



The Official Newsletter of the SENECA NATION

January 29, 2021 - www.sninews.org



A message from President Matthew B. Pagels



Gagwe:göh sgë:nö’,

Hi, I hope all are well. Last week’s snowfall finally made it feel like winter. Although for many, winter makes for difficult driving, cold chilling temperatures, but winter is good for the earth, plants and for people. It helps plants rest in preparation for spring and it also means climate change hasn’t overtaken us yet.

The Nation has developed a task force to work on climate change initiatives. Climate change is evident in weather and

temperature changes and occurs over time. Climate change is increasingly becoming more crucial to the environment globally. We have set this as priority to preserve our Mother Earth. The committee’s goal is to create an adaptation plan to address strategies and approaches to changes in the environment. This will be done through data collection and outreach. A survey tool will be coming in the near future and you can do your part by completing the survey.

Changes are coming in many other forums as well. The United States has selected a new Administration with President Joseph E. Biden and Vice President Kamala Harris. Many significant historical events occurred during the 59th Inauguration ceremony. Vice President Kamala Harris is the first black woman and of South Asian descent to be elected into this position. Amanda Gorman, the youngest Poet Laureate gave a powerful reading challenging change. A brief look at her words... “Where can we find light in a never-ending shade?... We strive to forge a union with purpose to compose a country committed to all-cultures, colors, characters and conditions of man... and so we lift our gazes to not what stands between us but what stands before us...”

President Biden’s 100 day agenda includes executive orders and getting cabinet members confirmed. One order looks to re-establish the Paris Climate Accord, which addresses climate change and the commitment of the United States to do so through economic and social transformation. Another confirmation of interest to our Nation is the selection of Representative Deb Haaland of the Pueblo of Laguna Nation to lead the Department of the Interior of which the Bureau of Indian Affairs falls. This historic appointment offers better representation and sensitivity to Native issues. In an early interview President Biden recognized the critical role for upholding the government to government relationship with Native Americans. With this we wish to have a progressive working relationship with the new administration and bid them much success.

In our community the coronavirus continues to be one of our priorities. As of last week we had 22 positive cases in our community, a slight decrease from previous weeks. Please continue to be vigilant with Covid-19 protocols including mask wearing, social distancing, and wash and sanitize your hands often. Limiting personal interactions is equally important.

As cases of COVID-19 increase in our area, remember that you or someone you encounter may have the virus and not know it or display symptoms. There are many ways to prevent infection and stop the spread. Whether you feel healthy or not- stay home, wash your hands often, and avoid close contact with people outside of your household (stay 6 feet apart). If you experience symptoms of COVID-19 including fever, dry cough, or shortness of breath, or have any concerns about your health, call your primary care provider to be assessed. Patients of the Lionel R. John Health Center can call (716) 945-5894 and patients of the Cattaraugus Indian Reservation Health Center can call (716) 532-5582.

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IN THIS ISSUE



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

Testing will continue into February. Monday testing dates are the 1st, 8th, 15th and 22nd at the Cattaraugus Firehall and Tuesday the 2nd, 9th, 16th and 23rd at the Allegany DPW building from 3-5pm each day. As always preregistration is recommended.

Vaccinations will be coming from Indian

Health service soon and the next group designated are 60 years and older as well as those with multiple chronic health conditions also known as comorbidities. Our Health systems will be reaching out those individuals as soon as more vaccines are available. You may seek vaccination appointment at the county as well, but they are also experiencing supply limitations. Please stay patient and stay persistent.

We are continuing the weekly Covid-19 and vaccine update virtual sessions every Wednesday from 3-5pm. Enrolled members can utilize the SNGotomeet@sni.org to register.

As always, stay safe and stay strong.

O'tgwanö:nyö'
Matt

Get Vaccinated to Protect Yourself, Family, and Community

American Indians and Alaska Natives are disproportionately affected by the COVID-19 pandemic

A vaccine helps people from catching a certain disease, like COVID-19. All vaccines are as safe as possible and are a simple way to prevent illness and community outbreaks. A vaccination is not a treatment for people who are already sick with COVID-19. Getting vaccinated helps everyone.

- Know the facts and avoid sharing misinformation.
- Start by sharing information from trusted sources like CDC.gov and IHS.gov
- Encourage your loved ones to get vaccinated.
- The more people in your community get vaccinated, the better everyone will be protected against COVID-19, especially those who are more vulnerable to serious illness, like elders and people in high-risk groups.
- A COVID-19 vaccine will help you from spreading the disease, and reduce your risk of getting sick, being hospitalized, or dying.
- COVID-19 vaccines are one of many important tools to help us stop this pandemic. It is important to use all the tools available to stop the pandemic, wear a mask, wash your hands, and watch your distance.




How to cope with anxiety related to vaccination

- Stay connected with family and friends while keeping a safe physical distance. Take care of yourself and each other, and know when to get help.
- Create a list of personal self-care activities you enjoy such as exercising, meditating, singing a traditional song, praying, or connecting with nature.
- Take deep breaths and stretch.
- Maintain a sense of hope and positive thinking and remember these strong feelings of stress and anxiety will fade.

We are all in this together. Show compassion for those most closely impacted.

- Stay connected with family and friends through social media and video chat.
- Connect with your community and others with drumming and dancing video via social media.
- Attend a spiritual service through on-line streaming.

Ask your healthcare provider for more information.



COVID Vaccine Update Virtual Meeting

Wednesdays 3-5 PM

Starts January 13

Enrolled members must email SNGotomeet@sni.org with their Name, Roll #, Phone #

Put COVID Vaccine Update Meeting and the date of the meeting you wish to attend in the subject line.

#SenecasStaySafe

SENECA NATION HEALTH SYSTEM





FROM THE DESK OF THE TREASURER



Greetings,

For a while, it looked like we might have a mild, green winter. I hope the kids are enjoying our recent snowfall and getting outside to play. Thank you so much to our DPW staff for keeping us plowed out and safe!

During the summer of 2020, a grassroots effort began on the Cattaraugus Territory, with the intent of making an impact on the drug epidemic present in our communities. The Seneca Drug Task Force was formed and we went to work developing systems of deterrents and community initiatives to deal with the epidemic. At that time, I was serving as President and began holding meetings to discuss ways that the Nation could help. These meetings have continued into my term as Treasurer. We discuss a wide range of issues, which have multiple moving parts and will all require administrative and community input and support. We have considered various ways to strengthen our Marshals' enforcement capabilities and authority. This is an ongoing effort which will include face to face discussions and coordination of efforts with local outside law enforcement agencies. Our ultimate goal, is for local law enforcement to recognize and

support Seneca Nation laws, ordinances, exclusion orders and other regulations. We are confident we will reach an agreeable arrangement that works for all involved. In addition, we are researching drug dog programs as a deterrent to assist with this issue. There are a variety of options available, which range from ownership, to contracting with a private company. Another serious topic of discussion has been the noticeable increase of questionable activity of medical transport vans on our territories. The Drug Task Force is also responsible for the anti-drug dealer billboards and new Seneca Nation Territory boundary signs installed in the past couple of months. As I said, there are many moving parts to consider and no decision comes easy. We will continue to stay focused on establishing deterrents and working on solutions to make an impact on the drug epidemic on our territories. My staff reminds me, we are not alone in this battle – this has become a national topic of conversation and concern.

We have been dealing with a global pandemic for several months now; and with the new vaccine programs available, there is hope on the horizon for returning to a degree of normalcy in the coming months. The spring thaw will be here before we know it. Get those lacrosse sticks ready – I sure have missed attending lacrosse games!

Respectfully,
Rickey L. Armstrong, Sr.



Marta Kettle, Clerk
CATTARAUGUS TERRITORY



Bethany Johnson, Deputy Clerk
ALLEGANY TERRITORY

Marta Kettle – Clerk
Geraldine Huff, Executive Assistant (Notary Public)
Kelly Mohawk, Deeds Recorder
Leslie Cooke, Executive Secretary (Notary Public)
Tammi Stafford, Administrative Assistant (Notary Public)
Ashley Warrior, Administrative Assistant
Lori Waterman, Administrative Assistant / Receptionist
Dana Maybee, Business Permit Officer

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

Allegany Clerk’s Office Staff

Bethany Johnson, Deputy Clerk (Notary Public)
Charisse Ground, Executive Secretary
Sue Case, Enrollment Officer
Leslie R. John, Enrollment Assistant
Kathleen “Yomie” Hill, Administrative Assistant
Olivia John, Administrative Assistant
Ryan Mohr, Receptionist

The Buffalo Office Staff & Location - (716) 845-6304 or (716) 951-7555
Buffalo Office works in Conjunction with the Clerk’s Office

Ramona Marion – Director
Stephanie Maybee – Administrative Assistant
Judson Logan - Tutor

533 Amherst Street
Buffalo, NY 14207
Monday-Friday: 8am-4:30pm

Please stay Safe & Healthy
As 2021 comes rolling in we hope for a better year for all and as we continue to monitor the current pandemic we will continue to practice safety measures that protect the Staff and Community as a whole.

CLERK’S OFFICE UPDATE
Due to concerns with the rise of COVID-19 cases on and near our territories, the Clerk’s Office will be closed to the General Public. We will remain open with a walk-up window for limited services. Our hours will be Monday through Friday; 8:00 am – 4:30 pm, on both territories. Clerk’s Office will no longer be open on second Saturday of the month until further notice. We encourage members to bring their own pen if needed, as a safety precaution.
NYA:WEH FOR YOUR UNDERSTANDING

William Seneca Building – Cattaraugus Territory – (716) 532-4900 ext. 5000
Cattaraugus Clerk’s Office Staff

If you have any questions about the Annual In Person Registration please feel free to call the Allegany or Cattaraugus Clerk’s Office and we will be happy to assist you.

ANNUAL IN PERSON REGISTRATION EXTENSION DUE TO COVID - 19

At the Regular Session of Council on January 9, 2021 Council approved a Resolution Extending the In-Person Registration Requirement due to COVID-19.

WHEREAS, the Seneca Nation Council established a general registration requirement for enrolled Nation members to qualify for 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 extend the In-Person appearance registration requirement for the period of January 1, 2021 through June 30, 2021 due to the COVID-19 pandemic; and,

NOW, THEREFORE BE IT RESOLVED, that all members who completed their 2019 & 2020 registration requirement, will be eligible to mail-in their completed registration form regardless if they are required to appear in person or mail in; and

BE IT FURTHER RESOLVED, that effective January 1, 2021, members who did not meet the registration deadline of December 31, 2020 for the 2021 direct benefits distribution will be eligible for the January – June 2021 payment.

