

COMPANION



COMPANION WORKBOOK



NAME: _____

TEACHER: _____

CLUB: _____

North England Conference

YEAR: _____



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COMPANION CLASS BASIC REQUIREMENTS




GENERAL				
Requirement	(✓)	Date	Signature	
1	Be 11 years old and /or in Year 7 or its equivalent			
2	Be an active member of the Pathfinder Club (confirm 75% attendance)			
3	Learn or review the meaning of the Pathfinder Pledge and illustrate its meaning in an interesting way: e.g. role play, panel discussion, essay, or prepare a project of your choice			
4	Read the book The Happy Path (or similar book on the Pledge and Law) if not previously read			
5	Have a current Book Club Certificate and write at least a paragraph of review on each book			
SPIRITUAL DISCOVERY				
Requirement	(✓)	Date	Signature	
1	Memorise the New Testament books and know the four areas into which the books are grouped. Demonstrate your ability to find any given book			
2	Have a current memory gem certificate			
3	Choose in consultation with your leader one of the following:			
	a. One of Christ's Parables			
	b. One of Christ's Miracles			
	c. Sermon on the Mount			
	d. Second Advent Sermon			
	<i>... and show your knowledge of what Christ taught in one of the following ways:</i>			
	(i) Group discussion with leader			
(ii) Group activity / Presentation				
(iii) Individual talk / presentation, poem, series of pictures etc.				
4	Read the gospels Matthew and Mark in any translation, and commit to memory any two of the following:			
	a. Beatitude (Matthew 5:3-12)			
	b. Lord's Prayer (Matthew 6:9-13)			
	c. Christ's Return (Matthew 24:4-7, 11-14)			
	d. Gospel Commission (Matthew 28:18-20)			
SERVING OTHERS				
Requirement	(✓)	Date	Signature	
1	Consulting with your leader, work out ways to spend at least two hours in your community demonstrating in a consistent manner, real companionship to someone else			
2	Spend at least half a day participating in a project that will benefit the community or your church.			
FRIENDSHIP DEVELOPMENT				
Requirement	(✓)	Date	Signature	
1	Discuss the principle and demonstrate the meaning of respect for people of different cultures and gender.			
HEALTH AND FITNESS				
Requirement	(✓)	Date	Signature	
1	Memorise and explain 1 Corinthians 9:24-27			
2	Discuss with your leader physical fitness and regular exercise as they relate to healthful living			
3	Learn about the detrimental effects of smoking on health and fitness,			

	and write your own pledge of commitment to abstaining from the use of tobacco			
4	Complete the Advance Beginners Swimming Honour			
ORGANISATION AND LEADERSHIP DEVELOPMENT				
Requirement		(✓)	Date	Signature
1	Plan and lead a devotional service for your group			
2	Help your unit or club plan a special club event such as a party, hike or overnight camp out.			
NATURE STUDY				
Requirement		(✓)	Date	Signature
1	Participate in nature games OR participate in a one hour nature walk			
2	Complete one of the following honours: Amphibians, Birds, Livestock, Poultry, Reptiles, Shells, Trees, Shrubs			
3	Review the study of creation, and keep a seven day outdoor log of your personal observations from nature in which each focuses on those that are created on that day			
OUTDOOR LIFE				
Requirement		(✓)	Date	Signature
1	Find the eight general directions without the aid of a compass			
2	Participate in a two night campout and...			
3	Learn or review the Friend knots. Tie and know the practical use of the following knots: - Sheet Bend - Sheepshank - Fisherman's Knot - Timber Hitch - Taut Line Hitch			
4	Past a test in Companion First Aid			
LIFESTYLE ENRICHMENT				
Requirement		(✓)	Date	Signature
1	Complete one Honour in Arts and Crafts not previously earned			

ADVANCED REQUIREMENTS

GENERAL				
	Requirement	(✓)	Date	Signature
1	Know the composition and proper use of your National Flag			
SPIRITUAL DISCOVERY				
	Requirement	(✓)	Date	Signature
1	Read about Ellen White's first vision and discuss how God uses prophets to present his message to the church			
2	Complete the crossword puzzle on the first vision of Ellen White			
SERVING OTHERS				
	Requirement	(✓)	Date	Signature
1	Participate in an outreach activity, and bring a non-SDA friend to participate or observe			
FRIENDSHIP DEVELOPMENT				
	Requirement	(✓)	Date	Signature
1	Discuss and demonstrate respect for your parents / guardians and what they provide for you			
HEALTH AND FITNESS				
	Requirement	(✓)	Date	Signature
1	Hike eight kilometres and keep a log			
2	Attend a five day plan, or view two films on health, or make a poster on smoking / drug abuse, or help prepare a display on tobacco for a show, etc.			
ORGANISATION AND LEADERSHIP DEVELOPMENT				
	Requirement	(✓)	Date	Signature
1	Participate in a special club event such as Investiture, open house, induction or Pathfinder Sabbath and then evaluate the event to determine how it can be improved			
NATURE STUDY				
	Requirement	(✓)	Date	Signature
1	Identify and describe twelve birds in the wild and twelve native trees			
OUTDOOR LIFE				
	Requirement	(✓)	Date	Signature
1	Build five different fires and describe their uses. Discuss the safety rules in lighting fires			
2	Cook a camp meal without utensils			
3	Prepare a knot board with at least fifteen different knots			
LIFESTYLE ENRICHMENT				
	Requirement	(✓)	Date	Signature
1	Complete one Honour in Household arts, Health and Science, Vocational or Outdoor Industries not previously earned			

	<p><i>Recommended for Investiture</i></p> <p>I consider that this candidate has completed the requirements necessary to be recommended for investiture.</p>
<p>Club Counsellor Sign Off</p>	<p>Name <i>(printed)</i></p> <p>Signature</p> <p>Date</p>
<p>Club Director Sign Off</p>	<p>Name <i>(printed)</i></p> <p>Signature</p> <p>Date</p>
<p>Area Coordinator Sign Off</p>	<p>Name <i>(printed)</i></p> <p>Signature</p> <p>Date</p>
<ul style="list-style-type: none"> ★ Notes ★ Comments ★ Further Actions 	

GENERAL



This section contains general information about the Pathfinder themselves and the Pathfinder Club, with information on the Pledge and Law as well as book club certificate requirements.

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: _____

PATHFINDER AIM

The Advent Message to All the World in My Generation.

PATHFINDER MOTTO

“The Love of Christ Constrains Me”

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 of man

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 its spirit, realizing that obedience to law is essential in any organisation

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.

PATHFINDER LAW

The Pathfinder 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 errands

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.

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.

N.B. Pathfinder Reading Lists are no longer issued annually but there are thousands of good reading materials for this requirement.

Pathfinders and their counsellors can find appropriate reading materials by searching online with the words 'junior reading lists'.

You can also take advice from your local library, schools or local authority experts.

BOOK REVIEW 1 – MISSIONS

About the Book:

Title of Book

Author

Publisher

Year and ISBN

Plot:

How does the story start? What happens in the middle? How does it end?

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Characters:

Who is in the story? What are they like (Personality / Appearance)?

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Setting:

Where is the story set? What words or phrases tell you about location?

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BOOK REVIEW 2 – AUTOBIOGRAPHY

About the Book:

Title of Book

Author

Publisher

Year and ISBN

Plot:

How does the story start? What happens in the middle? How does it end?

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Characters:

Who is in the story? What are they like (Personality / Appearance)?

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Setting:

Where is the story set? What words or phrases tell you about location?

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BOOK REVIEW 3 – NATURE / SCIENCE

About the Book:

Title of Book

Author

Publisher

Year and ISBN

Plot:

How does the story start? What happens in the middle? How does it end?

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Characters:

Who is in the Story? What are they like (Personality / Appearance)?

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Setting:

Where is the story set? What words or phrases tell you about location?

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BOOK REVIEW 4 – PERSONAL CHOICE *(Excluding Fiction)*

About the Book:

Title of Book

Author

Publisher

Year and ISBN

Plot:

How does the story start? What happens in the middle? How does it end?

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Characters:

*Who is in the story? What are they like
(Personality / Appearance)?*

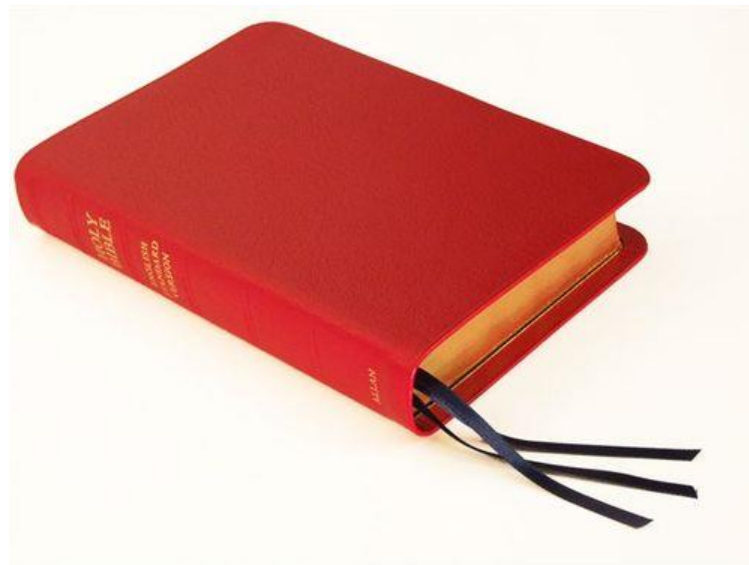
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Setting:

*Where is the story set? What words or
phrases tell you about location?*

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SPIRITUAL DISCOVERY



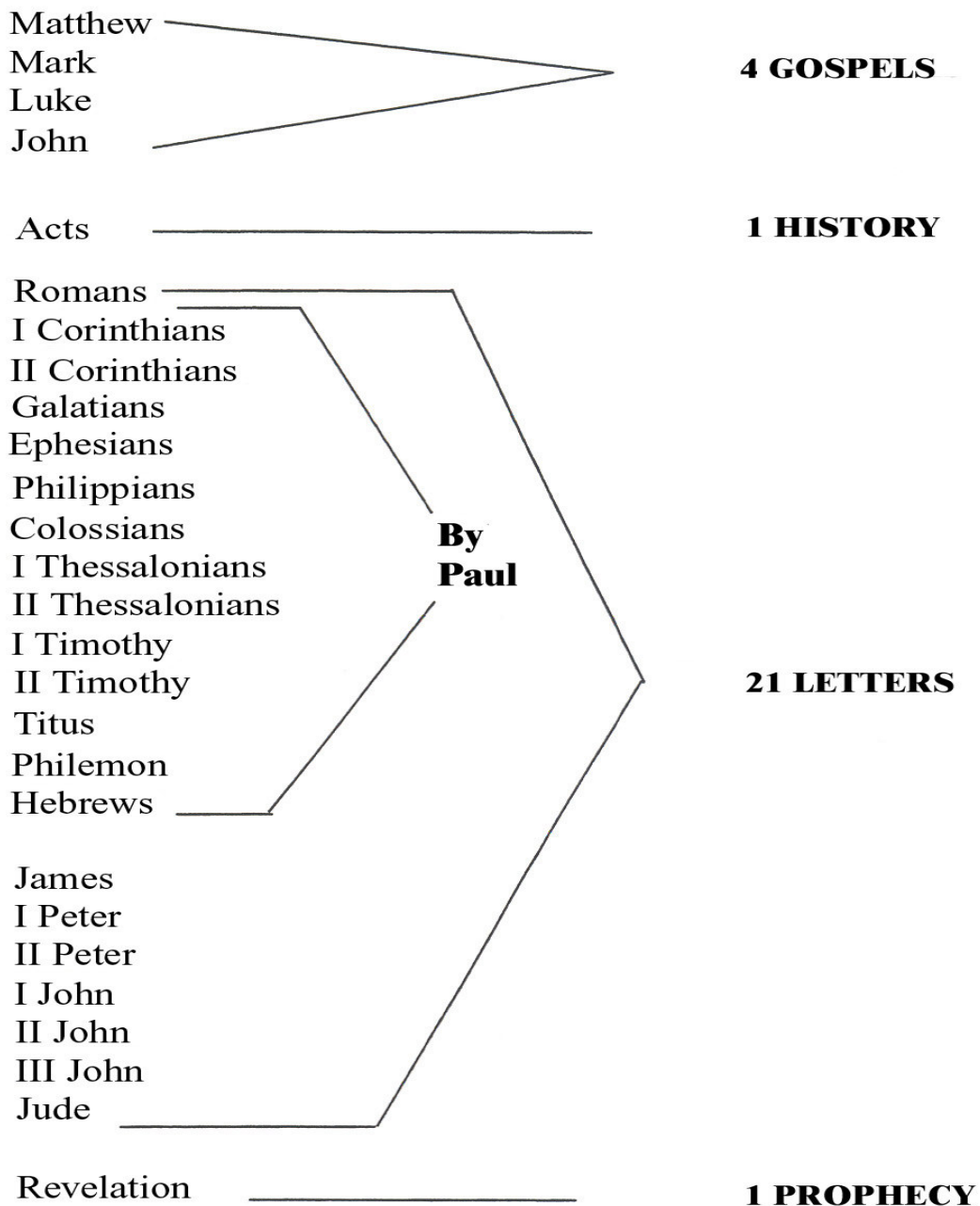
The purpose of the Spiritual Discovery section is to familiarise the junior with the New Testament and to help them to understand the meaning of some of Christ's teachings.

1. Memorise the New Testament books and know the four 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



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 and Ex-od-us, Le-vit-ic-us and Num-bers,
Deut-er-on-omy, Josh-ua, Jud-ges, Ruth and 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 and 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 and 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 New Testament books in two minutes.

2. Hold a current Memory Gem Certificate



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

COMPANION CLASS		
I. GREAT PASSAGES	II. SALVATION	III. RELATIONSHIPS
1. Psalms 119:11 2. Isaiah 43:12 3. Matthew 28:19,20 4. Luke 5:15 5. Option _____	1. John 1:1-3,14 2. Luke 19:10 3. Psalms 103:10-12 4. Isaiah 53:5 5. Ephesians 3:20,21 6. Option _____	1. Isaiah 1:18 2. John 1:12,13 3. I Timothy 6:6-8 4. I John 3:17 5. Acts 17:26,27 6. Option _____
IV. DOCTRINE	V. PRAYER	VI. PROMISES/PRAISE
1. Ephesians 1:8-10 2. Deuteronomy 6:5 3. Acts 2:38 4. Option _____	1. Psalms 34:3,4 2. Matthew 6:6 3. I Peter 1:3 4. I John 4:7 5. Option _____	1. Psalms 56:35,37 2. Psalms 37:3 3. Isaiah 35:10 4. James 4: 7,8 5. I John 2:17 6. Option _____
VII. BEHAVIOUR		
1. I Samuel 15:22 3. I Thessalonians 5:15 5. Luke 2:51,52	2. Romans 12:12 4. Ecclesiastes 9:5-10 6. Option _____	

Write your 7 chosen bible texts below:

Bible Verse	Verse / Summary	Signature
I		
II		
III		
IV		
V		
VI		
VII		

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



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

- a. one of Christ's parables
- b. one of Christ's miracles
- c. Sermon on the Mount
- d. Second Advent sermon

And show your knowledge of what Christ taught in **ONE** of the following methods and write as appropriate in the space below:

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



Summary of what took place:

SERVING OTHERS



FOLLOW *Jesus...*
SERVE OTHERS...

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

FRIENDSHIP DEVELOPMENT



The purpose of the Friendship Development section is to provide an opportunity for the Pathfinder to experience the joy and happiness of being with others.

HEALTH AND FITNESS



The purpose of this section is to create an awareness that the body is the temple of God and to learn the harmful effects of smoking on health and fitness.

1. Memorise and explain 1 Corinthians 9:24-27

24Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. 25Everyone who competes in the games goes into strict training. They do it to get a crown that will not last; but we do it to get a crown that will last forever. 26Therefore I do not run like a man running aimlessly; I do not fight like a man beating the air. 27No, I beat my body and make it my slave so that after I have preached to others; I myself will not be disqualified for the prize.

1 Corinthians 9:24-27 (New International Version)

Explain the text:

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 **Method of Testing**
Memorization of 1 Cor. 9:24-27, and explanation of the meaning

B. Memorise 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)

[New King James Version](#) (NKJV)

8 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.



Method of Testing

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

PHYSICAL FITNESS HONOUR



Requirement 1: List ten benefits of being physically fit.

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

Requirement 2: Know how the following help to achieve a balance for your body:

Exercise	
Proper Eating	
Emotional Stability	

Requirement 3: Define the following exercises:

Isometric	
Isotonic	
Isokinetic	
Anaerobic	
Aerobic	

Requirement 4: Know the meaning of the principles involved in the following exercise programme:

Warm Up	
Aerobic Exercises	
Cool down	
Calisthenics	

Requirement 5: Know how to determine your heart rate at rest and after exercise:

At rest	
After exercise	

Requirement 6: Know how to determine the minimum rate at which your heart should be beating to obtain the best aerobic conditioning effect.

--

Requirement 7: Using the four steps given in requirement 4, do a regular exercise programme at least four times a week for three months. Keep a chart of the following: (Complete Chart #1)

- 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.

Month: _____

Record a regular exercise program for a least 4 times a week for 3 months

	1st Week				2nd Week				3rd Week				4th Week			
Type of warm up exercises																
Type of aerobic exercises																
How long aerobic exercises performed?																
Heart Rate																
Type of calisthenics exercises																

3. Learn about the detrimental effects of smoking on the human body.



View a Video / DVD /PowerPoint Presentation about the effects of smoking on the body

Write a summary of your discussion in this space:

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DESIGN / STICK YOUR PLEDGE CARD BELOW:



4. BEGINNER (Advanced) SWIMMING HONOUR

Complete Intermediate Swimming class / Badge OR pass the following requirements:

1. Safely perform a compact jump, a fall in entry and exit from deep water.
2. Throw a rescue flotation aid to a partner at 5 metres distance and instruct the partner to kick to the edge.
3. Demonstrate feet first sculling on the back.
4. Demonstrate rotation of the tucked body, keeping the face above the surface of the water.
5. Surface dive, swim underwater, search for and recover an object from water equivalent to the candidate's height
6. **Swim continuously**
 - a. 50 metres with above water arm recovery and
 - b. 25 metres with underwater recovery.
 - c. Recognised stroke techniques must be used.
7. **Survival Sequence**

Dressed in swimwear, shorts and T-shirt, complete the following:

 - a. Scull, float or tread water for 2 minutes.
 - b. Swim slowly for 3 minutes changing survival strokes after each minute.
8. Float for 1 minute using an open ended flotation aid.
9. Answer questions about dangers in the aquatic environment.
10. Extension: Demonstrate introductory butterfly arm action for 5 metres.

ORGANISATION AND LEADERSHIP DEVELOPMENT



..

Paste further evidence below e.g. photos on hike, party or camp:

B. Plan and take a three-hour or 8 km hike.



HIKING TRIP PLAN

A trip plan prepares you for the challenges of a hike. Take a copy of your trip plan with you and leave one with your parents or other adult. The parts of a trip plan are:

WHERE are you going? Decide on your destination and the route you will travel to reach it and return. For backcountry trips, include a copy of the map with your route marked in pencil.

WHEN will you return? If you are not back reasonably close to the time on your trip plan, someone can take steps to locate you and provide assistance if needed.

WHO is going on the hike? List the names of your hiking partners. Write down who will transport you to the trailhead, if required.

WHY are you going? Going fishing, climbing a mountain, exploring a new area are all good reasons for a hike. Write a couple sentences about the purpose of your trip.

WHAT are you taking? Carry the Pathfinder outdoor essentials and list other equipment and clothing you will need.

HOW will you respect the land by using Countryside Code?

Departure Date and Time: _____

Estimated Return Date and Time: _____

Destination: _____

Route Going: _____

Route Returning: _____

Distance Going: _____

Distance Returning: _____

Purpose of Hike: _____

Special Permissions or Permits Needed: _____

Sources of Drinking Water: _____

Food for a Trail Lunch: _____

Equipment Needed:

Clothing Needed:

NATURE STUDY



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

1. Participate in nature games or in a one-hour nature walk.

New to Walking?

Walking is something to be enjoyed. It is not boring and it is not a hobby for the elderly. At times it can involve hard work, especially when you head off into the hills, but generally you get more out of a walk than the effort you put in. Besides providing an interesting way to keep fit, you see Britain at its best with fascinating insights into the countryside, its wildlife, scenery and of course its weather.

What Equipment?

Apart from good footwear and some waterproof clothing you need very little equipment to get started. At first you need nothing fancy, go for comfort and footwear with ankle support. If you decide walking is something that interests you, then investment in a good pair of hiking boots would make sense but not when you first start. Waterproof outerwear is essential especially in the British climate. Most of us have at least a basic waterproof and this should be fine until you venture out for longer walks or up into the hills.

When you have decided you enjoy walking and want to extend your "range" then read as much as you can about available products before making a purchase. Boots are perhaps the most essential item and comfort depends on the fit. Many people complain of blisters when they are walking. This is nearly always due to poor fitting boots or inappropriate socks. Remember comfort first - fashion second.

How far?

Start with short easy walks - perhaps two or three miles - over well marked routes. Setting out a ten mile circuit in the mountains is not for beginners and will probably frighten you off walking for good. Work your way up to something more adventurous perhaps increasing the walk length to five miles over easy terrain. From this base you can then build up your experience and set out on a high level route that requires more experience and greater fitness. Hundreds of walks are featured on this site but before choosing a walk check here for details of how walks are graded, perhaps starting with easy or easy/moderate grades.

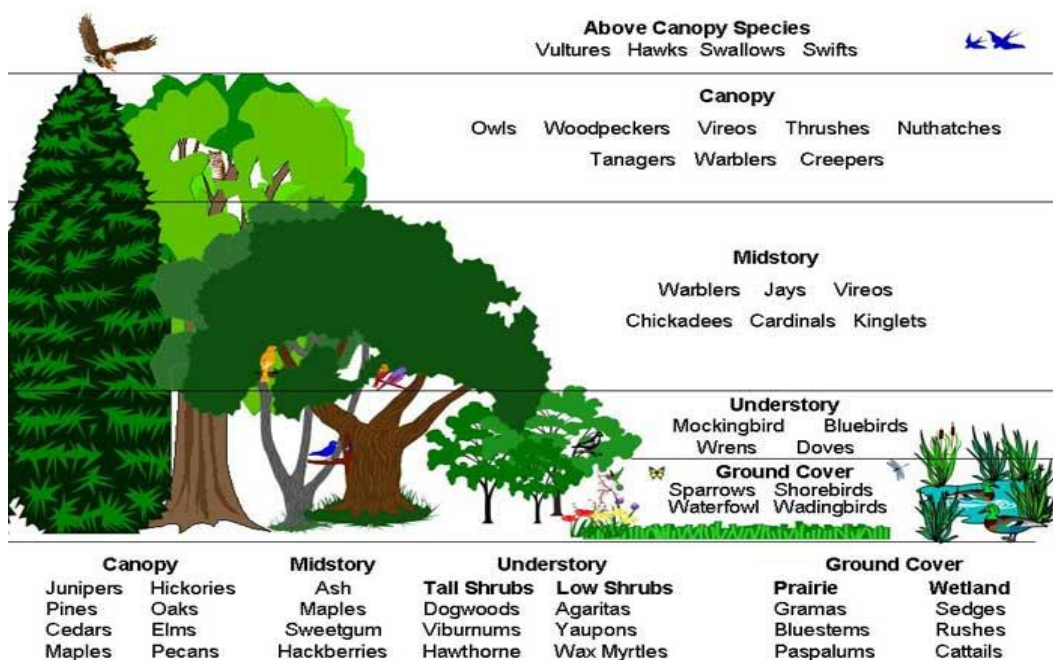
When to go?

Walking is not just for sunny summer days. It is a year round activity that is often more pleasant in winter than in summer. Why get fit in summer only to let your fitness slip during winter? Why share the footpaths with crowds in summer when you can have them almost to yourself in winter? If venturing out in winter then do take care as clothing and footwear become more critical especially as you gain height above sea level.

Where to go?

Try walks in your local area first. They may not feature the best scenery or the most dramatic views but they provide a way of getting yourself fit for something more exciting. National Parks, Areas of Outstanding Natural Beauty and the British coast provide the best places to walk and form the basis for many walks to suit all abilities and fitness levels.

SOURCE: <http://www.walkingbritain.co.uk/newwalkers.php>



2. Complete ONE of the following honours: Amphibians, Birds, Domestic Animals, Poultry, Reptiles, Shells, Shrubs or Trees.



AMPHIBIANS

Requirement 1: What are the characteristics of amphibians?

1: Please give at least three (3) characteristics.

1.	
2.	
3.	
4.	

Requirement 2: Name the two main orders of Amphibia and tell how to distinguish between them.

Order

Details / Distinguishing features.

Order	Details / Distinguishing features.

Requirement 3: Explain the use of the common names 'toad' and 'frog'.

3: Please provide a brief explanation.

--

Requirement 4: How do amphibians protect themselves?

4: Please give at least five (5) ways.

1.	
2.	
3.	
4.	
5.	

Requirement 5: Describe the typical life history of amphibians.

5:

Picture / sketch	Details

Requirement 6: Explain the economic value of amphibians.

6: Please give at least five (5) ways.

- 1.
- 2.
- 3.
- 4.
- 5.

--

Requirement 7: Where do some frogs go when it is dry or cold?

7:

--

Requirement 8: How do frogs sing? What makes the noise so loud?

--

Requirement 9: Frogs feature prominently in the Bible. Give three examples.

Bible Reference	Brief Details

Requirement 10: In many places, the number of amphibians (especially frogs) is decreasing alarmingly. Give reasons why this is so, especially where you live and explain what you can do about it.

Please take into account what applies to where you live.

Possible reasons for the alarming decrease in the number of amphibians in some places:

What I can do about it:

--

- Requirement 11: Make brief notes on at least four (4) amphibians.**
- You must include at least one example each of a frog/toad, salamander and newt.**
 - Include a description, where found, food, breeding habits and an interesting fact.**

Please insert whether a frog/toad, salamander and newt beside the number.
 Add the scientific name if possible (Not compulsory for this honour)
 Write brief notes for description, where found etc.

1.	
Name:	
	<u>Description, where found, food, breeding habits and an interesting fact.</u>
<u>Picture / sketch</u>	

2.	
Name:	
	<u>Description, where found, food, breeding habits and an interesting fact.</u>
<u>Picture / sketch</u>	

3.

Name:

	<u>Description, where found, food, breeding habits and an interesting fact.</u>
<u>Picture / sketch</u>	

4.

Name:

	<u>Description, where found, food, breeding habits and an interesting fact.</u>
<u>Picture / sketch</u>	

Requirement 12:

Do one of the following. Remember: do **not handle frogs and toads.**

- a. Visit a place where amphibians live in their natural state and write a brief report on your visit describing the amphibians found, their number and the sounds they make. A night time visit may allow you to identify them by sound.
- b. Make a list of amphibians found in your area. Include their common names, where they live and interesting facts in your report.
- c. Visit a place where amphibians are exhibited; for example museum, zoo, nature reserve etc. and write a report on your visit.

Please complete the following according to the option chosen

Date:		Option chosen (a, b, or c):	
Place:			
Type of place: (See a, b, or c above)			
My report:			



Please complete Honour Requirements above and add any other supporting evidence i.e. photos.

AWARD ACHIEVED:

Signature _____

BIRDS



Snapshot of Honour

This honour is an introduction to those fantastic feathery friends!

You'll learn what makes birds different to other creatures and understand more about the creativity and love of our God. You will reflect on how birds impact on the lives of people, especially the people of your country or where you live.

There's plenty to practical things to do; identifying birds – some by sight and some by sound. There's a choice of setting up a feeding station, observing an occupied bird's nest or making a study of a bird habitat. Come to think of it, if you're keen, you can do all three!

Requirement 1: Give five characteristics which set birds apart from all other creatures.

1.	
2.	
3.	
4.	
5.	

Requirement 2: Name three flightless birds, tell what their diet consists of and name the country or continent in which each one lives.

	Bird	Diet	Country of Origin
a.			
b.			
c.			

Requirement 3: Give the day of the week when birds were created. Find in the Bible the names of five birds and be able to name them from memory.

Order	Details / Distinguishing features
Day Birds were created	
Five Birds in the Bible	

Requirement 4: Give three ways in which God’s love and purpose is shown in the creation of birds.

1.	
2.	
3.	

Requirement 5: Describe how you and your family can attract wild birds into your home environment in a long-term sustainable way.

--

Requirement 6: Name five ways by which bird’s impact on the lives of people. Some of these must relate to people of your country or where you live.

1.	
2.	
3.	
4.	
5.	

Requirement 7: Make a list of at least twenty (20) species of birds, that you personally have observed and positively identified by sight.

Requirement 8: Make a list of five (5) species of birds that you personally have positively identified by sound.

1.	
2.	
3.	
4.	
5.	

Requirement 9: Do at least one of the following:

9:

- a. Set up a feeding station and report on the bird visitors observed for a period of at least seven days.
- b. Find a an 'occupied' bird's nest, identify the species of the bird that built it, describe the nest in detail, observe the nest for five days, and report what happened at the nest on each of the days.
- c. Make at least three visits to a wild-bird habitat. Make a brief report on the number of birds observed, the number of different birds observed and any interesting things you saw.

Please complete the following according to the option chosen

Date:		Option chosen (a, b, or c):	
Place:			
Type of place: (See a, b, or c above)			
My report:			



Please complete Honour Requirements above and add any other supporting evidence i.e. photos.

AWARD ACHIEVED:

Signature _____

3. Review the story of creation, and keep a 7 -day outdoor log of your personal observations from nature in which each day focuses on those that were created on that day.

Use space on right hand side for drawings, illustrations or pictures



Your instructor/counsellor will have a discussion with you about the creation story. Summarise your discussion / findings below:

Day 1: _____	
--------------	--

Day 2: _____	
--------------	--

Day 3: _____	
--------------	--

Day 4: _____	
--------------	--

Day 5: _____	
--------------	--

Day 6: _____	
--------------	--

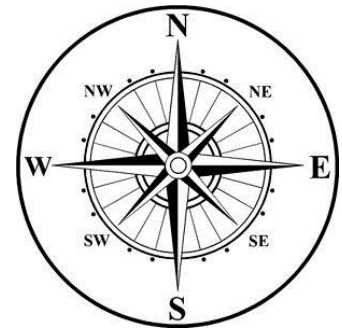
Day 7: _____	
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OUTDOOR LIFE



The purpose of this section is to have the Companions continue developing their outdoor living and safety skills.

1. Find the eight general directions without the aid of a compass.



Identify and explain at least 6 ways below:

METHOD	EXPLANATION
1	
2	
3	
4	
5	
6	
7	
8	

2. Participate in a two night **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.

Date of Camp-Out: _____

Event: _____

2. Learn or review the Friend knots and Tie and know the practical use of the following knots: sheet bend, sheepshank, fisherman's knot, timber hitch, taut line hitch:

KNOTS

The Sheet Bend

This knot is used in bending the sheet to the clew of a sail. It is used also when tying two ropes of different thickness together.

For example, if a rope needs to be thrown some distance, a string is first tied to a weight of some kind and thrown. Then use this knot to tie the string to the rope. This knot is also valuable in stretching a sheet for a projector screen or in any other case where a cloth must be tied by the corners with a rope or a string. Make a loop with rope, pass the end of the other rope up through and around the whole loop, then bend it under its standing part.



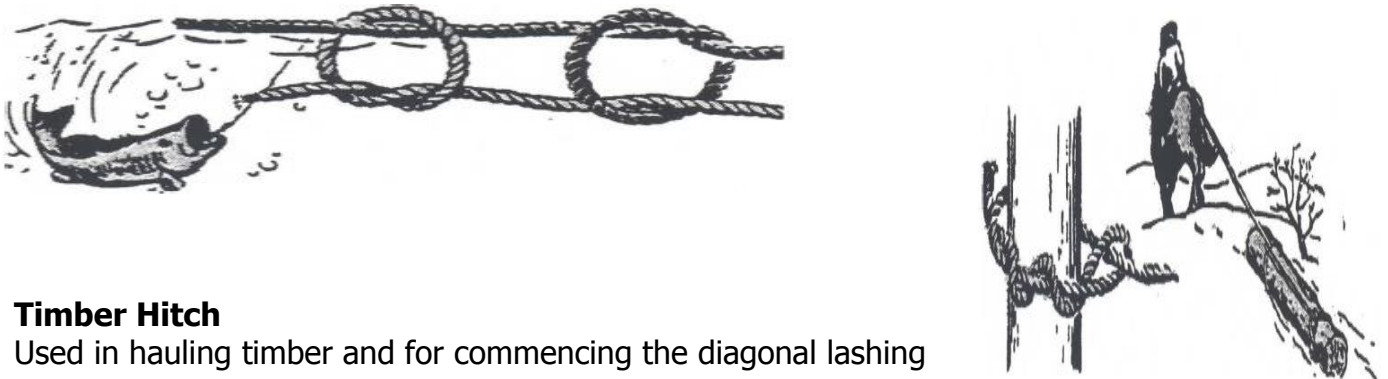
The Sheepshank

This knot is valuable for taking up a slack when both ends of the rope are tied, or for strengthening a weakened rope. Gather up the amount to be shortened, then make a half hitch around each of the bends.



Fisherman's Knot

Useful in tying together anything smooth and stiff, such as nylon fishing wire. It does not slip and is easily untied. Lay the two ropes parallel, then with the end of each tie an overhand knot about the other. Pull the two standing parts.



Timber Hitch

Used in hauling timber and for commencing the diagonal lashing

Pass the end of the rope around the timber. Bring it up and around the standing part, then twist it back about itself two or more times. The weight of the timber will hold it securely.

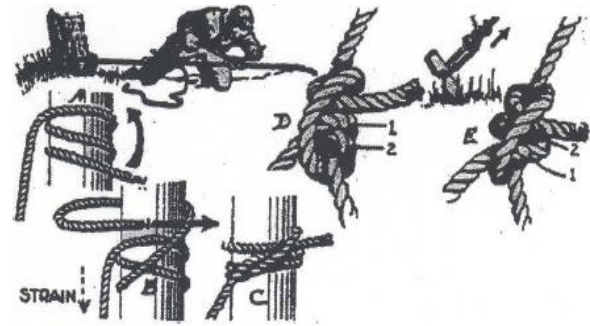
When the knot is used for pulling a log along the ground at least an extra half hitch should be tied along the log in the direction of travel.

Taut Line Hitch

Used in tying tent rope to pegs. Pass rope around peg.

Tie half hitch then tie second half hitch further up rope.

Pass the round standing part once again locking rope into half hitch. A round turn on the peg may be added if desired.



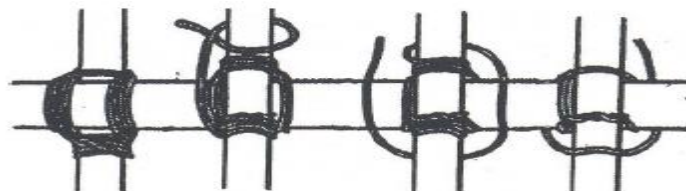
Remember to review these knots continuously or they will be forgotten.

LASHINGS

Square Lashing

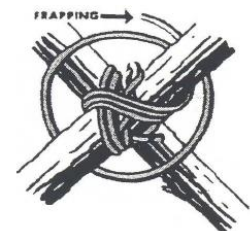
This is used whenever spars cross at an angle, touching each other where they cross. It is started with a clove hitch around the upright spar immediately under the spot where the cross piece is to be.

Twist the end of the rope into the standing part then "wrap" the rope around the cross piece and upright binding them together. In wrapping, rope goes outside the previous turn around the cross piece and inside the previous turn around the upright. After three or four right wrapping turns, make two "frapping" turns between the timbers. Strain them tightly. Finish with clove hitch around end of cross piece. Remember: "Start with clove, wrap three times, frap two times, end with clove".



Diagonal Lashing

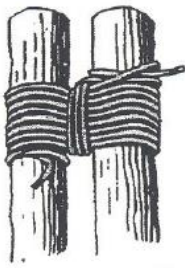
This is used to "spring" two spars together, that is, to lash together two spars which tend to spring apart and which do not touch where they cross. The lashing is started with a timber hitch around both spars. The timber hitch is tightened so as to bring the two spars together. Three or four turns of the lashing are then taken around one fork and three or four turns around the other fork. Two frapping (tightening) turns are taken about the lashing at the point where the spars cross and the lashing is finished off with a clove hitch around the most convenient spar.



Round or Shear Lashing

This lashing is used for binding together parallel spars and for forming "shear legs" which support bridges and the like. Place the two timbers next to each other. Tie clove hitch around one of them at appropriate place from the top. Bind the two timbers together by laying seven or eight turns of the rope around them, one turn beside the other. Make two frapping turns around the lashing turns between the timbers. Fasten rope with a clove hitch around the second timber. Open out the timbers.

Note: Two shear lashings without frapping's used to lash two timbers into one long one.



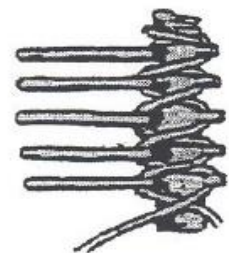
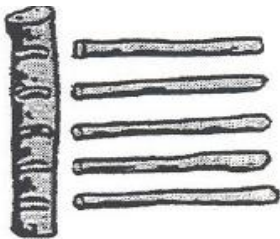
Continuous Lashing

Continuous lashing holds small sticks at right angles to long sticks and is useful in making table tops, seats, etc. Follow these steps in laying a table top.

- Cut sticks to desired size and trim ends. Next notch the frame and place the cross pieces in correct position.
- Make clove hitch on the frame, in middle of the rope, with knot underneath and ends out to sides. There should be equal lengths of rope on either side of the long stick.

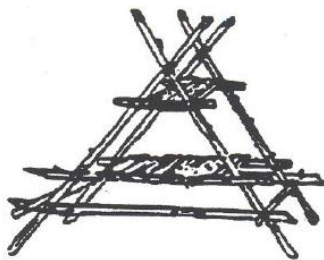
The hitch should be placed so that the ends of the rope pull the knot tight as they come up from under the long stick.

- With one end in each hand, pull rope over one crosspiece and down under frame.
- Cross rope, making an "X". Pull rope tight.
- Bring up and over second crosspiece. Repeat this procedure until all the crosspieces are lashed.
- End with two half hitches or clove hitches and tuck ends of rope under last small stick.



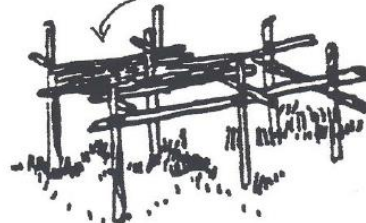
Camp Furniture

With skills you have just learned in lashing, try making the following camp furniture. If materials are scarce, these models may be built in miniature.



Camp table - use heavy timbers 3 m long

Washup table - bowl here



Wash bowl stand
Wash rack



Additional Teaching Methods for Proficiency Are:

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

Method of Testing

Demonstration of ability to understand and tie the knots required.

4. Pass a test in Companion First Aid



The completion of the Basic First Aid Honour will satisfy this Requirement.

COMPANION FIRST AID NOTES

First Aid is the emergency first care given to the sick or injured. The aims of first aid are:

1. Preserve Life
2. Promote Recovery
3. Prevent the injury or illness from becoming worse

THE RULES OF FIRST AID (Remember: "D A N G E R")

- D** Danger Urgently assess the situation and beware of dangers to self, onlookers and victim.
- A** A.B.C.D. Of life-sustaining first aid. Act quickly and confidently to check:
Airway - clear and tilt head back if necessary
Breathing - restore if necessary
Circulation - check pulse, control haemorrhage
Degree of Consciousness - note cause, gives treatment
- N** Never leave an unconscious person - place in the coma position and check pulse and breathing regularly.
- G** Get medical assistance when necessary.
- E** Examine the patient for further injuries and treat according to severity.
- R** Reassure the victim, handle him gently, and make arrangements to send patient to hospital, home, etc.

THE FIRST AIDER MUST BE ABLE TO ASSESS:

1. History The story behind the accident or illness
2. Signs Difference from normal that can be detected - pallor, pulse, etc.
3. Symptoms Sensations described by the patient - thirst, pain, nausea.
4. Diagnosis making a decision as to what is the matter with the patient.
5. Treatment Decide on priorities and act quickly.

THE FIRST AIDER MUST KNOW HOW TO:

1. Take the pulse in the radial and carotid arteries
2. Measure the respiration rate
3. Take the temperature of

	PULSE	RESPIRATION RATE	TEMPERATURE
Adults	60-80/min	12-15/minute	98.6°F 36.9°C
Children	100/minute	15-20/minute	98.6°F 36.9°C
Infants	120/minute	20-25/minute	98.6°F 36.9°C

FIRST AID KIT

Avoid elaborate equipment and treatment. Remember this is "First Aid".

Add to this basic list as local conditions indicate.

- 1 pair scissors. Surgical type with one round end.
- 1 pair tweezers. For removing splinters and handling non sticky dressings.
- Band Aids, safety pins, cotton wool.
- General antiseptic. Do not use undiluted. 1 teaspoon to 300 mls of water.
- 1 roll ankle wrap 2.5 cm
- Bandages - 4 triangular bandages (sufficient to cover most emergencies) 2 x 25 mm bandage; 2 x 50 mm bandages; 2 x 75 mm bandages; 2 x 75 mm or
- 100mm crepe bandages.
- Eye wash. Especially useful for chemicals, smoke, etc.
- Non-stick dressing. Individual packs. Teflon or Tule Gras type.
- Syrup of Ipecacuanha, 100 mls.
- Methylated Spirits.
- 1 packet sterile gauze squares 5 cm x 5 cm.
- Calamine lotion.

TREATMENT FOR SHOCK (Now called Circulatory Collapse)

This term refers to a condition met with in all medical emergencies. It is a state of collapse with a reduction of blood volume circulating to the brain and heart.

Shock is caused by loss of body fluid from bleeding, burns, vomiting or diarrhoea, heart attack and poisoning, nervous reaction, and infection.

It is recognised by a cold clammy skin, rapid feeble pulse, rapid shallow breathing, and finally unconsciousness. The patient often feels faint or giddy, nauseated and maybe thirsty. It is best handled by treating the cause as well as:

R Rest Lie the patient down, legs elevated.

A Air Ensure adequate airway. Loosen clothing around the neck, chest and waist.

W Warmth Do not over-heat the body.

WOUNDS, BRUISES

A wound is a break in the skin allowing entry of germs or damage to deeper tissues.

Cuts of any kind are best treated by:

- Cleaning the surrounding area and the application of a mild antiseptic.
- Covering the wound with a suitable sterile dressing if available.
- If there are embedded objects, do not remove. Apply a ring pad or build up dressing to the area.
- Use gauze dressings direct on a wound, never cotton or wool.
- If stitches (sutures) appear necessary, they should be done as soon as possible. Medical advice regarding tetanus injections should be sought.

Bruises

A bruise is a minor haemorrhage into the tissues. It can be recognised by pain, swelling, discoloration, and tenderness. The best treatment is elevation, application of an evaporating dressing and the application of a firm bandage. To reduce swelling, evaporating dressing should be applied for 20 minutes. Ice packs, gel packs, water, may also be used, if correctly applied.

Bleeding

Bleeding (haemorrhage) is the loss of blood from the circulation causing reduced blood pressure (weak pulse) and reduced supply of oxygen.

Blood can be lost internally or externally.

External bleeding can be from Arteries (usually bright red and spurts out), Veins (usually darker red and pours out) and Capillaries (as in gravel rash, oozes out).

Treatment: Act quickly as blood loss aggravates shock. Stop the bleeding using direct pressure on the wound where appropriate. Bandage, using pad, ring pad, or build up dressing, and elevate the affected part. If bleeding persists after the application of a pad and bandage, add another pad and bandage firmly. Together with rest and elevation, this usually suffices. By resting the patient, we help to reduce blood pressure. Do not disturb clots.

