Onöndowa′ga:′ Gawë:nö′ Nadö:diyeö:je′ koh Department 12857 Route 438 Irving, NY 14081

Editor: Samantha Jacobs
Articles contributed by Onöndowa′ga:′ Gawë:nö′ Nadö:diyeö:je′ koh staff

Gano′gat dates to remember:
7th - World Health Day
8th - Women’s Gathering, Stanley Huff Heritage Center, 10am - 12noon
22nd - Earth Day
26th - 27th - Gawai:yoh Symposium, ACC, 8:30am– 3:30pm
27th - Arbor Day

Gae:wanöhge′ V10i4 Gano′gat Dekni:h 2018

Daswöndio:go'

The Onöndowa′ga:′ Gawë:nö′ Nadö:diyeö:je′ koh department will be collaborating with the Cattaraugus Community Center staff for our summer program. We will be offering four age groups broken down by grade level: Pre-K - K, 1st - 3rd, 4th - 6th, 7th - 8th. To maintain an appropriate student/teacher ratio, as of right now, each groups student limit is as follows: Pre-K (10), 1-3 (20), 4-6 (20), 7-8 (10). Acceptance will be on a first come first served basis. Be on the look out for applications soon!

Updates to the Stanley Huff Heritage Center are steadily progressing. Once they are all complete, a grand opening of the building will be held. Be on the look out for more information soon.

On March, some of our department staff and a group of community dancers went to the Hamburg School district to give a Haudeno-saunee song and dance presentation. This was a rescheduled event due to the winter storm that shut down much of western New York a few weeks before. On page Wis you will find a few pictures from the event. Spring break means our own Cattaraugus Community Fair is happening! The department is hosting a Toy Walk on Monday April 2nd from 6pm - 9pm. We figured this would be a more fun and healthier option than cakes! Stop down to the Cattaraugus Community Center for your chance to win a toy for you or your loved ones.

Please feel free to contact the Onöndowa′ga:′ Gawë:nö′ Nadö:diyeö:je′ koh Department if you have any comments or questions at (716) 532-8161. We will be happy to assist you in anyway we can.

Gawë:nö′ lesson: Jinöhdaiyö:′- Mouse

Here is another song to sing with your hadiksa′shö:öh, the Onöndowa′ga:′ version of three blind mice. Enjoy!

In Onöndowa′ga:′
Jinöhdaiyö:, Jinöhdaiyö:
neh yagö:gweh, De′wë:dö:h de′sa:gë:h ne′ na:yawëh
A:shagodishë:, ne′ yagö:gweh, Jinöhdaiyö:, Jinöhdaiyö:

In Ganyo′ö:ka′
Mouse, Mouse
Three of them, three of them,
They chased her the woman, Never you haven’t seen it it happened,
They’re chasing her the woman Mouse, Mouse

Oga′sda:′ - Mud, Oga′sdeo′ - Muddy, Onya′geo′ - Mud puddle/Marsh, Oga′sdeonyö′ - Mud in water here and there
<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Syracuse University Native Outreach Day</td>
<td>April 21st</td>
<td>10am - 2pm</td>
<td>Syracuse University</td>
<td>Information sessions, lunch &amp; men’s lax game&lt;br&gt;For more info: <a href="mailto:RaJones@syr.edu">RaJones@syr.edu</a></td>
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<tr>
<td>SNI State of the Nation Address</td>
<td>April 7th</td>
<td>11am - 1:30pm</td>
<td>Cattaraugus Indian Reservation Volunteer Fire Department&lt;br&gt;Cattaraugus Indian Reservation Volunteer Fire Department&lt;br&gt;Featuring: Todd Gates, SNI President&lt;br&gt;For more info, call: 716-532-4900</td>
<td></td>
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<tr>
<td>Teen Craft Club</td>
<td>Mondays</td>
<td>6pm - 8pm</td>
<td>Stanley Huff Heritage Center</td>
<td>Free and open to teens.&lt;br&gt;Collaborative projects with members of the SNI Cattaraugus Language Department &amp; Native Roots Artists Guild&lt;br&gt;For more info, call: 716-532-8161</td>
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<tr>
<td>Natural Gas Expansion Project</td>
<td>April 25th</td>
<td>6pm - 8pm</td>
<td>Cattaraugus Community Center,</td>
<td>Learn more about SNI Utilities dept. Phase 1 of the Natural Gas Distribution System Expansion Project&lt;br&gt;For more info, call: 716-532-4900</td>
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<tr>
<td>Nancy Best Benefit &amp; Social</td>
<td>April 13th</td>
<td>5pm - 9pm</td>
<td>Tuscarora Nation House</td>
<td>Dinner, Basket Raffle, 50/50&lt;br&gt;Social featuring Buffalo Creek Singers&lt;br&gt;For more info, call: 716-501-1727</td>
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<td>Tonawanda Agriculture Society Spring Bingo</td>
<td>April 8th</td>
<td>5pm, first call at 6pm</td>
<td>Tonawanda Indian Community House</td>
<td>Darien Lake passes, a pool &amp; other prizes!</td>
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Haudenosaunee Seed Exchange
April 7th
10am - 12pm
993 Hwy 54, Ohsweken, ON
Seedkeepers Gathering
Medicinal plant knowledge, Sharing circle & open discussions
For more info, call: 519-717-4077

