



# FRIEND WORKBOOK



NAME: \_\_\_\_\_

COUNSELLOR: \_\_\_\_\_

CLUB: \_\_\_\_\_

North England Conference

YEAR: \_\_\_\_\_



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# FRIEND CLASS BASIC REQUIREMENTS



GENERAL				
Requirement		(✓)	Date	Signature
1	Be 10 years old and /or in Year 5 or its equivalent			
2	Be an active member of Pathfinder Club (confirm <b>75%</b> attendance)			
3	Memorise and explain the Pathfinder Pledge and Law			
4	Read the book 'The Happy Path' (or similar book on the Pledge and Law)			
5	Have a current Book Club Certificate			
SPIRITUAL DISCOVERY				
Requirement		(✓)	Date	Signature
1	Memorise the Old Testament books of the Bible and know the five areas into which the books are grouped. Demonstrate your ability to find any given book			
2	Have a current memory gem certificate			
3	Know and explain Psalm 23 or Psalm 46			
4	During several worship periods, read with your parents the historical prologue to the book 'Early Writings' and list the main events of the SDA church			
SERVING OTHERS				
Requirement		(✓)	Date	Signature
1	Consulting your leader, work out ways to spend at least two hours expressing your friendship to someone in need in your community by doing any <b>two</b> of the following:			
	a. Visit someone who needs friendship			
	b. Help someone in need			
	c. With the help of others spend a half day on a community, school, or church project			
2	Prove yourself a good citizen at home and at school			
FRIENDSHIP DEVELOPMENT				
Requirement		(✓)	Date	Signature
1	List ten qualities of being a good friend, and discuss four everyday situations where you have practiced the "Golden Rule."			
2	Know your National Anthem and explain its meaning			

<b>HEALTH AND FITNESS</b>				
<b>Requirement</b>		(✓)	<b>Date</b>	<b>Signature</b>
1	Complete the following:			
	a. Discuss the temperance principles in the life of Daniel, or participate in a presentation or role play on Daniel 1			
	b. Memorise and explain Daniel 1:8, and either sign the appropriate pledge card or design your own pledge card showing why you choose a life style in harmony with the true principles of temperance			
2	Learn the principles of a healthful diet and engage in a project preparing a chart of basic food groups			
3	Complete the honour 'Swimming Beginner's'			
<b>ORGANISATION AND LEADERSHIP DEVELOPMENT</b>				
<b>Requirement</b>		(✓)	<b>Date</b>	<b>Signature</b>
1	Plan and take a three hour or 8 km Hike. Plan to complete a requirement under the Nature Study or Outdoor Life sections or a Nature Honour			
<b>NATURE STUDY</b>				
<b>Requirement</b>		(✓)	<b>Date</b>	<b>Signature</b>
1	Complete one of the following Honours: Cats, Dogs, Mammals, Seeds, Bird Pets			
2	Know different methods of purifying water. Demonstrate your ability to build a camp shelter. Consider the significance of Jesus as the water of life and as our refuge place			
<b>OUTDOOR LIFE</b>				
<b>Requirement</b>		(✓)	<b>Date</b>	<b>Signature</b>
1	Know how ropes are made. Demonstrate how to care for rope in the correct manner. Tie and know the practical use of the following knots: Overhand, Granny, Square, Slip, Double Bow, Two Half Hitches, Clove Hitch, Bowline			
2	Participate in an overnight CAMP OUT			
3	Pass a test in general safety			
4	Pitch and strike a tent. Make a camp bed			
5	Know ten hiking rules. Know what to do when lost			
6	Learn the signs for track and trail. Be able to <u>lay</u> a 2 km. trail that others can follow. Be able to track a 2 km. trail			
<b>LIFESTYLE ENRICHMENT</b>				
<b>Requirement</b>		(✓)	<b>Date</b>	<b>Signature</b>
1	Complete one honour in Arts and Crafts			

## ADVANCED REQUIREMENTS

GENERAL				
Requirement		(✓)	Date	Signature
1	Know, sing or play, and explain the meaning of the Pathfinder Song			
SPIRITUAL DISCOVERY				
Requirement		(✓)	Date	Signature
1	Complete the crossword puzzle based on the prologue to Early Writings			
2	With your leader choose one of the following OT characters (Joseph/Jonah/ Esther/Ruth). In a group discuss Christ's loving care and deliverance as shown in the story			
SERVING OTHERS				
Requirement		(✓)	Date	Signature
1	Bring at least two visitors to Sabbath School or Pathfinder meetings			
FRIENDSHIP DEVELOPMENT				
Requirement		(✓)	Date	Signature
1	Demonstrate good table manners with a group of people of various ages			
HEALTH AND FITNESS				
Requirement		(✓)	Date	Signature
1	HIV/AIDS curriculum			
NATURE STUDY				
Requirement		(✓)	Date	Signature
1	Know and identify ten wild flowers and ten insects in your area			
OUTDOOR LIFE				
Requirement		(✓)	Date	Signature
1	Start a fire with one match, using natural materials, and keep fire going			
2	Properly use the knife and axe, and know ten safety rules in their use			
3	Tie five speed knots			
4	Demonstrate baking, boiling and frying camp food			
LIFESTYLE ENRICHMENT				
Requirement		(✓)	Date	Signature
1	Complete one Honour in Vocational or Outdoor Industries			

	<p><b>Recommended for Investiture</b></p> <p>I consider that this candidate has completed the requirements necessary to be recommended for investiture.</p>
<p><b>Club Counsellor Sign Off</b></p>	<p>Name (printed) .....</p> <p>Signature .....</p> <p>Date .....</p>
<p><b>Club Director Sign Off</b></p>	<p>Name (printed) .....</p> <p>Signature .....</p> <p>Date .....</p>
<p><b>Area Coordinator Sign Off</b></p>	<p>Name (printed) .....</p> <p>Signature .....</p> <p>Date .....</p>
<ul style="list-style-type: none"> <li>★ Notes</li> <li>★ Comments</li> <li>★ Further Actions</li> <li>★ Advanced Sign off</li> </ul>	



# GENERAL



This section contains general information about the Pathfinder Club, 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 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**

---

**I will be pure**

---

**... kind**

---

**... and true**

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**I will keep the Pathfinder Law**

---

**I will be a servant to God**

---

**... and a friend to man**

---

## **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**

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**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**

---

### **Keep the Morning Watch**

Every boy and girl should have prayer and Bible study every day. The best way to start the day is by studying the Morning Watch which has been prepared as a daily devotional for every Seventh-day Adventist junior boy and girl.

The first food I need is the Word of God. I will study and meditate upon it and make it part of my daily devotions.

I will pray, thanking God for His blessings and asking Him for the things I and others need. God has promised to hear me.

I will share what I have learned in the Word of God with my family and others. I want Jesus to come soon, and I want others to know Him personally as I do.

I will keep the Morning Watch because it is the plan of God to enrich my life and prepare me for His kingdom.

### **Do My Honest Part**

"The world does not so much need men of great intellect as of noble character." Education, page 225.

"A character formed according to the divine likeness is the only treasure that we can take from this world to the next. Those who are under the instruction of Christ in this world will take every divine attainment with them to the heavenly mansions. And in heaven we are continually to improve. How important then, is the development of character in this life." Messages to Young People, pages 100, 101.

Recognising this great need in the world and in my life I will not be afraid of anything that is my duty. I will cheerfully carry out all my responsibilities at home, in school, and in the church. I will show good sportsmanship in play and always strive to do my best.

I will do my honest part by keeping out of trouble, taking care of my money, respecting that which is not mine and faithfully carrying out all my responsibilities.

### **Care for My Body**

"One of the greatest aids in perfecting pure and noble characters in the young, strengthening them to control appetite and refrain from debasing excesses, is sound physical health."  
Messages to Young People, page 233.

I recognise that the time to establish good habits, to learn self-control and to keep a healthy body is in my youth. I also recognise that my body is the temple of the Holy Spirit and that I have been entrusted with its care. It is my responsibility to learn principles and norms which will help me live happily and free from the vices and corruptions of the world.

I will endeavour to keep my body strong by deep breathing, exercise, proper diet and dress, and by refraining from the use of alcohol, tobacco, tea, coffee and drugs.

### **Keep a Level Eye**

At Fort Lincoln, Washington, D.C., there is a statue of Christ which appears to look in all directions. No matter where you stand the eyes of the Lord are upon you. The Bible says: "The eyes of the Lord are in every place beholding the evil and the good." Proverbs 15:3.

Keeping a level eye means that no matter where we are, out in the open or in the dark alleys of life, we can look at Jesus straight in the eye and not be afraid.

Adam and Eve ran from the presence of God. They could not face Him because they had sinned. In order to keep a level eye, I must not lie or deceive. I will tell the truth even if it hurts. I will despise filthy thinking and dirty talk. I will think more of others than of myself.

### **Be Courteous and Obedient**

"The golden rule is the principle of true courtesy, and its truest illustration is seen in the life and character of Jesus. Oh, what rays of softness and beauty shone forth in the daily life of our Saviour! What sweetness flowed from His very presence! The same spirit will be revealed in His children." Messages to Young People, page 420.

I want to be courteous because courtesy is love shining out of a heart that reflects the love of Jesus. I will always give a kindly greeting and ever be ready to help the stranger, the aged, the sick, the poor, and the little ones.

I realise that obedience to God must come first, obedience to parents next and obedience to teachers and other persons in authority follow. I want to follow the example of Jesus, who was obedient even unto death on the cross. He came to fulfill a mission and was obedient to His heavenly Father.

### **Walk Softly in the Sanctuary**

When Moses went into the presence of God to receive the Ten Commandments the people were told to sanctify themselves and to wash their clothes. They were to be reverent before the God of the universe. "Children and youth should never feel that it is something to be proud of to be indifferent and careless in meetings where God is worshiped." Messages to Young People, page 266.

