

Cokv-Tvlvme

(cho-ka-da-la-mi/newspaper)

POARCH CREEK NEWS



Happy Fall, everyone! I don't know about ya'll, but I am looking forward to a short reprieve from these sweltering summer temperatures! Of course, with the onset of November comes two notable holidays - Veteran's Day and Thanksgiving. We have so much for which to be thankful, not least of which is our veterans. Be sure to check out our Veteran's Salute to Mr. N.L. Rackard this month on page 18.

I've recently had the honor of participating on several panels. The Women's Forum in Mobile, AL was a free event at which nearly 600 women attended. Sponsored by Congressman Bradley Byrne and the Community Foundation of South Alabama, this year's Forum focused on "Empowering Today's Woman." I was so proud to have the opportunity to represent the Tribe at this event and it was wonderful to have so many of our women there with me. I really appreciate all of you who were able to attend, and I hope you left feeling empowered.

The Global Gaming Expo (G2E) is a gaming conference which draws leading gaming professionals. I was asked to serve on the Chairmen's Panel which takes a look at gaming through the eyes of the Tribal Chair. We discussed the pros and cons of gaming, the Presidential administration and what that means for Native communities, as well as the social unrest in America.

Through my participation on these panels, not only was I able to help educate others about the Poarch Band of Creek Indians, but this was also a great opportunity to network and learn from other Tribal leaders as well.

Perhaps one of my most memorable events this year has been my trip with our Tribal Elders to Branson, MO. With the overwhelming response this year, Tribal Council was asked to help out on the trip and Secretary Charlotte Meckel, Councilwoman Sandy Hollinger, and I agreed to assist.

The team at the Senior Services Department really works hard to make sure our Elders are taken care of and this could not have been demonstrated more clearly than on the Senior Trip. This year, we traveled with 7 buses and 276 Seniors for 1,470 miles! While on the trip, we were able to participate in several activities and even had a private show just for our PCI Seniors with The Statler Brothers! When asked about her favorite part of the trip, Cyndi Wright, Senior Services Manager replied, "I really enjoyed the meet and greet. This was the first year we tried this, and it was great to put a face with a name. We did not have to send anyone home this year, and we all had a fantastic time. I can't wait till the next one!"



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

Although I was incredibly tired afterwards, I had an absolute blast! I'm really glad that so many of our Seniors were blessed to travel to places they may not have been able to visit otherwise. It was really heartwarming to watch everyone help each other and bond as a family. I have been inundated with so many positive comments about this trip, and I am so proud of Cyndi Wright and the entire team of individuals who dedicated their time and efforts to making this experience a success.

In closing, I hope everyone will have a blessed Thanksgiving. I hope to see you all at our Annual Thanksgiving Day Powwow on November 23rd and 24th. May God continue to bless you, our Tribe, and our Nation.

In love,

Stephanie A. Bryan
 Tribal Chair/CEO



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A Moment With The Tribal Chair



Diabetes Awareness



The Walk of Life Through Tuscumbia



Veteran's Salute



Tribal Member Submissions

Poarch Creek News, keeping the family and friends of Poarch informed

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*On the cover:
Megan Rackard and Dr. Amanda Cobb.*

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 am - 6:00 pm

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

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

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

- **Submission Criteria**
Tribal Member submissions for publication in the *Poarch Creek News* are limited to Tribal Members & spouse, first generation, and those living in Tribal Member households unless an 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.
- **Photo Submissions:**
One per article submission; photos will be cropped to fit available space. High resolution .jpg or PDF format. **Head shots are preferred.** Individuals in the photos are to be appropriately dressed; for example, men must wear a shirt, no swim suits except for swim team photos, no photos with cigarettes or alcohol, etc. We will do our best to publish submitted photos, but we cannot fix blurred or distorted photos.
- **Birthday Wishes**
Birthday Wishes will be accepted for the month before, the month of, or the month after the birthday. However, Birthday Wishes will no longer be published in the newsletter. A list of Tribal Member birthdays will be obtained from Tribal Enrollment each month; these birthdays will be posted on the Tribe's web site at pci-nsn.gov/birthdays and accessible via link on the Community Page. Birthday Wishes will also be posted on the Tribe's official social media pages.

Tribal Members may continue to submit individual birthday wishes as in the past for Tribal Members and spouses, First Generation Descendants, and those living in a Tribal Household. These wishes will also be posted on the web site and social media.
- **Anniversary Wishes:**
May be published the month before, the month of, or the month after the anniversary.
- **Obituaries:**
Tribal Members are asked to add *Poarch Creek News* 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.

Tribal Members may continue to submit obituaries/thanks, and other applicable submissions by the last business day of the **second month** immediately following the death. *Photos will be cropped to reflect deceased only.*
- **In Memory:**
Can 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. *Photos will be cropped to reflect deceased only.* In Memory submissions are limited to one 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.
- **Corrections:**
Corrections will occur only if error/misprint is made by *Poarch Creek News*.

SUBMISSION DEADLINES

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

Submission Deadline: 5:00 p.m. (CST) the first business day of the month prior to the month of publication.

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.

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 Memory	300 words or less
Obituary	300 words or less
News Article	400 words or less

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

The TMOP is not an automated site; it will be up to individual users to resolve

issues they have if they are unable to login to the TMOP. We are unable to provide assistance beyond confirming that you have the correct username and password to access this area of our website. Confirmation of correct username and password may take up to 24 hours.

You can receive updated news and information via the Tribe's social media pages at facebook.com/PoarchBandofCreekIndians; twitter.com/

PoarchCreek.org; and www.instagram.com/poarchbandofcreekindians/.

The Tribe's website and social media accounts are maintained by the Government Relations Department.

Please contact Kim Philyaw, Social Media Manager, at (251) 368-9136 x 2169 or kphilyaw@pci-nsn.gov if you have any questions or concerns.

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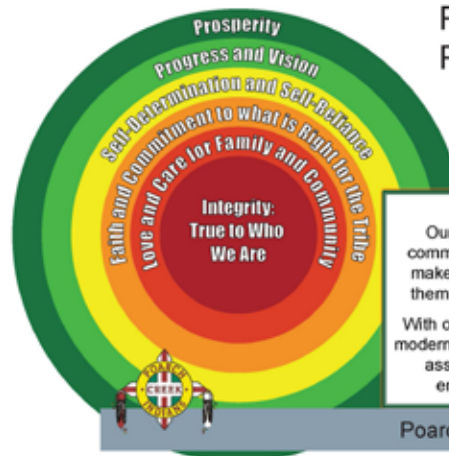
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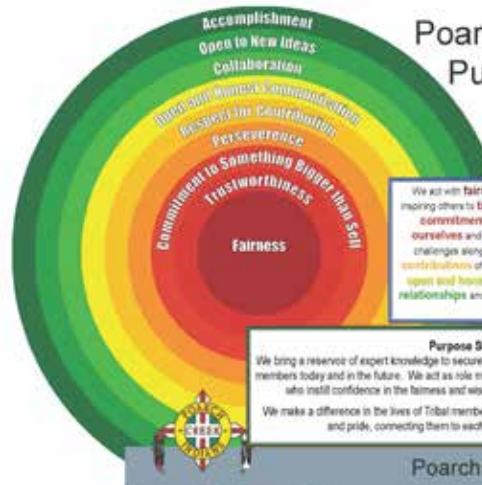


Poarch Council Purpose & Values

Purpose Statement

Our love for our people and our commitment to its future drives us to make tough decisions and stand by them to provide stable governance. With our blend of mature wisdom and modern knowledge, we grow the Tribe's assets to build self-reliance and enhance quality of life for all.

Poarch Band of Creek Indians



Poarch Government Purpose & Values

We act with **fairness** in all our decisions, and policy applications inspiring others to trust our intentions and our actions. This affirms our commitment to something bigger than any one of ourselves and encourages all to persevere when we confront challenges along the journey. The respect we show for the contributions of all to our common purpose creates the platform for open and honest interactions. This leads to collaborative relationships and openness to new ideas and growing levels of accomplishment.

Purpose Statement

We bring a reservoir of expert knowledge to secure the health, education, and well-being of all Tribal members today and in the future. We act as role models who go beyond the call of duty and leaders who instill confidence in the fairness and wisdom of government decisions and actions. We make a difference in the lives of Tribal members by fostering in them a spirit of independence and pride, connecting them to each other and their cultural heritage.

Poarch Band of Creek Indians

Fellow Tribal Members,

I hope everyone is having a nice start to the fall season and enjoying the pleasant weather that we have been having. As the end of the year is vastly approaching, I wanted to take some time to reflect on 2017, while also looking forward to the upcoming year.

In 2017, the General Welfare Assistance Program (GWA) was rolled out for the very first time and has been very successful in helping Tribal Members pay for the basic necessities of life.

This “non-taxable” benefit allows Tribal Members to have more money in their pockets while also having the ability to allocate the appropriate funds to a specific financial area that falls within the guidelines. I fully support this program and look forward to its second year of implementation.



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

Along these lines, I would like to thank the staff of Tribal Member Benefits for their hard work and dedication in helping Tribal Members with all of the documentation that comes with this program. This department has risen to the occasion time after time and I truly appreciate their commitment to the Tribe.

Another landmark moment that occurred in 2017, was the opening of OWA in Foley, Alabama. This entertainment project was the result of a clear and decisive plan of the Tribal Council to diversify outside of gaming. Through planning and coordination this project came to fruition and I was thrilled to be a part of the grand opening back in July.

As 2018 quickly approaches it is an important time to reflect upon not only where we are, but where we have been. I pray that we use this time to remember those Tribal Members that we lost in 2017, but also be thankful for the precious new babies that we have welcomed to our Tribe.

My sincerest hope is that we all use 2018 as the year to make strides in all areas of our lives.

Continue to pray for not only myself, but our fellow leaders as well.

“We need to regularly stop and take stock; to sit down and determine within ourselves which things are worth valuing and which things are not; which risks are worth the cost and which are not. Even the most confusing or hurtful aspects of life can be made more tolerable by clear seeing and by choice.” ~ Epictetus

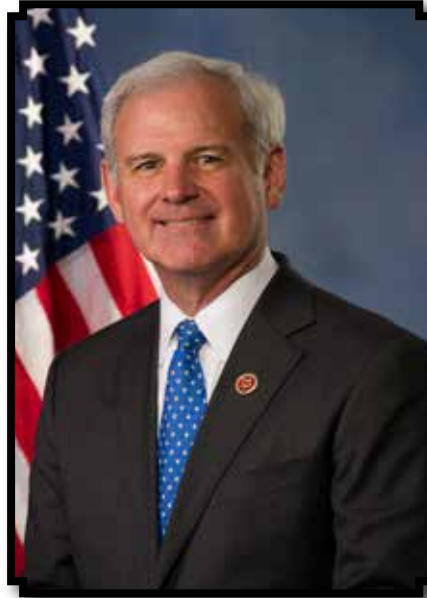
“Some people are always grumbling because roses have thorns; I am thankful that thorns have roses.” ~ Alphonse Karr

Arguably, Congress's most important power is the power of the purse. Through funding bills, Congress has an important opportunity to set the direction of the government.

Unfortunately, in recent years, Congress has failed at this basic constitutional responsibility. For far too long, Congress has operated from manufactured crisis to manufactured crisis, putting off passing government funding bills until the last possible minute.

Fortunately, for the first time since 2009, in September the House passed all twelve of the individual government funding bills before the end of the fiscal year on September 30th. Only in Washington would simply doing your job be considered a major accomplishment, but this was a big breakthrough in the government funding process and it is important to enacting President Trump's agenda.

While I am proud we got the job done, we still have a lot of work to do.



Representative Bradley Byrne
(251) 690-2811
Byrne.House.Gov

I want to take a minute to clarify the difference between the federal budget and the funding bills. While the terms are often interchanged, they are actually very different.

The budget is more of an aspirational document that does not carry the force of law, but it serves as a blueprint for the funding bills. Even more, the budget submitted each year by the President is truly just a recommendation that Congress uses to draft our own budget.

Even still, the budget is important because it sets topline spending levels and provides a more long-term budget outlook.

The funding bills are where the money is actually spent. These are very specific bills that lay out line item appropriations for most government agencies and programs. The funding bills run on the fiscal year calendar, so from October 1st to September 30th each year. If the funding bills are not passed before September 30th, a government shutdown occurs.

When the process works like it is supposed to, the President submits his budget request in February, the House and Senate pass budget resolutions by the middle of the year, and then pass the twelve individual funding bills by September 30th.

We must return to this process. When the system is broken, as it currently is, it makes it much harder to set federal priorities and cut down on wasteful or unnecessary government programs. This is why I think it is so important we return to regular order and get our work done on time.

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



www.poarchneighbors.com

Visit to find out more about our story, our values, our people, and our neighbors



Our Story

Our ancient culture shapes our identity.
Tradition inspires us to keep our history alive.
We are a resilient people who helped each other out
through trying times to become the only federally
recognized Tribe in Alabama.
Today, we join our neighbors' effort to help improve
quality of life for all.

