

PATHFINDER

CLUB

RANGER

PROJECT BOOK

Pathfinder _____

Teacher _____

RANGER

GENERAL

- 13 or Grade 8
- Aim & Motto
- Active Member of Pathfinders
- Book Club Certificate

SPIRITUAL DISCOVERY

- Christianity
- Bible marking
- Creation
- Memory Gem

COMMUNITY OUTREACH

- 2 Outreach programs
- Sharing & witnessing at school

CHURCH LIFE

- Church business meeting
- Social activity per quarter
- Bible correspondence, Bible study

HISTORICAL PERSPECTIVE "The Spread of the Advent Message"

PERSONAL GROWTH

- Self confidence, Friendship, Social graces, Will power

HEALTH & FITNESS

- Exercise
- Adventist Christian lifestyle

OUTDOOR LIVING

- Reflector oven
- 2 night campout & backpack
- Nature or Recreation honour
- First Aid



AIM

What is "The Advent Message"? _____

How can it go "to all the world?" _____

Define "this generation" _____

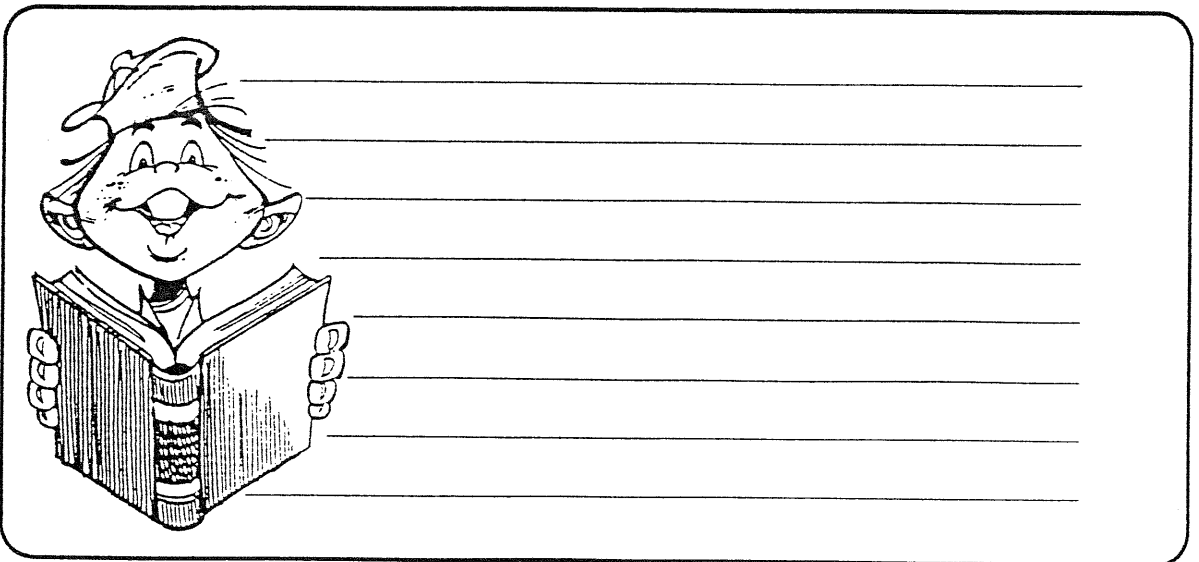
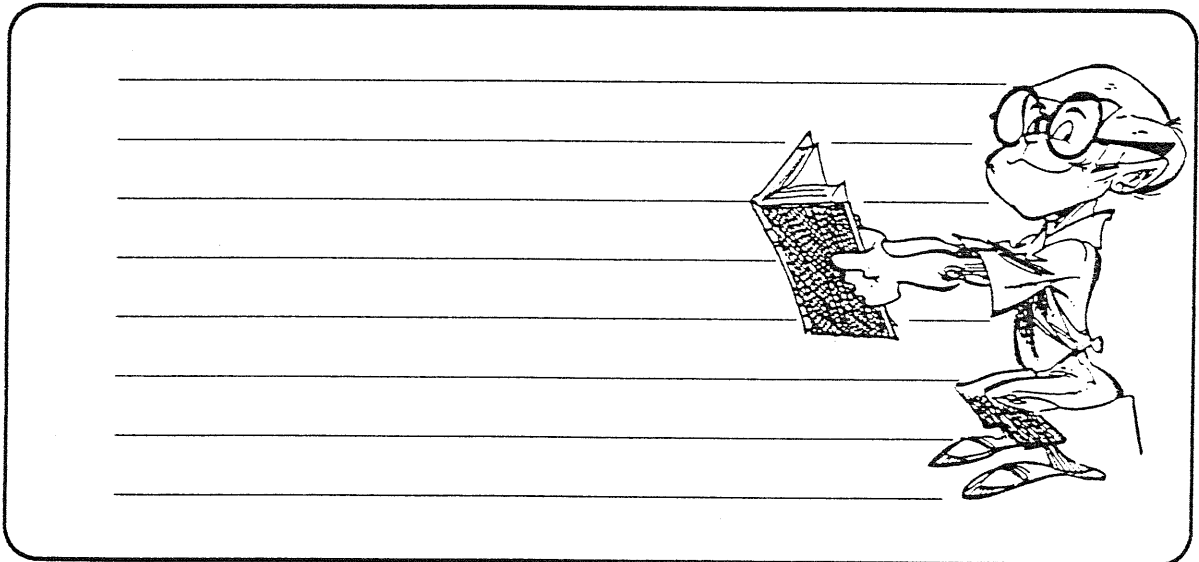
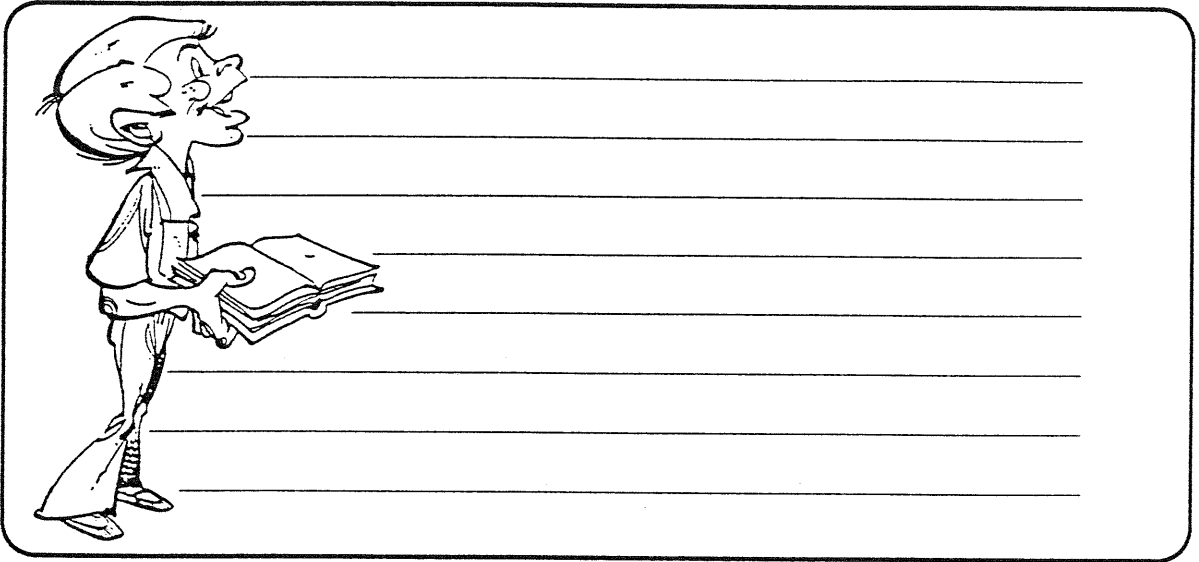


