



# Pathfinder Pathways...

A Publication of the Georgia-Cumberland Conference Pathfinders

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## Slingshots, Slaves, and a Duck

There was a little boy visiting his grandparents on their farm. He was given a slingshot to play with, out in the woods. He practiced in the woods, but he could never hit the target. Getting a little discouraged, he headed back for dinner. As he was walking back he saw Grandma's pet duck. Just out of impulse, he let the slingshot fly, hit the duck square in the head and killed it.

He was shocked and grieved. In a panic, he hid the dead duck in the wood pile, only to see his sister watching. Sally had seen it all, but she said nothing. After lunch that day, Grandma said, "Sally, let's wash the dishes." But

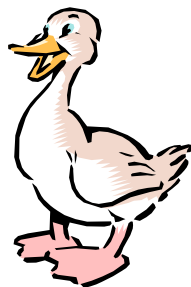


Sally said, "Grandma, Johnny told me he wanted to help in the kitchen." Then she whispered to him, "Remember the duck?" So Johnny did the dishes.

Later that day, Grandpa asked if the children wanted to go fishing and Grandma said, "I'm sorry but I need Sally to help make supper."

But Sally just smiled and said, "Well that's all right because Johnny told me he wanted to help." She whispered again, "Remember the duck?"

So Sally went fishing and Johnny stayed to help. After several days of Johnny doing both his chores and Sally's, he finally couldn't stand it any longer. He came to Grandma and confessed that he had killed the duck. Grandma knelt down, gave him a hug and said, "Sweetheart, I know. You see I was standing at the window and I saw the whole thing. But because I love you, I forgive you. I was just wondering how long you would let Sally make a slave of you."



Whatever is in your past, whatever you have done and the enemy keeps throwing up in your face, (lying, debt, fear, hatred, unforgiveness, bitterness, etc.) you need to know that God saw the whole thing. He loves you and is willing to forgive you. How long you will let the enemy make a slave of you?

## Outreach Activity Ideas

### 12 Days of Christmas



Do a good deed for each of the 12 days of Christmas -- Yes, do 12 good things for other people, one each day of the Christmas season!

## Honor Toolbox

### Plastercraft



The plastercraft honor isn't difficult but if you don't plan ahead it could be time consuming. Since each Pathfinder must paint five different items, make enough items ahead of time for the number of Pathfinders that will be earning the honor. When you teach the honor have each Pathfinder pour the molds for a couple of items then use those items the next time you teach the honor.

Since it could get expensive to purchase a lot of different molds, get together with other clubs in your area or conference to see what molds they might have, then share the different molds.

Use candy molds to make small refrigerator magnets. For example use the Sports Lollipop candy mold. Boys might like the football, basketball, soccer and baseballs to paint. Candy molds could also work great for making small Christmas ornaments.

Paper clips can be inserted into the wet plaster to make either wall hooks or hanging hooks for ornaments. Hooks don't need to be used when the item will be used as a magnet.

Below are links to websites where molds can be purchased. There are also ideas that can be used for painting the crafts.

<http://www.milliesplastercraft.com/Default.asp?CatID=0>

<http://www.onestopcandle.com/plaster-craft-supplies.php>

<http://store.plastercrafters.com/>

<http://www.spiritcrafts.net/plplmo.html>

<http://www.ssw.com/>

## **Camping**

### **How to Find the Right Sleeping Pad to Get You Through the Night**

Choosing the right sleeping pad is vital for two reasons: cushioning while sleeping on the naked earth, and insulation against the chilly ground, which at any time of year is usually colder than you want to be.

Recent and continuing innovations in sleeping pads give us choices that take some of the "rough" out of roughing it. The first step in buying a mattress is to decide between the two basic types: self-inflating mattresses or foam pads. The next step is to further refine your final selection in terms of mattress length and thickness based on a personal equation that balances weight against comfort, which tend to rise and fall in tandem.

#### **Self Inflaters**

While self-inflating mattresses are two or three times pricier and heavier than foam pads, they're immensely more popular among backcountry travelers for one very good reason: they're just plain cushy.

