The Official Mewsletter of the

SENECA NATION



January 28, 2022 - visit us at www.sninews.org





CA message from President Matthew B. Pagels



Nya:wëh sgë:nö',

We're off to a quick start for 2022. A whole month into winter and we finally had some snow. I hope everyone stayed safe during this brief winter storm and remembered their winter driving skills.

The COVID monthly report shows a slight decrease in positive cases within our Communities. Allegany had 124 cases and Cattaraugus had 294 cases through all testing locations. Reminder these cases account for surrounding communities as well. COVID testing will continue 7 days a

week on both Territories, 3-7pm at the ACC for the general public and 9am – 1pm at the Allegany Fire Station for enrolled members. Photo ID is required at this site and testing includes PCR and Bluestone testing. For Bluestone tests the participant should not eat or drink one hour prior to testing. In Cattaraugus, CTS testing will continue at Seneca Fire 2 behind the Gil Lay Arena from 1pm-7pm every day. This is open to the public and Territory residents and includes the rapid and PCR testing. For more information on testing contact Emergency Management Director Mike Gates at 716-244-0820.

Testing continues to be an important way to combat the spread of the COVID virus. The Federal Government is providing free test kits to homes available at COVIDtests. gov. This program allows for 4 test kits per home.

Vaccination and booster appointments are available for anyone 5 yrs and older at both Health centers. Please contact Teri Cowles at 716-945-5894 and Kimberly Bradley at 716-532-5582 for appointments. Detention and prevention are most important to curb the spread of the virus and to keeping our communities safe. Let's all do our part to stop the spread.

I'd like to recognize some talented Senecas for their outstanding accomplishments. Nick Lone was nominated for Best Rap/ Hip Hop Recording in the 2022 Native American Music Awards as nominations were announced this week. Nick was nominated for his recording "Rez Life." Voting will be open to the general public, so please visit NativeAmericanMusicAwards. com for details and information on how you can support Nick and help him bring home his second NAMA award.

Also, nine representatives from the Seneca Nation were chosen for the 26-man roster for the Iroquois Nationals' Under 21 team that will compete at the World Lacrosse Championships in Ireland this August. Congratulations to: Efrain Barreto, Jr., Jarmani Benton, Julian Freeman, Daylin John-Hill, Clay Scanlan, Keelan Seneca, Dylan Snow, Xavier Taylor, and Amos Whitcomb. We look forward to watching you play the Creator's Game against the rest of world's best this summer.

Stay safe, stay strong, Dah neh hoh dih ae'

Matthew B. Pagels

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.

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COVID-19 Community Testing

BRING WITH YOU

- Smart phone or hard-copy of confirmation email from Grapefruit
- Photo
- Insurance cards (if you have insurance)

IF YOU CAN, PRE-REGISTER

CTS uses the Grapefruit Health online portal for registration. You can pre-register prior to your test by using the QR code below. Your email confirmation is proof of registration you will provide at the testing site.

TEST RESULTS

- Rapid (antigen test) results will be available first, PCR test results are sent out and will be received days after sample collection.
- If the individual being tested is symptomatic and tests negative thru a rapid test, they should self-quarantine until they receive PCR results.
- Rapid tests are not as accurate for asymptomatic individuals or screening for exposure. Testing again, at a later date, may be indicated depending on the last date of exposure- discuss whether further testing is indicated with your primary healthcare team.
- · Contact your primary healthcare team with additional questions.

IF YOU HAVE POSITIVE RAPID OR PCR RESULTS

- If the rapid or PCR test result is positive, individuals should isolate and contact your healthcare provider as additional testing may be necessary
- contact your healthcare provider as additional testing may be necessary.

 Contact your primary healthcare team with additional questions.



Cattaraugus Territory: Seneca Fire Station 2 / Route 5 Daily 1-7 PM

LOCATIONS

If you have a smart phone, use your camera app to scan the QR code to register with Grapefruit





Allegany Territory: ACC / 3677 Admin Drive Daily 3-7 PM



FROM THE DESK OF THE TREASURER



Greetings,

Well, winter got off to a slow start, but showed up to keep us on our toes! Grateful to know I can still shovel, if I have to.

One good thing - at least the mosquitoes weren't bothering me. Please be safe out there driving in the snow and remember to keep your cars gassed up and have some essentials in your car during these wintery months: flashlight, blanket, water and snacks.

As a reminder during these cold winter months, our Allegany Community Center and Cattaraugus Community Center serve as our primary emergency shelters. The Steamburg Community Center, Gil Lay Arena and the Saylor Building Complex are also able to be put to use as emergency

warming shelters. Warming shelters open in the case of a severe weather event or unexpected emergency where members can congregate to keep warm. The shelters are not staffed except by the regular staff whom are requested to stay on to operate the facility, with other persons inside. There are minimal accommodations available, and food can be coordinated by our Emergency Management staff and other departments, when necessary. If you find yourself in need of an emergency warming shelter in the coming months, please contact our Emergency Management Director, Mike Gates, at (716) 244-0820, and he will be able to provide you with up to date information about assistance and services available. If you are enrolled Seneca and residing in the City of Buffalo and are in need of such services, please do not hesitate to contact Ramona Marion in our Seneca Nation Buffalo Office at (716) 952-7555. She doesn't have the facilities to operate an emergency warming shelter, but she'll share a hot coffee or tea and can provide referrals for a variety of services in the city. No Seneca member should suffer in the cold, unnecessarily.

The American Rescue Plan Act (ARPA) is a funding source from the United States government designed to assist state and local governments to rebuild financial stability until economic conditions and operations normalize. As reported by the U.S. Department of the Interior - Indian Affairs Office, \$900 million was authorized to fund Native American nations to support a wide range of COVID-19 response activities, which included \$772.5 million for tribal government services, public safety and justice, social services, child welfare assistance and other related expenses. An additional \$100 million was authorized for tribal housing improvement. The Seneca Nation received a portion of ARPA funds and has already made two direct distributions to our membership, intended to defray costs associated with purchasing PPE and other COVID-related expenses, such as cleaning supplies and masks. There are also two future distributions planned, per Council Resolution passed at the December 2021 Council Meeting.

Kudos go out to our DPW departments on both territories for keeping our elders plowed out, which is essential for emergency services to reach our most vulnerable population! As Senecas, if we don't keep an eye out for one another, who will? Check on our elders to make sure they have what they need: heat, medications, food and water, etc. They'll appreciate the gesture, I'm sure. Remember to social distance and mask up!

Respectfully, Rickey L. Armstrong, Sr.



Bethany Johnson,

Deputy Clerk

ALLEGANY TERRITORY

TERRITORY

Greetings,

Hope you are staying safe and healthy!

The Clerk's Office continues to monitor the current pandemic therefore the following safety measures are in place. Everyone must wear a mask when entering the Clerk's Office regardless of vaccination status, only 2 visitors will be allowed in the office at one time.

I would like to remind the 236 members who did not complete their annual registration by the December 31, 2021 deadline, that you must register prior to the last business day of the previous month to be eligible for the following months payments.

This is the responsibility of each member to keep their registration up to date.

If you wish to check your registration status, please contact either Clerk's Office on the Allegany Territory at (716)-945-1790 or the Cattaraugus Territory at (716)-532-4900.

Virtual Council Sessions

The Seneca Nation will be utilizing the virtual online platform "GoToMeeting" for the Council Sessions for enrolled members to have safe access to each Council meeting.

To participate, **enrolled** members will need access to a computer, tablet or smartphone as well as a valid email address to sign up.

To request access, please send an email to: SNGotomeet@sni.org Your email must include the following information:

> "I would like to register to participate for the "Insert Council Date" Council Meeting."

My information is as follows: Name: Enrollment#: Telephone#:

Upon enrollment verification, a reply e-mail will be sent to you that includes a registration link.

Please follow the instructions and fill in all requested information when requesting online.

Once registered, another email will be sent with a link to the online Council Session, which will go live at the scheduled meeting date and time.

Addresses

Please remember to keep your address current with the Clerk's Office. We have been experiencing a lot of return mail recently. This includes changes with custody of minor children or legal guardians (Court orders).

Seeking Invocators for Council Meetings

The Seneca Nation Clerks Office is seeking Individuals interested in Invocating/Opening with Gano:nyok for Council each month, you will receive a payment of \$50.

<u>Seeking Non-Profit Organizations to Serve Council</u> <u>Meetings</u>

The Seneca Nation Clerk's Office is seeking Non-Profit Organizations to serve refreshments and or luncheon for 80 people during Council each month. During the pandemic, all luncheons must be prepared in take-out containers.

Morning Refreshments - \$100

Luncheon for Regular Session - \$ 800 (Must serve 80 people) Luncheon for a Special Session - \$400 (Must serve 40 people)

Anyone interested, please contact Leslie Cooke at Leslie.cooke@ sni.org, 716-532-4900, ext. 5038 or Charisse Ground at Charisse. ground@sni.org, 716-945-1790 ext. 3036.

PUBLIC NOTICE

The Seneca Nation is seeking enrolled members of the Nation who are interested in serving on the:

SENECA NATION ENTERPRISE BOARD OF DIRECTOR

(1 - MEMBER FROM CATTARAUGUS TERRITORY)

Purpose - The Board is organized for the purposes of managing the Nation's Enterprises (Seneca Gaming & Entertainment, Seneca One Stop and Highbanks Campground). The Nation intends that the Board shall assume all obligations, responsibilities and duties of the Nation under the Enterprises except that the Nation reserves from the Board all regulatory, legislative and other governmental power.

Article 3 - The Board

3.1 Board. The Nation's Enterprises shall be governed by a Board, subject to the provisions and limitations of the Nation's laws, applicable federal laws and this Charter.

3.2 Purposes. The Board is established for the purpose of providing overall policy and strategic direction for the Enterprise operations of the Nation, consistent with this Charter and specific direction provided by Council.

3.3 Specific Powers. Subject to the provisions and limitations of the Nation's laws, the Board shall have the power and authority to: See Charter Section 3.3

Qualifications of Board Members. Any candidate for the Board shall be eligible to serve as a member of the Board only if all of the following criteria are satisfied:

- · Is at least twenty-one (21) years old;
- Is an enrolled member of the Seneca Nation;
- Has earned an associate degree or higher, preferably in gaming, hospitality, or a business-related field;
 - At a minimum, at least one Board member must have a financial background A Public Accountancy degree is preferred;
- Will be deemed a "Primary Management Official" and therefore must be eligible for and obtain a Class II "key" employee gaming license through the Seneca Gaming Authority, pass other necessary background checks, and maintain the license for the duration of the term as a board member.
- Prohibitions. Board members and their immediate family (or persons residing in the same household) shall be prohibited from conducting with or profiting from the activities of any of the Enterprises, whether directly or indirectly. This prohibition may not be waived. Board members shall be considered "Public officials" for purposes of the Nation's Ethics Law. Additionally, the following persons are not eligible to serve as Board members (a) employees of the Nation's Enterprises; (b) owners or employees of contractors who conduct business with the Enterprises; (c) owners or employees of a business in direct competition with the Enterprises; (d) persons directly related to persons listed in (a),(b) or (c). For purposes of this Charter "immediate family" and "persons directly related" means being related to a person in the following ways: (i) husband/wife (including unmarried cohabitating relationships). (ii) mother/father (iii) child (natural or adopted (iv) brother/sister (v) aunt/uncle (vi) niece/nephew or (vii) grandparent/grandchild.