Seed Exchange & Moon Cycle Planning
April 8th
4pm - 7pm
Allegany Community Center
Presented by Food Is Our Medicine,
Bring seeds to exchange
For more info, call: 716-801-0116

Suicide Prevention Workshop
April 11th
9am - 12:30pm
HIS Lockport Service Unit
150 Professional Parkway,
Lockport, NY
To register, call: Ann Printup at 716-280-3850

Strengthening By Remembering Our Way Of Life
April 13th - 15th
9am - 7pm
Cattaraugus Community Center
Free event, Speakers & Demonstrations
For more info: https://allevents.in/irving/strengthening-by-remembering-our-way-of-life/176530042988792

The Law is in the Seed
May 15th
9am - 3pm
Six Nations Community Hall,
1738 Fourth Line, Ohsweken, ON
Real People Eat Real Food
$55 fee, film screening, various speakers
For more info: CFMaracle2@aol.com

Benefit for Leona Sky Henhawk - Steeprock
April 22nd
1:30pm - 4:30pm
Cattaraugus Community Center
Lasagna dinner, Chinese Auction, 50/50
Benefit to help with funeral expenses

Oga'sdä' - Mud, Oga'sdeo' - Muddy, Onya'geo' - Mud puddle/Marsh, Oga'sdeonyö' - Mud in water here and there
Teen Craft Club Update

By Gayawëö:wi’

Hayden Haynes, a carver with the Native Roots Artists Guild, stopped by on Monday, March 26th. Hayden is a self taught carver who works with antlers to create beautiful pieces of art. He is currently working on some larger pieces.

Bars of ivory soap are used to teach basic carving techniques because the soap is soft and easy to work with for beginners. The teen craft club kids used the soap to make simple carved figures. They first attempted to make an eagle profile, to wide success. Each successive figurine was a little harder to make and needed more concentration as well as a delicate touch with the (plastic) carving knife. The group attempted to make a turtle as their second carving. At least one of the crafters had attempted to do one before but was unsuccessful. This time around wasn’t much better. The carving of the shell went well but when it came time to carve out the head and tail, the poor turtles ended up amputees. As Hayden was quick to point out, that can happen with actual antler carvings as well. Part of the process of creating is learning how to make the best out of any mishaps. Once a carving breaks, there’s no trying to glue something back on, the piece will just become something else. The kids then started the last carving which was a wolf howling at the moon. This particular carving seemed to better suited for the group. As their third attempt at carving, they were much better as being able to “see” the carving as they were making it, which lead to finished pieces. The Teen Craft Club would like to say We:so’ Nya:wëh to Hayden Haynes for coming in to share his art with them!

Pictured on the left: (L to R) Hayden Haynes, Lucille Jimerson, Tehya Redeye, Autumn Pierce. Below are some of the ivory soap carvings, can you see the eagles and the wolves?

