

EXPLORER



EXPLORER WORKBOOK



NAME: _____

COUNSELLOR: _____

CLUB: _____

North England Conference

YEAR: _____



CONTENTS PAGE

BASIC REQUIREMENTS	5
ADVANCED REQUIREMENTS	6
GENERAL	9
SPIRITUAL DISCOVERY	23
SERVING OTHERS (Community Service)	33
FRIENDSHIP DEVELOPMENT	37
HEALTH AND FITNESS	41
ORGANISATION AND LEADERSHIP DEVELOPMENT	47
NATURE STUDY	53
OUTDOOR LIFE	59
LIFESTYLE ENRICHMENT	71
NOTES / IMAGES etc	77



EXPLORER CLASS BASIC REQUIREMENTS

GENERAL				
Requirement	(✓)	Date	Signature	
1				
2				
3				
4				
5				
SPIRITUAL DISCOVERY				
Requirement	(✓)	Date	Signature	
1				
2				
3	Read the gospels Luke and John in any translation, and discuss in your group any three of the following:			
	a. Luke 4:16-19	The Scripture Reading		
	b. Luke 11:9-13	Ask, Seek, Knock		
	c. Luke 21:25-28	Signs of Second Coming		
	d. John 13:12-17	Humility		
	e. John 14: 1-3	Lord's Promise		
4	f. John 15:5-8			
	Choose in consultation with your leader one of the following areas:			
	a. John 3	Nicodemus		
	b. John 4	The Woman at the Well		
	c. Luke 15	The Prodigal Son		
	d. Luke 10	The Good Samaritan		
	e. Luke 19	Zaccheaus		
	... and share your understanding of how Jesus saves individuals by using one of the following methods			
	a. Group discussion with your leader			
	b. Giving a talk /presentation at Pathfinder Club meeting / AYS			
c. Writing an essay				
d. Making a series of pictures, charts or models				
e. Writing a poem or song				
5				
Memorise and explain Proverbs 20: 1 and Proverbs 23:29-32				
SERVING OTHERS				
Requirement	(✓)	Date	Signature	
1				
2				
Participate in at least three church programmes				
FRIENDSHIP DEVELOPMENT				
Requirement	(✓)	Date	Signature	
1				
2				
Participate in a panel discussion or skit on peer pressure and its role in your decision making				
Tour your municipal offices or have a city official visit your group and then explain 5 ways you can cooperate with them				
HEALTH AND FITNESS				
Requirement	(✓)	Date	Signature	
1	Complete one of the following activities, and design a Pledge Card choosing a lifestyle free from alcohol:			
	a. Participate in a class discussion on the physical effects of the drug alcohol on the body			
	b. View an audio/visual on alcohol or other drugs, and discuss the effects on the human body			
2				
Peer pressure discussion				

ORGANISATION AND LEADERSHIP DEVELOPMENT

	Requirement	(✓)	Date	Signature
1	Lead out in your club's opening exercises or a Sabbath School Programme			
2	Help your unit or club plan a special outreach activity such as a project for unfortunate children, community beautification, etc. and carry out the activity			

NATURE STUDY

	Requirement	(✓)	Date	Signature
1	Be able to identify the North Star, Orion, Pleiades, and two planets. Know the spiritual significance of Orion as told in Early Writings			
2	Complete one of the following honours: Animal Tracking, Cacti, Flowers, Stars, or Weather			

OUTDOOR LIFE

	Requirement	(✓)	Date	Signature
1	Complete the following: a. Participate in a two-night CAMP OUT b. Describe six points of a good campsite c. Plan and cook two meals			
2	Pass a test in Explorer first aid			
3	a. Explain what a topographical map is b. What you can expect to find on it, and its uses c. Identify at least twenty signs and symbols used on topographic maps			

LIFESTYLE ENRICHMENT

	Requirement	(✓)	Date	Signature
1	Complete one Honour in Household Arts, or Arts and Crafts not previously earned			

ADVANCED REQUIREMENTS

GENERAL				
Requirement	(✓)	Date	Signature	
1	Know the composition and proper use of the Pathfinder Flag and Unit Guidon			
SPIRITUAL DISCOVERY				
Requirement	(✓)	Date	Signature	
1	Read about J N Andrews. Discuss the importance of mission service to the church and why Christ gave the Great Commission (Mathew 28: 18-20)			
2	Complete the crossword on missionaries and places of service			
SERVING OTHERS				
Requirement	(✓)	Date	Signature	
1	Enrol a new member in Sabbath School, Pathfinders or Bible Correspondence Course / VBS			
FRIENDSHIP DEVELOPMENT				
Requirement	(✓)	Date	Signature	
1	Earn one of the following Honours:			
	a. Christian Grooming and Manners			
	b. Family Life			
HEALTH AND FITNESS				
Requirement	(✓)	Date	Signature	
1	Participate in a 16km hike and make a list of clothing to be worn			
2	Peer pressure and AIDS awareness			
ORGANISATION AND LEADERSHIP DEVELOPMENT				
Requirement	(✓)	Date	Signature	
1	Participate in a special club event such as Investiture, open house, induction or Pathfinder Sabbath etc. and participate in evaluation of the event afterwards along with Companion Class			
NATURE STUDY				
Requirement	(✓)	Date	Signature	
1	Identify six tracks of animals or birds. Make a plaster cast of three tracks			
OUTDOOR LIFE				
Requirement	(✓)	Date	Signature	
1	Review the basic lashings and build one article of camp furniture			
2	Plan a menu for three day camping trip for four people, using three different dehydrated foods			
3	Demonstrate one of the following:			
	a. Be able to send and receive the semaphore alphabet			
	b. Be able to send and receive the international Morse code by wigwag			
	c. Know the alphabet in sign language			
	d. Have a basic knowledge of procedures of two way radio communication			
LIFESTYLE ENRICHMENT				
Requirement	(✓)	Date	Signature	
1	Complete one Honour in Outreach Ministry, Health and Science, Vocational or Outdoor Industries not previously earned			



Recommended for Investiture

I consider that this candidate has completed the requirements necessary to be recommended for investiture.

