

# Pathfinder Pathways...

A Publication of the Georgia-Cumberland Conference Pathfinders

January 2004

### The Cracked Pot

A water bearer in India had two large pots, each hung on the end of a pole which he carried across his neck. One of the pots was perfectly made and never leaked. The other pot had a crack in it and by the time the water bearer reached his master's house it had leaked much of its water and was only half full.

For a full two years this went on daily, with the bearer delivering only one and a half pots full of water to his master's house. Of course, the perfect pot was proud of its accomplishments. But the poor cracked pot was ashamed of its own imperfection, and miserable that it was able to accomplish only half of what it had been made to do.

After two years of what it perceived to be a bitter failure, it spoke to the water bearer one day by the stream. "I am ashamed of myself, and I want to apologize to you." "Why?" asked the bearer. "What are you ashamed of?" "I have been able, for these past two years, to deliver only half my load because this crack in my side causes water to leak out all the way back to your master's house. Because of my flaws, you have to do all of this work, and you don't get full value from your efforts," the pot said.

The water bearer felt sorry for the old cracked pot, and in his compassion he said, "As we return to the master's house, I want you to notice the beautiful flowers along the path."

Indeed, as they went up the hill, the old cracked pot took notice of the sun warming the beautiful wild flowers on the side of the path, and this cheered it some. But at the end of the trail, it still felt bad because it had leaked out

half its load, and so again the pot apologized to the bearer for its failure.

The bearer said to the pot, "Did you notice that there were flowers only on your side of your path, but not on the other pot's side? That's because I have always known about your flaw, and I took advantage of it. I planted flower seeds on your side of the path, and every day while we walk back from the stream, you've watered them. For two years I have been able to pick these beautiful flowers to decorate my master's table. Without you being just the way you are, he would not have this beauty to grace his house."

Each of us has our own unique flaws. We're all cracked pots. But if we will allow it, God will use our flaws to grace his table. In God's great economy, nothing goes to waste. Don't be afraid of your flaws. Acknowledge them, and you too can be the cause of beauty. Know that in our weakness we find our strength.

- Author Unknown

# **Outreach Activity Ideas**

Hot for the cold – Search out locations where people are working outdoors during cold weather (bell ringers for the salvation army, construction workers, police officers). Ask kids to bring Christmas cookies from home: meet with your group members and prepare a large supply of hot chocolate and coffee then form and send out "heat crews" to serve hot drinks and cookies to the people you identified earlier. If your area doesn't get cold, serve cold drinks instead.



# Knot this Month

# "Champ-Not"

All the Pathfinders form a circle, each with a length of rope. The leader calls out a knot, and the Pathfinders tie it, then drop the rope at their feet when finished. The first one to correctly tie the knot drops out, then the remaining Pathfinders go for it again on signal. This process continues, using the same knot, until only one Pathfinder is left, who is then declared the "champ-not" for that knot. (The beauty of this game is that the Pathfinder who needs the most practice gets the most practice.)

Occasionally it might be fun for the staff to form the circle and tie the knots and let the Pathfinders call out the knots.

# **Camp Cooking** Cheese Quesadillas, Spanish Rice, & Refried beans

- Flour tortillas
- vegetable spray, butter or margarine
- grated cheese (cheddar, mozzarella or other)
- refried beans (canned or dehydrated)
- Packaged Spanish rice (I prefer the Lipton brand)
- shredded lettuce, diced tomatoes, salsa and sour cream

Heat a large frying pan to low to medium heat (Teflon coated frying pans work the best) with vegetable spray, butter or margarine. Lay one tortilla in the pan. Sprinkle with cheese on one side of the tortilla, if desired put refried beans on tortilla. Fold over other side of tortilla, heat until lightly browned on each side.

Serve with refried beans, Spanish rice, shredded lettuce, diced tomatoes, salsa and sour cream on the side as desired.

# **Safety Tip**

# **Dangerously Cold**

Id Man Winter can be a brutal companion if you aren't adequately prepared to keep his company. About 600 people die each year in America from excessive cold. Hypothermia can occur when the body temperature drops below 95 degrees as a result of prolonged exposure to cold temperatures. In extreme cases, it can cause death. Because the body loses heat faster than it produces it, hypothermia can take a person by surprise, making it especially dangerous.

