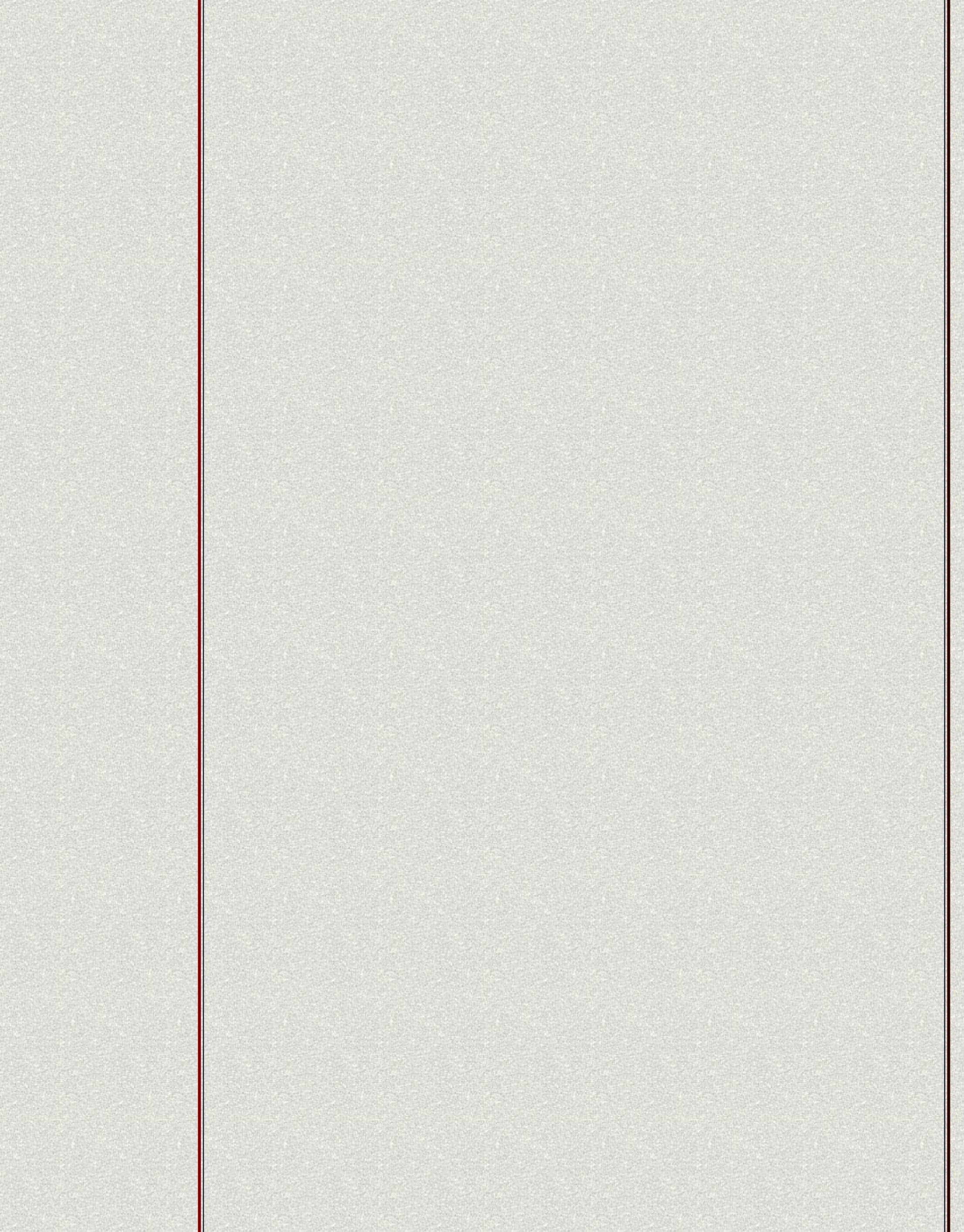


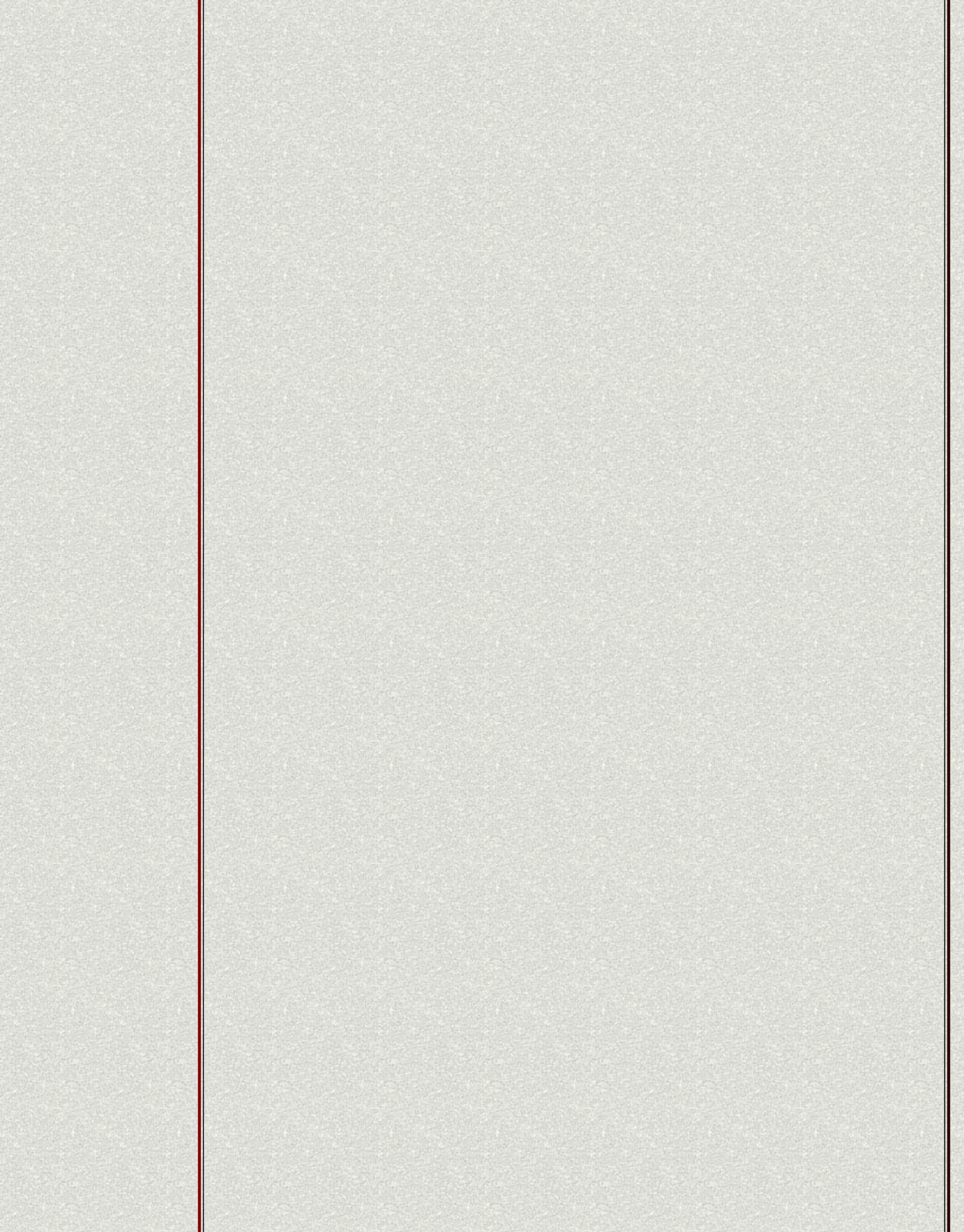


**Wyoming State Muzzle Loading Association**

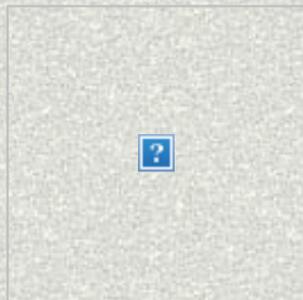
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### **Copper Lady's Vittles**

With the early stirrings of spring and the last snows for the winter (we hope), this is a good time to go over your equipment for food preparation and eating. Trail food and utensils used by Rogers Rangers on scouting excursions described in Muzzleloader (November/December 1993) lists the following basics: horn mug or tin cup, small kettle, canteen or tin flask for rum, antler salt horn, tin plate, clasp knife and fork, knife with sheath and tin spoon. Large cooking fork and spoon that hang on the fire iron are handy.

Most of us also take along fire irons, a cast iron pot or two, and some sort of skillet. We may prefer a wooden spoon or antique knife-fork-spoon set used with enameled cup and plate. What we choose to carry depends on our level of 'primitiveness' and how its transported. What is carried on horseback will obviously be more compact than in a trailer behind a pickup.

Now is the time to go over your supplies, replace what's gotten lost, strayed or stolen since you last went to rendezvous. Notice what seasonings you want to add, what equipment needs replacement. Check for items put away dirty or which have become dusty over the winter, and for ones with so many nicks and knocks they need to be replaced or put on a shelf to remember the good times.

This is a much better to think about all this than midnight the night before you want to get up at dawn to head out.

If you get new cast iron cookware or the old one needs re-curing, you might consider cleaning it out with a hot sudsy water, dry over heat. At the campsite, fill it with oil for deep fat frying something like Dutch Oven Sinkers. (Or deep fry your dinner meat in it.)

#### **Dutch Oven Sinkers**

(adapted from *Old Fashioned Dutch Oven Cookbook*, by Don Holm)

2 cups flour

½ tsp. salt

2 tsp baking powder

2 tsp shortening

½ cup sugar

dash of nutmeg

1 egg or milk or water

Mix flour, salt, baking powder, nutmeg and sugar with shortening into a coarse mixture and store in the refrigerator until ready to use.

At campsite, and oil is almost ready to fry the Sinkers add an egg or enough liquid to the dry mixture to make a stiff dough. Break into small chunks and gently slide into the hot deep fat. Makes a tasty dessert or snack.

