



Pathfinder Pathways...

Trouble Tree

The Carpenter I hired to help me restore an old farmhouse had just finished a rough first day on the job. A flat tire made him lose an hour or work, his electric saw quit, and now his ancient pickup truck refused to start.

While I drove him home, he sat in stony silence. On arriving, he invited me in to meet his family. As we walked toward the front door, he paused briefly at a small tree, touching the tips of the branches with both hands.

When he opened the door of his house he underwent an amazing transformation. His tanned face was wreathed in smiles and he hugged his two small children and gave his wife a kiss.

Afterward he walked me to the car. We passed the tree and my curiosity got the better of me. I asked him about what I had seen him do earlier.

"Oh, that's my trouble tree," he replied. "I know I can't help having troubles on the job, but one thing's for sure, troubles don't belong in the house with my wife and the children. So, I just hang them on the tree every night when I come home. Then in the morning I pick them up again."



"Funny thing is," he smiled, "when I come out in the morning to pick 'em up, there ain't nearly as many as I remember hanging up the night before."

Outreach Activity Ideas

Help train Special Olympics athletes. Or help at the Special Olympics events.



Coordinator's Corral

"Pathfinding Around the World"



Next year's theme is "Pathfinding Around the World". So the coordinators would like for the leaders to be able to get a head start on planning for ways to use the theme in next year's program.

Here are some ideas that are being talked about for the Camporee. Each club would choose a country that they would learn about and use for different activities.

- A "Parade of Nations". Representatives or the entire club wear costumes from the country the club has chose in the parade.
- Each club would be lead by the flag of that country
- Each club will provide games or other activities from the country they for Camporee.
- Some of the food at the food fair would be representative of that country.
- Provide games and other activities from their country for Camporee.
- Clubs would provide music for the programs that represented their country.

Games from Around the World

(Here's what I found with a Google search)

- [Children's Games from Around the World](#)
- [Games from Around the World](#)
- [Playground Games from Around the World](#)
- [Celebrate Children's Day](#)
- [Games around the World](#)

Flags from Around the World

Links that help you find the flags for different countries. Some of these links also have other information about the countries.

- [Flags of the World](#)
- [Flags of all Countries](#)
- [Flags of the World - CIA](#)
- [World Flag Database](#)

Continued on page 5

Safety Tip

Heat Related Injuries Guide



This summer many clubs will be participating in summer activities make sure that you remember to take proper precautions so the no one has any heat related problems.

Heat injuries are close cousins to their winter time counterparts. Where hypothermia is the reduction of normal body temperature by 2-1/2 degrees or more, heat injuries is when the body temperatures soars above normal, or the body loses it's ability to regulate heat due to exertion or exposure to a hot climate. Just like hypothermia, the very old, the very young, and those with circulatory disorders are more likely to get heat related injuries.

Every year heat related injuries kill experienced, well-conditioned hikers. In the United States Grand Canyon National Park claims five to ten people each year on average for heat related death, and hundreds of people are treated for heat related injuries. Just like its cold weather cousin hypothermia, victims of dehydration, heat exhaustion and heatstroke tend to ignore their condition until it is too late.

Dehydration is a major contributing factor to heat related injuries. Proper hydration when outdoors in hot conditions is very critical in aiding the prevention of heat related injuries. Under normal conditions the body loses about one gallon of fluid a day through sweating, breathing, and going to the bathroom. Certain medical conditions, like severe diarrhea, can up the fluid loss too as much as six gallons of fluid in a day. When you engage in strenuous activity the amount of fluid loss greatly increases.

You should drink at least one quart of fluid for each hour you are out doing physical activity. Having your water bottle in your pack and drinking during breaks is not the best strategy. Continuous hydration by either carrying a water bottle or by using a hydration pack is much better strategy. Don't wait until you are thirsty.

When you get into a dehydrated state you are weak, dizzy, profoundly exhausted and can have problems thinking clearly. Feeling nauseous, being drenched in sweat, dark urine with a strong odor, and having cramps are also warning signs of dehydration. More severe dehydration can be indicated by taking a pinch of skin from the back of the hand, if the pinched fold stays up (the skin is no long pliable) you are becoming dangerously dehydrated.

