



The Official Newsletter of the SENECA NATION



April 29, 2022 - **visit us at www.sninews.org**



A message from President Matthew B. Pagels



Nya:wëh sgë:nö' gagwe:goh,

I hope everyone was able to enjoy the Easter holidays and time with family and friends. I also hope many of you had the chance to enjoy the annual Community Fair in Cattaraugus.

Over the last month, the Seneca Nation continued to call out the vindictive behavior of New York State toward our people. In early April, I had an editorial published in the Buffalo News and did a series of television interviews to discuss the unnecessary and heavy-handed approach taken by Governor Hochul in her dealings with the Seneca Nation, and to make it clear that we will not back down. At the

same time, our various television, radio and mobile billboards ads were running in Western New York and in Albany. And they were noticed.

Several media outlets across New York picked up on the Governor's attempt to cripple the Seneca Nation and jeopardize the health and well-being of the Seneca people in order to announce her prized stadium deal, as well as the questions surrounding the State's very comfortable relationship with Delaware North.

It is clear that our message is being seen and heard and that people across Indian Country are paying close attention to what is going on here.

In late April, I traveled to the National Indian Gaming Association convention in California, where I met and spoke with many representatives from other Native nations. I also participated in a panel discussion on the Indian Gaming Regulatory Act and how it may not be living up to the standards for which it was established. IGRA is meant to protect Native nations and support our ability to use our gaming enterprises as a way to build our economies and create a stronger future for our people. If that is to be believed and the intended goal truly achieved, then much work needs to be done at the federal level to protect our collective

interests.

Meanwhile, here at home, we have seen yet another bump in the number of COVID cases being detected local. In fact, Erie County recently reached a "high" level, according to CDC indicators. With this latest spike comes a reminder for everyone to please continue to take all precautions to protect yourself, your family and our community. If you are experiencing any COVID symptoms, please get tested. If you have COVID, please follow all safety and isolation requirements. And, if you haven't done so yet, please make your COVID vaccination appointment.

Finally, I want to thank everyone who came out to help beautify our communities during our recent Community Clean-Up events in Allegany and Cattaraugus, including the many Nation departments who helped lead this effort. The Seneca Nation is truly the greatest community there is.

While the recent changes in weather have certainly been interesting, let's hope that steady warmth and sunshine will soon be here so that we can all enjoy outdoor activities and all of the wonderful gifts The Creator has blessed us with.

Stay safe, stay strong. Dah ne'hoh dih ae'.
Matthew B. Pagels

IN THIS ISSUE



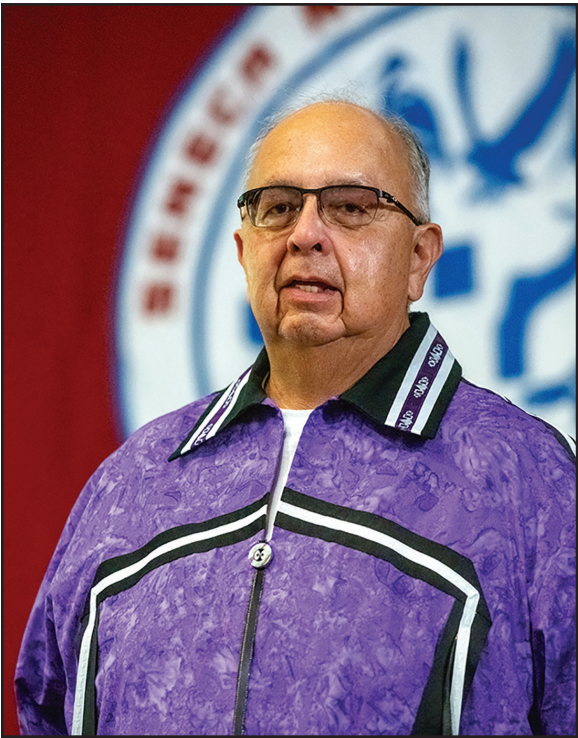
IN THIS ISSUE

President Pagels' Message	1
Treasurer's Message.....	2
News from the Clerk's Office	2-3
Gaming.....	4

Department Updates.....	5-12
Sports.....	13-14
Community News	15-18
Notices and Announcements	19-20

Health	22-23
Learn Seneca.....	24

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



Greetings,

Old man winter just didn't want to let go this year! May showers are right around the corner, so get your rain gear ready. Walleye fishing should be at its peak right now!

The national Missing and Murdered Indigenous Women (MMIW) week of action for 2022 will be April 29th to May 5th. This movement began in 2013, with the disappearance and murder of Hanna Harris from the Northern Cheyenne reservation in Montana. In 2017, the Montana Congressional Delegation passed the first Senate resolution declaring May 5th as the National Day of Awareness for Missing and Murdered Native Women and Girls. From

there, the movement developed into what it is today. Native women continue to be murdered and go missing at alarming rates, well above the national average of other populations. Statistical data has proven a wide spectrum of violence and neglect is perpetrated disproportionately against indigenous women, due to a long history of colonial government laws, policies and programs. The MMIW movement calls for justice and reforms to barriers which impact the safety of Native women and to fortify support for protections defined by Indigenous voices, languages and teachings. There many actions being taken at the local, state and federal levels. Locally, there are several different initiatives planned to honor this movement: our Crime Victim Services Department is hosting an MMIW Community Social featuring the Old Bridge Allegany Singers on Thursday, May 5th, at the CCC from 4:30pm to 7:30pm. They are also holding a red dress coloring/design contest and encouraging everyone to wear red on May 5th. For more information about the MMIW movement or their upcoming events, please contact Crime Victim Services at: (716) 532-8339.

I've noticed this has been a month where people are able to travel once again and have been attending several different conferences and trainings throughout the country. With travel restrictions being lifted and levels of positive COVID cases in decline, some of our employees have traveled to attend the Native American

Finance Officers Association (NAFOA) conference in Seattle, WA, some have attended the National Indian Gaming Association (NIGA) conference in Anaheim, CA and others are attending various trainings. I hope they are bringing back useful and interesting information to enrich our operations. It's always good to hear what other tribal nations are doing in their programs to improve the quality of life for their membership.

As a reminder, if you are over fifty years of age, you may be eligible to receive your second COVID-19 booster shot (fourth injection), as they are now available by calling Teri Cowles at (716) 945-5894 (Allegany); or Kim Bradley at (716) 532-5582 (Cattaraugus). Stay safe everyone!

Respectfully,
Rickey L. Armstrong, Sr

MMIW
Community
Social

Featuring Old Bridge
Allegany Singers

Thursday May 5th, 2022

Cattaraugus Community Ctr
12767 Route 438 Irving, NY 14081

Schedule of events

4:30 PM Doors Open / Dinner

5:30 PM Community Social

7:30 PM Closing / Candle Light Vigil

Brought to you by: Crime Victim Services,
Connecting Communities in Action,
Child & Family Services,
and the Erie County Sheriff's Office.

Contact:
716.532.8339
SNCVServices@sni.org

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:wëh**

MASKS ARE ENCOURAGED 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. **The Clerk’s Office on the Allegany Territory has re-opened our doors with all the safety protocols in place.**

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.

CREDIT/DEBIT CARDS

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.

CLERK'S OFFICE STAFF

Continued on the next page

William Seneca Building - Cattaraugus Territory

Phone: (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 (SAAB) - Allegany Territory - Phone: (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
Elizabeth John, Receptionist

The Buffalo Office Staff & Location -

Phone: (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

Located at: 533 Amherst Street, Buffalo, NY 14207
Hours: 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 email 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.

SN IDENTIFICATION CARDS

In order to update your photo on your Seneca Nation Identification Card, you must appear in person. All cards issued must have a current photo upon issuance.
• \$7.00 per card
• \$3.50 per card for Elders (60 yrs. Of age or older)

CLERK’S OFFICE FORMS

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

NY 14779. All forms are available online at www.sni.org under Clerk’s Office documents.

ADDRESSES

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

BURIAL FUND

A Burial fund has been designated to pay for funeral expenses up to \$7000 for enrolled members. For additional details, please contact the Clerk’s Office during regular business hours.

DIRECT DEPOSIT OF ANNUITY AND/OR ELDERS PAYMENTS

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

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

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

RELEASE OF MINORS TRUST FUND

In order to begin receiving Minor Trust Fund disbursements. A member must be at least 18 years old and submit the following documentation:
• Application for Release of Minors Trust
• High School Diploma / GED
• Financial Literacy Certificate (<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; Cattaraugus Territory - Seneca Nation Education Department (716) 532-3341, 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, 716-945-1790 ext. 3036 and for Cattaraugus you may contact Leslie Cooke at 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, 716-945-1790 ext. 3036 and for Cattaraugus you may contact Leslie Cooke at Leslie.cooke@sni.org, 716-532-4900, ext. 5046 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.

Guitar Shorty Passes Away;

Ticket Refunds Now Available For June 17 Performance At Seneca Niagara Resort & Casino

NIAGARA FALLS, NEW YORK: (April 22, 2022) – With the untimely passing of legendary Blues guitarist Guitar Shorty yesterday at the age of 87, ticket refunds are now available for the performer’s scheduled performance at Seneca Niagara Resort & Casino on Friday, June 17. The show was originally scheduled for April 17, 2020. Seneca Niagara Resort & Casino joins the entertainment world and fans around the globe in mourning the death of the legendary performer.

Ticket purchases made through Ticketmaster.com will be issued automatically. Refunds for tickets purchased in-person at any Seneca Resorts & Casinos retail site must be requested in-person, with proof of purchase.

Guitar Shorty was a legendary Blues guitarist, singer, and songwriter. Known for his explosive guitar style and stage performances, he was an entertainment force of nature since he began performing in the 1950s. Even in his 80s, he continued to tour, record new material, and wow audiences all over the world.

Ron White To Perform At Seneca Allegany Resort & Casino On July 30!

Tickets on sale April 22!

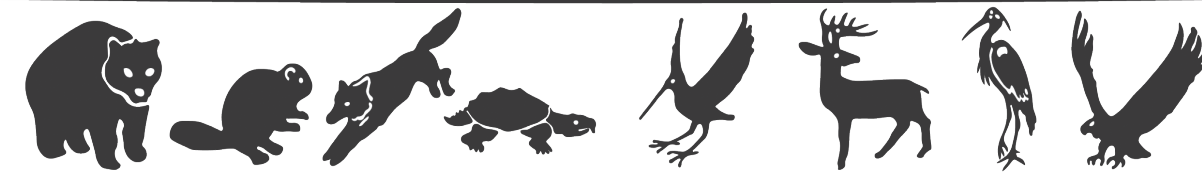
SALAMANCA, NEW YORK: (April 18, 2022) –One of the funniest voices in comedy is returning to Seneca Allegany Resort & Casino when Ron White takes the stage inside the Seneca Allegany Event Center on Saturday, July 30 at 8pm. Tickets go on sale this Friday, April 22 at Noon!

