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SEC AREA 8 PATHFINDERS



COMPANION E-CAMP PACK



*During this camp you will complete the following honours
as well as some requirements:*



Health and Fitness



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

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

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

24Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize.

25Everyone who competes in the games goes into strict training. They do it to get a crown that will not last; but we do it to get a crown that will last forever.

26Therefore I do not run like a man running aimlessly; I do not fight like a man beating the air. **27**No, I beat my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize.

Explain the text:

2. Physical fitness and regular exercise as they relate to healthful living

Write a summary of your discussion in this space:

3. Learn about the detrimental effects of smoking on the human body – Please write in the effects next to pictures of the organs to complete this task



Sign a pledge card



NAME.....

DATE.....

I PLEDGE...

SIGNATURE:

Health and Fitness **ADVANCED**

2. Make a poster on smoking or drug abuse

- Insert your poster in your folder



Amphibians

What are the characteristics of amphibians?

2. Name the two main orders of amphibia and tell how to distinguish between them.

1. _____ 2. _____

3. Distinguish between toads and frogs.

Toads _____

Frogs _____

4. How do amphibians protect themselves?

5. Make a list of amphibians that should be found in your locality.

Identify five and tell where you found them. OR Collect pictures or sketch five different amphibians which you can identify and tell where they are found.

Type of Frog	Location
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____

6. Describe the life history of some amphibian.

7. Explain the economic value of amphibians.

8. Where do toads spend the winter or dry season?

9. Identify two species of frogs by their sound or imitate the sounds of two different species of frogs. o 10. How do frogs and toads sing?

What makes the noise so loud?

11. Do one of the following:

a. Observe a toad in your yard or neighbourhood to find out.

(1) Where and when it sleeps _____

(2) When it leaves its home for food _____

(3) How fast it can travel _____

(4) How far it can jump _____

and as many other interesting things as you can find out about it, and write an essay covering the details requested in the first section of this question.

b. Hatch some amphibian eggs and watch them through their growth cycle and write an essay covering the details.

Date hatched _____

Date completed _____

Instructor's Signature _____

Nature Study



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

1. Participate in nature games (minimum 2)

Summarise what took place in the space below:

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

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

Day 1...

Day 2...

Day 3...

Day 4...

Day 5...

Day 6...

Day 7...

SPIRITUAL DISCOVERY

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

Choose in consultation with your leader ONE of the following:

