



Gae:wanöhge'!

Volume Ja:dak, Issue Ge:ih

Onot'ah Ye:i', 2015

Onöndowa'ga: Gawë:nö' Nadö:diyeö:je' koh Program

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Nadö:diyeö:je' koh staff

Daswöndio:go'

The Onöndowa'ga: Gawë:nö' Nadö:diyeö:je' koh Program has just finished their second set of projects. The program staff worked in small groups to translate and create accompanying pictures to several traditional stories. The groups worked together but in the end each individual had to retell their stories in Onöndowa'ga: Gawë:nö'. If you see any of the staff, ask them what their stories were. The program staff is looking for opportunities to share their knowledge. These sto-

ries are a great start in creating a language community.

The Onöndowa'ga: Gawë:nö' Nadö:diyeö:je' koh Program is starting to plan for the summer. Are you or your family members would be interested in attending a Seneca Language learning program? If so, what time works best for you? How many times a week would be able to participate? What type of program

would interest you, just for kids, a family centered, for teens? Let us know. Your input is important and will help determine what kind of program may be offered this summer.



Please feel free to contact the Onöndowa'ga: Gawë:nö'

Nadö:diyeö:je' koh Program if you have any comments or questions at (716) 532-8162. We will be happy to assist you in anyway we can.

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O'not'ah dates to remember:

- 6th - 17th - NRAG art show @ William Seneca building, 9am - 4pm
- 7th - World health day
- 11th - Vendor day @ William Seneca building, 9am - 4pm
- 15th - Book club mtg. @ SNI Cattaraugus Library, 5pm
- 22nd - Earth Day
- 24th - Arbor Day

Gawë:nö' Lesson: Wahda' - Maple

Here is a simple conversation you can use the next time you want to go collect Maple sap.

In Onöndowa'ga:'

Speaker 1: Hao' heyoi o'gä:no't
Speaker 2: Ogwe:nyöh ehniye:g
owänö:gi'?

Speaker 1: Ga:weh?
Speaker 2: Hëö:weh ganö'jani:yö:dö'.
Speaker 1: Ogwe:nyöh onëh...
Speaker 2: Hao' dwahdë:di'!

In Ganyo'ökha'

Speaker 1: Well its time the sap is running
Speaker 2: Can we collect sap?
Speaker 1: Where?
Speaker 2: Where the pails are hanging.
Speaker 1: I can now...
Speaker 2: Well let's go!

Nödaeyawëhse:'

Book Club mtg.

April 15th

5pm - 7pm

SNI Cattaraugus Library

We will be discussing the book *The Round House* by Louise Erdich. Copies of the book are available at the SNI Cattaraugus library branch. Light refreshments will be provided!

For more info, call: Hannah at 716-532-9449

Beading Group

Tuesdays

6pm - 8pm

Saylor Comm. Bldg.

Come down and learn beading techniques while making beautiful beaded projects.

Must provide your own supplies.

February focus: continuing bead boards

For more info, call: Mary at 716-549-4951

Seneca Language & Culture Class

Tuesdays

6pm - 8pm

Saylor Community Building

Facilitator: Gayawë:wi'

Come down and learn Seneca in a fun & encouraging environment!

For more info, call: 716-532-8162

Seneca Language & Culture Class

Wednesdays

6pm - 8pm

Buffalo Native Resource Center

135 Delaware Ave, Suite 300, Buffalo

Facilitator: Anne Tahamont (language)

Dee Greene (culture & craft)

For more info, call: Beanie at 716-845-6304

NRAG Vendor Day

April 11th

9pm - 4pm

William Seneca Building Lobby

Vendor day is being held in conjunction with the *Art of the Haudenosaunee - A Native Roots Artists Guild* exhibit.

Come down and meet the artists.

Take home a one of a kind piece of artwork.

Ping Pong Club

Tuesdays

8pm - 10pm

Cattaraugus Comm. Center

Always looking for new and seasoned players.

Come down and join the fun.

Open to adults and junior players.

