

Veteran Of

KEEPING THE FRIENDS & FAMILY OF POARCH INFORMED Volume 32 \* Issue 5 Kē-HVSE (MAY)



Tribal Council Hosts COMMUNITY MEETING

Pg 10



Oldest Tribal Member Passes Away

Pg 12



Pg 30

Honnoring Our Graduates



# PROTECT OUR HERITAGE.



# ROBBIE MCGHEE



Respect the recognition that Calvin W. McGhee and Eddie L. Tullis secured for our Tribe and the leadership Buford L. Rolin has provided during the last decade.

VOTE MCGHEE FOR CHAIRMAN ON JUNE 7.

2 Hokkolen

# A Reminder Of Our DEADLINES

When submitting information for the newsletter by email, be sure to use **gjohnson@pci-nsn.gov**; some systems will default to gayleojohnson@icloud.com and the information may not be received.



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 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 <u>second month</u> 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.



Gayle Johnson, Media Specialist

**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
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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.



## There Are 3077 Tribal Members Of The Poarch Creek Indians

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# Poarch Community Garden Watch Us Grow!

Poarch Community Garden is an extension of the PBCI Environmental Department



Jack Springs Road Across From Big Oak Trailer Park Call daily to see what we have for the picking! (251) 368-9136 x 2012 /Office or (251) 253-5892 /Cell Darrell Hollinger, Garden Supervisor





### DID YOU KNOW......

## At Premier Family Eye Care

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May 2014

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

Dear General Council,

After great consideration and much prayer, I have made the decision not to seek re-election for Tribal Chairman. There comes a time in everyone's life to move on to the next phase, and for me, that time is now.

In making my decision, I took time to reflect on the years that I have been blessed to serve our Tribe. The wonderful journey began in 1963 when Chief Calvin McGhee called me and said simply, "Son, I need some help." It was an honor to be asked, and for the last 50 years, it has been an honor for me to serve as Secretary, Vice-Chairman and finally, since 2006, as Chairman.

The remarkable people I have worked with through the years have enriched my life and our Tribe in countless ways, large and small. I have had the pleasure of watching three generations benefit from the work that we have done together, and the changes that I have seen at Poarch are nothing short of extraordinary.

It would be an understatement to say there have been many proud moments throughout my career with Tribal government. In the last 50 years, Poarch has successfully fought for and won federal recognition. We expanded educational opportunities that were not

available to my generation and those who came before us. We built our Tribal offices. We began our gaming operations and other businesses and provided jobs to tribal members and many others outside of our community. We provided much needed services and benefits such as health insurance for tribal members. We built a museum to preserve our culture and gave much to many in need across Alabama. Perhaps most importantly for ensuring our future, we became a political force within the State and earned the respect and admiration of our neighbors in Alabama and throughout the region. It has been a remarkable time for us all.

A few weeks ago, we opened the new Tribal Health Clinic and Assisted Living Facility. On a personal level, this was perhaps one of the most fulfilling moments of my life. My work advocating for quality health care at Poarch, and throughout Indian Country, has been an abiding passion.

So, as I end this chapter, I am also eager for the next to begin. I plan to continue my work in Indian healthcare, and I will continue to work to ensure the health and well-being of Poarch – as a people, a government and a family that has given me opportunities of a lifetime.

# Your 2014 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





May 2014

Garvis Sells/gsells@pci-nsn.gov

Even though we had a cold and somewhat rainy beginning to the opening of the new Buford L. Rolin Health Clinic and the Lavan Martin Assisted Living Facility, we had a large crowd for the dedication. If vou can remember, at the dedication of the original Department Health April 3, 1987, the weather had been warm and dry up until the day the Tribe was to dedicate the building but on that particular day the temperature dropped to almost freezing. It was a cold windy day and everyone could not wait to get the ribbon cut and get inside to get out of the cold wind. This facility has served the community well, beginning as the Tribal Administration Offices on the south side and the Health Department on the north. It didn't take many years for the

staff to outgrow this facility. We learned from the growth and the new facilities have been designed and built with future expansion in mind.

With a larger facility the Tribe could provide more on-site services to our people. The Tribe has been very fortunate to have the opportunity and the ability to provide their Tribal people with this modern facility. But most importantly, with the opening of these facilities the Tribe can provide additional jobs; thus giving our people the opportunity to 'come back home' and work in what I feel is one of the most special places on earth-Poarch.

This new expansion comes with a need for us to develop a little patience when visiting our new facilities. If you have an appointment with the Health Department or visit the Assisted Living Facility, allow yourself enough time to take the detour. Martin Road is temporarily closed during the day for construction that will widen and expand the road to accommodate the increased traffic that will occur in this area. Detour signs have been posted that will direct you to the Health Department and the Assisted Living Facility. The Pharmacy Department is also in a construction zone. The Pharmacy, which did not move to the new clinic, is being enlarged and is adding a drive through window. Please be careful when picking up or dropping off medications.

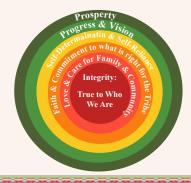
Remember to keep the Tribe and our people in your prayers.

## 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.





Tribal Council hosted a General Council Meeting Meeting) (Community address the ongoing Enrollment Audit. In an effort to involve as many Tribal Members as possible the Tribal Council opted to have the meeting on two consecutive days. Information about the meeting was forwarded to Tribal Members 18 and above by a mass mail out as well as published in the newsletter, posted on the Tribe's web site, FB and Twitter accounts, and distributed via the Tribal Member Distribution Email list. Of the 2800 Tribal Members age 18 and older invited to attend, 484 attended.

James Mills, President of DCI America, the company conducting the Enrollment Audit, presented information to those in attendance and fielded questions from the audience. He started the meeting by stating that the enrollment audit is ongoing and that it is too important to act hastily.

Mr. Mills explained the audit process, where they are in the process, and the options that will need to be addressed after the audit is complete. He reiterated that the audit is not complete, and that his team does not have final results. He

completed his presentation with the projections analysis.

Mr. Mills' presentation has been posted in the Tribal Member Only Portal on the Tribe's web site, www.pci-nsn.gov. You can access this information using your assigned username and password as previously provided.

If you have any questions or concerns about enrollment, please feel free to contact Gwen Manning, Tribal Enrollment Director, at (251) 368-9136 x 2281 or via email at gmanning@pci-nsn.gov.

### WE ARE "HEAR" FOR YOU!



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- \* Frogs croaking
- \* Squirrels chattering

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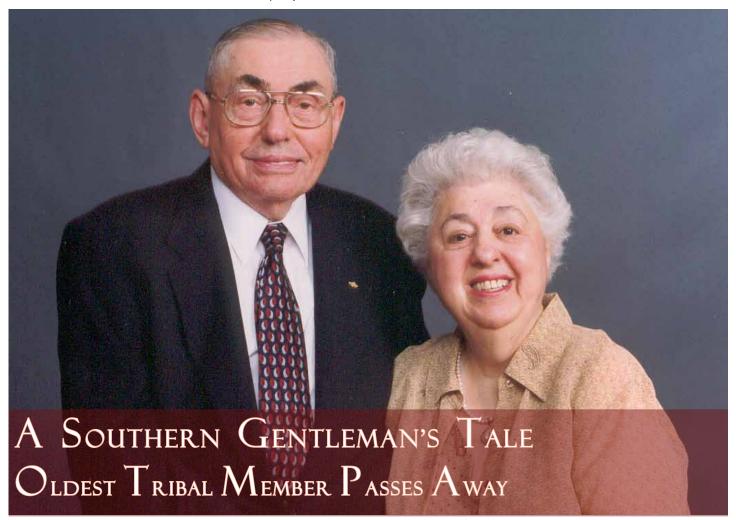
Angelene H. Naro M.C.D., CCC-A **Audiologist** 



**Connie Lambeth** Office Coordinator



Angela McGhee Marketing & PR Coordinator



Submitted by A.P. Steadham As published in The Middletown Press middletownpress.com

Ralph Davis Steadham Sr., 98, Middletown, CT, died peacefully on March 16, 2014 at Middlesex Hospital. Fittingly, he passed away on Sunday morning, the Lord's Day. Even in his final months as his health failed Ralph praised God and Jesus for all the blessings bestowed upon him and an opened Bible was never far from his reach.

"Big Ralph" was born in McCullough, Alabama, on October 15, 1915, to the late Edward Steadham and Callie Lorena Stafford Steadham, and lived in Middletown for the past 69 years. He was predeceased in 2002 by his beloved wife of 58 years, Grace (Talevi) Steadham. They were an eclectic but endearing pairing of a Baptist farm boy and southern gentleman, and a spirited Italian Catholic girl from Middletown's North End. They adored one another and dedicated their entire lives to their five children and nine grandchildren; all of whom loved Grace and Ralph beyond words.

Ralph graduated from Robertsdale High School, where he was co-captain of the football team – center, linebacker and kicker. He played for the Golden Bears basketball team, along with his younger brother Bertram, that won the First Congressional District tournament defeating host team Spring Hill,

Murphy and Mobile County, and advanced to the 1934 state high school finals held at the University of Alabama in Tuscaloosa. In 2008 he was inducted in to the Robertsdale High School Athletic Hall of Fame.

Soon after joining the Coast Guard in 1940, he was stationed in Connecticut. He met Grace in Québec City by chance on the steps of the Shrine of Sainte-Anne-de-Beaupré. Shortly thereafter he was hitching rides in his Coast Guard uniform from New London to Bridge Street in Middletown to court his future bride. Her large, boisterous, and loving Italian family immediately embraced the handsome young sailor as one of their own.

Grace and Ralph married on October 21, 1944. The war sent them to Oakland, CA for their first year of marriage. Ralph was offshore Japan preparing for the invasion when the atomic bomb dropped in 1945. Ralph achieved the rank of Chief Petty Officer, and was honorably discharged in 1946 and came back to Middletown to start his family. Like others from the Greatest Generation who survived the Depression and won World War II, he loved his country profoundly.

He was a machinist by trade and worked 25 years as Watch Engineer Supervisor at Pratt & Whitney, Middletown. He was a Master Mason Scottish Rite 32nd degree at the Valley of Hartford and member of the St. John's Lodge #2 AFAM in Middletown. As a Sphinx Shriner, he was a member of the Circus Associates and Hospital Transportation Unit. He was a member of the American Legion.

Ralph loved gardening, reading, politics and working through trigonometry problems. Unofficially, Ralph was Connecticut's oldest living and most dedicated Alabama football fan. His passion dates back to the Crimson Tide's first Rose Bowl in January, 1926. He followed the onfield exploits of a Crimson Tide end by the name of Paul W. Bryant—later known as Bear Bryant, the legendary Alabama coach.

For over sixty years he had a keen interest in studying genealogy and had traced part of his family tree back to Swedish immigrants who first settled in Delaware in 1638. He was the oldest living member of the Poarch Band of Creek Indians (Alabama) and very proud of his Native American heritage. Ralph spent countless hours traveling to libraries, county courthouses, and communicating with federal, state, and local officials in pursuit of verifying his ancestry. He shared the information with all those interested. His paternal grandmother was Mary Virginia McGhee Steadham, granddaughter of Tribal Chief Lynn McGhee. Paternal grandfather, John Victor Steadham, was of Creek descent through his mother, Nancy Earle Steadham and father, Edward Steadham.

He had a legendary appetite, whether it was his taste for collard greens and a good piece of beef—nurtured as a boy in rural Alabama—or the glorious Italian dishes that later came from Grace's kitchen.

Ralph is survived by his son Ralph D. Steadham Jr. and wife, Karen Schmieder, of Haddam; daughter Janice S. D'Amico and husband, Salvatore D'Amico, of Hermosa Beach, CA; daughter Virginia S. O'Brien and her husband, Denis O'Brien, of Middletown; son Arnold P. Steadham of Middletown; and son Edward P. Steadham and his wife, Suzanne, of Shelton; grandsons Denis O'Brien and wife, Marzy, of Cromwell; Evan O'Brien and fiancée, Sarah Papale, of Wethersfield; and Scott O'Brien of Colchester; grandsons Michael D'Amico of Middletown, Stephen D'Amico of Hermosa Beach, CA, and Brendan D'Amico of Hermosa Beach, CA; and granddaughters Kathryn Steadham and fiancé, Steven Woltornist, Elizabeth Steadham, and Caroline Steadham, all of Shelton; and great-grandchildren, Brady and Karina O'Brien of Cromwell. Other survivors include three brothers: Roy Steadham of Robertsdale, AL; Kenneth Steadham of Tampa, FL; and Robert Oliver Steadham of Valrico, FL. In addition to his parents, he was predeceased by brothers John Victor Steadham, Edleigh Steadham, Bertram Steadham, James Clinton Steadham; and sisters Mary Loree Corte, Evelyn Lucille Gulledge and Vivian Frizzell, all of Alabama.

Funeral services were held on Monday, March 24 at 10:00 a.m. at the First Baptist Church, 93 Main Street, Middletown, officiated by Rev. Wills J. McCaw. Former University of Alabama/NFL fullback, Johnny Lee Davis, sang and provided accompaniment on the organ and piano at the wake and funeral. The funeral procession proceeded to the Steadham residence for a final view of the homestead. A horse drawn caisson with a matching pair of dapple gray horses was waiting in the driveway for the casket to be transferred from the hearse for the last mile ride to the eternal resting place. Burial followed at the family plot in St. Sebastian Cemetery, Middlefield; where full military honors were accorded. Arrangements were made by the Doolittle Funeral Home, 14 Old Church Street, Middletown.

For those who wish, donations may be made in Ralph's memory to The Steadham Chapel, c/o Elaine P. Brooks, 2596 Perdue Hill Road, Frisco City, AL 36445; or the First Baptist Church, 93 Main Street, PO Box 736, Middletown, CT 06457. To share memories or send condolences to the family, please visit www. doolittlefuneralservice.com.

www.pci-nsn.gov Palen Tutceno-kaken 13

#### Stephanie A. Bryan for Tribal Chairwoman

Actions Speak Louder Than Words



For the past eight years, I have been humbled and honored to serve as your Tribal Vice-Chair. During this time, I have been an advocate for many benefits which have come to fruition. Furthermore, I am a compassionate individual that is dedicated to family values. My **vision** for the future of the Poarch Creek Indians is **stronger than ever** and I welcome the opportunity to continue my service to you, the Tribal Members, as your **Tribal Chairwoman**.

The chart below lists (1) benefits that I have helped support, champion, or develop; and, (2) initiatives that I will commit due diligence towards and will work to implement if the results of that due diligence are favorable. As in the past, I will not make promises I cannot keep. However, I do pledge to continue to work hard on your behalf and bring ideas and issues forward to the entire Tribal Council for their consideration.