I will walk softly in the sanctuary, making my feet, my hands, and my heart fit the time and place. God is in the church building, because it is dedicated to His service. In the church I will be quiet, careful and reverent in all I do and say.

I will be reverent in prayer; I will close my eyes and have a proper posture as I talk to God.

I will respect the sanctuary, its buildings, its furniture; I will not talk to my peers; I will remember that the angels cover themselves in humility as they approach the throne of God.

### **Keep a Song in My Heart**

"The melody of praise is the atmosphere of heaven; and when heaven comes in touch with the earth there is music and song- 'thanksgiving and the voice of melody.'" Messages to Young People, page 291.

We know that music is as much an act of worship as is prayer. Many times youth do not understand this and songs are sung without meaning. We must learn to praise God here on earth, for this will be one of the themes of eternity. There should be joy in our hearts because Jesus came and died on the cross for all of us.

I will keep a song in my heart because I am happy, because I've been redeemed. I will sing while I am alone and while I am with others. I want them to feel the joy of salvation with me, the joy of a Christian, the happiness one experiences with Christ. I will sing when things are right and I will sing when things are wrong. I know that trials and tribulations are God's way of teaching and moulding me.

"Let there be singing in the home, of songs that are sweet and pure, and there will be fewer words of censure, and more of cheerfulness and hope and joy. Let there be singing in the school, and the pupils will be drawn closer to God, to their teachers, and to one another." Messages to Young People, page 292.

### **Go On God's Errands**

The supreme purpose of every Adventist Junior Youth is to do God's work. "Children can be acceptable missionary workers in the home and in the church. God desires them to be taught that they are in this world for useful service, not merely for play. In the home they can be trained to do missionary work that will prepare them for wider spheres of usefulness. Parents, help your children to fulfill God's purpose for them." Messages to Young People, page 225.

What a tremendous opportunity to have a part in the finishing of God's work on earth! Angels would be happy to have this work. But it was given to mankind, to youth, to boys and girls.

I will accept the daily duties of my home and school to prepare me for greater duties. I will plant a garden for the aged lady next door so that someday I might be able to help in an agricultural school in a foreign country. I will help my little brother tie his shoes so that someday I might operate on a patient in a hospital in a mission field. I will clean my father's garage today so that I can help clean heathenism from the hearts of thousands around me and in distant lands.

I will be more than glad to do God's errands now because I want to keep doing His work forever. I want to dedicate my life to the preaching of this message and reach millions who are still waiting for salvation in Jesus Christ.



# 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 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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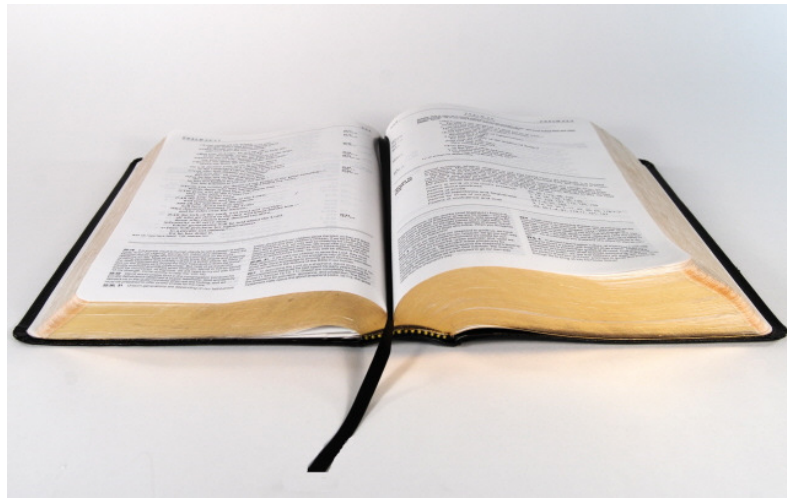
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# SPIRITUAL DISCOVERY



The purpose of the Bible Study section is twofold: to familiarise the Pathfinder with the Old Testament and to recognise the Saviour in its stories. It also introduces Pathfinders to the origins of their church.



**1. Memorise the Old Testament books and know the five areas into which the books are grouped. Demonstrate your ability to find any given book.**



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

## The Books of the Old Testament

Write the names of the books of the Old Testament in their correct order.

1 Chronicles	Job	1. _____	21. _____
1 Kings	Joel	2. _____	22. _____
1 Samuel	Jonah	3. _____	23. _____
2 Chronicles	Joshua	4. _____	24. _____
2 Kings	Judges	5. _____	25. _____
2 Samuel	Lamentations	6. _____	26. _____
Amos	Leviticus	7. _____	27. _____
Daniel	Malachi	8. _____	28. _____
Deuteronomy	Micah	9. _____	29. _____
Ecclesiastes	Nahum	10. _____	30. _____
Esther	Nehemiah	11. _____	31. _____
Exodus	Numbers	12. _____	32. _____
Ezekiel	Obadiah	13. _____	33. _____
Ezra	Proverbs	14. _____	34. _____
Genesis	Psalms	15. _____	35. _____
Habakkuk	Ruth	16. _____	36. _____
Haggai	Song of Songs	17. _____	37. _____
Hosea	Zechariah	18. _____	38. _____
Isaiah	Zephaniah	19. _____	39. _____
Jeremiah I		20. _____	

## Learn the Books of the Bible to Music

Happy Songs for Boys and Girls, No. 115. Available from ABC.

Or the following books of the Bible can be sung to the melody of Battle Hymn of the Republic.

### Verse 1

Gen-es-is and Ex-od-us, Le-vit-ic-us and Num-bers,  
Deut-er-on-omy, Josh-ua, Jud-ges, Ruth and Samuel.  
Kings, Chronicles, Ez-ra, Neh-em-i-ah, Es-ther, Job, Psalms.  
Pro-verbs, Ec-clesi-as-tes.

### Verse 2

Song of Solomon, I-sai-ah, Jer-e-mi-ah, Lam-en-ta-tion,  
Ezek-iel, Dan-iel, Hose-a, Jo-el, Am-os, Oba-diah.  
Jo-nah, Mi-cah, Na-hum, Hab-ak-kuk and Zeph-an-i-ah,  
Hag-gai, Zech-ariah, Mal-a-chi.

### Verse 3

Matthew, Mark, Luke, John, Acts, Ro-mans, Cor-in-thi-ans,  
Gal-atians, Ephesians, Phil-ippians, Col-oss-ians, Thes-sa-lo-ni-ans,  
Tim-othy, Ti-tus, Phil-emon, He-bre-ws, James and Pe-ter.  
John, Jude, Rev-e-la-tion.



### Method of Testing

1. Be able to repeat the books in order, **OR**
2. The leader conducts a Bible Drill game in which the Friends are required to find 15 Old Testament books in two minutes.

## 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)

FRIEND CLASS		
I. DOCTRINE	II. GREAT PASSAGES	III. SALVATION
1. John 10:10 2. 2 Timothy 3:15 3. Exodus 20:3-17 4. Option _____	1. Psalm 23 2. Exodus 20:3-17 3. Matthew 5:3-12 4. Psalms 8:5-9 5. Option _____	1. Ecclesiastes 12:1 2. John 3:16 3. 1 John 1:9 4. Ezekiel 33:11 5. John 17:15 6. Option _____
IV. PRAYER	V. RELATIONSHIPS	VI. BEHAVIOUR
1. Matthew 6:9-13 2. Mark 1:35 3. I Samuel 12:23 4. I Thessalonians 3:10 5. Option _____	1. Luke 2:52 2. Luke 4:16 3. Ephesians 6:1 4. Psalms 51:10 5. Psalms 16:8 6. Option _____	1. Proverbs 17:22 2. Proverbs 12:22 3. Philippians 4:4 4. Proverbs 6:6 5. Proverbs 28:14 6. Option _____
VII. PROMISES/PRAISE		
1. Psalms 107:1 3. Philippians 4:19 5. Psalms 84:1,2		2. Psalms 103:13 4. Isaiah 58:9,10 6. Option _____

Write your 7 chosen bible texts below:

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

### 3. Know and explain Psalm 23 or Psalm 46.

#### PSALMS 23 (NKJV)

- 1 The Lord is my shepherd; I shall not want.
- 2 He makes me to lie down in green pastures; He leads me beside the still waters.
- 3 He restores my soul; He leads me in the paths of righteousness For His name's sake.
- 4 Yea, though I walk through the valley of the shadow of death, I will fear no evil; For You are with me; Your rod and Your staff, they comfort me.
- 5 You prepare a table before me in the presence of my enemies; You anoint my head with oil; My cup runs over.
- 6 Surely goodness and mercy shall follow me All the days of my life; And I will dwell in the house of the Lord forever.

#### PSALMS 46 (NKJV)

- 1 God is our refuge and strength, A very present help in trouble.
- 2 Therefore we will not fear, Even though the earth be removed, And though the mountains be carried into the midst of the sea;
- 3 Though its waters roar and be troubled, Though the mountains shake with its swelling. Selah
- 4 There is a river whose streams shall make glad the city of God, The holy place of the tabernacle of the Most High.
- 5 God is in the midst of her, she shall not be moved; God shall help her, just at the break of dawn.
- 6 The nations raged, the kingdoms were moved; He uttered His voice, the earth melted.
- 7 The LORD of hosts is with us; The God of Jacob is our refuge. Selah
- 8 Come, behold the works of the LORD, Who has made desolations in the earth.
- 9 He makes wars cease to the end of the earth; He breaks the bow and cuts the spear in two; He burns the chariot in the fire.
- 10 Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth!
- 11 The LORD of hosts is with us; The God of Jacob is our refuge.



