



The Official Newsletter of the SENECA NATION



April 24, 2020 - **visit us @ sninews.org**

A message from President Rickey L. Armstrong, Sr.



Nya:wëh sgë:nö',

I am pleased to report that I am well, and my family is well. That is not to say that we are not without worry and concern about the ever-evolving COVID-19. My administration has been working diligently to create ways to keep our members informed. Cattaraugus Territory, in particular, is plagued with limited internet access, making it extremely difficult to relay messages at a moments notice. As you recall, we were recently awarded a grant to extend and improve the internet quality in that area to be equal to that in the nearby

suburban areas. Rest assured, it continues to be on the top of our priority list. In the meantime, we will continue to pursue methods that existed before the existence of the internet. We have produced mailers, press releases in print and on television, sent reliable written messages via AOA and the Marshals. The circumstances limit our capability of connecting in person which is something that our culture is based upon. I appreciate the patience and constructive suggestion of our members.

Our own Seneca Media and Communications Center (SMCC) has received notification that a movie they produced has been selected for the International New York Film Festival. A virtual film festival will take place in 2020 with a screening taking place at Times Square in 2021. SMCC writes, “Denying Access: NoDAPL to NoNAPL is a gripping 90-minute documentary chronicling the Water Protectors at Standing Rock... This Indigenous-led movement brought together people from around the world in an unprecedented call for the recognition of Indigenous rights and an end to an environmentally destructive fossil fuel industry. Many Senecas went to “stand with Standing Rock” against DAPL and

came home to find a fracked gas pipeline, NAPL, being planned just upstream from our territories.”

Miya Scanlan 16, wolf clan of the Cattaraugus Territory, was recently featured in NDNSPORTS.com, in an article, “Miya Scanlan (Seneca): Lacrosse Doesn’t Stop During The Pandemic For The Scanlan Family”. A junior at Gowanda Central Highschool, Miya is a three-sport athlete and excels in all of these sports. Her determination, commitment, and family support have enabled her to exceed personal goals, notably being selected to the First Team All-Star for all three sports. The advantage of a family with 12 children is the continual practice, drills, and family coaching in lacrosse to perfect the skills. “The game is spiritual and derived from our blood, our ancestors”, Miya stated. Jagoh to Miya and the entire Scanlan family,



SENECA NATION COVID-19 HOTLINE: 945-8153
(24/7 for non-medical questions)

IN THIS ISSUE



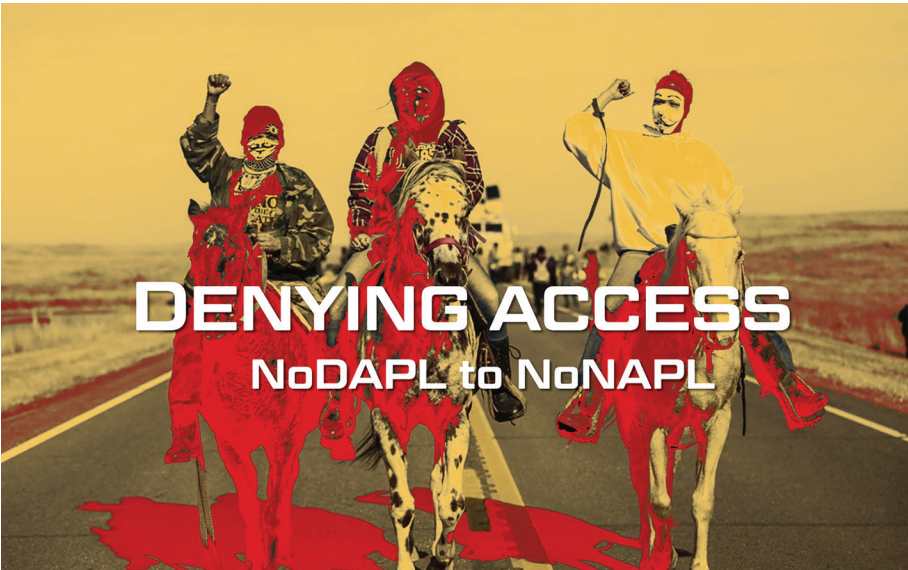
| | |
|------------------------------------|------|
| President Armstrong’s Message..... | 1-2 |
| Treasurer’s Message..... | 2 |
| Clerk’s Section | 3 |
| COVID-19 Updates..... | 5 |
| Department Updates..... | 6-11 |
| AOA Menu, USDA..... | 12 |

| | |
|---------------------------------|-------|
| Sports..... | 13-15 |
| Health..... | 16-18 |
| Notices & Announcements..... | 19 |
| Community News..... | 20-23 |
| Helpful numbers for Elders..... | 24 |

IN THIS ISSUE



CAR. TR.
MKTG MAIL
US POSTAGE
PAID
PERMIT NO. 244
BRADFORD, PA



A film by Jason Corwin & Tami Watt



Featuring Music by:
A Tribe Called Red
Brett Logan
Darelyn Spruce
Darren Thompson
Foundation Movement
Kiera Dawn
Prolific The Rapper
Savage Family
Taboo
Thomas X
Trevor Hall
Ulali



your commitment is admirable. (Miya is the daughter of Charlie and Jodi Scanlan)

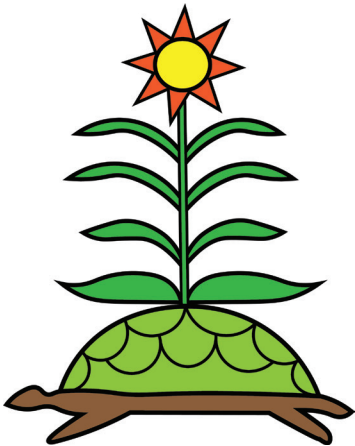
On April 11, 2020, The Seneca Nation Council approved an amended Hemp Ordinance. The ordinance covers the

production of hemp which encompasses the growing, handling, storing and marketing of hemp in which it relates to production. Industrial hemp is non-intoxicating because it contains less than 0.3% THC (the psychoactive ingredient) by dry weight. This crop is an exciting frontier for the Seneca Nation. The entire plant; the flower, seed, leaf, stalk, and root has many uses which makes hemp an optimal industrial choice. The uses of hemp are vast. The seeds can be used not only to replant, but as a nutritional fiber, the stalks for textiles and biofuel, the leaves for paper, the roots as a bio-accumulator (sucks toxins from the soil and cleans it)

and the flower, stalk, stems, and leaves produce CBD oil. With the aid of Jessica Crouse, Seneca Nation Hemp Compliance Administrator who holds a Master of Food and Agriculture Law and Policy from Vermont Law School, I am confident that the Seneca Nation will become a premier producer in the hemp arena.

In closing, I look forward to the warm weather. The month of May will soon be upon us with everything in nature beginning to re-emerge, right on time, as it is meant to be.

Be well, be strong,
Rickey L. Armstrong, Sr.



FROM THE DESK OF THE TREASURER



Treasurer Matthew Pagels

Nya:wëh sgë:nö'

I hope this message reaches you all with good health and strong support. I hope you all read the special edition of the newsletter. As always, if you have any questions or concerns please feel free to contact me.

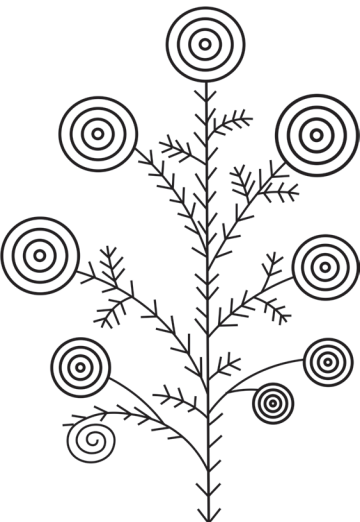
With the gaming operations closed, we are in constant communication with their Finance Departments to understand to what extent the casinos and/or Bingo Halls will be able to transfer funds to the Nation as estimated in the original budgets for Fiscal Year 2020. These transfers support governmental services, programs and direct benefits to the enrolled members. Accordingly, a high priority is the forecasting of general, land revenue and grant funds activities, and monitoring of the budgets. With reduced revenues, this information is critical so that the Executives and Council may make informed financial decisions going forward through the coming days and weeks.

On a brighter side of Covid-19 I'm pleased to share that the Seneca Nation received \$47,430.00 on March 25th, 2020 to offset the costs of providing meals to our elders. The Seneca Health Systems received \$131,711.00 to offset costs related to COVID-19 testing on April 2, 2020. The Grants Team is also working with the Seneca Health System to apply for a

Center for Disease Control (CDC) grant under this stimulus package. The Seneca Nation has received the following CARES Act funding thus far. Housing and Urban Development (HUD) awarded \$772,572.00 to assist the Seneca Nation Housing Authority with COVID Emergency Relief Funding through the Indian Housing Block Grant. Federal Transit Administration (FTA) awarded \$400,486.00 to the Seneca Transit System to support operating, capital and other expenses. Indian Health Services (IHS) has provided \$ 1.4 million dollars to help with all COVID-19 costs, emergency response, operating costs and program implementation. The Seneca Nation is following up on the follow CARES Act funding opportunities, continuously.

Some of you may be aware of the CARES third bill which awards \$8 Billion to nations and tribes. The nation has applied and is able and willing to justify all awards and more information will be coming very soon. The Federal Government is pushing to expend funds by April 24th. These funds will be used to offset the expenses incurred by COVID-19. Stay tuned for more information and updates as we gather as much information as possible.

Stay safe, stay strong,
Treasurer Matthew Pagels





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 absolutely 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.

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 on the SNI website at www.sni.org

Additions (5) to the Nation's Roll – April 11, 2020 Regular session of Council

Rhea Marian K. Ann DeJesus
Bear Clan

Evelyn Lena Marie Lewis
Heron Clan

Alajandra Chrystalie Marquez
Snipe Clan

Remi Cheyenne Ortiz
Heron Clan

Kaisley Jade Stevens
Wolf Clan

Congratulations, to the newly enrolled members of the Seneca Nation!