MOTTO

Describe "The love of Christ Constraineth Us"



BOOK CLUB



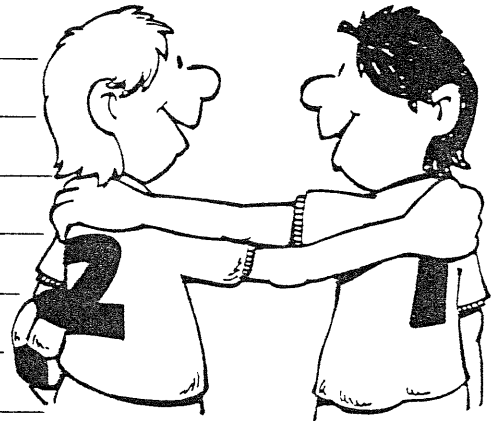
CHRISTIANITY

What Christianity is

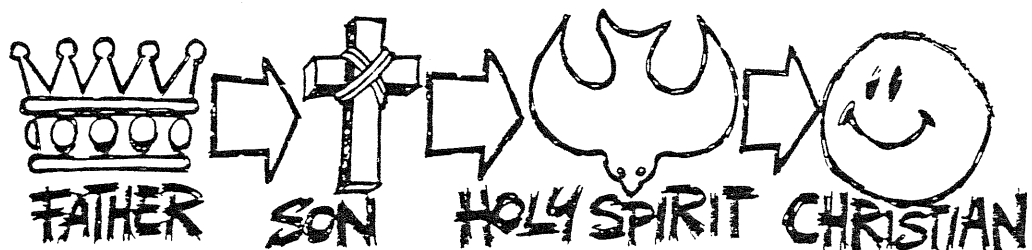
LOVE
JOY!
PEACE

SELF-CONTROL
GENTLENESS
FAITHFULNESS
PATIENCE
KINDNESS
GOODNESS

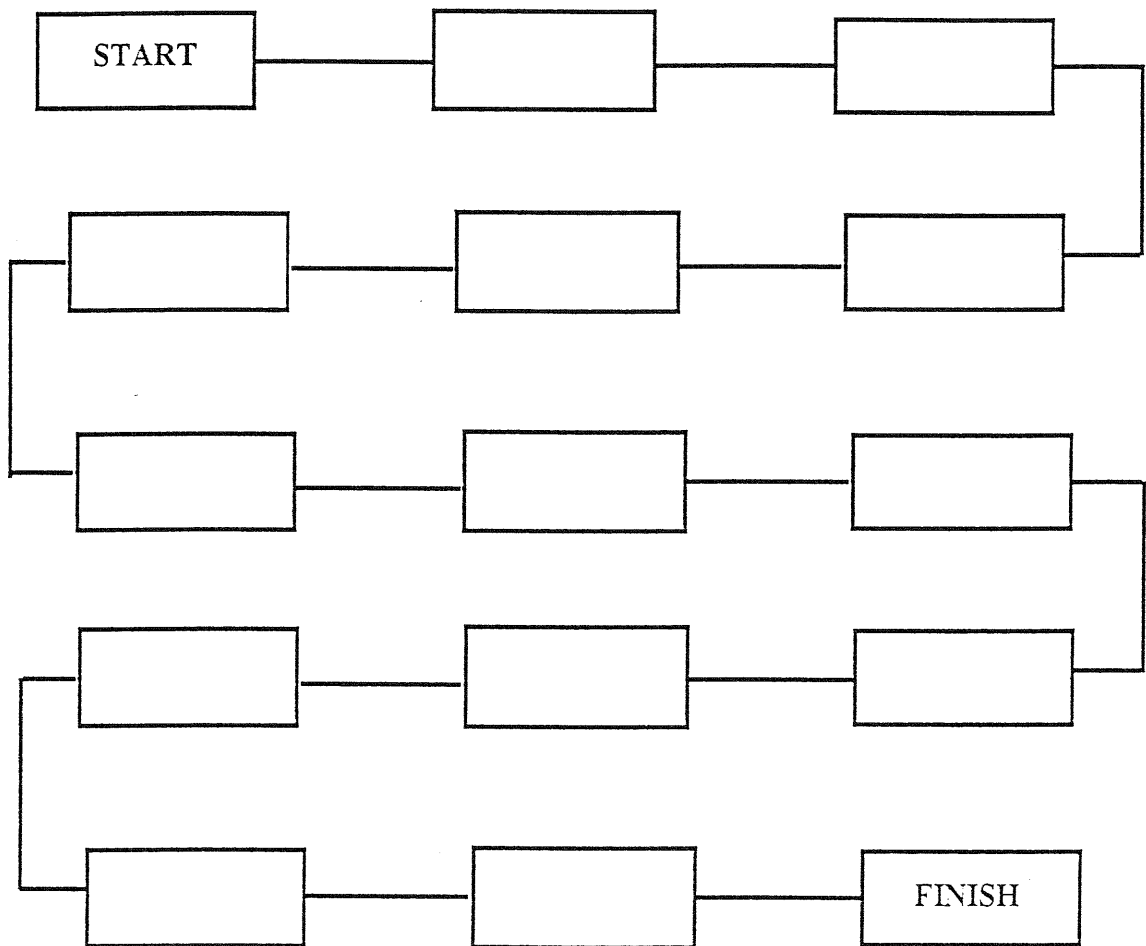
The marks of a true disciple



The forces involved in becoming a Christian.



BIBLE MARKING



Chain reference topic - "THE INSPIRATION OF THE BIBLE"

C
R
E
A
T
I
O
N

DAY	LIGHT
MAN	GRASS
SUN	WATER
SEAS	WOMAN
SAND	CATTLE
LAND	WHALES
MOON	SNAKES
ANTS	ANIMALS
FISH	INSECTS
BIRDS	HEAVENS
EARTH	CREATION
STARS	CREATURES
NIGHT	

All of the words listed fit into this puzzle, one letter to a square.

