



Pathfinder Pathways...

A Publication of the Georgia-Cumberland Conference Pathfinders

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Listen Slowly

I would hate to have a hard count of how many times we interrupt people in conversation and how many times we jump ahead with our thoughts expressing the wrong conclusion to someone else's words.

We miss so much in life because we will not listen. A well known Christian writer once found himself with too many commitments in too few days. He got nervous and tense about it. He says: "I was snapping at my wife and our children, choking down my food at mealtimes, and feeling irritated at those unexpected interruptions through the day." "Before long, things around our home started reflecting the pattern of my hurry-up style. It was becoming unbearable. "I distinctly remember after supper one evening, the words of our younger daughter. She wanted to tell me something important that had happened to her at school that day. She began hurriedly, 'Daddy, I wanna tell you somethin' and I'll tell you really fast.' "Suddenly realizing her frustration, I answered, 'Honey, you can tell me -- and you don't have to tell me really fast. Say it slowly.'"

"I'll never forget her answer: "Then listen slowly.'"



Outreach Activity Ideas

Donate a plant -- Many shut-ins don't have many pretty things to look at or care for. . . a plant may work wonders for happiness. Also, many programs online will reforest rainforests and other areas that need new trees if you donate a tree to their cause.

Use this as part of the houseplant honor. Take cuttings and keep them for six months until they get a good start. Then donate them to shut-ins. Make sure that someone will be able to help them take care of the plants and only give one so that it isn't overwhelming.

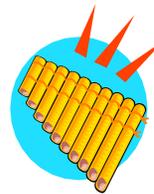
Honor Toolbox

Whistle Honor



Did you know that one of the new honors that was approved last year is about whistles. So I started doing some research. This was not an easy honor to find some of the answers for. Below are links to different websites that will help you find the answers to the different questions. To search for additional answers to the requirements just type the question into your search engine.

- [The Willow Whistle](#)
- [Making a Willow Whistle](#)
- [Willow Whistle](#)
- [Wikibooks Whistle](#)
- [How does a Whistle Work?](#)
- [How does a steam whistle work?](#)
- [Tin Whistle](#)
- [The Whistle Shop](#)
- [Make a grass whistle \(video\)](#)
- [Two-Handed Whistling](#)
- [Making a Horsetail Pan Flute](#)



As you figure out the answers to the requirements make sure to add them to the Wikibook Answer Book. Eventually if enough people work on it all of the answers will be included.

Knot this Month

Knot Relay (timed variation)

Have the teams line up behind a starting line. A leader stands opposite each team and has one or two ropes, and a pole (if desired). At the GO signal, each team sends one Pathfinder forward. The leader gives them a randomly selected knot. The Pathfinder then must successfully tie that knot before returning to their patrol. When each Pathfinder returns to the team, the next Pathfinder is sent forward.

Count the number of knots tied. Keep moving until the game period has nearly expired. The team with the most successfully tied knots wins. By running this relay for a fixed time, there is no need to adjust for different sized groups. Each Pathfinder should get the opportunity to tie 2 or 3 different knots (at least).

What makes the world go round is the temptation to attempt something that can't be done, and to succeed.

Safety Tip

Mountain Biking Safety

Please abide by the rules of the trail:

- **Control your speed**
 - Bikers yield to hikers, downhill yield to uphill
- **Leave no trace**
 - Avoid riding on wet trails
 - Stay on the trail: Do not free-ride off the trail, shortcut, or work-around
 - *No skidding, no kidding!*
 - Pack out what you pack in
- **Be safe:**
 - Plan ahead and let others know your plans
 - Wear a helmet and other protective gear (don't forget the bug repellent!)
 - Carry plenty of water and a snack
- **Be responsible:**
 - Avoid disturbing the flora and fauna... it is their home!
 - Mountain biking is a vigorous and demanding outdoor activity: It can be dangerous if not done conscientiously.
 - Be careful, and know your limits: *You use these trails at your own risk.*
 - Enjoy and appreciate the woods. Remember, they belong to our grandchildren.
- <http://bikechattanooga.org/RaccoonMountainProject.html#Topic4>

Smile

A smile costs nothing, but gives much; it enriched those who receive, without making poorer those who give. It takes but a moment, but the memory of it sometimes lasts forever.



None is so rich or mighty that he can get along without it, and none is so poor but that he can be made rich by it. A smile creates happiness in the home, fosters good will in business, and is the countersign of friendship. It brings rest to the weary, cheer to the discouraged, sunshine to the sad, and it is nature's best antidote for trouble. Yet it cannot be bought, begged, borrowed, or stolen, for it is something that is of no value to anyone until it is given away. Some people are too tired to give you a smile. Give them one of yours, as none needs a smile so much as he who has no more to give.

Camping

Do-It-Yourself Ground Cloths

Every now and then the time will come when you have to wash a tent that's become too dirty. But the longer you can go between washing the better, because washing is a messy job and traces of detergents left behind will affect water repellency if you don't rinse thoroughly.

