



Pathfinder Pathways...

A Publication of the Georgia-Cumberland Conference Pathfinders

February 2004

The Mountain Story

A son and his father were walking on the mountains.
Suddenly, his son falls, hurts himself and screams: "AAAhhhhhhhhh!!!"
To his surprise, he hears the voice repeating, somewhere in the mountain:
"AAAhhhhhhhhh!!!"
Curious, he yells: "Who are you?"
He receives the answer: "Who are you?"
Angered at the response, he screams: "Coward!"
He receives the answer: "Coward!"
He looks to his father and asks: "What's going on?"
The father smiles and says: "My son, pay attention."
And then he screams to the mountain: "I admire you!"
The voice answers: "I admire you!"
Again the man screams: "You are a champion!"
The voice answers: "You are a champion!"
The boy is surprised, but does not understand.
Then the father explains: "People call this ECHO, but really this is LIFE.
It gives you back everything you say or do.
Our life is simply a reflection of our actions.
If you want more love in the world, create more love in your heart.
If you want more competence in your team, improve your competence.
This relationship applies to everything, in all aspects of life; Life will give you back everything you have given to it."
YOUR LIFE IS NOT A COINCIDENCE. IT'S A REFLECTION OF YOU!
- Author Unknown

Honor Toolbox



Cycling (Biking) Mountain Biking

Occasionally your club may go on an outing that will include some form of bicycling. This may be mountain biking, trail riding or a road trip. Before you take your club on a bicycling trip you might want to consider bringing in someone from one of your local bike shops. They can help show the Pathfinders how to maintain their bikes and how to do minor repairs.

Regardless of the type of trip there are some items that you will need to make your trip both safe and enjoyable.

- Bicycle (make sure it is in good repair)
- Tire pump
- Tire patch kit
- Bicycle helmet
- Tire tube
- Water bottle
- First aid kit
- Bicycle tools
- Small daypack or bike pack

Need some ideas of where to take the club bicycling? Check out these Websites.

[Rails-to-Trails Conservancy](#)

[Trail Link](#)

[Bike Washington D.C.](#)

[Tour Tales](#)

[Mountain Travel Guide - North Georgia Bike Trails](#)

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*Nurture your mind with great thoughts,  
For you will never go any higher than you think.*

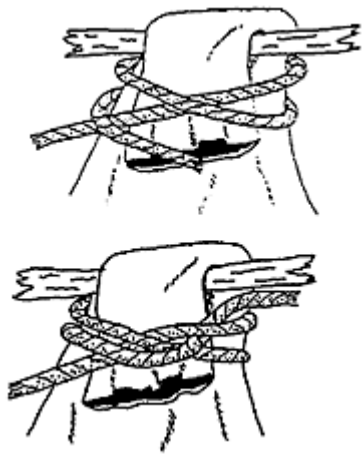
--Benjamin Disraeli

## Knot this Month

### Miller's Knot

As the name implies, this knot was used to tie off sacks of grain in days gone by. It is very similar to the clove hitch. The miller's knot is perfect for tying your food bag to a tree for the night

- Form an overhand loop around the end of the bag.
- Wrap the free end around the bag a second time and pull it through the first overhand loop as shown. Cinch the knot tight.



## Safety Tip

### Bicycle Safety

When you work on your bicycle honor it would be a great idea to bring in someone from your local police department to talk about bicycle safety. Here are a few rules that can save your life.

1. Always wear a helmet.
2. Never ride out into a street without stopping first.
3. Obey stop signs.
4. Check behind before swerving, turning or changing lanes.
5. Never follow another rider without applying the above rules.
6. Adjust your bike to be sure you can reach pedals, bars and brakes comfortably.

7. Try the brakes and make sure they are working well.
8. Check the tires for air.
9. Check seat, pedals and handlebars to be sure they are tight.
10. Lube the chain if it squeaks. It will break if you don't.

Here are several web sites that may help you review bicycle safety guidelines.

[Bicycle Helmet Safety Institute](#)  
[Coleman Tips and Advice for Bicycling](#)

## Camping

### Backpacking cooking gear

What basic tools do you need for cooking and eating the great outdoors? You can spend a bundle on clever, fancy items –and you may want to put some of these luxury goodies on your Christmas list – but here's a list of all you really need.

