



Gae:wanöhge'!

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Gano'tgat Ge:ih, 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 is pleased to announce the addition of a new staff member, Brennen Johns. Brennen is the new Apprentice I.

The program staff is currently working on traditional plants and medicine focused projects. If you have any knowledge of our traditional medicines & plants and would like to share, give us a call or stop by. We would enjoy hearing from you!

The Onöndowa'ga: Gawë:nö' Nadö:diyeö:je'

koh Program is currently planning our summer language program. The program will run for six weeks, starting on July 6th and end on August 13th. We are only taking a max of 20 youngsters between the ages of 3-5. The program will run from 1pm - 6pm on Monday - Thursday.

A light afternoon snack as well as dinner will be provided everyday. The program was specifically designed to accommo-

date participation of the parents. The language learned in the program will also be taught to the parents, so they will be able to reinforce and support the language learning at home. Be on the look out for applications.

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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Gano'tgat dates to remember:

- 10th - Mother's Day
- 13th - Narcan training @ Salamanca Public library, 6pm
- 15th - Indian day, SNI closed
- 20th - 22nd - GONA conference @ High-banks
- 25th - Memorial Day, SNI closed

Gawë:nö' Lesson: E'gyë:nto' - I will plant

In Onöndowa'ga:'

1. E'gatehdö:ni'
2. E'gahtehdagaha:to'
3. Dëgahtehda:id
4. E'gatehdi:yos
5. Heyoeh e'gayanö'tdö:g
6. E'ge'wasdodö:'
7. E'gehsiyä'da:d
8. E'tgade:yëös
9. E'gyä'dak
10. Goähjishä'
11. Gagawihsa'
12. Gahsigwä:'
13. Gaehdi:yosdahgwa'

In Ganyo'ökha'

1. I am going to till/prepare the soil
2. I will turn over soil
3. I will break up the soil
4. I will amend the soil
5. It is time to mark the rows
6. I am going to stand sticks
7. I am going to stretch a string
8. I will do it carefully
9. I will use
10. Hoe
11. Shovel
12. Fork
13. Fertilizer

Nödaeyawëhse:'

The Page turners Book Club mtg.

May 13th
5pm - 7pm

SNI Cattaraugus Library

We will be discussing the book *Kite Runner* by Khaled Hosseini. Copies of the book are available at the SNI Cattaraugus library branch.

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.

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

Free Narcan Training

May 13th
6pm

Salamanca Public Library

155 Wildwood Ave, Salamanca, NY

Recognize an overdose, what to do during an overdose & learn how to administer Narcan

To register, call: 716-372-0614

G.O.N.A. Youth Conference

May 20th - 22nd

Highbanks, Salamanca, NY

Target: Grades 9-12

Parent permission slip required, see District Title VII for forms. Chaperones needed (Mandatory background clearance).

For more info, call: Angie Kennedy @ 716-945-1790

Life Interrupted Workshop

May 4th
6pm - 8pm

Saylor Community Building

Exploring Ögwë'öweh thought process, traditional medicine, cultural conditioning & stress.

Facilitated by Aëdza:'niyo Seneca

For more info, call: Aëdza:'niyo Seneca at 716-532-3341

Ahsoh Nödaeyawëhse:'

Community Family Day

May 17th

12 Noon - ?

Gowanda Moose Lodge

Sponsored by the Peacegivers

Open to the Public, everyone welcome!

Cake contest, Craft & food vendors

For more info, call: 716-949-7755

Spring Vendor Day

May 29th

10:30am - 3:30pm

William Seneca Bldg. Café

12837 Route 438, Irving, NY

For more info, call: :Leslie Cooke @ 716-532-4900 ext. 5047 or email at Leslie.Cooke@sni.org

Genealogy Workshop

May 6th

5:30pm - 7pm

SNI Cattaraugus Library

Get expert help from Jack Ericson, Trustee of the Chautauqua County Historical Society.