Self-inflaters inflate in minutes at the twist of a valve, though you usually have to firm them up with a few breaths. When shopping for a self-inflater, look for these features:

- Independent air chambers beneath your head, torso, hips, and legs. These allow you to customize the firmness of your bed.
- A nonslip surface to keep your sleeping bag from sliding on sloping ground.
- A repair kit, since a flat mattress offers precious little padding and insulation against the hard, cold ground. Before any trip, make sure the glue in your repair kit has not dried up if you've previously opened the tube. You can often repair pinholes in a pad by smearing a little glue into the hole and letting it dry.
- A built-in pillow (optional).
- Self-inflating mattresses take a bit more care. In the backcountry, keep the mattress away from sharp objects and heat sources, and transport your inflatable in a nylon stuff sack. Minimize the number of breaths you blow into the mattress by allowing sufficient time for it to inflate on its own. Always carry a repair kit. At home, store the mattress unrolled, because keeping it compressed will kill its ability to self-inflate. Keep the valve open so that mildew causing moisture can escape from inside.

#### **Foam Pads**

Though more Spartan than self-inflating mattresses, foam pads have the advantage of being lightweight and inexpensive. Full-length pads weigh less than a pound, and short pads may be a half pound or less. Plus, you can sit or lie on a foam pad out on bare ground without worry about damaging it.

When shopping for foam pads, look for: Closed-cell foam, which does not absorb water. Open-cell foam pads, while even less expensive, drink up moisture like the sponges that they are, making them a poor choice for multi-day backcountry trips.

- A surface pattern to enhance comfort; though the molded surfaces tend to last many years, once they wear down comfort is seriously compromised. Common are ridged pads that look like a washboard and are very popular and durable, and an egg-crate pattern, which is comfortable but provides little pockets where moisture or water can collect if it gets wet or you have lots of condensation inside a tent on a cold night.
- To ensure the long life of a foam pad, simply store it dry to prevent mildew build-up. In the field, lash it to bottom edge of your pack to make a handy "kickstand" for your pack.

Both self-inflating mattresses and foam pads come in different lengths and thicknesses creating a spectrum of choice from short and thin foam pads that weigh only a few ounces to thick, full-length self-inflaters that tip the scales at more than five pounds. Generally, what you gain in comfort with a thicker and longer pad you also gain in the number of ounces you're carrying on your back during the day when traveling into the backcountry.

#### **Thickness**

For ounce-counting backpackers and mountaineers: Look for self-inflating mattresses of no more than 1 to 1.5 inches thick, and a total weight of between 1.5 and 2.5 pounds. If foam pads are your style, look for a closed-cell model that's 1/2 to 3/4 inches thick.

For car campers and boaters, who are less concerned about weight, the sky's the limit. In fact, the packed size of the mattress becomes more of a factor. Generally, a 2-inch self-inflater will make the roughest ground feel like a five-star hotel bed.

#### **Length**

Shorter pads are ideal for smaller people or anyone who curls up when sleeping. Ounce-counting backpackers should also consider three-quarter length or shorter pads. When using a short pad in milder weather, you can insulate your feet from the ground with a strategically placed empty backpack or extra clothing.

In severe cold or snow camping, a full-length pad is a must, although your short pad can also serve a role. Many winter campers bring along two pads for extra insulation from warmth-robbing snow and as insurance against failure of a self-inflater.

#### **Beds into Chairs**

A compact, lightweight conversion kit that turns your inflatable mattress into a camp chair will be the most popular item at your campsite. Chair kits also sheath your pad in protective nylon. No matter what make or model you buy, make sure the chair kit will fit your pad's length and width.

## Hike of the Month

*'The journey is the destination'*

### The Best Walks and Day

#### Hikes in Elkmont Blanket Mountain

Start along noisy Jakes Creek and head up a lush mountain valley to pass a backcountry campsite. Once at Jakes Gap, ascend the slope of Blanket Mountain to reach the peak at 4,600 feet. Nearby are viewing outcrops, an open glade and pink bloomed Catawba rhododendron in June.

#### Buckhorn Gap via Meigs Creek

Once you leave the busy Sinks swimming hole, you'll probably enjoy this lush valley alone. Cross Meigs Creek numerous times and pass many small cascades and a singularly noticeable waterfall that spills 20 feet over mossy rocks to a plunge pool. Keep up the wildflower laden valley to end at Buckhorn Gap, where old growth hemlock trees add a majestic air to landscape.

#### Silers Bald

Start high and stay high as you traverse the very rooftop of the Smokies. Leave Clingmans Dome in a Canadian type spruce-fir forest and undulate west for 5 miles on the Appalachian Trail, where the overlooks are numerous from the highest spine of the entire Appalachian chain. End the hike at Silers Bald, a knob where the views of the highest of the high country warrant a backtrack to Clingmans Dome.

