



The Official Newsletter of the SENECA NATION



April 10, 2020 - **visit us @ sninews.org**

A message from President Rickey L. Armstrong, Sr.



Nya:wëh Sgë:nö',

As with my last address, the world's focus continues to be on the Coronavirus 2019 (COVID-19). It fills every media outlet and can consume our daily thoughts and actions. We have a unique community with a rich cultural background. We are people who give thanks and gratitude daily. I am going to focus this address on the many things that we can be grateful for.

In my March 12, 2020 press release, in response to a report of a non-Seneca employee of the Seneca Nation Health System testing positive for COVID-19,

the Seneca Nation Health Systems were temporarily closed. That closure could have put our services on hold for an undetermined amount of time. Professionals from the medical, technical, task force and administrative fields worked together to get the services restored. They collaborated to address needs that suddenly became difficult to navigate such as, Pharmacy, Optical, Dental, Seneca Strong and Behavioral Health. They provided solutions for those services and were instrumental in continuing to provide daily medical services to the community. I cannot thank these people enough for doing everything they could to ensure these critical services remain available to our people.

Our territories are very fortunate to have highly respected medical-emergency, fire, and security forces. They endure many hours, weeks, months and sometimes years to become fully trained to provide the services we need. The facilities from which they are housed, are state-of-the-art and are the envy of surrounding communities. The COVID-19 has placed a new, invisible danger on this group of individuals that now, more than ever puts them directly in harm's way. Even, with this looming fear, they remain persistent and dutiful. I am grateful for their continued service.

Gak:wi:yoh Farms has become a beacon of hope and life within our communities. Some of the highlights that I think of are; planting which brings a sense of renewed life, gathering of newly sprouted medicines, hunting and fishing, preserving and canning foods, and the connection with the earth that many of us may have lost. Gak:wi:yoh Farms has been diligently preparing for times such as this. I encourage you to connect with this valuable department to engage or learn more about what our people have historically done to care for their needs.

Now more than ever, we can connect with people without physical contact. It is one of Seneca Nation's greatest accomplishments that we now have Seneca people that can speak and are willing to teach others. Speaking the language is one thing that keeps the Seneca people strong and identified as a Nation. We have several language programs to plug in to. Use this opportunity to learn as a family the language that we could have lost forever.

One cannot deny the beauty of our territories. The rolling hills, woodlands, water sources and four seasons are a marvelous wonder to the many tourists that visit our lands. Look at our lands with a tourist's eye. Take refuge in the nature that

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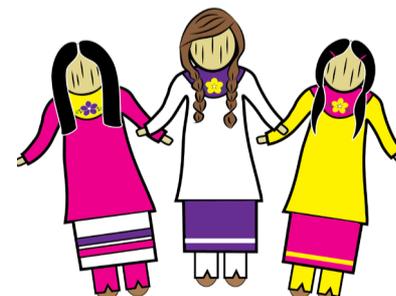
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Top panoramic photo provided by Seneca Media

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animals, fishes, and plants.

Finally, people are our greatest asset. Stay connected by phone, safe outdoor activities, writings, drawings, mail, or any other creative way. Culturally, we are close-knit. We have always protected one another. This will not divide us. Because we are

P.S. Please remember to practice these protocols in place for your safety.

- Stay home as much as possible and avoid non-essential travel.
- Wash your hands often and avoid touching your face. A non-Seneca employee of the Seneca Nation Health System has tested positive for the COVID-19 virus
- Practice social distancing. Stay at least six feet apart from others, especially those who are sick.
- Most important, call your healthcare provider if you are sick or have concerns about COVID-19 and your underlying condition.

we are so honored to call our own. Listen to the thunders, rainfall, peepers, and birds. In China, they have heard birds for the first time in many, many years because of the loss of noise and air pollution. I am thankful that we can still enjoy our birds,

#SENECASSTAYS SAFE!!

Sincerely,
Rickey L. Armstrong, Sr., President



FROM THE DESK OF THE TREASURER



Treasurer Matthew Pagels

Nya:wëh sgë:nö' gagwe:göh,

These are definitely uncertain times for our Nation. The worldwide pandemic, created by novel coronavirus (COVID-19) has created a whirlwind of change of our daily lives. Our priority is the safety and well-being of all our community members. With this, I'd like to express the importance of following the recommendations given by the Center for Disease Control (CDC). These precautions can protect you,

your families and our communities. For more information see www.cdc.gov. or www.sni.org.

The limitations created by stay home orders throughout the state and with our economic enterprises closed, the Nation made the difficult decision to implement temporary layoffs. Federal and State Governments have made drastic moves to hold all impacted by COVID-19 waving waiting periods and increasing amounts of benefits in the short term to those. The Nation took many things

into consideration during this decision, primarily the long term health of the Nation personally and financially. Be assured that direct benefits such as annuity and elder payments as well as the disability benefits will remain in place through April. During the layoff period the Nation hopes to ease the burden by allowing employees to carry their existing health coverage while waiving employee contributions to health, dental and Life Insurance programs.

The President has also issued an Executive order giving waivers and deferred payment options for Housing renters, buyers and Mortgage participants. However, home owner insurance payments must continue to be made for home protection. The Seneca Nation Economic Development company (SNEDC) will also defer payments through April as well as waive the deferment fee. These steps are taken to help accommodate those who have been financially impacted by this pandemic.

Once our economic engines get back on-line the Nation leadership will work quickly and efficiently on all steps moving forward. This will be dependent on the National, regional, and local landscape on when this will occur. We will continue to be positive, cautious and forthcoming with any information to our community members and workforce. This is a world-wide phenomenon and we are all making the best decisions we can to preserve our health. Please stay home, be safe and stay informed.

ATTENTION: ALL BOARDS, COMMISSIONS & COMMITTEES BOARD FEES SUSPENDED

Pursuant to the Council resolution CN: 03-24-20-02, Please be advised that due to the economic impact of the Coronavirus Disease (COVID-19), on the Nation's economy, payments of Boards Fees are suspended effective **March 30, 2020** to any Nation Committee, Commission or Boards until lifted by order of the President.



*Bethany Johnson, Clerk
ALLEGANY TERRITORY*



*Marta Kettle, Deputy Clerk
CATTARAUGUS TERRITORY*

Dear Seneca Members,

I hope this finds you and your family healthy and safe during these challenging times. I strongly urge everyone to adhere to the safety precautions in order to keep ourselves & our families safe.

As the situation with the Coronavirus (COVID-19) continues to evolve, it presents new and unique challenges that have impacted communities, businesses, our employees and visitors. As we navigate these uncertain times, the well-being and safety of everyone will always remain our utmost priority. We are committed to facing these challenges together and we are dedicated to helping you stay informed about important efforts that we are taking to serve all of our members.

In the past few weeks, we have made the proactive decision to close the Clerk's Office doors. While our doors are closed temporarily, we will continue to

remain open Monday through Friday; 8:00 am – 4:30 pm with limited staff who are available by TELEPHONE ONLY.

Cattaraugus Territory – (716) 532-4900 ext. 5000
Allegany Territory – (716) 945-1790 ext. 3000

You can mail your completed forms along with a copy of your photo identification as proof of identify if you are unable to obtain a notary to: Seneca Nation of Indians, 90 Ohi:yo' Way, Salamanca NY 14779.

All forms are available online at www.sni.org under Clerk's Office documents.

Please stay healthy, safe and remain at home as much as possible.

Nya:wëh for your patience and understanding during this time and please watch for updates as this may change unexpectedly. Any changes will be posted online at www.sni.org.

DIRECT DEPOSIT OF ANNUITY AND/OR ELDERS PAYMENTS

If you would like to sign up for Direct Deposit of your Annuity and/or Elders Check, you will have to complete the form. The form is available on the web at www.sni.org under Documents/Clerk's Office / Direct Deposit forms or at the Clerk's Office.

- All direct deposit forms MUST have attached a voided check or deposit slip (start-up checks will NOT be accepted).
- Members must be at least 18 years old to sign up for Direct Deposit
- Minors are NOT eligible for Direct Deposit

If you receive direct deposit, it is your responsibility to keep your address updated with the Clerk's Office

BURIAL FUND

A Burial fund has been designated to pay for funeral expenses up to \$7000 for enrolled members. For additional details, please contact the Clerk's Office during regular business hours.

If after hours or on weekends, please contact Bethany Johnson, Clerk (716)-474-6361 or Marta Kettle, Deputy Clerk (716)-474-5403.

ADDRESSES

Please remember to keep your address current with the Clerk's Office. This includes changes with custody of minor children or legal guardians (Court orders).

REGISTRATION

We are suspending the acceptance of any in person registrations temporarily. This temporary measure does NOT relieve members of the obligation to register by December 31, 2020.

If there are any changes, they will be posted online at www.sni.org

Condolences to the family & friends of June L. Conklin



June was our Nation's eldest living Seneca residing on territory. We were very fortunate last year to have been able to celebrate her 101st birthday along with her daughters, Lousie and Naomi at the Iroquois Legion Post #1587 on the Cattaraugus Territory. We will forever cherish our memories.

June L. Conklin of the Cattaraugus Seneca Territory, passed away Thursday March 26, 2020 in the Gowanda Nursing and Rehab Center, she was 101. Beloved wife of the late Chester Conklin; loving mother of Louise (Donald) Putzback and the late Naomi Gonyea. Sister of the late LaJoie, Irwin, Leonard, Dean and Charles Doctor. Private interment services will be held in the Seneca Nation Community Cemetery. June was a member of the Turtle Clan, and served in the United States Army from 1943-1945. Arrangements

by the ADDISON FUNERAL HOME, INC. Angola, NY

We send our deepest condolences to the family and friends of June Conklin.



President Rickey Armstrong, Sr. And Treasurer Matt Pagels' Message to the Seneca people

March 27, 2020

[PRESIDENT ARMSTRONG]

Hello, everyone. Nya:wëh sgë:nö'. I am happy to be joined today by Seneca Nation Treasurer Matt Pagels for an important joint message to our Seneca community.

First, on the healthcare front, I want to remind everyone that the Seneca Nation Health System is open. If you have a question or need services, please call your health center first. They are all available by telephone.

The Pharmacy is offering curb-side pick-up for prescriptions, which is especially recommended for our elders and those who are sick. Patients who want to take advantage of this service should call the Pharmacy when you arrive, and someone will bring your medications to your car.

Seneca Strong and Behavioral Health staff are available as needed, and are checking in with clients on a weekly basis. Likewise, our dental and optical staff are available by telephone for any questions or concerns you may have, as well as for emergencies.

I want to thank our Health System for doing everything they can to ensure these critical services remain available to our people. I can't emphasize enough how important it is to follow the public health

recommendations we have been hearing:

- Stay home as much as possible and avoid non-essential travel.
- Wash your hands often and avoid touching your face.
- Practice social distancing. Stay at least six feet apart from others, especially those who are sick.
- Most important, call your healthcare provider if you are sick or have concerns about COVID-19 and your underlying condition.

Everyone should take the time to care for yourself emotionally. Enjoy some quiet time each day and take some time to do activities you enjoy, or get out for some fresh Spring air.

Take care of your body. Take deep breaths, stretch, or meditate. Try to eat nutritious well-balanced meals, exercise regularly, and get plenty of sleep.

Stay connected and talk with your family and friends. We are all one Seneca family, and we need to support one another.

The COVID-19 is not just a health situation, but an economic one as well. As leaders,

it is our responsibility to provide you with important information regarding our Nation. I invited Treasurer Pagels to join me today, so that he can provide you an important financial update. Matt...

[TREASURER PAGELS]

Nya:wëh, President Armstrong. Good afternoon, everyone.

As the President has said, the Nation, like everyone, is being forced to make difficult decisions as a result of the COVID-19 outbreak and response.

This situation has had far-reaching economic consequences, and will affect all Senecas. While the Nation will continue to deliver essential services, we've made the difficult, but necessary, decision to implement temporary layoffs. The layoffs will go into effect April 5th.

This decision did not come easily, and we understand the challenges this forced decision will present for our Seneca Nation. I want to outline as many things as possible for everyone.

First, I can assure you that direct benefits, including annuity payments, elders' payments and disability benefits will remain the same for April.

Models for May and beyond are being evaluated and forecasted every day. Future decisions will be made as soon as our economic engines are operational.

The Nation leadership is closely and continuously monitoring every development, including possible best-case and worst-case scenarios. We will update the Seneca people as soon as possible on what we can expect moving forward.

We are focused on keeping our Nation and our community as strong as possible.

In the meantime, we hope to ease some of the burden on impacted families by allowing our staff to continue their existing health coverage under the Nation's benefits programs, while waiving contributions to the Health, Dental, and Life Insurance programs during this time.

There are some important things to know regarding unemployment benefits: New York State is waiving the usual seven-day waiting period for Unemployment benefits for people who are out of work due

to Coronavirus closures or quarantines. Although our employees cannot file for unemployment until they have been officially laid off, we urge employees to visit the New York State Unemployment website and create an account ahead of time. This will help speed things up if you are to officially start a new claim.

Impacted workers will be provided a packet of useful information at the time the layoff becomes effective. Employees will be able to contact their respective HR Department for questions.

President Armstrong has issued an Executive Order aimed at helping those in the Nation's various housing programs, including residents of the Seneca Nation Housing Authority, and participants in the Mortgage Program.

The Housing Authority will waive monthly rent payments for residents of its rental units. The Housing Authority will also defer monthly housing payments for those in the Homebuyer Program.

The Mortgage Program will defer monthly mortgage payments for participants, but will be required to continue making all necessary insurance payments.

In addition, the Finance Department has been directed to refrain from deducting any and all payments from members' annuity payments and/or wage deductions until further notice.

The SNIEDC is deferring all payments for the month of April, and the \$25 deferment fee. Anyone with questions about these programs may contact SNIEDC at (716) 945-7148.

In addition to the various Nation programs, many utility companies, telecommunication providers, banks, and automakers are easing service shut-offs and waiving various fees to accommodate customers impacted by the current economic landscape.

We encourage every employee impacted by our temporary layoffs to contact their service providers and suppliers to inquire about available programs and services. Like everyone, we are all looking for some clarity as this situation continues to unfold. We know those answers will not come quickly enough, but they will come. Our ultimate path forward is dependent upon how things continue to evolve locally,

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regionally, and beyond.

The Nation is working together and monitoring every development so we can make decisions that are in the best interest of all Senecas. We will provide every resource we responsibly can to help our impacted employees, community members, and their families through this unprecedented challenge.
Mr. President...

[PRESIDENT ARMSTRONG]
Thanks, Matt.

As your leaders, we know that it is important for you to understand where the Nation stands during this situation. I want to thank Treasurer Pagels for detailing that information for us today.

These are challenging times, but we cannot panic or let stress overcome our daily lives.

Our motto during the COVID-19 response is "Senecas Stay Safe," and part of that is staying strong and united as a community. These challenges are not insurmountable. We will take every step necessary to keep our Nation strong.

We are going to get through this period together. Nya:wëh!

Disability paperwork on hold

Submitted by Leana LeRoy

Seneca Nation Disability Services will not be accepting any new paperwork at this time.

If you are due for Recertification there is a HOLD on it until the COVID-19 Pandemic is over you will not be in violation in any way.

Please hold on to the paperwork that you have and we will contact you when the program is open.

Please call us if you have any concerns.
Ashley Kettle 532-4900 Ext 5152 or
Leanna LeRoy Ext 5151 or 716-801-2955
PLEASE STAY SAFE! STAY HOME!

Nya:wëh!

AOA Coronavirus update

Please be advised The Elder Center & Congregate Site will be closed for the next two weeks, 3/16/2020 - 3/29/2020.

All Home Delivered Meals & AOA Services will continue as normal. Any questions please call the office at 716-945-8990.

