



# Aseniwuche Winewak Nation of Canada

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## AWN CULTURAL CAMP 2015 GUEST INFORMATION

We invite you to join our leaders, staff and local Elders in a traditional cultural experience. The Aseniwuche Winewak have a long, rich history of living and guiding in the Rocky Mountains. Our Cultural Camp is based on this tradition: an outfitter-style camp set in a lakeside setting within our traditional land. You can expect to participate in many of our customs, interact with members of our community, make traditional crafts, sleep in a tipi, be fed delicious meals, and share many laughs. The camp has an open relaxed atmosphere, so get ready to slow down to another way of life, and gain an awareness of who the Aseniwuche Winewak are.

### **The Location:**

The camps are located in a wilderness setting 10 km south of Grande Cache along Highway 40. The camp is located adjacent to Peavine Lake and Death Race trails. Grande Cache is in the Rocky Mountain Eastern Slopes. The Aseniwuche Winewak community is comprised of 6 smaller communities; family groups who hold small parcels of land scattered around the Municipality of Greenview.

### **The Camp Experience:**

Once you arrive at camp, you will be shown around the facilities. It is a traditional backcountry camp with wood stoves & canvas wall tents; the way our People have been guiding hunters, tourists and explorers into the mountains for generations. Accommodation is in tipis. The food is simple but hearty.

Life on the land moves at a different pace. Although there is a set program, we have a flexible schedule so we can adapt to changing weather, visitors, and our guests. We invite you to take off your watch and relax. Staff will advise you of what time meals are served, and when activities are expected to start. Some of the customs you will be invited to share are: talking circles, smudges, prayers, feasting, bannock, gathering plants, and making traditional crafts. Ceremonies that may occur include the Sweat Lodge. Our drummers will be invited to play around the campfire one night, and invite you to join in a dance. Nothing is compulsory, and please feel free to ask questions.

### **What We Provide:**

All meals, snacks & beverages are included: starting with lunch on the first day, and ending with breakfast on the last day. If you have dietary requirements, please notify us. The camp is alcohol-free for guests, staff and visitors. The tipis sleep 2 – 5 people, depending on the number of people in camp. Cots and foam mats are provided upon request. There is small propane heater in each tipi. Washroom facilities are basic outhouses and an outdoor hand wash area. Meals are served in the dining tent, all dishes & cutlery are provided. Craft materials are supplied. Transportation to camp from Grande Cache or the local airstrip can be arranged with a minimum two weeks' notice.



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## CAMP PARTICIPANTS:

Name: \_\_\_\_\_

Email: \_\_\_\_\_

Job Title: \_\_\_\_\_

## Meals:

Regular Diet ☐

Vegetarian ☐

OTHER ☐

Please see menu, and provide any required personal food supplies

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Please list any deadly allergies, medical conditions or medications you are taking you think we should be aware of:

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Medical alerts, medications and devices are required. Guests are responsible for making arrangements to ensure their health. This information will be kept strictly confidential.

## Emergency Contact:

Contact Name : \_\_\_\_\_

Phone Number: \_\_\_\_\_

Relationship to Participant : \_\_\_\_\_



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### WHAT TO BRING:

You will be outside or in tents/tipis for the entire camp experience. Temperatures can vary from highs of +30 to -10 Celsius at night. Additional equipment is listed for people who tend to be cold. Limited supplies may be available in Grande Cache should they be required mid-camp.

### REQUIRED EQUIPMENT:

- ☐ A duffle bag large enough for all your personal gear (excluding sleeping bag/pillow)
- ☐ A warm sleeping bag: minimum-10 Celsius, a compact pillow, foamy or single air mattress
- ☐ Layered pants: Loose-fitting jeans OR mid-weight hiking/outdoor pants with long underwear or warm light-weight layer for under pants
- ☐ Layered tops: t-shirt or tank-top, light-weight long-sleeve shirt, mid-weight long sleeve shirt, fleece or similar jacket, wind jacket or gore-tex.
- ☐ Long underwear or other warm lightweight layer for sleeping
- ☐ Underclothes & socks. Wool or synthetic best.
- ☐ Sweat Lodge attire: long light-weight dress or nightgown for women, loose shorts for men
- ☐ A waterproof rain jacket
- ☐ Lightweight hiking boots or running shoes, PLUS sandals for sweat lodge and showers
- ☐ A sun hat and a warm hat
- ☐ Lightweight mitts or gloves
- ☐ Sunscreen, sunglasses, insect repellent
- ☐ Supply of personal medication you may be taking
- ☐ Face cloth & mid-size towel
- ☐ Flashlight (headlamp recommended)
- ☐ A lighter or matches

### ADDITIONAL EQUIPMENT FOR PEOPLE WHO TEND TO GET COLD:

- ☐ A down or insulated jacket.
- ☐ Bring only medium or heavy weight base layers.
- ☐ Additional layers for top and bottom.
- ☐ A separate mid to heavy-weight set of long underwear or base layer just for sleeping
- ☐ Avoid cotton clothing. Fleece or wool is highly recommended.
- ☐ Sleeping bag should be good quality, rated to at least -25 Celsius
- ☐ An over-bag if you have one.
- ☐ A fleece liner or blanket for inside your sleeping bag
- ☐ A supply of hot pocket hand warmers

*Tips on staying warm:* eat a lot, have a snack before bed, empty your bladder before bed or if you wake up during the night, do not sleep in the clothes you were wearing – change into your sleepwear, sleep in an insulating hat and jacket, bring a leak-proof water bottle to bed and hold it, put hot pockets by your feet.

