



The Official Newsletter of the SENECA NATION



June 26, 2020 - [visit us @ sninews.org](http://sninews.org)

A message from President Rickey L. Armstrong, Sr.



Greetings!

I hope everyone is enjoying this beautiful weather we are having. Even the rain is good and serving a purpose! I've noticed some very nice gardens on both territories. The white corn is getting taller, bean plants are starting to climb and the tomato plants are filling out. Since it has been Cattaraugus month, I've also noticed some strawberries for sale; and our own Gakwi:yo:h Farms has given some away to the community. Time for strawberry

shortcake and strawberry juice!

On April 11th, 2020, an Executive Order: Stay At Home Order, was released for all of our territories. In that order, our parks and playgrounds were closed to the public. I'm glad to report that, effective June 18th, 2020, our parks and playgrounds were once again re-opened. As we are still dealing with a global pandemic, it's very important to continue to practice social distancing protocols and maintain a six-foot distance from folks whom do not reside in your household.

Recently, there was another discharge of untreated sewage released into Thatcher Brook, which flows into the Cattaraugus Creek, affecting our Cattaraugus Territory. We have requested an official report to indicate the cause(s) of these accidental discharge events and an assurance that they will find a resolution to avoid further incidents of this type. Rest assured that the Nation is in contact with Gowanda's Mayor Smith and we are working towards a mutually agreeable solution to this recurring problem, which must include strengthening our lines of communication. The Seneca Nation has always prided ourselves in being good neighbors and we expect the same from our neighbors.

On Wednesday, June 17th, 2020, our Seneca Gaming and Entertainment game rooms opened their doors with a soft opening for our Seneca members. Although there may have been a few technical glitches, it sounds like it was a successful exercise to prepare for our official re-opening on Thursday, June 18th, 2020. In addition to our game rooms re-opening, the Seneca Niagara Casino, in Niagara Falls, also re-opened to the general public. Since we are not operating our game rooms or Seneca Niagara Casino at 100% capacity, we will carefully monitor each property and increase our capacity over time. We must continue to be cautious and mindful of the continued global pandemic and all of the health and safety issues it has created. I'm confident, with our phased, measured and systematic approach, we will get back to 100% operation capacity in the coming days, weeks and months.

I'm sure by now, everyone in our communities has heard that we lost yet another matriarch from our Allegany community, Cindy Mohr, whom had been battling with the Coronavirus. We should all keep any of our families, whom have lost loved ones to the Coronavirus, in our thoughts.

SENECA NATION COVID-19 HOTLINE: 945-8153 EMAIL: SNIINFO@SNI.ORG
(24/7 for non-medical questions or information)

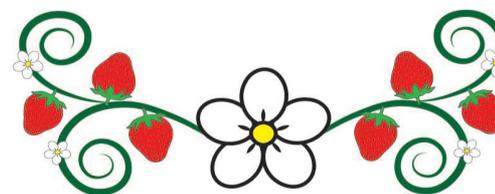
IN THIS ISSUE

President Armstrong's Message.....	1-2
Treasurer's Message	2
Clerk's Message.....	3
Councillor's.....	4-5
Department Updates.....	5-8



Community News.....	15-21
Notices & Announcements.....	21
Personals.....	21
Health.....	22-23
Learn Seneca.....	24

IN THIS ISSUE



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



Cattaraugus Creek near the Ozark bridge. Photo by Newsletter staff.

I know these are difficult times we are living in right now. If each one of us can continue to wear a face mask when in public, keep scrubbing our hands and maintain a safe, six-feet of distance from all those whom don't live in our household, we will get on the other side of this viral pandemic and our lives will be restored to what will become our new normal. Please continue to look out for each other and lend a helping hand when you can.

**Respectfully,
Rickey L. Armstrong, Sr.**



FROM THE DESK OF THE TREASURER



Nya:wëh sgë:nö',

As the summer seasons hitting full stride I hope all are safe and healthy enjoying the beautiful weather.

We are entering our 15th week of the COVID-19 health crisis, I wanted to give you all an update on the steps the Council and Executives have taken to re-balance the FY 2020 general fund budgets through September 30, 2020.

With a significant reduction in the gaming transfers and other general fund revenue impacts from April through September, we've met to review budget forecasts through September to ensure that supportive governmental services as well as other necessary expenditures to respond to the pandemic are funded.

As you may know, the Nation has also been aggressive in applying and receiving awards for available CARES Act, FEMA and other COVID 19 grant funding. This funding is playing a huge role in managing the budgets through September and for FY 2021. Cares Act funding part two has been received by the nation at \$26,269,097.29 from the US treasury. I'm working with council, fiscal and legal to make sure we maximize these awards and project them into the next fiscal year as gaming operations slowly

build themselves back to whatever this "new normal" is going to be. Much work has been done by directors and departments and we know that will continue until we're a full functioning revenue generating nation again. Many cuts have already been made and plans are being evaluated in anticipation of reopening all the services our nation provides to the community.

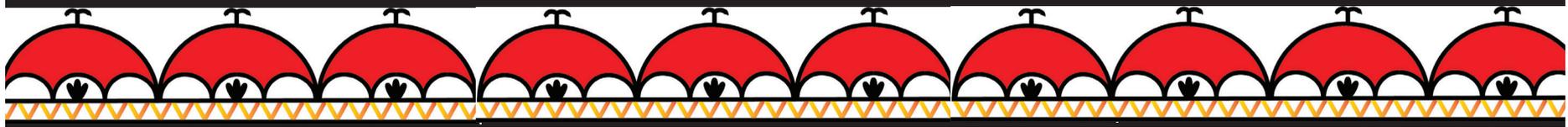
In spite of the United States economy shutdown and 30 million plus people unemployed, stock markets have continued to rebound. There is optimism as the economy re-opens but many have expressed caution on the pace of this sharp recovery. To some it seems the market is "rushing" to these highs and they tend to fear the sustainability of these new benchmarks. As we are affected by the US economy we must remain focused on preserving what is needed for our Nation members.

While the gaming operations will begin initiating their operations on June 18th, their financial forecasts indicate that it will take several months for their cash flows to recover due to the social distancing recommendations and other health safeguards that are required to protect the patrons and employees. This is one of our main priorities.

I'd like to wish all the Dads a Happy Father's Day and hope your day was special. Please be mindful we are still in a pandemic state, be cautious as you start to venture out into the public. Continue to follow everything established by the CDC in preventing the spread of disease.

**Enjoy your summer and stay safe,
Matt**

Free millings for Cattaraugus residents
If you are a Cattaraugus resident and would like millings delivered to your property, please call the Treasurer's Office at 716-532-4900. Residents will need to provide their name, address, and phone number.





*Bethany Johnson, Clerk
ALLEGANY TERRITORY*



*Marta Kettle, Deputy Clerk
CATTARAUGUS TERRITORY*

CLERK'S OFFICE HOURS

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.

We are providing limited services, please call our office for more information.

Allegany Territory – (716) 945-1790 ext. 3000

Allegany Clerk's Office Staff
Bethany Johnson, Clerk (Notary Public)
Geraldine Huff, Executive Assistant (Notary Public)
Sue Case, Enrollment Officer
Alana McClune, Enrollment Assistant (Notary Public)
Kathleen "Yomie" Hill, Administrative Assistant

Cattaraugus Territory – (716) 532-4900 ext. 5000

Cattaraugus Clerk's Office Staff
Marta Kettle – Deputy Clerk
Kelly Mohawk – Deeds Recorder
Ashley Warrior – Executive

Secretary
Leslie Cooke – Administrative Assistant (Notary Public)

BUSINESS PERMIT OFFICE

Dana Maybee is in office on Tuesdays 8:00am - 4:30pm

CLERK FORMS

You can mail 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.

RELEASE OF MINORS TRUST FUND

In order to begin receiving Minor Trust Fund disbursements. A member must be at least 18 years old and submit the following documentation:

- Application for Release of Minors Trust
- High School Diploma / GED
- Financial Literacy Certificate

If you need to obtain a Financial Literacy Certificate please contact the Seneca Nation Education Department for details.

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 SN website at www.sni.org

Please stay healthy and safe! Nya:weh for your patience and understanding during this time and please watch for updates as this may change unexpectedly. Any changes will be posted online.

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

Additions (7) to the nation's roll – June 13, 2020 regular session of Council

Aaliyah Jane Jimerson
Turtle Clan

Kainen Cole Maloney
Turtle Clan

William Hamilton John
Turtle Clan

Kyrin Ryan Martinek
Turtle Clan

Carson Ray Kennedy
Bear Clan

Kanoah Milan Martinek
Turtle Clan

Gracelynn Elizabeth Lindgren
Heron Clan

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

Deletions (7) to the Seneca Nation's roll – June 13, 2020 regular session of Council

James Evan Buffalo
Turtle Clan

Leslie Washburn Lehot
Heron Clan

Melvin Huff
Wolf Clan

Suzanne R. Nephew
Wolf Clan

Debra Kg Isaacs
Wolf Clan

Robin G. Post
Snipe Clan

Kimberly Anne Jacobs
Turtle Clan

Golding addresses Council on Black Lives Matter

By Aaron Golding

Nya:wëh Sge:nö,

Aaron Golding gya:söh. Agegë'ge:ga:' hae'gwah. My name is Aaron Golding. I am Beaver Clan. My mother is Antoinette Golding (Blueye). My grandmother is Kathryn Shongo. My grandfather is Ralph Blueye. My father's name is John Golding. He is non-Native. His mother's name is Jean Starr and my grandfather is Harold Starr. I grew up in Michigan and have always lived off-territory. Without going into too much detail, my family has felt the generational effects of colonization and attempted erasure of our people. My grandparents were swept away to boarding schools and my mother found herself at the mercy of numerous foster homes. And yet, after generations of attempts at erasing us, we are still here. I currently live in Chicago with my family.



