



July 2009

Important dates and upcoming events

August 9th –14th Venturing Camp

Sept 11th – 13th - Cape Cod Caribbean Weekend

May 21st – 23rd – V Games 2010 – mark your Calendars



New England Crews is back, sorry we just got caught up in spring and getting outdoors and camping again. Even though the weather has

been a little disheartening a campfire still has a certain pull on the soul at this time of year. My crew does all the typically meeting, fundraiser and community service stuff, but once spring comes it is all about us and getting outdoors and creating memories and stronger friendships between the crewites.

We just did our annual "School has ended" trip up at Camp Bear Pause in Vermont and it was amazing. Our crew motto is food, fire and fun, so we canoed and kayaked and we had amazing food. Our crew has a trailer with a smoker, so on the shores of this little pond in Vermont we smoked ribs, ate fried chicken, and baked lots of pies, cakes and cobbles from our Dutch ovens. We lit a fire when we first arrived and somehow kept in going through heavy rain and mist during the five days we were there. One of our crewites has a unique

outlook on life and he always likes to try new things and experiences. Last year he and some of the crew did a Philmont trek and on this trek the crewites shared in the experience of a Traditional Native American sweat lodge. SO, on the shore of this little pond in Vermont our fire was also kept busy heating rocks for the sweat lodge.

My personal favorite memory was every night about two in the morning sitting around a glowing fire with a good friend and listening to the sounds of nature, bull frogs, owls and a whole bunch of sounds that I have never heard. We stood on the edge of the pond watching lighting bugs skimming across the top of the pond. After all the best things in life are simple, good food, good friends, and a warm fire. So get into the woods and live this summer like it may be your last.





Click the link below to see a short video on how to start a fire with Flint and Char-Cloth

Next month we will feature how to make char cloth

<http://www.youtube.com/watch?v=fdNoO6lKmn4>

Do you have a Dutch oven, foil dinner, or one pot meal recipe that you would like to share? Send us an email and we will post your recipe for everyone to enjoy.



Coconut Macaroon Pie

- 1 1/2 cups sugar
- 2 eggs
- 1/2 tsp salt
- 1/2 cup soft butter or margarine
- 1/4 cup flour
- 1/2 cup milk
- 1 1/2 cups shredded coconut
- 1 9-inch unbaked pie shell

Beat sugar, eggs and salt until mixture is lemon colored. Add butter and flour. Blend well. Add milk and fold in 1 cup coconut.

Pour mixture into pie shell and top with remaining 1/2 cup coconut. Bake in a dutch oven (325 degrees) until it smells done.



Lyme disease and a personal story

On the following page I have attached an article about Lyme disease. As hikers, campers and outdoors people we all know about Lyme disease, but how much do we really know? My daughter has recently been diagnosed with Lyme disease, and it is frightening the effects it has on her health in a period of only four weeks.

She is an average sixteen year old girl who was driven to her knees with severe migraine headaches. She was in and out of the doctors daily for about two weeks. The side of her temples becomes so sensitive that she couldn't even brush her hair. One day she awoke with double vision and reduced sight in one eye. She was then taken from our local hospital to Hasbro Children's Hospital in RI. It was there that the [LD] was found in her blood. They immediately started her on the preferred antibiotics course, but her symptoms did not improve. She had to go back in for a spinal tap and at that point it was found that [LD] had now caused bacterial meningitis. This week I watched her have an IV picc line installed in her arm and a visiting nurse now comes to my house daily for the next three weeks to give her daily antibiotic infusion treatments. Do the research and talk to your crew. We as outdoors people are the population at risk – Be careful and check for ticks after each outing.



