

Name: _____



Adventist Youth Class
**Ranger
Activity
Diary**

Adventist Youth Class

Ranger Activity Diary

Personal Growth

Requirements: Do Sections I, II, and III for the standard class requirements (Ranger.)
Do Sections I, II, and III for the advanced class requirements (Wilderness Ranger.)

I. Involvement (Required)

A. Be age 13 OR In grade 8, or its equivalent

Date of Birth _____

School Name _____ Grade _____

Teacher's Name _____

B. Be an active member of the AJY Society OR Pathfinder Club

Organization Name _____

Leader's Name _____

II. Commitment (Required)

A. Repeat from memory the AJY / Pathfinder Pledge and Law.

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.

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.

B. Illustrate the meaning of the Pledge by doing one of the following:

Art Project	Written Composition	Musical Interpretation	<input type="checkbox"/>
Panel Discussion	Role Playing	Skit	

Report: _____

2. From newspapers or news magazines find and read at least 2 articles that express the Good Samaritan concepts.

References: _____

3. Read a book on the creation-science conflict.

References: _____

4. Read at least 2 articles on alcohol problems and 1 article on aerobics.

References: (Alcohol) _____

References: (Alcohol) _____

References: (Aerobics) _____

5. Read Weeks 40 - 52 in the Weekly Bible Reading Guide.

**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**

- Psalms 5
- Psalms 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
- Psalms 98
- Hebrews 1
- Galatians 3

**Week 46
BEGINNINGS**

- John 3
- John 11
- Isaiah 40
- Philemon 1
- 1 Kings 10
- Psalms 137

**Week 47
SABBATH**

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

**Week 48
COMFORT**

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

**Week 49
FUTURE**

- Revelation 20
- Psalms 46
- Psalms 84
- Psalms 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

SECTIONS COMPLETED

		Date	Instructor	
<input type="checkbox"/>	I.	_____	_____	(Required)
<input type="checkbox"/>	II.	_____	_____	(Required)
<input type="checkbox"/>	III.	_____	_____	(Required)

Spiritual Discovery

Requirements: Do Section I and select either Section II or III for the standard class requirements (Ranger.)
Do Sections I, II and III for the advanced class requirements (Wilderness Ranger.)

I. Scripture (Required)

A. Memorize a Bible text in each of the seven categories below:

I. Great Passages

1. Psalms 119:105
2. Colossians 3:16
3. option _____

III. Doctrines

1. John 14:1-3
2. Mark 1:27,28
3. option _____

V. Relationships

1. Proverbs 18:24
2. Ephesians 4:23
3. 1 Timothy 4:12
4. Matthew 24:14
5. option _____

VII. Promises/Praise

1. Psalms 145:18
2. James 1:17
3. Psalms 27:1
4. option _____

II. Salvation

1. John 3:17
2. Galatians 6:14
3. 1 John 3:1-3
4. option _____

IV. Prayer

1. Hebrews 11:6
2. James 1:5,6
3. option _____

VI. Behavior

1. Galatians 6:7
2. Matthew 7:12
3. 1 John 2:15-17
4. option _____

B. Study the Biblical reasons for the 13 doctrines listed in the baptismal vows. See the *Instructor's Manual*. With the help of your parent or instructor, make appropriate notations of scriptural reference for each vow.

1. _____

2. _____

3. _____

4. _____

5. _____

6.

7.

8.

9.

10.

11.

12.

13.

II. Church Heritage (Optional)

- A. Draw a flow chart showing the titles and the names of the church Pathfinder Leadership: world, division, union, conference, local club, and unit counselor, OR fulfill other options listed in the *Instructor's Manual*.

Serving Others

Requirements: Select two of the three sections for the standard class requirements (Ranger.)
Do Sections I, II and III for the advanced class requirements (Wilderness Ranger.)

I. One to One (Optional)

A. Make a personal visit to a non-member of your church, and follow it up with a brief visit, leaving him / her some reading material.

