

Keeping The Friends & Family Of Poarch Informed Volume 32 * Issue 7 HVYUCE (JULY)



Tribal Election Results

THE OWNER WATCHING





VETERAN OF THE MONTH Pg 34



Pg 14



Dance Team Crowned *Pg 25* **Regional Champs**



Honoring Our Graduates Pg 23 Birthday Wishes Pg 17



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

The *Poarch Creek News* is generated one month prior to the month of publication. <u>The</u> <u>deadline to submit information to</u> <u>be published in the newsletter is</u> <u>the 5th of the month prior to the</u> <u>month of publication</u>. If the 5th falls on a weekend or holiday, the deadline is extended to the next business day.

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

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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.

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, including first Generation Descendants, interested in receiving the *Poarch Creek News* must pay an annual subscription fee.

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 in 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:

Gayle Johnson, Media Specialist Poarch Creek News 5811 Jack Springs Road Atmore, AL 36502 (251) 368-9136 x 2210 Direct Dial # 251 446-5210 gjohnson@pci-nsn.gov www.pci-nsn.gov

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

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





There Are 3071 Tribal Members Of The Poarch Creek Indians

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

Batten, Blake Broadus, Shirley Campbell, Natasha Caudle, James Cordova, Barbara Estain, Sybil Gibson, Charles Gregson, Melanie Harrington, Bridgette Henson, Kenneth Hollingsworth, Victor Knight, Laura Kodet, Amanda Lisenby, Harvey Love, Linda Lundy, Janice McGhee, Howard McGhee, Mattie McGhee-Jones, Anna Pitcock, Shannon Rackard, Charles Rogers, Catherine Rolin, Edward Rolin, Keith Rolin, Morning Rolin, Tommy Taylor, Payton Ward, Phyllis

Hunting License Available July 14, 2014!

Tribal Members may purchase their 2014-2015 hunting license beginning Monday, July 14, 2014.

License may be purchased in Tribal Government Accounting during regular business hours of 8:00 a.m. - 5:00 p.m. Monday through Friday.

Fees:

New Hunting Club Member	\$500
Current Hunting Club Member	\$400
Disabled-Under age 65	\$300
Elder - 65 and above	\$200

There will be a Hunting Club meeting on Saturday, July 19, 2014 at 3:00 p.m. in the Auditorium of Building 500.

Any changes to the date, time, and location of the meeting will be posted on the Tribe's web site and posted via Tribal social media, i.e., Facebook and Twitter prior to the scheduled event.

Please contact Keith Martin at (251) 253-8150 or via email at kmartin@pci-nsn.gov if you have any questions or need more information.



DID YOU KNOW......

At Premier Family Eye Care

- Tribal Members receive 1 free eye exam a year
- Once a month we offer free Retinal Screening
 - We are open to everyone
- We offer a wide selection of brands such as Maui Jim, Kaenon, Ray Ban etc...

Have you had your eye exam this year?

Premier Family Eye Care

5811 Jack Springs Rd. Atmore, AL 36502 251.446.3937

Call and schedule today!

POARCH CREEK NEWS

HVYUCE (JULY)

Fribal Council



Thank you all so much for casting your vote for the candidates of your choice and allowing your voice to be heard. June's election was a historical event for our Tribe. We had record-breaking numbers at the polls and I was honored to become the first female elected as Tribal Chair in Poarch Creek history. When my name was announced, my immediate reaction was tears of joy and an immense feeling of humbleness. I feel truly blessed to have the opportunity to serve my people in this capacity and to know that you have put your confidence in my leadership abilities.

My predecessor, Chairman Buford L. Rolin is the epitome of dedication, service, and integrity. I have had the unique pleasure of experiencing his leadership from my youth. It has been my utmost privilege to work side-by-side with my mentor and to learn from his years of experience. Chairman Rolin and our previous leaders have done a remarkable job of forging a path and providing wise direction for the leaders

HAIR JULY 2014

Stephanie A. Bryan, Tribal Chair/sbryan@pci-nsn.gov

to come. For that reason, my intention is to both continue the endeavors that these remarkable leaders began and facilitate the continued growth and prosperity of the Poarch Creek Indians.

I have fulfilled the role of PCI Vice-Chair since 2006. Once Chairman Rolin announced his retirement, the decision to vie for the position of Chair was both a logical choice and a natural transition for me. Furthermore, witnessing other women stepping into both Tribal and non-Tribal leadership roles was certainly encouraging for me in my decision to campaign for the Chair position.

I am humbled to be the first woman in our Tribe's history to be elected as the Tribal Chair. The Mvskoke (Creek) people are traditionally a matrilineal society and hold great respect for women. I hope to be a worthy role model for the youth of our Tribe, especially our young ladies. I pray that our younger generation will truly grasp the realization that each of them is capable of doing whatever they desire to do regardless of gender.

The Poarch Creek Indians have grown by leaps and bounds over the last decade. Truly, the sky is the limit for our Tribe as long as we remain a unified and humble people. I strive to continuously improve the quality of life for my constituents. As a leader, there is no better feeling than to know I have been part of a decision that positively affects the quality of life for my people. I am ecstatic and eager to embark upon this journey for my Tribe and with all of you, my people. I pray that God will continue to be with our Tribe as we continue to build upon the foundation of our ancestors.

Much love to each and every one of you and your families. May God continue to bless our Tribe with growth and

prosperity!

Tribal Chair Stephanie H. Bryan

"Leadership is practiced not so much in words as in attitude and in actions." Harold S. Geneen

Poarch Creek News

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2014 ANNUAL SOVEREIGNTY CELEBRATION SATURDAY, AUGUST 30, 2014

MAGNOLIA BRANCH WILDLIFE RESERVE TRIBAL MEMBERS & IMMEDIATE FAMILY LIVING IN HOUSEHOLD ONLY

No pets, drugs, alcohol, or weapons allowed

Gates Open: 9:00 a.m. Registration Begins: 10:00 a.m. Blessing of Food: 11:30 a.m. Food Served: 11:30 a.m. – 3:00 p.m. Shirt or bathing suit cover-up must be worn in Pavilion Area**

Tentative Menu: Menu is subject to change prior to event Hot Dogs

Fish Hamburgers Sausage Dogs Hot Dogs Gumbo French Fries eet Potato Frie Hushpuppies Fry Bread Watermelon Roasted Corn

Door Prize Drawing @ 2:00 p.m. Door Prizes are for Tribal Members Only Must be present to win

Please remember the Annual Sovereignty Celebration is for PCI Tribal Members and members of their immediate family living in the household only. Please do not invite extended family members, neighbors, or friends to the event.

No Gators with grooved tires or other ATV's are allowed on the Reserve. Golf carts are allowed except in the food pavilion area.

Contact Magnolia Branch at 251-446-3423 if you wish to reserve a camp site. Space is limited and fills up quickly.

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

Your 2014 Tribal Council



Robert McGhee, Vice Chair* <u>rmcghee@pci-nsn.gov</u>



David Gehman, Secretary <u>dgehman@pci-nsn.gov</u>



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



Kevin McGhee, At-Large kdmcghee@pcigaming.com

*OFFICER APPOINTMENTS

During the June 19, 2014 Tribal Council meeting, Treasurer Robbie McGhee was appointed by the Tribal Council to temporarily fill the Vice Chair position vacated by Tribal Chair Stephanie Bryan unit a special election can be held to elect a Vice Chair. At-Large member Arthur Mothershed was appointed by the Tribal Council to temporarily fill the Treasurer's position until the special election. Once the special election has been held, Robbie and Arthur will resume their regular positions on the Council.

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 selfreliance and enhance quality of life for all.



Arthur Mothershed, Treasurer* <u>amothershed@pcigaming.com</u>



Keith Martin, At-Large <u>kmartin@pci-nsn.gov</u>



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



I would like to take this opportunity to personally thank each of you for your support last year in my election to the Poarch Creek Tribal Council. This past year has been a great learning experience for me.

For the past several years before, my election to Tribal Council, I served on the PCI Housing Authority; I am honored to continue to serve on the Housing Authority as the Tribal Council representative. We have been able to enhance programs and provide new housing programs that will assist our Tribal people with a better and safe living environment.

As we grow as a Tribe I see greater growth within our housing program that will better serve our Tribal communities as well as our Tribal livelihood.

Over the years we have had the opportunity to add additional housing subdivisions beyond the five core subdivisions (Willow Creek, Rolin Hills, Moniac, Red Oak and Fred Walker) such as the new "Walker" subdivision located in Pensacola, FL.

Currently under development is our newest project of two story townhouses, Moniac Townhouses,



Kevin McGhee/kdmcghee@pcigaming.com

located on Lynn McGhee Drive. The Housing Authority has developed a homeowner subdivision, Tullis Manor, and is currently developing another homeowner subdivision, Bell Creek, both of which are located in Poarch.

We have introduced many new housing programs to better assist Tribal families. We now have a Renovation Loan Program through Housing that is available for all Tribal Members in or outside the service area. This loan can be used to add up to \$50,000 in value to the homeowner's property. We have developed other programs such as Senior/Disabled Emergency Funds, Tribal Assisted Homeownership (TAHO), HVAC Heating/Cooling Loan, and Rehabilitation Loan.

I feel honored and proud to be among such great leaders of our Tribe, as well as a generation of leadership within my personal family, such as my greatgrandfather, the late Chief Fred Walker; my great-uncle, Chief Calvin McGhee; and my uncle, the late Chairman Fred McGhee. I feel in my heart these individuals had nothing but the Tribal community in their heart and a vision for our Tribal heritage, rights, and community support. We, the Council, are faced with many important issues through the process of maintaining our current stability and our sovereignty on trust lands. In my experience this past year I have gained more knowledge of the legal battles we as a Tribe are facing at the federal, state and local level, as well as issues within our Tribal communities. As we continue our growth, our communities should focus on the unity our Tribe has been built on.

I know that the biggest issue we are facing today is the Enrollment of our Tribe. I just want to let the General Council know that I take this issue very serious and want to make sure that the approach to this issue is done with the utmost respect and love to all Tribal Members involved whether there is an increase or decrease in blood quota.

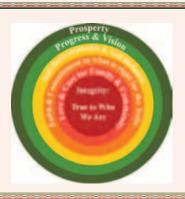
In closing, I say again it is an honor to serve the General Council as a leader on the Tribal Council. I would also ask that all of you continue to pray for the Tribal Council as well as our Tribe. We are faced with many complex issues throughout Tribal and Governmental agencies.

Thank you.

Tribal Council Values

As proud leaders of our Tribe, our integrity demands that we are true to who we are. Our integrity is the foundation of our love for family and community, which strengthens our faith and commitment to do what is right for the Tribe.

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



POARCH CREEK NEWS

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Left to right, Arthur Mothershed, At-Large Council Member, Stephanie A. Bryan, Tribal Chair, and Garvis Sells, At-Large Council Member.

In the exciting and historical election held Saturday, June 7, 2014, Stephanie A. Bryan was elected as the Poarch Band of Creek Indians (PBCI) first female Tribal Chair. Bryan remarked:

"I am so humbled that the General Council chose to put their faith and confidence in my leadership abilities. There is no better feeling as a leader than to know that I've been part of a decision that has positively affected the quality of life for my constituents. Words cannot express how honored I feel to be the first woman elected as the Tribal Chair for the Poarch Creek Indians. I'm ecstatic to be embarking upon this new journey on behalf of my people."