Lyme disease (LD) is an infection caused by *Borrelia burgdorferi*, a type of bacterium called a spirochete (pronounced spy-ro-keet) that is carried by deer ticks. An infected tick can transmit the spirochete to the humans and animals it bites. Untreated, the bacterium travels through the bloodstream, establishes itself in various body tissues, and can cause a number of symptoms, some of which are severe. LD manifests itself as a multisystem inflammatory disease that affects the skin in its early,

localized stage, and spreads to the joints, nervous system and, to a lesser extent, other organ systems in its later, disseminated stages. If diagnosed and treated early with antibiotics, LD is almost always readily cured. Generally, LD in its later stages can also be treated effectively, but because the rate of disease progression and individual response to treatment varies from one patient to the next, some patients may have symptoms that linger for months or even years following treatment. In rare instances, LD causes permanent damage. Although LD is now the most common arthropod-borne illness in the U.S. its diagnosis and treatment can be challenging for clinicians due to its diverse manifestations and the limitations of currently available serological (blood) tests.

The prevalence of LD in the northeast and upper mid-west is due to the presence of large numbers of the deer tick's preferred hosts - white-footed mice and deer - and their proximity to humans. White-footed mice serve as the principal "reservoirs of infection" on which many larval and nymphal (juvenile) ticks feed and become infected with the LD spirochete. An infected tick can then transmit infection the next time it feeds on another host (e.g., an unsuspecting human).

Deer Ticks

Male



Female



Generally, if you discover a deer tick attached to your skin that has not yet become engorged, it has not been there long enough to transmit the LD spirochete. Nevertheless, it is advisable to be alert in case any symptoms do appear; a red rash (especially surrounding the tick bite), flu-like symptoms, or joint pains in the first month following any deer tick bite could signal the onset of LD.

The early symptoms of LD can be mild and easily overlooked. People who are aware of the risk of LD in their communities and who do not ignore the sometimes subtle early symptoms are most likely to seek medical attention and treatment early enough to be assured of a full recovery.

The first symptom is usually an expanding rash which is thought to occur in 80% to 90% of all LD cases. An EM rash generally has the following characteristics:

- Usually (but not always) radiates from the site of the tickbite
- Appears either as a solid red expanding rash or blotch, OR a central spot surrounded by clear skin that is in turn ringed by an expanding red rash (looks like a bull's-eye)
- Appears an average of 1 to 2 weeks (range = 3 to 30 days) after disease transmission
- Has an average diameter of 5 to 6 inches (range = 2 inches to 2 feet)
- Persists for about 3 to 5 weeks
- May or may not be warm to the touch
- Is usually not painful or itchy

Ticks will attach anywhere on the body, but prefer body creases such as the armpit, groin, back of the knee, and nape of the neck; rashes will therefore often appear in (but are not restricted to) these areas. Please note that multiple rashes may, in some cases, appear elsewhere on the body some time after the initial rash, or, in a few cases, in the absence of an initial rash. Around the time the rash appears, other symptoms such as joint pains, chills, fever, and fatigue are common, but they may not seem serious enough to require medical attention. These symptoms may be brief, only to recur as a broader spectrum of symptoms as the disease progresses.

As the LD spirochete continues spreading through the body, a number of other symptoms including severe fatigue, a stiff, aching neck, and peripheral nervous system (PNS) involvement such as tingling or numbness in the extremities or facial palsy (paralysis) can occur. The more severe, potentially debilitating symptoms of later-stage LD may occur weeks, months, or, in a few cases, years after a tick bite. These can include severe headaches, painful arthritis and swelling of joints, cardiac abnormalities, and central nervous system (CNS) involvement leading to cognitive (mental) disorders.

The following is a checklist of common symptoms seen in various stages of LD:

Localized Early (Acute) Stage:

- Solid red or bull's-eye rash, usually at site of bite
- Swelling of lymph glands near tick bite
- Generalized achiness
- Headache

Early Disseminated Stage:

- Two or more rashes not at site of bite
- Migrating pains in joints/tendons
- Headache
- Stiff, aching neck
- Facial palsy (facial paralysis similar to Bell's palsy)
- Tingling or numbness in extremities
- Multiple enlarged lymph glands
- Abnormal pulse
- Sore throat
- Changes in vision
- Fever of 100 to 102 F
- Severe fatigue

Late Stage:

- Arthritis (pain/swelling) of one or two large joints
- Disabling neurological disorders (disorientation; confusion; dizziness; short-term memory loss; inability to concentrate, finish sentences or follow conversations; mental "fog")
- Numbness in arms/hands or legs/feet

If you think you have LD symptoms you should see your physician immediately.