Ron White is a comedy legend who rose to fame as part of the Blue Collar Comedy Tour. Known as the scotch drinking, cigar smoking funnyman, White has built a career by telling brutally honest stories brimming with punch lines and bursting with laughs. His popular stand-up routines have earned him multiple Grammy nominations, four Number One albums on the Billboard Comedy Charts, three top-rated, one-hour comedy specials, a book on the New York Times Best Seller List, CD and DVD sales in the tens of millions, and a place among the most popular and successful comedians in America. You won’t want to miss this night of non-stop laughs! ***This is an 18 years and older show.*** ***Tickets on sale April 22 at Noon! Tickets start at \$45.***

Hot July Shows Coming To The Bear’s Den Showroom Include Lee Greenwood, Carlos Mencia, The Righteous Brothers, Girls Night

Tickets go on sale April 22!

NIAGARA FALLS, NEW YORK: (April 18, 2022) – The heat will be on when the Bear’s Den Showroom inside Seneca Niagara Resort & Casino presents eight remarkable evenings of summer entertainment this July. New shows include Lee Greenwood on Friday, July 8 and Saturday, July 9 at 8pm; Carlos Mencia on Friday, July 15 and Saturday, July 16 at 8pm as part of the Barrel of Laughs Comedy series; The Righteous Brothers on Friday, July 22 and Saturday, July 23 at 8pm; and Girls Night: The Musical on Friday, July 29 and Saturday, July 30 at 8pm. Tickets for all new shows go on sale this Friday, April 22!



Have a submission for the Newsletter?

Don't miss the nest deadline:

Next Deadline: May 3rd

To Be Dated: May 13th

2.29% New Car Loans

DRIVE INTO SPRING 2022 WITH A NEW CAR OR TRUCK AND A LOAN FROM THE SNIFCU

New Auto Loans As Low As

2.29%^{APR*}

Used Auto Loans As Low As

3.75%^{APR*}

*APR = Annual Percentage Rate. Rate shown is the standard rate for SNIFCU members based on a preferred credit rating.

Irving Office

12837 Route 438
Irving, NY 14081
(716) 532-8179

Hours

Mon - Fri
9am - 4pm

Salamanca Branch

90 Ohiya Way
Salamanca, NY 14779
(716) 945-8510

Your savings federally insured to at least \$250,000 and backed by the full faith and credit of the United States Government.

WE'RE HERE WHEN YOU NEED US

Covid-19 Testing is available to all enrolled Senecas and/or employees of S.N.I. daily, Monday through Friday from 9 a.m. to 3 p.m. Individuals will be asked to report to the Seneca Fire Station in either Allegany (Salamanca) or Cattaraugus (Irving). Photo ID and Insurance information will be verified. The results will be verbal only and do not result in any written verification. A rapid test can be completed in 10 minutes. The PCR test will take 2 to 3 days for the results to return.

PLEASE CALL: (716) 220-2442

Anyone taking a PCR test will be asked to pre-register at www.bluestonesafe.com
Client Code: Senecagov
User Code: 3030

Registration requires access to email. All tests require that patients DO NOT eat, drink, or smoke prior to testing for no less than one hour.

COVID19.SNIGIS.ORG

Seneca Nation Health System

Native American Pre-Dental Gateway Program

IMPORTANT: The 2022 Native American Pre-Dental Gateway to Dentistry program will partner with UB's Destination Dental School program to combine virtual and in-person events AND now offer participants enhanced opportunities for Dental Admission and collaboration with pre-dental colleagues.

Virtual Programming
Saturdays, June 4, 11, 18, 25 and July 9, 16, 23 from 10am-12pm (EST) (7 sessions/14 hours total)

In-Person Programming
July 25-28, 2022 at the University at Buffalo, School of Dental Medicine.

*Students from outside Buffalo, NY should allocate time for travel of Sunday, July 24 and Friday, July 29.

**Native American participants will have an additional day of in-person programming on July 28, beyond the 3 days that in-person programming is combined with the Destination Dental School.

Application Deadline
Application Deadline EXTENDED to May 15, 2022
The application deadline for the Summer Gateway Program has been EXTENDED to 5/15/2022.

About the Program
The Seneca Nation Health System and the University at Buffalo School of Dental Medicine have developed a 'Gateway



to Dentistry' internship program for Native American undergraduate students considering application to Dental School. Native American students comprise only 0.2% of the nearly 11,000 people who apply to Dental School annually, clearly these students are underrepresented.

This five day internship for approximately ten students will provide a 'taste' of dental education and the various disciplines and sub-specialties within the Dental profession. This experience will promote a more diverse dental student body and reach out to an underrepresented application demographic. It's ideal for anyone who's every thought of becoming a Dentist or wants to know more!

Highlights include:
Hands on clinical techniques
Preclinical laboratory procedures
Introduction to dental specialties
Financial Aid projections & DDS
Admissions counseling
Introduction to student life
Career conversations with current dental students and mentors
Dental Admission Test (DAT) live review sessions
Enrollment in a virtual 'learn as you go' Kaplan DAT review course
Reimbursement of one DAT application fee
Sample Schedule

Please see the 2018 schedule below to gain a sense of events planned.

Eligibility
The program is open to Native American undergraduate students, qualified recent graduates, and I.H.S. / Tribal Health Dental Staff interested in Dental School.

Costs
Program Costs are funded through the generous support of the tribal support centers United South and Eastern Tribes, INC (USET) and Native American Professional Parent Resources, Inc. (NAPPR). Subsidized costs include: Round trip travel to Buffalo, NY, supplies, housing, meals, DAT registration fees and DAT review course registration. Participants should plan for incidental expenses while attending the four day in-person program.

Native American Pre-Dental Gateway Program Questions
Joseph M Salamon, D.D.S.
Dental Services Director
Seneca Nation Health Systems | 36 Thomas Indian School Dr. | Irving, N.Y. 14081

716-535-5582 x-5264

jsalamon@senecahealth.org
www.senecahealth.org

<https://dental.buffalo.edu/community-outreach/SummerGatewayProgram>

Seneca Solar - Let's do the most good. Together.

A Division of Seneca Solutions
Seneca Solar Linkedin Page | April 2022

Seneca Solar, wholly owned by the Seneca Nation of Indians, is on a mission to profitably and equitably deliver innovative renewable energy solutions that heal the Earth — while doing the most good for current and future generations. Doing business with Seneca Solar supports the Seneca Nation's members in multiple ways:

- Profits go directly to support education programs, cultural centers, medical facilities, public safety, childcare, broadband access, critical infrastructure (power, water, fire stations), and school improvements.
- Our work also supports job opportunities, training, career development, and internships for Senecas.
- The commitment to workforce and skills development is a foundational priority for all our business activities.

Check out this powerful video to learn more about the concrete actions the Seneca Nation is taking to help its members, and the community benefits we are helping to create.

To learn more about how we are supporting the Seneca Nation, visit Seneca Solar at www.senecasolar.com.

#renewableenergy #solar #workforcedevelopment

Video link:
www.linkedin.com/feed/update/urn:li:activity:6914377624890863616/



News From SNI Utilities

ATTENTION ALL WATERLINE USERS ON CATTARAUGUS TERRITORY

Please note that during the month of May the SNI Waterline will be doing some routine maintenance to keep our waterlines working to their best capabilities. We will be flushing lines in your vicinity on these dates:

ZONE 1-IRVING-BUCKTOWN AREA
May 9, 2022

ZONE II- MID RES May 10, 2022

ZONE III-EASTERN RES/OZARKS
AND INDIAN HILL ETC May 11, 2022

Water main flushing moves water systematically through sections of a drinking water distribution system, creating a scouring action to clean the line. The increased flow rate scours the water pipe’s inner walls and helps to remove build-up of naturally occurring debris and sediment. The water is discharged through select fire hydrants onto local roads or other surface areas.

There may be a slight drop in pressure or noticeable discoloration of the water from the minerals and sediments that are being flushed out. In the event customers draw discolored water into the home, flush a cold tap for a few minutes, up to 15 minutes. During the flushing operation in your neighborhood, you will be able to see crews flushing the water mains through fire hydrants and ends of water main pipes commonly called blow-offs. To prepare, you may want to grab a pitcher of water to drink during this time but water is fine to use after.

This department’s waterline was primarily

funded through the Indian Health Service and we must adhere to strict guidelines. Therefore, if you’ve had water service for one year or longer, it is up to you, as the homeowner, to maintain your hook-up. All renters should advise their landlords of their responsibilities if they are not being met.

Should any community members notice any standing water on your lawn, under your trailer, (especially if it hasn’t rained in a while); please notify us immediately so we may identify the problem. Please note if you hear any water running in a home that is unoccupied, there may be a leak. THE WATERLINE DEPARTMENT MUST BE INFORMED WHEN OCCUPANTS ARE LEAVING THEIR HOME FOR ANY LONG PERIOD OF TIME SO WE MAY SHUT OFF THE WATER AND AVOID COSTLY REPAIRS TO THE OWNER. We appreciate any help our residents can give us!

Also, please note that if you have to dig near any utilities you must contact DIGSAFELY, which is an underground utility locating service (800-962-7962). This could prevent you from accidentally ripping out dangerous electrical lines, natural gas lines, and waterlines that could interrupt residential services. And, along this line, please note where you are tiling your gardens-or having others doing it for you, septic lines and leach beds are not a good place to plant anything other than grass or flowers. Vegetables may not be safe to eat as home cleaning chemicals could be leaching into these lines-roots from deep planting or hardy growing plants could pierce the piping, and clog the leaching process.

Also, please take note of the process that occurs when applicants apply for services from our department for wastewater facilities...we are funded through the Indian Health Service, so we do have to follow protocol and their guidelines. This process is not the fastest, but working hand in hand with the agency, we will attempt to get all systems installed on a timely basis. At this time, **there is a six month waiting period (at least)** for new systems to be checked, site spec’d and designed and ready for construction. We do emphasize to our residents to be aware of when they decide to build or buy a home and to put their application in as early as possible. Sometimes people decide to build, or buy a home and think that this infrastructure can just be placed in at their timeline, but planning ahead is very important, unless you are able to wrap it into your own costs, we are not to be used as a resource as priority level residents could come in at any time. These guidelines are available to residents, stop by our office and pick up an application, the first two pages outline what is required. We appreciate an informed resident!

Please call if you have any questions or anything to report (716)532-9221. Again, nya-weh for your cooperation!

Have a safe, healthy spring/summer season!
SNI Utilities – Catt. Territory



Come celebrate Onöndawa'ga:' Gawë:nö' students as they demonstrate their knowledge of our beautiful language in a

Gaedzëönyök Quiz Bowl

May 19th, 2022

Steamburg Community Building

4:30 to 6pm

Prizes

Questions Bank from Topic Reference Guide

Food and Refreshments

Join us for a social immediately following the event.

Co-Sponsored by Allegany Education Department, Seneca Iroquois National Museum, Title VI, and various artists.