Mrs. Bryan has served as the Vice Chair for the Poarch Creek Indians Tribal Council since 2006. Additionally, she has fulfilled various leadership roles on numerous boards, committees, and authorities including: Chair of the PBCI Tribal Gaming Commission, member of PBCI Health and Family Services Committee, PBCI Budget and Finance Legislative Committee, PBCI Education and Labor Legislative Committee, National Indian Gaming Commission Working Group, and United South and Eastern Tribes Delegate. She will be assuming the position of Chair for the Poarch Band of Creek Indians which was previously held by Chairman Buford L. Rolin, who is retiring.

A swearing in ceremony will be held during the Tribal Council meeting on June 19, 2014 for the Tribal Council candidates who were elected into office on Saturday, June 7, 2014. Along with Mrs. Bryan, incumbents Arthur Mothershed and Garvis Sells will be sworn in as Tribal Council Members at Large.



2014 Tribal Election Results

A total of 1.394 General Council Members voted in AT-LARGE POSITION (2 AVAILABLE) the Tribal Election held on Saturday, June 7, 2014. There were 259 Absentee Ballots, 550 Walk-In Ballots counted and 585 General Council Members who voted in person on Election Day.

Not only was this a record breaking turnout, but history was made when the General Council elected Stephanie A. Bryan as the first female Tribal Chair.

Official results were as follows:	
TRIBAL CHAIRMAN:	
Stephanie A. Bryan	782 votes
Robert "Robbie" McGhee	605 votes
Write-In Candidate	1 vote

Arthur Mothershed, Incumbent	880 votes
Garvis Sells, Incumbent	803 votes
Charlotte Meckel	316 votes
Carolyn M. White	256 votes
William "Billy" Bailey, Jr.	242 votes
Dewitt Carter	173 votes
Rodney Exum (Write-In Candidate)	44 votes

We congratulate each of the newly elected/re-elected Tribal Council Members and look forward to their guidance as Tribal Leaders. We encourage the remaining candidates to stay strong in their desire to lead the Tribe into the future and hope to see their name on the ballot again.

Set your sight on healthy vision if you have diabetes.

Diabetic eye disease has no warning signs and can lead to vision loss or blindness if left untreated. If you have diabetes, visit your eye care professional at least once a year for a comprehensive dilated eye exam.

www.nei.nih.gov/diabetes 1-877-569-8474

Connect with the National Eye Health Education Program (NEHEP) on Facebook and Twitter.









HVYUCE (JULY)

Thank You For Your Vote & Support



I would like to say thank you for everyone who came out and voted in this year's election. It was an impressive turnout. I would also like to take this opportunity to congratulate and wish our new Chair Stephanie Bryan success in her new role for the Poarch Band of Creek Indians. It will

be a challenging but yet rewarding opportunity and I look forward to serving with her over the next three years.

Many individuals have requested that I seek the office of Vice Chair; if this is a position I choose to pursue I hope that I will have everyone's support. Again, thank you for taking the time to vote this year and hopefully we can all work together to address the issues that face this Tribe and challenge ourselves to bring continued success to our Tribal Members.



I would like to take this opportunity to thank everyone for their vote and support during this year's Tribal election. I really enjoyed all of the conversations I had during the campaign process.

I worked hard trying to get my message out to my family and friends, that

is how I feel about all Tribal Members-we are friends, neighbors, and family.

I was not elected, but I want you to know that I heard your concerns and will not forget them. I am not giving up, you will see my name on the ballot again. In the meantime, I am here for you if I can help you in any way do not hesitate to give me a call at (251) 753-7438.

Dewitt Carter.

Robbie McGhee



I would like to take this opportunity to thank everyone for the vote of confidence I received on Saturday, June 7th. We had a record turnout which proves that our people care about the direction of our Tribe.

To serve one's people is an honor and I am fortunate to have three more years. We have accomplished some amazing things at Poarch Creek but if we continue to work together we can and will achieve much more. I previously stated that we have some internal issues that we must address and we will. Again thanks for your support and I look forward to serving you.



I would like to take the time to thank you, the people, for your confidence and support in this year's election.

I've served six years on the Council and I look forward to serving you another term.

If you need me just call me at (251) 253-8795.

God bless you all!

Garvis E. Sells

Arthur Mothershed





Poarch Band of Creek Indians Tribal Citizens, Tribal Employees, USET Tribal leadership, and Chairman Rolin.

United South and Eastern Tribes, Inc/USET Press Release Dated June 2, 2014

(Bar Harbor, Maine) - - For more than 50 years Buford L. Rolin has been a leader to the Poarch Band of Creek Indians, and an advocate for American Indian and Alaska Native issues. Chairman Rolin has been an iconic figure in Indian Country when there have been issues and challenges to meet regarding Tribal healthcare policy and funding. Recently he has announced he will retire from Tribal leadership with the Poarch Band of Creek Indians. . . but not quit he says.

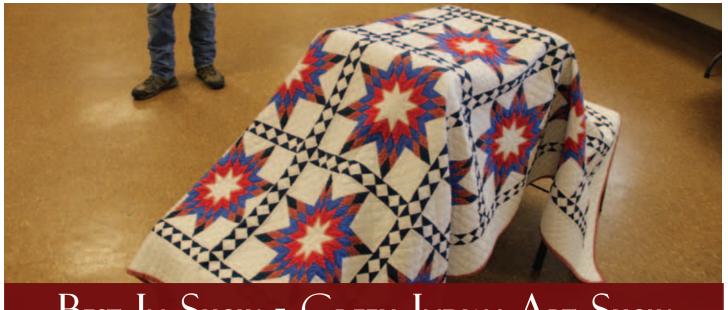
More than half a century ago Chairman Rolin was coming home to Alabama after completing his service to the United States armed forces, when the Chief requested a meeting with him. Rolin told USET, "For as far back as I can remember, Calvin McGhee, our first official Chief, had always called me "son". It always felt natural because his son and I were about the same age. But one day, just after I had gotten out of the (military) service, my parents called me and said, "Calvin wants to see you." Of course I went, and the first thing he said was, "Son, I need your help." And that was the beginning of my life working for our Tribe."

Buford L. Rolin has served as Chairman of the Poarch Band of Creek Indians since 2006 and on its Tribal Council for more than four decades. Chairman Rolin has been a tireless advocate for Indian Country with service on the boards of the Native American Rights Fund, United South and Eastern Tribes (USET) the Tribal Co-Chair of the Tribal Leaders Diabetes Committee, National Indian Health Board (NIHB), and a board member for the National Congress of American Indians.

In 2000, President Bill Clinton, appointed Chairman Rolin to the White House Commission on Complementary and Alternative Medicine Policy. Rolin has received many awards over the years, among them the Jake Whitecrow Award in 2007 from the NIHB, and the Indian Health Service Director's Special

Recognition Award in 2013.

This past March, the Poarch Band of Creek Indians honored Chairman Rolin's lifetime of work by dedicating its new Health Clinic in his name. USET is honoring Chairman Rolin for his contributions as a leader to the organization. USET President Brian Patterson told Chairman Rolin, "USET is moved to take this moment, when our hearts are heavy with joy, to express its gratitude for the love and passion you have given to your Tribe, its citizens, the USET family, and to Indian Country. It is admirable and a privilege to be a Tribal leader and do great things for your Nation. But it is inspiring to learn from a great leader, like you, who demonstrates confidence and courage to be keenly aware that your accomplishments and good work instilled in the community will carry on a legacy of empowerment and provide for many generations to come. Anyone in leadership should all aspire to follow the example you have set."



Best In Show - Creek Indian Art Show

There were 135 Tribal artisans who participated in the 2014 Creek Indian Art Show; some submitted one entry, others submitted several entries. Best of Show was awarded to Mary Jane Tullis for her quilt, Alabama Stars, which was submitted in the Quilting category. Congratulations to Mary Jane and all our Tribal artisans!

ADULT DIVISION FIRST PLACE

Ward elzer
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ny Adams
Jane Tullis
d Rolin
n Adams
n Adams
n Adams
t Selzer
ailey
Selzer
Jane Tullis
n Adams
ı Franklin

Shown above is Mary Jane Tullis' quilt, Alabama Stars, which was selected as Best of Show. Shown to the right is the display for the adult category Mixed Media.

YOUTH DIVISION FIRST PLACE

11



HVYUCE (JULY)



Denver is shown above with staff members from the Health Department. "The Health Department tries to do something every month, together, to have fun or to make a difference. This was an opportunity to achieve both. To contribute to a Tribal Member whom we love and since our work is health "care", we wanted to visibly show how much we do care for Denver and his family. Utilizing our allotted Employee Morale funds, we registered the entire health department to attend which contributed over \$1000 to help support this family. We also had a good time being together and enjoying one another." Ginger Bergeron, Health Administrator

The Boys & Girls Club's Together Raising Awareness (for) Indian Life Program (T.R.A.I.L.) worked diligently to plan and organize 'Coloring for Denver', a two mile color run fund raiser for cancer patient Denver Shuttlesworth. The success of this event was beyond belief. A total of \$6,364.16 was raised and over 300 individuals participated in the event.

Some participants were runners, some were walkers, some were 'painters', helpers, and volunteers; some were supporters who donated items for the silent auction or purchased a 'Coloring For Denver' t-shirt; but the biggest surprise of all was that among those 300 was Denver himself.

As the start time of 10:00 a.m. approached, Stephanie Agerton, Boys & Girls Club Director, spoke to the crowd and told them that a special guest was present. Denver and Sandy Hollinger, Denver's Mom, stepped forward and thanked everyone for coming. "We had not planned to be here," Sandy said "Denver was supposed to go inpatient yesterday but his counts were too low. We were sitting on the porch of the Ronald McDonald House last night and he said that he wished he could be here for the color run. I asked him did he really want to go and he said yes. Ten minutes later we were on the way home! We are honored to be here today to see this overwhelming show of love and support."

The color run started promptly at 10:00 in a cloud of colored powder. The two mile route carried runners/walkers down Lynn McGhee Drive through the Manac Subdivision, up Sells Road to Pow Wow Drive, ending on the Pow Wow Grounds. Chad Johnson was the first runner to cross the finish line followed closely by Ryan Johnson and Kevin Bell. Amber Miller was the first female runner to cross the finish line. Second grader Ryder Spence, was the first of the youth runners to cross the finish line, followed by Christopher Johnson and Daughtry McGhee.

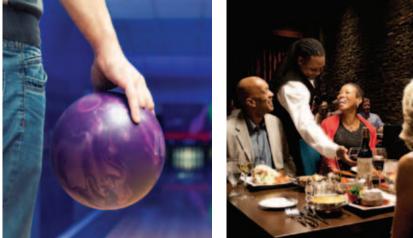
Denver and his family would like to thank the Boys & Girls Club and everyone else who participated for their show of love and support. "This is why we can make it," Sandy said "through God and the love and support of our family and friends. The people of the Poarch community are my family and today shows that they consider us family too."