Report: _____

II. Group Witness (Optional)

A. Plan and participate in an activity, and assist 6 hours in an outreach program.

Report: _____

III. Good Citizenship (Optional)

A. Earn the honor in Christian Citizenship.

Christian Citizenship Honor Requirement

- _____ 1. Describe the national, state or provincial, AY, Pathfinder, and Christian flags.
- _____ 2. Know how to display the national flag with two other flags under the following situations:
 - _____ a. Campout/Camporee
 - _____ b. Pathfinder Day Program
 - _____ c. Parade
- _____ 3. Demonstrate how to fold and salute your national flag. Mention when and how it should be displayed.
- _____ 4. Explain the meaning of and reason for the National Anthem, and recite the words from memory.
- _____ 5. Give the rights and responsibilities of a citizen of your country.
- _____ 6. Have an interview with a local, regional, or national official of your country, and learn about his or her duties.
- _____ 7. Write a one-page essay about a famous person in your country. Mention what he or she has done to gain this recognition.
- _____ 8. Do one of the following:
 - _____ a. Make a list of 10 famous quotations from leaders of your country.
 - _____ b. Make a list of 10 famous historic places in your country.
 - _____ c. Make a list of 10 famous historic events in your country.
- _____ 9. Describe what you can do as a citizen to help your church and country.
- _____ 10. Go through the steps of an individual acquiring citizenship in this country and learn how this is done.
- _____ 11. Know how to explain the process of government in your country.
- _____ 12. Explain the meaning of this statement Jesus made in Matthew 22:21: "Render unto Caesar the things that are Caesar's, and unto God the things that are God's".
- _____ 13. Explain why laws are established in your country.

Honor Completed

Date: _____ Instructor: _____

SECTIONS COMPLETED			
		Date	Instructor
<input type="checkbox"/>	I.	_____	_____ (Optional)
<input type="checkbox"/>	II.	_____	_____ (Optional)
<input type="checkbox"/>	III.	_____	_____ (Optional)

Health and Fitness

Requirements: Select two of the three sections for the standard class requirements (Ranger.)
Do Sections I, II and III for the advanced class requirements (Wilderness Ranger.)

I. Health Principles (Optional)

A. Make a chart showing how 3 physical characteristics have passed from one generation to the next in your family. Include one health problem, if possible.

Report Physical Characteristics No. 1: _____

Report Physical Characteristics No. 2: _____

Report Physical Characteristics No. 3: _____

B. Present a two-page written or three-minute oral report with illustrations showing the effects of alcohol on the body and mind.

Report: _____

II. First Aid / Safety (Optional)

A. Complete the First Aid honor.

First Aid Honor Requirement

If residing in the United States or another country in which Red Cross instruction is given, satisfactorily pass the Red Cross Examination in Standard First Aid. In British countries, pass the examination in St. John Ambulance. OR complete the following requirements:

- _____ 1. Know the basic principles of mouth-to-mouth breathing and the treatment for an obstructed airway.
- _____ 2. What is the difference between a heart attack and a stroke and the treatment for each.
- _____ 3. Know the proper procedures for assisting a bleeding victim, including the pressure points and how to apply pressure at those points, and the proper method for applying a tourniquet.
- _____ 4. Know the causes of shock, and demonstrate its proper treatment.
- _____ 5. Know how to properly apply the following bandages:
 - _____ a. Open and closed spiral
 - _____ b. Figure eight
 - _____ c. Fingertip
 - _____ d. Cravat bandage to the head
- _____ 6. Know how to apply the following splints:
 - _____ a. Upper arm splint
 - _____ b. Forearm splint
 - _____ c. Ankle splint
 - _____ d. Kneecap splint
- _____ 7. Know the proper procedure for treating the following:
 - _____ a. Head injuries
 - _____ b. Internal injuries
 - _____ c. Gunshot wounds
 - _____ d. Injuries to the eye
 - _____ e. Animal and insect bites
 - _____ f. Fainting and epilepsy
 - _____ g. Effects of heat and cold
 - _____ h. Radiation exposure
 - _____ i. Burn victim
 - _____ j. Poisoning
- _____ 8. Know what to do in an electrical emergency.
- _____ 9. Know how to escape from a fire.
- _____ 10. Know how to obtain help in an emergency.
- _____ 11. 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

Honor Completed

Date: _____ Instructor: _____

B. Study and practice "Hypothermia Prevention".

Hypothermia Prevention

Of all the diseases of heat and cold, hypothermia -- it might be called "cold stroke"-- has the ugliest record. In most deaths from what is called "exposure", it is hypothermia that kills. As in heat stroke, the body's defenses break down struggling vainly not against and excess of heat, but against a lack. The temperature of those organs that are vital to life -- the organs of the head and torso -- begins to drop. All the conserving mechanisms are tried. All fail.

