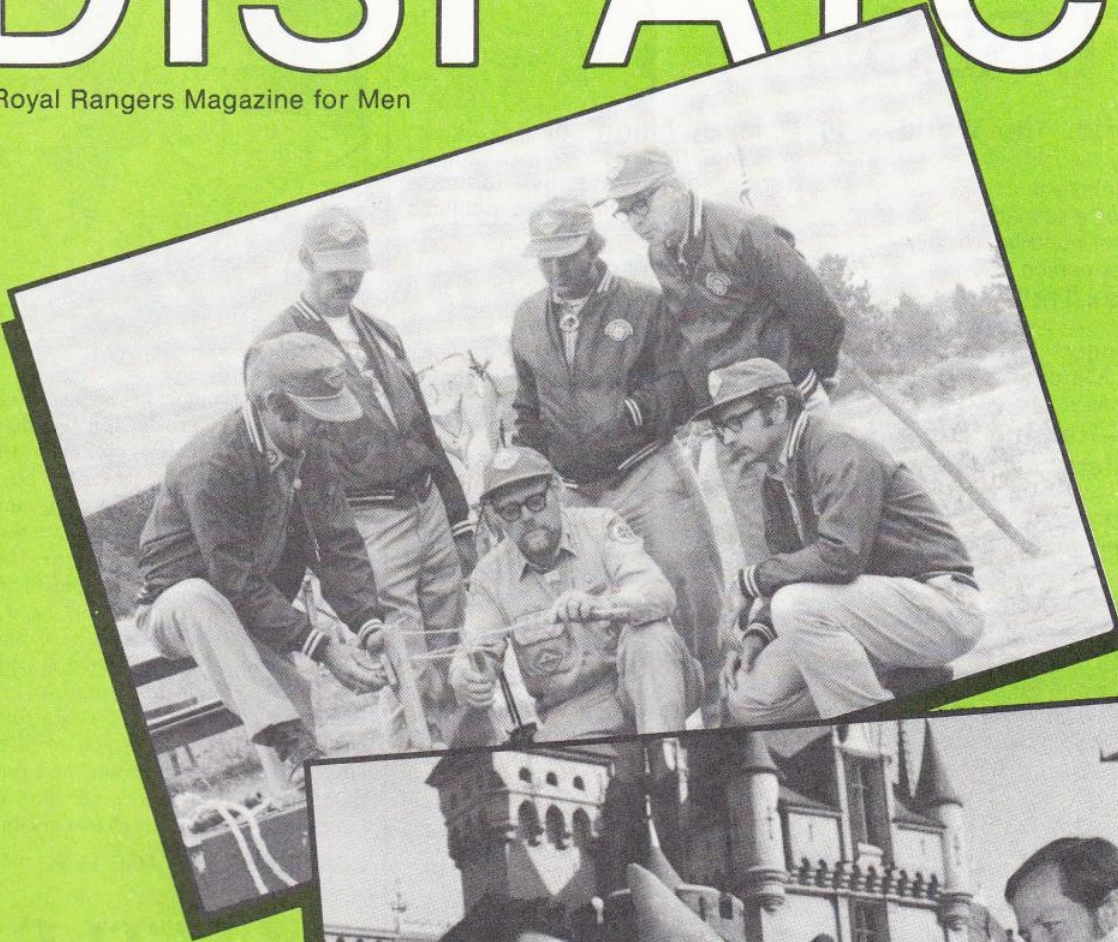


Understanding Teenagers—Testing Ranger Skills • Kite Making
• Compass & Map Use • Good Foot Care • Field Events

DISPATCH

A Royal Rangers Magazine for Men

Spring 1983



Is There a
Generation Gap Between
You and Your Teenager?
If So, Be Patient and Try
To Understand the Temporary
'Other World' They Seem To
Dwell In.

