



# The Official Newsletter of the SENECA NATION



February 11, 2022 - [visit us at www.sninews.org](http://www.sninews.org)



## A message from President Matthew B. Pagels



*Nya:wëh Sgë:nö',*

Well, the groundhog as seen his shadow and has predicted 6 more weeks of winter. Since we've had a very mild winter for the most part, I'm okay snuggling in for a few more weeks. Winter is a time to prepare for the busy spring and summer activities.

I'd like to briefly touch on the NYS arbitration issue. We recently held two public meetings to share information on the timeline of events regarding the payment

arbitration settlement. After much further discussion with Council, Executives and the Seneca community, it's been decided to take a moment to re-examine the approach and strategy in dealing with the arbitration rulings. More information will be available soon.

As you know January marked the two-year anniversary dealing with COVID-19. Many Native Nations, including our own have been hard hit by this virus. We have suffered far too many losses in our communities, leaving families to deal with this trauma.

We have pulled together to help one another through these difficult moments throughout the past two years. I'm extremely proud of the commitment and dedication of so many people to make our communities safe. The work of our Seneca Health System, Emergency Management Team, Covid-19 Task Force, First Responders and others from all Nation Departments whom have worked tirelessly in response to the pandemic is commendable. Every aspect of care, from vaccinations, PPE Distribution and testing, is comparable to large cities and municipalities successes, if not better. We are still on the cusp of having a grasp

on this virus as large numbers of people continue be test positive. We need to continue to do our part as individuals and as a community to focus on doing all that we can to protect our people.

We've come this far together, and it will take all of us to push through to the end of the pandemic. We are stronger when we work together.

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

**Matthew B. Pagels**

**WE CAN DO IT!**

**PROTECT  
ELDERS**

**PROTECT  
CHILDREN**

**PROTECT  
OURSELVES**

**DEFEAT  
COVID-19**

**Seneca Nation Coronavirus Response Hub**

<https://covid19.snigis.org>

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### IN THIS ISSUE

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Greetings,

Well, we finally got a good snow! As usual, Cattaraugus Territory can have blizzard conditions; then, close to the town of Cattaraugus/Little Valley, it calms down. Even though it can be frigid outdoors, our part of the country is beautiful when it's covered with snow. I hear the snow snakes are flying; and I sure hope our kids have been enjoying some sledding and making snow men.

The Seneca Nation Capital Improvement

Authority (CIA) has a project they are about to begin along the Gordon Garrow Road area. The plan is to install a new water main which will provide public water service to the area residents. The route will run from the Burning Springs community, south on Van Vleck Road, head west along the southern border of the Cattaraugus Territory and go north onto Gordon Garrow Road. This project has a long history of planning and development. The final planning stage will require a series of meetings with landowners whom own property along the proposed route. If you are a landowner along the route of this project, please contact our office at (716) 945-1790, so we can collect your name, address and phone number to make sure you are notified about the meetings which will be taking place.

In reference to my previous message, I understand there has been some confusion which I would like to clarify: I reported that \$772.5 million of American Rescue Plan Act (ARPA) funds distributed by the federal government were set aside for tribal government services, public safety and justice, social services, child welfare assistance and other related expenses; and an additional \$100 million was authorized

for tribal housing improvement. The Native American ARPA funds set aside were authorized to be distributed among the existing 574 federally-recognized native nations and tribes. In November of 2021, the Seneca Nation received funds authorized for tribal Housing Improvement Programs (HIP). For those interested in learning more about the program and applying, please contact Kerry Kennedy at our Cattaraugus Tribal Advocate Office, (716) 532-1028. At some point in the near future, we will hold a public meeting to discuss ARPA funding budgets. As a reminder, there is an American Rescue Plan Act (ARPA) distribution scheduled for Wednesday, February 16th, 2022. Please make sure your mailing address and direct deposit information is up to date with your respective Clerk's Office.

The losses we have all suffered in our communities has been staggering - due to COVID-19. Please continue to practice social distancing of six feet or more and continue to wear a face mask.

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

NEWS FROM THE CLERK'S OFFICE



Marta Kettle, Clerk  
CATTARAUGUS  
TERRITORY



Bethany Johnson,  
Deputy Clerk  
ALLEGANY TERRITORY

The Clerk's Office continues to monitor the current pandemic & practice safety measures that protect the Clerk's Office staff and Community as a whole, please watch for changes. Nya:Weh

**MASKS ARE REQUIRED UPON ENTRY TO ALL SENECA NATION BUILDINGS**

The **Clerk's Office on the Cattaraugus Territory** has **re-opened** our doors with safety protocols in place. Masks are required at all times and you must social distance while in the Building.

The Clerk's Office on the Allegany Territory will be opening soon, we will remain open with a walk-up window for limited services. Our hours are Monday through Friday; 8:00 am – 4:30 pm. We encourage members to bring their own pen if needed, as a

safety precaution.

**Please have your SNI Enrollment # ready when you are visiting or calling the Clerk's Office.**

We are happy to announce the Allegany & Cattaraugus Clerk's Office are now accepting Credit/Debit Cards as a form of payment for ID's, utility bills, business & fishing licenses, etc.

**ANNUITY CLOTH**  
**ANNUITY CLOTH WILL BE AVAILABLE FOR PICK UP ANYTIME IN BOTH ALLEGANY & CATTARAUGUS CLERK'S OFFICES.**

**William Seneca Building – Cattaraugus Territory – (716) 532-4900**

Cattaraugus Clerk's Office Staff  
Marta Kettle – Clerk  
Geraldine Huff, Executive Assistant (Notary Public)  
Kelly Mohawk, Deeds Recorder  
Leslie Cooke, Executive Secretary (Notary Public)  
Tammi Stafford, Administrative Assistant (Notary Public)  
Ashley Warrior, Administrative Assistant  
Lori Waterman, Administrative Assistant  
Dana Maybee, Business Permit Officer  
Kayla Huff, Business Compliance Officer  
Sarena Seneca, Receptionist  
**Seneca Allegany Administration Building - Allegany Territory – (716) 945-1790**

Allegany Clerk's Office Staff  
Bethany Johnson, Deputy Clerk (Notary Public)

Charisse Ground, Executive Secretary  
Sue Case, Enrollment Officer  
Kathleen “Yomie” Hill, Enrollment Assistant  
Lexus McClune, Administrative Assistant  
Amos Vogle, Administrative Assistant  
Hilton Johnny-John, Receptionist

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

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

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

**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 emailed must include the following information:

**“I would like to register to participate for the Council Date. 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 for the meeting. 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.

**CLERK’S OFFICE FORMS**

Completed forms can be mailed along with a copy of your photo identification as proof of identify if you are unable to obtain a notary to: Seneca Nation of Indians, 90 Ohi:yo’ Way, Salamanca NY 14779.

All forms are available online at [www.sni.org](http://www.sni.org) under Clerk’s Office documents.

• **ADDRESSES**

Please remember to keep your address current with the Clerk’s Office. This includes changes with custody of minor children or legal guardians (Court orders).

• **BURIAL FUND**

A Burial fund has been designated to pay for funeral expenses

up to \$7000 for enrolled members. For additional details, please contact the Clerk’s Office during regular business hours.

• **DIRECT DEPOSIT OF ANNUITY AND/OR ELDERS PAYMENTS**

If you would like to sign up for Direct Deposit of your Annuity and/ or Elders Check, you will have to complete the form. The form is available on the web at [www.sni.org](http://www.sni.org) under Documents/Clerk’s Office / Direct Deposit forms or at the Clerk’s Office.

- All direct deposit forms MUST have attached a voided check or deposit slip (start-up checks will NOT be accepted).
- Members must be at least 18 years old to sign up for Direct Deposit
- Minors are NOT eligible for Direct Deposit

If you receive direct deposit, it is your responsibility to keep your address updated with the Clerk’s Office.

• **RELEASE OF MINORS TRUST FUND**

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

- Application for Release of Minors Trust
- High School Diploma / GED
- Financial Literacy Certificate (<http://seneca.cm3solutions.com>)

If you need to obtain a Financial Literacy Certificate please contact the Seneca Nation Education Department for details. Contact Info: Allegany Territory - Seneca Nation Education Department (716) 945-1790, [traci.pacini@sni.org](mailto:traci.pacini@sni.org); Cattaraugus Territory - Seneca Nation Education Department (716) 532-3341, [barbara.weston@sni.org](mailto:barbara.weston@sni.org).

**SEEKING INVOCATORS**

The Seneca Nation Clerks Office is seeking Individuals interested in Invocating/Opening with Gano:nyok for Council each month. Anyone interested for Allegany may contact Charisse Ground at [Charisse.ground@sni.org](mailto:Charisse.ground@sni.org), 716-945-1790 ext. 3036 and for Cattaraugus you may contact Leslie Cooke at [Leslie.cooke@sni.org](mailto:Leslie.cooke@sni.org), 716-532-4900, ext. 5038.

**SEEKING NON-PROFIT ORGANIZATIONS**

The Seneca Nation Clerk’s Office is seeking Non-Profit Organizations to serve refreshments and or dinner during Council each month. Any Organization interested for Allegany may contact Charisse Ground at [Charisse.ground@sni.org](mailto:Charisse.ground@sni.org), 716-945-1790 ext. 3036 and for Cattaraugus you may contact Leslie Cooke at [Leslie.cooke@sni.org](mailto:Leslie.cooke@sni.org), 716-532-4900, ext. 5038 to request a form. Forms are also available at the Clerk’s Office. Any questions or can be directed to Charisse Ground or Leslie Cooke.

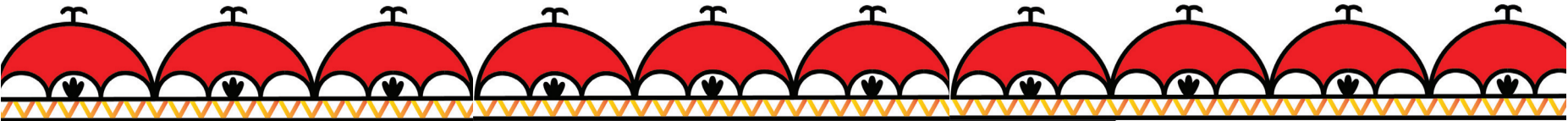
We would like to say Nya:wëh for your patience and understanding during this time and please watch for updates as this may change unexpectedly. Any changes will be posted online.