BE IT FINALLY RESOLVED, this resolution will expire on July 1, 2021 and will revert back to Council Resolution R-02-11-17-06, accordingly, all members who have not registered by December 31, 2020 must register by June 30, 2021 to continue receiving direct benefit payments for July 2021- December 2021.

SNI ID Cards

We will NOT be taking pictures for SN Identification Cards. However, if you already have a picture on file, you will be able to purchase a card. Cost: \$7.00 and Seniors (60 & up) \$3.00. Our staff will be happy to assist you with your visit to the Office. Please practice social distancing if there is a line outside the door and always wear a mask/face covering.

CLERK’S OFFICE FORMS

Completed forms can be mailed 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.

- **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).

- **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.

- **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.

• **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.

As enrollment applications continue to come in and you would like your baby featured in the newsletter under new enrollments you can submit the name and baby picture with your application or you send picture via email to Bjohnson@sni.org.

Seeking Invocators

The Seneca Nation Clerk’s Office is seeking individuals interested in Invocating/ Opening with Ganö:nyök for Council each month.

Anyone interested may contact Leslie Cooke at leslie.cooke@sni.org or (716)532-4900 ext. 5038.

SENECA NATION CLERK'S OFFICE
ANNOUNCEMENT

December 3, 2020

Due to concerns with the rise of COVID-19 cases on and near our territories, the Clerk's Office will be closed to the General Public.
(Except Essential Personnel)

The Office will remain open with limited services

We will NOT be taking any new pictures for SNI Identification Cards during this time. If you already have a picture in the system, you will be allowed to purchase an ID Card with the picture on file.

Sorry for any inconvenience
Please stay safe and healthy!

Marta Kettle, Clerk
Seneca Nation of Indians

At the Regular Session of Council held on January 9, 2021, Game Wardens were appointed. Several of the Game Wardens were sworn in January 21, 2021, following their swearing in ceremony they were addressed by Conservation Directors who went over the resolution 12-10-16-16 / 2017 Fishing Rules and Regulations. They were able to ask questions of their newly appointed roles.

TO APPROVE GAME WARDEN APPOINTMENTS 2021-2022

MOTION: by Timothy Waterman, seconded by Eliot Jimerson, that the Seneca Nation Council approves the following resolution, as amended;

WHEREAS, the Seneca Nation of Indians, by enacting laws, ordinances, resolutions and motions through the Nation’s Council, exercises the inherent powers of a Sovereign Nation to protect and promote the sovereignty and well-being of its enrolled members; and

WHEREAS, it is necessary to appoint GAME WARDENS to enforce the Hunting and Fishing Laws within the boundaries of the Seneca Nation Territories;

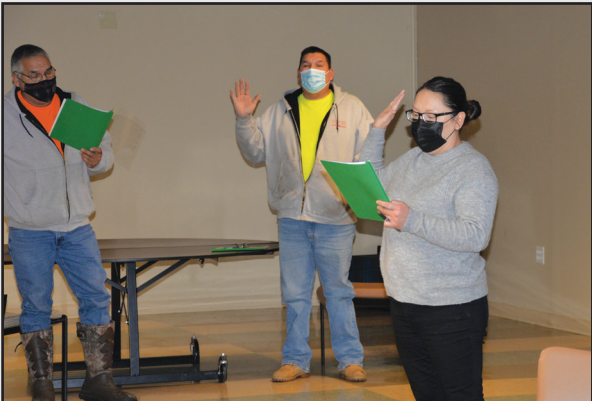
NOW, THEREFORE, BE IT RESOLVED, that the Council hereby appoints the following individuals to serve as GAME WARDEN for the Seneca Nation until November 2022.

ALLEGANY

1. Justin Scott Schapp
2. Greg Alan Miller
3. Marc Douglas John
4. Natalie Ann Simons
5. Clifford Doby Brooks
6. Reggie Ray George
7. John Michael Abrams Jr.
8. Travis Brian Mohr
9. Kieran Neil Tome
10. Kerry James John
11. Thomas Frank Abrams
12. Jed James Nickerson
13. Travis Redeye
14. Rudi Patrick George
15. David Bova
16. Lanette Rae Jimerson
17. JW Hoag Bova-Shelton
18. Seth Edward Brown

CATTARAUGUS

1. Wade Westley Williams
2. Shawn L. Johnson
3. Eric W. Schindler
4. Jay W. Stevens
5. Jordan Emery Williams
6. Garrett Douglas Seneca
7. Kerwin J. Huff
8. Mark Donovan Stafford
9. Kevin M. Stafford
10. Michael J. Stevens
11. Evan Wayne Jones
12. John Yvon Waterman
13. Elmer Logan
14. Barton L. Nephew
15. Lavern Stevens
16. William Marcus Jones
17. Michele Elaine Keyes



New York Includes Native American Education in State Standards, Doesn't Require It In K-12 Instruction Or Provide Designated Funding

The Nation shared its resolution with the Board of Regents is hopeful that the Board will address the matter in a timely fashion

Over the past year, issues of equity and racial justice have been brought to the forefront of national debate – from the disproportionate burden borne by Native people during the coronavirus pandemic to rallies in response to long-standing harms inflicted on minority communities by the

“We are gratified by recent recognition of the institutional harms inflicted on Native people and hopeful that things are changing, but the progress has been incremental and much more needs to be done,” Pagels said. “Making much-needed changes to curricula to recognize and elevate Native history and culture will set the stage for improved relations between Native and non-Native individuals in New York for years to come.”

A horizontal row of eight black and white illustrations of animals. From left to right: a bear standing and facing forward; a squirrel sitting and facing right; a fox leaping towards the left; a turtle facing right; a bird with long legs and a long beak, possibly a heron, facing left; a deer standing and facing left; a stork standing and facing left; and an eagle with its wings spread, facing left.

Seneca Nation Official Newsletter Commemoration Edition

The Seneca Nation Official Newsletter would like to honor enrolled members we have lost in 2020 in a commemorative edition.

Due to Covid-19, social distance and travel restrictions in place, many community members did not get to attend services or pay respects to loved ones, family members and dear friends.

If you would like to honor your loved in the newsletter and want to provide information, please email sninews@sni.org. Submissions or



information can be in the form of an obituary, a photo, a quote, or short story.

Please provide their name, DOB, clan and any other information you would like.

The deadline for submissions is February 26, 2021.

Please call 716-945-1790 ext. 3029 (Stephanie), ext. 5495 (Megan), or ext. 3030 (Tami) for assistance.

SENECA GAMING CORPORATION STAKEHOLDERS MEETING

APRIL 24, 2021 • 10 AM

Enrolled Seneca Nation members are invited to join the SGC Board of Directors and members of the Corporation's management team to discuss updates of the gaming facilities and ongoing financial health and well-being of the Corporation.

JOIN US VIRTUALLY! RSVP REQUIRED

To participate, interested enrolled members will need access to a computer, tablet, or smartphone, as well as have a valid email address to sign up. Enrolled members must send an email to request access by **Thursday, April 22, 2021 at 10 AM** to SenecaStakeholders@SenecaCasinos.com as follows:

I would like to register to participate in the April 2021 SGC Quarterly Stakeholders' **Virtual Online GoToMeeting**.
My information is: Name: _____, Enrollment #: _____, Telephone #: _____.
Check your email for final instruction.



SENECA
RESORTS & CASINOS



Work Readiness Workshops @ TERC

Call 716-945-8120

2021

Feb 9	10:00 am - 11:00 am Customer Service
2:00 pm - 3:00 pm Customer Service	Feb 11
Feb 16	10:00 am - 11:00 am Working with difficult people
2:00 pm - 3:00 pm Working with difficult people	Feb 18
Feb 23	10:00 am - 11:00 am Conflict resolution
2:00 pm - 3:00 pm Conflict resolution	Feb 25

3674 Administration dr. Salamanca

Video chat Seneca Language Lessons via Skype (Allegany)

Submitted by Ja:no's Bowen


Novice Mid – High Level Conversational Seneca class

Fridays 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 Ja:no's Bowen @ janosjaninebowen via Skype.



ALLEGANY LANGUAGE DEPARTMENT, SENECA NATION
OGWAIWANOSDE' OGWAJENÓ - WE CHERISH OUR LANGUAGE

Make sure to check out
the **UPDATED COVID-19**
Response Hub!
<https://covid19.snigis.org>

The COVID-19 Response Hub has been updated with a new look for better viewing on mobile devices and computers. It has the latest on testing events and statistics, as well as video PSAs and other important information



Seneca Nation Coronavirus Response

President's Update

Health System

Bluestone Testing

Local Resources

Announcements

SNI Newsletter


Seneca Nation Coronavirus Response Hub

last updated December 14, 2020, 08:50 AM EST - Events

All COVID-19 Health Questions:
Please call your doctor at the clinic.

SNHS Allegany: 716-945-5894

SNHS Cattaraugus: 716-532-5582





SN Supportive Services Building
IS CLOSED TO THE PUBLIC
CALL 716-532-1028 WE WILL
COME OUT TO YOUR VEHICLE

DUE TO THE RISE IN COVID 19 CASES ON
TERRITORY WE WILL NOT BE LETTING
ANYONE INTO THE BUILDING, FOR YOUR
SAFETY AS WELL AS OURS, PLEASE CALL

DEPARTMENTS INVOLVED:
CATTARAUGUS ADVOCATES
SN FOOD DISTRIBUTION
DISABILITY SERVICES

REMINDER from
Emergency Management
Submitted by Dawn Stevens

The Seneca Nation Emergency Management Department’s mass notification messaging service called Regroup is intended to provide SN Employees and Community Members with broadcast services in the event of emergencies, closings, delays, and health/safety messages. This service allows fast and reliable communications via mobile devices, landlines & email.

If you are interested in being placed on the call list, or if your contact information has changed, please contact the Emergency Management Office to update your profile.

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

Reverse Call Back Number: 1-716-351-3013
(This number will allow those users that missed the call, to call this number and hear the last message that was sent out. Please save this number to your contacts.)

All Call Lists are confidential and will be solely used for the intended purpose.



