

Cokv-Tvlvme/Newspaper (job-guh dub-luh-mee)

Poarch Creek News

January 2015



Keeping the friends & family of Poarch informed

Volume 33 * Issue 1

Rvfo 'Cuse (January)



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A Moment With The Tribal Chair

January 2015

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

Time has really flown! I can hardly believe that I am already writing the date January 2015. I have always heard that time would begin to fly by once I reached my 20s, but I did not realize just how true that really is. And, it seems with each passing year, time just seems to speed up!

However, the constant passing of time serves as a powerful reminder of how precious time really is. Each second that passes is a second that you can never get back. Throughout the year of 2014, we each have experienced moments that will be remembered with fondness as well as moments that are filled with sorrow.

It's often been said that, in order to know where you're going, you must know where you've been. Bearing this thought in mind, I encourage each of you to reflect on the past year. Take a moment to think about all the things you did or didn't do in 2014, as well as the things you wished you'd done differently or had hoped to begin. Now, look upon 2015 for what it is: a blank slate. Choose in this moment what kind of year 2015 will be, the experiences you will have, and the things you will achieve in the upcoming months. The past is the past and it cannot be changed; but, you can forge forward into the future with purpose and direction in 2015. Remember these words: *"What things soever ye desire, when ye pray, believe that ye receive them, and ye shall have them."* Mark 11:24.



This year is certainly one that is filled with excitement and promise. Recently, members of Tribal Council and I attended several political and legislative events in Washington, D.C and New York City. Our Tribe is constantly being attacked in regards to various aspects of our sovereignty, and so our mission was to speak with legislators to bring our issues to the forefront. We have received some very positive feedback as a result of the discussions that transpired at these events.

I am truly looking forward to seeing what the future holds for all of you as well as the Tribe. As always, my heart is filled with overwhelming gratitude for all the many blessings that we have. And remember, one of the greatest gifts of all is the precious life that we've all been given. So, use this blessing wisely and carefully, and treat life like the gift that it is.

Wishing you all the best in 2015,
Stephanie A. Bryan, Tribal Chair

Y_{OUR} 2014-2015 T_{RIBAL} C_{OUNCIL}



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Tribal Council's Purpose

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

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

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.



A NEW YEAR'S BLESSING

May God be with you through this New Year, and fill your life with *Comfort, Love, and Cheer*.

May this day, and the days ahead, hold many blessings for you and yours.

From our family to yours...Happy New Year!!

Sandy Hollinger & family.

Sandy, Darrell, Austin, Denver, and Anna Grace.



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SUBMISSION GUIDELINES

Word Limitations:

- News Article 400 words or less
- Birthday 30 words or less
- Anniversary 50 words or less
- Engagement 50 words or less
- Wedding 100 words or less
- Birth 100 words or less
- Obituaries 200 words or less
- In Memoriam* 100 words or less
- Graduation 100 words or less

Birthday & Anniversary Wishes:

- Published the month before, the month of, or the month after, the birthday/anniversary.

*Obituaries:**

- Submit information by the last business day of the second month immediately following the death.

*In Memoriam:**

- Published month before, the month of, or the month after the birthday of the deceased or the anniversary of the death of the deceased. *Limit one In Memoriam submission per deceased individual per issue.*

Birth Announcements:

- Submit information by the last business day of the month immediately following the birth.

Engagement/Wedding Announcements:

- Submit information by the last business day of the month immediately following the engagement/wedding.

Photo Submissions:

- One per article submission.
- High resolution .jpg or PDF format.

Corrections

- Corrections will occur only if error/misprint is made by *Poarch Creek News*.

ESTABLISHED DEADLINE: *The Poarch Creek News is generated one month prior to the month of publication. The deadline to submit information to be published in the newsletter is the 5th of the month prior to the month of publication. If the 5th falls on a weekend or holiday, the deadline is extended to the next business day. Please keep this deadline in mind when submitting information for publication in all sections of the newsletter. Please submit information as early as possible, delay in submitting information may cause you to miss the established deadlines.*

A NOTE FROM OUR EDITOR



The *Poarch Creek News* is the official newsletter of the Poarch Band of Creek Indians and is published by the Government Relations Department of the Poarch Band of Creek Indians at the direction/discretion of the Tribal Council.

The *Poarch Creek News* is **not** the forum where individuals/ groups can submit their views regarding matters of operations of Tribal Government or any decisions or policies enacted by Tribal Council, Authorities and/or Boards. Nor is it the vehicle to submit policies issues/concerns of individuals/ groups.

All questions or concerns about the *Poarch Creek News* should be addressed to:

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Gayle Johnson, Media Specialist
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The *Poarch Creek News* office is located in Building 400 of the Tribal Complex.

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

DISSEMINATION OF INFORMATION

The ***Tribal Members Only Portal (TMOP)*** for Tribal Members age 18 and above is located on the left sidebar of the website's home page, www.pci-nsn.gov. Information such as Tribal Council Minutes, Tribal surveys, proposed ordinances, and other confidential information, will be posted in this area that is accessible to Tribal Members only.

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

We are aware that not all Tribal Members have email addresses and/or access to the internet; however, for those

who do, you can receive updated news and information via the Tribal Member Distribution Email (TMDE). The TMDE distribution list is limited to Tribal Members age 18 and above and is restricted to outgoing emails only. If you would like to be included on this distribution list, please email your contact information and Tribal roll number to info@pci-nsn.gov. You may also receive updated news and information on the Tribe's Facebook page at facebook.com/PoarchBandofCreekIndians. You can also follow the Tribe on Twitter at twitter.com/PoarchCreek.

The Tribe's website, Facebook, Twitter, and TMDE accounts are maintained by the Government Relations Department. Please contact Hannah Flowers at (251) 368-9136 x 2003 if you have any questions or concerns.

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The logo for Indian Health Services, featuring a stylized eagle with its wings spread, and the text "INDIAN HEALTH SERVICES" around it.The logo for the Health Insurance Marketplace, featuring a stylized blue and green wave and the text "Health Insurance Marketplace".The advertisement for Donut Delite & Bakery features a border of various donuts. The text is bold and eye-catching.

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ON THE COVER-MUSEUM EXHIBIT

Have you visited *Kerretv Cuko*, the Tribal museum? The *Poarch Creek News* will take you on a tour of the museum this year by featuring an exhibit on the cover of each issue of the 2015 newsletter.

“*Aceyepus*”, come in. Hear the pow-wow songs, watch the stomp dance, and smell Spanish moss baking in the sun. You are invited into the living history of the Tribe. This isn’t a story of a people at rest and gone, this is a community that has been living, struggling, and overcoming for centuries. Here you will experience the commitment to community and the adaptable spirit that has led the Tribe through centuries of challenge and change. Today we continue to preserve our legacy through tradition, tribal involvement, and community betterment. The Museum exhibits invite you to encounter a way of life, a culture woven over centuries. Through the interactive exhibits you can¹:

- Look in on a typical Poarch Creek town.

- Visit a cooking fire where traditional dishes bake.
- Learn about ceremonies that guided community life.
- Watch a rough, but fun, stickball game.
- Trade portions of deer meat for needed goods.
- Meet Creek warriors and chiefs.

Our first featured exhibit features handmade or handheld items used by our ancestors.

1. **Broad Axe** *Donated by Yvonne Crenshaw*

The broad axe was used to shape logs circa mid 1800’s.

2. **Tin Can Banjo** Chihey Rolin made this banjo out of a paint thinner can in 1973. It is an example of homemade instruments used to produce music during ‘frolics’ and other social gatherings. Similar instruments were often made out of syrup cans.

3. **Pitchfork** Pitchforks were used by our ancestors to lift and toss hay, grass, and manure. Some items never outgrow their usefulness; pitchforks are still

used in our community today.

4. **Hay Cutter** Hay cutters were used to trim grass or harvest grains.

5. **Pine Straw Broom** *Donated by Dr. J. Anthony Paredes* This pine straw broom was made by Gertrude Rolin in the early 1970s.

6. **Yard Broom** *Donated by Dr. J. Anthony Paredes* This yard broom was made from gallberry bushes.

7. **Hoe** Hoes were used to dig up weeds or cut shallow trenches for planting seeds. This is another example of a tool that has not outgrown its usefulness. You can find a hoe in sheds and barns all through the Poarch community.

8. **Play Pretty** *Donated by Catherine Sells* This is a reproduction of the sort of imaginative makeshift toys that Creek children in this community made in the

early to mid 1900s. They would take available materials, such as syrup cans, and fill them with rocks and dirt. Once a handle made from metal coat hangers was attached this became a "car" that could be pulled along behind the children as they ran and played.

This is just one exhibit; some of the other items on exhibit at the Museum include Fred Walker's hunting rifle, St. Anna's Alter Bibles, authentic turtle shell shakers and stickball sticks, and many more exciting items just waiting for you to come explore.