### Antelope Steaks

Cut from the hip bone in ¾ inch steaks, antelope steaks make good eating. For a change of pace, or to reduce the gamy flavor, marinate the steaks overnight before cooking. When ready to cook, lift the steaks from the marinade and drain on paper towel. Lightly brown a bed of sliced onions in the pan. Flour both sides of the steak, push the onions aside and lay steaks in the middle. After both sides are brown, pour in a small amount of your favorite juice (apple, wine, other) and reduce the heat to allow the meat to simmer to tenderness. Serve with your favorite carbohydrate or try Potatoes Lyonnaise.

### Try this to Marinate

Sprinkle garlic salt or similar seasoning over the meat and place in a dish. Mix in a bowl 1 Tbsp vinegar (balsamic or other), 1 Tbsp soy sauce and a dash of Worcestershire sauce, and pour over the meat. Turn it a couple of times to make sure both sides absorb the flavors.

### Potatoes Lyonnaise (From The Buckskinner's Cookbook)

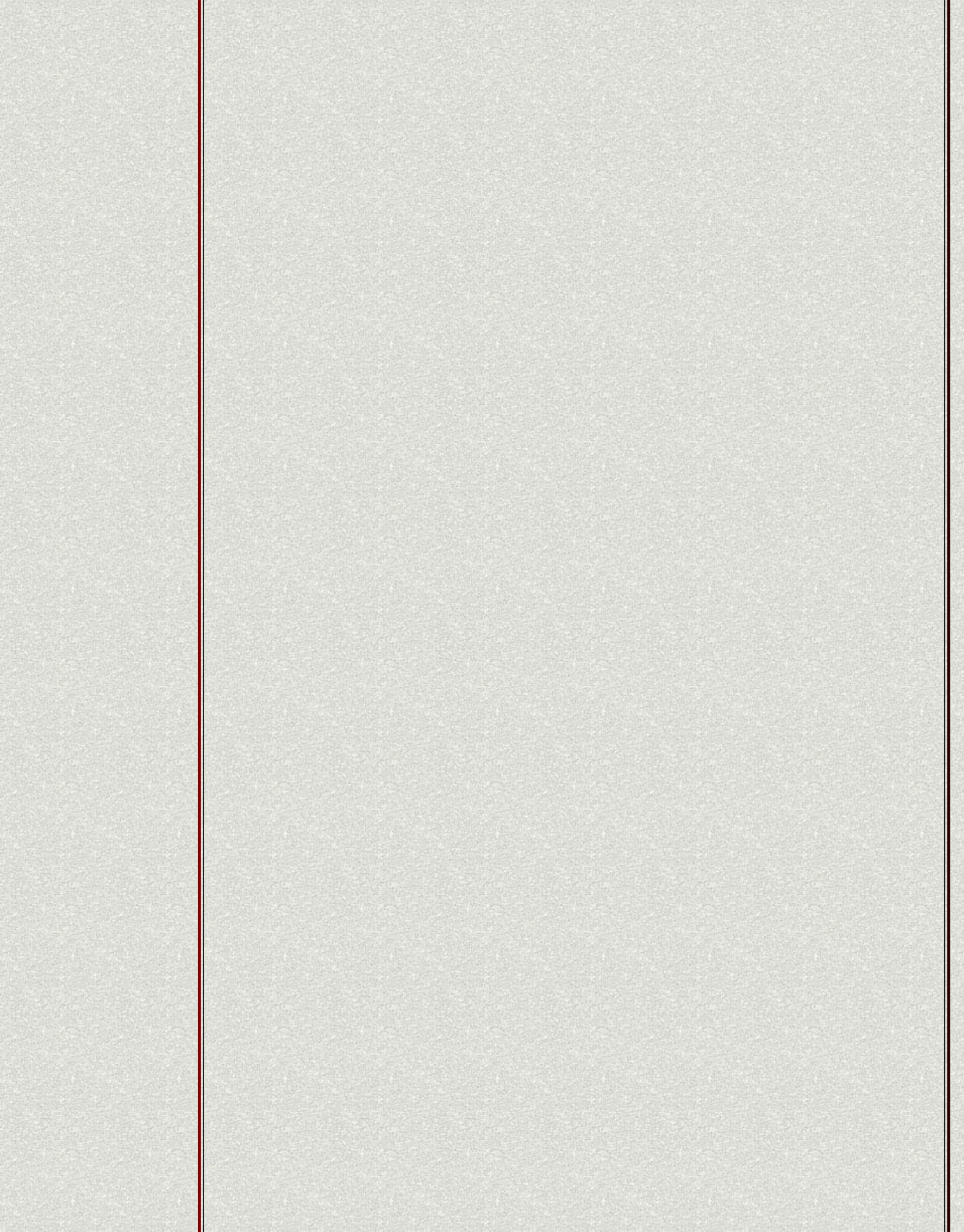
Fry a small, sliced onion until limp, add diced or thinly sliced potatoes (previously boiled). Turn frequently until potatoes are mostly browned. Salt and pepper to taste. Or thinly sliced pre-boiled potatoes could be added to the antelope steaks and onions when they are nearly done.

