

August 7-21, 2010
BIOL 2130 - Ecology of the Boreal Forest
Canadian Canoe Trip Fact Sheet
(see later pages for application and cost information)

History -

When Professor Al Bjorkman was a student at North Park University in the early 1970's, there was a commitment to off-campus education in many departments across the campus. These experiences in the Arizona Desert, Mexico's Baja Peninsula, or Minnesota's Boundary Waters had deep and powerful impacts on virtually all who participated. Professor Robert Tofte of the Biology Department led numerous trips to the Deserts of Arizona, Texas, and Mexico's Baja Peninsula in the early 1970's through the 1980's. Professor Ted Hedstrand of the Department of Physical Education led for many years a summer canoe trip as part of a recreation/camping class to the Minnesota Boundary Waters Canoe Area Wilderness. As these professors aged or retired these trip and travel learning experiences ended.

During the late 1990's some trips re-appeared as overseas courses. The Department of EXS initiated a Personal Health course in Michigan's Upper Peninsula during winter break. The Biology Department's offers trips to Iceland, the Bahamas, and Costa Rica. While all of these are excellent courses, some of them are quite costly (in Biology often greater than \$2400.00 plus tuition). The Canadian Wilderness Canoe trip course is an attempt to revive the NPU Wilderness Canoe Course history and tradition at a somewhat lower cost than other current out of country overseas trips.



Current Concept -

Prior to coming to North Park, Professor John Hjelm (EXS) and Al Bjorkman worked for years together in the Christian Camping Ministry of Covenant Point Bible Camp in Michigan's Upper Peninsula. Numerous wilderness canoe trips were part of that camp's ministry, and both professors participated in and saw the benefits of such a program. Now that both are NPU faculty members they desire to combine content from two departments and the past history of this concept at NPU in this summer's 2005 Canadian Wilderness Canoe Course. In preparation for this course, they traveled to Woodland Caribou Provincial Park in Ontario during summer 2002 to evaluate that locale as a site for a new course. A faculty development grant supported this trip, and the result is the course concept presented here. During the summer of 2003 the first modern NPU Canada Canoe Course was successfully held. Professor Bjorkman undertook a solo canoe trip during summer 2004 to explore a new route to be followed for this summer's 2006 Canada Canoe trip.

For Summer 2010 the only trip is **BIOL 2130 Ecology of the Boreal Forest**. This course completely fulfills the GE Natural Lab Science requirement for all students. Further, Biology majors who take BIOL 2130 can use this course toward their major as an upper division

course. As it is listed as a Quad A Fall 2010 course, the course is essentially over before the Fall 2010 semester begins freeing up time for added courses. Tuition is also covered as part of each student's Fall block of course tuition. The only further cost is for the trip itself, approximately \$1550.00. This course is only offered every other summer and will not be offered again until summer 2012.

What Type of Student Should Participate in This Course-

The old physical education canoe trip was co-ed and included students who had never spent a day camping or would not have considered themselves athletes. It was a highly successful course and created positive, life-long memories for those who were lucky enough to go.

Students should bring a positive attitude, flexibility, willingness to participate as a full partner in group activity and dynamics, and an ability to deal with a wide range of situations: clouds and blue sky, rain, deep restful sleep and sore muscles, joy and sorrow, outdoor toilets, beautiful sunsets and overcast skies, hunger and fullness, no cellphone or wireless service, solitude and group activities, long tough days and easy days.

The course will be in a wilderness setting, far away from the conveniences of civilization. A foolish mistake at home would be a modest hassle; the same thing in the wilderness is a major problem. While we will have satellite phone capability for true emergencies, a sprained ankle or serious cut will have to be dealt with by the group, many hours away from the nearest town and emergency medical care. Pre-trip physical conditioning such as walking and running will be important for fitness and breaking in of footwear. Almost any student should be able to complete the trip and course taking away only great memories, learning, and a few blisters.

Due to Ontario Provincial Park group size regulations, only 7-8 students will be able to go on this trip and course. The course this Summer 2010 must have 7 students to be offered.

