Our Relationship with the Land

First Nations of Saskatchewan, Current Day
Essential Question

How are people connected to the land?

Let's Explore!

Think about your relationship with the land as you explore these questions with Naomi and Ivan.

- How is Saskatchewan's geography unique?
- What has influenced where people live in Saskatchewan?
- How does geography affect the way people live?
- How does climate affect the way people live?
- How do traditional worldviews shape First Nations and Métis peoples' relationship with the land?
- What changes did the railway bring?
- Why were treaties made?
- How do treaties affect the way people live?

Your Challenge

Interview older relatives, family friends, and other people in your community about their relationship with the land in the past and today. Create a podcast or an audio recording of your findings. When you see YC throughout this unit, consider how the questions link to your research.
How does geography affect how and where people live? Read Naomi’s story. Then discuss how she might answer this question.
A Special Connection

My name is Naomi. I was born on Keeseekoose First Nation, but now I live in Saskatoon. The land is very special to me and to all people in Saskatchewan.

I always look forward to visiting my reserve and my relatives who live there. I love berry picking with my Nōkō (grandmother). Sometimes I take part in culture camps where my friends and I set up tipis like those my ancestors lived in. Tipis used to be made of animal hides. Today, we use canvas.

These activities are special to me. They remind me how important it is to stay connected with the land. My Nōkō says the land is part of what makes me Nakawēwikwe [nu-ku-way-e-kwe].

I remember fishing with her one summer day. She shared a story with me that she learned from her grandmother about how the people hunted the moose. I knew to be quiet and to listen. At the end of the story, she began packing up our fishing gear. She said a storm was coming and we needed to get inside. I didn’t understand. It seemed like a beautiful day.

She then asked if I could still hear the birds. I couldn’t. She said many birds take shelter if a storm is approaching. She also showed me how the leaves on some trees were turning upward. She said this was another sign of a storm. “Being connected to the land helps keep us safe, Naomi.”

I held her hand as the rain started to fall. We ran the last few steps home.

INQUIRING MINDS

1. What does it mean to be connected to the land? How are you connected to the land?
2. What have you learned from older family members about your past?
3. What do you think people find most challenging about the land?
How is Saskatchewan’s geography unique?

geography the study of Earth’s surface, climate, and natural resources, and how people interact with those features

The geography of Saskatchewan has led to some special nicknames, such as “land of the living skies” and “breadbasket of Canada.” Saskatchewan is located on the continent of North America in the country of Canada. It is Canada’s only province with entirely human-made boundaries. There are no bodies of water or mountain ranges that create natural borders for the province.

What’s in a name?

Canada’s Indigenous Peoples have words and stories that relate to the features of the land. The name Canada comes from a First Nations word that means “village” or “settlement.” The name Saskatchewan comes from a Cree word that means “swift-flowing river.”

Map of North America

Find Saskatchewan on both maps. Which provinces and territories in Canada border Saskatchewan? How would you describe where Saskatchewan is located in Canada? in North America? in the world?
Map of Saskatchewan

▶ Saskatchewan's Geographic Centre
The geographic centre of Saskatchewan is located near Molanosoa. The majority of the Saskatchewan population lives south of the geographic centre. Name some of the places close to the geographic centre of Saskatchewan.

▲ Compare the features of the land in this photo, taken near the geographic centre of Saskatchewan, to those in the area where you live. How are the features the same? How are they different?

LEARNING TIP
A compass rose shows the directions north, south, east, and west. Use the compass rose on the map to describe to a partner where some of Saskatchewan's cities, towns, and villages are in relation to the geographic centre.
Indigenous Peoples long ago described the land in terms of such features as valleys, rocks, and steep hills known as buttes. Environment Canada developed the ecozone system as a way to study the land and compare features across the country.

Boreal Plain winters are long, cold, and snowy. Summers are short, but warm and moist. The land consists of low-lying valleys and flat plains. There are many rivers and small lakes. Vegetation includes jack pine, black spruce, white spruce, tamarack, trembling aspen, and birch. Shrubs such as highbush cranberry and dogwood are common. This ecozone supports a wide variety of wildlife, including beavers, elk, black bears, moose, grouse, rabbits, warblers, hawks, walleye, northern pike, and lake trout.

LEARNING TIP
A map key explains the colours and symbols used on a map. How does the key help you read this map? How could the key be improved to make the map easier to read?

△ Which ecozone do you live in? What landscape features do you think Indigenous [in-DIDGE-i-nuhs] Peoples might have used to describe the area where you live?
An ecozone is a geographic region that has unique characteristics. Climate, plants, wildlife, and landforms such as hills and valleys are all part of an ecozone.

The Taiga (t-EYE-guh) Shield has long, cold winters and short, cool summers. There is very little rainfall in this ecozone. The soil is mostly frozen. The land is rocky, with low, rolling hills. Wetland plants, shrubs, lichens, and trees such as jack pine, white spruce, and birch grow here. Wildlife includes caribou, wolves, snowshoe hares, arctic terns, grouse, and arctic grayling.

The Boreal Shield has long, cold winters and short, cool summers. The soil varies from rocky to sandy. This ecozone has rolling hills and many lakes and rivers. Vegetation is mixed, with wetlands and trees such as black spruce, white spruce, jack pine, balsam fir, poplar, and birch. Wildlife includes black bears, arctic fox, deer, lynx, hawks, loons, lake trout, northern pike, toads, and frogs.

The climate in the Prairie ecozone consists of long, cold winters and short, hot summers. The land is gently rolling. Prairie soil is well suited to growing grain. Grasses, flowering plants, shrubs, poplar, and lodgepole pine grow naturally here. This ecozone is also a source for traditional plants used by Indigenous Peoples. Rose hips, seneca root, and saskatoon berries are harvested in this ecozone. Wildlife includes pronghorn, elk, deer, badgers, rabbits, sandpipers, sparrows, turtles, snakes, and frogs. Fish species include lake sturgeon, walleye, rock bass, and yellow perch.

ecozone a region of Earth's surface that has similar geographic characteristics, plants, and animals
climate the type of weather an area usually receives, based on the weather in that area over a long period of time
Rescuing Plants and Wildlife at Risk

Nature Saskatchewan works with rural landowners to preserve rare plants and endangered animals and habitats on privately owned property. As part of the Stewards of Saskatchewan program, landowners are voluntarily helping to protect the burrowing owl, piping plover, and loggerhead shrike, and such rare plant species as buffalo grass and Western spiderwort. The landowners, as stewards or caretakers of the land, agree not to disturb or negatively affect the habitat where at-risk species have been sighted.

