



# Voice of the Saponi



September 2024

Issue 177

If you would like to submit an article to us, please remember they are due on the 20th of each month prior to the month. (Ex September articles are due August 20th). Deadline 4 p.m.

You may email articles to [crrichardson@haliwa-saponi.com](mailto:crrichardson@haliwa-saponi.com) or feel free to mail them to :

Haliwa-Saponi Tribe

Attn: Newsletter Editor

PO Box 99

Hollister NC 27844

(252) 586-4017 ext.221

## LET US NEVER FORGET 9/11

Twenty-three years ago, the acts of terror of September 11, 2001, took the lives of nearly 3,000 innocent men, women, and children, depriving families and loved ones of a lifetime of precious memories. More than 20 years later we still grieve the loss of family, friends, strangers, first responders, and service members who answered the call of duty on that fateful day. On this upcoming "9/11 National Day of Remembrance and Service," also known as *Patriots Day*, we ask that you seek opportunities to serve others, or consider joining in a community service project to honor the lives that were taken all too soon. Also, remember to thank and find ways to express your gratitude on that day to our local first responders—the firefighters, law enforcement officers, emergency medical workers, and military service members who work behind the scenes and reside right here

## Upcoming Dates and Meetings

**September 13- Haliwa-Saponi Tribal Meeting will be at the Multi-Purpose Building at 6:30.**

**September 16- Haliwa-Saponi Tribal Council Meeting will be at the Chief W. R Richardson Tribal Government Complex at 6:30.**

### Committee Meetings

- Finance Committee meetings are held the 1st Thursday of each month at 11:00 a.m. at the Chief W. R. Richardson Tribal Government Complex. Committee Chair: Karen Franco.
- Federal Recognition Committee meetings are held the 1st Tuesday of each month at 10:00 a.m. at the Chief W. R. Richardson Tribal Government Complex. Committee Chair: Chief Dr. B. Ogletree Richardson.
- Enrollment Committee meetings are held on the 2nd Tuesday of each month at 6:30 p. m. at the Chief W. R. Richardson Tribal Government Complex. Committee Chair: Rev. Michael Richardson.
- Princess Committee meetings are held the 1st Monday of each month at the Chief W. R. Richardson Tribal Government Complex at 7:00 p.m. Committee Chair: Angela Richardson.
- Pow-Wow Planning meetings are held the 4th Monday night of each month at 7:00 p.m. at the Chief W.R. Richardson Tribal Government Complex. Committee Chair: Vice Chief Dr. Marty Richardson.
- Haliwa-Saponi Senior Citizens Organization meetings are held on the last Thursday of each month at 7:00 p. m. at the Old Council House. Committee Chair: Roena Daniel.
- Veteran's Memorial meetings are held the 4th Tuesday of each month at 7:00 p.m. at the Chief W.R. Richardson Tribal Government Complex. Committee Chair: Jewel Bissonnette.
- Education Committee meetings are held the 1st Thursday of each month at 6:30 p.m. at the Chief W.R. Richardson Tribal Government Complex. Committee Chair: Angela Richardson..
- Election Committee meetings are held the 3rd Tuesday of each month at 7:00 p.m. at the Chief W. R. Richardson Government Complex. Committee Chair: Montenia Lynch.
- By-laws Review Committee meetings are held the 3rd Wednesday of each month at 6:30 p.m. at the Chief W. R. Richardson Gov. Complex. Committee: Chair: Attorney Joshua Richardson.
- Boys & Girls Club meetings are held the 1st Wednesday of each month at 6:30 p.m. at the Chief W.R. Richardson Gov. Complex. Committee Chair: Karen Franco.
- Fundraiser Committee meetings are held the 2nd Monday of each month at 6:30 p.m. at the Chief W.R. Richardson Gov. Complex. Committee Chair: Tyler Richardson.