Trip Costs and Steps of Things to Do-

Prior to course participation students must complete the following:

1. complete course application and pledge (attached) and return to Professor Bjorkman
2. make a non-refundable \$250.00 deposit
3. acquire instructor consent, students will be registered as a group by the professor
4. Pay all trip fees according to the following schedule:
\$250.00 non refundable* deposit - upon application
\$750.00 payment by May 1, 2010
\$550.00 payment balance by July 1, 2010
5. complete a health history form
6. provide written evidence of major medical insurance coverage that is effective outside of the United States
7. sign a University Risk/Release form
8. have valid US or Foreign Country Passport (if possessing a foreign passport have valid US immigration documentation with you) for Canadian and United States border crossings
9. Complete both a University and Trip Emergency Info forms

8. complete all pre-trip readings
9. purchase a waterproof field notebook
10. have Visa or Mastercharge account number available for wilderness outfitter in unlikely case of need for emergency medical care or evacuation
11. provide for your own basic personal gear (See attached Canoe Gear Packing List)

** **Non Refundable fees** and payments mean you cannot get a refund for fees paid for any reason. If you become ill the last few days or at any time before the trip and cannot attend, if you or a family member loses their job and you cannot go on the trip, if you or a loved one dies before the trip and you cannot go on the trip, if you decide to drop out of school for **any** reason, if anything happens and you cannot go on the trip, there is **NO** refund of fees paid. To cover a possible trip cancellation you will have to purchase private travel cancellation insurance and adhere to the policies of that insurance which **may or may not cover** the reason for you not being able to go on the trip.*

** If the course is cancelled due to low enrollment (less than 7 students) or, if your application to participate is rejected your \$250.00 deposit is refundable.*

**The only way to get a “refund” for your fees in the event you cancel is to get a new, previously unregistered eligible student (eligible and approved by the course Professor), who has paid all their fees, to take your place.*

Payment Information-

The trip will cost \$1550.00 over and above Fall tuition. Only after you turn in your application, sign the pledge and have paid your \$250.00 deposit will your application be reviewed for course admission. Applications will be dated in order of date of return to the professor. During the course students will be responsible for travel meals on the road (10 meals), spending money, and optional fishing license (\$25.00US). **Final payment of all trip fees (\$1550) is due** by the payment dates above. All trip fees are **non-refundable for any reason***. If you feel there is any chance you might cancel due to personal illness or death in the family, purchase your own travel insurance to cover that possibility. Travel insurance generally DOES NOT cover loss of job, financial hardship, transferring or dropping out of school, or merely changing your mind.

Flexibility -

As this is a travel and wilderness course, a great deal of flexibility will be built in and dealt with by both students and faculty. While our wilderness outfitter will have our intended canoe route, the exact itinerary will have to be flexible. The vehicle, travel, and total course dates will be kept as firm as possible.

Itinerary -**

Saturday 8/7/10 8:00am Leave from NPU Kedzie south parking lot for Al Bjorkman’s house near Lake Geneva, Wi. Begin trip packing, canoeing skills and water safety, course details, begin equipment familiarization, overnight at Bjorkman’s house.

| | |
|-------------------|--|
| Sunday 8/8 | Finish packing at Bjorkman's house, leave at 10:00am and drive 575 miles to International Falls, MN, overnight in Motel. |
| Monday 8/9 | Cross international border, drive 260 miles to Red Lake, Ontario. Overnight in Red Lake, Ontario. |
| Tuesday 8/10 | Red Lake, Ontario. Tours of local land use could include visit with First Nation people for their view of Boreal Forest, a Goldmine tour of the largest gold mine in the world, for contrasting view of the use of the Boreal Forest, and or Woodland Caribou Provincial Park staff. Further trip prep and course content. Overnight in Red Lake, Ontario. |
| Wednesday 8/11 | Drive into Woodland Caribou Provincial Park. |
| Wednesday 8/11-19 | Wilderness Canoe trip 45-55 miles, 8 nights |
| Thursday 8/20 | Early! Floatplane pickup from the park, fly to Red Lake, load vans, head to USA, cross international border at Fort Francis, Ontario, overnight motel in Duluth, MN. Celebration dinner downtown Duluth, MN. |
| Friday 8/21 | 7:00am leave motel in Duluth head for equipment drop-off at Bjorkman's, Final arrival at North Park University at 8pm. |

**** specific Itinerary subject to change, course start and finish dates are fixed .**

Conclusion -

Please review and complete the course application, sign the course pledge, and return them to Professor Al Bjorkman, Box 57. Make your \$250.00 non-refundable deposit to the Business office, your application will not be considered for the trip unless this deposit is made. Also see the the attached Canoe Gear Packing list. If you have further questions please contact Al Bjorkman at abjorkman@northpark.edu (244-5781), office W-21, during the spring 2010 semester.