In 2012, the program involved 550 landowners working to conserve 96,000 hectares of habitat.

Thinking Critically

What actions can people take to protect Saskatchewan’s ecozones?

Thinking It Through

Key Ideas

1. What are the features of Saskatchewan’s geography that make it unique?

2. Identify one benefit people living in each ecozone might receive and one challenge they might face. 

Thinking Creatively

3. Choose one of the ecozones in Saskatchewan and create an advertisement that might attract newcomers to live in this region. Which features will you promote? Present your ad to the class. Justify what you included in your ad. What, if anything, did you leave out? Why?
What has influenced where people live in Saskatchewan?

What features do you see in this photo of Cumberland House, Saskatchewan, that might draw people to live here? If you were planning to locate somewhere else in the world, what features would you look for?

First Nations Communities

Long before Europeans arrived, First Nations peoples lived in harmony with the land and developed cultures that respected the environment. It was not an easy life. Hunting and gathering what was needed to live depended on the season.

First Nations in the North

First Nations peoples travelled to different areas at certain times of the year to be close to water and food sources. The Denesuline travelled with the caribou herds in the North. Northern First Nations peoples also depended on the many fish that lived in the lakes and rivers.
First Nations in Central and Southern Saskatchewan

The Nakawēwiniwak, Očeti Šakowin, and Nēhiyawak hunted bison, which moved constantly to find food. Only in winter did the bison herds stay in one place, which meant First Nations peoples could stay as well.

First Nations peoples also hunted moose, elk, and deer; trapped smaller animals, such as beavers and rabbits; and caught sharp-tailed grouse. Other food sources included wild onions, mushrooms, wild turnip, and different berries, which were eaten fresh or dried for winter.

Before horses were used, dogs helped transport tools, food, and shelter materials to different locations. Plains First Nations used the dog travois [tra-WWAH], which was a wooden frame that was attached to a dog with a leather harness. In the North, the Dene’s furs used dog teams with sleds.

European Newcomer Communities

Explorers and traders, who began arriving from Europe in the late 1600s, wanted access to Saskatchewan’s natural resources, especially furs. They relied on First Nations peoples’ knowledge of the environment and skill at hunting and trapping to obtain the furs. The European newcomers set up trading posts, which often served as temporary communities. Waterways and First Nations’ trails provided a system for transporting furs and other goods over long distances.
Métis Communities

European fur traders needed First Nations peoples to help them find pelts and to survive in the North American environment. Some European men involved in the fur trade and First Nations women chose to become a family. Their children were known as Métis [may-TEE], and over time they became known as the Métis Nation. In the southern part of Saskatchewan, the Métis people settled close to river systems, where hunting, trapping, and farming provided what was needed to live. The Métis people in the central and southern part of the province would go on seasonal bison hunts, returning after several months to their river-lot communities.
Métis and the Fur Trade

In the northern part of Saskatchewan, the Métis people also hunted and fished, and had an important role in the fur trade.

It is said that the Métis people were the glue that held the fur trade together. This was a tribute to how important their skills were. Métis knowledge of the land, trapping, and languages helped the fur trade to work smoothly.

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Communities after the Fur Trade

Although European interest in continuing the fur trade was decreasing in the late 1800s, the fur trade had strengthened British control in Canada. The British monarch, or the Crown, together with the Government of Canada, wanted to guard against the United States expanding northward. One way to do this was to populate the prairie region with people who would be loyal to the Crown and Canada.

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the Crown in Canada, it refers to the authority of the King or Queen, represented by the Governor General; sometimes used in reference to the Canadian government.
The completion of the railway in 1885 and the offer of free **homesteads** attracted many newcomers to Saskatchewan. People came from other parts of Canada, the northern United States, and Europe. The railway also helped unite eastern and western Canada. It opened markets for manufactured goods and made moving products and resources across Canada easier.

**Negotiating Land Use**

For rail lines and homesteads to be built on land that First Nations peoples had lived on for thousands of years, some sort of agreement had to be reached. First Nations and the Crown, representing newcomers in Canada, negotiated agreements. These written agreements are known as **treaties**. Today, it is understood that treaties were to benefit everyone.

**Voices of Saskatchewan**

**Newcomer from Belgium, 1914**

The day of our arrival here is the one experience that I remember most vividly. In the snow up to our knees, travelling nine miles [14 kilometres] on a sleigh drawn by two poor old horses, through a desolate looking country in which all we could see was bush and sloughs....

*Mr. Albert F. Remach, Lestock*

▲ The Canadian Pacific Railway drew many newcomers to western Canada with the promise of ready-made farms. Compare the promises in this poster with the experience in Voices of Saskatchewan.

**Go Online!**

Find out more about how Saskatchewan was promoted to newcomers in the late 1800s and early 1900s.

**homestead** the land turned over to newcomers for the purpose of farming

**treaty** a formal agreement that outlines the rights, responsibilities, and relationships between two or more nations
Where People Live Today

In 2011, there were 786 communities in Saskatchewan. Most communities in the province are home to only a few hundred people.

Voices of Saskatchewan

No Place Like Home

Nothing makes me happier than hitting the water with my friends or catching fish in the many great lakes that we have in our province.

Matt Gartner, carpenter's apprentice, 2013

I belong in Saskatchewan. I love everything that is here: the open prairie, the people, the sky! I love small towns and agriculture. I just can't see myself living anywhere else, I don't think it would be as peaceful or feel like home.

Laura Olsen, medical technician, 2013

Some Saskatchewan Communities, 2011

What effect do you think Saskatchewan's geographic features have on where people choose to live today? What other reasons might people have for living in a certain area?

Thinking It Through

Key Ideas

1. How would your life be different if you travelled seasonally, following food and water sources?

2. What factors led to the development of permanent communities in Saskatchewan?

Thinking Critically

3. Suggest three reasons why many trading posts became permanent communities.
Lifestyles

Geography influences lifestyle. Geography can affect clothing decisions, food choices and cost, and how people travel within or between communities. Climate conditions can make travelling difficult and dangerous. Geography can also affect communication. Even today, there are some places in northern Saskatchewan where it is difficult to receive high-speed Internet and cellphone service.

