

# RANGER

SAIL Pathfinders 2013-2014

## **Faithful as We March Along, in Kindness, Truth and Purity**

In the Pathfinder Song, we describe ourselves as faithfully marching in kindness, truth and purity. These traits allow us to go forward boldly as leaders. In kindness we look to the needs of others. In truth we focus on Christ and our integrity. And in purity, we dedicate ourselves to the task, and avoid distraction and wrong turns.

These days, the term Ranger may bring to mind either the elite of the U.S. Army Infantry or the folks in green who patrol and protect our national parks. Being a ranger has traditionally meant being someone brave and honest, someone committed to protecting and serving in difficult and often dangerous conditions, someone willing to go ahead of others to seek out and remove dangers to those they are committed to protect. Rangers are not passive. They actively seek to fulfill their duty, be it to nation, nature or man.

So what is a Pathfinder Ranger? In the Pathfinder program, a Ranger has moved from the junior Pathfinder status to a Senior Pathfinder. They are learning to lead, and taking an active role not only in their unit, but in the entire Pathfinder Club and beyond. They are actively and boldly stepping forward to fulfill the AY Aim: "The Advent message to all the world in my generation." This Aim is impossible to fulfill by sitting back and waiting for others. It is an active calling, one that requires dedication, perseverance and a willing spirit.

Like all Pathfinders, a Ranger must be Pure, Kind and True. Making the active decision to remain pure in mind and body prepares us for a life of service, and opens the way for an active relationship with God.

Being kind is a reflection of our recognition that all were created in the image of God, that Christ died for all, and that we have a duty to tell others of this great news. For God himself said, through the prophet Ezekiel, "I have no pleasure in the death of one who dies," says the Lord GOD. "Therefore turn and live!" (Ezekiel 18:32 NKJV). If we are to truly express kindness, it must be fore more than current needs and comfort, but for the eternal, for the salvation of all who will hear. And where will they hear if not from us?

A Ranger must also be true. Being true is more than just avoiding lies. It is about being reliable in all that we say and do. Others look to you as an example, whether you know it or not. They look to your actions and words, and see the reflection of what you believe. Can you be counted on, even when not asked, to stand firm for your belief, to boldly step forward when there is a need, to serve willingly, to lead others, and to set an example of purity, kindness and truthfulness?

The Ranger program is about preparing yourself spiritually, mentally, physically and socially for an active, service-filled future.

Remain True!





## Ranger Investiture Achievement

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

### Ranger Investiture Achievement Requirements

#### Personal Growth (page 4)

1. Be in Grade 8 or its equivalent
- 2a. Develop your daily devotional life by studying the Weekly Devotional Guide (weeks 40 – 52) and the book of John utilizing printed or electronic resources.
- 2b. Journal your thoughts by asking questions like: “What did I learn about God?” “What did I learn about Myself?” “How can I apply this to my life today?” “What in this text is meaningful to me?” “What is the theme in the verses I read?” You may journal through writing, drawing or electronic process.
- 3a. Memorize the Pathfinder Law
- 3b. Illustrate your understanding of the Pathfinder Law in an interesting way..
4. Learn the meaning of the AY emblem

#### Spiritual Discovery (page 8)

1. Participate in a Bible marking program on the inspiration of the Bible
2. Memorize the 10 Commandments in Exodus 20:3-17.
3. Read the 13 Baptismal Vows of the Seventh-day Adventist Church and share why each of them is important.
4. Read The Pathfinder Story (current edition)

#### Serving Others (page 12)

1. Fulfill requirements #7 and #8 of the ACS Serving Communities Honor.
2. Fulfill requirement #9 of the ACS Serving Communities Honor.

#### Making Friends (page 13)

1. Role-play the story of the Good Samaritan and think of ways you can serve your neighbors and do three
2. Fulfill requirements #1, #5 and #10 of the Family Life Honor.

#### Health and Fitness (page 15)

1. Learn the value of Divine Power & Rest by: a. For five consecutive days, spend 8 minutes each day in a quiet spot (no electronics, books or distractions) and reflect on ways God has touched your life during the last 24 hours. b. Share what you liked and didn't like about your quiet time with a friend or your group. c. Keep a sleep log for seven days. d. Find an article on how the lack of sleep affects the body and make a presentation about what you have learned. (Are you getting enough sleep?) e. Read these texts: Ex. 31:17, Ez. 20:20, Isa. 58:13, 14; Matt. 12:11, 12. f. Discuss with your group, “How will I keep the Sabbath so it will be a meaningful experience in my relationship with God and impact positively my physical health?”
2. Earn the First Aid Honor.
3. Complete the Basic Water Safety Honor OR the Beginner Swimming Honor, if not previously earned.

