

GUIDE



GUIDE WORKBOOK



NAME: _____

COUNSELLOR: _____

CLUB: _____

North England Conference

YEAR: _____



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GUIDE CLASS BASIC REQUIREMENTS



GENERAL				
Requirement	(✓)	Date	Signature	
1				
2				
3				
4				
Select and read one book of your choice from the Teen Book Club list, plus a book on local church history (select book for your division or country)				
SPIRITUAL DISCOVERY				
Requirement	(✓)	Date	Signature	
1				
2				
3				
4				
COMMUNITY OUTREACH				
Requirement	(✓)	Date	Signature	
1				
2				
3				
4				
FRIENDSHIP DEVELOPMENT				
Requirement	(✓)	Date	Signature	
1				
2				
HEALTH AND FITNESS				
Requirement	(✓)	Date	Signature	
1				
2				
3				

ORGANISATION AND LEADERSHIP DEVELOPMENT

Requirement	(✓)	Date	Signature
1	Following discussion, prepare a flow chart on denominational organisation, with special details for your Division		
2	Attend a conference sponsored Basic Pathfinder Staff Training Course		
3	Plan and teach at least two requirements of any Pathfinder Honour for a group of Junior Pathfinders		

NATURE STUDY

Requirement	(✓)	Date	Signature
1	Read the story of Jesus childhood in the " <i>Desire of Ages</i> " chapter 7 and relate it to the place of Nature Study in His education and ministry by going orally before an audience on original nature lessons (parable) drawn from your study and observations.		
2	Complete one of the following Honours:		
	a. Ecology		
	b. Environmental Conservation		

OUTDOOR LIFE

Requirement	(✓)	Date	Signature
1	Go on a two-night pack camp. Discuss the equipment to be taken		
2	Plan and cook in a satisfactory manner a three-course meal on an open fire		
3	Complete an object of lashings or rope work		
4	Complete one honour not previously earned which can count towards the:		
	a. Aquatic Master		
	b. Sportsman Master		
	c. Recreation Master		
	d. Wilderness Master		

LIFESTYLE ENRICHMENT

Requirement	(✓)	Date	Signature
1	Complete an Honour not previously completed in:		
	a. Outreach Ministries		
	b. Health and Science		
	c. Vocational		
	d. Household Arts		
6	e. Outdoor Industry		
1	Complete one Honour in Arts and Crafts		

ADVANCED REQUIREMENTS

GENERAL				
Requirement		(✓)	Date	Signature
1	Complete the Stewardship Honour			
SPIRITUAL DISCOVERY				
Requirement		(✓)	Date	Signature
1	Read Steps to Christ and write a one-page report/essay			
COMMUNITY OUTREACH				
Requirement		(✓)	Date	Signature
1	Complete one of the following: a. Bring two friends to at least two meetings sponsored by your church b. Help plan and participate in at least four meetings of youth evangelism or similar events			
FRIENDSHIP DEVELOPMENT				
Requirement		(✓)	Date	Signature
1	Write (minimum of 750 words) or give an oral presentation (minimum 10 minutes) on the subject of 'How to make and keep friends'			
HEALTH AND FITNESS				
1	AIDS and STI's – seeking God's plan regarding sexual behaviour - discuss			
ORGANISATION AND LEADERSHIP DEVELOPMENT				
1	None			
NATURE STUDY				
1	None			
OUTDOOR LIVING				
1	Complete the Wilderness Master			



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
 ★ Advanced work

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

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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.

2. Know and understand the AY Legion of Honour

Adventist Youth Legion of Honour

"I will not spend precious moments in reading that which will be of no profit to me, and which only unfits me to be of service to others. I will devote my time and my thoughts to acquiring a fitness for God's service. I will close my eyes to frivolous and sinful things. My ears are the Lords, and I will not listen to the subtle reasoning of the enemy. My voice shall not in any way be subject to a will that is not under the influence of the Spirit of God. My body is the temple of the Holy Spirit, and every power of my being shall be consecrated to worthy pursuits"
(Testimonies for the Church, Vol. 7, p 64).

2. Read Proverbs 4:23 and Messages to Young People, page 282, and discuss how they relate to the Legion of Honour.

My Covenant:

I volunteer to join the AY Legion of Honour, and by the grace and power of God I will:

- ✓ HONOUR CHRIST in that which I choose to BEHOLD
- ✓ HONOUR CHRIST in that to which I choose to LISTEN
- ✓ HONOUR CHRIST in the choice of places to which I GO
- ✓ HONOUR CHRIST in the choice of ASSOCIATES
- ✓ HONOUR CHRIST in that which I choose to SPEAK
- ✓ HONOUR CHRIST in the care I give my BODY TEMPLE

DISCUSSION SUMMARY:

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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 – LOCAL CHURCH HISTORY

About the Book:

Title of Book

Author

Publisher

Year & ISBN

Plot:

Choose a book for your division or your country

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Characters:

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

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Setting:

Who wrote the book and why?

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Your Opinion:

What was your favourite part and why? Did you discover something new about your local church history? Would you recommend this book to others?

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I rate this book: 

By (Pathfinder): _____ Date: _____

Reviewed By: _____ Date: _____

BOOK REVIEW 2 – 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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Your Opinion:

What was your favourite part and why? Did the story have a moral (message)? Would you recommend this book to others?

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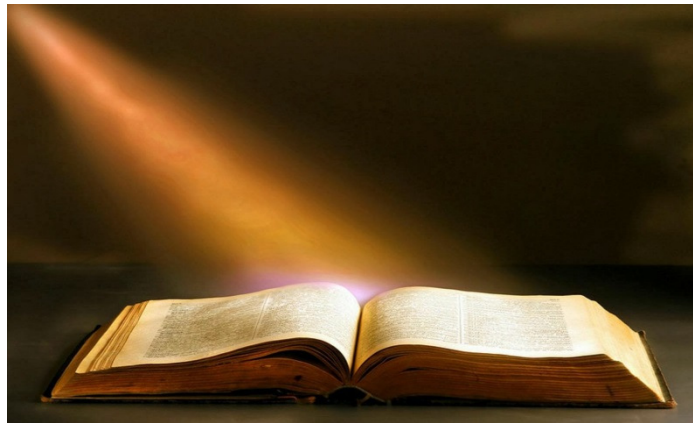
I rate this book:



By (Pathfinder): _____ Date: _____

Reviewed By: _____ Date: _____

SPIRITUAL DISCOVERY



The aim of this section is to nurture the spiritual growth, personal response and discipleship in the lives of the Guides. Six sessions have been allocated to complete this section.