#### (1) Benefits

- No longer a competitive education scholarship
- \$100,000 scholarship available to Tribal Members
- \$40,000 scholarship available to First Generation
- Feasibility study of Tribal School
- Housing rehabilitation program
- Senior/disabled housing rehabilitation program
- Increased home ownership
- Rental units in Pensacola, Florida
- Daycare assistance
- Respite care
- Emergency loan program
- New healthcare facility
- Health insurance to uninsured individuals
- Health benefits card (Flex Card)
- Increased number of doctors and health staff
- Ancillary care program (various medical equipment such as hearing aids)
- Pharmaceutical mail program
- Christmas check
- Per capita has increased from \$300 in 2006 to over \$21,000 in 2014
- Distribution options (lump sum, monthly, etc.)
- Assisted living facility
- New SAIL Center
- Lowered age to receive Elder Benefit
- Senior trips

#### (2) Initiatives

- Facility for daycare, expanded early learning program, Boys & Girls Club, and potential Tribal School
- Housing options for college students
- Options for home ownership outside the 5 county service
- Down payment assistance program
- Low interest home ownership loan
- Non-taxable housing and utilities allowance (general welfare exclusion)
- · Research additional uses for the health benefits card
- Health insurance to Tribal Member spouses for a premium
- Health clinic availability to 1st generation children over 18
- Percentage increase in per capita distribution (provided that all fiduciary responsibilities are met)
- Assess current elders' programs and implement new programs to increase their quality of life
- Discount grocery store
- · Tribal bank
- Multipurpose building for events
- Continued support to protect Tribal sovereignty
- Sustainability for Tribal Membership
- Retirement plan options
- Individual investment options

It has been my privilege and honor to represent you since 2006, and this responsibility is not one that I have taken lightly. I am humbled by the confidence that you have had in me while serving as your Vice Chair. Unwaveringly, I believe in accountability, transparency, and maintaining an open door policy. I am forever grateful to our past leaders for their sacrifice and leadership. The Poarch Creek Indians have made great strides towards building a bright future for our people. However, I am confident that our Tribe has not yet reached its full potential. Together in unity, we can create a sustainable Tribe with unprecedented success.

Please make me your candidate of choice for **Tribal Chair** on June 7, 2014.

Like me on 1, Stephanie Bryan for Chairwoman. Feel free to contact me at: <a href="mailto:pcivc001@gmail.com">pcivc001@gmail.com</a>.

"It's not about the power or position, it's about the people." – Stephanie A. Bryan

# Tribal Member Benefits Department Relocates

Resource Development/Tribal Member Benefits Department (TMB) has relocated to the Buford L. Rolin Health Clinic and is located on the second floor.

Please contact TMB at (251) 368-9136 x 2209 for more information relating to Tribal Member benefits, services, ID requests, or resource development.

The Tribal Enrollment Department is a stand-alone department separate from TMB, and is still located in Building 200. The Enrollment Department is open to the public 1:00 pm - 5:00 pm daily.

Please contact Tribal Enrollment at (251) 368-9136 x2281 for any enrollment, genealogy, verification letters, and DNA related inquiries.

# Keep Your Contact Information Updated!

Please notify the Tribal Member Benefits Department as soon as possible if you have a new address, email, or banking account information. Call (251) 368-9136 x 2209 or 2251 to make changes to your contact information or if you have any questions.

It is very important to keep your Tribal Census information up to date. When preparing the newsletter for publication each month an updated Head Of Household mailing list is obtained from Tribal Member Benefits/Enrollment to ensure that the address information is current and up-to-date.

Unfortunately each month the Post Office returns numerous newsletters that are undeliverable due to incorrect or incomplete addresses, no mail receptacle, individual moved and left no forwarding addresses, etc. These newsletters are held for one month after publication, if the individual does not claim their newsletter, it is forwarded for recycling.

The March newsletter for the following Tribal Members have been returned by the Post Office:

Bailey, Timothy Batten, Blake Campbell, Natasha Coleman, Theresa Dees, Timothy Dewise, Stan Dirting, Kelly Fears, Juanita Gardner, Ralph Harrington, Bridgette Hendrix, Tamera Hiebert, Joann Hubbird, Shelby Jackson, Alfred Jackson, Archie Jackson, Jenni Kodet, Amanda Krafka, Gloria Lamm, Shane McGhee, Gary Ray

McGhee, Mattie McGhee, Natasha McGhee, Rose McGhee-Jones, Anna Pitcock, Shannon Rayborn, Trenton Ready, Mary Rogers, Catherine Rolin, Ernest Rolin, Justin Sanchez, Jerry Sells, Dewitt Stewart, Nioma Taylor, Payton Vessy/Lenetta Walker, Terry Ward, Phyllis Whitt, Bre Williams, Don Wolfe, Albert

# Tribe Offers Financial Education Classes



The Tribe will be hosting Financial Education Classes on Tuesday and Wednesday May 20 & 21, 2014. These classes will be held in the Training Room of Building 600 in thirty minute increments.

The first class each day will be held at 11:00 a.m. followed by a second class at 11:45 a.m.; the third and final class of each day will be at 12:30 p.m.

During these classes, a knowledgeable and friendly Regions Bank associate will walk you through easy-to-understand seminars and action-oriented handouts to get you on the road to financial success.

The 'Managing Your Money' course will answer the following questions:

- What are the steps for setting financial goals?
- How can you track your daily spending habits?
- Are there ways to increase your income and decrease your spending?
- Wise Use of Credit.

A light lunch will be provided each day.

Please feel free to contact Angela Devilbiss or Paula Harris at (251) 368-9136 x 2014/2298 for more information. Walk-ins are welcome, you do not have to register for the classes.

## CHAIRMAN BUFORD L. ROLIN



## THANK YOU

#### Chairman Rolin.

Thank you so much for your countless contributions to our Tribe. You are truly a pioneer for your people and an exemplary representative. You have led this Tribe with the utmost integrity and honor. I'm so grateful that I've been able to work with you these past eight years. I have learned so much from you and I could not ask for a better mentor. I wish you nothing but the best with all of your future endeavors!

With Love,

**Stephanie F. Bryan** Tribal Vice-Chair

# VOTE FOR DEWITT CARTER IF YOU ARE READY FOR YOUR VOICE TO BE HEARD!

Hello, again! My name is Dewitt Carter and I am running for an At-Large position on the Tribal Council. I am the proud son of Dewitt Sells and Grace Philyaw. I am very proud of my parents because they raised me to become who I am today. I was taught to work hard, treat others as I want to be treated; especially your family and neighbors. I have worked hard and will continue to work hard for my family and neighbors. That is how I feel about all Tribal Members-we are friends, neighbors, and family.



I feel a Council Member has more responsibility to Tribal Members than what we have seen in recent years. Tribal Members deserve to feel as though they are speaking to a concerned friend each and every time they speak to a Council Member. I believe that a Council position is a 24 hour/ 7 days a week position. I believe that major decisions with Tribal funds should be put to the General Council. I believe that Tribal Member power should be returned to all Tribal Members and not be solely in the hands of the nine members of the Council.

Not all Tribal Members have the same concerns that I have, and to those members I implore you to exercise your God given right and vote to re-elect your favorite Council Member. But to all of you Tribal Members that are ready for your concerns to be met head on, I am asking for a chance to prove that I am the right choice on Election Day. This will be a chance for you to regain your power at the Council table. I know I will only be one vote, but it will be your vote. I may not please everyone but I will put Tribal Member concerns ahead of my own.

As I speak to Tribal Members during the Election process, I will be record in a notebook concerns that Tribal Members want me to address when I am elected to the Council. I will take the most voiced concerns and problems and present them to the Council for a remedy. Your problems will be my directions for improvement. Please decide what you want me to tackle first and let me go to work for you! I want to be able to meet all who read this in person. My phone number is (251) 753-7438, you can call me most any time. I will be happy to meet with you to address your concerns.



On Election Day vote Dewitt Carter for Tribal Council if you are ready for your voice to be heard, if you are ready for a change in leadership!

Thank you for your time. I look forward to working for you.

Sincerely,

Dewitt Carter

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Poarch Creek News <b>Ke-Hyse (May)</b>							
Gracie Renee Overstreet	Harold Rolin	Jadon Cox					
April 2, 2014	April 8, 2014	April 13, 2014					
Gracie, we are so very proud of you; your beautiful heart, thoughtfulness, humor, compassion, and love for all living creatures.	Happy birthday Harold! We love you. From your family & friends.	Happy 4 <sup>th</sup> birthday Jadon! You have been such a joy to us all!!  With love from your Mom, grandparents,					
Love, Mom, Dad, Talon, and Rhonda too!	, ,	great-grandparents, aunts, uncles, and the rest of your family!					
Cecelia Sanspree	Timmy Bailey	Brianna Bailey					
April 13, 2014	April 13, 2014	April 20 2014					
Happy birthday Cecelia! We love you.  From your family that loves you.	Happy birthday Timmy! We love you.  From your family that loves you.	Happy birthday Brianna! We love you. From your family that loves you.					
Corey Bailey	Johnny Johnson	Robbie Hubbird					
April 22, 2014  Happy birthday Corey! We love you!  Corey is the son of Larry Bailey Jr.	April 24, 2014  Happy birthday Johnny!  We love you!  From your friends & family.	April 30, 2014  Happy birthday Robbie.  We love you.  We sure hope you had a wonderful day.					
T							

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From friends and family.

From your family that loves you.

**Nevaeh Ledkins** 

May 3, 2014

Happy birthday Nevaeh! We love you.

Nevaeh is the daughter of Stephanie Ledkins.

From your family that loves you.



Deidra Suwanee Dees

May 5, 2014

Happy birthday to our favorite archivist! We love you.

**Jayce Sells** 

May 9, 2014

Your husband, family, and friends.



CJ Henson

May 6, 2014

Happy birthday CJ We love you! From your family.

### Carson Wilson *May 12, 2014*





Happy 9<sup>th</sup> birthday Jaycob. We love you! From your family.



Happy 12<sup>th</sup> birthday Jayce!

We love you and hope you have a great day.

Love, your family.



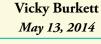
Happy 8<sup>th</sup> birthday Carson! You are a true blessing to us. Love, Mama and Daddy.

Scottie Lane Macks *May 12, 2014* 



Happy 9th birthday Lane!

Love you, Mom, Dad, your sister, and brothers.





Vicky will celebrate her birthday on May 13, 2014. Happy birthday to my wife and best friend. Little Josh and I love you so much!

Joshua



**Jackson Rolin** 



Happy 9<sup>th</sup> birthday Jack! Love you always! Aunt D.

www.pci-nsn.gov Palen Ostvpo-kaken 19

#### Harl D. (Mack) Hicks *May 18, 2014*

### Billy Rolin, Jr. May 18, 2014

## Alexa Paige Pruitt May 20, 2014



Happy birthday! We love you. Your family.



Happy birthday Little Foot. We love you! Daddy and your family.

Happy birthday Boy! I love you, Kyndal Pie.



We love you.

Mommy, Daddy, and all your family.

Happy 6<sup>th</sup> birthday!

Josh Burkett May 23, 2014

Bailey Jones May 24, 2014

Rita Tullis May 25, 2014



Little Josh Burkett will be celebrating his 9<sup>th</sup> Birthday on May 23, 2014.

We love you and are very proud of you!! Love Mama and Daddy.



Bailey Jones will celebrate her 11<sup>th</sup> birthday on May 24, 2014. Bailey is the daughter of Frankie Jones and Natalie Rodgers.

Happy birthday, we love you!

From your family.

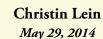


Happy birthday Rita!

We love you.

Mom, Dad, Tebyl, Bodie, Jessica, and Alexa.

Ashton Gatewood May 26, 2014



Happy birthday Christin.

We love you so very much.

Craig, Valerie, Kenny, Granny, & Papa.

Martin Meckel May 29, 2014



To the love of my life, my husband, and my best friend.

We love you, your wife, family, and friends near and far.



Happy birthday Ashton! We love you. Ashton is the son of Brian Ledkins. From your family that loves you.



20 Pale-Hokkolen



Happy birthday Jake.

We love you!

From your family and friends.



Happy 17th birthday Caitlyn "Monkey"!

We love you.

From your family.



Happy Birthday Master Caleb! We love you so much and wish you a great birthday.

Mom & Dad, OMA, PAPA, Memaw, Grandmother, uncles and aunts, cousins and friends.

## Amber McGhee And Eddie Woods Marry

## UNSHAKEABLE BOND

A wedding of two people
Of quality and character,
So obviously right for each other,
Is a joy and a blessing to the world.

May your fondest hopes, wishes And dreams all come true, As you grow closer together In an unshakeable, loving bond.

May your marriage be filled With sunshine and rainbows And every kind of happiness You two so richly deserve.

Congratulations, and every good wish For the best things life has to offer you.

By Joanna Fuchs http://www.poemsource.com/wedding-poems.html



Amber McGhee and Eddie Woods were married on Wednesday, April 2, 2014.

Congratulations Amber and Eddie.

Wedding Wishes



# Ed & Barbara Jarman April 7, 2014

d and Barbara Jarman celebrated their anniversary on April 7, 2014. Happy anniversary! We love you!

From your family.

# Kevin & Twanna McGhee May 18, 2014



evin and Tawanna McGhee will celebrate their 19<sup>th</sup> anniversary on May 18, 2014.

Happy Anniversary to my wonderful husband of 19 years. I hope to have many more years with you. Love, Tawana

# Dolan & Kathy Carver May 22, 2014



olan and Kathy Carver will celebrate their anniversary on May 22, 2014. Happy anniversary! We love you!

Dolan, kids, and grandkids.

# IN MEMORY OF JACK W. (J.W.) McGHEE May 4, 1939 - March 22, 2014

The Jack (J.W.) McGhee family would like to take this opportunity to say "Thank You All!" to the Tribal community.

Thank you to those who visited him and our family during his last days; thank you to those who continuously prayed and thought of us; and thank you to those who provided support, helpful gestures, food, and drinks.

No thought or action was to small to have a huge impact on our family. We were overwhelmed by the outpouring of love and support.

We thank the Tribal Council Members who provided pizza and for arranging the meal at the S.A.I.L. Center after the service with good food and great fellowship.



We thank the Tribe for flying the Tribal Flag at half mast the day of his services.

Thank you all!

The Jack (J.W.) McGhee family.



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



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# Honoring Our Veterans



RONNIE L. SALTER JR. E-4 MEDIC United States Army

(Not previously published)





AUBREY 'BUDDIE' SMITH
United States Army



# BEGINNING AND ENDING

March 3, 2014 was the beginning and ending of two eras. A new era in Tribal health care began with the grand opening of the Buford L. Rolin Health Clinic. It was the end of an era for Don Wayne Rolin as he put up his last road sign before retiring from the Escambia County Road Department after 37 years of employment. Don Wayne said that it was an honor to erect the sign for Buford L. Rolin Drive, the street that leads to the new Buford L. Rolin Health Clinc and the Lavan Martin Assisted Living Facility. Don Wayne said he was proud to be a small part of this great day.