Drinking lots of fluid with some a small amount of salt helps treat early dehydration. Severe dehydration requires medical attention, typically IV fluids are given.

Heat exhaustion is the next step beyond simple dehydration. Because of a large loss of body fluid, the circulatory system can collapse, causing a sudden drop in blood pressure, which can lead to unconsciousness. Because heat exhaustion is the next step past dehydration, it gives a lot of warning signs before its onset.

Increasing fatigue, severe cramps, weakness, inability to think properly or strange behavior, drenching sweats, dilated pupils, and nausea are all warning signs of heat exhaustion. A person with more severe heat exhaustion can have cold, pale, clammy skin, be agitated or disoriented, and can complain of profound thirst.

Heat exhaustion is a serious medical condition. The first step is to get the victim in a cooler environment, out of the sun at the bare minimum. Elevate the feet about twelve inches and have them lie down on a flat surface. Elevating the feet helps keep blood flowing to the brain. Apply cool clothes, wet compresses to the skin of the victim. Fan them down to help aid convection cooling. Do not use rubbing alcohol. Have them sip non-carbonated sports drinks like Gatorade or lightly salted water. Cool water will work fine if nothing else is available. Do not drink caffeine as it affects the body's ability to regulate heat. Be careful not to cool the victim down to the point they get hypothermia (believe it or not, a common mistake in treating heat injuries). Medical attention should be sought out as soon as possible for victims of heat exhaustion.

Prevention of heat related injuries are very simple and require just a little common sense:

- Wear a hat with a broad rim. Believe it or not, especially in extreme heat, a broad rimmed hat made of breathable material aids in keeping you cool. It keeps the sun from directly hitting the top of your head, where almost 50% of our body heat loss occurs.
- Avoid sunburn. People with sunburns have a more difficult time regulating heat. When in hot climates with sun exposure use a proper sunscreen, being particularly sensitive to your face, nose, ears, back of your neck and your feet if you wear sandals without socks.
- Wear loose fitting clothing that allows sweat to evaporate quickly when in hot climates. Some companies make outstanding clothing out of hybrid synthetic materials blended with cotton that wick sweat away quickly and allow it to evaporate quickly.
- Drink plenty of fluids, at least one quart per hour in hot conditions. Non-carbonated sports drinks like Gatorade may help, as a small amount of salt in cool water. There is tremendous debate on taking salt tablets to prevent dehydration; our non-medical recommendation is to avoid salt tablets. Don't wait

until you are thirsty to have a drink (it's already too late).

- Do not ignore your bodies warning signals. Cramps, nausea, weakness, dark urine or blood tinted urine, being profoundly sweaty, dizziness, and feelings of extreme thirst are all early warning signs of heat related injuries. Take the proper steps to protect yourself.
- Do not engage in desert hiking unless you have prior experience of hiking alone. Travel with a well-seasoned outfitter, take courses, and if you are in desert conditions avoid hiking during the heat of the day. If you must move take extra steps to remain hydrated. Don't underestimate what the sun can do to you.
- Don't drink caffeinated drinks before during or immediately after exposure to heat while out in the field. Both of these negatively effect your body's ability to regulate heat.
- If you or someone in your part is suffering from symptoms of heat injuries, seek proper medical treatment immediately.

Outdoorplaces.com

Camping

Although it may seem a little strange to have an article in May for the next Pathfinder year, now is the time to start planning how to help your parents get their Pathfinders ready for camping.

Plan to set up a display at your registration. Put up a tent so the parents can picture what their children will be sleeping in.

Have examples of appropriate camping gear. Sleeping bags, sleeping pads, thermal underwear, etc. Then include information about why they are good choices.

Get a number of catalogs with from camping supply stores that the parents can take with them. Make a couple of posters that includes information about appropriate sleeping bags, ground pads, etc. This might be a great project for your TLTs.



*Goofed? Apologize Now.
"It's easier to eat crow while
it's still warm."*

--Dan Heist

Honor Toolbox



Currency

Next year's Pathfinder theme is "Pathfinding Around the World" what a great time to introduce your Pathfinders to the different currencies from around the world. Since the Pathfinders need to make several collections to complete this honor. Someone might want to take some time to get some contact of where the coins could be collected from.

The Pathfinders could also get started with a collection. One that looks fun would be to collect and mount a date set of series of coins for your country beginning with your birth year.