Individual sign up before May 16th by contacting: Salamanca Onöndawa'ga:' Gawë:nö' Teacher Seneca Nation Allegany Education Department Email: Jschapp@salamancany.org

Mother's Day Bingo & Photo Shoot

May 5th, 2022 1pm Winnie Kettle Elder Center

Come join us for bingo (ages 60+) & stop by our photo booth to take a free photo with your mom, grandma, etc.. !!

Bingo will start @ 1pm

Picture booth will be set up 1pm-3pm

Call and sign up @ 532-5777 due to covid restrictions bingo spots will be limited

Mother's Day Craft Night

May 4th 4pm-6pm

Seneca Nation Allegany Library 830 Broad Street 716-945-3157

Please call to reserve your spot, class size is limited.

All ages welcome!

Public Notice Of Proposed Cwa § 401 Certification By The Seneca Nation Environmental Protection Department

Background: On February 15, 2022, the Seneca Nation (Nation) received a completed “Permit Application for Construction Projects Within Waterways” (CPWW) from the National Fuel Gas Supply Corporation of Erie, Pennsylvania, regarding the proposed exposure/replacement of approximately 240 feet of existing 8-inch steel natural gas distribution pipeline (PY2 Project). The PY2 Project also requires a permit under Section 404 of the federal Clean Water Act (CWA), which in turn requires certification under CWA § 401 by the Seneca Nation as to whether the PY2 Project will comply with the Nation’s water quality requirements. Pursuant to CWA § 401, the Seneca Nation Environmental Protection Department (EPD) seeks public and agency comment regarding its proposed certification of the CWA § 404 permit at issue here.

CWA § 401 Water Quality Certification: Under CWA § 401, a federal agency may not issue a permit or license to conduct any activity which may result in any discharge into waters of the United States unless a Section 401 water quality certification is issued or waived by the state or authorized tribe where the discharge will originate. The Nation was approved to administer a CWA § 401 program on March 12, 2021. Examples of federal permits and licenses requiring certification include the CWA §§ 402 and 404 permits issued by the EPA and the U.S. Corps of Engineers, respectively.

The PY2 Project: The PY2 Project in part proposes streambank stabilization measures of a portion of Clear Creek and an adjacent, unnamed tributary, both of which are located southwest of Lenox Road within the Cattaraugus Territory of the Seneca Nation in Erie County, New York. The approximate latitude/longitude of this

location is 42.518538, -78.946152. The Project— identification no. LRB-1999-02373—is anticipated to proceed under the CWA § 404 Nationwide Permits (NWP) 3 and/or 13 (yet to be determined). Although the PY2 Project commenced last year (2021), the expiration and reissuance of the NWP, effective February 25, 2022, necessitates a new project-specific CWA § 401 certification.

Public Comment Period: Pursuant to CWA § 401(a)(1), the public comment period for the proposed CWA § 401 certification of the PY2 Project by the EPD is thirty (30) days from the date of publication of this notice in the SNI Newsletter (Community News Section) and other publicly available locations. Agency representatives and members of the public are encouraged to submit written comments to the EPD, by 4:30pm on May 12, 2022, as follows:

- by email at epd@sni.org or
- by USPS mail to the Seneca Nation Environmental Protection Department, 84 Iroquois Drive, Irving NY 14081, Attention: Water Program Manager

Copies: A copy of the PY2 CPWW Application (which provides information regarding the PY2 Project) is available under the “documents” tab at the EPD website, here: <https://sni.org/community-services/environmental-protection/> or may be requested by contacting the email shown above, with the title, “Request for Copy of PY2 CPWW Application” in the subject line.

Dear Seneca Nation Resident,

We are pleased to inform you that the Seneca Nation has partnered with DFT Communications (“DFT”) to provide high-speed broadband Internet and digital phone services to all Cattaraugus Territory residents. This is notification that the current, Seneca WI-FI network will be shut down once the new, high-speed network is up and running. Residents will be able to purchase speeds up to 500 mbps with minimum speeds of 100 mbps being offered. There are great commercial plans as well for those businesses operating on the Cattaraugus Territory.

It’s important to note that the current Wi-Fi will cease to be operated once the new high-speed network has been installed. **We anticipate shutting down the current free WiFi network in June 2022.**

Please call 532-3131 in order to sign up for the new Seneca / DFT Internet and/or digital phone services. You will receive a packet with important documents to be returned to the Seneca Nation and DFT. Service will not be installed until both entities have received the required paperwork.

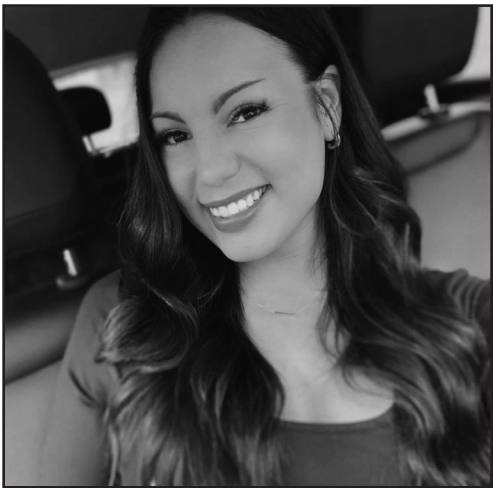
We look forward to providing you with the new high-speed fiber broadband network.

**Nya:wëh,
Seneca Energy and Telecommunications**

Allegany Education Dept. Welcomes New Staff

We would like to welcome Kayli Abrams to the Allegany Education Department. Kayli will be working at Prospect School as a Tutor/Enrichment Coach.

Her email is Kayli.
abrams@sni.org.
Welcome Kayli!



We would like to welcome the new Language & Culture Apprentice II, Christopher John.

Chris will be working in Seneca Intermediate. His email address is Christopher.john@sni.org
Welcome Christopher!



TERC News – A Career In The Construction Trades Can Change Your Life!

What is a ‘Union’? What is an ‘Apprenticeship’?

Why construction?
The demand for skilled workers has been increasingly steady, even during times of economic decline. When people hear the term ‘construction’, they typically think of working with wood, using a saw, hammer, nails, etc. building things. But ‘construction’ applies to all trades, with the definition being “any development, extension, installation, repair, maintenance, renewal, removal, renovation, alteration, dismantling or demolition of a fixed structure”.

There has been a nation-wide shortage of workers in the construction fields. In the 80’s-90’s, there was a big shove toward getting high school students to graduate and go to college. Now that we have an overload of people with degrees, we are short plumbers, electricians, brick-layers, painters, etc., all of which are much needed and essential. Today, we are seeing around the world more emphasis on promoting trades in some field of construction.

Not all people are ‘college material’. There is also the sad fact that a lot of graduates end up with some amount of student loan debt even before they begin working in their field. So if a person does not want to attend college and prefer to work in the construction trade, there is the option of getting into a ‘union’.

A **union** is an organization of trades specific to its name. Some examples include: **Painters, Electricians, Carpenters, Roofers, Iron-workers, Sprinkler Fitters, Equipment Operator, Bricklayers, Elevator and more!**

People who join a union enjoy higher wages than non-union occupations of the same trade, through wages and benefits. Statistics show that **union pay was reported 28% higher than their non-union counterparts**. Unions set the ‘prevailing rate’ which means the basic hourly rate paid on public works projects to a majority of workers engaged in a particular craft, classification or type of work within the locality and in the nearest labor market area

There are numerous other benefits available to you through a career in a union – and they all begin with an **APPRENTICESHIP** working their way to **JOURNEYMAN**.

An apprenticeship is a job in which the worker is paid to learn a set of skills through on-the-job training, an earn-while-you-learn model and leads to a nationally recognized credential that you recipients can take anywhere in the country!

An **apprenticeship** is almost entirely

FREE and there is **no education-related debt** once completed, unlike colleges and universities!

Apprenticeship is a **mixture of classroom instruction and hands-on training, all paid while you learn and work, beginning pay with DAY ONE!**

An apprenticeship typically lasts **4-5 years** which may seem like a long time, but remember – you are working while you earn a living!

Unions are required by law to hire a certain number of ‘minorities’ (Native American, women, etc.).

If you are interested in getting into the field of construction with a goal of getting into a union or into private sector, contact your local TERC office. Once you are approved, someone will work with you on your career goal!

Allegany Office:
945.8120
Patti Brisley (ages 14 – 24 y.o.)
Pamela Bowen (ages 25 y.o. + up)

Cattaraugus Office:
532.1033
Patrice John (ages 14 – 24 y.o.)
Curtis Archer (ages 25 y.o. + up)

Great News From TERC!

By Patti Brisley

Things are happening and lives are changing at TERC! Many of our community members have recently completed certificate training programs and now have been accepted into union halls of their choice! Some have graduated from the STC Construction Training Program where they receive certs in OSHA-10, Flagging, Scaffolding, and Forklift Operating while others completed a CDL and Equipment Operators class! As recognition for their hard work, dedication, and achievements, TERC would like to acknowledge the following:

Keion Whitcomb—Carpenter’s Union #276. STC graduate 2021.

Mariah Monroe— Equipment Operators Local #17. Received Heavy Equipment Operators License through BOCES in Olean, NY and CDL-A through BTTI (Buffalo-Tractor Trailer Institute).

Kiona Welch– Painters Union #4. STC graduate 2021.

Stevie Bucktooth — Painter’s Union #4. STC graduate 2021.

Ty White-Miller— Carpenter’s Union #276. STC graduate 2021.

Dayton George—Laborer’s Local #621. Received CDL B from Catt./Alleg. BOCES.

Others have received their CDL’s and are exploring occupations or

have obtained or continued in their full-time employment:

Ben Miller—CDL-B from North Collins Drivers Learning School and Equipment Operators license from Catt./Alleg. BOCES in Olean

Jacob Rozler—CDL B from Erie 2 BOCES Chaut./Erie Co.
Talon Welch—CDL-A from North Collins Drivers Learning School and Equipment Operators license from Catt./Alleg. BOCES in Olean

Andrew Colburn—Heavy Equipment Operators license from Catt./Alleg. BOCES in Olean

Dana Ray —Heavy Equipment Operators License through BOCES in Olean, NY and CDL-A through BTTI (Buffalo-Tractor Trailer Institute)

Scott Case—CDL-A through Buffalo-Tractor Trailer Institute.

Not only are participants entering the trades, but TERC also has some graduates from their certification courses in the trades and n the professional field such as medical as well as occupational fields.

Chelce Finch—Tribal Human Resources Professional certification, 2022.

A vibrant poster for a Mother's Day event at Highbanks Campground. The background is white with orange geometric lines. The top right features a cluster of pink roses and flowers. The bottom left features a large pink rose and smaller pink flowers. The text is centered and reads: "Highbanks CAMPGROUND" in a serif font, with a green circular logo containing a tree to the left. Below this is "MOTHER'S DAY" in large, bold, black sans-serif letters. A pink banner with white text says "Saturday, May 7th FROM 9:00AM TILL 12:00PM". Below the banner, it says "All Mothers will receive a beautiful flower and one entry to win a door prize." in black text. At the bottom, it says "Book now to reserve your spot" and "camphighbanks.com" in black text. The bottom left corner has small text: "Made with PosterMyWall.com".