**Club Counsellor
Sign Off**

Name *(printed)*

Signature

Date

**Club Director
Sign Off**

Name *(printed)*

Signature

Date

**Area Coordinator
Sign Off**

Name *(printed)*

Signature

Date

- ★ Notes
- ★ Comments
- ★ Further Actions

GENERAL



This section contains general information about the Pathfinder themselves, the Pathfinder Club and information on the Pledge and Law as well as book club certificate requirements.

PERSONAL DETAILS

Paste your photo here

My Name is

My Address is

.....

Email address

My Date of Birth is

I am Years Old

I confirm that I am an **ACTIVE MEMBER** of the
Pathfinder Club

Club Member Signature: _____

Date: _____

Pathfinder Leader Signature: _____

Date: _____

PATHFINDER AIM

The Advent Message To All The World In My Generation.

PATHFINDER MOTTO

"The Love of Christ Constrains Me"

PATHFINDER PLEDGE

By the grace of God,
I will be pure and kind and true.
I will keep the Pathfinder Law
I will be a servant of God
and a friend of man

EXPLANATION – PATHFINDER PLEDGE

By the grace of God

Only as we rely on God to help us can we do His will.

I will be pure

I will fill my mind with everything that is right and true and spend my time in activities that will build a strong, clean character.

I will be kind

I will be considerate and kind, not only to my fellow man, but also to all of God's creation.

I will be true

I will be honest and upright in study, work and play and can always be counted upon to do my very best.

I will keep the Pathfinder Law

I will seek to understand the meaning of the Law and will strive to live up to it's spirit, realizing that obedience to law is essential in any organisation

I will be a servant to God

I will pledge myself to serve God first, last, and best in everything I am called upon to be or do.

I will be a friend to man

I will live to bless others and do unto them as I would have them do unto me.

PATHFINDER LAW

The Pathfinder Law is for me to:

Keep the morning watch
Do my honest part
Care for my body
Keep a level eye
Be courteous and obedient
Walk softly in the sanctuary
Keep a song in my heart
Go on God's errands

EXPLANATION – PATHFINDER LAW

Keep the Morning Watch

I will have prayer and personal Bible study each day.

Do my honest part

By the power of God I will help others, and do my duty and my honest share, wherever I may be.

Care for my body

I will be temperate in all things and strive to reach a higher standard of physical fitness.

Keep a level eye

I will not lie, cheat or deceive, and will despise dirty talk or evil thinking.

Be courteous and obedient

I will be kind and thoughtful of others, reflecting the love of Jesus in all my association with others.

Walk softly in the sanctuary

In any devotional exercise I will be quiet, careful and reverent.

Keep a song in my heart

I will be cheerful and happy and let the influence of my life be as sunshine to others.

Go on God's errands

I will always be ready to share my faith and go about doing good as Jesus did.

BOOK CLUB CERTIFICATE

[Compulsory Requirement]

1. Pathfinders are to read a minimum of 4 books every year. One book must be from each of the following categories:
 - a) Missions
 - b) Autobiography
 - c) Nature of Science
 - d) One book of personal choice (excluding fiction e.g novels, etc)
2. Juniors are to read a minimum of 40 pages.
3. Teens are to read a minimum of 80 pages.
4. Pathfinders must inform their Club Leaders/Counsellors about the choice of books **BEFORE** commencing to read so that the category of book and suitability can be decided upon. Club Leaders may choose to have a collection of books as reference but Pathfinders may have books at home that will fall into the categories listed above.
5. Upon completion, Pathfinders must prepare a summary of what they have read to include:
 - Title of Book
 - Author
 - Publisher and Year Published
 - Paraphrased, bulleted points or outline of main events or ideas.
6. Reports should be a minimum of 80 words for Juniors and 120 words for Teens, completed in their own time.
7. The Pathfinder and the Club Leader/Counsellor must date and sign each completed Book Club Certificate Report (sample Report in Leaders Book – copy as required).
8. The completed work must be kept in the Pathfinder's folder for inspection at the Evaluation Day.

N.B. Pathfinder Reading Lists are available from the Adventist Book Centre or your pathfinder club director.

BOOK REVIEW 1 – MISSIONS

About the Book:

Title of Book

Author

Publisher

Year and ISBN

Plot:

How does the story start? What happens in the middle? How does it end?

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Characters:

Who is in the story? What are they like (Personality / Appearance)?

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Setting:

Where is the story set? What words or phrases tell you about location?

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BOOK REVIEW 2 – AUTOBIOGRAPHY

About the Book:

Title of Book

Author

Publisher

Year and ISBN

Plot:

How does the story start? What happens in the middle? How does it end?

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Characters:

Who is in the story? What are they like (Personality / Appearance)?

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Setting:

Where is the story set? What words or phrases tell you about location?

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BOOK REVIEW 3 – NATURE / SCIENCE

About the Book:

Title of Book

Author

Publisher

Year and ISBN

Plot:

How does the story start? What happens in the middle? How does it end?

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Characters:

Who is in the story? What are they like (Personality / Appearance)?

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Setting:

Where is the story set? What words or phrases tell you about location?

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BOOK REVIEW 4 – PERSONAL CHOICE *(Excluding Fiction)*

About the Book:

Title of Book

Author

Publisher

Year and ISBN

Plot:

How does the story start? What happens in the middle? How does it end?

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Characters:

*Who is in the story? What are they like
(Personality / Appearance)?*

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Setting:

*Where is the story set? What words or
phrases tell you about location?*

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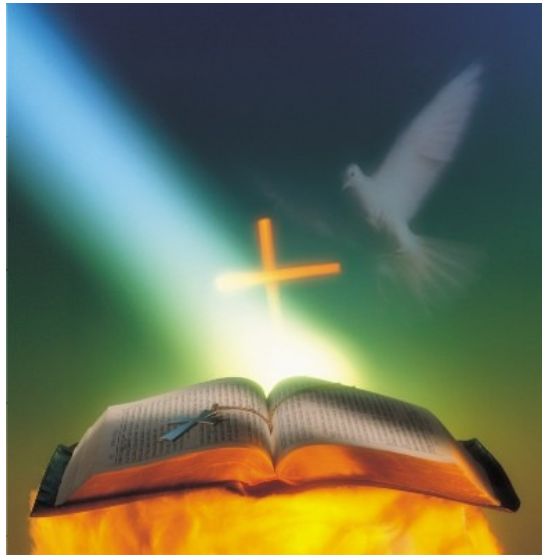
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SPIRITUAL DISCOVERY



The purpose of the Spiritual Discovery section is to familiarise the Explorer with the use of a concordance and to help them discover Christ as Saviour through the reading of the Gospels and the understanding of how Jesus relates to the individual.

