

*Cokv-Tulvme/Newspaper (cho-ka da-la-mi)*

# *Poarch Creek News*

*October 2016*



*Volume 34, Issue 10 | Ostvwoskv-Rakko (October)*

*Keeping the friends & family of Poarch informed*



# A Moment With The Tribal Chair

October 2016

*Stephanie A. Bryan, Tribal Chair*

*sbryan@pci-nsn.gov*

Fall is (finally) in the air! And, as much as I love summertime and long, sunshine-filled days, there is something about fall, Auburn football (War Eagle!), and the smell of pumpkin spice that is simply comforting. As this season approaches, I look forward to opportunities to snuggle with my precious grandbabies, roast s'mores around a crackling fire, and watch the landscape fade into vivid shades of yellow, orange, and red.

As I observe the shifting of the seasons, I can't help but consider the changes that our Tribe has experienced through the years as well. We currently have 11 employees working for Tribal Government that have been with us for 30 years or more. They are: Betty Caraway, Lori Waters, Ronnie Jackson, Linda Weaver, Christine Ward, Frances "Arelene" Mack, Willis "Kent" McGhee, Ellen O'Barr, Clara Jones, Rita Hall, and Carolyn Dortch. These employees exemplify dedication and loyalty to the Tribe and have been a valuable asset to our organization for many years.

Recently, Ms. Betty Caraway celebrated 40 years working with the Tribe. Amongst everyone currently

employed at Tribal Government, she is the one who has been here the longest. When asked about the growth and changes here at the Tribe, she replied, "I was here when we had the very first computers! I can remember working under the oak trees because the little office we worked in was so cramped. We used to bring a can of soup for lunch. We would poke a hole in the top of the can so the steam could come out of it and we'd put it on the heater to warm it up. By dinner time, it would be ready to eat! Back then, I didn't know we would come this far. We just wanted to get federally recognized."

Another long-time employee of 30 years, Ms. Clara Jones, offered the following about her experience with the Tribe, "My first job with the Tribe was as the Front Desk Receptionist. I answered every phone call that came in, we didn't have the option to dial an extension...I also remember working with Vicky (Parker) Sellers one year selling ads for the Pow Wow Program. You would spend hours on the phone trying to contact the businesses to buy an ad. You would get an okay, then show up at the business to pick up the



information, and the person would avoid you. Today the Tribe is one of those same businesses biggest customers."

"In those days, each department pulled together to make things happen - from getting newsletters mailed out to working at the Pow Wow. I remember sitting around a table putting labels on the newsletters, then sorting them by zip codes and taking them to the post office for mailing. WE ARE TRULY BLESSED PEOPLE. WE HAVE COME A LONG WAY."

To say that we have come a long way, is an understatement. And, what's so exciting is that I truly believe the best is yet to come for the Poarch Band of Creek Indians.

Continue to keep the families of our beloved community in your thoughts and prayers.

In love,

Stephanie A. Bryan,  
Tribal Chair/ CEO

## 2017 CHANGES TO NEWSLETTER SUBMISSION DEADLINES

Beginning with the **January 2017** issue of the Poarch Creek News, the deadline to submit information for publication in the newsletter will be the **first business day of each month**. Please remember that the newsletter is generated one month in advance of the month of publication and is mailed on or about the 27<sup>th</sup> of the month prior to the month of publication.

Month of Publication/ <i>Approximate Publication Date</i>	Submission Deadline	Month of Publication/ <i>Approximate Publication Date</i>	Submission Deadline
January 2017 <i>December 27, 2016</i>	Thursday December 1, 2016	July 2017 <i>June 27, 2017</i>	Thursday June 1, 2017
February 2017 <i>January 27, 2017</i>	Tuesday January 3, 2017	August 2017 <i>July 27, 2017</i>	Monday July 3, 2017
March 2017 <i>February 27, 2017</i>	Wednesday February 1, 2017	September 2017 <i>August 28, 2017</i>	Tuesday August 1, 2017
April 2017 <i>March 27, 2017</i>	Wednesday March 1, 2017	October 2017 <i>September 27, 2017</i>	Friday September 1, 2017
May 2017 <i>April 27, 2017</i>	Monday April 3, 2017	November 2017 <i>October 27, 2017</i>	Monday October 2, 2017
June 2017 <i>May 29, 2017</i>	Monday May 1 2017	December 2017 <i>November 27, 2017</i>	Wednesday November 1, 2017

## NEWSLETTER DELIVERY METHOD

In an effort to lower publication costs of the newsletter, Tribal Members now have the option to select their preferred method of receiving the newsletter.

**Method #1** Monthly issues will continue to be mailed to Tribal Member Head of Households (HOH) at the address on file with Tribal Member Benefits. If you want to continue to receive your copy of the newsletter by U.S. Mail, no action is necessary. If you are Tribal household HOH and do not receive a copy of the newsletter, please contact Tribal

Member Benefits at (251) 368-9136 x 2209 to establish your designation as HOH.

**Method #2** The newsletter is posted on the Tribal web site each month; from this issue forward, the newsletter will be posted on the web site as soon as the issue has been finalized and sent for publication. If you prefer to access the newsletter online and not receive a monthly issue of the newsletter through the U.S. Mail, please notify *Poarch Creek News* at (251) 368-9136 x 2210 or [gjohnson@pci-nsn.gov](mailto:gjohnson@pci-nsn.gov). If you

choose this option and change your mind, just notify us and your address will be added back to the mailing list.

Please be reminded to keep your address and other contact information updated with Tribal Member Benefits at all times. Tribal Members whose newsletters have been returned by the Post Office for two consecutive issues will be removed from the newsletter mailing list until their information has been updated. Once the address has been updated, their name will be added back to the mailing list.

## APPROVED RESOLUTIONS NOW POSTED IN TMOP

Approved Tribal Council Minutes are posted in the Tribal Member Only Portal (TMOP) which is accessible to Tribal Members only using their established username and password. Beginning with the January 7, 2016 Tribal Council meeting, Resolutions and Public Comments are posted as they are approved. Tribal Council Minutes from 2011 - 2015 have been archived but are accessible via the Tribal Council Minutes Archives link in the TMOP. You will find this information in the Tribal Member Resources section of the TMOP.

Please contact Hannah Flowers in the Government Relations Department at (251) 368-9136 x 2003 or [hflowers@pci-nsn.gov](mailto:hflowers@pci-nsn.gov) if you need assistance with your TMOP username or password.



# In This Issue

There are 3029 enrolled members of the Poarch Band of Creek Indians.



**2 A MOMENT WITH THE TRIBAL CHAIR**



**8 TRIBAL COUNCIL UPDATE**



**12 ON THE COVER**  
MUSKOGEE  
TECHNOLOGY



**17 FLOOD ASSISTANCE**



**18 VETERAN'S SALUTE**  
EMMANUEL MCGHEE



**20 BIRTHDAY WISHES**

3	2017 Changes To Newsletters • Approved Resolutions Now Posted In TMOP
5	Submissions Guidelines
6	Note From Editor 2016 Word Limits & Deadlines
7	2015-2016 Tribal Council
8	Tribal Member Benefits Open Enrollment
9	Congressional Update
10	Board & Committee Vacancies
11	Returned Newsletters
14	Decision 2016: Road To The White House
16	The Importance Of The Native Vote In the 2016 Elections
22	Birth Announcement Anniversary Wishes
23	Engagement/Wedding Announcement
28-41	<b>Community Services Division</b>
42-43	<b>Facilities Division</b> • Facilities Department
44-51	<b>Health &amp; Elder Services Division</b>
52-55	<b>Public Safety Division</b>
56-57	<b>Regulatory, Grants, &amp; Compliance Division</b>
58-65	<b>Tribal Member Services Division</b>
66-67	<b>Non-Divisional Departments</b> • Human Resources • Tribal Utilities Authority
68-74	CIEDA News & Updates
75	NRCS News & Updates
76	Monthly Calendar

*Let all bitterness and wrath and anger and clamour and slander be put away from you, along with all malice. Be kind to one another, tender-hearted, forgiving one another, as God in Christ forgave you. Ephesians 4: 31-32*



## SUBMISSION GUIDELINES

- **Submission Criteria**  
Tribal Member submissions for publication in the *Poarch Creek News* are limited to Tribal Members & spouse, first generation, as submitted by Tribal Member, and those living in Tribal Member households unless exception is noted. When submitting information, please identify the person featured as a Tribal Member, Tribal Member spouse, first generation descendant, or individual living in a Tribal Member household.
- **Copyright Materials**  
Copyrighted poems, graphics, etc. will not be published without permission from copyright holder. It is the responsibility of the individual submitting the information to determine if material is copyrighted and to obtain applicable copyright license.
- **Birthday & Anniversary Wishes:**  
May be 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. *Photos will be cropped to reflect deceased only.*
- **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. *Photos will be cropped to reflect deceased only. 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. A Tribal Member may submit the birth announcement of their grandchild, even if the child is not first generation.
- **Engagement/Wedding Announcements:**  
Submit information by the last business day of the month immediately following the engagement/wedding.
- **Photo Submissions:**  
One per article submission; photos will be cropped to fit available space. High resolution .jpg or PDF format. Poor quality/inappropriate photos will not be published.
- **Corrections:**  
Corrections will occur only if error/misprint is made by *Poarch Creek News*.



24 OBITUARY-  
IN MEMORIAM



27 TRIBAL MEMBER  
SUBMISSIONS



28 DEPARTMENTAL  
INFORMATION

In order for annual Tribal Member distributions and benefits to be processed accurately, Tribal Member Benefits must be informed of any changes you may have to your address, phone number, banking information, and/or other personal information. Numerous newsletters and other Tribal correspondences have been returned by the Post Office marked 'undeliverable as addressed', 'insufficient address', 'unable to forward', etc. Contact Tribal Member Benefits at (251) 368-9136 x 2209 to update your information.



68 CIEDA/  
NRCS UPDATES

# A NOTE FROM THE 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:

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(251) 368-9136 x 2210  
Direct Dial # 251 446-5210  
Regular Office Hours  
Tuesday - Friday  
7:00 a.m. - 6:00 p.m.

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

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***The Poarch Creek News reserves the right to edit or refuse any item submitted for publication.***

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## WORD LIMITS

Birthdays	40 words or less
Anniversary	50 words or less
Engagement	50 words or less
Reunions	50 words or less
TM Submissions	300 words or less
Birth/Weddings	300 words or less
Graduation	300 words or less
Achievements	300 words or less
In Memoriam	300 words or less
Obituary	300 words or less
News Article	400 words or less

## SUBMISSION DEADLINES

The *Poarch Creek News* is generated one month prior to the month of publication.

Submission Deadline: 5<sup>th</sup> of the month prior to the month of publication. If the 5<sup>th</sup> falls on a weekend or holiday, the deadline is extended to the next business day. *\*Beginning with the [January 2017](#) issue of the *Poarch Creek News*, the deadline will be the [first business day of each month.](#) \**

Please keep the established deadline in mind when submitting information for all sections of the newsletter.

Please submit information as soon as possible, any delay may cause you to miss the established deadline.



# Y<sub>OUR</sub> 2015-2016 T<sub>RIBAL</sub> C<sub>OUNCIL</sub>



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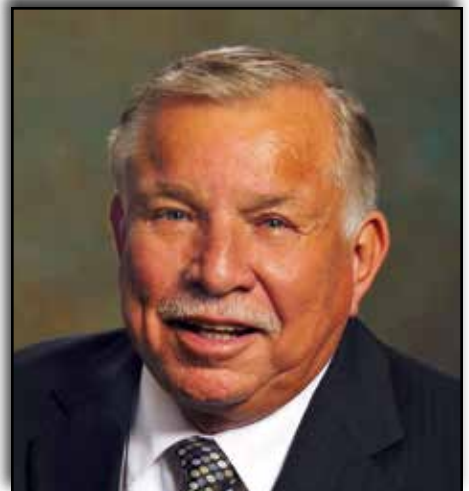
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# Tribal Council Update

October 2016

Robbie McGhee, Vice Chair

[rmcghee@pci-nsn.gov](mailto:rmcghee@pci-nsn.gov)



It is that time once again, the time to vote. It may seem that we are always encouraging you to vote, but to vote is to make your voice heard. To vote on the issues are important not only to us as individuals, or as a Tribe, but as citizens of the United States. The decisions made through the voting process are important to us all.

During this year's Tribal Election we voted for members to serve on the Tribal Council as well as a proposed Constitutional Amendment to ratify the Tribal Roll. With your vote your voice was heard and the Constitutional Amendment was approved and our Tribal Roll was ratified. I supported this Amendment and voted for ratification. I congratulate all of our newly elected Tribal Council Members and thank our past leaders for their strong governance through the years.

We now have another important election coming up. Please cast your vote in the Presidential election on Tuesday, November 8, 2016. On pages 14, 15, and 16 of this issue we have provided some articles from our DC lobbying firm Mapetsi on the upcoming election and the

importance of the Native Vote. To learn more about Native Vote and what you can do please visit [www.nativevote.org](http://www.nativevote.org).

The Tribe has always strived to be a bipartisan nation; we have and will continue to support Democrats, Republicans and Independents. We have strong allies on both sides of the isle. Don't solely rely on the information in this issue of the newsletter or what you see or hear on the news or various websites, when making your decision. Before you vote, do your own research and make your decision based on the facts you have learned, not the constant propaganda that's bombarding our media outlets.

If you have Congressional races in your area, look at the voting history of the incumbents. You can visit sites such as [www.thomas.gov](http://www.thomas.gov) to research the voting history of Congress and the members represent each of you. Here you can see how they have voted on issues impacting Indian Country such as Health Care, Education, General Welfare, taxes, and our sovereign inherent rights as a government.

I encourage you to vote. You and I may not have the same opinion or support the same candidates, but it is important that we all participate in the electoral process. Our right to vote, is a right that we have fought hard to achieve with many challenges along the way. Still today, many American Indians across the U.S. are being oppressed and unnecessary obstacles have been placed in their way to diminish their vote and unfortunately their voice. Don't take our right to vote for granted.

Please do not hesitate to contact me at (251) 368-9136 x 2002 if you have any questions. As the Chief Government and Public Affairs Officer and Vice Chairman, I will not tell you who to vote for but I will give you my opinion of the candidates and the issues.

## TRIBAL MEMBER BENEFITS OPEN ENROLLMENT

Tribal Member Benefits Open Enrollment begins October 1, 2016 and ends on November 30, 2016. You must make your benefit selections

by November 30 in order to receive benefit funding in January of 2017. You can visit [www.mytmbp.com](http://www.mytmbp.com) to enroll or call 1-844-969-8627 for additional information.

Have you have received your 2017 Tribal Member Benefits Program Guide?

For more information log on to the PCI Tribal Member Only Portal of the Tribe's web site, [www.pci-nsn.gov](http://www.pci-nsn.gov), or call 1-844-969-8627.



# Congressional Update

October, 2016

Representative Bradley Byrne (251) 690-2811 [Byrne.House.Gov](http://Byrne.House.Gov)

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## We Must Fight Poverty

Over the past few months, I spent time traveling across Southwest Alabama to learn more about how our area deals with poverty. This included talking not only with the people helping those in need, but also many of those trapped in poverty themselves.

Some are struggling with addiction. Some have no homes. Some have jobs that simply don't pay enough. They come from all kinds of backgrounds. And none of them want to stay in poverty. We should recognize that every person struggling wants to get a job and make enough money to live a good life.

Here is one of the biggest problems with our current poverty programs: the many federal programs that are supposed to help people in need are leaving far too many of them in poverty. We've spent trillions of dollars over the last 50 years on the so-called "War on Poverty"—\$800 billion this year alone. And

yet during that time the percentage of our people living in poverty has hardly changed.

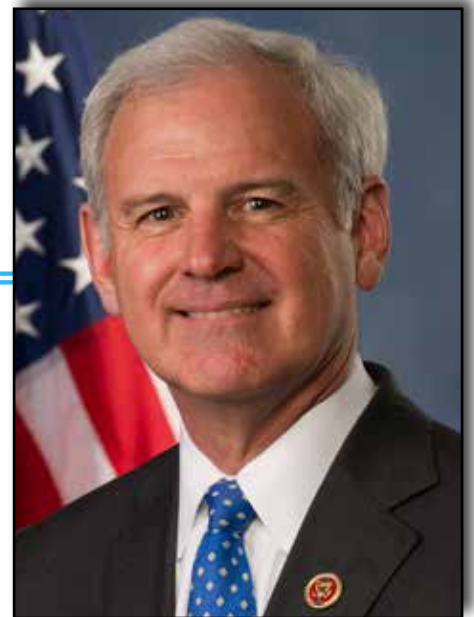
There is a better way.

Let's start with a simple principle: Everyone in America deserves a real opportunity to lift themselves out of poverty—once and for all. To do that, we need to combine the present jumble of programs into just a few that can meet people's needs. These programs should make sure every adult who can work has the education and skills to find a good-paying job in the 21st century economy.

We propose five simple steps to do just that.

First, reward work. If you are capable, we will expect you to work or prepare for work in exchange for benefits.

Second, tailor those benefits to people's needs. If we allow states to customize benefits, then they'll be able to work with local non-profits to get people the help they need.



Third, improve education and job training.

Fourth, help people plan and save for the future.

And fifth, demand results. Keep track of what we're doing, so that we can see which ideas actually work.

The way I see it, if we succeed here, we get a "three-fer". First, we lift people out of poverty. Second, the economy will grow as more of us start working. And finally, as people leave the welfare rolls, we will spend less taxpayer money.

Yes, it's time for a better way. A better way for poor children. A better way for struggling adults. And, a better way for America.

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*I think there's no higher calling in terms of a career than public service, which is a chance to make a difference in people's lives and improve the world.*

*Jack Lew*

# TRIBAL COUNCIL ANNOUNCES BOARD & COMMITTEE VACANCIES

The Tribal Council has announced a vacancy on the following boards and committees and will be taking applications for these vacancies through 5:00 p.m. Monday, October 31, 2016.

If you are interested in applying for any of these positions, an application is available on the Tribal Council page of the Tribe's official web site, [www.pci-nsn.gov](http://www.pci-nsn.gov); the application may be completed and submitted directly from the web site.