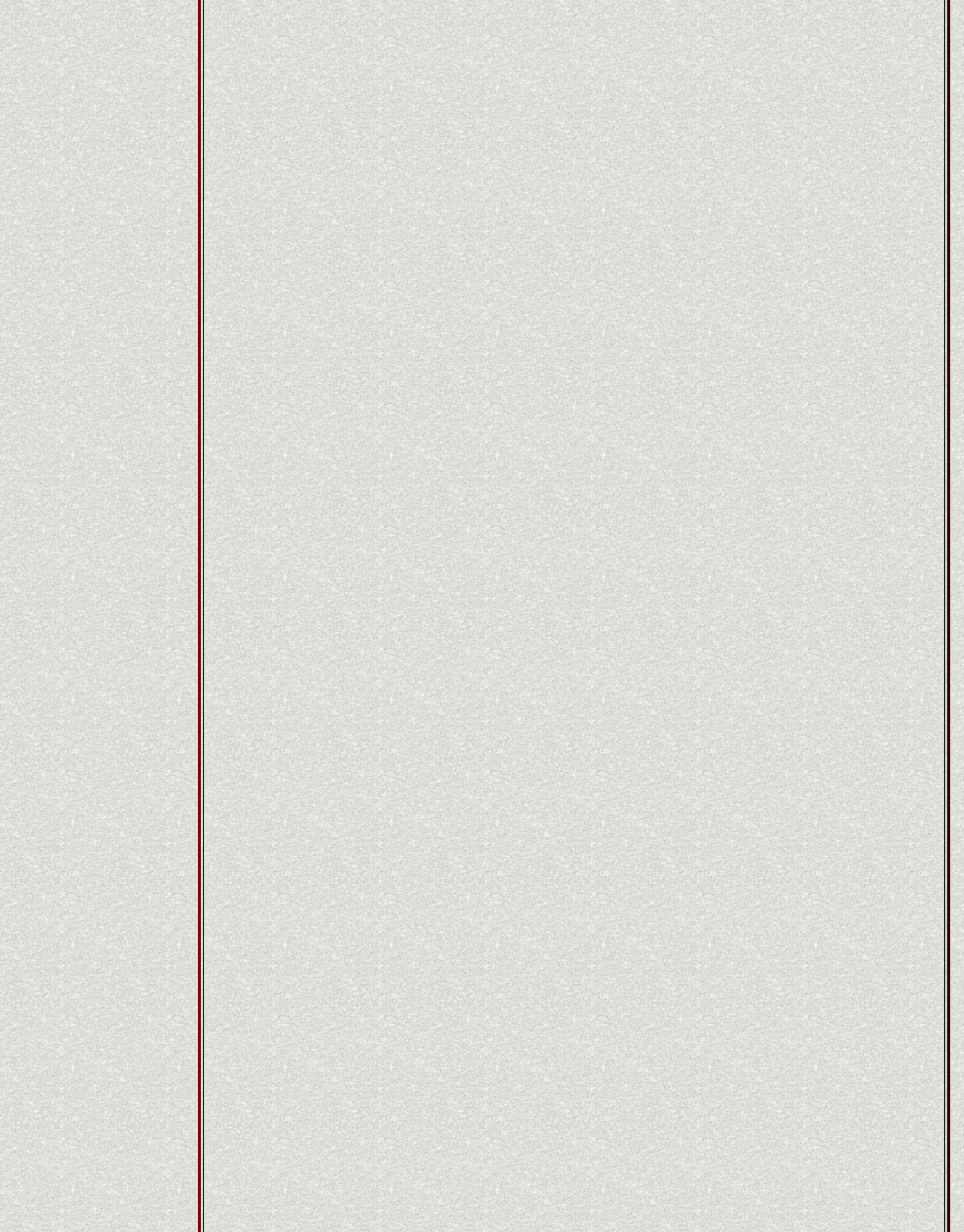
## Wyoming Muzzle Loading Clubs

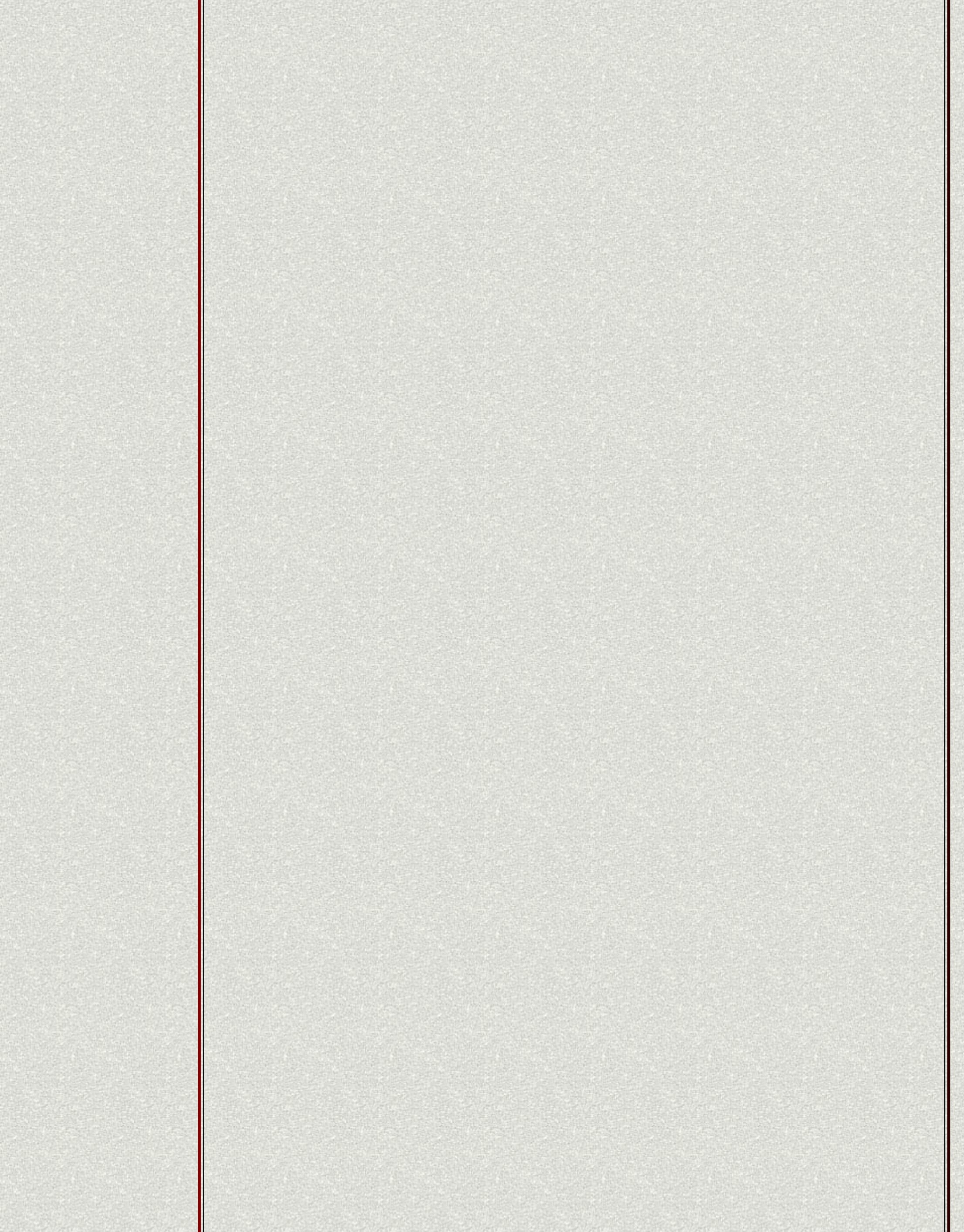
<p>Big Horn Basin Muzzle Loaders</p> <p><b>Monthly Shoot 1st Sunday of each Month</b></p>		
<p>Deer Creek Muzzle Loaders</p>		
<p>Rocky Mountain Free Trappers</p>		
<p>Sheridan Bullshooters</p> <p><b>Monthly shoot last Sunday of each Month</b></p>		
<p>Wind River Muzzle Loaders</p> <p><b>Monthly Shoot 2nd Sunday of each Month</b></p>		
<p>Crow Creek Fur Co.</p>		

