



Your

MAY 2-4

GUIDE

“It’s the 24th of May and we likes to get away...”

It’s not just a Buddy Wasisname and The Other Fellers song, it’s a proud part of the culture in Newfoundland and Labrador. This year, we’ve put together a guide to help you make the most of your May 24th weekend. Whether your plans include a road trip, a hike in the woods or a boat ride out the bay, you’ll find handy tips on what to pack – plus the latest and greatest outdoor gear, tips for better barbecuing and a tongue-in-cheek quiz to help you determine whether or not you’re “fit for May 2-4” to begin with. For delicious campfire recipes, turn to page 105. However you plan to mark the first long weekend of summer, please celebrate responsibly.



Must-Have May 2-4 Gear



WaterLily

St. John’s-based company Seaformatics is making big waves with this small gadget. Featured on the Discovery Channel and already shipped to outdoors enthusiasts around the world, WaterLily can charge your cellphone using two things this province has a lot of: wind and water. The portable micro turbine works by using water or wind to power USB-compatible devices (cellphones, tablets etc.). Hang from a tree to harness the wind, or submerge in moving water to harness the waves. WaterLily sells for US\$199 at waterlilyturbine.com. (Use coupon code DOWNHOME10 for 10% off.)

Juniper BBQ Scraper

Last summer, as reports surfaced of barbecue scraper bristles becoming embedded in food and swallowed, one Newfoundland and Labrador family came up with a solution. Made of 100 per cent local juniper (tamarack), the bristle-free Juniper BBQ Scraper offers a safe, natural way to clean barbecue grills. They come in packs of three for \$69.99 (or packs of five for \$99.99) at juniperbbqscraper.com. They’re also sold at several retail locations, including Coleman’s island-wide.



WG Grill Kit

This lightweight, compact – yet durable – grill is perfect for outdoor cooking. Easily reconfigured to three different heights, it’s ideal for cooking over large or small campfires, or charcoal. The stainless steel grill comes with a carrying case, firestarter tool, cleaning tool and drying cloth. It sells for US\$109 at www.wolfandgrizzly.com.



24 Essentials for May 24th Excursions



May 24th weekend marks the beginning of the season of summer holidays – and for many people that means plenty of road trips, hiking excursions and boat rides. Get the most out of your hard-earned vacation time by planning ahead and packing the essentials for each of your excursions.

In Your Vehicle



Vehicle Emergency Kit Basic kits include booster cables, tire gauge, tire repair kit etc.

Entertainment A good selection of audio books, podcasts and music can make extra-long drives fly by. Compact travel games will help keep younger children occupied.

Cash Not all businesses accept plastic – and the roadside berry vendors definitely don't.

Map/GPS Because anyone can get lost – yes, even you.

Spare Tire A spare tire (and the tools and knowledge to install it) will get you to the nearest garage for much cheaper than a tow truck.

Sunscreen & Sunglasses Protect yourself from the sun's harmful rays, which can penetrate car windshields and windows.

Travel Guide A comprehensive travel guide will help you plan interesting stops along the way. (Free copies of the Downhome *Explore* guide are available at provincial Visitor Information Centres in NL and online at exploredownhome.com.)

USB Car Charger Keep juice flowing to your cellphone and any other devices you plan to bring.

Spare Key There's no better way to ruin a road trip than by locking the keys in your car far from home.

In Your Backpack



Extra Clothing Be prepared for all four seasons, because you just might get 'em.

Toilet Paper & Plastic Bags When nature calls, you don't want to rely on leaves. Leave no trace of your visit; pack out your trash.

Insect Repellent Apply after sunscreen and over top of clothing.

Drinking Water & Snacks Bring a minimum of one litre per person for short, easy hikes – more for longer, difficult hikes or when heading out on hot days. Pack non-perishable, lightweight food like granola bars, dried fruit etc.

First-Aid Kit Take care of minor cuts and abrasions on the spot to avoid infection.

Trail Description Print off and bring with you any pertinent information about the route you plan to take, including a trail map if available. Go the extra mile and bring a compass or GPS.

Sunscreen, Sunglasses & Hat Liberally apply SPF 30+ broad-spectrum sunscreen 15 minutes before heading outdoors and reapply every two hours. Protect your peepers with 100 per cent UVR-blocking sunglasses. Save your scalp by wearing a hat.

In Your Boat



Lifejackets/PFDs Ensure you have an appropriate-sized, good condition, Canadian-approved PFD or lifejacket for each passenger.

Boater's Operator Card You wouldn't drive your car without your driver's licence – don't operate your boat without your operator card. It's the law.

Buoyant Heaving Line This life-saving device (at least 15 metres in length) can be tossed to a person in distress in the water.

Oars/Paddles In case of a breakdown, you'll still be able to manoeuvre.

Watertight Flashlight or Distress Flares & Whistle In case of a breakdown or other emergency, these items will alert others.

