

PATHFINDER CLUB

FRIEND

PROJECT BOOK

PATHFINDER: _____

TEACHER: _____

FRIEND REQUIREMENTS

HALL ACTIVITIES

page	Req No	DATE	SIGNATURE
6	1		Memorise and explain the Pathfinder Pledge and Law.
10	2		Know how to purify water and consider JESUS as the water of life.
12	3		Discuss the temperance principles in the life of Daniel, or participate in a presentation or role play on <i>Daniel 1</i> Sign an appropriate pledge card.
13	4		Learn the principles of a healthful diet and prepare a chart on the basic food groups.
18	5		Complete one of the following honours: cats, dogs, mammals, seeds, bird pets.
			The Honour that I completed was: _____
24	6		Identify 10 wildflowers and 10 insects in your area.
30	7		Know how ropes are made and demonstrate how to correctly care for ropes.
31	8		Tie and know the practical use of the following knots: overhand, granny, square, slip, double bow, two half hitches, figure of eight knot and a bowline.
35	9		Pass a test in general safety.
38	10		Know 10 hiking rules.
39	11		Know what to do when lost.

What is the first thing you do when lost? _____

page	Req No	DATE	SIGNATURE
40	12		Learn the signs of track and trail. Be able to lay a 2 km trail that others can follow, and be able to track a 2 km trail.
41	13		Know how to properly use a knife or an axe and know 10 safety rules in their use.

CAMP-OUT ACTIVITIES

42	14		Watch a demonstration on how to build a camp shelter and consider JESUS as our refuge place.
44	15		Hike 3 kilometres in one hour.
45	16		Demonstrate baking, boiling and frying of camp foods.

I cooked the following: _____

46	17		Participate in a one nature appreciation walk and observe nature objects that relate to a Bible passage.
47	18		Pitch and strike a tent.
48	19		As a group make a camp bed from natural materials.
49	20		Know how to build and light a basic fire, using natural material, and keep it going.
50	21		Memorise the New Testament books of the Bible and know the four areas into which the books are grouped. Demonstrate your ability to find a given book.
52	22		Participate in at least four club camp-outs.

We went camping at _____

CLUB ACTIVITIES

page Req No DATE SIGNATURE

56 23 Obtain a Memory Gem Certificate.

58 24 Participate in a club presentation on one topic in each of the following groups:

- Church Heritage _____
- Camping _____
- Flag and Anthems _____
- Health _____

ADVANCED FRIEND ACTIVITIES

59 25 Be invested for FRIEND.

61 26 Participate in the club Community Services Project.

62 27 Complete the Pathfinder Honour in Beginners Swimming.

63 28 Identify an additional 5 wildflowers and 5 insects.

65 29 Start a fire with one match using natural materials and keep the fire burning.

66 30 Attend at least one conference event.

I attended the following events _____

COMMUNITY SERVICE PROJECTS



THE COMMUNITY

SERVICE

PROJECTS

I PARTICIPATED

IN

THIS YEAR WERE

PROJECT

DATE

SIGNATURE

PROJECT

DATE

SIGNATURE

PLEDGE and LAW

PATHFINDER PLEDGE

LOVING THE LORD MY GOD
I WILL
DAILY SEEK HIS PRESENCE
SHOW FRIENDSHIP TO OTHERS
KEEP THE PATHFINDER LAW
AND HONOUR MY COUNTRY

PATHFINDER LAW

THE PATHFINDER LAW
IS FOR ME TO
LOOK FOR THE GOOD IN OTHERS
AIM TO DO MY BEST
LOVE AND RESPECT MY FAMILY
BE THANKFUL FOR WHAT I HAVE
PRESERVE **GOD'S** CREATION
TAKE CARE OF MY HEALTH
BE INVOLVED IN MY CHURCH
AND GO WHERE HE SENDS

PATHFINDER PLEDGE

Loving the LORD my GOD I will

I recognise that JESUS CHRIST is my personal saviour and I want to respond by loving HIM.

Daily seek HIS presence

I will set aside some private time every day to read my Bible and talk to GOD.

Show friendship to others

I will always be kind and thoughtful of others in my family, school, church, and community. I will try to include the lonely and left out people in my friendship.

Keep the Pathfinder Law

I accept the Pathfinder Law as being an important part of the Pathfinder Club, and choose by GOD'S grace, to live by it.

And honour my country

I will endeavour to be a good citizen at home, school and in the community, by obeying the laws of the land and respecting those in authority.

Memorised on:

Teacher's signature:

PATHFINDER LAW

The Pathfinder Law is for me to

Look for the good in others

I will not listen to rumours about people but will instead always try to speak a good word about everyone I know.

Aim to do my best

Because my life and abilities are gifts from GOD I will put one hundred percent effort into my work, play and relationships.

Love and respect my family

GOD has placed me in a family. I will speak courteously, and be obedient, thoughtful and unselfish in the way I act at home.

Be thankful for what I have

I will learn to be cheerful and grateful for the many wonderful things that I have. I will not complain when things do not go my way or I cannot have what others have.

Preserve GOD'S creation

because I recognise that GOD is the creator and owner of this world, I will not be careless when I am out in nature, but will do all I can to protect the environment in which I live.

Take care of my health

I will exercise regularly, eat a well balanced and healthy diet, and say "NO" to any harmful substances that will be harmful to my body.

PATHFINDER LAW (continued)

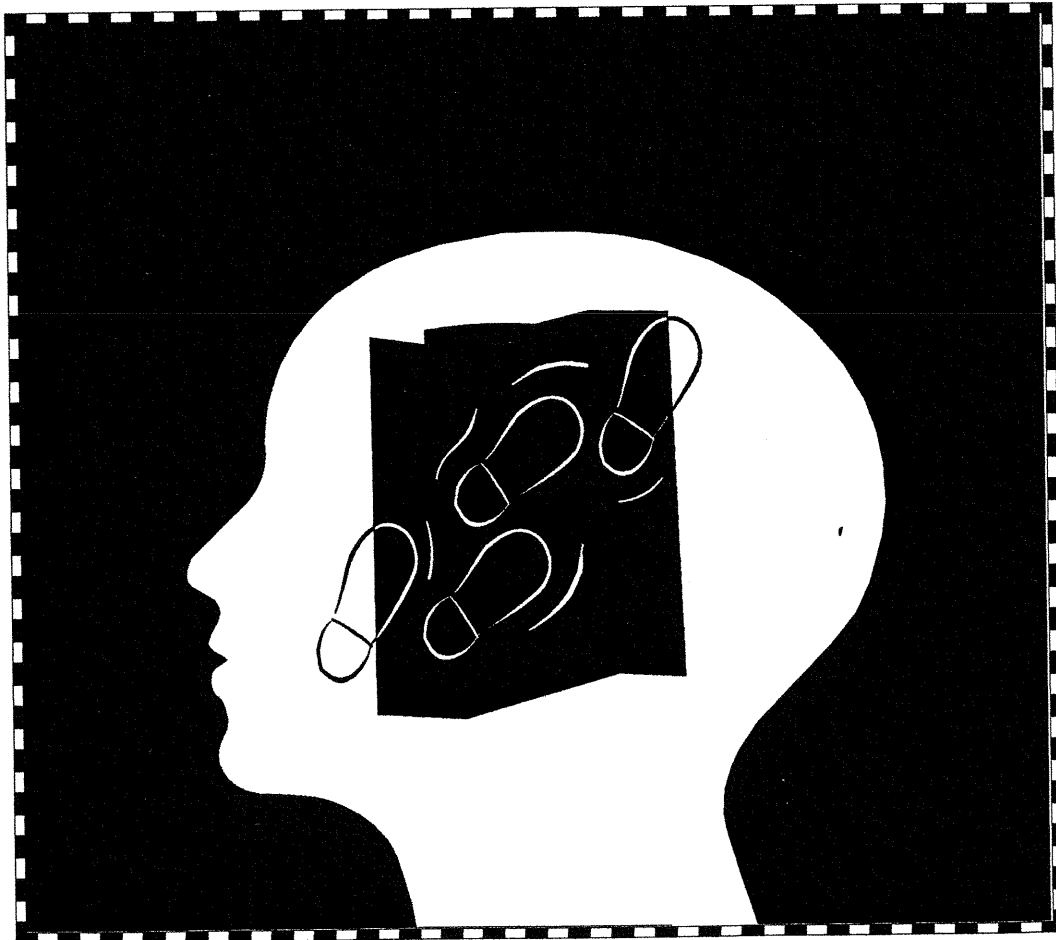
9

Be involved in my church

When I am asked to participate in programs at my church I will willingly do so. I will attend as regularly as I can.

Go where he sends

I will be ready to share my faith and follow GOD'S leading in my life.



Memorised on:

Teacher's Signature:

BOILING

Boiling the water is the age -old remedy for every ill, whether caused by protozoa, bacteria or virus.

CHEMICAL PURIFICATION

Iodine Additive

Tablets containing TGHP (tetraglycine hydroperiodide) are readily available. A single fresh tablet dissolved in a litre of water gives the required iodine concentration of 8mg/litre. The compound is stable in an unopened bottle but loses iodine when exposed to the air; bottles of tablets should be discarded a few months after first being opened.

A single tablet, let stand 10-20 minutes is usually long enough. A second tablet should be used in very cloudy water, and 20-30 minutes is allowed in cold water.

Tincture of iodine, sold at pharmacies, is widely recommended but has little if any advantage over TGHP.

FILTRATION

Expensive-not recommended

JESUS OUR WATER OF LIFE

JOHN 7: 37-39 (NIV STUDY BIBLE)

On the last and greatest day of the Feast, JESUS stood and said in a loud voice, "If anyone is thirsty, let him come to me and drink.

Whoever believes in me, as the Scripture has said, streams of living water will flow from within him" By this he meant the Spirit, whom those who believed in him were later to receive. Up to that time the Spirit had not been given,



since JESUS had not yet been glorified.

QUESTIONS

- 1 Is JESUS speaking to us today?
- 2 What does JESUS promise us?
- 3 Are all people welcome?
- 4 How can we accept this offer?