**Explain your chosen text below:**

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#### Method of Testing

Repeat from memory the Psalm of your choice and successfully show your understanding of this psalm.



**4. During several sessions read the historical prologue to the book Early Writings and list the main events of the founding of the SDA church.**



Complete the 'Student Questionnaire' below based on the Historical Prologue in the Early Writings, pages VII to XXXII by Mrs E.G. White. You can borrow this from the church library or download online at: <http://www.whiteestate.org/>

**STUDENT QUESTIONNAIRE**

1. The Seventh-day Adventist church was born out of a world-wide movement known as \_\_\_\_\_ in North America, this movement was led by a New York farmer-minister named \_\_\_\_\_.

2. Careful study of prophecies in the book of \_\_\_\_\_ caused William Miller to arrive at the conclusion that \_\_\_\_\_ in about the year \_\_\_\_\_.

3. Following the \_\_\_\_\_ many believers and ministers dropped away.

4. Ellen Harmon received \_\_\_\_\_ only \_\_\_\_\_ after the disappointment; she saw a \_\_\_\_\_ at the beginning of a long \_\_\_\_\_ and \_\_\_\_\_ was \_\_\_\_\_ the people to the \_\_\_\_\_.

5. Another denomination still surviving today born of this movement is the \_\_\_\_\_. They differ from SDA's primarily on the doctrines of \_\_\_\_\_.

6. A group study led by \_\_\_\_\_ were the first to correct the error regarding the cleansing of the \_\_\_\_\_ because of a vision he had while \_\_\_\_\_.

7. The Sabbath was first introduced to the Advent believers by \_\_\_\_\_, who was a \_\_\_\_\_ attending church with some believers in the small town of \_\_\_\_\_.

8. Later, \_\_\_\_\_, a prominent minister also accepted the Sabbath truth and wrote a pamphlet which convinced \_\_\_\_\_ and \_\_\_\_\_ of the truth.

**9.** The first official publication by the Advent believers was called \_\_\_\_\_  
\_\_\_\_\_. There were only \_\_\_\_\_ issues starting in July \_\_\_\_\_ and ending in  
November 1850.

**10.** When the Whites moved to \_\_\_\_\_ in 1855 they had already published  
several small books, a regular church journal which today we call \_\_\_\_\_ and a  
magazine for youth called \_\_\_\_\_.

**11.** It wasn't until \_\_\_\_\_ that the name Seventh-day Adventist was settled on and then in  
1863 the \_\_\_\_\_ was organised.

# SERVING OTHERS



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



**1. In consultation with your leader, work out ways to spend at least two hours expressing your friendship to someone in need in your community by doing any two of the following:**

- 1. Visit someone who needs friendship.**
- 2. Help someone in need.**
- 3. With the help of others spend a half day on a community, school, or church project.**

Record what you did below:

**ACTIVITY 1:**

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**ACTIVITY 2:**

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

## **2. Prove yourself a good citizen at home and school.**



Discuss the following questions:

Summarise the discussion below: (These are part of the Christian Citizenship Honour.)

### **1. Give the rights and responsibilities of a citizen of your country.**

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### **2. Describe what you can do as a citizen to help your church and country.**

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### **3. Go through the steps (illustrate below) of an individual acquiring citizenship in the country and learn how this is done.**

**4. Know how to explain the process of government in your country.**

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**5. Explain why laws are established in your country.**

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# FRIENDSHIP DEVELOPMENT



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



**1. List 10 qualities of being a good friend.**

1: .....

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2: .....

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3: .....

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4: .....

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5: .....

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6: .....

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7: .....

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8: .....

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9: .....

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10: .....

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## 2. Discuss and demonstrate good table manners with your parents/guardian or group leader.



### Suggested ways to meet the requirement:

1. Pantomime good and bad manners
2. Impromptu skit
3. Full skit before an audience
4. Follow up with questions and discussion

### ACTIVITY:

A large rectangular area containing 20 horizontal dotted lines for writing.



## Do You Know What a Person with Manners Does?

### 1. When does the well-mannered person start eating?

- a. \_\_\_\_\_ Whenever you feel like it, depending on how hungry you are.
- b. \_\_\_\_\_ After everyone else has been served and the hostess has begun.
- c. \_\_\_\_\_ As soon as you are served your food.

### At a large dinner party:

- a. \_\_\_\_\_ After everyone has been served and the hostess has begun.
- b. \_\_\_\_\_ After 4 or 5 have been served, or the hostess says, "Please go ahead, so the food won't get cold."

### 2. Do you ever place your elbows on the table?

- a. \_\_\_\_\_ Yes, when you are tired.
- b. \_\_\_\_\_ No, never!
- c. \_\_\_\_\_ Never while you are eating, but perhaps while resting between courses or conversing at the end of the meal.

### 3. Where do you leave your serviette or napkin throughout the meal?

- a. \_\_\_\_\_ On your lap.
- b. \_\_\_\_\_ Tucked under your chin.
- c. \_\_\_\_\_ Tied around your neck.
- d. \_\_\_\_\_ On the table.

### 4. What do you do with your serviette or napkin when you leave the table?

- a. \_\_\_\_\_ You refold it the same way you found it.
- b. \_\_\_\_\_ You wad it up and put it in on your chair.
- c. \_\_\_\_\_ You lay it in loose folds beside your plate.

### 5. How do you pass a jug or pitcher?

- a. \_\_\_\_\_ You hand it to the next person with the handle turned toward that person.
- b. \_\_\_\_\_ You set it on the table in front of the next person.

### 6. What do you do if the hostess serves good food that you don't like?

- a. \_\_\_\_\_ You tell her that you won't eat any of that food because you can't stand it.
- b. \_\_\_\_\_ You keep quiet about it and take a small portion anyway.
- c. \_\_\_\_\_ You take some, but hide it in your serviette.

**7. How do you serve yourself gravy from the gravy boat?**

- a. \_\_\_\_\_ You simply pour it out.
- b. \_\_\_\_\_ You spoon it out with your own spoon.
- c. \_\_\_\_\_ You dip gravy with the gravy ladle.

**8. When butter or jam is passed, where do you place it?**

- a. \_\_\_\_\_ You put it on your plate, then transfer it to your bread or roll.
- b. \_\_\_\_\_ You place it directly onto your bread or roll.

**9. When "finger foods" such as olives, biscuits, or sandwiches are passed around the table, what do you do with them?**

- a. \_\_\_\_\_ You place them on your plate, then transfer them to your mouth.
- b. \_\_\_\_\_ You put them directly into your mouth.
- c. \_\_\_\_\_ You put them on the table beside your plate to eat later.

**10. How do you know which cutlery or table ware to use?**

- a. \_\_\_\_\_ As a general rule you start with the cutlery closest to your plate, then work toward the outside as the meal progresses.
- b. \_\_\_\_\_ You start at the outside and work in toward your plate as the meal progresses.
- c. \_\_\_\_\_ When in doubt you follow the lead of your hostess.
- d. \_\_\_\_\_ Other customs \_\_\_\_\_.

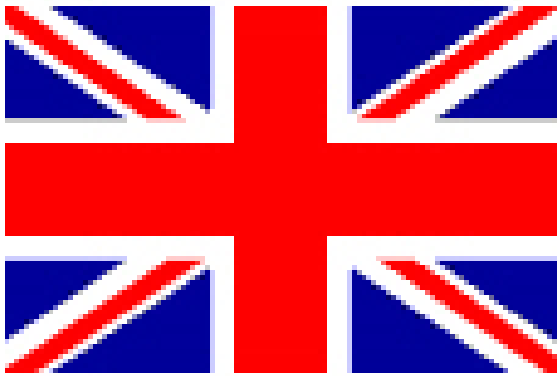
**11. What do you do with your knife and fork after using them?**

- a. \_\_\_\_\_ You lay them down on the tablecloth, flat.
- b. \_\_\_\_\_ You prop the utensils against your plate with the handles resting on the table.
- c. \_\_\_\_\_ You lay them flat down the middle of your plate.
- d. \_\_\_\_\_ You return them to the same position they came from, beside your plate.
- e. \_\_\_\_\_ Other customs \_\_\_\_\_.

**12. What do you do with your cutlery when passing your plate for "seconds"?**

- a. \_\_\_\_\_ You hold them upright in your hand.
- b. \_\_\_\_\_ You lay your knife and fork side by side across your plate.
- c. \_\_\_\_\_ Other customs \_\_\_\_\_.

### 3. Sing or say your national anthem and explain its meaning



#### What is the British National Anthem?

The National Anthem is God Save the Queen. The British National Anthem originated in a patriotic song first performed in 1745. It became known as the National Anthem from the beginning of the nineteenth century.

**On official occasions, only the first verse is usually sung, as follows:**

God save our gracious Queen!  
Long live our noble Queen!  
God save the Queen!  
Send her victorious,  
Happy and glorious,  
Long to reign over us,  
God save the Queen.

An additional verse is occasionally sung:

Thy choicest gifts in store  
On her be pleased to pour,  
Long may she reign.  
May she defend our laws,  
And give us ever cause,  
To sing with heart and voice,  
God save the Queen.





# 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.





**B.** Memorise and explain **Daniel 1:8**, and either sign the appropriate pledge card or design your own pledge card, showing why you choose a life style in harmony with the true principles of temperance.

**Daniel 1:8 (New King James Version)**

**New King James Version (NKJV)**

8 But Daniel purposed in his heart that he would not defile himself with the portion of the king’s delicacies, nor with the wine which he drank; therefore he requested of the chief of the eunuchs that he might not defile himself.

**Explain the text below:**

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.....

**DESIGN / STICK YOUR PLEDGE CARD BELOW:**

.....