Prevention & Control

Larval and nymphal deer ticks often hide in shady, moist ground litter, but adults can often be found above the ground clinging to tall grass, brush, and shrubs. They also inhabit lawns and gardens, especially at the edges of woodlands and around old stone walls where deer and white-footed mice, the ticks' preferred hosts, thrive. Within the endemic range of *B. burgdorferi* (the spirochete that infects the deer tick and causes LD), no natural, vegetated area can be considered completely free of infected ticks.

Deer ticks cannot jump or fly, and do not drop from above onto a passing animal. Potential hosts (which include all wild birds and mammals, domestic animals, and humans) acquire ticks only by direct contact with them. Once a tick latches onto human skin it generally climbs upward until it reaches a protected or creased area, often the back of the knee, groin, navel, armpit, ears, or nape of the neck. It then begins the process of inserting its mouthparts into the skin until it reaches the blood supply.

In tick-infested areas, the best precaution against LD is to avoid contact with soil, leaf litter and vegetation as much as possible. However, if you garden, hike, camp, hunt, work outdoors or otherwise spend time in woods, brush or overgrown fields, you should use a combination of precautions to dramatically reduce your chances of getting Lyme disease:

Then, when spending time outdoors, make these easy precautions part of your routine:

- Wear enclosed shoes and light-colored clothing with a tight weave to spot ticks easily
- Scan clothes and any exposed skin frequently for ticks while outdoors
- Stay on cleared, well-traveled trails
- Use insect repellent containing DEET (Diethyl-meta-toluamide) on skin or clothes if you intend to go off-trail or into overgrown areas
- Avoid sitting directly on the ground or on stone walls (havens for ticks and their hosts)
- Keep long hair tied back, especially when gardening
- Do a final, full-body tick-check at the end of the day (also check children and pets)

When taking the above precautions, consider these important facts:

- If you tuck long pants into socks and shirts into pants, be aware that ticks that contact your clothes will climb upward in search of exposed skin. This means they may climb to hidden areas of the head and neck if not intercepted first; spot-check clothes frequently.
- Clothes can be sprayed with either DEET or Permethrin. Only DEET can be used on exposed skin, but never in high concentrations; follow the manufacturer's directions.
- Upon returning home, clothes can be spun in the dryer for 20 minutes to kill any unseen ticks
- A shower and shampoo may help to remove crawling ticks, but will not remove attached ticks. Inspect yourself and your children carefully after a shower. Keep in mind that nymphal deer ticks are the size of poppy seeds; adult deer ticks are the size of apple seeds.

Any contact with vegetation, even playing in the yard, can result in exposure to ticks, so careful daily self-inspection is necessary whenever you engage in outdoor activities and the temperature exceeds 45° F (the temperature above which deer ticks are active). Frequent tick checks should be followed by a systematic, whole-body examination each night before going to bed. Performed consistently, this ritual is perhaps the single most effective current method for prevention of Lyme disease.



V Games 2009



V Games Report - 2009

The second annual V Games took place in back in May down at Camp Norse. This year the cup was won and taken home by Crew 40 from Taunton, MA. We had in attendance (130) youth representing eleven crews from MA and Rhode Island. On Friday night the crews played glow in the dark Frisbee until midnight. During the day on Saturday they had the opportunity to shoot skeet on Camp Norse's new range, and to compete in a bull's-eye hand gun shooting contest. Dan Smith was on hand for blacksmithing and leather crafts during the day. We also had Jeff from sawbuck farms working with the youth during the two man sawing and axe throwing contest. In the afternoon we had saran wrap races, flag football, chariot racing, trebuchet contest and the Norse relay race down camp road. After the awards we all meet back in the dining hall for the Dutch oven pot luck dinner, followed by the V-Stock dance social where the youth rocked it Annawon style. We had some growing pains and some organization problems, but a few crews have already stepped up to help in next year's planning to help make it bigger and better. We have already added a pie eating contest for next year, so start practicing.



