Summer is starting to wind down. Hard to believe but, five weeks of our summer program have come and gone. We have one more week of summer program left. We look forward to sharing with the parents and families of our students our progress and projects we have made so far.

In the next issue of Gai:wanöhge’ be on the look out for a recap of our summer program as well as a little bit about all the students our program a success! Planning for fall classes is underway. If you or your department/group/program is interested in having an Onöndowa’ga:’ Gawahö:’ class, please contact the Cattaraugus language & culture department at 716-532-8161!

Please feel free to contact the Onöndowa’ga:’ Gawahö:’ Nadö:diyeö:je’ koh Department to sign up for any classes, if you have any comments or questions at (716) 532-8161.

Gawë:nö’ lesson: Medicinal Plants

In Onöndowa’ga:’
1. One:kwa’
2. Onëhdowanëhs
3. Osgwai’da’
4. Ga:nöwö:s
5. Gajihsö:dö:ta’
6. O:ga‘sah
7. Otohit’syöh
8. Ganöwëhdagwa’
9. Onëhde:sös
10. Gëöshä’
11. Awëöniyö:n
12. Gwë’gonyë’ ohdahgwa’
13. O:nöhsowa:nës
14. Adeonosha’
15. Onöhsä:gä’
16. Awëöni:yö:n
17. Deya:öh

In Ganyo’ö:ka’
1. Bloodroot
2. Burdock
3. Colt’s Foot
4. Cowslip
5. Dandelion
6. Dog-tooth Violet
7. Ground Pine
8. Hepatica
9. Indian Poke
10. Jack-in-the-Pulpit
11. Jewel Weed
12. Lady’s slipper
13. Leeks
14. May Apple
15. Milkweed
16. Touch-Me-Not
17. Plantain
Beginner’s Seneca Language Classes

Tuesdays
1:30pm - 3:30pm
Seneca Strong, 983 RC Hoag Dr.,
SNI Allegany Territory
Open to all community members
For more info, call: 716-945-8413

Music in the Museum Amphitheatre

Wednesdays through Aug. 21st
6pm - 7pm
SINM Amphitheatre,
SNI Allegany Territory
Presented by the Allegany State Park & the
Seneca Iroquois National Museum
For more info, call: 716-945-1790

Open Bead Group

Tuesday Evenings
5:30pm - 8:30pm
Stanley “Sully” Huff Heritage Center, SNI Cattaraugus Territory
Beaders of all levels welcome, Bring your Fall Festival beading projects down and join the fun. Potluck dishes welcome!

Tonawanda Field Days

Aug. 3rd - 4th
Logan Field,
275 Council house Rd, Basom, NY
Lacrosse, corn hole & sand volleyball tourneys
Smoke dance, Pie & Frybread contests
5k run, chicken bbq & live music
For more info, call: Dale Jonathan at 716-542-4244

Medicines from the Earth class

Aug. 20th - Sept. 17th
5:30pm - 8:30pm
NACS, 1005 Grant St., Buffalo
Facilitated by Jay Rehm
Learn about the properties of local plants and how to use them as natural remedies.
To register, call: Jill Morris at 716-874-2797 x 339

Outdoor Movie Night

Aug. 13th
8pm - 10:30pm
Ballfield, Am. Legion Post 1587
Feature: Dumbo
Pizza while supplies last
For more info, call: 716-532-5583
A long time ago, a group of People settled near a river. A Monster frog forbade these people the use of the water. As time went on, some died from thirst. One of their Chiefs, Gluskabe, came to help them. He saw how sickly his people seemed. He asked them, "What is your trouble?"

"The Monster is killing us with thirst. He forbids us water."

"I will make him give you water," Gluskabe replied. The people went with their Chief to see the Monster frog. The Chief said to the Monster, "Why do you abuse our grandchil-

ment of our good people. I will give them water, so all will have an equal share of the water. The benefits should be shared."

Gluskabe suddenly grabbed the Monster frog and broke his back. From thenceforth, all bullfrogs are broken-backed. Even then, the Monster did not give up the water. So Gluskabe took an axe and cut down a large yellow birch tree, so that when it fell down, the yellow birch tree killed the Monster frog.

That is how the Penobscot River originated. The water flowed from the Monster frog. All the branches of the yellow birch tree became creeks, and all emptied into the main Pe-
obscot River.

Now, all of the Penobscot Indians were so thirsty, some even near death, that they jumped into the riv-
er to enjoy the water inside and out-
side. Some of them turned into fish; some turned into frogs; some turned into turtles. A few human Penobscots survived. That is the reason they in-
habit the whole length of the Pe-
obscot River.

From: http://www.indigenouspeople.net/
waterfam.htm

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From: http://www.indigenouspeople.net/
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Gakö:ni:h Ganö’ja’- Zucchini Tots

**Ingredients:**
1 cup zucchini, grated
1 egg
1/4 of an onion diced
1/4 cup sharp cheddar, grated
1/4 cup dry breadcrumbs
Salt and pepper to taste

**Utensils:**
Grater
Measuring cups & spoons
Mini muffin pan
Medium bowl
Dish towel / cheese cloth
Spoon

**Directions:**
1. Preheat oven to 400°F. Grease a mini muffin tin with cooking spray.
2. Grate the zucchini into a clean dish towel. Wring all of the excess water out of the zucchini that you can. It won’t be much but every little bit counts.
3. In a medium bowl, combine all of the ingredients and season with salt and pepper.
4. Fill each muffin section to the top, pushing down on the filling with your spoon so it’s nice and compacted. Otherwise they’ll fall apart more when you try to take them out of the tin.
5. Bake for 15-18 minutes in preheated oven. The top will be starting to golden. To easily remove from the pan (without scratching it to death), run a plastic knife around the edges of each tot and they should come right out.

Recipe Note: The sharp cheddar can be substituted with whatever cheese you have on hand.

Editors’ note: I’m always on the look out for new zucchini recipes. As summer goes on, anyone who has ever planted zucchini knows, you end up with loads of monster sized zucchini! Finding new ways to cook them is always a fun experiment and tasty to boot! If you have any zucchini recipes you would like to share, please email them to: Samantha.Jacobs@sni.org

Recipe from: https://www.thetwobiteclub.com/2012/04/zucchini-tots.html