Deletions (7) to the Nation's Roll – April 11, 2020 Regular session of Council

June Conklin
Hawk Clan

Ruby M. Dejac
Bear Clan

Alfred Deoca
Deer Clan

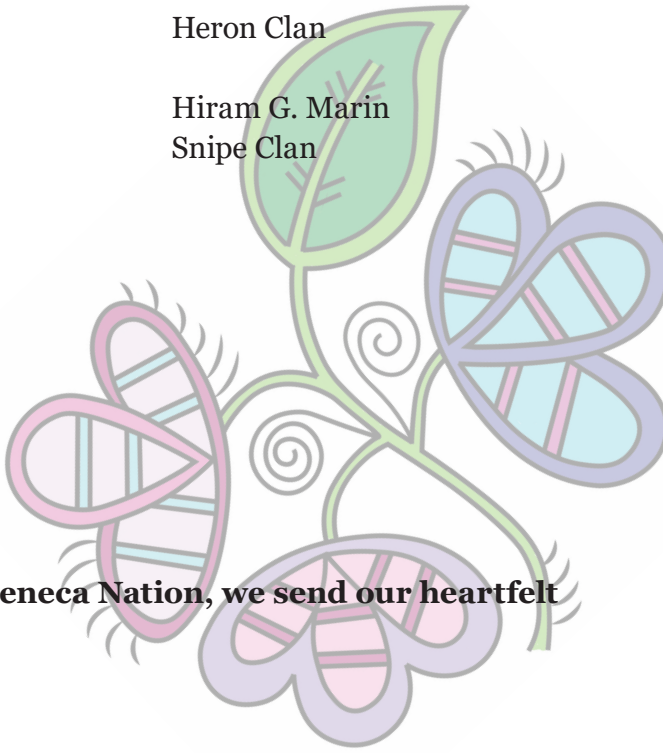
Duana I. Gioffreda
Turtle Clan

Albert M. Jacobs
Hawk Clan

Richard Lauer
Heron Clan

Hiram G. Marin
Snipe Clan

On behalf of the Seneca Nation, we send our heartfelt condolences.



Successfully Weathering an Economic Storm

Submitted by Councillor Arlene Bova. Written by Thomas Seneca.

Due to these uncertain times, I asked Thomas Seneca to provide some financial tips to weather an economic storm. Mr. Seneca previously worked for the Nation as our Financial Education Advisor. Mr. Seneca was more than willing to share ways to prevent a financial crisis. Nya:wëh Thomas!

"Don't wish things were easier, wish you were better. Don't wish for less problems, wish for more skills." – Jim Rohn.

The outbreak of COVID-19 has created a great deal of uncertainty, health wise and money wise. How we face this challenge will greatly impact both our physical health and our financial health.

I know the Seneca to warriors and survivors. When faced with a challenge do we wish for easier times and hope someone else will solve our problems? Not the Seneca I know. We fight, we survive, and ultimately, we prosper.

When the dust clears from the COVID-19 pandemic we will have adverted one of the most significant health crises of our lifetime. But the next crisis is just getting started, the economic impacts of shutting down businesses for the past month and most likely longer. Now is an essential time to make sure you can make it through this uncertain economic time with limited setbacks.

Here are a couple strategies to start

right now:

1. Hold onto cash
2. Make use of benefits
3. You are the best investment

Hold onto cash.

Having cash on hand makes it possible to weather a layoff or drop in income. There are a couple ways to begin to increase your cash:

- Reduce expenses. Put off the vacation, the new iPhone, or the home upgrade.
- Communicate with lenders. Many credit card companies and mortgage companies understand the impact that the pandemic has had on people's finances. Reach out to them and discuss our options for delaying payments, reducing interest rates, or renegotiating the terms of the loan.
- Stimulus check. This week most families will begin receiving their stimulus check. This can add up to thousands of dollars. What is your plan for this money? Spend it? Your plan should be to hold on to it so you can provide for the necessities of life: food and shelter.

Make use of benefits.

Given the national impact of the pandemic many state and local governments are rolling out programs to help the effected. Take advantage of the programs to help get you through this time of uncertainty so you can emerge from this time stronger and healthier. Here are a couple of suggestions:

- Apply for unemployment. If you have lost your job or have had hours

reduced utilize the state's unemployment program which is paying an additional \$600 a week for those that qualify. This program is designed specifically to help people get through the next few months so use it.

- Utilize food assistance programs. If you can hold on to some cash by using the food pantries, or other assistance program that leaves more cash to apply to other necessities. These programs are designed to help and there should be no judgement in using them to your advantage.

You are the best investment.

During this time of uncertainty, you should look for ways to increase your value. If you are currently unemployed talk to your supervisor, boss, or owner and ask them what you can do to be more helpful. If you are not currently employed take the time to improve your skills either through reading, online learning, or college classes. Anyone can make good financial decisions when times are easy. It is the true character of an individual that can make good decisions when all others are paralyzed by panic and fear. The Seneca are warriors and survivors. It is now this generation's time to show what we are made of.

If you have any questions or are feeling uncertain, please reach out. Please call 716-945- 8153 for any non-medical questions 24/7. Nya:wëh, stay safe!

#SenecasStaySafe

Federal CARES Act establishes \$8 billion appropriation for Native Nation governments

Submitted by Councillor Tina Abrams

As communities across the United States and around the world dealt with the rapid onset and acceleration of the coronavirus pandemic, leaders looked for ways to provide economic relief to governments, businesses and individuals. As part of this effort, Congress passed the "Coronavirus Aid, Relief, and Economic Security Act" (CARES Act), which was signed into law by President Trump on March 27, 2020. The CARES Act includes a Coronavirus Relief Fund (CVF) that provides a fast infusion of funding for states, local governments, and Native Nations to aid in the prevention, preparation for, and response to coronavirus. The CVF set aside \$8 billion for Native Nation governments to be distributed to the Native Nations no later than April 26, 2020.

The U.S. Department of Treasury

(Treasury) is designated in the CARES Act as being responsible for distributing the CVF funding to Native Nations, but Treasury sought input and assistance from the U.S. Department of the Interior Indian Affairs Office (Interior) to develop a methodology or formula on how to allocate the \$8 billion among the Native Nations. According to the language in the Act, any funds a Native Nation receives must be documented as being expended on response to the coronavirus crisis.

Telephonic consultations between Treasury, Interior and Native Nation leaders occurred on April 2nd and April 9th. The Seneca Nation was actively engaged in these discussions and submitted written comments to the Secretary of the Treasury and the Secretary of the Interior on April 9th.

By April 10th it became clear that Tara Sweeney, Assistant Secretary for Indian Affairs at Interior, was advocating that village and regional Alaska Native Corporations (ANCs) be included as recipients of a portion of the \$8 billion that Congress had designated for Native Nation governments in the CARES Act. ANCs are businesses incorporated under Alaska state law and they do not possess a government-to-government relationship with the U.S. government.

"Once this effort came to light, the National Congress of American Indians held an emergency meeting of its Executive Board," said Seneca Nation Councilor Tina Abrams, who serves as NCAI Northeast Region Vice President representing over 25 tribes. "We unanimously agreed to send a letter to the

Federal Cares continued from pg. 4...

Secretary of the Treasury to address this glaring concern”

The NCAI sent the letter on April 11th, noting that Title V of the CARES Act reserves the \$8 billion funding for “Tribal Governments.” NCAI related its position that the CARES Act \$8 billion should only be disbursed to “tribal governments” and not to ANCs.

The Seneca Nation submitted written supplementary comments to the Secretary of the Treasury and the Secretary of the Interior on April 13th explaining that “Title V of the CARES Act only speaks to impacts on Tribal Governments and reserves \$8 billion in funding for Tribal Governments.” The Nation stated its position that only Native Nation entities who are federally-recognized as eligible to receive services from the U.S. Bureau of Indian Affairs are

eligible to receive funding from the CARES Act \$8 billion. This includes Alaskan Native village governments but does not include ANCs.

“The coronavirus pandemic is not only a severe public health situation, but a drastic economic challenge, as well,” said Seneca Nation President Rickey Armstrong, Sr. “Like other Native Nations across Indian Country, we have been forced to take unprecedented steps in response to this unprecedented situation. The funding provided under the CARES Act will provide Native Nations with needed assistance as we continue our response measures on our respective territories. This funding should not be diluted by including non-governmental entities like Alaska Native Corporation into the funding formula.”

“Our Native governments are working

around the clock to ensure our people continue to receive essential services at the same time many of our business enterprises are not able to operate and generate needed revenue,” President Armstrong continued. “The push by Assistant Secretary Sweeney to include ANCs in a fund meant to support Native Nation governments is a clear conflict of interest that will only hamstring the efforts of Native Nation governments to navigate this crisis, as we strive to balance our public health priorities and our economic priorities for our people. The Seneca Nation strongly opposes this proposal.” As of the time of this printing, the Seneca Nation and other Native Nations are awaiting further details on how final funding to Native Nations under the CARES Act will be determined and distributed.

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.

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 provided 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 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.

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 COIVD-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>.

A new crop to take root on Seneca Territory

By Jessica Crouse, Hemp Compliance Administrator

The Thunderers have passed through, heralding another Spring, the animals are awakening with fervent energy to ready themselves for another generation, and our People are facing an unprecedented situation of our time. Sustenance of our being has been awakened with the pandemic at our doorsteps, and with that a heightened consciousness of the need to strengthen our agricultural roots to sustain our access to food and well-being.

The Great Hill People also known as the Seneca, have been prominent for their feats of agriculture since time immemorial, but agriculture among the Seneca was forever changed by the flooding brought on by the Kinzua Dam that took vast amounts of fertile land in one broad swoop, then thrusting families into a re-location area to accustom to a different way of life. And further thwarted by the taking of our children into boarding schools and thus acculturating us towards a new kind-of-way, far from our roots of subsistence upon the lands to provide for each other. Yet, we remain steadfast as the descendants of the ones that survived, and now more than ever we shall continue to thrive and grow. The next moon shall guide us once again into another season of sowing, and with this upcoming season the Seneca may add another crop to their list, hemp.

On March 30, 2020, the United States Department of Agriculture formally approved the Seneca Nation Hemp

Production Plan, so now the Seneca Nation has primary regulatory authority over the production of this emerging crop. Furthermore, on April 11, 2020, the Seneca Nation Council approved the Hemp Ordinance, as amended.

The Hemp Program has come quite a way from a seed-of-thought being planted into action in May of 2019, to the formal beginning of a Seneca Nation Hemp Program in October of 2019, and now onto the precipice of a new outdoor growing season and the endless possibilities of indoor production. The Hemp Ordinance covers the production of hemp, which means the growing, handling, storing, and marketing of hemp in relation to production. Individuals and business entities may apply for licensure on Seneca Territory. Also, there are mechanisms in-place that will require producers to safeguard our soil, water, and air quality.

To be clear, the product known as CBD or “Cannabidiol” remains illegal under federal purview to add to food-stuffs or beverages. However, one may see it in retail stores throughout the country, yet it remains up to the Food and Drug Administration’s (FDAs) discretion to enforce their will. On the other side of the coin, products such as: hulled hemp seed, hemp seed oil, and hemp seed protein powder are legal and considered Generally Recognized As Safe (GRAS) by the FDA. For, the hemp seed itself is inherently void of tetrahydrocannabinol

[(THC) ~ the principle psychoactive compound, out of at least 113 other compounds found in cannabis]]. Yet, also on the cannabis spectrum there are tens-of-thousands of other uses, and many more in development that make hemp a pliable plant for industries such as: paper, clothing, bio-fuel, bio-degradable plastic, food, and so much more!