### **Know the symptoms**

Cold weather, extreme dampness or the rapid loss of body heat because of clothing made wet by perspiration can all lead to hypothermia. However, even prolonged exposure to relatively mild temperatures can cause some individuals to lose too much body heat. In fact, some experts say most hypothermia cases occur in air temperatures between 30 and 50 degrees.

When you feel uncomfortably cold, you are having the first warning of hypothermia. Muscle tension, fatigue and uncontrollable shivering may follow. Other danger signs include poor coordination, slurred speech and blue or pale lips or fingertips. Eventually these symptoms lead to drowsiness and apparent exhaustion. If you see someone with the symptoms of hypothermia, don't take no for an answer. Get the person to a shelter and seek medical attention immediately.

#### To protect vourself

A well-designed apparel system will have at least three layers: underwear, insulation and an outer shell. Each component must work with the others to prevent you from becoming wet from sweat and the elements. Also wear a hat and mittens. Avoid tight-fitting clothes and overdressing. Before going outside eat a good meal to have the calories necessary to keep your body warm. Use the buddy system, or let someone know where you are and when to expect you back.

- Safety Times

# **Camping**

Are You a Modern camper?

When did you learn to go camping? Some of us started camping many years ago and some of the things we learned then are no longer environmentally sound techniques. If you are a director make sure that your staff is up to date on the ethics of camping. If you are staff or a parent make sure that you are following and teaching the Pathfinders the appropriate ways to camp. Remember that the Pathfinders watch and learn what we, as adults do even when we don't know that they are watching. Some of these you probably already know, but sometimes it's a good idea to refresh our memories.

Here are some of the old ways that are no longer acceptable.

- Don't trench around your tent to keep the water out from rain.
- Don't lash log furniture together.
- Don't build beds of green or dead pine boughs. Cutting evergreen branches to make bough beds is illegal and damaging to trees. An air mattress or foam pad works better. The use of dead evergreen boughs or mosses should also be discouraged as this material provides a "surface cover that blots out sunlight and consequently kills vegetation below.
- Don't cut live trees or vegetation. Since green would burn poorly, there's no sense cutting it for firewood. You'll find plenty of good dead firewood in the backcountry if you look for it.
- Don't build big fires. Many people think the greatest thing is a huge bonfire to stand around in the evening. However small fires have less impact than large fires, so resist the urge to have a sky-scarring bonfire.
- Do use an existing fire ring. Too many people are building too many fires and the scars are everywhere. So always use existing fire rings and avoid building new ones, especially in pristine sites.

Campsites should always be left as natural as possible so that nature can effectively do "its thing".



#### Hike of the Month

'The journey is the destination'

#### Benton Falls Trail, Ocoee, TN

From US 64 at Ocoee Lake, go north on Forest Service 77 (near the Ocoee District Ranger Station) for 7 or 8 miles to the Lake McCamy parking area.

The Cherokee National Forest has a number of beautiful waterfalls, but this is surely one of the loveliest! It is a 65 foot fall on Rock Creek at the edge of the Rock Creek Gorge Scenic Area. The trail is 1.6 miles long which makes a 3+ mile round trip. It dead-ends at the falls. It is 4 to 6 feet wide and quite easy except for the last tenth of a mile where stone steps descend into the gorge to the falls.

The trailhead is located at the Lake McCamy picnic area. In summer this is a popular swimming area; so be prepared for crowds if you go when the weather is warm! You can take a picnic lunch to enjoy after the hike. This is an area where you must pay to park.

Information from Chattanooga Hiking Club.

Trail Length: 3.2 miles total miles

Location: Polk County
Features: scenic.

Type of trail: In and out

Rating: Easy

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.

Nature-Lore Hike – Alone or in a group, hike, looking for birds, animals, plants, or some other special interest. Take along guidebooks and notebooks to jot down observations. You might also collect samples of something like leaves, minerals or insects. Remember that in some places you may not collect things.



