

# **PATHFINDER CLUB**

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## **COMPANION**

### **PROJECT BOOK**

**PATHFINDER:** \_\_\_\_\_

**TEACHER:** \_\_\_\_\_





## COMPANION REQUIREMENTS

### HALL ACTIVITIES

page	DATE	SIGNATURE	
5	1.		Learn about the detrimental effects of smoking on Health and Fitness. Write your own pledge of commitment to abstaining from the use of tobacco.
7	2.		Learn how to keep a log.
8	3.		Complete one of the following honours: <i>Birds, Domestic Animals, Ferns, Insects, Poultry, Shells, Trees, Shrubs.</i>
The Honour that I completed was _____			
15	4.		Complete <i>Section 1-The Map</i> of the "Map and Compass" honour.
16	5.		Complete <i>Section 3-Direction without the aid of a Compass</i> of the "Map and Compass" honour.
17	6.		Know at least six points for the selection of a good campsite.
18	7.		Review the Friend knots.
19	8.		Tie and know the practical use of the following knots: <i>Sheetbend, Sheepshank, Fisherman's Knot, Timber Hitch and Tautline hitch.</i>
24	9.		Pass a test in Companion First Aid.
28	10.		Discuss safety rules in lighting a fire.
29	11.		Discuss with your leader Physical Fitness and Regular Exercise as they relate to healthful living.



## CAMPOUT ACTIVITIES

page	DATE	SIGNATURE	
33	12.		Hike 8 km and keep a log.
34	13.		Participate in a nature game or participate in a one hour Nature Appreciation Walk.
37	14.		Identify and describe 10 birds and 10 trees..
44	15.		Learn the four basic lashings, <i>square, diagonal, sheer and continuous</i> . As a group build an article of camp furniture.
46	16.		Build 5 different fires and describe their use.
47	17.		Cook a camp meal without the aid of utensils.
49	18.		Read the gospel of Matthew in any translation and commit to memory <i>The Lord's Prayer</i> .
50	19.		Memorize the Old Testament books and know the five areas into which the books are grouped.
51	20.		Obtain two memory gem certificates.
53	21.		Participate in a club presentation on one topic in each of the following groups.
		Church Heritage	_____
		Camping	_____
		Flag and Anthems	_____
		Health	_____
54	22.		Be invested for <b>COMPANION</b> .

## ADVANCED COMPANION REQUIREMENTS

page      DATE      SIGNATURE

Be invested for **COMPANION**.

56    **23.**      Participate in the club required community service project for the year.

57    **24.**      Complete the Pathfinder Honour in *Advanced Swimming*.

58    **25.**      Commit to memory one of the following in any translation.

*The Beatitudes*      *Matthew 5: 3-12*  
*Christ's Return*      *Matthew 24: 4-7*  
*Gospel Commission*      *Matthew 28:18-20*

I learnt \_\_\_\_\_

59    **26.**      Identify an additional 5 birds and 5 trees.

61    **27.**      Prepare a knot board with at least 15 knots.

62    **28.**      Attend at least one Conference event.

I attended \_\_\_\_\_



**PLEDGE TO ABSTAIN  
FROM THE USE OF  
TOBACCO**

**DATE:**

**SIGNATURE:**

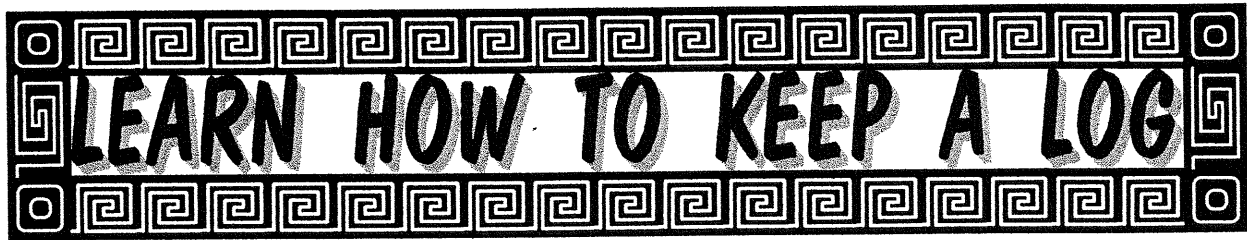
# PLEDGE and LAW

## PATHFINDER PLEDGE

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

## 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



**LEARN HOW TO KEEP A LOG**

**A log should be written up as soon as possible after each break in the trip, hike or expedition while incidents are fresh in the mind.**

**Some of the information should be filled in before starting out , such as equipment and food lists plus medical information and emergency contact numbers, allergies, illnesses and any other important information.**

**At the beginning the log should show the date and name of writer , along with such information as, grid and map references, group name, leaders name and a list of everyone in the party. List the purpose of the trip, destination and time taken to achieve it.**

**A rough map showing approximate scale, landmarks checkpoints, campsites and compass directions should be drawn.**

**The main part of the log should be a record of each days activities.**

**List such things as:**

**Weather - wind, rain, temperature, clouds, snow and unusual phenomena.**

**Countryside -flat or hilly, interesting formations, rivers, creeks, waterfalls.**

**Manmade features - huts, houses, fences, railways, bridges, windmills, roads.**

**Birds and animals -feral, domestic or native; maybe an endangered species.**

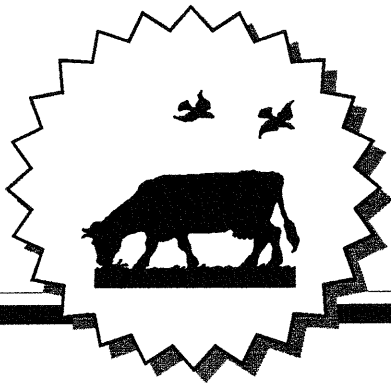
**Plants - trees, flowers, ferns, bush tucker.**

**Miscellaneous things such as group spirit, general fitness and things learnt this trip.**

**Remember that in years to come this may well be a treasured record that you will have fun reading . You should try to write in your diary several times a day and record some personal thoughts and observations. Use your sense of humor but be factual.**

**( see requirement 12 - Hike 8 km and keep a log)**

COMPANION REQUIREMENT 3



\* \* \* \* \*  
 \* I HAVE COMPLETED ONE OF \*  
 \* THE FOLLOWING HONOURS \*  
 \* \* \* \* \*

\* \* \* \* \*  
 \* HONOUR ON SIGNED \*  
 \* BIRDS \*  
 \* FERNS \*  
 \* INSECTS \*  
 \* POULTRY \*  
 \* SHELLS \*  
 \* TREES \*  
 \* SHRUBS \*  
 \* DOMESTIC ANIMALS \*  
 \* \* \* \* \*

# HONOURS

# HONOURS



# HONOURS

# HONOURS

# HONOURS

# HONOURS

**Complete  
Section 1-  
*The Map of the "Map and Compass" honour.***

1.
  - a) What is a topographic map?
  - b) What is found on a topographic map?
  - c) Give three uses of a topographic map.
  
2. What is an orthophoto map?
  
3. Be able to recognize 20 signs and symbols found on a topographic map, giving some from each of the following categories?
  - a) Man made
  - b) Water feature
  - c) Vegetation
  
4. Know and Explain
  - a) Elevation
    - i) Contour lines
    - ii) Contour intervals
    - iii) Recognize 9 ground formations from their contour lines
  - b) Distance
    - i) The map scale
    - ii) Measuring map distance
  - c) Map grid system
    - i) What is the grid system used for?
    - ii) Rules for reading grid systems
    - iii) Demonstrate ability to read grid systems
  
5. Know and Explain
  - a) Grid North
  - b) True North
  - c) Magnetic North
  - d) Grid-magnetic angle

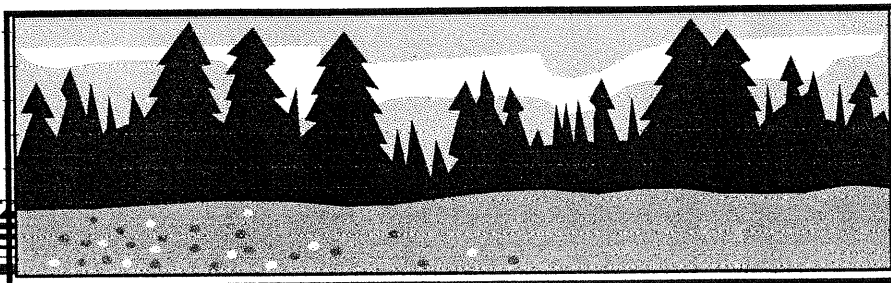
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# GOOD CAMPSITES CAMPSITES

**LIST AT LEAST SIX POINTS FOR THE  
SELECTION OF A GOOD CAMP SITE**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_



# FRIEND KNOTS REVIEWED

## 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.....



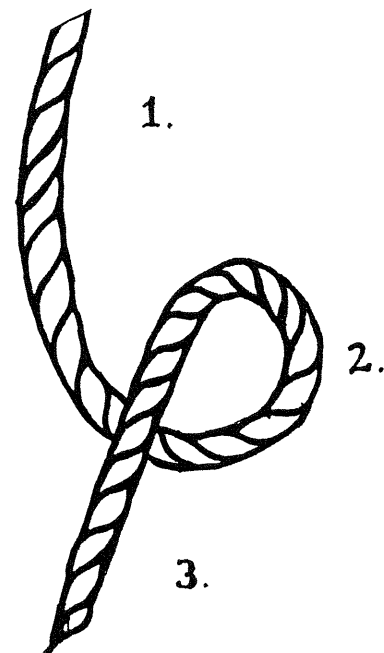
# KNOTS

Tie and know the practical use of the following knots.

