



Pathfinder Pathways...

A Publication of the Georgia-Cumberland Conference Pathfinders

November 2004



Winner

Some people understand life better and they call some of these people "retarded"...

At the Seattle Special Olympics, nine contestants, all physically or mentally disabled, assembled at the starting line for the 100-yard dash.

At the gun, they all started out, not exactly in a dash, but with a relish to run the race to the finish and win.

All, that is, except one little boy who stumbled on the asphalt, tumbled over a couple of times, and began to cry. The other eight heard the boy cry.

They slowed down and looked back. Then they all turned around and went back..... every one of them. One girl with Down's Syndrome bent down and kissed him and said, "This will make it better."

Then all nine linked arms and walked together to the finish line. Everyone in the stadium stood, the cheering went on for several minutes.

People who were there are still telling the story... Why? Because deep down we know this one thing: What matters in this life is more than winning for ourselves. What matters in this life is helping others win, even if it means slowing down and changing our course.



Outreach Activity Ideas

Make quilts for AIDS babies or children with cancer. This works in well with teaching the quilting honor. Below are several links of organizations that make use of the quilts that you make. Also contact your local Samaritan center for ways to fill local needs.

[Guidelines for making quilts](#)

[ABC Quilts](#)

[Project Linus](#)

[Quilts from Caring Hands](#)

[Binky Patrol](#)

[Ugly Quilts](#) – for the homeless

Honor Toolbox



Quilting

Quilting is another honor that goes well with this years Pioneering theme.

Below is a link to some simple quilting patterns.

Remember the more seam lines, the more time consuming it will be for the children who are sewing for the first time. Less seams means less frustration for first time sewers as a general rule.

[Quilting Patterns for Kids](#)

At the end of this newsletter are additional patterns that are used by the San Francisco Central SDA Women's Ministry group when they make quilts for AIDs babies.

The honor requirements list knowing the difference between yarn tying and quilting as one of the requirements. If you want the Pathfinders to get the feel of actually sewing on a quilt without sewing a complete quilt you may want to have them quilt a square that could be used as a pot holder.

If you are going to donate the quilt to one of the organizations listed under the Outreach Activity section you can have everyone work on the same quilt. If everyone wants to keep their quilt then they will need to make their own.

[Quilts and Quilting](#)



Just going to church doesn't make you a

Christian any more than standing in a garage makes you a car.



Knot this Month



Rope Throw Rescue

Does your club have a pool party some time during the year? That would be a great time to combine a lot of fun with a little learning.

Each group would have a 50-ft. coil of rope. Adults representing drowning victims are in the water. Each Pathfinder in turn throws the rope to the “drowning” person who grabs it and then lets it go. The player recoils the rope and hands it to the next player. Repeat until all Pathfinders have cast successfully. This would fulfill a requirement in the Basic Rescue honor.

Camping



Camping Stoves

Camp stoves can be divided into two categories. Both have their strengths, as well as their limitations. Cartridge stoves are generally lighter and more maintenance free than those fueled by liquid gas. Cartridge stoves also simmer better than their liquid gas cousins. On the other hand, liquid gas stoves are usually less expensive, more environmentally friendly (most cartridges are disposed after use, although some are recyclable), and hotter burning in all types of weather.

Before you rush down to your favorite outfitter and drop your hard-earned pennies on the first shiny stove that catches your eye, keep these considerations in mind:

- Think of your camping plans and travel destinations before you invest in a stove. Not much can beat a double-burner white gas stove for car camping, but many are too heavy for long-distance backpacking or alpine climbing. Canister stoves are simple, light, and convenient, but keep in mind that canisters take up space, even after they are empty. If you are traveling to remote parts of the United States or world, investigate what particular types of canisters/liquid fuel are readily available, then buy your stove accordingly.
- Decide if you are planning on gourmet trail cooking, or simply boiling water for hot chocolate. Dual burner stoves are heavier, but ideal for simultaneously preparing flapjacks and boiling water. Some of the very hot-burning stoves require priming

before ignition. This can be messy and time-consuming, so consider your cooking needs before you buy.

