

ROYAL RANGERS LEADERS



DISPATCH



MARCH APRIL MAY 1970



Commander's Corner

Dear Commander:

Spring can put new life into your Royal Rangers program. Boys seem to be automatically drawn to the out-of-doors. They begin to mentally "warm up" for exciting outdoor activities which include camping and hiking. This is an excellent time to prepare your boys for the camping season ahead.

Could we share one of our problems with you? All Royal Ranger items for sale (including uniforms) are processed and handled by the merchandising division of Gospel Publishing House. When your group sends in an order for supplies, this is sent directly to merchandising and not to our office. Because many of our leaders are not aware of this fact, we sometimes receive scolding letters because orders have not been properly processed. Now, don't misunderstand us. We are always glad to hear from our leaders and we are happy to follow through with the merchandising division and do all we can to see that these orders are properly adjusted. However, we did want you to know that these problems are not caused by our office.

One of the needs here in the National Office is action photos of Royal Rangers activities. Most of the photos we receive are posed group shots. These are not satisfactory for most publications. The photo should be sharp and clear, 5x7" or 8x10" in size, and should feature Royal Rangers and their Leaders engaging in some activity. The group should be in correct uniform, or be wearing Royal Rangers "T" shirts or Royal Rangers sweat shirts. Perhaps you would like to make this a project during your spring activities. We can always use good photos of the right type.

May God richly bless you and your staff.

"READY" in His service,

ROYAL RANGERS DIVISION

Johnnie Barnes
National Commander

PLANNING GUIDE

SPRING 1970

	MONTHLY THEME	WEEKLY PROGRAM FEATURE	SPECIAL ACTIVITIES	SPECIAL PROJECTS
M A R C H	FUN WITH SPORTS AND GAMES (Pages 62-66, Leader's Manual)	<ol style="list-style-type: none"> 1. VALUE OF SPORTS AND GAMES 2. IMPORTANCE OF RULES IN SPORTS 3. SPORTSMANSHIP 4. HOW TO BE YOUR BEST (Tips on good physical conditioning). 	<p>SPRING HIKE</p> <p>ATHLETIC TEAM PRACTICE</p> <p>ATTEND EASTER SUN-RISE SERVICE AS A GROUP</p>	DEVELOP AN ATHLETIC TEAM AND COMPETE WITH NEIGHBORING ROYAL RANGER GROUPS
	MONTHLY THEME	WEEKLY PROGRAM FEATURE	SPECIAL ACTIVITIES	SPECIAL PROJECTS
A P R I L	NATURE STUDY	<ol style="list-style-type: none"> 1. ANIMAL LIFE 2. PLANTS AND MINERALS 3. ASTRONOMY 4. NATURE CRAFTS AND COLLECTIONS 	<p>NATURE EXPLORATION HIKE</p> <p>SPRING CAMPOUT</p>	PREPARE A NATURE COLLECTION SUCH AS LEAF PRINTS, PRESSED FLOWERS, INSECT BOARD, ROCKS, OR SEA SHELLS
	MONTHLY THEME	WEEKLY PROGRAM FEATURE	SPECIAL ACTIVITIES	SPECIAL PROJECTS
M A Y	OUTDOOR COOKING (Chap. 3 and 4 Adventures in Camping and pages 54 - 56 Leader's Manual)	<ol style="list-style-type: none"> 1. PLANNING THE MENU 2. PREPARATION (Type of fire, equipment for cooking and serving) 3. CARE OF FOOD DURING CAMP 4. CLEAN UP (Techniques for dish washing, garbage disposal etc.) 	<p>COOKOUT WITH EACH BOY COOKING HIS OWN MEAL</p> <p>ALL DAY HIKE (With boys carrying food and aluminum foil in packs to prepare lunch)</p>	BUILD A CHUCK BOX TO STORE FOOD AND COOKING EQUIPMENT DURING CAMPOUTS

DEVOTIONAL GUIDE



GETTING RID OF SIN

(Submitted by Fred Fredericks
Georgetown, Guyana, South America)

Every boy comes with his pen or pencil and Bible. Each sits around the campfire which is already burning. The Commander passes one sheet of paper to each (boy) Ranger. The Commander explains, "We may have habits that are sinful which bother us, and we would like to get rid of them. I would like to invite each of you Rangers to write down on the sheet of paper the bad habits you want to get rid of." The Commander then asks all Rangers to read in their Bible, 1 John 1:9. When the Rangers have finished listing their sins, they wad up the paper, walk to the fire and drop their paper in. As each Ranger watches his paper burn he says aloud and slowly, "Lord God of fire, burn these sins and let me not see them anymore." He then walks back to his seat. At this point the Commander reads Romans 10:13, and unsaved boys are invited to accept Christ.

