



Pathfinder Pathways...

A Publication of the Georgia-Cumberland Conference Pathfinders

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Your Burden

The young man was at the end of his rope.

Seeing no way out, he dropped to his knees in prayer.

"Lord, I can't go on," he said. "I have too heavy a cross to bear."

The Lord replied, "My son, if you can't bear its weight, just place your cross inside this room. Then open another door and pick any cross you wish."

The man was filled with relief. "Thank you, Lord," he sighed, and did as he was told.

As he looked around the room he saw many different crosses; some so large the tops were not visible. Then he spotted a tiny cross leaning against a far wall.

"I'd like that one, Lord," he whispered.

And the Lord replied, "My son, that's the cross you brought in."

Outreach Activity Ideas

Help provide low-income mothers with basic baby items necessary for the first months of their infants' lives. Use grant money, donations or funds your group has raised to put together layettes from items purchased in your county stores. The layettes could include one infant gown, one receiving blanket, one combination garment and one crib sheet. Meet with the managers of local stores to compare selections and prices on infant merchandise. After you put together the packages, a local community services agency could distribute them to low-income mothers.

"People will accept your ideas much more readily if you tell them Benjamin Franklin said it first."

- David H. Comins

Honor Toolbox First Aid Honors

Trauma and medical emergency "simulations" using wound moulages and makeup are very effective "hands-on" experiential learning scenarios that Pathfinders can have, and will challenge their decision making and judgment abilities to deal with simulated life threatening emergencies. Studies have shown that retention of skills and knowledge learned through simulations is higher than any other form of education for such training.

Most of all the youth really enjoy simulations and will want to create their own scenarios using the makeup techniques. After such experiences, it is highly likely that they will be far better prepared to deal with real life safety emergencies if they have participated in well designed and realistic practical simulations of trauma and medical scenarios. Here are some methods and techniques for creating such scenarios.

Simulations, Moulage



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**Living on Earth is expensive, but it does include a free trip around the sun every year.**  
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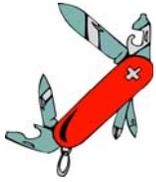
Camping First Aid

Myth: Cut and suck a snakebite

Truth: The techniques favored in old cowboy movies remove only small amounts of venom, while producing horrible wounds that can easily become infected.

Tourniquets are also no-no's. Even if someone is bitten by a rattlesnake, the odds of it injecting enough venom to be fatal are very low. Keep the person calm, gently clean the wound, splint the bitten extremity, and get the victim to a hospital. If the person can walk, have them move slowly, and take breaks often. The same procedure goes for a bit from a coral snake.

Camping



My FIRST Knife By Noted Outdoorsman Tom Fegely

Tips on Safety, Use, Maintenance, and Sharpening of Your Knife

Message to Pathfinder Staff and Parents

Your children will encounter knives throughout their lives. We feel that they should be taught the safe use of these tools as early as possible. We encourage you to read this information and to help teach your son or daughter about knife safety and care.

It's important that your children understand that a knife can be dangerous if not properly treated or used carefully. Begin by showing your child safe knife use in the kitchen. Teach them how to sharpen a knife, cut properly, store the knives carefully, and respect knives as tools.

We believe it's important that each child know that:

- 1) Knives are tools, not toys.
- 2) Sharp knives are safe tools, dull knives are dangerous.
- 3) The sharp edge and point of the blade should always point away, never toward them or anyone else.
- 4) Knives have acceptable uses, but do not take knives where they are forbidden (schools).

The American Knife and Tool Institute

Introduction

Congratulations on owning your first knife. With it comes a feeling of pride in being considered mature enough to own and carry a knife. That ownership also brings with it a responsibility to use it safely and properly.

Like a hammer or saw, your new knife is a tool with which to do work. It will require regular care, a knowledge of what it can do (and cannot do) and an understanding of its proper use.

Read this manual very carefully. It offers valuable advice and tips on how to get the most from your knife for many years to come.

Know Your Knife

Your "first knife" is more than just a sharp blade with a handle to hold on to. Your new knife may include various other tools such as a screwdriver, file, or other specialized tools. You will use the cutting blade more often than the other tools, so let's talk about that first.

When not being used, the blade should always be secured safely inside the handle. This not only prevents accidents, it keeps the edge from becoming nicked and dulled.

The blade is made from a high quality alloy steel. This steel is formulated to be strong, to hold its edge well,

and to retain its bright, shiny finish with proper maintenance.

Your knife may also include accessory tools in the handle. These tools can be very helpful while at home or in the field. Many scout knives include files, a screwdriver, scissors, tweezers, and other tools.

Your "first knife" can give many years of safe and trouble-free service. Like all tools, it must be maintained by cleaning, oiling, and sharpening from time to time.

Safety

A knife can be a dangerous tool when not used properly.

As strange as it sounds, a dull knife is far more dangerous than one that is kept sharp. Little "slips" can cause big gashes. The more pressure behind a slip, the greater the chance of being hurt.

Remember that a knife blade is used for slicing. If it's sharp, it will cut more efficiently and cleanly. It doesn't matter whether you are cleaning a fish, cutting a string, or just whittling a stick—a sharp knife will do the job best and safest.

A sharp knife allows the user to work more relaxed and with effortless movements of the hands, wrists, and arms. Dull blades make the muscles more tense and opens the door for accidents.

Another important rule to remember at all times is never pull the blade towards you. If your blade slips while you're cutting a rope or carving a piece of wood it may not stop until it strikes your hand or body.

Here are some other tips that will make handling your knife safer

Learn how to safely open and close your knife. Be sure your fingers are away from the edge and also the edge of the space the blade closes into. Practice opening and closing your knife so you feel comfortable knowing how it works and feels.

Never throw your knife. The blade is strong, but is not made for this purpose. The impact may cause it to break, but more importantly, it may glance off the target and hit someone else or bounce back at you.

Don't carry your knife with the blade open or out of the sheath. Whenever a pocket knife is not being used it should be folded into the handle. An open knife can cause serious injury.

Never run or attempt to climb trees with an open knife.

If the blade of your knife does not lock in the open position, never put pressure on the blade in a direction that might cause it to close on your fingers.

Never use your knife as a hammer, or to pound with it.

Never "chop" or strike objects to cut them. Besides the possibility that the knife can deflect off the object, it may also chip off pieces of whatever is being cut and damage an eye.

Always ask yourself, "If the knife accidentally slips, where will it go?" If the answer is "into my hand or part of my body," then change your position.

Remember, the best way to prevent nearly all accidents that occur when using knives is to use common sense.

Maintenance

As with any good equipment, you'll get the best service from your "first knife" if it's kept in good shape.

Remove all water and dry thoroughly if the knife gets wet. Use light oil to cover the blade and hinged parts. Wipe off all excess oil.

Whenever the knife is not going to be used for a long period of time, make sure that the blades and working parts have a protective covering of oil. This will keep it from rusting.

Sharpening

It is a simple task to keep the blade sharp. You may use a good sharpening stone or any one of the commercially available sharpening systems. For the best results and safety, follow the directions for whatever system you choose.

Sharpening is not a difficult process. If you attend to it regularly, only a few strokes will be needed to keep it sharp.

Always sharpen your knife away from your body.

When sharpening on a sharpening stone, some steel on both sides of the blade must be removed at a precise angle. Stroking the blade over the stone at a 10 - 15° angle slowly removes the metal. The metal is actually scraped from the blade making it sharper with each stroke as you push it across the stone, as if you're attempting to cut a thin slice from the stone's surface.

Parts of a knife

The number of parts of a knife will vary. Typically a traditionally made pocket knife has over 20 parts, while a rigid or fixed blade has fewer.

Never attempt to take apart your knife, as doing so will leave you with an unsafe knife that will no longer be warranted by most manufacturers.

Organizations

The following organizations can help you locate people in your area who would be helpful in organizing a program on knifemaking, knife safety, or general knife information for your group.

AKTI American Knife and Tool Institute

Website: www.akti.org

The Knifemakers Guild

Website: www.kmg.org

The American Bladesmith Society

Website: www.americanbladesmith.com

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**"Old age is fifteen years older than I am"**

- Barnard Baruch



## **Hike of the Month**

*'The journey is the destination'*

### **Sweetwater Park Historic Trail, Douglasville, GA**

The first half-mile of this trail is also known as "Factory Ruins Trail." This part of the historic footpath is heavily traveled and well maintained. Beginning at the end of the parking lot, a bulletin board marks the start. The trail slopes easily down for most of the trek in. After walking down the steps the trail continues to Sweetwater Creek, which is a tributary to the [Chattahoochee River](#). Turn right to see the ruins. To the left is the remains of a grist mill and a bridge used to access the burgeoning town that once existed by the river.

A gentle slope down to the ruins offers an abundance of plant life and the hardwoods are diverse. Near the ruins the treadway splits. Benches around the ruins provide a resting place for hikers.

After the mill there is a decided change in the path. What was an occasionally rocky path becomes an intense experience, trying to maintain stability on a path that can be as high as 50 feet above the river. The falls are more enjoyable, but no more than 10-15 feet high. Here both the white and blue non-game wildlife trails join the historic trail.

Take I-20 to exit 12, south, then right on Blair's Bridge Road. At Mount Vernon turn left and cross the East Lake Reservoir. The park office is to the right, but continue down to Factory Shoals Road. Turn right and follow the signs to the ruins.

[www.georgiatrails.com](http://www.georgiatrails.com)

**Trail Length:** 1.0 mile (one way)

**Location:** [Douglas](#) County

**Features:** falls, stream, historic.

**Type of trail:** In and out

**Rating:** Easy to moderate

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NAD AY Class Instructor's Survey

There is an official survey from the NAD AY Curriculum Taskforce on the conference Pathfinder webpage. Please fill out and return to one of the addresses at end the form.

Camp Cooking



Spuds and Onions Au Gratin

http://www.ceedubs.com/dutch_oven_recipes.htm#spuds

This recipe is a crowd pleaser!

2-3 lbs. Russet potatoes, sliced as thin as you can get
2-3 Tbsp. melted butter or margarine
2-3 Tbsp. medium yellow onions, sliced thin
1 15 oz. can of cheese soup
¼ cup milk
Salt and pepper to taste
½ cup cracker or bread crumbs (seasoned if you wish)
1 cup grated cheddar cheese

Take a paper towel and wipe a 12" Dutch oven with a little olive or vegetable oil. Place one layer of spuds in the DO and brush with some of the melted margarine and add a little seasoning. Then put in a layer of onions and keep layering spuds brushed with butter and seasoning until you've used all your spuds and onions. Thin the soup with the milk and pour over the top. Sprinkle the bread or cracker crumbs over and add any additional seasoning. Set the Dutch in the firepan with 4-6 briquettes underneath and 16-18 on the top. Bake for 40-45 minutes. Remove the DO from the firepan and sprinkle the grated cheese over the top and let set for 5 minutes or so before serving. Serves 6-8.

Nature Nugget Hibernating Bug Hunt

Go on a hibernating bug hunt!

Shine a light under bark looking for hibernating lady bugs, spiders, butterflies, or cocoons. Check out holes in trees, look on branch tips for sleeping moth eggs. On warmish days, watch for tiny pieces of dirt that seem to jump on the snow. These are snow fleas, more correctly called Springtails or Collembola, tiny insects that scavenge the snow for bits of food. These bugs are what the tiny chickadees and woodpeckers are looking for as they probe with their beaks.

[- Nature Park](#)



Geocaching

The geocaching honor has now been approved by the NAD honor committee. Here are the requirements. Next month we will include the Advanced Geocaching honor requirements.

Basic Geocaching Honor

1. Define Geocaching.
2. What is a GPS receiver?
3. Demonstrate 2 ways of finding the location of a Geocache in your area on a Geocache website.
4. Demonstrate entering the latitude and longitude coordinates into the GPS to find a Geocache in your area.
5. Define the following terms:
 - A. Traditional cache
 - B. Micro-cache
 - C. Virtual-cache
 - D. Multi-level Cache
 - E. Travel Bug
 - F. Geomuggle/muggle
6. What items may be left in a geo-cache? Which items may not?
What is usually in a cache?
7. Know and practice good Travel Bug Etiquette
8. What is meant by Cache In, Trash Out?
9. Find 3 Geocaches in your area, at least one of which must be a regular (traditional) cache.
10. Write about your geocache find in your logbook on a geocache website.
11. Discuss Matthew 6:19-21 and Jeremiah 29:13 and compare them to geocaching.
12. Discuss safety concerns you should consider when geocaching.

Resources

Geocaching.com - <http://www.geocaching.com/>

Zip Code Lookup - http://www.usps.com/zip4/citytown_zip.htm

Buxley's Geocaching Waypoint - <http://www.brillig.com/geocaching/>

The Degree Confluence Project - <http://www.confluence.org/>

University of Tennessee - Global Positioning System Links - <http://www.lib.utk.edu/~cic/gpsintro/gpslink.htm>

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