



The Official Newsletter of the SENECA NATION



August 14, 2020 - [visit us @ sninews.org](https://sninews.org)

A message from President Rickey L. Armstrong, Sr.



Greetings!

Gakwi:yo:h Farms is in their third year of operations, and the farm is thriving. In a phased approach, they expanded their agricultural operations to Allegany this year, when they planted white corn in the Sun Fish area. In addition, they have purchased a herd of cattle to support our ongoing effort for Seneca Nation to become self-sustainable. I had the honor of being at our recently revitalized ranch on Saturday, July 25th, located on Sullivan Hollow, when we received our first herd of red Angus cattle. We purchased a herd of twenty-five, which includes eleven registered

cow/calf pairs (eight male/three female); one commercial cow, one free-martin yearling heifer and one sire registered red Angus. The herd was transported to the property on two large enclosed animal trailers and we could hear them mooing as they arrived. As we watched them all walk off the trailer and check out their new surroundings, it was easy to see which one was the registered sire. He's the largest one in the bunch! Within a short time, they had already walked all around the perimeter of the pasture, eating grass and looking for water. Gakwi:yo:h Farms' staff has been preparing the ranch for the herd's arrival for several weeks. They will be well tended to, well-fed and well-watered. The previous owners of the cattle took one look at the property and said the herd will be very happy with us. With the global pandemic exploding at an alarming rate across the United States, there is no way to predict what might happen with the availability of food and the food supply chain. Regardless of what happens in the world, Seneca Nation's Agriculture Department Gakwi:yo:h Farms will continue to move us closer to self-sufficiency and becoming more self-sustaining, as a nation.

As we continue to walk through these

uncertain times, the topic of school re-openings are just as uncertain. I understand the range of thoughts, feelings and concerns when administrators, parents and students think about going 'back to school'. Although there have been several strategies considered, the state is well aware that each school district has a diverse population and a variety of circumstances to prepare for. Some districts may conduct classes remotely, while some districts may conduct classes both in person and through distance learning. Each school district has been required by New York State to submit re-opening plans, which address everything from how their classes will be taught, to how they will sanitize their classrooms and maintain social distancing; and what their bus riding protocols will be. In addition, the COVID-19 accepted safety standard for all students and staff will be for them to wear masks and be tested for Coronavirus. The Seneca Nation Education Department's staff are currently developing plans to augment our children's education, in the event that the schools do not open fully. More information and final details on this topic will be made available in the very near future. To get the latest information, contact your education department for information. I realize going back to school during a

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

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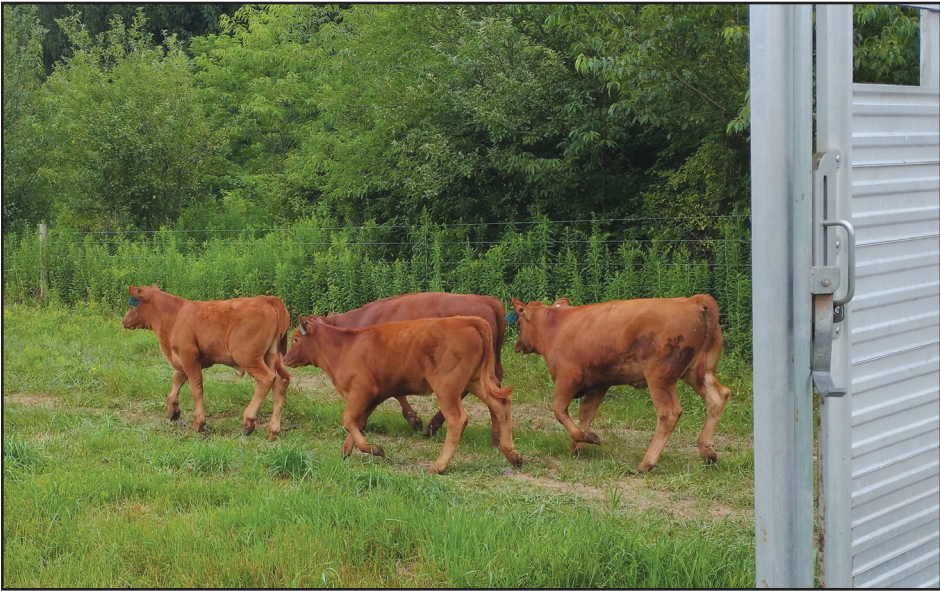


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Top photo by Seneca Media

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US POSTAGE
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BRADFORD, PA



global pandemic may take some time for our students to get adjusted, and we may never be completely comfortable with the new normal. We all know, as Onödowa'ga,' we have great resiliency. Now, our children will show us "how it's done"!

Please continue to be mindful that the Seneca Nation territories are still under a declared State of Emergency. I can't

emphasize enough, how important it is that we don't let our guard down, when it comes to the Coronavirus global pandemic. While watching the news over this past week, I see that this virus continues to ravage large parts of the country. I urge that you please reconsider, if planning to travel to or receive guests from any of the reported hot spot areas. Please wear a face mask whenever you leave your house; and continue to stay

at least six feet away from those that do not live in your home. We must all continue to do our part to keep ourselves and all of our community members as safe as possible.

Respectfully,
Rickey L. Armstrong, Sr.

Seneca Nation of Indians

President - Rickey L. Armstrong, Sr.
Clerk - Bethany Johnson

90 OHI-YO' WAY
ALLEGANY TERRITORY
SENECA NATION
SALAMANCA, NY 14779

Tel. (716) 945-1790
FAX (716) 945-1565



Treasurer - Matthew B. Pagels

12837 ROUTE 438
CATTARAUGUS TERRITORY
SENECA NATION
IRVING, NY 14081

Tel. (716) 532-4900
FAX (716) 532-6272

PRESIDENT'S OFFICE

EXECUTIVE ORDER
Exclusion-Cedric Cobb

WHEREAS; The Seneca Nation has the inherent right to exclude individuals from the territory of the Seneca Nation who cause harm or pose a threat to the health and safety of the Seneca Nation and Nation members; and

WHEREAS; The Seneca Nation Council has adopted laws prohibiting the sale, possession, manufacture, and use of illegal narcotics within the territory of the Seneca Nation; and,

WHEREAS; Certain Individuals who are non-members of the Seneca Nation have been identified by both Nation members and Seneca Nation Law Enforcement as involved in the sale, manufacture or distribution of illegal narcotics within Seneca Nation Territory; and

WHEREAS; The President of the Seneca Nation has the authority, pursuant to the Constitution of the Seneca Nation, to enforce the laws of the Seneca Nation; and

WHEREAS; It has been determined that Cedric Cobb, DOB 01-19-86 is a non-member of the Seneca Nation; has been convicted of several felony counts of criminal possession of a controlled substance; is suspected of being currently involved in the sale of illegal narcotics; and

WHEREAS; Cedric Cobb has no right to be present within the Seneca Nation Territory, and his continued unauthorized presence poses an immediate threat to the health and safety of the Nation and its members;

NOW THEREFORE BE IT ORDERED THAT; Cedric Cobb is hereby excluded from all Nation Territories, effective immediately, and be it

FURTHER ORDERED that any member of the Seneca Nation who is determined to have knowingly harbored or assisted Cedric Cobb to remain on or return to the Seneca Nation Territory in violation of this Order shall be charged in the Nation's Peacemakers Court with aiding and abetting in the violation of this Order. Penalties may include withholding of Nation Annuity payments; and be it

FURTHER ORDERED that in the event that Cedric Cobb refuses to leave the Seneca Nation Territory once directed to do so, Seneca Nation Law Enforcement is authorized, and directed to remove him from Seneca Nation Territory and to continue to remove him, should he return to the Territory.



CEDRIC COBB
BANNED FROM ALL NATION TERRITORIES

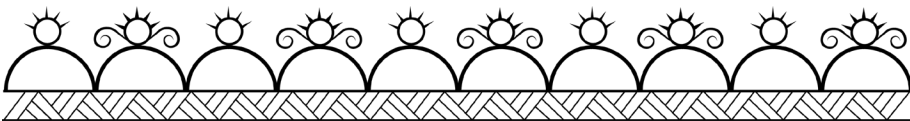


CEDRIC COBB, A NON-MEMBER OF THE SENECA NATION, HAS SEVERAL FELONY CONVICTIONS FOR DRUG DEALING. HE IS SUSPECTED OF BEING CURRENTLY INVOLVED IN THE SALE OF ILLEGAL NARCOTICS.

Be advised any member of the Seneca Nation who is determined to have knowingly harbored or assisted Cedric Cobb to remain on or return to the Seneca Nation Territory shall be charged in Peacemakers Court with aiding and abetting in violation of this Order. Penalties may include withholding of Annuity.

IF YOU SEE HIM ON TERRITORY
CONTACT SENECA NATION MARSHALS AT
532-3040 OR 945-2779

REPORT ALL SUSPECTED DRUG
ACTIVITY TO THE SENECA NATION
MARSHALS AND PRESIDENT'S OFFICE



Dated: July 30, 2020



Rickey L. Armstrong, Sr.
Rickey L. Armstrong, Sr., President



**Nya:wëh
sgë:nö’,**

I’m thankful you are well. Although we are much more cautious about our surroundings in regard to our safety, we have to continue to be diligent with all Covid-19 protocols. I’m hopeful we continue to keep our number of positive cases down and support one another by staying safe.

Personally, I’d like to thank the essential workers who continue to be at work providing the needed services to our community. We were fortunate to be able to provide a stimulus incentive for their service during the onset of the Coronavirus, a time of uncertainty for many.

The Cares Act Covid-19 funding made it possible to include hazard pay as part of the funding allocation. Any Covid-19 related costs

within the Nation government SGC, SG & E, and the Enterprise Division had the potential to be reimbursed from the Treasury. Activities directly related to or effected by the Covid-19 threat can be requested for reimbursement, such as the stockpiling of Personal Protection Equipment (PPE) over general use and improvements needed for telework as well as any public health expense. Most expenses will be covered by Treasury funding.

Moving forward into the next fiscal year our priority will be to continue supportive services to our Nation. Daycares and Education are underway with surveys and recalls. The virtual learning looks to be a requirement government is working toward as the unknown for students are parents lingers. Many options and ideas are being worked with administration, schools and Seneca Education.

On another positive note, the Seneca Mothers Against Drugs (SMAD) group has created an avenue for the Community to step up and be heard regarding the drug issues on Territory. We continue to lose loved community and family members to this horrific epidemic through death and addiction. Children and families are affected creating trauma that permeates throughout their lives. Representatives from this group had an opportunity to meet with Administration to share their vision and seek support for their organization. Keep up the good work!

Stay strong, stay safe and stay connected,
Matt

NEWS FROM THE CLERK'S OFFICE



Bethany Johnson, Clerk
ALLEGANY TERRITORY



Marta Kettle, Deputy Clerk
CATTARAUGUS TERRITORY

CLERK’S OFFICE HOURS

Although our doors are open, entry into our office continues to be temporarily closed. Staff can assist at the doorway of both offices, Monday through Friday; 8:00 am – 4:30 pm. 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)
Tammi Stafford – Administrative Assistant (Notary Public)

Business Permit Office

Dana Maybee: Monday-Friday 8am-4:30pm

NATION I.D. CARDS

Both offices are now scheduling appointments for members who need to update their picture for their Nation ID cards.

