



Pathfinder Pathways...

A Publication of the Georgia-Cumberland Conference Pathfinders

September 2004

What is Pathfinder Pathways?

Pathfinder Pathways is a publication of the Georgia-Cumberland Pathfinders. The editors try to include practical information that you can use. If there is information that you would like to see included please let the editors know. Also if you have questions that you'd like answered let the editors know. Their email addresses are at the end of the newsletter.

The mailed version will be two pages long and will be mailed out with the Pathfinder newsletter. The complete *Pathways* will be on-line on the Georgia Cumberland Conference Pathfinder website at: [Georgia-Cumberland Newsletters](#). Once you open the web page click on the *Pathways* link for the month you want to view.

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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## Outreach Activity Ideas

**D**rop off a huge box of donuts to the teachers' lounge at a local school. Leave a note telling the faculty members you are praying they will have a fantastic year.



## Knot this Month

### Knot Step Contest

**L**ine up the Pathfinders at one end of the room. Each is given a length of rope. The leader calls out the name of a knot, and each Pathfinder ties the knot. Judges check the knot. Each Pathfinder who tied the knot correctly can take one step forward. The process is repeated until a Pathfinder is across the finish line.

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Friends are God's gift to a broken world.
- Eugene Kennedy

His Gift

There was a certain Professor of Religion named Dr. Christianson, a studious man who taught at a small college in the Western United States. Dr. Christianson taught the required survey course in Christianity at this particular institution. Every student was required to take this course his or her freshman year regardless of his or her major. Although Dr. Christianson tried hard to communicate the essence of the gospel in his class, he found that most of his students looked upon the course as nothing but required drudgery. Despite his best efforts, most students refused to take Christianity seriously.

This year, Dr. Christianson had a special student named Steve. Steve was only a freshman, but was studying with the intent of going on to seminary for the ministry. Steve was popular, he was well liked, and he was an imposing physical specimen. He was now the starting center on the school football team, and was the best student in the professor's class.

One day, Dr. Christianson asked Steve to stay after class so he could talk with him. "How many push-ups can you do?" Steve said, "I do about 200 every night." "200? That's pretty good, Steve," Dr. Christianson said. "Do you think you could do 300?"

Steve replied, "I don't know... I've never done 300 at a time."

"Do you think you could?" again asked Dr. Christianson.

"Well, I can try," said Steve.

"Can you do 300 in sets of 10? I have a class project in mind and I need you to do about 300 push-ups in sets of ten for this to work. "Can you do it? I need you to tell me you can do it," said the professor.

Steve said, "Well... I think I can...yeah, I can do it."

Dr. Christianson said, "Good! I need you to do this on Friday. Let me explain what I have in mind."

Friday came and Steve got to class early and sat in the front of the room. When class started, the professor pulled out a big box of donuts. No these weren't the normal kinds of donuts, they were the extra fancy BIG kind, with cream centers and frosting swirls. Everyone was pretty excited it was Friday, the last class of the day, and they were going to get an early start on the weekend with a party in Dr. Christianson's class.

Dr. Christianson went to the first girl in the first row and asked, "Cynthia, do you want to have one of these donuts?"

Cynthia said, "Yes."

Dr. Christianson then turned to Steve and asked, "Steve, would you do ten push-ups so that Cynthia can have a donut?"

"Sure." Steve jumped down from his desk to do a quick ten. Then Steve again sat in his desk. Dr. Christianson put a donut on Cynthia's desk.

Dr. Christianson then went to Joe, the next person, and asked, "Joe, do you want a donut?"

Joe said, "Yes."

Dr. Christianson asked, "Steve would you do ten push-ups so Joe can have a donut?" Steve did ten push-ups; Joe got a donut. And so it went, down the first aisle, Steve did ten push-ups for every person before they got their donut. And down the second aisle, till Dr. Christianson came to Scott.

Scott was on the basketball team, and in as good condition as Steve. He was very popular and never lacking for female companionship. When the professor asked, "Scott do you want a donut?"

Scott's reply was, "Well, can I do my own push-ups?" Dr. Christianson said, "No, Steve has to do them."

Then Scott said, "Well, I don't want one then."

Dr. Christianson shrugged and then turned to Steve and asked, "Steve, would you do ten push-ups so Scott can have a donut he doesn't want?" With perfect obedience Steve started to do ten push-ups.

Scott said, "HEY! I said I didn't want one!"

Dr. Christianson said, "Look, this is my classroom, my class, my desks, and these are my donuts. Just leave it on the desk if you don't want it." And he put a donut on Scott's desk.