Those who attend Congregate Meals may temporarily receive Home Delivered Meals during the closure. Please contact the AOA by 9a.m. the day prior in order to schedule your delivery.

SENECA NATION COVID-19 TASK FORCE

General COVID-19 response questions 716-945-8153 (24/7)
All COVID-19 Health Questions: Please call your doctor at the clinic.

COMMAND- (Reports directly to Council and Executives) Kerry John, Chief Of Staff kerry.J.John@sni.org. Eliot Jimerson, Deputy Chief of Staff eliot.jimerson@sni.org. Mike Gates, Emergency Management mike.gates@sni.org

TASK FORCE PLANNERS - Paul Lepsch - plepsch@senecastrategic.com. Marlene Wakefield - marlene.wakefield@sni.org

MEDIA COORDINATION- Jason Corwin - jason.corwin@sni.org

GIS- Gerri Jimerson - gjimerson@sni.org. Todd LaQuay - tlaquay@sni.org

LOGISTICS- Rick Blaszyk - rblaszyk@sneos.com.

EMERGENCY MANAGEMENT- Mike Gates - mike.gates@sni.org - cell: 716-244-0820 (24/7).

HEALTH / HOUSING ADVISOR- Adrian Stevens - adrian.stevens@sni.org.

TRANSPORTATION / FLEET- Sharon Ray - sharon.ray@sni.org.

TASK FORCE ADVISORS- LEGAL Michele Mitchell, General Counsel Karla General, Associate Counsel.

FISCAL- Cheryl Watts, Comptroller.

HEALTH SYSTEM- Mark Halftown, CEO. Shaela Maybee, COO.

Seneca Nation of Indians Economic Development Company (SNIEDC) deferring payments for the month of April 2020

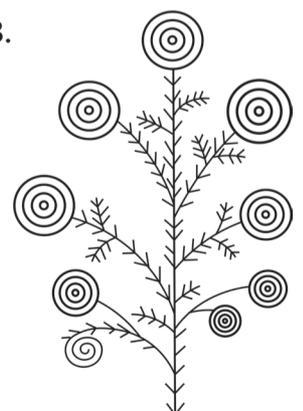
Salamanca, NY- March 18, 2020, The SNIEDC Board of Directors voted to defer all MIC, BRL, and CMG loan payments for the month of April 2020. The deferral fee of \$25 is waived for all SNIEDC clients.

If your loan payments are made via annuity check. SNIEDC will issue a check for the amount pledged.

This is in response the COVID-19 pandemic and the anticipated economic hardships our clients may undergo during closures of businesses at this time. Please stay safe and remember we are all in this together. Nya: wëh.

For more information, please call the SNIEDC office at (716)945-7148.

Or we may be reached by cell phone:
Executive Director-Jonathan Zurek (716)89-2403.
Business Strategist-Francisco Seneca (716) 801-6871
Loan Officer- FancySun Hare (716)244-7116



Seneca Nation Health System operations update

March 17, 2020

This is an important message from the Seneca Nation Health System regarding our operations in response to COVID-19. In order to reduce the impact on our community we are taking additional measures to control the movement of patients and staff within our buildings.

-We ask that patients please call ahead before coming to the health system for your appointment or to receive services.

-If you have a routine or non-emergent appointment, please be aware that your appointment may be rescheduled.

-Our Medical Unit is not able to test for COVID-19, your primary care provider along with the county health department will determine whether you are a candidate for testing.

-We are utilizing one main entrance into our buildings in order to conduct temperature checks.

All group programs and events, including support groups held at our facilities and exercise appointments are cancelled for the next 4 weeks until 4/13/2020.

The situation is changing day to day, we have information for community members regarding health precautions and cleaning on our website at senecahealth.org. Important updates will be communicated with you as our response develops in the coming days and weeks.

Seneca Nation Health System to start medication delivery

March 30, 2020

The Lionel R. John Health Center Pharmacy will begin offering medication delivery in Salamanca. This service is for elders, individuals with diabetes, those who are sick or immunocompromised or otherwise high-risk for COVID-19 complications. Only deliveries to our patients with Salamanca addresses are offered at this time.

Please call the Lionel R. John Health Center Pharmacy at 945-8240, option 3 to sign up for our next delivery window. All instructions will be given when you call to request delivery including verifying your address, phone number and order. Remember early refills (14 days early except for controlled substances) and 60-day supplies may be accommodated if you call our staff to order.

Please consolidate orders, if possible, to reduce the number of visits to pharmacy for pick up or number of deliveries. You must be home during the delivery window. You will receive a call a few minutes before your delivery. The driver will not leave medication unattended. We are not delivering any controlled substances.

We are continuing to offer pharmacy pick up at the pharmacy window or using the curbside service. If you are interested in using curbside delivery we ask that you stop by between 9am and 5pm to maintain our normal opening and closing procedures.

Seneca Nation Health System pharmacy update

March 22, 2020

This is an important message regarding Seneca Nation Health System operations in response to COVID-19.

The Pharmacy will be opening for normal hours of operation, 7:30AM to 6:00PM on Monday March 23rd. The easiest ways to request refills are using the Smartphone app called Refill Pro or calling the health center pharmacy to use the IVR system to enter your prescription numbers. When you are getting your order ready, be sure to check for any medications that can be refilled up to 14 days early to reduce the number of trips to the Pharmacy. The pharmacy is receiving a lot of incoming calls, so please be patient if you need to speak to someone. For your convenience the pharmacy staff can sign you up to receive text message alerts when your prescriptions are ready for pickup. Curbside delivery of medications is available and recommended for elders, those who are sick, or high-risk individuals. More thorough instructions and additional information is located on the Pharmacy page at senecahealth.org

Medical, Dental, and Optical are re-scheduling routine appointments on a case-by-case basis taking into account the health and needs of each patient. Health System departments are accepting appointments only, walk ins will not be allowed into the buildings. Please call upon arrival for letters, referrals, or pick ups from Patient Registration or the information desk, patients will receive delivery to their car. Any department or service not previously mentioned are available via phone. For Lionel R John Health center call 945-5894, for the Cattaraugus Health Center call 5325582, and for the Cattaraugus Community Health and Wellness Center call 5328223.

Nya:weh Health System patients and staff for your cooperation and flexibility as we navigate changes to Health System operations.

Regroup Messaging System

As part of The Seneca Nation's Emergency Management Department Inclement Weather Plan, a strategic voice messaging service called Regroup Messaging System has been established. This service is intended to provide SNI Employees and Community Members with broadcasted services in the event of emergencies, closings, delays, and health/safety messages.

If you are interested in being placed on the call list, or if you want more information on the Regroup Messaging System, please contact the Emergency Management Office:

Monday – Friday
8:00 am – 4:30 pm
(716) 532-8178
dawn.stevens@sni.org

All call lists are confidential and will be solely used for the intended purpose



Seneca Nation Housing Authority limits visitors to elder housing

LIMIT TO VISITORS- IMMEDIATE FAMILY ONLY!

Due to concerns regarding the (COVID-19) Coronavirus, it is the goal of the SNHA Staff and Board of Commissioners to protect our elderly residents as best we can by taking special precautions at this time.

Since the (COVID-19) Coronavirus is spread mainly between people who are in close contact with one another, the Seneca Nation Housing Authority is exercising our right to prohibit any visitors who do not have an essential need to be on 44 Seneca Elders Complex, or Oak Tree Elders Complex. Until further notice, only immediate family members will be allowed access into 44 Seneca Elders Complex and Oak Tree Elders Complex and dwelling units.

Although there are no known cases in our immediate area, the SNHA feels that by minimizing exposure to potential infection will go a long way in ensuring the health and safety of all residents in the end.

Please feel free to call the SNHA Office at 716-945-1290 or 716-532-5000 should you have any further questions or concerns.

The Seneca Nation Housing Authority thanks everyone for their cooperation during this time.

4/1/20 SNHA Advisory for Oak Tree:

DUE TO TOO MANY VISITOR VIOLATIONS,
Visitor hours are being limited to 12pm until 4pm daily
No exceptions

If you are expecting or anticipate any deliveries or visitors during this time, they are going to be subject to temperature readings at the front door.

No visitors are allowed to use your outside entry doors (if you have one) to enter your apartment. The building front door is to be used for all visitors.

Tenants who violate will be subject to the snha eviction policy. (Allowing family or friends to use your entry key is a violation)

This is only temporary until this whole pandemic issue is resolved.

Your health and safety is our priority. Please be mindful and respect our policies.

Seneca Nation suspends sales for fishing licenses

In response to COVID-19 the President of the Seneca Nation has issued an Executive Order suspending fishing to non-residents until further notice. All fishing license vendors have been instructed to suspend the sale of SNI fishing licenses to lessen confusion. Current license holders will have the expiration date extended to compensate for lost fishing days.

Remember these are unprecedented times and this is temporary, we apologize for any inconvenience this may cause. Stay healthy and be safe.

Subscribe to Seneca Media's YouTube channel to watch all the latest COVID-19 announcements

Please be sure to subscribe to Seneca Media & Communications Center's YouTube channel <http://www.youtube.com/c/SenecaMediaCommunicationsCenter>. Make sure you enable notifications so you'll know immediately whenever a new video message about COVID-19 from President Armstrong is posted, as well as upcoming elders exercise videos and more.

You can share the link with your family members who don't use social media. Even though a large number of our community follows our Facebook page, we know not everyone does social media, so all our videos are posted to both Facebook and YouTube. All COVID-19 response messages are also broadcast regularly on WGWE 105.9 FM for anyone that doesn't have computer access. Please let the elders know to tune in for regular updates.

Also a reminder that you should subscribe to Emergency Management's Regroup Messaging System. Details are at: <https://sni.org/departments/emergency-management/pages/regroup-messaging-system/> and you can track real-time information about COVID-19 thanks to our GIS at <https://coronavirus-response-sni-gis.hub.arcgis.com/>. Press releases, videos, and other news are also available at <http://sninews.org> and <http://sni.org>.

Seneca Nation Administration Building COVID-19 procedures upon entering

We are continually addressing the containment efforts of the COVID-19 virus within our Seneca Nation buildings.

Effective immediately, only the main entrance to the the Seneca Allegany Administration Building in Salamanca and the William Seneca Building in Irving will be unlocked. All other entrances will be locked, please use the main entrance to both buildings.

Emergency medical service personnel will be screening all employees and visitors who enter the building. A marshal will be stationed in the entrance area during business hours.

If you have any questions, please contact the President's Office (Jacquie Crouse x 3119, Gina Larvie x 3170, Charisse Ground x3016 or Millicent Proud x5108).

Seneca Nation Coronavirus Response Hub

The Seneca Nation GIS Department has put together a Coronavirus response website hub to ensure our community has access to timely and accurate information. It also includes links to resources available from local counties.

Please visit:
<https://coronavirus-response-sni-gis.hub.arcgis.com/> for all the latest information shared by the Seneca Nation to the public.



ANNOUNCEMENT – Temporary New Business Hours

The SNIFCU is committed to the health and well-being of our members as well as our staff. To ensure safe continued operation we are making changes to our business hours and how we perform transactions.

For the time being we will be operating on limited business hours **10am - 2pm. This is subject to change and we will announce any changes.**

Deposits can be made before or after hours by sliding your check or deposit under the door. Deposits left after 2pm will be processed the next business day.

All transactions will have to be completed through our office doors as our lobby is closed until further notice.

Please call ahead with your transaction to limit your wait time.

Irving (716) 532-8179 or x.8765

Salamanca (716) 945-8510 or x.8918

To ensure your continuity of service, we are recommending to all of our members:

- Sign up for Direct Deposit
- Get a Debit/ATM card
- Enroll in Online Banking and Bill Pay and download our App
- Add VISA fraud detection as a contact to your phone: 1-877-253-8964

Members without a Debit/ATM card may have limited access to their funds should our offices close for any reason. For any unexpected closures, our staff will still be accepting calls during business hours and we'll be able to provide the majority of our services remotely. For those that do not have Debit/ATM cards, please sign-up today.

Nya:weh

Your savings federally insured to at least \$250,000 and backed by the full faith and credit of the United States Government.

<p>Irving Office</p> <p>12837 Route 438 Irving, NY 14081 (716) 532-8179</p>	<p>Hours</p> <p>Mon - Thurs 9am - 4pm Friday 9am - 5pm Tribal Council Saturdays 9am - 1pm</p> <p><small>(Only the SNIFCU office located where the Tribal Council Session is held will be open)</small></p>	<p>Salamanca Branch</p> <p>90 Ohi:yo Way Salamanca, NY 14779 (716) 945-8510</p>
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CORONAVIRUS RELATED FINANCIAL HARDSHIP

If you are experiencing financial difficulty due to Coronavirus related lay-offs, please contact our office. The Seneca Nation of Indians Federal Credit Union has deferment options for members with loans who are experiencing financial hardship.

Please call:

Irving (716) 532-8179 or x.8765

Salamanca (716) 945-8510 or x.8918

To ensure your continuity of service, we are recommending to all our members:

- Sign up for Direct Deposit
- Get a Debit/ATM card
- Enroll in Online Banking and Bill Pay and download our App
- Add VISA fraud detection as a contact to your phone: 1-877-253-8964

Members without a Debit/ATM card may have limited access to their funds should our offices close for any reason. For any unexpected closures, our staff will still be accepting calls during business hours and we'll be able to provide the majority of our services remotely. For those that do not have Debit/ATM cards, please sign-up today.

Your savings federally insured to at least \$250,000 and backed by the full faith and credit of the United States Government.

<p>Irving Office</p> <p>12837 Route 438 Irving, NY 14081 (716) 532-8179</p>	<p>Hours</p> <p>Mon - Thurs 9am - 4pm Friday 9am - 5pm Tribal Council Saturdays 9am - 1pm</p> <p><small>(Only the SNIFCU office located where the Tribal Council Session is held will be open)</small></p>	<p>Salamanca Branch</p> <p>90 Ohi:yo Way Salamanca, NY 14779 (716) 945-8510</p>
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UPDATE:
All checks issued by the Seneca Nation can be cashed at any Keybank. The Seneca Nation Federal Credit Union will be open but with limited service.

Veterans COVID-19 update

Effective Tuesday March 17, Seneca Nation Veterans Department is closed for in person assistance. Veterans should contact the Tribal Advocate if they are in need of food supplies. Tribal Advocate will take applications over the phone.

Veteran related services, such as; claims - records- general information, can be communicated via phone. Please continue to call x5536 if you have any questions or concerns

Seneca Nation Veterans Department asks that veterans take note of this page on the US Dept of Veterans Affairs website for important information regarding COVID-19 and VA services. There are currently, at the time of this posting, no cases at the Buffalo VA Medical Center.

Apply for and manage the VA benefits and services you've earned as a Veteran, Service member, or family member—like health care, disability, education, and more.

PUBLICHEALTH.VA.GOV
VA.gov | Veterans Affairs

Apply for and manage the VA benefits and services you've earned as a Veteran, Service member, or family member—like health care, disability, education, and more.



Gakwi:yo:h Farms update

Please be advised that Gakwi:yo:h Farms is closed to the public until further notice. The safety and wellbeing of both our community members and employees is a primary concern given the recent outbreak of the Coronavirus (COVID-19). We wanted to share our plans with you.

We are taking the following steps at the Farmhouse:

- Increasing the cleaning of frequent touch points, including appliances, entry doors

- Encouraging frequent and effective hand washing

- Employees are encouraged to stay home if they are showing signs of illness or fever

Staying healthy and feeding our community has never been more important. Ensuring public health within our community is critical with sustaining our food system. Providing safe, healthy and accessible food to our community is critical to our lives, our health and our future.

If you need assistance or have an emergency you may contact:

- **Michael Snyder – (716) 801-0116**

- **Gerry Fisher – (716) 801-5169**

- **Gordon Brown – (716) 261-8887**

- **William Printup Jr. - (716) 697-1824**

Thank you for your patience and understanding.