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).

Please stay healthy & safe. 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.

Congratulations! Welcome our recent enrollments to the Seneca Nation!

Due to Covid-19, the in person requirement for enrollment has been temporarily suspended, therefore we are asking parents that wish to have their child(s) picture included in the SN Newsletter, please email a picture to: Alana.McClune@sni.org or Mkettle@sni.org.



Hunter & Trinity White (Bear Clan)
Twins of Tara Henhawk & Jordan White
Enrollment Date: August 8, 2020



Izaiah Benjamin Johnson-Lawson (Wolf Clan)
Son of Richelle Armstrong & Jamaal Lawson
Enrollment Date: August 8, 2020



Tavaris Eli General (Bear Clan)
Son of Jordan Williams & Walter General
Enrollment Date: July 11, 2020



Tyler P. Longboat (Turtle Clan)
Son of Chelsea Cook & Vern Longboat
Enrollment Date: July 11, 2020

Temporary COVID-19 waiver for in-person registration requirement year 2020

AT THE SPECIAL SESSION OF COUNCIL OF THE SENECA NATION OF INDIANS HELD ON JUNE 29, 2020 AT THE ALLEGANY AND CATTARAUGUS TERRITORIES (VIA VIDEO CONFERENCE DUE TO COVID-19 STATE OF EMERGENCY).
CN: S-06-29-20-02

EXECUTIVES PRESENT: PRESIDENT - RICKEY L. ARMSTRONG SR.
CLERK - BETHANY A. JOHNSON
TREASURER -MATTHEW B. PAGELS

TO APPROVE TEMPORARY COVID-19 WAIVER FOR IN-PERSON REGISTRATION REQUIREMENT YEAR 2020

MOTION: by Presley Redeye, seconded by Timothy Waterman that the Nation’s Council approves the following resolution:

WHEREAS, On January 9, 2010, the Seneca Nation Council adopted resolution R-01-09-10-04 establishing a general requirement for enrolled Nation members to appear in-person every two years to obtain an annuity distribution; and,

WHEREAS, the Seneca Nation’s Council has since acted on several occasions to amend the in-person appearance and

registration requirement; and,

WHEREAS, it is in the best interest of public health and safety of the Nation and its members to temporarily waive the In-Person Registration requirement for the remainder of the 2020 calendar year due to the COVID-19 pandemic; and,

NOW, THEREFORE, BE IT RESOLVED, members who reside off territory and completed their 2019 registration requirement, will be eligible to mail-in their completed registration form for the 2020 Calendar year regardless if they are required to appear in person or mail in; and

BE IT FURTHER RESOLVED, that all registrations must be received or post marked no later than December 31, 2020; and,

BE IT FURTHER RESOLVED, members that have registered January 2020-June 2020 and have met their in-person registration requirement prior to the approval of this resolution will not be required to appear in the 2021 calendar year; and,

BE IT FURTHER RESOLVED, this resolution will expire on December 31, 2020 and will revert back to the previous requirements of the In-Person Registration Requirements.

ALL IN FAVOR

MOTION CARRIED

of June, 2020.

CERTIFICATION

ATTEST:

I hereby certify the foregoing extract is a true and correct copy from the minutes of the Special Session of Council of the Seneca Nation of Indians held on June 29, 2020 on the Allegany and Cattaraugus Territory (Due to COVID-19 State of Emergency), original of which is on file in the Clerk’s Office of the Seneca Nation of Indians.

IN TESTIMONY WHEREOF, I have hereunto subscribed my name and caused the seal to be affixed at the Seneca Allegany Administration Building, on the Allegany Territory, on the 29th day

{S E A L}

BETHANY A. JOHNSON, CLERK
SENECA NATION OF INDIANS

Public Comment

30-Day Public Comment
Seneca Nation of Indians
Underground & Above-Ground Storage Tank Act

Please be advised that the following business located within the Seneca Nation Territories, more particularly on the Allegany Territory, has submitted an application to install/operate an Above/Under Ground Storage Tank for the purpose of petroleum products. This notice will allow for a 30-day public comment period in accordance with the Above/Under Ground Storage Tank Ordinance, enacted by Seneca Nation Council on September 22, 1997.

Travis Heron
Kill Buck Outlet
6650 Rte. 417
Salamanca, NY 14779
Allegany Territory
Community: Kill Buck

All comments must be submitted in writing to the Clerk of the Nation at the following address:
Seneca Nation of Indians, Bethany Johnson, Clerk
90 Ohiyo’ Way
P.O. Box 231
Salamanca, NY 14779
Begin – August 14, 2020
End – September 14, 2020

COUNCILLOR'S CIRCLE

What She’s Made of 2020 – Women Who Run
Councillor Angie Kennedy will be one of the panelists in this upcoming virtual event

WNY Women’s Foundation is thrilled to announce their #WhatShesMadeOf2020 panelists:

Crystal D. Peoples-Stokes, NYS Assemblywoman, **Councillor Angie Kennedy of the Seneca Nation of Indians**, 2018 Erie County Clerk candidate Angela Marinucci, former Williamsville School Board member Toni Vazquez, and Chautauqua County Legislator Elisabeth Rankin -- plus Morgan Williams-Bryant from Girl Scouts of Western New York as our amazing moderator!

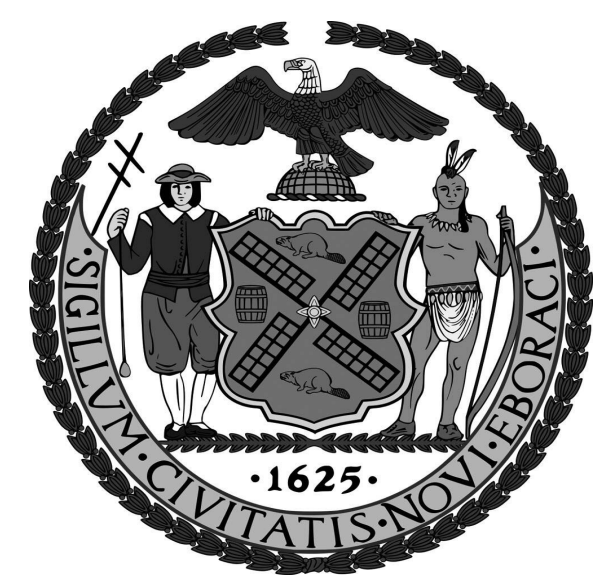
Get your tickets today for this unique and empowering virtual event (presented by M&T Bank), coming your way this August 17: <https://bit.ly/WNYWFWSMO>

WHAT SHE’S MADE OF 2020
Be empowered, enlightened, and inspired! Join us for a very special virtual edition of What She’s Made Of on August 17, 2020 at 4:30 p.m. featuring special guests, musicians, and a spotlight on the incredible women of Western New York. This year’s event will shine a spotlight on these unsung, everyday heroes in our lives.



Seneca president: NYC seal ‘example of outdated and racist imagery’

By Jim Eckstrom | Special to the Press Aug 1, 2020 Updated Aug 3, 2020



The president of the Seneca Nation believes recent discussion about the official seal of New York City reveals “cultural appropriation” and “yet another example of outdated and racist imagery that sadly is pervasive in American society.”

Earlier this week, NYC Mayor Bill de Blasio expressed support for reconsidering the use of imagery in the city’s official seal, a centuries-old emblem that includes a depiction of “Sinister, an Indian of Manhattan” dressed in a loincloth and holding a bow. Seneca President Rickey Armstrong Sr. said the Seneca Nation supports and appreciates de Blasio’s interest in reconsidering the use of such imagery in the city’s seal.

“We urge the mayor to address this matter as quickly as possible, and we would be pleased to join such an effort to share our views and perspectives,” Armstrong said in a statement. “It is our hope that other communities employing similar imagery follow suit, and that the conversations taking place around these important issues in New York and across the nation will lead to greater respect, fairness and justice for Native people and our rich culture.”

Earlier this month, Armstrong commented on being glad that the National Football League’s Washington franchise had dropped the offensive nickname of “Redskins” — although he said it was clear the change came because of financial pressure, not out of respect for Native peoples.

Whatever the reason, Armstrong said at the time the Senecas are happy that the change was made, and he hoped team officials would engage Native Americans in a meaningful way as they create a new identity.

“If there was ever a moment to make a statement about how we can start to successfully move beyond the caricature and negative representations of Native culture, this is it,” he said two weeks ago. The NYC seal also includes an image of a colonial European — “Dexter” — a sailor of the 1600s and holding a rope with what appears to be a small loop at the end. Critics suggest the rope looks like a noose — imagery that is offensive to Black Americans — although historians have said the rope is a “plummet,” a device used to measure water depth.

A NYC commission is scrutinizing historic symbols and statues throughout the city — a process given greater urgency in recent months as protests inspired by the Black Lives Matter movement question the legacy of slavery, racism and colonialism. “I think we have to look at a lot of things,” de Blasio said earlier this week.

New York City’s seal also includes a windmill, which is a nod to its history as the Dutch colony of New Amsterdam.

GAMING

Seneca Casinos postpone live shows through October

SALAMANCA — While the Seneca Resorts & Casinos have reopened to gaming under coronavirus protocols, live shows will be put off at least until October.

Seneca Resorts & Casinos, which have not presented live entertainment since March, made the announcement that shows will be postponed through October on Monday. At the Seneca Allegany Event Center, the show featuring psychic medium and TV personality Matt Fraser has been rescheduled to July 17, 2021.

“Due to the coronavirus pandemic across the U.S., many entertainment acts have been rescheduling their shows to later dates and into 2021,” Seneca Resorts & Casinos stated in a press release.

Original tickets for rescheduled shows will still be honored for rescheduled dates. Ticket-holders are asked to check websites for up to date information on all entertainment at **senecaniagaracasino.com** and **senecaalleganycasino.com**. Refunds will be available up to 14 days prior to the rescheduled date from the original point of ticket purchase with proof of purchase.

The casino in Salamanca reopened to the public in early July. The Seneca Nation ordered the temporary suspension of all gaming operations on March 16 as part of the widespread response to the novel coronavirus pandemic undertaken across all Seneca territories.



Big & Rich at Seneca Allegany. Source Getty Images

Seneca Gaming Corporation seeking new President/CEO



President/CEO (req2508)

Job Number: req2508. **Job Title:** President/CEO. **Number of Openings:** 1. **Job/Employment Type:** FT. **Country:** USA. **State/Province:** New York. **City:** Niagara Falls. **Job Category:** Executive. **Career Level:** Executive. **Level of Education:** Bachelors (Four Year Degree). **Years of Experience:** More than 10 years.

Position Description:

Under direct supervision of the Seneca Gaming Corporation (SGC) Board of Directors (Board), the President/CEO (CEO) manages the gaming operations and related facilities in accordance to the approved strategic plan, and adheres to all pertinent and relevant Seneca Nation, state and federal laws, regulations, compact, ordinances, and minimum internal control standards related to gaming compliance and regulation. The CEO is the leader of the organization, responsible for the vision and steady growth of the corporation and future projects to ensure efficient, successful and profitable operation of all facilities and the organization as a whole. The CEO builds and models an exceptional company culture, provides inspired leadership to the executive team, establishes a strong working relationship with the board of directors and sets a course for company strategy. The CEO is the brand steward and understands his/her role in growing and protecting the reputation of SGC. The CEO engages with and builds trust and strong relationships with key stakeholders including the government, community, gaming associations and the Seneca Nation. The CEO maintains confidentiality of all SGC privileged information. The CEO abides by the SGC Code of Ethics. All duties are to be performed within the guidelines of the Seneca Gaming Corporation’s policies and procedures, Internal Control Standards and objectives.

