



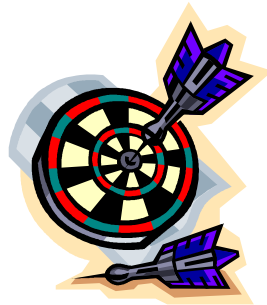
Pathfinder Pathways...

A Publication of the Georgia-Cumberland Conference Pathfinders

September 2007

Darts and Jesus

Dr. Smith was known for his elaborate object lessons. One particular day, Sally walked into the college class and knew they were in for a fun day. On the wall was a big target, and on a nearby table were many darts. Dr. Smith told his students to draw a picture of someone that they disliked or someone who had made them angry, and he would allow them to throw darts at the person's picture, if they wished. Sally's girlfriend drew a picture of a girl who had stolen her boyfriend. Another friend drew a picture of his little brother. Sally drew a picture of a former friend, putting a great deal of detail into her drawing, even drawing pimples on the face. Sally was pleased with the overall effect she had achieved. The class lined up and began throwing darts. Some of the students threw their darts with such force that their targets were ripped apart. Sally looked forward to her turn, and was filled with disappointment when Dr. Smith, because of time limits, asked the students to return to their seats. As Sally sat thinking about how angry she was because she didn't have a chance to throw any darts at her target, Dr. Smith began removing the target from the wall. Underneath the Target was a picture of Jesus. A hush fell over the room as each student viewed the mangled picture of Jesus; holes and jagged marks covered His face, and His eyes were pierced. Dr. Smith said only these words....."In as much as ye have done it unto the least of these my brethren, ye have done it unto Me." - Matthew 25:40.



Outreach Activity Ideas Be responsible for a cemetery

See if there are any cemeteries in your area that could use cleaning up. Things like mowing the grass and keeping the weeds pulled. Take responsibility for keeping it up for a given amount of time.



Honor Toolbox Fungi



On moonless nights in light summer and autumn, three of the more than 2,000 species of mushrooms and fungi found in the Great Smoky Mountains National Park give off an eerie green light called fox-fire. In one species, the root like filaments in the rotting log or stump actually make it appear as if the wood itself is glowing. Native Americans used the fox-fire to mark trails at night. Here's a couple of activities to help teach the fungi honor.

Colors of the Rainbow of Fungi

Teams of students will be given margarine tubs with the name of a color written on it and asked to find a fungus of that color, collect a small sample, and share it with the others. The colors most frequently found for fungi are: black, tan, blue, pink, orange, yellow, brown, purple, green, and red.

Fungus Scavenger Hunt

Teams of students will be given a sheet of search items and some margarine tubs to collect small samples and bring them back to share with the whole group. Look for:

- Mushroom with red gills
- Mushroom growing on a pine cone
- Fungus growing on wood
- Fungus growing on the ground
- Mushroom with a ring
- Mushroom without a ring
- Mushroom with decorations on top
- Fungus like Jell-O
- Hard surface fungus
- Fungus that is "o" shaped or a ball
- Fungus that is coral shaped with fingers going up or down
- Two-way fungus growing in two directions
- Slimy fungus
- Two different mushrooms, one growing on another
- Something eating a mushroom

North American Mycological Association -
<http://www.namyco.org/education/k-12.html>

Fungi – Teaching Treasures -
<http://teachingtreasures.com.au/fungi/fungi-theme.htm>

Safety Tip

Diseases Mosquitoes Carry & How to Prevent Bites

Diseases Carried by Mosquitoes

- Eastern Equine Encephalitis
- St. Louis Encephalitis
- West Nile Virus

Eastern Equine Encephalitis (EEE) occurs in the eastern half of the U.S. The high case-fatality rate makes it one of the more serious mosquito-borne diseases in the United States. The EEE virus is transmitted to humans through the bite of an infected mosquito. States with the largest number of cases are Florida, Georgia, Massachusetts and New Jersey.

St. Louis Encephalitis is a mosquito-borne viral disease. The main transmission cycle is between birds and mosquitoes. Mosquitoes become infected by feeding on birds infected with the St. Louis Encephalitis virus.

West Nile Virus (WNV) is spread by the bite of an infected mosquito. Mosquitoes are WNV carriers that become infected when they feed on infected birds.