 **Highbanks**
CAMPGROUND

MOTHER'S DAY

Calling all Highbanks guests! Please come join us
for **BREAKFAST & BINGO** with Mom at the Lodge!

Saturday, May 7th
FROM 9:00AM TILL 12:00PM

**All Mothers will receive a beautiful flower
and one entry to win a door prize.**

Book now to reserve your spot
camphighbanks.com

Made with PosterMyWall.com



SENECA NATION
FEDERAL

OF INDIANS
CREDIT UNION

Get \$5
Free!

Sign up for e-Statements

Get \$5 FREE!

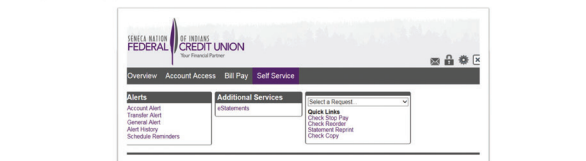
Sign up for e-Statements by June 30, 2022 and we will give you \$5. Your \$5 will be deposited at the end of the month in which you signed up.

e-Statements are the best way to receive and keep track of your monthly statements!

- Save Paper
- Get your monthly statements sooner
- Statements are delivered more securely
- Saved online for one year

Go to www.snfcu.org, sign-in to your online banking account and click on the Self-service tab. On the Self-Service page is a link for e-Statements under the Additional Services menu. Follow the instructions to complete the process.

If you have any questions feel free to contact our offices at the phone numbers below.



The screenshot shows the online banking portal. At the top is the logo. Below it is a navigation bar with links: Overview, Account Access, Bill Pay, and Self Service. The 'Self Service' link is highlighted. Under 'Self Service', there is a section for 'Additional Services'. In this section, 'e-Statements' is selected. To the right of 'e-Statements', there is a list of other services: Select a Request, Quick Links, Check Your Pay, Check Standing, Statement Request, and Check Credit.

Your savings federally insured to at least \$250,000 and backed by the full faith and credit of the United States Government.

Irving Office

12837 Route 438
Irving, NY 14081
(716) 532-8179

Hours

Mon - Fri
9am - 4pm

Salamanca Branch

90 Ohioyo Way
Salamanca, NY 14779
(716) 945-8510



Paint Night

make your own hummingbird painting


**MAY
12TH**

6PM

Stanley "Sully" Huff Heritage Center
12857 Route 438, Irving

\$15 fee, all supplies provided
Instructed by Sandra Warrior

To reserve your spot, call: Sam Jacobs at
716-532-8161



Seneca Nation Members

Nyá: 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.

FIRST TUESDAY OF EACH MONTH • 1 PM - 4 PM

BUFFALO RESOURCE OFFICE | 533 Amherst Street, Buffalo, NY

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.

Community Fair Week 2022 was a Success!

Seneca Media

This year’s annual Community Fair Week took place April 11th - 14th, which is customarily held the same week as the local school districts spring break.

It was a week filled with fun activities for the whole community to enjoy. Nya:wēh to the many SNI Departments that helped put this event together.



Seneca Arts & Learning Center hosts Week of the Young Child

By Liz Tucker

Seneca Arts and Learning Center (SALC) was excited for another fun-filled week celebrating young children and their families with hands-on, collaborative activities encouraging movement and healthy lifestyles through music, food, and art. SALC celebrated our “Week of the Young Child” (WOYC) starting April 18, 2022 through April 22, 2022. The WOYC is an annual celebration sponsored by the National Association for the Education of Young Children (NAEYC), it is a time to recognize that children's opportunities are our responsibilities, and to recommit ourselves to ensuring that each and every child experiences the type of early learning environment, at home, child care programs, school, and in the community. SALC staff, children, and families will be participating in various activities to celebrate this exciting week of learning. This year SALC’s



Administrative team and the classroom lead teachers met multiple times to discuss the key components that we collectively felt go into a successful and positive early learning environment for children. We knew that the basis of our week was going to stem around the children, the families, and our wonderful community. Our fun filled week consisted of:

Music Monday- The children and families were invited to walk the front entryway and some hallways of SALC that were filled with displays of music instruments from around the world, with a center spotlight table of instruments played right here in our culture. The hallways were filled with the sounds of music’s of all different cultures

around the world. The families were given parent education on all of the benefits that music and movement provide in our early education years. Each family also received an SALC 2022 Family Sing A Long song book to promote family engagement and music at home!

Tasty Tuesday- Each classroom joined SALC’s Administrative team up front to view all of the different fruit and vegetable choices available.

The children heard the names of the options in Seneca and then again in English. Once they selected what they wanted to plant they worked independently to scoop the dirt and plant their seeds, the children really seemed to love this hands-on experience and were very proud of their hard work. The children were offered a tasting bar to try the different fruits and vegetables that they had learned about earlier, some were sweet and some were just a little sour!



But the children really loved the new tastes and smells. With snack on Tasty Tuesday the children were given samples of our favorite traditional foods. They were sampled Fry Bread, Corn soup, and Strawberry water. All of the families received parent education on healthy eating, and SALC Traditional Foods Recipe Books for their homes!

Wellness Wednesday- SALC devoted this day to complete and total wellness. Children practiced mindfulness in their classrooms, and they also took extended walking trips outside of our building to enjoy nature and the peaceful it brings. The children and families were invited back in Wednesday night for our ‘Yoga for Families’ Event hosted by Andrea Spako. The turnout was wonderful and every single yoga mat was full. There was families with children ranging from 12 months old up to 11 years old! The children learned emotion regulation, mindful breathing techniques, and also joined in on a ‘Kindness Superhero’ Meditation session. Parents were provided education on mindful parenting, children’s



yoga resources, and adult yoga resources and benefits.

Artsy Thursday- Art is such an important factor in successful early education! The children worked hard all day long,



and they had no idea because ART IS FUN! The classrooms focused on process art which focuses on the process and not the final product. The younger friends at SALC created sensory art and our oldest SALC friends strategically designed their pieces of art and then brought it to life! The children in Pre-k and Head Start enjoyed having their face painted while talking about creative art and being a super hero of course!! All classrooms collaborated to make a beautiful canvas WOYC (Week of the Young Child) wall art display for our building! Parents were provided education on the many benefits that art plays in all ages and all stages of child development. Friends & Family Friday- Friday was a day devoted to our community, our friends, and our families. SALC proudly hosted volunteer readers to join in each classroom, the children absolutely loved having the familiar faces host circle time! A huge thank you to, Tina Abrams, Tim Waterman, Christian Reiller Sr., Joshua Becker, and the SALC Administrative Team. All of you play key roles in providing our children leadership within our community, you are a true Öödöshö.

Friday concluded with ‘Children’s Book Day’, our friends at Salamanca Save-A-Lot donated paper bags to each child in the center, the classrooms took the time to allow the children to design and beautify their bags, then at pick up the families filled their ‘Book-Bags’ together for a family reading collection to have at home. Parents received education on the importance of reading to children, and the benefits of spending quality time engaging with children for literacy. Thank you, Salamanca Save-A-Lot, for supporting early literacy within our community.

All in all, SALC’s Week of the Young Child was one for the books, literally! SALC strives to focus public attention on the needs of young children and their families while recognizing SALC’s wonderful staff, community leaders, and community partners who all make sure that these components are happening every single day for the children within the care of Seneca Arts and Learning Center.

Nya:wëh,
Seneca Arts and Learning Center



SALC Employee Spotlights



Miss. Alicia has been with SALC for 8 years. In her time at SALC Alicia has been a leader to her coworkers and leads with kindness and heart at all times. Alicia brings a nurturing and motherly presence when working with her Head Start Children. Alicia has earned her CDA and is currently pursuing her degree in Early Childhood. Alicia completed 2 years of Seneca Immersion and speaks fluently to the children in our center. Alicia has worked in our infant, waddler, and pre k classrooms before

finding her home as a key asset leading our Allegany Head Start classroom!

Nya:wëh Miss Alicia

“Miss Alicia is always upbeat and so happy! Cypress is always to happy to see her, she welcomes him with excitement and kindness! We have never had any issues with him wanting to go to school because he loves his teachers!” Barbara Hill- Parent of Cypress Hill

“I like Miss Alicia. She is nice. I like when she reads to us and she did yoga with me! She is nice!” -Miles Whitcomb Head Start Student Age 4



Miss Kamryn is the lead teacher in Toddler room #2. Kamryn is our ‘Rookie of the Year’. She has hit the ground running in her 2 years of being at SALC. Kamryn in a high energy and always on the move teacher. Her students days are filled with developmentally appropriate activities and she can always be found fully engaged in each activity with them! The toddlers in Kamryn’s room spend a lot of time outside exploring nature and blowing bubbles! Kamryn in actively pursuing her Child Development

Credential and we could not be more proud to have her on our team! Nya:wëh Miss Kamryn

“Miss Kamryn has made me feels so comfortable leaving my child in her care. Kam makes me feel so much better as a mom! She always communicates with me and gives me reassurance. She allows me to work throughout the day, and not worry!”- Shannon Seneca Brock Parent of Sapphire 2 years old

“My daughter tells me all about her days, she is always talking about going outside with Miss. Kamryn and playing with their new bubble blowers! Kam is always so welcoming and calm and I love that for my daughter!”- Mariah Hayes Parent of Maelani 2 years old

Ohi:yo’ Community Clean-Up Contest

The Seneca Nation Environmental Protection Department held their annual Allegany territory community clean-up contest today, April 12th, 2022.

Nya:wëh to the SNI EPD staff, volunteers, and community members who keep the environment clean and safe for all. Nearly 50 Bags of garbage were picked up today.

Congratulations to overall winner Christie George and her family!



Presented by: H.E.R.O. Committee

MOTHER'S DAY PAINT NIGHT

ONLY 20 SPOTS AVAILABLE!

Tuesday
May 3rd, 2022
4pm-6pm @ ACC

To R.S.V.P., please call (716) 945-8119

H.E.R.O.’s Annual Gwa’yö:’ Spring Event

The H.E.R.O (Health, Education, Recreation, Other Depts.) Committee hosted their annual Easter celebration at the Allegany Community Center on April 14th, their first in-person holiday event in over two years!

Attendees participated in the various activities throughout the center including a petting zoo, a coloring contest, an egg decorating station, photos with the Easter bunny, a bounce house, face painting, a magic show, an Easter egg hunt, social dance songs and dinner was served in the Multi-purpose Room.

Various departments and organizations were present to provide information and promote their activities and services. Many departments donated prize baskets and the Council Office donated bikes to the Easter egg hunt.

“It was good to see all of our community members and families come enjoy the holiday fun! We hope everyone had a good time and hope to continue with in-person events,” said Allegany Community Center Director Candace Miller.



Congratulations to Can-Am Hall of Fame Inductee, Kervin John!

Congratulations to Kervin “Huck” John, AKA: "Herbie" who was inducted into to the Can-Am Hall of Fame. Kervin was nominated and accepted prior to the 2020 COVID shut down. Kervin - *Mohawk/Seneca, Turtle clan, Cattaraugus Territory, hails from the Pinewoods community.* He is the son of Alexandrine Hess and the Late Gordon “Wally” John. His official induction ceremony will take place in July 2022. Ja:goh!



