

# Poarch Creek News 2013



*Incumbents Victorious In Run-Off Election*

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



# Poarch Creek Indians Social Media Campaign

**Reaching Tribal Members around the world via  
Tribal Web Site Facebook Twitter &  
Tribal Member Distribution Emails**

**We have 4,900 friends and 2,526 likes on Facebook. Help us reach 7,000 followers on Facebook & Twitter while we keep you informed!**

**The Tribe uses social media as a way to keep everyone up to date on the current events at the Tribe. Please remember to be respectful and positive when making comments!**

**Visit the Tribal web site: [www.pci-nsn.gov](http://www.pci-nsn.gov)**

**Follow us on Facebook: [facebook.com/PoarchBandofCreekIndians](https://facebook.com/PoarchBandofCreekIndians)**

**Follow us on Twitter: [twitter.com/PoarchCreek](https://twitter.com/PoarchCreek)**

**A Tribal Member Distribution Email (TMDE) list has been established to disseminate updated news and information to Tribal Members age 18 and above. If you are interested in subscribing to TMDE, please forward your contact information and Tribal Roll Number to [info@pci-nsn](mailto:info@pci-nsn). **TMDE is limited to outgoing emails only, please do not send other information or requests to this address.****

**If you need assistance, please contact:**

**Hannah Flowers (251) 368-9136 x 2003**

**[hflowers@pci-nsn.gov](mailto:hflowers@pci-nsn.gov) or**

**Gayle Johnson (251) 368-9136 x 2210**

**[gjohnson@pci-nsn.gov](mailto:gjohnson@pci-nsn.gov)**

*The Tribe's web site, Facebook, Twitter, & TMDE accounts are maintained by the Government Relations Department.*





I begin this month's article by congratulating Shyrell Gehman on her retirement. Shyrell has worked as a nurse in the Tribe's Health Department for 27 years; she hung up her stethoscope on August 22nd. The past several years she has worked almost exclusively with the CDC Breast and Cervical Cancer Early Detection Program. I can remember working with Shyrell when I first came to work with the Tribe; there were only a few employees in those days. It has been my pleasure to work with Shyrell and I wish her the best of luck in her retirement.

The run-off election for the Tribal

Council Secretary and Treasurer positions was held on Saturday, August 3rd. I congratulate incumbents David Gehman and Robbie McGhee on their victory and I look forward to continuing to work closely with them as we lead the Tribe toward a bright and prosperous future.

There is an interesting article in this month's newsletter about bullying. I hope you read it; bullying is bad behavior that has touched all our lives. We all know a bully or know someone who has been bullied;



Buford L. Rolin, Tribal Chairman  
[tlancaster@pci-nsn.gov](mailto:tlancaster@pci-nsn.gov)

some of us may be victims of bullying. Do I dare say that some of us are bullies? Yes, some of us are, or have been at one time or another.

There is also an article from Donna Johnson, our Diabetes Health Care Nurse, about the newly developed Diabetes Prevention classes. If you have been diagnosed with diabetes, I hope you have signed up for the Diabetes Prevention class. Diabetes is indeed an epidemic in Indian Country.

## Tribal Council Executive Officers



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**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.

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*THERE ARE 3075 ENROLLED  
MEMBERS OF THE  
POARCH BAND OF CREEK INDIANS.*

## 2013 TRIBAL CENSUS

The annual Tribal Census study is nearing. Tribal Government expects to send out the Census forms at the beginning of October. Completing your Census form provides your Tribal Leaders insights they need to develop programs and benefits specifically tailored to your current needs.

Your participation is mandatory and responses to the Census will be tracked. Please make sure to update your current address and contact information with Tribal Member Benefits.

We are looking forward to seeing your responses!

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## 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 10<sup>th</sup> of the month prior to the month of publication. If the 10<sup>th</sup> 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 you.

***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.



# COMPARING THE NUMBERS

Although the general election in June was a record breaker, the run-off election for the Secretary and Treasurer positions was not. Here is a little breakdown of the votes from the general election on June 1<sup>st</sup> and the run-off election on August 3<sup>rd</sup>.

	General Election	Run-Off Election
Absentee Ballots	255	219
Walk-in Votes	499	426
Day of Votes	565	249
Total Votes	1289	894

This year's run-off election is the second run-off election in Tribal history. The first was in 2010. The run-off election for that year was also for the Secretary and Treasurer positions; David Gehman and Robbie McGhee were the incumbents. A total of 1004 votes were cast during that run-off election. Surprisingly enough, only 1054 votes were cast during the General Election that year. Both of the incumbents were victorious in their campaign for re-election in 2010 and 2013.

Incumbent David Gehman retained his position as Secretary with a total of 450 votes. His opponent, Tim Ramer, received a total of 431 votes. This is not Tim's first venture into Tribal politics; we expect to see him continue his involvement in Tribal politics.



*Shown left to right are Tribal Council Treasurer Robbie McGhee and Tribal Council Secretary David Gehman.*

Incumbent Robbie McGhee retained his position as Treasurer with a total of 567 votes. His opponent, Gia Langham, received a total of 321 votes. This was Gia's first political campaign but we do not expect it to be her last.

David and Robbie were sworn in and took the Oath of Office during a Special Called Council Meeting on Wednesday, August 7, 2013. We congratulate them both and look forward to seeing them continue to lead the Tribe into a bright and promising future.



## ***A Note of Appreciation***

*Submitted by Venus McGhee Prince, Attorney General*

As many of you may have heard, I have been appointed to serve as the Deputy Solicitor of Indian Affairs in the United States Department of Interior in Washington, D.C. I have been honored to serve you as Attorney General over the past seven and a half years and sincerely appreciate all of the relationships that I have reinforced and established during this time.

As a Tribal Member, this time has been even more special. I have been blessed with the opportunity to do work that I love, in a place that I love, with people that I love. I will be forever grateful and wish you all the best that life can offer.

*Venus' last day of employment with the Tribe was Wednesday, August 14, 2013.*

# UPCOMING CHANGES TO NEWSLETTER DEADLINE

Beginning with the *January 2014* issue of the *Poarch Creek News*, the submission deadline will change from the 10<sup>th</sup> of the month prior to the month of publication to the 5<sup>th</sup> of the month prior to the month of publication. If the 5<sup>th</sup> falls on a weekend or holiday, the deadline will be extended to the next business day. Please keep this change in mind when submitting information for publication in the newsletter.

The deadline for submission of information to be published in the January 2014 newsletter is Thursday, December 5, 2013. The current deadline of the 10<sup>th</sup> of the month prior to the month of publication is still in effect until that time. Please do not hesitate to contact the *Poarch Creek News* if you have any questions or need further information.

Gayle Johnson, Media Specialist  
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## 2014 Newsletter Submission Deadlines

<u>ISSUE</u>	<u>SUBMISSION DEADLINE</u>
January 2014	Thursday, December 5, 2013
February 2014	Monday, January 6, 2014
March 2014	Wednesday, February 5, 2014
April 2014	Wednesday, March 5, 2014
May 2014	Monday, April 7, 2014
June 2014	Monday, May 5, 2014
July 2014	Thursday, June 5, 2014
August 2014	Monday, July 7, 2014
September 2014	Tuesday, August 5, 2014
October 2014	Friday, September 5, 2014
November 2014	Monday, October 6, 2014
December 2014	Wednesday, November 5, 2014
January 2015	Friday, December 5, 2014

## 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. Sanches*

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 all veterans: male and female, those who paid the ultimate sacrifice in the service of our country, those who have passed, those who have served, and those who currently 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, 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 10<sup>th</sup>, 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 a veteran's information via email to [gjohnson@pci-nsn.gov](mailto:gjohnson@pci-nsn.gov), via 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.

## CAITLYN BARNHILL ATTENDS NIH WEEK IN WASHINGTON, DC

United South and Eastern Tribes - Vanderbilt University Native American Research Center for Health (USET-VU NARCH) sent two high school students to tour the National Institutes of Health (NIH) main campus in Bethesda, MD, as part of NIH Visit Week (June 23-28). NIH Week is a summer enrichment program for American Indian students to gain interest in biomedical research and medical careers. Kaitlyn Marden, 18, of the Wampanoag Tribe of Gay Head, Massachusetts, and Caitlyn Barnhill, 16, of the Poarch Band of Creek Indians from Alabama were chaperoned at the NIH by Krystal Tsosie, a Navajo Nation PhD/MPH student from Vanderbilt University working with USET during the summer.

Marden and Barnhill were joined by approximately twenty additional American Indian high school and undergraduate students supported by other NARCH and INBRE (Idea Network of Biomedical Research Excellence) programs nationwide. During the week, both Caitlyn and Kaitlyn attended a variety of workshops aimed to improve their networking skills, conducting informational interviews, and learning techniques for success in college. In addition, they toured several laboratories on campus including a hands-on demonstration in neurophysiology and a lab that uses virtual reality to model clinical interactions between patient and practitioner.

The highlight of the visit however, was watching a special seminar by NIH director Dr. Francis Collins who spoke

about the importance of translational medicine in regards to finding the etiology and treatment for progeria, a severe and rare genetic syndrome in which the signs of aging are exhibited at an early age. After the seminar, Dr. Collins treated the audience to a vocal performance of "Amazing DNA" accompanied by his guitar adorned with a gold helix on the fret board.