Position Requirements

Education/Experience:

1. Bachelor’s degree from an accredited college or university, or equivalent work experience required; Master’s degree or MBA preferred.
2. 10 years’ experience in an executive or managerial business position with a significant number of employees and/or multi-site supervisory experience.
3. Proven track record in an executive leadership role demonstrating measurable success in leading the development and implementation of programs and initiatives to achieve organizational goals and objectives.
4. Deep understanding of leadership best practices, human resources, general finance and budgeting, and corporate governance.
5. Demonstrated record of maturity, sound judgment, integrity, and adherence to ethical standards.
6. Demonstrated ability to effectively lead change, has a commanding and credible public presence coupled with a

- composed demeanor under pressure.
7. Ability to lead by example, inspire confidence and create trust.
8. Ability to set clear priorities, delegate, and enable sound decision making to achieve desired results.
9. A persuasive negotiator; able to build consensus and relationships among internal and external stakeholders despite differing opinions.
10. Must possess and maintain a valid driver’s license and be able to substantiate a safe driving record within the parameters acceptable to our liability insurance carrier.

Analytical Skills:

1. Ability to concisely define issues and to draw conclusions and action plans providing effective solutions.
2. Must have strong performance management and leadership skills.
3. Demonstrate fairness in all decisions.
4. Possess ability to instill pride and personal responsibility to employees.
5. Strong financial and analytical skills.
6. Must be proficient in planning, organizing and coordinating activities and resources.

Language Skills and Reasoning Ability:

1. Must possess excellent communication skills.
2. Ability to write routine correspondence and to speak effectively to the public, employees and customers.
3. Must have the ability to deal effectively and interact well with the customers and employees.
4. Must have the ability to resolve problems/conflicts in a diplomatic and tactful manner.

Physical Requirements and Work Environment:

The physical demands described here are representative of those that must be met by an employee to successfully perform the essential functions of this job. The work environment characteristics described here are representative of those an employee encounters while performing the essential functions of this job. Reasonable accommodations may be made to enable individuals with disabilities to perform the essential functions. The noise level in the work environment is usually moderately loud. When on the casino floor, the noise levels increase to loud. Must be able to work in an environment where smoking is permitted.

1. Must be able to stand, walk, and move through all areas of the casino.
2. Maintain physical stamina and proper mental attitude to work under pressure in a fast-paced, casino environment and effectively deal with customers, management, employees, and members of the business community in all situations.

Apply online:

SenecaPath.SenecaCasinos.com.

See other opportunities at TheBest8Hours.com

Questions? Please contact Matthew Snyder, Native Recruitment Specialist:

Office: 716-501-2215

Mobile: 716-425-5289

Community Service Announcement

Do you have Covid-19 questions or need information?

SENECA NATION COVID HOTLINE (716) 945-8153 EMAIL: SNINFO@SNI.ORG

Video chat Seneca Language Lessons via Skype
(Allegany)

Submitted by Ja:no's Bowen

Novice Low/Very Beginner Conversational Seneca class
Mondays via Skype at 6:30 PM.

This is an intro level course, which requires studying, as we will build upon what is covered weekly.

In order to attend, please message Skype ID: janosjaninebowen by 6:30 each time you want to attend class, letting her know to add you to the group chat that evening.

She will then create her video chat list and call all participants. You will need a computer, smart phone, or tablet with an activated microphone and camera, and internet service.

This is a speaking class, where Seneca use is expected. English will only be used as needed, for comprehension.

You will need the following materials: <https://docs.google.com/document/d/1DvvskyOuEDd1TTCJNQzL4xsQelXuoUVINj9f7L7A8Cw/edit?usp=sharing>

Novice Mid - High Level Conversational Seneca class Wednesdays at 10 AM via Skype.
Study is mandatory!

This class requires completion of the course materials covered in the Novice Low/Very Beginner Conversational Seneca Class on Mondays (or the equivalent).

You must take a small speaking assessment to participate in this class.

For more information, contact janosjaninebowen via Skype.

Summer Food Service

Tri-Districts: Gowanda, Lake Shore, Silver Creek meal distributions

Gowanda:	July 6th -August 26th, Mondays and Wednesdays. Front Circle –10am—12noon.
Lake Shore:	July 9th -August 27th, Mondays and Thursdays. JT Waugh and ECLC/Education between 9am - 11am.
Silver Creek:	July 13th -August 28th, Monday, Wednesday and Fridays. Elementary bus loop. 8:30 - 9:30am.

Food service is available for any child 18 and under. It is also available for anyone between 19-21 who are determined by state or local agency to be mentally or physically disabled. Children do not have to attend the school where they choose to pick up meals. Each district will provide 6 days worth of meals (breakfast and lunch).

Seneca Nation Education Department

Phone: 716-532-3341

Contact: Trudy Jackson or Amy White



Seneca Nation Cattaraugus & Allegany Libraries Open For Limited Service

Open Monday - Friday
OPERATION HOURS: 8am - 4:30pm. | CURBSIDE DELIVERY: 10am - 2pm.

- Online Catalog: www.ccls.org
- Please call ahead to make requests for books/movies.
 - Patron will be given a scheduled time to pickup material.
 - Curbside Delivery Pickup will be at front Entrance of Library.
 - Remain in Car & Staff will bring materials out.
 - NO FAXING/SCANNING available.

Cattaraugus: 716-532-9449

Allegany: 716-945-3157

Deadline reminder:

The next deadline is August 18th for submissions.

The next Seneca Nation Official Newsletter will be dated for August 28th in print and online at www.sninews.org

Seneca Transit System to resume services

Submitted by Sharon Ray, Acting Director

Public Notice Resumption of Seneca Transit System Service including service between Allegany and Cattaraugus Territories- effective July 13, 2020

Please be advised that the Seneca Transit System will resume regularly scheduled transit service, including service between the Cattaraugus and Allegany Territories on July 13, 2020. Current STS service which provides loops on each Territory will be suspended on July 13, 2020, as well.

The Seneca Transit System bus schedule is posted for review at the Seneca Transit System website, www.senecatransit.com.

Riders on the Seneca Transit System will continue to be required to wear face coverings before boarding the system. You will not be allowed to board the bus if you are not wearing a face covering. The Seneca Transit System will continue to suspend the collection of fares until further notice.

If you have any questions or would like further information, you may contact the following:

Sharon Ray
Acting Director, DOT
Seneca Nation of Indians
Phone: 716-945-1790

Introducing the Roadhound: Distracted Driving Deterrent

Submitted by Benjamin Anderson, SNDOT

Many of you may have noticed a new device floating around town along roadsides advising drivers not to text while driving.

This device is called the Roadhound Electronic Roadsign, by Berkely Electronics. The device is equipped with new state of the art radar detection equipment designed to detect the use of a mobile device in oncoming traffic.

When the system picks up any use of mobile electronics in a passing vehicle, it flashes a small light at the bottom of the sign. DON'T WORRY. The system is not recording, or reporting! It is simply there to remind drivers to focus on the road and not their mobile devices.

This unique system was purchased entirely with funds remaining from a State Farm grant that the Seneca Nation's DOT received to help deter the use of cellphones while driving. If you have any questions about the Roadhound System, or if you have a good idea of where it could be stationed for a period, please contact the Seneca Nation DOT.



Notice of Public Comment

The Seneca Nation Advocate Program will be submitting an application for Fiscal Year 2021 funding for the Low Income Home Energy Assistance Program (LIHEAP).

Interested persons may review the draft model plan between August 17 – 21, 2020 at the Cattaraugus and Allegany Tribal Advocate Offices.

For further information, please contact the Cattaraugus or Allegany Advocate Program at 532-4900 or 945-2655

Seneca Nation of Indian Federal Credit Union releases new hours

Please be advised that the SNIFCU will be open 9am to 4pm, Monday through Friday, starting Monday, August 3rd 2020.

Masks are mandatory for all customers entering the credit union offices, and please observe and use the social distancing boxes outlined on the floors. Our transaction slips are also located on the desks outside our office doors for customers to fill out before entering.

If you are interested in applying for a loan, please do so over the phone by calling (716) 532-8179 for the Cattaraugus Office, or (716) 945-8510 for the Allegany Office.

Come to the Training and Employment Resource Center

We can help you obtain your HSED, High School Equivalency Diploma

Provide various work readiness workshops, Resume writing, customer service, working with difficult people, interview skills, appearance and attire, soft skills.

Give me a call to start your steps to the future!
716-945-8120 ext. 3058
Allegany Territory
Ask for Tari

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

Cattaraugus: 716-532-1028

Allegany: 716-945-2655

Iroquois Post 1587

Covid-19 Crisis: Pantry Delivery Project
If you do not qualify or you need additional pantry items, TAP will forward Veteran to Ronald Cook or Tisheena Jimerson to complete a Delivery Request.

StaySafeStayStrong

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

Seneca Nation Probate Code: Frequently Asked Questions...

MARITAL ISSUES

Question:

Answer:

Question:

Answer:

Question:

Answer:

If I am separated, but not divorced and die without a will, can my ex-spouse still receive anything from my estate?

Yes. The Probate Code only recognizes a divorce as terminating marital status. Under the intestacy rules of the Probate Code, the surviving spouse is entitled to 50% of the entire intestate estate and 50% to surviving biological children. The surviving spouse must be enrolled to receive land.

What if my parents are not legally married and they die without a will, can I inherit from my mother’s or father’s estate?

Yes, as long as the relationship of parent and child has been established in accordance with the Nation’s customs. The father must openly treat you as his child or paternity must be judicially determined during the life of the father or in some manner which satisfies the court of paternity.

My spouse is not enrolled, how do I ensure that he or she is entitled to receive a life estate in my land?

Your spouse must meet the following conditions:

- Be enrolled in another Federally recognized tribe and provide proof of enrollment;
- Occupy the homestead as a residence at the time of your death;
- Not abandon the homestead for more than 90 days, which includes non-physical occupancy and any attempt to sell, rent, lease or dispose of the homestead and remarriage;
- Has no commercial timber, sand and gravel rights in the homestead;
- Keep a record of your marriage on file in the SNI Clerk’s Office;
- Marriage must be recognized by New York State or the Longhouse;
- Does not include lands that are not beside the lands where the homestead is located; and
- If the homestead is abandoned, it reverts to your heirs next in line.

Next issue will contain frequently asked questions pertinent to family issues.

Seneca Nation Education Language and Culture Program YouTube Channel

Be sure to subscribe to the new YouTube channel from the Seneca Nation Education Language and Culture Program. It will be complementing their Flipgrid Language and Culture Camp. It is available at <https://flipgrid.com/b46dcc12>



Seneca Virtual Culture & Language Camp

by Jordan Cooke, RICHARD SASALA, RENEE SENECA and 1 more

29 videos

Jul 5, 2020

Gagwe:göH Sgë:nö'!

Welcome to Flipgrid! Tap the green plus below to open the Flipgrid Camera. Then, record a short video and...