The industry remains hopeful for its future even during the pandemic that is upon us. The Hemp Program has already committed to training and authorizing hemp sampling agents within our own law enforcement, and the in-house expertise from various offices and departments have lent some of their skills to contribute to the roll-out of this program. The initial application period will be on a rolling basis upon implementation on Seneca Territory, however with the given COVID-19 situation the Seneca Nation is dealing with, the opening of applications will be delayed until the collaborating departments are on-line to accommodate the extra tasks that will be asked of them.

Timing is of essence and in agriculture it is paramount, and the program will keep the people informed on the developments going-forward. Enjoy this prescribed pause as much as one can, hopefully you may find yourself planting a garden of any feasible size with great care and intent. Please be safe and be well.

Seneca Veterans

Please Remember to Call the Seneca Nations Tribal Advocate Program (TAP) if you find yourself in need of assistance during these difficult times.

TAP offers an Emergency Food Pantry Items to individuals and their households once every 30 days, if needed. If the income eligibility guidelines AND residency requirements are met, a food package will be issued.

Applications will be conducted over the phone to comply with social distancing measures.

Tribal Advocate Program # 716-532-1028

Iroquois Post 1587

Covid-19 Crisis: Pantry Delivery Project

This project provides Emergency Food Pantry Items to Veterans *who do NOT qualify for TAP assistance*. TAP will forward Veteran to Ronald Cook or Tisheena Jimerson to complete a Delivery Request.

StaySafeStayStrong

Tisheena Jimerson, Director SN Veterans Dept. 716-532-4900x5536



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.

Irving Office

12837 Route 438
Irving, NY 14081
(716) 532-8179

Hours

Mon - Thurs 9am - 4pm
Friday 9am - 5pm
Tribal Council Saturdays 9am - 1pm

(Only the SNFCU office located where the Tribal Council Session is held will be open)

Salamanca Branch

90 Ohio:yo Way
Salamanca, NY 14779
(716) 945-8510

AOA closed to public, continues meal deliveries

By Beth Lay



AOA employees have been deemed essential and have been at work since March 16. We have locked our doors and stopped our congregate sites. So what are we doing?

As of March 17th, any employee who was an Elder, who was medically compromised or who was pregnant was sent home for their safety. Fortunately, other departments, such as the Seneca Language Dept. and Seneca Strong in Cattaraugus and the SALC in Allegany, have sent stand-by employees to our kitchens to help with preparing meals. These stand-by employees have been a tremendous help with packing our home delivered meals, delivering, cleaning and prepping for next day’s meals. We appreciate these departments helping us!

Due to our current site closures we have placed our congregate meals on hold until this health crisis is over. As a result, we have welcomed many new Elders to our home delivered meal routes. In fact, we send out over 122 meals each day, with approximately 82 meals delivered in Cattaraugus, and 40 meals delivered in Allegany. Our menus are subject to change as we have received donations of vegetables, which we have incorporated in our meals. Regardless, we do work to stay on menu.

For those receiving our meal deliveries please note, for your safety and that of our employees, we are unable to come into your home. We ask that you leave a cooler or a table outside of your door for our drivers to leave your meal. Our drivers try to be there at the same time each day, he or she will beep the horn to signal that your meal has arrived. We want you to STAY HOME! It is for your protection.

We have had some Elders come knocking on our doors and peering in the windows looking for a cup of coffee. They see us in here and want to come in. We get it, you are getting antsy, but we are doing this for your protection.

Our in-home services have also been

placed on hold, but will resume once the social distancing restrictions lift. We can provide a grocery pick-up, emergency food package pick-up from the Tribal Advocate, and/or medication pick-up for you (in Cattaraugus). Our Transportation is also on hold, and unfortunately, we cannot take you to appointments on or off territory. Please understand this is all for your health and safety

At this time, we are also unable to provide Lysol, disinfectant sprays and wipes, or hand sanitizer to Elders. We have found these products to be on backorder and unavailable to purchase.

Hams: We attempted to deliver hams donated by the Casinos and we found that A LOT of Elders were not home. Due to the perishable nature of the ham we are not able to leave it at your door. You must be home to receive one. We understand the necessity to go out to get essential items but Elders please stay home!

We hope this all goes away soon; our



employees are concerned about exposing you and themselves to the virus and wish to be with their families during this stressful time as well. Be safe! Stay Home! Ja:goh!

Housing defers/waives 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 now accepting Head Start Applications

Submitted by Tamara Piskorowski

Seneca Nation ECLC and SALC are now accepting Head Start applications for the 2020/2021 school year. Head Start is a federally funded program that helps children from low-income families prepare for school both academically and socially.

Head Start is a free service provided to families to help develop pre academic skills so children will be ready for kindergarten.

Your child may be eligible if they are 3 or 4 years old by December 1st, 2020.

Applications available online [SNI.org](#)> Departments> Early Childhood Learning Center> Enrollment Application (online) OR at ECLC 2016 Henodeyesta Drive, Irving NY 14081 and SALC 25 Center Street, Salamanca, NY 14779.

For questions or more information please contact Tamara Piskorowski-Head Start Education Specialist (716)532-0505 ext. 5323

Newsletter will continue biweekly editions

By Tami Watt

The Seneca Nation Official Newsletter Office will continue to publish two newspapers per month and update [www.sninews.org](#) accordingly.

Please visit [www.sninews.org](#), click the COVID-19 tab to view all public announcements from the Seneca Nation.

The Newsletter Office will be closed to the public to curb the spread of infection. All submissions can be emailed to [sninews@sni.org](#), [tami.watt@sni.org](#), [scrowley@sni.org](#), and the contact form on [www.sninews.org](#). If you need assistance, please call 716-945-1790 ext. 3029 or ext. 3030.

Human Resources update

By Terri Nephew

The Human Resource Office on both territories will be happy to assist our SN Workforce Elders who were placed on a temporary layoff. If you do not access to a computer or the internet to file your unemployment claim, please call one of our offices Monday-Friday between the hours of 9am-3pm for assistance. Stay safe and healthy! We are all in this together!

**Allegany location: 716-945-1790 ext. 3185
Cattaraugus location: 716-532-4900 ext. 5091**

Sullivan Hollow water issue

By Joel Merrill

The Seneca Nation continues to address the water issues at Sullivan Hollow.

Utilizing a grant from EPA, the Seneca Nation plans to replace the well house at Sullivan Hollow and upgrade the water treatment system to meet all water quality standards.

In addition, a water storage tank will be constructed to meet the current and future water needs. Construction is contingent on securing additional grant funding to construct the project at no cost to the Seneca Nation.

The most recent project schedule is to complete construction by winter of 2020. Please contact the Seneca Nation Health Engineer at (716) 945-5894 with questions.

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!

Tune-in to WGWE!

If you're outside the radio range of WGWE and want to hear some classic hits with some Seneca flavor you can still tune in through the website and the newly updated Android and iPhone/iPad apps.

Be sure to check out Gae:no' with Brett Maybee, the Night Show with Louis Snyder, programming from the Native Voice 1 radio network, all your favorite daytime DJs from 6a-9p M-F, plus important Seneca Nation updates.

You can request songs and even send a shout out through the apps, so be sure to check out all the ways you can stay tuned in to WGWE-land!

\$INCOME OPPORTUNITY\$

CALLING ALL GREENTHUMBS

The Seneca Nation Department of Transportation is looking for any local amateurs experienced in gardening/landscaping to fulfill seasonal, and/or one-time contracts for managing gardens and landscaping within Seneca Nation public spaces.

Clubs, Groups, Hobbyists, and anyone with a knack and knowhow for botany are encouraged to apply!!

- Grow and cultivate flora and fauna - often times with cultural significance
- Maintain, clean, weed, and repair plants/vegetative areas and landscape features - replace plants as needed
- Provide insight that will help guide new projects and landscape plans



OPPORTUNITY FOR ALLEGANY & CATTARAUGUS TERRITORIES

POTENTIAL PROJECTS:

- Route 5&20 Round-a-bout
- Irving Gateway Sign
- Roadside Planters
- Oh!yo' Gateway
- Pennsy Trail
- and More!

Anyone interested should contact the Seneca Nation's Special Projects Planner, Ben Anderson.

Attn: Department of Transportation
Ben Anderson, Special Projects Planner
90 Oh!yo' Way
Salamanca NY, 14779
(716)-945-1790 x3088
benjamin.anderson@sni.org



For questions, contact Jerrel Fox, Deputy Director at 716-945-1790 ext. 3059 or Sharon Ray, Acting Director at ext. 3137, First Transit 585-968-0834. www.senecatransit.com

9

Got time on your hands at home? Got kids and looking for new learning materials? Got Onöndowa'ga:' Gawë:nö'?

Catch this video lesson with Ja:no's on Seneca Media and Communications Facebook page dated April 7th to follow along.

Learn Seneca Language at home! Online resources and live video classes! Check out the great resources available at senecalanguage.com.

They've also got a Facebook group for discussion and questions and a YouTube channel filled with fun and educational videos. Check it out today!

#SenecasStaySafe

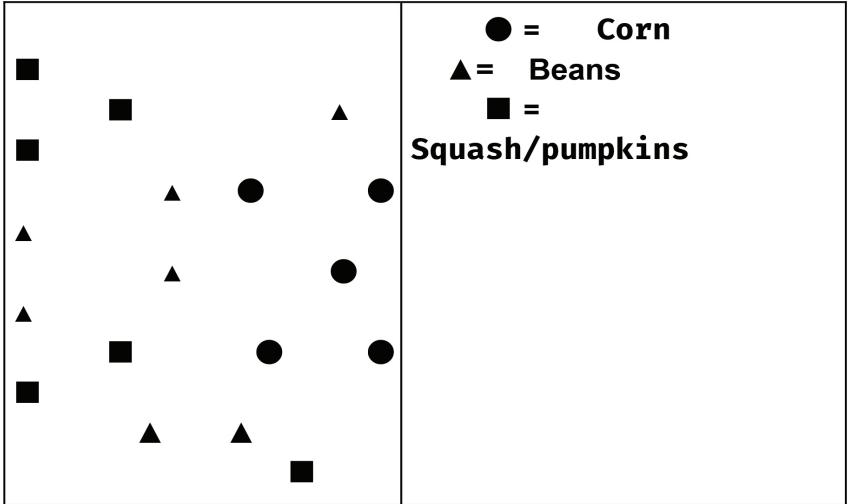


Three Sisters Gardening

Submitted by Michael Snyder, Gakwi:yo:h Farms

The three sisters, also known as corn, beans and squash, also known traditionally as *Johehgoh* (*Life givers*), work together when grown in the same garden. This is a method traditionally used by many Native American tribes including the Hodinöhsö:ni'. This method is perfect if the garden space is small. Corn, the eldest of the three sisters grows tall and acts as a trellis for beans to grow upon. Also providing shade for the bean plants, which need some shade while growing. The beans will climb up the stalks of the corn and give it strength and support for when the wind blows. Beans also provide nitrogen into the soil, which the corn and squash need to grow. The squash grows along the ground and has wide leaves which provide shade to the soil and prevents weeds from growing around the other sisters. Squash also has thick, spiky vines which helps deter pests and animals. This method is called **Companion planting**.

