



# OUIJE-BOUGOUMOU

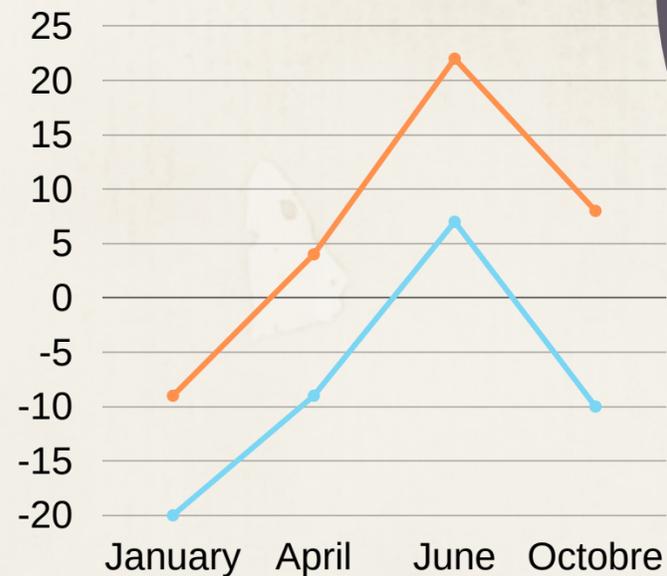
Address: 68 Opataca Meskino, PO BOX 37  
Ouje-Bougoumou, Quebec, G0W 3C0  
Tel: 418-745-3901



Ouje-Bougoumou means "where the people meet".



## Temperatures



## History

The history of the Cree from Ouje-Bougoumou is full of expropriation, neglect and abuse resulting from the activities of mining and forestry companies. The Cree were forced to relocate no less than seven times to make way for the new mines. Yet, the people of Ouje-Bougoumou refused to disappear. After a long and difficult fight, the community's rights were eventually recognized by the governments of Canada and Quebec. Ouje-Bougoumou is a Cree community of northern Quebec that created a village on the north-east coast of Lake Opemisca, based on three principles: economic efficiency and viability, conservation and harmony with the environment, and aesthetics. The combination of modernism and tradition in an environmentally-friendly approach, the village was originally conceived in 1992 by architect Douglas Cardinal (Canadian Museum of History, Hull) and was awarded a prize by the United Nations Organization.

## Access



### Year-round road access

Road 1009 linked to road 113 (26 km)  
37 km from Chapais, 58 km from Chibougamau  
960 km from Montreal

