



Pathfinder Pathways...

A Publication of the Georgia-Cumberland Conference Pathfinders

September 2005

THE LOST PIN

Once again I sit with my Pathfinder uniform in my lap getting ready for a meeting to be held in full dress uniform. As usual, I struggle to get the Friend pin straight in the row with the other class pins. Today, the Master Guide insignia just does not look centered over the button, even after several stabs at the pocket flap. Finally, all the pins are correct except one. My baptismal pin is not in the storage box with the other pins. Once again it is missing. Last week I lost my baptismal pin again. I am not careless with my pin; I know exactly where it is. About now, my pin is being put on another uniform. The pin will be proudly displayed on the uniform pocket of the latest baptized member of our church.

When I became director of our Pathfinder club, I started presenting a baptismal pin to each member of the club when they were baptized. The first time it happened, I did not have time to get a pin from the Youth Department, so I presented my pin to the newly baptized Pathfinder. I take another new pin from the plastic bag and remove it from the cardboard and place it on my uniform next to my heart. I pray I will soon lose this one too.

-Michael Salzman
ARKLA Conference

Outreach Activity Ideas

Create table arrangements for a local soup kitchen or nursing home.



The illiterate of the future will not be the person who cannot read. It will be the person who does not know how to learn.

- Alvin Toffler



What is the 30 Hour Famine?

The 30 Hour Famine puts hands and feet to your desire to live a life of Christian compassion.

It will unite youth group members like never before. And the impact

will last long after the Famine event is over. It can be the spark that fires up a person for a lifetime of reaching out to neighbors in need, whether they're across the street - or around the globe.

How does the Famine work?

It's really quite simple. First of all, the materials are provided, free of charge, by World Vision. Before our "Famine Date" (November 11-12, 2005) each participant is to raise money through donors and sponsors to help the millions of starving and hurting children in some of the world's poorest countries, offering them a hope they could not otherwise have. We will then go 30 hours without food, so that we can have a real taste of what hunger is like. During this time we will engage in different activities. Afterwards the money raised is sent in to World Vision, and they put it to work in areas like Kenya, Sudan, and here in the United States.

What does it take to help a hungry child?

Only \$30 a month, just \$1 a day, will feed and care for a child. You can start by asking twelve people they know to donate \$30 - that's one person for each month of the year. When you've done that, you will have raised \$360, enough money to feed and provide necessary care to a child for a whole year.

This year, thousands of groups in more than 21 countries - more than 1 million teens - will unite with one goal in mind: to help children living in some of the most deplorable conditions on earth.

Countless lives will be impacted and saved. So get on board now. This can be the single most effective event you're a part of all year to make a difference in peoples' lives.

And this means both in your community, and around the globe. Shake things up, and join the winnable war to save kids lives.



[World Vision's 30 Hour Famine](#)

Camping



Walking Sticks

Next time you go camping, help your Pathfinders make their own personal walking stick. Walking sticks make hiking more fun. They let your arms get into the act, so you cover ground more easily. Even better, they help you keep your balance, which means that heavy pack will stay on

your back instead of tumbling down some deep ravine – and maybe taking you with it! Here’s how to create your own walking stick.

Step 1: Cut your 1½ to 2 inch thick wood to length (55 to 65 inches long), making sure both ends are free of splits. The finished walking stick should come between the shoulder and the elbow of the Pathfinder using it. You can use dead, dry wood, but it’s hard to carve and makes a weak walking stick. If possible use fresh wood; hardwood from deciduous (leafy) trees is better than evergreen soft-wood because it is less gummy.

Note: Pathfinders *never* cut just any live tree! Take wood *only* from approved sources, such as a conservation project that thins out a timber stand or trail-building and trail-improvement projects.

Step 2: Using your pocketknife, whittle the bark from your stick, revealing the bright wood beneath. This job takes patience, especially when you are working around knots. Keep at it.

You may discover your stick as an inner layer of bark, as well, carve it away too, or your stick will darken as it dries.

Step 3: If you want to protect the bottom end of your walking stick from splintering, whittle it down until 1-inch long piece of ¾-inch-diameter copper water pipe slips snugly onto it. Secure the pipe permanently with five-minute epoxy.

Step 4: Your walking stick is now ready for immediate use. However, if you’d like to carve it to a smoother finish and apply a protective coat, you’ll need to let it dry indoors for about a month. Use sandpaper to make its surface even smoother.

Step 4: Optional: Add your personal mark to the walking stick using a wood-burning tool.

When you have the stick carved to your satisfaction, apply a stain or other such finish and a protective coat of polyurethane.

