

POARCH CREEK NEWS

Cokv-Tulvme/Newspaper

KEEPING THE FRIENDS & FAMILY OF POARCH INFORMED
VOLUME 32 * ISSUE 1 RVFO 'CUSE (JANUARY)



POARCH COMMUNITY GARDEN
A RECIPE FOR SUCCESS

Pg 8



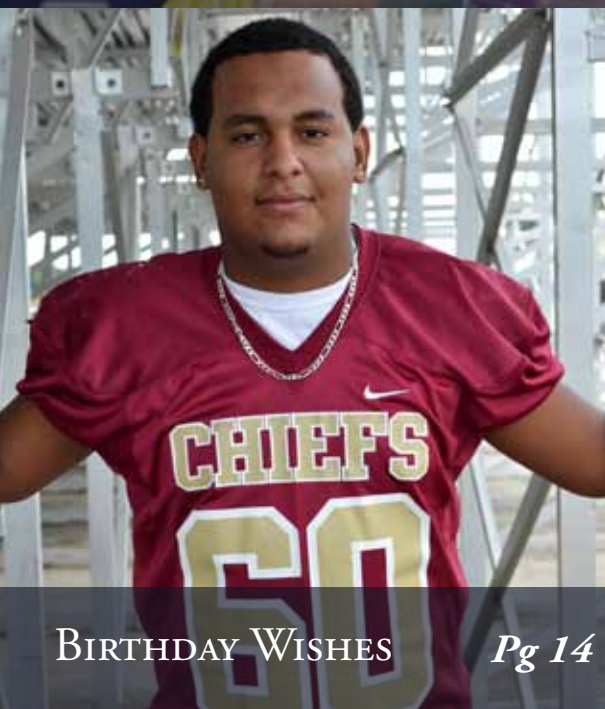
HIPPY FUN DAY IN
EDUCATION DEPARTMENT

Pg 24



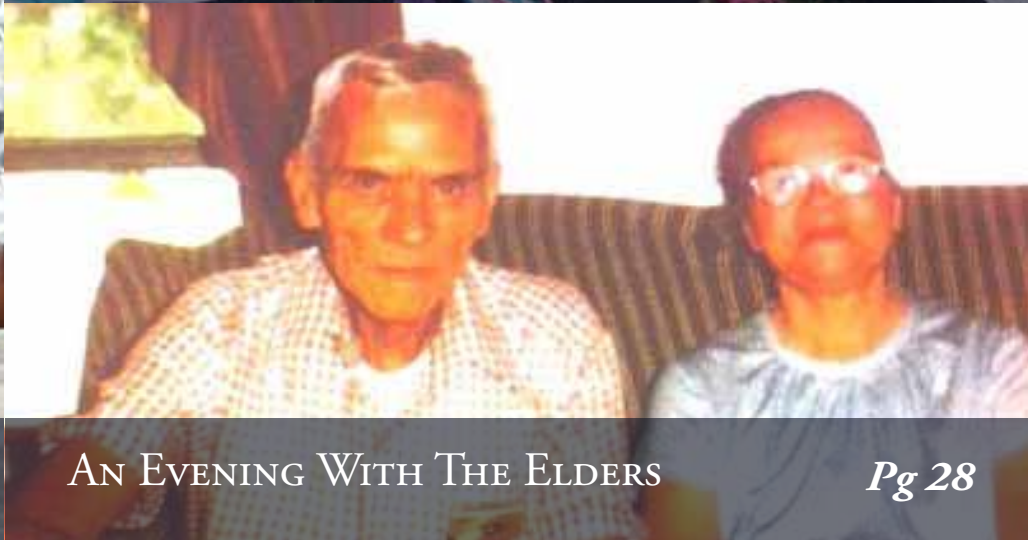
2013 POW WOW

Pg 13



BIRTHDAY WISHES

Pg 14



AN EVENING WITH THE ELDERS

Pg 28

A REMINDER OF OUR

DEADLINES



The *Poarch Creek News* is the official newsletter of the Poarch Band of Creek Indians.

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

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.

The newsletter is furnished to the Head of Household of all Tribal Member homes, widows/widowers of deceased Tribal Members, and Tribal entities at no cost. Non-Tribal Members interested in receiving the *Poarch Creek News* must pay an

Gayle Johnson, Media Specialist

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 5th of the month prior to the month of publication. If the 5th 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. Please submit in PDF or .jpg format; please set the resolution of .jpg to 300 pixels per inch. Original photos may be brought or sent to the *Poarch Creek News*; photos will be scanned, saved, and returned.

Submissions are limited to information pertaining to, or of interest 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.

In Loving Memory submissions may be published the month before, the month of, or the month after the birthday of the deceased or the anniversary of the death of the deceased.

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.

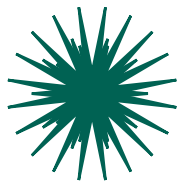
Birthday & Anniversary Wishes may be published the month before, the month of, or the month after the birthday/anniversary. Birthday wishes are limited to 30 words or less, excluding name and birth date in the title of the birthday wish.

All questions and concerns about the *Poarch Creek News* should be addressed to the Editor.

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

Office Hours
Tuesday - Friday
7:00 a.m. - 6:00 p.m.

The *Poarch Creek News* office is located in Building 400 of the Tribal Complex.



CONTENTS

THERE ARE 3087 TRIBAL MEMBERS OF
THE POARCH CREEK INDIANS

02	Deadline Reminders
04	Monthly Breakfast Briefing Tribal Council Announces Board Vacancies
05	Chairman's Corner
06	Tribal Council
07	Council Corner
8	Poarch Community Garden
12	Attention Tribal Members Age 55 & Above
13	Pow Wow
14	Birthday Wishes
17	Anniversary Wishes
18	In Loving Memory of Betty Joyce Gibson
19	Tribal Member Submissions Stay Up To Date
20	Sharing Our Culture & Traditions

21	Veteran Of The Month Hubert Lee Rackard Sr.
22	Boys & Girls Club News & Information
23	Education Department News & Information
25	Family Services Department News & Information
26	Health Department News & Information
27	Housing Department News & Information
28	Office Of Archives & Records Management News & Information
29	PCI Wellness/Your Health Matters
32	Recreation Department News & Information
33	Tribal Emergency Management News & Information
34	Tribal Gaming Commission News & Information
35	Creek Indian Enterprises Development Authority
36	Natural Resources Conservation Services
37	Adverting in the Poarch Creek News
40	Monthly Calendar of Events

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.

TRIBAL COUNCIL ANNOUNCES BOARD VACANCIES

The Tribal Council has announced the following vacancies on Tribal Authorities, Commissions, Boards, and Committees. Applications will be accepted through Friday, January 31, 2014.

Creek Indian Enterprise Development Authority (CIEDA) - 1 vacancy

Education Advisory Board - 1 vacancy

If you are interested in applying for one of these positions, applications are available on the Tribal Council page of the Tribe's web site www.pci-nsn.gov; you may complete and submit your application from the web site. You can also pick up an application at the Tribal Council Offices located on Hwy 21.

All applications should be returned to the Tribal Council Office by 5:00 p.m. on Friday, January 31, 2014. Please contact Kelli Ramer, Tribal Council Liaison, at (251) 446-1140 if you have questions or need additional information.

MONTHLY BREAKFAST BRIEFING FRIDAY, JANUARY 10, 2014

This year Administration will be sponsoring a monthly "Breakfast Briefing" on the second Friday of each month in the Auditorium of Building 500. The Breakfast Briefing will be held from 7:00 a.m. - 8:00 a.m. so Tribal Members may attend and still get to work on time.

A different department will be highlighted each month. The Education Department will be highlighted in January. All staff will be introduced and programs will be explained so that Tribal Members will know what services/benefits the department/program offers. There will be time to mingle and ask questions of staff.

Contact Tribal Administration at (251) 368-9136 x 2234 if you have any questions or concerns.