**MY TEMPERANCE
PLEDGE**

DATE:

SIGNATURE:

DANIEL 1;8

But Daniel resolved not to defile himself with the royal food and wine, and he asked the chief official for permission not to defile himself this way

THE HEALTHY DIET¹³ PYRAMID

EAT LEAST

SUGAR

BUTTER
MARGARINE, OIL

EAT MODERATELY

MILK, CHEESE
YOGHURT

MEAT, CHICKEN
FISH, LEGUMES
EGGS, NUTS

EAT MOST

VEGETABLES
FRUIT
BREAD, CEREALS

THE 5 FOOD GROUPS

GROUP 1 BREAD AND CEREALS

Provide starch, some protein, vitamins (particularly thiamin or vitamin B1), minerals and fibre

Wholemeal bread has more vitamins and fibre than white bread, but white bread is also a 'good' food.

USE 4 OR MORE SERVINGS DAILY

One Serving

- 1 slice bread
- 1/2 bread roll, muffin or crumpet
- 1/2 Pita round
- 1/4 Lebanese round
- 1/2 cup cooled porridge
- 1 wheat flake breakfast biscuit
(Weet Bix, Vita Brits)
- 1/4 cup musuli (unsweetened)
- 1/2 cup cooked rice or pasta

GROUP 2 VEGETABLES AND FRUIT

Provide carbohydrate, some protein, vitamins, minerals and fibre.

USE 4 OR MORE SERVINGS DAILY

One serving of vegetable:

- 1 small potato or 1/4 cup mashed
- 1/2 cup of salad vegetables
- 1/3 cup fresh, frozen or canned vegetables
- 1/2 cup thick vegetable soup

One serving of fruit:

- 1/3 cup of fruit
- 1 piece of fruit
- 1/2 cup fruit juice-fresh, canned or cartons
- 1/4 cup of dried fruit

GROUP 3 MILK, CHEESE AND YOGHURT

Provide protein and some carbohydrates (lactose) and fat, plus calcium and vitamin B2.

Use fresh, canned UHT or dried milk.

USE 6 SERVINGS DAILY

One Serving

- 100 ml milk,
- 100 ml yoghurt
- 20 gms cheddar or hard cheese
- 60 gms cottage or ricotta cheese

GROUP 4 MEAT, CHICKEN FISH, LEGUMES, EGGS AND NUTS

Provide protein, some fat, vitamins and minerals iron and zinc.

USE 1 OR 2 SERVINGS DAILY

One serving of protein

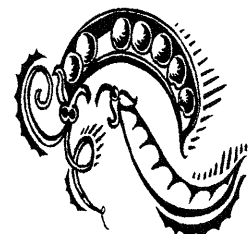
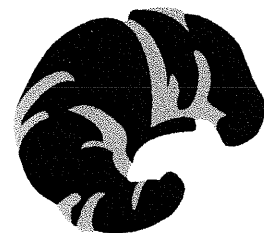
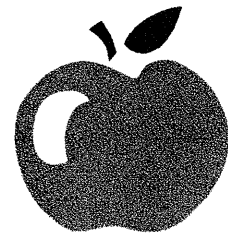
- 1/3 cup cooked or canned dried peas, beans, chick peas or lentils
- 1 tablespoon of peanut butter
- 1/4 cup (30 gms) shelled nuts
- 1/4 cup dry textured vegetable protein
- 50-100 gms meat
- 1-2 slices roast meat or chicken
- 1/3 - 1/2 cup casserole of meat
- 1/2 small can of sardines, salmon or tuna
- 1 egg
- 1 small fillet of fish

GROUP 5 BUTTER MARGARINE, OIL

Use only in very small amounts
3-4 teaspoons per day

FOOD AND NUTRITION QUIZ

- 1 Which is the healthiest sandwich filling ?
 A - Peanut butter and chopped celery.
 B - Chopped dates and honey.
 C - Hundreds and thousands.
- 2 Which foods have the most salt?
 A - Canned peaches and frozen peas.
 B - Weet Bix and Vita Brits.
 C - Bacon and corned meat.
- 3 Which foods have a lot of fat?
 A - Pies, cream biscuits and potato chips.
 B - Bread, oranges and frozen peas.
 C - Cottage cheese, skim milk and bananas.
- 4 Which foods help to keep our teeth healthy?
 A - Lollies and cordials.
 B - Milk and wholemeal bread.
 C - Chocolate biscuits and cakes.
- 5 We should eat most of which foods?
 A - Sugar, honey and golden syrup.
 B - Butter, margarine and cream.
 C - Bread, cereals, vegetables and fruit.
- 6 Which are the citrus fruits?
 A - Oranges, lemons and grapefruit.
 B - strawberries, blueberries and blackberries.
 C - Apples pears and peaches.
- 7 Which is correct?
 A - Only fat children need to exercise.
 B - Thin children need to do very little exercise.
 C - All children should exercise most days.
- 8 Which are the cereal grains?
 A - Legumes, peanuts and sesame seeds.
 B - Soya beans, tofu and alfalfa.
 C - Rice, wheat and oats.



BASIC FOOD GROUPS

PROTEIN

BREAD & CEREALS

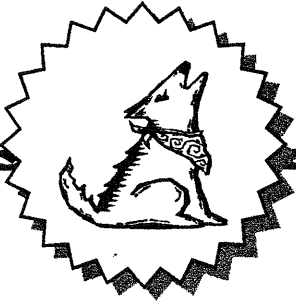
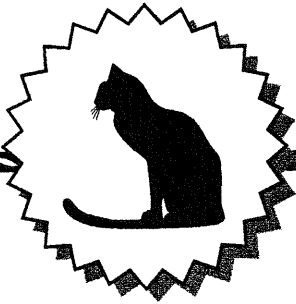
DRAW OR PASTE IN PICTURES

BASIC FOOD GROUPS

FRUIT & VEGETABLES

MILK PRODUCTS

FATS

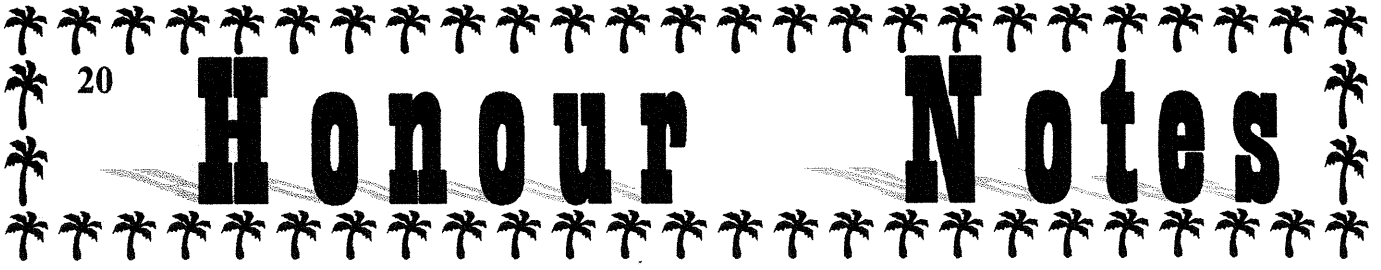


I HAVE COMPLETED ONE OF
THE FOLLOWING HONOURS

<i>HONOUR</i>	<i>ON</i>	<i>SIGNED</i>
* <i>CATS</i>		
* <i>DOGS</i>		
* <i>SEEDS</i>		
* <i>MAMMALS</i>		
* <i>BIRD PETS</i>		

HONOURS

Honour Notes¹⁹

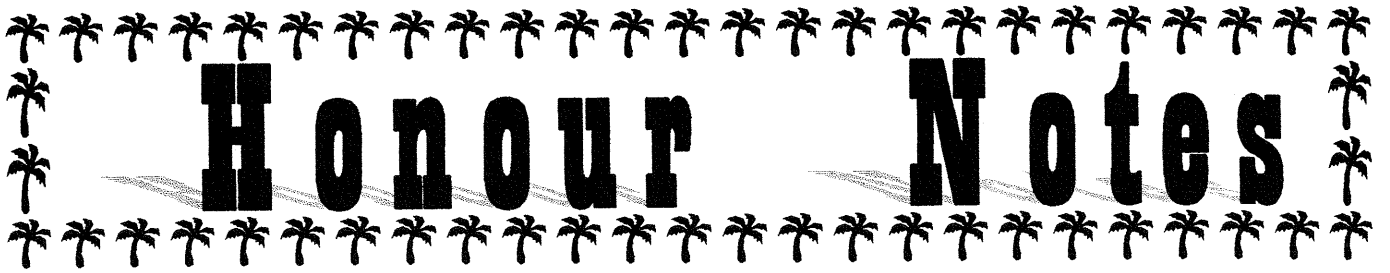


Honour Notes

A decorative border consisting of a single row of palm tree icons, spaced evenly across the top of the page.

Honour Notes²¹

22 **Honour Notes**

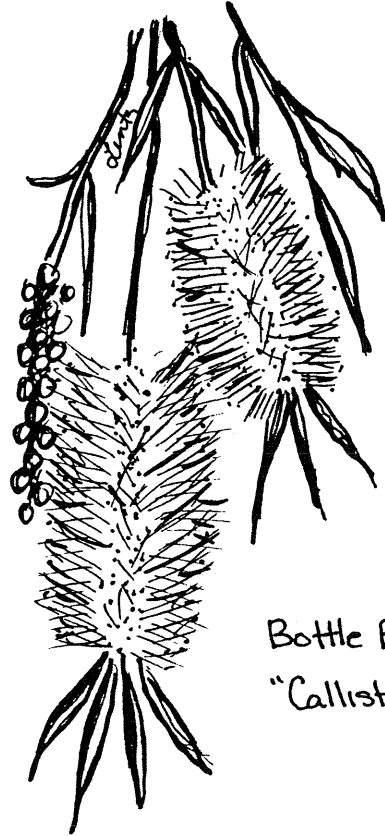
A decorative border consisting of a row of palm trees at the top and bottom of the page, with two palm trees on each side of the main title.