For more info, call: Clarence Seneca at 716-532-8162

Beyond autism awareness: Explaining autism to your child*

By Jessica Watson

Kid-friendly autism explanation

As the numbers of children with autism continue to rise, there is no doubt your child will encounter kids with autism in school or on the playground. Talk to your kids about autism and send them off with empathy and understanding.

Autism rates have now skyrocketed to one in 50, according to the Centers for Disease Control and Prevention (CDC). With numbers this high, there is no doubt your son or daughter will encounter kids on the autism spectrum in school.

It's not always easy to know what to say or do around someone with autism — and how to explain the disorder in simple terms a child can understand. Here are a few tips to make the conversation easier.

Explain what autism is

Try using a simple explanation like this: Autism is a disorder that makes it hard for a person to deal with the world around them. A sound like the school bell ringing, which may not bother most kids, may sound like nails on a chalkboard to a child with autism. A tag in a T-shirt might feel like an terribly itchy sweater. The sunlight outside might feel like a flashlight has been just shined into their eyes. Autism is like walking around with your nails cut too short and your shoes on the wrong feet. Every. Single. Day.

Help your child connect with kids with autism

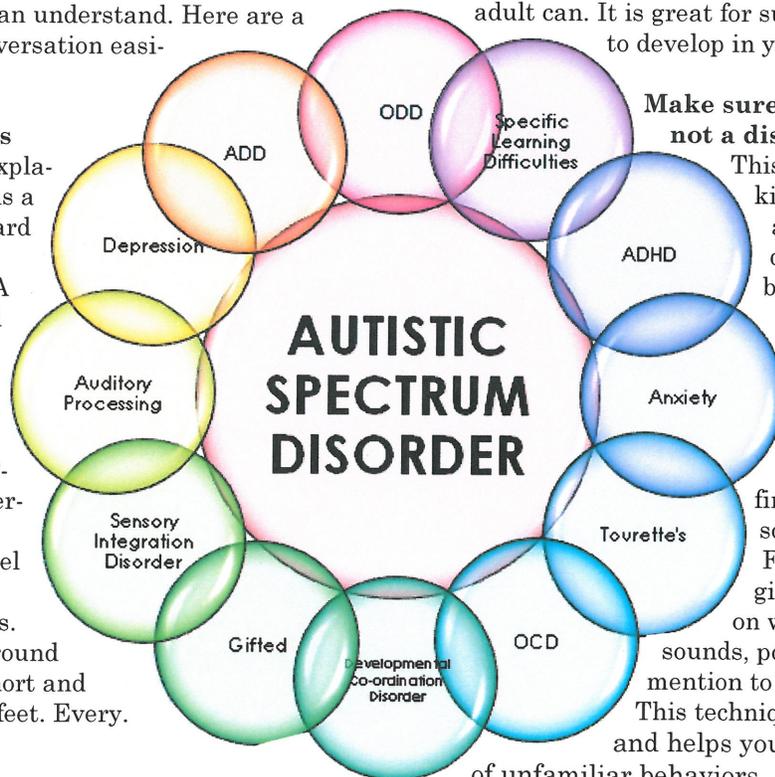
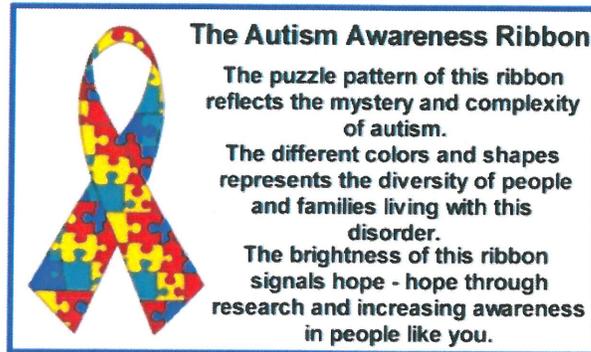
Many children with autism have a favorite “thing” — sometimes it's an actual object, sometimes it's something they're very interested. Encouraging your child to find out what that interest may be is a great way to help them connect. At the same time, it is important that your child knows not to take things from a person with autism. Often they are carrying their favorite thing because it makes them feel secure. When it comes to playing with

friends with autism, teach your children to leave their toys alone unless they offer them, and give them back when they ask to avoid unnecessary stress for either child.