You may also pick up an application at the Tribal Chair's Office located at 5811 Jack Springs Road, Atmore AL.

All applications, and resumes if applicable, should be returned to the Tribal Chair's Office by close of business Monday, October 31, 2016. Applications may be submitted via online submission, U.S. Mail, hand delivery, or email to [boards-committees@pci-nsn.gov](mailto:boards-committees@pci-nsn.gov).

Once the October 31, 2016 deadline has passed, a list of all applicants will be published for your review. Please review to ensure that your name is listed if you applied for any of the vacancies listed. If your name is not listed, please contact the Tribal Chair's office immediately at (251) 368-9136.

For your convenience, the list will be posted at the Receptionist/Front Desk in the Lavan Martin Assisted Living Facility of the Tribal Complex, the Health Department, and the Tribal Council page of the web site.

Board/Committee/ Commission/Authority	# of Vacancies	Current Members Whose Appointment Time Is Ending
Utilities Authority	2	Ron Marshall & Teddy Walker, Jr
PCI Gaming Authority	1	Westly Woodruff
Creek Indian Enterprise Development Authority	1	Linda Brooks
Tribal Gaming Commission	2	Jake Thomas & Raymond Rolin
Tribal Regulatory Commission	2	Patrick Strickland & Charlotte Meckel
Housing Advisory Board	2	Nioma Till & Tim Martin
Education Advisory Board	3	Kim Smith, Deloris Kelley, & Deborah Hinote
Election Board	1	Gwen Manning
Election Board - Alternate	1	Carolyn Rackard
Ethics Board	4	Barbara Stephens
Grievance Board	2	April Sue Dortch & Charlotte Meckel
Calvin McGhee Cultural Committee	2	Clarence Rolin & William J. Selzer
Recreation Committee	2	Tami Manning & Tim Ramer
Endowment Committee	2	Theresa Rutherford & Carla Hammonds
Enrollment Committee	2	William H. McGhee & Janet Kay Gattis
Investment Committee	1	Carolyn Peterson



## RETURNED NEWSLETTERS


Approximately 20-25 newsletters are returned by the Post Office each month due to incorrect addresses, incomplete addresses, etc. If an individual's newsletter is returned by the Post Office for two consecutive months their name will be removed from the mailing list prior to mailing the next issue of the newsletter until the address has been updated. Be sure to update your addresses with Tribal Member Benefits at (251) 368-9136 x 2209 to assure that your newsletter, as well as other Tribal correspondence, is being sent to the correct address.


Names that have been removed from October variable data; please update your contact information:

Michael Bos, Corona, CA	Brandy McGhee, Foley, AL	Johnny Steadham, Atmore, AL
Daniel Cruz, Englewood, CO	Dewitt McGhee, Pensacola, FL	Amanda Stephens, Brewton, AL
Wanda Gaines, Pensacola, FL	Fredrick McGhee, Atlanta, GA	Taylor Thomas, Peridido, AL
Richard Gardner, Theodore, AL	Brian Moore, Atmore, AL	Bobby Walker, Lacombe, LA
Joy Gibson, Atmore, AL	Randy Rolin, Abilene, TX	Joanna Ward, Pensacola, FL
Adam Holmes, Siler City, NC	Marcia Shipps, Pensacola, FL	Phylliss Ward, Atmore, AL
Nicole Hubbard, Greenville, WI	Aaron Smedley, Atmore, AL	

Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time.

Thomas A. Edison






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166 LINDBERG AVENUE  
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(251)368-8767

**MONROEVILLE EYE CARE**  
3016 S. ALABAMA AVENUE  
MONROEVILLE, AL 36460  
(251)743-3305

**Dr. Stephen M. Gross**  
Optometrist

**Dr. David J. Helton**  
Optometrist

**Dr. Alan Franklin**  
Retina Specialist

**Dr. Rollins Tindell**  
Cataract Specialist

**Dr. Ryan Tarantola**  
Retina Specialist

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\*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



# MURALS

## CIEDA creates displays of Indian heritage at CCSA, CCSW, CTP

Photos — they are a glimpse into the past, a memory held in time, to preserve a lifetime. A simple photograph can bring a plethora of emotions and reveal details about someone's experience.

We live in a digital age where photos are captured and saved on social media, on flash drives or CDs and on computer hard drives. Some of us still print them out and make photo albums, but mostly our lives have evolved into making digital memories, ones we can scroll through, share or delete at will.

But there's something about having tangible, archival photos that really tell a story.

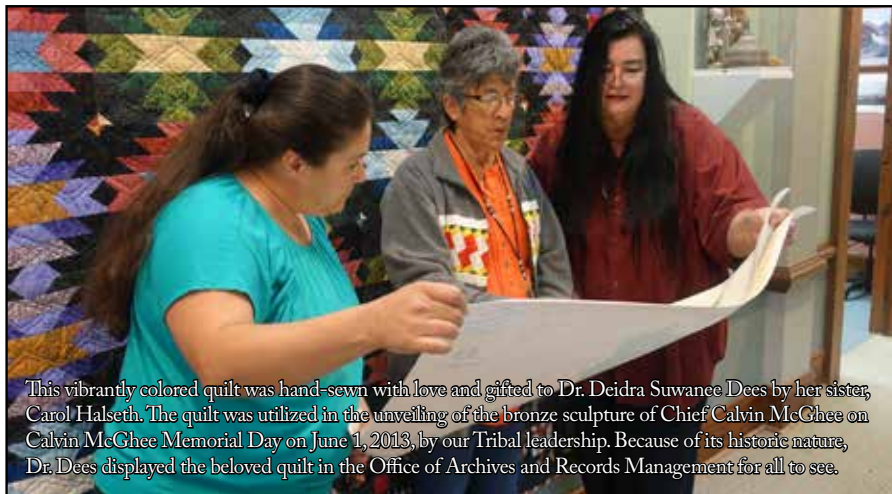
For the Poarch Band of Creek Indians, photos and memorabilia hold significant meaning. Not only do they tell the history of the Tribe, but they also remind tribal members of the sacrifices their ancestors made to get them where they are today.

Creek Indian Enterprises Development Authority (CIEDA) recognizes the importance of keeping the Tribal culture alive. It has installed murals on the walls of three of its businesses, Creek Travel Plaza (CTP), Creek Convenience Store Atmore (CCSA) and Creek Convenience Store Wetumpka (CCSW).

"We did this for a couple of reasons," CIEDA President and CEO James T. Martin said. "First and foremost, to remind our Tribal Members that we are special and we have come very far and remained whole as a people. And second, to educate the public about who we are and tell our history to the next generations."

### About the murals

The photos that make up the murals were supplied to CIEDA by the Poarch



This vibrantly colored quilt was hand-sewn with love and gifted to Dr. Deidra Suwanee Dees by her sister, Carol Halseth. The quilt was utilized in the unveiling of the bronze sculpture of Chief Calvin McGhee on Calvin McGhee Memorial Day on June 1, 2013, by our Tribal leadership. Because of its historic nature, Dr. Dees displayed the beloved quilt in the Office of Archives and Records Management for all to see.

Band of Creek Indians Office of Archives and Records Management.

Director/Tribal Archivist Dr. Deidra Suwanee Dees said the photos chosen were designed to represent the different families in our community and showcase historical moments, such as Chief Calvin McGhee meeting with President John F. Kennedy.

The first mural display went up at Creek Convenience Store Wetumpka in 2014. Creek Travel Plaza and Creek Convenience Store Atmore then followed suit in 2015.

"Just the other day, I had a Tribal Member tell me she saw the mural at Creek Convenience Store Atmore for the first time. She said it brought tears to her eyes," Dr. Dees said. "She expressed to me how delighted she was to see such a display and how exciting it was to pick out her family members on the wall."

Indeed, many other Tribal Members have stopped and stared at the walls in the three stores. Some will point at a couple and explain who is in the photo and the significance of that photo.

"It's such a cool thing to see and hear,"

General Manager Susie McCann said about CCSA customers talking about the mural at her store.

General Manager Ellis Martin at CCSW reiterated the sentiment.

"Having the mural here reminds us of where we came from," Martin said.

"So many of our customers stop and look when they are here," General Manager Tammy Smith at CTP said. "It's interesting to hear them talk and giggle when they find a relative on the wall."

### About the Office of Archives and Records Management

Researching family history is a fun pastime and can uncover many cool things about one's ancestors. The Office of Archives and Records Management, which is housed at CIEDA headquarters, was established in 2010 by Tribal Council under the Records Management Ordinance. A team of three, along with a few interns, work diligently to preserve the heritage of the Poarch Band of Creek Indians and keep memories alive as a part






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Coming to  
Pow Wow in  
November?  
Stop in and  
see the murals  
at Creek  
Travel  
Plaza and  
Creek Convenience  
Store Atmore!

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By Jen Peake | CIEDA Marketing Specialist

of living history. The team consists of Director/Tribal Archivist Dr. Deidra Suwanee Dees, Records Coordinator Elder Ellen O'Barr and Administrative Assistant Wendy Martin-Cox.

Before becoming official, a grant was obtained in 2009 to set up archives at the Poarch Creek Museum. Dr. Dees said she, along with Kenny Shivers, Denise Young, Anna Wilson and Elder Ellen O'Barr, worked to compile records in the software program PastPerfect, and the next year, Tribal Council birthed the Office of Archives and Records Management into existence.

Records date all the way back to the 1700s, Dr. Dees said.

"We had a recent donation of a copy of the documentation on the silver medal given by President George Washington to Creek Chief Alexander McGillivray which dates back to 1790," she said.

**The Office of Archives and Records Management is open to Tribal Members and to the general public from 8 a.m. to 5 p.m. Monday through Friday.**

"Everyone is welcome to come in and research with a team member and make copies of our available records," Dr. Dees said. Appointments are not necessary, but they are suggested.

The Office of Archives and Records Management has many items Tribal Members might be interested in — films, documents, photographs, audio recordings, rare books, etc. Many donations come from Tribal Members, but Dr. Dees said some items are donated from non-Natives.



"We do get a lot of records and photographs from people's personal collections," she said. "We welcome anything connected to Creeks that someone might have which we haven't seen yet. We treasure every record brought to us and will preserve these in our fireproof file cabinet. We want Tribal Members to utilize our resources as well. They can come in and get digital or paper copies of records or photographs of their loved ones. If they have items we don't possess yet, we do not ask them for their original records; we ask for permission to make copies of them. We give back their original records and maintain an archival copy in our office."

Dr. Dees said she was pleased when CIEDA asked for photos to compile the mural displays.

"It's just another awesome way to keep people talking and learning about the Tribe," she said. "We feel very fortunate to have the ability to tell our story, not only to the outside public, but to our future generations of Poarch Creek Indians."



## DECISION 2016: ROAD TO THE WHITE HOUSE

*MAPETSI Policy Group  
August 2016*

The general election officially kicked off on August 1, 2016 with the completion of the two national party nominating conventions. Former U.S. Secretary of State, Hillary Clinton (D) and entertainer Donald Trump (R) emerged as their party's standard-bearers.

### **The General Election Match up**

Both presidential candidates have significant flaws. Clinton has been plagued by the use of a private email server as well as donations made to her family's Foundation while sitting as Secretary of State. Trump has committed a continuous loop of blunders, mocking a disabled reporter, encouraging violence at his rallies, engaging in a public dispute with a Gold Star family, refusing to endorse Republican leaders (before half-heartedly endorsing them), among many others.

To date, Trump's missteps have outweighed Clinton's unforced errors. As of August 22nd, Trump's favorable / unfavorable rating sits at 33-63% (-30), while Secretary Clinton's has risen to 43-53% (-10).

The race was deadlocked heading into the conventions, but Secretary Clinton has built a steady lead in the national polls since. Even so, 75 days remain until the November 8<sup>th</sup> election, which is a lifetime in presidential politics.

The focus of the general election will be on the race to collect 270 electoral votes. In the current electoral battlefield, just seven states have proven to be true swing states: Colorado, Florida, Nevada, Ohio, and Virginia, all of which backed Bush and Obama twice each, and Iowa and New Hampshire, which voted Democrat in 3 of the last 4 elections.

Candidate Trump vowed to Republican voters and party leaders that he would break this mold and open blue states to the Republican party, even promising to make New York, California, Connecticut and New Jersey, and other blue states, competitive in 2016.

Rather than expanding the electoral map, Trump has alienated voters beyond his base. It is Clinton who is challenging—and in some cases leading—in polls in traditionally red states. Mid-August polls have Clinton leading or within the margin of error in

Arizona, Georgia, North Carolina, and Missouri.

Despite the steep hole that candidate Trump has dug, the race for the White House is far from settled. Political observers view the upcoming presidential debates and other unexpected October surprises as potential game changers.

### **Indian Country and the Presidential Election**

Since January 2009, the Obama Administration has opened doors of agencies that were long closed to Indian Country. He established the position of Senior Policy Advisor in the White House. He appointed dozens of American Indians and Alaska Natives to key decision-making positions within the Administration. He supported major policy gains in the areas of health care, public safety, education, lands, cultural preservation, and much more.

President Obama has also worked to settle long standing legal disputes that have brought justice to thousands of families throughout Indian Country.

In short, he has helped begin to rebuild a trust that has long been fractured and restore faith in a



justice system that many viewed as broken.

While the national policy views of the candidates are debated, when it comes to Indian policy, the choices for President in 2016 are stark.

The Clinton campaign website states that “Hillary will build on President Obama’s efforts ... [including] continuing to host the White House Tribal Nations Conference” and working “to appoint Native Americans to key positions in federal agencies and nominate qualified judges who understand Tribal sovereignty...”

For its part, the Trump campaign website does not include a statement or positions on its proposed Indian affairs policy or policy goals.

Native voters are instead left with the candidate’s 1993 testimony before Congress and other derisive comments about Native Americans.

In 1993, Trump, who owned casinos in New Jersey, testified against Indian gaming in nearby Connecticut, alleging mafia ties to all Indian gaming operations, claiming that tribes do not pay taxes, and questioning why some tribes “don’t look like Indians to me.”

In that 1993 hearing, Trump declared that if Indian gaming is permitted to continue under IGRA, “It will be one of the biggest scandals since Al Capone.” To expect “that an Indian Chief is going to tell Joey Killer to please get off his reservation is unbelievable to me.”

At the time, the FBI had repeatedly testified that organized crime had not infiltrated Indian gaming. Committee Chairman George Miller (D-CA) asked Trump for proof to the contrary. He offered none.

Trump then asked the Committee, “Why is it that the Indians don’t pay taxes, but I do?” Rep. Neil Abercrombie (D-HI) pushed back, informing Trump that 100% of Indian gaming revenues, by law, go to fund tribal government programs and services that meet the basic needs of Native communities.

True to form, to show that he holds no bias against Native Americans, Trump stated in his testimony that “Nobody’s more for the Indians than Donald Trump.”

---

## October Presidential / Vice Presidential Debates

### Tuesday, October 4, 2016

Vice Presidential Debate

Longwood University, Farmville, VA

9 segments of 10 minutes each.

2 minutes to respond.

### Sunday, October 9, 2016

2nd Presidential Debate

Location: Washington University, St. Louis, MO

Town Hall format with questions posed directly by citizen participants.

Candidates will have two minutes to respond.

### Wednesday, October 19, 2016

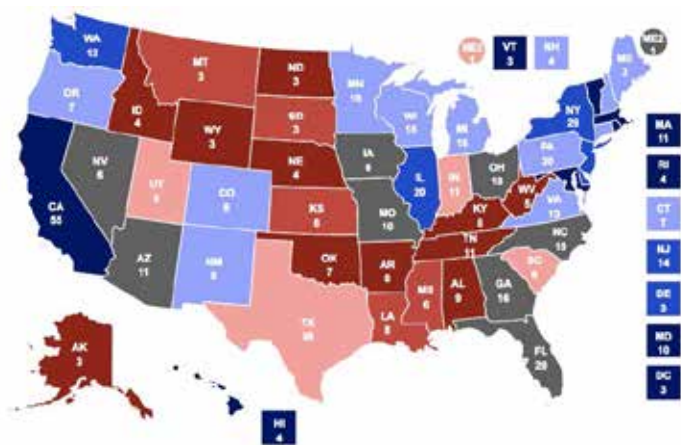
3rd Presidential Debate

Location: UNLV, Las Vegas, NV

6 segments of 15 minutes each on major topics.

Each candidate will have two minutes to respond.

*(The first Presidential Debate was held in Hempstead, NY on September 26, 2016.)*



*Presidential Electoral Map from RealClearPolitics.com as of August 24, 2016. Tossup states depicted in gray.*



*(Above Left): Sen. Bernie Sanders (D-VT) inspired the Native vote throughout Indian Country by visiting more than two dozen reservations. (Middle and Right): Native Americans gather to register to vote for the first time in Maine in 1955 and in New Mexico in 1962.*

## THE IMPORTANCE OF THE NATIVE VOTE IN THE 2016 ELECTION

*MAPETSI Policy Group  
August 2016*

While there is an increased sense of national urgency with the upcoming election, the decisions made on November 8, 2016 could prove crucial to the future of tribal sovereignty.

Federal actions (laws, regulations, and court decisions), and thus, federal elections, impact the daily lives of reservation residents more than any other community of people in the United States.

The first Americans were the last to be granted voting rights. Throughout the 1800s, without the right to vote and with no voice in Congress, federal lawmakers imposed the devastating policies of Removal, Allotment, and Assimilation.

These policies cost millions of lives, took 100s of millions of acres of tribal homelands, and authorized the forced removal of Indian children into boarding schools—prohibiting them from speaking their language or practicing their religion.

Many fought these policies and many gave their lives to protect tribal sovereignty and to preserve tribal culture, religion and ways of life. Through it all, Native Americans persevered.

### Native Issues are Non-Partisan

The Native Vote is non-partisan. Indian affairs issues cross all party lines. At its core, tribal governments fight for local control, freedom from state government infringement on tribal sovereignty and decreased impact from federal actions, and for parity and respect as governments for purposes of all federal laws and programs. At the same time, tribes demand that the U.S. fully fund and meet solemn treaty and trust obligations.