The King's Garden

There was once a very wise and noble king, who sorted out from his property a beautiful site for a house, a garden and an orchard. He built the house with his own hands and then put a fence around it and locked the gate with a large padlock.

After looking everywhere in his kingdom for someone to live in this special house he finally settled on a young man called William. However, we will call him "Will" for short. When they arrived together at the house the King said to Will, "Here it is, it's yours to keep. All you have to do is keep it clean and plant the orchard. But make sure you keep the gate locked! Don't let anyone in unless they are members of my family. If you need anything that telephone is a direct line to my castle.

"Call me for anything you want and I'll send it right down without delay"....with that the king was gone.

Will, feeling rather excited about it all, looked over the house and checked out all the rooms; even the kitchen cupboards were full of food. It was late afternoon by the time Will had looked over all the property and already he was deciding on how he would plant the orchard. He was down by the back fence when he heard a muffled voice....

"Don't do itDon't do it."

Will scanned the fence line to see where the voice came from, and seeing no one, called out loud "Don't do what?"

"Don't do all that work!" came the reply. Then Will saw a tall dark stranger standing outside the fence just near the gate. Will moved over a little closer and asked the stranger what he meant. "Don't do all that work, that king is nothing more than a tyrant, he'll make you work, work, work and then when the orchard is ready he'll come down and take all the fruit. The only thing you'll get out of it is a sore back!"

"Oh", said Will, "I didn't think he was like that."

"Oh yes he is", said the stranger. "I've known him for a real long time, but if you let me in - I'll do the work. You can lie down on that bed there on the veranda, you can watch me! In no time I'll have the orchard up - you don't have to do a thing, but you can help me gather the fruit and you can eat as much as you like."

Well, Will was a little soft and he opened the gate to the stranger. And apparently the stranger had spoken the truth - he was a real worker, not a shirker! He knew how to dig, he knew how to raise trees and soon the orchard was there and the fruit was ready to pick. "Come on Will, let's sample the fruit." The fruit looked so inviting as it glistened on the tree and Will could hardly wait to sink his teeth into all the different varieties.

The very first one he tried was absolutely delicious, and the next even better - sort of like a combination mango, pineapple and passion fruit. After he had eaten as much as he could Will lay down on the veranda. The fruit felt like it had gone sour in his stomach. He was sick - real sick - so sick that he thought he would never eat again! But strangely enough an hour or so later Will was hungry again and went back to the orchard for some more fruit. It was just as delicious as the first time, and he couldn't understand why it had made him so sick before. However, it was only minutes after his last mouthful when that same sick feeling came back with a vengeance! Poor Will, he spent the rest of the day picking, eating and being sick; picking, eating and being sick. And that's

the way it went the next day and the next week and the next month. Will hated it but he couldn't resist it.

One day he said to the stranger "You'd better tell me the name of this fruit." But the stranger wouldn't tell. It was only after weeks of nagging that the stranger finally led Will down to the orchard and said, "Here...this one I called Impurity, this one is called Lying, this one is Disrespect, this one is Stealing, this one is Hate, Envy, Wrong Thoughts, Cheating", and so the list went on.

Will couldn't believe it and rushed inside past the mirror where he saw for the first time that his face was changing - he was beginning to look like the stranger where as before he used to look a little bit like the king. Will was so angry that he ran out to the woodshed and grabbed his trusty axe. He was going to chop down every one of those trees even if it killed him. As he picked up the axe all rusty with age, he noticed these words written on the handle.... "GOOD RESOLUTIONS."

With great determination, Will ran out into the orchard and hacked into every tree until the complete orchard was gone. His hands were blistered and bleeding, his back was sore, but he sure felt good knowing all those trees were gone - all except the roots - they were still there!

When Will woke up the next morning and looked out the window, he couldn't believe his eyes. The trees were there just as big as ever before - and so were his blisters! And what's more, Will was hungry and he couldn't resist the fruit. Will was heartbroken -he was so sick and so tired. How he hated the stranger.

One night Will noticed the warm glow of a lantern just outside the gate. He knew it wasn't the stranger because he was inside. From the distance he was standing, he could tell that it wasn't the king but it sure looked like the king, perhaps it was the king's son. As Will moved closer to the gate he could see that something dreadful had happened to the Prince, for the hand that held the lantern had a terrible scar.

And as he examined the scars on his head and face, the prince spoke and said, "Behold, I stand at the door and knock, if any man hear my voice and open the door, I will come in and live with him."

Hardly before the prince had finished, the stranger came running down the path shouting "Don't let him in! He will destroy all my work! Don't let him in!"

Well, that's all Will needed to hear. Without hesitating, Will stepped forward and opened the gate, and as soon as the prince came in, the stranger went out.

The prince wasn't about to waste any time, and quickly led Will down to the orchard and together they went around every tree. Where ever the prince held his lantern the trees just shriveled up, and the fruit dropped off, and even though the roots were still there the trees never grew back just as long as the prince was there.

The prince explained to Will, "It cannot be as it was with the stranger. This time we must work together." It took longer for this orchard to get planted but the trees were fantastic. And as they planted each one, the prince would say to Will, "This one is Love, and this one over here is Truth, this one Joy, and Peace, Gentleness, Faith, Self Control, Purity and so the orchard grew.

Will would want you to know that the fruit was delicious and what's more it didn't make him sick . . . not one bit! And his face began to change once more to resemble the face of the king.

However, Will had one dreadful fear that caused a terrible ache in his heart. It worried him so much that he just had to ask the prince. "What would happen to me if you ever went astray? The Prince just smiled and said "Will, I will never leave you or forsake you" and the Prince was true to his word.

TASK: identify and discuss the following items in particular: Will's name; the gate; the mirror; the axe; the lantern; the Prince's promise.

Will's name:

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The gate:

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The mirror:

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The axe:

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The lantern:

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The Prince's promise:

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Requirement 2

Study and discuss how the Old Testament sanctuary service points to the cross and the personal ministry of Jesus.

Define the following words:

Atonement

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Sanctuary (Exodus 40)

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Righteousness: (Genesis 15:6)

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Vindicate

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Covenant: (Genesis 17:2)

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Complete the following.

