



Pathfinder Pathways...

A Publication of the Georgia-Cumberland Conference Pathfinders

November 2003

"Two Days We Should Not Worry"

There are two days in every week about which we should not worry, two days which should be kept free from fear and apprehension.

One of these days is Yesterday with all its mistakes and cares, its faults and blunders, its aches and pains.

Yesterday has passed forever beyond our control. All the money in the world cannot bring back Yesterday.

We cannot undo a single act we performed; we cannot erase a single word we said. Yesterday is gone forever.

The other day we should not worry about is Tomorrow with all its possible adversities, its burdens, its large promise and its poor performance; Tomorrow is also beyond our immediate control.

Tomorrow's sun will rise, either in splendor or behind a mask of clouds, but it will rise. Until it does, we have no stake in Tomorrow, for it is yet to be born.

This leaves only one day, Today. Any person can fight the battle of just one day. It is when you and I add the burdens of those two awful eternity's Yesterday and Tomorrow that we break down.

It is not the experience of Today that drives a person mad, it is the remorse or bitterness of something which happened Yesterday and the dread of what Tomorrow may bring.

Let us, therefore, Live but one day at a time.
- Unknown

Outreach Activity Ideas

Let there be light – Collect donations of Christmas decorations and tree lights from the community. Then arrange for teams of your Pathfinders to decorate shut-in homes for the holidays. Once the holidays are over you may want to have check to see if they need help taking the decorations down and storing them.

Walking in His Moccasins

It's time to get started on your projects for the next Georgia-Cumberland Conference Camporee. Here's a few ideas to help everyone in your club get started.

Costumes

Indian Costume Patterns

Simplicity 5446

Multi Size: XS, S, M, L, XL

Description: Adult Historic Native American Dress. Designed by Andrea Schewe. Includes Indian tops, pants, breech cloth, dress, leggings, and wristbands.

Measurements: Chest: 30-48" Waist: 26-44"
Hip: 31-49"

Simplicity 5448

Multi Size: 3-8

Description: Child's Historic Young Native American Dress. Designed by Andrea Schewe. Includes Indian tops, pants, breech cloth, dress, leggings, and wristbands.

Measurements: Chest: 22-27" Waist: 20 1/2-23 1/2" Hip: to 28"

Simplicity 7472

Size: Adult XXS-LG

Description: Indian costumes and head-dresses. All garments have self-fringe, beads, embroidered ribbon trim. View 1 long pants have elasticised waistline. View 1 top has long sleeves. View 2 dress is sleeveless. Head-dress for chief has felt cap with feathers and fabric painted band and optional rosettes. Squaw or warrior head-dress with single feather has fabric painted band and optional rosettes.

Measurements: Chest: 28-44" Hip: 29-45"

Butterick 6852

Multi Size: 4-6

Description: Children's cowboy and Indian costumes. Semi-fitted, unlined below waist vest has cut in armholes and no side seams. Straight skirt, above mid-knee, or tapered pants have elastic waist and no side seams. View B, D: narrow hem. Very loose-fitting pullover, top has Velcro shoulder closing and long sleeves. All have purchased trim and purchased trim for headband. Purchased shirt.

Measurements: Chest: 23-25"

Paddles

[Painted Paddles](#)

Totem Poles

[How to make Totem Poles](#)

Other Websites with ideas

[Native American Games, Dances, and Crafts](#)

[Books on Crafts, Clothing, Dance, & Sign Language](#)

[Eagle Feather Trading Post](#)

*Collect adventures and experiences,
not things. Things will burden you.
Adventures and experiences give
you pleasant memories.*

--William D. Montaput

Honor Toolbox



Hiking Honor

A definition for the word "Hike" is:
A Walk with a Purpose.

Several of the classes have requirements that have hiking requirements. These also meet requirements for the hiking honor. So keep track of the hikes your Pathfinders take over several years. They may earn the hiking honor without even realizing it.

Dayhiker's Checklist

Before you hit the trail, take the time to make sure you've included the items on the following list to make your trip safer and more enjoyable. The following list is designed to help equip hikers just starting out. You will probably develop your own checklist as you gain experience.

