



Thank you for requesting more information about our trip to Ouje Bougoumou in Northern Quebec, March 14 - 23, 2006. This winter trip to the North will be a unique trip. Our group of 6-8 participants is of diverse and varied backgrounds and interests. We each bring a special flavor to the experience.

BACKGROUND: Since 1990 Hulbert has been organizing trips to the North to examine, first-hand, some of the pressing cultural, political and environmental issues surrounding Native Peoples and their land. Since 1998 we have brought active adults over 50 from the States to learn about life in the community of Ouje Bougoumou. Ouje Bougoumou is located 600 Kilometers north of Montreal in the James Bay area of Quebec. It has been recognized by the United Nations as a model aboriginal community.

PROGRAM: We will spend time in the newly created community of Ouje Bougoumou as well as time in the bush with our hosts Anna and David Bosum. Enclosed you will find a tentative itinerary. Our main objective is to learn about the world of these native people, and how they have lived, as a hunting and trapping culture, for thousands of years.

DATES: We will meet at Hulbert the late afternoon of March 14. The Hulbert van leaves March 15, and returns March 23. We will be in Ouje Bougoumou from March 16-22. We will gather at Hulbert Outdoor Center the evening of March 14 for introductions, equipment review and an orientation on cultural differences.

TRAVEL: Participants may travel independently to Ouje Bougoumou - by plane to Chibougoumou, or by car to the village. Please see the enclosed sheet. Lodging at Hulbert will be available the night before and after the trip, should you need it. We will be able to pick folks up at strategic spots along the way. We will drive a full day on day 1 - (9 - 10 hours) and stay at a local motel on the way. We will eat at low cost restaurants en route. If all goes well we will meet Anna and David Bosum, our guides, on the second afternoon. We will do the reverse trip the following week. You will be responsible for travel expenses to and from Ouje Bougoumou. We estimate the cost of van transportation to be under \$100 USD for meals, lodging and travel. We expect it will take 14 - 16 hours total. AirCreebec & Canadian Airlines service Chibougoumau from Montreal. Should you need it, we will arrange to pick you up in Quebec City on Wednesday or in Chibougoumau on Thursday. Air Creebec can be reached at 1-(819) 825-8375 or Fax at (819) 825-0885 and Air Canada at www.aircanada.ca or 1-888-247-2262. Should you be interested in flying, please make reservations as soon as possible.

Remember that you will need **proof of US citizenship** (birth certificate, or passport) and a photo id (license), or if you are not a US citizen, an immigration card or passport visa to pass through the border. If you have any questions about border regulations, call U.S.Customs in Vermont at (802)-868-3349.

HEALTH FORM: Because this trip to Northern Quebec will require a fair amount of stamina (camping, snowshoeing 4 - 6 hours on two days, carrying day packs, and participating in bush camp activities) and because at times we are a distance from medical facilities, we require a physician to sign your health form. He/she should indicate anything he feels we should know about your past or present health and whether the trip is suitable for you. Remember that it is important that we have all pertinent information. Should your physician have questions about the rigors of the trip, he may call us at Hulbert at 802-333-3405. These forms will be kept confidential. If you have had a physical within the last year, just drop this form off at you physician's office. There should be no charge for simply filling out the form. It is important that you understand that we will be eating "country food" which will be high in game and carbohydrates - because of caloric need. If you are a vegetarian, please let us know. We plan to supplement with veggies and dried fruit.

Note the "Assumption of Responsibility" clause on the reverse side of the Health Form. Because of the nature of the trip, we reserve the right to ask any participant to stay at the base lodge should we deem their physical condition would jeopardize the health or safety of that individual or other individuals in the bush.

EQUIPMENT: Hulbert Outdoor Center and the Bosums will supply most equipment, except for sleeping bags, pads and personal equipment. You will find an equipment list enclosed. Please pay close attention to the need for warm clothing, good boots, and a warm sleeping bag. At this time of year it could be below zero and there are still many feet of snow on the ground. Since we will spend all nights camping, I would strongly recommend that you bring a good sleeping pad (see the equipment list for suggestions). Your equipment will be carried out to the bush camp by snow machine or dog sled, but we suggest that you still pack judiciously. You may bring your own snowshoes if you would like.

LODGING & MEALS: We will be camping in either wood framed tents (traditional Cree structures) or large wall tents. Both are heated with wood stoves. Spruce boughs will make a thick carpet to rest upon. Restroom facilities will be primitive - an outhouse. Our food will be Cree food, with much game meat. We will supplement with some grains but find eating traditional food a large part of the experience...

PHYSICAL DEMANDS: The trip is moderately demanding, since the schedule is full and we are snowshoeing and walking. Maximum distance on the two travel days will be 4-6 miles. You will be expected to have your physician sign your health form. To enjoy yourself, and for the safety of the group, you should be in good physical condition. You should try to snowshoe 2 - 3 times a week with a day pack to get into good shape.

PARTICIPANTS: Participants in this program will be from a variety of backgrounds, but all will be students of life. Our group size will range from 6 - 8. The nature of this trip demands participants who are flexible and adaptive, since traveling in the North is sometimes unpredictable. We will have a back up of snow machines and/or dog sleds should we need them, however, the trip is meant to be physically active. Weather and native time schedules occasionally leave us open for unexpected adventure, and wonderful opportunities.

READINGS: We will try to find time each day to gather and reflect. Please bring a few of your favorite readings that would be pertinent to this experience.

FINANCES: Total cost of the trip is \$1200. Your non-refundable down payment of \$200. will hold your spot. **Your balance is due by January 14, 2006.** Your tuition cannot be refunded after February 14, unless your spot can be filled with another participant. After February 14, no refunds can be made unless Hulbert must cancel the trip or there is a doctor verified medial emergency. If this concerns you, we would suggest obtaining trip cancellation insurance from your local travel agent. You are responsible for your own expenses for travel to and from our base camp.

LEADERSHIP: Anna and David Bosum will be our guides while in Ouje Bougoumou. The Bosums have lived in the bush most of their lives. Deb Williams developed the Northern Issues Trip Program for Hulbert. She is a Wilderness First Responder and coordinates the Elderhostel program for Hulbert Outdoor Center.

HULBERT OUTDOOR CENTER: Hulbert Outdoor Center, a non profit educational center founded in 1978, supports Native Issues Trips to the North as one of the many educational programs it offers to the public. The Center, which served 6,000 people last year, considers it's mission one of enabling people to enrich and change their lives, their communities and their world through experiential education programs.

As we have mentioned before, participants must be flexible and adaptive. Western style timetables are not always appropriate when traveling in the north. Plans may change at a moments notice. This flexibility most often adds wonderful new dimensions to a trip. Please feel free to call with any and all questions. I can be reached at 802-333-3405 ext 120, email: deb_williams@alohafoundation.org. We look forward to an exciting unique trip to the North and we are so glad you may be with us.

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Deb Williams
Trip Coordinator

Enc: itinerary; reading list; articles