# Jesus Knocking

A nurse on the pediatric ward, before listening to the little ones' chests would plug the stethoscope into their ears and let them listen to their own hearts. Their eyes would always light up with awe. But she never got a response to equal four-year-old David's. Gently he tucked the st6ethoscope in his ears and placed the disk over his heart. "Listen", she said, "What do you suppose that is?"

He drew his eyebrows together in a puzzled line and looked up as if lost in the mystery of the strange tap-tap-tapping deep in his chest.

Then his face broke out in a wondrous grin, "is that Jesus knocking?" he asked.



# Computer Connection Searching the Internet

Do you know how to search for stuff on the Internet? It is worth spending time learning to search the Net. Being such a marvelous source of information, many people use it as a research tool.

To search the Net you need to use a directory system called a *Search Engine*. If you don't know how to use a Search Engine properly you will experience heaps of frustration as you are offered hundreds of thousands of sites to look through.

- 1. Think about what you are looking for and try and define some keywords, several if possible.
- 2. Enter the keywords into the Search box on the Search Engine page and press Enter or the Search button.
- 3. After a moment the results of your search will be displayed for you in order of relevance to your keywords.

- 4. You can then look through the results and see short descriptions of the sites
- 5. Choose one which looks appropriate and click on it your browser will jump you to that site
- 6. If it's not what you want, you can either click "Back," to return to your results on the Search Engine page, or find a Link and keep on going!

There are several search engines to choose from - they all differ slightly in the way they work, so it is my advice to choose one or two search engines and to learn to use them well.

Here is a list of the top search engines and where to find them.

Google http://www/google.com

AltaVista <a href="http://www.altavista.com/">http://www.altavista.com/</a>

Excite http://www.excite.com

Galaxy <a href="http://www.einet.net">http://www.einet.net</a>

HotBot http://hotbot.lycos.com/

InfoSeek http://www.go.com/

Lycos http://www.lycos.com

Open Text <a href="http://www.opentext.net">http://www.opentext.net</a>

WebCrawler <a href="http://www.webcrawler.com">http://www.webcrawler.com</a>

Yahoo http://www.yahoo.com

Clicking on the Search button on your browser, displays a search service in the left side of your screen and a webpage on the right. If you try a different search engine, bookmark it as a favorite. Next time you want to use it you can easily get to it again. You might even like to make a directory in your Favorites folder called Search Engines and have several of them listed in there.

"If the sight of the blue skies fills you with joy, if the simple things of nature have a message that you understand, rejoice, for your soul is alive."

- Eleonora Duse

# **Nature Nugget**



# **Landscape Weaving Materials**

- Large metal hoop
- Multi-ply, medium-weight yarn for wrapping hoop
- Multi-ply, fine yarn for warp
- Dried grasses such as wheat, rye, broom corn, oats or broom sedge
- Clear glue
- Assorted textures and colors of yarn for weft (landscape)

#### **Equipment**

- Crochet hook
- Tapestry or yarn needles sized for the yarns chosen
- scissors

The first step is to cover the metal hoop with a medium-weight, multi-ply wool yarn. You can do this in several ways: cover the frame with lark's head knots (reverse double half hitches), blanket stitches, or a single crochet stitch.

#### Warping the Loom

"Warp" refers to the supporting vertical threads stretched within the metal hoop. Use a fine, tightly twisted yarn in a neutral color for the warp. If the warp is the same color as your wall, it will "disappear," leaving the woven landscape to "float" on the wall.

At the left side of the hoop, slightly above the horizontal center, slide the crochet hook on the back through one strand of the yarn that covers the metal hoop. Loop the warp yarn around the hook and pull the loop to the inside of the hoop. Enlarge this hoop enough to pass the ball of warp yarn through it; pass the ball over the front of the hoop and through the loop. Holding on to the loose end of yarn on the outside of the hoop, pull the inside piece to tighten the loop. This fastens the warp yarn to the hoop. This is the only place you will pass the varn *over* the front of the hoop to secure. All other warps are fastened only to the ridge of yarn in the following manner. Working from the back of the hoop, loop the yarn around the hook

and pull the loop to the inside. Enlarge the loop and pass the ball through it from back to front.