**Method of Testing**

Participation in discussion or role play, signing of a pledge, and memorisation of Daniel 1:8.

## 2. Learn the principles of a healthful diet and engage in a project preparing a chart of basic food groups.

### The eatwell plate



Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



<http://www.food.gov.uk/healthiereating/eatwellplate/>

Create a chart based on the "Eatwell Plate" above:

### One Serving Looks Like...

Grain Products		Vegetable and Fruit	
1 cup of cereal flakes	Fist	1 cup of salad greens	baseball
1 pancake	Compact Disc	1 baked potato	Fist
1/2 Cup of cooked rice, pasta, or potato	1/2 baseball	1 medium fruit	baseball
1 slice of bread	Cassette Tape	1/2 cup of fresh fruit	1/2 baseball
1 piece of cornbread	Bar of soap	1/4 cup of raisins	large egg
Dairy and Cheese		Meats and Alternatives	
1 1/2 oz. cheese	4 stacked dice	3 oz. meat, fish, and poultry	deck of cards
1/2 cup of ice cream	1/2 baseball	3 oz. grilled/baked fish	checkbook
1 tsp. margarine or spreads	1 die	2 Tbsp. peanut butter	ping pong ball

**CREATE A CHART BASED ON THE "EATWELL PLATE" ABOVE:**



### 3. BEGINNER SWIMMING HONOUR

**Complete Beginner Swimming class / Badge OR pass the following requirements:**

#### **Water Entry Skills:**

1. Enter water by jumping from the side of the pool, or from into the water from a dock into a safe area for jumping.
2. Headfirst entry from the side in a sitting position.\*
3. Headfirst entry from the side in a kneeling position.\*

**\* Headfirst entry should NOT be taught unless the water depth is at least 9 feet.**

#### **Breath Control and Submerging:**

1. Bobbing while moving toward safety – demonstrate in chest-deep water at least 5 times.
2. Demonstrate rotary breathing, at least 10 times.

#### **Buoyancy:**

1. On front, demonstrate the survival float, at least 30 seconds in deep water.
2. On back, demonstrate moving into a back float in deep water, and hold the float at least 30 seconds.

#### **Changing Positions:**

1. Change from a vertical to horizontal position on the front, in deep water.
2. Change from a vertical to horizontal position on the back, in deep water.

#### **Treading Water:**

1. Demonstrate treading water for at least 30 seconds in deep water.

#### **Front Swim:**

1. Push off in a streamline position, then begin the flutter kick. Kick in streamline position 3-5 body lengths.
2. Push off in a streamline position, then begin the dolphin kick. Demonstrate 3-5 body lengths.
3. Front crawl, at least 15 yards, with good rotary breathing.

#### **Back Swim:**

1. Elementary backstroke, demonstrate smooth finning and whip kick for at least 15 yards.

#### **Side Swim:**

1. Demonstrate, at least 10 yards, the side scissors kick.

#### **Water Safety:**

1. Reach or Throw, Don't Go—reaching assists, demonstrate.
2. Think Twice before Going Near Cold Water or Ice—discuss/demonstrate.
3. Look Before You Leap—understand and demonstrate.

#### **Passing Skills:**

Jump into chest-deep water from the side, swim front crawl for 15 yards, maintain positions by treading water or floating for 30 seconds, and swim elementary backstroke for 15 yards.





# ORGANISATION AND LEADERSHIP DEVELOPMENT





**Plan and take a three-hour or 8 km hike.**



**HIKING TRIP PLAN**

A trip plan prepares you for the challenges of a hike. Take a copy of your trip plan with you and leave one with your parents or other adult. The parts of a trip plan are:

**WHERE** are you going? Decide on your destination and the route you will travel to reach it and return. For backcountry trips, include a copy of the map with your route marked in pencil.

**WHEN** will you return? If you are not back reasonably close to the time on your trip plan, someone can take steps to locate you and provide assistance if needed.

**WHO** is going on the hike? List the names of your hiking partners. Write down who will transport you to the trailhead, if required.

**WHY** are you going? Going fishing, climbing a mountain, exploring a new area are all good reasons for a hike. Write a couple sentences about the purpose of your trip.

**WHAT** are you taking? Carry the Pathfinder outdoor essentials and list other equipment and clothing you will need.

**HOW** will you respect the land by using Countryside Code?

Departure Date and Time: \_\_\_\_\_

Estimated Return Date and Time: \_\_\_\_\_

Destination: \_\_\_\_\_

Route Going: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Route Returning: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Distance Going: \_\_\_\_\_

Distance Returning: \_\_\_\_\_

Purpose of Hike: \_\_\_\_\_  
\_\_\_\_\_

Special Permissions or Permits Needed: \_\_\_\_\_  
\_\_\_\_\_

Sources of Drinking Water: \_\_\_\_\_  
\_\_\_\_\_

Food for a Trail Lunch: \_\_\_\_\_  
\_\_\_\_\_

Equipment Needed:

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\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Clothing Needed:

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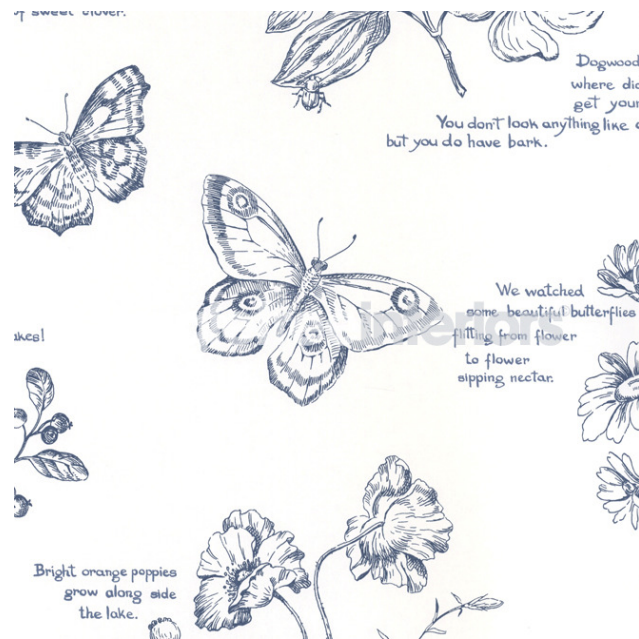
**Write a summary of what took place:**

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**Paste further evidence below e.g. photos of hike**



# NATURE STUDY



The purpose of this section is to introduce the Pathfinder to the thrill of discovering God's Book of Nature and to develop a sense of accomplishment by completing nature honour.





**1. Complete one of the following honours: Cats, Dogs, Mammals, Seeds, Bird Pets.**



Please complete Honour Requirements above and add any other supporting evidence i.e. photos.

**AWARD ACHIEVED:**

Signature\_\_\_\_\_



## **2. Know different methods of purifying water and demonstrate your ability to build a camp shelter. Consider the significance of Jesus as the Water of Life and as our refuge place.**

### **1. Method of Purifying Water**

The only way to be sure that water is safe for drinking and cooking or washing dishes is to chemically test it. If this has not been done, you must sterilise it, no matter how clean it looks, for it may carry serious diseases, such as typhoid fever, giardia and others.

#### **Options for sterilising:**

- a. Boil the water for twenty minutes (from the time it actually starts to boil). This will cause the water to taste flat because the air has been removed, but you can restore its good flavour by stirring it vigorously or pouring it back and forth several times from one container to another.
- b. Use one to two drops of iodine in a litre of water and let it stand for thirty minutes. Iodine Purification Tablets may be obtained.
- c. Use one part chlorine to 100 parts water. Let stand 30 minutes. Laundry bleach is commonly used.
- d. Halazone or Puritabs are water-purifying tablets which depend on the release of chlorine gas. Therefore, if used, these tablets should be fresh. Keep the bottle tightly closed, with some cotton in it to absorb the moisture. Place the number of tablets directed on the label, in the water, and let stand for thirty minutes.
- e. There are numerous mechanical purifiers specifically designed for backpacking available on the market today.

