

OUTDOOR NEWS

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Outdoor Newsletter

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Source: Rick Rock

What About Frogs?

A wide eyed frog pictured here groping onto the mossy rocks in search of something beyond the scope of humans. Does she remind you of someone really close?

Several ways to hunt and search for food in the wild.

By Vanessa Witten
Outdoor Ranger

Frog meat is one example of often disdained foodstuffs, so expensive in the sometimes more fashionable dining salons of the world, that nature furnishes free for the taking. The amphibians can be hooked with fishing tackle and small fly. They can be caught with string and bit of cloth, the former being given a quick tug when the latter is taken experimentally into the mouth.

Frogs can be secured with spears of various types. A sharpened stick will do. They can be so occupied at night by a light that you'll be able to net them and, even, occasionally to reach cautiously around and clamp a hand over one.



Most of the delicately flavored meat is on the hind legs which can be cut off, skinned, and in the absence of cooking utensils extended over hot coals on a green stick for broiling. If rations were scant, you'd use the entire skinned frog after probably removing or at least emptying and cleaning the entrails, perhaps boiling the meat briefly with some wild greens.

Letting Predators Hunt For Us

If one of us is ever stranded and hungry, it may not be amiss to watch for owls. For spying one roosting in a quiet spot is not unusual, and it may be possible to steal close enough to knock it down.

Although not as large and plump as would seem from outward appearances, an owl nevertheless is excellent eating.

What is more likely, however, is that we may scare an owl from a kill and thus secure ourselves a fresh supper. We may also have such good fortune, perhaps earlier in the day,

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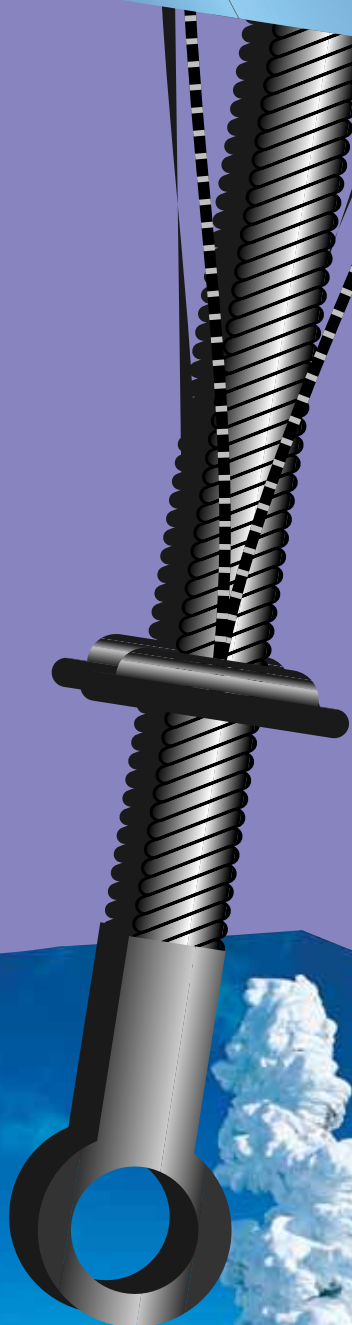
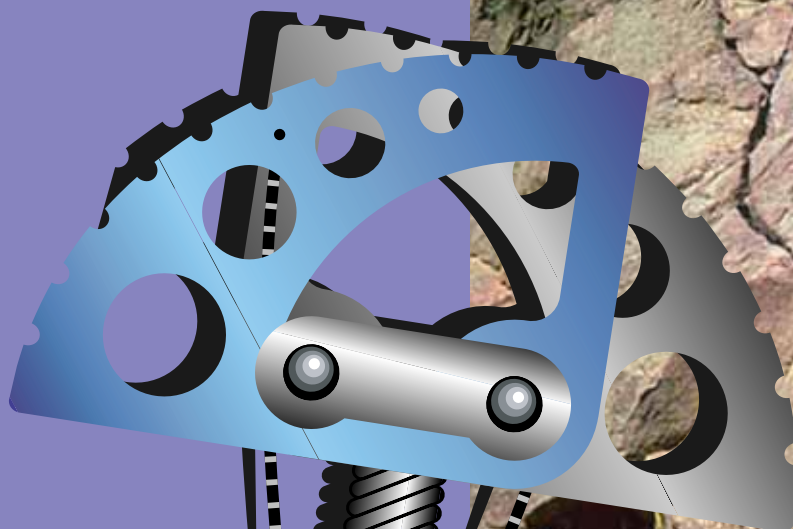




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Source: Bimrah

Rajinder Bimrah - Designer

Sustenance in the silent places

By Carla Milguire
Nature specialist

Starvation is not a great deal more pleasant than most of us would expect. The body becomes auto-cannibalistic after a few foodless hours. The carbohydrates in the system are devoured first. The fats follow.

This might not be too dis-

The body becomes auto-cannibalistic after a few foodless hours.

agreeable, inasmuch as reducing diets seek to accomplish much the same result, but then proteins from muscles and tendons are consumed to maintain the dwindling strength their loss more gravely weakens.

No reasonable nourishment should therefore be scorned if

one needs food. The Pilgrims derived considerable nutriment during their first desperate Massachusetts winter from groundnuts which are similar to small potatoes. Some northern explorers including Richardson, Franklin, and members of their parties lived for weeks and sometimes months almost entirely on the lichen known as rock tripe.

Wild turnips kept up John Colter's strength when the mountain man made his notable escape from the Indians. Beaver meat was a main item on the menu while Samuel Black explored the Finlay River. When regular rations on the Lewis and Clark expedition had to be reduced to one biscuit a



Source: Rick Rock

A woman searching for food in the wild mountains

day, it was the sweet yellow fruit of the papaw tree that kept the men going.