CHAIRMAN'S CORNER

JANUARY 2014

TRIBAL
COUNCIL

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

Members of the Tribal Council and I, along with other Tribal staff and representatives, traveled to Montgomery for the grand opening of the new Wind Creek Wetumpka on Tuesday, December 17, 2013. This is truly a beautiful facility and it is something we as a Tribe can be very proud of.

Our Tribe has persevered through tough times. We've overcome many obstacles through hard work and the faith that tomorrow can be better. Our credo, "Seeking prosperity and self-determination," guides all that we do. We were happy to be there, pleased to unveil this beautiful resort, and excited about the future. The Tribal Council hosted a Tribal Members Only Day at the new Wind Creek Wetumpka

on Saturday, December 14, 2013; I hope that many of you were able to attend.

I have recently attended meetings for the National Indian Health Board (NIHB) and the Tribal Leaders Diabetes Committee. These are just two of the national boards that address Native American health issues. I am honored to serve as Board member for NIHB and Chairman of TLDC, both of which are very important and prestigious boards.

We, the Tribal Council, hope that each of you had a happy holiday season and got to spend time with your families and loved ones. We hope that each of you have a prosperous new year.

Don't be afraid to give your best to what seemingly are small jobs. Every time you conquer one it makes you that much stronger. If you do the little jobs well, the big ones will tend to take care of themselves.

-Dale Carnegie

YOUR 2014 TRIBAL COUNCIL

TRIBAL COUNCIL



Stephanie Bryan, Vice Chair
sbryan@pci-nsn.gov



David Gehman, Secretary
dgehman@pci-nsn.gov



Robert McGhee
rmcghee@pci-nsn.gov



Sandy Hollinger, At-Large
shollinger@pci-nsn.gov



Keith Martin, At-Large
kmartin@pci-nsn.gov



Kevin McGhee, At-Large
kdmcghee@pcigaming.com



Arthur Mothershed, At-Large
amothershed@pcigaming.com

THE COUNCIL'S PURPOSE

Our love for our people and our commitment to their future drives us to make tough decisions and stand by them to provide stable governance.

With our blend of mature wisdom and modern knowledge, we grow the Tribe's assets to build self-reliance and enhance quality of life for all.



Garvis Sells, At-Large
gsells@pci-nsn.gov



COUNCIL'S CORNER

JANUARY 2014

TRIBAL
COUNCIL

Robert R. "Robbie" McGhee/rmcghee@pci-nsn.gov

Dear Tribal Members,

Well I hope everyone has had the opportunity to take a minute and relax after this holiday season and each of you were able to spend this time with friends and family reflecting on the previous year and what positive changes each of us would like to make for 2014.

The year of 2013 was a time for the US and the world to reflect on various events that took place in history that have continued to impact our lives many years later. We remembered the 50 year anniversary of Martin Luther King's "I Have a Dream Speech", and the day President John F. Kennedy was assassinated. In December Nelson Mandela the Past President and leader of South Africa was laid to rest. The reason I mention these various events is because these individuals have left lasting Legacies. They had a desire that their people and their countries would be free and possess the inherent right for self-determination. Their passion was to change the world and make this place a better place for their fellow citizens, children, and grandchildren. As I reflect of 2013, I know of many people who have left lasting legacies, one man was my great grandfather. Calvin W. McGhee's legacy was the importance of education and our inherent right to be a recognized people.

I recently had the chance to finish my Executive

MBA, during my final week of class I had the amazing opportunity to hear the story of one of the passengers on flight 1549 that crash landed in the in the Hudson River in 2009. Her testimony made me to want to be a better person. She learned four things through this horrific ordeal:

1. The importance of Kindness, because we don't know who will be the last person we meet.
2. Learning of Empathy, having the desire to care or help others.
3. Importance of Physical Fitness and being able to help yourself and others.
4. Time, we never know how much we have left so take the time live life every day.

As we move into 2014. I ask each of you, what will be your lasting legacy? What is your passion? I encourage all of us to start of 2014 with a unified resolution to be; kind, care for others, become healthy, and take time enjoy life every day.

God Bless,

Robert R. McGhee

Tribal Treasurer.

TRIBAL COUNCIL VALUES

As proud leaders of our Tribe, our integrity demands that we are true to who we are.

Our integrity is the foundation of our love for family and community, which strengthens our faith and commitment to do what is right for the Tribe.

We will further the legacy of self-determination and self-reliance inherited from our elders by investing in the progress and driving a vision for the future that leads to our prosperity.





Poarch Community Garden

A Recipe For Success

Have you enjoyed any of the fresh vegetables grown in the Poarch Community Garden?

The Poarch Creek Community Garden is an extension of the Tribe's Environmental Department. It exists to further Tribal goals of sovereignty, self-determination, self-sufficiency, sustainability, and food security. The garden works to support the health of the people, the plants, the animals, the water, and the land.

The garden was started in 2013 to support healthy lifestyle changes

and contribute to the healing of the Tribe. The three primary goals are to grow and share a wealth of food & medicine for the Poarch community, host people developing their expertise and enjoying the garden, and develop sustainability.

The garden, tended by Darrell Hollinger, Garden Supervisor, and Veronica McGhee, TERO Worker, consists of 5 acres of traditional food and vegetables with plans to add berries and fruit trees in the next 12-24 months. All produce from the garden is distributed directly to Tribal Members and staff. Produce

is delivered regularly to the Elders and to the SAIL Center. People also come out to the garden to harvest their own food.

Darrell states "We work closely with other Tribal departments and are constantly developing our approach based on lessons learned, participant feedback, and community defined needs and solutions. The garden is accessible during regular working hours but if you can't make it until after 5:00 p.m. you are welcome just let us know you are coming so that we will be expecting someone in the garden after hours. Just make sure



Darrell Hollinger & Veronica McGhee



Veronica McGhee harvesting fresh radishes.



Fresh cabbage!



The greenhouse is under construction

to bring your own bags!"

In October the garden produced 107 bunches of purple topped turnips which were distributed to the SAIL Center, Tribal Council, Tribal employees, and 71 Tribal families.

In November the garden produced 93 bunches of radishes, 246 bunches of purple topped turnips, 245 bunches of collards, 25 bunches of

mustards, and 20 gallon size bags of fresh spinach which were distributed to Tribal Council, Tribal employees, and 255 Tribal families.

The construction of a green house is underway as well as plans for setting up several bee hives in the garden area. In addition to great honey, bees are a great help with pollination. New planters have arrived, and discussion is under way with the Auburn

University's Extension program for ways to improve crop productivity. We look forward to 2014 and the fruits, vegetables, and berries that will be produced through the Poarch Community Garden.

Congratulations to Darrell and Veronica for a great job so far!

FIND YOUR WINNING MOMENT



This is the place where refinement, amenities and the highest degree of hospitality come together. Families, couples, groups and businesses find their winning moments daily. Meet your new favorite spa, cook with our Chef, be entertained and enjoy Alabama's best steakhouse. Immerse yourself in possibility and find your winning moment.



WindCreekAtmore.com | 1-866-WIND-360



WE ARE "HEAR" FOR YOU!



DID YOU KNOW?

- Hearing loss is the third most common chronic ailment among older adults
- 1 in 10 people have a hearing loss
- 1 in 3 if you're over 65
- Hearing loss is also known to be twice as common in adults with diabetes
- Latest research indicates a strong link between untreated hearing loss and the development of dementia and Alzheimer's

Call (251) 867-7711 Today!