POARCH CREEK NEWS

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IT'S ALL PLAYABLE HERE.

The possibilities are endless and the exhilaration never stops at Wind Creek Casino & Hotel Atmore. Our luxury hotel boasts spacious rooms and the finest resort amenities, including a relaxing spa and a wide variety of dining options. With more than 1,700 exciting games and entertainment options for the entire family, Wind Creek Casino & Hotel Atmore offers something for everyone.

FIND YOUR WINNING MOMENT.



1-866-WIND-360 | WindCreekAtmore.com Follow us @WindCreekCasino

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Poarch Creek News	Hvyuce (july)	
Daniel Sheets	Paige Johns	Hannah Gregg
June 3, 2014	June 3, 2014	June 4, 2014
VINITYImage: Winity of the second seco	We love you.Mama and Daddy.	We love you.From your family.
Jack Colbert June 20, 2014	Candy Luke June 22, 2014	Stacy Gregg, Jr. June 24, 2014
Special birthday wishes to a special husband, father, grandfather & great-grandfather! With love, your family!	We love you.From your family.	Image: We love you.From your family and Natasha.
Catelyn Phillips Sells June 25, 2014	Joshua Williams June 27, 2014	Kayla Presley June 27, 2014
Wr. Isone reserves reserved.	Happy 17 th birthday Joshua!	Happy birthday Kayla! We love you!
We love you very much. Love Momma, Waylon, Hattie, Corey,	May God continue to bless you with many more years.	Kayla is the daughter of Bodie and Emily Tullis and Angelia and Gary Gibson.

Love Momma, Waylon, Hattie, Corey, Canyon, and Damon.

>×<>

Love Mom, Dad, and Alexis.

 $\langle \circ \rangle$

From your family and friends.

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Poarch Creek News

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POARCH CREEK NEWS HVYUCE (JUL		
Kim Flowers	Jeannie Vickery	Kyle Pruitt
July 1, 2014	July 3, 2014	July 4, 2014
		Happy birthday Kyle! We love you.
Happy birthday Kim!	Happy birthday Jeannie!	Happy birthday Kyle!
Hope you have a big day!	We love you.	We love you.
We love you.	From your sister-in-law Connie and the	From your family.
From your family.	rest of your family.	i toni you tanny.
Noah Perdue	Trey Sheets	Zhoie Shain Rolin
July 7, 2014	July 10, 2014	July 11, 2014
Happy 16 th birthday Noah!	Happy 13 th birthday Trey!	Happy 1 st birthday to our beautiful
My boys are the two halves that make my	We love you.	baby girl. You have brought so much joy into our lives!
heart whole.	From your family and friends.	
Love you, Mom.	rioni your fainity and menus.	We love you, Momma, Daddy, and family!
Emma Lou Gregg	Ashleigha Smith	Ruth Ann Tullis
July 12, 2014	July 12, 2014	July 13, 2014
Happy birthday Emma Lou!	Happy 8 th birthday to the sweetest daughter	Happy birthday,
We love you.	ever!	We love you!
From your family.	We love you and hope you have a great birthday!	From your family and friends.
	Love, Mama, Daddy & Clay.	
XOXOXO	XOXOXOX	

Madison Gregg **Patrick Perdue** Madelyn Hope Boatwright July 14, 2014 July 16, 2014 July 14, 2014 **BIRTHDAY WISHES** Happy Sweet 16! You're a beautiful Happy 22nd birthday Patrick! Happy birthday Madison! blessing! God has great plans for you. We love you. My boys are the two halves that make my We're so proud of you! heart whole. From your family. Love, Mom, Wes, Logan, Nana, Paw-Paw, Uncle Dave, Jessica, Connor, and Love you, Mom. Kendall. **Danny Jackson Chad Odom Ashton Thomas** July 16, 2014 July 19, 2014 July 19, 2014 Happy birthday ! Happy birthday Daddy! Happy 14th birthday! We are proud of the young lady you have grown into. We love you so much! We love you. Love, Tammy & Madison From Lea, MyMy, Leslie, and the rest of Love, Daddy, Jen, Major, Brantlie, your family and friends. and family. Thelma Williamson & Cierra "CC" Caraway **Bodie Tullis** Velma Hollingsworth July 22, 2014 July 25, 2014 July 22, 2014 Happy 17th birthday CC! Hope this Happy birthday Bodie!

day is just as special to you as you are

to us!

We love you.

From your family.

HVYUCE (JULY)

Happy 56th birthday Thelma & Velma! We love you. From your family.

POARCH CREEK NEWS

www.pci-nsn.gov

We love you.

From your family.

Poarch Creek News

HVYUCE (JULY)

IRTHDAY WISHES

Macey Jones July 27, 2014



Happy 5th birthday Macey, we love you!

Macey is the daughter of Frankie Jones and Jennifer Dellaccio.

From all your family.

July 29, 2014

Gary Pruitt, Jr.



Gary will celebrate is 30th birthday on July 29, 2014. Happy birthday, we love you!!

Love, your wife, daughter, and all your family!

Lucas Shane Weaver July 30, 2014



Happy 4th birthday Lucas, we love you!

Lucas is the son of Melton and Magen Weaver.

With love, from your family.

Daniel & Elaine Sheets June 6, 2014

aniel and Elaine Sheets celebrated their 16th wedding anniversary on June 6, 2014.

Daniel, I am thankful to have spent the past 16 years with you and I am looking forward spending to the rest of my life with you! Love Elaine.



Ardis & Hazel Rolin July 4, 2014

rdis and Hazel Rolin will celebrate their 55th wedding anniversary on July 4, 2014.

"God has blessed us with 55 wonderful years. We have good health and four wonderful children. We look forward to God's continued blessings and 55 more wonderful years."



HVYUCE (JULY)



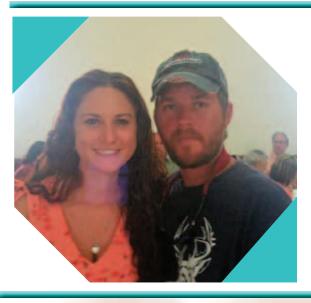
Patrick & Yvonne Crenshaw July 15, 2014

To the Beeboppingest parents a girl could have!

Patrick and Yvonnie Presley Crenshaw will celebrate their 46th wedding anniversary on July 15, 2014.

I love you both with all my heart.

Your daughter, Nikole.



Jake & Liesel Bailey July 18, 2014

On July 18, 2014, Jake and Liesl Bailey will celebrate their third anniversary.

It's a been a roller-coaster with no dull moments.

Love you, Jake Bailey

To all those who have been affected by cancer to yourself or loved ones:

You are invited to our quarterly Cancer Support Group Meeting to be held Tuesday, July 15, 2014, at 6 pm in the Ballroom at Wind Creek Casino, Atmore. Guest speakers from Gulf Coast Cancer Centers will share interesting facts about radiation oncology.

This is the perfect opportunity to gain knowledge, fellowship and support for all of us who have had hurdles to jump and trials to overcome in dealing with the "C" word.

Dinner is provided so please RSVP as soon as possible to:

Helen Hallman at 253-5140 or Cindy Martin at 253-4341.

TARA MCGHEE - DAVID SCHOONOVER WED

ara Marie McGhee and David Schoonover were united in marriage on May 10, 2014 at Corpus Christi Catholic Church in Mobile, AL. The Very Rev. James F. Zoghby, V.F. officiated the ceremony. Parents of the bride are Mr. and Mrs. Wendell McGhee of Mobile, AL. The groom's parents are Deb Howell of Mobile, AL and Bill Schoonover of Sioux City, IA.

The bride was given in marriage by her father. She chose her sister Trixieanne Bush as maid of honor. Kim Schoonover was her bridesmaid. Makalia Howard was her flower girl. Bill Schoonover



was the best man and Daniel Schoonover was the groomsman. Tyler Monroe was the ring bearer. Derek and Dillon McGhee and Colin Howard also attended the bride. The reception was held at Space 301 in the Center for Living Arts. After a honeymoon in Costa Rica the couple will reside in Vienna, VA.

Submitted by William McGhee

Paisley Elizabeth Bivona May 7, 2014

Tracey Berthelot and Vince Bivona proudly announce the birth of their daughter, Paisley Elizabeth Bivona, on May 7, 2014. Paisley was born at East Jefferson Hospital in Metarie, LA; at birth she weighed 4 pounds, 14 ounces, and was 18.5 inches long. She was welcomed by her sister Emma Grace Bivona.

Paisley is the granddaughter of Tommy



and Sheila Colbert Berthelot and the great granddaughter of Jack and Helen Colbert.

Submitted by Tracey Berthelot

SIRTH ANNOUNCEMEN

HVYUCE (JULY)

HVYUCE (JULY)

BIRTH ANNOUNCEMENTS

TREACY ELLA McGhee Tanner May 22, 2014



Brandon Tanner and Pamela McGhee are proud to announce the birth of their daughter Treacy Ella McGhee-Tanner. Ella was born on May 22, 2014 at 1:40pm at Baptist Medical Center East, Montgomery, AL. She weighed 7 pounds and 9 ounces and was 19 inches long.

Ella is the granddaughter of Shirley and Eldnar McGhee and Robert Shoemore and Bessie Tanner.

Ella was welcomed home by her brothers Ben and Elijah, along with other family and friends.

Submitted by Pam McGhee

With Love And Appreciation

We would like to take a moment to extend our gratitude to all of our family and friends and community who helped with the benefit, provided donations, and/or sent prayers on our behalf throughout my pregnancy.

Everything is greatly appreciated. There are no words that will express how grateful we are and how truly blessed it has felt to be a part of such loving and caring Tribal community. It is in time of need that our community expresses its strength and character.

Again thank you for everything that has been done for us. We love you all and know that life is a blessing.

With love and appreciation, Pamela, Ella, and Eldnar McGhee.

To everyone who offered a helping hand, prayer, or gift to the perfect birth of Treacy Ella McGhee-Tanner; we give thanks.

It was an honor to have you experience this journey with us through the good and bad days. God sent us a blessing. For God said he wouldn't place any more on us than we could bear if we only have faith. Through this time, faith has grown and awareness has been raised that God does answer prayers. So many prayers have gone up and so many blessings have come down.

From voices that were heard and those we haven't heard, we are so thankful.

With thanks, Brandon Tanner, Pamela McGhee and Ella McGhee-Tanner.

Poarch Creek News

In loving memory of TyAnthony Dwayne McGhee-Freeman.

My Star In Heaven

I am sending a dove to heaven with a parcel on its wings be careful when you open it Its full of beautiful things Inside are a million kisses wrapped up in a million hugs To say how much I miss you and to send you all my love. I hold you close within my heart and there you will remain To walk with me throughout my life Until we meet again.

