



Gae:wanöhge'!

Volume Ja:dak, Issue Ja:dak

Saisgekneh, Ye:i' 2015

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

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Daswöndio:go'

The Onöndowa'ga: Gawë:nö' Nadö:diyeö:je' koh Program is pleased to have a 20/20 intern working with the program for the summer. Seeing our youth be proactive in learning the language and culture is a good thing.

The Onöndowa'ga: Gawë:nö' staff is currently planning the upcoming fall programs including: the After School Language Nest, Community & Employee Language classes. Look for updates in com-

ing issues of the Gae:wanöhge'.

The program staff has been diligently working on creating monthly newscasts. All the newscasts may be found on youtube under the *Sen Lang* user.

The program has also started a monthly bulletin poster that will be hung in various buildings throughout the SNI Catt. Campus. Contact us if

you would like one in your building.

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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Wa'agwaya:konö' - We went & picked berries

In Onöndowa'ga:'

Speaker 1: Dë'ëh no'saje' në:gëh wënishäde'?

Speaker 2: Ahji', hahi', I:' koh wa'agwaya:konö'

Speaker 1: Ga:wëh? Heyo:ähdöh...?

Speaker 2: Hë'ëh, dosgëh neh gaëndagaeyöh

Speaker 1: Do:nigashe'di:h?

Speaker 2: Dewashë:h nigashe'di:h

Speaker 1: Dë'ëh na'od ësekö:ni'?

Speaker 2: Ègatëhgö:dë' dewa:ya:yisdöh, degahgwa'se' koh.

Speaker 1: Èsekö:ni' gaji:yate'döh?

Speaker 2: I:' ogwe:nyöh...

Speaker 1: Ogwe:nyöh ëgoiya'dage:ha'?

Speaker 2: È:h, Èhnyahsa:wä' ëyohë't.

Speaker 1: Wë:döh, Johdö:h nëyoisda'e:ak?

Speaker 2: Nyoh

In Ganyo'ökha'

Speaker 1: What did you do today?

Speaker 2: My older sister & bro went and picked berries.

Speaker 1: Where? North Collins?

Speaker 2: No, near the old garden

Speaker 1: How many quarts?

Speaker 2: 20 quarts

Speaker 1: What will you make?

Speaker 2: I will bake berry bread, pie also.

Speaker 1: Will you make jam?

Speaker 2: I can...

Speaker 1: Can I help you?

Speaker 2: Sure, we will begin tomorrow.

Speaker 1: When, 9am?

Speaker 2: Ok

Saisgekneh dates to remember:

- 9th - Iroquois Creation Story Film preview, Memorial Art Gallery Auditorium @ 7pm
- 11th - Tuscarora Field Day, Tuscarora Nation @ 9am - Dark

Nödaeyawöhse:'

Page Turners Book Club Meeting

July 8th & 22nd

5pm

SNI Cattaraugus Library

We will be discussing:

The Lost City of Z by

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

Seneca Language & Culture Class

Tuesdays

6pm - 8pm

Saylor Comm. Building

Facilitator: Gayawë:wi'

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

For more info, call: 716-532-8162

170th Tuscarora Picnic & Field Day

July 10th - 11th

Tuscarora Picnic Grove

5156 Walmore Rd., Tuscarora Nation

Free and Open to the Public

Drug and alcohol free event

For more info, call: Neil Patterson Sr. at 716-609-0747
or at www.tuscaroraenvironment.org/picnic.aspx

Marvin "Joe" Curry Veterans Pow Wow

July 17th - 19th

Veteran's Park, Salamanca, NY

\$10 daily admission

Dance contests, singing contests.

