



Pathfinder Pathways...

A Publication of the Georgia-Cumberland Conference Pathfinders

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The Sand Box

A little boy was spending his morning playing in his sandbox. He had with him his box of cars and trucks, his plastic pail, and a shiny, red plastic shovel. In the process of creating roads and tunnels in the soft sand, he discovered a large rock in the middle of the sandbox. The lad dug around the rock, managing to dislodge it from the dirt. With no little bit of struggle, he pushed and nudged the rock across the sandbox by using his feet. (He was a very small boy and the rock was very huge.) When the boy got the rock to the edge of the sandbox, however, he found that he couldn't roll it up and over the little wall.

Determined, the little boy shoved, pushed, and pried, but every time he thought he had made some progress, the rock tipped and then fell back into the sandbox. The little boy grunted, struggled, pushed, and shoved but his only reward was to have the rock roll back, smashing his chubby fingers. Finally he burst into tears of frustration. All this time the boy's father watched from his living room window as the drama unfolded.

At the moment the tears fell, a large shadow fell across the boy and the sandbox. It was the boy's father. Gently but firmly he said, "Son, why didn't you use all the strength that you had available?" Defeated, the boy sobbed back, "But I did, Daddy, I did! I used all the strength that I had!" "No, son," corrected the father kindly. "You didn't use all the strength you had. You didn't ask me." With that the father reached down, picked up the rock, and removed it from the sandbox.

How many times have we failed when we tried to use all of our strength to face the trials and temptations this life has to offer? Why not use all the strength that is available to us through our Father in heaven? Are you having a hard time right now?



Ask the Father for help.

Outreach Activity Ideas

Find out what a homeless shelter needs and then just "do it."

Honor Toolbox

Spiders



Many people are afraid of spiders. This fear is partly due to myths and to the notoriety of harmful species such as the brown recluse

spider and the black widow spider. However, the vast majority of spiders are harmless to humans.

Spiders are beneficial predators that reduce pest populations (flies, crickets, mites, etc.) in and around homes, yards, gardens, and crops. Wholesale destruction of spiders should be avoided.

Here are some activities that can help you to teach the spider honor and make it fun for the Pathfinders. Also check out these websites for additional resources.

<http://ohioline.osu.edu/hyg-fact/2000/2060.html>

<http://arthur.k12.il.us/arthurgs/spidlink.htm>

<http://www.arachnology.be/pages/Kids.html>

<http://www.kinderkorner.com/spiders.html>

[The great spider debate](#)

Preserving a Spider Web

Instead of clearing away spider webs, have you ever thought of collecting them? Many beautiful orb webs can be seen in your yard or garden from early spring through late fall. Orb webs are fun to collect, preserve, and mount for display. Here is how to collect and preserve spider orb webs.

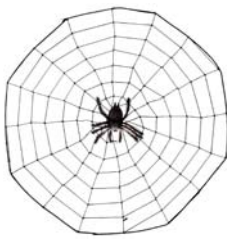
The delicate and intricate geometric shapes of a spider's web can be preserved and enjoyed with only a few materials and a little practice.

Materials needed:

- sheet of black paper (construction paper works well)
- can of hair spray
- can of white or gold spray paint or talcum powder
- can of spray varnish
- cardboard box large enough for the paper to fit in

First find a few spider webs in a meadow. This should be relatively easy since spiders usually build a new one every day. The following procedure can be a bit tricky and will need a bit of practice so it's good to find several webs. First, make sure the web is not being used by its builder. You can gently tap the web and check to see if the occupant is home or look around the edges for the spider.

Gently spray the web with gold or white spray paint. Hold the box behind the web to protect and collect any spray not hitting the web. Make sure the spray does not damage the web but only covers it with paint. Another method not using paint is to gently sprinkle the web with talcum powder by pouring some powder on your palm and



blowing it onto the web. Place the black piece of paper in the box and spray it with hair spray. You'll have to act quickly since the spray dries quickly. The most difficult part is next and will usually require a bit of practice. Place the

sprayed tacky piece of paper behind the web and gently bring it into contact with the web. Carefully cut the strands of the web supporting it from its surrounding vegetation. Finally, to preserve the web, spray the paper with the attached web with a protective coat of varnish. Make sure all spraying is done in the cardboard box to protect the adjacent area. Now you can display the interesting geometric patterns of your own spider web for months to come.

<http://www.wvdnr.gov/Wildlife/SummerCastings.shtm>

<http://www.backyardwildlifehabitat.info/preservingweb.htm>

<http://www.spiderroom.info/buildanorbweb.html>

Go on a Web Safari

Scientists (and adventurers!) often go on a safari to observe, count, and describe animals and their unique habitats. Have you ever gone on a "Web Safari?"

To go on your own web Safari, all you need to do is go outside (or even inside!) and look for as many spider webs as you can find.

Directions

1. Print out a [data table](#) to take on your web safari.
2. Put a check mark next to the name of each web you found.
3. Check where you found the web.
4. Tally the number of each web you found and its location.

Go Further

1. What type of webs did you find? Where?
2. Report your data on the [Safari Survey](#).

Safety

Know the characteristics of the [Black Widow](#) and [Brown Recluse](#) spiders. Do not touch them.

Take a hike outside. Count the number of spiders you find and describe their webs or where they were living. (Early morning is the best time for spider hikes because dew highlights the webs.)

Spider Trick

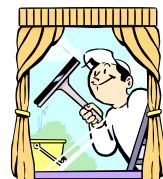
Hunt for spiders after dark in your backyard or outdoors. Hold a flashlight beside your head, just above your left or right ear, with the light even with your eyes. Slowly move your head and flashlight together, scanning the ground and trees. When spotlighted, spider's eyes will glow in the dark with brilliant gold or green colors! If you see a tiny reflecting dot, like a dewdrop, walk towards it with the light shined on it. It is the reflection of a spider's eyes, and you can walk right up to the spider. You can find spiders from 30 feet away with this technique.

<http://www.coopext.colostate.edu/4DMG/Pests/spiders.htm>



**Better keep yourself clean and bright;
you are the window through which
you must see the world.**

--George Bernard Shaw



Camping



Everyday Wisdom Hiking the Trail

- Lace up and load up at home. Before hitting the trail, put on your new hiking boots, weigh down your new pack, and go walk uneven terrain. This way you can adjust the pack straps and belts and find a comfortable fit without missing the view along the trail. Most packs come in different sizes, and if you're a small person trying to lug a large-sized pack, no strap adjustments on Earth will make it fit. Find out before hitting the trail. The same goes for boots. New ones usually require a break-in period, or in worse cases, a pair that fits fine in the store can turn brutal after three miles on the trail. To be safe, if you're heading out with virgin boots, wrap your heels with duct tape BEFORE a heel blister starts to show. And carry spare duct tape wrapped around a water bottle.
- If you're group hiking, eliminate backtracking by splitting into two parties. One group is dropped off at one point and the car is parked at the opposite point. The key is exchanged when groups pass on the trail. Or use two cars, parking one at Point A and the other at Point B, then switch keys in the middle.
- Limber up. At the start of each hike, stretch your hamstrings, calves, feet, shoulders, and back muscles. The slow stretching movements will help prevent muscle problems.
- Set the pace by your slowest member. To keep a group together, you may have to shift some heavy gear from a hiker who is lagging behind to one who's continually shooting far ahead. Cooperation is important.
- A normal backpacking pace is 1 1/2 to 2 miles per hour, but it's quite common to slow down to 1 mile an hour on hills. A pace as fast as 3 miles an hour is possible on level ground or slight inclines.
- To keep impact on the trail to a minimum, limit the size of groups to six to eight people. Try to hike in the off-season and on weekdays. Consider hiking in lesser known areas and on infrequently traveled trails, when possible.
- Protect maps and guidebooks by carrying them in a heavy, self-sealing, plastic Ziploc bag or plastic map case. When it's raining, position the map face up so you need not open the bag and unfold the map every time you need to consult it. You can also seal them in clear contact paper.

• If you get lost, some natural signs showing direction can come in handy: 1. Snow is generally more granular on southern slopes. 2. Evergreens are bushiest on the eastern side. 3. The tops of pines and hemlocks point east. 4. Vegetation is larger and more open on northern slopes, smaller and denser on southern slopes.

• Stay flexible. For instance, camping near water is usually what most backpackers aim for, but suppose you want to pitch your tent on a summit or pen ridge where no water is available? Instead of carrying cooking and drinking water all day, try fixing your evening meal at lunchtime when water is available. Then your lunch items can be eaten for supper at the end of the day when you only need drinking water.

• Trails often widen when hikers walk around mud. Stay on the trail, keep it narrow, and clean your boots later.

• Carry out all trash. Never leave paper in a fire pit for the next person to burn. It looks ugly, may blow away, and can get wet and not burn. Never bury trash or garbage like chicken bones, because animals will dig it up.

• Enhance your trip by identifying birds, trees, insects, and flowers along the way. A small guidebook may be worth its weight. A lightweight pair of binoculars or a monocular can help you to see and identify birds and small animals. Carry them, and other often-needed items like sunscreen, in a front fanny pack.



**Consider the postage stamp:
Its usefulness consists in the ability to
stick to one thing till it gets
there.**



- Josh Billings



Hint

Have you ever noticed what a hassle it is to take washcloths when going camping? And if you are traveling outside the US most hotels don't supply washcloths so you either have to take your own or do without. Then once it's been used you have to find a place to hang it up or make sure that you have a plastic bag to put it in so it can be packed away.

Huggies makes disposable washcloths that work great, already have soap on them and can be thrown away after use. They can be found in the baby section of the store.



Hike of the Month

'The journey is the destination'

Mingo Falls

The Spectacular Mingo Falls located in Cherokee, NC are over 120 feet high and are rated one of the most impressive falls in Western North Carolina. The climb is steep with approximately 170 steps that take you about 2/10ths of a mile up, and then a short easy trail provides access to the falls. The hike to these falls is rated moderate, but for people with heart or breathing problems it would be strenuous.

Mingo Falls is located in the Qualla Indian Reservation in Cherokee, NC. There are several ways to get there. Here's one way.

From US 74, take exit 74; continue on US 441 north, for 5.2 miles. Turn right onto US 19 and continue 0.5 miles. Turn left at next traffic light in the direction of the Great Smoky Mountains National Park (staying on US 441 N). Continue for 2.25 miles and turn right onto Big Cove Road. Continue for 5.25 miles. Start looking for a small sign saying "Mingo Falls Next Right" and take that road - Mingo Falls Bridge Rd - over the bridge to the parking area at the trail head.

The trail to the falls is only 1/4 mile, but heads up about 150 stairs, levels off and ends at a small wooden bridge that crosses Mingo Creek in front of the falls. There are estimates from 120' to 200' for the height of this beauty - take your pick. You really need to visit the waterfall after some heavy rains. The trail is unusual in that it is not part of the Park or especially well promoted. The trailhead starts in the back of a trailer park/campground just north of the Cherokee reservation.

The falls are quite impressive; easily comparing to anything in the national park. The view and the easy trail made an excellent way to end a week of hiking.

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## OPINIONS



**On the first day of school, a first-grader handed his teacher a note from his mother. The note read, "The opinions expressed by this child are not necessarily those of his parents."**

## Camp Cooking



### Black Bean Chili Mac

**At home, cook in a large pot according to package directions:**

10 ounces (2 1/2 cups) small shell pasta or small elbow macaroni

**Drain. Pour the pasta back into the pot and add:**

1 (15-ounce) can black beans, drained and rinsed

3 cups spaghetti sauce

1/2 cup salsa

2 cloves, minced

1/2 teaspoon salt, or to taste

3 tablespoons finely grated fresh Parmesan cheese

**Heat briefly. Spread in a thin layer on dehydrator trays. Dehydrate at 145 degrees for 5 1/2 hours.**

On trail, pour the dried meal into a pot and add enough water to cover. Bring to a boil, stir until rehydrated, and serve.

Servings: Four of 2+ cups each

Recipe from Linda Frederick Yaffe, Backpacker

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Nature Nugget

Geocaching is a great activity for all ages. Consider using geocaching as a way to activate the learning environment with hands-on nature experiences.

Although it's possible to set up special geocaches for Pathfinders, you don't really need a special geocache for them. The key is to plan ahead and think about activities that will interest and motivate Pathfinders. For example, you might do a geocache in the spring or summer and bring along a wildflower guide. Who knows how many flowers you might find on the way to a cache?

Use Your Senses

Wake up your Pathfinders to the beauty of the world. You need to look, listen, smell, touch, and sometimes taste nature to experience its wonder. Look for plants, animals, and insects. Listen to the wind and water. Smell the tree bark. Did you know the Jeffrey Pine tree smells like butterscotch? Touch the rocks and pine cones. Did you know that pumice stones are very light and airy?

Look for the small details that make the world interesting. No matter where you are, there are fascinating things to learn. If the Pathfinders say it's "boring," they haven't looked hard enough. From identifying animal scat (poop) to speculating about the inhabitants of a hole a tree, make

nature come alive. It helps to carry a small nature guidebook. Several good ones are produced by [National Audubon Society](#), [Lone Pine Publishing](#), and [Falcon Guides](#).

Explore a Variety of Tools

Whether you're into pencil sketching or digital photography, you can find lots of ways to connect to nature. Choose the tools that fit your needs.

Notebook or Sketchpad. You'll want a notebook and pencil to record your adventure. It doesn't need to be a large pad, but a spiral binding is nice. Counselors may want to develop an exploration book that includes guiding questions, diagrams, and other resources to focus Pathfinder attention. These anticipation guides get students involved with their surroundings from the beginning of the trip. Some counselors like to bring pens, colored pencils, markers, watercolors, and other art supplies. These fit nice in a backpack along with your lunch. Some people like to use clipboards too.

Camera. Film cameras, disposable cameras, and digital cameras are all great for nature photography. Water cameras are nice to use with kids near the river or ocean. Digital cameras are nice because you don't have to worry about pictures that don't turn out well. You can take lots of pictures, and then choose the best shot. If you're worried about kids handling cameras, develop a set of rules. For example, the camera must always be kept around the neck so it doesn't get dropped or lost.

Audio Recorder. You can use a cassette recorder to record the sounds of nature. It's also interesting to record observations and music.

Video Recorder. A video player is nice on trips that involve some type of motion such as a waterfall or animal life. Rather than recording still objects, think of creative ways to use the video recorder. For example, you might record steps in a process.

Testing Equipment. Some geocaches are a good opportunity to do some nature testing including soil, water, rocks, wind, and other experiments. You could even include the testing equipment in the cache itself.

Create Nature Connections

Go beyond the "treasure hunt" aspect of geocaching and consider nature connections. For example, your Pathfinders might identify wildflowers, mushrooms, lichens, rocks, fossils, animal tracks, scat, or other signs of wildlife. Ask them to select a rock that they will later paint or photograph a scene for a writing assignment.

Get students involved with a large scale project. For example, while going to geocaches look for animal tracks. Then create plaster casts of animal tracks for the honor requirements.

Use a geocache project as part of a nature cleanup

Create Historical and Cultural Connections

When people think about geocaching, they often think about nature. However many people are designing caches in historical or cultural areas. For example, the [Buried Loot Beyond the Valley of Fire](#) geocache passes along a canyon filled with interesting petroglyphs and evidence of early settlers. Students could learn about the ancient people, interpret the petroglyphs, and create their own on paper.

Consider creating a cultural cache filled with items reflecting the area such as native instruments that students could try. Some people are even incorporating audiotapes or small recorded chips into their cache so students can listen to stories or music related to the setting of the cache. Be creative!

If you establish a historical or cultural cache, be considerate of the people, the heritage, and the land. If you place one in a historical park, check first. **Design Club and Class Experiences**

When working with large groups, consider the cache contents. For example, if you have a dozen Pathfinders and they will be trading trinkets, they will each need something to trade. You don't want to overrun the cache, so consider bringing extra treasures to be sure that the cache has a nice variety of materials when you leave. Or, place a "group" object and select something to take as a group. Some classes include something they've made such as a class book.

When working with clubs or classes, consider small group activities. It's more fun if each Pathfinder has a specific task or responsibility. For example, in groups of three you might have a photographer, a log book keeper, and a GPS user. They can trade responsibilities so they all get a chance to participate.

Think about setting a variety of caches that students could rotate through. You might have geocache stations throughout a nature park, historic site, or amusement park. Try a bike scavenger hunt.

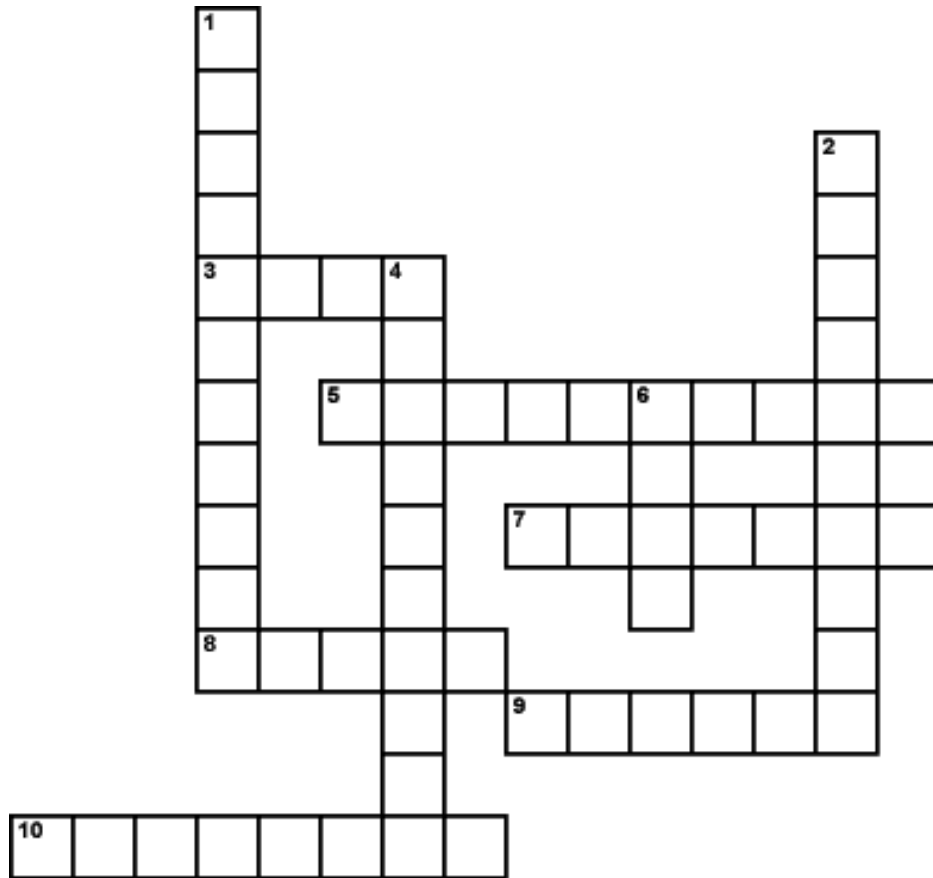
If you're looking for ideas in related areas that might apply to geocaching, check the links below:

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Name _____ Date _____

The Life Cycle of a Spider



Across

- 3. A female spider wraps these in a cocoon of silk, to protect them until they are fully developed.
- 5. The _____ Spider often kills the male after mating.
- 7. A process of shedding that all spiders go through several times in their lives.
- 8. Most spiders have a _____ life span.
- 9. A ritual of the male and female spider, necessary to produce offspring.
- 10. Baby spiders may travel _____ of miles to their new homes.

Down

- 1. The name for baby spiders.
- 2. A process by which spiderlings are carried away to their new homes.
- 4. What baby spiders hang onto as they travel through the air.
- 6. The _____ spider carries her babies around on her back.

Solution

Spiders

Across: 3. Eggs, 5. Black widow, 7. Molting, 8. Short, 9. Mating, 10. Hundreds

Down: 1. Spiderlings, 2. Ballooning, 4. Silk strand, 6. Wolf.