## A Visit From NC State on August 6, 2024

The NC State College of Engineering came to visit the Tribe and Tribal School to discuss more ways to partner and provide some STEM resources. Science, Technology, Engineering and Mathematics



**Special Thanks from Twin County Cruisers**

**TWIN COUNTY CRUISERS**  
**22nd Annual Car, Truck & Bike Show**



The members of the Twin County Cruisers would like to thank the Community, Sponsors, Vendors and Tribe for supporting them again this year.

It was a clear, hot day and no rain was in sight. There were 125 beautiful cars, trucks, and motorcycles. There was lots of visiting with old friends and plenty of food and drinks for the day.

The winners of the purple tickets for the fight against cancer were :

Wanda Richardson- 1st prize \$300.00

Glenn Andrews- 2nd prize \$200.00

Semaja Davis- 3rd prize \$150.00

**Hope to see everyone again in 2025**

A special thank you to Carrigan Davis for her donation and the Family Harvest Center for supplying the free water.

## **Jr Miss Haliwa-Saponi Amilia Maria Berrun**

**Nahá:pipi: Good Day! The last few weeks have been amazing!! On July 25, 2024, I had the pleasure of spending some bonding time with the Haliwa-Saponi Tribal Senior Citizens Group! During this time my mom and I facilitated a corn shuck doll workshop. The seniors had an amazing time and all walked away with a beautiful doll that they made themselves! I'd like to thank our senior citizens for welcoming me and allowing me the opportunity to share!**

**On July 31, 2024, the Haliwa-Saponi Tribal School and Rural Health Group sponsored Sports Physicals at the Haliwa-Saponi Tribal School. During this wonderful event, I teamed up with Keyara Hedgepeth; former Jr Miss Haliwa-Saponi, to provide special treats for everyone that came out. Thanks to all that participated.**

**On August 18, 2024, I had the honor of representing our tribe at the 36th Annual Nansemond Indian Nation Pow-Wow. I had an extraordinary time dancing, fellowshiping and celebrating with our sister tribe! The powwow vibe and overall connection of kinship was absolutely amazing! While spending time with our relatives, I had the pleasure of sponsoring an honor for Ms. Nikki Bass. Ms. Nikki is an awesome person filled with passion and love for all of our people. After I was crowned Jr Miss Haliwa-Saponi, Ms. Nikki designed, created and presented me with a beautiful regalia. She told me that she wanted to give me the regalia to celebrate me as a young leader of the Haliwa-Saponi Tribe. This filled my heart and inspired me to continue to be a light for our tribe and community. Not only has Ms.**

## **Jr Miss Haliwa-Saponi Amilia Maria Berrun**

### Senior Citizen Bonding Night

Nikki supported me, but she has donated countless items to our tribal youth and powwow committee to assist with our ongoing fundraising efforts. With all that said, I felt the best way to express my love and gratitude for all that she has done was to honor her in a special way and we did just that!

In closing, I'd like to take a moment to say Pi:la'huk, Thank you, to all that have shown their support of me on this special journey. Please continue to keep me and my family in your prayers as I travel on to the next adventure!



### Sports Physical Day



**Jr Miss Haliwa-Saponi  
Amilia Maria Berrun**

**Nansemond Pow-Wow**



# Top 9 Health Benefits of a Clean Home

<https://www.babyquip.com>

Article by [Morgan French](#)

Morgan French is a wife, mom of two, writer & editor. After traveling for 3 years with her family, she now lives back in her hometown of Dayton, OH. She makes frequent stops for coffee, enjoys the outdoors, and loves board games.



A clean home is more than a pretty sight – it comes with a load of health benefits

to those who live in the home and those who visit as guests. Between mental health benefits and better

eating and sleeping habits, keeping a clean home helps set the mood for everyone involved. Let this list of health benefits encourage and motivate you as you clean, knowing your whole family will benefit from the results.



**1. Reduced stress** One of the best health benefits of a clean home is reduced stress. Living in a clean home allows you to think less of clutter and dirtiness, and more about other necessary things like family needs, work, planned activities, etc. A clean home not only improves

your mood but the mood of those who are also in your home. No one is irritated over dusty furniture or toys thrown about because the toys are stored where they're supposed to be.