1. Match the following:

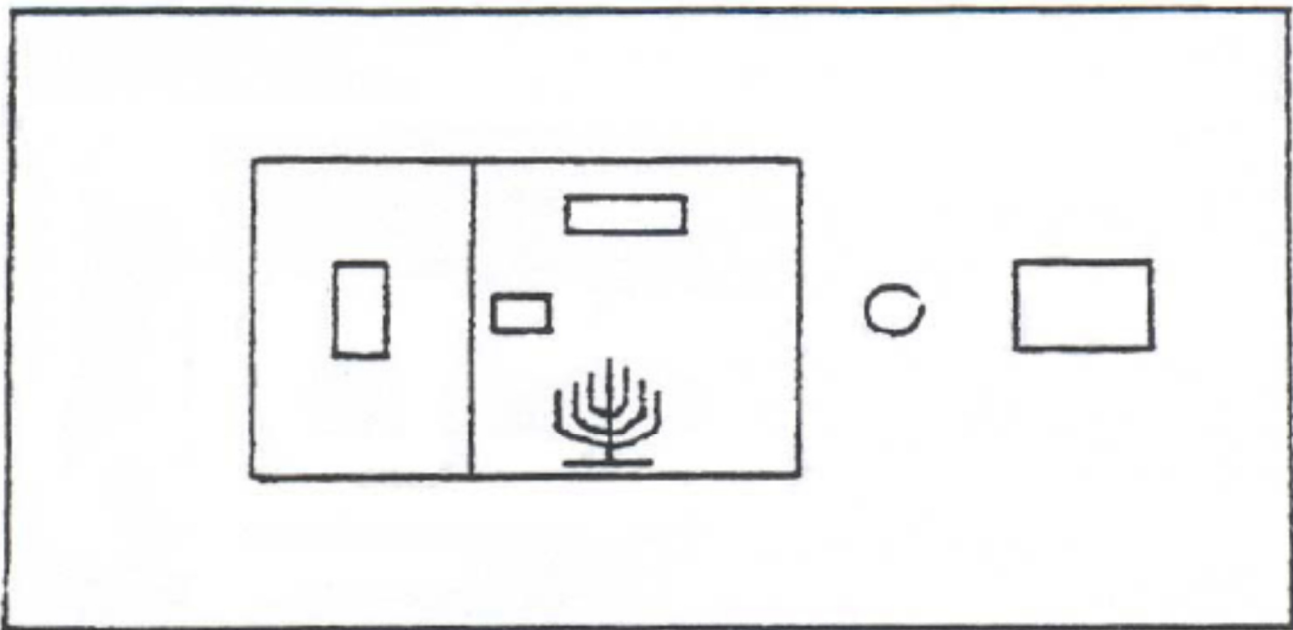
SYMBOL

Lamb
Wash Basin (laver)
Candlestick
Holy Bread
Altar of Incense
Priest
Mercy Seat

JESUS IS FOR US

The Water of Life
The Bread of Life (Bible)
Intercessor
Our Priest
The Covering for our Sins
The Sacrifice for our Sins
The Light of the World

2. Label the various parts and furnishings in the Sanctuary diagram below:



3. Read and outline three stories of Adventist pioneers. Tell these stories during a Pathfinder Club, AY or Sabbath School worship time.



Combine the development of public appearance and poise in a leadership role with a personalisation of the church pioneer spirit and mission.

PIONEER 1:

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PIONEER 2:

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PIONEER 3:

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1. Hold a current Memory Gem Certificate



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

GUIDES CLASS		
I. GREAT PASSAGES	II. SALVATION	III. DOCTRINE
a. 2 Timothy. 3:15,16 b. Romans 10: 17 c. Daniel. 8:14 d. Joel 2 e. Option	a. Philippians. 3: 7-9 b. Ezekiel. 36:26,27 c. 1 John 5:11,12 d. 1 Corinthians. 5:7,8 e. 1 Corinthians. 6:19,20 f. Option	a. Matthew. 24:24-27 b. Eccl 9:5-6, 10 c. Hebrews 4:14-16 d. Exodus 20:3-7 e. Option
a. PRAYER	b. RELATIONSHIPS	c. BEHAVIOUR
a. Phil. 4:6,7 b. Eph. 3:20-21 c. Matt. 5:44 d. Option	a. Acts 17:26,27 b. 1 Peter 4:10 c. 1 Peter 3:15 d. 1 Corinthians. 12:9 e. Option	a. Luke 12:15 b. 1 Corinthians 10:31 c. James 4:7,8 d. Option
d. PROMISES/PRAISE		
a. Psalms 46 b. Phil. 4: 13 c. Ps.55:22 d. Ps.95:6,7 e. 1 Cor. 10:13 f. Option		

Write your seven chosen bible texts below:

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

SERVING OTHERS



The aim of this section is to encourage a personalised outreach ministry.

Two sessions have been allocated to complete this requirement.

Requirement 1

As a group (or individually) help organise and participate in one of the following:

- a. Make a friendship visit with a shut-in person.
- b. Adopt a person or family in need and assist them.
- c. Any other outreach of your choice approved by your leader.

ACTIVITY:

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

Requirement 2

Participate in a discussion on witnessing to other teenagers and put some of the guidelines into practice in a real situation.

DISCUSSION SUMMARY:

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GUIDELINES:

1:

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2:

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4:

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WITNESSING SUMMARY:

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PREREQUISITES FOR WITNESS

One of the most important functions of your Christian life is witnessing -- actually sharing your faith in Jesus Christ with another teenager. Jesus Christ Himself will operate in you and enable you to put your teenage maturity into action.

Begin by selecting a target teen. By concentrating your effort on one person, you'll eliminate the frustration of attempting to reach everybody and not reaching anyone. As you ask the Lord for that certain person, be sure your motives are straight. Why do you want to witness? Is it because you've been told you must witness? Do you feel obligated? Are you anxious for your target to become a member of your church or club? Or are you genuinely concerned about this person and his relationship to God? Make sure your motive is love -love for the Lord Jesus and for the one for whom He died. Before we talk about a blueprint for witness, how about an honest appraisal of yourself?

A. You as a Witness

1. **Balance** is the key to your witness.
2. Balance includes:
 - a. **Physical appearance.** Your grooming, clothes and general personal presentation are the launching pad to witness. Be neat, modern but modest, not extreme but in good taste.
 - b. **Mental alertness.** Be constantly on the lookout and mentally awake for clues to witness.
 - c. **Social acceptance.** You cannot isolate yourself from the teens you want to reach for Christ. Keep in mind you NEVER lower your standards or convictions to reach a person, yet you do not isolate yourself through lack of involvement.
 - d. **Spiritual acumen.** Spiritual insight is essential. Knowing the right time and place for witness, knowing when to speak and be silent, these are essential to communication.
3. Balance involves embodiment of the example.
 - a. **Positive example.** Separation must be positive, not negative. Communicate a positive Christ. Convictions are a must, but make them positive.
 - b. **Practical example.** Prove Christianity works by your own actions and attitudes. Life must equal lip. If the Christian life doesn't work for you, then they won't buy it for themselves.
 - c. **Pointed example.** Your witness must be directed to a target teen.
4. You must be able to communicate.
 - a. Through life - how you live.
 - b. Through lip - what you say.
 - c. Through language - how you communicate.
 - d. Through learning - how you prepare.

