Annual Sovereignty Celebration on August 31st!

Newsletter Information & Deadlines

The Poarch Creek News is the official newsletter of the Poarch Band of Creek Indians. The newsletter is furnished to Tribal Members, widows/widowers of deceased Tribal Members, Tribal entities, and representatives of agencies providing funding, i.e. IHS, NRCS, and official representatives of other Federally Recognized Indian Tribes at no cost. Non-Tribal Members interested in receiving the Poarch Creek News must pay an annual subscription fee.

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 news, updates, and information to Tribal Members. We reserve the right to edit or refuse any item submitted 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 business day.

Due to space limitations, submitted articles should be limited to 500 words or less. Photos are limited to one photo per article submission. When forwarding a photo for publication in the newsletter, please be aware of the quality of the photo you are sending. We all want to look our best when we see ourselves in print! Over the past year we have received several photos that were of poor quality and did not publish well. If possible, do not use photos from a newspaper or magazine. If there is a photo in a newspaper or magazine that you would like to use, please contact the publication and ask them for a digital copy of the original. When using copiers or scanners to scan your photo, please check your settings. When using a scanner that gives you the option, please set the resolution at 300 pixels per inch. If all else fails, you can bring or send the original photo to the Poarch Creek News; it will be scanned, saved, and returned to vou.

Submissions such as obituaries, birth announcements, wedding & engagement announcements, and birthday & anniversary wishes are limited to Tribal Members & spouses, First Generation & spouses, and those living in a Tribal Member household.

Obituaries/Family Thanks will be published if submitted by the last business day of the second month immediately following the death.

Birth Announcements will be published as long as the information is received by the last business day of the month immediately following the birth.

Engagement/Wedding Announcements will be published as long as the information is received by the last business day of the month immediately following the engagement/wedding.

Birthday & Anniversary Wishes may be published the month before, the month of, or the month after the birthday/anniversary. Birthday wishes are limited to 30 words or less, excluding name and birth date.

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KEVIN MCGHEE, TRIBAL COUNCIL MEMBER

by Gayle Johnson

Kevin McGhee made his first step into the political arena when he submitted his Letter of Candidacy for the At-Large position on this year's Tribal Election Ballot. He received the majority votes for this position and was elected to a three year term. He was sworn in by Judge Joseph Brogden on June 6, 2013 and has been actively involved in the leadership of the Tribe as a part-time Council member since that time.

Kevin is the son of Shirley Von and Eldnar McGhee. He is a lifelong resident of the Poarch Community. favorite His childhood memories include playing with his cousins at his Granny's (Treacy McGhee) house. He is married to Tawana McDuffie McGhee; they have three daughters, Stacey, Courtney, and Kennedy, and one grandson, three year old Kaiden McDuffie. "Marrying my best friend is one of the greatest accomplishments of my life, followed by raising three beautiful daughters and discovering how the world changes for you in ways you never expect when you become a grandparent. Family is very important to me and is a major



Kevin & Tawana McGhee priority of my life."

earned his BBA Kevin (Bachelor's Degree in Business Administration) from Faulkner University in 2012. He is employed with PCI Gaming at Wind Creek Casino as Entertainment Center Manager. Prior to going to work with PCI Gaming, he worked for the Tribe in the accounting field. He started as a Bookkeeper in Federal Accounting in 1996 and was employed as the Housing Accounting Director when he left to work for PCI Gaming.

Who has been the most influential person in Kevin's life and what is he most proud of as a Tribal Member? "My mother, Eldnar McGhee, has always been the most influential person in my life, she has shown me you should always be loyal to, and care for, your family and community. I am proud to be a member of the Poarch Band of Creek Indians. I am proud of my native heritage and how our ancestors fought seemingly insurmountable odds to get us to where we are today."

Although this is Kevin's first term on the Council, he hopes it is not his last. It is his goal to serve his people for a long time and be instrumental in the future growth of the Tribe and addressing issues that affect the well-being and life of Tribal Members. "I have not been actively involved in Tribal politics for long, but my interest increases as our Tribe continues to grow. I feel that it is important for the younger Tribal generation to get more involved in today's leadership to continue our growth and success." When asked to compare the issues facing today's Council to those faced by previous Councils, he states "Today's issues have become more complex. Our current Council not only addresses Federal, State, and Local governmental issues, but also addresses the internal Tribal issues and concerns that increase as we grow."

Kevin has been appointed to serve on the Governmental Affairs Legislative Committee and the Budget/Finance Legislative Committee of the Tribal Council. The Governmental Affairs Legislative Committee addresses the Tribe's legal stance with the Federal, State, and Local governments; the Budget/ Finance Legislative Committee is tasked with providing funding and programs to better the lives of Tribal Members.

Where does he see the Tribe in ten years and what would he be doing if not serving on the Council? "In ten years I see our Tribe as a profitable business that continues to provide better and more stable lives to all Tribal Members. If I were not serving on the Council, I would be making myself more knowledgeable of Tribal affairs with the goal of serving on the Council. I would continue my employment with PCI Gaming/



Kevin's daughters Kennedy and Courtney McGhee and Stacey McDuffie

could better provide for my family and I would be continuing my education to obtain a Master's 251-359-1932. Degree."

Since Kevin is newly elected and is a part-time Council member he is still working on how to best schedule his time to best serve you the Tribal Member.

His office will be located at the Tribal Council Offices located on Highway 21; once his schedule has been set he will publish his schedule in the newsletter to

Wind Creek Casino so that I let everyone know. Until that time, feel free to contact him at kdmghee@pcigaming.com or



Kevin's grandson, Kaiden McDuffie

CALLING ALL HUNTERS

The Land and Natural Resources Legislative Committee is holding a meeting to discuss wildlife management and hunting on Tribal Lands.

When: August 12, 2013 - 6:00 pm Where: Wind Creek Casino – Atmore Coosawada Ballroom

Tribal Athletic Commission

The Tribal Council has announced three vacancies on the newly established Tribal Athletic Commission. Applications will be accepted through Friday, August 30, 2013. If you are interested in applying for one of these positions, applications are available on the Tribal Council page of the Tribe's web site www.pci-nsn.gov or you can pick up an application at the Tribal Council Offices located on Hwy 21.

All applications should be returned to the Tribal Council Office by 5:00 p.m. on Friday, August 30, 2013. Please contact Kelli Ramer, Tribal Council Liaison, at (251) 446-1140 if you have any questions.

HONORING OUR VETERANS

"Veterans are fathers, mothers, sons, daughters, brothers, sisters, friends and lovers. They are the elderly people who can barely stand but refuse to sit when Old Glory passes by. They are the people, young and old, who sit quietly thinking of a plan when everyone else is panicking. They are the ones who stand up for somebody's rights even though they may disagree with them. They are the ones who celebrate Memorial Day and Veterans Day everyday of the year. They are the people who keep going when everybody else gives up. They know the meaning of "The Ultimate Sacrifice" and are willing to make it without a second thought. They do not ask for praise or glory, only that you Honor those who have given their all." Robert A. Sanchas

The *Poarch Creek News* would like to honor our Tribal Member veterans for their sacrifice, dedication, and service. We are asking all Tribal Member families to send in information on any Tribal Member veterans you may know. We wish to honor <u>all</u> veterans: male and female, those who paid the ultimate sacrifice in the service of our country, those who has passed, those who have served, and those who continue to serve.

We would like the veteran's name, Tribal roll number, rank, branch of service, DD214 information, and any medals or awards received. Please identify duty stations, deployment dates and locations, etc, as well as a short bio of three hundred words or less of their personal life such as marriage, children, education, employment, etc.

We will begin honoring our veterans in a special insert in the November newsletter that will feature the name, rank, branch of service, and photo of each Tribal Member veteran whose information is submitted by Thursday, October 10th, the submission deadline for the November newsletter.



The January 2014 newsletter will feature our first *Veteran Of The Month*; this information will be published via random selection and will be pulled from the submissions received. We will accept veteran submissions from this time forward and will feature a veteran each month as long as we have submissions.

You may submit veteran's information via email to gjohnson@pci-nsn.gov, hand delivery to the *Poarch Creek News*, or via US Mail to Poarch Creek News, 5811 Jack Springs Road, Atmore, AL 36502. Please be sure to include return address and contact information.

Gayle Johnson, Media Specialist Poarch Creek News



May our children and our children's children to a thousand generations, continue to enjoy the benefits conferred upon us by a united country, and have cause yet to rejoice under those glorious institutions bequeathed us by Washington and his competers.

