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

Editor: Samantha Jacobs
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Daswöndio:go’

The After School Language Program will be having its next monthly family night on January 16th from 6pm - 8pm. The last family night was such a success, we are looking forward to hosting the next one. Hope all the students and their families are able to attend!

The Teen Craft Club will resume again on January 22nd. We will be finishing the beaded medallion necklaces and will be starting a simple sewing project.

FYI – The Tonawanda language program will be doing an After School Language class for students in grades 4-6 from 3pm - 5pm. The class will run on Tuesdays & Thursdays. For more info or to sign up your kids, Contact Maggie Jonathan at 716-560-4396.

The AOA Bead group will be taking a break and shall be resuming on Feb. 21st, 1pm - 3pm.

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.

By Gôwâ’gogwëh
Nya:wëh sê:ngö’nö’, Go’wâ’gogwëh ni’gya:söh. I currently conduct classes relating to sewing on weekends. During the months of October/November, Degiyasë’ and I were running an open sewing class on Sundays starting at 12:30 - 4:00, we hadn’t had the turn out we had hoped for, but were excited to have the attendance we had.

In that specific time frame we had help from a friend and local seamstress Darice Sampson, who gladly makes time for us. She shows us some tips on how to make our current projects look a little cleaner as well as teaching us how to finish our projects (shirts, skirts, ribbon work, etc.) with ease.

Not only did we go local, we also ventured out and brought in Faye Lone and worked on a longhouse outfit workshop. Which focused on the dress top of your choice, (smoke dance, smoke dance flare, & old style) along with the skirt and leggings to match.

Ms. Lone currently has her own shop located on the Tonawanda reservation, and is looking to showcase her talent in a bigger venue. She has also been setting up at our local vendor days and bazaars.

For this month’s project, we have been working diligently with Anne Tahamont, creating ribbon shirts. Anne teamed up with Faye (as mentioned above) and brought out patterns of the size required, for us to work from. We currently have 6-8 participants which range in age from high school to the elderly. This particular project is a 2-3 session class, Sundays 12-4 with the two main Sundays constructing the shirt. The last day which will be on January 7th to add the final touches if not already finished.

Be on the lookout for the next sewing project happening at the Sully.

Nya:wëh!
Nödaeyawëhse:’

**Teen Craft Club**

Mondays  
Resuming Jan. 22nd  
6pm - 8pm  
Sully Huff Heritage Center  
Free and open to all teens. Club will work on projects in collaboration with members of the Native Roots Artists Guild and the SNI Cattaraugus Language Dept.  
For more info, call: 716-532-8161

**Conversational Seneca Class**

Thursdays  
6:30pm - 8pm  
Rm #1118, Allegany Language Dept., 25 Center St., Salamanca  
Taught by Ja:no’s  
Video & Audio Conferencing now available  
For more info, call: 716-945-1790

**Seneca Language Class**

Fridays  
10am  
SNI Cattaraugus Library Branch  
Facilitator: Jocelyn Jones  
Free and open to the community.  
For more info, call: 716-532-9449

**Rabies Clinic**

Jan. 6th  
9am - 12Noon  
Catt. County D.P.W. Garage  
8810 Rt. 242, Little Valley, NY  
Hosted by the Cattaraugus County Health Department  
Vaccinations for dogs, cats & ferrets  
Free but donations accepted

**Reiki Training**

Jan. 27th  
3pm - 8pm  
Ivy League Psychic Academy  
4525 Main St., Amherst NY  
Certificate upon completion  
Levels 1 & 2, Masters  
For more info: www.IvyLeaguePsychicAcademy.com

**Indigenous Women’s Symposium**

Feb. 9th - Feb. 10th  
Trent University  
Featured keynotes: Robin Wall Zimmerman & Rebecca Thomas. Various workshops & presentations, Indigenous foods, land based learning opportunities  
For tickets: https://www.eventbrite.com/e/indigenous-womens-symposium-tickets-39091981168

Dedwa:t! - Let’s Dance!, Dedwatgwa:nöh - Let’s go and dance!, Dë:nötgwa:ne’ - There’s going to be a dance
**Ahsoh Nödaeyawëhse:**

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<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Details</th>
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<tr>
<td><strong>Kids Craft &amp; Story Time</strong></td>
<td>Jan. 24th</td>
<td>5pm - 6:30pm</td>
<td>SNI Catt. Library Branch</td>
<td>Kids will be making a paper craft wreath. Featured story: <em>The Mitten</em>. To sign up, call: 716-532-9449</td>
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<td><strong>Adult &amp; Teen Craft Night</strong></td>
<td>Jan. 17th</td>
<td>5pm - 7pm</td>
<td>SNI Catt. Library Branch</td>
<td>Craft: Valentines day gift mason jars. To sign up, call: 716-532-9449</td>
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<td><strong>Food Safety Training</strong></td>
<td>Jan. 9th</td>
<td>8am - 5pm</td>
<td>SNI Cattaraugus Wellness Center</td>
<td>Hosted by Food Is Our Medicine and the School of Arkansas. Open to Native Farmers and Food Businesses. For more info, call: Gerry Fisher @ 532-4900 ext. 5036</td>
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<td><strong>Marking Out the New Year</strong></td>
<td>Jan. 18th</td>
<td>6pm - 8pm</td>
<td>N.A.C.S. 1005 Grant St., Buffalo</td>
<td>Part of the All Relations Project, Teaching a Good Mind series, taught by Jamie Jacobs. For more info, call: 716-874-2979 ext. 344</td>
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<td><strong>Seneca Style Change Purse Class</strong></td>
<td>Starting Feb. 1st</td>
<td>6pm - 8pm</td>
<td>Stanley Huff Heritage Center</td>
<td>Taught by Samantha Jacobs. Supplies provided, limited class size. Pre-registration required. To register, call: Kerriann at 716-532-8161</td>
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<td><strong>Vamp &amp; Cuff Class</strong></td>
<td>Jan. 13th &amp; 20th</td>
<td>12noon - 5pm</td>
<td>Stanley Huff Heritage Center</td>
<td>Taught by Samantha Jacobs. Limited supplies provided, limited class size. Pre-registration required. To register, call: Kerriann at 716-532-8161</td>
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Dedwa:t! - Let’s Dance!, Dedwatgw:a:nöh - Let’s go and dance!, Dë:nötgwa:ne’ - There’s going to be a dance
RezTalk: Wellness

By Aedza:niyo

It’s the time of year when folks make resolutions to lose weight or to exercise or some other promise that are sometimes broken. Most resolutions concentrate on the physical body, which I refer to as “my vessel”. Very rarely do we balance the emotional and spiritual pillars of ourselves. I, too, am guilty of this. This year, my focus is on my emotional, mental and spiritual health.

Over the summer, I had experienced Anxiety for the first time. I went to the Emergency Room thinking I was having a heart attack. My heart was pounding and I thought I was having trouble breathing. The test results came back and there wasn’t a thing wrong with me. The fear of having another Anxiety attack had paralyzed me for the majority of the summer and into the fall. I felt like a basket case, but suffered in silence. I lost my appetite, and lost thirty pounds. People told me I looked good but inside I was screaming “I’D RATHER BE HEAVY AND HAPPY!”

When I finally started opening up to friends and family about how I was feeling, I realized that this is very common in our community. I had heard of others having anxiety, but this was my first experience. I found comfort in the knowing I wasn’t alone, but hadn’t resolved anything within myself.

When the doctors’ only answer to my symptoms were, that I had anxiety and to try medication, I even had anxiety about taking pills. What if I had an allergic reaction?

I was always looking for an alternative to Western medicine to help with any ailments, so being treated with medications was literally a hard pill to swallow.

I was having a hard time concentrating on meditation and breathing practices. I tried to remember the things I have shared when helping others, but self help was near impossible.

After sharing my feeling and thoughts with my folks, I saw how I was feeling. I realized that this is very common in our community. I had heard of others having anxiety, but this was my first experience. I found comfort in the knowing I wasn’t alone, but hadn’t resolved anything within myself.