B. Your Target Teen

1. Goal. Communicate your faith in Christ to your target teen.
2. Have a plan. Use availability approach - go to him, get to know him, gain his friendship.
3. This will win the right to be heard.

C. A Special Plan

Establish rapport.	Win the right to be heard.	Get him to the Gospel.	Wait for the green light.	Be ready for follow-up.
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1. Establish rapport. Simply win his friendship. Remember, his interests and activities can be a point of contact.
2. Win the right to be heard. The example of your life is the key here. During these steps you should not preach with your lips, but with your life. Do not quote verse of Scripture or use other high-pressure tactics. You are seeking to win a continual hearing. (The exception here would be a onetime opportunity to witness to a person. On a school campus the witness opportunity is usually over an extended period of time.)
3. Get him to the Gospel. Still without preaching with your lips, get him to a place where he can hear the Gospel simply and clearly presented in language he can understand and on his level of comprehension.
4. Wait for the green light. Witnessing should be as normal as eating. If we force our witness on individuals we violate his confidence and do harm to our witness. The Holy Spirit will direct our witness to individuals and more than that, if we have followed the steps listed above, the green light for our witness will come through our target asking you the question that will open the door for your witness. When it comes, be ready.
5. Be ready for follow-up. The success or failure of your witness is not determined on the basis of whether your target teen accepts Christ. That's his decision. If, however, through the steps you have presented to him your faith in Christ, and how he may become a Christian, you've scored, be ready for decision - and be prepared to pay the price in follow-up.

D. Watch Out!

1. Do not be obnoxious.
2. Do not argue.
3. Do not be negative.
4. Do not be tactless.
5. Do not "put down" your friend's beliefs.
6. Do not use non-communicative language.
7. Do not compromise your witness (we are to be insulated, not isolated).

FRIENDSHIP DEVELOPMENT



The aim of this section is to continue to enlarge the awareness of and to increase the evaluation of attitudes which contribute to positive character development and establishment of worthwhile lasting relationships.

TOPIC 2:

A series of horizontal dotted lines for writing, spanning the width of the page.

HEALTH AND FITNESS



The aim of this section is to create a desire to choose a healthful lifestyle which will result in lifelong benefits and share that desire with others

Requirement 1

Make a presentation to elementary students regarding the laws of good health.

HEALTH PRESENTATION:

Topic

Audience

Date

Topic Summary:

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Research / Materials Used:

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Presentation Review:

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B. Individually or as a group, organise and participate in a "fun run" or similar activity; discuss and record your physical training program in preparation for this event.

Event
Theme
Date

Items Required:

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Team and Responsibilities:

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Event Review:

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C. Read pages 102 -125 in the book Temperance by E. G. White, and pass the true/false quiz:

1. The purpose of Temperance is to allow the grace of Christ to bring us into a living connection with God. True / False
2. Habits which weaken us physically have no effect on the mind. True / False
3. Controlling desires is not so very important because we are free to do as we please. True / False
4. Satan has no power over us when we have the courage to positively say "no." True / False
5. People who sincerely ask God for help to overcome smoking will receive it. True / False
6. God has promised a way out of every temptation. True / False
7. There are many and varied remedies for the sin problem. True / False
8. Good resolutions, made in one's own strength, will always fail. True / False
9. God doesn't require perfect obedience because He knows we are sinners. True / False
10. When we feel discouraged it is not much use praying. We should wait until we are feeling better. True / False
11. Physical health improves by realizing we have security in Christ. True / False
12. It is impossible to present our bodies acceptable to God while continuing to indulge intemperate habits. True / False
13. We cannot, on our own, have victory over temptation. True / False
14. Victory comes mainly as a result of our own efforts. True / False
15. Some people just can't resist evil. True / False
16. Everyone who unites his will to the will of God can overcome habits like smoking, drinking, etc. True / False
17. Even the feeblest cry for help is heard by God. True / False
18. Ignoring the laws of health can lead to liquor drinking. True / False
19. It is impossible for man outside Eden to resist Satan's temptations. True / False
20. Christ refused to heal some people because they had brought disease upon themselves. True / False

Requirement 3

Complete the Honour in Nutrition or lead a group through the Physical Fitness Honour.



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

HONOUR COMPLETED:

Signature_____

Lead a group through the Physical Fitness

PREPARATION:

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DRAFT LESSON PLAN:

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REVIEW OF SESSION:

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ORGANISATION AND LEADERSHIP DEVELOPMENT



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Requirement 1

Following discussion, prepare a flow chart on denominational organisation, with special details of your division.

Your church, together with other Adventist churches in your geographical area, comprises a local conference. The conference may be a state, or a part of a state, an island or a country.

Then there is the union conference. This is usually made up of a number of local conferences within a given geographical area. Several Unions comprise a Division and all the Divisions are united under the General Conference.

DRAW YOUR FLOW CHART IN SPACE BELOW:

SUMMARY OF DISCUSSION:

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Requirement 3

Plan and teach at least two requirements of any Pathfinder Honour to a group of Junior Pathfinders

Honour

Class

Date

Items Required:

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Draft Lesson Plan:

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Session Review:

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Note: If the Physical Fitness option was selected under Health and Fitness requirement 3, that satisfies this requirement.

NATURE STUDY



1. Complete one of the following Honours: (you can do both)

A. Ecology

B. Environmental Conservation



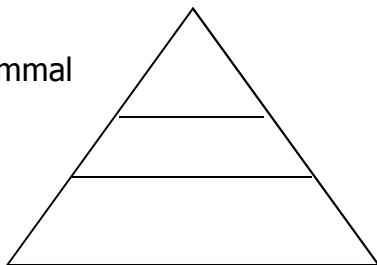
ECOLOGY

Requirement 1: Construct a diagram of a fresh-water pond ecosystem.