President Abraham Lincoln, October 4, 1862. Speech at Frederick, Maryland

TRIBE DONATES TO AREA ORGANIZATIONS

The Poarch Band of Creek Indians Tribal Council presented checks totaling \$150,000 to four organizations, as part of its planned giving campaign. These contributions will fund local healthcare and community services. The Tribe's contributions will help to balance funding cuts in organizations as varied as the D.W. McMillan Hospital, Mennonite Disaster Relief, Volunteers of America, and the Hannah Grace Foundation.

"One of the most important things we can do is give back to the community," said Tribal Chairman Buford L. Rolin, "It is important that we help these organizations, they do so much for so many by helping those in need and improving the lives of people in the community and our State."

The Tribe's donations include:

- \$50,000 to the Mennonite Disaster Relief.
- \$50,000 to the Volunteers of America.
- \$25,000 to the D.W. McMillan Hospital.
- \$25,000 to the Hannah Grace Foundation.

"Most all rural hospitals in Alabama are currently experiencing significant financial challenges. This gift from PCI will enable us to replace our mammography equipment with a new "state of the art" digital mammography machine," said Chris Griffin, D.W. McMillan Memorial Hospital Administrator. "We are truly thankful for PCI's generosity and for their willingness to be a healthcare partner with us, as we work to improve our technology and ultimately the quality of care for our patients. The digital mammography equipment will be the center piece of our planned renovated "Women's Center" here at the hospital.



Left to right, Paul Mcllendon, Volunteers of America, Michael Dillaber, Mennonite Disaster Services, Breann Rolin, Hannah Grace Foundation, and Chris Griffen, D.W. McMillian Hospital.

Press Release Dated June 20, 2013 Sharon Delmar, Public Relations Tribal Liaison

SENIOR SERVICES PROGRAM HOSTS SENIOR PROM

Put on your fancy duds and let's dance! The Senior Services Department hosted its first annual Senior Prom on Friday, June 21, 2013. Guests danced the night away to music from the Deep South Band. A great time was had by all who attended.

Shown to the left is the Prom King and Queen and their royal court. Left to right Maxine Johnson, Johnny Johnson, Prom Queen Rose McGhee, Prom King Levon McGhee, Lois Amos, and Jack Lee.

Visit the Community Life page on the Tribe's web site (*www.pci-nsn.gov*)to see more photos of our Seniors dressed to impress!



LOCAL CHURCH RECOGNIZES TRIBAL MEMBER VETERANS

With words and songs, videos and photographs, the congregation of Atmore First Assembly of God always presents a touching program near the Fourth of July. This year's Celebration of Freedom was presented Sunday, June 30. Each year, all branches of the military are honored. Active duty servicemen and servicewomen are honored. Veterans are honored. And always a few veterans are singled out and honored for their service. Among those honored this year were four Tribal Members, Alton Jackson, Larry Jackson, Lee Van Martin, and Willis McGhee.

Coxswain Alton Jackson (deceased), United States Navy, 1944-1946, USS Ransom / NRB Nola, World War II veteran. He received the Good Conduct Medal, American Area Campaign Ribbon, Asiatic Pacific Campaign Ribbon (two stars), Philippine Liberation Campaign Ribbon (one star), Navy Unit Commendation, WWII Victory Medal, and National Defense Medal. His plaque accepted by his grandson, Larry William Jackson.

Corporal Larry Jackson (deceased), United States Army, 1966-1969, Battery B – 6th Battalion, 8th Artillery – 5th Army, served in Korea. Corporal Jackson received the Good Conduct Medal, National Defense Service Medal, and American Defense Medal. His plaque accepted by his widow, Linda Jackson, and his son, Larry William Jackson.

To the right > Honoring the late Lavan Martin

Pam Martin and Rev. Don Davis.

To the right > Honoring the late Willis McGhee,

Kent McGhee and Rev. Don Davis.





Chief Warrant Officer IV Lee V.E. Martin (deceased), United States Army, 1953-1975, NATO Communication Management, North Atlantic Treaty Organization, Office of Deputy Director General, 3rd Armored Division. He received the Army Good Conduct Medal (three times). Army Commendation Medal (two times), Legion of Merit; Joint Service Commendation; Meritorious Service Medal, National Defense Medal, and Army WWII Occupation Medal. His plaque was accepted by his daughter, Pam Martin.

Private First Class Willis McGhee (deceased), United States Army, World War II veteran, 1942-1945, 231st Station Hospital. He received the Good Conduct Medal, National Defense Medal, American Defense Medal, and WWII Victory Medal. His plaque accepted by his son, Kent McGhee.

This is a portion of the Atmore News article Celebrating Freedom by Sherry Digman - See more at <u>Atmore News.</u>



Honoring the late Alton Jackson Larry W. Jackson and Rev. Don Davis.



Honoring the late Larry Jackson Larry W. Jackson, Linda Jackson, and Rev. Don Davis.

GAMING COMMISSIONERS TOUR WIND CREEK WETUMPKA

On Friday, June 14, 2013 Tribal Gaming Commissioners Vicky Burns, Sharon Smiley, Candace Fayard and Bobby McGhee along with Commission Liaison Chris Gibson toured the construction site of new Wind Creek Wetumpka. Led by Facilities Manager John Valenta and Facilities Director Johnny Ray Steadham the Commissioners toured the back of house office space, the casino floor, and the lobby of the future hotel. According to management, the new Wind Creek Wetumpka casino's estimated opening is mid December 2013.



Pictured left to right are Commissioner Bobby McGhee, Vice Chair Sharon Smiley, Commissioner Candace Fayard, and TGC Chair Vicky Burns. Not shown is Commissioner Keith Martin.



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Palen Hvmken-tvlaken 11

WILL MARTIN ATTENDS ASPIRNAUT PROGRAM

Seven students from the USET region are at Vanderbilt University Medical Center this summer working on research projects during the six week Aspirnaut program. This program allows students to work hand in hand with scientists and researchers at Vanderbilt University.

The students selected this year are Taloa Berg, Mississippi Band of Choctaw Indians; Nicodemus Bushyhead, Eastern Band of Cherokee Indians; Nicklaus Shumake, Mississippi Band of Choctaw Indians; Deon Denson, Mississippi Band of Choctaw Indians; Mack Lackey, Eastern Band of Cherokee Indians; Xan Sadongei, Eastern Band of Cherokee Indians; and Will Martin, Poarch Band of Creek Indians.

Taloa Berg and Nicodemus Bushyhead will be joining the Aspirnaut[™] program for their second year. Last year they were part of the inaugural program, sponsored by USET. Taloa recently graduated from Choctaw Central High School and has been accepted to Vanderbilt as an undergraduate for the fall semester. Nicodemus is a rising senior at Cherokee High School.

The remaining five students will attend Aspirnaut[™] for the first time. Deon Denson is a rising junior at Choctaw Central High School (Mississippi). Nicklaus Shumake will be a freshman at the University of Southern Mississippi this fall. Mack Lackey and Xan Sadongei are rising juniors at Cherokee High School (North Carolina). Will Martin is a rising sophomore at the University of Alabama.

Deon Denson is working on making a video to help prevent diabetes in American Indian Youth. "I am recording, taking pictures, and getting interviews of other teens. I am going to edit them and add sound tracks to it," Denson told USET about his work. Denson says he wants to attend Cornell University and study veterinary medicine. Coming from Mississippi to Nashville, Tennessee, Denson adds he feels right at home, "It didn't feel any different. I guess I am use to it. I don't know how, I didn't come from a big place, but I just feel use to it."

Denson is working hand in hand with some research being performed by Nicodemus Bushyhead, who is working



with ARC-GIS to plot data points on exercising while working in a human behavioral study lab at Vanderbilt. "We're doing work to see where you go and what you do (while exercising) and raise awareness to where people are attracted to exercising. In this way we can raise awareness of diabetes, the importance of exercising, and build models where people are attracted to being active," Bushyhead stated.

Will Martin

Nicodemus, while in his second year attending Aspirnaut, has become a leader among the attendees. "Maybe it's because I speak up more or the others know I have been here before," Bushyhead added. His career goal is to become a pharmacist and open a pharmacy in Cherokee.

Nicklaus Shumake is working on sequencing data out of collagen. Shumake will attend the University of Southern Mississippi this fall. Xan Sangonei told USET he would like to continue his studies after graduating Cherokee High School to pursue mechanical engineering. Taloa Berg says she will pursue an educational path to become a general practitioner physician. Mack Lackey, who will be a junior at Cherokee High School, wants to attend medical school. Will Martin, from Poarch Band of Creek Indians, is attending the University of Alabama and is working with fellow undergraduate research interns separate from high school students.