Submitted by Sheila Odom

## Emerald Coast Sports Memorabilia Now Open

Tribal Member Shavon King and Chris Johnson opened a new business, Emerald Coast Sports Memorabilia, in Robertsdale, AL in April.

Emerald Coast has a large selection of unique, really nice autographed & framed Alabama football pictures, signed footballs & jerseys. We also have Alabama and Auburn



Polo shirts, Alabama T-shirts, tank tops, ladies houndstooth attire, men's swim shorts, flip flops, AL/AU jewelry, purses and several miscellaneous items with more merchandise to come. Emerald Coast is located across the street from Robertsdale High School, next to Domino's. Store hours are Mon – Sat from 9:00am – 9:00pm.

Submitted by Shavon King

## 2014 Mammie & Lawrence McGhee Family Reunion



It's that time of the year! Come join us for the 6<sup>th</sup> annual Mammie & Lawrence McGhee family reunion at Magnolia Branch on Saturday May 24, 2014. The reservations are made, lunch is at noon. Anyone interested in coming down earlier to fellowship should come on.

Bring something to auction if you can. Bring a homemade cake to auction off; we have some great cake bakers in the family! Bring your chairs, coolers and drinks, and "potluck" is for the lunch menu, it's the best .....yummy.

All four of the pavilions and the stage area have been reserved. We need some performers too, if you sing bring your instruments and equipment. We'd like to take family pictures again so bring your best smile. If someone has a good camera please bring it and you can be the photographer....please thank you. Pray for a great turn out and good weather. Pass the word and hope to see you there.

Submitted by Kathy Ledkins

# CDR D'JOCK ASSUMES DUTIES OF EXECUTIVE ORDER

On March 20, 2014, Commander Alan M. D'Jock assumed duties as Executive Officer of Patrol Squadron FIVE (VP-5) in Jacksonville, FL.

CDR D'Jock is a native of Sachase, TX, and graduated from North Garland High School in 1991. Following high school, he attended and played football for the University of Minnesota and graduated with a Bachelors of Arts degree in Sociology. He also earned a Master of Arts Degree in National Security and Strategic Studies from the Naval War College in Newport, RI.

Following graduation from the University of Minnesota, CDR D'Jock attended Officer Candidate School in Pensacola, FL, and was commissioned in May of 1997. He completed flight training at Randolph Air Force Base in San Antonio, TX and



was designated a Naval Flight Officer in May of 1998.

His naval career has included tours at VP-45 and VP-30 (twice) in Jacksonville, FL, aboard the USS Harry S. Truman in Norfolk, VA, the Naval War College in Newport, RI, and at VP-10 in Brunswick, ME, and Jacksonville, FL.

CDR D'Jock will be deploying later this year with the "Mad Foxes" of VP-5 to the Western Pacific, when his squadron will become only the

second ever operational squadron to deploy with the new P-8A Poseidon aircraft.

CDR D'Jock currently lives in St. Augustine, FL with his wife, Haley, and three daughters, Mallory, Landry, and Avery.

## Honoring Our Graduates & Academic Achievements



CAIRRA MARTIN GRADUATES FROM **AUBURN UNIVERSITY** 

Congratulations to Cairra Martin on her recent graduation! We are proud of your accomplishments.

Submitted by Stephanie Bryan

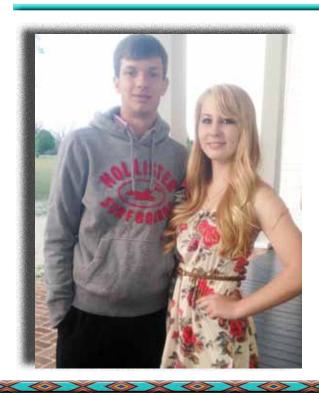


**CLAYTON MANNING** KINDERGARTEN GRADUATE

We are so proud of our Kindergarten graduate!

We love you! Mom, Dad & Bella.

Submitted by Kelly Manning



#### CONGRATULATIONS GRADUATES!

Congratulations to Rachel Presley and Daulton Tullis as they graduate from Northview High School.

We love you and proud of both of you and all you have accomplished.

The world is yours for the taking, we hope your futures are as bright and successful as you dream they will be.

Submitted by Tebyl Presley

# Creek War Of 1813-1814

Submitted by Robert Thrower, Tribal Historic Preservation Officer (THPO)

The Creek War of 1813-14 has it's beginning as an internal civil war within the Creek Nation. Tensions had been brewing for several generations and these gradually led to civil war. The Redstick Creek attack on the Upper Creek tribal town

of Tuckabatchee on July 22, 1813, has been referred to by some scholars as the "beginning" of the Creek Civil War. In truth, hostilities between the two Creek groups, the progressives or the "friendlies" and the traditionalists, or "Redsticks" were brewing long before the siege of Tuckabatchee. Consider this account from Pickett's *History of Alabama*, concerning Sophia Durant, the sister of Alexander McGillvary, and the nature of her visit to Hickory Ground town:

"On the summer of 1790, when McGillvary was in New York, the Creeks threatened to descend upon the Tensaw settlers and put the whole of them to death. Mrs. Durant mounted a horse, with a Negro woman on the other, and set out for Little River, camped the night, and on the fourth day arrived at the Hickory Ground, where she assembled the chiefs, threatened them with vengeance of her brother, which caused the arrest of the ringleader, and put a



Robert Thrower, THPO

complete stop to their murderous intentions. Two weeks afterwards, this energetic and gifted woman was delivered of twins at Hickory Ground. One of them married James Bailey who was killed at the fall of Fort Mims."

This incident, which took place in 1790, shows that tensions had

already been developing much earlier towards our Poarch Creek ancestors and the others that were living in the Tensaw region. They were being threatened with extermination some twelve years before the Fort Mims Massacre. As in this case, the roots of division in history, often run deeper than we might first expect.

## $A_{\sf GE}$

Nvcomicetska? How old are you?

Hvmecicis I'm one year old.

Cahkepicis I'm five years old.

Palēcis I'm ten years old.

Palen hokkolohkicis I'm twelve years old.

There is no fixed expression for 'autumn' in Creek, though *rvfo hakof* 'when it becomes winter' may be used.

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

# 2014 CALVIN MCGHEE MEMORIAL SATURDAY, JUNE 7, 2014



10:00 a.m. - Graveside Service - New Home Cemetery 11:00 a.m. - Memorial Festival Begins - Pow Wow Grounds 12:00 noon - Lunch - Pow Wow Grounds

\*\*This event is only for Tribal Members and their families!\*\*

#### **Festival Activities Include:**

\*Gospel Singing \*Bounce Houses \*Powwow Club Performance \*Water Slides \*Kiddie Train Ride \*Pony Rides \*Midway Fair Rides \*Announcement of Tribal Council Election Results!

\*\*Special concert featuring The Bowling Family at 5:30 p.m.

#### Cake/Pie Contest

1<sup>st</sup> (\$100), 2<sup>nd</sup> (\$75), 3<sup>rd</sup> (\$50) place prizes will be awarded for each category. One entry per person per category. Entries must be received by 1:00 p.m.

CMCA is not responsible for refrigeration.

The Kerretv Cuko (Building of Learning) Poarch Band of Creek Indians Museum and Museum Gift Shop will be open 1.00 p.m. – 6.00 p.m.

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



Sofa, Loveseat, 3 pc. table set, TV stand AND 32" TV!

Headboard, Dresser, Mirror, 5 Drawer Chest, Night Stand, queen mattress set, frame AND 32" TV! \$1,799.95 We finance!



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





Ashley Renee Smith BM3 E-4 United States Coast Guard

Ashley Smith proudly participates in the 2011 Pow Wow Grand Entry.

Renee Smith Ashley the daughter of Paula H. Smith. Ashley joined the United States Coast Guard in December 2008. She attended basic training in Cape May, N.J. Basic training consists of 8 weeks of boot camp. After completing basic training, she got orders to the Coast Guard Cutter Chase in San Diego, CA as a seaman (SN E-3). She was stationed onboard the Chase for about  $2 \frac{1}{2}$  years.

departing Prior to the Chase, she received orders to Boatswains Mate "A" school, which is 13 weeks of training. Boatswains Mate (BM) a leadership role and are experts in the navigation of CG cutters and safe boat handling of small boats in the USCG, and was chosen

by SN Smith. Once she graduated from BM school, she was promoted to a BM3 (E-4). After being promoted, she transferred to the CGC Morgenthau in Alameda, CA. BM3 Smith was stationed on the CGC Morgenthau for 1 ½ years as a navigation specialist.



Ashley Smith with her brother Nathan Smith after graduation from Boot Camp.

BM3 Smith decommissioned the CGC Morgenthau in summer of 2013. She was then issued orders to be stationed in St. Thomas, USVI. She is currently serving in the USVI and will continue to for the next year as a small boat driver.



Ashley Smith with her mother Paula Smith after graduation from BM "A" School in Norfolk, Va.



# NEWS & INFORMATION Coloring For Denver

#### **COLORING FOR DENVER**

A *Team Denver* Fundraiser May 17, 2014

The Boys & Girls Club's Together Raising Awareness (for) Indian Life Program (T.R.A.I.L.) is sponsoring our very own color run in honor of Denver Shuttlesworth on Saturday, May 17, 2014.

TIME: Race starts at 10 a.m.

#### **PRE-REGISTRATION:**

Adult \$20 Shirt included Child (12 & under) \$15 Shirt included

#### **DAY OF RACE REGISTRATION**

Beginning at 9 a.m. Adult \$25 Child \$20

(Shirt sizes and quantity may vary)

**LOCATION:** Boys & Girls Club

Everyone is invited so come out and join the fun! Even if you don't want to participate in the run... you can still come out and watch.

We will have baked goods available to purchase and a bucket available for any extra donations. Further details are on the registration forms which are available at the Boys & Girls Club.

For more info, contact Victoria Lambert, T.R.A.I.L. Coordinator at at 251-368-9136 x 2278.

#### SUMMER SESSION

June 2, 2014 - August 8, 2014

#### TEEN CENTER NEWS

Alex Ross has been selected as the Poarch Creek Boys & Girls Club Youth of the Year.

Later this year Alex will complete for the State Youth of the Year in Gaston, AL.

Congratulations Alex!



Alex Ross





# NEWS & INFORMATION

## SUMMER CAMP PROGRAM ASSISTANCE NOWAVAILABLE

The Education Department is proud to announce an exciting new program beginning May 2014. Tribal Member and First Generation students entering ninth through twelfth grades, and/or students who will graduate high school this year, are eligible to attend up to two summer camps and receive financial assistance to help cover the cost of the programs.

Tribal Member students are eligible for up to \$500 and First Generation students are eligible for up to \$250 assistance.

is proud to Parents are responsible for making all am beginning arrangements and paying any fees over the and First amount paid by the Tribe. Travel costs will inth through be paid by reimbursement only.

Applications for assistance must be submitted at least four weeks prior to the camp. Applications will be available at the Education Department or on the Tribe's website at www. pci-nsn.gov.

Please call 251-368-9136 ext. 2021 with any questions.

## 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."

### 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 Bryan Fayard, Financial Education Coordinator, in the Education Department at (251) 368-9136 x 2504 or bfayard@pcinsn.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.

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# 2014 Tribal Council Election Notice

**WHEN:** June 7, 2014

**LOCATION:** PCI Community Resource

Building (old SAIL Center)

**TIME\***; 8:00 a.m.-7:00 p.m.

**PURPOSE:** To elect a Tribal Chairman and

2 At-Large Council Members.

#### **DEADLINE TO DECLARE CANDIDACY:**

5:00 p.m. Tuesday, April 8, 2014 To have name printed on official ballot.

5:00 p.m. Thursday, May 8, 2014 To be included as a Write-in Candidate

## DEADLINE TO PUBLISH BIO & PHOTO IN POARCH CREEK NEWS:

Candidates wishing to publish a biography and photo in the May newsletter must submit their biography and photo to the Election Board, by 5:00 p.m. on Tuesday, April 8, 2014.

Biographies are limited to 500 words or less and cannot contain political platform or views. Digital copies of biographies and photos are preferred and may be submitted by email to Elections@pci-nsn.gov. Any portion of the biography which seems to contain political views, as determined by the Election Board, will be stricken from the biography.

Contact Edie Jackson, Election Board Chairman, at (251) 368-9136 x 2231, (251) 446-5231 or ejackson@pci-nsn.gov if you have any questions or need more information.

\*All times are Central Standard Time (CST).

## 2014 Tribal Council Election Calendar

<u>TUESDAY</u>, <u>APRIL 8</u>, <u>2014</u> – Deadline to submit Letter of Candidacy to Election Board for name to be included on official ballot.

<u>TUESDAY</u>, <u>APRIL</u> 8, <u>2014</u> – Deadline to submit biography and photo for publication in May 2014 issue of *Poarch Creek News*.

FRIDAY, APRIL 18, 2014 – Names of candidates and any proposed constitutional amendments, ordinances and/or resolutions will be posted.

<u>THURSDAY</u>, <u>MAY 8</u>, <u>2014</u> – Last day to submit Letter of Candidacy for Tribal Council to be a Write-in on Ballot. Any additional names of candidates will be posted within 10 days.

TUESDAY, MAY 27, 2014 – Walk-in voting starts. Open daily from 9:00\* a.m. to 6:00 p.m. except for Sunday, June 1, 2014.

<u>TUESDAY</u>, <u>MAY 27</u>, <u>2014</u> – Last day to request Absentee Ballot be mailed out.

FRIDAY, JUNE 6, 2014 – Walk-in voting ends at 6:00 p.m.

**FRIDAY, JUNE 6, 2014** – Deadline to receive Absentee Ballots at 5:00 p.m.

SATURDAY, JUNE 7, 2014 – Tribal Election Day. Polls open 8:00 a.m. – 7:00 p.m. at PCI Community Resource building (old SAIL Center).

\*All times are Central Standard Time (CST).

www.pci-nsn.gov

## ABSENTEE BALLOT REQUEST



# 2014 POARCH CREEK INDIAN TRIBAL COUNCIL ELECTION SATURDAY, JUNE 7, 2014



Ι,	, am an enrolled member of the Poarch Creek Indians, an				
will be at least eighteen (18) years of age on or	before June 7, 2014.				
When requesting a ballot one will be off election if applicable.	e mailed to you for t	ne following elections:	June 7, 2014 and Run-		
Please send an Absentee Ballot to me at the address	listed below:				
FIRST MIDDLE		MAIDEN	LAST		
STREET ADDRESS	CITY	STATE	ZIP CODE		
() TELEPHONE NUMBER	DATE OF BIRTH	TRII	BAL ROLL NO.		
Each person requesting an absentee ballot "MUS	$ m \underline{T}$ " fill out this form co	npletely and sign his/her	own request.		
SIGNATURE:					
(This <u>must</u> be the signature of t	the Tribal Member to w	nom the ballot will be mail	(ed)		
RETURN THIS FORM BY MAIL TO:	POARCH BAND O TRIBAL ELECTIO 5811 JACK SPRIN ATMORE, AL 365	GS ROAD			
BY FAX: OR EMAIL:	(251) 368-4502 <u>ELECTION@PCI-</u>	NSN.GOV			
Requests for Absentee Ballots must be receive CST) on Tuesday, May 27, 2014. Requests re	•		` •		

2 www.pci-nsn.gov

Jackson at (251) 368-9136 ext. 2231 or Gwen Manning at ext. 2281.