Next SNI Newsletter Deadline:

Deadline: Tuesday, February 15, 2022 |  
Next issue to be dated Friday, February 25, 2022

Next Regular Session of Council:

February 12, 2022 @ 9:30am  
Cattaraugus Community Center



# COVID-19 Community Testing

### BRING WITH YOU

- Smart phone or hard-copy of confirmation email from Grapefruit
- Photo ID
- 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 primary healthcare team with additional questions.



### LOCATIONS

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



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



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

Logon to <https://covid19.snigis.org>

## COVID-19 Testing Services

Bluestone Testing is now available by appointment only for enrolled Senecas.

### Locations:

Seneca Fire Station #1,  
12879 Route 438,  
Irving NY 14081.

Seneca Fire Station-Allegany,  
8184 East Loop Road,  
Salamanca NY 14779

### To Make an Appointment:

Call 716-220-4224, then go to [www.bluestonesafe.com](http://www.bluestonesafe.com) to preregister using client code: Senecagov and user code: 3030.

Appointment times are available from 9am to 3pm.

\*This is a saliva sample test that requires no food or drink at least one hour prior to you providing this test sample.

\*This does not impact CTS testing services.

**COVID - 19 Rapid Testing is available for Elders and the Disabled at their home by appointment.**

**Please contact 716-220-2442 to make an appointment.**

## Allegany CTS Testing Site

**3677 Admin Drive  
Salamanca NY 14779**



Enter Back Entrance Of The ACC  
Park In Rear Parking Lot



Enter Through Back Entrance  
Doors



Follow Arrows And Partitions  
To Testing Area



## Seneca FireStation 2 FREE COVID-19 Test Site PCR and RAPID

**Questions: Call Mike Gates  
716-244-0820**



1 p.m. - 6 p.m.



Vehicles Enter Through Black Door  
CTS PCR & Rapid - All Welcome

ALL patients awaiting results use  
this parking lot to sit inside their  
vehicle awaiting test results



# Seneca back at Second Circuit to renegotiate thruway easement

Emilee Larkin / January 20, 2022. Reprint <https://www.courthousenews.com/>

New York state was ruled immune long ago in a dispute that turns 30 next year, but the Seneca Nation mapped out a new route for it to dip into the revenue stream from a highway that cuts through tribal land.

Section of I-90, also known as the New York State Thruway, on the Seneca Nation's Cattaraugus Reservation just north of the Erie-Chautauqua county line. (Wikipedia image via Courthouse News)

MANHATTAN (CN) — The Second Circuit heard arguments, not for the first time Thursday, on an easement granted back in 1954 that allowed a 3-mile stretch of the nearly 570-mile New York State Thruway to run through the Seneca Nation.

As part of the deal, the tribe had sold some 300 acres of the Cattaraugus Reservation to New York for \$75,000. Since 1993, however, it has been fighting to invalidate that easement, citing several issues with the negotiation in the '50s, including that it were represented by a state-appointed attorney and that the easement was never federally ratified.

The first decade of litigation ended with the Second Circuit ruling in 2004 that New York state has sovereign immunity from the tribe's claims. Taking another tack, the Seneca sued again in 2018 — this time naming various state officials, including

the governor, the state attorney general and the transportation commissioner, as defendants.

New York is seeking another Second Circuit break after a federal judge ruled that the state officials were allowed to be sued in their official capacities, given the U.S. Supreme Court precedent in *Ex parte Young*.

At arguments in Manhattan on Thursday, the Seneca's attorney James Tysse pointed the panel to the Treaty of Canandaigua of 1754, in which the U.S. recognized Seneca as the owners of the land and guaranteed them free use and enjoyment of the land.

Asking the court to force the hands of the officials to get a valid easement, Tysse suggested that the state would not be in violation of the treaty with the right records in place.

“We want an injunction for the state officers to obtain a valid easement over the property, then our free use of the land would no longer be disturbed,” Tysse said.

U.S. Circuit Judge John Walker Jr. questioned this logic, saying nothing in the treaty stopped the Seneca from selling land as easements, as happened in 1954.

The Akin Gump attorney agreed but said

cars driving through the land and the state collecting tolls do not allow for free use and enjoyment of the land.

Walker interrupted.

“You’re not saying they shouldn’t do that, you’re just saying they should pay for it,” said Walker, a George H.W. Bush appointee. “You’re just asking for a do-over.”

Beezly Kiernan, who represents the state officials, asked what any of this has to do with the individuals named as defendants. “The wrong is tied to the state's violation,” said Kiernan. “There is no violation by these state officers right now.”

Kieran used rebuttal time to hammer home the point that the 1954 easement is valid and the state officials cannot be sued.

According to the most recent data, the New York State Thruway has collected over \$69 million in tolls in September 2021.

Neither Kieran or Tysse immediately respond to email seeking comment.

The panel was round out by U.S. Circuit Judges Amalya Kearse, a Carter appointee, and Richard Sullivan, a Trump appointee.

## Jamestown Public Schools To Change Offensive Mascot Name

*Seneca Nation President Matthew Pagels told The Post-Journal that he “applauds” the decision to change.*

“The call for change and respect should be heard by more communities, institutions and organizations where, for far too long, the use of names and imagery offensive to Native Americans and Native communities has been commonplace,” Pagels said.

“I applaud our neighbors in Jamestown for not only promoting this long-overdue change, but also embracing it as an opportunity to educate students on the history of why it is the right decision to make. I hope the district’s leaders will follow through with this change and begin a new chapter that others could look to as an example to follow.”

2022 Seneca Nation Calendars coming soon.....



A collaboration between Seneca Media and the Seneca Nation Newsletter







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- Hospitality Assistant Manager
- Hospitality Associate
- Maintenance Associate
- Security Guard

**Salamanca location:**

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- Cleaner
- Count Team

**All locations continuous posting:**

- CEO
- Income Auditor

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 Salamanca, NY 14779

5374 West Shore Rd. Cuba,

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**APPLY IN PERSON AT:**  
 11099 Erie Rd., Irving, NY 14081

Email: [sthompson@senecagames.net](mailto:sthompson@senecagames.net)  
 768 Broad Street Salamanca NY 14779  
 Email: [Nicole.john@senecagames.net](mailto:Nicole.john@senecagames.net)  
 All locations  
 Email: [Rochelle.pierce@senecagames.net](mailto:Rochelle.pierce@senecagames.net)

# SN I TRAINING & EMPLOYMENT RESOURCE CENTER

## SENECA TRAINING CENTER

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Come learn carpentry,  
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**12 Week  
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PLEASE CALL THE TERC OFFICE FOR MORE INFORMATION AND HOW TO APPLY!

ALLEGANY TERC OFFICE (716) 945-8120

CATTARAUGUS TERC OFFICE (716) 532-1033

# SENECA EMS WINTER WEATHER SAFETY TIPS

With the Old Man winter starting to set in for next couple of months all of us from Seneca EMS would like to take a minute to remind everyone a couple of Winter safety tips.




## Snow Removal/ Shoveling safety tips

- When the snow is heavy take your time shoveling and don't try to do it on your own. Always ask for help
- When your Snowblower becomes plugged do not use your hands to remove the blockage. Either use a stick or tool that is supplied with your snowblower to remove the blockage even if the machine is off.

## Hypothermia and Dressing for the weather

- Make sure that you dress in layers
- With the cold temperatures that you leave no skin exposed to the elements
- Do not stay outside for long periods of time.
- Watch for signs of frost Bite
  - At first, cold skin and a prickling feeling.
  - Numbness.
  - Skin that looks red, white, bluish-white, grayish-yellow, purplish, brown or ashen, depending on the severity of the condition and usual skin color.
  - Hard or waxy-looking skin.
  - Clumsiness due to joint and muscle stiffness.
- **Signs/ Symptoms of Hypothermia**
  - Shivering.
  - Exhaustion or feeling very tired.
  - Confusion.
  - Fumbling hands.
  - Memory loss.
  - Slurred speech.
  - Drowsiness.
- **In the event that you develop Hypothermia or Frost bite remember these key points**
  - NEVER Rub the effected body part(s) to warm them as it may cause more damage. Warm the effected body part slowly
  - **Anyone with symptoms of hypothermia needs immediate medical attention. Until help arrives, the CDCTrusted Source recommends:**
  - moving the person to a warm, dry place, if possible, or sheltering them from the elements
  - taking off any wet clothing
  - covering the person with an electric blanket, if available, or dry layers of towels, clothing, or blankets
  - making skin-to-skin contact with another individual
  - having the person drink a warm beverage, excluding alcohol, if they are not unconscious
  - avoiding moving or jostling the person, as doing so can trigger a fatal heart rhythm abnormality
  - If someone has severe hypothermia, they may be unconscious. They may also appear not to have a pulse or be breathing. If this occurs, a bystander should perform CPR and continue it until help arrives. Sometimes people with hypothermia who appear to be dead can resuscitate.

**Seneca EMS is always here when you or family needs us. Check out our Facebook page and watch for some upcoming events.**



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 opportunities 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:

- Finance
- Security
- Property Operations and Facilities
- Housekeeping

- Marketing
- Hospitality
- Gaming (Slots, Table Games, Sports Lounge)
- ...and so much more.

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.



NIKKI SENECA  
NSeneca@senecacasinos.com  
716-807-2704  
Visit TheBest8Hours.com for more information about our benefits and job opportunities.