Help your child understand behaviors

Individuals with autism may not only have difficulties coping with the world around them; they also can have a hard time communicating their feelings. When they are upset or overwhelmed they may make loud noises, spin, run, jump or demonstrate other repetitive behaviors. This is the only way they are able to communicate at that moment, and the best thing your child can do is give their friend space. More often than not, kids who have a friend with autism

are able to discover the cause of a meltdown before an adult can. It is great for such sensitivity and awareness to develop in young children.



Make sure your child sees a person, not a disability

This is true for people with any kind of special needs, not just autism. Sometimes our children may be curious about behaviors they see or students who look different for one reason or another. Almost every parent has had that moment where their child stares for a little too long.

In those cases, you can try to find something about that person your child can relate to.

For example, if you see a little girl with a sparkly backpack on who is spinning and making sounds, point out her backpack and mention to your child how neat it is.

This technique helps initiate interaction and helps your child get over their fear of unfamiliar behaviors.

Children are growing up in a world much more diverse than that of previous generations. If you model acceptance and understanding, not only will you raise kind, supportive individuals but they will be better prepared for their future in a world of uniquely able people.

*From: <http://www.sheknows.com/health-and-wellness/articles/989077/explaining-autism-to-your-child>

Gaga:' Time: How the Bitterroot came to be

As told by Ronnie Reitter

In Onöndowa'ga:'

Onëjhij hëö:weh hëni'jõ', ganyo' o'wahsa:wë' gëgwideknih, do' osogwi:yoh ogëö'dza', ahsogh oisgwanyë'da'ë:' niyosohgo'dëh ha' deyoeohda'geh, gënjohgagwe:goh honödoswe'da:nih. Akso:d o' jö:ta:g yeya'di:hah jo'jih honödoswe'da:nih. Wa'ödëno:dë' ado:wä'. Jö:gwah da'wadekö:ni' i:yë' eyähsëndëdahgo' yöëdzade'. Ne'sa'gwah neh ënödekö:ni' hadiksa'shõ'öh niyo'dëh neh ga:hõ'. Osgawagö:h wa'ë:', gonënoda:je'. Sögwajënokda'öh wadënotö:dad gonënoda:je' yöëdza'geh. O'shago:dë'.

Wowö:wi' sö:ga' "Shagoya'dage:ha' hi:gëh akso:d."

Wa:yo' wadaja'te:t. Hoha'shä' gwëhda'ë:' niyosohgo'dëh neh jidë'öh, dza'gwi:yoh gaya:söh. Wadënodë' neh jidë'öh wanihsyo:da't osgowä'geh. Wa' a:gatö:dëh neh Akso:d. Idgëh wa'ögahttö' t gotsi'wa' hodënod neh jidë'öh. Wa' ödahoi' jo'jih gaëni:yoh.

"Akso:d, Akso:d dë'ëh näh go:wah naköh asdeh se:s? Dë'ëh näh go:wah sasda:ha', sadëno:dë' ado:wä' koh?" o' shago:wi' Akso:d.

"Jo'jih ahsogh gekwë'däs', dzo'dzih da'gwisdë' do'gwayië' a:yagwadekö:ni'. Honödeswe'da:nih keyade'shõ'. Hodisewagah. Hadijëhji'shõ'öh donödekö:ni' dzo'dzih wawödekwa:nön hadiksa'shõ'öh. Hegagwe:goh näh honödoswe'da:nih hëni'jõ'. Do'gwayië' gakwa'," wowö:wi' Akso:d.

"Akso:d hëö:weh o'sasdaë' sasdëö dawa'sën yöëdza'geh, ehda'geh ësatga:to't wa:se' wado:jag oehdado:gëh," Sögwajënokda'öh hohahsä', nä:h Dza'gwi:yoh o'shago:wi'.