Gear

- Map and/or guidebook
- Compass
- Full canteen(s), water bottle(s) or hydration pack
- Pocket knife
- Flashlight or headlamp with new batteries
- Waterproof matches
- Insect repellent
- First aid kit
- Sun protection (sunglasses, sunscreen, lip balm, hat with visor)
- Toilet tissue (in a plastic bag)
- Notebook with pencil
- Whistle
- Day pack or fanny pack
- Money
- A handful of zip seal plastic bags
- Camera and film (optional)
- Binoculars (optional)

Clothing

- Supportive footwear designed for the length and terrain of your hike

- Extra socks
- Pile jacket or pullover
- Rain/wind shells (jacket and pants)
- Wool or fleece hat
- Baseball style hat (to protect from sun)

Day Hiking Tips

- Carry your clothing and food in different colored stuff sacks to keep your pack organized so you can easily find what you need.
- Always carry plenty of water. Three quarts per person per day is a good rule of thumb. Warmer conditions and/or rugged terrain may necessitate carrying more. Take drinks often to stay well hydrated. Filter or treat water from natural sources.
- Fill your canteens before you leave home. It is better to be prepared than to rely on backcountry water sources.
- Carry more food than you think you will need. It is better to bring extra snacks home with you than to go hungry.
- Practice minimum impact hiking. Carry out whatever you pack in so others can enjoy the surroundings. If you can, help pick up what previous visitors may have left behind.
- When you choose a hike, consider the ability levels of all members of your party.
- Hike only as fast as the slowest member of your group.
- Acquaint yourself with the area and specific trail(s) you plan to hike so you can set a reasonable timetable for your hike. Many guidebooks include estimated times of trips.
- Start off slowly to avoid excess fatigue part way through your hike.
- Make sure your vehicle is in good running order and your gas tank is full.
- Check weather conditions before you leave.
- Leave your itinerary with someone you trust and check in upon your return.
- Winter conditions require additional gear.

Here are several Websites that have ideas of places to go hiking. If you know of some great places to go hiking, let the editors know and we

can include that information in another edition of *Pathfinder Pathways*.

- [GORP - Hiking](#)
- [Chattanooga Hiking Club](#)
- [Tennessee Hiking and Day Trips](#)
- [Georgia Trails](#)

Most of the time when we think of taking a hike, we think of going off someplace in the woods, but that's just one type of hike. Here's an idea an additional type of hike.

Explorer Hike – An envelope is prepared for each unit with a sketch of a small map and a letter with the following contents: “You are a group of explorers sent out from the American Museum of Natural History. You have landed in a far-off spot of the globe, and it is your job to make a survey of the territory from here to the spot marked X on the map. We want to know its 1-birds, 2-animals, 3-trees, 4-general type of country, and 5-roads and paths, 6-lakes and rivers, 7-inhabitants, and 8-its history. In order to get as much information as possible; divide you unit into buddy teams, each pair of buddies to specialized in two of the subjects. The buddy teams will start out independently as soon as they are instructed. Your whole group of explorers must come together again at the point X on the map at ___ o'clock, ready to make sketches made along the way.”

Make the hike about five miles and allow the units three hours in which to cover the distance and make their observations.

On a signal, the units open their envelopes. They proceed as soon as they have noted their contents. Upon arrival at the hike destination, they are judged on precision and the quality on their reports.





Conquering Blisters

Nothing—not rain, nor mosquitoes, not cold, not heat—nothing can derail a perfectly good hike as fast as a niggling little blister, especially when it multiplies in size until it's the only thing you can think of step after miserable step. We've all had them. But what's a walker to do? Is there away to avoid these annoyances?

You bet. Here's some tips to help prevent blisters.

Double check the boot fit. If you're a beginning backpacker and you're not used to the feel of hiking boots, wear them at home for a couple of days for several hours to be sure they are comfortable. Seek out a reputable store and an experienced salesperson to find the best fit. If you wear them at home and they don't feel right, you can take them back to the store for exchange.

Break in your boots. This is usually as much of an issue of toughening your feet as softening your boots. Any way you look at it, your feet and boots are going to have to reach a compromise, and better they work out their differences near home than on the trail. If possible walk about 50 miles in new boots before hitting the trail (which is great exercise, too). But even trustworthy comfy boots need to be reintroduced to your feet if you've been sitting around all winter. Before a big trip, go out for a couple of four- or five-mile short hikes near home, just so your feet and boots can renew their acquaintance.