*In front of the Lincoln Memorial. (left to right): Caitlyn Barnhill, Krystal Tsosie, Kaitlyn Marden*

Some afternoons were spent networking with members of the faculty of the Society for Native Americans and Chicano(a)s in Science (SACNAS) as well as students from the NIH Community College Summer Enrichment Program (CCSEP) and Undergraduate Scholarship Program (UGSP). Other days were spent on a walking tour of the monuments along the National Mall in Washington, DC or almost catching a foul ball during a baseball game between the Arizona Diamondbacks and the Nationals.

Everyone had a great and enlightening experience during their first visit to NIH's main campus. We wish to thank Dr. John Mosely Hayes, Dr. Jana Lauderdale, and Jennifer Bennett for coordinating this event.

*Adaptation of article 'USET Students at NIH Week In Washington, DC'  
by Krystal Tsosie  
United South and Eastern Tribes, Inc. (USET)  
[www.usetinc.org](http://www.usetinc.org)*

*Note: Caitlyn is the daughter of Lisa Rolin Barnhill and Don Barnhill.*

## Casting Call!

The "Senior Xtremers" ("SX") TV Show is currently filming in South Alabama and Northwest Florida. "SX" is currently being distributed worldwide and features adults age 50 and up that do extreme sports or participate in other extreme activities. The producers are seeking individuals, couples, or groups. For more details contact Mike Cotton at 850-384-1484 or [feipcola@bellsouth.net](mailto:feipcola@bellsouth.net). You can also find them on Facebook at "Mike Cotton Dave Barnes Productions."



# MOBILE COUNTY 4-H STEER CLUB THANKS TRIBE

The following letter and thank you notes were forwarded to former Tribal Council Member Eddie L. Tullis after the Alabama Junior Cattlemen's Association (AJCA) Field Day at Perdido River Farms on Saturday May 25, 2013.

*The Mobile County 4-H Steer Club had 21 4-H members and 14 parents attend the AJCA Field Day that was held at Perdido River Farms in May. We all enjoyed your talk on the history of the Poarch Band of Creek Indians very much. It was educational as well as very interesting. It is events like this that help to keep our youth of today on the right track.*

*Mobile County is one of the largest 4-H groups that attends the AJCA Round-Up in July and the Alabama Junior Livestock Expo in March every year. We just wanted to let you know how much we appreciate your sponsorship for these events year in and year out. We also have many of our members that attend other shows through out the year and then we have two shows we host in Mobile. Our Feeder Steer and Heifer Show is held at the Greater Gulf State Fair in October; our Finished Marker Steer Show is held at the Fair Grounds in February.*

*Thank you again for having such a positive effect on 4-H!*

The following are some of the cards sent by the 4-H'ers who attended AJCA Field Day at Perdido River Farms.

*My name is Wyatt and this is my 6<sup>th</sup> year in Mobile County 4-H. I really enjoyed the cattle judging event at the AJCA Field Day in Atmore, Thank you for being such a big supporter of 4-H youth.*

*Wyatt*

*Hi, my name is Gabby and I am a member of the Mobile County 4-H. This is my 1<sup>st</sup> year to be in 4-H. I have one steer, his name is BAM. I came to the AJCA Field Day. I enjoyed learning about the Indians and the daily grooming advice. We stayed at the campgrounds at Magnolia Reserve. I had so much fun! Thanks for supporting 4-H.*

*Gabby*

*Thank you for the great experience at the AJCA Field Day. I enjoyed it a lot. I learned a lot. I can't thank you enough for having us.*

*Royce*

*Thank you so much for allowing the Mobile County 4-H Animal Science Club to come to Poarch Creek for the AJCA Field Day. Events like these encourage us to be the best 4-H'ers possible. I particularly enjoyed hearing you speak about the history of Poarch Creek and being able to learn more about cattle judging. Thanks again for always being such a positive role model in our state.*

*Taylor*

## NOTICE OF HOLIDAY PER CAPITA PAYMENTS

Tribal Member holiday per capita payments will be made in November. If you have any changes to your current banking account or address, please contact the Tribal Member Benefits Department at (251) 368-9136 x 2501 or 2209 so that a new Direct Deposit Form can be mailed to you to be completed and returned for processing. All changes/Direct Deposit Forms must be received by Tribal Member Benefits by 5:00 p.m. (CST) Friday, October 18, 2013.

Just a reminder, it is very helpful and safe to have all Tribal Per Capita payments deposited into a banking account.

**If you have no changes to your address or current account information, you DO NOT have to contact Tribal Member Benefits.**

# BULLYING

*www.bullyingstatistics.org* include:

One of the unfortunate experiences that marks childhood is bullying. Child bullying has existed in neighborhoods and schools for centuries. According to the American Academy of Child and Adolescent Psychiatry, close to half of all children will experience school bullying at some point while they are at primary or secondary school. At least 10 percent of children are bullied regularly. Child bullying is a serious problem in schools around the country. Child bullying teaches them to take a certain view of what is normal in relationships with other people, and it can also damage their own self-image in ways that can affect them for life. Children who are bullied can be stunted emotionally and socially, as well as see their schoolwork suffer. In some cases, serious depression and attempted suicide can result from childhood bullying.

Bullying is basically a form of intimidation or domination toward someone who is perceived as being weaker. It is a way of getting what one wants through some sort of coercion or force. It is also a way for someone to establish some sort of perceived superiority over another person. There are different types of bullying. While some may think that bullying mainly consists only of physical domination, the fact of the matter is that there are verbal and emotional forms of bullying as well. And, with the rise of the Internet, there are now instances of children being bullied online through email, chatrooms and on Facebook. It is even possible to be bullied through text messaging on a cell phone.

For the most part, boys prefer to use physical intimidation tactics in their bullying. They will use physical aggression to force others to do what they want, or to feel in charge of a situation. Girls, on the other hand, are more likely to use subtle methods like verbal abuse. Girls are also more likely to be adept at emotional bullying by ostracizing their victims or finding some other way to harass or belittle others.

Many parents are concerned that their child might be a victim of a child bullying. It may be more difficult to spot signs of verbal or emotional bullying, but you should be on the lookout for indications that your child's self esteem and self image are faltering, as well as a reluctance to go to school. Some of the signs that a child is being bullied

- Becoming withdrawn
- Showing fear when it is time to go to school
- Increasing signs of depression
- Decline in school performance
- Speaking of another child with fear
- Noticeable decline in how the child sees him or herself
- Signs of physical altercations, such as bruises, scrapes and other marks

You should also be on the alert for signs that your child is a bully. Child bullying behavior can be a precursor to problems later in life, especially criminal activity. It can also affect future professional and personal relationships. It is important that children learn to express themselves in socially acceptable ways, and bullying is not something that most in society tolerate. Here are some signs that your child might be a bully:

- Views violence as the solution to most problems
- Shows aggression toward adults as well as other children
- Needs to dominate others and control situations
- Easily frustrated
- Shows little sympathy to others who are being bullied, or who are having problems
- Won't help stop bullying

Parents and other adults can play an important roll in the reduction of child bullying. It is important to notice what is going on with your children, and watch for signs that he or she is being bullied, or that he or she is a bully. In both cases, it can be a good idea to talk to your child's school authorities, as well as a child counselor or pediatrician to figure out a plan. Bullies need to learn why they behave the way they do, and what they can change so that they are showing more acceptable behaviors.

You can help your bullied child feel safe. First of all, it is a good idea to listen, and be accepting. Let your child know that you are on his or her side, and that the bullying isn't their fault. Here are some things you can suggest to your child:

- That you go, together, to school authorities to see what can be done in terms of mediation, and in terms



of increased attention paid on the school grounds.

- Encourage the child to avoid the child bully, and seek help from a teacher or trusted adult when necessary.
- Practice being assertive and asking the bully to leave the child alone.
- Encourage your child to be with true friends - bullies are less likely to pick on children who are in a group.

In the end, it is important to help combat child bullying and make schools safe places to learn.

Sadly, adults can be bullies, just as children and teenagers can be bullies. One would think that as people mature and progress through life, that they would stop behaviors of their youth. Unfortunately, this is not always the case. While adults are more likely to use verbal bullying as opposed to physical bullying, the fact of the matter is that adult bullying exists. The goal of an adult bully is to gain power over another person, and make himself or herself the dominant adult. They try to humiliate victims, and "show them who is boss."

Adult bullies were often either bullies as children, or bullied as children. Understanding this about them may be able to help you cope with the behavior. But there is little you can do about it beyond doing your best to ignore the bully, report his or her behavior to the proper authorities, and document the instances of bullying so that you can take legal action down the road if necessary.

There are several different types of adult bullies, and it helps to know how they operate:

- *Narcissistic Adult Bully*: This type of adult bully is self-centered and does not share empathy with others. Additionally, there is little anxiety about consequences. He or she seems to feel good about him or herself, but in reality has a brittle narcissism that requires putting others down.
- *Impulsive Adult Bully*: Adult bullies in this category are more spontaneous and plan their bullying out less. Even if consequences are likely, this adult bully has a hard time restraining his or her behavior. In some cases, this type of bullying may be unintentional, resulting in periods of stress, or when the bully is actually upset or concerned about something unconnected with the victim.
- *Physical Bully*: While adult bullying rarely turns to physical confrontation, there are, nonetheless, bullies that use physicality. In some cases, the adult bully may not actually physically harm the victim, but may use

the threat of harm, or physical domination through looming. Additionally, a physical bully may damage or steal a victim's property, rather than physically confronting the victim.