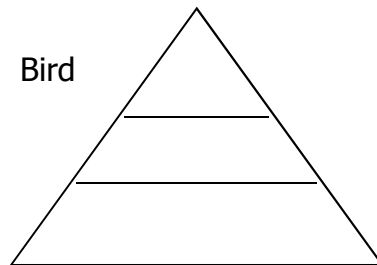
1:

Requirement 2: Pick one mammal, one bird, one reptile, and one amphibian from your home environment and for each construct a diagram of its ecological pyramid.

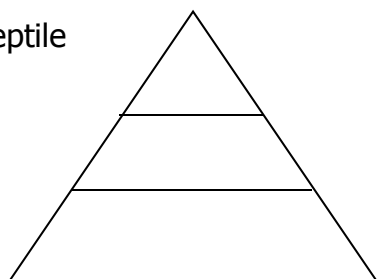
Mammal



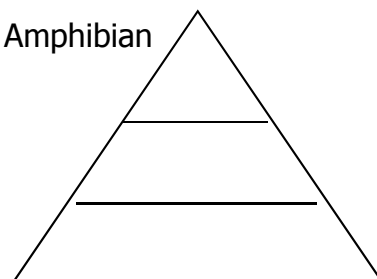
Bird



Reptile



Amphibian



Requirement 3: Know the meaning of the following terms:
 [Please write brief notes under the following headings]

a.	Ecology	
b.	Plankton	
c.	Community	
d.	Conservation	
e.	Food chain	
f.	Climax community	
g.	Commensalism	
h.	Eutrophication	
i.	Ecological succession	

Requirement 4: Make detailed field observations and library book / internet study of the habitat of some small animal in your own environment. Write a report; one-half from your field observations and one-half from your book / internet study. Length about 500 words.

Observation Log		Animal Observed:			
Date:					
Time:					
Location:					
Notes on Observations					

Observation Report

Requirement 5: Define an ecosystem and state what the basic biological and physical factors are that keep it a balanced system.

[Please write brief notes under the following headings]

Definition of an ecosystem	
How an ecosystem works	
What keeps an ecosystem in balance?	
Additional information on ecosystems:	

Requirement 6: Investigate the disposal of garbage in your community. How much is disposed per family per day? per week? per year? How better can it be taken care of?

How garbage is disposed in your community:			
Garbage disposed per family:	Amount Disposed		Source of information
	Per day		
	Per Week		
	Per Year		
Better ways of disposing garbage:			

Requirement 7: Check your nearest large city for one month for its air pollution level. Plot a curve for this level on a graph for the month. Find out what caused the peaks in your curve.

City name:		Country	
Cause of peaks in pollution levels:			
Graphs: [Can be sketched below, or done on separate graph paper or computer program ie Excel]			

Requirement 8: List ten ways in which you might actively work to improve the environment in which you live. Put four of these into practice.

	Possible ways to improve your local environment	Ways put into practice (briefly describe)
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

Requirement 9: Find a Spirit of Prophecy quotation and a Bible text pertinent to ecology and be able to explain their relevance and application to our day.

	Quotation / text	Reference
Spirit of Prophecy quotation:		
Bible text:		
Relevance and application to our day:		



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

HONOUR COMPLETED:

Signature _____



ENVIRONMENTAL CONVERSATION

1. What is the difference between ecology and environmental conservation?

Ecology _____

Environmental Conservation _____

2. Write a 500 word essay on how the increase in human population is threatening our existence on earth.

3. What does the term “death” of a lake or river mean?

Death of a lake or river _____

Is there a lake or river in your area or country which is classified as “dead”?

4. Carry out a stream investigation of a small stream flowing through or near your home town. Check for the following:

a. Signs of Purity

- Abundance of small fish present
- Water visually clear and fresh smelling
- Stream banks covered with vegetation down to water's edge.
- Small amounts of green algae in water (light green in color)
- Some aquatic plants present, such as cattails, arrow-leaf, or pickerel weed.
- Turtles present in the stream
- Crayfish under stones in the stream
- Sandbars covered with growing weeds indicating relatively stable water level

- b. Signs of Stream Deterioration and Death**
- Large masses of blue-green algae present (dark green in color)
 - Scoured banks from high water level during storms
 - Putrid smell of the water
 - Detergent foam present
 - Trash sticking out of mud and sand bars along the stream
 - Water loaded with silt
 - No aquatic insects or fish present
 - Presence of raw sewage
 - Presence of oil on the surface of the water
 - No salamanders or frogs under rocks along stream bank
 - Stores or small factories dumping their wastes into the stream

5. If your stream is showing some of the above signs of death, do something about cleaning it up. Contact the closest government agency to ask what you and/or your group can do to help improve the stream. Organize a group of young people to help in cleaning the trash along your stream. If possible, get businesses to help in your campaign.

6. Make a visit to the city or county trash dump to see how this waste is handled. Find out the following:
How many tons of trash are dumped daily?

Yearly? _____

What attempts are made to recycle any of this trash?

Is any of the trash burned or is all of it buried?

What is the cost per person per year for handling the trash?

What happens to junked autos in your area?

7. Make a visit to the nearest sewage plant. Draw and label a detailed diagram of what happens to the liquid and solid wastes from the time they come into the plant until they leave. In what form do they leave? Is any further use made of this waste?

8. Visit the nearest water purification plant. Construct a flow diagram of the steps in water purification from the time the water enters the plant until it leaves for distribution to homes and stores. Through reading and discussion with water works officials, determine whether water resources in the future are going to be enough to meet the demand.

9. Read and write a book report on an environment issues book such as Rachel Carson's *Silent Spring*.

10. What are rare and endangered species?

Determine what efforts are being put forth to protect such species in your area.

What can you do to help? Write a 300-500 word paper on your ideas.

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Area with horizontal dotted lines for writing.



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

AWARD ACHIEVED:

Signature _____

OUTDOOR LIFE



The aim of this section is to develop necessary skills for proficient pack camping and widen the interests of the Guides in nature.

Requirement 1

Go on a two-night pack camp. Discuss the equipment to be taken:

Campsite 1
Campsite 2
Date

Items Required:

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Personal Plan / Goals:

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Pack Camp Review:

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Camping Skills Assessment:

Demonstrate that you can appropriately pack a bag

Camp Master Signature: _____ Date: _____

Show that you can use a compass

Camp Master Signature: _____ Date: _____

Show that you can read a topographical map

Camp Master Signature: _____ Date: _____

Requirement 2

Plan and cook in a satisfactory manner a three-course meal on an open fire

	MEAL 1	MEAL 2
Ingredients		
Preparation		
Recipe		

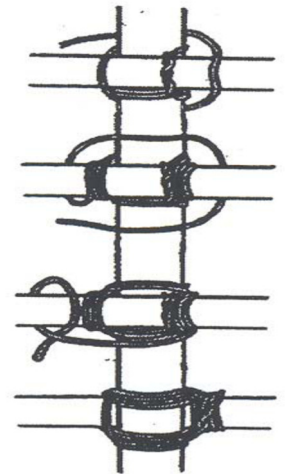
Take photos and add to folder / paste below:

Requirement 3

Complete an object of lashings or rope work.

