

A message from President Matthew B. Pagels



Nya:wëh sgë:nö',

This year is off to a flying start. We are already into March. Last year the world was facing the beginning of global pandemic and this year we are slowly moving toward normalcy. With the weather improving we can all get out and about very soon.

This newsletter edition recognizes all of our members we lost last year. Although words may not fill the gap that was created by those who have journeyed on, I offer condolences and honor to their lives. We are thankful to them for the impact they have made to many.

I'm happy to announce the seven month fiscal budget was passed at the Special Council on February 25th. This year's budget was developed as strategically as possible to continue programs and services to the community as our revenue generators were affected by the coronavirus pandemic. I'd like to thank the fiscal department and Council for their considerations in prioritizing the programs.

As I have mentioned in previous PSA's the United States Court of Appeals upheld the Court rulings and Arbitration decision on our gaming compact payments to the State. The Nation was obligated to continue making revenue share payments upon the seven-year renewal back in December 2016. The Nation continues to review options to making the payments based on the decision in US Court.

Nya:wëh to all those who joined in the GoTo meeting regarding the compact arbitration court decision meeting. Your input is valuable in this and all Nation economic ventures. More information will be forthcoming. On the Broadband front in Cattaraugus, our Seneca Energy department is working with National Grid and Verizon on preparations for construction. A make-ready activity will happen this month into April, which will take approximately four months to complete. This is important to the project which will begin the construction. Keep in mind that COVID -19 has created a slow down with vendors to the project creating a push back on the completion.

Approximately one year ago this month our world was turned upside down as coronavirus took control of our lives. COVID-19 continues to be the biggest hurdle in our communities. We have learned to live within a pandemic by following social distance protocols and have kept our numbers relatively low. Unfortunately, we have lost many loved ones, leaders and friends which is why we continue to keep our guard up and take precautions such as getting vaccinated. Please continue to check the Seneca Nation COVID-19 hub at **https://covid19.snigis. org/** for the most updated information.

Finally, I want to extend a special word of congratulations to the Seneca Nation's own Summer Hemphill, daughter of Tina Kettle.

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

IN THIS ISSUE

President Pagels' Message1-2	
Treasurer's Message 2	
Clerk's Message	
Department Updates 5-11	
FEATURE-Memorial Edition12-15	
Sports16-18	



IN THIS ISSUE





Community News	18-20
Notices & Announcements	
Health	.22-23
Learn Seneca	24

PRESIDENT'S MESSAGE



This week, the UB women's basketball team is scheduled to play their final home game of the season and celebrate the careers of their senior players, including Summer.

Summer has been a major contributor to UB's success in her four years, helping the team garner national attention. Congratulations, Summer. Your Seneca family is proud of all that you have accomplished.

For now, stay safe, stay healthy and stay strong. Dahne'hoh dih ae',

Matt



Presidential Updates

Don't forget to follow & subscribe to the Seneca Media & Communications Center YouTube Channel to watch President Pagels' up-to-date virtual messages!

President Matthew B. Pagels has been addressing important Nation news, the status of all things COVID-19 related on our Territories and everything in between over the course of the last few months via short video clips that are posted to the Seneca Media & Communications Center YouTube channel and other SNI media outlets. So, if you're looking for the most upto-date Nation news, make sure to tune in!

You can also access the Presidential Updates here:

- SNI Official Newsletter website: www.sninews.org
- The Nation's main website: www.sni.org
- Seneca Media Facebook page: www.facebook.com/senecamedia
- Seneca Nation COVID-19 Response Hub covid19.snigis.org
- Seneca Nation Twitter account @theSenecaNation

FROM THE DESK OF THE TREASURER



Greetings,

Sincere, heartfelt condolences to all of those in our community who have suffered the loss of loved ones, due to the COVID-19 virus. Back in March of last year, there was no way of knowing how this would affect our community. As we established a taskforce, developed protocol and strategized – I remember thinking and feeling as though we were truly dealing with an invisible enemy. There is no such thing as replacing a loss when we lose a loved one.

Often times, it may seem as though the grief is endless. There may be five stages in the grieving process, but everyone grieves differently, and in their own time.

applying hand sanitizer as often as possible.

We all know wearing our masks and doing our best to keep ourselves safe is not easy. We're beyond tired of breathing through the masks; but our efforts to follow the protocols is what has helped us all these months. I was confident then and am confident now - if we remain vigilant, we will get on the other side of this pandemic and experience our new normal. Stay safe.

Respectfully, Rickey L. Armstrong, Sr.

2

14 day Snapshot of A	ctive COVID-19 cases
"Active cases" = COVID-19 case	identified in the past 14 days

This has been one of our greatest challenges, as a community. Our nation leaders and community membership has bravely and fiercely come together to do everything we can – to protect our community. My hope is that our community continues to heal from our losses and will continue to follow the established protocols to remain vigilant, as we steadily get back to normal on this journey. As the rate of vaccinated members in our communities increases, so does the hope that we are doing the right things by staying six feet apart from those not in our household, washing our hands frequently and





Marta Kettle, Clerk CATTARAUGUS TERRITORY



Bethany Johnson, Deputy Clerk ALLEGANY TERRITORY

Please stay Safe & Healthy As Spring 2021 approaches, we will continue to monitor the current pandemic & practice safety measures that protect the Staff and Community as a whole.

CLERK'S OFFICE UPDATE Due to concerns with the 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 walkup 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

SNI ID CARDS

All offices (Cattaraugus, Allegany, & Buffalo) are now scheduling appointments for members who need to update their picture for their Nation ID cards.

<u>William Seneca Building –</u> <u>Cattaraugus Territory – (716) 532-4900 ext. 5000</u>

Cattaraugus Clerk's Office Staff : 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

<u>Seneca Allegany Administration Building - Allegany</u> <u>Territory – (716) 945-1790 ext. 3000</u>

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

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.

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).

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

• BURIAL FUND

3

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.

Welcome and Congratulations to the newly enrolled members of the Seneca Nation.

EIGHT (8) ADDITIONS TO THE SENECA NATION ROLL – FEBRUARY 13, 2021 REGULAR SESSION OF COUNCIL

Winter May Bucktooth	-	Snipe Clan
River Rockwell Noelle Cox	-	Beaver Clan
Avery Lucas Gilbert	-	Turtle Clan
Ellery Rachel Jaraczewski	-	Bear Clan
Deyotgwa Evie Sue Kirtley	-	Heron Clan
John Patrick O'Rourke	-	Beaver Clan
La'Mya Mae Purdie	-	Bear Clan
Denverlee Solara Spruce	-	Wolf Clan

On Behalf of the Seneca Nation we send our heartfelt condolences to the families and friends that have lost their loved ones.

SIXTEEN (16) DELETIONS TO THE SENECA NATION ROLL – FEBRUARY 13, 2021 REGULAR SESSION OF COUNCIL

Sandra L. Carbone	-	Bear Clan
John H. Cunningham	-	Wolf Clan
David A. Gordon	-	Hawk Clan
James E. Hicks	-	Unknown
Darryl Milburn John	-	Hawk Clan
David Neil John	-	Beaver Clan

BANISHMENT RESOLUTION- S.M.A.D-Seneca Mothers Against Drugs 60 Day Comment period for the proposed

оо Day Comment period for the proposed resolution:

WHEREAS, the purpose of the government of the Seneca Nation of Indians is to safeguard the people so they may feel secure within our Territories. In the preamble of our Constitution, it is written, "...to provide for ourselves greater safeguards to pursuit of life, liberty and happiness, and bring ourselves, as a Nation, to as high a plane intellectually, socially, morally as possible..."

WHEREAS, a primary function of our government is to safeguard Seneca Nation Territories.

WHEREAS, the Seneca Nation and the people are experiencing substantial harm by the influx and sale of illegal substances on our Territories.

WHEREAS, our government can no longer rely upon New York State to use its enforcement authority to stop the illegal drug traffic that is rampant on our Territories and must use the power of our own government and officials to stop the drug trafficking within our boundaries.

WHEREAS, criminal enforcement authority on our Territories resides with New York State, however, the Seneca Nation can exert civil authority within our governmental jurisdiction. Civil actions can be excluding individuals whom reside on our Territories. Those that are doing harm and damage to our people can and should be excluded from our Territories. Civil actions should be brought by the Seneca Nation against individuals whom are doing harm to our people. Seneca Nation members whom are engaged in illegal drug trafficking should be excised from our Territories as well.

WHEREAS, elected officials took an oath to uphold and protect the Seneca Nation Constitution and by so doing have a duty to protect and safeguard our Territories.

WHEREAS, action is required by our leaders to safeguard the people from the damage caused by the trafficking of illegal substances on our Territories.

WHEREAS, known traffickers of illegal substances have done great damage on our Territories and, therefore, should be excluded. NOW THEREFORE BE IT RESOLVED; the Council of the Seneca Nation of Indians hereby takes action to exclude, banish, and remove individuals from Seneca Nation Territories.

BE IT FURTHER RESOLVED; that the Council will proceed with developing policies regarding any order of banishment i.e., removal of any and/or all benefits that are made available to members of the Seneca Nation.

- Linda Louise Loomis Merwin C. Maybee Dennis Alan Nephew Nancy Nye Steven Paul Schindler Diane Angeline Seekins Lance Twoguns Kenneth Watt Milburn Watt
- Michelle Ann Williams

- Deer Clan
- Wolf Clan
- · Heron Clan
- Beaver Clan
- Turtle Clan
- Turtle Clan
- Hawk Clan
- Wolf Clan
- Turtle Clan
 - Turtle Clan

We would like to say Nya:wëh for your patience and understanding during this time and please watch for updates as this may change unexpectedly. Any changes will be posted online.