1. Sheet Bend
2. Timber Hitch
3. Sheepshank
4. Fishermans's Knot
5. Taut Line Hitch

To understand directions for knot-tying three definitions are first necessary.

1. The Standing Part.  
The long part of the rope on which the individual works in forming the knot.
2. The Bight.  
Turning the rope back on itself forms a loop. This is known as a bight.
3. The running end.  
The part with which the individual works.



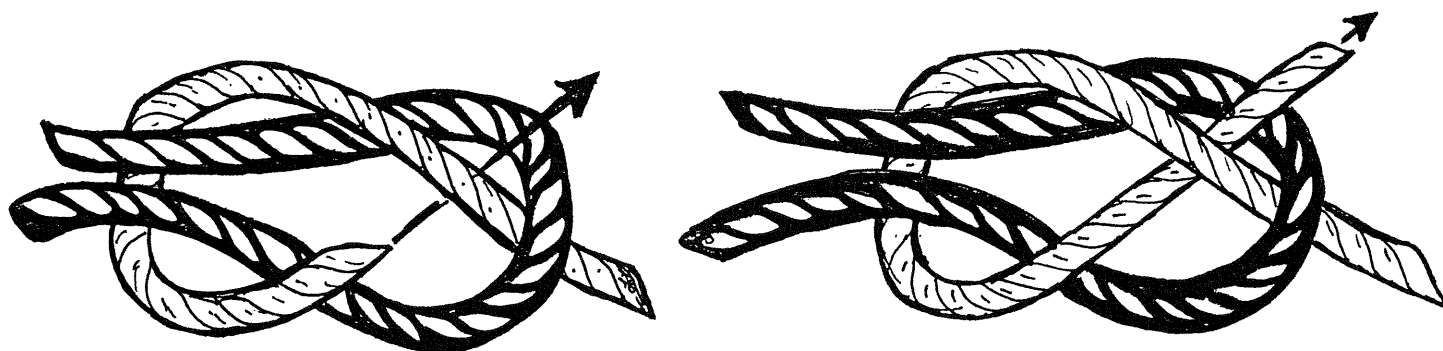
# KNOTS

## THE SHEET BEND

The sheet bend is the common utility bend aboard ship. It was formerly tied in a sheet which is a piece of running rigging that rims a sail, and this accounts for the origin of the name. It serves almost every purpose well, and unties readily without damaging the rope. It is always tied in the manner that has been described for the **BOWLINE KNOT** which is a **LOOP KNOT** of similar formation. but instead of tying an end to its own bight, one end is tied to a bight in another end.

It is useful when tying two ropes of different thickness together. The thicker rope is the bend. For example, if a rope needs to be thrown some distance, a string is first tied to a weight of some kind and thrown. Then use this knot to tie the string to the rope. This knot is also valuable in stretching a sheet for a projector screen, or in any other case where a cloth must be tied by the corners with rope or string.

Make a loop with rope, pass the end of the other rope up through and around the whole loop, then bend it under its own standing part. The **SHEET BEND** bears a number of other titles including **THE BEND**, **SIMPLE BEND**, **COMMON BEND**, **SINGLE BEND**. (It is also in error called a **BECKET BEND**.)



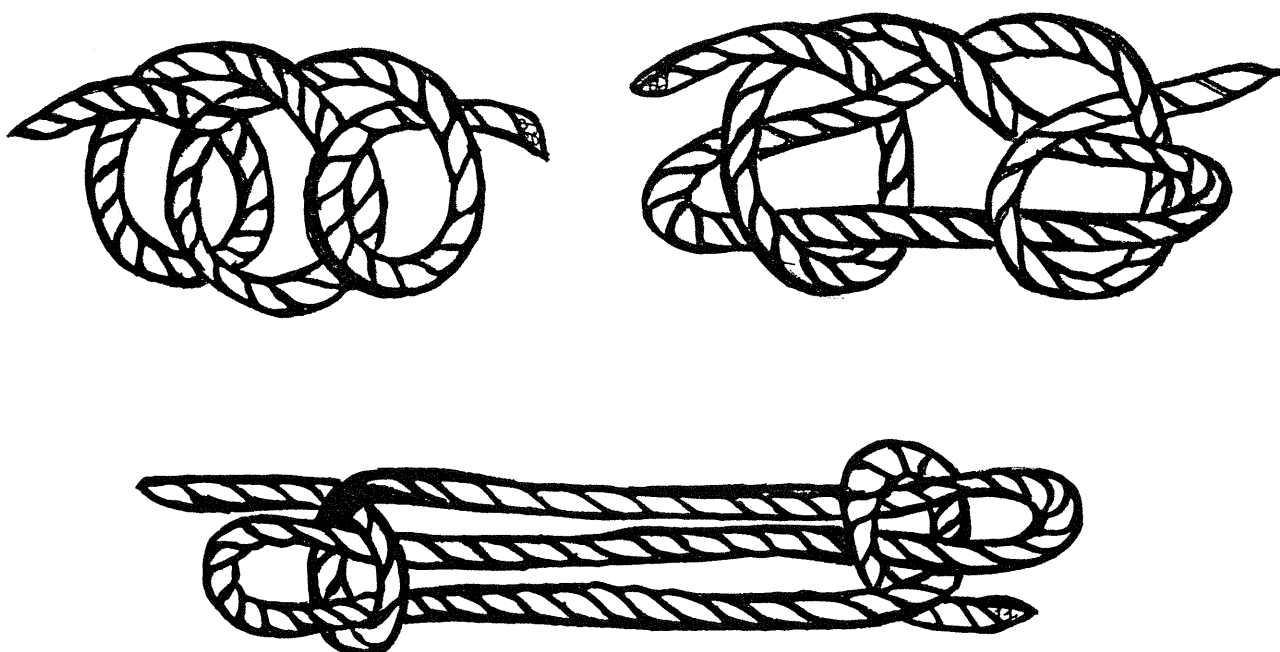
# KNOTS

## THE SHEEPSHANK

There are two practical ways of tying the **SHEEPSHANK KNOT**. The slack in the rope may be laid out on deck in three parallel parts forming two bights. A **HALF HITCH** is formed in the standing part and placed over the end of one of the bights. then the other bight is treated likewise. This is the preferred way for large rope.

In light rope the three parallel parts of the **SHEEPSHANK KNOT** are laid out as before, the upper bight is grasped in the right hand, laid across the standing part of the rope and then given a turn which picks up the hitch exactly the same way that is employed in tying a **BOWLINE KNOT**. This is repeated with the lower end.

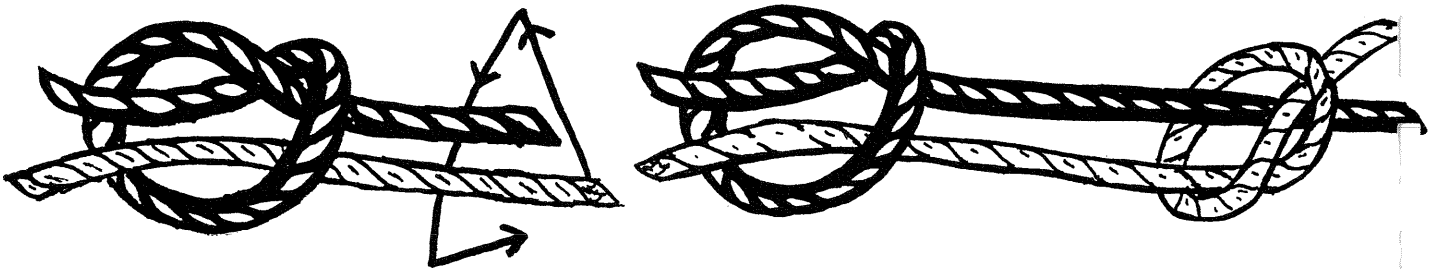
This knot is valuable for taking up slack when both ends of a rope are tied, or for strengthening a weakened rope. Gather up the amount to be shortened, then make half hitch around each of the bends.