Get Your Home Ready

Detailed Planning Guidance from the CDC website.

This interim guidance is based on what is currently known about the Coronavirus Disease 2019 (COVID-19). The Centers for Disease Control and Prevention (CDC) will update this interim guidance as needed and as additional information becomes available.

This interim guidance is to help household members plan for community transmission of coronavirus disease 2019 (COVID-19) in the United States. The Centers for Disease Control and Prevention (CDC) encourages household members to prepare for the possibility of a COVID-19 outbreak in their community.

COVID-19 is caused by a new virus. There is much to learn about its transmissibility, severity, and other features of the disease. We want to help everyone prepare to respond to this public health threat.

A COVID-19 outbreak could last for a long time in your community. Depending on the severity of the outbreak, public health officials may recommend community actions designed to help keep people healthy, reduce exposures to COVID-19, and slow the spread of the disease. Local public health officials may make recommendations appropriate to your local situation. Creating a household plan can help protect your health and the health of those you care about in the event of an outbreak of COVID-19 in your community. You should base the details of your household plan on the needs and daily routine of your household members.

Create a household plan of action

-Talk with the people who need to be included in your plan. Meet with household members, other relatives, and friends to discuss what to do if a COVID-19 outbreak occurs in your community and what the needs of each person will be.

-Plan ways to care for those who might be at greater risk for serious complications. There is limited information about who may be at risk for severe complications from COVID-19 illness. From the data that are available for COVID-19 patients, and from data for related coronaviruses such as SARS-CoV and MERS-CoV, it is possible that older adults and persons who have underlying chronic medical

conditions may be at risk for more serious complications. Early data suggest older people are more likely to have serious COVID-19 illness. If you or your household members are at increased risk for COVID-19 complications, please consult with your health care provider for more information about monitoring your health for symptoms suggestive of COVID-19. CDC will recommend actions to help keep people at high risk for complications healthy if a COVID-19 outbreak occurs in your community.

-Get to know your neighbors. Talk with your neighbors about emergency planning. If your neighborhood has a website or social media page, consider joining it to maintain access to neighbors, information, and resources.

-Identify aid organizations in your community. Create a list of local organizations that you and your household can contact in the event you need access to information, health care services, support, and resources. Consider including organizations that provide mental health or counseling services, food, and other supplies.

-Create an emergency contact list. Ensure your household has a current list of emergency contacts for family, friends, neighbors, carpool drivers, health care providers, teachers, employers, the local public health department, and other community resources.

Practice good personal health habits and plan for home-based actions

Practice everyday preventive actions now. Remind everyone in your household of the importance of practicing everyday preventive actions that can help prevent the spread of respiratory illnesses:

-Avoid close contact with people who are sick.

-Stay home when you are sick, except to get medical care.

-Cover your coughs and sneezes with a tissue.

-Clean frequently touched surfaces and objects daily (e.g., tables, countertops, light switches, doorknobs, and cabinet handles) using a regular household detergent and water.

If surfaces are dirty, they should be cleaned using a detergent and water prior to disinfection. For disinfection, a list of products with Environmental Protection

Agency (EPA)-approved emerging viral pathogens claims, maintained by the American Chemistry Council Center for Biocide Chemistries (CBC), is available at Novel Coronavirus (COVID-19) Fighting Productspdf iconexternal icon. Always follow the manufacturer's instructions for all cleaning and disinfection products. Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing. If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Always wash your hands with soap and water if your hands are visibly dirty.

-Choose a room in your home that can be used to separate sick household members from those who are healthy. Identify a separate bathroom for the sick person to use, if possible. Plan to clean these rooms, as needed, when someone is sick. Learn how to care for someone with COVID-19 at home.

Be prepared if your child's school or childcare facility is temporarily dismissed

-Learn about the emergency operations plan at your child's school or childcare facility. During a COVID-19 outbreak in your community, local public health officials may recommend temporary school dismissals to help slow the spread of illness. School authorities also may decide to dismiss a school if too many students or staff are absent. Understand the plan for continuing education and social services (such as student meal programs) during school dismissals. If your child attends a college or university, encourage them to learn about the school's plan for a COVID-19 outbreak.

Plan for potential changes at your workplace

-Learn about your employer's emergency operations plan. Discuss sick-leave policies and telework options for workers who are sick or who need to stay home to care for sick household members. Learn how businesses and employers can plan for and respond to COVID-19.

During a COVID-19 outbreak in your community: Act

During an outbreak in your community, protect yourself and others by:

Staying home from work, school, and all activities when you are sick with COVID-19 symptoms, which may include fever, cough, and difficulty breathing.

Keeping away from others who are sick. Limiting close contact with others as much as possible (about 6 feet).

Put your household plan into action

-Stay informed about the local COVID-19 situation. Get up-to-date information about local COVID-19 activity from public health officials [external icon](#). Be aware of temporary school dismissals in your area, as this may affect your household's daily routine.

-Stay home if you are sick. Stay home if you have COVID-19 symptoms. If a member of your household is sick, stay home from school and work to avoid spreading COVID-19 to others.

-If your children are in the care of others, urge caregivers to watch for COVID-19 symptoms.

-Continue practicing everyday preventive actions. Cover coughs and sneezes with a tissue and wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use a hand sanitizer that contains 60% alcohol. Clean frequently touched surfaces and objects daily using a regular household detergent and water.

-Use the separate room and bathroom you prepared for sick household members (if possible). Learn how to care for someone with COVID-19 at home. Avoid sharing personal items like food and drinks. Provide your sick household member with clean disposable facemasks to wear at home, if available, to help prevent spreading COVID-19 to others. Clean the sick room and bathroom, as needed, to avoid unnecessary contact with the sick person.

-If surfaces are dirty, they should be cleaned using a detergent and water prior to disinfection. For disinfection, a list of products with EPA-approved emerging viral pathogens claims, maintained by the CDC, is available at [Novel Coronavirus \(COVID-19\) Fighting Products](#) [pdf icon](#) [external icon](#). Always follow the manufacturer's instructions for all cleaning and disinfection products.

-Stay in touch with others by phone or email. If you live alone and become sick during a COVID-19 outbreak, you may need help. If you have a chronic medical condition and live alone, ask family, friends, and health care providers to check on you during an outbreak. Stay in touch with family and friends with chronic medical conditions.

-Take care of the emotional health of your household members. Outbreaks can be stressful for adults and children. Children respond differently to stressful situations than adults. Talk with your children about the outbreak, try to stay calm, and reassure them that they are safe.

Inform your workplace if you need to change your regular work schedule

-Notify your workplace as soon as possible if your schedule changes. Ask to work from home or take leave if you or someone in your household gets sick with COVID-19 symptoms, or if your child's school is dismissed temporarily.

Take the following steps to help protect your children during an outbreak

-If your child/children become sick with COVID-19, notify their childcare facility or school. Talk with teachers about classroom assignments and activities they can do from home to keep up with their schoolwork.

-Keep track of school dismissals in your community. Read or watch local media sources that report school dismissals. If schools are dismissed temporarily, use alternative childcare arrangements, if needed.

-Discourage children and teens from gathering in other public places while school is dismissed to help slow the spread of COVID-19 in the community.

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After a COVID-19 outbreak has ended in your community: Follow Up Remember, a COVID-19 outbreak

could last a long time. The impact on individuals, households, and communities might be great. When public health officials determine the outbreak has ended in your community, take time to improve your household's plan. As public health officials continue to plan for COVID-19 and other disease outbreaks, you and your household also have an important role to play in ongoing planning efforts.

Evaluate the effectiveness of your household's plan of action

-Discuss and note lessons learned. Were your COVID-19 preparedness actions effective at home, school, and work? Talk about problems found in your plan and effective solutions. Identify additional resources needed for you and your household.

-Participate in community discussions about emergency planning. Let others know about what readiness actions worked for you and your household. Maintain communication lines with your community (e.g., social media and email lists). Promote the importance of practicing good personal health habits.

-Continue to practice everyday preventive actions. Stay home when you are sick; cover your coughs and sneezes with a tissue; wash your hands often with soap and water; and clean frequently touched surfaces and objects daily.

-Take care of the emotional health of your household members. Make time to unwind and remind yourself that strong feelings will fade. Take breaks from watching, reading, or listening to news stories about COVID-19. Connect with family and friends. Share your concerns and how you are feeling with others.

-Help your child/children cope after the outbreak. Provide children with opportunities to talk about what they went through or what they think about it. Encourage them to share concerns and ask questions. Because parents, teachers, and other adults see children in different situations, it is important for them to work together to share information about how each child is coping after the outbreak.

REMINDER:
NEXT NEWSLETTER DEADLINE:
APRIL 14th, 2020

NEXT ISSUE:
APRIL 21st, 2020

Annual Marvin “Joe” Curry Veterans Powwow Cancelled

ALLEGANY TERRITORY, SALAMANCA, N.Y. – Lingering concerns over the sustained nationwide COVID-19 response has prompted organizers of the annual Marvin “Joe” Curry Veterans Powwow to cancel the event for 2020.

The Seneca Nation has presented the annual celebration of Native American culture for the past 30 years. The powwow, which features a series of exhilarating dance and drum competitions, attracts competitors and visitors from across the United States and Canada. It is one of the largest powwow celebrations in the northeast.

“The powwow is about community, our community here on the Seneca Territory and the community of friends and families who join us each year from throughout Indian Country,” said Seneca Nation Councilor Tina Abrams, co-chair of the Powwow committee. “With everyone’s best interest in mind, the right

decision is to suspend our celebration until we can again welcome everyone from far and wide back to Salamanca next year.”

The powwow honors Native American veterans and is named in honor of Marvin “Joe” Curry, a member of the Seneca Nation of Indians’ Snipe Clan, who led a long and distinguished career of military service in the United States Navy, serving two tours of duty in the Korean War and also serving in the Vietnam War.

Abrams is thankful for the devotion and commitment of the committee members and said the powwow committee will soon begin planning for a 2021 celebration.

“Every community is adjusting to this worldwide situation. We are disappointed, but we know this is the right decision,” Abrams said. “The dancers will dance, the drums will sound, and we will all raise our voices in song again next year.”

HELPFUL NUMBERS FOR SENECA NATION ELDERS

WHO DO I CALL WHEN I NEED:

FOOD:

USDA: 716-532-1028
OR
TRIBAL ADVOCATE:
716-254-0777 / 716-945-2655

PHARMACY:

LRJHC: 716-945-5894
OR
CIR HEALTH CENTER:
716-532-5582

NEWS:

TAMI WATT (NEWSLETTER EDITOR)
716-945-1790 (EXT: 3030)
OR
BARBARA L HILL (MEDIA OFFICE MANAGER)
716-945-1790 (EXT: 3921)

EMOTIONAL SUPPORT:

BEHAVIORAL HEALTH UNIT
ALLEGANY: 716-945-9001
CATTARAUGUS: 716-532-5583 (EXT: 5450)

GENERAL COVID-19 RESPONSE QUESTIONS?
716-945-8153 24/7

HEALTH ALERT:

Guidelines for Cleaning and Disinfection if living with someone who has tested positive for COVID-19

Items you will need:

Disposable Gloves

Surgical Mask

Clean Clothes

Trash Bags

Disposable Cloths/Rags

Bleach/Disinfectant

Water and Pail

Mop

How to Clean/Disinfect:

1. Put on mask and gloves. Do not touch face further.
2. Prepare bleach solution/disinfectant, according to manufacturer's instructions.
3. Open windows.
4. Mop floor with bleach solution/disinfectant from one end to the other.
5. Soak cloths/rags in bleach solution/disinfectant and use to wipe all frequently touched areas and toilet surfaces.
6. Wash all bed linen with detergent in a washing machine.
7. If person is being tested for the COVID-19, do not use the bedding that he/she has used, until he/she is determined to be free of infection.
8. Repeat mopping as before.
9. Put all used cloths/rags and other waste into double-lined plastic/trash bags.
10. Remove gloves and wash your hands with soap and water.
11. Remove mask and wash your hands with soap and water.
12. Put used gloves and mask in double-lined plastic/trash bags.
13. Separate plastic/trash bags generated from clean-up from other household waste, and throw them away as regular waste, as soon as possible.
14. Shower and change clothes immediately.
15. Air/ventilate your home.

#SenecasStaySafe

COMING SOON

ELDER INTERVIEW PROJECT

Share your life story for future generations

For more information:
Barbara Lynn Hill
work: (716) 945-1790 ext. 3921

ATTENTION:

Exercise and Yoga videos are now available!

Videos can be viewed online at the links below. Upon request, the videos, including all COVID-19 messages from President Armstrong, can be put on a usb flash drive or DVD for any elder who does not have internet access. For more information, contact Barbara Lynn Hill at (716) 945-1790 ext. 3921

SENECA NATION SERVICES UPDATE 3/31/20

President's office, Treasurer's office, and Council Offices remain open limited hours

Multiple Sites		
Archives Department	Rebecca Bowen	Suspended
Area Office of the Aging	Bethany Lay	Food deliveries Only
Business Permit Office	Dana Maybee	Suspended
Disabilities Program	Leanna Leroy	Paperwork is put on hold; Payments are still being processed
Emergency Management	Michael Gates	All Services in Full Operation
Emergency Medical Services	Michele Redeye	All Services in Full Operation
Employee Assistance Hotline	532-8340	M-F: 8a - 5p.
Energy	Anthony Giacobe	All Services in Full Operation
Enterprises	Rick Blazyk	All Services in Full Operation
Environmental Protection	Lisa Maybee	Suspended; Still processing Underground Tank Permits for 2020. Large item collection, Solid Waste, & Community Clean Up Contest postponed
Facilities	Angel Cortez	All Services in Full Operation
Fiscal	Cheryl Watts	All Services in Full Operation
Food Distribution Program	James White	All Services in Full Operation
Gakwi:yo	Michael Snyder	All Services in Full Operation
Health Systems	(716) 945-5894	All Services in Full Operation
Hemp Commission	Jessica Crouse	Suspended
Housing Authority	Adrian Stevens	M-F 8:00a - 1 p.m. (until April 6th) After April 6th 7a-4:30p Contact #716-532-5000
Human Resources	Terry Nephew	All Services in Full Operation
Import/Export	Travis Schapp	All Services in Full Operation
Information Technology	Richard Stevens	All Services in Full Operation
Investments/Audit	Derrick Jimerson	All Services in Full Operation
Language Ceremonial (Men's)	Blaine Tallchief	Suspended
Language Ceremonial (Women's)	Alexia John	Suspended
Language Immersion	Brandon Martin	Suspended
Lease Administration	Natasha George	All Services in Full Operation
Library	Krista Jacobs	Suspended
Maps & Boundaries	Bruce Abrams	Research & updating Surveys;
Media	Jason Corwin	All Services in Full Operation
Mortgage Program	Tina Becker	All Services in Full Operation
Newsletter	Tami Watt	All Services in Full Operation
Planning	Lucille White	All Services in Full Operation
Sanitation	Annabelle Stevens	All Services in Full Operation
Seneca Gaming Authority	Michael John	Suspended
Seneca Iroquois National Museum	Joe Stahlman	Suspended
THPO	Joe Stahlman	Suspended
Transportation	Sharon Ray	All Services in Full Operation
Veterans	Tisheena Jimerson	All Services in Full Operation