Encourage your Pathfinders to take their walking stick with them on all their hikes. Whenever they pick it up, the stick will remind them of their past outdoor adventures.

~~~~~  
*Education is when you read the fine print.  
Experience is what you get if you don't.*

- Pete Seeger

## Honor Toolbox



### Knitting

**O**nce, knitting was viewed as an "old lady's sport," but now people are reconsidering that label. From preschool classrooms to college campuses, younger folks are yearning for yarn, and the time-honored craft is gaining momentum.

If Julia Roberts, Jackie Joyner-Kersey, Madeline Albright and even Russell Crowe are doing it, according to Vanity Fair magazine, then it must be a bona fide trend. Though far from the days when women sat by the fire and did it, knitting has made a grand return. A new generation has discovered what older adults have known for years: these crafts are great stress relievers.

So what can you as Pathfinder leaders do to encourage such a healthy trend among your Pathfinders? Teach an honor!

If you don't know how to knit, check with the members in your church to see if there is someone who knows how to knit and would be willing to teach your Pathfinders. Make sure that this person knows how to work with young people and is going to be OK with some of the wild ideas that the Pathfinders may come up with.

As far as style goes, knitting designs have gone beyond the simple baby booties or scarves we used to see. That's because of the variety of patterns and books available, as well as Web sites that provide free patterns, tips and links for purchasing supplies. Also remember to check the stores that sell yarn. They often have free one page instructions for quick projects.

Knitted scarves are the hottest fashion accessories of the season! Plus scarves can be a less-complicated design to create for less experienced knitters. They also work as a gift for all ages. They can also be made to pass out to the homeless during the cold winter months. So now is the time to get started so that they will be ready when cold weather arrives.

Whether you're learning to knit or returning to this craft, remember to relax and enjoy this soothing way to pass the time while you are creating something special.

[www.craftyarncouncil.com](http://www.craftyarncouncil.com)  
[BH&G Knitting Basics](#)  
[Bernat Yarns](#)  
[Lion Brand Yarn](#)



## Hike of the Month

*'The journey is the destination'*

### Graveyard Fields Trail, Cherokee, NC

This trail begins at the Graveyard Fields Overlook, located at Mile Marker 418 on the Blue Ridge Parkway, about 30 miles south of Asheville, NC. From the U.S. Highway 276 junction with the parkway, turn left, or south on the Parkway and continue to milepost 418.8 (about 6 miles).

This is a popular family hike because of its beauty and ease. This is a moderate climb of almost a mile to the base of an impressive waterfall.

For great fall foliage mixed with waterfalls, this is a great hike. Despite its ominous-sounding name, the trail is one of the most popular destinations along the Blue Ridge Parkway in Virginia and North Carolina

At the turn of the century, massive clear-cutting left thousands of spruce stumps and moss-covered trunks, reminding some of grave markers. Then, in 1925, a fire destroyed 25,000 acres — a fire so hot that it sterilized the soil in the valley, slowing its regrowth. Today, open fields of grasses and wildflowers thrive, punctuated by trees and shrubs of the returning forest — a unique departure from the dense forest canopy normally found in these mountains.

It starts as a set of stone steps, then wanders through a rhododendron hammock and over a stream bed.

It crosses the gentle Yellowstone Prong of the Pigeon River, and up ahead is Yellowstone Falls. Hikers follow another rhododendron hammock, then take a series of new wooden steps going down to a viewing platform --- an improvement over the once treacherous descent. When you leave the platform and go down a few steps, you're at the base of the falls. Kevin Adams, in his book "North Carolina Waterfalls," gives this falls a "beauty rating" of 7 on a scale of 1 to 10.

The access here is relatively easy and picturesque. The autumn leaves frame the tumbling water cascading over the 100-foot rock face. The colors of wildflowers mix with the golden grasses, a palate causing us to stop often.

The trail is well worn; much of it along the river, so finding your way is no problem. At the juncture point, a marker says to go left to return to the parking lot or to continue straight to the "Upper Falls."

As the trail begins to climb and moves away from the river, you will find more hammock and trickling streams with larger rocks. Farther on, rocks turn to small boulders and the ascent becomes steeper, then, suddenly, around huge rock outcroppings, there it is: the Upper Falls. More rugged than the Yellowstone, with larger boulders. On this part of the trail there are many more rhododendron and wide patches of Galeax, a prized flower in danger of becoming extinct.

A map at the parking area shows the Graveyard Fields trail system. The set of steps to the right of the map is the start of the trail. After crossing the bridge, the main trail goes left and upstream. A 0.25-mile trail to the right will take you to the bottom of the Lower Falls, which is a moderate descent. Rocks around waterfalls are very slippery. The main trail will take you through open, grassy areas and past nice pools for wading on a hot summer day. Blueberries are abundant in the fall. After one mile, you will see the trail to the Upper Falls. The main trail crosses the Yellow stone Prong and returns to the parking lot.

**Trail Length:** 3.2 miles (one way)

**Location:** Haywood County

**Type of trail:** In and out

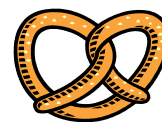
**Rating:** Easy

[Graveyard Fields](#)

~~~~~  
Most of the time when we think of taking a hike, we think of going off someplace in the woods, but that's just one type of hike. Here's an idea an additional type of hike.

