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A Moment With The Tribal Chair

February 2015

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

I trust that everyone had a wonderful beginning to this new year of 2015. I, along with your Tribal Council, have hit the ground running! At our annual Tribal Council working session in November, we made some rather major changes to the structure of the departments throughout Tribal Government. We have high hopes that these changes will enable our valuable and talented staff members to perform their duties and manage their department even more efficiently than they currently do. We anticipate the reorganization of our Tribal structure to be fully implemented by April 2015.

Additionally, changes are planned for the future of our current offices at Tribal Government. We recognized that, with so much growth, some departments may not be located in the area that is most conducive to its work activities. So, we decided to implement a Tribal Government wide Campus Space Plan. We hired a professional design team to implement the next phase of our Master Plan - "A Place Called Poarch". Over the next several months, and even possibly into the next year, this team will be compiling and implementing changes all around our existing structures. The purpose of this decision by your Tribal Council was to address functionality, resiliency, adaptive management, and sustainability of what we have all worked so hard to achieve.

On a more personal note, I hope that in these first six months of my leadership you have seen and experienced positive changes. These were just a few promises from my campaign platform, and I meant every word I said. However, please keep in mind that



"Rome wasn't built in a day." As your Tribal Council, we collectively strive to make the best long-term decisions for our Tribe. These decisions are often not easy, but are tough decisions that are rigorously debated and considered.

In closing, I hope that everyone has a beautiful Valentine's Day filled with an overabundance of love. Remember that love can be found in many different forms: a hug from a friend, a smile from your grandbaby, or an unselfish act. Love is a powerful phenomenon capable of breaking barriers and creating bonds.

One of my favorite passages in the Bible, 1 Corinthians 13, speaks of the greatness of love. Verse 13 says, "But now faith, hope, love, abide these three; but the greatest of these is love." My love for my people is what drives me to be the best Chairwoman I can be for you each day. Please remember that my door remains open to you.

As always, much love from me and my family to you and yours.

Stephanie A. Bryan Tribal Chair

$Y_{\text{OUR}}2014$ – 2015 T_{RIBAL} C_{OUNCIL}



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



Robert R. McGhee Vice Chair rmcghee@pci-nsn.gov



David W. Gehman
Secretary
dgehman@pci-nsn.gov



Arthur Mothershed Treasurer amothershed@pcigaming.com



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



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



Kevin McGhee
At-Large
KDMcghee@pcigaming.com



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



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.



Tribal Council Update

February 2015

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

Hello Tribal Members. It is an honor to be able to come before you and update you on what I feel we, as your Tribal Council, should be making a priority in 2015.

Since 2009, we have spent countless hours in Washington, D.C working on a Carcieri fix that is needed due to the US Supreme Court decision in the case of Carcieri vs Salazar. The US Supreme Court decision on Carcieri limits the Department of Interiors ability to place land into trust for tribes not under federal jurisdiction when the Indian Reorganization Act (IRA) was passed in 1934. Our Council immediately started lobbying Congress to fix this bad decision. Unfortunately, at this time we have not been able to accomplish our goals and get a Carcieri fix signed into law.

One of the many dangers that come as a result of our failure to get a clean Carcieri fix is that Luther Strange, Attorney General of Alabama, has sued the Tribal Council and the PCI Gaming Authority members. He is suing us all individually stating that we are a public nuisance for operating what he deems is illegal gaming in the State of Alabama. That case was thrown out of court. Mr. Strange then appealed to the 11th Circuit Court in Atlanta, GA. By the time you are reading this article, we will have had oral arguments on January 13, 2015 in Atlanta GA.

We feel confident that we will win, but then Mr. Strange can appeal to the US Supreme Court in Washington, DC. Indian tribes have not won very



many cases in the US Supreme Court in recent history. Attorney General Strange's suit is just one of many lawsuits that have sprung up since 2009. Carcieti is just a bad ruling that could undermine our Tribes' ability to provide a stable government.

That brings me up to our priority in 2015. We must protect the lands that are in trust now. We have changed our strategy. While not giving up on a clean Carcieri fix we are putting our efforts into a Land Reaffirmation bill. It is a simple bill that we hope to get all of Indian country to support. It would basically ratify all tribal lands that were taken into trust by the Secretary of Interior since the IRA was passed in 1934.

One of the good things that has come out of our lobbying efforts is that the entire Council has developed many good friends throughout the US Senate and House of Representatives. We have reached out to some of our contacts and local representatives, and feel optimistic that we can get this Land Reaffirmation bill passed in the 114th Congress. Once we get these lawsuits behind us, our future will be very bright.

God Bless the Poarch Creek Indians.

2015 BOARD-COMMITTEE APPOINTEES

The Tribal Council has appointed the following Tribal Members to Tribal Boards and Committees. At this time, terms have not been established due to the upcoming organizational structure changes. However, new members are allowed to begin serving in this capacity. A complete list of board and committee members will be published once organizational structure changes have been completed.

Housing Authority Charlotte Meckel

Lynn Woodcock

Utilities Authority Patrick Strickland

Chris McGhee

Recreation Authority John O'Barr

Trina Rackard

PCI Gaming Authority Billy Smith

CIE Development Authority Richard Gonzalez

Calvin McGhee Cultural Authority Clarence Rolin Gwen Manning

Gaming Commission Vicky Burns

Education Advisory Committee Deloris Kelley

Election Board Edie Jackson
Carolyn Davis-Alt.

Investment Committee Wesley Manning

Enrollment Committee Janet Kay Gattis

Endowment Committee Kelli Ramer

Ethics Board Rose M. Conlon

If you have any questions, please contact Kelli Ramer, Tribal

Council Liaison at 368-9136 x 2110.

BOARD-COMMITTEE VACANCIES

As you may have heard, the Tribal Council is embarking upon a reorganization of Tribal Government. As part of this reorganization, several of the boards and committees are being restructured.

At this time, The Tribal Council anticipates new board and committee positions will be open in February of 2015 for the following board and committees:

- PCI Gaming Authority Board of Directors (PCIGA)
- CIE Development Authority Board of Directors (CIEDA)
- Utilities Authority Board of Directors
- Education Advisory Committee
- Endowment Committee
- Enrollment Review Committee
- Ethics Board
- Tribal Grievance Committee
- Tribal Regulatory Commission Board of Directors
- Tribal Gaming Commission Board of Directors

The Tribal Council is committed to placing qualified individuals on these boards and committees. We encourage you to apply for these boards and committees if you believe you are qualified. If you apply for PCIGA, CIEDA, or Utilities, you must submit a resume reflecting your qualifications for consideration.