Submitted by Pam McGhee

TyAnthony Dwayne McGhee Freeman July 13, 2010 - July 15, 2010



HVYUCE (JULY)

FIVE GENERATIONS



The growth of the Tribe can be easily seen in this photo of five generations of Rolins: Bessie Rolin, Peggy Rolin Couch, Aubrey "Tinker" Rolin, Chason Rolin, baby Gaston Rolin, Tyson Rolin, and baby Anniston Rolin! William Hosea Presley Family Reunion Saturday, August 16, 2014 Community Resource Center (Old SAIL Center) Lynn McGhee Drive, Atmore, AL Bring a covered dish & a \$5-\$10 gift for game. All extended family is invited. Any questions call:

Shirlene Mauldin (850) 291-2658 Carolyn Dortch (251) 253-5885 RIBAL MEMBER SUBMISSIONS

HVYUCE (JULY)

BAGGETT COMPLETES FLIGHT TRAINING



SkyWarrior Flight Training is proud to announce that Rex Baggett, a Poarch Creek First Generation Descendant, has completed his flight training and is now operating as a Certified Flight Instructor (CFI).

Rex first came to SkyWarrior last year and used his First Generation educational benefits to obtain his private, instrument, commercial and finally his CFI rating. He is now employed with SkyWarrior Flight Training as the full time instructor in Bay Minette, AL. Mr. Baggett has worked hard and has been a true inspiration to those who would like to earn a living in the aviation industry. We at SkyWarrior are proud to have him as a part of our team and look forward to working with him.

If you have an interest in scheduling a flight lesson with Mr. Bagget please contact SkyWarrior at 850.433.6115.

Submitted by Greg Sigler, Skywarrior, Inc.

"Once you have tasted flight, you will forever walk the earth with your eyes turned skyward, for there you have been, and there you will always long to return." Leonardo da Vinci

Kevin Colbert Promoted To Staff Sergeant



Kevin Colbert was promoted to Staff Sergeant in the U.S. Air Force. He was promoted underneath the cannons of the historic battleship the USS Missouri in Pearl Harbor where he is currently stationed.

Kevin is the son of Keith Colbert and the grandson of the late Leon Colbert.

Kevin is shown to the left accepting his promotion certificate from Squadron Leader Khouzoam of the Australian Air force.

Submitted by SSgt Kevin Colbert

The USS Missouri was the last battleship commissioned by the United States and was the site of the surrender of the Empire of Japan which ended World War II. The USS Missouri received a total of 11 battle stars for service in World War II, Korea, and the Persian Gulf, and was finally decommissioned on 31 March 1992, but remained on the Naval Vessel Register until her name was struck in January 1995. In 1998, she was donated to the USS Missouri Memorial Association and became a museum ship at Pearl Harbor, Hawaii.

XOXOXOX

GIRLS SOFTBALL TEAM HAS WINNING SEASON

Congratulations to the Poarch Creek Girl's 10 and under softball team. They had a 8-3 winning season.

The coaches would like the girls to know that they are very proud of them and the dedication they had toward practice, their good sportsmanship, and their overall love of the game.

POARCH CREEK NEWS HVYUCE (JULY) RIBAL MEMBER SUBMISSIONS Poarch Creek 10 & under Girls softball team: Bottom row (sitting left to right), Destinee Rolin, Rylee Huskey, and Brooke Schachle. Middle row (kneeling left to right), Payton Gilchrist, Jalia Lassiter,

Submitted by Cassie Lassiter

McKenna Pettis, and Peyton Rolin. Back row(standing, left to right), Harley Sells, Ruthie Huskey, Jamison Janes, Alexis Barnhill, and Cassie Davis. Back row coaches (standing left to right) Rusty Lassiter, Cassie Lassiter, and Jody Gilchrist.

TRIBAL MEMBERS PLAY IN Alabama Community College STATE TOURNAMENT

Tribal Members James Dean and Marshall Rolin finish their community college career at Faulkner State with a third place finish in the state tournament held in Ozark, AL in May of 2014. Their team was also the runner up in the Southern Division.

James is the son of Kim and Jimmy Dean; Marshall is the son of Marty and Melvin Rolin.





James Dean (left) and Marshall Rolin (right).

POARCH CREEK NEWS HVYUCE (JULY) MONTGOMERY COMMITS TO ALABAMA SOUTHERN



Seated Left to right – Andrew Hammonds, Carla Hammonds, Tristan Montgomery, Michael Montgomery, Amanda Montgomery Standing L to R – MHS Coach Randolf, MHS Coach Parazine, ASCC Coach Cook, ASCC Coach Cottrell, MHS Coach Woods, MHS Coach Blake.

On May 14, 2014, Milton High School senior Tristan Montgomery signed to play baseball with Alabama Southern Community College.

He was pursued by ASCC baseball recruiting coaches and will be playing first base for the team. He will begin ASCC in the fall.

Looking forward to future winning seasons and a successful college baseball career!

Congratulations Tristan!

Submitted by Amanda Montgomery

Baseball, it is said, is only a game. True. And the Grand Canyon is only a hole in Arizona. - George F. Will

TRIBE WELL REPRESENTED AT ALL- STAR GAME



The Poarch Creek Indians were well represented in northwest Florida's high school All-Star baseball game on May 22, 2014. Members of the All-Star team included Tristan Montgomery, Brannon Freeman, and Daulton Tullis.

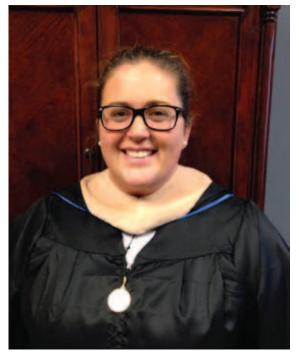
Players were selected from Santa Rosa, Okaloosa, Walton, and Escambia, FL area high schools. These young men played well throughout the season and in the All-Star game.

Shown left to right are Daulton Tullis (Northview High School, Tribal Member), Tristan Montgomery (Milton High School, Tribal Member), and Brannon Freeman (Northview High School, First Generation Descendant).

Submitted by Amanda Montgomery

During my 18 years I came to bat almost 10,000 times. I struck out about 1,700 times and walked maybe 1,800 times. You figure a ballplayer will average about 500 at bats a season. That means I played seven years without ever hitting the ball. Mickey Mantle, 1970

Honoring Our Graduates & Academic Achievements



Thomas Earns Masters Degree

Congratulations to Jennifer Thomas. Jen graduated from the University of West Georgia on April 26, 2014 with a Master's Degree in Business Administration.

We are very proud of you!

Love your family.

Submitted by Josh Thomas

Justin Stabler Receives Honor Society Award

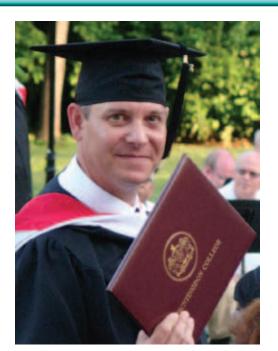
Congratulations to Justin Stabler for receiving a Political Science Honor Society Award from Auburn University. This is Justin's second National Honor Society Award this academic season.

Justin's Mom, Velma Hollingsworth, family, and friends are very proud of his accomplishments.

Keep up the good work, one day it will pay off! God Bless You!

Submitted by Velma Hollingsworth

This article was originally published in the June 2014 issue of the Poarch Creek News indicating that Justin attends the University of Alabama, not Auburn University. The Poarch Creek News accepts full responsibility for indicating that Justin attending a college that is not his Alma Mater. We personally apologize to Justin and his mother, Velma Hollingsworth, for this mistake and wish Justin the best of luck in his future endeavors.



Peavy Graduates With Honors

Congratulations to Shannon Peavy. Shannon graduated with honors from Huntingdon College in Montgomery, AL. with a Bachelor of Science Degree in Business Management.

We are very proud of you!

Love your family.

Submitted by Shannon Peavy



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Honoring Our Graduates & Academic Achievement



Andrews Graduates With Honors

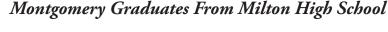
Congratulations to Shyla Marie Andrews for graduating from Baldwin County High School with Honors.

Now that you've graduated, Your adventure has begun, Your schooling has prepared you For the race life has you run. We praise you for you efforts, And send good wishes, too, For a future filled with happiness, And your fondest dreams come true.

We are so proud of you!

Love, Dad, Mom, Jami, Aaron, Mylynn, and the rest of your friends and family.

Submitted by Tammy Andrews



Congratulations to Tristan Montgomery for graduating from Milton High School on May 27, 2014. Tristan signed with Alabama Southern Community College to play baseball. He will be attending ASCC in the fall.

We are so proud of you and the young man you have become. There is no doubt of the great things you will accomplish in life. We love you so much!

Love, your family & friends

Submitted by Amanda Montgomery



Alexis Williams Graduates From Avon Park High School

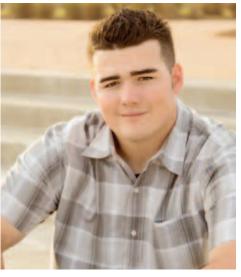
Congratulations on your outstanding achievements in high school! Alexis graduated Avon Park High School May 30, 2014 with high honors.

Alexis plans on attending college in the fall to become a Dental Hygienist.

We love you and are very proud of you.

Love Mom, Dad, and Josh.

Submitted by Callie Williams



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Poarch Creek News

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RIBAL MEMBER SUBMISSIONS

Honoring Our Graduates & Academic Achievements

Tanner Liddy To Attend Aspirnaut Program at Vanderbilt University

The Aspirnaut[™] program of University Medical Vanderbilt Center is proud to announce the acceptance of Tanner Liddy from Adamsville High School into their 2014 Summer Research Internship Program at Vanderbilt University Medical Center. Students were chosen from a highly competitive application pool based on a strong interest in and aptitude for science and math, high academic teacher's achievement, and recommendations.

The program provides high school and undergraduate students the opportunity to work in biomedical research laboratories where they will be involved in ongoing autoimmune disease, diabetes, and kidney disease research. Liddy will be fully engaged in the ongoing research projects of the lab including conducting experiments, collecting data and analyzing results. They will present their work to Vanderiblt and visiting scientists at the end of the experience. Students will also be exposed to professionals that can help create a foundation for a successful future in the sciences and they will also receive a scholarship for their efforts.

The summer program will run from June 1 through July 12, on Vanderbilt University's beautiful and historic campus, near downtown Nashville, Tennessee. The students will reside in campus housing during their internship.



Tanner is the son of John and Carolyn Liddy and the grandson of Carl and LaVerne Liddy and John Dexter and Helen Williams.

Congratulations Tanner.

Submitted by John & Carolyn Liddy

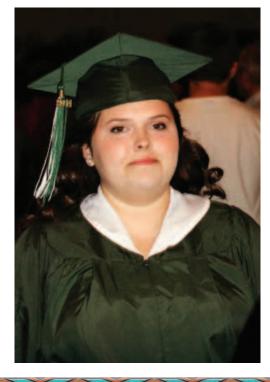
Peyton Findley Graduates From Flomaton High School

Congratulations to Peyton Findley for graduating from Flomaton High School on Friday, May 30, 2014. Peyton was Class President of her class and she will be attending Fortis Institute in Pensacola, FL this upcoming fall.

We are so proud of you and the bright beautiful young lady that you have become. God bless you on your journey in life.

Love,

Mom (Lori), Dad (Greg), Sister (Paige), MeMaw (Velma), aunt (Candace) and cousins (Emily & Curt).