The Museum is open Monday-Friday from 8:00 a.m. - 5:00 p.m. Please stop by the next time you visit the Reservation.

¹Kerretv Cuko Brochure/Take a 2,000 tear walk with us!
Gayle Johnson, Media Specialist

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HOW MUCH DO YOU KNOW ABOUT BREAST CANCER

Last month we shared a quiz from the quarterly Cancer Support Group meeting. Although this information may be too personal for some of you, it is important information for us all to know. Let's find out how much you know, or how much you thought you knew.

1. Healthy breast can feel lumpy. **TRUE** *Lumpiness is not a cause for concern as long as it is normal for your breasts.*

2. Changes to the outside of a breast may indicate a problem within it. **TRUE** *Dimpling, puckering, flattening, indentations, and other changes seen on the outside of the breast may indicate a problem within the breast.*

3. If I find a lump in my breast and the mammogram results are negative, it's nothing to worry about. **FALSE** *A small percentage of breast cancers are not detected by mammography. Any lump in your breast requires further evaluation.*

4. As you age, your risk of developing breast cancer increases. **TRUE** *Most breast cancers occur in women over the age of 50, and the risk is especially high in women over 60.*

5. All breast lumps are cancerous. **FALSE** *More than 80*

percent of all breast lumps discovered are not cancerous.

6. Breast cancer is most common in women with a family history of breast cancer. **FALSE**

Although a family history of breast cancer puts you at higher risk, 80 percent of the women diagnosed with breast cancer have no family history of the disease.

7. Men cannot get breast cancer. **FALSE** *Male breast cancer is rare and accounts for only about 1 percent of all breast cancers.*

8. The composition of a healthy breast changes after menopause. **TRUE** *Following menopause, the amount of fibrous tissue in a woman's breasts decreases and amount of fatty tissue increases.*

9. Women without breast cancer symptoms don't need mammograms. **FALSE** *In its earliest and most treatable stage, breast cancer often causes no symptoms. It's critical that women, including those with no symptoms, follow through with mammograms and clinical breast exams on schedule.*

10. Women with small breast are less likely to have breast cancer. **FALSE** *Breast size has nothing to do with a woman's vulnerability to cancer or other breast diseases.*

11. Breast self-exams can serve a helpful function. **TRUE**

Although the American Cancer Society recommends breast self-exams as an option for women starting in their 20s, many experts encourage doing a breast self-exam on a monthly basis. In this way, women can learn how their breasts normally look and feel so any changes can be quickly detected and reported.

12. A breast injury can cause breast cancer. **FALSE** *There is no evidence that an injury to the breast will cause cancer. An injury may, however, result in certain conditions that can appear as lumps. An injury can also make you more aware of your breasts and more likely to notice any unusual changes.*

13. The earlier breast cancer is found, the better the chances for successful treatment. **TRUE** *Your best plan for early detection of breast cancer is mammograms and clinical breast exams on schedule and making an informed choice about whether or how often to do breast self-exam to increase awareness of the normal 'landscape' of your breast.*

How did you do? Learn more about breast cancer and other types of cancer at cancer.org.

Women & Breast Health/Positive Promotions Inc.
Gayle Johnson, Media Specialist



2014 POW WOW PRINCESSES

2014-2015 Princess left to right: Savannah Gibson, Little Miss Princess, Brionna Slate, Elementary Princess, Gabby McGhee, Junior Princess, Caitlyn Barnhill, Senior Princess, and Cora Voncile Peters, Elder Princess.

Five young, and young at heart, ladies proudly stood on the mound during Pow Wow and accepted their crowns and sashes. They were all excited about being selected to serve as 2014-2015 Tribal Princesses and look forward to the coming year and all the adventures, fun, and excitement it is sure to bring.

Savannah Lyn Gibson was selected to serve as the Little Miss Princess. She is the 5 year old daughter of Shane and Janel Gibson and the granddaughter of Alice and the late Edward Blackfoot Gibson. This is the first year for the Little Miss Princess and Savannah is very excited to be selected.

Brionna Slate, the 9 year old daughter of Stephanie and Bo Slate, was crowned the Elementary Princess. Brionna is the granddaughter of Juanita and Timmy Slate and Sherry Phillips and Jerry Sanchez.

As difficult as it was to select a Princess from among the younger divisions, the task only grew harder when selecting the Junior, Senior, and Elder Princess.

Fourteen year old Gabby McGhee was selected to serve as the Junior Princess. She is the daughter of Stephen and Charlotte McGhee.

Caitlyn Barnhill, the 17 year old daughter of Lisa and Don Barnhill, was selected to serve as the Senior Princess.

The Elder Princess division was also added this year. Eighty-two year old Cora Voncile Peters was very excited when she learned she had been selected to serve as the Elder Princess. Voncile is the daughter of the late Willie George and Cora Lee Woods Murphy.

Congratulations to each of our beautiful Princesses, we know they will represent the Tribe well.

Gayle Johnson, Media Specialist



VOTERS SELECT ROBBIE MCGHEE TO SERVE AS VICE CHAIR UNTIL JUNE 2015 ELECTION

A total of 564 Tribal Members voted during the 2014 Special Election to fill the position of Vice Chair that became vacant when Stephanie Bryan was elected to serve as Tribal Chair in June of 2014.

There were 115 Absentee ballots, 301 Walk-In ballots, and 148 Tribal Members who voted on Special Election Day, Saturday, December 6, 2014. The Proposed Constitutional Amendment failed due to low voter turnout. A total of 844 votes were needed for the proposed amendment to pass or fail.

There were two candidates for the Vice Chair position, Robbie McGhee and write-in candidate Carolyn McGhee White. Robbie was elected to serve as Vice Chair until the annual Tribal elections scheduled for June, 2015.

Carolyn is no newcomer to the political arena; we expect to see her continue her involvement in Tribal politics in the future. We wish her the best of luck in her future endeavours.

After the election results were announced, Robbie made the following statement, "I would like to thank everyone who came out and voted. I appreciate your support. It is my pleasure and honor to represent the Tribe and each of you in the capacity of Vice Chairman. I look forward to working with Stephanie Abney Bryan and the rest of my fellow Tribal Council members to move our Tribe forward against the daily challenges we face."

Gayle Johnson, Media Specialist

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COLLEGE STUDENTS STUDY FEDERAL RECOGNITION THROUGH THE EYES OF TULLIS

By Deidra Suwanee Dees, Ed.D.

Photo by USA student Blakeley Sheppard

"It took 20 years for the land claims checks to come through but that laid the foundation for Federal Recognition," former Poarch Band of Creek Indians Chairman Eddie L. Tullis explained to University of South Alabama students. On November 5, 2014, Tullis was the guest instructor in the course titled Native Americans in Alabama: History and Culture which is team taught by Tribal Archivist Dr. Deidra Suwanee Dees and USA Professor Dr. Philip J. Carr. The 22 member class met in Lecture Hall 150 in the Humanities Building at the University.

Students learned firsthand, through the eyes of Tullis, about the challenges the Poarch Band of Creek Indians faced in the struggle to become monetarily compensated for Creek land that had been illegally taken by the United States government under the Treaty of Fort Jackson of 1814, which was signed to end the Red Stick War (also known as the Creek War).

"During the fight, we lost our greatest leader, Chief Calvin McGhee, who died before ever receiving his land claims check," Tullis lamented in a solemn voice. The first checks were dispersed in 1972, Tullis said, recalling that his own check was for \$113.15. Despite the loss of Chief McGhee, Tullis described to students how the Tribe overcame enormous legal and political obstacles and ultimately achieved federal recognition in 1984.

The course is comprised of Anthropology and History students who asked intellectually engaging questions of Tullis. With a wealth of lifelong knowledge in his 42 year service on the Tribal Council, Tullis' answers flowed easily from his tongue, bringing enlightenment to academically curious scholars.

This course is a part of the Native American Studies Program that was funded by the Poarch Band of Creek Indians in March of this year. Under the Program, the Native American Student Association (NASA), which was first established in the 1990s by then student Robbie McGhee and a group of fellow students, was reestablished

this year. Two of Dr. Dees' and Dr. Carr's students in the course are NASA officers. Katilynn Underwood from Poarch was elected as President and Jerin H. Almond from Mobile was elected as Secretary.

"I learned from Chief Tullis that there was so much more

to federal recognition than what I have read in books," Dr. Carr said at the end of the class. "I was told many years ago to pray for teachers," Dr. Dees added. "Chief Tullis is one of my teachers. He is still teaching and I am still learning."

*Do your little bit of good where you are;
its those little bits of good put together
that overwhelm the world.*

Desmond Tutu

*I have a dream that my four little
children will one day live in a nation
where they will not be judged by the
color of their skin, but by the content of
their character.*

Martin Luther King, Jr.