Please submit comments to Millicent Proud, Treasurer's Office. 716-945-1790 ext. 5108.



Drug Task Force Notice:

The Seneca Nation Drug Task Force would like your input!

The drug epidemic on our territories has lead executives to form the Seneca Nation Drug Task Force, compromised of members from Council and the community group "S.M.A.D" (Seneca Mothers Against Drugs), to combat drug trafficking and addiction issues at hand. The task force meets regularly and takes an active role in this battle against drugs. It is a battle we cannot afford to lose. "Our fight against illegal drugs and the predators that seek to poison our communities needs to be a daily commitment." - Treasurer Rickey L. Armstrong

The Drug Task Force will publish a "Special Edition Newsletter" focusing on the drug epidemic. It will include a wide variety of topics, ideas and articles in an effort to provide educational information to our community.

If you have an idea, a topic, a story to share or information you feel would be beneficial to the Seneca Nation Drug Task Force and our community members, and would like it to be included in the "Special Edition Newsletter", please contact Millicent Proud at 945-1790 x5108 or email her at: millicent.proud@ sni.org. Help us to help our community! Deadline for submissions: 04.02.2021.

Seneca Nation Library Cattaraugus Branch

How to download the Libby app by Overdrive to read books or magazines on you device

Must have a library card from our library through the **Chautauqua-Cattaraugus Library System**

- 1.Download (install) the Libby app by Overdrive on the App Store 2. Open
- 3. Welcome notice. First question: Do you have a library card? Yes
- 4. Look up library by name or location. Tap on search for a library and enter: Chautauqua-Cattaraugus Library system will pop up.
- 5. Enter library acct details, enter card number and pin number
- 6. Sign in and your card will appear. Press next
- 7. Scroll down and find what you are looking for. Example: new books, magazines etc.
- 8. When you find an item tap on borrow then it will tell you if you can borrow
- 9. Open book and scroll left to read.
- 10. Go to manage loans to return book/magazine

Magazines, ebooks, audio books

Want to know more about the US Court of Appeals ruling on the Compact disagreement with New York State?

View the entire document at: Visit https://sni.org/media/1003588/sni-opiniondkt-82-2-22-21.pdf

	19-4022		
	Seneca Nation of Indians v. Se	tate of New York	
1	UNITED	STATES COURT OF A	APPEALS
2		R THE SECOND CIRC	
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6			
7	(Argued: October 2, 2020		Decided: February 22, 2021)
8			
9		Docket No. 19-4022	
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3	SENECA NATION OF INDIA	ANS,	
4			
5	Plain	ıtiff-Appellant,	
6			
7	v.		19-4022-cv
8			
9	STATE OF NEW YORK,		
20			
21	Defe	ndant-Appellee.	

Allegany Territory **Social Security** Representative PHONE INTERVIEWS ONLY



Ms. Valerie Couch will be available for PHONE INTERVIEWS only at this time.

Call the SN Disability's office at 716-532-4900 ext. 5152 for appt. times.

WHEN: Every 3rd Wednesday of the month. Starting March 17, 2021.

Ms. Couch will be available to answer any concerns or questions you may have with social security administration & start a new claim or appeal a claim. Her appointments will run from 9am-3pm on these days.

Any questions or to apply for a library card call Marie at the Seneca Nation Library Cattaraugus Branch 716-532-

9449.

Book Requests

Both Library Branches take requests for new book titles to be added to the collection.

Please submit your requests to: Catt.library@sni.org or Alleg.library@sni.org



5

Ms. Couch oversees the Allegany Territory (few Jamestown residents).

DATES FOR CATTARAUGUS TERRITORY COMING SOON

Public Notice SNIEDC Charter Amendments

Public Comments

The Seneca Nation of Indians Economic Development Company ("SNIEDC") is currently undergoing revisions to its Charter. Below are some highlights of the revisions to the Charter. The full Charter can be viewed at SNI Clerk's Office or digitally at:

https://sninews.org/2021/02/22/public-notice-sniedc-charter-amendments/

Public Comments in regard to the Charter Amendments should be submitted to SNI Clerk's Office. The deadline to file a Public Comment will end on March 19, 2021.

SNIEDC Charter Revisions Highlights:

- Addition of Consumer Loan Products
- Changes to SNIEDC Board Composition and Terms
- Changes to SNIEDC Board Compensation

Please file Public Comments to:

Seneca Nation of Indians Clerk's Office Attention: Marta L. Kettle 12837 Route 438 **Irving, NY 14081**





Seneca Nation **Disability Services** has moved

Seneca Nation Disability Services is now located in the Seneca Allegany Administration Building 90 Ohi:yo' Way, Salamanca, NY (Allegany Territory) 3rd

floor, Room 330.

As always call us if you need anything! 716-532-4900 ext. 5152 716-945-8163 ext. 8309



Leanna Leroy, Director Ashley Kettle, Administrative

Assistant

Don't miss the next **Newsletter Deadline:** March 16th. To be dated for March 26th.

Climate Change and Sugar Maple Trees

Submitted by The Climate Change Taskforce

Deadline: March 19, 2021

Sugar Maple	Striped Maple	Mountain Maple	Norway Maple	Red Maple	Silver Maple
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The main sectors affected by climate change can be grouped as follows: agriculture, forestry, buildings, coastal zones, ecosystems, energy, public health, telecommunications, transportation, and water resources. Taking a combination of agriculture and forestry, specifically the Sugar Maple Tree. We can look at how changes in our environment can affect this amazing tree.

The Sugar Maple Tree is important to Seneca Culture and it serves as a medicine. It also takes-in carbon dioxide, gives-off oxygen, drop its leaves to the forest floor to help our soils, provides a home to many creatures, wakens our taste buds with its sweetness, and other natural services.

as the growing season conditions of the previous year, so with the continued effects of climate change, the production of maple may adjust its optimal growth and production range northward by about 250 miles by the year 2100.

The actions we prepare for and take today can help thwart the decline or loss of this important aspect of who we are and what sustains us.

Predicting what the future carbon dioxide levels will be and their effect on our lives involves many variables, however one thing for

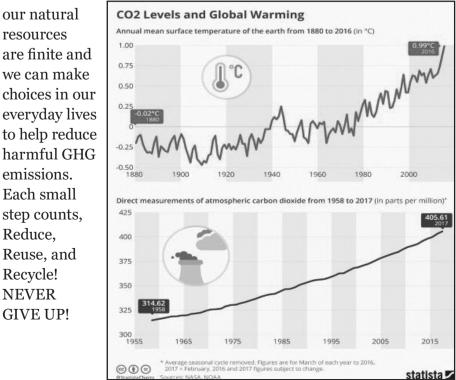
certain is that our natural resources are finite and we can make choices in our everyday lives to help reduce

Reduce.

Recycle!

NEVER

6



However, climate change has been affecting our winters by causing a gradual trend towards warmer winters with less sustained snow pack.

Snow pack serves as a blanket to the protect tree roots from freeze and thaw cycles that cause damage and hinders overall growth. In a 10-year study of sugar maple plots, the plot where the protective snow blanket was removed, the trees showed a 40 percent decline in growth within the first two years.

Furthermore, sap flow is tied to the freeze and thaw cycles as well

Seneca Nation Housing Authority (SNHA) receives US Treasury funding for "Emergency Rental Assistance" (ERA) Program

By Adrian Stevens

The ERA program makes available funding to assist households that are unable to pay rent and utilities due to the COVID-19 pandemic. The SNHA will use the funds to provide assistance to eligible households through the SNHA ERA Programs. This program does not include homeownership or mortgages.

PROGRAM INFORMATION

Eligibility

An "eligible household" is defined as a renter household in which at least one or more individuals meets the following criteria:

- Qualifies for unemployment or has experienced a reduction in household income, incurred significant costs, or experienced a financial hardship due to COVID-19;
- Demonstrates a risk of experiencing homelessness or housing instability

Has a household income at or below 80 percent of the area median. Guidelines to Income Limits as of July 30, 2020:

Person(s)	Income Limit
1	\$43,960
2	\$50,240
3	\$56,250
4	\$62,800
5	\$67,824
6	\$72,848
7	\$ 77, 8 72
8	\$82,896

Rental assistance provided to an eligible household should not be duplicative of any other federally funded rental assistance provided to such household.

Eligible households that include an individual who has been unemployed for the 90 days prior to application for assistance and households with income at or below 50 percent of the area median are to be prioritized for assistance.

Household income is determined as either the household's total income for calendar year 2020 or the household's monthly income at the time of application. Income eligibility must be re-determined every 3 months.

Available Assistance

Eligible households may receive up to 12 months of assistance, plus an additional 3 months if the grantee determines the extra months are needed to ensure housing stability and grantee funds are available. The payment of existing housing-related arrears that could result in eviction of an eligible household is prioritized. Assistance must be provided to reduce an eligible household's rental arrears before the household may receive assistance for future rent payments. Arrears will be eligible starting at the date of March 13th, 2020. Once a household's rental arrears are reduced, grantees may only commit to providing future assistance for up to three months at a time. Households may reapply for additional assistance at the end of the three-month period if needed and the overall time limit for assistance is not exceeded.

Application Process

An application for rental assistance may be submitted by an eligible head of household. Households and landlords must apply through the SNHA ERA program. In general, funds will be paid directly to landlords and utility service providers.

Applications are available at the SNHA offices starting on Monday, February 22, 2021.

Applications will be available at SNHA offices located at 50 Iroquois Drive, Irving or at 44 Seneca St Elder Complex, Salamanca. Any questions you may call 716-532-5000.