The Aspirnaut[™] Program at Vanderbilt University (VU) is working to encourage young rural students to reach their dreams while giving them resources and real life experiences in Science, Technology, Engineering, and Math (STEM) fields so that they may pursue careers as doctors, engineers, telecommunication specialists, math teachers and professors, and other related STEM career areas. The program works to beam information, resources, and research back into rural classrooms so that it may involve younger students in elementary schools, high schools and collegiate undergraduates. Over 800 students have been recipients of online conferencing and virtual laboratories. The Aspirnaut[™] program was started by Dr. Billy G. Hudson at Vanderbilt University Medical Center as part of a vision to educate and give advantages to rural students. Dr. Hudson's wife Dr. Julie

Hudson, Vanderbilt University Assistant Vice Chancellor for Health Affairs, has a hands-on working relationship with the Aspirnaut[™] Program and works closely with the students. Dr. Julie Hudson told USET leadership, "We think that the partnership works well because it uses the assets of a research university and extends those to rural schools, rural teachers, and rural leaders in education."

The Aspirnaut[™] Program has collected data on all of its participants and monitored their progress after leaving There have been no dropouts recorded the program. among the 43 high school students that have participated in the last four summers. Twenty seven are seeking some form of post secondary training or are enrolled in college according to Dr. Hudson. Hudson adds, "All but one or two of the 27 in college are enrolled in a STEM related field of study." Hudson says that the remaining 16 students are still in high school and engaging in advanced courses in math and science. "Our data is showing that students are making positive progress in the classroom and planning for education pathways past high school," Hudson commented.

For several USET members the goal is to improve the standard of living. The Aspirnaut[™] Program works to gather a diverse group of students and create unique approaches in seeking solutions for challenges in science. The students gain experience and possibly a new foothold in gaining acceptance to first rate universities. Dr. Hudson says the hope is that these students will go into a field of science. Regardless of the career pathway they choose, whether they become leaders, teachers, or administrators, they will have critical thinking skills, understand how to

influence lawmakers on funding innovations in science that will make positive affects in their community, and become positive role models for the future. Collectively, this translates into a growing and highly trained workforce for Tribal Nations.

USET Executive Director Kitcki Carroll echoes Hudson's remarks saying, "We are most excited about what has occurred up to this point. The relationship USET has with Vanderbilt is so important because it is a critical component to our overall Tribal Nation rebuilding efforts. The educational opportunities for our younger generations are paramount to accomplishing our goals of rebuilding Indian Country. We must always remember, in our efforts to rebuild our communities, that it is going to take all kinds of skill sets, all sorts of expertise."

USET President Brian Patterson told Tribal Leadership it must do everything it can to provide resources to USET Tribal youth. "We know when we invoke the power of a good mind in principle throughout our Nations that we do so with the future generations in mind. We do so while talking of the future seven generations. For the seven generations to meet their challenges, we must prepare our leaders of today. We must give them all the strength, all the courage, all the compassion that we can so they can advance their generation and future generations," Patterson said.

Press Release dated June 14, 2013 United South and Eastern Tribes (USET) Note: Will Martin is the son of Tim and Christine Martin.

STAY UPDATED VIA EMAIL, FACEBOOK & TWITTER!



We are aware that not all Tribal Members have email addresses and/or access to the internet. However, for those who do, you can receive updated news and information on the Tribe's Facebook page at <u>facebook.com/PoarchBandofCreekIndians</u>. You can also follow the Tribe on Twitter at <u>twitter.com/PoarchCreek</u>.

We have recently established a Tribal Member Distribution List that will be used to disseminate updated news and information as well. This distribution list is limited to Tribal Members age 18 and above and is restricted to outgoing emails only. If you would like to be included on this distribution list, please email your contact information and Tribal roll

number to <u>info@pci-nsn.gov</u>.

The Tribe's web site, Facebook, Twitter, and Tribal Member Distribution List accounts are maintained by the Government Relations Department.

CELEBRATIN BIRTHDAYS G



Kinzie Rackard July 2, 2013

Happy 11th birthday to our little Indian Princess, Kinzie Brooke Rackard. We love you!!



Kendra Henson July 4, 2013

Kendra Henson celebrated her 17th birthday on July 4th. She is the daughter of Kenneth and Melissa Henson.

Happy birthday from your family.

Angelia White July 8, 2013 Happy 11th birthday Angelia White!

We love you, Mom, Daddy, Sissy, & Nana.

From all of your family.



Meredith McGhee July 24, 2013

Happy 10th birthday Meredith! We love you!

From Mom, Dad, Granny Rent, PawPaw, Janet, Troy, Dale, and the rest of your family.



Burl 'Hollywood' Wiggins July 26, 2013

Happy birthday! We love you Hollywood!

From your family & friends.

Arch Peck July 28, 2013

Arch Peck celebrates his 43rd birthday on July 28, 2013.

Happy birthday Arch.



Hamp Morris July 29, 2013

Happy 2nd birthday! Hamp is the son of Colt & Michelle Morris.

Love, Daddy, Momma, Mia, Brandy, Colton, Saban, Mammy, Ali, Ah, Paw Paw, Nana Pam & Papa James.



Samantha Miller August 2, 2013



Love, Mom, Sissy, Austin, Hunter, Shell, Drake, Tori, Dalton, Granny, and Jody.



birthday Daddy-Pappy!! We wish you many more

August 7, 2013

Happy 15th birthday

Tyler!! We love you.

Love, Stacie, Crystal, Foot & Kyndal Pie.

Mom, Josh, Jayce, Talan, and Jayla.

Billy Rolin August 1, 2013

birthdays to come.





Autrey Gene Henson August 11, 2013

Lucille Sells

August 2, 2013

Happy birthday Granny!!

We love you!!

Autrey Gene Henson will celebrate his 71st birthday on August 11th. He is the son of the late

Carey and Girlie Henson.

Happy birthday from your family.

Happy



Saban, Mammy, Ali, Ah, Paw Paw, Nana

Brandy Morris August 13, 2013

Happy birthday Brandy!



Love, Daddy, Momma, Mia, Colton, Saban, Mammy, Ali, Ah, Paw Paw, Nana Pam & Papa James.

Major Thomas August 20, 2013

Happy 4th birthday, Major! We love you!



Daddy, Momma, Ashton, Brantlie, and family!

Mia Morris August 15, 2013

Happy birthday Mia!

Pam & Papa James.

Ellen O'Barr

August 22, 2013

Happy birthday Mee-

Maw!! We love you so

You're the best... Love, your family.

much.



Talan Daughtry August 17, 2013

Happy 10th birthday Talan!! We love you!!



Mom, Josh, Tyler, Jayce and Jayla.

Crystal Rolin Hadley August 29, 2013

Happy birthday Little Sister!!! I love you more than you will ever know!!!



Love, Stacie.

URGENT CARE AT ACH MEDPLUS

When you are faced with a minor illness or injury, Urgent Care at ACH MedPlus is here for you.

Wait times are shorter than the emergency room, care is more affordable and our team will help you feel better.

We've even extended our hours just for you!

ACH MedPlus Urgent Care

406 Medical Park Drive (across from Atmore Community Hospital)

Monday – Friday	Saturdays	Sundays
3 to 9 p.m.	9 a.m. to 3 p.m.	1 to 7 p.m.

Most major insurances accepted.

251.368.6245 • ATMOREHOSPITAL.ORG

Atmore Community Hospital В BAPTIST HEALTH CARE

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ANNIVERSARY WISHES



Jake & Liesl Bailey July 18, 2013

Jake and Liesl Bailey celebrated their second wedding anniversary on July 18, 2013.

"Happy anniversary baby! I will love you always." Jake



Michael and Brenda Johnson July 25, 2013

Happy 33rd wedding anniversary to Michael and Brenda Johnson.

We love you.



(251) 446-3937

Trade in for Charity

Donate your used furniture or make a small donation of \$25 or more and receive credit toward the purchase of new furniture! Hainje's will pick up and deliver all donations to a local charity. Offer ends August 31, 2013.

Get \$100 credit for sofa or loveseat! Get \$50 credit for recliner! Get up to \$200 credit for bedroom! Get up to \$100 credit on dinette! NO DOWN PAYMENT! w.a.c.



Farewell To Loved Ones



Hattie Lou Morris July 23, 1927 - June 29, 2013 "Deeply loved, dearly missed, but never forgotten."

The family of Hattie Lou Morris would like to express a sincere "Thank You" to everyone who sent gifts of love and kindness, food, and flowers to our family during the loss of our loved one.

A special "Thank You" is extended to Rev. Michael Montgomery, Rev. Gene Pickern, Rev. Ray Ward, the Friendly Holiness Church of Poarch, the staff of Atmore Memorial Chapel, and Wind Creek Casino of Atmore.

We would also like to thank Tribal Council

Individual Seeking Help in Identifying Plots At Poplar Springs Cemetery

If you know the location of the plots of those listed below (buried at Poplar Springs Cemetery), please contact <u>JeddoHistoricalResearch@hotmail.com</u> or Liz Marsden at (209) 952-8540. Those whose plot locations remain unknown will be listed on a plaque at the cemetery in their honor.