If interested, please submit a letter of intent & current resume no later than: February 14, 2022 to:

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

Posted 01/13/22

Seneca Nation Members

Nya: wëh Sgëno'

I am Nikki Seneca, Seneca Gaming Corporation Outreach Specialist I have dedicated office hours to meet with Seneca community members who are interested in exploring, learning about, and applying for job apportunities within the Seneca Gaming Corporation WEDNESDAYS • 8 AM - 4 PM WILLIAM SENECA BUILDING (Near Human Resources)

12837 Route 438, Irving, NY

We offer numerous opportunities to learn, grow and lead at Seneca Gaming Corporation:

Walk-ins are welcome or call to set up an appointment. I look forward to sharing the great benefits and rewarding job opportunities waiting for you at Seneca Gaming Corporation.



THE INSIDE SCOOP WITH DR. LORI QUIGLEY





Nya:wëh Sqë:nö'! The snow and cold of a Western New York winter is officially here, and we embrace it with one of the best winter sporting events in the area: the **USAF Snocross National.**

A fan favorite, Snocross returns to Seneca Allegany on February 18 and 19. Catch all the thrills of snowmobile racing as riders speed around the professionally designed tracks. Kids of all ages will be delighted by the big air jumps in this exciting competition. Visit SenecaAlleganyCasino. com for times and ticket information.

Prefer to watch the snow fly from inside? The races will be live streamed all day in the Seneca Allegany Event Center, River Bar and Fire Lounge. Stixx (Seneca Buffalo Creek) and Stir (Seneca Niagara) will also broadcast the main event races on Friday and Saturday evenings.

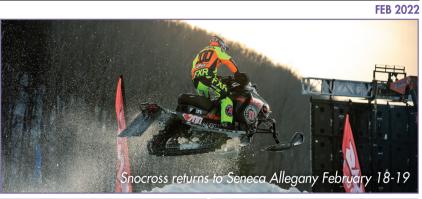
Snocross is just one of the many special events we've got planned to make the shortest month of the year zoom by. Check out our websites to learn more:

SenecaAlleganyCasino.com $\underline{Seneca Buffalo Creek Casino.com}$ SenecaNiagaraCasino.com

Stay warm and well! See you in March.



Chairwoman, Board of Directors Seneca Gaming Corporation



INSIDE DEAL

Fall in love with winning at Seneca Resorts & Casinos this month with promotions like Hearts a Fire Hot Seats, Winter's Wind Down, and the \$30,000 Winners Wheel.

The 2022 Winter Olympics run Feb. 4 - 20, and Guests can enjoy themed games like Go for the Gold at Buffalo Creek or Winner's Games at Niagara.

At Buffalo Creek, one lucky Guest will drive away in a 2022 Nissan Rogue with our "Road to Riches Sweepstakes." The Grand Finale is February 24.

INSIDE 8

Team SGC continues to promote the health and safety of our Guests and Team Members in the fight against COVID-19.

You'll notice Team Members wearing newlydesigned "Mask Up" long-sleeve t-shirts, encouraging everyone to wear their masks properly (fully up, covering mouth and nose).

And finally, Team Members have an extra incentive to receive their booster shot with "Boosters for Bucks": a chance to win \$1,000 CASH when they provide proof of the 3rd dose. Team Members who are completing their first doses qualify for a day off with pay.

Allegany Education Update:

SENECA

REMINDER: Tutoring is available!

Tutoring is available on Tuesdays and Thursdays from 4:30 - 7:30pm at the Steamburg Community Center beginning 1/20/22 by appointment only.

Please call 716-354-4665 for more information

CAREER ASSISTANCE WITH A PERSONALIZED TOUCH



Meet Nikki Seneca, our Leadership Seneca Outreach Specialist. Nikki will be at the William Seneca Building (12837 Route 438, Irving, NY) on Wednesdays from 8 AM to 4 PM to help you learn more about the hundreds of jobs opportunities and amazing benefits offered at Seneca Gaming Corporation. To make an appointment, email Nikki at NSeneca@senecacasinos.com, or call (716) 807-2704. Walk ins welcome.

WE'RE ON A ROLL!

We're no ordinary company and neither are our job fairs! Last month, job seekers got to experience our fun first-hand at our exciting Best 8 HAPPY Hours Career Showcase featuring music, games, prizes, and refreshments. Successful candidates were hired on the spot for various positions offered across the company. Ja:goh to all the professional fun-makers who gave those who came a glimpse into The Best 8 Hours.



Martina McBride Headed To Seneca Allegany Resort & Casino On April 9! Tickets on sale January 21st!

SALAMANCA, NEW YORK: (January 17, 2022) - One of the biggest voices in Country Music is headed for Seneca Allegany Resort & Casino. Martina McBride will perform inside the Seneca Allegany Events Center on Saturday, April 9 at 8pm. Tickets go on sale this Friday, January 21 at Noon!

Martina McBride is a Country Music legend known for her powerful voice and soaring soprano singing range. Throughout her career, McBride has enjoyed a string of major hit singles, including five Number 1 songs on the Country Music chart, as well as a Number 1 hit on the Adult Contemporary chart. Songs like "My Baby Loves Me," "Independence Day," "Wild Angels," "A Broken Wing," and "This One's For the Girls" helped make her a dominant force on the airwaves and establish widespread crossover appeal. McBride has won multiple Country Music Association and Academy of Country Music awards, and is a 14-time Grammy nominee. Tickets on sale January 21st at Noon! Tickets will start at \$35.

OTHER UPCOMING SHOWS: In addition to Martina McBride, Seneca Resorts & Casinos has a number of exciting shows scheduled at both Seneca Allegany Resort & Casino and Seneca Niagara Resort & Casino, including:

Jim Breuer -

January 28 & 29. Tickets start @ \$45

Jay White as Neil Diamond -

February 10. Tickets start @ \$45

Jake Owen -

February 12. Tickets start @ \$45

Legacy Fighting Alliance MMA -February 25. Tickets start @ \$45

Young, Black and Funny Comedy Jam -February 25 & 26. Tickets start @ \$35

Guitar Shorty -March 3. Tickets start @ \$35

The Terry Bradshaw Show - March 5. Tickets start @ \$12

Bare Knuckle Fighting Championship -March 12. Tickets start @ \$50

Mark Farner -

March 12. Tickets start @ \$55

Smokey Robinson -

March 18. Tickets start @ \$55

Kelsey Cook & Jenny Jennings -March 25 & 26. Tickets start @ \$35

Pablo Cruise -

April 2. Tickets start @ \$55

Felix Cavaliere's Rascals -April 8. Tickets start @ \$55

Robert Kelly & Friends -April 15 & 16. Tickets start @ \$45

The Temptations & The Four Tops - April 22. Tickets start @ \$45



⇒ Excellent Benefits
 ⇒ Matched 401k
 ⇒ Employee Incentives

Seneca Gaming & Entertainment, LLC

OPEN POSITIONS

Irving location:

Cleaner
Count Team DR Supervisor
Customer Service Rep.
Hospitality Assistant Manager
Hospitality Associate
Maintenance Associate
Security Guard

Salamanca location:

Bingo Floor Associate Cleaner Count Team

All locations continuous posting:

Gaming and Entertainment

Income Auditor

NEW WAGES Starting @ \$15.50

11099 Route 5 Irving, NY 14081

768 Broad St. Salamanca, NY 14779

5374 West Shore Rd. Cuba,

APPLY ONLINE TODAY AT:

www.senecagames.com

APPLY IN PERSON AT:

11099 Erie Rd., Irving, NY 14081

Email: sthompson@senecagames.net 768 Broad Street Salamanca NY 14779

Email: Nicole.john@senecagames.net

All locations

Email: Rochelle.pierce@senecagames.net

Seneca Language Update: Part 1

Submitted by Ja:no's Bowen, Allegany Language Director

Over the last ten years, the Seneca Nation has created the Allegany Language, Cattaraugus Language, and Immersion Departments, as well as the Men's and Women's Ceremonial Programs. Additionally, the Faith Keepers School has become part of the Seneca Nation. It no longer operates as a nonprofit organization. This might seem like chaos, but in reality, the language programs function in collaboration with one another. Each one brings a different skillset to the table. Our collective mission is to create functional speakers of the Seneca language whether at work, in the Longhouse, or in the home. All of these groups are important to bringing us a step closer to our collective goal.

The Immersion Department takes beginner, adult learners and gets them to the intermediate - advanced proficiency level by placing them in a two-year immersive learning environment. The department also runs an immersive language nest for its adult students and their children. The nest aims to assist Immersion students' households in becoming an environment where



Seneca is the primary means of communication. The department also develops immersive learning curriculum and resources. For more information, contact Amber Bennett, Acting Director at (716) 532-4900, ext. 8920, amber.bennett@sni.org or Nicole Martin, Program Assistant at nicole.martin@sni.org.

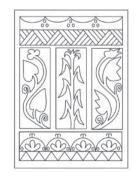
The Allegany Language Department offers language instruction to community members through the Allegany Office of the



Aging and an online class for novice mid learners. It also provides tutoring to employees of other Seneca Nation departments. In addition to providing Seneca language instruction, the department digitizes language resources for easier access and long-term archiving, provides professional development workshops for language teachers and apprentices, maintains the website www.

senecalanguage.com, offers translation services, and develops online content. For more information, contact the Director, Ja:no's—Janine Bowen at janos.bowen@sni.org or Digital Media Developer, James Crane at (716) 945-1790 ext. 3173.

The Cattaraugus Language Department offers community craft, culture, and language classes. Pre-pandemic, it ran an afterschool culture and language nest and summer program, which it intends to run again. In addition to offering community language and culture programming, the department runs a master-apprentice program, where department apprentices work with first-language speakers. Moreover, the department



releases a Seneca language newscast twice a month as part of its resource development activities. For more information stop by the Stanley Sully Huff Heritage Center at 12857 Rte. 438, Irving, NY 14081 or call 532-8161.

The Faith keepers School runs a
Montessori language nest centered on
Longhouse teachings. The school's mission
is to foster independent, confident, and
socially responsible citizens who are
exposed to the traditional teachings of
Gaiwi:yo:h and the traditions of the Seneca
people. The school works with Immersion
students and teachers to assist them in

creating an immersive Seneca language environment. For more information contact Darlene Miller, School Administrator or Autumn Crouse, Lead Teacher at (716) 354-2219.

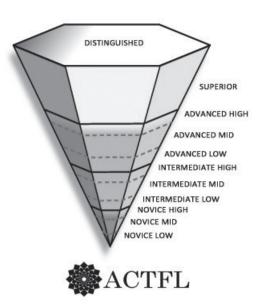
The Men's Ceremonial Program teaches apprentices and community members ceremonial songs and speeches, the roles of men within the Longhouse. It also provides instruction on the traditional way of life, which includes making medicine masks, headdresses, rattles, drums, and plant-based medicines, as well as hunting and fishing. The Men's Ceremonial Program also assists the community with holistic health and well-being based on Hodinöhšö:nih teachings. For more information contact Blaine Tallchief at (716) 354-2166.

The Women's Ceremonial Program teaches apprentices and community members ceremonial songs and speeches, the roles of women within the Longhouse, and the traditional way of life: gardening, sewing, moccasin-making, cooking, making plant-based medicines, etc. The Women's Ceremonial Program also assists the community with holistic health and well-being based on Hodinöhšö:nih teachings. For more information contact Alexia John at (716) 354-2141.