**2. Better productivity** Have you ever been working on a task while simultaneously getting distracted by thoughts about how your home needs cleaned? Having a clean home frees your mind to focus on the task at hand so you're more productive overall. Being in a clean home is also motivating! You feel ready to tackle your to-do list and you aren't burdened by mess, clutter, or cleaning chores.

**3. Improves creativity** In addition to increased productivity, another health benefit of a clean home is that it improves creativity. Creativity flourishes when the mind has room to think and explore. This is why writers go on "writing retreats" so that they can sit in a peaceful, quiet, and clean space to do their creative work. A clean home encourages creativity in children as well. You may notice that kids tend to play more frequently in their rooms when they are clean as opposed to when they are cluttered.

**4. Reduced chance of illness** Of course, a huge health benefit of a clean home is the reduced chance of illness. When you properly sanitize the kitchen, bathrooms, eating spaces, and other common germ harboring areas, you're reducing the entire family's chance of getting sick. This is even more important if you have little ones playing on the floor, putting hands in their mouth, etc. Young children haven't yet learned all the ways to reduce spreading germs, so keeping counters and spaces clean is extra helpful.

The objective  
of cleaning is  
not just to  
clean, but to  
*feel happiness*

living within  
that  
environment.

Maria Kondo

**5. Allergens are more controlled** No one likes dealing with allergies, especially in their own home. Reducing allergens is another health benefit of a clean home for you and those who visit. Pet hair, dust, and other allergens build up in the home if they're not vacuumed or wiped up frequently. Those with asthma also benefit from living in a clean home because the air is more fresh and clear of irritants.

**6. More likely to host guests** Many homeowners are hesitant to host guests unless their house is sparkly clean. If that's the case for you, keeping your home clean will increase the chance that you invite guests over, which is also a health benefit of a clean home. [Studies](#) show that high-quality social relationships improve mental health. Therefore, as more guests come over to your clean home, your mental health and mood improve greatly over time.

**7. Better sleep** According to a [study](#) done by The National Sleep Foundation in 2011, 66% of respondents said that a "clean bedroom" is important in getting a good night's sleep. It makes sense! When the house is clean, the mind is not bogged down by thoughts of clutter, mess, and chores. Items are in their proper places and there is more calming "blank space" around the home, meaning our eyes and minds aren't in sensory overload, which is calming overall.

**8. More likely to eat healthier** When the home feels messy and disorganized, it can make a homeowner feel tired and lazy. Laziness tends to lead to unhealthy eating choices, like takeout or delivery. On the other hand, a clean and organized home is a huge health benefit as it boosts the mood and encourages healthier eating. This is especially true of a clean kitchen space. Counters that are free of mess and dishes that are clean and put away encourage cooking and baking.

**9. Reduced chance of injury** It's true that a cleaner home is less likely to create an opportunity for injury. A slippery floor or wayward toys can cause someone to easily slip and fall. Stepping on toys can cause pain (if you've ever stepped on a LEGO you know what we mean!). Be careful not to stack too many items on top of one another because a heavy stack can fall and injure someone as well.

Keeping your home clean doesn't have to be daunting. Creating a schedule of daily tasks, weekly tasks, and monthly tasks may be helpful in keeping rooms clean. Spending a little bit of time cleaning every day is better for you overall than spending a whole Saturday cleaning the entire home. If you're struggling to find time to keep your home clean, consider opting for a [cleaning service](#).

Do you have a [cleaning schedule](#) that you follow? What are some tips and tricks that make cleaning easier for you? Comment on our Facebook page: Haliwa-Saponi Voice under this post for a chance to win a prize.

Deadline to post comments is August 16, 2024, 5:00 p.m. Drawing will be held at our August Monthly Tribal Meeting. (you do not have to be present to win) Thank you for supporting our Housing Department efforts to make our community better, healthier and safer for all .







**The outreach event hosted by the Haliwa-Saponi Tribe's Housing Department was a significant success,** demonstrating the community's commitment to fostering safe living environments. Held on July 30, 2024, at the Rev. C.H. Richardson Building, nearly fifty residents gathered to participate in this informative session.

