



Gae:wanöhge'!

Volume Degyö', Issue Sëh

Niyo'not'a:h, Sëh 2016

**Onöndowa'ga': Gawë:nö'
Nadö:diyeö:je' koh
Department
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Nadö:diyeö:je' koh staff

Daswöndio:go'

The Onöndowa'ga': Gawë:nö' Nadö:diyeö:je' koh Department is busy planning several activities for the upcoming community fair. The department will be partnering with the

The department staff will be facilitating planting, beading & traditional games on March 23rd. Look for pictures in the next issue of the Gae:wanöhge'.

Their *Busy Busy Spider* play is scheduled to be performed on March 10th. Look for pictures in the next issue.

Please feel free to contact the Onöndowa'ga': Gawë:nö' Nadö:diyeö:je' koh Department 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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The After School Language Nest students have been busy creating their production pieces and learning their lines.

Gawë:nö' lesson: Dodi:s - Peepers

- Niyo'not'a:h dates to remember:**
- 13th - Daylights savings time begins
 - 14th - Pi day
 - 21st - 24th - Community Fair, Various times & places
 - 22nd - World water day
 - 23rd - National puppy day
 - 25th - Unity Day, SNI offices closed
 - 27th - Easter

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 dwaknöhsod

Speaker 2: Oiwänä:gwad! Akni:goë' ëskane:nö' niwënishade:nyö

Speaker 1: I:' koh!

Speaker 2: Gwaheh gënöhdënyoh

wadi'no's hadisënö:de:d

Speaker 1: Age:h!

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

Nödaeyawähse:'

Page Turners Book Club Meeting

March 23rd

5pm

SNI Cattaraugus Library

We will be discussing: *The Silent Sister*

by Diane Chamberlain

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

Native Author: Louise Erdrich

March 10th

7pm

Kleinhans Symphony Hall,
Buffalo, NY

Tickets: G.A.: \$35, V.I.P.: \$100

To buy tickets, visit: <http://www.justbuffalo.org/product/label-tickets-louise-erdrich-2016/>

Cattaraugus Creek Public Meeting

Feb. 1st

5pm

Cattaraugus Wellness Center,
Grand room

Information on West Valley Demonstration
Project current activities & recent soil sampling.

For more info, call: Maria @ 716-200-8320

Seneca Language Class

Mondays

Feb. 1st - March 28th

6:30pm - 8pm

Lower level SAAB

15 people max, taught by Ja:no's

To register, call: 716-945-1790

Six Nations Language Conference

March 30th - 31st

Six Nations Polytechnic

Our Vision, Our Voices

Registration: \$50

For more info, email:

Sara.General@snpolytechnic.com

SCCS Title VII Parent Committee meeting

March 9th

5:30pm - 6:30pm

Silver Creek Central School
District Guidance office

For more info, call: Caitlin @ 934+2603 x 4216

Gaga:' time: How medicine came to the people

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:'

Onëhjih hogëhjih wa:yo' ganökda'da:je'.

Nyasyano'dëh o'giä'hojä'döh.

Hodoswe'da:nih nyaya'do'dëh. Gaha'tgëh

o'waga'töh oa'geh nyo'seo'dëh hadinö:ge'.

Wa:yo' hëo:weh wa:gë' ga'no:wa' hadi:nö,

hadinyahdëh hadinöhso:d. Wadaö:dö' jë:gwah

ëokwa:nön koh neh ëwönokdo:tas ëödio:shä'.

Waöwo:owi' "Hë'ëh, si:gwah!" Wadawë:nye:',

o'shago:ödö:' ga'sädë:nyö' yegëhjih. Gagwe:göh

waöwo:owi' "Hë'ëh si:gwah, saja'dasno:wä:d!"

Da:neh wa:gë:ne' neh niganöhsa'a:h. A:yë'

hodijöni'ga' hadinöhso:d. Yegëhjih yeda:je's wak'ah

neh niganöhsa'a:h. Wa'e:gayëh wowösnye' wowöya'

di:nyö'. Sayöhënt wonökdë' koh neh wö'

dohgwëoh. O'shago:wi' gahada:gö:h gado:gëh

hëo:weh onöhgwa'shä' odo:jëh. O'shago:wi' neh

yö:je' ëyenöhgwa'syö:ni'. No:nëh wano:nën neh

onöhgwa'shä' wa:syö:nih sa:dögwe:'. Sadö:gwe'

o:ya' akdoni'shä' woye:nö'. Tiga:de' ae'

niyonöhgwa'syo'dëh ëwöhshyöni:ya:g "Eo:'do:gwe'.

Onokdaniya:je' niwënishä:de' ne'hoh no'ö:wëh.

Saye:yo' gonöhso:d wa'ehodö:go' si:gwah

nijoha:the gajisdo:d. Wa'e:gë' haksä:go:wah ne'hoh

hada:je's. Wagohjö:k. A:yë:' wo'ogojëo:nos.

"Së:nöh ëshajö:nk, I:' gagwe:goh o'gihsyö:ni'.

No:nëh o'gyö:' a:yë:' odëste'öh agëhjih nigya'do'

dëh. Oknö:di' agihsgö:h gakwa' koh neh hëo:weh

ëoknokdo:tas. Ga'sädë:nyö' hadinöhso:d

o'gadaö:dö' jë:gwah ëödi:dë:' o'sgya'da:ge:ha'

di:yön, wökiu:wi' sado'ne:g. I:s hodijöni'ga'

sa'sä:de' osgyadi:nö:n. No:nëh o'sgya'dage:ha'

sagadö:gwe:' ëhgo:yo' ëhse:ya:g onöhgwa'shä'shö'öh.