I did a 'Google' search of "Facts about United States Money" and got a lot of hits. Here are a few:

- [Department of the Treasury](#)
- [Department of the Treasury - For Kids](#)
- [Fun Facts about Money](#)
- [PBS - A History of Paper of Money](#)
- [Facts about US Money](#)

- [World Currency](#)
- [Fast Facts - Money](#)
- [Currency by Country](#)
- [Currency - Ours and Theirs](#)

When you teach the honor check and see if there is a coin/currency collector in your area. You may want to put a note in your church bulletin

Where to get coin holders?

- <http://www.telesphere.com/ts/coins/faq.html>
- <http://coincollector.org/>
- <http://coins.about.com/>
- <http://www.coin-newbies.com/>
- <http://www.meritbadge.com/mb/035.htm>
- <http://www.theallined.com/family/family-152.htm>

*The world is a book, and
those who do not travel read
only a page.*

- Saint Augustine



Computer Connection

Do you put together PowerPoint presentations that may be used by others? Make sure to include either a script or information in the notes section of each slide. While you may know the information backwards and forwards, others might not be that familiar with the subject. It can be discouraging to try to give a presentation using someone else's presentation without a script to follow.

Here are several resources that have other guidelines for putting together PowerPoint presentations. They will not teach you how to use PowerPoint, they are guidelines that will help you make your presentations better and to avoid common mistakes.

- [Designing Guidelines](#)
- [PowerPoint Presentation Guidelines](#)
- [PowerPoint Design](#)



Hike of the Month

'The journey is the destination'

Kennesaw Mountain

During the Civil War the first portion of the Battle for Atlanta was fought around Kennesaw Mountain in the northwestern corner of the city. Today, the Kennesaw Mountain National Battlefield Park is a popular hiking and recreation area in the city of Atlanta.

Located inside the suburbs of Atlanta, Kennesaw Mountain provides surprisingly good hiking. Dozens of miles of trails loop around and over Kennesaw and Little Kennesaw Mountain. While some of the trails can be very crowded, especially on sunny weekends, it is possible to find some degree of isolation on some of the less popular and more remote trails. Still, you will encounter other hikers as well as joggers, casual walkers and even the occasional rider on horseback. On weekends with good weather it can be difficult to find parking around the park.

The trail system around the mountain is very nice and in places it is possible to still see the remnants of Civil War battlements and entrenchments. The trail runs behind private homes and businesses in many locations but in others it is well within the park boundaries. The view of Atlanta and the surrounding area from the top of the mountain is spectacular.

Kennesaw Mountain, while often crowded, is an excellent area for hiking or just getting out for a while.

Counselor's Corner

Here's a tip for gaining control of a rowdy unit of Pathfinders during Pathfinder meetings. Separate them into as many groups as you can depending on the staff you have. Then have a "Round Robin" session. Have each staff member work on a different class work. Each session should not last more than 10 minutes. This is a great idea for some of the more "boring" subjects. While ideally we want all subjects to be fascinating, realistically that is not going to happen.

- Thanks Nina for this tip



*People have more options
than they think they do.
But most people spend more
time planning their vacations than
thinking about what they want
to do with their lives.*

- Bob McDonald



Camp Cooking

When buying a cast iron Dutch oven, whether new or used, look carefully at these five important areas:

- 1. Only buy Dutch ovens with legs.** Some are manufactured with flat bottoms and are far more difficult to use. The three legs should be cleanly attached to the bottom of the oven, never cracked, bent, or broken off.
- 2. Check the fit of the lid.** It should lie flush with the lip of the oven all the way around, with no significant gaps.
- 3. Check the casting, or thickness, of the metal,** especially around the rim. There will be some inconsistencies. However, areas that are 15% (or more) thicker or thinner than the remaining areas will produce hot or cold spots during cooking and cooling. This variance in thickness will also make the oven much more likely to crack or warp.
- 4. Make sure the lid has a loop handle,** cleanly attached to its center.
- 5. Check the bail (the wire handle)** attached to the oven itself. It should be easily movable and strong enough to use for carrying or hanging a heavy pot full of stew without difficulty.

If these five areas pass inspection, you've got a good Dutch oven.