Bio & Accomplishments:

Kervin John | A.K.A. "Herbie" or "Huck"

Kervin John began playing in the Can-Am in 1974 at 15 years of age with the Newtown Golden Eagles. On weeknights, he would play with his midget team, and on the weekends he would play with the men. In 2009, after a 35-year career in the Can-Am and NALA and at the age of 50, Kervin, decided to retire from the Can-Am. Since 2003, Kerv has been playing in the Nations Cup Tournaments with his nephews and great nephews alike. He remains the oldest player to play among 3 generations of his family. He hopes to retire from the Nations Cup at the age of 60, but will not hesitate to pick up the stick again when his son calls on him to play once again.

Teams & Accomplishments:

NALA (North American Lacrosse Association)

- Newtown Golden Eagles 1974-1981

Can-Am (Canadian and American box lacrosse league)

- Buffalo/Ft. Erie Braves 1982-1986
- Newtown Golden Eagles 1986-1988
- Niagara Tomahawks 1988-1989
- Brantford Wolves 1990-1993
- Tuscarora Thunderhawks 1993-1998
- Pinewoods Smoke 1998
- Buffalo Creek Thunder 2009
- Buffalo Renegades 1990-1991 (Sem i-pro winter league)

President's Cup Appearances

- 1983 Owen Sound, ON (Newtown) Silver medal
- 1986 Surrey, BC (Newtown) Silver medal
- 1987 Sarnia, ON (Newtown) Bronze medal
- 1993 (Tuscarora)
- 1994 Hamilton, ON (Tuscarora) Gold medal
- 1998 Niagara Falls, ON (Tuscarora)

Accomplishments

- Established the Niagara Turtle Islanders, Family Sr. B Women's team in the OWBLL
- Played through four decades in the 70's, 80's, 90's and 20's
- Life-long player and coach

Take Lacrosse To The Next Level: Advice From Pros

Alie Jimerson (Cayuga/Seneca, Bear clan) shares some tips that got her where she's at in her Lacrosse career. Ja:goh Alie!

March 17, 2022 | teamsnap.com

Whether you're a lacrosse player trying to take your game to the next level, a parent supporting your child's journey to the top, or a club trying to maintain your most elite lacrosse players, here's how you can make it.

TeamSnap has heard from some of the most elite female lacrosse players in the professional landscape to better understand just how to make it to the next level.

What exactly do we mean by next level? For every athlete or club, that next step may look differently. For someone like **Alie Jimerson**, a member of the Canadian Women's National Team, she got to the national level by consistent commitment to lacrosse from a young age. Jimerson went on to receive the Tewaaron Native American Scholarship, awarded annually to one high school girls lacrosse player. She played collegiate lacrosse at the University at Albany and then Syracuse University. This past year she got selected to represent Team Canada at the 2022 World Lacrosse Women's World Championship from June 29-July 9.

So, how did she get there?

All you need is a wall (and a ball)

"Wall ball was something I made sure to do every day. A wall is something you can easily find and all you need is you, your stick, and a ball!" Jimerson told TeamSnap. "The ladder

is also something you should invest in, having quick feet and being able to use that for footwork and conditioning is huge for training. I feel as if nowadays there are a lot of complicated drills for girls to follow, my advice – just

keep it simple! You can make a lot of straight forward drills yourself with a ladder and 6 cones that will get the job done."

Playing wall ball is an exercise accessible to most players and something coaches and clubs can encourage their players to do on their own. Diversifying training like adding in footwork with a ladder is also something that can help athletes take their skillset to the next phase.

Repetitions

"Once I realized I wanted to
(Continued on next page)




Take Lacrosse To The Next Level: Advice From Pros

Once I realized I wanted to play lacrosse, I made sure to play with my stick as much as possible. I think the key to preparing to be a college athlete is to get as many reps as you can.

— Alie Jimerson, Pro Lacrosse Player

teamsnap
clubs & leagues



Take Lacrosse To The Next Level: Advice From Pros w/Alie Jimerson CONTINUED

play lacrosse, I made sure to play with my stick as much as possible,” Jimerson said. “Play wherever and whenever I could possible. I think the key to preparing to be a college athlete is to get as many reps as you can.”

Jimerson was able to play division 1 lacrosse because she committed her time growing up to understanding life with a lacrosse stick in hand. Maneuvering the stick, running with it, passing, shooting, pivoting, all became second nature because she made it a habit.

“You can hit the wall and do drills all day, but what I found contributed to my success was constantly having my stick in my hands and playing in the backyard with my sister.”

Take care of your body

With more and more pressure to make it to the next level one of the biggest areas often forgotten is how important taking care of your body, mentally and physically are. Sometimes the most skilled athletes don’t make it because of injuries that could have avoided if they took better care of their bodies. Taking care

of your body looks differently for everyone, but the easiest way to think about it is rest, recovery and proper fueling.

“There are a lot of other things I wish I could have done differently while preparing for the next level. I wish I was fueling my body better and made sure to take lifting more seriously than I did. I feel like your nutrition and exercise routine are key to preparing for all that comes with advancing to that next level.”

Girls only get stronger once you get to college. And then after

that, women only get tougher at the professional and national level. In order to make it in that environment you have to be prepared and committed to discipline off the field too. While weights don’t always feel like they will directly impact your performance, Jimerson said she wished she took it more seriously. Now that she’s playing with the best lacrosse players in the world, she knows what level of her is expected.

Source: <https://www.teamsnap.com/blog/general-sports/take-lacrosse-to-the-next-level-advice-from-pros?>

Ja:goh Lucas, Hayden & Harley from the Salamanca Warriors Basketball Team

Salamanca Warrior Athletics

Sophomore Lucas Brown was selected by the New York State Sportswriters Association as a NYS Class C First Team All-Star! Lucas becomes the first player in program history to be named as one of the top 5 players in his classification in the entire state.

Congratulations also goes out to seniors Hayden and Harley Hoag, who were selected to the NYS Class C Eighth Team of All-Stars!

COMMUNITY NEWS

National Center for Health Statistics Data Detectives Summer Camp

| Applications will be accepted through May 30!

Submitted by Councillor Tina Abrams & Dean S. Seneca, Seneca Scientific Solutions+

Do you have children or have friends with children who are inquisitive, like math and science and are interested in the process of discovery? If so, consider applying to this year’s **Virtual Data Detectives Camp**.

The National Center for Health Statistics (NCHS) is conducting its 6th Data Detectives Summer Camp in collaboration with the American Statistical Association, Bureau of Justice Statistics, Bureau of Labor Statistics, the Joint Program in Survey Methodology, and the University of Maryland’s School of Public Health.

The NCHS Data Detectives Camp is a Science, Technology, Engineering, and Math (STEM) summer camp that focuses on teaching statistics to rising 6th and 7th grade students. Camp activities cover statistical concepts to help teach kids to think like a

data detective by asking the right questions, collecting needed information, analyzing the data, and determining the answers.

Due to the COVID-19 pandemic, we have conducted a virtual camp since 2020. The camp will have 2 sessions to accommodate campers from different time zones. **The camp will take place online through Zoom video conferencing on August 8 – 12, 9 a.m. – 11 a.m. EST (1st session) and 1 p.m. – 3 p.m. EST (2nd session).** There is no fee for registering or attending the Camp.

For additional information or to apply, please visit, **<http://www.cdc.gov/nchs/data-detectives-camp/>**. Feel free to pass on this information to anyone you know who may be interested in applying for the camp.

NCHS Data Detectives Camp

Virtual Camp: August 8–12, 2022

Now accepting applications through May 30

Contact the camp staff at datadetectives@cdc.gov if you have questions.

RAYMOND & ELLA JIMERSON

HELEN RAYMOND ARNOLD ROLAND SHERMAN HERMAN MINNIE KATE GERALD

FAMILY Reunion

JULY 4th | 12PM - 5PM

FOOD | GAMES | MUSIC

EVANGOLA STATE PARK

PAVILLION 4-A

For info Contact:

Treet: 716.984.6784

Irene: 716.449.4993

Lisa: 716.949.9492

FAMILY FRIENDLY | NO DRUGS | NO ALCOHOL

Next Family Reunion Meeting:

Saturday, May 7, 2022 | 11:00 am | at Wolf's Run

2nd Annual Cynthia Mohr 5K Run/Walk

During the month of March we honored courageous Seneca Women. It would be impossible for us to properly honor Cynthia Mohr in a simple social media post. Instead, we simply ask that you please consider participating with our friends at the Salamanca City Central School District in the 2nd Annual Cynthia Mohr 5k Run / Walk

Proceeds benefit the SHS Class of 2023 and establishing: "The Cynthia Mohr Scholarship Fund"

When: Sunday, June 12, 2022
Where: Start and Finish at Veteran's Memorial Park in Salamanca, NY
Time: Check in 9-9:45am & the Run/Walk Starts at 10am
Cost: \$30.00 ages 13 and up or \$20.00 ages 12 and under

Deadline to register and receive a race shirt is May 20, 2022.

For more information and to order tickets, visit: <https://www.salamancany.org/o/high-school/page/cindymohr-scholarship>



2022 Native Youth Grantmakers recipient Alyson Brown

Nya:wëh Sgëno' swagwe:göh. Gaëdi:yoh ni'gya:soh. Dewashë:h sêh niwagoshiya'göh. Ohi:yo' knöge'. Hello everyone, I'm thankful you are well. My name is Alyson Brown, I am 23 years old and a member of the Seneca (Allegany Territory) Nation.



As an undergraduate student at Arizona State University, I studied Community Health (B.S.). Through my studies, I created a working understanding on the various components of a healthy and sustainable community. In addition to the standard coursework, I was able to service Indigenous populations abroad with the Quechua of Peru and the Māori of New Zealand. I currently serve as a board member for my older brother's non-profit and am employed as a crime victims advocate for my tribe.

These collective experiences have shaped the vision I have for Native communities. I believe in a self-sustaining tribal nation through capacity building across all sectors, the philanthropic sector especially. It is my hope that by participating in the Native youth grantmakers program, I can gain the tools and knowledge necessary to see my vision come to fruition.



For more about the Native Youth Grantmakers, visit nativephilanthropy.org.

IGS Monthly Meeting

Iroquois Genealogy Society

When:

May 12, 2022 at 6pm

Where:

Saylor Bldg, Rte 438, Cattaraugus Territory

Presenter:

Jack Ericson

Subject:

Red Jacket Descendants

Please bring a dish to pass, tableware and beverage provided. Bring a friend and meet new ones! A great opportunity to learn family history!

Please note: A correction to Arthur Hill's contact information at the SNI Archives – 716-945-1254 ext. 7848. Arthur's title is Records Manager. Call him to make an appointment to view any documents.

Please check out our website: www.iroquoisgenealogysociety.org. There are many resources available on the website such as census records, church and school lists etc.

We hope to see you soon! Be safe!

