

FRIEND

SAIL Pathfinders 2011-2012

I will be a servant of God and a friend to man.

The Pathfinder Pledge concludes with the commitment of each Pathfinder that mirrors the two great commandments found in Matthew 22: 'You shall love the LORD your God with all your heart, with all your soul, and with all your mind' and 'You shall love your neighbor as yourself.'

What does it mean to be a Friend? Christ focused on this throughout his ministry on earth. In Luke 6:31 (NKJV) Christ sums up what being a friend means: "And just as you want men to do to you, you also do to them likewise." This is the Golden Rule, often written as "Do unto others as you would have them do unto you." A friend, then, first and foremost treats others as he would like to be treated. A friend will not exclude others, a friend will not criticize just to make himself appear smarter, stronger or more skilled. A friend will consider the needs and feelings of others.

It is not a simple thing to be a friend, but it is the beginning of a journey, one that is full of rich experiences, strong relationships, and ultimately a spirit of service. In the story of the Good Samaritan (Luke 10:25-37), Christ breaks down the barriers of stereotype, of prejudice, and of selfishness. He lays bare the false excuses of those who recognize but fail to address the needs of their neighbors. All are created in the image of God, and Christ dies for all.

If Christ has chosen to give up his life for each person we encounter, what does that tell us about the value of those people in God's eye? And if God found such value in each person, who are we to make our own judgement on others? As we work on the Friend class, we will learn together

not only what friendship means, but also how we can put it into practice.

The first step is to expand our walk with God. We will study the book of Matthew, following the life of Christ, our great example, and explore the scripture further for strength and guidance. Taking on Christ's example, we will find ways to put our Friendship into practice through group and individual service projects.

We will also work on skills to help us remain healthy, to prepare for emergencies, and to expand our physical capabilities and intellectual curiosity. We will write and take part in skits, go camping and learn skills useful in the outdoors, study nature for our own knowledge and enjoyment as well as to better understand God's character, and learn about the history of Adventism and the pioneers of the Church.

As part of the Friend class work, we will complete at least three Pathfinder honors: Red Alert, Basic Water Safety, and Camping Skills I. In addition, we will work on at least parts of several other honors, which may include Christian Citizenship, Nutrition, Knots, Birds, Mammals, Reptiles, Amphibians, and Seeds.

Welcome Aboard!



Friend Investiture Achievement

This booklet contains the requirements to earn the Friend Investiture Achievement, as well as information and materials that can help you on your path. There are seven core components of the program, and each of these must be completed to earn the Friend Achievement level and insignia. If you are up for a challenge, also complete the advanced material at the end of this booklet to earn the Trail Friend advanced ribbon.

Friend Investiture Achievement Requirements

Personal Growth (Page 4)

1. Be in Grade 5 or its equivalent
- 2.a. Develop your daily devotional life by studying the Weekly Devotional Guide (weeks 1–13) and the book of Matthew utilizing printed or electronic study guide/resources.
- 2.b. Journal your thoughts by asking these questions: “What did I learn about God?” “What did I learn about Myself?” “How can I apply this to my life today?” You may journal through writing, drawing or electronic process.
3. Memorize the Pathfinder Pledge & Law
4. Learn the Pathfinder Song

Spiritual Discovery (Page 8)

- 1.a. Memorize in order the New Testament books of the Bible and know the four areas into which the books are grouped.
- 1.b. Demonstrate your ability to find any New Testament book.
2. Memorize a Bible text for the following subjects: Prayer, Doctrine, Behavior, Salvation, Relationships, Promises/Praise, Great Passages
3. Participate in a skit on a story about the life of Jesus like Jesus in the temple at 12, Jesus being tempted in the wilderness, Jesus feeding the 5,000, or another favorite story about Jesus
4. Learn about the world-wide Advent Awakening (late 1700s to 1844 time period) by identifying seven people and three events explaining why they are important.

Serving Others (Page 13)

1. In consultation with your leader, plan ways and find opportunities to spend time being a friend with someone in need.
2. Spend at least four hours participating in projects that benefit the church or school.

Making Friends (Page 14)

1. Discover 10 qualities of being a good friend and share two that are most important to you
2. Fulfill requirements #1, #2, and #3 of the Christian Citizenship Honor.

Health and Fitness (Page 17)

1. Learn the value of good Nutrition & Water by discussing: The Food Pyramid Guide, The daily servings for each food group, The importance of a balanced diet, The importance of drinking a healthy amount of water
2. Earn the Red Alert Honor.
3. Complete the Basic Water Safety Honor, OR Beginner Swimming Honor if not previously earned.

Nature Study (Page 22)

- 1.a. Read Romans 1:19-20 and tell how nature reveals God’s character.
- 1.b. Find two other Chapters in the Bible that demonstrate how nature reveals God’s character.
2. Bird/Mammals: Set up a feeding station for the birds or mammals. Report on the types of visitors you observe for one week.

Outdoor Living (Page 24)

1. Tie and know the practical use of 10 knots.
2. Earn the Camping Skills I Honor.

Trail Friend (Page 28)

Personal Growth

1. Be in Grade 5 or its equivalent.

2.a. Develop your daily devotional life by studying the Weekly Devotional Guide (weeks 1 – 13) and the book of Matthew utilizing printed or electronic resources.