For more info, call: 716-532-9449

Garden Celebration

May 22nd

9:30am - 12Noon

SNI Cattaraugus ECLC

Movie Screening & Traditional food tasting.

Participate in a gardening activity.

All are welcome!

For more info, call: Rebecca Pasquale @ 716-532-0505 ext. 5316 or email at Rebecca.Pasquale@sni.org

Buffalo River Canoe Paddle

May 30th

9:30am - 5pm

Harlem Clinton DEC site & Mutual Park, 41 Hamburg St. Buffalo, NY

Canoe launch at DEC site. Craft & Food vendors!

For more info or to pre-register, call:

716-603-4546 or visit www.NetoBuffalo.org

Stomp Out Diabetes March

May 18th

4pm - 9pm

SNI Allegany Community Center

Call to Action by Dennis Banks, Dinner, Photo op, Diabetes presentation, Social

For more info, call: 716-945-8119

Mother's day made with love*

Contributed by Ari Logan

What does mother's day mean to you? Is it about the expensive gifts, taking her out to dinner, or giving her the night off of her "household duties?" in actuality how mother's day originated is one daughter fought hard to make one day special for her own mother.

Anna Jarvis: Grafton West Virginia, held a Memorial service in honor of her mother Ann Reece Jarvis, from that point on her mission to make that certain day, a day to celebrate "the person who has done more for you than anyone in the world." Ann Jarvis was a peace activist who cared for wounded soldiers on both sides of the civil war and also created a Mother's Day work clubs to address public health issues she had passed away in the year 1905. Due to Ann's hard work and effort to her country and all the mothers around her, Anna then started a campaign to make "Mother's Day" a recognized holiday. In 1910 being West Virginia was her home state that state was the first to acknowledge the holiday. Woodrow Wilson signed the proclamation in 1914 to have the second Sunday in May a national holiday in the United States. In the 1920s Hallmark and other organizations started creating Mother's day cards and as Jarvis seen the commercialization all her hard work had created she became resentful. Establishments and stores where benefiting off of her holiday she

fought hard for, she wanted this day to mean so much more.

The intention of this day was to show gratitude to the woman that brought you into this world, the one who picked you up after you had fallen down on the playground, the one that wipes your tears away as fast as you shed them, and that one who kisses your "boo-boos". Honor the woman or even the woman standing in that spot, in an extravagant way. All the hours she has spent caring for you, cleaning up all of the messes you have made, teaching you right from wrong and disciplining you with all the love she has to give, Give her a little bit of your time instead of buying her useless things that are just going to be thrown away or saved in a box somewhere where nobody will see. In my past experience I feel special when my boys give me a gift they have made from their heart. Not only did they put their time and effort into making me something special, they made it with love knowing I will cherish it, and hold it close to my heart. As I end this article I would like to request that you should not only take one day out of the year to appreciate all your mother has done for you, but you should be thankful every day her feet touch the ground.

*Article from: http://en.wikipedia.org/wiki/Mother%27s_Day

Ögwe'ö:we:ka:' - Tidings from our Elders

by Gowödöhe:dih

In this day and age where we have put the ways of our white brothers first,

Oënde'
dwadade'gë:', in the realm of politics, manners, values, habits, etc. I will share some intelligence and Seneca phrases to practice **Ögwe'ö:we:ka:'** first.

Our plant foods have spirit. No one is allowed at the dinner table if you're mad. You must have a good mind. For example, when cooking,



Deyögwadaja'dageheög

We will help each other

when someone follows same recipe as Mother, a lot of love is put in. This love also applies

when planting or entering a garden. A woman on her time of moon should not prepare ceremony food or work in the garden.

A woman on her time of moon and people who have used drugs or alcohol can interrupt a ceremony and it won't be any good.

Give thanks every morning.

Nya:wëh ae' sayohate', Thankful again it got daylight again, is an example.