The three sisters not only have benefits when grown together but when eaten together as food provides a well rounded, healthy diet. Corn is an excellent source of carbohydrates, protein, and polysaturated oils. Beans provide ample lysine and tryptophan to bring corn's protein into balance. (For more protein, use dry beans.) Squash is a good source of carbohydrates and sugars. This is why these three vegetables are called the Three sisters, growing together in harmony, always wanting to be together.



Basic Seneca Lessons with Ja:no's--Video Lesson #14

| | |
|------------------------|--|
| Nya:wëh sgë:nö'! | Roughly translated: I am thankful you are well. |
| gya:söh | I am called. |
| o:nëh | now |
| ostö:h | a little bit |
| Onöndowa'ga:' gawë:nö' | Seneca language |
| ëgöyësdë' | I will teach you. |
| ëgahsawë' | I will begin. |
| Ga:weh? | Where? |
| a:yë:' nä:h | It seems that |
| itge's | I am there now. |
| itse's | You are there now. |
| ite's | He is there now. |
| ijë's | She is there now. |
| dwaknöhsö:d | at my house |
| disanöhsö:d | at your house |
| tonöhsö:d | at his house |
| jagonöhsö:d | at her house |
| hage'nih / ha'nih | my father / dad |
| gi:h | or |
| haya:söh | He is called. |
| akno'ëh / no'yëh | my mother / mom |
| so't | well |
| Ja:göh! | Word of encouragement, similar to the phrase, "Keep up the good work!" |
| ha'degaye:i' | It's enough. / good enough |

How to plant a three sisters garden:

1. Pick one variety of each of the three sisters to grow. Some varieties will not benefit as much from other varieties. (For example- Short or dwarf varieties of corn will not be able to support pole beans.)
2. Prepare your raised bed or mound to be planted. If mounding, soil should be 3-4" high and long enough for the squash to grow. (About 4-6' long)
3. Plan out how each sister will be planted together. Below is an example of a layout for the three sisters. (However you can get creative and try out your own design)
4. First, plant the squash in the spots you have designated, then plant the corn about a week later. Then when the corn is a 6" to a foot tall, then plant the beans.
5. Once they have been planted in the ground, be sure that they are well watered. The sister squash likes a lot of water, and corn sisters like a lot of sun.

**This is one example of growing three sisters together. You can create your own design and the three sisters will still thrive. They can also be grown in single rows.*

Starting seeds indoors during Quarantine

Submitted by Michael Snyder, Gakwi:yo:h Farms. Written by Tina Square.

Before starting your seeds indoors first there will be some steps you must take:

1. Be sure you have quality seeds you want to plant that are still viable.



-Seeds, over time can lose the ability to germinate. Each year the germination rate decreases but this doesn't mean some of the seeds won't plant. Choose the plants you wish to plant in your garden. If plants come in a seed packet, read the directions on the packet on

how to plant that variety. If a seed packet is not available, info will be available online. -Also, be sure that the seeds you want to start indoors are plants that can tolerate being started indoors. Not all crops can be started indoors such as root vegetables, corn, and cabbage.

2. Be sure you have containers, trays, or pots to grow in.

-Most containers can be used to start your seeds. If you don't have seed starting trays you can use different containers to plant. Examples of recycled containers used are: Egg cartons, cardboard cups, plastic bottles cut in half, old Tupperware containers, toilet paper rolls, and egg shells.



If you cannot make it to the store during this time, recycled containers is a good way to start seeds. Be sure to add holes to the bottom of your recycled container to allow water to flow. The seeds will get too wet at the roots and can get moldy. You will also need a pan, bowl, or tray to catch the water under the container before watering your seedlings. Especially for cardboard containers which will become soggy at the bottom over time. If your cardboard becomes soggy, the seedlings can be transplanted into another container once they grow bigger.

3. Next you will need soil.

-If you have an old bag of soil from last year, that can still be used however the most ideal soil is new soil. -Seed starting soil is the most effective soil to use because it contains nutrients your seeds need to germinate. -If you cannot leave the house, ask a family member or community member to get some bags of soil for you. And safely drop it off at your home. -Before planting your seeds use a spade, a cup, or your hands and put some soil in a bucket, wheel barrel or bowl and lightly water

your soil. Soil should be slightly moist. Don't add too much water where the soil will be soggy. Seeds germinate the best when the soil is slightly moist. -Add just enough soil to your container for the seed to be able to reach sunlight, and an inch or two below the soil for the roots to grow.



4. Find a location with lots of sunlight and warmth for your seed trays, pots or containers to germinate.

-By a window sill or on top of your fridge are good locations for your seed trays.



5. Lastly, you will need a garden plan.

-Before planting your seeds, you should know where your seedlings will be planted after they germinate. If you have a raised bed or a garden plot, plan out where each plant will go and how much space you will need. This will help determine how many seeds of each variety you will need to start indoors. -You can start a garden plan by listing all of the crops you want to grow.

If you have all the things on this list ready to go, you are ready to plant. Be sure to read the directions on all seed packets if they are available. Planting can be very relaxing and gratifying in the end. So don't worry, it is not rocket science.



HAPPY GROWING SEASON!

May 2020

| | | | |
|----------------------|------------------------------------|---------------------------------------|---------------|
| AOA Nutritional Menu | AOA Daily Trips Allegany Territory | AOA Daily Trips Cattaraugus Territory | USDA Schedule |
|----------------------|------------------------------------|---------------------------------------|---------------|

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|---|--|
| Seneca Nation Area Office for the Aging Menu: SUBJECT TO CHANGE Spring is Nature's way of saying "Let's Party!" |  | In Allegany please call 716-945-8414 or in Cattaraugus please call 716-532-5777 to make a reservation or cancel a meal by 9:30am the day prior to the meal | Note: Please enjoy a 1/2 pint milk served with each meal! USDA Food Dist. Program: Make sure to call in on the days listed so you can get your package delivered on time! | 1 Shepard's Pie Carrot Raisin Salad Fruit cup |
| 4 Tomato Soup & Grilled Cheese Sandwich Fruit and Yogurt Parfait | 5 Hot ham and cheese Sliders served with Green Beans Brownie | 6 Macaroni & Cheese with stewed tomatoes Blueberries Vanilla Pudding | 7 MOTHERS DAY Meatloaf Mashed potatoes & gravy Salad Cake | 8 BBQ Chicken Drumsticks Coleslaw Black Beans Fig Newtons |
| | NO TRIPS at this time due to the COVID-19 Pandemic | | | |
| | NO TRIPS at this time due to the COVID-19 Pandemic | | | |
| Cattaraugus - call to place your order for timely delivery | Delivery to Oaktree & Newtown | Delivery to Indian Hill & Pinewoods | Delivery to Ozarks, Gowanda & Dayton | Delivery to Irving |
| 11 Hot Roast Beef Sandwich with Gravy Cauliflower Raspberries for dessert | 12 Cheese Ravioli Served with Green Beans Dinner roll Chocolate pudding | 13 Tuna casserole Peas Mandarin Oranges Oatmeal Raisin Cookie | 14 Traditional Meal Indian Taco with toppings Served with Roasted Summer Squashes and Strawberry Juice | 15 <div>CLOSED Holiday Onondowa'ga' Day (State)</div> |
| | NO TRIPS at this time due to the COVID-19 Pandemic | | | |
| | NO TRIPS at this time due to the COVID-19 Pandemic | | | |
| Allegany - call to place your order for timely delivery | Delivery to Sr. Complex & Salamanca | Delivery to Jimtown | Delivery to Olean, Steamburg & Killbuck | |
| 18 Vegetable Pizza Side Salad Fruit cup | 19 Turkey Chili Cornbread Raspberry Jello | 20 Ranch Chicken Green Beans Rice Blueberries for dessert | 21 Birthday Party Ham & Scalloped potatoes Steamed Broccoli Birthday Cake | 22 Lasagna Florentine Green Salad Dinner Roll Peanut Butter Cookie |
| | NO TRIPS at this time due to the COVID-19 Pandemic | | | |
| | NO TRIPS at this time due to the COVID-19 Pandemic | | | |
| Call In Orders until further notice | Call-ins ALLOWED 9am - 3:30pm | Call-ins ALLOWED 9am - 3:30pm | Call-ins ALLOWED 9am - 3:30pm | Call-ins ALLOWED 9am - 3:30pm |
| 25 <div>CLOSED Holiday Memorial Day (Have a safe and happy holiday!)</div> | 26 Lemon Chicken Green Beans Rice Blueberries for dessert | 27 Brunch Ham & Cheese Frittata Berry Compote Muffin | 28 Goulash With Cauliflower Side Salad Chocolate Pudding | 29 Chiavetta's Marinated Chicken Coleslaw Baked Beans Fig Newtons |
| | NO TRIPS at this time due to the COVID-19 Pandemic | | | |
| | NO TRIPS at this time due to the COVID-19 Pandemic | | | |
| | Call-ins ALLOWED 9am - 3:30pm | Call-ins ALLOWED 9am - 3:30pm | Call-ins ALLOWED 9am - 3:30pm | No Distribution - Inventory Day |

Summer Hemphill to return to UB women's basketball team

By Rachel Lenzi | Published March 30, 2020| Reprinted from the Buffalo News



UB freshman Summer Hemphill.
(Photo credit: Harry Scull Jr.)

Summer Hemphill will return to the University at Buffalo women's basketball team for a final season.