1. Become familiar with the use of a concordance.



You will need a **BIBLE** with **concordance** for this requirement.

Find two Bible texts for each of the following words:



SALT

VERSE 1: _____
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VERSE 2: _____
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FISH



VERSE 1: _____
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VERSE 2: _____
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Pick a TOPIC (i.e. Happiness, Sin, Heaven) Find 4 Bible text for your chosen TOPIC.

VERSE 1: _____
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VERSE 2: _____
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VERSE 3: _____
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VERSE 4: _____
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2. Hold a current Memory Gem Certificate



Memorise 7 Bible texts – ONE from each of the seven categories below for each class.
(You may use whichever version of scripture you wish)

EXPLORER CLASS		
I. GREAT PASSAGES	II. SALVATION	III. RELATIONSHIPS
1. I Peter 1:24-25 2. I Kings 18:21 3. Matthew 24:37-39 4. Option _____	1. Matthew 16:24-27 2. Luke 14:28,33 3. Proverbs 28:13 4. I Timothy 1:15 5. John 3:16-18 6. Option _____	1. Acts 1:9-11 2. Ecclesiastes 12:13-14 3. I Corinthians 6:19-20 4. Option _____
IV. PRAYER	V. RELATIONSHIPS	VI. BEHAVIOUR
1. Psalms 5:3 2. Psalms 51:3 3. Option _____	1. John 13:24,35 2. Proverbs 19:19 3. John 15:13 4. Romans 14:11 5. I John 1:28 6. Option _____	1. Colossians 3:23 2. Proverbs 22:29 3. Philippians 4:8 4. John 3:19 5. I Corinthians 2:14 6. Option _____
VII. PROMISES/PRAISE		
1. Proverbs 3:5,6 3. I Corinthians 10:13 5. James 4:7	2. Psalms 91 4. II Timothy 4:7,8 6. Option _____	

Write your 7 chosen Bible texts below:

Bible Verse	Verse / Summary	Signature
I		
II		
III		
IV		
V		
VI		
VII		

3. Read the gospels of Luke and John in any translation:



You will need a **BIBLE** for this requirement.

Write an outline of the Gospel of Luke:

A large rectangular area containing 25 horizontal dotted lines for writing an outline.

Discuss in your group any three of the following:

- a. Luke 4:16- 19 The Scripture Reading
- b. Luke 11: 9-13 Ask, Seek, Knock
- c. Luke 21:25-28 Signs of the Second Coming
- d. John 13:12-17 Humility
- e. John 14:1-3 Lords Promise
- f. John 15:5-8 Vine and Branches

VERSE 1:

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VERSE 2:

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VERSE 3:

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4. Choose in consultation with your leader **ONE** of the following:



You will need a **BIBLE** for this requirement.

- John 3 Nicodemus
- John 4 The Woman at the Well
- Luke 15 The Prodigal Son
- Luke 10 The Good Samaritan
- Luke 19 Zaccheaus

CHARACTER CHOSEN and WHY?

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Share your understanding of how Jesus saves individuals by using **ONE** of the following methods and write as appropriate in the space below:

- a.** Group discussion with your leader
- b.** Giving a talk at the Pathfinder Club
- c.** Writing an essay
- d.** Making a series of pictures, charts and models
- e.** Writing a poem or song

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5. Memorise and explain the following Bible texts:

i. **Proverbs 20:1** (New King James Version)

_____ is a _____, _____ drink is a
_____, And _____ is led _____ by it is not wise.

EXPLAIN THE TEXT:

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ii. **Proverbs 23:29 - 32** (New King James Version)

29. Who has _____?
Who has _____?
Who has _____?
Who has _____?
Who has _____ without _____?
Who has _____ of _____?
30. Those who _____ long at the _____,
Those who go in _____ of _____ wine.
31. Do not _____ on the _____ when it is red,
When it _____ in the cup,
When it swirls around _____;
32. At the _____ it bites like a _____,
And _____ like a _____.

EXPLAIN THE TEXT:

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SERVING OTHERS

The Blessing of
Serving Others



The purpose of the Service section is to provide opportunity for the Pathfinder to experience the joy and happiness of serving others.

1. Be familiar with the community services in your area and give assistance to at least one:

ACTIVITY 1:

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ACTIVITY 2:

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You will need to speak to your COMMUNITY SERVICE leader in church for this requirement and participate in one of their planned activities.

2. Participate in at least THREE church programmes



Any programme including AYS, Sabbath School, Children's Day, Pathfinder Day, Health EXPO or any other Community Programme

ACTIVITY 1:

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ACTIVITY 2:

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ACTIVITY 3:

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FRIENDSHIP DEVELOPMENT



The purpose of this section is to provide opportunity for the Pathfinder to experience the joy and happiness of being with others.

1. Tour your municipal offices or have a city official visit your group

Requirement 1: What is the role of your local council?

1:

--

Requirement 2: Identify your local council leader.

2:

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Requirement 3: Identify 4 MPs in your local borough (or council ward).

3:

1.	
2.	
3.	
4.	

Requirement 4: Identify 2 ways that you can co-operate with your local council to help in your community.

4:

1.	
2.	

Requirement 5: Pick one area that the council is responsible for in your borough/ward and describe how it operates.

