



Heritage Project

Hello!
I am Tracey Kachor

We met Tracey when she came on a tour of The Jungle Farm with the Red Deer Native Friendship Centre, and knew we had to share her story! Tracey and her family live in Springbrook.



Tracey Kachor lived most of her life totally unaware of her Cree Métis heritage. All that changed when she discovered her true cultural roots and it changed her life trajectory - and that of her entire family!

“I walked slowly into an exploration of my ancestry, and about 10 years ago I had a close friend help connect the dots. That’s when I found my connection to the Red River Cree in Winnipeg,” said Tracey, who has lived in Alberta since she was eight years old. “I started learning more about who I really am. I call my generation The Lost Generation, because the generation before us suffered the 60s Scoop, so they were afraid of being taken. The one before that experienced residential schools. History was not good to Indigenous people, and everyone everywhere was hiding their identity if they could.”

Now in her mid-40s, Tracey wanted to know more, particularly so that her two daughters can know and celebrate their heritage. By the time her youngest daughter, Phoenix, graduated from high school, she was wearing a Métis sash and presented with an eagle feather. The above photo shows Tracey and husband Jeff with Phoenix, all wearing clothing that Tracey had sewn a hawk emblem on to celebrate Phoenix’s spirit animal.

“Everything changed, actually, and it has all been so positive,” said Tracey, whose art studio is called Red River Cree-ations. “I feel like I missed out on the strong community growing up - the legends and teachings, the important stories, hearing someone speaking Cree. I wasn’t able to live my truth, but The Creator has a way of making things happen. It has been less than two years since we opened up to this, and we are in a good place now. We are so proud of who we are.”

Tracey’s Recipe - Bannock

(Bannock is important to Indigenous Peoples, as it is considered a connection to ancestral knowledge. It is served at gatherings, ceremonies and community events, but also within many homes at mealtimes!)

- Crisco oil
- 3 cups flour
- 3 Tablespoons baking powder
- 1 egg
- 1 cup milk
- Remaining water
- Pinch of salt
- Use a 2 cup measuring cup, break egg into the cup and add one cup of milk. Then add enough water to make 2 cups full.
- Beat the egg and liquid together in the measuring cup.
- Mix dry ingredients together in a bowl, mix well.
- Add wet ingredients, folding together.
- Heat Crisco in a pan, using about 3 inches for frying.
- Lay dough on flowered surface, push and flatten to about 1 - 1 1/2 inches thick. Cut into pieces, making a slit in the middle of each piece.
- Add pieces to the hot oil, cook until edges are golden brown and then flip to the other side.
- When completely golden brown, remove from oil and enjoy with fresh butter, jam or honey.