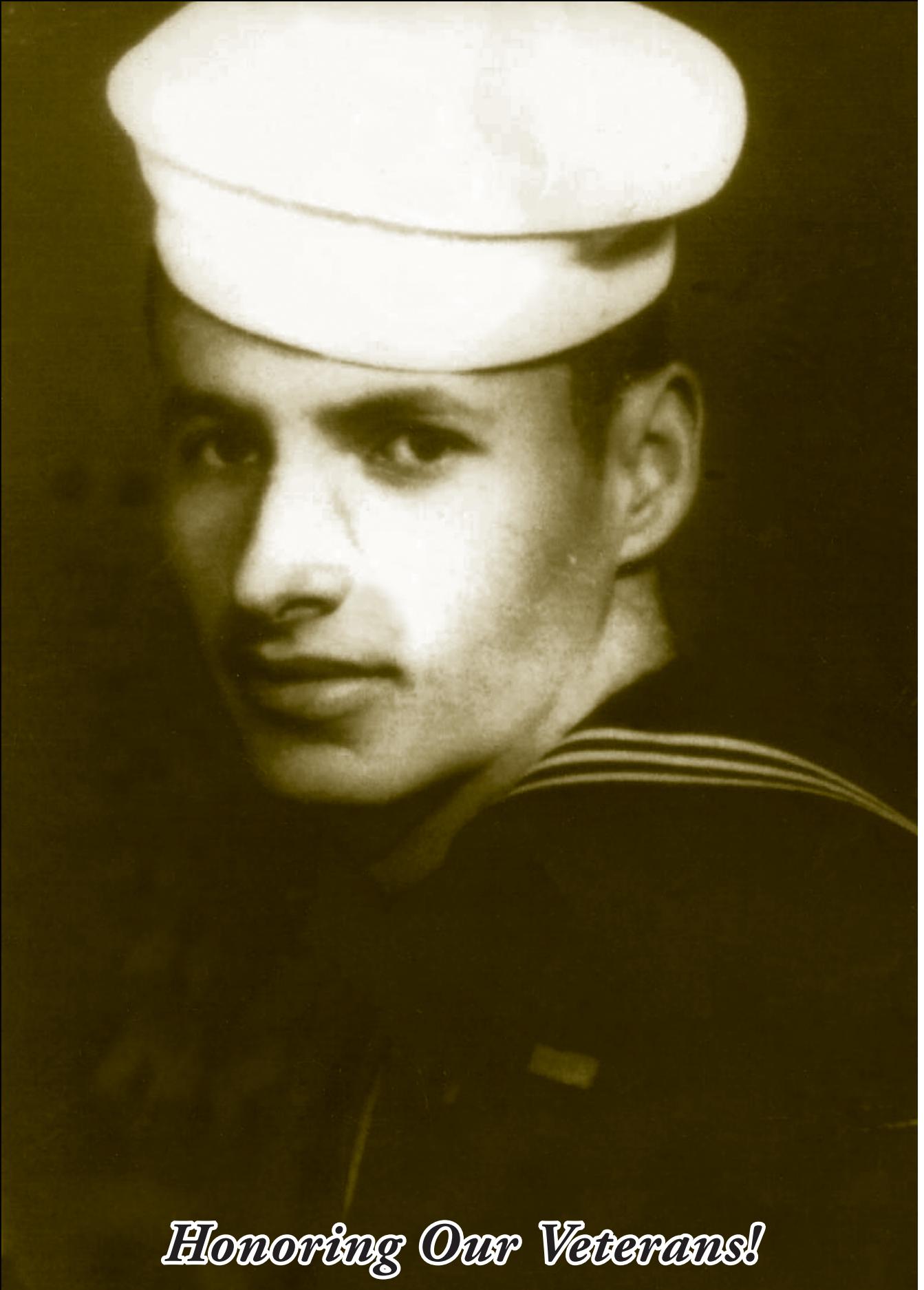


VOLUME 31 • ISSUE 10

Keeping the friends & family of Poarch informed *Eholē* (November)

Poarch Creek News 2013



Honoring Our Veterans!

Cokv-Tulvme (joh-guh dub-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

Follow us on Facebook: facebook.com/PoarchBandofCreekIndians

Follow us on Twitter: 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. **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 or

Gayle Johnson (251) 368-9136 x 2210

gjohnson@pci-nsn.gov

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



I, along with Tribal Council members and staff, attended the USET Annual meeting in Cherokee, NC at the end of October. In addition to this meeting, I also attended the NARF meeting and the memorial for our dear friend Dr. Anthony Paredes. We will be honoring Dr. Paredes at our Thanksgiving Day Pow Wow. He is and will be dearly missed.

I would like to remind you that Monday, November 11, 2013 is Veteran's Day and all Tribal Government offices will be closed in observance of this very important holiday. Please keep this in mind when making plans to visit the Clinic or other departments that offer services to Tribal Members.

As a Veteran of the Army this is a very special day for me

personally. Please remember to thank a Veteran for serving or remember a Veteran that gave their life for our freedom.

With November comes our annual Pow Wow. This will be our 43rd annual Pow Wow. It has grown from a family "homecoming" celebration into quite an impressive event with visitors from all over the country. Tribal Members will be admitted free of charge and the gates will open at 10 a.m. both Thursday and Friday. The Princess contest will be at noon on Thursday so please come out and see these beautiful young ladies who have worked very hard to vie for the chance to represent our Tribe locally as

well as throughout Indian Country.



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

November 5th is a very important run-off election day for our area. Please make every effort to vote for the candidate who will do the best for the Poarch Creek interests and be a friend to our Tribe and Tribal Members. Your right to vote is a privilege. Please take the time to cast your ballot.

This year has been a very busy year for your Tribal Council members. As we approach the holidays I would like to wish each of you safety and hope that you are able to enjoy family fellowship during the remaining months of 2013.

Tribal Council Executive Officers



Stephanie Bryan
Vice Chair
sbryan@pci-nsn.gov



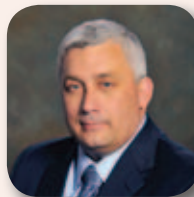
David W. Gehman
Secretary
dgehman@pci-nsn.gov



Robert McGhee
Treasurer
[rmcgee@pci-nsn.gov](mailto:rmcghee@pci-nsn.gov)



Sandy Hollinger
At Large
shollinger@pci-nsn.gov



Keith Martin
At Large
kmartin@pci-nsn.gov



Arthur Mothershed
At Large
amothershed@pcigaming.com

Tribal Council Members At Large

Kevin McGhee
At Large
kdmcghee@pcigaming.com



Garvis Sells
At Large
gsells@pci-nsn.gov



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

REGULAR FEATURES

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

DISTRIBUTION DATE OF HOLIDAY PER CAPITA PAYMENTS

Tribal Member holiday
per capita payment
distribution date is
Friday, November 22,
2013.

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; information and decisions that have been made by the Tribal Council, Authorities, Commissions and Tribal Government Departments.

It is also a place where Tribal Members can submit information celebrating their loved one's birthdays, births, and marriage announcements along with other achievements and accomplishments.

It is not the forum where individual Tribal Members can submit their personal views regarding matters of operations of Tribal Government or decisions or policies enacted by Tribal Council, Authorities and/or Boards.

The *Poarch Creek News* is not the vehicle to submit policies issues/concerns by individual Tribal Members and/or groups.

***We reserve the right to edit or refuse any item submitted
for publication.***

NEWS IN THIS ISSUE

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

Due to space limitations, submitted articles should be limited to 500 words or less. Photos are limited to one photo per article submission. When forwarding a photo for

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

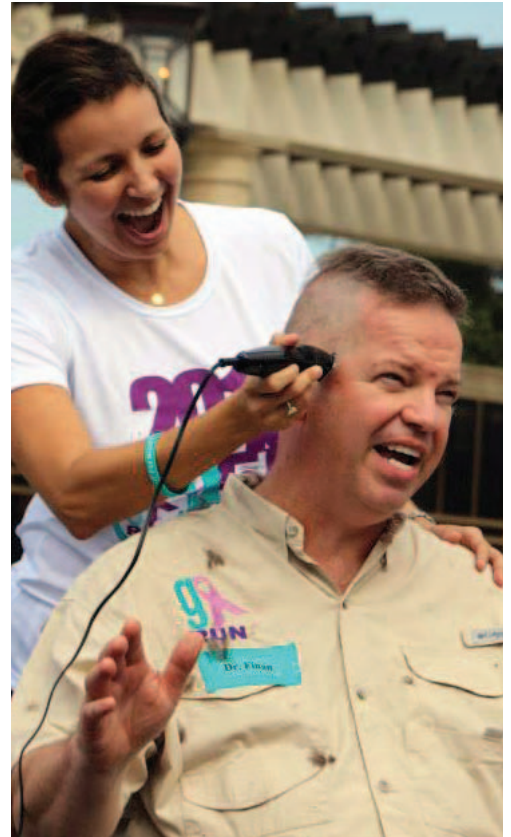
NICOLE TEAGUE & PCI KICKERS PARTICIPATE IN GO RUN



Nicole Rolin Teague and supporters

Cancer patient Nicole Rolin Teague, with her team of family and friends and supporting team, the PCI Kickers, participated in the sixth annual GO Run 5K/1 mile Fun Run/Walk held on Saturday, September 14, 2013 at the University of South Alabama. The GO Run was organized by the USA Mitchell Cancer Institute and Little Red Hen Productions and benefits USA MCI-Gynecologic Cancer Research. Nicole had the largest team to participate and as a result got to shave her doctor's head.