5:

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...explain five ways you can cooperate with them

1:

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5:

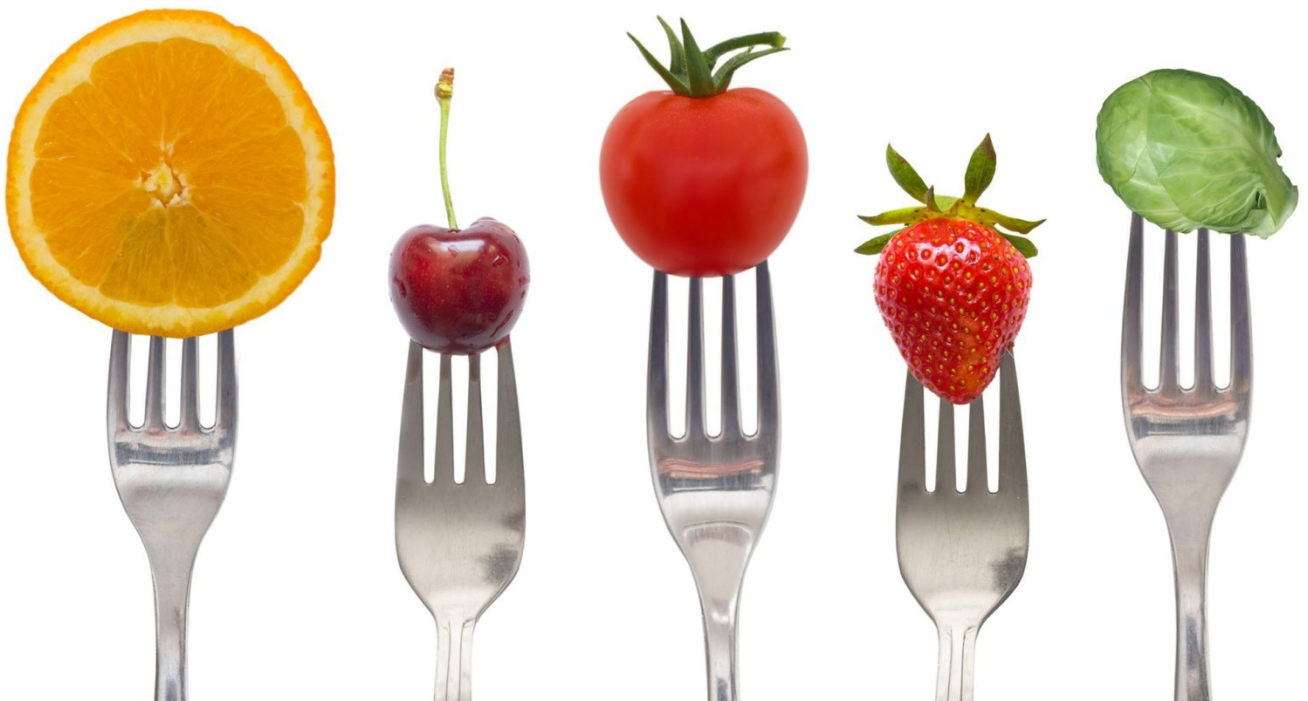
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You can also show evidence by creating a PowerPoint presentation, writing a poem, designing a poster and putting on a presentation or performance.

HEALTH AND FITNESS



The purpose of this section is to learn the general principles of temperance and good health and how they lead to the development of a strong mind and body.

1. Complete one of the following activities, and design a Pledge Card choosing a lifestyle free from alcohol:

- a. Participate in a class discussion on the physical effects of the drug ALCOHOL on the body.
- b. View an audio/visual on alcohol or other drugs, and discuss the effects on the human body.

Summarise what took place in the space below:

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DESIGN / STICK YOUR PLEDGE CARD BELOW:

Blank space for designing and sticking a pledge card.

TRUE / FALSE QUIZ

1. Alcohol is a stimulant.
2. Alcohol increases confidence but decreases judgment.
3. Alcohol warms the body.
4. Alcoholics drink every day.
5. Drinking coffee, having a cold shower, fresh air, etc. will quickly make a drunk person sober.
6. Alcohol problems can be found among almost all classes of people.
7. Alcohol destroys the cells in the liver.
8. 95% of alcohol taken into the body is absorbed into the blood stream through the intestines.
9. Alcohol irritates the kidneys causing an increased loss of fluid.
10. Alcohol only affects people who have no will power.

Myths and Facts about Alcohol

Myth Alcohol is a stimulant.

Fact Alcohol may appear to stimulate because it releases inhibitions. Alcohol is a depressant.

Myth A few drinks can improve your skills.

Fact Alcohol does not normally increase physical or mental skill. It may increase confidence but decreases judgment and self-criticism and self-control. Drinkers may feel their performance has improved when in reality it may have declined.

Myth Alcohol warms the body.

Fact Alcohol may make a drinker feel warmer because it causes blood to rise to the skin surface. This lowers body temperature because the surface heat is lost.

Myth Drinking beer won't cause you to become an alcoholic.

Fact Beer still contains the potentially addicting ingredient - ethyl alcohol. Because the alcohol content is lower, it simply means more beer will be consumed to make a person drunk as compared with wine or whisky.

Myth Alcoholics drink every day.

Fact Some alcoholics only drink on weekends. Alcoholism simply means a person cannot control his drinking.

Myth Alcohol cures colds.

Fact Some symptoms may be temporarily relieved but alcohol does not cure colds.

Myth Drinking coffee, having a cold shower, fresh air, etc. will quickly make a drunk person sober.

Fact These methods may arouse an individual and the person could be simply a wide-awake drunk. This can be more dangerous as he can feel more capable and attempt tasks such as driving with drastic results. It takes time for alcohol to be eliminated from the body.

Myth All alcoholics are skid row types.

Fact Alcohol problems can be found among all classes of people. Only about 3 % of alcoholics are actually skid row types.

Myth Alcoholics are morally weak.

Fact This is not necessarily true; however alcohol does affect the brain centres controlling judgment, reason and willpower.

Myth Women don't become alcoholics.

Fact Women do become alcoholics, but are not so easily recognized because their problem drinking is often hidden at home. In recent years the number of women alcoholics has increased.

FLOW CHART - Alcohol Affects These Parts of the Body

1. Brain

- Alcohol depresses brain centres producing incoordination, confusion, poor judgment, etc.
- Alcohol kills brain cells. These cannot be replaced.
- Drinking over a period of time causes loss of memory, judgment, and learning ability.

2. Liver

- Alcohol inflames liver cells causing them to swell.
- As drinking continues, the number of cells destroyed increases, eventually causing cirrhosis of the liver.

3. Heart

- Alcohol inflames the heart muscle.
- Has a toxic effect and causes increased amounts of fat to collect.

4. Stomach

- Alcohol irritates the stomach's protective lining resulting in gastric or duodenal ulcers.

5. Kidney and Bladder

- Alcohol irritates the lining of the bladder preventing it from stretching properly.
- It irritates the kidneys causing an increased loss of fluid.

