

# Fun Times



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## The History of the Toboggan

### The Traditional Sleighs of the North

The toboggan or hunting sleigh was likely to have been the first wooden winter sled. We believe that the first toboggans were long, flexible, narrow, and pulled by hand. A sleigh of this type would have fit very naturally into the snowshoe trail and would allow a person to carry a heavy load across the land in winter.

The 3-board dog toboggan, or Yellowknife toboggan, evolved to become (and has remained) the preferred winter sleigh below the tree line across northern Canada. With the advent of the snowmobile, hunters and trappers began to replace their dog teams with "skidoos", and the toboggans previously pulled by the teams were simply tied to the back of the machines. Over the course of time, innovations in construction and respect for tradition have resulted in the Yellowknife toboggan's status as one of the most tested and most proven winter sleigh in the world. Whether it is pulled by dogs or snowmobile, a well-constructed toboggan is one of the most prized possessions of many in the North.



Sled for Ice fishing

### A New Development

Sometime after the toboggan or "flat sled" arrived on the scene, experimentation began with runner sleds. The need had arisen for a more rigid sled that could support a heavy load on narrow runners for travel across packed trails, wind-blown lakes or riverbeds. In areas with a snow base, the decreased surface area of the runners allowed the sled to glide more quickly and easily, and the raised cargo bed proved advantageous.

The runner sled (or freight sled) has also evolved in the Canadian North and is most often used behind snowmobiles by commercial fishermen on northern lakes. Like the dog toboggan, the freight sled has been widely used and tested, and the design has evolved to provide the most functional sled possible.

### The Technology

It is doubtful that the first sleigh makers used a term like "technology," but they certainly understood its meaning and developed methods and found materials that afforded them the best possible sled performance.

Then and now, wood was the chosen material for sleigh making. Metals and plastics cannot match the flexibility and resilience that are so necessary to proper sled function. These materials do have uses in certain applications, however, and in modern times are incorporated where they are best suited.



Wooden toboggan

### Construction

To be durable, a proper winter sleigh must be flexible enough to glide smoothly over frozen ground. If the sled is not flexible enough, the stress of bearing a heavy load at relatively high speeds over hard, uneven terrain will cause even the strongest-seeming materials to break. Metals, for example, will snap if they are bent or repeatedly flexed back and forth, as a sled encounters rough going. Plastics are distorted by flexing, as well, and are vulnerable to weakening by UV light. Both metals and plastics become more brittle in cold weather and tend to become even less flexible in the freezing conditions of the sub-Arctic North. Wood is most resilient, as it flexes with the variations of the terrain and is impervious to cold temperatures. The mechanics of the flex in a wooden toboggan are quite simple. Long, flat boards held together with crosspieces lie flat on the ground. Cargo is placed on top, and the lower surface slides on the snow, flexing up and down as the terrain dictates.

Northern Toboggan and Sled



7 foot trapper sled

**Looking for a hand crafted sled or toboggan for great family fun? Visit our web site at [www.OutdoorFunStore.com](http://www.OutdoorFunStore.com) and click on "Winter Fun"**

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The mention of winter evokes images of snow and ice skating, but winter can also be a time of illness and injury, if people fail to take adequate health and safety precautions.

## Colds

More than 100 viruses can cause colds, the world's most common illness, so few people escape being exposed to at least one of them. In the U.S., most people average three colds every year.

Once it enters your body, the cold virus begins to multiply, causing any number of symptoms: Sore throat, sneezing, runny nose, watery eyes, aches, pains, mild fever, nasal congestion and coughing. A cold usually lasts a week or two.

## Influenza (flu)

A contagious respiratory infection, influenza is not a serious health threat for most people. However, for the elderly or those with chronic health problems, influenza can result in serious complications, such as pneumonia.

Symptoms of the flu usually develop suddenly, about three days after being exposed to the virus. They include fever, chills, cough, sore throat, runny nose, and soreness and aching in the back, arms and legs. Although these are similar to symptoms caused by cold viruses, flu symptoms tend to be more severe and to last longer.

## Frostbite

The parts of the body most affected by frostbite are exposed areas of the face (cheeks, nose, chin and forehead), the ears, wrists, hands and feet. Frostbitten skin is whitish and stiff and feels numb rather than painful. When spending time outdoors during cold weather, be alert for signs of frostbite and, if you notice any, take immediate action.