The evening featured presentations from the dedicated team at the Arcola Fire Department, led by Fire Chief Glenn Pulley. They shared essential insights on home safety, addressing common concerns and providing practical tips for maintaining safer households. Attendees were encouraged to engage in discussions, with firefighters Assistant Chief Jacob Lynch, Assistant Chief McConnel Silver, Lieutenant Kamry Richardson, and Medical Logistics Captain Doug Marshall actively participating, enriching the dialogue, and enhancing the community spirit.



The initiative not only equipped residents with vital knowledge but also reinforced the importance of community interaction in promoting safety and well-being. Through events like this, the Haliwa-Saponi Tribe continues to take initiative-taking steps toward building a stronger, more informed community.



Despite the storm brewing outside, Chief Glenn Pulley lightened the mood with his humor, playfully declaring, "I'm just gonna keep talking because I ain't going out there in that!" His joke resonated with the audience, and instead of leaving, everyone stayed engaged and attentive throughout the storm.



Additionally, the event featured door prizes for homes, generously donated by Tosha Silver, the Housing Coordinator, as well as Gary and Lisa Pridgeon-Lynch from Sweetgrass Tribal Nutrition. Their contributions added an extra layer of excitement to the evening, making the event not only informative but also enjoyable. The collaborative efforts of everyone involved truly highlighted the sense of community and support within the Haliwa-Saponi Tribe.



The event was further enriched by the outreach table set up by GRRO, highlighting our commitment to providing the community with access to valuable resources. Community Health Outreach workers Josefina Garduno and Kiwania Williamson were present to share valuable information and offer incentives to attendees. Their dedication to promoting health and wellness was evident as they engaged with participants, answering questions, and providing useful materials.



This outreach emphasized the importance of community support and created an opportunity for attendees to learn about various available resources. By facilitating these connections, we continue strengthening our community ties and ensuring members are informed and empowered. The collaboration between GRRO and the outreach workers exemplifies our collective efforts to support the health and well-being of the Haliwa-Saponi Tribe and our community.

Lindell Lynch, the Tribal Administrative Assistant, played a pivotal role in the planning and hosting of the event, ensuring everything ran smoothly and effectively. Her efforts were instrumental in creating a welcoming and engaging atmosphere for the community.



We were also fortunate to have Ivan Richardson as our honored photographer for the evening. Volunteering his time, he captured the essence of the event, documenting the interactions and moments that made the night special for everyone involved.

As the evening wrapped up, attendees participated in session evaluations, and the feedback was overwhelmingly positive. The evaluations highlighted that the session was

informative, well-planned, and organized, with excellent time management. Participants expressed their appreciation for the helpful content and indicated a strong eagerness for future sessions like this one. Such positive responses underscore the importance of community engagement and the desire for ongoing learning opportunities within the Haliwa-Saponi Tribe.



The Housing Department also ensured that the community engagement was complemented by refreshments, which were enjoyed by all attendees. Special thanks go to Trina Lynch, the Financial Clerk, for her invaluable assistance in preparing these refreshments.



After the session concluded, attendees took the opportunity to socialize, sharing laughter and conversations that underscored the powerful sense of community. As they departed, they left in good spirits, further buoyed by the complimentary resource bags provided by the Housing Department. These bags served not only as a takeaway from the evening but also as a reminder of the valuable information shared and the connections made



during the event. Overall, it was a memorable night that displayed resilience, camaraderie, and the commitment to supporting one another within the Haliwa-Saponi Tribe.