Seneca Nation

Head Start

Head Start classrooms are completely virtual until Further Notice due to the Covid 19 virus

NOW ACCEPTING APPLICATIONS

For the 2021-2022 School Year

(January 4-June 30, 2021)

YOUR CHILD MAY BE ELIGIBLE IF:

- They are/will be four (4) years by December 1, 2021
- They will be three (3) years old by December 1, 2021
- Not eligible for Kindergarten in Fall 2021

PRIORITY ENROLLMENT TO:

- Children with disabilities
- Children in Foster Care
- Homeless or on TANF/SSI
- Below Income

*Income eligibility is based on 2020 federal poverty guidelines

THE FOLLOWING DOCUMENTS ARE NEEDED WITH APPLICATION:

Incomplete applications will not be accepted.

- Birth Certificate
- Custody Papers (if applicable)
- Tribal ID of child or parent/guardian (if applicable)
- Proof of income (1)
 - 4 consecutive pay stubs
 - W-2
 - Income tax return
 - Zero income worksheet
 - Employer letter on company letterhead
 - Public assistance award letter

Applications available at:

Cattaraugus Early Childhood (ECLC) Learning Center
2016 Henodeyesta' Drive
Irving, NY 14081 (716) 532-0505
And/or
Seneca Arts and Learning Center (SALC)
25 Center Street
Salamanca, New York (716) 945-5035

Or on the SNI.org WEBSITE

APPLICATION DEADLINE: JUNE 30, 2021

Any Questions feel free to call
716-532-0505
Tamara Piskoroski at Ext: 5323 or
Cindy Sanford at Ext: 5304



Career Readiness Workshops

Unemployed? Need a job?

Cattaraugus TERC WE CAN HELP!

***Virtual Classes Available! ***

Job Search
Job Applications
References

Tues. February 2nd @ 10-11 am
Wed. February 3rd @ 5-6pm
Thurs. February 4th @ 1-2pm

How to Build a Resume

Tues. February 9th @ 10-11am
Wed. February 10th @ 5-6pm
Thurs. February 11th @ 1-2pm

Interview Skills & What to Wear

Tues. February 16th @ 10-11am
Wed. February 17th @ 5-6pm
Thurs. February 18th @ 1-2pm

Budgeting

Tues. February 23rd @ 10-11am
Wed. February 24th @ 5-6pm
Thurs. February 25th @ 1-2pm

In an effort to maintain health and safety, masks will be required, temperature scans will be performed when entering the building, a limit of 5 students per time slot to maintain social distancing. ***Virtual classes and or telephone conference calls are available on a case by case basis- Please call for more information! ***

Sponsored by: Please call 716-532-1033 to reserve a space!

Seneca Nation Training & Employment Resource Center

Submitted by Sharon Patterson, SNVR

Start asking yourself: What do I want to be when I grow up? That's funny for many of us who are past our twenties and beyond, but it

- Do I like to work independently or as a team?
- Do I like to be sitting all day or to be active throughout the day?
- Do I like repetitive tasks or a change in routine every day?
- Do I like to be outdoors or prefer indoors?
- Would I like to dress up each day for work?
- Are you organized, does everything have to be in its place?
- Do you like to clean?
- Do you like to cook?
- Would you like to work around people or a more private setting?
- Are you good with numbers?

This year we look forward to helping you find your full potential in a career that you love. Whether it's through training, on-line classes, work experience, going into full employment, our VR team is here for you at the Training and Employment Resource Center.

The federal government contracting business is referred to as the “Seneca Nation Group”. This helps manage operations efficiently across subsidiaries and helps with marketing to the federal government. Seneca Holdings is the parent company within the Seneca Nation Group family of companies.

Nya:wëh,
-SINM

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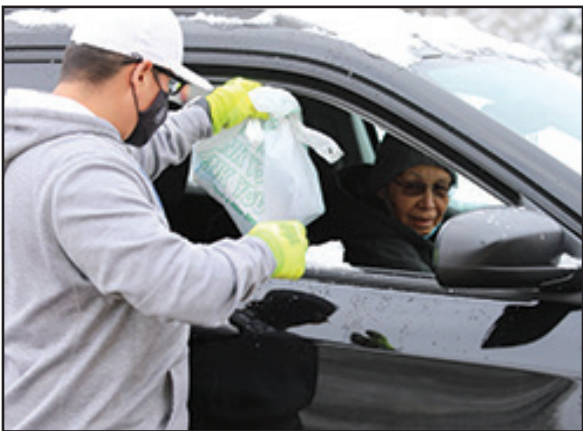
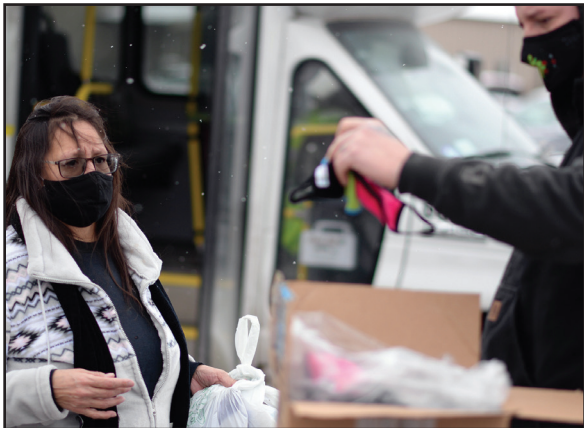
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    SN["SENECA NATION OF INDIANS"] --> SH["SENECA HOLDINGS"]
    SH -.-> SNG["SENECA NATION GROUP"]
    SH --> SHI["SENECA S. H. INVESTMENTS"]
    SH --> SS["SENECA SOLUTIONS"]
    SH --> EP["EXECUTIVE PROTECTION PARTNERS"]
    SH --> SG["SENECA GLOBAL SERVICES"]
    SH --> GHS["GREAT HILL SOLUTIONS"]
    SH --> WDF["WESTERN DOOR FEDERAL"]
    SH --> SP["SENECA STRATEGIC PARTNERS"]
  
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Seneca Nation Community Drive-Thru Distribution

Photos by Seneca Nation Newsletter & Seneca Media

On January 20th, the Seneca Nation held a community giveaway at the ACC and the CCC parking lots. Masks, hand sanitizer and disinfecting wipes were distributed to community members who drove through.



Seneca Nation Climate Change Survey

By Jessica Crouse. Edited by Jason Corwin

What is climate change? Climate has always changed over the ages of Mother Earth but during our time it's noticeably different. The way we go about our daily lives is causing this change. Not only are we experiencing a rise in global temperature but it's increasing at a faster rate than first predicted.

So, let's break it down. National Geographic states that "Climate is the pattern of the weather conditions over a long period of time for a large area." That measurement period has typically been 30 years according to the World Meteorological Organization. Climate has always gone through periods of change. There's been seven ice ages and warming trends over the past 650,000 years. In terms of weather, it's essentially what we see and experience on a daily basis like rain, snow and sun.

How does it work? When you look up in the sky all that is seen is the blue hue, stars or clouds. What you don't see is the natural atmosphere which blankets the Earth. It contains gases which trap some of the sun's heat making it warm enough for us to live on, which is a normal process. What's causing the imbalance is the amount of carbon dioxide (CO₂) gas released into the air over the past few hundred years. The excess CO₂ gas produced over time comes from human activity (cars, factories, buildings, homes) and is the leading cause of increased gas emissions. The increased amount of gas is trapping the sun's heat causing Earth's temperature to rise, which is global warming.

What are some effects? As a planet we are experiencing effects from a changing climate. In the US we see headlines about flooding, fires, drought, extreme weather, and more. Some Alaskan communities have permanently lost their homes and land due to flooding from melting glacial ice and permafrost. In addition to disruptive changes and losses, there will be species on the Earth that will benefit from warming temperatures. However not all are beneficial to human existence, like disease-carrying mosquitoes and ticks. The habitat range for sugar maple is expected to be negatively impacted in the coming years, as well as the conditions for good sap production, due to climate change.

How are we dealing with it? The Nation formed a Climate Change Task Force in October 2020 which is discussing ways to address this issue. At this point, the Task Force has 22 participants generating collective work and expertise shared by department personnel and community members. Our goal is to create a Seneca Nation Adaptation Plan that outlines strategies and approaches to address potential impacts from our changing climate. The first step is coordinating our efforts around outreach and collecting data. You can help by completing our survey that will be released shortly. We know surveys aren't always popular, but you are the key to a successful plan, so we want to hear from you! Following the survey, our next step is to begin gathering relevant local and regional data, reach out to target groups, assess what our vulnerabilities and risks might be, and plan accordingly.



The Seneca Nation is Building Food Sovereignty, One Bison at a Time

By Gabriel Pietrorazio | January 14, 2021 | Reprinted from civileats.com | Photo credit: Seneca Media & Communications



On November 8, 2020, Gakwi:yo:h Farms relocated their wild bison herd to Ohi:yo’ at the Sunfish flats in Allegany, a sprawling 300-acre plot of land where the bison may roam freely.

For Michael Snyder, it was canceling the Gakwi:yo:h Farm's annual Maple Weekend that drove home how serious the pandemic would hit the Seneca Nation.

Snyder, the director of the agriculture department for the Seneca Nation, has overseen a number of efforts to rebuild food sovereignty among the Seneca, including the development of Gakwi:yo:h Farms, the growth of a bison herd on the Nation's reservation, and the ongoing construction of a new cannery facility.

And Maple Weekend - scheduled for late March 2020 - would have been the perfect showcase. Instead, everything was going to have to be put on hold.

"A week before we were going to do Maple Weekend. I'm pulling all our maple products and our bison meat, everything that I have and setting it aside until the pandemic passed," Snyder said.

Snyder's work grew out of the Food is Our Medicine initiative, launched in 2013 by the Seneca Diabetes Foundation and funded to encourage healthy eating through gardening, canning, and education about culturally significant plants. Because no farm existed on Seneca land, the initiative helped fund the establishment

of Gakwi:yo:h Farms, whose name means "good food" in Seneca, and whose mission is to increase the Nation's food security and food sovereignty by promoting traditional agricultural practices and

engaging with the community through food.

The founding of their farm started from the ground up, an entirely Indigenous enterprise focused from the start on everything from creating to branding, marketing, and packaging its own goods. Training new growers is also an important goal for Gakwi:yo:h Farms.

"We want to provide a resource to grow - and we're not only growing produce, we're growing farmers," Snyder said.

In 2018, he and his team began planting traditional white corn, tomatoes, potatoes, and other crops across the 54-acre central farm hub in Cattaraugus. It was the start of their efforts to expand their acreage, increase the number and types of foods they produce, and find new ways to get that food to people who need it.

