

Poarch Creek News 2013



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- Bureau of Indian Affairs Gen. Assistance



www.NorthAmericanLocal.com



NORTH AMERICAN LOCAL

As the year draws to a close, let us take a moment to look at the past and remember who we are and where we came from.

We are no longer the small group of Creek Indians from rural Alabama that no one seemed to know existed; we are no longer the little community that many passed by as they traveled Interstate 65. We are no longer the poor but proud people that had to stand in the road and stop the school bus so that our children could go to school.

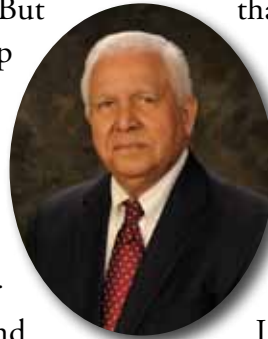
Under the leadership of Calvin McGhee, a proud yet humble man, and those who worked beside him and followed behind him,

we overcame our struggles with education and land claims. But we were not satisfied to stop there, we proudly moved forward in our fight for federal recognition.

Today our Tribe is flourishing and costs of our battles in Montgomery and Washington DC are not the burden they were in the past. In the past we struggled to raise the funds necessary to send our representatives to our state and nation's capital seeking recognition of our sovereignty. We should all remember those struggles and sacrifices and share it with our youth who are used to

the privileges they receive today so that they too will know who we are and where we came from. Each time you utilize your Tribal benefits, think of what we had and what we now have.

I hope the approaching holidays are good for you and always remember the reason for the season. I am, as always, humbled and proud to serve you. I look forward to what the new year brings for us as a People for there is nothing we cannot accomplish when unified.



Buford L. Rolin, Tribal Chairman
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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.

REGULAR FEATURES

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Important Information about Your *Poarch Creek Health Card*

Attention Tribal Members:

The card vendor for your Tribal Member Health Card/ Flexcard will be changing as of **January 1, 2014**. You will be receiving a new card in the mail prior to **January 1, 2014**.

****Please know that you will not lose any balance that you may have left on your current card.****

The cards will arrive in a special envelope containing cards that looks like this –please do not throw it out!



Additional instructions on how to activate your card will be enclosed. Please contact Tribal Member Benefits at (251) 368-9136 x 2209 if you require assistance.

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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.

ROBERT R. MCGHEE JOINS THE CENTER FOR NATIVE AMERICAN YOUTH BOARD

*Center For Native American Youth Press Release
Dated October 17, 2013*

Former US Senator Byron Dorgan has announced that Robert McGhee has agreed to serve on the board of advisors for the Center for Native American Youth. McGhee, current Treasurer of the Poarch Band of Creek Indians in Alabama, has been a longtime advocate for Native American children. He will join the Center for Native American Youth's board of advisors and team who are working to bring national attention to the challenges and successes experienced by the nation's youngest First Americans.

"He has already been an important and influential supporter for the Center for Native American Youth and our efforts to positively impact the lives of youth," Senator Dorgan remarked about Mr. McGhee. "I am thrilled he is willing to join the board."

Mr. McGhee's leadership and passion for positively impacting Native American children includes a career in social work and service on the board of the National Indian Child Welfare Association. Further, on behalf of the Poarch Band of Creek Indians, he was the first to present Senator Dorgan and the Center for Native American Youth with financial support. Poarch presented a check



Robert R. "Robbie" McGhee

for \$20,000 at the launch of the organization in 2011.

"It was because of expertise and support like that from Poarch Band of Creek Indians that the Center has been able to reach out to over 2,000 youth through 75 roundtables in 17 states and successfully advocate for new resources to benefit young people in Indian Country," said Erin Bailey, director of the Center,

"I believe in the work of the Center and am honored that Senator Dorgan asked me to join him in this important effort," commented Robert McGhee. "There is lots of work to be done to address the needs facing our youth and this organization is a crucial piece of those efforts."

The Center for Native American Youth works to shine a national spotlight on challenges and successes facing young American Indians and drive new resources to priority issues, including teen suicide prevention, ending substance abuse, and improving educational opportunities. The Center has worked to develop meaningful partnerships with tribal leaders, parents and children.

McGhee will join other prominent board members Jacoby Ellsbury, center fielder for the Boston Red Sox; Lisa Murkowski, US Senator; Tom Brokaw, broadcast journalist, as well as three Native American youth members from tribal communities in North Dakota, Alaska and New Mexico. A full list of the Board of Advisors members is provided below. Former Senator Byron Dorgan chairs the board.

The Center for Native American Youth was created by Senator Dorgan who was Chairman of the US Senate Committee on Indian Affairs from 2007 – 2011. Dorgan donated \$1 million of excess campaign funds in February 2011 to establish the organization.

The Center for Native American Youth is dedicated to improving the health, safety and overall well-being of Native American youth

through communication, policy development and advocacy. Founded by former US Senator Byron Dorgan in February 2011, the Center is a policy program within the Aspen Institute, headquartered in Washington, DC. The Center works to strengthen and create new connections, as well as exchange resources and best practices that address the challenges facing Native youth. Visit the Center's website for a comprehensive list of resources available to young Native Americans, tribes and the general public. For more information, visit www.cnay.org.

The Aspen Institute is an educational and policy studies organization based in Washington, DC. Its mission is to foster leadership based on enduring values and to provide a nonpartisan venue for dealing with critical issues. The Institute is based in Washington, DC; Aspen, Colorado; and on the Wye River on Maryland's Eastern Shore. It also has offices in New York City and an international network of partners. For more information, visit www.aspeninstitute.org.

Members of the Board

Chairman

US Senator Byron L. Dorgan (ret.)

Board Members

David Anderson, founder, Famous Dave's Restaurant; former assistant secretary – Indian Affairs, US Department of the Interior

Allison Binney, partner, Akin Gump Strauss Hauer & Feld LLP; former staff director and chief counsel, US Senate Indian Affairs Committee

Tom Brokaw, special correspondent and former anchor, NBC Nightly News

Lucy Calautti, senior advisor, Baker Hostetler LLP

Jacoby Ellsbury, center fielder/left fielder, Boston Red Sox

Pam Gulleeson, advisor to the president of the North Dakota Farmers Union; former chief of staff to Senator Byron Dorgan

Phil Jackson, 11-time championship-winning National Basketball Association head coach

Hattie Kauffman, national news correspondent, CBS' The Early Show

Jefferson Keel, president, National Congress of American Indians; lt. governor, Chickasaw Nation

Sam McCracken, general manager, Native American Business, Nike, Inc.; chairman, Nike N7

Robert McGhee, Treasurer, Poarch Band of Creek Indians

US Senator Lisa Murkowski (R – Alaska)

US Senator Gordon Smith (ret.), president, National Association of Broadcasters

Ernie Stevens, Jr., chairman, National Indian Gaming Association

Patty Talahongva, former president of the Native American Journalists Association

W. Richard West, founding director, Smithsonian Institution's National Museum of the American Indian

Youth Board Members

Megan Gregory, Organized Village of Kake (Alaska)

Dana Lee Jetty, Spirit Lake Tribe (North Dakota)

Coloradas Mangas, Mescalero Apache Tribe (New Mexico)



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.