The power of the Native vote in federal elections is proven. In the past decade, the Native vote made the difference in several important elections. Sitting U.S. senators of both parties in Alaska, Montana, North Dakota, and Washington acknowledge that Native votes put them in office.

Indian country has the potential to swing federal elections at an even greater rate. American Indians represent a significant voting bloc in Alaska, Arizona, Montana, New Mexico, North Dakota, Oklahoma, and South Dakota. Yet, with many elections coming down to only hundreds of votes—even a 1% bloc can swing an election.

### The Continued Struggle for Voting Rights

While Indians were recognized as U.S. citizens with voting rights in 1924, it took decades to exercise these rights. Indians first voted in Maine elections in 1955. New Mexico did not amend its prohibition on Indian voting until 1962. Even today, tribes continue the fight to fully exercise the voting rights of their communities.

State governments control federal voting systems within their borders. Some states have gone to great lengths to suppress the Native vote. Polling stations are often located hundreds of miles from Indian lands. States continue to enact voter ID laws and require street addresses to lower Native voter turnout. As a result, Indians remain the most disenfranchised voting group in the U.S. Anyone with a relationship to Indian Country must unite and fight to break down these barriers.

Above all, we must get out the vote for candidates up and down the ballot who understand Indian affairs issues and respect tribal sovereignty.



## TRIBAL COUNCIL ASSIST TRIBAL MEMBERS EFFECTED BY LOUISIANA FLOODING

*Tribal Council Members Dewitt Carter and Garvis Sells are shown with Tribal Member Vance McGhee and his wife Sheri and daughter Emmalynn. Dewitt, Garvis, and Eddie Tullis visited Tribal Members affected by the flooding in Louisiana. Along with disaster relief supplies, they brought applications for the Tribe's Disaster Relief Program*

The summer of 2016 has been one for the record books; bringing the seemingly unceasing and torrential rains that caused unprecedented flooding to Texas and Louisiana. It has been said that during the recent flooding in Louisiana areas flooded that have never flooded before.

"Once I learned of the area affected by the flooding, it brought to my mind several Tribal Member families that live in the area." Tribal Council Member Dewitt Carter said. "I contacted them to see what their most immediate needs were so that we could try and help them out until FEMA and other disaster relief agencies could assist them."

On August 17, 2016, with full support of the Tribal Council, Dewitt, along with Tribal Council Members Eddie L. Tullis and Garvis Sells, took relief supplies to Tribal Member families affected by the flood. Using a

cargo trailer donated by Rolin Construction the three took dehumidifiers, storage totes, batteries, bug spray, and other such supplies, along with Tribal Disaster Relief Program applications.

Once in Louisiana they visited with several families; some with more flood damage than others. Tribal Member Mickey McGhee's house was flooded with over 18 inches of water. Vance McGhee's mobile home was not flooded, but did get water damages. His mobile home is built on off the ground but the water rose to the bottom of his home, causing damages to the under structure and foundation of his home.

In addition to reaching out and assisting Tribal Members affected by the flooding, the Tribal Council has also donated to the American Red Cross to help in the Disaster Recovery efforts.

*Gayle Johnson*





*Emmanuel Lee McGhee  
SPC 4  
United States Army*

Emmanuel is the son of Bobby and Alta McGhee, he has six brothers and sisters.

Emmanuel McGhee comes from a family of veterans. Not only has he served in the military, but so have his siblings, his sister Savilla McGhee and his brothers Perry Martin McGhee and Bobby Joe McGhee. His daughter, Courtney McGhee, is currently serving in the Florida Army National Guard (FLANG).

Emmanuel served as SPC 4 in the United State Army from September 1990 through June 1995.

Emmanuel is married to Jeanette McGhee; they have four children and three grandchildren.

After his military service Emmanuel worked with his father Bobby hanging and finishing dry wall. He now runs a small trucking company

## VETERAN'S SALUTE

in Bristol, FL with his wife Jeanette.

"I was honored to be able to serve my country," Emmanuel stated. He continued, "May God bless all current and former soldiers and their families."

Emmanuel Lee McGhee, 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 freedoms we have today.

---

## HONORING OUR VETERANS

You may submit a veteran's information via email to [gjohnson@pcinsn.gov](mailto:gjohnson@pcinsn.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.

This month we recognize, honor and add to our veterans list:

Dewitt Carter  
E4  
United States Air Force

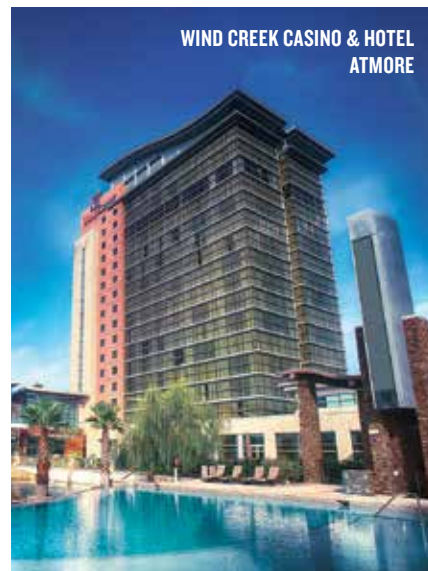
Thank you for your service. We will feature Dewitt in a Veteran's Salute article in a future issue of the newsletter.



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**Tyler Priest**  
September 3, 2016

Happy 18<sup>th</sup>  
birthday Tyler!



We love you and are very proud of you.  
Mom, Dad, and Nicole.

**Brenda Pruitt**  
September 10, 2016

Happy  
birthday!



We love you!  
From your family.

**Juanita McGhee Slate**  
September 29, 2016

Happy birthday!!



We love you so much!  
From your family.

**Andrew McGhee**  
October 6, 2016

Happy birthday!



We love you!  
Amanda, Trent, Laura, Hunter, and the  
rest of your family.

**Kylee Langham**  
October 14, 2016

Happy  
birthday Kylee!



We hope you have an awesome 8<sup>th</sup>  
birthday and we love you so much.  
Love Momma, Daddy, and Kamryn.

**Braxton Bowman**  
October 18, 2016

Happy 3<sup>rd</sup>  
birthday!!



We can't believe you're turning 3  
already! We love you!  
Mama, Daddy, Brooklynn, and  
Blakelynn.

**Keith Martin**  
October 20, 2016

Happy  
birthday Keith!



We love and appreciate all you do!  
From your family and friends.

**Zachary Lee Mercer**  
October 22, 2016

Happy 1<sup>st</sup> birthday  
Zachary!



We love you with all  
of our hearts and so  
much more!

Hope you have a great birthday!!  
Love, Mommy, Daddy, Garrett, Brantly,  
Nona, Diddy-Pa, Aunt Kimmy, Uncle  
Jacob, and Asher.

**Charles Hathcock**  
October 23, 2016

Happy 80<sup>th</sup>  
birthday  
Daddy/PawPaw/  
Uncle Chasey!



Thank you for being 'the best' for us!  
We love you!  
From your family.

*Happy birthday to all those who are celebrating a birthday this month!*



**Macey Faith Rackard**  
October 24, 2016

Happy 1<sup>st</sup> birthday  
to our little Indian  
Princess!



We love you to the moon and back.

Love, Daddy, Momma, Destiny, Khalia,  
and Jackson.

**Lisa McGhee**  
October 25, 2016

Happy 44<sup>th</sup>  
birthday Lisa!



We love you!

From your family.

**Charlotte Meckel**  
October 26, 2016

Happy birthday!



Happy birthday to the love of my life!

Love, Martin.

**Robin Gregson**  
October 29, 2016

Happy 49<sup>th</sup>  
birthday!



Happy birthday to the best mother ever.  
Hope you enjoy your 49<sup>th</sup> birthday. We  
love you so much!

Larry, Bryan, Aaron, Fran, Britt, Brandy,  
Dakota, Cheyanne, and grandkids!

**Connie Vickery**  
October 29, 2016

Happy 53<sup>rd</sup> birthday  
Connie!  
We love you!



You just don't know what you mean to  
all of us! You touch so many lives in so  
many different ways. You are our light  
in the darkness.

From your family and friends.

**Sandy Hollinger**  
October 30, 2016

Happy birthday  
Sandy!



We love and appreciate all you do!

From your family and friends.



**Dalton Walker**  
October 30, 2016

Happy 19<sup>th</sup>  
birthday  
D-Walk!!!



We love you big!!

Mom, Mark, Drake, & Tori.

*Happy birthday to all those who are celebrating a birthday this month!*

Introducing



# EVAN LEE MCGHEE

August 2, 2016    ✨    7 lbs 14 oz.    ✨    19.5 inches

*We proudly announce the birth of Evan Lee McGhee!*

Welcomed with love. Dad & Mom. Mike & Jennifer McGhee. and big brother Eli.

Celebrating an Anniversary

## GARY & BRENDA PRUITT

### SEPTEMBER 13, 2016

Happy 33<sup>rd</sup> anniversary!

We love you and wish you  
many more blessed years!

Your family.





## Engagement & Wedding Announcement

### WILLIAM GIBSON & ELIZABETH NELSON

The families of Elizabeth Nelson and William Gibson of Headland, AL, are proud to announce their engagement and upcoming marriage on October 1, 2016.

Elizabeth, a first generation descendant, is the daughter of Tribal Member April Eisenman, of Headland, AL, and Chris Nelson of Dothan, AL. Elizabeth is also the granddaughter of Patricia Moody McGhee and great-granddaughter of the late Hurley H. McGhee.

William is the son of Jim and Audrey Gibson of Newville, AL. He is a recent graduate of Troy University and has accepted a position with Lockheed Martin.

The outdoor wedding will take place at the home of the groom's family in Newville, AL with the reception following at The Gathering Place in Headland, AL. The couple will reside in West Haven, Utah.



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## OBITUARIES

To better serve Tribal Members during their time of grief at the loss of a loved one, the Poarch Creek News is asking Tribal Members to add our contact information to the media list when completing the appropriate paperwork or planning the funeral of a loved one. The obituary will be published in the next issue of the newsletter after it has been received from the funeral home. Contact information: Poarch Creek News, 5811 Jack Springs Road, Atmore, AL 36502 or via email to [gjohnson@pci-nsn.gov](mailto:gjohnson@pci-nsn.gov).

The family of the deceased may continue to submit family thanks/memoriams for publication in the Poarch Creek News at the time of their loved one's passing. The information will be published as long as information is submitted by the last business day of the second month immediately following the death. These submissions are limited to 300 words or less. Photos will be cropped to reflect deceased only.

In Memoriams may also be published the month before, the month of, or the month after the birthday of the deceased or the anniversary of the death of the deceased. These submissions are limited to 300 words or less. Photos will be cropped to reflect deceased only. Limit one In Memoriam submission per deceased individual per issue.

### In loving Memory of AUBREY 'BUDDY' SMITH

JULY 16, 1932 - JUNE 8, 2016

Aubrey Smith, known to everyone as Buddy, passed away June 8, 2016.

His kind personality allowed him the gift of making friends with anyone who come upon him.

Buddy loved the outdoors, as do all the Smith family. Fishing and gardening being his two favorite activities.

Uncle Buddy, you are sadly missed by many. I know you touched many hearts during your time with us. Mine happened to be one of them.

Thank you for all the good memories I have of you.

Michael Rigby



*Buddy Smith  
Sadly Missed By Family & Friends*

### In loving Memory of WILLIAM WILBERT VICKERY

ON HIS 90<sup>TH</sup> BIRTHDAY: OCTOBER 23, 2016

Moved to Heaven, not gone away  
Thoughts of you I have each day.  
Gone to God in that silent land,  
You walk with angels hand in hand.

All our dreams and all our plans  
No more to do, I understand.  
Memories now rush my mind  
Up in Heaven, I know you're fine.

On with life, I pray each day,  
Some sweet time, I'll be on my way.  
I'll join you in Heaven's land  
Where eternal life will be  
GRAND!

*Author Unknown*



*William Wilbert Vickery  
October 23, 1926 - April 16, 2002  
Forever Loved & Sadly Missed By  
Family & Friends*





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# Fabulous Fall Sale



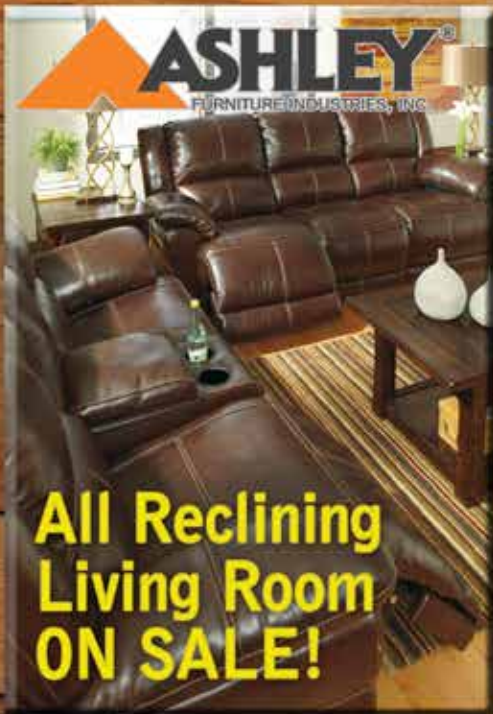
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# TRIBAL MEMBER SUBMISSIONS

Poarch Creek's Girls 12 & Under team placed second in the NAYO tournament. The girls and their coaches would like to say thanks to all the parents, family, and friends that came out to support them.

*Bottom row: Rylee Huskey, Kaitlin Gafford, Makenna Pettis, Savanna Haikey, and Harley Sells.*

*Middle row: Jalia Lassiter, Peyton Rolin, Ruthie Huskey, Makenzie Rolin, and Hannah Newsome.*

*Back row: (Coaches) Jamie Gafford, Ronnie Huskey, Cassie Lassiter, and Rusty Lassiter.*

*Submitted by Cassie Lassiter*



## GIRLS 12 & UNDER PLACE 2ND IN NAYO TOURNAMENT

A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawn mower is broken.

James Dent

## 2016 DAVID MCGHEE REUNION

**Saturday October 8, 2016**

**12 Noon - until**

**United Pentecostal Church  
(In the new Fellowship Hall)**

**Bring your favorite foods.**

**If you have any pictures of the older generation  
please bring them for everyone to enjoy.**

**Hope to see you there.**

*Submitted by Debbie Bray*



## LANGFORDS WIN NSD FLORIDA STATE CHAMPIONSHIP

Congratulations to Henry & Waylon Langford and POLO on winning the National Sporting Dog (NSD) Florida State Championship.

*Submitted by Krystal Langford*

# COMMUNITY SERVICES DIVISION

*Karla Martin, Division Director*

## BOYS & GIRLS CLUB



### THERE IS MUSIC IN THE AIR!

Stephanie Agerton, Boys & Girls Club Director, and her staff are always looking for ways to enhance the programs offered to the participants of the Boys & Girls Club (B&GC). This summer they introduced music into the curriculum. Over the summer the children participated in music classes with guest instructors from the University of South Alabama (USA) Music & Performing Arts program and the Pensacola Symphony Orchestra. The B&GC participants traveled to USA to participate in the Music and

Performing Arts Program as well as culture/heritage/anthropology programs.

On Tuesday, September 2, 2016 the B&GC hosted a concert followed by an ice cream social. Participants in the 3rd, 4th, 5th, and 6th grades, and the Teen center participated in the choral performance. Some of the songs were popular pop songs like Fireworks, Best Day of My Life, You've Got a Friend in Me, and Grandma's Feather Bed. The choir groups were instructed by Mrs. Laurie Shearer, the Choral

Director at Burns Middle School in Mobile, AL. Mrs. Shearer will be joining the After School program and will be working with a select group of kids one day a week.

Great job Stephanie and staff! We look forward to more concerts as well as any future program enhancements you may provide.

*By Gayle Johnson, Editor*



## The Cultural Department proudly offers BEGINNING SHELL CARVING CLASSES

October 10, 2016 - November 4, 2016

Monday through Friday

Time: 4:00 p.m. – 7:00 p.m.

Only 10 slots are available

Open to Tribal Members, 1st Generation Indian Descent, Tribal Member households & Tribal Employees.

All classes will be held in the Pavilion located on the Pow Wow Grounds.

To sign up, or for more information, contact: Jonathan Martin, Traditional Arts Assistant at (251) 368-9136 Ext. 2537 or [jmartin@pci-nsn.gov](mailto:jmartin@pci-nsn.gov).

## The Cultural Department proudly offers PATCHWORK CLASSES

4:00 p.m. - 7:00 p.m.

Cultural Department (Hwy 21 Building)

Classes are free and open to Tribal Members, 1<sup>st</sup> Generation Indian Descent, Tribal Member households & Tribal Employees.

Session One

Oct. 3<sup>rd</sup>, 4<sup>th</sup>, & 6<sup>th</sup>

Oct. 10<sup>th</sup>, 11<sup>th</sup>, & 13<sup>th</sup>

Session Two

Oct. 17<sup>th</sup>, 18<sup>th</sup>, & 20<sup>th</sup>

Oct. 24<sup>th</sup>, 25<sup>th</sup>, & 27<sup>th</sup>

Only 8 slots are available for each class.

\*All supplies will be provided\*

## YOU MUST PRE-REGISTER FOR THIS CLASS!

To sign up, or for more information, contact:

Jonathan Martin, Traditional Arts Assistant,  
(251) 368-9136, Ext. 2537, or email [jmartin@pci-nsn.gov](mailto:jmartin@pci-nsn.gov).



We invite all Tribal Members, 1<sup>st</sup> Generation Descendants, Tribal employees, and anyone living in a Tribal Member household to come join us.

We have a quilt in a frame and will be teaching quilting to those interested in learning or anyone wanting to join us.