Square Lashing

This is used whenever spars cross at an angle, touching each other where they cross. It is started with a clove hitch around the upright spar immediately under the spot where the cross piece is to be. Twist the end of the rope into the standing part then "wrap" the rope around the cross piece and upright binding them together. In wrapping, rope goes outside the previous turn around the cross piece and inside the previous turn around the upright. After three or four right wrapping turns, make two "frapping" turns between the timbers. Strain them tightly. Finish with clove hitch around end of cross piece. Remember: "Start with clove, wrap thrice, frap twice, end with clove."



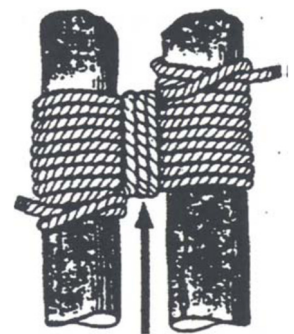
Diagonal Lashing

This is used to "spring" two spars together, that is, to lash together two spars which tend to spring apart, and which do not touch where they cross. The lashing is started with a timber hitch around both spars. The timber hitch is tightened so as to bring the two spars together. Three or four turns of the lashing are then taken around one fork and three or four turns around the other fork. Two flapping (tightening) turns are taken about the lashing at the point where the spars cross and the lashing is finished off with a clove hitch around the most convenient spar.



Round or Shear Lashing

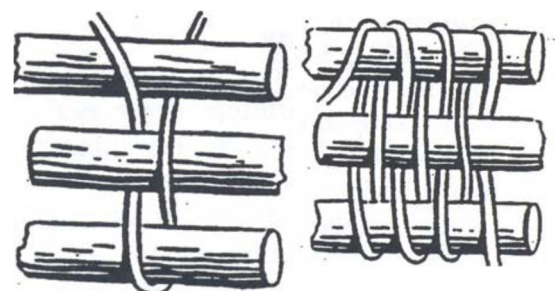
This lashing is used for binding together parallel spars and for forming "shear legs" which support bridges and the like. Place the two timbers next to each other. Tie clove hitch around one of them at appropriate place from the top. Bind the two timbers together by laying seven or eight turns of the rope around them, one turn beside the other. Make two frapping turns around the lashing turns between the timbers. Fasten rope with a clove hitch around the second timber. Open out the timbers.



Frapping

Tripod Lashing for Large Structures

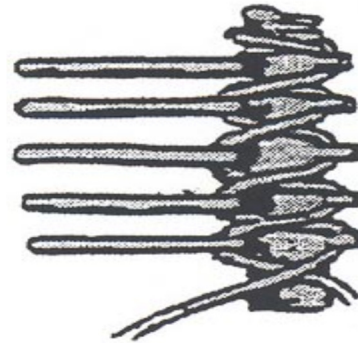
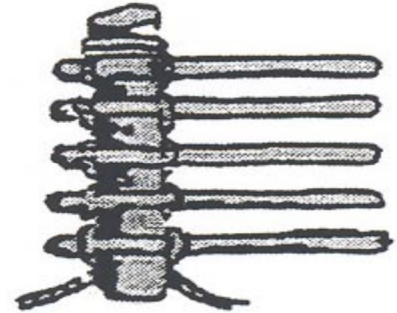
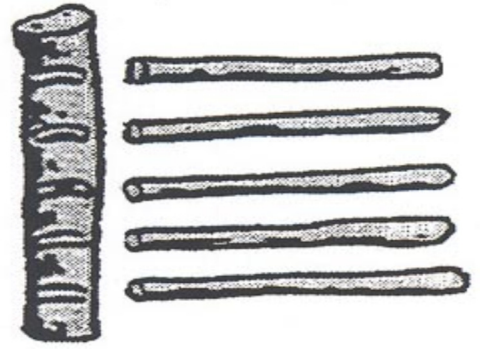
Lay the three spars on the ground pointing in alternate directions. Starting at the middles of the rope, weave around the spars a few times with each rope end. Tighten with two frapping turns in the spaces between spars. Finish with square knot and swing middle spar over. It may take a little practice to judge how tight the wraps should be made and still allow for the tripod to set up.



Continuous Lashing

Continuous lashing holds small sticks at right angles to long sticks and is useful in making table tops, seats, etc. Follow these steps in laying a table top.

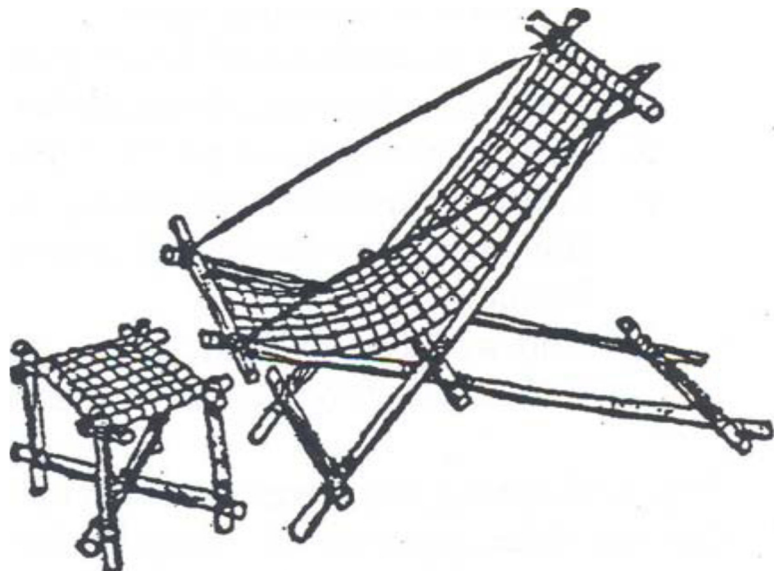
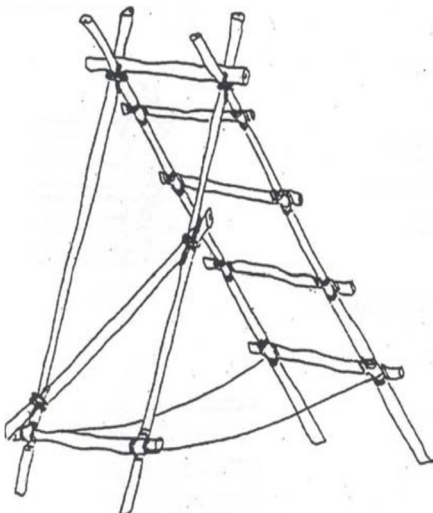
- Cut sticks to desired size and trim ends. Next notch the frame and place the cross pieces in correct position.
- Make clove hitch on the frame, in middle of the rope, with knot underneath and ends out to sides. There should be equal lengths of rope on either side of the long stick. The hitch should be placed so that the ends of the rope pull the knot tight as they come up from under the long stick.
- With one end in each hand, pull rope over one crosspiece and down under frame.
- Cross rope, making an "X." Pull rope tight.
- Bring up and over second crosspiece. Repeat this procedure until all the crosspieces are lashed.
- End with two half hitches or clove hitches and tuck ends of rope under last small stick