DISPATCH

SPRING 1983

Vol. 19, No. 3

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To Us
No Matter What
Our Handicap

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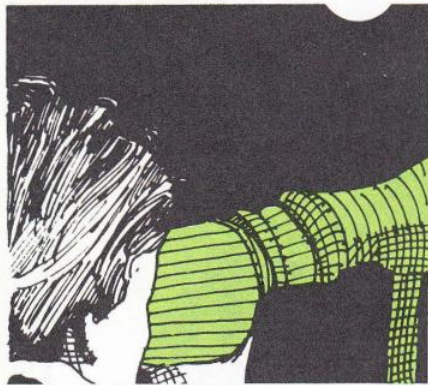
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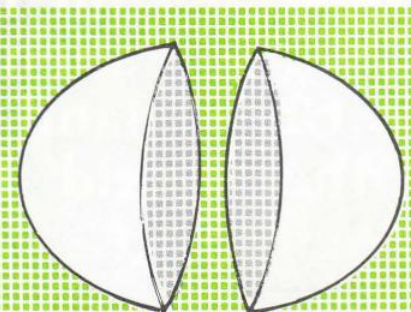
The Royal Rangers in Outpost #5 in Lakeland, Florida, were having terrific classes. Their commander always seemed to have the most interesting projects for the boys to do. They could hardly wait for each meeting to begin so that they could formulate their ideas while being together as a group. This is the outpost in which nine-year-old Little Johnnie was a member.

On this particular occasion Commander Thomas said, "Fellas, Easter is coming up pretty soon and for this wonderful holiday of our Lord Jesus, I'd like for you to create a project with the egg. You'll need to get a large plastic egg that opens and put something inside that represents life. You will have three weeks in which to work on this. At

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LITTLE JOHNNIE AND HIS SPECIAL FRIEND

BY CONNIE LANIER



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ANOTHER WORLD

All teenagers enter it.
As parents,
we must be patient.

"It used to be easy to enter his world. When he was younger, I could move in and out merely by making the effort. But as he's grown into his teenage years, the task has become more difficult."



By Hammond Cunningham

I don't know how it is for you, but in terms of paying attention to my teenager, I sort of drift in and out. Sometimes, we're on real good terms—cheerful and chatty and open with each other—and sometimes there's a wall between us which seems to be made out of stone.

I've always explained that wall by saying that Tim just needed to declare his independence. That's one of the things adolescence is for, I reasoned: a time for kids to find their separateness. Even so, whenever the ground between us is frosty cold, I get a pain in the pit of my stomach. I think we all do. Don't we all feel the deep sadness of the distance between parent and child—unless, I mean, we have built up walls of our own?

I'd better explain some background. When Tim was three, I was confronted with the need of trying to raise him by myself. We

struggled with it, but it just didn't work. The women I found to care for him when I was working just didn't seem to last (there were four of them in the first six months), and I finally made one of the most difficult decisions of my life.

My own parents were still reasonably young. They agreed to keep Tim, "until we can make some other arrangements." He's sixteen now. Other arrangements never quite got around to being made.

The other thing I should explain is what happened in my own life. I became a Christian, for one thing. In the twelve years since, Christ has become my Lord and Saviour, and I've become an ordained minister.

A lot of changes, for all of us. For all twelve years, I have driven the fifty-plus miles to my parents home at least twice a month (usually more often) in order to share some time with Tim. It's hard being part-time father, especially from fifty miles away, but no harder than a lot of parents have it. Different, for sure, but probably not any harder.

One of the differences, though, is what it does to the pain of that separation I was talking about. Even in the good sharing times, the hurt is always there. You say "hello" and "good-bye" a great many times in twelve years of at least semimonthly visits. Especially, it seems, you say an awful lot of "good-byes."

Through it all, of course, Tim has been growing and changing. All the stages of life's development, and now he's a solid young man, nearly as tall as I am and—physically, at least—nearly as strong. It used to be easy



"I am grateful for that gracious moment of sharing, and I am preparing myself for the next one that will be offered."

to enter his world. When he was younger, I could move in and out merely by making the effort. But as he's grown into his teenage years, the task has become more difficult. He has a world of his own now, composed of persons whose names I don't even know, and the biweekly visits have been something of a strain for all of us.

But all that is by way of explanation. The thing I think will be useful for parents of teenagers is an experience I had last summer. Tim and I were out in his workshop in the garage, and there was a great deal of space between us. All of a sudden, I had an inspiration. I mean that word literally; I am sure it was a gift from God. It occurred to me that part of the problem between Tim and me was that I didn't really know his world. I had accepted my role as a visitor and had tried to have a relationship with my son as if he were an adult. The exchanges were all on my terms, and we were not sharing the places and persons which were important to Tim.

"Tim," I said, "why don't you show me some of your hang-outs? Let's get on our bicycles and go around to where you spend your time."