Should you have any questions pertaining to the 2014 Tribal Council Elections, please feel free to contact Edie

## Tribal Chairman Candidate Information

The following candidates have submitted their Letter of Candidacy for the position of Tribal Chairman. When placing your vote, please vote for the candidate of your choice. This information is published as submitted without edit except as authorized.

### STEPHANIE A. BRYAN



Elect Stephanie A. Bryan for Tribal Chairwoman

Actions Speak Louder Than Words

I, Stephanie A. Bryan declare my candidacy for Tribal Chairwoman. I am a lifelong member of the Poarch Community and am the proud daughter of Julia Ann McGhee Stacey and Donald Ray Abney. My grandparents are the late Doris "Buck" McGhee and Lunie Mae Presley McGhee. I am married to Keith Bryan, and we have three wonderful children: Keisha, Brannon, and Niki. We have also been blessed

with three lovely grandchildren: Blaize, Bella, and Caden.After graduating from Escambia County High School, I attended Jefferson Davis Community College and Faulkner State Junior College to pursue a degree in My past employment history consists of working with the Tribe and in the insurance industry for a combined twenty years. While working for the Tribe, I gained knowledge regarding grant acquisition and the inner workings of several Tribal departments including social services (family services), the police department, and housing. During my ten years working with the insurance industry, I obtained my state board certifications for property and casual insurance as well as health and life insurance. These work experiences have aided in my managerial skills and given me depth of perspective.

It has been a privilege and an honor to serve as your Tribal Vice-Chair for the past eight years. I have represented the Tribe with the utmost pride and dignity. My dedication to the Tribe and community has been exemplified through my service on multiple boards and committees including:

- Education and Labor Legislative Committee
- PCI Gaming Authority
- Health and Family Services Legislative Committee
- Housing and Community Activities Legislative Committee
- Tribal Gaming Commission
- Budget and Finance Legislative Committee

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- Government Affairs and Rules Legislative Committee
- National Indian Gaming Commission Working Group
- National Tribal Gaming Commissioners and Regulators
- Utilities Authority
- Support ACH (Atmore Community Hospital)
- Escambia County Alabama Community Hospital Board
- National Indian Gaming Association Delegate
- United South and Eastern Tribes Delegate

While working with these entities, I have aided in the accomplishment of numerous endeavors that have benefited Poarch Creek Indian Tribal Members, the Poarch Community, and other tribes as well.

I am honored and grateful for your confidence in me and for the opportunity to have served as your Tribal Vice Chair since 2006. Now, I am asking for your continued support of me in the capacity of Tribal Chairwoman. Please visit the polls on June 7, 2014 and elect me, Stephanie A. Bryan for Chairwoman. Thank you and may God continue to bless you and our Tribe!

"It's not about the power or position, it's about the people." – Stephanie A. Bryan

### ROBERT R. MCGHEE



My name is Robert "Robbie" McGhee. My parents are Bobby Lawrence and the late Doris

Daughtry McGhee. My grandparents are the late Roy Lee and Opal McGhee and the late Adam and Inez Daughtry. I am also the great grandson of the late Chief Calvin and Joyce McGhee.

As a young boy, I was aware of the commitment my great grandfather, Chief Calvin McGhee, made to our Tribe. He cared equally for all of his Poarch brothers and sisters. He saw each of our Tribe's members as family whose needs deserved to be met. He sought to lead for all the right reasons, and I continue to learn from his example.

The issues that face our Tribe currently and the challenges that we will face in the future are many and complex. As a Sovereign Nation, our Chairman must have a deep understanding of those issues and effectively represent our Tribe at all levels of government. Our Chairman

must be willing to fight for what is right, work tirelessly, make good decisions and think strategically. I believe I am prepared to meet those challenges, and I want to serve our Tribe and you with a level of energy and commitment that I think would make my great grandfather proud.

I have spent most of my adult years learning and educating myself on the issues affecting American Indians. I have been fortunate to work at the highest levels of federal government. Thanks to my work at the Department of the Interior Bureau of Indian Affairs and the United States Senate, I have first-hand knowledge of how Washington operates and how federal policies affect Indian Country.

Every day, I am reminded that education made these experiences possible to me. My education opened doors that may have been shut otherwise, and I am blessed that my parents encouraged me to push myself to earn a BA degree from the USA, a BSW from the UA, and a MSW from Washington University. I recently completed an Executive MBA in 2013.

Still, I understand that a formal education is not everything and that life experiences and learning from others is what makes us resilient.

I am privileged to have learned from leaders such as Eddie L. Tullis, Fred L. McGhee, and Buford L. Rolin. For the past 10 years I have had the opportunity to serve under each of these Chairmen. Each one of them brought their own unique style of leadership to the table and each has done great things for Poarch.

I want to take my education, my experience, and the lessons that I have learned, and be the leader that you and my great grandfather will be proud of. I will fight tirelessly for our Tribe. If I am given the opportunity to serve as your Chairman, I will work alongside the Tribal Council to protect our home, our sovereignty, our livelihood, our culture, and our ability to make dreams become reality in our lifetimes and for future generations.

NOTES					

## AT-LARGE CANDIDATE INFORMATION

The following candidates have submitted their Letter of Candidacy for the At-Large positions available on the Tribal Council. When voting, please vote for <u>two</u> candidates of your choice. This information is published as submitted without edit except as authorized.



### WILLIAM 'BILLY' BAILEY, JR.

STRENGTH AND GROWTH ONLY COME THROUGH CONTINUOUS EFFORT AND STRUGGLE. AS TRIBAL PEOPLE WE MUST NOT BECOME COMFORTABLEWITHWHATWEHAVE, ALTHOUGH WE CAN APPRECIATE IT, WEMUSTNOT BEAFRAID OF CHANGE. HELLO MY NAME IS WILLIAM "BILLY" BAILEY JR SON OF WILLIAM (Bubba) AND CHERYL BAILEY, GRANDSON OF THE LATE VERLIE AND JUNIOR BAILEY OF POARCH, AL. AND MARIE AND

EUGENE BLACKWELDER ATMORE,AL., GREATGRANDSON OF MAMIE AND LAWRENCE MCGHEE OF POARCH, AL. IVE GOT THREE CHILDREN AND A GREAT WIFE OF ELEVEN YEARS, CHEYANNE BAILEY. I HAVE PRACTICED **CREEK TRADITIONS** (STOMP DANCING) AND PATICIPATED IN POWWOWS SINCE I WAS BORN. I BELIEVE I HAVE GOOD MORALS AND BELIEFS AND STRIVE TO DO WHATS RIGHT FOR EVERYONE. I HAVE BEEN A PCI POLICE OFFICER FOR 3 YEARS AND WAS AN ALABAMA CORRECTIONAL OFFICER FOR APPROX.7 YRS. I TRY TO BE ETHICAL AND FAIR DURING MY JOB DUTIES AS A POLICE OFFICER AND **PRESENTLY SERVING** SECRETARY ON THE CALVIN MCGHEE CULTURAL AUTHORITY. I AM GOING TO GIVE THE PEOPLE OF PCI THEIR VOICE BACK AND LET THEM HAVE PERSONAL INPUT WITH ME ON BIG INVESTMENTS BECAUSE OUR PEOPLE SHOULD KNOW WHAT THEIR MONEY IS BEING SPENT ON. I WILL BE VERY DISCRETE AND PRIVATE WHEN A TRIBAL MEMBER COMES TO ME ABOUT THEIR PERSONAL ISSUES. WITHOUT OUR YOUTH WE HAVE NO FUTURE AND WITHOUT OUR ELDERS FIGHT IN THE PAST WE WOULD NOT BE WHERE WE ARE TODAY . I WILL BE ETHICAL AND FAIR TO MY PEOPLE AND ADDRESS CONCERNS OF MY PEOPLE. BECAUSE I KNOW HOW IT IS TO LIVE PAYCHECK TO PAYCHECK

AND I KNOW THAT THE CONCERNS WITH PEOPLE WHO HAVE TO LIVE THIS WAY ARE VERY CRITICAL FOR THEIR FAMILY " I WAS RAISED BY THE PCI TRIBAL PEOPLE AND I WILL FIGHT FOR THE PCI TRIBAL PEOPLE THEY ARE MY FAMILY PLEASE ELECT ME TRIBAL COUNCIL AT LARGE.

### **DEWITT CARTER**



Hello, my name is Dewitt Carter and I am running for our Tribal Council. I am the proud son of Dewitt Sells and Grace hilyaw, I am the grandson of Joe Philyaw, Jr. and "Popcorn" and "Granny" Sells (Eugene and Roberta Sells). I graduated from Escambia C. High School in 1987. I spent five years in the U.S. Airforce and attended colleg in Colo. Springs, Colo. I started my own company (Carter Mobile Home Movers) in 2001 and after 13 years we are still supporting this community strong.

I grew up in Poarch under my Grand

Paw Joe's roof with a strong belief word ward, always be honest, and "do unto others as you wold have them do unto you." I have taken those morals into every job I have rewarded. It has promoted respect and admiration from every person i have met and dictates who I am as an employee, a friend, and a husband.

I have two children - Alyson and DJ. My wife Teresa and I have been married Fourteen years and I have one step Daughter. We live in Repton, Ala on 50 acres, twenty five minutes from Poarch. I hope to support the Poarch Community as one of the next Council Members. Thank you and hope To meet you soon.

Dewitt Carter

Additional At-Large Candidate Information continued on next page.

NOTES	 		 

### CHARLOTTE MCGHEE MECKEL



I, Charlotte McGhee Meckel hereby declare my candidacy for the Poarch Creek Indians Tribal Council AT-LARGE. I am the proud daughter of Ernestine and the late DC Daughtry and Julius "Bubba Jack" McGhee. I am married to Martin Meckel, and we have two children, Ron Salter and Allison Salter-Rodriguez, and seven grandchildren, the late Andrew Salter, Kyle, Kaylee, Brenton, David, Caleb, and Ariel.

My decision to run for Tribal Council is solely based on my love for my people, the Tribe and the community as a whole. I grew up in Poarch where my beginnings were very meager and humble. I know first-hand the sacrifices that my parents made on my behalf so that I could have a better education and brighter future.

I am an advocate of education. I graduated from the Army Management Staff College in Washington D.C., and I have a degree in Business Administration. During my years of Federal Service, I attended numerous executive and upper level management programs at the Army Logistic College in Ft. Lee, Virginia and the Program Management for Executives School in Kansas City, Kansas.

I recently retired after serving as a Civil Servant for the Department of Defense for 36 rewarding and fulfilling years. I held numerous high level Supervisory and Directorate/Managerial positions. My assignments sent me all over the United States including Alaska.

Since 2006, I have served on the Ethics Board and Housing Board. I have acquired a vast knowledge of various ordinances, policies, and procedures that affect the Tribe and its entities on a daily basis. Given my educational background, work experience, and knowledge of how the government is run, I feel that I would be a valuable asset to the Tribal Council. I have the skills, and the ability to make sound financial decisions. Additionally, given my retirement status, I have the TIME to devote to all Tribal Members near and far.

As the Tribe flourishes, the decisions of the Tribal Council become more complex and are vitally important to the well-being of every Tribal Member. I welcome the opportunity to serve you, the General Council of the Poarch Creek Indians, as a Council Member. If elected, I will have an open door policy; I will listen to YOU, the people; I will make well thought out decisions on your behalf; and, I will work with other Council Members in an honest, professional manner to ensure the continued growth and prosperity of the Tribe.

In closing, I ask for your vote and support on June 7, 2014. I look forward to answering any questions or addressing any concerns that you may have of me. Please feel free to contact me via email, Charlotte.Meckel@yahoo.com, or on my cell, (251) 229-0002. Thank you for your consideration.

Charlotte M. Meckel

"Experienced, fair, and dedicated."

#### **ARTHUR MOTHERSHED**



VOTE
ARTHUR MOTHERSHED
TRIBAL COUNCIL
JUNE 7TH, 2014

My name is Arthur Mothershed. I am the son of Deloris McGhee Kelley and the late Carl Mothershed. I am the grandson of the late Levi and Treacy McGhee. I am married to Samantha Canova Mothershed and we have three beautiful daughters; Katie, Shelley, and Kamryn.

I grew up in a small hamlet called Hog Fork. My informal education began there. I learned hard work, dedication, and honesty will take you a long way. Those life lessons help me even today.

My career began at 15 when I took a job with Winn Dixie as a bag boy. At the time, I never imagined I would spend the next eighteen years receiving an invaluable "on the job" education. I worked in various positions learning as much as I could. I became a manager and eventually a Store Director. I managed four stores and helped set up and open many more.

Although successful, I felt something was missing. I didn't believe I was fulfilling my potential. In fact, many of my peers began to pass me by. I realized that, without education, that trend would continue. In order to reach my potential, something had to change. I started college right out of high school but for various reasons did not finish. At the age of 33, I was faced with a decision that most people make much earlier in life. I could take a chance and complete my degree or play it safe and stay with Winn Dixie.

I made what was one of the most terrifying decisions of my life. I left Winn Dixie and

took a lesser job with another company. I did this so I could focus on my education. Several people did not understand my decision. I had a respectable job in an industry that will always be around. Everyone has to eat. It was time for me to search my soul; I could choose to be complacent or go after my dreams. I decided to go after my dreams.

I earned my BBA from Faulkner and then my MBA from the University of Alabama. Around that time, the Tribe's gaming facilities were beginning to take off. I took a job as CFO in 2003 and have been working for the Tribe ever since. I have been fortunate enough to work in our gaming operations as both CFO and now GM. I also worked as CFO for our CIE, our economic development arm, for three years. That difficult decision became one of the best decisions I ever made.

I have served as a Tribal Council Member for the past nine years. I served as Treasurer for the first four years. I have served on various committees and boards such as Housing, Education, CIE, TERO, Health, Budget, and Wellness. Serving on these committees has given me insight into Tribal operations I would have never gained otherwise. Today, I no longer evaluate options solely in terms of dollars and cents. Now, quality of life is as much as any factor in my decision making.

#### **GARVIS SELLS**



I, Garvis Sells, do hereby declare my candidacy for re-election to the Tribal Council of the Poarch Band of Creek Indians. I'm the son of the late Roberta (McGhee) and Eugene Sells. I have been married to Catherine Jackson Sells for 51 years and we have two children, April and the late Alton Eugene Sells. I attend church at Poarch Community Church.