For adults who intend to commit a few years to learning how to speak Onöndowa'ga:' Gawë:nö'—the Seneca language, the first step is applying to the Immersion Program. The required entry exam demonstrates the root word method used to assist students in becoming fast learners. Study materials for this exam can be found at https://senecaimmersiongroup.org/. Once students have been granted admission into the program, they are hired by the Seneca Nation for a 2-3-year period of study. In order to maintain their

place in the program, immersion students must show continuous progress in their proficiency assessments. For more information on the assessments, go to www.actfl.org. Year 1 students start from Novice Low and work toward Novice High/Intermediate Low. Year 2 students work from Novice High/Intermediate Low to Intermediate Mid.

At the end of their second year, Immersion students participate in an internship program, placing them at the Faith Keepers School, an Early Childhood Learning Center, the Allegany or Cattaraugus Language Department, a Ceremonial Program, or another Seneca Nation department/program. Meanwhile, Immersion students aiming to become teachers begin taking classes and/or trainings to assist



them in classroom management, creating assessments, developing lessons, and writing curriculum. Upon becoming certified, they could become early childhood language instructors, after school language teachers, ceremonial language instructors, community language teachers, immersive learning facilitators, curriculum developers, and more.

Upon successful completion of their Immersion coursework and internship, graduates who choose not to become teachers could work in one of the various Seneca Language Departments/ Programs as a ceremonial apprentice, resource developer, public relations/marketing specialist, outreach coordinator, events coordinator, translator, transcription specialist, digital media developer, podcast host, Seneca short films creator, Seneca language content editor, or a Seneca language media specialist. Some graduates might also choose to work in another field and use the language learned at home, in the community, and/or at work





Welcoming Our First Master Elder Artist in Resident

By Olivia Sanford, Seneca Iroquois National Museum



Carson Waterman is a well-known artist from the Seneca Nation of Indians. Carson is a member of the Snipe Clan. He had attended the Cooper School of Art, in Cleveland, Ohio and received an Associates of Art in 1967. Immediately afterwards, he was drafted to go to Vietnam. He toured Vietnam from 1968-1969. Though, Carson become a "Combat Artist" in his last five months in Vietnam.

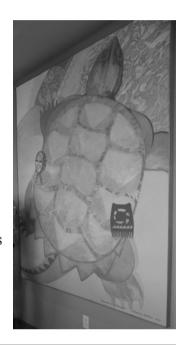
After leaving Vietnam he then completed an internship at the Smithsonian Institute, in Washington, D.C. in 1976. Carson also completed an internship at the New York State Museum in 1979. He also served an important role in the development of the Seneca-Iroquois National Museum. He worked here from 1975-1988, and

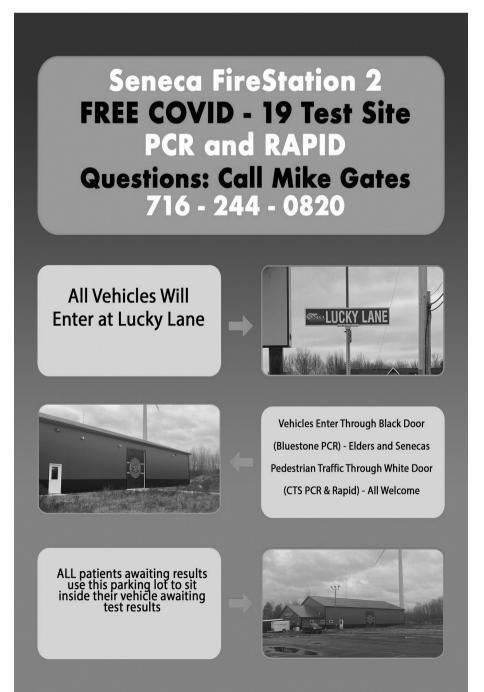
now has returned to be our first Elder Master Artist in Residence. Carson is also a long-time member of the Native Roots Artists Guild. (nativerootsartistguild.com)

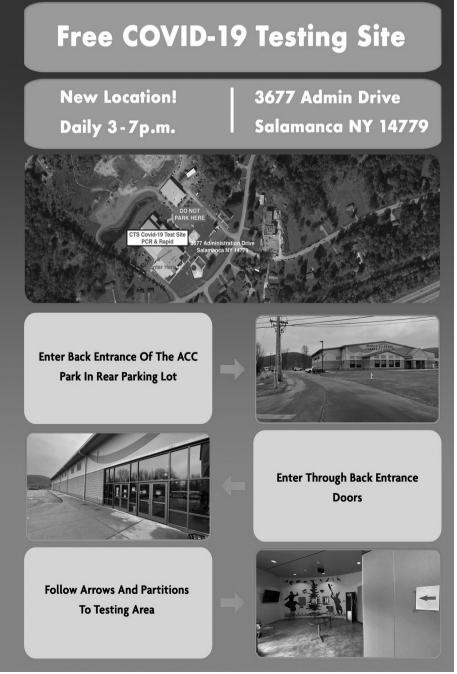
Carson has said "For me, art is self-expression. Being a Seneca Indian artist, my art is almost always Seneca-Iroquois culture based. Because of our unique history, land (territory) rights, there is never-ending reason to produce art. This in turn, contributes to our ability to survive as a people. I have done public art involving mosaic tile, stainless steel, stained glass, etc. We must interpret and express our history and our culture ourselves because we know it best." We see it in his art and our community.

Carson has a great eye for detail and colors. Over the decades you can see how the style has changed and remains very traditional. His work can be seen throughout Western New York in the Seneca Niagara, Buffalo Creek and Allegany Casinos and some of his originals are on display at the Seneca-Iroquois National Museum.

We are excited to have Carson here with us to share his techniques and stories. As our first Master Elder Artist in Residence we honor the museum's mission for the community.







Seneca Nation 477 Program Recognized

By Nancy Toth Director, Allegany Territory

The Seneca Nation 477 Program, one of two primary grant funded programs with the Training & Employment Resource Center was a recipient of a program award this past fiscal year. Nominated by Jeffrey Barwick, BIA Workforce Specialist for our program, wrote "there are many reasons why the Seneca Nation and their P.L. 102-477 program and staff at various locations deserve this award. They are located away from metropolitan areas and have developed their facilities and a training center at both territories for the participants served." Mr. Barwick was on-site in 2019 and toured the projects accomplished by the Seneca Training Center's Construction Technology Program, basic and advanced trainees. Jim Ray, Project Mgr/ Instructor, facilitated much of the renovation projects. Most notable, the renovation of the old SN Court House (Allegany); and the repurposing and renovation of 8 trailer units transformed into the Cattaraugus TERC which allowed the programs to be under one roof. The results led Mr. Barwick to nominate the Seneca Nation for this annual award, one of five grantees nationwide to be honored. The award was announced at the Annual NINATEC conference last Sept. 2021. Lori Stafford was also recognized for her 26 years of dedicated service to the 477 Program! Congratulations Lori!

Allegany 477 Program Staff

Nancy Toth, Director Patti Brisley, Youth Services Coordinator Pamela Bowen, Employment Counselor Tari Squires, HSED Instructor

Cattaraugus 477 Program Staff

Toonie Pierce, Director Lori Stafford, Assistant Director Patrice John, YS Coordinator Curtis Archer, Employment Counselor Sarah Pangborn, HSED Instructor Jacquelyn Lay, Secretary II



Advocate Program accepting applications for the Low Income Home Water Assistance Program (LIHWAP)

Do you need help paying your water and wastewater bills?

The Seneca Nation Advocate Program is accepting applications for the Low Income Home Water Assistance Program (LIHWAP). Any enrolled Seneca members living within Chautauqua, Cattaraugus and Erie counties may apply for this emergency assistance.

LIHWAP is a water and wastewater emergency assistance program that will assist low income households, and the guidelines will mirror the Home Energy Assistance Program (LIHEAP). This benefit will apply one time a year and benefits will be paid directly to the water/wastewater vendor. The income guidelines are listed below.

Also, there are still funds available for the Regular and Emergency HEAP benefits.

You may pick up an application at the Tribal Advocates Offices located on the Cattaraugus (532-4900) or Allegany (945-2655) Territories and at the Buffalo office (533 Amherst St., Buffalo – 845-6304 or 951-7555).

Documentation Requirements:

- ~Tribal I.D.
- ~Social Security Card
- ~Proof of Address
- ~Current utility/water/wastewater Bill
- ~Proof of Income

2021-2022 LIHWAP Benefit Gross Monthly Income Guidelines

| Household Size | Maximum Gross Monthly Income | | | |
|----------------|------------------------------|--|--|--|
| 1 | \$2,729 | | | |
| 2 | \$3,569 | | | |
| 3 | \$4,409 | | | |
| 4 | \$5,249 | | | |
| 5 | \$6,088 | | | |
| 6 | \$6,928 | | | |
| 7 | \$7,086 | | | |
| 8 | \$7,243 | | | |
| 9 | \$7,401 | | | |
| 10 | \$7,558 | | | |
| 11 | \$7,715 | | | |
| 12 | \$7,873 | | | |
| 13 | \$8,420 | | | |
| Each Addition | onal add \$568 | | | |



T.E.R.C. to Sponsor BOCES Certification Programs - Sign-Up Today!

Upcoming Certification Programs through Catt./ Alleg. BOCES Workforce Development & Community Learning for their Spring 2022 courses.

Heavy Equipment

Location: Ellicottville campus Saturdays 8:00 a.m. – 4:30 p.m. (7 weeks) Runs: April to May/June 2022

Welding

Location: Olean Mon. & Wed.'s. 5:00 p.m. – 7:30 p.m. Runs: 3/8/22 – 6/13/22

CDL B

Location: Olean and Ellicottville Saturdays 8:00 a.m. – 4:30 p.m. Runs: New classes every 6-8 weeks

Dental Assisting

Location: Olean

Tue. & Thu. 5:30 p.m. – 9:00 p.m.

Runs: 4/5/22 - 4/20/22

Every other Sat. 9:00 a.m. – 1:00 p.m.

Medical Insurance & Billing

Location: Olean

Wed. 5:30 p.m. – 8:30 p.m. (19 weeks)

Runs: 3/16/22 - 7/20/22

Medical Office Assisting:

Location: Olean

Tues. & Thu. 5:30 p.m. – 8:30 p.m. (18 weeks)

Runs: 3/15/22 - 7/12/22

Nurse Aide:

Location: Olean

Mon – Fri. daytime hours (5 weeks)

Runs: 3/21/22 - 4/18/22 and 5/2/22 - 5/31/22

Phlebotomy:

Location: Olean

Mon. & Wed. 4:30 p.m. – 7:30 p.m. (32 clinical hours)

Runs: 3/7/22 - 6/1/22

TERC participants of TERC are eligible for: tuition, books, supplies, classroom stipend, transportation allowance, childcare allowance, etc. To become a participant, complete the TERC Pre-Screen form and 477 Application to see if you are eligible. Applications are available online at the Seneca Nation website under Community Services – Training and Employment Resource Center or pick up an application from either office:

Allegany:

3674 Administration Drive Salamanca, NY 14779 716.945.8120

Cattaraugus:

23 Thomas Indian School Drive Irving, NY 14081 716.532.1033





Seneca Holdings Update



Seneca Holdings finished 2021 with several new federal government contracts and is poised to continue growing in 2022. The goal for Seneca Holdings is to grow and diversify its businesses so it can provide long-term, sustained income to the Seneca Nation.



In November, the Holdings Leadership
Team held a three-day retreat on the
Allegany Territory. It was the first time for
many to visit the Seneca Nation territory
and they were able to visit and experience
a variety of aspects of life on territory.
Many thanks to the Holdings Management
Committee for spending time with the team
and organizing events.