Submitted by Lori Waters

POARCH CREEK NEWS HVYUCE (JULY) HONORING OUR GRADUATES & ACADEMIC ACHIEVEMENTS



Congratulations On Your Graduation

Congratulations to Brice McGhee, Kortlan Peebles, and Cameron Murphy on their recent graduation from Escambia Academy. Brice is the son of Jaime and Daniel McGhee; Kortlan is the daughter of Mandy and Anthony Peebles, and Cameron is the son of Ginger and Doug Murphy.

I have watched each of you grow and develop into outstanding individuals, students and athletes.

I am proud of each of you and the accomplishments you have made. I know the future holds great things for each of you.

Congratulations, Robbie.

Submitted by Robbie McGhee



Dalton Coy Smith Graduates From Flomaton High School

Congratulations on your recent high school graduation.

Dalton is the son of Rosalind and Jamie Smith and Amber and Stacey Bullard.

We wish you much success in all your future endeavors.

We love you, your family.

Submitted by Denise Young



Tyler Lane Smith Graduates As Valedictorian From Flomaton High School

Tyler is the son of Rosalind and Jamie Smith and Vance and Melissa Smith.

We are so proud of the responsible and intelligent young man that you have become. We commend all of your accomplishments and support you in your future endeavors. We are confident that you will succeed in all your pursuits.

We love you, your family.

Submitted by Denise Young

HONORING OUR GRADUATES & ACADEMIC ACHIEVEMENTS

Franklin Graduates With Honors

Congratulations to Meagan Franklin for graduating with honors from T R Miller High School in Brewton, AL. Meagan plans to attend Jeff Davis Community College in the fall and later transfer to University of South Alabama pursuing a career as a Physical Therapist.

Meagan is the daughter of Allen and Teresa Franklin from Brewton. She is the granddaughter of Charles and Laura James, and Bo and Judy Franklin of Brewton and the great-granddaughter of the late Greeley and Alberta McGhee.

We love you Meagan, and are proud of you and all your accomplishments. We know you have a bright and promising future ahead of you. Always know that we are behind you and support you 100%,

Mom, Dad, and Hunter.

Submitted by Teresa Franklin

Gibson Receives General Education Diploma

Shawn Armond Gibson was awarded the General Education Diploma during the 2014 graduation ceremonies at Jefferson Davis Community College in Brewton, Alabama on Friday, May 9, 2014.

Shawn is a First Generation Poarch Creek, and is the son of Clay Gibson and Jillian Armond.

Congratulations and heleswy heres Shawn!

Submitted by Kenny Shivers

Bailey Jones Receives Several Awards

Bailey Jones, a fifth grader at Escambia Academy (EA), received several awards during EA's Honors Day Award Ceremony. Bailey received awards for A Honor Roll, Accelerated Reader, Perfect Attendance, Girl Scout, DARE Program, Art, and Box Tops.

Bailey is the daughter of Frankie Jones and Natalie Rodgers. She is the granddaughter of Clara and Kenny Ray Jones and Melanie and Thomas Guy.

Congratulations Bailey, we are very proud of you and your accomplishments and wish you the best in the 6^{th} grade.

Submitted by Clara Jones









McGhee Wins First Place in AISA Reading Competition

Meredith McGhee was honored by the Alabama Independent School Association (AISA) as its first place winner in the state for its Third-Fifth Grade Division. Meredith is a fifth grader at Escambia Academy in Atmore, Alabama. She received the award for reading 41,744 pages since the first of the school year. Meredith is pictured to the left with her teacher Mrs. April Lamb.

Meredith is the daughter of Kent and Tracy McGhee, the granddaughter of Arentha and the late Willis McGhee, and John and the late Dottie Colbert Padgett.

Submitted by Tracy McGhee

Fred L. McGhee Learning Center Students Excel At Language Fair



On April 7, 2014, students from the Fred L. McGhee Learning Center competed in the Oklahoma Native American Youth Language Fair (ONAYLF) in Norman, OK. They won 1st place in their skit, "I Went Walking". They won 3rd place in their song, "In The Sweet By and By." We are so proud of the students for doing such a great job learning the Mvskoke language and representing our Tribe so well.

We would like to say a special thanks to Greg McGhee, Mary Boyte, and Brittany Linam for working with the students to learn the language and prepare for this trip. Also, thanks to the Calvin McGhee Cultural Authority for sponsoring the trip, the staff for helping plan this trip, and Amber Alvarez, Kim Rackard, and Nora Franklin for sewing their outfits.

Front row: Left to right: Anna Grace Hollinger, Lucas Weaver, Major Thomas, Kendall Kinman, Kai Barnhill, and Autumn Rolin. Back row: Left to right: Kamden Martin, Kylee Johnson, Aiyannah McGhee, Levi McGhee, Savannah Gibson, Cash Griffey, Kolby Rayborn, and Marlie McGhee.

Submitted by Karla Martin

Education is the most powerful weapon which you can use to change the world. The main hope of a nation lies in the proper education of its youth. A child without education is like a bird without wings. Nelson Mandela

Erasmus

Tibetan Proverb

Poarch Creek News

HVYUCE (JULY)

SUMMER TIME SAVINGS!

All Riding Mowers, Patio Furniture and Recliners on sale!

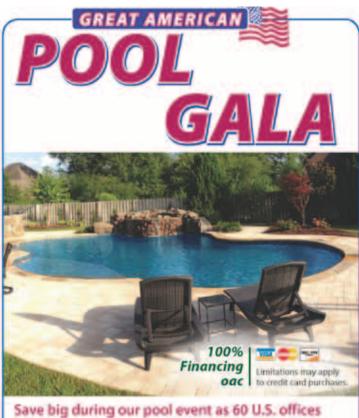


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Annual Appliance Sale June 26-July 51 Best appliance prices of the year1 REGISTER TO WIN DAILY PRIZES111



Celebrating 100 years of Customer Servicei 312 N. Main St., Atmore Open 8am-5pm, Mon.-Sat. (251)368-8595



Save big during our pool event as 60 U.S. offices offer superb values on automated, water- & energyefficient, virtually chlorine-free backyard resorts!



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www.pci-nsn.gov

Hvyuce (july)

CREEK WAR OF 1813-1814 Submitted by Robert Thrower, Tribal Historic Preservation Officer (THPO)

Many changes in land territories and boundaries within the present day Southeastern United States had taken place by 1813. When our Poarch Creek ancestors had moved down from their Upper Creek tribal towns around the junction of the Coosa/Tallapoosa Rivers and into

the Tensaw area in the late 1790's, they had no concept yet of the name "Alabama". Instead they were inhabiting a region referred to as "Mississippi Territory" also known as the "Southwest Frontier".

The present day state of Florida was then Spanish territory. What we refer to today as the panhandle of Florida, was a portion of Spanish Territory known then as Spanish West Florida. The western boundary of this territory had reached all the way to the Mississippi River as late as 1810. Following the West Florida Rebellion of 1810 the western boundary of Spanish Florida moved eastward to the Pearl River in Mississippi, and by 1813, the year the Creek War began, the border had moved eastward to the boundary of the Perdido River for present day Northwest Florida.

It is important to have some understanding of this constantly changing geography when studying the Creek War if 1813-14. In July of 1813, a group of Upper Creek Warriors journeyed down to Spanish Florida into Pensacola, seeking gunpowder and lead



Robert Thrower, THPO

shot from the Spanish to prepare them for conflicts with American Government that would soon erupt into a national war.

Little did they know that on their return trip they would be attacked by local militia, resulting in the Battle of Burnt Corn Creek on July 27, 1813,

which in turn would lead to the Fort Mims Massacre. These events would quickly bring about the beginning of the Creek War of 1813-14.

In the next article we will examine the Battle of Burnt Corn in greater detail.

Submitted by: Robert G. Thrower, THPO

BOOKS OF THE NEW TESTAMENT

ACTS OF THE APOSTLES Vpastelvlke Enfulletv

ROMANSLomvlkeI CORINTHIANSKvlenrvlke EnhvteceskvII CORINTHIANSKvlenrvlke Svhokkolat

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

Veteran Of The Month



Don Manac PFC United States Marine Corps

This month's Veteran of the Month is the late Don Manac. The article we are featuring this month was originally published in the November 2011 issue of the Poarch Creek News.

My Brother Proudly Served

Poarch Creek News November 2011

As Veteran's Day approaches, Carlvin Manac thinks about his late brother, Don Manac. Veteran's Day is a national holiday established to honor and remember all Veterans and to pay homage for their many sacrifices; Carlvin remembers Don every day, but especially on Veterans Day.

Marine Corps Private First Class Don Manac served during the Vietnam War. During an act that many

Hvyuce (july)

have called "heroic" Don was mortally wounded doing what he did not think of as heroic, but as the right, and only, thing to do. His actions on that day, August 20, 1970, earned him a Silver Star. The Silver Star and the following citation were presented to his family.

"The President of the United States takes pride in presenting the Silver Star Medal posthumously to Private First Class Don Manac, United States Marine Corps, for service as set forth in the following CITATION:

For conspicuous gallantry

and intrepidity in action while serving with Company H, Second Battalion, Seventh Marines. First Marine Division in connection with combat operations against the enemy in the Republic of Vietnam. On August 20, 1970, Private First Class Manac was a member of a reaction force which was directed to relieve another Marine unit that had been pinned down by fire from a large North Vietnamese Army force. Arriving at the site of the beleaguered unit, the reactionary force came under intense automatic weapons fire and during the initial moments of the



The state of Georgia honored PFC Don Manac by dedicating the bridge on SR 94 in Fargo, Georgia, at the Clinch/Echols County line, crossing Suwannoochee Creek, as the PFC Don Manac Memorial Bridge.

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ETERAN CF

THE MONTH

engagement, two marines were seriously wounded. Observing that the casualties were lying in an open area, Private First Class Manac unhesitatingly moved across the fireswept terrain to the side of his comrades and, seemingly heedless of the enemy rounds impacting around him, dragged them to a cover location. Having necessarily left their weapons behind, and determined to prevent their destruction or capture by the hostile force, he again braved the enemy fusillade as he retrieved the rifles but, before he could reach the safety of his platoon's defense, he was mortally wounded by automatic weapons fire. His heroic and determined actions inspired all who observed him and were instrumental in saving the lives of two fellow Marines. By his courage, bold imitative, and selfless devotion to duty in the face of grave personal

danger, Private First Class Manac upheld the highest traditions of the Marine Corps and of the United States Naval Service. He gallantly gave his life in the service of his country.' For the President, Will K. Jones, Lieutenant General, U.S. Marine Corps, Commanding General, Fleet Marine Force, Pacific."

Private First Class Don Manac gave the ultimate sacrifice for his fellow Marines, for his family, his Tribe, and his country. We are honored to share this story with you. Mvto to Carlvin Manac for sharing this story of valor, pride and history with us.

HEART CARE

Atmore Community Hospital 401 Medical Park Dr., Atmore



POARCH CREEK NEWS

HVYUCE (IULY)



The Utilities Authority has begun evaluating UV (ultraviolet) equipment manufactures for the implementation of the ultraviolet disinfectant process at the East Well.

