

Pathfinder Pathways...

A Publication of the Georgia-Cumberland Conference Pathfinders

March 2004

Playing A Violin With Three Strings

On Nov. 18, 1995, Itzhak Perlman, the violinist, came on stage to give a concert at Avery Fisher Hall at Lincoln Center in New York City.

If you have ever been to a Perlman concert, you know that getting on stage is no small achievement for him. He was stricken with polio as a child, and so he has braces on both legs and walks with the aid of two crutches. To see him walk across the stage one step at a time, painfully and slowly, is an awesome sight.

He walks painfully, yet majestically, until he reaches his chair. Then he sits down, slowly, puts his crutches on the floor, undoes the clasps on his legs, tucks one foot back and extends the other foot forward. Then he bends down and picks up the violin, puts it under his chin, nods to the conductor and proceeds to play.

By now, the audience is used to this ritual. They sit quietly while he makes his way across the stage to his chair. They remain reverently silent while he undoes the clasps on his legs. They wait until he is ready to play.

But this time, something went wrong. Just as he finished the first few bars, one of the strings on his violin broke. You could hear it snap - it went off like gunfire across the room. There was no mistaking what that sound meant. There was no mistaking what he had to do.

We figured that he would have to get up, put on the clasps again, pick up the crutches and limp his way off stage - to either find another violin or else find another string for this one. But he didn't. Instead, he waited a moment, closed his eyes and then signaled the conductor to begin again.

The orchestra began, and he played from where he had left off. And he played with such passion and such power and such purity as they had never heard before.

Of course, anyone knows that it is impossible to play a symphonic work with just three strings. I know that, and you know that, but that night Itzhak Perlman refused to know that

You could see him modulating, changing, recomposing the piece in his head. At one point, it sounded like he was de-tuning the strings to get new sounds from them that they had never made before.

When he finished, there was an awesome silence in the room. And then people rose and cheered. There was an extraordinary outburst of applause from every corner of the auditorium. We were all on our feet, screaming and cheering, doing everything we could to show how much we appreciated what he had done.

He smiled, wiped the sweat from this brow, raised his bow to quiet us, and then he said - not boastfully, but in a quiet, pensive, reverent tone - "You know, sometimes it is the artist's task to find out how much music you can still make with what you have left."

What a powerful line that is. It has stayed in my mind ever since I heard it. And who knows?

Perhaps that is the definition of life - not just for artists but for all of us.

Here is a man who has prepared all his life to make music on a violin of four strings, who, all of a sudden, in the middle of a concert, finds himself with only three strings; so he makes music with three strings, and the music he made that night with just three strings was more beautiful, more sacred, more memorable, than any that he had ever made before, when he had four strings.

So, perhaps our task in this shaky, fast-changing, bewildering world in which we live is to make music, at first with all that we have, and then, when that is no longer possible, to make music with what we have left.

- By Jack Riemer

Knot this Month Drop the Knot

The group sits in a circle with their hands behind their back. One person walks around the outside with a piece of rope. They select someone, place the rope in their hands and say a knot. They then continue around the circle. The challenge is for the knot to be completed correctly before they return to the same place. If the knot is not finished or not correct, the person tying it changes place with them and goes around the circle with the rope. The game can be adjusted according to the knotting skills of the Pathfinders – either by the range of knots that may be specified or if they are more competent with their knots by required the knot to be tied with the hands kept behind the back.

Outreach Activity Ideas



Build birdhouses and donate them to a nature center.

Honor Toolbox



Bird Honor

Kids are naturally curious and love to learn.
Birds hold a special fascination -- they can
FLY!

Sometimes when we are teaching the Bird honor we rush through with just pictures used for identifying the birds. We forget that by introducing the Pathfinders to bird-watching you could be introducing them to a life-time hobby. Spring and Fall are great times to look for birds since the birds are migrating to their summer or winter grounds.

The 2nd Saturday in May has been proclaimed International Migratory Bird Day.

Check with your local Ornithology Clubs to see if they have any field trips planned.