I want to first thank Councillor Bova for inviting me to share my thoughts. I recently spoke virtually at our last council meeting on June 13th, and asked our leaders when we could expect to see a statement from the Nation in support of Black lives. I, like many, have been overwhelmed these past

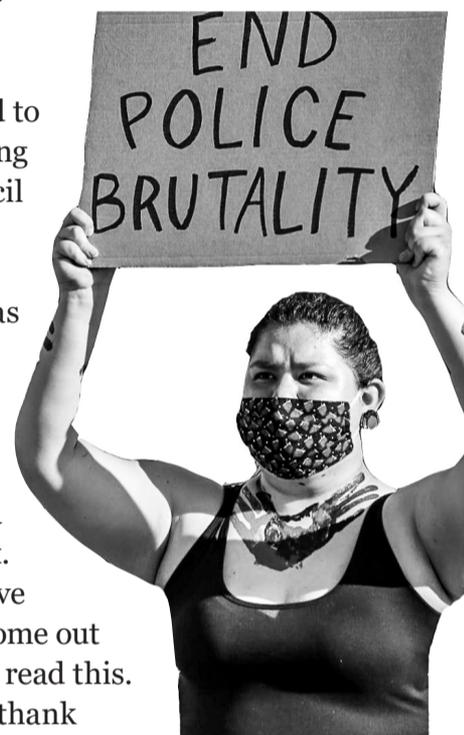
few months by the pandemic, which I know has found its way onto our territories and left families and networks of kin devastated and heartbroken. My heart goes out to those that are grieving. And, my heart also goes out to those that are grieving the loss of Black lives at the hands of the police. I am overwhelmed by the protests against the murder of George Floyd, Breonna Taylor, and the many other Black people that have lost their lives at the hands of the police. And so I posed my question to our President and Tribal Councillors because as of Saturday the only messaging I had seen was a post on the Media and Communication Center's Facebook page about a protest and march through Cattaraugus. It was great to see folks marching for the liberation of Black lives, and I thank the organizers of that event. And, I think it's extremely important that we as a Nation take a stance and make our position clear that we believe Black lives matter.

I recognize that Native people are just as likely to be killed by acts of police violence and aggression as Black people. And, that our history is filled with genocidal policies and actions by the United States meant to erase us and take the land. And to be honest, I can hear the voice in my head whisper, what about us? What about Native lives? You all took our land, tried to wipe us out, and yet we're still here. When is it our turn? And there's a couple things I think about when those thoughts creep into my head. One, when I say Black Lives Matter, included in that statement is Native lives. There are many Black and Native people. Just as my father is white and my mother is Seneca, I am Seneca. Our system accounts for the inclusion of a wide collection of racial diversity. Another thing I think of is it to remember that I was taught to think this way. Institutional racism has socialized all of us to devalue the lives of Black people. It is woven into the fabric of the United States. Slavery and the theft of Native land are two sides of the same coin, forever linked. Our liberation is intertwined with the liberation of Black people. The system of colonization, which requires land to be taken for free, and an growing demand free labor to



transform the land into settlements, cities, and states wants our liberation to remain separate because it's afraid of the power we would wield if we joined together in solidarity.

I was heartened to hear during the Council meeting that the Nation was already in the process of drafting a statement. It may have already come out when you read this. I want to thank Tribal Councillor Bova again for reaching out and offering to amplify this message.



I'll leave you with this, remember that when you say Black Lives Matter, you're talking about Seneca lives, and Haudenosaunee lives, and Native lives all across Turtle Island, and most-importantly, you're talking about non-Native Black lives. Now is a time for solidarity and support of Black liberation. I encourage you to say it with me: Black Lives Matter.

**Nya:wëh
Aaron Golding**

Photos by Seneca Media. Walk organized by Cami Jones.



Logan recognized at Council

Seneca Media

On Saturday June 13, 2020, Seneca Nation President Rickey L. Armstrong, Treasurer Matthew Pagels and Council recognized and presented a gift to the 2020 Tewaaraton Scholarship recipient, Yanenowi Logan.

Yanenowi Logan is a member of the Deer Clan and a citizen of the Seneca Nation, located in Western New York. She is an exceptional leader, having been captain of her high school lacrosse, soccer, and basketball teams. She has been on the Dean's List throughout

her high school years, was a multi-year Academic All-Northern team selection and is a member of the National Honor Society. As a volunteer and student leader on both the Cattaraugus (Seneca) and Akwesasne (Mohawk) territories, Yanenowi has strengthened her communities in many ways and is also passionate about giving back to the Earth. She will study Environment and Sustainability at Cornell University starting this fall.

Ja:goh!



DEPARTMENT UPDATES

Iroquois Post #1587 Receives NDN Collective COVID-19 Response Project Grant

**PRESS RELEASE
FOR IMMEDIATE RELEASE
June 22, 2020**

SENECA NATION TERRITORIES – On May 28, 2020, Iroquois Post #1587, was awarded a grant from the NDN Collective COVID-19 Response Project.

This project is designed to provide immediate relief to some of the most under served communities in the country. The main objective is to distribute resources to front line response organizations, native nations and individuals and to provide gap services for veterans whom have suffered economic hardship during the COVID-19 global pandemic.

Iroquois Post #1587 has developed a food pantry and will team up with our Seneca Nation Veterans Affairs Office to coordinate deliveries of food packages to any of our veterans whom are in need. This service is at no cost to our veterans.

“We will work together to keep our Veterans & their Families Safe through this Pantry Project!” If you are a Seneca Nation veteran and are interested in receiving services from this project, please contact the Seneca Nation Veterans Affairs Office for delivery arrangements at (716) 532-4900, X5536, or Iroquois Post #1587 at (716) 532-1587.

Emergency Management releases Reverse Call Back Number amid COVID-19

This message is sent on behalf of the Emergency Management Office. Due to the high volume of messages being sent during this COVID-19 pandemic, our office receives numerous call backs from those who missed the call. In an attempt to alleviate these calls, a reverse call back number has been assigned. This number will allow those users that missed the call to call this number and hear the last message that was sent out. That number is 1-716-351-3013. Please save to your contacts.

If you have any questions or need to reach the Emergency Management Office, please call 1-716-532-8178 or dawn.stevens@sni.org

Seneca Nation Hemp Producer applications open

On Monday, June 1st, 2020, the application period opened for Hemp Producer Licensing.

This will be open on a rolling basis for the remainder of 2020 to expedite outdoor growing and accommodate for the development of indoor growing operations as well.

For those interested in more information, please contact Jessica Crouse, Hemp Compliance Administrator at: Jessica.Crouse@sni.org; (716) 945-1790 extension # 3039; or via mail at 90 Ohiyo Way, Salamanca, NY 14779.



Allegany Tribal Advocate Office's BBQ a success

By Rae Lynn George

The Allegany Tribal Advocate Office would like to thank and send appreciation to everyone that made it possible to make our 1st Annual BBQ Chicken Dinner Give-a-way a success! We would like to give a huge shout out to the following community members who took time to help out and help make this event possible.

Melissa Oldshield – Assisted Tina Abrams with everything from start to end for this event

Mike “Smitty” Smith – donated BBQ Pits

Tim Waterman – Pick-up/delivered 350 Chickens

DPW Laborers – Delivered/Assembled BBQ Pits

Billy Abrams – Head Chef/Grill Master

Josh Jimerson – Assistant w/the BBQ Pits

Al George – Assistant w/the BBQ Pits

Patricia Scanlan – Donated Watermelon

Kingsley Nephew – Donated Coolers

Tina Abrams – Donated Mac Salad/Volunteer

Angie Kennedy – Volunteer

Patti Brisley – Volunteer

Krista Jacobs – Volunteer

Nancy Toth – Volunteer

Jano’s Bowen – Volunteer

Gosheneh Kennedy – Volunteer

With your help, we were able to serve 350 BBQ Chicken Dinners for the community. We are very thankful for the generosity of volunteers like you. Your willingness to give freely of your time and talent is greatly appreciated, and your efforts are making a difference in the community.

Nya:wëh for all that you do!



SNHA's newest Homeowners

By Sunnea John

The Seneca Nation Housing Authority is happy to announce our Housing Program’s newest Homeowners. Three (3) families from the Allegany Territory and five (5) families from the Cattaraugus Territory received keys to their new homes this year with two (2) more still being built on each territory. Funding for the Homeownership project was supported by the Seneca Nation Council in the amount of \$1.4M with an additional \$500,000.00 by the Housing Authority.

Congratulations to:

ALLEGANY

Jacob Dowdy

Natalie Simmons

Anita Jacobs

CATTARAUGUS

Summer Pullen

Jamie Luke

Charles Jimerson

Jonielle Williams

Sasha Jamison

May your new homes be where love resides, memories are made, friends & family belong and happiness never ends.

Congratulations!



Charles Jimerson



Jamie Luke



Natalie Simmons



Jonielle Williams



Sasha Jamison

Territory Resident House Number Request For

By Gerri Jimerson, GIS

Your health and safety is our priority, the house number request form is available electronically. If building a new home please remember to visit the GIS webpage and get the House Number Request Form <https://sni.org/departments/gis-department/>.

Please print, fill out and email the form to gjimerson@sni.org or tlaquay@sni.org or give us a call at 716-945-1790 ext. 3056 to have the form mailed directly to you.



House Number Request Form
This form is to be utilized for requesting a house number (address) on either the Allegany, Cattaraugus or Oil Spring Territories. Please fill out and submit the form back to the SNI-GIS office.

Community Service Announcement

Do you have Covid-19 questions or need information?
SENECA NATION COVID HOTLINE (716) 945-8153 EMAIL: SNINFO@SNI.ORG

Drive Thru Produce Distribution

By Kerry Kennedy

Any interested enrolled Members from the Cattaraugus Territory Community.

TIME: 10:00AM

JULY 2020 DATES: 2nd, 16th & 30th

**WHERE: Supp. Services Building
210 Thomas Indian School Dr. – ext.**

*** 22lbs. Box of Fresh Produce**



WHILE SUPPLIES LAST!

Pull up in vehicle anytime after 10:00am those days and the building staff will load the box of produce to your vehicle.

Should you have questions, call the Advocate Program 532-1028:

CATTARAUGUS TERRITORY ADVOCATE PROGRAM

210 Thomas Indian Building – Ext.

Irving, NY 14081

716-532-4900 or 716-532-1028

Disability accepting paperwork only

By Leanna Leroy

Seneca Nation Disability Services will now be accepting recertification paperwork only. We will begin accepting paperwork starting **JUNE 1ST** with all necessary precautions in place!

FIRST: Call the office to arrange a pick up or to let us know if you are coming:

Cattaraugus- 716-532-4900 Ext 5152

Allegany- (FRIDAYS ONLY 10am-2pm) 716-945-8163

PLEASE DO NOT ENTER THE BUILDINGS!

They are both closed to the public PLEASE CALL FIRST.

SECOND: When we are either picking up or you are dropping off please WEAR YOUR MASKS! We have gloves and sanitizer for extra protection.