The trip had many highlights, including a

kickoff with a traditional meal sourced from Gakwi;yo;h Farms (thanks to Mike Snyder and Chefs Gerry and Jacquie!). Rod Pierce, chair of the Holdings Management Committee, sang and led the group in a traditional dance. The team visited the Seneca Iroquois National Museum, the Nation's

bison herd, and toured the Allegany Reservoir to learn the history of the Kinzua Dam. These experiences gave the team a deeper appreciation of the importance of Seneca Holdings' mission and the opportunity to deliver meaningful benefits to the members of the Seneca Nation.

On February 3 at 6pm, Seneca Holdings and Seneca Gaming Corporation (SGC) are holding a virtual networking event to share the potential career paths available to Senecas. Leadership from Holdings and SGC will present on employment/internship opportunities at Seneca Nation owned businesses. To register, please email LeadershipSeneca@senecacasinos.com or careers@senecaholdings.com.

Want to know what's going on at Seneca Holdings? Holdings posts new content on their LinkedIn pages each month, and we encourage everyone to connect with us and stay up to date on what's happening! Please follow Seneca Holdings and Seneca Nation Group on LinkedIn for more information.

Seneca Holdings is hiring! We consistently have open positions across our teams, and we are always looking for the best and the



January 28, 2022

brightest. Please check out our website senecaholdings.com for the most updated job openings. We encourage every Seneca to review our available positions and apply online if there is a potential fit.

Holdings continues to build its federal contracting business (which we refer to as the Seneca Nation Group or SNG) and has adopted a long-term growth and diversification strategy. Our goal is to develop a diversified portfolio of businesses that can deliver long-term, sustained income to the Seneca Nation. Holdings is proud of what we have accomplished and excited about where we are headed.



Help Dream Catcher Foundation Provide Bikes for Seneca Youth

Councillor Josh Jimerson has been working with Rob Canton from the A+C (Athletes and Causes) Foundation on behalf of Eli Ankou, Defensive Lineman for the Buffalo Bills and member of the Ojibwe tribe. His mother, Nicole Ankou, was born into Dokis First Nation, while his fiancee, Shayna Powless is a member of the Oneida Tribe of Wisconsin. Shayna is a professional cyclist (as is her brother Neilson, the first US Native American to race in the Tour de France).

Together, Eli and Shayna launched Dream Catcher Foundation, which is committed to impacting the children of Native American communities by providing opportunities and inspiration through sports, while also focusing on fighting for Missing and Murdered Indigenous Women & Girls (MMIWG).

The initial focus of this campaign is to get new bicycles to the children of the Cattaraugus and Allegany Territories of the Seneca Nation of Indians near Buffalo, New York. We hope, with your support, to also expand to other tribes and territories. The success of this initiative will not be possible without the aid of our generous donors, and we would be honored if you would consider supporting this campaign so that we may fulfill our goal!

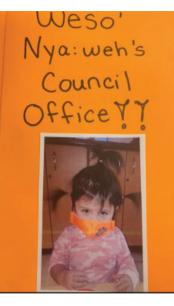
Go Bills! \$100,000 is the goal. \$2,845 has been raised as of January 11, 2022.



Council Office Donates "Every Child Matters" Masks

All of us at the Seneca Arts and Learning Center would like to say "We:so' nya:wëh!" to Council for donating "Every Child Matters" masks to our children! We cannot thank you enough for all you do for our community and our young ones.

















What's new in Head Start 4?

Head Start 4 has been busy bees over here! As we walk into the second half of the year our Head Start friends are starting to work on their letter identification skills, letter sound skills, and writing skills! All the children have been having fun learning what their letter is and finding it around the room. In February we will be celebrating friendship. We will focus on how to be a kind friend and what we can do when we have different feelings. Our puppet Twiggle will be joining us and helping us learn these skills. Head Start 4 will also be learning more about winter and snow. Hopefully we will get to have some outdoor experiences as well playing in the snow! We are ready for a new month and looking forward to celebrating ground hog day to discover if we will have 6 more weeks of winter or not.

Big welcome to our new classmates

Alexa, Seti, Lovera!

Special Birthdays!

Lovera turns 5! Lena turns 5!

Ground Hog's day 2/2
Friendship Day/Valentine's Day 2/14
Random Acts of Kindness Day 2/17
No Head Start 2/21-2/25
National Love your Pet Day 2/20



Cattaraugus AOA & Language Dept. celebrate the Buffalo Bills!



Seneca Nation language department shares support for Bills.

A short video of Seneca Nation Department's in showing love for the Buffalo Bills ahead of Sundays playoff game was shared with News 4 by Ashley Henhawk. She works at the Seneca Nation language department on the Cattaraugus Territory.

The department wanted to share their support for the team and say, "Go Bills."

Check out the video on YouTube:

https://www.youtube.com/watch?v=y-Iy7fMUtzY

Abrams, Gordon appear on Dexter: New Blood, will release "The Burning of my Coldspring Home" in 2022

By Tami Watt, Editor

Caleb Abrams, Wolf Clan, Allegany Territory, has had a busy year! He'll be releasing his first feature film "The Burning of my Coldspring Home" in the spring of 2022 and consulted on Showtime's Dexter: New Blood.

A former Media Content Producer for the Seneca Media and Communications Center, Abrams was picked up as the Seneca Consultant for the production of Showtime's Dexter: New Blood, a miniseries set 10 years after the original series has ended. Dexter Morgan is living a new life under a different alias in the fictitious town of Iron Lake, NY, a tight-knit Seneca community with one of their own as the first female sheriff played by Indigenous actress Julia Jones (Choctaw, Chickasaw).

Serving as the Seneca Consultant, Abrams was able to provide accurate, honest and authentic portrayals of Onöndowa'ga' people, language, customs and art on-set of the show. "The producers were very receptive to my feedback. It's incredible to rewatch now and see the things I was able to incorporate in the show." Not only was Abrams able to include materials on set but was also able to allude to a bigger issue Indigenous families face, Missing and Murdered Indigenous Women (MMIW).

The Indigenous actors that portray Seneca characters wear bead work and carvings crafted by Seneca artists such as Nettie Hepner, Sam Jacobs, and Hayden Haynes.

Indigenous art was provided by Pete Jemison and Peter Jones for the living spaces on-set. Music from Sheldon Sundown's MMIW album can be heard in episode 7.



Carving by Hayden Haynes

Abrams also recruited Indigenous youth and college students from Syracuse University and Ithaca College as extras including his brother Nathan Abrams in episode 1. Abrams himself makes a cameo in episode 2. He was also able to secure a speaking role for Stephen Gordon, Seneca elder, speaker and former Seneca Nation Councillor. Gordon has appearances in episodes 3 and 7, immersing the audience with Onöndowa'ga' Gawe:no', a pivotal moment on screen. Gordon spoke Seneca Language on a national streaming platform as a Seneca character/actor. "Nya:wëh" (thank you), "Akso:d" (grandmother), "No'yeh" (mother), and "ganöhgwa" (I love you) are some of the regular vocabulary heard throughout the series.

Both Abrams and Gordon were reluctant at first, they were both wary of how Seneca people, culture, and customs



Bruce Abrams, Michael C. Hall, Caleb Abrams

would be portrayed. Initially, producers had a romanticized version of the Seneca community to be portrayed. Gordon gives Abrams credit for providing the correct feedback at every turn and his perfectionism. If it wasn't for Abrams, Gordon would not have accepted the role.

"Bringing people in from the across the Confederacy was really important and probably what I'm most proud of, to see our people have inclusion in film, to be represented," shares Abrams

Abrams intends to continue to pursue a career in visual storytelling. Growing up in Ohi:yo, he is the grandson of Rovena Abrams, a survivor of the Kinzua Dam removal, a Seneca women's suffrage advocate, fluent Seneca Language speaker, and an influential figure within the Seneca Nation government. At 98, Mrs. Abrams is the eldest female on the Allegany Territory and was a resource for Seneca Language learners until recent years.

After graduating from Salamanca High School, Abrams attended the Jamestown Community College in Olean, NY. It was there that he came to the realization that many locals in western New York did not know much about us Senecas that live a few miles down the road. None had heard of the injustice of the Kinzua Dam or any other struggles our Nation has faced through colonization efforts. He decided to tell our story, his way, by making a short film. He was not expecting the abundance of positive feedback and accolades that followed but knew he wanted to continue telling Seneca stories through film, accurately.

Abrams worked for the Kinzua Dam Relicensing Commission (KDRC) and served as a producer on "Lake of Betrayal," a documentary about the construction of the Kinzua Dam that aired on PBS and is now available to stream on Amazon Prime Video applications. Working with KDRC and on the documentary led to interviews and relationships with Steve Gordon and many Seneca elders that experienced the forced removal in 1965.

He was especially taken with Gordon's story

"The Burning of my Coldspring Home" due to the emotional and personal account of his experience. He has been working closely and diligently over the course of 10 years with Gordon to translate his words to film. "I want this film to be a bridge



Michael C. Hall & Stephen Gordon

between elders like Steve and (someday) my grandkids who will never know someone who lived in Coldspring. He's a mentor, teacher, uncle, he's so many things to me, and I have valued the time I was able to spend with him. I appreciate how open the process was because it helps me understand him on a personal level." Abrams wants to tell the firsthand experience of a Seneca survivor. His goal is to give an intimate look at what life was like and what happened to us.

"My main goal is to bring our people and our stories to a wider audience. I hope our people, above all else, are proud of how they are portrayed on screen, that they want to claim it and feel seen through my work," explains Abrams.

Gordon shares, "As a Seneca elder, I'm encouraged that a young person like Caleb is interested in our culture and portraying it properly. I wrote my story as a way to heal myself. I was angry for a long time. Angry because I was only 12 when we moved in 1964 and I never got a chance to express how I felt. No one told us kids that we had to move. My parents decided one night that we were going to burn our own house instead of the letting the Corps of Engineers do it. The trauma stayed with me for a long time. Then one day I decided to write it down and close it forever, until Caleb got a hold it."

Abrams plans to release "The Burning of my Coldspring Home" this spring with hopes for a premiere and film festival showings in the fall of 2022. The trailer can be viewed on YouTube. https://www.youtube.com/watch?v=S24DqiQYQ60



Caleb, Julia Jones, & father Bruce

Ja:goh to all those from the Seneca Nation and their teammates on making the U21 Iroquois National team

They will represent in Limerick, Ireland, August 2022!!

Congratulations to Efrain Barreto Jr., Jarmani Benton, Julian Freeman, Daylin John-Hill, Clay Scanlan, Keelan Seneca, Dylan Snow, Xavier Taylor, and Amos Whitcomb.

The 2022 World Lacrosse Men's U21 World Championship will be take place from 10 - 20 August 2022 at the University of Limerick in Limerick, Ireland.

A record 23 teams will compete in the Championship and it will be the largest ever age group World Championship staged by World Lacrosse. Originally a U19 World
Championship, the World
Lacrosse membership in
2020 approved a change in
the upper age of eligibility,
raising the event to U20. Due to
postponement brought about by
the global pandemic, the upper
age of eligibility for the men's
age group World Championship
is being raised on a one-time
basis to U21 for 2022.

The dates for the Lacrosse World Festival are also confirmed as 16-19 August 2022.

For more information visit www.worldlax2022.com.

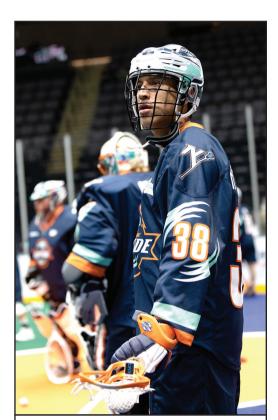


Cattaraugus Territory Native LeRoy Halftown/NY Riptide, talks Lacrosse and the importance of being a role model for our youth

By Robert Armstrong

As a fanatic of indoor box lacrosse, it was a bit disheartening to see about 500 people sitting in the stands when Panther City Lacrosse Club based out of Fort Worth, TX, took to the turf to challenge the NY Riptide on Long Island. Known as "The Barn", former home of The New York Islanders, the Nassau Coliseum holds 14,500, clearly 14,000 shy of full capacity.

