



# Pathfinder Pathways...

A Publication of the Georgia-Cumberland Conference Pathfinders

May 2006

## The Piano Lesson

Wishing to encourage her young son's progress on the piano, a mother took the small boy to a Paderewski concert. After they were seated, the mother spotted a friend in the audience and walked down the aisle to greet her.

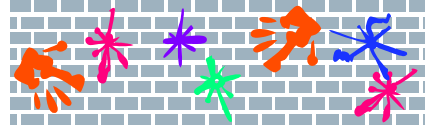
Seizing the opportunity to explore the wonders of the concert hall, the little boy rose and eventually explored his way through a door marked "NO ADMITTANCE." When the house lights dimmed and the concert was about to begin, the mother returned to her seat and discovered that her son was missing. Suddenly, the curtains parted and spotlights focused on the impressive Steinway on stage.

In horror, the mother saw her little boy sitting at the keyboard, innocently picking out "Twinkle, Twinkle Little Star." At that moment, the great piano master made his entrance, quickly moved to the piano, and whispered in the boy's ear, "Don't quit." "Keep playing." Then leaning over, Paderewski reached down with his left hand and began filling in a bass part. Soon his right arm reached around to the other side of the child and he added a running obligatio. Together, the old master and the young novice transformed a frightening situation into a wonderfully creative experience.

That's the way it is with God. What we can accomplish on our own is hardly noteworthy. We try our best, but the results aren't exactly graceful flowing music. With the hand of the Master, our life's work truly can be beautiful and a blessing to others. So the next time you set out to accomplish great feats, listen carefully and you can hear the voice of the Master, whispering in your ear, "Don't quit. Keep playing." Feel His loving arms around you. Know that His strong hands are playing the concerto of your life. God doesn't call the equipped; He equips the called. Your worst days are never so bad that you are beyond the reach of God's grace. And your best days are never so good that you are beyond the need of God's grace.



## Outreach Activity Ideas



Clean graffiti off of neighborhood walls and buildings

## Honor Toolbox

### Paper Quilling



Paper quilling or paper filigree is the art of rolling thin strips of paper into different shapes and using the shapes to

form designs. Quilling has been around since the Renaissance age. This is now a new honor that has just been approved as an NAD honor.

If your Pathfinders are also working on their Scrapbooking honor, these designs will add interest to many scrapbooking pages.

Here are the requirements and answers for both the basic and the advanced honors.

[Paper Quilling honor requirements](#)

Here are several pages that can be printed out on heavy paper and used either with the examples or without the examples when teaching the Paper Quilling honor.

[Honor Help Cards](#)

Here are some links that have ideas:

[Tips for Quilling](#)

[quilling.com](#)

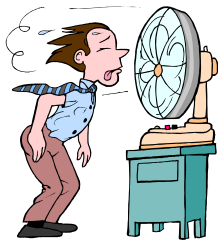
[Whimsiquills](#)

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



-- Dan Heist

## Safety Tip



### Heat Stress

Even though most of us have about heat stress when we've taken first aid classes, it doesn't hurt to review what to do every year. So now that hot weather is here make sure you know what to do before something

happens.

Hot conditions put your body under a lot of stress. Physical activity stresses the body even more. When heat is combined with physical activity, loss of fluids, fatigue and other conditions can lead to a number of heat-related illnesses and injuries. Death is even possible.

Warm weather isn't the only cause of heat stress, though. Heat stress can occur any time the surrounding temperature is elevated. Even if the weather is cool, you may work in warm areas, indoors or out. Be alert to conditions that could cause heat stress and take precautions to prevent it. Six main factors are involved in causing heat stress:

- ✓ Temperature
- ✓ Humidity
- ✓ Movement of air
- ✓ Radiant temperature of surroundings
- ✓ Clothing
- ✓ Physical activity

Adjusting to these factors and/or controlling them reduce the chance of heat stress.