Financing options available

We also honor Tribal Member Health Card/Flex cards

oticon
PEOPLE FIRST



Angelene H. Naro
M.C.D., CCC-A
Audiologist



Connie Lambeth
Office Coordinator

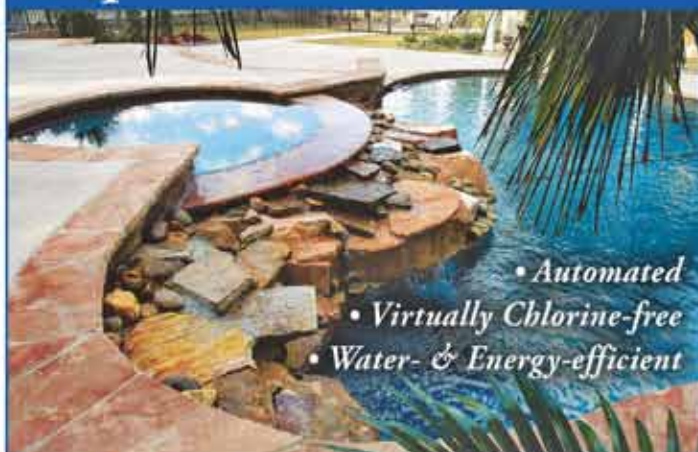
NARO
AUDIOLOGY & HEARING SOLUTIONS

1305 McMillan Avenue
Brewton, AL 36426

*Located behind the D.W.
McMillan Memorial Hospital*

Escape...

*...in an affordable new pool
& spa or custom renovation*



- Automated
- Virtually Chlorine-free
- Water- & Energy-efficient

Free brochure,
in-home estimate
& custom plan

A \$500
VALUE!



DESIGN CENTER
& DISPLAY POOL

DESIGN
CENTER &
DISPLAY
POOL
251.633.7946
2301 Dawes Rd.
Mobile
bluehaven.com

100% Financing oac



Some limitations may apply
to credit card purchases.

BLUE since 1954
HAVEN
POOLS®
World's Largest!

HBA APSP Lic. #26060



#1-Ranked Pool
Builder in America!
—9 years in a row—

**RENOVATION
SPECIALISTS**

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

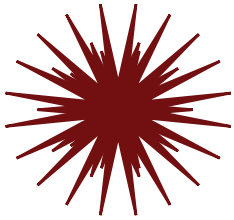
ATTENTION TRIBAL MEMBERS AGE 55 & ABOVE!

On August 5, 2010, the Tribal Council approved a transitional expansion to the Elder Benefits Program. In recognition of the rising costs and the need to support our elders, the Tribal Council revised the Elder Benefits Ordinance and approved the appropriate Tribal Resolution to lower the age eligibility for Elder Benefits to 55 by fiscal year 2014, as long as funds were available.

The summary of this benefit as approved by the Council states:

Effective January 2014, Tribal Members age 55-64 will receive a monthly benefit of \$200.00 and Tribal Members age 65+ will receive a monthly benefit of \$300.00.

If you have any questions, please contact Tribal Member Benefits at (251) 368-9136 x 2209 or 2501.



2013 Pow Wow

The weather was cold but it did not dampen the excitement of Pow Wow. An estimated crowd of 9,000 attended the two day event that featured exhibition dancing, competitive arena dancing with approximately 200 dancers, 62 craft vendors, numerous food vendors, and the highly anticipated Princess Contest.

Congratulations to Senior Princess Megan Flurnoy, daughter of Larry and Kim Flurnoy, Junior Princess Breanna Hall, daughter of Anthony and Rita Hall, and Elementary Princess Sydney Lisenby, daughter of Alex and Amber Alvarez and Chad and Sara Lisenby.



BIRTHDAY WISHES

Canyon Rolin
December 7, 2013



Happy belated birthday! We hope your 12th birthday was so very special.

We love you so much!
Dad, Momma, Catelyn, Corey, Brandy,
Dillion, Carli, Zani, Phyliss, & Ashton.

Rebecca Henson Williams
December 8, 2013



Happy 50th birthday Mom!

We love you!
Jeff, Alexis, & Joshua.

Callie Alexis Williams
December 10, 2013



Happy 18th birthday Alexis. We are so proud of the young woman you have become.

We love you!
Mom, Dad & Joshua.

Hattie Knowles
December 10, 2013



Hattie, we want to wish you a happy belated birthday! We pray God blesses you in abundance.

We love you!
Waylon, Valerie, Canyon, Damon, Dillon,
Catelyn, Brady, Corey, & Zani.

Carter Bryars
December 18, 2013



Happy birthday Carter!

I love you!
Granny.

Cristiana Joy Ward
December 21, 2013



Happy 6th birthday Cristiana!
We love you!

Cristiana is the granddaughter of the late William Raymond McGhee and daughter of Dee McGhee Ward.

Kelsey Ledkins
December 23, 2013



Happy late birthday Kelsey! You are an inspiration to all, even the children on your mission trip to Panama fell in love with you.

We love you, your family.

Hayden Weaver
December 26, 2013



Happy 11th birthday Hayden!

We love you!
Mom, Dad, Hunter, & Hayla.

Kay Archer
December 26, 2013



Happy 70th birthday!

From your daughter
Terri, and grandson Luke.

This birthday wish was published last month with the birthday erroneously listed as December 28, 2013. We apologize for any misunderstanding or inconvenience this error may have caused.

Justin Blake Sims
January 2, 2014



Happy 27th birthday Justin!
We love you!
Aunt Connie and the rest of your family.

William Kroll
January 3, 2014



Happy 67th birthday Daddy!
William, AKA Billy, is the son of Voncile Adams & grandson of Molly Colbert & Bud Adams.
We love you,
from your kids & grandkids.

Sharon Loftin
January 5, 2014



Happy 47th birthday Sharon!
Sharon is the daughter of William Adams Kroll & granddaughter of Voncile Adams & great-granddaughter of Molley Colbert & Bud Adams.
Your family loves you!

BIRTHDAY WISHES

Taylor Brett Hutto
January 5, 2014



Happy 13th birthday Taylor Brett Hutto.
We love you!
From your family & friends.

Karen Findley
January 6, 2014



Happy 55th birthday Karen!
Karen lives in Everett, WA and is the daughter of the late Mace and Coot McGhee.
Your family in Alabama and Washington loves you.

Brandy Helton
January 6, 2014



Happy 19th birthday Brandy!
Brandy is the daughter of Michael and Brenda Helton of Atmore, Alabama.
We love you very much,
Dad and Mah.

Tenleigh Brooke Peebles
January 13, 2014



Happy 3rd birthday Tenleigh Brooke!!
We love you!
From all your family and friends!

Hayla Weaver
January 13, 2014



Happy 9th birthday Hayla!
We love you!
Mom, Dad, Hunter, & Hayden.

Corey Phillips
January 14, 2014



We hope your 23rd birthday is awesome!
May God bless you in abundance.
We all love you!
Love,
Waylon, Momma, Catelyn, Canyon,
Brandy, & Dillion.

BIRTHDAY WISHES

David McGhee
January 15, 2014



Happy birthday David!

We love you!
Your family.

Larry Bailey
January 15, 2014



Happy birthday Larry!

We love you!
Your family.

Baccari Ramer
January 17, 2014



Happy 18th birthday Baccari! Baccari is the son of Kelli Ramer and the grandson of Janice Rollin Moye and Eddie Ramer. We're very proud of the young man you've become!

Jackey Odom
January 18, 2014



Happy birthday Paw Paw!

We love you!
Lea, Jackson, MyMy,
and the rest of your family.

Krystal Wynn
January 20, 2014



Happy birthday Krystal.
Never forget how much you are loved.
May God bless you in abundance.

Love,
Valerie, Waylon, Canyon, Poppa, Khloe,
Aubrey, Guy, Amy, Corey, & Catelyn.

Elijah William Bailey
January 25, 2014



Happy 1st birthday Little Bear!

Love,
Daddy, Mama, Kadence, Poarcha,
PawPaw, JoJo, & Nana!

Shelton Tillman
January 26, 2014



Happy birthday Shelton.

We love you!
Rhonda, Tori, Brianna,
and the rest of your family.

Waylon Rolin
January 28, 2014



Lordy, lordy, my sweetheart's 40! Happy birthday Waylon. May God bless you my love!

Love,
Valerie, Canyon, Damon, Brady,
Corey, Catelyn, & Dillon.
God Gave Me You!