# KNOTS

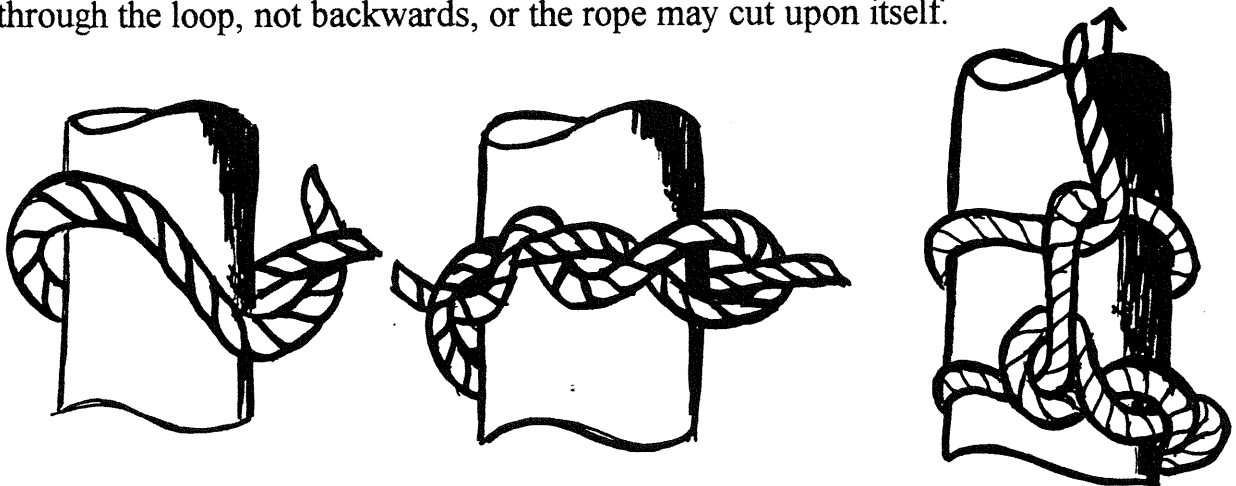
## FISHERMAN'S KNOT

The **FISHERMAN'S KNOT** is useful in tying together anything smooth and stiff, such as fishing line or silkwork gut. It does not slip and is easily untied. Lay the two ropes parallel, then with the end of each, tie an overhand knot about the other. Pull the two standing parts.



## TIMBER HITCH

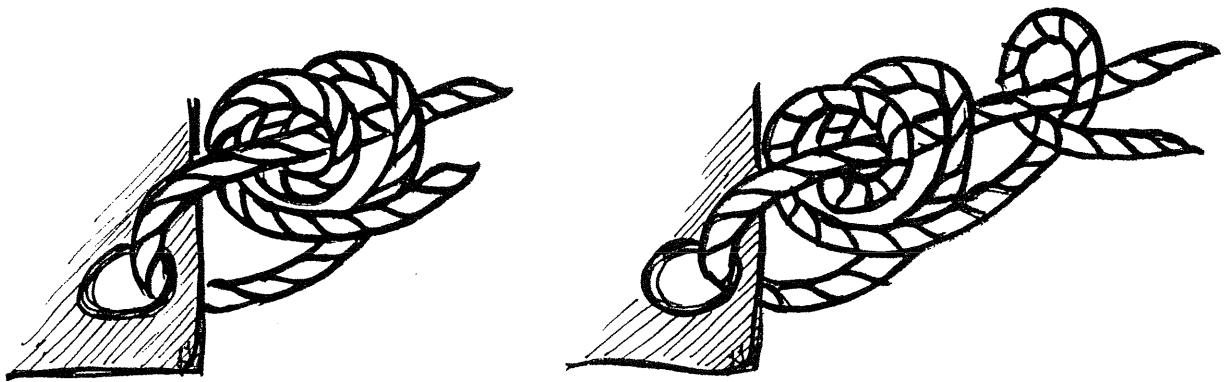
The **TIMBER HITCH** is used in hauling timber and for commencing the diagonal lashing. Pass the end of the rope around the timber. Bring it up and around the standing part, then twist it back about itself two or more times. The weight of the timber will hold it more securely. When the knot is used for pulling a log along the ground, at least an extra half hitch should be tied along the log in the direction of travel. A good starting knot for all lashings. The standing part must pull straight through the loop, not backwards, or the rope may cut upon itself.



# KNOTS

## TAUTLINE HITCH

The **TAUTLINE HITCH** is used in tying tent ropes to pegs. Pass rope around the peg. Tie half hitch then tie second half hitch further up rope. Pass end around the standing part once again locking rope into half hitch. A round turn on the peg may be added if desired.



### KNOTS I CAN TIE

- |    |                |                         |
|----|----------------|-------------------------|
| 1. | SHEET BEND     | Date.....Signature..... |
| 2. | SHEEPSHANK     | Date.....Signature..... |
| 3. | FISHERMAN'S    | Date.....Signature..... |
| 4. | TIMBER HITCH   | Date.....Signature..... |
| 5. | TAUTLINE HITCH | Date.....Signature..... |

# FIRST AID

**First Aid** is the emergency care given to the sick or injured

The aims of first aid are:

1. Preserve life.
2. Promote recovery.
3. Prevent the illness or injury from becoming worse.

The rules of first aid are:

- D. DANGER** Urgently assess the situation and beware of dangers to self, onlookers and casualty. (e.g. live electrical wires)
- A. A.B.C.D.**
- |          |                                |  |
|----------|--------------------------------|--|
| <b>A</b> | <b>Airway</b>                  | Clear and tilt head back if necessary. |
|          | <b>Breathing</b>               | Restore if necessary.                  |
|          | <b>Circulation</b>             | Check pulse, control hemorrhage.       |
|          | <b>Degree of consciousness</b> | Note cause, give treatment.            |
- N. NEVER** Never leave an unconscious person, place in the coma position and check pulse and breathing regularly.
- G. GET** Get medical assistance when necessary.
- E. EXAMINE** Examine the patient for further injuries and treat according to severity.
- R. REASSURE** Reassure the casualty, handle gently, make arrangements to send patient to the hospital or home etc.

The First Aider must be able to assess:

1. **HISTORY** The story behind the accident or illness.
2. **SIGNS** Detect differences from normal- pulse, pallor, etc.
3. **SYMPTOMS** As described by the patient-thirst, pain, nausea, etc.

# FIRST AID

Know how to take the pulse, respiration rate and temperature of the patient.

	Pulse	Respiration Rate	Temperature
Adults	60-80/minute	12-15/minute	36.9°c
Children	100/minute	15-20/minute	36.9°c
Infants	120/minute	20-25/minute	36.9°c

### Basic First Aid Kit

1 pair scissors	Surgical type with one round end.	
1 pair forceps	For removing splinters and non-stick dressings.	
General Antiseptic	1 teaspoon per 300 mls water.	
Bandages	4 triangular; 2x25mm; 2x75mm; 2x100mm crepe.	
Eye wash	Especially useful for smoke, chemicals etc.	
Cotton wool	Elastic plaster	Non-stick dressings
Band aids	Sticking plaster	Individual packs
Safety pins	Vinegar	Teflon or Tulle Gras type
Calamine lotion	Charcoal tabs	Combine/field dressing
Metholated spirits		Packet sterile gauze squares
Ipecacuanha syrup 100mls		

### Treatment for shock

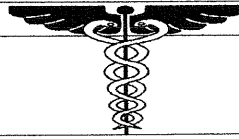
Caused by bleeding, burns, vomiting, diarrhea, heart attack, poisoning etc.  
Symptoms: giddiness nausea, thirst, cold clammy skin, rapid pulse, shallow breathing, and finally unconsciousness.

- R REST** Lie the patient down. Legs elevated.
- A AIR** Clear airway, loosen clothing around neck, chest and waist.
- W WARMTH** Do not overheat the body.

**Wounds:** Clean around wounds, apply diluted antiseptic, use gauze dressings

**Bruises:** Remember **RICE** REST  
ICE  
COMPRESSION  
ELEVATION

# FIRST AID



**Bleeding can be internal or external.**

External Bleeding is from

1. Arteries	Bright red and spurts out.
2. Veins	Darker red and pours out.
3. Capillaries	As in gravel rash-oozes out.

Stop the bleeding using direct pressure to the wound.  
Apply a pad and bandage and elevate the affected part.  
Resting the patient reduces blood pressure.  
Do not disturb blood clots.

Internal bleeding is characterized by all the usual signs plus:  
Severe thirst, restlessness, and air hunger.  
Bright frothy blood indicates bleeding from the lung.  
Vomiting blood like coffee grounds, indicates stomach bleeding.  
Rest the patient and secure medical aid immediately.

ANSWER THE FOLLOWING QUESTIONS

- What are the three main aims of first aid?  
\_\_\_\_\_  
\_\_\_\_\_
- What do the letters D R A B C stand for in first aid?  
D \_\_\_\_\_ R \_\_\_\_\_  
A \_\_\_\_\_ B \_\_\_\_\_  
C \_\_\_\_\_
- What three things can assist the First Aider in the diagnoses of a patient?  
\_\_\_\_\_  
\_\_\_\_\_
- List eight items that should be in a First Aid Kit.  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



# FIRST AID



5. Shock can be caused and aggravated by loss of body fluids. List three possible causes of loss of body fluids.

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6. What are the best treatments of shock suggested by the letters below?

R \_\_\_\_\_

A \_\_\_\_\_

W \_\_\_\_\_

7. Shock is easily recognized. List three symptoms.

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8. How would you treat a bruise?

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9. How would you recognize bleeding from the following?

Artery \_\_\_\_\_

Vein \_\_\_\_\_

Capillary \_\_\_\_\_

10. How would to recognize bleeding from the following regions?

Lung \_\_\_\_\_

Stomach \_\_\_\_\_



1. Always check with a ranger or forest service in your area where you plan to camp and learn the fire regulations. Some areas require fire permits. In such cases make sure you have a valid permit.

2. Always clear an area at 3 metres in diameter of all leaves and other materials that might spread a fire.

3. If an area has no fire regulations stating tools and equipment needed in case of emergency, one should have at least a shovel handy before a fire is started.

4. **Never build a fire under low-hanging branches of a tree.**

5. Keep the fire small. A huge fire accomplishes nothing except driving you away from it.

6. **Never play with fire**, such as making torches and swinging them around or stirring the fire. (Hot ashes may be carried by the wind into an area that may burn)

7. When finished with a fire put it out. A fire is not out until you are sure the last spark has been drowned by water. Sprinkle water on the fire, do not pour it on. Stir the ashes and sprinkle on more water until all the ashes are soaking wet. The Indians did not consider a fire out until they could put their hands into the ashes. If they could find no fire, they would place two dry sticks in across where the fire had been indicating that the fire was out when they left. This is a good rule to follow.