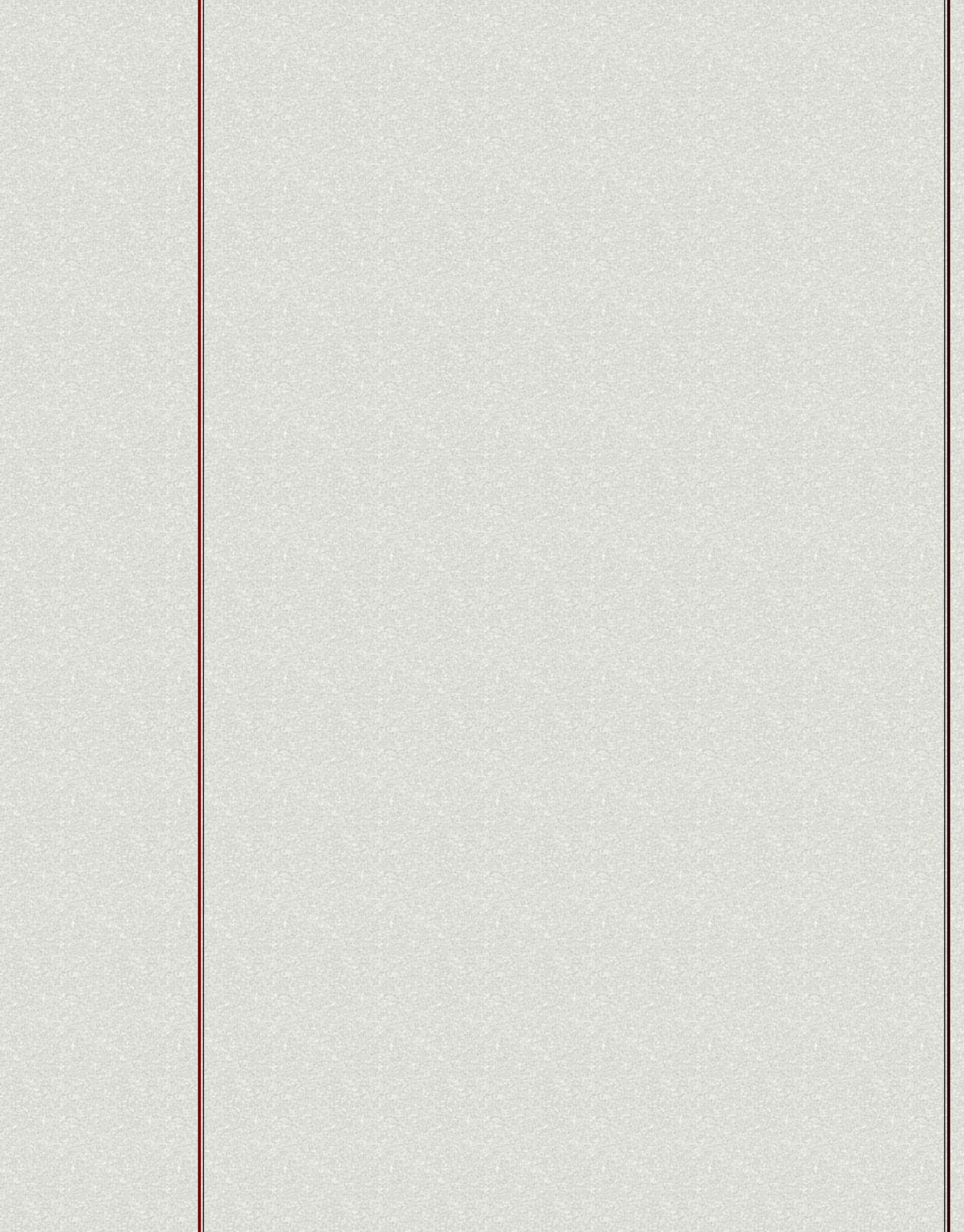
Sierra Madre Muzzle Loaders		
Platte Valley Muzzleloaders Monthly shoot 3rd Sunday of each Month	<a href="mailto:bryan.youngberg@gmail.com">bryan.youngberg@gmail.com</a>	

	Location
<b>May, 2006</b>	
26-29, Wind River Muzzleloaders Memorial Day Shoot	Riverton, WY
<b>June, 2006</b>	
10-11, WSMLA, Bench Shoot	Casper, WY
16-18, WSMLA , State Shoot (DCML)	Glenrock, WY
<a href="#">17-24, High Plains Muzzleloaders</a>	Chadron, NB
<a href="#">20-25, Pelton Creek Rendezvous</a>	Waldon, CO
<b>July, 2006</b>	
6/28-7/02, 1838 Rendezvous	Riverton, WY
8-18, Rocky Mountain Rendezvous	Creede, CO
28-30, BHBML Anniversary Free Shoot	Ten Sleep, WY
28-30, Sierra Madre Muzzleloaders	Encampment, WY
<b>August, 2006</b>	
12, Sheridan Pie Shoot	Sheridan, WY
19, Crow Creek Fur Company	Cheyenne, WY
<b>September, 2006</b>	
2-4, Fort Bridger	Fort Bridger, WY



