



Tsetsusem (Camp Potlatch) Healing Journey

Hosted by
Circle of Eagles Lodge Society
1470 East Broadway
Vancouver, BC



COELS Version 4
Updated: February 2020

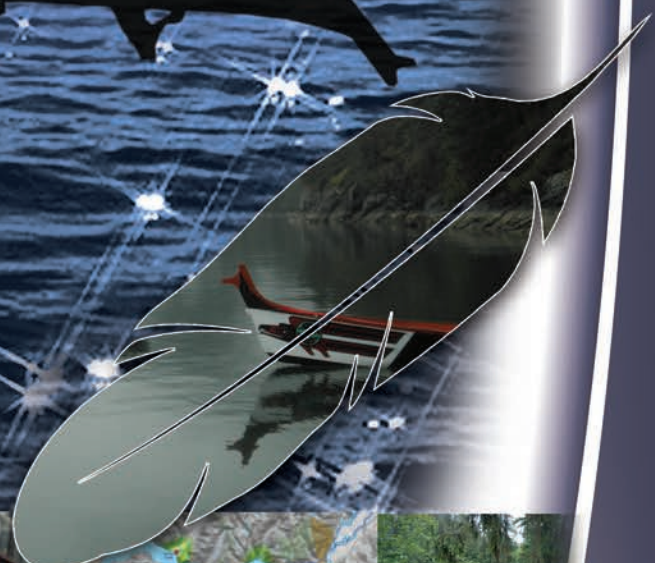




Table of Contents

Tsetsusem (Camp Potlatch) Healing Journey	3
The Healing Journey Overview	3
Preparing for the Healing Journey	4
Working with your Case Management Team (CMT)	4
<hr/>	
Materials and Supplies	7
What to Bring	7
What will be supplied	7
<hr/>	
Support Staff - Elders and COELS Staff	8
Coordinator	8
Elders and Staff	8
Support Boat	8
<hr/>	
The Healing Journey Schedule	8
The Medicine Wheel Activities	8
Mental	8
Emotional	8
Physical	8
Spiritual	8
<hr/>	
Week Overview	9
Day One – Monday	9
Day Two – Tuesday	9
Day Three - Wednesday	11
Day Four - Thursday	11
Day Five - Friday	11
<hr/>	
Closing Feast and Graduation Ceremony	12
<hr/>	
Pre and Post Evaluation Survey	12

Tsetsusem (Camp Potlatch) Healing Journey

Each year Circle of Eagles Lodge Society (COELS) hosts the Tsetsusem Cultural Journey which takes place at Camp Potlatch. Camp Potlatch overlooks Howe Sound, known to the local Squamish First Nations as Tsetsusem (Tsay-Tsoh-Sum). The area is culturally relevant, full of history and the beauty that complements the focus of the journey in providing a safe, culturally relevant space for those participating to heal in the vastness of the nature away from the urban jungle.

Those that attend the Tsetsusem Healing Journey experience many traditional and cultural experiences. These include West Coast traditional teachings and stories by local Elders and learning the cultural protocols of a traditional sea-going canoe called Kwa Kwem Tn. Kwa Kwem Tn was built in 2000 by eight urban Indigenous youth, and every year since, this beautiful canoe transports participants on several canoe journeys.



Tsetsusem is “situated on 133 acres of pristine wilderness along picturesque shores of Howe Sound. Renowned for its sandy beaches and unspoiled hiking territory, Camp Potlatch’s location provides an exceptional wilderness environment that enhances each participant’s individual growth and experience’.

“Each participant is encouraged to attend every part of the healing journey...”



The Healing Journey Overview

During the week Elders and locals share stories and history of the traditional territory of the Squamish peoples. Tsetsusem Healing Journey is held twice per year, once in the spring or summer and once in the fall. These structured journeys are designed to provide an enriching experience for Brothers and other participants in their healing journey.

Brothers stay in rustic cabins away from the comforts of modern living with no electricity in the cabins. This is a healing journey and each aspect of the journey is designed to enhance the physical, mental, emotional and spiritual aspects of the Brothers’ lives. Each participant is encouraged to attend every part of the healing journey, but consideration is given that not all follow the same teachings, beliefs and traditions. Traditional workshops and each participant’s beliefs will be respected.