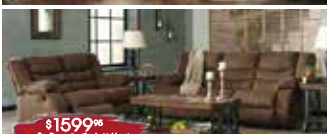
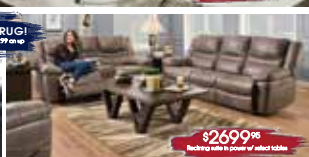
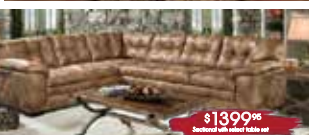
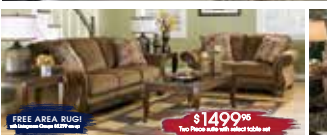
Poarch Values

Love & Commitment to Family
Self-Determination & Self Reliance
Faith & Commitment to do what is right for the Tribe
Respect for Elders
Integrity: Being true to who we are
Prosperity

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Premier Family Eye Care: Providing The Best In Eye Care

PFEC staff left to right are RosaLeigh Boyte, Office Manager; Dr. Amanda J. Cobb, Optometrist; Jessica Rogers, Certified Paraoptometric Technician; Megan Rackard, Receptionist; and Heather Rolin, Optical Assistant.

Premier Family Eye Care is located on the first floor of the Buford L. Rolin Health Department and provides eye care to both Tribal and Non-Tribal individuals in Poarch as well as in the surrounding communities.

Premier Family Eye Care has state of the art equipment that includes: Humphery Visual Field (peripheral vision tester), Optical Coherence Topography (diagnostic and monitoring tool for glaucoma, diabetic retinopathy, age related macular degeneration and other diseases), Fundus Photography (monitoring and education tool for most posterior diseases), anterior

segment camera (monitoring and education tool for all anterior disease i.e. cataracts, corneal disease and etc.), and VX120 (estimates glasses prescription, detects any lens or corneal abnormalities, and also gives several measurements on the following: pressure in the eye, corneal thickness, drainage angle of the eye).

We are equipped to co-manage ocular related surgeries, foreign body removals, diagnose and treat ocular diseases, contact lens fittings, and binocular vision problems. We have ample space and are able to accommodate most any eye care needs.

The staff of Premier Family Eye Care includes: Receptionist, Megan Rackard; Optical Assistant, Heather Rolin; CPO Certified Technician, Jessica Rogers; CPOA Office Manager, Rosie Boyte; and Optometrist, Dr. Amanda Cobb, O.D.

Dr. Cobb received her Bachelor's Degree from the University of Alabama in Tuscaloosa. As she was obtaining her degree, she worked at Davis Eye Clinic as optometric technician for Thomas M. Davis Jr., M.D. and Stephanie Bedsole, O.D. She then received her Doctorate of Optometry from the University of Alabama School of Optometry in

Birmingham. She had training that includes rotations through Alabama Institute of Deaf and Blind, United Ability which was formerly known as UCP of Greater Birmingham, vision therapy, contact lens, and ocular disease. She has been practicing optometry for 6 years and continues to enjoy her profession.

Although we see many different types of eye diseases in our clinic one of the most common is Diabetic Retinopathy — vision-threatening damage to the retina of the eye caused by diabetes. This disease is the leading cause of blindness among working-age Americans, according to the U.S. National Institutes of Health (NIH). Yet, many cases

could be prevented with regular eye exams and appropriate treatment. People who are most vulnerable to diabetic retinopathy, include the elderly, Native Americans, and other ethnicities.

With any diagnosis of diabetes, your primary care physician should refer you to an optometrist who will give you a dilated eye exam at least once a year. At Premier Family Eye Care we work very closely with the physicians at the Buford L. Rolin Health Department as well as the Diabetic Education staff to ensure patients are having their yearly dilated eye examinations. During an eye examination, Dr. Cobb will look for other signs of diabetic

retinopathy and diabetic eye disease. Signs of eye damage found in the retina can include swelling, deposits and evidence of bleeding or leakage of fluids from blood vessels.

We are also currently working with Dr. Ryan Tarantola with Retina Specialty to provide local treatment for diabetic retinopathy and other retinal disease that requires surgical intervention. Dr. Tarantola comes to our office every 3rd Thursday of each month.

We look forward to caring for all your eye care needs. You can call our office at 251.446.3937 to schedule an appointment.

Retina Specialty Institute

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Poarch Creek Indian Reservation

Buford L. Rolin Health Department

429 Buford L. Rolin Drive, Atmore, AL 36522

(850) 478-4759



Ryan Tarantola, MD

Saving sight and treating patients with vitreoretinal disease has been a long-time passion for Dr. Tarantola. He joined Retina Specialty Institute in 2012 after holding a position as Assistant Professor of Ophthalmology at St. Louis University where he was involved in patient care, resident education, and clinical research.

His particular interest in vitreoretinal surgery was strongly influenced by observing his grandfather's struggles with progressive vision loss due to age-related macular degeneration. He aspires to treat each patient in the same manner that he would a member of his own family, and he is committed to providing the highest quality care possible.

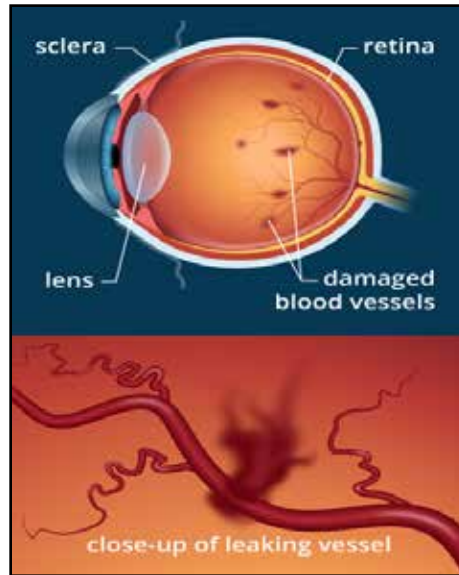


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HOW DOES DIABETES CAUSE DIABETIC RETINOPATHY?

Diabetes mellitus (DM) causes abnormal changes in the blood sugar (glucose) that your body ordinarily converts into energy to fuel different bodily functions.

Uncontrolled diabetes allows unusually high levels of blood sugar (hyperglycemia) to accumulate in blood vessels, causing damage that hampers or alters blood flow to your body's organs — including your eyes.



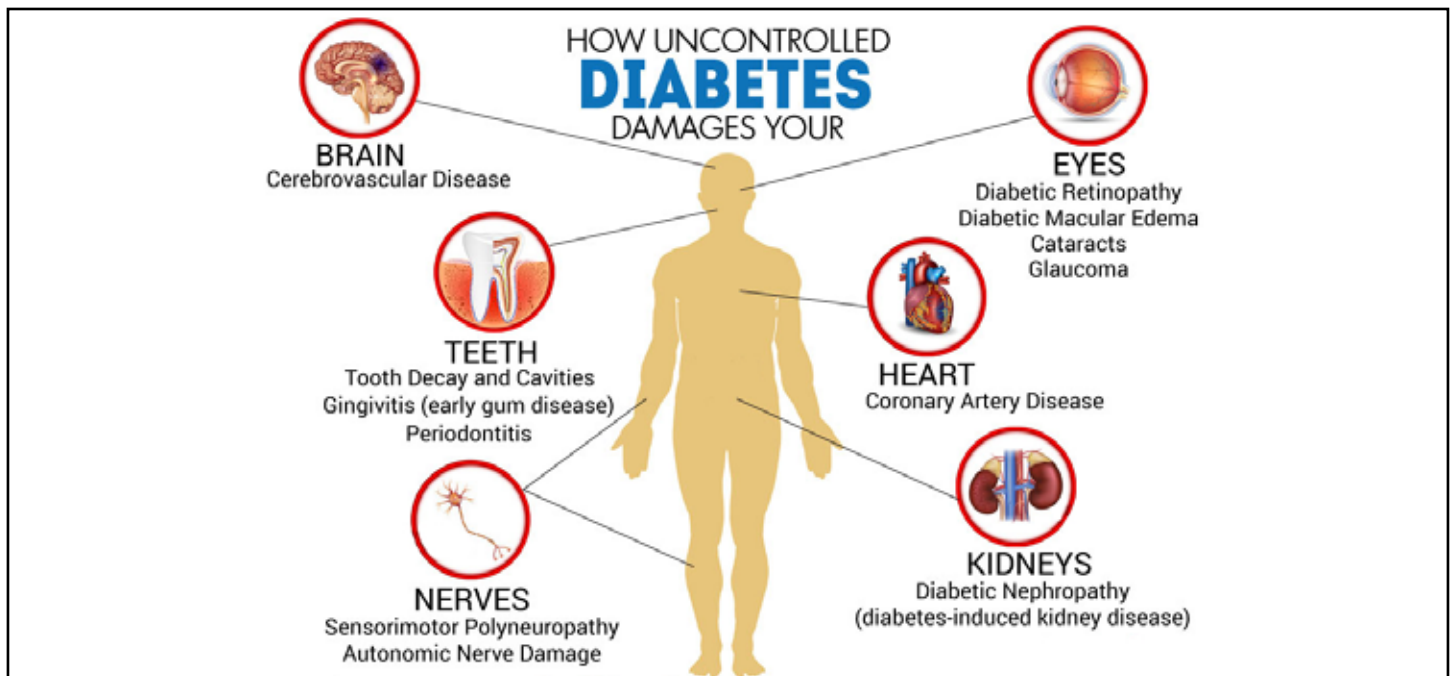
With diabetes, abnormal spikes in blood sugar increase your risk of diabetic retinopathy.

Eye damage occurs when chronically high amounts of blood sugar begin to clog or damage blood vessels within the eye's retina, which contains light-sensitive cells (photoreceptors) necessary for good vision. Among other problems, diabetes can damage blood vessels in the retina, causing them to leak blood into the posterior of the eye.

SYMPTOMS OF DIABETIC RETINOPATHY AND OTHER DIABETES-RELATED EYE PROBLEMS

You first may notice diabetic retinopathy (DR) or other eye problems related to diabetes when you have symptoms such as:

- Development of a scotoma or shadow in your field of view
- Fluctuating vision
- Eye floaters and spots
- Blurry and/or distorted vision
- Corneal abnormalities such as slow healing of wounds due to corneal abrasions
- Double vision
- Eye pain
- Near vision problems unrelated to presbyopia
- Cataracts



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THE WALK OF LIFE THROUGH TUSCUMBIA

Roy Hamilton, Cherokee Nation Special Projects Officer, Sehoy Thrower, daughter of the late Robert Thrower, and Linda Cook, Poarch Creek Elder Princess, hang a wreath and peace feathers in memory of Chicken, a Cherokee who fell from the train during the removal in 1838.

The Walk of Life has been an annual event during the Oka Kapassa Festival held in Tuscumbia, AL. The Walk is unique in that Indians from far away return annually to honor the ancestors who died on the 1830's Trail of Tears when they walked hundreds of miles toward the west. The Walk is held here because Tuscumbia was the only Alabama community that provided hospitality to the migrating Indians. The pilgrims that return every year are walking toward the rising sun as a symbol of renewal and coming together.

This year the Walk was an Alabama Bicentennial event hosted by

Tuscumbia Landing Trust, a local 501(c)3. The Walk was dedicated this year to the late Robert Thrower, Tribal Historical Preservation Officer of the Poarch Creek Indians.

"It's already inside you, you just have to wake up to it." Robert Thrower, (8/11/1961 – 7/4/2017)

His endorsement began the Walk, and he continued for 17 years to advise and plan the Walk for the enjoyment of all who came.

Guests of Honor were Sehoy Thrower, Robert's daughter, and his sister Lori Sawyer, who acknowledged his many works and called all to continue

supporting historical preservation. Dan and Ralph Isaac sang Choctaw hymns in honor of his friendship and legacy.

Invited Honored Guest Chuck Hoskin, Jr, Cherokee Nation Secretary of State, spoke of the importance of the Trail of Tears to the Cherokee and wanting to be involved in events at Tuscumbia Landing.

The Walk of Life began at the Tuscumbia Depot Museum, led by the Guests of Honor, following a path marked with prayer feathers. At several stops along the way, Living History re-enactors told early history

of the town. Land was sold in 1820 and many homes and buildings were standing during the Trail of Tears. Annie Perry pointed out some of the treasures and told their story to the pilgrims. Even the handicapped who rode the bus were educated by the Bernard the driver. Four feathers were carried along and passed to another during the mile-long walk, then hung in trees near the memorial wreath.



Lori Sawyer, sister of the late Robert Thrower, hangs a peace feather along the trail.

The Walk ended at “the cut” where a Cherokee named “Chicken” died falling from the train in 1838. Following walk tradition, Amazing

Grace was sung in Choctaw and then everyone sang in English. Roy Hamilton laid a wreath in honor of “Chicken” who fell from the train. The four feathers carried on the walk

were hung by the guests of honor, Roy Hamilton, and the Poarch Elder Princess Linda Cook.

*Press Release dated 9-16-17
Submitted by Robert Perry*

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



TRIBE HOSTS INAUGURAL COFFEE WITH A COP EVENT

Shown left to right are Tribal Police Officer Freddy Wells, Mickey Taber, Sarah Garrett, Lieutenant Darrell Ledkins, and Tribal Police Chief Mike Reynolds. Other officers attending were Lead Investigator Chris Rutherford, Investigator Dale Lisenby, Corporals Craig Helton and Caleb Linam, Officers Billy Bailey, who planned and initiated the event, James Dean, Chad Johnson, Cadet Kyler McGlothren, and Lead Dispatcher Susan Rolin.