#### Nature Study (page 20)

1. a. Read two articles from science that relate to the laws of nature. b. Review the story of the Ten Commandments. c. Perform three experiments, which demonstrate the natural laws of God, (e.g. law of gravity, law of magnetism).
2. Lichens/Shells: Make an “eternal garden” OR Collect and identify 15 different shells and tell where they may be found.

#### Outdoor Living (page 22)

1. Complete requirements 1-11b of the Hiking Honor.
2. Earn the Camping Skills IV Honor.

#### Wilderness Ranger (page 26)

## Personal Growth

**1. Be in Grade 8 or its equivalent.**

**2. Develop your daily devotional life by studying the Weekly Devotional Guide (weeks 40 – 52) and the book of John utilizing printed or electronic resources, then journal your thoughts by asking questions like: “What did I learn about God?” “What did I learn about Myself?” “How can I apply this to my life today?” “What in this text is meaningful to me?” “What is the theme in the verses I read?”**

**You may journal through writing, drawing or electronic process.**

### Weekly Devotional Guide (weeks 40-52)

#### Week 40 Judgement

Revelation 6-8  
1 Peter 4:12-19  
1 Peter 5:1-11  
Romans 13  
Job 14:1-7  
Zephaniah 1-3

#### Week 41 Heaven

Revelation 21  
Matthew 12  
1 Peter 3  
Hebrews 4  
Isaiah 21

#### Week 42 Bible Study

Psalm 5  
Psalm 32  
2 Timothy 3  
Isaiah 35  
Acts 17

#### Week 43 Challenges

Matthew 22  
Luke 14:26  
2 Corinthians 7:1  
Exodus 4  
Matthew 24  
Luke 24

#### Week 44 Calling

Isaiah 6  
Matthew 4:12-25  
Acts 15  
1 Corinthians 3  
Acts 1

#### Week 45 Redemption

Genesis 3  
Exodus 15:1-18  
Isaiah 59  
Psalm 98  
Hebrews 1  
Galatians 3

#### Week 46 Beginnings

John 3  
John 11  
Isaiah 40  
Philemon 1  
1 Kings 10  
Psalm 137

#### Week 47 Sabbath

Exodus 12-20  
Matthew 12  
Mark 1-2  
Hebrews 3  
Genesis 1-2  
Isaiah 56

#### Week 48 Comfort

Psalm 27  
Psalm 25  
Psalm 32  
Hosea 6:1-3  
Psalm 117  
Deuteronomy 10

#### Week 49 Future

Revelation 20  
Psalm 46  
Psalm 84  
Psalm 90  
Revelation 18

#### Week 50 Peers

1 John 4  
Isaiah 55  
Joel 2  
Luke 15  
Genesis 37-39  
Genesis 40-44  
Genesis 45-48

#### Week 51 Service

2 Corinthians 4  
Mark 9  
Matthew 25  
1 Corinthians 12  
Matthew 9

#### Week 52 Discipleship

Mark 8  
John 21  
Isaiah 53  
James 2  
Revelation 22

## Introduction to the Book of John, for the Ranger Investiture Achievement

As part of the Ranger Investiture Achievement, we will be reading the book of John, the fourth Gospel. The first three Gospels - Matthew, Mark and Luke - are referred to as the Synoptic Gospels (synoptic meaning “seeing together” or “taking a common view”). These three Gospels have many overlaps in the way they retell the story of the life of Jesus Christ. Approximately 45 percent of the writings in the book of Matthew is found also in Mark and Luke, 41 percent of Luke is found in Matthew and Mark, and 76 percent of Mark is found in the other two. This similarity of story telling has helped to reinforce the veracity of the history.

John, too, writes about the life of Jesus in his Gospel, but he provides a more complete understanding of Jesus’ divinity, and his is the most theological and spiritual of the four Gospels. John more than any other Gospel writer emphasizes through Jesus’ own words the claim that Jesus is the Son of God. We see throughout the book Jesus quoted as beginning a sentence with “I am,” an allusion to God’s use of the name “I AM” to describe himself to Moses (Exodus 3:14). In John we see Jesus say; I am the light, I am the good shepherd, I am the resurrection and the life, I am the vine, I am the way, the truth and the life. Clearly John wanted to leave no doubt in his readers’ minds as to the true nature of Jesus Christ.

John is often cited as a favorite by readers of the four Gospels, perhaps because it seems much more personal and spiritual in how the author portrays Jesus and his relationship with each of us. At the same time, in John we often see Jesus portrayed in confrontation with the religious leaders. This, too, reveals the authority of Jesus Christ over the earthly leaders, and points to his divine origin. John wrote his Gospel last, and thus likely knew of the text of the other three Gospels. There are stories found in the other three that John omits, and there are other details that John includes that are not in the other three Gospels.

