



Current Events Edition GAZETTE

WE MISS YOU!

Our staff along with the folks here at the campground just want to let our Camping Families that can't be here that WE MISS YOU! Blue Haven just isn't the same without all of you! Stay SAFE, stay POSITIVE, be HEALTHY and we will see you soon!

Happy Victoria Day

To our friends that live north of the border, we wish you a Happy Victoria Day. Victoria Day (French: Fête de la Reine, or "Celebration of the Queen") is a federal Canadian public holiday celebrated on the last Monday preceding May 25, in honor of Queen Victoria's birthday. As such, it is the Monday between the 18th to the 24th inclusive, and thus is always the penultimate Monday of May. The date is simultaneously that on which the current Canadian sovereign's official birthday is recognized. It is sometimes informally considered the beginning of the summer season in Canada.

The holiday has been observed in Canada since at least 1845, originally falling on Victoria's actual birthday (May 24, 1819). It continues to be celebrated in various fashions across the country; the holiday has always been a distinctly Canadian observance. Victoria Day is a federal statutory holiday, as well as a holiday in six of Canada's ten provinces and all three of its territories. In Quebec, before 2003, the Monday preceding 25 May of each year was unofficially the Fête de Dollard, a commemoration of Adam Dollard des Ormeaux initiated in the 1920s to coincide with Victoria Day. In 2003, provincial legislation officially created National Patriots' Day on the same date.

Opening News

- **Meter Bills** - Meter Bills are ready
- **Roads** - ALL roads are open.
- **Water** - ALL water is on.
- **Camp Store:** 2 guests in the store at a time and Please ring bell for service.
- **Camp Store Hours:**
 - Tuesday 10:30 to 4:30pm
 - Wednesday CLOSED
 - Thursday 7am to 4:30pm
 - Friday 9am to 7pm
 - Sat/Sun/Mon 9am to 5pm

Newsletter Content

If you have anything to add to the newsletter, please either drop it by the office or e-mail it to tm@momot.com by Wednesday mornings. Birthdays? Anniversaries? Article ideas?

Other Reminders

May 14, 2019 Edition

- **Gathering Areas** remain **CLOSED**.
- **Social Distancing** is the KEY factor in keeping the park OPEN. Please remain 6 feet apart, good handwashing, and wear your masks!
- **Masks and Sanitizer** - We have been provided with the following (as long as everyone respects the 2-per site, there will be plenty left for our Canadian Family upon their return):
 - Two cloth masks per site
 - One bottle of hand sanitizer per site.
 - A couple of Gallon jugs of sanitizer to refill the provided bottles.
- **Making Payments** - We are set up to receive your payments using any of the following:
 - Mail - simply mail a check in US funds to Plattsburgh RV Store, 240 Tom Miller Road, Plattsburgh, NY 12901
 - Contactless Via phone - simply call us at either 518-563-1983 or 518-594-3873 to make your payment.
 - In Person - we can still process your payments at Tom Miller Road by calling the office or knocking on the door when you arrive and await instructions. At Blue Haven, simply ring the bell and we will assist you.
 - We also have a locked mailbox at the entrance to the store where you can place any correspondence (including payments) as this is checked daily during the season.

Updated Beer Diet

Many of you remember when I posted a Beer Diet in the newsletter. Now with people becoming better cooks and having plenty of time to eat, that there would be NO time like the present to publish another version of the diet called **The Cool Beer Diet** - A cool way to lose weight (or... how to lose weight without losing the will to live) There are many way to lose weight, but most methods are either hard work (exercise), insanely boring (lettuce), embarrassingly silly (Adkins) or a combination of all of these. Consequently most people just give up and get fat. Our researchers went to work and after many years of devoted research we are able to bring you the ultimate diet. A diet that is positively addictive: The Cool Beer Diet. We realized that cold beer, simply by virtue of being cold, will suck energy - calories - out of your body as you drink! It's elementary physics!