Wear wicking socks—polypropylene or nylon are fine—under a pair of wool or wool-and-nylon blend outer socks. The wicking socks are less abrasive, plus they move moisture away from your feet. Never wear cotton socks—cotton absorbs moisture and practically guarantees blisters.

Go easy on the mileage and keep your packweight as low as possible.

The absolutely number one most important rule of blister prevention: The second you feel the slightest hint of something rubbing in your shoe, STOP! Ignore your hiking partner's pleas to just keep going. Find the pebble, grass-seed, clump of dirt, grain of sand, or wrinkle in the sock. If it's a tight boot that's causing trouble, rub the inside of your boot with the blunt rounded end of a Swiss army knife to try to stretch the leather or fabric.

If you know you've got a vulnerable trouble spot, like the back of your heel, put a piece of moleskin on it before you start walking. (You can find moleskin in the foot care aisle of the store).

Treat a hot spot with moleskin on the trail. If a blister has already started forming (it can happen in mere seconds), use a dressing called Second Skin (available from Spenco). This dressing was developed to treat burns—and after all, blisters are nothing more than friction burns. Whether you're putting moleskin over a hot spot or adhesive tape over a Second Skin dressing, remember that tape adheres better to dry skin than wet skin—so use a bandanna to dry your sweaty feet first.

[- By GORP Hiking Expert Karen Berger](#)

Hike of the Month

'The journey is the destination'



Benton MacKaye Trail – Tapoco Section

This section of the Benton MacKaye Trail is the final connector into the Great Smoky Mountain National Park. One of the more interesting aspects of this trail is that part of it follows the original Appalachian Trail route. It runs basically uphill from Cheoah Dam to the edge of GSMNP on the Tennessee-North Carolina Line and is about 5 miles long.

From I-40 take TN 72 to US 411. Turn North on US 411 which is also TN 72. Take TN 72 which turns off US 411 just north of Vonore and the Little Tennessee River Bridge to US 129 South. Follow US 129 past the 21 miles of bad curves to the TN/ NC State Line at Deal's Gap. This road is also known as 'throwup pike' because it will make anyone with any tendency whatsoever to carsickness succumb.

There is a wooden sign at the gated road on your right, and all the blazes have recently been repainted. Follow the trail sign if you wish to avoid much climbing. If you walk it this direction, follow the gated maintenance road for about 3 miles, then watch for the double diamond blaze to indicate the sharp switchback to your left onto dug trail. From there it is about 2 miles of trail to Cheoah Dam.

The other end of the trail is down US 129 at Cheoah Dam, with parking left or the road and right of the dam. The trailhead is across the road up a TVA powerline access road. Follow the access road uphill to the first hairpin curve back to the left. The dug trail continues from the middle of the curve up the hollow and then sidehills up to the ridgeline. Hiked in this direction, the trail presents a quite challenging climb.

Soon one crosses under a powerline where the briars and undergrowth can be fierce. The trail angles slightly downhill across the powerline. After a fairly gentle section it begins to climb steeply. This very steep section is the remainder of the old Appalachian Trail route. Look sharply through here in order to find the old metal Appalachian Trail marker embedded in a tree.

From the old Appalachian Trail marker the trail climbs steeply for about 100 yards, then flattens out on the ridgeline for about 100 feet. Next it sidehills around the ridge to the left with a gradual uphill (10% grade) for about 1/3 mile and regains the ridgeline in a gap that we call Mayapple Gap (for obvious reasons).

It follows the ridgeline for 100 yards to a 90 degree left turn down another ridge. It follows this ridge for about 1/3 mile into another gap, then sidehills to the left on graded trail running slightly downhill to another 90

degree turn to the left down another ridge. This is the State Line Ridge (TN/NC), and it follows this ridge about 1/4 mile down to a point where it sidehills to the right for 100 feet to make the tie in to the powerline maintenance road.

This intersection is double blazed well from both directions. The powerline maintenance road is built on an almost perfect contour, with little elevation change from the intersection to Deal's Gap

Information from [Chattanooga Hiking Club](#).

Safety Tip

Do Not Huff and Puff

If you can talk while you are walking, you are walking the perfect speed.