So who was John? He was one of the 12 Disciples, a fisherman and a son of Zebedee along with his brother James. John and his brother were called the “sons of thunder,” a reflection of their character at the time they met Jesus. Through his relationship with Jesus, John is softened, changed, and is no longer the “son of thunder” but instead the disciple “Jesus loved.” This transformation of heart and character comes through in John’s writing, and it is hard these days to go to any sporting event where someone isn’t holding a sign reading “John 3:16.”

It is John’s mission in his Gospel to point the reader to Jesus Christ, and to his salvation. As John himself states, “*And truly Jesus did many other signs in the presence of His disciples, which are not written in this book; but these are written that you may believe that Jesus is the Christ, the Son of God, and that believing you may have life in His name.*” (John 20:30-31 NKJV). As we read the book of John together, we will see what Jesus meant for John, and what he means for each one of us.

**3a. Memorize the Pathfinder Law****3b. Illustrate your understanding of the Pathfinder Law in an interesting way****Pathfinder Pledge:**

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

**The Law is for me to:**

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

**Explanation -- Pathfinder Pledge**

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

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

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

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

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

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

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

**Explanation -- Pathfinder Law**

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

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

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

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

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

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

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

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

**4. Learn the meaning of the AY Emblem.**

**AY MISSION:** The salvation of youth through Jesus Christ. We understand youth ministry to be that work of the church that is conducted for, with, and by young people.

**AY AIM:** The Advent message to all the world in my generation.

**AY MOTTO:** The love of Christ constrains me. (Alternate: The Love of Christ Compels Us)

**AY 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.



- Blue: Loyalty
- Gold: Excellence
- Cross: Salvation
- Angels: Three Angels Message - Our message to tell to the World
- AY: Adventist Youth - Our identity
- Lines: Longitude and latitude, representing the whole globe, which is our mission field
- Oval: Unity

The youth of the Seventh-day Adventist church is a global movement of destiny: united in Love, Purpose and Mission, yet diverse in culture, language, geography, economy, and heritage. It is through the power of Christ and His Spirit that we can celebrate our unity in the midst of such diversity. In a world of ethnic and national divide, this exquisite expression of unity in Jesus is the most powerful expression of the reality of the gospel in the midst of God’s people.

**Personal Growth:**

1.  Instructor \_\_\_\_\_ Date \_\_\_\_\_
2.  Instructor \_\_\_\_\_ Date \_\_\_\_\_
3.  Instructor \_\_\_\_\_ Date \_\_\_\_\_
4.  Instructor \_\_\_\_\_ Date \_\_\_\_\_

## Spiritual Discovery

### 1. Participate in a Bible marking program on the inspiration of the Bible

Holy Scriptures: The Holy Scriptures, Old and New Testaments, are the written Word of God, given by divine inspiration through holy men of God who spoke and wrote as they were moved by the Holy Spirit. In this Word, God has committed to man the knowledge necessary for salvation. The Holy Scriptures are the infallible revelation of His will. They are the standard of character, the test of experience, the authoritative revealer of doctrines, and the trustworthy record of God's acts in history. (2 Peter 1:20, 21; 2 Tim. 3:16, 17; Ps. 119:105; Prov. 30:5, 6; Isa. 8:20; John 17:17; 1 Thess. 2:13; Heb. 4:12.)

[From The 28 Fundamental Beliefs of the Seventh-day Adventist Church]

The 2009 First Quarter Adult Sabbath School Lesson focused on The Prophetic Gift, including the inspiration of the prophets and Bible writers: <http://www.biblestudiesforadventists.com/2009/quarter1/sabbathschoolintro.html>

The 1999 First Quarter Adult Sabbath School Lesson focused on Studies on Revelation and Inspiration, including several weeks on the Inspiration of the Bible: <http://ssnet.org/qtrly/eng/99a/>

A discussion on changing views of how to understand Inspiration from an Adventist context is available at the Biblical Research Institute: <http://biblicalresearch.gc.adventist.org/documents/issuesrevelationinspiration.htm>

### 2. Memorize the 10 Commandments in Exodus 20:3-17.

*“You shall have no other gods before Me.*

*“You shall not make for yourself a carved image—any likeness of anything that is in heaven above, or that is in the earth beneath, or that is in the water under the earth; you shall not bow down to them nor serve them. For I, the LORD your God, am a jealous God, visiting the iniquity of the fathers upon the children to the third and fourth generations of those who hate Me, but showing mercy to thousands, to those who love Me and keep My commandments.*

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

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

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

*“You shall not murder.*

*“You shall not commit adultery.*

*“You shall not steal.*

*“You shall not bear false witness against your neighbor.*

*“You shall not covet your neighbor’s house; you shall not covet your neighbor’s wife, nor his male servant, nor his female servant, nor his ox, nor his donkey, nor anything that is your neighbor’s.” [Exodus 20:3-17 NKJV]*

**3. Read the 13 Baptismal Vows of the Seventh-day Adventist Church and share why each of them is important.**

1. Do you believe in God the Father, in His Son Jesus Christ, and in the Holy Spirit?

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2. Do you accept the death of Jesus Christ on Calvary as the atoning sacrifice for the sins of men, and believe that through faith in His shed blood men are saved from sin and its penalty?