(photos in this article are by Photoworks by Ivan)

## HEAVENLY BIRTHDAYS

*Happy Heavenly Birthday to our mom Albertia G. Richardson on September 14th and Happy Belated Birthday to our dad James M. Richardson on July 8th. Love Laddie, Tony, Lori, Carol & Rodney.  
We Love You & Miss You Both!*

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*Happy 52nd Birthday in Heaven on September 23, 2024*

*To Mitchell Nakia Silver*

*We love and miss you "Kia"*

*Love, Mom, Malenya, Lynette, Sharon, Darius, Aaron,  
Miyanna, D'niyah &  
your granddaughter Danyelle*



*Gone but not forgotten!!!!*

*Cory Mills 4-19-1987-9-19-2009*

*Tony Liles 5-28-1956-9-27-2021*

*You both are thought of each day, missed as each day  
approaches*

*In our hearts forever.*

*Annette Liles, Wife and mother*

*Family and Friends*



## SPECIAL BIRTHDAYS

*Christopher (Kiowa) Anstead*

*On September 14th*

*Wishing our oldest grandson a very happy birthday may you be  
blessed with many more.*

*We love you very much*

*Grandma and Pa!*

## You're My Moon Pie



## HAPPY ANNIVERSARIES

*Happy 41st Anniversary to James & Sheila Rudd*

*on September 24th*

*Happy 19th Anniversary to Octavio & Sharon Berrun*

*on September 3rd*



Two golden rules to a  
Happy Marriage:

1. The wife is  
always right.

2. When you  
feel she is wrong  
slap yourself and  
read rule number 1 again.



## HAPPY BELATED ANNIVERSARIES

*Happy 29th Anniversary to Kimberly & Lewis Richardson Jr.*

*On August 26th*

# HAPPY BIRTHDAY TO YOU

If you would like your name or a loved one's name to be published, please email Carol Richardson [crichardson@haliwa-saponi.com](mailto:crichardson@haliwa-saponi.com), mail, or bring by the office. If you do not submit your birthday or a loved one, we cannot publish it in our newsletter. **No Call Ins Accepted**

September 1- Portia Lynch (D), Travis Ray Silver

September 2- Miyanna Burgess

September 4- Mason Silver, Logan Richardson

September 5- Kamryn Richardson

September 6- Gladys Wilson (D)

September 9 - Bailey Richardson

September 10-Kaleia Francis, Charles (Pete) Harris

September 11- D'nyah Richardson

September 12- Alivya Richardson, Jeraldean (Deanie) Richardson, Josh Cooper

September 13 - Haywood Wilson (D)

September 14 - Sheila Rudd

September 16- Kassidie Pleasant

September 17- Gwen R. Evans

September 18 - Brenda Lee

September 19 - John McGee, Kase Silver

September 20 - Mike D. Evans

September 21- Tony Richardson, Corey N. Richardson

September 22- Kevin Richardson, Gabriella Krivosh

September 23 - Baby Lynch (D) (son of Jared (Ha'ace) & Amelia Lynch

September 25 - Conner Richardson, Glenn C. Cooper, Camille A. Evans

September 26 - Gwen S. Cooper

September 27- Lou Jenkins, Amelia M. Berrun, Evan B. Silver

September 28 - Lynette Lynch, Pam McGee Spresser

September 29 - Jackie Anstead, Jewel McGee Bissonette

September 30- Brenda Richardson, Michael Mills



Lucas Richardson- July 25th      Kimberly Richardson- August 12th

Lewis Richardson Jr.- August 26th      Kevin C. Richardson



## Category. 2024-2025 Ms. Haliwa-Saponi

Since my crowning, I have been very busy as I had the opportunity to travel Gathering of Nations Powwow in Albuquerque, New Mexico. This was truly an awesome experience that I will always cherish.

Thank you to my Mom, Nana, Mrs. Amy, Mr. Troy, and everyone who supported the fundraisers and provided donations to help me go. I have been working hard to honor and share my platform with

others. CONTINUING THE VISION "BREAKING DOWN BARRIERS to BUILD EACH OTHER UP" by increasing the well-being of our community members and promoting student success. Some things and projects I

have worked on are:

☒ Volunteered at the Senior Citizen Fish Plate Dinner at Mt. Bethel Church

☒ Celebrate May being Mental Health Awareness month by initiating "The Kindness Rock Project"

☒ Attended May's Tribal Meeting

☒ Donated almost 200 pencils with inspirational quotes to students at the Haliwa Saponi Tribal School and Hollister Elementary to encourage student success on their EOGs/EOCs