- Pot and lid
- Fry pan
- Spatula
- Fork, spoon and knife
- Camp stove plus fuel and funnel
- Matches
- Scouring pad & biodegradable soap
- Plate and/or bowl
- Cup or insulated covered mug
- Pair of garden gloves (for cooking and wood gathering)
- Water container

When buying cooking utensils you have a number of options, one is to get a mess kit that can be used for both cooking and eating. But you would be better off getting your Pathfinder a small Teflon frying pan and a small pot. Mess kits are just exactly that - a MESS - because it takes a lot of skill and patience to cook on uncoated aluminum, and to keep that little pan from dumping everything on the ground when you pick it up by the handle. Nothing will turn a Pathfinder off quicker than the frustration of having all his or her food stick to the pan and

burn when they are tired, hungry, and away from home. Have your Pathfinder use their camping equipment and practice cooking their meals at home on a weekend. This way, they will already know what they like and how to fix it.

Once you've got utensils to cook in, you'll need something to eat on and with. If you're eating solo you can skip the bowl and eat out of the pot, assuming you're doing one-pot meals. Otherwise you'll need to bring a bowl and/or a plate. An insulated mug with a lid helps keep hot drinks, hot, and insects out. They also help prevent losing the whole drink if it tips over.

All water must be purified. Therefore each person should bring a container to hold the purified water in. One suggestion is an empty 1/2 gallon milk jug. This can easily be tied to the outside of the backpack, and weighs almost nothing when empty.

Besides the pots and pans you will also need to consider how you are going to do your cooking. Even people who like the friendly warmth of a backcountry fire usually cook on stoves. Once you get the hang of them, stoves are quick and easy, and they do away with the risk of dropping a pot full of spaghetti into the ashes. Also there's always the chance of rain and it's difficult to cook over a fire when it's raining. So you will want to consider taking a backpacking stove.

Soon after each trip, take a few minutes to evaluate the food and learn from experience. What did you bring home? Why? How much more or less should have been taken? Keep notes, and refer to them before your next trip.

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EVERY CHILD HAS INSIDE HIM AN ACHING VOID FOR EXCITEMENT AND IF WE DON'T FILL IT WITH SOMETHING WHICH IS EXCITING AND INTERESTING AND GOOD FOR HIM, HE WILL FILL IT WITH SOMETHING WHICH IS EXCITING AND INTERESTING AND WHICH ISN'T GOOD FOR HIM.

- Theodore Roosevelt



Camp Cooking Shaggy Dogs

1 (16-oz.) package of marshmallows

1 cup of caramel syrup, heated;

1 cup shredded coconut
a stick or skewer for each person.

Roast each marshmallow on a stick over a bed of hot coals until golden brown. Dip into warm syrup and roll in coconut to serve.

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## Hike of the Month



*'The journey is the destination'*

### Bald River Trail –

#### Bald River Gorge Wilderness

Bald River Falls is one of the best known and most frequently visited spots in the Tellico/Citico area. It is near (*not in*) the edge of the Bald River Gorge Wilderness. Parking at the Falls is somewhat limited. About a quarter mile up the road is a campsite beside a quite lovely falls (Baby Falls) on the Tellico where additional parking may be possible. The trail begins in the parking area to the left of the Bald River Falls. The portion leading up to the picnic area at the top of the Falls is paved and well constructed. Once you leave the picnic area, however, great care must be taken to stay on the true trail, (there is a switchback to the left) as there are many fishing side trails which go to a point on the river and end. Once you have gained access to the top of the ridge, the trail levels out and follows the river to where it flows under FS126. Shortly before this there is a small waterfall/large cascade where you may enjoy lunch on the rocks. It is 4.8 miles to this point.

Actually there are many places along this very beautiful river where you could enjoy lunch, if you wished to do a shorter hike. It is advisable to plan an out-and-back hike as the drive to the

other end of the trail is over many miles of very rough road.

To find this trail take whatever route suits you best to Tellico Plains. The simplest (not the shortest) is to go north on I75 to SR68 (Sweetwater exit) and then go east to Tellico Plains. Follow the signs for the Cherohala Skyway to the junction with FS345, which has a sign pointing to Bald River Falls. The Falls are to the right of the road and are hard to miss. This trail is approximately 80 miles from Chattanooga.

For more information or to purchase a map contact:

Tellico Ranger District  
Route 3, Tellico River Road  
Tellico Plains, TN. 37385

Information from [Chattanooga Hiking Club](#).

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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.

Star Hike – Study the constellations, then hike to some high spot with a clear view of the skies. Guide yourself by the stars.