2.b. Journal your thoughts by asking these questions: “What did I learn about God?” “What did I learn about Myself?” “How can I apply this to my life today?”

You may journal through writing, drawing or electronic process.

Weekly Devotional Guide (weeks 1-13)

Week 1 Who Am I?

Psalm 139:13-16
John 14:12-31
John 15:1-17
Psalm 18:33-36
Deuteronomy 32:9
Jeremiah 2:21
Psalm 62:1-2

Week 2 What About Me?

Colossians 2:8-23
1 Corinthians 1:20-31
Jeremiah 9:23-24
Philippians 3:1-16
Romans 7:21-25
Luke 2:52
1 Thessalonians 5:16-18

Week 3 Being in Charge

Proverbs 16:7
Galatians 5:23
Revelation 1-5
Song of Solomon 8:7
Romans 12:1
2 Peter 1:5-8
Psalm 28:7

Week 4 Try Again

Zechariah 4:6
Isaiah 40:12-13
Haggai 2:5
1 Samuel 17:47
James 1:13-15
1 Samuel 16:7
1 Peter 1:13-14

Week 5 I Feel Lousy

Psalm 42:6
Isaiah 26:3
Psalm 55:22
Psalm 46
Matthew 6:25-34
Psalm 22:24
John 14:27

Week 6 Courage

2 Corinthians 12:1-10
Romans 8:38-39
Acts 28:15
1 Peter 2:21
Colossians 3:1-3
Galatians 5:17
Matthew 13:21-22

Week 7 Being Alone

Joshua 1:1-9
Joshua 21:45
Zephaniah 3:14-20
Psalm 111:1-5
Luke 12:22-23
Psalm 46:10
Psalm 131:2

Week 8 Being Afraid

Matthew 14:13-33
Psalm 81:1-2
Isaiah 26:1-3
Isaiah 30:1-18
Isaiah 32:17
Matthew 11:28
Joshua 1:9

Week 9 Rebellion

Psalm 141:3
Psalm 130
Proverbs 12:18-19
Proverbs 15:4
Matthew 18:15-22
Ephesians 5:15-16
Galatians 5:13-14

Week 10 Standards

Romans 13:9
1 Timothy 6:11-12
Matthew 5:13-20
Philippians 4
Jeremiah 1:4-10
Jeremiah 29:11
Luke 12:15

Week 11 Sin

Romans 2:24
Romans 3:10-18
Romans 6:23
Psalm 25
Isaiah 43-44
Micah 7

Week 12 Character

Matthew 5:1-12
Proverbs 16:18
Luke 12:15-21
1 Corinthians 10:12
Romans 6:12-19
Colossians 3:12-15
2 Chronicles 7:14

Week 13 Temptation

Luke 10:19
1 Peter 5:8
Ephesians 6:10-20
Micah 7:8
2 Corinthians 4:18
Ephesians 6:11-12
Romans 12:2

Introduction to the Book of Matthew, for the Friend Investiture Achievement

As part of the Friend Investiture Achievement, we will be reading the book of Matthew. Matthew is also the source of the scripture on our SAIL Pathfinder logo: *You are the light of the world. A city that is set on a hill cannot be hidden. Nor do they light a lamp and put it under a basket, but on a lampstand, and it gives light to all who are in the house. Let your light so shine before men, that they may see your good works and glorify your Father in heaven.* (Matthew 5:14-16 NKJV)

The book of Matthew is the first of the four Gospels in the New Testament. It tells the story of Jesus' life, death and resurrection as well as his teachings. What do we mean by the word "Gospel?" The literal translation is "Good News." The Gospel is the Good News of salvation, the birth, death and resurrection of Christ to take away our sins. This he has freely given to all people for all time - if they are willing to accept the gift. Christ himself taught the Gospel, or Good News, about salvation when he was on earth. Matthew 4:23 (NKJV) tells us, *"And Jesus went about all Galilee, teaching in their synagogues, preaching the gospel of the kingdom, and healing all kinds of sickness and all kinds of disease among the people."*

When we call the first four books of the New Testament - Matthew, Mark, Luke and John - the Gospels, we are saying that these four books tell the Good News of the life and teachings of Christ. Three of these books - Matthew, Mark and Luke - are very similar in content and style. The fourth - John - approaches the story of the life of Christ in a different manner. The similar three are sometimes referred to as the "Synoptic Gospels." Synoptic is a fancy way of saying that they see together, or take a common view of something. (Syn means together, or the same, like the word synonym, and optic means to see, and is the same root as in optometrist, or eye doctor.)

Have you ever read stories about Jesus in the Bible in different Gospel books? Sometimes they read almost exactly the same, as in the story of the paralytic man and his four friends, found in Matthew 9:2-8, Mark 2:3-12 and Luke 5:18-26. You can really see here how all three of the Gospel writers could "see together" the story. This similarity of retelling the story can help strengthen our belief in the story.

Sometimes, however, the Gospel writers seem to have a different perspective on a story. Look at the different ways Matthew, Mark and Luke retell the story of Peter when the rooster crows and he realizes he has denied Jesus (Matthew 26:75, Mark 14:72, Luke 22:61). There are different details retold in these. Do these differences make the Gospels less true? No, they do not. They rather show different perspectives and intended audiences.