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3. Renouncing the world and its sinful ways, have you accepted Jesus Christ as your personal Savior, and do you believe that God, for Christ's sake, has forgiven your sins and given you a new heart?

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4: Do you accept by faith the righteousness of Christ, recognizing Him as your Intercessor in the heavenly sanctuary, and do you claim His promise to strengthen you by His indwelling Spirit, so that you may receive power to do His will?

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5. Do you believe that the Bible is God's inspired word, and that it constitutes the only rule of faith and practice for the Christian?

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6. Do you accept the Ten Commandments as still binding upon Christians; and is it your purpose, by the power of the indwelling Christ, to keep this law, including the fourth commandment, which requires the observance of the seventh day of the week as the Sabbath of the Lord?

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7. Is the soon coming of Jesus the blessed hope in your heart, and are you determined to be personally ready to meet the Lord, and to do all in your power to witness to His loving salvation, and by life and word to help others to be ready for His glorious appearing?

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8. Do you accept the Biblical teaching of spiritual gifts, and do you believe that the gift of prophecy in the remnant church is one of the identifying marks of that church?

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9. Do you believe in church organization, and is it your purpose to support the church by your tithes and offerings, your personal effort, and influence?

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10. Do you believe that your body is the temple of the Holy Spirit and that you are to honor God by caring for your body, avoiding the use of that which is harmful, abstaining from all unclean foods, from the use, manufacture, or sale of alcoholic beverages, the use, manufacture, or sale of tobacco in any of its forms for human consumption, and from the misuse of, or trafficking in, narcotics or other drugs?

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11. Knowing and understanding the fundamental Bible principles as taught by the Seventh-day Adventist Church, is it your purpose, by the grace of God, to order your life in harmony with these principles?

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## Serving Others

**1. Fulfill requirements 7 and 8 of the ACS Serving Communities Honor.**

7. Meet with the Adventist Community Services leader in your area and ask about projects that your Pathfinder unit or class might be able to accomplish that would help meet needs in your community.

Alternate Requirement: Ask an Adventist Community Service or ADRA Canada leader in your area to make a presentation to your Pathfinder Club or Unit which would include giving suggestions of how youth could help meet needs in your community.

8. Plan a community service project with your Pathfinder unit or class and complete it.

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**2. Fulfill Requirement 9 of the ACS Serving Communities Honor.**

9. Complete at least 4 hours of volunteer service, including both time invested in the project mentioned in requirement number eight and time donated to other community services activities.

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Adventist Community Services: <http://www.communityservices.org/>  
ACS Pathfinder Honor requirements: <http://www.communityservices.org/article.php?id=145>

**Serving Others:**

1.  Instructor \_\_\_\_\_ Date \_\_\_\_\_  
2.  Instructor \_\_\_\_\_ Date \_\_\_\_\_

## Making Friends

**1. Role-play the story of the Good Samaritan and think of ways you can serve your neighbors and do three**

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*The Good Samaritan - Luke 10:25-37*

**2. Fulfill requirements #1, #5 and #10 of the Family Life Honor.**

1. Explain the roles of the father, mother, sister, and brother as given in the Bible and Spirit of Prophecy.

Father \_\_\_\_\_  
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Mother \_\_\_\_\_  
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Brother \_\_\_\_\_  
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Sister \_\_\_\_\_  
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The Adventist Home, by Ellen White, highlights the roles of family members. It can be purchased, or read online at: <http://www.slideshare.net/Afryea/adventist-home-by-ellen-white>

Use your concordance to seek Biblical mentions of family roles

5. Make a list of some of the things your family spends money on. Explain your responsibility to the finances of your family.

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10. List five ways you can show concern for or interest in your neighbors.

