

# LLRC FULL CIRCLE 2020

*Denegódhé asíe ghanjít'eth ha beghonít'a  
mamāhtawimihtānihk ki-toskayāmināwahk*

*Empowering Our Youth*



## Nicole Standinghorn

I'm Nicole Standinghorn, I'm a grandma, a mother, a wife and so much more. I am a true believer of reconciliation between our people and our traditions. I was raised by my maternal grandmother with strong morals in a traditionalist household setting. On my paternal side my great-grandmother was a harvester like myself, my great grandfather was a medicine man and my aunt is also a harvester. Which is most likely why I have an old soul and lead an old-fashioned way of life.

I have been married for 29 years, my husband and I have 4 children and 9 grandchildren. Our whole family harvests together. I reside on Sweetgrass Cree Nation, that is also where I run my business NeepSee.at NeepSee we follow proper protocols when harvesting and take a lot of care and attention to it. Some disagree with it, and some agree. Many people now days don't have the time or energy harvest plants. As we all know is very labour intensive. Health food stores sell all of these roots and herbs but most are in a capsule form. Most of our products are not available in our region which in these instances can get costly. Our Bear Root we gather in Cranbrook BC, diamond willow fungus in North east BC, Chaga in the Yukon and NWT.

### Reconciliation and Medicines

This session will inform the participant about how there is a need for our people to have access to medicinal alternatives. We are nehiyowak and our prices are more then competitive then our non native suppliers. This is simply our stance and everyone is entitled to follow what they believe to be what is right and wrong.

*Land, Language, Relationships and Culture*