Have you and your friends ever told about something you did, and each of you has a little different point of view, or focuses on a different aspect of the story? Have you ever told a story differently for your parents and for your friends, because each would understand it a little differently? A similar thing happens in the Gospels - each writer comes from a different perspective, has a different audience, and thus will tell the same story slightly different. But we believe the scripture is the inspired word, that God moved the authors to write, and so we can trust what they have written.

As we explore the book of Matthew together, we will learn more about who Matthew was, who he was writing for and when, and this will help us better understand how he chooses to retell the Good News, and what it means for us today.

3. Memorize the Pathfinder Pledge & Law.

Pathfinder Pledge:

By the grace of God, I will be pure, and kind, and true.
I will keep the Pathfinder Law.
I will be a servant of God and a friend to man.

The Law is for me to:

Keep the morning watch
Do my honest part
Care for my body,
Keep a level eye
Be courteous and obedient
Walk softly in the sanctuary,
Keep a song in my heart,
Go on God's errand.

Explanation -- Pathfinder Pledge

By the grace of God: Only as we rely on God to help us can we do His will.

I will be pure: I will fill my mind with everything that is right and true and spend my time in activities that will build a strong, clean character.

I will be kind: I will be considerate and kind, not only to my fellow man, but also to all of God's creation.

I will be true: I will be honest and upright in study, work and play and can always be counted upon to do my very best.

I will keep the Pathfinder Law: I will seek to understand the meaning of the Law and will strive to live up to it's spirit, realizing that obedience to law is essential in any organization

I will be a servant to God: I will pledge myself to serve God first, last, and best in everything I am called upon to be or do.

I will be a friend to man: I will live to bless others and do unto them as I would have them do unto me.

Explanation -- Pathfinder Law

Keep the Morning Watch: I will have prayer and personal bible study each day.

Do my honest part: By the power of God I will help others, and do my duty and my honest share, wherever I may be.

Care for my body: I will be temperate in all things and strive to reach a higher standard of physical fitness.

Keep a level eye: I will not lie, cheat or deceive, and will despise dirty talk or evil thinking.

Be courteous and obedient: I will be kind and thoughtful of others, reflecting the love of Jesus in all my association with others.

Walk softly in the sanctuary: In any devotional exercise I will be quiet, careful and reverent.

Keep a song in my heart: I will be cheerful and happy and let the influence of my life be as sunshine to others.

Go on God's errands: I will always be ready to share my faith and go about doing good as Jesus did.

4. Learn the Pathfinder Song

Oh, We Are the Pathfinders Strong
Soy Conquistador Fuerte y Fiel
Nous Sommes les Explorateurs

H. T. B. Henry T. Bergh

capo on 1st fret G F#G G G B7 C E7/B Am

Oh, we are the Path - find - ers strong, The ser - vants of God are we;
Soy Con - quis - ta - dor fuer - te y fiel, Un sier - vo de Dios yo soy;
Nous som - mes les Ex - plo - ra - teurs, Les ser - vi - teurs du Sei - gneur;

C A7 D7 G

Faith - ful as we march a - long, In kind - ness, truth and pur - i - ty.
Fiel - es mar - cha - re - mos ya Por la sen - da del de - ber.
Bons, loy - aux et purs, mar - chant Fi - dè - les à la vé - ri - té.

G F#G G G B7 C

A mes - sage to tell to the world, A truth that will set us free,
Men - sa - je ten - e - mos que dar, Ver - dad que li - ber - tá - ra,
Nous vou - lons an - non - cer à tous Un mes - sage li - bé - ra - teur

C/E Cm/Eb G C G/D D7 G

King Je - sus the Sav - iour's com - ing back for you and me.
Je - sús muy pron - to re - gre - sa - rá por ti, por mí.
Bien - tôt des cieux re - vient le Sau - veur, Pour moi, pour vous.

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Personal Growth:

1. Instructor _____ Date _____
2. Instructor _____ Date _____
3. Instructor _____ Date _____
4. Instructor _____ Date _____

Spiritual Discovery

1.a. Memorize in order the names of the New Testament books of the Bible and know the four areas into which the books are grouped.

1.b. Demonstrate your ability to find any New Testament book.

Gospels:

Matthew
Mark
Luke
John

History:

Acts

Letters:

Romans
Corinthians (I, II)
Galatians
Ephesians
Philippians
Colossians
Thessalonians (I, II)
Timothy (I, II)
Titus
Philemon
Hebrews
James
Peter (I, II)
John (I, II, III)
Jude

Prophecy:

Revelation

2. Memorize a Bible text for the following subjects: Prayer, Doctrine, Behavior, Salvation, Relationships, Promises, Great Passages

Prayer: Matthew 6:9-13, Mark 1:35, 1 Samuel 12:23, or 1 Thessalonians 3:10

- (Matthew 6:9-13 NKJV) *In this manner, therefore, pray: Our Father in heaven, Hallowed be Your name. Your kingdom come. Your will be done On earth as it is in heaven. Give us this day our daily bread. And forgive us our debts, As we forgive our debtors. And do not lead us into temptation, But deliver us from the evil one. For Yours is the kingdom and the power and the glory forever. Amen.*
- (Mark 1:35 NKJV) *Now in the morning, having risen a long while before daylight, He went out and departed to a solitary place; and there He prayed.*
- (1 Samuel 12:23 NKJV) *Moreover, as for me, far be it from me that I should sin against the LORD in ceasing to pray for you; but I will teach you the good and the right way.*
- (1 Thessalonians 3:10 NKJV) *night and day praying exceedingly that we may see your face and perfect what is lacking in your faith?*

