



Pathfinder Pathways...

A Publication of the Georgia-Cumberland Conference Pathfinders

December 2007

Christmas Gift

Years ago, there was a very wealthy man who, with his devoted young son, shared a passion for art collecting. Together, they traveled around the world, adding only the finest art treasures to their collection. Priceless works by Picasso, Van Gogh, Monet and many others adorned the walls of the family estate.



The widowed elder man looked on with satisfaction as his only child became an experienced art collector. The son's trained eye and sharp business mind caused his father to beam with pride as they dealt with art collectors around the world.

One year, as winter approached, war engulfed the nation, and the young man left to serve his country. After only a few short weeks, his father received a telegram. His beloved son was missing in action. The art collector anxiously awaited more news, fearing he would never see his son again. Within days, his fears were confirmed. The young man had died while rushing a fellow soldier to a medic.

Distraught and lonely, the old man faced the upcoming Christmas holidays with anguish and sadness. The joy of the season that he and his son had looked forward to would visit his house no longer.

On Christmas morning, a knock on the door awakened the depressed old man. As he walked to the door, the masterpieces of art on the walls only reminded him that his son was not coming home. As he opened the door, he was greeted by a soldier with a large package in his hands.

He introduced himself to the old man by saying, "I was a friend of your son. I was the one he was rescuing when he died. May I come in for a few moments? I have something to show you."

As the two began to talk, the soldier told of how the man's son had told every one of his, not to mention his father's, love of fine art. "I am no artist," said the soldier, "but I want to give you this."

As the old man unwrapped the package, the paper gave way to reveal a portrait of the man's son. Though the world would never consider it the work of a genius, the painting featured the young man's face in striking detail.

Overcome with emotion, the man thanked the soldier, promising to hang the picture above the fireplace. A few hours later, after the soldier had departed, the old man set about his task. True to his word, the painting went above the fireplace, pushing aside thousands of dollars worth of art. His task completed, the old man sat in his chair and spent Christmas gazing at the gift he had been given.

During the days and weeks that followed, the man realized that, even though his son was no longer with him, the boy would live on because of those he had touched. He would soon learn that his son had rescued dozens of wounded soldiers before a bullet stifled his caring heart.

As the stories of his son's gallantry continued to reach him, fatherly pride and satisfaction began to ease his grief. The painting of his son soon became his most prized possession, far eclipsing any interest in the pieces for which museums around the world clamored. He told his neighbors it was the greatest gift he had ever received.

The following spring, the old man became ill and passed away. The art world was in anticipation that the collector's passing and his only son dead, those paintings would be sold at auction. According to the will of the old man, all art works would be auctioned on Christmas Day, the day he had received the greatest gift.

The day soon arrived and art collectors from around the world gathered to bid on some of the world's most spectacular paintings. Dreams would be fulfilled this day; greatness would be achieved as many would claim, "I have the greatest collection."

The auction began with a painting that was not on any museum's list. It was the painting of the man's son. The auctioneer asked for an opening bid, but the room was silent. "Who will open the bidding with \$100?" he asked. Minutes passed, and no one spoke. From the back of the room came a voice, "Who cares about that painting? It's just a picture of his son." "Let's forget about it and move on to the good stuff," more voices echoed in agreement.

"No, we have to sell this one first," replied the auctioneer.

"Now, who will take the son?" Finally, a neighbor of the old man spoke. "Will you take ten dollars for the painting? That's all I have. I knew the boy; so I would like to have it.

"I have ten dollars. Will anyone go higher?" asked the auctioneer. After more silence, the auctioneer said, "Going once, going twice, gone." The gavel fell.

Cheers filled the room and someone exclaimed, "Now we can get on with it and we can bid on the real treasures!" The auctioneer looked at the audience and announced that the auction was over.

Stunned disbelief quieted the room. Someone spoke up and asked, "What do you mean, it's over? We didn't come here for a picture of some old guy's son. What about all these paintings? There are millions of dollars worth of art here! I demand that you explain what is going on!"

The auctioneer replied, "It's very simple. According to the will of the father, whoever takes the son...gets it all."

Puts things into perspective, doesn't it? Just as those art collectors discovered on Christmas Day, the message is still the same: the love of a father, whose greatest joy came from his son who went away and gave his life rescuing others; and because of that father's love, whoever takes the Son gets it all.