Seneca Nation Area Office for the Aging

Submitted by Shantel Burning

Expanded In-home Services for the Elderly (EISEP)

- EISEP services include non-medical in-home services such as housekeeping, personal care, respite, case management, and related services (such as emergency response systems).
- EISEP services support and supplement informal care provided by clients' families.
- Clients are required to share the cost of services, based on income. These costs are determined by a sliding scale and

EISEP clients are required to cost share according to a sliding scale reflecting their income and the cost of the services they receive.

How do I find EISEP services?

EISEP case managers help older people and their families to decide what help is needed and to arrange for those services. Services may include non-medical in-home services, case management, non-institutional respite, ancillary services, and other community services. EISEP supports and supplements the care provided by families and friends.

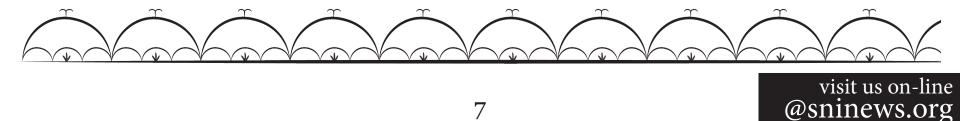
range from no-cost to full-cost.

Who is eligible?

EISEP assists older people (aged 60 and older) who need help with everyday activities to take care of themselves (such as dressing, bathing, personal care, shopping, and cooking), want to remain at home, and are not eligible for Medicaid.

The EISEP Program receives State and local funding. In addition,

For more information about the Expanded In-home Service for the Elderly Program (EISEP), contact Seneca Nation Area Office for the Aging, Allegany Case Manager, Teresa Redeye @ 945-8414 or Cattaraugus Territory Case Manager, Shantel Burning @ 532-5777.



DEPARTMENT UPDATES

Seneca Gaming & Entertainment JOB OPPORTUNITIES

<u>Irving Location:</u>

- General Manager
- Security Guards
- Customer Service Reps
- Cleaners
- Vault Cashier
- IT Generalist

<u>Salamanca Location:</u>

• Cleaners



- Slot Operations Cashier
- Customer Service Reps

If you have already applied, or have previously been a part of our team, please send us your updated resume and application.

Interested persons should submit their resume and/or application to **human.resources@senecagames.com**

Phone: IRVING (716)549-4389 SALAMANCA/OS (716)945-8276

Website: www.senecagames.net

Broadband Project NGRID and VZ "Make-Ready" Construction and Tree Clearing

The Seneca Nation's Council has authorized National Grid (NGRID) and Verizon (VZ) to complete "make-ready" construction and tree clearing throughout the Cattaraugus Territory. This construction is required to initiate the broadband, high-speed Internet project. Construction will begin in March / April 2021 and it will take a number of months to complete.

Broadband will bring high-speed Internet and digital voice services to all Cattaraugus residents. In order to accomplish this goal, we must contract with NGRID and VZ to complete the required construction. Seneca Nation's broadband network construction will begin once these two entities have completed their respective work.

You will see NGRID and Verizon trucks on territory. We ask the community to be patient with the construction on territory since this is necessary to bring high-speed internet to the entire Cattaraugus community.

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



KEEPER OF THE WESTERN DOOR

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.



PRIORITY ENROLLMENT TO:

- Children with disabilities
- Children in Foster Care
- Homeless or on TANF/SSI
- Proof of income (1)
 - 4 consecutive pay stubs
 W-2
 - vv-z
 Income tax return
 - Zero income worksheet
 Employer letter on company
- Employer letter on comp letterhead



We will provide updates throughout the project.

Nya:wëh,

Seneca Nation / Seneca Energy / Seneca Telecommunications



Below Income

*Income eligibility is based on 2020 federal poverty guidelines

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



8

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

Official Announcement from WGWE

Station slated to go off-air March 31, 2021

With a heavy heart, we announce that WGWE will be shutting down operations and going off-air March 31st. We greatly appreciate the business and personal relationships we have had with all of you in WGWE-land for over 10 years. However, due to the health pandemic, we've been forced to make a business decision and unfortunately cease broadcasting at the end of March.

Nya:wëh (thank you) to all of our listeners and advertisers.

AOA Blizzard Box Distribution

Photos by Seneca Media & Communications

The Area Office for the Aging (AOA) recently held their Blizzard Box Distribution for elders 60 years+ on both the Cattaraugus & Allegany Territories. There were 300 boxes available for each territory and each box contained shelfstable food for an emergency food supply. Keep staying safe and healthy out there!

Nya:wëh to AOA for the distribution!





Seneca Nation Radio

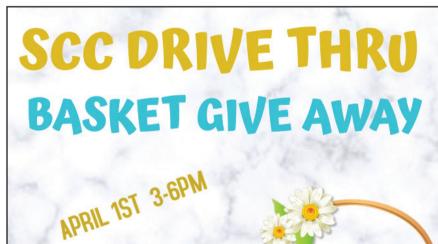






STEAMBURG COMMUNITY CENTER GOODIES BASKET GIVE-AWAY DRIVE THURSDAY APRIL 1ST 3-6 P.M.

THE RECIPTOR ATION IS DECURRED FORMER AND ANY AN ADVE ON THE ATTUE STEAMOURS



**PRE-REGISTRATION IS REQUIRED. FORMS ARE AVAILABLE ONLINE AT THE STEAMBURG COMMUNITY CENTER PAGE ON FACEBOOK, OR PRINTED COPIES ARE LOCATED OUTSIDE OF SCC REC DOORS. COMPLETED FORMS DUE BY MARCH 19th BY 6PM, THEY CAN BE EMAILED TO RACHAEL.BRYAN@SNI.ORG OR DROPPED OFF TO THE SCC REC DOORS. **

IF ANY QUESTIONS PLEASE CALL THE SCC AT 716-354-4665 NYA:WEH

FORM DEADLINE BY MARCH 19TH @ 8PM Email: Rachael.bryan@sni.org or drop off to the SCC rec Doors.

Ages: 0-13 years old

NAME(S):

AGE(S):

TRIBAL AFFILIATION: _____(documentation attached) (SENECA ENROLLED,OR 1ST & 2ND SENECA DESCENDANT)

CONTACT INFORMATION:

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DEPARTMENT UPDATES



Couches, Chairs, Washers & Dryers, *CLEANED OUT* Refrigerators, Air Conditioners, Construction & Demolition Materials, Electronics, *OFF RIM* Tires, and Household Hazardous Waste

One lucky winner will win a 2-night stay in one of our deluxe cabins

nousenoid nazardous waste not accepted after 2pm on April 17th

Elders & Disabled may call the office to schedule a pick-up. Pick-ups start April 12th and continue through April 16th



Any questions please call the Environmental office at (716) 532-2546 or (716) 945-1790 ext. 3191

To Enter: like & share this post on Instagram @highbankscampground then comment #Highbankspromo1, Highbanks will contact winner Must book and redeem offer between March 2, 2021 – May 2, 2021 Must be 21 or older to enter Promotion is not valid on holidays, non-transferable and cannot be exchanged for cash Any questions regarding the giveaway contact 716-354-2177

@HBXCampground

10

9 @HighbanksCampg1

@highbankscampground



SEND PICTURES TO: CINDY.SANFORD@SNI.ORG Call 532-0505 for any questions:) -Winners Picked on Mondays-Last Draw held April 8th, 2021

If you are willing to share your story of how you got into the union, please contact: Barbara Lynn Hill, 716-945-1790 Ext. 3921 or email Barbara.Hill@sni.org with your trade union, number of years, & contact phone number.

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11

All interviews will follow current CDC Guidelines for safety

Seneca Nation Newsletter Memorial Edition 2020

The year 2020 was an unprecedented year that affected the entire world but also hit too close to home for the Seneca Nation and our communities. Last year, we lost 101 members from various illnesses not limited to COVID-19, however with travel restrictions and social distance guidelines due to the pandemic, many were unable to attend services, memorials and vigils for deceased family members, close friends, and loved ones. Due to restrictions placed on in-person viewings, loved ones were eager to share memories, photos, and information on virtual platforms and the newsletter.

The Seneca Nation Commemoration Edition is a collection of submissions from members whom lost loved ones this past year in an effort to honor and give tribute. A notice was placed in the departments section with the option for family members to submit information in recognition of their deceased loved one. Our members are gone but never forgotten, they will be remembered as friends, loved ones, close confidantes, mentors, and live on through the next seven generations. It is our honor to remember them one last time as we are hopefully near to closing the chapter on this upsetting time in history.

