

General guidance to the project was afforded by Dr. Z. S. Pohorecky, Head, Department of Anthropology and Archaeology, University of Saskatchewan, Saskatoon, and Dr. W. J. Mayer-Oakes, Head, Department of Anthropology, University of Manitoba, Winnipeg. The permanent field personnel in addition to my wife and myself consisted of the following University of Saskatchewan students: Dave Meyer, Carrot River; Dean Clark, Melfort, and Don Welsh, Prince Albert. Many others too numerous to mention have contributed to the project through their field labors, documentary research or much appreciated moral support. Financial support was provided by the Historic Sites Advisory Board of Manitoba in a grant awarded to Dr. W. J. Mayer-Oakes. Additional financial support and the loaning of equipment was

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On behalf of all those who have played a role in the research of Fort Rivière Tremblante, I would like to express gratitude to Mr. and Mrs. Alex Burback and family who allowed the crew to commute over their property and through their yard, and who also allowed excavations to take place in the midst of their barley field.

If adequate monetary support can be obtained and proper arrangements made the crew look forward to completing the field work on this project during the summer of 1968.

Plans will be definite by May 15.

## Junior Naturalists

Edited by **Joyce Deutscher**, 7200 6th Ave., Regina

### **SURVIVAL FOOD**

I do hope you are not going to get lost in the woods this summer but, if you do, you might as well know a few foods that will help keep you alive. The foods I am talking about are not the tastiest, but they are easy to find and to recognize.

Let us look at the oldest living things—trees. Actually only a very small part of a large tree is alive, the part that is outside the inner core and inside the dry outer bark. This inner bark is the living part of the tree trunk and the part which is edible.

If you look through a book on botany you will notice the name Linnaeus used frequently in connection with the scientific names of plants, for he was the father of modern botany. In 1732 Linnaeus reported that the people in Lapland gathered large quantities of the bark of the Scotch pine for use as a food. They

gathered the white inner bark of the pine and used it to make bread in time of famine.

Perhaps you are thinking that eating the inner bark of the pine is all right for the Laplanders, but not for native North Americans. Have you heard of an Indian tribe called the Adirondacks? The word means "tree-eaters." It seems that early explorers noted large areas of trees stripped of their bark and it was too big a job for a porcupine!

I have yet to eat pine bark but I have chewed spruce gum, that sticky sap from the spruce tree. The gum I chewed was from a spruce tree in a park. Now that park is frequently sprayed for mosquitoes, so I hesitate to chew the sap from those trees during the mosquito season.

Once while vacationing in the Cypress Hills, I made myself a drink of spruce tea. I put a few spruce needles in a cup, poured boiling water



over them and let them steep for a few minutes. I didn't like the taste, but I was fighting off a cold at the time and hoped that the Vitamin C in the needles would help me. You have all heard how Cartier, on advice from some Indians, made spruce tea for his sailors to help prevent scurvy, a Vitamin C deficiency disease.

According to the authors, Fernand, Kinsey and Rollins, of "Edible Wild Plants of Eastern North America," all members of the pine family have edible inner bark. In Saskatchewan the members of this family include balsam fir, white spruce, black spruce, jack pine, and lodgepole pine. Try eating the soft inner bark of these trees raw or boiled.

Happy holidaying and don't get lost. Pine bark isn't that tasty a dish!

### SUMMER TIME IS ACTIVITY TIME

Summer is the season when young animals go exploring and Junior Naturalists are no exception. Many of you will include well known nature areas and parks in your travels, others will visit lesser known places and some may even explore unknown regions. We would like to feature your stories about visits you have made to public parks, nature areas, museums and historic sites. Tell where you were, when you went there, what you did and what you saw. What did you like most about the area? What did you like least—for example, all that garbage that the campers left behind. Send your letters to Mrs. Joyce Deutscher, 7200 6th Ave., Regina.

### SO YOU THINK YOU CAN'T SKETCH

Why not use that nature note book of yours for sketching as well as for notes? You can't draw a straight line? Who can find a straight line in nature anyway? Your drawings are for your own personal use so if that group of lines means something to you that is all that matters.

As you remember it, the squirrel looked like this, and you drew it as

you remembered it, with its head up and its claws firmly clasping the tree trunk.