The Science Calorie = energy required to heat one ml of

water by one degree Celsius (note, when talking about dietary requirements 'Calorie' usually means kilo calorie (kcal), ie. 1,000 Cal)

- Human body temperature = 37 Celsius
- Temperature of cold beer = 5 Celsius
- Volume of typical beer = 333ml

Thus: energy required to heat glass of beer to body temperature in the stomach = $32 \times 333 = 10,656$ Calories, or 10.6 kcal

It's about balance. The problem is that ten and a half calories aren't really very many. You would have to drink an awful lot of beer to see any noticeable weight loss. That's why it's important to see beer drinking as just a part of an overall balanced program to successful weight loss. But we've done the work for you! After extensive field trials across the campground, we're pleased to be able to bring you the optimum plan for losing weight without losing the will to live.

The Program

To start enjoyable weight loss today, just follow our simple list of DOs and DON'Ts below:

DOs

- Keep the beer in your body for as long as possible. This is to ensure it is fully warmed up before being jettisoned
- Drink strong tasty beer - Alcohol causes the veins under the skin to dilate. This causes the body to lose heat faster than it normally would, ridding you of even more of those calories. So, the stronger the beer the more weight lost! Tasty beers are recommended - why would you want to drink any other sort? - and for best results we recommend a Labatt at 5 degrees Celsius
- Attain a state of 'Excited Delirium' - In this state alcohol causes the brain to overheat with pointless activity, consuming even more energy.
- Move about more - Moving about burns calories. A pub crawl is an excellent way of doing this
- Talk bollocks - Talking rubbish converts calories directly into hot-air which is then vented harmlessly out of the mouth
- Wear shorts and a loose T shirt - Doing so will ensure your body is kept ventilated, maximizing skin heat loss. If the ambient air temperature is cool then wearing light loose clothes will also encourage the drinker to keep fidgeting and moving about to stay warm, burning even more calories. It's also more comfortable and leaves room for the beer and morning-after comfort food
- Lift weights - Occasionally intersperse your beers with a very heavy cocktail. This is the drinking equivalent of pumping iron, excellent for burning

energy. Heavy lifting also improves muscle tone and stamina

- Take your turn to buy in a round - Walking to the bar with empty glasses and returning with full ones burns significant amounts of energy (especially if you keep forgetting what people want and have to keep walking back to check). It's surprising, but some drinkers don't take full advantage of this beneficial activity

DON'Ts

- Avoid fruit juices - These are full of really nasty stuff - acid and sugar. In calorie terms they are practically thermonuclear. Best avoided unless in moderate quantities in cocktails, where their negative affect can be moderated by the addition of ice
- Never drink Coke or other soft drinks. These are totally pointless drinks, wrong on so many levels, and should be avoided

Things you shouldn't do, but will do

- Eat fries with mayo - Naughty but essential. On a positive note the mayo does lubricate the fries, helping them flow through your body with the minimum of nutrient absorption
- Eat a late night curry - Naughty but mandatory. On a positive note the spices do lubricate the curry, helping it (and just about everything else) flow through your body with the minimum of nutrient absorption

Beneficial side-effects

- Projectile vomiting is a highly effective way of losing weight, and has been proven 'in the field' by countless actors and actresses, wannabe models and even the occasional princess. But note it does have damaging side-effects:
 - You look and feel like an idiot
 - Practice it too often and you are likely to end up needing dentures

Finally, The Proof - How do we know this all works?

Simple! Many years testing at bars and festivals across the World have shown that on the morning-after-the-night-before (whether or not we've had any sleep) 99.6% of times we always want to consume a hearty meal of comfort food (a Pita Greek, a Pokemon Spag Bol, a Full English breakfast, Bangers and Mash, or a dodgy Chinese from the ally. with or without the resident performing mouse)

This is proof that our bodies need replacement energy. Proof that the drinking of beer facilitates the burning of calories faster than any other activity!