Seth	Anderson	Francis	Inabinet	Marc	Mcdonald
Charla	Bach	Debra	Isaac	Marilyn	Mitchell
Helen	Beaver	Vernon	Jacobs	Christal	Mitchell
Marilyn	Bennett	Valerie	Jacobs	Cynthia	Mohr
Rickey	Bennett	Albert	Jacobs	Aletha	Moses
William	Berkmeyer	Kimberly	y Jacobs	Leslie	Murphy
KC	Bomberry	Richard	Jemison	Suzanne	Nephew
Ralph	Bowen	Cynthia	Jemison	Marta	Nephew
Wanda	Brandl	Julie	Jemison	Dennis	Nephew
Sidney	Brooks	Daniel	Jemison	Dorothy	Newman
Donald	Brooks	Francine	e Jimerson	Nancy	Nye
James	Buffalo	Austin	Jimerson	Roy	Pagels
Sandra	Carbone	Brenda	Jimerson	Patrick	Parker
June	Conklin	Vernon	Jimerson	Valerie	Pierce
Reginald	Crouse	Sharon	John	Aaron	Poodry
Stephen		Darryl	John	Robin	Post
John	Cunningham	John	Johnson	Steven	Schindler
Ruby	Dejac	Beverly	Jones	David	Schlicht
Alfred	Deoca	Janet	Kenjockety	Harold	Smith
David	Dunn	Robert	Kenjockety	Arletta	Stevens
Linda	Fisher	Norma	Kennedy	Darren	Stevens
Alice	Garcia	Diane	Kennedy	Charles	Tallchief
Dallas	Garlow	Sonya	Kennedy-Zurek	Sharyn	Taylor
Duane	Gioffreda	Barbara		Charles	Territo
Shirley	Goode		k Lascelles	Angel	Thompson
David	Gordon	Richard	Lauer	Michael	Trombley
Tyson	Halftown	Blake	Lay	Lance	Twoguns
Dougla	Hall	Leslie	Lechot	Milburn	Watt
Jesse	Hart	Linda	Loomis	Kenneth	Watt
Laurie	Henhawk	Richard	Loomis	Elizabeth	Williams
James	Hicks	Hiram	Marin	John	Williams
Jennifer		Armand	Maybee	Stacey	Williams
Melvin	Huff	Gary	Maybee	Michelle	Williams
Barbara	Huff	Merwin	Maybee		

Charla Bach Submitted by Melissa Bach

Charla Bach, 73 but young at heart, died early Monday morning, July 6, 2020 at Absolut Care of Allegany following a long illness.

Born October 18, 1946 in Salamanca, NY, she was the daughter of

the late Glen T. Jimerson and Grace Crowe. She was married to William J. Bach, who predeceased her in 1993.

She was an enrolled member of the Seneca Nation of Indians and the Deer Clan.

Charla worked for the Seneca Nation of Indians for several years, and was a pioneer in the women's movement, being elected as the first woman poormaster. She was the first Seneca Nation Bingo Manager in Steamburg, NY. In addition, she was a harness racehorse enthusiast and a member of the Michigan Harness Horseman's Association. She was also the owner and operator of CB's Bar and Club.

She was an avid bowler and played softball with the best of them. She was a faithful armchair Buffalo Bills fan and enjoyed watching the boys and her granddaughter play lacrosse. Charla enjoyed her rides through the Amish country and making new friends.

Charla was known as the "master beader" of the Allegany Territory. She taught many people her passion of beading, moccasins, and traditional dress making. Her work was seen and worn by many. She especially took great pride in beading traditional regalia for her community.

Surviving are: her beloved daughters, Melissa, Glenda, and Melinda; several grandchildren, great-grandchildren, nieces, nephews, and her dog, Isabelle.

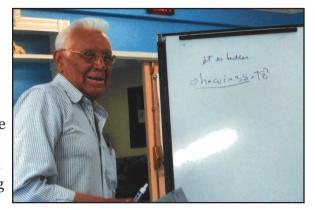
She was predeceased by her sisters, Diane and Carol Jimerson, and brother, Warren Jimerson.



Ralph Bowen

Submitted by Rebecca Bowen

I could go on about my Dad, telling you about what a great father that Jackie, Dennis and I were blessed with. Those of you who have experienced the loss of a loving parent know what we are feeling. On December 7, 2020 at the age of 98 years and one day short of four months Dad went to his true home with his Lord and Savior Jesus Christ. I can only imagine the reunion! He's eternal now, his health is restored, his joy knows no bounds, and we are assured we will be with him one day – then for eternity. The Bible says the first and greatest gift from God is love (1 Co. 13:13). For us that great gift was our Dad – always demonstrating unconditional love – no matter what we did!



To those who spent time with us during those difficult days, said a prayer, sent a card or message, called us, sent food, we are forever grateful. Let's continue to demonstrate that greatest gift - love.

James "Jimmy" Buffalo Submitted by Cathy

Redeye

In memory of our son, brother, uncle and friend, James "Jimmy" Buffalo. He was of the turtle clan and enrolled with the Seneca Nation. He was the 1st member on the Allegany Territory to succumb from the Coronavirus at the young age of 44.

Our hearts were broken into a million pieces, something we wish on no one. What keeps him alive in our hearts are of our memories with him. He had a heart of gold and would help anyone.

As a little guy, he'd find old rusted bikes, take them apart, polish every piece and put it back together, thus having a brand new bike. They always shined and carried that into adulthood, doing the same thing to his vehicles.

His mother Cathy was his number one gal. He would of gone to the ends of this earth for her, as she would for him. He was the protector of his sisters, Danette and Sonny- just ask anyone who tried dating them. As for his brother Ed, it was a bond never to be broken. His nieces and nephews were the light of his life. They loved their uncle and his many stories and laugh sessions.

It's funny how you sit and think of all the memories but can only put a few on paper. One that will stick with all of us is when we had the tax uprising and expressways were shut down. Of course Jimmy was there to do what he believed in. Little did he know that it would happen again, even for just a moment. You see, during his last drive on this earth, the traffic leading to the cemetery was backed up, momentarily stopping the flow of traffic on the expressway. It was an amazing sight. I can just hear him laughing and saying, "I did it myself Kim!"

Please take the time to hug your loved ones and show them the love you feel for them. You never know when it will be your last chance.

We miss him more each day that passes, however, knowing he is free, can see, and feel no pain or misery gives us some peace of mind.

We miss you Jimmy. "Till we meet again." 10/16/75 – 4/24/20 Mr. James "Jimmy" E. Buffalo, 44, of Old Route 17, Jimersontown, died Friday, April 24, 2020, at Olean General Hospital following a short illness.

Born October 16, 1975, in Olean, NY, he was the son of Cathy and Kim Redeye of Salamanca, NY.

Mr. Buffalo was a member of the Seneca Nation of Indians and the Turtle Clan.

He had been employed with the Seneca Nation of Indians throughout his life.

Jimmy loved being with his family, especially his nieces and nephews, and his dogs Chopper and Gaiyowah.

Surviving besides his moms are: three sisters, Danette Buffalo, Sonny Buffalo, Cassie (Larry) Ballard, all of Salamanca, NY; a brother, Edward (Carli) Buffalo, Coldspring, NY; four nieces, Lindzy and Darelyn Buffalo, both of Salamanca, NY, Graci Dee Buffalo, Coldspring, NY, Erika Ballard, Salamanca, NY; six nephews, Derek and Creedence Redeye, both of Salamanca, NY, Caiden and Moagi Buffalo both of Coldspring, NY, Daryl Buffalo, Salamanca, NY, Michael





Ballard, Salamanca, NY; aunts, Maureen Redeye, Salamanca, NY, Marlene Crouse, Coldspring, NY; uncles, Martin (Joyce) Crouse, Curtis "Otto" (Sally) Watt, both of Salamanca, NY; many cousins.

He was predeceased by his maternal grandparents, LaVerne and Corinne Dowdy Redeye and his aunt, Amy (Richard) Redeye

Alfred Montes Deoca

Submitted by Marissa Manatowbi

Alfred Montes Deoca, 85, passed on March 2, 2020 at Autumn View Health Care Facility in Hamburg, NY. He was the son of Pauline Snow and Henry Montes De Oca.

Al was a kind and generous person, always offering a helping hand to neighbors and family, no matter the distance, and never asking anything in return. He was the first in line when work was needed and the last helping finish a job. Some jokingly called him the mayor of Buffalo, as walking with him anywhere in the city was to see faces light up with a smile and wave.



for their Christmas candles, and then for two decades at the Gioia Pasta Co. Known for his work ethic, he often had to be urged to take a break. In his later years, he moved to the Autumn View nursing home, where he continued to spread his good nature, greeting everyone and always offering a helping hand. He truly embodied the word selfless and was always seeking ways to be of service to others.

Al is survived by four brothers, Richard, Henry, Clifford, and Raymond, two sisters, Maria Corwin and Rosalie Deoca, and numerous adoring nieces and nephews. He was predeceased by his parents, his sister Juanita Ortel, and his brother Fernando.



Al was a devoted employee, first for the Gurley Novelty Co., famed



13

SPORTS

Laurie L. Henhawk

Submitted By Becky Pierce

In Loving Memory of Laurie L. Henhawk July 12, 1995 - July 3, 2020

Afterglow

I'd like the memory of me to be a happy one, I'd like to leave an afterglow of smiles when life is done. I'd like to leave an echo whispering softly down the ways, of happy times and laughing times and bright sunny days.

I'd like the tears of those who grieve, to dry before the sun of the happy memories that I leave, when life is done.

Sadly missed by: Mom. sister, family and friends

Laurie L. Henhawk, 24, of Jimersontown, NY, died Friday morning, July 3, 2020 in the Town of Coldspring, NY.

Born July 12, 1995 in Niagara Falls, NY, she was the daughter of Rachel Crouse, Salamanca, NY, and Luis Henhawk, Buffalo, NY.



Hawk Clan.

of

Laurie attended Salamanca High School.

She enjoyed being around her family and friends, especially children. She also enjoyed the outdoors, swimming, and writing poems.

Surviving besides her parents are: her maternal grandfather, Ronald Crouse, Steamburg, NY; paternal grandparents, Phillip and Marie Henhawk, Buffalo, NY; a sister, Lauren Crouse, Salamanca, NY; several aunts, uncles, and cousins.

She was predeceased by her maternal grandmother, Sadie Redeye, and her aunt, Sheila Crouse.

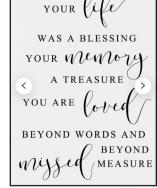
Brenda (Twoguns) Jimerson Submitted by Angela Rea



JIMERSON - Brenda (Twoguns); June 11, 2020 of the Seneca Cattaraugus Territory at the age of 66. Beloved of Douglas Jimerson. Loving mother of Angela Jimerson Rea of Salamanca, Christa, Jeremy and the late Travis W. Jimerson.