International Migratory Bird Day

Atlanta Audubon Society
Arrival and Departure Dates of Atlanta Birds

Tennessee Bird Watching Sites

Spring & Fall Migration Timetable

Tennessee Ornithological Society

Georgia Ornithological Society

Places to Watch Birds in Chattanooga

Birding Sites in East Tennessee

Georgia Wildlife - Birds

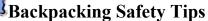
North Carolina Birding Hotspots

Bird Watching – Hamilton County

American Birding Association

Wild Birds.com

Safety Tip



- Leave a copy of your itinerary with a friend. Choose someone who is at least marginally familiar with the vocabulary of backpacking, and tell this person the trails you intend to hike and-if you know-approximately where you expect to camp. Make sure your friend knows when you're expected to come out of the woods.
- Sign in at the trailhead registers whenever possible; in an emergency it helps land management personnel locate you. If possible, share your itinerary with local management personnel-along with an emergency contact.
- Avoid hiking alone.
- Don't share your plans with strangers. Trail chitchat about where you came from and where you're going is harmless, but people you meet on the trail or in trail towns don't need to know where you intend to sleep. Set up your camp out of sight of the trail; it's good low-impact manners, and it's safer if you can't be seen by anyone who happens along.
- Be aware of hunting season. Hunting season varies by state, animal and even method of killing. Be aware of the season, and ask locally about areas that are off limits to hunters, or not frequented by them.
- During hunting season, forget about fitting in with the environment. Aim to look like a fluorescent pumpkin. Go for orange front, back, and top.
 - Backpacker Everyday Wisdom

Camping - 101

Backpacking Food

Fundamentally, whatever serves your purpose for a given trip is the right food to take. There are some qualities that usually describe good backpacking food:

- * nutritious
- * easy to fix
- * quick
- * lightweight
- * tasty
- * compact and sturdy
- * not too costly
- * non-perishable

Those make sense. BUT...there are no hard-and fast rules about creative trail cooking! On some of your trips you can completely ignore certain "ideal" food qualities because the structure and purpose of the adventure allows it.

There are times when one or two of the basic qualities listed above are the deciding factors in your menu planning. In cold weather camping you are traveling in a huge refrigerator and can enjoy the luxury of many foods that would be to perishable on summer treks (such as fresh eggs, fruits and vegetables).

Sometimes you will want the food to be one of the highlights of a trip, as when you are base-camping and setting a more leisurely pace, with time for plant study or lolling in the sun. At other times you may look at food mainly as adequate fuel for prolonged, strenuous activity, and so forgo a luxury food that takes more pack space or preparation time. (On the other hand, your spirits may need that luxury now and then!)

If variety is so important to you that you would feel bored and oppressed by repeating the same main dish every night for a week, then you'll probably do something about it. What you'll do is invest a considerable amount of ingenuity and some advance effort so that variety will be the result. In the process you'll be rewarded by an increasing level of resourcefulness and a lot of pure fun.

A simple way to package the meals is to put all the dry ingredients for one recipe in a plastic bag (some recipes require two bags), label it, and add liquids in camp. We like to use the "ziplocking" type of plastic bags since they close airtight, taking up less volume in the pack and keeping the food fresher. Wide-mouth plastic bottles are good for liquids and condiments such as oil, peanut butter, and honey; you can also use the plastic, soft drink bottles, they are free! To organize the food in your pack, put all the suppers in one stuff bag, breakfasts in another, and lunches in a third, leaving the condiments in a fourth bag by themselves. Save the ketchup, mayonnaise that you get at fast food restaurants for camping.

On backpacking trips everyone will be responsible for his or her own food, cooking and eating utensils. You may choose to cook and eat together with several other Pathfinders. Keep it simple. Don't bring canned foods, these are heavy, and the empty cans must be carried back out. There are plenty of dehydrated foods available in the grocery stores. Examples: cooked cereals, soups, pasta and rice dishes. You may wish to put all of the food for each meal into individual zip lock bags, this is a good way to be organized. Please note: many dehydrated foods, such as individually packed hot chocolate, have foil linings to keep them fresh. These also must be packed out and not thrown in a fire.

Put packets of antimicrobial wet wipes with each meal. This way you'll be able to wash your hands before you eat even if there's no water immediately available.

Life is playing a violin solo in public and learning the instrument as one goes on.