Photo credit: Mary Jacobs
Stress Awareness Month

According to a Special Health Report from Harvard Medical School, stress doesn’t have to ruin your life or your health. Constant stress - whether from a traffic-choked daily commute, unhappy marriage, or heavy workload - can have real physical effects on the body. It has been linked to a wide range of health issues, including mood, sleep, and appetite problems - and yes, even heart disease.

The connection between chronic stress and heart disease isn’t well defined. It has been suggested that stress triggers inflammation, a known instigator of heart disease, but that hasn’t been proven. “I think the conventional opinion is that stress is bad for your heart, but the data are more murkier,” says Dr. Deepak Bhatt, director of the Integrated Interventional Cardiovascular Program at Brigham and Women's Hospital.

Yet stress may influence heart disease in more subtle ways. “Stress does cause some people to act in ways that increase their risk for heart disease,” Dr. Bhatt says.

For example, when stressed, people often eat unhealthy food and don’t have the energy or time to exercise. Stress can also lead us into other heart-damaging behaviors, such as smoking and drinking too much alcohol.

Breaking the connection requires both learning to deal with stress and managing unhealthy habits. These five simple tips can help you do just that.

1. Stay positive. Laughter has been found to lower levels of stress hormones, reduce inflammation in the arteries, and increase “good” HDL cholesterol.
2. Meditate. This practice of inward-focused thought and deep breathing has been shown to reduce heart disease risk factors such as high blood pressure. Meditation’s close relatives, yoga and prayer, can also relax the mind and body.
3. Exercise. Every time you are physically active, whether you take a walk or play tennis, your body releases mood-boosting chemicals called endorphins. Exercising not only melts away stress, it also protects against heart disease by lowering your blood pressure, strengthening your heart muscle, and helping you maintain a healthy weight.
4. Unplug. It’s impossible to escape stress when it follows you everywhere. Cut the cord. Avoid emails and TV news. Take time each day - even if it's for just 10 or 15 minutes - to escape from the world.
5. Find ways to take the edge off your stress. Simple things, like a warm bath, listening to music, or spending time on a favorite hobby, can give you a much-needed break from the stressors in your life.


Hamburg Middle School Visit

On March 16th, from 9am to 2pm, a group composed of Gowanda school kids, Darice Sampson and several of our department staff performed three one-hour dance presentations at the Hamburg Middle school. Below are some action shots of the group, good job everyone!

Photo credits: Ashley Henhawk & Marty Jimerson Jr.

Oga’sdâ’ - Mud, Oga’sdeo’ - Muddy, Onya’geo’ - Mud puddle/ Marsh, Oga’sdeonyö’ - Mud in water here and there
Long ago, in a village near the sea, many Indian people were living. Among them was a very nice old warrior who had been given great power at his birth, and who, therefore, could do many wonderful deeds. There was nothing that was beyond his understanding, for he knew all things. His wife had long been dead, but he had one daughter. She was very beautiful and gentle, and she was as nearly perfect as any woman could be. She took no interest in frivolous things and she lived a very quiet life, but all the people liked her well, and she was always welcome wherever she went. Her old father was very proud of her, and he said boastfully, "She has inherited much of my wisdom, and some day she will marry a great man." But the girl on her part had little thought of marriage or of men, for she said they had small minds, and she would rather live alone than listen always to their boastfulness and their foolish chatter.

Soon the daughter's fame spread far and wide through the sea-coast villages, and many suitors came seeking for her hand. But her father said, "I have nothing to say. She will make her own choice. She must please herself. For today children please themselves and not their parents." And she said, "I will marry only someone who can amuse me and interest me and keep me company. I have scant liking for dull people." One day Loon came to see her. He was very good looking and his neck was a bit longer and more scrawny than ordinary, but he wore good clothes and he had great skill as a marksman. And his eyes. He was truly blind, and Whirlwind always had to lead him along wherever he wished to go. So Rain said, "If you are leaving the village, I want to leave it too, for I cannot live here without you. I will be helpless if I have no one to lead me." So the two set out together, Whirlwind leading old Rain along by his side. Where they went no man knew, for they had told nobody of their destination. They were gone for many months before the people missed them very much. Then their absence began to be felt in all the land, for there was no wind and there was no rain.