8. **Never leave a fire unattended.**

9. **Never build a fire in a heavy wind.**

SAFETY RULES IN  
LIGHTING A FIRE  
A FIRE



# HEALTHFUL LIVING

What is healthful living?

What is an unhealthy lifestyle?

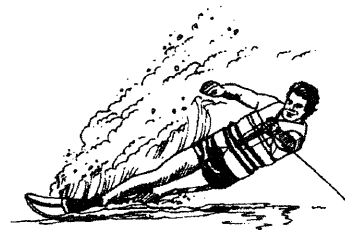
Paste in or draw pictures which promote an unhealthy lifestyle.

## PHYSICAL FITNESS

1. What activities are best suited to improve cardiovascular fitness?
2. How much time needs to be spent in exercise?
3. How hard (i.e., intense) does an individual need to exercise for the exercise to be beneficial?
4. How important is it to build recreational skills early in life?

## REGULAR EXERCISE

My present exercise program is:



Improvements I can make are:





DATE

PLACE

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

**I HAVE ATTENDED THE ABOVE  
CAMPOUTS**



## 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



HIKED 8 KMS  
AND  
KEPT A LOG



Write a brief description of your hike, where you went, with whom, and any interesting places, or things seen. Perhaps you have a favourite photograph to glue in or you can sketch a map of where you went.

A large rectangular area enclosed by a decorative border of repeating sunburst patterns, intended for writing a description of the hike.

DATE:

LEADER'S SIGNATURE:





Look for natural things mentioned in the bible. Look for unusual things such as babies, hitch-hikers, homes, tracks, camouflage, discarded homes etc.

**WHAT WE SAW**

**BIBLE VERSE**

1. Rocks

Matthew 7: 24-25

2. Sand

Matthew 7: 26-27

3.

4.

5.

6.

7.

8.

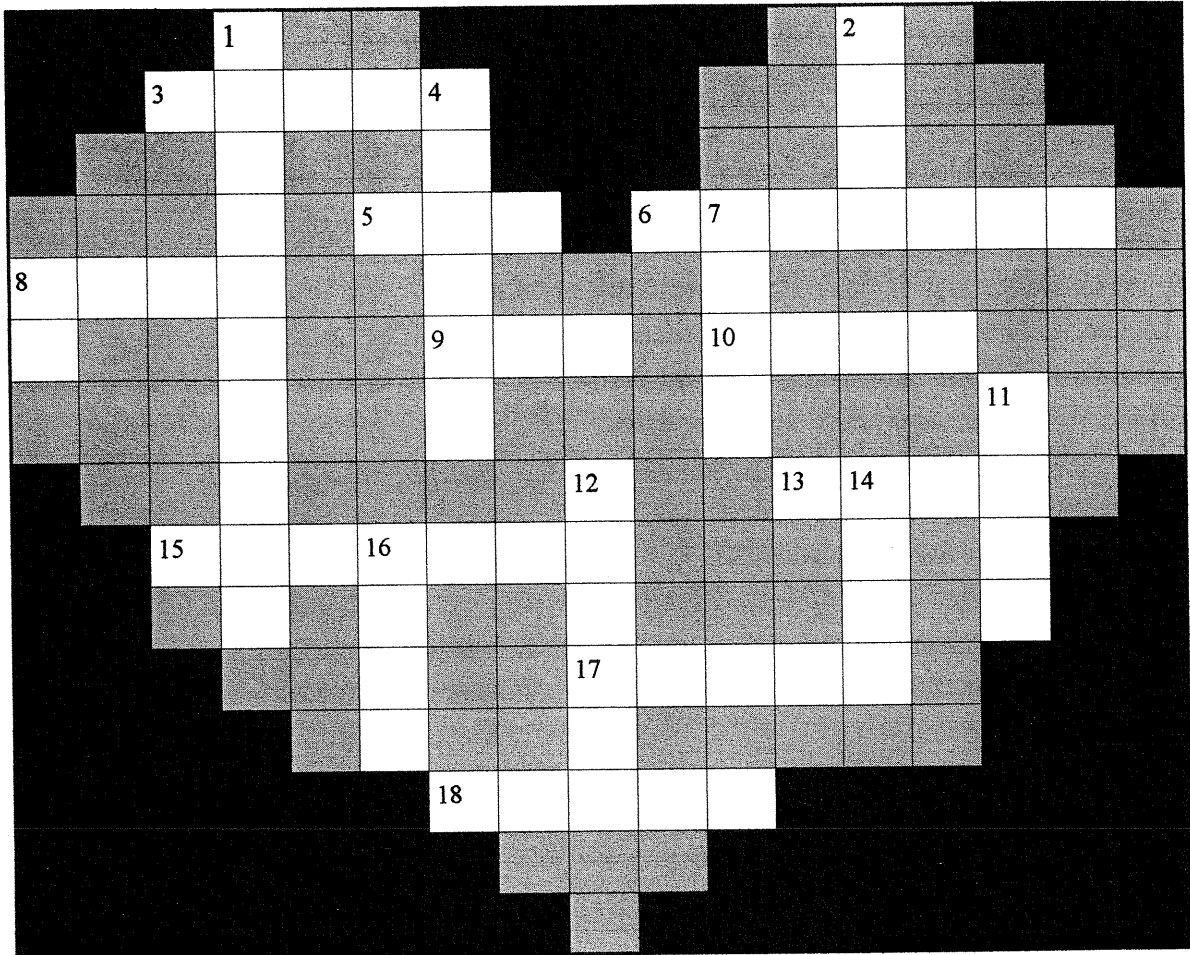
9.

10.

**Then GOD saw everything that He had made, and indeed it was very good. *Genesis 1: 31***



# CREATION



READ GENESIS 1-3 FOR CLUES (KING JAMES VERSION)

## CLUES

### ACROSS

3. What was the dry land called?
5. God created - - - in his image.
6. What does God call the seventh day?
8. What was the earth watered with?
9. Name of the first woman.
10. The first man.
13. The name of the garden.
15. God rested on the - - - - - day.
17. What was divided from the darkness?
18. The first river was called- - - - -?

### DOWN

1. God - - - - - the sabbath day.
2. Made on the fifth day.(spell backwards).
4. Name of the firmament.
7. Who named the beasts? Genesis 2:19
8. God loves - -.
11. .Name of a stone.
12. . Created on the fifth day.
14. God formed man from - - - -.
16. The tree of knowledge of good and - - - -

# BACKPACK GEAR AND FOOD

Strong and Comfortable walking shoes

Socks, Woollen jumper

Underclothes, Walking clothes

Nylon spray jacket or similar

Hat to keep of sun and rain

Sunscreen

Thermal underclothes

Underclothes

Trackpants or jeans

Warm shirt and/or jumper

Sleeping bag

Small towel

Logbook and pen/pencil

Map/s and compass

Half roll of toilet paper

Torch and matches

First aid kit

Toothbrush, small soap

Foam sleeping mat

1 litre water bottle

Money for emergencies

Whistle

Handline 9 (meters strong cord)

Small stove and fuel

Plastic bag for rubbish

Torch

Cooking and eating gear to cater for your menu

Note: Put all gear in plastic bags, in pack, to protect from moisture.

Remember: medication, asthma sprays etc.