Photo by Billy Bailey

Coffee With A Cop was launched in Hawthorne, California in 2011, as a result of a brainstorming session. Members of the Hawthorne Police Department were looking for ways to interact more successfully with the citizens they served each day.

Community policing has long been considered a framework for establishing trust between the community and the police. However, over time the character and composition of our nation's communities have changed due to shifting demographics, more commuters, and the introduction of different communication methods such as websites and social media.

In less than five years, Coffee With A Cop events have been hosted in all 50 states and is one of the most successful community oriented policing programs across the country. The program has also expanded to outside the United States to Canada, Europe, Australia, and Africa.

The key to Coffee With A Cop's growing success is that it opens the door for interactions outside of the crisis situations that typically bring law enforcement officers and community members together.

Coffee With A Cop is on a mission to improve trust and build relationships – one cup of coffee at a time. Coffee With A Cop brings police officers and the community members they

serve together—over coffee—to discuss issues and learn more about each other. Visit coffeewithacop.com for additional information about Coffee with a Cop.

This year the Poarch Tribal Police Department hosted its own Coffee With A Cop event at the Tribal SAIL Center on Tuesday, September 26, 2017. This inaugural event was quite successful with approximately 50 community members stopping by for a cup of coffee with Tribal Police Chief Mike Reynolds and his fellow Tribal Police Officers.

Thanks to Tribal Police Officer Billy Bailey for organizing this event and introducing it to our community.

By Gayle Johnson, Editor

SMOKING BAN

HEALTH CLINIC POSTS 'NO SMOKING WITHIN 100 FT OF ENTRANCES' SIGNS



In response to the Good Health and Wellness in Indian Country Grant's Community Health Assessment, 82.3 % of Tribal Members responded positively that it was important to have smoke-free workplaces including restaurants. In response to that, Sandra Day, Community Health Director, and Kay Thomas, Health Educator, applied for a Tobacco Cessation Grant and worked diligently to make this concern a reality, beginning with Tribal Health Clinic.

A resolution to ban smoking near the Health Clinic entrances was presented to the Tribal Council and passed on September 7, 2017.

The vote by the Tribal Council was unanimous with all eight in attendance voting to pass the resolution. (Resolution #2017-080)

With grant funding, signage was purchased and posted outside the clinic on September 21, 2017. The signage reads: *No Smoking Within 100 Feet of All Building Entrances. This policy will be enforced.*

We appreciate your health concerns and that you spoke up to make this a reality at the Health Clinic.

If you or a family member needs help to quit smoking, please contact Kay Thomas at 251-368-9136 ext. 2328.

AMERICAN INDIANS/ALASKA NATIVES HAVE A HIGHER RISK OF EXPERIENCING TOBACCO-RELATED DISEASE AND DEATH



According to the Centers for Disease Control and Prevention, American Indians/Alaska Natives have the highest prevalence of cigarette smoking compared to all other racial/ethnic groups in the United States.

American Indians/Alaska Natives have a higher risk of experiencing tobacco-related disease and death due to high prevalence of cigarette smoking and other commercial tobacco use.

- Cardiovascular disease is the leading cause of death among American Indians/Alaska Natives.
- Lung cancer is the leading cause of cancer deaths among American Indians/Alaska Natives.
- Diabetes is the fourth leading cause of death among American Indians/Alaska Natives. The risk of developing diabetes is 30–40% higher for smokers than nonsmokers.



*N.L. Rackard
Sergeant
US Army*

Our veteran this month is the late N.L. Rackard, who was killed in action in Korea on August 15, 1950.

N.L. joined the U.S. Army on February 20, 1943. He was stationed at Ft. Gordon, Georgia for basic training. After basic training, he was immediately deployed to Europe as a Private First Class in the Infantry.

During his service in France in 1944, he was promoted to Sergeant. N.L. received a Purple Heart for injuries sustained during the invasion of France on June 6, 1944. His actions during this invasion also earned him a Bronze Star for exemplary conduct in ground combat against the armed enemy. He would later be awarded a Silver Star for gallantry in action in Belgium.

N.L. returned home from WWII in September of 1945. He reenlisted in the Army on November 4, 1945 and was stationed at Ft. McClellan, Alabama. In October of 1946, N.L. returned to Europe as part of the Occupational Army; he was stationed in Nuremberg, Germany. He served until his return to the States in 1948. Upon his return, he enlisted in the Reserve Corps.

A true patriot at heart, N.L. reenlisted in the Army on September 28, 1948 and was stationed at Ft. Jackson, South Carolina as a Staff Sergeant until he was deployed to Korea on July 20, 1950. He arrived in Tokyo, Japan on August 9, 1950;

six days later, on August 15, 1950, he was reported as Missing In Action (MIA) at the Naktong River near Seoul, Korea. He remained classified as MIA until he was declared dead on December 31, 1953; his remains were later recovered and were officially identified on October 21, 1954.

N.L.'s body was returned to the United States, arriving in Anniston, Alabama on November 11, 1954; his funeral was held November 13th. He is buried in the military section of the Edgemont Cemetery in Anniston, Alabama.

N.L. is the son of the late Lonnie and Nancy Rackard of Uriah, Alabama. He had three brothers, Raymond, Bill, and Edgar; all of whom are deceased.

He had five sisters, Nesbie Reid, Nessie Reid, Ina Adams Colbert, Warnice McGhee Anderson, and Lois Amos; all of his sisters, except for Lois, are deceased.



The Lonnie and Nancy Rackard family. N.L. Rackard is third from the left on the back row.



N.L. Rackard in Germany while serving with the Occupational Army, from 1946 to 1948.

N.L. married Eunice Blackmon; they had one son, Gene Autry Rackard, born December 24, 1942, shortly

before N.L. enlisted in the Army. Shortly after his return from serving in Europe in WWII, he and Eunice were divorced.

While stationed at Ft. McClellan, he met Lorraine Sewell of Anniston, Alabama. They were married on September 3, 1946. N.L. and Lorraine were active members of the First Baptist Church of Columbia, South Carolina. Eunice, Lorraine, and Gene are all deceased.

“Not knowing what happened to him for so long was terrible,” Lois said. “It was over three years and we didn't know anything! I wanted to join the Army and go over there. I

just knew that if I joined the Army and went over there I could find him. But, they wouldn't let me. I was only 17 and had not finished school; but I knew that if I went over there I could find him.”

N.L. Rackard, just one of many Tribal Members who have proudly served and made the ultimate sacrifice for their family, their Tribe, and their country.

Because of his service and sacrifices, we can enjoy the freedoms we have today.

*Submitted by his sister, Lois Rackard Amos
Article by Gayle Johnson*



The Rackard brothers Bill, N.L. and Edgar



Lorraine, Gene, and Nancy Rackard



N.L. and Lorraine Rackard

Medals and Awards Received

- Purple Heart /June 1944
- Bronze Star/Gallantry in France, June 1944
- Silver Star/Gallantry in Belgium, December 1944
- Purple Heart with Oak-Leaf Cluster/ Germany 1945
- Good Conduct Medal
- Good Conduct Metal w/Bronze Clasp w/2 loops
- WWII Victory Medal
- European-African-Middle Eastern Campaign Medal w/Bronze Arrowhead w/Silver & Bronze Service Stars
- Army of Occupation Medal with Germany Clasp
- National Defense Service Medal Ribbon
- Combat Infantry Badge, 2d Award
- Sharpshooter Badge with Rifle Bar
- Distinguished Unit Emblem w/2 Oak-Leaf Clusters
- Belgian Fourragere
- Gold Star Lapel Button
- United Nations Service Medal
- Korean Service Medal w/Bronze Service Star



Emma Cleo Phillips Bynum Keating, age 92, died peacefully at home on August 15, 2017. Cleo, as she was known by most of her family and childhood friends, was born March 8, 1925, in McCullough, Alabama, the daughter of Della Walker Phillips Albritton and Joseph Thomas Phillips. Her family moved to Nokomis, she spent her childhood in close proximity to Poarch, Alabama, where her Creek Indian family originated.

IN LOVING MEMORY OF
EMMA KEATING
MARCH 8, 1925- AUGUST 15, 2017

Emma was first married to Meador Bynum they lived in Laurel, MS and had four children; Evelyn, Toxie Carl, Faye Marie and Paul Bynum. During the mid-1950s, after a divorce, Emma was employed as a waitress in many well-known restaurants in downtown Pensacola where she met her beloved husband of 55 years, John Keating. They married September 12, 1957. They had three children Ann Marie, Catherine Theresa, and Karen Lorraine Keating.

She loved her family. God first, then family, was her life goal. She made memorable times with her children, grandchildren and great-grandchildren. All who knew her will sorely miss her and her sweet spirit.

She was preceded in death by her husband John J. Keating, a son Paul Bynum, two sisters Etta Mae Phillips and Mary Virginia Phillips Ealy Dorman.



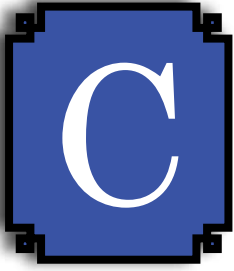
She is survived by her two sisters Pauline J. Phillips Parker and Patricia Ann Albritton Smillie; her children Evelyn Bynum Everidge, Toxie Carl Bynum (Sandra), Faye Marie Bynum Gaspard Boutwell (Cleve), Ann Keating Thames (Chuck), Catherine Keating Siewert, and Karen Keating Hall (Tim); her grandchildren Ronnie, Michael, and Donna Doebler; Karen, Becky and Yancey Gaspard; Robert, Ben, and Lydia Bynum; John and Joseph Hall; Zachary and Benjamin Thames; 23 great grandchildren; and 6 great-great grandchildren.

Special thanks to Minnie Hassell and Myrtis Nims for lovingly caring for Emma Cleo in her final years.

Grandma, your life was full of loving deeds,
forever thoughtful of our special needs.
Today and tomorrow, my whole life through,
I will always love and cherish you.

Unknown Author





IN LOVING MEMORY OF
SARA "NELL" CUMBIE
OCTOBER 30, 1945- OCTOBER 2, 2015



God saw her getting tired and a cure
was not to be.

She tried so hard to stay with us but
her fight was not in vain.

He wrapped her in his loving arms
and whispered "Come With Me."

God took her to His loving home
and freed her from the pain.

She suffered much in silence her
spirit did not bend.

We love and miss you.

Your loving family.

She faced her pain with courage until
the very end.

This article originally ran in the October 2017 issue of the Poarch Creek News. Mrs. Cumbie's name was erroneously misspelled. We apologize for this oversight and any confusion it may have caused.

The Day God Took You Home

*A million times
I've needed you
A million times I've cried,
If love alone
Could have saved you
you never would have died.
In life I loved you dearly,
In death I love you still.
In my heart you hold a place,
No one else can ever fill.
It broke my heart to lose you,
But you didn't go alone
Part of me went with you,
The day God took you home.*

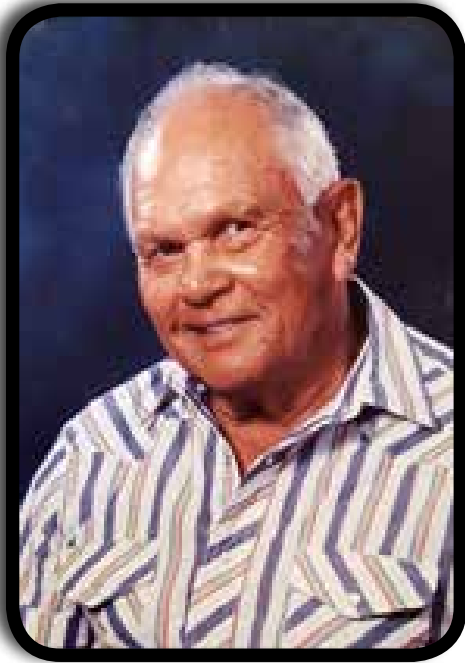
***In Loving
Memory***



Viola. Jeanette. Mayton

November 14, 1934 - November 13, 2016

**We Love & Miss You Mom
Wanda, Linda & Charles**



IN LOVING MEMORY OF
OBIE LEE "SHOT" MCGHEE
OCTOBER 30, 1945- OCTOBER 2, 2015



Dad, remembering you is easy,

We do it every day.

Missing you is the heartache

That never goes away.

We love and miss you.

Your loving family.

Amazing what going out one
night a week can do for you.