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

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

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

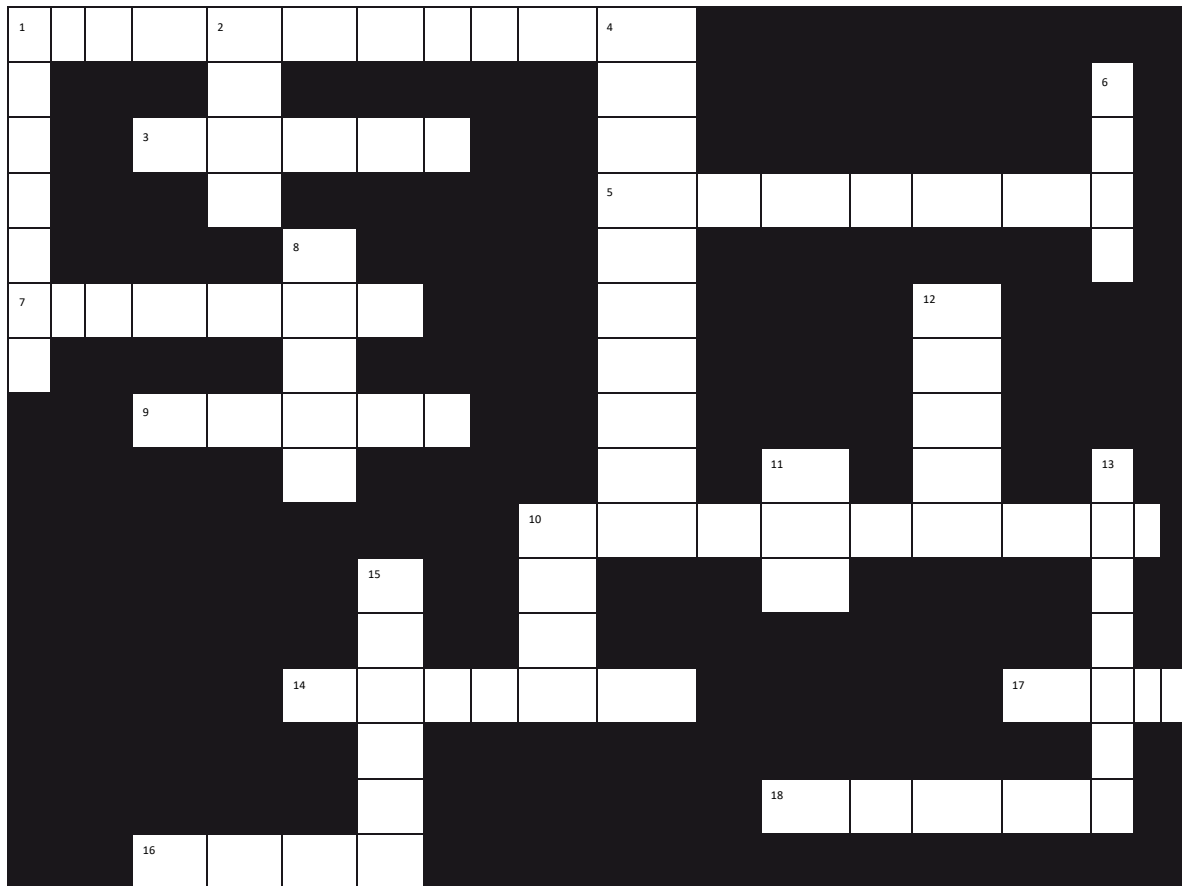
Title _____

ADVANCED

Read about Ellen White's first vision and discuss how God uses prophets to present His message to the church.

Discussion summary

Complete the crossword puzzle on the first vision of Ellen White.



DOWN

- 1 Temple was supported by seven
- 2 Each received a harp of
- 4 Graves were opened by an
- 6 Straight and narrow
- 8 Rising far above
- 10 On their forehead with a new name
- 11 Border to their garments
- 12 Set up behind them
- 13 And lambs and wolves relax together
- 15 Brought back from heavenly

ACROSS

- 1 One of the trees near the temple
- 3 All stood on a sea of
- 5 In His left hand
- 7 Over the cloud
- 9 The table was many
- 10 How old Ellen was
- 14 Voice of God like many
- 16 One of the fruits on the table
- 17 How this world looked afterward
- 18 A small black



Cultural Diversity

Your national origin _____

Origin of study _____

1. Define culture and cultural diversity.

Culture

Cultural diversity

2. Define stereotype and identify how you may have stereotyped people in the past.

Stereotype

Identify

3. Study the following Bible texts and answer the questions.

1 Corinthians 9:20

How does this text explain the importance for a Christian to have a cultural diversity awareness?

Galatians 3:27 What does this text say about all who are in the family of Christ?

Ephesians 2:14

What should be the result of accepting Christ Jesus into our lives?

How do you plan to apply this message to your everyday life?

4. Develop a friendship with a boy, girl or older person from your church, school or community whose cultural background is different from yours and conduct research from the following: library, internet, videos, encyclopedia, etc, about the culture. Arrange an interview with this family and complete the following:

Where did the culture originate? _____

What language is spoken? _____

What religions are prominent in that society? _____

What foods are typically eaten for?

(1) Breakfast _____

(2) Lunch _____

(3) Supper _____

How are eating habits influenced by the food available in that country?

Are there cultural traditions that are different from yours?

What are they? _____

Do people of this culture celebrate the holidays that we celebrate?

What customs do they have for celebrating the different holidays?

What customs or traditions from the original culture have been continued by the family in this country? _____

Is the dress different from dress in your culture?