Mondays, Tuesdays, and Thursdays  
1:00 pm – 7:00 pm

All classes will be held  
in the Cultural Department  
located on Hwy 21

For information contact:

- Margaret Baggett, Traditional Arts Demonstrator 251-368-9136 ext. 2648 / [mbaggett@pci-nsn.gov](mailto:mbaggett@pci-nsn.gov)
- Jonathan Martin, Traditional Arts Assistant 251-368-9136 ext. 2537 / [jmartin@pci-nsn.gov](mailto:jmartin@pci-nsn.gov)

The Cultural Department invites you to come  
**Quilt**



# 46<sup>TH</sup> ANNUAL POARCH CREEK INDIAN THANKSGIVING POW WOW

## Golden Age 55+

Men's (Northern Traditional / Straight / Fancy / Grass)  
Women's (Northern Traditional / Southern Traditional / Jingle / Fancy)  
1st \$700 2nd \$500 3rd \$300 4th \$200

## Senior Adult Ages 35-54

Men's (Northern Traditional / Straight / Fancy / Grass / Chicken)  
Women's (Northern Traditional / Southern Cloth / Southern Buckskin / Jingle / Fancy)  
1st \$700 2nd \$500 3rd \$300 4th \$200

## Junior Adult Ages 18-34

Men's (Northern Traditional / Straight / Fancy / Grass / Chicken)  
Women's (Northern Traditional / Southern Cloth / Southern Buckskin / Jingle / Fancy)  
1st \$700 2nd \$500 3rd \$300 4th \$200

## Teen Ages 13-17

Boy's (Northern Traditional / Straight / Fancy / Grass)  
Girl's (Southern Cloth / Buckskin / Jingle / Fancy)  
1st \$400 2nd \$300 3rd \$200 4th \$100

## Junior Ages 7-12

Boy's (Northern Traditional / Straight / Fancy / Grass)  
Girl's (Traditional / Jingle / Fancy)  
1st \$200 2nd \$100 3rd \$75 4th \$50

## Tiny Tots Ages 0-6

### General Admission

Adults ages 11 & up are \$5.  
Children ages 10 & under are free.  
Gates open at 10:00 am.  
No pets, drugs, alcohol, weapons, or ice chests.  
Vendor Spacing is available (see web site).

### Grand Entry

November 24th 1:00 pm  
November 25th 12:00 pm  
Dancers & Singers must pay on Thursday; General Admission is your registration fee.

### Head Staff

Emcee- Joaquín Hamilton  
Arena Director- Dude Blalock  
Head Drum Judge- Alex Alvarez  
Head Dance Judge- Thomas Kolin

### Local Accommodations

Wind Creek Atmore  
Casino & Hotel  
(866) 946-3360

Magnolia Branch  
Wildlife Reserve  
Campgrounds  
(251) 446-3423

Muskogee Inn  
(251) 368-8182

Hampton Inn  
(251) 368-9090

Holiday Inn Express  
(251) 368-1585

Fairfield Inn  
(251) 368-1188

## NEW FOR 2016

SPLIT CATEGORIES  
ADULT, JUNIOR AND  
SENIOR DIVISIONS

## DRUM CONTEST 8 SINGER MINIMUM

Northern & Southern Combined  
1st \$12,000 2nd \$8,000 3rd \$6,000 4th \$4,000 5th \$2,000

## HAND DRUM CONTEST 5 SINGER MINIMUM

1st \$800 2nd \$500 3rd \$300

## OVER \$92,000 IN PRIZE MONEY



[www.poarchcreekindians-nsn.gov](http://www.poarchcreekindians-nsn.gov)

*Pow Wow*



# 46<sup>TH</sup> ANNUAL POARCH CREEK INDIAN THANKSGIVING POW WOW

## ACTIVITIES ON THE MOUND

Activities will start at 10:00 am and continue until Grand Entry

The Poarch Creek Princess Contest  
will start at approximately 11:30 am

## General Admission

Adults ages 11 & up are \$5.

Children ages 10 & under are free.

Gates open at 10:00 am.

No pets, drugs, alcohol, weapons, or ice chests.

Vendor Spacing is available (see web site).

## Local Accommodations

Wind Creek Atmore Casino & Hotel  
(866) 946-3360

Magnolia Branch Wildlife Reserve Campgrounds  
(251) 446-3423

Muskogee Inn  
(251) 368-8182

Hampton Inn  
(251) 368-9090

Holiday Inn Express  
(251) 368-1585

Fairfield Inn  
(251) 368-1188



Buford L. Rolin Health Dept.

Registration at 6:00 am • Race 7:00-9:00 am

For information call: 251 368-9136 ext. 2253

Thanksgiving Day

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*Norman Vincent Peale*

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**Atmore Community Hospital**  
Tuesday and Wednesday  
**Pensacola**  
Monday and Thursday





## HOMEWORK CLUB!

Monday - Thursday 5:00 pm - 7:30 pm

Tribal Member and 1st Generation Indian Youth in grades K5 -12<sup>th</sup> can get help with school work!

For more information please contact: Kimberly McGhee, Youth Services Coordinator, @ (251)368-9136, ext. 2662, [ksmcghee@pci-nsn.gov](mailto:ksmcghee@pci-nsn.gov).

Applications are available in the Education Department and have been posted on the Tribe's website, [www.pci-nsn.gov](http://www.pci-nsn.gov).

## AFTER SCHOOL TUTORING!

MONDAY - THURSDAY

3:30 PM - 5:30 PM

ELIGIBLE: TRIBAL MEMBER &  
1ST GENERATION STUDENTS

Applications are available on the Tribe's website, [www.pci-nsn.gov](http://www.pci-nsn.gov), and at the PCI Education Department.

For more information call Kimberly S. McGhee, Youth Services Coordinator, at (251)368-9136 ext. 2662 or [ksmcghee@pci-nsn.gov](mailto:ksmcghee@pci-nsn.gov).

---

Education's Library will be **CLOSED**  
To the public each Tuesday and Thursday  
From 3:30 p.m.—5:00 p.m.

This will allow our teens from the Boys & Girls Club to utilize the library for tutoring and homework.

We apologize for any inconvenience this may cause.

---

## PCI Education Department INCENTIVE PROGRAM

Tribal Member and 1st Generation Indian Youth  
Grades K5-12th

- Who is eligible? Tribal Member and 1st Generation PCI students that have made A, A/B Honor Roll and/or attained Perfect Attendance on report card!
- What incentives are available? Each grading period there will be a gift card and small prize for students. Prizes vary with each grading period.
- How are incentives redeemed? The student may simply bring their report card, including roll number and/or 1st generation verification, by the PCI Education Department or it may be emailed and/or faxed. **STUDENT MUST BE PRESENT TO RECEIVE INCENTIVE.** (Applies to local Tribal & 1st Generation students)
- Deadline? Each grading period students will have up to TWO WEEKS after receiving their report card to come in and receive their incentive.
- Each student has a chance to receive up to four gift cards/small prizes throughout the school year.
- We will be going off grading periods, NOT SEMESTER GRADES.
- For all students who maintain A, A/B Honor Roll and/or perfect Attendance the entire year, will be eligible for an end of the year Incentive Party!

For more information please contact Kimberly S. McGhee, Youth Services Coordinator at (251)368-9136 x 2662, by email at [ksmcghee@pci-nsn.gov](mailto:ksmcghee@pci-nsn.gov) or by fax at (251)368-0809.

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

## **EVENING WITH THE ELDERS**



**Tuesday**  
**October 18, 2016**  
**6:00 p.m.**



Former  
Family Services  
Auditorium,  
Building 500



**Featuring Elloie Bradshaw**  
**Charlotte McGhee Meckel**  
**Carolyn McGhee White**  
**Jack Allen McGhee**  
**William Thomas Rolin**

**Everyone is invited. Dinner will be served.**

*Join us to hear the voice of Saint Anna's missionary Ms. Elloie Bradshaw, recorded by Dr. J. Anthony Paredes in 1972 and digitized by the University of Florida. Panelists will examine her important role in Creek Tribal history.*

If you would like to be featured in future Evening with the Elders, call Ms. Ellen O'Barr @ 446-4941, Ms. Wendy Martin-Cox @ 446-4942, or Dr. Deidra Suwanee Dees @ 446-4940



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PoarchCreekSpecialNeedsAutismAndLDGroup/](http://www.facebook.com/groups/PoarchCreekSpecialNeedsAutismAndLDGroup/)  
[www.autismspeaks.org/](http://www.autismspeaks.org/)

Follow *Poarch Creek Special Needs Autism & LD Support Group* on Facebook for information about autism and its effects on individuals, families, society, and our Tribal Community.



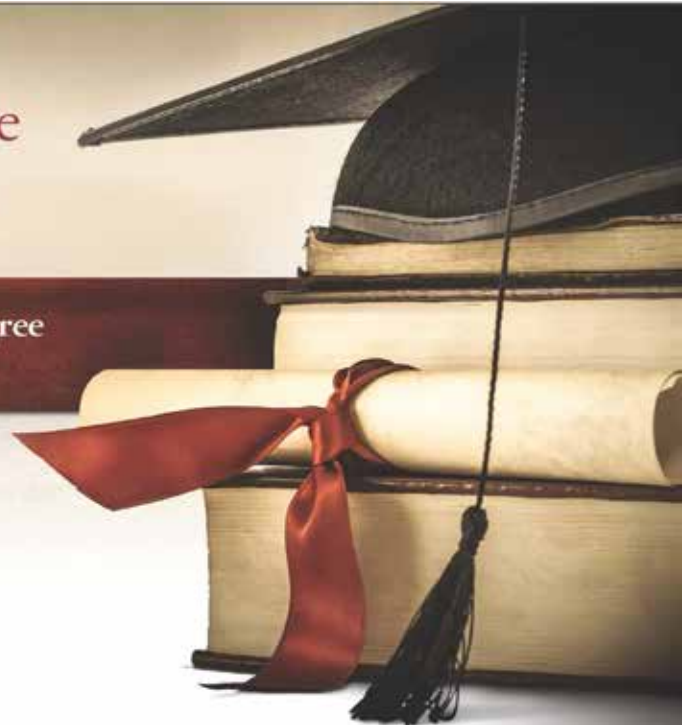
Visit *Autism Speaks* at [www.autismspeaks.org](http://www.autismspeaks.org) for more information on autism.

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**of Business and Professional Studies**

# Your Health Matters

## GATHER TOGETHER IN HEALTH



## DEVELOPING LIFE FITNESS

**BY SPENCER TATUM**

*Advantage Training National Performance Director*

***I've heard many coaches and trainers over the years reiterate a message that has shaped my life: in order to be successful I would have to learn to be comfortable with being uncomfortable.***

When I first heard this, I had no idea it would help me in real life as it would in the gym or on the field.

It's not just me. Ask anyone whose day regularly includes a bike ride, laps in the pool, a hike, or a weight training program, and they'll tell you the same thing: Difficult conversations just doesn't seem so difficult anymore. Work is not as stressful. Relationship problems are not as tricky.

Regular exercise has a way of smoothing over the hard edges in life. Even on days we don't train, we seem to handle stress in a less reactionary way. While the traditional benefits of exercise, like prevention and treatment of diabetes, heart disease, stroke, hypertension, and osteoporosis, are well known and reported, the most powerful benefit might be this: In a world where we prefer to be comfortable, challenging physical activity provides a rare opportunity to practice

[www.mypciwellness.com](http://www.mypciwellness.com)



# My PCI WELLNESS

***What you do in the gym (or on the roads, in the ocean, etc.) makes you a calmer, higher-performing person outside of it. The truth is this: When you develop physical fitness, you're developing life fitness, too.***

handling stress.

We often think we'll get around to exercising when we get our lives in order. Really, it's the opposite. Take a look at these three examples:

A study in the British Journal of Health Psychology found that college students who went from not exercising at all to doing 2-3 exercise sessions a week reported a decrease in stress, smoking, alcohol and caffeine consumption, an increase in healthier food choices, better maintenance of household chores, and better spending and study habits. In addition to these real life improvements, the students also performed better on tests of self-control after two months of regular exercise. This led the researchers to speculate that exercise had a powerful impact on the students' "capacity for self-regulation." In everyday terms, pushing through the discomfort associated with exercise taught the students to stay calm and focused in the face of real difficulty.

Exercise can change how we see ourselves and what we think is possible. The charity Back On My Feet uses running to help homeless individuals improve their situation. Since launching in 2009, Back on My Feet has had over 5,500 runners. 40% of these runners have gained employment and 25% have found permanent housing. This is also why it's so common to hear about people who've started training for a marathon to help them heal from a divorce or death of a loved one.

Ok, here's one more study for you, this one published in the European Journal of Applied Physiology. It evaluated how exercise changes our physiological response to stress.

Researchers at the Karlsruhe Institute of Technology divided students into two groups at the beginning of the semester and instructed half of them to run twice a week for 20 weeks. At the end of the 20 weeks the researchers measured the students' heart-rate variability, which is a common indicator of physiological stress. As you might have guessed, the students who were in the running program showed significantly improved heart-rate variability. Their bodies were not as stressed during exams--they were actually *comfortable* during a generally uncomfortable time.

What's so great about these studies is that the subjects weren't exercising at heroic intensities or volumes. They were simply doing something that was physically challenging for them--going from no exercise to some exercise. We don't need to be elite athletes or fitness nerds to reap the benefits of exercise.

Why does any of this matter? Exercise isn't just about helping your health in the future, and it's certainly not just about vanity. What you do in the gym (or on the roads, in the ocean, etc.) makes you a calmer, higher-performing person outside of it. The truth is this: When you develop physical fitness, you're developing life fitness, too.



## SMALL DECISIONS MAKE BIG THINGS HAPPEN

# RECREATION DEPARTMENT

## PCI WARRIORS HOST FUN SWIM MEET - FIRST MEET ON RESERVATION



*Bottoms row left to right are Maci McGhee, Layla Pettway, Ellie and Bella Bartley, and Claire Johnson. Second row standing left to right are Kamden Martin, Seth Hammonds, Aubree Wiggins, and Karaghan O'Barr. Third row standing left to right are Hannah Johnson, Jackson Bartley, McKenna Pettis, Kadence Bailey, Abby Ross, Mya Pettway, Meredith McGhee, Marlie McGhee, Kylee Langham, and Colby Lisenby. Fourth row standing left to right are William Pettie, Katleyn Pettie, Kamryn Langham, Tiffany Gookin, and Alexis Barnhill. Not pictured Drew Albritton, Addison Albritton, Krislynn Lee, and Natalynn Lee.*

The Poarch Creek Warriors Swim Team held their first fun meet at the Recreation Department on July 28, 2016; they were competing against the Brewton Local Area Swim Team (BLAST). This is the first swim meet every held on the Reservation.

The meet went off with a bang. "Our swimmers did amazing job for their first home fun meet," head coach Sarah Allen said.

The talent of many standout swimmers was evident as the Poarch team took to the water against a very talented BLAST team.

"We want to thank every one who came out to support the Warrior swimmers and cannot wait till next year we host summer meets," Coach Sarah said.

*Submitted by Sarah Allen*

*I enjoyed the meet. It was heartwarming to watch the younger swimmers dive in and swim from one end of the pool to the other and hear them say "I swam real fast!" as they climbed out of the pool.*

*You could see that there is talent and competitive spirit in the younger swimmers, and you could tell how well trained and talented the older swimmers were. Some of the swimmers have been swimming for a couple of years, but this is the first year for several of them.*

*I watched the Rio Olympics the next week and as I watched the swim competition I thought of the swim meet and said to myself "That is going to be one of our Poarch kids one day!"*

*Gayle Johnson*



*Not pictured are Coaches Shelly Chavira, Kenny Williams, Trent Flowers, and Bryan Gregson.*



*Not shown are Coaches Cassie Lassiter, Ronnie Huskey, Rusty Lassiter, and Jamie Gafford.*



*Front row left to right are Coach Chad Odom, Christa Hamilton, Leah Rolin, Temple Albritton, Macie Chunn, Brionna Slate, and Coach Bo Slate.*



*Front row left to right are Jacelyn Chunn, Tori White, Gabby Williams, Lylia Albritton, and Sheridian Mauldin.*





**16-17 GIRLS**      Back Row left to right are Coaches Mikey Griffey and Jarrell Hollinger.

Middle row left to right are Lexi Daughtry, Tarra Daughtry, Haley Fretwell, Gabby McGhee, Kennedy McGhee, Taya Hill, Hannah Martin, Lexi Hollinger, Delaney McGhee, and Coach John O'Barr.

Front row left to right are Camryn O'Barr, Alia Snow, Madyson Griffey, Makenzie Martin, and Trista Hill.



**7-8 BOYS**      Back row left to right are Coaches Bo Slate and Larry Bailey.

Middle row left to right are Brayden Bailey, Tyee Rolin, Logan Gregson, Jamison McGhee, Ben Moye, Bradley Spann, and Lance Presley.

Front row left to right are Camden Clarke, Daygen Slate, James Kohls, Cash Griffey, and Shepard Albritton.



**9-10 BOYS- 2ND PLACE IN TOURNAMENT!**

Back row left to right are Coaches Antywon Madison, Josh Burkett, and Tim Ramer.

Middle row left to right are Gage Lambert, Levi Presley, Colbie English, Jax Carlton, and River Ramer.

Front row left to right are Isaiah Madison, Braeden McGhee, Blaize Thomas, Silas Albritton, and Little Josh Burkett.



**11-12 Boys**      Back row left to right are Robert Ward, Talan Daughtry, Daughtry McGhee, Caleb Davis, Lane Macks, Damon Rolin, Waylon Langford, and Michael Gregson.

Front row left to right are Tyler Rolin, Tommy Lucas, Gavin Snow, and Zane Rolin.

Not pictured are Coaches Johnny Rolin, Taylor McGhee, and Robert Ward.





### **13-15 BOYS- NAYO CHAMPIONS!**

*Back row left to right are Coach Billy Rolin, Brad Childs, Hunter Revel, Christian Murphy, Billy Rolin, Jason Davis Jr., Noah Martin, Jaylan Daughtry, and Coach Clay Hadley.*

*Front row left to right are Brendon Rolin, Chase Helton, Layton Martin, Jayce Sells, Jared Gibbs, and Donovan Murphy.*



**16-17 BOYS**      *Back row left to right are 2Coach Darrell Hollinger, Troy Ross, Corey Bailey, Tyler Jackson, Henry Langford, Tyler Sells, and Coach Larry Bailey.*

*Front row left to right are Brayden Bailey, Denver Shuttlesworth, Trennon Hamilton, Tanner Jackson, Antonio Walls, Kyle Salter, and Dillon Lowry.*

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## **2016 SPORTS BANQUET**

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The Poarch Creek Indians Recreation Department and staff will be hosting the “2016 Sports Banquet” at Wind Creek Casino Thursday, October 20, 2016 at 6:00 p.m.