### **2. Camp Shelter**

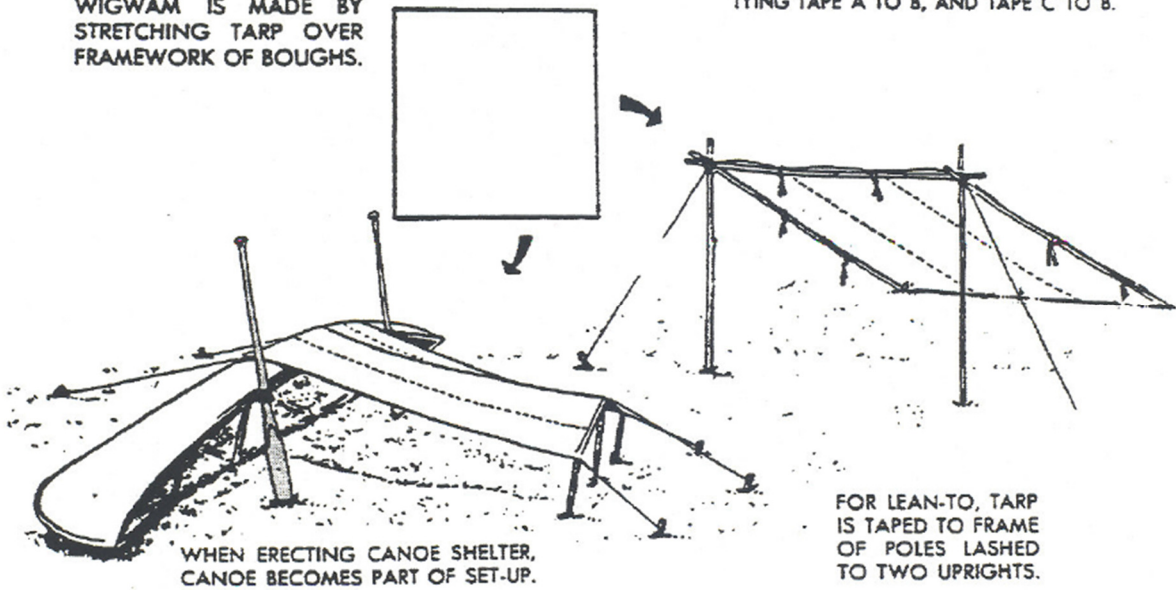
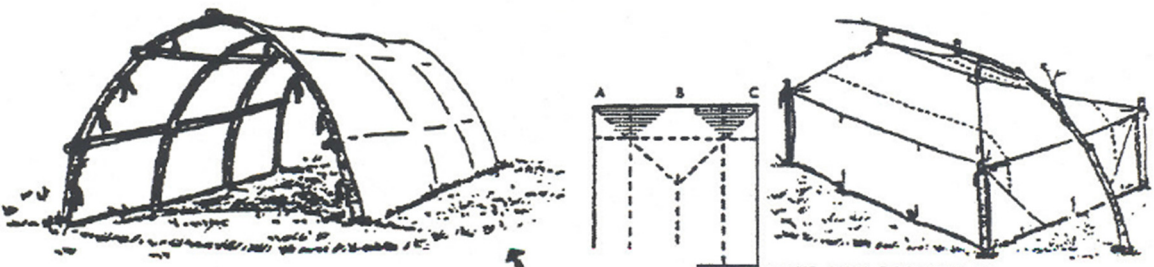
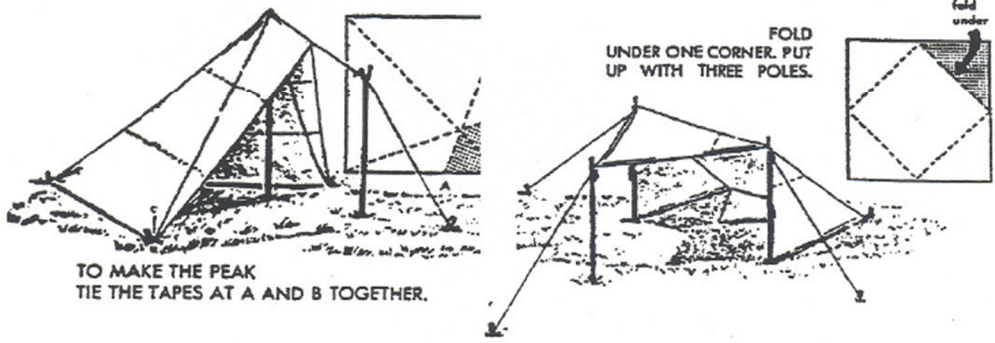
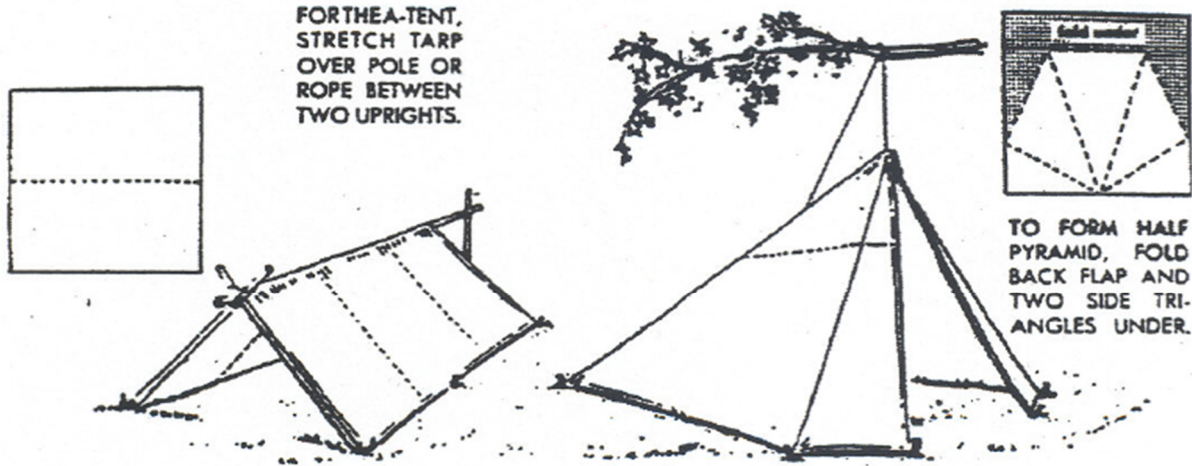
The simplest type of shelter is the lean-to. It may be made by placing a rope or ridgepole about 2 metres above the ground between two trees or two stakes and about 2 metres apart. When selecting forked poles for the uprights, be sure that they are straight from fork to toe, and the toe pointed.

Drape a sheet of plastic, tarpaulin, etc. over the ridgepole. The corners and sides may be held down with pegs or stones. More elaborate lean-tos may have sturdier frames and thatched roofs. A framework of battens is lashed across two forked sticks and long grass, reeds, rushes, ferns, palm leaves or leafy branches may be used as thatching. The thatching may be sewn, tufted or tied on to the battens. The method used will depend on the material available.

If you need warmth, keep your lean-to fairly small. It is better to build two lean-tos for four people than one for them all. Always build a lean-to so that its front opening is cross-wind.

A rubber life raft or a canoe or boat turned over or propped against a rock or log may provide a rough shelter, and can be made into a better one with the aid of a sheet of plastic or tarpaulin or a wall of stones or branches.

# Some Methods of Using a Tarpaulin to Make a Camp Shelter



### 3. Jesus as the Water of Life



#### A. John 4:4-42 - Story of The Woman at the Well

**Write a summary of what took place:**

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#### B. John 7:37-44 - Last Day of the Feast

**Write a summary of what took place:**

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#### C. Exodus 17:6, Numbers 20:8 - Smiting the Rock

**Write a summary of what took place:**

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# 4. Jesus as our refuge

## A. General Scriptures

Romans 8:1	"No condemnation for those... in Christ Jesus."
Hebrews 6:18	"We who have fled to take hold of the hope."
Samuel 22:3	"...my rock, in whom I take refuge."
Psalm 9:9	"The Lord is a refuge for the oppressed."
Psalm 91:2, 9	"He is my refuge and my fortress"

**What does this mean to you?**

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## B. John 7:37-44 - Last Day of the Feast

**Write a summary of what took place:**

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# OUTDOOR LIFE



The purpose of this section is to expand and develop the Pathfinders' interests and skills through active recreational pursuits and to appreciate the out-of-doors.



# **1. Know how ropes are made and demonstrate how to care for rope in the correct manner. Tie and know the practical use of the following knots:**

**Overhand; Granny; Square; Slip; Double Bow; Two Half Hitches; Clove Hitch; Bowline.**

## **A. Ropes**

Under primitive conditions, man has used vines, reeds, fibres and leather thongs.

These materials serve their purpose but since the earliest civilisations there is evidence of the use of rather sophisticated ropes made from cotton, various woods, and other natural fibre materials.

Today rope is made from Manila fibre, sisal fibre, or hemp. It is also made from nylon, plastic, and other synthetic materials which are highly resistant to rot or mildew, but each type have peculiarities, however, which negate some uses.

Instructors should become familiar with test strengths, flexibility, rope life and other characteristics before putting rope to practical use.

The best natural fibre rope is made from hemp. True hemp is rather scarce so the better ropes we find on the market are made from Manila fibre. Sisal is only about two-thirds as strong as Manila. The best ropes when life is at risk are the specialised synthetic ropes.

Rope is one of the most convenient materials for effecting temporary joints in many materials. It is also an essential item in camping, sailing, mountaineering, caving, and other outdoor activities.

**Rope Care** -The life of a rope may be prolonged if it is properly used and cared for. Good rope care only involves following a few simple rules, which are:

1. Keep ropes as dry as possible. Never store a rope when it is wet, especially if it is Manila or sisal. Dampness in these ropes leads to a weakening of the fibres. Natural drying in the sun is best. Oven drying is to be avoided as this will damage the fibres.
2. Inspect ropes periodically for signs of damage along their length. A thorough examination will require you to look at the inside of the rope, as well as the outside. The inner fibres should stay bright and new in appearance.
3. When not in use, coil a rope and keep it dry. A regular coil should be clockwise, or to the right, because of the natural twist in the rope. If the rope kinks when coiled, it is because a reverse twist has been given it while in use. To remove this, coil it counter-clockwise.
4. Never step or walk on a rope that is laying on the ground.

## B. Knots

The most efficient method of teaching knot tying is by:

1. Demonstrating the procedure.
2. Have the class follow the instructor, each using their own rope.
3. Practice procedure until proficient.
4. When more than one rope is involved in a knot, use ropes of different colours.

To understand directions for knot tying, three definitions are first necessary:

- a. The standing part. The long part of the rope on which the individual works in forming the knot.
- b. The bight. Turning the rope back on itself forms a loop. This is known as a bight.
- c. The running end. The part with which the individual works.

### The Overhand Knot

Make a bight, bring the end of the rope up through it and draw it tight. This is the common knot used by all.



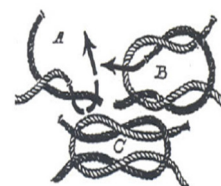
### The Granny Knot

This knot is now widely used in first-aid bandaging in place of the square knot, which formerly was recommended. Make an overhand knot. Now make a second overhand, crossing the end over the standing part in the same way it was done before.