When you huff and puff, your legs, your digestive system -- your whole body -- does not get enough oxygen to function efficiently. Your energy reserves are depleted very quickly with this type of anaerobic (oxygen deficit) metabolism which creates a lot of waste products. These waste products make your legs feel heavy and make you feel sick. Hiking uphill at a pace that allows you to be able to walk and talk will guarantee that your legs and your body are getting the oxygen that they need to function efficiently (aerobically). Because your body will generate fewer metabolic waste products, you will be better able to enjoy your hike, and you will feel much better when you reach its end. It may seem like you are walking too slow, but at an aerobic pace your energy reserves will last many times longer, and you will get there feeling well. You will also sweat less, and in the winter this will help you stay dryer and warmer.

Children are likely to live up to what you believe of them.

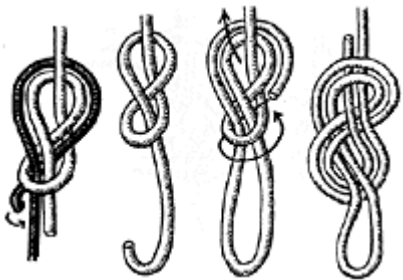
-- Lady Bird Johnson

Knot this Month

Figure Eight Follow Through

There are two versions of this knot; each has a different function. One allows you to join two lines; the other permits you to create a loop of any size in the end of the rope. It's a bit slower to tie than a bowline, but just as effective.

- To join two lines together, create a figure 8 at the end of one line.
- Starting at the free end of the first rope, retrace its path with the free end of the second line. Leave a tail of four to six inches at each end.
- To create a loop around your waist, tie a figure 8 three to four feet from one end of the line.
- Pass the other end around your waist, then retrace the figure 8 that end. Leave a tail of four to six inches



www.gorp.com

Camp Cooking

Holiday Dinner

Are you thinking of taking a backpacking camping trip over the holidays? That's no reason to skip your holiday dinner. Everything things is easily available from your grocery store.

Turkey – use the vegetarian deli meat
Dressing – use your favorite dressing mix
Gravy – use your favorite packaged mix
Mashed potatoes – instant

Green beans – dehydrate them at home
Dessert – see recipe below

Pumpkin–Nut Pudding

(4 small or 3 medium servings)

At home, packaged together in a 1-quart ziploc back:

1 small package instant vanilla pudding
1/3 instant dry milk
1/4 teaspoon each: nutmeg and cloves

In a separate container with a tight lid, put 1/2 cup canned pumpkin pie filling. Also pack 1/2 cup chopped walnuts.

In camp: Add 1 1/4 cups cold water to the pudding bag, seal and mix well, then add pumpkin and blend well. Top each serving with a sprinkling of nuts.

- *The Well-Fed Backpacker*

Nature Nugget

Color Hike

Use this activity to explore the variety and beauty of nature's colors. Working with a small group is best.

Time – Forty-five minutes

Materials – Different colors (preferably pastels) of construction paper.

Directions – Give a small piece of construction paper to each camper. Make sure everyone has a different color. Have the Pathfinders each search the woods, fields or meadows until they find something that's as near to the color of their paper possible. When they find it they should return to you but leave the discovery undisturbed. When everyone comes back, as a group go to each discovery and look at it together.

- Youth Ministry Camping

Friends are God's gift to a broken world.

- *Eugene Kennedy*



Camping 101

Buying a backpack

So you've decided that you like backpacking enough to go out and purchase a backpack of your own. Or you need to purchase backpacks for the Pathfinders in your club to borrow. How do you know what to buy? Reputable outfitters can be a great help in helping you choose and fit a backpack. But it helps for you to do your homework before you go to the store so that you can know what questions to ask.

If you've ever been with a group of backpackers and they get started talking about what type of backpack to buy the subject of internal-frame vs. external-frame always comes up. And you will find that whichever pack people use they are fiercely loyal.

Whichever pack you choose, a good pack doesn't rub or hurt or drag. A good pack is sturdy. It can rub against trees and rocks without tearing, bounce against rocks, and be pressed into service as a makeshift chair. A good pack feels as if you're wearing it, not carrying it. A good pack can multiply your enjoyment of a trip.

Both internal and external-frame packs now come in a variety of sizes. Many brands even have styles designed for women and juniors. Make sure you don't buy a bigger pack than what you will need. You want a pack that carries what you need – and not much more. We have a tendency to fill all of the space that we have and that could make the pack too heavy to carry. To get the most out of your pack, you need to make sure it fits perfectly and you need to know what all of those straps and buckles and adjustments are for.