In order to attend the Sports Banquet, eligible athletes must be:

- Tribal Member or 1st Generation.
- Enrolled in High School (9th – 12th Grades) and participated in a sports program at the school he or she attends.
- Athletes and coaches who participated in the 2016 NAYO Tournament held in Philadelphia, Mississippi.

All players and coaches must RSVP the Recreation Department by close of business October 14, 2016.

RSVP by calling (251) 368-9136 ext.2256 or by emailing [cparker@pci-nsn.gov](mailto:cparker@pci-nsn.gov). If you are unable to reach a

staff member at the Recreation Department, please leave a detailed message of the athlete’s information. Information should include name, what sport he/she participates in, and a contact number at which he/she can be reached.

Only the athletes that RSVP by the deadline will be recognized and receive a certificate.

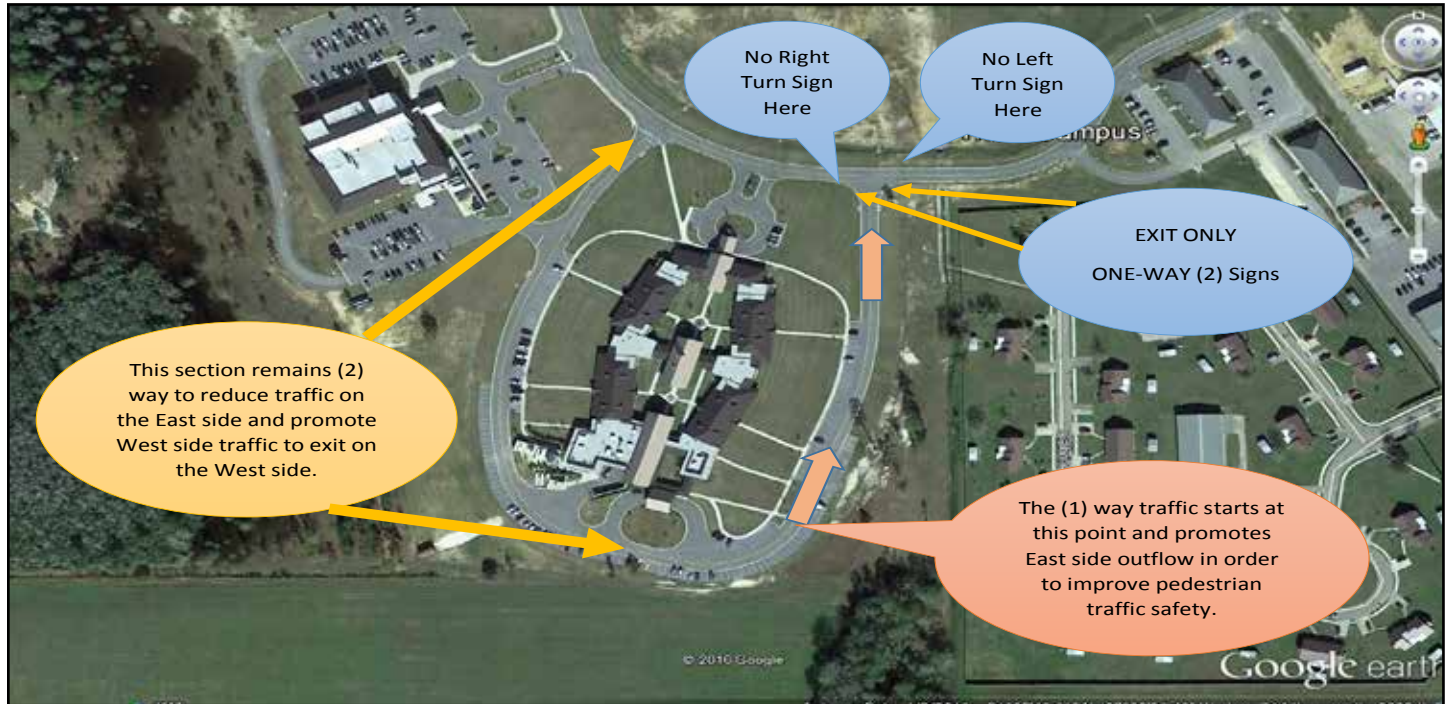
Athletes attending the Sports Banquet may bring two guests. If you RSVP to attend the banquet and you do not attend, you will be required to reimburse the cost of the meal for the athlete and guests.

For more information, please contact Chad Parker or Jake McGhee, Recreation Coordinators (251) 368-9136 ext. 2256 or by email at [cparker@pci-nsn.gov](mailto:cparker@pci-nsn.gov) or [jdmcghee@pci-nsn.gov](mailto:jdmcghee@pci-nsn.gov).

# FACILITIES DIVISION

*Westly L. Woodruff, Division Director*

## TRAFFIC FLOW AROUND ALF CHANGES



Hello and good day. We would like to share this map with everyone that will better clarify the traffic flow around the ALF Facility. Operations has altered the traffic flow for the duration of the MODSPACE Units with the intent to increase pedestrian safety while walking in close proximity to-and-from the relocated Departments. There is a high probability of both auto-to-auto traffic accidents and auto-to-pedestrian accidents with a two-way pattern, so we have altered the traffic pattern to one-way for the duration of the MODSPACE site. We sincerely apologize for any inconvenience in this matter, but the safety of our staff, visitors, and community are most important.

*Westly L. Woodruff, CPP- Division Director*

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# FACILITIES DIVISION SAFETY MEETING

The Facilities Division Safety meeting topic for this month was fire safety. Andy Hammonds and Chris Cain from the Poarch Creek Fire Department demonstrated the PASS method for fire extinguishers. The picture below illustrates the proper step for using a fire extinguisher.

**Remember! Pull the pin:** This will allow you to discharge the extinguisher.

**Pull**

**Aim**


**Squeeze**

**Sweep**

**Aim at the base of the fire:** Hit the fuel...if you aim at the flames, the extinguishing agent will pass right through and do no good.

**Squeeze the top handle:** This depresses a button that releases the pressurized extinguishing agent.

**Sweep from side-to-side until the fire is completely out:** Start using the extinguisher from a safe distance away and then slowly move forward. Once the fire is out, keep an eye on the area in case it re-ignites.



Please remember a fire can happen at any time any place. The proper use of the fire extinguisher as well as choosing the correct type of fire extinguisher is very important and can save your life as well as others.

Below are the classifications that correspond to four classes of fires:

- Class A fire involves ordinary combustibles such as paper, wood, cloth and plastics. Use fire extinguishers with water (red);
- Class B fire deals with flammable and combustible liquid and gases like gasoline, oil and alcohol. Use fire extinguishers with foam (yellow).
- Class C fire originates from energized electrical equipment, particularly, household appliances, computers, or overheard transmission lines. Use fire extinguishers with dry powder (blue).
- Class D fire comes from combustible metals such as aluminum, magnesium, and sodium. User fire extinguishers with carbon dioxide (black).

---

I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.

*Maya Angelou*

What you're supposed to do when you don't like a thing is change it. If you can't change it, change the way you think about it. Don't complain.

*Maya Angelou*

# HEALTH & ELDER SERVICES DIVISION

*Edie Jackson, Division Director*

## HEALTH DEPARTMENT

### SEARCHING FOR THE SAND-MAN

*Diabetes & Sleep Apnea*

Where: 1st Floor conference Room  
Buford L. Rolin Health Department

When: Tuesday Oct 25, 2016  
1:00 p.m. until 2:00 p.m.

RSVP Whitney Smedley  
251-368-9136 ext. 2326 or  
wsmedley@pci-nsn.gov

### DIABETES CARE COMMUNITY FORUM

Please join us for our 1<sup>st</sup> quarterly Community Forum that focuses on diabetes.

Where: Poarch Community Church  
When: Thursday Oct. 6, 2016  
10:00 a.m. until 2:00 p.m.

Sharing of information & resources.  
Lunch will be served.

Everyone is welcome to attend.

RSVP Whitney Smedley  
(251)368-9136 x 2326 or  
wsmedley@pci-nsn.gov

### UNMASKING THE FUTURE

*A Masquerade Ball*

Join us for a night of mystique and fun as we celebrate National Diabetes Month.

Entertainment will include

- Diabetes scavenger hunt,
- Costume Contest
- Dancing

Wind Creek Ballroom @ Wind Creek Casino  
Friday, November 4, 2016 @ 6:00 pm

This is a (free) ticketed event; active participants of the Tribal Diabetes Activities/Classes and their spouses will be given first opportunity to obtain tickets; any remaining tickets will be available to Tribal Members and Community Members

Please contact Whitney Smedley at 251-368-9136 x 2326 or wsmedley@pci-nsn.gov for tickets.

Heavy appetizers will be served.

### CANCER SUPPORT GROUP MEETING

*October is National Breast Cancer Awareness Month*

Where: Ballroom at Wind Creek Hospitality

When: Tuesday October 18, 2016

Speaker Jeannie Smith, Relay For Life

Please join us, we have all been touched by this dreadful disease.

Please contact Carrie Martin at (251) 368-9136 x 2374 or cmartin@pci-nsn.gov for more information.





## Great success: Team Building Health Department

Some of the staff at the Health Department traveled to Mobile for a morale building event at “Breakout Mobile”. Teams were competing against the clock with “out of this world” problem solving adventures. Our take away from this event was that “together we could accomplish anything.” You have a great team working on your behalf at the health department.



---

## BLOOD PRESSURE SCREENINGS

Nearly one in three adults has high blood pressure. Of that group, only about half have their blood pressure under control. High blood pressure is a major risk factor for heart disease and stroke, two of the leading causes of death nationwide. Many heart attacks and strokes, along with kidney failure can be prevented if we get better control of high blood pressure.

The primary care clinic at the health department is offering blood pressure screening and routine checks to anyone who feels they are at risk, have family history and/or are known to have blood pressure issues. Our health department will be holding screenings at various tribal facilities throughout this coming year. Our focus is on prevention, education and maintaining control for those living with high blood pressure. Early detection is the key and with monitoring, medications and lifestyle changes there is hope.

Nancy Smith, MSN  
Director of Nursing

## PRIMARY CARE CLINIC INITIATES 24-HOUR ANSWERING SERVICE

The Poarch Band of Creek Indians Primary Care Clinic now has a 24-hour answering service.

We have contracted with Dr. Shane Harigel and Dr. Sheldon Harigel for after-hours phone call services.

This service will be for urgent medical questions only outside of the normal business hours of Monday-Friday 8:00 a.m.-5:00 p.m. This service can be reached after hours by calling (251) 368-8630.

Please note that this service is NOT for medication refills, appointment requests, or lab results. Do not call the Answering Service and ask for a staff member to return your call. Those calls/questions should be made during normal business hours.

As always, if you have a potential life threatening emergency, call 911 immediately for emergency services.

We welcome all Tribal Members to utilize our healthcare services, and it is a pleasure to serve your healthcare needs at the Health Department.



*James E. "Jamie" McKinley, M.D., M.S.  
Chief Physician/Chief Medical Officer*

---

## HEALTH DEPARTMENT CONTACT NUMBER

The official contact number for the Buford L. Rolin Health Clinic is (251) 368-8630. This number for Health Department calls only.

The main contact number for Tribal offices of the Poarch Creek Indians is (251) 368-9136; all Tribal Government departments/programs can be reached by dialing this number. If you choose not to use the animated system, please dial 0 and you will be connected with Thelma Williamson, Receptionist. Thelma will be happy to assist in connecting you with the appropriate person, department, or program.

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## ATTENTION TRIBAL MEMBERS: LAB AND X-RAY SERVICES AVAILABLE TO YOU

We're striving to improve and give the best quality of healthcare here at the Health Department. We would like for you to remember the services that we offer right here in Poarch, at no additional cost to you.

We'll be glad to fax them the results. The time it takes us to get results is fast, and we'll be glad to perform those services. We want your business and are here for you!

We have a Laboratory that can perform almost any blood test that can be ordered.

Call us at 251-368-8630 if you have questions.

Also, we have a Radiology department that performs X-RAYS and Ultrasounds. When you go to specialists and they order bloodwork and/or radiology services that we can offer here at the Health Department, kindly ask them if you can have them done here.

Dr. Jamie McKinley  
Chief Physician/Chief Medical Officer



## FLU AND PNEUMONIA SHOTS NOW AVAILABLE

It is that time of the year when everyone needs to start thinking about the flu and pneumonia vaccinations. The Health Department is now offering the flu and pneumonia vaccine.

Some guidelines:

- FLU – 6 months and older
- PNEUMONIA – 65 and over or high risk individuals. (Those with chronic illnesses, smokers, and alcoholic.)
- TETANUS – Every ten (10) years. Rule of thumb: if you can't remember when you last had a tetanus shot, you get one.
- It is important that all persons 11 years old and over have at least one T-DAP Vaccine; which contains the whooping cough vaccine. This protects our young babies who have not developed protections from this disease.
- SHINGLES – 65 and older.

You can either make an appointment to receive the immunizations or come to the clinic and let the Registration Clerk know you want to receive one of these shots.

PLEASE, if you receive these immunizations somewhere other than the Health Department, call and let us know, so we can enter this information into the IHS system. Remember HELP US HELP YOU.

Any questions, please contact Sandra Day at (251) 368-9136 x 2315 or Carrie Martin at (251) 368-9136 x 2374.



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## DRIVE THROUGH FLU SHOTS

It's that time of the year!

We are once again offering the Drive Thru Flu Shot Clinic. We began giving flu shots on September 21, 2016.

Drive through the front entrance of the Health Department, you don't even have to get out of your car!

All Tribal Members and Tribal Government employees are eligible for the flu shots.

Last year 200 employees/Tribal Members participated in this drive thru. We are looking for even more participation this year.

Any questions, please contact Sandra Day at (251) 368-9136 x 2315 or Carrie Martin at (251) 368-9136 x 2374.





## ***The Results Are In!***

The top 3 health concerns of the Tribal Members of the Poarch Band of Creek Indians are the following:

1. *Diabetes*
2. *Drug abuse*
3. *Obesity*

These results were analyzed from the 13 key informant interviews, six focus groups, and the 639 community health assessment surveys.

### ***What's Next?***

The Steering Committee will...

- Communicate these concerns to the Tribal Council and community
- Request input from the council and community for ideas and feedback about proposed activities and programs
- Develop activities and programs that support the Tribal community's health concerns.

For more information contact Wynell Bell, Grant Coordinator  
251-368-9136 x 2013 or email [wbell@pci-nsn.org](mailto:wbell@pci-nsn.org).

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### REMINDERS TO ALL OUR PATIENTS

Remember that one of our providers will continue to see patients during the traditional lunch hour. Visits are scheduled by appointment only. A limited number of visits each day are reserved for "work ins" so if you are sick and require a "work in" appointment, please call the clinic early in the morning and we will do our best to assign an appointment time that day.

Please bring the following items on every visit to the Health Department:

- Driver's License
- Tribal ID
- Insurance Card
- Medication List

These items are needed so that we may keep all your information and medications updated.



# Breast Cancer:

## *What You Need to Know*

*Cancer* is a disease in which cells in the body grow out of control. When cancer starts in the breast, it is called *breast cancer*. Except for skin cancer, breast cancer is the most common cancer in American women.

Breast cancer *screening* means checking a woman's breasts for cancer before she has any symptoms. A *mammogram* is an X-ray picture of the breast. Mammograms are the best way to find breast cancer early, when it is easier to treat and before it is big enough to feel or cause symptoms.

**Most women who are 50 to 74 years old should have a screening mammogram every two years.** If you are 40 to 49 years old, or think you may have a higher risk of breast cancer, ask your doctor when to have a screening mammogram.



### Some things may increase your risk

The main factors that influence your breast cancer risk are being a woman and getting older. Other risk factors include—

- Changes in breast cancer-related genes (BRCA1 or BRCA2).
- Having your first menstrual period before age 12.
- Never giving birth, or being older when your first child is born.
- Starting menopause after age 55.
- Taking hormones to replace missing estrogen and progesterone in menopause for more than five years.
- Taking oral contraceptives (birth control pills).
- A personal history of breast cancer, dense breasts, or some other breast problems.
- A family history of breast cancer (parent, sibling, or child).
- Getting radiation therapy to the breast or chest.
- Being overweight, especially after menopause.

### Symptoms

Some warning signs of breast cancer are—

- New lump in the breast or underarm (armpit).
- Thickening or swelling of part of the breast.
- Irritation or dimpling of breast skin.
- Redness or flaky skin in the nipple area or the breast.
- Pulling in of the nipple or pain in the nipple area.
- Nipple discharge other than breast milk, including blood.
- Any change in the size or the shape of the breast.
- Pain in the breast.

Other conditions can cause these symptoms. *If you have any signs that worry you, call your doctor right away.*

### More Information

[www.cdc.gov/cancer/breast/](http://www.cdc.gov/cancer/breast/) • (800) CDC-INFO (800-232-4636) • TTY: (888) 232-6348

#### Can't afford a mammogram?

If you have a low income or do not have insurance and are between the ages of 40 and 64, you may qualify for a free or low-cost mammogram through CDC's National Breast and Cervical Cancer Early Detection Program. To learn more, call (800) CDC-INFO.

National Center for Chronic Disease Prevention and Health Promotion  
Division of Cancer Prevention and Control



# Zika Virus Update

KEEP CALM & EMBRACE BUG SPRAY



Zika is a viral disease that is spread primarily through the bite of an infected Aedes species mosquito. This mosquito is an aggressive daytime biter and prefers to live both indoors and outdoors close to people. Zika virus can cause illness that lasts several days or up to a week. Zika virus infection during pregnancy can cause a serious birth defect called microcephaly, as well as other severe fetal brain defects. Currently, there is no cure, vaccine, or direct treatment for Zika virus.

## Symptoms

Four out of five people infected with Zika virus do not experience any symptoms. Once a person has been infected, he or she is likely to be protected from future infections.