EVOLUTION

from a
monkey's view
point

MEMORY GEM



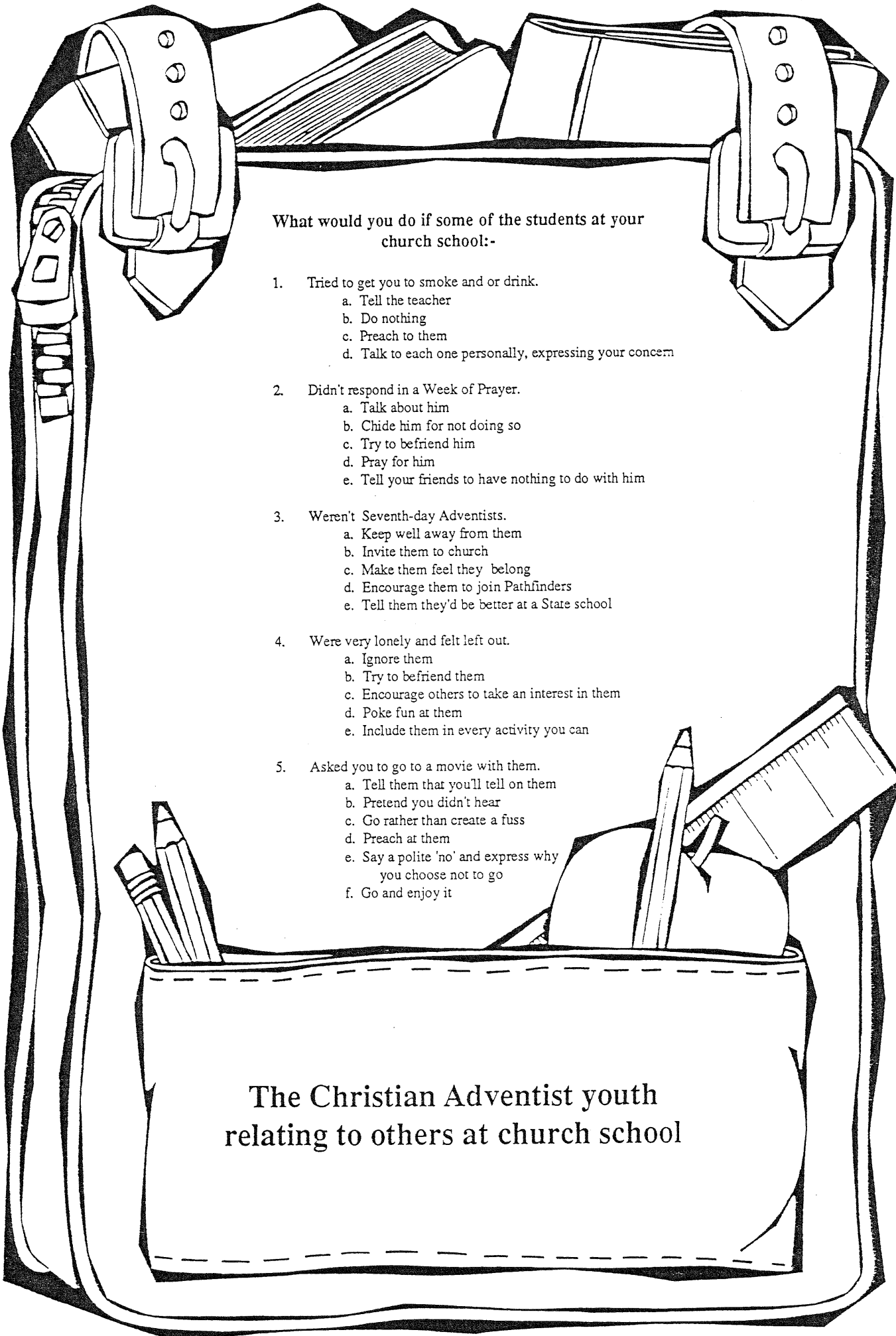
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COMMUNITY OUTREACH



Outreach Activity # 1

Outreach Activity # 2



What would you do if some of the students at your church school:-

1. Tried to get you to smoke and or drink.
 - a. Tell the teacher
 - b. Do nothing
 - c. Preach to them
 - d. Talk to each one personally, expressing your concern

2. Didn't respond in a Week of Prayer.
 - a. Talk about him
 - b. Chide him for not doing so
 - c. Try to befriend him
 - d. Pray for him
 - e. Tell your friends to have nothing to do with him

3. Weren't Seventh-day Adventists.
 - a. Keep well away from them
 - b. Invite them to church
 - c. Make them feel they belong
 - d. Encourage them to join Pathfinders
 - e. Tell them they'd be better at a State school

4. Were very lonely and felt left out.
 - a. Ignore them
 - b. Try to befriend them
 - c. Encourage others to take an interest in them
 - d. Poke fun at them
 - e. Include them in every activity you can

5. Asked you to go to a movie with them.
 - a. Tell them that you'll tell on them
 - b. Pretend you didn't hear
 - c. Go rather than create a fuss
 - d. Preach at them
 - e. Say a polite 'no' and express why you choose not to go
 - f. Go and enjoy it