<table>
<thead>
<tr>
<th>In northern Saskatchewan, people often ...</th>
<th>In central and southern Saskatchewan, people often ...</th>
</tr>
</thead>
<tbody>
<tr>
<td>fish, trap, and hunt moose or caribou for food</td>
<td>rely on farms that raise cows, pigs, and chickens for meat</td>
</tr>
<tr>
<td>pay higher prices for many grocery items due to higher transportation costs, limited supplies, and few places to shop</td>
<td>shop around for the best price on grocery items because supplies are more abundant and there are many more stores</td>
</tr>
<tr>
<td>work in First Nations’ industries, government service industries, and in private industries, such as mining or forestry</td>
<td>work in farming, resource and service industries such as power generation, and manufacturing</td>
</tr>
<tr>
<td>travel long distances, sometimes by plane or boat, to access doctors and hospitals</td>
<td>travel shorter distances, usually by bus or car, to access health-care services</td>
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▲ There are many fly-in communities in northern Saskatchewan. Before the road and bridge were built into the First Nations community of Grandmother’s Bay, some students had to take a boat or snowmobile to attend school.

lifestyle  the way a person lives, which reflects culture, attitudes, and values

▲ Think about other entries you could add to this chart. Consider types of recreation, heating, and transportation.
Architecture

Saskatchewan's architecture [AR-ki-teck-tyoor], which refers to the design of buildings and other structures, shows a connection between the land, the people, and their cultural traditions.

This wooden grain elevator in Fleming was built in 1895. It was Canada's oldest standing grain elevator until it was lost to a fire in 2010. The design and the materials used to build this elevator were common between 1880 and 1910.

Many First Nations and Métis peoples and European newcomers built shelters from sod, especially in areas where there were few trees. People dug rectangular patches of prairie grass or sod from the ground and layered the patches on top of one another.

After living for a period of time in a sod house, some European newcomers built small wood-frame shelters similar to this one. These shed-like structures with low ceilings were built with locally available materials.

People in northern Saskatchewan constructed homes from logs. The logs were sealed with mud.

Sacred Heart Parish in Lebret was built in 1925. French newcomers and Métis people worked together to construct the church using local fieldstone. The design is similar to traditional cathedrals in Québec.
As newcomers in central and southern Saskatchewan worked the land, they discovered fieldstone mixed in with the soil. Many European newcomers had experience doing stonework in their home countries. They used the rocks to build homes, barns, and schools. This one-room granite schoolhouse was built in Saskatoon in 1887.

The Canadian National Railway built the Bessborough Hotel in Saskatoon in the 1930s. Workers used brick from Claybank and tiles from Estevan. The design is similar to that of some castles in Europe. Many Canadian railway hotels have a similar design.

Saskatchewan's first African-American homesteaders began arriving in Saskatchewan in the early 1900s. A community of 12 families built the one-room Shiloh Baptist Church near Eldon in 1912. They constructed the foundation from fieldstone. They built the walls and interior features from poplar logs that they hauled by ox cart from the area around the North Saskatchewan River. Each log was cut, shaped, and fitted by hand.

Holy Trinity Church at Stanley Mission is the oldest standing building in Saskatchewan. It dates back to the 1850s. Nihithawak helped build the church. The foundation includes stone from the area. The frame was built from heavy timber cut from the boreal forest. Nails, coloured glass, and other materials came from England.

Clay is a type of earth that has many uses. The type of clay deposit in the Dirt Hills near Avonlea is ideal for making bricks of different kinds. Many buildings in Saskatchewan include bricks from the Claybank Brick Plant. NASA's rocket launch pad at Cape Canaveral in the United States is lined with Claybank bricks. Experts praise the bricks' strength and fire-resistant properties. The Claybank Brick Plant, seen here, closed in 1989 and is now a National Historic Site.
Geography and Design

FOCUS ON TEXT AND PHOTOS Identify how the environment has influenced the design of these structures.

Tipi is Lakota for “dwelling.” Tipis are cone-shaped structures built by many First Nations and Métis peoples. Tipis were traditionally made of animal hides and wooden poles cut from trees. The number of hides and poles needed to build a tipi depended on several factors. Climate conditions, available materials, and methods of transportation had to be considered. Most tipis were designed to be portable. The curved shape was suited to windy grassland areas. The opening at the top of the tipi vented smoke from the fire pit inside.

△ First Nations family outside their tipi near Prince Albert, Saskatchewan, 1919
The design of the First Nations University of Canada, with its curved limestone walls, looks like a bird in flight. A wall of glass faces south, toward the path taken by migrating birds and animals. The glass helps to transmit heat and light in winter. Each tiered layer is designed to shade the floor below in summer. The glass and steel tipi in the centre reflects architect Douglas Cardinal’s Niitsitapi ['neet-sit-TUB-bee] and Métis heritage.

△ First Nations University of Canada, Regina, 2013

THINKING CRITICALLY Why is it important for people who design buildings to have a detailed knowledge of the environment?

**Thinking It Through**

**Key Ideas**

1. What aspects of geography have most affected the lifestyles of people in Saskatchewan?

2. Identify three ways geography has influenced Saskatchewan architecture.

**Thinking Critically**

3. Draw a sketch map of your community. Label features that you think have been affected by geography.
How does climate affect the way people live?

**Voices of Saskatchewan**

**Reading Weather Clues**

We knew that when the clouds were low, we were going to get a bad storm, maybe even hail.

When it was going to storm, we could hear movement in the wind. It was a whistling noise. It was a different sound than a normal wind.

*Elder Betty McKenna, Anishnabae First Nation, Shoal River Band, 2012*

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**Predicting the Weather**

Humans have developed many techniques for predicting the weather. Indigenous Peoples and newcomers used their senses and what they learned from their ancestors to forecast the weather. People even created rhymes and other sayings related to the weather. For example, “No weather’s ill if the wind be still” or “Clear moon, frost soon.”

Today, people tend to rely on technology to learn what weather conditions to expect. The patterns of the seasons, cloud formations, sky colour, and animal behaviour are equally useful for predicting the weather. Knowing how to read the warning signs of changing weather conditions is important for survival.
Some Weather Signs

When Earth's atmosphere cools, ice crystals often form. These crystals can create what looks like a halo or ring around the sun. Some people call these rings sundogs and see them as a sign of rain or snow.

The arrival of small birds in February or March is often interpreted as a sign of an early spring. In the same way, if snakes and migrating birds are seen later in the fall than usual, fall is expected to last longer.

Strong winds helped people predict the temperature. Homesteaders learned that wind from the south meant warmer weather was likely on the way. Wind from the north was a sign of cooler, drier weather. A change in wind direction could mean a change in weather.

Clouds that look like fuzzy bubbles in long rows mean that a cold front is coming. On a warm, humid day in summer, these same clouds are associated with thunderstorms and sometimes tornadoes. Thin, wispy clouds high in the sky mean fair weather. Dark, low-hanging clouds mean rain is likely.