THIRD: If you need a Notary for the paperwork Leanna LeRoy will be able to do those. Please call and let us know if you need that as well, so we can arrange for her to be where needed.

PLEASE STAY SAFE. STAY HOME. NYA:WĒH!

Allegany Community Center
SOCIAL MEDIA UPDATE

Due to some technical issues, we have lost access to the Allegany Community Center Facebook page. We have made a new one and you can follow us there for all the information, news, and updates

@AlleganyCommunityCenterOfficial

UNCLAIMED FUNDS MAY BE AVAILABLE FOR YOU!

ATTENTION SENECA NATION MEMBERS

NEW YORK STATE COMPTROLLER, THOMAS DINAPOLI, HAS A WEB SITE WHERE INDIVIDUALS CAN CHECK TO SEE IF THE STATE IS HOLDING ANY UNCLAIMED FUNDS IN YOUR NAME.

FUNDS COULD BE A REFUND FROM K-MART, PAY PAL, MEDICAL INSURANCE, ETC. THERE ARE SEVERAL SENECA NATION MEMBERS LISTED.

- **New York State has \$16.5 billion in unclaimed money**
- **No fee to reclaim funds**
- **Most claims can be submitted online**

To see how much unclaimed funds you may have, go to:

osc.state.ny.us

Allegany Community Center

Initial Reopening
 Starting June 22
 Monday, Wednesday, Friday
 9am to 5:30pm

Appointment Only
 Must Call To Reserve Time Slot
 Email or Social Media Requests Will NOT Be Taken
 1 Hour Time Limit Per Area
 SNI Community Members Only

Only Certain Areas Available &
 With Limited Capacity:

Area	Capacity
Fitness Room	5
Red Room (aerobics)	3
Gymnasium	4
Walking Track	2

Safety Measures:
 Temperature Screenings Upon Entering Building
 Face Masks Must Be Worn In Building - May Be Removed During Activity ONLY
 Building Shut Down for 30 Minutes Between Time Slots for Sanitation
 No Loitering In Building
 Maintain Proper Social Distancing and Hygiene

CALL (716)945-8119 TO BOOK YOUR TIME SLOT



ACC SUMMER PROGRAM UPDATE

Due to health and safety concerns among our community, we have decided against holding a summer program this year

Stay tuned as we will be posting various games, crafts, and other activities throughout the summer!

@alleganycommunitycenterofficial



Made with PosterMyWall.com

ALLEGANY COMMUNITY CENTER

Outdoor Pool

Opening July 1st

Wednesday thru Sunday
 11:30am to 7pm

Operating at Limited Capacity
 Large Pool - 20 Wading Pool - 10
 Pool Shut Down for 15 Minutes Every Hour
 Pool Use Will Be Limited to One Hour
 Masks Must Be Worn Unless Swimming
 14 Yrs and Under MUST Be Accompanied By an Adult
 Limited Locker Room Use - Come Prepared to Swim

SNI Community Members Only
 For More Info Call
 716-945-8119

CATTARAUGUS COMMUNITY CENTER

WE ARE OPENING

JUNE 22ND
 9-5:30PM

ONLY CERTAIN AREAS AVAILABLE WITH LIMITED CAPACITY
 FITNESS ROOM: 5 MAX
 CARDIO ROOM: 3 MAX
 ARENA A: 4 MAX
 GYM 1: 4 MAX

SAFETY MEASURES:
 Temperature Screenings Upon Entering Building
 Face Masks Must Be Worn In Building- May Be Removed During Activity ONLY
 Building Shut Down for 30 Minutes Between Time Slots for Sanitation
 NO Loitering In Building
 Maintain Proper Social Distancing and Hygiene

APPOINTMENT BASED ONLY
 CALL 716-532-8450 TO BOOK A TIME SLOT
SNI COMMUNITY MEMBERS ONLY

SAYLOR BUILDING

POOL OPENING

JULY 1ST

WEDNESDAY thru SUNDAY 11:30AM-7PM

Operating at LIMITED CAPACITY
 Large Pool - 25 Wading Pool - 5
 Pool Shut Down for 15 Minutes Every Hour
 Pool Use Will Be Limited to One Hour
 Masks Must Be Worn Unless Swimming
 14Yrs & Under MUST Be Accompanied By An Adult
 LIMITED LOCKER ROOM USE - Come Prepared to Swim

SNI COMMUNITY MEMBERS ONLY
 Call (716) 532-8450 for more info

THE CATTARAUGUS COMMUNITY CENTER'S

SUMMER PROGRAM UPDATE

DUE TO HEALTH AND SAFETY CONCERNS AMONG OUR COMMUNITY, WE HAVE DECIDED AGAINST HOLDING A SUMMER PROGRAM THIS YEAR

STAY TUNED AS WE WILL BE POSTING VARIOUS GAMES, CRAFTS, AND OTHER ACTIVITIES THROUGHOUT THE SUMMER!

News from the
 Seneca Nation Training & Employment Resource Center!
 (SNTERC)

Due to the COVID-19 pandemic and concern for the safety and well-being of our youth, there will be no Summer Youth Employment Program offered this year.

However...

we are working on alternative programming such as a 'year-round Work-based Learning Program' and an after-school work program.

Upcoming activities for youth and young adults will include:

- Career exploration workshops — *find your path to your dream job!*
- Job-seeking tips — *learn how to ace that interview right from the get-go!*
- Online trainings — *become certified in a variety of occupations!*
- Community involvement — *helping others by interaction and engagement!*
- Craft classes — *Haudenosaunee artists & craftspeople teaching the next generation!*

Information will be posted in the upcoming weeks!
 Watch for flyers, check us out on sni.org, and find us on Facebook!

CATTARAUGUS: 23 Thomas Indian Dr., Irving, New York 14081
 ALLEGANY: 3674 Administration Dr., Salamanca, New York 14779

Highbanks CAMPGROUND

Our Pool is Opening June 26th

To All Seneca Members and Highbanks Campers
 We Are Opening Our Pool On June 26, 2020

Open Daily 12- 8pm

Please follow our new procedures and safety guidelines

- Operating at Limited Capacity—Large Pool—20 Kiddle Pool—10
- Mandatory temperature check/sign-in upon entering
 - Mandatory showering before entering
 - Masks must be worn unless swimming
 - Pool Use Will Be Limited to One Hour
- All patrons must exit pool and pool deck for scheduled cleaning

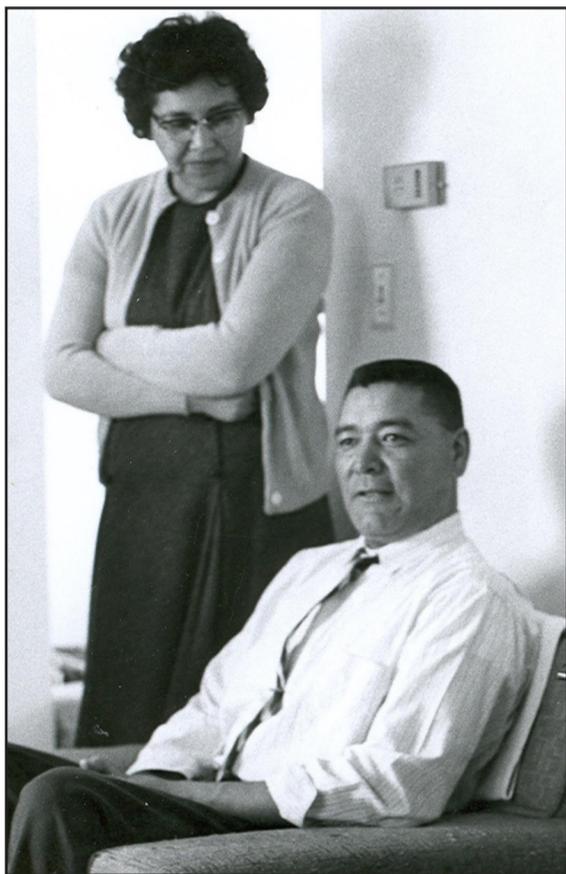
If you have any questions please contact us at: 716-354-2177

Seneca Nation President's Day

The Seneca Nation observed President's Day on June 15th, the late Calvin "Kelly" John's birthday, (b.June 15, 1920-d.October 8, 2004).

John served as a four time President for the Nation (1946,1950,1966,1990) as well as Treasurer and Councillor. John's role as President was pivotal during the 99-year Salamanca Lease Agreement in the early 90's. He was married to the late Grace (Lay) John and his three daughters Marilyn, Luanne, and Suzanne survive.

Nya:wèh to our current leader Rickey L. Armstrong Sr. as well as our past presidents!



S
E
N
E
C
A
N
A
T
I
O
N

PRESIDENTS OF THE

Sec. 1 Our Government shall have a legislative, Executive and Judiciary departments.

Sec. 2 The Executive power shall be vested in a President, whose duty it shall be to preside at all meetings of the Council, having only a casting vote therein; and to see that all

Seneca Nation
PRESIDENT'S DAY 2020

SNI TRIBAL ARCHIVES DEPARTMENT

Renegade Mobile Market

The Renegade Market on wheels!

Gakwi:yo:h Farms will be visiting both territories to bring you a variety of fresh, locally grown produce. Meet us at the designated stops to get your fresh veggies, berries, and Gakwi:yo:h Farms products.

Social distance protocols in effect

Tuesdays & Thursdays
Allegany & Cattaraugus

Starting July 14th

Masks must be worn at location

Rain or Shine

Seneca Strong Wellness Center
11:00-1:00 pm

For more info call
Leroy Henhawk at 716-244-0493
or
Tina Square at 315-296-8284

NOTICE:

Per the SN President's amendment to the stay at home orders-

The William "Gumps" Abrams Memorial outdoor lacrosse box lights will be back on nightly.

Effective: Monday June 22nd, 2020.

Eagle Feathers for 2020 Grads

Source: Gowanda Central School facebook



following message, outlining the meaning of the eagle feathers:

“When the world was new, Creator thought that there should be one who is the most special of all animals; land, water or air. This special one would have the ability to travel to Creator’s land bringing messages back and forth between the Creator’s land and Earth. He chose the Eagle to be

designated as the only animal to take on this heavy responsibility.

So now when the Eagle gifts the earth with any of their feathers Human Beings gather the feathers and consider them to be a strong medicine. Honor, Strength, Bravery, Distinction are all qualities that we revere about the Eagle. Those



As conferral of diplomas for the Class of 2020 at Gowanda High continued daily through Friday, June 19, 2020 at Hillis Field, our Panther family noticed several of our Native American students wearing eagle feathers on their cap along with graduation tassels.