Nicole shaves Dr. Finan's head.



STATE OF THE TRIBE WELL ATTENDED



The annual State of the Tribe was held on Friday, October 4, 2013 at 5:30 p.m. in the Family Services Auditorium.

Tropical Storm Karen was brewing in the Gulf so the weather was wet and windy. While poor attendance was expected due to the weather, everyone was surprised by the record turn-out. Approximately 134 Tribal Members attended the event.

After a welcome from Tribal Chairman Buford L. Rolin

and invocation by David Gehman, Tribal Council Secretary, updated Tribal financial information was presented by Robert R. McGhee, Tribal Council Theasuer, James T. Martin, Creek Indian Enterprise Development Authority President and CEO, and Jay Dorris, President of PCI Gaming.

The evening ended with comments from Vice Chair Stephanie Bryan after a question and answer session.

UPCOMING CHANGES TO NEWSLETTER DEADLINE

Beginning with the *January 2014* issue of the *Poarch Creek News*, the submission deadline will change from the 10th of the month prior to the month of publication to the 5th of the month prior to the month of publication. If the 5th 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 10th 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
(251) 368-9136 x 2210
gjohnson@pci-nsn.gov

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

2013 CHRISTMAS PARADE & HOLIDAY SCHEDULE

The 2013 Christmas parade has been scheduled for Friday, December 13, 2013 at 5:30 p.m.

Due to construction of the new Health Clinic and Assisted Living Facility, the route and schedule will be a little different this year. Complete details will be published in the next newsletter.

Please remember to follow common safety rules when attending the parade, do not let children run out in the road in front of floats and vehicles.

Please keep the following holiday closures in mind when planning your visits to the Tribal Complex during the upcoming holidays:

- Tribal Offices will be closed Thursday, November 28, 2013 and Friday, November 29, 2013 in observance of Thanksgiving.
- Tribal Offices will close at 11:30 a.m. on Friday, December 20, 2013 for the staff Christmas party.
- Tribal Offices will be closed Tuesday, December 24, 2013 and Wednesday, December 25, 2013 in observance of the Christmas holidays.
- Tribal Offices will be closed Wednesday, January 1, 2014 in observance of New Year's Day.

ENHANCEMENT TO TRIBAL WEB SITE

On September 5, 2013, the Tribal web site, www.pci-nsn.gov, went 'live' with a new feature, interactive PDFs. Interactive PDFs are applications for services and/or applicable forms that can be completed and submitted online. Once the form is submitted, it is received by the appropriate staff person and a copy is forwarded to the individual that completed the form. These PDFs include:

Tribal Census Form

Until November 15, 2013

Tribal Council

Board & Committee Vacancy Form

Government Structure

Request for Advisory Opinion

Ethics Complaint

Authorities & Commissions

Housing Authority

Housing Application

Utilities Authority

Utilities Application for Services

Recreation Authority

Recreation Registration Application

Recreation Coaches Application

Tribal Departments

Boys & Girls Club

Boys & Girls Club Application

Environmental Department

Application for Sanitation Facilities

Car Seat Form

Family Services Department

Family Services Application

Human Resources

Employment Application

Tribal Newsletter

Newsletter Subscription Form

Anniversary Wishes Submission Form

Birth Announcement Submission Form

Birthday Wish Submission Form

Engagement/Wedding Announcement Form

Miscellaneous Information Submission Form

Obituary Submission Form

Reunions & Accomplishment Submission Form

Effective January 1, 2014, the official Tribal web site, www.pci-nsn.gov, will host a ***Tribal Members Only Portal (TMOP)*** for Tribal Members age 18 and above wherein confidential information will be posted. The portal will be located on the left-hand sidebar of the web site's home page.

You may initially access the TMOP by using an established username and password that will be provided to you prior to January 1st. Once you log on for the first time, you will be given the option to create your individual username and/or password.

We will need your correct contact information to set up the TMOP ID. We have access to Tribal Member names and roll numbers, but must have a valid email address to complete the TMOP identification process. If you do not have an email address and would like assistance in setting up a free GMAIL account, please let us know. To establish a TMOP account, please forward the following information to info@pci-nsn.gov:

Full Name

Tribal Roll Number

Valid Email Address

Please know that the TMOP will not be an automated site; it will be up to individual users to resolve issues they have if they are unable to login to the Tribal Members Portal. We will be unable to provide assistance beyond confirming that you have the correct username and password to access this area of our website. Confirmation of correct username and password may take up to 24 hours.

These enhancements have been made in an effort to better serve you the Tribal Member.

HOLIDAY GREETING FROM THE OFFICE OF THE VICE CHAIR

The holiday season whirlwind is soon to begin as Thanksgiving quickly approaches. Whether you are carving the turkey, enjoying the annual Pow Wow festivities, or shopping for the perfect gift for your loved one, I encourage you to take a moment and reflect on the previous years' many blessings. The Poarch Creek Indians have been very fortunate and greatly blessed over the years; and this past year was no exception. God has truly been so good to us. And though we have come far from those days of cooking chicken dinners to send Chief Calvin to D.C., we should never forget about our humble beginnings; those meager beginnings are part and parcel of who we are as the Poarch Band of Creek Indians: a persevering, tenacious people.

It makes me so happy to know that, through the decisions of the Tribal Council and the successes of the various Tribal entities, we are able to provide you, our Tribal Members, with many benefits that positively impact your quality of life. For example:

- In 2005, per capita "birthday checks" were first distributed in the amount of \$100. This year's total per capita distribution is \$18,450.
- Tribal Members are eligible for health insurance coverage (if uninsured) or a flex card (if insured).
- The education program provides



Stephanie Bryan, Vice Chair

an allotment of up to \$100,000 for Tribal Members to acquire an education. To help ease the burden on the Tribal Member's household an education benefit is also extended to First Generation Indian Descendants up to \$40,000.

- The housing opportunities available to Tribal Members continue to expand with the addition of housing subdivisions, home rehabilitation programs, and various home ownership programs.
- Our newest construction endeavors are slated to open at the end of 2013 through the first quarter of 2014 and include the following:
 - o Health Clinic
 - o Assisted Living Facility
 - o SAIL Center
 - o Entertainment District at Wind Creek Atmore
 - o Wind Creek Wetumpka

As your Tribal Vice-Chair, I thank you for the opportunity that you have given me to serve you, the People; it is my utmost honor and privilege to do so. I assure you that this responsibility has not been taken lightly. I may not always make a decision that you agree with, but I promise you that the decisions I make are made with the best interests of the Tribe in mind.

My prayer for each of you is that you will have a joyous holiday season filled with laughter and love. The New Year is upon us, and with it brings continued prosperity for the Tribe. The year 2014 will certainly bring positive opportunities for all Tribal Members.

If you should ever need me, please do not hesitate to contact my office, (251) 368-9136 extension 2204, sbryan@pci-nsn.gov. I am looking forward to bringing in the New Year with you!



*Megan Young
Executive Assistant, Tribal Vice Chair*

2013 TRIBAL CENSUS FORMS AVAILABLE ON WEB SITE

The annual Tribal Census Form is now available on the Tribe's web site at www.pci-nsn.gov/census; this is an interactive document that you can complete and submit on-line. Paper copies for those without internet access will soon be mailed out. **Please complete and submit your Tribal Census Form by November 15, 2013. If you complete a form online, you do not have to complete a paper form.**

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 you update your current address and contact information with Tribal Member Benefits.

We are looking forward to seeing your responses!

TRIBAL POLICE ASSISTS STRANDED SCHOOL BUS

Tribal Police Chief Larry Hammonds would like to share the following Thank You card for assistance provided by Tribal Officers.

“Chief Hammonds, Albertsville High School Volleyball would like to sincerely thank you for assisting our team by arranging transportation when our bus broke down. Without your help, we would not have made it to our tournament in Mobile. Thank you for going out of your way to help us. Your kindness is deeply appreciated.

Thank you, Coach Cristy West, Kayleigh Deis, Madison Dobbs, Madelin Munroe, Cati Roberts, Heather Thomas, Madi Bruce, Kristen Martin, McCall Morrow, Jill Shearer, Leah Sloan, and Jordan Norris.”

Always remember that a simple act of kindness can generate great reward!