2010 - Canadian Wilderness Canoe Trip
BIOL 2130 – Ecology of the Boreal Forest
Application

Application/pledge return date _____

Please fill out this application by completing questions 1-4, signing the course pledge, and returning all materials to Al Bjorkman (campus mailbox Box 57 or Office W-21).

Name _____

Year in School (2009-10) _____

Major _____

Cell Phone or Phone # You Use _____

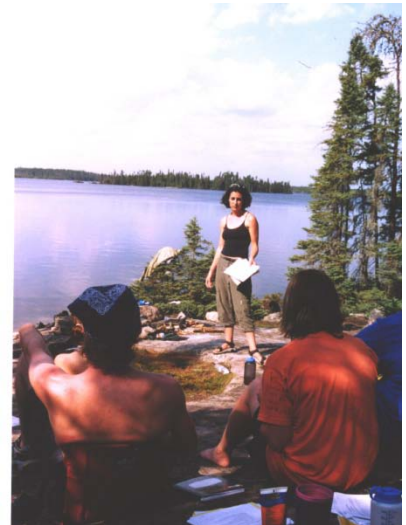
Local Email You Use _____

Major Advisor _____

Name One Other Professor You Have Had Who Knows You Well _____

Answer briefly the following questions:

1. Describe what interests you about this course?



2. Consider that we will be paddling canoes for 45-50 miles in 8 days, carrying all canoes and gear over multiple short to long portages, living without cell phones or other instant communication, encountering a wide range of weather conditions, living in a tent with 2-3 other people for 9 nights, traveling in a van for 3.5 days, flying in a small floatplane out of the wilderness, not having indoor toilet facilities during the 8 day wilderness trip, cooperating closely with your trip mates, swatting mosquitoes, and, in general, doing a wide range of challenging, exciting activities, very different from your normal college routine.

- a. Which of the above situation(s) would present the greatest challenge for you?

b. Do you have any orthopedic, medical, or psychological conditions that would limit your ability to participate? If so, please describe.

3. Please circle the one response which most accurately describes your swimming ability along this range of swimming ability?

| | | | | |
|-------------|-------------------|-------------------|------------------|---------------------|
| Non-swimmer | Beginning swimmer | Competent swimmer | Exercise swimmer | Competitive swimmer |
|-------------|-------------------|-------------------|------------------|---------------------|

4. Please circle the one response which most accurately describes your level of physical activity along this range of physical activity:

| | | | | |
|--------------|--------------------------------|---------------------|---------------------------------|-----------------|
| Couch Potato | Modestly Active (1-2x week) | Recreational sports | Regular exerciser (3x+ week) | serious athlete |
|--------------|--------------------------------|---------------------|---------------------------------|-----------------|

2010 - Canadian Wilderness Canoe Trip
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Course Pledge

I understand that this trip will cost \$1550.00 over and above Fall school tuition. I understand I am not eligible to attend and go on this course until I have a completed and submitted a course application, been approved by the Professor, paid all my fees, filled out all other emergency and permission forms, gathered all required personal gear and have a valid passport in hand. I will also provide a valid bankcard for our Canadian outfitter in the event of the need for payment for an emergency evacuation. I understand that all fees paid are non-refundable* for any reason. I understand I may face all of the conditions and situations (and possibly others) as described in question 2 of the application. I also will adhere to all guidelines and rules for my and other participant's health and safety as outlined by the course instructors during the entire two week course. I also pledge to respect the others in my group, the land upon which we will be traveling, and our hosts and presenters along the way. I also realize that the Professor will evaluate all applications for this course and choose participants based upon factors that will assure the most compatible mix of students in attendance

Signature _____ Date _____

Print Name _____

* Non Refundable fees and payments mean you cannot get a refund for fees paid for any reason. If you become ill the last few days or at any time before the trip and cannot attend, if you or a family member loses their job and you cannot go on the trip, if you or a loved one dies before the trip and you cannot go on the trip, if you decide to transfer schools or drop out of school for **any** reason, if anything happens and you cannot go on the trip, there is **NO** refund of fees paid. To cover a possible trip cancellation you will have to purchase private travel cancellation insurance and adhere to the policies of that insurance which **may or may not cover** the reason for you not being able to go on the trip. **DO NOT** make the course deposit unless you are sure of going.