The first warning is a vague, unpleasant feeling of general chill. With it comes increasing tiredness, irritability, general lack of morale. It can be hard to judge how much of this is simple weariness, but it is best to be very suspicious. At this stage hypothermia is easy to deal with; it may be enough to eat some candy and take shelter from the wind.

The second, and definite, sign of hypothermia is uncontrollable shivering. When this begins, the body temperature is already a couple of degrees below normal. This is no ordinary shivering. It is a convulsive, alarming shuddering, growing more violent as the body continues to chill. As it increases, coordination begins to fail; the victim will stumble, mumble, act illogically. And yet, if he doesn't know the signs, he may push on -- "mastering himself" when he should not, wrongly convinced that he is only tired.

If the shivering is alarming, still more alarming is the moment when, after tapering off, the trembling stops. This means that the victim's temperature is down to 86 or 87. He has little time left. In the last stages the muscles grow more stiff and unresponsive, and pulse and breathing slow. Finally the victim will simply fall to the ground. If nothing is done for him, a coma will follow, and then death.

Once hypothermia is recognized, you have to get the victim warm immediately. Stop. In bad weather get a shelter up. Here it pays to know how to erect a tent or natural shelter quickly! Strip him of wet clothes and get him under cover and into a sleeping bag. If the case is serious, a second hiker must strip and get into the bag with the victim. This life-saving trick has brought people back at almost the last possible moment. As soon as the victim recovers enough to handle him, give him hot, sweet liquids, and then energy foods. (Never try to get food or liquid into an unconscious person, though – he may inhale it). After the first danger is over, six or eight hours pass before full recovery. As with heat stroke, you have to assume that a person once afflicted is still in danger when he seems well again. Head for home.

Generally speaking, it is in winter that you have to be most constantly aware of the hypothermia danger. But a surprising number of cases also occur "out of season" – in the warmer half of the year. On New Hampshire's Mount Washington four hypothermia cases once had to be rescued with 48 hours – in August! Spring and summer hikers in cool areas are especially vulnerable, because, so often they take gear and clothing suited only for midsummer.

Remember: it doesn't take bitterly cold air to make "hypothermia weather". The problem can arise even on a mild day if it is both windy and wet. A wet hiker, in cotton clothing, on a windswept ridge can die of hypothermia when the air temperature is in the 40's or 50's.

III. Fitness / Exercise (Optional)

A. Chart your exercise program for one month on the next page. Discuss the benefits of regular exercise.

Report: _____

B. Complete one of the fitness tests for your age:

President's Physical Fitness
 Canadian Fitness
 Health-related Physical Fitness (For the Physically Disabled.)

See your instructor for requirements.

Set goals and improve. _____

SECTIONS COMPLETED		
	Date	Instructor
<input type="checkbox"/> I.	_____	_____ (Optional)
<input type="checkbox"/> II.	_____	_____ (Optional)
<input type="checkbox"/> III.	_____	_____ (Optional)

Daily Exercise Record

Saturday				
Friday				
Thursday				
Wednesday				
Tuesday				
Monday				
Sunday				

Youth Organization

Requirements: Select two of the three sections for the standard class requirements (Ranger.)
Do Sections I, II and III for the advanced class requirements (Wilderness Ranger.)

I. Leadership (Optional)

A. Meet with your club staff or Sabbath School leaders in a planning session.

Date: _____

Report: _____

B. Help plan and participate in a weekend campout.

Dates: _____

Report: _____

II. Club Awareness (Optional)

A. Discuss with your counselor and your parents / guardian the family involvement in the total Pathfinder Club program, OR, for the AJY Societies, invite a Pathfinder person to speak to your group.