The Christian Adventist youth
relating to others at church school

BUSINESS MEETING

Date ___/___/___

Time ____:____ am/pm

Place _____

Number attending _____

Chairperson _____

Clerk _____

Reports given by the following departments

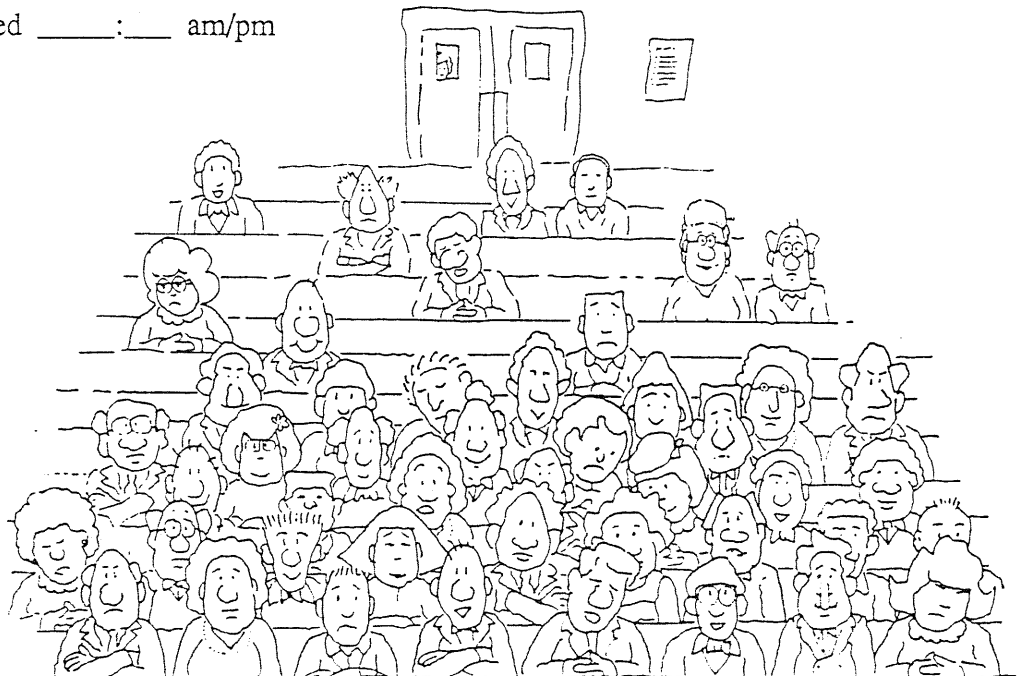
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General items

My comments

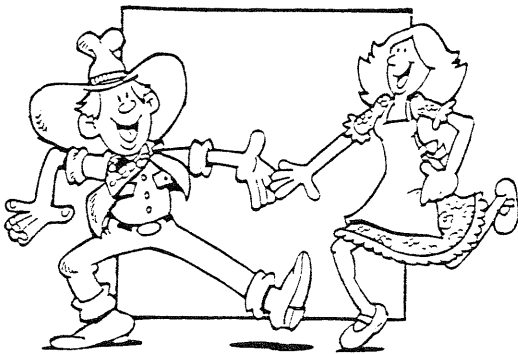
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_____	_____
_____	_____

Time finished ____:____ am/pm



SOCIAL ACTIVITIES

Blank writing area with four horizontal lines.



Blank writing area with four horizontal lines.

Blank writing area with four horizontal lines.



Blank writing area with four horizontal lines.

MISSIONARIES



Where were the following missionaries sent?

Place the missionary's number on the map and fill in the country in the list.

- | | | |
|----|--------------------------|-------|
| 1 | Tutty | _____ |
| 2 | Carr | _____ |
| 3 | Jones | _____ |
| 4 | Fulton | _____ |
| 5 | Czechowski | _____ |
| 6 | Erzberger | _____ |
| 7 | J N Andrews | _____ |
| 8 | Bourdeau | _____ |
| 9 | Matterson | _____ |
| 10 | Osthund | _____ |
| 11 | Ings & Loughborough | _____ |
| 12 | Conradi & Perk | _____ |
| 13 | Anthony & Baharian | _____ |
| 14 | Corliss, Haskell, Arnold | _____ |
| 15 | Hare | _____ |
| 16 | Robinson & Boyd | _____ |
| 17 | La Rue | _____ |
| 18 | Tay | _____ |

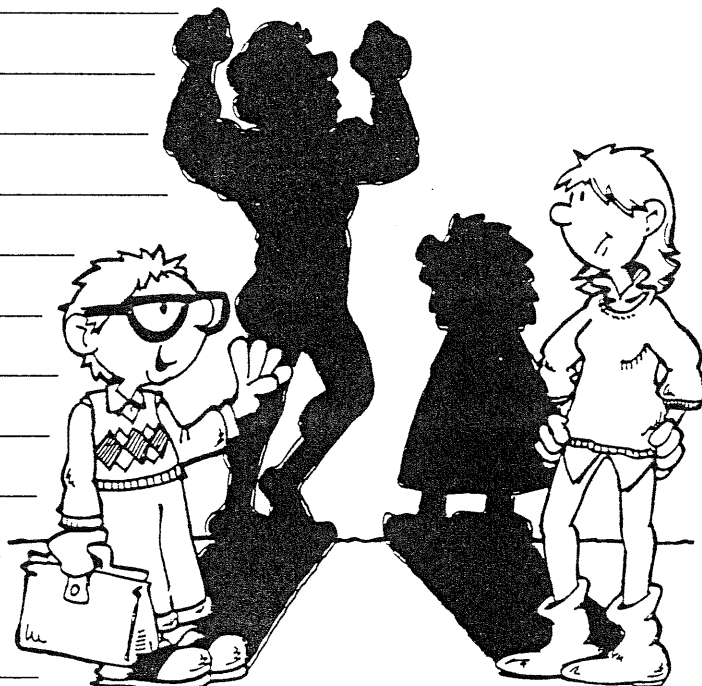
SELF CONFIDENCE

Self confidence test

Definitely Probably Neutral Unlikely Never

I am terribly hurt if someone criticises me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I find it hard to talk when I meet new people.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I often feel lonely.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I don't like to contribute to discussions in class.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I doubt if I will be as successful as most people.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am worried when people have a poor opinion of me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I don't want a job that demands a lot of competition.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I tend to be a rather shy person.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I tend to daydream a lot.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am eager to get along with others.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

How I can build my self confidence



FRIENDS

The Bible definition of a friend



Why I need friends

How I make friends



SOCIAL GRACES

Dress & Behaviour Etiquette

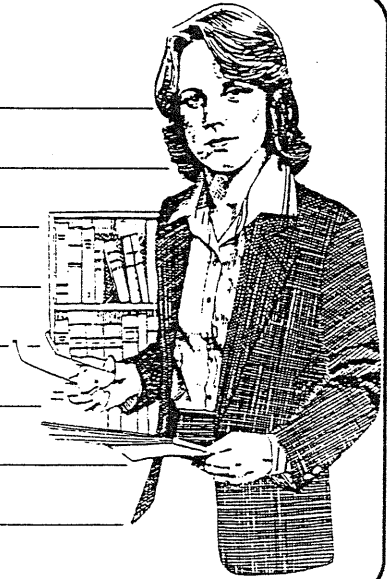
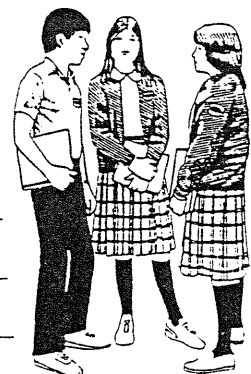