6. Mouth and Oesophagus

- Alcohol is an irritant to the delicate linings of the throat and food pipe. It burns as it goes down.

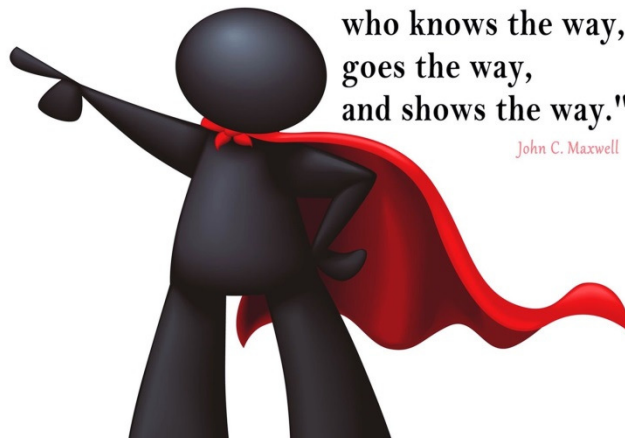
7. Blood Vessels

- 95% of alcohol taken into the body is absorbed into the blood stream through the lining of the stomach and duodenum.
- Therefore it travels rapidly to every cell and tissue in the body.
- Alcohol causes red blood cells to clump together in sticky wads slowing circulation and depriving tissues of oxygen.
- It causes anaemia by reducing the production of red blood cells.
- Alcohol slows the ability of white cells to destroy bacteria and inhibits clotting ability of blood platelets.

ORGANISATION AND LEADERSHIP DEVELOPMENT

"A leader is one
who knows the way,
goes the way,
and shows the way."

John C. Maxwell



..

Paste further evidence below:

NATURE STUDY



The purpose of this section is to introduce the Pathfinder to the thrill of discovering God's Book of Nature

1. Be able to identify the North Star, Orion, Pleiades, and two planets.

Stick/ Draw them in the space below:

A large, empty rectangular box with a thin black border, intended for students to draw or stick representations of the North Star, Orion, Pleiades, and two planets.

2. Know the spiritual significance of Orion as told in *Early Writings*.



You will need a copy of *Early Writings* by E.G White.
(This can be borrowed from the church library)

Comments on study:

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3. Complete one of the following honours: Animal Tracking, Cacti, Flowers, Stars, or Weather.



Please insert completed Honour Requirements and any other supporting evidence i.e. photos.

HONOUR COMPLETED:

Signature _____

OUTDOOR LIFE



1. Participate in a two night **CAMP OUT**.



- Plan your spiritual activities before you go.
- Plan for your camp to be more than a recreational outing.
- Be familiar with the area.
- Prepare the site as much as possible the week before.

Date of Camp-Out: _____

Event: _____



Describe six points of a good campsite:

1	
2	
3	
4	
5	
6	

Plan and cook two meals:

	MEAL 1	MEAL 2
Ingredients		
Preparation		
Recipe		

SUGGESTED PROGRAMME

FRIDAY

Set up camp
Supper
Open Sabbath
Sing Time
Vespers

SABBATH

Rise and personal devotions
Worship
Breakfast
Sabbath School
Service
Lunch
Nature Honour Time Nature Treasure Hunt Supper
Closing Sabbath
Campfire

SUNDAY

Rise and personal devotions
Worship
Breakfast
Fair Practice
Camp craft activities
Class work requirement
Lunch
Pack up
Games till home time

Questions to ask and discuss during evaluation of a camp out

- a. How could we have better prepared for the weather?
- b. What did we forget that we should have taken along?
- c. What did we take that we didn't need?
- d. What can we do next time to make our campsite more organized, attractive, and representative of our club?
- e. What did our neighbours think of us?
- f. What was the Park Ranger's impression of us?
- g. How could we improve the positive image of our organisation and improve (or lessen) the impact of our presence in the environment?
- h. What new suggestions do we have that will keep a balanced diet and ease preparation and clean-ups.
- i. Can we improve sanitation and water needs?
- j. What Honours would we like to work on next time and what other class requirements can we complete?
- k. What one thing can I do better next time that will make the weekend better for all the rest?

2. Pass a test in Explorer first aid.



Completion of the Basic First Aid Honour will complete these requirements.

EXPLORER FIRST AID NOTES

Study the notes below in preparation for the First Aid Test.

The Effects of Heat on the Body

Sunburn

Caused by extensive and prolonged exposure to the sun. There is extreme superficial burning and blister formation in severe cases. In bad cases the patient feels ill and medical advice should be sought. In mild cases the treatment should be:

- Apply cold compress
- Take cold showers
- Take ample fluids
- Do not break blisters

Mild sunburn usually responds to treatment with calamine lotion. Care should always be taken to avoid prolonged exposure.

More Severe Complications of Heat Exposure

Our bodies normally regulate temperature by the evaporation of sweat from the skin. Over-exposure to heat conditions will result in cramps, heat exhaustion, and heat stroke.

	Signs & Symptoms	Control
<i>Heat Cramps</i>	Weakness, dizziness and fatigue. Painful muscle spasms.	Gently stretch affected muscles. Application of cold packs. Drinking water with added salt (teaspoon to liter).
<i>Heat Exhaustion</i>	Headaches, cramps and sweating freely. Rapid pulse and breathing.	Sponge patient with cold water. Ice packs to affected muscles. Drinking water with added salt (teaspoon to liter).
<i>Heat Stroke</i> (near to death)	A very dangerous condition. No sweat. Body completely dehydrates. Temperature rises rapidly. Vomiting and nausea.	Remove clothing. Wrap in wet sheet. Cool by all means available. Place in recovery position.

All these conditions need medical help as quickly as possible.

Burns

These are caused by extreme heat, may be dry or moist. The extent of tissue damage is usually indicated by the term first, second or third degree burns.

Burns are often caused by carelessness with fire, chemicals, hot water, or over exposure to sunlight. They can also be caused by friction and electric current.

Damage to the tissues and the surface capillaries as indicated by redness, swelling and blistering. Serum is lost into the blood and shock is severe.

A person suffering from burns is best rescued by smothering the flames. When rescuing a person, keep as long as possible, with the nose and mouth covered with a wet cloth.