I started praying to the Creator and to my spirit guides for direction and thank them for every sunrise. They must have heard me, because my condition began to improve. I started using an app called “Insight Timer”, guided meditations for all sorts of needs. I continue to meet with my counselor (which is now sometimes entertaining for both of us) the hypnotherapist, and energy healers.

In my first appointment we talked about my life prior to the anxiety attack. What was going on in my life? I really didn’t think much of it. There were a number of deaths in the community of people my age and even younger. My best friend was one of them. During this time, I helped a few families with things. I had always kept busy and never really took time to process death internally. I guess my monkey brain had me thinking “Geez, that could have been me.”

My folks had also wanted me to seek spiritual help and I did. I had a few ceremonies and I began to feel better, but I felt like I hadn’t made a full recovery. I had seen an energy healer and a Reiki practitioner and felt immediate relief, but the anxiety inched its way back. I started seeing a hypnotherapist and the same thing. They are all very helpful if practiced on a regular basis and you use the tools to retrain your brain to use the tools offered in sessions.

I finally sat down with a spiritual friend who had been telling me all along that I was experiencing a shift in energy that in the end would be beneficial to myself and others that I will help. She said I was sensitive to the energies around me. I was an empath…at this point a hyper-empath. I was a sponge for the feelings of everyone around me. This explained my anxious feeling at large public gatherings where I was usually a ham. My colonized monkey brain wasn’t letting me listen. This could be a good thing if I could get control of it and learn how to cut off connections to the people I had been helping.

I started praying to the Creator and to my spirit guides for direction and thank them for every sunrise. They must have heard me, because my condition began to improve. I started using an app called “Insight Timer”, guided meditations for all sorts of needs. I continue to meet with my counselor (which is now sometimes entertaining for both of us) the hypnotherapist, and energy healers.

After all of this, I have come to the conclusion, the fact that my best friend had passed away and my daughter had graduated, turned 18 and left for college contributed to my spiritual health, but was not the root. Of course I was sad and combined they were devastating. But those things were not about me.

I have not spoke my truth in life in fear (continued on page wis)

A few photos of the Dept. staff in action!

These photos were taken by Nancy Klemens as she photographed the Seneca Language Department staff in action.

Staff pictured as follows: (Left to Right) Marty Jimerson Jr., Samantha Jacobs, Bottom row - Marcus Waterman, Ari Logan, Taryn White, Levi Thomas and Brennen Johns. Nya:weh Nancy for sharing the photos!
Gaga:’ time: The Falcon & the Duck

As the winter season gets under way, here is short story to share with your family. Enjoy!

The wintry winds had already begun to whistle and the waves to rise when the Drake and his mate gathered their half-grown brood together on the shore of their far northern lake.

"Wife," said he, "it is now time to take the children southward, to the Warm Countries which they have never yet seen!"

Very early the next morning they set out on their long journey, forming a great "V" against the sky in their flight. The mother led her flock and the father brought up the rear, keeping a sharp lookout for stragglers.

All day they flew high in the keen air, over wide prairies and great forests of northern pine, until toward evening they saw below them a chain of lakes, glittering like a string of dark-blue stones.

Swinging round in a half circle, they dropped lower and lower, ready to alight and rest upon the smooth surface of the nearest lake.

Suddenly their leader heard a whizzing sound like that of a bullet as it cuts the air, and she quickly gave the warning: "Honk! honk! Danger, danger!" All descended in dizzy spirals, but as the great Falcon swooped toward them with upraised wing, the ducklings scattered wildly hither and thither. The old Drake came last, and it was he who was struck!

"Honk, honk!" cried all the Ducks in terror, and for a minute the air was full of soft downy feathers like flakes of snow. But the force of the blow was lost upon the well-cushioned body of the Drake, he soon got over his fright and went on his way southward with his family, while the Falcon dropped heavily to the water's edge with a broken wing.

There he stayed and hunted mice as best he could from day to day, sleeping at night in a hollow log to be out of the way. Best of all, our fierce enemy dropped to the ground with a broken wing! Doubtless he is long since dead of starvation, or else a Fox or a Mink has made a meal of the wicked creature!

By these words the Falcon knew his old enemy, and his courage returned.