When the pandemic hit, the Nation shut down its casinos, closed their communities to outside visitors, and issued a stay-at-home order on their reservation in New York State. Nevertheless, it continued to prioritize food production - and despite the public health crisis - it has managed to increase the size and reach of Gakwi:yo:h Farms.

With the help of the Nation's

of opening a new cannery that will enable those who reside on the reservation to process and store produce while also finding innovative ways to distribute food to people in need.

Together, these efforts are reducing the Nation's reliance upon non-Indigenous food systems while also enhancing its own self-determination after what Snyder describes as a long period of disconnect with their land. Now, he adds, the project is shining a new light on the potential of agriculture as a source of self-sufficiency.

"I'm an activist first and a farmer second, but I think a lot of it goes hand in hand. Food sovereignty is still sovereignty," Snyder said.

Despite the forward progress, however, the Nation still faces challenges in gaining full food sovereignty, including a lack of processing capabilities and funding shortages.

The Lease of a Dairy Farm - and a New Partnership through Maple Syrup

Over the last two years, the new farm has grown parcel by parcel across the split Cattaraugus and Allegany territories that comprise the entire 21,618-acre reservation.

Just before the pandemic started, the Seneca Nation signed a 10-year lease for 25 acres from a multigenerational dairy farm located just 15-minutes away from the Cattaraugus territory in the town of Forestville. Run by the Gage Family since 1906, the farm was in the midst of shuttering its business. With the additional land, the Seneca began growing their maple syrup operation.

Maple products have deep meaning for the Seneca, one of the original Five Nations of the Haudenosaunee Confederacy.



From left: LeRoy Henhawk, Michael Snyder, and Allen Gage stand together in supporting the Seneca Nation's food sovereignty efforts at Gakwi:yo:h Farms.

Council, the farm has gained access to unused land bot on and off the reservation - and has expanded the cultivation of Indigenous crops and the raising of culturally significant animals.

On the 410 new acres that have come into the Nation's possession since March, the Seneca are now raising Red Angus cattle for meat, establishing a bison herd to be hunted seasonally, and tapping more trees for maple syrup. They are also in the process

Their creation story includes the invention of maple syrup, a sign that spring has arrived and a time to celebrate.

Before colonial days, the Seneca traded farm goods with other Nations, and maple syrup was a rare and valuable commodity. In recent years, the homemade syrup has been sold out due to high demand at the farm store; they otherwise produce only enough to sell in casino gift shops.

The lease of land between the Senecas and the Gages, which involved only the exchange of two gallons of maple syrup, came about shortly after Allen Gage, 26, joined the staff of Gakwi:yo:h Farms as a livestock handler, becoming the only non-Indigenous farmworker among Snyder's staff of 15.

Gage was motivated to give them access to his family's property out of an interest in "helping people grow, because times are kind of rough right now."

Even though the COVID-19 infection rate is low for the Seneca Nation, the pandemic has reshaped farm life. It has affected their planting and harvesting schedules while also requiring Snyder to close Gakwi:yo:h Farms to the public.

Still, some residents on the reservation opposed the deal, asking why the Seneca Nation was willing to spend their resources investing in non-Indigenous lands. But Snyder said the deal is mutually beneficial. "We've been neighbors with all these different communities for a long time, but we've never really worked together," Snyder said.

He wants to build more connections with the local community and show that "we can work peacefully."

So far, Gage estimates, the Seneca have spent thousands of dollars on improvements to the land and its infrastructure,

including new sap-collecting lines to replace a 10-to-15-year old system. Additionally, they cleared a 100-yard stretch of overgrown pasture and laid millings to construct a culvert in the driveway, allowing them to easily haul loads of syrup off-site.



Tending the new syrup lines on Allen Gage's (left) family farm.

Beyond the Gage property, the Nation also granted the farm access to 50 acres near the Seneca Niagara Resort & Casino to tap even more maple trees.

Gage also hopes the expansion of the Nation's syrup-making capacities will enable the farm to send bottles of syrup to the casinos and allow an additional portion for trading with other



Processing bison for distribution to residents on the Cattaraugus and Allegany reservations.

Nations in the future.
Raising Livestock Underscores the Need for Processing Facilities

The Gage family's farm property is just one of six recent land parcel acquisitions that have expanded Gakwi:yo:h Farms amid the pandemic, amounting to more than 400 acres of new land.

The new land acquisitions

have enabled the farm to increase their various livestock operations.

In June, Snyder started grazing 25 new Red Angus beef cows and he has also worked to establish a bison herd, purchasing the animals one by one from local vendors. The Nation started with 14 bison in 2018 and now has 51. Another recently secured land acquisition, Ohi:yo' at the Sunfish flats, a sprawling 300-acre plot of undeveloped land, will allow the wild animals to roam freely - and eventually to be hunted routinely, but Snyder said he needs to continue to "build the herd up" before they could hunt one each in both territories, every season.

Despite all these upgrades, the Nation still faces a lack of processing facilities for both meat and produce.

Early in 2020, the Nation's Western Door Steakhouses sought to purchase bison loins from Gakwi:yo:h Farms to put on their menu, but pandemic-related closures left that meat unclaimed. Additional bison died during the move to Sunfish. And because the

Seneca had no USDA-certified processing facility, they couldn't sell any of that meat.

Although Gakwi:yo:h Farms are regular customers with four or five local, non-Native butcher shops, the pandemic-fueled slaughter house backlog hit them there as well. When he called the shops in September, the soonest Snyder could secure an appointment was in March.

"There's a real need for more of these local processing plants for meat as well as other kinds of foods," said Elizabeth Hoover, a Mohawk who is of Mi'kmaq descent, an author, and an associate professor at U.C. Berkeley. For this reason, she added, there has been a growing call across Indian Country for more Indigenous-owned meat processing facilities.

With continued concerns over COVID outbreaks inside cramped meat packaging facilities, Indigenous-owned facilities are "able to keep it right within the community rather than having to ship it out," Hoover added.

The Cherokee and Muscogee Creek obtained access to CARES Act funding to build their own meat processing facilities amid the pandemic, but the Seneca continue to process meat for their own consumption on the reservation in the meantime until March, when they can work with a USDA-certified facility to process meats for commercial sale.

The lack of processing capacity is not just for livestock. In the case of white corn, which is central to Seneca culture, "you can't just eat it off the cob," Hoover said.

The Nation currently sends its white corn for preservation through a partnership with the Friends of Ganondagan and Iroquois White Corn Project in Victor, New York. Now they are in the process of developing a commercial cannery on-site at the main farm hub.



Additional Challenges - and Innovations

Because casinos have shut down and gambling revenues have dried up, the Seneca—like many other Nations—are struggling to find the capital to fund their farms and other food initiatives.

“[Casinos] have provided the funding to get some of these farms and food projects going,” Hoover said, “but when they don’t do well, how can you continue to invest in these farms, [which] provide food directly to the community?”

Hoover believes the pandemic should be a wake-up call for Indigenous communities like the Seneca. “You can’t eat money,” she added.

Despite these challenges, the farm has found innovative ways to make the most out of the difficult situation—in many cases, by simply offering fresh, free food to those who reside on the reservation.

Gakwi:yo:h Farms has hosted several food distribution events, where they gave away the 400 pounds of bison mentioned earlier, as well as over 500 pounds of pork, 70 pounds of venison, 25 walleyes, and 900 pounds of potatoes, according to Snyder.

The Seneca Nation also engineered ways to take their products on the road through both territories this summer. LeRoy Henhawk, 43, a Seneca

from the Turtle Clan, helped organize the “Renegade Mobile Market” for the farm every Tuesday and Thursday starting in July.

They lost income from missing their regular farmers’ markets, and yet “the profits were still a lot better this year,” Henhawk said. “There were good days, bad days, but definitely there’s a lot more customers than we had in the past year.”

Looking ahead, he’s hoping to purchase a new vehicle—“almost like a grocery store on wheels,” he added.

In the midst of a global pandemic, Henhawk says their farm crew has still done a great job this year. Snyder isn’t the

only one from the Seneca Nation noting that the community takes great pride in the fact that the farm is feeding the Nation during difficult times, which didn’t even exist more than two years ago.

“I don’t want people to think we’re vulnerable,” Snyder said. “We are relying on the bigger food system, no doubt, but I think it eases their minds to know that [if] push came to shove, we have all this stuff. We not only survived, but we thrived.”

Source: <https://civileats.com/2021/01/14/from-bison-to-syrup-the-seneca-nation-is-making-strides-in-food-sovereignty/>

Allegany Education Department Update
Submitted by Nancy Williams, Director of Allegany Education Dept.
Tutoring Staff & Services

The Seneca Allegany Education Department would like to welcome our three new tutors:

- Sarah Jimerson
- Kimberly McAuley
- Chad “STX” Whitcomb

Please see their bios for more information on where they will be and their contact information.

Tutoring will continue at the ACC throughout the next few months. We will extend times and days during the Mid-Winter break on February 15th-19th. Please watch for details on our Facebook page at Seneca Allegany Education Department or contact **Tracy Pacini at (716) 945-1790 ext. 3105** for more information or to receive an application.

Higher Education Office Relocation

The Allegany Higher Education Office is relocating! Effective Monday, February 15th, Gosheneh Kennedy will be located at the Seneca Arts and Learning Center (SALC) on the Language side. Please contact her at **(716) 244-0825** to make an appointment. She can still be reached at **gosheneh.kennedy@sni.org** at **(716) 945-1790 ext. 3103**.

Thanks, I hope everyone is having a wonderful New Year and #GOBILLS!



My name is Sarah Jimerson. I grew up in Ohio and graduated from college with my Associate Degree in Graphic Design. I have lived in Salamanca for 18 years with my husband Todd Jimerson. I have a stepson who just graduated with his Master’s Degree in Geology, my daughter is 12 years old and attends Seneca Intermediate and we have a miniature dachshund named Buster. As a family we

love enjoying the summer on our pontoon and at our camp. In the fall we are Ohio State and Buffalo Bills fans.

I am a new teacher/tutor for the Seneca Nation of Indians Education Department. I formerly worked at SALC as a teacher’s assistant where I earned my Child Development Associate. I consider myself a creative organized and patient person and will use these skills in my teaching and tutoring strategies. I am excited and committed to make a difference in our community.

Sarah will be working with Salamanca students primarily in the Seneca Intermediate School and assigned to Walsh and Steamburg students on a rotating basis.

You can reach Sarah at **sarah.jimerson@sni.org** or **(716) 945-1790 ext. 3176**.