Niyonöhgwa'syo'dëh ësihsyöni:ya:g oë:döh

nëniwënishäde:yö:je' hohsgä'gihdoh, yötowis

hodinyö'gwai:yo' ga'sä:de' ënanöhgwa'si:ya:g, "

wae:' Sögwajënokda'öh.

Hodinyö'gwai:yo' ga'sä:de' ëödinöhgwa'

syë:di:yag. Në:gëh gaga:' ne'gë:döh honögwe'dasë'

shö'öh ëödinohste:g adinöhgwa:g.

Ganyo'ö: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



Hodijöni'ga:'

They are bear clan

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.

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 make room for sleep. I asked for food and pity of the Turtle, Snipe, Wolf, Beaver, Deer, Eel, Heron and Hawk clans. Each time they told me to go away. Only you, of the Bear clan, let 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 medicine. 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.

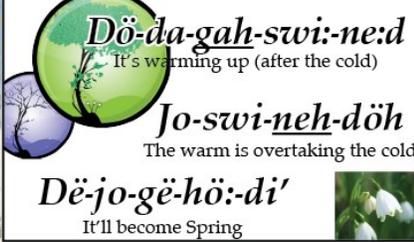


Ha'deonöhwashä:geh

All the medicines

Etihso:d Soeka: Gähgwa' Degaöhshä:geh Ye:i' Sgae'

Our Grandmother night kind orb **March 2016**

Awädado-gëhdöh	O'wëdë:dat	Swëda:dih	Ha'dewëdaëh	Ëyohë'tgeh	Wëda:k'ah	Wëda:k
Nisgowak'neh <i>February 8 - March 7</i>		22 <i>March</i> 1	23 2	24 3	25 4	26 5
 <p>O't-ga:-ne-ga:e't the sap is running</p> <p>O'-go-wë-no-oh-gä'-o:g tapping the trees</p>						
27 6	28 7	 <p>Wah'da'</p> <p>ne: a:hö'öh oiowa:nëh Maple most in profusion</p>		 <p>Dö-da-gah-swi:-ne:d It's warming up (after the cold)</p> <p>Jo-swi-neh-döh The warm is overtaking the cold</p> <p>Dë-jo-gë-hö:-di' It'll become Spring</p>		 <p>O'-nöh-sa:o' Wild Onions</p> <p>Ë-swö-di-ya:-gë't they'll come back out</p>
 <p>De-wë-ni-tsis-ya's</p> <p>the day cut in half nice & warm / stormy & cold</p> <p>O'-wa-doh-tsä-ga'-tsih the breaking up of winter (when you hear the Thunders)</p>		Niyo'not'a:h <i>March 8 - April 6</i>				
<p>Wëni'dase: New Month</p> <p style="writing-mode: vertical-rl; transform: rotate(180deg);">Sawadähgwa:ë'</p> <p>New Moon</p>		1 8	2 9	3 10	4 11	5 12
6 13	7 14	8 15	9 16	10 17	11 18	12 19
13 20	14 21	15 22	16 23	17 24	18 25	19 26
20 27	21 28	22 29	23 30	24 31	<p>Ga:-nyo' when</p> <p>ë-sga-nö'-nö:-wë' it melts again</p> <p>ë-ga-ga'-stëö-ni' it will turn into mud</p>	

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 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 main stream 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 energy.

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 main stream 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.





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

Hadiksa' shö'öh Neyonögka' - Kids Area

World Water day is March 22nd
Oneganos Trivia to share with your hadiksa'shö'öh

- Is constantly recycled
- vaporizes at 212F
- Makes up 80% of earth surface
- 2-7 gallons is used to flush a toilet
- 15-25 gallons used in an average 5 minute shower
- 9-12 gallons used on average for an automatic dishwasher
- 9-20 gallons used to hand wash dishes
- One gallon weighs 8.34 pounds
- 97% of all oneganos is in the ocean or sea
- 1% of all oneganos is suitable for drinking water
- 6 gallons used during growing/production of French fries
- 13.8 gallons used during growth/production of an orange
- 150 gallons used during growth/production of a loaf of bread
- More than 13 million households use private wells for their water supply
- Is only substance naturally found in three forms: solid, liquid & gas

Source: United States Environmental Protection Agency

Gakö:ni:h Ganö'ja' - Homemade Dog Biscuits & treats

Blueberry Dog Biscuits'

Ingredients:

- 1 ½ C. oat flour
- 2 ½ C. quinoa flour
- ¾ C. flax meal
- ½ C. frozen, organic, unsweetened blueberries
- ¼ C. olive oil
- 1 large egg

Directions:

1. Preheat oven to 350°F. Line a baking sheet with a non-stick baking mat or 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 Treats²

Ingredients:

- 2/3 C. pumpkin puree
- ¼ 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.

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.

3. 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.

4. Place into oven and bake until the edges are golden brown, about 20-25 minutes.

5. Let cool completely.

Recipes & picture from ¹-<http://www.marthastewart.com/317602/blueberry-dog-biscuits>;

²-<http://damndelicious.net/2015/01/07/homemade-peanut-butter-dog-treats/>