Repeat this procedure across the width of the hoop to secure the warp yarn to the ridge of yarn covering the metal hoop. All warp yarns should be ¼ inch apart. Keep an even tension on the warp threads, but do not pull them so tautly that they will distort the hoop. When all warp threads are in place, adjust the tension if necessary. Then knot the ends of the warp to maintain the even tension.

#### Weaving with Grasses

With the hoop on a flat surface, position the grasses in a pleasing composition. For a good design balance, avoid placing grasses in the exact center of the circle. Gently weave the grasses in and out of the warp yarns to hold them securely in place. You may need to use a tiny drop of clear drying glue on the warp to hold a seed head upright.

#### Weaving the Landscape

The foreground, mountain line, and clouds in the weaving not only introduce a three-dimensional depth to the weaving, but they help to firmly hold the vertical grasses in place. With a tapestry or yarn needle, weave the foreground in a light color, encasing the ends of the grasses in the close weave. When you reach the end of one piece of yarn, pull the loose end to the back of the weaving. Knot it on the back side to a second piece of yarn and continue weaving.

Since dark colors recede, the mountain line should be woven in a darker colored yarn than the foreground so that it will appear to be farther away. Consider using mohair or a similar fuzzy yarn for the clouds for a light, airy texture.

"Kindness is the language which the deaf can hear and the blind can see."

- Mark Twain



# Geocaching

Have you heard about one to the latest outdoor hobbies to come along – geocaching?

You pronounce it Geo-cashing, like cashing a check.

I recently had a request to include information about geocaching in the *Pathfinder Pathways*. So here it is, and we will include additional information in the next few months.

So far there isn't an honor for geocaching. But I happen to know that one is being worked on. So once it's available, we'll be sure to let you know.

Now what is geocaching? Geocaching is an entertaining worldwide treasure hunt for GPS users. Participating in a cache hunt is a good way to take advantage of the wonderful features and capability of a GPS unit. The basic idea is to have individuals and organizations set up caches all over the world and share the locations of these caches on the Internet. GPS users can then use the location coordinates to find the caches. Once found, a cache may provide the visitor with a wide variety of rewards. All the visitor is asked to do is if they get something they should try to leave something for the cache.

The GPS Stash Hunt and Global Positioning Stash hunt are other names for geocaching and can be interchangeable. However, geocaching has become the standard for the game. The word Geocaching broken out is GEO for geography, and CACHING for the process of hiding a cache. A cache in computer terms is information usually stored in memory to make it faster to retrieve, but the term is also used in hiking/camping as a hiding place for concealing and preserving provisions.

Now what is a GPS? GPS stands for Global Positioning System. A GPS unit is an electronic device that can determine your approximate location (within around 6-20 feet) on the planet.

Coordinates are normally given in Longitude and Latitude. You can use the unit to navigate from your current location to another location. Some units have their own maps, built-in electronic compasses, voice navigation, depending on the complexity of the device.

You don't need to know all the technical mumbo jumbo about GPS units to play Geocaching. All you need to do is be able to enter what is called a "waypoint" where the geocache is hidden.

Future articles will include:

- How to purchase a GPS unit
- Rules for geocaching
- Cache types and how to use them.
- Guidelines for creating and hiding a cache
- Legal information for placing a physical cache.
- Travel bugs

However if you can't wait to get started here are several websites that can give you a lot of information. You can also use your newfound skill at doing Internet searches and do a search on geocaching, and geocaching in your state.

http://www.geocaching.com/ http://gpsinformation.net/ http://www.ggaonline.org/

Just in case you are worried that there won't be enough caches for you to find. As of Dec 2003 there were 77142 caches in 192 countries.

# Subscribe to Pathfinder Pathways

If you would like to get an advance email notice when it has been published, send an email with "Subscribe" in the subject line to gccpathways@yahoo.com

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#### **Honor Toolbox**



# **Weaving**

#### Learn to Weave using a Cardboard Loom



You don't need expensive equipment to weave. A flat piece of cardboard or a cardboard box can easily turn into a loom that you can weave mug rugs, placemats or intricate tapestries on. This is a great project for kids or for teaching beginners to weave.