In life, many things will catch your eye, but only a few will catch your heart. Remember that a gift should be treasured; not only the ones that are wrapped but ones that are bestowed upon you.

--- Author Unknown

Outreach Activity Ideas

Find out if your church has a mission project that a club or unit can raise money for. Maybe not the whole project but a specific part of the project. For example: raise enough money for a village to have a well with clean water.

Staff Stuff

Planning Activities or Events

Do you dread those times when you have to plan an activity or event for camporee or other conference activity? Not all of us are creative in that way so we may need a little help. A number of years ago there was a manual published with ideas for Pathfinder Camporee and Fairs. The manual is no longer in print but it is available in its entirety on this webpage.

http://www.pathfinderpathways.com/camporee_fair.htm

4 Gifts That Don't Cost a Cent



The Gift of Listening
But you must *really* listen. No interrupting, no daydreaming, no planning your response. Just listening/

The Gift of Laughter

Clip cartoons. Share great articles and funny stories. Your gift will say, "I love to laugh with you."

The Gift of a Compliment

A **simple and sincere**, "You look great in red," "You did a super job," or "That was a wonderful meal" can make someone's day.

The Gift of Solitude

There are times when we want nothing better than to be left alone. Be sensitive to those times and give the gift of solitude to others.

Source: *The Laughter Prescription*

Camp Cooking Applesauce Gingerbread



1 box gingerbread mix
Eggs
Oil
Water
#2.5 can or jar of applesauce
2 #10 cans (restaurant size) to cook in, in the coals

Grease or lightly butter insides of the clean, #10 cans. Open the applesauce and divide between the buttered cans. Mix the gingerbread according to package instructions. Divide batter by gently spooning into the two #10 cans atop the applesauce.

Cover tops with foil and place in stirred, even coals after dinner is cooked. After about 15 minutes check to see if gingerbread is nicely raised and steamy.

At this point, if you're not ready to serve, leave a little edge open so some steam can escape, unless it needs to keep cooking. When ready to eat dessert, simply spoon portions with hot applesauce and cake onto plates or bowls.

Servings: 6-8

[Razzle Dazzle Camping Recipes](#)

Camping

Backpacking: A Packing List

More than perhaps any other outdoor activity, backpacking rewards the efficient packer and punishes the overpacker. After all, you will have to live with—and carry—every decision you make.



This list is focused on a three-season, three- to five-day outing, but when packing always plan against the highest high and the lowest low temperatures you'll encounter. It'll protect you from spending a miserably cold night out in the woods, give you a bit more of that oh-so-precious pack space, and save your back.

It's also good to compartmentalize when packing by putting similar items in individual bags. Keeping all your food in one place will save your from leaving an errant energy bar behind when prepping your bear bag (to say nothing of preventing a bear mauling), and putting things like flashlights, matches, and your multi-tool together will help you quickly locate what you need. Also, let things do double duty. For example, a sleeping bag stuff sack or tent sack can make the perfect bear bag.

The Basics

- Backpack (3,000 to 5,000 cubic inches)
- Sleeping bag (rated to 20 to 40F minimum)
- Sleeping pad
- Two-person tent/tarp

Eating and Drinking

- 2 one-liter water bottles
- Water purification (filter, iodine, or bleach)
- Stove and fuel
- Wind screen (to protect the stove flame, constructed out of aluminum foil)
- Pot/pan with lid
- Waterproof matches and lighter
- Cup or mug
- Lightweight bowl and spoon
- Multi-tool or utility knife
- Scraper for cleaning pot

Clothing

- Trail-running shoes or hiking boots (broken in and waterproofed)
- Sandals and fleece socks or lightweight camp shoes
- Wool socks
- Sock liners*
- Synthetic long-underwear bottoms and tops
- Synthetic shorts or convertible pants
- Underwear

- Synthetic/wicking t-shirt
- Rain/wind jacket and pants
- Wool or fleece jacket (or vest if warmer)
- Wool or fleece hat*
- Wool/fleece gloves or mittens*
- Bandanna
- Gaiters*

Accessories

- Directions, trail map, or guidebook
- Headlamp
- Toilet paper in Ziploc bag
- Plastic potty trowel
- Extra Ziploc/trash bags
- Lip balm
- Sunscreen
- Hand sanitizer
- Toothbrush and toothpaste
- First-aid kit (Band-Aids/bandages, Aspirin, antiseptic wipes, poison ivy treatment such as CORTAID® Treatment Kit, moleskin, tweezers)
- Pack rain cover or garbage bag
- Bear-bagging cord

Optional Items

- Trekking poles
- Sun/rain hat
- Sunglasses
- Journal and pen
- Camera, film
- Ground cloth
- Duct tape
- Watch
- Whistle
- Small strainer (for filtering food particles while cleaning dishes)
- Contact lens wearers: bring solution and back-up glasses
- *Indicates optional/depending on climate and geography

Christian One Liners

Many folks want to serve God, but only as advisers.

It is easier to preach ten sermons than it is to live one.

When you get to your wit's end, you'll find God lives there.

Opportunity may knock once, but temptation bangs on your front door forever.

Be ye fishers of men. You catch them - He'll clean them

If God is your Copilot - swap seats!

Hike of the Month

'The journey is the destination'



Wolfdeen Loop – F.D Roosevelt State Park

Rising above the surrounding flat lands of the Piedmont region, this southern-most thrust of the Appalachian Mountain chain brings a variety of mountain habitats to west central Georgia. You would not expect to find a true Georgia mountain experience this far south, so Pine Mountain and its trails are both a pleasant surprise and an alternative to the popular north Georgia Mountains many miles away.

Leaving the picnic area parking lot at the WJSP TV tower, pass through a small clearing and into the forest. The trail proper begins at the registration box, about 25 yards into the woods. The loop begins and ends here. It can be walked in either direction, but it is described here counter-clockwise, continuing ahead past the registration box and returning on the trail to the left.

The Wolfden Loop Trail follows the eastern end of the Pine Mountain Trail, a 23-mile path that runs the length of the Park. Blue blazes are painted approximately every quarter mile. Wooden signs mark points of interest and junctions or important changes in the trail. Mile markers are in descending order, because distances on the Pine Mountain Trail are measured from west to east.

The trail begins a slight descent into the moist bottomlands of the forest. An old beaver pond soon becomes visible through short stands of cane and saplings. Rising and falling gently with the forest ridges, the trail soon enters a small boulder field. In spring look for clusters of wildflowers, such as bird foot violet and bluets, among the rocks. Black and chestnut oaks along with hickory and short-leaf pines dominate the surrounding slopes. Sightings of wild turkey and white tail deer are frequent. Bobcats, the elusive gray fox and coyote are also common. Listen for the calls of the mourning dove and red-tailed hawk, and the hammering of the red-cockaded woodpecker.

The rocky trail slopes down into shaded valley coves. Soon, you come to the first of many crossings of the shallow Wolfden Branch. Most crossings can be made on well-placed stones. Use caution, as the stones can be both slippery and unstable! On a hot summer day, you may choose to splash on through. In the cooler months however, a slip on an icy or mossy rock could make for a very uncomfortable hike.

The trail winds and weaves among rhododendron thickets, Piedmont azalea, and huckleberry. Mountain laurel is here too. The forests along the creeks are made up of sweet

gum, maple and long-leaf pines. Here, the trail can be particularly muddy, especially after rain. On cold winter days, you're likely to see ice along the creek banks and on the rocks. The trail climbs in and out of the cool, damp bottomlands onto the drier, sunnier ridges. None of the climbs are excessively tiring, and switchbacks make up the longer ascents. The rewards are the impressive rocky ledges on the ridges and the cascades and waterfalls along the creeks.

Before long the trail climbs onto the higher ridges and stays there for nearly the remainder of its length. Only as you close the loop will you pass through the bottomlands again. Once on the ridges, the trail follows the gentle ups and downs of the Appalachian Mountain foothills, through a mature hardwood and pine forest. Look for 'Ferney', an ancient and huge pine near a bend in the creek.

There are three primitive campsites along the trail. Shortly after the last of these, Sassafras Hill, the trail crosses Hwy 190 then re-enters the woods. Here the Pine Mountain Trail bends off to the right. You continue straight ahead on Wolfden Loop Trail. The final segment of the loop is marked with white blazes.

The trail follows a narrow ledge on a steep and forested slope. This section offers some of the most dramatic views, particularly in winter. Looking out through the trees, you can see the abruptness of the mountain ridges as they rise from the surrounding flat lands. Soon, you cross Hwy 190 again, and close the loop at the registration box.

Length: 6.7 miles / 10.7 km

Trail Condition: Well maintained and marked with blazes every 0.25 mile

<http://www.onedayhikes.com/Hikes.asp?Hikesid=89>

Knot this Month

Rope Throw



One member of group is seated on a piece of cardboard (2' x 2') 30' - 35' away from the group. Balance of group each have one piece of rope about 6' long. On "Go" each group must join all pieces of rope using a specified knot (square, reef, clove hitch) and throw completed rope close enough to player on cardboard so that he can reach it. Player on cardboard cannot move and rope must fall within his arms reach. When he catches rope, he must tie bowline around waist and be hauled across line where rest of group throws rope from. Works well on most indoor floors. If you haven't enough rope for all your groups, game can be run by groups in turn using best time to declare the winners.

Nature Nugget

Take a nite hike!

Have you ever lain awake in your bed on late summer night listening to the symphony of creatures outside? Imagine what it might be like to become a part of that chorus yourself? Take your Pathfinders out to join in the ruckus...take a nite hike!

Hot-dogs...cider... marshmallows roasted on a stick and maybe even a rowdy campfire song or two would be a good warm up for the evening. After everyone has had their fill of good fun, have them take time to lie back on the cool earth and quietly take stock of the dark world around them. Let the feel of the night envelop everyone. Breathe deeply of the moist evening air. Soon, if everyone is quiet, they will be able to hear the chorus of nocturnal (nighttime) animals warming up for the sunset serenade

When the scritch-scratch of that busy carpenter ant gets a little too close, then it's time to gather up the knapsack which you've packed just for this occasion, and begin your walk. Remember, if you can become a part of the night yourself, you will see and learn much more, so....SSHAAA!!

Things to put into your backpack

- 1 white or pastel pillow case
- 1 stout stick or an old broom stick
- 1 small flashlight
- 1 canteen or plastic bottle of water (in case those marshmallows didn't quite get where they were going!)
- 1 sliced apple (to leave as a treat for some hungry night creature)

What you can do – (give instructions before heading out)

BUG A FROG... Warm evenings are a peepers' paradise. Tiny tree frogs sing to each other throughout the forest, perched on branches and leaves as they chat the night away. You, if you are careful enough, might be able to sneak up on an amorous peeper. When you hear the high-pitched squeak of one of these little fellows, tip-toe toward it. If you get too close, the peeping will stop. So YOU stop. Be quieter than you ever thought possible. When the singing begins again (because the frog thinks that you've gone away), inch a little closer. Each time the singing stops, you stop, until you are able to pinpoint which bush or tree your friend is using as home tonight. Then (and only then) you turn on your light and try to spot the little fellow! What looks like a surprised mound of bubble gum will be your reward for patience. These delightful critters will be very thankful if you simply enjoy without touching them. (Imagine how you might feel if a finger the size of an elephant wanted to give YOU a gentle pat!)

FROG A BUG! When you have said goodbye to your little green buddy, choose as your next night spot, a leafy

tree branch with low-hanging leaves. Now, with one of your human pals, stretch the pillow case out flat. Hold it as close as you can to the leafy tree branch. With your stout stick, give the branch one good crack, and then quickly, another. When you shine your light upon the pillowcase, you might be surprised at what's happened...You have just interrupted nature's cafe! How many different kinds of bugs have fallen onto your case? On a good night, you might find as many as ten different types of insects feeding on a single branch. Imagine how many millions of these little feasters must be munching away all around you. Some come for the leaves, and others come for the leaf eaters. What's on the menu tonight?

DIAMONDS IN THE LEAVES! The forest around you is rich with treasure. Would you like to explore a little further, and discover the secret diamonds of the night? Take your flashlight now, and place it EXACTLY between your eyes, on the bridge of your nose. It might take a little practice and a lot of giggling before you master the technique, but if you look straight down the beam of light into the leaves of the forest floor, the tiny diamonds will begin to show themselves. They glisten so brightly in the dark...what could they be? Gently push aside a clump of leaves to uncover even more of these glimmering jewels. This treasure though, is rarely gathered up by pirates. Why? Because it BITES!! Did you guess? What you have been hunting is really SPIDERS. As they stare up at you, their tiny eyes reflect the beam of your flashlight.

Be the night

By now, you are probably about to burst at the seams from being quiet for such a long time! So just let it all go now...take time out for a quick holler! Screech and roll on the ground, whoop and snort. Grab up a big handful of that good rich earth and inhale its delicious fragrance. YUM! Do two somersaults, put your flashlight on the ground, run twenty feet into the dark night then return to its safe glow. Feel better? O.K. It's quiet time again. Slowly and quietly walk away from your noisy spot. Keep walking until that nighttime feeling of peace has come over you again. Now, notice a particular nook or cranny, maybe a flat rock or mossy log which seems to invite YOU over for a sit. Now do just that. Get comfortable, take three deep breaths. Turn your flashlight off. Let the night seep into your clothes, into your hair and even into the pores of your skin. Quiet...quiet. Become the night.

Edited from article by Lucy Shober

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*Celebrate what you want to see more of.*

- Tom Peters

## 25 Holiday Survival Tips



While these tips don't specifically address Pathfinders, the holidays can affect all of us if we don't plan. This is especially true for Pathfinder staff since they can be busy any time of the year.

1. Get the members of your household to make a list of holiday expectations (i.e., what they want to see, do, feel, experience,). Share your lists and discuss.
2. Less is more. Get everyone to cut their seeing and doing lists (see above) in *half*. This – in itself – will help guarantee “a relaxing, old-fashioned holiday.”
3. Make “things-to-do” lists to keep you organized.
4. Get enough sleep. Fatigue can lead to stress, overeating, alcohol abuse, and numerous family problems.
5. Let go of family traditions that are too much work – or simplify them (e.g., after tree decorating, spread a checkered cloth on the floor and have a picnic; forget the traditional five-course meal).
6. Avoid family tug-of-wars. Ideas: 1) spend one holiday with one set of relatives, and the other holiday with another set (alternate years) or 2) choose a day before each holiday for celebrating with relatives – and spend the actual holidays at your own home, enjoying your own traditions.
7. Consider extending holiday get-togethers through the first two weeks of January, rather than shoeorning everything into November and December.
8. Do something special for people you don't know. Call your local shelter or nursing home to see how you can help. (Helping the less fortunate can help you put your own problems into perspective.)
9. If you live alone, or are recently divorced or widowed, make special plans (e.g., holiday vacation) so you won't feel lonely or isolated.
10. Plan a post-holiday activity that everyone can look forward to.
11. Make a budget and stick to it. (Don't forget hidden expenses; travel, postage, carpet cleaning, etc.)
12. Leave charge cards at home. Or, clip half an index card to the back of each card so you can keep a running total of charges. Don't charge more than you can pay at the end of the month.
13. Shop alone so you won't be distracted from your gift list and budget. To avoid crowds, shop in the morning or near dinner time.
14. Before buying big gifts (e.g., appliances, computers), check on the product's rating in *Consumer Reports* magazine.
15. Tuck a paperback in your pocket, in case you have to wait in long lines.
16. Shop when you're well-rested and well-fed. You can make very expensive shopping mistakes when you're tired.
17. Draw names and put a dollar limit on gifts if you have a large family.
18. Decline department stores' “generous” offers to delay payments until February or March – it's easy to get in way over your head.
19. Consider giving homemade gifts.
20. Get at least 30 minutes of brisk exercise every day to reduce stress, take the edge off your appetite, and help prevent winter blues.

If you live in a northern part of the country, where there's little winter sunlight, try to get outside for at least one hour a day to help relieve SAD (seasonal affective disorder).
21. If wheels (e.g., bikes, skates, skateboards) are on your gift list, include the necessary safety equipment (helmets, wrist guards, and knee and elbow pads), too.

Hospital emergency rooms and urgent care clinics see a startling increase in fractures immediately after the holidays.
22. If you're a winter holiday skier, warm up, and keep the first runs light and easy. Quit *before* you get tired. Most ski injuries happen either at the beginning or the end of the day.
23. Make sure your home smoke detectors are working.
24. Keep both fresh and artificial trees far away from fireplaces, radiators, candles, TVs, and heaters.

Never leave candles unattended. Keep candles, lighters, and matches out of the reach of children.
25. If you didn't get a flu shot in late October or early November, consider getting one in December. (It will take about two weeks for immunity to kick in.)



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