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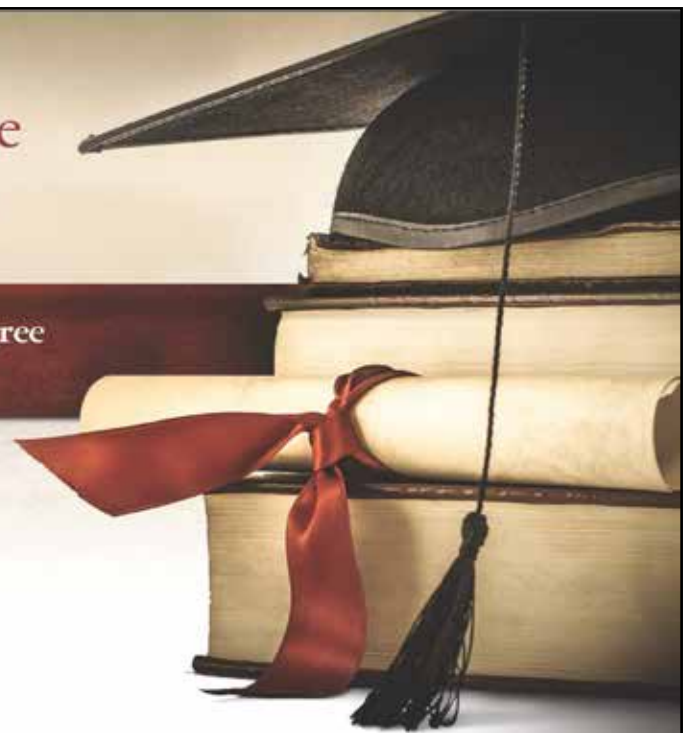
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COX RECEIVES PIN AS PART OF PINNING & CANDLE LIGHTING CEREMONY



Reid State Technical College held its Health Careers Pinning and Candle Lighting ceremony on August 3, 2017. Atmore and Evergreen Practical Nursing graduates were presented pins and awards for outstanding achievement. Kaylee Cox, second row, just right of center, was among those being pinned. Kaylee is the daughter of Theresa Rutherford and Donnie Cox. Congratulations Kaylee!

Submitted by Coretta Boykin, Reid State



Dr. Kimberly Day, left, and Rachel Presley, right.

PRESLEY WORKING AS RESEARCH ASSISTANT

Rachel Presley, a graduate student in the Mental Health Counseling Program at the University of West Florida, will be working as a research assistant to Dr. Kimberly Day. Dr. Day is starting a study focused on preschoolers' control of their emotion and behavior and how factors like parenting and household organization are associated with child development. Rachel will assist in the planning of the study and will be involved in data collection by working with parents and their children during the observational study that will take place at the University of West Florida.

We are proud of you Rachel!

Submitted by Tebyl Presley

IT HAS BEEN AN HONOR TO SERVE MY TRIBE AS ELDER PRINCESS

Thank you for the opportunity to represent the Poarch Creek Indians this past year. It was with honor and great pride for my Tribe that I was able to travel as a representative and ambassador during my 2016-2017 reign.

I would also like to extend a “Big Thank You” to our Cultural Department for their support and encouragement.

It has been a remarkable year traveling with the Pow Wow Youth Club. Getting to know the kids and watching how they represent Poarch Creek while visiting other Tribes has been a great honor. We have a truly amazing group of young people who are our future leaders. They exhibited respect and eagerness to help and are a positive reflection of their current directors.

Thank you
Linda Colbert Cook
2016-2017 Poarch Creek Elder Princess



TRISTAN DAUGHTRY AND MONICA CUMBIE WED

Tristan Daughtry and Monica Cumbie exchanged wedding vows on Saturday, October 14, 2017 at the Kirk House in Axis, Alabama with Pastor Trevor Daughtry officiating.

Monica is the daughter of Eddie and DeAnn Cumbie of Uriah, Alabama. Tristan is the son of Sue Sells and Douglas Daughtry, both of Poarch, Alabama.

Submitted by Monica Cumbie

Tristan's name was erroneously misspelled in the original announcement published in the October 2017 issue of the Poarch Creek News. We apologize for any confusion or misunderstanding this may have caused.



SNEAKY CREEK WINS 2017 NISA NATIVE AMERICAN WORLD SERIES



Congratulations to the Sneaky Creek Men's Softball team for placing 1st in the 2017 National Indian Sports Association (NISA) Native American World Series. The tournament was held September 22-24 in Salt Lake City, Utah.

Pictured: Front row, left to right – Les Smith, Trent Flowers, Mikey Griffey, Mitchell Rolin, David Morris, John O'Barr, Corey Flowers, and Jeremy Odom. Second row-Michael Rolin, Marshall Rolin, and Chasen Freeman. Third- Aaron Gregson, Chris Johnson, and Trent Freeman. Back row – Jake Carlton, Tristan Montgomery, and Bryan Gregson.

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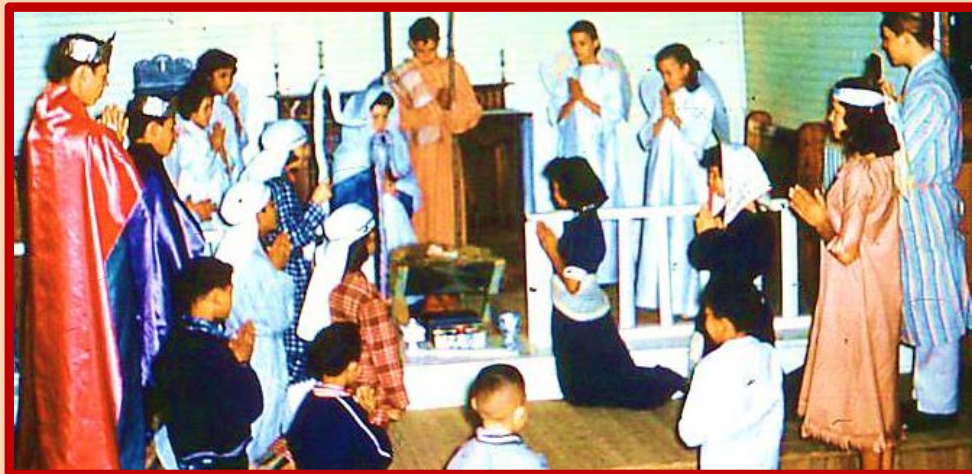
The Office of Archives and Records Management at the Poarch Band of Creek Indians invites you to our



HOLIDAY LUNCHEON WITH THE ELDERS

Tuesday, December 5, 2017 at 12:00 noon

SAIL Center



Who is invited? Elders age 55 and older

**Limited Seating - Must RSVP by December 1
at (251) 368-9136 extension 2289 or 2617**

Our Elders are invited to share a holiday meal together along with stories about family and Tribal history. Our Tribal Council is invited to join us.

Ms. Ellen O'Barr @ 446-4941, Ms. Eialeasha Martin @ 446-4961, Dr. Deidra Suwanee Dees @ 446-4940

Future Teachers at Pensacola State College Learn About Creek History

“Chief Calvin McGhee led the way for the establishment of the Consolidated Indian School in 1949 after decades of imaginative and relentless activism by Creek parents,” said Office of Archives and Records Management Director, Dr. Deidra Suwanee Dees. She explained to future teachers at Pensacola State College the significance of Creeks gaining equal access to public education and bus service before the Civil Rights Acts of the 1960s. This school brought education to a new generation of Creek children who grew up to become Tribal leaders today.

Dr. Dees, a former instructor at Pensacola State College, was invited to give an archival presentation on Creek education on September 27 to Professor Kathy Van Dyck’s class, *Introduction to Diversity for Educators*. Her students, when certified, will teach in kindergarten through twelfth grades. Dr. Dees was accompanied by Ms. Eialeasha Martin who transferred to our Office from the Education Department, and Mr. Paul Bell, Jr. who spoke about Creek culture. Newly retired Professor Cheryl Sexton also attended the class.

Dr. Dees passed around her dissertation while she spoke so that teachers-in-training could hold her research on Creek education in their hands. “You can do research just



This image is from the Elloie Bradshaw Collection in the Office of Archives and Records Management. Contact our Office if you would like a copy.

like this when you study for your doctorate degree,” she said. Her research on the *Muscogee Education Movement* is available in our Special Collections Library.

“Women hold a special role in Creek culture,” Mr. Bell said to students. He explained the significance of women’s roles at *Hvsoosv Tvllahasse*, the traditional Creek stomp dance grounds. “The women are the backbone of our culture,” he emphasized.

Professor Van Dyck said a number of students were learning about the Creek’s struggle for an equitable education for the first time. The presentation was “a very good supplement to the course text” which highlights educational activism beginning in the 1800s. Students came to understand that the struggle continued all the way to the 1940s.

Afterwards, Dr. Dees/Team conducted research on Creek records at West Florida Genealogy Library by searching through meticulous microfilm rolls. They copied letters between Creek Chief Alexander McGillivray and President George Washington in the late 1700s which are now available in our Office.

If you would like to come in and conduct research, the Office of Archives and Records Management is holding a Research Day on November 6. Please call Ms. Martin at 446-4961 to set up an appointment to receive help in researching Creek records. Mvto.

*Submitted by Director/Tribal Archivist,
Deidra Suwanee Dees, Ed.D*

PROGRAMS & SERVICES



CORRECTION

Bryson Barnhill was named the Boys & Girls Club PK-2nd Grade Division Youth of the Month for September, 2017.

In last month's issue we erroneously had him listed as Bryson Bar. We apologize for this error and any confusion it may have caused.

Poarch Creek News

Boys & Girls Club

Art by Cher www.artbycher.50webs.com

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

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TRIBAL YOUTH COUNCIL STRIVES TO INCREASE YOUTH INVOLVEMENT



Addison Albritton (l) and Hope Tucker (r); members of the Tribal Youth Council helping clean up the environment during the 2017 Alabama Coastal Clean-up event.

On behalf of the Tribal Youth Council (TYC), I would like to welcome our new members as well as the newly elected Tribal Youth Council Officers into their new rolls within the TYC.

The TYC is looking forward to a new beginning as we start working toward

the holiday season and pursuing the goals we have set. The TYC have set goals that focus on the community and our Elders.

Over the past months, the TYC has been helping in the community and across our state by participating in events such as the Coastal


Cleanup. We teamed up with other organizations from the Poarch community which include: the Environmental Department, Tribal Youth Conservation Corps (TYCC), Keystone Club, and Pow Wow Club.

The TYC joined with the TYCC and the Tribe's Environmental Department in a clean up along the creek at Magnolia Branch.

In October, the TYC will bring in our new officers as well as our new members. Other events planned for October are stickball games, bingo with the Elders, and a team building exercise.

The TYC would also like to remind everyone in the community that "Rock Your Mocs" will be on November 15th and we look forward to seeing everyone at the 47th Annual Thanksgiving Pow Wow.

Submitted by Joey Selzer, Cultural Educator



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47TH 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 23rd 1:00 pm
November 24th 12:00 pm
Dancers & Singers must pay on
Thursday; General Admission is
your registration fee.

Head Staff

Emcee- Juquin Hamilton
Arena Director- Dude Blalock
Head Drum Judge- Alex Alvarez
Head Dance Judge- Thomas Rolin

Online registration available for
dancers, drums, & vendors at:
www.pci-nsn.gov/westminster/pow_wow.html



47TH Annual Pow Wow
6477 Jack Springs Road • Atmore, AL 36502

Muskogee Inn
(251) 368-8182

Hampton Inn
(251) 368-9090

Holiday Inn Express
(251) 368-1585

Fairfield Inn
(251) 368-1188

www.poarchcreekindians-nsn.gov

SPECIALS FOR 2017

Men's Traditional

Contemporary vs Original
1st place: \$1,000
2nd place: \$500

Women's Fancy Shawl

Contemporary vs Original
1st place: \$1,000
2nd place: \$500

Men's Grass

Contemporary vs Original
1st place: \$1,000
2nd place: \$500

Women's Jingle

Contemporary vs Original.
1st place: \$1,000
2nd place: \$500

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



47TH 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

Wind Creek RV Park
(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

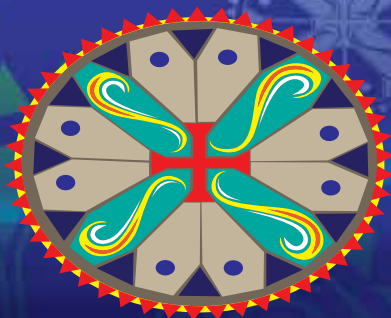
Fairfield Inn
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47TH Annual Pow Wow
6477 Jack Springs Road
Atmore, AL 36502

Co-Sponsored By:



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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



LITTLE MISS PRINCESS CONTESTANTS



Yanasa Tasahce Alvarez
Daughter of Amber & Alex Alvarez



Nevaeh Marie Hall
Daughter of Jennifer & Michael Griffey



Sophia Peyton Ikner
Daughter of Danielle Sanspree & Heath Ikner



Brylynn Mack McGhee
Daughter of Kimberly & Bryan McGhee



Tenleigh Brooke Peebles
Daughter of Mallory Martin & Lawrence Peebles



Mylynn Alyssa Sybil Smedley
Daughter of Jami & Aaron Smedley

ELEMENTARY PRINCESS CONTESTANTS



Savannah Lyn Gibson
Daughter of Janel & Shane Gibson



Tehya Anevay Rolin
Daughter of Stephanie & Shawn Rolin

JUNIOR PRINCESS CONTESTANT



Audrey Hope Tucker
Daughter of Theresa & Waylon Tucker

SENIOR PRINCESS CONTESTANT



Gabriella Treacy McGhee
Daughter of Charlotte & Stephen McGhee

ELDER PRINCESS CONTESTANTS



Norah Lee Franklin
Daughter of Juanita Anderson & John Lee McGhee



Beatrice Presley
Daughter of Rena & William Hosey Presley



Gayle Veasey
Daughter of Annie Lewis

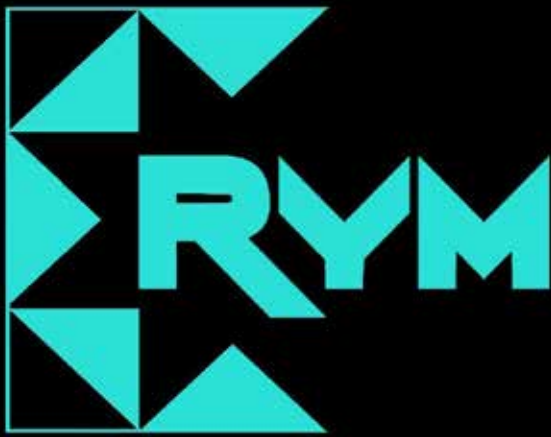
PRINCESS CONTEST SCHEDULE

TALENT SHOW

Wednesday, November 22, 2017
6:00 p.m.
Building 500 Auditorium

COMPETITION & CROWNING

Thursday, November 23, 2017
11:30 a.m.
Mound/Pow Wow Grounds



Wednesday, November 15, 2017

Rock Your Mocs 2017

EVERYONE JOIN US IN CELEBRATING NATIVE AMERICAN HERITAGE MONTH BY ROCKING YOUR MOCS...

