

PATHFINDER CLUB

FRIEND WORKBOOK



FRIEND 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 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



The purpose of the Bible Study section is twofold: to familiarize the junior with the Old Testament and to recognize the Saviour in its stories; and introduce the Juniors to the beginnings of their church.

- 1. Memorise the Old Testament books and know the five areas into which the books are grouped. Demonstrate your ability to find any given book.**



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

Memory Chart

M	Genesis	5	Books of Moses
O	Exodus		
S	Leviticus		
E	Numbers		
S	Deuteronomy		
L	Joshua	12	Books of History
I	Judges		
F	Ruth		
E	I Samuel		
I	II Samuel		
N	I Kings		
C	II Kings		
A	I Chronicles		
N	II Chronicles		
A	Ezra		
A	Nehemiah		
N	Esther		
P	Job	5	Poets
O	Psalms		
E	Proverbs		
T	Ecclesiastes		
S	Song of Solomon		
M	Isaiah	5	Major Prophets
A	Jeremiah		
J	Lamentations		
O	Ezekiel		
R	Daniel		
AND	Hosea	12	Minor Prophets
T	Joel		
W	Amos		
E	Obadiah		
L	Jonah		
V	Micah		
E	Nahum		
M	Habakkuk		
I	Zephaniah		
N	Haggai		
O	Zechariah		
R	Malachi		



Learn the Books of the Bible to Music

Happy Songs for Boys and Girls, No. 115. Available from ABC. Or the following books of the Bible can be sung to the melody of *Battle Hymn of the Republic*.

Verse 1

Gen-es-is & Ex-od-us, Le-vit-ic-us & Num-bers,
Deut-er-on-omy, Josh-ua, Jud-ges, Ruth & Samuel.
Kings, Chronicles, Ez-ra, Neh-em-i-ah, Es-ther, Job, Psalms.
Pro-verbs, Ec-clesi-as-tes.

Verse 2

Song of Solomon, I-sai-ah, Jer-e-mi-ah, Lam-en-ta-tion,
Ezek-iel, Dan-iel, Hose-a, Jo-el, Am-os, Oba-diah.
Jo-nah, Mi-cah, Na-hum, Hab-ak-kuk & Zeph-an-I-ah,
Hag-gai, Zech-ariah, Mal-a-chi.

Verse 3

Matthew, Mark, Luke, John, Acts, Ro-mans, Cor-in-thi-ans,
Gal-atians, Ephesians, Phil-ippians, Col-oss-ians, Thes-sa-Io-ni-ans,
Tim-othy, Ti-tus, Phil-emon, He-bre-ws, James & Pe-ter.
John, Jude, Rev-e-Ia-tion.



Method of Testing

1. Be able to repeat the books in order, **OR**
2. The leader conducts a Bible Drill game in which the Friends are required to find 15 Old Testament books in two minutes.



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 from each of the seven categories below for each class. (You may use whichever version of scripture you wish)

FRIEND CLASS		
I. DOCTRINE	II. GREAT PASSAGES	III. SALVATION
1. John 10:10 2. 2 Timothy 3:15 3. Exodus 20:3-17 4. Option _____	1. Psalm 23 2. Exodus 20:3-17 3. Matthew 5:3-12 4. Psalms 8:5-9 5. Option _____	1. Ecclesiastes 12:1 2. John 3:16 3. 1 John 1:9 4. Ezekiel 33:11 5. John 17:15 6. Option _____
IV. PRAYER	V. RELATIONSHIPS	VI. BEHAVIOUR
1. Matthew 6:9-13 2. Mark 1:35 3. I Samuel 12:23 4. I Thessalonians 3:10 5. Option _____	1. Luke 2:52 2. Luke 4:16 3. Ephesians 6:1 4. Psalms 51:10 5. Psalms 16:8 6. Option _____	1. Proverbs 17:22 2. Proverbs 12:22 3. Philippians 4:4 4. Proverbs 6:6 5. Proverbs 28:14 6. Option _____
VII. PROMISES/PRAISE		
1. Psalms 107:1 3. Philippians 4:19 5. Psalms 84:1,2	2. Psalms 103:13 4. Isaiah 58:9,10 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.)