### Heat Rash

#### Causes

- Hot, humid environment
- Sweat ducts become clogged
- Skin is wet most of the time
- Sweat won't evaporate

#### Symptoms

- Red rash
- itching

#### Prevention

- bathe regularly
- keep skin clean and dry

### Heat Cramps

#### Causes

- sweating heavily
- replacing water but not salt

#### Symptoms

- cramping of muscles, arms, stomach and legs
- hot, moist skin
- normal pulse
- normal to slightly high body temperature

- may occur later when relaxed

#### Prevention

- drink plenty of caffeine-free fluids
- check with your doctor about the use of salt tablets

### Heat Exhaustion

#### Cause

- Inadequate salt and water intake is a sign that the body's cooling system isn't working properly

#### Symptoms

- Heavy sweating
- Intense thirst or dehydration
- Cool, moist skin (clammy or pale)
- Weak, rapid pulse
- Low to normal blood pressure
- Fatigue, weakness or loss of coordination

#### Other symptoms to look for

- Loss of appetite, nausea or vomiting
- Anxiety or agitation
- Headache

#### Treatment

- Move into shade or out of heat
- Loosen or remove clothing
- Cool down as fast as possible
- Give water to victim
- Fan the victim
- If necessary, pour cool water on victim
- Seek medical aid – don't let the victim talk you out of this

### Heat Stroke

#### Cause

- The body's cooling mechanism completely shuts down due to extreme loss of salt and fluids



#### Early Symptoms to look for

- High body temperature, above 103°F
- No sweating
- Hot, red flushed dry skin
- Rapid pulse

#### More early symptoms of heat stroke

- Difficulty breathing
- Headache or dizziness
- Bizarre behavior
- Weakness, nausea or vomiting

#### Advanced symptoms

- Seizure or convulsions
- Collapse, fainting
- Loss of consciousness, possible coma
- Body temperature above 108°F

#### Treatment

- Call 911 – get medical treatment immediately
- You must lower the victim's temperature as fast as possible

- Move to cool area
- Immerse the victim in water
- Massage their body with an ice pack
- Don't give liquids to unconscious victims

**More on Prevention**

- Apply sunscreen with SPF 15 or higher 30 minutes before going outside. Sunburns affect your body's ability to cool itself and cause a loss of fluids.
- Protect your head and neck when outside by wearing a wide-brimmed hat or using an umbrella.
- Avoid hot foods and heavy meals, since they add heat to your body. When using a stove, try to cook during cooler times of the day.



**Camp Cooking**



**Tortellini Stew**

At home, place these ingredients in a zipper-lock bag:

2 cups dried tortellini

- 1 cup thinly slice dried tomatoes
- 3 tablespoons dried, chopped green pepper
- 1/3 cup onion flakes of dried scallions
- 1 teaspoon basil
- 1 teaspoon oregano
- 1 teaspoon thyme
- 1/4 teaspoon powdered garlic

**Also pack:**

1/3 cup grated Parmesan cheese or toasted pine nuts

**On trail, add tortellini mixture to:**

2 quarts boiling water

Stir until water returns to a boil. Cook uncovered for 20-25 minutes, stirring occasionally. Spoon into bowls and sprinkle with cheese or nuts.

Servings: Two servings of 2 1/2 cups each



One of the sanest, surest, and most generous joys of life comes from being happy over the good fortune of others.

- Archibald Rutledge

**Knot this month**



**Knotting Baseball**

Spring is here and the baseball season has also started. Here's a fun way to combine the fun of baseball with the skills of knot tying.

This game uses the same teams as baseball, but with no bat or ball. Pitcher and batter each have a piece of rope. Pitcher calls name of knot and throws his rope to anyone in the field. If batter reaches first with knot tied correctly, he is safe. If knot tied (correctly) by fielder, reaches first before batter, he is out. If batter cannot tie knot called, he is out. If fielder cannot tie knot called, batting side scores one run whatever else happens. Fielders can then return ropes to second, third or home to "force" base runners. Make sure pitcher throws rope to all fielders and not too frequently to first base.



**Nature Nugget**

**Serentrinity**



Did you know, many well-know naturalists attribute the longevity of their curiosity to the presence of a playful, encouraging adult in their childhood. Minnesota naturalist Sigurd Olson recalled his first sense of wonder experience in his book,

*Singing Wilderness;*

“My first recollection came one sunny afternoon when Mother led e through a grove of maples in the fall. That day the trees must have been in full color, for the ground was deep in drifting leaves. As we walked through them we were surrounded with color, and when the wind blew we were drenched with it. The whirling masses of red and yellow filled me with excitement, and when we ran through the grove we ran and ran until we could run no more and sank laughing to the ground – color and beauty became part of my life.”

