



Pathfinder Pathways...

A Publication of the Georgia-Cumberland Conference Pathfinders

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Something to think about on Thanksgiving:

If you have food in the refrigerator, clothes on your back, a roof overhead and a place to sleep ... you are richer than 75% of this world.

If you have money in the bank, in your wallet, and spare change in a dish someplace ... you are among the top 8% of the world's wealthy.

If you woke up this morning with more health than illness ... you are more blessed than the million who will not survive this week.

If you have never experienced the danger of battle, the loneliness of imprisonment, the agony of torture, or the pangs of starvation...you are ahead of 500 million people in the world.

If you can attend a church meeting without fear of harassment, arrest, torture, or death ... you are more blessed than three billion people in the world.

If your parents are still alive and still married ... you are very rare, even in the United States.

If you hold up your head with a smile on your face and are truly thankful ... you are blessed because the majority can, but most do not.

If you can hold someone's hand, hug them or even touch them on the shoulder ... you are blessed because you can offer a healing touch.

If you can read this message, you just received a double blessing in that someone was thinking of you, and furthermore, you are more blessed than over two billion people in the world that cannot read at all.



Isn't this a wonderful day to give thanks?

Outreach Activity Ideas



Make clothes for preemie babies at a local hospital.

Contact the hospital first to see what the needs are.

Remember preemie babies skin is extremely delicate so the fabrics that are used must be appropriate. If the local hospital doesn't need preemie clothes, check on-line for charities that might have a need.

[Premie Patterns](#)

[Make Preemie Clothes](#)

[Crochet Cabana](#)

[Webb Babies](#)

[Bev's Preemie Patterns](#)

Honor Toolbox

Dressmaking



Some of you are aware of the positive aspects and personal satisfaction that goes hand in hand with time spent sewing, but did you

know that sewing actually stimulates creativity in children?

In 1997 clinical psychologist Dr. Robert Reiner of the New York-based Behavioral Associates conducted a study that involved 100 grade school children between the ages of 8 and 12. The children were given the Torrance Test of Creative Thinking and were then randomly assigned to participate in one of four activities: watching a videotaped movie, playing a hand-held computer game, painting with watercolors or sewing a simple project. After completing the assigned activity, the children were tested again. Those who had spent time sewing and painting showed significant increases in creativity. Children who played a computer game showed no changes in creativity levels and those who watched the videotape, actually scored a lower level of creativity.

Dr. Reiner concluded that sewing (and other "hands-on" activities such as painting, drawing and music) not only stimulate creativity, they also help develop patience, perseverance and problem-solving skills.

According to child development experts, the optimum time to introduce new topics of learning is between the ages of 5 and 12. Since sewing classes are generally not offered until middle school or high school, younger children ready and eager to learn this new skill are missing out. And as school budgets shrink, sewing programs often fall by the wayside.

Fortunately others including Pathfinders can step up to the plate and fill in areas where the schools may not be able to.

Make the learning experience pleasurable for everyone by following these suggestions:

- Be enthusiastic—it's catching!
- Get the child involved in the selection process. It is important that they like what they are sewing.
- Start with a super-easy project, one the child can complete. Crafts or clothes that have only a few large pieces are generally best for beginners.
- Don't demand a "perfect project." Crooked seams and loose thread are a part of the learning process.
- Practice makes perfect. Encourage your child to make a second, third, or fourth pillow (or project.) Repeating the same procedures helps to build their sewing skills and fosters confidence. Suggest that they make one for a friend.
- As skills improve, add a new dimension to the project. For example, try a new stitch, like a blanket-stitch edge or add embellishments such as buttons, appliqués, or simple embroidery.
- Before your Pathfinder starts machine sewing, make sure your machine is in good working condition before lessons begin. You'll save time and frustration.
- Practice machine sewing on paper. Draw lines, squares and circles on paper and let the child sew along the markings without thread in the machine (use an old needle).
- Give praise often.

This honor is also a great way to allow others from your congregation to get involved helping out in Pathfinders. Many of your older members may have a lot of sewing experience and be willing to help.

[Sew Young, Sew Fun](#)
[Making it Sew Fun](#)

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**About the only difference between stumbling blocks and steppingstones is the way you use them**

- Bernard Meltzer

## Safety Tip

### Sewing Safety

While we encourage teaching children to sew, we must remember to teach them caution since some sewing equipment (needles, pins, cutting tools, sewing machines) can be dangerous. Never leave the Pathfinders unattended while sewing. Adult guidance and supervision are essential for a positive learning experience.