CEREMONY: Every Ranger stands and places his hands upon the boy that is facing him, and each prays that God will use him in His plan.

UNITED TOGETHER

(Submitted by M. J. Malloy
Sun Valley, California)

While seated in our new church sanctuary just prior to the morning worship service, my eyes were drawn to the immense wooden arched trusses that support the roof of the church.

At the bend of the arch at the top of the side walls, the trusses appeared to be about four feet thick.

Examining the arches closely revealed that they were made up of short individual lengths of lumber, boards of uniform width and thickness all bonded together with glue and nails or pegs. Actually hundreds if not thousands of

boards were used in the arches alone. The roofing that was visible also consisted of pieces of lumber fitted together. The wood used was straight grained, knot free, and pliable enough to be heated and formed together to make the immense arch.

—All fitly framed together.—Ephesians 2:21, 22.

As a church we are many people all making our singular contribution in our various ways to make the church successful and dynamic. Each one of us is like the many boards that are all blended together to make the strong truss arches of the church building.

This can also be applied to our Royal Ranger Outpost. If we are to have a strong successful group, we must all work and pull together.

THE KEEPING POWER OF JESUS

(Submitted by C. W. Lingerfelt
El Cajon, California)

MATERIAL NEEDED: A sheet or two of newspaper, a board, and a table.

LESSON: I have had a number of boys say to me: "I would become a Christian if I thought I could hold out, but I am afraid I would not be able to live the life." This object lesson helps teach that we do not "hold out" by ourselves; we do not stay saved by our own strength, but by putting our trust in Jesus Christ and letting Him hold us. To illustrate how God is able to hold us, even though the devil tries to knock us down, get a board (of wood) rectangular in shape, about 30 inches by 8 inches which is thin ($\frac{1}{2}$ inch or less). (Actual measurements are not too important.) Place this board on the edge of a table so that nearly half of the board extends over the edge. Cover the part of the board which is on the table with sheets of newspaper laid flat on the table. Now instruct a boy to knock the board off the table with a sharp blow on the end of the board. After a few tries he may even hit the board

hard enough to break it but he will not be able to knock it off the table.

The air pressure exerted all over the newspaper builds up such a resistance that it would require several hundred pounds of force to move the board—more than any man could deliver. (Of course a slow push instead of a sharp blow will knock the board off the table.)

When you and I have surrendered our lives to Jesus Christ and we are living in His will, He places around us a protective force that gives us the resistance that is necessary to stand true in our Christian experience.

DRIFTING TOO FAR

*(Submitted by C. E. Rubart
Lakewood, Ohio)*

"How many of you fellows have seen Niagara Falls? It is a beautiful thing to see, and the rapids above the falls as the water rushes to the falls is a beautiful sight. There is a story told of two men and two women on a Sunday afternoon quite some time ago. They were in a row boat and were drifting down the river. There were a number of people who waved and called to them to turn back, but they just kept drifting on until they saw the rapids ahead; and then they tried to turn back but could not as they had drifted too far. They were swept over the falls to their death. This is just like so many people in the river of life. They hear the Word of God preached and others testify to them, and still they just keep drifting along until one day they come face-to-face with death and they want God to help them. At that time it's too late. In Genesis 6:3 God says, 'My Spirit shall not always strive with man.' So we see by this verse that we can drift along not paying any attention to the warnings until we have drifted too far, and God has turned from us. I am just wondering if any of you fellows are just drifting along tonight, and you would like to stop drifting and start upstream tonight. We are going to bow our heads

now, and if any of you want to accept Christ just raise your hand and one of the commanders will pray with you."

A TREE

*(Submitted by Wayne T. Hampton
Salinas, California)*

Purpose: To show where each boy fits into the plan of God.

Item Needed: A small tree

Scripture: Psalm 1

Use the small tree to illustrate the fact that we are all important members of the family of God, that everything around us helps to fulfill God's plan.

