



BASILDON | BRAINTREE | BURY ST EDMUND | CAMBRIDGE | CHELMSFORD | COLCHESTER GRAYS | HAVERHILL | HUTTON | IPSWICH | KINGS LYNN |  
PETERBOROUGH CENTRAL | PETERBOROUGH PORTUGESE | SOUTHEND



## SEC AREA 8 PATHFINDERS



### EXPLORER E-CAMP PACK



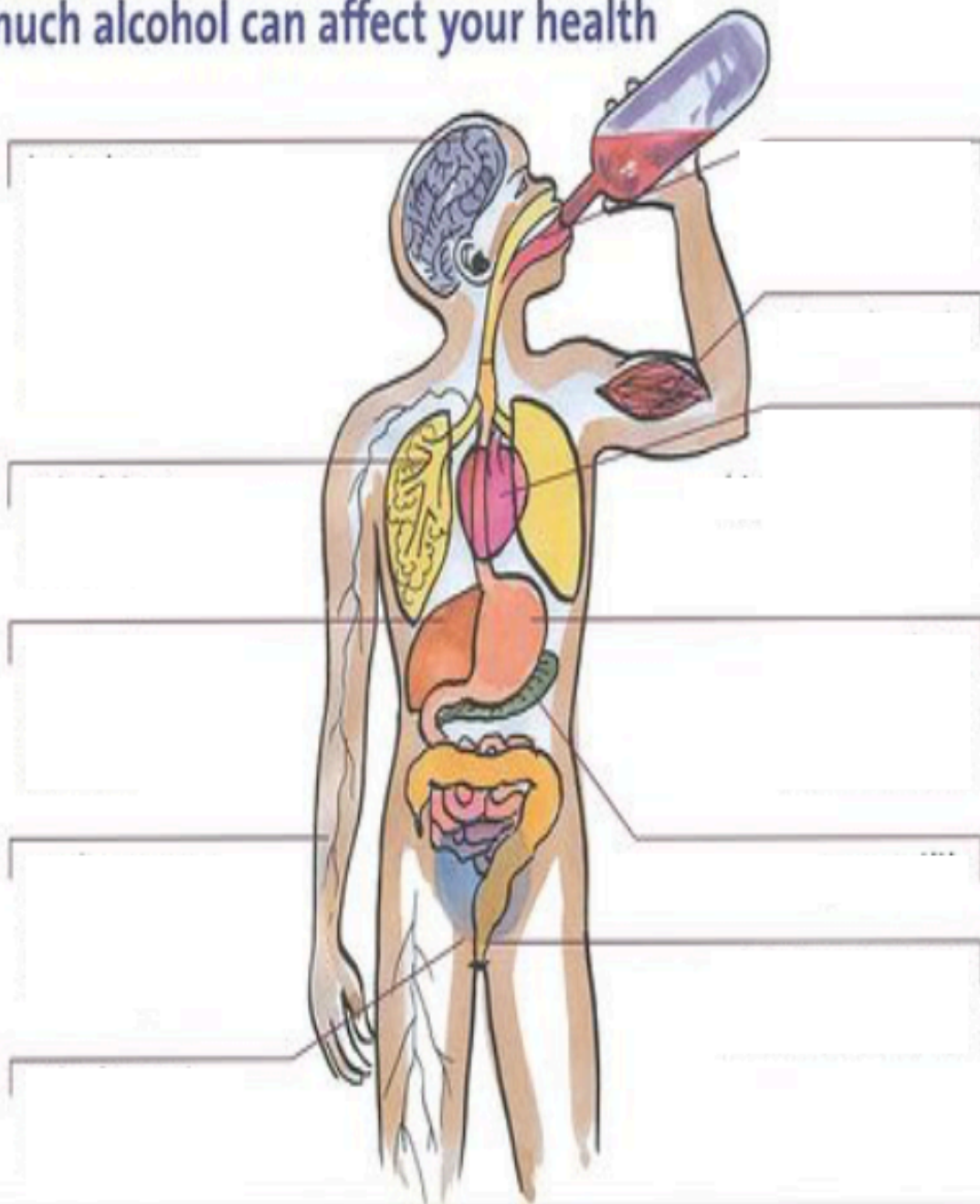
*During this camp you will complete the following honours as well as some requirements:*



Health and fitness

- 1) Participate in a group discussion on the physical effects of alcohol on the body
- 2) View an audio/video on alcohol/other drugs and discuss effects on the

## Too much alcohol can affect your health



Friendship development

- 1) Panel discussion on peer pressure and its role in decision making
- 2) Self-respect and self-worth with regards to peer pressure

Peer pressure affects decision making by.....