Another purchase consideration is the size of the oven. Dutch ovens range in size from 8 to 22 inches in diameter. The most commonly used are 10-inch, 12-inch, and 14-inch ovens. The larger ovens hold more if you're cooking for large groups, but they are huge, heavy, and hard to handle. If you only buy one oven to get started, pick a 12-inch. Later you can add a 10-, 14- or additional 12-inch ovens.

Byron's Garlic Herb Rolls

<http://papadutch.home.comcast.net/dutch-oven-recipe-garlicrolls.htm>

- 5 1/2 cups bread flour
- 2 Tbs. yeast
- 1/3 cup non-fat dry milk
- 1/3 cup sugar
- 1 Tbs. salt
- 3 Tbs. dried parsley flakes
- 1 Tbs. + 1 tsp. dried basil leaves
- 1 Tbs. dried thyme leaves
- 2 cups warm water; 120° F.
- 1/4 cup vegetable oil
- 2 eggs; beaten
- 1/4 cup butter; melted
- 3/4 tsp. seasoned salt
- 10 cloves roasted garlic; chopped

Toppings

- 2 Tbs. whipping cream
- 2 Tbs. melted butter
- 1/4 cup parmesan cheese

In a mixing bowl combine 2 cups flour, yeast, dry milk, sugar, salt, and herbs; blend well. Stir in water, eggs, and oil. Mix thoroughly. Stir in remaining flour 1 cup at a time until dough pulls away from sides of bowl. Turn dough out onto a floured board and knead it for 5 minutes until dough becomes elastic and sticky. Roll dough generously in flour, then cover and place in a warm area free from drafts to raise until double in size.

Place raised dough on a floured board and punch down. Separate dough into 16 pieces. Form a ball from each piece and pat down into a round. Brush melted butter over tops of round and sprinkle with chopped garlic and seasoned salt. Pull rounds into an oval and fold in half so the garlic is on the inside. Place the folds of 10 rolls against the side of a warm lightly oiled 12" Dutch oven. Place 5 rolls in the inner circle and 1 roll in the center. Cover and let raise in a warm area for 15-20 minutes.

Brush tops of rolls with whipping cream then bake using 10-12 coals bottom and 16-18 coals top until rolls turn a light brown color. Brush tops of rolls with melted butter and sprinkle with parmesan cheese. Cover and continue baking until rolls turn golden brown. Total baking time should be between 20-25 minutes. For even browning make sure to rotate the top and bottom of the oven 1/4 turn in opposite directions every 10 minutes.
Yield: 16 rolls.

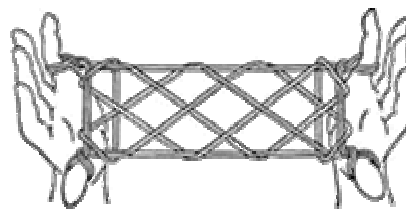
GREAT TRUTHS ABOUT GROWING OLD:

- 1) Growing old is mandatory; growing up is optional.
- 2) Forget the health food. I need all the preservatives I can get.
- 3) When you fall down, you wonder what else you can do while you're down there
- 4) You're getting old when you get the same sensation from a rocking chair that you once got from a roller coaster.
- 5) It's frustrating when you know all the answers, but nobody bothers to ask you the questions.
- 6) Time may be a great healer, but it's a lousy beautician.
- 7) Wisdom comes with age, but sometimes age comes alone.

Knot this Month Human Cat's Cradle

How to Do Cat's Cradle

Although this is not truly a knot game, it is a lot of fun! You'll need a large rope and ten people. First, have two Pathfinders with a smaller rope do the steps in the cat's cradle, and then mimic using the large rope and lots of Pathfinders as the "fingers". See how far through the string game you can get!



"Pathfinding Around the World" cont'

Adopt-a-Club from another country. Write or email them to learn more about them. Find out what their club does, how their uniform is different from yours. Learn about their country. It's possible that their club has needs, find out what they are and do what you can to help.

How can you find a club from another country? Here are a couple of forums that you could check and advertise that you'd like to adopt a club.

[Pathfindersonline Forum](#)
[SDA Pathfinder Network](#)

Pathways Editor – Karen Reed
gccpathways@yahoo.com
Pathways Coordinator – Joe White
joe@pathfinderjoe.net