~ Iroquois Genealogy Society
(President Teresa VanAernam, Vice President Arthur Hill, Secretary Marilyn Anderson, Treasurer Leatha Jimerson)



News From The Four Corners United Methodist Church

Rte. 438 and Versailles Plank Road,
Cattaraugus Territory

Submitted by Marilyn Anderson

The Four Corners United Methodist Church was built in 1888. Mr. John Waterman furnished the logs for the plank building. The land was donated by the Parker family and could be used as long as the church used it as a worship place. We have had significant pastoral changes in the past few months, but we are stronger than ever. We do not have a full-time pastor, but we are served by four different lay leaders – including Pastor Dave Rood. These four dedicated, knowledgeable, and inspirational people serve far more than one full time pastor. And so, we continue to use the church as a “worship place”.

Hopefully spring is upon us and this is a time for Mother Earth to bring forth new life. This should also be a time of spiritual rebirth for all of us. We have asked why people don’t go to church. Some of the answers were: “it’s boring, I work all week and Sunday is my shopping day, I sleep in on Sundays, I should go but I feel guilty about things that I have done in the past”. What would you say? Worship is not “boring”, it’s inspiring. Church services last about one hour and you have the rest of the day to go shopping. You can sleep in on Saturday. Jesus loves us and our sins are forgiven. Try going to church and find out how it can add positive energy to your life and spirit.

The Seneca Hymn Singers are meeting on the 2nd and 4th Tuesday of the month at 7 p.m. Join them in our fellowship hall and enjoy the time together.

Church services are held every Sunday at 9 a.m. followed by coffee time. Continue to pray for our communities – those who are ill, those who are mourning, those who suffer with addictions, those who are victims of abuse and those who are lonely. **Peace.**



Nya:wëh

Words cannot express how deeply we appreciate all of the love, kindness and support shown to us during this difficult time

*It will always be remembered by the Family of
Barbara A. Hemlock*

Reminder: Princess Wanted!

Deadline to apply is May 20, 2022



Princess Wanted!

TO REPRESENT THE
SENECA NATION - OHI:YO'
AT THE NEW YORK STATE FAIR INDIAN VILLAGE

AUGUST 24, 2022 – SEPTEMBER 5, 2022

Qualifications:

- Age 16-21
- Enrolled Seneca from the Allegany Territory
- Not a Current Princess and/or Representative
- Knowledge of Traditional Dances and Have a Traditional Dress
- Must Be Drug & Alcohol Free and Have No Children
- *Under 18 Must Have a Chaperone*

Deadline to Apply-
Friday, May 20, 2022

Submit letters of intent to:
SNI Clerks Office,
90 Ohi:yo' Way
Salamanca, NY 14779

Any Questions Contact: Barbara Lynn Hill 716-713-4624 or Tami Watt 716-307-6701



ART

K Art

April 2022 News

Inside Matri Lines with Luzene Hill

As part of our Gallery Talk Tuesday series, Luzene Hill sits down with K Art's own Federico Rosario and candidly talks about her life, creation process, and new solo exhibition, Matri Lines, on view now until June 3 at K Art. View the interview at <https://www.youtube.com/watch?v=7T9eyuvF170>.



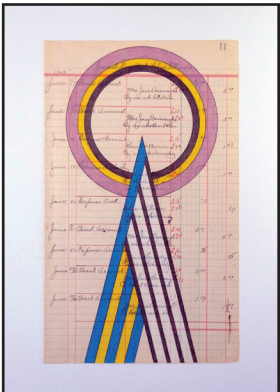
THE ARMORY SHOW

K Art is pleased to be exhibiting in the gallery section of the 2022 Armory Show in NYC from September 9-11. We are excited to show the works of an important group of Indigenous contemporary artists on an international stage. K Art has an exciting exhibition planned. We hope you'll visit us in person this September.



THE ART IN LEDGER PAPER

Ledger art is a category of Native American art representing works from predominantly Plains Indians, which flourished from the 1860s to the 1920s. Works shown in Moving East represent a revival of ledger art by contemporary Native artists using both historical and modern themes. Visit <https://www.thek.art/behind-the-art/ledgerpaper> for more info.



“NOOJIMO (SHE HEALS)” CALL FOR ARTISTS

April 7, 2022 | allmyrelationsarts.com

All My Relations Arts invites artists to participate in the group exhibition *Noojimo (She Heals)*, by guest curator Hillary Kempenich. All Indigenous artists residing in Turtle Island (the lands now known as North and Central America) are welcome to apply, with preference given to work created by Indigenous women, Two-Spirit, femme, trans, and gender non-conforming artists. Works must be original and can be 2D, 3D, video, literature, performance, or installation; artists are welcome to apply regardless of their experience or education in the art field.

About The Exhibition:

Noojimo (She Heals) will highlight the importance of Aunties in Indigenous spaces. In many Indigenous communities, the Auntie often serves as an extra parental role who provides mental, physical, and spiritual support to younger relatives. Women lead by creating space to heal ourselves, in our homes, community, and with Aki (earth). Though faced with discrimination and patriarchy, women continue to be protectors of family, culture, and earth. We take on roles as caretakers, leaders, cultivators, mentors, mediators, and innovators. *Noojimo* will be a powerful tribute to courageous women (both historically and modern) stepping into the role as an Auntie, who often influence, create, and strengthen bonds of obligation, trust, and solidarity both inside the home and community.

We will explore the conversation of the powerful roles Indigenous aunties take as mentors, or the



‘other mother’ or ‘secondary parent.’ As we respond reactionary to the Missing and Murdered Indigenous Women (MMIW) epidemic, it is important that we discuss and act on prevention methods, which includes these roles women take on in society. Perhaps we had a plethora of Aunties who shared the additional parental role, or there was a significant one who was part of our upbringing.

Noojimo centers the empowerment of Indigenous Aunties, how we are/were raised by them, how we honor their legacy, how we are them, how we make space for those who need us as Aunties; and how do we respect one another though our personalities or lifestyles differentiate? When and how do we decide to call one another in?

Questions to reflect upon:

- Was there an unexpected Auntie who came into your life providing you with the support, guidance or love that you needed?
- What is the reciprocity in our relationships with Aunties?

- Is it a direct exchange of gratitude?
- Is it hindsight?
- Do we carry their teachings and pass them on to others?
- How do we honor Aunties?
- What roles do those Aunties take as we become adults ourselves?
- If/when tragedy struck in our life, how did Auntie help us navigate muddy waters?
- How are Aunties helping us break from intergenerational traumas?
- As an Auntie, what responsibilities do you carry that you are proud of? What have you found is challenging?
- How as Aunties, can we be there for you?

Selected artists will be chosen by guest curator, **Hillary Kempenich** and curator coach, **Heid E. Erdrich**, based upon the following criteria:

1. Strength of the work focusing on artistic merit.
2. Strength of the work addressing the exhibition topic.
3. Diverse representation of mediums.
4. Diverse representation of emerging to established artists.

Submission Instructions

Complete the submission form by June 12th, 2022. Visit <http://www.allmyrelationsarts.com/noojimo-she-heals-call-for-artists/> to apply.

Deadlines & Dates

Submission Deadline:
June 12th, 2022

Notification of Status:
June 16th, 2022

Artwork Must Arrive in Gallery by: July 1st, 2022

Opening Reception:
July 19th, 2022

On View:
July 19th – Sept. 17th, 2022

Additional exhibition programming (artist talk, community workshops, etc.) TBA

Details

- Selected artists will receive a \$200 honorarium once the gallery receives shipped work.
- Shipping and transportation costs will be covered by All My Relations Arts for emerging artists with 5 or less exhibitions experience. Please indicate if you fit this criteria in your application.
- All artwork will be insured from the time it arrives at the gallery, until it is shipped to the artist.
- All artwork may be for sale, while on display at All My Relations Arts.
- Artists who participate in gallery talks and/or workshops will receive additional honorariums.
- There is potential for this exhibition to become a traveling exhibit and details will be announced at a later date.

Artwork Specifications

Artwork must be original, and respond to one or more of the prompts.

Questions

Informational session to be announced at a later date to address any submission queries. If you need assistance or support with application, please contact: arts@nacdi.org.

Contact Info

Guest Curator,
Hillary Kempenich – amraexhibitions@nacdi.org

All My Relations Arts Director,
Angela Two Stars – atwostars@nacdi.org

SCCSD April Business/Marketing Student of the Month: Robert McLarney

salamancany.org

Ja:goh Robert McLarney, (Allegany Territory, Seneca, Hawk clan) is the April Business/Marketing Student of the Month. RJ has a natural aptitude for his business classes. RJ is currently enrolled in or has taken the following courses: ECC GS 111 College Success Skills, JCC CSC 1560 Microcomputer Applications, Keyboarding, Financial Management, Sports & Entertainment Marketing, and Computer Application Software II.



RJ loves basketball; it is his favorite sport. He plays Varsity basketball and Summer League Basketball. He has also participated in Varsity Track and in Varsity Football in high school. RJ is a student who is always willing to help others. He is an active participant in our school's Youth Activation Committee where he helps our Unified Basketball players. RJ really enjoys working with our Unified Basketball team noting how good it makes him feel to see our special education students get so excited. "I love to see the smiles on the team's face and how much fun they have during the games." In return, the Unified Basketball Players really look up to RJ who is an excellent role model. RJ is respectful, kind, and humble. Those traits will prove beneficial in any career he chooses to pursue.

RJ's other volunteer/community service work includes the building of the Highland Park playground, the Cystic Fibrosis Walk, and the Gifted Bikes for the annual 3rd grade Kylee A. McLarney Award. RJ works as a host at Katie's Fly-In.

Once he graduates, RJ would really like to go to college at Saint Bonaventure which has been a dream of his for years now. RJ would like to major in Athletic Training while at Bonas.

Employment Opportunity *SNI Newsletter Reporter (FT)* *Cattaraugus Territory*

Salary: \$18.93/hour

Job description

Provides administrative support to free the attention of the Managing Editor. Assists in the production of the bi-weekly Seneca Nation Newsletter. Responsible for organization of information provided for the print of each publication. Assist with editing and proofreading of information received. Serves as a liaison between community members and Editor for Newsletter submissions.

Job qualification

Associate's Degree in Media Arts, Graphic Design, or Journalism with 2 years related experience and/or a combination of education and experience equivalent to the aforementioned. Must be computer proficient in Multi-Ad Creator, Adobe Publishing and Photoshop as well as other related newsletter printing software to include word, excel and database applications. Must possess strong verbal and written communication skills. Ability to meet multiple deadlines and remain poised under pressure. Ethical and professional research and reporting skills. Must have strong researching skills. Must have excellent writing and proofreading skills. Strong attention to detail and excellent follow-through. Ability and desire to work on a team in a collaborative environment. Must possess a valid NYS Driver's License and willing to travel. Must be flexible in work schedule, weekends and holidays maybe required when needed.

Submit applications/resumes to:

Human Resources Department
12837 Route 438 Irving, NY 14081
Phone: (716) 532-4900 x5091 | Fax: (716) 532-8235
Email: darcy.kettle@sni.org

Additional Information:

Seneca or Native preference given to qualified applicants.
Pre-Employment Drug Screen Required.