Honour Notes

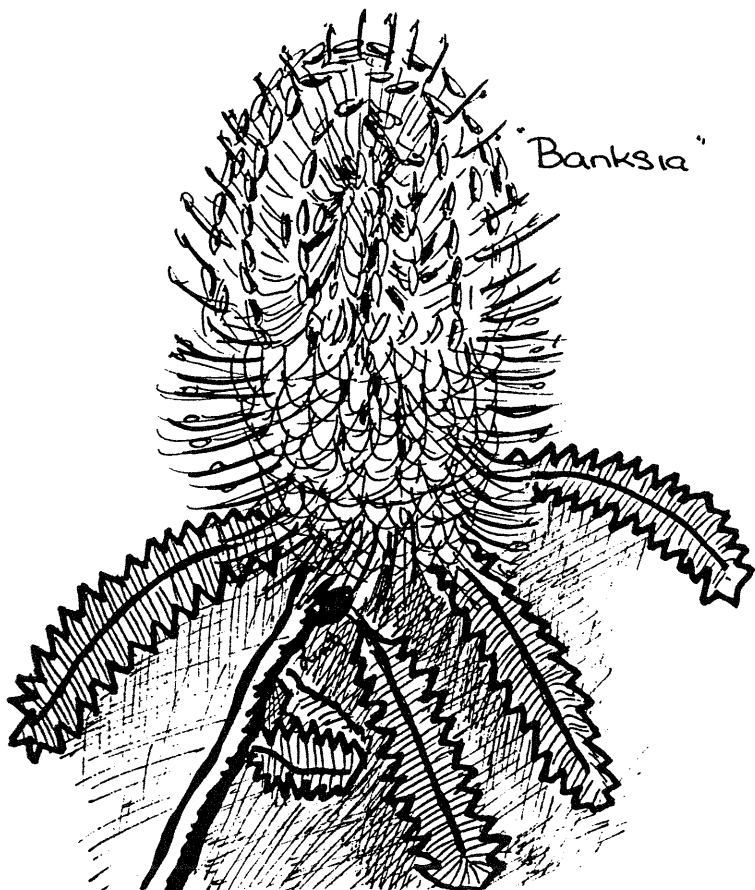
WILDFLOWERS



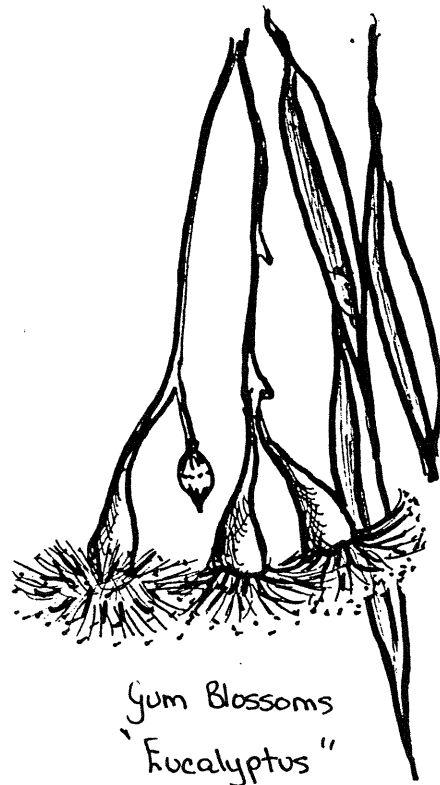
Silver Wattle
"Acacia"



Bottle Brush
"Callistemon"

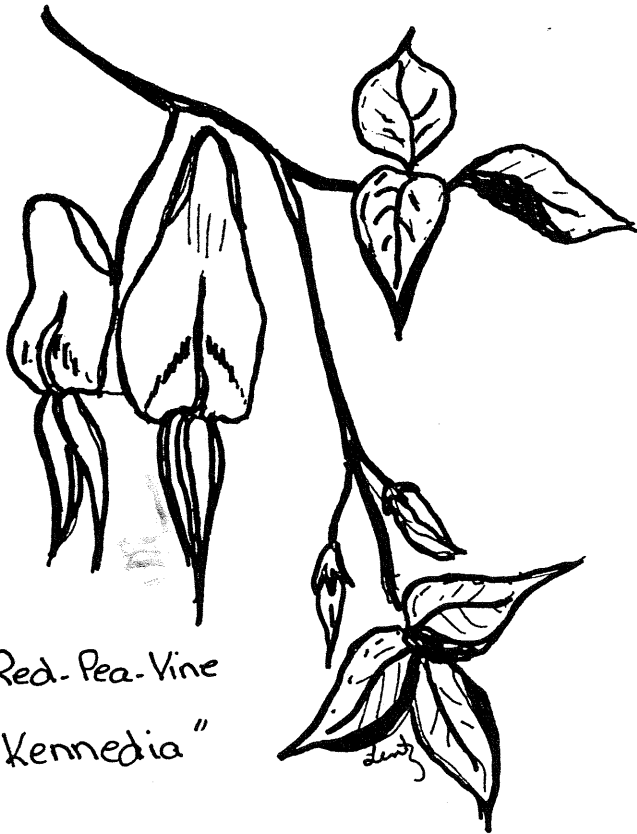


"Banksia"

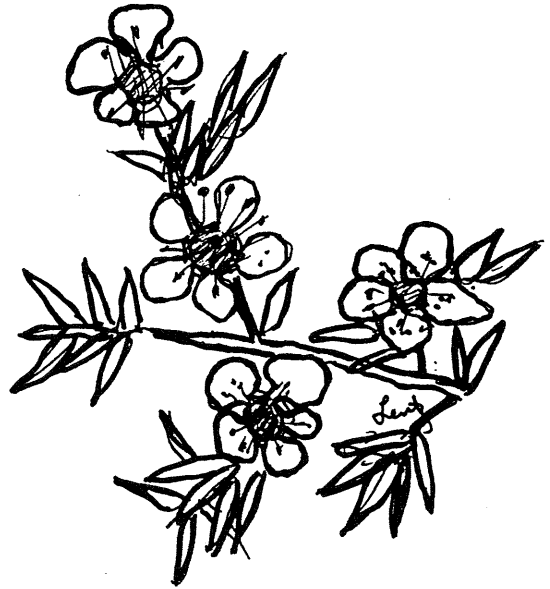


Gum Blossoms
"Eucalyptus"

WILD FLOWERS



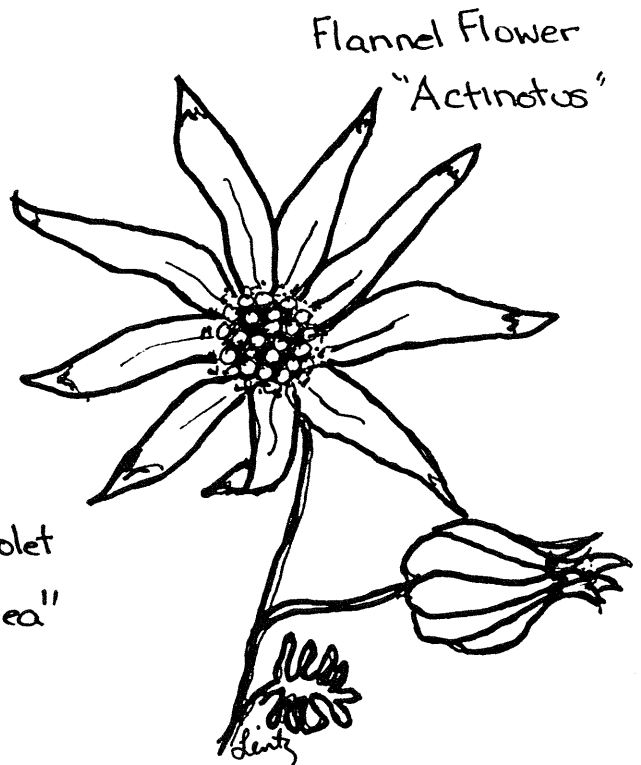
Red-Pea-Vine
"Kennedia"



Tea Tree
"Leptospermum"



White & Purple Violet
"Viola hederacea"



Flannel Flower
"Actinotus"

WILDFLOWERS



"Grevillea"



Native Hibiscus
"Malvaceae"



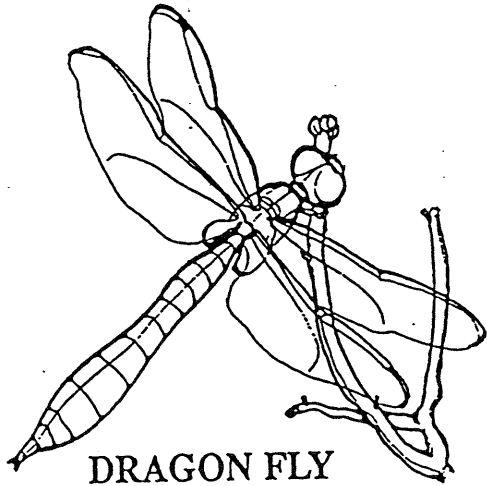
Purple Flag
"Patersonia"



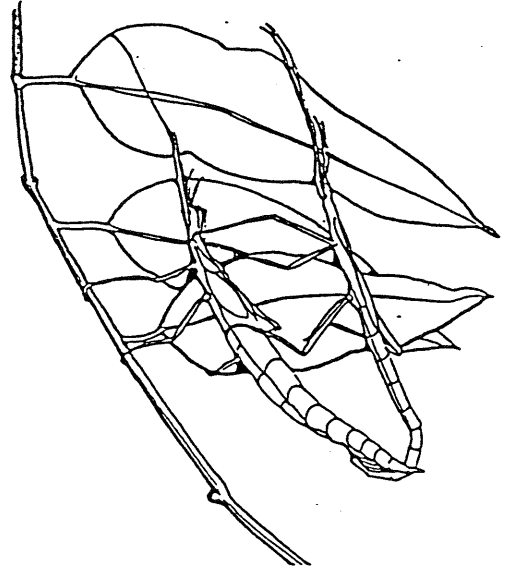
Everlasting
Daisy

"Helichrysum"