"What do you mean?" Tim said. "Like to

the brickyard?"

Since I wasn't quite sure what I did mean, I took a chance and said "yes."

The brickyard is about seven miles from my parents' house, and Tim is very good on a bicycle. By the time we got there, I was breathing heavily, and there was a different kind of glow in his cheeks. Needless to say, Tim had been in the lead for all of our journey, and when we got there, he was *not* breathing heavily.

Riding over the treacherous trails, Tim opened up. He told me the tales of the abandoned brickyard—how he and his friends go there to fish and swim, the crane and pick-up truck which are rumored to be buried in the water, the fact that this is where the kids come in order to escape the adult world . . . all sorts of things, some of which distressed and concerned me, but God gave me the grace to be silent and listen.

Then Tim had a great idea. "Let's go to the creek," he said. "If you want, I'll show you the place I used to build forts, back when I was a kid."

Back on our bikes. Returning the seven-plus miles and then adding a few more. Riding through a thicket on the edge of the creek bank, and Tim is once more in the lead.

Some graceful combination of the location and the physical exercise allowed Tim to share some of the things of his life that I had never heard before. He talked about his long-absent mother, his relationship with his grandparents, and his emerging awareness of God.

Mercifully, I was too exhausted to do much talking of my own, but I was not too tired to listen. By the end of the day, when it was time to say yet another good-bye, the walls between us were down.

They'll be back up again, I know. It is necessary for a teenager to establish a separate world in which to grow his or her own person. But I also have some solid hope that Tim and I accomplished something important that summer day, as we were riding through the weeds and basking in God's good bright sun.

I am grateful for that gracious moment of sharing, and I am preparing myself for the next one that will be offered. One of the things I'm doing to prepare myself is riding my own bicycle more often now. If Tim keeps growing and I keep getting older, I don't know how I'll keep up with him next time unless I practice and prepare! ★

The Readiness Trail

By Paul Harril

This idea or concept could be used at District Pow Wows or at things like the National Camporama. It would be used to test the Rangers on actual knowledge of the skills they should be learning on their outpost not just to see if they know them, but to see if they are capable of using them under other than normal situations.

ITEMS NEEDED FOR THIS ARE LISTED BELOW.

Chain saw

Leg wound kit (such as used at NTC)

Rucussannie

Some type of water whether a stream or lake or pond, etc.

Topographic maps

The directions and reason for the event would be billed as a nature hunt and compass trail. The course should be laid out to cover at least 5 miles. Boys would go in twos with only their survival kit and a compass and a map. Groups would be staggered by an hour if at all possible.

The readiness trail would test Rangers on the following aspects of Royal Rangers. Ability to administer first aid, ability to use map and compass, ability to identify trees and edible plants, ability to utilize campcraft techniques, and most importantly their ability to witness to someone in need.

Trail would start by Rangers being given a map and directions as to what is expected of

them. That they identify 5 different types of trees on the trip and that they bring back at least 5 edible plants and that they must be able to follow the directions and the topo map to reach the check points along the way. No mention is made of some of the other perils that may happen along the way.

Step 1 As they leave the starting point a chain-saw fires up in the not too distant wooded area. It should run for a few minutes but shut off prior to the boys arrival in the area. When they do arrive they should find a man on the ground with a severe leg wound. They should be judged by how they handle the emergency and the first aid they render. Maximum points 20.

Step 2 They would come upon a frantic camper who could not swim and whose wife had just drowned. They

would rescue the victim, give artificial respiration, and try to revive the victim. Again 20 points max.

Step 3 When the boys reach this point they will be asked to build a fire with the matches that are in their survival kit. This would show how well they had prepared their matches. (They should be soaked after the rescue of the drowning victim.) Here they would be judged by how well they built their fire, and how quickly they were able to get the fire started, etc. Again 20 points max.

Step 4 Near the end of the trail they would come upon a young girl or young woman who has come into the woods to take her life. The boys should be given an opportunity to witness about the love of Christ.

There would be 140 points available, 20 for the collection of edible plants and identification of the trees, and 20 for the proper use of the compass and topo map. Ninety (90) points would be required to receive the special readiness patch or award. This would insure that all who were really qualified would receive special recognition.