Yöëdza'geh wa'ögato't. Hëö:wëh yenihsyödak, wo'ödeno:yä', godëno:dak koh, gosdëö dawa'sën yöëdza'geh. Do:gës wa:se' o' wado:jag oehdado:gëh.

"No:nëh da'gwisdë' do'ögyëöje', ëse:gë' neh odagyëöje'. Gwëhda'ë:' wa:yö:ta', deyoyo'ji:s gwaheh ogwe:nyöh ëse:g." o' shago:wi' Dza'gwi:yoh.

Ni'hoh degaiwi:yädak neh bitterroot.

In Ganyo'ökha'

Long time ago in a particular village, during the time in early spring when the grass isn't green yet, when the plants are still brown, the people were very hungry. They were so hungry that one of the grandmothers, she walked off by herself and she began to sing her death song. She knew that if she wasn't going to eat, she wasn't going to last. She would rather give her food to the young children. So she went into the woods and began to sing her song.

Well the Creator was up in the sky world and he heard her song down on earth. He felt bad for her, so he said to a messenger, "I want you to go down and take care of this lady."

So the messenger came down. The messenger

was a cardinal, a red bird. The bird began to sing its song as it landed on a tree branch. The elderly lady heard the song and looked up and seen this beautiful little bird singing this song. The song made her happy. The bird said to the grandmother, "Grandmother! Grandmother why are you out here? Why do you cry and sing your death song." The grandmother said, "Because I am mourning. I am mourning because our village is out of food. My grandchildren are hungry.

Their little stomachs grumble. The elders, they have given all of their portions that they can to the younger ones. The entire village is really hungry. And we have no more food."

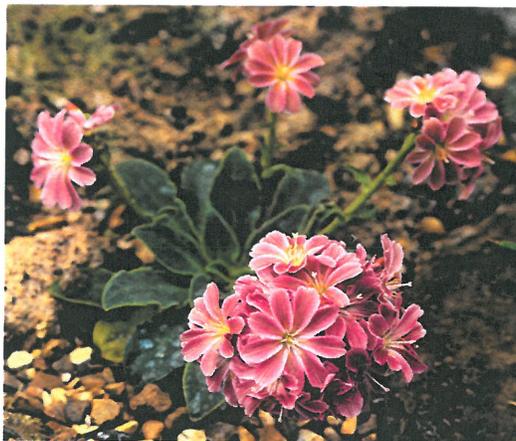
Well the Creator's messenger, the little red bird said, "Well grandmother, where you cry and your tears have fallen on the ground, look down, for there springs a plant of life."

The grandmother looked down and sure enough, where she had been sitting, praying and singing her song, her tears had hit the ground. Sure enough a little plant was springing up.

The bird told her, "At this special time of the year, when nothing else will bloom, this plant will come forth. It will have a red berry and it will have a bitter taste but it will sustain your people."

And that is how Bitterroot came to be.

This story was translated by Bessie Young, one of the fluent speaking mentors of the Onöndowa'ga:' Gawë:nö' Nadö:diyeö:je' koh Program.



Getting to Know Us: Kelsey Lay

Kelsey Lay is one of the new apprentice 1's in the Onöndowa'ga:' Gawë:nö' Nadö:diyeö:je' koh Program. Here are a few words she would like to share about herself:

Nya:wëh Sgë:nö', Gano:yën ni'gya:söh Ögwë'öwe:ka'. Kelsey Lay ni'gya:söh Ganyö'ö:ka'. Ageswë'gaiyo', Onöndowa' ga:' ni'niwagöedzo'dë'. Jogowö:de' tknöge'. Dewashë:sëh niwagoshiya'göh.

Dao:nyos yeya:söh ke:awak, Gadegës yeya:söh ke:awak. Scott Lay haya:söh ha'nih, Shannon Jackson yeya:söh akno' ëh.