To make a simple loom from a cardboard box, find a good sturdy box. (A shoebox might not be strong enough.)



With a sharp knife, cut the flaps off the top of the box. Then using a ruler mark off the "sett" for the loom at the top edges of the box. If you are going to be using thicker yarns, you can make use a sett of 4 epi (ends per inch). Make a mark each 1/4 inch along 2 sides

of your box. For narrower setts you could use 5 or 6 epi.



Use a sturdy cotton or linen yarn for the warp (the lengthwise threads of the woven piece). Secure the end of the warp thread to your cardboard loom with a piece of tape.

Begin to wrap the warp thread around the loom, placing a thread in each slit at the top of the box edge. Continue to wrap the warp around the box.

Tighten any loose threads to an even tension. Then secure the other end of the warp with another piece of tape.

Your warp of your cardboard loom is now threaded and you are ready to begin to weave.

#### Weaving on the Box Loom



The Header

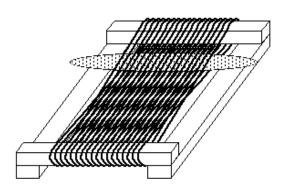
A Header is woven at the beginning of a project. This can be woven of any type of scrap yarn as usually the header is removed once the project is finished. Try to use a similar weight of yarn as what will be used in the actual piece. The Header helps to align the warp into place, allows you to check for threading errors and gives a good edge for beating the weft into place.

#### **Tabby**

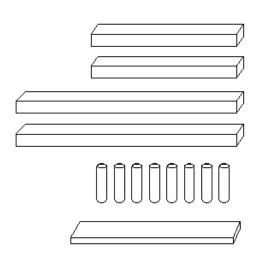
Use a knitting needle or a small stick to pick up the warp threads. In Tabby or Plain weave, every other warp thread is picked up, so the weft travels over and under each thread.

Rest the knitting needle on the edge of the box to hold the raised threads in place, while you draw the weft thread through the open shed.

For the next row, pick up the alternate warp threads with the knitting needle and weave the weft thread across.



This is a very simple frame loom. It's easy to make and use and is a great introduction to weaving. To make this loom you will need to following.



2 pieces of wood 3/4 " x 1 1/2" x 11"

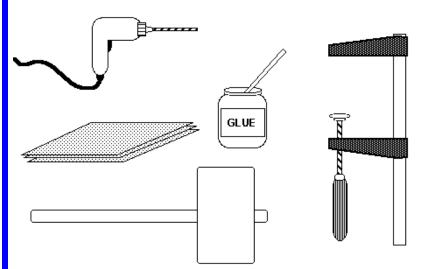
2 pieces of wood 3/4 " x 1 1/2" x 16"

Sand all pieces smooth with the long edges rounded slightly

8 pieces of dowel 5/16 " x 1 1/2"

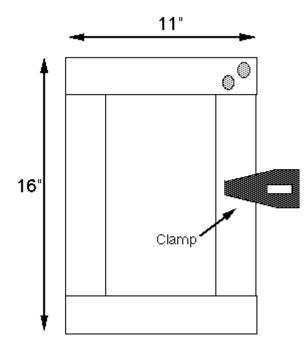
1 piece of wood 1/4 " x 2" x 12"

This piece can really be of any width but it shouldn't bend.



A drill with a 5/16" bit. A mallet or a small hammer. Some wood glue, sandpaper and a clamp.

This is how you put the pieces together.



Take one of the 16" pieces of wood and clamp it to your work bench. If you don't have a work bench, clamp the wood to a table but make sure you have a thick piece of scrap wood underneath it because we're going to be drilling all the way through.

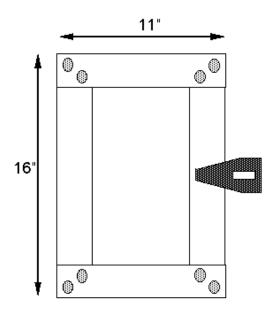
Place the other pieces in position so that the two 11" pieces lie on top of the 16" pieces. The corners should be at right angles.