Osceola Gibson died 1936 Sham Adams 1901-1948 John R. Adams 1937-1948 John R. Rackard 1929-1935 William Henson 1884-1930 Arthurine Colbert Henson died approx. 1914 Mrs. Wesley Henson McGhee 1912-1931 Members Stephanie Bryan, Buford Rolin, Garvis Sells, Sandy Hollinger, Arthur Mothershed, and Robert "Robbie" McGhee. We would also like to extend our thanks to Atmore Community Hospital, Dr. Jonah McIntyre, Charles Michael Greston, Mrs. Clara Jones, and Mrs. Joyce Rinehart for all they have done for us during our time of grief.

Last, but definitely not least we would like to give a sincere "Thank You" to our mother, Gailette Moore, for the love, dedication, and wonderful care that you provided to our Granny.

The Gailette Moore & Hattie Lou Morris family.

Mrs. Elle Henson Gibson 1915-1932 Hugh Timothy died 1911 Lula Simpson died 1921 Choctaw Allie Simpson died 1951 Choctaw Ruth Alvy Taylor Dees died 1952 William T. Dees died 1932 Exie Lee Rollin Nesbie Rackard Reid 1916-1929 Nessie Rackard Reid 1922-1952 Mary Mitchell Colbert died 1945 Fannie David Reid 1885-1967

Please contact us if you know the cemetery where Aaron Rikard/Rackard (approx 1932) or Early Taylor (1918) were buried.

> Submitted by Liz Marsden This is not a Tribal project, please direct all questions/inquiries to Mrs. Marsden.

TRIBAL MEMBER SUBMISSIONS

Thank You For Your Vote & Support



Thank you to my supporters during this Election cycle!

I am thankful for your support and the opportunity to talk to you about bringing a sense of *Family* back to our Tribe.

One person can make a difference and with each election the *People* get to decide who they want that one

person to be.

I wish the best of luck to Kevin and also to the run-off candidates and incumbents.

Special thanks to my family and friends who stood behind me in this race- without you I could not have made it as far as I did.

My best, Terri Albritton Morris



Swimmers of the Week The Optimistic View Mobile Optimist Club's Official Newsletter

The Mobile Optimist Club honored Swimmers of the Week during its meeting on June 27. From left to right are Tristen Brower of the YMCA; Rylee Huskey and Caleb Davis of the Poarch Creek Indian Swim team, and Caroline Bowers and Emmitt Fagerstrom of the Amberly Swim Team. Not pictured is Brooke Powell of the YMCA Swim Team.

Submitted by Christy Huskey

William Hosea Presley Family Reunion Saturday, August 17, 2013

SAIL Center Lynn McGhee Drive, Atmore, AL Bring a covered dish & a \$5-\$10 gift for game All extended family is invited Any questions call

Shirlene Mauldin (850) 291-2658 or Carolyn Dortch (251) 253-5885

TRIBAL MEMBER SUBMISSIONS

Get Involved

Submitted by Allen Malone

I had the opportunity to move back to the Pensacola area this past spring and welcomed the opportunity to be closer to my childhood roots. Having lived away from our Tribal area for so long, I became one of those "outsiders," or, as I read one council member state, a "non-Indian" type of member that focus' on the "us" and "them" of membership. As our Tribe prospers,

the comments seem to slant more and more towards the "why don't they give us more," mentality. Many of the thoughts are expressed without really knowing what the Tribe actually does for all members.

So, upon moving back, I had some pre-judged opinions about how the Poarch Community operates. My first real interaction with fellow tribal members came on this last Election Day. The open and friendly atmosphere made me truly proud to be a part of such a unique group of people. New to the area, I found employment opportunities disappointing but Rebecca Mills with the TERO Commission found a temporary spot on the grounds crew at Wind Creek Casino.

Thus began my true education of what our Poarch Community is really all about. I have never been exposed to the level of consideration from an employer that Supervisor Larry Ramer has for his crew. He and fellow Tribal member Mike Barnhill operate by showing a



true concern for treating all employees fairly and honestly by following Wind Creek management's example. Leadman, Daniel "Boone" McGhee, showed me the onsite duties and gave a lesson on how the Poarch Community takes care of each other. "Boone" calls sick Tribal members and all visitors to our casino were greeted with a friendly wave and smile. He is also an integral part of our stomp dancing tradition.

Perhaps the most important role of Larry Ramer is the direct supervision of a crew made up of over 75% Tribal members and First Generation employees. According to our 2011 annual report, Wind Creek itself has just over 21% Tribal member and First Generation members. The grounds crew is giving our younger members the opportunity to learn the value of good-old fashioned hard work. Older members such as "Boone" McGhee give an example of how our elders can pass on their life-gained skills to our youth.

Our Poarch Community is so much more than "us" and "them." I am learning that our Community is all about helping all members to obtain a better life by giving opportunities our ancestors never received. If you have the chance, get involved with our Tribe. You will see that the gift of giving is much more fulfilling than the greed of need.

For Sale

Cotton Patch Cafe Uriah AL. 2700 sq. ft. Turn key. ALL equipment included! Must see! Apartment built on. No zoning. Can be used as a residence!

> George Colbert 919-308-0566

You may be surprised by who you see in Heaven, just don't let anyone be surprised to see you.

Unknown

TRIBAL MEMBER SUBMISSIONS



Poarch Warriors 7 & 8 Year Old Ball Team Attends Blue Wa-Hoos Baseball Game

Josh Thomas, Bennie Alaniaz, Bradley Woods, Timmy Ramer, and Josh Burkett coached this year's Poarch Warriors 7&8 year old ball team. In recognition of their outstanding season, the coaches took their team to a Blue Wa-Hoos baseball game. To make the trip even more memorable, the team was called to center field where they received their team trophies. Blaize Thomas was recognized as the most improved player, J.T. Alaniaz received the Golden Glove Trophy, and Josh Burkett was recognized as Most Valuable Player. Everyone had a great time and created lifelong memories. Thanks to all of the coaches for providing this. Congratulations Poarch Warriors!

Team Members: J.T. Alaniz, Josh Burkett, Braden Woods, Luke Bell, Blaize Thomas, Aiden Bonner, River Ramer, Logan Faith, Ryan Schneider, Isiah Martin, Cole Stewart, Ethan Milstead, Charles Weaver, and Levi Presley.

Submitted by Shada Thomas

ACADEMIC HONORS



Smith Attends Alabama Boys State

Flomaton High School selected Tyler Smith as the Boys State representative for the 2013 session of Alabama's Boys State.

Tyler attended a week-long conference at the University of Alabama in Tuscaloosa to learn about government from local to national levels and how to develop great leadership qualities. He was elected to serve as the Associate Justice of the Supreme Court during the legislative session. Tyler, a 2014 Senior at Flomaton High School, is a member of the Beta Club, Leo Club, and is actively involved in the Student Government Association.

He is the son of Jamie Ray and Roslind Smith of Flomaton, and Vance and Melissa Smith of Atmore.

Well done Tyler!

The Smiths

Submitted by Rosalind Smith

GRADUATES & HONORS



Davis Graduates From Escambia County High School

Congratulations to Justin Tyler Davis on graduating from Escambia County High. We are so proud of you and your accomplishments.

We love you!!! Momma, Daddy, Heather, Lil Jason, and Caleb.

Submitted by Wendy Davis

Gage Lambert Honored for Academic Achievement

Submitted by Carolyn Thortis

Gage Lambert, a first grader at Bratt Elementary, was recently honored on Awards Day. He received an academic award for making all A's for the year and for being an All-Star Accelerated Reader.



Congratulations Gage, we are very proud of you! From all of your family.

Education is the most powerful weapon you can use to change the world.

- Nelson Mandela

Raybon Attends UCA Mascot Camp At University of Alabama



Congratulations to "Paws" the Panther, better known as Sydney Raybon, from Excel High School. In June, Sydney attended UCA Mascot Camp at The University of Alabama. While at camp she was instructed and judged by two seasoned college mascots. "Paws" received several awards including four Superior ribbons, one Excellent ribbon, and 3rd place mascot overall. She was also named UCA All-American with the opportunity to be "Paws" at the Capital One Bowl in Orlando on New Years Day and to attend Disney World.

Sydney is the daughter of Jeremy and Tammy Raybon, and the granddaughter of Dewey and Peggy Fowler. She is an upcoming junior at Excel High School.

Congratulations, we are so proud of you!

We love you! Dad, Mom, and family.

Submitted by Tammy Raybon

Casino Managers Pick Peas



Shown above left to right are Dan Rippstein, Keith Bryan, Donna Harrison, Candy Fralick, Jeff Dingle, Kristy Godwin, Pat Johnson, Kevin McGhee, Chase McGhee, Debbie Boutwell, Samantha Miller, Charles Darby, Arthur Mothershed, Kellie McGhee, Xuan Lu, Tim Ramer, Jamie Giddon, Mark Vaughn, Amy Wasilewski, Larry Ramer, Denise Garner, Brian Booker, Mina Mooney, and Lindsay Gibbs.

Other duties as assigned, Tribal employees often joke about the things they do that aren't on their job description. Pea picking is a great example of 'other duties as assigned.'

Wind Creek Casino managers sweated to give back to the community on Monday June 17, 2013. They gathered at 7:00 a.m. and picked peas from the Tribal community garden and delivered them to the elders in Willow Creek and to the SAIL Center for shelling. At the SAIL Center a total of 3 bushels were shelled and they had fresh peas for lunch on Tuesday the 18th!

All jokes aside, the Casino managers had a great time 'giving back' to the community and are ready for their next 'other duties as assigned' task.

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 \$100,000.00 in aggregate to any Tribal Member. All loans exceeding \$50,000.00 must be approved by the CIEDA Board of Directors.

Additional credit criteria as well as loan collateralization requirements apply.

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

Natural Resources Conservation Services

Mission:	Helping People Help the Land
Vision:	Productive soil, healthy land

The Natural Resources Conservation Service (NRCS) is the USDA agency which works at the local level to help people conserve all natural resources on private lands. Visit the NRCS web site <u>www.al.nrcs.usda.gov</u> to see updated news and information about services that may be helpful to you and your family.

Contact David Elliott, NRCS Tribal Liaison, at (251) 368-0826 or 5770 Poarch Road, Atmore, AL for more information.

WIND CREEK'S LOSE IT FOR LIFE WAS A GREAT SUCCESS

On October 15, 2012 Chris Rolin and Jasmine Rackard entered a six month weight loss competition at Wind Creek Casino and Hotel.

The competition consisted of monthly challenges, nutrition training, and numerous hours of working out. These participants sacrificed many hours with family and friends in order to obtain their goal of a healthier lifestyle.

The first monthly challenge was held at Magnolia Brach Wildlife Reserve. This challenge was three miles long with six physical obstacles.

The Wind Creek Challenge was based on time and consisted of seven physical obstacles.

Arthur Mothershed created the Insanity Challenge for the participants and the winner was based on which participant lost the most percentage weight loss in a week.

There were fifteen participants when the competition started, but eleven participants completed the competition. The participants that completed the competition are: Jasmine Rackard, Chris Rolin, Adam Nix, Amy Wasilewski, Tracy Anderson, Bill Rochelle, Cindy Martin, Scott Martin, Bo Bonner, Janelle Barron, and Kathy McDuffie.

There were two winners of the competition. Jasmine Rackard was the overall winner for combined weight loss and body fat percentage loss. Jasmine lost a total of 72.6 pounds. Chris Rolin was the Category Two winner for the most body fat percentage loss. Chris lost a total of 78 pounds and went from 30% body fat to 17% body fat.



Chris Rolin and Jasmine Rackard



Instead of giving myself reasons why I can't, I give myself reasons why I can.

- Unknown

You've got to say, I think that if I keep working at this and want it badly enough I can have it. It's called perseverance.

~ Lee Iacocca

2013 ANNUAL SOVEREIGNTY CELEBRATION SATURDAY, AUGUST 31, 2013 MAGNOLIA BRANCH WILDLIFE RESERVE TRIBAL MEMBERS & IMMEDIATE FAMILY LIVING IN HOUSEHOLD ONLY

No pets, drugs, alcohol, or weapons allowed

Gates Open: 9:00 a.m. Registration Begins: 10:00 a.m. Blcssing of Food: 11:30 a.m. Food Served: 11:30 a.m. – 3:00 p.m. ***Shirt or bathing suit cover-up must be worn in Pavilion Area**

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Please remember the Annual Sovereignty Celebration is for PCI Tribal Members and members of their immediate family living in the household only. Please do not invite extended family members, neighbors, or friends to the event.

No Gators with grooved tires or other ATV's are allowed on the Reserve. Golf carts are allowed except in the food pavilion area.

Contact Magnolia Branch at 251-446-3423 if you wish to reserve a camp site. Space is limited and fills up quickly.

For more information, contact Chris "Ding Ding" Blackburn, Planning and Events Coordinator, at 251-368-9136, ext. 2052 or cblackburn@pci-nsn.gov

CULTURAL AUTHORITY UPDATES

Back to Tuscumbia

September Events of Poarch Creek Interest in Tuscumbia/Sheffield, Alabama

THE COLBERT GATHERING

September 13, 2013, at 6:00 pm Church of Christ Annex 5th and Main Tuscumbia, Alabama

Program: The Creek War of 1813, by Bob & Annie Perry and Historical Truth 101

Special Reenactment by: Bryant Boswell, President, NTPA, as Andrew Jackson;

Robert Thrower, THPO, Poarch Creek as William Weatherford;

Jay McGirt, Creek Artist, as Zachariah McGirth

Creek Shell Carving Classes

With renowned shell carver Dan Townsend

Family Services Auditorium 4:00 p.m. - 9:00 p.m.

Fees:	Advanced Class Beginning Class	\$20 non-refundable \$40 non refundable
	ced Shell Carving* ning Shell Carving	August 12-16, 2013 August 19-23, 2013

Fees due by August 12, 2013. Only 15 slots are available for each class so registration will be on a first come first served basis.

*You must have taken previous Beginning Shell Carving Class to register for Advanced Shell Carving Class.

Contact Margaret Baggett, Traditional Arts Demonstrator, for more information at (251) 368-9136 x 2648 or mbaggett@pci-nsn.gov.

Closing Comments by: Bob Perry, Chickasaw Elder Tony Turnbow, Natchez Trace Parkway Association

THE WALK OF LIFE

Saturday, September 14, 2013, at 9:00 am The Return Walk from Tuscumbia Landing Sheffield, Alabama

The trolley will be in Tuscumbia Spring Park 8:10 am to take participants to the landing site or GPS Spring Park location at 109 Blackwell Drive, Sheffield, Alabama.

Other Events: Oka Kapassa American Indian Festival Saturday 14, 2013, 10:00 am until 8:00 pm

For more information on these events contact Annie Perry at 256-415-0700 or email at <u>annrunningwater@comcast.</u> <u>net</u> or Robert Thrower, THPO, at <u>rthrower@pci-nsn.gov</u>.

Poarch Creek Indians Tribal Youth Council

Open to Tribal Members & First Generation Youth 7th - 12th Grade

The Tribal Youth Council is an opportunity to learn about Tribal Government, participate in events that will teach, prepare, and enhance leadership skills within the Poarch Band of Creek Indians to be an integral part of Tribal Government.

Regular meetings are scheduled for the last Tuesday of each month.

For more information please contact Rachel Chambers, Cultural Educator 251-368-9136 x 2636, cell 251-359-7261 rchambers@pci-nsn.gov

Sponsored by the Calvin McGhee Cultural Authority

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Poarch Creek News / Hvyo-Rakko (August) 2013

Pale-Hokkolen Cahkepo-kaken 25

Calling All Artists!

Calling all certified Poarch Creek Artists who are interested in being designated as specific producers and/ or qualified instructors of traditional arts and crafts. Also calling all non-tribal artists to be certified on our list of artisans as well. Throughout the year, the Calvin McGhee Cultural Authority utilizes artisans for events and programs to support the tribal community culturally. The Tribal Historic Preservation Officer is certifying tribal and non-tribal artisans who can be utilized in these events and programs year round. We are looking for artisans in the following areas including those who can produce arts and crafts and those who can provide instruction in producing arts and crafts:

- Stomp dance shell shakers made out of baby milk cans
- Finger woven dance sashes
- Balls for stickball games
- Ball sticks for stickball games
- Seamstress for Pow Wow regalia, patchwork, stomp dance regalia



Experienced Instructors for

- Pine Needle Basket Weaving
- River Cane Basket Weaving (with double false braid rim)
- Stomp dance shell shakers-cans
- Finger woven dance sashes
- Leather moccasins
- Beadwork
- Gourd Painting
- Shell Carving/Copper
- Pottery

Please submit your name and artistic area of expertise by August 30, 2013 to THPO Robert Thrower at the Poarch Band of Creek Indians, 5811 Jack Springs Road, Atmore, Alabama 36502, or at <u>rthrower@pci-nsn.gov</u>.

If you have questions, please call Cultural Director/ Tribal Archivist Dr. Deidra Suwanee Dees at 368-9136 extensions 2655 or 2051. Mvto.