THE MOUSETRAP

www.inspirationalstories.com/the-mouse-trap

A mouse looked through the crack in the wall to see the farmer and his wife open a package. What food might this contain? The mouse wondered - he was devastated to discover it was a mousetrap.

Retreating to the farmyard, the mouse proclaimed the warning: "There is a mousetrap in the house! There is a mousetrap in the house!"

The chicken clucked and scratched, raised her head and said, "Mr. Mouse, I can tell this is a grave concern to you, but it is of no consequence to me. I cannot be bothered by it."

The mouse turned to the pig and told him, "There is a mousetrap in the house! There is a mousetrap in the house!"

The pig sympathized, but said, "I am so very sorry, Mr. Mouse, but there is nothing I can do about it but pray. Be assured you are in my prayers."

The mouse turned to the cow and said "There is a mousetrap in the house! There is a mousetrap in the house!"

The cow said, "Wow, Mr. Mouse. I'm sorry for you, but it's no skin off my nose."

So, the mouse returned to the house, head down and dejected, to face the farmer's mousetrap alone.

That very night a sound was heard throughout the house -- like the sound of a mousetrap

catching its prey. The farmer's wife rushed to see what was caught. In the darkness, she did not see it was a venomous snake whose tail the trap had caught. The snake bit the farmer's wife. The farmer rushed her to the hospital, and she returned home with a fever.

Everyone knows you treat a fever with fresh chicken soup, so the farmer took his hatchet to the farmyard for the soup's main ingredient.

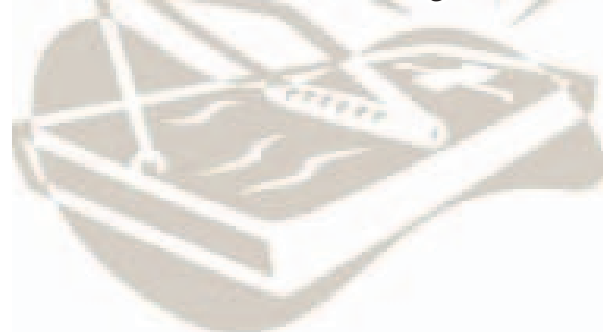
But his wife's sickness continued, so friends and neighbors came to sit with her around the clock. To feed them, the farmer butchered the pig.

The farmer's wife did not get well; in fact, she died. So many people came for her funeral; the farmer had the cow slaughtered to provide enough meat for all of them.

The mouse looked upon it all from his crack in the wall with great sadness.

So, the next time you hear someone is facing a problem and think it doesn't concern you, remember -- when one of us is threatened, we are all at risk.

We are all involved in this journey called life. We must keep an eye out for one another, keep each other in our prayers with sincerity, and make an extra effort to encourage one another.



2013 WALK OF LIFE - THE WALK FROM TUSCUMBIA LANDING

By Robert and Annie Perry
quadcitiesdailey.com

The 2013 Walk of Life began at Tuscumbia Landing. This is a memorial that remembers and honors the Native American that were forcibly removed in the 1830's ...from Tuscumbia Landing. This Walk was the 11th year and Robert Thrower of the Poarch Creek Band of Atmore, Alabama has made each Walk. He is a traditional medicine man and told the crowd why we are here and left a feather tied in a tree. The friendly winds will blow it here and there for all to see in the next year. Curious ones will ask about the feather and we can explain it's a remembrance to honor the elders.

Before we walked, someone asked for a show of hands of newcomers. About half the crowd held up their hands; some came from as far away as Canada. This day was also the annual meeting of the Natchez Trace Parkway Association and some of members walked with us.

The City of Sheffield owns the land but the Walk follows the old Tuscumbia railroad 2.2 miles and ending as a celebration at the Oka Kapassa Festival in Spring Park, Tuscumbia. This year the entourage was followed by two shuttles and Sheffield's fire engine to provide first

aid. None was needed. Because Colbert County used to be Chickasaw Homelands, the Chickasaws led the throng with elder Rose Jefferson out front. Each year something different seems to happen all by itself. This year a Choctaw brought his drum. He explained his drum song gathered people for all occasions. The drum set the pace that included John and Shelia Baker, two descendants of the Chickasaw Colberts. John carried a brand new infant on the walk in its "cradleboard."

After stopping at the halfway point to be served cold water by the area Cub Scouts, Rose Jefferson led the walkers into the Spring Park Arena. The Chickasaw musicians "Ingenuity" were playing their rendition of a Trail of Tears song. The Chickasaws then sang Amazing Grace in the Choctaw language and everyone in the park joined in English. Lastly, the Choctaw drum group singers sang their Choctaw Removal song. The tribal groups offered their ideas to make this celebration great.

The Walk of Life was powerful and inspiring and will continue to bring back the Native People each year to experience the famous hospitality of Tuscumbia, as well as bring attention to Tuscumbia Landing.



2013 Walk of Life

Photos by Gayle Johnson

- The Tribe was well represented at this event
- Bryan Boswell & Robert Thrower as Andrew Jackson and William Weatherford (Red Eagle)
- Quite reflections
- Leaving the Landing headed to Spring Park
- Halfway

Additional photos of the event are posted on the Community Life page of the Tribe's web site www.pci-nsn.gov.





Sofa
\$699⁹⁵
Loveseat
\$649.95

SALE
Christmas

Get up too \$200 Free Accessories

*Finance \$899 and get \$100 In Free Accessories, Finance \$1499 and get \$200 In Free Accessories

12 Register **& FOR** **DAILY**
NOW **PRIZES**
DAYS OF
CHRISTMAS

One Prize will be drawn daily at each location, starting 12/10 through 12/23

Register to win a
**Huge Child's
Christmas Stocking**

One to be given away at
each location December 23rd



Jewelry
Armoire
\$199⁹⁵



Jewelry
Armoire
\$79⁹⁵



Large
Storage Jar
\$4⁹⁵

Contents
not
included

Cherry
Mirror
\$59⁹⁵



Bed, Dresser, Mirror,
Chest & Night Stand

Queen Bedroom
\$2499⁹⁵
King Bedroom
\$2899.95

Open Mon-Sat, 8am-5pm.
We finance what we sell
with easy payment plans! w.a.c.



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Facebook

Sale ends
December 23rd

Hainje's
HOME FURNISHERS

312 N. Main St., Atmore, Alabama 368-8595
Shop online at www.hainjesonline.com

**NEW
ITEM**

ATTENTION TRIBAL MEMBER HUNTERS-UPDATED

The Land and Natural Resources Legislative Committee announces the following:

- Hunting on Tribal Lands is open to Tribal Members and members of their household only.
- All State of Alabama rules and Poarch Band of Creek Indians (PBCI) Hunting Policy rules will apply at all times, there will be no exceptions.
- Tribal Hunting License requires the purchase of an Alabama Hunting License; cost is in addition to Tribal Hunting License fees.
- Tribal Hunting License fee: \$300.00
- Regular sign up: **September 20, 2013 through November 30, 2013.** *A \$100 late fee will be applied to all licenses purchased after November 30, 2013.*
- Tribal Hunting License fees will be accepted at the Tribal Government Accounting Department, Building 200, during normal business hours.
- A complete copy of the PBCI Hunting Policy and a calendar of dog hunting days will be given to hunters when dues are paid.
- If you have any further questions, please contact the Keith Martin, Land and Natural Resources Committee, (251) 446-1140, ext. 4506.



GET YOUR DEBIT CARD INSTANTLY!

INTRODUCING INSTANT ISSUE DEBIT CARDS FROM UNITED BANK

- CARDS PRINTED ON DEMAND AT UNITED BANK IN ATMORE, FOLEY AND MILTON
- WALK AWAY WITH YOUR DEBIT CARD AT ACCOUNT OPENING*
- SET YOUR PIN IN THE BRANCH
- REPLACE YOUR LOST OR STOLEN CARD WITHOUT WAITING ON THE MAIL!**

United Bank 

Your Hometown Advantage®

www.unitedbank.com

MEMBER FDIC

*FOR QUALIFYING ACCOUNTS

** FEES MAY APPLY

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

"We have glasses to fit your budget."

2014 PER CAPITA PAYMENTS

2014 Per Capita payments are fast approaching. **All 2014 per capita payments will be made by direct deposit ONLY.** If you **do not** have an active direct deposit form on file with Tribal Member Benefits or if you have any **changes** to your current banking account or address, please mail in the attached direct deposit form to be processed. All new/changes Direct Deposit Forms must be received by Tribal Member Benefits by **5:00 p.m. (CST) Friday, November 15, 2013.**

Your 2014 Per Capita Amount Letter and Options Form will be forthcoming.

REMINDER, ALL 2014 PER CAPITA PAYMENTS WILL BE BY DIRECT DEPOSIT ONLY.