Six (6) years ago I supported the development and expansion of projects. Recently, this dream became a reality for our Tribe. My only regret for all that the Tribe has been able to accomplish, is that our parents and other elders in the Community that has passed on -was unable to see and benefit from what the Poarch Community has become.

There are many issues facing the Tribe daily. And I will face these issues with honest and integrity- just as I have for the past three years serving you the people of the Poarch Band of

Creek Indians. My interest has been and will always be for the Good of the People. I will work diligently to assist in ensuring that we all receive what is needed in our Tribe.

I continue to have a strong desire to serve my constituents and work in an honest, professional manner with accountability for the betterment of our People. I hope that our Tribal Members feel that when they have come to me with an issue -I have listened and assisted them to the best of my ability.

It is my sincere wish that the Tribal Council and General Council not take our success for granted -there is always a tomorrow. I have had the opportunity to visit and drive the bus for our Church to attend church conferences on the Navajo, Hopi, Northern Cheyenne and Choctaw Reservations and even to visit our fellow First Nation People on the Ojibwa reserve in Canada. When visiting these other reservations and listening to their stories- we need to all be thankful of what we have here on our Reservation. We are truly BLESSED.

If re-elected I will continue to serve you the people to the best of my ability. I thank you in advance for your vote. If you call-I will answer.

### CAROLYN M. WHITE



I, CAROLYN M. WHITE, declare my candidacy for the Tribal Council – At Large position in the 2014 Tribal Council Election. My tribal connections are through the families of Will and Bessie McGhee and Ed and Margie McGhee. I am the daughter of the late Mal McGhee (son of Will and Bessie McGhee) and Martha Jane McGhee Jackson (granddaughter of Ed and Margie McGhee), and step-daughter of Fay Jackson. I am married to Donald White. I have one daughter, Paula White.

I completed my Associate's Degree in 1970 at Jefferson Davis Junior College and my Bachelor's Degree in 1989 in Human Relations Administration at the University of South Alabama (USA). I graduated from the University of Alabama at Tuscaloosa in 1999 with a Master's Degree in Social Worker (focusing on Planning and Management). I returned to Faulkner Community College in

a Paralegal Certification.

I had the privilege to serve as the Escambia County DHR Director for 4 years until my retirement in February 2005. Over 30 years with the Alabama Department of Human Resources, my work included various community services to Escambia County citizens. Since 2005, I had the opportunity to serve 7 years as the Tribe's Director of Family Together these two directorships Services. highlight my years of leadership in a service, management, and community development role.

As your Family Services Director, the Family Services Department was reorganized and new services developed to meet the growing needs of our Creek families. Additional services under the Community Services Program and the Adult Services Program were developed in 2006. Many community events were hosted to strengthen our families and support our tribal community. I am proud of the many accomplishments and left the Department under the capable leadership of Martha Gookin, your new Family Services Director, when I accepted a job as Legislative Assistant in the Legal Department. My advocacy for services and community development continue through my work in the legal profession.

2012 and completed an Associate's Degree for My community service activities also include 30 years collectively on the Gaming Board and the Best Western Board; and I currently serve on the TERO Commission.

> The issues I submitted last year as a candidate have not changed. The only thing that has changed is the fact that as a candidate my biographical sketch has been limited to 500 words and it cannot contain a political platform or personal view. This restriction is the decision of Tribal Council to restrict individual political platforms and views in this biography.

> IF YOU ARE READY FOR CHANGE, vote to elect me as your Tribal Council Member -At Large. I ASK FOR YOUR VOTE AND SUPPORT. I look forward to serving you in a new area of SERVICE. My experience, education, commitment, honesty, and hard work will serve you well. Please contact me by phone or email, if you wish to discuss my platform or discuss the strengths and needs of our community.

Carolyn M. White (251) 368-8321 cwhite14@frontiernet.net

NOTES			 



## 2014-2015 SCHOOL SUPPLY REIMBURSEMENT PROGRAM

#### **SCHOOL UNIFORM & SUPPLIES**

- \$300 Reimbursement per child (No receipt required.)
- Must be Tribal Member or First Generation student who is entering 4K-12th grade in the 2014-2015 school year.

#### **COMPUTER REIMBURSEMENT**

- Every household with a Tribal Member or First Generation student is eligible for 1 computer device (includes Ipad) every 4 years.
- \$600 reimbursement per household (receipt and bank form is required.)
- Program will start July 1, 2014 and end on October 31, 2014.

- Must be a Tribal Member student or First Generation student in 4K-12th Grade.
- Computer reimbursements will be electronically transferred into your account in 45 days or less.
- Each student must show proof of school enrollment, i.e. current school bill, letter from the school, copy of your child's report card from school year 2013-2014.
- Applications can be faxed to (251) 368-0809, emailed to Magen Weaver at mweaver@pci-nsn.gov, mailed to PCI Education Department at 5811 Jack Springs Road, Atmore, AL 36502, or dropped off at the Education Department.

If you have any questions please call the Education Department at (251) 368-9136 x 2021.

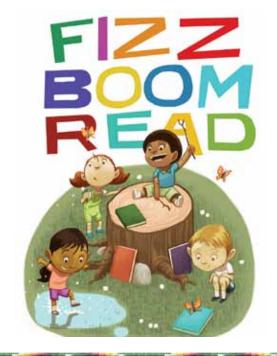
# Fizz Boom Read! Summer Reading Program

Join us in the PCI Library every Wednesday from June 4, 2014 through August 6, 2014 for the Fizz Boom Read Summer Reading Program!

We will have lots of fun! Activities include story time, crafts, games, movie nights, special guests, and so much more!

Please note that Boys & Girls Club participation is automatic.

For more information, contact Christyn Sells at (251) 368-9136 x 2244.





# NEWS & INFORMATION Education Internship Program

Applications are now available for the 2014 Poarch Creek Education Internship Program. The program is open to Tribal Members and First Generation Descendants ages 16-18. *Participant must be 16 years of age by June 2, 2014.* 

The program will run from June 2, 2014 through July 11, 2014. Participants must be enrolled in school or be a 2014 high school graduate or have earned their GED Certificate in 2014.

The Interns will work 8-hour workdays under the supervision of a Tribal Departmental staff member, Tribal Authority staff member, or a Tribal Enterprise staff member. Applications are available on Education's page of the Tribal web site at pci-nsn.gov and in the Education Department.

Completed applications must be received in the Education Department no later than 5:00 p.m. Friday, May 16, 2014. There will be a meeting with the selected Interns, their parents, and Education staff on Monday, May 19, 2014 at 5:30 p.m. in the Education Library.

If you have any questions, please call the Education Department at (251) 368-9136, ext. 2243.

## Education Summer Leadership Program

Applications are now available for the 2014 Poarch Creek Education Summer Leadership Program. The program is open to Tribal Members and First Generation Descendants ages 13-15. Participants must be 13 years of age by June 2, 2014. Participants must successfully pass a drug test and will earn \$5.00 per hour.

The program will run Monday through Thursday from 8:00 a.m. -5:00 p.m. in two sessions. The first session will run from June 2, 2014 through June 26, 2014. The second session will run from July 7, 2014 through July 31, 2014.

Participants must be enrolled in school for the 2013-2014 school year.

The Summer Leadership Program is an opportunity for young adults to learn to rise above of the challenges of today and make a

positive impact in their community. It is a month of inspiring activities and lessons to encourage youth to shatter social boundaries and gain abilities to resolve conflicts. It prepares them for the future by teaching job skills, career development, teamwork, and leadership skills.

Applications are available on Education's page of the Tribal web site at pci-nsn.gov and in the Education Department.

Completed applications must be received in the Education Department no later than 5:00 p.m. Friday, May 16, 2014.

If you have any questions, please contact Tawana Parham at (251) 253-3456 or tparham@pci-nsn. gov or call the Education Department at (251) 368-9136, ext. 2021.

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# Tribal 4H Club Participates In County Steer Show

On March 6, 2014, the Poarch Creek Education Department and Perdido River Farms hosted the Escambia County Steer Show. It was a momentous occasion and a great honor to hold the Escambia County Steer show at Perdido River Farms. There were a total of 17 youth participating in the show, 10 of which were members of the Poarch Creek 4-H Club.

The Poarch Creek 4-H Club would like to say a BIG THANK YOU to all who helped out with the show, sponsored the kids, and especially to the staff at Perdido River farms for making the day a huge success!

If your child is interested in joining the Poarch Creek 4-H Club or participating in the Poarch Creek 4-H Steer program, please contact Christyn Sells, Children's Services Coordinator @ (251) 368-9136 ext. 2244 or csells@pcinsn.gov.

The Poarch Creek 4-H Steer program will begin again in August 2014!



Dylan Rolin, son of David and Tanya Rolin, shows his steer Silas.

Submitted by Christyn Sells

May Breakfast Briefing
Friday, May 9, 2014 7:00 am
Auditorium - Building 500
Featured Department:
Tribal Member Benefits Department

A LIGHT BREAKFAST WILL BE SERVED



### Want To Be A Master Gardener?

Are you interested in becoming a Master Gardener?

The Environmental Department is signing up people to participate in a Master Gardener Class through the Alabama Extension Service.

The class has not been scheduled yet. Anyone interested in participating in this class is asked to please contact Tiffany Janes or Ralph McCullers in the Environmental Department.

\*\*There will be a fee for this class\*\*

Please fill out the information requested below and email it to either tjanes@pci-nsn.gov or

rmccullers@pci-nsn.gov with the subject "Master Gardener Class". If you do not have access to email please mail this sheet with the information to:

Poarch Band of Creek Indians Environmental Department 5811 Jack Springs Road Atmore, AL 36502

Once we have enough participants for a full class we will be in contact with those that have signed up with information about date, time, location and fee.

For more information contact Tiffany Janes at (251) 368-9136 x 2683 or tjanes@pci-nsn.gov.

PLEASE PRINT LEGIBLY IN BLUE OR BLACK INK.
Name
Address:
Phone Number (Please indicate the best number you can be reached at.)
Home Phone:
Cell Phone:
Email:



## May Is Older Americans Month

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 fmccloskey@pci-nsn. gov.

You are not alone.

We are here to help
you.



Violence

Prevent the

Ahuse

"

We acknowledge the contributions of our elders who have prepared the way before us and the Tribe's commitment to providing each Tribal Member the resources to live a safe and successful life. As a part of honoring our elders, the Family Services Department is highlighting the services offered through our department to our Poarch Creek Indian elders. The overall goal of the Family Services Department is to promote the health, social and emotional well-being of individual Tribal Members and their families. The following programs assist with Adult Services.

COMMUNITY SERVICES PROGRAM: Provides limited financial assistance Adult Service Program:

- Assessment: determines client needs and develops a case plan
- Case Management: provides help with life issues as directed by the case plan
- Respite Care: reimburses an agency to provide up to 14 hours a week in home care to tribal families who have an individual who is never left alone
- Homemaker Services: provides limited in home cleaning and household management. Our wonderful Homemaker Case Aides are Shirley "Pug" Roberson, Juanita Slate, Mary Potts Murphy, Carole Henderson and Rebecca Presley!

The Elder Care Program was formed in September 2003 when the Tribe was approved for the Elder Health Care Initiative Grant. The grant activities have been expanded to look at not only day care, but respite care, homemaker aide and assisted living services. The most important service we offer is protection from abuse for adults. There are many types of elder

abuse, each with warning signs. The types of abuse as well as the warning signs and behaviors in which Elders may engage in if they are in an abusive situation include but are not limited to:

PHYSICAL ABUSE- The presence of bruises, pressure marks, broken bones, or burns could be indicators of physical abuse, neglect, or mistreatment.

EMOTIONAL ABUSE- Unexplained withdrawal from activities, changes in alertness, and depression

NEGLECT- Bed sores, unattended medical needs, poor hygiene, unusual weight loss

SELF-NEGLECT-Hoarding, failure to take medication or seek necessary medical treatment, poor hygiene or housekeeping, and dehydration

FINANCIAL ABUSE- Sudden changes in financial situation

SEXUAL ABUSE- unexplained bruising

Speaking up about elder abuse is not an easy task. But we are responsible to our elders.

Report abuse or suspected abuse to Wanda T. Fowler, LBSW, Adult Services Coordinator, (251) 368-9136, Ext. 2375; wfowler@pcinsn.gov; or to your local police department.

Look for upcoming activities through our Elder Abuse Prevention Grant coming in the Fall!

PROTECT SENIORS



# NEWS & INFORMATION SAVE THE DATE! MAY 16, 2014

Family Services is hosting a Domestic Violence Conference at the Casino, Friday, May 16, from 8:00am until 5:00pm. The conference, *The Law, Domestic Violence, and Co-occurring Disorders*, will address issues related to these important topics.

Guest speakers will include Dr. Jane Coleman, University of Alabama; Rev Roger Olsen, Alabama Council on Compulsive Gambling; Ms. Gwen Packard, National Indigenous Women's Resource Center; and our own Attorney General, Lori Stinson. While there is no charge for attendance, reservations are required, and can be made by contacting Frank McCloskey, LPC, Abuse Prevention Coordinator, at (251) 368-9136, extension 2212.

"We are looking forward to learning and sharing information on domestic violence, and the other issues which contribute to this significant social problem," said Family Services Director Martha Gookin. "Our Tribe has taken a lead in assisting DV victims and their families."

### **PUBLIC NOTICE**

This article provides public notice to all Tribal Members that the following grants will be available for review and discussion during office hours at the Family Services Department:

- Low Income Energy Assistance Grant (LIHEAP)
- Community Services Block Grant (CSBG)
- Child Care Development Funds (CCDF)

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!

# YOU ARE INVITED TO HAVE A FREE RETINAL SCREENING THURSDAY, MAY 29TH 2014 FROM 8:30AM-10:00AM EVERYONE IS INVIED—WALK-INS WELCOME!

# Free Retinal Screening

Have you had your yearly Eye exam?

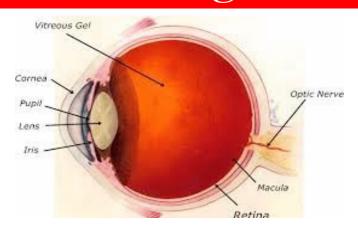
If not call and schedule today!

- Tribal Members & 1st
   Gen receive 1 free eye
   exam each year
- ♦ We have frames as low as \$49.00
- We carry sun wear such as
   Maui Jim , Ray Ban,
   Vera Bradley
   and Kaenon

PREMIER FAMILY
EYE CARE

5811 Jack Springs Rd. Atmore, AL 36502

251.446.3937



Premier Family Eye Care will be providing free retinal screenings once a month. A Retinal screening 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 your 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 all. We are using these screenings to catch what we can and to schedule you for further testing if need be. There are other factors that can affect your eyes like pressure inside your eye. Your optic nerve can look normal, but your pressure can be high which is another indication for glaucoma. With diabetes, your glasses prescription can fluctuate if your blood sugar is fluctuating. Photos cannot measure that change. Retinal screenings only give us a photo of the main structures. Your eye is round. When we take these photos, it only gives us the image of the back wall. You can have freckles or other things going on in the periphery of your eye that these photos will miss. Therefore, these should not take place of your annual eye exam.