To treat frostbite, warm the affected part of the body gradually. Wrap the area in a blanket, sweater, coat, etc. If no warm wrappings are available, place frostbitten hands under the armpits or use your body to cover the affected area. Seek medical attention immediately.

Do not rub frostbitten areas; the friction can damage the tissue. Do not apply snow to frostbitten areas. Because its temperature is below freezing, snow will aggravate the condition.

## Hypothermia

Hypothermia a drop in body temperature to 95 degrees or less can be fatal if not detected promptly and treated properly. In the U.S., about 7000 deaths occur each year from hypothermia.

When the body temperature drops, the blood vessels near the surface of the body narrow to reduce heat loss. Muscles begin to tighten to make heat. If the body temperature continues to drop, the person will begin to shiver. The shivering continues until the temperature drops to about 90 degrees. Temperatures below 90 degrees create a life-threatening situation.

Signs of hypothermia include forgetfulness, drowsiness, slurred speech, change in appearance (e.g., puffy face), weak pulse, slow heartbeat, and very slow and shallow breathing. If the body temperature drops to or below 86 degrees, a person may slip into a coma.

If you notice these symptoms in a person, take his or her temperature. If it is 95 degrees or below, call a doctor or ambulance or take the victim directly to a hospital. To prevent further heat loss, wrap the patient in a warm blanket. A hot water bottle or electric heating pad (set on low) can be applied to the person's stomach. If the victim is alert, give small quantities of warm food and drink.

There are several things you should not do to a hypothermia victim. Do not give alcoholic beverages. Do not give a hot shower or bath, since it could cause shock. Generally, do not try to treat hypothermia at home. The condition should be treated in a hospital.

Illinois Department of Public Health

[www.idph.state.il.us/public/hb/hbwinter.htm](http://www.idph.state.il.us/public/hb/hbwinter.htm)



## Let Us Have It!

Got a comment, idea, gripe, or pointed suggestion? We want to hear it. Honest!

Write to: [info@OutdoorFunStore.com](mailto:info@OutdoorFunStore.com)

## Decorate Your Snow Angels

**WHAT YOU NEED:** Various types of birdseed, cups, pine boughs.

Making snow angels has a timeless appeal, but as a form of artistic expression it can be a little like stamping out cookies. So we decided to take the concept a step further, decorating angels with a mosaic of birdseed. We worked in teams: One partner made the angel while the other partner stood by to help the maker get up without messing up the imprint. Then, standing in their established foot holes, both angel makers took turns pouring cups of birdseed into the angel, filling the head and body with bands of variously colored seed (we used thistle, corn, sunflower and safflower). Pine boughs became the angel's spreading wings.



**TIP:** Younger kids may find it easier to fill their angels with just one type of birdseed.

## Hot cocoa

- $\frac{3}{4}$  cup powdered sugar
- $\frac{1}{2}$  teaspoon ground cinnamon
- $\frac{3}{4}$  cup sugar
- $\frac{1}{2}$  cup cocoa powder
- 4 ounces bittersweet chocolate

Combine all the dry ingredients in a large bowl and mix well. Take the bittersweet chocolate and roughly chop it up to give chunky but consistent size. Mix well with a wooden spoon and then store in a dry airtight container. To make the hot chocolate, simply add 1 cup of water per  $\frac{1}{2}$  cup of hot cocoa mix. Heat in a small saucepan over low heat, stirring with a whisk. Heat until hot, but do not boil, about 6-7 minutes.

## Homemade Marshmallows

- 3 tablespoons powdered gelatin
- 2 cups cold water
- 2 cups sugar
- 2 egg whites
- 2 cups confectioners' sugar, sifted, plus more for dusting pan and marshmallows.
- Butter, for greasing the pan

In a medium sized saucepan, soak the gelatin in the cold water. After the gelatin has softened, approximately 10 minutes, add the regular sugar and then gently dissolve over low heat, approximately 8 minutes. Remove from the heat and allow to cool to room temperature.

In a mixer, beat the egg whites until stiff peaks form and then fold in the sifted confectioners' sugar. While the mixer is on low, slowly pour in the cooled gelatin mixture. Increase the speed and beat until white and thick. The volume should double in size and should form between soft and firm peaks.

Line an 8 by 8-inch baking dish with high sides with foil, grease slightly with butter, and coat with confectioners' sugar. Alternatively, you can use a baking sheet, but the marshmallows will not be as tall. Pour marshmallow mixture in and top with more sifted confectioners' sugar. Leave out over night or for at least 3 hours to set. The marshmallows should be light and spongy when set. Loosen marshmallow from edges of tray and invert onto a large cutting board. Peel off foil and use a large knife to cut the marshmallows into cubes. Dredge each piece in confectioners' sugar.