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

DIRECT DEPOSIT FORM

For your convenience, a Direct Deposition Form is provided on the next page. If you need to submit a new or updated Direct Deposit Form, please remove and complete the included form and return it with a voided check to the Tribal Member Benefits Department, 5811 Jack Springs Road, Atmore, AL 36502, no later than November 15, 2013. Instructions to complete the form are as follows:

1. Fill in "Tribal Member Name" and "Roll #"
2. Fill in "Name of Financial Institution" and "Address of Financial Institution"
3. Fill in "Routing Number" and "Account Number"
4. Please indicate if the account is "Money Market", "Checking", or "Savings"
5. Please sign form in front of Notary Public
6. Attach voided check and mail to Tribal Member Benefits Department no later than November 15, 2013



Poarch Band of Creek Indians Direct Deposit Agreement Form

Tribal Member Name: _____ Roll#: _____

Agreement

Authorization Agreement

I hereby authorize Poarch Band of Creek Indians to initiate automatic deposits to my account at the financial institution named below. I also authorize Poarch Band of Creek Indians to make withdrawals from this account in the event that a credit entry is made in error.

Further, I agree not to hold Poarch Band of Creek Indians responsible for any delay or loss of funds due to incorrect or incomplete information supplied by me or by my financial institution or due to an error on the part of my financial institution in depositing funds to my account.

This agreement will remain in effect until Poarch Band of Creek Indians receives a written notice of cancellation from me or my financial institution, or until I submit a new direct deposit form to the Tribal Member Benefits Department.

Account Information

Name of Financial Institution: _____

Address of Financial Institution: _____

Routing Number: _____

Account Number: _____

_____ Money Market Account _____ Checking Account _____ Savings Account

Notarized Signature

Notarized Signature

Authorized Signature (Primary): _____ Date: _____

Authorized Signature (Joint): _____ Date: _____

Signed before me this _____ day of _____, _____

Notary: _____

My Commission Expires: _____

Please attach a voided check for payments to checking accounts and return this form to the Tribal Member Benefits Department.

Your goals deserve our attention

**WELLS
FARGO**

**HOME
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.

Call Wells Fargo Home Mortgage today.

Eric L Sprenkle, Native American Lending

101 N Phillips Ave., Sioux Falls, SD 57104

Office: 605-575-8733, Toll Free: 800-898-3246 ext. 2

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

NMLSR ID 402092

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STAY UPDATED VIA EMAIL, FACEBOOK & TWITTER!

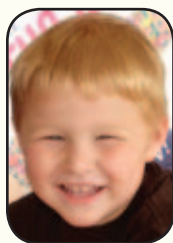


We are aware that not all Tribal Members have email addresses and/or access to the internet. However, for those who do, you can receive updated news and information on the Tribe's Facebook page at facebook.com/PoarchBandofCreekIndians. You can also follow the Tribe on Twitter at twitter.com/PoarchCreek.

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.

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

CELEBRATING BIRTHDAYS



Eli McGhee
October 18 2013

Eli McGhee celebrated his 3rd birthday on October 18, 2013. Happy birthday Eli!

We love you!
Mama, Daddy, and family.



Lukas Cain Moyer
October 21 2013

Happy 9th birthday Luke!

We love you, Momma, Madyson, Ben, Nommie & Papa.



Jayden Alexis Ledkins
November 5, 2013

Happy 5th birthday to Jayden Alexis Ledkins!

We love you very much.

From your family.



Ryan Schwender
November 6, 2013

Ryan Schwender, son of Stacy Gregg Jr. and Amy Henry, will celebrate his 14th birthday on

November 6th.

Happy birthday from your family. We love you.



Mable McGhee Jackson
November 8, 2013

Happy 87th birthday!

Love, Catherine, Ronnie, Don, Eddie, and grandchildren.



William Bailey
November 8, 2013

Happy 56th birthday from your family.

We love you "Mecco".



Denisha Hutto
November 9, 2013

Denisha Hutto, wife of Bryan Hutto, will celebrate her 36th birthday on November

9th.

Happy birthday from your family. We love you.



Mark White
November 10, 2013

Happy 46th birthday Mark! We love you!

Michelle, Chris, Skyler, Drake, Dalton, Tori, and the rest of the family!!!!



Mya Pettway
November 12, 2013

Happy 4th birthday Mya Pettway. We love you very much. Hope you have a great birthday.

Love you, Mommy, Daddy, and Layla Bugg.



Harold Madison
November 14, 2013

Happy birthday Harold!

We love you!

From your family & friends.



Melea McGhee
November 15, 2013

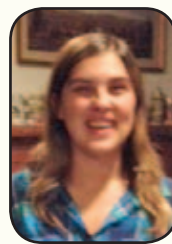
Wishing Melea a happy 15th birthday!

Congratulations to Melea for being section leader as

well as ECHS Band Captain 2013-14!!

We love and are proud of you!!

Your family.



Brittany Depetris
November 18, 2013

Happy 20th birthday Brittany! Hope you have a good birthday.

Love you, Mom, Dad, and Nathan.

CELEBRATING BIRTHDAYS

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*

*Peyton Findley
November 30, 2013*

Wishing you a happy
18th birthday!



Love, Mom, Dad, Paige, MeMaw, Aunt
Candace, Emily and Curt.

BIRTH ANNOUNCEMENTS

Mikenna Jordyn Hutto

September 12, 2013

Mikenna Jordyn Hutto, daughter of Michael Hutto and Billie Sue Easton, was born on September 12, 2013. She weighed 7lbs. 13oz. and was 20 1/2 inches long.

Mikenna is the granddaughter of Glenda Henson Ellis and great granddaughter of Thelma McGhee Henson.

She was welcomed home by her brothers Taylor and Grayson and her sister Bailey.



Ten fingers, Ten toes

She's laughter and teardrops

So small and brand new

And amazingly angelic

She's sent to bless you

She's one special Baby

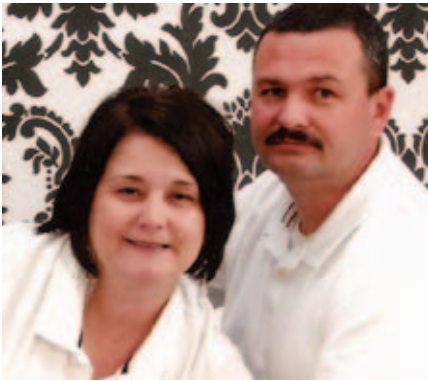
The best of life's treasure

And will grant and bless you

Many hours of great pleasure.

Author Unknown

ANNIVERSARY WISHES



CHRIS & THERESA RUTHERFORD
OCTOBER 15, 2013

Chris and Theresa Rutherford celebrated their 5th wedding anniversary on October 15, 2013.

Happy anniversary! We love you!

Your children and family.

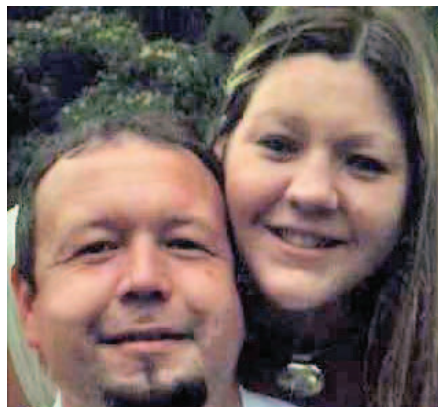


WAYLON & VALERIE ROLIN
NOVEMBER 13, 2013

Waylon & Valerie Rolin will celebrate their first anniversary on November 13, 2013.

“God has bless us tremendously. We are looking forward to many more wonderful years together.”

Ya'll are the best Mom & Dad in the world!
Love Canyon Rolin



JONATHAN & KARIE ROLIN
NOVEMBER 13, 2013

Jonathan & Karie Rolin will celebrate their 1 year anniversary on November 13, 2013.

MARK 10:6-9



MARK & MICHELLE WHITE
NOVEMBER 21, 2013

Mark and Michelle White will celebrate their 10th anniversary on November 21, 2013.

Congratulations and we hope you have many more!

With love from your children and the rest of your family.

ANNIVERSARY WISHES

LONNIE & CAROLYN RACKARD NOVEMBER 26, 2013

Lonnie and Carolyn Rackard were married on November 26, 1970.

"I can't promise that I'll be here for the rest of your life, BUT I can promise that I'll love you for the rest of mine."

Celebrating 43 years of endless love with Jesus holding our hand.



Loving You

"No measure of time with you will be long enough. But we'll start with forever."

– *The Twilight Saga: Breaking Dawn – Part 1*

ALL PRIVATE ROOMS

NOW AT ATMORE COMMUNITY HOSPITAL.

Atmore Community Hospital now guarantees
private rooms to all patients.

A quieter, family-friendly environment for better relaxation
and improved privacy to help you heal in comfort.