### Group shared equipment

Garden trowel for toileting

Tent, groundsheet

### Suggested Foods

Packets savory rice/noodles

Dried peas or corn

Dried potato whip

Cheese sticks

Cup-a-soups

Twisties or corn chips

Fruit bars

Musuli bars

Fresh fruit first day

Breakfast cereal/dried milk

Dried fruit and nuts

Savory and sweet biscuits

1 litre water

Pita bread/marmite, nutella,

Peanut butter

Energy bars



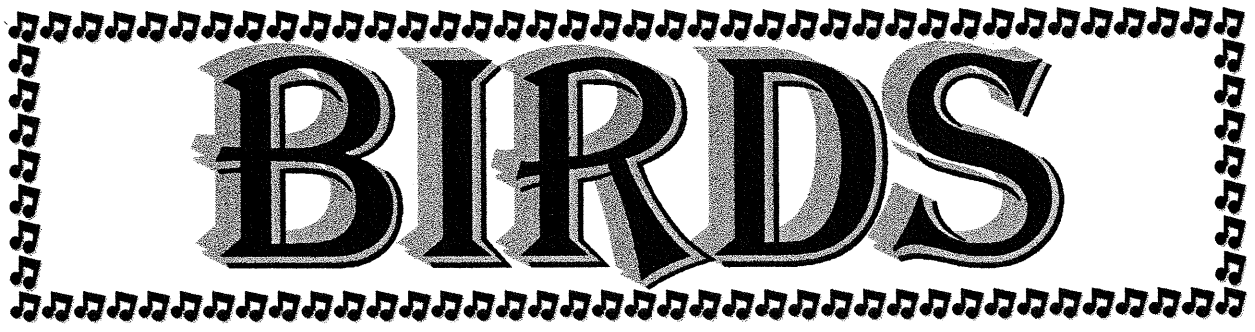
# BIRDS

NAME  
WHERE  
WHEN

NAME  
WHERE  
WHEN

NAME  
WHERE  
WHEN

NAME  
WHERE  
WHEN



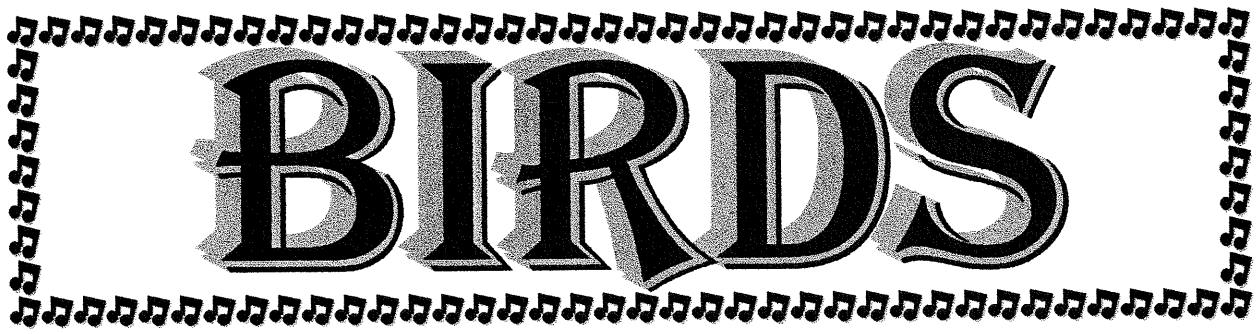
# BIRDS

NAME  
WHERE  
WHEN

NAME  
WHERE  
WHEN

NAME  
WHERE  
WHEN

NAME  
WHERE  
WHEN



# BIRDS

DRAW OR PASTE IN PICTURES OF BIRDS YOU HAVE SEEN AND CAN IDENTIFY.