- Check stove accessories. Some stoves come equipped with a windscreen and fuel bottle. The best ones include a repair/cleaning kit for maintenance. If no carrying case is included, invest in (or sew) a small padded bag to protect knobs and hoses.
- Lighting a stove may be difficult, especially in wet, rainy conditions. Fortunately, many new stoves have push-button ignition systems that let you light them without matches or a lighter. However, pack a lighter anyway, just in case the ignition system decides to malfunction.
- Stoves weigh anywhere from several ounces to a couple of pounds. Check the stove's hangtag for the weight of each stove. If you are car camping, a pound or so won't make much difference, but for long-distance backpacking or mountaineering, weight and size can make a difference. Keep in mind that the weight provided by the manufacturer generally includes only the burner and not the fuel cartridge or tank.
- Some cartridges and propane tanks also accept other attachments, such as a lantern head. This can be convenient if you want to pack a single fuel source for both cooking and light.
- Don't forget that it is illegal (as well as dangerous) to carry fuel, either tanks or cartridges, on airplanes. Some airlines will allow empty fuel bottles and stoves in your luggage, as long as they are absolutely empty, clean, and dry. If air travel is in your plans, check with your airline before you make a stove-buying decision.
- Make sure the flame on the stove is adjustable. In the Dark Ages (the 1980s), most stoves had one cooking temperature—full blast. Not only does this single setting lead to scorched pans and burnt macaroni; it also uses up precious fuel. New stoves generally have an adjustment knob, which allows you to simmer as well as boil.
- Check the manufacturer's boil and burn time. Boil time estimates the time it takes for one quart of water to boil at room temperature (about 68 degrees) at sea level. Burn time is the length of time it takes a stove to deplete a specific amount of fuel in mild, wind-free conditions. Since canister/tank size differs from stove to stove, read manufacturers guidelines so you are not comparing apples to oranges.
- Most manufacturers have proprietary cartridges or fuel tanks, but the stove valves may often be interchangeable with "generic" cartridges and tanks as well. This flexibility can be a lifesaver if you run out of gas mid-trip.

- Nancy Prichard
www.gorp.com

Hike of the Month



'The journey is the destination'

Whigg Meadow (near Tellico Plains)

Take Cherohala Skyway (hwy 165) east approx 24 miles. Continue past North Carolina border 1.5 miles to the bridge at Stratton Meadows. 100 yds. After the bridge turn left onto gravel and then turn left at fork and go under the Skyway. Drive about a mile and turn left on first road to the left, road 61. Take 61 about 5 miles to Whigg. The last 1/2 mile is deep gravel; you can park at a small lot on the left and walk up if you need to.

Walk in trail

The no gravel road method is to continue east on the Skyway past Stratton bridge a mile or two and park at Mud Gap on the right. Walk in on a 2 mile abandoned road that is fairly level, rough in some places.

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Most of the time when we think of taking a hike, we think of going off someplace in the woods, but that's just one type of hike. Here's an idea an additional type of hike.

**Bee-Line Hike** – From a starting point, hike as straight cross-country as possible to destination, using a compass.

### Camp Cooking Dutch Oven Cooking



Regulating cooking temperature is by far the hardest thing to master when learning to cook in a Dutch oven.

Always use high quality briquettes. Many of the people that cook with Dutch ovens recommend using Kingsford charcoal. Kingsford is packed tighter than most other brands so it won't pop and spit, and it tends to burn longer than other brands. Avoid using "Match Light" charcoal as it burns hot so it doesn't last as long. Kingsford charcoal will generate good heat for about an hours time. For recipes that take more than an hour to cook, after an hour remove the remaining briquettes and ash from the oven and replenish them with new briquettes. **Note:** because the Dutch oven is already hot, you will not need as many briquettes as when you started cooking. Remove 2-3 briquettes from the top and bottom the first time you replenish them.