SENECA NATION SERVICES UPDATE 04/02/20

Allegany Phone# 716-945-1790 8a-4:30p Unless Otherwise Noted		
Behavioral Unit	945-9001	M-F 8:00a - 4:30p
Child & Family Services	945-5894 x3233	or 945-1790 x 3233 24/7
Clerk's Office	Bethany Johnson	Bjohnson@sni.org phone or email only. Curb side pick-up and drop off is encouraged, if needed.
Community Center	Kingsley Nephew	Suspended
Department of Public Works	Donald John	All Services in Full Operation
SALC	Amy Jimerson	Student Lunch Deliveries
Education	Nancy Williams	Assisting with distance learning and homeschool assignments. Tuition payments are still being processed & Tuition Assistance is still being provided by Higher Ed
Fish & Wildlife	Allie George	All Services in Full Operation, Limiting Social Interaction
Highbanks Campgrounds	Judy Farmer	Suspended
Language - Conversational	Ja:no's Bowen	Internet Language Classes Only
Marshals	Brandon Crouse	All Services in Full Operation
National Crisis Hotline	1-800-339-5209	24/7
Seneca Gaming & Entertainment	Jaimie Pierce	Suspended
Seneca Strong Hotline	945-8413	24/7
Seneca Nation Advocate Program	Rae Lynn George	All Services in Full Operation
TERO	Jason John	All Services in Full Operation
Training & Employment	Nancy Toth	Suspended
WWTP & Utilities	Scott John	All Services in Full Operation

Buffalo Phone# 716-532-4900 8a-4:30p Unless Otherwise Noted		
Buffalo Native Resource Center	Ramona Marion x7915	All Services in Full Operation
Seneca Nation Tribal Advocate	Lindsey Williams	All Services in Full Operation

Courts		
Emergency Hearings Only		
Peacemakers	Heather Lineman	716-254-8086
Surrogates	Court Administrator	716-244-2112
Appeals	Court Administrator	716-244-2112

SENECA NATION SERVICES UPDATE 04/02/20

Cattaraugus Phone# 716-532-4900 8a-4:30p Unless Otherwise Noted		
Behavioral Unit	532-5583 x5450	M-F 8:00a - 4:30p
Child & Family Services	532-4035	24/7
Clerk's Office	Marta Kettle	mkettle@sni.org phone and email only. Curb side pick-up and drop off is encouraged, if needed.
Community Center	Bradley John	Suspended
Conservation	Greg Lay	716-258-8869
Department of Public Works	Charles Stevens	All Services in Full Operation
ECLC - Headstart	Kelly Spruce	Providing & Delivering Lunches
Education	Amy White	Tuition payments are still being made
Erie County Crisis Hotline	834-3131	24/7
Fish & Wildlife	Greg Lay	All Services in Full Operation
Forestry	William John	Suspended
Language - Conversational	Alexis Stevens	Suspended
Marshal	Sandy Keyes	All Services in Full Operation
Seneca Gaming & Entertainment	Steve Schindler	Suspended
Seneca Nation Advocate Program	Kerry Kennedy	All Services in Full Operation
Seneca Strong Hotline	532-8456	24/7
TERC		Suspended
TERO	Bryan Gonzales	All Services in Full Operation
Training & Employment	Toonie Pierce	Suspended
WWTP & Utilities	Theresa Lay	All Services in Full Operation

Buffalo Phone# 716-532-4900 8a-4:30p Unless Otherwise Noted		
Buffalo Native Resource Center	Ramona Marion x7915	All Services in Full Operation
Seneca Nation Tribal Advocate	Lindsey Williams	All Services in Full Operation

Courts		
Emergency Hearings Only		
Peacemakers	Marcy Isaac	716-244-3498
Surrogates	Court Administrator	716-244-2112
Appeals	Court Administrator	716-244-2112

Credit Union	CIR 532-8179	New Hours: 10:00a - 2:00p
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Update from Seneca Nation Office of Court Administration



The Seneca Nation Office of Court Administration, Domestic Violence Program, Surrogates and Appeals Court are temporarily closed at this time. Any deadlines and extensions that occurred from March 16 – reopening will be extended. If you have any questions please call 716-244-2112.

The Peacemakers Courts on both territories are available for emergency petitions only. (DV related Orders of Protections, Child Welfare: Emergency Removals and Abandonment) Forms are available online at sni.org. Please call 716-244-3498 Cattaraugus or 716-254-8086 Allegany for any Peacemaker related questions.

Thank you for your patience during this time. Stay safe and stay healthy.



Seneca Nation opposes Cuomo plan to sacrifice upstate residents in COVID-19 fight

ALLEGANY TERRITORY – Seneca Nation President Rickey Armstrong, Sr. issued the following statement in opposition to the Executive Order outlined by Governor Andrew Cuomo for taking vital resources and medical equipment away from Upstate New York hospitals for use downstate:

“The outbreak of the coronavirus has swept across New York like a tidal wave, impacting every county and every community. While the downstate area is the epicenter of this unprecedented crisis, the number of cases and fatalities here in Western New York continue to climb. Our healthcare workers, who are the true heroes on the front lines of this battle, need every resource possible to treat those who are in their care and to prepare for a continued increase.”

“The Governor’s order flies in the face of the life-saving work our hospitals, doctors, nurses and first responders are risking their own health to perform every day. By preparing to send the National Guard to the region to demand our healthcare community relinquish ventilators and equipment, the Governor is signaling his willingness to sacrifice the lives and safety of our family and neighbors. He is creating a dangerous ‘us’ versus ‘them’ dynamic, and he is making

his choice crystal clear.”

“From the days the virus began to terrorize our country and community, we have heard – from health professionals and from the Governor himself – how the virus is especially dangerous for the elderly and those with underlying health conditions, such as diabetes, which is prevalent among the Seneca Nation and other Native communities within New York. The Governor’s order is a reckless attack on the safety of our communities.”

“The lives of our citizens, whether Native or non-Native, should not be deemed more expendable simply because we live north of Westchester County. The Governor was elected to serve all of New York, not to unilaterally decide that lives in one area of the state are more valuable than the rest of the state.”

“The Seneca Nation and the Seneca Nation Council stand in solidarity with our region’s healthcare workers and the many elected officials who represent our region and communities in opposing the Governor’s dangerous, short-sighted and selective order.”

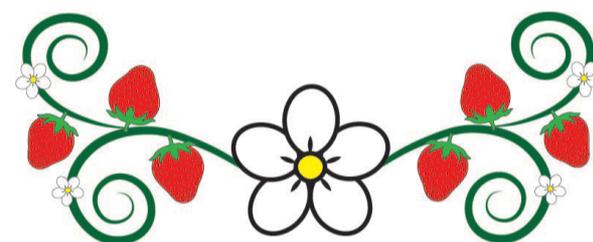
Seneca Nation defers/waives housing fees temporarily

The Seneca Nation Housing Authority waives the payment of monthly rent in all Seneca Nation Housing Authority rentals.

The Seneca Nation Housing Authority defers all monthly housing payments for those individuals participating in the Homebuyer Program.

The Seneca Nation Mortgage Program will defer monthly mortgage payments, but will continue to make all necessary homeowners insurance payments.

The Seneca Nation Finance Department is directed to refrain from deducting such payments from Members' annuity payments and/or make wage deduction payments.



Seneca Nation defending its legal rights vs. New York State

By Rickey L. Armstrong Sr.

The outbreak of the coronavirus and the wide-reaching response efforts have impacted workers, families and communities around the globe. The Seneca Nation is no different.

We have seen changes on our territories. Many of our businesses, including our gaming enterprises, have temporarily closed as we all wait and prepare to come out the other side of this unprecedented public health situation. Like our counterparts from other governments, Seneca Nation leaders have worked around the clock to understand, monitor and adjust to an ever-changing situation, balancing the need to protect the health and safety of our people with the continued delivery of the essential services our people depend upon.

As leaders, that is what we are called to do and what our people expect and deserve from us.

Even in trying and unprecedented times like these, governments face a need to be flexible; to serve and defend. Governments

and leaders are called upon, in every situation, to address and focus on multiple issues simultaneously on behalf of the people they serve. What the Seneca Nation will never do is abandon our responsibility to defend the rights and agreements upon which our nation is built.

The Seneca Nation is a sovereign government and our agreements are unlike those of municipal entities. The nation and New York State deal with one another at multiple levels on numerous issues every day. In every case, the nation and the state represent our respective, albeit sometimes opposite, positions. For the most part, our governments are able to keep many complex and distinct matters separate, even while dealing with them simultaneously. This includes matters and discussions related to our gaming compact.

The nation and the state have a well-documented legal dispute that has yet to be fully resolved by the courts. The facts are clear. The black and white language of the compact and underlying federal law spell

out the commitments we agreed to when the compact was signed. An arbitration panel, instead of interpreting the language of the agreement, took it upon themselves to insert language and obligations that were never negotiated or agreed to by either the state or the nation, nor approved by the secretary of interior, ignoring the requirements of federal law.

It is disappointing that The News' editorial board continues to ignore the fact the nation is doing what any responsible government would do, which is to use the legal process to protect our legal rights and responsibilities.

These are important matters, to be sure. The nation has been and will continue to be open to working toward resolution of these issues with New York, as we have others before: through government-to-government dialogue and negotiation, and failing that, through the appropriate legal channels available to us, which include the nation’s right to challenge an arbitration decision that ignores the law.

Tips to keep your student stimulated on hiatus

By Tami Watt, Editor

Homeschooling has become a new reality for many parents as COVID-19 sweeps across Turtle Island and many schools are on hiatus in an effort to flatten the curve of infection. Parents have become teachers overnight and are doing their best to educate and provide a balanced schedule for their entire family.

Melanie Ross (Seneca, Deer Clan, Allegany Territory) is an Instructional Coach at Salamanca City Central School District (SCCSD) with 17 years of teaching experience. Mrs. Ross shared some tips for students to stay stimulated, active, and safe.

Ross advises school age children to stick to a regular agenda or daily routine by creating a family based schedule that suits everyone. "For example, the first week we let the kids create their own schedule that went from 8:00am-4:30pm. This was quite ambitious and we quickly realized it was unrealistic. It caused stress and angst that we didn't intend, nor did the kids need. It took a little time but, we now have a cohesive schedule that fits US, as I'm working from home as well," says Ross.

Salamanca City Central School District is offering many services for their Warrior Families. For students in PK-3 all materials were distributed. If they weren't, the district established pick up times that operated like a drive-thru. If transportation is an issue, they will deliver to you. Grades 4-12 are receiving work via www.salamancany.org through the Parent/School Portal. Students can interact with their teachers and fellow students, receive and submit assignments, and play fun learning games under the Classlink tab. The school also distributed electronic devices in grades 4-12. Each student has a laptop, if they don't have internet or wifi, the district accommodated those families in need.

Food is also available at five locations in the community. Each family can receive a breakfast and a lunch for their child/children. The locations are Hoag's Gas Station, Salamanca Youth Center, Salamanca High School, the Allegany Community Center, and Steamburg Community Center. As of March 30th, the SCCSD handed out 2564 breakfasts and 2564 lunches to the community. Also don't forget to use your

school liaison as a contact person, they're there to help! Every Native American family in SCCSD is assigned a home/school liaison to help the needs of their families.

Staying active is also key to a balanced schedule. Exercising has great benefits for the mind, body, and soul. As Ross states, "Get outside DAILY! Regardless of the weather, your body needs movement. Spring is a great time to explore and really enjoy plants and flowers in bloom."

Practicing safe social distancing while outside is also important. "Play outside in your own area. It doesn't mean go out and meet up with friends. They'll understand if you can't come over at the moment! Fresh air daily and the warmth of the sun will not only make you feel better, it will make your overall well-being better," says Ross.

Be sure to check out the Seneca Media Facebook page to view some light exercise videos. The Seneca Nation Health Department's Exercise Specialists' Andrea Spako and Sheena Moshier host workouts for those at home to follow along with. These videos are now

available for elders on DVD or a USB flash drive. Please call Barbara Hill at 716-945-1790 ext. 3921 to make arrangements.

Homeschooling in uncharted territory can make parents and students feel stressed and overwhelmed. If you find yourself struggling with your child, Ross recommends to take a break and reassess. Don't push or over stimulate. If you are still having trouble after a break, reach out to your child's teacher for assistance. Many teachers are available during school hours and are willing to help.

The Board of Regents in Albany has determined:
 * Regents Examinations for June 2020 have been cancelled
 * Further guidance will be forthcoming from the Board of Regents (likely 4/7/2020)

Governor indicated schools are closed through April 29, 2020 - Salamanca schools will continue our Continuity of Instruction, Food Service, Childcare and Cleaning plans. All activities will be cancelled in compliance with the Governor's Executive Order.



Homeschooling during unprecedented times

By Megan Torres, Reporter

Over the past few weeks, life as we knew it has changed drastically due to the current global pandemic COVID-19.

As parents, we teach our children life lessons everyday, however, we are now tasked with teaching them their schoolwork as well. Local schools were closed to students on March 16th and will remain closed until April 29th.

Jayde Jimerson, a parent teaching her school aged children 9 – 15 years old, has expressed how difficult it was for her family to adjust in the beginning due to their face paced lifestyle. Appointments, school programs, sports leagues, and community events consumed their daily lives. As the days went on and they adjusted to their new normal, they came up with a daily schedule that best fits each child’s needs, “They know their daily duties (schoolwork, house chores, reading time and journaling) and do them at their own pace and time,” said Jimerson.

Jordan Buffalo has also created a daily schedule for this 11 year old daughter that best fits their needs. He takes every precaution to curb the spread of infection.

Buffalo stays active with his family by walking their two puppies frequently and incorporate cultural aspects along the way, “We have been identifying medicinal plants and how we pray for the plant and

put down tobacco or another offering and to make sure to leave some for others... we are going to learn how to turn the medicines we gathered into something we can use,” explains Buffalo.

Jimerson's children use their imaginations when playing outside, “My kids built a fort in the woods by our house where they built a fire to make hot dogs and enjoy the outdoors,” she said.

Jimerson also includes yoga in her family's daily routine to stay fit and active. Yoga can reduce stress and anxiety.

Buffalo has been teaching his daughter is about food security. He feels it is imperative that she is able to provide food for herself without having to rely heavily on grocery stores. They planted an indoor garden with tomatoes, eggplant, basil, thyme and parsley.

Jimerson's family is focused on learning language and culture. She finds innovative ways to keep her children speaking Seneca. “My older ones FaceTime their friends and will practice the Ganö:nyök and go over the elements. It really is awesome to hear!,” Jimerson shares.

Buffalo says his daughter is happy at home with him but knows she misses seeing her

friends in school and social activities.

Jimerson explained how her older two are struggling with the adjustment because they work hard to maintain honor roll and excel in sports simultaneously. To cope, Jimerson is taking advantage of the counseling services offered at the Wellness Center. It has tremendously helped her entire family.

Although this time has been challenging for many, there is always a silver lining.

“We are really learning to enjoy the simple things more than we have before. The creator has blessed all of us in so many ways, we’re learning material things don’t have much value as we once thought. That our mental and physical health and family means putting ourselves first. We know all this too will pass and until it does, we’ll be in our house tucked away in the woods making memories,” explained Jimerson.

Enjoy moments with your children, teach life skills, slow down, stay active, and have patience.

All photos were collected from the Seneca Media FaceBook page and personal FaceBook pages of parents with permission. Nya:wëh! Our communities are beautiful!



North American
**INDIGENOUS
GAMES 2020**
HALIFAX • NOVA SCOTIA



Attention all NAIG 2020 athletes: 2020 North American Indigenous Games postponed in light of COVID-19 concerns

Officials working to reschedule massive sporting event for summer of 2021

By Nic Meloney | Reprinted from CBC News | March 25, 2020

The 2020 North American Indigenous Games (NAIG) have been postponed until next year in light of concerns about COVID-19.

The event was originally scheduled to take place in K'jipuktuk/Halifax, N.S., from July 12-18.

Organizers are hoping to reschedule the event in Halifax sometime next summer, according to a statement released Tuesday. Officials say the decision was based on prioritizing the health and safety for anyone who was planning on attending the games, said to be the largest multi-sport event in North America.