Grandmother of Brandon, Jillian, Ethan, Jayden and Gavin. Sister of Leif Twoguns, Carolyn White, Allan Jackson and the late Donna Mohawk.

Private funeral services were held at the family's convenience. Arrangements by



Vernon "Barney" Jimerson

12/29/33-9/1/20 Submitted by Arlene Bova

Vernon "Barney" Jimerson will be remembered for love he had for his family. Uncle Barney enjoyed gathering with his extended family and always pushed for get togethers, even playing Santa at Christmas.

He also felt it was important to honor and remember the Treaty of Canandaigua. He submitted annual articles and facts on the anniversary to the Seneca Nation Newsletter for members to learn our history.

James E. Hicks Submitted by Patricia Hicks

James E. Hicks transitioned from labor to reward on December 19, 2020 at the Hudson Park Rehabilitation Nursing Center in Albany, NY.

James (Jim) Edward Hicks was born in Cortland, NY on January 14, 1946 to the late Harold E. and Patricia Patterson Hicks.

His family attended Grace Episcopal and Holy Spirit Lutheran Church where he served as an Alter Boy.

Jim was educated in the City of Cortland school system. He was an avid golfer and was successful in getting his family interested in the sport. He attended Ithaca College and graduated with a degree in Music.

After graduation, he taught music in the elementary schools. His professional career included positions at Phillip Morris Inc. where he



accounting field.

Jim was a founding member, along with Pastor Dennis O'Neill, of the Living Gospel Baptist Church in Rutherford, NJ which was chartered in 1973. Jim and Pat (Patricia Estelle Lennon) were married at the Living Gospel March 7, 1981.

Jim joined the Salvation Army in Trov, NY where he played piano for 20 years. He was appointed Corps Sergeant Major and served for over 5 years. He also became and instructor for students in the Salvation Army program.

Jim was predeceased by his parents, Harold and Patricia Patterson Hicks and his daughter, Badia Hicks. He leaves to mourn his passing, his wife, Patricia Estelle Hicks, of Green Island, NY; brother Jon Hicks, of Cortland, NY; niece Nicole (Julius) Bolding of Chesapeake, VA; nephew, Bryan (Kim) of Valdosta, GA: motherin-law, Irene Lennon of Queens, NY and brother-in-law, Roger Lennon of Virginia Beach, VA.

Donations may be made to

Wentland Funeral Home North Collins, NY. Condolences may be made at www. wentlandfuneralhome.com.

formed a musical chorale for its annual Christmas program. He held various positions in the

the Salvation Army, 410 River Street, Troy, NY 12180.

Darryl M John 3-14-65. 12-17-20

Darryl was the BEST husband, father and papa. He was loved so much and is missed so much! He loved lacrosse and the Allegany Arrows. He enjoyed cooking and baking ...we miss his baked goods! He enjoyed spending time with his family, especially his grandchildren. He enjoyed the outdoors, hunting and fishing, and lacrosse, which he coached for many years as his son Dakota played. Everyone he met always had a special place in his heart. - Your loving family



Merwin "Gomer" Maybee Submitted by Bobbie Redeye

Mr. Merwin "Gomer" C. Maybee, 80, of Salamanca, NY died early Thursday morning, December 31, 2020 at Olean General Hospital.

Born December 15, 1940 in Gowanda, NY, he was the son of the late Harold Maybee and Ella R. Redeye. He was married to the former Sandra Taylor, who predeceased him in 2017.

He was an enrolled member of the Seneca Nation of Indians and the Wolf clan.

Mr. Maybee had been employed with Union Concrete for over 50 years retiring in 1998. He was a member of the International Labor Union Local 621, Olean, NY, and the Enchanted Mountain Beagle Club, Olean NY. He was also a former member of the AIRVFD.

He enjoyed the outdoors, hunting, fishing, and training his beagles. He was an avid Buffalo Bills fan.

Surviving are: a daughter, Roberta (Douglas) Redeve, Salamanca, NY; grandchildren, Jaclyn Hall, Akwesane, CA, Tewentenhawitha Lee Cooper, Wakeenniosta Rosie Cooper, both of Vancouver, British Columbia, Lacey Seneca, Irving, NY, Zoey Redeye, Salamanca, NY; three sisters, Janet Maybee, Salamanca, NY, Peggy John, Cattaraugus, NY, Tina Maybee, Little Valley, NY; five brothers, Ronald Bowen, Steamburg, NY, Michael "Billy" Maybee, Randolph, NY; Dennis Maybee, Henderson, NV, Jeffrey Maybee, Salamaca, NY, Bruce Maybee, Salamanca, NY; several nieces and nephews.

He was predeceased by a son, Steven T. Cooper, three sisters, Carol Halftown, Audrey Cooper, Maree Drennan, and a brother, Duane Maybee.



Steven "Sauce" Schindler

DOB – January 24, 1976 Clan – Turtle

We were really looking forward to the Thanksgiving and Christmas holidays when COVID struck our family and took the life of Steve Schindler. We were all devastated and left reeling in disbelief that COVID could bring down such a

big strong guy as Steve. Since the day he was born, he brought so much joy to our family. I remember so vividly his little curly ringlets and him running around in his little onesies. He was so stinking cute and had a great big personality. He never wanted to be left behind when we all went off shopping or wherever but he was a great little tagalong. He grew into a loving, caring man that always looked after his family and always made time for his Mom and Dad. His parents taught him to be responsible, kind and respectable to others. It was that foundation that made him the person we all knew and loved which also fostered his commitment to family and community. When he met Crystal and they started a family with Emma their first born and Emmett several years later, he also gained two stepdaughters, Sierra and Lea. He is and will truly be missed not only by his family and friends, but also by the community at large and, in particular, Seneca Fire to which he was so very dedicated.

Sharyn K. Taylor *Submitted by Lynsey White*

Sharyn K. Taylor, 56, of 8023 Old Route 17, Jimersontown, Town of Salamanca, passed away Thursday (July 30, 2020) at home after an extended illness.

She was born September 15, 1963 in Olean, the daughter of the late Norma J. (John) Taylor and Donald M. Taylor of

Jimersontown. Sharyn was a 1981 graduate of Salamanca High School.

She was an enrolled member of the Seneca Nation of Indians Wolf Clan and had worked prior to her illness as a Budget and Finance Director for the Seneca Nation. She enjoyed playing bingo, going to the casino, watching her grandchildren's sporting events, dancing and spending time with her dear family and friends.

She is survived by her father Donald M. Taylor, a daughter; Carli (Edward) Buffalo of Coldspring, NY, a son; Dylan (Serena Schey) Taylor of Jimersontown, a brother; Dr. Michael Spencer (Holly Thompson) of Manlius, NY, a sister; Kari Taylor of Salamanca, three grandchildren; Caiden, Moagi and Graci Dee Buffalo all of Coldspring, four nieces, Leigh and Lynsey White, Taylor Sullivan and Quinn Thompson Taylor, and a nephew, Reese Thompson Taylor, as well as many cousins.

She was preceded in death by her mother Norma John Taylor and a sister, Elaine Seymour in 1962.

Kenneth Watt Submitted by Donna Eagan

Our father Kenneth Watt entered his eternal home December 22, 2020 at age 94 in Olean General Hospital from a covid related illness.

He was a unique individual who lived in the world but was not of the world. His daily walk with God was reflected in his manner-quiet, generous, humble, and thoughtful. His prayers were sincere and will be missed by many.





One of his favorite

15

verses recently was "It is more blessed to give than receive". We will miss him but look forward to seeing him in Heaven.

-Loved and missed by his family

"Your life was a blessing, your memory a treasure, you are loved beyond words and missed beyond measure." -Unknown



visit us on-line @sninews.org

Aunties Maggie and Linda

All Grown Up: Hemphills Share Life-Long Bond **On Hardwood**

Ja:goh Summer & Justin Hemphill

By Joe Kraus, Athletic Communications Graduate Assistant | 2/25/2021 | Reprinted from daemenwildcats.com



The Hemphills - Daemen's Justin (left) and UB's Summer (right) - have made a name for themselves in the Western New York basketball scene.

There's nothing better than sharing life's journey with a sibling, no matter how much of an age gap there is.

Separated by three years, Summer and Justin Hemphill can certainly attest to that since their basketball journey began while in grade school, evolved into their scholastic careers at Cardinal O'Hara High School and now at the collegiate level in Western New York. Despite the twists and turns, watching each other graduate through each phase of their careers has been the most memorable part for the Hemphill siblings.

"I think that's the most outstanding because, honestly, if we looked back 10 years ago and we see where we are today, we would be like, 'No way, how did that happen?" said Summer, a redshirt senior guard for University at Buffalo women's basketball and a 2016 Cardinal O'Hara graduate. "I feel like our growth is the most outstanding, and just seeing how he's becoming a young man and becoming his own person, and, especially since he's the baby of the family... Regardless

of what's going on, time is flying by."

"We still got that connection," said Justin, a freshman forward for Daemen men's basketball following a four-year career at O'Hara and a one-year run at St. Thomas More Prep in Connecticut. "Whenever we're around each other, it's always good vibes. Sometimes we may argue but we understand... we can't stay mad at each other or anything like that."

Each season has its ups-anddowns but the 2020-21 season might be the most challenging, considering there was serious doubt over the summer whether college basketball, even all college athletics, would have some resemblance of a season due to the ongoing COVID-19 pandemic. Through it all, in six games as a Wildcat the Hemphills are just under head coach Mike grateful to have the MacDonald and opportunity to play, even if there are no

spectators allowed for their home contests. Staying healthy is the main priority.