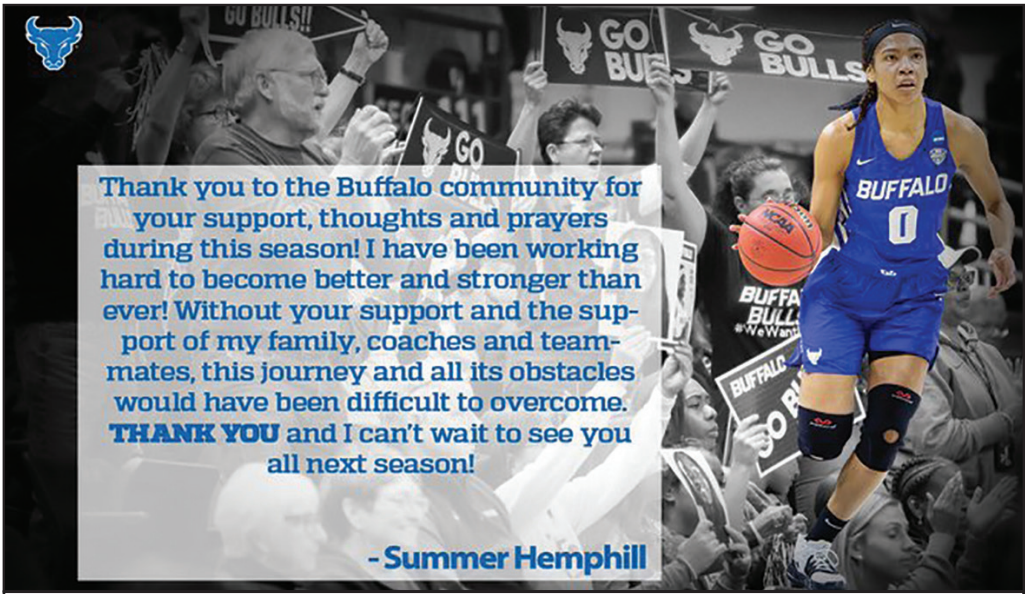
A forward and a Cardinal O'Hara graduate, Hemphill missed all of the 2019-20 season with a knee injury, which she sustained during the preseason, and underwent surgery during

the season. A UB athletic spokesperson confirmed that because Hemphill did not play in any games this season, she did not need to apply for a medical redshirt from the NCAA.

"Thank you to the Buffalo community for your support, thoughts and prayers during this season!" Hemphill wrote in a message the UB women's basketball program posted on its Twitter account on Monday. "I have been working hard to become

better and stronger than ever! Without your support and the support of my family, coaches and teammates, this journey and all its obstacles would have been difficult to overcome. Thank you and I can't wait to see you all next season!"

Hemphill was the 2019-20 preseason Big 4 women's basketball player of the year and was named to the preseason All-MAC East Division team. Hemphill averaged 14.5 points and 10.3 rebounds points in 26 games as a junior in 2018-19.



A message from Summer Hemphill (@Summaluh) #UBhornsUP

Nizhoni Kennedy (Navajo): Competing For Mom and Family at Salamanca HS (NY)

By Dan Ninham | March 31, 2020 | Reprinted from ndnsports.com

High achieving student-athletes lead busy lives from sun up to sun down usually seven days a week. Many indigenous cultures begin their day before the sunrise comes up on the horizon. They run toward the sunrise when the early morning is till dark. This is good medicine and indigenous runners believe they gain wisdom and strength, and become more focused and

productive. Early morning risers in the Salamanca area on the Seneca Allegany Territory may be seeing a runner or runners doing this traditional practice in the near future.

Nizhoni Kennedy is a senior basketball star at Salamanca High School, Salamanca, NY. She is 5'8" and is versatile being a point guard, shooting guard, and a strong forward. Her hudl.com profile is located here: <https://www.hudl.com/profile/13993360/Nizhoni-Kennedy>.

"The meaning behind the name Nizhoni is 'beautiful' in the Navajo

language," said Nizhoni. "I am the daughter of Karen Johns, Navajo/Ute Mountain Ute/ White Mountain Apache and Adam Kennedy, a member of the Seneca Nation. We live on the Seneca Allegany Territory in Western New York."

"I am enrolled Navajo, first descendent Seneca, Ute Mountain Ute and White Mountain Apache," said Nizhoni. "My clans are Tsenabahitnii (Sleeping Rock People Clan), Ta'neeszahnii (Tangle Clan), and Nyagwai' (Bear Clan)."

"I compete for my family and my own pursuit of happiness," said Nizhoni. "On my father's side, I come from a line of successful athletes that went to Salamanca. My aunts won the NYSPHSAA Class C State Championship in 1988. My father was named Big 30 Player of the Year, the league champion

and MVP during his senior year. For my own accomplishments, my team won the league title and I was named this year's league MVP for the CCAA East 2 Division."

"In Navajo culture, we believe in self-belief and self-respect," said Nizhoni. "I live my life through the philosophy of 'Walk in Beauty.' This defines me as an athlete because it keeps me positive and well grounded with my surroundings and the people I am around. My tribal core values taught me to respect myself, my teammates, my coaches, my fans, and my opponents."

"My parents were my biggest motivators throughout my high school career," said Nizhoni. "When things weren't going right for me, they were always there for me and supporting me through everything. They (Continued on page 14)



Nizhoni Kennedy
(Photo credit: Michelle Hill)

constantly remind me that anything is achievable if you believe it and I could always count on them. They are amazing parents and I don't know what to do without them. My confidence lives through them. I dedicated every game, every practice and every moment I have on the court for them."

"Off the court, Nizhoni is a High Honor Roll student for the past two years," said Adam Kennedy. "She is also a member of the National Honor Society and Key Club. She spends some weekends volunteering to help the community, ringing the bell for Salvation Army at Wal-Mart or community events. Nizhoni's mother had a severe brain injury last summer and I happily say her mother is fighting for her life in a good way. Nizhoni spent many days visiting her mom and helping her little brother, while I traveled for work. Through all that she still was able to keep it together to help the grades, help her brother and become the best player in the area."

"On the court, Nizhoni spent her first two years at another school and was a three guard," said Adam. "When the point guard went down the coach asked her to step up and be the point guard. She helped a few players get their 1,000 career points and unselfishly had to step back from her main scoring roll to keep the offense going. Her senior year she wanted to come back to the Salamanca Warriors and see if she could help the team out again knowing she would sacrifice winning and points with the move. She was greeted with open arms, the Warriors were on her regular season schedule and they typically got beat by her years before. She always had big games against them."

"The Lady Warriors team won two games in 2019 season. The Lady Warriors are made up of girls' lacrosse players. She turned them around to win the league and MVP and her coach is Coach of the Year. I could not be more proud of her and she

has one of the sweetest jump shots you will ever see. I think everyone in Indian Country should hear about her for all she has done and she won an academic scholarship from several colleges, and University of Buffalo and Syracuse are on her list. She wants to become a chemical engineer to make make-up," added dad Adam.

"My coach Bryelle Wallin positively influences me," said Nizhoni. "I officially met her about six months ago and she has honestly chanced my life. I competed against her junior varsity team when she was still the varsity coach for Pine Valley and I was playing for Randolph. This past season was her second season as head coach for Salamanca and she became my coach when I transferred from Randolph. Through my emotional journey, she has always been there for me and she understands me. During my hard times she always pushed me forward and gave me that extra support I needed. She not only saw me as her player, but also the person I am behind an athlete. I truly appreciated everything she has done for me."

Coach Bryelle Wallin said: "Nizhoni is a strong, resilient young lady. She is very passionate and determined, in everything that she does but she is especially passionate about basketball. When I learned that she was transferring to Salamanca, and wanted to play her senior year here, I was beyond excited. She was coming from a program that demands excellence, hard work

She led this year's team through experience and example.

"This season, after only a few short weeks of knowing Nizhoni, her teammates overwhelmingly chose her as their number one choice for captain, earning her speaking captain privileges. They had the foresight and confidence, that she would be able to lead them. Her work ethic and desire to be her best, rubbed off on her teammates. Early in the season, Nizhoni had to miss a few games due to an ankle injury. Even though she was not able to practice or play, she showed up. She supported her team, giving advice and encouragement from the sidelines. Each practice, Nizhoni put in the work without question and on most days, stayed after practice to get in more reps. Every time she stayed, one or more of her teammates would stay," added Coach Bryelle.

"In the past few years, Salamanca Lady Warriors basketball has been anything but successful," said Coach Bryelle. "In trying to build a program, Nizhoni was just the player we needed, at the right time. She is someone that younger players look up to and her teammates respect. There is no doubt in my mind, that the reason we experienced the success that we did this season, is in part due to Nizhoni's presence. She made me a better coach and her teammates, better players. For that, I'm forever grateful."

anything is possible for all indigenous athletes as he hold UW's record for most three-pointers in a game, season and career and became the first Native American athlete to play in an NCAA D1 National Championship game. He became very inspiring to me and my development for the game."

"To keep up with my athletic shape during this pandemic, I have chosen to cut back on fattening food and stuck to eating a lot of fruits and vegetables," said Nizhoni. "I try to work out about four times a week with the weights I have at home. I guess you can say I have a very generic workout routine with Russian twists, lunges, curl ups, sit ups, etc. I also like to add a 10 lb. medicine ball and/or basketball to my workouts. Some days, I like to shoot some hoops with my dad at the park."

"My journey to becoming the CCAA East 2's Champion and League MVP was certainly not an easy one," said Nizhoni. "Last summer, I was still playing for Randolph in our summer league. I was entering my third varsity season with them and our team's future was looking bright. On July 11th of 2019, I was supposed to play a game, but I felt ill that day and told Mr. Huntington, the Randolph coach, I couldn't make it. I didn't know that day was going to be the last day of my normal life. That night, my mom suffered a brain aneurysm that was misdiagnosed as an eye disease earlier that year, and it almost took her life. She was in ICU for two months and everyday was a constant battle with her fate. I honestly didn't get sleep and couldn't eat because I was constantly worried about her. I began to lose myself. That is when I made the decision to move back to where I started, Salamanca."

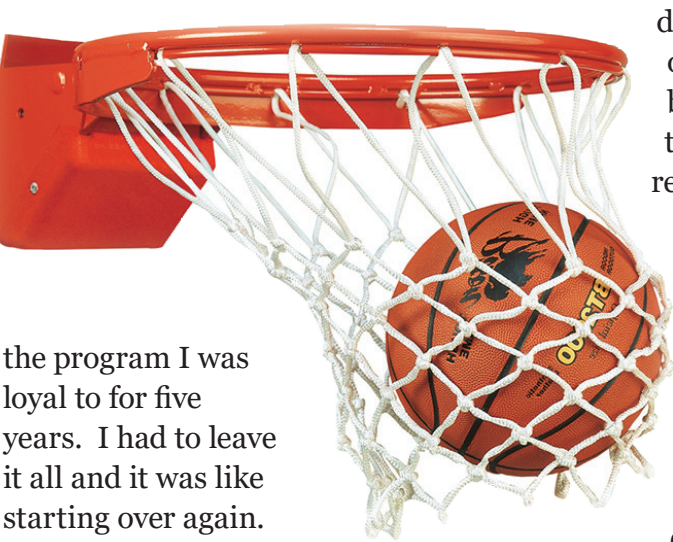
"Moving back to Salamanca High School was very hard for me," said Nizhoni. "I had to leave behind close friends that were like family to me, my teammates in Randolph, and

(Continued on page 15)

"All of the achievements I made this year all came from keep playing and never giving up." "The upcoming generation must know to never stop playing and they must play on through their situations."
~ Nizhoni Kennedy

and dedication, all things that I had been trying to instill in our program. Nizhoni lived up to the expectations and more.