Say Hello

Share a fun fact about yourself

TIP: Join us on this journey of cultural rediscovery!

Record a Response

2020 VIRTUAL LANGUAGE & CULTURE CAMP

JOIN US IN THE UPCOMING WEEKS AS WE LAUNCH A FEW SOCIAL MEDIA PLATFORMS

ALL AGES!

LOOK FOR US ON FLIPGRID, YOUTUBE, FACEBOOK

WEEKLY ACTIVITIES AND FUN CHALLENGES TO ENJOY

LOOK FOR MORE DETAILS TO BE ANNOUNCED JULY 15th 2020

WWW.SNT.ORG

Training and Employment Resource Center

BUILD YOUR PORTFOLIO

Applications, cover letters And references	Tuesday 10 -11am August 25	Thursday 1-2 pm August 27
Interviewing, appearance And attire	September 1	September 3
How to conduct a job Search	September 8	September 10
Building your Resume	September 15	September 17

Come apply at 3674 Administration Dr. Call 716-945-8120 for an appointment. Class is limited to 8 people. Face masks are required and social distancing is practiced. Screening will take place on arrival.



2020 VIRTUAL LANGUAGE & CULTURE CAMP

JOIN US IN THE UPCOMING WEEKS AS WE LAUNCH A FEW SOCIAL MEDIA PLATORMS

ALL AGES!

WEEKLY ACTIVITIES AND FUN CHALLENGES IN THE FOLLOWING TOPICS

LOOK FOR MORE DETAILS TO BE ANNOUNCED JULY 6TH ON WWW.SNI.ORG



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LOOK FOR US ON FLIPGRID, YOUTUBE, FACEBOOK

WK 1 JULY 6 GANÖNYÖK
WK 2 JULY 13 PEOPLE
WK 3 JULY 20 EARTH
WK 4 JULY 27 WATERS
WK 5 AUG 3 PLANTS/MEDICINES
WK 6 AUG 10 BIRDS/ANIMALS
WK 7 AUG 17 WIND/THUNDERS
WK 8 AUG 24 SUN/MOON/STARS



SENECA CLUBHOUSE VIRTUAL HANGOUTS

How to download the app & Log on


1 Go to lifesize.com




2 Download the app




3 Click login in the upper right corner



4 Click JOIN MEETING



5 Type in the meeting extension






The meeting extension will be given to you when you register with the Clubhouse

6 Type your name and age




That's it! You're in!

Having trouble accessing the meeting? Get in touch with Jennifer at: 716.532.5583 ext. 5433 or JStebbins@senecahealth.org



SENECA NATION HEALTH SYSTEM

Seneca Nation AOA Farmers' Market Coupons!



Eligibility:

- 60 years of age or older; AND
- Monthly income is at or below:
 - \$1,968/month(One-Person Household)
 - \$2,658/month(Two-Person Household); or
 - \$3,349/month(Three-Person Household)

Rules:


- Proxies may pick-up vouchers on behalf of Elder provided Elder has signed a statement designating that individual as proxy
- A valid Power of Attorney may sign for checks and pick up books on behalf of an Elder.
- Booklet of five (5) \$4.00 checks worth \$20.00
- For use at authorized vendors and farm stands participating in the program, and not at grocery stores
- Used to buy locally grown fresh fruits and vegetables
- Look for the brightly colored Farmers Market sign saying "We Gladly Accept Farmers' Market Checks"
- Checks cannot be used after 11/30/2020
- Checks are worth \$4.00. Farmers will not give change
- Coupons may be redeemed by caregivers

Starting 07/13/2020 coupon booklets may be picked up between 1pm-5pm at the Allegany Elder Center or the Wini-Kettle Senior Center. Please call in advance.
Masks and social distancing are required

In an effort to maintain health and safety, the AOA is accepting electronic signatures for Elders who wish to receive Farmers Market Coupons through the mail.

Follow this link to APPLY ON-LINE:
<https://form.jotform.com/201883852773162>

For More information contact us at:
Cattaraugus Territory: 716-532-5777
or
Allegany Territory: 716-945-8414



Food Pantry


HOURS OF OPERATION:

MONDAY - FRIDAY: 8:00AM - 4:30PM

**TRIBAL ADVOCATE OFFICE
ALLEGANY TERRITORY
983 R C HOAG DRIVE
SALAMANCA, NY 14779**

Contact: *Melissa Oldshield @ ext. 7902*
or *Rae Lynn George @ ext. 7901*

phone: 716-945-2655 OR 716-945-1790



11

visit us on-line
@sninews.org

Zed Williams earns PLL MVP as he leads Whipsnakes to a championship

By Caroline Darney | August 9, 2020 | Reprinted from msn.com



Zed Williams and the Whipsnakes are the 2020 Premier Lacrosse League champions after taking down the Chaos, 12-6. The Whipsnakes finished the game on a 10-0 run, including outscoring the Chaos 9-0 in the fourth quarter. Williams, a 2017 Virginia graduate, had five goals in that 9-0 run and finished with six for the game en route to winning the Championship Series MVP.

“I know the whole game our defense was keeping us in it, and Kyle [Bernlohr] was standing on his head. I knew they [the Whipsnakes defense] were going to give us possessions,” Williams said, with a smile on his face before giving the Chaos goalie, Blaze Riordan (14 saves), a ton of credit. “Riordan was stuffing me out, and I know I had to make something happen.”

“This was for my dad,” Zed said as he got choked up, gesturing to the MVP trophy before returning to his team. Williams’s father passed in 2017 during Zed’s fourth year at Virginia.

Williams finished the three-week event as the leading goal

scorer with 20 goals and three assists as the Whipsnakes went a perfect 6-0. He saved his best performance for last, rattling off goal after goal as his team climbed back into the game.

“The guy Zed, man, we gotta give credit to him,” Matt Rambo (one goal, three assists) said of his teammate’s performance. “He stepped up big. We started moving the ball so, thank God we have Zed on the team now.”

inaugural PLL championship in 2019, but this is Williams’s first as he was added to the squad with the 2020 Entry Draft.

“Just unbelievable,” Whips goalie Kyle Bernlohr (16 saves, six goals allowed) replied postgame when asked to describe Williams and his run. “He’s the nicest guy I’ve ever met in my life. Individually, he’s just so talented. Just an unbelievable draft pick by Coach Stags [Jim Stagnitta]. I can’t say enough good things about Zed.”

The Whips got on the board first with a score from Mike



Chanenchuk, and Williams’s first of the day gave the squad a 2-0 lead early in the first quarter.

The Chaos got rolling, scoring four straight to take a 4-2 lead into the halftime break. Brad Smith scored the Whipsnakes’ lone third quarter goal, but the Chaos added two, sending the latter into the final 12 minutes of the game with a 6-3 lead.

Then a switch flipped. John Haus made it a two-goal game, then Zed’s second brought the Whipsnakes within one at 6-5. Williams would go on to score four goals over a 1:56 span as the Whips erased the deficit and took the lead for good.

Williams capped off his scoring with his sixth of the day — tying a PLL record for goals in a game — in dramatic fashion.

“You certainly have got to credit Zed Williams and the way he shot the ball down the stretch,” Chaos head coach Andy Towers said after the game. “Listen, that kid hit some incredible shots against arguably the best player, and definitely the best goalie, on the planet. Credit to him.”

Congratulations, Zed. You earned it.

Source: <https://www.msn.com/en-us/sports/more-sports/zed-williams-earns-pll-mvp-as-he-leads-whipsnakes-to-a-championship/ar-BB17L9Fp>

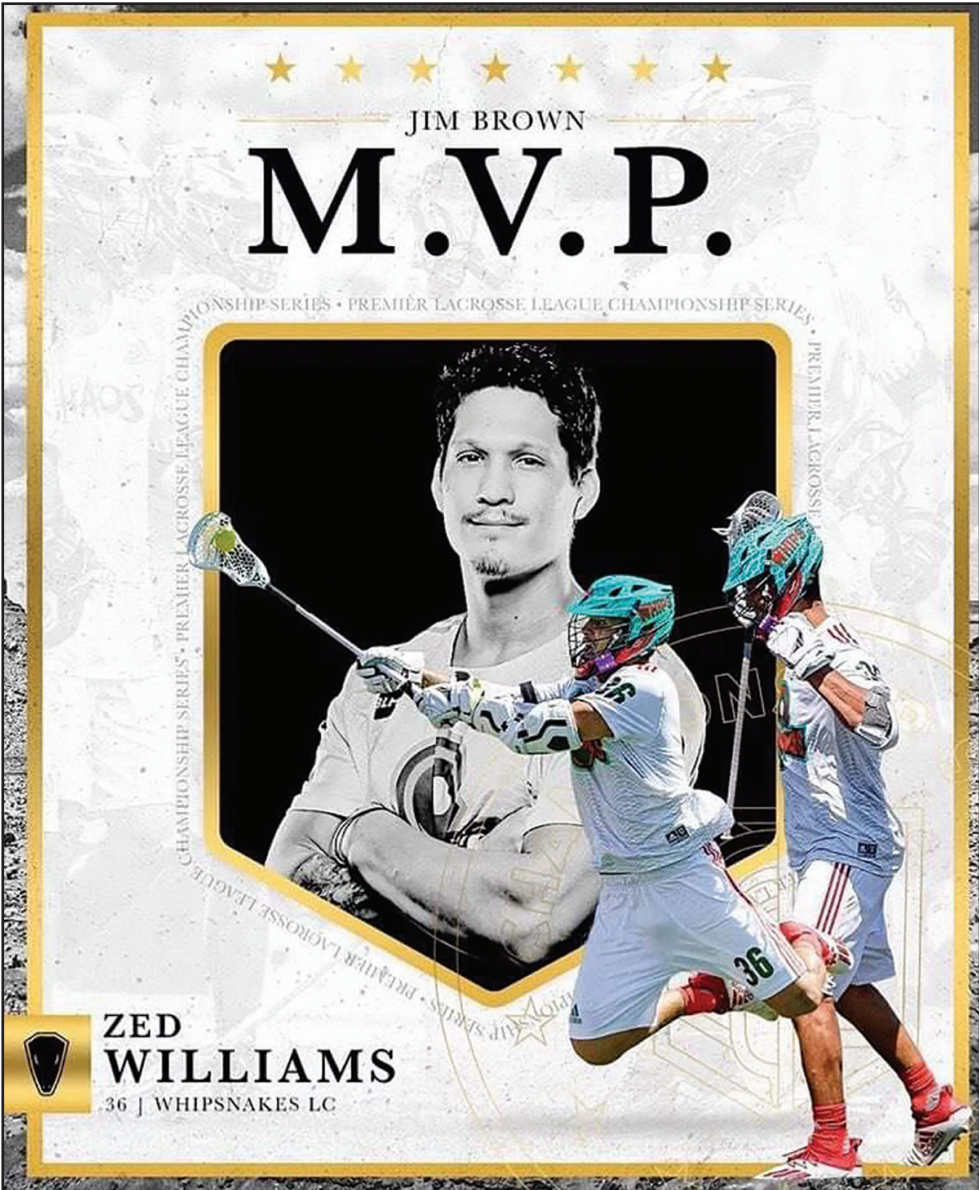
The Whipsnakes won the

Zed kept his stick with him the whole time ❤️

pic.twitter.com/Ky4un2Wcc7

— Premier Lacrosse League (@PremierLacrosse)

August 9, 2020



The Legend of Zedzilla: How Zed Williams Became the PLL’s Top Scorer

By Josh Schafer | August 5, 2020 | Reprinted from premierlacrosseleague.com

Zed Williams likens his football throwing motion to Uncle Rico. Yes, that Uncle Rico from Napoleon Dynamite. The flailing throw is all wrist and forearms, no legs or body torque.