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TRIBAL MEMBER SUBMISSIONS



Selzer Recognized For Job Performance

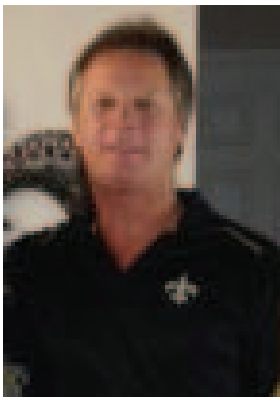
The following is a reprint of the article published in the October issue of the Poarch Creek News. It is reprinted as submitted without edits. We apologize for any error or misunderstanding caused by previous editing by Poarch Creek News staff.

September Employee of the month 2013

I, Linda G. Walker Selzer, want to thank all of you for selecting me for the September Employee of the Month. It is a honor. I have worked for the Tribe for a little over 20 years. I started in Tribal Administration as a secretary with Mr. James Martin and Ms. Laura Cook. I am thankful for opportunity to work with them. Then I transferred to Contract Health Service Clerk in the Health Department. In which I am thankful for that chance to work with Mr. Buford Rolin and all of the people that came to the health department clinic. From each person you can learn something new. My title has changed to Patient Account Specialists working under Ms. Teresa Smith, Business Office Director. I really love my job here. I can help each tribal member as a whole. Here

I try to treat each and everyone the same. I am thankful for working in Contract Health. Here we send patients to outside providers. We pay the bill in a timely manner. If you get a bill from an outside provider, and you had a referral or a 72 hour notification please bring the bill into our office so we can process it. A lot of time we do not get the bill, the patient does and that is why it is important to know if there is an outstanding balance. I am thankful for my parents, William L. (Shorty) and Ruth Pierce Walker for what they taught me as a person and mother for support in getting my degree from college. If it was not for Selzer, and the boys behind me, my brother and my sisters and Poarch Creek, I would of not had the opportunity to serve you. So my best advice to you is to reach for your dream, no matter what anyone says - You can make it. Thank you very much for supporting me with this honor and thanks to the person that nominated me for such an award.

Heartfelt Thank You



I would like to take this opportunity to thank the Poarch Band of Creek Indians Tribe and their entire medical staff for everything they have done for me in the past year. I am very proud to be a Poarch Creek Indian and feel blessed to know how hard our Tribe works to take care of each and

every one of us.

In May of this year I was faced with a serious health issue. I was in a lot of pain and had major problems walking any distance. After several visits to "Doc" (Dr. Parker Estovold), and many tests and x-rays, I was referred to a vascular surgeon. The very first visit to Dr. Layne Yohiero, I was told what my problem was and that it could be fixed. A CT scan proved Doc's original suspicions. I had major

blockages. I had surgery at Baptist Hospital in Pensacola in mid-June. Dr. Yohireo placed stents in my groin area on both sides. It was like a miracle. Shortly after, and until today, I can walk miles with no leg or hip pain.

I work for CIEDA in the Maintenance Department and do have my own insurance. However, without our Tribe's help in taking care of all my out of pocket expenses (that my insurance did not cover), I would be in a financial bind today. The Tribe has offered to help me with my house payments by deferring my notes, which I declined. I was only out of work for three weeks and did not need this as I had time built up at work to get paid for my time off.

I get very upset when people here take our Tribe and what they do for us for granted. I am very proud of my heritage and our Tribe. I am also glad to have my job at CIEDA (5 years) and the opportunity to serve my Tribe. With our combined efforts and our Tribe we can do anything.

Thanks from the heart, Mark Stephen Johnson

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



THERE'S A REASON I'M HERE.

"Providing cancer treatment in different parts of the country has shown me the importance of bringing high-quality cancer care to patients close to their homes. As a radiation oncologist, making my patient's treatment plan as easy and effective as possible is the most important thing.

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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HONORING OUR TRIBAL MEMBER VETERANS

IT IS THE SOLDIER

It is the Soldier, not the minister
Who has given us freedom of religion.

It is the Soldier, not the reporter
Who has given us freedom of the press.

It is the Soldier, not the poet
Who has given us freedom of speech.

It is the Soldier, not the campus organizer
Who has given us freedom to protest.

It is the Soldier, not the lawyer
Who has given us the right to a fair trial.

It is the Soldier, not the politician
Who has given us the right to vote.

It is the Soldier who salutes the flag,
Who serves beneath the flag,
And whose coffin is draped by the flag,
Who allows the protester to burn the flag.

Charles M. Province



HUBERT LEE RACKARD
SEAMAN
United States Navy



JAMES JACKSON WILDER, JR.
TECHNICAL SERGEANT
United States Air Force Reserve



JAMES HAROLD MADISON
SFC E7 31W40
PLATOON SERGEANT
United States Army-Alabama National Guard

HONORING OUR TRIBAL MEMBER VETERANS



JAMES M. "CHIEF" PETERS
CAPTAIN
United States Air Force



WILLIAM CLAUDE STABLER
SERGEANT FIRST CLASS
United States Army



D. ADAM MCGHEE
CAPTAIN
United States Air Force



JAMES H. MADISON, JR.
MAJOR
United States Army-Alabama National Guard



KENNETH MCGHEE
SERGEANT
United States Army



WILLIAM L. VICKERY
MSG/156
United States Army

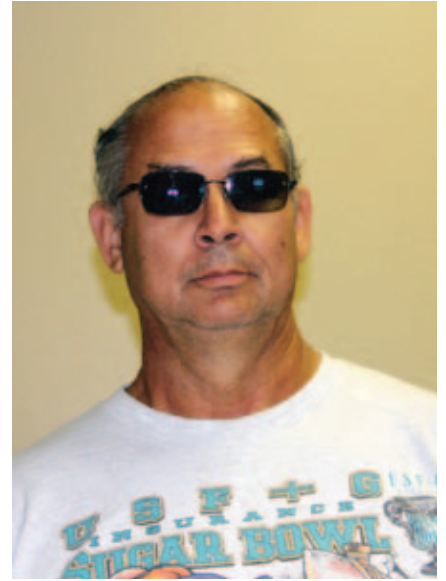
HONORING OUR TRIBAL MEMBER VETERANS



OBIE (SHOT) MCGHEE
PFC
United States Army



GILLIS PRESLEY
PRIVATE
United States Army



WILLIAM HAROLD MCGHEE
SERGEANT
United States Marine Corps



BUFORD L. ROLIN
E-4
United States Army



EDDIE L. TULLIS
United States Navy



WILLIAM W. VICKERY
PRIVATE
United States Army

HONORING OUR TRIBAL MEMBER VETERANS



LARRY JUNIOR JACKSON
CPL
United States Army



JASON BRYAN MADISON
SERGEANT
United States Marine Corps



RICHARD A. GUY
CPL E-4
United States Marine Corps



EDWARD EUGENE ROLIN
SP4
United States Army



MICHAEL GLASS
LCPL
United States Marine Corps



DON MANAC
PFC
United States Marine Corps

HONORING OUR TRIBAL MEMBER VETERANS



NATHAN GIPSON

LCPL

United States Marine Corps



TAMMY LYNN KING

MAJOR (0-4)

United States Air Force-
North Dakota Air National Guard



RICHARD A. GUY

CPL E-4

United States Marine Corps

NOT PICTURED, BUT PROUDLY SERVED AND ARE HONORED AS WELL

Ashley Smith, United States Coast Guard

Alton Jackson, Coxswain, United States Navy

Willis McGhee, PFC, United States Army

Jonathan Scott Gingerich, First Class Petty Officer (E-6), United States Navy



The *Poarch Creek News* would like to continue 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 would like the veteran's name, Tribal roll number, rank, branch of service, and any medals or awards received. Please share any

information you are comfortable sharing. Please provide a short bio of three hundred words or less of their personal life such as marriage, children, education, employment, etc.

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, 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.



Airwolf is not your typical Pilot Mill flight school. We cater to those who are serious about their Pilot Training and want Professional Flight Instruction. Unlike our competitors who give todays flight instructor (yesterdays student), an airplane and tell them to 'figure it out', our highly qualified Career Flight Instructors oversee all training operations provided by Airwolf.

We pride ourselves in providing the highest quality pilot training available. Our structured and professional approach allows you to earn your pilot certificates and ratings in the most time efficient and cost effective manner with the quality you expect from a Professional Flight School.



Group Ground Schools



One-On-One Instruction



Career Pilot Program



RESULTS!

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 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 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.

CALVIN MCGHEE CULTURAL AUTHORITY UPDATE

If you were a member of the old dance Poarch Creek Dance team, the Cultural Authority would like to honor you at this year's Pow Wow. Please meet at the Emcee stand of the arena at 2:00 pm on Thursday, November 28th.

The Poarch Creek Indians 43rd Annual Thanksgiving Pow Wow will be held on Thursday, November 28, 2013 and Friday, November 29, 2013 in Atmore, Alabama. We would love to have you come celebrate with us and would like to invite you to reserve a booth space to display and sell your arts, crafts, and other commercial items.

BOOTH PRICES:

Native American Handmade Crafts \$50.00

Commercial Native American Items \$75.00

Booth spaces are 10' frontage x 10' deep (10' x 10'). If you desire additional space, you must purchase an additional booth. All items must be sold in craft booths.

Applications must be received no later than 5:00 p.m. on Friday, November 22, 2013.

All applicable fees must accompany the application.

If you have any questions or require additional information, please call the Calvin McGhee Cultural Authority offices at 251-368-9136 ext. 2052 or 2656.

Gates Open 10:00 a.m. both days

Opening Ceremonies Thursday 11:00 a.m.

Princess Contest Thursday 12:00 noon

Grand Entry Thursday 1:00 p.m.
Friday 11:00 a.m.

Recognition of Poarch Creek Dance Team
Thursday 2:00 p.m.

General Admission \$10 Adults 18 & up
\$ 5 Children 7-17
Free Tribal Members
Free Children 6 & under

Two Day Passes \$15 Adults 18 & up
\$ 7 Children 7-17

BOYS & GIRLS CLUB UPDATE

Boys & Girls Club Fall Festival

Friday, November 8, 2013

4:00 pm. - 7:00 pm

Food * Games * Fun!!!



Annual Meeting

Monday, January 6, 2014

5:30 p.m.

Wellness Center (Gym)

Attendance is mandatory for parents and/or guardians of current members and for anyone interested in signing up for the new year (including the summer program).

This is the only time to sign up for club membership for the 2014 program year.

HOUSING AUTHORITY UPDATE

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

Emergency/Transitional Housing

Rental - All Poarch Subdivisions

Rental - Walker Subdivision, Pensacola, FL

Rehabilitation Assistance

Renovation Loan Program

Heating & Cooling Loan Program

Senior Emergency Program

TAHO

Applicants are responsible for providing all necessary information and accurately completing all applications and must certify that all information is true and accurate to the best of his/her knowledge. The applicant is also responsible for making corrections or updating applications. Failure to update an application for a period of twelve months is grounds for removing the application 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.

TIME TO UPDATE HOUSING APPLICATIONS

IT'S TIME TO UPDATE

Tribal Members age 21 or older interested in a new house must come to the Poarch Creek Indian Housing Department to submit a new application or update a current application.

Applicants must provide a copy of their 2012 tax returns and social security cards for all persons on the application plus other required documents.

Contact Wendy Davis, Programs Manager, at (251) 368- 9136 x 2257 if you have any questions or need further information.

LAST DAY TO UPDATE:
FRIDAY, DECEMBER 13, 2013

HEALTH DEPARTMENT NEWS & INFORMATION

Health Clinic Going Electronic!

Our goal is to have our clinic providers and our clinic records all computerized by January 2014. Why is this so important?

- Better health care and overall better health
- Provides accurate, up-to-date, and complete information about patients at the point of care
- Enables quick access to patient records for more coordinated, efficient care
- We can securely share electronic information with patients and other clinicians
- Helps providers more effectively diagnose patients, reduce medical errors, and provide safer care and allows for tracking clinical outcomes for our population
- Improves patient and provider interaction and communication, as well as health care convenience
- Enables safer, more reliable prescribing
- Helps promote legible, complete documentation and accurate, streamlined coding and billing
- Enhancing privacy and security of patient data
- What you can do to make your visit more efficient:
- Bring all of your medications with you at your timed appointment including over the counter and herbal supplements

- Bring a photo ID
- Bring all insurance cards, Medicare and Medicaid

BLURBS:

It's flu season and we still have the flu vaccination available. Contact the Health Department at (251) 368-9136, 2315 or Pharmacy at (251) 368-9136, 2304 to schedule an appointment.

December 11, 2013, the mammography van will be here at the Health Department. Please contact Nioma Till at 251-368-9136, 2322 for more information.

Thank you to the ones who participated in the events that we planned to bring awareness to breast cancer. It was a great success.

November is Diabetes Month!

Diabetes Support Group
Tuesday, November 19, 2013
5:30 p.m.
SAIL Center
Lynn McGhee Drive
Dinner will be served and all are welcome!

Come out and enjoy a fun filled evening, as we celebrate all the progress in the field of diabetes.

BLOOD DRIVE

The Poarch Creek Indians Health Department will be hosting a blood drive on Tuesday, November 26th 8am – 4pm in the Health Department parking lot.

The blood drive is being conducted by, OneBlood, formerly Northwest Florida Blood Services, from Pensacola, FL.

Stop by and show your support to your community, by giving your life saving blood and at the same time, cast your vote for your favorite Alabama football team: AUBURN OR ALABAMA !!

At the end of the drive we will be drawing for door prizes. The only requirement to win is to donate. You do not have to be present at the drawing to win.



TRIBAL GAMING COMMISSION UPDATE

Submitted by Chris Gibson, Regulatory Relations Liaison

The Fall 2013 session of National Tribal Gaming Commissioners and Regulators (NTGC/R) was recently held September 17- 21, 2013 in Cherokee, NC. PCI Tribal Gaming Commissioners and staff have been attending this semi- annual event consistently for the past 6 years. The PCI TGC has been a member of NTGC/R for the past 5 years.

NTGC/R's purpose is to provide an atmosphere for Tribal Gaming regulators to meet, network, and share information in the ever-changing atmosphere of Indian Gaming Regulation. The 3 day conference was broken down into sessions appealing to all aspects of Indian Gaming regulation. This year's sessions included tracts specific to Commission, New Commissioners, Information Technology, Auditing, and Investigation/ Surveillance. The individual tracts featured lectures, training, and roundtable discussions from seasoned Indian Gaming professionals specific to each of the 5 above referenced categories. In addition to the training and networking opportunities, the event also included an update from National Indian Gaming Commission (NIGC) Chair Tracey Stevens and National Indian Gaming Authority Chair Ernie Stevens.

First time attendee and TGC lead gaming agent Carla Hammonds remarked that "NTGC/R was one of the best trainings that I have attended since being with the TGC. The information presented was very informative and especially interesting finding how other Compliance departments operate within their respective TGC's."

The next session of NTGC/R will be held in the Spring of 2014.



Pictured left to right back row: Matthew Johnson, Glenda Carlton, Chris Gibson, and Patrick Strickland. Front row: Carla Hammonds, Natasha Rolin, Daniel McGhee, Kim O'Barr and Bobby McGhee. Not shown; Doug Murphy, Candace Fayard, Laura Hooks, David Wigley, and Linda McGhee

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Man often becomes what he believes himself to be. If I keep on saying to myself that I cannot do a certain thing, it is possible that I may end by really becoming incapable of doing it.

On the contrary, if I have the belief that I can do it, I shall surely acquire the capacity to do it, even if I may not have it at the beginning.

Mahatma Gandhi



YOUR HEALTH MATTERS

Small Decisions Make Big Things Happen

YOU CAN'T LOSE IF YOU DON'T SNOOZE!

On average, we are not getting enough sleep. In fact, sleep experts suggest that Americans today sleep one hour less per night than we did just 20 to 30 years ago. Getting enough sleep is vital to our overall health. Not only is getting enough sleep vital to our overall health, it is needed to stay energetic. Did you know that sleep is the most effective way to lose weight, heal sore muscles, balance hormones, and perform optimally?

To improve sleep quality, people can make simple changes to their nightly routine or habits:

Dissecting Poor Sleeping Habits

1. *Getting to bed too late.*

A majority of our energy and sleep hormones are produced in tune with the cycle of the sun. Our bodies are designed to slow down from sunset until about 10:00 p.m. Physical repair takes place from around 10pm to 2am and psychogenic (mental) repair takes place from around 2:00 a.m. to 6:00 a.m. **This means you must be asleep by 10pm most nights.**

2. *Poor nutrition, excessive caffeine usage and increased environmental and emotional stresses.* These factors can affect our body's ability to turn on and off hormones that dictate the desire to either sleep or wake-up. Having altered hormonal rhythms during the day and night can cause poor sleep quality. Some examples of poor sleep quality are frequently waking during the night and being restless in sleep. When we do not sleep well, we have less energy and have less focus during the day. **Thus it is importance to have a healthy lifestyle to promote a better quality of sleep.**

3. *Getting less than 8 hours of sleep on a regular basis.*

Some would suggest that our bodies are fundamentally the same as those of our ancestors. Therefore, if humans used to sleep 9-12 hours per night, then one could conclude that we need the same amount of sleep as they did back then. **If you want to lose weight, feel better, look better and perform better, then figure out how to get to bed by 9 or 10pm. It's as simple as that.**

4. *Waking up to go to work or train before 4am.*

Given that we need at least 8 hours of sleep each night, a 4am wake-up would require going to bed by 8pm the night before.



For many people this is unrealistic. The best solution is to get to bed by 10pm and sleep till 6am, however, if an early rise is a must, then **you need to do whatever it takes to get in your 8 hours.**

5. *Using your cell phone, computer or watching television right before bedtime.*

Exposure to bright light late into the evening can lead to a feeling of grogginess in the morning as well as the desire to hit the snooze button. **Remedy this by limiting bright light exposure at least 1-2 hours prior to your desired bedtime.**

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

- Ben

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



**www.mypciwellness.com
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Small Decisions Make Big Things Happen

Foam Rolling and its Many Benefits

Foam rolling is an important factor in training that is often overlooked.

Foam rolling is using a 6" diameter and 3' foot long piece of foam and rolling your muscles on it. This practice of rolling your muscles has evolved into a huge part of training and has numerous benefits. Foam rolling has shown to improve the range of motion of joints; it allows the body to recover quickly from workouts, helps to avoid workout related injuries and improves overall performance in workouts.

Foam rolling increases the range of motion of joints in numerous ways:

1. It allows for the myofascial release of connective tissue. Myofascial tissue is a tough webbing of connective tissue that surrounds our muscles, protecting them, and allowing our muscles to stretch safely. However, this tissue can become tight and prevent movement from occurring. Foam rolling allows this tissue to release and thus the muscles will be able to move properly. A person should think of foam rolling as removing knots from a rope. When we take the knots out of the rope, the rope will begin to be stretched to its full length. It is important to foam roll before training and stretching exercises are performed, because it will allow you to get the maximum results you desire.
2. It facilitates recovery between workouts. Foam rolling increases blood flow to muscle tissue, which is vital for muscular recovery. The new blood coming into the muscles will bring the nutrients needed to repair the damaged tissue and flush out any bad bi-products. It is important that we focus as much on recovery between workouts as we do on the training. Our training is only as good as our recovery.
3. It can also increase our performance ability. By foam rolling, we allow ourselves to move better. As a result of having better movement, we will be able to train longer, harder and not break down as much. In other words, it will allow us to become more resilient! Being more resilient means a much lower chance of injury. If we can train longer, harder, and create injury avoidance, we will be able to lose body fat quicker and achieve our goals much faster.



No matter what your fitness goals are, it should be a goal to foam roll before every workout (daily if possible). You will see a big change in your joints' range of motion, increased performance, and a quicker recovery from workouts. The importance of recovery from a workout cannot be stressed enough. Having flexibility in your muscles will help to prevent serious injuries.

Foam rollers are available at Poarch Recreation. Give it a try! It might be the new thing that gives you the edge you've been looking for!

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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The Family Services staff wish you and yours a blessed Thanksgiving! We are thankful to be able to work with our tribal family. We also thank the Tribal Council for the Employee Morale time!



The Family Services Department Update for November, 2013



The 2013 Kid's Christmas Party Information "Christmas At The Movies"



- * The Family Services Department will host the 2013 Kid's Christmas Party at the new Wind Creek Cinema on Thursday, December 12, 2013.
- * The same movie will be shown in three different theater rooms.
- * The times for the movie to start will be staggered to allow everyone a chance to see the movie.
- * Movie start times are: 5:30, 6:00, 6:30, and 7:15.
- * Seating in each theater room is limited. Once a theater room is filled, the remaining participants will wait to see the movie at the next showing time.
- * Food including a hot dog, popcorn, and a drink will be served prior to the movie starting.
- * Each participant will be able to see the movie one time and then will be given an opportunity to take a picture with Santa and receive a Christmas gift.
- * Plan to join us for this event and also take time to enjoy the beautiful Christmas lights in the Wind Creek Casino's courtyard area!

***Please complete the Kid's Christmas Pre-Registration and return it to Michealine Deese by Friday, November 15, 2013.**

If you or a loved one is a victim of domestic violence, please contact Dr. Frank McCloskey, the Abuse Prevention Coordinator, for assistance and information. You can reach Frank at (251)-368-9136, ext. 2212; or via e-mail at fmccloskey@pci-nsn.gov.

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The Family Services Department 5811 Jack Springs Rd. Atmore, AL 36502
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Poarch Creek Indians Family Services Department 2013 Tribal Kid's Christmas Party Pre-Registration Form



***Children eligible to Pre-Register include:**

- ♦ children between the ages of birth through 12 years of age, and
- ♦ children who reside in a tribal-member's household

****Each child must be pre-registered to attend!****

***The Pre-Registration Form is **due** to the Family Services Department on or before Friday, November 15, 2013.**

***The Tribal Kid's Christmas Party will be held on **Thursday, December 12, 2013** at the **Wind Creek Cinema**.**

****Pre-registration will not be accepted over the phone!****



2013 Tribal Kid's Christmas Party Pre-registration Form

Parent/Guardian's Name: _____ **Roll #:** _____

Home Address: _____ **Phone #:** _____

***Please list child's name, date of birth, age, gender, and also list any family members planning to attend the Tribal Kid's Christmas Party with your child(ren):**

Name	Date of Birth	Age	Male/Female	Tribal Member #

EDUCATION NEWS & INFORMATION

CHANGES TO MCGHEE-TULLIS TUITION ASSISTANCE PROGRAM

Please be advised that as of **August 1, 2013**, the Tribal Council of the Poarch Creek Indians approved revisions to the McGhee-Tullis Tuition Assistance Program. If you are currently participating in or plan to participate in this program, it is **VERY IMPORTANT** you read the entire policy to find out how the following revisions will affect you. Major policy changes include:

- Program eligibility age changed from ten (10) to four (4).
- Homeschooling under the guidance of a recognized umbrella organization now eligible for participation in the program.
- Elementary and Secondary students who are placed on academic probation by the Education Department will be required to attend tutoring sessions.
- For a loan to be repaid, the Tribal Member must complete the degree that the loan was used to finance, or if a Tribal Member did not complete a degree but completed an equivalent or higher educational level after the date of the loan, then the Tribal Member's loans may be repaid.
- Student loan repayment will now be made at one time up to a student's total limit.
- Students shall submit a written request for his or her academic achievement bonus and a final transcript within six (6) month of graduation.
- Cash awards for the academic achievement bonus shall be paid only upon graduation.

These changes are very important, and it is your responsibility to be familiar with them. All current participants will be receiving a revised policy by mail. It will also be placed on the Tribe's web page at www.pci-nsn.gov as soon as possible.

Please call the Education Department at (251) 368-9136 extension 2021 or 2240 with any questions!

FINANCIAL PEACE CLASSES

Dave Ramsey's Financial Peace University Classes are currently underway. Enrollment is open to Tribal Members, First Generation Indian Descendants, and Tribal Employees. The home based kit that includes all materials to complete the course in the comfort of your own home, at your own pace, is also available.

Contact Annie Nowak in the Education Department at (251) 368-9136 x 2043 or anowak@pci-nsn.gov for more information. Additional information may also be found on the Education page of the Tribe's official web site, www.pci-nsn.gov.



EDUCATION NEWS & INFORMATION

LEAD SUMMER BUSINESS INSTITUTE

DARTMOUTH COLLEGE
DUKE UNIVERSITY
STANFORD UNIVERSITY
UNIVERSITY OF PENNSYLVANIA

Attention all Tribal Member high school students currently in their junior year (2013-2014 academic year).

Are you thinking about a career in finance or business?

This dynamic summer program is for Native American, Alaska Native, and Native Hawaiian high school students in their junior year (during the 2013-2014 academic year). Students spend 3 weeks on a college campus learning about finance and business careers.

Students take business courses and converse with executives during corporate site visits. Students gain insider knowledge from Tribal leaders and Native American industry professionals about how a career in finance or business can benefit tribal communities.

This is a once in a lifetime opportunity to attend 3 weeks next summer at one of our Country's top universities learning about finance and business careers. See the information below for more information. Applications will be available on-line in October and you will need to submit an application and be selected for this competitive program.

Please take time to apply. Many former participants have gone on to attend some of our Country's top universities.

Applications available online, October 2013.
www.nafoa.org.
Tuition scholarships are available.

For more information contact Tashina Etter, Deputy Executive Director, at Tashina@nafoa.org.



2013 Teen Christmas Party

The Club (located on Hwy 21)

Thursday, December 19th

6:00 PM until 9:00 PM

Tribal household teens ages 13-17.
One guest between ages 13-17 per person.

You must be registered to attend!

Call (251) 368-9136 x 2021 to register!

Join us for music, dancing, food
and door prizes!

Sponsored by: PCI Education and Tribal Court

4H STEER PROGRAM OFF TO GREAT SUCCESS



Special events for the 4H Steer Program included

A steer breaking day on September 21, 2013 when the participants were introduced to their steers. The official Steer Weigh In on September 28, 2013 when the steers were weighed and tagged.

The steers are fed and taken care of each day by the 4-Her's who will now keep official records on feeding their steers from the weigh in until the County Steer Show in the spring!

Submitted by Christyn Sells

Quotes from 4Her's Across the Country

4-H has taught me many life lessons like how to grow a garden and about how to take care [of them] and the different types of animals. I am also learning to improve my leadership and citizenship skills by being active in my club and my county 4-H.

Kacie

I learned that 4-H isn't about winning, it's about making new friends, working together, and doing the best you can while having fun.

Nicholas

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OFFICE OF ARCHIVES AND RECORDS MANAGEMENT

The Office of Archives and Records Management at the Poarch Band of Creek Indians invites you to spend the



Evening with the Elders Mr. and Mrs. Levi & Treacy McGhee and Mr. Mace McGhee

Monday, November 4, 2013 at 6:00 p.m.

Family Services Auditorium, Building 500

For our Evening with the Elders program, join us to hear the voices of Mr. & Mrs. Levi and Treacy McGhee and Mr. Mace McGhee who were interviewed by Dr. J. Anthony Paredes in 1973 and whose voices were digitized by the University of Florida.

The whole family is invited. Diner will be served.

Questions? Contact Ms. Ellen O'Barr at 446-4531 or Dr. Deidra Suwanee Dees at 446-4540.

In retrospect to the upcoming Evening with the Elders, we share an article first published in the November 2011 issue of the *PCI Insider*.

The Archives speak about Great Grandfather Levi McGhee

*Submitted by Travis Smith and
Deidra Suwanee Dees, Ed.D.*

"He just got behind it and kept a shoving it, shoving it, till he got as far as he did," Levi McGhee said about Chief Calvin McGhee. Levi McGhee's great grandson Travis Smith read these words of his great grandfather for the first time in the Office of Archives and Records Management.

Smith started working for the Poarch Band of Creek Indians Tribal Archivist Dr. Deidra Suwanee Dees on July 7, 2011 as a summer intern in the Youth Leadership Program. "As I was cleaning old documents for Dr. Dees, I came across an article about my great grandfather, Levi McGhee," Smith said. He had been interviewed along with his wife Treacy McGhee by Dr. Anthony Paredes in 1973. Smith observed that the interview had been "made with them on August 22,

1973, one day after Levi's 78th birthday. Levi was born on August 21, 1895," Smith said.

Travis Smith found it interesting to read Levi's recollections of Chief Calvin McGhee. Levi McGhee is the older brother of Chief McGhee. When Levi was asked about Calvin McGhee and his childhood, Levi said that Chief McGhee wasn't always the man he grew up to be, but when Chief McGhee was introduced to the holiness church, he began to change. Levi said that Chief McGhee saw the way the Indians were being treated and was not happy with it. This was the beginning of Calvin McGhee's journey to improve the way of life for the future Poarch Band of Creek Indians. Chief McGhee led the Creeks to organize ourselves into a viable political voice that reached all the way to Washington D.C. "While reading the interview," Smith said, "it seemed like I took a step back into the past. Levi and Treacy lived in the Hog Fork area, where they raised their 11 girls and 2 boys. As a child, Levi and his father worked with cattle. He and his father would 'pen 'em, mark them up, and brand them.' After they branded the

cattle, they would let them loose in the woods. 'When the big fellas got ready to sell them, they would take the ox and steers out at auctions,'" Smith said quoting his great grandfather.

Smith compared the work that Levi McGhee did with the kind of work that people do today. "We had wagons, and horses, and things like that. Sometimes walk," McGhee said. "When I read this I realized that it wasn't easy back then," Smith said. "I wouldn't dare walk from Poarch to town now but that was all Levi knew to do when he was growing up. He would walk if no car. He didn't really have a choice."

Smith was amazed that the interview documented "Levi at 83 years of age plowing his two acre garden with his mule named 'Kit.'" How many Creeks are plowing in an air-conditioned cab of the tractor at age 83 today?

Travis Smith grew up in Poarch not too far from where his grandfather grew up but his family did not tell him any stories about Levi McGhee, he said. Everything he learned about him came from this interview. Smith asked his mother about his great grandfather once he found the interview. His mother, Teresa Smith, is the Business Office Director in the Health Administration Department at the Poarch Band of Creek Indians. Smith said his mother told him about her mother working with Levi in fields. "My mother said her mother Eldnar McGhee had to help Levi in fields. They would pull weeds." Levi only made it to the fourth grade because his family needed him to work in the fields.

Smith said he found it interesting to come to know his great grandfather through the archives. It was also "interesting to see all the old letters and envelopes, old documents, how they survived all these years." He recognized the important work that goes into saving documents that tell people about our tribal history. If someone had not preserved these

OFFICE OF ARCHIVES AND RECORDS MANAGEMENT

documents, Travis Smith would not have been able to learn about his great grandfather and his way of life in the Hog Fork community. But because these documents were preserved, the legacy of Levi McGhee lives on in the Office of Archives and Records Management and in the Poarch Creek community.



Long Forgotten Tribal Council Minutes in the Archives!

Submitted by Tribal Archivist, Deidra Suwanee Dees, Ed.D.

Look what we found in the archives: long forgotten Tribal Council Minutes from the 1960s! These exciting documents were found in boxes in the Gail Thrower Collection at the Office of Archives and Records Management which moved to the CIE building at 100 Brookwood Road in September. Tribal Archivist Dr. Deidra Suwanee Dees and Records Coordinator Mrs. Ellen O'Barr invite you to come to the archives and take a look at these wonderful documents which help tell the story about tribal history.

Dr. Dees and Mrs. O'Barr are working with TERO workers Ms. Delores Kelley and Ms. Eldnar McGhee, and University of South Alabama interns Mr. Travis James Knee and Ms. Olivia Perry on processing our archival collections. This work has led to the rediscovery of many rare and treasured records that give us insight into the past. For example, on September 11, 1965, in beautiful handwriting that may be attributed to Buford Rolin, the Minutes state that "Chief Calvin McGhee called a Council meeting at the home of Mr. and Mrs. Curtis McGhee at 7:00 p.m." The writer says, "All old Council members that were present was Arthur Reed, John Phillips, Dave Presley, Leola Macac, Roberta Sells, Perloca Linton, Bertha Dickinson, Jessie C. Turner."

What type of business was the Tribal Council addressing at this meeting? You are invited to come by the Office of Archives and Records Management to

find out. We are open Monday to Friday, 8:00 a.m. to 5:00 p.m., or call us at our new telephone number: 446-4540. If you would like, you can even take a copy of the Minutes home with you. Our professional, well-trained staff is happy to help you.



Photograph credit to Travis James Knee

Dr. Deidra Suwanee Dees, Mrs. Ellen O'Barr and Mrs. Delores Kelley pose beside the newly erected sign at the Office of Archives and Records Management at the new location at the CIE building on Brookwood Road in Atmore.



Photograph credit to Travis James Knee

(R) Ms. Delores Kelley works on preserving documents not seen for perhaps 30 years.

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For further information contact
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(251) 368-9136 x 2210 or
via email at gjohnson@pci-nsn.gov

NOVEMBER (Eholē) 2013

Tribal Council Meetings

Thursday, November 7th & 21st 4:00 pm
Tribal Council Chambers

Tribal Court Sessions

Monday, November 4th & 25th 9:00 am
Tribal Courtroom

CIEDA Meetings

Friday, November 8th & 22nd 7:30 am
CIEDA Offices

CMCA

Monday, November 4th & 18th 4:00 pm
Museum

Housing Authority Meetings

Wednesday, November 13th & 27th 4:00 pm
Building 400 Conference Room

Recreation Authority Meetings

Tuesday, November 12th 11:00 am
Recreation Department (Gym)

TERO Commission Meetings

Tuesday, November 12th & 26th 3:00 pm
TERO Offices

Education Classes/Club Meetings

4-H Club

Monday, November 11th & 25th 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

Winter Swim Team Practice Schedule

August 26th - December 20th

Monday - Thursday 4:00 pm - 5:30 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

Friday, November 8, 2013

Fall Festival @ Boys & Girl's Club 4:00 pm - 7:00 pm

Monday, November 11, 2013

Tribal Administrative Offices and Boys & Girls Club will be closed in observance of Veteran's Day

Tuesday, November 12, 2013

5:00 p.m. (CST) Submission deadline for December 2013 newsletter

Friday, November 15, 2013

- Last day to submit changes and Direct Deposit Slips for 2014 Per Capita Payments***
- Last day to register for Kids Christmas Party***

Tuesday, November 19, 2013

***Diabetes Support Group Meeting
SAIL Center 5:30 pm***

Friday, November 22, 2013

- Distribution Date 2013 Holiday Per Capita Payment***
- Last day to submit application for booth at Pow Wow***

Tuesday, November 26 2013

***OneBlood Blood Drive
Health Department Parking Lot
8:00 am - 4:00 pm***

Thursday & Friday, November 28 & 29, 2013

Tribal Administrative Offices and Boys & Girls Club will be closed for Thanksgiving

Monday, November 30, 2013

Last day to purchase Tribal Hunting License without late penalty

Newsletter Contact Information

Poarch Creek News

Gayle Johnson, Media Specialist

(251) 368-9136 x 2210 gjohnson@pci-nsn.gov

5811 Jack Spring Road, Atmore, AL 36502

www.pci-nsn.gov

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