☒ Attended Tribal Council Forum

☒ Volunteered at Tribal Council Elections

☒ Partnered with the Veteran Committee

☒ Honored our Veteran's during the Memorial Holiday by placing flags on gravesites in the community

☒ Partnered with the Safety Heroes

☒ Became a Student Leader with the Red Cross

☒ Help recruit donors and volunteered at the Blood Drive

☒ Attended Carolina Horizon Program

☒ Attended Tribal Council Meeting in June

☒ Donated Bowling Alley vouchers to the kids at Mt. Bethel VBS and the Boys & Girls Club

☒ Attended NCNAYO

☒ Attended Native Education Forum at NC State University (NEF)

☒ Partnered with Halifax County DSS Foster Care to provided education items to kids to brighten their day

☒ Attended July's Tribal Council Meeting

☒ Collaborated with the Youth to attend a canoeing trip with the Coharie Tribe

☒ Working on Little Free Library (Indigenous Library Program)

☒ Attended the Arcola Fire Department Family Day

☒ Recognized our TEACHERS by doing a back-to-school basket raffle

☒ Organized for the Youth to visit the Nansemond Tribe Pow Wow

☒ Attended the National Night Out event with the tribe

☒ Attend Mt. Bethel Church Homecoming

☒ Attend August Tribal Council Meeting

I would like to thank everyone who has helped me with my projects to promote my platform. You all are

truly the best. Look for my next event of Honoring our Senior Citizens by hosting an Ice Cream Social

Drive Up on September 1, 2024, at 6pm located at the Haliwa Saponi Daycare parking lot. Hope to see