Dr. Amanda Cobb



# NEWS & INFORMATION DIABETES PREVENTION PROGRAM

Diabetes has now reached epidemic proportions. The internet's definition of epidemic: affecting or tending to affect a disproportionately large number of individuals within a population, community, or region at the same time. The example they gave was typhoid. Now here we are calling diabetes an epidemic. Currently the American Diabetes Association reports that in 2011, 8.3% of the population of the U.S. had diabetes.

In 2011, 7 million people were thought to be undiagnosed and 79 million had pre-diabetes. These numbers are not only shocking, but plain scary. Diabetes is not unique to just the United States; it is reaching epidemic proportions all over the world.

Studies have shown that diabetes can be prevented or at least delayed by making small changes in lifestyle. The Poarch Creek Indian Health Department has a great diabetes program, but it was obvious that we needed to work more towards prevention. After careful consideration, it was decided that we would follow the Diabetes Prevention Program offered by the Centers for Disease Control (CDC). This program is based on research provided by the National Institutes of Health with the support of the CDC. The Diabetes Prevention Program is a partnership with the CDC to work towards lifestyle changes.

The PCI Diabetes Prevention Program will be a sixteen week series of classes, with follow up classes conducted throughout the year. The classes will be held weekly for approximately one hour. The participants will learn how making small changes like decreasing calories and fat can make a big impact on health. Participants will set goals to lose 5-7% of their body weight and incorporate at least 150 minutes of physical activity into their lifestyle over the sixteen week course. The first series of classes started April 7, 2014 @ 12:00 noon and @ 5:30pm.

If you have been told you are at risk for developing diabetes, please call 251-368-9136 extension 2332, 2372, 2328, or 2315, and ask about the Diabetes Prevention Classes. In the case of diabetes an ounce of prevention is truly worth a pound of cure.

Donna Johnson, RN, CDE, CCM, CFCN

DIABETES SUPPORT GROUP MEETING
5:30 p.m.
May 20, 2014
Community Resource Center
(Old SAIL Center)

# 2014 HEALTH CAMP

Camp Alamisco June 22–27, 2014

Please contact Sheila Odom or Kay Thomas at 368-9136 extension 2311 or 2328 for a camp application. Children may also sign up on Health Fair/Tribal Election Day.

Tribal Member and First Generation children age 7 – 12 will be eligible to participate.

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### HEALTH PROGRAMS UPDATE

## FREEDOM FROM SMOKING!

If you're ready to finally kick the nicotine habit please join the Freedom from Smoking (FFS) 8 week class. Over the course of 8 weeks you will learn how to break through the physical, mental and social aspects of smoking. FFS program is sponsored by the American Lung Association.

The first FFS class will begin May 6th at 5:30 pm. All classes will be held at the PCI Health Department. Classes will be open to Tribal members and employees of all PCI Tribal entities. All non-Tribal Members will be required to pay \$30 for class materials.

For more information and to reserve your spot, contact Kay Thomas at 251-368-9136 ext. 2328.

#### PREMIER EYE CLINIC

Things are growing leaps and bounds at Premier Family Eye Care. We are pleased to report that our 1st Quarter for 2014 was our biggest ever, a total of 412 patients up from 244 patients seen from the 2013 1st Quarter!!!

We offer a free retinal screening once a month and a free eye exam each year for Tribal Members and 1st Generation.

Great things are happening at the Tribe and we are happy to play a small part in meeting your eye care needs.

Thank you for your continued support.

#### **DENTAL**

Department The Dental expanded and we have three new staff members. Dr. Gus Bahos is our Chief Dentist. Dr. Bahos has lived in the Mobile area since 1983. He graduated from the University of Alabama of Dentistry in Birmingham, earning his DMD in 1983. He is a member of the American Dental Association and the Alabama Dental Association of Mobile. He practiced general/ family dentistry until 2010 when he sold his practice. He then started working at Tri-County Dental, which is a federally qualified health clinic. Dr. Bahos was the supervisor of Tri-County Dental before coming on board with us.

Our two other new staff members are Selina Steele and Kristin James. Selina is our new Dental Hygienist and Kristin is our new Dental Assistant. With this increase in our staff, we now can schedule more appointments and sooner. We schedule appointments Monday through Friday 8:00am - 5:00pm, including during lunch. services that we provide in the clinic are fillings, crowns, partials, dentures, routine cleaning, x-rays, in some cases night guards, root canals and extraction and will soon offer sedation as an option for the more complex and stress producing procedures.

You may contact our office at any time for more information or questions you may have concerning dental services. Please call our Patient Registration Specialist, Janet Rodriguez at 251-368-9136, Ext. 2385.

#### **RADIOLOGY**

The Buford L. Rolin Health Clinic Radiology Department is up and running! We are proud to offer some of the most advanced medical imaging equipment in the area. We were able to purchase this advanced system from an Alabama company, Medical Imaging Systems.

The Clinic has installed an advanced x-ray room with digital imaging technology. The system provides an elevating table for help with injured, pediatric and geriatric patients. The dual digital plate system allows the technologist to produce x-ray images at the lowest radiation dose. This imaging design is our areas only fully integrated system and is the number one system utilized in Europe.

The digital images are saved in a digital database which can be instantly recalled for referring physicians or reviewed by other medical specialists outside the clinic. This system provides our patients with world class medicine.

We have hired Melissa Wall to operate and manage the Radiology Department. Melissa is an Atmore native with a Bachelors of Radiologic Sciences degree from the University of South Alabama. She comes to us with over seventeen years of radiology experience. Her expertise includes diagnostic x-ray, mammography, and diagnostic x-ray, mammography,



and ultrasound. She is very excited for the opportunity to offer her radiology skills to our Tribal Members. Welcome Melissa!

For further information about radiology services, please contact Melissa at 251-368-9136, Extension 2353.

#### **PHARMACY**

Please excuse our appearance in the pharmacy during the next several months as the pharmacy will be undergoing construction renovations. We expect the renovations to be completed by the end of May. The pharmacy space is increasing to include a private consultation room for immunizations and counseling. There will also be a drive through window added to the pharmacy.

Did you know...?

- The pharmacy is open Monday through Friday from 8:00am-5:00pm.
- You can have your prescriptions refilled 3 DAYS prior to running
- You can request your medications to be refilled by calling the refill line at (251)368-9134. Please follow the prompts and enter your prescription numbers (no letters). Your medications will be ready within 48 hours when calling this line.
- When you drop off prescription refill requests, we will strive to have them processed in a timely manner while you wait.
- Please be aware that it takes time for prescription processing

## NEWS & INFORMATION

## HEALTH PROGRAMS UPDATE

and verification, so if you have errands to run then you may do so, just place your prescription refill requests and give us a call to check when your prescriptions are ready.

- You may also call the pharmacy at (251)368-9136 ext. 2304 if you have ANY questions regarding your refills, prescriptions on hold, questions for the pharmacists, etc.
- Reminder: If your prescription number has changed (various reasons such as new prescription, on hold, etc.) then please call or stop by to get your new prescription number.

Please do not hesitate to call us at (251)368-9136 ext. 2304 prior to coming in to make sure your prescriptions are ready for pick up.

#### THE SKIN YOU'RE IN

With summer coming, it's the right time to discuss sunscreen. Many of us aren't using this product correctly which is harmful for our skin. To ward off skin damage, let's review some of the basics. First of all, what does SPF mean? Sun protection factor measures how well the lotion protects your skin from UVB rays. For example, if you were to burn after being out in the sun for 10 minutes, a sunscreen with SPF 30 would allow you to stay outside 30 times longer. That translates to approximately 300 minutes that you could be in the sun without burning. It's important to remember that there are many other factors at play in this situation. Whether you burn will depend on what kind of skin you

have, the intensity of the sun, how much sunscreen you used, whether you are sweating, or if you were in water. Rather than worrying about having a high SPF, the main concern should be how much sunscreen you are applying.

To actually accomplish the SPF advertised on the bottle, you have to use at least one ounce per sunscreen application. One ounce is enough sunscreen to fill a shot glass. Which means a bottle of sunscreen should only last a few days. Considering that a bottle of sunscreen may cost about \$10+, it's easy to understand why consumers skimp on how much sunscreen they are applying.

What you are wearing also factors into whether or not you may burn. While sitting on a covered porch or under an umbrella may help, we must remember that it doesn't necessarily block all of the sun's rays. It is possible for the sun to get through the material or reflect off of the sand or other materials and cause sunburn. To check if your clothes will help protect your skin, hold up the material. If you can see light coming through, that indicates that the sun will also be able to get through that material to your skin!

All things considered, the standard recommendation is that everyone should use at least SPF 30 and reapply at least every two hours. When you apply sunscreen, do it 15-30 minutes before going into the sun. Babies 6 months and younger should not have sunscreen applied because their sweat glands aren't yet developed.

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Lathering babies in sunscreen could actually cause them to overheat. If you plan to take a baby outside for longer than 20 minutes, even on a cloudy day, you should keep them well covered (with long sleeves, pants, hats, and under a covering—like a stroller or umbrella). The easiest way to protect your skin is to stay out of the sun between the hours of 10AM & 4PM. For more information, check out the resources listed below.

#### **RESOURCES:**

- http://www.ewg.org/ 2013sunscreen/ whats-wrongwith-high-spf/
- http://www.nytimes.com/ 2009/05/14/fashion/14SKIN. html?pagewanted=all&\_r=1&
- http://www.cnn. com/2012/07/10/living/guideto-sun-safety/
- http://health.howstuffworks. com/skin-care/beauty/sun-care/ spf.htm
- http://www.badgerbalm.com/s-30-what-is-spf-sunscreen-sunprotection-factor.aspx
- http://www.loc.gov/rr/scitech/ mysteries/sunscreen.html
- http://www.aad.org/ dermatology-a-to-z/healthand-beauty/general-skin-care/ sun-protection/how-to-applysunscreen

# NEWS & INFORMATION

## HEALTH PROGRAMS UPDATE

#### BEHAVIORAL HEALTH

The Behavioral Health Department is expanding! We are proud to offer some exciting new services. We have just hired a full-time Licensed Counselor who is very excited to be coming on board in May. We are also in the process of hiring a full time Psychiatrist.

We are very pleased to say that once our department is fully staffed we will be better equipped to serve the Tribal Members. Long wait time for appointments will be a thing of the past. The clinic now has its own waiting room that has a private entrance at the rear of the clinic. We also have a new confidential group/family treatment room that will accommodate new services such as AA/NA meetings. There is also a private testing area where we are able to do many different types of evaluations such as: Attention Deficit/Hyperactivity Disorder, Memory and Substance Abuse, as well as many others. If you would like to contact us, please call Deanna Harris or Kim Snow at 251-368-9136, Ext. 2384.

COMMUNITY HEALTH AND EDUCATION/WOMEN'S, INFANTS, & CHILDREN'S (WIC) DEPARTMENT

The WIC Department will be converting to a new electronic health record system called Crossroads. Alabama is one of several states involved in a collaborative effort to accomplish this monumental task. Once it goes live, it will greatly enhance the way our WIC patients are served.

Jill Lee, WIC Coordinator / Nutrition Specialist along with Kay Thomas, Health Educator will be providing health education classes & group activities during the Health Camp for youth ages 7-12 years.

All of our staff will be participating in the annual Health Fair on June 7, 2014 from 8am – 5pm at the PCI Wellness and Activities Center. Health Screenings will be offered to participants for blood glucose, cholesterol, height, weight, and BMI (Body Mass Index). Screening results will be reviewed and recommendations provided. An area will be available for children's screenings as well. Fun and activities will abound, and drawings for door prizes.

The Diabetes Prevention Program will continue to run through the month of June until July 21st. Currently, we have 25 participants who enrolled in the 16 week program. Community Health and Education Staff have partnered with Diabetes Case Manager to facilitate these classes.

#### PHYSICAL THERAPY

We are pleased to announce that our Physical Therapy Department will be open and running in May!

We have hired Brittany Martin who has been the Director of Physical Therapy at the Atmore Community Hospital for the past 6 years.

More to come about this new and exciting service!

Continued on next page



# NEWS & INFORMATION HEALTH PROGRAMS UPDATE

## ANCILLARY HEALTHCARE FUND – WHAT IS IT?

Ancillary Healthcare Fund is a program that is available for all Tribal Members for health care costs related to hearing aids or durable medical supplies or a medically necessary expense not covered within insurance, flex cards, or other funding sources. This program will be used as a fund of last resort for those with a true medical need. If the Tribal Member has other insurance benefits, these will be utilized prior to accessing the Ancillary Healthcare Fund. If the Tribal Member has a flex card, the card will be reviewed for available funds. The flex card has to be used first, except for hearing aids.

#### What it covers:

- Hearing aids not to exceed \$5,000.00
- Durable Medical Equipment
  - a. BP Monitors
  - b. Wheelchair
  - c. Lift Chairs
- d. Infusion supplies not covered by insurance
- 3. Dentures not to exceed \$250.00
- 4. Glasses not to exceed \$300.00

No purchase will be authorized without a quote and a medical prescription. If you need additional information, please contact Nioma Till at 251-368-9136, Ext. 2386.



### **HUNTINGDON COLLEGE**

W. James Samford, Jr. School of Business and Professional Studies

Complete your degree in Business Management or Criminal Justice at Huntingdon College

- Enroll anytime
- Classes one night a week
- Five week sessions
- Convenient locations
- Health Management Concentration Available
- Financial Aid available
- SACS accredited

### **Huntingdon College**

Adult Degree Completion Program

#### **Brewton:**

Dr. Beth Billy JDCC Campus (251) 809-1553

Bay Minette:

Vinson Bradley FSCC Campus (251) 580-4908

#### Daphne:

Gale Croft Old Town Daphne (251) 626-7877

Apply online at: www.huntingdon.edu/adcp

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# Applications Accepted On A Daily Basis

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

Emergency/Transitional Housing
Rental - All Poarch Subdivisions
Rental - Walker Subdivision, Pensacola, FL
Rehabilitation Assistance
Renovation Loan Program
Heating & Cooling Loan Program
Senior Emergency Program
TAHO

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

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



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### SIGNIFICANT PENDING LITIGATION

The Legal Department would like to announce that the first edition of the Tribal Code was published during March 2014 and has been distributed to Tribal Officials, departments, and entities responsible for administering and enforcing Tribal laws. The Tribal Code includes all laws of general and permanent interest of the Tribe.