Camp Projects

The step ladder requires the use of lashings - shear lashing for the legs and square lashings for the rungs. The two strings joining the feet of the ladder are essential, and a diagonal brace should be added to the legs for stability.

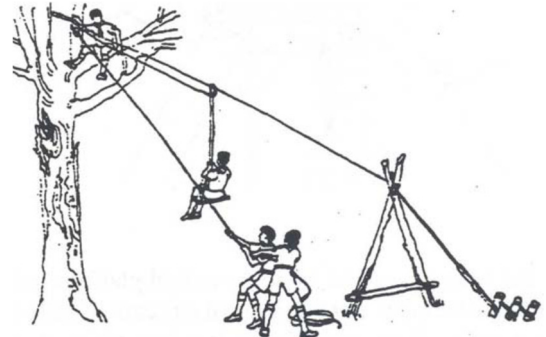
The foot stool is also an exercise in lashing, but the hardest part is making the seat reasonably comfortable! For the deck chair, the seat can be either of string or canvas, but get the sag correct. The gate is an exercise in the use of lashings.



Flying Fox

Is the best known and most popular of all pioneering projects. The job can be broken down into four separate parts: Shear legs; anchorage; platform and fixing the rope in the tree; bosun's chair.

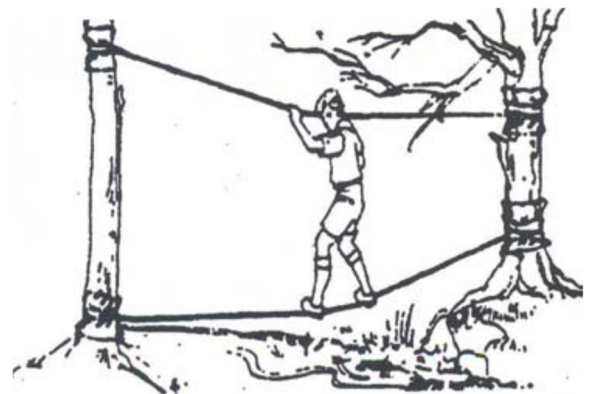
The shear legs must be high enough for the bosun's chair to clear the ground at the lowest point. To stop the shear legs from sliding under the tope and collapsing, brace them securely with guy lines. The anchorage should be one which you can tighten, as the rope stretches with use. Do not forget slacking where the main rope is fixed to the tree and at shear legs. The main rope should not be too tight, as a small degree of slack assists in the slowing down. However, there is a fair load on the rope, so make sure rope is in good condition. Keep the pulley block oiled, otherwise it will be too hard to get it back. For the best results the runway needs to be at least 20 meters long and the angle of the descent not too steep.



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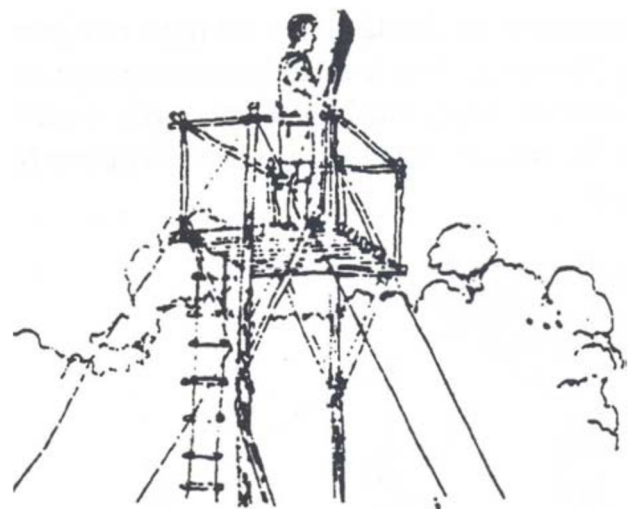
Simple Rope Bridge

All that is required for this bridge is two ropes, and of course, two stout trees! If the bridge is to cross a stream you should plan a method for getting one of your units across. You may have to throw one rope into the far tree with a short stick attached so that it wedges in the branches tightly, and then either swing across or go hand over hand. The most important thing is to get both ropes to the same degree of tightness. The best method of tightening would be by using a block and tackle. If the ropes are at all loose, the bridge will sag, and the top rope may even go out of reach! The protection around the tree is vital. To secure the ropes, make a round turn and one and a half hitches, or alternatively a clove hitch.



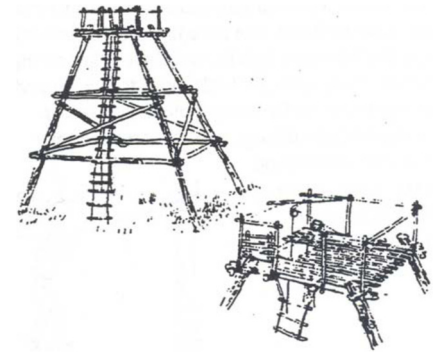
Platform

The main requirements of this structure are two long and fairly stout spars to carry the platform. The whole tower can be built on the ground and pulled erect such that the main legs drop into holes in the ground about 30 to 50 cm deep. To be successful, the lashings for both the platform supports and also the diagonal bracings need to be well made. The rope ladder is attached before the tower is erected, but it should be pegged to the ground so that it can be climbed easily. The four main guys should be tightened evenly to prevent the tower from twisting



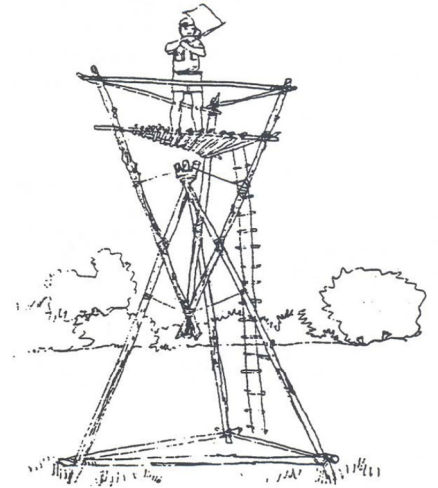
Lattice Tower

This tower has many uses, and provides a rigid platform which can be up to 5 meters above the ground. It can be made as a permanent structure if the joints between the spars are bolted, or alternatively it can be dismantled if rope lashings are used. As in the previous tower, the actual building is best carried out on the ground and then pulled upright. You may find this part of the job is most easily carried out with the aid of some auxiliary guy poles.