Please send the Cultural Dept., a picture of your department rocking your mocs to jcmcgree@pci-nsn.gov.

ATTENTION!!

2017 POW WOW TICKETS

Tribal Member Head of Households will be able to pick up their 2017 Pow Wow wristbands at the Kerretv Cuko Museum Gift Shop, starting:

Monday, November 13, 2017 @ 900am
until
Wednesday, November 22, 2017 @ 5:00pm

Each Tribal Member Head of Household will receive (4) wristbands and must provide Tribal ID when picking up, if you are picking up for someone else you must provide a letter and a copy of that person's Tribal ID. If you are not able to pick up prior to the Pow Wow, they will be available at the gate.

IF YOU HAVE ANY QUESTIONS PLEASE
CONTACT THE CULTURAL DEPARTMENT AT
251-368-9136 EXT. 2293

PCI Education Department

LIBRARY

will be closed
Monday-Thursday
from 3:00PM -5:00PM to
accommodate
Homework Club and
Tutoring Program
students.

Welcome

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stan.dewise@unitedbank.com



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NMLS # 1322793

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Mortgage Services



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*184 Program is only available to members on active tribal roll and in certain areas. See United Bank representative for complete details. United Bank NMLS# 494759



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When it comes to good times, Wind Creek Atmore is your ticket! Get front and center at the Amphitheater for music's biggest acts, catch big screen excitement at a Hollywood blockbuster, or bowl for bragging rights at Strikes. Like to play games? Then Arcade is the place for you. And when great food is the only way to go, slide into Grill or TASTE Buffet and satisfy your appetite for more!



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TEEN CHRISTMAS PARTY



**Tribal Members, 1st Generation,
and Tribal Household**

Ages: 13-17

**December 1
7-10 PM**



Wind Creek Casino Ballroom

Join us for a fun filled night of music, dancing, food, and gifts. Casual dress is encouraged but must be appropriate. Guest and parents are not allowed to attend the party. Teens will be supervised while in the ballroom.

**Registration form below is due by 5:00 PM on
Nov. 17 to the Education Department**

Registration can be submitted to: mweaver@pci-nsn.gov or Edu. Dept. 5811 Jack Springs Road, Atmore, AL 36502. For questions call (251) 368-9136 ext. 2021.

Teen's Full Name: _____

Contact Number: _____ Age: _____ (Must be 13 by Dec. 1, 2017)

Please check one of the following: _____ Tribal Mem _____ 1st Gen _____ Tribal Household

Monica Johnson One Determined Mom

Monica Johnson, First Generation Tuition Coordinator in the Poarch Education Department, has first-hand experience when it comes to advising students on the ins and outs of navigating their time at colleges and universities. Monica assists First Generation students with questions about funding and acts as a liaison between the school and the Financial Department at Poarch. Monica returned to school as an adult to finish up her degree, so she has walked in their shoes as a student. "I know the mistakes that can be made regarding over-priced schools and programs," added Monica.

With Hannah (who was 7 at the time) and Claire (who was 3) at home and a full time job, Monica found the time and energy to push herself forward and earn her Bachelor's in Business Administration from Faulkner University.

Monica said, "It was determination to get it done that got me through,

it is easy to give up I had put school off for a few years and time passed. I finally made up my mind to get it done."

Monica had always planned to continue on to college after high school and had the dream of becoming a Marine Biologist. She began college at Jeff Davis, then spent some time at South Alabama. Life soon carried her in another direction, putting school on the back burner.

Once she decided to return to complete her degree, her mom and husband Chad were her biggest supporters; always giving her encouragement. Monica plans to continue her education once her family is done growing. She enjoys learning for the sake of learning and has set her sights on a Master's in Management from Faulkner.

When questioned on how Tribal funding has helped Monica replied, "Financially, the Tribe covered the cost of my education. Without Tribal funding, I would have had to consider the significant debt that the family would have to carry; that debt would impact everyone in



Monica and Chad Johnson

the family. I am not sure I would have done it without the Tribe."

Monica thanks the Tribe for the opportunity to pursue her education. She thanks God, her family, and friends for the support and encouragement that they have given her that has helped her achieve her education success.

Monica, you make us proud!

Submitted by Annie Nowak

"Map out your future - but do it in pencil. The road ahead is as long as you make it. Make it worth the trip."

Jon Bon Jovi

Searching for 2017-18 Tribal Member & First Generation High School Graduating Seniors Interested in Attending:

Cultural Exchange Abroad 2018

10 Day Trip
June 14th-June 23rd

Applications are due Friday, February 9, 2018 by 5:00 p.m. Please mail, email, or hand deliver applications to Mallory Martin.

Applications are available on Education's page of the Tribal web site, www.pci-nsn.gov, application may be completed in computer browser, then printed for submission. Applications are also available at the Education, Cultural, and Community Services Departments.

If you have any questions, join us for an information meeting on Tuesday, December 12, 2017 at 5:30 p.m. at the Food Pavilion on the Pow Wow Grounds.

CONTACT:

Mallory Martin
mmartin@pci-nsn.gov
251-368-9136 ext. 2930
5811 Jack Springs Road
Atmore, AL 36502
or
Magen Weaver
mweaver@pci-nsn.gov
251-368-9136 ext. 2021

Location: Canada



This trip is for Graduating Seniors who are interested in learning about Indigenous peoples in Canada.

THIS IS AN ALL EXPENSE PAID TRIP!!

Graduating Seniors must complete an application, 40 hours of community service, attend an onsite two (2) day course on your Poarch Creek Indian History and Culture, and successfully pass a drug and alcohol screening. If you do not meet all of the requirements, you will not be able to attend.



2017-2018 Cultural Exchange Abroad Application

Applicant Information

Full Name:		Date:
Address:		
City:	State:	Zip Code:
Phone:	Email:	
Sex: Female <input type="checkbox"/> Male <input type="checkbox"/>	Age:	Social Sec. Number :
Date of Birth:	City of Birth:	State of Birth:
<input type="checkbox"/> Tribal Member		<input type="checkbox"/> First Generation
Please indicate your Tribal Affiliation? Roll #:		(Letter must be submitted)
Do you have a passport? NO <input type="checkbox"/> YES <input type="checkbox"/>		Expiration Date: _____ Passport #: _____
Do you have any health issues or allergies? NO <input type="checkbox"/> YES <input type="checkbox"/>		
If yes, please explain your condition:		
Have you participated in any Creek Indian cultural projects or activities in the past? YES <input type="checkbox"/> NO <input type="checkbox"/>		
If yes please list the project or activity:		
Do you live in the five county service area? YES <input type="checkbox"/> NO <input type="checkbox"/>		
Do you have access to a computer and internet service? YES <input type="checkbox"/> NO <input type="checkbox"/>		

Education

Are you currently attending school? YES <input type="checkbox"/> NO <input type="checkbox"/>	Current Grade:
Name of School Attending:	
School's Mailing Address:	
Are you scheduled to graduate in the 2017-2018 school year? YES <input type="checkbox"/> NO <input type="checkbox"/>	
Date of Graduation:	T-Shirt & Jacket Size:

Parent/ Guardian/ Emergency Contact Information

Parent/ Guardian Name:	
Home Phone:	Cell Phone:

Notification and Signature

I certify that I understand that this trip is an all-inclusive trip paid for by the Poarch Creek Indians and is solely based on me graduating high school, if I do not graduate I cannot attend this trip. My parent will be responsible for paying back any money that is not refundable to the Tribe. I certify that all information I have provided is true, complete and correct. I understand that untrue, misleading, or omitted information herein may result in disqualification regardless of the time of the discovery by the Poarch Creek Indians. I authorize the Poarch Creek Indians or its representatives, to verify the accuracy of all information provided by me in this application. If accepted, I agree to abide by the rules and policies of the Poarch Creek Indians. I certify that I have read, fully understand, and accept all the terms as stated above.

Participant Signature: _____ Date: _____

Required documents include:

- ☐ Current Report Card ☐ First Generation Letter if applicable ☐ Tribal ID/Letter
☐ Attached Form signed by principal and parent/guardian



2017-2018 Cultural Exchange Abroad

To be filled out by your Principal and returned with your application.

Student's Name _____

The above named student is currently enrolled at _____. He/she is working toward completing all graduation requirements and is on schedule to graduate during the 2017-2018 academic year.

Principal's Signature: _____ Date: _____

To be filled out by your Parent/ Guardian and returned with your application.

My child, _____, has my permission to apply for, and to participate in, the Poarch Creek Indians Cultural Exchange Abroad Program and will abide by all the policies and procedures set forth by the Poarch Creek Indians. I understand that upon acceptance, we will be asked to formally commit to the program and we will complete all necessary forms and have a passport according to the timetable established by the Poarch Creek Indians Community Services Department. I understand that this trip is an all-inclusive trip paid for by the Poarch Creek Indians and is solely based on my child graduating high school, if my child does not attend the trip or full fill his or her obligations, I will be responsible for paying back any money that is not refundable to the Tribe.

Parent/Guardian's Signature: _____ Date: _____



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Owner

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HOUSEHOLD HAZARDOUS WASTE COLLECTION DAY

SATURDAY
November 4, 2017
8:00 AM - 12:00 NOON

Sponsored by Poarch Creek Indians Environmental Department
5811 Jack Springs Road, Atmore AL, 36502 (251) 368-9136 x 2683

THIS COLLECTION IS FOR HOUSEHOLDS ONLY

Large quantities from businesses, farms, or commercial operations will not be accepted.

ACCEPTING:

Paints
Automobile Batteries
Motor Oil
Antifreeze
Household Cleaners
Household Chemicals
Pesticides
Flammables
Corrosives
Fluorescent bulbs
Electronic waste such as:
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
Audio or Video Equipment
Networking Equipment
Tape Drives
Test Equipment
Fax Machines
Keyboards
Voice/Tape Recorders
Radios
Walkman Products
Calculators
Cellular Phones
Phone Accessories
Other hazardous household &
electronic waste products

PROHIBITED

Infectious & Medical Waste
Medications
Biological Materials
Radioactive Materials

Compressed Gas Cylinders
Ammunition
Fire Extinguishers
Smoke Detectors
Explosives

THIS IS A FREE SERVICE!

Please utilize this opportunity to keep these hazards out of our waterways and natural environment.

POARCH CREEK FIRE STATION #1
5811 JACK SPRINGS ROAD
ATMORE, AL

**OPEN TO ALL
RESIDENTS OF
POARCH AND
SURROUNDING AREA**

Tribe Participates in Alabama Coastal Cleanup



The Environmental Department along with the Tribal Youth Conservation Core participated in Coastal Cleanup on September 14, 2017 by picking up trash along the banks and stream of Big Escambia Creek. Approximately, 463 pounds was collected during this one event. Shown above left to right are Bernie White and Kristi Weatherford from the Environmental Department; Sarah Mills, Seboy Thrower, and Joey Selzer, members of the Tribal Youth Conservation Core.

Every year thousands of tons of garbage winds up in the oceans, with 60% of that being composed of plastic material. Plastics especially last a very long time in the ocean and are in such abundance that there are over 46,000 individual pieces of plastic litter for every square mile of ocean space. Plastics are very hazardous to marine life, killing more than a million birds and over 100,000 seals, turtles, and whales and an enormous amount of fish in our ocean.

Coastal Cleanup Day encourages everyone to get out to our local beaches, rivers, and streams and help limit this problem by cleaning up the garbage and preventing it from reaching our oceans.

Alabama Coastal Cleanup is the state's largest one day volunteer event and was held September 16, 2017. Alabama Coastal Cleanup is made possible by the support of sponsors. The Poarch Band of Creek Indians have been the presenting sponsors for the past two years for this event.

The Poarch Band of Creek Indians' Environmental Department hosted and coordinated two events for Coastal Cleanup. On September 14, 2017, the Environmental Department along with the Tribal Youth Conservation Core canoed and kayaked Big Escambia Creek which runs through the Magnolia Branch Wildlife Reserve and collected litter and trash along the stream and banks. Approximately, 463 pounds of litter and trash was collected from this one event.