Copper Tooling Classes With Dan Townsend

Family Services Auditorium 4:00 p.m. - 9:00 p.m.

There are no fees for these classes

Introduction To Copper Advanced Copper August 26-30, 2013 September 2-6, 2013

Only 15 slots are available for each class so registration will be on a first come first served basis.

*You must have taken previous a Shell Carving Class to register for Advanced Copper Class.

Contact Margaret Baggett, Traditional Arts Demonstrator, for more information at (251) 368-9136 x 2648 or mbaggett@pci-nsn.gov.

Poarch Creek News / Hvyo-Rakko (August) 2013

CULTURAL AUTHORITY SPONSORS TRIBAL YOUTH COUNCIL

Submitted by Rachel Chambers

How many times have you had an opinion on decisions made through Tribal Government, and thought, "I would do things differently."? Really? Would you? Come be a part of an ever changing area that influences the future of the Tribe every day. "What is it?" you ask? The Tribal Youth Council (TYC), sponsored by the Calvin McGhee Cultural Authority, is looking for interested individuals to be a part of making changes today, and every day by being a member of the Tribal Youth Council.

The Tribal Youth Council is actively engaging opportunities to get involved. Currently, we have met with integral members of the Tribe that have influence in governmental activities. The TYC has met with Robert Thrower, Tribal Historic Preservation Officer, who is actively involved in United South and Eastern Tribes (USET), and other Native American organizations. He shared some of his wealth of knowledge about the Tribe, its history, culture, and traditions. Former Chairman Eddie Tullis, who helped shape who the Poarch Band of Creek Indians are today through his dedication and work in the Tribe, shared some of his experiences with the changes at the Tribe and through-out Indian Country.

The Calvin McGhee Cultural Authority Board Members met with the TYC, sharing the importance of all matters relating to the Tribe's culture and traditions and working together to make sure Tribal Members are well rounded and versed in Tribal culture and traditions. Eddie Tullis, Tribal Administrator, met with the youth at the end of July to share her insights from working with the Tribe and the vision for tribal government.

'Can we be actively involved and heard?" Yes, we can. Come and join us the last Tuesday of each month!

To join contact Cultural Educator, Rachel Chambers @ 251-368-9136 x2636, 251-359-7261, <u>rchambers@pci-nsn.gov</u>.



Tribal Youth Council visits Fort Mims. Shown left to right are Claudia Campbell, Caitlyn Barnhill, Emily Fayard, and Robert Thrower.



Strength Training Tips for Women

This article focuses on strength training for the ladies. Strength training is important for women as it promotes fat loss, maintains bone mass, and increases metabolism.

But just what is *strength training*? The meaning of strength training is: *movement against a force*. When we perform movements in strength training exercises, we are increasing our metabolism and developing an oven to burn our fat. Strength training can come in many different forms: body weight exercises, exercise bands, weight lifting, suspension training, and kettlebells – just to name a few. Strength training is any sort of movement where your body is resisting a force.

Now, let's look at a few tips for women while strength training:

1. Make your lift worthwhile. Many women make the mistake of targeting small muscle groups or the area they want to tone up, but if you want to get quick results, my suggestion is to implement big money exercises into your routines like squats, deadlifts, push-ups and assisted pull-ups. You will tone up multiple muscle groups while losing fat quickly.

2. Forget crunches on the floor. Lying on the hard ground and doing crunches will not give you the nice flat stomach that you strive to have. Your flat stomach will come from doing full body strength training, high intensity interval training, and eating right.

3. Lift Three Days a Week. Over the years, I've seen many women spending their time doing cardio only workouts, as much as three days a week for up to 50 minutes each session – AND they get frustrated with the results they are getting. When I switch them to three days a week of strength training – for only 30 minutes – their bodies transform almost overnight. Three days a week of strength training will get you the results that you want in the least amount of time. Try it. You'll like the results. I guarantee it.



4. Nutrition. Eating correctly will help you get the most out of your training and help you achieve the goals you want. Remember "you can't out run the fork." Your daily nutrition should incorporate lean proteins, fruits, vegetables and water – taking into account portion control. Making smart food choices will help your body recover from your strength training and give you a sustained energy level throughout the day. And if you're like me – you need all the energy you can get to accomplish your daily tasks with a smile.

Win the Day! Spencer

Spencer Tatum is the National Training Director for Advantage Training. He has worked with all levels of fitness and currently oversees all of the program writing at Poarch Recreation. You can connect directly to Spencer by clicking on My Message Center/Talk to a Trainer inside the My PCI Wellness online portal.



www.mypciwellness.com facebook.mypciwellness.com

Poarch Creek News / Hvyo-Rakko (August) 2013



5 Quick Tips for Eating More Fruits and Veggies

I often find that people aren't eating

enough fruits and vegetables throughout the day, which can have a huge impact on the ability to lose body fat, gain muscle mass and optimize digestion. Additionally, the majority of the "veggies" that most American's are eating are French fries and ketchup – hardly a healthy vegetable choice. Therefore, I'm offering some quick and easy nutrition tips for you:

1. Keep fruit where you can see it – you're more likely to eat it if it's out on the counter or in the front of the fridge as opposed to hiding it in a drawer or cabinet.

2. Pick out a new vegetable every time you go shopping and plan to use it in a recipe. After all, variety is the spice of life. Often times the best tasting and cheapest fruits and veggies are whatever is "inseason". August happens to be full of fresh and tasty seasonal fruits and veggies, some of which are cucumbers, chilies, avocado's, cilantro, boysenberries, blackberries, cherries, eggplant and blueberries – which are my favorite!

3. Bag the potatoes – choose more leafy green and low starch vegetables for slower digestion, less calories and more nutrition. Examples would be large greens salads with fresh cherry tomatoes and shredded carrots or simply some steamed broccoli with butter.

4. Get some vegetables every meal, every day – try filling half your plate with veggies at every meal. Base your meals around lots of colorful veggies. Snack on fruits in between meals. Adding vegetables to every meal will ensure you're getting enough "bulk" in your diet, which helps with digestion and plenty of good nutrition.

Go ahead and head over to your local grocery store and shop the perimeter for local and in-season fruits and veggies to spice up your meals. Your wallet and your waistline will thank you.



Reach out to me if you have any questions and have a great rest of the summer.

- Ben

Ben Brown is the Nutritionist for Advantage Training. He believes the key to a successful nutrition plan rests on changing one's habits, rather than focusing on good and bad foods. You can connect directly to Ben by clicking on My Message Center/Talk to a Nutritionist inside the My PCI Wellness online portal.



www.mypciwellness.com www.facebook.com/mypciwellness.com

Poarch Creek News / Hvyo-Rakko (August) 2013

Pale-Hokkolen Ostvpo-kaken 29

RECREATION NEWS & INFORMATION

Hunter Education Field Day Class

September 14, 2013 8:00 am - 12:00 pm PCI Recreation Department (Gym) 444 Lynn McGhee Dr. Atmore, Al 36502

Students must first take the Internet/CD course on a computer and bring the printed report to the field day class with them. Notarizing is not necessary. You can access this course by logging on to www.outdooralabama. com/hunting/education/. CDs are available at the County Extension Office or by contacting the District 5 W&FF Headquarters at 251-626-5474.

Students must be at least 10 years of age to receive credit. Anyone born on or after August 1, 1977 must pass a certified hunter education course before they can purchase a hunting license in Alabama. This course is nationally accredited and free to the public. No preregistration is required. Students will need their social security number; everything else will be provided.

For more information contact:

Trina Rackard, PCI Operations Manager or Chad Parker, Activities Coordinator at (251) 368-9136 Ext. 2256

Sponsored By Alabama Wildlife Freshwater Fisheries & PCI Recreation

Splash Pad Coming Soon!

Watch the newsletter for more information!



2013 Poarch Creek Indians "Sports Banquet & Athlete of the Year"

The Poarch Creek Indians Recreation Authority and staff will be hosting the "2013 Sports Banquet" to be held at the Recreation Department Saturday, September 21, 2013 at 6:00 p.m.

In order to attend the Sports Banquet eligible athletes must be:

• Enrolled in High School (9th - 12th grades) and participated in a sports program at the school he/she attends.

• Athletes and coaches who participated in the 2013 NAYO Tournament hosted by the Seminole Tribe July 2013.

All attendees must RSVP the Recreation Department at (251) 368-9136 extension 2256 or email cparker@pci-nsn. gov by 5:00 p.m. September 13, 2013. If you are unable to reach a staff member at the gym, please leave a detailed message of the athlete's information. Information should include name, sport he/she participates in and a telephone number at which he/she can be reached. Only the athletes that RSVP by the deadline will receive certificates. Athletes attending the Sports Banquet may bring two guests. If you RSVP to attend the banquet and you do not attend, you will be required to pay the cost of the meal for you and your guest. All players and guest should bring swimwear and a towel as this will be a pool party and other fun water activities are scheduled for participants.