Practise a little and you will be surprised at how much more meaningful your lines become. If you get something you really like send it in. Remember, if you are preparing drawings for publication they should be done on plain not lined paper, and should be sent flat, not folded. An HB or 2B pencil is good for darkening areas in. A 2H lead is harder and good for getting fine sharp detailed lines. India ink is excellent. Too light a line does not reproduce well.

Happy sketching!

### MY OWL PICTURE

by Laurie Thompson, age 10, Wisconsin, U.S.A.

In the spring of 1966 we visited the Chandler Ranch at Val Marie where my father made a movie film about prairie life.

The thing that interested me the most was the little Burrowing Owl. We saw many of them perched on empty prairie dog mounds and in my father's film one stared at the camera and looked something like the one in the picture I'm sending to you.





## BIRD LIST FROM THE NORTHWEST TERRITORIES

by Mickey Kraus, Nahanni Butte, N.W.T.

**Editor's Note:** Mickey, who is 14 years old, sent us the following list of birds. We have taken the liberty of arranging them in the order of the Field Check-List of Saskatchewan Birds. Mickey tells us that about half of the birds on his list nest in the Nahanni Hot Springs area and that he has counted as many as 60 robins at one time in his yard. His list is as follows:

**Ducks:** Mallard, Pintail, Green-winged Teal, Blue-winged Teal, American Widgeon, Shoveler, Lesser Scaup, Common Goldeneye, Surf Scoter, Common Merganser.

**Grouse:** Spruce Grouse, Ruffed Grouse.

**Plovers:** Killdeer.

**Snipe, Sandpipers, etc.:** Common Snipe, Spotted Sandpiper, Solitary Sandpiper, Greater Yellowlegs.

**Gulls:** Mew Gull.

**Owls:** Great Horned Owl.

**Kingfishers:** Belted Kingfisher.

**Woodpeckers:** Yellow-shafted Flicker, Yellow-bellied Sapsucker, Hairy Woodpecker, Downy Woodpecker, Northern Three-toed Woodpecker.

**Flycatchers:** Say's Phoebe.

**Swallows:** Violet-green Swallow.

**Crows and Jays:** Gray Jay.

**Thrushes, Robins, Bluebirds, etc.:** Robin, Varied Thrush, Mountain Bluebird.

**Pipits:** Water Pipit.

**Waxwings:** Bohemian Waxwing.

**Shrikes:** Loggerhead Shrike.

**Starlings:** Starling.

**Wood Warblers:** Black - and - white Warbler, Myrtle Warbler.

**Meadowlarks, Blackbirds:** Red-winged Blackbird, Rusty Blackbird.

**Tanagers:** Western Tanager.

**Grosbeaks, Finches, Sparrows, and Buntings:** Evening Grosbeak, Pine Grosbeak, Gray-crowned Rosy Finch, Hoary Redpoll, Savannah Sparrow, Slate-colored Junco, Tree Sparrow, White-crowned Sparrow, White-throated Sparrow, Fox Sparrow, Lapland Longspur, Snow Bunting.

## A BIRD THAT DEFIES EXTINCTION

by Derwent Mazur, Yellow Creek

Many people are unaware of the fact that the governments of Canada and the United States spend large sums of money in conserving species of birds that are threatened by extinction. And one of these species is the beautiful Whooping Crane.

For years the Whooping Crane numbers have been very low, even now with a little tragedy they can certainly be wiped out. It is true that the young may be confused for a Sandhill Crane, but all hunters, please think twice before you shoot. As one man said (he was the Whooping Crane's best friend) "We appeal to the sportsmanship of humanity of every person, from Saskatchewan to Texas, to withhold his fire and to give any large white bird God-speed instead of a charge of buck shot."

With the co-operation of all sportsmen and pleasure-loving people many problems would be overcome. Thus with some help the Whooping Crane would survive because it doesn't want to die.

## RUFFED GROUSE NEST

by Audrey Zip, age 12, Yellow Creek

About a month ago when I was bicycle riding on an old country road I stopped to pick some fruit. As soon as I stepped into the bush, four Ruffed Grouse flew out. Then when I took another step 17 grouse flew out. After they all flew away, I went to see what they had been doing there. Sure enough, there was a nest. It must have been that they were of one family.

## BEAVER KEEP DAM REPAIRED

by Robert Kotyk, Yellow Creek

Last summer my dad found a beaver dam about one and a half miles east of Yellow Creek down by the track. It was made of mud and sticks, about five feet deep and seven feet wide. My dad had to break the dam up about five times. If he had left it, it could have flooded the C.N.R. tracks.