Drill two holes diagonally across from each other at the corner going through both pieces of wood. Do this to the top right corner first.

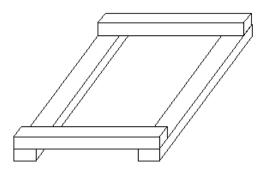


Take two pieces of the dowel and put glue around the sides. Using the mallet hammer each piece into the hole until it is flush with the surface. Wipe off any excess glue

Repeat drilling and doweling process at each corner.

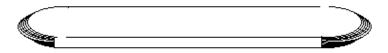


Once the glue has dried you can sand each of the dowel joints flush. Your frame should look like this one.



The final step is to make the shed stick/needle.

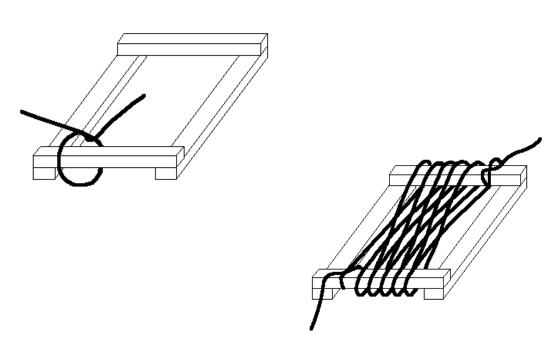
Take the thin 12" long piece of wood and, using the sandpaper, round off the ends and edges. This piece of wood is going to be passing through the threads of the weaving and so it shouldn't have any rough areas that might catch on the thread and snap it.



You now have a frame loom! The next step is to warp the loom.

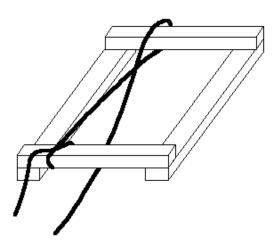
#### **How To Warp Your Frame Loom**

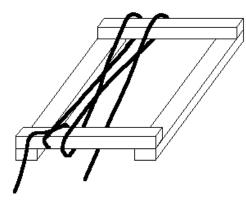
Now that you've built your frame loom let's look at how you can warp it!



First, take a very long piece of thread, wool is good or thick cotton, and tie one end in a double knot around the bottom cross-piece of the loom.

Loop the thread under and over the top cross-piece and bring it down to the bottom and do the same. The warp thread should be kept tight but not so tight that you can't lift the warps up.



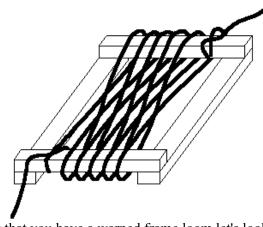


Continue looping around the top and the bottom cross-pieces making a figure eight pattern each time you go up and back.

When you have 13 or more loops, you can make more or fewer if you like, tie the warp thread off at the top cross-piece.

Next, it's time to weave on the loom!

How To Weave On Your Frame Loom



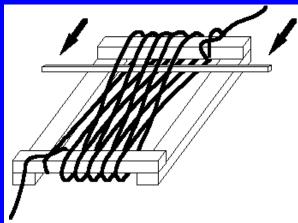
Now that you have a warped frame loom let's look at how you can weave! You will need the following materials.

- 1. A chopstick or small thin piece of wooden dowel
- 2. Assorted pieces of colored woolen thread, buttons, colored wire, twigs etc.
- 3. An old metal fork, or some other object with strong tines like an afro-comb.

When picking the material that you are going to use for the weft threads - those are the threads that go side to side across the loom, the warp threads being the ones that you have already put on the loom going up and down, chose something springy like wool. Other materials will work but avoid things like string to begin with.

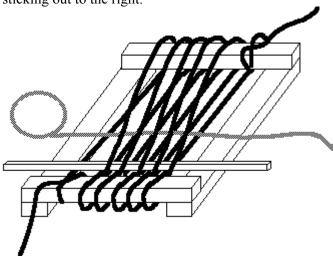
The first step is to cut a length of your wool thread that is long enough to make several passes across the loom, let's say about 4 feet in length.