- Samuel Butler



Hike of the Month

'The journey is the destination'

Panther Creek Trail - NC

Graham County NC

Directions: Panther Creek Road is located about 15½ miles from Robbinsville in the northeast corner of Graham County. From Robbinsville, travel east on State Highway 143 until you reach the junction with Highway 28. Turn right at the stop sign and proceed south on Highway 28 for approximately 6.4 miles. You will turn right onto Panther Creek Road. About 11/2 miles from the entrance there is a campground. The hardtop road forks to the right, you should continue straight on the dirt road portion of Panther Creek Road for about ³/₄ of a mile. Depending on recent weather condition, the road may be washed out near its end. If you can drive to the end of the road there is a small parking area. Walk through the parking area to a small branch stream and look to your right. You should see an orange colored gate that marks the start of Panther Creek Trail. The parking area has no restrooms or informational bulletin board. This is considered a wilderness area.

- **Trailhead:** The trailhead is located at the far end of the parking area where the road deadends. Take the right fork out of the parking area on an old logging road.
- Distance: This trail is approximately an 8 mile round trip and is NOT well used and easy to follow.
- **Difficulty:** It is rated as a moderate difficulty hiking trail.
- Use Guide: The Panther is a wilderness trail and is not recommended for novices or families with small children. There are several wet stream crossing that can be difficult or dangerous after heavy rains. This is a good day trip trail for the hiker who has several trips under their belts and is seeking a bit more of a challenge. Allow enough time if you intend to hike to trails end and return. With a group at a casual pace, allow 5-6 hours. For the more aggressive hiker, 4-5 hours should be sufficient time. Make sure to bring plenty of water and snacks.

Camp Cooking Spicy Lentils on Tortillas

2/3 cup Lentils 2 pinches Cumin

1/3 cup Short-grain brown rice

1/4 tsp. Curry Powder1 tbsp. Sesame seed

1/4 tsp. Salt

2 pinches Cayenne pepper

Flour tortillas

Mix all ingredients together, except tortillas, at home and seal in plastic bags. In camp, add 1 3/4 cups water and simmer until the water has been absorbed and lentils are soft. Serve on flour tortillas. Serves two.

Computer Connection

Email hoaxes

Have you ever received an email that seemed too good or bad to be true? Before you send it on to everyone that you know, check it out. The following web site researches many of the rumors that we receive in our email inbox. http://urbanlegends.about.com/

Without researching the factual claims made in a forwarded email there's no 100 percent sure way to tell it if it's a hoax, but here is a list of common signs to watch for...

Here's how:

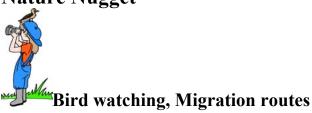
- 1. Note whether the text you've received was actually written by the person who sent it. Did anyone sign their name to it? If not, be skeptical.
- 2. Look for the telltale phrase, 'Forward this to everyone you know!' The more urgent the plea, the more suspect the message.
- 3. Look for statements like 'This is NOT a hoax' or 'This is NOT an urban legend.'
 They typically mean the opposite of what they say.

- 4. Watch for overly emphatic language, as well as frequent use of UPPERCASE LETTERS and multiple exclamation points!!!!!!
- 5. If the text seems aimed more at persuading than informing the reader, be suspicious. Like propagandists, hoaxers are more interested in pushing people's emotional buttons than communicating accurate information.
- 6. If the message purports to impart extremely important information that you've never heard of before or read elsewhere in legitimate venues, be very suspicious.
- 7. Read carefully and think critically about what the message says, looking for logical inconsistencies, violations of common sense and blatantly false claims.
- 8. Look for subtle or not-so-subtle jokes indications that the author is pulling your leg.
- 9. Check for references to outside sources of information. Hoaxes don't typically cite verifiable evidence, nor link to Websites with corroborating information.
- 10. Check to see if the message has been debunked by Websites that debunk urban legends and Internet hoaxes.
- 11. Research any factual claims in the text to see if there is published evidence to support them. If you find none, odds are you've been the recipient of an email hoax.