I first started following indoor box lacrosse back in Buffalo, NY when The Buffalo Bandits joined the Major Indoor Lacrosse



Photos by Robert Armstrong

League, now known as the National Indoor Lacrosse League. Long are the days when the Buffalo Memorial Auditorium held standing room only crowds as the Bandits took the league by storm! The place was electric and it didn't take long before The Bandits paraded their first of 4 major league title trophies! Growing up on the Cattaraugus Territory, local lacrosse player, Glen Lay, was an obvious favorite, so much so he had his own section of fans in the arena!

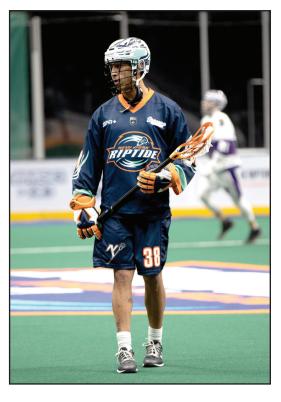
If you followed the MILL/NILL you may remember such great players as The Gait Brothers from Philly or Pat McCready of The Knighthawks. But Buffalo also had its greats including goalie Ross Cowie, Pat "Tool-Time" O'Toole, John Tavares and Jim Veltman who is now the General Manager of The New York Riptide. Considered one of the best defensemen in league history, and a player that was fun to watch, you could say Veltman knows talent when he sees it!

And lucky enough for the New York Riptide, their roster is peppered with great talent. Cpt Dan McCrae, Long Island Native Keiran McArdle, Basom, NY Native Larson Sundown and Cattaraugus Territory Native LeRoy Halftown. Selected in the Second Round (20th Overall) in the 2018 Entry Draft by the Georgia Swarm, LeRoy made his professional debut.

When asked about how he got started with Lacrosse and what the fascination was, LeRoy simply stated: "I've been playing lacrosse since I was 3 years old. Ive always loved the game and had goals to play at the highest level I could. When I was in high school, I was making choices that I really am not proud of. I made the decision to move in with my dad where he laid down structure and routine for me to keep focused on school and lacrosse. I know on the Cattaraugus Territory there were/are a lot of distractions that could have led me in a different direction but I am glad that I made the move when I was younger."

(Continued on page 14)

LeRoy further stated: "I had childhood friends and teammates who were making an impact on the lacrosse world already at a young age and that drove me to be the best I could be. On the reservation, role models are needed for our youth and thats what I plan to be. I'd like for all the younger kids to know it doesn't matter where you play or where you come from, lacrosse is for everyone and if you work hard, the game will reward you. I am thankful and grateful for my opportunities and I



will continue to work hard for my family and community. My dad was an aspect in my development" he laughs "he made us play a certain way every time and it embedded in my style all the way to today. The mindset and pregame thoughts are always about my dad. I always think to myself 'what would my dad say to me right now?' that gets me in my zone because he paved the way for me and

my brother. He's a huge inspiration to me about my lacrosse".

As a proud father and husband, LeRoy is also a community leader, helping develop young minds interested in our "native sport" and serving as a coach for All Purpose Lacrosse.

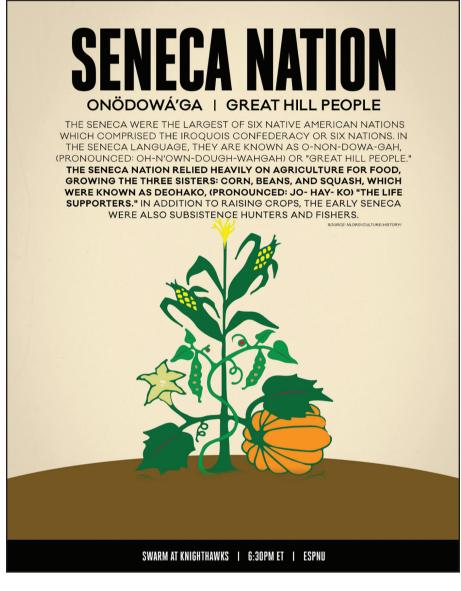
You are truly an inspiration in your own rite, LeRoy, keep up the good work, you're doing yourself and the rest of us proud!



National Lacrosse League

On Friday, January 21, 2022, the game between Georgia Swarm and the Roc Knighthawks was played on the lands of the Seneca Nation. The National Lacrosse League posted the following to all their social media platforms:

Today's game between the Georgia Swarm & the Roc Knighthawks will be played on the lands of the Seneca Nation. Today, we acknowledge and honor the land of the Iroquois Confederacy.



PERSONALS

From the Family of Joyce M. (Green)

Nephew: (Submitted by Dawn Stevens)

We would like to express our most heartfelt appreciation to all family and friends who shared in our grief during our Mom's passing.

Although we are sad, we are grateful to her for teaching us the meaning of strong Seneca women. Knowing she's with her loved ones who have passed before her gives us comfort, as she will be forever in our thoughts and hearts.

Evette, Loretta, Michelle, Dawn & Families Michael Green & Family





In Loving Memory of Andrew John

Submitted by Jill Crane

It's been 15 years - Gone but never forgotten.



Sending LOVE & STRENGTH

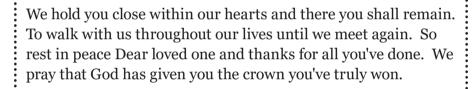
Submitted By Tina Law

Posted on behalf of Shawn (Law) Caputi, who lost her

husband on December 28, 2021. *Her family sends her love and strength*.

In Loving Memory: Christopher Caputi

December 22, 1961 - December 28, 2021



Hazel A. DeGolia Karpin

GREENHURST -Hazel A. DeGolia Karpin, 92, of Greenhurst, died Monday (Jan. 10, 2022) at Heritage Green Rehab and Skilled Nursing, following a long illness.



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

She was a graduate of Salamanca High School, Class of 1947.

Hazel had been employed as an administrative assistant in healthcare in Olean for over 20 years, and had formerly worked in the bakery in Tops Supermarket in Olean.

She loved her dogs, traveling with her late husband, wintering



in Florida and living at their cottage on Chautauqua Lake in the summer.

Surviving are a sister, Florence McMullen Fuller of Kill Buck; three nieces, Lisa Fuller, Theresa McMullen and Colleen McMullen; and three nephews, Gregory

McMullen, Charles McMullen and Sean McMullen. She was predeceased by two brothers, Lawrence McMullen and Merle Warner.

There will be no visitation.

Private funeral services were held at the convenience of the family. Burial was in Mount View Cemetery, Olean.

E-condolences can be sent to orourke.orourkefh@gmail.com.



SUNY JCC's Center Gallery Hosting Native American Photo Exhibition

OLEAN, N.Y. – "Stirring the Pot: Bringing the Wanamaker Photos Home" opened January 21st at the Center Gallery on Jamestown Community College's Cattaraugus County Campus.

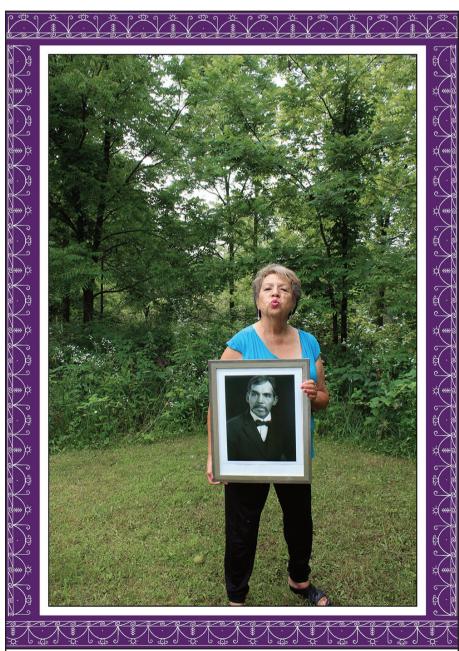
JAMESTOWN
COMMUNITY
COLLEGE

The exhibition will remain on view 8 a.m. to 5 p.m. weekdays through March 11, with a panel discussion planned for noon-1 p.m. on Feb. 9. The exhibition and discussion are free and open to the public. The Center Gallery is located inside JCC's College Center at 260 N. Union St. in Olean.

Per JCC COVID-19 protocols, face masks must be worn by attendees, regardless of vaccination status.

Curated by Drs. Fileve Palmer and **Joe Stahlman**, *Stirring the Pot* is a digital-repatriation project that uses images from the collection of more than 8,000 photos taken by Joseph Dixon on a then-commercial endeavor to photograph Native American life between 1908 and 1921.

Expanding on the work done on Tuscarora Indian Nation to the other Iroquois nations, *Stirring the Pot* (Continued on page 16)



Kathleen Wheatley and Jefferson Chew.
Living descendants were photographed w/their ancestors while choosing their favorite place to be photographed, pose, etc., constructing their own visual narratives.



Joe Stahlman holding Eleazar Williams for his daughter, Frieda Schultz.

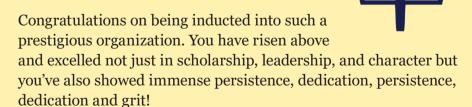
collected stories from living descendants of the people in the Wanamaker photos, and photographed them with their ancestors. Allowing people to choose their favorite places, adornments, and poses, participants took part in constructing their own visual narratives.

Palmer works as a regional development associate at Southern Tier West and is an adjunct professor of anthropology at JCC. She

SCCSD inducts new members into the Salamanca Chapter of the National Honor Society

Credit: SCCSD Facebook

On Wednesday, January 12, 2022 at an evening event held at the Seneca Allegany Resort & Casino, the Salamanca City Central School District recognized 14 new members to the Salamanca Chapter of the National Honor Society!



Special shout out to:

(21-22) Harley Hoag and Jillian Rae (22-23) Hayden Hoag, Gahsëni'de' Hubbell, Quinton Jones



has more than 20 years experience teaching courses across high school and university. Her research focuses on education related to identity formation and representation. As a Rotary Ambassadorial Scholar and Fulbright Scholar in 2010 and 2011, respectively, Palmer initiated a youth-led photo-ethnography-project in South Africa that enabled her to use her visual arts training to further explore identity among creole people.

Stahlman is the director of Seneca Nation's Seneca-Iroquois National Museum-Onöhsagwë:de' Culture Center. He is a scholar and researcher of Tuscarora descent. He has more than 20 years of research experience working with First Peoples. His research focuses on culture and history, and ongoing socio-economic and health and wellness related endeavors with Native communities.

Panelists scheduled to participate on Feb. 9 include Dr. Laticia McNaughton (Kanien'kehá:ka – Wolf Clan), an artist, activist, and clinical professor at the University at Buffalo; Patti Fischer (Skarù·rę – Beaver Clan), a Tuscarora resident and community activist; Brett Maybee (Onöndowa'ga), producer of Gaënö', a weekly nationally syndicated show with Native Voice: Native American Radio Network; and Carson Waterman (Onöndowa'ga – Snipe Clan), a master painter, activist, and educator.

To learn more about the exhibition, visit www. stirringthepotexhibit.wordpress.com.

A suggestion from three students brought the flag of the Iroquois Confederacy to each Middle School classroom.