The general rule of thumb to produce about a 350° heat is to take the size of the Dutch oven in inches, double the number, and use that many total briquettes. So, for a 12" oven you would use 24 briquettes, for a 14" oven you would use 28 briquettes, etc. Remember this is just a rule of thumb and does not work for all makes of ovens!

Heat placement around the Dutch oven is crucial to yield the best cooking results. Briquettes placed under the oven should be arranged in a circular pattern no less than 1/2" from the outside edge of the oven. Briquettes placed on the lid should be spread out in a [checkerboard pattern](#). Try to avoid bunching the briquettes as this causes hot spots.

### [Dutch Oven Cooking Tips & Techniques](#)

### [Baking Temperature Chart](#)



### Chili Cornbread Pie

<http://papadutch.home.comcast.net/dutch-oven-recipe-chilicornbreadpie.htm>

| Chili                                       | Cornbread                 |
|---------------------------------------------|---------------------------|
| 1 lb. Vegaburger                            | 1 c. flour                |
| 1 med onion; diced                          | 1 1/2 c. cornmeal         |
| 1/2 c. red bell pepper; diced               | 1 tsp. Brown sugar        |
| 4 cloves garlic; minced                     | 1/2 tsp. Salt             |
| 1-15 oz can black beans<br>drained & rinsed | 3/4 tsp. Baking soda      |
| 1 – 15 oz can tomato<br>sauce               | 1 Tbs. Baking powder      |
| 1 – 28 oz can diced green<br>chilies        | 1 c. creamed corn         |
| 2 Tbs. Chili powder                         | 1 c. buttermilk           |
| 1 tsp. Ground cumin                         | 3 egg white; beaten stiff |
| 1 Tbs. Onion powder                         | 1 Tbs. melted butter      |
| 1/2 tsp. Garlic powder                      |                           |
| 1/2 tsp. salt                               |                           |

**Prepare Chili:** Brown Vegaburger in small amount of oil in a 12" Dutch oven using 18-20 briquettes bottom heat. Add onion and red bell pepper and cook until tender. Add remaining ingredients. Bring contents of Dutch oven to a boil, then simmer 30 minutes.

**Prepare Cornbread:** In mixing bowl combine all dry ingredients. In separate bowl combine all wet ingredients. Stir wet ingredients into dry until well mixed. Spoon cornbread mixture over top of chili. Cover and bake using 12 briquettes bottom and 16-18 briquettes top for 30 minutes or until cornbread turns golden brown.

**NOTE:** For even browning make sure to turn the oven and lid 1/4 turn in opposite directions every 10 minutes.

Serves: 6-8

## Nature Nugget

### Watching Wildlife (part 2)

Sometimes it can be a little difficult to see the animals when you've got a bunch of rowdy Pathfinders. Concentrate on helping them to immerse themselves in the natural world. Wildlife watching takes practices, and the more you teach them to become part of the environment, the more you'll encounter the wilder residents of the area you are exploring.

- Pay attention to the shapes and colors of the environment. Very few horizontal lines occur in a forest, so if you scan the trees and see a horizontal shape, it may be the back of a deer. Look for oblong shapes high in the trees near the trunks' an owl may materialize. Oblong shapes perched farther along the limbs may be ravens or hawks. An oversized boulder in a distant meadow may be a bear or bison.
- Take rest stops off the trail. Animals will often walk the paths, too, unless they're frightened by two-footed creatures.
- Watch the ground because trails often become animal highways after dark. When approaching a muddy or sandy spot, look for tracks and scat. Even if you can't identify the sources, tuning in to the animal signs makes you more aware of the creatures sharing the woods. A number of excellent, inexpensive books on tracking and scatology are available.
- When crossing creeks, pause to look upstream and downstream. Rushing water hides human noises, so you may be able to spot a feeding or bathing animal.
- If you see something, don't move! Many times you can prolong the observation by freezing until the animal decides you're no threat.
- Select a campsite away from well-traveled animal routes. Laying your sleeping bag in the middle of an animal trail doesn't increase your chances of seeing wildlife. Instead, the animal may try to use the familiar path, will be frightened by your presence, and will leave the area entirely.
- Set up camp where you can easily observe areas wildlife frequent. Is camping in the middle of a meadow the best way to see the deer that graze there in the twilight? No, but pitching your tent on a wide ledge overlooking that meadow is a good alternative.
- Don't build a fire. Animals avoid light and smoke.
- Make a "track trap" near camp. Find a soft patch of bare ground and smooth the earth. Check it in the morning or after you've been away hiking for the day to see if animals passed through. This is quite effective if you choose an area that already has lots of tracks and is obviously well traveled.
- Don't turn your nose up at the little critters. They just might delight you with their actions and impress