**JAZZY'S PLACE**  
**HOURS OF OPERATION**

Monday CLOSED  
Tuesday 11am-6:00pm  
Wednesday 11am-6:00pm  
Thursday 11am-6:00pm  
Friday 10am-8:30pm  
Saturday 10am-8:30pm  
Sunday 10am-5:00pm

Located at 768 Broad Street  
Salamanca, NY 14779  
Call  
716-945-4080 or 716-945-8900





# Allegany Education Update:

*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**

# IMPORT/EXPORT COMMISSION:

**NEXT MEETING:**

**FEBRUARY 24, 2022**  
**1:00PM**  
**WILLIAM SENECA BUILDING COUNCIL CHAMBERS**

# 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 Additional	add \$568

## T.E.R.C. Program Update

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 FIRE 2022 Election of Officers

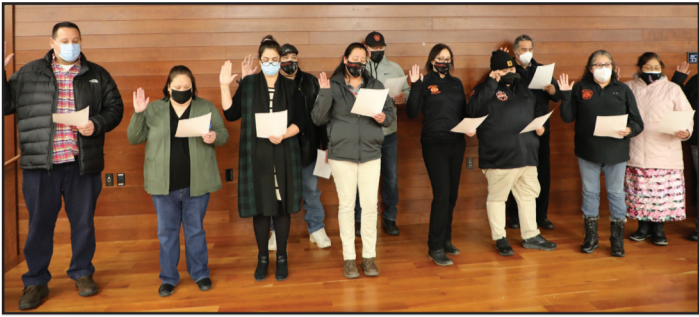
*New officers were sworn in by SNI Clerk Marta Kettle, Tuesday, February 1, 2022 in a small ceremony with just the elected present.*

- President:** Scott Lay (absent)
- Vice President & BINGO Chair:** Terry L. Nephew
- Treasurer:** Melissa Schindler
- Recording Secretary:** LeighAnn Jackson

- Fire Chief:** Presley M.C. Redeye
- First Assistant Chief:** Duane "Dude" Carry Moccasin
- Second Assistant Chief:** Tim Maude
- EMS Chief:** Michele Redeye

- Board of Directors:**  
John Waterman Jr., Millie Fox, Joni Jackson, Mike General, Jason Seneca
- Alternate Board:**  
Nadine "SueSue" Pierce, Jennie Maybee, (absent) Mike Jimerson, Ten-nia Thomas, Cheryl Pierce

- Sergeant at Arms:** Matt John
- Building Chairman:** John Maybee
- Financial Secretary:** Summer Jones
- Delegates:** Lisa M. Longboat & Albert Longboat
- Steward:** Nathaniel John

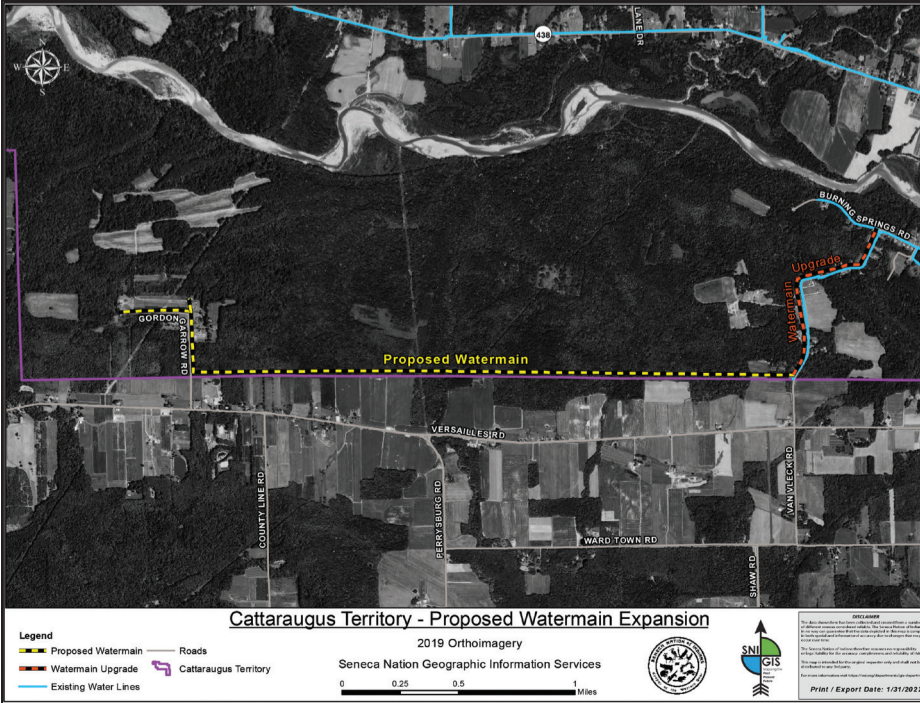


## ATTENTION Gordon Garrow Area Landowners:

The Seneca Nation Capital Improvement Authority (CIA) is planning to install a new water main to provide public water service to the residents of the Gordon Garrow area.

The anticipated route runs south on Van Vleck Road from Burning Springs Road, west along the Cattaraugus Territory's south border and north to Gordon Garrow Road.

If you are a landowner along any of the proposed route, we ask that you please contact the Treasurer's office at (716) 945-1790. Your name, address, and appropriate contact information will be recorded to ensure proper notification for future landowner's meetings.



## Gakwiy:oh Farms Preps for Maple Season

Gakwi:yoh Farms crew getting ready for maple season deep clean bath for evaporator for the upcoming maple season. Stay tuned for events and updates!





A special  
Nya:wëh  
to our  
**DPW crews**  
for all that  
you do!





**Highbanks**  
CAMPGROUND

**February Cabin Deals**

15% OFF DURING THE ENTIRE MONTH OF FEBRUARY



**1-877-SNI-CAMP**

Discount available only through phone reservation. Online reservations not eligible for discounted rate

•Phone Reservation required to receive 15% off  
•Offer only available during the month of February 2022  
•Must be 21 years or older.

**Volunteer Models Needed!**



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

If interested in modeling for our program, contact:

Heather Ward  
hward@senecahealth.org  
716.532.8223 ext. 5573



**CALLING ALL NATIVE CRAFTERS & VENDORS**

**SENECA MARKET DATES**

SENECA NIAGARA	SENECA ALLEGANY
Friday, April 22 10 AM – 6 PM	Saturday, April 23 10 AM – 6 PM
Friday, April 9 10 AM – 6 PM	

More dates to come!

Here is your chance to display and sell your crafts to thousands of guests at the Seneca Market at Seneca Resorts & Casinos!



**APPLY BY FRIDAY, MARCH 25, 2022**

First come, first serve. Space is limited.

**For an application, please contact:**  
Nikki Seneca, Outreach Specialist  
(716) 807-2704 or NSeneca@SenecaCasinos.com



**Talking and Healing Circle**



Led by Christina Porter  
Gifted Indigenous Seer and Healer

Monday February 21, 2022  
6:30 PM

Hybrid set-up

Virtual: Zoom meeting ID: 861 3721 6237 | Password: light  
In-person: Saylor Building Dining Room

Contact: 716-532-4900 ext. 5087 or SNCVServices@sni.org

**Paint Night**

**MARCH 10**

Instructor: Sandy Warrior

@ 6PM at FEE: \$10

The Sully  
12857 Route 438, Irving

To register, call Sam Jacobs: 716-532-8162

Made with PosterMyWall.com

# Alie Jimerson named to Canada's roster for the 2022 World Lacrosse Women's World Championship

February 4, 2022 | [usalaxmagazine.com](http://usalaxmagazine.com) | Photo by John Strohsacker

OTTAWA, Ontario — Lacrosse Canada is thrilled to announce the 20 women who will represent Canada at the 2022 World Lacrosse Women's World Cup in Towson, USA.

The World Cup, which was postponed from 2021 due to the ongoing COVID-19 pandemic, will take place in Towson, Maryland, USA from June 29 to July 9, 2022.

It will feature a record 30 teams, an exciting milestone for the global growth of women's lacrosse. Canada enters the tournament as the No. 2 seed and looks to upgrade the silver medal won at the 2017 World Cup, which was held in Guildford, UK.

It's been a long road for these athletes, who began the selection process nearly



Alie Jimerson also competed for Canada at the USA Lacrosse Fall Classic in October.

two years ago. The final roster was decided following several identification events in the fall of 2021.

"I am really excited to finally announce this

team. It definitely has been a unique process," said head coach Scott Teeter.

"This roster brings a ton of World Cup experience and is one of the deepest teams that we have had. I can't wait to see what this team can accomplish together."

The roster is made of a combination of players with senior national team experience, as well as previous members of the U-19 Canadian women's team which captured a silver medal in 2019.

Editor's Note: **Alie Jimerson (Cattaraugus Territory, Cayuga/Seneca, Bear clan)**, is the only Indigenous player called to the team. Ja:goh!

For more information visit: <https://www.womensworldlax2022.com/>

## Border Wars medal winners, MVPs and All-Tournament Teams - Ja:goh Caias John (Cattaraugus Territory) w/Roots Box Lacrosse

[tracathletics.com](http://tracathletics.com)

The inaugural Border Wars box lacrosse tournament was held at the Toronto Rock Athletic Centre December 18-19 and showcased players from California, Colorado, New York and Ontario.

The event was put on in partnership with TRAC Athletics, the Toronto Rock and the US Box Lacrosse Association.



players received the most votes for their performances at Border Wars: **Congratulations to Caias John, ROOTS Goalie for making the U15 All-Tournament First Team!** (View the complete list at <https://tracathletics.com/border-wars-medal-winners-mvps-and-all-tournament-teams>)



Over the course of two extremely competitive days, TRAC Athletics identified the best players across all three divisions (U13, U15 and U17). Once those players were carefully confirmed, staff voted for each division's MVP and All-Tournament First & Second Teams. The following



## 2/26 Native American Winter Games SAVE THE DATE!

Ganondagan's annual Native American Winter Games will be held on Saturday, February 26th. Schedule and details to come. Visit: <https://ganondagan.org/Events-Programs>

# The Empire State Winter Games torch relay passes through Gowanda- *Students from the Gowanda Middle/High School relayed the torch through their own building, the elementary school, before running it from there to the bank to end the relay.*

The Empire State Winter Games torch came through Gowanda Central schools with **Dustin Mohawk, and Nathan Warrior** participating in running it through the Middle school, **Sophee Seneca, Evelyn John and Jada Warrior** ran it through the Elementary school with the Gowanda torch run end destination arriving at the Community Bank. Ja:goh to all

our runners. The 42nd Empire State Winter Games (ESWG) Torch Relay kicked off January 29th from two starting points, Buffalo and New York City, as the start of its six-day, 700-mile journey that culminated in Lake Placid for the Opening Ceremony of the Feb. 3-6 Games. The torch



relay was welcomed by dozens of communities along the two routes that merged in Lake Placid. Overall, the torch relay was expected to involve up to 50 communities, schools, sports clubs, mascots, arenas and other venues as the ESGW flame wended its way east and north. In connecting three corners of New York state, the

relay symbolizes a unifying spirit and resilience as the ESWG returned following a year's absence due to the worldwide pandemic. Visit <https://www.empirestatewintergames.com/> for information about the games.