- *Verbal Adult Bully*: Words can be quite damaging. Adult bullies who use this type of tactic may start rumors about the victim, or use sarcastic or demeaning language to dominate or humiliate another person. This subtle type of bullying also has the advantage - to the bully - of being difficult to document. However, the emotional and psychological impact of verbal bullying can be felt quite keenly and can result in reduced job performance and even depression.
- *Secondary Adult Bully*: This is someone who does not initiate the bullying, but joins in so that he or she does not actually become a victim down the road. Secondary bullies may feel bad about what they are doing, but are more concerned about protecting themselves.

Workplace bullying can make life quite miserable and difficult. Supervisors should be made aware of adult bullies, since they can disrupt productivity, create a hostile work environment (opening the company to the risk of a law suit) and reduce morale.

It is important to note, though, that there is little you can do about an adult bully, other than ignore and try to avoid, after reporting the abuse to a supervisor. This is because adult bullies are often in a set pattern. They are not interested in working things out and they are not interested in compromise. Rather, adult bullies are more interested in power and domination. They want to feel as though they are important and preferred, and they accomplish this by bringing others down. There is very little you can do to change an adult bully, beyond working within the confines of laws and company regulations that are set up. The good news is that, if you can document the bullying, there are legal and civil remedies for harassment, abuse and other forms of bullying. But you have to be able to document the case.

For more information on bullying, please visit [www.bullyingstatistice.org](http://www.bullyingstatistice.org).

# GRADUATES HONORED AT ACADEMIC ACHIEVEMENT BANQUET



Back row left to right are Hailey Clark, Rachel Presley, Tyler Smith, Sydney Rayborn, Rebecca Mills, and Kim Smith. Front row left to right are Robyn Shorter, Emily Fayard, and Sara Mills.

The 2013 Academic Achievement Banquet was held Tuesday, August 6, 2013 in the Coosawada Ballroom of the Wind Creek Casino & Hotel. The banquet recognized 2012-2013 high school and college graduates and academic achievements of students from the 9-12 grades that maintain an A or A-B honor roll.

The guest speaker for the banquet was Tribal Council Member Arthur Mothershed. After a delicious meal the students were recognized for their achievements.

Congratulations to each of the students on their graduations and academic achievements.



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## Atmore Vision Center & Monroeville Eye Care



We are excited to announce we accept flex cards and your BCBS along with other major medical insurances. We are open Mon-Fri for your convenience, fast turn-around time on glasses, same/next day appointments available. We consider our patient's health our number ONE priority, therefore, we offer thorough eye exams, eye disease prevention education and DNA testing. We have a variety of name brand frames to choose from Kate Spade, Nine West, Juicy, Coach and name brand sunglasses from Maui Jim and Costa Del Mar.

**Dr. Stephen M. Gross**  
Optometrist

**Dr. Valerie Vick**  
Ocular Plastics

**Dr. David Helton**  
Optometrist

**Dr. Alan Franklin**  
Refina Specialist

**Dr. Rollins Tindell**  
Cataract Specialist

**Dr. Sunil Gupta**  
Refina 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**

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FARGO**

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MORTGAGE**

Are you thinking of buying, renovating or building a home within your reservation's boundaries? We may be able to help you make it happen. With exclusive features, built-in flexibility, plus the personal attention of a caring home mortgage consultant, you can soon be enjoying the benefits of homeownership.

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**Eric L Sprenkle, Native American Lending**

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eric.sprenkle@wellsfargo.com, www.ericsprenkle.com

NMLSR ID 402092

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## 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 [facebook.com/PoarchBandofCreekIndians](https://facebook.com/PoarchBandofCreekIndians). You can also follow the Tribe on Twitter at [twitter.com/PoarchCreek](https://twitter.com/PoarchCreek).

We have recently established a Tribal Member Distribution Email (TMDE) 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 subscribe to this distribution list, please email your contact information and Tribal roll number to [info@pci-nsn.gov](mailto:info@pci-nsn.gov).

The Tribe's web site, Facebook, Twitter, and TMDE accounts are maintained by the Government Relations Department.

# CELEBRATING BIRTHDAYS



**Landon Wise**  
**August 1, 2013**

Happy birthday Landon! Landon is the son of Terry and Kasey Wise and the grandson of

William and Shelia Rolin.

We love you!!

Mom, Dad, Kaylee, family, and friends.



**James Colbert**  
**August 12, 2013**

Happy 80<sup>th</sup> birthday!

We love you.

From your family.



**Chris Lee**  
**August 13, 2013**

Happy 37<sup>th</sup> birthday!  
We love you!

From your wife and all the kids.



**Ernestine Daughtry**  
**August 20, 2013**

Happy 84<sup>th</sup> birthday. You are such a blessing. May the Lord continue to bless and keep you in

His love and care. We love you!

From all of your family.



**Benjamin Moya**  
**August 21, 2013**

Happy 6<sup>th</sup> birthday Ben, we love you !

Momma, Madyson & Luke.



**Hazel Brice**  
**August 22, 2013**

Hazel Brice celebrated her 73<sup>rd</sup> birthday on August 22, 2013. Hazel is the daughter of the late

Mace and Coot McGhee.

Happy birthday, we love you!

From your family.



**Kiah Parker**  
**August 24, 2013**

Happy 12<sup>th</sup> birthday!  
We love you!

From Mom, Chris, Makayla, Krislynn, Natalynn, and the rest of the family.



**Nikole Higdon**  
**August 28, 2013**

Happy birthday!  
We love you!!

Kenny, Patrick, and Noah.



**Cheyan Gibson**  
**August 28, 2013**

Happy birthday Cheyan!  
We love you!

From your family.



**Christy Huskey**  
**September 1, 2013**

Happy birthday Christy Inez O'Barr Huskey! You are the best mother, daughter, and sister. We all love you and hope you have many more.

From your family.



**Althea Bell**  
**September 3, 2013**

Happy birthday!  
We love you.

Frankie, Brent, Brooke, Coty, Zhoie & family!



**Gary Henson**  
**September 3, 2013**

Gary Henson will celebrate his 62<sup>nd</sup> birthday on September 3<sup>rd</sup>.

Happy birthday from your family.



# CELEBRATING BIRTHDAYS

**Jamie McGhee**  
**September 7, 2013**

Jaime McGhee will celebrate her birthday on September 7, 2013. Her family would like to wish her a happy birthday.

We love you!



**Emmee Gracyn Hayes**  
**September 8, 2013**

Happy 2<sup>nd</sup> birthday to our sweet precious "Bug". We love you more than words can say.

Love and kisses, Mommy, Papa & Memaw Young, Aunt Mae (Megan), Daddy, and family.



**Kamryn Johnson**  
**September 8, 2013**

Happy 7<sup>th</sup> birthday Kamryn. We hope you have a great day, and wish you many more.

Love, Moma, Daddy, Kylee and Si.



**Gabby Williams**  
**September 8, 2013**

Gabby will celebrate her 11<sup>th</sup> birthday September 8, 2013.

Happy birthday Gabby, we love you!!

Trevor, Mom, and Samuel.



**Makayla Parker**  
**September 9, 2013**

Happy 11<sup>th</sup> birthday! We love you!

From Mom, Chris, Kiah, Krislynn, Natalynn, and the rest of the family.



**Brenda Hutto Pruitt**  
**September 10, 2013**

Brenda Hutto Pruitt will celebrate her 46<sup>th</sup> birthday on September 10<sup>th</sup>. Brenda is the daughter of Glenda Henson Ellis and granddaughter of Thelma McGhee Henson.

From your family.



**David Lee Vickery**  
**September 12, 2013**

Happy 38<sup>th</sup> birthday! We love you!

From your aunt/sister Connie and the rest of the family.



**Adilyn Page Jones**  
**September 13, 2013**

Adilyn Paige Jones will celebrate her 2<sup>nd</sup> birthday on September 13, 2013.

Her family wants to wish "Addie Bug" a big happy birthday and say "We love you!"



**Jacob Rackard**  
**September 14, 2013**

Happy 22<sup>nd</sup> birthday, Jacob! We love you!!

Love Kimberly, Mom, Dad, Megan, Paw-Paw, Maw-Maw, Tabitha, Tony, Brooke, and Allie.



**Mike Vickery**  
**September 16, 2013**

Happy 48<sup>th</sup> birthday! We love you!

From your sister Connie and the rest of the family.



**Tori White**  
**September 18, 2013**

Happy birthday Tori-Talk-A lot!!! Tori will turn 11 on Sept. 18<sup>th</sup>.

We love you!!! Mom, Dad, Drake, & Dalton.



**Chyanne Denise Creel**  
**September 19, 2013**

Happy birthday Chyanne! Chyanne is the daughter of Chad Creel and the granddaughter of Ellen Creel.

Happy birthday, with much love from the Creel family.



# CELEBRATING BIRTHDAYS



**Brooke Bell Rolin**  
**September 22, 2013**

Happy 23<sup>rd</sup> birthday!  
We love you.

Coty, Zhoie, Mom, Dad, Brent, & family!



**Kyler McGlothern**  
**September 23, 2013**

Happy 18<sup>th</sup> birthday  
to my wonderful son,  
Kyle McGlothern.  
We love you!