"The idea of putting the flags up in each classroom was student generated," relates **Assistant Principal** Katy Berner-Wallen. "Earlier this year, Layla Jimerson, Kate Kennedy and Payton Stevens wrote to me and Mr. Reidell about representation of the Seneca Nation students within the school community." Working with Lindsay John,

Home-School Liaison, and Melissa Hummel, Native American Support, the students priced out the cost of flags and brackets for every classroom – 65 in all. "I was very impressed with the fact that our students saw a problem, crafted a plan, and worked with us on a viable solution," said Mrs. Berner-Wallen. "They understood how to have appropriate discourse to help create meaningful and lasting change. That helped bring the Haudenosaunee flags to our classrooms." The flag represents the six nations of the Haudenosaunee. It is purple with four connected white squares and an eastern white pine in the center. The white pine is the symbol of the Iroquois Constitution, "the great law of peace." The Iroquois Confederacy leaders are said to have planted a white pine after its founding in the 15th century. (From left: Layla Jimerson, Peyton Stevens and Kate Kennedy.)

Nick Lone Nominated for NAMA Best Rap/Hip Hop Recording of "Rez Life" | Photo credit: Nick Lone



Ja:goh Nick Lone (Cattaraugus Territory, Wolf clan) on his 2022 Native American Music Awards nomination for Best Rap / Hip Hop recording of "Rez Life". He is

the only enrolled Seneca to be nominated at this year's awards. Nick said he "dropped" his first mixtape about 10 years ago and since beginning his journey on the sober trail it has gone from a "hobby" to his career. Nick explained how he wants to inspire others and show them that it is possible to be successful, when he won Best Rap/Hip-Hop/R&B Recording "Native Pride by Nick Lone" in 2019.

Nick states his music is available to download on the top streaming sites:
Google Play, Apple Music, Amazon Music and almost any top mp3 music site for his global releases, with more music coming globally within the next week.
Also on YouTube at: https://www.youtube.com/channel/UCk3gjo_

BEST RAP HIP HOP RECORDING

3 Eye Hip - Joey Stylez (Cree)

Blessed - Blue Flamez (Confederated Tribes of Warm Springs)

Brown Fist Emoji (Enoch Cree) - Brown Fist Emoji

Can I Get It - Artson (Tarahumara)

It's A Native Thang - Sten Joddi (Mvskoke Creek Nation of Oklahoma)

Rez Life - Nick Lone (Seneca)

Temple of the Witch King - Maniac: The Siouxpernatural (Cheyenne River Sioux)

The Forgotten - G Precious (Ohkay Owingeh)

xaZsGuMh8P5WoOVg

Nominees were announced, Tuesday, January 18th at 7:00pm EST for Album categories and on Wednesday, January 19th at 7:00pm EST for Singles, Songs and Music Video categories. Public voting will be open to the general public following all nominee announcements.

Stay posted for upcoming information! https://nativeamericanmusicawards.com/

WNYWF Welcomes New Leaders to 2022 Board of Directors (Wastern New York

of Directors (Western New York Women's Foundation)

Ja:goh Odie Porter, Seneca, Allegany Territory

This January, the WNY
Women's Foundation welcomed
six exceptional women leaders
to their Board of Directors.
Congratulations to:



WNY WOMEN'S FOUNDATION

Transforming Our Community by Investing in Women and Girls

Odie Brant Porter - President of Odie Porter Consulting

WNYWF stated: Our new Board class brings expertise, connections, and passion to the Foundation—all of which will be



needed as we continue to make Western New York a better place for women to earn, learn, and lead in 2022 and beyond!

"I am delighted to join the WNY Women's Foundation and support its mission to create a culture of possibility so women could live, grow, and lead to their fullest potential." ~~ Odie Brant Porter

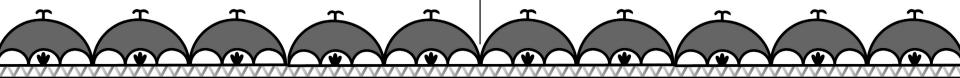
News From The Four Corners United Methodist

Church - Rte. 438 and Versailles Plank Road, Cattaraugus Territory | Pastor – currently unassigned

The **Seneca Hymn Singers** are taking a winter break from rehearsals. However, if their service is needed, please contact Beeda Parker or Terry Thompson. Once spring returns, they will resume their Tuesday night meetings.

Our church is currently going through a pastoral transition and is being served by three qualified, devoted pastors. David Rood, Chris Klimecko and Bethany Printup-Davis will conduct Sunday services every Sunday morning at 9 a.m. We are awaiting the assignment of a pastor, but until then we continue to worship every Sunday under the capable spiritual leadership of those mentioned above.

Easter will be celebrated on April 4. We will publish the upcoming schedule of Lenten observances in the next newsletter. It is hard to believe that spring is "just around the corner". Continue to pray for healing in our communities. Pray for those battling addictions. Pray for those who are mourning. Pray for those who are struggling with illness. But also, give thanks for all the blessings that we have in our lives. On Sunday mornings you are invited to join us for Worship service at 9 a.m. We look forward to seeing you and your family. Peace.



Dr. Rodney Haring featured in *Traffic East*, 2022 – Buffalo to NYC's "Literary City Magazine" | Trafficeast.com

Traffic east magazine is a glossy, highly-stylized publication, described as "a literary city magazine," and is the brainchild of veteran Williamsville photographer Mark Dellas that has been in print since 2001. The magazine is a unique subscription based on regional high quality visual/with diverse editorial content

View a copy of the publication here: https://www.trafficeast.com/copy-of-traffic-issue-21-1?lightbox=dataItem-kx91e7z8

Below is a copy of Rodney's feature: "**The Good Mind of Rodney Haring**" by Theodora Dellas, photo by M Dellas.

The Good Mind of Rodney Haring

By Theodora Dellas

"Look and listen for the welfare of the whole people and have always in view not only the present but also the coming generations, even those whose faces are yet beneath the surface of the ground..." – From the Great Binding Law of the Haudenosaunee Confederacy as translated by Arthur C. Parker, 1915

Rodney Haring's roots in the cultures of the Seneca Nation of Indians, of which he is an enrolled member, and the Haudenosaunee (Iroquois) Confederacy inform everything he does, in his personal life and in his work as Director of the Roswell Park Center for Indigenous Cancer Research.

He is so deeply attuned to the cultural traditions and values of the Seneca and the Haudenosaunee that his own story is inextricable from the story of his ancestors. Though Haring was raised on the Cattaraugus Reservation south of Buffalo, that isn't where he starts when I ask about his personal history.

"See this land here and this city here, this whole area and this whole region?" He gestures in the direction of downtown Buffalo. "Before European contact, before colonization, it was all Seneca land...so I look at the city as part of the history of who I am. Before Buffalo was here, any of these buildings, it was all landscape. And that landscape was part of the Seneca Nation."

Dr. Haring grew up on the Cattaraugus Reservation, where he still lives today and where he feels his deepest connection to Seneca culture. It's everywhere, he says: "When you live in the middle of the reservation, there's no way not to see it and there's no way not to live it. I've traveled all over the world, but once I cross the reservation boundary. I'm home."

Of course, the Seneca people didn't always live within the limited boundaries of their five New York reservations, and Dr. Haring's connections with his ancestors transcend any such physical boundary. His ancestors once occupied a massive stretch of land from northwestern Pennsylvania to southern Ontario along the Allegheny River and beyond.

As the westernmost nation of the Haudenosaunee Confederacy – known by many of us as the Iroquois Nations – the Seneca were known as the "Keepers of the Western Door" and they and the rest of the Haudenosaunee nations developed a rich and complex culture and set of values that continue to be passed down from generation to generation today.

Perhaps the most widely recognized of these values outside of the Haudenosaunee community is the *Seventh Generation Principle*, which

represents the foundation for the Confederacy's stewardship of environment, cultural legacy and community.

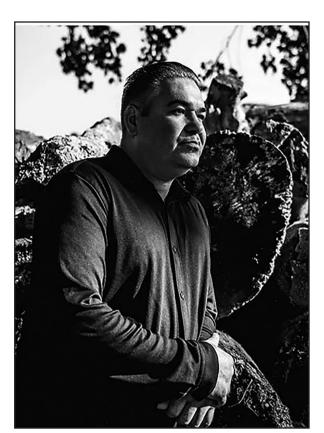
The Seventh
Generation Principle
lays out the enduring
Haudenosaunee
philosophy that
everything one
does now, today,
should be done
in service of the
seven generations
to come. This
philosophy instills a
deep connectedness
to generations past

and future and a powerful sense of responsibility for community. Rodney Haring, who like all children of the Haudenosaunee inherited the values represented by the *Seventh Generation Principle*, can remember even as a child being drawn to give back to his community, to the Seneca, and to native and indigenous people worldwide.

Over the course of his education - from which he emerged with an impressive Associates degree in science, two Bachelor's degrees in social interdisciplinary studies and psychology, a Master's degree in social work, and a PhD in social welfare – he developed a strong understanding of the health and wellness-related disparities faced by native communities and a passionate interest in combating those by combining modern academic medicine with traditional native wisdom.

Dr. Haring's intensive research and years of work-including 15 years practicing social work on the Cattaraugus Reservation — in these areas led him to Roswell Park in 2016 and eventually to the launch of the Center for Indigenous Cancer Research in early 2020.

To understand the purpose



of the Center for Indigenous Cancer Research, one first needs to understand that American Indian and Native Alaskan (AINA) communities have faced disparities in medicine and health care dating back to the earliest days of European colonization five centuries ago. They persist today because of the enduring legacy of colonization and the corresponding poverty and food insecurity, underfunding of education and medical services, limited access to preventative care, and lack of trust in health care systems.

Today, compared with the general population, AINA communities see higher rates of certain cancers, of obesity and diabetes, and of mental illness like post-traumatic stress disorder and substance use disorders. At the peak of the COVID-19 pandemic, indigenous populations faced some of the highest coronavirus mortality rates in the United States.

For Dr. Haring, it's important to maintain an awareness not only of these challenges but also of the powerful resiliency native communities have built in response. It's the combination of the two that has driven his life's work: "My

NOTICE

CONSTRUCTION HAS STARTED ON THE PINEWOODS COMMUNITY RESTROOMS

PARKING FOR ANY LOCAL BUSINESSES IS PROHIBITED ON THE PCA GROUNDS

BALLFIELD IS ONLY OPEN FROM DAWN TO DUSK

UNTIL FURTHER NOTICE

NO COMMUNITY MEETINGS FOR JANUARY AND FEBRUARY

LAND WANTED on the Allegany Territory

I am a Seneca Nation member looking for 2-3 acres of land located on the Allegany Reservation to build a house. I am looking for **just land**, (no existing home). The land can be in Steamburg, Salamanca, Killbuck or in Jimmersontown. Some wooded area is acceptable. I can be reached at **Tari Squires**, 716-378-6107. Serious offers ONLY, please.



THE SENECA NATION OF INDIANS

90 Ohi:yo' Way P.O. Box 231 Allegany Territory Seneca Nation Salamanca, NY 14779 Phone (716) 945-1790 Fax (716) 945-0150

PRESIDENT
Matthew B. Pagels
TREASURER
Rickey L. Armstrong, Sr.
CLERK
Marta I. V.