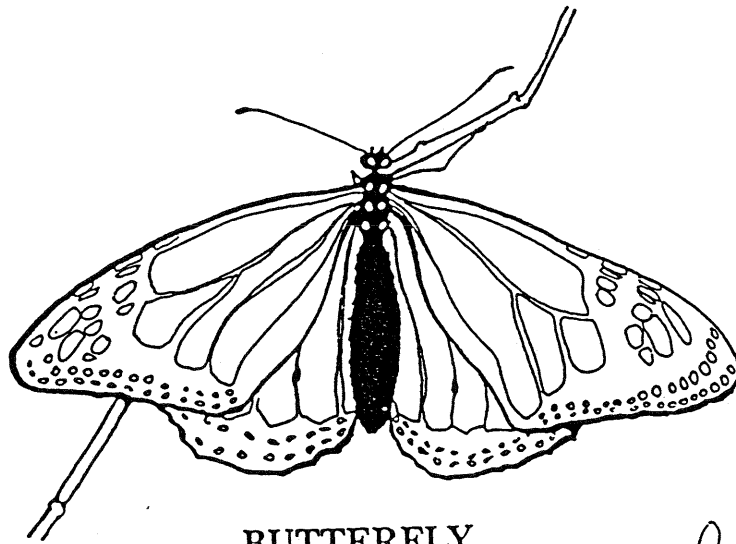
INSECTS



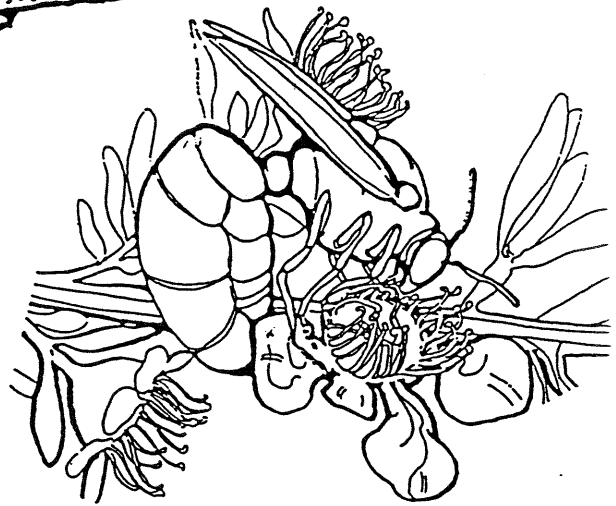
DRAGON FLY



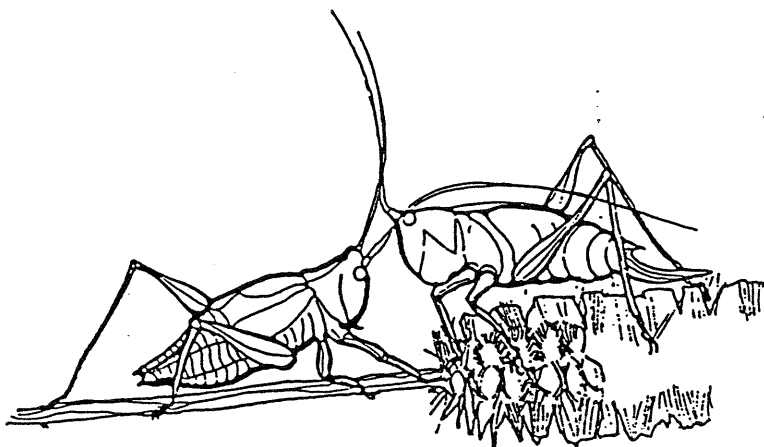
STICK INSECT



BUTTERFLY

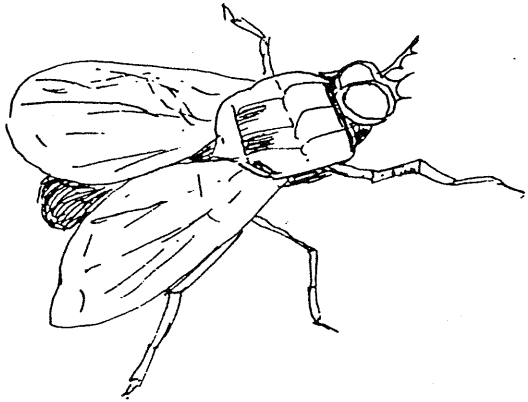


NATIVE BEE

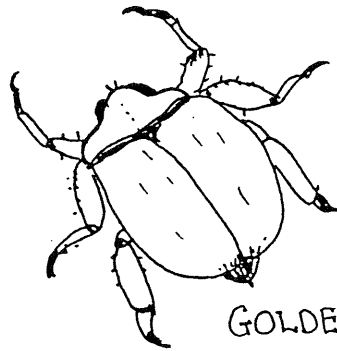


GRASSHOPPER

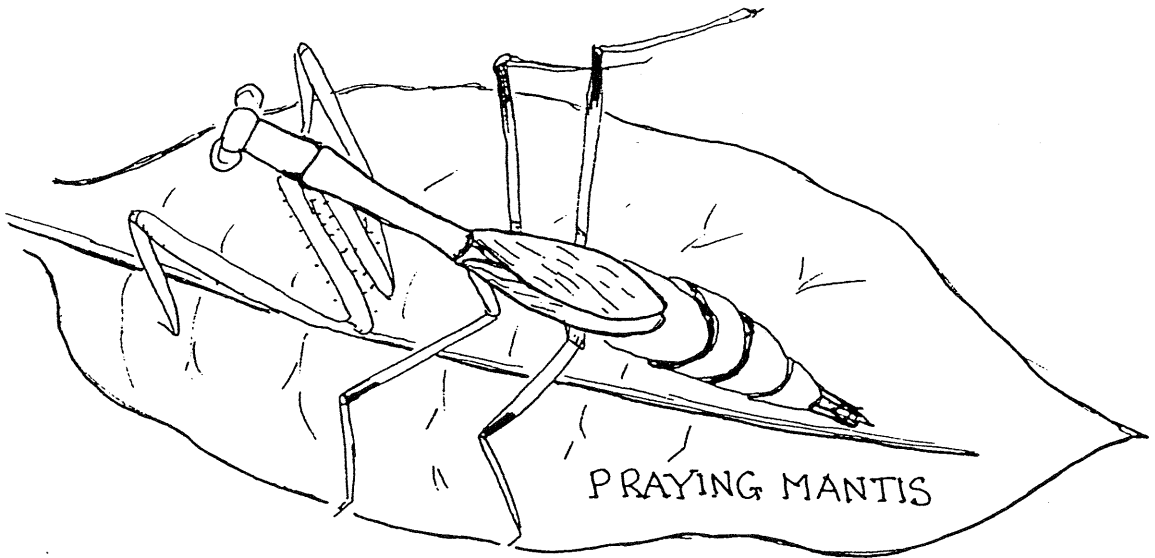
INSECTS



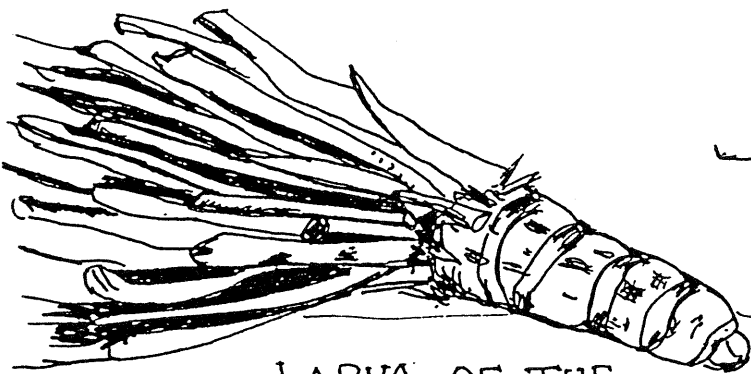
HOUSE FLY



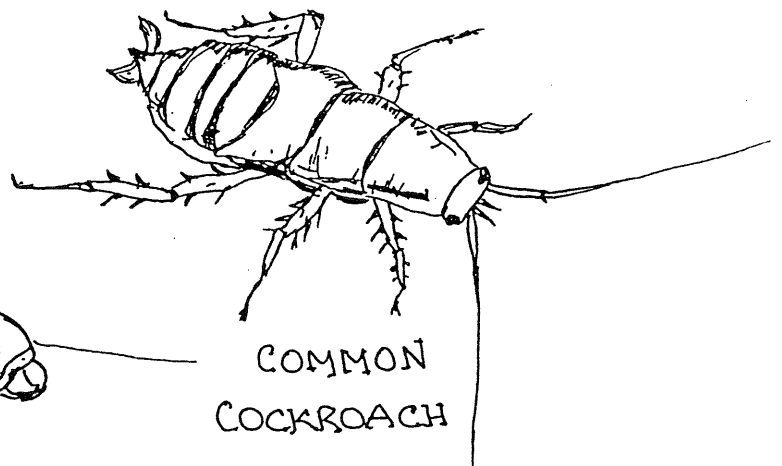
GOLDEN CHRISTMAS
BEETLE



PRAYING MANTIS



LARVA OF THE
CASE MOTH



COMMON
COCKROACH

I CAN IDENTIFY THE FOLLOWING WILDFLOWERS

1	
2	
3	
4	
5	
6	
7	
8	
9	
10	

I CAN IDENTIFY THE FOLLOWING INSECTS

1	
2	
3	
4	
5	
6	
7	
8	
9	
10	

ROPES

Before the modern rope of today, man probably used vines, reeds, fibres and leather thongs. When wool and cotton were spun into yarn and these in turn into cords, people started to search for better material for ropes.

Today rope is made from Manila fibre, sisal fibre, hemp or wire. It is also made from nylon and plastic which is highly resistant to rot or mildew, but this does present a problem. In hot weather it becomes quite elastic and repeated heating and cooling damages it.

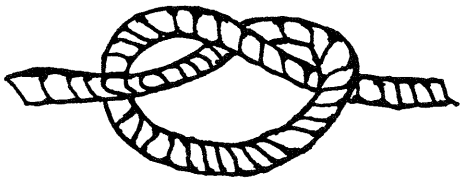
The best rope is made from hemp. True hemp is scarce so the better ropes are made from Manila fibre. Sisal is only about two-thirds as strong as manila.