GREAT TRUTHS ABOUT LIFE THAT ADULTS HAVE LEARNED:

- 1) Raising teenagers is like nailing Jell-O to a tree.
- 2) Wrinkles don't hurt.
- 3) Families are like fudge . . . mostly sweet, with a few nuts.
- 4) Today's mighty oak is just yesterday's nut that held its ground.
- 5) Laughing is good exercise. It's like jogging on the inside.
- 6) Middle age is when you choose your cereal for the fiber, not the toy.

Nature Nugget



Find out what events are in your area that celebrates <u>International Migratory Bird Day</u>

<u>2004</u>. Not all of these events are just going bird watching.

For example at the <u>Chattanooga Zoo at Warner</u> <u>Park</u> there will be a birding demonstration-possibly a mist netting demo.

At the Nashville Zoo they will have the opening of Backyard Habitats created on zoo grounds to provide resting places for migrating birds. There will be educational programs on migratory birds and local Tennessee species. People will receive information on building bird feeders and bird houses. The Backyard Habitats will be an ongoing, Docent-run program. At the ticket booth, there will be a checklist to mark off the different species of migrating birds observed throughout zoo grounds.

At the <u>Dunwoody Nature Center in Atlanta</u> the event will include educational exhibits and displays along with many activities. Special presentations in the form of short classes and videos are scheduled during the day. Special events planned include a bird walk, bird banding, and a bird of prey exhibit.

At the Okefenokee National Wildlife Refuge join the nation in celebrating and learning about migratory birds. Activities include early morning bird walk, handouts, exhibits, and night time Owl Prowl.

In Helen GA at the <u>Unicoi State Park & Lodge</u> "Learn the Birds" Friday, May 14 - Sunday, May 16, 2004. This weekend they will have different birding walks and seminars on birding. They will identify birds by sight and sound. In honor of International Migratory Bird Day, they hope to see many of the Neotropical birds as they pass through Unicoi's enchanted forest. Pre-registration is required. No maximum attendance for Slide shows. Maximum for walks is 30 people.

God gives every bird its food, But he does not throw it into its nest.



Geocaching

Types of caches

There are several types of caches. It will quite often depend on where the cache is being placed as to which type of cache is used. Here is a list of the types of caches that have so far are being used

Traditional Caches -- Plastic containers, ammo boxes, etc.

Multi-Cache -- Several stages to the final location.

Virtual Cache -- No cache box, answer a question for credit. These are good for places where a traditional cache might get taken or where traditional caches are not allowed. For example in National Parks.

Letterbox Hybrid -- Cache with a stamp, see <u>letterboxing.org</u>

Webcam Cache -- Virtual site where a web photo is taken.

Unknown Cache -- You'll find out when you get there!!!

Event Cache -- Geocachers meeting to discuss Geocaching.

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Bird Records

Taken from The Bird Almanac by David M. Bird, PhD heaviest and tallest bird: ostrich at maximum 156 kg (345 lb) and 2.7 m (9 ft) heaviest flying birth: great bustard at maximum 21 kg (46.3 lb) largest extinct bird: Dromornis stirtoni of Australia at 454 kg (1,000 lb) and 3 m (10 ft) tallest extinct bird: giant moa of New Zealand at 3.7 m (12 ft) greatest wingspan: wandering albatross at up to 3.63 m (11 ft 11 in) greatest wingspan of landbirds: Andean condor and marabou stork tied at 3.2 m (10.5 ft) smallest bird: bee hummingbird at 5.7 cm (2.24 in) and 1.6 g (0.056 oz) smallest flightless bird: inaccessible island rail at 12.5 cm (5 in) and 34.7 g (1.2 oz) longest legs: ostrich longest legs relative to body length: black-winged stilt at 23 cm (9 in), or 60% of its height absolute shortest legs: virtually non-existent in swifts (Apodidae) longest toes relative to body length: northern jacana at 10 cm (4 in) longest bill relative to body length: swordtailed hummingbird at 10.5 cm (4.13 in) absolute longest bill: Australian pelican at 47 cm (18.5 in) fastest-moving bird: diving peregrine falcon at 188 km/h (117 mph) fastest flapping flight, white-throated needle-tailed swift at 170 km/h (106 mph) fastest level-flight. red-breasted merganser at 161 km/h (100 mph) absolute shortest bill: glossy swiftlet at just a few mm largest and fleshiest tongue: flamingo longest tongue relative to body size: wryneck at two-thirds of its body length excluding the tail smallest hearts relative to body size: Central and South American tinamous at 1.6-3. 1 % of body weight longest feathers: onagadori, a domestic strain of red jungle fowl, at 10.59 m (34.75 ft) longest tailfeathers: crested argus pheasant at 173 cm (5.7 ft) longest tail coverts: Indian and green peafowl at 160 cm (5.24 ft) widest tail feathers: crested argus pheasant at 13 cm (5.1 in) longest tail feathers relative to body length: fork-tailed flycatcher at 27 cm (10.75 in) longest primary feathers relative to body length: permant-winged nightjar at 60 cm (2 fit) shortest tails: virtually non-existent in kiwis, emus, rheas, cassowaries greatest number of feathers: whistling swan at 25,216 lowest number of feathers: ruby-throated hummingbird at 940 most secondary flight feathers: wandering and royal albatrosses with 40 secondaries and 11 primaries on each wing largest eveball: ostrich with a diameter of 5 cm (2 in)

