



Pathfinder Pathways...

A Publication of the Georgia-Cumberland Conference Pathfinders

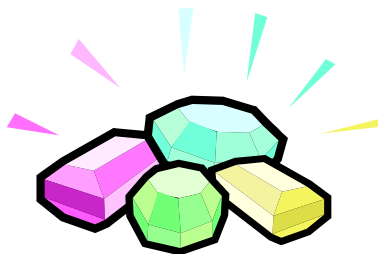
January 2007

HIDDEN GEMS

There's a story about a man who was exploring some caves by the seashore. In one of the caves he found a canvas bag with a bunch of hardened clay balls. It was like someone had rolled up some clay and left them out in the sun to bake. They didn't look like much, but they intrigued the man so he took the bag out of the cave with him.

As he strolled along the beach, to pass the time, he would throw the clay balls one at a time out into the ocean as far as he could throw. He thought little about it until he dropped one of the balls and it cracked open on a rock. Inside was a beautiful, precious stone. Excited, the man started breaking open the remaining clay balls. Each contained a similar treasure.

He found hundreds of dollars worth of jewels in the 20 or so clay balls he had left, then it struck him. He had been on the beach a long time. He had thrown maybe 50 or 60 of the clay balls with their hidden treasure into the ocean waves. Instead of hundreds of dollars in treasure, he could have taken home thousands, but he just threw it away.



You know sometimes, it's like that with people. We look at someone, maybe even ourselves, and we see the external clay vessel. It doesn't look like much from the outside. It isn't always beautiful or sparkling, so we discount it; we see that person as less important than someone more beautiful or stylish or well known or wealthy. But we have not taken the time to find the treasure hidden inside that person by God.

There is a treasure in each and every one of us. The Bible says we are fearfully and wonderfully made. I don't think he means just our physical bodies. I think he means our spiritual selves, which are sometimes hidden from others by the 'earthen vessel'. But if you take the time to get to know that person, and if you ask the Father to show you that person the way He sees them, then the clay begins to peel away and the brilliant gem begins to shine forth.

Honor Toolbox

As most of you probably already know there are Official answer books for some honor series are available through [AdventSource](#), although some honor series do not have answer books at all. The requirements (without answers) for all honors are available through [AdventSource](#) or online in various locations. The answers here are based on the requirements as adopted for the North American Division unless otherwise noted.

Wikibooks Adventist Youth Honors Answer Book is an **unofficial** instructor's guide for teaching Adventist Youth (AY) [Honors](#) to members of Pathfinder Clubs and Adventist Youth Societies. [Pathfinders and Adventist Youth](#) are youth clubs operated by the Seventh-day Adventist Church. A list of Honors and their requirements (but no answers) is available on the [NAD Pathfinders site](#).

Camping How to Buy Clothes for Cold-Weather Activities

Many people invite disaster when selecting winter clothes: Not wearing a hat is the number one mistake. If you use fashion as your guide instead of function, rest assured you'll be miserable when that first icy blast hits.

- Layer clothing for maximum warmth and convenience. Layers allow you to add and remove items as your body temperature rises and falls. Begin with a base layer of polypropylene underwear, top and bottom. You can purchase these inexpensively at many outdoor stores. Brand-name items don't always deliver better quality, despite their higher costs.
- Add one or more fleece layers as dictated by your comfort range. Again, these needn't be expensive to provide effective warmth. A vest is a good option, paired with a long-sleeved layer.
- Add an outer waterproof, breathable shell. This layer does not need heavy insulation unless you expect to encounter below-zero temperatures. For jackets, get something that extends below your waist and has a hood. Pants should be loose fitting and should rise above your waist to keep out snow. Look for sealed seams and elastic or drawstrings at cuffs and hems.