¹ <http://futureofhowesound.org/howe-sound/camps/camp-potlatch>



Brothers Preparing for the Healing Journey

To prepare for the Healing Journey there are many considerations. First and foremost is to remember that the experience will be challenging and rewarding. This is a place to work on yourself and to respect the wisdom that lies within you and with those who are there to assist you in your healing journey.

Brothers Working with your Case Management Team (CMT)

CSC Institutions - It is very important once you have decided and have the ability to stay the full five days that you begin working with your Case Management Team (CMT). Sometime you may need to go before the Parole Board of Canada to get their permission, but in most instances the warden of the institutions is able to grant you [x] number of days leave. If you are in the institution and need support COELS will come and do a presentation to your Parole Officer and Warden as well as attend a hearing to support you in your decision to continue your healing journey.

Community Supervision – if you are a Brother residing at Naa-na-himiyis Brothers Healing Lodge and/or other Community Residential Facilities you have the opportunity to attend the Healing Journey. You will need support from your CMT including your Parole Officer to attend the Tsetsusem Healing Journey. It is important to plan earlier rather than later. Your CMT is able to assist you in preparing. You are required to attend the full four days of the Healing Journey.







Materials and Supplies

What to Bring

Prepare for any type of weather. It has been said that if you don't like the weather in the West Coast wait five minutes. At a minimum the following is recommended:

- At least five changes of clothes, pants, shirts, underwear, socks, etc.
- Sweater or jacket
- Personal gear i.e. toothpaste, toothbrush, shampoo, shaving gear etc.
- A hat
- Rain Gear/CSC provided rain gear
- Running shoes, and waterproof boots
- Swimming gear – for spirit baths
- Towels x2
- Tobacco for the Elders
- Broad cloth
- Bundles for ceremonies
- Medications for the full four or five days. Please note that all medication will be stored with the staff.
- A healthy attitude ready to take on a new and exciting experience!!

As we will be transporting at least fifteen (15) Participants, Elders and staff please pack sparingly, all the above should fit into one bag.

What will be supplied

- COELS will provide all other supplies including:
- Three (3) meals per day prepared by Tsetsusem staff.
- A traditional sea-going canoe, Kwa Kwem Tn.
- A support boat that is capable of taking everyone to safety. There is also another boat that is owned by Tsetsusem that we have access to, should the need arise.
- First AID Kit
- Staff trained in First AID
- Sweat Lodge
- Elders
- Staff
- Cultural supplies for drum making, cedar hats and other.
- Culturally safe environment - A safe place for healing and for personal growth.

Support Staff - Elders and COELS Staff

Coordinator

A COELS staff person(s) is the coordinator of the Tsetsusem Healing Journey and is available to answer any questions you might have regarding your experience.

Elders and Staff

1. An Elder that has extensive knowledge regarding the local traditional history and a vast knowledge and protocols of the canoe will take the Brothers out on the canoe each day.
2. There is a Sweat lodge keeper that teaches the significance of traditional sweats and explains the reasons for the strict protocols.
3. Elders which provide traditional teachings, in Medicine Picking, Anger Management, Storytelling, protocols and guidance for the sharing circles, and other support.
4. Two staff with security clearances are there to assist and supervise the Participants and abide by CSC community safety needs.

Support Boat

A Skipper for the Support Boat will accompany the canoe during the afternoon pull. There is a support boat available twenty-four (24) hours in the event of an emergency and is equipped with VHF Radios and Personal Flotation Devices.

The Healing Journey Schedule

The Healing Journey Schedule is balanced to fill each sector of the medicine wheel with mental, emotional, spiritual and physical activities. Each part of the program will address one of those aspects, or a combination overall.

The Medicine Wheel Activities

Mental

- Learning Traditional Protocols and Teachings
- Learning about the Drum, teachings and songs
- Sharing Circles
- Other activities.

Emotional

- Anger Management
- Letting Go Ceremony
- Healthy Boundaries
- Other as needed

Physical

- Pulling on Kwa Kwem Tn
- Hiking
- Swimming

Spiritual

- Morning Spirit Baths
- Sweat Lodge Ceremonies
- Prayers
- Smudging



Weekly and Daily Schedule

*****All Carries for Medication must be arranged prior to leaving.**

Day One - Monday

Prep Day for the Staff and Elders

The Brothers from the Institution will arrive on Monday.

AM ALL MATERIALS AND SUPPLIES FOR THE WEEK ARE TRANSPORTED.

8:00 am Meet at the Circle of Eagles Lodge **

9:00 am Leave for Horseshoe Bay

Brothers from Institution will proceed directly to Horseshoe Bay Government Dock.