Check out the number of compartments and side pouches. A single-compartment top-loading bag may be the one you like, but if it doesn't have a back-loading zipper panel as well, every time you want something stashed down at the bottom, you'll be pulling everything out. If you plan to live out of your pack, you'll appreciate multiple storage compartments.

Here are some tips to help you adjust your pack to fit you.

- Before you put on your pack, make sure all straps are loosened.
- The hip belt should be just above your hipbones. Tighten the hip belt first.
- Next, tighten the hip-belt stabilizer straps.
- Now tighten the shoulder straps so that they are snug but not constricting.
- Pull the load-adjuster straps tight: This transfers weight to your hips, which is where it should be.
- Finally clasp and tighten the sternum strap. This can be minutely adjusted to relieve pressure on your shoulders.

External-Frame Packs – consist of a rigid frame made of aluminum or aluminum alloy, from which the bag is suspended. Sleeping bags are strapped to the frame. It offers good ventilation against your back, heavy load-hauling capacity, and savings – half the cost of internal-frame cousins. However a high center of gravity makes it a poor choice for tough terrain.

Advantages - Many hikers find external frames cooler in hot weather because the frame holds the pack away from your body and allows moisture to evaporate. This is definitely something to think about if you plan to hike a lot in hot or humid weather. External-frame packs put the weight over your hips and let the load sway slightly as you walk. Externals tend to weigh less than internal-frame models. Finally, external frames fit some people better than internal-frame models – and that's what it comes down to.

Another advantage is the convenience of being able to unzip the main compartment and get at any piece of gear at any time.

Disadvantages - But if you try to climb or ski with such a rigging, you'll be thrown off balance. Look up as you climb? Your head hits the back of the pack.

If most of your backpacking is on developed trails and you carry gear for four or more days of travel, an External-frame backpack will best fit your needs. It places most of the load over your natural center of gravity, allowing you to

walk normally and conserve energy while carrying even the heaviest loads.

Internal-Frame Pack – employ a semi-rigid support system. All gear, including a sleeping bag, is stowed inside the pack. It carries weight low and close to your body, making it more stable than the external-frame pack for climbing or rock scrambling. Its low profile also provides better clearance. For off-trail they are less likely to catch on brush and branches. All gear is stowed snugly inside the pack. You can turn around and maneuver without losing balance. Many find its weight distribution more comfortable.

One disadvantage is that they are sweatier against your back. Another is that hiking long distances with heavy loads in an internal-frame pack will be hard on your back.

If most of your pack use is on difficult terrain, or for activities that require unrestricted arm movement, an Internal-frame is a good choice. These packs ride close to your back for better balance on difficult terrain. And with no exposed frame parts, they're easier to store in canoes, airplanes or buses.

OK, now where can you look to check out backpacks? Start with any local outfitters in your area. Also check out the Internet. Below is a list of manufacturers and outfitters.

REI – www.rei.com

Campmor – www.campmor.com

Sierra Trading Post - <http://www.sierratradingpost.com/>

Gear Finder – www.gearfinder.com

L.L. Bean – www.llbean.com

Kelty, - www.kelty.com

Jansport – www.jansport.com

Gregory – www.gregorypacks.com

The North Face - <http://www.thenorthface.com/>

<http://www.active-backpacks.com/>

CampTrails - <http://www.camptrails.com/>

Computer Connection

Did you know that public libraries have computers with Internet connections free for the public's use? The library that I checked out had eight computers all set up and ready to

go. All you have to do is start typing. If you need help the librarians are there to help you with any problems. So if you don't have a computer, but still need to have access to the Internet you might want to check out your local library.

Truthful Hymns

The way we might sing some well-known hymns if we were being honest.

I Surrender Some

There Shall Be Sprinkles of Blessings

Fill My Spoon, Lord

Oh, How I Like Jesus

He's Quite a Bit to Me

I Love to Talk About Telling the Story.

Take My Life and Let Me Be

It is my Secret What God Can Do

There is Scattered Cloudiness in My Soul Today

Onward, Christian Reserves

Where He Leads Me, I Will Consider Following

Just As I Pretend to Be

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