3. Know and explain Psalm 23 or Psalm 46.

My chosen text is:



Explain your chosen text below:



Method of Testing

Repeat from memory the psalm of your choice and successfully show your understanding of this psalm.



4. During several sessions read the historical prologue to the book *Early Writings* and list the main events of the founding of the SDA church.



You will need a copy of *Early Writings* by E. G. White. You can borrow this from the church library or download online or see your class teacher.

Notes:



Method of Testing

Participating in the session or other planned activity.
No written test is required.



Serving Others

The purpose of the Service section is to provide opportunity for the Friend class to experience the joy and happiness of serving others.

- 1. By consultation with your leader, work out ways to spend at least two hours expressing your friendship to someone in need in your community by doing any two of the following:**
 - 1. Visit someone who needs friendship.**
 - 2. Help someone in need.**
 - 3. With the help of others spend a half day on a community, school, or church project.**

A) Record what you did here:

B) Record what you did here:



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



2. Prove yourself a good citizen at home and school.



Discuss the following questions:

1. Give the rights and responsibilities of a citizen of your country.
2. Describe what you can do as a citizen to help your church and country.
3. Go through the steps of an individual acquiring citizenship in the country and learn how this is done.
4. Know how to explain the process of government in your country.
5. Explain why laws are established in your country.

(These questions are part of the Christian Citizenship Honour.)

Summarise your participation in the discussion below:



Method of Testing

Participation in group discussion.

Please insert any other worksheets used to fulfil this requirement.

Friendship Development



1. List 10 qualities of being a good friend.

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



Discuss four everyday situations where you have practiced the GOLDEN RULE.



The Golden Rule is:

So in everything, do to others what you would have them do to you, for this sums up the Law and the Prophets. Matt.7:12 (NIV)



Situation 1:

Situation 2:

Situation 3:

Situation 4:



2. Discuss and demonstrate good table manners with your parents / carer or group leader.

Discussion notes of good table manners:

Date of demonstration of good table manners: _____

3. Sing or say your national anthem and explain its meaning



What is the British National Anthem?

The National Anthem is God Save the Queen. The British National Anthem originated in a patriotic song first performed in 1745. It became known as the National Anthem from the beginning of the nineteenth century.

On official occasions, only the first verse is usually sung, as follows:

God save our gracious Queen!
Long live our noble Queen!
God save the Queen!
Send her victorious,
Happy and glorious,
Long to reign over us,
God save the Queen.

An additional verse is occasionally sung:

Thy choicest gifts in store
On her be pleased to pour,
Long may she reign.
May she defend our laws,
And give us ever cause,
To sing with heart and voice,
God save the Queen.

Health and Fitness



The purpose of this section is to learn the general principles of temperance and good health and how they lead to the development of a strong mind and body.

1.

a. Discuss the temperance principles in the life of Daniel, or participate in a presentation or role play on Daniel.

Summarise the discussion or presentation / role play here:



b. Memorize and explain Daniel 1:8, and either sign the appropriate pledge card or design your own pledge card, showing why you choose a life style in harmony with the true principles of temperance.

Daniel 1:8 (New King James Version)

“But Daniel purposed in his heart that he would not defile himself with the portion of the king’s delicacies, nor with the wine which he drank; therefore he requested of the chief of the eunuchs that he might not defile himself”.



Explain the text below:



Design/Stick your own pledge card below:



Method of Testing

Participation in discussion or role play, signing of a pledge, and memorization of Daniel 1:8.



2. Learn the principles of a healthful diet and engage in a project preparing a chart of basic food groups.



<http://www.food.gov.uk/healthiereating/eatwellplate/>

Create a chart based on the "Eatwell Plate" above:



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

3. Complete the Physical Fitness Honour or Swimmers (Beginner)



Beginners Swimming

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.

Physical Fitness

1. List ten benefits of being physically fit.
2. Know how the following help to achieve a balance for your body:
 - a. Exercise
 - b. Proper eating
 - c. Emotional stability
3. Define the following exercises:
 - a. Isometric
 - b. Isotonic
 - c. Isokinetic
 - d. Anaerobic
 - e. Aerobic
4. Know the meaning of the principles involved in the following exercise program:
 - a. Warm up
 - b. Aerobic exercises
 - c. Cool down
 - d. Calisthenics
5. Know how to determine your heart rate at rest and after exercise.
6. Know how to determine the minimum rate at which your heart should be beating to obtain the best aerobic conditioning effect.
7. Using the four steps given in requirement 4, do a regular exercise program at least four times a week for three months. Keep a chart of the following:
 - a. Type of warm-up exercises performed
 - b. Type of aerobic exercises performed
 - c. How long aerobic exercises were performed
 - d. Type of calisthenics performed

For each exercise period, maintain the minimum heart rate determined in requirement 7 for a period of at least 20 minutes.



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

Organisation and Leadership Development



- 1. Plan and take a three-hour or 8 km hike. Plan to complete a requirement under the Nature Study, Outdoor Life, or a Nature Honour.**

Write a summary of what took place:



Name of Honour and Requirement number:

How I plan to complete this requirement:

Signature (Honour Teacher) _____

Nature Study



The purpose of this section is to introduce the Friend to the thrill of discovering God's Book of Nature and to develop a sense of accomplishment by completing Nature Honours.

1. Complete one of the following honours:

Cats



Dogs



Mammals



Seeds



Bird Pets



The honour I completed was:

Signature (Honour Teacher) _____



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



2. Know different methods of purifying water and demonstrate your ability to build a camp shelter. Consider the significance of Jesus as the Water of Life and as our refuge place.

1. *Method of Purifying Water*

The only way to be sure that water is safe for drinking and cooking or washing dishes is to chemically test it. If this has not been done, you must sterilize it, no matter how clean it looks, for it may carry serious diseases, such as typhoid fever, giardia and others.

Options for sterilizing:

- a. Boil the water for twenty minutes (from the time it actually starts to boil). This will cause the water to taste flat because the air has been removed, but you can restore its good flavor by stirring it vigorously or pouring it back and forth several times from one container to another.
- b. Use one to two drops of iodine in a liter of water and let it stand for thirty minutes. Iodine Purification Tablets may be obtained.
- c. Use one part chlorine to 100 parts water. Let stand 30 minutes. Laundry bleach is commonly used.
- d. Halazone or Puritabs are water-purifying tablets which depend on the release of chlorine gas. Therefore, if used, these tablets should be fresh. Keep the bottle tightly closed, with some cotton in it to absorb the moisture. Place the number of tablets directed on the label, in the water, and let stand for thirty minutes.
- e. There are numerous mechanical purifiers specifically designed for backpacking available on the market today.

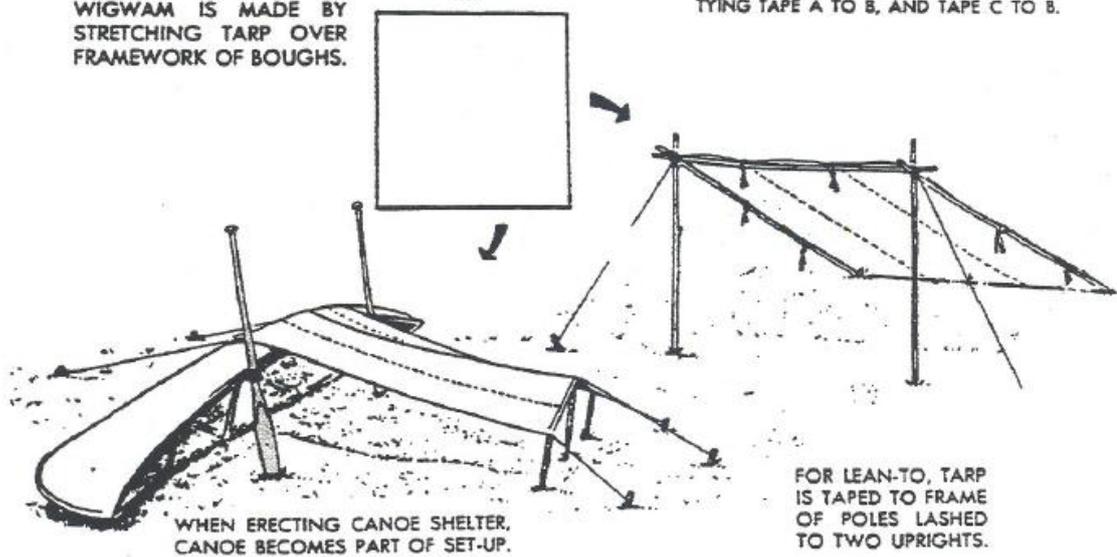
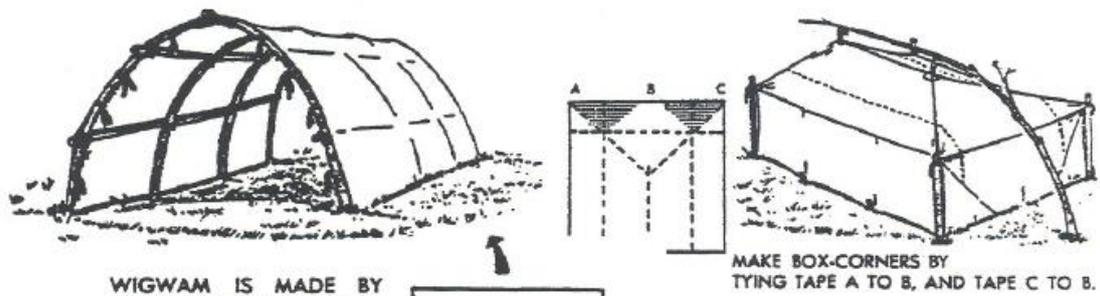
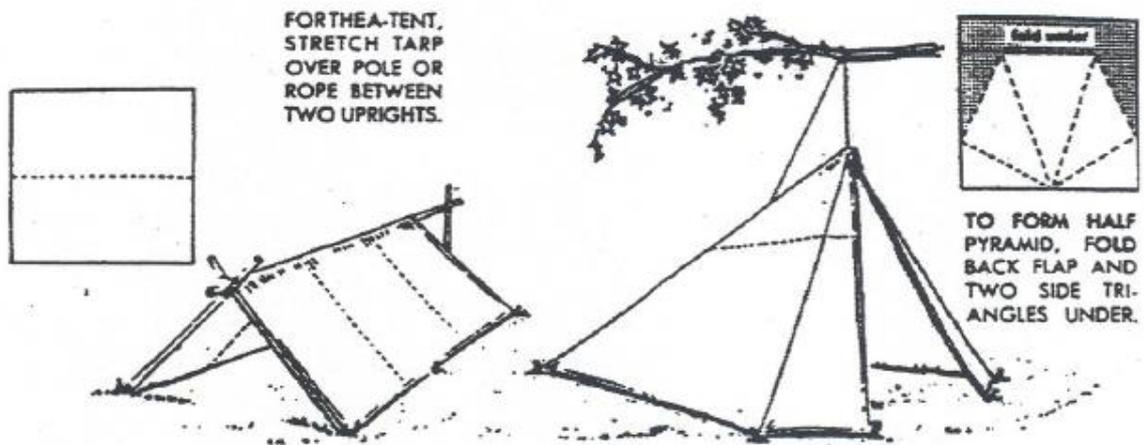
2. *Camp Shelter*

The simplest type of shelter is the lean-to. It may be made by placing a rope or ridgepole about 2 meters above the ground between two trees or two stakes and about 2 meters apart. When selecting forked poles for the uprights, be sure that they are straight from fork to toe, and the toe pointed.