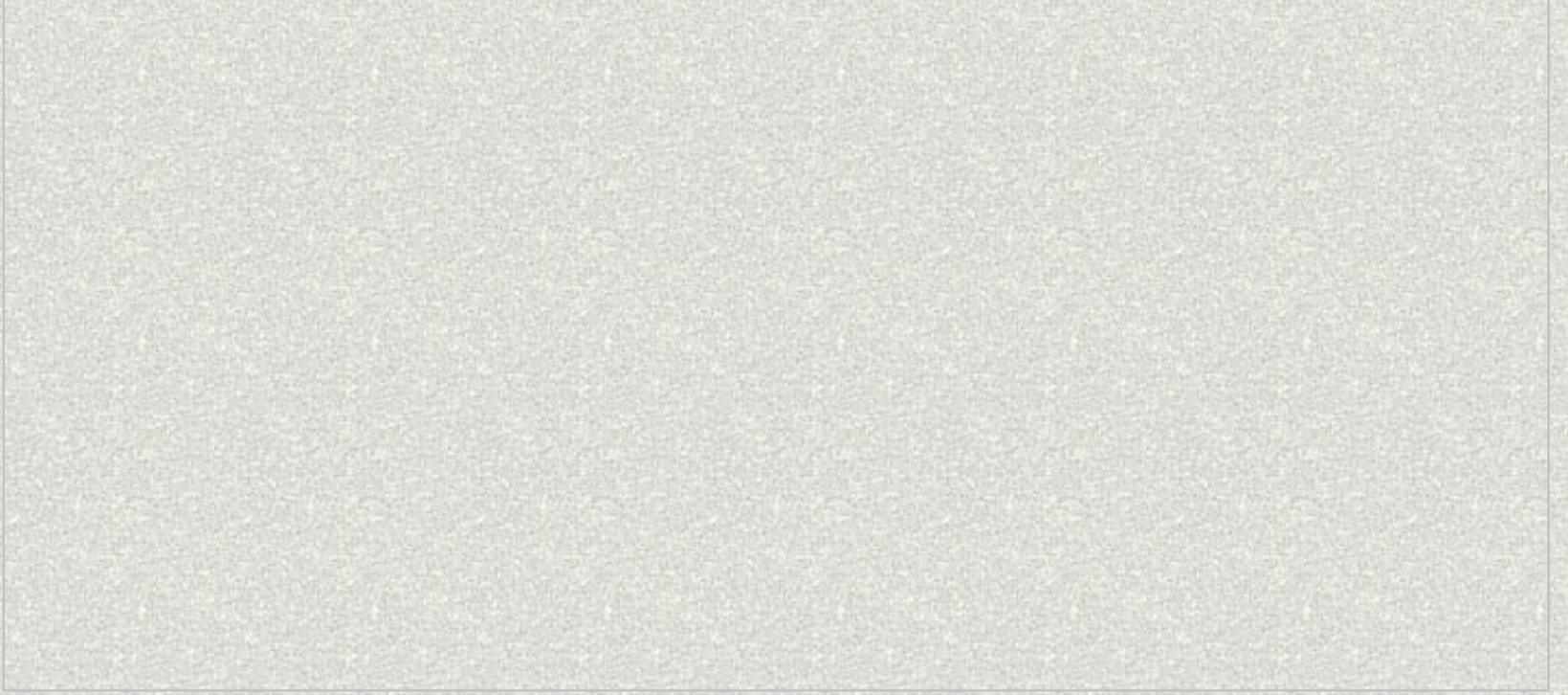


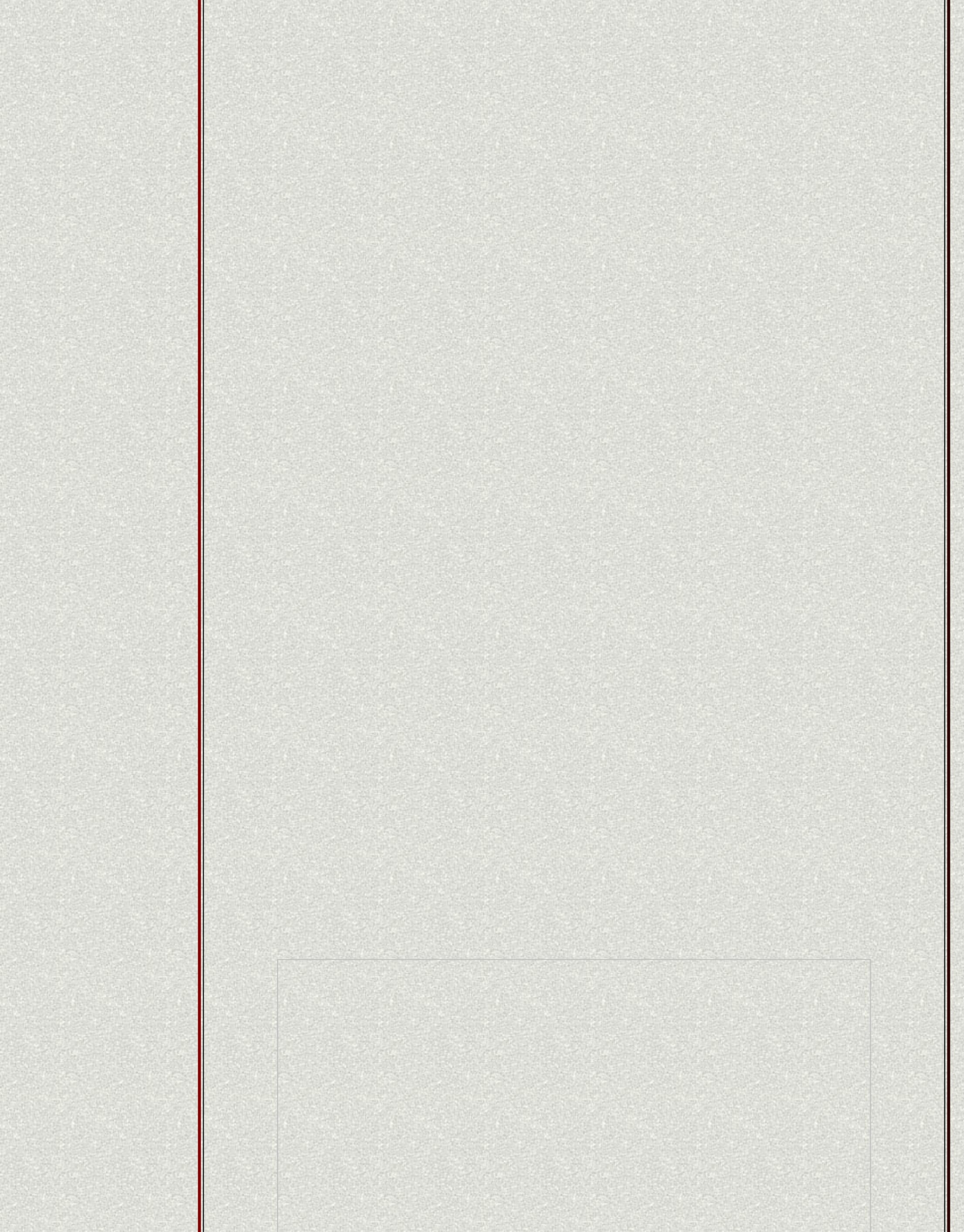














Sponsoring Clubs- Please fill this form out after your shoot,  
 print and mail the form and proceeds to **Dave Lehto, 417 Summit Drive, Riverton, WY  
 82501**

Men's	Name: _____ Address: _____ City: _____ State: _____ Zip: _____
Women's	Name: _____ Address: _____ City: _____ State: _____ Zip: _____
Junior's	Name: _____ Address: _____ City: _____ State: _____ Zip: _____
Sub-Juniors	Name: _____ Address: _____ City: _____ State: _____ Zip: _____
	Sponsoring Club Name: _____ Resident Signature: _____

President's Signature _____
Date of Shoot _____
Amount of Proceeds: _____

W.S.M.L.A. Membership Form:

Name: \_\_\_\_\_

Name of Spouse: \_\_\_\_\_

Names of Children: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ WSMLA# \_\_\_\_\_

NRA# \_\_\_\_\_ Exp Date: \_\_\_\_\_

NMLRA# \_\_\_\_\_ Exp Date: \_\_\_\_\_

Club Affiliation: \_\_\_\_\_

Enclose a check for \$20.00 made out the WSMLA with the above printed page to:

Carrie Gavin  
 216 Valley Circle  
 Riverton, WY 82501

Change of Address Form:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Please Print and mail page, Telephone or e-mail change of Address to Editor

Lyle R. Bader  
 1824 Sage Lane  
 Worland, WY 82401 [lrbader@hotmail.com](mailto:lrbader@hotmail.com)

Wyoming State Muzzle Loading Association offers a video library for member of the WSMLA. Please contact **Tony Larvie, P.O. Box 697, Lander WY 82520 307-332-4718** about viewing tapes. We are still looking to add videos to update our library.

Video	By
<b>New Additions to Video Library (2006)</b>	
The Sheep Eaters: Masters of the Mountains	Wyoming Heritage Project
The Sheep Eaters: Life in the Mountains	Wyoming Heritage Project