Submitted by Kristi Weatherford

The 2017 Alabama Coastal Cleanup is the 30th year of the State's largest annual volunteer event. Involved citizens, school groups, businesses and clubs walk or boat in 28 different zones throughout Mobile and Baldwin Counties. Volunteers pick up what they find and record the data which is submitted to The Ocean Conservancy to track what is getting into our oceans. The information is used for education on sources of debris and its effect on the environment. For more information please visit www.AlabamaCoastalCleanup.com for a zone nearest you or call (251) 928-9792. The Coastal Cleanup event is held annually on the third Saturday of September.



On September 16, 2017, the Poarch Band of Creek Indians Environmental Department along with 30 youth and volunteers representing Pow Wow Club, Keystone Club, Cultural, and Tribal Youth Conservation Core from the Community Services Division traveled to Orange Beach, Alabama to participate in the State's Coastal Cleanup event. At the time of this article the amount of litter and trash collected was not available. Participants were Bethany Albritton, Emily Fayard, Addison Albritton, Waylon Tucker, Kristi Weatherford, Tiffany Janes, Emma Weatherford, Laura Weatherford, Hope Tucker, Kaiden McGhee, Nat Martin, Gage Gades, Thresa Tucker, Carolyn Bodiford, Chloe Martin, Neely Martin, Donna Koehrsen, Phenix Crews, Rachelle Koehrsen, Olivia Powell, Cloey Powell, Cole Koehrsen, Chris Blackburn, Barnie White, Joey Seltzer, Sarah Mills, and Malin White.

Submitted by Kristi Weatherford





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Call for tobacco pricing: 251-446-8801
Next to Wind Creek Casino



Inside Creek Travel Plaza

Quick BITES

Meals for those on a schedule!

Grilled Cheese Sandwich \$3.99	
 Burgers \$9.99	Po-Boys \$8.99
 Club Sandwich (ham or turkey) \$4.99	
BTL Sandwich \$4.99	
Shrimp Basket \$11.99	
Quesadillas	
Chicken \$7.99	
Steak \$9.99	

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

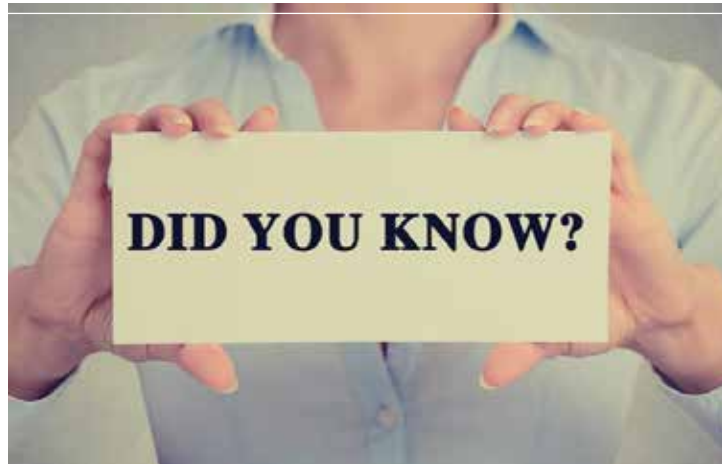


Creek Indian Enterprises Development Authority

CIEJOBS.COM



Go to ciejobs.com to see listings of open job positions in Huntsville, Atmore and Wetumpka. Or call 251-368-0819.



Recycling Facts:

- **Currently less than 35% of households and less than 10% of businesses in the U.S. recycle.**
- **If 75 % of the U.S. recycled it would equal the benefit of removing 50 million cars.**

Cardboard:

- **Recycled cardboard only takes 75% of the energy needed to make new cardboard.**
- **Recycling 1 ton of cardboard saves 46 gallons of oil.**

Paper:

- **The U.S. throws away enough office paper each year to build a 12 foot high wall from Seattle to New York.**
- **Recycling a stack of newspaper just 3 feet high save one tree**

You Can Make A Difference

PAPER RECYCLING



ONLY



PBCI Environmental Department
5811 Jack Springs Road
Building 300
Atmore, AL 36502
251-368-9136 ext 2683

StrongHearts Native Helpline Supports Tribal Communities Across The United States

The story of the StrongHearts Native Helpline began in 2012 when the National Indigenous Women's Resource Center (NIWRC) and the National Domestic Violence Hotline (The Hotline) began discussing the need for a domestic violence hotline to support tribal communities across the United States. With input from tribal leaders, a Native women's council, domestic violence experts, and

the Family Violence Prevention and Services Program, the two organizations began laying the groundwork to develop a Native-centered hotline staffed by advocates with a strong understanding of American Indian cultures, as well as issues of tribal sovereignty and law.

Their vision became a reality with the creation of the StrongHearts Native Helpline (StrongHearts) in March 2017, made possible by support from the Administration on Children, Youth and Families, Family and Youth Services Bureau, U.S. Department of Health and Human Services and Verizon.

StrongHearts is a culturally-appropriate, anonymous, confidential service dedicated to serving Native American survivors

of domestic violence and concerned family members and friends. By dialing 1-844-7NATIVE (1-844-762-8483) Monday through Friday from 9 a.m. to 5:30 p.m. CST, callers can connect at no cost one-on-one with knowledgeable StrongHearts advocates who can provide lifesaving tools and immediate support to enable survivors to find safety and live lives free of abuse.

StrongHearts is a partnered effort, combining the technology and infrastructure of The Hotline with NIWRC's expertise and community connections, as well as the trust of Native advocacy groups.

www.strongheartshelpline.org/

Visit strongheartshelpline.org for more information about domestic violence, dating violence, getting help, and staying safe.



Of homicides against Native American women, **more than three out of four** were killed by an intimate partner.



Native American women are victims of violent crimes at **3.5x the rate** of the national average.



More than half of Native American women experienced physical violence by an intimate partner in their lifetimes.

The 2017 Kid's Christmas Party Information



“Christmas at the Wind Creek Cinema”

- The Family Services Department will host the 2017 Kid's Christmas Party at the Wind Creek Cinema on December 7, 2017 from 5:30 p.m. until 8:30 p.m.
- The same movie will be shown in all theater rooms except for one which will be reserved for Santa.
- The time 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 wait to see the movie at the next showing time.
- Food including a hot dog and a drink will be served prior to the movie starting. All other food items will be available for purchase.
- Plan to join us for this event and take time to enjoy the beautiful Christmas lights in the Wind Creek Casino's courtyard area.

Please complete the Kid's Christmas Pre-Registration form and return it to Michealine Deese (mdeese@pci-nsn.gov) by Thursday, November 2, 2017 by 5:00 p.m. Please let's not wait until the 2nd of November to turn in your form.

We would like for every child that is eligible to attend this event but you will have to turn in the pre-registration form.

Amanda Montgomery, Family Services Director

Family Services Department

Telephone number: (251) 368-9136 ext. 2600

Fax number: (251) 368-0828



Poarch Creek Indians Family Services Department 2017 Tribal Kid's Christmas Party Pre-Registration Form

*Children eligible to Pre-Register include:

- ♦ children between the ages of birth through 12 years of age, and
- ♦ children who live in a PCI Tribal Member's household

****Each child must be pre-registered to attend!****

*The Pre-Registration Form is due to the Family Services Department on or before
Thursday, November 2, 2017 by 5:00 p.m.

*The Tribal Kid's Christmas Party will be held on Thursday, December 7, 2017 from
5:30-8:30 p.m. at the Wind Creek Cinema.

****Pre-registration will not be accepted over the phone!****


If you send in by email please send it to mdeese@pci-nsn.gov ONLY. You will receive an email notification that your email has been received.

2017 Tribal Kid's Christmas Party Pre-registration Form

Parent/Guardian's Name: _____ Roll #: _____
Home Address: _____ Phone #: _____

*Please list child's name, date of birth, age, gender, and also list any family members planning to attend the Tribal Kid's Christmas Party with your child (ren). **You must include a copy of the Tribal Member ID card and verification of the residency of all children listed below with your pre-registration form. Verification of residency forms may include daycare enrollment forms or school enrollment forms. Verification is not required if our child (ren) attend last year (2016).**

Name	Date of Birth	Age	Male/Female	Tribal Member #



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or call 850.477.1947 to learn more.**

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Dementia Caregiver College

Thursday, November 2nd, 2017

**Location: Poarch Creek Indian, Buford L. Rolin Health Department
5811 Jack Springs Road
Atmore, AL**

8:45 – 9:00 AM Registration

9:00 AM Welcome: Cheryl Jones, Account Executive, Covenant Care
Kay Thomas, Health Educator, Poarch Creek Indian Health Department

9:15AM – 10:15AM Courtney Millenbine, CRNP, FNP-C, RN-BSN, MPAH, Covenant Care, “Understanding the Behavioral Expressions of Alzheimer’s Disease”

10:15AM – 10:30AM Break

10:30AM – 11:30AM Barbara Scheurer, LPN, Memory Care Center Director, Covenant Care, “Coming Home with Covenant Care – The Residence”

11:30 AM Lunch provided by Covenant Care

11:45 AM Virtual Dementia Tour at Lavan Martin ALF

For questions or to register, please contact:
Cheryl Jones, Account Executive, Covenant Care
RSVP via email Cheryl.Jones@choosecovenant.org
Or phone 251-753-8526



One Out Of Five Tribal Members Have Diabetes

At 19.6%, almost 1 out of every 5 Poarch Creek Tribal citizens have diabetes. This number is over twice as high as in the United States population.

The Special Diabetes Program for Indians (SDPI), which was established by Congress in 1997, has been instrumental in addressing the diabetes epidemic in Native Americans. Since the beginning of the SDPI, kidney failure from diabetes in Native Americans has dropped more than any other race or ethnicity. The SDPI grant has allowed the Poarch Creek Indian Health Department to establish a diabetes program to help improve the quality of life for those persons with diabetes. Education plays a fundamental role in decreasing the complications associated with uncontrolled diabetes.

In order to offer the most up-to-date education, a provider has to stay abreast of the latest treatment modalities and therapies. The



Shown left to right are Donna Johnson, RN/Diabetes Case Manager, and Marsha Fendley, Registered Dietician.

Poarch Diabetes Program is recognized through the American Diabetes Association. This means that the program has to maintain yearly standards and provide a quality education program. Recognition has become a standard of excellence for the delivery of diabetes education program.

The Poarch Diabetes Program currently employs two Certified

Diabetes Educators, Marsha Fendley, Registered Dietician, and Donna Johnson, RN/Diabetes Case Manager. Both possess comprehensive knowledge and experience in diabetes management, pre-diabetes, and diabetes prevention.

Please call Marsha or Donna at 251-368-9136 ext. 2354 or 2332. We would love to talk with you.

SPECIAL DIABETES PROGRAM FOR INDIANS (SDPI) REAUTHORIZATION

Currently, the SDPI is only authorized through the end of 2017. Former Tribal Chairman Buford L. Rolin was intricate in passing this important legislation. Please consider contacting your Congressman to urge support for the reauthorization of the SDPI. Go to [https://www.usetinc.org/wp-content/uploads/LizMalerba/SPF Alerts/SDPI 2017 Reauth Tribal Template Support Letter October 2017.docx](https://www.usetinc.org/wp-content/uploads/LizMalerba/SPF%20Alerts/SDPI%202017%20Reauth%20Tribal%20Template%20Support%20Letter%20October%202017.docx) for the SDPI Support Tribal Template Letter to use when contacting your Congressman.

DIABETES EVENTS FOR NOVEMBER

Walk N and Weigh
Every Monday & Thursday
8:00 a.m. until 9:00 a.m.

November 1, 2017
Monthly education session at the S.A.I.L. Center
Lavan Martin Assisted Living Facility
11:30 a.m. until 12:00 noon

November 3, 2016
Dinner in Honor of Diabetes Month
Auditorium of Building 500 6:00 p.m.

If you or someone you love has been affected by diabetes, please join us for an evening of fun and fellowship. RSVP by October 15th was required.

November 15, 2017
Monthly Lunch & Learn in
Pensacola, FL at the Hyatt
11:00 a.m. until 2:00 p.m.

Please call Donna Johnson or Marsha Fendley at 251-368-9136 ext. 2332 or 2354 for more information.



Drive Thru
Flu Clinic

Thursday
November 9, 2017

Buford L. Rolin
Health Clinic

8:30 am - 4:30 pm



**WELDERS
WANTED**

FOR MORE DETAILS ON THIS POSITION GO TO:
CIEJOBS.COM OR CALL 251-368-0819

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#1 Independent Truck Stop.*

And for the second year in a row, we were ranked the
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We invite you to stop in and see what all the fuss is about.

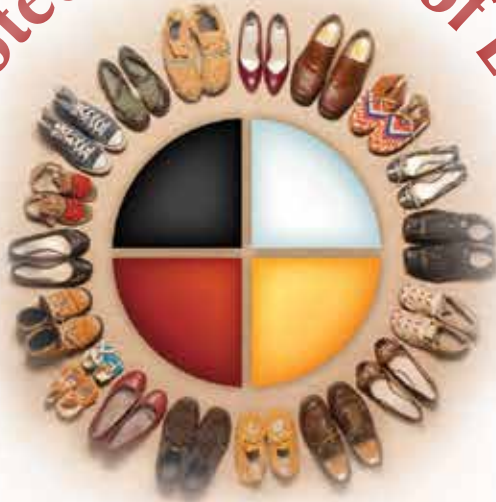


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Protect the Circle of Life



THE FLU & YOU

What is influenza (the flu)?

The flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs. It can cause mild to severe illness. At times, it can lead to death.

