



Pathfinder Pathways...

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The Garbage Man; Give It Your Best

I had been working much too long on this job. I guess things could have been worse. I certainly wasn't doing hard labor. But going door to door asking questions as a representative of the federal government wasn't the most satisfying position either.

It was August. It was hot. I had to wear a tie. "Hello. My name is Bob Perks and we are doing a survey in this neighborhood..." "I'm not interested! Good bye!"...slam, lock.

You can't imagine how many times I heard that. I finally caught on and began with, "Before you slam the door, I am not selling anything and I just need to ask a few questions about yourself and the community."

The young woman inside the doorway, paused for a moment, raised her eyebrows as she shrugged her shoulders, confused by my rude introduction.

"Sure. Come on in. Don't mind the mess. It's tough keeping up with my kids." It was an older home in a section of the valley where people with meager income found affordable shelter. With the little they had, the home looked comfortable and welcoming.

"I just need to ask a few questions about yourself and family. Although this may sound personal, I won't need to use your names. This information will be used..."

She interrupted me. "Would you like a glass of cold water? You look like you've had a rough day."

"Why yes!" I said eagerly.

Just as she returned with the water, a man came walking in the front door. It was her husband. "Joe, this man is here to do a survey." I stood and politely introduced myself.

Joe was tall and lean. His face was rough and aged looking although I figured he was in his early twenties. His hands were like leather. The kind of hands you get from working hard, not pushing pencils. She leaned toward him and kissed him gently on the cheek. As they looked at each other you could see the love that held them together. She smiled and tilted her head, laying it on his shoulder. He touched her face with his hands and softly said, "I love you!"

They may not have had material wealth, but these two were richer than most people I know. They had a powerful love. The kind of love that keeps your head up when things are looking down. "Joe works for the borough," she said.

"What do you do?" I asked.

She jumped right in not letting him answer.

"Joe collects garbage. You know I'm so proud of him." "Honey, I'm sure the man doesn't want to hear this," said Joe. "No, really I do," I said.

"You see Bob, Joe is the best garbage man in the borough. He can stack more garbage on the truck than anyone else. He gets so much in one truck that they don't have to make as many runs," she said with such passion.

"In the long run," Joe continues, "I save the borough money. Man hours are down and the cost per truck is less." There was silence. I didn't know what to say. I shook my head searching for the right words. "That's incredible! Most people would gripe about a job like that. It certainly is a difficult one. But your attitude about it is amazing," I said.

She walked over to the shelf next to the couch. As she turned she held in her hand a small framed paper.

"When we had our third child Joe lost his job. We were on unemployment for a time and then eventually welfare. He couldn't find work anywhere. Then one day he was sent on an interview here in this community. They offered him the job he now holds. He came home depressed and ashamed, telling me this was the best he could do. It actually paid less than we got on welfare."

She paused for a moment and walked toward Joe. "I have always been proud of him and always will be. You see I don't think the job makes the man. I believe the man makes the job!"

"We needed to live in the borough in order to work here. So we rented this home," Joe said. "When we moved in, this quote was hanging on the wall just inside the front door. It has made all the difference to us, Bob. I knew that Joe was doing the right thing," she said as she handed me the frame.

It said: If a man is called to be a street sweeper, he should sweep the streets even as Michelangelo painted or Beethoven composed music, or Shakespeare wrote poetry. He should sweep streets so well that all the hosts of heaven and earth will pause to say, "Here lived a great street sweeper who did his job well." Martin Luther King "I love him for who he is. But what he does he does the best. I love my garbage man!"

So how has your day been? Have you given it your best? Or did your attitude get the best of you?

I love this little story and I am so thankful that Jesus loves even the maintenance men.



- Author Unknown

Computer Connection

Pictures



Does your club have a bunch of pictures from different club activities but no club website to share them online? We would like to include them on the *Pathfinder Pathways* website. Send your pictures to the [Pathfinder Pathways](#) editor. So, what to send? Email the pictures of course. Also, include a paragraph telling about the activity. If you mention Pathfinder's names they should only be first names.

Outreach Activity Ideas



Split wood for a needy family or an elderly person. They may already have the wood or you may need to find someone that has wood to donate. Splitting wood is a requirement for the **Camping Skills**

IV honor and the **Fire Building & Camp Cookery** honor. So this is a great way to get practical use from what they are learning. Those Pathfinders who are too young to safely split wood can stack the wood once it is split.

Honor Toolbox



Fire Building & Camp Cookery

Building a campfire is, for many, an elusive skill. Books show us tidy pictures of tepees and log cabins; extol the merits of exotic fire starters and generally make the job unnecessarily complicated. Gathering the right kind of material in sufficient quantities assures quick, reliable campfire.

One important item that this honor doesn't cover is making sure that any fires that you build are low impact fires.

Should you build a fire?

Some people would not think of camping without a campfire; but campfires can cause lasting impacts to the land.

Campfire building is an important skill for every camper. But do your Pathfinders possess the skills to build a campfire that will Leave No Trace?

Don't build fires! Instead of building a campfire for your cooking, practice the Leave No Trace attitude by using a small backpacking stove. It will have you eating much

quicker than a campfire, and they don't leave unsightly charcoal scars or blackened rocks.

Many areas have been degraded by the overuse of fires and increased demand for firewood. Choose not to have a fire in areas with little wood, at higher elevations, in heavily used areas, or in areas where re-growth is slow.

Taking firewood leaves less natural material to be converted into duff. This in turn can affect the growth of future generations of plants. It also can prevent a future camping group from starting a fire in an emergency.

Ask yourself - is there sufficient wood so its removal will not be noticeable? Does the harshness of growing conditions for trees and shrubs mean that the regeneration of wood sources cannot keep pace with the demand for firewood?

Wildfires can easily start from campfires built on forest duff or peat. During dry periods it can be dangerous to build a fire. Areas may be closed to fires due to high forest fire hazards. What is the fire danger for the time of year and the location you have selected? Know the status of the area you will be visiting.

Fireless campsites can even lend a sense of discovery to your trip. You may see animals that would otherwise be frightened by the fire. And you'll get a better view of the stars & aurora.

Lessening impacts when campfires are used:

Camp in areas where wood is abundant if building a fire. Most NWT parks provide supplies of firewood for use in campsites & day use picnic areas. None permit the cutting of trees, including those parks that do not supply firewood.

Where fires are permitted, use established fireplaces, fire pans, or mound fires.

Don't make a fire ring with rocks. Blackened rocks are very unsightly and stay that way for many years.

Campfires are best built on a sandy spot or hard ground since the scar can easily be hidden.

Keep your fire as small as possible and burning only for the time you are using it.

Never leave a fire unattended. Keep wood and other fuel sources away from fire.

Firewood

Standing trees, dead or alive, are home to birds and insects, so leave them intact.

Fallen trees also provide bird and animal shelter, increase the water holding capacity of the soil, and recycle nutrients back into the environment through decomposition. Don't break or saw off branches from dead trees, live trees, or fallen trees - it detracts from an area's natural appearance.

Don't try to burn 'green' (live) wood – it won't. Don't peel the bark off trees for use as fuel. It takes many years to heal, or may even kill the tree, and remains an eyesore in the meantime.

Dead and downed wood burns easily, is easy to collect and leaves less impact. Gather wood over a wide area away from camp. Use dry driftwood on rivers and seashores. If there is not a ready supply of such material, do not build a fire!

Avoid using hatchets or saws. Use only small (wrist size or smaller) wood that's already on the ground. Break wood into smaller pieces as needed. Using small wood will ensure that it burns more completely, to a nice fine ash that will blow away.

Leave No Trace mound fire:

The advantage of the mound fire is that it can be built on flat exposed rock or on an organic surface such as litter, duff or even grass, and Leave No Trace.

A mound fire can be built with simple tools: a garden trowel, and a ground cloth or plastic garbage bag. To build this type of fire:

Lay the ground cloth on the fire site. Collect soil, sand, or gravel from an already disturbed source, such as the root hole of a toppled tree. Spread it into a circular, flat-topped mound at least 3 to 5 inches thick and larger in diameter than the size of the fire to allow for the spreading of coals. The thickness of the mound is critical to insulate the ground below from the heat of the fire. The ground cloth or garbage bag is important only in that it makes cleaning up the fire much easier.

Leave No Trace fire pan:

Metal oil drain pans and some backyard barbecue grills make effective portable fire pans. The pan should have at least three-inch-high sides. It should be elevated on rocks or lined with mineral soil so the heat does not scorch the ground.

Leave No Trace fire cleanup:

Allow wood to burn completely to ash. Make sure your fire is dead out before you pick out trash that did not burn, and before leaving an area.

To verify that the fire is out, sprinkle it with water and stir the coals. Always put out fires with water, not dirt. Dirt may not completely extinguish the fire.

If the coals are cold to the touch, the fire is out. In a park with campsite facilities, the remaining ash and coals should be disposed of in the garbage bins provided. In pristine areas, the remaining ash and coals should be carried several hundred feet from the campsite and widely scattered.

Replace soil where you found it when cleaning up a mound or pan fire.

Scatter unused wood to keep the area as natural looking as possible. Pack out any campfire litter. Plastic items and foil-lined wrappers should never be burned in a camp fire.

A true Leave No Trace fire shows no evidence of having been constructed.

More resources:

http://www.nordskogen.northshield.org/campfires_101.htm#nofire

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**Nature Nugget**  
**Winter Twigs**



When trees lose their leaves many people feel they also lose their identity, but a bare tree has its own stark beauty when its branching pattern and individual twigs become visible. Careful examination of its winter twigs reveals many distinguishing features about each kind of tree. The wide variety of shapes, colors, textures, and patterns are exiting to see and to learn about.

Divide the Pathfinders into small groups. Each group should be given a set of twigs from the various kinds of trees found growing nearby. Have the Pathfinders look carefully at each twig to see special features so they will know what to look for outdoors. Point out that those with opposite buds will have alternate twigs. Outdoors, find the trees to match the twigs, and if possible, collect a seed or a leaf from those trees.

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**“Change is the law of life.
And those who look only to the
past or present are certain to
miss the future.”**

- John F. Kennedy

Safety Tip



Ticks

There are about two hundred species of ticks in the United States. However, only a few can transmit diseases to humans:

- American dog tick
- Black-legged tick (also known as wood ticks or deer ticks)
- Brown dog tick
- Lone star tick

There are two categories of ticks: Hard ticks are generally found on pets. Soft ticks are nest parasites and prefer to live in shelters such as burrows.

Diseases Ticks may carry

- Lyme Disease (LD)
- Rocky Mountain Spotted Fever (RMSF)
- Human Ehrlichiosis, Human Granulocytic Ehrlichiosis and Babesiosis (extremely rare)

Lyme Disease

This the most common tick-borne disease in the U.S., mostly in the Northeastern states. However, there is an increasing number of diagnosed cases in the Southern states.

Symptoms of Lyme Disease

These can include a “bull’s eye” rash around the bite, appearing within three days to three weeks; flu-like symptoms such as fevers, chills, headache and extreme fatigue; arthritis of major joints which “comes and goes;” and severe nerve disorders such as Bell’s Palsy (in which one-half of a person’s face is paralyzed) in later stages.

Treatment

Early treatment of Lyme disease involves antibiotics and almost always results in a full cure. However, the chances of a complete cure decrease if treatment is delayed. Anyone who has been in an area where ticks are found and develops any of the symptoms mentioned above, especially from May through early Fall, should see a physician for evaluation immediately.

Rocky Mountain Spotted Fever

This disease is found in the South-east and South-central U.S. and is spread by “hard” ticks. This disease was originally called “black measles” because of the characteristic rash.

Symptoms of RMSF

These can include sudden high fever, malaise, chills, muscle aches, bloodshot eyes and headaches, appearing three to 14 days after infection; nervous symptoms, such as sleeplessness, restlessness and delirium. In at least 50 percent of patients, a spotty red rash occurs on the soles of the feet and palms of the hands within two to three days after the rapid onset of a high fever. If left untreated, there is a 13 to 25-percent mortality rate.

Treatment

Treatment involves the use of antibiotics.

Tick Removal

Remove the tick promptly. Don’t try to burn the tick with a match or cover it with petroleum jelly or nail polish. Do not use bare hands

The best way to remove a tick is to grasp it with fine-point tweezers as close to the skin as possible and gently, but firmly, pull it straight out. Do not twist or jerk the tick.

If tweezers aren’t available, grasp the tick with a piece of cloth or whatever can be used as a barrier between your fingers and the tick.

Put the tick in a jar of rubbing alcohol labeled with the date and location of the bite, in case you seek medical attention and your physical wants to have the tick identified. The mouth-parts of a tick are shaped like tiny barbs and may remain embedded and lead to infection at the bite site if not removed properly.

Be sure to wash the bite area and your hands thoroughly with soap and water, and apply an antiseptic to the bite site.

Prevention

Try to avoid places where ticks live, such as wooded areas. Since that isn’t always possible, there are other things you can do to lessen the changes of being bitten.

- Wear long-sleeved shirts, long pants and hats when in the woods
- Ticks are easier to spot if you wear light-colored clothing
- Tuck pants into socks and shoes and long hair into hats
- Walk in the center of trails so weeds don’t brush against you
- Keep your grass mowed and weeds cut
- Apply tick repellants to clothes, especially pants (but not under clothes).

More about ticks

- “Seed ticks” are immature ticks that have recently hatched. They’re concentrated in huge numbers in a small area. They’re tiny, and if you happen to sit down or even stand still in the wrong place, you can be covered with them.
- Ticks generally are not born with diseases but acquire them during feeding off of diseased hosts. They pass diseases on in subsequent feedings.
- Ticks like temperatures consistently above 40 degrees Fahrenheit.
- Ticks aren’t insects; they’re arachnids, as are chiggers, spiders and mites.

Camping



How to quickly build a campfire

How to make a campfire that will burn with the first match, catch fire right away, and save you time and supplies.

Making a campfire is an essential part of a good camping experience, and could save your life if you only have one match to accomplish the task. Campfires should not be started until you have all the necessary materials on hand and until you have chosen a good site where you can build your fire. Try to look for a place where there is a bit of shelter from both wind and rain, so on top of a hill is not a good idea.

The materials needed for the campfire are a match, some very fine kindling, some medium sized sticks and large logs. The kindling can usually be found in tiny sticks, especially dried pine sticks are useful for this job. Make sure the kindling is very dry and brittle which is key in starting a campfire quickly and efficiently. The medium sized sticks should have a diameter of about 0.5 - 3cm. They should also be very dry. You should have about 4 very dry logs, and if you have no more dry logs on hand it's ok, since you can still use the slightly damp logs. If you have newspaper on hand it will be much easier to light your fire. Ball up the newspaper tightly and put the newspaper balls in the center of your fire and build around it. When the newspaper is tight in balls it burns much longer then if it was open.

Most of the campfire depends on the way you stack the fire. Make a small tent-shaped stack with the kindling (around the newspaper if you have any, if not, put the very dry small pieces in the center), with the smallest pieces in the center and the larger pieces outside. Keep stacking in the tent shape always putting the smallest sticks first with the largest sticks on the outside. Last put 3-4 logs in the tent shape configuration, making sure the whole stalk doesn't tip over. If that happens start over; it is worse if you can't get the fire started. Now you are ready to light your fire.

When lighting the match, don't hold it so it is vertical and the flame at the top since the fire will be out in the first few seconds. Instead hold the match at a downward angle, so the fire is at the bottom, and immediately start lighting the kindling, for which you left a small space while stacking. Blow gently to fan the flame and provide more kindling into the space where you lit the fire, all the while blowing gently. The larger sticks should now catch on fire and after a short while the logs. Now that you have a fire going, you can put on more logs as needed. If the logs are damp, put them on the fire before the fire is burnt down since it takes longer to catch on fire. You can also stack the rest of the damp logs near the fire to help speed the drying process.

Make sure the area you light the fire in is not a fire hazard, and before you leave the campsite, put out the fire completely with water if necessary. It only takes a spark to get a fire going, and you don't want to start a wild forest fire because you were too careless to put it out completely. The fire will burn for as long as you provide more logs for it, and it should only take one match to get your perpetual fire started.

Camp Cooking

Instant Tomato-Black Bean Soup

At home, combine:

1 tablespoon plus 1 teaspoon tomato powder
1 tablespoon plus 1 teaspoon black bean powder
Generous dash salt, or to taste
Generous dash garlic powder
Generous dash chili powder

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

1 cup boiling water
Cover and let stand 5 minutes

Six Servings: Instant Tomato-Black Bean Soup

½ cup tomato powder
½ cup black bean powder
½ teaspoon salt, or to taste
½ teaspoon garlic powder
¼ teaspoon chili powder, or to taste

Use ¼ cup mix per 1 cup boiling water

Hike of the Month



'The journey is the destination'

Chimney Rock Park

Chimney Rock Park is a commercial operation located south of Asheville in western North Carolina. It is easily accessible and a very interesting site.

Chimney Rock gets its name from the large outcropping of rock which sits at one end of the mountain. Access to the top of the chimney is quite easy and it can be reached by stairs and trail or by an elevator built into the rock.

Of more interest to the hiker is the trail that loops around the mountain itself. This trail is several miles in length but is quite easy and maintains a fairly level grade throughout its length. There are some fairly good views along the way. The trail crosses a small stream above a waterfall at one point.

There are a number of trails to choose from in the park.
[Chimney Rock Park](#)

Knot this Month

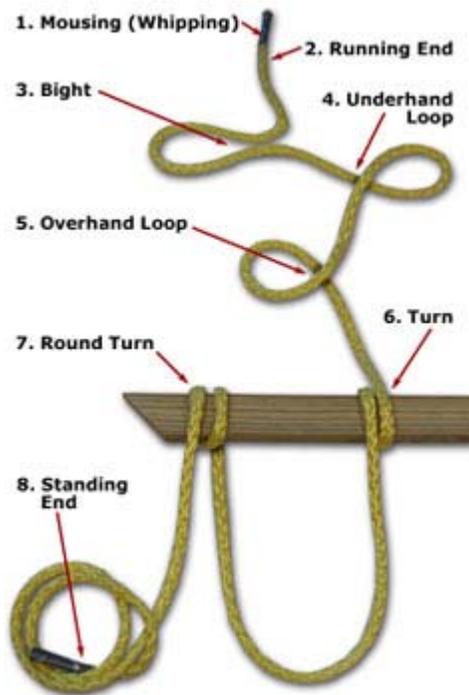
The Language of the Rope

Have you ever been out on a trek and needed someone to put a knot in a rope only to find they can't remember how to tie it? Do you have a hard time remembering how to tie a knot or teaching people how to tie them? Just like everything else, ropes have a language. If you learn this language you will find remembering how to tie knots and teaching this skill to others will become second nature.

Imagine how it would be if we never learned the language of the written language, the ABC's, nouns, verbs, periods, etc., or if math had no language and so on. Obviously we could not communicate with one another, but because we have earned the language we can communicate and are more easily understood. It is the same with the language of the rope.

There are only eight terms of rope language we need to know:

1. Whipping (mousing)
2. The running end
3. The bight.
4. Underhand loop.
5. Overhand loop.
6. A turn.
7. Round turn. (Rolling)
8. The standing end



Start talking the language of the rope and you will find a new understanding of knots and how simple they are to use.

For Example: Make a small overhand loop in the standing end of the rope. Bring the running end through the loop forming a bight around the standing end of the rope and back down into the loop. (You've tied a bowline.)

Humorous Camping Tips (don't follow them)

- When using a public campground, a tuba placed on your picnic table will keep the campsites on either side vacant.
- Get even with a bear that raided your food bag by kicking his favorite stump apart and eating all the ants.
- Old socks can be made into high fiber beef jerky by smoking them over an open fire.
- A hot rock placed in your sleeping bag will keep your feet warm. A hot enchilada works almost as well, but the cheese sticks between your toes.
- You'll never be awakened by the call of a loon if you have an unlisted number.
- The best backpacks are named for national parks or mountain ranges. Steer clear of those named for landfills.
- Acupuncture was invented by a camper who found a porcupine in his sleeping bag.
- While the Swiss Army Knife has been popular for years, the Swiss Navy Knife has remained largely unheralded. Its single blade functions as a tiny canoe paddle.
- Modern rain suits made of fabrics that "breathe" enable campers to stay dry in a downpour. Rain suits that sneeze, cough, and belch, however, have been proven to add absolutely nothing to the wilderness experience.
- You'll never be lost if you remember that moss always grows on the north side of your compass.
- You can duplicate the warmth of a down-filled bedroll by climbing into a plastic garbage bag with several geese.
- Check the washing instructions before purchasing any apparel to be worn camping. Buy only those that read "Beat on a rock in stream."

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