largest eyeball: ostrich with a diameter of 5 cm (2 in) fastest-moving racing pigeon: 177 km/h (110 mph)

slowest-flying bird: American woodcock at 8 km/h (5 mph)

fastest wingbeat: hummingbirds, e.g., amethyst woodstar and horned sungem, at 90/sec

slowest wingbeat: vultures at 1/sec

longest soaring bird: albatrosses and condors

smallest soaring bird: swift

highest flying bird: Ruppell's griffon vulture at 11,274 in (7 mi) most aerial bird: sooty terns at 3 to 10 years without landing most aerial landbird: common swift at 3 years without landing longest two-way migration: Arctic tern at 40,200 km (25,000 miles)

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longest migration (assuming a coastal route): common tern at 26,000 km (16,210 miles) in January
most aquatic bird: penguins with 75% of their lives spend in the sea
keenest sense of smell: kiwis
keenest sense of hearing: barn owl
keenest eyesight: diurnal raptors with 1 million cones per sq. mm in the retinal fovea
best light-gathering capacity at night: owls, e.g., tawny owl
greatest G-force (acceleration due to gravity): beak of red-headed woodpecker hitting bark at 20.9
   km/h (13 mph)
highest daily frequency of pecking: 12,000 times by black woodpecker
most intelligent bird: African gray parrot, crows, "bait-fishing" green and striated herons
most talkative bird: African gray parrot with a vocabulary of 800 words
birds that use echolocation: cave swiftlets and oilbirds
largest recorded nesting bird colony: 136 million passenger pigeon nesting in an area in Wisconsin
   covering 1,942 sq km (750 sq mi)
most abundant bird: red-billed quelea at up to 10 billion
fastest running bird: ostrich at 97.5 km/h (60 mph)
fastest running flying bird: greater roadrunner at 42 km/h (26 mph)
fastest underwater swimming bird: gentoo penguin at 36 km/h (22.3 mph)
deepest dive for non-flying bird: emperor penguin at 540 m (1,772 ft)
deepest dive for a flying bird: thick-billed murre at 2 10 m (689 ft)
deepest dive for a flying bird under 210 g: Peruvian diving petrel at 83 m (272 ft)
longest submerged: emperor penguin at 18 minutes
greatest weight-carrying capacity: bald eagle lifting a 6.8 kg (15 lb) mule deer
greatest hibernator: poorwill with body temperature lowered to 18-20 degrees C (64.4-68 degrees
greatest bird mimic: marsh warbler with up to 84 songs
most songs Sung per unit time. 22,197 in 10 hours by a red-eyed vireo
coldest temperature regularly endured by a bird: average temperatures of -45.6 degrees C (-50
   degrees F) for emperor penguins
coldest temperature endured by a bird: -62.5 degrees C (-80.5 degrees F) by snowy owl
coldest temperature of land where a bird has been recorded: -89.6 degrees C (-129 degrees F) in
    Vostok, Russia for south polar skua
warmest temperature regularly endured by a bird: larks and wheatears at 44-45 degrees C (111-113
   degrees F)
lowest altitude for nesting: little green beeeater at 400 m (1,307 ft) below sea-level in the Dead Sea
longest fasting period: 134 days for incubating male emperor penguins
most northerly nesting bird: ivory gull at edge of pack ice in Arctic Circle
largest ground nest: dusky scrubfowl nest at 11 m (36 ft) wide and 4.9 m (16 ft) high with over
    2,700 kg (300 tons) of forest floor litter
largest tree nest: bald eagle in Florida at 6.1 m (20 ft) deep, 2.9 m (9.5 ft) wide, and weighing 2,722
   kg (almost 3 tons)
largest social nest: African social weavers with a 100-chamber nest structure 8.2 m (27 ft) in length
   and 1.8 m (6 ft) high
largest roofed nest: hamerkop at 2 m (6.5 ft) wide and 2 m (6.5 ft) deep
longest nest burrow: rhinoceros auklet at 8 m (26 ft)
highest tree nest: marbled murrelet at 45 m (148 ft)
smallest nest: Cuban bee and Vervain hummingbirds at 1.98 cm (0.78 in) in breadth and 1.98 - 3.0
   cm (0.78 - 1.2 in) deep
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foulest smelling nest: Eurasian hoopoe