## Trip to Kansas City for Water Buffalo Club

*The Life of a Buffalo Bills Fan on the Road to Kansas City*  
By Michael Billoni | January 31, 2022 | [buffalorising.com](http://buffalorising.com) | Submitted by Irma Cortes

For Therese “Tee” Forton-Barnes, the stage was set for the third and what easily would have been the largest and most raucous Buffalo Water Buffalo Club tailgate party at the Big Tree Inn in Orchard Park prior to the AFC Championship game against Cincinnati in Highmark Stadium on Sunday afternoon.

**Irma Cortes of the Seneca Nation of Indians in Irving, her daughter and two friends** officially joined the



From left, Irma, Kali, Robin and Nicky

Water Buffalo Club before the regular season finale against the New York Jets because they are lifelong Bills fans. That is why the four of them left Irving last weekend for the Bills revenge game against the Chiefs in Kansas City. Like Tee, the Grand Poobah of the Water Buffalo Club, the ladies from Irving were also extremely confident they would be bundled up for the AFC Championship game here.

*(Continued on the next page)*



Water Buffalo Club Officers. From left, Therese Forton-Barnes, Grand Poobah; Cathleen Hart-Frantz, Treasurer and Lisa Brydges, Entertainment Director

13 Seconds changed all of that.

A Buffalo Rising story on January 6 explained how Forton-Barnes co-founded this grassroots club as an extension of Bills Mafia “...except we do not smash tables,” Tee explained.

Through her many contacts, a strong social media network and word of mouth has turned this fun venture into a full-time job over the past couple of weeks for Tee and fellow Water Buffalo Club officers, Lisa Brydges, entertainment director and Cathleen Hart-Frantz, treasurer.

Last Saturday afternoon, the day before the Chiefs game, the three officers set up their distribution center in the back room of the Big Tree Inn at a table in front of its Hall of Fame display, which now contains the distinctive blue Water Buffalo hat with the red Buffalo on the front.

While Brydges and Hart-Frantz distributed hats to fans who came from all over Western New York to pick up their hat, membership card and directions on how to keep the hat upright, Tee was on the phone with KC businessman Shane Cordes, whom she met at Jim Kelly’s golf tournament last summer.

“Shane is a great guy whom I met as he played in a foursome with Chris Berman and Jim. He has a suite for the Chiefs game and when he heard about our club, he ordered ten hats for everyone in the suite. I overnighted them to him during the week but on Saturday he had

not received them yet. When he told me he had a ticket for me in his suite I immediately called the airlines and found a flight that left Buffalo at 6 a.m. on gameday,” she explained.

“It was important to me that he had those 10 hats, so I decided to go with 10 more hats for him,” she added.

As new members came into the Big Tree Inn Tee almost jumped out of her chair when she saw Michelle Knaszak of North Boston arrive wearing a full length red and blue Brotega while her girlfriend Mary Violanti of Hamburg was wearing Zubas shorts over her jeans.

“My entire wardrobe is Bills clothing. I have been a fan my entire life and I am so confident they are going to the Super Bowl this year that I purchased plane tickets and reserved a room in Los Angeles last March,” Violanti said while Tee was explaining to her friend why she needed to borrow her Brotega for the trip the next day. Knaszak obliged.

“It made the outfit!” explained Tee, who posted photos of herself on the plane and in KC on Sunday in her new Bills outfit.

While Tee and her team were at the Big Tree last Saturday Cortes, and her crew, had piled into a rental car Friday evening for what turned out to be quite the adventure to the Midwest. Irma, her daughter, Kalicia and best friends Robin and Nicky are all Bills’ season ticket

holders. Caught up in the buzz of maybe beating the Chiefs in KC, they decided on Wednesday, Jan. 19 “We NEED to be at that game to support our boys,” Irma said.

“We packed our car in -5-degree weather and every crevice in the vehicle was filled with all the necessities—our Buffalo Bills attire, food, drinks, pillows and signs,” she added. Their first stop was in Cleveland for a photo opportunity at the Rock & Roll Hall of Fame, posting their Josh Allen, Stefon Diggs, “Bills Make Me Wanna Shout” signs and our Hiawatha Flag (We are all Proud Seneca Women)

Rodriguez and a phone number comes up on Google. She calls and leaves a message. She then pulls out the two business cards of the Trucking Company and proceeds to reach out to them explaining the situation. We are now approximately an hour away from the rest stop. About a half hour later she gets a message from someone at the Trucking Company stating they reached Daniel and he did not even know he lost his wallet.

“He was indeed asleep in his truck at the rest stop. Daniel calls Robin and we explain why we decided to take it with us and we offered to mail it, but he

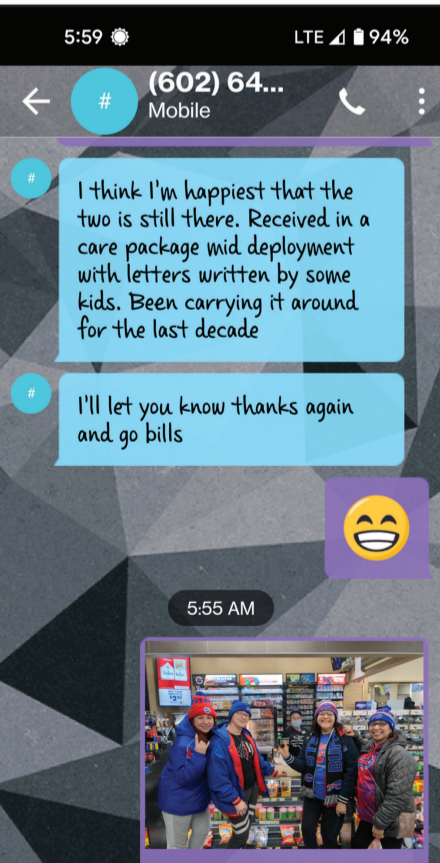


Signs and flag at the Rock n Roll HOF


The trip took an interesting turn around 3 a.m. when they stopped at a rest area off the Thruway in Indiana. Irma explained: “When I exit the restroom, straight ahead was a bench with an open wallet on it. I wait for the others to come out so we can decide what we should do. I pick it up and notice on Daniel’s Arizona license that he is a Veteran. That makes us want to help him even more. We look inside for further information, noting that all the money is gone but there is a \$2 bill along with credit cards and business cards that we presume are the company he drives for. There is not an employee present nor is there a drop box at the rest stop and we did not want to leave the wallet there on the chance he is sleeping in his truck as there are credit cards and a \$2 bill which we think may be important to him.

“We decide to get on the road, taking the wallet with us. We’ll reach out to him via the company business card info and mail it to him. Robin does some investigating; Daniel


needs it to complete his trip. We are now about two hours away and Daniel is headed in the other direction. We remember seeing a Love’s Truck stop card in his wallet and recommend **(Cont. on the next page)**



Truck driver Daniel’s message - the Good Samaritans from the Seneca Nation in Irving



Robin



Package received. What could have been a bad day turned out pretty great. Have a great day

MMS 10:48 AM

Truck driver Daniel's message to the Good Samaritans from the Seneca Nation in Irving.

going to one of those as a meeting place or perhaps we could leave it with the manager for Daniel to retrieve it.

“She’s still talking to him on the phone, and he is thanking us, saying he didn’t think there are still people in this world that would do that. She then tells him about the \$2 bill and Daniel was ecstatic, stating he was the happiest about that. He received it in a care package mid deployment when he was serving our country with these letters written by some kids. He has been carrying them around for the last decade. We google Love’s and there is one a couple exits away. We stop and explain the situation to the Manager, and they are happy to assist by keeping Daniel’s wallet in the safe until he arrives. Later, we make a stop at the Arch in St. Louis before heading to our Airbnb. While there, Robin receives a picture of Daniel holding his \$2 bill along with a message: “Package received. What could have been a bad day turned out great.”

Happy with the good deed completed, the Seneca clan checked into their Airbnb in Overland Park and took a quick nap before hitting the pre-tailgate parties at Bill’s Backer’s Bars (Al’s and Tap’s). Their Water Buffalo Hats and

Brotoogas caught everyone’s attention.

“Upon arriving at Al’s, which was packed beyond capacity, we ran into “Booker” a popular Bills fan is always at the 97 Rock tailgate party,” Irma continued. “What a great time meeting Bills fans from all over the world, including our own WNY Elvis and American Rapper “Benny the Butcher,” who is from Buffalo.

“On game day, I wake up like it is Christmas morning shouting Hey, ey, ey, ey, and shaking my cowbell clacker trying to awaken the house. We made our way to the stadium with our Bills flag and signs on our rental car. We parked near fellow Bills fans, so we put on our Water Buffalo hats and Brotoogas. We must have taken 100’s of



Inside Arrowhead Stadium. From left, Irma, Nicky, Robin, Kali

pictures with Bills and Chiefs fans and 98% of the Chiefs fans were friendly and welcoming. We meet a Chiefs fan asked who was a fan when the Bills had been in the Super Bowls. All four of were, so he gave us Buffalo Bill’s trading cards, that included Jim Kelly and Thurman Thomas. What a great gesture.”

Tee was honored with a certificate for her first game at Arrowhead Stadium, where she watched the game from Cordes’ suite.

“I will never forget the experience of going to Kansas City,” she said.



At Al’s Sports Bar with Booker. From left, Kali, Nicky, Benny, Robin, Irma

“We all know the outcome and I had so many people worried about how I was mentally after that game. Honestly, in the end I was OK. There is something about this team that makes you believe this is not a fluke and we are going to the Super Bowl very soon and we will win it.

“As the founder of the Water Buffalo Club and as its

which I believe will be another very good year for the Red, White and Blue!” Tee added.

Tee and her board will also be spending the off-season working on details of a charitable arm with the Water Buffalo Club and the Buffalo Zoo. Of course, it will have something to do with its herd of buffalos.