Crew 40 ...This year's V Game champions with the cup.



The Council Video Crew shot hours of footage at this year V Games. Over the summer they will be editing and putting clips up on You Tube showing many events that took place. In the August edition of the crew news we will post the links

Venturing Camp



At Old Colony Council's

Camp Squanto

August 9-14, 2009
(For Co-ed Youth aged 14-20)

Offering (6) Focus Programs (Choose one):

- PADI Scuba Certification (add \$250*) (Full Day)
- BSA/Red Cross Lifeguard Certification (Full Day)
- Sportsman -- Rifle, Handgun, Black Powder, Fishing
- Cycling (Full Day)--Bring your own bike/borrow, and learn to cycle
- Boating -- Sailing, Row, Kayak, & Canoe
- C.O.P.E./Climbing-Challenging Outdoor Personal Experience

Afternoons will be filled with Electives from the list above plus:
Mountain Boarding, Blacksmithing, Search and Rescue & More!

All campers will receive First Aid & CPR, Venturing -Youth Protection, &
Venture Youth Leadership Training
and a week of great co-ed outdoor fun!

*Scouts will sleep in platform tents and dine in the Camp Dining Hall, Cost \$325
(\$305 if paid in full by May15) \$235 second week at Squanto! Financial Asst avail*

Check-in Sunday 1:00-2:00 pm; Closing will include family BBQ-Friday 6:00-7:00 pm
For more information or staff volunteers call: Mark Guidoboni at 781-883-5235 or
mguido15@comcast.net *(Additional SCUBA \$250 check payable to Diver's Market)
Mrg 3/28/09

Return with \$50 Deposit by May 15th , balance August 1st.....First Come!.....Program by date received!
Checks Payable to: "Old Colony Council"2438 Washington Street, Canton, MA 02021 781-828-8360

Name _____ E-mail _____ Shirt size _____

Address _____ Phone _____

Date of Birth _____ Parent's Sign _____ Program (circle one)
SCUBA, BSA Lifeguard, Sportsman/Fishing AM, Cycling, Boating

Caribbean Weekend September 11-13, 2009 Camp Greenough Yarmouth Port, MA

Register on-line at www.scoutscapecod.org

Friday

- 1900-2200 Check-in at Maushop Lodge for campsite assignment.
- 2000-2200 Buffet at dining pavilion
- 2100-2300 Friday night at the movies at parade field
- 2200-2215 Info meeting—Staff plus one adult and one youth from each crew, ship and post at the dining hall.
- 2400 All quiet in Camp

Saturday

- 0730-0900 Breakfast
- 0830-0930 Trading Post open
- 0900-1200 Camp-wide Activities
- open
- Archery
- Shooting sports (rifle, shotgun, black powder)
- Biking
- COPE
- Boating (Canoe, Kayak, Sail)
- Swimming
- Beach volleyball
- 1200-1300 Lunch
- 1300-1700 Camp-wide activities reopen
- Archery
- Shooting sports (rifle, shotgun, black powder)
- Biking
- COPE
- Boating (Canoe, Kayak, Sail)
- Swimming
- Beach volleyball
- 1730-1730 Interfaith service at the Chapel
- 1800-1900 Dinner
- 1700-1800 Trading Post open
- 2000-2200 Beach party
- 2200-2400 Midnight movie at dining pavilion
- 2400 All quiet in camp

Sunday

- 0800-0900 Breakfast
- 0900-1000 Trading Post open
- 0930-1030 Beach cleanup
- 1000-1200 Camp site clean up and departure.



**THREE DAYS OF
VENTURING FUN!**



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