At last the Chief summoned a council, and the decree of banishment against Whirlwind was revoked. The people decided to send messengers to the two wandering ones to tell them what had happened and to bring them back. So they first sent Fox out on the quest. Fox went through the land for many weeks, running as fast as he could over high wooded mountains. He searched every cave and crevice, but he had no success. Not a leaf or a blade of grass was stirring, and the country was all parched and dry. At last, after a fruitless search, he came home getting dry. At last, after a fruitless search, he came home and turning over logs and great ideas and her decision to stay single all her life. One of the great men of the village was Whirlwind. He could make himself invisible, and he was often guilty of many wicked pranks. So the young men went to him and asked his aid in humbling the pride of the haughty maiden. As they were talking to him, they saw the girl approaching not far off. And quite unawares, Whirlwind rushed towards her and knocked her down in the mud and tore her hat from her head and swept it into the sea. The young men looked on at her plight and they all laughed loudly, and the girl was very much ashamed. She went back home and told her father what had happened, and showed him her soiled clothes and her blown hair falling about her face. Her father was very angry, and he said, "Whirlwind must pay for this. He shall be banished at once."

Then her father went to the Chief and made complaint against Whirlwind, and the Chief decreed that Whirlwind must leave the village forthwith. He did not consider very carefully what the result of this decree might be, and he acted hastily and without thought, for he feared to differ from the wise man. So Whirlwind prepared to leave the place. Now his best friend was Rain. Rain had been born without eyes. He was truly blind, and Whirlwind always had to lead him along wherever he wished to go. So Rain said, "If you are leaving the village, I want to leave it too, for I cannot live here without you. I will be helpless if I have no one to lead me." So the two set out together, Whirlwind leading old Rain along by his side. Where they went no man knew, for they had told nobody of their destination. They were gone for many months before the people missed them very much. Then their absence began to be felt in all the land, for there was no wind and there was no rain.

Then the people called on Bear to continue the search. And Bear went lumbering over the earth, sniffing the air, and turning over logs and great (continued on page ja:dak)
Gaga': time: Why Sparrows know when it will rain (cont.)

(Continued from page ye:i`) rocks with his powerful shoulders, and venturing into deep caverns. And he made many inquiries, and he asked the Mountain Ash, "Where is Whirlwind?" But Mountain Ash said, "I do not know. I have not seen him for many months." And he asked the Red Fir, and the Pine, and the Aspen, which always sees Whirlwind first, but they were all ignorant of his whereabouts. So Bear came home and said, "Not a trace of either of them have I found."

The Chief was very angry because of the failure of Fox and Bear, but the wise man said, "The animals are useless in a quest like this. Let us try the birds. They often succeed where the animals fail." And the Chief agreed, for the land was in great distress. Many fishing-boats lay silent on the sea near the coast unable to move because Whirlwind was away, and the wells and streams were all dry because Rain was absent, and the grass and the flowers were withering to decay. So they called the birds to their aid. The great Crane searched in the shallows and among the reeds, thrusting his long neck into deep places, and Crow looked among the hills, and Kingfisher flew far out to sea, but they all came back and said, "We, too, have failed. The wandering ones are nowhere on the land or upon the sea." Then little Sparrow took up the search. Before he set out, he plucked from his breast a small down-feather and fastened it to a stick no bigger than a wisp of hay. He held the stick in his bill and flew off. For many days he went towards the south-land, all the time watching the feather hanging to the stick in his bill. But it hung there motionless. One day, after he had travelled a great distance, he saw the down-feather moving very gently, and he knew that Whirlwind must be not far away. He went in the direction from which the feather was blowing. Soon he saw beneath him soft green grass and wonderful flowers of varied colors, and trees with green leaves and many rippling streams of running water. And he said to himself, "At last I have found the wanderers." He followed a little stream for some distance until it ended in a cave in the hills. In front of the cave many flowers were blooming and the grass was soft and green, and the tall grasses were nodding their heads very gently. He knew that those he was seeking were inside, and he entered the cave very quietly. Just beyond the door a fire was smoldering and near it lay Rain and Whirlwind both fast asleep. Sparrow tried to wake them with his bill and his cries, but they were sleeping too soundly. Then he took a coal from the fire and put it on Rain's back, but it spluttered and fizzled and soon went out. He tried another, but the same thing happened. Then he took a third coal, and this time Rain woke up. He was much surprised to hear a stranger in the cave, but he could not see him because he was blind. So he woke up Whirlwind to protect him.