The initial treatment of all burns is **IRRIGATE WITH COLD WATER.**

Do not break the blisters; apply lotions, ointments or oils.
Medical help must be sought.

In the case of acids and chemicals: wash off immediately with cold water remove contaminated clothing.

If burn is to the eyes, irrigate with cold water, cover and seek medical aid.

Smoke in the Eyes

Forest fire fighters often suffer from smoke in the eyes. Signs: pain, eyes water and reddened. Treatment: irrigate eyes freely with cold water.

Smoke Inhalation

Inhaled smoke can cause Asphyxia. If possible remove the patient from the cause. Begin Emergency Artificial Respiration immediately.

Unconsciousness

Unconsciousness can vary from simple stupor to coma. There are numerous causes from the simple faint, head injury, stroke, heart attack, drunkenness, fits, diabetes to drugs. Because he is incapable of any voluntary action the unconscious person:

1. Must have his airway maintained.
2. Must not be given any fluids or anything by mouth.

First place the unconscious person in the recovery position. Make certain you carry out the A.B.C.D. procedure. Try to find the cause of the problem and treat it.

A simple faint can be caused by hunger, fear, emotional shock, injury, or prolonged standing. To treat, lie the patient on the ground and elevate the feet. If the fainting spell lasts longer than a few minutes, treat as an unconscious person. Make certain that the clothing at neck, chest and waist has been loosened.

Constrictive and Restrictive Bandages

It is now accepted that there is no place for the use of arterial tourniquet. Constrictive and restrictive bandages now take over the place of this bandage in first aid.

Constrictive bandages must only be used in emergencies to control bleeding in amputations and in certain treatments for marine stings. Suitable materials are necktie, strip of cloth and wide rubber tubing. Unsuitable materials are shoe laces, electric cord or rope.

A restrictive bandage is the type now used in snake bite, a bandage placed firmly on the limb to restrict the flow of lymph in the lymph glands. A crepe bandage or elastic bandage 75 to 100 mm wide is most suitable.

Snake Bite

It is now known that the venom travels in the lymph glands. The pressure of a restrictive bandage is sufficient to have the effect of slowing down absorption of the poison into the body.

Although it is simple to distinguish between the bite of a venomous and nonvenomous snake, it is best to treat all bites as those of venomous snakes. In any case puncture marks may be difficult to discern.

There may be sweating, drowsiness, fainting, headache, nausea and vomiting, Diarrhoea and chest and abdominal pains.

- Keep the victim as still as possible, splinting the affected limb.
- Apply a broad firm bandage around the entire limb beginning at the bite.
- Leave the bandage in position till full medical facilities are reached.
- Reassure the victim that this treatment will delay the absorption of the venom.

Remember **DO NOT:**

- Incise or excise the bitten area
- Permit the victim to walk or run
- Release the bandage

Other Bites and Stings

Red Back Spider. Usually bites only when touched. Often on the underside of unsewered toilets. Leaves small red mark on hands, feet, genitals or buttocks. Redness spreads to other parts. Perspiration at bitten part and then spreads. Later there may be nausea, vomiting, dizziness, muscular spasm, profuse sweating, and faintness. Bite usually felt as sharp sting.

Funnel Web Spider. Bites mostly at night. Very aggressive. Found in burrows, rock crevices, post holes. Pain at site, then spreading. Local muscular twitching. Victim salivates freely within 15 minutes. Profuse sweating. Spasm of larynx with difficulty in breathing.

Treat as for snake bite.

Note: These are examples of spiders from one region. While all spiders are poisonous, most do not affect or interact with man in a manner to consider them as such. There are a very few, however, in all regions that can cause severe conditions. Know those of your region WELL!

Ticks. Tend to secrete in body crevices. May cause paralysis especially in smaller children. Paralysis affects lower and upper limbs and muscles of respiration, and facial muscles. Apply turpentine to kill tick. If in ear, apply oil. Seek medical aid for serum. If no aid available, remove tick by levering with open scissors or remove with cotton. Do not squeeze the tick.

Leeches. Found in damp spots usually when camping out. Salt or lighted match will help remove leech. May bleed freely. Bathe area with soap and warm water.

Bee, Hornet and Wasp Stings. Remove the sting of bee. Do not squeeze it as more venom is injected. Pull sideways with fingernail. Wipe the area clean and apply cold compress and ice.

Mosquito, Sandfly and Ant Bites. Avoid heat. Use cold water or ice cubes. Ammonia, Bicarbonate of Soda, or Menthol, will be helpful. Calamine lotion or zinc cream is recommended.

Plants. (E.G. Stringing Nettle) Area affected to be washed with warm soapy water to rid part of clinging portions. Apply ice cubes and soothing cream.

Heat Rash. Can be relieved by the application of ice-cold normal saline solution.

Jellyfish. Sting resembles whip marks, wealt or goose pimples. Mild burning to intense pain. Excessive stinging may result in cardiac or respiratory failure. Minor stings may give backache, chest pains, vomiting and difficulty in breathing.

Bluebottle. Apply vinegar to wash off tentacles.

Other Marine Stings. Marine creatures sting by injection or absorption of venom through the skin. Effects range from discomfort to rapid collapse and death. Sustain life and seek medical aid urgently. Constrictive bandage for blue ringed octopus. Remember A.B.D.C. procedure. When venom is injected through the skin, skin often changes to red, limbs become swollen, profuse bleeding occurs and circulatory and respiratory collapse is common.

Shark Attack. Immediately control haemorrhage by packing wound with clothing or towels. Elevate if possible. Summon urgent medical aid.

Exposure to Cold Conditions

If the victim can remain dry then severe conditions can be tolerated, but when cold, wet and windy conditions are experienced, there is danger.

Exposure to the cold can have the same effect as a concussion with all normal activities slowed, slow speech, slow movements, impaired vision, cramps and unreasonable behaviour. The pulse rate increases and the respiration rate increases.

Protect from the cold, and warm by wrapping in dry clothing or sleeping bag, and if necessary seek medical attention.

Hypothermia. Is a dangerous lowering of the body temperature and can be brought on by cold, wet conditions, swimming in water too cold, or going out in cold, wet conditions without an adequate head covering. The elderly and infirm may become unconscious. Treat as for exposure and give warm, sweet drinks if conscious. NEVER USE HOT WATER BOTTLES.