Native Artwork & food Vendors

For more info: <http://senecapowwow.org/>

Native American Dance & Music Festival

July 25th - 27th

10am - 6pm

Ganondagan State Historic Site

Featuring: Keith Secola & Twice as Good

\$12 adult / \$5 children admission tickets

For more info: www.Ganondagan.org

Seneca Redrum Hellbender Run

July 18th

7am - 12pm

Veterna's Park, Salamanca, NY

Sponsored by Redrum First Nation Motorcycle Club—Seneca Chapter

100 mile motorcycle ride

7 am registration, 9am Kickstands up

Etihso:d Soeka:´ Gähgwa´ Degaöhshä:geh Wis Sgae´ 2015

Our Grandmother

night kind

orb

Awëdado-gehðöh	O'wëde:dat	Swëda:dih	Ha'dewëdaëh	Eyohe'tgeh	Wëda:k'ah	Wëda:k
 Èga:yago' I will pick berries	Oyaikneh June 16- July 15 <i>S-hesa:h</i> Ojisdöda's-hä'		15 July 1 	16 2  O'gä:hgwa'-dihe't Full Moon	17 3 	18 4 
19 5 	20 6 	21 7 	22 8 	23 9 	24 10 	25 11 
26 12 	27 13 	28 14 	29 15 	 tödäk'dö'	Ahsöh o:nötga'de'? Are there still a lot? Wa:yanöng'e' There are lots of berries Wa:yagësta' Last of the berries	
 Èse:eohto:go' You will pull weeds		Saisgekneh July 16- August 14 <i>Gaëndi:yo:h</i> nice garden		Wëni'dase:' New Moon 16  Sawadh-gwa:ë' New Moon	1 17 	2 18 
3 19 	4 20 	5 21 	6 22 	7 23 	8 24 	9 25 
10 26 	11 27 	12 28 	13 29 	14 30 	15 31  O'gä:hgwa'-dihe't Full Moon	

Berry Picking Basics

By Cheryl Graham

It's that time of year! The berries are out so grab your container, your rubber boots and get ready! As most of you know Strawberry shortcake can be found all over the rez, whether it be Goode's restaurant or your local lacrosse game! Now the question becomes...what next? Well, have no fear because huckleberries, raspberries and blackberries are ready for picking!

Many memories can be made picking wild black raspberries and blackberries...if you know where to look. In our area one can find an abundance of black raspberry aka "Black Caps" and blackberry bushes, however if you know of a stash...then shhh! One spot where black raspberries can be found is along the side of the Sachems



football field, so next time you're at a game take the kids around the walking track and take a look see. The differences of these two plants can be hard to distinguish for a newbie. One difference can be found in the thorns. The thorns of a blackberry bush tend to be larger and further apart. A black raspberry bush has smaller thorns which are closer in proximity. The underside of the leaves of both plants appear lighter than the upper side however the underside of Blackberry leaves tend to be almost white in color. Blackberries also tend to be in a larger elongated cluster as opposed to the smaller black raspberry.

ONE MORE THING ABOUT RASPBERRIES....

Raspberries can be great for expecting mothers! The leaves can be harvested and dried to make a tea. Raspberry tea can be used throughout the 2nd and 3rd trimesters of pregnancy. The (continued on pg. 5)

Getting to Know Us: Kerriann Spruce

Here are a few words from one of our Onöndowa'ga': Gawë:nö' Nadö:diyeö:je' koh Program's Apprentice I — Kerriann Spruce:

Nya:wëh Sgë:no' Gagwe:goh.
Gosënoye:was ni'gya:söh
ögwë'owe:ka'. Kerriann ni'gya:söh
ganyo'o:ka'. Age:joni'ga:'. Ganö-
nda:se' knö:ge'. Dewashë:h dekni:h
niwagosiya'goh. Ye:jënta' yeya:söh
neh kea:wak ögwë'owe:ka'. Sadie
yeya:söh neh kea:wak ganyo'o:ka'.
Taydence haya:söh neh hea:wak
ganyo'o:ka'. Thomas haya:söh neh
ögyadeo' ganyo'o:ka'.
Ga'nowaeyë:dö' haya:söh neh
ha'nih ögwë'owe:ka'. Derlan
haya:söh neh ha'nih ganyo'o:ka'.
Ganowiyosta' yeya:söh neh akno'ëh
ögwë'owe:ka'. Kelly yeya:söh neh
akno'ëh ganyo'o:ka'.

I'm thankful you are all well. Kerriann is my English name. I'm of the Bear Clan. My mother is originally from the Tonawanda Indian Reservation, but I was born and raised in Ganö-nda:se' (Newtown). I have seen 22 winters. I have a daughter and a son. Sadie

is my daughter's name and Taydence is my son's name. My boyfriend's name is Thomas. My father's

name is Derlan, and my mother's name is Kelly. I have been learning our language since 2012. Since I have been working in the language program I have learned more everyday survival language. I was fortunate enough to grow up going to longhouse. I've traveled to many of the different longhouses across the six nations for ceremonies and various social gatherings. My passion is singing and dancing. I love to help people in any way that I can. That is the way I was raised and it is something I will teach my children. Watching them grow is a gift. I do my best to teach our ways and I use as much everyday language with them and my family. I am thankful to be a part of our language program, and I encourage our community to learn as much Seneca as you can. We are here to help and are still learning Seneca ourselves.

This is all I have for now. I've shared a little about myself with you and thanks for reading! Da:ne'hoh.



Gosënoye:was
Kerriann Spruce

Berry Picking Basics (cont.)

(continued from pg. 4) tea itself provides vitamins and minerals including A, B complex, iron, calcium, magnesium, phosphorous, and potassium in an easily absorbable form to help baby grow while keeping mom nourished. It is also been told that the tea helps to strengthen the uterine walls and helps concentrate contractions during labor making them more effective.

Another plant that can be found locally is the Thimbleberry Bush! This berry can be found all along the crick...yes the CRICK! No spell check needed for that one. Thimbleberries begin to ripen in mid to late July.

The plant grows in cane like stalks adorned with beautiful white flowers. The leaves look similar to wrinkly maple leaves in a bright green color. This plant can be great for even the littlest of pickers seeing as it has no thorns for pricking. The berries are large and can fall apart easily when picked. Many kids who pick these, love to put them on their fingers like thimbles because they are large concave like berries...hence the name "Thimbleberry". The berries are bright red and very seedy but also delicious for eating. They contain the vitamins A and C in a minor amount. Small amount of various minerals including potassium, iron and calcium are also present in these fruits. So next time your hiking the crick or kayaking with friends...stop and look around for these and give em a try!

The next plant on our list is the Huckleberry, which often can be confused with the high blueberry bush. However, there are two distinct ways to tell the difference between a huckleberry and a blueberry. First, a huckleberry will always...ALWAYS have exactly 10 seeds inside as opposed to a blueberry which can have a different number of seeds dependent upon the variety. Also when a leaf of a huckleberry plant is held up to sunlight, light flecks of gold can be seen. These are oil glands which are contained within the plants leaves. The leaves of this plant are small, leathery and oval oblong shaped. Another noticeable difference is that the berries themselves are quite shiny as opposed to blueberries. Huckleberries prefer acidic soil just like its cousin the blueberry. Here in Ga'dägës, huckleberries can be found in the hilly areas in Pinewoods and it's been said



that they can also be found along Snow road.

Lastly we will go over the Elderberry plant, which is not to be mistaken with the Pokeberry! Both plants are adorned with dark purplish black berries. However the Pokeweed can be poisonous and cause illness when consumed! There are ways to tell the difference between the two. An Elderberry tree has large umbrella like clusters of tiny black berries...tiny! The Pokeweed berries are larger and grow in a cone like shape...almost like grapes. If you know what Queen Anne's lace looks like, imagine that covered in small dark berries... that is what Elderberries look like. Also the leaves of a pokeberry plant alternate along the stem, as opposed to the Elderberry whose leaves are in pairs along the stem. These berries offer an enormous amount of health benefits! The berries can be used for their antioxidant activity, to lower cholesterol, improve vision, boost the immune system, to improve heart health and for coughs, colds, flu, bacterial and viral infections.

Although they can be eaten raw, it is best to cook them to enhance their flavor. They can be used in pies and other baked goods. However a great use for them is as a cold and flu medicine. Simply take 1cup of Berries, 3 1/2 cups of water, 2tbsp. of Ginger Root powder, 1tsp of cinnamon, 1/2tsp. of clove fresh or powder, mix and bring to a boil. Reduce to a simmer and cook for 40-45mins. Afterwards strain through a mesh sieve. *The berries should be discarded outside as with most leftover medicines after preparation.* Add 1 cup of honey and stir and place in a glass mason jar for storage. This simple syrup can be stored in the fridge for up to 3 months. Dosage is as follows, 1/2tsp-1tsp for children and 1/2tbsp-1 tbsp. for adults. During the onset of flu or cold, it should be taken every 3-4 hrs.

So there you have it, just a few tidbits of information to help you with your berry picking this season! Also for any who are interested, the Seneca Language Bulletin Board crew have created a few bulletins with all the Onöndowa'ga gawëno' for each of the above mentioned berries. They will be posted at the CCC, ECLC, the William Seneca Building and the Clinic! I'm sure your all thinking, holy heck what a long article! But one last thing before I sign off on this, when we see these berries we are reminded that the Creator created these things and to be ever grateful that the berries have returned. So with that, enjoy your berry picking season!

After School Language Nest Wrap-up

We have finished another successful school year with our Afterschool Language Nest Program. Our program included students from the three local school districts, Gowanda, Lakeshore, and Silver Creek with students ranging from 3rd-6th grades. Our goal of the program is to lay down a foundation of basic language. At the end of the program we had a presentation for the parents which included the students opening with Gano:nyök. Each student was responsible to give thanks for an element picture that was handed out at random.

Also each student was responsible for presenting their family trees, which entailed introducing themselves along with immediate family members. At some point during the school year the students were able to talk about each other's families which they were capable of conjugating the pronouns with little or no help!

This year we implemented "MINGLES". Mingles are short conversational pieces usually between two people that describe situations happening in everyday life.

1st Mingle: Greetings

- 1) Nya:wëh sgë:nö'.
- 2) Do:gës, gadögweta'.
- 1) Onëhjih tgögë:nö'.
- 2) Gë'hëh ögö'ësha' sagö:gë' ae'.
- 1) Dë'ëh ni:s nisajehak?
- 2) Gadeyësta' Onöndowa'ga' gawë:nö'.
- 1) O'seyë'he't dih?
- 2) Ostö:h, gano:ö'.
- 1) Ogwe:nyöh dih, a:sgyësdë'?
- 2) Ë:h, ga:nyo'shö'.

I am thankful you are well
Truly, I am well
It's a long time since I saw you
I'm really glad to see you again
What have you been doing?
I'm studying Seneca language
Did you learn it?
A little, it's hard
Can you teach me?
Yes, anytime

2nd Mingle: Going to Walmart

- 1) Dë'ëh nëhsa:je' neh jigwus?
- 2) Wë:döh?
- 1) Ga:o' nö'wö:dih ëyo'gä:h.
- 2) Dewagadë:dzo:nih ahsyonyashä' a:kni:nö:nö'.
- 1) Ga:wëh ësni:nö:nö'?
- 2) Walmart-geh ho'ge'.
- Ne' hi:gë:h tadë:ni:nöh a:hö'öh knöë's.
- 1) Ogwe:nyöh aesne:?
- Onö:kdo:d neh ha:gya'dë:je:d?
- Akiwedayë' nä:h.
- 2) Ë:h, onö:kdo:d nä:h.
- 1) Do:h nëyoisda'e:ag ëhsahdë:di'?
- 2) Ye:i' ha'deswahsë:nöh nëyoisda'e:ag ëdisadehsa'ö:g.
- 1) Ëdwögadehsa'ö:g nä:h.

What are you doing later?
When?
Before it gets dark.
I want to buy clothes.
Where will you go buy it?
I'm going to Walmart.
That's the store I like best.
Can I go with you?
Is there room for me to go along?
I've got money.
Yes, there's room.
What time are you going?
Be ready at six thirty.
I'll be ready.

3rd Mingle: I'm hungry

- 1) Agadöhswe'da:nih.
- 2) Dë'ëh na'od sno:wö's?
- 1) Ha'de:yö:n!!
- 2) Ögwa:yë' dagä'ë' o'wa', onono'da' ojigwa', onëö' koh.
- 1) Gagwe:goh I:wi:h!!
- 2) Nyoh! Ëgöksö:nyë'.

I am hungry
What are you hungry for?
Many things
We have chicken meat, mashed potatoes, & corn.
I want everything
Okay! I will make you a plate

We also had students present the weather which included descriptions to present/future tenses, and they were able to describe the temperatures rising/dropping for both present day and future days.