NAME  
WHERE  
WHEN

NAME  
WHERE  
WHEN

NAME  
WHERE  
WHEN

NAME  
WHERE  
WHEN

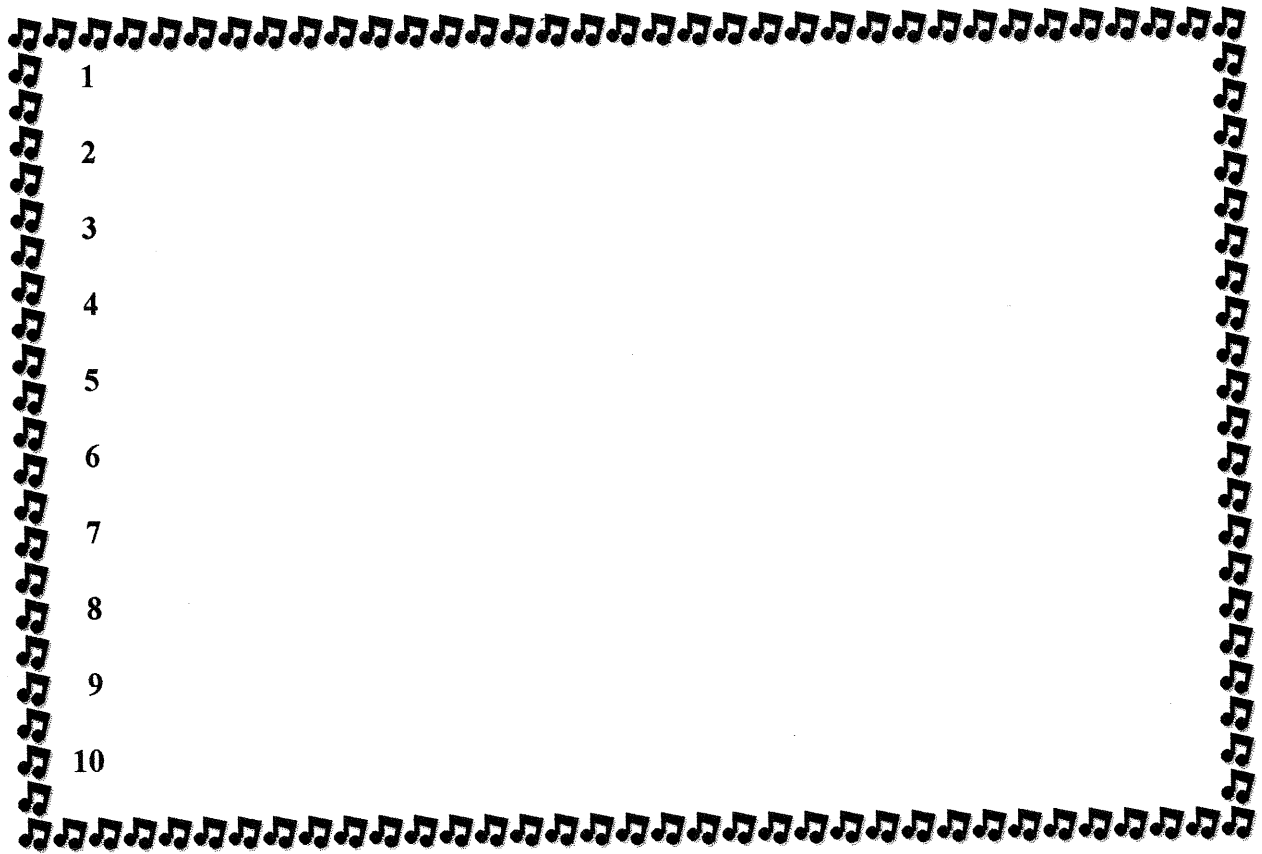






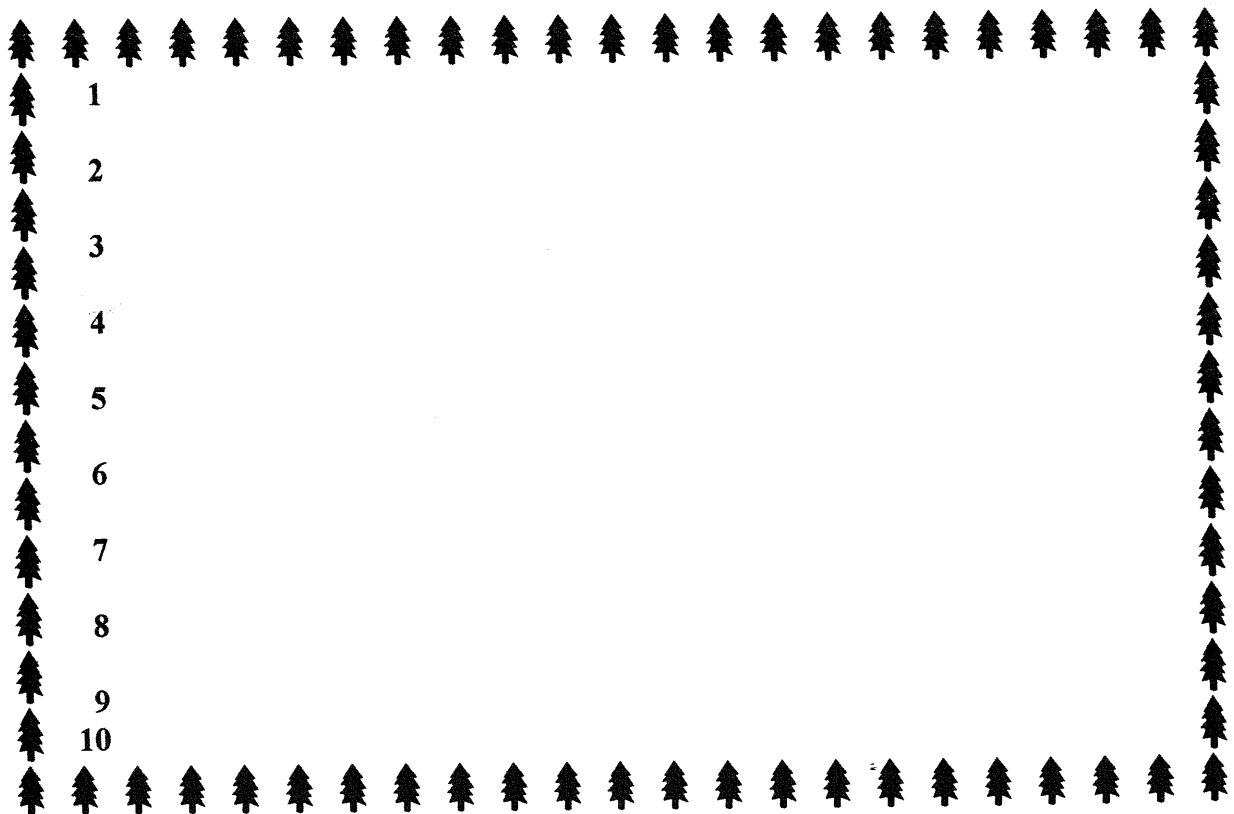


I CAN IDENTIFY THE  
FOLLOWING BIRDS



1  
2  
3  
4  
5  
6  
7  
8  
9  
10

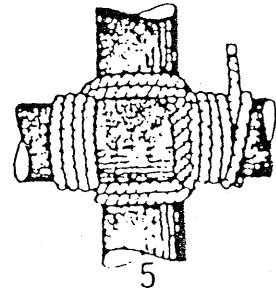
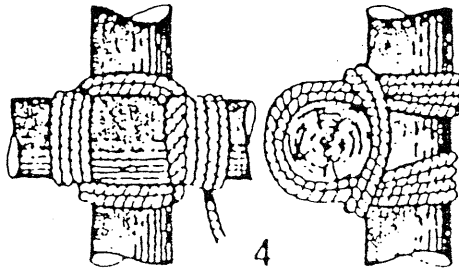
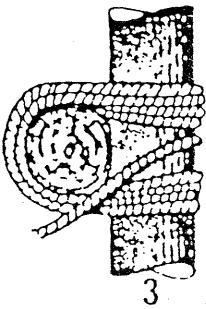
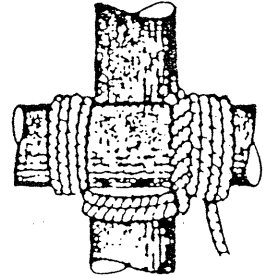
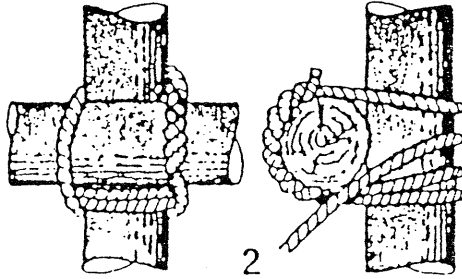
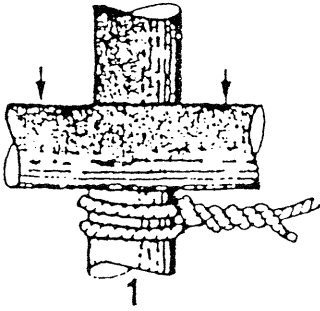
I CAN IDENTIFY THE  
FOLLOWING TREES



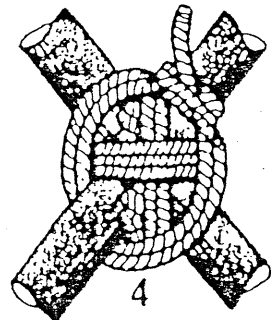
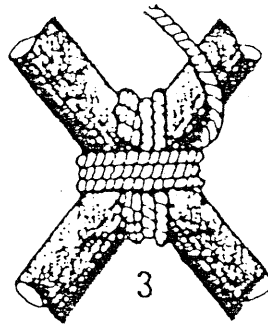
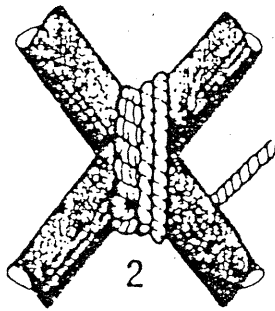
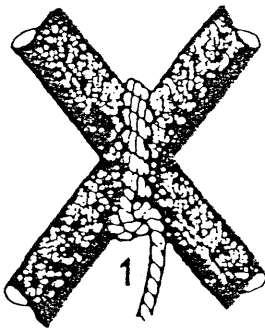
1  
2  
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# LASHINGS

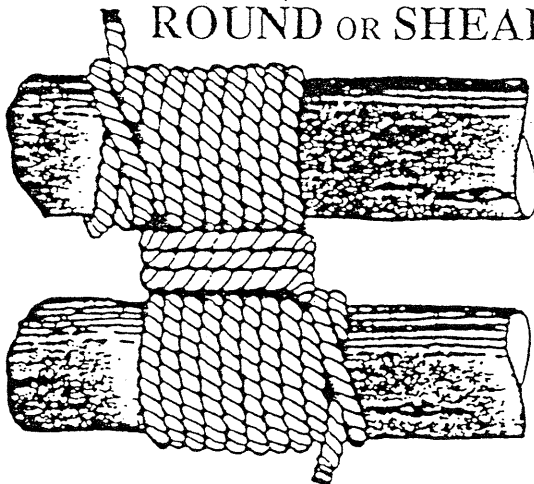
## SQUARE



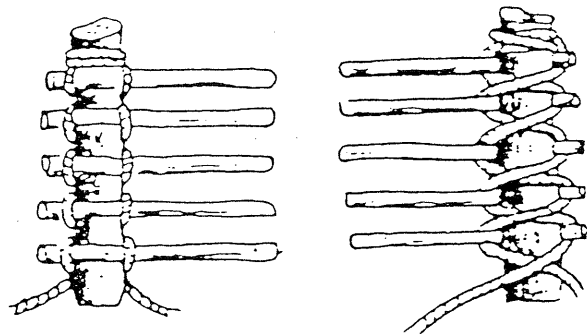
## DIAGONAL



## ROUND OR SHEAR



## CONTINUOUS



# CAMP FURNITURE

MAKE A SKETCH OF THE CAMP FURNITURE BUILT

WE BUILT A.....FROM BUSH TIMBER AND ROPE

DATE:

SUPERVISOR'S SIGNATURE :

## I CAN TIE THE FOLLOWING LASHINGS

SQUARE

DATE

SIGNED

DIAGONAL

DATE

SIGNED

SHEER

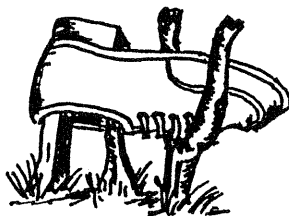
DATE

SIGNED

CONTINUOUS

DATE

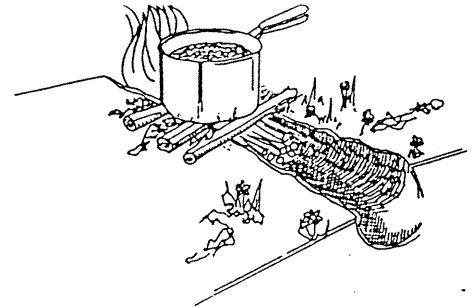
SIGNED



Keep shoes dry and off the ground with a simple shoe holder.

# FIRES

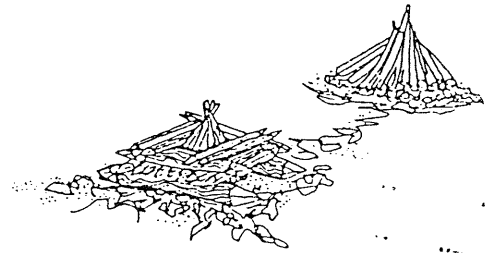
Trench Fire. Dig a trench about 13 cm wide, sloping from ground level at the windward end to 13cm wide and 17-22cm deep at the leeward (away-from-the-wind) end. Place five or six cross branches across trench to set pots and pans on for cooking. These cross branches should be wet or green. Trench fires are fine for windy places or areas of fire danger. But they flood quickly when it rains.



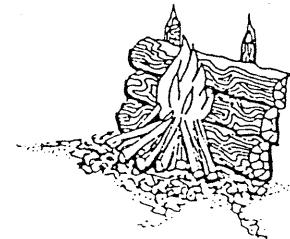
Hunter's Fire. Use two green slow-burning logs for sides. Line them up so the wind blows between them. Logs should be 33-35cm apart at the wide end, close enough at narrow end for the smallest size cooking pan. (Rocks may be substituted for green logs.)



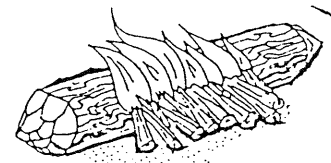
Indian Fire. Start with a tepee. Add hardwood sticks in a criss-cross fashion around the tepee. This fire is simple and quick. It gives good ventilation and long-lasting coals.



Log Reflector Fire. Use green logs for the reflector. Put mud in the cracks. Build fire on windward side of reflector, so smoke will blow away from you. For cooking, rake out a bed of coals to cook over.



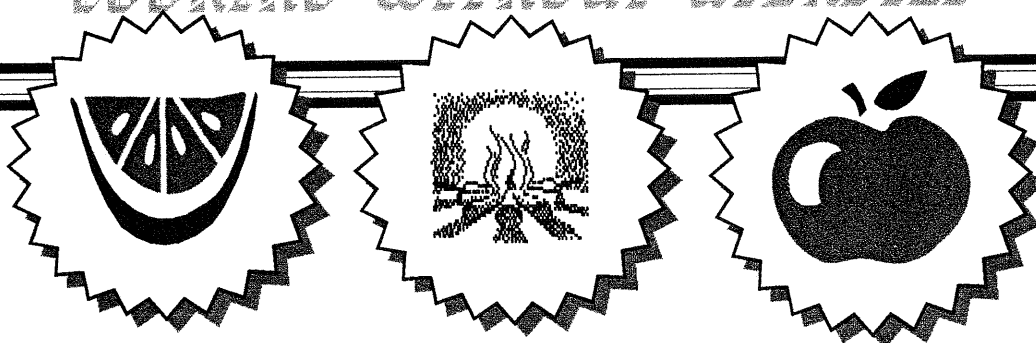
Backlog Fire. Cozy council fire for a few campers - also good for heating. Use a big log for the backlog. Lean several tepee fires against the backlog.



Log Cabin Fire. Best kind of fire for a large group to sit around. Build this solidly, not as a log cabin with a hollow room. Place tinder and kindling high. Light this fire near its top. This fire can be built large or small, depending on the size of your group.



# COOKING WITHOUT UTENSILS



## Vegetables in the ground.

Get your firewood together, scoop a small shallow hole in the ground a bit deeper than the thickness of your vegetables. If possible line the bottom with flat stones. Start a fire in the hole and keep it going for at least half an hour. Push the fire aside with a stick place your vegetables in the hole and cover them with a layer of dirt and push the fire back over them. Bake with the fire going for about one hour. Test vegetables with a sharp stick.