Identify at least 5 ways in which you are similar and 5 things which make you different.

Similar

1. _____
2. _____
3. _____
4. _____
5. _____

Different

1. _____
2. _____
3. _____
4. _____
5. _____

Tell how your attitude or feelings towards people of different cultural backgrounds has affected you?

How do you feel about your differences?

Attend church with your friend if it is a different church than yours, or attend a church service of a different cultural group. Identify 3 similarities and 3 differences you observe in the church services. Similarities

1. _____
2. _____
3. _____

Differences

1. _____
2. _____
3. _____

Date completed _____

Instructor's Signature _____

Outdoor Life



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

Pass a test in Companion First Aid.

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

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

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

D *Danger* Urgently assess the situation and beware of dangers to self, onlookers and victim.

A *A.B.C.D.* of life-sustaining first aid. Act quickly and confidently to check:
Airway - clear and tilt head back if necessary
Breathing - restore if necessary
Circulation - check pulse, control hemorrhage
Degree of Consciousness - note cause, give treatment

N *Never* leave an unconscious person - place in the coma position and check pulse and breathing regularly.

G *Get* medical assistance when necessary.

E *Examine* the patient for further injuries and treat according to severity.

R *Reassure* the victim, handle him gently, and make arrangements to send patient to hospital, home, etc.

THE FIRST AIDER MUST BE ABLE TO ASSESS:

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

THE FIRST AIDER MUST KNOW HOW TO:

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

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

FIRST AID KIT

Avoid elaborate equipment and treatment. Remember this is "First Aid". Add to this basic list as local conditions indicate.

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

TREATMENT FOR SHOCK (Now called *Circulatory Collapse*)

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

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

It is recognized by a cold clammy skin, rapid feeble pulse, rapid shallow breathing, and finally unconsciousness. The patient often feels faint or giddy, nauseated and maybe thirsty.

It is best handled by treating the cause as well as:

- R** *Rest* Lie the patient down, legs elevated.
- A** *Air* Ensure adequate airway. Loosen clothing around the neck, chest and waist.
- W** *Warmth* Do not over-heat the body.

WOUNDS, BRUISES

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

Cuts of any kind are best treated by:

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

Bruises

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

Bleeding

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

Blood can be lost internally or externally.

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

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

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

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

Control of Bleeding from Special Areas

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

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

Bleeding from Palm of Hand.

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



Digital Photography

- 1. Explain the following:

What are the principles of digital camera construction and how a digital camera works?

What are the effect of light on an image sensor?

How colour images are created from the BW image the sensor captures?

What the camera lens does; what focal length means?

How are lens aperture and depth of field related?

Describe pixels, image resolution, and image size?

What are the two types of image compression?

- 2. Name and describe three types of image formats.

1.

2.

3.

3. Give the principle uses of photography:

4. Take pictures illustrating at least eight of the following techniques. Use comparison pictures for illustration. ([these photos must be labelled and placed in your folder.](#))

- a. Framing
- b. Camera Steadiness
- c. Direction of lighting - front, side, or backlighting
- d. Quality of light - shade, sunlight, and time of day
- e. Rule of thirds
- f. Angle - eye level, high and low level
- g. Level horizon
- h. Distance from subject - fill the frame
- i. Use of leading lines
- j. Correct exposure - underexposed, overexposed, and correctly exposed
- k. Use of flash - proper distance and reflective objects

5. Learn how to place photos in PowerPoint. Create a PowerPoint presentation showing the pictures you took using the above techniques.

([Please ensure power point is in your folder](#))

6. Using a photo editing program on a computer, show ability to crop, colour correct, sharpen, and adjust brightness/contrast to photos.

([please show evidence in folder](#))

7. Complete at least three creative photographic projects in a photo editing program; such as a cover, a photo scrapbook page, a collage, etc.

([please show evidence in folder](#))

8. Have a basic understanding of file organization techniques.

Date completed _____ Instructor's Signature _____