The Title VI program delivered the eagle feathers to Gowanda High seniors ahead of the 2020 commencement as a memento of the significance of their accomplishments. The Title VI program notes that the seniors have faced challenges and overcome obstacles to complete graduation requirements.

The seniors received the



same qualities are possessed by anyone that receives an Eagle’s feather. It is also said that people that have Eagle feathers carry the favor of Creator with them wherever they go. It is highly encouraged to treat an Eagle feather with the utmost respect and care always, and not to handle any feather unless they are in a good mind.

Accepting your feather is similar to making a vow to continue to

demonstrate those exceptional traits and always follow the path of a good Human Being. With great honor and acknowledgement, you are bestowed an Eagle feather. Ja:göh.”

#Gowanda #Classof2020
#PantherPrideForever
#SeniorSpiritMonth
#OnceaPantherAlwaysPanther

Pictured left: Tia Thompson

Lakeshore Central School Senior Parade

Photo credit: Lakeshore Central School District Facebook page

On Sunday, June 7th Lakeshore Highschool held a parade for the graduating class of 2020. **Ja:goh graduates!**



Salamanca City Central School Senior Parade

Ja:goh Class of 2020!

Salamanca City Central School held a parade for the senior class of 2020 on Thursday, June 11th on Broad St. in Salamanca, NY.




SENECA NATION of INDIANS
Keeper of the Western Door

CLASS OF 2020,

HIGH SCHOOL AND HIGHER EDUCATION

Congratulations on your graduation! Best wishes going forward on new beginnings and continued success.

From the Seneca Nation Councillors.

Submitted by Councillors Tina Abrams and Linda "Soupy" Doxtator

ALLEGANY	CATTARAUGUS
Tina Abrams	Linda Doxtator
Arlene. C. Bova	Jeffrey Gill
William Canella	Ross John, Sr.
Al E. George	Robert Jones
Josh Jimerson	Llona LeRoy
Angie Kennedy	Presley M.C. Redeye
Timothy Waterman	Keith White, Sr.
Mike Williams	John Williams, Jr.



Allegheny Territory Higher Education Graduates! Ja:goh! (2019-2020 Graduates)

Degree.....		College
Jennifer Jimerson	Health Information A.S.....	JCC
Alyssa Witherite.....	Nursing B.S.....	Daemen College
Alyson Brown.....	Community Health B.S.	ASU
Jakob Patterson.....	Sociology BA.....	UAlbany
Lanette Jimerson.....	Business Administration A.S.	JBC
Scarlett Ground.....	Business Administration A.S.	JBC
Bethany Johnson	Business Administration A.S.	JBC
Raynell Dowdy.....	Business Administration A.S.	JBC
Seneca Hofbauer.....	Special Education M.Ed	UNLV
Nathan Nowicki.....	Mechanical Technology A.S.....	NCCC
Nakida Redeye	Business Administration B.A	JBC
Josh Jimerson.....	Business Administration B.A	JBC
Justin Woodmancy.....	Media Studies B.A.	UB
Reesa Abrams	Public Health MPH.....	City, Univ. of London
Karina Flagg.....	Economics BA.....	UPB
Tiffany Malin.....	Athletic Training MS	East Stroudsburg Univ.
Calvin Nowicki.....	Mathematics BS.....	Penn State Univ @ Behrend

Cattaraugus Territory Higher Education Graduates! Ja:goh! (2019-2020 Graduates)

Degree.....		College
Allise Baretto	AS Education	GCC
Whitney Brooks	MS Dietetics.....	Dyouville
Christina Delong.....	AS Early Childhood	JCC
Taylor Erni.....	BA Sociology	St. Bonaventure
Blade Garlow	BS Business.....	Pfeiffer U
Amanda Kittle	AS Radiology	CC of Alleg. Co
Brittany Seneca	MPA Health Admin	Hilbert College
Ryan Skipper.....	AS Electrical	Alfred
Tim Skipper	AS Construction	Alfred
Alyssa Snyder.....	BS Marketing	Fredonia
Karly Stafford	Masters in Social Work.....	Denver
Tiara Taylor	AA Medical Admin	B&S
Rachel Thompson	BA Business	Buffalo State
Kieth Waterman.....	BS Nursing	Daeman
Alyssa Franklin	BS	SU
Paige Priest.....	MPH	Cornell

Ja:goh Jordan Ray Salamanca High School Coaches Award Recipient

The Salamanca High School Coaches Award was presented to Jordan Ray for her perseverance, leadership and team spirit in the sport of Swimming, Bowling and Softball for the 2019-2020 season. Congratulations on a wonderful year and also a great career at SHS. Best of luck in your future endeavors, Jordan! **Ja:goh!**

(Jordan is pictured to the left alongside her mother, Theresa Ray).



Cornell University Graduate School: 2020 Graduate Diversity & Inclusion Awardees

Exemplary Service Awards for Early & Advanced Career Students

Ja:goh Paige Priest, recipient of the 2020 Community Outreach Award

Reprinted from <https://gradschool.cornell.edu/>



Community Outreach Award - Paige Priest

Paige Priest, master's in public health student, is recognized for her deep engagement with local Indigenous communities.

Paige rebuilt the connection between Cornell and Lafayette High School, a high school serving Indigenous students residing in the Onondaga Nation. Striving for the success of the American Indian and

Indigenous Studies (AIISP) Tutoring Program at Lafayette High School, Paige tirelessly transported tutors, built a network of participants, cultivated an atmosphere of achievement, success, and trust and established a sustainable renewal process for the program. Paige has further demonstrated her leadership, commitment, and perseverance when she helped to revitalize the Indigenous Graduate Student Association (IGSA).

Under one mission, Paige's community outreach spans well beyond Cornell, connecting Tribal leadership, non-profit organizations, state institutions, and federal policymakers alike. Her colleagues highlight that "Paige is committed to identifying and providing regionally relevant traditional food and health resources for Tribal communities and works alongside Tribal leadership to implement meaningful change."

Congratulations to the award winners of the Class of 2020 at Gowanda High School

Source/photos: Gowanda Central School

Students were recognized during the virtual Senior Class Night 2020 on Thursday, June 11, 2020. Ja:goh!!!

Watch the video here: <https://ensemble.e2ccb.org/Playlist/Gq2c8N4Y>

Lily Redeye



American Legion Iroquois Post 1587 -
‡ Auxiliary Award
American Legion Post 409 Award
Excellence in Art Award
Mills Scholarship



Gowanda Senior Class Night Award Recipient

Mia Torres



Marguerite Brown Memorial
Gowanda Teachers' Association/
Rosemary Harris Scholarship



Gowanda Senior Class Night Award Recipient

Everette Golden



American Legion Iroquois Post 1587
‡ Auxiliary Award
Walter C. Peters Memorial Award



Gowanda Senior Class Night Award Recipient

Autumn-Raine Pierce



Gowanda Teachers' Association/
Rosemary Harris Scholarship



Gowanda Senior Class Night Award Recipient

Tia Thompson



Gowanda Lions Club Scholarship
Seneca Nation of Indians Senior Incentive Award



Gowanda Senior Class Night Award Recipient

Marleah Stevens



Theresa Jimerson Memorial Plaque



Gowanda Senior Class Night Award Recipient

July 2020

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

Monday	Tuesday	Wednesday	Thursday	Friday
AOA Menu: For Allegany please call 716-945-8414 For Cattaraugus please call 716-532-5777 to make a reservation or cancel a meal by 9:30am the day prior to the meal	Seneca Nation Area Office for the Aging Menu: SUBJECT TO CHANGE Note: Please enjoy a 1/2 pint milk served with each meal!	1 Philly Steak & Cheese Sliders Steamed Carrots Fresh Fruit	2 JULY 4th BBQ Hot Dog Roast Summer Corn Salad Apple Pie & Ice cream	3 CLOSED Holiday: Sovereignty Day (Observed)
		NO TRIPS at this time		
		NO TRIPS at this time		
		Call in Orders Until Further Notice	Call in Orders Until Further Notice	
6 Pepperoni & Vegetable Pizza Served with a Side Salad Cinnamon peaches	7 Ranch Chicken Broccoli salad Dinner roll Jello	8 BBQ Pulled Pork Sandwich French Fries Peas Oatmeal Cookie	9 Traditional Meal Homemade White Corn Soup w/Side Pork Fresh Berries Topped w/Whipped Cream	10 Spaghetti & Meat Sauce Tossed salad Roll Cinnamon Pears
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
13 Fettucine Alfredo Served w/Broccoli Dinner Roll Chocolate Chip Cookie	14 Crispy Breaded White Fish Fillet Herbed Summer Squash Boiled Baby Red Potatoes Fresh fruit	15 Sausage Rigatoni Broccoli Roll Chocolate pudding	16 Birthday Party! Marinated Grilled Chicken Sweet potato wedges Seasoned Green Beans Birthday Cake	17 Teriyaki Pork Served w/steamed carrots Apple slices & Craisins Biscuit Lime jello for dessert
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 Steamburg & Kill Buck	Delivery to Olean
20 Grilled Chicken Strawberry Poppysseed Salad Dinner roll Ice cream	21 Tuna casserole Peas Mandarin Oranges Oatmeal Raisin Cookie	22 Hot Ham and Cheese Sliders Served w/Green Beans Brownie	23 Summer Cheeseburger Salad Carrot Sticks Fruit cup Chocolate pudding	24 Italian Sausage Hoagie Sautéed Peppers & Onions Fresh Melon
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
27 Spaghetti Squash Noodle Bake Banana w/peanut butter Blueberry Greek yogurt	28 Brunch Western Breakfast Scramble w/Cornbread Grape Juice	29 Chicken Pasta Roasted Beets Wheat bread Fruited Jello	30 Sloppy Joe on a bun w/Buttered Corn Potato salad Fresh fruit	31 Macaroni & Cheese Zucchini & Squash Blend Cinnamon pears
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	Call-ins ALLOWED 9am - 3:30pm	No Distribution Inventory Day

Ja:goh Nizhoni Kennedy

Continued from Education Feature

Reprinted from Salamanca City Central School District

Facebook page, June 9, 2020

Salamanca Senior Nizhoni Kennedy was presented with the Girls Basketball MVP award along with the League Championship plaque.