"To abide by the recommendations and guidance of the Nova Scotia government and its health-care professionals is critical to slowing and eliminating this pandemic, even if it means the delay of something amazing," said NAIG 2020 President Tex Marshall, in the statement.

The event was expected to draw upwards of 6,000 people, from up to 756 different Indigenous nations, to venues around

K'jipuktuk/Halifax and the communities of Aldershot, N.S., and Millbrook First Nation.

'The show will go on'

"There's been a lot of stress, obviously, leading up to this," said NAIG Council president Dale Plett, of the Chippewas of Rama First Nation.

"We're obviously disappointed to have to postpone ... we know how important this is to the youth of Turtle Island [North America], and so we are doing everything we can to ensure that the show will go on when the world is safer," she said.

The decision to postpone was unanimous, Plett said, and the idea of cancelling the games completely was not even considered during the last few weeks of discussions between the council, the local host society in Nova Scotia and regional and national partners.

"It is the right decision; one that was carefully thought out," said Fiona Kirkpatrick Parsons, chair of the NAIG 2020 Host Society Board of Directors. Kirkpatrick Parsons is a member of the Lac La Ronge First Nation in Saskatchewan but lives and

works in Mi'kma'ki/Nova Scotia.

The organizers' top priority was the youth, she said. Athletes who have already qualified for the 2020 games will be invited back in 2021 even if, after the year-long delay, they fall outside of the age limitations.

Stakeholders support decision

Kirkpatrick Parsons said it's unclear what logistical consequences the postponement may produce, but that the local NAIG team has already begun discussions with stakeholders like the Nova Scotia provincial government and the Halifax Regional Municipality.

"So far, indicators are very positive," she said.

"Our partners and stakeholders are absolutely committed to these games happening for our youth. Everyone understands the situation that we're in, [and] we're grateful for that support."

Halifax Mayor Mike Savage said the postponement was "a big disappointment, but not a big surprise."



(Photo credit: Kerry Campbell/CBC)

"Considering that the athletes were coming from across the continent, they had to make a decision as early as possible. We all have to be focused on one thing right now, and that is the public health of the citizens," he said.

The games were expected to have a significant impact on the city's tourism sector for 2020, and the Nova Scotia government pledged \$3.5 million in support when Halifax was selected in 2018 to host the games.

Savage said he believes all levels of government are already considering economic recovery from the pandemic, and that the games will likely be considered a step to that recovery in the Atlantic region.

Source: <https://www.cbc.ca/news/indigenous/2020-naig-north-american-indigenous-games-postponed-coronavirus-covid19-1.5509296>

Congratulations to Yanenowi Logan!

Lake Shore High School students who have been named All WNY Honorable Mention Winter Scholar Athletes:

Carlene Dils - Cheer
Cameron Stacey - Swim
Sarah Bovo - Cheer
Maela Murtha - Cheer

Yanenowi Logan - Basketball

Eliese Maybee - Basketball
Great job, everybody!

Congratulations to Keith White!

Lake Shore announces Boys Basketball end of season recognitions:

Zach Evans - 1st team ECIC Division 3
Colin Herzog - 2nd team ECIC Division 3

Keith White - Honorable Mention Division 3

Most Valuable Player - Zach Evans
Most Improved Player - Thomas Michael
Sportsmanship - Jamison Sole

Congratulations to Jadyn Jones!

Three Lake Shore High School students, Zachary Evans (Basketball), **Jadyn Jones (Basketball)**, and Mary Kromer (Ice Hockey) were named Winter All WNY Scholar Athletes, Section VI has announced. This is an outstanding accomplishment, recognizing students who have distinguished themselves academically, as well as athletically. In addition, Jadyn was selected as 2nd Team ECIC Division III. Ja:goh.

Silver Creek's Abby Rice, Gowanda's Miya Scanlan named to First Team. Ja:goh, Miya!

CCAA East 1 All-Stars revealed



Gowanda's Miya Scanlan is pictured scoring her 1,000th career point during a game at Salamanca earlier this season. Scanlan was named a CCAA East 1 Division First Team All-Star.

Silver Creek's Abby Rice and Gowanda's Miya Scanlan have had quite a few battles over the years as division rivals. As the top scorer for their respective teams, Rice

and Scanlan often are compared against each other's successes. This year, in the league's offseason awards, the two both ended up at the same place — as First Team All-Stars.

Abby Rice represented Silver Creek on the First Team All-Stars in CCAA Division 1 East, while Miya Scanlan represented Gowanda. They were joined on the First Team by Franklinville's Abby McCoy, Randolph's Sydney Hvizdzak, and sisters Karly and Mallory Welty of Portville.

Abby Rice was one of three 20 points per game scorers listed in the division, with an average

of 20 points per game, 7.9 rebounds per game, 5.3 assists per game and 2.1 steals per game. Randolph's Hvizdzak was

second in the league in scoring at 23 points per game, along with 8 rebounds per game, four assists per game and two steals per game. Gowanda did not provide statistics.

Silver Creek was selected as the Team Sportsmanship Award winner, while Abby Rice earned the Individual Sportsmanship Award from Silver Creek. Nicole Whalen was Gowanda's Individual Sportsmanship Award winner, while Megan Jackson (Franklinville), Mallory Welty (Portville), Allison Ames (Randolph) and Rachael Harper (Falconer) also took home Individual Sportsmanship Awards.

Co-Coaches of the Year were Franklinville's Allan Dunlap and Portville's Inga Welty. Franklinville went 10-0 in league play this season, while Portville went 7-3, with two losses to Franklinville and a buzzer-beating loss to Silver

Creek.

Haskell's senior teammate, Abby Burrell, earned Second Team honors, along with Portville's Shayla Wilhelm, Randolph's Kyra Pence, Falconer's Sarah Disbro and Ava Fenton, and Silver Creek's Kiera Brennan. As a senior co-captain for Silver Creek, Brennan averaged 10.6 points per game this season.

Receiving Honorable Mention in CCAA Division 1 East were Silver Creek's Jade Bouvier, Gowanda's Nicole Whalen, Franklinville's Gabby Milligan, Portville's Lilly Bentley, Randolph's Peyton Morrison and Tyra Clark, and Falconer's Grace Lundmark and Rachael Harper.

Source: <https://www.observertoday.com/sports/local-sports/2020/03/silver-creeks-abby-rice-gowandas-miya-scanlan-named-to-first-team/?fbclid=IwAR0Tu8A19tCaDc-3KADauULMiv3i8LxNmEDLJ96WFx3wNifP052QXHvDUVA>

Syracuse lacrosse dominates All-America team

Ja:goh Chase Scanlan!

By Lindsay Kramer | lkramer@syracuse.com | Reprinted from <https://www.syracuse.com>

Syracuse, N.Y. -- The tremendous top-to-bottom talent of the Syracuse lacrosse team this season was a large reason why the team earned the No. 1 ranking before play was stopped because of the coronavirus pandemic.

Wednesday, that depth spilled over to color Inside Lacrosse's All-American team with a heavy tint of Orange.

Inside Lacrosse put nine SU players on its honorary squad, more than any team in the country and two more than the next-closest team, Cornell. The total is also the most All-Americans for SU from any organization since 11 players were named USILA All-Americans in 2015.

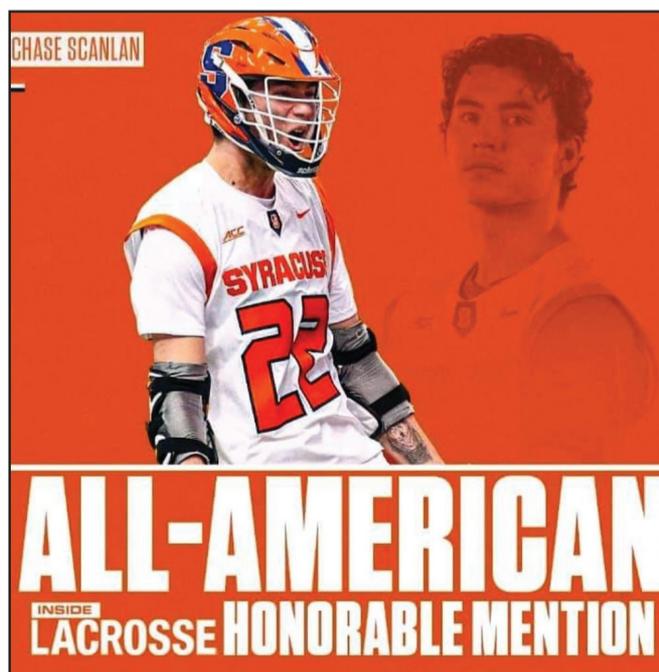
SU midfielders Jamie Trimboli and Brendan Curry headlined the first team. Trimboli posted 17 goals this season and his 3.4 goals per game led all midfielders nationally. Curry produced 17 points (14-3) and was third among ACC midfielders in

goals per game (2.8), behind Trimboli's 3.4 and North Carolina's Tanner Cook (2.86).

Syracuse defensive midfielder Peter Dearth and goalie Drake Porter earned second-team honors and defender Brett Kennedy was tabbed to the third team.

Midfielder Tucker Dordevic, faceoff man Jakob Phaup, attack Stephen Rehfuss and attack Chase Scanlan earned honorable mention honors.

Army defender Marcus Hudgins, from West Genesee, was a third-team All-American.



The Orange was also the only school that placed its entire first midfield unit in the All-American group. The unit of Trimboli, Curry and Dordevic were on pace to be the third-most productive midfield line by points-per-game in Syracuse history.

The trio was behind just the 1990 (11.9 points per game) and 1988 (11.1) squads' pace, which were headlined by Paul and Gary Gait twins. The current Orange group (10.2) sat just ahead of the 1994 group (9.9) of Roy Colsey, Charlie Lockwood and Dom Fin — all three of those players are in the National Lacrosse Hall of Fame.

The Rebirth of Allegany Lacrosse

By Rod Pierce

As a teenager living in Jimersontown, we would meet after school and play football in front of the Haley Community Building every day. The game of lacrosse didn't really exist on the Rez in Allegany. It wasn't until 1976 when Steve Gordon decided to put a team together. He asked us if we wanted to learn and play the game of lacrosse. With excitement, we agreed to give it a try. Steve was about to request a donation from the Tribal Council for equipment and jerseys. Steve contacted Tuscarora Wes Patterson to make a visit to Allegany with box lacrosse sticks.

I remember meeting the legendary Wes Patterson and being told he had the hardest and fastest "wind up" back in the day. He worked with two boxes of lacrosse sticks and a few goalie sticks. I was fifteen years old at the time and we were all excited to get a real box woody stick in our hands. There were a handful of us like, Howard, Joey, Brian, Earl, Charlie, Steve, Kory, Max, Jim, Matt, Al and Lou. The sticks costs \$20 for all leather and \$15 for leather/nylon. My first stick was all leather in trying to keep it traditional.

We had decided since Steven Gordon was instrumental in getting the team off the ground that he would be our coach, he agreed. Our team was called the Allegany Arrows! Team colors were blue and white. At the time, we didn't have a lacrosse box to practice so the back of the Haley Building was our practice area on the lawn. The goal was set up against the brick wall and we painted the crease with spray paint.

Our first season had four or five games in the beginning. Since there were no lacrosse boxes, we played our home and away games at the Gil Lay Arena. I remember losing all the games that first year, many of us were in the penalty box or we would end the game with a floor fight emptying the players bench each time. I remember Coach Gordon telling us, "You guys can't win a game but you sure can fight." Another person I need to mention who helped us was Freddie "John Boy" Johnson. John Boy had moved from Buffalo to Allegany in the mid 70's. John Boy was from Six Nations and played lacrosse growing up. He would show up after work and suit up as goalie during our practice. The box team lasted two or three years. Shortly after our careers of box lacrosse was folding up, the

Council advocated for a high school field lacrosse team. The Council made a donation to the Salamanca High School for field lacrosse equipment and coaching staff. Our first high school coach was Jim Bennett, a NCAA All American collegiate lacrosse player. Boy did he have his work cut out trying to teach the game of field lacrosse to us. It was our first time picking up a field stick made with plastic. Everyone who was on the Allegany Arrows signed up for the

"After watching the young boys play for hours in the front yard with their "Woodies", I knew it was time to build a lacrosse box."

high school team as well. That first year was a struggle to learn the rules of the game. Again, many of us were in the penalty box and a few fights happened. The high school team continued for many years and helped the growth of lacrosse exist in Allegany into the 1980's.

Since the high school team was the highlight each year, box lacrosse took a backseat and no team existed. It was almost twenty years since an Allegany box lacrosse team existed. If you wanted your child to play on a box lacrosse team, they would travel to join the Newtown Minor Lacrosse team or other reserves.

My son played high school lacrosse during the week and on weekends, him and his buddies would play box lacrosse. After watching the young boys play for hours in the front yard with their woodies, I knew it was time to build a lacrosse box.

My family had owned a business at the time, which I purchased all the materials to build a lacrosse box. I remember talking

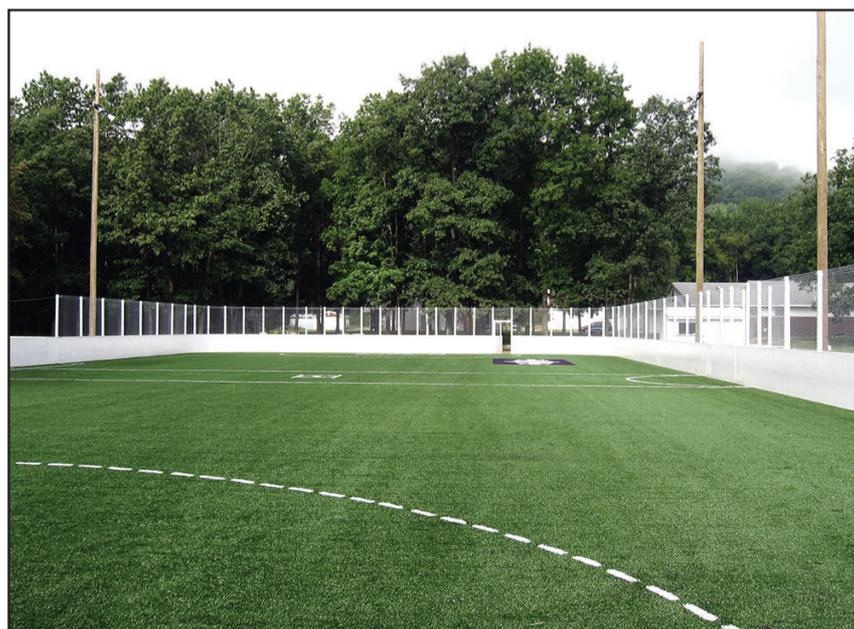
to the late, JoJo Redeye who was the Recreation Director asking for a location for the box. JoJo said the only place that has enough room for construction would be behind the Haley Building next to the gazebo area. I said "no problem!"

This project was something I couldn't do alone, so I put the word out to the other fathers and friends who could donate their time building Allegany's first lacrosse box since the Kinzu relocation period occurred. Guys like Ed Printup, Charlie Spruce, Todd Kettle, Jason Cooper and myself started on the box. Without any power tools or electric, we started digging the holes in the ground for each post by hand. I think we dug 7 or 8 holes by hand before my late good friend Jay Lichy showed up with his uncle's tractor and auger. Jay was our hero that summer and if it wasn't for him and his uncle's tractor, we would've taken weeks or maybe months to dig the holes "haha". In no time we were all putting the plywood on the post for the boards. It became a community project to construct the box. After completion, the boys had a real lacrosse box to play box lacrosse. It was a dream come true!!

That following year, JoJo had the late Cleo John install lighting at the box. During the spring, the boys played school field lacrosse and box lacrosse all summer and fall. I remember the boys making their teams and playing under the lights until midnight. War hooping when somebody scored the winning goal echoed in Jimersontown. It wasn't long before the Allegany Arrows joined the box lacrosse league. I believe it was the Bantams age that ventured out into the league to bring home the championship there that year. The following years was the growth of the Allegany Arrows Minor Lacrosse League at each age level.