Arnold Vickery
January 30, 2014



Happy 57th birthday Arnold!

We love you!
Your sister Connie and the rest of
your family.

HENRY & HELEN STABLER

JANUARY 16, 2014

ANNIVERSARY WISHES

Henry and Helen Stabler will celebrate their 48th wedding anniversary on January 16, 2014.

Happy 48th anniversary Mama and Daddy, we love you!

Renee, Regina, Rhonda, and the rest of your family.



BATHE SAFELY WITH A WALK IN TUB



Safety & peace of mind never felt so good. Independence is just a phone call away!

TRY BEFORE YOU BUY!
alabamawalkintubs.com

ALABAMA
WalkIn Tubs, Inc.
103A Highway 59 • Summerdale, AL 36580

251-554-1931

GREETINGS FROM THE TRIBAL COUNCIL

WE HOPE EACH OF YOU HAVE A HAPPY AND PROSPEROUS NEW YEAR!

IN MEMORY OF

BETTY JOYCE GIBSON

3-29-42 - 11-13-13



The family of Betty Joyce Gibson would like to thank friends, family, the Tribal Council, and Wind Creek Casino for their prayers, visits, support, and food during our time of sorrow and loss.

She will be greatly missed and forever loved.

Sincerely, the Betty Joyce Gibson family.

I AM FREE

Don't grieve for me, for now I'm free
I'm following the path God laid for me
I took His hand when I heard Him call
I turned my back and left it all.

I could not stay another day, to laugh,
to love, to work or play.

Tasks undone must stay that way
I've found that peace at the close of the day.

If parting has left a void, then fill it
with remembered joy.

A friendship shared, a laugh, a kiss,
Ah, yes, these things I too will miss.

Be not burdened with times of sorrow
I wish for you the sunshine of tomorrow.

My life's been full, I savored much
Good friends, good times,
a loved one's touch.

Perhaps my time seemed all to brief,
Don't lengthen it now with undue grief.
Lift up your hearts and share with me,
God wants me now, He set me free.

sadlymissed.com

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

Information is accurate as of the date of printing and is subject to change without notice.
Wells Fargo Home Mortgage is a division of Wells Fargo Bank, N.A. © 2013 Wells Fargo Bank, N.A. All rights reserved. NMLSR ID 399801. AS990519 Expires 12/2013



HONORING OUR TRIBAL VETERANS

Not previously published



EUGENE GIBSON

United States Navy



SAM DAVIS MCGHEE

PFC

United States Army

THANKS FOR A JOB WELL DONE

TRIBAL MEMBER SUBMISSIONS

We wanted to take the time to personally thank the Council, and the staff at the Boys and Girls Cub for having the first annual Fall festival for the kids this year. It was very well planned and was a lot of fun for the kids. I especially enjoyed the cake walk myself *ha ha*.

The Tribal kids need more things to do out here and that was an awesome idea for you all to take time to do it for the kids and us parents as well. Needless to say everything was free and the food was great.

Thanks again Boys and Girls Club and Ms Stephanie Agerton for doing a great job. Looking forward to more years to come.

Josh and Vicky Burkett.

STAY UP TO DATE!

Beginning January 1, 2014, the Tribe's web site, www.pci-nsn.gov, will host a ***Tribal Members Only Portal (TMOP)*** for Tribal Members age 18 and above wherein Tribal Council Minutes, proposed ordinances and other confidential information, will be posted. The portal is 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.

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.

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

via the Tribal Member Distribution Email (TMDE). The TMDE distribution list is limited to Tribal Members age 18 and above and is restricted to outgoing emails only. If you would like to be included on this distribution list, please email your contact information and Tribal roll number to info@pci-nsn.gov.

You may also 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.

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



NUMBERS IN CREEK/MUSKOGEE LANGUAGE

<i>One</i>	<i>1</i>	<i>Hvmken</i>	<i>Six</i>	<i>6</i>	<i>Epaken</i>
<i>Two</i>	<i>2</i>	<i>Hokkolen</i>	<i>Seven</i>	<i>7</i>	<i>Kulvpaken</i>
<i>Three</i>	<i>3</i>	<i>Tutcenen</i>	<i>Eight</i>	<i>8</i>	<i>Cenvpaken</i>
<i>Four</i>	<i>4</i>	<i>Osten</i>	<i>Nine</i>	<i>9</i>	<i>Ostvpaken</i>
<i>Five</i>	<i>5</i>	<i>Cahkepen</i>	<i>Ten</i>	<i>10</i>	<i>Palen</i>

*From: A Dictionary of Creek/Muskogee
by Jack B. Martin and Margaret McKane Mauldin*

COMMON EXPRESSIONS

<i>Estonko!</i>	How are you? Hello!
<i>Mvto!</i>	Thank you!
<i>Enka!</i>	Yes! Okay! Alright!

*From: A Dictionary of Creek/Muskogee
by Jack B. Martin and Margaret McKane Mauldin*

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
Retina Specialist

Dr. Rollins Tindell
Cataract Specialist

Dr. Sunil Gupta
Retina Specialist

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

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

"We have glasses to fit your budget."



*Hubert Lee Rackard, Sr.
SN (E-3)
United States Navy*

“I love my people, I am so proud of what has been accomplished and that I have lived to reap some of those benefits.”

Hubert Lee Rackard ”

Hubert L. Rackard is pictured to the right with his family. Standing l-r are Lenna, Hubert, and Anita. Seated l-r are Rodney and Kevin. Insert is of late Hubert L. Rackard, Jr.

Submitted by Lenna Rackard



The late Hubert Lee Rackard, Sr. joined the United States Navy in 1956; he was a SN (E-3) and served aboard the USS Little Rock stationed at San Diego, CA. He transferred to the Naval Reserves in 1959 and served at NAS Pensacola until his discharge in 1966. During his service, he received the Good Conduct Medal.

After his discharge, Hubert went into the Civil Service as a Marine Electrician in New Orleans, LA. He was later employed as a Marine Electrician with NAS Pensacola where he worked on helicopters, airplanes, and other equipment. It was during his employment at NAS Pensacola that he received the US Navy Recognition Award for Outstanding Performance Rating.

Hubert married Lenna L. Rolin on August 18, 1961; they have four children, Anita Rackard Glass, the late Hubert Lee Rackard, Jr., Kevin L. Rackard, and Rodney O'Neal Rackard.

Hubert was proud to be a member of the Poarch Creek Indians and



A page from the 1986 Pow Wow Program features Tribal Council Members, including Hubert L. Rackard, Sr., fourth photo down on right hand side.

Submitted by Lenna Rackard

served on the Tribal Council. He often stated, “I love my people and am proud of what has been accomplished and that I have lived to reap some of those benefits.”

Hubert loved playing his guitar and working with the Tribal Seniors, especially Hee Haw and the Idol shows. He loved traveling across the country with the Seniors, especially

their fishing trips to Eufaula. He loved Alabama football; Lenna says this is about the only time he would sit still for any period of time.

Hubert loved his children, grandchildren, and his great grandchild immeasurably. When his grandson Michael Glass joined the Marine Corps and was being shipped out to Afghanistan he told him “I wish I could go over there with you and see you through this.”

Hubert Lee Rackard, Sr.; proud Tribal Member, veteran, husband, father, and grandfather; thank you for your service and sacrifices.



*Hubert with his ukulele during a Senior Luau in 2007.
PCN File Photo*



NEWS & INFORMATION

MANDATORY ANNUAL MEETING/OPEN ENROLLMENT
POARCH GYM JANUARY 6, 2014 AT 5:30 P.M.