You may complete and submit an application online on the Boards and Committees page located under the Government link of the Tribal web site www.pcinsn.gov. If you do not have internet access or prefer to fill out the application off line, you may pick up an application at the Tribal Chair's office located at 5811 Jack Springs Road, Atmore AL or contact Kelli Ramer, Tribal Council Liaison, at (251) 368-9136 x 2110.

All applications should be returned to the Tribal Chair's Office by close of business Monday, March 2, 2015 if you are interested in these positions. Applications may be submitted via online submission, U.S. Mail, or hand delivery.

If you have any questions, please contact Kelli Ramer, Tribal Council Liaison at 368-9136 x 2110.

INTRODUCING

2 FOR \$20 LUNCH MENU!

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In This Issue

There are 3060 enrolled members of the Poarch Band of Creek Indians.





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CHANGES TO ANNUAL SOVEREIGNTY CELEBRATION

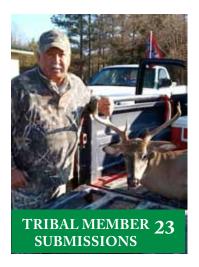
By vote of the Tribal Council, the annual If you have any questions or need more information, Sovereignty Celebration will now be held on a please contact your Tribal Council Members at five (5) year cycle.

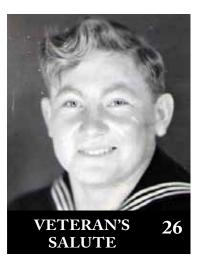
In 2014 we celebrated 30 years of Tribal sovereignty, the next celebration will be held in 2019, the 35th anniversary of Tribal sovereignty.

(251) 446-1140.











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 <u>second month</u> 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 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:

Gayle Johnson, Media Specialist Poarch Creek News
5811 Jack Springs Road
Atmore, AL 36502
gjohnson@pci-nsn.gov
www.pci-nsn.gov

(251) 368-9136 x 2210 Direct Dial # 251 446-5210

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



Gayle Johnson, Media Specialist gjohnson@pci-nsn.gov

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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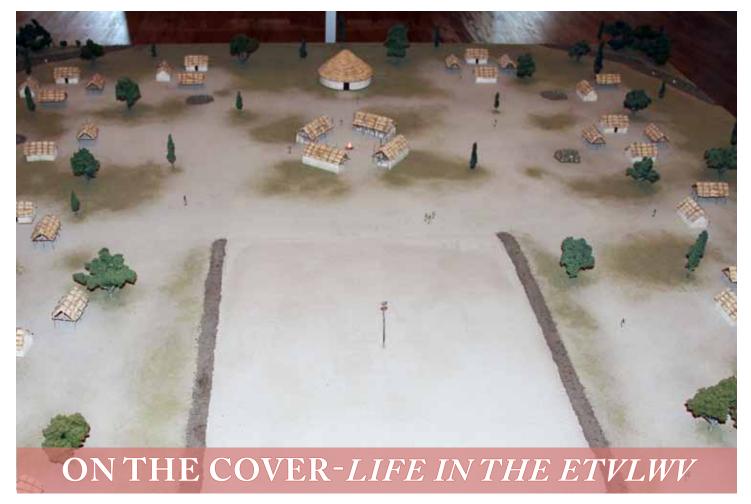
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Have you visited *Kerretv Cuko*, the Tribal museum? The *Poarch Creek News* would like to take you on a tour!

"Aceyepvs", come in. 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 centuries¹.

The main exhibit in the front lobby of the Museum is the multifaceted *Life In The Etvlwv*. With this exhibit, you learn about the Mvskoke migration story and origins of Mvskokvlke, the Muskoke people. You learn of the forming of clans, the Creek Confederacy,

and the conflict and widespread diseases brought by the first Europeans, beginning with Hernando de Soto in 1540.

Clans are important to the Mvskoke. Children traditionally belonged to the clan of their mothers and couldn't marry members of their own clan. Clan members took care of each other, helping to raise children and defend each other.

The Creek Confederacy was an alliance of over 60 small tribes, or tribal towns, call etvlwv. These etvlwv had their own independent government but served as an integral part of the larger government of the confederacy. The Creek Nation covered over 60,000 square miles across present-day Alabama, Georgia, and Northern Florida. Etvlwv that lay along the Coosa, Tallapoosa, and Alabama Rivers were called "upper towns"; those that rested along the Flint, Chattahoochee, and Ocmulgee Rivers were called "lower towns."

The etvlwv (pronounced ee-dullwah), is a Myskoke village! Housing between 50 and 500 people, a typical included homes, public etvlwv grounds, farmland, and hunting grounds. Under a sunny sky on a typical day in the etvlwv children play a game of stickball; women tend crops and prepare food-the hollow thunk of corn pounders fills the air. Dogs bark happily, darting

after the birds that try to land in the fields. Men sit in council to discuss the day's event.

Every etvlwv had a sacred fire that was highly revered. The fire linked the physical and spiritual worlds and was rekindled once a year during the Green Corn Ceremony. Giving thanks to the Master of Breath, the ceremonial ring was cleaned out and the fire relit. Each family relit their own household fire from this fire.



Forming the Clans The Creator told the chiefs that their people were lost and needed to find their way. He sent a fog that covered the land. People wailed and cried; animals were scared and joined the groups of people. On the fourth day the Creator blew away the fog with a great wind.

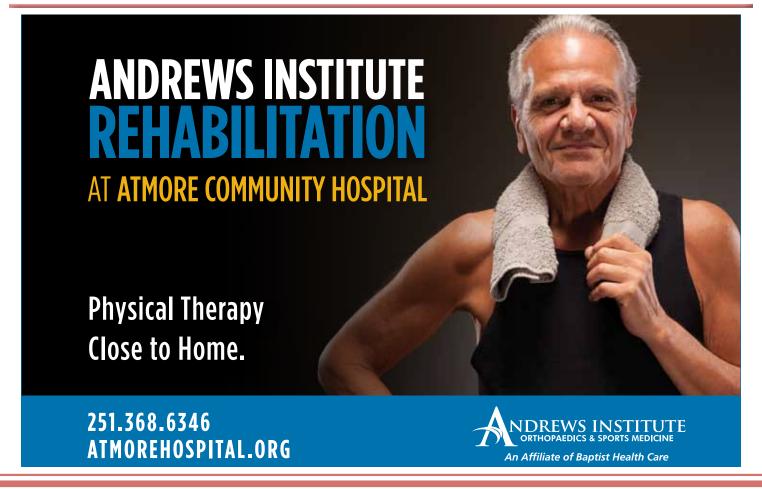
The clans were named after the animals that had joined their group. The group who had been the first to feel the great wind was named the Wind Clan.