Since the construction of the box in the early 90's, lacrosse has become a community sport at all ages. With the expansion of the Allegany Community Center, the "old box" definitely had it's memories, losses, victories and will be remembered as the foundation of the Allegany Arrows Lacrosse Team.

Rodney conducted a Q&A within the lacrosse community. Refer to page 19 to view the topic of discussion and their replies:



THE REBIRTH OF ALLEGANY LACROSSE

Q: What do you think the benefits would be for the students and the school system to have a lacrosse team at Salamanca?

A: Response from **Wade Spruce**, Alfred State Freshman - Bucktown

"It would be incentive for them to keep in school and for them to advance their lacrosse skills and abilities."

A: Response from **Phyllis Lay**, Public Relations Officer- Pinewoods

"I think the main benefit would be for the identity of the Indians. They will excel in this sport, more than likely, and it will give them the feeling of equality."

A: Response from **Rodney Pierce**, Construction Worker - Salamanca

"First of all, lacrosse is an Indian sport. I think what will benefit the students is that they will feel more at ease in school and more of their culture will be seen throughout the school. Lacrosse is more a part of our culture and reintroducing it back into the school will reintroduce our culture and give our students pride and respect for one another."

A: Response from **Steve Maybee**, Child Care Worker - Jimersontown

"I think for the students it will be pride in being Native American playing a game from their heritage. Hopefully, everybody will think about it and understand that this is one thing to be proud about being Native American."

A: Response from **Josh Maybee**, Salamanca Sophomore - Jimersontown

"I hope it would help better the historical background of the tribe and the people and to help get a better knowledge of what their ancestors did."

Ja:goh Vanessa Cooper & Hannah John!
These two young ladies signed to play women's lacrosse at GCC.

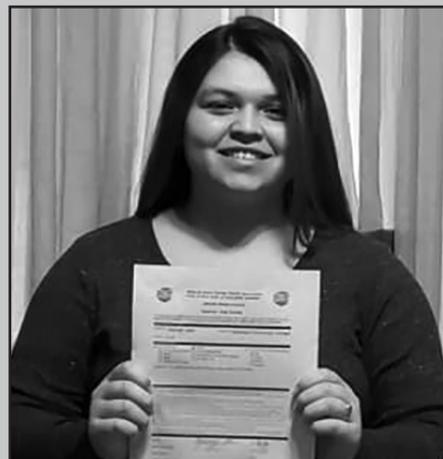
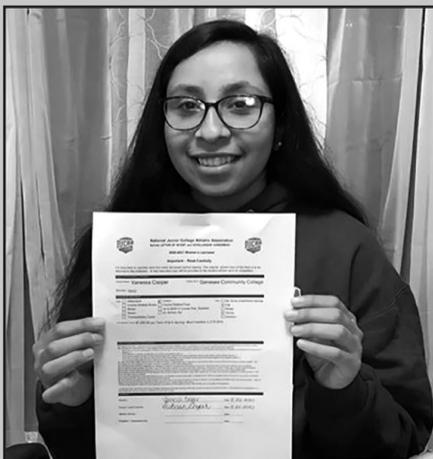
Vanessa Cooper & Hannah John have been accepted to Genesee Community College for the 2020-2021 women's lacrosse team under the National Junior College Athletic Association. Letters of intent have been signed and both ladies have received scholarships to attend GCC.

Vanessa & Hannah started their high school lacrosse careers in 7th grade for Gowanda Girls Lacrosse. They both started their initial first lacrosse experience with the Seneca School Girls team in their younger years. These 2 young ladies have a unique relationship as they are both Seniors in high school, going to play Lacrosse together in college as Aunt/Niece. Ja:goh, girls.



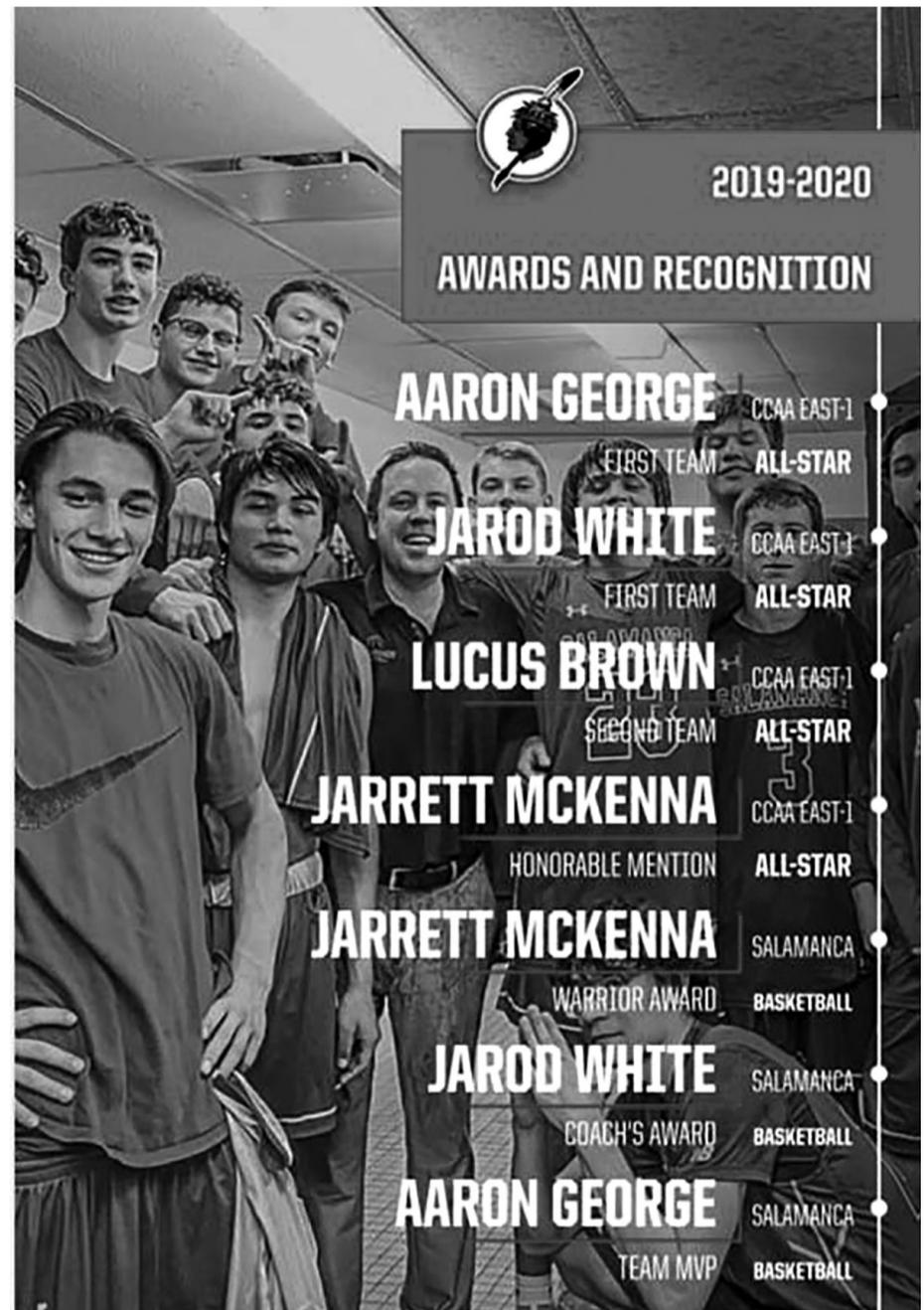
L to R:
Vanessa Cooper & Hannah John

(Pictured in the same order below)



Ja:goh Aaron, Jarod & Lucus
Salamanca Warriors 2019-2020 Awards & Recognition
Reposted from Seneca Media Facebook Page

In addition to the league all-stars, it was announced that Jarod is the recipient for the "Coach's Award" and Aaron is the "Team MVP." Everyone will be honored in person once things get back to normal.





SENECA NATION HEALTH SYSTEM

Please reply to:

Administrative Offices
Lionel R. John Health Center
P.O. Box 500
Salamanca, NY 14779
(716) 945-5894
Fax: (716) 242-6345

Cattaraugus Indian Reservation Health Center
Community Health and Wellness Center
36 Thomas Indian School Drive
Irving, NY 14081
(716) 532-5582
Fax: (716) 242-6344

Lionel R. John Health Center
P.O. Box 480
Salamanca, NY 14779
(716) 945-5894
Fax: (716) 242-6345

March 30, 2020

Good Morning,

This is an important message from the Seneca Nation Health System regarding our operations in response to COVID-19.

The Lionel R. John Health Center Pharmacy will begin offering medication delivery in Salamanca. This service is for elders, individuals with diabetes, those who are sick or immunocompromised or otherwise high-risk for COVID-19 complications. Only deliveries to our patients with Salamanca addresses are offered at this time.

Please call the Lionel R. John Health Center Pharmacy at 945-8240, option 3 to sign up for our next delivery window. All instructions will be given when you call to request delivery including verifying your address, phone number and order. Remember early refills (14 days early except for controlled substances) and 60-day supplies may be accommodated if you call our staff to order. Please consolidate orders, if possible, to reduce the number of visits to pharmacy for pick up or number of deliveries.

You must be home during the delivery window. You will receive a call a few minutes before your delivery. The driver will not leave medication unattended. We are not delivering any controlled substances.

We are continuing to offer pharmacy pick up at the pharmacy window or using the curbside service. If you are interested in using curbside delivery we ask that you stop by between 9am and 5pm to maintain our normal opening and closing procedures.

Nya:weh,

SNHS Administration

Simply HR ~ February

New Hires

Kim Weimer
Optician, CHWC
February 10, 2020

Rachel Hinojosa
Case Manager, LRJHC
February 10, 2020

Rosalind Statts
Case Manager, LRJHC
February 10, 2020

Jennifer Matyjakowski
Clinical Nurse RN, CIRHC
February 17, 2020

Lisa Thompson
Community Health Nurse RN, CIRHC
February 17, 2020

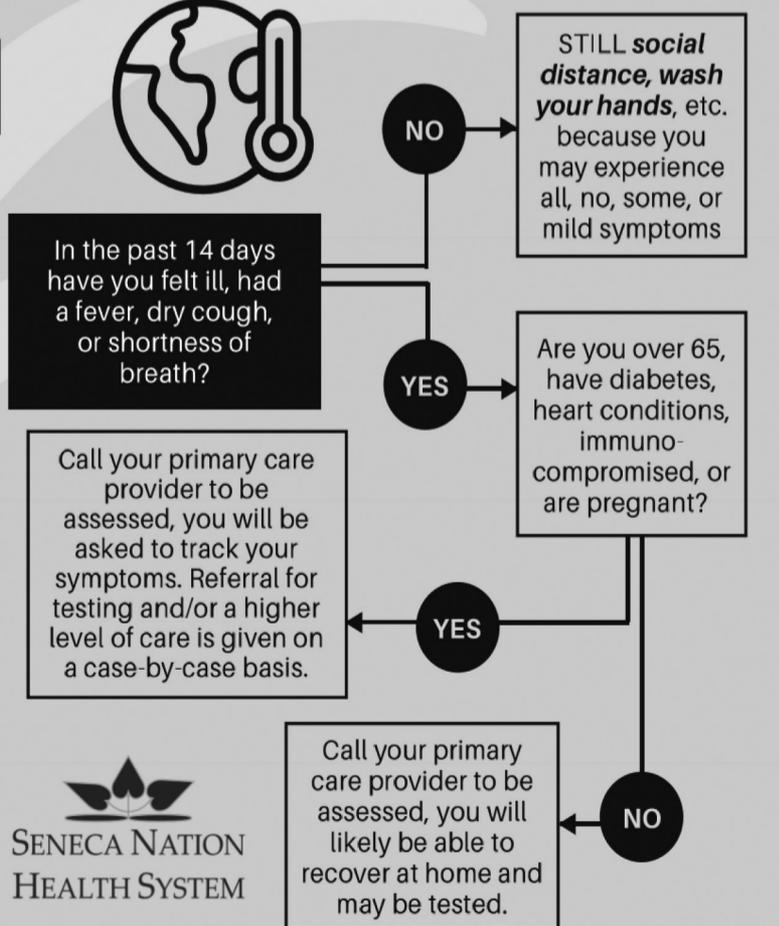
Jennifer Stebbins
Prevention/Aftercare Specialist, CHWC
February 24, 2020

Congratulations on your new positions!

SYMPTOM CHECK

AS CASES OF COVID-19 INCREASE IN OUR AREA, REMEMBER THAT YOU OR SOMEONE YOU ENCOUNTER MAY HAVE THE VIRUS AND NOT KNOW IT. TESTING DOES NOT CHANGE THE TREATMENT.

- Stay home.
- Wash your hands often.
- Avoid close contact with people outside of your household (stay 6 feet apart).
- Clean and disinfect frequently touched surfaces.
- Avoid all non-essential travel (limit trips to the grocery store and send one person in when possible).
- Call SNHS if you have health concerns.



The Cattaraugus County WIC Program is operational and can take applications, load benefits, etc. Please call the main number at 716-373-8057.

You can reach us here:
Lionel R. John Health Center
716-945-5894

Community Health and Wellness Center
716-532-8223

Cattaraugus Indian Reservation Health Center
716-532-5582

NOTICE

The Rabies Clinic Vaccinations which were scheduled for April are cancelled.

All health system events and programs are cancelled until further notice.

COVID-19 is spreading around the world and throughout our communities. MOST people recover by staying hydrated & getting rest.

Stress weakens the immune system, stay calm!

- ∞ Maintain a daily schedule, shower and get dressed even though you are just staying home.
- ∞ Practice mindful meditation.
- ∞ Take slow, controlled deep breaths.



Take care of your body. Exercise & eat nutritious foods.

Learn a new hobby or pick up old ones.



Aidyn's Esganye Song

<https://www.youtube.com/watch?v=SW07TvkT-T8>

Sing or learn Esganye' - Women's Song



Burn sage

- ∞ Even though you are isolated in your home, know that you are not alone.
- ∞ Take breaks from reading, watching or listening to the news, including social media.
- ∞ Talking to a friend or family can be very stress relieving. Face time or video chat with loved ones.
- ∞ A massage can help with stress.
- ∞ Go outside and breathe the fresh air.



Seneca Clubhouse Donations

Submitted by BHU Prevention

The Seneca Nation Prevention team in collaboration with the Cattaraugus Community Center has created the Seneca Clubhouse for all youth ages 12-17. It is located in the Saylor Community Building and will include healthy activities, evidence based prevention programs, crafts, homework assistance, and a computer lab, among many other fun games and specialty themed nights. It is our hope that the youth in our communities will have the opportunity to support one another, work on making their goals a success, and assist each other in honoring their journeys.

In an effort to make the Clubhouse an ongoing success, we are asking for community assistance. We would like to be sure that the Clubhouse is sustainable and able to meet any needs that the youth may have. Therefore, we are asking for donations in any of the following areas:

- Age appropriate video games and/or accessories for X-Box One or Play Station 4
- Age appropriate books
- Craft supplies
- School supplies
- Non-perishable foods and snacks (can goods, noodles, rice, etc.)
- Keurig coffee, hot cocoa, tea and/or coffee bar supplies
- Reusable or biodegradable water bottles

As a part of the Native Connections program, if you are a registered member of the Family Engagement Program (FEP) and make a donation to the Clubhouse, you will receive "extra credit" points towards the quarterly prize drawings as well. Please feel free to donate at any FEP event or at the Cattaraugus Community Center (CCC). For more information, please contact the Prevention team at (716) 532-5583 or email

info@senecanativeconnections.org. How will you Honor Your Journey?