This would be a great feature for the older boys who often have very little new offered for them at Pow Wows. It would stimulate them as well as challenge them. ★



Astronomy

Helping Boys Study the Stars

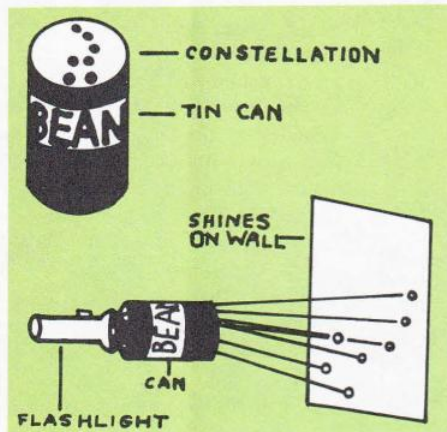


Figure 1

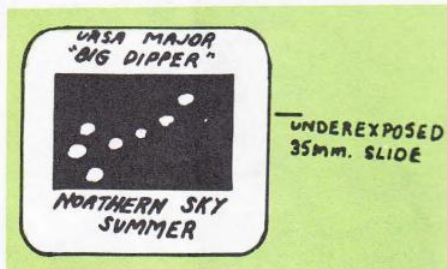


Figure 2

Constellations, star life cycles, direction finding, folklore, and legend can all spring forth from the study of the stars.

by
Dennis Leggett

“He also made the stars.” With those few words, the Bible records the creation of the stars (Gen. 1:16). What an awesome thought it is; to think that our Lord spoke the heavens into being and recorded such a work by so few words. Yet, in what seems to be an insignificant act to God, a lifetime’s worth of study and discovery can be found.

Astronomy, the study of the stars, can become the source of many exciting meeting features. Constellations, star life-cycles, direction finding, folklore and legend can all spring from the study of the stars. Most important though is what men and boys will

learn about their creator. It is an unusual person who can see the intelligent design of the heavens and not have their minds turned toward the creator.

Helping boys to learn to recognize the main constellations is an exciting meeting feature. Here is one suggestion for such a feature.

Since it is often difficult for boys to distinguish the constellations amongst the other stars, teach them the basic patterns before trying to locate them in the sky. This can be done by drawing them on a chalkboard or punching the constellations out on the bottom of a tin can, then illuminating them with a flashlight (figure 1). A more effective way is to use underexposed, dark 35mm slides.

Check with your photographer friends for their underexposed slides. Even if there is a little light exposed, it can be covered by using a black marking pen.

Using a straight pen, you can poke out the patterns of the constellations on these slides. (I found that diagrams in the Boy Scout Fieldbook are a perfect size for 35mm slides). Once you have the pattern, immediately label the slide to indicate the proper position. Indicate the constellation’s name, season most easily seen, and which hemisphere of the sky it is located (Figure 2)

These slides, when shown through a slide projector, are excellent examples of how the constellation will appear. They are reusable, cost very little and are easily stored.

For the second half of your feature, take the boys outside and try to locate the constellations you’ve just studied. Those who live in large cities may have difficulty seeing the fainter stars because of the city lights, perhaps this feature would work best for you prior to a camp-out.

Not only is this easy to do, but it is easy on your Royal Rangers budget and is exciting for boys. Perhaps one of your Trailblazers could adopt this project to fulfill some of the requirements for the Astronomy Advanced Award. ★



A Famous Frigate

BY BEVERLY SWERDLOW BROWN

Enemy cannonballs bounced off the sides of the boat, thus giving it the name, "Old Ironsides."

For hundreds of years England built a great navy using the timber of English Oak trees, but during the time when Queen Elizabeth ruled the mother country, the forest became almost bare. The oak trees had been chopped down to build boats. The problem was that wooden ships would rot faster than oak trees could grow.

When the first pioneers in New England saw the White Oak on the shores of Massachusetts Bay, they knew that it was similar to England's oak. They also knew how desperate England needed more timber. The colonists offered to sell the lumber to the English shipbuilders but they refused to buy this ideal wood. They insisted that the White Oak would rot easily and that it was a weaker wood. This was not true. The quickly built British ships of English Oak were in just as bad a shape as boats made from White Oak.

The reason was due to improper preparation of the timber before construction.