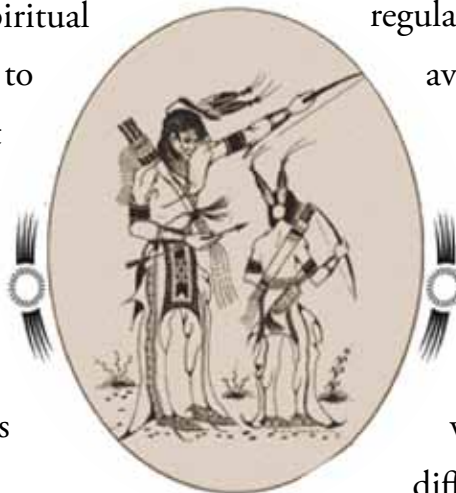


Please be prepared to pay your Annual Membership Dues (\$25.00 per child). This will be the only time we will have open enrollment for the 2014 year. **YOU MUST ATTEND** if you have a child that will be attending the current After School Program, the Summer Program, or the Fall After School Program! Please do not miss the chance to have your child participate in our program.

If you have any questions you may contact the Boys & Girls Club Monday-Friday 8:30 a.m. - 5:30 p.m. @ 251-368-9136 ext. 2282 or 2049.

STRENGTHENING NATIVE AMERICAN COMMUNITIES THROUGH MENTORING

"Our ancestors had the spiritual understanding that it is sacred work to evoke the gifts in our children; that each child is irreplaceable and has meaning and purpose to and for the community. They taught us that interdependence is part of the natural system of life and that each person is precious."



regular basis. Matches meet for an average of one hour each week or two hours twice a month with their assigned mentee for one year.

We are looking for mentors who will help to make a difference in a child's life today.

The National Native American Mentoring Program is a site based program and will be taking place through the Boys & Girls Club of the Poarch Creek Indians. This program allows matches to participate in fun and engaging activities in a supervised and safe environment. Additionally, group activities are planned on a

We are particularly in need of male mentors. If you are interested in making a positive impact on a child's life through mentoring please contact Donna Koehrsen, Mentor Coordinator, at 251-359-5279 or dkoehrsen@pci-nsn.gov or Amanda Jones, Mentor Coordinator, at apierce@pci-nsn.gov.

EDUCATION DEPARTMENT

NEWS & INFORMATION

FIRST GENERATION SCHOLARSHIP CHANGES

There have been several major changes to the First Generation Scholarship policy as of August 1, 2013. 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.

The main hope of a nation lies in the proper education of its youth.

Erasmus

FINANCIAL PEACE CLASSES CONTINUE

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 DEPARTMENT

NEWS & INFORMATION

OPERATION CHRISTMAS CHILD

The Poarch Creek 4-H Club along with the PCI Education Department would like to thank everyone who donated to the Operation Christmas Child Project!

Operation Christmas Child is sponsored by the international relief organization known as Samaritan's Purse.

During the month of November, the PCI Education



Department collected gifts and small items and were able to fill 107 shoe boxes!!

The Poarch Creek 4-H Club members filled and assembled the boxes and sent pen pal letters to the children that will be receiving them!

If you or anyone you know would like to learn more about the Samaritan's Purse organization and how you can be a part of the Operation Christmas Child Project, please visit: www.samaritanspurse.org.

INDIVIDUALIZED EDUCATION PLAN WORKSHOP

ALABAMA PARENT
EDUCATION CENTER
PRESENTS AN
INDIVIDUALIZED
EDUCATIONAL PLAN (IED)
WORKSHOP
THURSDAY, JANUARY 30, 2014
IN THE
EDUCATION DEPARTMENT
5:30 P.M. - 7:30 P.M.

This workshop is for parents of children with disabilities; to increase

their knowledge of the Special Education process; from the beginning of school to the completion/exit of school. Parents will walk away with a working knowledge of the laws that govern Special Education and how to navigate through this process.

REGISTRATION: This event is FREE, and is sponsored by the Poarch Creek Indians Education Department. Pre-registration is REQUIRED.

To pre-register: Call Teresa Goodson at (334)567-2252 extension 116 or email her at: tgoodson@alabamaparentcenter.com

Be sure to leave your name, e-mail address, phone number and mention "Atmore". Deadline to register is: January 23, 2014

For any questions, please call the Education Department @ (251)368-9136 ext. 2244.



HIPPY FUN DAY

On November 22, 2013, the PCI Education Department hosted a meeting for the Atmore HIPPY program. HIPPY stands for: Home Instruction for Parents of Preschool Youngsters. Fun was had by all as Junior Princess Madison McGhee interacted with the little ones as they made their "Turkey apples"! As a special treat, the little ones received movie vouchers provided by Wind Creek.

For more information about the HIPPY program, please contact Christyn Sells, Children's Services Coordinator at (251) 368-9136 x 2244.

FAMILY SERVICES DEPARTMENT

NEWS & INFORMATION

HAPPY NEW YEAR!

If you or a loved one is a victim of domestic violence, please contact Dr. Frank McCloskey, Abuse Prevention Coordinator, for assistance or information.

You can reach Frank at (251)-368-9136, ext. 2212, or via e-mail at fmcloskey@pci-nsn.gov.

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

“ Stop the
Violence
Prevent the
Abuse ”

The Family Services Department wishes you and yours a Happy New Year! We hope your new year will bring peace and joy to each of you!

As this new year begins, I wanted to share a poem my dear grandmother, Ruby Barnhill, gave to me a number of years ago. She knew I needed this type of encouragement.

My grandmother was and remains a true inspiration to me and a model of the person I hope to emulate. This poem is placed in a location I see each day as a reminder of her message to me and I hope you find it to be an inspiration to you in each good and right endeavor you strive for this year.



My grandmother, Ruby Barnhill with her brother, Cobie - two beautiful and kind people!

DON'T QUIT

When things go wrong, as they sometimes will,
When the road you're trudging seems all up hill,
When the funds are low, and the debts are high,
And you want to smile, but you have to sigh,
When care is pressing you down a bit,
Rest if you must, but don't you quit.

Life is queer with its twists and turns,
As everyone of us sometimes learns,
And many a failure turns about,
When he might have won had he stuck it out,
Don't give up though the pace seems slow,
You may succeed with another blow.

Success is failure turned inside out,
The silver tint of the clouds of doubt,
And you never can tell how close you are,
It may be near when it seems so far,
So stick in the fight when your hardest hit,
It's when things seem worse,
That you must not quit.

If we can do anything to assist you and your family in this new year, please feel free to contact the Family Services Department. Best wishes to you and yours. Martha Gookin, Family Services Director.

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. If you wish to review these grants, please come by our office to view these documents. We welcome your comments and suggestions!

HEALTH DEPARTMENT

NEWS & INFORMATION

NOVEMBER DIABETES SUPPORT GROUP MEETING

The Diabetes Team would like to say thank you to all the people and participants that made our November Diabetes Support Group meeting such a huge success. November was National Diabetes Month and we celebrated by having our meal catered by Wind Creek Casino. We had over 75 people sign in and had to put up more tables in order to accommodate everyone. We had a tight fit, but the fellowship was definitely worth it!

The Diabetes Team had extra help from Health Department staff that served each table. It was truly a team effort. A special thank you to Mr. Arthur Mothershed for funding our meal and also Crystal Pace for all of her help.

A special thank you goes to the very funny "Sugar Momma and the Cupcakes", for their awesome performance.

Our support group meetings are open to anyone affected by diabetes. It is held quarterly at the S.A.I.L. Center located on Lynn McGhee Drive. The next meeting will be in February. Please call Donna Johnson or Jill Lee for more information 251-368-9136 extension 2332 or 2372.

The Alabama vs. Auburn themed blood

drive that was held at the PBCI Health Department on 11/26/2013 was a success. A great big thank you goes out to all of you who took your time to give the gift of life and to Sara Noel and the great staff from OneBlood of Northwest Florida who came out and facilitated the blood drive. OneBlood of Northwest Florida supplies the blood products to our local hospital. As our theme indicated, we had a little friendly competition between our Alabama and Auburn football fans. The Alabama fans were the winners with 22 donors vs. 15 Auburn donors, and despite the rumors the blood that was collected did not turn out to be Crimson and White or Orange and Blue. All of the donor's names were entered into a drawing that was held after the blood drive. The winners for the Alabama door prizes were Deanna Strehl, Janet Rodriguez, and Destini Bethea. The Auburn door prize winners were Megan Flurnoy, Tiffany Jones, and Jennifer Reynolds. Congratulations to all, and again thank you for your valuable participation.