Drape a sheet of plastic, tarpaulin, etc. over the ridgepole. The corners and sides may be held down with pegs or stones. More elaborate lean-tos may have sturdier frames and thatched roofs. A framework of battens is lashed across two forked sticks and long grass, reeds, rushes, ferns, palm leaves or leafy branches may be used as thatching. The thatching may be sewn, tufted or tied on to the battens. The method used will depend on the material available.



Some Methods of Using a Tarpaulin to Make a Camp Shelter



Comment on camp shelter demonstration:

Signature _____



3. ***Jesus as the Water of Life***
John 4:4-42 Story of The Woman at the Well



Write a summary of the story of the Woman at the well:

Jesus as our Refuge place:

Explain how Jesus is our Refuge:

Outdoor Life



The purpose of this section is to expand and develop the Friend's interests and skills through active recreational pursuits and to appreciate the out-of-doors.

1. Know how ropes are made and demonstrate how to care for rope in the correct manner. Tie and know the practical use of the following knots: Overhand; Granny; Square (Reef); Slip; Double Bow; Two Half Hitches; Clove Hitch; Bowline.



This requirement will be addressed at the annual Curriculum Camps

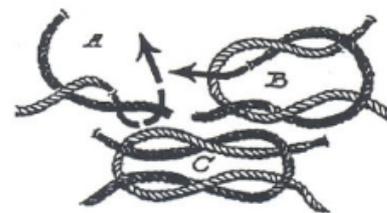
The Overhand Knot - Make a bight, bring the end of the rope up through it and draw it tight. This is the common knot used by all.



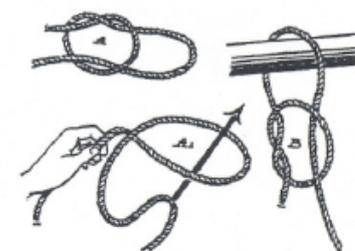
The Granny Knot - This knot is now widely used in first-aid bandaging in place of the square knot, which formerly was recommended. Make an overhand knot. Now make a second overhand, crossing the end over the standing part in the same way it was done before.



The Square Knot - Never slips or jams, and is easy to untie. It should be used on all packages. Make an overhand knot. Now make a second overhand, crossing the end over the standing part in the opposite direction from the way it was done first. The beginner often thinks he is tying the second knot backward. Right over left, then left over right.

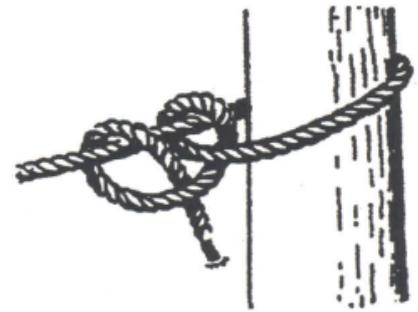


The Slip Knot - The slipknot can be used to hitch a horse to a post. The knot slips, but if properly tied, becomes tighter the more the end is pulled. Make a bight, and instead of bringing the end up through it, as in the case of the overhand, bring a loop through.

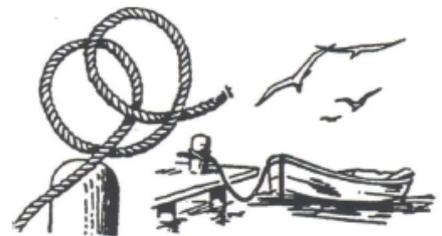


The Double Bow - (Not Shown)The common knot tied by all boys and girls every time they tie their shoelaces. It is so common that no drawing is necessary. It should follow the square knot principle and not the granny.

Two Half Hitches - Useful because they are easily made and will not slip under any strain. Pass the rope through the ring and around the standing part, bringing it through the bight thus formed. Repeat as shown in diagram. Often used for tying ropes on a trailer, or with a round turn, for securing a tent rope to a peg.



Clove Hitch - As the name suggests this knot is used to fasten the end of a rope to a pole or fixed object and is used for commencing and ending the square lashing. Pass the rope around the pole so that the end with which you are working passed under the standing part. Pass the rope around the pole a second time, above the standing part, making a turn that brings the end through the loop in the opposite direction from the standing part.