largest egg: ostrich measuring 17.8 by 14 cm (7 by 4.5 in)

largest egg laid by a passerine: 5 7 g (2 oz) by Australian lyrebirds largest egg laid relative to body weight: little spotted kiwi at 26% smallest egg laid relative to body weight: ostrich egg at 1.5%

smallest egg: West Indian vervain humming bird at 10 mm (0.39 in) in length and 0.375 g (0.0132 oz)

largest collection of bird skins: British Museum of Natural History with 1.25 million most valuable bird: 8 billion domestic chickens produce 562 billion eggs annually

most valuable nest: gray-rumped swiftlet for bird's nest soup

roundest eggs: owls, tinamous

longest interval between eggs laid: maleo at 1012 day intervals

largest clutch laid by a nidicolous species: 19 eggs laid by a European blue tit

largest clutch laid by a nidifugous species: 28 by a bobwhite quail

largest average clutch size: 15-19 by a gray partridge

smallest clutch size: 1 egg laid every 2 years by albatrosses

greatest number of eggs laid consecutively: 146 by a mallard

longest uninterrupted incubation period: emperor penguin at 64-67 days

longest interrupted incubation period: wandering albatross and brown kiwi at 85 days

longest incubation period by a passerine species: 50 days for Australian lyrebird

shortest incubation period: 11 days by small passerines

longest fledging period of flying birds: wandering albatross at 278 days

greatest number of broods raised in one year: 21 by zebra finch

pair fastest to breeding maturity: common quail at 5 weeks

slowest to breeding maturity: royal and wandering albatrosses at 6-10 years

longest-lived wild bird: royal albatross at over 58 years

longest-lived captive bird: sulfur-crested cockatoo at over 80 years

largest domesticated bird: ostrich

earliest domesticated bird: jungle fowl at 3200 BC

heaviest domestic turkey: 37 kg (81 lb)

country with the most endangered birds: Indonesia with 126 (Brazil second with 121)

country with the highest percentage of its bird species endangered: New Zealand with 30%

country with the most introduced species: United States (Hawaii) with 68

most recent species of bird to be declared extinct: flightless Atitlan grebe of Guatemala in 1984 most recent North American bird to be declared extinct. dusky seaside sparrow, a race of seaside sparrow, in 1987

rarest bird in the world: ivory-billed woodpecker, Jerdon's courser

highest price paid for a bird book: \$3.96 million (U.S.) for a set of John James Audubon's The Birds of America in 1989

highest price paid for a mounted bird: 9,000 British pounds for an extinct great auk by the Natural History Museum of Iceland on 1971

highest price paid for a live bird. 41,000 British pounds for a racing pigeon named Peter Pau in 1986

highest price paid for a cage bird. 5,000 British pounds for a hyacinth macaw highest price paid for an eggs: 1,000 British pounds for an egg of extinct Aepyornis maximus first bird featured on a U.S. postage stamp: bald eagle