Please note: The Clubhouse will be closed at least until local schools are back in session.

DECONTAMINATION

IF YOU ARE AN ESSENTIAL EMPLOYEE THERE ARE SOME PRECAUTIONS YOU CAN TAKE BEFORE ENTERING YOUR HOME

CREATE A DECONTAMINATION STATION

Decontamination is the process of removing unwanted substances from people, objects, and the environment. Place the decontamination station outside of your home, like in a garage or on the porch. If that is not feasible, build the station near the entrance of your home



WHAT YOU WILL NEED AT YOUR DECONTAMINATION STATION

STEP 1: REMOVAL OF SHOES & OTHER OBJECTS

Begin by removing items from your pockets then remove all items like shoes, jackets, purse/wallet, car keys, identification badges, and phone. Put on gloves and wipe down items with a Clorox wipe. Spray your shoes and jacket with disinfectant spray and then let items dry. One part bleach to 10 parts water to make your own disinfectant solution.

STEP 2: REMOVE CLOTHING



Viruses and bacteria can attach to clothing items; they can enter the home and transfer onto other surfaces they may encounter. Remove external clothing like shirts, pants and socks. Keeping a towel, robe or an extra pair of clothes to change into at the decontamination station prevents you from bringing germs into the home.

STEP 3: PREPARE TO ENTER HOUSE & GO SHOWER

Any items that are dry (wallet, keys, cards, money or loose change) can be placed back into their rightful place. It is best to leave your shoes outside or near the door, even after disinfecting. If you do not have access to laundry, disinfect items with the spray and then place them in a plastic bag until you can get to the laundromat, do not throw them in your regular laundry basket.



NOTICE TO CREDITORS

ESTATE OF MARILYN K. BENNETT

Executor: Courtney John-Jemison,
13223 Route 438, Gowanda, NY 14070
~ Cattaraugus Territory - Final Notice ~

ESTATE OF ROBERT KENJOCKETY, JR.

Administrator: Debra Kenjockety,
12841 Route 438, Apt. 245, Irving, NY 14081
~ Cattaraugus Territory - Final Notice ~

ESTATE OF LUCILLE MOHAWK

Administrator: Jacqueline Jackson,
1415 Cayuga Rd., Irving, NY 14081
~ Cattaraugus Territory - Final Notice ~

ESTATE OF ALICE NEPHEW

Administrator: Cathy Nephew,
P.O. Box 215, Versailles, NY 14168
~ Cattaraugus Territory - Final Notice ~

ESTATE OF BERNARD PIERCE

Co-Administrators: Betty Pierce & Paula Morgan
13174 Route 438, Gowanda, NY 14070
~ Allegany/Cattaraugus Territory - Final Notice ~

ESTATE OF AILEEN WILLIAMS

Executor: Suzanne Smith,
12645 Route 438, Irving, NY 14081
~ Cattaraugus Territory - Final Notice ~

ESTATE OF MADELINE GRAHAM

Administrator: Donald Graham, Jr.,
12489 Route 438, Irving, NY 14081
~ Cattaraugus Territory - 2nd Notice ~

ESTATE OF BRENDA ALLEN

Executor: William Allen,
11287 Old Lakeshore Rd., Irving, NY 14081
~ Cattaraugus Territory - 2nd Notice ~

**Seneca Nation of Indians
SURROGATE'S COURT,
Cattaraugus & Allegany Territory**

Notice is hereby given to all creditors and contingent creditors of the above-named decedents, that all persons having claims against the decedents are required to file them with the appropriate Surrogate's Court, at the Allegany/Cattaraugus Territory. You are also required to mail or deliver a copy to the Administrator/Executor. This notice shall serve to notify creditors that they have ninety (90) calendar days from the date of the first publication of the notice to present their claims to the Administrator/Executor or the Clerk, and the estate may pay only those claims presented. For your protection, you are encouraged to file your claim by certified mail, with return receipt requested.

Next Newsletter DEADLINE:

Tuesday, April 14, 2020
Next issue to be dated April 24, 2020

You can view the current Newsletter and past editions at:

<https://www.sninews.org>

For More Info
Contact: 716-870-0194
716-998-0651



3rd Annual

CATT. CREEK
CATFISH TOURNAMENT

HOSTED BY:
Catt. Creek Bait & Tackle
11158 Rt. 20
Irving, NY 14081

May 23, 2020
Snow's Marina Boat Launch
Old Lakeshore Rd. Irving, NY 14081

\$ 1st Place - \$1000
2nd Place - \$500
3rd Place - \$250
4th & 5th Place - Cash & Gear
Cost: \$40 per Team **\$**

Registration - Noon-2:00pm • Tournament - 2pm-12am • Weigh-in - 12:30 am

100% Payback Tournament • \$5 Side Pots • Cash & Gear Prizes • Free Boat Launch
Free 1-Day SNI Fishing License • Open to Boats and Bank Fishing
Bait Shop • Fireworks Display

For Rules & Updates follow us on Facebook @ Catt. Creek Catfish Tournament

SPONSORED BY:



Wishing everyone well!

Young Living Independent Distributor

<https://www.myyl.com/tina-becker> tina1082001@gmail.com
Tina Becker | 716-474-7907

Stay above the Wellness line with the purest oils in the world; kill germs and boost immune system at the same time. Interested in products, scheduling a class (can be virtual), or getting a kit, please contact me.

Where: Zoom, Facetime or TBD
When: Whenever or wherever convenient
Note: **Purest Oils in the World to support our Immune system**




NATIVE ROOT OILS
Tina Becker
email - tina1082001@gmail.com
Website - www.myyl.com/tina-becker
716-474-7907



**MONTHLY REPORT
MARCH 2020**

**CATTARAUGUS TERRITORY
CHIEF MARSHAL KEYES**



ABANDONED/ DISABLED VEHICLE	1	DOMESTIC: ALCOHOL/DRUG	1	RUNAWAY PERSON	
ALARM	9	DOMESTIC: NO ALCOHOL/DRUG	2	REFERRED TO C&F/C.P.S.	
ANIMAL COMPLAINT	1	HARASSMENT	4	SEXUAL ASSAULT	
ASSIST PERSON	8	IMPOUND		SOLICITATION	1
ASSIST OTHER DEPARTMENT	4	LAND DISPUTE		S.N. TRAFFIC STOP	4
ASSIST C&F		LARCENY	2	S.N. TICKET ISSUED	
ASSIST C.P.S.		LARCENY/ SMOKESHOP	3	S.N. DRUG/ ALC TICKET ISSUED	
ASSAULT	1	LOCK OUT	5	STATEMENT	
A.T.L. PERSON	2	LOST PROPERTY		SUICIDE/ SUICIDE ATTEMPT	
A.T.L. VEHICLE	1	MISSING PERSON	5	SUSPICIOUS INCIDENT	4
A.T.V. ACCIDENT		MVA:INJURIES ALCOHOL/DRUG		SUSPICIOUS PERSON	2
A.T.V. COMPLAINT		MVA:INJURIES NO ALCOHOL/DRUG	2	SUSPICIOUS VEHICLE	1
BAILIFF REQUEST		MVA/PDO: ALCOHOL/DRUG		UNWANTED GUEST	14
BURGLARY		MVA/PDO: NO ALCOHOL/DRUG	5	U.U.M.V.	
COUNTERFEIT MONEY		MVA/FATAL: ALCOHOL/DRUG		VEHICLE JUMPSTART	
CRIMINAL MISCHIEF	3	MVA/FATAL: NO ALCOHOL/DRUG		WELFARE CHECK	10
CUSTODY DISPUTE	1	NARCOTICS COMPLAINT/ARREST	3	9.41 /22.09	1
DISTURBANCE	3	O.D./NARCAN ADMISSION		D.W.I. ASSIST	1
ENFORCE/VIOLATE COURT ORDER		O.C. ADMISSION		10-60	
FIRE/VEHICLE		OPEN WINDOW/ DOOR/GATE	5	FOLLOW-UP	5
FIRE/BLDG	1	P.D.O.	2	TOTAL S.N. TICKETS ISSUED	0
FIRE/OTHER	1	PREMISES CHECK (S.N.)	1194	WRITS SERVED	36
FIRST AID	23	PREMISES CHECK REQUEST	539	PREMISES CHECK TOTAL	1730
FOUND/RETRIEVE/ RECOVER PROP.	4	RECKLESS OPERATION		TOTAL REPORTS	150
GENERAL COMPLAINT		ROAD HAZARD	1	TOTAL	1916

Attention:
For all Seneca Nation related
Coronavirus info, visit:
[https://coronavirus-response-sni-gis.hub.
arcgis.com/](https://coronavirus-response-sni-gis.hub.arcgis.com/)

Seneca Nation Coronavirus Response President's Update Seneca Nation Health System

**Coronavirus
Response Hub**

last updated April 2, 2020, 12:20 PM EDT

General COVID-19 response questions 716-945-8153 8am - 4pm M-F
All COVID-19 Health Questions: Please call your doctor at the clinic.

**Join Exercise Specialist
Sheena Moshier in a light
exercise routine**

This low impact regiment is specifically designed
for our elders to stay active in the safety of
their own homes. #SenecasStaySafe. You
can gain access to her videos by visiting the
Seneca Media & Communications Center
Facebook page or directly visit their YouTube
Channel at: [https://www.youtube.com/
watch?v=G5ZxeSmcMsw](https://www.youtube.com/watch?v=G5ZxeSmcMsw)

Light Exercises
ft. Sheena Moshier

SG CLEAN

**Interim Guidelines for Cleaning and Disinfection
of COVID-19 (Coronavirus Disease 2019) in Residences**
Guidance for environmental cleaning of residences that may be exposed to the COVID-19

Items you will need:

- Disposable gloves
- Surgical mask
- Change of clothes
- Plastic/ trash bags
- Disposable cloths/ rags
- Bleach/ disinfectant
- Water and pail
- Mop

How to clean/disinfect - Refer to page 24

**Join Exercise Specialist
Andrea Spako in a Chair
Yoga routine**

Relax and rejuvenate your mind body and soul.
#SenecasStaySafe. Access Andrea's videos
by visiting the Seneca Media & Communications
Center Facebook page or directly visit their
YouTube Channel at: [https://www.youtube.
com/watch?v=A8SYAhZa-Gk](https://www.youtube.com/watch?v=A8SYAhZa-Gk)

CHAIR YOGA
ft. Andrea Spako

Public Service Announcement from Cattaraugus Community Action, Inc.

By Angel Fisher, Cattaraugus Community Action, Inc. | March 23, 2020

Cattaraugus Community Action, Inc. is committed to the health and well-



Cattaraugus Community Action, Inc.

• **Youth & Family Services** - Services are still in place with families. CCA staff will

being of our community and our staff. In order to keep everyone in our communities as safe and healthy as possible and continue to provide essential services, Cattaraugus Community Action, Inc. is limiting access to programming at its main facility located at 25 Jefferson Street, Salamanca, NY, effective immediately until further notice. Only the following essential services may be accessed from this facility:

- **Emergency Food Pantry** - Individuals may access the pantry from their vehicles at the dock area for provisions pick-up only. Effective 3/23/20, the pantry will be open 9am - 12pm, Monday thru Friday.
- **Mobile Food Pantry** - Individuals may access the mobile food pantry from their vehicles at the dock area for pick-up only beginning at 11am. Call 716-945-1041 for more information regarding April's pick-up.
- **Homeless Services** - Individuals who are homeless with nowhere to stay (family, friends, etc.) may seek assistance at CCA main headquarters or at their local County Department of Social Services.
- **Victim Services** - Effective 3/23/20, anyone seeking Victim Services should contact the 24-hour Victim Services Hot-line at 1-888-945-3970. You will be put in contact with an advocate immediately.

- contact recipients via telephone.
- **Victim Services** - Services are still in place with individuals and families. CCA staff will contact persons via telephone. However, emergency shelter is available for victims of domestic violence. Please contact the 24-hour Victim Services Hot-line at 1-888-945-3970. Satellite locations in Olean, the Seneca Nation, and Wellsville are closed.
- **Nutrition Services** - SNAP and WIC outreach and pre-screenings are available over the telephone. Please contact our offices at 716-945-1041.
- **Lighthouse Community Kitchen** - Effective 3/23/20, the community kitchen is closed until further notice.
- **Transitional Services** - Utility disconnections and eviction proceedings are suspended at this time. However, if there are questions about an unfair shutoff at this time, please call the NYS Public Service Commission at 1-800-342-3377. If you are facing eviction, contact LAWNY at 716-373-4701 to ensure your rights are protected.
- **Energy & Housing Services** - For information about the Weatherization Assistance Program, please contact Karie at 716-945-1041, Ext. 601.

If you have questions or concerns, please do not hesitate to contact our offices at 716-945-1041.

Services such as the Weatherization Assistance Program, Housing Rehabilitation, Lighthouse Community Kitchen, and Youth & Family Programming are suspended or severely modified at this time in the following manner:

Cattaraugus Community Action, Inc. will continue to monitor the situation and adhere to the directions of our Governor and the CDC. We will reopen all services to the public as soon as possible. Thank you for your patience during these uncertain and unprecedented times. **Be safe. Be well.**

Guidelines for Cleaning & Disinfecting of COVID-19 in Residences

How to clean/ disinfect:

- 1 Put on mask and gloves. Do not touch your face further.
- 2 Prepare bleach solution/ disinfectant, according to manufacturers' instructions.
- 3 Open windows.
- 4 Mop floor with bleach solution/ disinfectant, from one end to the other.
- 5 Soak cloths in bleach solution/ disinfectant, and use to wipe all frequently touched areas and toilet surfaces.
- 6 Wash all bed linen with detergent in a washing machine.
- 7 If person is being tested for the COVID-19, do not use the bedding that he/ she has used, until he/ she is determined to be free of infection.
Contact NEA at 1800-2255632 for further instructions if the person is tested positive for COVID-19 infection.
- 8 Repeat mopping, as before.
- 9 Put all used cloths/ rags and other waste into double-lined plastic/ trash bags.
- 10 Remove gloves and wash your hands with soap and water.
- 11 Remove mask and wash your hands with soap and water.
- 12 Put used gloves and mask into double-lined plastic/ trash bags.
- 13 Separate plastic/ trash bags generated from the clean-up from other household waste, and throw them away as regular waste, as soon as possible.
- 14 Shower and change clothes immediately.
- 15 Air/ ventilate your home.

For more information, please visit www.nea.gov.sg/environmental-cleaning-guidelines

#7HygieneHabits #FightCOVID19 #SGUnited #SGClean



- www.nea.gov.sg
- @NEAsg
- @NEASingapore
- @nea_sg
- youtube.com/NEAsg
- NEA Singapore



Reminder: OUTDOORS at Ganondagan State Historic Site is OPEN!



A reminder that outdoors at Ganondagan State Historic Site is OPEN and waiting for you! During this time, come and enjoy the sunshine, re-energize yourself, and receive all the benefits of the natural world. Come and: hike, run, walk (you can take your dog, but please, on a leash only!), practice outdoor yoga, mountain bike, read a book or write in a journal.

ENJOY NATURE!

Meals Available for Children 18 and Under at Cattaraugus Territory ECLC

Debbie Becker, Food Service Manager, Personal Touch Food Service, Lake Shore School District, along with her daughter Emily have been preparing & distributing meals for children 18 and under at the

Cattaraugus Territory ECLC.

The meals were initially daily but as of Friday, March 27, 2020, they are now distributed on Mondays, Wednesdays & Fridays from 9am – 11am at the

ECLC Main entrance.

Each meal will contain a hot & cold for two (2) days. Debbie stated they have been providing approximately 154 meals per day. These meals will continue

until further notice. Meals are also being distributed at Lake Shore Middle School in Angola, NY. Any questions may be directed to Debbie at 716-926-2291, per Dr. Charles Galluzzo, Superintendent of Schools.