Report: _____

Nature Study

Requirements: Do Section I for the standard class requirements (Ranger.)
Do Sections I, II and III for the advanced class requirements (Wilderness Ranger.)

I. Spiritual Lessons (Required)

A. Review the story of the Ten Commandments, and perform 3 experiments which demonstrate the natural laws of God (such as gravity, magnetism, etc.).

Experiment No. 1: _____

Experiment No. 2: _____

Experiment No. 3: _____

II. Nature Appreciation (Optional)

A. Lichens / Shells - Make an "eternal garden", OR collect and identify 15 different shells and tell where they may be found.

Report: _____

- B. Insects / Wildflowers** - Collect or obtain and mount 15 species of Insects representing at least 6 orders, OR draw, photograph, or collect pictures of 20 kinds of wild flowers and identify correctly.

Report:

III. Nature Honor (Optional)

- A. Complete a nature honor at your skill level, not previously earned.**

Below is a list of suggested honors. Check those that you complete for this class. (See *AY Honors Handbook*, for requirement and equipment helps.)

- | | | | |
|--|--|---|---|
| <input type="checkbox"/> Adv. Geology | <input type="checkbox"/> Dog Care & Training | <input type="checkbox"/> Fossils | <input type="checkbox"/> Poultry |
| <input type="checkbox"/> Adv. Insects | <input type="checkbox"/> Domestic Animals | <input type="checkbox"/> Fungi | <input type="checkbox"/> Rocks and Minerals |
| <input type="checkbox"/> Adv. Mammals | <input type="checkbox"/> Ecology | <input type="checkbox"/> House Plants | <input type="checkbox"/> Shells |
| <input type="checkbox"/> Adv. Seeds | <input type="checkbox"/> Edible Wild Plants | <input type="checkbox"/> Livestock | <input type="checkbox"/> Spiders |
| <input type="checkbox"/> Adv. Weather | <input type="checkbox"/> Ferns | <input type="checkbox"/> Marine Invertebrates | <input type="checkbox"/> Stars |
| <input type="checkbox"/> Animal Tracking | <input type="checkbox"/> Fishes | <input type="checkbox"/> Moths & Butterflies | |
| <input type="checkbox"/> Chemistry | <input type="checkbox"/> Flowers | <input type="checkbox"/> Optics | |

SECTIONS COMPLETED			
		Date	Instructor
<input type="checkbox"/>	I.	_____	_____ (Required)
<input type="checkbox"/>	II.	_____	_____ (Optional)
<input type="checkbox"/>	III.	_____	_____ (Optional)

- d. Wild foods picked on the trail: Know what you plan to use and where it fits in the menu beforehand. If you want to go and then decide, you better have a very good field guide along and a willingness to go hungry or not be very picky.

- 2. Times to consider major decisions concerning the safety and well-being of the group:
 - a. When adverse, unplanned-for weather hits.
 - b. An emergency arises requiring evacuation of one or more group members.
 - c. Major damage or loss of food supply or equipment.
 - d. Morale change due to difficulty of activity exceeding expectations of group.
 - e. Leader/guide becomes incapable of continuing in role as primary decision maker.

D. Decision Time

- 1. Before you go, make these decisions:
 - a. Who makes the major decisions on the trail? The leader, a group of three or more, just anyone, to be determined when the need arises.
 - b. What is the experience background of the decision makers? How often have they tackled a trip like this before? How tuned are they to the needs of the weakest member of the group? How immovable are they in their priorities?

II. Outdoor Activity (Optional)

- A. Earn Camping Skills #4 Honor.**

Camping Skills IV Honor Requirement

- _____ 1. Be in at least the eighth grade.
- _____ 2. Plan and execute a one - hour Sabbath camping activity other than worship to make the Sabbath a meaningful experience.
- _____ 3. Write a 200-word essay on the preservation of the wilderness, discussing etiquette and conservation.
- _____ 4. Plan your menu for a two-day camping trip and estimate the cost.
- _____ 5. Participate in two weekend campouts.
- _____ 6. Start a fire in wet weather, knowing where to get tinder and how to keep your fire going.
- _____ 7. Know the wood best suited for making a quick, hot fire.
- _____ 8. Know the wood best suited for making coals for cooking.
- _____ 9. Demonstrate how to split firewood.
- _____ 10. Demonstrate the proper care and storage of camp foods, and how to build various caches to protect food from animals.
- _____ 11. Prepare a camp dinner with soup, vegetables, entree, and drink, all of which must be cooked.
- _____ 12. Bake your food in a reflector oven.
- _____ 13. Purify water by three different methods.