(Red Dock, the only one there)

10:00 am Water Taxi

11:30 am Arrive at Camp Potlatch

12:00 pm Lunch

1:00 pm Staff and Elders Meeting Orientation.

2:30 pm Sweat Lodge set-up

4:30 pm Sweat Lodge

6:00 pm Dinner

7:00 pm Sharing Circle

11:00 pm Power Off

*****Canoe goes up on Monday.**

Day Two - Tuesday

Sunrise Morning Spirit Bath at Camp Potlatch

8:00 am Meet at the Circle of Eagles Lodge **

9:00 am **Van 1** - Leave for Horseshoe Bay

Van 2 – Leave for Horseshoe Bay

Van 3 – Supplies

10:00 am Water Taxi

11:30 am Arrive at Camp Potlatch

12:00 pm Lunch

1:00 pm All Brothers and Staff Orientation. Overview of week, expectations, journals distributed, Pre-evaluation surveys are completed.

1:00 – 4:00 All Elders are available for one-on-ones whenever a Brother requires.

2:30 pm Canoe goes out for an hour

4:00 pm Sweat Lodge

6:00 pm Dinner

7:00 pm Sharing Circle

11:00 pm Power Off



Day Three - Wednesday

Sunrise	Morning Spirit Bath at Camp Potlatch
8:30 am	Breakfast
9:00 am	Morning Traditional Workshops – Medicine Picking
10:00 am	Drum Making
11:00 am	Traditional Workshops – Storytelling, Anger Management, Healthy Relationships, @smokepit
12:00 pm	Lunch
1:00 – 4:00	Elders are available for one-on-one
1:00 pm	Canoe goes out for two hours
1:00 pm	Sweat Lodge prep
3:00 pm	Sweat Lodge
6:00 pm	Dinner
7:00 pm	Sharing Circle
11:00 pm	Power Off

Day Four - Thursday

Sunrise	Morning Spirit Bath at Camp Potlatch
8:30 am	Breakfast
9:00 am	Morning Traditional Workshops – Storytelling, Anger Management, Healthy Relationships, @smokepit or longhouse weather permitting.
10:00 am	Traditional songs protocols
11:00 am	Traditional Workshops – Storytelling, Anger Management, Healthy Relationships, @smokepit or longhouse weather permitting.
12:00 pm	Lunch
1:00 – 4:00	Elders are available for one-on-one
1:00 pm	Canoe goes out for two hours
1:00 pm	Sweat Lodge prep
3:00 pm	Sweat Lodge – Letting Go Ceremony
6:00 pm	Dinner
7:00 pm	Closing Ceremonies
	Post evaluation surveys
11:00 pm	Power Off

Day Five - Friday

Sunrise	Morning Spirit Bath
8:30	Breakfast
10:00	Boat leaves Camp Potlatch
12:00	Bagged Lunch on Friday
2:00	Afternoon snack at Naa-na-himyis for the Brothers in the community.

Closing Feast and Graduation Ceremony

A Closing Feast and Graduation Ceremony will conclude the Tsetsusem Healing Journey. Participants will have an opportunity to share their experience in a closing circle to share what the experience meant for them.

There will be a final presentation from the Coordinator and Elders. Each participant will be presented with a Certificate of Completion.

Pre and Post Evaluation Survey

Once the participants arrive they will fill out a pre-evaluation survey. And then upon completion each participant will fill out a post evaluation survey. This survey will assist us make any changes if needed to the Healing Journey. As well, participants may be contacted after a few months to see where they are in their personal healing journey. The survey will be confidential and names will not be required when filling out the surveys.







CIRCLE OF EAGLES LODGE



Circle of Eagles Lodge Society

Head Office Administration

6520 Salish Drive
Vancouver B.C. V6N 2C7

Tel: 604-428-7963
Fax: 604-874-3858

Naa-na-himyis Brothers Healing Lodge

1470 East Broadway
Vancouver B.C. V5N 1V6

Tel: 604-874-9610
Fax: 604-874-3858

Anderson Lodge Healing Centre for Women

2716 Clark Drive
Vancouver B.C. V5N 3H6

Tel: 604-874-1246
Fax: 604-874-9464

COELS Resource Center

2008 Wall Street
Vancouver B.C. V5L 1J5

Tel: 778-658-5760
Fax: 604-874-3858

www.circleofeagles.com