To promote dissemination and public access to Tribal laws, the Legal Department issued Tribal Code books to the Tribal Chairman's Office, Tribal Council Office, Tribal Court, Education, and the Office of Archives and Records Management for Tribal Member viewing during office hours. The Tribal Code is also available online, 24 hours a day, by clicking on the links found on the Tribe's website, www.pci-nsn.gov. As always, full copies of any Titles or amended legislation may be obtained by contacting the Office of Archives and Records Management at (251) 446-4540.

If you have any questions regarding any of these matters, please feel free to contact your Tribal Council members at (251) 446-1140 or the Legal Department at (251) 368-9136 Ext. 2525.

#### TRIBAL LEGISLATION

To facilitate ongoing updates to the Tribal Code, the Legal Department highlights below the March 2014 amendments and recent revisions to the Tribal Code.

#### A. Title 22 (Elections)

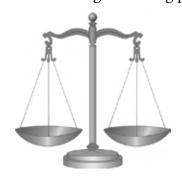
TCO 2014-01 (March 20, 2014) amended Title 22 by deleting the Election Board's duty and responsibility of arranging for a Tribally-sponsored meet-and-greet and debate during a Tribal election and by clarifying that the walk-in voting period does not include Memorial Day Holiday, which falls on the last Monday of May of each year.

#### B. Title 44 (Tribal Support and Benefits)

TCO 2014-02 (March 20, 2014) amended Title 44 to clarify when, how, and to whom benefits are accessible from the Burial Assistance Program. Specifically, burial assistance benefits are paid upon the submission, completion, and approval of a Burial Assistance Claim Form, including required verification, following the death of a Tribal Member or newborn deemed eligible for membership, at the applicable budgetary rate. The amendment also adopted the previous revision from TCR 2010-052, dated August 5, 2010, which set forth entitlement "to extend [partial] burial benefit to newborns who would have been eligible for tribal membership if he or she had survived".

# C. Title 45 (Board and Committee Organization Act)

TCO 2014-03 (March 20, 2014) amended Title 45 to facilitate a more efficient and timely process for filling Board and Committee positions. Provisions were included in Section 45-1-5 to require the Tribal Council Office to notify Board Chairman(s) and Member(s) regarding expiring Board and Committee membership terms. Section 45-1-7(b) revisions allow nominations at workshops if more than three (3) applications are received. Provisions in Section 45-1-7(d)(1) were added to resolve voting results when a nominated individual is not selected by majority during the first secret ballot. The laws were clarified in Section 45-1-7(d)(2) to determine how a tie is broken during the voting process.



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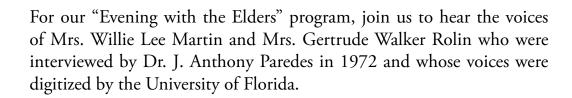
An Evening With The Elders



Tuesday, May 6, 2014

6:00 p.m. Building 500 AuditoriumFeaturing Mrs. Willie Lee Martin and

Mrs. Gertrude Walker Rolin



Everyone is invited. Dinner will be served.

Questions? Contact Mrs. Ellen O'Barr at 446-4531 or Dr. Deidra Suwanee Dees at 446-4540 / ddees@pci-nsn.gov.



Willie Lee Martin



Gertrude Walker Rolin



# NEWS & INFORMATION ADULT SOFTBALL LEAGUE

Registration April 1st – May 17th

Depending on the number of full. applications will determine co-ed, men, and women teams/leagues. Sche

Registration Fee: \$200.00 Per Team Ages: 16 & Up

(Leagues are open to the Public)

Team roster/registration will not be accepted without entry fee paid in full.

Schedule TBA

For more information contact the Recreation Department at (251) 368-9136 ext. 2256.



# NEWS & INFORMATION SWIMMING LESSONS

#### 2014 NAYO/NASA INFORMATION

NAYO Baseball & Softball

Registration: March 1, 2014 - May 31, 2014

Host Tribe: Cherokee, NC

Tournament Dates: July 17-20, 2014

**NASA Softball** 

Registration: April 1, 2014 – June 30, 2014

Host Tribe: Poarch Creek Indians Tournament Dates: August 8-9, 2014

NASA Co-Ed Softball

Registration closed

Host Tribe: Choctaw, MS

Tournament Dates: May 22-25, 2014

For more information on leagues, events, Wellness Program, and tournaments contact the Recreation Department at (251) 368-9136 ext. 2256.

**SWIMMING LESSONS** 

**Open to Community** 

First Session\*

April 14 - May 8, 2014

Second Session\*
May 12-22, 2014

\*Must have registered by April 11, 2014.

For more information, contact the Recreation Department at (251) 368-9136 x 2256 or visit the Tribal web site at www.pci-nsn.gov.

# Summer Swim Team Registration Continues Through May 9, 2014

Have you been following the swim team? Have you noticed all the fun they are having? Do you want to join?

The Recreation Department will open registration for the Summer Swim Session on Monday, April 7, 2014; registration will be open through Friday May 9, 2014.

For more information contact the Recreation Department at (251) 368-9136 x 2256 or apply online at pci-nsn.gov.

**SUMMER SWIM TEAM REGISTRATION** 

April 7, 2014 through May 9, 2014

Open to Tribal Members & First Generation

Registration Fee \$50.00

Early Bird Practice May 19-30, 2014

Swim Season June 2, 2014 - August 2, 2014

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## **YOUR HEALTH MATTERS**

Small Decisions Make Big Things Happen

# **Exercise for Improved Mental Health**

Our health is comprised of four important components: *Physical, Mental, Emotional* and *Spiritual*. Positive mental health is a state of well being in which an individual realizes his or her potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community.

Exercise has proven to positively influence a person's mental health by improving their mood, helping to alleviate some symptoms of mental illness and improve brain function.

Here are three areas in which exercise impacts our mental health:

#### 1. Mood:

When we exercise, we release chemicals called endorphins. Endorphins provide us with a positive feeling both during and *after* we workout. Just 5 minutes of exercise can increase our happiness levels and improve how we feel.

#### 2. Mental Illness:

Doctors and researchers are now beginning to prove that exercise can be a great medication for people suffering with mental illness. Studies have shown that people who exercise regularly have lower levels of anxiety, stress and depression. Exercise may even help to prevent symptoms of dementia.

#### 3. Brain Function:

Consistent exercise can improve memory, decision-making skills, and creativity. We can help our brains function at full power by being active at least 30 minutes everyday!



Exercise can have positive effects far beyond the gym. We gain self-confidence, better moods and a capacity for better thinking skills.

If you rely on your brain in any capacity to get through the day, you now have an added motivation to stay consistent with your workouts! A fresh outlook and a better mood is waiting for you!

Hit me up with any questions and keep improving in all aspects of your life!

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



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## **YOUR HEALTH MATTERS**

Small Decisions Make Big Things Happen

# **Hidden Sugars- Part 2**

Part 1 of this article discussed how sugar is "hidden" in several foods, potentially sabotaging our health-related goals. It is important to be aware of these hidden sugars and being able to identify them is just step one. Step two is making healthy choices and choosing foods with lower amounts of sugar.

With so many different types of food and drink products on the market, it's often difficult to distinguish between *good*, *better* and the *best* options. Here are some tips to use in order to make the *best* possible food and drink choices.

- Choose naturally occurring sugars, such as those found in fruit and real fruit juices. Water and unsweetened tea and coffee will always be your best options.
- **2.** Choose foods and drinks with 6-9 grams (or less) of sugar per serving.
- **3.** Minimize foods and drinks that have HFCS high-fructose corn syrup (HFCS). HFCS is more likely to be converted into fat than regular sugar.
- **4.** Cook foods from scratch store bought salad dressings, sauces, soups, and breads can be loaded with sugars.
- **5.** Exercise daily and save your sugary "treats" for days when you've been the most physically active.
- **6.** Choose fresh lean meats, vegetables, and whole grains to take the place of food products that have been pre-packaged and/or frozen.



It is important to understand that added sugars in our foods and beverages can be a very dense source of energy, or calories with very little nutritional value. Continued and excessive caloric intake often leads to obesity and associated complications like type 2 diabetes, high blood pressure, and cardiovascular disease.

Lowering the amount of sugar you eat each day is a big step towards improving your overall health! Try to make this one of your healthy habits.

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

- 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





# TRIBAL ELDERS TO ATTEND INDIAN ELDER CONFERENCE IN SEPTEMBER

The Poarch Creek Indians Senior Citizens will be taking their annual trip this year to attend the National Indian Council on Aging's (NICOA) Indian Elders Conference in Phoenix, AZ, August 31– September 9, 2014.

The National Indian Council on Aging (NICOA) conference serves as a national forum where American Indian and Alaska Native Elders come from across the Continental United States and Alaska to convene for Biennial meetings. These meetings benefit over 300,000 Elders as well as the entire American Indian and Alaska Native population from all 565 tribes.

The conference consists of educational presentations from tribal, state, federal and a diverse network of aging service partners that provide information and updates on aging services, health care, civic engagement and economic development in Indian Country.

Tribal Members age 55 and older interested in going on this trip may register during regular business hours, Monday through Friday, 8:00 a.m. to 5:00 p.m. *April* 28, 2014 through Friday, May 9, 2014. You can register at the SAIL Center or by calling the SAIL Center at (251) 368-9136 extensions 2617, 2288, and 2289. You may also contact Carolyn Dortch at (251) 253-5885 or Cyndi Wright at (251) 253-8772. No one can register before April 28th or after May 9th. Registration deadlines will be strictly enforced.

Transportation will be by Tribal Bus. All buses will depart and return to the SAIL Center; there will be no other pick-up/drop-off locations.

# Your goals deserve our attention



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 6/2014





## Teamwork - Smart Recovery

SMART stands for Self-Management And Recovery Training. SMART Recovery is a self-help, abstinence-based program for people who want to kick an alcohol or drug or other addictive habit. Using principles of psychology, individuals help themselves to kick a problem habit, prevent relapses, and address habit-related personal problems.

SMART Recovery meetings are open to all who are interested. There are no requirements. Meetings are based on discussion and focus on current problems and challenges that participants are facing. The goals are 1.) learning how to increase motivation to quit, 2.) handling urges without acting on them, 3.) developing new ways of coping with problems, and 4.) creating a healthy, positive lifestyle.

YOU ARE NOT POWERLESS, UNLESS YOU WANT TO BE...

SMART Recovery is a psychological approach to recovery that is not in any way 12-step related. SMART Recovery focuses on empowering the individual to choose abstinence, with the emphasis being on the individuals' own choices in one's own recovery. The meetings are free and self-supporting. There will be information and materials present for anyone who is interested.

#### **SMART RECOVERY**

**S**elf-**M**anagement **A**nd **R**ecovery **T**raining SMART Recovery Advisor: Wes Hayles, M.S.

Friendly Holiness Church 3266 Atmosphere Road, Atmore, AL 36502 Thursdays @ 6:00p.m.

Please contact Wes Hayles for any questions or further information at (251)368-9136, ext.2652 or whayles@pci-nsn.gov.

Submitted by Wes Hayles

## RECREATION MURAL PROJECT

The Recreation Authority is seeking Tribal Member artists interested in painting a mural on the wall of the gym. If you are interested, please contact Megan Crabtree at (251) 368-9136 x 2246 for more information.

#### SCOPE OF WORK

- 1. Paint American flag on the gym wall.
- 2. Size 5 ft. x 8 ft.
- 3. Design: Picture of Chief Calvin McGhee in the flag.
- 4. Give owner warranties or guarantees of workmanship.
- 5. Must show proof of work experiences in this field and have at least five (5) years of experience in the field of painting murals.
- 6. Project to be completed over four (4) three (3) day weekends and approx. 24-30 hrs per weekend.
- 7. Contractor provides all materials and supplies to complete project.
- 8. Contractor will check with owner for dates to start and finish project.



Tribal Police Tip Line (251) 446-ITIP (446-4847)

Call (251) 446-ITIP (446-4847) to leave As a partner with our Tribal Community, the an anonymous tip about:

- **Drug Activity**
- Alcohol Activity
- Known Underage Drinking Parties
- Recent Crimes-Thefts, Vandalism, Drug Sales, etc.
- Bullying
- Concealed Weapons
- Other Safety or Community Concerns

Poarch Creek Tribal Police Department is pleased to provide this service. We hope this service will be a great benefit to you as a citizen. Together we can make our community safer.

The Tip Line is not monitored; your name or phone number will never be required.

All information provided via the Tip Line will be investigated.

Larry Hammonds, Chief of Police

#### Tribal Police Officers Attend Meth Lab Certification Class



Pictured above are Tribal Police Officers Rickey Page (in blue) and Brad Barnhill and Freddie Wells (in white) during Meth Lab training.

Narcotic Agent Brad Barnhill and Tribal Police Officers Rickey Page, Steve Wyatt, Freddie Wells and Steve Griffis attended a three day Meth Lab Certification class at Mobile County Sheriff's Office Training Center in Mobile, AL.

The topics of discussion included:

- Introduction to Clan Labs
- Recognition of Meth Labs
- Meth Lab (Shake & Bake)
- Meth Lab (Birch/Nazi Method &Red Phosphorus Method)
- Meth Lab (Anhydrous)
- Site Safety
- Decontamination & Personal Protection Equipment
- Report Writing
- Evidence Collection, Sampling, and Packaging
- APR/SCBA Fit Test (Assessment Scenarios-Dress Out/Sampling Scenarios Decon Scenarios and Air Monitoring Equipment), Alabama Law on Meth Labs
- Pseudoephedrine

# Ke-Hvse (Max) NEWS & INFORMATION

## NATIONAL PUBLIC SAFETY TELECOMUNICATIONS WEEK

April 13-19, 2014 was National Public Safety Telecommunicators Week. During this week the Tribal 911 Dispatchers, who are so often forgotten, were showered with appreciation by the community and their co-workers.

Dispatchers provide the lifeline between the people who need assistance and the emergency responders who arrive draped in all the glory of siren-equipped vehicles and badges of authority. Usually the very first sign of rescue for a panicked victim is the calming voice of a dispatcher saying: "911, what is your emergency?"

Inside a secure room with little or no contact with the public except through the telephone, the dispatchers are on duty every day of the week 24 hours a day. On weekends and holidays when most of us are enjoying our families or having fun with friends, they are staffing the phones and radios to make sure that emergency services are provided around the clock. Because no matter who you are or where you are, and no matter the time of day or night and even on Christmas, the dispatchers on the other end of that line will get you help.

In addition to answering the phones (which never stop ringing) and relaying information on the radio to first responders in the field, the list of responsibilities assigned to a dispatcher is simply enormous. They are charged with keeping track of every on-duty police officer and

every piece of fire apparatus available to respond in an emergency. They log and update all information dealing with the calls upon paging the appropriate personnel whether it is officers/fire fighters. call wreckers for accidents and maintain communication with the surrounding jurisdiction. They listen to parents screaming when their child stops breathing and the anguish of a spouse who finds a loved one dead. They hear the voices of the battered and bruised, the frightened, the angry and they respond with help and hope.