ROPE CARE

The life of a rope may be prolonged if it is properly used and cared for.

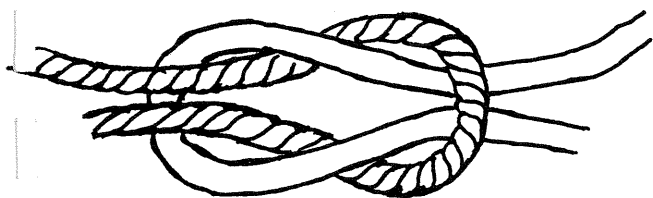
- 1 Keep ropes as dry as possible. **Never store a rope when it is wet!**
Natural drying in the sun is best.
- 2 Inspect ropes periodically for signs of damage along their length. Look at the inside of the rope as well as the outside. The inner fibres should stay bright and new in appearance.
- 3 When 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. To remove a kink when coiled, coil it counterclockwise.

KNOTS



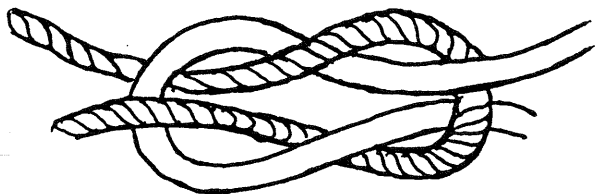
OVERHAND KNOT

The **OVERHAND KNOT** is used to make a stop on a rope end, to prevent the end from fraying or to stop the rope from slipping through a sleeve.



SQUARE KNOT

A **SQUARE KNOT** or **REEF KNOT** is tied by holding the two ends of the rope in the left and right hands. Place the left rope over the right and then the right rope over the left. It is one of the most common knots.

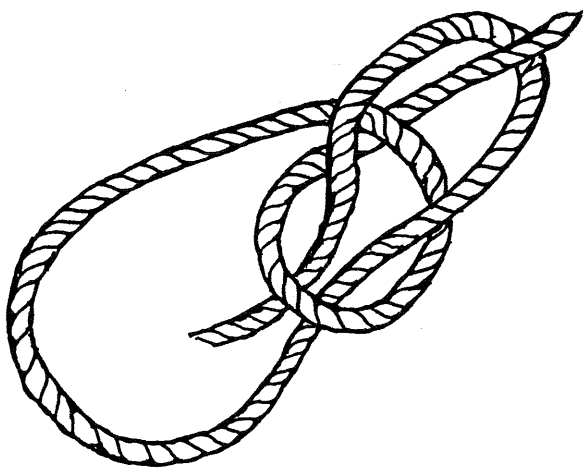


GRANNY KNOT

The **GRANNY KNOT** is tied by holding one end of the rope in the left hand and one end in the right hand. Place the left rope over the right making an overhand knot and then place the left rope over the right again forming the knot. If one end of the **GRANNY KNOT** is pulled, the knot will capsize into **TWO HALF HITCHES**, which makes a better knot than the **SQUARE KNOT**.

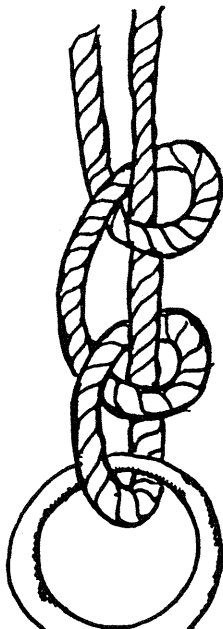
KNOTS

The **BOWLINE** is used to form a loop that will not slip on a rope end.



To tie a **BOWLINE**: Grasp the end of a rope in the right hand and the standing part in the left hand. Cross the end of the rope over the standing part in the left hand, and with a turn of the right wrist, put a single hitch around the rope end. Without shifting the grip of the right hand, pass the end of the rope to the left under the standing part, then down the hitch that was first formed.

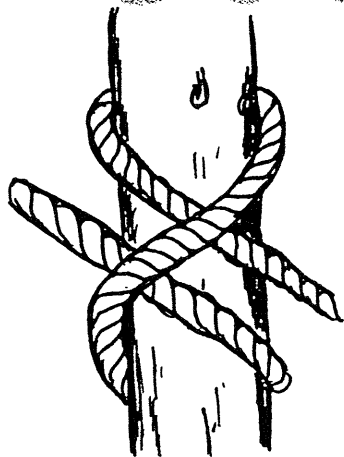
BOWLINE



TWO HALF HITCHES

TWO HALF HITCHES - a quick way in which to tie a knot to a post is to first form a loose **GRANNY KNOT**, leaving a long end. As the ship swings she will take up the slack and the **GRANNY KNOT** will capsize into **TWO HALF HITCHES**.

KNOTS



CLOVE HITCH

The **CLOVE HITCH** is used for securing a rope to a spar. This hitch, if pulled taut, will not slip up or down on a smooth surface. A useful start for lashings.

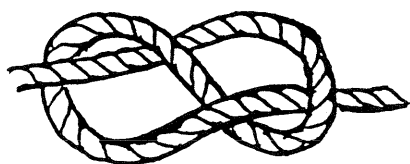


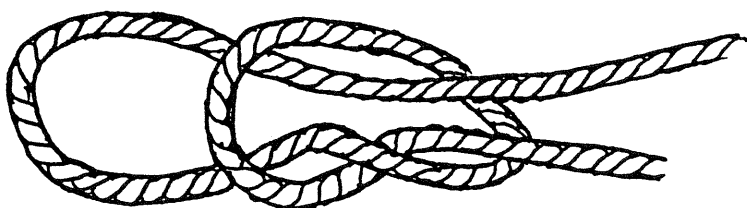
FIGURE EIGHT KNOTS

The **THE FIGURE EIGHT KNOT** has a single rim part, which passes completely around the neck and it has another single part at the top which nips the end.

No sketch is needed

THE DOUBLE BOW is the one tied every time one ties their shoe laces. It should follow the square knot principle and not the granny.

DOUBLE BOW KNOT



SLIP KNOT

THE SLIP KNOT slips but tied properly, becomes tighter the more one is pulled. Make a bight, and instead of bringing the end up through it, as in the case of the overhand,

KNOTS I CAN TIE

KNOTS

1 OVERHAND

Date.....Signature.....

2 SQUARE or REEF

Date.....Signature.....

3 GRANNY

Date.....Signature.....

4 BOWLINE

Date.....Signature.....

5 TWO HALF HITCHES

Date.....Signature.....

6 CLOVE HITCH

Date.....Signature.....

7 FIGURE EIGHT

Date.....Signature.....

8 DOUBLE BOW

Date.....Signature.....

9 SLIP KNOT

Date.....Signature.....

REQUIREMENT 9**GENERAL SAFETY****SWIMMING SAFETY****ROAD SAFETY****BICYCLE SAFETY****ELECTRICAL SAFETY****PATHFINDER HALL SAFETY**

TEST

GENERAL SAFETY

NAME _____

1 Where is the best place to swim: a quiet spot, or a popular spot?

2 How long should you allow after a meal before going swimming?

3 Why should you **NOT** dive into strange water?

4 What can happen if you get too cold while swimming?

5 What should you check constantly while surfing?

6 What is the recognized signal for a swimmer in distress?

7 What should you do if you get cramps while swimming?

8 If there is no footpath, where should you walk?

9 What should you watch for when riding your bicycle past parked cars?

10 How many people should be on a bicycle on the road?

11 Are hand signals necessary on a bicycle?

GENERAL SAFETY TEST

- 12 What do you do when you find fallen electricity wires?
(i) _____
(ii) _____
(iii) _____
- 13 What does it mean when you feel a light tingle in an electrical appliance? _____
- 14 How many cores should be in an extension cord?

- 15 What do you do with a frayed lead on an electrical appliance?

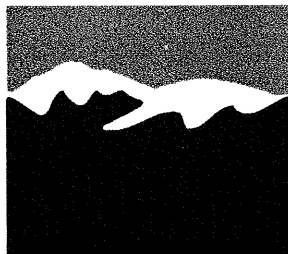
- 16 Name three points of safety you could look for in a hallway.
(i) _____
(ii) _____
(iii) _____
- 17 What are the first two things to do if you become lost?
(i) _____
(ii) _____
- 18 What should you do if you are lost and it becomes dark?

- 19 Name three things you can use to signal when you are lost.
(i) _____
(ii) _____
(iii) _____
- 20 How many signals do you give when you are lost?

- 21 If people are out searching and they wish to recall all the searchers, how many signals are given?

IO HIKING RULES

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10



WHAT TO DO IF I BECOME LOST

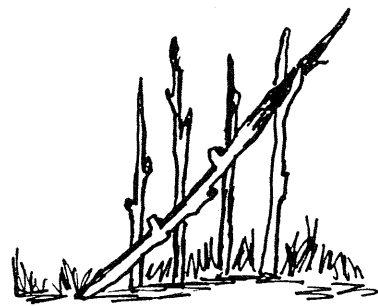
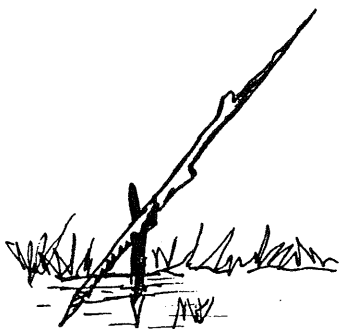
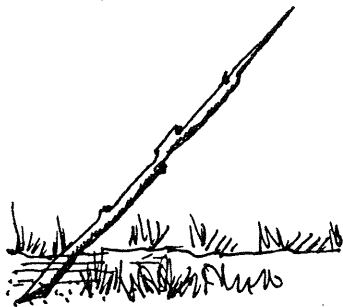
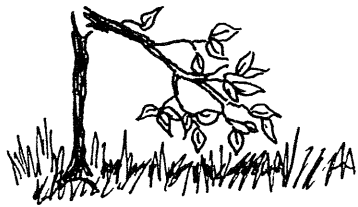
KNOW WHAT TO DO WHEN LOST

Sometimes things go wrong, even with the best made plans, and you may get lost. By following a few simple rules, this may not be as serious as it seems. Every group should have a code or set of rules that each member knows thoroughly.