Momma, Madyson, TT, Tinker, Granny  
and Paw Paw.



**Roslind Smith**  
**September 24, 2013**

Happy birthday  
Rosalind. We love you  
very much and pray you  
are richly blessed this

coming year.

Love, Denise and family.



**Jacob Sells**  
**September 24, 2013**

Happy birthday Jacob.  
We love you very much  
and pray you are richly  
blessed this coming year.

Love, Denise and family.



**Brantlie Thomas**  
**September 26, 2013**

Happy birthday,  
Brantlie! We hope it's  
the best one yet.

Love, Daddy, Jen, Ashton and Major



**Ernest Vickery**  
**September 26, 2013**

Happy 61<sup>st</sup> birthday!  
We love you!

From your sister Connie and the rest of the  
family.



**Shyla Godwin**  
**September 27, 2013**

Happy 18<sup>th</sup> birthday  
Shyla!

From Daddy, Sylina and family.



**Davis Glenn Ellis**  
**September 27, 2013**

Davis Glenn Ellis  
will celebrate his 27<sup>th</sup>  
Birthday on September  
27<sup>th</sup>. He is the son of  
Davis and Glenda Ellis.

Happy birthday from your family.



**Juanita Slate**  
**September 29, 2013**

Happy birthday Nana!  
We wish you many  
more! We love you so  
much!

With love, from the Weaver and Slate  
families.



**Thelma McGhee  
Henson**  
**September 30, 2013**

Thelma McGhee  
Henson will celebrate  
her 85<sup>th</sup> birthday on

September 30<sup>th</sup>.

Happy birthday from your family.

## ANOTHER YEAR

*I'm wishing you another year  
Of laughter, joy and fun,  
Surprises, love and happiness,  
And when your birthday's done,*

*I hope you feel deep in your heart,  
As your birthdays come and go,  
How very much you mean to me,  
More than you can know.*

*By Joanna Fuchs  
poemsource.com*

# BIRTH ANNOUNCEMENT

***Luca Shay Kuhn***

***July 10, 2013***

Luca Shay Kuhn was born July 10, 2013. At birth she weighed 7 lbs. 13 oz. and was 20 inches long.

Luca is the daughter of 1<sup>st</sup> generation Jeremy Kuhn & wife Amber and granddaughter of Tribal Member Linda Kuhn Bowen.



***Zhoie Shain Rolin***

***July 11, 2013***

Coty and Brooke (Bell) Rolin would like to announce the birth of their daughter Zhoie Shain Rolin. Zhoie was born on July 11, 2013 at 1:08 p.m. She weighed 7 lbs. 2 oz. and was 20 inches long.

Zhoie is the granddaughter of Frankie and Althea Bell and Eric and Kim Rolin. She is the great-granddaughter of Dewey and Olivette McGhee and Hattie Knowles and the late Lee Rolin. She is also the great-great-granddaughter of the late Chief Calvin McGhee.





# ANNIVERSARY WISHES

***Joshua and Vicky Burkett***  
***August 12, 2013***



Joshua and Vicky Burkett celebrated their anniversary on August 12, 2013.

Sharing a decade of happiness and looking forward to many more to come.

***Brad and Anna Wilson***  
***August 13, 2013***



Celebrating 13 faithful years!

1 Corinthians 13:4-8

***Russell & Maxine Lassiter***  
***August 24, 2013***



Russell and Maxine Lassiter celebrated 50 years of wedded bliss on August 24, 2013.

Together they have found a friendship, raised a family, and built a beautiful marriage.

***Gary & Brenda Pruitt***  
***September 13, 2013***



Brenda and Gary Pruitt will celebrate their 30<sup>th</sup> anniversary on September 13<sup>th</sup>.

They are going to renew their vows on September 15<sup>th</sup> with their family and friends in Frostproof.

They have three children and four grandchildren.

***Jimmy & Kathy Manning***  
***October 30, 2013***



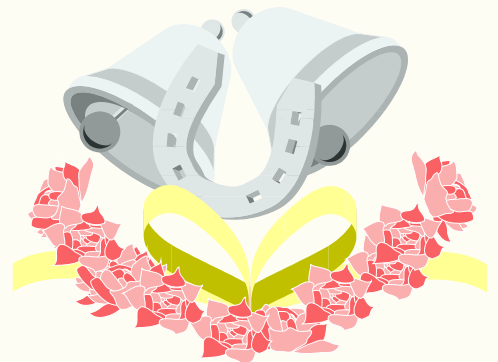
Jimmy and Kathy Manning will celebrate their 35<sup>th</sup> wedding anniversary on October 30, 2013.

Happy anniversary sweetheart and I look forward to many more to come!

Together they have 7 children, 21 grandchildren and 37 great grandchildren.

They celebrated their special day with close family and friends.

We love you Granny and Papa!



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# *Farewell To Loved Ones*

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## ***Edward Eugene Rolin*** ***May 2, 1949 - May 9, 2013***

The family of Edward Eugene (Big Ed) Rolin would like to say a sincere 'Thank You' to everyone for the food, flowers, gifts of love, and prayers during the loss of our Daddy.

We would also like to thank the following: Petty Funeral Home, Poarch Creek Indians' Housing, Poarch Creek Indians' Public Works, Poarch Creek Indians' Fire Department, Poarch Creek Indians' SAIL Center, Wind Creek Casino, Friendly Holiness Church, Rickey Fretwell, Jonathan & Becky McCullough, Brother Ray

Ward, Cross and Crown Baptist Church, and to many others that helped in our time of grief. We are forever grateful. Please continue to pray for our family.

With sincere thanks,

Wendy Davis, Krystal Langford, David Rolin, Shelly Rolin, and Joey Rolin.



---

## ***Douglas Wayne Henderson*** ***December 15, 1953 - June 7, 2013***

Douglas Wayne "Coach Doug" Henderson was born on Dec. 15, 1953 and left this earth for his heavenly home on June 7, 2013. Doug was born in Citronelle, AL to James and Thelma Newburn Henderson. He grew up mostly in Citronelle playing baseball and football. After a tour in the Army, which he spent in Germany, he moved to Pensacola where his family relocated. He learned the trades of carpentry, roofing and mechanical insulating.

In 1973 he met Carole Reid; they were married in 1975. God saw fit to bless them with their first child, Jeromy Lee in 1976 then Jason Wayne in 1981. They then moved to Molino to raise their boys. Doug worked many long seven day weeks, trying to provide a good life for his family. In 1984 I think God had to slow him down a little. He had an accident at work and became a paraplegic. It did not slow him down at all. From his wheelchair he hunted, fished, and built furniture. He was the Children's Church and Children's Choir director at The Living Word of Faith Church for many years. He coached for Molino Little League for eleven years.

During this time God blessed them with their first daughter Sabra Leigh in 1991 and their second, Sarah Antoinette in 1992. He tried hard to never miss an event that his children participated in; it didn't matter if it was football, baseball,

track, school plays or Native American Pow-wows.

In 2008 Douglas was blessed with his first grandchild, Jriston Lee and his second, Justin Wayne in 2009. He was an amazing Dad and Paw-Paw.

Doug was preceded in death by his parents, Thelma and James; one brother, William Michael; two sisters, Alice Annice and Catherine Renee; his mother-in-law Rose Lee; his brother-in-law Donald Allen, and two nephews, Keith and Michael. He is survived by his wife Carole; sons, Jeromy Lee and Jason Wayne; daughters, Sabra Leigh and Sarah Antoinette; daughter-in-laws, whom he considered his own, Jennifer and Kimberly; and his grandsons, Jriston and Justin; brothers, James Brian, James Curtis Jr. and wife Mary; sisters, Lois Steed, Jamie Benian and husband Larry, and Sharon Pederson and husband Rodney.

You will be dearly missed Douglas Wayne, rest in peace. Till we meet again.

*Submitted by Carol Henderson*





# TRIBAL MEMBER SUBMISSIONS



## *Addison Albritton, Swim Team Phenomenon*

*Submitted by Geri Albritton* as well as a 2nd place medal in the 100 yard freestyle. She was a first

Addison Albritton swam her way to victory in three events and placed second in a fourth event at the recent Gulf Coast Area Aquatic League Junior Championships held at Brewton's YMCA. year member of the Bay Minette Tiger Sharks coached by Brent Culver. Other competing teams represented Brewton, Monroeville, Daphne, Fairhope, and Gulf Shores.

She received 1st place medals in the 25 yard backstroke, 25 yard breaststroke, and 50 yard freestyle,

Addison is the 11 year old daughter of Olan and Geri Albritton.

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

*Unknown*

## *Keeping up with the news!*



Two year old Stormy McGhee settles in for a good read with the latest issue of the *Poarch Creek News*! Stormy is the daughter of Tyler and Cynthia McGhee.

*Submitted by Natasha McGhee*

## 99<sup>th</sup> Anniversary Sale!

Buy the Bedroom, 99¢  
Get the night stand

Buy the Livingroom, 99¢  
Get a pair of select lamps

We finance what we sell  
with easy monthly payments!

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Since 1914  
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Open 8am-5pm, Mon.-Sat.

*\*with credit approval*



Adam J. Huddleston is a radiation oncologist specializing in external beam radiotherapy and brachytherapy.