you with their resilience and survival skills. Take insects, for instance. Find a pond or a quiet spot in a stream and get down on your belly. You may see dragonfly larvae with giant jaws and jet propulsion, or glittering crane fly larvae scuttling about on the bottom, wearing the debris tubes they call home. Insect behavior is as fascinating as that of more familiar animals.

When going out into the wild teach your Pathfinders to always ask themselves "Will my presence here harass some creature or displace it from its home? Is it alright for me to be here?" There's a fine line between viewing and victimizing wildlife.

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## Geocaching



### Travel Bugs – Finding One

Sometimes when you open a cache, you'll find something called a travel bug.

A travel bug is a uniquely numbered dog tag that is usually attached to an item with a goal or specific destination, or maybe just to visit as many caches as possible.

To tell if there may be a travel bug in the caches that you are going to, look for the travel bug symbol in the lists of caches at [geocaching.com](http://geocaching.com) before the name of the cache.

If you see there are TB's in a cache you will be hunting, take a minute to read the bug's goal by visiting its page. When caching on vacation only bring TB's back with you if you know you aren't interfering with the bug's goal. If you're not sure check with the TB's owner by email.

So, what should you do if you find a travel bug? If you are not going to be visiting any caches where you can drop the travel bug off within the next two weeks, leave it there. If you will be visiting caches take it and make sure to log on [geocaching.com](http://geocaching.com) that you have taken it.

There are a number of ways that you can log that you have the travel bug. When you go to the website, click on the 'Track Travel Bugs' button. On the dog tag will be a number stamped into it. Type that number in the 'Travel Bug Lookup' space. Then click on **Found It? Log It!** From there are your options are.

**Retrieved It** – You would choose this on if you took the TB from a cache. Make sure to log it as soon as possible

since other geocachers may want to look for it if they don't know it already been taken.

**Grabbed It** – If you and a fellow geocacher exchange TBs without actually putting it in a cache, you'll log that you've grabbed it from them.

**Write Note** – There may be times when you need to write a note about the status of the TB.

**Dropped Off** – You would use this option when you leave a TB in another cache. When you do this it will add your information to that TBs page and add the new mileage for how far it's traveled.

If you take a trip planning to drop off a travel bug but don't find a cache that is suitable to leave it in, you can log a travel bug into one of the caches that you do find. This may be a micro or a virtual. Then make sure to log that you've retrieved it. This will add the miles that the travel bug has traveled.

Use the Golden Rule when you find a Travel Bug. Most owners would rather see their travel bugs do a lot of traveling, so try not to hold on to a travel bug for too long. If you plan on holding onto the bug for more than 2 weeks, make sure to send a courtesy email to the owner letting them know.

Travel Bugs can be found in [the Groundspeak Store](http://the Groundspeak Store).

