



Pathfinder Pathways...

A Publication of the Georgia-Cumberland Conference Pathfinders

October 2005

The Old Man



A frail old man went to live with his son, daughter-in-law, and four-year-old grandson. The old man's hands trembled, his eyesight was blurred, and his step faltered. The family ate together at the table. But the elderly grandfather's shaky

hands and failing sight made eating difficult. Peas rolled off his spoon onto the floor. When he grasped the glass, milk spilled on the tablecloth.

The son and daughter-in-law became irritated with the mess. "We must do something about Grandfather," said the son. "I've had enough of his spilled milk, noisy eating, and food on the floor." So the husband and wife set a small table in the corner. There Grandfather ate alone while the rest of the family enjoyed dinner.

Since Grandfather had broken a dish or two, his food was served in a wooden bowl. When the family glanced in Grandfather's direction, sometimes he had a tear in his eye as he sat alone. Still, the only words the couple had for him were sharp admonitions when he dropped a fork or spilled food.

The four-year-old watched it all in silence. One evening before supper, the father noticed his son playing with wood scraps on the floor. He asked the child sweetly, "What are you making?" Just as sweetly, the boy responded, "Oh, I am making a little bowl for you and Mama to eat your food in when I grow up."

The four-year-old smiled and went back to work. The words so struck the parents that they were speechless. Then tears started to stream down their cheeks. Though no word was spoken, both knew what must be done.

That evening the husband took Grandfather's hand and gently led him back to the family table. For the remainder of his days he ate every meal with the family. And for some reason, neither husband nor wife seemed to care any longer when a fork was dropped, milk spilled, or the tablecloth soiled.

Children are remarkably perceptive. Their eyes ever observe, their ears ever listen, and their minds ever

process the messages they absorb. If they see us patiently provide a happy home atmosphere for family members, they will imitate that attitude for the rest of their lives. The wise parent realizes that every day the building blocks are being laid for the child's future.

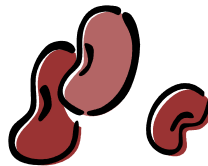
- Author Unknown



Outreach Activity Ideas

October is Fire Prevention month. Help senior citizens install smoke alarms in their homes. Or if they already have smoke alarms offer to change the battery.

Knot this Month



Bean Game

After you have taught the reef knot you give everyone one bean. They then go in pairs and see who can tie the knot the fastest. The fastest one gets the other one's bean which now means they have two. Pathfinders with two beans find each other and repeat tying the knot. The one who ties it the fastest gets the beans and therefore now has 4 beans. He or she goes to find another person with four beans and so on. For the Pathfinders who lose they just go and get another bean from the pot and start out again so no one really loses and everyone gets lots of practice with this one knot.

Counselor's Corner

During leadership convention last month several staff members were asked what they wished they had known when they first joined Pathfinders. Here are a couple things that were mentioned.

- Don't be the counselor for your own child's unit.
- Don't move up with the unit that you are counselor for from year to year.



Honor Toolbox Trees

What are the most obvious things you find in Parks and Forests? Trees, of course. We all know how important trees are for the conversion of carbon dioxide to oxygen, but that you don't see directly. Pathfinders will enjoy the trees for their looks and for the homes they provide for wildlife. Nothing is wrong with that. But their enjoyment in the woods can be tremendously enhanced if they can identify the many species of trees that grow there. Obviously it will be nice if they can quickly how to identify poison ivy; that will save a lot of scratching and a visit to the doctor.

There is a sort of sporting element in it if you learn how to identify trees. The identification process is a step-by-step procedure of elimination in a very logical way till you end up with the species in question. To help teach the Pathfinders to identify the trees make sure that you have a good tree identification book.

Here's several links that have ideas to help teach the Pathfinders about trees.

- [Trees in North America](#)
- [Making a Tree Leaf Collection](#)
- [Tree Facts](#)
- [Learning about Trees](#)
- [The National Arbor Day Foundation](#)
- [Kids for Trees](#)
- [Yahooligans - Trees](#)

At the end of this newsletter is a chart that the Pathfinders can use to watch the trees in their yard or neighbor hood. They can record what happens to the trees during autumn.

Pressing Leaves

Before leaves are prepared for the collection, they need to undergo a final drying and preserving process which can take up to six weeks. The best way to do this is by using a leaf press. The press not only preserves much of the leaf's color and shape, it also reduces moisture to a point where mold and spoilage is minimized.

Students given an assignment to make a leaf collection generally don't have weeks to prepare a collection. However, you must dedicate at least three to five days of "press" time for each leaf depending on its size and moisture content. Leaf exhibits become more attractive as the length of pressing time is extended.

Although it may be best to use a real leaf press for best results, there is a 'low cost' method used to press leaves. This method requires no special equipment and is outlined below. The method does demand a lot of space, a flat surface and a tolerant family.

- Select a flat area on the floor, desk, or tabletop in a room with good air circulation.
- Place wax paper or foil on the surface you choose. This is for protection of both the leaves and the surface.
- Prepare necessary sheets of unfolded newspaper adequate for the number of leaves you have collected. You want several paper thicknesses per layer between each pressing.
- Place the fresh leaf specimen(s) to be pressed on the first sheet layers. Be careful not to let leaves overlap or wrinkle by overcrowding. Then simply use additional layers of paper between more pressings.
- Cover the top and final layer of newspaper with stiff cardboard or plywood, which has been cut to the same size as the paper.
- Place sufficient weight (books, bricks, etc.) on top of the plywood/cardboard to press leaves flat and hold them in position.

Safety Tip



Spider Bite Prevention

- Shake out clothing and shoes before wearing them.
- And out shoes first to see if a spider crawled in during the night.
- When you store things in a garage, basement, or attic, put them in plastic bags that you can close with a plastic zipper lock or twist-tie. This is especially important for things that you stick your hands and feet into. Tape up the edges of cardboard boxes so there is no way a spider can squeeze inside.
- Dust, sweep and vacuum thoroughly, especially around windows and corners and under furniture.
- Clean up clutter and junk that is lying around.
- Don't stack wood against the house, and when you pick up wood, be sure to wear gloves (check that gloves don't have spiders hidden in them).
- Seal cracks and crevices with caulking so spiders can't get in.

*The happiest people don't necessarily
have the best of everything.
They just make the best of everything.*

- Anonymous



Hike of the Month

'The journey is the destination'

Keown Falls and John's Mountain

Most of the hiking which goes on in Georgia seems to be in the north central and northeastern parts of the state, leaving the trails in the northwestern part of Georgia relatively unvisited. This is a shame, since this part of the state also has its share of excellent hiking.

One such place is Keown Falls. Located near the Pocket Recreation Area, the Keown Falls trail is an easy hike. Starting from the picnic area the trail climbs gently up beside a small creek. Towards the end it gets fairly steep but the trail is always well defined and the rocks are formed into stairs at the roughest parts.

Near the top, the trail splits. One branch goes *behind* Keown Falls itself before looping back down towards the picnic area and parking lot. The other climbs up to an observation deck which provides a good view of the falls as well as a view of the surrounding mountains, forest and valley below.

Calling Keown Falls a falls is almost an exaggeration. Immediately after a rain there is a fairly decent volume of water over the falls but most of the time it is little more than a trickle. In dry weather the falls can dry up completely.

From the observation deck the trail continues and connects to the John's Mountain trail. This is another loop trail. In one direction it rises fairly steeply to the top of John's Mountain. There is another parking lot there as well as another overlook which looks out over the valley below. The trail loops around the top of John's Mountain and provides several good views of the surrounding area before returning to the observation deck again.

The Keown Falls and John's Mountain trails are both excellent places to hike, especially if you want to get away from some of the more traveled trails.

Trail Length: 3.6 miles
Type of trail – Loop
Rating – Moderate

[Keown Fall and John's Mountain](#)

Directions from: The Ridge and Valley Scenic Byway is a loop using U.S. 27, Thomas Ballenger Road, Armuchee Road, State Route 136, Walker County Road 723, Pocket Road, John's Creek Road, Lover's Lane, Floyd Springs Road, and State Route 156.



Camp Cooking Black Beans and Rice

If you use home-dried corn in this recipe, dehydrate 2/3 cup corn. On trail, cover with hot water and let soak 20 to 30 minutes, or until it has completely rehydrated

At home, pack in a zipper-lock bag:

- 1 2/3 cups instant black beans
- 2/3 cup instant rice
- 2 teaspoons chili powder, or more to taste
- 1/4 teaspoon ground cumin, or more to taste
- 1/4 cup onion flakes
- 2/3 cup freeze dried corn

Pack individually:

- 2/3 cup grated Cheddar cheese
- 2/3 cup broken corn chips

On trail, add rice mixture to:
4 cups boiling water

Stir while the water regains a boil. Simmer 10 minutes or until done. Add salt and pepper to taste. Spoon dinner into bowls and sprinkle cheese and chips on top.
Servings: Two servings of 2+ cups each

Computer Connection

Does your Pathfinder club have a website? If you are the webmaster take some time at the beginning of this year to go through each hyperlink and make sure it still goes where you expect it to. It's amazing how fast the links can end up going nowhere.

Nature Nugget

Touching Nature Blindfold your child and lead them to a tree to get to know it by feeling the bark texture, finding branches and any other way to recognize a specific tree without looking at it. Still blind-folded, lead your child back to where you started. Now take off the blindfold and have them try to find their tree using their sense of touch to confirm it. What other senses helped them to locate their tree? (sounds, sense of balance, smells, warmth etc.)

[- Nature Park](#)

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A Diary of Autumn

When do leaves turn color? When do they fall? What colors do they turn? Keep a record of autumn in your neighborhood. Record for each tree the dates when the first and last leaves fall. Try to match their colors with your crayons. Note any other facts you think important, such as temperature and location.



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