Health Education News: Tobacco Cessation classes will start in January. This is an 8 week course designed to support and help you be successful in kicking the smoking habit. The program is designed by the American Lung Association. We will be using

the American Lung Association course support materials. For more information or to sign up, please contact Kay Thomas, Health Educator, at 251-368-9136, extension 2328.

Clinic News: In an effort to improve communication about your lab results, we have implemented the following process: If you have lab work performed at the clinic and the results are normal, you will receive a letter in the mail notifying you that your results are normal. If your results are abnormal, the nursing staff will contact you by phone. Some lab tests are sent off site and therefore take longer to get results back. A good rule of thumb is to allow 1 week for results. We welcome your feedback on this new process.

Nutrition & Exercise Consults: Make your resolution to be healthier! Sign up for personalized Nutrition, and Exercise Consults on January 9th and 23rd.

Receive detailed menu ideas and accessories to aide in weight loss goals.

Enjoy a Healthy Smoothie with each Consult.

Call 251-368-9136 ext. 2332 to schedule your consult today.

RETINAL SCREENINGS

Premier Family Eye Care offered its first free retinal screening day which turned out to be an "eye opener" with 29 people attending in 2 hours. Retinal screenings is when we take photographs of the inside of your eyes. Your eyes give us a bigger picture of what is going on in your body. This is the only place that we can see our blood vessels directly. Therefore, we can tell a lot about your cholesterol, diabetes, and hypertension. Not only that, but we are able to see your macula (center of your

vision) and your optic nerve (nerve to your brain) to determine glaucoma, macular degeneration, or other eye diseases. However, these screenings are just that, screenings. Photos do allow us to catch some things, but not everything. We are using these screenings to catch what we can and to schedule you for further testing if need be. Keep an "eye" out for upcoming screening days which will occur every month.



NEWS & INFORMATION

APPLICATIONS ACCEPTED ON A DAILY BASIS

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.

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.

[Visit us online to learn more.](#)

ATMOREHOSPITAL.ORG



OFFICE OF ARCHIVES & RECORDS MANAGEMENT

NEWS & INFORMATION

AN EVENING WITH THE ELDERS

The Office of Archives and Records Management at the Poarch Band of Creek Indians invites you to spend the Evening with the Elders on Tuesday, January 14, 2014 at 6:00 p.m. at the Wind Creek Ballroom.

Featured this month is Chairman Buford Rolin and former Chairman Eddie Tullis along with their parents Mr. & Mrs. Tracy & Girlie Rolin and Mrs. Florence Walker Tullis.

Everyone is invited. Dinner will be served.

Join us to hear the voices of Mr. & Mrs. Tracy & Girlie Rolin and Mrs. Florence Walker Tullis who

were interviewed by Dr. J. Anthony Paredes in 1972 and whose voices were digitized by the University of Florida.

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



*Florence Walker
Tullis*



Eddie L. Tullis and Buford L. Rolin



Tracy & Girlie Rolin

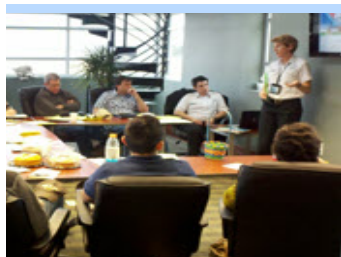
Greenville Downtown Airport

Become A Pilot!

FlyAirwolf.com **864-202-3342**

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!



YOUR HEALTH MATTERS

Small Decisions Make Big Things Happen

Tips For a Happy, Healthy 2014!

Keep your New Year resolution by setting clear goals for yourself.

Many of us do not keep our New Year's resolutions. This is not due to a lack of willpower or laziness, but because we are not setting clear goals for ourselves. Some people do not know where to start when it comes to reaching their goals. At Advantage Training, we want you to reach your health and wellness goals and have a happier and healthier 2014! Here are three key points that you can incorporate into your daily lives that will help you reach your goals.

1. Keep moving! Even if it's only getting 30 to 60 minutes of physical activity per day, you will thankfulness! Find a way of exercising, such as walking or hiking, and stick with it! There are several benefits of staying consistent in your training. When you are active, you have:

- More energy.
- Increased self-esteem and confidence.
- Greater ability to cope with stress.
- Better quality of sleep and the ability to fall asleep faster.
- Sharpened focus and concentration.

2. Focus on your quality of work! We are all strapped for time, which is why it is crucial to focus on the quality over the quantity of our training. We need to make sure that we are lifting moderately heavy loads and performing high intensity interval training to increase our testosterone and growth hormone levels, which will increase our metabolism.

Intervals will also reduce our cortisol levels. Lowering cortisol levels is key to keeping the weight away. The high intensity interval will be short and sweet, but will do wonders for keeping the weight gain away. Train with a purpose and plan and you will be a success!

3. Pay attention to the foods you are eating! We are all tempted to eat yummy, calorie dense foods, but we don't want to blow all of the hard work that we have done during the previous year. Try to eat small, "sample" portions of the high calorie foods and larger portions of fruits and vegetables. 2014 can be a life changing year for you – for the better! What will you sacrifice today that you will reap tomorrow?



Key nutrition points to remember:

- Eat more fruits and vegetables; they are low in calories and high in fiber. They will keep you fuller longer and prevent you from being hungry.
- Don't wait until you're hungry. When we wait until the last minute to eat and are hungry, we tend to over eat.
- Focus on the amount. Use portion control and if you want to indulge, make sure it is a small portion.

If you need help, reach out and ask! The Scale Back Challenge will be starting this month – be sure to get signed up and let's start 2014 on the right foot!

Win the Day!
Spencer

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



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



YOUR HEALTH MATTERS

Small Decisions Make Big Things Happen

Is Your Diet Working for YOU?

Individualization and adaptation are the cornerstones of any good nutrition plan.

Our nutritional needs change on a daily basis. These changes are due to a variety of factors, such as how much we exercise and sleep and our overall mental and physical health. Our body's metabolic functions are complex and the degree of our metabolisms performance varies from person to person. Therefore, there is no "right" plan for any one person. Nutrition is not black and white.

The importance of any healthy diet is learning how to listen to your body and identify what is helping you grow (growth, not just in terms of your waistline, but also as a person). If you tried going "low carb" and it didn't work for you, that's ok! Your nutrition plan or diet does not have to be all or nothing. You're only human and what is right for one person may not be right for you. But what are you doing to be healthier every day that's unique to you?

It is important to ask yourself questions regarding your diet to see whether or not it works for you:

- **Is this diet helping me to be healthier?**
 - Some diets promote cutting out major food groups, which means that you may not be getting your daily amount of essential vitamins and minerals. It is important to have a well-rounded diet, including carbohydrates, fats, proteins and plenty of fruits and vegetables!
- **Does this diet make me feel stronger?**
 - Your diet should allow you to be energized during your workouts and increase your overall stamina. Feeling weak may be a sign that your diet is not working for you.
- **Do I feel better while on this diet?**
 - A healthy diet, and eating what is right for you, will make you feel stronger, healthier and happier. You will be ready to take on the day!

Be honest with yourself about your health, and don't worry about what others have to say about what's right and wrong. Just keep moving forward, adapting, and growing.



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 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 January!