Suitable vegetables are: Potatoes, pumpkin, sweet potato, onions, carrots, and corn in their husks with the silk removed. Apples and tomatoes also can be baked if wrapped in large green leaves such as banana leaves. To bake bananas, leave in skins and rake the coals over the fruit. bake until skin is charred.

## Flat stone cookery

Brush wash and dry a flat stone before heating. Place on four cornerstones. Build a good steady fire under it and fry eggs and pancakes .Use a little shortening.

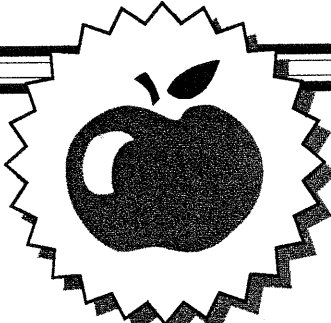
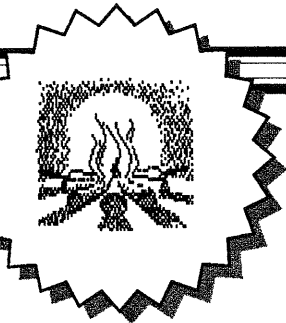
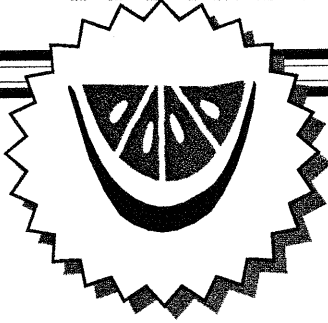
## Kababs

Select a thin stick about 40 cms long, sharpen one end and thread with pieces of onion, capsicum, pineapple, cucumber, tomato and gluten steaks. Cook near the fire turning continuously.

## Ash Bread

Mix flour, a pinch of salt and shortening in a bag to form a dough. Pat it into a loaf shape. Rake the ashes and coals to one side, place dough on the ground where the fire was and cover with the gray ash and then the coals bake on top. Cook for about 10 minutes, test with a grass straw to see if it is cooked. If it comes out clean the bread is done. Yummy served with golden syrup.

# COOKING WITHOUT UTENSILS



## Twist

Make a rather stiff dough. Form into long sausage and twist around a stick. bake over glowing coals. The end of the stick can be pushed into the ground at an angle out over the fire. Keep turning the stick until the dough is a nice golden brown.

## Eggs in orange cups or onion shells

Scoop out half an orange or half a large onion. (so only a few rings remain) Crack egg into shell and place in coals. When cooked remove outside layer.

*I cooked the following foods  
without the aid of utensils.*


*Date:*

*Leader's signature:*



Read the gospel of Matthew in any translation and commit to memory the Lord's Prayer

### THE LORD'S PRAYER

Matthew 6: 9-13

- 9 Our Father which art in heaven,  
Hallowed be thy name.
- 10 Thy kingdom come. Thy will be done  
in earth as it is in heaven.
- 11 Give us this day our daily bread.
- 12 And forgive us our debts, as we forgive  
our debtors.
- 13 And lead us not into temptation, but  
deliver us from evil: For thine is the  
kingdom, and the power, and the glory,  
for ever. Amen. (King James Version)

Date:

Teacher's Signature:

# OLD TESTAMENT BOOKS

FIVE BOOKS OF MOSES

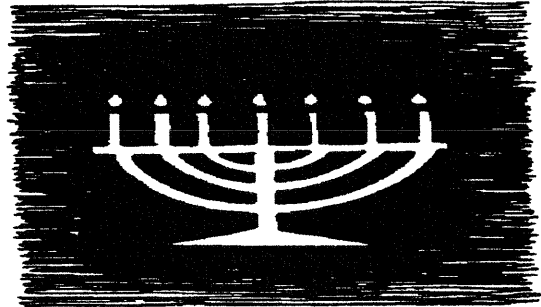
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TWELVE BOOKS OF HISTORY

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FIVE POETS

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FIVE MAJOR PROPHETS

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TWELVE MINOR PROPHETS

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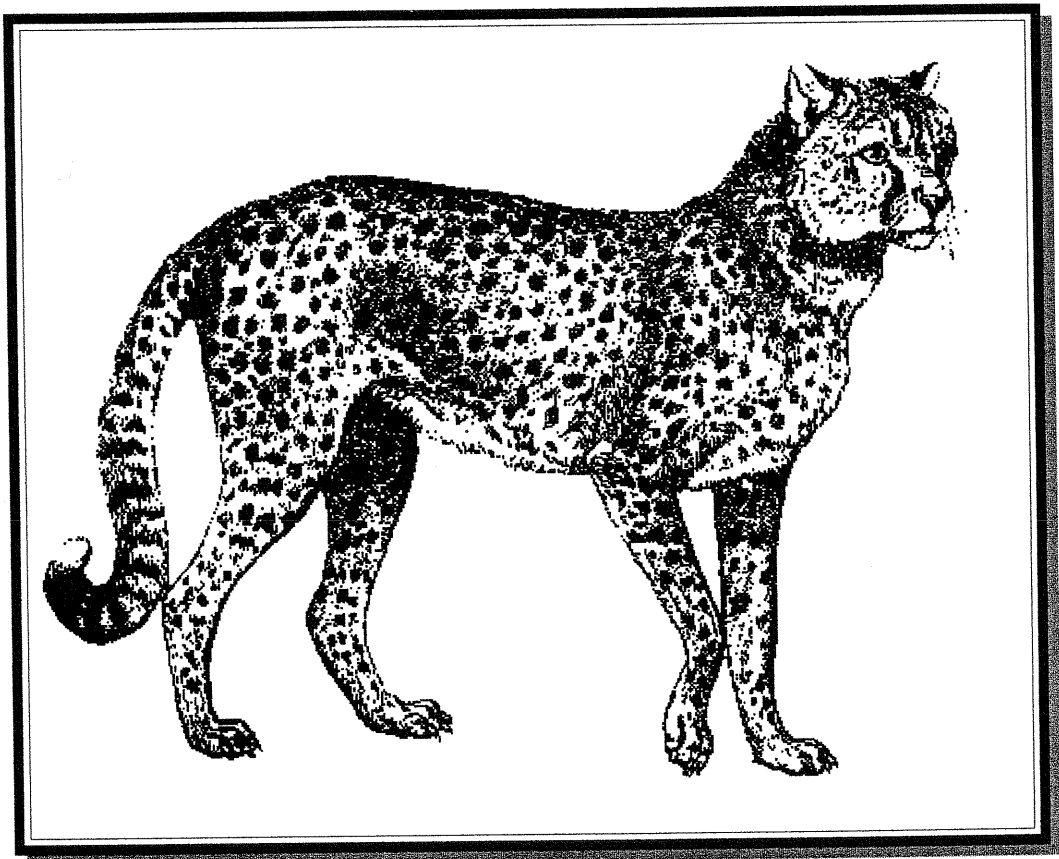
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**MEMORY GEM  
CERTIFICATE**