Bowline - This is used for tying a person or an animal when it is important that the noose shall not become tight, as in lowering a person from a burning building, staking out an animal, etc., a noose that neither slips nor jams. It is one of the most valuable of knots. Make a small bight on the standing part, leaving the end long enough to pass around the person or animal to be tied. Pass the end up through the bight around the standing part and down through the bight again. To tighten, hold the noose and pull the standing part.



Additional Teaching Methods for Proficiency Are:

1. Use the knots in games.
2. Make knot boards which can be added to as the juniors progress in their classwork.
3. Teach some knots as speed knots. (See Advanced Requirement #3.)

Method of Testing

Demonstration of ability to understand and tie the knots required.

2. Participate in an overnight **CAMP OUT.**



- Plan your spiritual activities before you go.
- Plan for your camp to be more than a recreational outing.
- Be familiar with the area.
- Prepare the site as much as possible the week before.
- This is a class, not a club activity.

Date of Camp-Out: _____

Report of the event: _____

3. Pass a test General Safety.

WATER SAFETY

A. *Where to Swim*

- Wherever you may be, never swim alone. A companion may save your life.
- Avoid all but the best known and safest swimming spots.
- The safest beach is the one patrolled by life guards.
- Young children should always be supervised by adults.

B. *When to Swim*

- You should not swim for at least one hour after a meal, but as a hungry swimmer soon gets tired, swim well before the next meal is due.
- Do not enter the water immediately after vigorous exercise.
- Swimming at night is very dangerous; if you go under no rescuer could find you.

C. *Where Danger Lurks*

- Never dive into strange water as there may be snags, rocks, broken glass and rubbish on the bottom.
- Inflatable rubber toys are dangerous. An unexpected current or breeze can carry these toys, and their passenger, away from shore in a matter of moments.
- Don't get too cold as this can bring on cramps.
- When surfing or swimming in surf it is easy for the current, unknown to the swimmer, to gradually drag you away from the other bathers. Check your position frequently and stay close to the main group of bathers.
- Where a beach is patrolled by life guards never swim outside the marked areas – the life guards know the beach better than you.
- On surf beaches don't swim in the area set aside for surf boarders. Many swimmers have been badly injured by surfboards.

D. *When in Difficulties*

- The first rule is DON'T PANIC.
- An arm held straight up in the air is the recognized sign of a swimmer in distress.
- If caught in a current or undertow, do not try to swim against it - swim with it, and at the same time diagonally towards the shore.
- Learn how to tread water and float, exhaustion is the biggest danger to a swimmer in difficulties.
- When seized by a cramp, turn on your back, float and shout for help.
- Throwing your arms about wildly will only make you sink.
- If caught in weeds (a common danger when swimming in rivers and water holes) don't struggle; slow, gentle movements will free you more quickly.

E. *Protect Yourself and Others*

- When at a swimming pool watch where you jump, as it is very easy to injure someone else.
- If you get too far out from shore you may have trouble in getting back as well as inviting danger from sharks.
- When in the water, play sensibly. "Dunking" and other foolish habits are both frightening and dangerous to beginners.

F. *Buoyant Aid Rescue*

- Always try to throw or push something out to the victim before attempting to rescue on your own. There are a number of articles you can use that will keep the victim afloat.

4. Pitch and strike a tent and make a camp bed.



Pitching a tent means to set it up.

Striking a tent means to take it down and properly store.

It is easy to pitch a tent if there are half a dozen people to help, but an experienced camper can do it alone by following a simple routine.

Even the best-pitched tent will sag eventually, so tighten the lines from time to time to keep the roof taut. During rain, on the other hand, slacken the lines deliberately to offset the shrinking of wet lines and tent materials.



5. Know 10 hiking rules and know what to do when lost.

1.

2.

3.

4.

5.

6.

7.

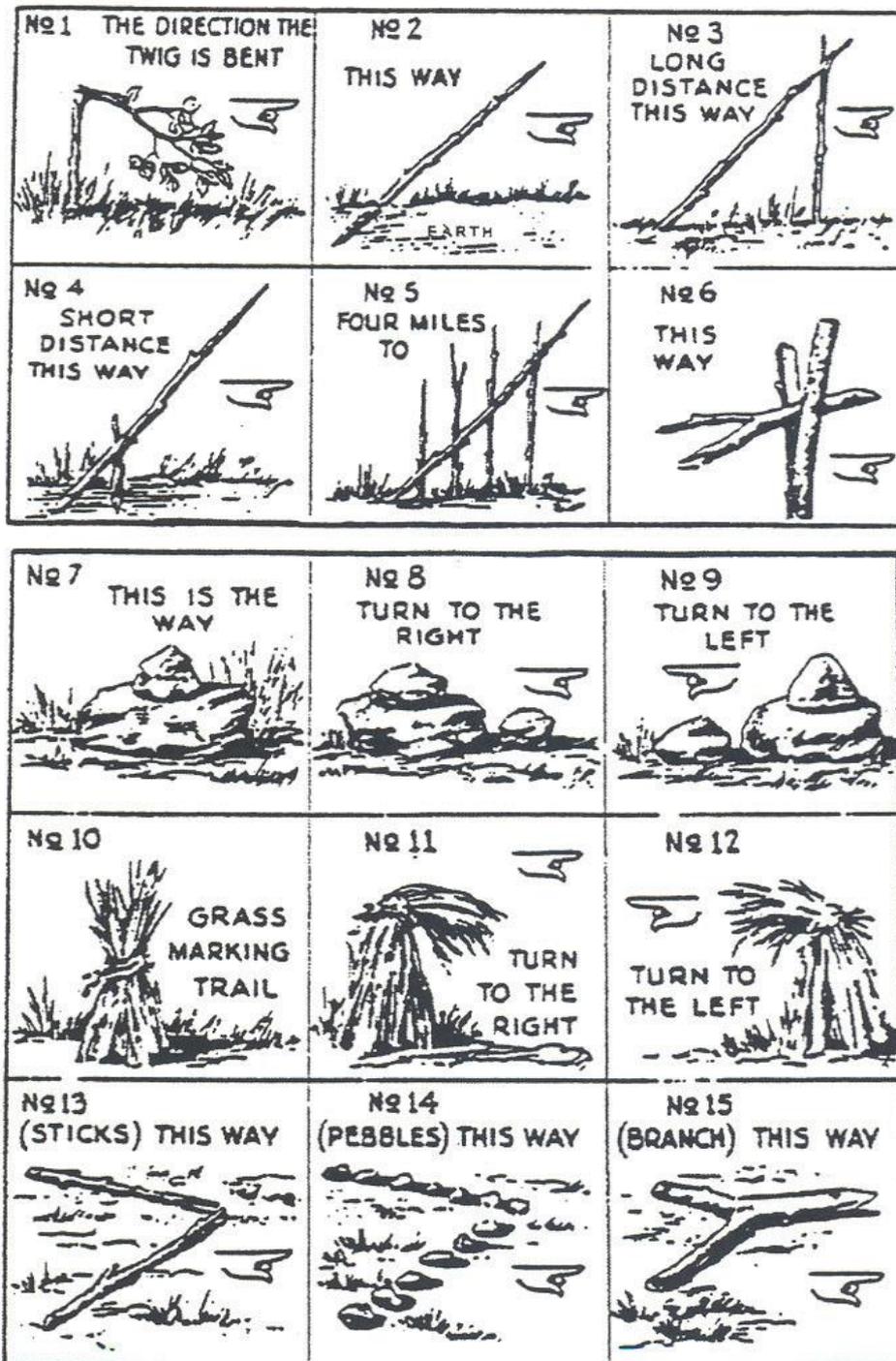
8.

9.

10.

What to do when you get lost:

6. Learn the signs for track and trail. Be able to lay a 2km trail that others can follow and be able to track a 2km trail (1.25 mile) trail.



Lifestyle Enrichment



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

Honour:

Signature_____



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