Olson's life was an immersion in the sense of wonder about the wilds of northern Wisconsin, Minnesota and Canada. But his experiences, his introduction to the beauty and marvels of the world around him, began on an autumn hike with his mother.

In her adult life, Rachel Carson wrote *Under the Sea-Wind*, *The Edge of the Sea* and *The Sea Around Us*. But her interest in the natural world began in the lower Allagheny Valley on a 65-acre farm. The woods and fields surrounding the farm were an unending source of

mystery. In *The House of Life*, Paul Brooks quoted Rachel Carson:

I can remember no time when I wasn't interested in the outdoors and the whole world of nature. Those interests, I know, I inherited from my mother and have always shared with her. I was rather a solitary child and spent a great deal of time in woods and beside streams, learning the birds and the insects and flowers.

Across the Atlantic Ocean lie the boyhood haunts of another famous naturalist, John Muir. He grew up in Dunbar, Scotland, a seaport facing the rugged North Sea. Grandfather Gilrye walked through town with two-year-old John to Lord Lauderdale's formal gardens. Then they rested in neighboring haycocks. As John grew older, Grandfather followed him as he raced up the brae to his favorite playground – the moss-covered ruins of old Dunbar castle. In *The Story of My Boyhood and Youth*, John Muir recalled:

I loved to wander in the fields to hear the birds sing and along the seashore to gawe and wonder at the shells and seaweeds, eels and crabs in the pools along the rocks when the tide was low, and best of all to watch the waves in awful storms thundering on the black headlands and craggy ruins of old Dunbar castle where the sea and sky, the waves and the clouds were mingled together as one.

As an adult, indulge yourself in the curiosity of your Pathfinders. Take a free-flight romp with them though a park or the woods. Wade in a small stream. Play in a mud puddle. For many of these children you may be the only person in their lives that helps spark and encourage their curiosity in nature.



Remember, curiosity is an emotion, a mood. Spontaneity is the key to your outing.

### Activity

Purpose:

To playfully foster a child's curiosity

Age/Number/Setting:

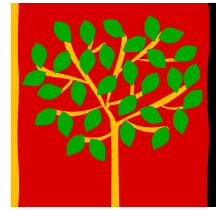
Some activities are best if spontaneous. Anyone of any age can play Serentripty.

How-To:

Let a child be your leader. When a child shows curiosity about some natural object, drop everything and join in the investigation.

For example, if the Pathfinder begins to follow an ant, join the excursion, offering encouraging questions like: "Where do you think he is going?" "Does he live in a house like ours?"

Similarly, follow an adult who shows curiosity. The challenge is greater here. Whereas a child will almost automatically follow his or her curiosity, an adult will most likely have to be coaxed into following through on an initial expression of curiosity. Suppose a friend expresses awe and wonder at the color and form of a newly emerging mushroom. Rather than being content to mutter the usual, "That is really neat!" affirmation, get down on all fours. Look underneath the cap and talk about it: "Look, it's a different color underneath. I wonder how many there are around here?"



When do you stop encouraging the curiosity of a Pathfinder, your child, spouse or friend and move on to something new?

Here are some other ideas for following your curiosity

1. A creek provides the perfect opportunity for letting curiosity flow. Launch a toy sailboat and allow a couple of hours to follow it downstream.
2. Follow a leader on bikes. Is there a bike trail nearby, a long hill, a particularly scenic route?
3. Take a Serentripty car outing with your Pathfinder unit. In the spirit of the trip everyone gets a chance to choose a direction to travel and a stopping place of interest.
4. In the winter or after a spring rain, follow deer or other animal tracks. Where do they stop? What changes in length of stride do you find? Do they lead to a home? Were they pursued?
5. In your unit give each Pathfinder 10 pieces of surveyor's tape. Let each person lay out a similar length trail through the woods. Pair up and follow another person's trail while they follow yours.
6. Follow a night sound until you locate the source (an owl, frogs, crickets).
7. Blindfold someone and take them to a place they are familiar with. Guide them around until they correctly identify the place.

