



# Pathfinder Pathways...

A Publication of the Georgia-Cumberland Conference Pathfinders

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## Is Your Hut Burning?

The only survivor of a shipwreck was washed up on a small, uninhabited island. He prayed feverishly for God to rescue him, and every day he scanned the horizon for help, but none seemed forthcoming. Exhausted, he eventually managed to build a little hut out of driftwood to protect him from the elements, and to store his few possessions.

But then one day, after scavenging for food, he arrived home to find his little hut in flames, the smoke rolling up to the sky. The worst had happened; everything was lost. He was stunned with grief and anger. "God, how could you do this to me!" he cried. Early the next day, however, he was awakened by the sound of a ship that was approaching the island. It had come to rescue him. "How did you know I was here?" asked the weary man of his rescuers. "We saw your smoke signal," they replied.

It is easy to get discouraged when things are going bad. But we shouldn't lose heart, because God is at work in our lives, even in the midst of pain and suffering. Remember, next time your little hut is burning to the ground -- it just may be a smoke signal that summons the grace of God. For all the negative things we have to say to ourselves, God has a positive answer for it.

You say: "It's impossible."

God says: All things are possible. (Luke 18:27)

You say: "I'm too tired."

God says: I will give you rest. (Matt 11:28-20)

You say: "Nobody really loves me."

God says: I love you. (John 3:16 & John 13:34)

You say: "I can't go on."

God says: My grace is sufficient. (II Cor.12:9 & Psalm 91:15)

You say: "I can't figure things out."

God says: I will direct your steps. (Proverbs 3:5-6)

You say: "I can't do it."

God says: You can do all things. (Phil 4:13)

You say: "I'm not able."

God says: I am able. (II Cor.9:8)

You say: "It's not worth it."

God says: It will be worth it. (Romans 8:28)

You say: "I can't forgive myself."

God says: I forgive you. (I John 1:9 & Romans 8:1)

You say: "I can't manage."

God says: I will supply all your needs. (Phil 4:19)

You say: "I'm afraid."

God says: I have not given you a spirit of fear. (II Tim. 1:7)

You say: "I'm always worried and frustrated."

God says: Cast all your cares on ME. (I Peter 5:7)

You say: "I don't have enough faith."

God says: I've given everyone a measure of faith. (Romans 12:3)

You say: "I'm not smart enough."

God says: I give you wisdom. (I Cor 1:30)

You say: "I feel all alone."

God says: I will never leave you or forsake you. (Heb. 13:5)

## Outreach Activity Ideas



Make "I Care" kits with combs, toothbrushes, shampoo, etc. for homeless people

## Honor Toolbox

If you have Pathfinders who are interested in working on honors on their own consider having them put together a PowerPoint presentation on the things that they have learned. This will help them learn how to put together presentations as well as earn the honor.

## Camping Cotton Kills



There's a common saying in the hiking community that "cotton kills."

The history behind this has to do with moisture management in cold and cool conditions. In fact, there is absolutely nothing wrong with wearing cotton when you can stay dry and warm. The problem is, it is much harder to stay dry and warm when hiking than most people think.

Problems with cotton occur when the cotton gets wet. Cotton does not wick moisture and can become abrasive when wet. When this happens you must watch out for blisters and pack sores. Because it holds so much moisture, it can hold that moisture against your body and sap extra warmth from you. This can quickly lead to

hypothermia. Cotton also gets heavy. If you wear cotton while hiking, you generally need to carry more "emergency" clothing in case your cotton does get wet (sweat, rain, or falling in while fording a river will all get you wet).

Likewise, silk loses its insulation properties when it gets wet and does not wick like modern hydrophobic fabrics.

Wool, on the other hand, will stay "relatively" warmer when wet but will absorb a great deal of moisture and become heavy. It will certainly shed water for some period of time, but if you get truly soaked, even the natural wool will hold a great deal more water than comparable synthetic fleece.

All of these fabrics take much longer to dry once wet than comparably weighted synthetic fabrics.

The feel of synthetic fabrics has changed quite a bit from the first dark blue polypropylene long underwear developed. Different brands have different feels. Try a few and see what feels good to you. One brand is Capilene from Patagonia (both silkweight and other weights), try to get it on sale (usually at the end of the season when they are trying to get rid of colors that didn't sell.)

So, if you do wear the natural fibers, just think ahead and be prepared for situations when you get an unintentional soaking. Remember hypothermia can set in at temperatures well above freezing.

[http://friends.backcountry.net/m\\_factor/cotton.html](http://friends.backcountry.net/m_factor/cotton.html)

### More about socks

Socks for hiking need to be made of fibers that are resilient enough to cushion the feet and are elastic enough to fit closely without wrinkling and causing blisters. Cotton has none of these desirable characteristics. If it is mixed with other fibers to try to make it work better, you still lose out in other ways. Good quality Merino wool processed by modern methods has the desired resilience and elasticity.

The socks also need to absorb sweat moisture, and there's no doubt that cotton does this — towels are made from cotton because the fiber is so absorbent. However, cotton swells when wet and becomes even less resilient and even harder and rougher against your tender toes. Good wool also absorbs lots of sweat, but meanwhile the desirable characteristics of the wool are not lost.

Socks should also help move that moisture away from your hot, damp skin to keep it drier and less blister-prone. Wool allows for this, whereas cotton holds moisture against the skin.

Cotton loses its insulating ability when damp, too, and your feet will get cold. Wool still insulates reasonably well when damp, and works well across a wide range of temperatures.