Congratulations to Mackenzie Wheeler for being featured on the cover of the April edition of Buffalo Spree magazine!

Submitted by Larry Wheeler, proud father

Model Mackenzie Abigail is featured in the style section of the April 2020 issue of Buffalo Spree magazine - "**Back to the Future, Space Age Fashion.**" You can view the write-up by Erin Habes on page 24. Mackenzie is pictured wearing vintage clothing and other gear from the collection of Martin McGee. Ja:goh Mackenzie. You can view the digital issue at:

<https://www.buffalospree.com/Buffalo-Spree/April-2020/>



Be sure to regularly wash your hands and protect our elders!

For FAQs about COVID-19 go to:
<https://www.cdc.gov/coronavirus/2019-ncov/faq.html>

#SenecasStaySafe



#SenecasStaySafe

Gardening 101: Container and Raised Bed Gardening

Part 1 - Raised Bed Gardens

With gardening season quickly approaching, Gakwi:yo:h Farms is providing helpful information pertaining to these two methods of gardening

Submitted by Mike Snyder, Gakwi:yo:h Farms Director | Reprinted from GrowPittsburgh.org

How-To: Building Raised Beds. In an urban setting, raised beds gardens are used to create “islands” of fertile, clean soil in areas where none exists. If they are carefully planned and built, raised beds will provide garden space for many years.

Why Raised Beds? There are many reasons to build a raised bed garden! If any of the following describe your garden space, raised beds may be a good fit for you.

Lack of Good Soils Raised beds can be built on asphalt, or in areas with thin soil or heavy metal contamination. *Please note that we recommend soil testing for any type of garden site. If heavy metals exist, a raised bed may be built on top of a heavy barrier that keeps the contaminated and safe soil from mixing.

Poor Drainage Raised beds lift the growing area above ground level. This can make a big difference for waterlogged areas that could otherwise drown plant roots.

Accessibility Needs Raised beds can be built to any height, which makes them a great fit for gardeners who are unable to bend to ground level.

Many Visitors Because raised beds have clearly defined edges, they work well in spaces with lots of foot traffic. Raised beds protect the garden areas from being trampled and compacted. Raised beds are especially well suited for children’s gardens!

Raised beds also look tidy, which can be important in highly visible locations. They extend the season, as they warm up more quickly than the ground. Because the soil inside is lighter and less compacted

than the surrounding land, they can be easier to plant, regardless of the weather.

There are a few drawbacks with raised beds as well. The materials can be expensive, and it’s labor intensive to construct and prepare them the first season. However, once raised beds are built, they require very little money and maintenance.

How to Build Raised Beds

Location

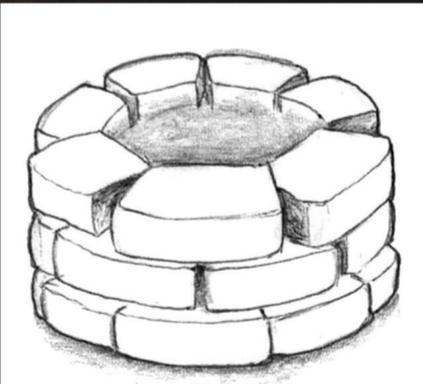
Raised beds work best on flat sites. If there is a gentle slope, dig into the hill when installing the raised bed so the bed sits level. This will help prevent soil from eroding from the bed when it rains.

Bed Dimensions

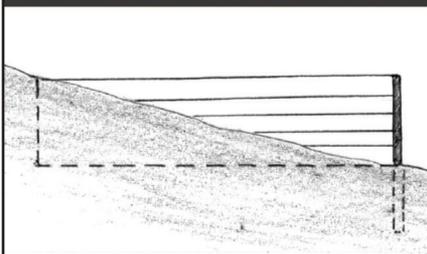
We recommend beds 3' wide



RAISED BEDS AT THE FRICK



RAISED BED BUILT FROM BRICKS



RAISED BED BUILT ON A SLOPE

or less, to make the whole bed easily reachable. Lumber should be at least 1" thickness and 8" height. Alternatively, you can stack two boards to make a deeper bed.

Walkways

Consider the dimensions of walkways, too. You’ll want to be able to move easily and possibly maneuver larger items like a wheelbarrow or mower between beds.

Decide whether to grow a groundcover in the walkways and mow it regularly, or put down mulch.

For the Frame

A variety of materials can be used to build the raised bed structure. A bed made out of untreated lumber is easiest to install. We recommend cedar, hemlock, larch (tamarack), or black locust. Do not use treated lumber for beds or trellises you will grow food in/on, as this wood is treated with chemicals that have not been approved for food gardening. Please see the chart for more information on each type of lumber (see next page). Clean bricks, landscaping blocks, Belgian blocks, or rocks could also be used for the edges of the bed.

If you plan to stack two boards to create a deep enough bed, secure the boards together with a “cleat” – a short piece of 1"x4" or 2"x4." (Please see diagram.)

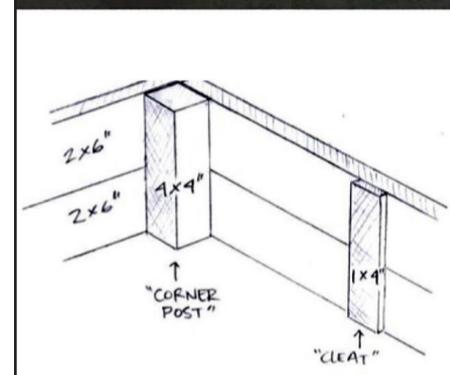
Bed corners are the first to show signs of wear and tear. Building them well can add years of life to the bed. Plan to order and use 2"x2" or 4"x4" posts to secure the interior corners of the bed. (Please see diagram.)

Soil

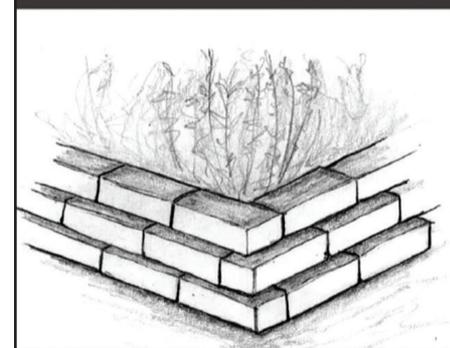
For filling the beds, we recommend a topsoil: compost ratio in the range of 70:30 to 50:50. You can purchase bags of topsoil and compost for a small



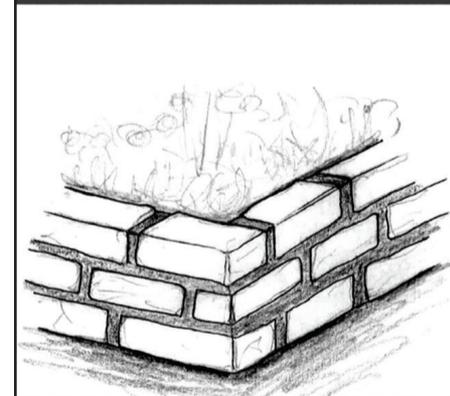
THIS RAISED BED WAS JUST BUILT AND IS READY FOR PLANTING



SECURING CORNERS AND MULTIPLE, STACKED BOARDS



RAISED BED BUILT FROM BRICKS



RAISED BED BUILT FROM BRICKS

bed, or find a local nursery or compost supplier to deliver a larger amount of materials. For beds that are 18" deep or more, treat the raised bed as a large container, and avoid topsoil, which can be too heavy. For these deep, container-like beds, we mix 5-gallon buckets of materials in the following ratio: 2 buckets compost, 1/2 bucket vermiculite, 1/4 bucket peat, 1/8 bucket sand.

(Continued on page 27)

Hardware

Choose galvanized or zinc plated screws meant for outdoor use. Lag bolts, lag screws, or deck screws will work. Pre-drill holes, as the lumber could be very dense or may split easily. Metal corner braces are not necessary but can help with construction.

Liner

A liner is not needed, unless there is no soil beneath the bed or the soil underneath the bed is contaminated. Liners are commercially available and keep the soil in the raised bed from seeping out the side of the frame, or mixing with the soil beneath the raised bed. After the bed is built and placed in its final location, lay down cardboard if you are not using a commercial liner. The cardboard will smother weeds or turf and will eventually break down.

Choosing Lumber for Raised Beds

Lumber for Raised Beds

Choosing the right type of wood makes a big difference for raised bed gardens! Some wood rots easily and other types will last for years.

Ordering Lumber

All types of lumber are typically available in 8-foot lengths. Other available sizes generally include: 10', 12', 16' and 24'. There are three dimensions to consider:

1. Thickness of board. 1-2" depending on the strength of the type of lumber. (Please note that lumber sold as 2"x4" is actually 1.75"x3.75" or less.)
2. Width (or height) of board. It may be possible to find lumber that is 12" wide, to build a bed 12" high. More likely you will need twice the number of boards at half the width/height (for example, 2, 6"

1 COVID-19 PARENTING One-on-One Time

Can't go to work? Schools closed? Worried about money? It is normal to feel stressed and overwhelmed.

School shutdown is also a chance to make better relationships with our children and teenagers. One-on-One time is free and fun. It makes children feel loved and secure, and shows them that they are important.

Set aside time to spend with each child

It can be for just 20 minutes, or longer – it's up to us. It can be at the same time each day so children or teenagers can look forward to it.

Ask your child what they would like to do

Choosing builds their self confidence. If they want to do something that isn't OK with physical distancing, then this is a chance to talk with them about this. (see next leaflet)

Switch off the TV and phone. This is virus-free time

Ideas with your baby/toddler

- Copy their facial expression and sounds
- Sing songs, make music with pots and spoons
- Stack cups or blocks
- Tell a story, read a book, or share pictures

Ideas with your teenager

- Talk about something they like: sports, music, celebrities, friends
- Cook a favorite meal together
- Exercise together to their favorite music

Ideas with your young child

- Read a book or look at pictures
- Make drawings with crayons or pencils
- Dance to music or sing songs
- Do a chore together – make cleaning and cooking a game
- Help with school work

Listen to them, look at them. Give them your full attention. Have fun!

For more information click below links:

Parenting tips from WHO | Parenting tips from UNICEF | In worldwide languages | EVIDENCE-BASE

World Health Organization | unicef for every child | End Violence Against Children | INTERNET GOOD THINGS | USAID | ACCELERATE | CDC

Parenting for Lifelong Health is supported by the UKRI GCRF Accelerating Achievement for Africa's Adolescents Hub, the European Research Council (ERC) under the European Union's Seventh Framework Programme and the Horizon 2020 Research and Innovation Programme, Oxford University Innovation GCRF Sustainable Impact Fund, UNICEF, the Leverhulme Trust, the Economic and Social Research Council, WHO, CIQA, the National Research Foundation of South Africa, Ilifa Labantwana, Rand Merchant Bank Fund, the ApexIII Charitable Trust, the John Fell Fund, the Evaluation Fund, the UBS Optimus Foundation, USAID-PEPFAR, the Wellcome Trust, Grand Challenges Canada and Wellspring Advisors.

- boards, stacked).
3. Length of board. Length is usually measured in "board feet" or "linear feet". This is the total length of lumber needed. For example, a 3'x12' bed would require a total 30 board feet of lumber (two walls 3' long plus two walls 12' long). Suppliers

can cut lumber to length, for a nominal fee. Plan to order extra wood for corner posts (2x2" or 2x4") and/or 1x4" or 2x4" cleats to join narrow boards.

Online Resources:

^^ Citation Grow Pittsburgh <http://www.growpittsburgh.org/wp-content/uploads/General-Info-Lumber-for-Raised-Beds-for-web.pdf>

University of Maryland Extension – Container gardening resources - <https://extension.umd.edu/hgic/topics/container-gardening>.

The April 24, 2020 edition will feature CONTAINER GARDENING (Part 2) information and the comparisons between raised bed vs. in-ground gardens.

RECOMMENDED WOOD FOR RAISED BEDS

Wood	Pros	Cons
CEDAR	EASY TO SOURCE, LONG LASTING	EXPENSIVE
BLACK LOCUST	LOCAL, LESS EXPENSIVE, LONGEST LASTING	HEAVY, HARDER TO GET IN WIDE PIECES, HARDEST TO DRILL, NOT WIDELY AVAILABLE
HEMLOCK	LOCAL, EASIER TO SOURCE, LONG LASTING	NO PEST RESISTANT PROPERTIES LIKE LARCH AND LOCUST
LARCH, AKA TAMARACK	LOCAL, LESS EXPENSIVE, LONGEST LASTING	HARDER TO GET IN WIDE PIECES, HARDER TO DRILL, NOT WIDELY AVAILABLE
OTHER HARDWOODS (OAK, MAPLE, CHERRY)	LOCAL, LONG LASTING, EASY TO SOURCE	VERY EXPENSIVE
PINE	INEXPENSIVE, READILY AVAILABLE, EASY TO DRILL, VERY EASY TO SOURCE	SHORT-LIVED (2 YEARS)

Ohsohgwa'shö'

Pronunciation Key: a = father / e = they / i = police / ä = cat / ë = when / ö = own
 Submitted By: Angelina Cogley - Seneca Language and Culture Coordinator at SALC

Gwëhdä'ë:'



O:ya'ë:'



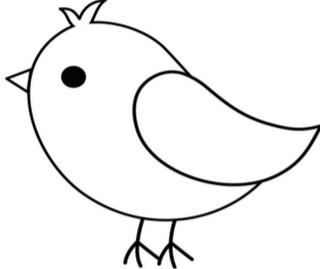
Jitgwä'ë:'



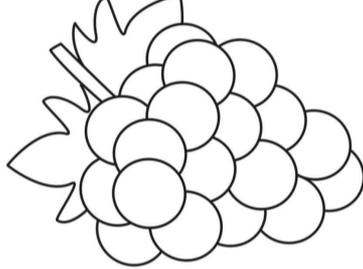
Ganëhdaikö'



Ji:nyoae'



O'sheä'ë:'



Happy 18th Birthday Madison April Jean!!

April 8, 2020 - You have over come so many challenges in your 18 years and we are so proud of the young lady that you have become. I'm sorry this pandemic has stolen your Senior year of high school, lacrosse, Prom, senior trip, senior year memories, your birthday trip to Chefs....but just know when it's all over we are going to eat Chefs until it comes out of our ears! Keep your head up, stay focused and live the best life that you deserve. Before you know it you will be packing up and heading off to college. Your adult life is just beginning, enjoy and appreciate it and love it.

Happy Birthday Beb, we ALL love you!

Mom, Dad and all your Sisters, nieces, nephews and the whole family. (Submitted by Lisa Longboat)



Happy 1st Birthday to Tage Howard Stevens

April 8, 2020 - Auntie Madi loves you so much she gave you her day of birth!!!

Love Gramma & Poppa Buck
 (Submitted by Lisa Longboat)



5 healthy habits to take care of yourself

Watch for more fun language posters that you can print out from our website. Remember to visit the Seneca Language and Seneca Media & Communications Center YouTube Channel for weekly videos. Stay tuned and #SenecasStaySafe!

Desadadesnye:
TAKE CARE OF YOURSELF

Sano'dza' Your teeth
Sya'da' Your body

Ses'ohda'
Sahno'dzowa:eh! Brush your teeth!
Sajadowa:eh! Wash your body!

Sahdzowaeh! Wash your hands!
Sage'a' Your hair
Sa'nigöe' Your mind

Satge'owa:eh
Sado:tgah koh! Wash & comb your hair!
Esadoishë: ', se:dah koh! Rest & sleep!

Ha'dewë:nishage:h Every day
Ha'dewahs'öda:geh Every night
Ne'hoh na:sye:hak! That's what you should do!

**TOGETHER AT HOME
 PROTECT ELDERS
 STAY HOME**

#SenecasStaySafe