- If you need an insulated top layer, decide on either synthetic or goose-down filling. Synthetic filling will perform better if it gets wet, while down loses its warmth when wet. If weight is your primary consideration, however, buy goose down. It is warmer for its weight than any synthetic insulator.
- Inspect the seams of insulated clothing. High-quality items have baffled seams. This means the stitching on the outside and inside layers doesn't meet, creating cold spots. Clothes without baffled seams are sewn straight through the two layers, and allow cold air to enter.
- Wear a hat that completely covers your head or even one that has earflaps, to prevent a potentially life-endangering loss of body heat. Look for itch-free fleece headbands on warm wool hats.
- Waterproof, gauntlet-type gloves that extend over your jacket's sleeves provide the most protection from snow and water. Some people's fingers stay warmer in mittens.
- Boots present the biggest challenge for the novice winter camper. The most successful winter boot design incorporates a rubber lower boot with a leather top and removable felt liner. Boot temperature ratings are particularly important if you will be outside for long periods of time and need your feet to stay warm.

Material Characteristics

Cotton - Avoid cotton, because once it gets wet, it stays wet and heavy. Snow country survival experts have a saying: Cotton kills.

Goose Down - Lightweight down is a great insulator for extreme cold, but can be too warm for active sports, and loses its ability to insulate when wet. Not all down provides the same warmth: the higher the fill power, the warmer it is. (Fill power is the volume filled by 1 oz. (31.1 g) of down, and is the standard measure of down quality and performance.) Look for a rating on the tag--650 fill power is good quality, 850 fill power is top quality. Items that don't specify the fill power are generally lower quality.

Synthetic Insulation - Clothing with high-quality synthetic insulation usually lists the brand name. Hollowfill and Thinsulate are the most popular types. They are slightly heavier than down, but stand up to wetness better and dry quickly.

Gore-Tex - The first truly breathable waterproof fabric, Gore-Tex (gore-tex.com) remains the best and is unbeatable for strenuous activity in wet weather. This is an outer shell layer, not an insulator. Expect to pay more for Gore-Tex clothing, which features sealed seams, watertight pockets and covered zippers.

DuPont Cordura - This is a brand name for a tough nylon fabric used to reinforce clothing. Durable gear

frequently includes Cordura (cordura.com) patches on heavy wear areas like knees, cuffs and seat.

Overall Tips & Warnings

- Many outdoor clothing retailers sell both online and through catalogs. www.REI.com has a tremendous variety of merchandise. www.SierraTradingPost.com offers cut-rate deals on overstocks from many name-brand manufacturers.
- Check www.Schnees.com and www.Sorel.com for good boots. Be sure to select a pair designed for your anticipated needs, paying particular attention to temperature ratings.
- Remember that with outer layers, more money usually does buy better quality.
- Be careful of drying your clothes too close to the fire or other heat source. Synthetic fabrics and insulators may not be able to withstand high temperatures.

http://www.ehow.com/how_111793_buy-clothes-cold.html

Hints for Sleeping Warm

Do not sleep in damp clothes. Put on dry clothes before you get into your bag. Make sure that you change socks. Even if you do not feel that your current clothes are dry, they are not. Clean dry clothes will be cold for a few minutes but when they warm, they will be much warmer than your original clothes.

Go to the bathroom before you get into your bag. Liquid in your body needs to be kept warm. Energy spent in keeping liquid in your bladder warm can not be used to keep other parts of your body warm. Some people put a hot water bottle into their bag. As the water bottle begins to cool, you can toss it out.

Sleep with a hat or pull the mummy bag over your head. 90% of your body heat can escape through your head. Make sure that you breathe outside of the bag. If you get moisture inside the bag, you will have to keep it warm.

Then there is a question of what to sleep in. The theory is to keep from sweating. Sleep with socks, sweat pants, t-shirt and stocking cap. On really cold nights sleep with a sweatshirt, if you begin to sweat take something off.

When you get dressed in the morning, start at the top and work your way down. Keep the rest of your body inside the sleeping bag until you are ready to dress that part.

Again put on clean dry clothes in the morning. There will be sweat in the clothes that you slept in.



Hike of the Month

'The journey is the destination'

Horse Pens 40

Horse Pens 40 is a 120 acre historic nature park, a natural wonderland of unique rock formations nestled atop Chandler Mountain in the foothills of the Appalachians. It is located on top of the third highest mountain in Alabama at 1500' above sea level. It offers hiking, camping, picnicking exploring, and much more. It also has some of the most interesting rock formations in the South.