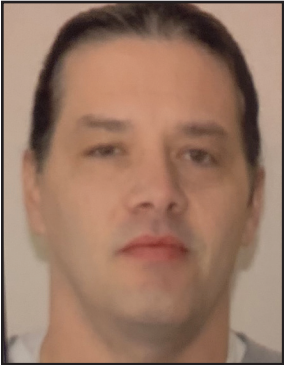
Hello! My name is Kim McAuley. I’m a teacher/tutor with The Seneca Nation Education Department. I am a graduate of Salamanca High School and raised my family here. My husband JC and I have 2 kids, Mickenzie and Hunter and 2 puppies, Maggie and Kozmo. We enjoy kayaking, family game night and trying new recipes. I am a graduate of

Jamestown Community College with degrees in applied social sciences as well as early childhood education. I will be returning in the fall for my teaching degree.

I have been working with kids for 13 years in different capacities. I was a youth counselor at The Zafron House where I helped instill homework and study skills. I worked at The Seneca Arts and Learning Center (SALC) for 8 years, where I was a lead teacher. I enjoy working with kids helping them become the best version of themselves. I look forward to continuing my work with students and their families, helping them to learn and excel in an educational and nurturing environment.



Kim will be working with our Walsh, Steamburg and Salamanca High School students. You can reach Kim at ***kimberly.mcauley@sni.org or (716) 945-1790 ext. 3193.***



Chad Whitcomb graduated from Salamanca High School, then went on to attend Jamestown Community College where he majored in Human Services earning his Associate Degree.

He has been involved with the community and working with the youth for many years. He created numerous programs geared toward health and fitness for all ages. He has also been involved in youth sports

his entire life in several different capacities including: coaching, managing, and coordinating. He has five boys that keep him busy and involved.

Chad was previously a staff member for the Seneca Nation of Indians Allegany Community Center for over seven years and has worked for the Seneca Nation for 20 years within all areas of the community, mainly with youth, promoting healthy lifestyles.

He has created multiple programs which are still in place today. One most recognizable is his Forte Apache Lacrosse Tournament; going on its 20th year. Chad loves and takes pride in his community, lacrosse, and the success of our children.

You can reach Chad in his new position working with our Prospect, Walsh, and Randolph at ***chadwhitcomb@sni.org or (716) 945-1790 ext. 3154.***



Follow Seneca Media on Instagram!

Seneca Media & Communications now has an official Instagram page.

Follow them at @seneca_nation for regular updates!



Head over to our new Instagram page: @seneca_nation and win some awesome free stuff. We will be doing these promotional giveaways over the next few months as an incentive for all of you to come check out and follow our page!

For example, our latest giveaway which included a coffee mug, reusable bag & back scratcher, looked like this:

To enter:
Follow @seneca_nation on Instagram
Like & Share this post
When done comment: #SenecaNationPromo1 on the IG post

Per Instagram rules, this promotion is in no way sponsored, administered, or associated with Instagram, Inc. By entering, entrants confirm that they are 13+ years of age, release Instagram of responsibility, and agree to Instagram's terms of us.

Easy as that! Best of luck to all participants.

Area Office of Aging Activities

There are a lot of different rules due to COVID-19 on our territories that must be followed in order for the elders to stay healthy and safe.

Our sites are closed to the public but our services still go on; such as snow plowing, emergency home repair, home delivered meals, etc... Just call (716) 532-5777 and we will point you in the right direction.

I have returned back to work to distribute activities, put craft kits together and help start and finish of some projects.

What I have ready:

1. Lap Robes for elderly. You can hand sew or use a sewing machine. I have the backing cut and ready also.
2. Quilted Christmas bulbs. The instructions are simple. No cutting and uses common pins.
3. Safety pin angels are also available for your tree or just to put in your window.
4. Banners with pony beads kits. We did these years ago and the elders who can't see well are able to do this project.
5. How many enjoyed the word search puzzles that I sent out? Would you like more or some different kinds? We also have jigsaw puzzles that can be delivered.

I need to hear from you. Call (716) 532-5777 or my cell phone (716) 801-0525.

I sent out a project for a door decorating contest and received only one response. I'll try again next year and start earlier this time.

Karen Bucktooth, AOA Activities Coordinator



Cattaraugus Onödowa'ga: Gawë:nö'

We are looking to add more photos to our walls here at the Stanley Huff Heritage Center aka the "Sully" building. If you have any photos that you would like displayed, please email them to **ashley.henhawk@sni.org**.

We are looking for community photos, field days, old softball games, etc...

Men's Lacrosse Adds Brown to Coaching Staff

Ja:goh Franky Brown!

Reprinted from gogriffs.com | Men's Lacrosse | January 19, 2021



Canisius head men's lacrosse coach Mark Miyashita announced Thursday that former Hobart standout Frank Brown has been added to his staff as an assistant coach.

In his role with the Golden Griffins, Brown will work with the program's attackman and assist with game planning and recruiting.

"I am excited to add Frank to our staff," Miyashita said. "Not only is he a decorated lacrosse player finding success at levels (collegiate, international, and professional), but he is an incredible person who is passionate about using lacrosse as a means to developing the student-athletes that we work with. His experiences in both the field and box games mesh with the concepts already being incorporated within our program. Our staff looks forward to the ideas that he is going to bring forth that will help the young men in our program thrive in all facets of their lives."

A native of Red House, N.Y., Brown starred for four seasons at Hobart

(2013-17), racking up 81 goals and 39 assists for 120 points in 57 career games played. As a senior, Brown garnered USILA All-America honorable mention and NEC Player of the Year accolades after recording a career-high 50 points (32g, 18a) during his final season with the Statesmen.

After recovering from injuries early in his career, Brown broke out for a team-high 44 points as a junior, leading Hobart to the NEC Tournament title and a berth in the NCAA Tournament. In addition to his athletic accomplishments, Brown majored in American studies and minored in history, earning

USILA Scholar All-American honors.

"It's hard to not sound cliché in these forums, but Frank is as advertised," Hobart head coach Greg Raymond said. "He has depth for days. You name it: player development, skill development, offensive systems, spacing, ground ball play, work ethic, weight room technique, and an unequivocal sense for behavioral and leadership development. We're extremely proud of Frank's earned opportunity with the Golden Griffins. We have a tremendous amount of respect for Coach Miyashita and the Canisius program, and we know Frank will do great things for them."

Professionally, Brown has played three seasons in the National Lacrosse League (NLL), recording 22 points (8g, 14a) and 78 ground balls in 29 career games played with the Buffalo Bandits, Rochester Knighthawks, Philadelphia Wings and Georgia Storm. He recently agreed to a two-year extension with the Bandits after

being acquired by the franchise via trade during the 2020 regular season.

Brown has also excelled on the field at the professional level, helping the Boston Cannons claim the 2020 Major League Lacrosse (MLL) Championship. Brown appeared in four games with the Cannons during the pandemic-shortened campaign, highlighted by a hat trick in the Cannons' 13-7 victory over the Denver Outlaws during round-robin play.

On the international stage, Brown represented the Iroquois Nationals at the 2018 FIL World Lacrosse Championship, helping the squad secure third place with a two-goal, two-assist effort in a 14-12 victory over Australia in the tournament's bronze-medal game.

"I'm excited to be a Griff," Brown said. "I am honored and grateful to be afforded this opportunity. I look forward to learning from this coaching staff and I am eager to work and compete with this group to help bring another MAAC Championship to this program."

For the latest on Canisius men's lacrosse, be sure to follow the Griffins on social media at @Griffinsmlax on Twitter and Instagram.

Source:
https://gogriffs.com/news/2021/1/19/mens-lacrosse-adds-brown-to-coaching-staff.aspx?fbclid=IwAR26Hl8supBMAYJVZBfX1nmjNYqCU28V9ZUwzQbtIb-WCu8HH4b1_DEtwoI



Photo credit: Major League Lacrosse

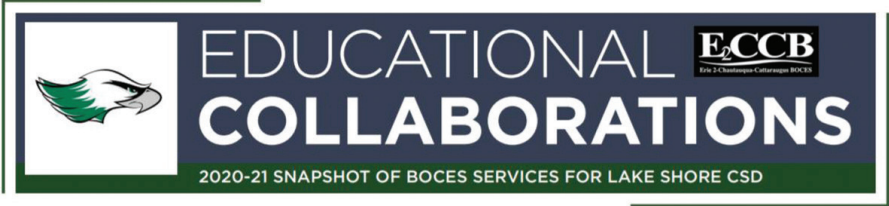
Next SNI Newsletter Deadline

The deadline for the next edition of the SNI Official Newsletter will be **Tuesday, February 02, 2021**.
Next issue to be dated Friday, February 12, 2021.



Lake Shore Senior Layla Seneca Featured on the Cover of Erie 2 CC BOCES Educational Collaborations Newsletter

The cover story features Layla Seneca, Cattaraugus Territory, a Culinary Arts student who holds bake sales to help pay for college with the goal of opening her own restaurant one day.



Lake Shore Senior Eyes Career in Culinary Field

Any good chef would tell you a delicious meal is usually the result of a good recipe and proper use of ingredients. For Layla Seneca, a dash of personal interest mixed with a cup of Career and Technical Education is beginning to look like a perfect combination.

Layla is a senior enrolled in the Culinary Arts program at the Carrier Education Center. Her baking interest began in middle school and it has risen ever since.

"I've always been interested in baking and culinary so when I told my mom about it and I gave her my plan of starting a restaurant and needing a culinary background it was kind of an easy decision. I

knew this would be a good opportunity before college," she said. "I wanted to learn all the basics so I could grow, and I definitely am. My junior year was crazy with the amount we learned and this year is more hands-on work."

Students in the program have the opportunity to become members of the SkillsUSA and ProStart teams, each of which offer students the chance to expand their skills through competitive and friendly events.

During her junior year, Layla was part of the ProStart Management Team and would have traveled to New York City to compete in the SYSRAEF ProStart Invitational if not for New York Pause. However, they did place second in the virtual competition.

Just before the New York Pause, Layla and her fellow ProStart

members were able to showcase their skills for the annual Taste of Education at Salvatore's Italian Gardens.

"I like the fact that everyone is here for the same thing, we all want to learn. Chef Jim is really great at teaching us all step-by-step. I like to come in and have fun knowing we're always doing something new that I can learn about," she said. "And Chef Jim and Chef Kaletta can tell what you like, so they'll let you focus on what you want."