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. The parade will begin at the Wellness Center (Gym) and end in the parking lot of the Health Department.

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 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.



ATHLETES OF THE YEAR

The Recreation Committee recognizes Tribal youth athletes for their accomplishments and sportsmanship during the annual Sports Banquet. In addition to recognizing the athletes for a job well done, the Male and Female Athlete of the Year is also announced. This year Cameron Brady Murphy was recognized as the Male Athlete of the Year; Shyla Cierra Godwin was recognized as the Female Athlete of the Year. Cameron and Shyla were presented with Athlete of the Year plaques and jackets.



Cameron Murphy and Shyla Godwin

Shyla is a First Generation Descendant; she is the daughter of Charles "Bubba" and Sylina O'Barr and Melissa and Stevie Carpenter. She is the granddaughter of Joe and Ellen O'Barr. Shyla, a Senior at Escambia Academy, has played on the Academy's fast pitch softball, basketball, and volleyball teams. She has also been a part of the

Tribe's NAYO team for several years. Shyla is a member of the Academy's Beta Club, Math Team, and has been awarded the Teacher's Choice Award in English. She has also participated in the Youth Leadership of Atmore program.

Cameron is a Tribal Member, he is the son of Doug and Ginger Murphy and is the grandson of Ivan and Vera Ramer and the late Fred and Shirley Murphy. Cameron is

also a Senior at Escambia Academy and is a member of the football, track, and weightlifting team.

We extend our congratulations to both of these outstanding Tribal athletes and wish them the best in their future endeavors.

TRIBAL MEMBERS ONLY PORTAL

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 change your password if desired.

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.

SENIOR CRUISING!

Submitted by Velma Amos

On October 7, 2013, four buses carrying 340 excited passengers composed of Tribal Members and spouses left the SAIL Center headed for the port of New Orleans for a long awaited cruise to Key West and the Bahamas aboard Carnival Cruise Line's Conquest. This cruise is one of the annual Senior trips coordinated through the Senior Services Department for our Tribal Elders. The cruise was originally scheduled to leave on October 6th, but Tropical Storm Karen caused a one day delay. Everyone was very excited; some had been on a cruise before and some had not but everyone looked forward to having a great time.

Some of the Tribal Members and spouses knew each other but some were strangers; several new friendships were formed on the trip to New Orleans and it is our hope that this is not the last time we will see our new friends.

The Conquest was at full capacity with 3,000 passengers aboard. Once we boarded ship, the 340 passengers from Poarch were housed throughout the ship, some of them we never saw again until we docked back in New Orleans and boarded the buses to go home.

On behalf of myself and everyone who went on the cruise I would like to say "Thank You" to the Tribal Council and PCI Gaming for making it possible for us to go on this trip; we could not have done it without your help and support. Everything that you do for us is truly appreciated. Thank you for all you do for us. We have a wonderful group of Council Members. You are very appreciated.

God Bless You All.



The last night of the cruise we got together in the ship's theater for a group shot; as you can see, not all 340 of us were able to get together for the photo! Do you know everyone in this photo? I didn't.

HOLIDAY GREETINGS FROM TRIBAL COUNCIL MEMBER SANDY R. HOLLINGER



*Sandy R. Hollinger
Tribal Council Member*

HAPPY HOLIDAYS! FROM MY FAMILY TO YOURS

For unto us a child is born, unto us a son is given: and the government shall be upon his shoulder: and his name shall be called Wonderful, Counsellor, The Mighty God, The Everlasting Father, The Prince of Peace. - Isaiah 9:6

I am so thankful that I've been able to share another year with all of you. This Christmas we have truly been blessed and have so many things for which to be grateful. The Tribe has had another successful year and it makes me really happy to know that you, the Tribal Member, have directly benefitted from these successes. I firmly believe that *"Every good gift and every perfect gift is from above, and cometh down from the Father..."* (James 1:17). Furthermore, I am fully persuaded that this Tribe would not be so blessed were it not for the guidance and graciousness of our Heavenly Father. Let us not forget to give praise and thanks to our Creator this holiday season and everyday throughout the year for all that He has done for us. I pray that each of you will be continually blessed and will have a New Year filled with peace, good health, and love.

With love, Sandy R. Hollinger



Garvis, Catherine, April, & Tootie

BLESSINGS & JOY!

May the holidays bring blessings and special times with family and friends. Wishing you a beautiful Christmas and a New Year of peace from my family to yours.

Love to all,
Garvis Sells & family.



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NEW
ITEM

TAMMY COLBERT COMPETES ON INTERNATIONAL STAGE

The following article was generated using Jaimee Lynn Fletcher's article "Competitive Dog Grooming? H.B. Woman Hanging Up Her Shears" that ran in the Orange County Register October 2, 2013 and follow up information submitted by Tammy Colbert.

Tammy Colbert of Huntington Beach was one of more than 150 international groomers competing in the Artero International Dog Grooming Competition in Barcelona, Spain in October. The event marked her final showing in the competitive circuit. "It's kind of bittersweet," she said. "I was super excited to go, but it was my swan song. It's my end."

Colbert, 50, has been grooming competitively and as a full-time job for about 30 years.

Her love for dogs wasn't discovered until adulthood. She never had pets at home, except one month when her family adopted a rescue dog that was returned.

"That's devastating for a little kid," she said. "In my 20s, I said, 'My kids are growing up with dogs,' and I got into dogs. I got into dogs a lot."

It was happenstance that she passed the window of a Fountain Valley groom shop decades ago and watched the groomers working their scissors furiously on clients perched patiently atop a table.

"I said, 'What is all this?'" Colbert said. "I was looking for something to do and I said, 'It looks kind of fun.'"

Colbert attended La Puente Adult School for 10 months to learn the grooming basics while serving as an apprentice to a groomer to further enhance her skills.

As soon as she was on her own fluffing and cutting, she starting competing. "I entered my first contest and I got first place with a miniature schnauzer I borrowed from a lady that ran a kennel," Colbert said.

She worked at various groom shops, all the while competing, until she branched off on her own about 10



years ago and started Wildwynd Mobile Groomer, a business that has thrived locally with a solid regular clientele.

Colbert, who has three dogs of her own, has competed locally, nationally and also served as a judge in Australia for a grooming competition. She specializes in tending to miniature schnauzers and Bedlington terriers.

"The Bedlington is my love," she said. "I absolutely love their personalities, their look and that they're soft. They're unique."

On the competitive stage, groomers have to be up on the breed standards and also aware of any trends based on where they are competing; East Coast and West Coast have different styles and European grooming has its own rules.

"There's a particular style for each breed," Colbert said. "Each breed is groomed a certain way for a certain job they were bred to do. You have to know the grooming of the area."

She has several Best of Show and first place ribbons, one of the most impressive wins being a \$20,000 purse at the Super Zoo competition in Las Vegas in 2009.

Colbert said she believes competing in Spain against national teams and other high-ranking individuals is an ideal end for her competitive career. She plans to move on from being a traveling competitor but wants to stay connected to the competitive grooming circuit as a judge.

"I have to look to the future and what I'm going to do and it's all good," she said.

Tammy did not place in the competition, but states that all in all she had a good time and would not have missed the experience to compete in such a huge venue.

WIND CREEK CELEBRATES OPENING OF NEW ENTERTAINMENT CENTER

On October 31, 2013 Wind Creek Casino & Hotel celebrated the grand opening of the property's 5000 new Entertainment Center. The newly constructed entertainment venue will offer five new family oriented entertainment options, including: a cinema, bowling alley, arcade, a coffee and yogurt bar, and a sports bar.

- Wind Creek Cinema, an eight screen, state-of-the-art, all digital, Dolby 7.1 movie theatre will provide a premier cinema experience for movie goers.
- Strike Bowling Alley, a 16 lane bowling alley will feature Cosmic Bowling, providing a unique bowling experience for the entire family.
- Arcade, a 45 game arcade provides gaming options for all ages.

• Yo.Joe, a conveniently located coffee and yogurt bar will offer freshly brewed coffee, espresso and yogurt.

• Overtime Sports Bar, a 125 seat dining room with a phenomenal pizza display bar, features a state-of-the-art wood brick stove, offering a first-class dining experience.

"This addition to Wind Creek Casino & Hotel will allow us to offer a larger variety of activities to our guest and their families," said Arthur Mothershed, Property Manager of Wind Creek Casino and Hotel.

Press Release Wind Creek Casino & Hotel Dated October 31, 2013

Submitted by Lynn Woodcock

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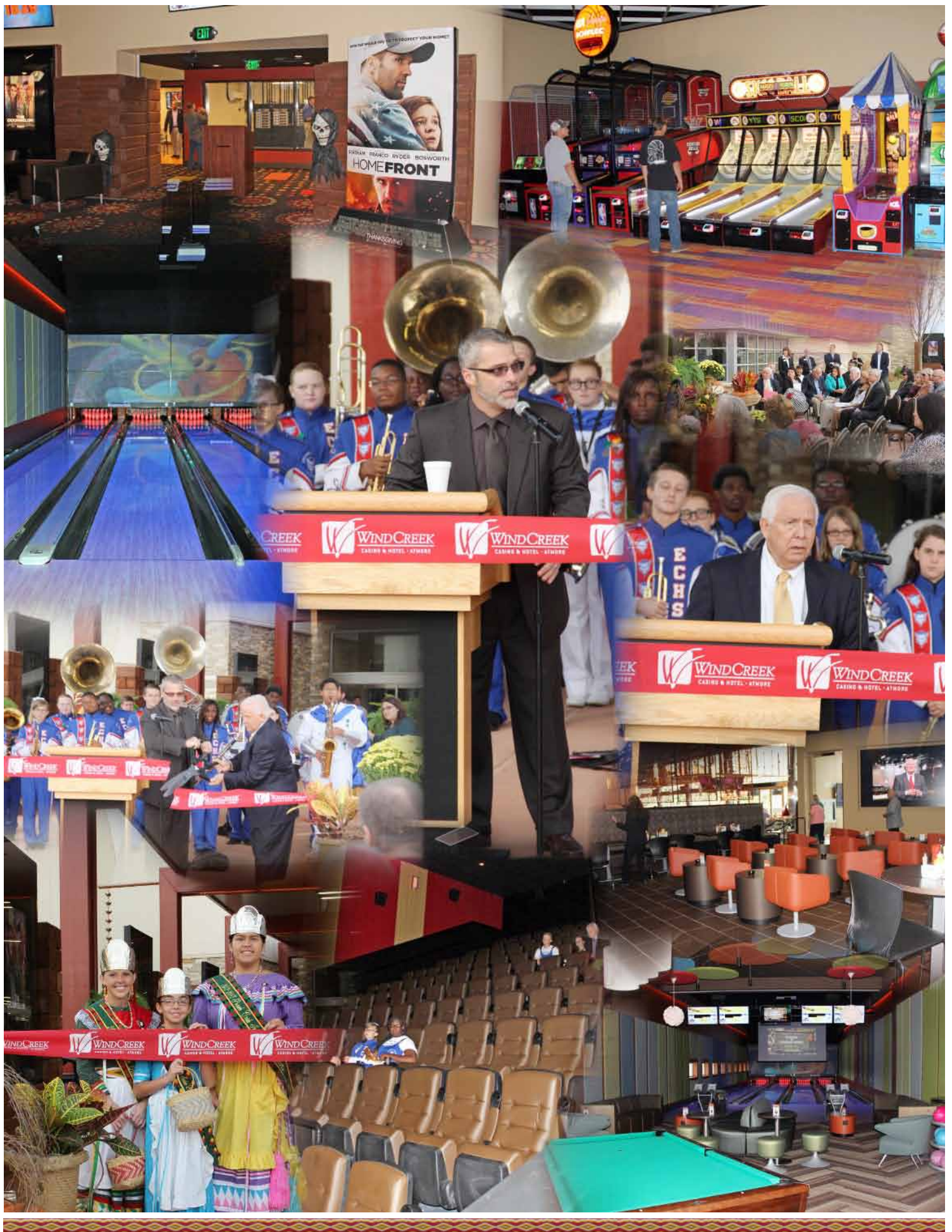
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NMLSR ID 402092

Information is accurate as of the date of printing and is subject to change without notice.

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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.

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CELEBRATING BIRTHDAYS



Blaize Thomas
November 9, 2013

Happy 7th birthday Blaize! Blaize celebrated his birthday with family and friends with a bowling party at Wind Creek Entertainment.

We love you! Daddy, Momma & family.



Denise Young
November 11, 2013

Happy birthday! We pray your special day was filled with blessings from above.

We love and appreciate you immeasurably!

Love, Phillip, Megan, Mallory, Emmee, and all your family.



Brooke McGhee
November 13, 2013

Happy 18th birthday Brooke!

We love you!

Love, your family and friends.



Breiah Adams
November 18, 2013

Happy 20th birthday Breiah (Cledus)!

We love you!

Momma, Daddy, Brittany, family, & friends.



Jordan Ledkins
December 1, 2013

Happy 1st birthday Jordan!

We love you!

From your family.



Samantha Odom
December 3, 2013

Happy birthday Samantha!

We love you!

BooBoo, Jackson, and the rest of your family.



Phillip Young
December 3, 2013

Happy birthday! We love you dearly.

Denise, Megan, Mallory and Emmee.



Christian Murphy
December 7, 2013

Happy 13th birthday Christian!

We love you!

Mom, Dad, and Donovan.



Valerie Walters
December 11, 2013

Happy birthday!

We love you!

Mom and Dad.



Dolan Jeffery Carver
December 11, 2013

Happy birthday!

We love you!

Mom and Dad.



Brittany Adams
December 12, 2013

Happy 24th birthday Brittany!

Love Momma, Daddy, and Breiah.



Jennifer Vickery Kelly
December 15, 2013

Happy 35th birthday Jennifer!

We love you!

Aunt Connie and the rest of your family.

CELEBRATING BIRTHDAYS

Jonathon Stephens
December 17, 2013

We are so proud of you;
we love you and miss you.



With love from your family.

Dalton Luke
December 18, 2013

Happy birthday!
Dalton is the son of
Candy & Johnny Luke,
grandson of Brenda &
Gary Pruitt, great-grandson of Glenda
Ellis and great-great-grandson of Thelma
McGhee-Henson.



Glenda Henson Ellis
December 22, 2013

Glenda will celebrate
her 65th birthday
December 22nd. She is
the daughter of Thelma
McGhee-Henson.



We love you.
From your family.

Kaleigh Luke
December 23, 2013

Happy birthday!
Kaleigh is the daughter
of Candy & Johnny
Luke, granddaughter of
Brenda & Gary Pruitt,
great-granddaughter of Glenda Ellis and
great-great-granddaughter of Thelma
McGhee-Henson.



Michael Hutto
December 25, 2013

Happy birthday
Michael! Michael is the
son of Glenda Ellis and
grandson of Thelma
McGhee-Henson. We love you!



From your family, Billie Sue, and kids.

Jamison McGhee
December 26, 2013

Happy birthday!

We love you!

From your family.



Kay Archer
December 28, 2013

Happy 70th birthday!

We love you!

From your daughter Terri and grandson
Luke.



Kaden Hutto
December 29, 2013

Happy 2nd birthday
Kaden! We love you.

Kaden is the son of
Bryan & Denisha Hutto, grandson of
Glenda Ellis, and the great grandson of
Thelma McGhee Henson.



William Jason Vickery
December 29, 2013

Happy 17th birthday
Jason!

We love you!

Aunt Connie and the rest of 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
poemsources.com*

Kierra Kelly
December 29, 2013

Happy 14th birthday
Kierra!

We love you!

Aunt Connie and the rest of your family.



BIRTH ANNOUNCEMENT



Nala Ann Shaw
September 27, 2013

Keshia Walker and Kenny Shaw would like to announce the birth of their daughter, Nala Ann Shaw.

Nala was born on September 27, 2013. She is the granddaughter of Tribal Member Douglas and Patricia Walker.

ANNIVERSARY WISHES

Romie & Shelly Chavira
November 24, 2013

Romie and Shelly Chavira celebrated their 6th wedding anniversary on November 24, 2013.

Happy Anniversary Romie & Shelly!



James & Shirley McGhee
November 25, 2013

James Aubrey and Shirley (McKinley) McGhee celebrated their 60th wedding anniversary on November 25, 2013.

"God has been our rock! He has blessed us tremendously throughout the years. We thank Him for our two children, JoAnn and Kenny, four grandchildren, Jason, Thomas, Taylor, and Cameron, and two great grandchildren, Amber and Jared."

ANNIVERSARY WISHES

Larry & Shirlene Mauldin *December 8, 2013*

To my wife, Shirlene Presley Mauldin, I want to thank you for giving me the love and happiness that I have had for 43 years. Some times have been hard but God has blessed us and given us three beautiful children and 8 grandchildren. We have a lot of happy moments and memories that still touch my heart. I pray that all this will continue and the Lord will be our guide and leader in everything that we do.

Matthew 19:5-6.

Loving you always, happy 43rd!

Your husband Larry.



David & Tina Morris *December 9, 2013*

David and Tina Morris will celebrate their 25th wedding anniversary on December 9, 2013. *We would not change a thing and hope we have another 25 years together. We thank the Lord for His blessing because we could not have made it without Him.*



Joe & Ellen O'Barr *December 10, 2013*

Happy anniversary to Joe and Ellen O'Barr. May you have many more.

With love, from your family.



ANNIVERSARY WISHES

Jerry & Nadine Rolin
December 22, 2013

This happy anniversary wish comes with love, thanks, and more.
For there can't be any better parents than you, that's for sure!

We hope you have a lovely day, and always know we love the both of you.
Your children Deanna & Donald.



Ben & Barbara McCurdy
December 29, 2013

Ben and Barbara McCurdy will celebrate their 55th wedding anniversary
December 29, 2013.

Their lives have been blessed by a daughter, 3 grandchildren, and 3 great-grandsons!



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IN LOVING MEMORY

5 YEARS HAVE COME AND GONE

FRANKLIN JACKSON 01/04/1937 - 12/17/2008



In the days and weeks following Dad's death, countless people told me "it will get easier with time." Now, five years later, I can say that yes, in some ways it has. Dad's death is no longer one of the first things I remind myself of when I wake up, nor is it the last thing I think about before I fall asleep.

I still have days and weeks when it's just as painful as it was five years ago. There are moments and things that almost always trigger a memory. Bad storms... Dad would always call to ensure I got home ok when there

was a bad storm. My birthday... Dad would always race to be the first to wish me a Happy Birthday. Many more moments...

One of the hardest things that has come with losing my Dad is the occasional realization of how much time has passed. Birthdays, holidays, and other milestones are all reminders.

There are times when I realize that I'm slowly forgetting things I swore I never would and it scares me. So, I make an effort to look at all the old family pictures and visit "home", Atmore where he is buried, as often as I can.

Five years have come and gone and Dad I will love you TODAY, FOREVER AND ALWAYS.

Love you Dad,
Donna Sue

VERLIE MCGHEE BAILEY

12-5-24 - 11-9-89

SHE WAS ALL WE HAD

she was all we had
her family of five
she was all we had
as she kept us alive
she was all we had
but she was enough
we were all she had
when her time on earth was up
we were all she had
as she sipped her final cup
we were all she had
as we held her hand
we were all she had
when the angel came and took her away from this land

We miss you so much, your children.



KENNETH ROY MCGHEE

December 10, 1949 -
December 5, 1980

Brother, you died giving your life for another. We have missed you so very much. You left us to soon.



We have never stopped thinking of you.

Love always, your siblings, Kay, Bobby, Linda, Rose, and Barb.

HONORING OUR TRIBAL MEMBER VETERANS



SHANNON A. PEAVY
1 SG/E-8
United States Army



RONNIE PEACOCK
SPECIALIST V E5
United States Army



CHRIS RUTHERFORD
SGT. E-5
United States Army-Army
National Guard



MILLARD PEACOCK
SERGEANT
United States Air Force



BENJAMIN MCCURDY
SP4
United States Army



RODNEY EXUM
United States Navy



CHARLES THOMAS
"BO" BRAY
SP-4
United States Army



ALTON JACKSON
COXSWAIN
United States Navy

On the battlefield, the military pledges to leave no soldier behind. As a nation, let it be our pledge that when they return home, we leave no veteran behind.

Dan Lipinski

HONORING OUR TRIBAL MEMBER VETERANS



ARCHIE ROLIN
United States Army



FAY JACKSON
PFC
United States Army



HURLEY MCGHEE
United States Army



ALEX "JODY" MARTIN
SP-4
United States Army



SHIRLEY MCGHEE
United States Army



TED WALKER
United States Army



WILLIE GIBSON
PFC
United States Army



WILLIS M. MCGHEE,
PFC
United States Army

"Freedom is never free."

-Author Unknown

"This nation will remain the land of the free only so long as it is the home of the brave."

-Elmer Davis

HONORING OUR TRIBAL MEMBER VETERANS



ROY LEE MCGHEE

United States Navy



ROBERT L. MCGHEE
1ST SGT

United States Marine Corps



JASON CORY
STEPHENS

SERGEANT

United States Marine Corps (14 yrs)

United States Army (6 yrs)



JIMMY L. JOHNSON
DRILL INSTRUCTOR

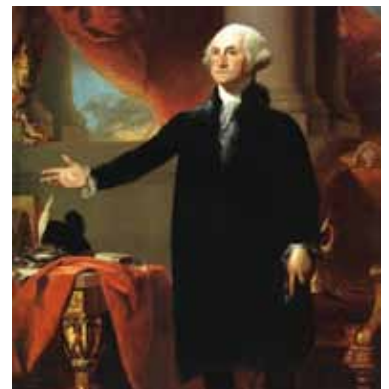
United States Marine Corps

The Poarch Creek News will continue to honor our Tribal Member veterans by featuring a Veteran Of the Month article in each issue of the newsletter beginning January 2014. 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.

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.

"The willingness with which our young people are likely to serve in any war, no matter how justified, shall be directly proportional to how they perceive veterans of earlier wars were treated and appreciated by our nation."

-- George Washington





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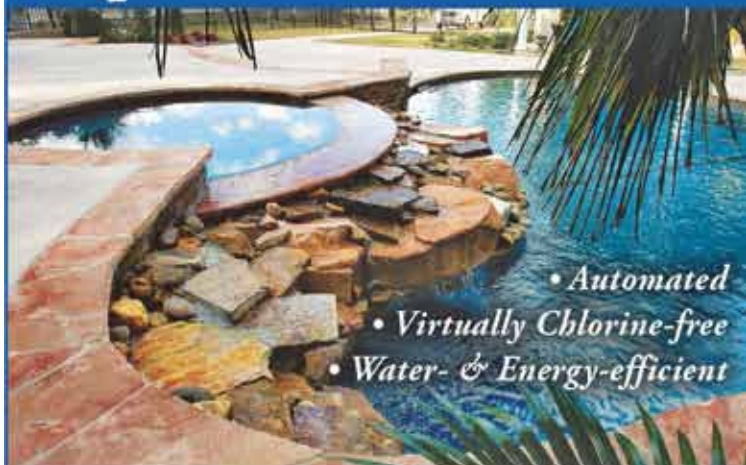
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TRIBAL MEMBER SUBMISSIONS



Brittany Daniel

Staying Busy In Hollywood!

Brittany Daniel, a first generation descendant of the Poarch Band of Creek Indians, says hello from Hollywood! Brittany is the daughter of George Daniel and the granddaughter of Joyce Rollin Philyaw. She was recently interviewed for a blog in California, where she moved in June to pursue acting/modeling. The blog is called www.crownedlife.blogspot.com.

Brittany is a former Miss Auburn USA 2013, and competed in Miss Alabama USA 2013. She is currently in two featured films, one being "Helicopter Mom" coming out in January 2014, and "The Treehouse" whose release date has not been determined.

She has been on The Queen Latifah Show, Arsenio Hall Show, a show on Bravo TV (she can't disclose which one until it airs, because of contracts), and the show "The Doctors". She has been in a music video for Pharrell Williams called "Happy" which is the song from the movie Despicable Me 2. She just got her own reality web series and should start filming in the near future

Thanks For Providing Such Amazing Scholarship Opportunities

My name is Nathan Colbert and I am currently a student at the New School for Jazz and Contemporary Music in New York City. I just wanted to take a minute to express my immense gratitude to the Tribe for providing such amazing scholarship opportunities.

To be completely frank, it has been my dream to move to New York City and study music my whole life. This fall I was able to transfer to what I think is the best music school in the world for what I am specifically passionate about. Since being here I have grown tremendously as an artist, as a performer, and as a business man. Every day presents new challenges and new opportunities for growth, and my school provides the best possible guidance and instruction I could ask for.

I share all that with you for two reasons. Firstly, so you might understand the depth of my appreciation. Quite honestly, I was never sure I would be able to attend such

a school, because, as you can imagine, it is very expensive. However, thanks to the Poarch Band Creek of Indians I am now enrolled and moving forward everyday. I cannot stress enough, that I could not have done this without the help of the Tribe. Secondly, I want to assure you that the help of the Tribe is going to a good source. I'm working as hard as I know how and I promise that this investment in my education is not a waste.

Again, with utmost sincerity I say, thank you. Thank you so much. I am quite literally accomplishing my dreams due in large part to the benefaction of the Poarch Band of Creek Indians.

Submitted by Nathan Colbert

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

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TRIBAL MEMBER SUBMISSIONS

CHEERLEADING CHAMPIONS!

Submitted by Renee Brown

The 7/8 year old Poarch Warrior Sophomore Cheerleading squad won first place at the Cheer Competition held on Saturday, November 9, 2013. Congratulations to our Champions! This was their first cheer competition and they brought home the championship!

The team would like to give a big “Thanks” to their Coach Trisha Holland and the Poarch Creek Indians Recreation Department for allowing them to participate in the Escambia River Conference (ERC) Cheer Competition. This was truly a memorable experience for all the girls.



GRANDMOTHER AND GRANDDAUGHTER DONATE DOLLS AND OUTFITS TO RONALD MCDONALD HOUSE

Submitted by Emma Ruth Madison Hogan

For the past several years, 11 year old Emily Katelyn Creverling has donated dolls and coordinating outfits made by her grandmother, Emma Ruth Madison Hogan, to give as gifts to the Ronald McDonald House. This year, Emily has bought five dolls to donate to the Ronald McDonald House to be used as Christmas gifts. Each doll, along with three outfits, is wrapped in a gift bag ready for the family member to present to a special girl.



Emily Katelyn Creverling

When Emily presented the dolls last year, she was given a tour of the house and saw the special room filled with gifts for the families to select from for their child in Sacred Heart Hospital. The dolls/outfits are available year-round to be given to the children of the Ronald McDonald House as birthday and/or Christmas gifts. Can you

imagine the surprise on a little girl's face as she receives one of the special dolls along with a set of three outfits?

Organizations like the Ronald McDonald House and the Fisher House are very special to Emily's family. Due to Emily's illness at birth, she and her family were able to stay at the Fisher House in Germany. It was such a blessing to the family to have the facility and care that was provided during such a difficult time.

In the past, Emily held cupcake sales, working for her Dad's business, etc. to raise money to purchase the dolls. If you would like to donate a 18" doll, we will provide the three (3) outfits for each doll. If interested, please contact Ruth Hogan at (225) 456-0007.

TRIBAL MEMBER SUBMISSIONS

MERRY CHRISTMAS!

*Merry Christmas
to the Poarch Fire
Department*

Julia "Tootie" Sells



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Huntingdon is consistently listed among *U.S. News and World Report's* "America's Best Colleges" and the Princeton Review's *The Best Colleges, Region By Region*; the campus is listed on the National Register of Historic Places.

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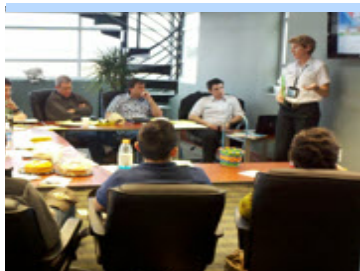
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Airwolf is not your typical Pilot Mill flight school. We cater to those who are serious about their Pilot Training and want Professional Flight Instruction. Unlike our competitors who give todays flight instructor (yesterdays student), an airplane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

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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.

We Value Your Opinion!

With summer ending, it is a perfect time for us to provide reviews for Magnolia Branch Wildlife Reserve and the Muskogee Inn and help set them up to achieve even more success in the upcoming year. Please pick your favorite business and write them a review!

Reviews are worth their weight in online gold, so we greatly appreciate you taking time to let the world know your most favorite things about these enterprises. Please consider sharing this review request with others who might want to help us improve our online presence. We thank you in advance for your help.

Here are some easy links for you to give your review.

MAGNOLIA BRANCH WILDLIFE RESERVE:

Facebook Recommendations: <https://www.facebook.com/MagnoliaRV>

Google Review: <https://www.google.com/#q=magnolia+branch+atmore+al>

Trip Advisor Review: http://www.tripadvisor.com/Hotel_Review-g29004-d3765335-Reviews-Magnolia_Branch_Wildlife_Reserve-Atmore_Alabama.html



MUSKOGEE INN:

Facebook Recommendations: <https://www.facebook.com/MuskogeeInn>

Google Review: <https://www.google.com/#q=muskogee+inn>

Trip Advisor Review: http://www.tripadvisor.com/Hotel_Review-g29004-d1976536-Reviews-Muskogee_Inn-Atmore_Alabama.html



Utilities Authority Update

The Poarch Band of Creek Indian Utilities is continuously working on new customer connections.

We just completed the Master Utility Plan that covers multiple important policies and procedures for governing our water and wastewater department.

We are 100% complete with the SCADA upgrade for the Wastewater Treatment Plant to efficiently monitor the SBR system.

We are working diligently to maintain our current infrastructure and expanding our service area where feasible in order to serve more Tribal members and the community.

HEALTH DEPARTMENT NEWS & INFORMATION

WALKING FOR DIABETES

On Saturday, November 2, 2013, 22 members of the Poarch community and surrounding areas met at the Maritime Park in Pensacola. We walked approximately 3 miles in support of the American Diabetes Association. If you are a diabetic, then this walk was for you. We raised \$3,700.00! A special thanks to Poarch Endowment Committee for their donation, S. Rolin Construction for purchasing our T-shirts and a donation to Addy Lee for being our team mascot, to the walkers for being dedicated enough to get up so early and participating, and to the American Diabetes Association for allowing us to be a part of this awesome event!

SMOKING CESSATION

It's time to make a change

It's time to make a New healthier YOU

It's time to start seeing yourself as a NON SMOKER

Smoking Cessation program coming SOON!

Benefits from quitting smoking happen quickly! Check out the awesome benefits from quitting!

- 20 minutes – Blood pressure drops to normal, Pulse rate returns to normal, Body temperature of hands and feet increase to normal.
- 8 hours - carbon monoxide level in blood drops to normal, oxygen in blood increases
- 24 hours - Chance of heart attack decreases.
- 48 hours – Ability to smell and taste increase.
- 2 weeks to 3 months - circulation improves, walking becomes easier and lung function increases.
- 1 to 9 months - shortness of breath decreases, body's overall energy increases, Cilia regrows in lungs and helps clean the lungs and reduce infection.
- 1 year – Risk of coronary heart disease is half that of a smoker!
- The benefits are endless!

Freedom from Smoking class starts in 2014. Will you be ready? Interested smokers who wish to become a NON SMOKER contact Kay at the PCI Health Department. 251-368-8630

BREAST CANCER AWARENESS

This past October, PCI Health Department was proud to participate in National Breast Cancer Awareness Month.



Walkers left to right front: Chastity Peebles, Shelia Odom, Jeri Cisneros, Addy Lee (Team Mascot), Lea Odom, Hannah Flowers, Aubry Flowers, Rita Hall, Kayln Daniel, Nikole Higdon, Noah Perdue. Back left to right: Jose Cisneros, Alton Godwin, Jill Lee, Kim Flowers, Lisa Parker, Judy McGhee, Anthony Hall, Paula Daniel, Michelle Fitzhugh.

Several awareness activities were organized through the efforts of health department staff, particularly the Clinic Case Manager, Nioma Till, and the Health Educator, Kay Thomas. To kick off the activities, a "Fight Like a Girl" luncheon was held. During this lunch PCI Tribal Police Officer Craig Helton demonstrated strategic techniques for self-defense. The key message from his presentation was to BE AWARE. If you know what to look for you can attack cancer in the early stages, as well as outsmart any would be attackers. Knowledge, enhanced with awareness, is power. Early detection is the key to prevention.

Completing the enjoyable lunch was a beautiful cake, donated by Wind Creek Casino. Not only was the cake delicious, it was quite a work of art that fit beautifully with the "Fight Like a Girl" theme!

Throughout the month, other activities were hosted. An ice cream social with pink and white ice cream was served. Along with the ice cream, educational and informational material was presented to the participants. Next, was "Wear Pink" day. For those employees participating, a scratch off game was played to reveal a winning prize. This simple game was fun, exciting, and provided an opportunity for additional educational outreach.

The mammogram bus generated much attention. For the ladies who participated, a special incentive was offered. Participants seemed to appreciate the extra attention that was bestowed during this very personal, preventive procedure that can sometimes be a dreaded experience.

Attention Tribal Member Breast Cancer Survivors:

We are working on a project for next year and would appreciate your assistance. If you are interested in participating, please provide the information requested below, along with submit a photo of yourself. Your information and photo will be shared with others to offer encouragement and inspiration.

Name _____

Year of Diagnosis _____

Special Words of Encouragement from you: _____

Options for submittal:

1. Mail: PCI Health Department
5811 Jack Springs Road
Atmore AL 36502

2. Email: ndees@nspbci.nashville.ihs.gov
kwatson@nspbci.nashville.ihs.gov

If you have questions, or need additional information, please contact Nioma Till at extension 2322 or Kay Thomas at extension 2328. Deadline for submission is December 31, 2013.



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

RECREATION UPDATE



The Recreation Department would like to thank all staff and volunteers, the Fire Department, and the Police Department for assisting in the Haunted House event. We had 803 guests to tour the Haunted House during the four nights it was open to the public, we could not have done it without your help and dedication!!

Upcoming League Activities:

ADULT BASKETBALL LEAGUE

Age 16 and up

Team Registration Fee: \$100.00

Registration Deadline: December 31, 2013

Registration and Coaches applications are available on the Tribe's web site.

YOUTH BASKETBALL LEAGUE

Ages 5-16

Co-ed ages 5-6

7 and up Male & Female Teams

Registration fee: \$30.00

Registration Deadline: December 31, 2013

Registration and Coaches applications are available on the Tribe's web site.

2014 NAYO & NASA Basketball Tournaments NASA BASKETBALL TOURNAMENT

Seneca Reservation in New York

January 16-19, 2014

Must be Tribal Member or First Generation Descendant to participate.

Registration applications available for Recreation Department.

Registration Deadline December 23, 2013

NAYO TOURNAMENT

Cherokee Reservation in North Carolina

April 17-20, 2014

Must be Tribal Member or First Generation Descendant to participate.

Eligibility to participate is August 1st of the current year. Age divisions 12-14 & 15-17 must be minimum age by tournament date.

Registration Deadline February 14, 2014

Registration and Coaches applications are available on the Tribe's web site.

For more information on league activities and/or NAYO/NASA, visit the Tribe's official web site at www.pci-nsn.gov or contact the Recreation Department at (251) 368-9136 x 2256.





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Small Decisions Make Big Things Happen

How Are You Managing Your Stress?

Stress can have positive and negative effects. And because of this it is crucial for each one of us to find our optimal stress threshold. Stress can keep us sharp and focused, or it can cause us to breakdown and become anxious and unmotivated. On a daily basis, we are confronted with stress, which can either be beneficial or harmful.

Types of Stress

Stress itself can be classified as physical, mental, or emotional. Physical stress comes from the natural force that we are putting on our bodies in our daily life activities. Mental and emotional stress can stem from our work life, financial situations or our family/social circles. Even though it is often viewed as a negative, stress is important. It impacts everyone differently, but we want to find our optimal level of stress. Think of stress in the context of lifting a weight. If the weight is too light, we are not getting the most of our workout and can become lethargic and complacent. If the weight is too heavy, we will not be able to lift the weight and can become overwhelmed. However if the weight is just right, we will be appropriately challenged and benefit from the weight lifting. This is the kind of stress that we need. With the right level of stress, a person can be motivated and satisfied with their current situation.

Stress and Your Body

In addition to our mental wellbeing, stress can have a negative impact on our bodies, especially with fat loss. When we consistently have too much stress in our lives, we hold on to more fat. This is due to the release of cortisol, a primary stress hormone. Over-exposure to cortisol can lead to digestive problems and weight gain. This is why it is so important to be able to recognize when we have too much stress in our lives and to be able to take steps to decrease it.

Step 1: Breathe

In any stressful situation, taking the time to take deep breaths from your stomach will change your body's chemistry, almost instantly. Most people breathe from their chest, which limits the amount of oxygen you can breathe in. However when you breathe from your stomach, you are able to inhale more oxygen. This lowers your heart rate and calms your central nervous system.



Step 2: Be Thankful

Sometimes we get caught up focusing on things in our life that are going wrong. It is important to think of the positives in our life and be thankful for the ability to breathe and have freedoms that others are not afforded.

Step 3: Train

Of course you knew I was going to say training! Training frees your mind and helps your body to become strong. It also allows you to manage your weekly stress and not go over your stress threshold.

Have a great holiday and let's make 2014 the best yet!

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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Building Up to Weight Loss

The famous phrase “Rome wasn’t built in a day” is important in regards to how we should approach reaching our health goals.

In order to reach a health goal, a person needs to make changes to their current lifestyle. However, taking on too many changes at once can become overwhelming. To help yourself succeed and reach your goals, it is important to make a few small, impactful changes at a time. This is especially true when adopting a new way of eating and exercising to promote weight loss.

Modifying your lifestyle to promote weight loss does not have to be drastic or overly restrictive. Small changes that create a big effect are not only easier to adopt in the short-term, but they are likely to become healthy habits that you can have for the rest of your life. This means long-term success!

Here are some *Practical Tips* that you can start implementing to your daily routine to help you get started!

Practical Tip: Try and eat 4-5 small meals throughout the day instead of skipping breakfast and lunch, then having a massive dinner.

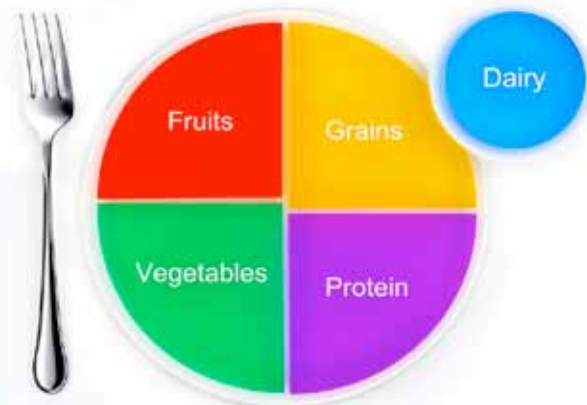
- Did you know that for many people, simply increasing meal frequency (eating more often) has been shown to facilitate weight-loss? Eating small meals throughout the day will keep your metabolism working. Also, it will keep you from being really hungry at mealtime. If you do not eat until dinner, you are likely to eat more than you normally would.

Practical Tip: Try including a palm size serving (men should have two) of protein at every meal including breakfast

- Getting enough protein at every meal can help stabilize blood sugar levels, curb hunger and help your waistline. Good sources of protein are eggs, chicken, beef, fish (and other wild game sources) and high protein dairy products like Greek yogurt or cottage cheese.

Practical Tip: Start doing exercise with a 15-20 minute walk in the morning or after dinner. Be consistent. When you’re ready, walk longer, farther or even start jogging.

- Just get started! Don’t worry about the perfect plan, because it doesn’t exist. Just put one foot in front of the next and start moving, every day.