Directions

Take I-20 or I-59 to US 231. Go north until you see the Horse Pens 40 signs. (From I-20: 22 miles or so north.) (From I-59: 3 miles or so north.) Drive slowly and carefully and follow the signs. It is on top of the mountain on the right. Turn on in and be sure to stop at the country store and sign in.

For RV's, Buses, Trailers, and Large Vehicles:
(And all other's who want to take
THE EASY WAY UP THE MOUNTAIN :)

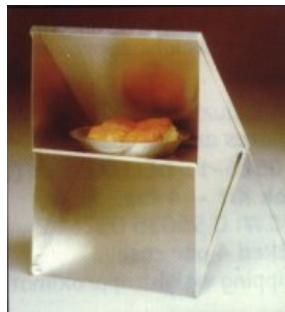
Take I-59 to exit 174, then exit and go north on Steele Station Rd. Go to US11 and take a left (south). In about 1/4 of a mile, (go slow) you will come to a 'Horse Pens 40' sign (watch for it!) at County Rd. 42 (Chandler Mountain Rd). Take a right onto Co. Rd. 42 and go to the top of the mountain. County Rd. 42 will turn left at Roger's Store at the top of the mountain. (There is a 'Horse Pens 40 sign there). Turn left onto Co. Rd. 42 and follow it around for 3 miles or so and you will see the split rail fence and large gate on the left. Turn on in and be sure to stop at the Country Store to sign in.

<http://hp40.com/>

Camp Cooking

Reflector Oven Baking

One of the camping skills that the Pathfinders need to learn and have a lot of fun with is baking in a reflector oven. Reflector baking is done in a reflector oven, which is a shiny aluminum "half-box" with a shelf in the middle to support the food being baked. A metal bar or legs in back of the oven supports it and keeps the shelf horizontal.



Tips on Using a Reflector Oven

A reflector oven needs a source of high, steady heat. The best kind of campfire for reflector baking is a large box- or log cabin-style fire, such as might be built for a ceremonial campfire. Ideally, the fire should produce steady flames that extend higher than the oven. Not as effective is a teepee fire, particularly if it's somewhat windy and the flames tend to flicker or move about.

Be sure to have lots of dry wood on hand, as you will need to keep those steady flames going for the entire time you are baking.

You will need to be VERY careful when you position the oven. You will have to work near the fire, as the oven should be placed about a foot or so from the edge of the fire. *This is not the place to fool around!* It seems close, but the baking time increases a lot if the oven is much further away than 1½ feet. Many pictures in camping books show a reflector oven at some distance from the campfire. This is done so you can get a good view of the oven, but do not rely on these pictures when actually placing your oven in the field.

On the other hand, be sure not to place your oven so close to the fire that flames pass under and lick the bottom of the oven shelf. If they do, you will wind up frying food that should be baked, and you will have disappointing results.

Before putting food on the shelf of your oven, be sure the oven is secure and the shelf is level. You do not want your food to slide down the shelf, nor do you want liquids such as cake batter to be distributed unevenly in the pan.

Some cooks use a 9" non-stick cooking pan for baking everything. It may not be the shape you are used to but it can make things simpler.

You will be baking by visual sight; when the knife blade inserted into the food comes out clean, it's done. Also, rotate the food when it looks as though the side of the food nearer the campfire is getting a little overdone.

A SAFETY TIP: because you are cooking with radiant energy, the oven will always be much hotter than the air around it. The oven gets VERY hot. You must use oven mitts when handling the hot oven or the pans you put in it. Treat the oven with the same respect you treat the oven in your kitchen back home!