Online application available at <https://sni.org/job-opportunities/seneca-nation-government/>

Gratitude for the Natural World

Eastern Bluebird (Sialia sialis) | Ganondagan April eNews & Updates | Ganö'gat Ge:ih 2022

Jinyowae' (Bluebird)

"With great eagerness Jenny-er-ye flung herself into the water and far down did she dive. When she came to the surface, she was quite out of breath and too tired to fly. She staggered through the ripples to the shore and brushed her breast against the red clay bank, rested a moment, and then flew upward into the warm breeze blowing above the tops of the trees.

The whirl of her wings dried her feathers, and as she sang, she noticed the sky's own color had been magically transferred to her feathery coat. Her joy was a wonderful joy. With a happy heart she sang, "I have been touched by the brush that colored the sky! Great Ra-wen-io has made me beautiful like the sky. I thank him, I thank him, for



what I desired he gave me. I thank him."

Then was Ra-wen-io glad he had turned Jenny-er-ye into the first bluebird.

He said to her, "Jenny-er-ye, your coat is blue, but your breast is red. You touched the clay when you came from the water, and though you have the magic of the sky upon your wings, you also have the touch of earth upon your breast. It is well, for in you the sky-world and the earth-world meet. Go your way and sing, and your song will be a sweet thanks to me, Jenny-er-ye!"

Excerpt from the story "How Bluebird Gained the Color of the Sky" as recorded by Arthur C. Parker

NOTICE TO CREDITORS

ESTATE OF MICHAEL L. JOHN

Co-Administrators: Christina Becker & Asa John,
108 Jefferson St., Salamanca, NY 14779
~ Cattaraugus Territory - 2nd Notice ~

ESTATE OF PAUL D. WHITEPIGEON, SR.

Executor: Marla Nauni,
P.O. Box 1054, Cache, OK 73527
~ Allegany/Cattaraugus Territory - 2nd Notice ~

ESTATE OF SHELLEY HUFF

Administrator: Charlene Huff,
12827 Route 438, Irving, NY 14081
~ Cattaraugus Territory - 2nd Notice ~

ESTATE OF CAROLYN PIERCE

Executor: Betty K. Pierce,
13174 Route 438, Gowanda, NY 14070
~ Cattaraugus Territory - 2nd Notice ~

ESTATE OF MARJORIE CURRY

Administrator: Marcy Cornfield,
14089 Route 438, Gowanda, NY 14070
~ Cattaraugus Territory - 2nd Notice ~

ESTATE OF GERALDINE GATES

Co-Executors: Jamie Gates & Steven Gates,
PO Box 281, Gowanda, NY 14070
~ Cattaraugus Territory - Final Notice ~

ESTATE OF SUSAN K. TALLCHIEF

Administrator: Marnee Jimerson,
56 Beatrice Ave., Buffalo, NY 14207
~ Cattaraugus Territory - Final Notice ~

ESTATE OF VICTOR REDEYE, JR.

Administrator: Denise Parker,
1951 Lenox Rd., Collins, NY 14034
~ Cattaraugus Territory - Final Notice ~

ESTATE OF JEROME GEORGE

Administrator: Allison Smith,
469 Shanks Rd., Basom, NY 14013
~ Cattaraugus Territory - Final Notice ~

ESTATE OF DANIELLE J. REDEYE

Administrator: Bethany Johnson,
8151 Jimerson Rd., Salamanca, NY 14779
~ Allegany Territory - Final Notice ~

ESTATE OF BEATRICE (RENAUD) KENNEDY

Executor: Andrea Gamble,
1956 Richardson Rd., Gowanda, NY 14070
~ Cattaraugus 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 your protection, you are encouraged to file your claim by certified mail, with return receipt requested.

Join the P.C.A. for our
COMMUNITY
MEETING

Open to
all P.W.
residents

& Board Election

MAY 8TH @ 10AM
at the Pinewoods
Community Pavilion

Board nominations & voting will happen during the regularly
scheduled monthly meeting.
All interested parties should be in attendance.

For more info, please see any board member
or check out our FB page via Pinewoods
Community Association

Attention GCS Class of 1972
50 Year Class Reunion!

August 6, 2022 Gowanda Country Club

Visit GCS CLASS OF 72 on Facebook for more info, or
contact us by email at gowanda1972@gmail.com.

Family afternoon at the Sully

Sunday, May 22nd

1 - 4 pm outside, just north of the Sully

hands-on language-learning activities



Sew a felt strawberry with
ojísdödá'shä' printed on it.



Paint a small rock with
shés'a:h on it.

plus

- chalk art
- bubble station
- language counting game
- berry mashing
- baby play area
- and mini social



snacks
provided/
donations
welcome

12857 Route 438
Contact Marissa Maniwabi
with any questions 718-986-7658

cost: \$10/family to cover
paying the singers and
food/material costs

Investment Opportunity

6 Unit Apartment Complex

FOR SALE - \$140,000.00

Salamanca, NY 14779



This 6 separate apartment complex is located at 14 Sycamore Ave., in Salamanca, NY. The building contains appx. 4,000 sq ft of gross building area. It is the former City of Salamanca Fire Dept. that was converted into family living over 30 years ago. The property is located completely on the Seneca Nation of Indians, Allegany Territory.

Contact: Clayton Ludwick,
716-969-4660 | Email: Claylud23@hotmail.com

Moving?

Don't forget to notify the

SNI Official Newsletter office of your

change of address!

Call us at our Allegany Office:
716-945-1790, ext. 3030 or x3029 OR Email us: sninews@sni.org
WEB: sninews.org - FILL OUT OUR CONTACT FORM



Sunday, May 8th!

Seneca Nation Offices & Buildings will be

CLOSED: Friday, May 20th for Onondowa'ga' Day

ELDERS CORNER

MAY 2022 Activities | Seneca Allegany Elder Center

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 10-11 Coffee Hour 12-2 Scrabble	2 9-10 Coffee Hour 11-12 Puzzle Books 1-3 BIRDFEEDER CRAFT 4-7 Leisure Time	3 9-10 Coffee Hour 11:30-12:30 Seneca 1-3 BIRDFEEDER CRAFT 4-7 Leisure Time	4 9-10 Coffee Hour 11-1 CARD MAKING CLASS 2-4 MOTHER'S DAY TILE ART 5-7 Computer Room	5 9-10 Coffee Hour 12-1 LUNCH 1-3 MOTHER'S DAY BINGO 4-7 Computer Room	6 9-10 Coffee Hour 11-1 PAINT DOLL SIGNS 2-4 Scrabble 5-7 Leisure Time	7 10-11 Coffee Hour 12-2 MOTHER'S DAY TILE ART
8 HAPPY MOTHER'S DAY 10-11 Coffee Hour 12-2 Computer Room	9 9-10 Coffee Hour 11-12 Coloring 1-3 Scrabble 5-7 Computer Room	10 9-10 Coffee Hour 11:30-12:30 Seneca 1-3 Puzzle Books 4-6 MAZE CRAZE	11 9-10 Coffee Hour 11-1 CARD MAKING CLASS 2-4 PAINT DOLL SIGNS	12 9-10 Coffee Hour 12-1 LUNCH 1-3 BINGO 4-5 Leisure Time	13 CLOSED ONONDOWA' GA' DAY	14 10-11 Coffee Hour 12-2 Scrabble
13 10-11 Coffee Hour 12-2 Computer Room	16 9-10 Coffee Hour 11-12 Puzzle Books 1-3 SEW FELT STRAWBERRY 5-7 Computer Room	17 9-10 Coffee Hour 11:30-12:30 Seneca 2-4 SEW FELT STRAWBERRY 4-7 Leisure Time	18 9-10 Coffee Hour 11-1 CARD MAKING CLASS 2-4 MAZE CRAZE 4-7 Computer Room	19 9-10 Coffee Hour 12-1 LUNCH 1-3 BINGO 4-7 Leisure Time	20 9-10 Coffee Hour 11-1 Coloring 2-4 PLANT HANGER 4-7 Computer Room	21 10-11 Coffee Hour 12-2 PAINT DOLL SIGNS
22 10-11 Coffee Hour 12-2 GAME of DARTS	23 9-10 Coffee Hour 11-12 Coloring 1-3 Scrabble 5-7 Computer Room	24 9-10 Coffee Hour 11:30-12:30 Seneca 2-4 MOSIAC STEPPING STONE 4-7 Leisure Time	25 9-10 Coffee Hour 11-1 CARD MAKING CLASS 2-4 PAINT DOLL SIGNS 5-7 Computer Room	26 9-10 Coffee Hour 12-1 LUNCH 1-3 BINGO 4-7 Leisure Time	27 9-10 Coffee Hour 11-1 Coloring 2-4 PAINT DOLL SIGNS 5-7 Computer Room	28 10-11 Coffee Hour 12-2 Board Game
29 10-11 Coffee Hour 12-2 Scrabble	30 CENTER CLOSED MEMORIAL DAY HAVE A SAFE HOLIDAY	31 9-10 Coffee Hour 11:30-12:30 Seneca 1-3 Puzzle Books 4-7 Computer Room		ELDER CENTER HOURS MON-FRI 8:30AM-7:PM SAT-SUN 10:00AM-3:00PM	FOR MORE INFORMATION PLEASE CONTACT NANCY OR DORSIE AT 716-945-8990	SUBJECT TO CHANGE

May 2022

AOA Nutritional Menu	AOA Daily Trips <i>Allegany Territory</i>	AOA Daily Trips <i>Cattaraugus Territory</i>	USDA Schedule
----------------------	--	---	---------------

