



# Pathfinder Pathways...

A Publication of the Georgia-Cumberland Conference Pathfinders

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## A Child is Like a Rose

Take a rose and pull the petals off one by one. How long did it take you? Not long at all. Now, reverse the task and put the petals back on. How long did it take?

“But,” you protest, “the task is impossible. So true.

Have you ever considered how much children are like roses? It doesn't take much to pull the petals of self-worth off: a harsh word, a stern look, an angry spank.

At a retreat, I shared with the women something Erma Bombeck wrote about the importance of treating your children the way you treat your best friends. Then she fantasized about what it would be like if she treated her good friends as she treated her children. “What have you been doing—dawdling? Take your shoes off, Fred. Can't you see that's mud on them? And shut the door. Were you born in a barn?” She continues, “Did you wash your face before you came, Eleanor? There's a dark spot around your mouth. Don't tell me your hands are clean. I saw you playing with the dog. You sit here by this half glass of milk. You know you're all elbows when it comes to milk. Sit up straight. Use your napkin, and don't talk with food in your mouth ...”

Does it sound familiar?

As I read, the women laughed. They would never think of saying these things to their good friends, but each one was guilty of treating her children in this way.

Later that day at the retreat, a testimony was given about suffering from incest. There wasn't a dry eye in the crowd.

At the end of my seminar, a woman came up to me. “Dr. Kay, I heard the women laugh over

Erma Bombeck's piece about treating your children like your best friends, and then heard them cry when the testimony was given about incest. But I cried inside when you were reading Erma Bombeck's piece, and I was hurt that the women took it so lightly. You see, my childhood self-concept was destroyed because my parents tore me to pieces day after day with just those kinds of words. And I'm hurting as much or more from this psychological abuse as sexual abuse. What can you do to make parents understand this?”

What can I do? Just share the story and encourage parents to see each one of their children as a delicate, lovely rose, eager to unfold its petals to the sun. Emphasizing that once these petals are torn off by harsh words, criticism and anger, it's almost impossible to put it all back together again.

May God bless you as you encourage your rose to open into full maturity, with the same beauty as in those earliest years of childhood. Every child and every family matters.

--Dr. Kay Kuzma

## Outreach Activity Ideas

The NAD website has an article on Outreach ideas called *Love by the Month*. Here's the idea for January. Look for a family in need because of job loss, medical crisis, or other circumstances. Bring them dinner and encouragement one night.

*The tongue weighs practically nothing.  
But so few people can hold it.*



## Safety Tip

**B**efore you leave for a club activity check out the weather report. When you arrive at the site, watch the skies for changes and carry a compact weather radio. In inclement weather, find shelter until the worst passes. Stay dry - wet clothes contribute to heat loss. Also, keep sleeping bags and important gear dry at all times.

Leave a copy of your itinerary with a responsible person. Include such details as the make, year and license plates of the vehicles, and when you plan to return.

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## Honor Toolbox



### Food Drying

**F**ood drying or dehydrating is another one of those honors that is not the first to come to mind when planning which honors to teach. But since most Pathfinders love to eat, it really should be a natural. Here are some hints to make it easier.

- Use frozen vegetables and fruits to dehydrate, these have already gone through the preparing and blanching process and will save a lot of time.
- Use canned fruits such as peaches, pineapple and pears to save the time of preparing the fruits.
- For a vegetarian jerky use Vegetable Steaks or vegetarian meat of your choice and marinate them in your choice of spices (soy sauce, Cajun spices, hot sauce, Worcestershire sauce, etc.)
- To keep the small fruits and vegetables from falling through the holes in the trays use mosquito netting cut to fit the tray.
- If you know that you will be doing a lot of camping and will need quite a bit of dried food over the season, go ahead and dehydrate everything you think you will need at the beginning of the season. That way it will be ready to grab and go.

- If you are teaching this honor to a group of people, round up every dehydrator you can find. If possible use one for every four people.
- If time is short when you are teaching this honor —dehydrate samples of the food you will be drying ahead of time, that way once everyone is finished putting the food in the dehydrators you can start the cooking part of the honor.
- This is a great honor to teach when having an overnight activity.
- Want to purchase a dehydrator but don't know where to look. REI has an [American Harvester dehydrator](http://www.drystore.com/faq-dehydrating.shtml) for \$49.95.

<http://www.drystore.com/faq-dehydrating.shtml>

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## Quick Tip

### Garbage Bags

**G**arbage bags weigh next to nothing and have tons of uses, especially in bad weather, so take a couple of extra when you go camping.

- Line regular stuff sacks with garbage bags for two layers of protection.
- Line the main compartment of your pack with a garbage bag.
- Use a garbage bag as a rain cover for your pack.
- Use a garbage bag to make a “floor” in your vestibule and keep mud and water away from your gear.
- If you’re caught in dangerous weather, use garbage bags as an extra layer, “wear” one by poking holes for your head and arms.
- Use garbage bags as a place in which to stash wet gear so that everything else doesn’t get soaked. Just don’t forget to take the stuff out when you get home.
- Use a garbage bag to collect snow you’ll melt for drinking.
- Placing a plastic garbage bag over logs in a triangle will create a wash basin.

## Camping 101 – Tents



### Past tents, present tents and future tents

**O**K, you need to buy a tent or maybe even a bunch of tents, and you don't know where to start. Hopefully you already know the type of camping you will be doing (this was outlined in the November *Pathways*). Once you know the type of camping that you or your club will be doing you can narrow down what type of tent you will need.