Honor Completed

Date: _____ Instructor: _____

SECTIONS COMPLETED		
	Date	Instructor
<input type="checkbox"/> I.	_____	_____ (Optional)
<input type="checkbox"/> II.	_____	_____ (Optional)

Honor Enrichment

Requirements: This track is not required for the standard class requirements (Ranger.)
Do Sections I and II for the advanced class requirements (Wilderness Ranger.)

I. Arts & Crafts / Hobbies / Household Arts (Optional)

A. Complete one honor at your skill level, not previously earned, in the area of art, craft, hobby, or household skills. (See *AY Honors Handbook* for requirement helps).

Arts/ Crafts/ Hobbies

- Basketry
- Braiding, Advanced
- Block Printing
- Cake Decorating
- Ceramics
- Coins
- Counted Cross Stitch
- Crocheting
- Decoupage
- Flower Arrangement
- Knitting
- Lapidary
- Lettering/Poster Making

- Metalcraft
- Model Boats
- Model Railroad
- Music
- Needlecraft
- Photography
- Plastics
- Pottery
- Sculpturing
- Silk Screen Printing
- Soapcraft, Advanced
- Stamps
- Textile Painting
- Wood Carving
- Wood Handicraft

Household

- Cooking, Advanced
- Dressmaking, Advanced
- Food Drying
- Food Freezing
- Housekeeping
- Nutrition
- Preserving/Canning
- Quilting
- Tailoring

II. Recreational / Outdoor Industries / Vocational (Optional)

A. Complete one honor at your skill level, not previously earned, in the area of recreational skills, outdoor industries, or vocational studies. (See *AY Honors Handbook* for requirement helps).

Recreational

- Archery, Advanced
- Backpacking
- Camp Skills III
- Camp Skills IV
- Canoeing
- Caving
- Caving, Advanced
- Cross Country Skiing
- Cycling, Advanced
- Downhill Skiing
- Drilling & Marching, Advanced
- Fire Building & Outdoor Cooking
- Knot Tying
- Life Saving
- Navigation
- Orienteering
- Outdoor Leadership
- Physical Fitness
- Pioneering
- Power Boating
- Rock Climbing
- Rowing

- Sailing
- Skin Diving
- Springboard Diving
- Swimming
- Swimming, Advanced
- Tumbling & Balancing
- Water Skiing
- Water Skiing, Advanced
- Wilderness Leadership
- Wilderness Living
- Windsurfing
- Winter Camping

Outdoor Industries

- Agriculture
- Beekeeping
- Cattle Husbandry
- Dairying
- Fruit Growing
- Goat Husbandry
- Pigeon Raising
- Poultry Raising
- Small Fruit Growing

Vocational

- Auto Mechanics
- Bible Evangelism
- Bookkeeping
- Carpentry
- Communications
- Electricity
- Health & Healing
- Journalism
- Printing
- Radio Electronics
- Radio
- Radio, Advanced
- Small Engines
- Teaching
- Typewriting
- Welding
- Woodworking

B. Earn the Beginners Swimming honor, if not previously earned.

SECTIONS COMPLETED

	Date	Instructor	
<input type="checkbox"/> I.	_____	_____	(Optional)
<input type="checkbox"/> II.	_____	_____	(Optional)

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Available from:

NAD Pathfinder Distribution Center
5040 Prescott Avenue
Lincoln, Nebraska 68506

Telephone: 402/486-2519

Other publications available from the distribution center include:

Friend Activity Diary
Companion Activity Diary
Explorer Activity Diary
Voyager Activity Diary
Guide Activity Diary
AY Class Record Cards
Master Guide/Pathfinder Leaders Handbook
AY Classes Instructors Manual
AY Honor Handbook



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