We have selected and processed the order for the new garbage truck as well as the new front loader, dumpsters, and cans.

The 2013 CCR (consumer confidence report) is being published and will be

JEWS & INFORMATIO

UTILITIES AUTHORITY

administered to the customers in June.

We have finalized the date for installing the spectra shield linear at the Sunset Drive Lift station to rehab and protect the station from deterioration caused by corrosive condition.

In between all other ongoing activities, the Utilities Authority continues to work on upgrades and repairs on all infrastructures to ensure quality service to

all customers addition in establishing new service to connections.

The Utilities Authority welcomes Nathan Dortch to our department as the new Utilities Maintenance Foreman.

Submitted by Josh Thomas/Ashley Lowe



SSISTED LIVING NEWS & INFORMATION

Want To Take A Tour?





POARCH CREEK NEWS HVYUCE (JULY)
NEWS & INFORMATION

Mentor Program Open House Held June 3,2014







B&G CLUB WILL BE CLOSED FRIDAY, JULY 4, 2014

www.pci-nsn.gov

HVYUCE (JULY)



Are You Ready For Some STICKBALL?

Friday, August 29, 2014 6:00 p.m. Pow Wow Grounds

Hot dogs, chips, drinks, & snacks will be provided

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

CMCA reserves the right to reschedule or cancel game due to inclement weather.



VEWS & INFORMATION Pow Wow Club

REGISTRATION

The Calvin McGhee Cultural Authority (CMCA) is now accepting applications for the 2014-2015 Pow Wow Club. Applications are available at the Tribal Museum and on the CMCA page of the web site, www.pci-nsn.gov.

The Pow Wow Club is open to Tribal Members and 1st Generation Descendants ages 8-18. Applicants must be 8 years old by September 1, 2014.

To be a member of the Poarch Creek Pow Wow Club, it takes much dedication and time from students and parents as well. Please keep in mind that the scheduled meetings will interfere with many sports and extracurricular activities (football, cheerleading, band, etc.). Practices and events will be scheduled as best as possible around such activities, however, some conflicts may occur. Good attendance at Pow Wow Club meetings is mandatory.

This is a competitive process. There is limited space so not all applicants are guaranteed to be selected. Applicants will be selected based on application completeness, tribal membership, essay question answers, grades, previous dance experience, and participation in extracurricular activities and community service.

All applications must be turned in by July 18, 2014 at 5pm. They may be turned in at the Calvin McGhee Cultural Authority, or mailed to:

Poarch Band of Creek Indians Attn: Chris Blackburn 5811 Jack Springs Road Atmore AL 36502

For further information, please contact Planning and Events Coordinator, Chris Blackburn @ (251)-368-9136 ext 2052 or email: cblackburn@pci-nsn. gov.

HVYUCE (JULY)



The Education Department is proud I to announce an exciting new program a beginning May 2014. Tribal Member and a First Generation students are eligible to I 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 Parents are responsible for making all program arrangements and paying any fees over the mber and amount paid by the Tribe. Travel costs will ligible to 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		lerie Vick lar Plastics	Dr. David Helton Optometrist		
Dr. Alan Franklin Retina Specialist		lins Tindell act Specialist	Dr. Sunil Gupta Retina Specialist		
Atmore Vision Ce			eville Eye Care		
166 Lindberg Aver		3016 S Alabama Avenue			
Atmore, Alabama 3	36502	Monroeville, Alabama 36460			
251-368-8767		251-743-3384			
"We have	alasse	s to fit vou	r budaet."		

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. HVYUCE (JULY)



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) <u>every 4 years</u>.
- \$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 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.

Summer Tutoring Program June 1, 2014 - August 7, 2014

Our program features small groups and one to one tutoring by experienced tutors!

We will address any areas of concern focusing on Math and Reading for all grade levels!

Note: Students must be Tribal Members or 1st generation to participate.

<u>JEWS & INFORMATION</u> 2014-2015 School Supply Reimbursement Program

Areas of Learning:

Reading Comprehension, Fluency, Phonics/ Decoding, Language Arts Review, Math Review, Skill Building, Enrichment, Special Needs, Handwriting Practice, Essay Writing, Book Reports and MORE!

Join the PCI Education department in keeping your child on track with summer learning!

To sign your child up or for more information about our summer tutoring program, please contact: Christyn Sells, Children's Services Coordinator @ (251) 368-9136 ext. 2244 or csells@pci-nsn.gov

More About 4-H Club Steer Program July 7, 2014@ 5:30 p.m. Education Department

This meeting is open to current Poarch Creek 4-H Club members and youth ages 9-18 who reside in a Tribal household who wish to learn more about the 4-H steer program and their Parents/Guardians are all invited! We will be discussing details of the 4-H steer program and go over some basics of showing a steer.

Supper will be served.

For more information, please contact Christyn Sells-Children's Services Coordinator/4-H Leader at (251) 368-9136 x 2244 or csells@pci-nsn.gov.

Education Advisory Committee Meeting

The Education Advisory Committee will have its monthly meeting Tuesday, July 8th from 3pm to 5pm in the Family Services Conference Room located at the Buford L. Rolin Health Clinic. If you would like to address the Committee at this meeting, please contact Karla Martin at ksmartin@pci-nsn.gov to be added to the agenda.

Hvyuce (july)



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!

Darrell Hollinger, Garden Supervisor (251) 368-9136 x 2012 /Office or (251) 253-5892 /Cell

> Veronica McGhee, Casual Help (251) 359-2669



POARCH CREEK NEWS



NEWS & INFORMATION Summer LIHEAP Distribution Dates: May 1, 2014 - July 31, 2014

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.

L Stop the

Violence

Prevent the

Abuse **J**

Beginning May 1, 2014, all applications will be accepted in The Family Services Department waiting room located on the second floor of the Health Department.

If you previously participated in the 2014 Winter LIHEAP program, you do not need an appointment for Summer LIHEAP. You will need to fill out a one page application and present your current energy bill and current income to Family Services Department. You will not be allowed to turn in your application without this information attached.

If you did not participate in Winter LIHEAP, you will be required to fill out a full application and will be required to complete the interview process and submit all required documentation.

Priority is given to Senior households, clients receiving disability income, households with children under the age of 5, and households receiving Food Stamps or TANF benefits.

LIHEAP does NOT pay for any additional fees or services such as late fees, connection fees, outside lights, etc.

Approval amounts range from \$250-\$325. You will be responsible for any charges that are not covered by LIHEAP. If your bill is less than the awarded amount, only the total amount of the bill will be paid.

Required Documentation

- Current energy or gas bill.
- Social Security cards for ALL members of the household. There will be no exceptions or approvals without SS cards. This is a federal requirement.
- Tribal ID for applicant/head of household.
- Current income verification for all household members that are over the age of 19, such as pay stubs, paychecks, letters of salary verification, etc.
- If anyone in the home over age 19 is unemployed, you must bring a statement verifying they are not working. The statement must be signed by three people who do not reside in your household and must include their phone numbers.
- Current verification if receiving state unemployment benefits.
- CURRENT Social Security or Disability Income Verification. We must have current income verification on file for all 2014 applications and services.

State Estimated 1-person State Me- dian In- come for a 4-person household		2-person 3-person household household		4-person household	8-person household	6-person household	For each additional person, add :	
Alabama	\$64,899	\$20,249	\$26,479	\$32,709	\$38,939 \$45,169		\$51,399	\$6,230
Florida	\$65,406	\$20,407	\$26,686	\$32,965	\$39,244	\$45,523	\$51,802	\$6,279



POARCH CREEK NEWS HVYUCE (JULY) NEWS & INFORMATION

Crisis Assessment Program

The purpose of the Crisis Assessment Program is to assess cases to determine need and to establish appropriate intervention goals to help the Tribal Member household become financially solvent. Please contact us to schedule an assessment if you are experiencing financial crisis situation before you take out a title loan. Title loans will destroy you financially!

Common issues addressed through this program include but are not limited to:

- Financial Management
- Major Medical issues not covered by insurance or the flex card
- Transportation
- Housing
- Other circumstances addressed on an individual basis

Timing is essential. Please do not wait until a crisis situation devastates you financially.

Please note it can take several weeks to complete and process program applications.

The Crisis Assessment process includes:

- Meeting with the Crisis Assessment Coordinator so that your current situation can be assessed and a case plan can be created.
- Taking a drug test.
- Meeting and working with the Financial Counselor to enhance financial management skills.
- Agreeing to get 2015 per capita monthly to secure financial solvency throughout the year.
- Proof of how you spent 2014 per capita.
- Payment, if approved, is rendered to vendors to cover financial expenses.

To apply for the Crisis Assessment Program, please contact Melissa Durden at (251) 368-9136 ext. 2061 to schedule an appointment.

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!



HVYUCE (JULX) NEWS & INFORMATION

PHYSICAL THERAPY

We are very proud to announce Physical that our Therapy Department is now open. We have hired Brittany Martin as our Physical Therapist. Physical therapy (sometimes abbreviated to PT) is a health care profession primarily concerned with the remediation of impairment/ disabilities and the promotion of mobility, functional ability, quality of life and movement potential. Some benefits to physical therapy include improving motion and mobility, avoiding surgery and prescription drugs, and recovery following surgery. PTs are healthcare professionals who diagnose and treat individuals of all ages, from newborns to the very oldest, who have medical problems or other health-related conditions, illnesses, or injuries that limit their abilities to move and perform functional activities as well as they would like in the daily lives. For additional information or to schedule an appointment, please contact Allison Mills at (251) 368-9136 ext. 2360.

DIABETES AWARD

The prestigious American Diabetes Association Education Recognition Certificate for a quality diabetes self-management education program was recently awarded to the Poarch Creek

Crisis Assessment Program

Indian Health Department's Education Program. Diabetes Programs apply for recognition voluntarily. Programs that achieve recognition status have a staff of knowledgeable health professionals who can provide participants with comprehensive information about diabetes management. Education Recognition status is verified by an official certificate from ADA and awarded for four years.

RADIOLOGY UPDATE

Radiology has contracted with the University of South Alabama teleradiology department to read all of our x-ray images. Teleradiology is the term used for internet based transmission of x-ray images from one location another. Teleradiology to improves patient care by allowing Radiologists to provide a diagnosis without actually having to be at the location of the patient.

DOT PHYSICALS

The clinic has received a directive from the State of Alabama that only Department of Transportation (DOT) certified physicians can perform DOT physicals. We have researched options and Dr. Dejardens has graciously agreed to obtain the DOT certification in June to become a certified DOT physician. We will resume these services in July.

AUDIOLOGY/HEARING SERVICE NOW AT HEALTH CLINIC

Audiology services are available on Mondays from 1pm – 5pm in our Primary Care Clinic. We offer hearing tests for all ages. Please note this service is not just about hearing aide testing but much more. If you or your children have experienced frequent ear infections, vertigo, decrease in hearing clarity, dizziness, ringing in ears, than this is a great service for you. If you need to make an appointment call NARO at 251-867-7711 or 251-937-8731.