## THERE'S A REASON I'M HERE.

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**I am excited about using cutting edge treatments like RapidArc® radiotherapy treatment to help patients overcome cancer. My greatest satisfaction is seeing patients enjoy life again."**

**- Dr. Adam Huddleston**

Gulf Coast Cancer Centers offers the latest technology in cancer care at five convenient locations: Brewton, Daphne, Foley, Gulf Shores, and Monroeville. With world-class cancer treatment right HERE, there's no reason to go anywhere else.



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# TRIBAL MEMBER SUBMISSIONS



## *Society of Saint Andrews Donates Sweet Potatoes*

The Society of Saint Andrews donated a truck load of sweet potatoes to the Tribe on Friday, August 2, 2013. The Society often donates excess crops to the Reservation. In recent years the Society has donated such vegetables as cabbage, onions, cucumbers, and potatoes. These donations are spur of the moment donations that leaves very little opportunity for advance notice other than word of mouth.

*To the left: Velma Amos scales 'Mount Sweet Potato'!*

## *Jeddo Historical Research*

*Submitted by Liz Marsden*

Jeddo Historical Research is a group of individuals whose roots are in Jeddo/Uria

- Patti Hall: Williams family descendent
- Kim Chaudron Chappell: Freeman/Bob Taylor descendent
- Elizabeth Lloyd Marsden: David family descendent

- Alan Powell: Hollinger family descendent
- Kathryn Weatherford: Monroe County cemeteries transcriber

In the next issue, we will publish an updated list of Poplar Springs unmarked graves in the hope that we will be able to identify them by plot. At the end of the survey, we will have a sign made to list all the names which remain as unidentified, posted by the cemetery.

Thank you so much for the calls and information. Hope to hear more from you.

## *Proud To Be An American / Proud To Be Native American!*

Standing 650 feet up in the air Tribal Member Donnie Wayne Gibson, a proud Native American steelworker, and crew raise the American flag at the top of the construction site of the new Clint Daniels Power Plant in Moss Point, Mississippi.

Shown raising the flag left to right are David Lacosta, Donnie Wayne Gibson, and Frank Morrow.

*Submitted by Donald Gibson*





## *Thank You From 7&8 Year Old Boys NAYO Baseball Team*

On behalf of the 7&8 year old Boys NAYO baseball team, I would like to say 'Thank You' to April Sells and all of her firemen for what they did for our team during the NAYO tournament in July.

We had no concession stands available to purchase our kids drinks or water. There were convenience stores a few blocks from where we were playing, but none of us wanted to leave the games; we would have if April and her boys didn't step up. They were awesome. April grabbed Josh's ice chest and brought it back full of water and Gatorade for the kids. She stayed in the dugout helping suit up our players, helping them get ready for the next inning. She kept the ice chest full at all times, kept the boys cooled down with ice cloths and was there for any need they had.

We don't know what we would have done without them. Yes, we would have gotten a couple of parents to run get what we could from the stores, but April jumped right in and took over!

No one seems to take the time to say it enough, so I am saying it from us ... THANK YOU SO MUCH APRIL AND YOUR GUYS FOR HELPING US IN MORE WAYS THAN WE COULD COUNT! It will never be forgotten.

Vicky Burkett

7 & 8 year old boys NAYO Baseball Team



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## GRADUATES & HONORS

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### *Colbert Graduates From University of Alabama*

Joshua Keith Colbert earned his Bachelor of Arts Degree in Criminal Justice from the University of Alabama during the August 2013 commencement ceremony. Colbert graduated Magna Cum Laude.

In addition to his studies, Joshua completed an internship with the Tuscaloosa County Sheriff's Department. Joshua plans a career in law enforcement. We are all proud of his accomplishments! Roll Tide!

A native of Perdido, Alabama, Colbert is the son of Keith Colbert and the grandson of Robbie and Judy Colbert.

*Submitted by Judy Colbert*

---

*Education is the most powerful weapon you can use to change the world.*  
~ Nelson Mandela





# 2013 South Regional Forestry Field Day

The 2013 South Regional Forestry Field Day sponsored by the Alabama Natural Resources Council and the Alabama State Tree Farm Committee will be held Thursday, October 3, 2013 at Magnolia Branch Wildlife Reserve.

- See how to manage Alabama forest for multiple uses.
- Meet leaders of state natural resource agencies.
- Hear experts speak in the field of forest resource management.

- Tour Magnolia Branch Wildlife Reserve, the 2012 Helene Mosley Winner.

Everyone is invited!

Registration required by September 27, 2013.

Call the Alabama Cooperative Extension System at (251) 867-7760 to register or if you need special accommodations.

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

## 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 [dhenry@pcicie.com](mailto:dhenry@pcicie.com) 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 [www.al.nrcs.usda.gov](http://www.al.nrcs.usda.gov) 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.

# ***WILLIAM PUCKETT, STATE CONSERVATIONIST WITH NRCS, RECEIVES SOIL CONSERVATIONIST OF THE YEAR AWARD***

*USDA/NRCS Press Release*

*Dated August 6, 2013*

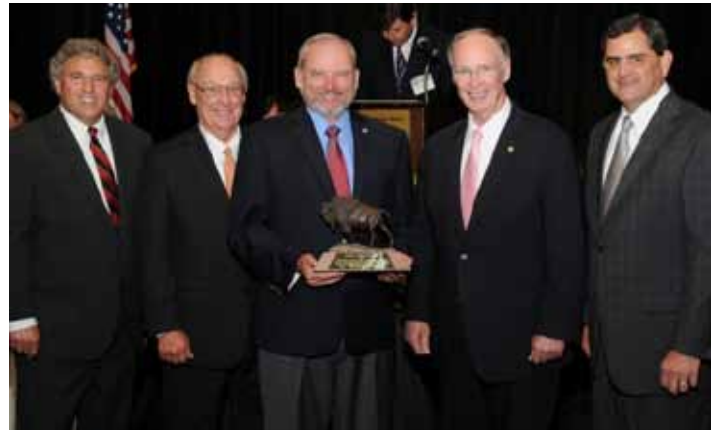
Dr. William Puckett of Auburn was recently awarded the Soil Conservationist of the Year Award at the 2013 Alabama Wildlife Federation Governor's Conservation Achievement Awards banquet. The banquet was held on August 2, 2013 at The Marriott Legends at Capitol Hill in Prattville. Governor Robert Bentley provided opening remarks and assisted with presentation of the awards.

The AWF Governor's Conservation Achievement Awards (GCAA) are the most respected conservation honors in the state of Alabama. Over the past 30 years, the Alabama Wildlife Federation has presented these awards to individuals and organizations that make significant contributions to the conservation of Alabama's wildlife and related natural resources.

Dr. Puckett serves as the State Conservationist with the USDA Natural Resources Conservation Service in Alabama. In this role, he has become known for his proactive approach, can-do attitude, and building effective partnerships with a host of organizations and agencies committed to soil and water conservation and the wise stewardship of Alabama's natural resources.

Under Dr. Puckett's leadership, he has fostered effective implementation of Farm Bill programs that have resulted in millions of dollars invested in partnership with Alabama landowners to protect our soil resources through conservation tillage and the use of cover crops. At the same time, these programs have also increased crop productivity, improved water quality, and established beneficial forest and wildlife habitats.

During the Deepwater Horizon Oil Spill, Dr. Puckett spearheaded development of the Migratory Bird Habitat Initiative and worked with the Alabama Wildlife Federation, local Soil and Water Conservation Districts, the National Fish and Wildlife Foundation, and coastal Alabama landowners to develop alternative, oil-free habitats for migratory shorebirds and waterfowl. As a result, almost 1,000 acres of new migratory shorebird and waterfowl habitat were created, providing the habitat necessary to support feeding areas for 50,000 migratory



*Charles Welden, III, AWF President; Horace Horn with PowerSouth Energy; Dr. William Puckett; Governor Robert Bentley and Matt Bowden with Alabama Power Company.*

shorebirds and approximately 900,000 duck use days.

Dr. Puckett is a leader and is passionate about the soil and related natural resources of our state. He has also led Alabama in the National Water Quality Initiative, the Working Lands for Wildlife Initiative, and a host of other highly beneficial conservation efforts.

The GCAA was created to promote leadership by example and in turn increase conservation of the natural resources in the state of Alabama including its wildlife, forests, soils, water and air. The program is designed to bring about a greater knowledge and awareness of conservation practices and projects and to give proper recognition to those persons and organizations that make outstanding contributions to the natural resource welfare of their community and state.

The Alabama Wildlife Federation, established by sportsmen in 1935, is the state's oldest and largest citizens' conservation organization. The mission of the Alabama Wildlife Federation, a 501(c) 3 non-profit group supported by membership dues and donations, is to promote conservation and wise use of Alabama's wildlife and related natural resources as a basis for economic and social prosperity. To learn more about AWF, including membership details, programs and projects, contact Alabama Wildlife Federation at 1-800-822-WILD or visit [www.alabamawildlife.org](http://www.alabamawildlife.org).

## 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; and

Jay McGirt, Creek Artist, as Zachariah McGirth

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 [annrunningwater@comcast.net](mailto:annrunningwater@comcast.net) or Robert Thrower, THPO, at [rthrower@pci-nsn.gov](mailto:rthrower@pci-nsn.gov).

## URGENT CARE AT ACH MEDPLUS

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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!