Adam and Nizhoni were both league champions, league MVP's. **This is the first father daughter league MVP's that we've had in Salamanca.**



Peter Jemison featured in NMAI's American Indian Magazine

The Way Back Home: The Journeys of Seneca “Culture Worker” Peter Jemison

By James Ring Adams | Reprinted from www.americanindianmagazine.org | Summer 2020 / Vol. 21 No. 2

A steel car bridge once crossed the Cattaraugus Creek that separates the Seneca Nation's Cattaraugus Reservation from the largely non-Native border hamlet of Irving in western New York state. As a youth, G. Peter Jemison (Seneca, Heron clan) walked across it many times. Then, 15 years ago, the bridge came down. Viewing the gap between the two worlds, Jemison recalls thinking, “Now

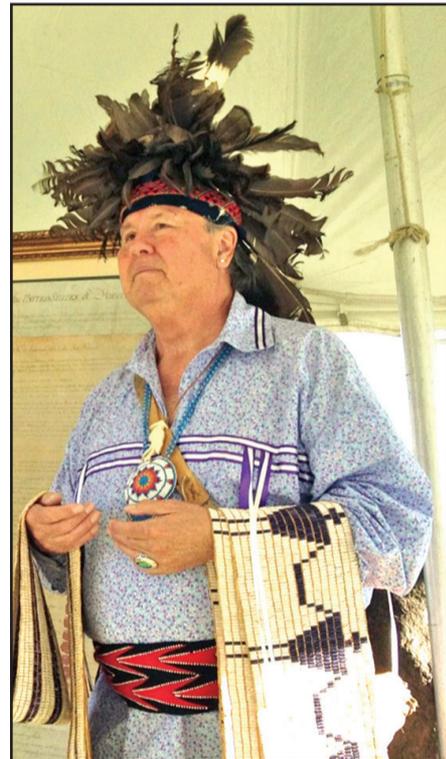
I am the bridge.”

During his long career as an artist, educator, curator and self-described “culture worker,” as well as a trustee of the National Museum of the American Indian, Jemison has conveyed Seneca tradition and history to a broad audience. In fact, this summer, one of his paintings is scheduled to join those of other prestigious

20th-century Native artists in the exhibition “Stretching the Canvas: Eight Decades of Native Painting” on display at the NMAI in New York through the fall of 2021 (see “Stretching the Canvas” in the Fall 2019 issue of American Indian magazine). But before building a bridge between the Seneca people and the dominant culture, Jemison had to reconnect with his own ancestry. “I had to find my way back to traditional beliefs,” he says.

He enrolled in Buffalo State College in New York state in 1963, spending a semester at the University of Siena in Italy in 1964 to study for a career in art education. The Buffalo campus was across the street from the beaux-arts edifice of the city's noted Albright-Knox Art Gallery, where he spent many afternoons.

After graduation, he moved to New York City with ambitions of becoming a famous artist. He recalls that he was living hand-to-mouth after losing a day job when a friend helped him crash an opening reception at the Whitney Museum of American Art. Helping himself from “a mountain of shrimp,” he overheard someone being addressed as “Tibor.” Knowing that Tibor de Nagy was one of the city's leading art dealers, Jemison introduced himself to him. Nagy took his phone number (even though Jemison didn't even have a phone and he used his neighbor's line) and, to Jemison's astonishment, called the young artist several days later. After just nine months in Manhattan, Jemison was exhibiting in a major gallery.



On his head, Peter Jemison wears the “gustowa” of a Seneca elder. Draped over his arm are replicas of the Two Row and the George Washington wampum belts. Photo by Amy Blum

At this point in his career, Jemison was an abstract artist, using mathematics to make random choices of images. In reaction to the large amount of artificial light in New York City, he used a lot of white space to make the viewers' eyes jump around to these spaces on the canvas. Jemison later stored these paintings in his grandmother's barn on the Cattaraugus Reservation, but almost all of them were destroyed when the barn burned down in 1974.

(Continued on page 16)



Riderless Horse. Peter Jemison painted “Riderless Horse” in 1978, when he was living on the Allegany Reservation and heading the Seneca Nation Organization for the Visual Arts. By the late summer, he had moved to New York City to become the director of the American Indian Community House Gallery. He says, “It opened a whole new chapter in my life.”

Photo by Andy Olenick

“Riderless Horse,” G. Peter Jemison (Seneca), 1978, framed, mixed media on canvas board, 24" x 20".

The Artist as a Young Man

Although Jemison



*Left: At work in his art studio, Jemison frequently wears a long-billed baseball cap, this one marketed by the Iroquois White Corn Project. He designed the logo. Photo by Kevin Vickers. Middle: **White Bead '81.** While director of the American Indian Community House Art Gallery in New York City, Jemison became intrigued by the ordinary shopping bag as a 3D medium. He says he liked the texture of the paper. This piece from 1981, now in the NMAI collection, combines Haudenosaunee (Iroquois) beadwork design with a staple of modern consumerism. Photo by NMAI Staff “White Bead '81.” G. Peter Jemison (Seneca) and Ansley Jemison (Seneca), 1981. Paper, crayon, graphite with felt-tipped marker, 18.2" x 10.9". Originally acquired by the Indian Arts and Crafts Board. 25/9531. Right: **Spring Cherry Blossoms.** Along with paper shopping bags, Jemison experimented with paintings on paper parasols. This one, “Spring Cherry Blossoms” from 2010, echoes his paper bag work “Cherry Shadows” of a favorite tree at Ganondagan. “An old cherry tree stood in my side yard,” he says. “It was in rough shape. People said I should take it down, but I loved the that tree and its blossoms in spring, not to mention the delicious cherries that were so hard to reach.” Both the paper bag (previous) and this parasol are in the NMAI collection. Photo by NMAI Staff. “Spring Cherry Blossoms,” G. Peter Jemison (Seneca), 2010, paper, wood and twine, ink drawing, 26". 26/9748*

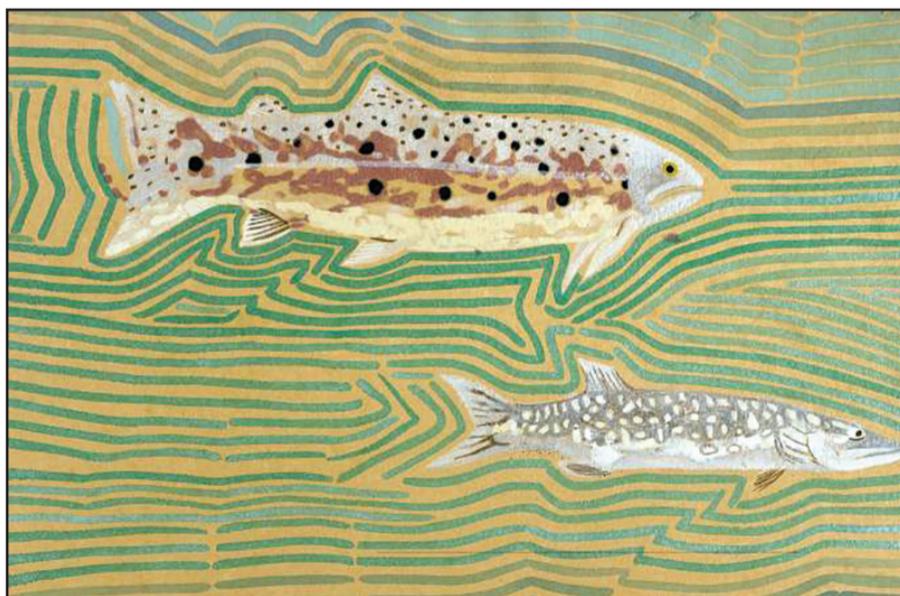
But the sudden success was unsettling and plunged Jemison into a period of depression. “I didn’t know what to do next,” he said. “I didn’t have a follow-up.” He knew, “I had to get out of New York City.” He returned to Buffalo to teach art to high school students but then moved to San Francisco to work as a display artist for Design Research, a store for which he had worked in New York. In 1971, he returned to New York, moving to the Schenectady area where he taught art and served as counsellor to grade school children. The small city was a three-and-a-half-hour drive from New York City, which allowed him to visit and keep in touch with what was then the vibrant but contentious Indian art scene in Manhattan. He often crashed on a sofa in the loft of a gallery owned by his friend and supporter Lloyd Oxendine (Lumbee), an advocate for contemporary Native art.

In 1971, Jemison appeared in his second major New York exhibition, a showcase for contemporary Indian art

presented by what was then the Museum of the American Indian–Heye Foundation, the predecessor of the NMAI. He joined the company of not only Oxendine but the now-famous painters George Morrison (Ojibwe) and Fritz Scholder (Luise.o). In 1973, Oxendine gave Jemison a one-man show in his own gallery, American Art, in the SoHo neighborhood

of lower Manhattan. When Oxendine closed shop, the American Indian Community House in Manhattan opened its own art gallery. Jemison, who was then working as an ironworker in Buffalo, was asked to be its director. After a brutal winter of working outdoors and facing a fork in his career, Jemison gladly accepted.

The Community House in Manhattan provided the cultural outlet for American Indians in the New York area, the largest Native urban concentration in the United States. From 1978 to 1985, Jemison staged four or five exhibitions a year, giving a consistent outlet for Natives working in all forms of contemporary art.



***Northern and Brown.** Jemison’s fascination with the texture of paper bags carried over to specialty handmade paper. This 2D fish study from the NMAI collection is being rotated into the “Stretching the Canvas: Eight Decades of Native Painting” exhibition at the NMAI in New York. Photo by NMAI staff “Northern and Brown,” G. Peter Jemison (Seneca), 1985, paper, watercolor, glitter, pencil, 30.3" x 40.2". 26/2212*

At the same time, he expanded into a new medium, producing a series of paintings on paper shopping bags—a ubiquitous receptacle for modern consumerism. Two of these works are in the NMAI collection: “White Bead” reproduces traditional beadwork and the other, “Cherry Shadow,” depicts a cherry tree. Jemison says he was fascinated by the texture of this and other papers. His painting of two fish “Northern and Brown” that is part of the “Stretching the Canvas” exhibition at the NMAI in New York was created on handmade paper.

In spite of his influential (Continued on page 17)

position in the network of Native New York artists, however, Jemison felt a pull in another direction. “I moved into SoHo when it was the center of the art world,” Jemison says. But his life in New York began to pall. “I was away from home, away from traditional life.”

A Bridge Between Cultures

As Jemison was tiring of the eight-hour drives it took to reach Seneca territory, a visiting relative offered a solution. The caller was the distinguished scholar John Mohawk, a cousin by adoption, who brought word of an opening in the western New York town of Victor, near Rochester. A historic Seneca village from the 17th century named Ganondagan was being restored as part of the New York state Parks system, and it needed a manager. Jemison took the job, building up what is now a 569-acre site featuring a reconstructed Seneca Bark

Longhouse, like the structure that would have housed up to 30 members of a Seneca extended family during the late 1600s. He raised funds for a new visitor center and gallery and moved

his own studio into a restored schoolhouse on the site.

It was a major step in a journey that was already underway. After his first sojourn to Manhattan in 1968, he spent some time on both the Cattaraugus and Allegany Seneca territories as director of the Seneca Nation Organization for Visual Arts. In his late 20s, his job was “to find out who the people considered to be the best artists” and to organize workshops in which they would demonstrate their skills. One of the artists insisted that Jemison attend the sessions himself, and he began to appreciate the training and depth of knowledge that tradition demanded. “It would take a lifetime to learn,” he says.

In addition, although he was raised a Christian, Jemison had embraced the teachings of the 18th-century Seneca prophet Handsome Lake as early as 1972. After arriving at Ganondagan, Jemison became more committed to following Handsome Lake’s teachings. The prophet gave a clear analysis of the problems afflicting his people, Jemison

says, including alcohol’s damaging impacts. On New Year’s Eve in 1982, Jemison gave up drinking alcoholic beverages. He also began to learn the difficult Seneca language.

Tribal elders recognized his increasing stature as a “cultural worker,” as Jemison describes himself, and asked him to represent the Seneca Nation on the Haudenosaunee Repatriation Committee to implement the Native American Graves Protection and Repatriation Act. He was deeply involved in the return of a collection of ancient Iroquois masks in the NMAI that traditionalist visitors considered to be living beings and very unhappy where they were. His work to repatriate sacred and funerary objects continues.

Jemison became a student and communicator of Seneca history. As a filmmaker, writer and occasional reenactor, he has told stories of the 1613 agreement between the Dutch and Haudenosaunee, the punitive 1779 Clinton–Sullivan campaign in which General George Washington ordered the destruction of

Seneca villages and the 1794 peace Treaty of Canandaigua between the United States and the Six Nations of the Iroquois Confederacy.

His work at Ganondagan has also reshaped his art. The nature trails he maintains at the site have brought landscapes and wildlife into his previously abstract vision. His own website observes that “his art embodies ‘orenda,’ the traditional Haudenosaunee (Iroquois) belief that every living thing and every part of creation contains a spiritual force.”

His grounding in Seneca tradition has strengthened his role as a bridge between cultures. He now serves on the boards of the NMAI and the New York State Museum. At the same time, his long list of exhibited works continues to grow. “It’s time-consuming,” he says. “Today, even in the midst of a health crisis, I continue to make my art. I remain an optimist.”

Source: <https://www.americanindianmagazine.org/story/Peter-Jemison>

News From The Four Corners United Methodist Church

Rte. 438 and Versailles Plank Road, Cattaraugus Territory | Pastor – Rev. David Rood | 941-5703, dgrood62@yahoo.com

Submitted by Marilyn Anderson

Our world has drastically changed due to Covid-19, and we are constantly adjusting to the new “normal”. In the past few weeks, our communities have experienced deaths, graduations, employees returning to work, racial injustice and anxiety of what the future holds for us. Throughout all these situations our spiritual faith has given us hope if we only seek it. “But as for me, I will always have hope...” (Psalms 71:14)

The Four Corners church has resumed Sunday services – wearing masks and without coffee time! It is reassuring to hear the good news that our faith has for us. If you have not already reached out to your source of spiritual strength, do it now. Your life will be enriched.

Condolences to the families whose loved ones have passed on. Congratulations to the graduates and their families. So many mixed emotions. Peace to all.



Iroquois Genealogy Society
IGS Monthly Meeting
Submitted by Leatha Jimerson

We hope everyone is well and safe. It has been a difficult time for the community these past months. Please continue to keep busy outside tending the garden or yard, getting outside for a hike etc. It has been decided that we will have an IGS monthly meeting in July:

- When:** July 9, 2020 at 6pm
- Where:** Cattaraugus Community Center, MPR room
12767 Route 438, Irving, NY 14081
- Subject:** Sharing your research and stories

Since we were in self-isolation, we had time to gather our genealogy notes, trees, and do some online research. We would like you to share your findings or just attend to ask questions and learn. We have not seen one another in a while and we are getting stir crazy! The MPR will be setup according to social distancing guidelines (6ft apart). Please wear a mask and bring your hand sanitizer with you. We ask that you bring your own snack and refreshment (no sharing of food at this time). We want to be as safe as possible. Please check out our website: www.iroquoisgenealogysociety.org Please stay healthy and safe!



visit us on-line
@sninews.org

Seneca Nation, JPS Respond to Rising Concerns with Mascot Name

By Cameron Hurst | June 19, 2020 | Reprinted from post-journal.com

An online petition to change the name of Jamestown High School’s mascot that started circulating this week has received a response from the president of the Seneca Nation of Indians.

Rickey L. Armstrong Sr., president of the nation — the largest of six Native American regions in New York state with its capital located in northern Chautauqua County — released a written statement to The Post-Journal Thursday reacting to the renewed interest shown by those who hope the district will change its longtime nickname from the “Red Raiders.”

“Seneca and Native American culture are reflected in the names of countless streets, towns and locations throughout Western New York,” Armstrong said. “Unfortunately, we also see the continued use of names and imagery, particularly in athletics programs, that degrade, mock, and offend Native traditions, Native culture, and Native people. The time for change has long since arrived, and the call should be heeded.”

The petition, named “Remove racist name & imagery from Jamestown Public Schools athletic teams” was posted by local resident Autumn Echo on Change.org and, as of Thursday night, had garnered nearly 400 signatures after being widely circulated across various social media channels.

“Jamestown Public School District has a long and proud history with football, and the city of Jamestown has rallied around our sports teams as a shining example of athletic success for our students throughout the years,” the petition states. “With a renewed energy and focus on fighting racial injustice and with communities and individuals working hard to promote a culture of anti-racism

personally and within their own communities, we would like to petition the Jamestown Public School District to change the name “Jamestown Red Raiders” and remove any Native American imagery from their logo and all sports/school paraphernalia/buildings, etc.”

Dr. Bret Apthorpe, district superintendent, told The Post-Journal he was aware of the movement but had not been contacted personally by any of the organizers.

“For me, it has to be part of a much larger conversation on this topic,” he said. “I really do appreciate the awareness if indeed this petition is true and if indeed all of these people have signed it. To me, people have opened their eyes and ears and they want to participate as a part of that conversation that we need to have as a community.”

The petition notes that the nickname “Red Raider,” “is a racist term derivative of the slur ‘redskin’ and is inherently racist and harmful.”

“While I have not talked with anyone at all regarding this logo question, for me, it’s part of a much larger question and a much larger conversation that we have to have as a community around cultural sensitivity particularly within our changing demographics,” Apthorpe added, noting that the district and its board of education have committed themselves to engage in dialogue regarding cultural awareness.

“The school board and I, as we look at student achievement data and have looked at school climate surveys realize that Jamestown’s demographic is changing quite a bit,” he said. “About 40 percent of our students are minorities



Pictured is the current JHS logo on the back of the high school building. P-J photo by Cameron Hurst

and a vast majority of them are Latino students. We look at Latino student results and climate surveys and student achievement and it’s very apparent that they are disengaged with their school and school community.”

To help engage minority students, he noted, the school board hired a diversity and cultural responsiveness expert, Dr. Sean Bradwell of Ithaca College, who spent a year working on an audit that included interviews and a range of student achievement data.

“He just shared with me a draft of that report and in it is a lot of disturbing information regarding how disconnected we’ve become with our minority students,” Apthorpe added.

While the Native American imagery was not directly referenced in the audit, Apthorpe also noted that any change must be done as a community so as to not run the risk of further polarization.

“I think Dr. Bradwell’s point was that there needs to be a constant dialogue on this topic because times change,” he said. “We have to move forward to change as a community. We

can’t move forward with change as polarized groups. That’s no good. Whenever you make quick, impulsive changes to things, what you do is polarize people. So, in the case of this petition — and I have not met with anybody from this group — if indeed it’s a serious petition and we were to react immediately to change the logo, we would polarize our community.”

The issue surrounding the district’s mascot is not a new one: an April 6, 2001 story that ran in The Post-Journal noted that Richard Mills, former state education commissioner, had urged school board presidents and school districts to change their school’s mascot and nickname if it uses Native American symbols.

The district began to phase out a Native American character portrayal beginning in 2012. By 2015, all district athletic teams began using a capital ‘J’ with a feather at the direction of former superintendent Tim Mains.

“That was done on the district’s own fruition,” Apthorpe noted. “There was no pressure to do that, but times do change.” (Continued on page 19)

MASCOT

The petition considers the use of the decorative feather “a common nod to Native American culture, and implies an appropriation of Native American headwear.”

Still, while Apthorpe was not able to speak to whether or not the board of education would address concerns regarding mascot, he believes the board will continue to make addressing cultural sensitivity a

priority.

“The board has already committed themselves for over a year to a larger conversation around cultural sensitivity,” he said. “Whether or not the logo is part of that remains to be seen, but the board of education formally committed themselves to this over a year ago.”

According to Armstrong, the nation stands ready to partner

with districts who choose to move forward in that effort.

“Cultural tolerance and sensitivities are an important part of the national and local dialogue,” he said. “As educational institutions, local school districts can now teach an important and valuable lesson in their communities. Unity and tolerance begin with dialogue, respect and understanding. We are open to

being partners in the important conversations that need to happen so that our community can positively reflect all of its residents and the history that shaped Western New York.”

Source:

https://www.post-journal.com/news/page-one/2020/06/mascot-mayhem/?fbclid=IwARoSW1UQ-SUyL_bH-9KKzZ9Gcehip4ycIx5Xytow53ZjtAeDigooUm1wtf

Smoke of Upheaval: Reflection and Introspection

By Steven Gates



Nya:wëh sgë:no’. One time, a while back, I told my mother that I’ve now been out of the Marine Corps longer than I was in it. Those words came easy then, and long before my mom recounted the anguish she endured knowing the Marine Corps took me before I was ready. Now, approaching the 35th anniversary of my honorable discharge from service, through the smoke of upheaval rooted in this country’s entrenched inequality, one thing has become very clear. At each phase of my existence, I have known at least one of the following: bias, stereotyping, discrimination, prejudice, inequality, racism, race violence, police brutality. As a boy, a teenager, a young man, during and after military service, at each job I’ve held, each place I’ve lived, and now, solidly in my middle-age years, these remain unseen forces that I

must still routinely navigate.