“Like a chicken wing throw,” Williams says.

Only the chicken wing works a lot better for Williams than it did for Uncle Rico trying to throw a football “over them mountains.” William’s quick snap of the wrist leads to a faster release. That short speedy motion has caught goalies off guard in his first season with the PLL as Williams 14 goals currently leads the league in goals.

The comparison not only explains Williams’ shot releases but also his personality. To compare a shot form that’s led to at least a hat trick in four straight games to the infamous throwing motion of one of Hollywood’s worst athletes is as self-deprecating as it gets. That’s Zed. He knows his throwing motion sets him apart, but he’s not the kind of person to talk about it. He’s really not the kind of person to talk about himself at all.

The man who’s had as many goals go viral over the course of the Championship Series as anyone doesn’t even have a following on any social media platform. When his old college coach Lars Tiffany congratulates him on a performance, Williams’ deflects the praise and asks about Tiffany’s family. When he’s asked how he manages to make defenders fall to the turf or tiptoe around the crease, he points out the teammates that set him up. He’s scored 14 goals on 38 shots. That’s not selfish shooting but rather smart lacrosse.

Having grown up on the Cattaraugus Reservation just south of Buffalo, New York,



Williams appreciates the sport of lacrosse more than most. He really doesn’t care to score the ball, it just so happens he’s really good at it. He’s willing to fill any role to win lacrosse games. He once finished second in the country in ground balls for non-faceoff specialists and served as more of a distributor in college than a scorer.

He plays lacrosse the way the Whipsnakes preach: Limited talk in the media and always, always, hit singles. Throughout the Championship Series, Williams singles have included brash charges to the cage and quick release goals. He’s played the role of Zedzilla, the

6’2 230-pound goal-scoring machine that’ll flank the opposite of Matt Rambo at attack when the Whipsnakes faceoff against the Redwoods Thursday at 10:30 p.m. ET on NBCSN. But he’s not the uproarious goal scorer people may think.

“He’s really playing an initiator role for the Whipsnakes and he’s playing a role that would seem to suggest just the opposite (of who he is),” Tiffany said. “It’s sort of a cocksure, swagger give me the ball and get out of my way dodging style he has, which just completely isn’t his personality.”

Making the Monster

When Tiffany arrived at Virginia before Williams’ senior year, he moved Williams to attack because, as he put it, “why should Zed Williams be standing next to me on the field?” So UVA ran the offense through Williams.

He finished the year as the only non-faceoffs specialist to tally more than 50 points and 50 groundballs. He earned All-American honors and established himself as a player that could create plays, not just make them, like the time he fooled everyone against Loyola with a hidden ball trick goal or ripped a bounce pass in front of the crease for an assist against North Carolina.

After college, where Wiliams was dubbed Zedzilla by the University of Virginia football players, he married and had a daughter. He quit his job when his daughter was born two-and-half years ago and became a stay-at-home dad, though he still found a way to work.

Then a professional lacrosse rookie, Williams realized the daycare crew at Catalyst Fitness in Buffalo could watch his daughter while he worked out for about two hours. Rather than Google a fancy diet or follow a workout off Instagram, Williams kept it simple. He biked five miles a day, squatted, and hit every cable machine the gym had. That was pretty much it. Just about the same routine every day added 15-20 pounds of muscle onto Williams frame.

“I didn’t have a trainer or nothing,” Williams said. “I wasn’t sure what I was doing but I started seeing results, and I started seeing results in my game too. So I just kept doing it.”

The first thing Whipsnakes head coach Jim Stagnita said



when he finally met Williams in person at the Utah bubble was “Holy s***.” He, like the rest of the Whipsnakes, couldn't believe the size of Williams. They couldn't believe it when he threw around 300 pounds on the squat rack or exploded into box jumps. And they certainly couldn't believe it when the broadcast previewing a Whipsnakes game listed him at 185 pounds. Even Williams chuckled at that one.

“He’s a brick house,” Rambo said.

The Whips New Weapon

Rambo, who’s described himself on the NBC Sports broadcast as “a little thicc,” admired how Williams uses his body. He noted that he and Williams bring their bodies close into defenders, which not only prevents checks but also allows

the attackman to dictate where the defender’s positioning.

Repeatedly throughout the tournament, it’s appeared as if Williams has no shot. A quick shoulder dip and roll off the defender's hands changes that. Then his quick shot release propels the ball into the net before some people realize he’s shooting. It’s deceptive and so fast, at times it’s looked borderline unstoppable.

Williams is used to the tight spaces from playing box lacrosse, he said. Backing people down is different though. He’s been good at that since playing basketball in high school and playing attack just allows him to utilize that tactic more.

Zedzilla has gone airborne several times for goals, too. He first started doing that while playing professionally indoors

and brings it to the field game when he sees fit. That’s how he plays every possession. It’s like his workouts, there’s no real plan. He’s just going with whatever works.

“It’s just attacking,” Williams said. “Not knowing what I’m going to do, but just feeling it out as I go through and really just take what they give me.”

Tiffany thinks it could be the 52-second shot clock that’s brought out the alpha scorer in Williams. He thinks he’s too efficient of a player to not attack a favorable matchup. Through four games, he’s had nothing but favorable matchups. On the race occasion when double’s have come, he’s dished the ball off for a few assists.

On the opposite side of Rambo, there’s virtually no way to slide aggressively to both wings. As

long as people keep preventing Rambo from scoring, Williams will keep capitalizing. It’s too easy, almost like hitting a single when the pitcher throws a meatball.

That’s how the new guy to the Whipsnakes likes it. Simple and unassuming. He’s a quiet guy who just plays smart lacrosse and his new team couldn’t appreciate it anymore.

“People that don't know Zed, I'm not just saying this, he's the nicest human being I've ever met in my life,” Rambo said. “He’s the most genuinely caring person.”

Source:

<https://premierlacrosseleague.com/articles/the-legend-of-zedzilla-how-zed-williams-became-the-plls-top-scorer/>

Lacrosse Without the Iroquois Nationals is No World Celebration

By Justin Meyer | August 05, 2020 | Reprinted from laxallstars.com

The Iroquois Nationals learned of their exclusion from The World Games 2022 in Birmingham, Alabama, in the fall.

One of the countries that was invited noticed the Iroquois Nationals weren’t on the list of competitors and were confused. It reached out to the Haudenosaunee, inadvertently breaking the news to the odd-nation-out, said Executive Director Leo Nolan.



This came as a surprise to the Iroquois Nationals, which has competed as a sovereign entity in World Lacrosse events spanning back decades, including a third-place finish at the 2018 World Lacrosse Championships in Israel.

The Iroquois Nationals program started in 1983 when they traveled to Perth, Australia, for the World Lacrosse Championship to compete against USA, Canada, England

and Australia. Since then, they’ve won five silver medals at World Indoor Lacrosse Championships and two bronze medals at World Lacrosse Championships.

“Unfortunately, we weren’t consulted, weren’t asked, weren’t informed about this,” Nolan explained.

Nolan said the Iroquois Nationals asked World Lacrosse what happened, and it

responded that it was following the IOC criteria.

“Since that time, we’ve made every effort in a very respectful way to make inquiries about this,” Nolan said.

“With all the social media activity that’s been going on of late, it’s really caught the attention of our colleagues at World Lacrosse, of which we are a member.”

World Lacrosse, formerly the FIL, is not a decision maker or related to The World Games 2022, which is organized by the International World Games Association (IWGA) and its rules. Recognized by the IOC, The World Games include sports or portions of sports that are not in the Olympics. They are traditionally held one year after the Summer Olympics, but the pandemic has pushed next year’s event back to 2022. Many sports have graduated from The World Games up to the Olympics, such as badminton, beach volleyball and rugby sevens. A member of the IWGA since 2013, the sport was first introduced to The World Games in 2017 in Wroclaw, Poland, through women’s lacrosse with only six teams participating: Australia, Canada, Great Britain, Japan, Poland and the United States.

Last Wednesday, the IWGA, The World Games 2022 and World

Lacrosse put out a statement that they’re collectively looking into whether or not the format should change for the event.

This could mean an eventual invitation for the Iroquois Nationals, but with two years between now and the competition, an ultimate answer is unknown. If the Iroquois Nationals remain out of The World Games, Nolan said it would be like the 1992 Olympics without The Dream Team.

“The best players in the world aren’t going to be there? What’s up with that?” Nolan asked pointedly. “We’re all about promoting lacrosse. It’s the Creator’s game. It was given to us by the Creator to share with others. I think we’re done that successfully. But this is Indigenous inspired, and it’s really important for folks to recognize where this game came from.”

“It came from us.”

This is about more than just sending a great lacrosse team to an event, though. For the Haudenosaunee and Indigenous people across North America, sending a squad to represent them at international competitions like The World Games helps put an exclamation point on their sovereignty.

“I think it’s critical to enhancing the sovereignty that 576 recognized American Indian nations have in this country and the First Nations in Canada,” he said. “Our standing in our relationship with the United States is one of government-to-government. It’s not based on race. ... We really believe that this will embody what it means to be sovereign and how our communities can really take that extra step toward that kind of recognition.”

The cultural exchange the Iroquois Nationals provide others and engage with themselves at tournaments like The World Games would also be lost if they’re excluded, Dave Bray, a member of the Iroquois

Nationals Board of Directors, pointed out.

Bray played lacrosse at Cornell University in the 1970s and for the Iroquois Nationals at a number of international events. He grew up in the Seneca Territory and wasn’t exposed much to the outside world beyond the U.S. and Canada, he said. But through lacrosse and the Iroquois Nationals, it opened him up to the international community and allowed him to see a bigger world with a bigger mind.

He also recalled the surprise he experienced in college at the misunderstanding of his people.

“When I went to college, I was dumbfounded,” Bray explained. “Even though I was going to an Ivy League school, people did not know what type of housing I lived in, how I traveled, and these are people from Long Island, Baltimore. It was an eye-opener for me.”

Bringing the Haudenosaunee and Native people to outsiders through the Iroquois Nationals and lacrosse is a major way to combat the ignorance.

“Just having our athletes travel and share experience, and now having athletes playing at the professional level, it brings a sharing of cultural knowledge, sharing of our game and sharing of the roots of the game,” Bray said. “You’d be missing that type of information.”

Since this news hit the public sphere, roughly 50,000 people have signed a petition to include the Iroquois Nationals in The World Games.

“You can see the genuine support worldwide has been tremendous,” Bray said. “I was astounded by having (50 thousand) people supporting us. This support is going to help us gain the recognition we need to get back into The World Games and hopefully compete in the Olympics.”

Frank Brown has signed a 2 year deal with the Buffalo Bandits! *Ja:goh Frank!*

For more info, visit: <https://bit.ly/3fDaOPs>



The support hasn’t stopped with fans. The Canadian Lacrosse Association (CLA) released a strong statement July 26 backing the Iroquois Nationals’ inclusion, with Jason Donville, Director of CLA’s National Teams, explaining that,

“a World Championship of lacrosse, in any form, without the Haudenosaunee is not a World Championship.”