What have you learned about warning signs of a tornado from listening to others and watching the news? What precautions should you take if a tornado is approaching?

Pig spleen prediction

Gus Wickstrom (1939–2007) of Tompkins, Saskatchewan, learned to predict the weather from his Swedish grandfather. Gus examined a pig's spleen, looking for differences in thickness and colour. Gus's weather predictions were so accurate that sports-event organizers would contact him before cancelling an event!
Weather Extremes

Think about your experiences with Saskatchewan’s weather as you read these first-hand accounts of weather extremes in Saskatchewan in the 1900s.

**Voices of Saskatchewan**

**Childhood Memories, Early 1900s**

What stands out most in my mind ... are either of hot, scorching winds with no way to cool off but [with] a dip in the stagnant waters of the slough which, inevitably, brought on a rash of welts caused by blood suckers, or bitterly cold blizzardy days that kept you indoors.

*Marie Lafrenière-Webber, Prud’homme*

**The Dust Bowl, 1930s**

My son came running into the house greatly excited. “Come quick, Mom,” he shouted, “there’s a big black cloud coming in the sky.” He ran out ahead of me and pointed to the western sky where sure enough there was the blackest most terrifying cloud I have ever seen on the horizon. It was moving very quickly and the edge of it was rolling along.

The rain would provide much needed relief for the parched fields. But it wasn’t a rain cloud, it was the dried topsoil of a hundred farms lifted into the air....

*Anne Bailey, Regina*
Trapping in Winter, 1974

I had gotten up at dawn to get an early start to my 20-kilometre trek by snowshoe to check my traps. I was hoping to get some lynx, beaver, and mink.

As I travelled with my cousin, Tommy Bruce, we walked along a creek. As I walked over the ice, I heard a cracking sound. Suddenly, I fell through into the 4-metre deep frigid water. My immediate thought was that this would be the end of my life. Tommy stretched out a stick towards me, giving me something to grab onto.... He pulled me on top of the ice. We immediately started a fire to warm up my body and dry my clothes. However, there was a cold, west wind, so my body wouldn't warm up. The temperature was -35°C. I realized that the only way of surviving was to travel over 10 kilometres back to a trapper cabin. I had to run to keep my body temperature warm so that I would not freeze to death. After a few hours, I spotted the cabin. I ran in and started a fire.

I survived this near-death experience, but learned a valuable lesson about precautions to take when travelling on the trapline in Saskatchewan's extreme climate. Some things I always bring include matches, an axe, a fishing rod, my hunting gun, and extra clothes.

Elder Robert Charles, Grandmother's Bay
Climate and Daily Life

The climate of Saskatchewan affects daily life in many ways. Think about clothing decisions, outdoor activities, and which locally grown foods are available at different times of the year.

Spring

Fall

Summer

Winter

► Think of some opportunities and challenges of Saskatchewan's climate today. Use these illustrations for some ideas. How might the opportunities and challenges have been different for First Nations peoples who lived on the land first?
Adapting to Climate

For as long as people have lived in what is Saskatchewan today, they have needed to develop ways to adapt to the climate.

Shelter Technologies Then and Now

**Then**
Insulation is important for keeping the environment inside a home livable. In sod houses, the grass, roots, and soil provided some protection from wind, heat, and cold. Rain often leaked through the walls and roof. Log homes were sealed with mud and moss, which prevented movement of air between the logs.

**Now**
Today, roofs are covered in shingles and often sloped to avoid the build-up of snow or ice.

Walls are clad in brick, metal, or wood. Roofs and walls are insulated with a layer of fibreglass or foam. This helps control moisture as well as temperature extremes.

**Then**
Before the 1900s, the majority of people in Saskatchewan burned wood for heat. In the early 1900s, people burned coal to heat their homes.

Gas- and oil-powered furnaces came into use in the 1930s. Many people also used steam boilers.

**Now**
Today, laws require new homes to have furnaces that use energy very efficiently. Wood is still used for heat in some areas.

**Then**
Before the 1900s, some homes used oiled animal hides to cover window openings. The hides let in light but blocked the view. Any glass windows were usually single pane. They did not hold in the heat very well. Cold air would come in around the frame, which was not well sealed.

**Now**
Today, triple-pane windows are common. The middle layer is usually surrounded by a gas, which is trapped by the inner and outer panes. Window frames are often sealed with insulation.

Voices of Saskatchewan

**Sod House Design, 1911**
The sod house had 2 rooms—kitchen and bedroom.... The sod walls were 3 feet [1 metre] thick; the walls inside were plastered with mud. They put on building paper and then wallpaper. It was warm in the winter and stayed cool in the summer. The shack had 3 little windows. Dad also built a sod barn. The farmstead was situated on the bank of the Wood River.

*Lauretta Shevan, from "Pioneering in Southern Saskatchewan"*
Climate and Safety

The climate in Saskatchewan can be unpredictable at times, so it is important to plan ahead. Read how Naomi’s family prepared for a winter trip to Narrow Hills Provincial Park. Think about why each safety measure is important.

Last winter, my family and I went on a snowshoeing trip through parts of Narrow Hills Provincial Park. I had just learned about Saskatchewan’s ecozones in school, so I was looking forward to seeing some of the features of the Boreal Plain up close.

The week before we left, Mom had the mechanic inspect the brakes, snow tires, and fluid levels in our car. My job was to prepare a list of snacks for the trip. I chose granola bars, trail mix, and lots of bottled water.

I talked to my Nokó, too. I wanted to know if there was something I could look for in nature to tell me if a blizzard was on the way.
Dad checked online for the weather forecast and road conditions right up until the morning we left. He also checked for places along Highways 11 and 55 where we could stop for gas.

Even though my parents like to use the GPS in the car, I suggested we buy a road map just in case. I tucked it in the glove box, under the flashlight and the car charger for Dad’s cellphone.

It was tough fitting everything into the trunk. Besides our snowshoes, camping gear, and warm clothes, we packed a first-aid kit, a shovel, a snow brush, and an ice scraper. We also had a rope, a small bag of sand, candles, matches and a lighter, and extra batteries for the flashlight.
Mom put the blankets in the back seat with me, along with the snacks and a bottle of sunscreen. I didn’t understand why we would need sunscreen in winter in the forest, but I know never to question Mom when it comes to being prepared!

What items can you see in this winter safety kit that Naomi did not mention? Think about what else Naomi’s family could have done to stay safe.