Make the following comparisons:

1. The roots represent the foundation of the Church, by which we are grounded in Christ.

2. The trunk represents the physical church.

3. The limbs represent the different denominations.

4. The leaves represent each member of a local body, without which the tree would die.

5. The air (oxygen) and rain represent good and necessary outside influences.

6. Wind and fire represent destructive outside influences.

7. Diseases represent satanic forces.

8. The sun represents the power of God, without which no life could exist.

Conclusion: Encourage each boy to stand straight, be well grounded in the Word of God and let His light make them productive.

"GOD WILL TAKE CARE OF YOU"

*(Submitted by Warren Bebout
Arroyo Grande, California)*

Fellas, I'd like to tell you a story about a boy and how God took care of this boy when he believed Him.

One day Robert started to walk across the street. Then all at once he heard a siren and a fire bell. Robert stood very still in the middle of the street, wondering which way the siren was coming from and which way to run.

The siren got louder and louder. The

driver of the fire truck had seen Robert trying to cross the street. He did not know that Robert was blind, though. He put on his brakes but he was afraid he could not stop that big heavy fire truck soon enough. Just then something grabbed Robert's clothes and dragged him back to the sidewalk. It was Jasper, Robert's Seeing Eye dog. The dog had heard the siren and had seen the big red fire truck coming.

Robert knew God had caused Jasper to grab him and get him to safety. Robert knew God took care of him because he believed and trusted Jesus. Robert hugged Jasper tightly and thanked God for watching over him.

Fellas, do you think God is taking care of you right now? Does he take care of you when you are sleeping, when you are playing, and when you are studying at school? God will take care of you all the time if you will only let Him come into your heart, and if you are living your life like he taught in His Word. We must place our trust in Him just like Robert did. Psalm 62:8 says, "Trust in Him at all times." Who are you placing your trust in for today, tomorrow, and eternity?

THE LAST PITCH

(Submitted by Clarence Green, Jr.

Leavittsburg, Ohio)

This is a true story about one of the greatest big league baseball players of all time, Lou Gehrig, who played for the New York Yankees. One thing about Lou Gehrig that made him different from all other players was the fact that he would never talk while at the plate.

New York was tied with the Boston Red Socks for first place in the American League. It was in the 9th inning, and two men were out. New York needed to win this game to win the pennant. The Yankees had one man on second base when Lou Gehrig stepped up to bat. The enormous crowd was very still. The pitcher trembled, for he knew if he could fan Gehrig, the game would be over. He carefully wound up and threw the ball.

"Strike one," the umpire yelled. The pitcher began to sweat as he looked at Gehrig who was the most feared long ball hitter in the league.

Lou swung at the next pitch, and

missed. It looked like Gehrig was going for the big one. The crowd stood to its feet. Both teams were on the edges of their dugouts. The pitcher wound up very slowly and carefully. The pitch was a fast ball right down the middle where Lou liked them, but he stood and watched it go right over the plate.

"Strike three! You're out!" yelled the umpire. Lou Gehrig turned and said something to the umpire. The newspaper reporters flocked out onto the field, for they knew that Lou Gehrig never said anything to the umpires. They wanted to know what he had said.

"Tell us, what did Lou Gehrig say to you?" The umpire turned and said, "Lou Gehrig simply said, 'I'd give five dollars for that last pitch.'"

"Fellows, there are many people in hell today that would give anything for one more chance to make their heart right with God. If you have not accepted Him, do it today."

POSTAGE STAMP

(Submitted by John Eller

Thayer, Mo.)

Items Needed: An envelope addressed to you.

"I want you to think about the postage stamp. Here's an envelope addressed to your commander which was received a few days ago. Inside was a letter written to me. But before I could receive this letter, a postage stamp had to do its work.

"This stamp represents its country. It says, "U.S. postage." You and I as Royal Rangers also represent Jesus Christ. The Apostle Paul said we are *ambassadors* for Him.

"The stamp is necessary. Without it, the post office would not deliver the letter. *You* are important! Without your witness, many boys may never know about the Lord.

"A stamp is small, but made for service. Perhaps you think boys can't do much, but you're wrong. One boy about your age gave his lunch to Jesus and then watched as the Master multiplied five loaves and two fishes to feed 5,000 men, plus women and children!

"The little stamp is entrusted with an

important message. This letter told me something I needed to know. We too have a message of how Jesus saves, heals, baptizes with the Holy Spirit, and is coming again.