They are under-appreciated, yet indispensable. None of us in Public Safety could do our jobs without them and we thank them from the bottom or our hearts.



Melissa Kendrick > Dispatcher



Melinda McCurdy > Dispatcher



< Susan Rolin Lead Dispatcher



10 Communications

< Cory Chavers Dispatcher

Chassidey Shoumake > Dispatcher



# CIEDA SMALL Business Loan

Creek Indian Enterprises Development Authority offers valuable business assistance to Tribal Members seeking small business loans. Getting your loan request approved depends on how well you represent yourself, your business, and your financial needs.

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

Additional credit criteria as well as loan collateralization requirements apply.

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

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.

## Ask About The Native American Indian Program (184 Program)\*

- No minimum credit score requirement
- 2.25% down payment
- No monthly PMI insurance
- One time construction loan available
- Primary Residence Only

# United Bank Un



Mortgage Services

251-965-5315

www.unitedbank.com/mortgage

\*All loans subject to credit approval, verification and collateral evaluation. 184 Program is only offered to members on active tribal roll and in designated geographic areas. See a United Bank representative for complete details. United Bank NMLS# 494759





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 <u>www.al.nrcs.usda.gov</u> 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/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.

## Tribal Member Family Pass Available For Mbwr

Tribal Members are admitted free to Magnolia Branch Wildlife Reserve with proper identification, i.e. Tribal Member ID Card, Tribal Member Youth ID Card, or Tribal Member Family Pass.

A Family Pass allows a Tribal Member, a Tribal Member's spouse, and all children under the age of 18 who are living in the household, to enter the park free of charge when presented at the front gate entrance; if you do not have proper identification or a Family Pass, you will be expected to pay regular admission charges. All applicable fees apply for all additional park amenities.

Tribal Member families that had a Family Pass made last year will not be required to get a new pass this year unless there has been a change to the family makeup, i.e. divorce, marriage, birth of child, child reaching age 18, etc. or if they have lost their Pass. A maximum of two (2) Family Member passes will be issued per household per year.

If you need a Tribal Member Family Pass to MBWR, please contact the Tribal Member Benefits Department at (251) 368-9136 x 2209 to schedule an appointment. Be sure to bring all required documentation to your appointment; Passes will not be issued without proper documentation.

56 Pale-Cahkepen Epo-kaken www.pci-nsn.gov



# & INFORMATION

## Rules Of Conduct & PRICING INFORMATION

#### PARK FEES

**ENTRANCE\*** \$5 Age 13 & up

\$1 Children 12 & under

Includes swimming, picnicking, fishing and general daily admission to Magnolia Branch Wildlife Reserve. \*Tribal Members are admitted free to Magnolia Branch Wildlife Reserve with proper identification, i.e. Tribal Member ID Card, Tribal Member Youth ID Card, or Tribal Member Family Pass.

RV CAMPING* <u>Daily Full Hook-Up</u> Water/ Electric	\$30 \$25
Weekly Full Hook-Up Water/ Electric	\$180 \$150
Monthly Full Hook-Up Water/ Electric	\$500 \$400

<sup>\*</sup> Tribal Members get a \$5 per night discount with proper identification, i.e. Tribal Member ID Card, Tribal Member Youth ID Card, or Tribal Member Family Pass.

#### TRADITIONAL CAMPING

Primitive Camping/No Hook-Up \$10/daily + \$1 per person No Tribal Member Discount

Improved Primitive Camping/With Water/Electric\*

\$20/daily (up to 6 people)

#### HORSE RIDING/ CAMPING AMENITIES

Horses not provided No Tribal Member Discount

Horseback Riding Per Trailer \$5/daily

> Per Horse +\$1

Horse Stalls Per Day \$5

#### WATER ACTIVITIES

No Tribal Member Discount

\$10.00 deposit on equipment such as lifejackets and paddles, deposit returned when equipment is returned

Zip Lines/Blob - Day pass (Sat-Sun only) \$5 per day Zipline/Blob open from 10 AM - 6 PM Saturday's and Sunday's only through Labor Day, September 3rd. Anyone under 18 must have a signed Release Form with Parental Consent.

Tubing \$5.00 per person per trip Tubing is open every day, May 1- Labor Day. Closed During Winter.

\$15 per kayak <u>Kayak</u> Canoe \$25 per canoe

### OTHER PARK AMENITIES

No Tribal Member Discounts

Picnic Pavilions \$30 per day

Reservations necessary for Picnic Pavilions; must be paid prior to day of use.

Landing Use \$5



#### RULES OF CONDUCT

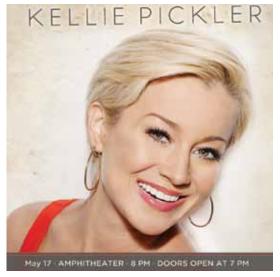
Persons guilty of disorderly conduct or vandalism will be asked to leave the grounds. Guests are responsible for losses, damage or injury to person or property caused by their negligence. Neither alcohol nor illegal drug use will be tolerated. Magnolia Branch reserves the right to evict anyone violating the rules of good camping, destroying property or creating disturbances. Parents are responsible for making sure that their children obey all the rules at all times. NO tubes or ATV's allowed in park.

<sup>\*</sup> Tribal Members get a \$5 per night discount with proper identification, i.e. Tribal Member ID Card, Tribal Member Youth ID Card, or Tribal Member Family Pass.





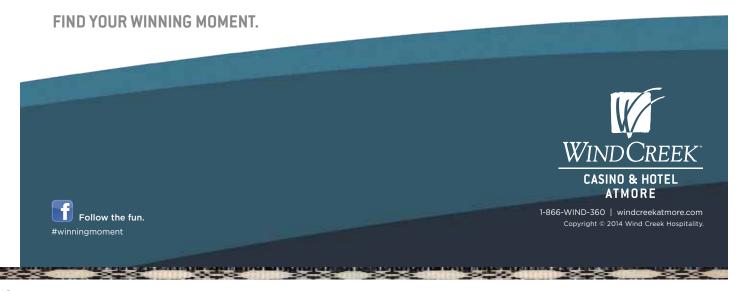




<u>ticketmaster</u> Tickets available online at Ticketmaster.com, at all ticketmaster Outlets. To charge by Phone, Call (800) 745-3000.

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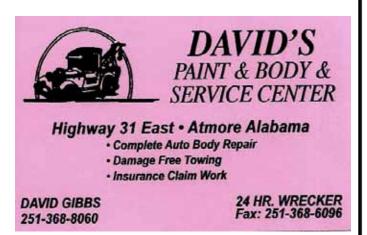
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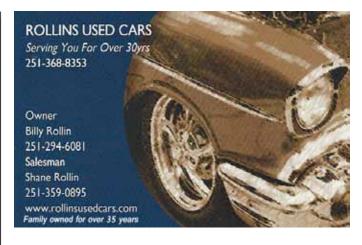
DAVID MORRIS Cell: (251) 680-6885

P.O. Box 287 Perdido, AL 36562





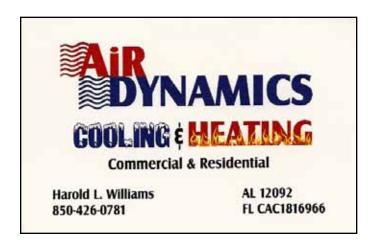




















## Advertise In The Poarch Creek News!

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



For your entertainment.

**Interweave** Distribute the five letters accompanying each row so that you form a common ten-letter word. See example in bold below. The answer will be published in next month's issue.

Answer to Last Month's puzzle:

#### FAMILY TREES CAN PRODUCE MANY NUTS.

1. AISLE	1T R M N E	
2. PRIDE	2. <u>D I SA P P R OV E</u>	
3. SHEEP	3MIHRE	
4. GLAZE	4POO_ID	
5. SIEVE	5NTRNE	
6. SCOPE	6R_USIM	
7. IRENE	7CRATO	
8. COSBY	8HOLOS	
9. ATONE	9SI MT I	
10. IRATE	10 B B V A E	www.kappapuzzles.com

#### FOREST GUMP AND ST. PETER

When Forest Gump died, he stood in front of St. Peter at the Pearly Gates. St. Peter said, "Welcome, Forest. We've heard a lot about you." He continued, "Unfortunately, it's getting pretty crowded up here and we find that we now have to give people an entrance examination before we let them in."

"Okay," said Forest. "I hope it's not too hard. I've already been through a test. My momma used to say, 'Life is like a final exam. It's hard."

"Yes, Forest, I know. But this test is only three questions. Here they are."

- 1) Which two days of the week begin with the letter 'T'?"
- 2) How many seconds are in a year?
- 3) What is God's first name?

"Well, sir," said Forest, "The first one is easy. Which two days of the week begin with the letter 'T'? Today and Tomorrow."

St. Peter looked surprised and said, "Well, that wasn't the

answer I was looking for, but you have a point. I give you credit for that answer."

"The next question," said Forest, "How many seconds are in a year? Twelve." "Twelve?" said St. Peter, surprised and confused. "Yes, sir. January 2nd, February 2nd, March 2nd ..."

St. Peter interrupted him. "I see what you mean. I'll have to give you credit for that one, too."

"And the last question," said Forest, "What is God's first name? It's Andy."

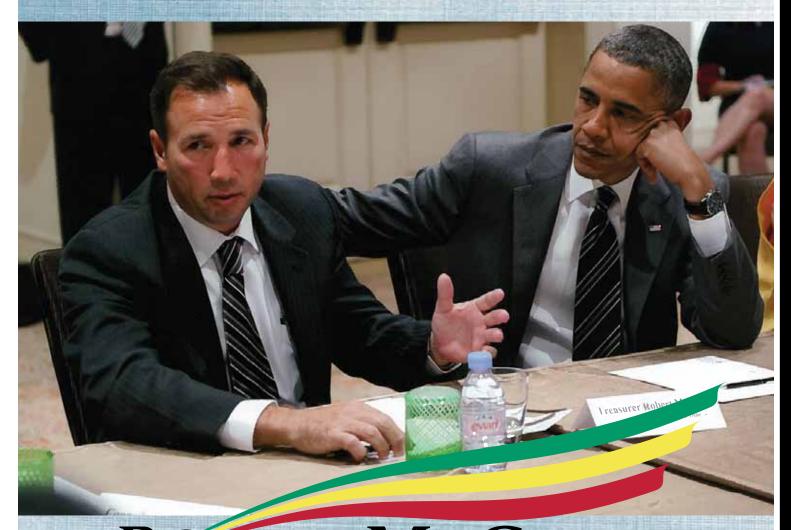
"Andy?" said St. Peter, in shock. "How did you come up with 'Andy'?"

"I learned it in church. We used to sing about it." Forest broke into song, "Andy walks with me, Andy talks with me, Andy tells me I am His own."

St. Peter opened the gate to heaven and said, "Run, Forest, Run!"

jokesclean.com

# SECURE OUR FUTURE.



# ROBBIE MCGHEE

PRESERVE OUR LEGACY

Continue the tradition of leadership that has allowed our Tribe to grow and prosper. No matter who is in power, the legacy we leave depends on the alliances we build today.

VOTE MCGHEE FOR CHAIRMAN ON JUNE 7.

# May (Kē-Hvse) 2014

#### Monday, May 5, 2014

Deadline to submit information for publication in June issue of *Poarch Creek News* 

#### Tuesday, May 6, 2014

Freedom from Smoking Class begins Health Department 5:30 pm

#### Tuesday, May 6, 2014

Evening With The Elders Building 500 Auditorium 6:00 pm

#### Thursday, May 8, 2014

Deadline to submit Letter of Candidacy to Election Board for name to be Write In Candidate.

#### Friday, May 9, 2014

Breakfast Briefing 7:00 a.m.
Building 500 Auditorium
Featured Department: Tribal Member Benefits
Light breakfast will be served

#### Monday, May 9, 2014

Last day to sign up for Swim Team

#### Friday, May 9, 2014

Last day to sign up for Senior Trip to Indian Elders Conference.

#### Friday, May 16, 2014

Last day to sign up for Education Department's Summer Internship & Leadership Programs

#### Friday, May 16, 2014

Family Services Domestic Violence Conference Wind Creek Casino & Hotel

#### Saturday, May 17, 2014

Coloring for Denver Boys & Girls Club 10:00 am

#### Tuesday, May 20, 2014

Diabetes Support Group Meeting Community Resource Center (Old SAIL Center) 5:30 p.m.

#### Tuesday & Wednesday May 20 & 21, 2014

Financial Education Classes Training Room, Building 600

#### Tuesday, May 27, 2014

Walk-In Voting begins 9:00 am - 6:00 pm

#### Tuesday, May 27, 2014

Last day to request Absentee Ballot

#### Thursday, May 29, 2014

Free Retinal Screening Premiere Family Eyecare 2:00 pm - 3:30 pm

#### Tribal Council Meetings

Thursday, May 1<sup>st</sup> & 15<sup>th</sup> 4:00 pm Tribal Council Chambers

#### Tribal Court Sessions

Monday, May 12<sup>th</sup> 9:00 am Tribal Courtroom

#### CIEDA Meetings

Friday, May 2<sup>nd</sup> & 16<sup>th</sup> 7:30 am CIEDA Offices

#### **CMCA**

Monday, May 5<sup>th</sup> & 19<sup>th</sup> 4:00 pm Tribal Museum/Welcome Center

#### Housing Authority Meetings

Thursday, May 8<sup>th</sup> & 22<sup>nd</sup> 4:00 pm Building 400 Conference Room

#### Recreation Authority Meetings

Thursday, May 1<sup>st</sup> & 15<sup>th</sup> 11:00 am Recreation Department (Gym)

#### TERO Commission Meetings

Tuesday, May 13<sup>th</sup> & 27<sup>th</sup> 3:00 pm TERO Offices on Highway 21

#### 4-H Club

Monday, May 12<sup>th</sup> & 26<sup>th</sup> 6:00 pm Education Department

#### GED Classes-Day Schedule By Appointment

Monday & Tuesday 8:00 am - 11:00 am or 1:00 pm - 3:00 pm

#### GED Classes-Day Schedule By Appointment

Monday & Tuesday 8:00 am - 11:00 am or 1:00 pm - 3:00 pm

#### Gym & Weight Room Hours

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

#### Batting Cages Now Open

Weather Permitting Monday - Friday 4:00 pm - 7:30 pm Saturday 10:00 am - 3:30 pm

## Wee/T-Ball/Softball & Baseball Leagues Games Ongoing

Boys & Girls Club Summer Session June 2, 2014 - August 8, 2014

#### Tribal Election Day

June 7, 2014 Community Resource Center (Old SAIL Center) Voting 8:00 am - 7:00 pm

#### Calvin McGhee Memorial

June 7, 2014 Pow Wow Grounds

## 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

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