12837 Route 438 Cattaraugus Territory Seneca Nation Irving, NY 14081 Phone (716) 532-4900 Fax (716) 532-9132

Notice of Regular Session of Council

To: All Enrolled Seneca Members, All Seneca Nation Departments and all Seneca Nation Executives/Councillors

Date: January 18, 2022

Pursuant of Section 12 of the Constitution of the Seneca Nation of Indians, notice is hereby given to you that the Council of said Nation will convene in Regular Session on:

DATE: TIME: SATURDAY, FEBRUARY 12, 2022 9:30 A.M. ATTENDANCE DETAILS IN PERSON ATTENDANCE CATTARAUGUS COMMUNITY CENTER (full participation format) EMAIL REQUEST TO: SNGotomeet@sni.org VIRTUAL ATTENDANCE (passive participation format) Include the following in your emailed request ✓ Phone # ✓ Meeting Date & Name ✓ Enrollment# Note: attendees may ask questions online, answers will be returned within 7-10 business days.

As the situation with Covid-19 continues to evolve, it presents new and unique challenges. The wellbeing and safety of everyone will always remain our utmost priority. The following safety protocols will be enforced:

- ✓ Temperature screening upon entry
- ✓ Face mask/covering over nose and mouth
- / Practice social distancing

Matthew B. Pagels, President Seneca Nation of Indians

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

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

NOTICE TO CREDITORS

ESTATE OF SHIRLEY LYONS-GOODE

Administratrix: Kelly Edwards, 12658 Route 438, Irving, NY 14081 ~ Cattaraugus Territory - 1st Notice ~

ESTATE OF APRIL ARCHER

Administrator: Curtis Archer, 105 Eleven Acres, Irving, NY 14081 ~ Cattaraugus Territory - 1st Notice ~

ESTATE OF MURRAY A. WILLIAMS

Executrix: Denise Williams, P.O. Box 218, Versailles, NY 14168 ~ Cattaraugus Territory - 1st Notice ~

ESTATE OF LORRAINE J. COOPER

Co-Administrators: Crystal Lazenby & Andrea Perkins, 295 Crawford St., Salamanca, NY 14779 ~ Allegany Territory - 1st Notice ~

ESTATE OF KENNETH LAY, SR.

Administrator: Kenneth Lay, Jr., P.O. Box 11, Lawtons, NY 14091 ~ Cattaraugus Territory - 2nd Notice ~

ESTATE OF CARLEY SENECA

Administrator: Clyde Seneca, 10899 Indian Hill Rd., Perrysburg, NY 14129 ~ Cattaraugus Territory - 2nd Notice ~

ESTATE OF DONNA CROUSE

Executor: Jessica Crouse, 163 Melinda Dr., Salamanca, NY 14779 ~ Cattaraugus Territory - 2nd Notice ~

ESTATE OF DARREN WASHBURN

Executor: Asa Washburn, 18 Confederacy Dr., Irving, NY 14081 ~ Cattaraugus Territory - 2nd Notice ~

ESTATE OF NOLAN HOBART COOPER

Administrator: Marvin Cooper, Sr., 3638 Center Rd., Salamanca, NY 14779 ~ Allegany Territory - 2nd Notice ~

ESTATE OF JENNIFER L. HOWE

Administrator: Audrey Ray, 900 R.C. Hoag Dr., Salamanca, NY 14779 ~ Allegany Territory - Final Notice ~

ESTATE OF TIMOTHY P. JONES

Executor: Jeremy Jones, 211 Clinton St., Salamanca, NY 14779 ~ Allegany Territory - Final Notice ~

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

Notice is hereby given to all creditors and contingent creditors of the above-named decedents, that if you have claims against the Decedents estate, please 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 proof of claim notification, you are encouraged to file your claim by certified mail, with return receipt requested.

Elders Events at the Casino

Submitted by Irma Cortes, Cattaraugus AOA

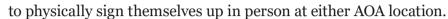
Casino event sign-ups are out one month prior to the scheduled event. The Casino requires a head count one week prior to the show date. Elders are required to physically sign yourself up in person by then. Tickets are then purchased, there are no refunds for unused tickets. Therefore, we will be strongly adhering to the set guidelines for "**no shows**" which reads as follows: "Elders must notify AOA of any cancellations at least 24 hours prior to an event. The exception will be for emergency situations or severe weather conditions. Elders who are not in compliance with the policy will be put on a wait-list for future events for a period of 3 months. A second offense will result in a loss of privileges for a period of 6 months."

As a reminder, assistant's may be put on the wait-list pending all Enrolled Seneca Elders are accommodated. Please remember to include your phone numbers when signing up for events. We call to confirm or to advise of possible changes. There is a minimum of 10 people to attend a show. If the minimum amount is not met, the event will be cancelled. Nya:wëh.



Other Venue Events

Other events such as Shea's Theater, Sporting Events etc...are sometimes last minute and cannot be advertised due to time constraints. I would recommend popping in to either AOA location to see what's happening as we have plenty of other services you could take advantage of. As for all shows, Elders will need





Upcoming Events

- Country Singer, Jake Owen at Seneca Niagara Casino Saturday, February 12 at 8 p.m.
- Legacy Fighting Alliance (MMA-Mixed Martial Arts) at Seneca Niagara Casino Friday, February 25 at 6 p.m.
- The Terry Bradshaw Show at Seneca Allegany Casino Saturday, March 5 at 8 p.m. Sign-up sheet will be out on Friday, February 4th.
- Seneca Fight Night-Bare Knuckle Championship (MMA) at Seneca Allegany Casino Saturday, March 12 at 7 p.m. Sign-up sheet will be out on Friday, February 11th.
- **Smokey Robinson** at Seneca Niagara Falls Casino Friday, March 18 at 8 p.m. Sign-up sheet will be out on Friday, February 18th.
- The Temptations & The Four Tops at Seneca Niagara Falls Casino Friday, April 22 at 8 p.m. Sign -up sheet will be out Friday, March 18th.

February 2022 Activities | Seneca Allegany Elder Center

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|--|--|---|---|---|--|
| Elder Center Hours: MON-FRI 8:30AM-7:00PM SAT-SUN 10AM-3PM | For More Information Please Contact Nancy or Dorsie AT 716-945-8990 | 9-10 Coffee Hour 11:30-12:30 Seneca 1-3 Valentine Wreaths 5-7 Leisure Time | 2 9-10 Coffee Hour 11-1 CARD MAKING CLASS 2-4 Scrabble 5-7 Computer Room | 3 9-10 Coffee Hour 12-1 LUNCH 1-3 BINGO 4-7 Leisure Time | 4 9-10 Coffee Hour 11-1 Coloring 2-4 Valentine Wreaths 5-7 Computer Room | 5 10-11 Coffee Hour 12-2 Leisure Time |
| 6 10-11 Coffee Hour 12-2 Computer Room | 7 9-10 Coffee Hour 11-12 Coloring 1-3 Movie 4-7 Computer Room | 8 9-10 Coffee Hour 11:30-12:30 Seneca 1-3 Computer Room 5-7 Leisure Time | 9 9-10 Coffee Hour 11-1 CARD MAKING CLASS 2-4 Valentine Tile Art 5-7 Movie | 10 9-10 Coffee Hour 12-1 LUNCH 1-3 BINGO 4-5 Leisure Time | 11 9-10 Coffee Hour 11-1 Coloring 2-4 Movie 5-7 Computer Room | 12 10-11 Coffee Hour 12-2 Scrabble |
| 13 10-11 Coffee Hour 12-2 Computer Room | Happy Valentine's Day 9-10 Coffee Hour 11-12 Coloring 1-5 Board Game 5-7 Computer Room | 15 9-10 Coffee Hour 11:30-12:30 Seneca 2-4 Scrabble 4-7 Leisure Time | 16 9-10 Coffee Hour 11-1 CARD MAKING CLASS 2-4 Game of Darts 4-7 Movie | 17 9-10 Coffee Hour 12-1 LUNCH 1-3 BINGO 4-7 Leisure Time | 18 9-10 Coffee Hour 11-1 Coloring 2-4 Game of Darts 4-7 Computer Room | 19 10-11 Coffee Hour 12-2 Leisure Time |
| 20 10-11 Coffee Hour 12-2 Computer Room | 21 9-10 Coffee Hour 11-12 Coloring 1-5 Movie 4-7 Computer Room | 22 9-10 Coffee Hour 11:30-12:30 Seneca 1-3 Scrabble 4-7 Leisure Time | 23 9-10 Coffee Hour 11-1 CARD MAKING CLASS 24 Coloring 5-7 Computer Room | 24 9-10 Coffee Hour 12-1 LUNCH 1-3 BINGO 4-7 Leisure Time | 25 9-10 Coffee Hour 11-1 Coloring 2-4 St. Patrick's Craft 4-7 Computer Room | 26 10-11 Coffee Hour 12-2 Scrabble |
| 27 10-11 Coffee Hour 12-1:30 St. Patrick's Craft | 28 9-10 Coffee Hour 11-12 Coloring 1-3 Craft Project 4-7 Leisure Time | | | | | SUBJECT TO CHANGE |

February 2022

AOA Nutritional Menu AOA Daily Trips Allegany Territory AOA Daily Trips Cattaraugus Territory

USDA Schedule

| Menu | Allegariy Territory Cartaraagus Territory | | | |
|---|---|---|--|--|
| Monday | Tuesday | Wednesday | Thursday | Friday |
| | BBQ Pulled Pork Hearty Wheat Bread Sweet Potato Coleslaw Fruit Cup | Turkey a la King Biscuit Broccoli Ambrosia | Ranch Chicken Rice Pilaf Roasted Butternut Squash Tropical Fruit Cocktail | 4 Philly Cheese Steak Sandwich Roasted Potato Wedges Green Beans Healthy Carrot Cake |
| | For the safety our I | Elders and employees, | no trips until further no | tice - STAY TUNED! |
| | For the safety our I | Elders and employees, | no trips until further no | tice - STAY TUNED! |
| | Call In Orders until further notice | Call In Orders until further notice | Call In Orders until further notice | Call In Your Order 9am - 3:30pm |
| 7 Hot Ham & Cheese Sliders w/Roasted Brussel Spouts`, Warm Cinnamon Applesauce, Strawberry Oat Streusel Bar | Pork Roast Wax Beans Sweet Potatoes Fruit | Macaroni & Cheese w/stewed tomatoes Steamed Broccoli Peach Crisp | Traditional Meal 3 Sisters Soup Biscuit Side Salad Pumpkin Bread | Fish & Chips Coleslaw Chocolate Cake |
| For the | safety our Elders and e | mployees, no trips unt | il further notice - STAY | ΓUNED! |
| For the | safety our Elders and e | mployees, no trips unt | il further notice - STAY | ΓUNED! |
| Cattaraugus - call to place your order for timely delivery | Delivery to Oaktree & Newtown | Delivery to Indian Hill & Pinewoods | Delivery to Ozarks, Gowanda & Dayton | Delivery to Irving |
| Cheese Ravioli Served w/Green Beans Bread Stick Chocolate pudding | Salisbury Steak & Gravy over Seasoned Brown Rice Roasted Cauliflower Apple Crumble | Beef & Vegetable Soup w/a Dinner Roll Fruit and Yogurt Parfait | Birthday Party Roasted Pork Loin Boiled Carrots Side Salad , Dinner Roll Birthday Cake | Chicken & Wild Rice Broccoli and Carrots Apple Slices Peanut Butter Sugar Cookie |
| For the | safety our Elders and e | mployees, no trips unt | il further notice - STAY | ΓUNED! |
| For the | safety our Elders and e | mployees, no trips unt | | ΓUNED! |
| Allegany - call to place your order for timely delivery | Delivery to Sr. Complex & Salamanca | Delivery to Jimtown | Delivery to Steamburg & Kill Buck | Delivery to Olean |
| Chicken Noodle Soup Egg Salad Sandwich Cucumber & Tomato Salad Crackers Diced Peaches | Brunch Sausage, Egg & Cheese Casserole w/Toast Berry Crisp | Liver & Onions Parsley Potatoes Dinner Roll Sautéed Spinach Zucchini Bread | Grilled Chicken Seasoned Rice Parmesan Baked Zucchini Jello | Beef Chile w/cheese Garden Salad Melon Fruit Salad Corn Muffin |
| For the | safety our Elders and e | mployees, no trips unt | il further notice - STAY | ΓUNED! |
| For the | safety our Elders and e | mployees, no trips unt | il further notice - STAY | ΓUNED! |
| ALL Distribution Clients Call In Orders until further notice | Call-in Your Order 9am - 3:30pm | ALL Distribution Clients Cal In Orders until further notice | | ALL Distribution Clients Call In Orders until further notice |
| 28 Spaghetti & Meat Sauce Green Beans Bread Stick Chocolate Pudding No Trips! No Trips! | AOA Menu: For Allegany please call 716-945-8414 For Cattaraugus call 716-532-5777 to make a reservation or cancel a meal by 9:30am | USDA PROGRAM: Call 716-532-1028, Ext. 5446 Located at: 210 Thomas Indian School Ext. | Cattaraugus & Allegany TRIPS: Due to the President's Office Executive Order - COVID-19 Public Gathering and Travel Restrictions - at this time, trips are canceled until further notice. | Seneca Nation Area Office for the Aging Menu: SUBJECT TO CHANGE February 4th is National Wear Red |
| No Distribution Inventory Day | the day prior to the meal | Irving, NY 14081 | #SenecasStaySafe | Day American Heart Association |