*The secret of getting ahead is getting
started.*

Mark Twain

*You're never too old, too wacky, too wild,
to pick up a book and read to a child.*

Dr. Seuss

*Courage is what it takes to stand up and
speak; courage is also what it takes to sit
down and listen.*

Winston Churchill

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BIRTHDAY WISHES

Andrew Daughtry
December 6, 2014



Happy belated 21st birthday Andrew
We love you and hope you will have many more.
With love from all of the family.

Cristiana Joy (CJ) Ward
December 7, 2014



Happy birthday Sweetheart!
We love you very much! CJ is the granddaughter
of the late William Raymond McGhee and lives
in Alabaster, AL.
Love, Mommy, Daddy, Aris, and both bobbies!

Canyon Brooke Rolin
December 7, 2014



Happy 13th birthday! Hope you have a blessed
birthday! Our beautiful girl is a teenager!
We love you and are so proud of you.
Mom & Dad.

CJ Adams
December 12, 2014



Happy 17th birthday CJ!
We love you!
Dad, Jennifer, and Cameron.

Mark Johnson Jr.
December 17, 2014



Happy birthday! We are so proud of the man
you have become.
Love ya!
Dad, Mommy Dearest, and the rest of your
family.

Selena Adams
December 20, 2014



Happy 15th birthday Selena!
We love you!
Dad, Jennifer, and Cameron.

Myrtis Kinman
December 28, 2014



Happy birthday to the best wife, mom & Nana!
You are the perfect example of love & kindness.
Love, David, Melanie, Wes, Logan, Madelyn, &
Jake.

Kaden Hutto
December 29, 2014



Happy 3rd birthday Kaden!
We love you very much!
Love, your family.

Bentley Harold Bryan Dortch
January 3, 2015



Happy 2nd birthday Bentley! We love you!
Momma, Daddy, Adaline, Bailey, Aryonna,
Nonnie, Papa, Uncle Randall, MalMal, Brodie,
Prissy, Monk Monk, CoCo, Madyson, Luke, and
Ben.

BIRTHDAY WISHES

Ashley Nicole Gibson
January 6, 2015



Happy 15th birthday!
Hope your day is filled with love and joy.
Love, all the family.

Brandy Michal Helton
January 6, 2015



Happy 20th birthday Brandy!
We love you!
Dad, Mah, and family.

Sydney Raybon
January 9, 2015



Happy 18th birthday Syd!
We love you and are so proud of you!
From Mama, Daddy, and the rest of your family!

Laci Gail Lambeth
January 9, 2015



Happy 9th birthday baby girl!

Love Nanny, Daddy, Moma, Tim, Dakota,
Nicholas, and Tyler.

Nora Franklin
January 11, 2015



Happy birthday Mrs. Nora!
68 years young!!
From CMCA staff.

Nevaeh Godwin
January 12, 2015



Happy 2nd birthday!

The sands of time keep trickling away. Your
birthday reminds me to let you know I'm thankful
for you each and every day!

Love, Sassy, Bunk, & family.

Tenleigh Brooke Peebles
January 13, 2015



Happy 4th birthday Tenleigh Brooke!

All your family & friends love you very much!!

Lawsen Johnson
January 15, 2015



Happy 5th birthday to our lil' man!
How time flies! We love you!
PawPaw, MawMaw, and the rest of your family.

Cameron Adams
January 15, 2015



Happy 3rd birthday Cameron!
We love you, big hugs!!
Dad, Mom, Bubba, and Sissy.

BIRTHDAY WISHES

Irene Hicks Bryant
January 17, 2015



Happy birthday!

We love you.

Vickey, Mitch, and the rest of your family.

Brooke Schachle
January 17, 2015



Happy birthday Brooke!

We love you!

Love Mom, Dad, Allie Anna, Maw Maw, Paw Paw, Aunt Trina, Uncle Kevin, Jacob, Kim & Megan.

Jackey Odom
January 18, 2015



Happy birthday PawPaw!

We love you!

Love, Leah, Jackson, Myra, Bryant, and the rest of your family and friends.

Myra Odom
January 18, 2015



Happy birthday MyMy!

We love you!

Love, Lea, Bryant, Momma, Daddy, Nanny, PawPaw, and the rest of your family.

Brody Hunter Rolin
January 18, 2015



Happy 9th birthday! We love you!

Momma, Daddy, Sara, Autumn, Nonnie, Papa, Aunt Jessie, Cody, Madyson, Luke, Ben, Uncle Nathan, Heidi, Adaline, Bailey, Bentley, and Aryonna.

Leah Faith Rolin
January 20, 2015



Happy 9th birthday Leah!!

We love you very much.

Mom, Dad, Dessie, Aiden, Tegan, & the rest of your family.

Chris Fay
January 21, 2015



Happy 18th birthday!

I am very proud of the person you have become but you will always be my baby!

Love, Mom, Nick, Thunder, & Kaiden.

Madyson Shai Moya
January 21, 2015



Happy 12th birthday! We love You!

Momma, Cody, Luke, Ben, Nonnie, Papa, Uncle Randall, Mallory, Sara, Brodie, Prissy, Uncle Nathan, Heidi, Adaline, Bailey, Bentley, and Aryonna.

Elijah Bailey
January 25, 2015



Happy 2nd birthday to our little Bear, Elijah!

Love, Mommy, Daddy, Kadence & Poarcha.

BIRTHDAY WISHES

Savannah Marie Reynolds
January 26, 2015



Happy birthday Savannah!

We love you!

From Mom, Dad, Tyler, Nana, and Papa.

Alia Snow
January 29, 2015



Happy 16th birthday Alia!

We love you and are very proud of the young lady you have become!

With love, from your family.

Carson Ray Sells
January 31, 2015



Happy birthday Peanut!!

We love you!!

Love Daddy, Lanie, Nana, Uncle Josh and Aunt Nay, and the rest of your family.

Happiness is a butterfly, which when pursued, is always just beyond your grasp, but which, if you will sit down quietly, may alight upon you.

Nathaniel Hawthorne
www.brainyquote.com

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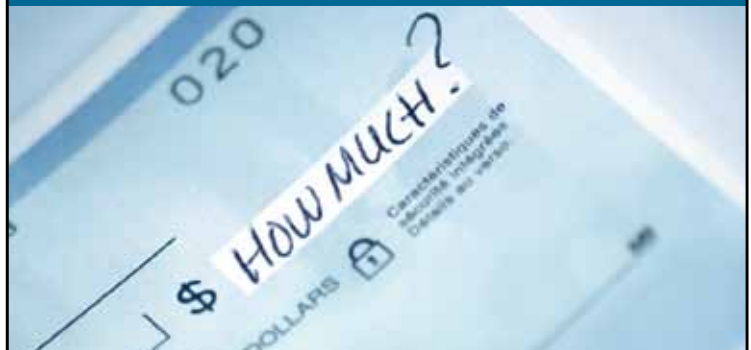
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Retina Specialist

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ANNIVERSARY WISHES

FRANK & SANDRA RACKARD

DECEMBER 22, 2014

Frank and Sandra Ard Rackard celebrated their 58th wedding anniversary on December 22, 2014.

"We celebrate our anniversary by thanking God for His abundant blessings bestowed on us and our three children."

Submitted by Sandra Rackard



JERRY & NADINE ROLIN

DECEMBER 22, 2014

Jerry and Nadine Rolin celebrated their 47th anniversary on December 22, 2014.

We want to take this time to say how blessed we are to have parents and grandparents like the two of you. God has truly blessed us, we love you both with all our hearts!!

Love always, your children and grandchildren.

Submitted by Deanna Harris

OBITUARIES/ IN MEMORIAM

Happy birthday Sis, you will never be forgotten.

Our hearts ache with the loss of our loved one. It has been almost a year but the hurt is still fresh in our hearts. As we face her birthday without her, we will remember all the love, laughter, and joy Lois put in our lives.

Anyone that knew Lois knew that when you came to her house, she would ask if you wanted something to eat or drink. How many times we've sat at her table having coffee, playing cards, or just talking about the present, about the past, or just about our kids? The love she had for her sons, nothing came before them.

It hurt so much to see her slip away a little more each day but she knew she was loved by her sons, sisters, and family. As much as it hurt to lose her, she isn't hurting anymore. There will always be an empty place in our hearts for her, but I believe she is rejoicing with Daddy, Mama, Sadie, Jimmie, & all the loved ones we have lost.

In Memory Of Lois Presley Rolin

On Her Birthday, December 19, 2014



Lois, you are loved and sadly missed by your family, Glenn and Terri Rolin, Jerry and Tammy Rolin, Tommy Rolin, Rosa Chiasson, Cat and Pender Wall, Niece Andrews, grandchildren, nieces, nephews, and many friends.

Submitted by Niece Andrews

Gone yet not forgotten, although we are apart, your spirit lives within me, forever in my heart!

We love & miss you very much!

Love Mom, Dad, Allie Anna, Maw Maw, Paw Paw, Aunt Trina, Uncle Kevin, Jacob, Kim & Megan.

Submitted by Tabathia Schachle

In Memory Of Hannah Leah Schachle

On Her Birthday, January 17, 2015





Tori and Kenneth Perkins

TORI PERKINS EARNS UAB SOFTBALL SCHOLARSHIP

With a gathering of family, friends, and local news media, Victoria “Tori” Perkins signed a softball Letter-of-Intent with the University of Alabama-Birmingham on November 12, 2014 at Tate High School, Cantonment, Florida.

Tori, who is the daughter of First Generation Descendant, Kenneth Perkins, and granddaughter of Tribal Member, Ruth Wylene (Ordis) Perkins, stated, “I couldn’t focus the whole day. I was thinking about it all day and how blessed I am.” Of all the campuses

TRIBAL MEMBER SUBMISSIONS

she had visited, Tori said that UAB was the only one that “felt like home” and where she could definitely “see myself for four years”.

Leading up to her signing, Tori led the Tate High Aggies to the 2014 Florida State 7-A softball championship playoffs in Vero Beach, FL. Tori earned recognition as Maxpreps National Player of the Week, and was named to the Pensacola News Journal’s All-Area Team. She finished her junior season with a won-loss record of 20-3 and an earned run average of 0.73.

Tori’s athletic ability, however, was not her only attribute to catch the attention of UAB coaches. The popular student maintains a 4.0 GPA while taking several honors classes, is active in the Tate Student Council, and was one of 20 senior students, out of 450, elected to the Tate Aggie Hall of Fame. She was also voted to the Homecoming Court and as the Most Athletic Female by the student body.

Tori is planning for a degree in sports medicine while playing for UAB but for now is looking forward to her senior season with Tate which begins in February.

Submitted by Ruth Wylene Perkins


THANK YOU FOR YOUR VOTE AND SUPPORT



Thanks to all my supporters in this Special Election.

I appreciate your votes for the position of Vice Chair and your “NO” vote on the Vacancies Constitutional Amendment to protect our representation.

Submitted by Carolyn White



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MAMA'S RECIPES



Do you have a favorite recipe that you would like to share? Maybe an old family recipe that has been passed down through generations?

The Poarch Creek News is asking Tribal Members to submit copies of their favorite and/or family recipes to share with fellow Tribal Members in the new "Mama's Recipes" section of the newsletter. If possible please submit a photo to accompany the recipe.

Please submit your recipes by email to gjohnson@pci-nsn.gov or via U.S. Mail or hand delivery to:

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*James Murphy "Chief" Peters
Captain/Base Inspector General
United States Air Force*

James "Chief" Peters is the son of Cora and the late James Peters; he joined the United States Air Force in 1973, just short of his 20th birthday. He is a Vietnam veteran and a veteran of the first Gulf War.

Chief was stationed at Offutt AFB, NE, SAC Headquarters from February 1973 to March 1980 as an enlisted member where he performed electronic repair on the SAC alert services to the Numbered Air Forces throughout the United States. He virtually kept the radios going that ran the alerts to all the flying command posts.

Chief left the military in 1980 and finished two undergraduate degrees and then decided to go back into the Air Force as an officer by attending Air Force ROTC at the University of Nebraska. Upon college graduation

and completion of ROTC in 1983, Chief was commissioned as a Second Lieutenant and was sent back to Offutt AFB, as a branch Chief for a Top Secret School for Satellite Imagery. Due to his outstanding performance reports Chief rapidly moved up through the ranks to the rank of Captain. After four years at Offutt, Chief was tasked with moving the training unit's entire satellite training operation to Goodfellow Air Force Bases in San Angelo, TX and implementing the new school headquarters.

Chief was honorably discharged in June, 1992 with several awards and decorations such as Good Conduct Medal, Training Ribbon, and Outstanding Unit Award.

VETERAN'S SALUTE

Chief is married to Linda Peters from Union Springs Alabama, together they have five grandchildren. His daughter Layla E. Hughes has two children, Conner and Samuel Hughes; Linda's daughter Tracy Paramore has three children Carter, Gracie, and Riley Paramore. "I love being a Granddad!"

Chief has three Bachelor's Degrees, a Master's Degree, an Engineering Degree, and is only 8 hours from obtaining his Doctorate.

After retiring from the military, Chief has held numerous challenging positions such as Manager for Pemco



Chief Peters presents McArthur and Nancy Davis with his painting celebrating their 50th anniversary. Chief has other artwork that appears in books at Barnes & Nobles and online at amazon.com.

Aeroplex, Engineer at Lockheed Martin who makes missiles for the Department of Defense, Explosive Ordinance Manufacturing Manager at Chemring Ordnance based in London, England, and is currently the Quality Manager at Muskogee Technology in Atmore, a subsidiary of Creek Indian Enterprises Development Authority.



Linda Peters

Chief gives all the credit for his success to his Dad who drove him to be the best and his Mom who always gave him the good love and tough love when he needed it. Chief said he also owes his positive outlook for the future and life to his Lord and

Savior Jesus Christ and his happiness to wife Linda.

Chief enjoys Alabama football, playing music and singing both professionally and in church, art/

drawing and has published pictures in books in Barnes & Nobles and amazon.com. Chief says that he was handpicked by President Nixon to set up his public address system due to his accomplishments as an electronic technician in technical school.

Roll Tide!!!!!!!!!!!!

Chief Peters, one of many Tribal Members who have proudly served for their family, their Tribe, and their country.

RECOGNIZING OUR TRIBAL VETERANS

"Veterans are fathers, mothers, sons, daughters, brothers, sisters, friends and lovers. They are the elderly people who can barely stand but refuse to sit when Old Glory passes by. They are the people, young and old, who sit quietly thinking of a plan when everyone else is panicking. They are the ones who stand up for somebody's rights even though they may disagree with them. They are the ones who celebrate Memorial Day and Veterans Day everyday of the year. They are the people who keep going when everybody else gives up. They know the meaning of "The Ultimate Sacrifice" and are willing to make it without a second thought. They do not ask for praise or glory, only that you Honor those who have given their all."

Robert A. Sanchas

The *Poarch Creek News* honors our Tribal Member veterans for their sacrifice, dedication, and service. We are asking all Tribal Member families to send in information on any Tribal Member veterans you may know. We wish to honor all veterans: male and female, those who paid the ultimate sacrifice in the service of our country, those who have passed, those who have served, and those who currently serve.

We would like the veteran's name, Tribal roll number, rank, branch of service, and any medals or awards received.

You may submit a veteran's information via email to gjohnson@pci-nsn.gov, via hand delivery to the *Poarch Creek News*, or via US Mail to *Poarch Creek News*, 5811 Jack Springs Road, Atmore, AL 36502. Please be sure to include return address and contact information.

Veteran's information received since last update:

John Howard McGhee
United States Army

ASSISTED LIVING FACILITY

LEVEL OF CARE RATES

The Tribal Council approved the Level of Care rate schedule for the Lavan Martin Assisted Living Facility.

The level of care is based on the individual's needs as determined by the Care Plan team which includes the individual, his/her physician, and the ALF management team.

Please contact the Assisted Living Administrator, Michelle Colbert Shaddix, at 251-446-4899 for additional information.

LEVEL 1 – BASIC CARE

1-Bedroom Unit - \$1,525 monthly
2-Bedroom Unit - \$1,880 monthly

LEVEL 2 – SUPPORTIVE CARE

1-Bedroom Unit - \$1,825 monthly
2-Bedroom Unit - \$2,180 monthly

LEVEL 3 – COMPREHENSIVE CARE

1-Bedroom Unit - \$2,075 monthly
2-Bedroom Unit - \$2,430 monthly



*Start 2015 in
your new home at
the Lavan Martin
Assisted Living Facility*



*For more information
and rates, contact
Michelle Colbert Shaddix
at 251-446-4899.*

Happy New Year!!

BOYS & GIRLS CLUB

As part of the Child Nutrition Feeding Program, the Boys & Girls Club will serve dinner from 5:00 p.m. to 5:30 p.m. at the old SAIL Center to ALL children 18 years old and under.

Dinners will be served Monday-Friday with the exception of holidays.

No take-outs will be allowed, therefore please allow time for your child to receive and eat his/her meal.

The Club will also continue to provide light snacks to the children when they arrive at the Club from school.

The Club hours will remain the same, so all children will need to be picked up by 5:30 p.m. from the old SAIL Center.

Please contact Jonathan Martin at 251- 368-9136 ext. 2242 if you have any questions about the Feeding Program.

Why does your brother wear a life jacket in bed?