For Irma and the ladies, the long ride home began after visiting Gates BBQ for lunch. “We were honored to meet the owner, Mrs. Gates,” she said. “She welcomed us with open arms and hugged us after our tough loss and also sent us off with parting gifts of all her bottled seasonings and thanked us for showing up in our Bills attire.

“We were still so proud of the game the Bills played,” Irma said. “They left their hearts on that field as we did in that stadium! We laughed until we cried then we cried until we laughed!”

YaaBa DaaBa Doo!

GrandPoohbah, we have a lot to look forward to and I can’t wait to wear our hats in pride and honor at the 2022 home opener,



The day after at Gates BBQ before the long ride home.

# Marla Nauni's recent TV accomplishments

Ms. Nauni’s recent TV accomplishment is in **Paramount+ “1883”**, where she portrays a Comanche woman on the Great Plains. “1883”, created by Yellowstone’s Taylor Sheridan, and stars Sam Elliott, Tim McGraw, and Faith Hill, and follows the Dutton family on a journey west through the Great Plains. In search of a better life, the Dutton family leaves Texas and embarks on a journey to Montana. “1883” premiered December 19, 2021 and can be seen on Paramount+. (Pictured is Marla on the set of “1883.”)



Ms. Nauni also starred in Big Productions documentary, OETA’s **“Back in Time: Osage Murders - The Reign of Terror,”** and can be viewed on Youtube. She played the Lead Role of "Anna Brown", an Osage headright owner who mysteriously disappears in the 1920's. This documentary explored the systematic murders of the Osage from 1910 to 1930 in an organized effort to rob them of their oil and money. Other TV accomplishments include performing in Disney/ FX **"Reservation Dogs,"** (TV), **Paramount’s “Yellowstone,”** (TV) S3E6, and **AMC’s “The Son”**, (TV), S1E10 & S2E8.



Her latest film accomplishment was performing in **Apple’s "Killers of the Flower Moon" (Film)**, Bartlesville, OK, which was filmed throughout Osage county, Oklahoma. “Killers of the Flower Moon,” was directed by Martin Scorsese, starring Leonardo DiCaprio, Robert De Niro, Tantoo Cardinal, and Tatanka Means, and is set to be released late 2022. The storyline is Members of the Osage tribe in the United States are murdered under mysterious circumstances in the 1920s, sparking a major FBI investigation involving J. Edgar Hoover.

**MARLA NAUNI, (Wolf)** - Ms. Nauni’s late mother was Martha (White Pigeon) Nauni, her maternal grandparents were the late Rev. Lester James White Pigeon, Sr. and Almeda (Pierce) White Pigeon. Her great grandparents were the late Newton Pierce and Cynthia Laura John Pierce.



## Irene Wheeler to be featured as this month's National Indian Child Welfare Association (NICWA) member spotlight

The following info was posted to NICWA (@Native Children) Twitter page:

This month's member spotlight features Irene Wheeler (Seneca Nation of Indians), a supervisor for the Seneca Nation Health System & Child and Family Services. She became a member to learn more about ICWA, attend conference & receive information provided by NICWA. Thank you Irene!



# \$50K each goes to 10 Indigenous artists

Recognizing the “magnificent range of disciplines and diversity of our nation's artists”

**Ja:goh Rosy Simas, Seneca, Heron Clan, transdisciplinary and dance artist from Mni Sota Makece, Minnesota -- indiancountrytoday.com | January 26, 2022**

Ten of the 63 artists receiving \$50,000 unrestricted cash awards from United States Artists are Native American. US Artists announced its 2022 Fellows on Wednesday. The group selected from 10 disciplines are the largest cohort since the organization’s start 16 years ago.

The award “honors their creative accomplishments and supports their ongoing artistic and professional development,”

US Artists said in a prepared statement. “We are thrilled to award fellowships to sixty-three artists – the largest cohort in USA’s history – this year,” said US Artists Board Chair Ed Henry. “Our work continues to illuminate the importance of elevating individual artists and cultural practitioners in communities across the country. These sixty three fellows are representative of the

magnificent range of disciplines and diversity of our nation's artists...The breadth and depth of talent and the commitment of artists to their communities is remarkable,” he said.

US Artists Program Director Lynnette Miranda said, “The 2022 USA

Fellows were selected for their remarkable artistic vision, their commitment to community – both in their specific communities and their discipline at large – and the potential to influence future generations.”



(Continued on the next page)

United States Artists has awarded more than \$36 million to artists since its start in 2006.

The 2022 cohort includes textile artist Melissa Cody, Dine’; transdisciplinary and dance artist Rosy Simas, Seneca; musician Laura Ortman, White Mountain Apache; Indigenous musician Qacung, Yup’ik; vocalist, songwriter, composer, and educator Martha Redbone, Cherokee/Choctaw; actor, playwright, artistic director and advocate DeLanna Studi, Cherokee; raised beadwork artist Karen Ann Hoffman,

Haudenosaunee; artist and educator Marty Two Bulls Jr., Oglala Lakota; painter Andrea Carlson, Ojibwe; and culture bearer, artist, designer, and educator Peter Williams, Yup’ik;

Below is some information about Rosy and her work:

**DANCE**  
**Rosy Simas, Seneca, Heron Clan, transdisciplinary and dance artist from Mni Sota Makece, Minnesota**

“Before the dual pandemics, I and the artists I work with were

already struggling with racism, bias, and phobias, which we're making our working and living environments ungrounding and unsafe. Since the onset of the pandemics, I have been driven to make space, hold space and offer ideas on how we can rest in movement and find refuge for that rest. This has been critical in order to survive the onslaught of bigotry and violence so we can be creative. What I have had to do this last year is to set aside my ambition to produce work in the ways I had in the past. I had to really leave the commodity culture that producing work for stage rooted in. I had to set aside the demands I made on myself and those I work with and focus on what we needed as individuals. So we could come together. We spend our time in a practice of grieving, condoling and resting. We share this practice and I have let go of trying to meet the expectations of those who think I should be doing otherwise,” Simas told United States Artists. Simas, an enrolled citizen of the Seneca

Nation, Heron clan, is a transdisciplinary and dance artist who creates work for stage and installation. Simas’ work weaves themes of personal and collective identity with family, sovereignty, equality, and healing. Simas creates dance work with a team of Native artists and artists of color, driven by movement-vocabularies developed through deep listening.

Her dance works include “Weave,” “Skin(s)” and “We Wait in the Darkness,” which have toured throughout Turtle Island. Simas’ installations have been exhibited at the Seneca-Iroquois National Museum, All My Relations Arts, SOO visuals Center, and the Weisman Art Museum.

She has received numerous fellowships and honors for dance and choreography.

Simas is the artistic director of Rosy Simas Danse and Three Thirty One Space, a creative studio for Native and BIPOC artists in Minneapolis.



Image from Blood Lines installation, by United States Artists 2022 award recipient Rosy Simas. Photo courtesy of the artist.

# After More Than 35 Years, Peter Jemison Announces His Retirement as Ganondagan State Historic Site Manager -- By Amy Blum | February 04, 2022



Victor, NY—Since 1985, when he was chosen as the very first Ganondagan State Historic Site Manager, Peter Jemison (Seneca, Heron Clan) has been the visionary of Ganondagan, locally, regionally, nationally and globally. Now, more than 35 years later, he announces his retirement from that role as of February 1, 2022.

Peter will be succeeded by two individuals in two positions:

- **Ansley Jemison (Seneca, Wolf Clan), Cultural Liaison,** and

- **Michael Galban (Washoe/Northern Paiute), Site Manager**

In the **newly-created position of Cultural Liaison**, Ansley will collaborate with the Friends of Ganondagan, Seneca Nations of Indians, Tonawanda Seneca Nation, and the Haudenosaunee communities, sharing cultural knowledge with various constituents. Ansley was Residence Hall Director of Akwe:kon, the American Indian and Indigenous Studies Program House at Cornell University, and former executive director of the Iroquois Nationals.

Michael Galban comes to the Site Manager position from more than 30 years of work in various positions at Ganondagan, most recently as Curator. Michael has expert knowledge of Native American material culture and art, specializing in Eastern Woodland cultures. For over 20 years, he has been actively working with many Haudenosaunee communities to preserve ancient arts, often lecturing on the subject across the United States and Europe. Michael also serves on the Board of Directors of the Museum Association of NY.

Peter’s role as Historic Site Manager came with a myriad of responsibilities, to his employer—**(Continued on next page)**



Pete Jemison retirement - CONTINUED

New York State Parks, Recreation, and Historic Preservation—the Seneca Nation, the Haudenosaunee Confederacy, schools, the local community, his staff, and area colleges. He did this all while being a traditional Faith Keeper to the Cattaraugus Reservation of the Seneca Nation.

Jemison notes that “it has been an honor to be the first Historic Site Manager of Ganondagan. It has been the greatest learning experience of my life. Ganondagan gave me the opportunity to work with creative people in film, exhibit design, architecture, art, and dance. These things have been very rewarding, more than I could have imagined. I want to express my thanks to the staff, the Friends of Ganondagan, and the New York State Office of Parks for giving me this opportunity to manage Ganondagan.”

Peter was the driving force behind the building of two remarkable properties on the site: a full-size, Seneca Bark Longhouse replica in 1998, and the Seneca Art & Culture Center in 2015. The Center serves as a permanent, year-round interpretive facility that tells the story of the Seneca and Haudenosaunee contributions to art, culture, and society for more than 2,000 years to the present day. He also served as the producer, catalyst, and inspiration for the multi-award winning Iroquois Creation Story film, a collaboration among Friends of Ganondagan, Garth Fagan Dance, and the Rochester Institute of Technology School of Film and Animation.

In 1989, Jemison was instrumental in forming the not-for-profit educational organization, Friends of Ganondagan, to provide physical, spiritual, and financial support to Ganondagan State Historic Site, and to promote the vital message of peace through the Seneca and Haudenosaunee ideals of social justice, democracy and sustainability.

Peter brought the Iroquois White Corn Project (originally founded by Dr. John Mohawk, Seneca) to Ganondagan in 2012 as a way to revitalize Indigenous agriculture, bringing white corn back to the communities, promoting healthy, traditional food and deepening cultural connections.