The complications with including the Iroquois Nationals in The World Games in two years has raised questions about an invitation to the 2028 Olympics. That is something that weighs on Nolan’s mind, he said.

“We’re planning on everything we need to administratively, procedural wise, like establishing a national Olympic committee, which we know is one of the requirements. It’s going to take a lot for us to be denied,” Nolan said. “We always think about future generations. We think about how our decisions today can affect seven generations out, so we’re very

cautious about how we act and how we appropriately maintain these relationships with others: individuals, states, countries, the world in general. We’re very in tune to that responsibility.”

Nolan has since announced the formation of an Iroquois Nationals National Olympic Committee, a massive step in the right direction for the program’s inclusion in Los Angeles in 2028.

The World Games, and especially the Olympics, are a way away, and there is plenty of time for a solution to this situation. To Bray, there doesn’t seem to be a logical conclusion except inclusion for anyone involved.

“It’s a win-win-win situation for the Iroquois Nations, World Lacrosse and The World Games to have us there,” Bray explained. “To not have us there certainly doesn’t help anyone.”

Source:

<https://laxallstars.com/lacrosse-iroquois-nationals-the-world-games-2022>

Brian Nephew earns St. Joe's lacrosse's Paul Englert Jr. Memorial Award

By Miguel Rodriguez | August 4, 2020 | Reprinted from buffalonews.com

Boys lacrosse season did not happen for St. Joe's due to the Covid-19 pandemic KO'ing high school sports in the spring.

But that failed to stop the Marauders from bestowing a huge team honor on senior-to-be Brian Nephew, who has been selected as the recipient of the program's Paul Englert Junior Memorial Award.

The team presented Nephew with the award Tuesday at the Robert T. Scott Athletic Complex.

Englert was a three-year starting goalie for St. Joe's who graduated in 2012 and moved on to the University at Buffalo. He died suddenly in September 2013 from a pulmonary embolism while on campus.

The award given out by the program is just one of the ways Englert's memory has been



kept alive by the team and his family.

"We feel that Brian represents everything that Paul represented," St. Joe's coach Peter Hudecki said of Nephew's selection. "He's a silent leader, focused student, enthusiastic lacrosse athlete, dedicated, diligent and determined. He's filled with St. Joe's spirit."

Nephew was a reserve midfielder on a

deep 2019 team that won the Monsignor Martin championship. He was expected to move into the starting lineup in 2020, but the coronavirus outbreak thwarted that.

However, he showed enough improvement during the offseason, mixed in with potential when he did get in games in 2019 to earn the award and the distinction of wearing Englert's No. 23 during the 2021 season. Recently graduated

standout Hunter Parucki was slated to wear No. 23 in the spring as last year's recipient of the honor.

"I'm excited to be given this award because it will lead to me being a big leader," Nephew said. "They (the coaches) trust me leading our team and trying to reach that goal of winning a state championship."

The PLL & Tewaaraton Carry the Message of The Creator's Game and Honor The Native American Heritage of Lacrosse

The Tewaaraton Foundation and the PLL are committed to Honoring the Native American Heritage of Lacrosse By Cultivating:

- Awareness of Native American Origins of Lacrosse
- Understanding of the Significance of Lacrosse in Native Communities
- Gratitude to Native Peoples for Sharing the Gift of Lacrosse with the World
- Appreciation for some of the Core Values Native People Emphasize in Lacrosse
 - Diversity makes the game stronger; respect for each other and the sacred nature of the game; generosity in sharing the gift of lacrosse with others; and integrity in playing the game in a manner that pleases the Creator.

#CarryTheMessage #CreatorsGame
#HonorYourTeam #HonorYourOpponent
#WereOneTeamNow

As the PLL entered the final 8 days of competition, they dedicated the Saturday, August 1, 2020 NBC broadcast (The Atlas V The Redwoods) and the final games played

in Utah to the Indigenous Peoples of North America.

The Haudenosaunee — translated to "People of the Longhouse" — are the creators of the game of lacrosse. They called it the Medicine Game, and it holds a unique place in the hearts of all competitors who play this sport. As a tribute to the creators, Atlas LC midfielder and Iroquois National Team player, Jeremy Thompson, lead a Land Acknowledgment.

The purpose of a Land Acknowledgment statement is to show respect for indigenous peoples and recognize their enduring relationship to land - there have always been indigenous peoples in the spaces we call home, and there always will be.

Pre-Game Tribute/Moment of silence:

"We now ask that everyone please take a moment of silence to honor the Indigenous Peoples of North America, and their

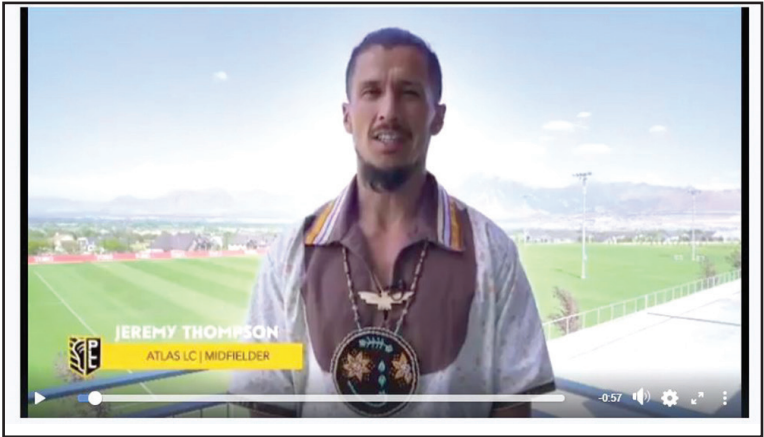
enduring relationship to land — there have always been indigenous peoples in the spaces we call home, and there always will be"

View the pre-Game tribute at:

<https://www.facebook.com/PremierLacrosseLeague/videos/741879386588827/>

Jeremy Thompson clip:

<https://www.facebook.com/nativeamericanathletes/videos/741885766630735/>



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



The COVID-19 pandemic is yet with us. It has brought many changes to our lives and we are still adjusting to the restrictions that it has put on us. Our ancestors survived many such plagues – weather, starvation, disease, war,

and many other disasters. How did they survive? The strength that they had is in our genes and so we too will survive. Our ancestors learned how to use the tools that they had available to them by hunting, preserving and most of all caring for each other. They also had faith that the Creator would take care of them and so we too have that faith. They planned for and had hope for a better future.

Despite our worries during this time we can see the results of our covid confinement – bountiful gardens, zucchini cookies, beautiful yards, zucchini bread, flowers, stuffed zucchini, etc. Good things can come out of adverse situations. Sports (some of them) are back on TV, schools will be reopening (maybe), the weather has been great, we have been able to see friends and family and we will be ready to face the future.

Everyone is invited to join us at Four Corners on Sunday mornings at 9 a.m. for our worship service. The service is filled with music and word that will bring joy to your life. Feel free to contact Pastor Rood by phone or e-mail if you have any questions about the church or if you need spiritual guidance. Here's a verse to help you through the days to come – "Cast all your anxiety on [God] because he cares for you. - 1 Peter 5:7 (NIV)".

Peace be with you.

IGS Monthly Meetings – August and September 2020

Submitted by Leatha Jimerson

We have decided that our August event will be CANCELLED.

We will have a monthly meeting on September 10th at 6 pm at the Cattaraugus Community Center, MPR room. The presentation given by Leatha Jimerson regarding her great-grandfather, Fillmore Jackson. Fillmore was a minister at the Pleasant Valley Baptist Church on the Cattaraugus Territory.

We will practice social distancing at our September meeting. Please bring your own snack and beverage. Please wear a face



mask, this is required.

In the meantime, check out our website, www.iroquoisgenealogysociety.org We are also on Facebook: Iroquois Genealogy Society.

Please stay safe and healthy!

We hope to see you in September!

Salamanca students to receive food benefits

Reprinted from the Salamanca Press | August 4, 2020

SALAMANCA — Families of students who attended Salamanca City Central School District during the COVID-19 closure starting in March have already or will receive Pandemic Electronic Benefit Transfer (P-EBT) Food Benefits.

All Salamanca High School, Seneca Intermediate and Prospect Elementary students are eligible for benefits, regardless of family income, since the district is a Community Eligibility Provision (CEP) school and all students receive free lunches. You do not have to apply for the benefit.

Benefits for each school-aged child in the household will automatically be distributed to families via an Electronic Benefit Transfer (EBT) card. Most benefit cards will be issued by mail in August with instructions for activating and using the card. Those families who receive either SNAP or (Cash) benefits have already received their benefits.

An EBT card looks and is used like a bank debit card to buy food at authorized retail food stores. To find authorized stores, visit <https://www.fns.usda.gov/snap/retailer-locator>.

A detailed list of food items that may be purchased with the benefits can be found at <https://www.fns.usda.gov/snap/eligible-food-items>.

Benefits from the EBT card can be used for up to one year from the date they are issued. They are not transferable and cannot be donated.

The Families First Coronavirus Response Act of 2020 authorized the payment of benefits for students who would have received free lunches if not for school closure. The maximum amount that a family can receive each month for one eligible child is as follows: March \$68; April \$125; May \$119; June \$108.

The maximum for the entire March through June period is \$420. Families will not have to pay back the benefits.


For EBT card and benefits assistance, call 1-888-328- 6399, email otda.sm.eisp.PEBT@otda.ny.gov, or visit <http://otda.ny.gov/workingfamilies/ebt>.

For a list of answers to many commonly asked questions about the P-EBT food benefits for New York state residents, visit <https://otda.ny.gov/SNAP-COVID-19/Frequently-Asked-Questions-Pandemic-EBT.asp>.

To learn more about the Salamanca City Central School District visit www.SalamancaNY.org. You can also find us on Facebook at www.Facebook.com/SalamancaWarriors.

Breakfast Burritos in Seneca Language

YouTube Video of Alex Jimerson



This video is a cooking demonstration I created with the help of Seneca speaking elders and filmmaker Caleb Abrams. IG / @calebgabrams. This video is the final product in completing my 1st year in Deadiwënöhsnye's Gējöhgwa'. An adult Seneca Language Immersion program. <https://senecaimmersiongroup.org> *Disclaimer** this video is in no way perfect. There are some mistakes I've tried to correct and I'm sure there are plenty more. If you see any please drop corrections in the comments below. Ēgeyēhe'ö:je' niyögwawënö'dēh koh neh gaedzëönyök ëseyēhe't niswënö'dēh (I'm still learning our language and I encourage you to learn your language) jawë'öh ges gekönis Sedehjiahka:' (I usually cook breakfast)


Tamara Ann Burgh at the IAIA Museum of Contemporary Native Arts

Seneca artist Luanne’ Redeye’s work is being featured in this online exhibition. Ja:goh!

By Michael Abatemarco | July 31, 2020 | <https://www.santafenewmexican.com/>

Self-representation, identity, and the American experience as seen from a Native perspective are themes featured in the exhibition Framed. This two-person show includes mixed media works by Tamara Ann Burgh (Iñupiat-Kawerak / Swede) and Luanne Redeye (Seneca Nation of Indians, Hawk Clan). Both artists’ works are often personal and reflect subject matter related to intergenerational trauma and questions about authenticity. Both artists combine materials such as altered photographs with textiles, beadwork, and other mediums. View the onsite exhibition on the museum’s website in two or three dimensions; 3D glasses are required to view the stereoscopic images. The glasses can be ordered online at iaia.edu/about/3d/ or download a template to make a pair at home. Framed is on view through Jan. 24.

IAIA Museum of Contemporary Native Arts,
108 Cathedral Place,
505-983-1777,
iaia.edu/mocna



Cuomo bans hydrofracking waste from coming to New York

Environmentalists cheer closing of what they said was a loophole for drilling detritus

By Rick Karlin | August 3, 2020 | Reprinted from timesunion.com

ALBANY – In what environmentalists are hailing as the closing of a loophole and a blow to the hydrofracking industry in neighboring Pennsylvania, Gov. Andrew Cuomo on Monday signed a bill banning the importation of hazardous fracking waste into New York.

The loophole, they say, had long existed because of the prior definition of hazardous waste that excluded substances like drilling fluids and other material used in exploration and extraction of oil or natural gas.

Some of those materials, including rock that environmentalists say contains low-levels of radiation, has been taken to a handful of western New York landfills over the years. Additionally, at least one western New York school used fracking fluid, as a brine, or salty water to help melt ice on its walkways and parking lots. The worry there is that the fluid would run off into the water supply.

“New York has led the nation in banning fracking, and we are grateful to Governor Andrew Cuomo for ensuring that fracking waste will no longer contaminate New York’s land and water,” Maureen Cunningham, senior director for clean water at Environmental Advocates NY said of the signing.

“Having banned fracking in New York, Cuomo has taken another important step towards making New York frack-free,” added Eric Weltman, of Food and Water Watch.

New York doesn’t allow hydrofracking for oil or gas – the process in which fossil fuel companies drill deep into the earth, even horizontally, and use pressurized liquids to fracture or “frack” rock shale formations to release the fuels locked inside.

While it has led to an energy boom in places like Pennsylvania, Ohio and Texas, hydrofracking is controversial due to worries about water pollution. Those concerned about climate change also view it as enabling ongoing use of carbon-laden fossil fuels instead of moving toward renewable energy.

The environmental group Earthworks in 2019 produced a report showing how waste generated during the fracking exploration process had been placed in landfills in Chemung, Steuben and Allegany counties which are near the Pennsylvania border. The legislation was sponsored by Syracuse Sen. Rachel May and Long Island Assemblyman Steve Englebright, both Democrats.

Defend Ohi:yo’ Allegheny River event

"Let's Go Paddling"



SALAMANCA — Defend Ohi:yo, the Salamanca-based non-profit environmental advocacy organization, held its family-friendly, social distancing and free event “Let’s Go Paddling!” Saturday, July 25.

This was a canoe and kayak trip down the Allegheny River from

Carrollton at the intersection of Route 219 and South 9 Mile Road to Salamanca at the park located where RC Hoag Rd and Front Avenue intersect.

The route is about 11 miles long and there were a few stations along the way where people could pull up on shore and learn about the river, about water quality and about why we all need to be water protectors to safeguard this valuable resource.

Defend Ohi:yo’ t-shirts, water bottles and bumper stickers were available at both the launch point and at the end in Salamanca. At the finish there

were food and snacks available. In addition, a basket of useful items was raffled off at the end of the day and the winner was Matt Redeye.

Everyone was welcome to participate in this drug-free and alcohol-free event, though minors needed to be accompanied by an adult. Paddlers were encouraged to arrange their own transportation. The event was a success and it took place on a beautiful sunny afternoon.

For more information, email defendohiyo@gmail.com or call (716) 708-8242.



COMMUNITY SERVICE ANNOUNCEMENT

Beginning August 1st, 2020, there will be a computer and printer available for any of our community members whom need to apply for New York State social services, which include: food stamps, temporary cash assistance, HEAP and/or any other NYS social services. The computer/printer kiosk will be located in the: Seneca Allegany Administration Building lobby and the William Seneca Building lobby. **THIS SERVICE IS PROVIDED BY APPOINTMENT ONLY.**

Please call your Seneca Advocate Office to make an appointment:
Allegany: (716) 945-2655 | Cattaraugus: (716) 532-4900, X5055



Vision Maker Media's First Indigenous Online Film Festival

INDIGENOUS FILM IS GOING DIGITAL!

For the first time, Vision Maker Media will be hosting an online, five-week-long celebration of American Indian, Alaska Native and worldwide Indigenous films from August 31 – October 5, 2020. Accompanying the films, our festival will host a collective of inspiring filmmakers in engaging digital conversations, creating a space for both healing and learning.

The Vision Maker Film Festival is FREE. Every attendee will have access to individual film pages, which will have more information about the films such as the trailers and Q&A session information. VMM also has plans to hold filmmaker panels for aspiring filmmakers in our audience. Films will be released on a weekly basis starting August 31 at 11:00 am CT and sorted into five genre categories: Women Empowerment, Historical & Environmental, Activism, LGBTQA+ and Youth. Each category of film will only be available for seven days before being replaced by the next category, so make sure you're checking in on a weekly basis for



brand new Indigenous films!

Films range from documentary features to animated shorts and include Vision Maker Media favorites such as “*Sisters Rising*” and “*Blood Memory*.” Films also represent a wide range of tribes and cultures from around the world.

Filmmaker Q&A’s will be first come, first serve with limited space available. The first 100 participants to sign up for the Q&A will have access to a Q&A chat where they can ask questions and make comments. Filmmaker Q&A dates and times are TBA.

Film Festival T-shirts and posters will also be available for purchase. Viewing party kits will be FREE to download. To keep informed on when film festival swag will be available, follow Vision Maker Media’s social feeds and email updates.

For more information visit: <https://visionmakermedia.org/online-film-festival/>

Check the schedule at: <https://visionmakermedia.org/schedule/>

Explore the line-up at: <https://visionmakermedia.org/line-up/>

About Vision Maker Media:

SHARING STORIES BY EMPOWERING & ENGAGING NATIVE PEOPLE

Vision Maker Media is the premiere source of media by and about Native Americans. Our goal is to increase the awareness and impact of Vision Maker Media to promote diversity through the discovery of Native culture and sacred stories.

We have been representing Native voices in the media for 44 years



L to R: "Rustic Oracle", The Boxers of Brule, "The Fake Calendar"

NĚKON NĚ:ŠHE' Ě:SAHJOWAEH.
THIS IS THE WAY YOU WASH YOUR HANDS.

ONEGANOS Ě:SAHDĚNJA'T.
START THE WATER.

ONOWÄ'SHÄ' Ě:ŠYÄ'DAK.
USE SOAP.

SAJOWAEH.
WASH YOUR HANDS.

SAJAGÖ:EH.
WIPE YOUR HANDS.

(CDC RECOMMENDS WASHING HANDS 20 SECONDS OR USING HAND SANITIZER)

#SENECASSTAYSAFE

NĚkon nĚ:she' ě:sahjowaeh.

Check out the great resources available at senecalanguage.com and flipgrid.com for Seneca Virtual Culture & Language Camp. Senecalanguage.com has a Facebook group for discussion and questions, as well as a YouTube channel filled with fun and educational videos. #SenecasStaySafe

Reminder: FKS Sunday
Breakfasts are BACK!!

8am-NOON, EVERY SUNDAY. Please follow all
our safety measures...

1. Social distancing - all dining will follow six feet apart guidelines.

2. You MUST wear a mask to enter, and while away from your table.

We are keeping it delicious, you help keep it safe.

Please share to spread the word!

20

HOME FOR SALE

BY OWNER

8179 Old Route 17
in “Jimtown”

\$149,999

MODULAR RANCH
1,732 SQUARE FEET
BUILT IN 2005



- 1.9 ACRES
- 3 BEDROOMS (INCLUDING MASTER SUITE WITH FULL SIZE TUB)
- CENTRAL AC
- 2 FULL BATHROOMS
- LARGE STUDIO OFF GARAGE
- 2 CAR ATTACHED GARAGE
- COVERED PATIO
- FULLY FENCED IN YARD

Serious Inquires Only
Call/text Mallory: (716) 801-5623



Upcoming Yard Sale

Cattaraugus Territory

When: August 21, 22 and 23, 2020
from 10am to 5 pm. **Where:** 1612 Cayuga Road

Attention Veterans!

University at Buffalo
School of Dental Medicine

DENTISTRY SMILES ON VETERANS

NO COST DENTAL CARE

Dental exams, cleanings and fillings for Veterans and Spouses

CALL TODAY!
SPACE IS LIMITED!



DENTAL UNIT WILL BE ON SITE UNTIL
AUGUST 28, 2020

UB S-Miles To Go Dental Van
Located at Samuel Love Elementary School
50 East 8th Street, Jamestown, NY 14701
(across from Rite Aid on 50 South Main Street)

For more information and to schedule an appointment contact:
Sarah Bemis at 716-449-1674

For Sale

Cattaraugus Territory

Land in prime location on Brant-Reservation Road. SNI Maps and Boundaries estimates acreage to be about 11 acres. Fenced pasture. Bounded by small creeks on two sides. Wooded section. New metal outbuilding. Two sheds. Historic one-hundred-year-old house included as-is. \$99,900.00.
Contact Martin Seneca. (716) 560-2931.



PERSONALS

Aö'e:sad Hösashä:ho' Hattie June!

Weso' ganöohgwa'!

Hattie has made 3 trips
around the sun!

(Submitted by Tami Watt)



The families of Norma Kennedy, Diane Kennedy and Cindy Mohr:



Would like to express our sincere appreciation for the outpouring of cards, flowers, food and visits to pay respects to our loved ones. We give gratitude and appreciation to our great Seneca Nation for safeguarding our burial services.

(Submitted by Marc Papaj)

Breastfeeding During the Covid -19 Pandemic

Submitted by Robin Crouse, HOPE Unit, LRJHC

The outbreak of Covid-19 is a stressful time for everyone. This may be especially true for mothers who are breastfeeding and concerned for their baby’s health. However, new moms can successfully start and maintain breastfeeding during the pandemic with some recommended precautions.

Is breastfeeding and expressed breast milk feeding safe during the pandemic?

Covid-19 spreads between people who are in close contact, mainly through respiratory droplets when an infected person coughs, sneezes, or talks. To date, there is no evidence that covid-19 is passed from mother to baby in breastmilk. Breastfeeding has been shown to be safe when a mom has other illnesses like the flu.

Can a baby continue breastfeeding or drinking expressed breast milk if I test positive for Covid-19 or if I’m a person who is under investigation?

Yes, babies can still receive breast milk even if you test positive. It’s recommend-

ed that you pump or express your breast milk after carefully cleaning your breasts and hands and then have a healthy caregiver feed your baby the expressed milk.

It’s also very important to clean your breast pump after each use, follow CDC Guidelines and remind all caregivers to wash hands thoroughly before touching bottles, or feeding or caring for your baby.

If you decide to breastfeed directly, take all the recommended steps to prevent the potential spread of the virus, including using a mask and following careful breast and hand hygiene.

If I have Covid-19, can I stay in the same room with my baby?

If you have Covid-19 or are suspected of having it, staying in a different room from your baby is the safest way to keep your newborn healthy. If you keep baby in the same room, keep at least 6 feet away, and wear a mask and make sure your hands are clean.

