



Pathfinder Pathways...

A Publication of the Georgia-Cumberland Conference Pathfinders

March 2006

The Fence

Once upon a time two brothers who lived on adjoining farms fell into conflict. It was the first serious rift in 40 years of farming side by side, sharing machinery, and trading labor and goods as needed without a hitch.

Then the long collaboration fell apart. It began with a small misunderstanding and it grew into a major difference, and finally it exploded into an exchange of bitter words followed by weeks of silence.

One morning there was a knock on John's door. He opened it to find a man with a carpenter's toolbox.

"I'm looking for a few days work" he said. "Perhaps you would have a few small jobs here and there I could help with? Could I help you?"

"Yes," said the older brother. "I do have a job for you. Look across the creek at that farm. That's my neighbor, in fact, it's my younger brother.

"Last week there was a meadow between us and he took his bulldozer to the river levee and now there is a creek between us. Well, he may have done this to spite me, but I'll go him one better. See that pile of lumber by the barn? I want you to build me a fence, an 8-foot fence, so I won't need to see his place or his face anymore."

The carpenter said, "I think I understand the situation. Show me the nails and the post-hole digger and I'll be able to do a job that pleases you."

The older brother had to go to town, so he helped the carpenter get the materials ready and then he was off for the day. The carpenter worked hard all that day measuring, sawing, nailing. About sunset when the farmer returned, the carpenter had just finished his job. The farmer's eyes opened wide, his jaw dropped.

There was no fence there at all. It was a bridge -- a bridge stretching from one side of the creek to the other! A fine piece of work, handrails and all -- and the neighbor, his younger brother, was coming across, his hand outstretched. "You are quite a fellow to build this bridge after all I've said and done."

The two brothers stood at each end of the bridge, and then they met in the middle, taking each other's hand. They turned to see the carpenter hoist his toolbox on his shoulder.

"No, wait! Stay a few days. I've a lot of other projects for you," said the older brother. "I'd love to stay on," the carpenter said, "but, I have many more bridges to build."



Outreach Activity Ideas



Volunteer at your local humane society or county animal control office. These facilities often need individuals or groups to help with animal bathing; dog walking and facility clean up. If you can't volunteer at the facility, consider holding a fund-raiser such as a dog walk or pet wash day. If you do it on your own try to find someone that is experienced in pet grooming to make sure that it is done correctly. Also let the owners know that their animals must be up to date on their shots before you can bath them.

Hike of the Month

'The journey is the destination'

Raven Cliffs

Raven Cliffs is probably one of the most scenic trails and one of the easiest trails in Georgia. Add in the fact that it is very near the tourist destination of Helen, Georgia and it is easy to see why it is also probably the most popular trail in Georgia.

Ravens Cliff Falls are a wonder to behold, and the hike in is almost equally as stunning. The path begins as a wide road near the junction of Dodd and Bear Den Creek. Trout fishing abounds here, and it is unusual to see any of the available fishing areas along the creeks empty on a weekend even in the middle of winter. The first 100 yards of the path is essentially a service road for these spots. The trail closely follows Dodd Creek up to the falls.

Continued on page 5

Honor Toolbox

Bats



The bat honor is a fairly new honor that is a lot fun. One of the requirements is to build or purchase a bat house, and then observe it for three months. So if you are teaching the bat honor you may want to start early in the Pathfinder year so that it can be completed before the end of the year. Or have the Pathfinders observe the bat house throughout the summer then report back at the beginning of the next year. While you are building bat houses you may want to build several extra for your local nature center, so that bats in your area will have a place to live other than condemned buildings. Bats are good for the environment! Building the bat houses for a nature center would also be consider for community services credit. If you want information on how to construct bat houses, contact Bat Conservation Int'l at www.batcon.org. http://www.scoutorama.com/project/proj_display.cfm?proj_id=175

<http://museum.nhm.uga.edu/gawildlife/mammals/mamsp.html>

Another fun thing to do would be to take the Pathfinders somewhere that they could observe bats leaving at dusk to hunt for food. Here are a couple of locations in the south where bats can be observed. Check with your local wildlife agencies or check the internet for other locations.

Nickajack Cave Wildlife Observation Area, TN

Bats species: Gray bats* (maternity colony of approx. 100,000), Indiana bats* (hibernating population)
Best time to see bats: Late Apr. to early Oct.; binoculars helpful

Interpretive programs: Interpretive kiosk; volunteers present on specific dates to help answer questions and to give brief programs

Special attractions: Observation platform allows rare opportunity to see dusk flight of endangered bats leaving cave--emergence lasts about 45 minutes

Open: Year-round

Where: 20 mi. W of Chattanooga, I-24 W to New Hope/Haletown exit, SW on Hwy. 156, 5 mi. to TVA Maple View Public Use Area, follow trail to platform

For more information: Judith Bartlow, Natural Areas Coordinator, Tennessee Valley Authority, Natural Resources Bldg., Norris, TN 78828; 615-632-1592

Warrior's Path State Park, TN

Bat species: Big brown bats, little brown bats, red bats, evening bats

Best time to see bats: Summer

Interpretive programs: Park emphasizes conservation education, especially to youth; regularly scheduled night walks; bats often spotted and discussed during campfire talks; BCI slide programs used

Special attractions: Hiking, horseback riding, boating, fishing, camping

Open: Year-round

Where: 2 mi. SE of Kingsport, exit 59 off I-81

For more information: Marty Silver, Park Naturalist, Warriors' Path State Park, P.O. Box 5026, Kingsport, TN 37663; 615-239-8531

Blowing Wind Cave, AL

Bat species: Gray bats* (maternity colony of approx. 500,000)

Best time to see bats: Summer

Interpretive programs: Interpretive sign; ranger-led programs available for groups, upon request

Special attractions: Largest bat emergence in eastern U.S., lasts an hour or more

Open: Year-round

Where: 7 mi. SE of Scottsboro on I-72; just after crossing Sauty Creek Embayment, turn left on first road, park near gate and walk 100 yds. to conspicuous lower cave entrance

For more information: Tuck Stone, Manager, Wheeler National Wildlife Refuge, Rt. 4, Box 250, Decatur, AL 35603; 205-350-6639

Hambrick Cave, TN



Bat species: Gray bats* (maternity colony of approx. 250,000)

Best time to see bats: Summer

No interpretive programs

Special attractions: Unusual opportunity to see large numbers of

bats exiting over a lake; bass fishing

Open: Year-round

Where: Accessible by boat only; cave is approx. 2 mi. upstream from Guntersville Dam, NW of Guntersville; boat rentals available in Honeycomb Creek area

For more information: Judith Bartlow, Natural Areas Coordinator, Tennessee Valley Authority, Natural Resources Bldg., Norris, TN 78828; 615-632-1592

<http://members.aol.com/bats4kids/>

Camping

Stove Safety — Kitchen Area Protocol

Years ago if you were a backpacker all you needed to carry was some matches, a good knife and to walk into a



campsite, gather some wood and a few rocks for pot support and you were in business ready to cook a meal. When you left the next morning, you left your "stove" behind. Simple wasn't it? No stove or fuel to carry. But using this method you probably came home with

blackened pots and smelling like a campfire.

Continued on page 3

Safety Tip



Poison Ivy, Oak and Sumac

- Poison ivy, poison oak and poison sumac grow practically everywhere in the United States, except for Hawaii and Alaska. They are the most common causes of allergic reactions in the U.S. and affect millions of Americans each year.
- Identifying the plant is the first step toward avoiding poison ivy. The popular saying – leaves of three, let them be – is a good rule of thumb, but it's only partially correct.
- **Poison Ivy** is the most common and widespread plant of the three. It's characterized by its leaves, which have three or five serrated-edge, pointed leaflets. Its leaves assume bright colors in the fall, turning yellow and then red. Poison ivy grown as a vine or free-standing plant in the East, Midwest and South.
- **Poison Oak** has three oak-like leaves and grows as a low shrub in the East. It produces whitish flowers from August to November that dry and can remain for many months. In the fall, the leaves assume bright colors, turning yellow and then red.
- **Poison Sumac** has seven to 13 staggered leaflets with one on the tip of the plant and grows as a shrub or small tree. It's found mainly in the eastern United States, growing in peat bogs and swamps. Poison sumac is distinguished from nonpoisonous sumac by the location of its fruit, which grows between the leaf and the branch as opposed to the ends of the branches.
- Poison oak or poison ivy will take on a different appearance, depending on the environment. The leaves may vary from groups of three to groups of five, seven or even nine.
- Poison ivy rash is really an allergic contact dermatitis caused by a substance called **urushiol** (you-ROO-shee-ol) found in the sap of poison ivy, poison oak and poison sumac. *Urushiol* is a colorless and slightly yellow oil that oozes from any cut or crushed part of the plant including the stem and leaves.
- You may develop a rash without ever coming into contact with poison ivy, because the *urushiol* is so easily spread. Sticky and virtually invisible, it can be carried on the fur of animals, on garden tools or sports equipment, or on any object that has come into contact with a crushed or broken plant. After exposure to air, *urushiol* turns brownish-black, making it easier to spot.

Myths:

- **Scratching poison ivy blisters will spread the rash.** This is not true. The rash is spread by *urushiol* on the

hands – for instance, scratching the nose or wiping the forehead before the blisters have formed.

- **Poison ivy is "catching".** It's not true. The rash cannot be passed from person to person – only *urushiol* can be spread by contact.
- **Once allergic, always allergic.** False. A person's sensitivity changes over time, even from season to season. People who were particularly sensitive to poison ivy as children may not be allergic as adults.
- **"Leaves of three, let them be".** This is usually true, but not always.
- **Dead poison ivy plants (vines) are no longer toxic.** False. *Urushiol* remains active for up to several years. Never risk handling dead plants.
- **There's no immunization against poison ivy.** There is, but it's not recommended – the procedure is tedious and carries unwelcome side effects.
- **Hydrocortisone creams will relieve poison ivy itches.** They may help with very mild rashes, but, in most cases, these over-the-counter remedies are far too weak to combat the itch of poison ivy.

Treatment:

If you think that you've had a brush with poison ivy, poison oak or poison sumac, follow this simple procedure:

- Wash all exposed areas with cold, running water as soon as you can reach a stream, lake or garden hose. If you can do this within five minutes, the water will neutralize or deactivate the *urushiol* in the plant's sap and keep it from spreading to other parts of the body.
- When you return home, wash all clothing outside with a garden hose before bringing it into the house where resin could be transferred to rugs or furniture. Handle the clothing as little as possible until it's washed. Since *urushiol* can remain active for months, it's important to wash all camping, sporting, or gardening gear that may also be carrying the resin.
- If you do develop a rash, avoid scratching the blisters. Although the fluid in the blisters will not spread the rash, fingernails may carry germs that could cause an infection.

Cold showers will help ease the itching and over-the-counter preparations, such as calamine lotion or Burrow's solution, will relieve mild rashes. Soaking in a lukewarm bath with and oatmeal or baking soda solution is often recommended to dry oozing blisters and offer some comfort.

Over-the-counter hydrocortisone crèmes will not help. Doctors say these creams aren't strong enough to have any effect on poison ivy rashes.

In severe cases, prescription corticosteroid drugs can halt the reaction if taken soon enough. If you know you've been exposed and have developed severe reactions in the past, be sure to consult with your doctor. He or she may

prescribe steroids or other medications which can prevent blisters from forming.

Prevention:

- The best cure is prevention. The best way to avoid the misery of poison ivy is to be on the lookout for the plant whenever you're out of doors. Knowing what you're looking for and stay away from it.
- Remember that the oily resin – *urushiol* – is virtually invisible, sticks to almost all surfaces and can even be carried in the wind if it's burned in a fire. The burning of poison ivy plants causes the oil to vaporize and cover the exposed skin uniformly. This can create a very severe reaction when inhaled.

~~~~~

*Continued from page 2 –*

**Stove Safety — Kitchen Area Protocol**

Now days most campers and backpackers have changed and are using some type of camp stove. With all stoves, there must be an adult supervising the operations at all times when Pathfinders are using them. All of the present backpacking stoves, regardless of the type of fuel used, are simple and safe to use, providing some “common sense” “and “good judgment” are used in their operation.

Now for some basic safety rules for the operation and use of these stoves. Never fill to more than 75% of their fuel capacity. This safety feature is because a stove will build up air pressure and this air has to have room in the tank. So, never fill to more than 75% of tank capacity.

If you are new to your stove, read the instructions carefully. Locate all of the levers or lighting knobs on the stove. When you have done this, take the stove and the fuel bottle and some matches out in the backyard. Fill the stove as explained above, secure the top of the fuel bottle and place it at safe distance from the stove. Light the stove, making sure that your hands and face are clear of the burner. Sometimes the stove will flare up when lighted and can cause burns to hands and face. Remember when filling the stove that gasoline fumes are heavier than air and will travel down hill. When filling your stove, make sure that you are below any stoves in use or sources of open flame.

Now for the actual use of the stoves — some “does” and “don’ts” while cooking. In windy areas, use a wind break or shield so the stove will work more efficiently. Do not completely wrap the shield all around the stove! This will cause the fuel tank to overheat and could cause the Safety Cap to rupture and spray fuel out in a three foot stream of flame, which will make for an exciting dinner. Never light your stove in a tent — a flare up and you will have no tent, no sleeping bag and maybe no hair!

A close look at your stove will show you that the burner and the pot supports are not very large. This determines the size of the pot your stove can safely handle. For instance, the Peak 1 stove has a recommendation of a

maximum size of an 8 inch pan. This is the size of the medium pot in the BSA Trail Chief cook kit. Any larger diameter pot will cause the stove to overheat.

Do not allow too many people in the kitchen while cooking. Most injuries are caused by “Horse Play” of Pathfinders in the kitchen — spilling a pot of hot water from the stove and scalding the legs of the cook. Two people in the kitchen are enough.

There are two types of white gas stoves: “No-pump” stoves such as the Svea 123 and Optimus OR, and built in pump and quick lighter type. As all gas stoves work under pressure, something must be done to build up the pressure before the stove can be lit.

**No-pump Stoves**

If you will look at the base of the burner, you will see an indentation around the burner stem. You must fill this with fuel. Use an eye dropper to put the fuel in place. The fuel can be secured from the fuel tank or from your fuel bottle. Whichever one you use, always secure the caps before lighting the priming fuel. Make sure the burner switch is off. Light the fuel and let it burn to heat up the burner stem thus building up pressure. At just about the last gasp of the flame, open the fuel valve and the stove should light O.K. If it does not light, repeat the above steps. The Svea and Optimus are “wick-fed” stoves so you must not let the stove burn completely dry of fuel. This will cause the wick to scorch. When this happens the wick must be replaced and until it is replaced the stove will not work efficiently.

**Pump Stoves**

A stove with a built in pump will be easier because you pump according to the instructions to create pressure, (usually pumping about 20-25 times). Close the pump tightly and light off the burner. Immediately start pumping until the stove reaches the maximum heat and settles down to a blue flame. These processes of lighting can be very simple, but if you are careless, it can be a terrifying experience. Read the instructions that come with the stove and practice at home until you are comfortable with your stove.

**Fuel Bottles**

Sigg or MSR bottles are almost fool proof. If you are using a Coleman Apex detached burner stove you can only use Coleman bottles on the stove. Sigg bottles can be used for storage of extra fuel.

In each group it is a good idea to have a kit that contains a spare washer, a spare bottle top, and a spare “pour spout”. You may never have to use them, but “better safe than sorry.”

Now that you have learned all that you can about the stove it would be a good idea to set up a training program

for all who will be using them. Use this program regularly.

In summary:

- With all stoves, practice makes perfect, so use your stoves as often as you can.
- Don't use too large a pot for the size of your burner.
- In using a wind screen, do not wrap it completely around your stove. Danger of overheating.
- Never try to refuel a hot stove.
- Do not light a stove in a tent.
- Always keep hands and face clear of the burner when lighting.
- For stability, always place stove on a level surface. In snow, use some insulating material under the stove.
- When refueling stove, remember that gasoline fumes are heavier than air and will travel downhill. Be sure to be downhill of any operating stove or source of flame.
- After refueling your stove, remove the fuel bottle a safe distance away from the stove.
- When carrying a stove and fuel bottle in your pack, place stove in a plastic bag and a stove carrying bag and the fuel bottle should be placed in a doubled plastic bag and if possible in lower outside pockets of pack.
- Keep the clowns out of the kitchen area.
- Remember: Familiarity breeds contempt. Review your operating instructions supplied with the stove. Don't get careless.
- After a campout empty your stove of all fuel, then rinse out with fresh fuel. Never store a stove under pressure. Cleaning your stove regularly will give you a dependable and reliable stove for years to come.

~~~~~  
Continued from page 1

On the path several additional waterfalls add to the pleasure of this trek. After the first waterfall a change in the trees is obvious. The forest is dominated by hardwoods. Short cascades and ripples of whitewater produce a relaxing gurgle during a significant portion of the hike. This path can be slippery after a rain and would have received a *family* rating if not for the strong Forest Service warning. The "steep" part of their comment can be misleading as most of the steep parts are in short spurts and easily taken even for a novice hiker.

The path is rarely more than 50 feet from the creek, and this eastern facing cove has an abundance of wildlife. Listing all the plants would be time consuming, but more common are: ramp, Jack-in-the-pulpit, geraniums, trout lilies, asters, and abundant clumps of New York ferns.

The approach to the Cliffs is the highlight of the trip. A quick climb and loud noise impart the message of the

approaching waterfall. The water rushes through a split in the rocks and splashes down in cascades to the bottom. Typical of high forest falls, water flow is heavy only in the spring, but somehow the way the cliff is shaped makes these falls seem strong most of the year. A short path leads to the top of falls.

Trail length: 5.0 miles

Type of trail: In and out

<http://georgiatrails.com/trails/raven.html>

~~~~~  
**Camp Cooking**  
**Mediterranean Polenta**

**At home, dehydrate at 130 degrees for 10 to 12 hours or until dry:**

- 3 artichoke hearts, sliced into 1/8-inch pieces
- 2 tablespoons black olives, halved

**Cool and crumble artichokes and olives, then place in a zipper-lock bag with:**

- 1/4 cup sun-dried tomatoes, chopped
- 1/2 teaspoon basil
- 1/8 teaspoon thyme
- 1/4 teaspoon marjoram
- 1/4 teaspoon oregano

**Pack these items individually:**

- 1 clove garlic
- 2 teaspoons olive oil
- 1 cup cornmeal
- 3/4 cup grated Cheddar or Jack cheese (optional)

**On trail, place dried veggies in a bowl and cover with:**

- 2 cups boiling water

Cover and allow veggies to soak. When they have rehydrated, drain the remaining water and set both aside. Sauté the veggies with sliced garlic in half the oil. Add 1 1/2 cups of the reserved water. Slowly stir in cornmeal. Cook for 5 minutes, until cornmeal is a thick, sticky mass of polenta. Add salt to taste. Remove from heat and allow to cool slightly. Using clean hands, shape the polenta into a log. Cool thoroughly in a zipper-lock bag by placing it in a pot of cold water. Then, slice the log into 1/4-inch thick rounds. Sauté each round in the remaining oil, flipping as necessary, until each is thoroughly heated and well browned on both sides. If desired, sprinkle each slice with grated cheese just before serving.

Servings: Three

Recipe from: Allison Carroll

Pathways Editor – Karen Reed  
Pathways Coordinator – Joe White

[pathfinderpathways@gmail.com](mailto:pathfinderpathways@gmail.com)