“As a former elected leader of the Seneca Nation, it was a pleasure working with Peter on creating the vision he shared with us,” said Todd Gates. “I’ve always said we have to keep educating the world on what it is to be Seneca and, in a larger sense, Haudenosaunee. Ganondagan will continue to do that, and the changes will inspire the young and old to learn our history. I wish Peter well in his new endeavors. I am confident that with Michael Galban and Ansley Jemison’s experience and close association with Peter, they will be able to carry and build on his vision. ‘Jah goh’ (good job) Peter and the Friends of Ganondagan.”

Peter looks forward to harnessing the energy that he has used in his job and his cultural work to focus on his art. His illustrious career spans decades across a wide swath of diverse accomplishments with an immeasurable worldwide impact.

Widely shown and collected, his works are rooted in the framework of Native American art. Known for his naturalistic paintings and series of works done on brown paper bags, his art embodies **orenda**, the traditional Haudenosaunee belief that every living thing and every part of creation contains a spiritual force. His paintings, videos, and mixed media works have been exhibited in numerous solo and group exhibitions in the U.S., the U.K., Canada, New Zealand, and Germany. He believes the purpose of art is to help people to see with fresh eyes.

Indigenous and Rural Patient Navigation Program Update

The Center for Indigenous Cancer Research at Roswell Park Comprehensive Cancer Center has launched the Indigenous and Rural Patient Navigation Program. The program offers confidential, no cost services to people living in Indigenous or rural communities across Western New York.



Services included are education, screening assessment, screening recommendation, navigation to cancer screening, follow-up appointments, survivorship, connection to unmet needs and any necessary referrals. Friendly and knowledgeable Patient Navigators can meet with you to address any concerns you may have about cancer prevention, treatment, or survivorship.

This program aims to bridge the gap from community members to the health care system, offer support to overcome barriers and reduce some of the stress and anxiety that comes along with cancer. By providing this vital service we are hoping to reduce cancer rates in our Indigenous communities through education and screening while also offering resources to those fighting cancer.

**Marissa Haring** the Community Patient Navigator for the Cattaraugus Territory can be reached at 716-697-3787. She also has community office hours at Native Pride travel plaza (11359 Southwestern Boulevard, Irving NY, 14081) from 12-6 pm on the first and third Wednesdays of each month and at the Seneca Construction Management Group building (12587 Route 438, Irving NY, 14081) on Tuesdays from 1-5pm.

**David Silverheels** the Community Patient Navigator for the Allegany Territory can be reached at 716-697-3583. He has community office hours on Thursdays at Universal Primary Care (445 Broad Street, Salamanca, NY 14779) and at Connecting Communities in Action (25 Jefferson Street, Salamanca NY, 14779) on the second Wednesday of each month. Do not hesitate to reach out to a Patient Navigator!



L to R: Marissa Haring and David Silverheels

Next Newsletter Deadline:  
Tuesday, February 15, 2022

Next issue to be dated February 25, 2022

# JC Seneca Foundation Partners with Center for Indigenous Cancer Research at Roswell Park Comprehensive Cancer Center

Irving, NY January 24, 2022 --- In 2012, Seneca Nation Businessman J.C. Seneca formed the JC Seneca Foundation (JCSF) with a mission to form partnerships that promote the physical, emotional, intellectual and spiritual well-being of Native people and their surrounding communities. Since then, Seneca has realized that mission by supporting charitable programs such as It Takes a Tribe, providing sponsorships for initiatives including Bikers Against Child Abuse and The Ride for Dialysis, and forming partnerships with community health organizations such as G-Health Enterprises and Harmonia Collaborative Care. As JCSF moves into its second decade, Seneca is taking steps to further his foundation's impact.

“Statistics prove that Native People are at greater risk than the majority of Americans when it comes to a number of diseases, mental health issues, and addictions,” Seneca stated. “They also are the last on the list when it comes to affordable health insurance that could provide needed care and treatments. That’s why I am pleased to join with Roswell Park Comprehensive Cancer Center in announcing a partnership between my JC Seneca Foundation and their Center for Indigenous Cancer Research (CICR). Our united goal is to offer navigation and screening services at my Native Pride Business on the Tallchief Territory in Irving, to help those on the Cattaraugus and Allegany Territories and surrounding communities learn about and seek treatments for the many forms of cancers afflicting our people.”

“Working together with the JC Seneca Foundation provides a unique opportunity to improve cancer care and access,” said Candace S. Johnson, PhD, President & CEO and M&T Bank Presidential Chair in Leadership at Roswell Park. “This is a proven approach that can help bolster health outcomes in this community.” This past year, through a \$3.3 million grant from the Bristol Myers Squibb Foundation, Roswell Park has installed six full-time patient navigators in high-need rural areas and Native Nations across New York State. The funding provides a tailored program of breast



*L to R: Center for Indigenous Cancer Research at Roswell Patient Navigator, Marissa Haring, MS, JC Seneca Foundation Founder,--J.C. Seneca, and Center for Indigenous Cancer Research at Roswell Director, Rodney Haring, PhD, MSW.*

and prostate cancer screening education, the continuum of cancer care and management of co-occurring conditions. Community Patient Navigator Marissa Haring, MS, started her twice-monthly sessions open to the community at Native Pride in December. “We’re that friendly face that you can come and talk to about these crucial topics,” said Haring. “We can get you screened and be there to answer your questions so you can take charge of your health.”

Proven medical research shows that Indigenous people suffer a disproportionate number of diagnoses and higher mortality rates when it comes to cancer. Statistically, American Indians/ Alaska Natives are more likely to develop cervical cancer, experience the highest rates of liver cancer and intrahepatic bile duct cancer and face higher death rates from kidney cancer. In addition, the higher levels of smoking and pre-existing rates of obesity, diabetes, and chronic liver and kidney disease among those in Native Communities can complicate cancer cases and treatments. According to Rodney Haring, PhD, MSW, Director of The Roswell Park Center for Indigenous Cancer Research, forming partnerships with organizations like the JC Seneca Foundation helps meet both the mission and vision of their program. “The Center is the first of its kind in the Northeast, and aims to honor the values of Indigenous knowledge, sovereignty, and respect for the environment

through community-driven partnerships, such as with the JC Seneca Foundation,” Dr. Haring stated. “Through our collaborative efforts on the Cattaraugus and Allegany Territories, we will coordinate educational events, host health screenings, and develop action plans to address not only cancer health disparities, but larger issues that impact wellness, such as human’s relationship with the environment. We will learn and apply lessons from both academic medicine and Indigenous knowledge which will not only lead us to cutting-edge cancer services for, and with, Indigenous populations, but to translatable science, medicine and cancer care for Indigenous territories, Nations and populations worldwide.”

**ABOUT THE JC SENECA FOUNDATION:** The JC Seneca Foundation (JCSF) is a non-profit corporation whose mission is to form partnerships that promote the physical, emotional, intellectual, and spiritual well-being of Native people and their surrounding communities. The foundation accomplishes these purposes through a variety of means including supporting the activities of other charitable organizations and conducting fundraising events. The foundation also sponsors programs such as It Takes A Tribe, a foster care project. <http://www.jcsenecafoundation.org/>

**ABOUT J. C. SENECA:** J.C. Seneca is a member of the Seneca Nation and owner of Tallchief Territory, Home of Native Pride Travel Plaza, located on the Seneca Nation in Irving, NY. He started his business career in 1987 as a young entrepreneur with big dreams. By 1995 he had developed his own truck stop business and spent the next 25 years building a successful 22-pump gas and diesel service area complimented by a diner, a 24/7 convenience store and shower and lounge services for professional truck drivers. In 2019, Seneca was recognized as a Top 50 Native Business Entrepreneur by Native Business Magazine, a national publication based in Bellevue, WA. In 2021, he was further honored by Buffalo Business First as one of the city’s 250 Most Powerful People in the community.

Seneca’s civic leadership is reflected in the creation of the JC Seneca Foundation, a nonprofit corporation with a mission to advance healthy living in body, mind, and spirit for the people of the Seneca Nation and surrounding communities. Backed by a quarter century of goals and achievement, in 2020 Seneca made the decision to reformat his Native Pride Brand by incorporating it with his family’s Seneca Nation Heritage. It is a heritage tied to his great, great, great grandfather, Tallchief, who claimed the land where Seneca began his entrepreneurial journey and today continues to grow his business, now known as, (Continued on page 21)



NOTICE TO CREDITORS

ESTATE OF CHARLES JAMERSON

Administrator: Jill Jamerson,  
12841 Route 438, Apt. 249, Irving, NY 14081  
~ Cattaraugus Territory - 1st Notice ~

ESTATE OF OPAL M. FRANK

Executor: Jeri Frank,  
P.O. Box 231, Steamburg, NY 14783  
~ Allegany Territory - 1st Notice ~

ESTATE OF JOHN A. WILLIAMS, SR.

Administrator: John A. Williams, Jr.,  
P.O. Box 164, Irving, NY 14081  
~ Cattaraugus Territory - 1st Notice ~

ESTATE OF CHRISTOPHER M. ROSS

Administrator: Anne Chowske,  
1 Azalea Court, S. Glen Falls, NY 12803  
~ Allegany Territory - 1st Notice ~

ESTATE OF MARI E. HICKEY

Executor: Lori V. Quigley  
1400 E. River Rd., Grand Island, NY 14072  
~ Allegany Territory - 1st Notice ~

ESTATE OF EUGENE JOHN, SR.

Administrators: Janet Parker, Ann M. John, Edmund John, Sr.,  
Eugene John, Jr. -- P.O. Box 42, Versailles, NY 14168  
~ Allegany Territory - 1st Notice ~

ESTATE OF SHIRLEY LYONS-GOODE

Administratrix: Kelly Edwards,  
12658 Route 438, Irving, NY 14081  
~ Cattaraugus Territory - 2nd Notice ~

ESTATE OF APRIL ARCHER

Administrator: Curtis Archer,  
105 Eleven Acres, Irving, NY 14081  
~ Cattaraugus Territory - 2nd Notice ~

ESTATE OF MURRAY A. WILLIAMS

Executrix: Denise Williams,  
P.O. Box 218, Versailles, NY 14168  
~ Cattaraugus Territory - 2nd Notice ~

ESTATE OF LORRAINE J. COOPER

Co-Administrators: Crystal Lazenby & Andrea Perkins,  
295 Crawford St., Salamanca, NY 14779  
~ Allegany Territory - 2nd Notice ~

ESTATE OF KENNETH LAY, SR.