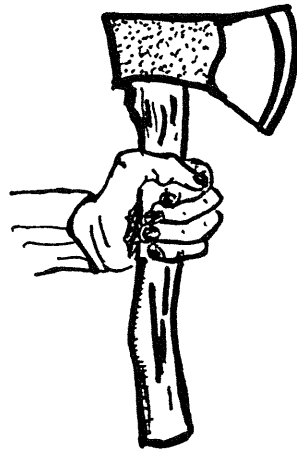
Remember if you do get lost, or become overdue, you may cause many people risk and trouble in searching for you, so try the following things.

1. **STOP!** Sit down and think, don't panic. If it is raining find a dry place under a bush or a tree. Force yourself to sit still until you can think clearly. You are certain to be found. Try to remember general landmarks. Work out if you can backtrack or if you should stay put. If you have food and water, it is probably better to stay where you are, and try to attract attention with a fire - a smoky fire in the day and a blazing fire at night.
2. **PRAY.** Kneel down and talk to GOD. Remember some of his promises: "*I am with you always.*" "*The angel of the Lord encampeth around them that fear Him, and delivereth them.*" Jesus is watching over you, the angels are taking care of you. Remember GOD knows where you are.
3. **MARK THE SPOT** Where you are at present. Don't move from the spot where you are until you mark it well. Blaze a tree or break branches, place a rag on a stick in the ground, or put your hat on a stump. Do some thing to mark your spot and mark your trail as you move on, with arrows drawn in the soil or made from piles of stones, or break branches.
4. **CLIMB** a tree or hill. From the top you may be able to see a landmark that you recognize. If you are sure of the way to go back safely, proceed towards that landmark. But if you are not sure of the landmarks **STAY WHERE YOU ARE.** Look for smoke, this usually means people are there.
5. **MAP AND COMPASS.** If you are smart enough to have brought a map and compass, use them. Spread out the map and orient it , either with the compass or by checking the landmarks. If you recognize a landmark mark a route on the map and follow your compass to this, **BUT** if you are not sure of a landmark, **STAY WHERE YOU ARE.**
6. **STAY WHERE YOU ARE.** If you can't recognize familiar landmarks either by sight or map to lead you home, stay where you are. Listen for calls of searchers and wait for help to come. Collect enough wood to build a signal fire. Collect enough wood to last throughout the night. If you have to move to get water or shelter, mark clearly the direction in which you have gone, and mark the trail as you move.
7. **LIGHT A FIRE.** Build a safe fire. Have enough wood to keep it going at night and during the day , green leaves to create smoke.
8. **GIVE DISTRESS SIGNALS.** Remember the signal for distress is three of a kind, etc. Three shots, three coo-ees, three whistles blasts, three smoke puffs, three signal fires, three mirror flashes, three torch flashes and so on.

TRACK and TRAIL

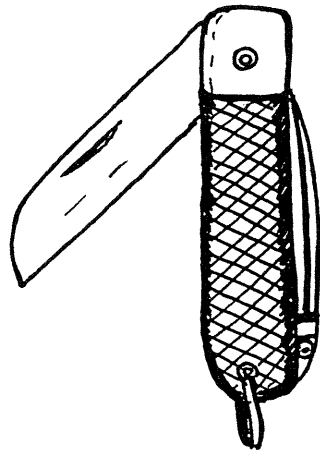


SAFETY RULES FOR YOUR AXE



1 _____
2 _____
3 _____
4 _____
5 _____

SAFETY RULES FOR YOUR KNIFE



1 _____
2 _____
3 _____
4 _____
5 _____



HŌŪ TŌ BŪ IĪD Ā ČĀMŪ ŠHĒĪTĒŘ

CAMP TO SHELTER

The simplest type of shelter is the lean-to. Make it by placing a rope or ridgepole about two metres above the ground between two trees or two stakes and two metres apart. Drape a sheet of plastic, tarpaulin, etc over the ridgepole. The corners and sides may be held down with pegs or stones.

If it is cold 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 its front opening is cross-wind.

A rubber liferaft or a conoe or a boat turned over or propped against a rock or log may provide rough shelter. These can be made into a better shelter with the aid of a sheet of plastic or a tarpaulin or a wall of stones or branches.

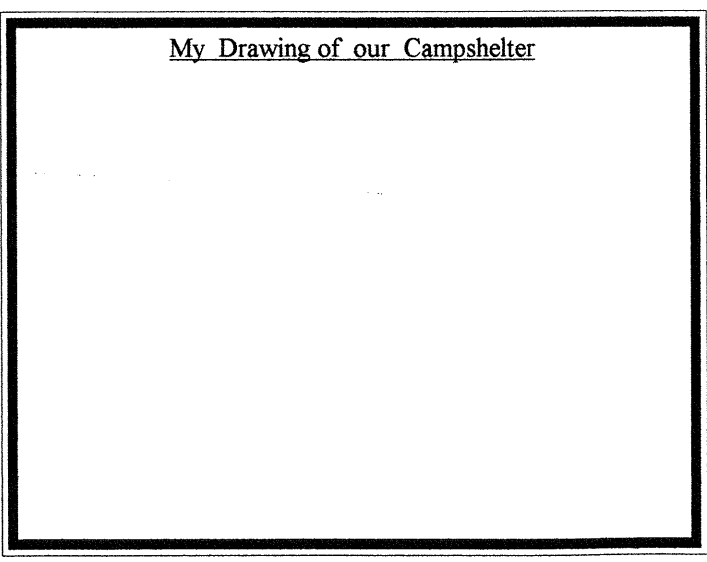
We made our camp shelter

From

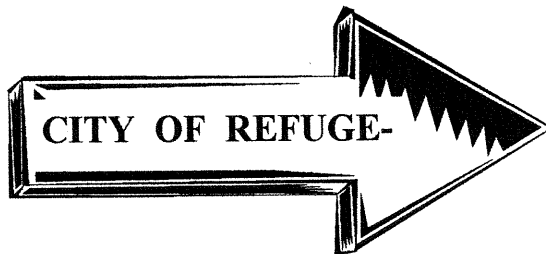
At

On

Signed



JESUS AS OUR REFUGE



ROMANS 8:1

Therefore there is now no condemnation for those who are in CHRIST JESUS.

PSALMS 46:1

GOD is our refuge and strength, an ever present help in trouble.

READ : **NUMBERS 35: 9-28**

1 PETER 5:7-11

The cities of refuge were for those who took life unintentionally. Signposts were erected so the fleeing one would not become lost. Anyone of any nationality could take refuge. He was tried by the authorities and if found not guilty of intentional murder, was given refuge. As long as he stayed within the city he was safe. If he wandered outside the "city of refuge", the avenger might find him and he would forfeit his life.

The sinner is exposed to eternal death until he finds a hiding place in CHRIST JESUS. Just as straying from the track the refugee could become lost and lose his life so too, delays and indifference may prove the ruin of the soul. Satan the adversary is on the track of every sinner and he who is careless and does not earnestly seek shelter in the eternal refuge will fall prey to the destroyer.

1. What is sin? How does it separate us from GOD?
2. Why does Peter tell us to be on the alert?
3. Who can save us?
4. Can everyone who wants to find a refuge in JESUS?
5. How can we make sure we stay in the refuge of CHRIST JESUS?

**WE HIKED 3 KMS
IN ONE HOUR**



ON:

AT:

SIGNED:

NATURE WALK

DATE

GOD
IS
LOVE



GOD
LOVES
ME

WHAT WE SAW

BIBLE VERSE

NATURE WALK

I CAN PITCH AND STRIKE A TENT

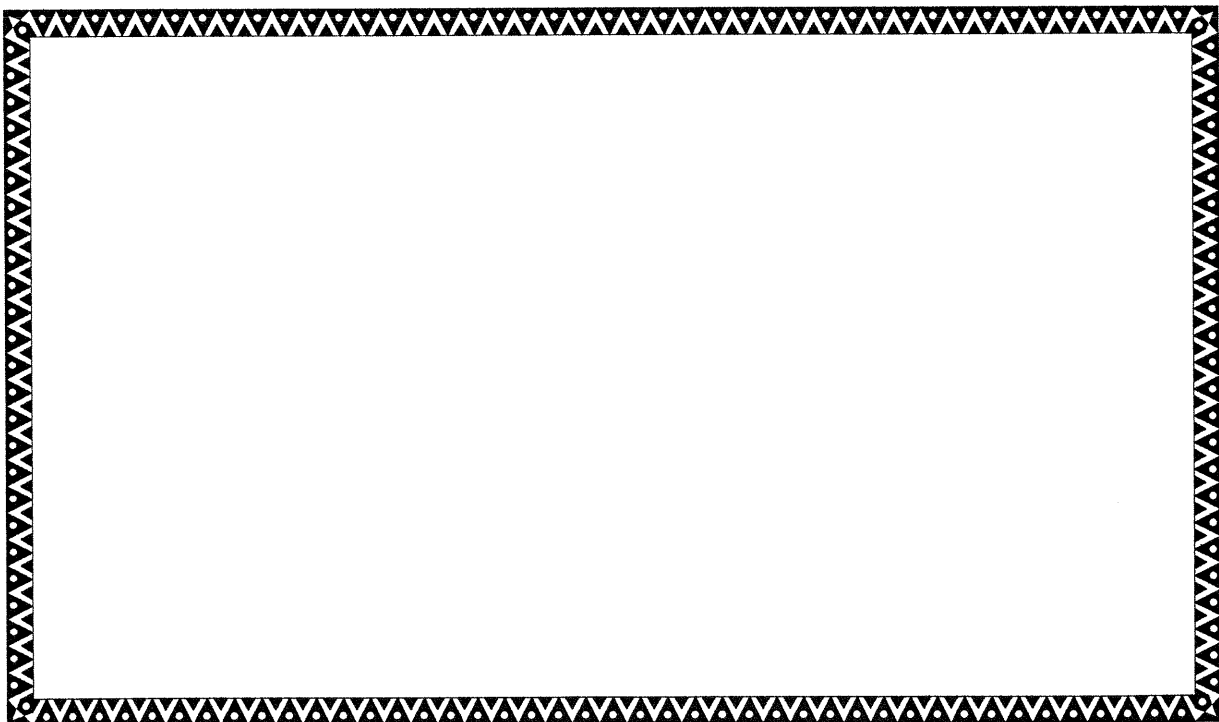


DATE

SUPERVISOR'S SIGNATURE

**MAKE A CAMPBED FROM
NATURAL
MATERIALS**

As a group make a campbed from natural materials. Find as level a site as possible and remove any stones and rubbish on the ground. Use small logs or rocks to form a natural border. Place them in a roughly rectangular shape and secure as best as you can. Maybe vines can be used to tie the small logs together. Pick armfuls of grass or leafy branches and fill the rectangular shape with these. If enough materials are found fill up until thick enough to sleep on comfortably. Remember to choose a safe site. In the space below either draw the campbed your group made or glue in a photograph of the campbed you helped make.