Table manners



Introductions & Handshakes



WILL POWER

Definition of will power _____

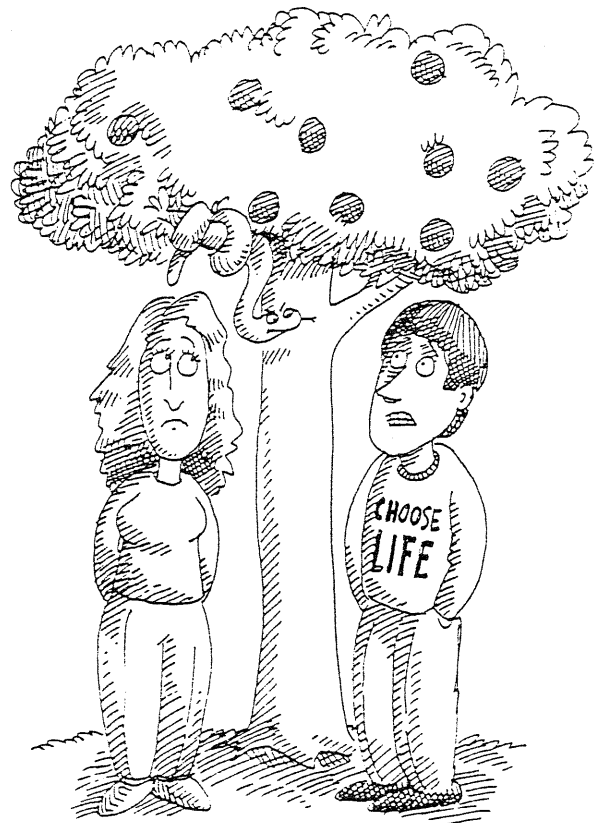
5 easy to make decisions

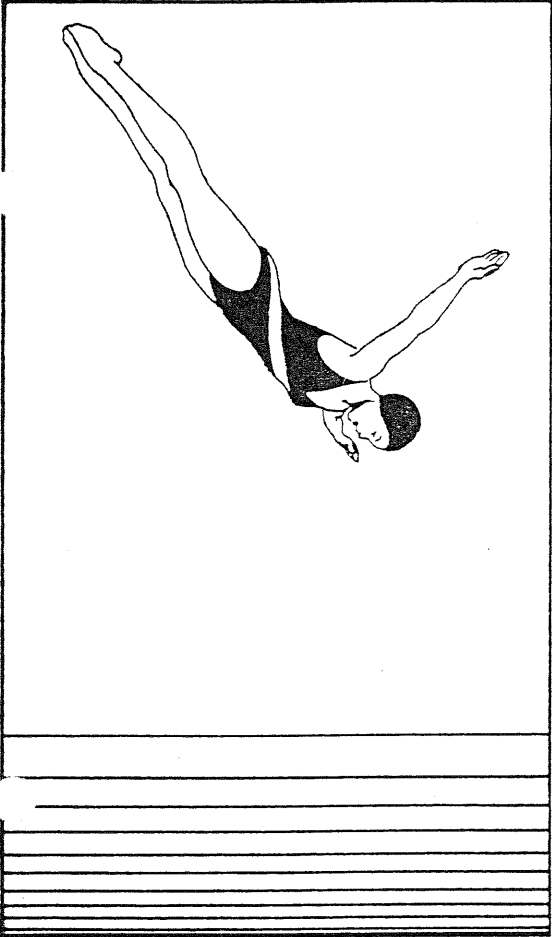
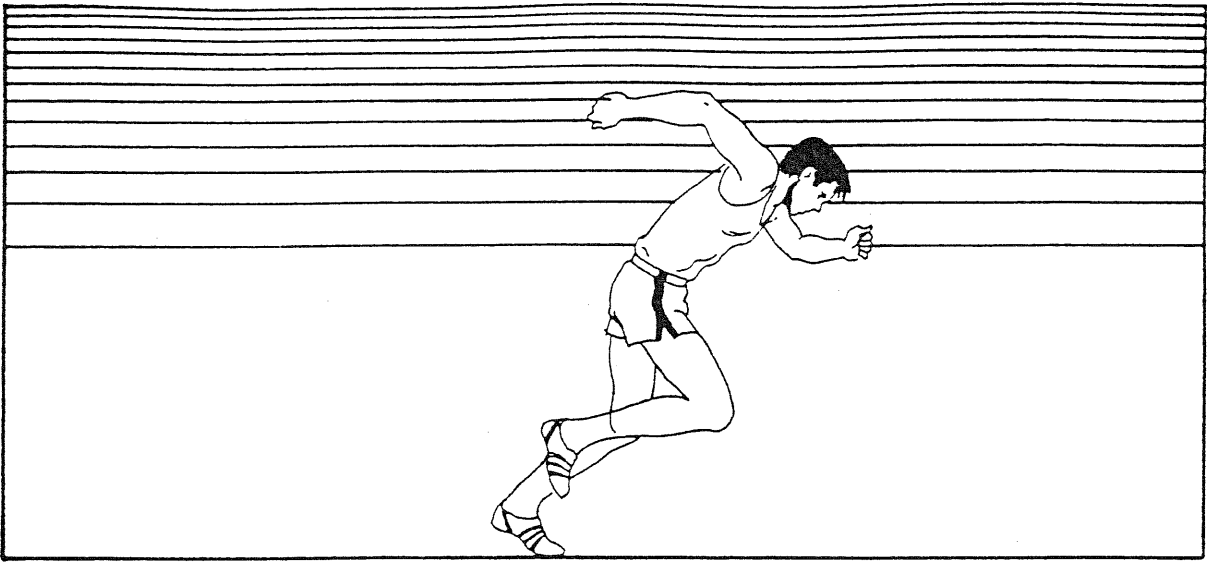
1. _____
2. _____
3. _____
4. _____
5. _____

5 hard to make decisions

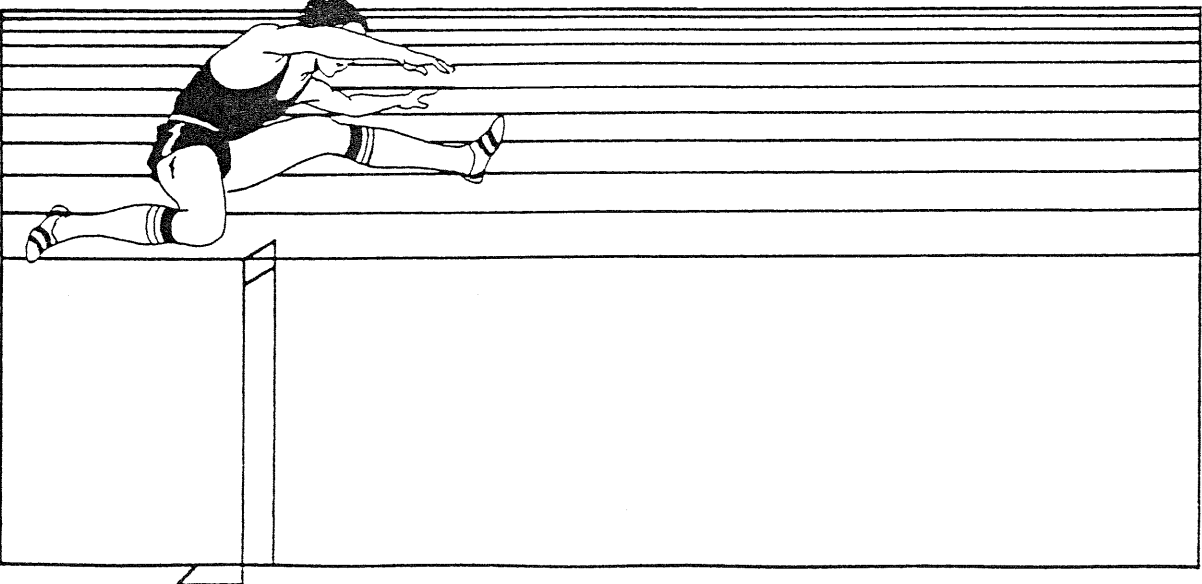
1. _____
2. _____
3. _____
4. _____
5. _____