"Nevertheless, I am still here!" he exclaimed, and darted like a flash upon the unsuspecting old Drake, who was resting and telling of his exploit and narrow escape with the greatest pride and satisfaction.

"Honk! honk! " screamed all the Ducks, and they scattered and whirled upward like the dead leaves in autumn; but the Falcon with sure aim selected the old Drake and gave swift chase. Round and round in dizzy spirals they swung together, till with a quick spurt the Falcon struck the shining, outstretched neck of the other, and snapped it with one powerful blow of his reunited wing.

Do not exult too soon; nor is it wise to tell of your brave deeds within the hearing of your enemy.

Story from: http://www.ilhawaii.net/~stony/lore08.html

RezTalk: Wellness (continued)

(continued from page ge:ih) of being judged. I wasn’t living my life for me, but to appease others.

I needed be honest with everyone about who I am, what I want and what I am going to do. Since sharing with my family and friends, my anxiety has subsided. I have almost made a full / Recovery/ rediscovery, but there is always work that can be done on self. So I take the time to ask myself whether or not the pillars of my life were maintained and balanced and they weren’t.

Physically: Am I taking care of my body diet and exercise wise?

Intellectually: Am I stimulating my brain? Am I trying to learn new things?

Emotionally: Am I working through feelings and emotions in a healthy way?

Spiritually: Am I awake to the meaning philosophy of life? Have I questioned morality, my existence, and my purpose?

So, as we prepare to stir ashes and renew ourselves in the New Year, maybe you might want to make sure you are in balance.
Homemade Playdough

Ingredients: 1 cup flour, 1 cup warm water, 2 teaspoons cream of tartar, 1 teaspoon oil, 1/4 cup salt, food coloring

Directions:
1. Combine all ingredients (except food coloring) in medium sized saucepan, stir over medium heat until smooth. Stir continuously until the dough balls together, remove from heat.
2. When dough is cool enough to handle, knead until smooth.
3. Form into a ball. Divide into as many colors as you'd like to make.
4. A single batch makes a good amount for four colors. Add food coloring into the dough, to protect your counters, knead over wax paper & rubber gloves.

Indian Donuts

Version 1 - By Betts Doxtator
Ingredients:
1 tbsp. cinnamon
1 tbsp. ginger
1 tbsp. nutmeg
1 tsp. salt
¾ cup sugar
1 tsp. vanilla
3 eggs
1 ¾ cups milk
4 cups flour
3 heaping tbsp. baking powder
1 cup raisins (optional – soak in water at least an hour prior)
Cooking oil

Directions:
1. Make sure milk is a little above room temperature.
2. Mix dry ingredients together.
3. Mix wet ingredients together.
4. Add wet to dry.
5. The trick is to add enough flour to make the dough roll out without being sticky. Roll approximately ¼” thick.

Version 2 - By Nahnda Garlow
Ingredients:
2 eggs
1 cup buttermilk
1/2 cup melted butter
1 cup sugar
2 tsp. baking powder
1 1/2 tsp. salt
1 1/2 tsp. nutmeg

Directions:
1. In a large bowl mix together eggs, buttermilk & butter. In a smaller bowl mix together the sugar, baking powder, salt & nutmeg. Now add the dry sugar mixture to the wet egg mixture in the large bowl. Mix it all together.
2. Slowly mix in 4 cups of flour, 1/2 cup at a time. Give or take 1/2 cup depending on how sticky the dough comes out. The dough will come together similar to scone dough, tough enough to roll but still soft.
3. Stick dough in the fridge for an hour.
4. Heat about 2 inches of grapeseed oil, sunflower oil or lard in a deep stainless steel frying pan or skillet on medium to medium high heat.
5. Roll out the dough on a floured surface to about 1/2” thick. Then cut up that dough into whatever shape you want. Some old folks used to make donut dolls.
6. Carefully slide donuts into the oil, cooking them in small batches of about 3 or 4 at a time. Then they get nice and puffy & brown on one side (which takes about a minute or two), flip them over. After both sides are done, remove from the oil and set on some brown paper bags or paper towels to drain of the excess oil. Let the cool for a bit, then enjoy!