From: *Teaching Kids to Love the Earth*

### Christian One Liners

Some people are kind, polite, and sweet-spirited - until you try to sit in their pews.

Quit complaining about your church; if it was perfect, you couldn't belong.

God promises a safe landing, not a calm passage.

## Hike of the Month

*'The journey is the destination'*

### Maddron Bald Trail – Smokey Mountains



Cascading falls, panoramic views, and old growth forest are some of the outstanding features of this trail.

This trail can be hiked as a two-night trip, and is arguably the best backpacking loop in the entire park. You first hike along the lower reaches of Gabes Mountain, passing Henwallow Falls, and enter virgin woodland to camp at Sugar Cove. Then you head up the Maddron Bald Trail to Albright Grove, which contains some of the park's largest trees. Camp along a gurgling high-country creek near Maddron Bald, which sports awe-inspiring views both above and below. On the return trip down the rugged Snake Den Trail, more vistas open up on some smaller heath balds. This excursion exemplifies the Smoky Mountains at their finest.

Your trip starts on the Gabes Mountain Trail. You'll cross several branches of Crying Creek on footlogs before arriving at an old road turnaround at mile 1.1. While climbing the side of Gabes Mountain, pass amid crumbling homesteads scattered in the second-growth woods along the old road. A newly graded side trail leads to the foot of Henwallow Falls at mile 2.1.

After the falls, continue right on the Gabes Mountain Trail and enter an old-growth forest. Large, slick-surfaced beech trees and huge hemlocks stand out among the giants. The trail crosses small brooks that carve through the mountainside and feed the fern and rhododendron understory.

Ford Greenbrier Creek at mile 4.8 and reach the Sugar Cove backcountry campsite, #34 (elevation 3,240 feet). This is your first night's destination. The campsite gets a fair amount of use but is in good shape, with camping areas lining the creek.

#### Day Two: Creekside Ramble

The next day, continue westward on the Gabes Mountain Trail. Slowly snake your way along Cole Creek; the trail crosses Cole Creek and its tributaries so many times that you'll think Cole Creek is the trail. At mile 6.6, the trail arrives at the [Maddron Bald Trail](#) junction.

Turn left up the Maddron Bald Trail past the boulder in the middle of the road. Come to an old road turnaround at mile 7.7 of your loop hike. The trail becomes a rocky footpath, crossing Indian Camp Creek on a footlog at mile 8.2. Rounding the point of a small ridge, you'll come to the Albright Grove Nature Trail at mile 8.3.

Turn right on the nature trail and admire the old-growth Carolina silverbells, hemlocks, beech and tulip trees that were spared the logger's axe and now enjoy national park protection. Return to the Maddron Bald Trail at mile 9.0.

The Maddron Bald Trail ascends along and over Indian Camp and Copperhead creeks, rounding the point of a ridge at mile 10.5. A small trail to your left emerges at a rocky overlook among crowded brush. From the overlook you can see the town of Cosby below. To your left is Snag Mountain. Up and to your right is Maddron Bald.

Keep ascending on the Maddron Bald Trail to reach the Otter Creek backcountry campsite, #29 (elevation 4,560 feet), at mile 11.0. This is your second night's destination. In this series of small level areas stood a small Civilian Conservation Corps camp. A pulley-operated food-hanging device — complete with directions — was left behind. Maddron Bald, a mere half-mile away, makes a good day hike from the camp.

#### Day Three: Summitting Maddron

Day three starts with the climb away from Otter Creek and up to Maddron Bald at mile 11.5. This heath bald has low, dense bush cover rather than grass cover, with the occasional rock outcrop to take in the outstanding views.

Beyond the bald, reenter the forest and intersect the Snake Den Ridge Trail at mile 12.5. This is literally the high-point of the trip (elevation 5,800 feet), with telltale high-country spruce and fir trees in abundance. Turn left on the Snake Den Ridge Trail and start working your way down on a set of switchbacks. Occasionally, on the dry ridge tops, you'll be able to view the crest of the Smokies to your right.