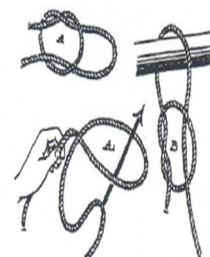
### The Square Knot

Never slips or jams, and is easy to untie. It should be used on all packages. Make an overhand knot. Now make a second overhand, crossing the end over the standing part in the opposite direction from the way it was done first. The beginner often thinks he is tying the second knot backward. Right over left, then left over right.



### The Slip Knot

The slipknot can be used to hitch a horse to a post. The knot slips, but if properly tied, becomes tighter the more the end is pulled. Make a bight, and instead of bringing the end up through it, as in the case of the overhand, bring a loop through.

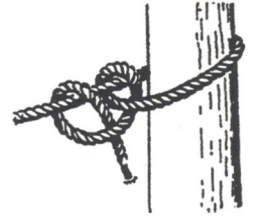


### The Double Bow - (Not Shown)

The common knot tied by all boys and girls every time they tie their shoelaces. It is so common that no drawing is necessary. It should follow the square knot principle and not the granny.

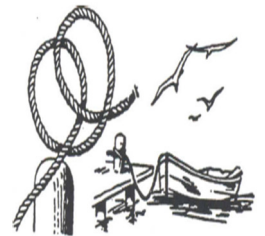
### **Two Half Hitches**

Useful because they are easily made and will not slip under any strain. Pass the rope through the ring and around the standing part, bringing it through the bight thus formed. Repeat as shown in diagram. Often used for tying ropes on a trailer, or with a round turn, for securing a tent rope to a peg.



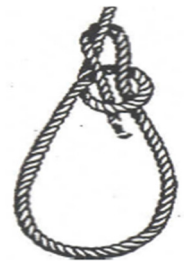
### **Clove Hitch**

As the name suggests this knot is used to fasten the end of a rope to a pole or fixed object and is used for commencing and ending the square lashing. Pass the rope around the pole so that the end with which you are working passed under the standing part. Pass the rope around the pole a second time, above the standing part, making a turn that brings the end through the loop in the opposite direction from the standing part.



### **Bowline**

This is used for tying a person or an animal when it is important that the noose shall not become tight, as in lowering a person from a burning building, staking out an animal, etc., a noose that neither slips nor jams. It is one of the most valuable of knots. Make a small bight on the standing part, leaving the end long enough to pass around the person or animal to be tied. Pass the end up through the bight around the standing part and down through the bight again. To tighten, hold the noose and pull the standing part.



## 2. Participate in an overnight CAMP OUT

Date of Camp-Out: \_\_\_\_\_

Event: \_\_\_\_\_



# 1. Pass a test General Safety

## WATER SAFETY

### A. Where to Swim

- Wherever you may be, never swim alone. A companion may save your life.
- Avoid all but the best known and safest swimming spots.
- The safest beach is the one patrolled by life guards.
- Young children should always be supervised by adults.

### B. When to Swim

- You should not swim for at least one hour after a meal, but as a hungry swimmer soon gets tired, swim well before the next meal is due.
- Do not enter the water immediately after vigorous exercise.
- Swimming at night is very dangerous; if you go under no rescuer could find you.

### C. Where Danger Lurks

- Never dive into strange water as there may be snags, rocks, broken glass and rubbish on the bottom.
- Inflatable rubber toys are dangerous. An unexpected current or breeze can carry these toys, and their passenger, away from shore in a matter of moments.
- Don't get too cold as this can bring on cramps.
- When surfing or swimming in surf it is easy for the current, unknown to the swimmer, to gradually drag you away from the other bathers. Check your position frequently and stay close to the main group of bathers.
- Where a beach is patrolled by life guards never swim outside the marked areas – the life guards know the beach better than you.
- On surf beaches don't swim in the area set aside for surf boarders. Many swimmers have been badly injured by surfboards.

### D. When in Difficulties

- The first rule is DON'T PANIC.
- An arm held straight up in the air is the recognised sign of a swimmer in distress.
- If caught in a current or undertow, do not try to swim against it - swim with it, and at the same time diagonally towards the shore.
- Learn how to tread water and float, exhaustion is the biggest danger to a swimmer in difficulties.
- When seized by a cramp, turn on your back, float and shout for help.
- Throwing your arms about wildly will only make you sink.
- If caught in weeds (a common danger when swimming in rivers and water holes) don't struggle; slow, gentle movements will free you more quickly.

### E. Protect Yourself and Others

- When at a swimming pool watch where you jump, as it is very easy to injure someone else.
- If you get too far out from shore you may have trouble in getting back as well as inviting danger from sharks.
- When in the water, play sensibly. "Dunking" and other foolish habits are both frightening and dangerous to beginners.

### F. Buoyant Aid Rescue

- Always try to throw or push something out to the victim before attempting to rescue on your own. There are a number of articles you can use that will keep the victim afloat.

## ROAD SAFETY

1. Look carefully in both directions before crossing the road and cross at right angles. You should not find it necessary to run.
2. Do not cross the road behind or in front of a parked car. If you have to do this, be very careful.
3. Use a pedestrian crossing where one is provided.
4. Do not attempt to get on or off a moving vehicle.
5. Always walk along a footpath or sidewalk instead of in the road.
6. Where there is no footpath, walk on the side of the road that faces on-coming traffic.
7. Always play in safe places, never on a road.

## BICYCLE SAFETY

- Learn to ride in your yard or at a nearby open area where riding is permitted. Don't ride on the road until Mom or Dad say so.
- Avoid busy roads.
- Ride with the flow of the traffic, close to the curb.
- Watch for parked cars pulling out, or doors opening suddenly.
- Obey all traffic signs and signals. (Remember, a bicycle is a vehicle)
- Stop, look and listen before entering a road.
- Give correct hand signals for turning and stopping.
- Never double or carry another person on your bicycle. No large parcels.
- Never ride more than two abreast. Remember its much safer riding single file.
- Keep your bicycle in good condition.
- Keep your bicycle under control- no stunting.
- Have good lights for night riding, reflectors and bells may be compulsory.
- Wear a helmet

## SAFETY IN THE HOME

### Electrical Don'ts

- **Your Main Earth Wire** -Every house MUST have a main earth wire or ground. The earth wire is usually connected to a water pipe or a metal rod driven into the ground. It is extremely important that this earth wire is properly secured and maintained. (Anything electrical is dangerous. This is a specialised area for experienced electricians only.)
- **Overhead wires are dangerous** - Keep impressing on children the danger of going near overhead wires. If a kite or other object lodges in overhead wires, tell children to leave it there and let Dad get it. Be careful yourself – especially when painting or carrying out repairs near electrical poles and connections.
- **Fallen Wires Are Dangerous** -Remember the Safety Rules:
  1. Stand well clear.
  2. Stand guard and prevent other people approaching the wires.
  3. Send someone to call the electricity department or police. Each broken wire has two ends - both may be alive.
- **If You Don't Know** - Most electrical fatalities are caused by meddling with appliances, wrongly wired plugs, makeshift leads, home-made hand lamps. Be wise, play safe and get a competent electrician to do the job.
- **Even a Slight Tingle** - The slightest shock is your warning that something is wrong with an installation or appliance. Don't ignore it immediately switch off the electricity and pull out the plug. Call your electrician or electricity department at once.

- **Don't Meddle with the Power Still on** - Prying open points, attempting to adjust or repair any appliance or plug while it is still connected to the power point, is inviting disaster. You expose yourself to great danger by meddling with electrical equipment. Disregard of elementary precautions is the cause of most accidents. Be wise and leave all repairs to your electrician.
- **Power Appliance to a Light Socket** - Moveable electrical appliances must be grounded. Never plug into a light socket, or extend your lead with two coreflex. Use only three-coreflex, wired correctly to a three-pin plug, and plug into a grounded three-pin power point. If you are in doubt ask your electrician or the electricity department.

## PATHFINDER CLUB HALL SAFETY

Inspect your Pathfinder Club meeting place and list the things which might be dangerous. There are many situations which can be dangerous. The place we live in, where we play or our own hall can easily be a "hazard".

Here are ten points for you to look for in a meeting place. There could be many more. How does your hall rate?

1. Objects left lying about can lead someone to fall over them. Put things away in their places, especially after you have used them.
2. Broken or cracked glass or louvers in windows can easily cut someone.
3. Are there any loose light fittings or broken switches? Are the correct fuses being used?
4. If your hall has polished floors watch any mats. They can cause an accident if they slip easily.
5. Is the camping gear stacked correctly? Can it fall down off shelves? Are some things so high that you may injure yourself getting them out?
6. What about fire extinguishers? Does your hall have any? If so, does everyone know how to use them? When were they last serviced by the Fire Authority?  
How about trying a fire drill?
7. Objects on the wall at head height could cause you to injure yourself while playing a game.
8. Have the camping lanterns or stoves been checked for leaks? Is there a ventilated place to store them?
9. Are all fuel bottles, food containers, camping gear etc. suitably labeled so other users don't get confused?
10. That pot for heating water in the kitchen; can it be knocked over and scald anyone?