Keep in mind that any effective weight loss or exercise *plan* involves just that; planning, structure, progression, and individual modifications to facilitate progress.

If you’re interested in weight loss, improved energy, better sleep, or just want to feel better, let us help you establish an appropriate exercise and nutritional program that will give you the tools necessary to be successful in the long-term. Think about it this way, if you lose just ½ of a pound each week, after 1 year, you will have lost 25 pounds. Fantastic life-changing results, no radical diets necessary.

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

- 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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The Family Services Department Update for December, 2013

*Merry
Christmas*



The 2013 Kid's Christmas Party Information

Date: Thursday, December 12, 2013

Location: Wind Creek Cinema

Movie: Disney's "Frozen"

Movie Start Times: 5:30, 6:00, 6:30, and 7:15

Food: Hotdog, Popcorn, Drink

****You must be pre-registered to attend.****

****Pre-registration deadline was November 15, 2013!****

- * The times for the movie to start times are staggered to allow everyone a chance to see the movie.
- * 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.
- * 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 to receive a Christmas gift.
- * Plan to take time to enjoy the beautiful Christmas lights in the Wind Creek Casino's courtyard area!
- * If you have any questions, please contact Michealine Deese at (251)-368-9136, ext. 2600.



If you experiencing a financial crisis, please **do not use a title loan agency!** They can charge you \$300.00 or more in interest for every dollar you borrow from them. Please contact the Family Services Department to let us see if we can help you to resolve your financial crisis.

You can reach us at (251)-368-9136, ext. 2600.

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.

You are not alone. We are here to help you.

Stop the Violence ✦ Prevent Abuse

****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.**

The Family Services Department 5811 Jack Springs Rd. Atmore, AL 36502
Telephone: (251)-368-9136 Fax: (251)-368-0828

BOYS & GIRLS CLUB UPDATE

REMINDER: THE ANNUAL MEETING WILL BE MONDAY, JANUARY 6TH, 2014 AT THE GYM STARTING AT 5:30. THIS MEETING IS **MANDATORY** FOR PARENTS AND/OR GUARDIANS, AND IS THE ONLY TIME TO SIGN UP FOR CLUB MEMBERSHIP FOR THE 2014 PROGRAM YEAR.

2013 FALL FESTIVAL/OPEN HOUSE



EDUCATION NEWS & INFORMATION

FIRST GENERATION SCHOLARSHIP CHANGES AS OF AUGUST 1, 2013

There have been several major changes to the policy. Below is a summary of these changes, but it is your responsibility to be familiar with the policy and understand how these changes apply to you.

1. Participants between the ages of 16 and 26 years of age are now eligible for Student Loan Repayment Assistance. You must be between 16 and 26 years old at the time of application in order to qualify. You must have graduated, and must have obtained the degree the loan was used to finance. Loan may only have been used to pay tuition, books, and mandatory fees. There shall be no repayment of loans that were used for living expenses. All funds are paid directly to the lending institution in an amount not to exceed the student's limit
2. Participants 16 years and up can enroll in dual enrollment and/or college level courses.
3. Participants must have a cumulative GPA of at least a 2.0 to enter the program.
4. Participants now have access to a total of \$40,000.00. There is a limit to the funds based on the educational level and type of degree. The limits are \$20,000.00 for an Associate's degree or certificate program and \$40,000.00 for a Bachelor's degree, Master's degree, or professional degree. These limits are cumulative.
5. Participants are now eligible to receive a computer. They may be reimbursed or may elect for the Tribe to purchase the computer. They may also obtain a printer and word processing software up to \$600.00. Students must show that they are enrolled in school in order to qualify for a computer. If the Education Department purchases the computer, the student shall only determine if he/she prefers a laptop or desktop, but all other specifications shall be determined by the Education Department.

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.

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!

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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 An Evening with the Elders
Mr. Dan McGhee & Mrs. Ernestine McGhee Daughtry

Monday, December 9, 2013 at 6:00 p.m.
Family Services Auditorium, Building 500

Join us to hear the voice of Mr. Dan McGhee who was interviewed by Dr. J. Anthony Paredes in 1972 and whose voice was digitized by the University of Florida.

Everyone is invited. Dinner will be served.

Questions? Contact Ms. Ellen O'Barr at 446-4531 or Dr. Deidra Suwanee Dees at 446-4540; e-mail: ddees@pci-nsn.gov



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~Steuart Henderson Britt

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DECEMBER (Rvfo-Rakko) 2013

Tribal Council Meetings

Thursday, December 5th & 19th 4:00 pm
Tribal Council Chambers

Tribal Court Sessions

Monday, December 2nd & 16th 9:00 am
Tribal Courtroom

CIEDA Meetings

Friday, December 6th & 20th 7:30 am
CIEDA Offices

CMCA

Monday, December 2nd & 16th 4:00 pm
Museum

Housing Authority Meetings

Thursday, December 12th & 26th 4:00 pm
Building 400 Conference Room

Recreation Authority Meetings

Tuesday, December 10th 11:00 am
Recreation Department (Gym)

TERO Commission Meetings

Tuesday, December 10th & 24th 3:00 pm
TERO Offices

Education Classes/Club Meetings

4-H Club

Monday, December 9th 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

Monday - Thursday
3:30 pm - 5:00 pm

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

Rising Star Studio Of Dance

Thursday Starting at 4:00 pm
Time varies by age category

Pool & Splash Pad

Closed Until March 1, 2014

Other Dates To Remember This Month

Thursday, December 5, 2013

5:00 p.m. (CST) Submission deadline for
January 2014 newsletter. Please note change
in submission deadline.

Monday, December 9, 2013

An Evening With The Elders
Family Services Auditorium
6:00 pm Dinner will be served

Thursday, December 12, 2013

Kids Christmas Party
Wind Creek Cinema
Must have pre-registered by 11-15-13.

Friday, December 13, 2013

Last day to update Housing Applications

Friday, December 13, 2013

Christmas Parade 5:30 p.m.
Parade starts at Gym and ends in parking lot
of Tribal Health Department.

Thursday, December 19, 2013

Teen Christmas Party
The Club, Hwy 21
Must be registered to attend

Friday, December 20, 2013

Tribal Administrative Offices and Boys &
Girls Club will close at 11:30 a.m. for Staff
Christmas Party

Monday, December 23, 2013

Last day to sign up for NASA Basketball

Tuesday & Wednesday, Dec. 24 & 25, 2013

Tribal Administrative Offices and Boys &
Girls Club will be closed in observance of
Christmas holidays

Tuesday, December 31, 2013

Last day to sign up for youth and adult
basketball leagues

Wednesday, January 1, 2014

Tribal Member Only Portal goes live on
Tribal web site www.pci-nsn.gov

Wednesday, January 1, 2014

Tribal Administrative Offices and Boys &
Girls Club will be closed in observance of
New Years Day holiday

Newsletter Contact Information

Poarch Creek News

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www.pci-nsn.gov

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