FREE RETINAL SCREENING

Once yearly retinal screening appointment is carried out to identify early signs of diabetic retinopathy. If allowed to develop, diabetic retinopathy can lead to blindness. For this reason it is important to attend your retinal screening once a year. We do free retinal screenings each month and invite everyone to attend. Free retina screening for the month of July has been scheduled for Thursday, July 31, 2014 from 8:30 am - 9:30 a.m.

COMING SOON!

Drive-Thru Window at Tribal Pharmacy to Open Summer 2014.



NEWS & INFORMATION APPLICATIONS ACCEPTED ON A DAILY BASIS

Poarch Creek News

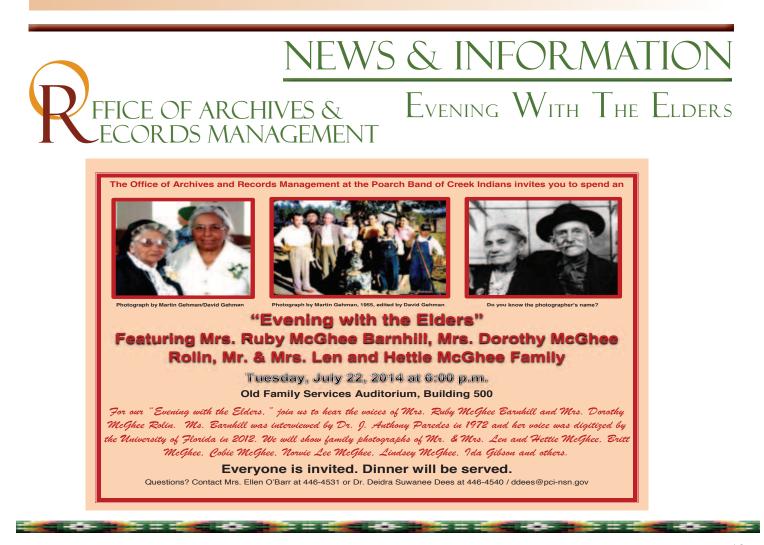
become available:

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

pplications for the following Housing Applicants are responsible for providing programs are available on a daily basis all necessary information and accurately and will be processed as vacancies/funds 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.

HVYUCE (JULY)

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



Poarch Creek News Hvydce (july) The Cow That Got Doctored¹

As told to Deidra Suwanee Dees, Ed.D. by Creek elder Mrs. Roberta McGhee Sells

"Yeah, we was in the woods a lot of times. Back then the cows kept the undergrowth cut down. We'd turn out the cows to pen up hogs to clean out the hogs. The next day we'd have to go way across them woods to find those cows and bring them back home."

"My mama gave me a setting hen. I I took care of her and raised her. I named her Anna. I was just a little girl. She got grown and she set, and she had several little biddies. My brother Mal had some cows and this Jersey cow got sick. He come over there—*he always wanted the cream of the crop*. He said to Mama, 'I want that ole hen with those biddies. I got that ole heifer out there. You can have her, but you have to doctor her up.""

"Mama said, 'Mal, she ain't mine. She belongs to Bert.' He said, 'Well, Bert belongs to you, don't she?'"

"Mama said, 'You let him have her because you know how he is. When we doctor the calf and when we get her well, you can have her.' That kinda satisfied me a little bit."



Mrs. Roberta McGhee Sells served on the Tribal Council of Creek Nation East of the Mississippi in the position of Secretary from 1950-1977.

"We doctored that ole cow and doctored her. She had hollow horns and a hollow tail. We cut them horns off and filled up what was left with runtar, turpentine... We just made up a solution. Then we tied it up so she couldn't get it off. Then the tail was split and cut, and we filled it up with the solution. We got a piece of material and *wrapped it, wrapped it, wrapped it.* In a few days, the ole cow was really improved. I named her Singy. She got up and got grown."

"We always would have to turn the cows out to go to the woods to feed. And she was the leader of the bunch. She didn't get very big. My Mama would get out on the back porch and she'd call, '*Cooooh, Singy!*' Singy raised her head up and listened. The next time she hears that holler, she strikes out coming this-a-way and the others would follow. She was trained pretty good."

"She was the best milk cow. I remember she gave the best milk we ever had. You could sit in a chair and milk her, and she wouldn't never move. She brought us a lot of calves. We kept her all her life. I'm always bad about doing that anywaykeeping animals around. I got a old cow out there now-the only one I got—Singy's granddaughter. My son said, 'Mama, why don't we carry old Dolly to the sale pen.' I said, 'No sir! Dolly ain't the first cow and she ain't gone be the last one to die on this hill."

"Singy's passed on. Mal's passed on. I don't know what ever become of Anna and her biddies. Singy sure lived a long time. When she died, we buried her under that oak tree over yonder. He never knowed it, but I think I got the better end of the deal than Mal."

¹Leon Knight, ed. Full Circle Twenty Seven. (Robbinsdale, Minnesota: Guild Press, 2006), p. 10.

Tribal offices and Boys & Girls Club will be closed Friday, July 4, 2014 in observance of Independence Day. Please remember this closure when planning your visit to the Clinic, Pharmacy, or other Tribal Adminstrative office.



YOUR HEALTH MATTERS Small Decisions Make Big Things Happen

Who Needs Testosterone? YOU.

Testosterone is a small hormone that has a *big* **impact.** Testosterone allows you to maintain high energy levels. It also plays an important role in maintaining muscle mass production, fat loss and sex drive. Low levels of testosterone cause you to feel tired, and not get the most out of your day, never mind your training sessions. This stuff is a game changer – good for men and women!

Let's look at a few testosterone *lowering* culprits, and what you can do improve testosterone naturally.

What Causes Low Testosterone?

- 1. Alcohol Consumption: Alcohol lowers your testosterone levels and blocks the secretion of Human Growth Hormone (HGH). These two hormones are key for recovery, fat lost, and muscle growth.
- Not Enough Sleep: Testosterone production requires 7-8 hours of undisturbed sleep. The majority of testosterone used every day is replenished at night. A good night's rest will do wonder's to your testosterone levels.
- 3. Excess Body Fat: When you are overweight, your body produces more estrogen and has higher levels of inflammation. These high levels of inflammation reduce the production of testosterone, which inhibits weight loss. Focus on losing body fat and your testosterone level will naturally start to climb.
- **4. Sugar:** Eating sweets and foods with sugar causes an inflammatory response in your body and lowers blood testosterone levels by 25%. Yikes! Limit your sweets and your feel a healthy new energy!



Key Points to keeping your testosterone levels high:

- Strength train weekly
- Get quality sleep every night
- Limit your sugar intake
- Limit alcohol consumption to 1-2 drinks per day

When you take care of yourself and maintain your testosterone levels you will have more energy, feel happier and increase your productivity. Keep your healthy habits going!

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



HVYUCE (JULY)



YOUR HEALTH MATTERS Small Decisions Make Big Things Happen

I'm STRESSED!! Lets Eat!

Life has a way of throwing us curveballs, which can lead to stress. *Stress* can lead to overindulgence in the wrong foods. When your stress levels rise, so does your desire for comfort foods. Foods like macaroni and cheese, mashed potatoes and gravy, cakes and other sweets, can seem like a good choice to make you feel better. However, rich and calorie dense foods only lead to increased extra body fat and a lethargic feeling after eating them.

Help yourself to feel better short term and long term by following these nutritional tips when you are feeling stressed:

• Breakfast:

Consistently eating breakfast is important in maintaining appropriate blood sugar levels. It also leads to better food choices throughout the day and keeps energy levels steady. Good breakfast choices include slow cooking oatmeal, eggs, low-fat Greek yogurt, fruit and fruit smoothies.

• Lunch and Dinner:

Choose lots of vegetables or salads with lean protein, like chicken or fish, and get the dressing on the side. Substitute breads and pastas for dishes with more wholesome grains and starches, like quinoa, brown rice or potatoes.

• Snacks:

Choosing snacks that are high in protein and fiber and low in sugar will be your best choices. Examples of good snack choices include raw vegetables with hummus or Greek yogurt dip, beef/turkey jerky, or an apple with nut butter.

• Drinks:

Cut back on stimulants like coffee and tea later in the day, as these can contribute to poor sleeping



habits resulting in fatigue. Choose unsweetened tea or water with fresh squeezed lemon and lime for flavor.

Following these tips will help you to feel better not only when you eat, but also after you eat! Making healthy choices will give you more energy to tackle the day to day and give the extra energy you need to do the things you really want to!

I hope you are enjoying your summer - reach out to me if you have any questions and have a great July!

- 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





POARCH CREEK NEWS HVYUCE (JULY) NEWS & INFORMATION

Tribal Dance Team Named Regional Champions

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

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

Contractor will check with owner for dates to start and finish project.



Swimming Lessons - Session IIRegistrationJune 11-July 1, 2014Fee\$20LessonsJuly 8-31, 2014Open to community.

To get more information on swimming lessons please contact the Poarch Creek Indians Recreation Department @ 251-368-9136 ext. 2256



Congratulations to our local Dance Company on their new title as the reigning regional champions! The Rising Stars Dance Company attended Kids Artistic Review Dance Competition in Mobile, Alabama in April. The company was awarded numerous titles and awards including two first place awards, two high point awards, most entertaining dance of the day, second place overall, first place overall, and Regional Champions.

Company members: Cierra Stabler, Tori White, Ashton Nelson, Sydney Gardner, Lauren Jordan, Sydney Lisenby, Journi Cao, Blakeley Norris, Jayla Adams.

Rising Stars offers a wide variety of classes for ages 3-16. We offer ballet, jazz, lyrical, contemporary, gymnastics, hip-hop, and company classes.

Sign up now to reserve your spot for one of our Summer Dance Camps during June and July! We are now enrolling for our new dance year, starting in August.

To get more information on our dance program please contact the Poarch Creek Indians Recreation Department @ 251-368-9136 ext. 2256 HVYUCE (IULY)





NEWS & INFORMATION

Teamwork - Smart Recovery

SMART stands for Self-Management And Recovery Training. SMART Recovery is a self-help, abstinencebased 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 habitrelated 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

Self-Management And Recovery Training SMART Recovery Advisor: Wes Hayles, M.S.

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

NEWS & INFORMATION JROLMENT

DEPARTMENT ESTABLISHED



FPARTMEN

The Tribal Enrollment Department is a stand-alone department separate from Tribal Member Benefits. The department is located in Building 200.

The Enrollment Department is open to the public 8:00 am - 5:00 pm daily.

Please contact Tribal Enrollment at (251) 368-9136 x 2281 for any enrollment, genealogy, verification letters, and DNA related inquiries.

Tribal Enrollment staff are Candace Sells, Enrollment Specialist, Lisa Barnhill, Receptionist, and Gwen Manning Tribal Enrollment Director.

Hvyuce (july)



NEWS & INFORMATION Notice To Bidders

Sealed bids will be taken on several used items such as desks, chairs, filing cabinets, etc. All items are located in Building 100, the old Health Department.

Bids will be taken July 14, 2014 through 5:00 p.m. August 15, 2014.



Bids will be opened by the Chief Financial Officer (CFO) on August 18, 2014.

For general information contact Betty Caraway, Property Control Coordinator at (251) 368-9136 x 2654.

TRIBE OFFERS FINANCIAL EDUCATION CLASS

Do you know your numbers?