How to make good decisions and carry them through



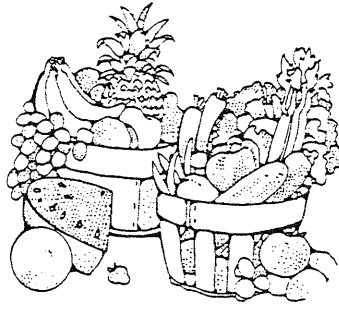


My daily exercise program

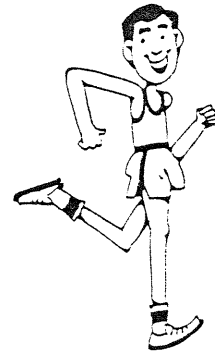


E
X
E
R
C
I
S
E

Nutrition



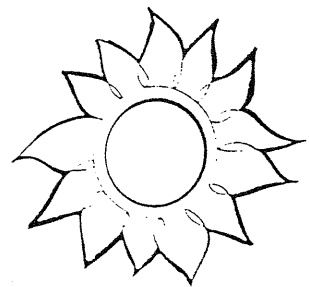
Exercise



Water



Sunlight



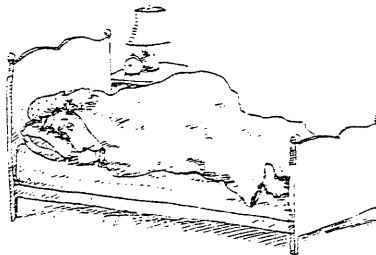
Temperance



Air

This box contains fresh air

Rest



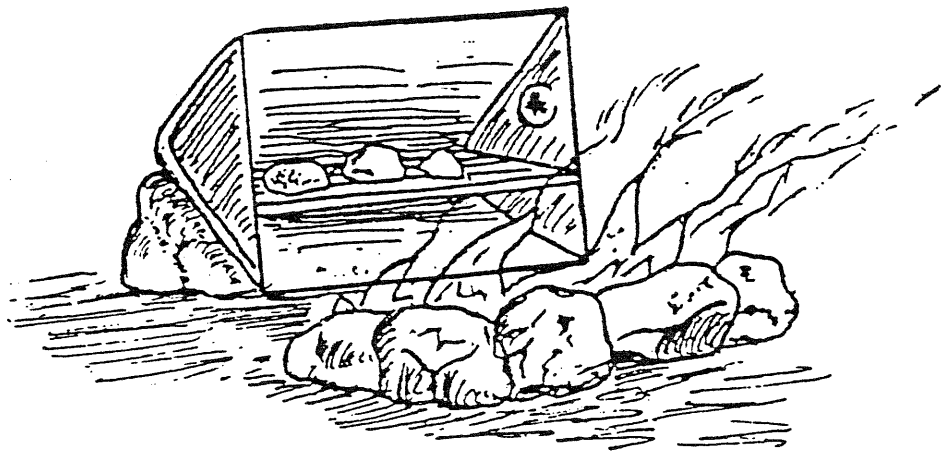
Trust in God



The advantages of an Adventist Christian Lifestyle

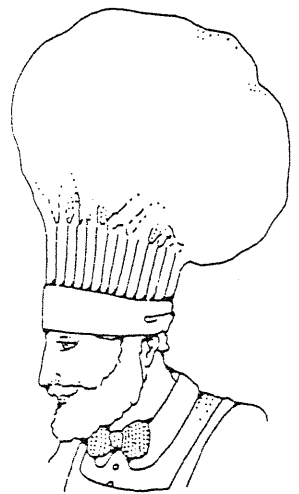
Four horizontal lines for writing the advantages of an Adventist Christian Lifestyle.

REFLECTOR OVEN



What I cooked in the reflector oven _____

Ingredients



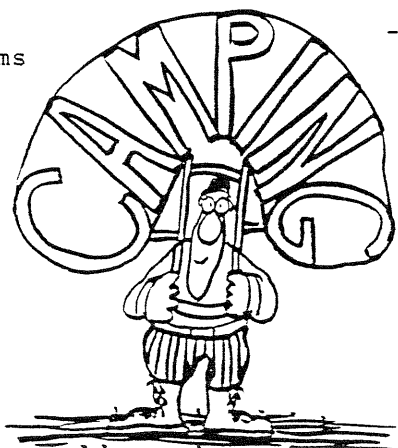
Method _____

What it tasted like _____



BACKPACK

	WEAR	CARRY
<u>SHARED EQUIPMENT (bv 2 people)</u>		
[] Tent, ground sheet, poles, pegs		1500
[] Torch		100
[] GAZ stove		275
[] Maps		75
[] Compass		25
 <u>PERSONAL EQUIPMENT</u>		
[] Pack		2250
[] Sleeping bag		2000
[] Foam mat or air bed		250
[] Money		25
[] 1 lt Water container		100
[] Billy		300
[] Spoon		20
[] Green head matches		20
[] Foam Cup		10
[] First aid & repair kit		500
[] Jeans or track suit pants	400	
[] Shorts or swimming gear		100
[] T shirt	100	
[] Woollen vest (winter)		200
[] Woollen pullover or Parka (winter)		600
[] Track suit top	300	
[] Track suit pants		300
[] 2 pairs socks	100	100
[] 2 pairs undies	25	25
[] 3 hankies	10	20
[] Rain gear		500
[] Hat (summer), Beanie (winter)	50	
[] Small hand towel		100
[] Toothbrush		15
[] Comb		15
[] Soap		25
[] Toilet paper or tissues		50
[] Sneakers	500	
[] 1 pkt Savoury rice or Noodles		50
[] 1 pkt dried peas & corn		25
[] 1 pkt potato whip		50
[] 100 gms cheese		100
[] 2 pkts Cup-a-soup		25
[] 3 small pkts potato chips		50
[] 3 small pkts Twisties or corn chips		50
[] 6 Fruit bars		300
[] Fresh fruit 1st day		100
[] 2 Breakfast cereals & milk		150
[] 200 gms dried fruit & nuts		200
[] 50 gms savoury biscuits		50
[] 50 gms sweet biscuits		50
[] 1 lt Water		1000
 TOTAL WEIGHT gms	 ----- 1485	 ----- 11700



FIRST AID TEST

THEORY (Multiple choice. Attempt all questions.)