Good wool socks (at least 85% wool) will cost you more money, as will anything that's good, but they are worth every penny.

As for synthetic socks, their main use is as a thin "transporting" layer against your skin. You still need a good cushiony absorbent wool layer over the top to soak up the sweat and "pull" it away through the synthetic sock. That way the liner will remain reasonably dry against your skin.

<http://gorp.away.com/gorp/gear/expert/080400.htm>



## Hike of the Month

*'The journey is the destination'*

### Panther Creek Trail

Trail Length: 5.5 miles

Located in Habersham County near the town of Clarksville, Georgia. Panther Creek Trail follows Panther Creek through stands of white pine and hemlock along steep, rocky bluffs of the creek. The trail passes a series of cascades and [Panther Creek Falls](#). It terminates where Davidson Creek joins Panther Creek. Hikers who carry large packs should be cautious of rocky overhangs.

#### Directions:

Take US 441 north from Cornelia, Georgia 16 miles. Turn left onto Glen Hardman Road, then right onto Old 441 for 1 mile to the parking lot.

From 1882 until 1961 a railroad known under a variety of names, most common of which is the Tallulah Falls Railway, carried passengers and freight from Cornelia to Tallulah Gorge and beyond to Franklin, North Carolina. The 98 foot trestle across Panther Creek was the tallest of the 58 mile shoreline mountain run.

Although this pathway is designed as a point-to-point trail, from Panther Creek Recreation Area to Yonah Dam Road, you can walk it as an in and out because the western portion is better kept and less muddy than the eastern.

Until the early 1990's U. S. Highway 441 ran between the parking area and trailhead and crossing the road offered the most difficult part of the trip, especially on a Saturday in July. Now the road is Historic 441 and while cars still whiz by at breakneck speeds there aren't as many as there was a while ago.

The footpath immediately enters a wooded area only to open up for a four-lane overpass within a couple of hundred feet. The overpass is in the general vicinity of the Tallulah Falls Railroad trestle mentioned earlier. The trail then returns to the woods, following Panther Creek on a

long, gentle arc. In this area there are a few side paths to the creek that are an easy trek. Also, the soil on this path is not the traditional Georgia clay. This area of the northeast corner of the state, technically part of the Gainesville Ridges, is geologically different than the surrounding Blue Ridge Mountains and most of the state. Shortly after the overpass Panther Creek cuts deeply from the path, often wandering more than 70 feet below down a steep drop. A well-worn access path to a cascade is a near vertical drop and more difficult to get up than may first appear. At the third outcropping the path makes a left turn, climbing through a small crack in the rock up 30 feet to the top of the mountain. Watch the trail's blue blazes carefully, for the path appears to continue. The word "trail" is barely visible on the rock beneath the crevice. It is easy to miss the double blue blaze on the tree at the turn.

From this point on the trail hugs the ridge, following the creek. About halfway into the walk the trail regains the creek and takes on a new personality after crossing Panther Creek on a wooden bridge. The steep slopes have been replaced by flat bottomland and the noisy cascades are mere gurgles. A more diverse ecological community forms in the moist climate indicated by the ferns. Several tributaries join the creek, crossed by logs or well-placed stones.

Within a mile the steep cliffs return, with Mill Shoals Falls on the left. Panther Creek Falls is shortly ahead, almost directly on the Brevard Fault Line.

The trail south of the falls follows the creek briefly, and then begins to wind deeply into nearby coves.

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

## Nature Nugget

### Ideas for Honoring the Earth

1. Select a natural or historical place that you like. Learn about its history, significance and future.
2. Visit and interview a dedicated member of a local environmental organization. In asking questions about lifestyle and vision, think about your own life and changes you can make.
3. Find out if there are any family members or neighbors with a particular interest in the environment. Contact them and find out how they got interested in the natural world.
4. Talk to a local expert on forest, wetland or prairie life and learn about current restoration and preservation efforts. Volunteer to help.
5. Select a conservationist-environmentalist you would like to learn more about. Use different resources to find stories, articles and books about this person.
6. Describe either in a journal entry or a letter to a friend what you hope your region will look like in 50 or 100 years.

Adapted from *Teaching Kids to Love the Earth*

## Camp Cooking

### Campfire Monkey Bread

4 cans of biscuits  
1 cup white sugar  
1 cup brown sugar  
4 tbs. Cinnamon  
1 stick margarine

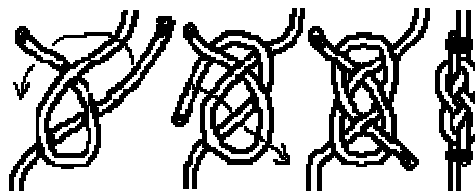
Cut biscuits into quarters. Mix sugar and cinnamon in a plastic bag. Drop biscuits into bag and coat well. Place in Dutch oven.

Melt margarine and pour over biscuits; sprinkle with brown sugar. Bake over medium coals 20 to 25 minutes.

[Razzle Dazzle Camping Recipes](#)

## Knot this Month

### The Carrick Bend / The Josephine Knot



Also known as Full Carrick Bend, Sailor's Knot and Anchor Bend. Beware! There are not many knots with so much wrong drawings as this bend. The ends have to be on opposite sites and the crossings always are alternating up/down/up/down... The Carrick Bend is one of the best knots. It does not easily slip, not even if the rope is wet. And it is always easy to untie, even after a heavy load. If used as a Hawser bend in heavy material it is always seized and parceled to save wear.

#### The Josephine Knot

In Macramé this knot is called the Josephine Knot. It is self evident the Josephine knot is not seized or pulled tight.

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