- > Fever
- > Rash
- > Joint Pain
- > Conjunctivitis (Red Eyes)

## Transmission

Anyone who lives in or travels to an area where Zika virus is found and has not been already infected with Zika virus can become infected. The virus is also transmitted:

- > From mother to fetus during pregnancy or at delivery
- > Through sex from an infected person to his or her sex partners
- > Through a blood transfusion

Zika virus has also been linked to Guillain-Barre Syndrome, which can start as weakness and tingling in the feet and legs that spreads to the upper body. Paralysis can occur.



Be Alert



As of August 2016, there have been 6 laboratory confirmed Zika virus cases transmitted by local mosquitoes in the state of Florida. According to the Centers for Disease Control and Prevention (CDC) Zika Response plan, the outbreak is currently in phase level 3, confirmed multi-person local transmission. CDC has sent staff to the Miami-Dade County area to assist the state and local health departments with confirmed and suspected cases.



## HOW TO PROTECT YOU AND YOUR FAMILY



If possible, avoid travel to an area with Zika virus



Wear long-sleeved shirts and pants

Treat Clothing and gear with permethrin or buy permethrin-treated clothing

- Do not apply directly to skin
- Follow instructions carefully to determine how long and after how many washes the product will last



Stay indoors and use air conditioners, screen doors and windows to keep mosquitoes out



Use environmental protection agency (EPA) approved insect repellents as directed

### SAFE SEX

Use condoms to prevent transmission of the virus from an infected person to his or her partner

## Eliminate Mosquito Breeding Sites

To prevent mosquitoes from breeding, empty containers that hold standing water such as flower pots, pet dishes, buckets, toys, bird baths and discarded tires.

## ZIKA VIRUS AND PREGNANT WOMEN



The greatest concern of Zika virus is the health complications it has on the unborn fetus. If a woman becomes infected with Zika virus, she can pass the virus to the fetus. The virus can cause microcephaly, which is an underdeveloped brain and skull, and other defects, such as, defects of the eyes, hearing problems, and impaired growth.

How Long Should You Wait Before Trying to Have a Baby When Living in an Area with Zika Transmission?

	Women	Men
With Zika Symptoms	At least 8 weeks after symptoms	At least 6 months after symptoms start
No Zika Symptoms	Talk with doctor or health care provider	Talk with doctor or health care provider

For more information please contact your local health department at or Centers for Disease Control and Prevention (CDC)  
<http://www.cdc.gov/zika/>

Released on  
August 18, 2016



# PUBLIC SAFETY DIVISION

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*Bruce Lee, Division Director*

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## TRIBAL COURT

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### SUBSTANCE ABUSE AWARENESS POSTER CONTEST

Attention All Poarch Band of Creek Indians  
Tribal Households:

Poarch Band of Creek Indians Tribal Court is holding  
our 2nd Annual Poster Contest for age categories

5-7	8-11
12-14	15-17
18 and older (adults)	

The guidelines and all supplies needed for the poster  
contest can be picked up in Tribal Court (Building  
300).

All Posters are due by: October 24, 2016 by 5:00 p.m.

Prizes:           \$100 gift card for 1st place all categories  
                      \$50 gift card for 2nd place all categories  
                      \$25 gift card for 3rd place all categories  
                      \$100 for best slogan

Winning posters will be published in newsletter.

Contact the Recreation Department at (251) 368-9136  
x 2660 if you have questions.

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### PUNT, PASS, & KICK DRUGS OUT OF OUR COMMUNITY!

2nd Annual Punt, Pass, & Kick Contest

Tuesday, October 11, 2016

5:30 pm @ Tribal Gym

Age Categories:	5-7	12-14
	8-11	15-18

Guest Speaker:       Mike Lutzenkirchen

Mike is the father of Philip Lutzenkirchen, former  
Auburn football player who lost his life in a single vehicle  
accident on June 29, 2014. He speaks on behalf of the  
Lutzie 43 Foundation to carry forward Philip's legacy.

This event is open to Tribal children ages 5-18. Each  
competitor will have one attempt to punt, pass, and kick  
a football further than other participants in his/her age

group. Winners from each group will receive ribbons  
and prizes.

All participants must complete and sign an application  
and waiver for the competition. Parents are encouraged  
to come watch and/or volunteer.

Participants may not wear cleats; they may only wear  
soft sole gym shoes.

Door prizes will be given away during the competition!

Free hot dogs, chips, drinks, and snow cones available!

Contact the Recreation Department at (251) 368-9136  
x 2660 if you have questions or want to volunteer.





## Smoke alarms that are properly installed and maintained play a vital role in reducing fire deaths and injuries.

Smoke alarms save lives. If there is a fire in your home, smoke spreads fast and you need smoke alarms to give you time to get out. Having a working smoke alarm cuts the chances of dying in a reported fire in half. Almost two-thirds of home fire deaths resulted from fires in homes with no smoke alarms or no working smoke alarms.

### Here's what you need to know!

- A closed door may slow the spread of smoke, heat and fire. Install smoke alarms in every sleeping room and outside each separate sleeping area. Install alarms on every level of the home. Smoke alarms should be interconnected. When one sounds, they all sound.
- Test your smoke alarms at least once a month.
- When a smoke alarm sounds, get outside and stay outside.
- Smoke alarms should be replaced every 10 years.
- Make sure you know how old all the smoke alarms are in your home.
- To find out how old a smoke alarm is, look at the date of manufacture on the back of the alarm; the alarm should be replaced 10 years from that date

### Testing smoke alarms

- Smoke alarms should be maintained according to manufacturer's instructions.
- Test smoke alarms at least once a month using the test button.
- Make sure everyone in the home understands the sound of the smoke alarm and knows how to respond.
- Follow manufacturer's instructions for cleaning to keep smoke alarms working well. The instructions are included in the package or can be found on the internet.
- Smoke alarms with non-replaceable 10-year batteries are designed to remain effective for up to 10 years. If the alarm chirps, warning that the battery is low, replace the entire smoke alarm right away.
- Smoke alarms with any other type of battery need a new battery at least once a year. If that alarm chirps, warning the battery is low, replace the battery right away.
- When replacing a battery, follow manufacturer's list of batteries on the back of the alarm or manufacturer's instructions. Manufacturer's instructions are specific to the batteries (brand and model) that must be used. The smoke alarm may not work properly if a different kind of battery is used.

# Don't Wait — Check the Date!

Replace Smoke Alarms Every 10 Years



**Fire Prevention Week  
Oct. 9-15, 2016**

Age matters when it comes to your smoke alarms.  
Check the manufacture dates on your smoke alarms today!

**1**

Remove the smoke alarm from the wall or ceiling.



October 6, 2016



**2**

Look at the back of the alarm for the date of manufacture.

**3**

Smoke alarms should be replaced 10 years from the date of manufacture.



**4**

Put the alarm back on the ceiling or wall if it is less than 10 years old.



A closed door may slow the spread of smoke, heat and fire.



Test smoke alarms at least once a month by pushing the test button.



If the smoke alarm sounds, get outside and stay outside. Go to your outside meeting place.



Install smoke alarms in every bedroom, outside each separate sleeping area, and on every level of the home, including the basement. Larger homes may need more alarms. For the best protection, make sure all smoke alarms are interconnected. When one sounds, they all sound.



Call the fire department from a cellphone or a neighbor's phone. Stay outside until the fire department says it's safe to go back inside.

For more information about smoke alarms, visit [usfa.fema.gov](http://usfa.fema.gov) and [firepreventionweek.org](http://firepreventionweek.org).

U.S. Fire Administration



FEMA



NFPA is the official sponsor of Fire Prevention Week since 1922.



# TRIBAL POLICE DEPARTMENT

## TRIBAL FIRST RESPONDERS RECOGNIZED BY VFW AUXILIARY



*Tribal Police Chief Mike Reynolds (top) and TEM Director April Sells and Firefighter Kevin Baggett (bottom) accept Certificates of Appreciation from members of the Atmore Memorial VFW Auxiliary. Auxiliary members shown left to right are Juanita Henderson, Jenny Hutto, Claude Odom, Gayle Johnson, Jackey Odom, Kathy Blackburn, and Debbie Thornton.*

*Photos by Atmore News*

During their regular monthly meeting on Monday, September 5, 2016, the Atmore Memorial VFW Auxiliary presented Certificates of Appreciation to local first responders, including the Poarch Tribal Police Department and Poarch Fire Department.

The certificates, presented as a show of support and appreciation to our local first responders, read:

*America's freedoms are only as strong as those who are willing to serve and defend them.*

*Thank you for being those who first answer the call, regardless of the time, day, or situation.*

*Thank you for your continued support and service.*

# REGULATORY, GRANTS, & COMPLIANCE DIVISION

*Carolyn White, Division Director*

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## ENVIRONMENTAL DEPARTMENT

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### SPAY/NEUTER EVENT

The Tribal Council has provided funding during 2016 for the Environmental Department to continue its Spay and Neuter Program under limited program requirements.

Starting October 1, 2016, the Environmental Department will begin giving out vouchers for spay/neuter services for cats and dogs.

Vouchers will be given out from 9:00 a.m. to 4:00 p.m. Monday through Friday at the Environmental Department in Building 300. If you have any questions, please call (251) 368-9136 Ext. 2683.

Only 2 vouchers per household will be allowed. These are available on a first-come first-serve basis for Tribal Members only. Tribal Members must come in person to get the voucher(s) and present Tribal ID.

*Submitted by: Tiffany Janes*

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## HOUSEHOLD HAZARDOUS WASTE COLLECTION DAY

EVENT DATE: October 29, 2016  
EVENT TIMES: 8:00 a.m.—12:00 p.m.  
LOCATION: Poarch Creek Indians  
Fire Station #1 (Jack Springs Rd)

OPEN TO ALL RESIDENTS OF THE SURROUNDING AREA.

Accepting paints, automobile batteries, motor oil, antifreeze, household cleaners, household chemicals, pesticides, flammables, corrosives, other hazardous household products, fluorescent bulbs, and electronic wastes (computers, monitors, printers, scanners, Palm accessories, power supplies, battery backups, rechargeable batteries, cables, toner/ink cartridges, hard drives, CD roms, speakers, VCRs, DVD players, stereo equipment, TVs, game consoles, digital cameras, any audio or video equipment, networking equipment, tape drives, test equipment, fax machines, keyboards, voice/tape recorders, radios, Walkman products, calculators, cellular phones, and phone accessories).

THIS COLLECTION IS FOR HOUSEHOLDS ONLY. Large quantities from businesses, farms, or commercial operations will not be accepted.

PROHIBITED: infectious and medical wastes, medications, biological and radioactive materials, compressed gas cylinders, ammunition, fire extinguishers, smoke detectors, and explosives.

THIS IS A FREE SERVICE! Please utilize this opportunity to keep these hazards out of our waterways and natural environment.

Sponsored by the Poarch Creek Indians Environmental Department.

For more information contact the Poarch Creek Indians Environmental Department at 251-368-9136 x 2683.

*Submitted by: Tiffany Janes*



## Tribe Receives Grant Through Native American Business Development Institute (NABDI)

On July 27, 2016, the Bureau of Indian Affairs, Office of Indian Energy and Economic Development, awarded the Tribe \$30,000 through the Native American Business Development Institute (NABDI) to conduct a feasibility study for the Community Garden and Agriculture Expansion Program. The Tribal Council has made local food security and food availability a priority research and development initiative and directed the division directors to seek out program and project funding to support that goal. Community meetings and input will be sought to draft the feasibility study.

Additional funding from the Environmental Protection Agency of \$25,000 will promote the Tribe's "Bee and Other Pollinators Habitat Enhancement Plan" for cultivation of pollinator grasses, flowers, shrubs and trees attractive to bees to sustain and enhance honey production, and to promote pollination of local crops. Disease and death due to proximity to human dwellings have decimated bee populations causing a negative ripple effect whereby crop and food production are reduced. This funding will be added to existing Tribal Environmental Department funds.

The Bureau of Indian Affairs provided an additional \$10,000 to supplement the Tribal Consolidated Tribal Government Program formula funding for Fish, Wildlife and Parks Programs on Indian Lands to fund trees, push mowers, greenhouses, surveillance cameras, hand tools/supplies, irrigation & lumber for creating raised planting beds, educational & directional signage and community meeting costs for the designated Tribal operating divisions. This funding will be added to the existing Tribal Consolidated Tribal Government Program funds.

*Arelene Mack, BBA, MSHS*

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Reclining Loveseat **\$1499%**

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Reclining Sofa **\$799%**

Relax... in the comfort of a new recliner

Leather Rocker Recliner <b>\$899%</b>	Power Lift Recliner <b>\$899%</b>	Rocker Recliner <b>\$299%</b>	Rocker Recliner w/ Heat & Massage <b>\$499%</b>	Power Lift Recliner <b>\$799%</b>
LA-Z-BOY Rocker Recliner <b>\$599%</b>	LA-Z-BOY Rocker Recliner <b>\$799%</b>	LA-Z-BOY Rocker Recliner <b>\$499%</b>	Swivel Rocker Recliner <b>\$499%</b>	Rocker Recliner <b>\$399%</b>

**Sleep... calm and dream the night away on new bedding**

Sealy Hybrid Copper Firm Queen **\$1799%** (King \$2599.95)

Sealy Falls Lake Queen **\$999%** (King \$1399.95)

Adjustable Bed **\$899%**

**Summer Special Mattress Sets**  
QUEEN - 1 pc. set **\$599%**  
Twin Set - \$499.95  
Full Set - \$549.95  
King 3 pc. - \$999.95

We are proud to now be your local authorized Sealy Dealer

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Rule 7.2(e) of the Alabama Rules of Professional Conduct

# TRIBAL MEMBER SERVICES DIVISION

*Martha Gookin, Division Director*

## FAMILY SERVICES DEPARTMENT

*ADDRESSING THE NEEDS OF TRIBAL MEMBERS AND THEIR FAMILIES.*

### OCTOBER IS DOMESTIC VIOLENCE AWARENESS MONTH

This October the Tribe will once again join with other groups across the United States to recognize the important issue of Domestic Violence. "Families and entire communities are impacted by domestic violence throughout the year," said Family Services Director Amanda M. Montgomery. She continued, "The Tribe continues to take a proactive approach to this significant problem."

The Tribe has great resources that can be used to assist victims. The Family Services Department can offer shelter, help with filing documents, and court accompaniment.



Securing a victims' safety is the first priority. The Department works closely with victims to do case management and meet their needs.

Mrs. Montgomery pointed out that domestic violence has actually declined nationally over the past decade. "This has been attributed to an increase in education," she said. "knowing what to do, and taking action can save lives."

Join with the Tribal Community in its Annual Domestic Violence Awareness Vigil on Thursday, October 20, from noon until 1:30 pm at Building 500 Auditorium on the Reservation. A light luncheon will be available.

After the program, including the moving "Empty Chairs Ceremony," there will be a balloon release.

For further information contact Frank J. McCloskey, LPC, Abuse Prevention Coordinator, at (251) 368-9136, extension 2600.

### REGISTER NOW FOR 2016 KID'S CHRISTMAS PARTY

The Family Services Department will host the 2016 Kid's Christmas Party at the Wind Creek Cinema on Thursday, December 8, 2016 starting at 5:30 p.m.

- The theater has been reserved for this event.
- The times for the movie to start will be staggered to allow everyone a chance to see the movie.
- Seating in each theater room is limited. Once a theater room is filled, the remaining participants

will go to the next theater and so on. The movie will start as soon as the theater is full.

- Free food a hot dog, candy, and a drink will be served prior to the movie starting.
- Each participant will be able to see the movie one time and then will be given an opportunity to take a picture with Santa and receive a Christmas gift.

Plan to join us for this event and also take time to enjoy the beautiful Christmas lights in the Wind Creek Casino's amphitheater area!

Please complete the Kid's Christmas Pre-Registration and return it to Michealine Deese or Jennifer Reynolds by Friday, November 11, 2016.

For your convenience a copy of the Pre-Registration Form is included in this issue of the newsletter and is available on the Tribe's web site [www.pci-nsn.gov](http://www.pci-nsn.gov) and the Family Services Department.

Contact Family Services at (251) 368-9136 x 2600 if you have questions or need more information.



# 2016 Poarch Creek Indians Kid's Christmas Party

Will be held at the Wind Creek Cinema on December 8, 2016 @ 5:30 p.m.

## \*Pre-Registration for eligible children and requirements:

- ◆ Tribal , 1st generation (must provide 1st generation letter) and children who live in a PCI Tribal Member's household
- ◆ Children must be between the ages of birth through 12 years of age
- ◆ Each child must be pre-registered to attend
- ◆ Pre-registration will not be accepted over the phone

\*\*If you pre-registered your child (ren) last year you Do Not need to turn in verification. But if there are any changes in your household members then verification will be required.

\*\*If you did not register your child (ren) last year please submit this pre-registration form, Tribal member ID, verification of residency for the child which could be a daycare enrollment, school enrollments etc.

\*\*This Pre-registration form MUST be turned in to the Family Services Department front desk, by mail, or by email to Michealene Deese at mdeese@pci-nsn.gov or Jennifer Reynolds at jreynolds@pci-nsn.gov on or before Friday, November 11, 2016\*\*

## 2016 Tribal Kid's Christmas Party Pre-registration Form

Parent/Guardian's Name: \_\_\_\_\_ Roll #: \_\_\_\_\_

Home Address: \_\_\_\_\_ Phone #: \_\_\_\_\_

How many guests will be attending? \_\_\_\_\_

\*Please list child's name, date of birth, age, gender, and number of guests that will be attending.

You must include a copy of the Tribal Member ID card and verification if applicable to your child (ren) pre-registration form.

Name	Date of Birth	Age	Male/ Female	Tribal Member #



### Fall Festival

October 28, 2016

6:00 pm- 8:00 pm

Please come and join us for our Fall Festival located at the football field behind the gym.

Everything is FREE!

Open to all Boy & Girls club members, and Tribal Member households.

\* Free Food \* Games \* Prizes \* Cake Walk

Live Entertainment

And of course CANDY!

I AM POARCH.  
I AM ALABAMA.

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THE WEB!