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Dear Lord,

*So far today, God
I've done all right
I have not gossiped,
I have not lost my temper,
I have not been greedy,
Grumpy, Nasty, Selfish,
Or over indulgent.*

*I am really glad about that.
But in a few minutes, God
I am going to get out of bed,
And from then on,
I am probably going to need a
Lot more help!*

~~~~~  
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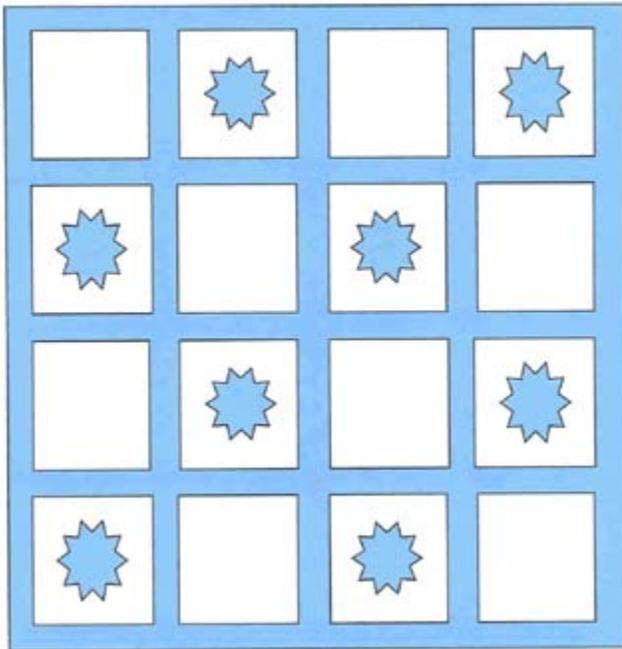
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<http://www.sfcentral.org/ministries/womens/quilt/>

## Patch or Appliqué Baby Blanket - 33 1/2" x 35 1/2"



### Materials Needed:

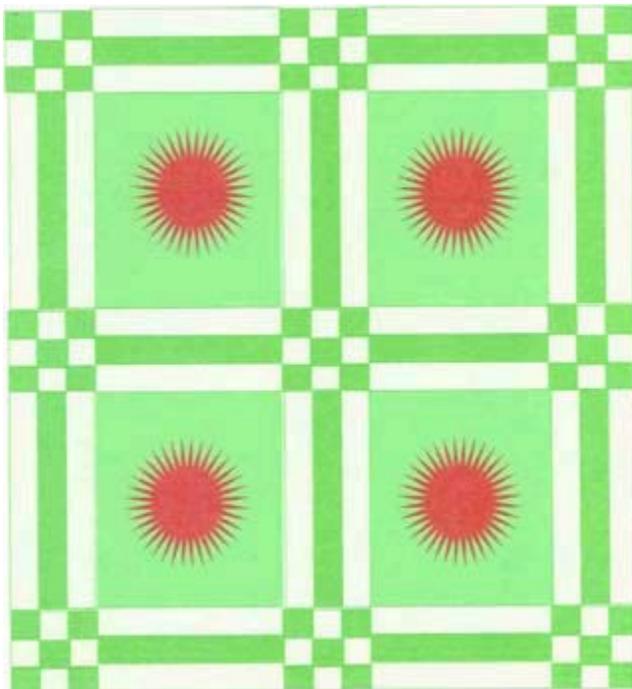
- 1 yard of fabric\* (or 1/2 yard each of two different fabrics)
- 1/2-1 yard of border fabric
- 1 yard for quilt backing
- quilt batting
- thread
- yarn for tying (optional - not needed if machine quilting)

\*To appliqué heart or other design, buy 1/2-1 yard of Wonder-under

### Cutting:

- Cut 16\* patches, 7" x 7 1/2" each (or cut 8 patches each from two different fabrics)
- Cut 2" strips of the border fabric

## Big Patch or Appliqué Baby Blanket - 33" x 36 1/2"



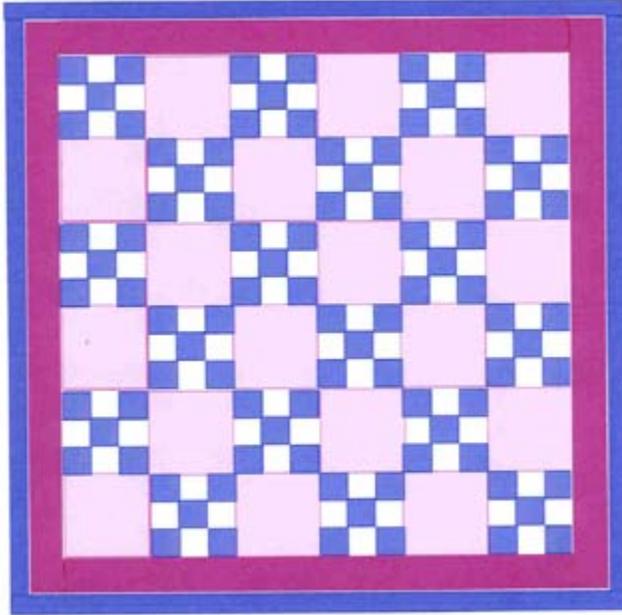
### Materials Needed:

- 1 yard of fabric for blocks
- 1/2 yard each of two border fabrics
- 1 yard for quilt backing