Each night, check back on your day. Be aware of what comes to mind, if we think of a negative issue, it saddens our Creator if you entertain a negative issue. Then say **sagadate:wad**, I repent, and you will be able to rest the night.

Here are some communal "we" words:

Ëdwahnigöëniyäd - We will have a strong mind

Ëyögwa'nigöëyoa:g - We will have a good mind

Sgë:nö' ëswënhödöhyöje' öödö:gwah.

Getting to Know Us: Cheryl Graham

Here are a few words the Onöndowa'ga:' Gawë:nö' Nadö:diyeö:je' koh Program's Apprentice I, Cheryl Graham, would like to share about herself:

Cheryl Graham ni'gya:soh. Dewashëh dëgyo' niwagoshiya'göh. Agejoni'ga'. Onondowaga' ni' niwagöëdzo'dë'. O'soägo'h ni'tnoge'. Cameron, Oakley koh deniyase neh heawa:k shö'.

I chose to learn the language of our people because I felt it was a connection to my ancestors and my environment. Many people don't realize how amazing our language is, in that it shows us how our ancestors viewed the world around them years ago and even today the beauty of Mother Earth. My Grandmother Florence was fluent as a child, however I didn't get the opportunity to learn from her. Today I have a chance to reconnect to the past and to our present through the language. Some people may ask, "What's the



point of learning? Everyone speaks English nowadays!" When I speak Onondowa'ga Gawëno, each word reaffirms who we are as Onondowa'ga, Strong, resilient and beautiful. My goal is to become as knowledgeable as I possibly can in our language and ways so that I may pass what I have learned on to our youth and the children yet to come. In this way, who we are and the values of our people will carry onward for years to come. I don't want to be just a chapter in a history book or an exhibit in a museum somewhere.

Weso' Nya:wëh to the community for being my inspiration, to my family for their love and to the elders and my fel-

low learners for your unwavering support and guidance!

Gaga:' Time: That silly Blue Jay

as told by Ronnie Reitter

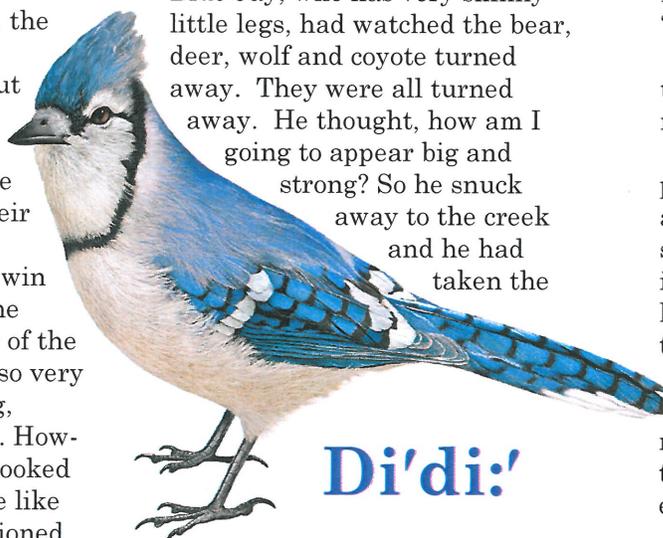
This story takes place a long long time ago. We believe that plants and animals have beautiful voices. All of the birds had a voice. All the animals had a voice. It just so happened that in this one particular village, the chief had a very beautiful daughter. The chief put out the word that only the strongest would be able to marry his daughter. One by one the people made their way in. The bear came in and he was sure he would win the favor of the chief and he would marry the daughter of the chief. But the bear was also very boastful. The bear was big, strong and he had big legs. However, the young daughter looked at him and she didn't quite like what she saw. So she motioned him away.

The Chief said "No. Next one, step up."

So the deer stepped up. Deer has long skinny legs. The deer

has big antlers. The daughter looked at him but, no, that wasn't quite right either. Well, one by one, the animals of the forest all stepped forward.