"So far, for our team, we're just grateful that we haven't so far this season had any time to stop due to COVID and due (to) everything that's going on in the world right now," said Summer, who has recorded 942 points and 771 rebounds in 96 career games and was a major contributor of UB's back-to-back NCAA tournament appearances in the 2017-18 and 2018-19 seasons. "We're grateful that our team is locked into us and staying inside our bubble and making sure that if one of us is in harm's way that (it doesn't) put all of us in harm's way."

Justin had the same sentiments as his sister, already appearing

semester on campus.

"Ever since I've been here at Daemen, everybody's been trying to work together (and) just trying to make things work and give everybody the best experience and opportunity that they can during these hard times that we're in right now," said Justin, who made his first Daemen start in a 103-69 win versus D'Youville on Feb. 15.

Describing themselves as hard-driven and competitive, Summer and Justin are the two youngest of eight children – five sisters and three brothers total - raised by Willie Hemphill Sr. and Tina Kettle. Sports are a big pastime for the family, who are diehard Buffalo Bills fans. And as far as playing sports, if you named it, Summer and Justin played it, as their mother, a former high school volleyball player herself, got them involved in many sports as soon as they were eligible.

"She never liked me sitting at home playing a (video) game a lot," said Justin, who played football, lacrosse, baseball and swam on a middle school team prior to playing basketball. "So, I – literally whenever she got the chance – she enrolled me in any sport program, or any clubs or something like that, just to keep me active."

"I showed love to pretty much all sports," said Summer, who played softball and volleyball and ran track in addition to basketball. "I try and understand and get to knowing every other sport and not just limit myself to being a basketball player with only a couple a basketball mindset because, weeks I think, honestly, almost every into his sport is kind of related in some second way, shape or form."

> While both were multi-sport athletes straight through their respective years at Cardinal

March 12, 2021

O'Hara in Tonawanda, N.Y. (Summer with volleyball and outdoor track, Justin with football), the day their parents bought a basketball hoop for their house changed their lives forever - one "swoosh" at a time. Like most kids, the Hemphills played outside with their older siblings and the rest of the kids in their Buffalo neighborhood. Once the older kids were done, Justin and Summer worked on their game. Whether in the scorching heat or in a downpour, the duo just wanted to play.

"Once they were done, we'd go out there and we'd try and like play or we'll like at least try and play with them, but we were always too small and stuff like that," said Summer. "But we'd start off with playing like '21', 'Horse,' two-on-two, three-onthree, four-on-four, things like that."

The backyard basketball days gave Summer the confidence to tryout for the junior varsity team as a seventh grader at Performing Arts in Buffalo while Justin played basketball for school teams and at AAU tournaments as he got older. After spending her first two years of high school playing for the Cavaliers, Summer then transferred to O'Hara for her junior and senior years, where she led the Lady Hawks to back-to-back Monsignor Martin Athletic Association championships and was named an All-WNY first team selection in 2016.

When it came time for Justin to decide which high school to enroll at, he admitted he was hesitant at first in following in his sister's footsteps at O'Hara during her senior year. But when he went on a school tour, he knew he had found the right place – and he didn't have to deal with any sibling comparisons, which allowed him to be himself.

PUT YOUR HEAD DOWN AND WORK.

March 2019

in

and left as the program's alltime leader in points (1,676) and rebounds (1,138). "They just let me fall into place and they let me get comfortable. And sooner or later, after Summer graduated, I started doing some of the same things (on the court) that she was doing, so that was pretty cool."

Besides learning how to play the game alongside each other, the Hemphills have become mentally tough, developing a sharp sense of stick-to-itiveness through their successes and setbacks. In the fall of 2019, Summer suffered a knee injury just weeks before the upcoming season and was sidelined for the entire season. Because she had not used her final year of eligibility, Summer was granted a redshirt season for this winter.

After 14 months of rehab, Summer returned to the hardwood of Alumni Arena on Dec. 6, 2020 against rival Canisius. In 11 minutes of action, the veteran guard scored 11 points on 4-of-6 shooting, snatched six rebounds and had two steals in the Bulls' 87-45 victory against the Golden Griffins. Unfortunately, in UB's next game at Purdue, she reinjured the same knee but soon returned to practice, hoping to return to action as the regular season winds down.

By watching his big sister deal with her injuries over the past year-and-a-half, Justin has learned what persevering is all back at 100%. That's something that I've noticed. She's not gonna let that stop her."

While the distance has grown over the years, the Hemphills are closer than ever before thanks to Facetime, Instagram and the gaming phenomenon called Fortnite. Gamers growing up with the Xbox and Playstation in their house, Fortnite became a bond for them when Justin started playing first with Summer following shortly ever. And once again, the competitive juices were flowing.

"She was always on (playing) and I was always on, so, I mean, why not play together?" said Justin. "Once the (Daemen) season picked up, I stopped playing as much but she keeps playing. So, she ended up getting better. And, I recently hopped on and I'm like, 'Man, I must have not played the game in a while!"

Heading into her final postseason run with the Bulls, Summer's biggest piece of advice for Justin and all college student-athletes is simple – don't overthink anything.

"Just understand that even if things aren't going your way, just put your head down and continue to do the work," she said. "Don't think that you deserve anything. You have to work for everything... Times might get bad and all that, but as long as you keep your head on your future goals and you speak great things into existence, you can only know what will come your way, as long as you continue to do what you need to do and not focus on who's doing what or they're doing this."

"Sometimes, it may feel like they're being mean, or they're being weird to you or sometimes they just don't want you around but - you got to understand they've already been through the stuff that we've been through and sometimes, they don't want us to make the bad decisions that they've already made," said Justin. "It's cool to be friends. And, being close with your older siblings, sometimes it may not feel like you guys already close. But, at the end of the day, they'll always love you."

The mutual love runs deep between the Hemphills. But, when asked on who would win in a one-on-one match today, they made it clear they still know how to trash talk each other.

"I'm giving him buckets, that's just that!" said Summer. "He's gonna tell you differently – I already know he is – but, I'm giving him buckets, and that's just that. I might let him score a few times here and there."

"She'll get five points at the most, and that would be me being nice there," Justin responded with a big laugh. "We used to play one-on-one a lot when we were younger, but that was when she was taller than me or I was just reaching her height. But now, it's like, she's my big sister, but I'm way bigger than her and my game has definitely grown. She's definitely a good player. I can't take that away from her. But when it comes to me and her, she's not winning!"

It's a toss-up on who would win that contest, but it can't be denied that the Hemphills will have plenty of stories from the hardwood that will last a lifetime – and shared by an irreplaceable bond.

"They didn't say, 'Summer did this, so you got to go do that," recalled Justin, who led the Hawks to the New York State Catholic Class B championship about.

"She's a fighter," he said. "She won't let one thing knock her off her path. She's had this injury that she's been dealing with and is definitely something that nobody wants to go through. But, it does happen to people and she's been taken it on the chin and she's been fighting and trying to get back on the court,

And as they both agreed, your siblings eventually become your best friends.

17

Source:

https://daemenwildcats.com/ news/2021/2/25/mens-basketballall-grown-up-hemphills-share-lifelong-bond-on-hardwood.aspx

North American Minor Lacrosse Association 2021 Season Update

Below is a letter from NAMLA President, Bryce Thompson Submitted by Sharon Ray & Jacky Snyder

(March 1, 2021)

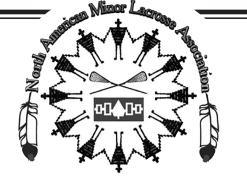
To all players, families, coaches and fans of NAMLA;

The North American Minor Lacrosse Association Board of Directors have been convening and preparing in hopes of being able to resume play for the 2021 season. Our main goal is to provide an opportunity for our youth to participate in a positive learning environment that promotes our traditional game, encourages team play and keeps our athletes active. As you all know, our 2020 season was canceled due to the health risks associated with the COVID-19 pandemic and the uncertainty of how it would affect the entire world. Our communities have lost friends and loved ones this past year and it is still posing a great risk to everyone's health and safety. We want to be able to provide a season and have our youth play the game they love, but we will only do so when it is considered safe to resume such activities.

In anticipation that approvals and regulations are relaxed, the NAMLA Board of Directors has been discussing these situations and trying to come up with the best scenario to let our youth resume play. Currently, three of our organizations do not have a venue to play out of as they are still closed to the public for safety reasons. Other organizations have not been advised as to what specific protocols will need to be met in order to use their designated venues. We anticipate hearing that there may be limits on spectators, disinfection and cleaning procedures in place, as well as the use of masks and physical distancing are all possibilities.

At this time, the NAMLA Board of Directors have determined that we will delay the beginning of the 2021 season until at least the month of April, in the hope that we will get permission to run our season

NAMLA Executive Board 2020-2021



which will extend our season to run into possibly August. We are monitoring the NYS Department of Health, and other local departments of health for any decisions that would indicate we can move forward. As it stands now, we are limited to playing teams from within our current regions, which NAMLA encompasses three regions of New York, (southern tier, Western NY, Central NY).

We are hopeful that future decisions will allow NAMLA to hold our 2021 season, and recognize that it must be done safely for all parties involved. Please continue to watch the NAMLA website or Facebook as well as your local team announcements for future details and decisions.