The key to keeping dirt and other scum off of your tent in the first place is to put a protective layer between the ground and your prized possession. For this task you could pay for a pre-made **ground cloth**



(sometimes referred to as a "footprint"), or make your own for mere pennies. Here's how to do it yourself:

Step one:

At home, set your tent atop a piece of heavy-duty, clear plastic or Tyvek and trace its outline with a felt-tip pen. Mark the plastic about two inches in from the edge of the floor. Note pebbles to stop it blowing around.

Step two:

Cut the plastic an inch or two smaller than the tent's actual footprint to eliminate the risk of it protruding and catching rainwater that will then flow under the floor.

Step three:

Write "Top" with indelible magic marker at several points on one side to make it easy to always fold it dirty side to dirty side and to keep the clean side to the tent. At the end of a trip, clean the protective ground cloth with a broom and hose on the lawn.

<http://www.prolitegear.com/tyvek.html>

More Housecleaning Tips

- With or without a ground cloth, you'll want to fold the tent floor so that the wet and dirty tent bottom does not come into contact with the rest of the tent. Starting with the tent floor side down, fold the outer corners on both sides toward each other before rolling. With irregular shaped tents, just fold the edges of the floor inwards so as to hide all the non-floor fabric. Figure out your own folding system to achieve this!
- Clean out a freestanding tent by inverting it and shaking out and crud before packing it up. Use a small damp sponge to wipe of mud from the tent body or fly.
- Avoid smushing mosquitoes and other pests into the tent fabric. Instead, place a hand over them and slide it sideways over the fabric. That kills or disables the insects without a major mess. Even if they are full of blood there is a smear, it will wipe off more easily than the mess made when you vindictively pound the beastie against the tent wall.

Hike of the Month

'The journey is the destination'

Kimsey Creek Trail

It is located in the Standing Indian Campground area, near Franklin, NC, is a popular and easy hike. It is 3.7 miles one way and meanders along the banks of Kimsey Creek.



Rhododendron, mountain laurel, numerous wildflowers, as well as hardwood and fir trees line the trail. Songbirds and butterflies abound and an occasional friendly snake may be seen.

Other trails from this same location are the Lower Ridge Trail, 7.8 miles round trip and is considered a strenuous hike, the Park Ridge Trail, a 3.2 mile moderate to strenuous hike and the Park Creek Trail a 4.8 mile moderate to strenuous hike. Combine the Park Ridge Trail and the Park Creek Trail for an 8 mile round trip hike.

<http://www.webehiking.com/kimseycrktrail.html>

Camp Cooking

Easy Pineapple Upside-Down Cake

12" Camp Dutch Oven

½ cup butter
1 cup brown sugar
1 (20 oz.) can pineapple slices
Juice from pineapple slices plus enough water to make 1-1/2 cups
8 maraschino cherries
1 yellow cake mix
3 eggs

In a 12 inch camp Dutch oven, melt butter. Sprinkle with brown sugar. Place pineapple slices over brown sugar. There should be room for 7-8 slices. Place a cherry in the center of each slice. In a medium bowl, combine cake mix, eggs, and reserved juice and water. Stir for 2 minutes. Spoon over pineapple slices. Place over 6 coals with 18 on lid. Cook at 350°F for 25-30 minutes. When done, place serving plate inverted over camp oven and carefully flip the camp oven. Remove oven and replace any pineapple that may have stuck. Serve warm with ice cream or whipped cream.

Lodge Camp Dutch Oven Cooking 101

Nature Nugget

Saving our Children from Nature-Deficit Disorder

The Children & Nature Network (C&NN) was created to encourage and support the people and organizations working to reconnect children with nature. C&NN provides access to the latest news and research in the field and a peer-to-peer network of researchers and individuals, educators and organizations dedicated to children's health and well-being. <http://www.cnaturenet.org/>

The *Last Child in the Woods* is a book links the lack of nature in the lives of today's wired generation – it's called a nature-deficit to some of the most disturbing childhood trends, such as the rise in obesity; attention disorders, and depression.

<http://www.workman.com/products/9781565125223/>

http://www.nytimes.com/2005/04/28/garden/28kids.html?_r=1&oref=slogin

Why children need to connect with nature

- Being outdoors helps create a sense of wonder in children, which they can carry over to other aspects of their life.
- Being out in nature helps children to become more aware. Nature gives children the chance to engage all their senses of perception.
- Modern life is too regimented and deprives children of the opportunity of exploring and learning by themselves. In this context, the role of nature to stimulate their curiosity is even more important.
- According to educationists, the opportunity to explore nature helps children improve their attention span and learning capacity.
- Research has proven that exposure to green outdoor setting helps to reduce symptoms of Attention Deficit Disorders in children.
- Outdoor activity offers children the opportunity of fresh air and exercise. Both are important to help children keep physically and mentally fit.
- Being in and enjoying nature is an important part of children's development.

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Pathways Editor – Karen Reed

gccpathways@yahoo.com

Pathways Coordinator – Joe White

pathfinderjoe@gmail.com