[http://gorp.away.com/gorp/resource/us\\_national\\_park/tn/hik\\_smo1.htm](http://gorp.away.com/gorp/resource/us_national_park/tn/hik_smo1.htm)

## Knot this Month



### Knot Relay

The game simply involves each member of the team running across the room, where they are told a knot to tie, and they must tie that before returning to their team and the next person running up to tie their knot. Each player will be given a knot in a predetermined sequence and the sequence will be the same for all teams. Therefore the Pathfinders know that if they do not pay attention during the learning phase of the evening they will let their team down during the game phase. This is often sufficient incentive for them to make every effort to learn. You will need to decide in advance how to handle a competitor who, after making several attempts, still fails to tie the required knot; one possibility is for the next person in the team to come up (after the previous has been there for a set period of time; then the next person must tie the knot that the previous person failed at and one more person must come up at the end of the race so that the required number of knots get tied.

## Counselor's Corner

### Biblical Authors Game



This game on the NAD Pathfinder website will help teach the Explorers the Bible Authors.

[http://www.pathfindersonline.org/pdf/classwork/explorer-bible\\_authors.pdf](http://www.pathfindersonline.org/pdf/classwork/explorer-bible_authors.pdf)

## Camp Cooking

### Chocolate Raspberry Burritos

- 4 8-9" flour tortillas
- 1 cup semisweet chocolate chips
- 1 cup fresh raspberries
- 2 Tablespoons melted butter
- 2 teaspoons sugar
- 1/2 teaspoon ground cinnamon

How to Prepare:

This is a recipe that kids can help you make.

At home, mix sugar and cinnamon and store in a zip-lock baggie.

At the campsite, stack the tortillas and wrap in a piece of foil; grill over indirect (med-low) heat, turning once, for about 5 minutes until they are warm and pliable.

Sprinkle 1/4 cup each of the chocolate chips and raspberries in the center of each tortilla; fold in the sides and roll up (like a typical burrito). Brush rolls with half of the melted butter. Grill burritos over indirect (med-low) heat, turning once, for about 3 minutes, until they start to show grill marks and the chocolate chips are melted.

Remove from heat and brush with remaining butter. Sprinkle with stored sugar and cinnamon mixture. Serve warm.

\*These can be made at home on the grill too. They are great with a scoop of vanilla ice-cream. Kids love them!

[Razzle Dazzle Camping Recipes](#)

*"I can be changed by what happens to me.*

*I refuse to be reduced by it."*

- Maya Angelou

## Nature Nugget



### You as Environmental Educator – Part 2

#### Expected Behavior

Whether indoors or out, a respect for each other helps engender a respect for nature.

We all have different tolerances for commotions, but none of us need tolerate meanness or thoughtless infringement on the rights of others. Most important is for you to be clear in your own mind which behaviors are acceptable and which are not and to explain your expectations to the children. Encourage them to discuss their expectations of each other. Then when you have to discipline a child, you are reviewing behavior codes, not initiating them. Reasonable behavior translates into a lot more fun for everyone.

#### Boundaries

Outdoor activities often erupt into a joyous explosion of energy and dispersal into the far reaches of an outdoor area.

*Before* you give the children their final activity instructions or equipment and send them off, clearly define the boundaries beyond which they may not explore. It may be specific limits like a fence; it may be more general like within site of your red kerchief or within earshot of your whistle.

Children are usually more secure, and thus freer to concentrate on finding, looking, investigating, when they know the boundaries.

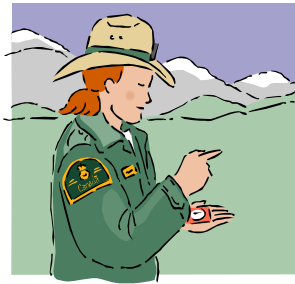
#### Running Wild

Exuberance and pent-up energy, especially for children who have just emerged from a school bus or a classroom, can be channeled. Your plans may call for a sit-down discussion or a controlled scavenger hunt, but if you feel the lid about to pop, stop and organize a relay race or a red light game or a “hop like a \_\_\_\_\_” tour.

Then when the kinks are out, you can go over your behavior expectations. Children who egg each other on should be separated. Occasionally one may have to be sent indoors; the other children have the right not to be distracted or misled.

Running wild evokes images of ponies galloping on the plains, manes and tails streaming behind them. Sometimes children, too, have the need to stretch out, try their speed, and express their joy at being let loose. The trick is knowing when to let it happen.