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Self-respect and self-worth reduces peer pressure because .....

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DISCUSSION STARTERS	PERSONAL PROFILE TEST				
	Definitely	Probably	Neutral	Unlikely	Never
1. I am terribly hurt if someone criticizes me or scolds me.					
2. I find it hard to talk when I meet new people.					
3. I often feel lonely.					
4. I don't like to contribute to discussions in class.					
5. I doubt if I will be as successful as most people.					
6. I am deeply concerned when someone has a poor opinion about me.					
7. I do not want a job that demands a lot of competition.					
8. I tend to be a rather shy person.					
9. I tend to daydream a lot.					
10. I am eager to get along with others.					

### A SELF PROFILE

**Instructions:** Consider yourself honestly. For each of the following attributes, put an "X" in one of the boxes numbered 1 - 5. Make a profile of yourself by joining the "X's" with a line.

	1	2	3	4	5	
Being able to accept criticism						One who reacts against criticism
Self confident						Lacking in self confidence
Tolerant						Intolerant
One who likes making friends and mixing with people						A person who likes to keep to himself
Having a good sense of humor.						Lacking a good sense of humor
Trusting						Suspicious
Honest						Dishonest
One who generally accepts what teachers and leaders say						One who usually challenges what others say
Imaginative						Unimaginative
One who is easily hurt emotionally						Not very easily hurt, rather "tough-skinned"
One who knows just where he is going and what he wants out of life						Crazy mixed-up kid
One who has sorted out any problems in his relationship with his parents						One who is not interested in sorting out his relationship with his parents
Interested in helping others with their problems whenever possible						Have enough of your own problems and can't be bothered with others
Generally a happy person						Find nothing much to be happy about
Look forward to things in the future						Find nothing much to look forward to





## Weather Honour

1. Explain how each of the following is formed:

Fog.....

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Sleet.....

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Rain .....

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Hail .....

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Dew .....

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Frost .....

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Snow .....

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2. Identify either in the sky or from pictures the following types of clouds: cirrus, cumulus, stratus, nimbus. What kind of weather is associated with each.





3. Explain the action of a mercury or spirit thermometer, a mercury barometer, an aneroid barometer, and a rain gauge.

Spirit thermometer .....

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Mercury barometer.....

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Aneroid barometer .....

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Rain gauge .....

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4. Why is it possible to be rainy on one side of the mountain range and dry on the other? Give an illustration for your country or region.

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a. Why is it cooler and more moist in the mountains than in the lowlands?

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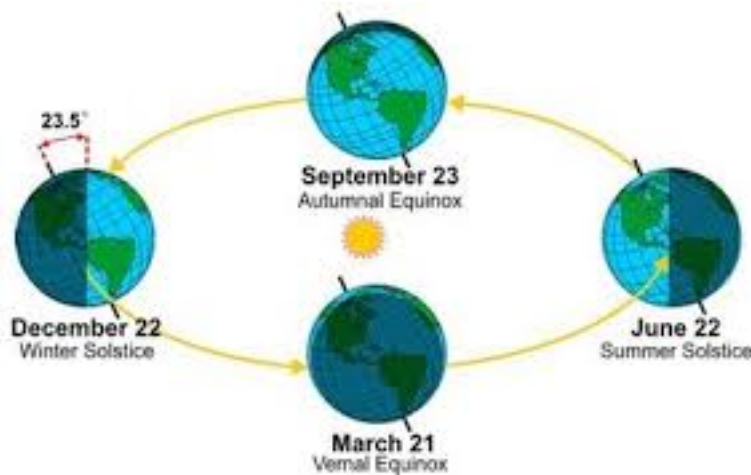
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b. From which direction do rain and clear weather usually come in your locality?