Take time to teach safety precautions—how to hold the fabric and needle while stitching, how to use cutting tools and sewing notions, and how to best operate the machine.

### Camping

#### Choosing the Right Campsite



Every seasoned camper will admit to finding themselves, at one time or another, so tired, pressed for daylight or challenged by incoming or inclement weather, that they simply pulled their tent from its bag and put it up as quickly as possible—wherever they could. One of the last times I went backpacking we ended up pitching out tents in the middle of the trail. I don't recommend it.

Those veterans will further admit that they probably didn't sleep as well that night as they could have if they'd have taken just a few more minutes to get settled. They'll also say this practice is irresponsible.

Campsite selection goes beyond simply finding a place that is aesthetically pleasing to spend the night or a few days. What you look for in a site affects comfort, safety, the environment, wildlife and other campers.

#### No Matter Where You're Camping

Whether you're in the wilds, miles from civilization, at a wilderness area campsite or at an improved campground, there are a number of campsite selection criteria to consider.

**Level the playing field.** A level site is critical—if you want to sleep well. If you are forced to set up on a slight slope, don't sleep laterally on the slope or you'll wake with lots of sore muscles that worked all night to keep you in place—whether or not you wanted them to work. Sleep with your head above your feet or vice versa—whichever makes you most comfortable.

#### Conduct a surface check.

When camping in a tent, terrain type under the tent matters too. Bumpy, clumpy meadows, although they appear soft, are usually far less comfortable than a flat pine-straw bed—even with a camping mattress.

#### Look skyward.

Pay attention to what's overhead. Dead trees/limbs or the potential for falling rock can create dangerous situations.

Without the protection of a tent, even objects such as large pinecones can pack a wallop.

**Avoid insects, naturally.**

Mosquitoes and other nuisance insects usually inhabit moist, protected areas. Setting up camp on dry ground, especially a point, knoll or any area where a breeze is prevalent, will keep bug problems to a minimum.

**Regulate water flows, naturally.**

Set up in an area where water can drain away from the site, especially the tent. Avoid flat areas in depressions. You won't need to resort to the old practice of trenching around your tent. It's easy to avoid the practice by carefully selecting your site.

**Redirect the winds.**

If you're camping in windy conditions, seek areas that offer protective cover. Rock outcroppings or groups of bushes can help protect your tent in cold weather. In summer months, wind may actually be desired, in which case windbreaking cover should be avoided.

**Be aware of your location.**

Pay attention to your surroundings. Setting up on a sandy, dried up creek bed may seem like a great idea. An unexpected or heavy rain, however, can put you in harm's way. Also stay away from high ridges exposed to extreme weather and basins where cold, damp air often collects.

**Calm the storms**

If a storm is looming or has been predicted, take the time necessary to set up your tent properly and seek protection. Stake the tent, put up the fly and get all the gear that must stay dry inside the tent. Doing so allows you to enjoy the comfort of your wilderness home rather than find yourself hectically pounding stakes or gathering gear in a rainstorm at 4 a.m.

**Respect your fellow campers.** Being mindful of others is simple etiquette. Set up in an area and in a way that does not encroach on other campsites or campers' privacy. Respect "quiet time," usually after 9 p.m.

**When You're In The Wilds** When you're camping in the wilderness, an additional set of criteria comes into play.

**Avoid the water.**

Camp at least 300 feet from water—streams, rivers and lakes—to protect the resource. Draw water for cooking, drinking and bathing and carry it to your camping area. Also be mindful of water control regions below dams. When water is released, the river is a treacherous place.

**Identify and stay clear of fragile regions.**

The weight of a tent and even footsteps can destroy delicate habitat. Take care to identify such areas and avoid them. For instance, fragile alpine meadow vegetation can take many years to recover from a camper or hiker's trampling. Also honor designated low-use or no-use areas. Select areas with hardier vegetation such as grasses and sedges, rather than areas with more fragile lichens and mosses. Move camp every two to three days or before signs of your presence become noticeable. Also wear soft-soled shoes around camp (camp shoes) to minimize impact.

**Learn not to dig.**

Trench diggers change your ways! Digging in the wilderness is discouraged at all costs and should only be done in emergencies. Instead, use the natural lay of the land to drain water. Further, if an obstacle is so obtrusive that it must be dug up because it will impede comfort, find another site.

**Forego the fire.**

Fires that are acceptable in heavily wooded regions should be avoided in areas of delicate habitat or open spaces. Fires leave scars. If you must have a fire, use an existing fire ring whenever possible. Also collect only dead and downed wood. Standing dead snags are an important part of the landscape, so let them stand. Also consider a foil lined pit or fire pan as an alternative. A fire pan is a metal tray used to contain a campfire and prevent it from blackening the soil. Fire pans should be big enough to contain a small fire and have at least a 3-inch high lip around the outer rim. Elevate the pan to avoid scarring the soil.

**Consider wildlife.** Our presence in the wilderness affects the behavior of all wildlife. Set up camp in areas away from trails, waterways and food sources that may be frequented by wildlife.

**Move into someone else's space.** Whenever available, use an established campsite, one used by those before you. Doing so allows much of the habitat to remain in its natural state, providing a more aesthetically pleasing experience for everyone. If it's necessary to camp at an unused site, try to pick more resistant areas such as areas with little plant cover.

**In All Instances**

In areas of delicate habitat, consider cooking your food on a stove instead of a campfire.

- Respect the wilderness and other campers.
- Carry out more than you carried in.
- And follow the **Tread Lightly pledge**
  - Travel Only Where Permitted
  - Respect the Rights of Others
  - Educate Yourself
  - Avoid Streams, Meadows, Wildlife, Etc.
  - Drive and Travel Responsibly

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Never be afraid to try something
new. Remember that a
lone amateur built the Ark.
A large group of
professionals built
the Titanic.



Hike of the Month

'The journey is the destination'



Chimney Tops

Another extremely popular trail in the Great Smokey Mountains National Park is the Chimney Tops trail. The Chimneys is a twin rock formation one of which contains a natural chimney in the rock. The trail is quite easy except for the last few hundred feet (which is a hands-and-knees scramble up the rock) and so is always quite crowded.

The view from the end of the trail is fairly good; assuming you get to see it. The area is usually crowded enough that you need to wait your turn before climbing the last section of trail. The hike is an interesting one but (like so many trails in the park) one you may want to avoid on weekends when the park is crowded.

Although only two miles in length, the Great Smoky Mountains National Park trail to Chimney Tops requires strength and caution. Nevertheless, due to the excellent views available from this trail, as well as abundant wildflowers, streams and large trees, many feel a hike up to "the chimneys" is well worth both effort and risk. By this logic, Chimney Tops trail has become one of the Great Smoky Mountain National Park's most popular trails.

To reach the Chimney Tops trailhead from Gatlinburg Tennessee, take Newfound Gap road into the park. Newfound Gap road is the only road which completely traverses the Great Smoky Mountain National park, linking Cherokee NC to Gatlinburg TN. From the Sugarlands Visitor Center, continue 6.7 miles until you reach the parking lot at the Chimney Tops trailhead. The parking lot and trailhead is located between the lower tunnel and "the loop" on Newfound Gap road. If traveling from Cherokee to Chimney Tops, take the Newfound gap road twenty-two miles from Oconaluftee Visitor Center.

Once at the trailhead, there is plenty of room for parking, but the trail itself is sometimes a bit crowded due to its popularity. A tour bus in the parking lot means more people on the trail, so if you are looking for a back-to-nature experience along this trail, you may enjoy a hike to Chimney Tops during off-season. If so, beware of ice in really cold weather, as the trail is steep, rising 1,300 feet from the trailhead to the chimney-like pinnacles which give this trail its name. Ice tends to form early at the higher elevations of the Great Smoky Mountain National park. The highest point of Chimney Tops trail is 4,840 feet above sea level.

The Chimney Tops Trail begins at the low rock wall bordering the parking lot area. Here you will find Eastern hemlocks, a beautiful feature of the Great Smoky Mountains National Park. The trail descends to a bridge across the Walker Camp Prong of the Little Pigeon River. In fact the trail crosses several bridges and tributaries along the one mile hike to Beech Flats. The second and third bridge both cross the Road Prong and guide the

hikers on to the next landmark, Beech Flats Cove. This is approximately the half way mark of the trail. At Beech Flats, the Chimney Tops Trail crosses the Road Prong Trail that in turn leads to the Appalachian Trail at Indian gap 2.3 miles away. If your destination is Chimney Tops, you will want to stay on the main trail that veers right into a creek valley on the north side of Sugarland Mountain. This part of the trail cuts through an inspiring old growth forest, but beware of tree roots which have tripped many a hiker as they admired these old giants of the Smokies. At the top of the gulch, you'll see one of the oldest yellow Buckeyes in the Park, and just beyond the Buckeye are two sharp switchbacks that take the hiker to the bottom of the Chimneys as they rise from Sugarland Mountain.

The upper end of Chimney Tops trail is not a graded trail as it was in the beginning, but the trail views of the Great Smoky Mountains National Park are astounding. The upper end of the trail narrows to a smaller trail called a manway. Narrowing, the trail continues on quite a distance. At its steepest point, the manway becomes an arduous climb--especially if ice has formed on the trail. The terrain can be rugged in places.

Two miles into the hike, you will be able to see the chimneys themselves. Care should be taken as you follow the path to the right that leads to the top. Here you can see Mount Le Conte to the east, Mount Mingus to the south, and to the west, a steep wooded side of Sugarland Mountain. Injuries have occurred in this area; as there is a hole large enough to fall into, so take precautions to keep yourself and Pathfinders safe.

There are many plants of interest along the length of Chimney Tops trail. Old Hemlocks grace its top, and flowering trees and shrubs dot it's length. See how many you can recognize along your walk. To get you started, there is a large Fraser magnolia near the first bridge along this trail. Its blossoms are large, white and pretty hard to miss when in bloom in late April or early May.

Rhododendron is abundant in the Great Smoky Mountains National Park and along Chimney Tops trail is no exception. Also common are a variety of wildflowers. In Spring, you can find Trillium and Hepatica. In Summer, Joe-Pye weed, Bee-balm, and Jewelweed can be found. Violets, Toothworts, and Foamflowers also grow nearby. On the trail to the Chimneys people rave about the yellow buckeye trees due to the age of these trees, their unusual leaf structure and the flowers which appear in May. A trek to Chimney Tops will make you understand why it is so popular. You will probably want to return on your next visit to the Great Smoky Mountains National Park--and get fit in the process!

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*There's nothing wrong with  
teenagers that reason won't  
aggravate.*

## Camp Cooking

### Instant Minestrone Soup

Servings: One serving of 1 cup

#### At home, combine:

- ¼ cup mixed dried vegetables
- ¼ teaspoon oregano
- 1/8 teaspoon thyme
- 1 tablespoon pasta
- 1/8 teaspoon basil
- 1 cube bouillon, crushed

#### On trail, pour mix into an insulated mug and add:

- 1 cup boiling water

**Stir, cover and let stand 10 minutes.**

#### Six Servings: Instant Minestrone Soup

- 1 ½ cups mixed dried vegetables
  - ¼ cup plus 2 tablespoons pasta
  - 1 teaspoon oregano
  - 1 teaspoon basil
  - 1 teaspoon thyme
  - 6 cubes bouillon, crushed
- Use ¼ cup plus 1 ½ tablespoons mix per 1 cup boiling water.

- *More Backcountry Cooking*  
Dorcas Miller

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Smile



A smile costs nothing, but gives much; it enriched those who receive, without

making poorer those who give. It takes but a moment, but the memory of it sometimes lasts forever. None is so rich or mighty that he can get along without it, and none is so poor but that he can be made rich by it. A smile creates happiness in the home, fosters good will in business, and is the countersign of friendship. It brings rest to the weary, cheer to the discouraged, sunshine to the sad, and it is nature's best antidote for trouble.

Yet it cannot be bought, begged, borrowed, or stolen, for it is something that is of no value to anyone until it is given away. Some people are too tired to give you a smile. Give them one of yours, as none needs a smile so much as he who has no more to give.

- Author Unknown

Nature Nugget Colors in Winter



The post-holiday letdown adds to the seeming endlessness of long winter months (for those who tire of snow early.)

Winter has often been described as lifeless, bleak, dull, wearisome and treacherous. Except for hazardous traffic conditions, or very extreme situations, the weather is unfairly blamed for people's boredom. While it is generally the period of hibernation for most wildlife, the winter is an important developmental stage in nature, as well as a time of breath-taking beauty and serenity to those who observe it with awareness.

Try using color as a means of stimulating children's alertness and interest. List the various things the Pathfinder unit is able to spot under the appropriate color heading. City and country dwellers should be able to contribute examples of color with interesting contrast. Let's have a treasure hunt! Find the colors:

Red

- Berries
- Some herbaceous
- Certain tree buds

Green

- Evergreens
- Plants under snow
- Frozen undecayed leaves

Yellow

- Grasses
- Willow branches

White

- Snow
- Clouds
- Birches

Gray

- Tree Bark
- Dirty snow
- Birds

Blue

- Sky
- Birds
- Fruit of some vines

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