Doctrine: 2 Timothy 3:15, John 10:10 or Exodus 20:3-17

- (2 Timothy 3:15 NKJV) *and that from childhood you have known the Holy Scriptures, which are able to make you wise for salvation through faith which is in Christ Jesus.*
- (John 10:10 NKJV) *The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have it more abundantly.*
- (Exodus 20:3-17 NKJV) *“You shall have no other gods before Me.
“You shall not make for yourself a carved image—any likeness of anything that is in heaven above, or that is in the earth beneath, or that is in the water under the earth; you shall not bow down to them nor serve them. For I, the LORD your God, am a jealous God, visiting the iniquity of the fathers upon the children to the third and fourth*

generations of those who hate Me, but showing mercy to thousands, to those who love Me and keep My commandments.

“You shall not take the name of the LORD your God in vain, for the LORD will not hold him guiltless who takes His name in vain.

“ Remember the Sabbath day, to keep it holy. Six days you shall labor and do all your work, but the seventh day is the Sabbath of the LORD your God. In it you shall do no work: you, nor your son, nor your daughter, nor your male servant, nor your female servant, nor your cattle, nor your stranger who is within your gates. For in six days the LORD made the heavens and the earth, the sea, and all that is in them, and rested the seventh day. Therefore the LORD blessed the Sabbath day and hallowed it.

“ Honor your father and your mother, that your days may be long upon the land which the LORD your God is giving you.

“You shall not murder.

“You shall not commit adultery.

“You shall not steal.

“You shall not bear false witness against your neighbor.

“You shall not covet your neighbor’s house; you shall not covet your neighbor’s wife, nor his male servant, nor his female servant, nor his ox, nor his donkey, nor anything that is your neighbor’s.”

Behavior: Proverbs 12:22, Proverbs 17:22, Philippians 4:4, Proverbs 6:6, or Proverbs 28:14

- (Proverbs 12:22 NKJV) *Lying lips are an abomination to the LORD, But those who deal truthfully are His delight.*
- (Proverbs 17:22 NKJV) *A merry heart does good, like medicine, But a broken spirit dries the bones.*
- (Philippians 4:4 NKJV) *Rejoice in the Lord always. Again I will say, rejoice!*
- (Proverbs 6:6 NKJV) *Go to the ant, you sluggard! Consider her ways and be wise*
- (Proverbs 28:14 NKJV) *Happy is the man who is always reverent, But he who hardens his heart will fall into calamity.*

Salvation: 1 John 1:9, Ecclesiastes 12:1, John 3:16, Ezekiel 33:11, or John 17:15

- (1 John 1:9 NKJV) *If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.*
- (Ecclesiastes 12:1 NKJV) *Remember now your Creator in the days of your youth, Before the difficult days come, And the years draw near when you say, “ I have no pleasure in them”*
- (John 3:16 NKJV) *For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life.*
- (Ezekiel 33:11 NKJV) *Say to them: ‘As I live,’ says the Lord GOD, ‘I have no pleasure in the death of the wicked, but that the wicked turn from his way and live. Turn, turn from your evil ways! For why should you die, O house of Israel?’*
- (John 17:15 NKJV) *I do not pray that You should take them out of the world, but that You should keep them from the evil one.*

Relationships: Ephesians 6:1, Luke 2:52, Luke 4:16, Psalms 51:10, or Psalms 16:8

- (Ephesians 6:1 NKJV) *Children, obey your parents in the Lord, for this is right.*
- (Luke 2:52 NKJV) *And Jesus increased in wisdom and stature, and in favor with God and men.*
- (Luke 4:16 NKJV) *So He came to Nazareth, where He had been brought up. And as His custom was, He went into the synagogue on the Sabbath day, and stood up to read.*
- (Psalms 51:10 NKJV) *Create in me a clean heart, O God, And renew a steadfast spirit within me.*
- (Psalms 16:8 NKJV) *I have set the LORD always before me; Because He is at my right hand I shall not be moved.*

Promise/Praise: Philippians 4:19, Psalm 107:1, Psalm 103:13, Isaiah 58:9-10, or Psalm 84:1-2

- (Philippians 4:19 NKJV) *And my God shall supply all your need according to His riches in glory by Christ Jesus.*

- (Psalm 107:1 NKJV) *Oh, give thanks to the LORD, for He is good! For His mercy endures forever.*
- (Psalm 103:13 NKJV) *As a father pities his children, So the LORD pities those who fear Him.*
- (Isaiah 58:9-10 NKJV) *Then you shall call, and the LORD will answer; You shall cry, and He will say, ‘Here I am.’ “If you take away the yoke from your midst, The pointing of the finger, and speaking wickedness, If you extend your soul to the hungry And satisfy the afflicted soul, Then your light shall dawn in the darkness, And your darkness shall be as the noonday.*
- (Psalm 84:1-2 NKJV) *How lovely is Your tabernacle, O LORD of hosts! My soul longs, yes, even faints For the courts of the LORD; My heart and my flesh cry out for the living God.*

Great Passages: Psalm 23, Exodus 20:3-17, Matthew 5:3-12, or Psalm 8:5-9

- (Psalm 23 NKJV) *The LORD is my shepherd; I shall not want. He makes me to lie down in green pastures; He leads me beside the still waters. He restores my soul; He leads me in the paths of righteousness For His name’s sake. Yea, though I walk through the valley of the shadow of death, I will fear no evil; For You are with me; Your rod and Your staff, they comfort me. You prepare a table before me in the presence of my enemies; You anoint my head with oil; My cup runs over. Surely goodness and mercy shall follow me All the days of my life; And I will dwell in the house of the LORD Forever.*
- (Matthew 5:3-12) *“Blessed are the poor in spirit, For theirs is the kingdom of heaven.
Blessed are those who mourn, For they shall be comforted.
Blessed are the meek, For they shall inherit the earth.
Blessed are those who hunger and thirst for righteousness, For they shall be filled.
Blessed are the merciful, For they shall obtain mercy.
Blessed are the pure in heart, For they shall see God.
Blessed are the peacemakers, For they shall be called sons of God.
Blessed are those who are persecuted for righteousness’ sake, For theirs is the kingdom of heaven.
“Blessed are you when they revile and persecute you, and say all kinds of evil against you falsely for My sake.
Rejoice and be exceedingly glad, for great is your reward in heaven, for so they persecuted the prophets who were before you.*
- (Psalm 8:5-9) *For You have made him a little lower than the angels, And You have crowned him with glory and honor. You have made him to have dominion over the works of Your hands; You have put all things under his feet, All sheep and oxen—Even the beasts of the field, The birds of the air, And the fish of the sea That pass through the paths of the seas. O LORD, our Lord, How excellent is Your name in all the earth!*

3. Participate in a skit on a story about the life of Jesus
 (Some examples include: Jesus in the temple at 12, Jesus being tempted in the wilderness, Jesus feeding the 5,000 or another favorite story about Jesus)

Story _____

Bible Verses _____

Characters _____

Outline _____

4. Learn about the world-wide Advent Awakening (late 1700s to 1844 time period) by identifying seven people and three events explaining why they are important.

Person 1: _____

Person 2: _____

Person 3: _____

Person 4: _____

Person 5: _____

Person 6: _____

Person 7: _____

Event 1: _____

Event 2: _____

Event 3: _____

Some Resources:

- * A Brief History of Seventh-day Adventists, by George R Knight
- * Tell it to the World: The Story of Seventh-day Adventists, by C. Mervyn Maxwell
- * The Great Second Advent Movement: Its Rise and Progress, by J.N. Loughborough
- * Playing Our Past, by the Canadian Union College Heritage Players, available online at <http://www.adventistheritage.org/article.php?id=68>
- * Historical Prologue to Early Writings by Ellen G. White, available online at <http://www.gilead.net/egw/books2/earlywritings/ewhistory.htm>
- * Pioneer Gallery and Biographical Sketches from Adventist Pioneer Library, available online at <http://www.aplib.org/Gallery.htm>
- * Lest We Forget periodical by Adventist Pioneer Library, available online at <http://www.aplib.org/Periodical.htm>

Spiritual Discovery:

1. Instructor _____ Date _____
2. Instructor _____ Date _____
3. Instructor _____ Date _____
4. Instructor _____ Date _____

Serving Others

1. In consultation with your leader, plan ways and find opportunities to spend time being a friend with someone in need.

Report: _____

2. Spend at least four hours participating in projects that benefit the church or school.

Report: _____

Serving Others:

1. Instructor _____ Date _____
2. Instructor _____ Date _____

Making Friends

1. Discover 10 qualities of being a good friend and share two that are most important to you.

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

Which two are most important to you?

- 1. _____
- 2. _____

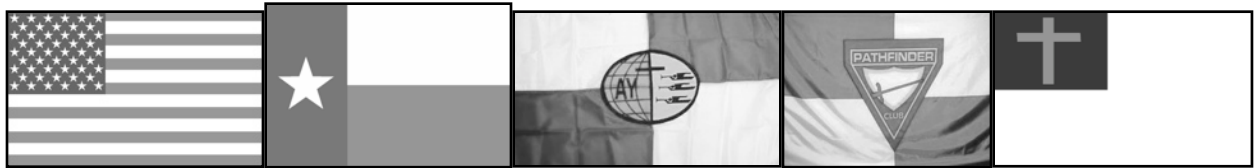
Why? _____

Do to others as you would have them do to you. (Luke 6:31 NIV)

2. Fulfill requirements #1, #2, and #3 of the Christian Citizenship Honor.

1. Describe the national, state or provincial, AY, Pathfinder, and Christian flags.

- a. National _____
- b. State _____
- c. AY _____
- d. Pathfinder _____
- e. Christian _____



2. Know how to display the national flag with two other flags under the following situations:

- a. Camp out/Camporee _____
- b. Fair _____
- c. Pathfinder Day program _____
- d. Parade _____

3. Demonstrate how to fold and salute your national flag. (With instructor) Describe when and how it should be displayed.

For Your Information: Some selections from the United States Flag Code:

** It is the universal custom to display the flag only from sunrise to sunset on buildings and on stationary flagstuffs in the open. However, when a patriotic effect is desired, the flag may be displayed twenty-four hours a day if properly illuminated during the hours of darkness.*

**The flag should be hoisted briskly and lowered ceremoniously.*

**The flag should not be displayed on days when the weather is inclement, except when an all-weather flag is displayed.*

**The flag, when carried in a procession with another flag or flags, should be either on the marching right; that is, the flag's own right, or, if there is a line of other flags, in front of the center of that line.*

**The flag of the United States of America should be at the center and at the highest point of the group when a number of flags of States or localities or pennants of societies are grouped and displayed from staffs.*

**When flags of States, cities, or localities, or pennants of societies are flown on the same halyard with the flag of the United States, the latter should always be at the peak. When the flags are flown from adjacent staffs, the flag of the United States should be hoisted first and lowered last. No such flag or pennant may be placed above the flag of the United States or to the United States flag's right.*

**When displayed either horizontally or vertically against a wall, the union should be uppermost and to the flag's own right, that is, to the observer's left. When displayed in a window, the flag should be displayed in the same way, with the union or blue field to the left of the observer in the street.*

**When used on a speaker's platform, the flag, if displayed flat, should be displayed above and behind the speaker. When displayed from a staff in a church or public auditorium, the flag of the United States of America should hold the position of superior prominence, in advance of the audience, and in the position of honor at the clergyman's or speaker's right as he faces the audience. Any other flag so displayed should be placed on the left of the clergyman or speaker or to the right of the audience.*

**No disrespect should be shown to the flag of the United States of America; the flag should not be dipped to any person or thing. Regimental colors, State flags, and organization or institutional flags are to be dipped as a mark of honor.*

**The flag should never be displayed with the union down, except as a signal of dire distress in instances of extreme danger to life or property.*

**The flag should never touch anything beneath it, such as the ground, the floor, water, or merchandise.*

**The flag should never be fastened, displayed, used, or stored in such a manner as to permit it to be easily torn, soiled, or damaged in any way.*

**The flag should never have placed upon it, nor on any part of it, nor attached to it any mark, insignia, letter, word, figure, design, picture, or drawing of any nature.*

**During the ceremony of hoisting or lowering the flag or when the flag is passing in a parade or in review, all persons present in uniform should render the military salute. Members of the Armed Forces and veterans who are present but not in uniform may render the military salute. All other persons present should face the flag and stand at attention with their right hand over the heart, or if applicable, remove their headdress with their right hand and hold it at the left shoulder, the hand being over the heart. Citizens of other countries present should stand at attention. All such conduct toward the flag in a moving column should be rendered at the moment the flag passes.*

Making Friends:

1. Instructor _____ Date _____

2. Instructor _____ Date _____

Health and Fitness

1. Learn the value of good nutrition & water, by discussing:

The Food Pyramid Guide.

The daily servings for each food group,

The importance of a balanced diet,

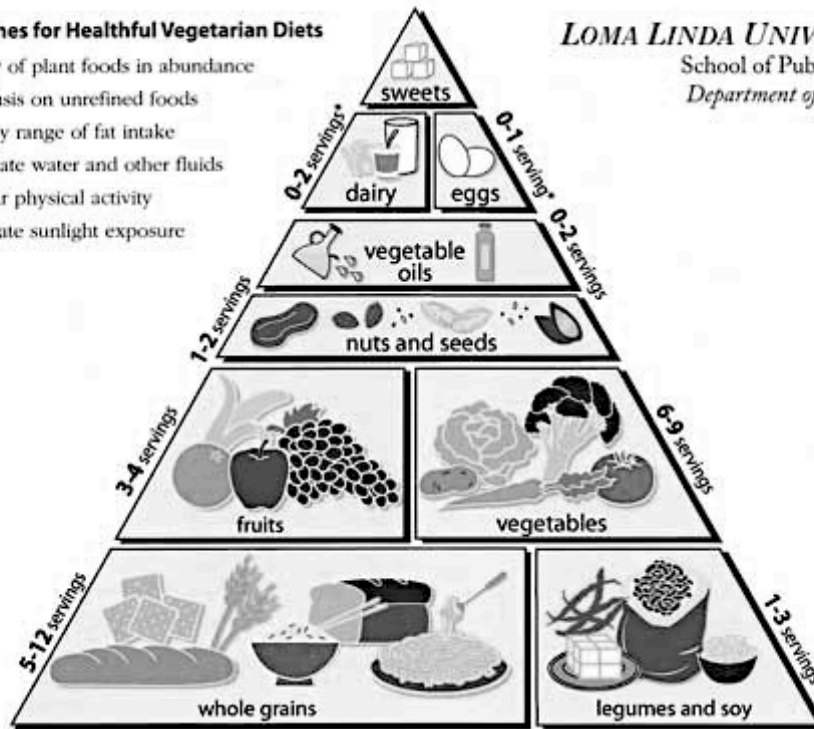
The importance of drinking a healthy amount of water

The Vegetarian Food Pyramid

Guidelines for Healthful Vegetarian Diets

- Variety of plant foods in abundance
- Emphasis on unrefined foods
- Healthy range of fat intake
- Adequate water and other fluids
- Regular physical activity
- Moderate sunlight exposure

LOMA LINDA UNIVERSITY
School of Public Health
Department of Nutrition



* A reliable source of vitamin B12 should be included if no dairy or eggs are consumed.

Other Lifestyle Recommendations



Daily Exercise



Water—eight, 8 oz. glasses per day



Sunlight—10 minutes a day to activate vitamin D

Calories/day ▶	1600kcal/day	2000kcal/day	2500kcal/day	1600kcal/day	2000kcal/day	2500kcal/day
Food Groups	vegan servings/day			lacto-ovo servings/day		
Whole Grains	5	7	12	5	6	9
Legumes and Soy	3	3	3	3	3	3
Vegetables	6	8	9	6	8	9
Fruits	3	4	4	3	4	4
Nuts and Seeds	2	2	2	1	1	2
Vegetable Oils	1	2	2	1	2	2
Dairy Products	0	0	0	2	2	2
Eggs	0	0	0	1/2 egg	1/2 egg	1/2 egg
Sweets	Optional					

e. Flood _____

f. Tornado _____

g. Hurricane _____

h. Thunderstorm _____

i. Atomic emergency _____

j. Rock or snow avalanche _____

k. Your boat or canoe capsizes in open water _____

2. When telephoning for help in an emergency situation, what essential information should be given and who should hang the telephone up last?

3. Demonstrate what emergency first aid measures you should take in the following situations.

a. Someone's clothes catch on fire _____

3. Complete the Basic Water Safety Honor OR the Beginner's Swimming Honor, if not previously earned.

Basic Water Safety

1. Enter and exit the water un-assisted. The point is to teach how to get in and out of a pool without assistance and safely.
2. While holding your breath, fully submerge your face under water for five seconds.
3. Alternately inhale through the mouth above the surface and blow bubbles through the mouth/nose, with face completely submerged, seven time rhythmically and continuously.
4. Open your eyes under water and retrieve submerged objects two times.
5. Front float for five seconds.
6. Front glide for two body lengths.
7. Back float for fifteen seconds.
8. Holding on to the side of the pool, kick with your feet for twenty seconds.
9. Using arm and leg motion, swim five body lengths.
10. Learn to put on a Life Jacket and float for thirty seconds.
11. Demonstrate water safety by:
 - a. How to call for help in case of an emergency.
 - b. Learn how to release a cramp.
 - c. Demonstrate reaching assist.
 - d. Learn at least ten safety rules when around water.

Note: these requirements can be done in a backyard pool (2-3 feet deep) with adult supervision. They do not require a lifeguard or water safety instructor.

Beginner's Swimming (Updated General Conference requirements)

Complete the Red Cross Swim level III--Stroke Readiness or the following:

1. Retrieve an object from the bottom in chest-deep water, unsupported and with eyes open.
2. Bob submerging head completely 15 times in chest-deep water.
3. Bob in deep water (slightly over head) to travel to safe area or side of pool.
4. Jump into deep water from side of pool.
5. Dive from side of pool in kneeling and compact position.
6. Prone glide with push-off for two body lengths.
7. Supine glide with push-off for two body lengths.
8. Swim front crawl--ten yards.
9. Swim back crawl--ten yards.
10. Demonstrate elementary backstroke kick--ten yards.
11. Reverse direction while swimming on front.
12. Reverse direction while swimming on back.
13. Discuss safety diving rules.
14. Tread water.
15. Jump into deep water with life jacket.
16. Demonstrate H.E.L.P. position for one minute.
17. Demonstrate huddle position for one minute.
18. Demonstrate correct technique for opening the airway for rescue breathing.

Health and Fitness:

1. Instructor _____ Date _____
2. Instructor _____ Date _____
3. Instructor _____ Date _____

Nature Study

- 1a. Read Romans 1:19-20 and tell how nature reveals God’s character.**
- 1b. Find two other chapters in the Bible that demonstrate how nature reveals God’s character.**

(Romans 1:19-20 NKJV) because what may be known of God is manifest in them, for God has shown it to them. For since the creation of the world His invisible attributes are clearly seen, being understood by the things that are made, even His eternal power and Godhead, so that they are without excuse

How does nature reveal God’s character? _____

Chapter and description: _____

Chapter and description: _____

2. Bird/Mammals: Set up a feeding station for the birds or mammals. Report on the types of visitors you observe for one week.

Type:
Date and time of day:
Behavior:

Type:
Date and time of day:
Behavior:

Type:
Date and time of day:
Behavior:

Type:
Date and time of day:
Behavior:

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Date and time of day:
Behavior:

Type:
Date and time of day:
Behavior:

Type:
Date and time of day:
Behavior:

(Attach another sheet for additional observations)

Some simple Bird feeder plans:

- <http://familyfun.go.com/crafts/backyard-bird-feeder-672532/>
- <http://familyfun.go.com/crafts/tray-bird-feeder-674071/>
- <http://familyfun.go.com/crafts/make-recycled-bird-feeder-710474/>
- http://www.runnerduck.com/kc_plastic_birdhouse.htm

A simple Squirrel Feeder

<http://www.diynetwork.com/decorating/how-to-make-a-squirrel-feeder/index.html>

Nature Study:

1. Instructor _____ Date _____
2. Instructor _____ Date _____

Outdoor Living

1. Tie and know the practical use of 10 knots.

- | | |
|----------|-----------|
| 1. _____ | 6. _____ |
| 2. _____ | 7. _____ |
| 3. _____ | 8. _____ |
| 4. _____ | 9. _____ |
| 5. _____ | 10. _____ |

2. Earn the Camping Skills I Honor.

1. Be at least in the 5th grade.
2. Understand and practice wilderness and camping etiquette, regarding preservation of the outdoors.

3. Know eight things to do when lost.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

4. Be familiar with various types of sleeping equipment suitable to location and season.

9. Properly use the knife and hatchet. Know ten safety rules for their use.

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

10. Fires:

a. Demonstrate ability to choose and prepare a fire site.

b. Know fire safety precautions.

c. Know how to properly strike a match.

d. Practice building a fire with the use of one match, using only natural materials.

e. Demonstrate how to protect firewood in wet weather.

11. Bake bread on a stick.

12. Describe the proper procedures for washing and keeping clean the cooking and eating utensils.

TRAIL FRIEND

The Trail Friend Advanced Ribbon is awarded to all those who complete all the requirements for the Friend Investiture Achievement and all of the following:

- 1. Spiritual Discovery: Create a time line showing the main events of the life of Jesus.**
- 2. Serving Others: Bring someone who does not regularly attend church to a church program or activity.**
- 3. Making Friends: Complete the Christian Citizenship Honor, if not previously earned.**
- 4. Health and Fitness: Participate in a lifestyle fitness program for your age, such as: President's Challenge Active Lifestyle Program, Live Healthy Bermuda Kids, Or similar program**
- 5 Nature Study:**
 - A. Seeds or Amphibians/Reptiles: Collect or obtain and identify 15 different kinds of seeds. OR Help set up and observe a terrarium for amphibians/reptiles**
 - B. Complete a Skill Level 1 nature honor not previously earned.**

Amphibians	Cats	Maple Sugar	Stars
Animal Tracking	Dogs	Orchids	Trees
Antelopes	Eucalyptus	Reptiles	Wattles
Bats	Geology	Sand	Weather
Birds	Herbs	Seeds	Worms
Bird Pets	Insects	Shrubs	
Cacti	Mammals	Soils	

- 6. Honor Enrichment:**
 - A. Complete a Skill Level 1 honor, not previously earned, in the area of Arts & Crafts or Household Arts.**

Arts and Crafts

Africa Lore	Glass Craft	Music	String Art
Airplane Modeling	Glass Etching	Native American Lore	Tie-dye
Braiding	Glass Painting	Origami	Weaving
Bread Dough	Leather Craft	Pinewood Derby	Whistles
Candlemaking	Lighthouses	Plaster Craft	
Copper Enameling	Macrame	Plastic Canvas	
Decoupage	Model Cars	Scrapbooking	
Felt Craft	Model Rocketry	Soap Craft	

Household Arts

Baking	Cultural Food	Laundering
Basic Sewing	Preparation	Nutrition
Cooking	Dressmaking	

B. Complete a Skill Level 1 honor, not previously earned, in the area of Recreational, Vocational, or Outdoor Industries.

Recreation

Archery	Drilling and Marching	Letterboxing	Swimming (Beginner)
Basketball	Geocaching	Slow-Pitch Softball	Swimming (Advanced Beginner)
Camp Craft	Gold Prospecting	Snowshoeing	Track and Field
Camping Skills I	Hiking	Snowshoeing (Advanced)	Travel
Camping Skills II	Horsemanship	Soccer	Wakeboarding
Cycling	Kites		

Vocational

Computer	Electricity
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Outdoor Industries

Flower Culture	Horse Husbandry	Sheep Husbandry
Gardening	Poultry Raising	

Friend Investiture Achievement:

- Personal Growth 1. Instructor _____ Date _____
- Personal Growth 2a. Instructor _____ Date _____
- Personal Growth 2b. Instructor _____ Date _____
- Personal Growth 3. Instructor _____ Date _____
- Personal Growth 4. Instructor _____ Date _____
- Spiritual Discovery 1a. Instructor _____ Date _____
- Spiritual Discovery 1b. Instructor _____ Date _____
- Spiritual Discovery 2. Instructor _____ Date _____
- Spiritual Discovery 3. Instructor _____ Date _____
- Spiritual Discovery 4. Instructor _____ Date _____
- Serving Others 1. Instructor _____ Date _____
- Serving Others 2. Instructor _____ Date _____
- Making Friends 1. Instructor _____ Date _____
- Making Friends 2. Instructor _____ Date _____
- Health and Fitness 1. Instructor _____ Date _____
- Health and Fitness 2. Instructor _____ Date _____
- Health and Fitness 3. Instructor _____ Date _____
- Nature Study 1a. Instructor _____ Date _____
- Nature Study 1b. Instructor _____ Date _____
- Nature Study 2. Instructor _____ Date _____
- Outdoor Living 1. Instructor _____ Date _____
- Outdoor Living 2. Instructor _____ Date _____

Complete Friend Requirements:

Instructor _____ Date _____

Trail Friend (Advanced):

- Spiritual Discovery 1. Instructor _____ Date _____
- Serving Others 2. Instructor _____ Date _____
- Making Friends 3. Instructor _____ Date _____
- Health and Fitness 4. Instructor _____ Date _____
- Nature Study 5a. Instructor _____ Date _____
- Nature Study 5b. Instructor _____ Date _____
- Honor Enrichment 6a. Instructor _____ Date _____
- Honor Enrichment 6b. Instructor _____ Date _____

Complete Trail Friend Requirements

Instructor _____ Date _____