[poarchneighbors.com](http://poarchneighbors.com)



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Cher

Christensen

(505) 296-7723

\* Sculptures

\* Portraits From Photos

\* Oil & Watercolor Paintings

\* Custom Jewelry Design

Shown: Dancing Flower's Sterling Silver Spiney Oyster Ring & Bracelet designed and created by Cher Christensen







## IT'S TIME TO UPDATE FOR THE TAHO PROGRAM

Tribal Members 21 years of age or older, interested in a new house, must come into the PCI Housing Department and submit a new application even if you already have an application on file.

Listed are some of the items you will need to provide:

- A copy of 2015 tax returns;
- Social Security card(s) of all persons listed on the application;
- Tribal ID card(s);
- Letter of First Generation Indian Descendant if applicable;
- Custody verification; homeless verification; substandard living verification;
- Must have a credit score of 550 or higher;
- Must live in the Tribe's service area: Monroe, Mobile, Elmore, Montgomery, Baldwin, and Escambia County Alabama and Escambia County Florida;
- Must not have participated in any homeownership program for five (5) years;
- Must qualify for very low income, low income, or over income;
- Must not have withdrawn for the TAHO Program or declined in the past twelve (12) months;
- Plus other required documents.

**LAST DAY TO UPDATE: FRIDAY, DECEMBER 16, 2016**

Questions? Contact Wendy Davis at (251) 368-9136 x 2257 or [wdavis@pci-nsn.gov](mailto:wdavis@pci-nsn.gov).

# TRIBAL MEMBER BENEFITS DEPARTMENT

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## TRIBAL UTILITIES ASSISTANCE PROGRAM REIMBURSEMENT

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If your Utility company does not accept the debit/credit card, you may be eligible for reimbursement on a quarterly basis.

The following items are required:

- Must first pay any and all other utility companies that will accept the Utility card
- Rejection letter from the Utility Company
- Detailed Utility Invoice showing service address

- Proof of detailed receipt showing payment (Payments must have been made after April 1, 2015.)

Quarterly Reimbursement Pay-Out Schedule:

Application Received by	Check will be mailed
September 30th	October 30th

For further information, please contact Tribal Member Benefits at 251-368-9136 ext. 2209.

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## NOTICE TO TRIBAL MEMBERS

The Direct Deposit Form currently being used has been updated with a Benefits Card option. This option will be used for the direct deposit of your DBS Health and Utility reimbursements. This form has been included in this issue and has been posted in the Tribal Member Only Portal of the Tribal web site, [www.pci-nsn.gov](http://www.pci-nsn.gov)

If you do not have a Burial Assistance Form on file, please contact the Tribal Member Benefits Department at 251-368-9136 ext. 2209 and one will be mailed to you.

In order for annual Tribal Member distributions and benefits to be processed accurately, Tribal Member Benefits must be informed of any changes you may have to your address, phone number, banking information, and/or other personal information. Numerous newsletters and other Tribal correspondences have been returned by the Post Office marked 'undeliverable as addressed', 'insufficient address', 'unable to forward', etc. Contact Tribal Member Benefits at (251) 368-9136 x 2209 to update your information.

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## NOTICE TO TRIBAL MEMBERS WITH MARKETPLACE INSURANCE ONLY

In order to process all of your information correctly and in a timely manner, Tribal Member Benefits **MUST** be given:

- Completed DBS Enrollment form
- Insurance Policy # (*may be found on the insurance card or billing statement*)

- Correct premium amount
- Correct premium due date
- Payment Processing Address must be called to be confirmed by the Tribal Member. (*This address is not always the address on the back of the card*)





**Poarch Band of Creek Indians**  
**Direct Deposit Agreement Form**

Roll #: \_\_\_\_\_

Tribal Member Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Per-Cap \_\_\_\_\_ Elder \_\_\_\_\_ DBS Utility & Health Reimbursements \_\_\_\_\_

---

***Authorization Agreement***

I hereby authorize the Poarch Band of Creek Indians to initiate automatic deposits to my account at the financial institution named below. I also authorize Poarch Band of Creek Indians to make withdrawals from this account in the event that a credit entry is made in error. Further, I agree not to hold Poarch Band of Creek Indians responsible for any delay or loss of funds due to incorrect or incomplete information supplied by me or by my financial institution or due to an error on the part of my financial institution in depositing funds to my account. This agreement will remain in effect until Poarch Band of Creek Indians receives a written notice of cancellation from me or my financial institution, or until I submit a new direct deposit form to the Tribal Member Benefits Department.

---

***Account Information***

Name of Financial Institution: \_\_\_\_\_

Address of Financial Institution: \_\_\_\_\_

Routing Number: \_\_\_\_\_

Account Number: \_\_\_\_\_

\_\_\_\_\_ Money Market Account      \_\_\_\_\_ Checking Account      \_\_\_\_\_ Savings Account

---

***Notarized Signature***

Authorized Signature (Primary): \_\_\_\_\_ Date: \_\_\_\_\_

Authorized Signature (Joint): \_\_\_\_\_ Date: \_\_\_\_\_

Signed before me this \_\_\_\_\_ day of \_\_\_\_\_, \_\_\_\_\_

Notary: \_\_\_\_\_

My Commission Expires: \_\_\_\_\_

My Commission Number: \_\_\_\_\_

***Please attach a voided check for payments to checking accounts and return this form to the Tribal Member Benefits Department.***

# ATTENTION

## All Tribal Member Head of Households Participating in the Tribal Utilities Assistance Program

If you have moved and have NOT recertified your address with Tribal Member Benefits by providing a new utility bill verifying your new address, please do so IMMEDIATELY to avoid your utility card being frozen.

Beginning September 1, 2016 when changing your address, your utility card will be frozen until you provide a current utility bill showing your new “primary” service address.

Contact Tribal Member Benefits at (251) 368-9136 x 2209 for assistance.



89 River  
Oaks Drive  
Wetumpka,  
AL 36092



Family history is written  
all over our walls ... literally.  
Come find yours at CCSW.

### Magnolia Branch Wildlife Reserve

251-446-3423

**Don't have tent?  
Bring your RV!**

We have 67 RV sites,  
with 13 of them pull-thrus!

### CREEK Travel Plaza

4740 Jack Springs  
Road, Atmore, Ala.  
Interstate 65, exit 54



251-368-0088



*Authentic hand made artwork  
by Poarch Creek Tribal Members*





# Change of Address Form

Tribal Roll Number: \_\_\_\_\_

Date: \_\_\_\_\_

Full Name: \_\_\_\_\_ DOB: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

**NEW Address:** \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

County: \_\_\_\_\_

**PREVIOUS Address:** \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

County: \_\_\_\_\_

*Are there any other Tribal members living with you? Roll#’s* \_\_\_\_\_

*Do you receive:* ☐ Tribe’s Benny Medical Health Card

☐ Mail Order RX

☐ Tribe’s UtilityCard\*

*\*Your utility card will be frozen until you provide a current utility bill showing your “primary” service address.*

**TMB Staff Only:**

**Address changed in: CRM / DBS Benny / Rx Program / Utility?**

**Staff initials:** \_\_\_\_\_

Revised August 16, 2016(aw)

# Non-Divisional DEPARTMENTS

## HUMAN RESOURCES DEPARTMENT

### TRIBAL OFFICE CLOSURES

*Friday, November 11, 2016* Government offices, including Boys & Girls Club, gym, and Museum, will be closed in observance of Veterans Day.

*Thursday & Friday, November 24-25, 2016* Government offices, including Boys & Girls Club, gym, and Museum, will be closed in observance of Thanksgiving.

Please remember these closures when planning your visits to the Tribal Complex, Pharmacy, Health Clinic, gym, Museum, or other Tribal Governmental offices.

The beauty of the trees,  
The softness of the air,  
The fragrance of the grass speaks to me.  
The summit of the mountain,  
The thunder of the sky,  
The rhythm of the sea, speaks to me.

The faintness of the stars,  
The freshness of the morning,  
The dewdrop on the flower, speaks to me.

The strength of the fire,  
The taste of salmon,  
The trail of the sun,  
And the life that never goes away,  
They speak to me and my heart soars.

*Chief Dan George*



### Looking for a better credit score?

**Need an expert for your credit questions?**

Find out how credit scores work, why your personal credit score is not higher  
what you can do about it.

It's FREE - No strings attached – Nothing to buy – No obligation – No credit card required

These benefits are provided to you by ApprovalGUARD™ at **no cost** for 12 months and on behalf of the *Poarch Creek Education Department*. When the 12 months is up, your account will close automatically. Your services will include everything below and more...

- ☒ **One updated credit report and score every month**
- ☒ **A personal Credit Advisory to answer your credit questions**
- ☒ **24/7 credit fraud monitoring with alerts and live help**
- ☒ **Confidential & personalized credit report reviews**

Here's what some Tribal members have to say:

Monica Johnson, Atmore AL – I find Approval Guard to be well worth the time to complete. The staff is professional, courteous and knowledgeable. I recommend all Tribal members take advantage of this useful benefit.

Candace Fayard, Atmore AL - ApprovalGuard opened my eyes to items affecting my credit score that I wasn't aware existed on my credit report. With their assistance, I have made significant improvements to my credit score and have learned beneficial tips for financial success.

**For more information or to sign-up call ApprovalGUARD at:**

**SIGN-UP TODAY FREE – CALL TOLL FREE (877) 252-4957**

**APPROVALGUARD**



© 2016 iQual™ Corporation – Provider of the ApprovalGUARD™ Service. This offer is being provided at no cost by the Poarch Band of Creek Indians – Education Department for ALL Tribal Members age 18 and over. There is no cash redemption value for the service and the offer is non-transferrable to non-Tribal members. All ApprovalGUARD™ credit advisory services and support are provided from the United States. Learn more about the ApprovalGUARD™ service at [www.approvalguard.com/poarchcreek](http://www.approvalguard.com/poarchcreek).



It's that time of year again, when our department crunches numbers to develop the most effective operational budget possible in an effort to be self-sustainable for fiscal year 2017. With the multiple water systems that we own, this task is a very challenging process and something our department takes very seriously. In doing so, we hope to enhance the services of all three systems to ensure that all customers' needs are met.

Escambia Community Utilities has experienced an abundance of leaks in the Canoe community. There have been approximately 35 after hours emergency call outs due to leaks over the past couple of months. Our main goal is to replace and/or repair problematic water lines promptly to best serve our customers and minimize the interruption in water service in these areas.

We have accepted bids to begin our next construction upgrade in Canoe to replace the primary lines that are causing so many challenges within this water system. There are approximately 4 identified line segments that will undergo this much needed upgrade. We do expect to continue improving and/or replacing other water lines in the system in the near future. Additionally, Utilities continues installing the Neptune Radio Read meters, backflow prevention devices, and fire hydrants in the rural communities that we serve. As our Canoe customers continue to experience upgrades to their water system, we humbly ask customers to be patient with our progress.

The Utilities Authority has completed our required

lead and copper samples as well as our disinfection by-products samples for all 3 water systems. These samples are sent to a certified laboratory for outside testing. The test results are then submitted to regulatory agencies for compliance analysis. In addition, ADEM has recently been on-site to perform an annual evaluation of our systems. There were no deficiencies identified and all systems were found to be in compliance.

For the Utilities Authority, there are always countless utility projects that we administer. Due to understaffing and an increase in job responsibilities, our Wastewater Treatment Plant Ultraviolet (UV) Project is still in the design phase but should proceed soon. This method is a more environmentally conscious approach for treating wastewater effluents. Also, Utilities has now finalized the design for the Drinking Water Infrastructure Grant Project and are now preparing bid documents. This essential project will enlarge the footprint of our office space as well as parking area and provide additional laboratory space used for testing water and wastewater samples.

Should you ever have any questions or concerns regarding the Utilities Authority, the services that we provide, or need assistance from us, please feel free to contact our office Monday through Friday from 7:00 a.m. to 4:00 p.m. at 251-446-1617. We will continue to strive at providing the best services possible as well as improving our systems for reliable utility services.

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Applications for Service with the Utilities Authority are available at the Utilities Department and have been posted on the Utilities Authority page of the Tribal web site, [www.pci-nsn.gov](http://www.pci-nsn.gov).

Application must be downloaded, completed, signed, and returned to the Utilities Authority. Signed applications must be hand delivered or mailed to Poarch Creek Indians Utilities Authority at 263 Aplin Road, Atmore, AL 36502.





# CIEDA

SMALL BUSINESS

## Loan Program

If you are a Tribal Member who owns a business or is considering starting a business and are interested in obtaining a small business loan, you may request additional information or schedule an appointment by calling the CIEDA offices at 251-368-0819. Please ask for Ed Powell, Business Development Analyst (epowell@pcicie.com) or Chad Klinck, CIEDA CFO (cklinck@pcicie.com).

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

**Getting your loan request approved depends on how well you represent:**

- Yourself
- Your business
- Your financial needs

The lending limit may extend up to \$100,000 in aggregate to any Tribal Member.

All loans exceeding \$50,000 must be approved by the CIEDA Board of Directors. Additional credit criteria, as well as loan collateralization requirements, apply.

## Lending Guidelines

**Are you or have you...**

- At least 18 year of age?
- An enrolled member of the Poarch Band of Creek Indians?
- Established a one year period of residency at your current address?
- Have a credit score of at least 650?
- Have had the same job or worked in the area of business in which the loan is being requested for atleast one year?
- Own atleast 51% of the business that the loan is being applied for?
- Providing real value for your stated ownership in the business?
- Receiving a percentage of all profits that are equal to your ownership stake in the business?

**If so, you are a good match for the loan program!**

### **Will I have to disclose personal information?**

Yes, personal information, such as tax returns, credit score and a personal financial statement, are required.

### **How do the rates compare to banks and financial institutions?**

Often the CIEDA loan program lending rates are more competitive than traditional banks.

### **How successful is the CIEDA loan program?**

To date this program has a 95 percent success rate.



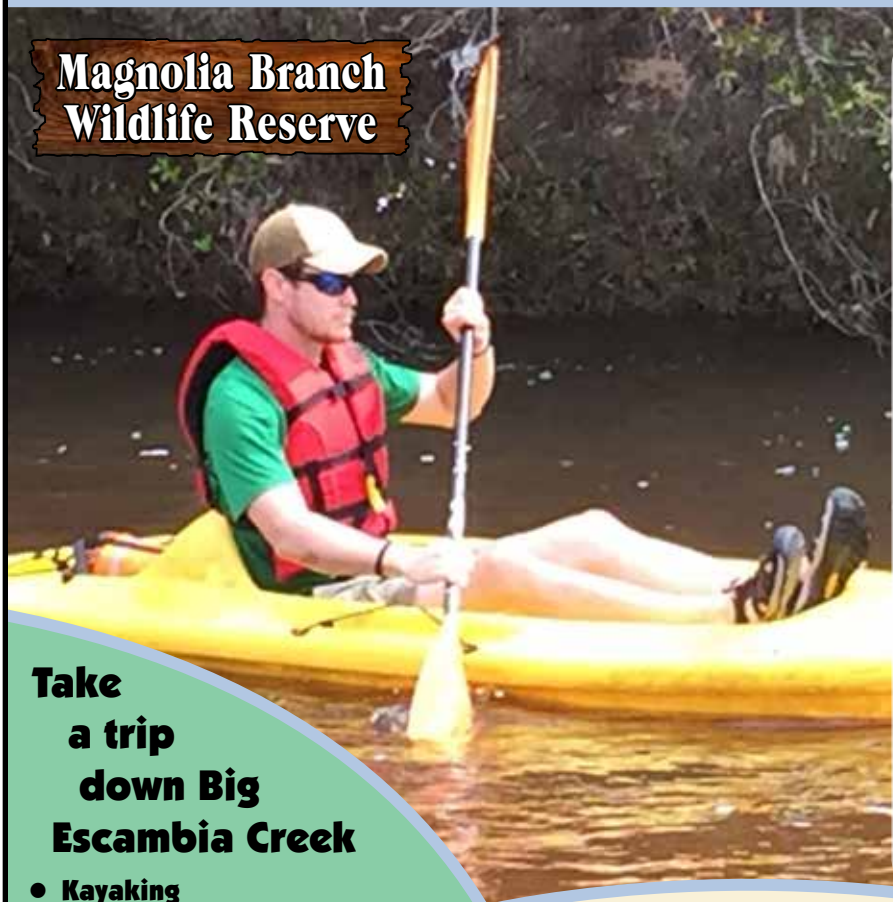


# 4-H RIVERKIDS AT MBWR

In Escambia County, Ala., 4-H programs are crucial for keeping our children educated in agriculture, conservation and best land use practices. The whole state is peppered with rural areas and waterways that make up the backbone of American culture.

Alabama's 4-H RiverKids provides opportunities for youth to experience Alabama's abundant water resources while acquiring paddling skills. Recently RiverKids was at Magnolia Branch Wildlife Reserve to do training and get experience kayaking on the creek.

## Magnolia Branch Wildlife Reserve



"This is a great program because we want to educate youth about the importance of focusing attention on the value of natural resources through fostering awareness, understanding and improved management of the creek and lake," said Cynthia Knowlton, a leader in the program. "By working in partnership with the Alabama Scenic River Trail Association, we will reach new heights in outdoor education and natural resources."

Knowlton said the goal for RiverKids is to recruit interested youth and charter a 4-H club that will teach the students through environmental stewardship, aquatic life exploration and conservation. She said by utilizing everything Magnolia Branch has to offer, the program's leadership were able to conduct training exercises and gain knowledge right here locally.

## Take a trip down Big Escambia Creek

### ● Kayaking

Just \$15 per hour on the creek

### ● Canoeing

Just \$25 per hour on the creek

## Cruise on the lake, too!

### ● Kayaking

Just \$5 per hour on the lake

### ● Canoeing

Just \$7 per hour on the lake

"We already have a strong working relationship with the folks at Magnolia Branch,"

Knowlton said. "They have all the amenities to accommodate training as well as equipment on hand. Plus, Big Escambia Creek runs right through the park, and we use that as a learning water source."

Magnolia Branch Wildlife Reserve hosts various educational groups throughout the year, including Boy and Girl Scouts troops, the Boys and Girls Clubs of America groups, school field trips and many more.