Now by this time, Steve had begun to slow down a little. He just stayed on the floor between sets because it took too much effort to be getting up and down. You could start to see a little perspiration coming out around his brow. Dr. Christianson started down the third row. Now the students were beginning to get a little angry.

Dr. Christianson asked Jenny, "Jenny, do you want a donut?"

Sternly, Jenny said, "No."

Then Dr. Christianson asked Steve, "Steve, would you do ten more push-ups so Jenny can have a donut that she doesn't want?" Steve did ten.... Jenny got a donut.

By now, a growing sense of uneasiness filled the room. The students were beginning to say "No" and there were all these uneaten donuts on the desks. Steve also had to really put forth a lot of extra effort to get these push-ups done for each donut. There began to be a small pool of sweat on the floor beneath his face, his arms and brow were beginning to get red because of the physical effort involved.

Dr. Christianson asked Robert, who was the most vocal unbeliever in the class, to watch Steve do each push up to make sure he did the full ten push-ups in a set because he couldn't bear to watch all of Steve's work for all of those uneaten donuts. He sent Robert over to where Steve was so Robert could count the set and watch Steve closely. Dr. Christianson started down the fourth row.

During his class, however, some students from other classes had wandered in and sat down on the steps along the radiators that ran down the sides of the room. When the professor realized this, he did a quick count and saw that now there were 34 students in the room. He started to worry if Steve would be able to make it. Dr. Christianson went on to the next person and the next and the next. Near the end of that row, Steve was really having a rough time. He was taking a lot more time to complete each set.

Steve asked Dr. Christianson, "Do I have to make my nose touch on each one?"

Dr. Christianson thought for a moment, "Well, they're your push-ups. You are in charge now. You can do them any way that you want." And Dr. Christianson went on.

A few moments later, Jason, a recent transfer student, came to the room and was about to come in when all the students yelled in one voice, "NO! Don't come in! Stay out!" Jason didn't know what was going on.

Steve picked up his head and said, "No, let him come."

Professor Christianson said, "You realize that if Jason comes in you will have to do ten push-ups for him?"

Steve said, "Yes, let him come in. Give him a donut"

Dr. Christianson said, "Okay, Steve, I'll let you get Jason's out of the way right now. Jason, do you want a donut?"

Jason, new to the room hardly knew what was going on. "Yes," he said, "give me a donut."

"Steve, will you do ten push-ups so that Jason can have a donut?"

Steve did ten push-ups very slowly and with great effort. Jason, bewildered, was handed a donut and sat down.

Dr. Christianson finished the fourth row, then started on those visitors seated by the heaters. Steve's arms were now shaking with each push-up in a struggle to lift himself against the force of gravity. Sweat was profusely dropping off of his face and, by this time, there was no sound except his heavy breathing, there was not a dry eye in the room.

The very last two students in the room were two young women, both cheerleaders, and very popular. Dr. Christianson went to Linda, the second to last, and asked, "Linda, do you want a doughnut?"

Linda said, very sadly, "No, thank you."

Professor Christianson quietly asked, "Steve, would you do ten push-ups so that Linda can have a donut she doesn't want?" Grunting from the effort, Steve did ten very slow push-ups for Linda.

Then Dr. Christianson turned to the last girl, Susan. "Susan, do you want a donut?"

Susan, with tears flowing down her face, began to cry. "Dr. Christianson, why can't I help him?"

Dr. Christianson, with tears of his own, said, "No, Steve has to do it alone, I have given him this task and he is in charge of seeing that everyone has an opportunity for a donut whether they want it or not. When I decided to have a party this last day of class, I looked at my grade

book. Steve, here is the only student with a perfect grade. Everyone else has failed a test, skipped class, or offered me inferior work. Steve told me that in football practice, when a player messes up he must do push-ups. I told Steve that none of you could come to my party unless he paid the price by doing your push ups. He and I made a deal for your sakes. Steve, would you do ten push-ups so Susan can have a donut?"

As Steve very slowly finished his last pushup, with the understanding that he had accomplished all that was required of him, having done 350 push-ups, his arms buckled beneath him and he fell to the floor.

Dr. Christianson turned to the room and said. "And so it was, that our Savior, Jesus Christ, on the cross, plead to the Father, 'into thy hands I commend my spirit.' With the understanding that He had done everything that was required of Him, he yielded up His life. And like some of those in this room, many of us leave the gift on the desk, uneaten." Two students helped Steve up off the floor and to a seat, physically exhausted, but wearing a thin smile. "Well done, good and faithful servant," said the professor, adding, "Not all sermons are preached in words."