### OPTIONAL:

- ☐ Other personal toiletries; soap, shampoo/conditioner, hand lotion & lip balm, mirror, etc.
- ☐ Camera, personal notebook & pen, book to read, earplugs
- ☐ Fishing equipment
- ☐ Other personal clothing or equipment you would normally take on a tenting trip
- ☐ Gifts for elders: tobacco, blankets, or corporate promotional items are suitable



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## NOT RECOMMENDED:

- ☐ Cell phones or other personal electronics
- ☐ Jewelry, money or other valuables
- ☐ Perfume or strongly scented products
- ☐ Personal snacks or beverages

## Showers and Toilets

There are a number of steps that have been taken to try and keep the experience as genuine as possible while staying at the camps. For guests who would like to shower during their stay, the Susa Creek school showers will be available, though we ask you make a personal donation to the school board for their use. In addition, the camp is situated adjacent to the lake, so for those bold enough to brave the frigid mountain waters, swimming is also an option in July and August.

There are no flush toilets or running water available at the camp site. Please keep in mind that this is a wilderness based experience, so basic outhouses and wash stations will be provided.

## Personal Vehicles

In the past, guests have been able to bring personal vehicles and park them at the camp. Because the access road to our camp location is so narrow, we feel this both detracts from the authentic experience as well as poses a safety risk for Emergency Vehicle access. This year, if possible we encourage you not to bring personal vehicles. We will be running a shuttle from town to transport guests at the beginning and end of the camp, which will leave from the Tourism Centre in Grande Cache. In addition, there are limited amounts of parking available closer to the camp at the Denard CN yard (located approximately 1km past the camp access road) from which we will also offer shuttles. Please be aware that parking at either of these location is done at the participants own risk.

## Other Useful Information

The saying goes that if you don't like the weather in the mountains, wait five minutes. Weather and temperature can change quickly and without warning in the mountains, so it is best to be prepared for anything. The temperatures can drop to below freezing at night, so it is important you bring a suitable sleeping bag and extra warm clothing for those cold nights. Every tipi is equipped with a small heater, and they will be kept as warm as possible. Please ensure you also have suitable wet-weather clothing.

### **\*\*\*REMEMBER – COTTON KILLS\*\*\***

Please try to bring clothing materials that do not retain moisture; such as wool, fleece and synthetic materials. This will significantly reduce your chances of getting cold.

Guests may be participating in a sweat ceremony. In this case, cotton is OK and you will want something lightweight and comfortable. Think of the experience as being somewhat equivalent to a hot sauna, and be prepared to sweat in your attire. For men we have recommended loose shorts and for women a long light-weight dress or nightgown.

If you are interested in purchasing some hand-made crafts this year, there will be the opportunity to do so at the camps. Some crafts will be pre-made and available for purchase through the individual crafter immediately, or there may be opportunity to order what you are looking for.



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## AWN Cultural Camp Menu for 3 Day Camp

<p><b>AVAILABLE AT ALL TIMES</b></p> <p><b>SNACKS:</b> Cookies, granola bars, muffins  <b>BEVERAGES:</b> Coffee, Tea, Hot Coco, Juice, Water</p> <hr/> <p><b>DAY 1</b></p> <p><b>Lunch</b>  <b>Homemade Soup</b>  <b>Vegetable Tray:</b> Celery, Tomato, Carrots, Broccoli  <b>Bannock</b> and Whole Wheat Dinner Bun  <b>Condiments:</b> Ranch Dressing for Dip &amp; Butter</p> <hr/> <p><b>Supper</b>  <b>Fried Moose Meat</b> cooked with onions and gravy  <b>Deep Fried Turkey</b>  <i>Vegetarian Alternative: Vegetarian burgers – 2/person</i>  <i>Served on Whole Wheat Burger Bun and condiments</i>  <b>Mashed Potatoes</b>  <b>Broccoli Salad</b>  <b>Bannock</b> and Whole Wheat Dinner Buns  <b>Condiments:</b>          Mustard, Relish, Ketchup, Butter  <b>Apple &amp; Berry Pies:</b> with whip cream</p> <p><b>SNACK: served at 8pm</b>          Popcorn          S'mores</p>	<p><b>DAY 2</b></p> <p><b>Breakfast</b>  <b>Scrambled Eggs &amp; Bacon</b>  <b>Cinnamon Raisin French Toast</b>  <b>Fruit Tray</b> –Cantaloupe, Honey Dew Melon, Green Grapes  <b>Oatmeal</b>  <b>Dry Cereal:</b> cheerios, corn flakes, granola/ 2 L 2% Milk  <b>Yogurt:</b> individual portions, assorted flavors  <b>100% Orange Juice</b> from concentrate</p> <p><b>Lunch</b>  <b>Indian Tacos</b> served with lettuce, tomatoes and cheese  <i>Vegetarian Alternative: Vegetarian Chili</i>  <b>Bannock</b> and Whole Wheat Dinner Buns  <b>Pasta Salad</b>  <b>Condiments:</b> Sour cream and taco sauce</p> <p><b>Supper</b>  <b>Traditional Moose Meat Stew</b>  <b>Baked Salmon</b>  <i>Vegetarian Alternative: Hearty Vegetable Soup</i>  <b>Rice</b> cooked with broth and onions  <b>Bannock</b> and Whole Wheat Dinner Buns  <b>Cucumber and Watermelon Salad</b>  <b>Angel Food Cake:</b> with berries and whip cream</p> <p><b>SNACK: served at 8pm</b>  <b>Homemade Soup</b>  <b>Bannock</b> and Whole Wheat Dinner Buns  <b>Popcorn</b>  <b>S'mores</b></p>
<p><b>ALTERNATIVES:</b></p> <ul style="list-style-type: none"> <li>• Cucumber and watermelon salad</li> <li>• Baked Ham</li> <li>• Homemade cream of broccoli soup</li> <li>• Broccoli and tortellini salad</li> <li>• Homemade vegetable soup</li> <li>• Vegetable salad</li> <li>• Homemade beef barley soup</li> <li>• Baked beans</li> </ul>	<p><b>DAY 3</b></p> <p><b>Breakfast</b>  <b>Pancakes &amp; Sausages</b>          Maple Syrup, Jam &amp; Butter  <b>Fruit Tray</b> –Cantaloupe, Honey Dew Melon, Green Grapes  <b>Oatmeal</b>  <b>Dry Cereal:</b> cheerios, corn flakes, granola/ 2 L 2% Milk  <b>Yogurt,</b> individual portions, assorted flavors  <b>100% Orange Juice</b> from concentrate.</p>

**\*\* PLEASE KEEP IN MIND THAT BOTH THE MENU AND SCHEDULE MAY NOT BE EXACTLY AS SHOWN, AND MAY CHANGE FROM CAMP TO CAMP \*\***



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## AWN Cultural Camp – Itinerary

<p><b>DAY 1</b></p> <p><b>9:30am to 10:00am</b> Guests muster at AEC office. Some guests may arrive at airport. AWN staff will meet them and bring them to the camp.</p> <p><b>10:30am</b> Guests arrive at camp. AWN staff completes waiver process. Guest Camp Orientation, introduction of staff &amp; Elders. Guests put away personal belongings, and get set up in tipis.</p> <p><b>11:00am</b> Opening prayer, icebreaker activity, and cultural awareness activity.</p> <p><b>12:00pm - LUNCH</b></p> <p><b>1:00pm</b> Fun and Games with AWN Elders and Community</p> <p><b>2:00pm</b> Cultural Activity</p> <p><b>3:30pm - Break Time</b></p> <p><b>4:00pm</b> Community Update</p> <p><b>5:00pm - Free time</b></p> <p><b>6:00pm - SUPPER</b> Supper is served. An Elder leads prayer before eating.</p> <p><b>7:30pm</b> Evening prayer and smudge Circle and Sharing Time – stories and questions for community and AWN Elders Campfire and Dessert</p> <p><b>10:00pm</b> Kitchen closes, staff retires.</p>	<p><b>DAY 2</b></p> <p><b>8:30am – BREAKFAST</b></p> <p><b>9:30am</b> Craft Time: Guests choose craft to make.</p> <p><b>Culture Lessons:</b> casual setting with Elders &amp; interpreter to teach basic Cree words, bannock making, snaring and trapping.</p> <p><b>12:00pm - LUNCH</b> Lunch is served. An Elder leads prayer before eating.</p> <p><b>1:00pm</b> Finish crafts, free time, or Interpretive Walk</p> <p><b>Interpretive Walk:</b> Guests walk with Camp Coordinator to Susa Creek Hide Tanning location. Discuss Medicinal Plants, Traditional Land Uses, History and Animals along the way.</p> <p><b>Hide Tanning 101:</b> Located at Susa Creek Hide Tanning Station, Elders &amp; Interpreter teach hide tanning process.</p> <p><b>4:30pm - SUPPER</b></p> <p><b>5:30pm - 2 Day Camp guests depart</b></p> <p><b>6:30pm</b> Evening prayer and smudge Circle and Sharing Time – stories and questions for community and AWN Elders Campfire and Dessert</p> <p><b>8:00pm - SNACK</b></p> <p><b>10:00pm</b> Kitchen closes, staff retires.</p> <hr/> <p><b>DAY 3</b></p> <p><b>8:30am - Guests pack up.</b></p> <p><b>9:00am - BREAKFAST</b></p> <p><b>10:00am</b> Closing circle, remarks, prayer. Group Photo. Guest evaluations.</p> <p><b>11:30am - Camp Closes. Guests depart</b></p>
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