To Avoid Mosquito Bites:

- **Apply Insect Repellent Containing DEET** (Look for: *N,N-diethyl-meta-toluamide*) to exposed skin when you go outdoors.
- **Clothing Can Help Reduce Mosquito Bites.** Wear long-sleeves, long pants and socks when outdoors. Mosquitoes may bite through thin clothing, so spraying clothes with repellent containing permethrin or DEET will give extra protection. Do not spray repellent containing DEET on the skin under your clothing.
- **Be Aware of Peak Mosquito Hours.** The hours from dusk to dawn are peak mosquito biting times for many species of mosquitoes. Consider avoiding outdoor activities during these times.

Mosquito-Proof Your Home:

- **Drain Standing Water.** Mosquitoes lay their eggs in standing water. Limit the number of places around your home for mosquitoes to breed.
- **Install or Repair Screens.** Some mosquitoes like to come indoors. Keep them outside by having well-fitting screens on all windows and doors. Offer to help neighbors whose screens might be in bad shape.

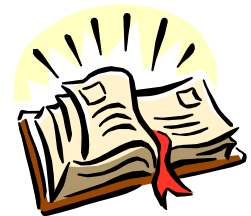
Help Your Community:

- **If you find a dead bird,** don't handle the body with your bare hands. Contact your local health department for instructions on reporting and disposing of the carcass.

- **Mosquito Control Programs.** Check with local health authorities to see if there is an organized mosquito control program in your area.
- **More questions about mosquito control?** A source for information about pesticides and repellents is the National Pesticide Information Center, which also operates a toll-free information line: 1-800-858-7378.
- **Clean Up.** Mosquito breeding sites can be anywhere. Neighborhood clean-up days can be organized by civic or youth organizations to pick up containers from vacant lots and parks, and to encourage people to keep their yards free from standing water. Mosquitoes don't care about fences. So it's important to control breeding sites anywhere in the neighborhood.

Counselor's Corner Club Worship Schedule

This schedule found on the NAD website can be adapted to fit your clubs schedule; it fulfills several AY Class Level requirements.



http://www.pathfindersonline.org/pdf/resources/classwork_worship_schedule_chart.pdf

Camping

Sleeping Bag Temperature Ratings Demystified

The label on the sleeping bag said it was good to "20 below," so why were you shivering through the night when the air temperature only dipped to 15°F?

Welcome to the esoteric, arcane, and downright confusing world of sleeping bag temperature ratings. No other topic is guaranteed to generate as much cynical laughter among outdoors people, unless it's Smoky the Bear's role in forest fire policy.

You would expect that when purchasing a bag that claims to be rated to 30°F it will keep you warm down to 30°F, right? After all, you expect as much from a 40,000-mile tire purchased for your car, and that tire costs a lot less — and arguably performs a more vital function — than a nylon cocoon stuffed with spun fiber or goose down.

Yet, in the field — or forest, or atop a glacier — that 30-degree bag can leave you cold well shy of its stated performance rating. Why are sleeping-bag temperature ratings so unreliable and what do you need to

know about them to select a sleeping bag that can get you through the night comfortably? Read on.

It turns out that the process of testing sleeping bags for their warmth rating is not as easy or precise as you might think. A brave attempt by makers of sleeping bags and the outdoor industry group that represent them recently failed to regularize the testing process and take the guesswork out of buying a sleeping bag.

The upshot? Savvy sleeping bag buyers should treat temperature ratings not as immutable absolutes, but rather as suggested guidelines that can assist them in finding the ideal sleeping bag.

Think of a 30-degree rating, for instance, as applying to the typical camper using the bag under typical conditions, then think of yourself as anything but typical (which you knew already!). Combine your knowledge of how you are different together with the manufacturer's (maybe optimistic) rating, and you can make a satisfactory sleeping bag choice. Here's how:

The Correction Factor

You've already figured out the minimum overnight temperature you'll likely encounter. Now check yourself against the following 10 factors that can influence how warmly or coldly you sleep, and adjust the minimum temperature appropriately.

Don't get overzealous and add up a massive correction factor, especially if you camp in warm climates (above 32°F) anyway.

- **Sleep style.** Adjust upward or downward by 5 to 15 degrees depending on whether you "sleep warm" or "sleep cold."
- **Acclimatization.** If you're slow to adjust from a cushy room temperature of 68 degrees to life in the cold outdoors, then correct downward 5 to 10 degrees (for example, instead of a 30-degree bag, get a 25- or 20-degree bag).
- **Food intake.** Do you eat enough when you recreate outdoors (no adjustment necessary) or do you use your trips as opportunities to diet (correct downward 5 to 10 degrees)?
- **Hydration.** Adjust downward by 10 degrees if you are not a faithful guzzler of water and sports drinks. The enormous volume of water lost through sweat and the mere act of breathing can mess with your body's heating and cooling system.
- **Tiredness.** The occasion you are really tired will be the time you most need a good sleep, so make a generous correction for this—as much as 5 to 10 degrees downward—if you take long trips where cumulative sleep deprivation would be dangerous.
- **Bag fit.** Can you use a close-fitting bag without feeling constrained? If not, correct downward by 5 to

10 degrees. Can you sleep with the hood cinched down to a small peep hole around your nose and mouth? If not, correct downward by 10 to 20 degrees in really cold climates.