Because he sleeps on a waterbed!

Why did your sister cut a hole in her new umbrella ?

Because she wanted to be able to tell when it stopped raining.

Why did the hen cross the road ?

To prove she wasn't chicken!

www.ajokeaday.com

ANNUAL BOYS & GIRLS CLUB ENROLLMENT MEETING SCHEDULED



The Annual enrollment mandatory meeting for the Boys & Girls Club will be January 12, 2015 at the Wellness Center (gym) at 5:30 p.m.

If you plan for your children or grandchildren to participate in the Boys & Girls Club 2015 After School Program or Summer Program, you must sign them up at this meeting.

If you have any questions you may call the Boys & Girls Club at (251)368-9136 x 2282 or 2049.



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CALVIN MCGHEE CULTURAL AUTHORITY

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The Creek Nation and Mvskoke Language Program presents the Mvskoke Creek Language learning app. The app is available for free in three major app stores: Apple, Android (Google Play), and Amazon.

Download this app and begin learning or practicing our Mvskoke language.

I can't change the direction of the wind, but I can adjust my sails to always reach my destination.

Jimmy Dean
www.brainyquote.com

Happy New Year from Comer Elder Law!

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EDUCATION DEPARTMENT

FINANCIAL PEACE CLASSES

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

Contact Bryan Fayard, Financial Education Coordinator, in the Education Department at (251) 368-9136 x 2504 or bfayard@pci-nsn.gov for more information.

Additional information may also be found on the Education page of the Tribe's official web site, www.pci-nsn.gov.

MCGHEE-TULLIS TUITION ASSISTANCE PROGRAM

Students in this program are required to submit grades from the previous semester prior to the beginning of the next semester.

So please remember to submit your Fall 2014 grades before the start of the Spring 2015 semester. An authorization for Spring 2015 will not be sent to schools of students who have not submitted Fall 2014 grades.

You can email, fax or mail the grades to the Education Department, attention Shelia Fisher, email to sfisher@pci-nsn.gov or fax to (251) 368-0809.

Also, remember you are responsible for keeping the Education Department informed of any changes to your information (i.e., mailing address, phone, email, or change of school).

UNIVERSITY OF NEBRASKA SUMMER RESEARCH PROGRAM

The Nebraska Summer Research Program is a quality, hand-on experience in an environment that fosters growth and advancement of student scholars. Spend your summer at Nebraska experiencing close faculty mentoring, engaging research, and collaborative work.

- 8 - 10 week program
- Direct faculty mentorship
- Housing, meals, and travel provided
- Competitive stipend

APPLICATION DUE February 15, 2015

Contact:

Maggie Jobes

Summer Research Program Director

Assistant Director of Graduate Recruitment

Office of Graduate Studies

University of Nebraska-Lincoln

Begin exploring the various research topics and projects at www.unl.edu/summerprogram.



Education is the most powerful weapon you can use to change the world.

Nelson Mandela

FAMILY SERVICES DEPARTMENT

HAPPY NEW YEAR FROM FAMILY SERVICES!

PROGRAM NOTICES:

LIHEAP or CSBG Services: PBCI Tribal Per Capita monies and Senior Benefit monies will be included in the calculation of household income.

The following grants are available for public review:

- Low Income Home Energy Assistance Program (LIHEAP)
- Community Services Block Grant (CSBG)
- Family Violence (FVPSA)
- Elder Abuse Prevention & Intervention Grant

If you wish to review these grants, please come by our office to view these documents.

We welcome your comments and suggestions!

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.



If you suspect fraud, waste, or abuse in any of the Community Services Programs please contact the Family Services Department at (251)-368-9136 x 2600.

Family Services Department
5811 Jack Springs Road
Atmore, AL 36502
Office (251) 368-9136 Fax (251) 368-0828

As you grow older, you will discover that you have two hands, one for helping yourself, the other for helping others.

Audrey Hepburn

www.brainyquote.com

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1 Corinthians 3:10-13
Sunday Service @ 11:00 a.m. Wednesday Service @ 7:00 p.m.

HEALTH DEPARTMENT

SCALE BACK ALABAMA

It's that time again! Grab a partner and sign up for SCALE BACK ALABAMA.

Teams can consist of no more than two people.

Kick-Off: January 6, 2015

Come and sign in your team and get a free gift.

Weigh In: January 19-23, 2015

7:30 am - 4:00 pm

Call Marsha Fendley or Kay Gattis at (251) 368-9136 x 2354/2326 for more information.

INTRODUCING NEW PROVIDER

MARSHA FENDLEY, Registered Dietician, has recently joined the Health Department in a full time capacity. Mrs. Fendley has provided consultative services to us for more than 18 years; we are thrilled she is now able to offer her nutritional guidance to our patients on a full time basis.

AWARDS:

We are pleased to announce this year's award recipients recognized by the IHS Nashville Area Office. These employees were recognized for their efforts and accomplishments of PCI Health Department. The following individuals or teams have been selected for 2014's annual awards.

- *Tribal/Urban Program Recognition Award – Health Education Management Group:* Kay Thomas, Donna Johnson, Sandra Day, Jill Lee, Kay Gattis, and Jessica Dortch
- *Special Initiative Award:* Dr. Bahos & Dr. Dirkes
- *Customer Service Award:* Kim Flowers
- *Tribal/Urban Program Recognition Award:* Stephanie Franklin

- *Employee of the Year – Behavioral Health:* Kim Snow

Congratulations to this year's award recipients!!!!

NEWS FROM PHARMACY:

(1) The Indian Health Service is updating our computer software, which will ultimately benefit all Tribal Members. During this update process, please expect longer delays in prescriptions being processed in the pharmacy and longer visit times for the health clinic. We are optimistic that processes will run smoothly and we can be back to full capacity sometime after the first of the year. We sincerely apologize, and will do what we can to minimize delays. Thank you for your cooperation as we work through this difficult time.

What this means to you: Outside prescriptions will now require your physician to write the diagnosis on all your prescriptions. This can result in a phone call to your doctor if this information is missing. Please take a copy of this notice to your provider so that he/she will be aware of the importance of a diagnosis on all your prescriptions.

(2) When calling into the pharmacy for refill requests, please tell the pharmacy staff member what medications you need. This will help ensure that you receive what you are currently taking.

NEWS FROM OUR DIABETES TEAM:

Our 2014 Annual Community Diabetes Support Group meeting was amazing. There were many of our regular attendees and quite a few new guests. The theme was "Around the World" featuring Asian, Mexican, French and American cuisine. The areas along the walls featured décor from these areas of the world as well.

Continued on next page

HEALTH DEPARTMENT *Continued*

There was a brief moment of silence before prayer to remember the late Ruthie Mae and Lonnie Rackard and our co-worker and friend Louise Brogden.

The Diabetes Education and Community Health Department wishes you and your family a happy and healthy new year.

As we start a new year, we would like to remind you that anyone under the age of eighteen must have an adult present with them to be seen at the Health Department. This person should stay at the clinic while the patient is being treated. Thank you for your cooperation. Have a wonderful 2015!

Buford L. Rolin Health Department Staff

HOUSING AUTHORITY

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

Emergency/Transitional Housing

Rental - All Poarch Subdivisions

Rental - Walker Subdivision, Pensacola, FL

Rehabilitation Assistance

Renovation Loan Program

Heating & Cooling Loan Program

Senior Emergency Program

TAHO

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

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

MONIAC TOWNHOUSES

The Housing Department is now taking applications for the two (2) bedroom townhouses in the Moniac Subdivision. You must be nineteen (19) years of age or older to apply

To be eligible for the townhouses, you must be Over Income by NAHASDA Guidelines AND have a credit score of at least 550 and over. If you have a current application already on file, you must reapply. For income guidelines, contact the Housing Department.

The following information must be turned in with your application;

1. Proof of income;
2. Tribal Identification card on all tribal members;
3. A copy of social security cards on all listed on the application;
4. Verification from a doctor or Social Security Supplemental Security Income award letter must be provided;
5. A copy of Marriage Certificate, if married;
6. A copy of divorce papers showing you have full or joint custody of children;
7. A copy of Veteran's Verification (DD214).

THE RENT FOR THE TOWNHOUSES HAS BEEN SET AT \$500.00 WITH A SECURITY DEPOSIT OF \$300.00!

PETS WILL NOT BE ALLOWED IN THE TOWNHOUSES!!

Application deadline will be Friday, January 23, 2015.

For further questions, contact Poarch Housing Department at 251-368-9136 ext. 2251.

LEGAL DEPARTMENT

The Legal Department would like to provide Tribal Members with a synopsis of recent revisions to Tribal laws and updates to pending litigation. If you have any questions regarding any of these matters, please feel free to contact your Tribal Council members at (251) 446-1140 or the Legal Department at (251) 368-9136 Ext. 2525.

TRIBAL LEGISLATION

The Legal Department highlights below the 2014 amendments and recent revisions to the Tribal Code:

Title 37 (Procurement)

TCR 2014-08 (November 20, 2014) amended Title 37 (Procurement) of the Tribal Code relative to excepted procurements. The revision included the following:

- Section 37-3-5 was amended to add an exception (f) "when the Tribal Member must repay the Tribe for any portion of the contract amount if contract will be funded by only Tribal funds".

Title 33 (Tribal Employment Rights)

TCR 2014-08 (November 20, 2014) amended Chapter 3 of Title 33 (Tribal Employment Rights) of the Tribal Code relative to "non-set-asides". The revision included the following:

- Section 33-3-6(b)(3) was revised back to the original language, as well as returning two words "non-set-aside", back to the headings in Section 33-3-6(c) and (c)(1).

Title 41 (Revenue Allocation Plan)

TCO 2014-09 (November 6, 2014) amended Title 41 (Revenue Allocation Plan) of the Poarch Band of Creek Indians Tribal Code relative to the trust for minors and those legally incompetent. The revisions included the following:

- Generally, the amendment to Title 41 allows for no more than a moderate risk investment of the trust set up for minors and those deemed legally incompetent.

TRIBAL LITIGATION

State of Alabama v. PCI Gaming Authority et al. (Federal Court)

The Eleventh Circuit Court of Appeals has scheduled oral arguments on this case for the January 13, 2015. After the oral arguments, the Court will consider all of the arguments and briefs and issue a decision.

As always, to promote dissemination and public access to Tribal laws, Tribal Member public viewing is available during office hours at the Tribal Chair's Office, Tribal Council Office, Tribal Court, Education Department, and the Office of Archives and Records Management.

The Tribal Code is also available online, 24 hours a day, by clicking on the links found on the Tribe's website, www.pci-nsn.gov. Also full copies of any Titles or amended legislation may be obtained by contacting the Office of Archives and Records Management at (251) 446-4540.

GOLF LESSON

One day, a grandpa and his grandson go golfing. The young one is really good and the old one is just giving him tips. They are on hole 8 and there is a tree in the way. Grandpa says, "When I was your age, I would hit the ball right over that tree." So, the grandson hits the ball and it bumps against the tree and lands not to far from where it started. "Of course," added the grandpa, "when I was your age, the tree was only 3 feet tall."

ajokeaday.com



YOUR HEALTH MATTERS

Small Decisions Make Big Things Happen

Boost Your Metabolism!

Get Your Metabolism Going Strong in 2015

A sure fire way to feel great is to increase your metabolic rate. A faster metabolism means you will have an easier time losing weight and maintaining a healthy weight.

By incorporating these habits you can have a huge impact on your metabolism!

6 New ways to feel great:

1. **Eat Breakfast Every Morning.** Breakfast gives you the energy to begin your day and kick-starts your metabolism. Skipping breakfast can actually *increase* your body's insulin response, leading to fat storage and weight gain.
2. **Drink Water.** Did you know that thirst is often confused for hunger? Keep phantom hunger pains away and keep yourself hydrated by drinking at least 60 ounces of water each day.
3. **Get 8 hours of sleep each night.** Sleep is important for maintaining your metabolic rate and regulating your glucose metabolism. Waking up throughout the night and/or not getting 8 hours of sleep each night can negatively affect your metabolism.
4. **Increase your amount of lean muscle mass.** The more muscle you have the more calories you burn, even at rest! Another great reason to strength train at least 2-3 days a week.
5. **Add protein to each meal.** Your body uses more calories to digest protein than fats or carbohydrates.
6. **Eat every 3 hours.** If you want to keep your metabolism revved up, make sure to eat regularly. This means 3 meals a day and a snack in between each meal. Research has shown that people who have a small snack will eat less at regular meals and have higher metabolic rates.



The best way to make these lifestyle changes permanent is to add one new habit at a time. Pick one to start with and after a week or so, when it becomes routine, add another. Before you know it, these small changes have made a huge impact on your metabolism, and you'll feel so great about your progress.

Building and maintaining healthy habits are important markers on your path to health and wellness. Keep yourself healthy and happy in this New Year.

Reach out to me if you have any questions and have a great start to 2015.

Win the Day!

Spencer

Spencer earned his degree in Exercise Physiology from Ohio University. He prides himself in studying the latest fitness trends and research. His philosophy on training focuses from the ground up and from the core outwards in proper movement patterns. Spencer resides in Scottsdale, Arizona.



www.mypciwellness.com
facebook.mypciwellness.com



YOUR HEALTH MATTERS

Small Decisions Make Big Things Happen

Keep Your Metabolic Fire Burning!

Metabolism Boosting Winter Foods

2015 is officially upon us! Many of you are thinking about your new year's resolutions and how to maintain your healthy lifestyle. Something you may be interested to know is just how powerful certain foods can be to both warm your body during these cold winter months and raise your metabolism for optimal health and fat loss.

Foods to Kick Your Metabolism into High Gear:

Caffeine and Green Tea

Both coffee and tea, specifically green tea, have fat burning properties that promote energy expenditure. Especially when used prior to exercise. Matcha green tea has been shown to be a very powerful fat burner. Green tea also has numerous other health benefits from potent disease-fighting properties. One to three cups a day would be a good addition to any daily routine.

Lean Proteins

Not only do lean proteins have the highest calorie burning effect (up to 30% of calories) but they are often the most satisfying. My suggestion would be to replace the more typically consumed beef and chicken with more wild game lean meat sources like bison, elk, ostrich, venison, etc. This will offer your body a change in amino acid, which can minimize food sensitivities, prevent inflammation in the blood and contribute to fat loss.

It's also worth mentioning that these wild game sources are often high in conjugated linoleic acid (CLA), an essential fatty acid. Linoleic acid has been shown to help reduce body fat by stimulating basal metabolic rate and burn more calories at rest.



Coconut Oil

I'm sure you've heard the hype about coconut oil. It's often touted as a super food due to its energy density coupled with an easily digestible structure. Coconut oil is another useful fatty acid and has been shown to help in calorie and fat burning. Coconut oil can be used many ways but is great for higher temperature cooking like sautéing or baking meat or veggies. Personally, I take a tablespoon in my morning coffee.

Metabolic Boosting Habits

Regardless of the temperature outside, the body's internal temperature and metabolism will be super-efficient with good quality sleep, consistent exercise and stress-reduction techniques. Support your healthy habits with a nutrition routine that has ample amounts of protein, carbohydrates and fats. When that foundation is set, simply introduce some metabolically stimulating foods and you will certainly see and feel big changes: improved health and faster fat loss.

Ben Brown is the nutritionist with Advantage Training and can be reached directly through "Talk to a Nutritionist" within the My PCI Wellness online portal at www.mypciwellness.com



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

TRIBAL ADMINISTRATION

OFFICE CLOSURES

Please remember the following closures when planning your visits to the pharmacy, Health Clinic, or other Tribal Administrative offices during January and February, 2015.

Thursday & Friday, January 1-2, 2015

Tribal Offices and Boys & Girls Club will be closed for the New Year's holiday.

Monday, February 16, 2015

Tribal Offices and Boys & Girls Club will also be closed in observance of Presidents' Day.



A is for **A1C!**

What exactly does this number mean for me?

Come and learn how this small number can change your life!

When: January 8, 2014 @ noon

Where: 1st Floor Conference Room @ PCI Health Dept.
Please RSVP to Kay @ 251-368-9136 ext. 2326, Marsha @ 2354 or Donna @ 2332.

Boxed lunches will be served, along with door prizes.
Hope to see you then.

TRIBAL EMERGENCY MANAGEMENT

Fire Department Issues Correction To Tribal ISO Rating

In last month's issue of the *Poarch Creek News* Ronnie Jackson, Fire Chief, stated that the Public Protection Classification (PPC) for the Poarch Creek Fire Department response area has improved to a PPC of 5/5x. The correct PPC is 3/3x.

Ronnie and the Poarch Creek Fire Department apologizes for this misinformation.



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TRIBAL ENROLLMENT DEPARTMENT

The Tribal Enrollment Department is developing a database of First Generation Descendants of the Poarch Creek Indians and requests assistance from Tribal Members to complete this project.

The *Identifying First Generation Descendants* form is accessible to Tribal Members in the TMOP of the web site, www.pci-nsn.gov. Please list the name and birth date of all First Generation Descendants in ***your*** immediate family as well as any other First Generation Descendants that reside in your household.

Please note that immediate family ***does not*** have to reside in your household to be identified on the form.

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

TRIBAL FINANCE DEPARTMENT



The [Pay Tribal Bill Here](#) link is on the left sidebar of the homepage under the Tribal Member Portal heading. Tribal Finance will provide usernames and passwords for the Tribal Loan Portal to all Tribal Members with a current loan as well as future Tribal loan program participants.

Tribal Government now accepts Tribal loan payments via VISA and Master Card through the Tribal Loan Portal or on-site payments at Tribal Government. VISA and Master Card payments are not accepted for other programs at this time.

If you have any questions please call Candy Byrd at 251-368-9136 ext. 2006 or Deborah Hammons at 251-368-9136 ext. 2007.

Tribal Government Finance has established a Tribal Loan Portal accessible to Tribal Members Only through a link on the front page of the Tribe's web site at www.pci-nsn.gov.

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TRIBAL GAMING COMMISSION

On November 18-21, 2014, Tribal Gaming Commission (TGC) representatives from the Confederated Tribes of Coos, Lower Umpqua & Siuslaw Indians (CTCLUSI) of Florence, OR visited Alabama and the Tribe's 3 gaming operations. Currently, the CTCLUSI Tribe is expanding their gaming operations in Oregon which will include a Class II gaming facility. The Tribe already operates the Class III, 3 Rivers Casino in Oregon.

The visit served as an introduction to Class II Gaming for the CTCLUSI Gaming Commission as Federal regulations between Class II and Class III vary. Poarch Creek TGC Compliance Director, Linda McGhee, served as a tour guide as the visitors toured the Tribe's Gaming operations and met with both PCI Gaming employees as well as TGC departmental employees.

After meeting with employees from both Operations and Regulatory, the visitors were able to get a better understanding of the daily activities of each. Representatives from the CTCLUSI Tribe included Commission Deputy Director Dean Morgan, Commission Surveillance Director Rusty Bossley, and Gaming Inspector/IT Tech Cheryl Hoile.



Pictured left to right are Rusty Bossley, Linda McGhee, Dean Morgan, and Cheryl Hoile.

The measure of who we are is what we do with what we have.

Vince Lombardi

Nothing is impossible, the word itself says I'm possible!

Audrey Hepburn

www.brainyquote.com

TRIBAL MEMBER BENEFITS DEPARTMENT

In order for annual Tribal Member distributions to be processed accurately, Tribal Member Benefits must be informed of any changes you may have to your address, phone number, and/or other personal information.

Please contact the Tribal Member Benefits Department at (251) 368-9136 x 2209 or 2207 to update your contact information or to have a new Direct Deposit Form mailed to you to be completed and returned for processing. Banking information will not be taken over the phone.

The Direct Deposit Form may also be downloaded from the Tribal Member Benefits page accessible through the Tribal Members Only Portal (TMOP).

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

TRIBAL POLICE DEPARTMENT

TRIBAL TIP LINE

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

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

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

CHAD JOHNSON IS A TRIPLE THREAT!

Tribal Police Officer Chad Johnson recently placed second in a Triple Threat (Firearms) Course held in Greenville, AL.

Congratulations Chad!





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

CIEDA SMALL BUSINESS LOAN PROGRAM

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

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

Additional credit criteria as well as loan collateralization requirements apply.

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



SUNDAY
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MONDAY
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TUESDAY
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THURSDAY
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Next to Wind Creek Casino

CIEDA HEALTH FAIR



*Pictured: Cathy Langley, Administrative/Student Advisor
Reid State School of Nursing and Jemison Cunningham,
CIEDA Training & Development Coordinator*

CIEDA Human Resources Department recently hosted its 2nd Annual Health Fair. This event was held at Reid State College and the nursing school staff and students from the college assisted with many of the health screenings. Nearly one hundred CIEDA enterprise's employees and their spouses participated.

This year there were over 50 vendors, and participants were offered health screenings for blood sugar, cholesterol, vision, blood pressure, respiration, BMI, hearing, and bone density.

Lunch was graciously prepared by the CIEDA Procurement & Maintenance Team. It took many hands and many hours to plan and execute this event. We wish to thank everyone who contributed their time and energy to making this event a success.

CREEK TRAVEL PLAZA, BUSINESS OF THE MONTH



Pictured to the left are: Front Row (L-R): Brandon Dawson, Gina, Rowell, Anthony Hicks, Shannon Caraway, Emily White, Donna Jordan, & Kadisha Poindexter.

Back Row (L-R): Sheryl Vickery, JC Marshall, Terri Waller, Kitty Stuart, Donna Henry, Anne Hetzel, Brandon McGhee, Candy Stucky, Chris Singleton, Tammy Smith, James T. Martin, Ben Odom, Ronnie Smith, Linda Bowen, & Tim Manning.

The Creek Travel Plaza was pleased to have been honored as November's Business of the Month by the Atmore Chamber of Commerce.

This year, Creek Travel Plaza was voted "Atmore's Best Convenience Store" through the Atmore Advance's annual online voting contest recognizing the best local businesses.

This distinction was a compelling reason for the Creek Travel Plaza having been nominated for the Chamber's Business of the Month.

Congratulations to the staff of the Creek Travel Plaza on this achievement.

Submitted by Jennifer Chism

AUTOMOBILE AUCTION

Wind Creek Hospitality will be accepting bids from Tribal Members Only for three automobiles.

1. 2007 Chevrolet Tahoe LS
Interior/Beige Leather Exterior/Champagne
Fair Condition
Mileage: 188,280
Minimum Bid: \$3,500.00
2. 2010 Toyota Scion Xb
Interior/Black Cloth Exterior/White
Good Condition
Mileage: 99,823
Minimum Bid: \$3,000.00
3. 2010 Toyota Scion Xb
Interior/Black Cloth Exterior/White
Good Condition
Mileage: 99,595
Minimum Bid: \$3,000.00

Bids will be accepted January 10-24, 2015. All bids must include:

- (1) Name of Tribal Member
- (2) Tribal Roll Number
- (3) Contact Number
- (4) Amount of Bid

All Bids may be mailed or hand delivered to:

Wind Creek Casino
Attention: Michael Friedman
303 Poarch Road
Atmore, Al. 36502

If you have any questions or would like to view the vehicles, please contact Michael Friedman at 251.446.4231.

The winning bidder will be contacted by phone on January 24, 2015 at 5:00 pm.



2009 Chevrolet Tahoe LS (1)



2010 Toyota Scion Xb (2)

As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.

Change is the law of life. And those who look only to the past or present are certain to miss the future.

John F. Kennedy

www.brainyquote.com

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NATURAL RESOURCES CONSERVATION SERVICES



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The Natural Resources Conservation Service (NRCS) is the USDA agency which works at the local level to help people conserve all natural resources on private lands.

Visit the NRCS web site www.al.nrcs.usda.gov to see updated news and information about services that may be helpful to you and your family.

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

Farm Service Agencies

www.fsa.usda.gov

www.fsa.usda.gov/al

www.nrcs.usda.gov/farmbill

USDA Rural Development

www.rurdev.usda.gov

www.rurdev.usa.gov/al

Alabama Forestry Commission

www.forestry.state.al.us

For more information contact:

David Elliott, NRCS Tribal Liaison

5535 Poarch Road, Atmore, AL 36502

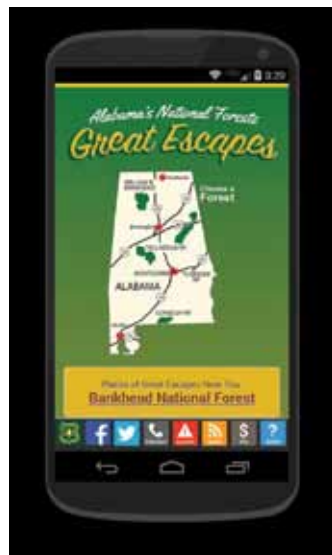
(251) 368-0826

GREAT ESCAPES MOBILE APP: YOUR LAND, YOUR APP

The U.S. Forest Service has announced the initial phase of a newly created mobile device application for outdoor enthusiasts interested in planning trips to Alabama's four national forests, Bankhead, Talladega, Conecuh, and Tuskegee. Alabama "Great Escapes" mobile app is available for download at the google play store using <http://bit.ly/greatescapes>.

Using a blend of website and native app capabilities, Alabama "Great Escapes" mobile app provides the following essential information:

- Contact Information
- Alerts and Safety Messages
- Know Before You Go Notifications
- National Forest News
- Recreation Activities
- Fees and Opening Schedule
- GPS of National Forest in Closes Proximity
- Recreation Site Direction (On website)
- Share national forest memories with family and friends through Facebook and Twitter.



The first phase of the mobile app provides essential information; however, we need the public to download the app and help us decide its future as we implement new capabilities throughout the year.

Mobile app comments should be emailed to: pa_alabama@fs.fed.us.

Website:

www.fs.usda.gov/alabama

Twitter: [@NFinAlabama](https://twitter.com/NFinAlabama)



SCAN QR CODE
TO ACCESS APP

Submitted by David Elliott



New and Pre-Owned Vehicle Purchase Program Offered to All PCI Tribal Members!

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ON THE LIGHTER SIDE

Poarch Creek News January (Rvfo 'Cuse) 2015

For your entertainment.

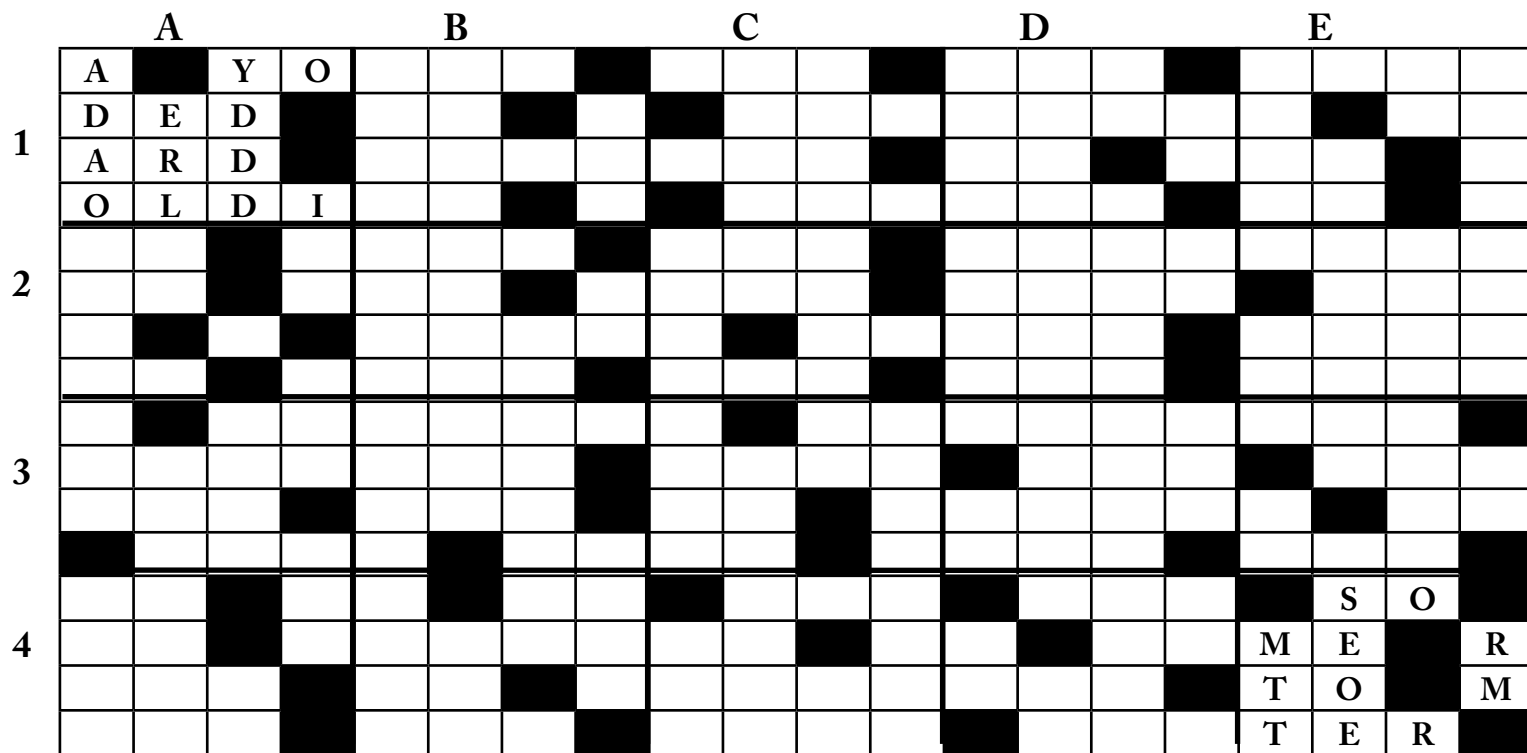
Gridlock:

This puzzle grid has been divided into 20 sections of 4x4 boxes each. The object is to place the letters into the grid so that a quotation can be read left to right, line by line. Reading across only, we have taken the letter groups in each 4x4 unit and listed them beside the proper heading. There are between 1 and 4 letters per group depending on how many black squares happen to fall in the unit. The black squares separate the words in the quote and will guide you in placing the letter groups correctly. The letters in the 1-A and 4-E units have been put into place to start you off and finish you up! The answer will be published in next month's issue.

1-A ~~A Y O A R D D E D O L D I~~
 1-B A A B Y N G U N G B E C A
 1-C B O Y H O S M I R U S E
 1-D W H E R O R W A S P I T A
 1-E H H L A S G U I N S C O L
 2-A A H O T W I S N G O W
 2-B S H E A N D H A T T H I R

2-C D F L A N D A R E U N S
 2-D O O R Y O U R A Y S R E F L
 2-E O N T D O I N E C T I W I N D
 3-A G S H R E D S I C N O T H
 3-B K T H B O Y I N G Q U T E
 3-C D F W E Y M Y T H S A I D
 3-D E G U O N T T H E R I E N

3-E D I S A R D L E T S C A
 4-A I S I M M E A K E A Y S
 4-B N S O F T O H I M E N D I
 4-C U N G S E E F E E L U N S H
 4-D P S O B E T H I M I N E
 4-E ~~M R M E S O T O T E R~~



www.kappapuzzles.com

Answers to last month's puzzle -

www.kappapuzzles.com

- | | |
|------------------------|----------------------|
| 1. MTROETNORD | Motor Trend |
| 2. ABPOETNIT | Bon Appetit |
| 3. HOUGSOEKEOEPIDNG | Good Housekeeping |
| 4. STROLOLNINGE | Rolling Stone |
| 5. BUWESIENESKS | Business Weekly |
| 6. ISPLOLUSRTRTASTED | Sports Illustrated |
| 7. REDIAGDESERTS | Reader's Digest |
| 8. SLOUITHVIERNGN | Southern Living |
| 9. WENTEEREKTAILNMYENT | Entertainment Weekly |
| 10. MEPOCHPUALNAIRCS | Popular Mechanics |



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JANUARY (Rvfo 'Cuse) 2015

Thursday & Friday, January 1-2, 2015

Tribal Offices and Boys & Girls Club closed for New Year's holidays.

Monday, January 5, 2015

5:00 pm (CST)

Deadline to submit information for publication in February 2015 issue of Poarch Creek News

Tuesday, January 6, 2015

First day to sign up for Scale Back Alabama-Health Department

January 10-24, 2015.

Wind Creek Hospitality accepting bids from Tribal Members Only on three (3) automobiles.

2007 Chevrolet Tahoe LS

2010 Toyota Scion Xb (2)

All bids must include:

- (1) Name of Tribal Member
- (2) Tribal Roll Number
- (3) Contact Number
- (4) Amount of Bid

Monday, January 12, 2015

Boys & Girls Club Annual Enrollment

Mandatory Meeting

5:30 pm

Monday, January 23, 2015

Last day to submit application for

Moniac Townhouses

Thursday, January 29, 2015

Free Retinal Screening

Premiere Family Eyecare

8:30 am - 10:30 am

Tribal Council Meetings

Thursday, January 15th, 4:00 pm

Tribal Council Chambers

Tribal Court Sessions

Monday, January 5th & 12th 9:00 am

Tribal Courtroom

CIEDA Meetings

Friday, January 2nd & 12th 7:30 am

CIEDA Offices

CMCA

Monday, January 5th & 19th 4:00 pm

Tribal Museum/Welcoming Center

Housing Authority Meetings

Thursday, January 8th & 22nd 4:00 pm

Building 400 Conference Room

Recreation Authority Meetings

Thursday, January 8th & 22nd 11:00 am

Recreation Department (Gym)

TERO Commission Meetings

Tuesday, January 13th & 27th 8:00 am

Building 600 Training Room

4-H Club

Monday, January 12th & 26th 6:00 pm

Education Department

Story Time

Wednesdays at @ 12:15 pm

PCI Library

After School Tutoring and

Homework Club

For Tribal Members & 1st Generation

Descendant students in grades 1-12

Education Department

Gym & Weight Room Hours

Monday - Friday

6:00 am - 8:00 pm

Saturday 10:00 am - 4:00 pm

Batting Cages Closed

Pool & Splash Pad Closed For Winter

Playground Pavilion/No reservations needed

No set time for usage/First come first serve

Monday, February 16, 2015

Tribal Offices & Boys & Girls Club will be closed in observance of Presidents Day.

Newsletter Contact Information

Poarch Creek News

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

Government Relations Department

Gayle Johnson, Media Specialist

(251) 368-9136 x 2210

Direct Dial # 251 446-5210

gjohnson@pci-nsn.gov www.pci-nsn.gov



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