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

Specifically for Tribal Members and Members of Poarch Recreation with access to the
My PCI Wellness Online Portal – www.mypciwellness.com

2ND ANNUAL  My PCI WELLNESS

SCALE BACK CHALLENGE



POWERED BY ADVANTAGE TRAINING

Begins January 20, 2014

- 8 Week Fitness Challenge
- Registration begins January 6, 2014
- All Participants receive a Challenge T-Shirt
- Earn Points for completing minutes of exercise and required tasks.
- Earn additional Points for completing weekly "challenges"
- Enroll as an Individual or as a Team of 4
- Go the extra mile, sign-up as a Team that qualifies for Cash Prizes!*

**Get
Registered!
Get Fit!
Earn Prizes!***

www.mypciwellness.com

* Complete details will be available in the My PCI Wellness Portal on January 6, 2014



**Wish to Enroll in the My PCI
Wellness Program?**

Contact: Poarch Recreation

Phone: (251) 368-9136 x 2256

Email: mypciwellness-support@advantagetraining.co

* Available to Tribal Members globally and Full-time Members of
Poarch Recreation



Small Decisions Make Big Things Happen.

mypciwellness.com

POARCH CREEK RECREATION DEPARTMENT

NEWS & INFORMATION

2014 NAYO BASKETBALL 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 of minimum age by tournament date.

Registration deadline February 14, 2014.

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



SWIM TEAM - KEEPING THE POOL HOT!



Clockwise from the top: Poarch Creek Tiger Sharks, 10 year old boys relay team, Jason Davis prepares for the backstroke, and swim buddies Hannah Johnson and Tiffany Gookin.



TRIBAL EMERGENCY MANAGEMENT

NEWS & INFORMATION

How PREVENTION WORKS

Every year during Fire Prevention Month in October, the Poarch Creek Fire/Rescue Department conducts fire safety classes for over 500 students. These students are from Fred L. McGhee Learning Center, Huxford Elementary, Escambia Academy, and Freemanville Headstart. This program targets students from Pre-K programs to the 6th grade.

The Department's main objective during these events is to relay the message of the importance of fire safety. This message is relayed through lectures, demonstrations, and hands-on activities for the students. They are asked to make sure that their homes are equipped with smoke detectors that work and check to make sure that the batteries have been changed. The Department suggest that batteries are changed in smoke detectors every six months -the same weekend in which we adjust our clocks to Daylight Savings Time or to Standard Time.



Check your smoke detector to make sure it works!



Cash Griffey

The Department also encourages the students to practice E.D.I.T.H. (Exit Drills In The Home) when they hear the smoke alarm being activated in their home -this includes getting out of their beds safely to pre-planning a location to meet their parents outside and away from responding fire units.

During the week of October 16th thru 18th, the Department visited the Fred L. McGhee Learning Center to conduct the above activities over a three day period so that the students would get to meet all of the firefighters on each of the three shifts. At the end of each visit, the students were given a homework assignment. On one particular day the homework assignment was to go home and with the assistance of their parents- they were to locate their smoke detectors and make sure that they work. One student in particular discovered that his home didn't have working smoke detectors. At that point he

made it his mission to make sure that was corrected - no matter what. He reminded his grandmother, Patsy McGhee, so often that she finally called Fire Chief Ronnie Jackson asking for our procedures on obtaining home smoke detectors. During the conversation, she relayed to the Fire Chief that she was calling because her grandson, Cash Griffey, not only listened to the presentations given at his school, but took his homework assignment seriously. He wanted to make sure that his family was safe.

Thank you Cash for showing us how prevention works and why the Poarch Creek Fire/Rescue Department conducts Fire Prevention activities throughout the month of October. If we make the difference and save the life of one child, then we have accomplished our goal.

For Cash's determination, attentiveness, and persistence in making sure that his home was equipped with working smoke detectors, he was given his own Fire Safety DVD and a ride to school in the fire truck.



Changing the batteries in your smoke alarm could save your life!

TRIBAL GAMING COMMISSION

NEWS & INFORMATION

TRIBAL GAMING COMMISSION BUSY WITH THE OPENING OF WIND CREEK WETUMPKA

November and December proved to be very busy months for the TGC as we anticipated the opening of the new Wind Creek Wetumpka Casino and Hotel. The Licensing Departments (employee and vendor) were extremely busy with the massive influx of new employees that were hired to staff the new facility as well as the new vendors that came on board to offer services to Wind Creek Wetumpka. The heightened work load to these

departments also carried over to the Investigations Departments as they looked into the background of all prospective employees and vendors. The TGC was also tasked with ensuring that the new facility met all the necessary life safety standards as required by the National Indian Gaming Commission (NIGC).

Directors from various departments, which included Compliance, Information Technology (IT),

Investigations and Audit, reviewed comments submitted on the recently revised Tribal Internal Control Standards (TICS). These standards were in full effect prior to the opening of the new facility. The Compliance Department reviewed the facility policies and procedures for compliance with Tribal regulations which included the finalization of all 2013 audits

Come check out the new

horizon
HOME LLC®

Bombay Collection

This collection features all new pine construction with the look and warmth of rustic reclaimed wood!

Mainje's
HOME FURNISHERS
Since 1914
INC.



Twin, Full, and Queen size,
Foot Chest, 5 Drawer Chest,
Dining Room, Occasional Tables
and Entertainment Units are available!

312 N. Main St., Atmore, Alabama - Open 8am-5pm, Mon.-Sat. - 368-8595



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.

Working as the economic development arm of the Poarch Band of Creek Indians, Creek Indian Enterprises Development Authority (CIEDA) oversees the non-gaming enterprises owned by the Tribe. CIEDA actively supports each business achieving their specific business goals and to grow and maintain economic sustainability as put forth by the CIEDA Board of Directors and Tribal Council.

Additionally, CIEDA executes and oversees building, construction and development projects commissioned by the Tribe.

United Bank

remembers when



The
Wright Brothers
took their first flight.

United Bank 

110

Years of Service

1904

2014

Member
FDIC

 <p>SUNDAY Fried Chicken</p> <p>MONDAY Bacon Cheeseburger</p> <p>TUESDAY Chicken & Dumplings</p> <p>WEDNESDAY Rotisserie Rib Dinner</p> <p>THURSDAY Hamburger Steak</p> <p>FRIDAY Catfish and Shrimp</p> <p>SATURDAY Country Fried Steak</p> <p>\$7.99</p> <p>No Substitutions Allowed</p> <p>Located Inside Creek Travel Plaza 251-368-0085 i65exit54.com</p> <p>We Offer Call Ahead and To Go Orders!</p>	  <p>Chicken Livers or Gizzards 1lb- \$4.99</p> <p>Must show this coupon when ordering. Offer expires 1/30/14.</p> <p>i65exit54.com</p>	<p>CREEK SMOKE SHOP</p> <p>We've Got PCI Souvenirs <i>Hats, T-shirts, Mugs, Huggers & More</i></p>  <p>Call 251-446-8801 Next to Wind Creek Casino Gift Certificates Now Available</p>
---	---	--

NATURAL RESOURCES CONSERVATION SERVICES

David Elliott, NRCS Tribal Liaison
5535 Poarch Road
Atmore, AL 36502

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.

Other sites that may be of interest to Tribal Members include:

Farm Service Agencies

www.fsa.usda.gov

www.fsa.usda.gov/al

USDA Rural Development

www.rurdev.usda.gov

www.rurdev.usa.gov/al

Alabama Forestry Commission

www.forestry.state.al.us

Contact David Elliott, NRCS Tribal Liaison, at (251) 368-0826 or 5535 Poarch Road, Atmore, AL for more information.

Cynthia Colardo
Independent Beauty Consultant

Atmore, AL 36502

251-253-3928

God First, Family Second, Career Third

MARY KAY

Snowbird Special

Book a 3-day campsite and
receive an extra day FREE!

