Onöndowa’ga:’ Gawë:nö’ Nadö:diyeö:je’ koh Department
12861 Route 438
Irving, NY 14081

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Articles contributed by
Onöndowa’ga:’ Gawë:nö’ Nadö:diyeö:je’ koh staff

Nòdaeyawëhse’: 2
Gaga’: time 3
Calendar 4
RezTalk 5
Hadiksa’shö’öh Corner 6
Gakö:nih Ganö’ja’ 6

Gawë:nö’ lesson: Dodiːs - Peepers

As the weather begins to warm up, there are a few signs that signal the season change. Here is a short mingle to let your friends know you’ve heard the peepers.

Onöndowa’ga:’
Speaker 1: Agatö:dë′öh wadi′no’s tsi:wë:dak′ah.

Speaker 2: Dogës! Ga:weh?
Speaker 1: Dosgëh dwaknöhso:d
Speaker 2: Oiwanä:gwad! Akni:goë’

Ganyo’ö:ka:’
Speaker 1: I heard the croaking peepers last Friday
Speaker 2: Truly! Where?
Speaker 1: Near my house
Speaker 2: Awesome! I’m looking forward to warmer days
Speaker 1: Me too!
Speaker 2: But I think dodis stink
Speaker 1: Gee!

Ga’no’s
Spring peeper
<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Details/Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Page Turners Book Club Meeting</strong></td>
<td>March 23rd</td>
<td>5pm</td>
<td>SNI Cattaraugus Library</td>
<td>We will be discussing: <em>The Silent Sister</em> by Diane Chamberlain</td>
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<td>For more info, call: Hannah or Jasmine at 716-532-9449</td>
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<tr>
<td><strong>Native Author: Louise Erdrich</strong></td>
<td>March 10th</td>
<td>7pm</td>
<td>Kleinhans Symphony Hall,</td>
<td>Tickets: G.A.: $35, V.I.P.: $100</td>
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<td></td>
<td></td>
<td></td>
<td>Buffalo, NY</td>
<td>To buy tickets, visit: <a href="http://www.justbuffalo.org/product/">http://www.justbuffalo.org/product/</a></td>
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<td>babel-tickets-louise-erdrich-2016/</td>
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<tr>
<td><strong>Cattaraugus Creek Public Meeting</strong></td>
<td>Feb. 1st</td>
<td>5pm</td>
<td>Cattaraugus Wellness Center,</td>
<td>Information on West Valley Demonstration Project current activities &amp; recent</td>
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<td></td>
<td></td>
<td>Grand room</td>
<td>soil sampling.</td>
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<td>For more info, call: Maria @ 716-200-8320</td>
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<tr>
<td><strong>Seneca Language Class</strong></td>
<td>Mondays</td>
<td></td>
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<td></td>
<td>Feb. 1st - March 28th</td>
<td>6:30pm</td>
<td>Lower level SAAB</td>
<td>15 people max, taught by Ja:no’s</td>
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<td></td>
<td>8pm</td>
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<td>To register, call: 716-945-1790</td>
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<tr>
<td><strong>Six Nations Language Conference</strong></td>
<td>March 30th - 31st</td>
<td></td>
<td>Six Nations Polytechnic</td>
<td>Our Vision, Our Voices</td>
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<td></td>
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<td>Registration: $50</td>
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<td>For more info, email: <a href="mailto:Sara.General@snpolytechnic.com">Sara.General@snpolytechnic.com</a></td>
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<tr>
<td><strong>SCCS Title VII Parent Committee meeting</strong></td>
<td>March 9th</td>
<td>5:30pm</td>
<td>Silver Creek Central School</td>
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<td></td>
<td></td>
<td>6:30pm</td>
<td>District Guidance office</td>
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<td>For more info, call: Caitlin @ 934+2603 x 4216</td>
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As the seasons change the plants will start to wake up and people can watch the plants and medicines bloom and grow. This story will help remind the people how the medicines came to the people. Enjoy.

Onöndowa'ga:'

Onêhjih hogêhjih wa:yô' ganôkda'da:je'. Nyasyano'dêh o'gia'hojâ'dôh. Hodoswe'da:nih nyaya'dô'dêh. Gaha'tgêh o'waga'tôh o'a'geh o'yeo'se'o'dêh hadinô:ge'.


Hodînyôgwai:yô' ga'sâ:de' êôdônôhgwâ' syê:di:yag. Nê:gêh gagâ' ne'ge'dôh honôgwe:da'se' shô'ôh êôdônohnste:g adinôhgwâ'g.

Ganyöö:ka:

A long time ago, one day an old man appeared at the edge of this village. The old man wore ragged clothes. He seemed very tired and looked hungry. He looked over the door of each house.

The old man came to a lodge on which was hung a turtle shell. The turtle clan members lived in the house. He asked for food and a night’s lodging. They told him “no, go on!” He traveled to houses belonging to the Snipe, Wolf, Beaver, Deer, Eel, Heron and Hawk Clans. At each house he was told to move on.

Then he saw a small bark house. It was a house of the Bear clan. An old woman was standing next to the small house. She allowed it, she let him in. She asked him to enter her lodge. The next day the old man sickened and came down with a fever. He told the woman to go into the forest and gather a certain kind of plant. He instructed her how to prepare the plant to make a certain kind of medicine. After taking the medicine, the old man recovered. The old man became ill on many different days. Each time that he was ill, it was from a different kind of sickness. Many days he was sick this is what happened.

Hodijôni’ga:

They are bear clan

One day the old woman was about to enter her home when she saw a great light shining in her lodge. Upon looking up, she saw a man standing. She was frightened. It seemed she seen something not really there. The young man said, “Fear not, good woman, I made everything (am a the Creator). I came to the lodges of the Iroquois in the form of an old man. I went from house to house asking for food and a night’s lodging. They told me in. When you helped me I taught you cures for all of the sickness known to the Real people. I told you how to make medicines. From this day on, the medicine men and women will always belong to the Bear clan.”

They, Bear clan members, will be the Keepers of the Medicine for all time to come. The People tell this story to the young people to teach them to be kind to the aged.

Gae:wanôhge!

Ha'deônôhgwashâ:geh

All the medicines
It's my turn, I will start, I can, I will help you
RezTalk: Holistic V, Western Medicine?

By Aedza’ni:yo

The first thing that usually comes to mind when you hear Cancer is harsh chemical treatments such as chemotherapy, hair loss and death. After Cancer hits close to home, I have become a warrior in the fight against Cancer. Indigenous people have been successfully using holistic alternatives prior to European contact and still today. It is evident that there is some truth to how holistic alternatives work, as more and more treatment facilities are becoming open to the practices. Some facilities are offering holistic alternative practices to compliment patient care. The holistic alternatives being introduced address physical, emotional, and spiritual needs. This is changing the face of Cancer treatment for patients all over the world, and more recently in America.

The acceptance of Holistic alternatives is refreshing. It is the belief of many that Western medicine is financially driven. While watching television, I was amazed at the number of commercials promoting new pharmacologic advances. Every other commercial advertises a return to regular activity and a number of possible side effects. Some will argue that there may be a cure for terminal diseases that are being kept quiet, as they are financially threatening to the pharmaceutical companies. But it’s not just the cost of “disease management” that is driving people to seek alternative treatments.

Indigenous people consider everything that your body, or vessel, consumes is medicine. Western medicine providers are prescribing medication, which in turn requires another medication, which becomes costly and sometimes unnecessary. Organic stores and Wellness Centers are turning up all over, offering plant based herbal medicines, and energy based alternatives.

Our Canadian neighbors are not as open to this alternative movement. The government is currently charging an indigenous couple, whose beliefs are rooted in our old ways of herbal and energy healing, with neglect. The couple is refusing chemotherapy for their young daughter. Thankfully the Haudenosaunee Confederacy has dual citizenship in the United States and Canada. The family has found a Cancer Treatment Center in Florida, that offers programs that parallel our ancient beliefs, and is said to have improved the quality of life for the young lady, since she has opted out of chemotherapy. Locally Roswell Park Cancer Institute has invited alternative medicine providers to participate in the care of their patients. Roswell is offering nutrition consultants and “Healing Hands”, a Reiki energy therapy programs provided by volunteers for the Spiritual Wellness Community.

The draw to alternative medicine isn’t just the lower cost or ease from chemical harshness. The benefits of alternative medicines are that they can address physical, emotional and spiritual wellbeing of the patient/client. This is when the practice becomes “holistic” and energy based. In the past, these practices have not been accepted by mainstream society. Its principals have been dismissed because they do not follow the laws of science that requires tools of measurement. Holistic Alternative practices are not an exact Science. They rely heavily on Quantum Science, which has just recently started being studied and accepted by the Science community. The practices have been beneficial to the quality of life of many Cancer patients.

As I had mentioned earlier Roswell Park Cancer Institute is currently recruiting Reiki practitioners for their program “Healing Hands.” Reiki is an ancient Japanese art of healing by laying your hands. The theory of Reiki is sharing good intentions through energy exchange. Indigenous people have a similar ceremony/practice to sharing good energy. Most of the ceremonies are sacred, but are done to bring good intentions and enjoyment.

Quantum Healing, also known as Life Coaching, is popular in the Holistic Alternative realm. Life coaches give you the tools to reprogram your brain to think in a positive way. In Quantum Healing, you depend on your body to send signals when emotional or spiritual health compromises your physical health. Sometimes the Indigenous People I am affiliated with provide “...” which translates to “encouragement to have a good mind” into all of our social gatherings. In our traditional open or closing, that some refer to as a prayer, we are encouraged to have love and compassion for everyone who rests their feet upon the earth. Like Quantum Healing we are directing our attention to being positive.

You don’t usually think of nutrition as a holistic alternative. Organic food and disease prevention and/or management through nutrition are gaining popularity. Infomercials for the newest juicer and organic food sections and even stores are everywhere. From an Indigenous view, you will benefit or you will suffer from everything you put into your body. Everything from greasy foods to harsh medications, even drugs and alcohol will have a negative effect on your body. Consuming organic foods and plant based medications can have a more positive effect on your whole self.

At this time Holistic alternative programs compliment or supplement Cancer treatments. These alternatives help protect with the quality of life. Cancer doesn’t have to be traumatic or a death sentence anymore. With all that is being offered to compliment Western medicine, holistic alternatives are bringing hope to the many Indigenous people that are diagnosed with Cancer. Although it’s not documented, our traditional ways of healing mirror treatments in the Spiritual wellness community. It’s exciting to see mainstream society accepting and embracing these ideas. As a peaceful warrior in this fight against Cancer, I feel lucky to have choices. With more natural options in treatment, we can choose Western medicine, or holistic medicine, and or both to combat Cancer.
Blueberry Dog Biscuits

Ingredients:
- 1 ½ C. oat flour
- 2 ½ C. quinoa flour
- ¼ C. flax meal
- ½ C. frozen, organic, unsweetened blueberries
- ⅛ C. olive oil
- 1 large egg

Directions:
1. Preheat oven to 350°F. Line a baking sheet with parchment paper, set aside.
2. In a large bowl, mix together all ingredients with 1 cup water to form a dough. Roll out mixture between two sheets of plastic wrap to ¼ inch thick; remove plastic wrap and cut out biscuits with a 3 ½ inch bone-shaped cookie cutter. Reroll scraps and continue cutting out biscuits.
3. Space biscuits 1 inch apart on prepared baking sheet. Bake for 30 minutes until nicely browned and firm.
4. Transfer biscuits to a wire rack. Turn off oven and place biscuits on wire rack in oven overnight. Remove from oven and store in an airtight container up to 2 weeks.

Peanut Butter Dog Treats

Ingredients:
- 2/3 C. pumpkin puree
- 1/4 C. peanut butter
- 2 large eggs
- 3 C. whole wheat flour, or more as needed

Directions:
1. Preheat oven to 350 °F. Line a baking sheet with parchment paper or a silicone baking mat; set aside.
2. In a bowl of an electric mixer fitted with the paddle attachment, beat pumpkin puree, peanut butter and eggs on medium-high until well combined, about 1-2 minutes.
3. Gradually add 2 ½ cups flour at low speed, beating just until incorporated. Add an additional ¼ cup flour at a time just until the dough is no longer sticky.
4. Working on a lightly floured surface, knead the dough 3-4 times until it comes together. Using a rolling pin, roll the dough to ¼ inch thickness. Using cookie cutter, cut out desired shapes and place onto the prepared baking sheet.
5. Place into oven and bake until the edges are golden brown, about 20-25 minutes.

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Recipes & picture from http://www.marthastewart.com/317602/blueberry-dog-biscuits
http://damndelicious.net/2015/01/07/homemade-peanut-butter-dog-treats/