Sincerely,

Bryce Thompson NAMLA President

BRYCE THOMPSON PRESIDENT bthompson2@atticacsd.org CHRIS STEVENS VICE PRESIDENT stevenschris.073@gmail.com

JACKY SNYDER SECRETARY namlasecretary@gmail.com SHARON RAY TREASURER sharon.ray@sni.org

JENNELL FOXDENNIS REGISTRAR jfox32ny@yahoo.com

TRENT BRAY REFEREE IN CHIEF namlaric@gmail.com TERRY THOMPSON SERGEANT AT ARMS terrythmpsono@gmail.com

Seneca Allegany Events Center Hosts Mass Covid-19 Vaccination Site

By Rick Miller, Olean Times Herald | Feb 26, 2021 | Reprinted from oleantimesherald.com

SALAMANCA — Another 325 people received a first dose of COVID-19 vaccine Friday at the Seneca Allegany Resort and Casino Events Center. deemed cause for vaccination as soon as possible — who were initially scheduled for last week were vaccinated. Last week's clinic was canceled due to extreme weather in Texas and across the South, which hindered shipment of vaccine.

Friday's vaccinations were from the health department's waiting

The 5,000-square-foot vaccination site with three vaccine administration stations was a cooperative project between the Cattaraugus County Health Department, the Seneca Nation and the casino.

On Thursday, people in group 1B — essential workers and those with medical conditions



18

list, which at one time had grown to more than 2,000.

"We've got the ability here to expand to a bigger POD (point of distribution)," said Emergency Services Director Chris Baker. "This is a good partnership with the health department and Seneca Nation and casino."

Continued on page 19

COMMUNITY NEWS

March 12, 2021

The health department has hosted other vaccination clinics — at the Olean Campus of Jamestown Community College, at the county fairgrounds in Little Valley and at the Delevan Volunteer Fire Department's training center.

People who came in with appointments on Friday went to the registration table where they signed in and were given a card directing them to return in four weeks for the Moderna booster shot.

After receiving the vaccine from volunteer nurses, people were counseled on what to expect in terms of effects at the site of the injection. Then they were observed by medical personnel for 15 minutes before being allowed to leave.

The health department's Vaccine Call Center can be reached at (716) 701-3777.

Meanwhile, there were 25 new cases of COVID-19 reported



The Moderna COVID-19 vaccination shot was administered at the Cattaraugus County Health Department mass vaccination site held at the Seneca Allegany Resort & Casino Event Center.

on Friday by the health department — 14 women and 11 men. Sixteen residents were hospitalized with COVID-19.

The total number of county residents who have been diagnosed with COVID-19 has risen to 4,332 — 1,991 men and 2,341 women. There have been 86 deaths.

Friday's 2% daily positivity report was lower than the state average. The seven-day rolling average was 2.8% and 14-day average was 3.2%, all which continue to trend downward. The southeast corner of the county led in positive COVID-19 test results with 15. There are now 2,482 in the southeast sector, which is more than half the county total.

The southwest and northeast corners of the county each had five new cases. The Northwest had no new cases for a second straight day. There are now a total of 665 cases in the southwest, 712 in the northeast and 474

in the northwest.

Health department staff are now following 198 cases, 703 in contact quarantine and 62 in travelers quarantine.

ALLEGANY COUNTY officials reported 15 new COVID-19 cases on Friday, bringing the total to 2,943 since the pandemic began. Of the cases to date, 2,815 have recovered, with 47 active. The county's death toll stands at 81, state officials reported.

Official reported 1,772 tests were

conducted on Thursday, with 93,501 tests conducted to date. County officials reported 236 active quarantines on Friday, with 10,617 to date.

The county's seven-day average for positivity in testing for the virus was 0.3%, according to the state Department of Health's data. That is by the far the lowest percentage in months.

According to the state's COVID-19 Vaccine Tracker database, 354 county residents received their first dose of the vaccine between Thursday morning and Friday morning. To date, 3,896 county residents have received at least one vaccine dose — at 8.4% of the county's population, the lowest in the state, but an increase of 0.8 percentage points since Thursday morning.

Officials reported 2,156 residents have received the two doses necessary to be effective.

Source:

https://www.oleantimesherald. com/news/seneca-allegany-eventscenter-hosts-mass-vaccination-site/ article_cd140593-b944-56d9-9186-883fccea2c3b.html

Beloved Neighborhood Store & Deli, *Deli O's on the Lake*, devastated by fire

CLOSED UNTIL FURTHER NOTICE Info Reposted from **Deli O's on the Lake** Facebook Page | March 2, 2021

To my wonderful Deli O's friends and family, I'm saddened to send this update, however Deli O's is no longer operational due to a devastating fire yesterday afternoon. I don't even know where to begin with the amount of thank you's that need to be given to everyone that has reached out, sent well wishes, and offered help. Without you, Deli O's would never have flourished as much as we did this past year especially during this debilitating pandemic. And for that, my gratitude goes out to all of you. And finally to my wonderful daughter



Taylor and my employee Joe, I am beyond

thankful to the Creator that you both made it out safely and were not hurt. You were very brave throughout the entire day and never left my side. I love you both so much. Thank you again Deli O's friends and family and cheers to new beginnings...Brandy.

<u>Editor's Note</u>: On a positive note, the owner plans to rebuild following all the support from the community. The building had to be demolished after the blaze, which was ruled accidental.

To the Emergency Management Services and multiple Fire Companies that came out, my gratitude to you as well. You all have wonderful hearts, and are true professionals. Thank you for keeping everyone safe and for your service.



Anyone who would like to reach out or offer help, visit their website at <u>http://</u><u>www.deliosonthelake.com/</u> or email Brandy directly:

brandyo@deliosonthelake.com.

'Our Language Is Like Medicine': Tlingit Immersion School to Provide a Path to Revitalization

(C

Agwadeyësta' Do:gë:h (We Learn Together) Update By Flip White

"With little kids, you speak the language to them and they get it." Xh'unei Lance Twitchell envisions building an entirely new system in which everything is taught through the medium of Alaska Native languages. "We're going to teach all of the content that a typical school would, from a much more cultural perspective, and we're going to teach it all through the Tlingit language. The goal is to start with kindergarten in the fall of 2017 and then to build it one year at a time, because we're going to have to build curriculum, train teachers to teach this method. recruit students. I believe that this is the surest path to language revitalization."

"We're down to about 100 speakers now, but I think if you look at Hawaii, they were in a similar situation about 30 years ago and now they have 4,000 people learning the language in college, or in their preschools, or in their K through 12 schools."

Founded in 1994, the Nawahi Immersion School provides instruction for nearly 200 preschool through 12th grade students in everything from science to math. All classes are taught in Hawaiian. I**t has a**

100 percent high school graduation rate with 80 percent going on to attend college.

In Alaska, as in Hawaii, it will all start with little kids coming to a preschool where only

their mother tongue is spoken. "Really you're just practicing being in a home environment where Tlingit would be the first language. It's been 50 years since we've had kids who were raised in the language." A lot of them say things like, "You know, it's been 20 years and I've hardly spoken the language at all."

Twitchell remembers how his grandfather pushed him to learn, imparting a sense of urgency about learning that he never forgot. "He really seemed in a hurry to tell me a lot of things. I noticed that it went from us conversing to him talking and then me beginning to talk and then him just talking right over me. And I was okay with that because I felt like he had things that he needed to let me know. So he was setting me up for a life where I was going to go and be walking with our

culture and with our language, which is a tough thing to do."

In his role as an Alaska Native language instructor, Twitchell has often confronted the pain his adult students feel when

> trying to learn their mother tongue. "Sometimes there's going to be all these different triggers that emerge because our language is

slipping away from us. As we sort of emerge and we try to reclaim this identity, we're going to find so many different points of pain and shame, all this array of feelings. A lot of them are very negative. We've got to face those things."

Students often give up and quit when confronted with their own negative feelings. Instead of working through them, they simply ignore or deny the feelings and abandon their studies. "But the problem with forgetting and just not looking at it is that you just get absorbed into this assimilation machine. Our elders say, 'Our language is like medicine.' There's so much power in the language and we're trying to tap into that." By recognizing this quality of Native languages, tribal-run Native language immersion schools bring healing to young children who will pick up the language naturally, to their parents who can use the opportunity to overcome the demons of assimilation, and to the elders who will see from the fruits of the program their way of life is not lost.

(Credit and thanks for this article goes to Alaska Native Languages Assistant Professor Xh'unei Lance Twitchell and Frank Hopper)

Agwadeyësta' Do:gë:h will continue to share stories of other Nations and their language revitalization efforts. We hope you find them helpful. If there are constants in successful language initiatives they are, a long term strategic plan, a progressive curriculum, professional development, and perseverance.

Please encourage and continue to support our speakers, language activists, language departments, and new learners. Even if it's one word, one new phrase, one new learner at a time, 'We' can do this!

We appreciate your time and consideration. **Nya:wëh**.

Faithkeeper School receives donation from Michael Cannon!

Submitted by Darlene Miller & Kari Kennedy

Moving?

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

In December 2020, Seneca Global Services Company held a charity event for which Michael Cannon was a prize winner. Michael announced that his winnings will be donated to the Faithkeeper School. His support is appreciated and will help with much needed classroom materials and supplies. It has been a challenging year but with our dedicated staff, parents and students we are pressing on.

We greatly appreciate Michael's donation and would like to say Nya:wëh to Michael Cannon and the Seneca Global Services Company. Best wishes to you all!