A friend once asked me to go into his backyard, open the milk box, take his house keys and go into his house. It was a wake-up call of sorts. I have a healthy relationship with police, though I have been twice brutalized by them, and I thought it would be okay. As near as I can tell, I came very close to harm that day. Thankfully, the neighbor called my friend first not the cops.

My physical attributes have been a lifelong curse. Black people see me as white, white people mostly see me as not white, and my own people see me as different. An essay I wrote years ago titled “The Prophecy of Difference” was an attempt to deal with

the unseen forces that have shaped my life. The essay is ongoing, as is the attempt. Past events I now see anew. The smoke of upheaval is a lens that makes clear many shortcomings. I’m not perfect. Only One is. Humans are a wildly elaborate species, as are all other beings in nature, beings that have existed for eons before we emerged but who now suffer from our stance. Are we worthy of them? Is it our place to dominate them?

The Creators plan includes all beings and all things in an unimaginably large universe. Think about it for a minute. Science has proven there are billions, maybe trillions of other galaxies outside of the Milky Way galaxy. Each has millions, perhaps billions of stars light-years apart. These galaxies exist in the cosmos in a distinct way, not a repeating pattern, but in a recognizable structure that exists in nature large and small, alluding for many to a plan. We cannot understand the Creators plan, though many have tried, me included. It is a mystery. Nevertheless, faith allows us to proceed into the unknown, confident the last thing to happen to our Earth-bound tangibility is the best thing that will happen to our everlasting spirituality. My hope is that we, as one human species, existing within one merciful Plan, can grasp and be thankful for the many teachings afforded us through the smoke of upheaval.

Ĕsgögë’ae.

Congrats Lee Redeye!

ACCOLADE



Congratulations!

Lee Redeye appointed to New York State Bar Association's House of Delegates.



Lippes
Mathias

'There are no words': Family devastated over Covid-19 deaths of mother, daughters

By Matthew Spina | Reprinted from the Buffalo News | June 19, 2020

For a time in May, a mother and her two daughters were in Olean General Hospital, all attached to ventilators, all struggling with Covid-19.

All had led distinguished lives. All were members of the Seneca Nation's Heron Clan. And all had made such a mark that the Seneca community now feels an "unmistakable emptiness," Nation President Rickey Armstrong Sr. said in a statement.

Norma Jean Kennedy, 91, died first, on May 23. Her oldest daughter, Diane L. Kennedy, 71, of Salamanca, died May 29. Diane's sister, Cynthia J. Mohr, also of Salamanca, died at age 65 on Friday, June 12.

"I don't know where to begin," said Marc Papaj, Diane Kennedy's son. "To lose my mom, my grandmother and my aunt, all three of the matriarchs of our family, has been an absolutely devastating blow to my family."

Some people in a position to understand the devastation of Covid-19 don't know of any family in the region taking such a tragic loss in such a short time.

As a board member of the Erie Niagara Funeral Directors Association, Charles F. Castiglia talks with other directors and has cared for the remains of dozens of coronavirus victims at his Castiglia Funeral Home and Erie County Cremation Service. He said he knows of a husband and wife who died within a week of each other. But he knew of no family that lost three members in less than a month. It was actually 20 days.

Lives lost to Covid-19

Before the virus struck them, Norma Kennedy had a broken

wrist and the daughters, who were always coming to visit anyway, would help her with ordinary tasks, Papaj said. In time, they were in rooms that were side by side in Olean General's intensive care unit.

All were fighting, Papaj said. But as the extended family planned his grandmother's services, his mother died. Soon after, his aunt died. Cynthia Mohr's mourners came for two days this week. She will be laid to rest Friday.

"There's no words for this," he said. He tells people who struggle for something to say that they don't have to say anything because, he repeated, "there are no words."

Norma and the late Frank Kennedy had raised their children in Buffalo. Norma Kennedy worked for Calspan, under a top-secret security clearance, her obituary said. In the 1980s, she chartered the first Seneca Nation Human Services Department to advocate for tribal rights and provide social-welfare programs, and she became one of the first Native American-credentialed alcohol counselors.

Norma Kennedy later moved to Syracuse to work for the Bureau of Indian Affairs as a

tribal liaison. She served in Seneca government roles as a clerk, peacemaker, court judge and committee member of the judicial conference.

She spoke the native language and mentored those who wanted to learn it through the Seneca Language Department master apprentice program. "She could always be found at her table, ready to engage in conversation with a cup of Tim Hortons coffee in hand and a huge smile," her obituary said. "We are all a very close family, so we did everything together," said Jessica Ludwick of Wilmington, N.C., Norma Kennedy's granddaughter and the daughter of Cynthia Mohr. She and other family members have been going through pictures and videos of their travels together and special moments. On Facebook, Ludwick posted one of her and her grandmother in Italy and others of her mother with her grandchildren.

On May 30, she wrote of her thoughts on the death of Diane Kennedy, her "Aunt Didi."

"She was vibrant and adventurous! She was so funny and would do anything for her family," she wrote. "I loved every time she called, because I knew she would soon be planning

a trip down south. I'd get so excited when the phone would ring with her number because I knew I'd hear "Jessie-Wessie, I'm coming down, is that OK?"

"It was always OK," Ludwick wrote.

Diane Kennedy had held a distinguished position, clerk of the Seneca Nation government. Born in Buffalo, she earned a bachelor's degree from Marymount University in Arlington, Va., and worked for the Bureau of Indian Affairs in Washington, D.C., for almost 30 years. After she retired in 2005, she returned to Western New York and became involved in Seneca Nation government, serving as its clerk from 2010-12.

Marc Papaj said his mother fought for 14 days. But with Covid-19, other health complications conspire to make the virus more deadly. "For my mom, it was diabetes," he said.

During the 28 days that Cynthia Mohr struggled to overcome the virus, her daughter, Ludwick, kept the network of family and friends informed on Facebook.

On May 31: "Mom is stable, still on ventilation and improving with her oxygen levels."

On June 3: "Mom is continuing to show us all how absolutely amazing she is! She continues to follow/track voices with her eyes and responds with yes and no by nodding to any question asked. The medical staff has talked to her about teaching, reading in the classroom and her grandchildren!"

And on June 10, two days before she died: "We are taking each day moment by moment. This virus is not kind and has given mom some setbacks but she is a (Continued on page 21)



From left, sisters Diane Kennedy and Cynthia Mohr and their mother Norma Jean Kennedy, who all died while being treated for Covid-19 at Olean General Hospital between May 23 and June 12. (Provided photo)

fighter and is not giving up! We need prayers for all of her organs to heal, for her to begin to communicate once she has had some time to rest and for complete healing."

Cynthia Mohr earned a bachelor's degree from Buffalo State College and, according to her obituary, became the first Native American teacher in the

state to have a dual certification in elementary and special education. With a master's degree from St. Bonaventure University, she taught elementary school for over 36 years and "loved her students like they were her own," her obituary said. Among her survivors is her husband, Brian, son Travis Mohr of Salamanca, and brother Ralph Kennedy of

Steamburg.

Rickey Armstrong Sr., the Seneca Nation president, issued a statement Thursday, as the community mourned.

"Norma, Diane and Cindy were each beloved and well-respected members of our Seneca family, whose passion and spirit made our Nation stronger and our

lives better," he said. "It's impossible to truly quantify the impact they made in their lifetimes, whether serving the Seneca people, working on important Native American issues, or inspiring generations of elementary school students. Their passing has left an unmistakable emptiness in our Seneca community. They will be missed."

NOTICES & ANNOUNCEMENTS

The Seneca Diabetes Foundation announces 2019-2020 Scholarships
Scholarship Deadline: July 17, 2020

Barry/Deanna Snyder, Sr. Chairman's Scholarship:

\$10,000 awarded over two years. Applicant must retain a minimum of a 3.0 GPA, with a focus on experience in health leadership.



Geraldine Memmo Scholarship:

\$5,000 awarded annually – focus on leadership in a health field with knowledge of the rich and diverse history of the Seneca people.

Ruth Goode Scholarship:

\$5,000 awarded annually – focus on a degree in nursing and demonstrates qualities that Ruth Goode embodied throughout her long and illustrious career.

Seneca Gaming Corporation Scholarship:

\$5,000 awarded annually – focus on students interested in pursuing a degree in healthcare business and administration.

Scholarship applications and information can be found at www.senecadiabetesfoundation.org. Deadline: July 17, 2020

Contact Person: Lucille G. White, Secretary/Treasurer | Tel: 716-532-4900 ext. 5021

Beulah Watt Family Reunion

The Beulah Watt Family Reunion scheduled for July has been canceled due to COVID-19 and will resume next. Be Safe, Stay Healthy and we look forward to seeing everyone in 2021!



Employment Opportunity
Receptionist Needed

We need a receptionist who will provide general office support with a variety of clerical activities and related tasks.

- 40 hrs/wk
- Full Time
- Mon-Friday
- 8:00 a.m.-4:30 p.m.
- Benefits available
- Position located in Salamanca, NY

For more information or submit your resume to:

office@gtsenterprises.net

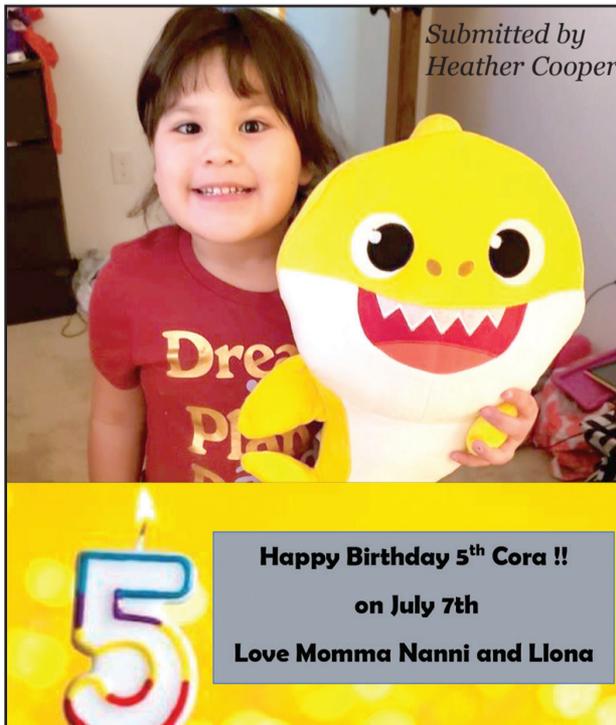
PERSONALS

Happy Birthday!