"The stamp sometimes suffers abuse. It's torn, postmarked, moistened too heavily, or scratched. There're times, fellows, when you and I must also suffer for the cause of Christ.

"But the postage stamp sticks to the task until it is done. This letter was mailed from a distant city. Had the stamp quit on the way, the letter may have been delayed or lost. It's important that in life we remain at our post of duty even though the going gets rough.

"Finally, the stamp goes wherever it is sent, attached here in the upper right-hand corner. Right now, you fellows live, work, and play in our community and see people every day that you know. Someday, when you grow up to be men, our Lord may want you to go to a place you've never been to tell others about Jesus. If He does, then be like the postage stamps, willing to go wherever God sends you!"

SPIRITUAL COMPASSES

*(Submitted by James C. Walton, Jr.
Orangevale, California)*

Purpose: To demonstrate the need of being faithful to Christ.

Equipment needed: A compass and a pinwheel.

Story: "Sitting around this campfire reminds me of another fire in Mark 14. Like our fire, this was a nighttime fire being used to keep warm. Around this fire we find many different people, but

one man interests us. This man is Peter. Christ is on His way to be crucified, and Peter is fearful for his own life. Upon being confronted as being a friend of Christ, Peter denies that he knows Jesus and even goes so far as to curse and swear.

"One day not long after this, something happened to Peter that made him a different man. He was filled with the Holy Spirit on the Day of Pentecost and became bold and fearless in proclaiming Christ. In fact, he preached the first sermon about Christ."

Discussion: "What is this object?" (Hold up pinwheel.) "That's right, it's a child's pinwheel. Often you will see children holding one out of the car window to make it spin in the breeze. Notice how it spins when I blow on it. Now Fred, you blow on it. And you, Commander Smith. Notice how it spins no matter who blows on it? What kind of Christian does this represent? Those who are easily swayed, crowd followers, etc. This represents that period in Peter's life before Pentecost.

"Now observe this object. (Show compass.) Why does a compass show us direction? It always points north. What happens when I blow on it? Nothing. Suppose I turn it around? The needle still points north. What type of Christian does this represent? One who always points to Christ."

Ceremony: "Let us all stand around this fire and look at the North Star. The North Star represents Christ. Let us pray that we may always live in such a way that we might point others to Christ."

UNIFORM CHANGE

After carefully considering the problem of securing uniforms with epaulets, the decision has been made to wear the leader's insignia on the shirt collar following the same pattern of the army. This only applies to the shirt. It does not apply to the coat. Complete details will appear in the next issue of "Dispatch."

IDEAS

For Leaders



GAME IDEAS

BALLOON DEPOSIT

(Submitted by Arthur Smith
Phoenix, Arizona)

EQUIPMENT NEEDED: One yardstick for each team. One balloon for each team, (have extra balloons in case of breakage). A container to hold balloons (waste basket, box, etc.).

Divide the boys into two or more single-line relay teams. Give the first boy of each team a yardstick and a balloon. The player holds the yardstick by one end, and keeps the balloon in the air with the other end. He takes the balloon across the room and deposits it in a container. If the balloon touches the floor or the player touches the balloon he must start all over again. After depositing the balloon into the container the player runs with balloon and yardstick back to the next boy on his team. The first team to finish*wins the game.

GUYANA "JUM" BALL

(Submitted by Fred Fredericks
Georgetown, Guyana, South America)

Lay out an area 60 yards by 30 yards. Divide this to form two squares. Put a team of boys with a captain in each square. Assign a referee on the center line. Use a volley ball or similar ball. **GAME:** When all the boys are on their respective squares, the referee stands on the center line and throws the ball straight up into the air. The boys then try to keep it on their square until the referee blows his whistle, which is every two minutes. Whichever square the ball is in when the whistle blows, scores $1\frac{1}{2}$ points. The first team to score 10 points

within 15 minutes wins. (Or, the highest score in 15 minutes.) If the ball goes over the boundaries, the referee blows his whistle which stops play. He collects the ball, comes back on the center line, and tosses it up again. No player may hold the ball longer than one second. The ball must be kept moving, by passing it from player to player or by tossing it into the air. Boys cannot use their hands to hold or shove other players. If a foul is committed, the referee blows his whistle and deducts $\frac{1}{2}$ point from that boy's team. He then takes the ball to the center line and tosses it up again. Two referees are needed. One to check time and keep score and the other to supervise the game.

DIZZY IZZY

(Submitted by Warren Bebout
Arroyo Grande, California)

Line the patrols up for a relay race. Have the first Ranger in each line run up to a given point, place one finger on the floor, revolve around his finger seven times, and run back to tag the next Ranger in line. Repeat this until all have had a turn. The first patrol who has its last runner back wins the race. Keep the runners away from the walls or other obstacles.

BALANCE RACE

(Submitted by Eugene Morrison
Wisconsin Rapids, Wisconsin)

Two lines, each consisting of three Indian clubs, are spaced about three feet apart (anything that stands about a foot and a half high, such as tall plastic bottles, may be used instead of Indian clubs). Two players start on signal from a line a few feet from the first club and hop on the right or left foot, as agreed upon, to the first club. Balancing on one foot, they touch their forehead to the top of the club, hop to the next club and repeat, and so on. They may finish by hopping back over the same ground, touching each club with their forehead; or they may hop directly back to the starting line. The team that finishes all of their players without having lost their balance or the team with the least number of falls wins.

Royal Rangers Bible Study



ROYAL RANGERS BIBLE STUDY COURSE INSTRUCTIONS

USING THE ROYAL RANGERS BIBLE STUDY COURSES IN YOUR OUTPOST

1. Have copies of the lessons run off by ditto or mimeograph reproductions.
2. Make extra copies to have a supply for new Rangers when they join your outpost.
3. Each Commander must complete the courses in advance. There are no answer sheets.
4. Explain the purpose of the Bible Study Courses to your outpost. Be enthusiastic!
5. Hand out the first lesson to everyone in the outpost, explaining they should take the lesson home and work on it by themselves. (Young Pioneers may need help from Mom or Dad.)
6. Have the boys return the lessons at the very next meeting. Give recognition to those returning lessons each week. Keep interest high by making weekly reports to the outpost on those doing good work.
7. Distribute the next lesson just before the boys leave for home. This keeps the lesson from getting lost, torn, or wrinkled. Repeat each week.

HOW TO GRADE THE ROYAL RANGERS BIBLE STUDY COURSES

1. During the Bible Study period review each question and give the correct answer. Let the boys grade their own lessons. This will give the fellows a chance to review each lesson, and will also save the Commander a lot of valuable time.
2. Collect the lessons and record grades in the Outpost Record Book. After recording grades, return the lessons to the boys.

SUBJECT: THE BIBLE AND NATURE STUDY

LESSON. 50 SEA LIFE: FISH

Fish are mentioned several times in the Bible. Probably the two best known scriptures mentioning fish are Jonah 1:17, "Now the Lord had prepared a _____ to _____ up Jonah. And Jonah was in the belly of the fish three days and three nights," and John 6:11, "And Jesus took the _____; and when he had given thanks, he distributed to the disciples, and the disciples to them that were set down, and likewise of the _____ as much as they would."

There are over 30,000 different kinds of fish. They vary in size from the great fish that swallowed Jonah to the smallest of minnows. Fish are found in rivers, streams, lakes, and oceans. In fact, there are only a few waters that do not contain at least one kind of fish.

Fish has become an important part of many peoples diet. To meet the demand for fish, men have developed several different ways to catch fish. The Bible mentions three of these ways. Let us see what these ways are.

1. John 21:6. In this verse a _____ was used to catch fish.
2. In Matthew 17:27 a _____ was used.
3. Job 41:7 tells of a fish _____.

At times fish are not too particular what they try to eat. One example of this is found in Matthew 17:27. Read this verse carefully and then complete the following:

4. Judging from what the fish had in its mouth when it was caught, the fish had tried to eat "a _____ of _____."
5. When Peter casted in a _____, the fish tried to eat it and so was caught.

Every year thousands of fish are caught because they are attracted by a hook that has a little bait on it. Do you know there are many boys caught by Satan each year the same way? Satan places a little bait on the hook of sin in an attempt to get you to bite on it. Let us see what some of the bait is that Satan uses.

6. Satan tried to catch Moses by using the _____ of Egypt (riches) as bait. Hebrews 11:26.
7. Satan used the "love of this world" (pleasure) as bait to catch _____ II Timothy 4:10.
8. Satan used the "_____ of men" (popularity) as bait to keep many of the chief rulers from confessing Christ. John 12:42, 43.