Lifestyle Changes vs. New Year's Resolutions

Submitted by Lydia Bushman, Prevention Supervisor

So it's the same thing every year. What will my New Year's resolutions be? It's the time of year that you make promises to yourself with the commitment that it's really going to happen this year. Then you start off with a bang only to fizzle out by week 2. So how can we keep these promises that we make to ourselves? First of all, know that you are what you learned in the past, we are inherently and subconsciously a lifelong pattern of learned behaviors.

So don't take yourself too seriously. Have fun with this and don't sweat the small stuff, because in the end it's all small stuff. So here's some tips to start the New Year off right.

 Decide what you want to change-To start, you need to think about what's working and not working. Once you look at your current life, determine if there are any changes you would like to make for the upcoming year. All changes in your life big or small will end up being life altering if practiced long enough to make it a new learned behavior.

login info when you register!

- your goals-Don't make your goals too vague. Write your objective out and break it down into smaller parts. Visualize and put on paper what you want the outcome to be and how you will achieve it. The more detailed the better. Also make your goals time specific.
- Be realistic with your goals-Your goal needs to be representative of how willing you are to achieve it. You are the only one that can determine how sustainable this goal is and how much you want to make that change.
- your positive energies and excitement into the practice of achieving your goals and how you feel about this each day. This helps with the uplifting feeling of accomplishment once the task is completed. Sometimes we get too stuck on the outcome to remember the process of how we got there.

- Be Flexible-Remember there may be barriers. If you have a setback don't let that stop you from attaining your achievable goal. Planning in advance helps you to limit these setbacks. And remember sometimes obstacles are beyond your control and that's alright too.
- Honor your journey and always practice self-careThere is nothing more important than making positive changes in your life. To focus on the journey of everyday actions is imperative to accomplishing your specific goals.

When we follow a well-thought-out plan for change, we become successful at change. No more instant resolutions fizzling out and dying. Instead have a "plan-full" New Year journey!

Source: https://thethirty.whowhatwear.com/how-to-set-realistic-expectations

SENECA NATIVE CONNECTIONS CALENDAR FEBRUARY 2022

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|--|---|---|--------|---|
| Open clubhouse hours are at the Cattaraugus location only until further notice. Space is limited so call to RSVP! | | 1 | Virtual Family Cake Decorating Call for times Allegany | 3 Clubhouse Open 3:00 - 7:30 p.m. | 4 | 5 |
| 6 | 7 | 8 Teen Dating Game Call for times | 9 Virtual Family Cake Decorating Call for times Cattaraugus | 10 Clubhouse Open 3:00 - 7:30 p.m. | 11 | 12 |
| 13 | 14 | One Heart Two Spirit 4:00 - 5:00 p.m. Clubhouse Open 3:00 - 7:30 p.m. | 16 | 17 Clubhouse Open 3:00 - 7:30 p.m. | 18 | 19 |
| 20 | 21 | 22 Clubhouse Open 3:00 - 7:30 p.m. | 23 | Clubhouse Open 3:00 - 7:30 p.m. | 25 | 26 |
| 27 | 28 | | | | | |
| Please note that any e in-person or requires will follow COVID-19 s Please wear a mask ar six-foot social distant Virtual events are h on LifeSize. You will login info when you | material pickup, safety protocol. nd observe the rule. osted receive | en: Open to the or Ages 12-17 Open clubho Ages 18 and or Ages 18 a | Jennif use hours 716.53 up JSteb | er Stebbins 32.5583 ext. 5433 bins@senecahealth.o | | VEO OCTIONS ENECA NATION IEALTH SYSTEM |



SNHS Employee Spotlight





Andrea Spako is an exercise specialist, located at the Lionel R. John Health Center. She has been in this position since 2006.

We asked what she likes best about her job and what her job duties are. She says, "My job responsibilities are to engage our community members in improving their health through movement and other lifestyle interventions. I create exercise programs that meet the needs of the individual based on their goals. I love seeing the patients show up for their health."

What is the most beneficial/inspirational part of her position? Andrea says, "I am inspired every day to come to work, even after all of these years, knowing I can assist someone with their health goals and contribute to the collective health of our community."

She says that she was fortunate to grow up in Jimersontown and to have her whole family within walking distance.

Andrea earned an associate in science

degree at JCC for math and science and then went to U.B. for her bachelor of science in exercise science. She recently received her M.S. in clinical nutrition from SCNM in Arizona.

We asked what she likes to do in her spare time. She says, "I love spending time putting puzzles together, playing board games, and going to the park with my 3 kids and husband. I also love to read and do yoga."

Is there a favorite quote or words/advice she lives by? "Because death is certain, and the time of death is uncertain, what is the most important thing?" by Pema Chodron.

We asked her if there was anything interesting she'd like people to know. She says "I love to cook healthy meals that involve our traditional foods and teach others how to cook. I aspire to create a cookbook one day." She also adds "I feel honored to work within our health system to help create sustainable changes for generations to come!"

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

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

NATIVE CONNECTIONS Honor your journey.

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

Cattaraugus CHWC

Allegany LRJHC 987 R.C. Hoag Drive

36 Thomas Indian School Drive 987 R.C. Hoag 716•532•5583 716•945•9001 senecanative connections.org

SENECA NATION HEALTH SYSTEM





REMINDER

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

You can reach us here:

Lionel R. John Health Center 716-945-5894 Community Health and Wellness Center 716-532-8223

Cattaraugus Indian Reservation Health Center 716-532-5582





If interested in modeling for our program, contact:

Heather Ward hward@senecahealth.org 716.532.8223 ext. 5573 SNHS' GHWIC Program is looking for community volunteers to model during a photoshoot in February 2022, in order to have local representation for program marketing and displays. Desired volunteers list below!

- Expectant Mothers
- Nursing Mothers
- Mothers Nursing in Regalia
- Babies being fed traditional baby

 foods
- 5 Generations of Mothers









LEARN SENECA January 28, 2022



| Onödowa'ga:' Gawë:nö' Pronunciation Key | | | | | | |
|--|-------------------------|-------------------------|-----------------------|--------------------------|------------------------|--|
| a f <u>a</u> ther | ä c <u>a</u> t | e th <u>e</u> y | ë m <u>e</u> n | i pol <u>i</u> ce | o n <u>o</u> te | |
| ö <u>o</u> wn | u t <u>u</u> ne | w <u>w</u> ash | n <u>n</u> ot | <u>vy</u> es | d <u>d</u> og | |
| t <u>t</u> ail | g girl | k <u>k</u> ite | s <u>s</u> it | j job | h <u>h</u> at | |
| š <u>sh</u> ow | tš <u>ch</u> alk | dz a <u>dz</u> e | :long vowel | 'glottal sto | р | |
| | | | | | | |



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

Seneca Nation Twitter: The Seneca Nation has an



official Twitter account. Follow it for regular updates from the President's Office on governmental and community matters. This administration is committed to increasing communication with our members, as well as the general public. https://twitter.com/
TheSenecaNation

Next SNI Newsletter DEADLINE:

The deadline for the next edition of the SNI Official Newsletter will be **Tuesday, FEBRUARY 1, 2022**. Next issue to be dated Friday, February 11, 2022.

The Good Mind of Rodney Haring -- CONTINUED

journey, how I became who I am as an academic and a researcher, really spawned from my understanding of (these) disparities, but also of our resiliencies. Our parents and our grandparents had to be strong, had to move and carry forward...so I think a lot about that. That's where I find strength in the things I do."

He has poured that strength into developing a program at Roswell Park that seeks to reduce the impact of cancer – and co-occurring health and wellness issues – on indigenous communities at home on Seneca and Haudenosaunee land, throughout the United States, and globally.

The key, Dr. Haring believes, is collaboration. The work Dr. Haring is doing is not only *for* and *about* native communities; it's *with* and *by* them.

Members of these communities are involved in every component of the Center's efforts. Dr. Haring and his staff – all of whom have roots in native

communities – have partnered with several sovereign nations, including the Seneca and Tuscarora locally, the St. Regis Mohawk in central New York State, and the Kahnawá:ke Mohawk territory in southern Quebec, to understand their unique needs before developing plans to address those needs.

By offering education and research opportunities, hosting cancer screenings and clinical trials, and layering modern academic medicine with traditional knowledge and ancestral wisdom all with a community-centered approach, the Center is forging a strong foundation for improved cancer, health, and wellness outcomes for indigenous people.

And it's all, of course, designed not only for the here and now but for the future. "The things we create now, what we're doing now, what we're talking about here today, are pieces of a conversation that hopes to inspire and keep our seven generations forward healthy. I'm not thinking, "We're gonna

do this now, accomplish this thing in one or two years, 'What I'm thinking is, what kind of change is gonna happen seven generations down the line?' That carries into [the Center for Indigenous Cancer Research]. It's embracing the next generations of indigenous cancer scientists, educators, clinicians, across the board. Roswell is the oldest (cancer research) center in the US and sits in the ancestral homelands of the Seneca. We're really honoring that now."

Two years after its launch,
Roswell Park's Center for
Indigenous Cancer Research
isn't showing any sign of slowing
down in either its growth
internally or its impact on the
wider community. The team is
now a dozen strong and growing
and has conducted research that
will make critical differences in
how the cancer care continues
from prevention to diagnosis to
treatment and survivorship is
applied in and for indigenous
communities.

Rodney Haring is leading this

work with a unique perspective, one informed, naturally, by another Haudenosaunee idea.

"The Good Mind is the way we carry ourselves every day," he explains. "It's about embracing strength and peace to create wellness. I try to walk this path every day by honoring people's journeys—which may differ from mine—and listening with an open mind. I try to present myself that way even in the face of the most significant challenges, to embrace stepping back and considering what my word is going to say and what my action is going to do."

The Good Mind of Dr.
Rodney Haring elevates
community and compassion,
guides him to act always with
intention, always knowing that
he is a small part of a much
larger whole.

"I'm not into writing a hundred articles or books," he says of his career as a researcher and advocate. "I would be happy with one that makes a change for the next generation."