## Safety Tip



### Hiking and Camping Safety

Hiking and camping provide exercise and interest for people of any age. Just getting out and walking around is a wonderful way to see nature. Since unexpected things happen, however, the best way to help guarantee a good time for all is to plan ahead carefully and follow commonsense safety precautions.

- If you have any medical conditions, discuss your plans with your health care provider and get approval before departing.
- Review the equipment, supplies and skills that you'll need. Consider what emergencies could arise and how you would deal with those situations. What if you got lost, or were unexpectedly confronted by an animal? What if someone became ill or injured? What kind of weather might you encounter? Add to your hiking checklist the supplies you would need to deal with these situations.
- Make sure you have the skills you need for your camping or hiking adventure. You may need to know how to read a compass, erect a temporary shelter or give first aid. Practice your skills in advance.
- If your trip will be strenuous, get into good physical condition before setting out. If you plan to climb or travel to high altitudes, make plans for proper acclimatization to the altitude.
- It's safest to hike or camp with at least one companion. If you'll be entering a remote area, your group should have a minimum of four people; this way, if one is hurt, another can stay with the victim while two go for help. If you'll be going into an area that is unfamiliar to you, take along someone who knows the area or at least speak with those who do before you set out.
- Some areas require you to have reservations or certain permits. If an area is closed, do not go there. Find out in advance about any regulations--there may be rules about campfires or guidelines about wildlife.
- Pack emergency signaling devices, and know ahead of time the location of the nearest telephone or ranger station in case an emergency does occur on your trip.
- Leave a copy of your itinerary with a responsible person. Include such details as the make, year, and license plate of your car, the equipment you're bringing, the weather you've anticipated and when you plan to return.

<http://www.redcross.org/services/hss/tips/hiking.html#list>



## What to Bring: A Hiking Checklist

What you take will depend on where you are going and how long you plan to be away, but any backpack should include the following:

- Candle and matches
- Cell phone
- Clothing (always bring something warm, extra socks and rain gear)
- Compass
- First aid kit
- Food (bring extra)
- Flashlight
- Foil (to use as a cup or signaling device)
- Hat
- Insect repellent
- Map
- Nylon filament
- Pocket knife
- Pocket mirror (to use as a signaling device)
- Prescription glasses (an extra pair)
- Prescription medications for ongoing medical conditions
- Radio with batteries
- Space blanket or a piece of plastic (to use for warmth or shelter)
- Sunglasses
- Sunscreen
- Trash bag (makes an adequate poncho)
- Water
- Waterproof matches or matches in a waterproof tin
- Water purification tablets
- Whistle (to scare off animals or to use as a signaling device)

Always allow for bad weather and for the possibility that you may be forced to spend a night outdoors unexpectedly.

It's a good idea to assemble a separate "survival pack" for each hiker to have at all times. In a small waterproof container, place a pocket knife, compass, whistle, space blanket, nylon filament, water purification tablets, matches and candle. With these items, the chances of being able to survive in the wild are greatly improved.

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*"Flatter me, and I may not believe you.  
Criticize me, and I may not like you. Ignore  
me, and I may not forgive you. Encourage me,  
and I will not forget you."*

- William Arthur Ward

## How to de-stress the Holidays



The holidays should revolve around the *inner* things. They should be seen as a time when we can relax our bodies, calm our minds, and refresh our souls.

But society would have us focus almost exclusively on the *outer* things. And instead of encouraging us to do *less*, it begs us to do more.

This year can be different, though. This year you can decide to *take charge* of each and every element of the holidays.

Until we make a conscious effort to fill these days with thoughtfulness, leisure, and balance, our expectations about warmth, harmony, and love will never be met.

Here are some ideas on how you can make this your *best* holiday ever.



### Bill of Rights for the Holidays

- You have the right to take care of yourself:** to eat right, exercise regularly, and get enough rest.
- You have the right to have mixed emotions:** happy, sad, frustrated, guilty, afraid, and thankful.
- You have the right to have solitude** – for planning, thinking, reflection, introspection, prayer, and relaxation.
- You have the right *not* to accept** some or all of your party/activity invitations.
- You have the right to ask for help and support** from friends; family; your church; and/or community service agencies.
- You have the right to give gifts** that are within your holiday budget.
- You have the right to say *no*** to a second piece of pie.
- You have the right to smile** at harried salesclerks and angry drivers, and to give them a *peace* of your mind.

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