* If the course is cancelled due to low enrollment (less than 7 students) or if your application to participate is rejected your \$250.00 deposit is refundable.

*The only way to get a "refund" for your fees in the event you cancel is to get a new, previously unregistered, eligible (approvable by the course Professor) student, who has paid all their fees, to your place.

Canoe Gear Packing List

Canada Wilderness Course 2010

(you must supply all items on this list, if item has a "\$", the course will supply for you)

Canoe Daypack

one with outside pockets for small stuff and an outside loop or pocket for water bottle is great, one with a volume of 1600-2000 in³ is about right.

(Daypack is filled with stuff that you need quickly, frequently, and is readily available)

Original Duplicate Birth certificate (NOT a photocopy) plus Photo ID or valid passport - will leave in vehicles while canoeing

Sunglasses - polarized

Sun Hat

Raingear - Gore-Tex or other breathable shell, with pockets is best, a cheaper style is ok

Toilet stuff (so it easy to get in camp) in small stuff sack, toilet paper (in zip lock bag), toothbrush, toothpaste, biodegradable soap/shampoo, meds. etc

Gorp (snacks) \$

Flashlight - headlamp with LED lamp works great, you want to be able to read in tent at night

Pocket knife or multi-tool in a small sheath that can go on belt

Lighter \$

Sunscreen - SPF:15 - 45

Canoe gloves - to prevent wear on hands while paddling - light cotton

Chapstick

Water bottle - Nalgene 1 liter (32 ounce) wide mouth with loop

Whistle/Compass \$

Insect repellent - non-aerosol lotion or pump spray, should contain 27% or more of DEET
field notebook/journal/materials for your topic presentation if taking BIOL course

2 pencils

point and shoot or any camera in water proof case- optional

2. Wilderness Clothing and Personal gear to put in several Stuff Sacks (provided) that will go into a big backpack (provided):

2 -3 pr underwear (plus what you wear into wilderness)

3 t shirts

4 pr socks (one or two wool pair)

2 pair shorts - "quick drying"* - short and pants with belt will allow for a knife sheath

2 pair long pants - "quick drying"*

1 swim suit

dry shoes for around camp - low top hikers great

water shoes for wearing in the canoe and on wet portages

example: A "Teva" type that strap on well and **won't come off in mud. You cannot use anything that will slip off or not support your foot while walking with packs over portages. Hi -top laced tennis shoes would work** (but do not dry out well).

Warm jacket or sweater (fiber pile or fleece), can be worn under rain-shell

spare batteries (for flashlight)

long sleeved shirt

towel

wash cloth

warm hat (stocking?)

paperbacks

sleeping bag in stuff sack

sleeping pad in stuff sack \$

* quick drying such as nylon or equal, not cotton, it never dries out

For the Road in separate duffel:

complete separate (from wilderness gear) sets of clean clothes and underwear, socks, etc for 5 full days PLUS your wear into the wilderness clothes

Money for Road Meals:

You are responsible for meals on the road: 2 breakfasts, 4 lunches, and 4 suppers

Going Fishing? Optional: if you fish you must buy \$25.00 license. Ask Dr. Bjorkman.

5-6 foot rod with spinning or spin cast reel (in perfect working order)

reel with 8# test line

rod case

3 steel leaders

jigs

spoons

spinners 2 crankbaits

all fishing gear except rod and reel in small plastic tackle box

Some Web sources for outdoor gear:

Campmor <http://www.campmor.com>

Backcountry Store <http://www.backcountrystore.com/>

Sports Authority <http://www.thesportsauthority.com/home/index.jsp>

Sierra Trading Post <http://www.sierratradingpost.com/>

REI <http://www.rei.com/>