

From Following Buffalo to Trading Posts to Treaties!



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This is my Grandmother, or should I say, "Nohkom!" Nohkom is very special, not just to me and to my family; she is also very special to my community. Nohkom is an Elder; she is a very wise woman, a woman with immense knowledge and understanding of our First Nation's history, traditional teachings, ceremonies, and healing practices.

Nohkom is an amazing educator! Her fabulous stories are filled with fascinating teachings, just like her exciting heritage tours. Nohkom's heritage tours allow our Cree community to learn all about our history and our culture. According to Nohkom, this knowledge is very important because it teaches us who we are and where we come from. This knowledge also helps us to better understand the ever special and important treaty agreements between the First Nations and the Canadian Crown.

Recently, I went on one of Nohkom's heritage tours. Talk about a terrific tour; a terrific tour worth talking about!



Nohkom began her heritage tour with a stupendous slideshow about the Plains region. Nohkom used amazing photographs to help her describe the region. Nohkom's photographs captured the flat gigantic grasslands of the Plains, their small rolling hills, the valleys, and the rivers that often run through them. My favourite photograph showed both animal and Cree life on the Plains; life from thousands of years ago!

Nohkom ended her slideshow with a powerful fact: "The First Nations, including our Cree nation were the first people to live on the Plains. We were the **FIRST** people, and for thousands of years, the **ONLY** people to live on the Plains. We lived happily, and in harmony with **Mother Earth**, and all her precious gifts."