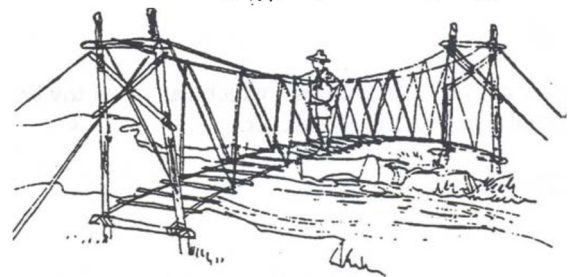
Pyramid Tower

The structure shown here is composed of two similar three-sided pyramids, which are lashed together and held in place by short guy ropes. The easiest way of building it is to construct the two pyramids separately, with the longest sides on the ground and to join them with figure of eight lashings where the three main spars meet. The whole tower can then be pulled erect with long guy ropes. Make sure the rope ladder is in position before erection. Depending on the length of your spars, a tower up to about 6 meters high can be built.



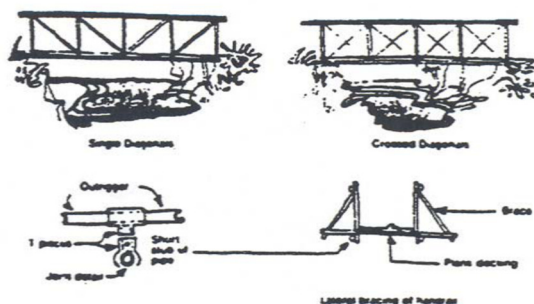
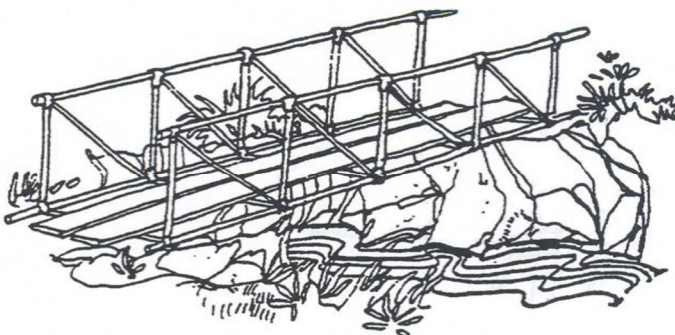
Rope Suspension Bridge

This bridge uses the same principle as those in the world's great suspension bridges. The Ultimate in high-rise camping as done Brazilian style at a Pathfinder Camporee.

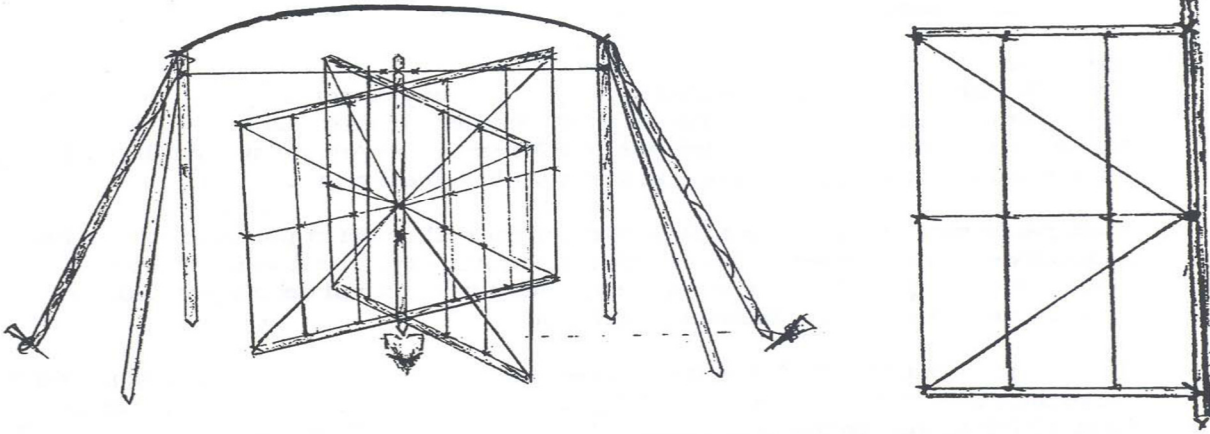


Lattice Girder Bridge

Here is a bridge which can be built with either the traditional ropes or spars, or from steel water pipe, or even from slotted steel angle section. The latter materials would be ideal for longer lasting structures, although the project could also be constructed in timber with bolted joints. With lashed joints, spans up to about 6 meters are easily achieved, and with bolted joints much greater spans are feasible. If the bridge is to be built from water pipe, standard clip fittings are available for the joints. In each panel the diagonals can be either single 25mm x 3mm steel flats, or they can be crossed between each corner from loops of fencing wire which are tightened by twisting. Notice how the handrail can be braced by outriggers at each vertical member. This is necessary to prevent its buckling sideways under load. You will find it easy to build this bridge on the bank of the stream. One method of launching would be to build it upside down, and then turn it over on its end so that it lands over the stream into its final position.



REVOLVING DOOR



Sketch of a revolving gate built by a Pathfinder club in Romania.

X

Knot

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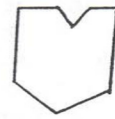
(Rope Blended in Two)



(Wood)



(Wood)



(Wood)

Stick below the pictures of all the knots you tied

Knots board

Requirement 4

Complete one honour not previously earned which can count towards the Aquatic, Sportsman, Recreation or Wilderness Master.



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

HONOUR COMPLETED:

Signature _____

LIFESTYLE ENRICHMENT



Requirement 1

Complete one honour not previously earned in Outreach Ministry, Vocational or Outdoor Industries.



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.*