We made our campbed at:

On:

Supervisor's Signature:

LIGHT A FIRE

LIGHT A FIRE

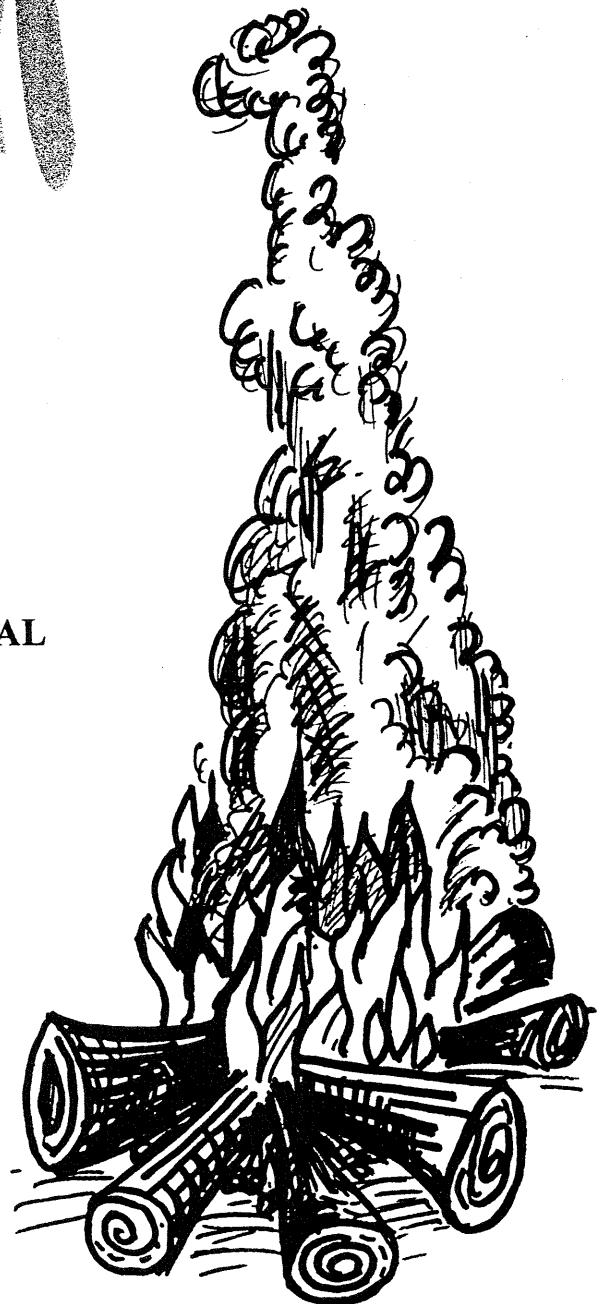
REQUIREMENT:

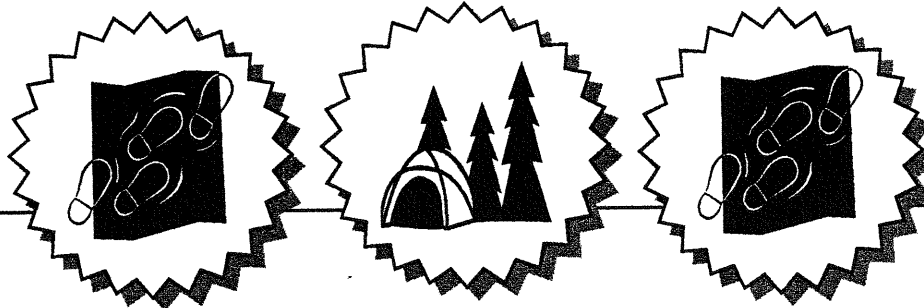
**KNOW HOW TO BUILD AND LIGHT
A BASIC FIRE, USING ONLY NATURAL
MATERIALS AND KEEP IT GOING.**

DATE: _____

PLACE: _____

SIGNATURE: _____





CAMPOUT CHECKLIST

SLEEPING & EATING EQUIPMENT

Sleeping Bag

Plate & Cup

Air Mattress

Knife, Fork, Spoon

Tracksuit

Teatowel Bag

TOILETRIES

OPTIONALS

Towel & Washer

Camera

Soap

Map

Comb

Compass

Toothbrush & Paste

Mirror

CLOTHES

Toilet Paper

Club Teashirt

OTHER

Shoes & Socks

Sunscreen & Hat

Shorts & Jeans Raincoat

Watch

Underwear

Sloppy

Bible, Pen, Notebook

Swimmers

CAMPPOUT

WHERE WE CAMPED:

I SHARED A TENT WITH:

6 POINTS ON SITE SELECTION:

- 1
- 2
- 3
- 4
- 5
- 6



CAMP OUT

WHERE WE CAMPED:

I SHARED A TENT WITH:

WHAT I ATE:

THE GAMES WE PLAYED:

SABBATH ACTIVITY:

WHAT I LIKED BEST:

CAMP-OUT

WHERE WE CAMPED:

I SHARED A TENT WITH:

WHAT I ATE:

THE GAMES WE PLAYED:

SABBATH ACTIVITY:

WHAT I LIKED BEST:



CAMPPOUT

WHERE WE CAMPED:

I SHARED A TENT WITH:

6 POINTS ON SITE SELECTION:

1

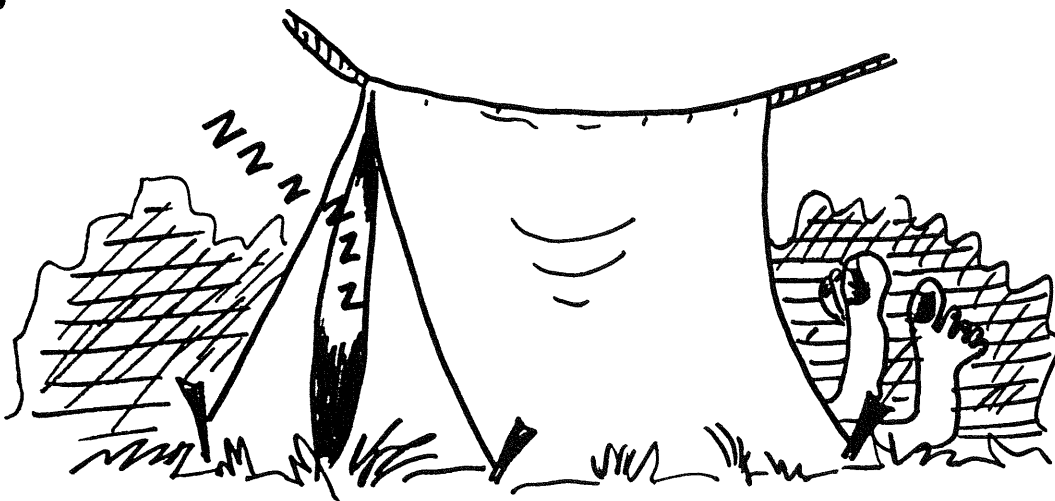
2

3

4

5

6



**MEMORY GEM
CERTIFICATE**



I PASSED MY MEMORY GEM TEST

ON:

SIGNED:

**MEMORY GEM
CERTIFICATE**

57



I PASSED MY MEMORY GEM TEST

ON:

SIGNED:

THIS YEAR I PARTICIPATED IN A CLUB PRESENTATION ON THE FOLLOWING TOPICS

CHURCH HERITAGE

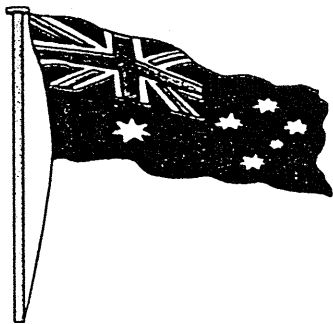


CAMPING



<u>YEAR</u>	<u>CHURCH HERITAGE</u>	<u>YEAR</u>	<u>CAMPING</u>
	Great Controversy		Sleeping Equipment
	Midnight Cry		Cooking Equipment
	Tell it to the World		Search and Rescue
	Spread of Advent Message		Camp Clothing
	Role of E G White		Back Packs
	Local Church History		Bushfire Emergency

FLAGS AND ANTHEMS



HEALTH



<u>YEAR</u>	<u>FLAG AND ANTHEM</u>	<u>YEAR</u>	<u>HEALTH</u>
	National Flag		Smoking
	National Anthem		Alcohol
	Pathfinder Flag		Drugs
	Pathfinder Song		Diet
	Pathfinder Guidon		Exercise/Physical Fitness
	Flags on the March		Adventist Lifestyle