Satan still baits the hook of sin. He not only tells you how much fun it will be, but he also tells you "Everyone is doing it;" "It's the in thing to do." Don't bite! Under the coating of fun and pleasure is the deadly hook of sin.

NATIONAL TRAINING CAMP

National Training Camp is an experience of a lifetime. You won't want to miss the inspiration and training received during this camp. If you haven't already sent your application into the National Office, why not do it right now?

ROYAL RANGERS BIBLE STUDY COURSE

SUBJECT: THE BIBLE AND NATURE STUDY

LESSON: 51 SEA LIFE: OYSTERS

The oyster is not mentioned by name in the Bible. However, pearls, a product of the oyster, are mentioned ten times. One of the more familiar scriptures is Matthew 13:46, "Who, when he had found one _____ of great price, went and sold all that he had and bought it." Since pearls are made by oysters, we know that the people of Bible times knew about the oyster.

Oysters live on the ocean bottom, mostly in inlets near shore where the water is usually quiet and not too deep. They are found in many parts of the world that have a mild or warm climate. There are many different kinds of oysters and most of them can form pearls. However, the pearls used as gems only come from the pearl oyster. These oysters live in tropical waters. Sometimes foreign matter such as a grain of sand or a tiny parasite gets between the oyster and its shell. When this happens, the oyster coats this particle with a thin layer of substance it makes called nacre. As soon as one layer is completed another layer is started; thus, making a pearl.

We can learn a lesson from the oyster. Instead of complaining about the sand or parasite, the oyster forms a beautiful and valuable pearl around it. There are times when things happen to us which hurt and are unfair. We can either allow these experiences to make us bitter or like the oyster, we can turn them into valuable experiences.

Paul and Silas gave us a good example of this. Turn to Acts 16:16-40 and read the story, then answer the questions below.

1. What kind act did Paul do for the girl with a spirit of divination? Verse 18. _____
2. What were Paul and Silas accused of doing? Verses 20, 21. _____
3. What did the magistrates command to be done to Paul and Silas? Verse 22. _____
4. Where did they put Paul and Silas? Verses 23 and 24. _____
5. Did Paul and Silas become angry? _____ What did they do? Verse 25. _____
6. What happened? Verse 26. _____
7. Paul's and Silas' singing and praying and the earthquake caused the keeper of the prison to ask a question. What was the question? Verse 30. _____

Paul and Silas had reasons to complain. The injustice they suffered was enough to make a person angry and discouraged. Yet they turned this experience into a joyous one by leading the jailer and his household to the Lord. With God's help you too can turn the hard things of life into a blessing. See Romans 8:28.

FRONTIERSMEN CAMPING FRATERNITY SUPPLIES

Coonskin caps, leather shirts, hunter horns and other Frontiersmen Camping Fraternity supplies are now available from the Frontiers Supply House, Box 262, Thayer, Missouri 65791. Write for a complete list of supplies and prices.

A SPECIAL FEATURE

WATER SAFETY BEGINS WITH YOU

New York (NAPS) -- No one knows when man first summoned enough courage to jump into a body of water instead of walking around it. One thing is sure -- he's been doing it ever since!

After countless ages, swimming remains one of man's most useful, beneficial sports. Few other activities combine as much exercise, relaxation and sheer fun.

But swimming also has a serious side. Statistics show five to seven thousand Americans drown each year! The "culprit" is simple carelessness--over-familiarity that sometimes blinds swimmers to basic safety rules.

To reduce the dangers--and add to the fun of summer outings--experts of the 125-year-old YMCA have drawn on its 85 years of water safety experience to compile some valuable, professional tips.

First and most important rule, they say, is to learn to swim well. Because swimming seems so natural, some people ignore the need for skilled professional training. Yet the poor swimmer remains a constant menace to himself--and to others.

Non-swimmers pose a greater threat, according to YMCA water safety experts. Until they learn the basic fundamentals, the only advice is stay out of the water. Even wading can bring disaster if you step into an unexpected "drop off"

It doesn't matter if the choice is a pool, lake or beach--make sure a life guard is present. Other useful precautions: never swim alone, obey all warning signs. Many a noggin has been split in shallow water...many persons have been infected by polluted water because they thought the warning signs just part of the scenery.

It's also wise not to swim through patches of seaweed; it entangles you and saps your strength.

Because swimming is an exercise, personal safety often depends on physical condition. If you don't rest and cool off after exertion, YMCA experts warn, plunging back into cold water may cause you to black out from a sudden rise in blood pressure. It may also cause painful, disabling cramps.

Recognizing physical limitations--and refusing invitations to competitive swimming when you're not in shape--is no disgrace. Endangering a rescuer's life by collapsing from overexertion is! Learn how far you can swim and don't go beyond your limit. If you do compete, race toward--not away from--shore, and have a third person present.

Vital to measuring your ability is knowing the water's depth and the current's strength. Remember, you can't tell either from the surface and must make it a point to find out.

If you are trapped in a strong current, "Y" experts give this advice: don't fight it. Swim across the current and gradually work your way in toward shore.

Perhaps the greatest water menaces are the "would-be-hero" and the "water show-off." It's a grim rule, but performing dangerous stunts to impress people sooner or later gets you in trouble. Any rescue attempts by unqualified swimmers can multiply tragedies. No one should attempt a water rescue until he's passed an expert course in rescue techniques.

-Continued on next page-

If a swimmer is in trouble--and you're not a rescue expert--try reaching him with a pole or clothing or throw him something buoyant to hang on. Sometimes it's possible to reach the swimmer by hanging on to a dock or float with your free hand.

Even if the rescued swimmer looks in hopeless shape, quick application of artificial respiration usually revives him.

That's all it takes to blunt the edge of danger; a little effort to know-- and follow-- the basic rules.

One last item: the YMCA operates over 765 swimming pools. In each you can learn how to swim--or to improve your swimming ability.

Have a happy--and safe--summer!

ALWAYS RACE TOWARDS SHORE-- NOT AWAY FROM IT.

LEARN TO SWIM WELL.

NEVER SWIM ALONE.

YMCA

DON'T ATTEMPT A RESCUE UNLESS YOU'RE A STRONG SWIMMER, SKILLED IN LIFE-SAVING.

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ROYAL RANGERS BOYS MAGAZINE

Approval has been given to publish a Royal Rangers magazine for boys. This publication should begin sometime this year. More information about this exciting magazine will be sent to you in the future.

ROYAL RANGER WEEK

June 21 - 28 is National Royal Rangers Week! This is the week to spotlight your Royal Rangers. Below are several suggestions which can be used. Select one or more of these suggestions, add a few of your own, and develop a well-planned program for Royal Ranger's Week.

FATHER AND SON ACTIVITIES

Campouts: Plan an overnight campout for fathers and sons. Encourage fathers and sons to become a team during the campout. Have them pitch their tents, cook their food, play camp games, hike, and attend the evening council fire together. Sharing camping activities can build a bond of fellowship between a father and son that could last a lifetime.

Banquet: Make this banquet a big affair. As much as possible use father and son teams throughout the banquet. For example, a father and son team could sing a duet or combine two teams and have a quartet. With careful planning, a father and son team could serve as master of ceremony. Climax with a special speaker.



Picnics: Arrange for appropriate activities for the occasion such as father and son ball game, sack race, tug-o-war, etc. It is a big day in a boy's life when he and his Dad have pulled together as a team to win some event. Climax with a big picnic lunch, wiener roast, or watermelon feed.

GROUP RECOGNITION

Arrange with the pastor to have the Royal Rangers attend one of the church services during Royal Rangers Week as a group. Reserve a special section of the church for Royal Rangers. See to it that every Royal Ranger is present and wearing his uniform. Have the pastor recognize the group during the service. Some pastors may want to slant their sermon toward men and boys on this occasion.

OUTPOST OPEN HOUSE

Plan an outpost open house during Royal Rangers Week. Display craft items the boys have made, show the Bible study lessons the boys have completed, display charts showing advancement, etc. If you have room, pitch a tent and display the outpost's camping equipment. Let the boys give demonstrations of the skills they have learned. These demonstrations could include knot tying, lashing, first aid, etc. If you have a suitable area, you may want to have a cooking demonstration and give samples to all visitors.



RECRUIT NEW MEMBERS

This week would be a good week to recruit new members. Invite as special guests to your Royal Rangers Week activities, boys and their fathers who are not now enrolled in Royal Rangers. Invite boys and men from the neighborhood as well as from your church. It is very possible that these men and boys can be directed to Christ.

ROYAL RANGERS

FOR THE ROYAL RANGERS

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