After graduation, Layla plans to enroll in college for business management with plans to one day open a bar and grille-style restaurant in the Buffalo or New York City area. Lessons she's learning and achievements she's earning while in high school are preparing her to take on this venture.

"I've learned when I started baking I'd give up really easily so I've learned that you have to practice to be good at

something, even when it comes to something that people think is easy like cooking. You have to practice," she said. "It also felt good to earn National Technical Honor Society because I was one of the only people in my class to do it. I know I'm a hard worker and I know I deserved it so it was reassuring that I was working hard."

When she's not in school, Layla loves to dance and sing and hold bake sales. She is one of 38,442 students across the state developing college -and- career-ready skills in BOCES Career and Technical Education programs.



Layla and her Mom, Nikki were "caught & posted" on Instagram by Buffalo Mayor, Byron Brown.

Ja:goh Layla, in pursuing one of the many talents that you possess. Layla is also an avid **BILLS** fan. Her and her Mom, Nikki were "caught & posted" on Instagram by Buffalo Mayor, Byron Brown. She was also recognized in Lake Shore's newsletter for learning how to kayak.

Stay focused and continue to fulfill your dreams!



Congratulations to Kiana Marie Marshall

Submitted by Lisa Marshall



Congratulations on graduating early Cum Laude from Niagara University with a Bachelor of Science degree in the Computer Science and Information Technology Program. We are very proud of you and all of your accomplishments. Although you were unable to walk across the stage to receive this honor due to Covid, your success, hard work and dedication is well acknowledged and will lead you down the right path to a successful future. We look forward to you receiving your degree in March. Your drive and determination will lead you to wonderful things in the future and we look forward to you continuing your journey in Grad school. Since you were a little girl, we were always so amazed by your energy that was beyond what we could keep up with. Always on the go with many years of volunteering in the community, many honors, recognitions and awards, exploring the world and adventures of nature, you never took a minute to pause. To this day, you are the same girl on the go with so much to see, so much to do! You always make us so proud. Keep up the great work!

Lots of Love:
Mom, Dad and Jenna

Note of THANKS

Submitted by Wendy Huff

We're grateful for our relatives, friends, and neighbors - for the smiles and laughter you brought Bobbie, especially in her later years; to our Nation for thoughtful care and support - Executives' and Council's dinners, gifts, the chance to visit, the heartfelt assistance of AOA, the Clinic, SENECA FIRE, EMS and THE LEGION AUXILIARY. Hers was a life enriched by many and well lived. We sincerely appreciate your prayers, condolences, and kindness that brought comfort to us all as we grieved her loss.

The Family of Barbara 'Bobbie' Huff (1928-2020)



Happy 13th Birthday!

Submitted by Jackie Jimerson

Wishing Elizabeth a very Happy 13th Birthday, on February 6th!!!!

Love Mom and Grandma.



Congratulations to Tiffany Malin

Submitted by her parents, Mr. & Mrs. Malin of Boothwyn, PA



My husband & I would like to announce how proud we are of our daughter, Tiffany Malin, Hawk Clan, who recently completed 4 years at University of Delaware (2015-2019) and completed her Masters degree at East Stroudsburg University (2019-2020) as an Athletic Trainer.

Tiffany found a job during this pandemic at *Stretch Zone* and got as much experience in with clients as she could. We are happy to report that she just landed a full time position starting in mid January doing what she enjoys most at

Newman University - AS AN ATHLETIC TRAINER!

She is excited about the new year, new job, and doing what she went to college for!

We as her parents would like to "Thank" the **SNI Education Program** for helping Tiffany throughout the years with her scholarships. It truly was a blessing and helped out tremendously. She is so grateful to be able to attend such terrific colleges.



Danny, Terri and Tiffany Malin at Seneca Niagara Casino.

Thank you ALL so very much for everything you do for student members.

Sincerely,
Mr. & Mrs. Malin
Boothwyn, PA

OBITUARY: Laura Waterman Wittstock (9/11/37 - 1/16/21)

Submitted by Rosy Simas

Laura Waterman Wittstock entered the spirit world on the morning of January 16, 2021. She is fondly remembered by her family as a great mother and remembered by her grandchildren as “the world’s greatest grandmother.” To others, she was a friend, confidant, and mentor. Elaine Salinas, one of Laura’s best friends, said of her passing, “A light has gone out.”

Laura was an enrolled member of the Seneca Nation of Indians, Heron clan, and was born at the Cattaraugus Indian reservation in New York on September 11, 1937 to Isaac (Jack) Waterman and Clarinda (Cleo) Waterman (née Jackson), both long in the spirit world. Older brothers William, Kenneth, Arthur, and Arnold (Barney) served in various branches of the armed services during World War II. In 1945, Laura accompanied her brother William to Honolulu, where she attended school and learned much of Native Hawaiian culture. Nine years later, joined her mother Cleo, in San Francisco (her favorite city) and also reconnected with her father at Cattaraugus. At the time, Cleo was chair of the San Francisco Indian Center, and was a key figure during the 1969 Alcatraz takeover.

Laura later married Florencio Olivera Simas (deceased) and began a family, which grew to include Joe Olivera Simas III (deceased), Arthur Waterman Simas, James Olivera Simas, and daughters Tedi Marie Grey Owl (née Simas), and Rosy Marie Simas. Survivors also include second husband, Lloyd Wittstock; grandchildren Candace Big Eagle, Alice McBride, Jack McBride, Catherine Simas; great-granddaughter Vivian Big Eagle, and great-grandson Jayden Weber. Laura is survived by nephews, nieces, and cousins: Nohea “Butch” Waterman, William Waterman, Carson Waterman; Oren Lyons; Philip Waterman; Ken Waterman;

Johnny Waterman; John Waterman, Jr.; Tim Waterman; Clarinda Rae Waterman, Bart Nephew, Lenith Waterman; Sherri Waterman Hopper, Becky Waterman, Edie Waterman, and many more. Additional survivors are Karen Simas (Joe), Rhodora Simas (Arthur), Khalil (Sr.) Ross (Vivian), Deb White (Jim), and Sam Aros Mitchell (Rosy). On Sunday evening of January 17th, 2021, the day after Laura passed, her great-great-grandson Khalil, Jr, was born. Honorary children include Nirmal Bhattarai, Michael J. Dalby (deceased) and Kelly Morgan.

Before arriving in the Twin Cities with husband Lloyd in 1973, Laura had successful careers in professional copywriting for major department stores and was an editor for the Native American political journal, The Legislative Review. In the Twin Cities, she managed a media review program focused on Native perspectives for the National Indian Education Association, headed the American Indian Press Association, and took on the Red School House in St. Paul as a personal project (often picking up children in the school van as well as raising funds). She also helped found and direct MIGIZI Communications, which is still educating children to this day. In addition, Laura directed the Heart of the Earth Survival School in Minneapolis.

For over four decades, Laura served on various non-profit boards, including: Independent Television Service; Native American Public

Telecommunications; American Indian Cancer Foundation; Civic Media Minnesota; Minneapolis Foundation; Southeast Asian Refugee Community Home; Tiwahe Foundation; Greater Minneapolis Metropolitan Housing Corporation; Rainbow Research; Minnesota Council of Non-Profits; Park Nicollet Institute; Abbott Northwestern Hospital; Minnesota Planetarium Society; Minnesota Partnership for Action Against Tobacco; Rosy Simas Danse; Intermedia Arts, and American Indian Business Development Corporation.

Laura was driven to help others, by offering advice, (when asked) and serving as a friend, professional advisor and representative of Native views, (as well as her own), to the Minneapolis Library Board, to various foundation staff, to non-profit boards (where she was often nominated for executive positions because of her ability to handle divisions). In 1980, she was appointed by President Carter to the National Commission on Alcoholism and Alcohol Problems. Upon her retirement, Minneapolis Mayor R.T. Rybeck declared March 12, 2005 as the official “Laura Waterman Wittstock Day”. More recently, she volunteered her time with the Inter-Tribal Elder Services and The Wicoie Nandagikendan Early Childhood Learning center. In her spare time, she wrote various plays, articles and books including ININATIG’S Gift of Sugar: Traditional Native Sugar Making and more recently We Are Still Here, a narrative photobook (with Dick Bancroft) from the American Indian



Movement. She also spent countless hours as a consultant to many non-profit programs and federal applications within education and the arts.

Laura had the honor of being the fourth Louis W. Hill, Jr. Fellow at the Humphrey Institute, where she also participated in the North-South Fellows program. As an avid student of history, Laura was widely respected for her views, hosting First Person Radio on Fresh Air Radio for ten years until her health declined after suffering from an autoimmune health crisis. Many thanks go to the Allina Complex Care Team, as well as the caring staff at Fresenius Kidney Clinic, Abbott Northwestern Hospital and Hennepin County Medical Center.

Laura was a cool head in a crisis (her Hawaiian family inspired her calm demeanor). Conversely, she was a hot advocate for justice and fairness. She gave freely of her sharp mind and willing heart and loved sharing a good laugh, surrounded by her many close friends and family.

The family kindly asks that in lieu of flowers donations came made the Laura Waterman Wittstock Legacy Fund — to support future journalists, writers and poets. Checks can be sent to The Minneapolis Foundation, 800 IDS Center, 80 S 8TH St, Minneapolis, MN 55402 with a note: Waterman Wittstock Legacy Fund.

Moving?

Don't forget to notify the SNI Official Newsletter office with your change of address!

Call us at 716-945-1790, ext. 3030 or x3029. Email: sninews@sni.org

Agwadeyësta’ Do:gë:h (We Learn Together) Update

By Flip White

Nya:wëh sgënö swagwegoh. Our non-profit, Agwadeyësta’ Do:gë:h would like to share additional information about the Esther Martinez Initiative (EMI) grant.

Agwadeyësta’ Do:gë:h (We Learn Together) will provide organizational support for Ganöhsesge:kha He:nödeyë:stha by strategically (this is a five year project) implementing action steps and accountability measures that will result in two additional certified Montessori teachers, increased language skills of the teaching staff, on-going professional staff development, and will produce additional instructional materials to enhance the immersion experience for the student, teachers, and parents, and address the need for parent engagement.

In a nutshell, we are going to increase the language knowledge of the teachers so they can use more language in the classroom and ‘stay’ in the language for longer periods of time so the students will hear more language.

We will provide instructional resources and support for parents so they can reinforce the language their child is learning at school; in the home. We can all agree that the language has to be used and heard both at school and home.

It is a very practical plan that essentially

improves the instructional capacity of the staff at the school. But, it will take a great deal of coordination and preparation to get this done.