1. You discover a hiker along a track near the camp. He is unconscious. You know that there will be a group returning from their walk in 20 minutes. What would you do?
 - (a) Place the patient on his back and stay with him.
 - (b) Place the patient in the recovery position and stay with him.
 - (c) Place the patient in the recovery position and run back to the camp for help.
 - (d) Do nothing until the camp director or doctor arrives.

2. In attempting to free a person from a live electrical wire which it has been impossible to turn off at the source, it is best to:
 - (a) Hold him firmly by the hand before attempting to release him.
 - (b) Use a dry coat or other non-conductive material in helping to release him.
 - (c) Leave the person till the rescue van or ambulance arrives.
 - (d) Ring 000 for help.

3. You have commenced Expired Air Resuscitation. You have already given the first five quick breaths. What should be your next action?
 - (a) Loosen the clothing around the neck, chest and waist.
 - (b) Cover the patient with a coat or blanket to prevent shock.
 - (c) Check the carotid pulse.
 - (d) Commence Closed Chest Massage.

4. In giving E.A.R. to a small baby you should:
 - (a) Blow as hard as possible.
 - (b) Blow as if you were blowing crumbs off the table.
 - (c) Simply puff out the air that is in your cheeks.
 - (d) Blow until you can feel the air coming back to you.

5. You are called to treat a person who is suspected of having taken some corrosive poison. The person is conscious, lying on his back and is obviously in shock. Your first action would be to:
 - (a) Give an emetic, preferably Syrup of Ipecac.
 - (b) Give copious amounts of milk.
 - (c) Give plenty of water.
 - (d) Ask the person what happened.

6. To obviate the dangers of poisoning especially with small children, it is best to store poisons:
 - (a) In open containers, properly labelled.
 - (b) In sealed containers, properly labelled.
 - (c) In a locked cupboard.
 - (d) On a high shelf in the garage.

7. The most important thing in the treatment of poisoning is:
 - (a) To save any containers that may be near the patient.
 - (b) To wash the skin so that all trace of the poison disappears.
 - (c) To remain calm and not panic.
 - (d) To make certain that an emetic is not given for a corrosive poison.

8. Kerosene is a common poison. It is best treated by:
 - (a) Giving an emetic such as Spirit of Ipecac.
 - (b) Rushing the patient to the casualty ward of the hospital.
 - (c) Giving an emetic and then plenty of milk.
 - (d) Giving plenty of milk but definitely no emetic.

9. If a poison, such as a pesticide, is absorbed through the skin and not taken through the mouth you should first:
 - (a) Get the patient to drink plenty of milk and water.
 - (b) Give an emetic as quickly as possible.
 - (c) Remove clothing and shower as quickly as possible.
 - (d) Check with the poisons clinic before taking any action.

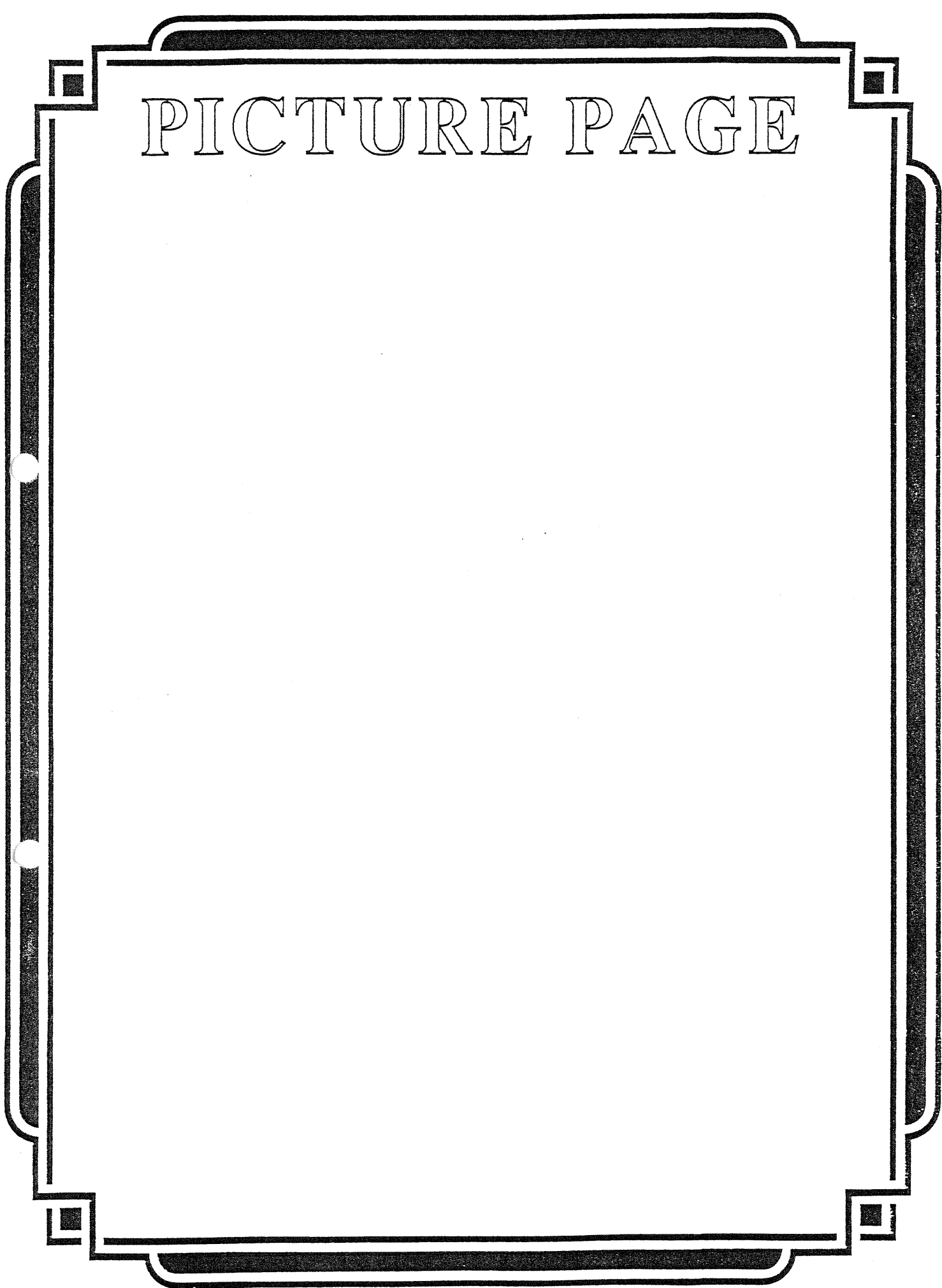
10. When a person suffers from food poisoning the usual symptoms are:
 - (a) The person takes fits.
 - (b) There are abdominal pains, vomiting and diarrhoea.
 - (c) The person suffers from headaches.
 - (d) The person complains of sore legs and arms.