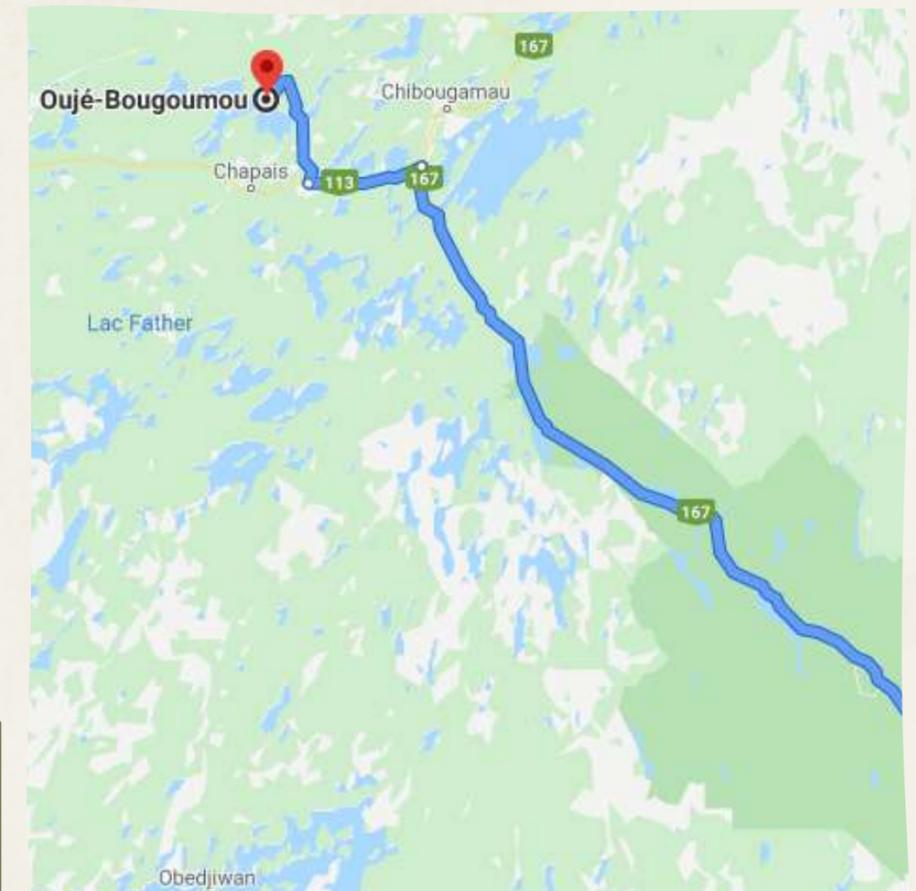
### Access by plane



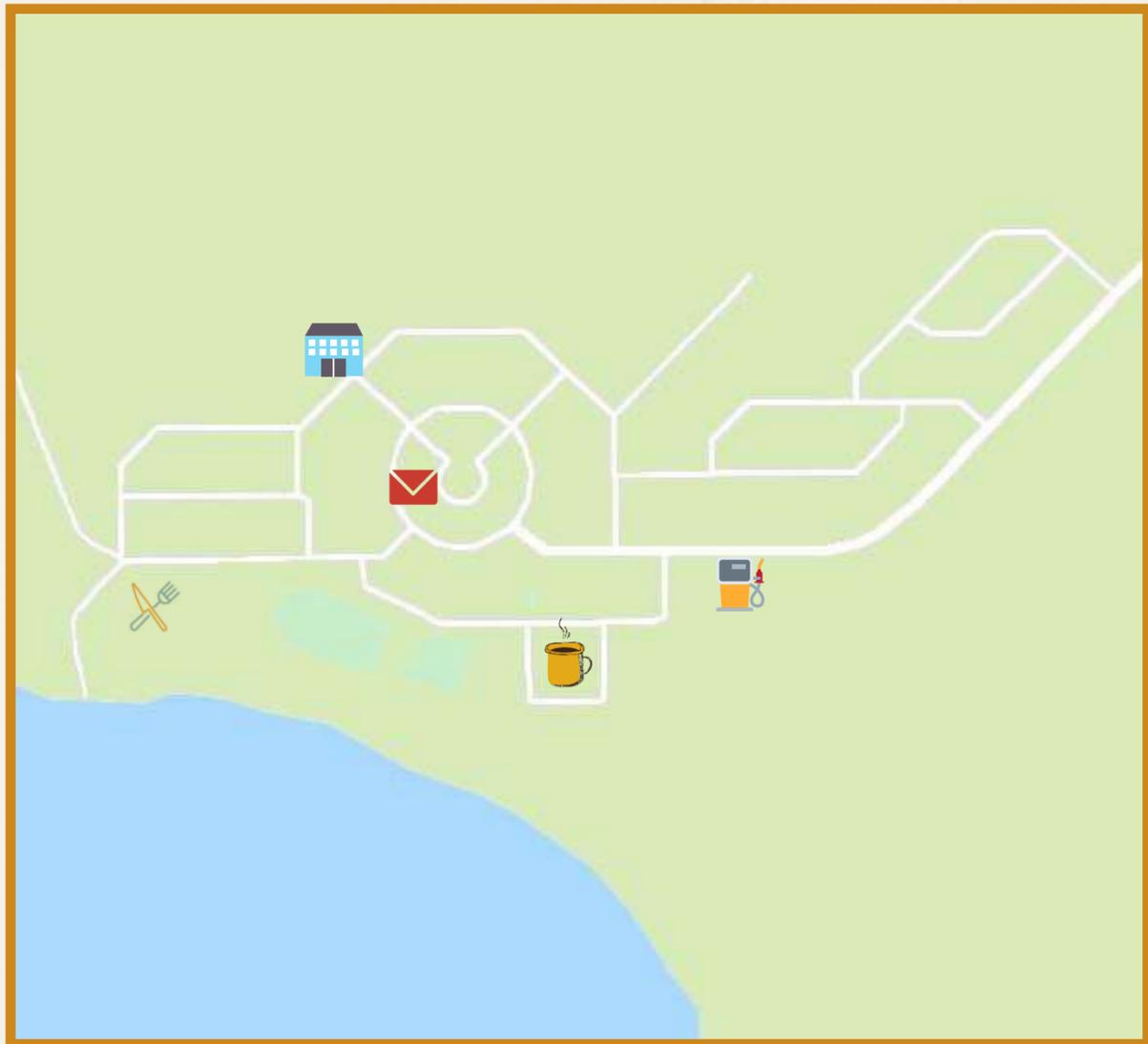
Via Chibougamau airport  
Taxi Albert serves Ouje-Bougoumou



If you travel by car, plan your journey carefully. At some point, you will no longer have access to gas stations and roads will be less used. Make sure to have a survival kit including food, something to keep you warm and light a fire. In case of trouble, always stay in or near your vehicle, never venture into unknown areas.