"One of the players I looked up to was Bronson Koenig, the former point guard of University of Wisconsin. He proved that



the program I was loyal to for five years. I had to leave it all and it was like starting over again. My reasons for moving back to Salamanca were because all of my family lived there and to fulfill my mom's wishes of being a Salamanca Warrior. If I needed help, my family was nearby. It took some time to adjust to everything, but to me, it was worth it. I was able to create and reconnect bonds there. Salamanca became my home and support system during my troubling times."

There was a point where my mind was contemplating whether or not should I play my senior year. I knew how much it was going to hurt, not seeing her pick me up after practices, being at my games, showing me the news articles she collected of me, and not seeing her home. I just wanted to be by her side and hold her. I also knew she would never want me to stop playing and going on with my life because of her. This life-changing experience put a huge strain on my mental health. I relied a lot on my dad for comfort and guidance because he lost his mother to a brain aneurysm when he was in high school. He, unfortunately, understood what it feels like to try to live through a drastic change and continuing to do the things you love," said Nizhoni.

"Heading into my senior season was very different compared to others," said Nizhoni. "I'm grateful that I connected very quickly with my new coach and teammates and I started to view them as sisters like I have known them my entire life. We all knew this was going to be a tough season, but we all buckled

down together as one. Last year before I came, they had a 2-19 record. This year, we improved to 9-12 record, losing a couple of games by less than five points, named the CCAA East 2 League Champions, making it to JCC playoffs for the first time in five years and making a run at New York State's fifth ranked team, Holland, ending their season with a 22-2 record."

"In my final game against Holland, I was able to comprehend all of my accomplishments in high school basketball," said Nizhoni. "Walking off that court for the last time was an enlightenment for me. Through my love and passion for the game, I am able to slowly regain who I was mentally. To be named this year's League MVP, it truly means everything to me because I dedicated this whole season to my mom and the rest of my family. This season was not only my journey to becoming the league champion and player of the year, it also became my journey to find myself again," added Nizhoni.

"My mom is doing better and she is improving every day," said Nizhoni. "Like everyone that knows my mom, they all tell me she is a fighter and she'll never give up. I still get very emotional when I talk about what happened to her and how it affected my family and me. I always think about my memories with her before all of this and it has taught me to never take anything for granted. I take it little by little everyday and always having faith in our Creator that things will get better."

"The advice I tell young student-athletes that want to be successful is to just keep

playing and never give up," said Nizhoni. "I started to fall in love with basketball when I was in sixth grade, playing KYA ball with Navajo girls in Kirtland, New Mexico. I was a late starter and lacked the skills compared to the other girls, but I realized how much I enjoyed playing the game. I kept playing and my skills eventually started to evolve. That summer heading into seventh grade, I moved back to New York and started school at Randolph Junior/Senior High School."

"I was planning on trying out for the modified seventh and eighth grade team, until Mr. Huntington, the varsity coach, came into one of the practices and pulled me up to try out for the junior varsity team. From the perspective of an athlete that just started playing basketball the year prior, this was a huge deal. During my seasons playing for the junior varsity team and being pulled up to varsity as a sophomore, I faced a lot of times of frustration and dissatisfaction in myself. There were times when I wanted to quit, just because I wasn't grasping the concept of something or I had a really bad game," added Nizhoni.

"The point of 'keep playing and never giving up' is that you'll miss out on what you are truly capable of," said Nizhoni. "From sixth grade, I never thought I would ever be named Player of the Year for basketball, but it happened because I never gave up. When my mom suffered her brain aneurysm, I almost gave up my senior year of basketball because I knew how difficult it was going to be for me to see her not in the crowd. If I didn't play my final year, I wouldn't be the CCAA East 2's League MVP, I wouldn't have made it to JCC to play against New York State's fifth ranked team and I wouldn't have experienced the incredible memories I made with this team."

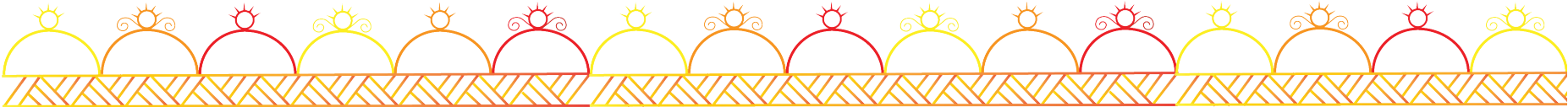
"Nizhoni is a wonderful student

and athlete," said Salamanca HS Athletic Director Richard Morton. "Nizhoni is a role model and a leader, and she is willing and eager to accept responsibility. She understands the importance of hard work and how it will affect others. Her punctuality for class, practices, and games are examples of her willingness to be a responsible young adult. In my opinion, Nizhoni shows promise in many areas. Due to her confidence and self-esteem, I feel Nizhoni will be a high achiever in any endeavor she pursues. Nizhoni is a self-disciplined, enthusiastic individual. She cares deeply about reaching her potential. She has motivated and led her peers as captain of her basketball team. As a student, Nizhoni relates very well to the teachers and staff, she is always courteous, polite and respectful."

Laurie Lafferty-John, Salamanca HS Physical Education teacher said: "Nizhoni has been an outstanding addition to our district. She had a quiet, yet determined, strength that all who are around her are affected by. She possesses confidence and focus and is comfortable with who she is. Her sweet smile and genuine spirit spreads positivity to her classmates and teammates. She doesn't make excuses and she just sees the task at hand and gets the job done. One of the best kids we have in Salamanca."

"All of the achievements I made this year all came from keep playing and never give up," said Nizhoni. "The upcoming generation must know to never stop playing and they must play on through their situations."

Source:
<https://www.ndnsports.com/nizhoni-kennedy-navajo-competing-for-mom-and-family-at-salamanca-hs-ny/>



Decontamination

Submitted by Environmental Health, SNHS

Decontamination is the process of removing unwanted substances from people, objects, and the environment. This process is important in order to reduce further exposures and spread of the contaminant to other areas or individuals. 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 and lay down sheeting to keep mud and other materials out of the house.

What you will need:

Gloves, disinfectant spray, Clorox/ disinfectant wipes, a small basket (for keys & other items), an empty laundry basket, hand sanitizer, a table to put everything on, an extra pair of clothes (pants, shirt and socks) or towel, and house slippers.

Instructions:
The steps provided below help protect you and your family. By setting up a decontamination station, you and your family can maintain a clean and safe home.

Here is an example of a decontamination station set-up. <https://youtu.be/IJlPvNFgdEU>



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

Telemedicine, or virtual
appointments are available on a
case-by-case basis. Please call your
primary care provider to be
assessed whether a telemedicine
appointment is appropriate for
your care.

Nya:weh

Visit our website:
www.senecahealth.org


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

DECONTAMINATION

IF YOU ARE AN ESSENTIAL EMPLOYEE THERE ARE SOME
PRECAUTIONS YOU CAN TAKE BEFORE RE-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.



SENECA NATION HEALTH SYSTEM

COVID19– Facts Not Fear

Submitted by Environmental Health, SNHS

COVID-19 is spreading around the world and throughout our communities. This is not the flu that we all just were experiencing during the past few months. This virus is new. MOST people recover from COVID-19 by staying hydrated and getting rest!

What is the difference between quarantine and isolation?
Isolation separates sick people with a contagious disease from people who are not sick. **Quarantine** separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick. These people may have been exposed to a disease and do not know it, or they may have the disease but do not show symptoms.

Can warm weather kill Coronavirus?
It is unknown if weather and temperature affect the spread of COVID-19. It is important to remember that this is a new strain, so there is much more to learn about the transmissibility and severity. From the evidence so far, transmission of COVID-19 occurs in ALL AREAS, including areas with hot and humid weather. Regardless of climate, adopt protective measures. The best way to protect yourself against COVID-19 is by frequently cleaning your hands. By doing this you eliminate viruses that may be on your hands and avoid infection that could occur by then touching your eyes, mouth, and nose.

What should I do if I develop symptoms?
Call your healthcare provider. Quarantine yourself from others. There is a chance that you may or may not have it. The next step would be to monitor your symptoms. DO NOT GO TO A HOSPITAL OR HEALTHCARE FACILITY BUT CALL YOUR DOCTOR.

What are the symptoms and complications that COVID-19 can cause?
Current symptoms reported for patients with COVID-19 have included mild to severe respiratory illness with fever, cough, and difficulty breathing. Emergency warning signs of respiratory distress are difficulty breathing or shortness of breath, persistent pain or pressure in the chest, confusion or inability to arouse, or bluish lips or face.

Older patients and individuals who have severe underlying medical conditions or are immunocompromised should contact their healthcare provider early, even if their illness is mild. If you have severe symptoms, such as persistent pain or pressure in the chest, new confusion or inability to arouse, or bluish lips of face, contact your healthcare provider or emergency room and seek care immediately.

Can a person test negative and later test positive for COVID-19?
Using the CDC-developed diagnostic test, a negative result means that they did not find the virus that causes COVID-19 in the person’s sample. In the early stages of infection, it is possible the virus is undetected.

For COVID-19, a negative test result for a sample collected while a person has symptoms likely means that the COVID-19 virus is not causing their current illness.

Why might someone blame or avoid individuals and groups (create stigma) because of COVID-19?
No one is to blame and 40 – 80% of the population will contract the virus. People in the U.S. may be worried or anxious about friends and relatives who are living in or visiting areas where COVID-19 is spreading. Some people are worried about the disease. Fear and anxiety can lead to social stigma, for example, towards Chinese or other Asian Americans or people who were in quarantine. Stigma hurts everyone by creating more fear or anger towards ordinary people instead of the disease that is causing the problem.

How can people help stop stigma related to COVID-19?
People can fight stigma and help, not hurt, others by providing social support. Counter stigma by learning and sharing facts. Communicating the facts that viruses do not target specific racial or ethnic groups and how COVID-19 actually spreads can help stop stigma.

People who go outside to exercise are sometimes shamed on TV and on social

media for risky behavior. Is it okay to go outside for a walk, run or bike ride?
Social distancing advice dictates avoiding "discretionary travel, shopping trips and social visits," as well as "social gatherings in groups of more than 10 people." But outdoor exercise is not on the list. Albert Ko, the Yale epidemiologist, says "So if you're going out and you're hiking or biking or running and you're not within, say, six feet or 10 feet of another person, I would consider that a healthy, safe practice."

Does sunlight kill coronavirus?
Neither the World Health Organization nor the Centers for Disease Control list sunlight as a method for preventing or killing COVID-19.