Minor Frostbite. Is when there is superficial damage and pain is severe. Warm the area as quickly as possible by natural means.

Deep Frostbite. Is when there is deep tissue damage. The area is white, waxy and painless. Do not attempt to thaw the area out, except under medical supervision.

Accidental Immersion in Cold Water. Can best be treated by immersion in a warm bath 42° Centigrade, or alternatively allowing the person to warm slowly in a sleeping bag preferably with a warm companion.



You may use books or audio-visuals to support meeting this requirement

3. Explain what a topographical map is, what you can expect to find on it, and its uses.

What is a topographical map?

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Topographical Map Information

CONTOUR LINES

Contour lines are lines that show elevation above sea level. Looking at them, you can picture hills, mountains and valleys. Each line represents a given height above sea level, and the difference in height between lines is indicated on the map. It may be 5, 10 or 50 meters, depending on the scale. These lines are a very valuable aid when hiking cross country. Where the lines are far apart you know the ground is flat or only gently sloping. But when the lines are close together there is a hill or cliff where hiking might be very difficult if not impossible.

Figure 1



Figure 1 illustrates how a location may look.

Figure 2

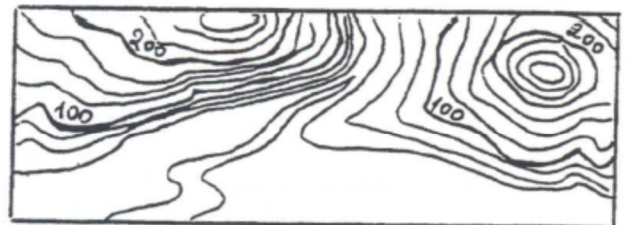


Figure 2 illustrates how contour lines illustrate the same location on a 2 dimensional map.

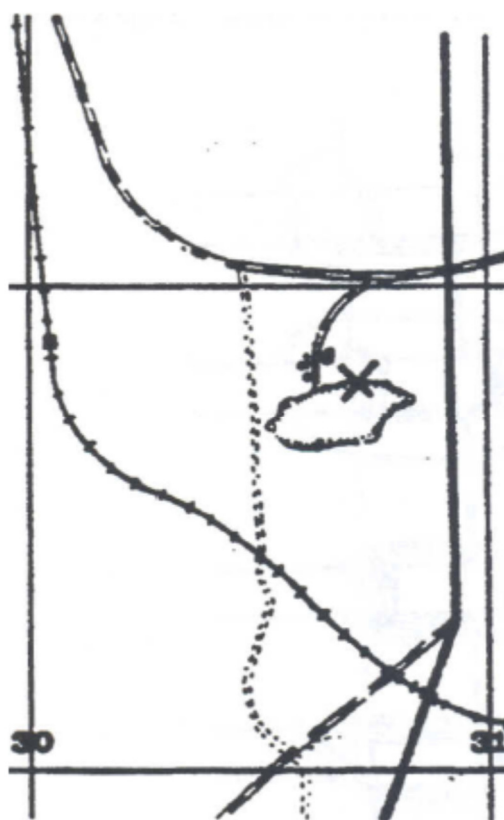
TASK: To show how contour lines work, make a model mountain by spreading plaster of Paris over crumpled newspaper. Make a line every half inch from base to peak. Set it in a dish and pour water to the first mark. Carefully draw around at the water line, then add water to the next mark and draw another line. Finally, look straight down and you will see contour lines for every half inch of elevation just as they appear on a map.

CONVENTIONAL SIGNS are an easy way to put a great deal of useful information onto a map so the next person who uses your map can tell where roads, bridges, buildings, and other important objects are located. Date of Map. It is important to note the date on which the map was made; this is usually printed in the margin. New roads and buildings may have been built since, and these may confuse you when not shown on the map. It is far better to use as landmarks natural features such as creeks, creek junctions, hill-tops and the like which do not change very much with time.

Grid References. Maps are covered with a network of lines forming a grid. These lines are parallel. The grid lines make it easy to give the exact position of a point on the map. Each grid line is identified by a number on the map border.

The position of a point is indicated by a six figure map reference. The first three digits identify its position from west to east (the easting), and the second three locate it from south to north (the northing). Find the number of the vertical grid line lying immediately to the left (or west) of the point then estimate how many tenths of the way the point is to the next vertical line. In the example the point X is just beyond the vertical line 30 and is about seventenths of the way to the next line. The first three figures are then 307. The second three figures are obtained in a similar manner working from south to north. In the example the second three figures are 758.

The final reference would be 307758. You can remember that the easting is given before the northing, since E comes before N in the alphabet. Or remember that you read as a book - across, then down. The name of the map sheet must always be included in the reference.