# Services



-  *Clinic*
-  *Casey's Gas station / convenience store (everything, but not many fruits & vegs)*
-  *Post office*
-  *Capississit Lodge restaurant (traditional and fast food)*
-  *Arena's canteen*

### Other services:

*Arena, radio, fitness centre, recreation centre, Multi Services Day Centre (MSDC), ambulance*

## Population

*Inhabitants: 730*  
*Houses: 155*  
*Languages spoken: Cree, English, French*

*Economic activities:*  
*Tourism, mining exploration, trapping, transport, construction, outfitters*

### Culture

In the community, there is the cultural village with teepees and other Cree structures. People gather there especially during summer. The Cree like English-speaking music, either country for the elders, or pop music for younger people.

### Health problems

Type 2 diabetes, obesity, HBP, AOM, drug, alcohol, STIs, skin problems, respiratory disorders

# Activities and attractions



### Sports

Outdoor ice-ring, sports field, basketball court, tennis court, beach, motocross circuit, sports complex with arena and swimming pool  
Trails for biking, hiking, cross-country skiing, snowmobiling

### Events

Ouje-Bougoumou is the host of festival Bhaadhaagoosh'shoon (Voices of the Land), created in 1995 to promote Indigenous music and singing. Among the other cultural activities, there are festivals to celebrate the different Cree seasons.



### Worth visiting



Visit the remarkable heating installation that provides the whole village with energy and is powered by sawdust from the local sawmill. Make your own pair of mocasins or snowshoes. A Cree cultural institute, Aanischaaukamiw (place of legacy) is home to a great number of objects that belong to the cultural and archeological heritage of this nation.



### Nature

Photographers and nature lovers can admire the most beautiful northern panoramas. Lakes and rivers are great places for catch and release fishing.



## The clinic

Nursing staff: 4

Current  
/Chayou  
2

Awash/  
Uschi  
1

Awash  
1

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37, Ouje-Bougoumou QC G0W 3C0*

*Tel: 418-745-3901*

*Fax: 418-745-3043*

*Person in charge: Pierre Larivière*

**Hours:** CLSC open from Monday to Friday between 9am and 12 and then from 1pm to 5pm.

**Therapeutic guide:** Cree Board of Health and Social Services of James Bay's therapeutic guide

**Pharmacy:** Supervised by the nurse in charge; orders are done from Mistissini.

### Resources

Doctor: 1

Police: Yes, Cree police 415-745-2573

Firefighters : Yes, station and equipments on site 418-745-2575.

Social workers: Yes, several, on call 24/24.

Psychologist: Occasional visits

Nutritionist: Yes

Dentist: Occasional visits

Other professionals: psychiatrist

CHR (Community Health Representative) : resource for complementary education (diabetes, HBP, prenatal)

Interpret: Yes, during the day. At night, ask the family if needed.



## Community health

### Infant follow-up

Programs are well followed. Infant follow-up is done at the same time as immunization.

### Immunization

The calendar differs from the one in Quebec; refer to it. The follow-up is still done with a system of cards in a box.

### Women health

Once a year, each woman is seen for a health assessment, education and screening (Pap test, PCR, breast exam...)

### Long-term follow-up

Type 2 diabetes follow-up is often done every 3 months by a nurse. Ideally, lab exams are done one week before so data can be used as a base for education and follow-up. The other follow-ups are done according to each patient's individual needs.

## Accommodation



You will be staying in a transit. Most of the time they are individual but you may share it with other health professionals during busy periods.



Smoking in the transit and bringing your spouse is forbidden. Animals are not allowed.



Transits are equipped with tv and a vast choice of channels and possibility to connect your Netflix account. The bathroom is personal; the kitchen is shared.

## Emergency

**Emergency cart:** In the emergency room; medication is checked once a month.

**Emergency kit:** emergency medication, oxygen bag, suction unit, stethoscope, sphygmomanometer, oxymeter.

## On-call duty



On-call duty is shared by the 3 clinic nurses. When the clinic is closed, including on lunch break, there is always a 1st person on call and a 2nd.

### Home care visits during on-call periods

There regularly are visits to do at the « Elder's Home » near the clinic. Some patients with reduced mobility may also require home care.



### Transfers

Transfers are made to Chibougamau hospital in ambulance, the 2nd nurse on call accompanies the paramedics.

**Telephone:** You can transfer calls to the transit or to the radio telephone.

Enjoy your assignment!