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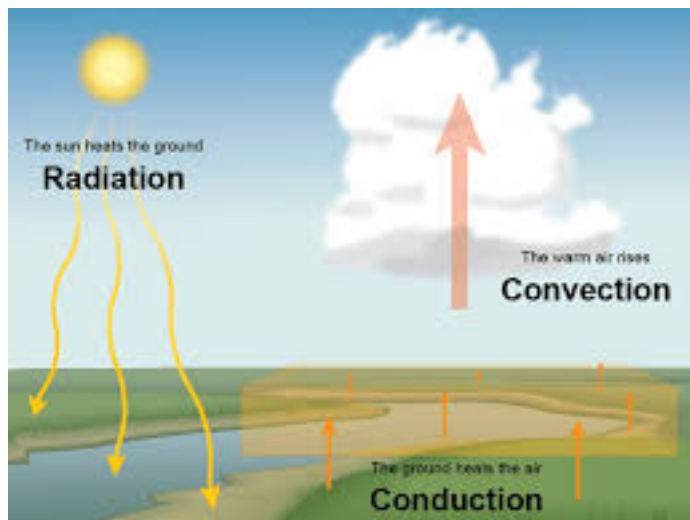
5. Show with the help of a diagram how the earth's relationship to the sun produces the seasons.



6. What causes lightning and thunder? What different kinds of lightning are there?

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7. Show with the help of a diagram what a convection is. What is its relation to winds?



8. Explain how radar, satellites, and computers are used in weather forecasting.

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9. Tell how the following can affect our weather:  
a. Jet stream

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b. Volcano eruption

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10. Make a drawing showing the water cycle in weather.

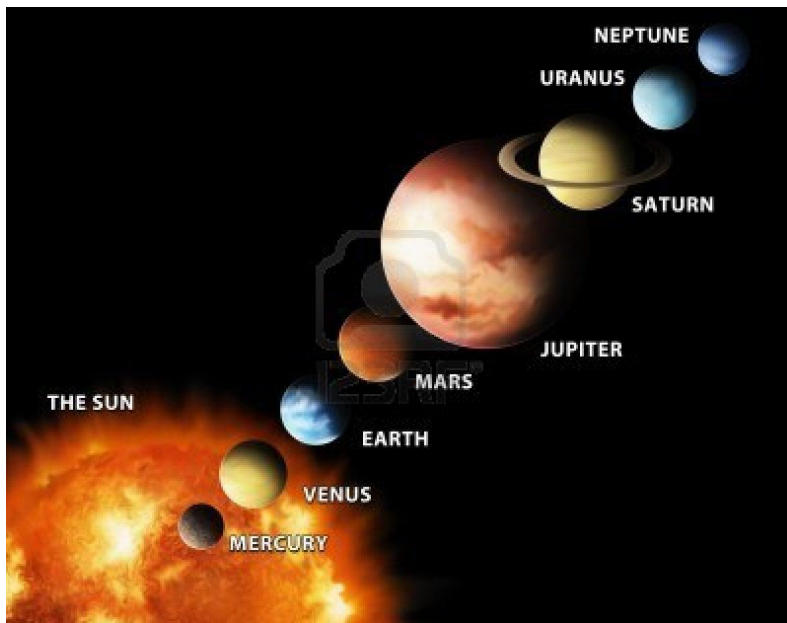
11. Make a simple wind vane or rain gauge. (add pictures below)



12. Keep a weather chart for one week and record readings at 12-hour intervals. Include the following:
  - a. Temperature
  - b. Moisture (dew, fog, rain, frost, or snow)
  - c. Cloud formation
  - d. Wind direction

## Nature study

1) If you live in the Northern Hemisphere, be able to identify the North Star, Orion, Pleiades, and two planets.



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

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**Spiritual discovery**

3) Read the gospels Luke and John in any translation, and discuss in your group any three of the following:

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

Write some notes about your discussion on the space provided below

Luke 11:9-13 (Ask, Seek, Knock) .....

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Luke 21:25-28 (Signs of the second coming) .....

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John 14:1-3 (Lords Promise) .....

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4) Choose in consultation with your leader one of the following areas.

- a. John 3 Nicodemus
- b. John 4 The Woman at the Well
- c. Luke 15 The Prodigal Son
- d. Luke 10 The Good Samaritan
- e. Luke 19 Zacchaeus

In consultation with my leader we chose to learn about .....

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- 5) Share your understanding of how Jesus saves individuals by using one of the following methods:
  - a. Group discussion with your leader. (write notes about your discussion)
  - b. Giving a talk at AJY's. (add pictures)
  - c. Writing an essay.
  - d. Making a series of pictures, charts or models.
  - e. Writing a poem or song.



Missionary life honour

1. Discover the following individually or as a group:

a. Common definitions of a biblical and modern-day missionary

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b. Discuss Christ as our example of a missionary.

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c. Name five biblical missionaries and discuss the contributions they have made. Assess what each biblical missionary, listed above, contributed to their mission.

1).....  
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2).....  
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3).....  
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4).....  
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5).....  
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2. Discuss the following texts as they relate to missionary work:

a. Matthew 28:19

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b. Acts 18:22-23  
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c. Acts 1:8  
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d. Isaiah 42:10-12  
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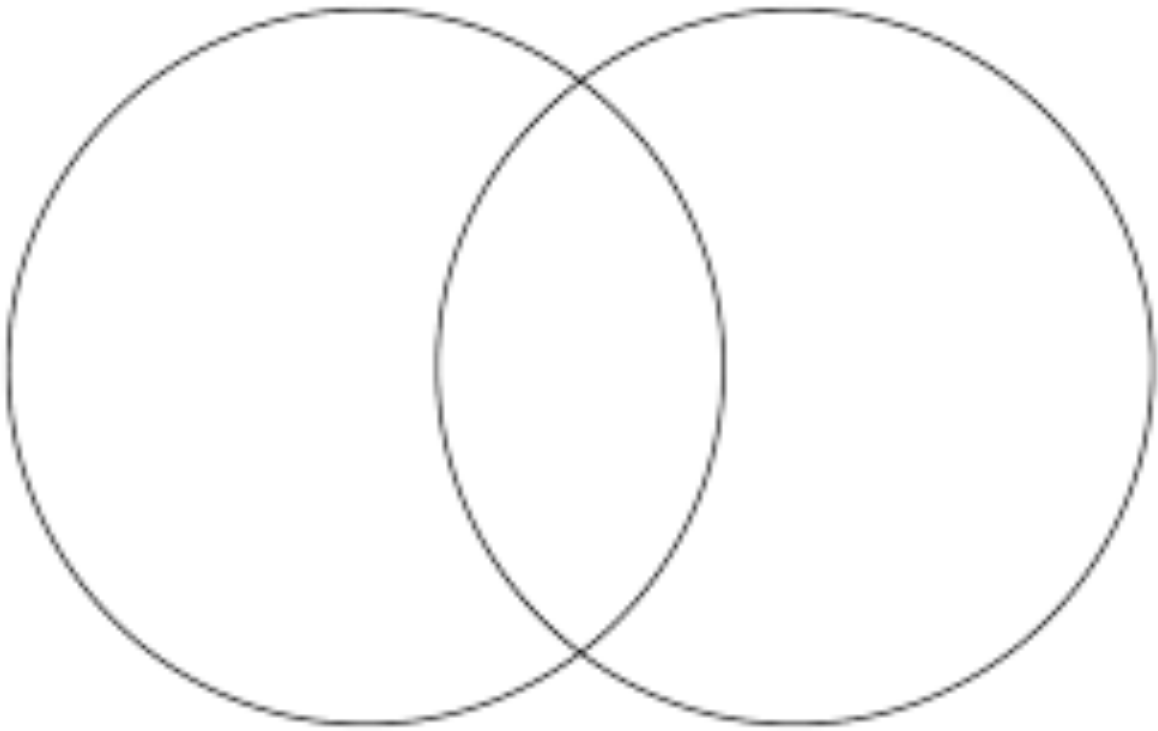
e. Matthew 4:17  
.....  
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f. Jeremiah 1:7-9  
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g. Jonah 1:3-4  
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3. List and evaluate how missionaries have impacted the spreading of the gospel and whether their stories and methods are relevant today.  
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4. Create a list or construct a Venn diagram (compare & contrast) of qualifications for an individual to become a missionary in Bible times versus today.



5. Discuss with a group the following personality characteristics and their importance to being a positive and influential missionary today:

\* Willing to learn

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\* Spiritually minded

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\* Mature

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\* Humble

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\* Available

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6. Discuss with a group the following types of missionaries and why each is important to the spreading of the gospel.

a. Medical Missionary

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b. Evangelist

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c. Educator

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d. Language Teacher

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7. Discuss with a group some of the possible challenges associated with missionary work today.

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8. Interview someone who is either an active missionary or who has retired from mission service.

Name of the person you interviewed.....  
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9. Learn about eight missionaries (to at least four continents) who served during the Seventh-day Adventist mission expansion (1900-1950). On a world map, plot their country of service. (THIS IS DONE IN THE ADVANCED REQUIREMENT BELOW SPIRITUAL DISCOVERY)

10. Create a presentation, game, or speech that shows what you have learned about missionary life while earning this honour. Share your presentation with a group. (add pictures if possible)

State what you decided to do.....

11. Earn the Foreign Mission Trips honour OR do both of the following individually or as a group:

a. Read a book about an Adventist missionary.

b. Plan or assist with a mission project or collection that would assist an active missionary in their work.

Name of the book you read .....

And a brief report .....

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A report on the mission project you planned/assisted in .....

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Add pictures if possible

## Spiritual discovery Advanced

1. Read about J. N. Andrews. Discuss the importance of mission service to the church and why Christ gave the Great Commission (Matthew 28: 18-20).

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1844	1846	1848	1850	1852	1858	1860	1863	1866	1874
The Great Disappointment	James and Ellen White marry	Sabbath Conference	Publishing work begun  <i>Present Truth</i> Review, E. G. White's first book	Bates to Battle Creek	Great Controversy vision	SDA name chosen	General Conference formed. Health reform vision.	Western Health Reform Institute established	J. N. Andrews to Switzerland. Founding of Battle Creek College.

2. Complete the map work on missionaries and places of service. You need to place the following list of people on the correct place on the map and discover more people if you can.

MISSIONARY MAP
J. N. Andrews Switzerland
John Mattesson Scandinavia
S. N. Haskell Australia
D. A. Robinson South Africa
J. I. Tay Polynesia
William Arnold West Indies
F. J. Hutchins Central America
F. H. Westphal South America



D. T. Jones Mexico

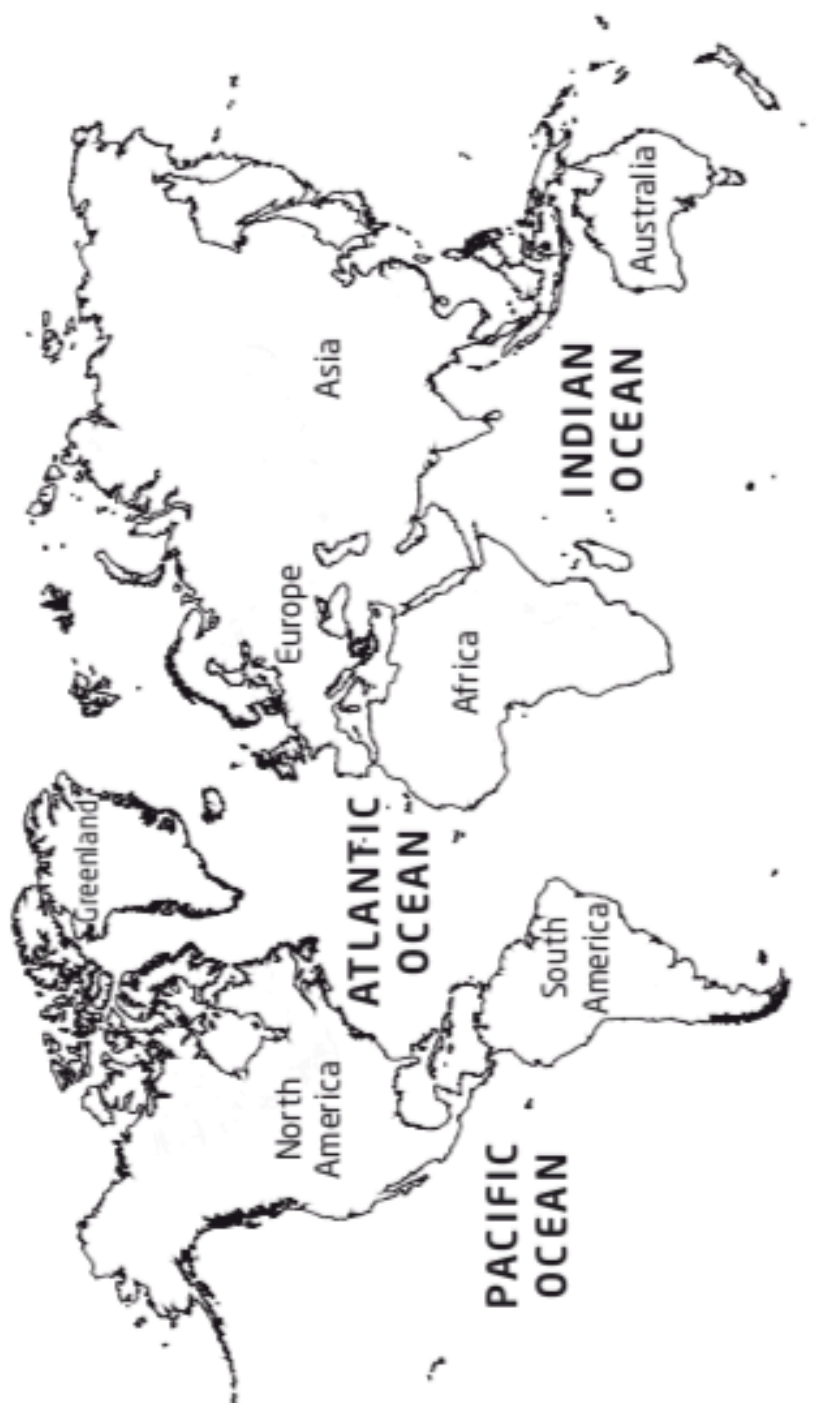
C. B. Tripp Central Africa

E. L. Sanford West Africa

William Lender India

Jacob Reiswig Russia

## THE WORLD



Topographical maps honour

1. Explain what a topographical map is, .....  
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what you expect to find on it.....  
.....  
and three uses for it .....  
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2. Identify at least 20 signs and symbols used on topographic maps



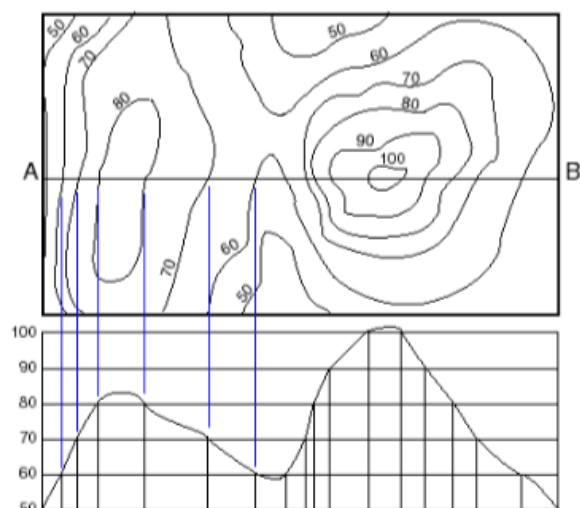
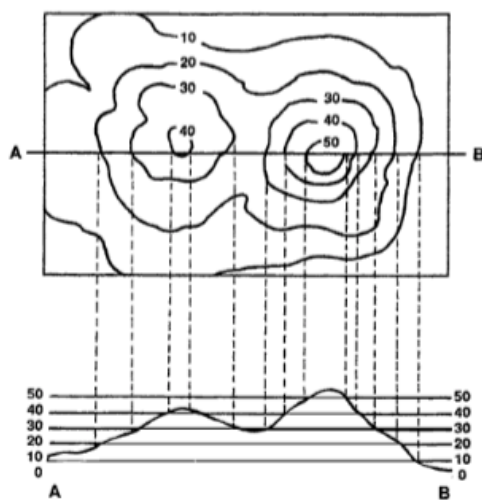
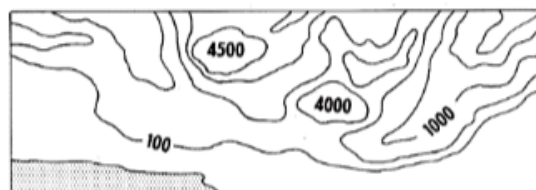
Key Features on a Topographic Map:

Green	
Blue	
Grey	

When a contour line is drawn on a map it represents a given elevation above sea level.

When contour lines are close together, it denotes a steep slope, and when they are far apart, it denotes a flatter area. If two or more contour lines merge together for a distance, it denotes a cliff or bluff.

EG.



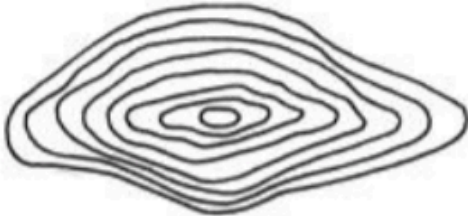
Can you match the mountain to the correct contour line?



1



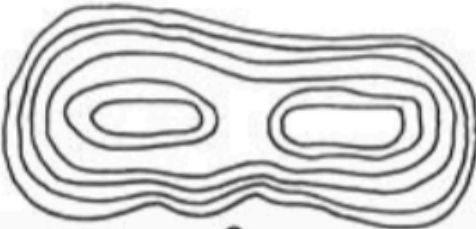
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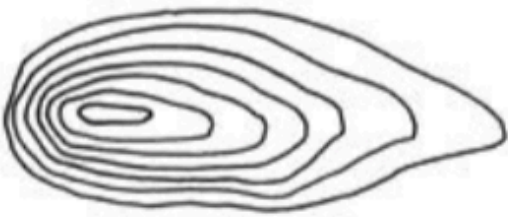
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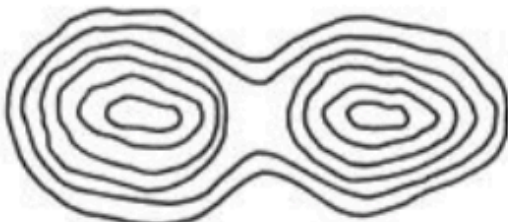
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5



E



6



F



Laundry pathfinder honour

1. Why is it important to read the labels in garments before laundering them?

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2. What is the proper way to prepare clothes for washing?

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3. What types of clothes should be washed in hot, warm, and cold water?

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4. What precaution should be used when using chlorine bleach? What are the advantages of powdered oxygen bleach? Why should chlorine bleach and ammonia never be mixed?

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5. What precautions should be taken when using fabric softeners?

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6. What points are to be considered in selecting a washing machine, ironing machine, dryer, iron? How should these laundry implements be cared for?



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7. How are woollen garments laundered?

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8. Know how to remove stains: ink, fruit, rust, grass, cocoa, grease, blood, chewing gum. Why must stains be removed before laundering?

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9. Why is it important to remove garments from dryer immediately when the cycle is completed?

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10. What type of materials should be dried only on the lowest heat settings of a dryer?

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11. Show a blouse or shirt that you have ironed and folded, or show a skirt and coat that you have pressed.

12. Properly launder and fold clothes for your family for one week.  
(add pictures of the last two requirements for evidence)

Day	Items & Date
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

## Explorer 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 and Symptoms

#### Heat Cramps

Weakness, dizziness and fatigue. Painful muscle spasms.

Gently stretch affected muscles. Application of cold packs. Drinking water with added salt (teaspoon to liter)

#### Heat Exhaustion

#### Heat Stroke (near to death)

Headaches, cramps and sweating freely. Rapid pulse and breathing.

A very dangerous condition. No sweat. Body completely dehydrates. Temperature rises rapidly. Vomiting and nausea.

Sponge patient with cold water. Ice packs to affected muscles. Drinking water with added salt (teaspoon to liter)

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.

### *Burns*

These are caused by extreme heat, may be dry or moist. The extent of tissue damage is usually indicated by the terms 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 electrical current.

Damage to the tissues and the surface capillaries is 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 or apply lotions, ointments, or oils.

Medical help must be sought.

In the case of acids and chemicals: wash off immediately with cold water and remove contaminated clothing. If burn is to the eyes, irrigate with cold water, cover and seek medical aid.

### *Smoke in the Eyes*

Forest firefighters 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 for snake bites: 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.

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, diarrhoea, 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.

Mosquito, Sand fly, 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, welt, 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.C.D. 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 haemorrhage 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 behaviour. 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 supervision.

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.