As they were doing this, the Blue Jay, who has very skinny little legs, had watched the bear, deer, wolf and coyote turned away. They were all turned away. He thought, how am I going to appear big and strong? So he snuck away to the creek and he had taken the



mud from the banks of the creek and made his legs big and strong. He stood in sun and it dried all that mud.

So he walked up to the chief

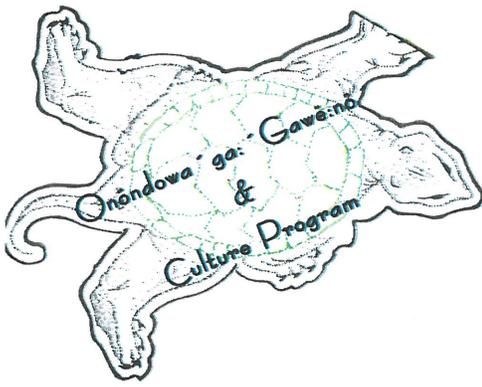
and said, "I would like your daughters hand in marriage."

The Chief looked at the Blue Jay and thought; he looked like he was a strong warrior. So he looked over at his daughter, and his daughter nodded like "Alright I think this will work."

The Chief said, "You have won the heart of my daughter. You may go off and marry her."

The Blue Jay went off and picked up the daughter in his arms. He began to cross the stream. Well when he stepped into the water, all of the mud on his legs began to wash away. By the time he made it to the far bank, there were his little skinny legs. The daughter was not impressed and she went back to her dad. Blue Jay was totally embarrassed and flew away.

So the moral of this story is, don't try to be something you're not.



**Onöndowa'ga: Gawë:nö'
Nadö:diyeö:je' koh
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**Gawë:nö',
Ësajä'dak gi:
Ëyögwahdö:'**

Hadiksa' shö'öh Neyonögka' - Kids Area



Ëtino'ëh shö'öh owëni:shä' oi:wa'



1. Mother's day is celebrated on the second Sunday in May. This year it is on May 10th, 2015.
2. 50 Countries around the world celebrate Mother's day, just not all on the same day.
3. During the 1920's the white carnation became popular as they represented the purity of a mother's love.
4. President Woodrow Wilson proclaimed May 9th, 1914 as the first official U.S. Mother's day.
5. World record for most children: Valentina Vassilyeva (1707-1782) from Russia, had 16 sets of twins, 7 sets of triplets and 4 sets of quadruplets.



From- <http://files.mom.me/photos/2013/05/10/42212-unknown-2.jpg>



Gakö:ni:h Ganö'ja' - Ojisö'da' & Onëhdowa:nës ohsesda'

Dandelion & Burdock Syrup

Ingredients: 1 1/4 C. cold water (300 ml)
1 1/2 tsp ground dandelion root
1 tsp ground burdock root
1/2 tsp ground ginger
1/2 Vanilla pod
1 whole star anise (ground up)
1/2 tsp citric acid
pinch of cinnamon
pinch of nutmeg
2/3 C. sugar (150 ml)

Utensils:

Knife
Cutting board
Measuring cups & spoons
Saucepan
Mixing spoon
Tea towel/fine sieve
Canning jar / bottle

Directions:

1. Add all ingredients except the sugar, to a saucepan and cook over low heat for 30 to 40 minutes.
2. Remove saucepan from heat. Filter mixture through a clean tea towel.
3. While the mix is hot, stir in the sugar.
4. Allow to cool.
5. Bottle the syrup and refrigerate.
6. To use: Mix one part syrup and three parts soda water add ice and enjoy.

If you are a fan of root beer. Give this a try. The syrup is used to make this classic British recipe.

Both dandelion and burdock are medicinal plants. The roots themselves may be used to make teas to help fight various medical issues.

*This recipe from <https://summerfruitcup.wordpress.com/tag/dandelion-and-burdock-recipe/>



Onëhdowa:nës okdeä'

Burdock root



Ojisö'da' okdeä'

Dandelion root