The Creator stated the two most important Mvskokvlke rules: Don't let your clan die out, but never marry inside your clan; and always tend to your ceremonial fires.

Life in the Etvlwv 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 year walk with us! Gayle Johnson, Media Specialist





According to Tribal Enrollment records, there are 3,060 enrolled members of the Poarch Band of Creek Indians. There are 1,547 female Tribal Members and 1,513 male Tribal Members. Bernice Morgan, age 92, is the oldest female Tribal Member and Carl McGhee, Sr., age 97, is the oldest male Tribal Member.

Of the 3,060 Tribal Members, 1,489 live in the Tribal service area, the remaining 1,571 live outside the service area in locations across the country and around the world.

When breaking membership down by ages, you have the following statistics:

	_	
•	0-12	168
•	13-17	119
•	18-29	360
•	30-49	1,035
•	50-64	821
•	65-79	467
•	80 and older	90

Sadly, we lost 41 Tribal Members as of December 29, 2014. It is always sad to lose a loved one, but it is a deeply felt sadness throughout the community when we lose a child or young adult. To those who lost loved ones this year, you are in our thoughts and prayers and we pray for your strength and guidance.

Deceased Tribal Members:

T T T . 44 . T

Willie Lois Rolin	January 7, 2014
Nicholas Aaron Rolin	January 20, 2014
Donald Gus Caraway	January 20, 2014
Helen Boatwright	January 30, 2014
Ralph Lynn Overstreet	February 11, 2014
John William Daughtry, Sr.	February 16, 2014
Sadie Louise Jones	February 27, 2014
Ethan David Warden	February 28, 2014
Peggy M. Fowler	March 4, 2014
Ethel L. Gross	March 6, 2014
Patty Barney	March 6, 2014
Ralph Davis Steadham	March 16, 2014
Jack W. McGhee	March 19, 2014
Justin Blake Sims	March 22, 2014

Margree L. Woods	April 25, 2014	Ruthie Mae Rackard Lonnie Lee Rackard	September 17, 2014 September 23, 2014		
David Glenn Gardner	June 5, 2014		,		
Billy Eugene Stabler	June 14, 2014	Wilbert Rolin	October 3, 2014		
,		Alvin Roland	October 12, 2014		
Preston Pete McGhee	July 3, 2014				
Dewitt Sells	July 15, 2014	Linda Carol Hickman	November 1,2014		
Georgia A. Partaine	July 17, 2014	Jerry Blackburn	November 9, 2014		
Earl James Bradford	July 26, 2014	Jimmy Roland	November 12, 2014		
Tamera Hendrix	July 31, 2014	Helen Price	November 14, 2014		
		Truddie DeWise	November 23, 2014		
Lottie Duerst	August 1, 2014	Charles Edward Blackwell	November 26, 2014		
Karen Melecio	August 5, 2014				
Alton F. Pawling	August 31, 2014	Eva Ramer	December 16, 2014		
_		Johnny Ray Castleberry	December 26, 2014		
Evans Colbert	September 1, 2014				
Viola McWilliams	September 3, 2014	If your loved one passed away in 2014 and is not reflected			
Mazie Rolin	September 5, 2014	on this list, please contact Tribal Member Benefits at			
Leon Andrew Sims	September 7, 2014	(251) 368-9136 x 2209.			
Nicole Rolin Teague	September 9, 2014				

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

Desmond Tutu





Congratulations to our 2014 Christmas Parade float winners: CIEDA, 1st place with the Noise of Christmas; Tribal Gaming Commission, 2nd place with Remote Control Toys; and Public Works, 3rd place with Bob The Builder. We had a great parade with beautiful floats, lots of lights, friendly competition, laughter, and plenty of candy and throws. Our parade gets better each year! Myto to all who participated, we can't wait to see what 2015 brings!





with time & money-saving equipment!

SPECIALISTS |

Megan Young January 2, 2015



Happy birthday Megan.

We love you and are proud of your many accomplishments.

Mom, Dad, Mallory, Emmee, and family.

Ed Jarman January 5, 2015



Happy birthday Dad!

We hope you have a wonderful day!

We love you, Laurie, Leeann, Big Steve, Steven, & Trevor.

Abigail McGhee January 5, 2015



Happy 1st birthday our sweet Abigail!

We love you so much!

Daddy, Mommy, Madilyn, and Samuel.

Taylor Hutto January 5, 2015



Happy 14th birthday Taylor!

We love you!

Love, your family.

Shelley Villeret January 6, 2015



Happy 33rd birthday Shelley!!

Hope your birthday was as special as you!!

Love, Craig, Landon, Carson, Mom, Dad, & family.

Aubrey Flowers
January 6, 2015



Happy 4th birthday!

Love, Daddy, Mommy, Alli, Pappy, & Kimper.

Karen Findley January 6, 2015



Happy belated birthday Karen!

Karen lives in Everett, WA and is the daughter of the late Mace and Coot McGhee.

Love, your family and friends.

Alli Flowers January 8, 2015



Happy 7th birthday!

Love, Daddy, Hannah, Aubrey, Pappy, & Kimper.

David A. McGhee January 15, 2015



Happy 54th birthday David!

We love you!

Love, your family.

Marty Henson January 15, 2015



Happy birthday Marty!

We love you!

Love, your family.

Larry Bailey January 15, 2015



Happy 55th birthday Larry!

We love you!

Love, your family.

Baccari Ramer January 17, 2015



Happy 19th birthday B!

We love you!

Mom, Granny, and Paw Paw.

Mallory Young January 22, 2015



Happy birthday Mallory.

We love you very much and are so proud of you.

Mom, Dad, Megan, Emmee, and family.

Thomas Berthelot January 24, 2015



Happy 10th birthday Thomas!!

You are the best blessing ever!!!

Love you, Mom & Dad, Pops, Maw-Maw Mary & family, Pops, Maw-Maw Sheila, & family.

Ellen Henson Creel January 24, 2015



Happy birthday Ellen!

We love you!

Love, your family.

Leah Faith Rolin January 25, 2015



Happy 9th birthday Leah!! We love you very much

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

Candace Booth January 27, 2015



Happy 31st birthday!

Hope you have the most amazing birthday ever! We all love you!!

Mama, Tommy, and family!

Sheila Colbert Berthelot January 29, 2015



Happy birthday Sheila!!

With love, Tommy, Tommy Jr., Cristi, Tracey, Vince, Shelley, Craig, Thomas, Landon, Emma, Carson, Paisley, & family.

Kendall Reed January 31, 2015



Happy birthday Kendall! Love, Priscilla.

Adam McGhee February 3, 2015



Happy birthday!

We are so proud of you and thankful to be your wife and son and daughters! We love you so much!

Jennifer, Madilyn, Samuel, and Abigail.

Elizabeth Dobyns February 3, 2015



Lil'Beth! Happy Sweet 16!!!

Hope you have the most amazing birthday ever!!! We all love you!!

Mama, Tommy, and family!!

Taylor Menzel February 7, 2015



Happy birthday Taylor!

We are so blessed to have such a beautiful and happy family.

Love you, Mom, Dad, and Colby.

Carolyn Dortch February 7, 2015



Happy 52nd birthday to the best mom in the world! We love you.

Paul, Randall, Mallory, & kids, Nathan, Heidi, & kids, Jessica, Cody, & kids, Amanda, James, and Maybree.

Walter Burl Hicks February 8, 2015



Happy 79th birthday to Walter Burl Hicks.

We love you! Wish you many more.

Marcella, Nettie, Tate, Cynthia, Haley, Layla, and the rest of your family.

Shelia Odom February 9, 2015



Happy birthday Nanny!

We love you!

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

Sandy Oaks February 10, 2015



Happy birthday!

We love you so much!

Vada, Rona, Becky, Autumn, Joseph, Misty, and Brian.

Jayla Brown February 11, 2015



Happy birthday Bug!!

We love you to the moon and back!

Love, all your family.

Anna Grace Hollinger February 12, 2015



Happy 6th birthday to Anna Grace Hollinger on February 12th!

Love, Daddy, Mama, Austin, and Denver (Bubbie).

Bryan Hutto February 14, 2015



Happy birthday Bryan!! We love you and wish you many more! Love, your family.

Gary Pruitt, Sr. February 16, 2015



Happy birthday Gary!!! We love you and wish you many more! Love, your family.

Zachary James Hutto February 17, 2015



Happy birthday Zach! We love you very much! Love, your family.

Skylynn Leyva February 22, 2015



Happy birthday Skylynn! We love you! Love, your family.

Iobn O'Barr February 24, 2015



Happy birthday John! We love you so much, and wish you many

Love, your wife & family.

more birthdays to come.

George Menzel February 24, 2015



We are so blessed to have such a beautiful and happy family!

Love Carrie, Taylor, and Colby.

Michael Brad Orso February 25, 2015



Happy 30th birthday Brad! We love and miss you. Your family.

Elizabeth Dawn Vickery February 25, 2015



Happy 36th birthday! We love you!

Aunt Connie and the rest of your family and friends.

Lea Odom February 25, 2015



Happy birthday Lea! We love you! Mama, Daddy, Myra, Bryant, Nanny, Paw Paw, and the rest of your friends and family.

Colby Menzel February 27, 2015



We are so blessed to have such a beautiful and happy family.

Love, Mom, Dad, and Taylor.

Laurie Jarman March 18, 2015



Happy birthday Laurie "Lou"!

We hope you have a wonderful day!

We love you, Mom, Shelby, Leeann, Big Steve, Steven, Trevor, Jay, and Lana Jane.

In Memory Of Ethan Warden

March 8, 1992 - February 28, 2014



OBITUARIES/ IN VEMORIAM

If roses grow in Heaven, Lord please pick a bunch for me, Place them in Ethan's arms and tell him they're from me.

Tell him I love him and miss him.

And when he turns to smile,

Place a kiss upon his cheek and hold him for a while.

Because remembering him is easy, I do it every day,

But there's an ache within my heart that will never go away.

Ethan, we love you and miss you so much.

Submitted by Renee Brown

TRIBAL MEMBER

FIRST DEER OF THE SEASON

Bruce Vickery bagged his first deer (8-point) of the season.

Bruce is a member of the Bell Creek Hunting Club.

Submitted by Connie Vickery



Visions & Dreams

TO THE ARCHIVES DEPARTMENT

We would like to take this opportunity to thank you for the January publication of "Visions and Dreams." This is a treasure each household can preserve for future generations. It exemplifies how we have advanced from an almost forgotten Tribe to one of the most advanced tribes in the United States.

To each person who contributed to this project, please accept our heartfelt appreciation.

Thanks, Evelyn Akins and Laura James



Thank You!

Thank you Ginger Bergeron, Health Administrator. You and your sister saved my life! You stepped in immediately and got the ball rolling and your sister helped find me an organ in weeks! It was a miracle, and I thank God every day for ya'll.

Anyone who talks bad about you and tries to hurt you, they don't know you. You have a HUGE heart, and would give any of us the shirt off of your back. You are truly a woman of God (who never says that but shows it). I thank the Lord Jesus for what ya'll have done.

We are very grateful to have you here. May your new year be blessed with everything good. You have no idea how much you are appreciated. Your love for my people is visible.

God bless you and your family. Johnny McGhee

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



Kick Off

2015 with

Chuck tevens AUTOMOTIVE

406 E. Nashville Ave. Atmore, AL 36502

251 446-1111 251 368-4053

www.chuckstevensatmore.com

When you purchase a new or used vehicle from Chuck Stevens Chevrolet of Atmore Chuck will donate



\$100 to a charity of your choice in your name.

\$1,000

Down Payment Assistance

With Approved Credit

Restrictions Apply-See Dealer for details

CHESS BARS

Mom was a great cook, she was always trying new recipes or 'adding a little something' to her favorites, some of which were passed down in her family for generations. We loved just about anything she set before us, but her Chess Bars were unforgettable!

Robbie & Daniel McGhee

Ingredients for bottom layer:

1 box yellow cake mix

1 stick butter

1 egg

Ingredients for top layer:

1 (8 oz.) cream cheese

2 eggs

1 lb. (box) confectioners' sugar

Directions:

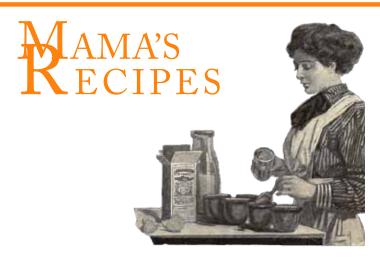
Mix first 3 ingredients together and press into a 9 x 13 inch pan.

Soften 8 ounce cream cheese and blend, add 2 eggs and mix well.

Blend in 1 pound of confectioners' sugar.

Spread this over other mixture and bake at 350 degrees for 40-50 minutes.





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, via U.S. Mail, or hand deliver to:

Poarch Creek News 5811 Jack Springs Road Atmore, AL 36502



Robbie and Daniel are the sons of the late Doris Daughtry McGhee



Mabron E. Williams Chief Petty Officer United States Navy

Mabron Edward Williams is the son of the late Otis and Bertie Williams. He was born in Uriah, AL. His family moved to Baldwin County when he was 6 years old. Mabron has one brother, the late Thomas Otis Williams, and one sister, the late Sadie Williams Jones.

Mabron attended Baldwin County High School but dropped out to join the Navy when America entered World War II. He received an honorary high school diploma from Baldwin County Board of Education in 2002.

Mabron served active duty in the United States Navy from his enlistment in 1942 until August of 1962; he remained in Fleet Reserve

"I feel it was an honor and privilege to serve God and my country in war and peace time."

Mabron E. Williams

until 1972 for a total of 30 years. He retired at the rank of Chief Petty Officer.

Mabron participated in 7 invasions in the South Pacific during World War II and served as staff for 4 different Admirals. In 1961 he was serving aboard the USS Cavalier (APA-31) when it was hit by Typhoon Nancy with 175 knot wind and 65 foot seas.

EÆERAN'S

During his military service he received numerous medals ribbons as well as a Presidential Citation from President Harry Truman for his service during World War II.

Mabron married Vencile B. Williams in 1953; they were married for 43 years before Vencile passed away in 1996. Mabron and Vencile have three children, Jerold T. Williams, Mary Anne Williams Roh, and Martha Williams Montgomery; and 3 grandchildren. Mabron married Woodie S. Williams on September 11, 2004.



Mabron with a display of his medals and memorabilia.

Mabron was employed as Maintenance Leadman at Kaiser Aluminum in Bay Minette, AL; he retired in 1984 after 20 years and 4 months of service with the company.

Mabron is a member of the Veterans of Foreign Wars (VFW), the American Legion, the Naval Fleet Reserve Association, the Masonic Order, and First Baptist Church in Bay Minette, AL.

Mabron was a member of the first Honor Flight of South Alabama to visit the World War II Memorial in Washington DC, traveling with Dr. Barry Booth and many guardian volunteers. He says that everyone on the flight did an excellent job and that it was very emotional and touching.

Mabron Edward Williams, just one of many Tribal Members who have proudly served for their family, their Tribe, and their country. Because of their sacrifices, we enjoy the freedom we have today.



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:

Wayne Carey Henson Sergeant/E5 United States Army Combat Engineer

Alton Rance Wiggins Lieutenant United States Navy

Assisted Living Facility

LEVEL OF CARE RATES

The Tribal Council has 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 Michelle Colbert Shaddix, Assisted Living Administrator, 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

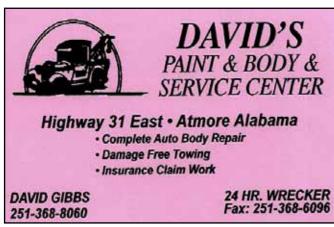
LEVEL 3 - COMPREHENSIVE CARE

1-Bedroom Unit - \$2,075 monthly

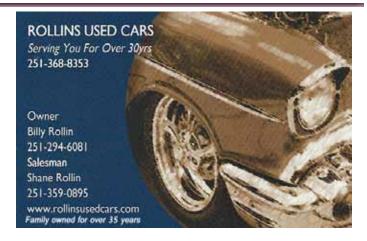
2-Bedroom Unit - \$2,430 monthly

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









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.



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

Dr. Seuss

Atmore Vision Center & Monroeville Eye Care





We have Convenient Appointments with Fast turn-around times. Your health is our number ONE priority, therefore, we offer thorough eye exams, and eye disease prevention education. We accept flex cards, BCBS and other major medical insurances.

We have special deals and name brand frames: Michael Kors & Kate Spade. And quality sunglasses from Maui Jim & Costa Del Mar.

> Dr Stephen M. Gross **Optometrist**

Dr. David Helton Optometrist

Dr. Alan Franklin Retina Specialist

Dr. Rollins Tindell Cataract Specialist

Dr. Ryan Tarantola Retina Specialist

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

Monroeville Eye Care 3016 S Alabama Avenue Monroeville, Alabama 36460 251-743-3305

"We have glasses to fit your budget."

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

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

United Bank



Mortgage Services 251-965-5315

www.unitedbank.com/mortgage

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



CALVIN McGHEE CULTURAL AUTHORITY

MVSKOKE LANGUAGE APP



Mvskoke Language App

Get it now - Apple - Android - Amazon App stores

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.

BASKET CLUB

Are you a basket weaver? Would you like to be part of a Basket Club? We are looking into forming a Basket Club. A meeting to discuss the creation of this club has been scheduled for Thursday, February 26, 2015 at 5:30 in the auditorium of Building 500. If you are interested, please plan to attend. We will work on our baskets and discuss meeting times, dates, etc. Bring your baskets and your own supplies.

For more information, please contact Margaret Baggett, Traditional Arts Demonstrator, at (251) 368-9136 x 2648 or mbaggett@pci-nsn.gov.

ARTIST MARKET

Our 2nd Artist Market will be held on Friday, March 13, 2015 in the auditorium of Building 500 from 10:00 a.m. to 6:00 p.m.

For more information, please contact Margaret Baggett, Traditional Arts Demonstrator, at (251) 368-9136 x 2648 or mbaggett@pci-nsn.gov.

MUSEUM GIFT SHOP

The Museum Gift Shop will begin closing each month for monthly inventory. We apologize for any inconvenience this may cause. The Museum Gift Shop will be closed on the following dates in February and March:

Monday, February 2, 2015

Monday & Tuesday, March 2 & 3, 2015

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

EDUCATION DEPARTMENT

FINANCIAL PEACE CLASSES

Dave Ramsey's Financial Peace University kits are available **free** to Tribal Members, First Generation Indian Descendants and Tribal Employees. These home based kits are easy to follow and entertaining as Dave teaches you how to save, budget, dump debt, invest and plan for college and retirement. You may complete the course in the comfort of your own home, at your own pace or attend a live class which will be offered on the Reservation (Total enrollment must be 10 or more to offer class sessions).

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).

2015 GED CLASSES

Day Classes Monday - Thursday 9:00 a.m. - 11:00 a.m.

Evening Classes Tuesday, Wednesday, Thursday

5:00 p.m. - 7:00 p.m.

Evening classes meets each Tuesday, Wednesday, and Thursday in the Adult Education Library from 5:00 p.m. until 7:00 p.m. Students who are working day hours can come in at 5:30 p.m.

The Tribe will provide books, calculators, tutoring services, and access to computers in the computer lab. Funding to pay for the cost of the new GED Test is provided for Tribal Members and First Generation students. You will be required to take the GED Test at a registered testing center, which is usually located at a local community college.

The test consists of four parts:

- Reasoning Through Language Arts
- Mathematical Reasoning
- Science
- Social Studies

You may choose to take one test at a time. At this time, the GED Testing Service is providing a discount for anyone that needs to retake a test.

If you need to pass the GED, come to our classes and meet with the instructor, Julie McDonald, or come during the day and meet with Billie McGhee.

Please contact Billie McGhee at (251) 368-9136 x 2243 or bmcghee@pci-nsn.gov if you need more information.

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

Nelson Mandela

FAMILY SERVICES DEPARTMENT

ADDRESSING THE NEEDS OF TRIBAL MEMBERS AND THEIR FAMILIES.

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

2015 WINTER LIHEAP INFORMATION

(Low Income Home Energy Assistance Program)

Distribution Dates: February 17, 18, & 19

March 3, 4, 5 & 17, 18, & 19

General Information

- Applications will be accepted in the Family Services Department.
- No appointments are necessary. Services are offered on a first come, first served basis.
- Note the various dates and come in according to your household composition.

- 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.

ALL PER CAPITA WILL BE COUNTED AS INCOME.

2015 WINTER LIHEAP INFORMATION

(Low Income Home Energy Assistance Program)

Required Documentation for All Applicants

- 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 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 2015 applications and services.

ESTIMATED STATE MEDIAN INCOME BY HOUSEHOLD SIZE AND BY STATE, FEDERAL FISCAL YEAR 2015

State	Est. State Median income for four person family	60% of Est. State median income for four-person family	60% of Estimated State Median Income					
			One Person Family	Two Person Family	Three Person Family	Four Person Family	Five Person Family	Six Person Family
Alabama	\$65,575	\$39,345	\$20,459	\$26,755	\$33,050	\$39,345	\$45,640	\$51,935
Florida	\$65,166	\$39,099	\$20,332	\$26,588	\$32,844	\$39,100	\$45,356	\$51,612

Please note income guidelines have changed due to changes in federal guidelines.

Please be aware of household income adjustments

*LIHEAP applicants must meet above listed income guidelines to qualify.

2015 PER CAPITA TOTAL- \$22,237.53

2015 Winter LIHEAP Dates and Times

Day	Date	Time	Priority Schedule
Tuesday	February 17, 2015	9 am - 4 pm	Seniors & Disability Income Only
Wednesday	February 18, 2015	9 am - 4 pm	Senior Households; Households with Children under 5 years of age; and Household receiving Food Stamps and TANF benefits
Thursday	February 19, 2015	9 am - 4 pm	All Types of Households
Tuesday	March 3, 2015	9 am - 4 pm	All Types of Households
Wednesday	March 4, 2015	9 am - 4 pm	All Types of Households
Thursday	March 5, 2015	9 am - 4 pm	All Types of Households
Tuesday	March 17, 2015	9 am - 4 pm	All Types of Households
Wednesday	March 18, 2015	9 am - 4 pm	All Types of Households
Thursday	March 19, 2015	9 am - 4 pm	All Types of Households

HEALTH DEPARTMENT

DR. ESTVOLD RETIRES

Please join us in wishing Dr. Estvold a much deserved retirement. He is looking forward to spending time with his lovely wife Norma and his grandchildren. "Doc" as we lovingly refer to him has been our rock here at Poarch for the past 9 & 1/2 years. He leaves with mixed emotions because he loves Poarch and all of his patients. We have had some joyous moments with Doc such as "Santa Doc" for the Christmas parties and parades and his genuine love of people and a good conversation. We are going to miss him and we wish him well. He will stay in a consulting role for a couple of months, working one day a week in an administrative capacity.

The Health Department is hosting a retirement reception on January 30, 2015 at 2 p.m. in the lobby of the Health Department. Please come by and join us to wish Doc a wonderful retirement.

OTHER HEALTH DEPARTMENT NEWS

Please call and make your yearly appointment for 2015.



Also, a reminder about the Referral Process: Referrals to specialist require that you make an appointment with our clinic and see our Provider and discuss the nature of your health issues prior to any referrals being made. Our number is 251-368-9136 extension 2306 or extension 2355.

We would like to take this opportunity to thank those employees of the Health Department who donated items for families in need this Christmas. By donating items, we were able to assist two families in need.

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





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 accurately completing, correcting, and updating all applications and must certify that all information is true and accurate to the best of his/her knowledge.

Failure to update an application for a period of twelve months is grounds for removing the application for consideration and the applicant 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.

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

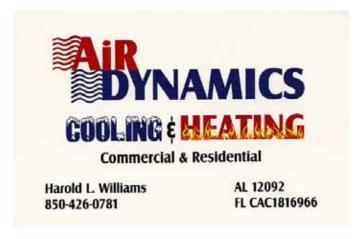
Nothing is impossible, the word itself says 'I'm possible'!

Vince Lombardi

Audrey Hepburn

www.brainyquote.com









LEGAL DEPARTMENT

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.

OFFICE OF ARCHIVES & RECORDS MANAGEMENT

DID YOU GET YOUR PICTURE BOOK?

Submitted by Tribal Archivist, Deidra Suwanee Dees, Ed.D. and TEP worker, Ms. Deloris Kelley



Cooking chicken, possibly to help send Calvin McGhee to Washington, DC, are Hattie Mae McGhee, Marie Martin, Renta McGhee, and Willie Lee Martin.

The Picture Book, titled The Voice of Vision, is a very informative collection of quotations and photographs that was recently mailed to all Tribal Members who are the Head of Household.

Did you get your Picture Book yet? If not, your book may have been returned by the U.S. Postal Service due to inaccurate addresses. If so, your copy is still available and can be picked up at the Office of Archives and Records Management which is located at 100 Brookwood Road in Atmore. Our professional, well-trained staff is happy to help you during hours of operation from Monday to Friday, 8:00 a.m. to 5:00 p.m.

If additional information is needed, please contact us at 446-4540 or 446-4528. We could be holding your returned Picture Book for you with your name on it!

Myto.





The Office of Archives and Records Management at the Poarch Band of Creek Indians invites you to an









EVENING WITH THE ELDERS FEATURING THE CLASS REUNION OF INDIAN CONSOLIDATED SCHOOL 1949-1970



Tuesday, March 17, 2015 at 6:00 p.m.

Old Family Services Auditorium Everyone is invited. Dinner will be served.

Join us for this historic class reunion of students who attended the Indian Consolidated School from 1949 to 1970. Students are invited to bring memorabilia and yearbooks, and share stories with us about their classmates, teachers, and school experiences.

Bring your photographs to the Archives—at the latest—one week before the event.

Questions? Contact Ms. Ellen O'Barr at 446-4531 or Dr. Deidra Suwanee Dees at 446-4540. Mvto.



YOUR HEALTH MATTERS

Small Decisions Make Big Things Happen

Keep Your Heart Happy and Healthy

Let's face it, stress is part of our everyday

lives. As we move through the day, how we manage our stress can have a big impact on our health. Our outlook towards our daily challenges can have a huge impact on our heart and health. Simply reframing negative thoughts and focusing on the brighter side of things can really improve our mood and long term health. But how do you do this?

Here are some ways to lower your stress and keep your heart happy:

Spend time with your loved ones

Your family, friends and co-workers do more than make up your social support network, they have a big impact on your overall well-being. Knowing that you have people there for you, and that you are there for others gives you a sense of belonging, an increased sense of self-worth and a feeling of security.

Practice the art of meditation and steadying your breathing

Meditation is one of the best ways to reduce stress and boost happiness. Taking 5 minutes each day to close your eyes and focus on your breathing can change your entire perspective. Breathe in for 4 counts and out for 4 counts. Doing this two times a day is a great way to calm your mind and clear your head.

Speak to yourself in a positive way

Be gentle and encouraging with yourself, and be proud of your accomplishments, even small ones! When a negative thought comes your way try to re-word it into something positive. Your thoughts have a ripple effect on all aspects of your life. Being positive is not only good for you, but is good for those around you.



When you think positively and create an overall sense of well-being for yourself, you start to create a healthier and happier you.

Practicing these stress lowering techniques will not only make you feel great, inside and out, but will keep your heart strong.

Remember: A happy heart leads to a healthy heart!

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

- Ashlev

Ashley Richards is a Health Coach and Nutritionist for Advantage Training. She believes that the key to creating healthy habits is to start by making small, sustainable changes. You can connect directly to Ashley by clicking on My Message Center/Talk to a Health Coach inside the My PCI Wellness online portal.

www.mypciwellness.com facebook.mypciwellness.com





YOUR HEALTH MATTERS

Small Decisions Make Big Things Happen

Burn Fat in Less Time

I know we are all crunched for time and looking for a quick fat loss fix. I understand your pain. The early morning hustle, late nights, work, family, and life all make it challenging to get time to exercise. When you get to the gym, your workouts need to be as efficient as possible. This will get results and keep you motivated. I'm here to help. We are going to discuss a simple way to make your workouts more effective and really burn the fat.

1. Cut your rest time in between sets and intervals

Cutting your rest time in between sets and intervals is a great way to burn fat. If you are resting one minute between sets, you can cut down to 30 seconds. When we cut our rest, we increase our post exercise calorie burn. The post exercise calorie burn allows us to continue to burn calories at rest. How great is that?

2. Incorporate High Intensity Interval Training (HIIT)

To improve our cardiovascular system we don't have to be doing the same exercise for our whole workout, like jogging or biking for 45 minutes straight. We can do multiple movements for a short period of time and see great cardiovascular improvement. For example, you can do 10 body weight squats, 10 push-ups, and 10 med ball slams for a continuous 5 minutes. Take a 30-60 second rest and then repeat the same exercises for another continuous 5 minutes. This is a great cardio workout, improves strength, and really burns the fat. This workout is also fun! These are my favorite types of workouts.



If you incorporate these simple techniques into your workouts, you will see great results in your fat burning efforts.

Keep in mind that you can make an appointment with Sean at Porch Recreation to learn new exercises or modify your current workout. You have a great team at your disposal – so reach out!

Have a great February and contact me directly if you need any help.

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 on Mν Messaae Center/Talk to a Trainer inside the My PCI Wellness online portal.

www.mypciwellness.com facebook.mypciwellness.com



TRIBAL ADMINISTRATION

OLD SAIL CENTER UNAVAILABLE FOR RENT

Until further notice, the Old SAIL Center located on Lynn McGhee Drive will no longer be available for rent by Tribal Members.

This facility is currently occupied by the Boys and Girls Club and is used for daily activities.

OFFICE CLOSURES

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

Monday, February 16, 2015

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

TRIBAL ENROLLMENT DEPARTMENT

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



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.

The <u>Pay Tribal Bill Here</u> 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 <u>are not</u> accepted for other programs at this time.

Please remember to keep your contact information up to date. Numerous loan statements and other correspondences from the Tribal Finance Department have been returned by the Post Office marked 'undeliverable as addressed', 'insufficient address', 'unable to forward', etc.

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 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. Numerous correspondences have been returned by the Post Office marked 'undeliverable as addressed', 'insufficient address', 'unable to forward', etc.

contact the Tribal Member Benefits Please 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:

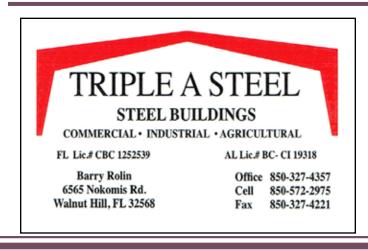
- **Drug Activity**
- Alcohol Activity
- Known Underage Drinking Parties
- Recent Crimes-Thefts, Vandalism, Drug Sales, etc.
- Bullying
- Concealed Weapons
- Other Safety or Community Concerns

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







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.



OH THE NOISE OF CHRISTMAS TOYS!

Though the Creek Indian Enterprise Development Authority Headquarters (CIEDA HQ) team put together "Oh The Noise of Christmas Toys" float in just a few weeks, their performance in both the Poarch Christmas parade and the Atmore Christmas parade was stellar. Taking first place in the Poarch Christmas parade and winning the "Ahhh" award in the Atmore parade, this team was simply too NOISY to not be noticed by the judges. Boasting a crew dressed in costumes ranging from Toy Story's characters Buzz Light-Year and Woody to a rubber chicken and a Jack in the Box, this group was hard to miss.

A big thank you to all the CIEDA enterprises who participated in these events and a special congratulations to the CIEDA HQ Team for taking honors in both 2014 Christmas parades.

Submitted by Jennifer Chism



Pictured (L-R) Front Row: Brandy Helton, Brenda Helton, Ed Clemons, John Duke Bradley, Michelle White, and Tiffany Marshall. Back Row- Lydia Marshall (child in front), Alexa Lusk, Donna Henry, Olivia Seals, Crystal Walker Seals, Anna Bradley, and Bella Bradley.

Float participants not Pictured: Kitty Stuart, Mark Johnson, Mal McGhee, Ed Powell, and Ricky McGhee.

WIND CREEK HOSPITALITY SPONSORS TRIBAL FAMILIES IN NEED DURING THE HOLIDAY SEASON

Wind Creek Hospitality team members have always stepped up to support the Family Service Department's Christmas Share Program and this year was no different. This is a very worthy cause and the Wind Creek Hospitality team was happy to collect and share the gifts and food boxes to assist Tribal families in need during the holiday season.

Special thanks to all who have helped make the 2014 Holiday Christmas Share Program successful.



Submitted by Terri Morris



Pictured: Crystal Daughtry, Daphne Sells, Shawna Montgomery, Terri Morris, Crystal Sanchez, Kaci Martin, Chad Odom and Kendal Reed, from Wind Creek Hospitality, and Melissa Durden, Krystal Hadley, and Michealine Deese from the Poarch Creek Family Services Department.

CREEK CONVENIENCE STORE WETUMPKA



Like a butterfly emerging from its small cocoon, the former Riverside Smoke Shop has emerged from its meager beginnings to develop into the beautiful Creek Convenience Store Wetumpka (CCSW). What began as a tobacco shop in a single wide trailer, is now a beautiful 3,860 sq. ft. fully stocked convenience store. Store offerings include Shell branded fuel, convenience and souvenir items, and a well-stocked offering of beverages and food items. Inside, the store boasts a floor to ceiling mural showcasing archival and historically significant tribal photographs.

Located across from the main entrance to Wind Creek Wetumpka and managed by Ellis Martin, the CCSW team is delivering great service both in-store and via the drive through windows located on the back side of the building. Bring your players cards and you'll feel like you're winning twice when you shop at CCSW, as you can use your accrued player's points for fuel and merchandise.

Submitted by Jennifer Chism





Natural Resources Conservation Services

Natural Resources **Conservation Service**

Mission: Helping people help the land Vision: Productive soil, healthy land

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

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

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

Farm Service Agencies

www.fsa.usda.gov

www.fsa.usda.gov/al

www.nrcs.usda.gov/farmbill

USDA Rural Development

www.rurdev.usda.gov

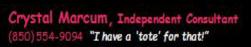
www.rurdev.usa.gov/al

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









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



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.

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



Scan QR Code To Access App

Submitted by David Elliott

PNTHE SIDE

For your entertainment.

Cryptogram: A cryptogram is a message written in a code in which each letter is replaced by a different letter throughout the message; every S might be coded as a G, for instance. No letter stands for

itself or for more than one other letter, so when you know the code for a letter, write the answer letter over the coded one wherever it appears in the message. To break the code and read the message, look for common words and letter patterns; the words *the, and, a,* and *i* are frequently found; common word endings are *e, s,* and *ing*; a letter after an apostrophe could be *s, t,* or *d.* Hint: **D** is coded **Z** in #1 and **R** in #2; **F** is coded as **C** in #3. The answers will be published in next month's issue.

1. CWOY QPTH GHPTFMOU UOOI OYZMOUU, HOIOIFOH GWLG L ZSLIPYZ SU PYMQ L ESOAO PX APLM GWLG WLU FOOY WLHZ-EHOUUOZ XPH L MPYB GSIO.

2. PMY MOWRYCP PMVKQ VK GVIY PA GYOWK VC LMVXM EWVRQYC PA XWACC OKR LMVXM PA ESWK. (ROZVE WSCCYGG)

JO ZCCFXU XPZXR FV GJGUPT VQZPUO, MGZYJYPT YUXJKVU USUGTYZWT LJQXAUVFQ.

www.kappapuzzles.com

Answers to last month's puzzle -

www.kappapuzzles.com

Gridlock

A young boy was scolded by a hospital guard because he was holding a mirror in his hand and reflecting the sun's rays onto a third floor window. "What are you doing?" shouted the guard. "Nothing," said the scared boy. "My friend is sick. They won't let me in to see him, so I'm sending up some rays of sunshine to make him feel better."

Off Lease Auto Outlet

24675 Hwy 98 Daphne, AL 36526 Phone <u>251-621-2318</u> <u>www.offleaseautooutlet.com</u>

OFF LEASE AUTO OUTLET IS "YOUR NEW CAR ALTERNATIVE"



Hey, this is Jeremy; I invite all my friends in Atmore to come see me at Off Lease Auto Outlet. Bring your Tribal Member Card and get \$1000 off any purchase*.

SPECIAL MESSAGE TO ALL POARCH CREEK TRIBAL MEMBERS

We at Off Lease Auto Outlet appreciate what the Poarch Band of Creek Indians do for our community. Your many contributions to Atmore and the surrounding area are well known and greatly influence the quality of lives of our citizens. Off Lease Auto Outlet will do everything in our power to earn your business.

Jeremy McGhee, a Tribal Member, is one of our leading salesmen; he is anxious to serve you with any of your automotive needs. To further show our appreciation for your business, Off Lease Auto Outlet is offering you an additional \$1000 discount on any car, SUV, or truck purchased. Just show Jeremy or any of our other salesman your Poarch Tribal Member Card to get this discount.

*Discount is equal to 5% of purchase price, up to \$1000.00.

FEBRUARY (Hotvlē Hvse) 2015

Thursday, February 5, 2015 5:00 pm (CST) Deadline to submit information for Tribal Council Chambers publication in March 2015 issue of Poarch

Creek News

Monday, February 2, 2015

Museum Gift Shop will be closed for monthly inventory.

Monday, February 16, 2015

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

LIHEAP Distribution Dates

February 17th, 18th, & 19th March 3rd, 4th, 5th & 17th, 18th, & 19th See page 33 for Household Priorities

Thursday, February 26, 2015

Meeting to discuss Basket Club Building 500 Auditorium 5:30 pm Bring your own baskets & supplies.

Thursday, February 26, 2015 Free Retinal Screening

Premiere Family Eyecare 8:30 am - 10:30 am

Tribal Council Meetings

Thursday, February 5th & 19th, 4:00 pm

Tribal Court Sessions

Monday, February 2nd 9:00 am Tribal Courtroom

CIEDA Meetings

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

Monday, February 2nd & 16th 4:00 pm Building 500 Auditorium

Housing Authority Meetings

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

Recreation Authority Meetings

Thursday, February 12th & 26th 11:00 am Recreation Department (Gym)

TERO Commission Meetings

Tuesday, February 10th & 24th 8:00 am Building 600 Training Room

4-H Club

Monday, February 9th & 23rd 6:00 pm **Education Department**

Story Time

Wednesdays at @ 12:15 pm **PCI** Library

GED Classes

Day Classes

Monday - Thursday 9:00 am - 11:00 am

Evening Classes

Tuesday, Wednesday & Thursday

5:00 pm - 7:00 pm

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

Monday & Tuesday March 2 & 3, 2015 Museum Gift Shop will be closed for monthly inventory.

Friday, March 13, 2015 2nd Artist Market Building 500 Auditorium 10:00 am - 6:00 pm

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



Poarch Creek Indians 5811 Jack Springs Road Atmore, AL 36502

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