Bailer/Manual Water Pump Taking on water? These will help keep you afloat.

Warm, Waterproof Clothing The temperature often dips when you get outside the sheltered bays and the wind changes or a fog bank rolls in.

Sunscreen & Sunglasses The sun's rays are extra powerful at sea, as you get the direct exposure plus the rays that reflect off the ocean.



Are YOU Fit for May 2-4?



Smack dab in the middle of the Newfoundland and Labrador “spring,” camping out on the Victoria Day weekend is not for the faint of heart. Do you have what it takes to survive whatever the long weekend might throw at you? Take our quiz and find out if you’re fit for May 2-4.

The forecast for the May 24th weekend calls for significant snowfall. What do you do?

- a. Channel your inner Bob Bartlett, grab your winter camping gear and head out as planned
- b. Forget the tent and rent a cosy cabin in the woods
- c. Spend the weekend at home blasting @ryansnoddon on social media

You have 30 seconds to pack for a last-minute camping trip. What three items do you grab?

- a. Nothing – you survive on instinct alone
- b. Burgers, beer and a musical instrument
- c. Hair dryer, tanning lotion and a full-length mirror

The campground is only half full, so you have your pick of sites. Which would you choose?

- a. One with a level surface suitable for pitching your modest tent
- b. One within walking distance (but beyond smelling distance) of the comfort station
- c. One with no bugs...so none

You receive a minor cut while chopping wood. How do you react?

- a. Calmly patch yourself up using the first-aid kit you packed
- b. Have a friend tend to your wound while you scream an impressive string of expletives
- c. Suffer a mild concussion after fainting at the sight of your own blood

You need to start a campfire, but you have no matches or lighters. What do you do?

- a. Create friction using items found in nature and – poof! – you’re in business
- b. Get friendly with the neighbours and roast your marshmallows over their fire
- c. Rob a flaming log from your neighbour’s campfire when they’re not looking

For you, a typical campsite meal might consist of the following:

- a. A freshly caught skiver of trout
- b. A can of beans and a slice of bologna
- c. A Big Mary, taters and gravy from the takeout on the way

During an afternoon hike, you become lost in the woods. What do you do?

- a. You are wild, you never get lost
- b. Build a shelter, start a signal fire and hope rescue comes quickly
- c. Whip out your cellphone and cry because there’s no service

You spot a black bear approaching in the distance. How do you react?

- a. Speak calmly and firmly, avoid eye contact and slowly back away
- b. Commence eating every scrap of food in sight, so there’s nothing left to tempt the beast
- c. Break into a panicked sprint while praying that at least one of your camping buddies can’t run as fast as you

If you Scored

Mostly As: Fit as a fiddle. Seriously, you should be on “Survivor.”

Mostly Bs: Fit to be tied. You’ll probably survive the long weekend, but you’ll definitely be worse for wear.

Mostly Cs: Not fit for nudding. Queen Victoria was probably a better camper than you.

Tips for Better Barbecuing



No Spark? No Problem.

Chances are, cleaning the tip and area surrounding the igniter will solve the problem. Manually light the barbecue for the first time and let it burn for a while. Then turn it off and try the spark ignition again.

Be Frugal with Fuel

When you open the valve to your propane tank, make only one turn to help conserve propane. There is no benefit to opening the valve all the way.

Top Tenderizer

Need to quickly tenderize a tough cut of meat? Peel and purée a kiwi (or just mash with a fork) and either add the resulting pulp and juices to your marinade or spread over your steaks, pork chops etc. and let sit for 15 minutes.

Reduce Residue

Before grilling, cut a lemon in half, spear it with a fork, dip it in olive oil and rub it on the grill. This will help prevent residue build-up while adding extra flavour to your food.

Tame Flames

Flare-ups are normally caused by low pressure or blocked burners. Brushing the holes in the burner to remove grease blockages will usually do the trick.

Heat Till Healthy

Use a digital food thermometer to ensure foods have reached safe internal cooking temperatures. Health Canada recommends first removing food from the grill and placing it on a clean plate. Insert the thermometer through the thickest part of the meat, all the way to the middle without touching any bones. When testing burgers, insert the thermometer through the side all the way to the middle. Check each piece of food separately, since temperatures may differ. Here is a list of safe internal cooking temperatures for some commonly barbecued foods:

- Beef (medium-rare): 145°F**
- Beef (medium): 160°F**
- Beef (well done): 170°F**
- Ground beef: 160°F**
- Ground poultry: 165°F**
- Hot dogs: 165°F**
- Pork: 160°F**
- Poultry pieces: 165°F**
- Fish: 158°F**
- Shellfish: 165°F**
- Moose/Caribou: 165°F**



Actually, our icebergs are just the tip of the iceberg.



Explore magical Twillingate with its coastline, icebergs, whales and endless trails. And after a hard day's play, we invite you to a soft night's stay at the award-winning Anchor Inn Hotel or Alphabet Fleet Inn.