There is no need to explain why if any of us are ever stranded and hungry in the wilderness, we will want to start while our strength is near its maximum not to pass up any promising sources of sustenance.

What About Frogs?

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with other predatory birds such as hawks and eagles. It is not uncommon to come upon one of these which has just captured a partridge, hare, or other prey that is proving awkward to lift from the ground, and by running to drive the hunter away with its talons empty.

A Spaghetti That Grows On Trees

The widely distributed birches have other culinary uses. The inner bark is especially sweet and sustaining, being credited with saving actual hundreds of lives under emergency conditions on this continent alone. This cambium is enjoyable raw. It is also bland enough either to chop into bits or to cut into spaghetti-like lengths for adding to soups and stews. It retains its aromatic spiciness even when dried for storing or carrying.

Young leaves and twigs, the soft formative tissue between wood and bark, and the thin bark covering the roots are all steeped in hot water to make a favorite backwoods tea. When we sip this beverage, which has the perfume and flavor of winter-green, and are perhaps thus stimulated to recall the other virtues of the birch, it is difficult not to agree that particularly where civilization is near it is unfortunate whenever this harmonious tree is unnecessarily disfigured. Its bark, enough of which can be pulled harmlessly off in small dry

wisps by the fingers alone, is unexcelled for starting campfires under every sort of adverse condition. Great sections of the bark are valuable in the farther places as a flexible emergency waterproofing material. It will and does serve for utensils, shelters, that most graceful of watercraft, and even for clothing.

How To Test For Edibility

Innumerable edible wild fruits, barks, roots, seeds, flowers, pods, saps, gums, herbs, nuts, leaves, greens, and tubers are both nourishing and satisfying. The need for extreme discretion unless one is sure of what he is eating can not be overemphasized, however, as we all realize.

The possible gain in an absolute emergency might be important enough, in ratio to risk, that we would be justified in trying a very small sample of a strange plant, then if all went well a slightly larger sample, and so on. This process should be stretched over as long a period as reasonable, certainly no less than twenty-four hours, because of the slowness in which some poisons act.

During that time we'd be watching with as much detachment as we could muster for any ill effects. If everything seemed all right, we would then be justified if the emergency continued to consider the plant edible in at least small quantities.

Staying Alive in the Woods

Every Necessity is Free

By Stephanie Wilson
Camping specialist

Anyone at any time can suddenly find himself dependent on his own resources for survival. It costs very little time, money, and effort to be ready for such an emergency. If you are not ready, it may cost your life.

You may become lost or stranded in the woods. Thousands among North America's more than 30 million annually licensed fishermen and hunters do each year, many fatally. Yet almost invariably where such individuals suffer and all too often succumb so needlessly, wild food is free for the picking, meat for the taking, fire for the lighting, clothes for the making, and shelter for the satisfaction of building.

You may be in an automobile that is stalled by mishap or storm in an unsettled area, a not uncommon occurrence that frequently results in unnecessary hardship and tragedy. Perhaps you'll be a passenger in an aircraft that has to make a forced landing. Perhaps you'll be shipwrecked.

It may even happen that you and yours

will be compelled to seek sanctuary in the wilderness because of those ever increasing threats to civilization itself - an atom bomb catastrophe or the even more terrible microscopic foes of germ warfare.

"Man's capacities have never been measured; nor are we to judge what we can do by any precedents, so little has been tried," pointed Thoreau.

"What people say you can not do, you try and find you can."

No hard and fast rules can be laid down for survival anywhere, particularly in the farther places. Conditions vary. So do localities. Especially do individuals. Initiative on the other hand may be guided by a consideration of general principles such as those we can here absorb.



Source: Rick Rock

Being prepared is necessary for survival in the wild outdoors.

"What people say you can not do, you try and find you can."

- Thoreau

Many of the pitfalls, too, may be so recognized and evaded that otherwise might have to be learned by unnecessarily hard and often dangerous personal experience. It will be far more satisfactory to deal with natural difficulties by adaptation and avoidance than by attempting to overcome them by force.

Using the ways of living off the country discussed herein as a foundation for ingenuity and common sense, anybody who suddenly finds himself dependent upon his own resources will have a better chance both to keep living and to walk away from any hardships smiling.

The wilderness is too big to fight. Yet for those of us who'll take advantage of what it freely offers, nature will furnish every necessity. These necessities are food, warmth, shelter, and clothing.

The Emergency Kit

By Gabrielle Lamarre
A fellow Camper

Following a thorough search of the woods and interviewing campers from around the world, we stumbled across the most efficient and complete emergency

kit. This eleven-pound outfit, which is capable of floating, measures twelve inches by eleven inches by three and one-half inches.

The contents have been assembled with a view of maintaining one individual normally for one week. If the user cuts exertion and hardship to a minimum, the kit may last twice as long.

Here is what we found our "happy campers" carrying and why:



Source: Google

Good old Kleenex Box

Item	Quantity	Purpose
Tea Bags	28	Making Tea
Vitamin Pills	50	Make up for diet deficiency
Pilot Bread	30 oz	Food
Butter	16 oz	Food
Strawberry Jam	14 oz	Food
Condensed Milk	14 oz	Food
Chocolate Bars	10 oz	Food
Instant Oatmeal	10 oz	Food
Matches	100	Lighting fires
Metal cup	1	Fluid container
Knife	1	Multiple
Spoon	1	Eating, scoop, shovel etc...
Whistle	1	Signaling
Double faced mirror	1	Signaling
Fishing Line	1	Fishing, snaring, wick
Fishhooks	4	Fishing, catching birds
Snare Wire	1 oz	Setting snares and candles
Candles	2	Cooking, light, etc...
Kleenex	box	Multiple purposes
Camphor	bottle	Mosquito bits, cuts etc...