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4. \_\_\_\_\_

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5. \_\_\_\_\_

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**Making Friends:**

1.  Instructor \_\_\_\_\_ Date \_\_\_\_\_

2.  Instructor \_\_\_\_\_ Date \_\_\_\_\_

### Health and Fitness

**1. Learn the value of Divine Power & Rest by:**  
**a. For five consecutive days, spend 8 minutes each day in a quiet spot (no electronics, books or distractions) and reflect on ways God has touched your life during the last 24 hours.**  
**b. Share what you liked and didn't like about your quiet time with a friend or your group.**

Report: \_\_\_\_\_  
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**c. Keep a sleep log for seven days.**

Sleep Log:  
 Date: \_\_\_\_\_ Time to bed: \_\_\_\_\_ Time Awaken: \_\_\_\_\_ Time Slept: \_\_\_\_\_  
 Quality of Sleep: \_\_\_\_\_

Date: \_\_\_\_\_ Time to bed: \_\_\_\_\_ Time Awaken: \_\_\_\_\_ Time Slept: \_\_\_\_\_  
 Quality of Sleep: \_\_\_\_\_

Date: \_\_\_\_\_ Time to bed: \_\_\_\_\_ Time Awaken: \_\_\_\_\_ Time Slept: \_\_\_\_\_  
 Quality of Sleep: \_\_\_\_\_

Date: \_\_\_\_\_ Time to bed: \_\_\_\_\_ Time Awaken: \_\_\_\_\_ Time Slept: \_\_\_\_\_  
 Quality of Sleep: \_\_\_\_\_

Date: \_\_\_\_\_ Time to bed: \_\_\_\_\_ Time Awaken: \_\_\_\_\_ Time Slept: \_\_\_\_\_  
 Quality of Sleep: \_\_\_\_\_

Date: \_\_\_\_\_ Time to bed: \_\_\_\_\_ Time Awaken: \_\_\_\_\_ Time Slept: \_\_\_\_\_  
 Quality of Sleep: \_\_\_\_\_

Report: \_\_\_\_\_  
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**d. Find an article on how the lack of sleep affects the body and make a presentation about what you have learned. (Are you getting enough sleep?)**

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**Some articles on Sleep:**

- <http://www.washingtonpost.com/wp-dyn/content/article/2005/10/08/AR2005100801405.html>
- <http://www.webmd.com/sleep-disorders/excessive-sleepiness-10/10-surprising-results>
- <http://healthysleep.med.harvard.edu/healthy/>
- <http://www.sciencedaily.com/releases/1999/10/991025075844.htm>
- <http://www.apa.org/monitor/oct01/sleepteen.aspx>
- <http://www.outsideonline.com/news-from-the-field/The-Camping-Cure.html>

**e. Read these texts: Ex. 31:17, Ez. 20:20, Isa. 58:13, 14; Matt. 12:11, 12.**

- (Exodus 31:17 NKJV) *It is a sign between Me and the children of Israel forever; for in six days the LORD made the heavens and the earth, and on the seventh day He rested and was refreshed.*
- (Ezekiel 20:20 NKJV) *hallow My Sabbaths, and they will be a sign between Me and you, that you may know that I am the LORD your God.*
- (Isaiah 58:13 NKJV) *If you turn away your foot from the Sabbath, From doing your pleasure on My holy day, And call the Sabbath a delight, The holy day of the LORD honorable, And shall honor Him, not doing your own ways, Nor finding your own pleasure, Nor speaking your own words, Then you shall delight yourself in the LORD; And I will cause you to ride on the high hills of the earth, And feed you with the heritage of Jacob your father. The mouth of the LORD has spoken.*
- (Matthew 12:11-12 NKJV) *Then He said to them, "What man is there among you who has one sheep, and if it falls into a pit on the Sabbath, will not lay hold of it and lift it out? Of how much more value then is a man than a sheep? Therefore it is lawful to do good on the Sabbath."*

**f. Discuss with your group, "How will I keep the Sabbath so it will be a meaningful experience in my relationship with God and impact positively my physical health?"**

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**2. Earn the First Aid Honor.**

1. Know the basic principles for mouth-to-mouth breathing and the treatment for an obstructed airway

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2. What is the difference between a heart attack and a stroke, and the treatment for each?

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3. Know the proper procedure for assisting a bleeding victim

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4. Know the pressure points and how to correctly apply pressure at those points

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5. Know the proper method of applying a tourniquet and when to apply one

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6. Know the causes of shock and demonstrate its proper treatment

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7. Know the proper procedure for assisting a victim of poisoning

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8. Know the proper procedure for assisting a burn victim

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9. Know how to properly apply the following bandages

- a. Open and closed spiral
- b. Figure-eight
- c. Fingertip
- d. Cravat bandage to head

10. Know how to apply the following splints

- a. Upper arm splint
- b. Forearm splint
- c. Ankle splint
- d. Kneecap splint

11. Know the proper treatment for the following

a. Head injuries

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b. Internal injuries

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c. Gunshot wounds

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d. Injuries to eye

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e. Animal and insect bites

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f. Fainting and epilepsy

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g. Effects of heat and cold

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12. Know what to do in an electrical emergency

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13. Know how to escape from a fire

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14. Know how to obtain help in an emergency

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15. Know the proper procedure to assist a radiation-exposure victim

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16. Know the following rescue carries

a. Drag by shoulder

b. Blanket drag

c. Two-person carry

d. Carry by extremities

e. Improvised litter

f. Three-person hammock carry

g. Litter carry

**3. Complete the Water Safety Honor OR Beginner Swimming Honor, if not previously earned.**

**Basic Water Safety**

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

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

**Beginner's Swimming**

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

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

**Health and Fitness:**

1.  Instructor \_\_\_\_\_ Date \_\_\_\_\_
2.  Instructor \_\_\_\_\_ Date \_\_\_\_\_
3.  Instructor \_\_\_\_\_ Date \_\_\_\_\_

## Nature Study

**1. Read two articles from science that relate to the laws of nature, review the story of the Ten Commandments, and perform three experiments, which demonstrate the natural laws of God, (e.g. law of gravity, law of magnetism).**

Article 1: \_\_\_\_\_

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Article 2: \_\_\_\_\_

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Experiment 1: \_\_\_\_\_

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Experiment 2: \_\_\_\_\_

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Experiment 3: \_\_\_\_\_

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### Some potential articles to review:

Newton's Laws of Motion are discussed at: <http://www.williamsclass.com/EighthScienceWork/NewtonThreeLaws.htm>

The Law of Gravity is discussed at: <http://csep10.phys.utk.edu/astr161/lect/history/newtongrav.html>

An article on magnets and migration is available at: [http://news.nationalgeographic.com/news/2001/10/1012\\_TVanimalnavigation.html](http://news.nationalgeographic.com/news/2001/10/1012_TVanimalnavigation.html)

An article on mapping Earth's gravity is available at: <http://news.nationalgeographic.com/news/2011/04/110406-new-map-earth-gravity-geoid-goce-esa-nasa-science/>

**2. Lichens/Shells: Make an “eternal garden” OR Collect and identify 15 different shells and tell where they may be found.**

|             |                |
|-------------|----------------|
| Shell _____ | Location _____ |

Sample Moss and Lichen terrariums (eternal gardens) can be found at:  
<http://npk1.tripod.com/moss8.html>  
<http://bizarrelabs.com/plant1.htm>  
<http://www.stormthecastle.com/terrarium/a-moss-terrarium.htm>

**Nature Study:**

1.  Instructor \_\_\_\_\_ Date \_\_\_\_\_

2.  Instructor \_\_\_\_\_ Date \_\_\_\_\_

## Outdoor Living

**1. Complete requirements 1-11b of the Hiking Honor.**

1. Explain and demonstrate the main points of good hiking practice, such as pacing, speed, resting, and etiquette.

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2. Explain the importance and method of proper foot care with regard to cleanliness, care of nails, socks, shoe selection, and first aid of tender or blistered feet.

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3. Make a list of proper clothing to be worn on a hike in both hot and cool weather.

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4. Make a list of needed gear for a long day hike in the wilderness and a short country hike.

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5. List five safety and courtesy rules to be used in wilderness trail hiking and road hiking.

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**6.** Explain the importance of drinking water and list three signs of contaminated water.

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**7.** Explain the importance of proper eating while hiking.

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**8.** Describe proper clothing and foot gear for cold and hot wet weather hiking.

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**9.** Submit a written plan for a 10-mile (16.1 km) hike which includes: map route, clothing list, equipment list, and water and/or food.

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**10.** Use a topographical map and/or a road map in planning and doing one of the hikes in Requirement 11.

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**11.** Have the following hiking record:

**a.** One five-mile (8 km) rural or town hike

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**b.** One five-mile ( 8 km) hike on a wilderness trail

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4. Plan your menu for a two-day camping trip and estimate the cost.

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5. Participate in two weekend campouts.

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6. Start a fire in wet weather, knowing where to get tinder and how to keep your fire going.

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7. Know the wood best suited for making a quick, hot fire.

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8. Know the wood best suited for making coals for cooking.

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9. Demonstrate how to split firewood.

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10. Demonstrate the proper care and storage of camp foods and how to build various caches to protect food from animals.

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11. Prepare a camp dinner with soup, vegetables, entree, and drink, all of which must be cooked.

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12. Bake your food in a reflector oven.

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13. Purify water by three different methods.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**Outdoor Living:**

1.  Instructor \_\_\_\_\_ Date \_\_\_\_\_

2.  Instructor \_\_\_\_\_ Date \_\_\_\_\_

## WILDERNESS RANGER

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

### 1. Wilderness Ranger (Spiritual Discovery):

**A. Read/listen to Steps To Jesus.**

**B. Study and discuss two of the following life issues with your Ranger group and an adult: Gossip, Lying, Profanity, the Worldwide Web, STD's**

### 2. Wilderness Ranger (Serving Others): Fulfill Requirement #1 of the ACS Serving Communities Honor.

### 3. Wilderness Ranger (Making Friends): Complete the Family Life Honor, if not previously earned.

### 4. Wilderness Ranger (Health and Fitness): Participate in a lifestyle fitness program for your age such as: President's Challenge Active Lifestyle Program, Live Healthy Bermuda Kids, Or similar program

### 5. Wilderness Ranger (Nature Study):

**a. Insects/Wild Flowers: Collect or obtain and mount 15 species of insects representing at least 6 different orders. OR Draw, photograph, or collect pictures of 20 kinds of wild flowers and identify correctly**

**b. Complete a Skill Level 2 or 3 nature honor not previously earned.**

## Level II

Animal Tracking (Advanced)  
Bats (Advanced)  
Cats (Advanced)  
Cetaceans  
Dog Care and Training  
Ecology  
Edible Wild Plants  
Endangered Animals  
Environmental Conservation  
Ferns  
Fishes

Flowers  
Fossils  
Fungi  
Geology (Advanced)  
Houseplants  
Insects (Advanced)  
Livestock  
Marine Invertebrates  
Marine Mammals  
Mammals (Advanced)  
Microscopic Life

Moths and Butterflies  
Poultry  
Rocks and Minerals  
Seeds (Advanced)  
Shells  
Small Mammal Pets  
Spiders  
Worms (Advanced)  
Weather (Advanced)

## Level III

Amphibians (Advanced)  
Birds (Advanced)  
Cacti (Advanced)  
Ecology (Advanced)  
Flowers (Advanced)

Grasses  
Lichens, Liverworts and Mosses  
Maple Sugars (Advanced)  
Marine Algae (Advanced)  
Reptiles

Rocks and Minerals (Advanced)  
Shells (Advanced)  
Stars (Advanced)

**6. Wilderness Ranger (Honor Enrichment):****a. Complete a Skill Level 2 or 3 honor, not previously earned, in the area of Arts & Crafts or Household Arts.**

## Arts and Crafts Level II

|                      |                                 |                           |
|----------------------|---------------------------------|---------------------------|
| Basketry             | Lapidary                        | Plastic Canvas (Advanced) |
| Block Printing       | Leather Craft (Advanced)        | Pottery                   |
| Braiding (Advanced)  | Lettering and poster Making     | Scrapbooking (Advanced)   |
| Cake Decorating      | Metal Craft                     | Sculpturing               |
| Ceramics             | Model Boats                     | Silk Screen Printing      |
| Counted Cross Stitch | Model Rocketry (Advanced)       | Soap Craft (Advanced)     |
| Crocheting           | Model Railroad                  | Stamps                    |
| Currency             | Native American Lore (Advanced) | Textile Painting          |
| Digital Photography  | Needlecraft                     | Whistles (Advanced)       |
| Drawing and Painting | Paper Quilling                  | Wood Carving              |
| Flower Arrangement   | Photography                     | Wood Handicraft           |
| Genealogy            | Pinewood Derby (Advanced)       |                           |
| Knitting             | Plastics                        |                           |

## Arts and Crafts Level III

|                             |                        |                                 |
|-----------------------------|------------------------|---------------------------------|
| Copper Enameling (Advanced) | Genealogy (Advanced)   | Silk Screen Printing (Advanced) |
| Crocheting (Advanced)       | Knitting (Advanced)    | Stamps (Advanced)               |
| Currency (Advanced)         | Lighthouses (Advanced) |                                 |

## Household Arts Level II

|                        |              |          |
|------------------------|--------------|----------|
| Cooking (Advanced)     | Food Drying  | Quilting |
| Dressmaking (Advanced) | Freezing     |          |
| Food Canning           | Housekeeping |          |

## Household Arts Level III

|                      |           |  |
|----------------------|-----------|--|
| Nutrition (Advanced) | Tailoring |  |
|----------------------|-----------|--|

**b. Complete a Skill Level 2 or 3 honor, not previously earned, in the area of Recreational, Vocational, or Outdoor Industries.**

## Recreation level II

|                    |                                  |                                |
|--------------------|----------------------------------|--------------------------------|
| Archery (Advanced) | Canoeing                         | Drumming and Percussion        |
| Backpacking        | Caving                           | Fire Building and Camp Cookery |
| Camp Safety        | Community Water Safety           | Gold Prospecting (Advanced)    |
| Camping Skills III | Cycling (Advanced)               | Horsemanship (Advanced)        |
| Camping Skills IV  | Drilling and Marching (Advanced) | Kayaking                       |

Knot Tying  
 Letterboxing (Advanced)  
 Mountain Biking  
 Navigation  
 Orienteering  
 Physical Fitness  
 Pioneering  
 Power Boating  
 Rock Climbing  
 Rowing  
 Sailing

Skiing (Cross Country)  
 Skiing (Downhill)  
 Skin Diving  
 Springboard Diving  
 Swimming (Intermediate)  
 Swimming  
 Swimming (Advanced)  
 Track and Field  
 Travel (Advanced)  
 Triathlon (Advanced)  
 Tumbling and Balance

Tumbling and Balance  
 (Advanced)  
 Unicycling  
 Water Skiing  
 Water Skiing (Advanced)  
 Wilderness Leadership  
 Wilderness Living  
 Wind Surfing  
 Winter Camping

### Recreation Level III

Abseiling (Advanced)  
 Camp Safety (Advanced)  
 Caving (Advanced)  
 Community Water Safety  
 (Advanced)

Outdoor Leadership  
 Outdoor Leadership (Advanced)  
 Rock Climbing (Advanced)  
 Scuba Diving  
 Scuba Diving (Advanced)

Wilderness Leadership  
 (Advanced)

### Vocational Level II

Automobile Mechanics  
 Bible Evangelism  
 Bookkeeping  
 Carpentry  
 Christian Sales Principles  
 Computer (Advanced)

Communications  
 Forestry  
 Internet  
 Journalism  
 Printing  
 Radio

Radio (Advanced)  
 Radio Electronics  
 Small Engines  
 Teaching  
 Typewriting  
 Woodworking

### Vocational Level III

Accounting  
 Automobile Mechanics  
 (Advanced)  
 Barbering  
 Bookbinding  
 Communications (Advanced)

Forestry (Advanced)  
 House Painting (Exterior)  
 House Painting (Interior)  
 Internet (Advanced)  
 Masonry  
 Paperhanging

Plumbing  
 Shoe Repair  
 Shorthand  
 Welding

### Outdoor Industries Level II

Agriculture  
 Beekeeping  
 Cattle Husbandry

Dairying  
 Fruit Growing  
 Goat Husbandry

Pigeon Raising  
 Small Fruit Growing

**Ranger Investiture Achievement**

- Personal Growth 1.  Instructor \_\_\_\_\_ Date \_\_\_\_\_
- Personal Growth 2a.  Instructor \_\_\_\_\_ Date \_\_\_\_\_
- Personal Growth 2b.  Instructor \_\_\_\_\_ Date \_\_\_\_\_
- Personal Growth 3a.  Instructor \_\_\_\_\_ Date \_\_\_\_\_
- Personal Growth 3b.  Instructor \_\_\_\_\_ Date \_\_\_\_\_
- Personal Growth 4.  Instructor \_\_\_\_\_ Date \_\_\_\_\_
- Spiritual Discovery 1.  Instructor \_\_\_\_\_ Date \_\_\_\_\_
- Spiritual Discovery 2.  Instructor \_\_\_\_\_ Date \_\_\_\_\_
- Spiritual Discovery 3.  Instructor \_\_\_\_\_ Date \_\_\_\_\_
- Spiritual Discovery 4.  Instructor \_\_\_\_\_ Date \_\_\_\_\_
- Serving Others 1.  Instructor \_\_\_\_\_ Date \_\_\_\_\_
- Serving Others 2.  Instructor \_\_\_\_\_ Date \_\_\_\_\_
- Making Friends 1.  Instructor \_\_\_\_\_ Date \_\_\_\_\_
- Making Friends 2.  Instructor \_\_\_\_\_ Date \_\_\_\_\_
- Health and Fitness 1a.  Instructor \_\_\_\_\_ Date \_\_\_\_\_
- Health and Fitness 1b.  Instructor \_\_\_\_\_ Date \_\_\_\_\_
- Health and Fitness 1c.  Instructor \_\_\_\_\_ Date \_\_\_\_\_
- Health and Fitness 1d.  Instructor \_\_\_\_\_ Date \_\_\_\_\_
- Health and Fitness 1e.  Instructor \_\_\_\_\_ Date \_\_\_\_\_
- Health and Fitness 1f.  Instructor \_\_\_\_\_ Date \_\_\_\_\_
- Health and Fitness 2.  Instructor \_\_\_\_\_ Date \_\_\_\_\_
- Health and Fitness 3.  Instructor \_\_\_\_\_ Date \_\_\_\_\_
- Nature Study 1a.  Instructor \_\_\_\_\_ Date \_\_\_\_\_
- Nature Study 1b.  Instructor \_\_\_\_\_ Date \_\_\_\_\_
- Nature Study 2.  Instructor \_\_\_\_\_ Date \_\_\_\_\_
- Outdoor Living 1.  Instructor \_\_\_\_\_ Date \_\_\_\_\_
- Outdoor Living 2.  Instructor \_\_\_\_\_ Date \_\_\_\_\_

**Complete Ranger Requirements:**

Instructor \_\_\_\_\_ Date \_\_\_\_\_

**Wilderness Ranger:**

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

**Complete Wilderness Ranger Requirements**

Instructor \_\_\_\_\_ Date \_\_\_\_\_