Our mantra is, “We can and we will.” We believe everything gets better with positivity, commitment, and that change is both possible and necessary.

If we are to get better, continual improvements will have to be made. Yes, parents have to be involved but that is easier said than done. Ask yourself how much language is currently being used in your own home? Please understand that is not a criticism of anyone or anything, we are just being real. Our Elders and speakers often say that language was learned and should be learned in the home; makes perfect sense and we couldn’t agree more. But today very few parents use and speak the language at home. Thus, the EMI grant will engage parents to improve this situation. With parental engagement the language’s chance for survival increases tenfold. It will be a challenge, but we are determined.

Our mantra is, “We can and we will.” We believe everything gets better with

positivity, commitment, and that change is both possible and necessary.

This project will adopt this perspective: language revitalization is not about what you or I don’t know with regard to our language and finding fault and blaming are a waste of time. We will act on what we believe is necessary and improve the language experience and results at the school.

We sincerely acknowledge those Elders and learners, past and present, who have put in the work and are using language in the home with their children and family. Our hat is off to all of you. We hope your example will encourage others to do the same.

Agwadeyësta’ Do:gë:h will continue posting articles in the Newsletter. It is our intention that the community gain a clear picture of what is taking place at the school.

Our next Board of Directors meeting is scheduled for February 21 at 10am in the annex on the FKS campus. Our meetings are open to the public, hope you can come by.

Nya:wëh for your time and consideration.

Peace

UB to offer Indigenous health disparities course this spring

Ja:goh Dean Seneca, CEO & Founder of Seneca Scientific Solutions+ who designed the course curriculum

By David J. Hill | January 15, 2021 | Reprinted from buffalo.edu



BUFFALO, N.Y. — As the University at Buffalo seeks to expand its commitment to Indigenous studies, a new

course being offered this spring in the School of Public Health and Health Professions aims to teach students about the health disparities Indigenous populations face.

The Indigenous health disparities course will be taught by Dean S. Seneca, who grew up in Buffalo and whose family origins are founded in Western New York with the Seneca Nation of Indians.

A nationally-recognized expert in health sciences and a global

advocate for the underserved, Seneca, who has a master’s in public health and a master’s of city and regional planning, is the CEO and founder of Seneca Scientific Solutions+. The company is based in Cattaraugus, N.Y., and aims to create healthier and safer communities through evidence-based practices.

The course is intended to support future public health leaders as they strive to become experts in promoting well-being throughout the world.

“The outbreak of COVID-19 has made it clear that health officials need to be better prepared to handle such global pandemics,” said Seneca, who designed the course curriculum and will hold an adjunct position in UB’s Department of Community Health and Health Behavior.

“Part of that preparedness is understanding that, on a global level, Indigenous people experience lower life expectancy, lower quality of life, and a higher prevalence of

Continued on page 19

many chronic and infectious diseases in comparison to other populations.”

Seneca has more than 20 years of experience in the field of infectious disease outbreaks, including anthrax, H1N1, Ebola, Zika and now COVID-19. He previously served as a senior health scientist in the Partnership Support Unit within the Office for State, Tribal, Local and Territorial Support at the U.S. Centers for Disease Control and Prevention.

“Using an evidence-based approach, I will draw on my 20-plus years of work with the CDC, and my experience in the field of infectious disease outbreaks, to provide students with an overview of the many health issues impacting Indigenous populations today and into the future,” Seneca said.

.....
“*Studying these medical inequities from their (Native) perspective ... will not only help provide insights into understanding health equity but provide critical information to improve the health and wellbeing of Indigenous people. ”*
Dean Seneca, CEO and founder - Seneca Scientific Solutions+
.....

The course will also explore the social determinants of health, intergenerational trauma, health equity, and racism and health.

Students will examine the real histories of Indigenous peoples, their cultural norms and adaptations, their traditional healing practices, and the impacts of colonization on them through the advancement of westernization, all of which are key public health issues, according to Seneca.

“Studying these medical inequities from their (Native) perspective — the social reasons why they occur and within

the context of the current health crises of the COVID-19 pandemic — will not only help provide insights into understanding health equity but provide critical information to improve the health and wellbeing of Indigenous people,” Seneca said.

“We are building the tool kits to improve the ways in which public health professionals manage such crises and ultimately save lives.”

Seneca received his bachelor’s from UB and both of his master’s degrees from the University of Hawaii at Manoa.

Adding the course to the school’s curriculum is a nod to the very land upon which UB sits, said Heather Orom, associate dean for equity, diversity and inclusion in the School of Public Health and Health Professions.

“Offering coursework on Indigenous health is a necessary addition to the UB public health curriculum. UB is built on Seneca land and this is an overdue step toward deepening our connection with our local community, as well as graduating better informed and skilled public health professionals,” Orom said.

Registration for the course is currently open.

Source:

<http://www.buffalo.edu/news/releases/2021/01/013.html>

Intuitive Eating- 10 Principals - *Intuitive Eating is a compassionate, self-care eating framework that treats all bodies with dignity and respect. This anti-diet approach can help you make peace with food and rediscover the pleasures of eating. Below are 10 principals of Intuitive Eating that are meant to be a framework, to guide you on your journey to becoming an intuitive eater.*

Courtesy of Seneca Nation Human Resources Department

With 2021 now underway, many of us have resolutions on our mind. In 2020 our lives were turned upside down, our eating and drinking habits changed accordingly and many are working to get back on track in 2021. Intuitive Eating is a compassionate, self-care eating framework that treats all bodies with dignity and respect. Learn how this anti-diet approach can help you make peace with food and rediscover the pleasures of eating.

Principal #1- Reject the Diet Mentality - This includes rejecting diet culture, and the diet mentality that fuels it. It’s important to recognize that you are not the reason why every diet has failed in the past, it’s the system of dieting that is the problem. Holding onto the belief that you just haven’t found the right diet, and there’s a new

food plan right around the corner that will finally “work”, will ultimately prevent you from being free to discover Intuitive Eating.

Principal #2- Honor Your Hunger - Keeping your body fed with adequate energy will prevent primal hunger that drives overeating. Excessive hunger causes us to be out of control around food and make impulsive decisions we would not have made if we were adequately fed. Honoring this biological signal to eat is key to rebuilding trust in yourself and in food.

Principal #3- Make Peace with Food - Give yourself unconditional permission to eat. Telling yourself that you “can’t” or “shouldn’t” have a certain food often leads to feelings of deprivation and can build into uncontrollable cravings and

binging. You may find you eat much more of the food than you ever would have if you gave yourself unconditional permission to eat it in the first place.

Principal #4- Challenge the Food Police - Give yourself unconditional permission to eat. Telling yourself that you “can’t” or “shouldn’t” have a certain food often leads to feelings of deprivation and can build into uncontrollable cravings and binging. You may find you eat much more of the food than you ever would have if you gave yourself unconditional permission to eat it in the first place.

Principal #5- Discover the Satisfaction Factor - So often when we are consumed with diet culture, we are unable to truly enjoy our food. By allowing yourself to rediscover

the pleasures of eating, you will find it easier to understand when you are properly nourished and have had enough to eat.

Principal #6- Feel Your Fullness - The first step in honoring your fullness is to trust that you will give yourself the foods that you want. Listen to your body’s signals that tell you that you are feeling full and satiated. Try pausing partway through a meal or snack and check in with your body- How does the food taste? How full are you feeling?

Principal #7- Cope with Your Emotions with Kindness – Food restriction can, both physically and mentally, trigger loss of control, which often feels like emotional eating. Although food can be a source of comfort, it’s not the most effective coping


Continued on page 20

mechanism. It’s important to find other ways to cope with emotions without always using food.

Principal #8- Respect Your Body – Body diversity naturally exists. It will be difficult to reject the diet mentality if you are overly critical and unrealistic about your body shape or size. Instead, respect your body and recognize all bodies deserve dignity.

Principal #9- Movement- Feel the Difference – Once you shift your mindset around moving your body- from what will burn the most calories, to what makes you feel energized

Dieter



Doesn't eat pizza at office party, but wants to. Goes home and overeats at dinner to try and satisfy the craving.

Intuitive Eater



Wants a slice of pizza at the office party and eats it. Goes home to have a light dinner because they are less hungry.

enjoy moving your body and you might even do it more often.

Principal #10- Honor Your Health with Gentle Nutrition – Step back and look at your eating habits over time, and consider things like how food makes your feel, and your personal health goals. Try to make food choices that honor your health but also your taste buds and make you feel satisfied. You don’t have to eat “perfectly” to be healthy. One meal, snack or day of eating will not suddenly cause a nutrient deficiency or cause you to be unhealthy. What and how you eat over time is what matters. Focus on progress and not perfection!

and manages stress- you will

notice how much more you will

NOTICES & ANNOUNCEMENTS

NOTICE TO CREDITORS

ESTATE OF RALPH E. BOWEN
Co-Administrators: Rebecca L. Bowen & Dennis Bowen, Sr.,
8133 E. Loop Rd., Salamanca, NY 14779
~ Allegany Territory - 1st Notice ~

ESTATE OF FRANCINE TWOGUNS-JIMERSON
Administrator: Staci Twoguns-Armstrong,
821 Front Ave., Salamanca, NY 14779
~ Allegany Territory - 1st Notice ~

ESTATE OF JULIE JEMISON
Administrator: Carla Jemison,
P.O. Box 145, Versailles, NY 14168
~ Cattaraugus Territory - 1st Notice ~

ESTATE OF JANET KENJOCKETY
Administrator: Shenandoah Kenjockety,
12545 Route 438, Irving, NY 14081
~ Cattaraugus Territory - 1st Notice ~

ESTATE OF CYNTHIA J. MOHR
Executor: Brian A. Mohr,
8100 Breed Run Rd., Salamanca, NY 14779
~ Allegany Territory - Final Notice ~

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

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

DRESS DOWN DAY REQUESTS

The Seneca Nation is seeking for dress down day requests.

Dress Down events are fully funded by the donations of Seneca Nation employees to help fellow employees, community members, organizations, medical, disaster, and sports teams that are in need of funding.

Further information please contact:
•Cattaraugus President’s Office:
Keri.Jackson@sni.org
•Allegany Treasurer’s Office:
Emily.Nephew@sni.org



Thank you message from Gloria Gordon:

Dear “Dress Down” Friends,

I was so happy to receive your donation, not only for the money but that so many kind-hearted souls contributed. Due to longer lasting symptoms from Sepsis and Covid-19, we had to make some accommodations to our home for safety and accessibility. Your donation will offset costs involved. Please continue to be safe and keep your families safe. The losses due to Covid-19 have been devastating to our Nation so please continue to follow CDC guidelines.