**\*\*\* RAW EGG WARNING \*\*\***

Food Network Kitchens suggest caution in consuming raw and lightly-cooked eggs due to the slight risk of Salmonella or other food-borne illness. To reduce the risk, it is recommended you only use fresh, properly-refrigerated, clean grade A or AA eggs with intact shells, and avoid contact between yolks or whites and the shell.

[www.FoodNetwork.com](http://www.FoodNetwork.com)

## Winter Riddles

What do snowmen eat for breakfast-**Frosted Flakes**- What do you call a snowman in the summer-**A Puddle**- Where do snowman keep there money-**In a Snow Bank**

# Zip Lines



### Looking for Adventure?

Let Outdoor Fun Store Help!

We offer a wide range of zip line options. They can range from economical do-it-yourself backyard type rides, all the way up to the ride pictured here, which is in excess of 1600 feet.

(That's Over A Quarter Mile!)

## Games for Kids

### Ice Bowling

While we love to skate, we're not such fanatics that we ignore one of ice's most fun forms-that of a gigantic bowling lane. On the night before the party, we fill ten (or more) plastic quart or liter bottles and several gallon jugs with water. We add a bit of food coloring to each, then put them out to freeze. To play, we set out the quart containers as bowling pins, back up ten feet or so, and use the frozen gallon jugs to knock down the quart jugs.



### Snowflake Catching

Snowflake catching is perfect for those gentle snowfalls with great big flakes. Don't try it when a blizzard is blowing snow almost horizontally or your kids will run headlong into a tree with their mouths wide open. Not fun. Here's how it works: Look up into the sky. As soon as you can decipher individual snowflakes, focus on one and follow it with your eyes as it floats down to the ground. Then catch it on your tongue. It's fun to watch kids play this game because they look so funny staring at the sky, wandering back and forth with their tongues sticking out.

## The Laborers' Local 1076 Union Strikes Again!

The generous efforts last year of the Local 1076 Union located in Oakland County, Michigan were not enough for that great bunch of guys. Last year they donated a Play Structure to a local Park in Pontiac, MI. This year again, they donated a beautiful new Play Structure to a very thankful Elementary School in Whitelake, MI.



What makes these guys so willing to give? Their modest reply is that "They just want to give back to the Communities in which they Live and Work". Now that's what we call TERRIFFIC!!!



## Winter Word Search

B A F H J T U I O S X V F T H  
 E T O Y A D I L O H E W S I V  
 S S O D E L S B Y T Z O H C W  
 L O H B L I Z Z A R D N O I E  
 O R E C O L D N O E R S V C R  
 P F T N N G K L C T K U E L N  
 I I A J R F G T O N R A L E J  
 K O K T Q B S A C I W Z L F K  
 J T S N O W M A N W B N U F K  
 Y F N R E J S I U Y B N F Z L

### Word List

|          |       |         |          |
|----------|-------|---------|----------|
| Blizzard | Cold  | Flurry  | Fun      |
| Iceicle  | Skate | Snow    | Toboggan |
| Cocoa    | Flake | Frost   | Holiday  |
| Shovel   | Sled  | Snowman | Winter   |

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Sat 10-3

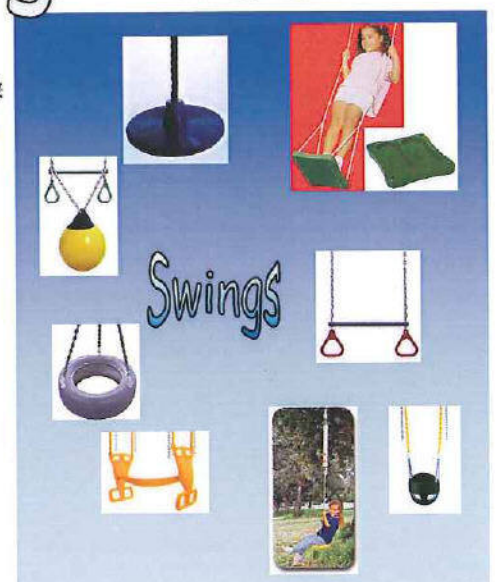
### Jan-Feb Hours

Mon-Fri 8-6

Sat- Open For party's only

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