FRIEND INVESTURE

NAME _____

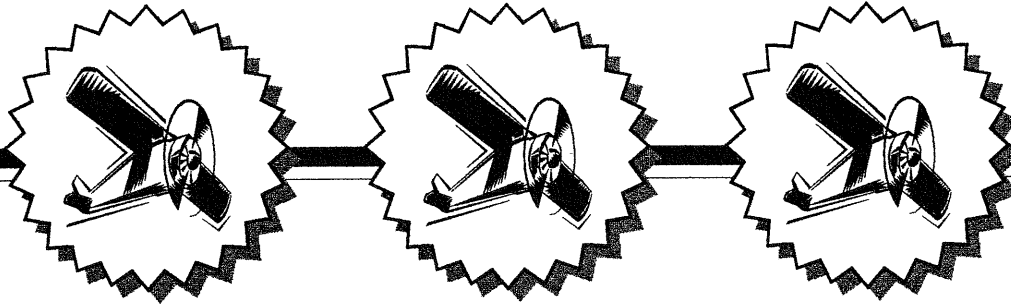
WAS

INVESTED

AT _____

ON _____

BY _____

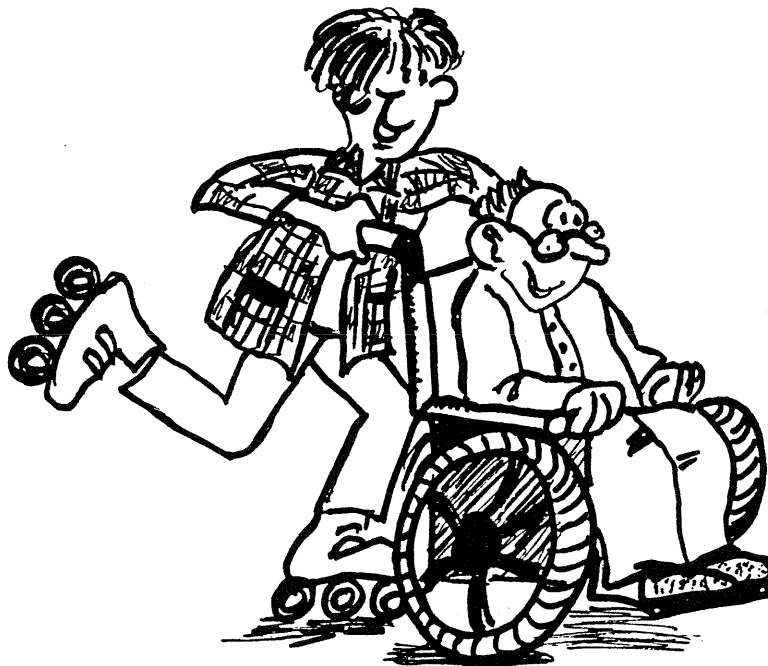


ADVANCED REQUIREMENTS

- 25 Be invested as friend.
- 26 Participate in club community project for the year.
- 27 Pass beginners swimming.
- 28 Add 5 extra insects and 5 extra wildflowers.
- 29 Light a fire using only one match.
- 30 Attend one conference event.

FRIEND

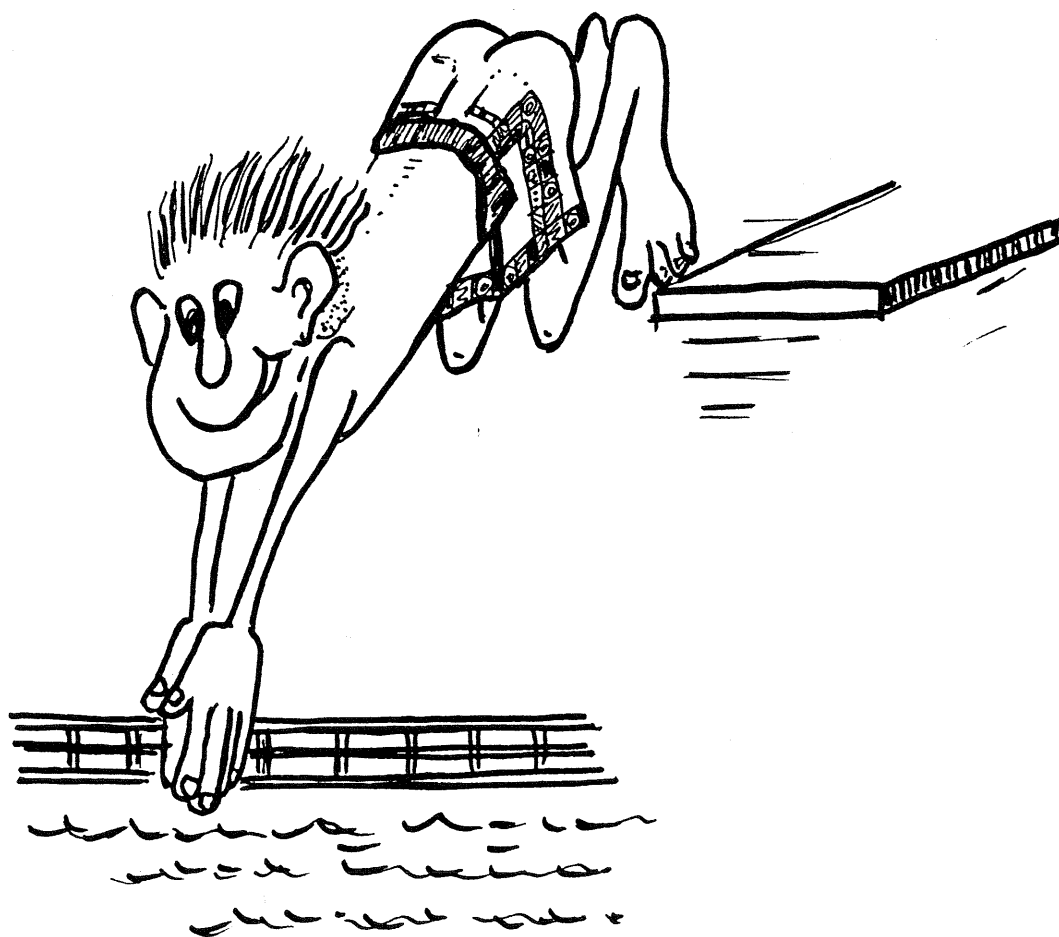
COMMUNITY OUTREACH



I PARTICIPATED IN THE FOLLOWING COMMUNITY PROJECT

DATE: _____ TEACHER'S SIGNATURE: _____

BEGINNERS SWIMMING



I COMPLETED THE *BEGINNERS SWIMMING HONOUR*

AT: _____

ON: _____ SUPERVISOR'S SIGNATURE: _____

REQUIREMENT 28

WILDFLOWERS⁶³

DRAW OR PASTE IN PICTURES OF FIVE ADDITIONAL WILDFLOWERS

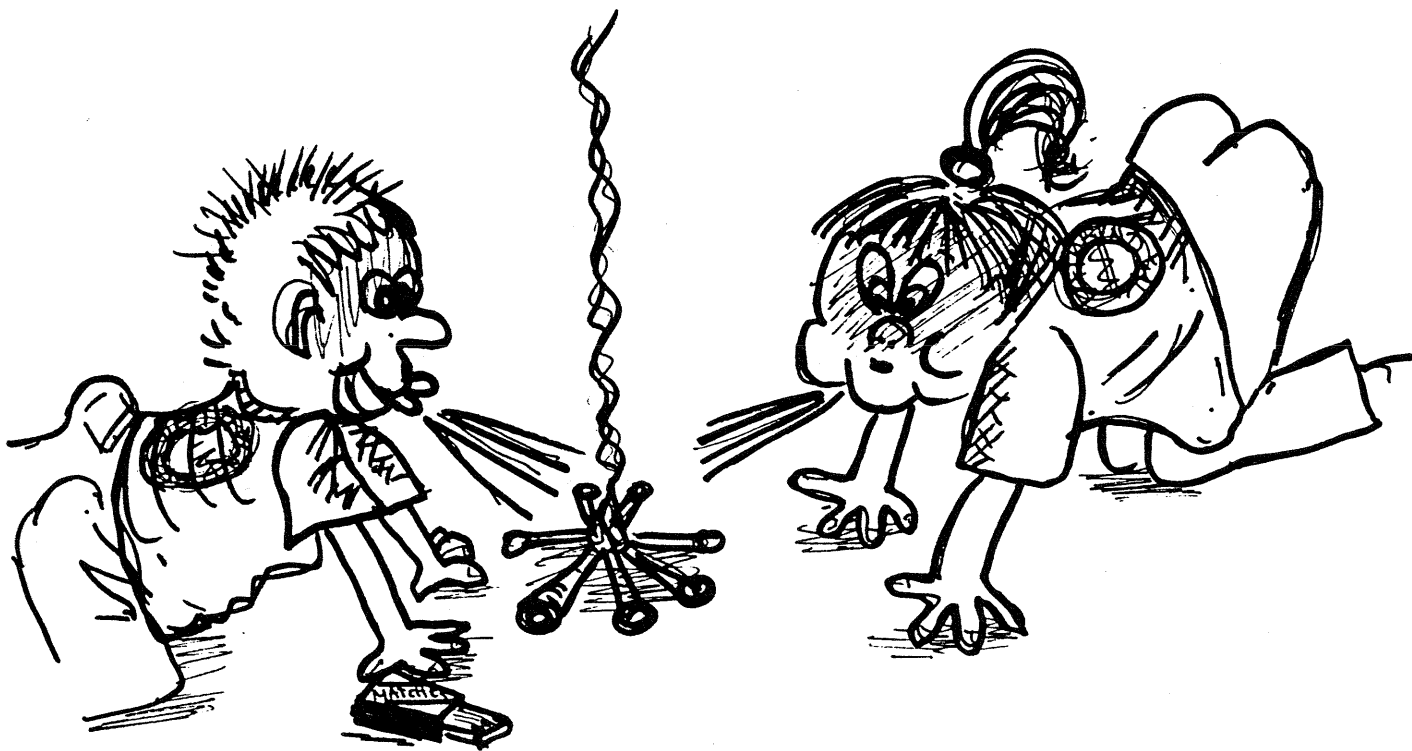
REQUIREMENT 28

64

INSECTS

DRAW OR PASTE IN FIVE ADDITIONAL PICTURES OF INSECTS

**I CAN LIGHT A FIRE WITH ONLY
ONE MATCH**



I LIT MY FIRE AT:

ON:

SUPERVISOR'S SIGNATURE:

CONFERENCE EVENT

I ATTENDED THE
FOLLOWING
CONFERENCE
EVENT



EVENT:

AT:

ON:

SIGNATURE OF SUPERVISOR: