

PATHFINDER CLUB

EXPLORER WORKBOOK



EXPLORER NAME:

TEACHER:

YEAR:

General



Personal Details

Paste your photo here

My Name is.....

My Address is

Email address.....

My Date of Birth is

I am years old.

I

I confirm that I am an **ACTIVE MEMBER** of the _____
Pathfinder Club.

Club Member Signature _____ Date _____

Pathfinder Leader Signature _____ Date _____

BOOK CLUB CERTIFICATE

[Compulsory Requirement]

1. Pathfinders are to read a minimum of 4 books every year. One book must be from each of the following categories:
 - a) Missions
 - b) Autobiography
 - c) Nature of Science
 - d) One book of personal choice (excluding fiction e.g novels, etc)
2. Juniors are to read a minimum of 40 pages.
3. Teens are to read a minimum of 80 pages.
4. Pathfinders must inform their Club Leaders/Counsellors about the choice of books BEFORE commencing to read so that the category of book and suitability can be decided upon. Club Leaders may choose to have a collection of books as reference but Pathfinders may have books at home that will fall into the categories listed above.
5. Upon completion, Pathfinders must prepare a summary of what they have read to include:
 - Title of Book
 - Author
 - Publisher and Year Published
 - Paraphrased, bulleted points or outline of main events or ideas.
6. Reports should be a minimum of 80 words for Juniors and 120 words for Teens, completed in their own time.
7. The Pathfinder and the Club Leader/Counsellor must date and sign each completed Book Club Certificate Report (sample Report in Leaders Book – copy as required).
8. The completed work must be kept in the Pathfinder's folder for inspection at the Evaluation Day.

Spiritual Discovery



1. Become familiar with the use of a concordance.

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



Find 2 bible texts for each of the following words:

SALT

1st Text

.....

2nd Text.....

.....



FISH

1st Text

.....

2nd Text.....

.....



Pick a **TOPIC** (i.e. Happiness, Sin, Heaven) Find 4 bible text for your chosen **TOPIC**.

TOPIC.....

1st Text.....

.....

2nd Text.....

.....

3rdText.....

.....

4th Text.....

.....





2. Hold a current Memory Gem Certificate



1. You will need a **BIBLE** for this requirement.
2. You will also need the **Memory Gem Gap Fill** for your chosen texts.



Memorise 7 bible texts – ONE form each of the seven categories below for each class. (You may use whichever version of scripture you wish)

EXPLORER CLASS		
I. GREAT PASSAGES	II. SALVATION	III. DOCTRINE
1. I Peter 1:24-25 2. I Kings 18:21 3. Matthew 24:37-39 4. Option _____	1. Matthew 16:24-27 2. Luke 14:28,33 3. Proverbs 28:13 4. I Timothy 1:15 5. John 3:16-18 6. Option _____	1. Acts 1:9-11 2. Ecclesiastes 12:13-14 3. I Corinthians 6:19-20 4. Option _____
IV. PRAYER	V. RELATIONSHIPS	VI. BEHAVIOUR
1. Psalms 5:3 2. Psalms 51:3 3. Option _____	1. John 13:24,35 2. Proverbs 19:19 3. John 15:13 4. Romans 14:11 5. I John 1:28 6. Option _____	1. Colossians 3:23 2. Proverbs 22:29 3. Philippians 4:8 4. John 3:19 5. I Corinthians 2:14 6. Option _____
VII. PROMISES/PRAISE		
1. Proverbs 3:5,6 3. I Corinthians 10:13 5. James 4:7	2. Psalms 91 4. II Timothy 4:7,8 6. Option _____	

Write your 7 chosen bible texts below:

1. Great Passages..... Signature_____
2. Salvation..... Signature_____
3. Doctrine..... Signature_____
4. Prayer..... Signature_____
5. Relationships..... Signature_____
6. Behaviour..... Signature_____
7. Promises/Praise..... Signature_____

(Please insert the Memory Gem "gap fill" and explanation as evidence of memorising your texts.)

3a. Read the gospels of Luke and John in any translation:



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



Write an outline of the Gospel of Luke:



You can also show evidence by creating a PowerPoint presentation, writing a poem, designing a poster and putting on a presentation or performance.

Cont'd...



Write an outline of the Gospel of John:



You can also show evidence by creating a PowerPoint presentation, writing a poem, designing a poster and putting on a presentation or performance.



3b. Discuss in your group any three of the following:



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

- a. Luke 4:16- 19 The Scripture Reading
- b. Luke 11: 9-13 Ask, Seek, Knock
- c. Luke 21:25-28 Signs of the Second Coming
- d. John 13:12-17 Humility
- e. John 14:1-3 Lords Promise
- f. John 15:5-8 Vine and Branches



Write your 3 chosen bible texts below with a summary of your discussion:

1. _____

2. _____

3. _____



4. Choose in consultation with your leader ONE of the following:



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

- John 3 Nicodemus
- John 4 The Woman at the Well
- Luke 15 The Prodigal Son
- Luke 10 The Good Samaritan
- Luke 19 Zaccheaus

Share your understanding of how Jesus saves individuals by using **ONE** of the following methods and write as appropriate in the space below:

- a. Group discussion with your leader
- b. Giving a talk at the Pathfinder Club
- c. Writing an essay
- d. Making a series of pictures, charts and models
- e. Writing a poem or song

Title: _____



5. Memorise and explain Proverbs 20:1 and Proverbs 23:29-32

Proverbs 20:1 (New King James Version)

_____ is a _____, _____ drink is a
_____, And _____ is led _____ by
it is not wise.

Explain the text:

Proverbs 23:29-32 (New King James Version)

29 Who has _____?
Who has _____?
Who has _____?
Who has _____?
Who has _____ without _____?
Who has _____ of _____?
30 Those who _____ long at the _____,
Those who go in _____ of _____ wine.
31 Do not _____ on the _____ when it is red,
When it _____ in the cup,
When it swirls around _____;
32 At the _____ it bites like a _____,
And _____ like a _____.

Explain the text:

Serving Others



- 1. Be familiar with the community services in your area and give assistance to at least one.**



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



Write a summary of the event you assisted in:



2. Participate in at least THREE church programs

Summarise your participation below:



This could be any program including AYS, Sabbath School, Children's Day or a Community Program

1. _____

2. _____

3. _____

Friendship Development



- 1. Participate in a panel discussion or skit on peer pressure and its role in your decision making.**

Write a summary of your discussion/outline of the skit in this space:

2. Visit your Local Town Hall and find out the following information:



1. What is the role of your local council?
2. Identify your local Council Leader
3. Identify 4 MPs in your local Borough (or council ward)
4. Identify 2 ways that you can co-operate with your local council to help in your community.
5. Pick 1 area that the council is responsible for in your borough and describe how it operates.



Write your answers in this space:

Continue on the page overleaf

2. Cont'd...

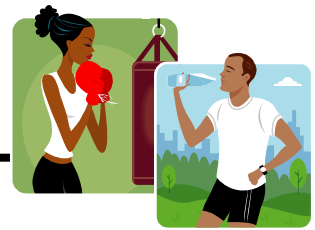


Write your answers in this space:



You can also show evidence by creating a PowerPoint presentation, writing a poem, designing a poster and putting on a presentation or performance.

Health and Fitness



1. Complete one of the following activities, and design a Pledge Card choosing a lifestyle free from alcohol:
 - a. Participate in a class discussion on the physical effects of the drug **ALCOHOL** on the body.



Write a summary of your discussion in this space:

b. View an audio/visual on alcohol or other drugs, and discuss the effects on the human body.



Write a summary of your discussion in this space:

A large, empty rectangular box with a thin black border, intended for writing a summary of the discussion.

2.



Please insert any work sheets used for the class discussion or with the presentation on alcohol as supporting evidence of this requirement.

2. Discuss the importance of self-respect and self-worth with regards to peer pressure and peer groups.

Write a summary of your discussion in this space:

Organisation and Leadership Development



1. Lead out in your clubs opening exercises or Sabbath School program



Write a summary of what took place:

2. Help your class or club plan a special outreach activity such as a project for unfortunate children, community beautification etc... and carry out the activity.



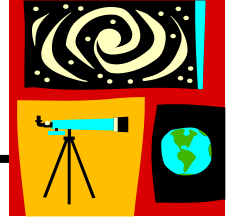
How about organising The Annual Shoebox Appeal?
<http://www.samaritanspurse.uk.com/occ/>



Write a summary of what took place:

Event: _____

Nature Study



1a. The United Kingdom is in Northern Hemisphere, be able to identify the North Star, Orion, Pleiades, and two planets.

Stick/ Draw them in the space below:

1b. Know the spiritual significance of Orion as told in Early Writings.



You will need a copy of Early Writings by E.G White.
This can be borrowed from the church library.



Write a summary of your discussion in this space:

**1. Complete one of the following honours:
Animal Tracking, Cacti, Flowers, Stars, or Weather.**

Honour:

Signature_____



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

Outdoor Life



**1a. Participate in a two-night CAMP OUT.
Describe six points of a good campsite.**

Date of Camp-Out: _____

Event: _____

The 6 points of a good campsite are:

1.

2.

3.

4.

5.

6.

1b. Plan and cook two meals:

Meal 1 (Ingredients, Recipe and Method):

Meal 2 (Ingredients, Recipe and Method):



Please insert any other supporting evidence i.e. photos.

2. Pass a test in Explorer first aid.

Study the notes below in preparation for the First Aid Test.



Completion of the Basic First Aid Honour will complete these requirements.

First Aid Notes

The Effects of Heat on the Body

Sunburn

Caused by extensive and prolonged exposure to the sun. There is extreme superficial burning and blister formation in severe cases. In bad cases the patient feels ill and medical advice should be sought. In mild cases the treatment should be:

- ❖ Apply cold compress
- ❖ Take cold showers
- ❖ Take ample fluids
- ❖ Do not break blisters

Mild sunburn usually responds to treatment with calamine lotion. Care should always be taken to avoid prolonged exposure.

More Severe Complications of Heat Exposure

Our bodies normally regulate temperature by the evaporation of sweat from the skin. Over-exposure to heat conditions will result in cramps, heat exhaustion, and heat stroke.

	Signs & Symptoms	Control
<i>Heat Cramps</i>	Weakness, dizziness and fatigue. Painful muscle spasms.	Gently stretch affected muscles. Application of cold packs. Drinking water with added salt (teaspoon to liter).
<i>Heat Exhaustion</i>	Headaches, cramps and sweating freely. Rapid pulse and breathing.	Sponge patient with cold water. Ice packs to affected muscles. Drinking water with added salt (teaspoon to liter).
<i>Heat Stroke</i> (near to death)	A very dangerous condition. No sweat. Body completely dehydrates. Temperature rises rapidly. Vomiting and nausea.	Remove clothing. Wrap in wet sheet. Cool by all means available. Place in recovery position.

All these conditions need medical help as quickly as possible.

First Aid Notes pg 2

Burns

These are caused by extreme heat, may be dry or moist. The extent of tissue damage is usually indicated by the term first, second or third degree burns.

Burns are often caused by carelessness with fire, chemicals, hot water, or over exposure to sunlight. They can also be caused by friction and electric current.

Damage to the tissues and the surface capillaries as indicated by redness, swelling and blistering. Serum is lost into the blood and shock is severe.

A person suffering from burns is best rescued by smothering the flames. When rescuing a person, keep as long as possible, with the nose and mouth covered with a wet cloth.

The initial treatment of all burns is **IRRIGATE WITH COLD WATER.**

Do not break the blisters; apply lotions, ointments or oils.
Medical help must be sought.

In the case of acids and chemicals: wash off immediately with cold water remove contaminated clothing.

If burn is to the eyes, irrigate with cold water, cover and seek medical aid.

First Aid Notes pg 3

Smoke in the Eyes

Forest fire fighters often suffer from smoke in the eyes. Signs: pain, eyes water and redden. Treatment: irrigate eyes freely with cold water.

Smoke Inhalation

Inhaled smoke can cause Asphyxia. If possible remove the patient from the cause. Begin Emergency Artificial Respiration immediately.

Unconsciousness

Unconsciousness can vary from simple stupor to coma.

There are numerous causes from the simple faint, head injury, stroke, heart attack, drunkenness, fits, diabetes to drugs. Because he is incapable of any voluntary action the unconscious person:

1. Must have his airway maintained.
2. Must not be given any fluids or anything by mouth.

First place the unconscious person in the recovery position. Make certain you carry out the A.B.C.D. procedure. Try to find the cause of the problem and treat it.

A simple faint can be caused by hunger, fear, emotional shock, injury, or prolonged standing. To treat, lie the patient on the ground and elevate the feet. If the fainting spell lasts longer than a few minutes, treat as an unconscious person. Make certain that the clothing at neck, chest and waist has been loosened.

Constrictive and Restrictive Bandages

It is now accepted that there is no place for the use of arterial tourniquet. Constrictive and restrictive bandages now take over the place of this bandage in first aid.

Constrictive bandages must only be used in emergencies to control bleeding in amputations and in certain treatments for marine stings. Suitable materials are necktie, strip of cloth and wide rubber tubing. Unsuitable materials are shoe laces, electric cord or rope.

A restrictive bandage is the type now used in snake bite, a bandage placed firmly on the limb to restrict the flow of lymph in the lymph glands. A crepe bandage or elastic bandage 75 to 100 mm wide is most suitable.

Snake Bite

It is now known that the venom travels in the lymph glands. The pressure of a restrictive bandage is sufficient to have the effect of slowing down absorption of the poison into the body.

First Aid Notes pg 4

Although it is simple to distinguish between the bite of a venomous and non-venomous snake, it is best to treat all bites as those of venomous snakes. In any case puncture marks may be difficult to discern.

There may be sweating, drowsiness, fainting, headache, nausea and vomiting, diarrhea and chest and abdominal pains.

- ❖ Keep the victim as still as possible, splinting the affected limb.
- ❖ Apply a broad firm bandage around the entire limb beginning at the bite.
- ❖ Leave the bandage in position till full medical facilities are reached.
- ❖ Reassure the victim that this treatment will delay the absorption of the venom.

Remember **DO NOT**:

- ❖ Incise or excise the bitten area
- ❖ Permit the victim to walk or run
- ❖ Release the bandage

Other Bites and Stings

Red Back Spider. Usually bites only when touched. Often on the underside of unsewered toilets. Leaves small red mark on hands, feet, genitals or buttocks. Redness spreads to other parts. Perspiration at bitten part and then spreads. Later there may be nausea, vomiting, dizziness, muscular spasm, profuse sweating, faintness. Bite usually felt as sharp sting.

Funnel Web Spider. Bites mostly at night. Very aggressive. Found in burrows, rock crevices, post holes. Pain at site, then spreading. Local muscular twitching. Victim salivates freely within 15 minutes. Profuse sweating. Spasm of larynx with difficulty in breathing.

Treat as for snake bite.

Note: These are examples of spiders from one region. While all spiders are poisonous, most do not affect or interact with man in a manner to consider them as such. There are a very few, however, in all regions that can cause severe conditions. Know those of your region **WELL!**

Ticks. Tend to secrete in body crevices. May cause paralysis especially in smaller children. Paralysis affects lower and upper limbs and muscles of respiration, and facial muscles. Apply turpentine to kill tick. If in ear, apply oil. Seek medical aid for serum. If no aid available, remove tick by levering with open scissors or remove with cotton. Do not squeeze the tick.

Leeches. Found in damp spots usually when camping out. Salt or lighted match will help remove leech. May bleed freely. Bathe area with soap and warm water.

Bee, Hornet and Wasp Stings. Remove the sting of bee. Do not squeeze it as more venom is injected. Pull sideways with fingernail. Wipe the area clean and apply cold compress and ice.

First Aid Notes pg 5

Mosquito, Sandfly and Ant Bites. Avoid heat. Use cold water or ice cubes.

Ammonia, Bicarbonate of Soda, or Menthol, will be helpful. Calamine lotion or zinc cream is recommended.

Plants. (E.G. Stinging Nettle) Area affected to be washed with warm soapy water to rid part of clinging portions. Apply ice cubes and soothing cream.

Heat Rash. Can be relieved by the application of ice-cold normal saline solution.

Jellyfish. Sting resembles whip marks, wealt or goose pimples. Mild burning to intense pain. Excessive stinging may result in cardiac or respiratory failure. Minor stings may give backache, chest pains, vomiting and difficulty in breathing.

Bluebottle. Apply vinegar to wash off tentacles.

Other Marine Stings. Marine creatures sting by injection or absorption of venom through the skin. Effects range from discomfort to rapid collapse and death. Sustain life and seek medical aid urgently. Constrictive bandage for blue ringed octopus. Remember A.B.D.C. procedure. When venom is injected through the skin, skin often changes to red, limbs become swollen, profuse bleeding occurs and circulatory and respiratory collapse is common.

Shark Attack. Immediately control hemorrhage by packing wound with clothing or towels. Elevate if possible. Summon urgent medical aid.

Exposure to Cold Conditions

If the victim can remain dry then severe conditions can be tolerated, but when cold, wet and windy conditions are experienced, there is danger.

Exposure to the cold can have the same effect as a concussion with all normal activities slowed, slow speech, slow movements, impaired vision, cramps and unreasonable behavior. The pulse rate increases and the respiration rate increases.

Protect from the cold, and warm by wrapping in dry clothing or sleeping bag, and if necessary seek medical attention.

Hypothermia. Is a dangerous lowering of the body temperature and can be brought on by cold, wet conditions, swimming in water too cold, or going out in cold, wet conditions without an adequate head covering. The elderly and infirm may become unconscious. Treat as for exposure and give warm, sweet drinks if conscious. NEVER USE HOT WATER BOTTLES.

Minor Frostbite. Is when there is superficial damage and pain is severe. Warm the area as quickly as possible by natural means.

Deep Frostbite. Is when there is deep tissue damage. The area is white, waxy and painless. Do not attempt to thaw the area out, except under medical

First Aid Notes pg 6

Accidental Immersion in Cold Water. Can best be treated by immersion in a warm bath 42° Centigrade, or alternatively allowing the person to warm slowly in a sleeping bag preferably with a warm companion.

Resources

The basic material for teaching First Aid is found in the *St. John Ambulance First Aid Manual* or Red Cross manuals. Local agencies may be able to provide films.

Red Cross First Aid Manual

St. John Ambulance First Aid Manual

Scout Handbook

Youth Leader's Handbook

Holiday Safety and First Aid Hints from Public Health Departments

Method of Testing

Examination



You may use books or audio-visuals to support meeting this requirement

3a. Explain what a topographical map is, what you can expect to find on it, and its uses.

Topographical Map Information

Contour Lines

Contour lines are lines that show elevation above sea level. Looking at them, you can picture hills, mountains and valleys. Each line represents a given height above sea level, and the difference in height between lines is indicated on the map. It may be 5, 10 or 50 meters, depending on the scale. These lines are a very valuable aid when hiking cross country. Where the lines are far apart you know the ground is flat or only gently sloping. But when the lines are close together there is a hill or cliff where hiking might be very difficult if not impossible.

Figure 1

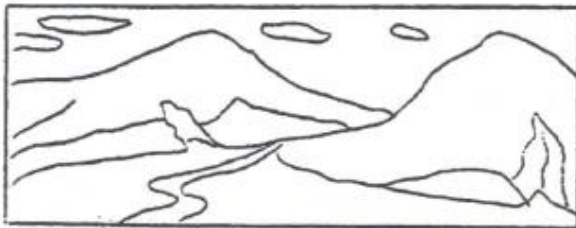


Figure 1 illustrates how a location may look.

Figure 2



Figure 2 illustrates how contour lines illustrate the same location on a 2 dimensional map.

CONTOUR LINES

To show how *contour lines* work, make a model mountain by spreading plaster of Paris over crumpled newspaper. Make a line every half inch from base to peak. Set it in a dish and pour water to the first mark. Carefully draw around at the water line, then add water to the next mark and draw another line. Finally, look straight down and you will see contour lines for every half inch of elevation just as they appear on a map.

CONVENTIONAL SIGNS are an easy way to put a great deal of useful information onto a map so the next person who uses your map can tell where roads, bridges, buildings, and other important objects are located.

Date of Map. It is important to note the date on which the map was made; this is usually printed in the margin. New roads and buildings may have been built since, and these may confuse you when not shown on the map. It is far better to use as landmarks natural features such as creeks, creek junctions, hill-tops and the like which do not change very much with time.

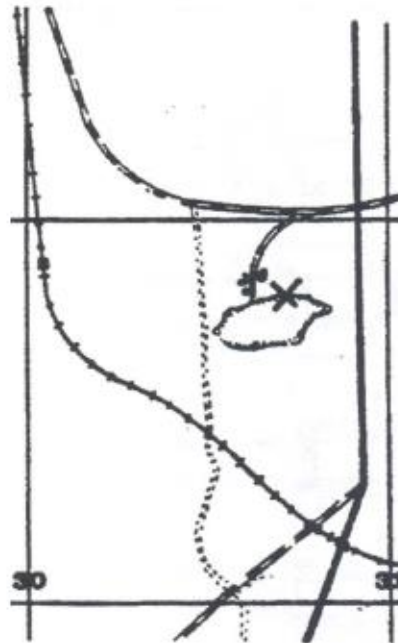
Map Notes pg2

Grid References. Maps are covered with a network of lines forming a grid.

These lines are parallel. The grid lines make it easy to give the exact position of a point on the map. Each grid line is identified by a number on the map border.

The position of a point is indicated by a six figure map reference. The first three digits identify its position from west to east (the easting), and the second three locate it from south to north (the northing). Find the number of the vertical grid line lying immediately to the left (or west) of the point then estimate how many tenths of the way the point is to the next vertical line. In the example the point X is just beyond the vertical line 30 and is about seven-tenths of the way to the next line. The first three figures are then 307. The second three figures are obtained in a similar manner working from south to north. In the example the second three figures are 758. The final reference would be 307758. You can remember that the easting is given before the northing, since E comes before N in the alphabet. Or remember that you read

as a book - across, then down. The name of the map sheet must always be included in the reference.

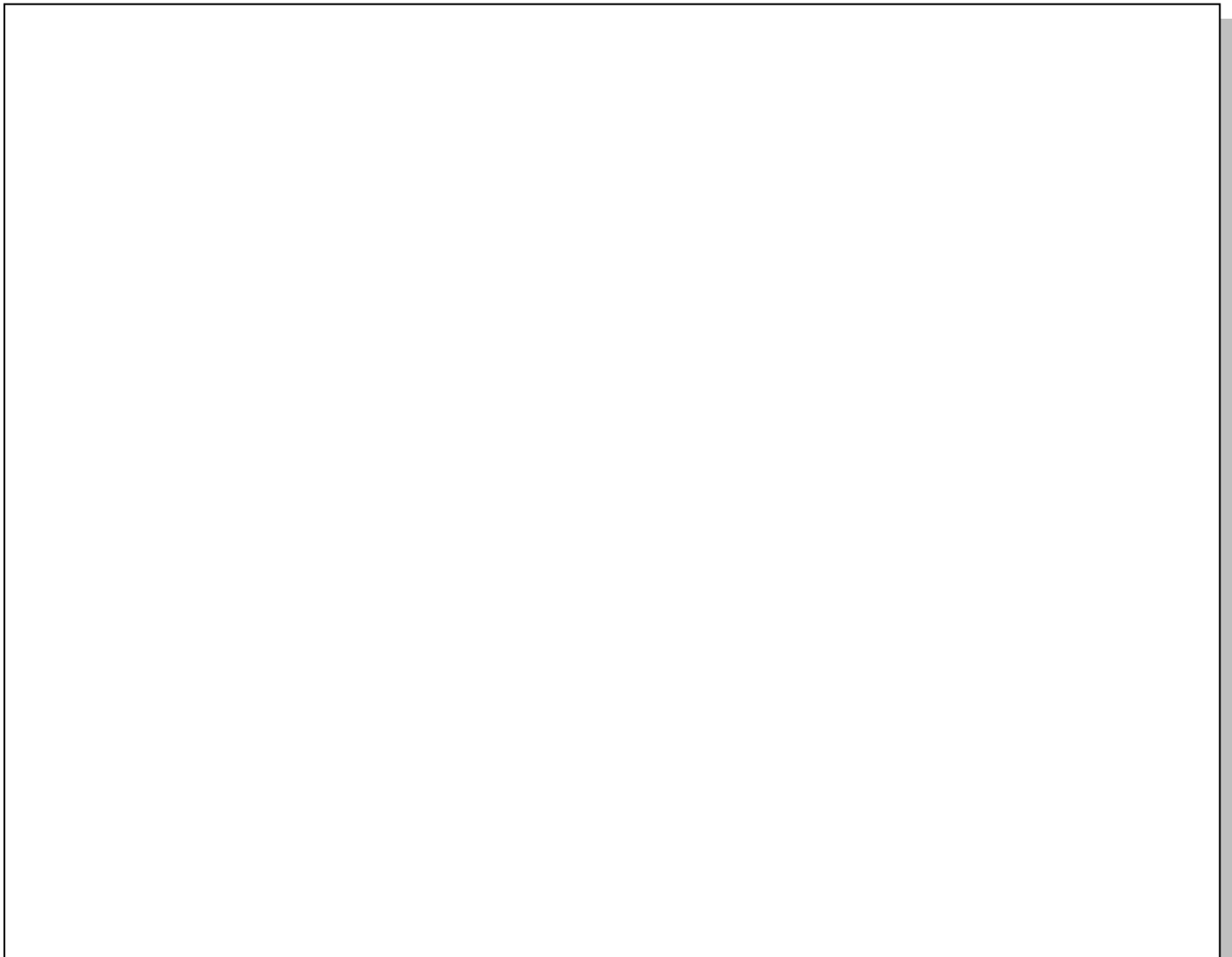


Method of Testing

Demonstration of an understanding and knowledge of, and be able to use, a topographical map.

3b. Identify at least 20 signs and symbols used on a Topographical Map and draw them in the space below.

1.	11.
2.	12.
3.	13.
4.	14.
5.	15.
6.	16.
7.	17.
8.	18.
9.	19.
10.	20.



Lifestyle Enrichment



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

Honour:

Signature _____



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