Who should get a flu vaccine?

Everyone 6 months and older should get a flu vaccine, especially if you are at high risk for complications, or if you live with or care for someone who is high risk for complications.

Your family may be especially vulnerable to the flu.

Influenza poses a greater risk to certain people, including pregnant women, children, and elders, who are all at high risk for flu-related complications. In fact, pneumonia and flu are a leading cause of death among Native elders. The flu also can cause certain health conditions, including diabetes, asthma, and heart and lung disease, to become worse. Pneumonia and bronchitis are examples of serious flu-related complications, which can result in hospitalization and sometimes even death.

SIGNS AND SYMPTOMS OF THE FLU

People sick with influenza feel some or all of these symptoms:

- Fever* or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (very tired)
- Some people may have vomiting and diarrhea, though this is more common in children than adults.

**Not everyone with the flu will have a fever. You can be sick and contagious without running a temperature.*

HELP PREVENT THE SPREAD OF THE FLU

- Get a flu vaccine each year.
- Stop the spread of germs, including influenza viruses:
 - ♦ Cover your coughs and sneezes
 - ♦ Wash your hands often
 - ♦ If you're sick, stay home
- Take antiviral drugs if they are prescribed for you.

**PROTECT YOURSELF.
PROTECT YOUR PEOPLE.**

The influenza vaccine is safe. You can't get the flu from the flu vaccine.

People have been receiving flu vaccines for more than 50 years. Vaccine safety is closely monitored annually by the Centers for Disease Control and Prevention (CDC) and the Food and Drug Administration (FDA). Hundreds of millions of flu vaccines have been given safely to people across the country for decades.

The viruses in the flu shot are killed and the viruses in the nasal spray vaccine are weakened, so neither vaccine can cause the flu. A flu shot can have mild side effects, such as soreness or swelling where the vaccine was received, a mild fever, or aches. Mild side effects of the nasal spray can include runny nose, headache, sore throat, and cough. Any side effects you experience are not contagious to others and should disappear within 2 days.

When should I get a flu vaccine?

It's difficult to know when flu activity will peak. So vaccination before December is best to ensure protection. However, even getting vaccinated in December or later can be protective because influenza disease can last as late as May. It takes 2 weeks after getting the vaccine for your body to develop an immune response against influenza.

Why do I need to get a flu vaccine each year?

You need a flu vaccine each year because influenza viruses are always changing and immunity wanes over time. Each year, experts identify the influenza viruses that are the most likely to cause illness during the upcoming flu season. Your flu vaccine protects against those viruses. It does not protect against other viruses (such as colds or stomach viruses) or against very different influenza viruses not in the vaccine.



WHERE DO I GET A FLU VACCINE

- **Your local healthcare facility
(even if you don't have a
regular doctor or nurse)**
- **Mobile and community-based
immunization clinics that
visit many locations**
- **Pharmacies and grocery
stores where available**

**Ask your Community Health
Representative (CHR) or
Community Health Aide (CHA)
for more information.**

Local Information

Contact Sandra Day, RN, BSN,
Community Health Director, at
(251) 368-9136 x 2315 or sday@pci-nsn.gov if you have any
questions or concerns.

**THANK YOU FOR KEEPING
INDIAN COUNTRY HEALTHY**

Learn more at www.cdc.gov/flu
or call 1-800-CDC-INFO





Making one small change towards a healthy lifestyle is better than no change at all. It's never too late to start!

Heart Disease Prevention ABCs



Avoid tobacco

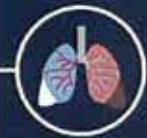


Become more active



Choose good nutrition

Common Warning Signs of a Heart Attack



Many cancer deaths could be prevented by early detection.

Recommended Cancer Screenings for Women



Pap Smear every 3 years (if normal) for ages 24-64*

Mammogram every 2 years (if normal) for ages 52-64*

Colonoscopy every 10 years (if normal) for ages 50-75*

Recommended Cancer Screenings for Men



Colonoscopy every 10 years (if normal) for ages 50-75*

Prostate exam every year for ages 50 and older according to the American Cancer Society

*According to 2016 Indian Health Service Government Performance and Results Act Logic



Kidney disease often has no symptoms until it is very advanced. A simple urine test can tell you if you have kidney disease.

Prevention Tips

1. Don't smoke
2. Lower salt in your diet
3. Exercise
4. Avoid alcohol

Major Risk Factors Include

1. Diabetes
2. High blood pressure
3. Heart disease
4. Family history of kidney disease

MYTH or FACT: The Truth about Cardiovascular Medications



When you have high blood pressure or high cholesterol, your medication can help give you the freedom to keep doing what you love. Check out these common myths about cardiovascular medications. Are any of these holding you back?



MYTH #1: I've heard that the side effects of medications for high blood pressure and high cholesterol are not worth it.

FACT: Any medication can cause side effects, but many people do not experience negative effects from taking medication for high blood pressure or high cholesterol. For those that do, the side effects are often mild. But if you're worried or are experiencing side effects, talk to your healthcare providers. They can help you choose a medication that works for you, so you can keep going strong for the ones you love.



MYTH #2: I feel fine, so I can stop taking my medication.

FACT: For your medication to work properly, you should always take it as prescribed. Never stop taking medication without first talking to your healthcare provider and always remember to follow the recommendations of your healthcare team.



MYTH #3: I'm taking my medication, so I can eat whatever I want.

FACT: Taking medication does not eliminate the need for a healthy lifestyle. While medication can help control your high blood pressure or high cholesterol, it's important to eat healthy and enjoy regular physical activity as well. Consider grilling or baking instead of frying, eat fresh fruits and vegetables, and check nutrition labels to find foods with 140 mg or less of sodium. Above all, always remember to follow your healthcare provider's advice.

MYTH #4: I eat healthy and exercise, so I don't need to or can eventually stop taking my medication.

FACT: High blood pressure or high cholesterol can be lifelong issues. Healthy eating and exercise can make a difference, but these changes may not always be enough to control high blood pressure or high cholesterol. If you need medication, taking it as prescribed can reduce your chance of having a heart attack or stroke. Remember to talk to your healthcare provider about your personal health history and what's right for you.



MYTH #5: I've never had a heart attack or stroke, so I don't need to make lifestyle changes.

FACT: Just because you've never had a heart attack or stroke doesn't mean that you won't. Don't wait for symptoms. Talk to your healthcare provider and getting your blood pressure and cholesterol checked regularly.

STRONG MEN PROTECT THEIR FUTURE AND THE ONES THEY LOVE.

Talk to your healthcare provider about these common myths or visit millionhearts.hhs.gov for more information. It's up to you to decide whether high blood pressure and high cholesterol are in charge, or if you are.



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:

- Copy of 2016 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, if applicable
- Homeless verification, if applicable
- Substandard living verification, if applicable
- Credit score of 550 or higher
- Must live in the Tribe's service area
- Must not have participated in any Homeownership Program in the last five (5) years
- Must qualify for very low income, low income, or over income;
- Must not have withdrawn from the TAHO Program or been declined in the past twelve (12) months
- Other required documents as required for application.

WE WILL START ACCEPTING APPLICATIONS ON OCTOBER 2, 2017 AND THE LAST DAY TO UPDATE WILL BE FRIDAY, DECEMBER 8, 2017.



Poarch Creek Indians Recreation Department

Youth Basketball League

Registration: October 2nd - November 27th

Deadline for Coaches: November 20th

(Games will begin after completion of registration and selection of teams)

Ages: 5-14

Co-ed ages 5-6

7 & up Male and Female Teams

Registration Fee: \$30.00



Registration and Coaches Applications are available upon request at the

Recreation Department and online at pci-nsn.gov

For more information contact the Recreation Department at

(251) 368-9136 ext. 2256

Your Health Matters

GATHER TOGETHER IN HEALTH



IS HEALTH HEREDITARY?

BY ELISABETH WOLSTENHOLME
Health Culture Specialist

Think it's all in the the genes? Science says you have more control than you think.

We think certain factors of our health are uncontrollable. Immune response, longevity, and our reaction to stress were considered hard-wired and out of our control. Right? Not Exactly.

New research is showing that controlling the uncontrollable is not only possible but easier than we think. We know that moving throughout the day, meditation, and flexibility make us feel better. Here

are some other important ways these healthy habits effect our lives:

Meditation Can Ward Off Illness

In a recent study, researchers trained some people in breathing and meditation practices, leaving others with no training. Later, researchers injected everyone with bacteria known to cause flu-like symptoms. What they found was amazing: The people who had

www.mypciwellness.com

My PCI WELLNESS

Having the ability to take control of our wellbeing will, among other health benefits, help to keep our outlook positive and hopeful.

the breathing and meditation practices, experienced less flu-like symptoms and were better able to ward off more illness.

How to take control: Both meditation and breathing techniques have been shown to calm stress, boost mood, and fend off disease. In fact, recent research in the *Annals of Family Medicine* found that people who followed a meditation practice for 8 months got sick far less than those on an 8-month cardio routine!

Good Mobility Can Add Years to Your Life

A long, healthy life may run in grandma's genes, but new research points to the idea that certain physical performance tests can also help predict longevity, explains Michael Joyner, M.D. Joyner cites a recent study of about 2,000 people: The easier it is for you to pick yourself up off the ground (going from sitting to standing without using your hands), the longer you'll likely live.

How to take control: Keep it simple. Start with your own bodyweight. A simple push-up or pull-up will do just fine. A BMJ study found that good muscular strength and mobility are linked to a 20 to 35 percent lower risk of early death from cardiovascular disease—regardless of BMI or blood pressure.

Exercise Can Stop Stress

In a recent (and remarkable!) Princeton University study by Elizabeth Gould, mice were split into two groups: one with unlimited access to a running wheel and one that remained sedentary. Six weeks later, all the mice were put in cold water to induce a stress

response. The differences in brain activity were drastic: The mice that hadn't worked out showed an immediate stress response. The fit mice, on the other hand, showed a much less excitable response in their brain activity.

How to take control: Make sweating a habit. Help build the habit by spending time doing something you enjoy; associating stress relievers with fun makes you more likely to go back to them.

It's a comfort to know that we can effect on our health more than we once thought. While we honor the richness of the past, we are free to effect change whenever we like. Having the ability to take control of our wellbeing will, among other health benefits, help to keep our outlook positive and hopeful.

So, it's really up to you. Hereditary health traits don't have to define you. You have more control than you may think. Believing you can live healthy leads to you taking steps that nurture your wellbeing. You'll also begin to notice all of the resources available to you, including health programs, health specialists, family, and friends.



SMALL DECISIONS MAKE BIG THINGS HAPPEN

PCI Utilities Authority Board and employees held a small and informal ribbon cutting to celebrate the growth of Poarch Creek Utilities to commemorate the opening of our new building. The Drinking Water Infrastructure Grant and matching Tribal funds funded the construction of the new building.

All Poarch Creek offices will be closed on Thursday November 23rd and November 24th to observe the Thanksgiving holiday. As always, we will have someone on call to answer any utility related emergencies that may arise. If you have an emergency during this closure, please give us a call at (251) 446-4920.



Shown left to right at Ribbon Cutting are: Rebecca Black, Customer Service Supervisor; Shaun Livermore, Operation Manager; Ron Marshall, Board of Directors; Josh Thomas, Executive Director; Shawn Rolin, Board of Directors; Ronald Rolin, Board of Directors; Charles "Bo" Bray, Board of Directors; Jamie Ramer, Maintenance Superintendent; and Kim Weatherford, Office Coordinator.

PROJECTS:

- ***Sanitary Sewer Structure Lining (Manhole Lining)***

Work is scheduled to be completed by the end of this month. The completion of re-lining the deteriorating man holes and lift station wet wells will aid in the reduction of inflow and infiltration. This will in turn reduce some of the strain on our sewer collection system.

- ***Canoe Well***

The current well can only supply an estimated 90 gallons per minute. At such a low rate of pumping it puts a strain on the well and pump. Under major leak conditions the system is not capable of keeping up. A new well is planned to be drilled at a greater depth to insure quality and to be a high production well. Preliminary assessments indicate

that a new well at an estimated depth of 400 feet into a separate aquifer may produce a quality raw water source in excess of 400 gallons per minute. The new Canoe well project is in the design phase and construction is scheduled for early 2018.

Please contact our offices at (251) 446-1617 Monday through Friday between the hours of 7:00 a.m. and 4:00 p.m. should you need assistance or have questions.



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.

CNC MACHINING



CNC machining is a manufacturing process in which pre-programmed computer software dictates the movement of factory tools and machinery. CNC stands for “computer numerical control” and is the process by which Muskogee Technology (MT) fabricates many of its parts for customers in an array of industries.

CNC machine programs typically fall into two categories: CAM technology (CNC programming with use of CAM software) and conversational technology (CNC programming at the machine without use of CAD/CAM software). MT’s machines are capable of both technologies. Included in their arsenal of machinery you will find water jet, plasma and torch cutters, as well as lathes, milling, bending and forming machines.

To the onlooker, a CNC system might resemble a regular set of computer components, but the software programs and consoles employed in CNC machining distinguish it from all other forms of computation. The dimensions for a given part are set into place with computer-aided design (CAD) software and then converted into an actual finished product with computer-aided manufacturing (CAM) software. CNC machining rapidly advances shop productivity by automating the highly technical and labor intensive processes. Additionally automated cuts dramatically improve both the speed and the accuracy of the parts being created.