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406 Medical Park Drive

(across from Atmore Community Hospital)

**Monday – Friday**  
**3 to 9 p.m.**

**Saturdays**  
**9 a.m. to 3 p.m.**

**Sundays**  
**1 to 7 p.m.**

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Atmore Community Hospital

✱ BAPTIST HEALTH CARE



# Poarch Creek Indians Tribal Princess Contest Application

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Street Address: \_\_\_\_\_

City/State/Zip Code: \_\_\_\_\_

Telephone: \_\_\_\_\_ Alt. Phone: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_ Tribal Roll #: \_\_\_\_\_

Parent(s)/Guardian(s): \_\_\_\_\_

School Attending/Attended: \_\_\_\_\_

Achievements: \_\_\_\_\_

\_\_\_\_\_

Hobbies/Activities: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Division: (You must be the appropriate age for your division by November 28, 2013)

(\_\_\_\_) Elementary (Ages 8-12)      (\_\_\_\_) Junior (Ages 13-16)      (\_\_\_\_) Senior (Ages 17-22)

\_\_\_\_\_

Signature of Participant

Signature of Parent/Guardian  
(Elementary and Junior participants)

**\*\*Orientation Session and first practice: Sunday, September, 8, 2013, 2:00 p.m. at the Museum. \*\***

You may bring your completed application to the orientation session/first practice, drop it off at the Museum, fax it to (251) 368-2293, email it to [analvarez@pci-nsn.gov](mailto:analvarez@pci-nsn.gov), or mail it to: Poarch Creek Indians, ATTN: Amber Alvarez, 5811 Jack Springs Road, Atmore, AL 36502

Tribal Roll Numbers can be obtained by calling Tribal Member Benefits at (251) 368-9136 ext. 2209.

For more information, contact Amber Alvarez at (251) 368-9136, ext. 2649 or [analvarez@pci-nsn.gov](mailto:analvarez@pci-nsn.gov).

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## HOUSING AUTHORITY UPDATE

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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 for consideration and you will be ineligible for consideration until an updated application is on file.

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

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## BOYS & GIRLS CLUB UPDATE

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### *Attention Parents:*

- We have learned from experience that our children need to unwind after being in a classroom all day, so during our After School Program we are scheduling homework time from 5:00 – 5:30. We will have snacks and activities until 5:00.
- Our present membership is 344 members. Our 2013 enrollment is closed but our Annual Open Enrollment for membership to the club will be in January 2014, a date will be decided and advertised ASAP.



*Boys & Girls Club Teen Center summer activities included participation in FBI Teen Academy and a visit to Disney World.*



# HEALTH DEPARTMENT NEWS & INFORMATION

*Submitted by Ginger Bergeron, Health Administrator*

In an effort to better communicate our services and to keep you informed with what's happening at the Health Department, we will have a monthly update in the newsletter. Thank you for the huge response to our assessment form that many of you sent in. As a result of your feedback and suggestions, we have and are making the following changes:

**Better Communication:** We will update you every month in the newsletter and we have placed a suggestion box in the waiting room (thanks to those of you who have used it).

**Improve Access to Care and Make it Easier to Get In:** We have added more appointment slots every day. Also, the clinic, lab, and pharmacy are now available through lunch.

**Go Electronic, Too Much Paper:** We are in the process of going fully electronic! We are transitioning from a paper chart to an electronic medical record. If you are referred to specialists outside of Poarch, we will scan your test results into your electronic medical record. Our target date for completion is December 31, 2013.

**Fill "Call-In Prescriptions":** Now your outside physicians can call the pharmacy & we will fill your prescription. Also, if you walk in with a prescription, we will strive to have it filled in an hour. You no longer have to come in, sign for your prescription, and come back later. You can request your medications to be refilled by calling (251) 368-9134 and your medication will be ready in 48 hours.

**More Education:** We have developed education tools on the following illnesses: congestive heart failure, chronic obstructive pulmonary disease (COPD), hypertension, obesity, diabetes, medication management, and cholesterol. If you come into the clinic with any of these diagnoses, we will share with you educational handouts about your particular diagnosis.

Also, we have started a 16 week diabetes prevention program aimed at education and lifestyle changes to prevent diabetes.

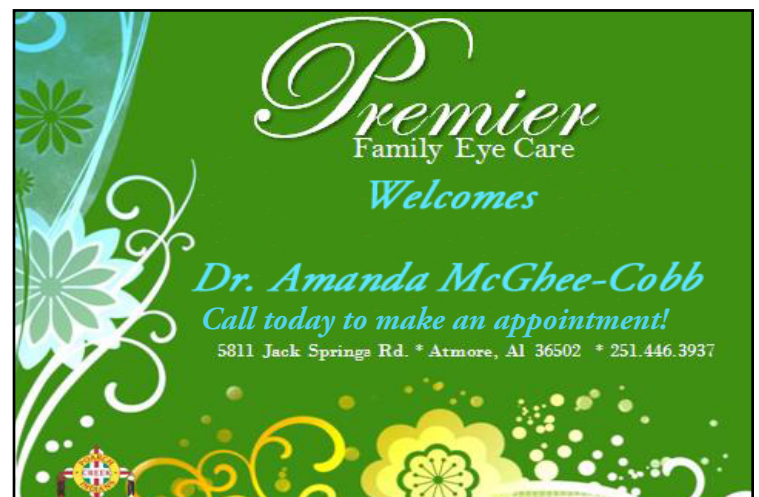
**Immunizations:** Flu and pneumonia shots will be available in September, as well as back to school immunizations. Don't be caught without it!

We would like to welcome and congratulate the following Health Department employees:

- Lisa Parker, Executive Assistant; welcome to Poarch Creek Health Department! Lisa comes to us with 21 years experience with USDA. She is a great asset to our team.
- Christine Ward has accepted a new position within the Health Department; Certified Coder.
- Rosie Boyte has accepted a new position within the Health Department; Office Manager with Premier Eye Clinic.
- Candace Fayard returns to the Health Department as our Compliance Officer!

On a sad note, we say goodbye to Shyrell Gehman who retired on August 22, 2013 after 27 years with the Health Department. She has served us well and will be truly missed. We wish her the very best in her retirement!

Please mark on your calendars that the Health Department will be closing on September 20, 2013 at 11:30 am. Keep this closure in mind when planning your visit to the clinic and pharmacy.





# AN OUNCE OF PREVENTION

## *An Ounce of Prevention....*

Diabetes has now reached epidemic proportions. The internet's definition of epidemic: affecting or tending to affect a disproportionately large number of individuals within a population, community, or region at the same time. The example they gave was typhoid. Now here we are calling diabetes an epidemic. Currently the American Diabetes Association reports that in 2011, 8.3% of the population of the U.S. had diabetes. In 2011, 7 million people were thought to be undiagnosed and 79 million had pre-diabetes. These numbers are not only shocking, but plain scary. Diabetes is not unique to just the United States; it is reaching epidemic proportions all over the world.

Studies have shown that diabetes can be prevented or at least delayed by making small changes in lifestyle. The Poarch Creek Indian Health

Department has a great diabetes program, but it was obvious that we needed to work more towards prevention. So what are we going to do? After careful consideration, it was decided that we would follow the Diabetes Prevention Program offered by the Centers for Disease Control (CDC). This program is based on research provided by the National Institutes of Health with the support of the CDC. The Diabetes Prevention Program is a partnership with the CDC to work towards lifestyle changes.

In May 2013, several of the staff that work with diabetes, traveled to Atlanta to take an in-depth course to train as lifestyle coaches. Lifestyle coaches will work with participants within a group setting and facilitate the weekly counseling sessions.

The PCI Diabetes Prevention Program will be a sixteen week series of classes, with follow up classes conducted throughout the

year. The classes will be held weekly for approximately one hour. The participants will learn how making small changes such as decreasing calories and fat can make a big impact on health. Participants will set goals to lose 5-7% of their body weight and incorporate at least 150 minutes of physical activity into their lifestyle over the sixteen week course. The first series of classes began August 8, 2013 but feel free to give the Health Department a call to see if space is available; the next series of classes will begin in January, 2014.

If you have been told you are at risk for developing diabetes, please call 251-368-9136 extension 2332, 2372, 2328, or 2315, and ask about the Diabetes Prevention Classes.

In the case of diabetes an ounce of prevention is truly worth a pound of cure.

*Donna Johnson, RN, CDE, CCM, CFCN*

**The Health Department and Pharmacy will be closing on September 20, 2013 at 11:30 am. Keep this closure in mind when planning your visit to the clinic and pharmacy.**

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# 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/](http://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 pre-registration is required. Students will need their social security number and 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

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## *Rising Stars Studio of Dance-Sign Up Now!*

Register now for monthly dance and gymnastics classes.

Classes began August 15th but students may join at anytime as long as space is available.

Visit the Tribe's web site, [www.pci-nsn.gov](http://www.pci-nsn.gov), for more information or contact the PCI Recreation Department at (251) 368-9136 x 2256.

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## *Splash Pad Open!*

Monday-Closed for routine maintenance  
Tuesday-Saturday 10:00 am - 8:00 pm  
Sunday 1:00 pm - 8:00 pm

## *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](mailto: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 [pci-nsn.gov](http://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.