- **Dampness.** Do you camp in damp conditions, such as wet coastal climates, or go on river trips where despite your best efforts bags get damp? If so, correct downward by 5 to 10 degrees if you'll be using a synthetic bag and 10 to 20 degrees downward for down.
- **Body movement.** Tossing and turning in a bag acts as a bellows to blow warm air out. If you're a thrasher, then correct by adjusting downward 10 to 20 degrees.
- **Wind protection.** Sleep in a four-season tent (adjust upward 5 degrees), a three-season tent (no adjustment), or underneath the stars (downward by 10 to 15 degrees). Wind has much less effect if the bag shell is a very tightly woven microfibre or a laminate such as Dri-Loft or Stormlight.
- **Storage.** A bag that's been used often for years (correct downward 5 to 10 degrees) and stored improperly (correct downward 10 or more degrees) loses loft and therefore performance. Sleeping bags should be removed from their stuff sacks as soon as possible and stored unrolled and loose. For storage advice, see [Lofty Thinking](#).

You should now have a good idea of how much of a correction factor to apply to the minimum expected temperature of the bag you're looking for. If this puts you into a ridiculously low-rated bag, like 30 below, and a correspondingly low remaining bank balance, consider buying a slightly higher temperature rated bag and supplementing its performance by wearing clothes and booties to bed, using a bivy sack to eek out an additional 5 degrees of warmth (more in drafty environments), or using a vapor barrier (definitely an acquired taste!).

Buy the Warmth You Need

Pegging temperature ratings may be an inexact science, but a few general guidelines apply when shopping for a sleep sack.

Set your temperature limit. Figure out what's the absolute minimum temperature at which you'll likely use the bag. Take into account cooler temperatures at night at higher altitudes and latitudes.

Err on the warm side. When did you last hear someone complain about being too warm at night? Can't decide between a 20-degree or a 25-degree bag? Go for the 20.

Exceed your budget. When people finally break open their wallets and buy a decent bag, it is usually after a succession of unsatisfactory purchases. Spare yourself the buyer's remorse and the uncomfortable nights, and make your first bag a quality bag.

From www.gorp.com

Pumpkins

Being a Christian is like being a pumpkin. God picks you from the patch, brings you in, and washes all the dirt off of you. Then he cuts off the top and scoops out all the yucky stuff.



He removes the seeds of doubt, hate, greed, and then He carves you a new smiling face and puts His light inside of you to shine for all the world to see.



Hike of the Month *'The journey is the destination'*

The Best Walks and Day Hikes in Cades Cove

Rocky Top

The view from "good ol' Rocky Top" is as good as they get. Leave the lowlands via Lead Cove and make the continuous climb to Bote Mountain. Reach Spence Field and the Appalachian Trail where the open meadows of Spence Field beg exploration. Then, head north on the AT and climb more to the 5,441-foot outcrop, where the vista of the western crest of the Smokies inspired the fight song for the University of Tennessee athletic teams.

Gregory Bald via Gregory Ridge

Leave Cades Cove and enter an old growth forest along Forge Creek. Ascend to a dry ridge and keep ascending to the large Gregory Bald, a high meadow with 360-degree views. In June, the world's finest display of flame azaleas color the clearing and blueberries ripen after that. Bears like the blueberries, too.

Rich Mountain Loop

Visit the pioneer cabin of John Oliver, built in the 1820s, at the edge of Cades Cove. Then wind up the slopes of Rich Mountain to Indian Grave Gap. Nearby is a vista of Cades Cove and the crest of the Smokies beyond. Continue to the site of a fire tower atop Rich Mountain, which now makes for an ideal picnic spot. Cruise the ridgeline to descend along Crooked Arm Ridge and return to Cades Cove.

http://gorp.away.com/gorp/resource/us_national_park/tn/hik_smo1.htm



Handle them carefully, for words have more power than atom bombs.