ATHLETE OF THE YEAR

Applications are available at the Recreation Department (Gym) and online at www.pci-nsn.gov. Applications should be turned in to the Recreation Department Attention: Trina Rackard. Registration deadline for the "Athlete of the Year" is September 9, 2013 at 5:00 p.m.

For more information pertaining to the Sports Banquet or Athlete of the Year Award, please contact Chad Parker or Trina Rackard, Recreation Department at (251) 368-9136 extension 2248.

HOUSING AUTHORITY UPDATE

Applications for the following Housing programs are available on a daily basis and will be processed as vacancies/funds become available:

Emergency/Transitional Housing Rental - All Poarch Subdivisions Rental - Walker Subdivision, Pensacola, FL Rehabilitation Assistance Renovation Loan Program Heating & Cooling Loan Program Senior Emergency Program TAHO Applicants are responsible for providing all necessary information and accurately completing all applications and must certify that all information is true and accurate to the best of his/her knowledge. The applicant is also responsible for making corrections or updating applications. Failure to update an application for a period of twelve months is grounds for removing the application from consideration; you will not be eligible for consideration until an updated application is submitted.

For questions or concerns contact the Housing Department at (251) 368-9136 x 2251.

BOYS & GIRLS CLUB UPDATE

IMPORTANT DATES & REMINDERS

- Summer Program ends August 9th, 2013.
- After School Program begins August 19th, 2013.

• If your child is a Boys & Girls Club member and they will need transportation from school to the club in the afternoons, please stop by to pick up a bus rider form.



The fun continues at the Boys & Girls Club with a jump house, slip n' slides and good food!!

The Family Services Department Update August, 2013



Community Services Child Care Program

Lena White is the Family Services Department Child Care Coordinator. She provides intake services for applicants seeking assistance with paying childcare or afterschool services for their PCI Tribal Member child or for their PCI First Generation Indian Descent child. There are two childcare programs provided through the Family Services Department including a federally-funded program: Child Care and Development Fund (CCDF); and a tribally-funded program: Tribal Child Care Program (TCCP). The federally-funded CCDF program is available to tribal member families living within the Tribe's service area and is based upon the income of the household. The tribally-funded TCCP program is for families exceeding the CCDF income guidelines and who live in the Tribe's service area; or for those tribal families who live outside of the Tribe's services area.

Attention: Program Participants in the CCDF and Tribal Child Care Program

Child Care Renewals are DUE by September 13, 2013

The Family Services Department will begin taking applications on September 1, 2013 for families who are currently participating in CCDF or in the Tribal Child Care program, or who are families needing assistance with daycare services. The new fiscal year and certification period will begin on October 1, 2013 and end September 30, 2014.

Current participants and new applicants must:

- Schedule an appointment with the Community Services Child Care Coordinator and complete a new, current application. Please call (251)-368-9136, ext. 2600 to set up your appointment time.
- BOTH parents must be able to provide documentation verifying they are both working a minimum of 20 hours per week or are attending at least 20 hours in an educational training program or a job training program.
- Provide documents to verify the household income.
- Provide copies of social security cards for all household members.
- Provide copies of Tribal I.D. for Tribal Members or Letters of Indian Descent for First Generation Children.
- Provide verification from the daycare or afterschool care provider to confirm that your child is enrolled in the program and the weekly rate of their program.

**No existing child care participants will be automatically renewed. **Renewal must be completed by September 13, 2013 or childcare payments will be terminated!



2013 School Supply Reimbursement Program

July 1, 2013 thru October 31, 2013

School Uniform and Supplies:

- \$300.00 Reimbursement Per Child (no receipt required)
 - Must be Tribal Member or
 - First Generation Child
 - Must be in 4K-12th Grade

<u>Computer</u> Reimbursement

- Every household with a Tribal Member or First Generation 4K-12th Grade Student is eligible for 1 computer device (includes Ipad).
- \$600.00 Reimbursement per household (original receipt required)

· Applications will be available beginning July 1st.

- The student must be an enrolled Tribal Member or First Generation descent.
- Reimbursements will be electronically transferred into your account in 45 days or less.
- Proof of enrollment ex. Current bill, letter from the school, copy of your child's report card from school year 2012–2013 is required for each child.
- If you have any questions please call the Education Department at (251) 368– 9136 Extension 2021.

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EDUCATION NEWS & UPDATES

Now Enrolling Fall Session of Dave Ramsey's Financial Peace University

Introductory Meeting Tuesday, September 3, 2013 Family Services Auditorium 5:30-7:00 p.m.

Dave Ramsey's Financial Peace University

- This isn't your typical "money class." Financial Peace University is practical, entertaining and fun!
- More than 1.5 million families and individuals have taken FPU.
- Whether you are struggling to make ends meet

or you are a millionaire, FPU has something for you.

• FPU is based on more than 800 verses of Scripture and is a proven plan that will work for you.

Enrollment is open to Tribal Members, First Generation and Tribal Employees. Class requires a 9 week commitment.

To enroll please contact: Annie Nowak, PCI Education Department (251)368-9136 or <u>anowak@pci-nsn.gov</u>



TUITION ASSISTANCE PROGRAM REMINDER

This is a reminder for the 2013-2014 School year. All participants must have submitted the following before the beginning of the Fall 2013 school term:

- Update Tuition Assistance Program application. Send an email or letter that there have been changes to the contact information, changes regarding the education institution or no changes since the previous academic year.

- Grades for the Spring and/or Summer semester. Grades must show your cumulative GPA. An "unofficial transcript" is sufficient. - Federal Student Loan (FAFSA) results for the 2013-14 school year.

Unless you have these items on file, the Education Department will not send an authorization for billing to your school for the 2013-14 school year.

If you have any questions please contact Shelia Fisher, Tuition Program Coordinator at <u>sfisher@</u> <u>pci-nsn.gov</u> or (251) 368-9136 ext. 2241.

NOTE: The Tuition Assistance application has been revised. If you have not completed an application since May 2012, you will need to complete a new application.



RENOVATION Update your aging gunite or vinyl pool with time & money-saving equipment!

Children's Services for Fall 2013

After School Tutoring After school tutoring will begin *Monday, September 23, 2013*. The After School tutoring program is available to all eligible Tribal Member and 1st Generation students in grades 1-6 who have a C or below on their Report Card/Progress Report or the recommendation of a teacher.

<u>Homework Club</u> The Homework Club is an allaround academic program that offers tutoring services, homework help, computer lab usage, and special project help to Tribal Members and 1st Generation students in grades 1- 12. Homework Club hours are offered from 5:00-7:30 p.m., Monday-Thursday during the school year and will begin on *Monday, August 19, 2013*.

<u>PLATO</u> The PLATO program is available to 3rd grade through Adult. It is an online program that encompasses all academic areas including math, reading, english, science, history and many more. PLATO provides an individualized experience that includes pre-tests and posttests in your student's area of study, including tutorials and examples. This program is available throughout the year and can be accessed from a home computer or any device with Internet access.

<u>Close Up</u> The Close Up program is a week long look at political life in Washington D.C. Selected students will be in the 9th-12th grade and must be 15 years old at the time of application. Applications will be made available beginning **August 1, 2013** and will be posted to the Tribe's website and/or you can pick one up at the PCI Education Department.

<u>4-H</u> The 4-H program features two monthly meetings with an emphasis on "learning by doing". Meetings are held on the 2nd and 4th Monday of each month with special field trips included. A 4-H Steer Show program is in the works and will be available for interested 4-H'ers to participate in beginning in August, 2013.

Incentives The Incentives program rewards Tribal Member youth in grades 1-12 who reside in the 5 county service area and have achieved A, A/B honor roll, or have attained perfect attendance on their report card. This program will begin in September, 2013.

Contact Christyn Sells, Children's Services Coordinator, at (251) 368-9136 x 2244 or via email at <u>csells@pci-nsn.</u> gov for more information on any of these programs.

4-H CLUB IN ACTION!



Keith Hall(Poarch Creek 4-H)-won 1st place in the Intermediate level for the wooden toolbox he made, Caitlyn Banning (Baldwin County 4-H), Cheyenne McGee(Poarch Creek 4-H) won 1st place in the senior division of Freestyle Showcase and Shawnee McGee(Poarch Creek 4-H)won 2nd place in the intermediate level of Freestyle showcase.