Monday	Tuesday	Wednesday	Thursday	Friday
2 Cheese Ravioli Served with Green Beans Dinner roll Chocolate pudding	3 Shepard's Pie Honey Glazed Carrots Fruit cup	4 Hot Ham and Cheese Sliders Green Beans Brownie	5 Mothers Day Meatloaf Mashed potatoes & gravy Salad Cake	6 [*] BBQ Chicken Drumsticks Coleslaw Baked Beans Fig Newtons
Lowe's Springville, NY	Wegman's - 5% Off Sr. Discount - Jamestown	Pet Smart Jamestown, NY	Reid's Food Barn Olean, NY	Nickel Restaurant Depart at 3:30pm
Gabes 1pm	Savers 1pm	Springville Walmart 1pm	Dairy Queen, Eden 1pm	JoAnn Fabrics 1pm
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
9 Tomato Soup & Grilled Cheese Sandwich Fruit and Yogurt Parfait	10 Vegetable Pizza Side Salad Fruit cup	11 Tuna casserole with Peas Mandarin Oranges Oatmeal Raisin Cookie	12 Philly Cheese Steak Sandwich Roasted Potato Wedges Beets Healthy Carrot Cake	13 Lasagna Florentine Green Salad Dinner Roll Peanut Butter Cookie
Cuba Gaming & Cheese Shop	Out to Movies - Lakewood 1/2 price popcorn & drinks	Hobby Lobby Orchard Park, NY	Tops & Aldi's Olean, NY	Scenic Ride Amish Trail
Scenic Ride Depart at 1pm	Home Depot 1pm	Hamburg Walmart 1pm	Longhorns Steak House - 1pm	Fiesta Bamba (Mexican) Depart at 1pm
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
16 Macaroni & Cheese With stewed tomatoes Steamed spinach Blueberries Vanilla Pudding	17 Turkey Chili Cornbread Raspberry Jello	18 Ranch Chicken Green Beans Rice Blueberries for dessert	19 Traditional Meal Indian Taco with toppings Roasted Summer Squashes Strawberry Juice	Sites CLOSED <i>Onondowa'ga' Day</i>
Strayer's Green House Allegany, NY	Vidler's East Aurora, NY	Beads Beads Beads	Olive Garden Depart at 3:30pm	
Target - Orchard Park 1pm	Riders Choice 1pm	Dunkirk Walmart 1pm	Local Shopping 1pm	
Call in your order so that you get it in time	Call-ins ALLOWED 9am - 3:30pm	Call in your order so that you get it in time	Call-ins ALLOWED 9am - 3:30pm	
23 Goulash Cauliflower Side Salad Chocolate Pudding	24 Brunch Oatmeal Peanut Butter Toast Yogurt w/Fresh Strawberry Slices Juice	25 Salisbury Steak w/Gravy over Noodles Spinach Apple Crumble	26 Birthday Party Turkey & Gravy Stuffing, Sweet Potato Birthday Cake	27 Chiavetta's Marinated Chicken Coleslaw, Baked Beans Fig Newtons
Brigiotta's Jamestown, NY	Riders Choice Open for suggestions	Buffalo Botanical Gardens <i>\$12.50 admission/Depart 10am</i>	Peaches N' Cream Randolph, NY	Wal-Mart Olean, NY
Outback Steak House Depart at 1pm	Savers 1pm	Hamburg Walmart 1pm	Local Banking 1pm	Buffalo Creek Casino 1pm
Call-ins ALLOWED 9am - 3:30pm	Call in your order so that you get it in time	Call-ins ALLOWED 9am - 3:30pm	Call in your order so that you get it in time	Call-ins ALLOWED 9am - 3:30pm
30 Sites CLOSED <i>Memorial Day</i>	31 Beef Burrito w/lettuce, cheese, tomato, & sour cream Mixed Vegetables Peaches with Cream	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	WEEKEND TRIP* <u>Allegany AOA</u> Sat., May 7th Erie County Fair Grounds World's Largest Yard Sale \$4.00 Admission Depart at 10am	USDA PROGRAM: Call 716-532-1028, Ext 5446
	No Trip/Subject to change	 Allegany Trips depart the Elder Center @ 2pm unless noted otherwise Seneca Nation Area Office for the Aging Menu: SUBJECT TO CHANGE
	McKinley Mall area 1pm			
	No Distribution Inventory Day			

Let’s Talk About Stress

Submitted by Lydia Bushman, Prevention Supervisor

April is “Stress Awareness” month, but what exactly is stress. Is it all bad? How can we deal with it? Let’s take a look at what stress is and how to best handle it under sometimes difficult situations.

What is stress and how are we affected by it?

Stress is our body’s response to emotional and physical pressures. Your brain can be triggered by an event, thought or a new experience that is sometimes unexpected, leading to some type of emotional response.

We all deal with stress differently. Some stress issues are related to; genetics, early life events and memories, and personality/social/economic circumstances. Stress can also be met with a positive response if it helps you to stay safe or meet a deadline. Stress is essentially how we react to the demands and pressures of daily life. Some of these stressors include work, money relationships, environmental factors and illness, to name a few.

How do we know when we are stressed?

Many different life events can lead to stress such as divorce, separation, bereavement, job-loss, or money issues. Even positive changes such as a job promotion, having a baby, or going on vacation can have an impact on your mental well-being. So what are some of the signs of stress?

Signs and Symptoms

Emotional Reaction

Anxious	Afraid
Angry	Sad
Irritable	Frustrated
Depressed	Overwhelmed

Physical Reaction

Headaches	Nausea
Digestive Issues	Sweating
Heart Palpitation	Heartburn
Hyperventilating	Insomnia

While we have identified the emotional and physical reactions that your body has to stress, it is also important to be aware

of some possible behaviors. These may include: not eating, overeating, problems remembering things, withdrawing from friends and isolating yourself. So let’s take a look at how we can practice self-care in stress related situations.

How to Help Yourself

1. **Recognize what is happening-** it is important to connect all the signs you are faced with in a stressful situation. DO NOT ignore these warning signs.
2. **Think about changes you can make-** don’t take on more than you can handle. If your life is beginning to get chaotic, prioritize and reorganize. Also take more time to pamper yourself.
3. **Supportive Relationships-** family and close friends can offer help and be a healthy outlet for someone that is constantly stressed. Positive relationships are encouraged, but stay away from toxic people, it can only lead to more stress.
4. **Eat, Healthy and exercise-** a healthy diet can improve your mood. Also drinking plenty of water can increase energy and improve your mental well-being. Physical activity also is a great mood booster. Even just walk-

- ing is a great way to de-stress.
5. **Be mindful and take time out-** practicing relaxation techniques is a great way to reduce stress. Listen to calming music and meditation are among these techniques.
 6. **Get plenty of rest-** sleep is one of the most important things you can do to rejuvenate. Listening to calming music and muscle relaxing exercises can help you to sleep at night.

If you constantly struggle with stress in your life and are always feeling overwhelmed, you may want to seek outside resources for that little bit of extra help. You can talk to a medical professional and/or a counselor. If the above related coping skills just aren’t working and you are getting increasingly stressed, please reach out to someone. Here are some resources if you need to reach out:

SNHS Behavioral Health Units: Cattaraugus-716-532-5583; Allegany-945-9001
National Suicide Prevention Lifeline -1-800-273-8255
Crisis Text Line Text CONNECT to 741741

Simply HR ~ March

New Hires

Mary Steeprock
Prevention Specialist, CHWC
March 7, 2022

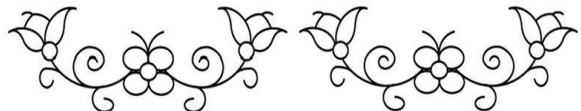
Denise LaForme
Health Information Assistant, CIRHC
March 14, 2022


Title/Status Change Only

Diane Cooper
Received certification
Certified Peer Recovery Advocate,
Allegany Seneca Strong
February 28, 2022


Tia Thompson
Permanent full-time status
Dental Assistant, LRJHC
March 7, 2022

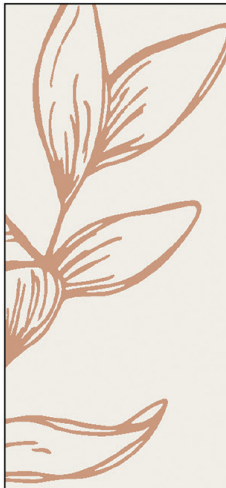
Welcome to the health system team and congratulations on your title/status changes!





Don’t forget to visit our website!
senecahealth.org





Indigenous Breastfeeding Counselor Training

Join Seneca Nation Health System's GHWIC Program and IBC instructors Camie Jae Goldhammer, MSW, LICSW, IBCLC (Sisseton-Wahpeton) and Kimberly Moore-Salas, IBCLC (Navajo) for Native centered lactation education. After this training you will have clinical skills to begin serving breastfeeding moms in your community and help families provide their babies breastmilk as their first food!

There are two training sessions and options to gain information on:

- Historical Trauma & Parenting Practices
- How to Breastfeed
- Telling our Breastfeeding Stories
- Alternate Feeding Methods
- How Birth Impacts Breastfeeding
- Maternal Mood Disorder
- Medication & Other Substances in Mother's Milk
- Food Sovereignty & so much more!



Option 1: 5-day/45-hour Foundational Breastfeeding Course for those that identify as Indigenous

- Monday May 16, 2022 - Friday May 20, 2022
- 9:00am - 5:00pm All Days
- Seneca Iroquois National Museum (82 W Hetzel St, Salamanca, NY 14779)

Option 2: 3-day/20-hour Clinical Lactation Course for those serving Indigenous communities


- Monday May 23, 2022 - Wednesday May 25, 2022
- 9:00am - 5:00pm All Days
- Allegany Community Center (5677 Administration Dr., Salamanca, NY 14779)

Contact Shaela Maybee for registration details:
ShMaybee@senecahealth.org
716-532-8223 ext. 5254



SNHS Employee Spotlight





Merissa Twoguns is a chart documentation auditor for the health information management department. She is located at the Community Health & Wellness Center. She has been employed with the health system for a little over 9 years.

We asked what she likes best about her job and what her job duties are. She says, “The best part of my job is the people I work closely with. They are genuinely caring, hard-working, good people. My job duties include performing documentation reviews and audits for patient care, documentation, clinical measures, coding compliance, and reimbursement. I also provide ongoing education to the certified coders and clinical providers relating to medical coding and documentation best practices.”

What is the most beneficial/inspirational part of her position? She says, “The most inspiring part of my position is working with the clinical providers and coders to ensure the most accurate care for our patients.”

Merissa grew up in Lawtons, NY with her mom Vickie, dad Jeff and younger brother Camden. She received an associate of applied science (A.A.S.) in medical laboratory technology from ECC-north campus and attended Bryant & Stratton College in Getzville, NY where she became a certified medical coder with the American Academy of Professional Coders.

We asked what she likes to do in her spare time. She says, “In my spare time I enjoy doing craft and landscaping/gardening projects, taking nature walks, shopping, and watching movies.”

Is there a favorite quote or words/advice she lives by? “I live by the golden rule—Do unto others as you would have them do unto you.”

We asked her if there is something interesting or extraordinary about herself that she would like people to know: She said “I have been an avid Buffalo Bills fan all my life, but I have never been to a Bills game. I’m going to change that this year though. GO BILLS!”

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

Be a driving force on the Seneca Journey.


For them. For you. For the next seven.

We’re recruiting youths between the ages of 12-24 for the...

YOUTH advisory board



Ready to learn more or join?
Contact Colby Curry at:
(716)532-5583 ext. 5068
ccurry@senecahealth.org



NOTICE:

Seneca Nation Health System will be closed:

Friday, May 20th
Onondowa’ga’ Day

Please make sure to schedule your appointments and order prescriptions ahead of time.

Nya:weh

What is it doing outside?



What do you see outside?



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.....n <u>o</u> t	y.....y <u>e</u> s	d..... <u>d</u> og
t.....t <u>a</u> il	g.....g <u>i</u> rl	k.....k <u>i</u> te	s.....s <u>i</u> t	j.....j <u>o</u> b	h.....h <u>a</u> t
š.....sh <u>o</u> w	tš.....ch <u>a</u> lk	dz.....ad <u>z</u> e	:long vowel	'glottal stop	



716.532.8339 | SNCVServices@sni.org