Can ultraviolet disinfection lamps kill COVID-19?
The World Health Organization says false. Exposing yourself to UV light lamps is not a safe or effective way to kill the coronavirus.

Columbia University Irving Medical Center says broad-spectrum germicidal UV Light can kill bacteria and viruses; it is used to decontaminate airplanes and hospitals. However, utilization of robots for UV disinfection of objects or rooms prevents human exposure. That is because our experts say contact with UV-A and UV-B light is dangerous. UV-A and UV-B light can cause skin cancer and cataracts.

What is the best path forward?
Given that person-to-person contact appears the most likely route of transmission for COVID-19, focus on how to minimize that contact. That means the usual hygiene advice. Stay home if you are sick, reduce close contact with others, and make sure to cover your mouth if you sneeze or cough, and wash your hands regularly for at least 20 seconds.

Investigations are ongoing and you may find information on
<https://coronavirus-response-sni-gis.hub.arcgis.com/> <https://coronavirus.health.ny.gov/home> <https://www.cdc.gov/coronavirus/2019-ncov/index.html> <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>



TO TEST OR NOT TO TEST?

A complex question being asked amid the COVID-19 pandemic

1

FIRST PRIORITY

Ill healthcare workers

2

SECOND PRIORITY

- Patients 65 years of age and older with symptoms
- Patients with underlying conditions with symptoms
- First responders with symptoms

3

THIRD PRIORITY

- Critical infrastructure workers with symptoms
- Individuals who do not meet any other categories with symptoms
- Health care workers and first responders

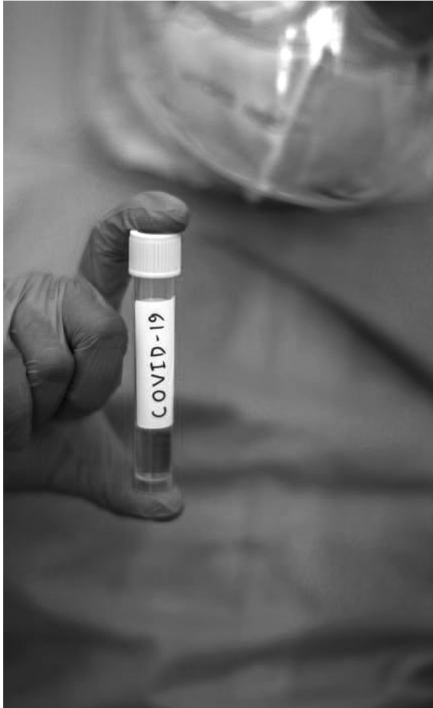
NON-PRIORITY

Individuals with no symptoms

Information presented is based on CDC testing criteria

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 YOUR PRIMARY CARE PROVIDER 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.

Unifying Seneca Nation communities, systems and resources so our youth and families are protected against suicide and substance misuse.

NATIVE

connections

Honor your journey.

Check us out online for more information about our prevention team, events, programs, and the Youth Clubhouse!

Cattaraugus CHWC

36 Thomas Indian School Drive

716•532•5583

Allegany LRJHC

987 R.C. Hoag Drive


716•945•9001

senecanativeconnections.org

SENECA NATION

HEALTH SYSTEM

Cloth Face Coverings



IF YOU OR SOMEONE IN YOUR HOUSEHOLD DID NOT MAKE YOUR MASK- YOU NEED TO WASH IT BEFORE YOU WEAR IT!

Washing

FREQUENT WASHING REQUIRED, THE FACE COVERING SHOULD BE ABLE TO BE LAUNDERED AND MACHINE DRIED WITHOUT DAMAGE OR CHANGE TO SHAPE

Cloth face coverings should:

- fit snugly but comfortably against the side of the face
- be secured with ties or ear loops
- include multiple layers of fabric
- allow for breathing without restriction

CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (i.e. grocery stores and pharmacies). CDC also advises them to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others. Cloth face coverings can be used as an additional, voluntary public health measure. Instructions/tutorials for making a sew or no-sew face covering can be found on the CDC website.

Cloth face coverings should NOT be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance. Surgical or N-95 masks are critical supplies that must continue to be reserved for healthcare workers and other medical first responders, as recommended by current CDC guidance.

18

NOTICE TO CREDITORS

ESTATE OF MADELINE GRAHAM
Administrator: Donald Graham, Jr.,
12489 Route 438, Irving, NY 14081
~ Cattaraugus Territory - Final Notice ~

ESTATE OF BRENDA ALLEN
Executor: William Allen,
11287 Old Lakeshore Rd., Irving, NY 14081
~ Cattaraugus Territory - Final 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.

Wishing everyone well!
Young Living Independent
Distributor

<https://www.myyt.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.myyt.com/tina-becker
716-474-7907

Although Earth Day has passed, please refer to the links below for some helpful and interesting information!

It's IMPORTANT to take care of our
MOTHER EARTH EVERYDAY!



April 22, 2020
Celebrating 50 years

The climate crisis affects us on a global level; life-support systems are necessary to make our world habitable for the future of humanity. The theme for Earth Day 2020 was climate action. The climate crisis presents us with an enormous challenge but also provides vast opportunities if we take proper action!

Take public transit, bike, or walk when possible – it is good for your health, your wallet, and Mother Earth. Support companies driven by sustainability and committed to transparency throughout the supply chain.

Have a good mind! Hold yourself accountable! Take a personal inventory of your own impact on the planet. Advocate for people and Mother Earth!

VIEW THE DIGITAL EARTH DAY EVENT:
<https://www.earthday.org/earth-day-2020/>

To protect public health during the COVID-19 crisis, Earth Day went digital this year! Here are some digital events that took place:

Earth Day to You - Rochester, NY - Join your Zoo virtually for the 50th anniversary of Earth Day and learn about environmental sustainability and taking individual action to make a difference. <https://senecaparkzoo.org/event/earth-day-2020/>

Forest Bathing in Place and Online - Honolulu, Hawaii - It is guided by a certified forest therapy guide based in Honolulu, Hawaii, and participants are welcome to join from wherever they are, whether outdoors or sheltering in place. <https://www.eventbrite.com/e/forest-bathing-in-place-and-online-earthday-2020-tickets-102135110866>



SENECA NATION
HEALTH SYSTEM

Next Newsletter DEADLINE:

Tuesday, May 5, 2020
Next issue to be dated May 15, 2020

Seneca Nation Offices & Buildings will BE CLOSED
Friday, May 15th for Onöndowa'ga' Day (State)

Drums, dancers livestream as virus moves Powwows online

By Felicia Fonseca | April 10, 2020 | Reprinted from apnews.com

FLAGSTAFF, Ariz. (AP) — The names pop up quickly on Whitney Rencountre’s computer screen, and he greets them as he would in person.

What’s up, y’all? Shout out to you. How’s it going? Ya’at’eeh. Good to see you, relatives.

He spots someone from the Menominee Nation, a Wisconsin tribe that hosts competitive dancers, singers and drummers in traditional regalia in late summer.

“Beautiful powwow there,” he says.

The emcee from the Crow Creek Sioux Tribe in South Dakota typically is on the powwow circuit in the spring, joining thousands of others in colorful displays of culture and tradition that are at their essence meant to uplift people during difficult times. Amid the coronavirus pandemic, the gatherings are taking on a new form online.

“Sometimes we have this illusion that we’re in total control, but it takes times like this of uncertainty and the challenges of the possibility of death to help us step back and reevaluate,” said Rencountre, a co-organizer of the Facebook group **Social Distance Powwow**, which sprung up about a month ago as more states and tribes advised people to stay home.

Normally this time of year, a string of powwows hosted by Native American tribes and universities would be underway across the U.S., with tribal members honoring and showcasing their cultures — and socializing, like family reunions. The powwows represent an evolution of songs and dances from when tribal traditions were forced underground during European settlement, Rencountre said.

The pandemic has canceled or

postponed virtually all of them, including two of the largest in the U.S. — the Denver March Powwow and the Gathering of Nations in Albuquerque, New Mexico, held in April.

Social Distance Powwow has helped fill the void, quickly growing to more than 125,000 members.

Members from different tribal nations post photos and videos of themselves and loved ones dancing, often in their regalia. The page has become a daily dose of prayer, songs, dances, well wishes, humor and happy birthdays.

In one video, Jordan Kor sits in his vehicle after a shift at a San Jose, California, hospital emergency department. An old Dakota war song he learned as a child that can be a rallying cry was bouncing around his head. He pulls off his mask and cap and sings, slapping a beat on the steering wheel.

“The biggest ones, social distance, keep working in whatever it is that brings you joy and helps you keep connected,” said Kor, who is Tarahumara and Wapetonwon Lakota. “And wash your hands!”

The page also hosts a weekly, live powwow with the organizers — Rencountre, Stephanie Hebert and Dan Simonds — assembling a lineup of volunteer drum groups, singers and dancers for the

hours-long event. Recently, Rencountre patched people in from across the country on the live feed.

A marketplace on the site lets vendors showcase their paintings, beadwork, jewelry, basketry and clothing.

An online powwow may lack some of the grandeur of being in person and seeing hundreds of performers fill an arena for the grand entry. But it offers a way to keep people connected.

“When we dance, we are dancing for prayer and protection,” said member Mable Moses of the Lumbee Tribe in North Carolina. “No matter what we do, may the Lord always protect us whether we’re living or dying.”

Moses learned to dance later in life and now competes in the “golden age” category at powwows. In a video of her Southern Traditional dance, she moves around a dogwood tree in her yard slowly but with high energy.

“Even though I’m 72, I’m like 29,” she said.

Moses said the dance meant to calm people helps her cope with the fear surrounding the coronavirus, and the difficulty of staying away from others. Tribal members also are posting elsewhere on social media, including youth hoop dancers from Pojoaque Pueblo in New

Mexico.

For those viewing for the first time, Rencountre encourages an open mind.

“We ask them to break down the wall, to feel the dances, to feel the songs, as you’re watching,” he said. “Don’t think about it from a technical point of view. Understand the creation of these songs and dances comes from a place of uplifting.”

Leiha Peters grew up doing jingle dress dance meant for healing. The dress is characterized by cone-shaped jingles typically made from the lids of tobacco cans. Now, she does beadwork for her children’s outfits and is a Seneca language teacher.

She recently posted a video of two of her children and their cousins doing smoke dance in the living room of her home on the Tonawanda Indian Reservation northeast of Buffalo, New York. Its origins are mixed as a dance for men to bless themselves before they went to battle and a way to clear smoke from traditional homes called longhouses, she said.

Her children grow up knowing the respect and the protocol that accompany the dance and its songs. They also have fun with it, sometimes competing in the family’s backyard to win cups of Kool-Aid or bags of candy, Peters said.