# YOUR HEALTH MATTERS

Small Decisions Make Big Things Happen

## Cardio Training in the Year 2013

**We are busy people these days.** We have kids, work, family responsibility, Facebook, and many other responsibilities to do every day. Also, you have to exercise, or as I like to call it - train. What is the most effective training? I have a solution for you! It is high intensity interval training. It is easy and you don't need to spend an hour on cardio equipment or running outside.

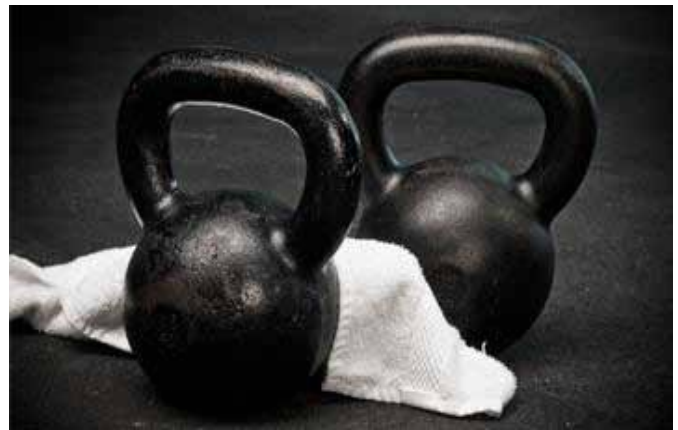
What is high intensity interval training or HIIT? It is a workout that alternates an intense bout of exercise with a *less* intense bout of exercise (or complete rest). The intense bout of exercise is different for every person. According to the American Journal of Sports Medicine, research has shown using HIIT improved cardiovascular fitness up to 6 to 8 times more in only 2 weeks over endurance training (like running). For this training to work, you must perform the interval at the correct level prescribed for the training. If not done correctly, you will not make it through the training session or you will not get the results you're looking for.

Want to try a quick interval training workout? Here is an example of a HIIT training session that anyone can do. We call it 30/30's:

- 5 Minute Warm-Up Easy
- 30 seconds Work
- 30 seconds Rest
- Repeat 4 more times
- 5 Minutes Easy

This is a 15 minute quick effective workout. The 30 seconds of *Work* can be any activity that you want, but must be challenging. Your effort should be about 80% of your max effort. This 80% effort will be different for every person. The more fit you are, the more challenging the exercise. The 30 seconds of *Work* can be on a bike, treadmill, jump rope, incline walking, body weight squat, kettlebell swing, or any other movement. It does not have to be the same activity every 30 seconds. It can be a mix of different movements or cardio machines. The *Rest* can be complete rest or lower intensity activity such as walking. You choose the *Rest* based on your fitness level.

HIIT will get you great results faster and quicker than walking on a treadmill or biking for 30 minutes.



Once you have completed the first 15 minutes - we'll call this your first set - and if you are up for it, you can perform another 5 minute 30/30 set but must take a 5 minute break in between each set. You can do as many 30/30 sets that you can handle. You only need to perform HIIT training 2 to 3 times a week with a day off in between. Do what you can handle. If you are good with one set, start there and progress accordingly. Give it a shot and have some fun.

Commit to your health this year and big things can happen! With the right resources and the proper support – what will you do?

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](http://www.mypciwellness.com)  
[facebook.mypciwellness.com](https://facebook.mypciwellness.com)



## Ditch the Scale - Part 1

**Weight loss and fat loss are often two very different things.** While we speak in terms of weight, scales, diets and calories, what we really should be discussing is food quality, hormones, strength training and stress.

In this 2 part series, we'll discuss why fat loss doesn't necessarily revolve around weight loss, cardio and calories. Instead, healthy fat loss involves regulating fat burning hormones through good nutrition and increased muscle mass. By focusing more on the types of food, exercise and stressors that affect our hormones, we can create permanent change in our body shapes, which ultimately matters far more than what the scale says.

Consider the fact that 95% of diet's fail and 66% of those that do lose weight on a diet end up gaining more weight back. When we diet (restrict calories), we lose fat, but also lose muscle, water, and organ and bone tissue as the product of restricting calories. I'd say that in our pursuit of weight loss, we seem to be missing one very important fact: *The Key to losing fat is to focus on muscle mass.*

### Why is having more muscle mass so important?

Muscle is more dense tissue than fat; therefore 1-lb of muscle will take up less space than 1-lb of fat. That means better fitting clothes and improved body definition. Also, having more muscle mass has some significant hormonal and lifestyle advantages that contribute to increased fat loss that aren't optimized when typical dieting is in effect:

- 1. Improved insulin sensitivity:** Being insulin sensitive means you handle sugar (glucose) well, which means that less sugar is being stored as fat, and less insulin (fat storing hormone) is needed to modulate this process.
- 2. Age related muscle decline:** After the age of 20, you lose approximately one-half pound of muscle per year. That means for the average American, each pound gained thereafter is fat. Simply maintaining muscle mass each year would offset fat gains and improve health outcomes later in life.
- 3. Hormone enhancement:** While having more muscle mass will increase the number of calories burned at rest (only slightly), the process of strength training more importantly helps increase fat burning hormones like growth hormone and



testosterone, which ultimately contribute to increased fat loss around the clock.

This is a perfect example of why tracking scale weight is simply inefficient for tracking fat loss. Instead, assessing body fat and muscle mass is a more reliable indicator of progress made.

### How do we accurately track fat loss?

Finish this article by logging into the My PCI Wellness Online Portal and go to the Blog section.

In the meantime, reach out to me if you have any questions and have a great September.

- 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.*



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# YOUR HEALTH MATTERS

Small Decisions Make Big Things Happen

## My PCI Wellness Online Portal

**Have you been hearing the buzz?** The My PCI Wellness Program launched last year and has been helping members of Poarch Recreation get healthy! Members have been learning how to take better control of their health through exercise and nutrition with personal programs and support. Since inception, members have learned how to advance their knowledge of exercise equipment, the importance of healthy food – and how to have fun through workshops and fitness challenges.

The My PCI Wellness Program utilizes a tool called the My PCI Wellness Online Portal ([www.mypciwellness.com](http://www.mypciwellness.com)). The individually private portal enables members to learn more about their personal health, log their health activities, read articles, compete in challenges, and earn points for healthy accomplishments. Points that turn into money!

This year, the portal has been extended to Tribal Members over the age of 18 that are currently not participating in the Tribal Member Medical Plan. This means, if you are a Tribal Member with a Roll # - you qualify for the portal.

### How does the portal work?

1. Tracks Points Earned
2. Governs Reward Money
3. Tracks and Supports Health Improvements

### How do you get started?

If you are not on the portal yet and wish to enroll, follow these steps:

#### Step 1: Enroll

Contact Juanita Fears at Poarch Recreation  
Phone: (251) 368-9136 x 2256  
Email: [jfears@pci-nsn.gov](mailto:jfears@pci-nsn.gov)  
Email: [mypciwellness-support@advantagetraining.co](mailto:mypciwellness-support@advantagetraining.co)  
Web: [www.mypciwellness-support.com](http://www.mypciwellness-support.com)

#### Step 2: Create Your Profile

Go to: [www.mypciwellness.com](http://www.mypciwellness.com)  
Select Click Here to Signup  
Complete Your Profile



#### Step 3: Login and Complete Your Health Assessment

Takes about 15 minutes to complete.

**Congratulations!** You just earned **750 Points (\$100)** just for completing your health assessment!

Once you login, download the complete Rewards Program booklet, or you can pick up a copy at Poarch Recreation.

Commit to your health this year and big things can happen! With the right resources and the proper support – what will you do?

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.



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# Reward Levels

REACH NEW MILESTONES AND EARN CASH



MY PCI WELLNESS

Level Achieved	Total Available Points	Total Points Earned	Minimum Qualifications	Reward
Green	750	750	Participant has Completed Personal Health Assessment	\$ 100.00
Purple	750	1500	Participant has Completed Green Level qualifications and Completed (1) Challenge	\$ 150.00
Orange	750	2250	Participant has Completed Purple Level qualifications and Completed a Body Fat Analysis	\$ 200.00
Red	750	3000	Participant has Completed Orange Level qualifications and Completed (1) Online Workshop	\$ 300.00
Blue	750	3750	Participant has Completed Red Level qualifications and Annual Physical or Biometric Screenings	\$ 500.00

**Cash & Prizes  
Available to Earn**

**\$1,250 + Prizes**

## Commitment to Myself

I, \_\_\_\_\_, am committed to reaching Level \_\_\_\_\_ by **June 30, 2014**. I will commit to taking time for myself to reach my goals, whether it is a physical activity, reading activity, or visiting a health specialist. I understand that three hours a week committed to my health can greatly affect me, my family, and my loved ones. I am committed to my success and deserve all the happiness that comes my way.

Today's Date: \_\_\_\_\_ Signed: \_\_\_\_\_

[www.mypciwellness.com](http://www.mypciwellness.com) [facebook.mypciwellness.com](https://facebook.mypciwellness.com)



# FAMILY SERVICES UPDATE

## ABUSE PREVENTION

The Family Services Department is proud to welcome Dr. Frank McCloskey to the Family Services Department as the Abuse Prevention Coordinator. Dr. McCloskey, or Frank as he prefers being called, brings many years of experience working with individuals and families. He will provide prevention and intervention services for victims of Domestic, Family and Dating Violence; Stalking; and Sexual Assault. Please feel free to contact Frank if you have any questions or concerns. He can be reached at (251)-368-9136, ext. 2212 or by e-mail at [fmccloskey@pci-nsn.gov](mailto:fmccloskey@pci-nsn.gov).