Next, pass the chopstick through the warp threads, above where they cross in the middle of the loom, and pull the chopstick down to the bottom of the loom. You will notice that the warp threads will start to tense up.



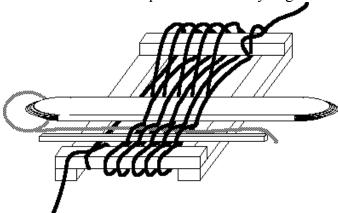
There is now a gap between the warp threads. This is called the "shed." Because the shed is open on its own, without any intervention from the weaver it is called the natural shed.

Pass your ball of woolen thread through the shed from right to left leaving a tail of thread about 4 inches long sticking out to the right.



The thread will fall down towards the chopstick.

Next, take the sword - the long flat piece of wood you made at the same time as the loom - and pass it in and out of the warp threads so that you go under the lower threads and over the top ones



Put your hands on each end of the sword and twist it up so that it opens up another shed. Now pass your ball of wool through this new shed from left to right.

Don't pull the wool thread tight! You need to leave some slack as it goes through the shed. It's best to have it make a small arc from left to right.

Now flatten the sword again and pull it out of the loom. Your ball of wool should be on the right and you will be able to see the first two rows of weaving. Take the fork and push the thread that you just passed through down towards the first thread. Pack it down nice and tight.

You now have a natural shed once again and you can pass the ball of wool back from the right to the left. Again, don't pull it tight, try and leave a small arc to give the thread some slack.

With the sword repeat the previous steps, going under the lower threads and over the top threads. Twist the sword to open up a new shed and pass your ball of wool back from the left to the right. Remove the sword and pack the weft threads together with your fork.

Congratulations!! You are weaving.

If you repeat the process going up the loom you will end up with a piece of fabric about 4 inches long. The weaving will be big enough for a large coaster or a nice little wall hanging.

As you move up the loom it will get increasingly difficult to make a new shed so younger children may want to stop before they get to four inches of fabric.

#### Running out of thread or changing color

As your weaving grows you will run out of wool from your little ball. Not to worry. Make another ball and where ever your last thread ended make a little tail going out of the back of the weaving. Make another little tail going out the back at the same place with the new thread and continue on to the end of the row. There's no need to tie the threads together as the pressure of the weaving will hold it. You can use this technique to start new colors or to weave in pieces of twigs and wire.

#### **Attaching Buttons and Washers**

To attach buttons cut a 3 inch piece of wool and thread the button onto it. With an open shed place the two pieces of thread on either side of the button into the shed, with the button sticking out of the front. Continue weaving. The pressure of the weaving will hold the button in place.

#### Finishing The Weaving

When you decide you've done enough weaving it's time to finish the piece and take it off the loom so that you can save it for posterity. There are two ways to do this:

#### The Fancy Way

You will need a needle with a fairly large eye to thread a piece of your wool through. Starting at the top of the weaving sew in a zigzag pattern between the last two rows of thread. All you are trying to do is maintain enough pressure on the last rows so that they don't slip. You don't really need to do anything more fancy. Once you have done the top remove the chopstick from the bottom of the weaving and, using the fork, push the first few rows of thread up to meet the others. Do the same zig-zag sewing on the bottom of the piece. Now you can simply cut the threads that hold the weaving in place and remove it from the loom.

#### The Fast Way

Remove the chopstick from the bottom of the loom and, using the fork, push the threads together. Cut alternate warp threads at the bottom where they attach the weaving to the loom. Tie these pieces together. Repeat this until you have cut all of the threads that hold the weaving to the loom, from both the bottom and the top.

| <b>Finally</b> Trim the threads at each end of the weaving so that they are about 1/4 to 1/2 an inch long and turn the piece |
|--|
| over and snip any loose threads that you can see. With a needle thread any loose tails from the beginning and                |
| ending rows back into the weaving.   |
| It's finished!!  |
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| Supplies <u>Dick Blick Art Materials</u>   |
| MisterArt.com Wooden Weaving Loom  |
| Create for Less – Weaving Frame  |
| List of Books on Weaving   |
| Corp. of Re- Discovery - Weaving Loom  |
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