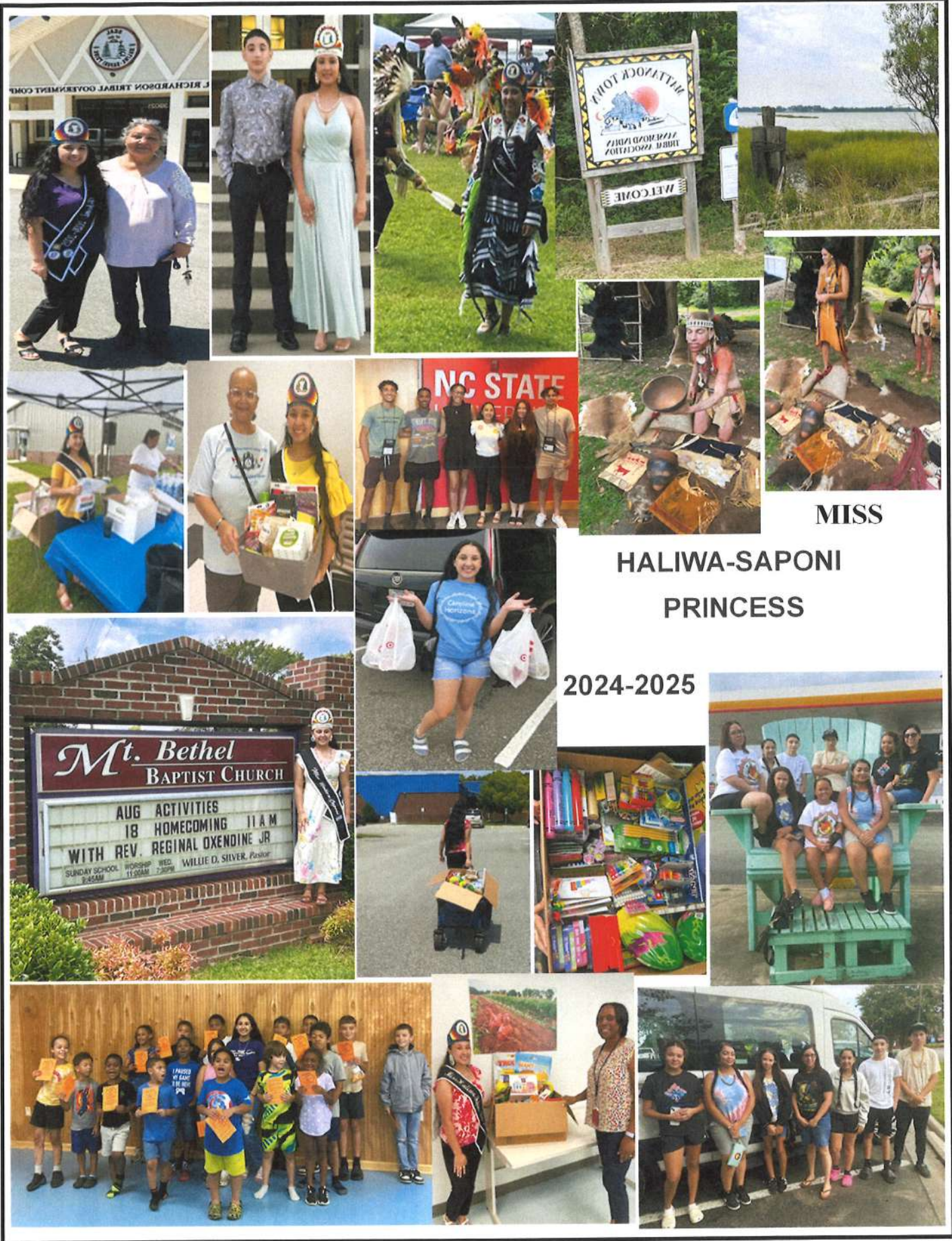


## Ms. Haliwa-Saponi Princess 2024-2025

Our 59<sup>th</sup> Annual Blooming of the Dogwood Pow Wow was nothing less than amazing. There is so much I can say about the Pow Wow from my family and friends helping with decorating the stage the week leading up to Pow Wow with recognizing Missing & Murdered Indigenous Women (MMIW) and Missing & Murdered Indigenous People (MMIP) by placing Red Bows on the rails of the stage and drum arbors to hanging the Red Hand Print on the stage and around the dance arena symbolizing the epidemic across the United States and Canada, to honoring the Life of one of our tribal leaders, Mr. Dalton Lynch and a past Miss Haliwa Saponi Princess, Ms. Shelby Green to be officially crowned as Miss Haliwa-Saponi Princess, and winning 3<sup>rd</sup> place in Teen Jingle Category.







MISS

HALIWA-SAPONI  
PRINCESS

2024-2025



Haliwa-Saponi Tribe

P. O. Box 99

Hollister, N.C. 27844



STAMP  
HERE

What's Inside This Month?

- Page 2- A Visit from NC State College of Engineering
- Page 3- Special Thank You from Twin County Cruisers
- Page 4, 5, 6- 2024-2025 Jr. Ms. Haliwa-Saponi
- Page 7,8,9,10 & 11-- Housing Report & Events
- Page 12- Heavenly Birthdays
- Page 13- Special Birthdays & Anniversaries
- Page 14 - Birthdays
- Page 15,16 & 17- 2024-2025 Ms. Haliwa-Saponi Princess

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Just a Friendly Reminder

*Birthdays, Anniversaries, etc. are only posted if sent in by email or a letter. It is not automatically posted in the next month's newsletter, unless received by the 20th. It has to be submitted again.*

*Love the Editor: Carol R. Richardson*

SEPTEMBER 1

**50/50 RAFFLE  
ICE CREAM**

THIS 50/50 RAFFLE IS TO  
SUPPORT AN ICE CREAM  
DRIVE UP SOCIAL FOR OUR  
SENIOR CITIZENS 65 AND UP

THE FIRST 50 SENIOR  
CITIZEN GET A FREE  
ICE CREAM!

EACH SPOT IS \$5, YOU CAN  
ALSO SPONSOR A SENIOR FOR  
\$5 OR JOIN IN THE FUN  
YOURSELF FOR \$5

At the Haliwa Saponi Tribal  
Day Care  
Cashapp: \$SheenaR0619  
252-578-6067