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

ESTATE OF CARLEY SENECA

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

ESTATE OF DONNA CROUSE

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

ESTATE OF DARREN WASHBURN

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

(Continued at the top of the page)

ESTATE OF NOLAN HOBART COOPER

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

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

Notice is hereby given to all creditors and contingent creditors of the above-named decedents, that 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.

NOTICE

CONSTRUCTION HAS STARTED ON THE  
PINWOODS 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 Jimmersonstown. Some wooded area is acceptable. I can be reached at **Tari Squires, 716-378-6107**. Serious offers **ONLY**, please.

Winter Games is back!  
Native American Winter Games

Saturday, February 26th, 2022



Save the Date! Winter Games is back in person this year! All your winter favorites: snowshoe rentals, storytelling, snow boat racing, and snowsnake demonstrations. Food will be available for purchase. **This event is FREE and open to the public**, don't miss out on this annual favorite event!

# 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 to physically sign themselves up in person at either AOA location.



### Upcoming Events

- **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.
- **\*\*NEWLY ADDED\*\* Martina McBride** at Seneca Allegany Casino Saturday, April 9th at 8 p.m. Sign-up sheet will be out on Friday, March 4th.
- **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.

*Enrolled Seneca Elders may sign themselves up in person at either AOA location. For more information or questions contact Irma Cortes at (716)532-5777.*

## AOA Elders Corner -- Submitted by Melissa Shaw

### What is Options Counseling?

Options counseling is a person-centered service for older individuals or their caregivers. It is an interactive process whereby individuals are supported in making informed long-term support decisions based on their preferences, strengths, values, abilities and resources. It includes exploring options, assisting with accessing supports/services, following-up with the individual, and may result in the development of an action plan.



It is the SNI AOA’s mission to help our Elders be as independent as possible for as long as possible. We focus on providing programs and services that support and empower our Elders and their families. We work in partnership with a network of public and private organizations to accomplish

this. If you have questions about our services or where to get help, we can assist you.

Briana Snyder, AOA Options Counselor, is happy to meet with individuals and their family members to discuss services and

supports they need to maintain independence to the fullest extent possible.

For more information on Options Counseling, please contact Briana Snyder, AOA Options Counselor (716) 945-8991.

### Caregiver Support - FEBRUARY 18TH IS NATIONAL CAREGIVER DAY

#### Add More Joy to Your Life

Being a caregiver of a loved one can take a toll on you physically and emotionally, especially when it comes to your joy. Here are some tips to help you add more joy to your life as a caregiver.

**Create a joyful journal.** Journaling is a safe place to write our innermost thoughts. A joyous or funny memory of your loved one, a joyous event that happened in the world, some upbeat lyrics to a song you love, or an inspirational quote.

**Write a joyful mantra** to post on your computer or refrigerator to say each morning. Mantra’s can encourage you to stay positive and in a joyous mood during those times when you are feeling low spirited.

**Celebrate.** Find ways to celebrate. Buy flowers, treat yourself to an “Off day” by getting friends and family on board so that you can have date night with your spouse, or a spa day or a day out golfing.

*(Continued on the next page)*

Buy something inexpensive for yourself like a coffee mug or t-shirt with a humorous or quirky saying.

**Exercise always boots your mood.** Although it may be difficult to find time to exercise as a caretaker it is essential self-care for your wellbeing. Take a walk, put on an exercise DVD, or turn on music and dance.

**Be joyous around your loved one.** Even if your loved one isn't responsive talk joyously to him or her. Recall funny memories of past times, tell jokes, put on a comical or inspirational movie or sitcom for your loved one. Your loved one is much more than the disease he or she has and you are so much more than a caretaker.

**Cultivate gratitude.** Many research studies have shown that gratitude is associated with greater happiness. As caretakers you may feel hard-pressed to feel grateful during this time in your life as you care for an incapacitated loved one. In the midst of caretaking you have to purposely look for things, occasions, and signs to counter those emotions so they won't weigh you down.

For more information on Caregiver Resources and Powerful Tools for Caregivers classes, please contact Briana Snyder at (716) 945-8991.

JC Seneca Foundation Partners with Center for Indigenous Cancer Research at Roswell Park Comprehensive Cancer Center  
-- CONTINUED FROM PAGE 18

Tallchief Territory Home of Native Pride. <https://www.tallchiefterritory.com/>

**ABOUT ROSWELL PARK COMPREHENSIVE CANCER CENTER:** Roswell Park Comprehensive Cancer Center is a community united by the drive to eliminate cancer's grip on humanity by unlocking its secrets through personalized approaches and unleashing the healing power of hope. Founded by Dr. Roswell Park in 1898, it is the only National Cancer Institute-designated comprehensive cancer center in Upstate New York. Learn more at [www.roswellpark.org](http://www.roswellpark.org), or contact us at 1-800-ROSWELL (1-800-767-9355) or [ASKRoswell@RoswellPark.org](mailto:ASKRoswell@RoswellPark.org).

**ABOUT THE CENTER FOR INDIGENOUS CANCER RESEARCH AT ROSWELL PARK CANCER CENTER:** The Center for Indigenous Cancer Research at Roswell Park Cancer Center was launched in January 2020 with a mission to honor the values of Indigenous Knowledge, sovereignty, and respect for the environment through community-driven partnerships, collaborative research and education to reduce the impact of cancer on Indigenous communities regionally, nationally and internationally. Indigenous communities face some of the greatest cancer health disparities, higher mortality rates and persistent challenges in health equity. To tackle these challenges, the center draws upon a unique set of resources, applying the lessons of both academic medicine and Indigenous knowledge, building on the strength and resilience of Indigenous peoples, and collaborating with several sovereign nations including international collaborative research networks with Indigenous researchers. <https://www.roswellpark.org/research/center-indigenous-cancer-research>.

View the Press Conference video here:  
<https://vimeo.com/669571625/79b8b57350>

Happy 7th Birthday, Llona!

Love Mama and sisters, Tee Tee Kara, Grammy & Uncle Tanner



Elders Tax Assistance Update - Due to the ongoing COVID-19 pandemic, FREE tax assistance for Elders this year will be by appointment only at the IRS Volunteer Income Tax Assistance (VITA) and Tax Counseling programs listed below:

Allegany Territory:

**United Way of S. Chautauqua County Rural Outreach**  
208 Pine Street  
Jamestown, N.Y.  
Call 888-696-9211 for an appointment (Proof of Covid vaccination required)

**United Way of S. Chautauqua County- Prendergast Library**  
509 Cherry St.  
Jamestown, NY 14701  
Call 888-696-9211 for an appointment (Proof of Covid vaccination required)

**United Way of Cattaraugus County**  
Only online services at [www.myfreetaxes.com](http://www.myfreetaxes.com)  
Olean, N.Y.  
(716) 372-3620

Buffalo Area:

**First Shiloh Baptist Church**  
15 Pine Street  
Buffalo, NY 14204  
Call 888-696-9211 for an appointment (Proof of Covid vaccination required)

**Autumnwood Senior Center**  
1800 Clinton Street  
Buffalo, NY 14206  
Call 716-316-7323 for an appointment.

Cattaraugus Territory:

**United Way of N. Chautauqua County-Anderson Lee Library**  
43 Main Street, Silver Creek, N.Y.  
Call 888-696-9211 for an appointment (Proof of Covid vaccination required)



**United Way of N. Chautauqua County-SUNY Fredonia**  
214 Central Ave., Dunkirk, N.Y.  
Call 888-696-9211 for an appointment (Proof of Covid vaccination required)

**United Way of N. Chautauqua – Central Ave.**  
626 Central Ave., Dunkirk, N.Y.  
Call 888-696-9211 for an appointment (Proof of Covid vaccination required)

# Healthy Relationships and Setting Boundaries

Submitted by Lydia Bushman, Prevention Supervisor

**Beginning relationships**-From the moment you are born, you are involved in relationships. Parents, siblings, families, friends and eventually more personal relationships. Relationships vary from acquaintances and close friends to family and people we date that could turn into long term relationships. This article will take a look at what constitutes a healthy relationship and setting boundaries.

**Building on these relationships**-To help you think about what’s important in a relationship, prioritize this list on what’s important to you. Your priorities may differ than others, depending on what kind of relationship you are looking for. Take a look below to determine the level of importance in your relationships.

- **Communication**-Let your honest feelings be known. Show those around you how important it is to listen actively. Know that it is ok to “agree to disagree” as long as you do it calmly. Good communication makes relationships stronger. Remember, body language is also part of communication. Practice good eye contact and be assertive. Be mindful of not being aggressive and making someone angry or

hurting their feelings.

- **Respect**-this is all about liking people for who they are. It is about learning and accepting who the other person is; their feelings, thoughts and beliefs whether you agree with them or not. Encourage others to be who they are. This helps to bring out the best in each other.
- **Trust**-When you have trust in a relationship, both people want what’s best for the other person. They can count on each other to be there, give them space when needed, and be honest with each other.
- **Support**-This is all about encouragement and building each other up. Celebrate the other’s successes and count them in their time of need.
- **Having Fun**-Just hang out together. Have fun, laugh, and do activities that you have in common.
- **Equality**-This requires having a balanced relationship. This means that both people are happy, feel comfortable, and are allowed to make decisions about what is right for them. It is about attention, support and encouragement.

- **Independence**-It’s OK to spend time apart from the other person and while you might have some jealous feelings (which is alright) try not to make the other person feel bad. Having your own friends and interests is ok.

When setting up your boundaries you want to speak up and be clear about getting your point across. Say exactly how you feel and if needed take a break. It’s ok to stop and think about what you are trying to say or do. Using “I” statements help with that as in “I feel” or “I don’t want to”.... Know that you have the right to say “NO” at any time and don’t be sorry about it. If your boundaries are not being respected, it could be a sign of an unhealthy relationship. You create your own boundaries and share them with people that you are in a relationship circle with. Never do what makes you feel uncomfortable.

If you would like more information on “healthy relationships” please contact the Seneca Nation Behavioral Health Unit.