How can I protect my baby from Covid-19 infection?

Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use hand sanitizer. Avoid touching your face, eyes, nose, or mouth with unwashed hands. Also, be sure to clean possibly contaminated surfaces your baby may touch.

If you feel sick, be extra careful to cough or sneeze into your sleeve or tissue and immediately throw away and wash hands. Practice social distancing, avoiding public spaces.

Remember, breastfeeding is a key preventive health step for baby and mom, even during the pandemic. Talk with your pediatrician about how you can keep your baby healthy and what resources might be available in our community to help you.

*Source: American Academy of Pediatrics, updated 6/5/20



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

Simply HR ~ June

New Hires

Christina Hilbourn
Receptionist, CHWC
June 8, 2020

Transfers

Lexus McClune
Pharmacy Technician, LRJHC
June 8, 2020

Congratulations on your new positions!



Tick Bites/Prevention

Ticks are generally found near the ground, in brushy or wooded areas. They can't jump or fly. Instead, they climb tall grasses or shrubs and wait for a potential host to brush against them. When this happens, they climb onto the host and seek a site for attachment.

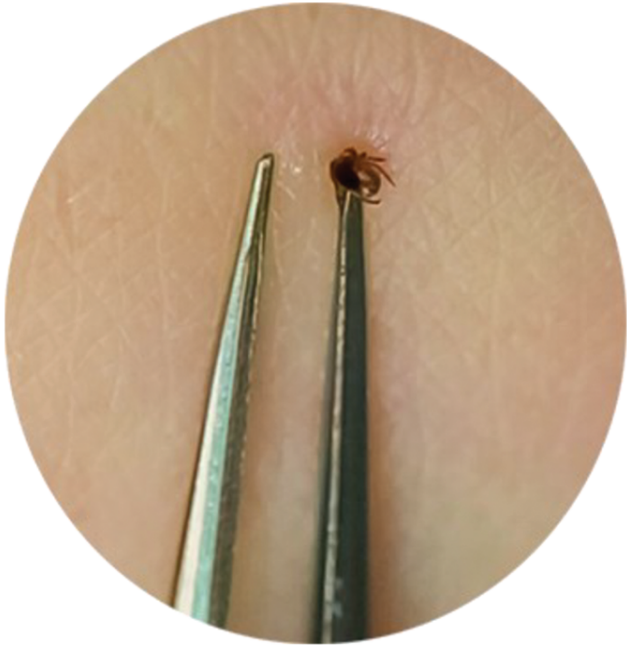
Prevention

1. Use Environmental Protection Agency (EPA)-registered insect repellents containing DEET, picaridin, IR3535, oil of lemon eucalyptus, para-menthane-diol, or 2-undecanone. Treat clothing and gear, such as boots, pants, socks and tents with products containing 0.5% permethrin. Additional repellent options are available. EPA's repellent search tool can help find the product that best suits your needs.
2. Treat dogs and cats for ticks as recommended by a veterinarian.
3. Check for ticks daily, especially under the arms, in and around the ears, inside the belly button, behind the knees, between the legs, around the waist, and on the hairline and scalp.
4. Shower soon after being outdoors.
5. Learn more about landscaping techniques that can help reduce blacklegged tick populations in the yard.

Tick Removal

1. Use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible. The key is to remove the tick as soon as possible. Avoid folklore remedies such as using nail

- polish, petroleum jelly, or heat to make the tick detach from the skin.
2. Pull upward with steady, even pressure. Don't twist or jerk the tick; this can cause the mouth-parts to break off and remain in the skin. If this happens, remove the mouth-parts with clean tweezers. If you are unable to remove the mouth parts easily, leave them alone and let the skin heal.
 3. After removing the tick, thoroughly clean the bite area and your hands with rubbing alcohol, an iodine scrub, or soap and water.



Tick removal, step 1
Photo courtesy of Mike Wren, NY State Department of Health

* Source: <https://www.cdc.gov/ticks/tickbornediseases/tick-bites-prevention.html>



4 Basic Steps to Food Safety at Home

1. Clean

Always wash your food, hands, counters, and cooking tools.

- Wash hands in warm soapy water for at least 20 seconds. Do this before and after touching food.
- Wash your cutting boards, dishes, forks, spoons, knives, and counter tops with hot soapy water. Do this after working with each food item.
- Rinse fruits and veggies.
- Clean the lids on canned goods before opening.



2. Separate (Keep Apart)

Keep raw foods to themselves. Germs can spread from one food to another.

- Keep raw meat, poultry, seafood, and eggs away from other foods. Do this in your shopping cart, bags, and fridge.
- Do not reuse marinades used on raw foods unless you bring them to a boil first.
- Use a special cutting board or plate for raw foods only.



3. Cook

Foods need to get hot and stay hot. Heat kills germs.

- Cook to safe temperatures:
 - Beef, Pork, Lamb 145 °F
 - Fish 145 °F
 - Ground Beef, Pork, Lamb 160 °F
 - Turkey, Chicken, Duck 165 °F
- Use a food thermometer to make sure that food is done. You can't always tell by looking.



4. Chill

Put food in the fridge right away.

2-Hour Rule: Put foods in the fridge or freezer within 2 hours after cooking or buying from the store. Do this within 1 hour if it is 90 degrees or hotter outside.

- Never thaw food by simply taking it out of the fridge. Thaw food:
 - In the fridge
 - Under cold water
 - In the microwave
- Marinate foods in the fridge.





Food Safety at Home

Continued

Why should you care about food safety?

Each year millions of people get sick from food illnesses. Food illness can cause you to feel like you have the flu. Food illness can also cause serious health problems, even death.

Think you have a food illness?

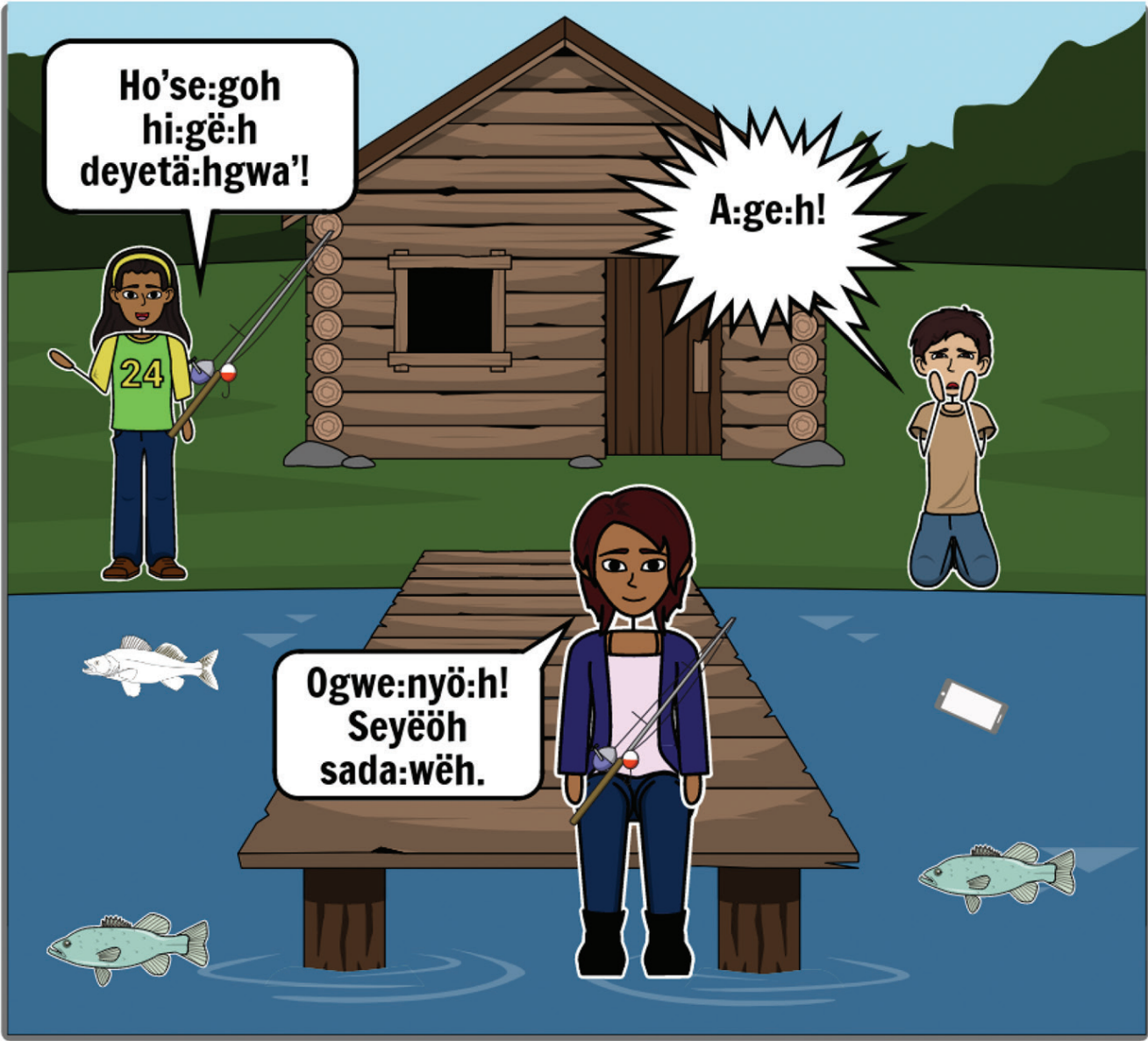
Call your doctor and get medical care right away.

- Save the food package, can, or carton.
- Call USDA at 1-888-674-6854 for meat, poultry, or eggs.
- Call FDA at 1-866-300-4374 for all other foods.
- Call your local health department if you think you got sick from food you ate in a restaurant or other food seller.

Who is at risk?

Anyone can get sick from eating spoiled food. Some people are more likely to get sick from food illnesses.

- Pregnant women
 - Older Adults
 - People with certain health conditions like cancer, HIV/AIDS, diabetes, and kidney disease
- Some foods are more risky for these people. Talk to your doctor or other health provider about which foods are safe for you to eat.



A:ge:h!	Oh my goodness!	Ho'se:goh hi:gë:h deyetä:hgwa'!	Go get it that phone!	Ogwe:nyö:h! Seyëöh sada:wëh.	It is possible! You know how you swim.
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Onödowa'ga: Gawë:nö' Pronunciation Key					
a.....f <u>a</u> ther	ä.....c <u>a</u> t	e.....th <u>e</u> y	ë.....m <u>e</u> n	i.....pol <u>i</u> ce	o.....n <u>o</u> te
ö..... <u>o</u> wn	u.....t <u>u</u> ne	w..... <u>w</u> ash	n..... <u>n</u> ot	y..... <u>y</u> es	d..... <u>d</u> og
t.....t <u>a</u> il	g.....g <u>i</u> rl	k.....k <u>i</u> te	s.....s <u>i</u> t	j.....j <u>o</u> b	h.....h <u>a</u> t
š.....sh <u>o</u> w	tš.....ch <u>a</u> lk	dz.....ad <u>z</u> e	:long vowel	'glottal stop	



The purpose of the Allegany Language Department, *Ögwaiwanösde' Ögwawenö'*, is to promote conversational Seneca language use at the Seneca Nation.