I am thankful you are well, Kelsey Lay is my name. I am hawk clan. Seneca is my nation. I live in Gowanda. I have 23 years old.



Gano:yën

I have two daughters. Scott Lay is the name of my father, Shannon Jackson is the name of my mother.

I have been given the opportunity to become a part of the Seneca Language learning circle. My goal of this program is to learn and obtain our language and culture. Not only for myself, but to eventually use this knowledge and give it back to our community. Nya:wëh to the Seneca Nation for allowing me to have this opportunity.

Dë'ëh në:gëh yöedzade' wë:nishäde'?

When is Earth Day?

Earth Day is honored around the world on April 22, although larger events such as festivals and rallies are often organized for the weekends before or after April 22. Many communities also observe Earth Week or Earth Month, organizing a series of environmental activities throughout the month of April.

Why do we need an Earth Day?

Because it works! Earth Day broadens the base of support for environmental programs, rekindles public commitment and builds community activism around the world through a broad range of events and activities. Earth Day is the largest civic event in the world, celebrated simultaneously around the globe by people of all backgrounds, faiths and nationalities. More than a billion people participate in our campaigns every year.

What can I do for Earth Day?

The possibilities for getting involved are endless! Volunteer. Go to a festival. Install solar panels on your roof. Organize an event in your community. Change a habit. Help launch a community garden. Communicate your priorities to your elected representatives. Do something nice for the Earth, have fun, meet new people, and make a difference. But you needn't wait for April 22! Earth Day is Every Day. To build a better future, we all must commit to protect our environment year-round.

What is Earth Day Network?

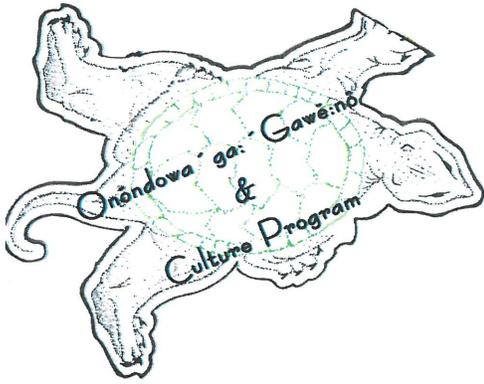
Founded by the organizers of the first Earth Day in 1970, Earth Day Network (EDN) promotes year-round environmental citizenship and action, world-

wide. Earth Day Network is a driving force, steering environmental awareness around the world. Through Earth Day Network, activists connect, interact and impact their communities, and create positive change in local, national, and global policies. EDN's international network reaches over 22,000 organizations in 192 countries, while the domestic program assists over 30,000 educators, coordinating thousands of community development and environmental protection activities throughout the year.



Article From: <http://www.earthday.org/earth-day-history-movement>

a - father, e - they, i - ski, o - open, u - tune, ä - hat, ë - men, ö - on, ï - hiss ' - sound stops, :- long vowel