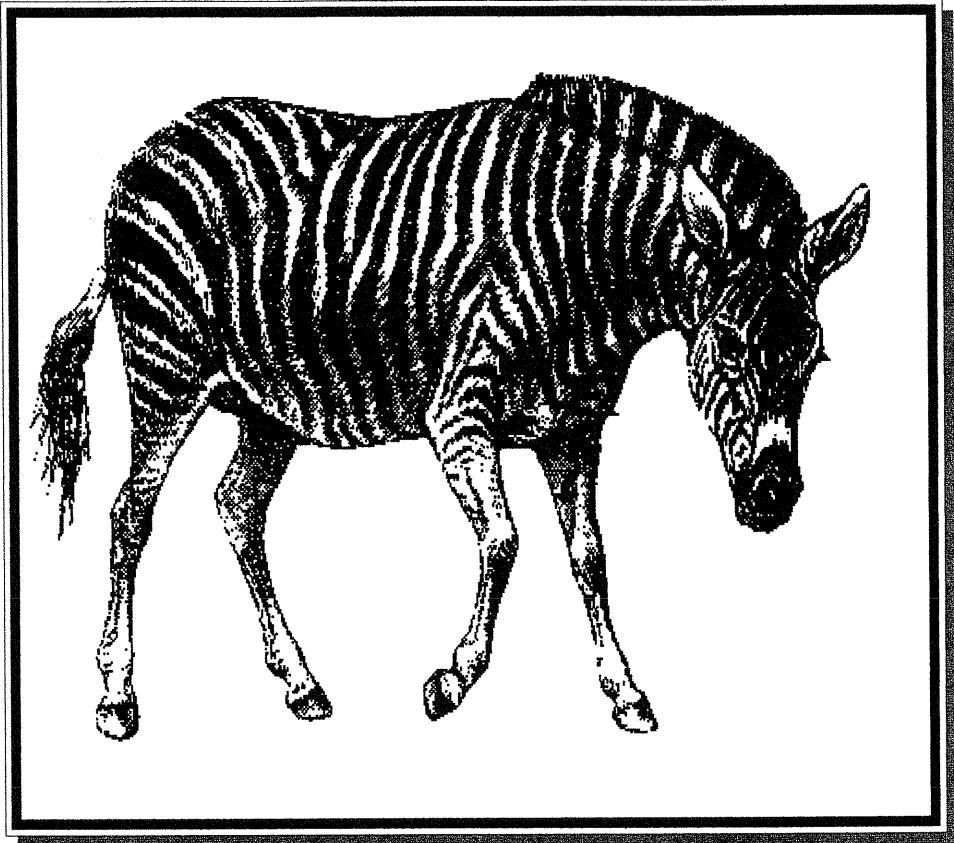


**I PASSED MY MEMORY GEM TEST**

**ON:**

**SIGNED:**

**MEMORY GEM  
CERTIFICATE**



**I PASSED MY MEMORY GEM TEST**

**ON:**

**SIGNED:**

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

## CHURCH HERITAGE

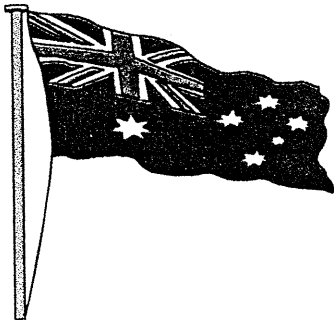


## CAMPING



<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



# COMPANION INVESTITURE

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*NAME* \_\_\_\_\_

*WAS*

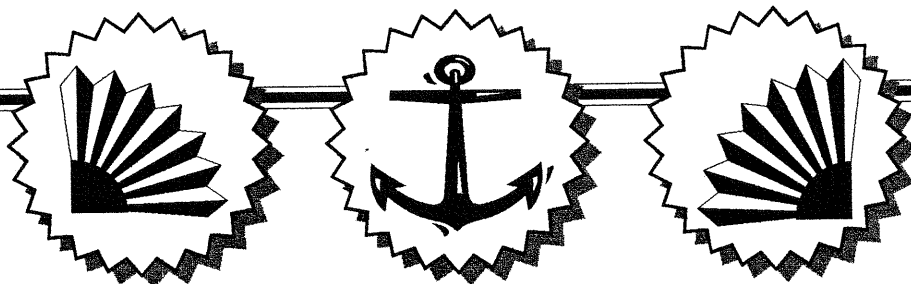
*INVESTED*

*AT* \_\_\_\_\_

*ON* \_\_\_\_\_

*BY* \_\_\_\_\_

\_\_\_\_\_



# ADVANCED REQUIREMENTS

23. Participate in the club required community service project for the year.
24. Complete the Pathfinder Honour in advanced swimming.
25. Commit to memory, in any translation, one of the following.  

The Beatitudes:	Matthew 5: 3-12
Christ's Return:	Matthew 24: 4-7 & 11-14
The Gospel Commission:	Matthew 28: 18-20
26. Identify 5 extra birds and 5 extra trees.
27. Prepare a knot board with at least 15 knots.
28. Attend one Conference Event.

# COMPANION

ADVANCED COMPANNION  
REQUIREMENT 23



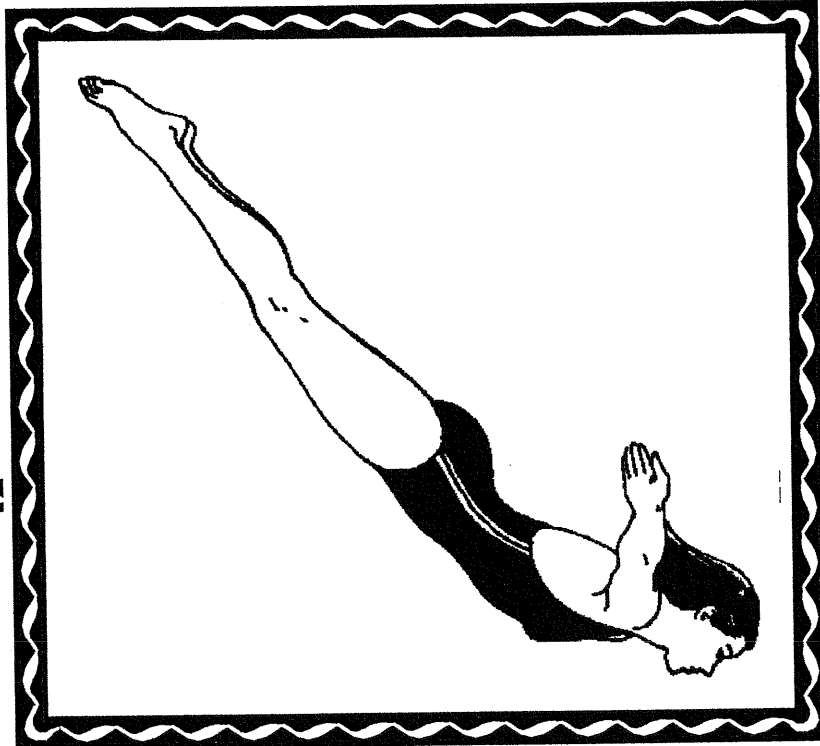
**COMMUNITY SERVICE**

**COMMUNITY SERVICE**

I PARTICIPATED IN THE FOLLOWING COMMUNITY PROJECT

DATE: \_\_\_\_\_ SUPERVISOR'S SIGNATURE: \_\_\_\_\_

# ADVANCED SWIMMING



I HAVE COMPLETED AN HONOUR

IN

ADVANCED SWIMMING

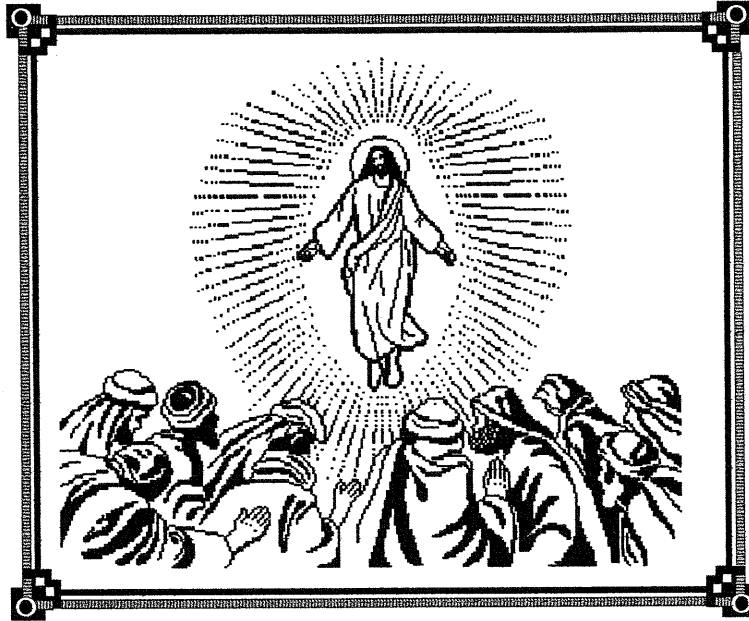
AT:

ON:

SUPERVISOR'S SIGNATURE:

ADVANCED COMPANNION  
REQUIREMENT 25

**MEMORIZE ONE OF THE FOLLOWING**



Commit to memory one of the following in any translation

**The Beatitudes**

Matthew 5: 3-12

**Christ's Return**

Matthew 24: 4-7

Matthew 24: 11-14

**The Gospel Commission**

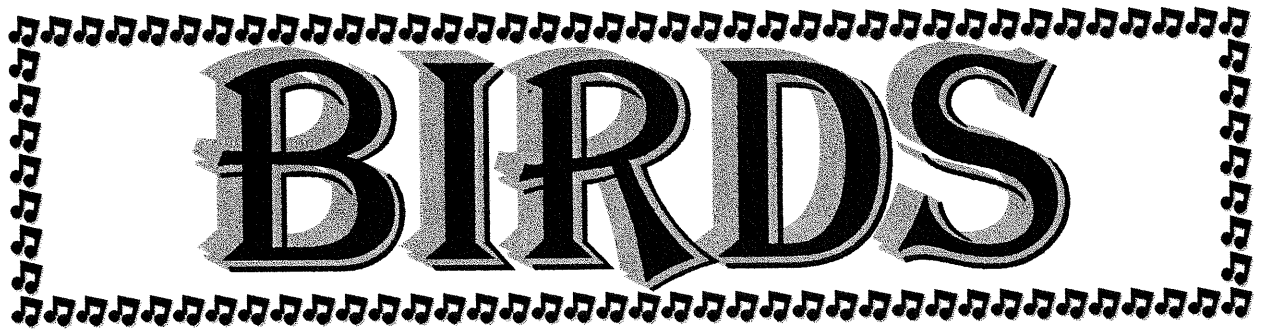
Matthew 28: 18-20

Date:

Scripture Memorized:

Supervisor's Signature:





# BIRDS

DRAW OR PASTE IN PICTURES OF FIVE ADDITIONAL BIRDS.

ADVANCED COMPANNION  
REQUIREMENT 26



DRAW OR PASTE IN PICTURES OF FIVE ADDITIONAL TREES

# KNOT BOARD WITH FIFTEEN KNOTS

I DISPLAYED THE FOLLOWING KNOTS ON MY BOARD


DATE:

SUPERVISOR'S SIGNATURE:

ADVANCED COMPANNION  
REQUIREMENT 28

CONFERENCE EVENT

I ATTENDED THE  
FOLLOWING  
CONFERENCE EVENT



EVENT:

AT:

ON:

SIGNATURE OF SUPERVISOR: