

VOYAGER



VOYAGER WORKBOOK



NAME: _____

COUNSELLOR: _____

CLUB: _____

North England Conference

YEAR: _____



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VOYAGER CLASS BASIC REQUIREMENTS



GENERAL				
	Requirement	(✓)	Date	Signature
1	Be 14 years old and /or in Year 10 or its equivalent			
2	Be an active member of the Pathfinder Club (confirm 75% attendance)			
3	Through memorisation and discussion, explain the meaning of the Adventists Youth Pledge			
4	Select and read three books of your choice from the teen Book Club List			
SPIRITUAL DISCOVERY				
	Requirement	(✓)	Date	Signature
1	Study the personal work of the Holy Spirit as it relates to mankind, and discuss His involvement in spiritual growth			
2	By study and group discussion increase your knowledge of the last-day events that led up to the second advent			
3	Through study and discussion of Bible evidence discover the true meaning of Sabbath keeping			
4	Have a current memory gem certificate			
SERVING OTHERS				
	Requirement	(✓)	Date	Signature
1	As a group or individually, invite a friend to at least one of your church or conference Teen / Youth Fellowship activities			
2	As a group or individually, help organise and participate in a project of service to others			
3	Discuss how a Christian Adventist youth relates to people in every-day situations, contacts and associations.			
FRIENDSHIP DEVELOPMENT				
	Requirement	(✓)	Date	Signature
1	In group discussion and by personal inquiry examine your attitudes toward two of the following topics:			
	a. Self-Concept			
	b. Human Relationships – Parents, Family and Others			
	c. Earning and Spending Money			
2	List and discuss the needs of the handicapped, and help plan and participate in a party for them			
d. Peer Pressure				
HEALTH AND FITNESS				
	Requirement	(✓)	Date	Signature
1	Choose and complete any two requirements from the Temperance Honour			
2	Organise a Health Party. Include health principles, talks, displays, etc.			
ORGANISATION AND LEADERSHIP DEVELOPMENT				
	Requirement	(✓)	Date	Signature
1	Discuss and prepare a flow chart on local church organisation, and list the departmental functions			
2	Participate in local church programs on two occasions each, in two departments of the church			
3	Fulfil Requirements 3, 5, and 6 of the Stewardship Honour			
4	Complete the Drilling and Marching Honour			
NATURE STUDY				
	Requirement	(✓)	Date	Signature
1	Review the story of Nicodemus and relate it to the life cycle of the butterfly, or draw a life-cycle chart of the caterpillar giving the Spiritual significance			
2	Complete a Nature Honour not previously earned			


OUTDOOR LIFE				
Requirement		(✓)	Date	Signature
1	With a party of not less than four, including an experienced adult counsellor, hike 25 km's in a rural wilderness area, including one night in the open or in tents. The expedition planning should be a joint effort of the party and all food needed should be carried. From notes taken, participate in a group discussion led by your counsellor, on the terrain, flora and fauna, as observed on the hike			
2	Complete one Recreational honour not previously earned			
3	Pass a test in Voyager first aid			
LIFESTYLE ENRICHMENT				
Requirement		(✓)	Date	Signature
1	Complete one Honour in Outreach Ministries, Health and Science, Household Arts, Outdoor Industry, or Vocational categories not previously earned			

ADVANCED REQUIREMENTS

Complete first half of **AY SILVER AWARD PLAN**

If time is available, second half can also be completed (part of Guide class – Advanced requirements).

Individual Honour Record		Date	Date	Date	Date	Date	Date
Plaster Craft	Cardi		Cattle Husbandry		Kites		Plumbing
Plastics	Cats		Dairying		Knot Tying		Printing
Pottery	Dog Care & Training		Flower Culture		Navigation		Radio
Sculpturing	Dogs		Fruit Growing		Orienteering		Radio - Advanced
Silk Screen Painting	Domestic Animals		Gardening		Outdoor Leadership		Radio Electronics
Silk Screen - Advanced	Ecology		Goat Husbandry		Outdoor L'ship - Advanced		Shoe Repair
Soap Craft	Ecology - Advanced		Horse Husbandry		Physical Fitness		Shorthand
Soap Craft - Advanced	Edible Wild Plants		Pigeon Raising		Pioneering		Small Engines
Stamps	Environmental Conservation		Poultry Raising		Rock Climbing		Teaching
String Art	Ferns		Sheep Husbandry		Rock Climbing - Advanced		Typewriting
Textile Painting	Fishes		Small Fruit Growing		Rowing		Welding
Typewriting	Flowers		OUTREACH MINISTRIES		Sailing		Woodworking
Weaving	Flowers - Advanced		Adventure for Christ		Scuba Diving		ADRA HONOURS
Wood Carving	Fossils		Adventure for Christ - Adv.		Scuba Diving - Advanced		Community Assessment
Wood Handicraft	Fungi		Christian Citizenship		Springboard Diving		Community Service
ART & CRAFT HONOURS	HEALTH & SCIENCE HON.		Christian Grooming/Manners		Beginners Swimming		Crisis Intervention
Aeroplane Modelling	Basic Rescue		Christian Storytelling		Beg. Swimming - Adv.		Disaster Response
Basketry	Chemistry		Family Life		Intermediate Swimming		Hunger Relief
Block Painting	CPR		Junior Witness		Swimming		Refugee Resettlement
Book-Keeping	First Aid - Basic		Junior Youth Leadership		Swimming - Advanced		Rural Development
Bread Dough	First Aid - Standard		Language Study		Track & Field		Tutoring
Cake Decorating	First Aid - Advanced		Literature Evangelist		Tumbling & Balancing		Urban Development
Candle Making	Health & Healing		Person of Other Lands		Tumbling & Bal - Adv.		D.O.E. AWARD
Ceramics	Home Nursing		Personal Evangelism		Water Skiing		Bronze
Counted Cross Stitch	Optics		Sign Language		Water Skiing - Advanced		Silver
Crochet	Physics		Sign Language - Advanced		Wilderness Leadership		Gold
Crochet - Advanced	Red Alert		Stewardship		Wilderness Living		OTHER HONOURS
Coins (currency)	HOUSEHOLD ARTS		Temperance		Wind Surfing		
Decoupage	Baking		RECREATION HONOURS		Winter Camping		
Drawing & Painting	Basic Sewing		Archery		VOCATIONAL HONOURS		
Felt Craft	Cooking		Archery - Advanced		Accounting		
Flower Arrangement	Cooking - Advanced		Backpacking		Automobile Mechanic		
Glass Painting	Dressmaking		Camp Craft		Auto. Mech. - Adv.		
Knitting	Dressmaking - Advanced		Camping Skills - I		Bible Evangelism		
Knitting - Advanced	Food Drying		Camping Skills - II		Book-binding		
Leather Craft	Food Freezing		Camping Skills - III		Book-keeping		
Leather Craft - Advanced	Housekeeping		Camping Skills - IV		Carpentry		
Lettering/Poster Making	Laundry		Caving		Christian Salesmanship		
Macramé	Nutrition		Caving - Advanced		Communications		
Metal Craft	Nutrition - Advanced		Community Water Safety		Communications - Adv.		
Model Boats	Preserving		Comm. Water Safety - Adv.		Computers		
Model Cars	Quilting		Cycling		Computers - Advanced		
Model Railroad	Tailoring		Cycling - Advanced		Electricity		
Model Rocketry	NATURE HONOURS		Down Hill Skiing		House Painting		
Model Rocketry - Adv.	Amphibians		Drilling & Marching		Interior House Painting		
Music	Animal Tracking		Fire Bldg & Camp Cookery		Journalism		
Needle Craft	Bird Pets		Hiking		Masonry		
Origami	Birds		Horsemanship		Paper Hanging		
Photography	Birds - Advanced		Beekkeeping				

	<p><i>Recommended for Investiture</i> 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 Club, 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 it's 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

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.

2. Through memorisation and discussion, explain the meaning of the Adventists Youth Pledge.

Adventist Pledge

Loving the Lord Jesus, I promise to take an active part in the youth ministry of the church, doing what I can to help others and to finish the work of the Gospel in all the world.

Meaning of the Adventist pledge:

a. Loving the Lord Jesus,

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b. I promise to take an active part in the youth ministry of the church,

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c. Doing what I can to help others...

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d. Finish the work of the Gospel in all the world.

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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 – PERSONAL CHOICE

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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Your Opinion:

What was your favourite part and why? Did the story have a moral (message)? Would you recommend this book to others?

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I rate this book: 

By (Pathfinder): _____ Date: _____

Reviewed By: _____ Date: _____

BOOK REVIEW 2 – PERSONAL CHOICE

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 – PERSONAL CHOICE

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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Your Opinion:

What was your favourite part and why? Did the story have a moral (message)? Would you recommend this book to others?

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I rate this book:

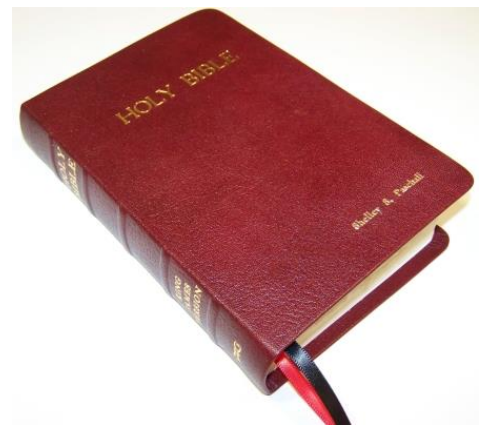


By (Pathfinder): _____ Date: _____

Reviewed By: _____ Date: _____

SPIRITUAL DISCOVERY

*The aim of this section is to discover the centrality of the Gospel in three of the major Christian doctrines.
Six sessions have been allocated for this section.*



1. Study the personal work of the Holy Spirit as it relates to mankind, and discuss His involvement in spiritual growth.



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

John 14:6; 16:7-15.

The Holy Spirit	Ambassador to Planet Earth
Titles:	1. _____ 2. _____ 3. _____ 4. _____
Sent By:	_____
In the Name Of:	_____
Special Duties:	1. _____ 2. _____ 3. _____ 4. _____ 5. _____ 6. _____

2. Read Romans chapter 8, in any modern translation, and mark the texts that show how God the Father, Jesus and the Holy Spirit, work as a team to provide salvation and freedom for all of mankind.

FATHER	SON	HOLY SPIRIT

3. In what way is the doctrine about the Holy Spirit, good news?

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2. By study and group discussion increase your knowledge of the last-day events that lead up to the second advent. (you may use Daniel 2 to start with)



Objective:

Make a newspaper, bulletin, or a report by interviewing the pastor on the Last-Day Events, you need to answer the following questions in the paper: (use this sheet as your plan) (also include texts).

Who's coming back and why?

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Signs of the Advent:

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Preparing for the Advent:

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3. Through study and discussion of Bible evidence discover the true meaning of Sabbath keeping.

Discuss the following questions:

1. Why do we keep the seventh day as a Sabbath?

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2. Why do we keep it in the way we do?

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3. What are the special blessings we can expect to receive from keeping holy the Sabbath?

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4. What sort of activities should we allow ourselves to engage in on the Sabbath?

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5. How can we be more creative in our approach to Sabbath keeping?

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SABBATH TIME LINE

THE SABBATH	IN EDEN	BEFORE SINAI	AT MT. SINAI	AS ISAIAH SAW IT	AS EZEKIEL SAW IT	AS JESUS UNDERSTOOD IT	AS THE DISCIPLES KEPT IT	AS THE APOSTLES & EARLY CHRISTIANS KEPT IT	IN ETERNITY
BIBLE REFERENCE	Genesis 2:2,3	Exodus 14:4 Exodus 16:26-28	Exodus 31:13 Deut. 7:8,9 Exodus 31:17	Isaiah 58:13	Ezekiel 20:12 Ezekiel 20:20	Mark 2:27 Luke 4:16-19 Luke 23:50-56 Luke 24:1-8	Luke 23:56	Acts 13:44	Isaiah 66:22,23
MEANING OR PURPOSE <i>To be filled in by the Voyager Class.</i>									

TEACHERS ANSWERS	REST DAY	TEST DAY	A SIGN THAT GOD IS REDEEMER (SANCTIFIER) & CREATOR	A DELIGHT	A SIGN THAT GOD IS REDEEMER & LORD	MADE FOR MAN & A DAY FOR : 1) PREACHING THE GOSPEL 2) HEALING THE BROKEN HEARTED 3) PREACHING DELIVERANCE	REST DAY	A DAY TO HEAR GOD'S WORD	A DAY OF WORSHIP FOR EVER

4. Hold a current Memory Gem Certificate



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

VOYAGER CLASS		
I. GREAT PASSAGES	II. SALVATION	III. DOCTRINE
a. Jer 15:16 b. 1 Tim. 2:15 c. Gen. 2:2,3 d. Option	a. Matt 11:28-30 b. John 17:3 c. John 15:5,7 d. Matt. 10:32,33	a. Heb. 11: 3 b. Rev. 14.6-14 c. John 6:40 d. Rev. 21:1-4 e. Ex. 20:8-11 f. Option
a. PRAYER	b. RELATIONSHIPS	c. BEHAVIOUR
a. Mark 11: 25 b. 1 John 5:14,15 c. Matt. 21:22 d. Option	a. 1 Cor. 13 b. Heb.10:24-25 c. Gal. 6: 1,2 d. Matt. 11:28-30 e. Option	a. Gal. 5: 22, 23 b. Micah 6:8 c. Isa.58:13 d. Matt. 5:8
d. PROMISES/PRAISE		
a. Rom. 8:28 b. Ps. 103:1-5 c. Ps. 15:1,2 d. Matt. 24:44 e. Ps.91:1-6 f. Option		

Write your seven chosen bible texts below:

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

SERVING OTHERS



The aim of this section is to create opportunities for the Voyager to be of service to others and to model Christ's love and care.

As a group, or individually, invite a friend to at least one of your church or conference teen/youth fellowship activities:

Record details below:

Person 1:

Name

Event

Date

Comments:

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Person 2:

Name

Event

Date

Comments:

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Person 3:

Name

Event

Date

Comments:

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1. As a group or individually, help organise and participate in a project of service to others:



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

ACTIVITY:

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Pictures / Sketches / etc.

2. Discuss how a Christian Adventist youth relates to people in the usual everyday situations, contacts and associations.

Points for discussion:

1. Identify the usual daily contacts that a teen would experience, e.g. family, friends and neighbours, bus driver, shop-keeper, music teacher, etc.

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2. Discuss the difference between yourself and non-Adventist friends and contacts. e.g. food, entertainment, recreation, Sabbath, etc.

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3. Do you think these differences make it impossible to establish a friendship?

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4. A friendship can also be formed by being aware of the other person. e.g. saying hello, helping wherever possible, courtesy and good manners, etc.

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5. Discuss the power of influence.
a. How you are able to influence others.
b. How others influence you.

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Remember that because our human natures have a bias towards wrong, it is easier for people to go the wrong way, rather than follow Jesus.

The Christian teen must be insulated from the crowd, but not isolated from it.

Compromise of standards or convictions is detrimental in making friends, but isolation is not acceptable either.

"The influence of every man's thoughts and actions surrounds him like an invisible atmosphere which is unconsciously breathed in by all who come in contact with him" (ST, p. 111)

"The true Christian does not choose the company of the uncommitted for the love of the atmosphere surrounding their unreligious lives or to excite admiration and secure applause. The society of unbelievers will do us no harm if we mingle with them for the purpose of connecting them with God and are strong enough to withstand their influence" (ST, pp. 112, 113).

1. In group discussion and by personal inquiry examine your attitudes toward two of the following topics:

- A. Self-concept.
- B. Human Relationships - Parents, Family and Others.
- C. Earning and Spending Money.
- D. Peer Pressure.

TOPIC 1:

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TOPIC 2:

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2. List and discuss the needs of the disabled, and help plan and participate in a party for them



Objective:

To develop a responsibility toward those who may be different yet still have the same basic needs of friendship in spite of physical impairments that tend to isolate

Needs of the Disabled

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Draft Party Plan

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Summary of Discussion / Views

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HEALTH AND FITNESS



The aim of this section is to give practical guidelines which will help to strengthen the Voyager's desire to care for their mind and body.

1. Choose and complete at least two requirements from the Temperance Honour.



TEMPERANCE

1. Memorise and sign the Temperance Pledge

"Realizing the importance of healthy body and mind, I promise, with the help of God, to live a Christian life of true temperance in all things and to abstain from the use of tobacco, alcohol or any other narcotic."

2. Memory work

Memorise 3 Bible verses and 3 Spirit of Prophecy quotations from the following:

Bible Verses

- a. Romans 12:1, 2
- b. 1 Cor. 10:31
- c. 1 Cor. 6:19, 20
- d. Proverbs 20: 1
- e. Galatians 5:22, 23
- f. 3 John 2

Spirit of Prophecy

- a. "True temperance teaches us to abstain entirely from that which is injurious, and to use judiciously only healthful and nutritious articles of food." Temperance, p. 3.
- b. The only safe course is to touch not, taste not, handle not, tea, coffee, wines, tobacco, opium, and alcoholic drinks." Counsels on Diet and Foods, p. 428.
- c. "...temperance alone is the foundation of all the graces that come from God, the foundation of all victories to be gained." Temperance, p. 201.
- d. "A pure and noble life, a life of victory over appetite and lust, is possible to everyone who will unite his weak, wavering human will to the omnipotent, unwavering will of God." Temperance, p.113.
- e. "Tobacco is a slow, insidious, but most malignant poison. In whatever form it is used, it tells upon the constitution; it is all the more dangerous because its effects are slow and at first hardly perceptible." Ministry of Healing, pp. 327, 328.

3. Do **four** of the following:

You should refer to AYBL (Adventist Youth for Better Living) Manual for details.

- a. Write and deliver a five- to eight-minute speech (oration).
- b. Write an essay on alcohol, tobacco, drugs, or physical fitness of from 150 to 200 words and your commitment to a healthy lifestyle.
- c. Write a four-line jingle on a Drug Prevention topic. d. Draw/make a poster 22" x 28" that tells about the harmful effects of a drug, tobacco, or alcohol.
- d. Make a substance abuse exhibit for a local shopping mall, library, or school.
- e. Make a scrapbook of at least 20 pages showing Drug Prevention advertisements.
- f. Share with at least five other persons what you have accomplished from the above list and obtain their signed Temperance Pledges (immediate relatives not included).

4. Know and explain:

- a. The reason behind the warning on the cigarette packet: "Warning-smoking is a health hazard."
- b. Seven ingredients of tobacco smoke:
 - 1) Nicotine
 - 2) Arsenic
 - 3) Formaldehyde
 - 4) Carbon monoxide
 - 5) Cyanide
 - 6) Phenolbenzophyrine
 - 7) Amonia
- c. Emphysema, cirrhosis, addiction
- d. The effects of tobacco, alcohol, drugs and pregnancy

5. Read the chapter "Stimulants and Narcotics" in Ministry of Healing. Be able to discuss briefly or provide a written summary approximately two or three paragraphs in length.

6. After studying the following materials, list three things that contribute to temperance and good health. (Other than abstaining from that which is harmful.)

- a. Temperancep.139 paragraph I
- b. Counsels on Diet and Foods, p. 406 paragraph I
- c. Temperance, p.140 paragraph 2
- d. Temperance, p.143 paragraph 3
- e. Counsels on Health, p. 127 paragraph 4
- f. Temperance, p. 148 paragraph 2

7. Discuss and role play-What would you do if...

- a. Your best friend asks you to try a cigarette?
- b. A classmate offers you money to sell marijuana? c. an older relative offers you a drink of beer?
- c. The smoke from a stranger's cigarette is bothering you?
- d. A friend invites you to smoke marijuana?
- e. You are at a party with a friend, he gets drunk and insists on driving you home?

REQUIREMENT:

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REQUIREMENT:

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REQUIREMENT:

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REQUIREMENT:

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2. Organise a health party. Include health principles, talks, displays, etc.



Objective

To demonstrate that the ideals of healthful eating and good fun are harmonious

Event

Theme

Date

Items Required:

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Team and Responsibilities:

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Event Review:

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Planning a Health Party

1. Determine how many people you want to cater for.
2. What will the age group be? You may like to organise a party for a group of local children, who are underprivileged, or your school friends, your younger brother or sister's birthday, the senior citizens who never get out of their homes. There is a wide scope for the type of party and who you will invite to it.
3. Will the party include a formal meal or a buffet meal?
4. Choose your colour scheme: The colour scheme can be shown in your choice of napkins, place mats, invitations, or in your choice of dishes, whether it be china, glass, wood or pottery. If it is a casual buffet style meal, in the colour of paper plates and cups used.
5. Choose the menu according to the type of people you are having at your party, also whether it is a formal or buffet meal and according to the weather, hot or cold.
6. Give yourself plenty of time for the planning and preparation of your party and invite a friend or friends to assist you if you feel the need.

Remember that the ideal of this party is to show your guests how attractive and palatable a healthful diet can be. The Nature's Way Cookbook will give you all the ideas you need and you will be amazed how many of your own creative ideas you will be able to come up with. Just remember the simpler and more natural the food is presented, the easier it is for you and the others to digest it. All paging referred to in the following suggested menus, is from "Nature's Way Vegetarian Cookery in a Nutshell."

Summer Formal Meal

- Appetizer - cool fruit drinks.
- Entree - fruit soup, one or two fruit sweets, or a very small salad serving.
- Main Course - A small variety of mixed salads, a plain salad platter, very attractively presented, with a high protein dish.
- Sweets - A summer fruit salad with yogurt or whipped cream or a halved melon filled with different varieties of chopped fruit topped with coconut or sunflower seeds.
- Nibbles for the Table - Mixed fruit balls or fruit logs made from dried fruit - page 141,142. Whole meal-oat crackers, p.126, and fruit spreads (dips) or avocado dip, pp 80-84. Bowl of mixed nuts and if no fruit balls, have a bowl or platter of dried fruit.

Summer Buffet Meal

- Fruit drinks (have a punch bowl filled with fruit punch)
- Set up a table full of mixed salads, high protein dishes that suit salads, fried rice platters of fresh fruit (pieces or whole). Half a watermelon scooped out and filled with fresh fruit salad. Bowls of nuts, dried fruit, sunflower seeds and whole meal – oat crackers with fruit or savoury dips.

Winter Formal Meal

- Appetizer - fruit drink
- Entree - hot soup, suggestion, sunflower soup.
- Main Course - Choose 3 or 4 vegetables including, green, yellow and starch vegetable and add a high protein dish. Do the vegetables very attractively and do not over-cook.

Winter Buffet Meal

- Have warm and cool drinks available.
- Have a table full of steamy hot vegetables, include bowl of corn on the cob. Have maybe two varieties of high protein dishes, (legumes, pp 34-42), a platter of hot savoury rolls, p 51; maybe a whole meal pizza, p. 48; plate of sweet rolls and bowl of mixed fruit balls.

ORGANISATION AND LEADERSHIP DEVELOPMENT



..

1. Discuss and prepare a flow chart on local church organisation, and list the departmental functions.

CHURCH ORGANISATIONAL STRUCTURE:

Describe function of the following:

CONFERENCE	
PASTOR	
CHURCH BOARD	

List below local Church departments in their relevant grouping and describe their function:

	CHURCH DEPARTMENT	FUNCTION
ADMINISTRATION		
CHURCH BODY		
COMMUNITY		

2. Participate in local church programs on two occasions each, in two departments of the church:

ACTIVITY 1:

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ACTIVITY 2:

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Objective:

To provide for the Voyager to experience the joy and satisfaction of sharing their faith and talents by involvement in church life

3. Fulfil requirements 3, 5, and 6 of the Stewardship Honour.



An understanding of a Christian's relationship for his time and money is essential for strong church leadership.

3. Learn what is done with the tithe in your local church, your local conference, your union, and the General Conference (Division).

A presentation by your church treasurer or conference personnel is a good way to find out. A visit to your local conference office for a get-acquainted tour might also be a good idea.

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5. Keep a chart on how you spend your time for one weekend and one week day. In the chart, make a list of how much time you spend in the following areas:

- a. Work for pay
- b. Family time
- c. Personal devotions
- d. Public worship
- e. Family worship
- f. Fun things
- g. Reading
- h. Television
- i. Meals
- j. Sleep
- k. Personal needs
- l. Class time
- m. School study
- n. Travel
- o. Music Lessons
- p. Music Practice
- q. Home chores
- r. Shopping
- s. Etc. (Specify)

For each day, be sure your time adds up to 24 hours. After completing the chart, discuss with your pastor or counsellor your responsibility in the stewardship of your time

Additional Space for Requirement 5:

Empty space for Requirement 5.

6. Do one of the following:

- a. If you have an income-producing job or an allowance, make a list of how you spend your money for one month.
- b. If you are not in the category above, make a list of how you would spend an income of \$50.00 a month in the following categories:

- | | |
|-------------------------------|-----------------------|
| ✓ Clothes | ✓ Entertainment |
| ✓ Personal items (toiletries) | ✓ Gifts |
| ✓ School supplies | ✓ Tithe and offerings |
| ✓ Food (eating out) | ✓ Transportation |

From your list determine what percentage of your total income is spent on each item. After completing the chart and percentages, discuss with your Pastor or counsellor the advantages of a budget and how to stay within a budget.

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Additional Space for Requirement 6:

4. Complete one honour not previously earned in Outreach Ministry, Vocational or Outdoor Industries.



DRILL and MARCHING

Requirement 1: Give the origin of drill and marching. [Brief 'dot points' are OK]

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Requirement 2: List five objectives of drill:

1	
2	
3	
4	
5	

Requirement 3: Define the following terms:

a	Drill:
b	Marching:
c	Formation:
d	Advance:
e	Retire:
f	The Centre (Right, Left):
g	Right (left, centre) Marker:
h	Rank:
i	File:
j	Interval:
k	Cover:
l	Dressing:

Requirement 4: Explain the following terms relative to words of command:

a	Designation:
b	Cautionary Stage:
c	Executive Stage:
d	Regulation Pause:
e	"As you were":

Requirement 5: Explain the following terms, comparing and contrasting the action of each command at the Halt:

a	Attention:
b	Stand at Ease:
c	Stand Easy:
d	Right (Left) Turn:
e	About Turn:
f	Salute (to the front):
g	Dismiss:

Requirement 6: Demonstrate the ability to properly execute the following basic drill at the Halt:

a	Attention:
b	Stand at Ease:
c	Stand Easy:
d	Right / Left Turn
e	About Turn:
f	Salute (to the front):
g	Dismiss:

Requirement 7: Explain the following terms, comparing and contrasting the action of each command on the March:

- | | |
|---|----------------------------|
| a | Quick March: |
| b | Halt: |
| c | About Turn: |
| d | Right (left) Turn: |
| e | Right / left wheel: |

Requirement 8: Demonstrate the ability to properly execute the following basic drill on the March:

- | | |
|---|----------------------------|
| a | Quick March: |
| b | Halt: |
| c | About Turn: |
| d | Right / Left Turn: |
| e | Right / Left Wheel: |

Requirement 9: As a member of a colour guard, take part in one of the following events:

- | | |
|---|---------------------------------|
| a | Club meeting |
| b | Club camp-out |
| c | Church parade |
| d | Pathfinder Day programme |

Requirement 10: Demonstrate the ability, when marching with the unit to:

- | | |
|---|------------------------------------|
| a | Keep in step |
| b | Maintain position |
| c | Perform required manoeuvres |



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

HONOUR COMPLETED:

Signature _____

NATURE STUDY



The purpose of this section is to introduce the Voyager to the thrill of discovering God's Book of Nature

1. Review the story of Nicodemus and relate it to the life cycle of the butterfly, or draw a life-cycle chart of the caterpillar giving the spiritual significance.

"Create in me a clean heart, O God; and renew a right spirit within me" (**Psalms 51:10**).

"The heavens declare the glory of God; the skies proclaim the work of his hands. **2**

Day after day they pour forth speech; night after night they display knowledge. **3**

There is no speech or language where their voice is not heard. [1] **4** Their voice [2] goes out into all the earth, their words to the ends of the world. In the heavens he has pitched a tent for the sun, **5** which is like a bridegroom coming forth from his pavilion, like a champion rejoicing to run his course. **6** It rises at one end of the heavens and makes its circuit to the other; nothing is hidden from its heat. **7** The law of the LORD is perfect, reviving the soul. The statutes of the LORD are trustworthy, making wise the simple. **8** The precepts of the LORD are right, giving joy to the heart. The commands of the LORD are radiant, giving light to the eyes. **9** The fear of the LORD is pure, enduring forever. The ordinances of the LORD are sure and altogether righteous. **10** They are more precious than gold, than much pure gold; they are sweeter than honey, than honey from the comb. **11** By them is your servant warned; in keeping them there is great reward. **12** Who can discern his errors? Forgive my hidden faults. **13** Keep your servant also from willful sins; may they not rule over me. Then will I be blameless, innocent of great transgression. **14** May the words of my mouth and the meditation of my heart be pleasing in your sight, O Lord, my Rock and my Redeemer." (**Psalms 19, NIV**).

Our Best Friend, Creator, King, and Judge is also our Savior. But Jesus doesn't save us in our sinful state and leave it at that. He has promised to show us all the way to perfection, if we will let Him.

When Jesus met with Nicodemus that night nearly two thousand years ago, He presented for our consideration a truth that has been very difficult to imagine—the fact that accepting Jesus as our personal Savior is like being reborn. Nicodemus asked the right question for one who hasn't yet accepted Jesus: "How can a person be born a second time when they have already been born?" Of course, Jesus was not talking about physical birth. He wanted Nicodemus, as well as you and me, to understand that becoming a Christian begins a life-long process; actually it is a process that will last forever—that of becoming more and more like Jesus in every way. There are several illustrations in the natural world that make this difficult concept easier to understand.

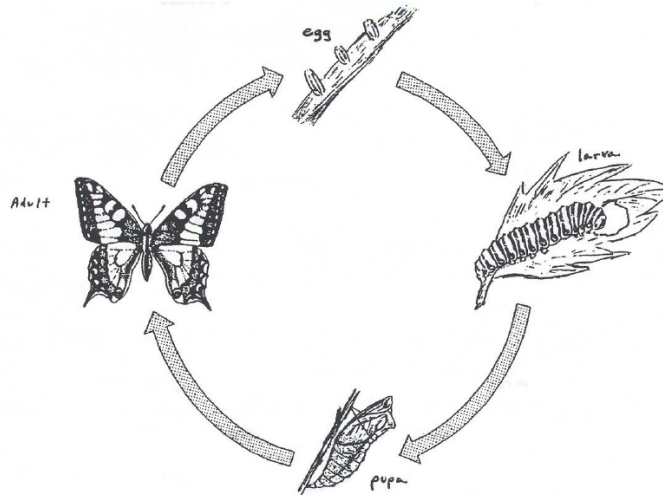
The transformation of a caterpillar into a butterfly must be the very best illustration in all of nature about the transformation of the sinner into a Christian. Other illustrations are the development of a seed into a full-grown plant, and the growth of an animal from conception and embryo to full adult. No matter which illustration you choose to use to make the point, it is important to relate to the concept of inheritance. Much of what we are is determined by the genes that we get from our parents. Since we are born into a sinful world and have inherited all of the inclinations and weaknesses that sin has brought upon the world, we have little hope in and of ourselves of ever attaining the qualities that will make us ready for heaven.

Jesus has promised to actually re-create us—to create us anew; to renew our minds.

Jesus will work all manners of miracles within our being if we simply ask Him to and then cooperate with Him as He brings it about. Changes automatically occur in the caterpillar, but the caterpillar does have to eat in order to grow, and it has to grow in order to fulfill the cycle that eventually brings it to the

butterfly stage. The caterpillar has inherited all of the characteristics and instructions to become a butterfly; it simply follows the programmed directions and becomes a butterfly. We are born without the natural directions to become citizens of heaven. We must be born again so that we can inherit a new set of genes--a new set of directions for development into mature Christians. And when we have been born again in this manner—and Jesus is living within us--it is as natural for us to develop Christ-like characters as it is for the caterpillar to develop wings and flyaway as a butterfly.

Explain Spiritual significance of each stage below:



Thoughts on Topic:

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5. Complete a Nature Honour not previously earned.



MOTHS and BUTTERFLIES

Requirement 1: What is the distinction between moths and butterflies?

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Requirement 2: Define the following terms: antennae, cocoon, pupa, larva, and chrysalis.

Antennae	
Cocoon	
Pupa	
Larva	
Chrysalis	

Requirement 3: Draw or photograph and label the pictures of three different cocoons or chrysalises.

1.	2.	3.

Requirement 4: What causes coloured powder to come off on your hands when you handle the wings of a butterfly? Examine the powder of a moth with a magnifying lens and describe your findings.

Empty response box for Requirement 4.

Requirement 5: Name a harmful house moth and tell during what stage of its life it does the damage.

Empty response box for Requirement 5.

Requirement 6: What common butterfly arrived naturally in Australia in 1870 and has since spread to New Zealand. What plant is its main source of food?

Empty response box for Requirement 6.

Requirement 7: Do one of the following:

- 7:**
 - a. Make a collection of 10 moths and butterflies, with not more than two specimens of any one variety. Specimens should be anesthetized by using carbon tetrachloride or other chemical in a collecting jar. Take care in mounting and labelling.**
 - b. Identify in the field, then draw or photograph 10 species of moths and butterflies.**

In either project, correctly label with name, date observed, location, time of day, and plant type on which it was feeding or the material on which it was perched.

You may use the following table if you wish.

	Name of Moth or Butterfly	Date Observed	Time of day	Plant type it was resting on	Material it was perched on
1.					
2.					
3.					
4.					
5.					
6.					
7.					
8.					
9.					
10.					

Requirement 8: Describe the life history of a moth or butterfly. What lesson can be learned in connection with the resurrection of the righteous dead?

Requirement 9: Read and memorise Matthew 6:19



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

HONOUR COMPLETED:

Signature _____

SEEDS



Requirement 1: What is the main purpose of a seed?

1:

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Requirement 2: What foods were first given to man in the Garden of Eden?

2:

Scripture reference	Foods

Requirement 3: Identify from a seed or drawing and know the purpose of each of these parts of a seed: embryo, seed coat, endosperm, cotyledon, hypocotyl and radicle. See APPENDIX 1 for a template if you wish to create a seed model using cardboard/heavy paper.

	Name	Purpose	
a.			
b.			
c.			
d.			
e.			

Requirement 4: Know four different methods by which seeds are scattered by the plant. Name three kinds of plants that scatter their seeds by each method.

	Seed scattering method	Seeds which scatter by this method		
1.				
2.				
3.				
4.				

Requirement 5: What conditions are necessary for a seed to sprout?

5:

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Requirement 6: Know ten kinds of seeds that we use for food.

6:

	Seed	Food / foods <i>for Example bread, salad etc</i>
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		

Requirement 7: Know five kinds of seeds that are used as sources of oil.

7:

	Seed Name	Use
1.		
2.		
3.		
4.		
5.		

Requirement 8: Know five kinds of seeds that are used for spices.

8:

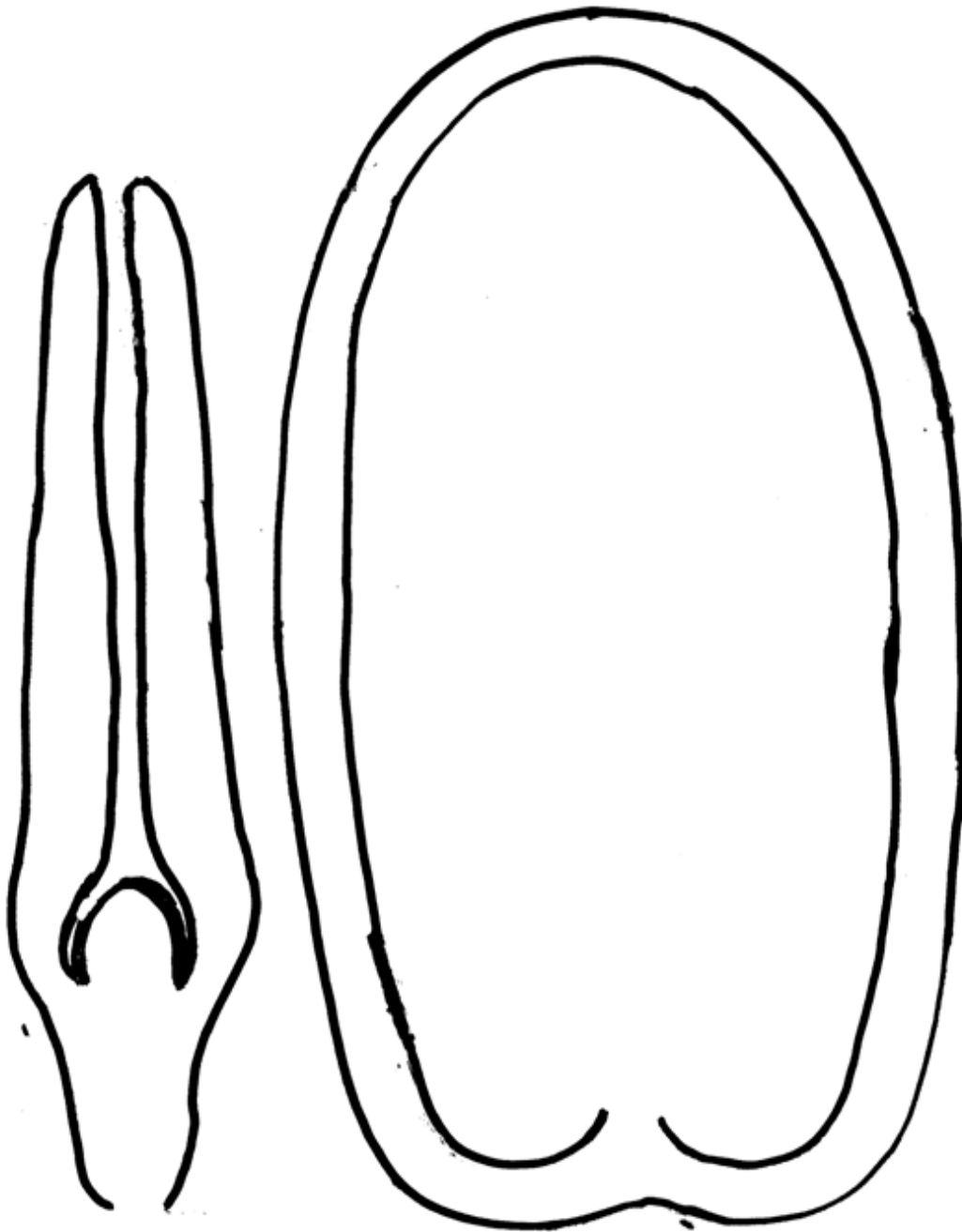
Requirement 9: Make a collection of thirty different kinds of seeds, twenty of which you have collected yourself. Label each kind with its name, the date collected, and locality, and the collector. You may glue them on heavy paper or put them in clear vials.

You may use this table instead of labels if you wish.

	Seed Name	Date Collected	Locality	Name of Collector
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				
11.				
12.				
13.				
14.				
15.				
16.				
17.				
18.				
19.				
20.				
21.				
22.				
23.				
24.				
25.				
26.				
27.				
28.				
29.				
30.				

Appendix 1

This template may be used to create a model using cardboard/heavy paper. Also, for creative folks it may also be used to create a 'picture' using different seeds. See Requirement 9



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

HONOUR COMPLETED:

Signature _____

OUTDOOR LIFE



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

1. With a party of **not** less than four including an experienced adult counsellor, hike 25 km in a rural wilderness area, including **one night** in the open or in tents.

The expedition planning should be a joint effort of the party and all food needed should be carried.

Participate in a group discussion led by your counsellor, of the terrain, flora and fauna, as observed on the hike:



Objective:

To increase out-of-door skills and to provide a deeper appreciation of flora and Fauna

In preparation for the expedition include the following information and training:

1. Practice the use of a compass in plotting a course on the survey maps and in the compass games included under the Teaching Methods. (Maps are 1:25,000 Topographical Maps).
2. Chart the course for the hike.
3. Plan the food supply, clothing and equipment needed.
4. Take a small notebook and make a log of your hike. See example in AY Silver Award.

Expedition Venue

Date

Items Required:

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Personal Plan / Goals:

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Expedition Review:

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2. Complete One Recreational Honour not previously earned.



MAP and COMPASS

SECTION 1: THE MAP

Requirement Know the following:

1.1:

a.	What is a topographical map?	
b.	What is found on a topographical map?	
c.	Give 3 uses of a topographical map:	

Requirement What is an orthophoto map?

1.2:

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Requirement Be able to recognize twenty signs and symbols found on a topographical map, giving some of each in the following categories:

1.3:

categories:

- a. **Man made** (Use symbol 'M' in answers below)
- b. **Water feature** (Use symbol 'W' in answers below)
- c. **Vegetation feature** (Use symbol 'V' in answers below)

	Map Feature	Category		Map Feature	Category
1.			6.		
2.			7.		
3.			8.		
4.			9.		
5.			10.		

Requirement 1.4: Know and explain the following as they relate to elevation:
 [Please use brief notes, diagrams or pictures]

a.	Contour lines:			
b.	Contour interval:			
c.	Ground formations:	Valley	Ridge	Spur
		Bluff or Cliff	Saddle	Shoulder,
		Escarpment	Knoll	Brow

Requirement 1.5: Know and explain the following as they relate to distance:
 [Please use brief notes, diagrams or pictures]

a.	How distance is defined:	
b.	The map scale:	
c.	How to measure linear distance:	
d.	How to estimate land distance:	

Requirement 1.6: Know and explain the following as they relate to a map grid system:
 [Please use brief notes, diagrams or pictures]

a.	What is the grid system?	
b.	What is a six-figure grid reference?	
c.	Rules for reading grid references: <i>In your answer please give the grid references for points A and B</i>	<p>The diagram shows a grid with Eastings (horizontal axis) labeled 59, 60, 61, 62, 63, 64, 65 and Northings (vertical axis) labeled 26, 27, 28, 29, 30, 31. An upward arrow on the left is labeled 'Northings' and a rightward arrow at the bottom is labeled 'Eastings'. Point A is marked with a dot at the intersection of Easting 62 and Northing 28. Point B is marked with a dot at the intersection of Easting 64 and Northing 30.</p>

Requirement 1.7: Know and explain the following in relation to map reading:
 [Please use brief notes, diagrams or pictures]

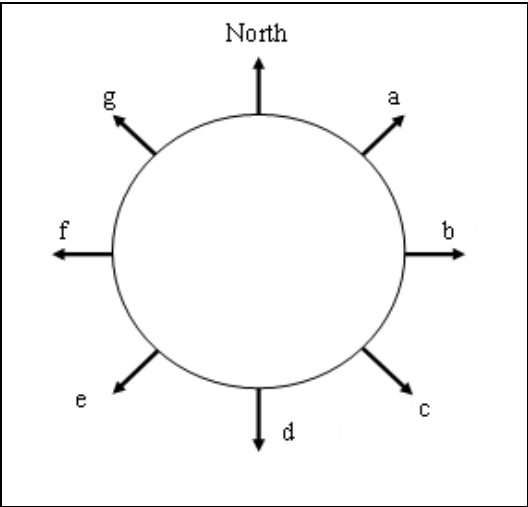
a.	Grid North:	
b.	True North:	
c.	Magnetic North:	
d. and e.	Declination and Grid Magnetic Angle (ie G-MA or GMA):	

SECTION 2: THE COMPASS

Requirement 2.1: What are the 8 major points of the compass and their bearings?

[Please complete the table]

	<u>Point</u>	<u>Bearing</u>
	North	
a.		
b.		
c.		
d.		
e.		
f.		
g.		

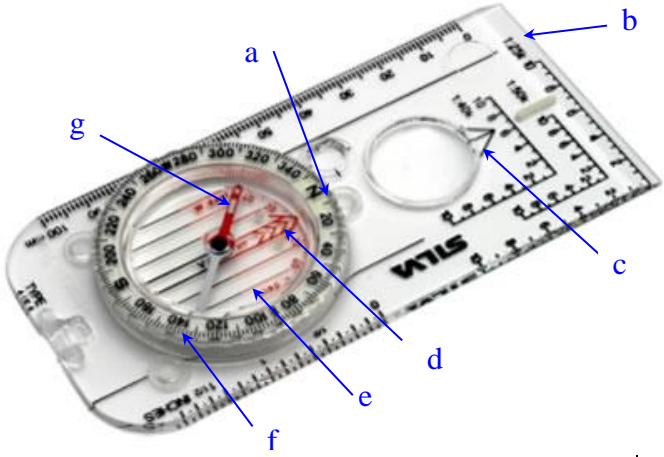


Requirement 2.2: Identify the type of compass most popular with bushwalkers.

Requirement 2.3: Know the parts of an orienteering compass.

[Please complete the table]

	Part name
a.	
b.	
c.	
d.	
e.	
f.	
g.	



Requirement 2.4: Know and explain the following as they relate to Grid Bearings and Magnetic Bearings. [Please use brief notes, diagrams or pictures]

a.	What are Bearings?	
b.	How to calculate a Grid Bearing from the map:	
c.	How to convert a Grid Bearing to a Magnetic Bearing:	
d.	How to convert a Magnetic Bearing to a Grid Bearing:	
e.	How to take and march on a Magnetic Bearing:	
f.	What is Slipping and how to correct for it?	
g.	How to take a Back Bearing:	

Requirement 2.5: Know and explain the following as they relate to Resection. [Please use brief notes, diagrams or pictures]

a.	What is Resection?	
b.	The two-bearing method of Resection:	
c.	The one-bearing method of Resection:	

Requirement 2.6: Know and explain how to orient your map by: [Please use brief notes, diagrams or pictures]

a.	By inspection:	
b.	Using a compass:	

SECTION 3: DIRECTION WITHOUT THE AID OF A COMPASS

Requirement 3.1 **Demonstrate how to find directions without the aid of a compass using the Southern Cross (ie Crux) method**

[Please use brief notes, diagrams or pictures]



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

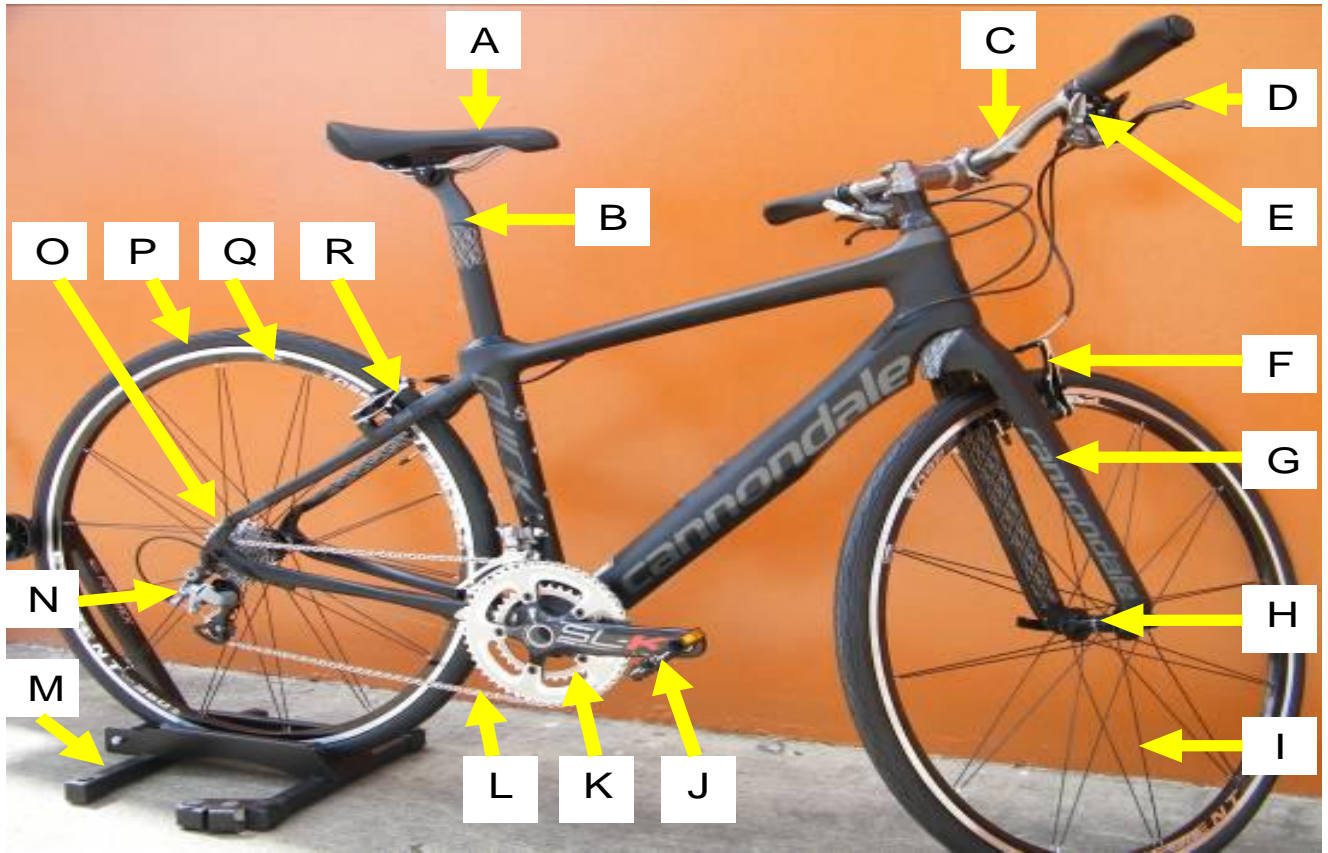
HONOUR COMPLETED:

Signature _____

CYCLING



Requirement 1: Know by name and explain the purpose of the various parts of a bicycle. Please place the relevant letter besides the bicycle part.



Picture: Thanks to 'Bums on Bikes', Strathpine. (Roberto Padilha)

Bike stand	M
Chain	
Front brake calliper	
Front brake lever	
Front fork	
Front wheel hub	
Front wheel spoke	
Gear shift lever	
Handlebar	

Pedal, right hand side	
Rear derailleur	
Rear sprocket	
Rear tyre	
Rear wheel brake calliper	
Rear wheel rim	
Saddle (ie seat)	
Seat post	
Sprocket	

Requirement 2: Know and practice courtesy and safety rules when cycling. Include the importance of wearing a helmet. Please list at least 8 rules.

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

Requirement 3: Describe and demonstrate the following important parts of cycling:
Please write brief notes.

a. Hydrating.	
b. Hand signals commonly used when cycling with others:	

Requirement 4: Describe and demonstrate how to: Please describe briefly what needs to be done.

- a. Make a quick check of a bicycle before riding it.
- b. Set the saddle (ie seat) height to match the rider's body size.
- c. Check the condition of tyres and inflate them to the correct pressure.
- d. Check brake condition / operation and make necessary adjustments.
- e. Check chain adjustment and operation of gears.
- f. Lubricate bearings and other moving parts.
- g. Preserve and protect a bicycle from the elements.

Requirement 5: Demonstrate how to repair a punctured bicycle tyre. Please write brief notes

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- Requirement 6:** Plan and participate in a 20 km cycle route, taking into account:
- a. When to do the ride
 - b. Route to be taken
 - c. Safety on the road
 - d. Road conditions including traffic, condition of road shoulders, road surface etc
 - e. Weather
 - f. Other considerations such as access, other competing events, challenging parts such as steepness.

Please use the cycling log on the back page of these notes

- Requirement 7:** Ride a bicycle 80 kilometres (50 miles) in ten hours or less.
Please use the cycling log on the back page of these notes

- Requirement 8:** Discuss a spiritual application from cycling as a team.
Please write brief notes.

CYCLING LOG. Please use for Requirements 7 and 8

Please make brief notes on what was planned and what actually happened.

		What was Planned		What Actually Happened	
Participants:					
a	When to do the ride:	Date:		Date:	
.		Start time:		Start time:	
		Finish time:		Finish time:	
b	Route to be taken:	Start:		Start:	
.		Places visited:		Places visited:	
		Finish:		Finish:	
		Distance:		Distance:	
c	Safety on the road:				
.					
d	Road conditions incl. traffic, condition of road shoulders and surface etc:				
.					
e	Weather:				
.					
f.	Other considerations such as access, other competing events, challenging parts such as steepness. Any other issues:				
Discussion:					
What went to plan?					
What didn't?					
What could be done differently? Etc.					



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

HONOUR COMPLETED:

Signature _____

3. Pass a test in Explorer First Aid



Completion of the CPR Honor also satisfies this requirement

VOYAGER FIRST AID NOTES

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

Expired Air Resuscitation - E.A.R. (or Mouth to Mouth Resuscitation) must begin immediately when breathing stops, i.e. no rise and fall of chest is evident.

Method:

1. Clear mouth and airway -- remove obstructions and debris.
2. Tilt head well back - opens airway and prevents relaxed tongue blocking airway.
3. With victim's nostrils pinched closed, the operator takes a breath, open his mouth wide so as to make an airtight seal around the victim's mouth, and breathes into the victim - watch to see chest rise - takes about 1 second.
4. Operator removes his mouth from the victim's mouth and watches chest fall takes about 3 seconds.
5. Repeat operations 3 and 4 until victim's breathing returns. Operations 3 and 4 constitute 1 inflation and takes 4 - 5 seconds for an adult and 3 - 4 seconds for a child. When beginning E.A.R. give 4 rapid inflations, then continue at a normal rate of 12 -15 inflations per minute for adult, 15-20 per minute for children, and 20-25 per minute for babies. Blow sufficient air to make victim's chest rise a "normal" amount - only a gentle puff will be needed for a baby.
6. When recovered, place victim in coma position and observe closely. Vomiting may accompany recovery.

Unless asphyxia is treated promptly, the heart will eventually stop beating and death will result.

Cardiac arrest may also occur in conditions such as heart attack, electric shock.

External Cardiac Compression - E.C.C. (Closed Chest Massage) must begin as soon as the heart stops beating - check for carotid pulse.

Method:

1. Lie casualty on his back on a firm surface.
2. Kneel beside victim and locate the lower half of the sternum (breast bone).
3. Place the heel of one hand over the center of the lower half of the sternum, and the heel of the other hand on top of the first - keep fingers raised and off the chest.
4. Keeping arms straight, rock forward, pressing down briskly on the sternum to depress it about 5 cm in an adult.
For a child - press with 1 hand - depress sternum about 3 cm. For a baby - press in center of sternum with 2 fingers - depress sternum about 2 cm.
5. Rock back, releasing pressure but maintaining contact.
6. Repeat operations 4 and 5 at a rate of the normal pulse, i.e. about 80 per minute adult and 100 per minute child and baby.

Cardio-Pulmonary Resuscitation - C.P.R. - is the combination of E.A.R. and E.C.C. and needs to be used when the heart stops.

™One Operator

Give 15 heart compressions, then 2 quick inflations.

™Two Operators

Give 5 heart compressions, then 1 quick inflation.

Repeat until victim recovers. Check for pulse every 2 minutes while giving resuscitation.

Mouth-to-Nose

Procedure for mouth-to-nose is basically the same as for mouth-to-mouth.

- To seal airway close victim's mouth and seal lips by pressing lower lip onto the upper lip with the thumb.
- Take a deep breath, open your mouth as wide as possible and place over victim's nose, but do not pinch nostrils together with you lips. Continue as for mouth-to-mouth.

Children - Handle Gently.

After clearing the airway, support the jaw without tilting the head backwards. Keep your hand away from the soft tissue of the neck. It may be difficult to achieve a clear airway, but unless this is done, air will be blown into the stomach.

For babies and small children, it is necessary to cover both mouth and nose with your mouth before you blow into the lungs.

Over-blowing can cause distension of the stomach so blow just enough to cause the chest to rise. Wait until the child exhales and repeat – 20 times a minute.

Call for help: If you are confronted with an emergency, stay with the victim, start resuscitation and call for help.

Do NOT leave the victim.

Once breathing stops you have only 4 minutes before the brain suffers irreversible damage, so begin Expired Air Resuscitation immediately.

Practice

Be prepared for an emergency.

Technical skill is achieved only by repeated practice. For information on classes, contact:

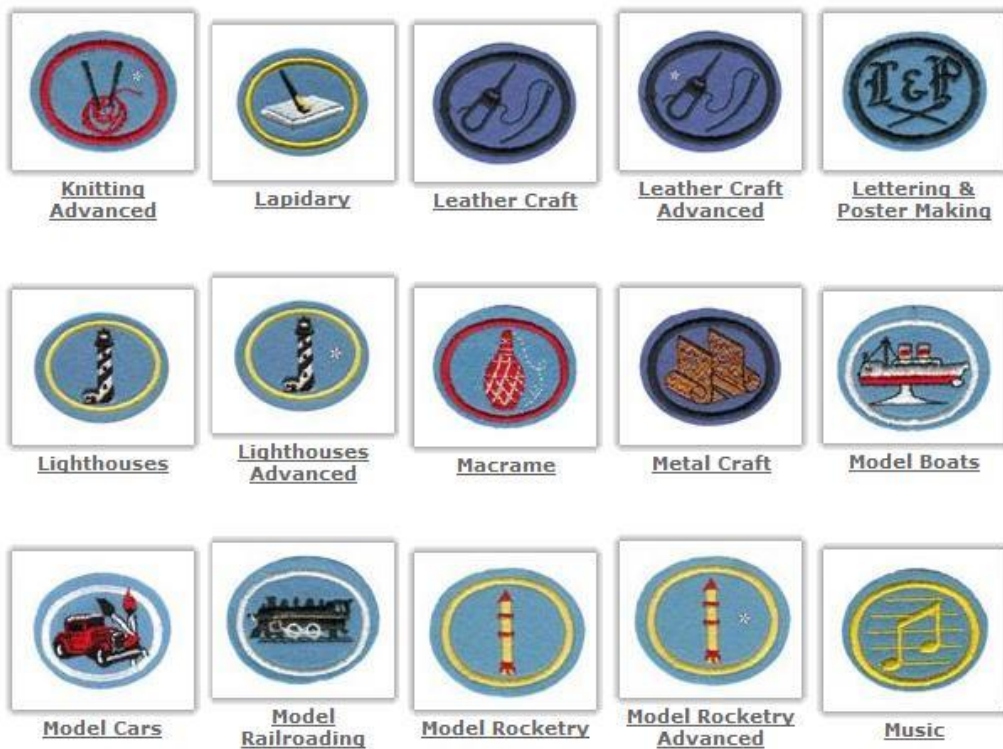
- Local Ambulance
- Red Cross Society
- National Heart Foundation

Method of Testing

The instructor will give an examination.

Voyager first aid does not complete the First Aid Honour, nor is a certificate awarded.

LIFESTYLE ENRICHMENT



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1. Complete one Honour in Outreach Ministries, Health and Science, Household Arts, or Vocational categories not previously earned.



SANCTUARY

Requirement 1: Describe and discuss the events leading up to the construction of the original sanctuary ie the Tabernacle in the Wilderness:

a. Group of people involved and what they were doing at the time:	
b. Why it was constructed:	
c. Who specified the design and the materials to be used?	
d. Where the materials came from:	
e. Who constructed it?	

Requirement 2: Name the three parts of the Tabernacle in the Wilderness.
a. Tell what was in each part.
b. Briefly describe each piece of furniture and tell what each represents.

	Furniture	Brief Description	What it Represents
Court:			
Holy Place:			
Most Holy: Place			

Requirement 3: Draw or construct a scale model of the sanctuary, the courtyard and the position of all the furnishings. The scale model may be a group effort. Remember to add N, S, E and W.

There's room over this page to draw or describe a model you have made.

Below. Please insert the name of the item beside the letter. (See chart below)

h.

i.		j.	
k.		l.	

d.

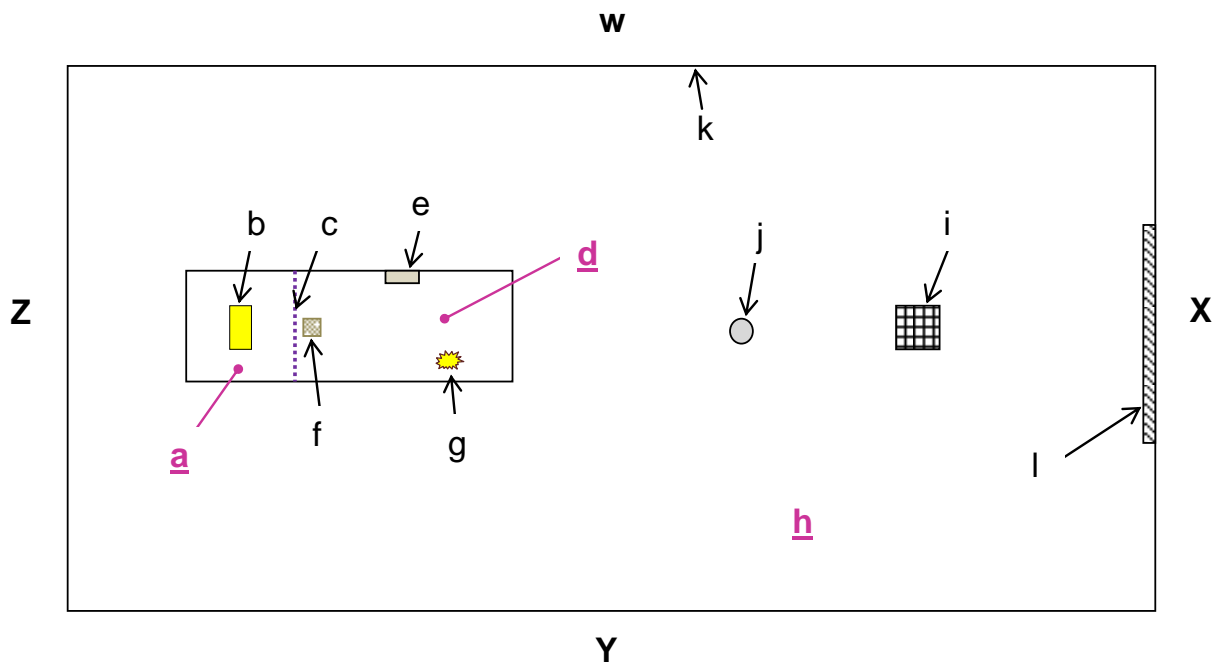
e.		f.	
g.		c.	

a.

b.	
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Please insert the letter signifying the direction

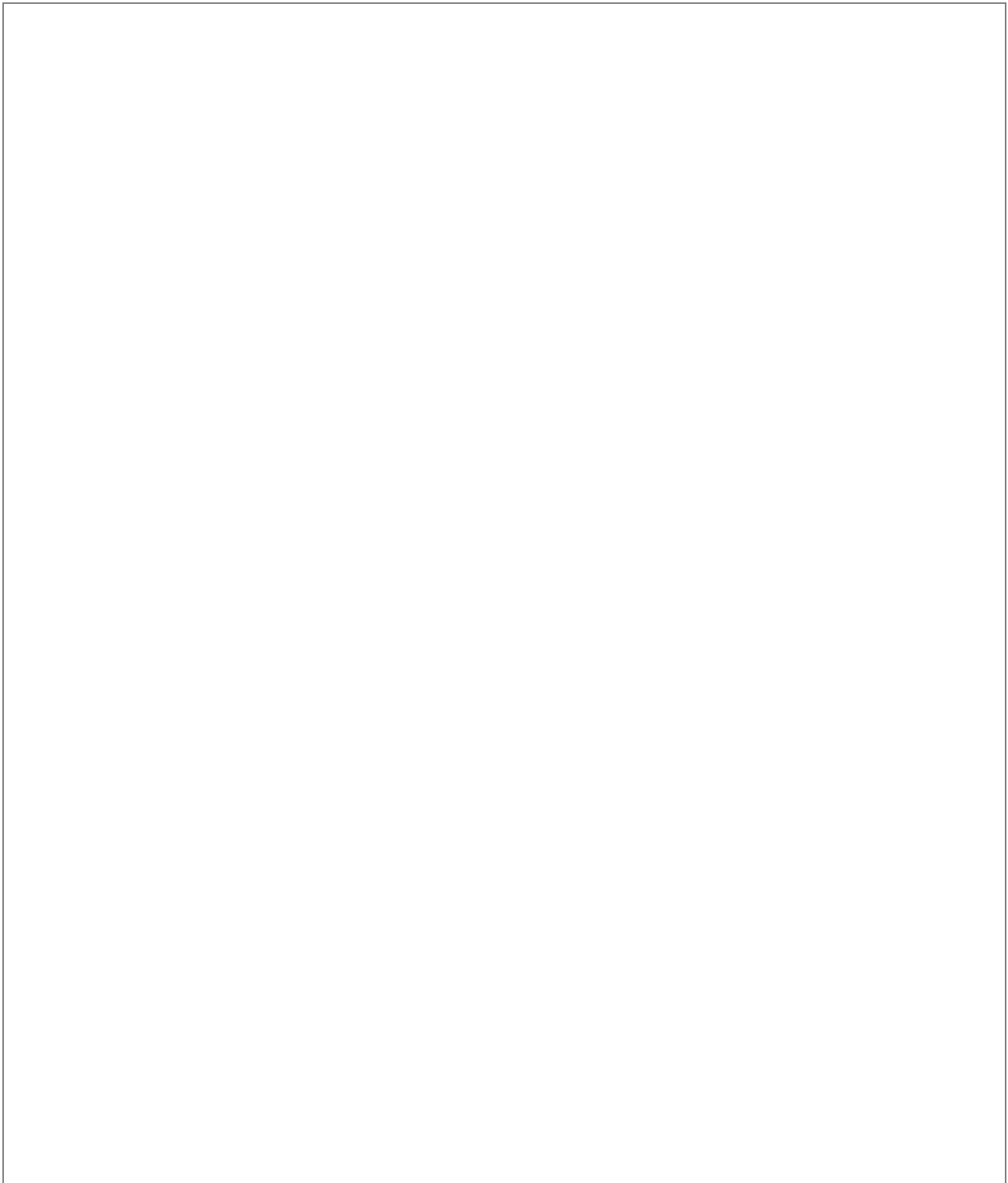
North: South: East: West:



Requirement 3: Draw or construct a scale model of the sanctuary, the court yard and the position of all the furnishings. The scale model may be a group effort. Remember to add N, S, E and W.

(Continued)

Draw a scale model or describe / insert-picture-or-sketch of a model you have made.



Requirement 4: Starting in order from inside to outside, list each of the four coverings over the sanctuary and tell what each covering represented

Cover Description	What it Represented

Requirement 5: The following colours were used in the sanctuary and in the priests clothing. Tell what each colour represented.

Colour	What it Represented	Colour	What it Represented
a. Red:		e. Black:	
b. Blue:		f. Gold:	
c. Purple:		g. Silver:	
d. White:		h. Brass:	

Requirement 6: Discuss and memorise 1 John 1:9, Daniel 8:14, and Exodus 25:8.

1 John 1:9	
Daniel 8:14	
Exodus 25:8	

Requirement 7: The priests were from which of the 12 tribes? Why?

Requirement 8: Describe the attire of the:

a. Common priest:	
b. High priest:	

Requirement 9: Read and discuss The Great Controversy page 488 and Hebrews 4:14-16.

Great Controversy p
488

Hebrews 4:14-16

Requirement 10: What kinds of animals were brought daily to the court yard?

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Requirement 11: Read Patriarchs and Prophets pages 343-358 then write a paragraph or tell how you see Christ represented in the sanctuary and its services.

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

HONOUR COMPLETED:

Signature _____



HEALTH and HEALING

Requirement 1: Be in at least the eighth grade.

Requirement 2: Through the Bible and/or Spirit of Prophecy learn how Jesus healed the sick and the procedure for church elders to use to anoint the sick and ask God for healing. Write a 250-word report or give a two-minute oral report on what you learned

Use this space to write your essay or make notes for your oral report

Requirement 3: What is continuing education as related to health careers?

Requirement 4: Interview at least two people who work in a medical health career. One of the two must be someone other than a doctor or nurse, such as someone working in dentistry, physical therapy, respiratory therapy, radiology, nutrition, etc. In your interviews ask the following questions:

Interview 1	Name	
	Profession	
	Place of Interview	
	Date of Interview	
Question		Response
a.	Why did you choose your profession?	
b.	What education is necessary to enter your profession?	
c.	After education what amount of time does it take to become certified or proficient in your field	
d.	What part of your job do you like the best? The least?	
e.	What days of the week and hours per day do you work at your job?	
f.	What advancement is available in your field?	
g.	What course of study in college would complement your chosen profession?	
h.	What are some institutions that offer training in your profession?	
Additional comments		

Requirement 4: Interview at least two people who work in a medical health career. One of the two must be someone other than a doctor or nurse, such as someone working in dentistry, physical therapy, respiratory therapy, radiology, nutrition, etc. In your interviews ask the following questions:

Interview 2	Name	
	Profession	
	Place of Interview	
	Date of Interview	
Question		Response
a.	Why did you choose your profession?	
b.	What education is necessary to enter your profession?	
c.	After education what amount of time does it take to become certified or proficient in your field	
d.	What part of your job do you like the best? The least?	
e.	What days of the week and hours per day do you work at your job?	
f.	What advancement is available in your field?	
g.	What course of study in college would complement your chosen profession?	
h.	What are some institutions that offer training in your profession?	
Additional comments		

Requirement 5: Do one of options a, b, c or d

Requirement 5 Option (a) Be a candy striper or a page (*or a student doing work experience*) in a hospital or medical facility.

Requirement 5 Option (b) Visit a medical or dental office *clinic or practice* and do the following:

Requirement	Your Findings
Observe the areas of operation, such as the business office, laboratory, examining rooms, x-ray rooms, etc.	
Be introduced to the equipment used.	
Learn the steps of a visit from when a patient comes into the waiting room until the time he <i>or she</i> leaves.	
Learn how the doctor does an examination from the taking of the patient's history to the diagnosis.	
Additional comments	

**Requirement Go on a visit with a home nurse and do the following:
5 Option (c)**

Requirement	Your Findings
Learn the steps of a home visit from when the nurse finds out about the patient to when the nurse reports to a doctor.	
Observe the nurse taking the vital signs.	
Observe the nurse giving instructions and medication.	
Additional comments	

**Requirement Visit an outpatient department of a hospital, such as physical
5 Option (d) therapy, x-ray, laboratory, etc. Do the following:**

Requirement	Your Findings
Observe the areas of operation in the department.	
Be introduced to the equipment used in the department and how it works.	
Learn the steps a patient takes when visiting the department.	
How many people does it take to staff the department?	
Does the department operate at night?	
Additional comments	



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

HONOUR COMPLETED:

Signature_____



HOUSEKEEPING

Requirement 1: Have the Laundering Honour.

1:

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Requirement 2: List items used in keeping a house clean.

2: Please see if you can think of 10 items.

Requirement 3: Describe the best way to keep stoves/cooktops, microwave ovens, and refrigerators clean. Please write brief notes

3:

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Requirement 4: Under what conditions do germs and pests thrive? Give ways of cleaning each of the following: basement, closets / wardrobes, cupboards, sinks, washbasins and toilets. Please write brief notes

4:

--

Requirement 5: State the proper way to prepare dishes for washing, either in the sink or dishwasher. State the correct order to wash silver, glass, table, and kitchen dishes. Please write brief notes

5:

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Requirement 6: How should rugs, carpets, bedding, upholstered furniture, papered walls, painted walls, floors, and windows be cleaned?

Please write brief notes.

Rugs:	
Carpets:	
Bedding:	
Upholstered furniture:	
Papered walls:	
Painted walls:	
Floors:	
Windows:	

Requirement 7: How is trash/rubbish disposed of in your community?

Please write brief notes.

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Requirement 8: What precautions should be taken in cleaning out a fireplace?

Please write brief notes.

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Requirement 9: What is meant by keeping a home 'baby safe'?

Please write brief notes.

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Requirement 10: Plan and do the housekeeping work in a house for at least one week.

Time period:

Address of 'house':

Describe briefly what you did.



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

HONOUR COMPLETED:

Signature _____



WORD PROCESSING 1

Instructions:

Brief notes are only required for Requirements 1, 2, 4e and 4f. No notes are required for the other requirements. Please use this workbook as a check list.

Requirement

1:

a.	Meaning of the term 'word processing'	
b.	Hardware needed for word processing.	

Requirement Demonstrate correct posture while using a keyboard.

2:

STEP 1: Your Chair	
STEP 2: Your Keyboard	
STEP 3: Screen and Documents	
STEP 4: Pauses and Breaks	

Requirement Demonstrate ability to correctly:

3:

a.	Switch on the hardware and open the word processing software.
b.	Close all documents and software, then shutdown / turn-off all hardware.

Requirement Demonstrate ability to:

4:

(Note that this may be done in conjunction with Requirement 5)

a.	Navigate the computer's file storage system (via Microsoft's 'My Documents')	
b.	Retrieve / open a document from the computer's file storage system	
c.	Create a new folder in the computer's file storage system	
d.	Create a new word-processing document.	
e.	Give the new document a suitable file name and save it in the appropriate folder in the computer's file storage system.	
	Explain why it is important to ensure that a document being worked on is continually saved and backed up.	
f.	Ensure the document has its file name and its latest revision clearly noted on the document.	
	Explain why it is important to do so.	

Requirement 5: Create a document consisting of no less than 800 words and which demonstrates skill in applying each of the following. Save and print the document. Make a backup copy.
NB. It is strongly recommended that the document be included overleaf.

		Examiner's Comments
a. Setting up a document:		
i.	Save the document in the appropriate folder. Make a new folder if this is best.	
ii.	Set page orientation: portrait or landscape.	
iii.	Create a header and footer.	
iv.	Set margins.	
v.	Insert automatic page numbering in the header or footer.	
vi.	Insert the date of the latest revision and the document's file name in the header or footer.	
b. Formatting a document using the following:		
i.	Fonts: Type (ie Arial etc), Size (ie 12 etc), Style (ie bold), Colour and Underlining	
ii.	Text alignment: Left, Centre, Right and Justify	
iii.	Line spacing	
iv.	Lists and bullets	
v.	Numbering of headings.	
c. Editing a document by:		
i.	Copying text	
ii.	Moving text	
iii.	Correcting spelling and grammar using auto correct.	
iv.	Searching and replacing words or text	
d. Inserting into a document:		
i.	A table with headings and a minimum of 3 columns and 5 rows	
ii.	A picture or Clip Art	

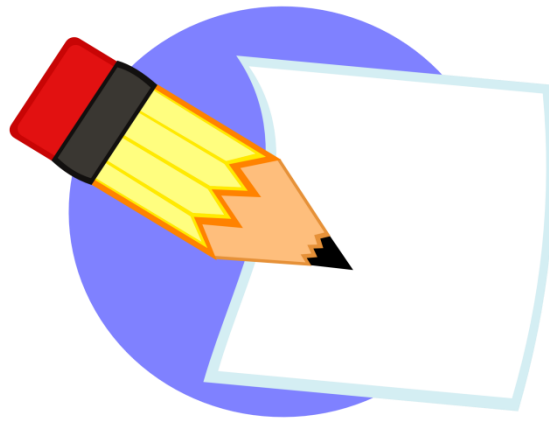


Please insert completed Honour Requirements and any other supporting evidence i.e. photos.

HONOUR COMPLETED:

Signature _____

Notes, images etc.



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