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



NOTICE TO CREDITORS

ESTATE OF BARBARA KLIMOWICZ

Administrator: Jovanni Klimowicz, P.O. Box 107, Lawtons, NY 14091 ~ Cattaraugus Territory - 2nd Notice ~

ESTATE OF JULIE JEMISON Administrator: Carla Jemison, P.O. Box 145, Versailles, NY 14168 ~ Cattaraugus Territory - 2nd Notice ~

ESTATE OF ELVERNA GORDON Executor: Dyann Gordon, P.O. Box 41, Steamburg, NY 14783 ~ Cattaraugus Territory - 2nd Notice ~

ESTATE OF MERWIN C. MAYBEE Executor: Roberta Redeye, 102 Washington St., Salamanca, NY 14779 ~ Allegany Territory - 1st Notice ~

ESTATE OF DAVID B. DUNN Administrator: Amber L. Maines, 6279 County Rd. 1620, Grapeland, TX 75844 ~ Allegany Territory - 1st Notice ~

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ESTATE OF HAROLD SMITH Administrator: Terry L. Smith, 12444 Route 438, Irving, NY 14081 ~ Cattaraugus Territory - 1st Notice ~

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

Notice is hereby given to all creditors and contingent creditors



GANONDAGAN STATE HISTORIC SITE

Haudenosaunee Women Wednesday's

Tune into Facebook LIVE every Wednesday in March @ 12 pm to celebrate Women's History Month as we highlight Haudenosaunee women from the time of Creation to present day!

Artwork by Carson Waterman, Seneca Snipe Clan

Reminder: Missing LADIES Jacket Blue & White Woman's Winter Jacket Lost at Recent COVID Clinic

A few weeks ago at the Allegany COVID Clinic, Mae Shongo Lindstrom lost her blue & white winter jacket. If you've seen

it, picked it up or know where it is, can you please help return it to it's rightful owner?

You can reach Mae at 716-499-7785.





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.

Take any photos this winter? We want to see them!

2

21

What have you and your family been up to this winter? Put those photos together in a cool collage and you could win a fabulous prize!

Submit a collage of photos that you have taken this winter by March 22nd to: jstebbins@senecahealth.org

Our top three collages will win an awesome prize!

Winners will be posted March 26th

NATIVE CONNECTIONS Honor your journey.

RSVP

Jennifer Stebbins

716.532.5583 ext. 5433 jstebbins@senecahealth.org

Youth ages 12 - 17 and their families Please note that COVID-19 protocol is in effect. Be sure to mask up and observe the six foot social distancing rule.



SENECA NATION HEALTH SYSTEM

Child and Family Services Helping Families for the Holidays

Submitted by Child and Family Services

This past 2020 holiday season the Seneca Nation Health System Child and Family Services from Allegany and Cattaraugus territories collaborated with Seneca Nation Health System Behavioral Health Unit's Prevention Team, Seneca Gaming Corporation and the community organization "Cousin Brownie Holiday Give Back" to help provide holiday food bags and gifts for families.

Seneca Gaming Corporation Human Resource Director Roberta White coordinated with all three locations at Niagara Falls, Buffalo Creek and Seneca Allegany for a holiday give back with employees. Seneca Gaming Corporation did a similar event last year, and many SGC employees participated and generously donated much needed items for children and families.

Cousin Brownie, organized by Frankie Brown and Jillian Jimerson, along with their family and friends, wanted to sponsor a couple of families on each territory that were working with Child and Family Services. And what started as four families soon turned into several! Frankie partnered with his lacrosse team, the Buf-

SNHS Employee Spotlight

Angela Henhawk is a family counselor 1 for the Behavioral Health Unit. Her office is located at the Community Health and Wellness Center. She has worked at the health system for 1 and a half years.



We asked her what she likes best about her job and what her job duties are. She says "Being able to work in my community. My job duty is to provide mental health and substance abuse counseling."

falo Bandits and other lacrosse players, and used a social media platform to reach out to the community to donate to "Cousin Brownie Holiday Give Back". Cousin Brownie offered chances to win a variety of donated items, from lacrosse sticks, helmets and apparel when someone donated an item. Many donations were received which included toys, bedding, household items, hats and gloves, boots, cash and gift cards.

Everything donated went to families on the Cattaraugus and Allegany territories. Extra donated items such as food, coats and boots are still being given to families in need!

Thank you to everyone that helped organize and sort the hundreds of items donated to ensure the delivery of gifts was a smooth process! And a special thank you to Seneca Nation Health System Behavioral Health Prevention team for their collaboration to contribute food and snacks to the families as well as helping the Child and Family team to sort and organize the food baskets and donations! The outpouring of support from both organizations and the community was be-

attended Northeastern State University, OK and earned a bachelor's degree in human and family science along with a bachelor's degree in social work. She also attended the University of Oklahoma, OK earning a master's degree in social work.

She likes to spend time with her family in her spare time. Words she lives by, "Sometimes CHANGE is the best thing that can happen. It forces you to grow."

yond amazing! Child and Family was able to service over 100 families! Thank you to everyone in the community who donated to either cause! It is truly amazing to see the generosity of others, both inside and outside our community help others!

Nya:weh,

Seneca Nation Health System Child and **Family Services**

Tammie DeYoe - Director

Cattaraugus Team; Irene Wheeler Jen Evanock **Krisie** Cooper Katryn Tarbell **Cindy Redeve** Savannah Thomas

Allegany Team; Casey Allen Lori Koniak **Taylor Lichy** Hope Wienk MacKenzie Sweich Marissa Covell





What is the most beneficial/inspirational part of her position? She says "Knowing that I can help someone through a difficult time in their life."

Angela grew up in Indian Hill. She

We asked her: Please tell something interesting or extraordinary about yourself that you would like people to know. Her reply was "I am the only girl, I have all brothers."

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

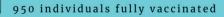
SENECA NATION COVID-19 VACCINE



2,000 prime doses received



1,740 prime doses administered





March is National Nutrition Month - Personalize Your Plate

Submitted by Robin Crouse, Health Educator, LRJHC

There is no one-size-fits-all approach to nutrition and health. We are all unique with different bodies, goals, backgrounds and tastes!

For example, hormonal imbalances, health conditions like hypothyroidism, metabolic adaptations, the use of certain medicines, and genetics are just some of the factors that make weight loss harder for some people, even when on a strict diet and watching what they are eating.

The important thing to do is choose foods for their nutrient value. Pick foods that are going to benefit your health by boosting your immune system, lowering your cholesterol/ blood pressure and by making, you feel overall healthy.

Try to start your day off with a healthy breakfast. I know there are some people who skip breakfast because they just are not "morning" eaters. Therefore, when you do have your first meal of the day make sure it includes a lean protein, whole grains, fruits and vegetables. There is no rule that the first meal should be a breakfast food either. Choose what you like as long as it is nutritious and healthy!

Foods with high water and high fiber content are best. Vegetables, fruits, whole grains, lean meats, beans, peas and lentils are good examples of these. Make some healthy soups!

Change how much you eat. Watch your portions. Eat more of the low calorie, "fill you up" foods and take smaller portions of the high-calorie foods. Do not deprive yourself of your favorite foods but take smaller portions and use the lower calorie foods as fillers! Using measuring cup and spoons will help you to keep track of ex-

fridge or fruit on your table that you can just grab. Mixing a fruit with a protein like a cheese stick can satisfy hunger quickly.

If you need ideas of healthier, foods or snacks contact the nutritionist at either health center. LRJHC - Jody LaMarca,

945-5894, ext. 3242 or CIRHC – Barb Nephew - 532-5582, ext. 5293.

*Source: Academy of Nutrition and Dietetics



Staying Safe and Mentally Well During COVID-19

A healthy mind is just as important as a healthy body. Find ways to relieve stress, and help others find ways to cope too.



Focus on staving healthy to stay well

actly how much you are eating.

Read food labels and see what is a portion of what you are going to eat is. Many foods come with more servings per container. Read labels and measure!

Have healthy snacks that you like on hand if you need a snack in between meals. Try to keep cut up veggies in the Keep a regular sle schedule. Sleep 7 to 9 hours a hight to stay strong to fight sickness.

- Drink plenty of water.
- · Eat healthy, well-balanced meals, including plenty of fruits and vegetables.
- · Exercise. Walk, stretch, anything to get your body moving.
- Reduce or avoid alcohol and drug use.
- · Maintain other health conditions. Keep up with medications and regular virtual visits with providers.

23

- Wear a mask.
- Stay 6 feet away from others.



- Avoid large gatherings. This may include family too.
- · Wash hands often with soap and water for at least 20 seconds or use hand sanitizer.
- Clean and disinfect surfaces and items that are touched often.
- Call a health care provider if you or a family member experience symptoms of COVID-19.



visit us <u>on-line</u> @sninews.org



			'ga:' Gawë:nö' nciation 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	<u>y</u> yes	d <u>d</u> og
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The purpose of the Allegany Language Department, **Ögwaiwanösde' Ögwawënö'**, is to promote conversational Seneca language use at the Seneca Nation.

Appreciation and LOVE from The Williams Family

Submitted by Jonathan Williams

During the month of November 2020, myself Jonathan D. Williams and most of my family tested positive for covid-19. As we all went into quarantine ma and my older brother Alex Williams developed trouble breathing to the extent where we ended up in the hospital for more advanced medical treatment. We both stated in the hospital until late December where we were fortune enough to return enough to return home to our family.



for putting together a benefit for our family on January 23, 2021. There was a 50/50, winner Tim Cooper, Water Drum raffle, winner Ezra Nephew. A soup and fry bread and bake sale. Thank you so much for all your support!

Myself and the rest of my family would like to give thanks to our community, family and friends. Thank you for the constant prayers sent and positive throughout this whole situation.

We would like to thank the Nearly New Boutique team Darlene Miller, Gramma K, Flip White, Mike Schindler, Emily Cooper, Kathy John, Gaweniosta Martin and my sister Samantha Williams We also want to thank the Seneca Nation departments for the Dress Down Day held February 12, 2021. Our family expresses our deepest condolences for those who lost loved one to this terrible virus, our hearts go to the families that are in mourning and truly sorry for your loss. As we continue to battle adversity through this time, we hope you all stay healthy and stay safe as we are all in this TOGETHER! We appreciate everyone from the bottom of our hearts, Thank you.

Love: The Williams Family