Why do you think wearing sunscreen in winter is just as important as wearing it in summer?
Climate and Energy Use

Less than one-tenth of the population of Canada lives in Saskatchewan. However, the province consumes more energy in most categories on average.

<table>
<thead>
<tr>
<th>Category of Use</th>
<th>Canada</th>
<th>Saskatchewan</th>
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<tbody>
<tr>
<td>Agriculture (raising and processing crops and livestock)</td>
<td>*</td>
<td>****</td>
</tr>
<tr>
<td>Business/Public Services (powering stores, offices, schools, and hospitals)</td>
<td>********</td>
<td>************</td>
</tr>
<tr>
<td>Industry (extracting and processing natural resources)</td>
<td>********</td>
<td>************</td>
</tr>
<tr>
<td>Residential (heating, lighting, and powering homes)</td>
<td>****</td>
<td>****</td>
</tr>
<tr>
<td>Transportation (powering cars, trucks, trains, aircraft, and ships)</td>
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Think of some reasons why people in Saskatchewan might, on average, consume more energy in most categories. In what category do people in Saskatchewan, on average, use about the same amount of energy as other Canadians?

Actions to Reduce Energy Use

Most of the energy people use to heat and cool homes, fuel vehicles, and run industries comes from non-renewable resources. Because there is a limited supply of these energy resources, it is important to reduce our use of them and to find alternatives.

Using energy responsibly is not difficult. You could turn off the lights when you leave a room. Your family could seal around drafty windows or dry clothes on a rack. You could play outdoor games with your friends instead of video games. Think of other ways you could use energy more responsibly today.

non-renewable resource
a resource from nature, such as gas, coal, and oil, that cannot be replaced for a very, very long time once it is used up

Find out how much energy your home used last year. Create an action plan to help your family reduce its energy use.
Ideas to Reduce Energy Use

Saskatchewan is exploring different ways of using energy more efficiently. Think about the benefits and challenges of each idea.

▲ Vehicles that start and stop frequently, such as garbage trucks, use a great deal of fuel. They also produce harmful gases that pollute the air. Researchers are testing a special type of truck that uses fluid power, called hydraulics, and energy from compressed air to reduce the use of fuel by one-quarter.

▲ Wood waste is a consequence of the forestry industry. Researchers are experimenting with forming wood waste into pellets to be used for heating. This could help reduce the use of coal and other non-renewable resources for heating in many northern communities.

▲ Refrigeration uses a lot of energy. Researchers are investigating whether Saskatchewan's cold outside air during many months of the year could be used for cooling purposes.
Craik Eco-Village

Craik Eco-Village is a “green” community in Saskatchewan. It uses methods and technologies that have less effect on the environment.

**FOCUS ON TECHNOLOGIES** The Craik Eco-Centre building has many energy-efficient technologies. Below are just a few examples. Choose one technology and describe in your own words how it is energy efficient.

![Walls built from durum wheat straw insulate the building. The straw bales came from local farmers' fields.](image)

![A fieldstone wall inside the Eco-Centre absorbs heat from the south-facing windows. Wood beams were salvaged from local grain elevators.](image)

![Large banks of windows face south. A one-metre overhang shades the windows from the summer sun.](image)

**THINKING CRITICALLY** What are some benefits and challenges of energy-efficient technologies?
Conserving Energy

Destination Conservation Saskatchewan has worked with students in over 200 schools in the province to reduce each school's use of energy and water, and to limit waste production. Through workshops, student teams learn how to assess their school's approach to energy, water, and waste. Teams then develop ways to promote a more sustainable way of dealing with these issues. As a result of these actions, students have helped their school divisions save money and energy, reducing their impact on the environment.

▲ Students learn how sensors that detect light can reduce energy use

Thinking Critically
What does your school do to limit its use of energy? What else could it do?

Thinking It Through

Key Ideas
1. Why is learning how to forecast the weather by observing nature a valuable skill even in our age of technology?

2. Create a checklist for adapting to some of Saskatchewan's climate challenges and weather extremes. Explain why you included each item. [YC]

Thinking Creatively
3. How could you persuade others to use energy more efficiently or to limit their energy use?
Think about what you have learned about where Saskatchewan is in the world, what it looks like, and how its geographic features affect lifestyles.

1. List as many words as you can to describe the geography of Saskatchewan. Use at least five of the words in a paragraph explaining why you think people choose to live here.

2. Work with a small group to develop a survey questionnaire. Find out what features of the geography in your area are most valued by people in your community and why. Survey people who have lived in your area for many years, as well as people who have recently arrived from elsewhere in the province, Canada, or another country. Summarize the responses in a chart like the one below. Which geographic features seem to have the greatest effect on people?

Survey Question: What features of the geography in this area do you most value? Why?

<table>
<thead>
<tr>
<th>Name</th>
<th>Length of Time Lived in the Area</th>
<th>Response</th>
</tr>
</thead>
<tbody>
<tr>
<td>Linh Nguyen</td>
<td>Five years</td>
<td>Wildlife, because I enjoy birdwatching with my sister. There are many animals here that are different from those in my home country.</td>
</tr>
<tr>
<td>Derek Shevchuk</td>
<td>Since birth</td>
<td>Climate, because it changes depending on the time of year. When it gets colder, I snowboard. When it warms up outside, I go camping.</td>
</tr>
</tbody>
</table>

3. What surprised you most about the connection between the geography of Saskatchewan and the people who live here? What other questions do you have?
Strength From Many Peoples

Saskatchewan is a Prairie province located in Western Canada. It is one of only two landlocked provinces in Canada. It is bordered to the west by Alberta, to the east by Manitoba, and to the north by the Northwest Territories. Saskatchewan first became a province in 1905.

During the late 1980s and the 1990s, many of Saskatchewan’s younger residents left the province in search of jobs. In the last decade the province has seen strong population growth because of its growing economy. The province is expected to lead the country in economic growth in 2012.

As of April 2011, the population of Saskatchewan was about 1,054,960, making it the sixth most populous province in Canada. Of its total population, 257,300 live in the province’s largest city of Saskatoon, while 210,000 live in the capital city of Regina.

Saskatchewan’s economy has always been based on agriculture. The province grows much of Canada’s grain crops, including wheat, barley, canola, flax, rye, and oats. It also has a large beef cattle industry and forestry is also important.

Much of the province’s recent good fortune is linked to a growth in mining. Saskatchewan has become the world’s largest exporter of potash and uranium. Saskatchewan is also an important producer of oil and gas.

Saskatchewan is known for being flat, but it does have interesting geographic features. Much of the north is covered by boreal forest. It also has the Lake Athabasca Sand Dunes, which is one of the largest formations of sand dunes in the world. Southern Saskatchewan has a plateau of hills called Cypress Hills.

The province is currently led by Premier Brad Wall and the Saskatchewan Party. The party has been in power since 2007. In the November 2011 election, the Saskatchewan Party won 49 seats, while the NDP won nine seats.

DID YOU KNOW?
According to the 2006 Canadian census, the largest ethnic group in Saskatchewan is German, making up 30 percent of the total population. Saskatchewan’s motto is Multis e gentibus vires, which is Latin for Strength from Many Peoples.

WORD POWER

LANDLOCKED: Without direct access to an ocean or sea.
POPULOUS: Full of people; heavily populated.
POTASH: A group of potassium-bearing salts, mostly used in fertilizer.
BOREAL: Having to do with the coniferous forests of the north. A coniferous tree produces cones.
Saskatchewan's Provincial Crest
Saskatchewan's Provincial Coat of Arms
Saskatchewan's Provincial Flag
Saskatchewan's Provincial Flower
Western Prairie Lily
Saskatchewan's Provincial Bird

The Sharp-Tailed Prairie Grouse
Let's Visit SASKATCHEWAN

List of Vocabulary

Provincial Words
western red lily (prairie lily) (flower), Regina (capital city), sharp-tailed grouse (bird), multis e gentibus vires - “from many peoples strength” (motto)

Famous Places

Major Cities
Regina, Saskatoon, Moose Jaw, Yorkton, Uranium City, Swift Current, Battleford, Estevan, Prince Albert

Bodies of Water
Lake Athabasca, Wollaston Lake, Lake Wathaman, Churchill River, Saskatchewan River, North Saskatchewan River, South Saskatchewan River, Qu’Appelle River, Lake Diefenbaker, Frenchmen River

Famous People
Poundmaker (Cree chief), W.O. Mitchell (author), Gordie Howe (hockey player), Buffy Sainte-Marie (native singer), Neil Chotem (pianist), Sinclair Ross (novelist), Allen Sapp (artist), Rudy Wiebe (author), Big Bear (Cree chief), Ethel Catherwood (Olympic gold-medallist), Lorna Crozier (poet), John G. Diefenbaker (prime minister), Gabriel Dumont (political and military leader), Sylvia Fedoruk (nuclear physicist), Colin James (musician - blues singer-guitarist), Henry Kelsey (fur trader), Elia Mandel (poet), Reuben Mayes (football player), Joni Mitchell (singer/songwriter), Louis Riel (Metis leader)

Animals
elk, moose, caribou, beavers, mink, otters, bears

Types of Industry
agriculture, minerals, petroleum, potash, uranium, oil, gas
Let’s Visit

SASKATCHEWAN

Information

Saskatchewan

General

Saskatchewan joined confederation on September 1, 1905. Its capital is Regina, although Saskatoon is the province’s largest city. The provincial flower is the Western Red Lily, also known as the Prairie Lily. The provincial bird is the sharp-tailed grouse. The population of Saskatchewan is 994,900 (1991); the area is 651,900 square kilometres, which is 6.6% of Canada.

Location

Saskatchewan is in the middle of Canada’s three prairie provinces. Alberta and Manitoba are on either side. The North West Territories and the United States (Montana and North Dakota) are to the north and south of the province.

Geography

Saskatchewan is Canada’s only province that has no natural boundaries (such as rivers or sea coastlines). The terrain of this rectangular province can be divided into three parts. The northern most part of Saskatchewan has forests and lakes that can be found across most of the Canadian Shield. Central Saskatchewan is known as the grain belt. The fertile land of the prairies is excellent for wheat fields. This is also the area where major oil fields were discovered in the 1950’s. In the south there are many hills and valleys. As well, there is a patch of dunes called the Great Sand Hills and a stark stretch of dusty land with no vegetation at all, called Big Muddy Badlands.
History

In the 17th century, this area was inhabited by five groups of natives - Chipewyan, Cree, Blackfoot, Assiniboine and Gros Venre. Henry Kelsey was the first white man to visit Saskatchewan. He introduced fur trading to the natives of the area. After that, French settlers came. Permanent white settlers didn’t arrive until 1774. Most of the new arrivals were British or French people from Ontario and Quebec. There was increased tension between the natives and the white settlers as more land was taken from the natives. As the Canadian Pacific Railway reached Saskatchewan (in 1883), more settlers arrived. There were battles in which many people, on both sides, lost lives. The métis soon realized that they were outnumbered as the settlers began to arrive in steady streams. Wheat production was the main livlihood of many Saskatchewanns.

Industry

Agriculture was once the main industry of Saskatchewan. It is still one of the largest wheat producers in the world. Cattle ranching is another important industry in Saskatchewan. Uranium and potash are two of many important valuable resources; others are petroleum, coal and natural gas. Trapping and forestry are two other industries of some importance in Saskatchewan.

People

Saskatchewan is the only province where people of British and French origin are outnumbered by those of other ethnic backgrounds. The ethnic mosaic of Saskatchewan, in descending order of the population is: Great Britains, Germans and Austrians, Ukrainians, Scandinavians, French and Natives. Almost half of Saskatchewan live in rural settings (although this number is decreasing every year). Saskatchewan is one of Canada’s most rural provinces.
Saskatchewan became a Canadian province on September 1, 1905. The capital city of Saskatchewan is Regina, although Saskatoon is the province’s largest city. The provincial flower is the western red lily. There are about 994,900 people living there.

Saskatchewan is in the middle of Canada’s three prairie provinces. The other two prairie provinces, Alberta and Manitoba, lie on either side of Saskatchewan. To its north is the North West Territories. The United States are below this province.
Saskatchewan is very similar to Alberta. The top part of this province has forests and lakes. The middle part is called the grain belt because of the wheat fields. This area is very flat. The south of Saskatchewan has many hills and valleys. As well, there is a patch of dunes called the Great Sand Hills and a bare patch of land with no vegetation at all, called Big Muddy Badlands.
Agriculture is an important industry in Saskatchewan. It is one of the largest producers of wheat in the world. The soil is very fertile which makes it very good for growing. Besides wheat, many farms also have cattle, making cattle ranching another industry in Saskatchewan.

There are many natural resources in Saskatchewan, such as uranium, potash, petroleum, coal and natural gas. These minerals and metals are found beneath the soil of this province.

The large amount of forested areas, mostly in the north, have created two other industries: trapping and forestry.
Interesting Places in Saskatchewan

There are so many interesting places to go in Saskatchewan.

The Big Muddy Badlands is cowboy country. There are outlaw caves and coulees there.

The centre of the Metis settlement and the site of Louis Riel's last battle was Batcoche. The trenches and battle pits can still be seen.

There is a Royal Canadian Mounted Police Museum and a Red Coat Trail in Regina. The Red Coat Trail is the first path that the R.C.M.P. took.

There are many farms in Saskatchewan. Milk the cows, feed the chickens or bring in the hay!

Cypress Hills is a good place to hike and to see wildlife.

In Moose Jaw there are murals on many downtown walls. The murals show what life was like years ago.
Saskatchewan has many forests filled with trees such as birch, jackpine, poplar, spruce, balsam fir and larch. In many wooded areas, shrubs such as chokeberries, hazels and wild roses grow. Saskatoon berries grow on bushes near the city of Saskatoon. Years ago the Native People loved to eat them. Today people enjoy eating them in pies.

The bright orange Prairie Lily as well as cactuses, crocuses and violets can be seen growing wild on the huge plains.
In northern Saskatchewan, **elk, moose** and **caribou** roam the many woodlands and forests. **Deer** and **rabbits** are seen throughout the province in many forested areas. Fur-bearing animals such as **bears, beavers, minks, otters** and **wolves** make their homes in the forests as well. On the southern plains **pronghorns** and **coyotes** wander about.

Many different kinds of game birds make their nests along the lakes. **Partridges, pheasants** and **ruffed and sharp-tailed grouse** live on the southern plains.

**Pickerel, pike, trout, tullibee** and **whitefish** are fished for in the many lakes and rivers.
Saskatchewan's Flag and Coat of Arms

The **provincial flag** of Saskatchewan is made of two main colours. The green half stands for Saskatchewan's forests and the gold half stands for the province's wheat fields.

The **floral emblem**, the Prairie Lily and the **province's crest or shield** is also found on the flag. On the crest is a lion that stands for Britain and three sheaves of golden grain. The sheaves represent the fields of ripening grain seen in Saskatchewan.

The **provincial coat of arms** is made of the crest held by a deer and a lion. The animals are standing on a ribbon that bears the provincial motto.
The **Prairie Lily** is also called the Wood Lily and Wild Orange-Red Lily. This wild flower grows everywhere in Saskatchewan. It is seen growing on open plains and woodlands in early summer. The Prairie Lily is a bright orange-red with purple spots and grows to be 0.9 metres (3 feet) tall.

The **Prairie Sharp-Tailed Grouse** is Saskatchewan's provincial bird. It is a medium size bird with a short, pointed tail. The Grouse's underparts has v-shaped markings. The Grouse makes its home on the prairie grasslands. Sometimes it is miscalled "Prairie Chicken". During mating the male performs a dance by quickly stamping his feet, lowering his head, ruffling his feathers and making a booming sound.
The Royal Canadian Mounted Police

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Printed in Canada
Black-tailed Prairie Dog
Wheat Farming
World's Largest Tomahawk
Saskatchewan Identity Project

Each student will select one mini-project from each of the following areas: Creative Writing, Research, and Art. Students will present their project to the class.

Creative Writing Projects:
Choose one of the following:
1. Saskatchewan Poetry: an acrostic poem or a two word poem
2. Visiting Saskatchewan
3. A Book About Saskatchewan
4. Saskatchewan is Great Letter Writing
5. A Saskatchewan Legend

Research
Choose one of the following:

1. Saskatchewan’s Interesting Places
2. Saskatchewan Animal
3. Saskatchewan Questions
4. Saskatchewan Tribes
5. Saskatchewan’s Farms

Art
Choose one of the following:

1. Saskatchewan Poster
2. Saskatchewan Pictographs
3. A Saskatchewan Postcard
4. Saskatchewan’s Colours
5. A Saskatchewan City

*Projects will be peer assessed
*Students will help determine the criteria in which assessment and evaluation will be based
Prairie Grouse's Creative Writing

Creative Writing Projects:
Choose one of the following:

1. Saskatchewan Poetry
   1 acrostic poem or a ten-lined two word poem
2. Visiting Saskatchewan
   5 questions and answers as a visitor
3. A Book About Saskatchewan
   Facts and illustrations
4. Saskatchewan is Great
   Letter Writing
5. A Saskatchewan Legend
   How a river or city got its name
Prairie Grouse's Creative Writing

Saskatchewan Poetry

1. Write an acrostic poem using S-a-s-k-a-t-c-h-e-w-a-n for example Soft summer breeze A....S... OR
Write a two word poem about Saskatchewan.

2. Two word poems have only two words in each line.

They can be as long as you want, 10 lines or more

eg. Saskatchewan Is...

Prairies flat
Mountains high
Cattle ranches
Wheat fields
Battle grounds
Prairie Grouse's Creative Writing

Visiting Saskatchewan

Pretend that you are visiting Saskatchewan.

Think of Five questions that you would ask about this province.

Print the questions neatly.

Be sure not to ask “yes” or “no” types of questions. Provide the answers you are searching for.
Prairie Grouse's Creative Writing

A Book About Saskatchewan

There are many books written about Saskatchewan.

Think of the things that you have learned about this province.

Make a book about what you know.

Draw a picture and write a sentence on each page of your book.
Prairie Grouse's Creative Writing

Saskatchewan Is Great!

Think about some good things about Saskatchewan.

Write a letter to a friend describing at least five things that you like about Saskatchewan.
Prairie Grouse's Creative Writing

A Saskatchewan Legend

One river in Saskatchewan is called Qu’Appelle River which is French for "who calls".

The legend behind this name is that a young warrior heard his dying girlfriend call his name as he paddled his canoe across Katipwa Lake. When he was told of her death, he was so sad that he drowned himself in the lake. It is said that their voices can still be heard as the wind whips through the valley.

Make up your own legend about how this river got its name.

Or make up a legend about a Saskatchewan city or river of your choice.
Prairie Grouse's Creative Research

Choose one of the following:

Research
1. Saskatchewan's Interesting Places
   5 Facts and Illustration
2. Saskatchewan Animal
   Worksheet/mini-report
3. Saskatchewan Questions
   Paragraph Writing—tell a little about each
   of the 5 questions outlined
4. Saskatchewan Tribes
   Find the aboriginal groups and tell 3 facts about
   one of them
5. Saskatchewan's Farms
   Research and illustrate types of farms
Let's Visit Saskatchewan

1.