Internal bleeding has all the usual signs of shock, plus the following:

- Severe thirst, restlessness, and air hunger.
- Bright frothy red blood coughed up, indicates bleeding from the lung.
- Blood vomited like coffee grounds, indicates bleeding in the area of the stomach.
- Rest the patient, and secure medical aid speedily.

Control of Bleeding from Special Areas

Bleeding from the Nose

This can be serious if not stopped quickly. Sit patient with the head slightly forward. Loosen clothing around the neck, chest and waist. Instruct the patient not to blow through the nose. Instruct the patient to breathe through the mouth. Apply pressure to flap of nostril for at least ten minutes. Apply cold packs or wet towels to neck, forehead and bridge of nose.

Bleeding from Tooth Socket

Place a firm pad of gauze (not cotton or wool) over the socket and ask the patient to bite on it.

Bleeding from Palm of Hand

- Place a dressing in the hand.
- Have the patient close hand firmly.
- Bandage the fist.
- Elevate in a triangular arm sling, and rest the patient.

Note: The completion of the Basic First Aid Honour will satisfy this requirement. For the requirements of that Honour, check the Pathfinder Honour Handbook.

Complete the following:

Know the causes of shock and demonstrate its proper treatment.	
Know the proper steps for rescue breathing.	
Know the proper procedures to assist a choking victim.	
Know the proper procedures to assist a bleeding victim.	
Know the pressure points and how to correctly apply pressure at these points.	
Know the proper procedure to assist a victim of poisoning.	
Demonstrate the proper procedure in splinting various broken bones in the body.	
Know the proper procedure to assist a first, second, and third degree burn victim.	
Know the proper procedure to assist a victim of a chemical burn.	
Know what situations are likely to cause carbon monoxide poisoning and the rescue and treatment techniques for such poisoning.	
Know the proper procedure for giving assistance to the victim of a head injury.	
Know the proper procedure for giving aid to a victim of internal injuries.	

Know the difference between a heart attack, stroke, epilepsy, and simple fainting, and the treatment for each.	
Know how to prevent infection.	
What is the proper treatment for a snake bite?	
What is the proper treatment for animal bites	
What is the proper treatment for insect and spider bites	
What is the difference between heat exhaustion and heat stroke, and what is the treatment for each	
What should you do if your clothes catch fire	
What are the basic fire prevention principles for the home	
What are the basic water safety principles	
What are the ways to save a drowning victim without swimming	
What are the basic electrical safety principles	
How can you prevent food poisoning	

LIFESTYLE ENRICHMENT



..

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

SCRAPBOOKING



Requirement 1: What is the purpose of scrapbooking?

1:

Requirement 2: Describe how to choose pictures.

2: Please write brief notes

Requirement 3: Cropping. What is it and why do it?

3: Please write brief notes

Requirement 4: What is journaling? Why journal?

4: Please write brief notes

Requirement 5: Name four (4) types of scrapbooks used?

5:

- 1.
- 2.
- 3.
- 4.

Requirement 6: What is the purpose of using acid-free products?

6:

Requirement 7: Name five (5) different types of acid-free paper used in scrapbooking.

7:

- 1.
- 2.
- 3.
- 4.
- 5.

Requirement 8: Name four (4) different types of acid-free adhesive.

8:

- 1.
- 2.
- 3.
- 4.

Requirement 9: What 'tool' is used to sharpen scissors and punches when they get dull?

Please write brief notes.

Requirement 10: Make a scrapbook on a theme with which you are familiar. It must have a title page / front-cover, plus the equivalent of at least 6 single-sided pages (200 x 300 mm or larger). It must incorporate the use of journaling, coloured paper and matting. Use of decorative scissors and stickers is optional.

Briefly describe what you have done

Requirement 11: Memorise and discuss Joel 1:3.



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

HONOUR COMPLETED:

Signature _____



CURRENCY

Requirement 1: Describe the system of barter, including historical and current applications.

Please provide some important facts and key dates.

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Requirement 2: Describe the evolution of money as a form of currency, including a minimum of ten unusual forms of money.

The evolution of money: Some interesting facts and key dates

--

Unusual forms of money used as currency

1	
.	
2	
.	
3	
.	
4	
.	
5	
.	

6.	
7.	
8.	
9.	
10.	

Requirement 3: Define the following terms as they may apply to a country's monetary system:

Briefly describe the following.

a.	Alloy:	
b.	Cast coins:	
c.	Clad coinage:	
d.	Commemorative:	
e.	Die:	
f.	Field:	
g.	Inscription:	
h.	Lettered edge:	
i.	Obverse:	
j.	Reeded edge:	
k.	Reverse:	
l.	Series:	
m.	Overprint:	
n.	Counterfeit proofing:	
o.	Magnetic strip:	
p.	Florescent ink:	
q.	Inflation controls:	

Requirement Know how coins are graded by collectors

4: Briefly describe the following.

Very Good:	
Fine:	
Very Fine:	
Extremely Fine:	
Uncirculated Grades:	
Fleur de Coin:	

Requirement Have a coin or notes from ten different countries. Describe what is on each, give the names of any people or objects portrayed on them, and give the dates for them whenever possible

5:

	Denomination	Country	Description of Coin / Currency	Date
1.			Obverse:	
			Reverse:	
2.			Obverse:	
			Reverse:	
3.			Obverse:	
			Reverse:	
4.			Obverse:	
			Reverse:	
5.			Obverse:	
			Reverse:	
6.			Obverse:	
			Reverse:	
7.			Obverse:	
			Reverse:	
8.			Obverse:	
			Reverse:	
9.			Obverse:	
			Reverse:	
10.			Obverse:	
			Reverse:	

Requirement 6: Relate briefly the history of coinage and/or paper currency in your country, making sure to mention the dates of the establishment of any mints or engraving plants. Also discover some changes made in metals or designs giving any interesting highlights concerning such changes

Please provide some important facts and key dates.

Requirement 7: Explain how money is distributed by the government in your country

Please provide some important facts

Requirement 8: Describe the obverse and reverse for paper money of the five lowest denominations currently in use in your country

Briefly describe the following.

	Denomination	Obverse	Reverse
1.			
2.			
3.			
4.			
5.			

Requirement Do one of the following:

9:

- a. Collect at least five coins or notes from your country which are no longer in circulation.
- b. Collect a date series for 10 years of coins from your country beginning with your birth year (expensive and rare coins need not be included).

Country:

In circulation (Yes or No):

	Denomination	Description of Coin / Currency	Date
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10			
.			



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

HONOUR COMPLETED:

Signature _____

Notes, images etc.



Please use blank pages for additional information, projects and Advanced Requirement demonstration and activity details.