\*Source: [https://nevertmi.ca/wp-content/uploads/2019/02/7-301\\_Building\\_Healthy\\_Relationships\\_Booklet.pdf](https://nevertmi.ca/wp-content/uploads/2019/02/7-301_Building_Healthy_Relationships_Booklet.pdf)

## Simply HR ~ December

### New Hires

**Brandi Baker**  
Child & Family Services Case Manager, CHWC  
December 6, 2021

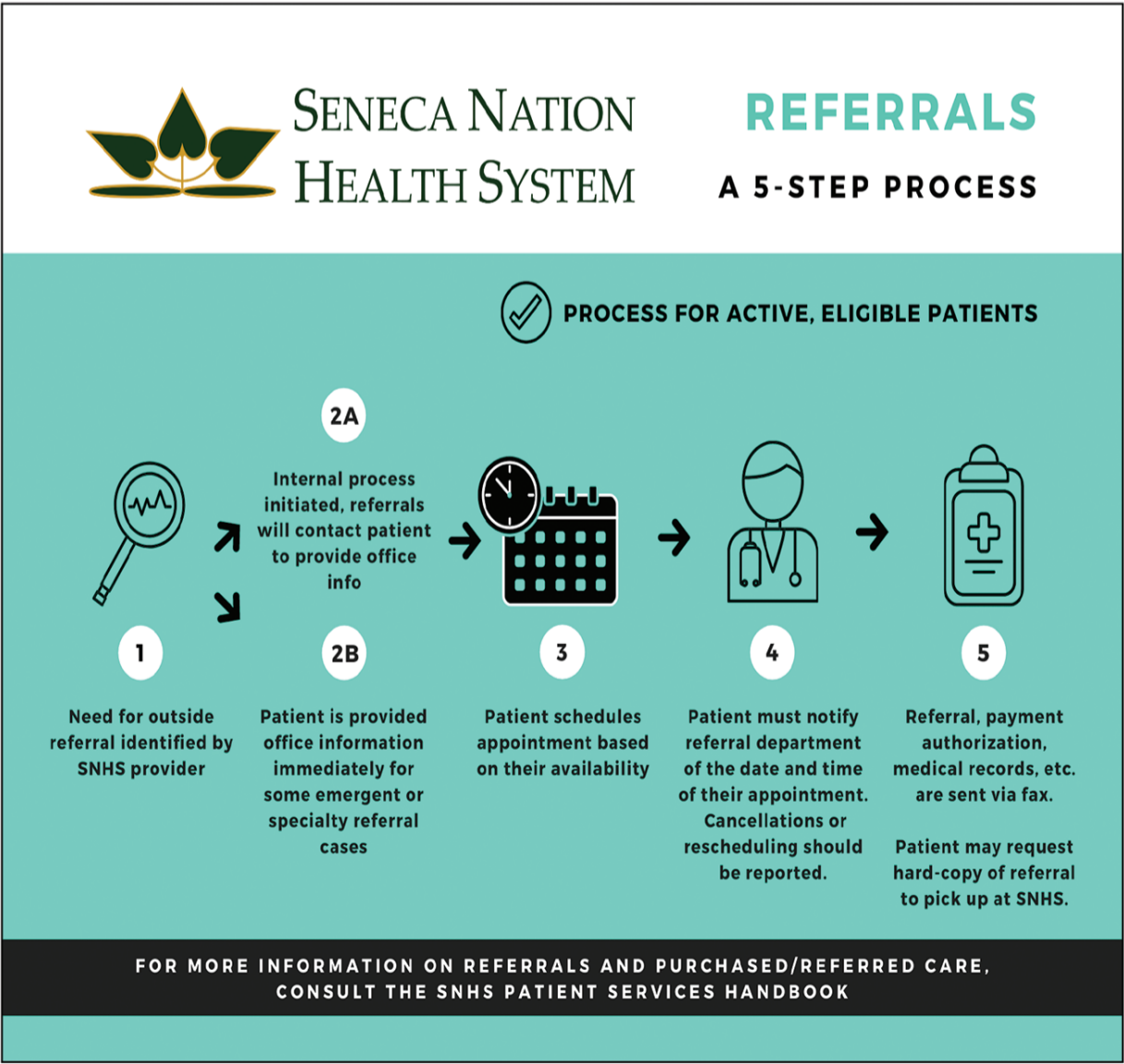
**Colby Curry**  
Prevention Specialist, CHWC  
December 6, 2021

**Linden Parker**  
Driver II, CHWC  
December 13, 2021

**Tia Thompson**  
Temp. Dental Assistant, LRJHC  
December 21, 2021

**Kachine Lay**  
Peer Recovery Advocate, CHWC  
December 27, 2021

Welcome to the health system team!





## HONORING THE GIFT OF HEART HEALTH: YOUR CHOICE FOR CHANGE



Heart Disease is a serious health problem for all Native Americans & Alaska Natives. Most of us are unaware that we are at risk. Some people believe that a heart attack or stroke happens suddenly because of a scary experience, getting bad news or having strong feelings of anger. A heart attack or stroke may seem sudden but the truth is that these conditions develop over many years. It often starts at a very young age.

Through the years we have had more young people being diagnosed with Diabetes, Obesity & High Blood Pressure. These are definite risk factors for Heart Disease.

Most risk factors that affect children can be controlled early in life, lowering their risk of heart disease later. Prevention is the best way to avoid heart problems later in life.

- Help your child maintain a healthy weight. Avoid eating fast foods and prepacked when you can. These foods have a high amount of fats, sodium and calories.
- Increase their physical activity—Turn off those games and TV and get your kids active. Set a time limit.
- Use portion control so they eat less calories.
- Don't use food as a reward for good behavior or good grades. Do something special together.
- Be aware of the types of snacks you buy for your kids and limit their snacking.
- Warn them about the dangers of smoking. Prevention is the best protection!

Taking steps to prevent heart disease at any age is important but starting your kids or grandkids off right from the start, learning good health habits is most important. Be their role model. When you choose an apple instead of apple pie, or take a walk instead of watching TV, you are being a good role model. Working together as a family strengthens our chances of staying healthy.

Knowledge is power—Get to know your risks and once you do, there is plenty you can do to lower them! Pass on the Gift of Heart Health & Healthy Living to our future generations—They are counting on you!!



## Wear Red for Native Women

Wear your red dress with pride in February, and raise awareness that heart disease is a leading cause of death for American Indian and Alaska Native women. It can be prevented.

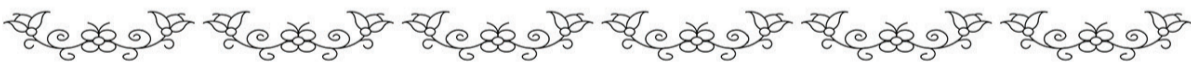
Sign up for health coverage today at [healthcare.gov/tribal](https://healthcare.gov/tribal) or call 1-800-318-2596



HealthCare.gov

@CMSGov #CMSNativeHealth

Source: Honoring the Gift of Heart Health Curriculum



## Love with all your heart.

### February is American Heart Month.

You can reduce your risk for heart disease. You can live a long, healthy life, and be there for your loved ones.

- Use tobacco in traditional ways only.
- Eat a healthy diet.
- Walk every day.
- Love with all your heart.



Produced by IHS Division of Diabetes Treatment and Prevention, [www.diabetes.ihs.gov](https://www.diabetes.ihs.gov)


## FREE COVID-19 TESTS NOW AVAILABLE



Visit [covidtests.gov](https://covidtests.gov) to order four free tests today!

Sometimes people test negative even if they do have COVID-19. If you have symptoms but test negative on an at-home test, isolate and re-test at a local testing center.

Knowing your status helps keep you and your community safe. Contact your local clinic if you test positive to see if you may be eligible for treatment and for guidance for you and your family.



To order your free tests, you will need to provide your:

- Name
- Shipping address

You do not need to provide any sensitive information such as a Social Security Number.

If you have trouble ordering tests or your mailing address is not recognized by USPS, reach out to your local Community Health Representative or clinic.



Don't forget to visit our website

[senecahealth.org](https://senecahealth.org)



I continue to do my part for all our people.

Check Out These New Winter Activity Sheets!

# Goshé:neh

## Niyawédétgä:de'

Èhsehšö:ni' neh o:niya'ka: hö:gweh..

JoJééhdöh éšáhsoh, èššya'kö' na'od  
nő'gö:gwa:h. Èhsä'nëda:k neh gaya'dëö:nyö'  
degáya'kö' hë:öweh o:ya' ga:yadöshä'.

AKS 2022

# Goshé:neh

## Niyawédétgä:de'

Èhsade:yë:s neh  
gawë:nö' hë:öweh  
gayá'da:'.  
Èhse:gë' neh  
oshe:da'  
ehdá'gé:gwa:h.  
Èhšä:'dak neh  
ohsöhgwa'  
gaya:dö'  
wak'ah.

1- Gëöya'ë' 2- O:yá'ë' 3- Jë:sdá'ë'  
4- Ganähdaikö' 5- Gwëhdä:'ë'  
6- Gagë:ën 7- Jítgwä:'ë'

AKS 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	y.....y <u>y</u> es	d..... <u>d</u> og
t.....t <u>a</u> il	g.....g <u>i</u> rl	k.....k <u>i</u> te	s.....s <u>i</u> t	j.....j <u>o</u> b	h.....h <u>a</u> t
š.....sh <u>o</u> w	tš.....ch <u>a</u> lk	dz.....ad <u>z</u> e	: .....l <u>o</u> ng vowel	' .....gl <u>o</u> ttal stop	



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

Happy Valentine's Day - February 14, 2022

Visit [senecalanguage.com](http://senecalanguage.com) to download these ACE Valentine's Day cards to share with your friends, family! (You'll find the download in the top corner of their website)

Degöga:ne:'

Seksá'go:wa:h!

Dehnyátgwa:nö'h

Èsnigöë'hasde:k!

Gönöe's...

Sknöe's ni: '?'

È:h Gi'shëh  
Sga:d èhsärgö'.

Si:gwah  
nëtsadeyë:ös  
niyo'dë:ro'  
te:dë'

!:wi:h  
dëgögwäyö:'

Ögö'esha'

wa'ögyadeo'ste't!

Degönö:öngö'h