After the British said no to the colonists White Oak, the New Englanders decided to build their own fleet of ships. The famous vessel, *The Constitution* was built in 1797 with most of the hardwood being oak. The hull was so thick and strong that cannonballs shot from the other ship bounced off the sides of this boat giving it the name "Old Ironsides." Wooden tree nails called trunnels held the timbers together, and once this great ship was in water the trunnels swelled holding the wood tightly in place. This sturdy frigate destroyed enemy vessels in the War of 1812; however, after a severe battle, the *Constitution* was condemned in 1830 as unseaworthy and was ordered destroyed; but the public wanted to have it rebuilt as they were proud of their country's history.

Years later it was rebuilt again. Much of

the timber had to be replaced. Someone in the Navy Department remembered that some fine wood had been stored away for a future purpose. In 1856 when wood was used to build ships the Navy had a large supply of oak logs. Since they had no use for the logs at that time, they kept them in a pond at the Naval Reservation in Florida. The logs were recovered and found to be perfect. They were cut into timbers for "Old Ironsides" when parts of the boat were being restored. After sailing 22,000 miles this historical ship returned to the Boston Naval Shipyard in 1934 where it has been seen by thousands of people each year.

The strong White Oak has given much to this nation—on land and on sea; and, the *USS Constitution* will long be remembered as a part of that strong force in obtaining peace and freedom for the American people.

★

MARCH

FEATURES

Week 1. Aerodynamics

1. History of flight
2. Wright Brothers
3. Importance of flight today
4. Charles Lindbergh's solo flight: New York to Paris, May, 1927.
5. Kitty Hawk, 1902
6. First man on moon; July 20, 1969

ACTIVITIES

1. Visit airport
2. Tour a plane
3. Arrange for group flight (parental consent)
4. Visit Civil Air Patrol unit
5. Display model airplanes

RESOURCES

1. Plan model airplane flight contest
2. Assign a patrol to build a gasoline model
3. Secure airplane poster for meeting room
4. Have a Trailblazer explain principle of flight

Week 2. Aerodynamics

1. Instrument panel of an airplane
2. Duties of an airline pilot
3. Filing a flight plan
4. Famous airplanes
5. Weather and flying
6. Crop dusting
7. Stunt flying

1. Visit an air show
2. Have Air Force Recruiter visit meeting
3. Obtain moon map for meeting room
4. Visit a control tower
5. Invite local pilot to speak
6. Visit sky diving or glider show

1. Using the Air-Sea-Trail Ranger Handbook, make a complete presentation of requirements for Air Ranger advancements
2. Discussion of flight instruction available in your area

Week 3. Kites

1. Asians have used kites from time immemorial
2. Ben Franklin's famous (and dangerous) experiment with kite and demonstrating electrical nature of storms in 1752.
3. Kites for fun

1. Plan kite construction night
2. Assign Lt. Commanders to gather materials
3. Promote special kites for different patrols
4. Have a contest:
 - Originality
 - Performance
 - Design

1. Hold separate contests for each age group
2. Allow only those kits built from "scratch"
3. Ask local newspaper for promotion and old newspapers for use in construction
4. Make awards for top three in each group

Week 4. Kites

1. Kite flying as an art and a sport
2. Light frames of varying shapes covered with paper, plastic, or cloth
3. Some credit Archytas of Tarentum (Greek scientist of 400 B.C.) with the kite invention

1. Make kite chart
2. Build a three-sticker (hex.)
3. Modified diamond box
4. List dangers: Storms, high-tension wires, traffic, etc.
5. Demonstrate how tails stabilize flat kites

1. Check weather forecasts for best kites days in March
2. Look for days with wind velocity 8 to 20 m.p.h.
3. Plan demonstration for parents
4. Awards for largest and smallest flyers
5. Limit string to 500 feet

YOUR OWN PLANNING GUIDE

Challenging Ideas

BY JOHN

APRIL

FEATURES

ACTIVITIES

Week 1. Birdhouses

1. God created all birds & fowl on 5th day (Gen. 1:20)
2. Our Lord said they have nests (Matt. 8:20)
3. Some are flightless like the chicken
4. Many migrate

1. Do a chart of migratory birds:
 - Pacific Flycatcher
 - Central Flycatcher
 - Mississippi Flycatcher
 - Atlantic Flycatcher
2. Do a chart of migratory birds
3. Do a chart of prey

Week 2. Birdhouses

1. Display different plans for inspection and discussion
2. Encourage the boys to select the type they wish to build
3. Emphasize quality rather than size or slower
3. Be sure every boy has a house to put up
4. Talk about sites