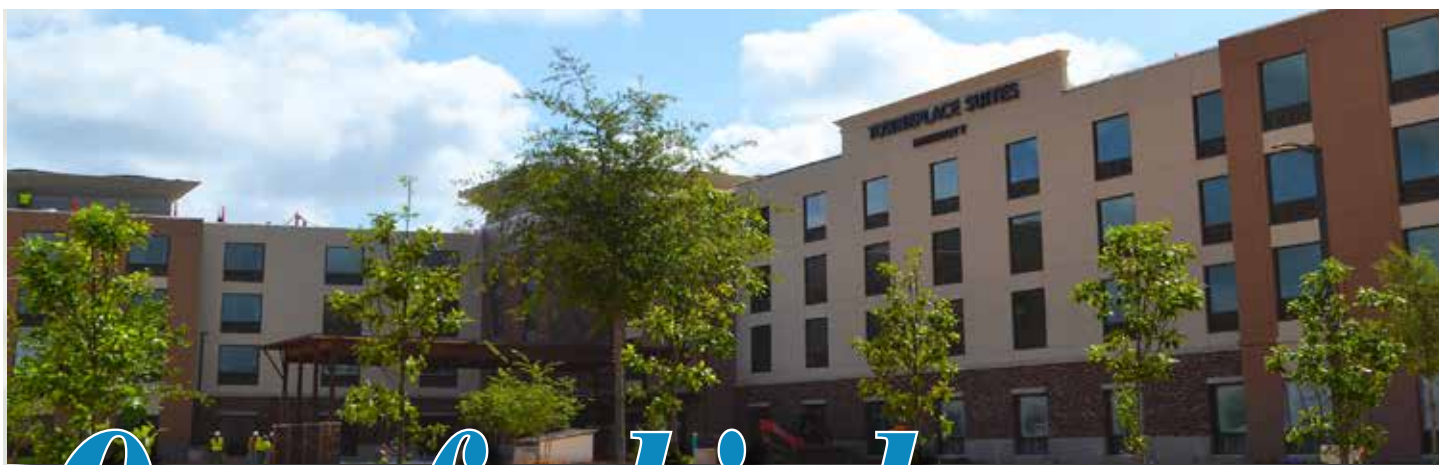
Lathes

Produce a finished part from a cylindrical rod, i.e. drills, inserted tools, grooving tools and cut off inserted tools.

Milling

Utilize both cylindrical rods as well as solid blocks of material, i.e. drills, endmills, side grooving cutters, and boring heads, among other machining processes.

“Moving Forward the Science of Manufacturing”



One-of-a-kind

*Towneplace Suites
Marriott at OWA*

Just a stone's throw away from The Park at OWA sits Creek Indian Enterprises Development Authority's (CIEDA) newest hotel investment property, TownePlace Suites – Marriott at OWA. This is the most recent hotel development partnership project with Yelda Management.

The recently opened 150 room hotel is an extended stay hotel, sitting next to the Foley Sports Complex and is just 9 miles from the Alabama beaches. The property boasts an indoor pool, free breakfast and game room. Each room offers a kitchen or kitchenette, allowing guests to save time and expense by having the option to make meals in-house. There are three room styles to choose from, and each offers a living/sitting area. Some rooms offer sleeper sofas for additional bed space, making it a perfect solution for larger families visiting the area.

And don't feel that you need to leave Fido behind because this hotel is pet-friendly. Additionally, it is surrounded by a multitude of restaurants and is just around the corner from Tanger Outlet, a mega shopping complex. All of this is sure to be a hit with the traveling sports teams slotted to compete at the neighboring Sports Complex and visitors to OWA.

"As the first hotel built on the OWA property, we are confident this hotel will be a huge success. Through our extensive economic analysis, we saw there was an immediate need for additional hotel rooms in the Foley area even before opening OWA. We fully expect TownePlace Suites to maintain high occupancy rates", said James T. Martin, CIEDA President/CEO.

Mike Amaral, Yelda, Director of Development stated, "This property is a one-of-a-kind for Marriott. There isn't another like it in the world. The new styling is considered a step above other TownePlace Suites. It is so unique that our corporate level executives decided to tour our facility due to its distinctive features."

By Jen Chism CIEDA Marketing Manager



New Horizons

By: Kristen Gehman, *WCH public relations specialist*
November 2017

“Today is done. We need to be looking at how to make tomorrow better.” - Jay Dorris, WCH President & CEO

By 2003 the Poarch Band of Creek Indians (PCI) was operating electronic bingo gaming at three locations in Alabama. It was a monumental accomplishment for a small, rural Tribe with few resources and no experience. It was a testament to hard work and the deep belief that if the Tribe could succeed at gaming, it would create much-needed opportunity for all. Three locations in less than 20 years was not only a mountaintop - it was the beginning of a new climb and a taller mountain.

The first step up this new mountain was the decision to build a casino and hotel resort to replace the original entertainment centers. According to Jay Dorris, Wind Creek Hospitality President & CEO, groundwork was laid for the project through coordination between PCI Gaming Authority (PCIGA), Creek Indian Enterprises Development Authority (CIEDA), and the Tribal Council. For several years PCIGA worked with Harrah's (an affiliate of Caesar's Entertainment) to manage existing properties and to plan for a Wind Creek property in Wetumpka. Under Harrah's management, the Wetumpka project proceeded slowly.

Not wanting to delay, the Tribe made plans to manage its own development of a Wind Creek property in Atmore. Shortly after that decision, the agreement between PCIGA and Harrah's ended. The Tribe, along with CIEDA and PCIGA continued planning the development with new leadership. Dorris, who first worked at CIEDA, accepted the role as President & CEO of PCIGA (Wind Creek Hospitality). Others joined Dorris' executive leadership team, bringing with them years of gaming expertise.

After thorough research and deliberation of Tribal Council, PCIGA and CIEDA moved forward with plans for Wind Creek Atmore (WCA). Groundbreaking began in 2008 behind the existing Creek Entertainment Atmore. The original Atmore facility remained open 24/7 during construction, not once closing down or losing power and water service. This ensured PCIGA earnings would not be affected during the development of the new facility.

In similar fashion, the project leaders used creativity to overcome challenges related to gaming regulations and trust land. According to the Indian Gaming Regulatory Act, PCI has federal authority to operate Class II electronic bingo gaming only if it takes place on existing trust land.



Pictured above: Team members on grand opening day for Wind Creek Casino & Hotel in Atmore, Alabama

Since the new facility in Atmore would feature additional amenities including a hotel and restaurants, the project required more land than what was in trust. To ensure the project followed federal guidelines, the gaming floor was built on trust land while other amenities were built in a circle around trust land. This creative solution maximized gaming space while preserving architectural freedom for the rest of the property's design.

Financing posed another challenge for leaders of the project. Despite success in early gaming efforts and a record of responsible financial management, there were few lenders confident enough to lend the full amount needed to build and open WCA. This uncertainty was caused by the stock market recession in 2009. It was one of the project's greatest obstacles and greatest successes.

Tribal Council member and WCH Vice President of Business Development Arthur Mothershed explained, "In July 2007 we were informed that high yield bond financing was no longer available for us. Later that year, we cobbled together enough money through a consortium of banks to finish WCA." In addition to funding raised for the project, the Tribe had to use a majority of funds saved from existing operations. The risk was great, but thankfully it was worth the reward. Mothershed continued, "We hoped to pay off most of the principle within seven years post opening. Less than two years later we held a mortgage burning in the amphitheater."

By January 6, 2009 construction of Wind Creek Atmore was complete. The property boasted a 57,000 square foot gaming floor, three new restaurants, an indoor live music venue, and a boutique gift shop. On January 31st of that year, the luxury hotel opened with 17 floors and 236 rooms. WCA was a welcome sight for Tribal Members, PCIGA employees, construction teams and members of the Atmore community at large. Beyond that, the towering structure was an intriguing sight for frequent travelers of I-65. The building completely transformed the once-flat landscape, inviting passers-by and locals to give exit 57 some time and attention. The building

also transformed the future of the Tribe, ushering in a period of growth and prosperity that stands out even when compared to other Indian gaming success stories across the country.

After opening WCA, the Tribe charted out a course for continued expansion in and outside Alabama's borders. By June 2009, WCA had demolished the old Creek Entertainment Atmore facility and replaced it with a world-class Spa, a cooking studio, an outdoor amphitheater venue, a fitness center and a resort pool. In that same month, PCIGA had a unique opportunity to purchase controlling interest in pari-mutuel racetrack operations in Pensacola, Florida and Mobile, Alabama. In December 2011 a racetrack in Gretna, Florida was acquired. Each of the track properties was purchased with no financing needed from sources outside the Tribe.



Pictured above: Aerial view of Wind Creek Wetumpka property with original Wind Creek logo.

By 2013, four years after opening WCA, the Tribe was preparing to open two new Wind Creek developments. In October WCA celebrated completion of a family entertainment center. The 65,000 square foot facility featured an 8-screen movie theater, a 16-lane bowling alley, an arcade, and dining options. Two months later, on December 17, the Tribe opened a second Wind Creek Casino & Hotel - this time it cost around \$246 million (\$6 million more than the initial Atmore property).

Wind Creek Wetumpka (WCW) was designed to be bigger and more Vegas-like. The 85,000 square foot gaming floor remains the largest of all Wind Creek properties. In February 2014, the WCW hotel tower opened with 20 floors, 283 rooms and a unique, luxury penthouse floor. Overlooking the scenic Coosa River, WCW was posed to be one of the region's standout resorts.

The following year in December 2015, PCIGA celebrated the grand opening of Wind Creek Montgomery (WCM). In partnership with Beale Street Blues Company, WCM welcome B.B. King's Blues Club. With live music, exhilarating neon lights and the delicious aromas of Memphis BBQ cuisine, WCM offered a different atmosphere than WCA and WCW.



Pictured above: Ribbon cutting for Grand Opening of Wind Creek Montgomery in 2015.

Six months later in May 2016 PCIGA celebrated the grand opening of Wa She Shu Casino in Gardnerville, Nevada. Owned by the Washoe Tribe of Nevada and California, Wa She Shu Casino was developed through a unique partnership with PCIGA. It was the first time PCIGA acted as a business consultant to another Tribe seeking self-dependence through gaming operations. It was also the first time the Tribe was invested in gaming outside of Florida or Alabama. In the spring of 2017, PCIGA experienced another first, but this time it was the purchase of an international property. Renaissance Aruba Resort & Casino is a massive resort destination featuring two hotels, two casinos and several entertainment, shopping, and dining options. Aruba's sister property, Renaissance Curacao Resort & Casino was purchased a few months later in October 2017.

With Wa She Shu and Renaissance Resorts in Aruba and Curacao, the objective was to diversify what the Tribe offers so earnings are less prone to uncertainty. Dorris explained, "Our ability to grow distributions in the future will be more dependent on acquiring new properties that can bring us revenues. But it is not just about growing revenues... From what I have seen, big companies and growing companies are better able to survive unexpected events."

The purchase of the Curacao property marked the ninth property PCIGA had expanded or acquired in the eight years since WCA opened in 2009. The growth of these gaming properties is mirrored by the growth seen in Tribal benefits and operations. Without question, the Tribe's gaming created opportunities for all. For this reason, PCIGA continues to value forward-thinking.

Dorris shared, "I think one of the bigger success stories, among many... is that Tribal leadership made the decision to move forward to capitalize on the potential they saw... the decision could have been, 'What we have is good enough, let's don't do anything to risk it'... I think careful stewardship of what we have today is important, but when we decide that hat we have today is good enough then we are stuck... Today is done. We need to be looking at how to make tomorrow better."

KEEP YOUR INFORMATION UPDATED

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. Contact Tribal Member Benefits at (251) 368-9136 x 2209 to update your information.

RETURNED NEWSLETTERS

Tribal Members whose newsletters have been returned by the Post Office two times will be removed from variable data mailing list until address has been update. The following newsletters have been returned by the Post Office for two consecutive months; their address has been removed from variable data. Please update your information with Tribal Member Benefits at (251) 368-9136 x 2209.

Vernon Barnhill
Helen Boatwright
Sarah Cagle
John Colbert
Adam Countryman
Jacqueline Gaines

Clayton Hubbird
Herman Lowrey
Veronica McGhee
Joe Mitchell
Brandy Rolin
Jimmy Rollin

Katelyn Rondeau
Everett Sims
Johnny Steadham
Jarrad Tew
Ralph Turner

The Tribal Member Benefits Department Has Relocated

The Tribal Member Benefits Department has relocated to the first modular office building across from the Lavan Martin Assisted Living Facility effective September 5, 2017. This is the modular building previously occupied by Premier Family Eye Clinic. Phone: 251-368-9136 ext. 2209 Fax: 251-368-0490 Email: tmb@pci-nsn.gov



Edie Jackson
INDEPENDENT DESIGNER #22035
ORIGAMI OWL

251-253-5818
Jackson.edie@yahoo.com
Ediejackson.OrigamiOwl.com



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Congratulations!



Johnna Hazley is the SYNERGY HomeCare National 2017 Caregiver of the Year!



SYNERGY HomeCare of Daphne, AL would like to thank the Poarch Creek Tribe for all of their support.

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