On June 14-15, 2013, eleven 4-H'ers participated in the 4-H Regional Round Up at Troy University in Troy, AL. This educational experience included a campus tour by hayride, a carnival, a night's stay in the Troy dorms and competitions including Extreme Birdhouse, Public Speaking, wood working and many more! Everyone ate in the Troy cafeteria which included its very own Moe's restaurant. They visited the gift shop, took a CPR class, and attended an awards ceremony to recognize those 4-H'ers who placed in their different divisions!

Of interesting note, Poarch 4-H'er Keith Hall was the only one to place in his division.

This was quite impressive since there were several participants. He was asked to measure a plank of wood and according to Keith, "I was right on the mark with my measurements!" This gave Keith the edge along with his excellent craftsmanship!

The PCI Education Department and 4-H program are proud of all the 4-H'ers who participated!

Submitted by Christyn Sells



4-H Summer Camp In Columbina, Alabama





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LEGAL UPDATE

Submitted by Legal Department Significant Court Cases

We wanted to take this opportunity to update you on several 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 us at (251) 368-9136 Ext. 2525. If you would like full copies of any legislation, please contact Dr. Deidra Dees, Tribal Archivist.

Significant Tribal Legislation

Enrollment Code

The Tribal Council approved amendments to the Enrollment Code on June 20, 2013. Prior to the revisions, DNA testing may have been used as part of the investigation of a disenrollment report. The revisions remove DNA testing as part of the investigative process. Instead, the investigator of the disenrollment report is now required to schedule a meeting with the Tribal Member Respondent to review the findings from the investigation and allow the Tribal Member Respondent thirty (30) days to submit additional evidence to refute the findings. This additional evidence may be, but is not required to be, DNA evidence. Because mandatory participation in DNA testing during a disenrollment investigation is no longer required, the Tribal Council may issue sanctions only in the event of disenrollment claims made in bad faith.

<u>State of Alabama v. PCI Gaming Authority et al.</u> (Federal Court)

On February 19, 2013, the Alabama Attorney General on behalf of the State of Alabama filed a complaint against PCI Gaming Authority, individual Tribal Council members, and individual PCI Gaming Authority Board members (hereinafter collectively referred to as the "Tribe") in the Circuit Court of Elmore County, Alabama. The suit alleges that the Tribe's gaming activities are public nuisances and seeks to prohibit gaming on the Tribe's trust lands.

The Tribe removed the State's complaint to federal court on March 21, 2013, and filed a motion to dismiss the complaint on March 28, 2013. The State then amended its complaint in federal court to include both a state public nuisance claim and a federal public nuisance claim. The Tribe filed a motion to dismiss the amended complaint on May 9, 2013. The State filed a response on June 4, 2013, and the United States filed an amicus brief in support of the Tribe's motion to dismiss two days later. The State of Michigan filed an amicus brief in support of the State of Alabama's position on July 3, 2013. The Tribe will be filing a consolidated reply in support of its motion to dismiss on July 22, 2013.



TRIBAL LAW MADE SIMPLE

The Tribal Historic Preservation Review Board and the Office of Archives and Records Management at the Poarch Band of Creek Indians announces the workshop "Legal Jargon Made Simple"

Join us to hear legal terms made simple by our Attorney General Venus McGhee Prince

Tuesday, August 6, 2013 6:00 to 8:00 p.m. Building 600 Administrative Conference Room



Venus McGhee Prince Poarch Creek Indians Attorney General

Refreshments Provided Workshop is free and open to everyone Have you ever wondered what some of our legal terms are talking about?

*Federal Recognition Petition?

*The tribal enrollment audit?

*Tribal sovereignty?

Bring your questions and we will answer them. No question is off limits!

Questions? Contact Dr. Deidra Suwanee Dees at 368-9136 extension 2655 or 2051, or e-mail at <u>ddees@pci-nsn.gov</u>.

Mvto.



Chief Calvin McGhee on Vintage Postcard



Do you want to learn more about Chief Calvin McGhee and Creek History while earning college credits?

The University of South Alabama is offering a course about Indians of Alabama which features Chief Calvin McGhee and the Poarch Band of Creek

or call (251) 460-6141. Still accepting applications!

The course is titled "Native Americans in Alabama: History and Culture" and features Guest Instructors from our Poarch Creek leadership. Register now to learn more about Creek history while you earn college credits. Questions? Call Dr. Deidra Suwanee Dees at 368-9136 extension 2655 or 2051.

his kitchen. your TABLE.



Chef Jay Norris welcomes you to your table, in his kitchen. It's obvious he is eager to please with each creation. Absorb his know-how and interact with him. Ask him questions. Give him a hand. Indulge in all he serves as you journey through six courses of cuisine.

It's fun. It's different. There's no other experience like it!

TABLE in a kitchen

It happens every Friday at 6 pm. Reservations required.



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Doing business without advertising is like winking at a girl in the dark. You know what you are doing, but nobody else does.

~Steuart Henderson Britt



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Full Page Ad 7.75 x 10.25

\$250 per issue

Half Page Ad 3.874 x 10.25 vertical 7.75 x 5.25 horizontal \$150 per issue

Quarter Page Ad\$ 75 per issue3.875 x 5.25

Tribal Member Owned Businesses Only Free Business Card Size 3.875. x 2.563

Submit all ads in High Resolution (300) dpi/pdf format

Free subscription to Poarch Creek News for advertisers As long as ad runs in newsletter

Paid subscription to Poarch Creek News Available to general public For annual fee of \$20

For further information contact Gayle Johnson, Media Specialist (251) 368-9136 x 2210 or via email at <u>gjohnson@pci-nsn.gov</u>

Cynthia Colardo Independent Beauty Consultant

Atmore, AL 36502

251-253-3928

God First, Family Second, Career Third



AUGUST (Hvyo-Rakko) 2013

Tribal Council Meetings

Thursday, August 1st & 15th 4:00 pm Tribal Council Chambers

Tribal Court Sessions Monday, August 5th & 26th 9:00 am Tribal Courtroom

CIEDA Meetings Friday, August 2nd & 16th 7:30 am CIEDA Offices

CMCA Monday, August 5th & 19th 4:00 pm Welcome Center

Housing Authority Meetings

Wednesday, August 14th & 28th 4:00 pm Building 400 Conference Room Please note that the Housing Authority Meeting schedule has changed to the second and fourth Wednesday of each month.

Recreation Authority Meetings Tuesday, August 6th 11:00 am Recreation Department (Gym)

TERO Commission Meetings Tuesday, August 13th & 27th 3:00 pm TERO Offices

Education Classes/Club Meetings

4-H Club Monday, August 12th & 26th 6:00 pm Education Department

GED Classes-Day Schedule By Appointment Monday & Tuesday 8:00 am - 11:00 am or 1:00 pm - 3:00 pm

GED Classes-Night Schedule

Tuesday & Wednesday 5:00 pm - 8:00 pm Thursday 5:00 pm - 7:00 pm Education Department

Homework Club

Monday - Thursday 5:00 pm - 7:30 pm Education Department Begins August 19, 2013

Recreation Programs

Gym & Weight Room Hours Monday - Friday 6:00 am - 8:00 pm Saturday 10:00 am - 4:00 pm

Pool Open Open Swim Adults Only Age 18 & up. Monday - Friday 4:00 pm - 6:00 pm Saturday 1:00 pm - 3:30 pm

Gymnastic & Dance Camp July 29, 2013 - August 2, 2013

Other Dates To Remember This Month

School Supply Reimbursement Program Ongoing through October 31, 2013

Thursday, August 1, 2013 5:00 p.m. deadline to turn in Health Department's Need Assessment forms

Friday, August 2, 2013 Last day to receive Absentee Ballots

Saturday, August 3, 2013 Run-Off Election Day SAIL Center Polls open 8:00 am - 7:00 pm Tuesday, August 6, 2013 Academic Achievement Banquet Wind Creek Casino Coosawada Ballroom 6:00 pm - 8:00 pm Must have RSVP by July 12, 2013 to attend

Monday, August 12, 2013 5:00 pm (CST) Deadline to submit information to be published in the September 2013 newsletter.

August 12-16, 2013 Advanced Shell Carving Class Family Services Auditorium 4:00 pm - 9:00 pm

Friday, August 12, 2013 Land & Natural Resources Legislative Committee Meeting Hunting on Tribal land Meeting 6:00 pm Wind Creek Casino/Coosawada Ballroom

August 19-23, 2013 Beginning Shell Carving Class Family Services Auditorium 4:00 pm - 9:00 pm

August 26-30, 2013 Introduction To Copper Class Family Services Auditorium 4:00 pm - 9:00 pm

Friday, August 30, 2013 Last day to submit application for three (3) positions on Tribal Athletic Commission

Saturday, August 31, 2013 Annual Celebration Magnolia Branch Wildlife Reserve

September 2, 2013 Tribal Offices Closed in observance of Labor Day

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.pci-nsn.gov Publication/Printing Information

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