- Pearl Strachan Hurd

Camp Cooking

Mexican Corn Pie

At home, preheat oven to 350 degrees. Grease a 9x13 glass casserole dish. Beat all these ingredients together in a large bowl:

- 4 whole eggs or 6 egg whites
- 2 tablespoons corn oil
- 2 (15-ounce) cans creamed corn
- 1 (4-ounce) can mild green chilies, diced
- 1 large onion minced
- 1/3 cup whole wheat flour
- 1/3 cup coarse cornmeal
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1/8 teaspoon cayenne pepper
- 1/2 cup finely grated Parmesan cheese

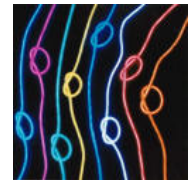
Pour the mixture into the casserole dish and bake for 45 minutes, or until a toothpick inserted in the pie's center comes out clean. Spread in a thin layer on dehydrator trays and dehydrate at 145 degrees for 5 hours.

On trail, pour the mixture into a pot and add enough water to cover. Bring to a boil and cook until rehydrated, stirring occasionally.

From *More Backcountry Cooking*



Knot this Month



Here's a game that can be another way of teaching the knots: instead of using rope, use Twizzlers or licorice whips or other "whip" candy. When the Pathfinder gets the knot right, they can eat it. Now, you have to be careful with this one - - don't use a "whip" that's really soft or sticky, especially in hot weather. The Twizzlers are just right, they don't stick to themselves and they don't melt readily - - and more Pathfinders like the flavor than do licorice.



A pessimist, they say, sees a glass of water as being half empty; an optimist sees the same glass as half full. But a giving person sees a glass of water and starts looking for someone who might be thirsty.

--G. Donald Gale

Nature Nugget

You as Environmental Educator – Part 1

Be a Role Model

“Do as I say, not as I do.”

This exhortation rarely works. You are the leader and the children will follow your example. Your attitude toward them as you carefully replace a log rolled over for investigation or pick up trash left by people there before you.

How you feel about nature should and will come through to the children – when you stop suddenly to listen to a favorite bird song or pause to watch an ant laboring under a heavy load. Curiosity and caring are contagious.

Everyone is Afraid of Something

Most people fear, or “hate,” some things in nature. To lessen those fears by learning more about the object of them is a worthwhile goal, for our own sakes and for the sake of the children we influence.

Should one express fear or conceal it from the children? You will have to be a very good actor to hide your fear of snakes when you’re startled by one during a field trip. So you might as well be honest. When the situation arises, explain that you are afraid of snakes, or spiders, or mice, and that you are trying to increase your knowledge about them so you will become less fearful. This admission may lead to a good discussion in which children can admit their fears and be encouraged to realize they need not be trapped forever by them. Many leaders who hated spiders have come away from the SpiderWebs workshop (see *October 2007 Pathways*) still wary but with admiration and curiosity to know more.

Some fears are too deep-seated to deal with immediately. Some are valid for safety reasons, but many can be dispelled by accurate information, simply explained. What a favor you will have done for a child if you can dispel a fear.

Sense of Humor

Children learn best when they’re having a good time; your playfulness and sense of humor will keep them on their toes. Children seem to relish corny jokes and ridiculous riddles – they will laugh at yours and feel great when you laugh at theirs. Keep some jokes up your sleeve for times when things drag a bit or children are tired.

A witty remark can turn a mistake or a minor accident (like losing a shoe in the mud) into a comical situation. Laughter is good for the soul as well as for the brain.

Hands-On Nature – Vermont Institute of Natural Science

Humorous Camping Tips

- When using a public campground, a tuba placed on your picnic table will keep the campsites on either side vacant.
- Get even with a bear that raided your food bag by kicking his favorite stump apart and eating all the ants.
- The best backpacks are named for national parks or mountain ranges. Steer clear of those named for landfills.
- You'll never be lost if you remember that moss always grows on the north side of your compass.
- You can duplicate the warmth of a down-filled bedroll by climbing into a plastic garbage bag with several geese.
- A two-man pup tent does not include two men or a pup.
- Bear bells provide an element of safety for hikers in grizzly country. The tricky part is getting them on the bears.
- You'll never be awakened by the call of a loon if you have an unlisted number.
- You can compress the diameter of your rolled up sleeping bag by running over it with your car.
- A potato baked in the coals for one hour makes an excellent side dish. A potato baked in the coals for three hours makes an excellent hockey puck.
- Check the washing instructions before purchasing any apparel to be worn camping. Buy only those that read "Beat on a rock in stream."



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