Turning to his class the professor said, "My wish is that you might understand and fully comprehend all the riches of grace and mercy that have been given to you through the sacrifice of our Lord and Savior Jesus Christ. He spared not only His Begotten Son, but gave Him up for us all for the whole Church, now and forever. Whether or not we choose to accept His gift to us, the price has been paid. Wouldn't you be foolish and ungrateful to leave it laying on the desk?"



Nature Nugget Listening Pictures

This activity tests Pathfinder's knowledge of small insects. Pathfinders will have fun finding and describing their small creatures to others who can't see them.

Time – Forty-five minutes

Materials – Cups, magnifying glasses, blank paper and charcoal.

Directions – Divide into trios. Give a cup, magnifying glass, paper and charcoal to each trio. Ask one Pathfinder in each trio to find a tiny creature under leaves or along the edge of a stream or lake. The smaller the better. Say: "After you find your little critter, put it into the cup. Don't let the other two people see it. Use the magnifying glass; describe it without telling what it is. The other two people should sketch it with charcoal. Then see how accurately they sketched it. Change roles until everyone has had a turn finding a creature and describing it"

A variation is to use larger objects that require no magnification. Partners sit back to back while one partner describes and the other sketches.

Counselor's Corner

In the last couple year's *Pathfinder Pathways* there has been an article about putting together a "Counselor's Survival Kit". We've included the information again for those of you that are new counselors. If you are a counselor and don't already have one, it's never too late to put a kit together. If you already have one, check through it and make sure you have everything that you need.

No matter how well you plan and organize there still may be times when you need a "Survival Kit". Make sure to take the survival kit to meetings and any other times when you might have to come up with something when things don't go as planned. This kit would have supplies in it to use when unexpected things happen. Don't use this kit as a substitute for planning (except for the pencils, rope and Bible).

Here's a list of some items that could be included.

- Pencils
- Crayons or colored pencils
- Bible
- Rope – enough rope cut to appropriate lengths to teach about knots. Also include a couple of knot games.
- A couple of games and any supplies required. Also be sure to know how to play them, don't wait until you need them to figure it out.
- Honor information and supplies – this should be an honor that could be completed in 45 – 60 minutes. It would help if it were one that most of the Pathfinders didn't already have. Some easy honors to do are dogs, cats and mammals.
- Keep in mind the grade that you are most likely planning for. You wouldn't include the same items when planning for 10th grade as you would when planning for 5th graders.
- Have a rainy day activity for that campout when rain wasn't forecast.
- Use the kit when you end up with twice as many Pathfinders as you planned your meeting for that week. Make sure that you have enough supplies.
- Or when you only have one Pathfinder and you planned for six. Teach one of the honors that everyone else has and that one Pathfinder doesn't. Or teach an honor that isn't on the schedule for that year.

FEW THINGS CAN HELP AN
INDIVIDUAL MORE THAN TO PLACE
RESPONSIBILITY ON HIM, AND TO
LET HIM KNOW THAT YOU TRUST
HIM.

-- ROOKER T. WASHINGTON



Hike of the Month

'The journey is the destination'

Little Cedar Mountain

Little Cedar Mountain of today is actually the top of the Little Cedar Mountain of days gone by. It juts out into and borders on today's Nickajack Lake that covers its flanks. Little Cedar Mountain is one of the home grounds of Dragging Canoe, last of the great Cherokee war chiefs. His own town, Running Water (now called 'Whiteside'), is just a mile upriver, and another of his "Lower Towns," Nickajack, is right across the river. These were two of the five towns of the Chickamauga Cherokees, the most serious and determined resistance to white settlement in the East Tennessee area. This area was occupied by various other native peoples including the Creeks. Four small caves on the west side of Little Cedar were probably used by Mississippi peoples prior to Creek occupation. For a more detailed history [click here](#).

Today, it is a part of the public lands owned by TVA, acquired by eminent domain, and where a controversial private development is planned.

While there are no developed hiking trails it is still public land and it is possible to hike there and view the area relatively unchanged. In the next year if it is developed as planned, it will no longer be a public site. Access to Little Cedar Mountain is by parking near the interstate exit on a pull off from the Shellmound Road.

There is an existing trail from the base of Little Cedar Mountain to the top and then to a point overlooking the lake. There are some wildflowers in this area. Also there are some interesting rock formations that look as though they originated and were reshaped by water in a cave. (Please remember that digging or removal of archaeological or biological resources is illegal and subject to prosecution.) Down this road adjacent to the dam is the Shellmound Recreation Area that has picnic facilities, restrooms and parking.