“For them, dancing is medicine on its own. It’s everything to us,” she said. “It’s energy, it’s athleticism, it’s staying healthy and living a better life with food choices. It’s not easy doing what they do.”

Source: https://apnews.com/554c19361024c974252f5034af9061eb?fbclid=IwAR3QkjyPI2NMbkg8_8qrcwV-XX19PsxH_SzWSUOzk-SjTTuaRofXsmDih7U



Looking for things to keep the young ones busy? Check out Seneca artist and designer Marissa Corwin Manitowabi’s fun and educational projects for families. *Check out her website and be sure to #stayhome so #SenecasStaySafe*

We’ve recently discovered the work of the incredibly creative Seneca artist Marissa Corwin Manitowabi. Marissa has trained and worked in the design and museum fields. We’ll be sharing some of her projects that you can do with your family.

Marissa creates engaging experiences for children that foster learning informed by Indigenous knowledge. She is currently a

consultant at the American Museum of Natural History and two New York City-based schools. She has also developed projects and content for the Smithsonian’s National Museum of the American Indian, the Seneca-Iroquois National Museum, Kenjegin Teg Educational Institute, Martha Stewart Living, and the 400-year commemoration of the Two Row Wampum Treaty.



CHECK OUT HER WEBSITE: <https://www.marissamanitowabi.net>

Mailing List Update

Attention Members 35 years of age & under:

Currently, the Newsletter is mailed to members age 25 and up. Beginning this May, members age 35 and under will be taken off the mailing list to help cut down postage costs. However, if you would prefer to receive your news via print copy, just give us a call and we will gladly add you back to the mailing list.

Call us at: 716.945.1790, x3030 OR x3029.

Nya:wëh sgë:nö’ To ALL Seneca Community Members

Submitted by Lafayette Williams

We at **New York Connects** would like to let you know



NY Connects
Your Link to Long Term Services and Supports

that we are still operating during this pandemic of the COVID-19. We can help you with your long-term services and supports and needs for people of all ages, any disability, and caregivers. **New York Connects** can help you apply for Medicaid, find care and support, get answers about Medicare, learn about supports in caregiving, and much more.

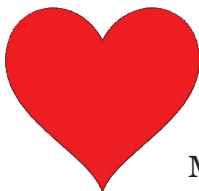
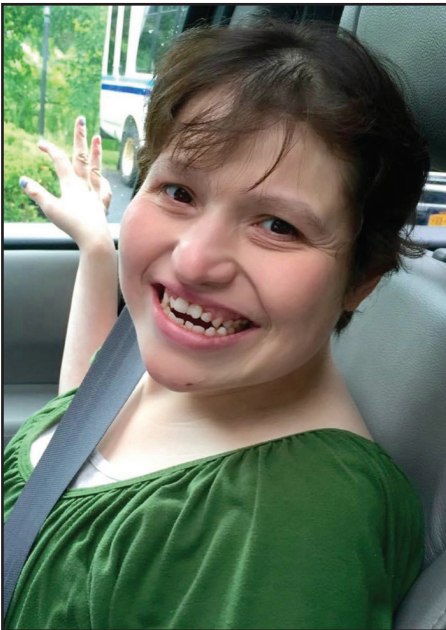
There are two ways to contact us:

By phone: Call 1-800-342-9871. Interpretation and translation services are free. Individuals who are deaf or hard of hearing can use the Relay System 7-1-1. Also, Western New York Independent Living Inc. at 1-888-564-5171.

Online: Please visit our website: www.nyconnects.ny.gov
Please be safe and healthy, Nya:wëh.

OBITUARY: Angel C. Thompson (Turtle Clan) November 8, 1980 - April 2, 2020

Angel C. Thompson (Turtle Clan) started her journey back to the Creator and Sky World on April 2, 2020. She was born on November 8, 1980 to Joyce (nee Nephew) and the late Thomas Thompson Sr. of the Cattaraugus Territory. She was the beloved grand-daughter to the late Alice (nee Schindler) & Franklin Nephew and Elaine (nee John) & the late Sidney Thompson; inspirational sister to Kyrie (aka Lesley), Brent, Rachel (fiancé Henry), Thomas Jr. (Michelle), Keira, Hunter & Shania; and loving auntie to many nieces & nephews. Angel became a bright light in the lives of everyone who had the privilege of meeting her. Her master abilities to give unconditional love, be happy under all circumstances and find fun in the simplest things were the lessons she taught others during her brief walkabout on Earth. A Celebration of Life in Angel’s honor will be held at a later date for friends and family. Inquiries regarding the gathering can be made to kyrie.thompson@outlook.com. In lieu of flowers, donations of medical supplies (PPE) and tokens of comfort/appreciation (gift baskets, food, etc) may be made in her memory to the ICU Medical Staff at Millard Fillmore Suburban Hospital, 1540 Maple Rd., Williamsville, NY 14221."



Blessings,
Kyrie Thompson

Salamanca announces their Top 10 students

for the class of 2020

Ja:goh Salutatorian Jordan Ray, Dennis Cogley, Nizhoni Kennedy, & Jacob Rozler on your hard work & efforts!

Salamanca High School Class of 2020 Top 10



Emma Fiske
Valedictorian



Jordan Ray
Salutatorian



Dennis Cogley Jr.
#3



Nizhoni Kennedy
#4



Amy Hill
#5



Justin Blakeslee
#6



Kohl Ambrosio
#7



Dylan Wheeler
#8



Liam Long
#9



Jacob Rozler
#10

IGS May Meeting Via The Web

(Iroquois Genealogy Society)

Submitted by Leatha Jimerson

We hope that everyone is doing well during this challenging time in our lives.

Our meeting for May 14, 2020 has been cancelled. The meeting topic to be presented was NYS Cattaraugus Census 1886-1924.

Since we can't physically meet, I want to show you where you can find this information on our website: www.iroquoisgenealogysociety.org

Open our web page and at the top, click on COLLECTION (a drop down window appears) and click on DOCUMENT ARCHIVE. Then click on the IROQUOIS CENSUS PROJECT. Be sure to read the narrative of what is contained in this collection.

At the bottom of the page, click on the census abbreviation key (tells you what symbols mean). Then click on the IROQUOIS CENSUS PROJECT button.

You will then see several folders and what



years they contain. Click on the one labeled '02 Cattaraugus 1852-1902' (if that is where you prefer to start). Each folder contains 2 or more documents for that particular census year. One is a description of the census and the others the actual census and an index. Use the index first since you can find a name easier (it will give you a number associated with the name/household).

The census rolls prior to 1877 provide very little family data. The information will show as follows (eg.): 1-1-5 meaning; 1 male, 1 female and 5 children.

The census rolls for 1877 and later provide full name, age, year of birth of all members of the household, head of household, wife,

son and daughter. Based on the census year, it will also provide you with additional information such as occupation, school attended etc.

As you can see, there is a wealth of genealogy information in the census records. There are census records for Allegany, Tonawanda Seneca, Cayuga and other Iroquois Nations. There are other census records on our website located under COLLECTION/DOCUMENT ARCHIVE.

In order to make this information available on our website, many hours of scanning documents were done along with the organization of the folders.

We hope this helps in your research of your particular family. This can take hours and hours of time but, it's worth it in order to learn more about your family history. Our June meeting may also be cancelled based upon the circumstances. Until then, making your family journey will keep you busy! **Stay well and safe!**

The Center for Indigenous Cancer Research invites

you to read their newsletter, *The Talking Circle*

The inaugural issue is a special edition focusing on Indigenous resiliency, cancer and the coronavirus.

Visit: https://www.roswellpark.org/sites/default/files/2020-04/cicr_newsletter_april_2020.pdf?fbclid=IwARoc-DTiYyP88x7f6wIvAnDNtKzcMLgMAkrPXRXY2zcx_s1oE7qF6yVQDHsE

Let's Rally for Aly! Alyana Jimerson is the 2020-2021 NNALSA Elections Area 4 Representative Candidate

(National Native American Law Students Association)



Nya:wëh Sgë:nö' (I am thankful you are well). My name is Alyana Jimerson. I am a member of the Seneca Nation of Indians and I am Wolf clan. I am currently a first-year law student at Michigan State University, where I am working towards a certificate in Indigenous Law and Policy along with my Juris Doctor. I would be honored to serve as NNALSA's Area Four Representative.

I am running for the position as NNALSA's Area Four Representative because I am committed to building and uniting our community while increasing Native law student visibility.

Not just for the betterment of our time in law school, but for the betterment of the Native community we represent. If elected, it will be my mission to grow the sense of community through clear and open communication. I will commit my time, dedication, and effort to the Area I represent, in order to continue to build and strengthen communication. My chapter of NALSA has shown me the empowerment that transparency and communication offers Native students in the legal field. I will bridge my experience as a communicator and mediator as both a past internship coordinator and a past paralegal to bring enthusiasm, communication skills, and organization skills to this position. Togetherness is the key to overcoming the many legal issues that face tribal communities. That togetherness should begin here with open arms and effective communication.

I pledge to collaborate with the NNALSA and continue making the great strides that NNALSA has worked so diligently to achieve. Thank you for your time and consideration. Ësgö:gë' ae' (I will see you again) and do not forget to Rally for Aly!

Seneca Media and Communication Center's (SMCC) movie Denying Access: NoDAPL to NoNAPL has just been made an official selection for the International New York Film Festival

It will be part of their virtual film festival for 2020 and be screened in Times Square in 2021. Check the SMCC YouTube Channel to watch the preview. Stay tuned for details!

DENYING ACCESS
NoDAPL to NoNAPL

A film by Jason Corwin & Tami Watt

Featuring Music by:
A Tribe Called Red
Brett Logan
Darelyn Spruce
Darren Thompson
Foundation Movement
Kiera Dawn
Prolific The Rapper
Savage Family
Taboo
Thomas X
Trevor Hall
Ulali

Raised-Bed vs. In-Ground Gardens

| RAISED BED: | IN GROUND: |
|---|--|
| Longer growing season | Less start-up work |
| Better drainage | Lower water requirements |
| Improved access for gardeners with disabilities | More economical (you can use the existing soil and there's no need to build or buy a raised bed) |
| Less weeding and maintenance | Can be added on to fairly easily |
| Less susceptible to plant damage and soil compaction (especially from foot traffic) | Easier to irrigate |

Additional Gardening Info to appear in the May 15th issue!
In particular, Container Gardening!

SENECA NATION COVID-19 HOTLINE: 945-8153
(24/7 for non-medical questions)

**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:

**IF YOU HAVE NEWS TO SHARE OR WANT TO
SUBMIT PLEASE CONTACT :**
TAMI WATT (NEWSLETTER EDITOR)
716-945-1790 (EXT: 3030)
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?**
24/7 HOTLINE

716-945-8153