Swimming Hike – Hike to a lake or pond where there is good and safe swimming.

Knot this Month



Cook-up Some Knots. Visit [Ropers Knots Page](#) or another 'how-to-tie'

knots site. Then use a recipe found at [Pretzel Recipe](#) or your own pretzel recipe to help create some edible knots. Bake the results and compare yours with the other Pathfinders. Non-edible knots can also be made from playdough (See [Playdough Recipe](#)).



Computer Connection

~~~~~  
The NAD Pathfinder website now has an on-line forum. Internet forums on the web are discussion areas on a web site where visitors can post questions or make remarks on a given topic to be answered by their peers.

Every Pathfinder staff member should go on-line and check it out. There is also a section for the teen Pathfinders to talk about Pathfinder or other stuff.

Not sure how to use forum? Check out the FAQ and your questions should be answered.

<http://www.pathfindersonline.org/forum/>

## Camp Cooking

### Cheddar Cheese Chowder

#### At home, combine and pack:

1 cup dehydrated potatoes  
(Dehydrate your own potatoes or buy dehydrated hash browns.)

½ cup dehydrated onion (1 medium onion)

#### Pack individually:

¼ cup margarine

½ pound grated Cheddar cheese

#### Combine and pack:

2 tablespoons flour

¼ teaspoon sage

¼ teaspoon cumin

2 tablespoons parsley

1 bay leaf

¼ teaspoon nutmeg

On trail, add potatoes and onion to:

3 ½ cups water

Bring to a boil and simmer 10 minutes or until vegetables are rehydrated and tender. Stir in margarine. Add flour mixture a tablespoon at a time, stirring well. Add cheese. Simmer until soup thickens, stirring all the while.

**Servings:** Four servings of 1 ¼ cups each.



### Nature Nugget

#### Litter We Know

Environmental pollution affects all forms of life. Litter is unsightly. It also exposes wildlife and other animals to illness, injury and death.

Monofilament fish line may get tangled on legs and beaks of water birds like geese and herons. Some of these birds need to run short distances to take off when they fly. The fish line prevents this. It also interferes with their swimming. Birds with long bills often get line wrapped around their bills and cannot open them to eat. They starve to death. The line also gets tangled in their wings, preventing the birds from flying.

Sometimes fish or birds get into the loop portions of plastic six-pack can holders. The animal continues to grow, but the loop won't stretch. A slow death results. These loops can also get tangled around the feet of waterfowl.

Half-open cans are a problem. Animals, like deer, can cut their tongues on the cans. Sometimes smaller animals get their heads stuck inside such cans and they can't eat. Starvation is the result. Mice and chipmunks crawl into opened bottles and get trapped inside, unable to get a footing on the slippery glass to push themselves out through the small opening.

Shiny bottle caps or pop-tops may be eaten by wildlife, including fish, injuring or killing them. Cigarette butts, cellophane wrapper, and Styrofoam cups, eaten by deer, can cause internal problems.

Broken glass from bottles and other glass objects can injure people, pets and wildlife.

You can contact your state fish and wildlife agency, or other state agencies, for additional information about problems resulting from litter, including local examples.

The major purpose of this activity is to alert students to the dangers of litter pollution, and to consideration of responsible actions people can take to minimize consequences of litter pollution.

**Materials** – large sheets of butcher paper for mounting collages, glue, different types of litter.

#### Procedure

1. Divide the Pathfinders into three or four teams.
2. Ask each team to bring a collection of litter to class in a paper bag. Suggest they look in parks, camping areas, or school grounds. Note: They should not take things out of garbage cans.
3. Have the teams make and display collages of these items.
4. Discuss the effects of litter. Optional: Ask a wildlife expert to join the group for the discussion.
5. Ask the Pathfinders to assign a numerical value to each kind of litter. The item potentially most harmful to wildlife has the highest score, least harmful has the lowest score.
6. Have each team figure a total score for their collage based on the numerical values of each piece of litter.
7. Propose and evaluate ways that people can eliminate litter pollution. Can manufacturers make cans with openings other than pop-tops? Could they devise another method of packaging six-packs? How could people fishing have more control over losing their fishing line? How can individuals be instructed about the dangers as well as the unsightliness of littering? What can the Pathfinders do personally-as individuals, as groups, or in their family-to eliminate or reduce their own litter?

#### Evaluation

- Name four ways that litter can harm wildlife.
- List three things you can do to eliminate these dangers.
- Propose what you consider to be one of the most effective ways to eliminate or reduce litter.

Pathways Editor – Karen Reed

[gccpathways@yahoo.com](mailto:gccpathways@yahoo.com)

Pathways Coordinator – Joe White

[joe@pathfinderjoe.net](mailto:joe@pathfinderjoe.net)