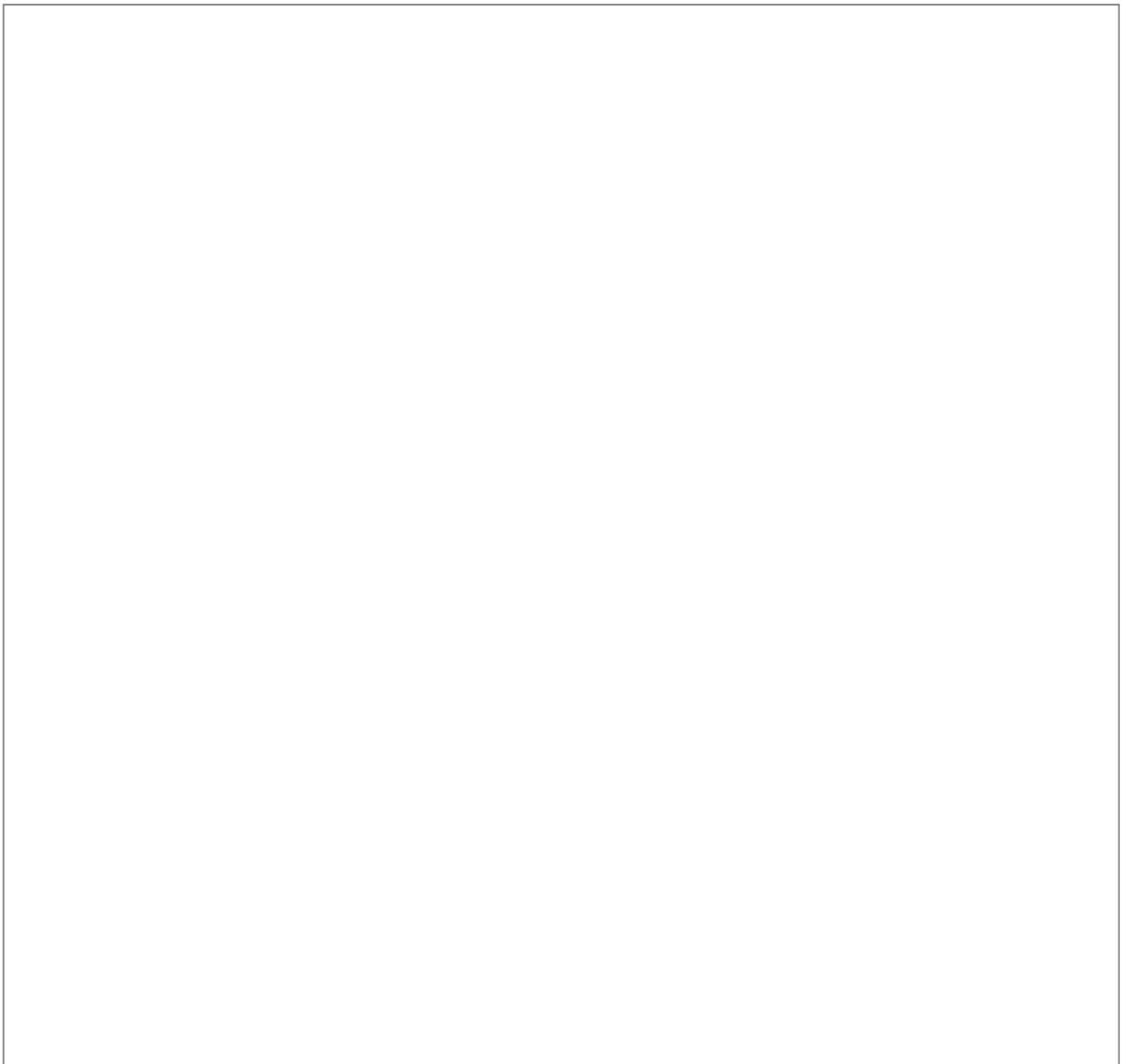


PLAY ORIENTEERING

Set up a course with five or six stations. The stations are marked on maps that are given at each station. Have the juniors leave the starting point in twos, at five minute intervals. Have someone at each station write down the time the pairs reach the stations. The couple finishing the complete course in the shortest time wins.

3b. Identify at least 20 signs and symbols used on a Topographical Map and draw them in the space below.

1.	11.
2.	12.
3.	13.
4.	14.
5.	15.
6.	16.
7.	17.
8.	18.
9.	19.
10.	20.



LIFESTYLE ENRICHMENT



1. Complete one honour in Arts and Crafts not previously earned



COOKING

Please use brief notes. Insert pictures, if you would like to make it something really special!

Requirement 1: Know how to properly operate the kind of stove you have in your home. Know how to put out an oil or grease fire on your stove. Know how to prevent such a fire. Know safety precautions while cooking, including consideration of small children.

The kind of stove at my home and how to operate it:	
How to put out an oil or grease fire on a stove:	
How to prevent an oil or grease fire on a stove:	
Safety precautions while cooking, incl. consideration of small children:	

Requirement 2: Understand and adhere to the basic principles of preparing and cooking food that is safe for people to eat. Use the following headings:

a. Selection and use of ingredients:	
b. Good hygiene practices:	
c. Food storage and transport:	

Requirement 3: Understand the application and proper use of:

a. Utensils used for measuring quantities of ingredients used for cooking:	
b. Basic utensils and appliances used for cooking:	

Requirement 4: What is meant by boiling, broiling (ie grilling), frying, baking, simmering, waterless cooking, microwave cooking? Which are the most healthful ways of preparing common foods? Which are the most unhealthful?

Boiling:	
Broiling (ie grilling):	
Frying:	
Baking:	
Simmering:	
Waterless cooking:	
Microwave cooking:	
Most healthful ways of preparing foods:	
Most unhealthful ways of preparing foods:	

Requirement 5: Demonstrate ability to properly prepare: two different kinds of hot cereal, a healthful hot drink, eggs (cooked) in two different ways other than frying. Briefly describe what you did.

Two different kinds of hot cereal:	
A healthful hot drink:	
Eggs (cooked) in 2 different ways other than frying:	

Requirement 6: Prepare potatoes healthfully by two different methods. Cook three other vegetables in the most healthful way. Briefly describe what you did.

Prepare potatoes healthfully by two different methods: Cook three other vegetables in the most healthful way:	

Requirement 7: Prepare a simple salad. Why do we need fresh salads in our diet? Briefly describe what you did.

Prepare a simple salad: Why we need fresh salads in our diet:	

Requirement 8: Understand how the various 'good food' groups contribute to a healthy body. Check your meals for a week to be sure you are eating what you should.

How 'good food' groups contribute to a healthy body:	
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What I ate over 7 Days

	Day of week	Breakfast	Lunch	Dinner (ie Tea)	Other 'food' consumed
1.					
2.					
3.					
4.					
5.					
6.					
7.					

My comments:

--

Requirement 9: **Set the table properly for your family for an evening meal. Serve a balanced meal that you have planned and prepare as much as possible by yourself. Include a main dish, vegetable, and salad.** Briefly describe what you did.

Requirement 10: **Follow a recipe correctly in making a vegetarian entree or a vegetable casserole.** Briefly describe what you did.

Requirement 11: **Start a recipe file (minimum 10 recipes) of your own. Put in it only recipes that you have tried and that you like. Hint: Use recipes from Requirements 5 – 9.**

Briefly describe what you did. You are welcome to use our Recipe Book Template which is included with the Cooking Honour documents on the SPD Honour Website



Please insert completed Honour Requirements and any other supporting evidence i.e. photos.

HONOUR COMPLETED:

Signature _____

Notes, images etc.



Please use blank pages for additional information, projects and Advanced Requirement demonstration and activity details.