If you are an occasional, recreational camper, there is no need for you to purchase an expensive high-end model tent. You will find many moderately priced tents, by reputable manufacturers, at various outdoor gear retailers that will do quite nicely. However if your tent will see a lot of use, purchase the best you can afford. Your tent is an investment. This will be your home away from home when you are camping. If you or your Pathfinders are miserable camping, will you go back?

Here are some points to consider when choosing a tent:

**Type of Material** – Polyester withstands extended exposure to the sun, and nylon is lighter weight.

**Size** - Exactly how much room do you need? This depends on how much time you intend to spend in the tent and how many people. A higher-priced bulky tent may be worth it for the comfort it will provide. Choose a tent that's big enough for your purposes. Also, just because a manufacturer says a tent will sleep three doesn't make it so. Remember that tent sizes do not include room for gear storage. Consider purchasing a larger tent for this purpose.

**Weight** - Backpackers will want something as light as possible without being flimsy. It also depends on how much weight you are willing to carry. Let's face it most of us would sleep in a very, tiny tent if you have to carry it 12 miles up Mt. IthinkImdying.

**Ease of Setup** – Color-coding is helpful. Also, if you are able to set up the tent while in the store, you'll have an idea of how hard or easy it is to set up.

**Ventilation** – This is important because after being outside for a couple of days, chances are that you will be a tad “hygienically–challenged”. You also need good ventilation so that you can breath on humid nights, even with your tent zipped tight. Three season tents are perfect for most camping trips. Four season tents are the tents you use for a rainstorm or trip to the Arctic.

**Rain protection** – select a tent with a rain fly which has tension adjustments and goes all the way to the ground. You may also opt for a vestibule that gives you a place to take off wet or soiled clothes before entering the tent.

**Floor** – Make sure that the tent has a “bathtub” type floor. This means the seam that attaches the floor to the tent is not running along the ground. The seam should be under the bottom of the rain fly. This will make it less likely to leak.

**Strength** – look for sturdy tent poles, securely fastened grommets, double sewn seams, and heavy-duty zippers. There's nothing more annoying than a tent that lays down on you whenever the wind blows. You can remedy this with heavier tent poles that better withstand the wind.

**Warranty** – Buy your tent from a reputable manufacturer. Some have a lifetime warranty. Make sure you know where and how to get repairs done when you purchase your tent.

### Other things to look for –

- Factory seam taping
- Collapsible tent poles of aluminum, high-strength aluminum, carbon fiber or tubular fiberglass
- Tie downs for high wind conditions

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## Computer Connection

REI – [www.rei.com](http://www.rei.com)

Campmor – [www.campmor.com](http://www.campmor.com)

L.L. Bean – [www.llbean.com](http://www.llbean.com)

## Nature Nugget

### Spider Web Tour

Use this activity to promote trust, self-confidence and sensitivity to nature.

Materials - A blindfold for everyone and several spools of thread.

Directions – Choose a 50-yard-long trail. The trail can have a sunlit part, shady part, open area and dense area. It can go over logs, around boulders, under tree limbs and near water. String a piece of thread along the trail. End the tour at a spot where everyone can comfortably sit in a circle.

Explain: “In a few moments the counselors and I will blindfold you and lead you to a strand of spider web. You must follow the strand and be careful not to break it because others will follow. Don’t rush. If you bump into someone, pause and wait until he or she moves on. Follow carefully. Be aware of what you touch, hear and smell. There are no tricks or scary parts. Just trust the string to lead you to the destination. When you’re there we’ll take off your blindfold.” Give the group direction to provide security and to set the stage for discovery.

Use clean blindfolds that block out as much light as possible. Start Pathfinders at intervals to keep them from running into each other. When all have completed the tour, process their experience with questions, such as “What were you aware of as you followed the spider web? Describe how trust played a part in what you experienced. What was mysterious to you? What would you like to go back to see with your eyes open?”

Take the group back on the route to see the things that they felt were mysterious.

*-Youth Ministry Camping*

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### Ask the Experts

Do you have a question? Send it to the *Pathways* editors and we will try to find an expert with the answer.

Do you have ideas that you think others could use? Let us know and we’ll include them in future issues.



## Camp Cooking

### Stew Packs

Most people know how to make stew packs but here are some hints to speed things up if you have a large group (the whole club) who are all making stew packs. Make sure to have someone tear off the pieces of heavy-duty aluminum foil ahead of time.

Potatoes - scrub them well and coarsely dice at least one per person, don't peel (red potatoes are great).

Carrots -get the baby carrots, no cutting up.

Onions -coarsely dice and put into a large bowl

Celery - separate stalks, wash, and cut off the leaves and ends, cut into large pieces

Bell peppers - cut into large slices

Zucchini - sliced thick

Mushrooms - clean

Vegetables - Grillers, Fri Chick, Vegetable Steaks, Linketts, Choplets, etc.

Provide lots of seasonings - oregano, Cajon seasonings, butter, salt, cayenne pepper, seasoned salt, soy sauce, Worcestershire sauce, George Washington broth, chicken seasoning, beef seasoning, garlic salt or garlic cloves, let the kids be creative.

Put all the ingredients in bowls and let everyone come by and pick out what they want. Since this is supposed to be fun, if they only want potatoes that's OK. Make sure the foil is securely folded and put in the hot coals and bake for 20 minutes turning once after 10 minutes.

### Backcountry Cooking -

<http://www.outdoorclub.org/BCook.html>

Camp Recipes - <http://www.camprecipes.com/>

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