11. An epileptic may take a fit at any place or time. Your main aim is to see that:
 - (a) Clothing around the neck, chest and waist is loosened.
 - (b) The casualty is protected from danger but movements are not restricted, with the head kept low whenever possible.
 - (c) Bystanders are removed from the scene.
 - (d) Froth is wiped away from the mouth.

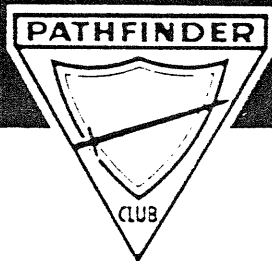
12. A young child suffering from convulsions is most likely suffering from:
- (a) A very bad headache.
 - (b) The after effect of tantrums.
 - (c) A high temperature.
 - (d) Lack of attention.
13. The best way to treat convulsions is to:
- (a) Ensure there is a clear airway and place the child in a warm bath.
 - (b) Ensure that there is a clear airway and reduce the temperature by sponging.
 - (c) Wrap the child in a towel to keep him warm and at the same time restricting his movements.
 - (d) Give plenty of cool drinks.
14. If there is a foreign body on the window (pupil or cornea) of the eye, your first action should be:
- (a) Try to remove it with the corner of your handkerchief.
 - (b) Seek medical help.
 - (c) Rinse the eye under a tap.
 - (d) Cover with a moist pad and rest the eye.
15. Which of the following would be the best indication of a fracture?
- (a) Pain, swelling, loss of power, deformity and unnatural movement.
 - (b) Headaches, pain and swelling.
 - (c) Fixity of the joint, pain and swelling.
 - (d) A rapid pulse, flushed face and bad headaches.
16. In all fractures the main aim of the First Aider is to:
- (a) Keep the patient quiet and relaxed.
 - (b) Assure the patient there is nothing to worry about and keep him still.
 - (c) Steady and support the injured limb and keep the joint above and the joint below the fracture at rest.
 - (d) Reduce the pain by giving headache powders or tablets.



PICTURE PAGE



RANGER record



NAME

ADDRESS

AGE PATHFINDER CLUB

REQUIREMENTS

SIGNATURE/DATE MET

GENERAL

1. Be thirteen years of age and/or in Year 8 or its equivalent
2. Memorise and understand the Adventist Youth Aim and Motto.
3. Be an active member of Pathfinders.
4. Select and read three books of your choice from the Teen Book Club list.

ADVANCED

Know the proper formation and movement of the colour guard.

SPIRITUAL DISCOVERY

1. Discover in group discussion:
 - (a) What Christianity is.
 - (b) The marks of a true disciple.
 - (c) The forces involved in becoming a Christian.
2. Participate in a Bible-marking program on the inspiration of the Bible.
3. View an audio/visual on creation, and discuss the arguments for evolution and Biblical creation, and how life began.
4. Have a current Memory Gem Certificate.

COMMUNITY OUTREACH

1. Under the direction of your leader participate at least once in two different types of outreach programs.
2. Discuss how a Christian Adventist youth relates to others at school, including sharing and witnessing.

CHURCH LIFE

1. Attend at least one church business meeting. Prepare a brief report for discussion in your group.
2. With your group make plans for a social activity at least once a quarter.
3. Enrol at least three people in a Bible correspondence course.

ADVANCED

Conduct two Bible studies with non-Seventh-day Adventists.

HISTORICAL PERSPECTIVE

View the audio/visual presentation on "The Spread of the Advent Message," and discuss as a group the major highlights from it.

ADVANCED

Complete the crossword puzzle which is based on the audio/visual "The Spread of the Advent Message."

PERSONAL GROWTH

In group discussion and by personal inquiry examine your attitudes to two of the following topics:

- (a) Self-confidence
- (b) Friendship
- (c) The social graces
- (d) Willpower

HEALTH AND FITNESS

- 1. Discuss the principles of physical fitness. Provide an outline of your daily exercise program. Write out and sign a personal pledge of commitment to a regular exercise program.
- 2. Discuss the natural advantages of living the Adventist Christian lifestyle in accordance with Biblical principles.

ADVANCED

Participate in one of the following activities:

- (a) *Hike fifteen kilometres and keep a log.*
- (b) *Ride a horse fifteen kilometres.*
- (c) *Go on a one-day canoe trip.*
- (d) *Cycle eighty kilometres.*
- (e) *Swim one kilometre.*

OUTDOOR LIVING

- 1. Build and demonstrate the use of a reflector oven by cooking something.
- 2. Participate in a two-night campout. Be able to pack a pack or rucksack correctly. Include personal gear and food sufficient for your participation in a two-night campout.
- 3. Complete one nature or recreation honour not previously earned.
- 4. Pass a test in Ranger first-aid.

ADVANCED

- 1. *Complete the Orienteering Honour.*
- 2. *Be able to light a fire on a rainy day or in the snow. Know where to get the dry material to keep it going. Demonstrate ability to properly tighten and replace axe or tomahawk handle.*
- 3. *Complete one of the following requirements:*
 - (a) *Know on sight, prepare and eat ten varieties of wild plant foods.*
 - (b) *Be able to identify through photographs, sketches, pictures or real life, one of the following categories: twenty-five tree leaves; twenty-five rocks and minerals; twenty-five wildflowers; twenty-five butterflies; twenty-five moths; twenty-five shells.*
 - (c) *Be able to send and receive thirty-five letters a minute by semaphore code.*
 - (d) *Be able to send and receive fifteen letters a minute by wig-wag using the international Morse code.*
 - (e) *Be able to send and receive Matthew 24 in sign language for the deaf.*
 - (f) *Take part in a simple emergency search and rescue operation using two-way radios.*

PATHFINDER RANGER CLASS COMPLETION

CLUB DIRECTOR

DISTRICT DIRECTOR

CONFERENCE YOUTH DIRECTOR

DATE INVESTED 19.....

NOTE: This card must be presented to the conference Youth director at the time of the Investiture service. This card becomes the property of the Pathfinder club for future reference and the Pathfinder Passport is stamped with the conference "INVESTED" stamp.