<http://usscouts.org/cooking/reflector.htm>

http://www.netwoods.com/cooking/reflect_oven1.html

http://rawfire.torche.com/~scouts/files/lds/Projects/Camp_Kitchen/Reflector_Oven_Plans.pdf

<http://www.plans4fun.com/reflector.htm>

Berry Pie

- 2 cups flour
- 1 teaspoon salt
- 2/3 cup plus 2 tablespoons shortening
- 5 tablespoons water
- 5-6 cups berries
- 4 tablespoons flour
- 1 cup brown sugar
- 1/2 teaspoon salt
- 2 tablespoons butter



Measure 2 cups flour and 1 teaspoon salt into bowl. Cut in shortening thoroughly. Sprinkle in water, 1 tablespoon at a time, mixing until all the flour is moistened and dough almost cleans side of bowl. Gather dough into ball, divide in half. Shape into flattened round on flour-covered wax paper. Flour and place wax paper on top. Roll dough 2 inches larger than inverted pie pan. Ease dough into pan and peel off wax paper. Roll dough for top crust. Stir together 4 tablespoons flour, brown sugar, and 1/2 teaspoon salt for filling. Pour over berries and toss gently to mix. Pile mixture into pie pan and dot with butter. Carefully cover with dough for top crust. Pinch edges and cut slits for steam. Bake until crust is browned and filling is bubbling hot. Turn pie in oven as needed for even baking. Cool before serving.

Nature Nugget Winter Weed Walk



Divide the Pathfinders into groups. Give each a hand lens and a Winter Weed Walk card with the following instructions:

- Find a winter weed:
 - With a seed head that looks like an umbrella;
 - That has seeds in a circular patten;
 - With seeds that stick to your clothes;
 - With a stalk that looks rough and tough;
 - With a stalk that looks fragile
- Match these colors to winter weeds (use brown, tan, gold, gray color chips from paint sample cards).
- Find three different weeds that have a lot of seeds in them. Can you guess why the seeds are still there? How do you think the seeds will finally escape?
- Notice a weed that is all by itself
- Find the biggest patch of one kind of winter weed. Count the number of plants.

Ask the Pathfinders to find the objects listed and to examine some of their discoveries with hand lenses.

Outreach Activity Ideas

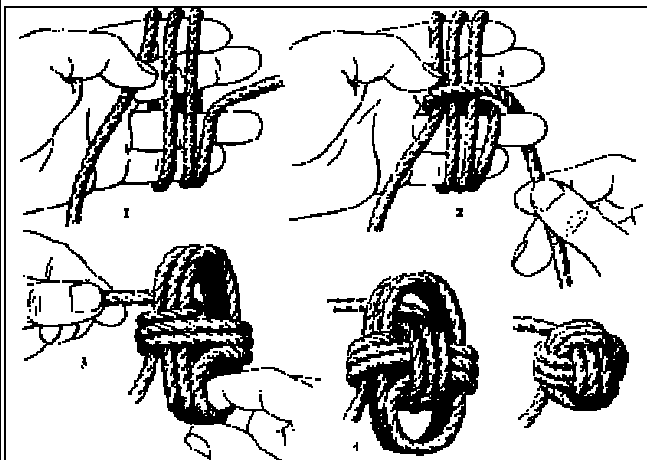
Baby-sit for a parent's night out



If your church has a parent's night out program, volunteer to help. If not work with the Pathfinder staff to set up a program.

Knot this Month The Monkey Fist

The Monkey Fist is used as an end knot for a heaving line. A heaving line is a line used for throwing from one location to another. This enables a larger line that could not be thrown over the distance to be pulled over. The most common use of a heaving line is at sea, to pull a cable to shore from a ship. A cable is not easily thrown over a distance of 10m [ft] or more, so instead one throws a heaving line. The line is tied to the cable and when it has been received the cable can then be pulled over. To make it easier to throw one needs to connect a weight on the end of the line - usually a stone, lead-ball or a small bag of sand is connected to the end. Better still a small rope ball is tied on the end. It is neat, it will endure many tosses last long and it is easily thrown. That is what the monkey fist was originally used for. Now it is also used as fancy knot for key-rings, necklaces and so on. The knot can be done with or without a central core (i.e. a round stone or ball bearing) to add extra weight but it is recommended to use extra loops depending on the size of the object.



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