### ATTENTION: PROGRAM PARTICIPANTS OF CCDF AND TRIBAL CHILD CARE PROGRAMS *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 TRIBAL KID'S CHRISTMAS PARTY "Christmas at the Movies"

The Tribal Kid's Christmas Party will be held on Thursday, December 12, 2013 from 5:00 p. m. until 8:00 p. m. at the new Wind Creek Cinema!

Children eligible to attend include: children who reside in a tribal-member's household and who are between the ages of birth through 12 years of age.

Each child must be pre-registered to attend! Pre-registration forms will be available in the October, 2013 Newsletter!

## PUBLIC NOTICE

This article provide public notice to all Tribal Members that the following grants will be available for review, discussion, and public comment during office hours at the Family Services Department, Building 500.

Low Income Energy Assistance Grant (LIHEAP)  
Community Services Block Grant (CSBG)  
Child Care Development Funds (CCDF)  
Family Violence Prevention (FVPSA)

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

*If you or a loved one is a victim of domestic violence, please contact Dr. Frank McCloskey for assistance or information. You can reach Frank at (251)-368-9136, ext. 2600, or via e-mail at [fmccloskey@pci-nsn.gov](mailto:fmccloskey@pci-nsn.gov). You are not alone. We are here to help you.*

## STOP THE VIOLENCE - PREVENT ABUSE

Family Services Department  
5811 Jack Springs Rd.  
Atmore, AL 36502

Phone: (251)-368-9136, ext. 2600  
Fax: (251)-368-0828

# 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

## Computer 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.

# EDUCATION NEWS & UPDATES

## ***Tribe Partners With Grand Canyon University***

The Poarch Creek Indians (PCI) recently announced a partnership with Grand Canyon University (GCU), for the benefit of both PCI community members and employees. The two key benefits are ease of credit transfer and tuition reduction for those joining GCU. GCU established in 1949, is a private Christian Non-denominational institution. With the Universities substantial growth and increasing options available in Healthcare, Business, Teaching, and the Arts, this ties in well with providing eligible PCI students a myriad of options for both community college students, or those looking for a more advanced degree. GCU will accept credits from any regionally accredited facility.

PCI and GCU have agreed to a one year term renewable each year as the partnership develops. With the many educational options available through the GCU working relationship, it would seem that the opportunity to advance for eligible community members (And PCI employees) is now enhanced significantly.

The microsite for more information regarding the partnership is provided for those interested in looking at specifics <https://www.gcu.edu/PoarchCreek> or those with questions may contact the PCI Education Department.

*Submitted by Michael Pearcy  
National Tribal Liaison, Grand Canyon University*

## 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" if 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.

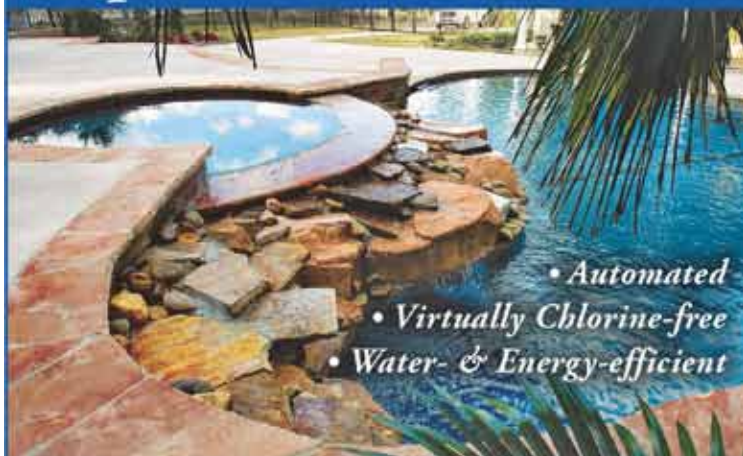
If you have any questions please contact Shelia Fisher, Tuition Program Coordinator at [sfisher@pci-nsn.gov](mailto:sfisher@pci-nsn.gov) or (251) 368-9136 ext. 2241.

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.



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## Fall 2013 ACT Test Prep Class

Sunday, September 15, 2013

2:30 pm – 6:00 pm

Poarch Creek Tribal Court Room

Building 300

5811 Jack Springs Road

Atmore, AL 36502

A high ACT score will improve a student's ability to receive additional scholarship funding and acceptance into specialized college and university programs or studies.

The ACT Prep Class is OPEN to all high school students who want to take the class. The Tribe will cover the cost for taking the test for Tribal Members, First Generation Descendants, and children of Tribal employees.

The students who do not qualify for our assistance will need to bring \$65 to cover expenses; \$50 charge for the class and \$15 for the book. Mrs. Stanley will accept payment for the non-tribal connected students when the students arrive to take the test.

We are taking reservations for 25 students. We will stop taking reservations at 5:00 pm September 13, 2013. You can register with Billie McGhee at 251-368-9136, ext. 2243 or [bmcghee@pci-nsn.gov](mailto:bmcghee@pci-nsn.gov).

### Close Up

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 are posted on the Tribe's website, [www.pci-nsn.gov](http://www.pci-nsn.gov), and/or you can pick one up at the PCI Education Department.

Last day to submit an application for Close Up is Friday, September 20, 2013.

# his kitchen. your TABLE.



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For further information contact

Gayle Johnson, Media Specialist

(251) 368-9136 x 2210 or

via email at [gjohnson@pci-nsn.gov](mailto:gjohnson@pci-nsn.gov)

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Atmore, AL 36502

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MARY KAY

# SEPTEMBER (*Otvvoskuce*) 2013

## ***Tribal Council Meetings***

Thursday, September 5<sup>th</sup> & 19<sup>th</sup> 4:00 pm  
Tribal Council Chambers

## ***Tribal Court Sessions***

Monday, September 9<sup>th</sup> & 23<sup>rd</sup> 9:00 am  
Tribal Courtroom

## ***CIEDA Meetings***

Friday, September 6<sup>th</sup> & 20<sup>th</sup> 7:30 am  
CIEDA Offices

## ***CMCA***

Monday, September 2<sup>nd</sup> & 16<sup>th</sup> 4:00 pm  
Museum

## ***Housing Authority Meetings***

Wednesday, September 11<sup>th</sup> & 25<sup>th</sup> 4:00 pm  
Building 400 Conference Room

## ***Recreation Authority Meetings***

Tuesday, September 3<sup>rd</sup> 11:00 am  
Recreation Department (Gym)

## ***TERO Commission Meetings***

Tuesday, September 10<sup>th</sup> & 24<sup>th</sup> 3:00 pm  
TERO Offices

## ***Education Classes/Club Meetings***

### ***4-H Club***

Monday, September 9<sup>th</sup> & 23<sup>rd</sup> 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

## ***After School Tutoring***

Begins September 23, 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 w/Lifeguard on duty***

***Monday - Thursday***  
***11:00 am - 12 pm.***  
***6:00 pm - 7:30 pm***

***Friday*** 10:00 am - 7:30 pm  
***Saturday*** 1:00 pm - 3:30 pm

#### ***Open Swim No Lifeguard on duty***

#### ***Adults 18 and older only***

***Monday - Friday*** 6:00 am - 8:00 am  
***Saturday*** 10:00 am - 12:00 pm

### ***Splash Pad***

***Monday - Closed***  
***Tuesday - Saturday*** 10:00 am - 8:00 pm  
***Sunday*** 1:00 pm - 8:00 pm

### ***Rising Star Studio Of Dance***

***Thursday*** 4:00 pm  
***Time varies by age category***

## ***Other Dates To Remember This Month***

***School Supply Reimbursement Program***  
***Ongoing through October 31, 2013***

***Monday, September 2, 2013***

***Tribal Offices Closed***

***In Observance of Labor Day***

***Sunday, September 8, 2013***

***Princess Practice***

***Museum @ 2:00 pm***

***Monday, September 9, 2013***

***Last day to nominate Athlete of the Year***  
***Applications available on line and at the***  
***Recreation Department***

***Tuesday, September 10, 2013***

***5:00 p.m. (CST) Deadline to submit***  
***information to be published in the October***  
***2013 newsletter.***

***September 13, 2013***

***Last day to RSVP for Sports Banquet***

***September 13 - 14, 2013***

***Back To Tusculmbia***

***Contact rthrower@pci-nsn.gov for more info.***

***Saturday, September 14, 2013***

***Hunter Education Class***

***Recreation Department***

***8:00 am - 12:00 pm***

***Friday, September 20, 2013***

***Last day to submit application for***

***2014 Close Up Program***

***Friday, September 20, 2013***

***Health Department & Pharmacy***

***Closes at 11:30 am***

***Saturday, September 21, 2013***

***2013 Sports Banquet***

***Recreation Department***

***6:00 pm***

***September 27, 2013***

***Tribal Offices Closed in observance of***  
***American Indian Day***

## **Newsletter Contact Information**

### ***Poarch Creek News***

Gayle Johnson, Media Specialist

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5811 Jack Spring Road, Atmore, AL 36502

**[www.pci-nsn.gov](http://www.pci-nsn.gov)**

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**Poarch Creek Indians**  
**5811 Jack Springs Road**  
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