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**Nature Nugget**  
**Watching Wildlife**

One of the most exciting and educational bonuses to hiking or camping is seeing wild animals in their natural habitats. But sometimes it can be a little difficult to see the animals when you've got a bunch of rowdy Pathfinders. So spending a little time teaching them how to watch wildlife will be a benefit for everyone. Here are some general tips on how to find, observe and appreciate the elusive critters that let us share their homes.

- Spend some time at a visitor center or library to find out what animals live in the habitats you'll be exploring. A habitat is where an animal makes its home and finds

food and water. Knowing where to look is as important as being patient about looking.

- Dawn and dusk are prime times for wildlife viewing. Some animals are most active at dusk and dawn (birds, for example). Others are nocturnal and only active at night, so your best chance to see them will be during those darkish in-between hours. In fact, 85 percent of the world's mammals are nocturnal. Diurnal animals, meaning they're most active during the day, also may be easier to see at dawn and dusk, especially when hot summer temperatures force them to take advantage of the cool, sunless hours.
- Being quiet is the single most effective way to be unobtrusive and see the animals. Take that clanging cup off your belt, and get rid of anything that rattles or squeaks while you walk. Talk quietly. If you're hiking in a group, agree on set periods of silence so you all can concentrate on the sounds of the woods.
- Listen with deer or rabbit ears, a simple technique that increases your audio sensitivity. Place your thumbs against the back of each ear. Cup your hands so the fingers bend over the tops of your ears. Maintain a tight seal around the back of your ears. Turn your head from side to side and up and down. You'll be able to hear a broader range of sounds.

– Trailside Hints and Tips



### Outreach Activity Ideas

Coordinate a community drive to collect and repair used bicycles. Donate the refurbished bikes to a community agency that will give the bikes to kids. Partner with local police, public safety departments and businesses to make sure that each bike comes with a new bike helmet. (It isn't safe to recycle bike helmets!)

## Computer Connection

### WORKING WITH FOLDERS

Do you sometimes have a difficult time finding all the different documents that are somewhere in the maze of your computer? By creating folders and organizing

**Create Folders:** To create folders, you must first determine where the folder is to reside. In this instruction "My Documents" will be the top-level directory (folder). To access My Documents you can use several options, the first is going to Start>Program Files>Windows Explorer. The second is going to "My Computer" and selecting Local Disc (C:), from there, select the "My Documents" folder. Once "My Documents" is opened, select File>New>Folder. Name the folder and click enter.

**Renaming Folders:** If you have created a folder and wish to rename it. Right Click the folder and select "Rename". Type in the new name and click enter.

**Deleting Folders:** To delete any folder. Right click the folder and select "Delete".

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## Geocaching

Since the last article, I've purchased a GPS unit and started learning about this sport called Geocaching. I found my first cache in Virginia and a second cache in Kenya, Africa. Pretty exciting!

So what do you need to start Geocaching? First you'll need a GPS unit and access to a computer. Notice I said access to a computer, you don't actually have to have your own computer to participate. You can go to the public library and get the coordinates that you need. The following website has the coordinates that will lead you to the caches. It is [www.geocaching.com](http://www.geocaching.com). After going to this site that are several things you will need to do if you want to be able to log the caches that you find. You will need to decide on a log-in name and password, and you will need to register. This doesn't cost anything.

Once you have logged in you will probably want to look for caches that are closest to where you live. To find them just type in your zip code. Once you do that it will bring up a list of caches starting with the ones closest to that zip code. The search that I entered was for caches within 100 miles of the zip code I entered and it pulled up 1318 caches. I think that should be enough to keep anyone busy for a while.

You can also look up caches by clicking on the state or country then choosing the appropriate city.

But what if you want to look up some place, but you don't know the zip code of the area? You can go to [USPS – Zip Code Lookup](#) and enter the city and state of the area you want to check out. This search will bring up all the zip codes for that area.

By the way for those of you going to the "Faith on Fire" Camporee in Oshkosh, WI, the zip code is 54902.

After you've done your search, click on the cache name to get the information you need to find a cache. Here you will find the waypoints, type of cache, and a description of the container and what is in the container. It will also tell you the level of difficulty and the terrain. This will help you decide whether you want to look for a specific cache. If the cache is a 5-mile hike up the side of a cliff, you might want to find a different one to take your Friend unit looking for.

Next time we'll check out the different types of caches there are.

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