At mile 15.2, the trail crosses Inadu Creek and works its way northeast down a cove to cross Rock Creek via a log at mile 16.2. The trail soon spills into an old road and enters a previously settled area. A trail linking Snake Den Ridge Trail to the Low Gap Trail enters from the right at mile 16.8. Turn right and follow the connector trail 0.6 mile to the Low Gap Trail junction. Turn left and follow the Low Gap Trail 0.4 mile down to the hiker parking area at mile 17.8, completing the loop.

#### Directions:

From Gatlinburg, take US 321 east until it comes to a "T" intersection with TN 32. Turn right on TN 32 and follow it a little over 1 mile, turning right into the signed Cosby section of the park. At 2.1 miles on Cosby Road, arrive at the hiker parking area.

Trail Length: - 17.80 miles (one way)

Difficulty – Moderate

Amount of Use - Heavy

Information from Gorp.com - [Maddron Bald Trail](#)

## Camping



### Finding Artifacts

In days gone by, whether on horseback or on foot many travelers of different races took the same trails that we hike and backpack today.

In other words, the roads we feel may be less traveled were a route settlers and even American Indians moved on to get from one place to another.

Many of the mountain passes were traveled by American Indians in their moves from summer camps to winter camps. Along these very trails that we walk is history as we can only imagine.

At higher altitudes it is not unusual to find a scattered arrowhead or point of obsidian lying in a strategic spot within our view. Sometimes we are privy to see a petroglyph and can only imagine the encrypted message that it holds. In awe we look and wonder but must remember never to touch.

The National Park Service has defined that any object made by a human that is more than fifty years old is indeed an historical artifact. Not that on sight we can determine that what we see could indeed be over fifty years old, but we can speculate and usually we are right in our assumptions.

So what do you do if you encounter one of these objects on the trail?

First you must remember that there is a federal law called NAGPRA (Native American Graves and Repatriation Act) which protects all Indian artifacts and graves from the hands of poachers and others who choose to take what is not rightfully theirs. This federal law was established in 1990 and holds stiff penalties for those who decide to break this law. Fines range from two hundred and fifty dollars for mere touching of an object, up into the thousands of dollars and also jail time for those who decide to take any historical object.

Besides NAGPRA there is also moral and ethical issues involved with removal of any historical object, not only the openings of graves but even an arrowhead point that may be removed.

Should you take it?

The answer: NO.

Why?

It was left behind many years ago and could actually be part of a funeral item that a person was buried with. To find this item may also indicate that a burial site may be

near by and to disturb it would be nothing less than blasphemy. How would you feel if someone took something that belonged to a deceased loved one of yours, especially if they removed it from a crypt or even off a headstone?

If you should encounter an artifact or even an item that you are not sure is an artifact you should immediately notify a Ranger who will call in an Anthropologist or Archeologist who can easily identify and document the article. This includes any human remains that you would happen to accidentally dig up while digging a toilet or trench for fire building.

There are strict protocols when finding an artifact and usually if the artifact is identified as American Indian, such as arrowheads, mortar stones, or shepherd's stoves, the Ranger will immediately contact the local Indian Tribe who will also need to identify the piece or remains. The Indian Tribe will then either bury the piece in traditional ceremony or remove it and then later carry on ceremony privately.

In the event that a piece such as a cavalry piece or anything relating to white settlement, the item will be identified and removed for storage with a local museum and also studied for historical value, unless otherwise decided by coroner, anthropologist or others who are in a senior position to identify and dispose of such items. In either case, the penalties are stiff, so do not touch. It is illegal to remove anything from a National Park or wilderness area and the fines are stiff also. Never disturb any artifact, leave it where you found it in the same position. As soon as you are able to notify a Ranger or the park Service, give a detailed account of where you found it by mapping the area, even crudely and also you may want to place a marker close to the artifact such as a stick or large rock. Never cover the artifact with or place the marker directly in the area with the artifact. This could notify someone to the whereabouts and they may not be as honest as you have been.

While backpacking or hiking as you enjoy the beautiful scenery and surroundings, it is important to remember that by preserving the area's natural state you are doing a great justice to many.

Pathways Editor – Karen Reed

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

Pathways Coordinator – Joe White

[pathfinderpathways@gmail.com](mailto:pathfinderpathways@gmail.com)