The Sheep Eaters: Gifts of the Mountains	Wyoming Heritage Project
Dutch Oven Cooking Basics	Diane Thomas
Outers Gung Cleaning Demo	Circle I Outfitters
Lost in the Barrens	Movie
Spectacular Showdowns	Marty Stouffer's Wild America
Photographing Wildlife	Marty Stouffer's Wild America
Hunters Education Training Course	Outdoor Life
The Guns that Changed the World	American Rifleman

3 Seasons Elk Call'n & Hunt'n	Carltons wild Country
Big Game Extreme: 100% Wild Fair Chase	American Hunter
Black Powder Cartridge Silhouette	Dixie Gun Works
Daniel Boone	Cabin Fever
Grizzly Adams	Movie
Kentucky Rifle	Movie
<b>Previous Videos</b>	
Building the American Flintlock Rifle	Hershel House
Assembling the Bud Silver Lock	Hershel House
Basic Flint Knapping	Larry Waldron
Muzzle loading Safety	NMLRA (Beta)
The Truth about Semi Automatics	NRA
School Presentation	Platte Valley ML
Basic Blacksmithing	Hershel House
Relief Carving the Kentucky Rifle	Wallace Gusler
Knife Making	William White
Bent's Old Fort	
Gunsmith of Williamsburg	
Eagles Wings	Movie
Cheyenne Moccasins	Mike Kostelnick
Tipi Setup and Tips	Barry Wood
Rawhide Par fleches	
Trails West Cookin	Sam Arnold
Robert Campbell	
Mountain Man Ballet	
NRA 122nd Annual Meeting	
Gun Safety with Eddie Eagle	
Hunter Warrior of the Plains	Grunko Films
Flint Knapping	B Brady
The Design, Construction & Function of the Using Knife	Ed Fowler
Muzzle Loading Safety	Glen Lau Productions
Dances with Wolves	Movie
Big Bucks	North American Hunting Club
Whitetail Pursuit	North American Hunting Club
The Mountain Men	Movie
Spirit of the Eagle	Movie
The Tree Lounge	Hunting Video
Your NRA	
The Sheep Eaters: Archers of Yellowstone	Tom Lucas, Wyoming Heritage Project
Flintlock Wapiti- Mountain Man Meat Hunt	Leo Hakola
Indian Sign Language	Larry Pendleton

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