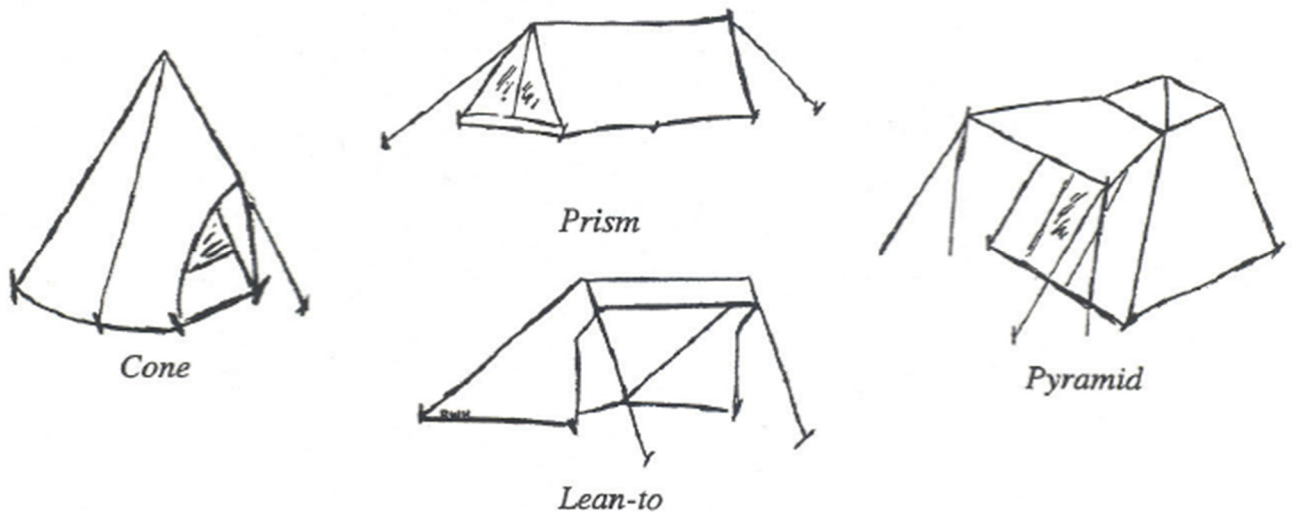


## 4. Pitch and strike a tent and make a camp bed

### TYPES OF TENTS

Most types of tents are based on simple geometrical patterns: the pyramid, the cone, the prism. When you are familiar with these designs, it becomes fairly easy for you to decide which kind will suit you best.

For lightweight camping, variations of the wall tent rank high in popularity. The lean-to is also good.



### CARE OF TENT

#### A. In Camp

1. Level the ground for your tent.
2. Remove all sharp rocks and fill in all holes or depressions. Otherwise, a tent pole or a boot heel may punch a hole in the floor.
3. To save floor wear, many campers carry an extra piece of canvas to use as a rug on the floor. It also makes cleaning the tent easy. Just roll up the canvas and shake it outside.
4. Also, longer life for your tent can be had by placing pieces of plywood or cardboard under center pole and all bed legs.
5. If it is very windy, collapse your tent for the day to protect it, particularly an umbrella tent. A sudden gust of wind may blow it down, break a pole, or tear the fabric.
6. Watch for canvas shrinkage during a rain storm. At the first sign of a storm, you should loosen all guy ropes.

#### B. At Home

1. Never store a tent when wet.
2. Before putting away, check tent for tears, missing grommets, worn ropes, etc.
3. If waterproofing is needed, do it before storing.
4. Make sure you store it in a dry place.

## PITCH AND STRIKE A TENT CORRECTLY

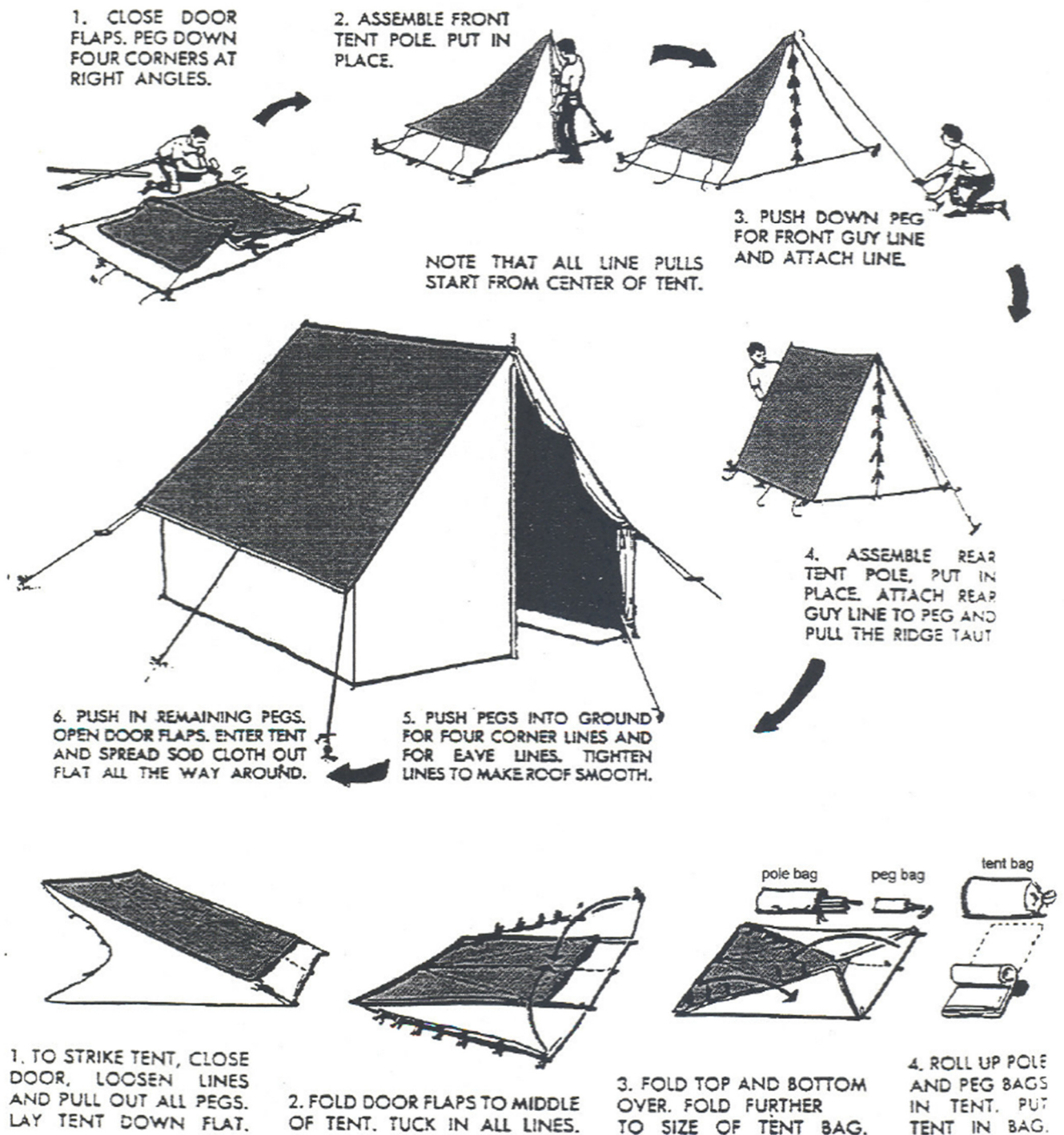
**Pitching** a tent means to set it up.

**Striking** a tent means to take it down and properly store.

It is easy to pitch a tent if there are half a dozen people to help, but an experienced camper can do it alone by following a simple routine.

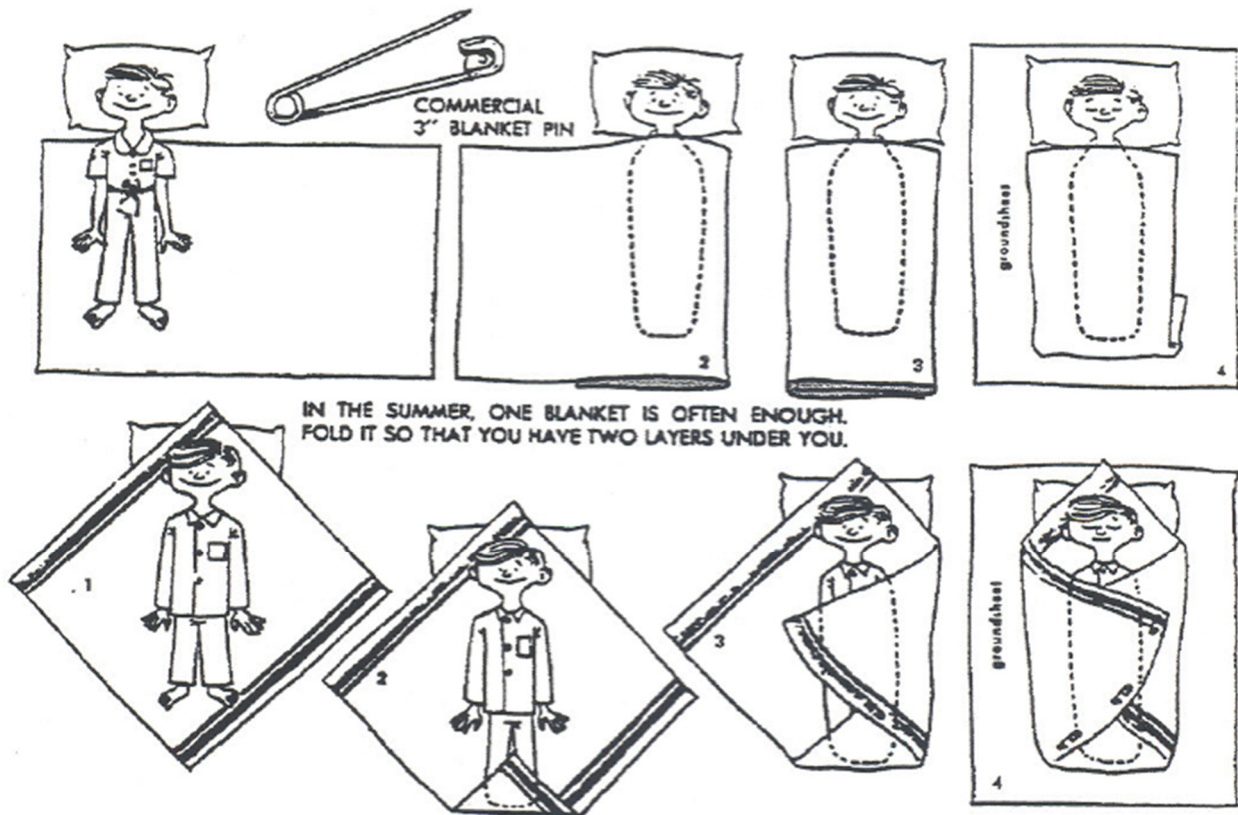
Even the best-pitched tent will sag eventually, so tighten the lines from time to time to keep the roof taut. During rain, on the other hand, slacken the lines deliberately to offset the shrinking of wet lines and tent materials.