If you see this 2020 ECLC Graduate, wish her a HAPPY 5TH BIRTHDAY ! Gadëö:hoh'sta'ha' (Kenlyne Lay) on July 2, 2020. (Kindergarten Bound - Class of 2033)



Love you - XOXO
 Dad & Mom,
 Grandma & Poppa
 (Submitted by Evette Stevens)



JOIN OUR
TEAM

visit us on-line
@sninews.org

Best Non-Perishables for People with Diabetes to Have on Hand

Submitted by Robin Crouse, HOPE Unit, LRJHC

If you have diabetes, you may be concerned about eating well while social distancing or self-quarantining.

Keeping non-perishable foods on hand can be a great way to minimize your trips to the store and ensure that you have all the ingredients you need to make nutritious meals.

Numerous frozen and shelf stable foods have a minimal effect on your blood sugar levels. You may already have some in your cupboard or freezer.

Here is a list of the best non-perishables for people with diabetes.

- **Dried or Canned Chickpeas** – While they contain carbs, they're also rich in fiber, protein, and fat – all which help minimize the overall effect on blood sugar levels.
- **Canned Tomatoes** – These are rich in antioxidants, such as lycopene, which may promote heart health. Plus, they're low in carbs, so they have minimal effect on blood sugar levels.
- **Peanut Butter** – This is an inexpensive source of healthy protein, fat and fiber and has few carbs.
- **Pistachios** – These tree nuts pack healthy protein and fat. They're also rich in fiber, making them a great snack for people with diabetes.
- **Canned Salmon** – Rich in Omega-3 fatty acids, this benefits your brain, fights inflammation, is packed with protein, and contain no carbs.
- **Seed Crackers** – Seed crackers are made from a variety of seeds, such as sesame, flax, and chia. Seeds serve as a healthy source of fat and fiber, which help slow these cracker's effects

on your blood sugar levels. When tightly sealed can last about 1 month.

- **Chia Seeds** – They boost digestive health because they're rich in soluble fiber and form gel in your gut. This helps slow digestion and prevent rapid blood sugar spikes. Add to salads or smoothies. These last up to 4 years in your pantry.
- **Frozen Berries** – Berries are relatively low in sugar and high in fiber compared to other fruits like bananas or apples, so they affect your blood sugar levels at a lesser extent.
- **Frozen Cauliflower** – Is a versatile ingredient that can replace mashed potatoes, rice or even certain pastas like macaroni. Its mild flavor makes a great substitute for these starchy carbs.
- **Quinoa** – Is a chewy whole grain with a taste and texture similar to that of brown rice. However, it has more protein and fiber and fewer total carbs than rice, making it ideal for people with diabetes. Properly stored, can last 6 months to a year in a sealed container.
- **Canned Mushrooms** – Are fiber-rich and low in carbs and have very little effect on blood sugar.
- **Canned or Frozen Spinach** – Given that spinach contains very few carbs and calories, you can eat a large quantity with minimal effect on blood sugar levels.
- **Canned Chicken** – Is lean, rich in protein, and contains almost no carbs. Use in soups, salads and casseroles.
- **High Protein Pasta** – Is made from legumes, such as black beans or chickpeas, instead of wheat. Legumes contain carbs but contain more fiber and protein than wheat, making it a

better choice for diabetics. It lasts dry up to 6 months.

- **Protein Powder** – Are low in carbs and added sugars while providing hefty doses of protein. Protein powder is a great addition to smoothies.
- **Shelf Stable Milk** – Whether dairy or plant based, is always good to have on hand. Some plant-based milks like unsweetened almond milk contain few carbs and has little effect on your blood sugar.

Several non-perishable or frozen foods are great to have on hand if you have diabetes. These foods not only minimally affect your blood sugar levels but can also be combined in numerous ways to make delicious carb friendly meals and snacks.

Keeping blood sugar levels consistent is an important consideration for people with diabetes.

Since carbs affect your blood sugar levels more than protein and fats, your meals and snacks should all contain roughly the same number of carbs.

The number of carbs you need or can tolerate depends on many factors, including your body size, activity level, insulin sensitivity and calorie needs.

Make sure to meet with your diabetes educator or nutritionist at either health center if you have any questions. You can reach LRJHC at 945-5894 or CIRHC at 532-5582.

*Source: Healthline

Veggie Bucks Coming Soon



Watch for details of the upcoming veggie bucks program.

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

REMINDER:

Seneca Nation Health System
will be closed:

Friday, July 3 ~ Sovereignty Day

Please make sure to schedule your appointments and order prescriptions ahead of time.

Summer Vacation in the Time of COVID-19

Submitted by Robin Crouse, HOPE Unit, LRJHC

Summer is back! Finally, we can enjoy the warm, sunny weather. However, there's still that Covid-19 we still have to worry about. So, what activities can you do safely this summer, and which ones should you avoid? When making your plans consider four factors: Person, Place, Space and Time.

- **Person** – How many people will be involved? You still want to keep the number of people around you to less than 10. Try to keep it with a few friends and family members.
- **Place** – Choose outdoor activities over indoor ones. Heat and humidity are not a respiratory virus' friend. Pools are considered a safe summer activity since chlorine kills coronavirus, and the water and outside air make it difficult for the virus to survive.
- **Space** – Even if you are outside, you still need to practice physical distancing. Try to stay 6 feet apart. And if you are indoors, make sure the area is well ventilated. The reason why you need to be cautious in an indoor restaurant etc. is that it is hard to keep that distance from others. Outdoors is a best.
- **Time** – The amount of risk seems to be closely related with how much time you are exposed to the virus. Most experts agree that after about 15-30 minutes of exposure, your risk increases significantly. This means that you are unlikely to catch the virus simply from walking past an infected person on the boardwalk or jogging past someone on a trail. You are more likely to catch it in a crowded space where you cannot be 6 feet away from someone. Drive-In movie theatres are making a great comeback to help give people a fun socially distanced activity to do!

Whatever fun things you do, avoid touching your face and be diligent about washing your hands. The CDC recently clarified the transmission of the virus from surfaces is low, but still it is wise to clean and disinfect surfaces that are being touched a lot.

Most importantly, wear facial coverings/masks when you are around people out in public. The main method of transmission is through respiratory droplets, so keeping your nose and mouth covered is

one of the best ways to protect yourself and others.

You need to keep in mind your individual risk and the rate of infection in our communities. If your risk is increased, due to pre-existing conditions such as diabetes, heart disease, severe asthma, cancer or age, you need to be more careful about each activity. Stay informed about the number of cases in your area and the latest

recommendations from your local public health department.

Summer activities are going to look different this year. You won't be able to do everything the same way you did last summer, but you can still have a lot of fun. Focus on safety first and the fun will follow!!

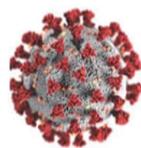
*Source: WebMD

Visit our website:
www.senecahealth.org



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

What you should know about COVID-19 to protect yourself and others



Know about COVID-19

- Coronavirus (COVID-19) is an illness caused by a virus that can spread from person to person.
- The virus that causes COVID-19 is a new coronavirus that has spread throughout the world.
- COVID-19 symptoms can range from mild (or no symptoms) to severe illness.



Know how COVID-19 is spread

- You can become infected by coming into close contact (about 6 feet or two arm lengths) with a person who has COVID-19. COVID-19 is primarily spread from person to person.
- You can become infected from respiratory droplets when an infected person coughs, sneezes, or talks.
- You may also be able to get it by touching a surface or object that has the virus on it, and then by touching your mouth, nose, or eyes.



Protect yourself and others from COVID-19

- There is currently no vaccine to protect against COVID-19. The best way to protect yourself is to avoid being exposed to the virus that causes COVID-19.
- Stay home as much as possible and avoid close contact with others.
- Wear a cloth face covering that covers your nose and mouth in public settings.
- Clean and disinfect frequently touched surfaces.
- Wash your hands often with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer that contains at least 60% alcohol.



Practice social distancing

- Buy groceries and medicine, go to the doctor, and complete banking activities online when possible.
- If you must go in person, stay at least 6 feet away from others and disinfect items you must touch.
- Get deliveries and takeout, and limit in-person contact as much as possible.



Prevent the spread of COVID-19 if you are sick

- Stay home if you are sick, except to get medical care.
- Avoid public transportation, ride-sharing, or taxis.
- Separate yourself from other people and pets in your home.
- There is no specific treatment for COVID-19, but you can seek medical care to help relieve your symptoms.
- If you need medical attention, call ahead.



Know your risk for severe illness

- Everyone is at risk of getting COVID-19.
- Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more severe illness.



CS 314937A 06/01/2020

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)



Ga:nyo' sēdehjah ēgadešonya:no'

When it's morning

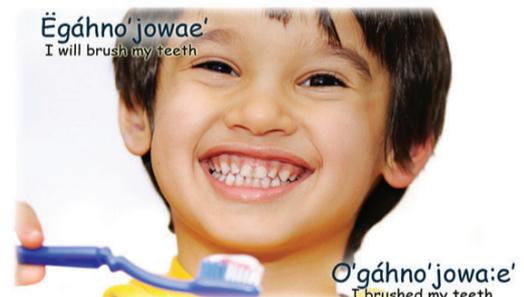
I will get myself ready!



Ga:nyo' ēyo'gä:h ēgadešonya:no'

When it gets dark

I will get myself ready!



Onōdowa'ga' Gawē:nō' Pronunciation Key

a.....father	ä.....cat	e.....they	ē.....men	i.....police	o.....note
ō.....own	u.....tune	w.....wash	n.....not	y.....yes	d.....dog
t.....tail	g.....girl	k.....kite	s.....sit	j.....job	h.....hat
š.....show	tš.....chalk	dz.....adze	:long vowel	'glottal stop	



The purpose of the Allegany Language Department, Ōgwaiwanōsde' Ōgwawēnō', is to promote conversational Seneca language use at the Seneca Nation.