Nearby, on the opposite side of the lake is Nickajack Cave, which is currently maintained by TVA as a Wildlife Refuge for it harbors a large colony of gray bats. In the evening in the summer you may view these swarming from the cave at dusk from an observation platform. To reach Little Cedar Mountain from Chattanooga, take I24 toward Nashville, take exit #158 and follow signs for Nickajack Dam. For Nickajack Cave, take exit #161 to Route 156 south to Maple View Recreation Area.

Information from [Chattanooga Hiking Club](#).



Geocaching

Faith on Fire Geocaching

Did you go to the ["Faith on Fire" Camporee](#)? Even if you didn't go you might be interested in watching the special 'Faith on Fire' travel bugs. These were given out as prizes to nine Pathfinders who were the first-to-find the caches that were placed on-site to teach about geocaching. The goal for each bug is to travel back to the owner's hometown.

Each travel bug started out in Oshkosh, WI then went to Tennessee to head out in different caches. If you find one of these travel bugs in your area take it to your Pathfinder club and take their picture with it. We'd love to see the clubs that the travel bugs have visited.

You can log on to www.geocaching.com and look under the 'Track Travel Bugs' section to follow where the travel bugs have been and where they are going. Below are the travel bug names, reference number and goal.

- 'Faith on Fire' #1 (TBGWGR) - New Boston, NH
- 'Faith on Fire' #2 (TBH1BZ) - Oak Harbor, WA
- 'Faith on Fire' #3 (TBGX73) - Oak Harbor, WA
- 'Faith on Fire' #4 (TBGRX1) - Waverly, OH
- 'Faith on Fire' #5 (TBGWHX) - Porterville, CA
- 'Faith on Fire' #6 (TBGY2W) - Moorpark, CA
- 'Faith on Fire' #7 (TBGRDN) - Tujunga, CA
- 'Faith on Fire' #8 (TBGXGM) - Hastings, MI
- 'Faith on Fire' #9 (TBGXND) - Sodus, MI

Computer Connection

Does your club have Pathfinder website? It's possible that there's one and you didn't even know it. A club website can be a great way provide information to Pathfinder(s) and their families.

If you are the director and your club does already have a website there are several things to keep in mind. Make sure it is kept up-to-date. If there isn't anyone to make sure that it is kept up to date, delete it. It would be better not to have anything than to keep an out-of-date web site.

If the club doesn't have any type of web page and you don't have anyone with the capability to put one together, talk to your church's web master about including a Pathfinder section. It may be a generic page that only includes material that is not date sensitive.

Once your club has a website make sure to advertise. Let your church family know that it is there. Send out a notice to your Pathfinder's families. Then make sure to let the conference know, it will be included on the cool links page at: <http://www.gccsda.com/departments/pathfinders/coollinks2.html>

Honor Toolbox Sanctuary Honor

As some of you may or may not know there is now a Sanctuary honor. Below is a portion of an email sent to FOF honor coordinator from Debbie Winters-Marlin showing how the Lord works.

I had decided that I really didn't want to go to the Camporee since the full-scale model Sanctuary was not going to be there and the honor patch was not finalized. However, I know that the Sanctuary message needs to be revisited and taught to the next generations, few of who seem to know much about what it means in the Great Controversy and the Plan of Salvation. The Lord provided a Doctor to cover my practice in a rather miraculous way, so I prepared to go.

Arriving on Monday, I found that I was not in a Hanger, as requested, but in an outside tent with no tables and no chairs. After visiting a hanger on Tuesday, I humbly bowed my head and praised the Lord that we were in a tent outside.

After begging, borrowing and snatching chairs, many provided by the very kind staff who knew how much we needed chairs, we had room at the tables for about 50 people. I had brought Xeroxed supply "packets" for approximately 250 student participants.

Darwin Whitman and his lovely wife Joyce were setting up in a second tent adjacent to the small-scale outside model of the Sanctuary being set up by the enthusiastic men from Andrews University, "Moses and his helpers", who gave wonderful tours to all their visitors. Since the base to my Sanctuary model never showed up until Thursday, and Darwin had such wonderful teaching materials, including a power-point presentation, he and I teamed up - all in the Lord's planning! I taught more to the Pathfinder honor questions, and he taught more in the Seminar style to which he was accustomed, as he travels the U.S. teaching Seminars in any location. We both covered all the material in the basic Sanctuary Honor, and many of the questions in the Advanced Honor.