Then Sparrow told them of the great trouble in the North Country and of the great hardship and sorrow their absence had brought to the people, and of how sadly they had been missed and of the decision of the council to call them back. And Whirlwind said, "We shall return tomorrow if we are so badly needed. You may go back and tell your people that we are coming. We shall be there the day after you arrive." So Sparrow, feeling very proud of his success, flew back home. But when he arrived after many days, he went first to his own people to tell them the good news. And the Sparrow-people all gathered together and held a feast of celebration, and they twittered and danced and made a great hub-bub in their excitement because Rain was coming back on the following day. Then Sparrow went to the Chief and said, "Oh, Chief, I have found Rain and Whirlwind and to-morrow they will be here," and he told the story of his flight to the south and of his discovery. And the Chief said, "Because of your success, you will never be hunted for game or killed for food."

The next morning the two travelers who had been so long away came back to the land. Whirlwind came first and great clouds of dust foretold his coming, and the sea dashed high against the rocks, and the trees shrieked and tossed their heads, all dancing gaily because of his return. When Whirlwind had passed by, Rain came along following close, because of his blindness. For several days Rain stayed with the people and the flowers bloomed and the grass was green again and the wells and streams were no longer dry. And since that time Wind and Rain have never long been absent from the Atlantic Coast. And to this day the Sparrow-people know when Rain is coming, and to signal his approach they gather together and twitter and hop along and make a great hub-bub, just as they did when their ancestor found him by means of his down-feather in the olden days. But the people have been true to the Chief's promise, and they will not hunt Sparrows for game nor kill them for food or for their feathers. For they remember that of all the birds it was old Sparrow who long ago searched successfully for the Rain.
HELP WANTED: Find the Lost Ladybugs!

The nine spotted and two spotted ladybugs are native to our area and are slowly being wiped out by invasive Asian ladybugs. To celebrate Earth Day, help scientists track down our native ladybugs by finding, photographing and uploading the pictures to the Lost Ladybug Project.

**Step 1:** Find some ladybugs and carefully catch them using a durable cloth bag or net. Especially look for the bugs like the two pictured below (enlarged to show the correct placement of the spots).

**Step 2:** Cut out this Square for photographing the ladybugs.

**Step 3:** Photograph the bugs on the grey area of the square. Write down where you found the bugs, how you collected them, time, date, weather and habitat. Upload the photos to www.LostLadyBug.org/Form/index.php

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**Gakö:ni:h Ganö’ja’ - Pickled Wild Leeks (ramps)**

**By Emily Alexander**

**Ingredients:**
1 cup white wine vinegar
1 cup sugar
1 cup water
1 teaspoon mustard seed
1 teaspoon coriander seed
1 teaspoon fennel seed
1 teaspoon red peppercorns
1 teaspoon white peppercorns
1 bay leaf
2 pounds ramps, cleaned and trimmed
Kosher salt for blanching
1 tablespoon salt for the pickling liquid

**Utensils:**
Knife
Cutting board
Large stock pot
Colander
Saucepan
Measuring cups & spoons

**Canner**
Sterile mason jars
Sterile lids

**Directions:**
1. Trim the ends off of the ramps and cut down the leaves leaving about 1/4 inch of green, saving the green ends for another purpose. Wash the ramps under cool, running water.
2. Blanch the ramps quickly (30 seconds) by dropping them in a large pot of salted, boiling water, and then shock them in ice water. Drain the ramps well and place them in a mason jar.
3. Combine the vinegar, salt, sugar, and water in a saucepan and bring to a boil. Add the bay leaf, mustard seeds, coriander, pink and white peppercorns, and fennel seeds.
4. Pour the hot vinegar mixture over the ramps in the mason jar and let cool, sealing by traditional canning methods or simply placing in the refrigerator.

Image: www.theseasonalgourmet.ca/category/wild-leeks-ramps/

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**Gawë:nö́’, Ësajä’dak gi:**
**Éyögwahdö́:’**

**O’nöhsowanës**
**Leeks (Big Onions)**