- quilt batting
- thread
- yarn for tying (optional - not needed if machine quilting)

### Cutting:

- Cut four patches, 10" x 12" each
- Cut 2" strips of each of the two border fabrics

## 9-Patch Baby Blanket - 33" x 33"



### Materials Needed:

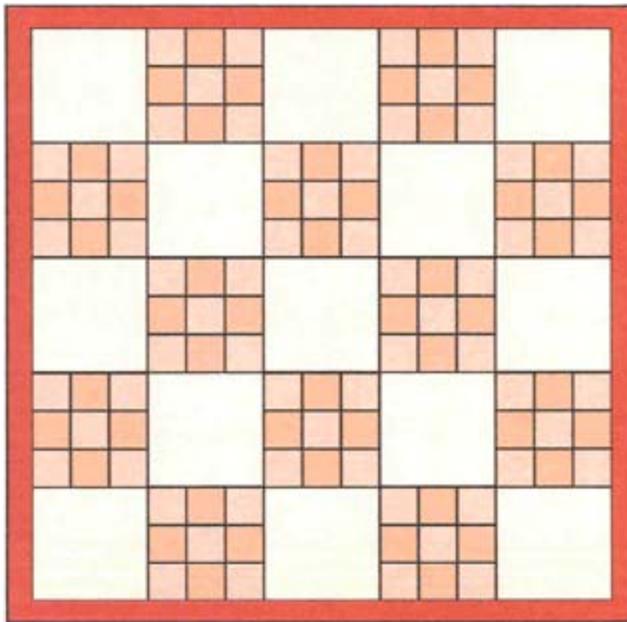
- ½ yard of fabric for large squares
- ¼-½ yard each of two fabrics for 9-patch blocks
- ¼ yard each for borders (may be the same as blocks)
- 1 yard for quilt backing
- quilt batting
- thread
- yarn for tying (optional - not needed if machine quilting)

### Cutting:

- Cut 2" strips for making 9-patch squares
- Cut 5" strips for large squares, then cut into 5" squares
- Cut 2½" strips for wide border
- Cut 1½" strips for narrow border (or to make only one border, cut 3½" strips)  
(Borders may be wider to make slightly larger quilt)

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## Scrappy 9-Patch Baby Blanket



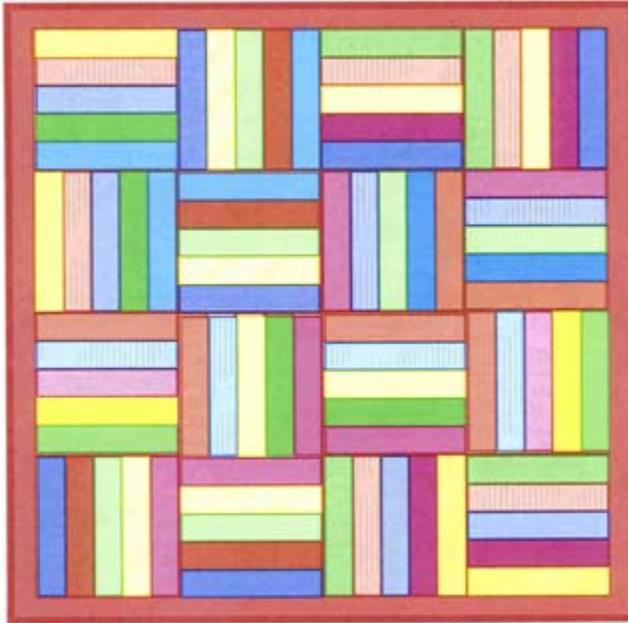
### Materials Needed:

- ½ yard of fabric for large squares
- ¼-½ yard each of two fabrics for 9-patch blocks
- ¼ yard each for borders (may be the same as blocks)
- 1 yard for quilt backing
- quilt batting
- thread
- yarn for tying (optional - not needed if machine quilting)

### Cutting:

- Cut 2" strips for making 9-patch squares
- Cut 5" strips for large squares, then cut into 5" squares
- Cut 2½" strips for wide border
- Cut 1½" strips for narrow border (or to make only one border, cut 3½" strips)  
(Borders may be wider to make slightly larger quilt)

## Scrappy Baby Blanket - 33" x 33"



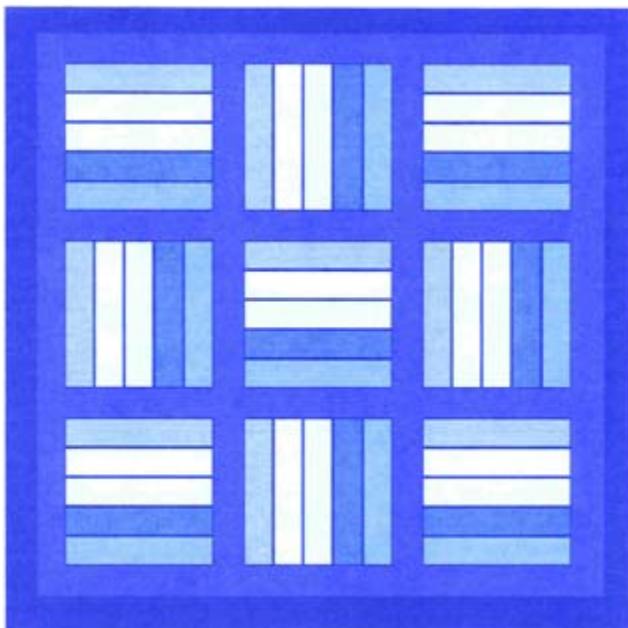
### Materials Needed:

- Use up your leftover 2" strips from other quilts (OR 1/8 yard each of as many different fabrics as possible)
- 1/2 yard of border fabric
- 1 yard for quilt backing
- quilt batting
- thread
- yarn for tying (optional - not needed if machine quilting)

### Cutting:

- Cut 8" lengths of any combinations of five leftovers that were cut in 2" widths
- Cut 2" strips of the two border fabric

## Striped Baby Blanket - 33" x 33"



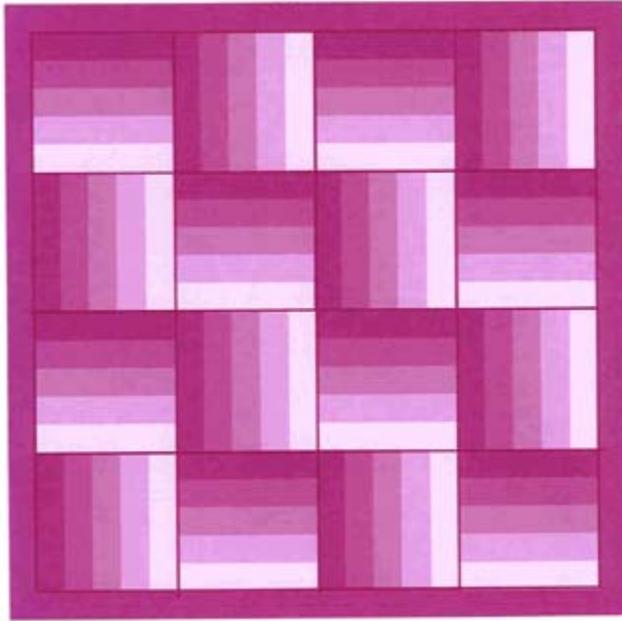
### Materials Needed:

- 1/8 - 1/4 yard each of a variety of fabrics
- 1/2 yard each of two border fabrics
- 1 yard for quilt backing
- quilt batting
- thread
- yarn for tying (optional - not needed if machine quilting)

### Cutting:

- Cut several 2" strips of each fabric
- Cut 2" strips of each of the two border fabrics

## Rail Fence Baby Blanket - 33" x 33"



### Materials Needed:

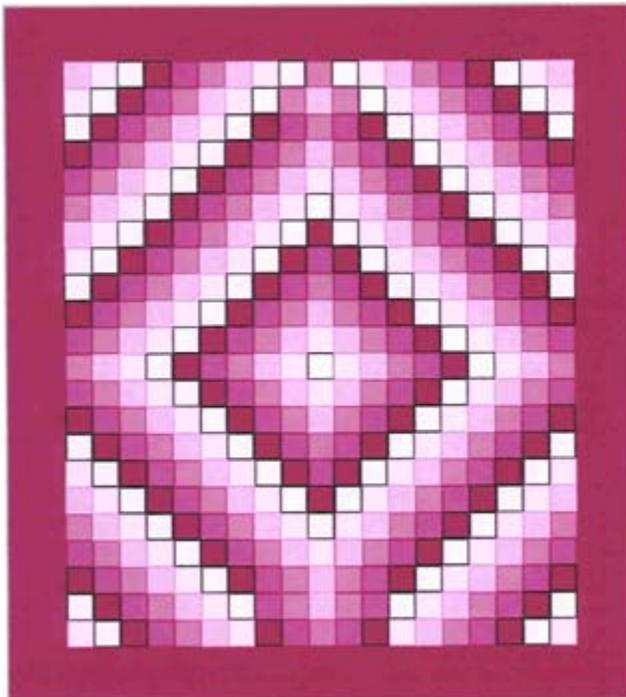
- ¼ yard each of three fabrics
- ½ yard each of two fabrics (extra is for borders)
- 1 yard for quilt backing (1-1/8 for larger quilt\*)
- quilt batting
- thread
- yarn for tying (optional - not needed if machine quilting)

\*For a larger quilt, add an additional row of blocks to make it 33" x 40".

### Cutting:

- Cut four 2" strips of each of the five "rail" fabrics
- Cut four 2" strips for border (Borders may be wider to make a slightly larger quilt)

## Trip around the World Baby Blanket - 32" x 36"



### Materials Needed:

- ½ yard each of 6 different fabrics
- ½ yard of border fabric
- 1 yard for quilt backing
- quilt batting
- thread
- yarn for tying (optional - not needed if machine quilting)

### Cutting:

- Cut four to six 2" strips of each of the five fabrics
- Cut four 3½" strips of the border fabric

**What you need:**

- Cloth (see patterns above for amount needed)
- Thread - ordinary sewing thread
- Quilt batting - fairly heavy polyester batting
- Sewing machine
- Steam iron and ironing board
- Quilt cutting board (any size will work, but if you hope to do more quilting, you'll want a fairly large one)
- Cutting ruler (I like the hard plastic, though they are more breakable if dropped!)
- Cutting blade (Olfa, yellow handle)
- Scissors
- Straight pins and medium-large safety pins
- Large-eyed needles and yarn for tying quilts
- Quilter's needle puller (round 1½" rubber disk - come 3 in a packet)