Prairie Grouse's Research

Saskatchewan's Interesting Places

There are many interesting places that can be found throughout Saskatchewan.

Choose one of the places listed below, or choose a place of your own.

Write five interesting facts about the place.

Draw a picture of the place or something that could be found in that place.

Moose Jaw  Saskatoon
Regina    Big Muddy Badlands
Batoche    Manitou Beach
Prince Albert National Park
Let's Visit Saskatchewan

2.

Prairie Grouse's Research

Saskatchewan Animal

There are many animals that can be found throughout Saskatchewan.

Choose one of the animals that lives in Saskatchewan.

Complete the work sheet on the animal that you choose.
Prairie Grouse’s Report

Saskatchewan Animal

Name: ______________________

Animal: ____________________

Appearance: (What does it look like?)

____________________________________________________________________

____________________________________________________________________

____________________________________________________________________

____________________________________________________________________

____________________________________________________________________

Home: (Where does it live?)

____________________________________________________________________

____________________________________________________________________

____________________________________________________________________

____________________________________________________________________

Food: (What does it eat?)

____________________________________________________________________

____________________________________________________________________

____________________________________________________________________

____________________________________________________________________
Prairie Grouse’s Report

Enemies: (Who harms it?)

habits: (What does it do? How does it act?)

Draw a picture of the animal that you found out about in the box below.
Prairie Grouse's Research

Saskatchewan Questions

You have been learning about Saskatchewan.

Write a brief paragraph on each of the following questions.

1. What is the capital city of Saskatchewan?
   Tell me 3 things about this city.

2. What is the largest city in Saskatchewan?
   What is the current population?

3. Name a famous person from Saskatchewan. Why is this person famous?

4. What is the flower of Saskatchewan?
   Why is this flower suitable to represent Saskatchewan?

5. Name an important industry of Saskatchewan.
   Tell in a couple sentences about this industry.
Let's Visit Saskatchewan

Prairie Grouse's Research

Saskatchewan Tribes

There were several different groups of Natives living in Saskatchewan when the first European settlers arrived.

In the teepee below, make a list of some of the names of the Native groups.

Select one of these groups and tell 3 facts about it (example: clothing, food, shelter).
Prairie Grouse's Research

Saskatchewan's Farms

There are many farms in Saskatchewan.

These farms are busy places.

Research to find out what work is done on different farms.

Draw a picture of one kind of farm that shows what people might do to help out.
Prairie Grouse's Art

Choose one of the following:

1. Saskatchewan Poster
2. Saskatchewan Pictographs
3. A Saskatchewan Postcard
4. Saskatchewan's Colours/Collage
5. A Saskatchewan City
Let's Visit Saskatchewan

Prairie Grouse's Art

Saskatchewan Poster

Design a poster to advertise a place in Saskatchewan.

Draw a picture and print something about the place.

Make it colourful like the posters that are displayed in stores and travel places.
Let's Visit Saskatchewan

Prairie Grouse's Art

Saskatchewan Pictographs

We have learned about the first people who lived in Saskatchewan because they left behind petroglyphs (carvings in rock) and pictographs (rock paintings).

Make your own pictograph of something you think the early inhabitants of Saskatchewan might have made.

If you don't have a large, flat rock, use a piece of paper shaped like a rock to make your drawing.
Let's Visit Saskatchewan

3.

Prairie Grouse's Art

A Saskatchewan Postcard

When we visit another place, we can send a postcard to our family or friends at home.

Make a postcard for a city in Saskatchewan.

It should have a nice picture showing something important from that city, as well as the name of the city.

Write a message on the back telling your friend at home about your trip.
Let's Visit Saskatchewan

Prairie Grouse's Art

Saskatchewan's Colours

The flag of Saskatchewan is half green to represent the forests. The other half is gold for the prairie wheat fields.

Using magazines, make a collage of things that are green and gold.

Cut out pictures of things that are green and gold and glue them onto a large sheet of paper. Make the pictures overlap so that the paper is completely covered.
Prairie Grouse's Art

A Saskatchewan City

Regina is the capital city of Saskatchewan. Its original name was Pile O'Bones. It was a hunting village on the edge of Wascana Creek.

Draw a picture of a scene from what you think this city looked like a long time ago.
Many different terms are used to refer to Indigenous Peoples, yet no one term will suit everyone’s preferences. In this resource, we tried to use terms that are accurate, appropriate, respectful, and specific.

Here are some key terms we used.

**Indigenous Peoples** the original inhabitants or descendants of the first people who lived on the land, including First Nations peoples, Inuit, and Métis people in Canada.

Aboriginal peoples is a term you will also find used; for example, Aboriginal Affairs and Northern Development.

**First Nations peoples** the original peoples of the land in Canada.

First Nations peoples is preferred to *Indian*, which offends some people. However, *Indian* has a legal meaning in Canada as in status *Indian*, under a federal law, the *Indian Act*. The term *First Nation* is often used to identify a specific people—for example, Cowessess First Nation.

**Inuit** the original inhabitants of the Arctic, in northern Canada, living mainly in Nunavut, the Northwest Territories, northern Québec, and Labrador.

The term *Eskimo* has been used for Inuit but *Eskimo* is not an acceptable term to use in Canada.

**Métis people** the descendants of First Nations peoples and European newcomers.

The Métis are a distinct people and Nation. Although Métis communities are diverse, the Métis have a shared history, common culture, unique languages and ways of life, and traditional territory.

While all First Nations and communities had names for themselves when they first met European newcomers, these newcomers often gave Nations or communities new names, names that grouped some people together or split others apart. Many Indigenous Peoples and communities are reclaiming their original names.

**Saskatchewan First Nations identify themselves as**

- Nihithawak (Woodland Cree)
- Nēhinawak (Swampy Cree)
- Nēhiyawak (Plains Cree)
- Nakawēniwak (sometimes referred to as Saulteaux, or Plains Ojibwa or Anishnaabe)
- Denesuńtiné (also referred to as Chipewyan)
- Očeti Šakowin (sometimes referred to as Sioux, Assiniboine, or Stony. The Dakota, Nakota, and Lakota are all part of Očeti Šakowin.)

**The ancestral languages of Saskatchewan First Nations**

- Nihithowīwin (Woodland Cree)
- Nēhinawēwin (Swampy Cree)
- Nēhiyawēwin (Plains Cree)
- Nakawēwin (Saulteaux)
- Denesuńtiné yatié (Dene)
- Dakoția (Dakota)
- Nakonia (Nakota)
- Lakoṭa (Lakota)