**Onödowa'ga' Gawë:nö'
Nadö:diyeö:je' koh
Program**

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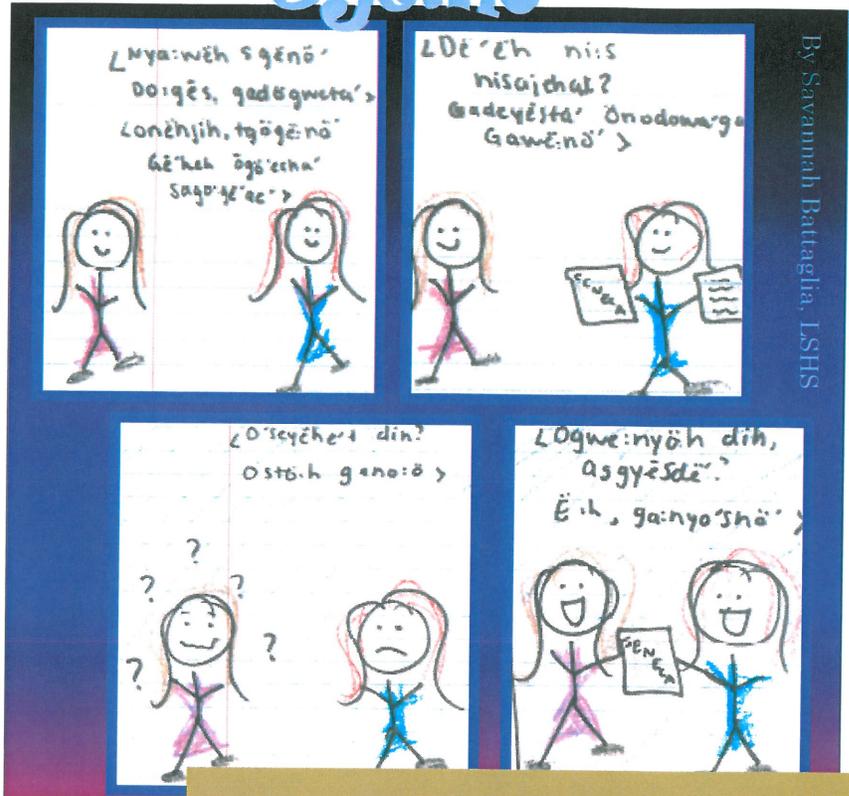
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Gae:wano'he' Editor

**Gawë:nö',
Ësajä'dak gi:
Ëyögwahdö'**

Hadiksa' shö'öh Neyonögka' - Kids Area

Sgë:nö'



By Savannah Battaglia, LSHS

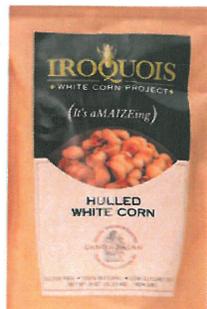
Gakö:ni:h Ganö'ja' - Iroquois White Corn and Hamburger Soup*

Ingredients:

- 2-1/2 pounds ground chuck
- 1 whole large onion, diced
- 2 stalks celery, diced
- 3 cloves garlic, minced
- 1 can (14.5 oz) diced tomatoes
- 1 container (32 oz) beef stock
- 1 each of yellow, red, and green pepper, seeded and diced
- 4 carrots, peeled and chopped
- 5 red potatoes, cut into chunks
- 2 cups cooked Iroquois White Corn
- 3 tablespoons tomato paste
- ½ teaspoon each salt, pepper and ground oregano
- 2 teaspoons dried parsley flakes
- ¼ teaspoon cayenne pepper (or more to taste)

Utensils:

- Knife
- Cutting board
- Vegetable peeler



- Measuring cups
- Measuring spoons
- 4 qt. pot
- Utility spoon

Directions:

1. Prepare Ahead:

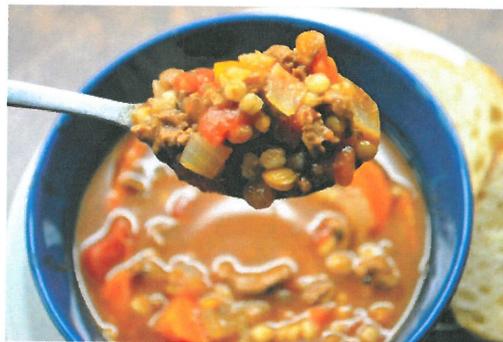
Soak 1 cup Iroquois Hulled White Corn in water overnight. Drain and rinse. Place corn in a 4 qt. pot, add about 3 ½ qts. water,

bring to a boil, reduce heat to medium; cook for 2-2 ½ hours until tender.

1. In a large pot over medium-high heat, brown the meat with the onion, celery, and garlic.
2. Remove pot from heat and drain fat.

3. Return pot to heat, add remaining ingredients. Stir to combine, then bring to a boil.

4. Reduce heat, cover pot and simmer 15-20 minutes more.



*Recipe & pictures from Gandonagan's White Corn Project

More information on the white corn project can be found at <http://www.iroquoiswhitecorn.org/>