Visit [magnoliabranch.com](http://magnoliabranch.com) for all activities and event information.

By Jen Peake | CIEDA Marketing Specialist



# The history of

# MT MUSKOGEE TECHNOLOGY

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By Jen Peake | CIEDA Marketing Specialist

With success comes challenges. Some are easy, while others are not. Muskogee Technology (MT) has seen its fair share of both. But with perseverance and education, the company has transformed and grown in the manufacturing industry.

This is the second part of the two-part series on the history of Muskogee Technology.

## MASTERING THE HURDLES

In April 2003, Muskogee Technology was still named Muskogee Metalworks, and production began at its new facility in Atmore, in a building that once was a Vanity Fair manufacturing plant.

MT Director of Marketing Mal McGhee stepped up his efforts to bring in more work for the company. The employees had training in various backgrounds and were eager to take on different tasks.

The work began to flow in because of the diversity of services the company was able to offer, McGhee said.

"All of a sudden, we had a contract here, a contract there, a small job with one company, a larger task with another company," he said. **"Our workers gave us 110 percent with whatever job we threw at them.** We definitely had orders and people to fill those orders, but we soon realized we needed to become certified in order to get a bigger piece of the pie."

However, getting those certifications wasn't always easy, McGhee said.

"Quality certifications were our biggest hurdles," he said. "When you get a contract, you have to deliver. And we were not going to deliver sub-quality products. We were determined to send out exactly what was asked of us and exceed our customers' expectations. That's how we as a people are. We exceed what is asked of us. It's not in our blood to give less than 100 percent."

McGhee said since the company has been owned and operated by the Tribe, MT has only missed two deadlines in its existence, including when it was called Strader Manufacturing and Muskogee Metalworks. And never have they sent out low-quality products, he said.

**"Muskogee Technology produces the best of the best,"**  
**CIEDA President and CEO James T. Martin said.**

The company also is certified by the South Region Minority Development Council (SRMDC) and has earned an AS9100 certification and ISO9000C certification in 2008, both widely used in the aerospace industry.

Without these quality certifications, contracts with Boeing, Lockheed Martin and others would not have happened, McGhee said.

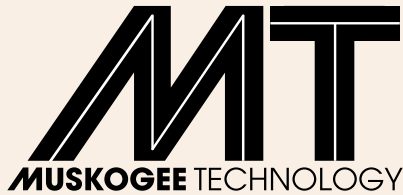
"Those companies don't do business with just anyone," he said. "This makes us elite."

**Our first  
love was  
aerospace,  
and we are  
dedicated  
to it, but  
we are also  
seeking out  
other ways  
to put our  
stamp on  
things."**  
**— MAL  
McGHEE**



By Jen Peake | CIEDA Marketing Specialist





AS9100 standards provide accurate quality measurements and set a baseline for continuous improvements. ISO status focuses on ensuring the business delivers a consistent level of quality to its customers by having well-defined and regularly reviewed processes and procedures. But it didn't happen right away.

"It took us more than a year to achieve those designations," he said. "But the value that has added to our products is just exponential."

### IT DOESN'T STOP THERE

McGhee describes Muskogee Technology's journey as the road less traveled. Some companies would have been OK with learning a few extra trades and would have stopped there, he said.

"But not us. We wanted to make a difference."

And so in 2009, Muskogee Metalworks became Muskogee Technology.

"We don't just do one or two things with metal anymore. We have a whole realm of possibilities now, including composite materials and heavy fabrication. If a company comes to us and says, 'Can you do kitting?' We say 'yes' because we can. We have expanded and grown with the industry, and now our name reflects that."

Such an example led to Muskogee Technology entering into an exclusive contract and partnership with GKN Aerospace North America in 2014. However, the work to obtain this relationship began a few years before. And after a series of meetings, phone calls and more meetings, the two companies came to an agreement that benefited both and filled a need at each business.

Muskogee Technology had to have up-to-date equipment and storage space for the contract. They built an entire section, plus storage freezers, completely dedicated to GKN work. This was all in preparation for obtaining the exclusive partnership.

"Once we knew we could do it, we weren't going to stop until we had a contract."

The deal indeed happened, and in 2015, Muskogee Technology held an open house and signing event with GKN officials and officially completed the partnership.

"We have been doing the work for them for a while now but on signing day, we became even more solidified and fully took over the contracts," McGhee said.

### THE FUTURE AWAITS

Don't think Muskogee Technology has hit the plateau.

McGhee said MT already is indirectly affecting the industry through its partnership with GKN Aerospace and now is branching into the wind energy industry. MT has produced transportation parts for GE and Siemens to be used with wind turbines.

"I think to us, we are just beginning," he said. "We are continuing to explore how we can edge our way further into the manufacturing industry. Our first love was aerospace, and we are dedicated to it, but we are also seeking out other ways to put our stamp on things."







By Jen Peake | CIEDA Marketing Specialist



# Gas stations factoids

Most people don't think twice about filling up their car or truck. It's a necessity, and it's habit. But there are behind-the-scenes efforts that come into play when you consider how gas stations operate. Here are five facts that you might not have thought about concerning gas stations:

- **Most gas stations are independently owned.**

The national brand on the sign might say Shell, but a majority of gas stations in America are owned and operated by local business people and entrepreneurs. Such is the case at Creek Convenience Store Atmore (CCSA), Creek Convenience Store Wetumpka (CCSW) and Creek Travel Plaza (CTP). An online search finds that about 3-4 percent of stations are actually owned by the five big oil companies.

- **Gas station owners don't make their money at the pump.**

Typically, profit for a business owner does not come from selling you gallons of gas. Although it might seem counter intuitive, **a bulk of the sales a station makes is from in-store purchases at the convenience store.** This is because it's pretty costly to operate gas pumps, including fuel taxes and the purchase of gasoline itself, leaving only pennies per gallon for the store owner. And back



**CCS  
ATMORE**



**CCS  
WETUMPKA**

before there were pay-at-the-pump options, people had to physically go into the store to pay for their gas. This often prompted customers to grab a snack or drink while inside. Today that still holds true. In fact, some people will go to a particular station and not purchase fuel at all, but instead buy merchandise in the store. **For CCSA and CCSW, discount tobacco products make up a majority of sales.**

- **It's against the law to pump your own gas in two states.**

Yep, that's right. In New Jersey and Oregon, self-service stations do not exist, and you can even be ticketed for pumping your own gas, although the enforcement has been lackluster in recent years. The initial ban on self-service stations was enacted as a precaution for those who didn't understand the dangers petroleum presents.

- **Crude oil prices determine pump prices — to an extent.**

Although managers at CCSA, CCSW and CTP all set their own prices, they do have to take into account what it cost them to buy the fuel

upfront. However, not being mandated by companies, such as Shell brand or McPherson Oil Co., allows them to lower or raise prices as they see fit. This usually benefits the customer and not the store.

- **Gas stations put the "convenience" in convenience stores.**

As stated before, the majority of profit for gas station owners comes from the convenience store on the same property. The first convenience store sans gas station actually opened in 1927. Although these stores did provide a quick alternative to other major stores, it wasn't until the 1980s that gas stations began to combine with convenience stores, making everything you needed super convenient. Now you didn't have to stop for fuel at one place and then drive down the road for other items. At some gas stations, you can even get car repairs and maintenance done all in the same location.

For CCSA and CCSW, the convenience gets even better. They are strategically placed adjacent to Wind Creek Casinos in each city. This gives gaming players one central location to do everything, including getting gas.

The restaurant industry is booming, but it also is extremely challenging. Trying to keep up with trends and what consumers really want often is tedious. The National Restaurant Association says restaurants in the United States generate about \$2 billion in sales on a typical day.

The Diner at Creek Travel Plaza (CTP) does extremely well against the competition, and not just in the money category. A quick look at the reviews alone will show how pleased customers are when they visit here. Some will praise how delightful the food tastes while others compliment the friendliness and quickness of the staff. Word of mouth is another indication CTP is thriving. But as with any customer service industry, waiters and waitresses take the brunt of the criticism.

Food servers are among some of the hardest working employees in the food service industry, but sometimes their efforts go unrecognized. The following are a handful of ways patrons can show their appreciation to the men and women who work hard to ensure their customers enjoy their dining experiences. You just might make someone's day a little brighter.

**1. Recognize that waiting tables is no easy task.** Remember the saying "If you've never walked in my shoes, you have no room to talk"? Think about it ... Waiting tables is both physically and mentally demanding. Servers spend hours on their feet carrying and balancing plates of food during their shifts. They also must anticipate the needs of patrons and do their best to accommodate them. Guests should realize the job is not a cake walk.

**2. Understand that slow food often is not the servers' faults.** Very often a food server has no control over how fast the food comes out of the kitchen. Don't blame the server because the food took longer than expected to arrive on your table. If you're in a hurry, let the server know in advance so he or she can work with you to find quick serve items.

**3. Acknowledge your server.** Eye contact shows respect, and it will help get your order across clearly, reducing the likelihood of a mix up regarding your order. If you don't even glance at your waitress while you rattle off substitutions and add-ons, it shows you don't care about the person taking your order.

**4. Put down your phone.** Your server is a person, not a robot. Treat them like one. The dining experience should be a pleasant one for all involved, including the servers. Customers' use of cell phones have been reported to slow table turnover from one hour and five minutes to one hour and 55 minutes. Taking pictures of food, texting before ordering or asking a server to take a group photo can contribute to slower service. And don't get annoyed when your server comes back three times to see if you are ready to order yet. They are being attentive to making your experience quick and manageable.

**5. Tip with courtesy and respect.** Tips are important to servers because their income might not be steady. Some restaurants pay servers less than the minimum wage, expecting their earnings to increase by tipping. Tip according to how the service was, not the taste of the food or beverages. A 15 percent tip is customary, but you might want to tip 20 per-cent for exceptional service. Or call in and get your order to go instead.

The restaurant business is a fast-paced and rewarding line of work. Patrons can do their part by being patient and showing their servers the respect they deserve. And here at Creek Travel Plaza, we value our customers and we aim to provide exceptional customer service every time.

# 5 ways to be kind to restaurant servers

By Jen Peake | CIEDA Marketing Specialist





# HOW TO STAY HEALTHY WHEN TRAVELING



## Book a room with a kitchen.

Staying in a suite like Muskogee Inn has available will afford you the leisure of staying on course with your eating habits. **Go grocery shopping** once you arrive in town, **or pack a cooler with food to prepare** once you get settled in your room. That way, you aren't stuck eating out for every meal, which can tempt you to eat unhealthy.

By Jen Peake  
CIEDA Marketing  
Specialist

Traveling can sometimes wreak havoc on your healthy lifestyle, but it doesn't have to ruin all your hard work. Sure, it's OK to have a day to totally goof off but don't let being on vacation or away from home on business be your excuse to jump ship on your healthy habits.

Keep these tips in mind the next time you travel:



## Don't abandon your exercise routine.

You might think that all that walking you will be doing while on vacation can replace your 30-60 minutes of vigorous exercise you usually do, but don't rely on that alone. And you don't need an exercise facility on site either. **Book a hotel with a large swimming pool.** A 130-pound person swimming freestyle for one hour will burn 590 calories swimming fast and about 413 calories swimming slower. Muskogee Inn's outdoor pool is cool and refreshing, and swimming laps every morning or evening could be just the thing you need to wake up or unwind.



**Don't skimp on the sleep.** A lack of sleep can lead to various other problems and cause you to forgo your healthy habits. Always being on the go with no room for downtime can leave you feeling irritable by the end of your trip, even if you had fun the whole time you were away. **The best way to stay fit is to keep to your sleeping schedule,** even if that means you go to bed and wake up a few hours earlier/later. Your body will know when you have had enough for one day.



**Stick to what works.** Being on vacation or traveling for business is a great way to experience new foods and cultures, but you know what your body needs to keep healthy. If you don't normally eat hamburgers or pizza, then don't chow down on one when you are kicking back in your room. **Ask the hotel staff where the best local place is to find something healthy.** Muskogee Inn's staff is always ready to give suggestions to guests looking for something new.



Mission: Helping people help the land

Vision: Productive soil, healthy land

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

Visit the NRCS web site [www.al.nrcs.usda.gov](http://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](http://www.fsa.usda.gov)

[www.fsa.usda.gov/al](http://www.fsa.usda.gov/al)

[www.nrcs.usda.gov/farmbill](http://www.nrcs.usda.gov/farmbill)

USDA Rural Development

[www.rurdev.usda.gov](http://www.rurdev.usda.gov)

[www.rurdev.usa.gov/al](http://www.rurdev.usa.gov/al)

Alabama Forestry Commission

[www.forestry.state.al.us](http://www.forestry.state.al.us)

For more information contact:

David Elliott, NRCS Tribal Liaison

5535 Poarch Road, Atmore, AL 36502

(251) 368-0826

## 1<sup>st</sup> Annual Wind Creek Hospitality's Kickin Cancer Kickball Tournament

October 21, 2016 Arrowhead Park Double Elimination \$100 per team entry fee

Must be employee of Wind Creek Hospitality, Tribal Government, Creek Indian Enterprises Development Authority, or Tribal Gaming Commission. All participating teams must have matching T-shirts.

For more information contact Joseph McGhee at (251) 446-4253, J. Ross Railey at (251) 446-4394, or Trina Rackard at (251) 446-4215.



**Book now and save**  
**251-368-8182**  
[muskogeeinn.com](http://muskogeeinn.com)

**Locally owned and operated by the Poarch Band of Creek Indians**



6141 Highway 21, Atmore, AL 36502  
I-65, exit 57



Check out our new menu! We've added options and updated prices, so come see us today! Inside Creek Travel Plaza.

4740 Jack Springs Road | Atmore, AL 36502  
251-368-0088 | Interstate 65, exit 54



116 Poarch Road | Atmore, AL 36502 | 251-446-8801

**Get ready for Game Day!**



ICE  
COOLERS  
COLD BEVERAGES  
SNACKS

**Creek Convenience Store Atmore has all your tailgating essentials**



# October (Otvwoskv-Rakko) 2016

## **SMART Recovery**

Every Monday night @ 6:00 pm  
Tribal Court Lobby

## **Parenting Skills**

Every Wednesday @ 11:00 am  
Tribal Court Activity Room  
Open to TM & FG  
RSVP/Lunch Provided

## **Quilting Classes** - Ongoing

Mondays, Tuesdays & Thursdays  
1:00 pm - 7:00 pm  
Cultural Department/Hwy 31

## **Applications for TAHO Program**

Deadline to submit new/updated applications for TAHO program ongoing through Friday, December 16, 2016

## **Summer Camp Reimbursement Program**

Ongoing through October 31, 2016

## **Tribal Member Benefits Open Enrollment**

October 1, 2016 - November 30, 2016

## **Tuesday - Wednesday October 4-5, 2016**

Museum Gift Shop closed for inventory

## **Monday, October 3, 2016**

Session I Patchwork Classes  
4:00 pm - 7:00 pm  
October 3-4, & 6; 10-11, & 13

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Session I Patchwork Classes  
4:00 pm - 7:00 pm  
October 3-4, & 6; 10-11, & 13

## **Wednesday, October 5, 2016**

Deadline to submit information for publication in the **November 2016** issue of Poarch Creek News

## **Tuesday, October 6, 2016**

Diabetes Care Community Forum  
Poarch Community Church

10:00 am - 2:00 pm

Lunch will be served

## **Tuesday, October 11, 2016**

Punt, Pass, & Kick Contest  
Wellness Center  
5:30 pm

## **Friday, October 14, 2016**

Last day to RSVP for Sports Banquet

## **Tuesday, October 18, 2016**

Cancer Support Group Meeting  
Wind Creek Ballroom  
6:00 pm

## **Tuesday, October 18, 2016**

Evening With The Elders  
Featuring Elloie Bradshaw  
Building 500 Auditorium  
6:00 pm

## **Thursday, October 20, 2016**

Sports Banquet  
Must RSVP by October 14, 2016

## **Thursday, October 20, 2016**

Domestic Violence Awareness Vigil  
Building 500 Auditorium  
12:00 pm - 1:30 pm

## **Monday, October 24, 2016**

Poster Submission Deadline  
Tribal Court Substance Abuse Awareness  
Poster Contest  
5:00 pm

## **Tuesday, October 25, 2016**

Diabetes & Sleep Apnea Class  
Health Department  
1:00 pm 2:00 pm

## **Friday, October 28, 2016**

Fall Festival  
Football Field at Wellness Center  
6:00 pm - 8:00 pm

## **Friday, October 29, 2016**

Hazards Waste Collection Day  
Fire Station #1/Jack Springs Road  
8:00 am 12:00 pm

## **Monday, October 31, 2016**

Last day to submit application for board & committee vacancies

## **Tribal Council Meetings**

Thursday, October 6<sup>th</sup> & 20<sup>th</sup>  
Building 500 Auditorium 4:00 pm

## **Tribal Court Sessions**

Monday, October 17<sup>th</sup> & 31<sup>st</sup>  
Tribal Courtroom 9:00 am

## **Tribal Regulatory Commission Meetings**

Tuesday, October 11<sup>th</sup> & 25<sup>th</sup>  
Building 500 Auditorium 9:00 am

## **Tribal Grievance Board**

Tuesday, October 11<sup>th</sup>  
Building 500 Auditorium 1:00 pm

## **Calvin McGhee Cultural**

## **Advisory Committee**

Monday, October 10<sup>th</sup> 4:00 pm  
Cultural Building on Hwy 21

## **Education Advisory Committee**

Wednesday, October 12<sup>th</sup> 3:00 pm  
Family Services Conference Room  
Buford L. Rolin Health Clinic

## **4-H Club**

Friday, October 21<sup>st</sup>  
Education Department  
3:30 pm - 5:00 pm

## **Utility Authority Board Meeting**

Thursday, October 20<sup>th</sup> 1:00 pm  
Utilities Office

## **Monday, November 7, 2016**

Deadline to submit information for publication in the **December 2016** issue of Poarch Creek News

## Newsletter Contact Information

### *Poarch Creek News*

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

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**Poarch Creek Indians**  
5811 Jack Springs Road  
Atmore, AL 36502

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