As an example, this is the procedure for one very common style of tent:



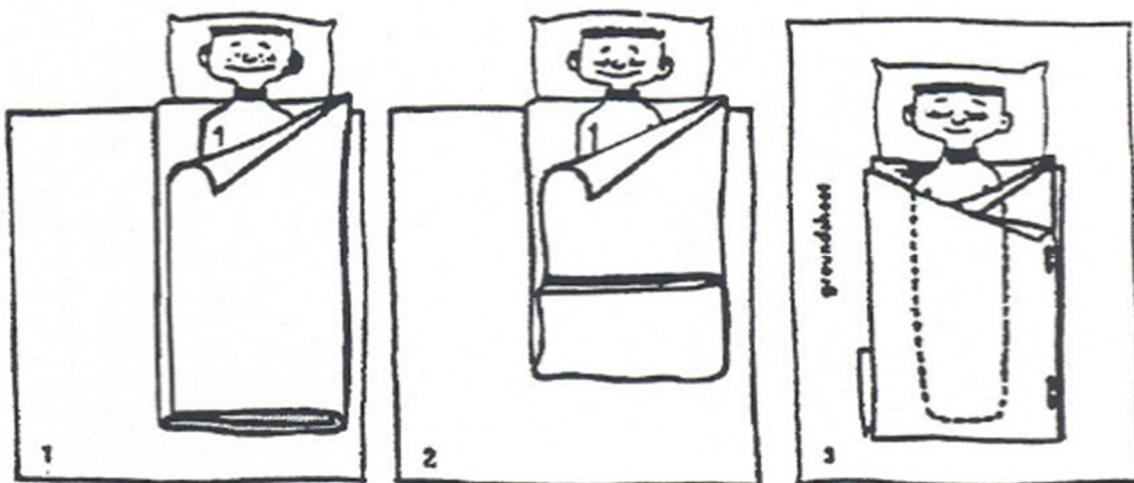
## CAMP BED

For an overnight camping trip, prepare your bed at home before starting out. It does not have to be very elaborate. But if you are staying for awhile on the same site, the extra time you spend making a camp bed will be repaid by the added comfort you will have.



Fold a Square Blanket With one Layer under you, Two on top.

In cooler weather, you need at least two blankets. Fold first blanket with two layers under you. Then bring bottom up over your feet. Swing half of second blanket over you, and fold bottom under your legs.



**Method of Testing:**  
Demonstration and participation in activity

## 5. Know ten hiking rules, and know what to do when lost

A hike is not a walk. A walker may shuffle along all day, scarcely knowing where he's going and come home at night without knowing where he's been. But a hiker steps along with a purpose in view. He knows where he is going and why. He keeps right on until he gets there, and when he comes home he is satisfied.

Rules are made for the protection of all persons and they must be followed in order to have a safe, interesting and there-by an enjoyable hike.

### LIST 10 HIKING RULES BELOW:


1: .....
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2: .....
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3: .....
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4: .....
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5: .....
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6: .....
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7: .....
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8: .....
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9: .....
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10: .....
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Sometimes things go wrong, even with the best made plans, and you may get lost. By following a few simple rules, this need not be as serious as it seems.

Every group should have a code or set of rules that each member knows thoroughly. This will enable others to know just what a person is going to do in case he does get lost and will enable them to find him more easily.

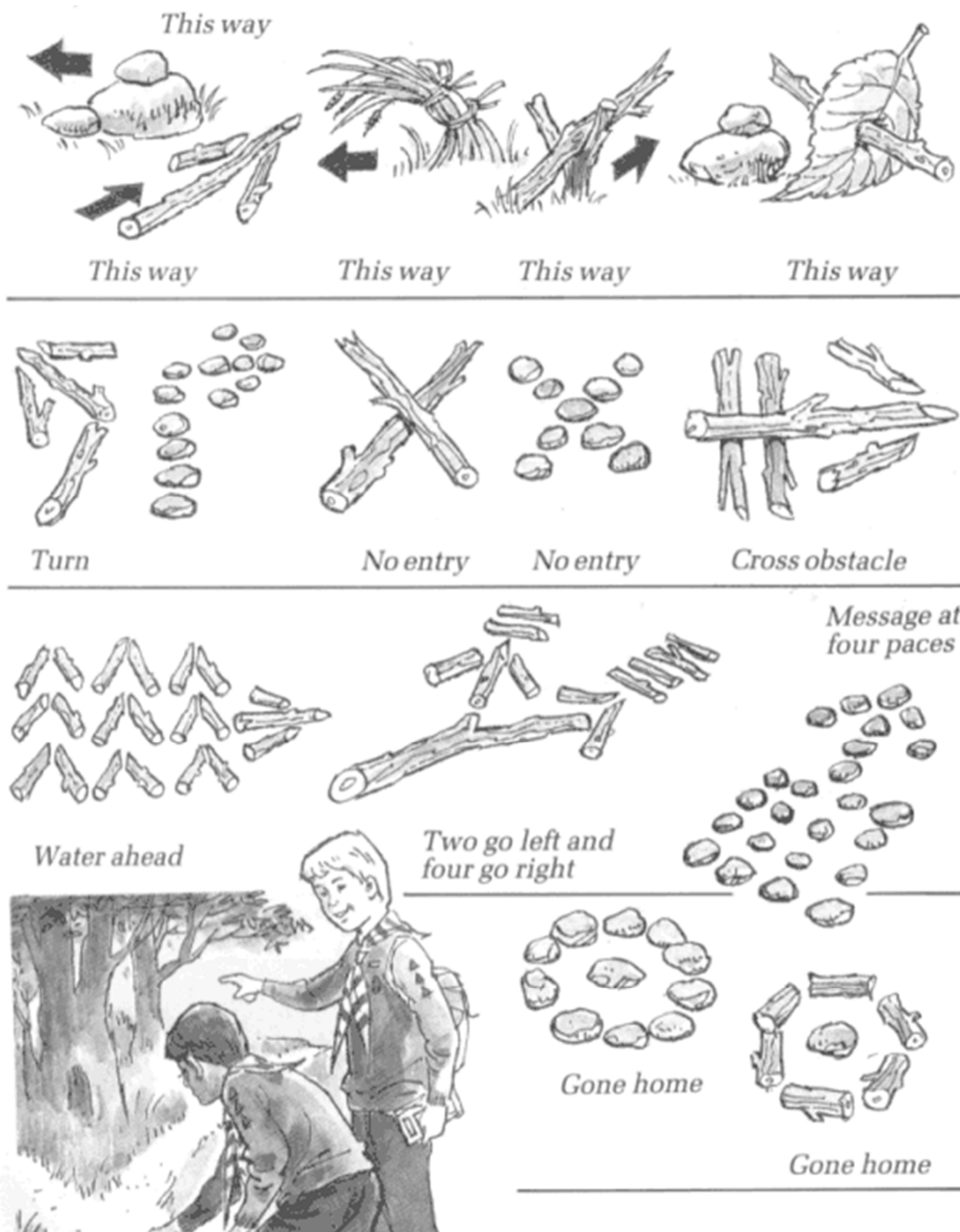
**LIST UP TO 8 THINGS TO DO WHEN YOU GET LOST:**

1: .....
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2: .....
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3: .....
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4: .....
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5: .....
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6: .....
.....
7: .....
.....
8: .....
.....

 **Method of Testing:**  
Participation in discussion, and demonstration of your knowledge of the rules



**6. Learn the signs for track and trail. Be able to lay a 2km trail that others can follow and be able to track a 2km (1.25 mile) trail**

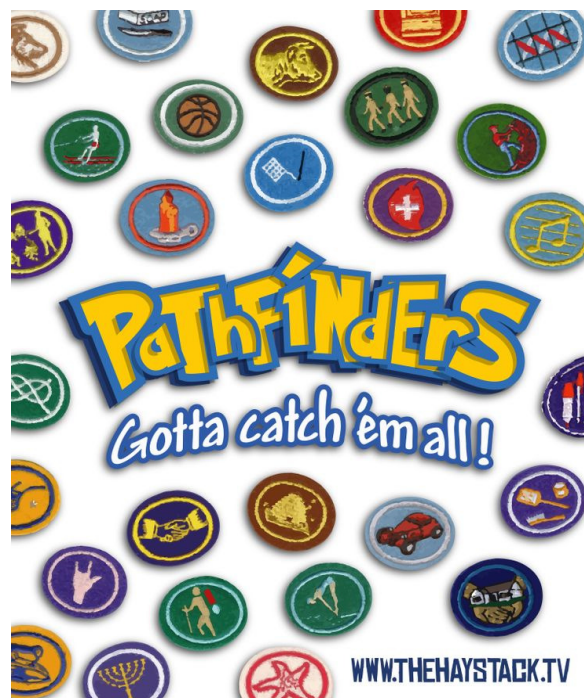


**Method of Testing:**

This activity will be done on a camp out.  
 Tracking is a test of observation.  
 Participation, and demonstration of your knowledge.



# LIFESTYLE ENRICHMENT



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To broaden the Friends interests and develop personalized skills, which will instill a sense of accomplishment





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



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.