We quickly used the 250 packets and I went to Kinkos and had printed up 500 even more extensive packets. Another trip I brought back 300 more packets. Darwin copied even more materials, and on Sabbath we brought out blank paper and the last of our 2 basic work sheets! We suspect that we taught the honor to over 1200 persons, perhaps even 1400!! Sabbath the tent was packed! The tables and chairs were occupied, and people lined the edges, sitting on chairs, on the ground, and standing. Praise the Lord!

We did encourage everyone to order their honor patch, thus encouraging The Honors Committee and Advent Source to get a patch available soon!

And all this time the Devil was bothering the Whitmans and me with various medical problems. The

pencils disappeared, people were angry about not having a seat at a table, and others expected us to give them the patches we had told them were not yet available!

Many people requested teacher's packets with more materials, so I am getting those together. So many people, including club leaders, directors, and counselors were interested in having the Sanctuary Honor materials available for their clubs.

Again, Sandy, and everyone involved, Thanks. You are making a difference in the lives of our young people and their leaders.

Debby Winters-Marlin
Teacher - Sanctuary Honor

If you would like to have a copy of the Sanctuary honor requirements you can get them at:

[The Sanctuary Honor](#)

Teacher's packets with lots of material and the PowerPoint CD included are still available for \$5.00 to cover postage, from:

Deborah Winters-Marlin
196 Marlin Lane
McMinnville, TN 37110

Camping 101



Dutch Oven Cooking

This year's conference theme is American Pioneers. By teaching the Pathfinders how to use a Dutch oven you give them an idea of how the pioneers might have cooked. This year's camping recipes will focus on how to use a Dutch oven when camping.

Where do I get a Dutch oven? Here are a couple of manufacturers. [Lodge](#) is a company located in South Pittsburgh, TN that makes cast iron products which includes Dutch ovens. [MACA Supply Company](#) is another manufacturer.

When you purchase a Dutch oven make sure that it is a camp Dutch oven. This type has a flanged lid that will hold the charcoal coals on it, and help keep ashes from falling in the pot when you are checking the food. Another thing to look for is one that has integral legs for campfire and fireplace cooking. Here are several links that will help get you started.

[MacScouter - Dutch Oven Cooking](#)

<http://www.ceedubs.com/>



Dutch Oven Cooking

Mississippi Mud Cake

1 yellow cake mix prepared as directed

Topping

10 oz bag semi sweet chocolate chips

¾ cup chopped pecans

powdered sugar

Mud

½ cup cocoa powder

2 cups brown sugar

1 cup hot water

2 tsp. vanilla

1 tsp cinnamon

Line the bottom and sides of a 12" Dutch oven with heavy foil. To the oven add prepared cake mix.

Prepare The Mud: In a separate bowl combine all "Mud" ingredients and stir until well mixed. Pour mud mixture over the cake batter.

Bake: Cover Dutch oven and bake using 8-10 briquettes bottom and 14-16 briquettes top for 60 minutes. Sprinkle chocolate chips and pecans over top of cake about 5 minutes before cake is done.

Dust top of cake with powdered sugar just before serving. Serve warm with whipped cream.

Serves: 10-12

[Byron's Dutch Oven Cooking Page](#)

Children's Answers

If you need a laugh, read through these Children's Science Exam Answers.

Q: Name the four seasons.

A: Salt, pepper, mustard and vinegar.

Q: Explain one of the processes by which water can be made safe to drink.

A: Flirtation makes water safe to drink because it removes large pollutants like grit, sand, dead sheep and canoeists.

Q: How is dew formed?

A: The sun shines down on the leaves and makes them perspire.

Q: How can you delay milk turning sour?

A: Keep it in the cow.

Q: What causes the tides in the oceans?

A: The tides are a fight between the Earth and the Moon. All water tends to flow towards the moon, because there is no water on the moon, and nature hates a vacuum. I forget where the sun joins in this fight.

Q: What are steroids?

A: Things for keeping carpets still on the stairs.

Q: What happens to your body as you age?

A: When you get old, so do your bowels and you get intercontinental.

Q: Name a major disease associated with cigarettes.

A: Premature death.

Q: How are the main parts of the body categorized? (e.g., abdomen.)

A: The body is consisted into three parts - the brainium, the borax and the abdominal cavity. The brainium contains the brain; the borax contains the heart and lungs, and the abdominal cavity contains the five bowels, A, E, I, O, and U.

Q: What is the fibula?

A: A small lie.

Q: What does "varicose" mean?

A: Nearby.

Q: Give the meaning of the term "Caesarean Section"

A: The Caesarean Section is a district in Rome.

Q: What does the word "benign" mean?

A: Benign is what you will be after you be eight.

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