Do you know how your credit is established?

Do you know how your credit score is calculated?

Do you know why your credit is important?

Find the answers to these and other important credit questions at the next Financial Education class scheduled for Wednesday July 23, 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.



A light lunch will be provided each day. Walk-ins are welcome, you do not have to register for the classes.

Please feel free to contact Angela Devilbiss or Paula Harris at (251) 368-9136 x 2014/2298 for more information.

POARCH CREEK NEWS



DEPARTMENT RELOCATES

Development/Tribal Resource 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.



NEWS & INFORMATION

TRIBAL POLICE TIP LINE (251) 446-ITIP (446-4847)

Call (251) 446-ITIP (446-4847) to leave an anonymous tip about:

FPARTMENT

- Drug Activity •
- Alcohol Activity
- Known Underage Drinking Parties

IRAI

- Recent Crimes-Thefts, Vandalism, Drug Sales, etc.
- Bullying •
- **Concealed Weapons**
- Other Safety or Community Concerns

As a partner with our Tribal Community, the 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



Cieda Small Business Loan Program

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

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

Additional credit criteria as well as loan collateralization requirements apply.

If you are a Tribal Member who owns a business or is thinking about starting a business and are interested in obtaining a small business loan, please contact Donna Henry, Economic Development Coordinator, at 251-368-0819, or by e-mail at <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 nongaming 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.



members on active tribal roll and in designated geographic areas. See a United Bank representative for complete details. United Bank NMLS# 494759



HVYUCE (JULY)

CIEDA Land Reclamation Team Completes Phase 1 Of Lake Expansion Project At Magnolia Branch



Congratulations to our CIEDA Land Reclamation Team. They have completed the first phase of the lake expansion project at Magnolia branch. Working over 4000 hours without one single accident. This work was performed by the Land Reclamation Team, daily operations led by Mr. Ron Marshall, and the project was managed by Mr. James Agerton. Land Reclamation Team: Andrew McGhee – heavy equipment operator, Jerry Searcy – heavy equipment operator, David Sells – equipment operator, John Sells – heavy equipment operator, Richard Guy – heavy equipment operator, Coty Rolin – heavy equipment mechanic assistant, Ron Marshall – heavy equipment mechanic. A barbecue was held on May 16th in honor of a job well done at the maintenance shop of CIEDA hosted by the Procurement Office.





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

Mission:Helping people help the landVision: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.

POARCH CREEK NEWS *HVYUCE (JULY)* Other sites that may be of interest to Tribal Members include:

Farm Service Agencies

www.fsa.usda.gov www.fsa.usda.gov/al www.nrcs.usda.gov/farmbill

USDA Rural Development <u>www.rurdev.usda.gov</u> <u>www.rurdev.usa.gov/al</u>

Alabama Forestry Commission <u>www.forestry.state.al.us</u>

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

SAVE THE DATE! PESTICIDES WORK SHOP AT PERDIDO RIVER FARMS AUGUST 5-7, 2014

- 2 1/2 day workshop/training on:
- How to develop Commercial Pesticide Application
- How to select Commercial Applications
- Draft Scope of Work and Contract
- Monitor Pesticide Application, inspect, and final closeout
- Proper pesticide to choose,, environmental considerations and lots more.

Limited number of Travel Scholarships on a first come, first serve basis. Registration and details to follow soon.

Contact David Elliot at david.elliot@al.usda.gov or (251) 368-0826 or Steve Terry at sterry@usetinc.org or (615) 467-1705

MAAAAAAAA

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POARCH CREEK NEWS HVYUCE (JULY) ecialists, LLC P. O. Box 1075, Atmore, AL 36504 Landscape Design . Land Clearing & Development Irrigation . Fencing . All types of Painting Owners David Gibbs **Rosemary Gibbs Powell** (251) 368-8060 2 POOL , SIME DIFICO & :1(Casino

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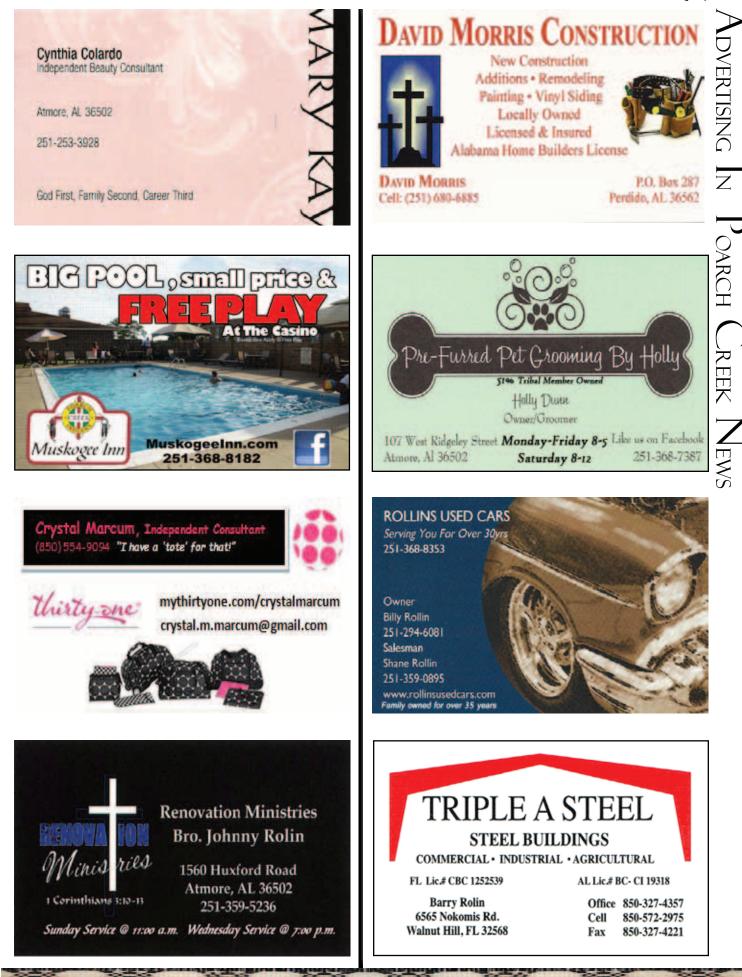
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HVYUCE (JULY)





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For your entertainment.

Scrambled This list consists of ten scrambled items that are names for communities of people. Unscramble the words to find all of them. See example in bold below. The answer will be published in next month's issue.

	8	5	7	9				2	Answer to Last Month's puzzle:			
		1			8	4	9		1. Village			
		2				5		6	2. Boom Town			
	4			5		2	6		3. Metropolis			
		6	3	5	2	$\frac{2}{7}$			4. County Seat			
		6	3	1	2				5. Suburb			
	9	7					5		6. Hamlet			
6		8				9			7. Settlement			
	5	9	2			6			8. Municipality			
1				6	9	3	7		9. Whistle Stop			
						www.	kappapuzz	les.com	10. Neighborhood			
	5		9		1			6	I'm A Boy, You're A Girl			
		6					3	5	There was a little baby boy and a little baby girl. Then the baby boy goes "I'm a boy, you are a girl!" Then the girl goes "How do you know?" Then the little boy goes "I'll show you when the nurse leaves." So about 10 minutes later, the nurse leaves. So the boy lifts			
9		4	6									
				9	6	5						
		9				2						
		8	2	1								
					3	8	7					
2	6					4			up his gown and goes"See I have Blue Booties, and you			
3			1		2		5		have Pink!			

Change Your Course

Through the pitch-black night, the captain sees a light dead ahead on a collision course with his ship. He sends a signal: "Change your course 10 degree east." The light signals back: "Change yours, 10 degrees west." Angry, the captain sends: "I'm a navy captain! Change your course, sir!" "I'm a seaman, second class," comes the reply. "Change your course, sir." Now the captain is furious. "I'm a battleship! I'm not changing course!" There is one last reply. "I'm a lighthouse. Your call."

ajokeaday.com

JULY (HVYUCE) 2014

Summer LIHEAP Continues May 1, 2014 - July 31, 2014

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

Friday, July 4, 2014 Tribal Offices & Boys & Girls Club Will be closed for Independence Day

Sunday, June 15, 2014 Beginning this date call-ins for refill/renewal will be filled within 24 hours. If refill/renewal is called in on Friday after 12:00 noon, it will be filled the following Monday.

School Supply Reimbursement Program July 1, 2014 - October 31, 2014

Monday, July 7, 2014 Deadline to submit information for publication in August issue of Poarch Creek News.

Monday, July 14, 2014 First Day To Purchase Tribal Hunting License Tribal Government Accounting Monday - Friday 8:00 a.m. - 5:00 pm

Monday, July 14, 2014 First day to place sealed bids on several used items located in Building 100

Tuesday, July 15, 2014 Cancer Support Group Meeting Wind Creek Casino 6:00 pm Dinner will be served. Please RSVP

Friday, July 18, 2014 Last day to submit application for 2014-2015 Pow Wow Club

Tuesday , *July 22, 2014* An Evening With The Elders Building 500 Auditorium 6:00 p.m. *Wednesday, July 23, 2014* Financial Education Classes Building 600 Training Room 11:00 & 11:45 & 12:30

Thursday, July 31, 2014 Free Retinal Screening Premiere Family Eyecare 2:00 pm - 3:30 pm

Tribal Council Meetings Thursday, July 3rd & 17th 4:00 pm Tribal Council Chambers

Tribal Court Sessions Monday, July 14th 9:00 am Tribal Courtroom

CIEDA Meetings Friday, July 4th & 18th 7:30 am CIEDA Offices

CMCA Monday, July 7th & 21st 4:00 pm Tribal Museum/Welcome Center

Education Advisory Committee Meeting Tuesday, July 8th 3:00 pm Family Services Conference Room Buford L. Rolin Health Clinic

Housing Authority Meetings Thursday, July 10th & 24th 4:00 pm Building 400 Conference Room

Recreation Authority Meetings Thursday, July 3rd & 17th 11:00 am Recreation Department (Gym)

TERO Commission Meetings Tuesday, July 8th & 22nd 3:00 pm TERO Offices on Highway 21

4-H Club Monday, July 14th & 28th 6:00 pm Education Department Summer Tutoring Program June 1, 2014 - August 7, 2014 Tuesday & Thursdays 8:00 am - 5:00 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

Pool Open

Tribal Members & First Generation w/ one guestOpen SwimMonday1:00 pm - 7:30 pm

Tuesday-Friday Saturday Sunday 1:00 pm - 7:30 pm 10:00 am - 7:30 pm 10:00 am - 4:00 pm Closed

Swim Team Practice: Tuesday - Friday 7:00 am - 8:30 am Swim Lessons Tuesday & Thursday 4:00 pm-7:30 pm

Splash Pad/Playgrounds/Pavilion OpenTribal Members & First Generation w/ one guestSplash Pad closed on MondayTuesday-Saturday10:00 am - 8:00 pmSundayClosed

Swimming Lessons -Session II

July 8-31, 2014 Must be registered by July 1, 2014 Open to community

Annual Celebration Saturday, August 30, 2014 Magnolia Branch Wildlife Reserve

<u>Newsletter Contact Information</u> 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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