Nya:weh, Gloria Gordon

(Attention Community Members: If you are interested in helping & contributing to the Nation Dress Down Day Events as well, please refer to the flyer above.)

February 2021

AOA Nutritional Menu	AOA Daily Trips Allegany Territory	AOA Daily Trips Cattaraugus Territory	USDA Schedule
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Monday	Tuesday	Wednesday	Thursday	Friday
1 Spaghetti & meat sauce Cauliflower Green beans Chocolate pudding	2 BBQ pulled pork Hearty wheat bread Seasoned peas Oatmeal cookie	3 Turkey chili Cornbread Roasted brussel sprouts Strawberry poke cake	4 Ranch chicken Rice pilaf Roasted butternut squash Tropical fruit cocktail	5 Open face roast beef Roasted potato wedges Wax beans Carrot cake muffin
	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
8 Hot ham & cheese sliders Green beans Baby red potatoes Peach crumble	9 Fish & chips Coleslaw Chocolate cupcake	10 Macaroni & cheese Stewed tomatoes Blueberries Vanilla pudding	11 Traditional Meal 3 sisters soup Side salad Pumpkin muffin	12 Salisbury steak & gravy Seasoned brown rice Roasted cauliflower Apple crumble
	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
15 Stuffed shells Green beans Dinner roll Chocolate pudding	16 Liver & onions Parsley potatoes Dinner roll Sautéed spinach	17 Beef & vegetable soup Dinner roll Fruit & yogurt parfait	18 Birthday Party Roasted pork loin Boiled carrots Side salad Birthday cake	19 Creamy chicken pomodoro over pasta Broccoli Warm cinnamon pears w/ graham crackers
	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
22 Chicken noodle soup Dinner roll Garden salad Brownie	23 Brunch Sausage, egg & cheese casserole w/toast Berry crisp	24 Pork roast Wax beans Sweet potatoes Fruit	25 Grilled chicken Seasoned rice Parmesan baked zucchini Jello	26 Hearty minestrone soup Dinner roll Roasted delicata squash Fresh fruit
	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
<div>Happy Valentine's Day! ~ February 14, 2021 ~</div>			AOA Menu: For Allegany please call 716-945-8414 For Cattaraugus call 716-532-5777 to make a reservation or cancel a meal by 9:30am the day prior to the meal	USDA PROGRAM: Call 716-532-1028, Ext 5446 Seneca Nation Area Office for the Aging Menu: SUBJECT TO CHANGE

Understanding COVID-19 Vaccines

Stopping COVID-19 requires using all available tools, including vaccination. Vaccines work with your immune system so your body will be ready to fight the virus. Safe and effective vaccines are critical to protecting families and ending the spread of the virus.

Vaccines have been shown as safe and effective in large trials of more than 20,000 people, including Native American participants.

COVID-19 vaccination will help stop this crisis. The protective steps we've been taking, like wearing masks and social distancing, help reduce the chance of getting and spreading COVID-19, but the vaccine will help our bodies fight it. Together, the vaccine and all the protective steps provide our communities with the best protection from COVID-19.



Without vaccines, germs can make us sick.



Vaccines help our body fight germs. COVID-19 vaccines help stop people from getting sick with COVID-19.



Vaccines help our body fight germs

Vaccines are instructions we give to our bodies to create defenses against germs, including viruses. A vaccine for a specific virus allows our bodies to create antibodies to fight that virus. Once our bodies learn new instructions we remember them for many years, just in case we need to use them again. Vaccines are made in several ways, including using:

- a weakened, inactive virus
- pieces of the virus, but not the whole thing
- mRNA

mRNA vaccines deliver instructions to your cells that teach them how to make the spike protein, which is a harmless piece of the COVID-19 virus. Our bodies will then respond to the spike protein and generate antibodies against it so that we are protected when we encounter the real virus.

COVID-19 vaccines cannot cause COVID-19 disease, but they do give our immune system guidelines to build the antibodies that fight the virus.



Effective January 6, 2021. Source: CDC

For more information on COVID-19 vaccine development:
[CDC.gov/coronavirus](https://www.cdc.gov/coronavirus)

COVID-19 vaccines prevent people from getting sick with COVID-19

COVID-19 vaccines approved for use in the U.S. have been shown in large trials to be safe and effective. During the trials, people who got the COVID-19 vaccine were protected from COVID-19 disease.

Like other vaccines used in the U.S., COVID-19 vaccines may cause temporary side effects such as:

- soreness where the shot is given
- fever
- headache
- muscle and joint pain
- tiredness

Side effects are normal for any vaccine. These side effects tell us that our immune system is working to keep us safe by creating antibodies against COVID-19.

Safe and effective vaccines can bring the crisis to an end

COVID-19 vaccines are being produced in a short time, but all safety guidelines required by the Food and Drug Administration (FDA) have been followed. Vaccines are approved after all standard safety measures have been followed.

The FDA requires scientists to take very thorough steps to develop, test, and evaluate vaccines through clinical trials before they are approved. All of these steps and standard safety measures are being taken with the COVID-19 vaccines.

Unlike most vaccine trials in the past, the COVID-19 vaccine trials have benefited from lots of federal and private funding and researchers from across the world working together.

Part of the funding has been focused on making sure vaccines are ready for fast distribution to everyone as soon as they are found to work and be safe. The vaccines that were doing well in large trials were therefore being produced before the approval processes were completed.



FOR EMERGENCY SERVICES

when the health centers and associated facilities are closed:

MEDICAL EMERGENCIES

CIRHC (716) 532-5582

LRJHC (716) 945-5894

CHILD AND FAMILY

Cattaraugus Marshal's Office: 532-3040

Allegany Marshal's Office: 945-2779

SENECA STRONG

Cattaraugus: 532-8456

Allegany: 945-8413

Toll Free#: 1-844-9SENECA

BEHAVIORAL HEALTH

Erie County residents:

Crisis Services 834-3131

DV Hotline 862-4357

Cattaraugus County residents:

Crisis Services 945-3970

OGH Crisis Hotline 1-800- 339- 5209

Chautauqua County residents:

Crisis Services 1-800-724-0461

DV/Rape Hotline 1-800- 252- 8748

Catt. Community Action Hotline

1-888-945-3970

Haven House

884-6000

National Suicide Prevention Lifeline

1-800-273-TALK

FLU CLINIC INFORMATION

Every Wednesday

If you need to schedule on a different day, we can accommodate.

LRJHC

Patients can call Cindy, ext. 3280, Teri, ext. 3317 or Theresa, ext. 3327 to schedule an appointment.

CIRHC

Patients can call Marlene, ext. 5219 or Sharon, ext. 5221 to schedule an appointment.

Nya:weh

Life is
a delicate
balance



Your flu vaccine protects me. My flu vaccine protects you.
When you get your flu vaccine, you can keep yourself healthy and keep from spreading the flu. Protect the circle of life.

For more information, visit
<http://www.flu.gov>



NOTICE



Attention patients arriving to the health centers: If you have been **exposed** to someone with COVID-19 or are **displaying symptoms** and would like to be tested, please return to your vehicle and **CALL** the health center to make arrangements.

CIRHC 532-5582
LRJHC 945-5894

Nya:weh

SNHS Provider Spotlight



Stephanie Solberg is a dentist at the Cattaraugus Indian Reservation Health Center. It will be 2 years in March 2021 that she has worked at the health system.

She says “My best part of my job is getting to work with all the staff in dental to help our patients as a team.” Her job duties include everything from fillings to extractions, but her favorite thing to do is crowns.

What is the most beneficial/inspirational part of her position? She said “I love seeing how happy people are after getting their new dentures, and having a new smile they can be proud of. Or when we fix a broken down tooth with a new filling or crown, and seeing how happy people are to have everything back to normal.”

Jennifer says she grew up in Cheektowaga. We asked about her educational background. She attended the Rochester Institute of Technology and earned a bachelor's in biomedical sciences. She also attended the University at Buffalo earning a doctor of dental surgery.

We asked what she likes to do in her spare time. She said “I spend a lot of free time baking, reading, and playing with my dog Tucker.”

We asked her: Please tell something interesting or extraordinary about yourself that you would like people to know: Her reply was “Before the pandemic I went on a trip to England and Iceland and had the opportunity to hike a glacier and see the Northern Lights!”

Thank you Stephanie for sharing some of your background with us and for being a part of the health system team!

Visit our website:
www.senecahealth.org





We salute all frontliners!

Thank you for your service and sacrifice during this difficult time.

You are our heroes.



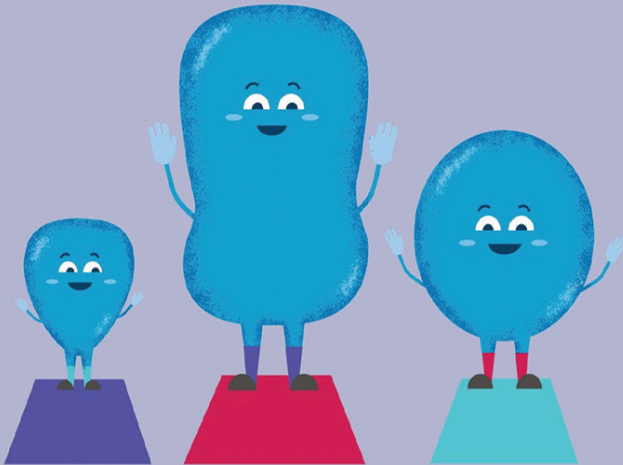
COVID-19 PARENTING: Structure up

Create a flexible but consistent **daily routine**


Children or teenagers can help plan the routine for the day – like making a school timetable. Children will follow this better if they help to make it.



Include exercise in each day – this helps with stress and kids with lots of energy at home.



Let it Snow



January 2021

word scramble

Goshé:neh TWEWRI

Ē'nyo:shä' STEMNIT

Oni:ya' Högweh WNSAMNO

Gajihgwa' NTOUBT


Okdéä' ROTCRA

Ga'wásda' ICSKT

Gahigwä:' AHT

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' Ögwawënö'*, is to promote conversational Seneca language use at the Seneca Nation.



JOB POSTINGS

ÖGWATÄHDÖ:NYO'!

(We have opportunities!)

Visit us at the following locations:

Cattaraugus Territory	Allegany Territory	Buffalo Area
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