*Valid for bookings from January 2, 2014-
February 28, 2014. Campsite must be booked in advance.
offer expires 2/28/14, reservations required,
you must state this offer at time of reservation,
management reserves all rights

MagnoliaBranch.com

**Magnolia Branch
Wildlife Reserve**

251-446-3423

**Muskogee Inn Club Members
Earn Double Stamps
During January!**

Book your room today!
251-368-8182 MuskogeeInn.com



TRIPLE A STEEL STEEL BUILDINGS

COMMERCIAL • INDUSTRIAL • AGRICULTURAL

FL Lic.# CBC 1252539

AL Lic.# BC- CI 19318

Barry Rolin
6565 Nokomis Rd.
Walnut Hill, FL 32568

Office 850-327-4357
Cell 850-572-2975
Fax 850-327-4221

L.A. CASH



• PAWN YOUR TITLE - DRIVE YOUR VEHICLE
• ONLY 1/2 MILE FROM WIND CREEK CASINO HWY 21

251-368-0074

E-mail: lacashllc@yahoo.com

51% Tribal Member Owned

Walker Bros.

Over 30 Years Experience
No job too small or too large!

Tree Service

- Removal & Trimming
- Stump Grinding
- Firewood
- Hauling

We will tree-t you right!

Robert "Pete" Walker
(850) 479-8962

Payment plans available.



AIR DYNAMICS

COOLING & HEATING

Commercial & Residential

Harold L. Williams
850-426-0781

AL 12092
FL CAC1816966

DAVID MORRIS CONSTRUCTION



New Construction
Additions • Remodeling
Painting • Vinyl Siding
Locally Owned
Licensed & Insured
Alabama Home Builders License



DAVID MORRIS
Cell: (251) 680-6885

P.O. Box 287
Perdido, AL 36562



Origami Owl
CUSTOM JEWELRY

Edie Jackson, Independent Designer

251-253-5818

www.ediejackson.origamiowl.com

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

~Steuart Henderson Britt

Pre-Furred Pet Grooming By Holly
51% Tribal Member Owned
Holly Dunn
Owner/Groomer
107 West Ridgeley Street Atmore, AL 36502
Monday-Friday 8-5 Like us on Facebook
Saturday 8-12 251-368-7387

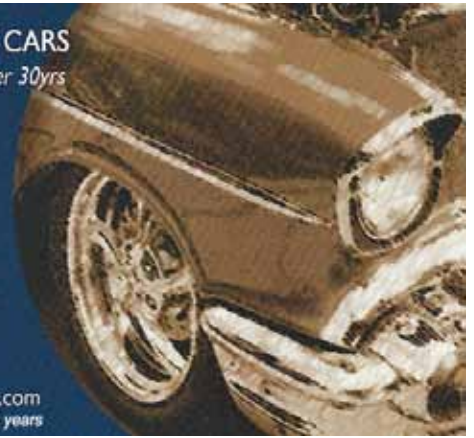
**DAVID'S
PAINT & BODY &
SERVICE CENTER**
Highway 31 East • Atmore Alabama
• Complete Auto Body Repair
• Damage Free Towing
• Insurance Claim Work
DAVID GIBBS
251-368-8060
24 HR. WRECKER
Fax: 251-368-6096

ROLLINS USED CARS

Serving You For Over 30yrs
251-368-8353

Owner
Billy Rollin
251-294-6081
Salesman
Shane Rollin
251-359-0895

www.rollinsusedcars.com
Family owned for over 35 years



Crystal Marcum, Independent Consultant
(850) 554-9094 "I have a 'tote' for that!"



thirty-one

mythirtyone.com/crystallmarcum
crystal.m.marcum@gmail.com



AMSOIL

Products the Pros Use

Ron Tydlaska
INDEPENDENT DEALER
Tydlaska Enterprise, INC.
Rowlett, Tx 75088 • &
Royse City, Tx 75189
214 535 3990
RonTydlaska@msn.com
www.lubedealer.com/tfslubes



**A1
Specialists, LLC**

P. O. Box 1075, Atmore, AL 36504



Landscape Design • Land Clearing & Development
Irrigation • Fencing • All types of Painting

Owners
David Gibbs
Rosemary Gibbs Powell

(251) 368-8060

For your entertainment

DO AS YOU ARE TOLD *Follow the instructions to discover the surprise answer. The answer will be published in next month's issue.*

1. Print the phrase COOKING CLASSES, omitting the space. _____
2. Insert a T after each S. _____
3. Change all Os to Es. _____
4. Delete all Cs. _____
5. Change the first consonant to an M. _____
6. Change the L to an F. _____
7. Move the last three letters, as a group, to the left end of the row. _____
8. Move the last vowel to the right end of the row. _____
9. Move the second vowel to just after the second T. _____
10. Double the third from the last consonant. _____
11. Insert an O at the exact center of the row. _____
12. Change each S, except the first one, to an H. _____
13. Insert a W in the fifth position. _____
14. Switch the third and fourth letters from the right. _____
15. Switch the twelfth and thirteenth letters from the left. _____
16. Switch the first five letters, as a group with the last five letters. _____

Answer _____

www.kappapuzzles.com

A sweet little boy surprised his grandmother one morning and brought her a cup of coffee. He made it himself and was so proud. He anxiously waited to hear the verdict on the quality of the coffee. The grandmother had never in her life had such a bad cup of coffee, and as she forced down the last sip she noticed three of those little green army guys in the bottom of the cup. She asked, "Honey, why would three little green army guys be in the bottom of my cup?" Her grandson replied, "You know Grandma, it's like on TV, The best part of waking up is soldiers in your cup!"

JANUARY (*Rvfo 'Cuse*) 2014

Tribal Council Meetings

Thursday, January 2nd & 16th 4:00 pm
Tribal Council Chambers

Tribal Court Sessions

Monday, January 6th & 13th 9:00 am
Tribal Courtroom

CIEDA Meetings

Friday, January 3rd & 17th 7:30 am
CIEDA Offices

CMCA

Monday, January 6th & 20th 4:00 pm
Museum

Housing Authority Meetings

Thursday, January 9th & 23rd 4:00 pm
Building 400 Conference Room

Recreation Authority Meetings

Thursday, January 9, 2014 11:00 am
Recreation Department (Gym)

TERO Commission Meetings

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

Gym & Weight Room Hours

Monday - Friday
6:00 am - 8:00 pm
Saturday 10:00 am - 4:00 pm

Pool & Splash Pad Closed For Winter

Batting Cages

Friday 3:00 pm - 8:00 pm

Saturday 10:00 am - 4:00 pm

*Closed if rain/inclement weather and when
temperatures are below 60 degrees*

NAYO Basketball Tournament

April 17-20, 2014

Registration Continues

4-H Club

Monday, January 13th & 27th 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

Wednesday, January 1, 2014

*Tribal Office & Boys & Girls Club Closed
In observance of New Year's Day*

Monday, January 6, 2014

*5:00 p.m. (CST) Deadline to submit
information to be published in the
February 2014 newsletter.*

Monday, January 6, 2014

*Mandatory Meeting/Open Enrollment
Boys & Girls Club
5:30 p.m. at Poarch Gym*

Monday, January 6, 2014

*Registration begins for Scale Back
Challenge.
Challenge begins January 20, 2014.*

Friday, January 10, 2014

*Breakfast Briefing
7:00 a.m. - 8:00 a.m.
Auditorium of Building 500
Featured Department/Program: Education
Light breakfast will be served.*

Tuesday, January 14, 2014

*An Evening With The Elders
6:00 p.m. @ Wind Creek Ballroom*

Nutrition & Exercise Consults

*January 9th & 23rd
Contact (251) 368-9136 x 2332 to
schedule.*

Thursday, January 30, 2014

*IEP Workshop
5:30 p.m.
Education Department*

Friday, January 31, 2014

*Last day to submit application for board
vacancies.*

Newsletter Contact Information

Poarch Creek News

*The Poarch Creek News is the official newsletter
of the Poarch Band of Creek Indians.*

Government Relations Department
Gayle Johnson, Media Specialist
(251) 368-9136 x 2210
gjohnson@pci-nsn.gov
www.pci-nsn.gov



Poarch Creek Indians
5811 Jack Springs Road
Atmore, AL 36502

CHANGE SERVICE REQUESTED

PRSRT First Class
US Postage Paid
Permit No. 2113
Atmore, AL