Other material and lessons our students learned were animals, that consisted of everyday domestic and household animals, to our areas wild animals. Numbers were an early lesson that would lead us into lesson's with time and money. Seasonal lessons were also included to cater the seasonal holidays of our year. Halloween vocabulary was used for bingo, reviewing vocabulary of colors, and body parts of a turkey, along with (continued on pg. 7)

After School Language Nest Wrap-up (cont.)

(continued from pg. 6) items that could be found on many thanksgiving dinner tables, from utensils to actual food items were subjects of our lessons for November. For Christmas the students learned and recorded a language version of “Jingle Bells”.

Learning our Language can be tough at times, whether you’re a 3rd or 6th grader, and even if you’re an adult. We are proud of the confidence and level of comprehension our students have gained throughout this year.

Nya:wëh to the parents for enrolling your children in our program, and we look forward to seeing new and returning students in the fall!!!



This year’s After School Language Nest students



Gowöyeste’s, Ava Tallchief, Doizo’ktas & Brian Nephew Jr.



Gawisa:s



Cece Young



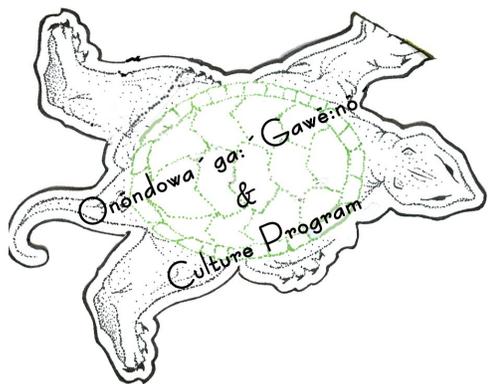
Ava Tallchief and Gaediyosgeh



Doizo’ktas and Brian Nephew Jr.



Shelby Weston and Ruth Keyes



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

Hadiksa' shö'öh Neyonögka' - Kids Area

FREE ACTIVITES!

- * Outdoor Family Movie, every Tuesday night, at Green Acres Ice Cream, 4357 Broadway, Depew
- * Pirate Festival, July 10th – 12th, Krull Park, Olcott
- * Exercise like the Animals , Monday – Friday 11:30am – 12pm, at Canalside, Buffalo, for ages 2+
- * 4th Annual Bookfest, July 18th, 11am - 6pm, Western New York Book Arts Center, 468 Washington St, Buffalo
- * Harris Hill Summer Carnival, July 18th, 11am - 3pm, 8495 Main St. Williamsville
- * Fireworks, July 10th & 23rd, August 13th & 27th, Olcott Beach
- * Movies in the Meadow, Every Friday in August, Delaware Park behind Parkside lodge.
- * Friday fundays at Payne Park throughout the summer, 1pm, 848 Payne Ave, North Tonawanda
- * Free Family Film Series, Saturdays at 10am, Flix Stadium, 4901 Transit Rd, Lancaster
- * Chalkfest Buffalo 2015, August 1st - 2nd, Noon - 6pm, downtown Buffalo

Gakö:ni:h Ganö'ja' - Pistachio Salad

By Ganöndihne'

Ingredients:

- 2 - 20oz. cans of crushed pineapple (juice included)
- 2 boxes of instant pistachio pudding
- 2 - 8 oz. containers of cool whip
- 1 ½ C. fruit flavored mini marshmallows
- 1 small jar of maraschino cherries drained and chopped.

Utensils:

- Mixing bowl with lid
- Whisk
- Measuring cups
- Cutting board
- Knife

Directions:

1. In a large bowl, mix the pineapple with the pudding mix until well blended.
2. Add the cool whip and mix well.



3. Stir in the marshmallows and cherries.
4. Cover and keep chilled until ready to serve.

Optional:

- Add chopped walnuts for a little crunch.
- Add fresh berries or drained fruit cocktail to make the salad a little more fruity.

* Picture from: http://img.sndimg.com/food/image/upload/w_614,h_461,c_fit/v1/img/recipes/69/13/3/picEGjCMB.jpg