1. Assist boys with drilling (use cautions with tools at all times)
2. Encourage boys to finish their time
3. Promote competition over speed
4. Check progress

Week 3. More Birdhouses

1. Plan a tour of neighborhood or area to erect or hang houses
2. Split up into groups if outpost is large
3. Have a simple prayer at each placing
4. Hang securely

1. Watch for easily accessible animals of prey: cats (with respect to cat house)
2. Make a record of house



OUTPOST TRAINING GUIDE

ideas for Leaders
ELLER

MAY

FEATURES

ACTIVITIES

RESOURCES

Week 1. Compass & Map

1. Map is picture of terrain viewed from above
2. Different maps show what we want to see:
 - Photographs
 - Road
 - Topographical
3. Simply drawn maps usually the best

1. Tell how compass & map helps you enjoy outdoors
2. Safety in wilderness territory
3. Cut down travel distances
4. Exploration of out-of-the-way places.
5. Find new campsites
6. Cross-country

1. Explain map scale
2. Orienting to magnetic north
3. Compass degree reading from map
4. Show chart on how to adjust for variation between magnetic north and true north
5. Outdoor practice session

Week 2. Compass & Map

1. Value of compass and map
2. Pathfinding once a matter of mtn. ridges, rivers, vegetation; also, wind direction, cloud movements, sun, moon & stars
3. Compass & map makes it easy

1. Explain Silva Compass:
 - Direction of travel arrow
 - Housing—it turns
 - Numbers are degrees
 - Magnetic north
 - Orienting arrow
2. Demonstrate compass

1. Instruct how to find compass bearings
2. 360 degrees in this or any circle
3. Turn orienting arrow to correct to true North
4. Read degrees for E, NE, W, SE, N, SW, NW, and SW

Week 3. Boating

1. One of every four boats upset each year
2. Craft & motor checks
3. Safe speeds
4. Observation of boating rules
5. Rescue equipment on board

1. Plan for outpost boating experience
2. Check on float trips
3. Plan a canoe expedition
4. Plan a water ski demonstration
5. Build a raft (all lashing)

1. Secure a good boating magazine for ideas
2. Plan a swim-meet with nearest outpost
3. If possible, plan a large boat excursion (large lake, river, or harbor)

Week 4. Fire Safety

1. Preparing for a fire
2. Kinds of fires & their uses
3. Lighting & extinguishing fires
4. Care of matches

1. Demonstrate flint & steel
2. Demonstrate metal match
3. Demonstrate safety & precaution

1. Lash a tripod
2. Make an waterproof match container of bamboo & cork
3. Build a reflector fire
4. Resource: BSA Field-book



1. Offer prizes:
 - Best built
 - Most likely to attract birds
 - Most colorful
 - Most adaptable
 - Best design
 (This list may be added to)
2. Set date for public exhibit

HERE ARE SOME SIMPLE, PRECAUTIONARY WAYS TO SPARE YOU AND YOUR RANGERS FROM THIS UNNECESSARY PAIN.

OH, MY ACHING FEET!

“There is one source of pain that strikes much more often than any of the others—BLISTERS!”

by Rolla R. Rich



Ranger commanders have you ever heard this from your boys as you trekked through the wilderness? Most likely it hits about four miles into the scheduled ten mile hike. Certainly there are many causes, flat feet, ingrown toenails, athlete's foot, improperly fitting shoes, and so forth. However, there is one source of pain that strikes much more often than any of the others. It is oftentimes caused by some of the items mentioned. It is oftentimes, yes, even most of the time, a small thing, but is painful, discomforting, and disabling. Friend, I speak of that dreaded foe of the perfect backpacking outing: BLISTERS! (Yeee-cch.)

Many of our resource books are lacking in their attempt to cover this problem area (no pun intended). In fact, some of the methods described for treatment are going to further aggravate the situation and leave the individual with more of a problem.

We are aware that many blisters result because of tight shoes that pinch the feet, or shoes that are too loose allowing the feet to shift and rub. Blisters are also caused by seams inside the shoes. In the case of tennis shoes, and other sneakers, the finishing on the inside of the shoes itself may be sufficiently rough to cause blisters. Socks that have folds in them may also cause undue pressure or rubbing and result in a blister. Sharp edges on low cut shoes can also cause painful cutting blisters along the back or sides of the ankle. A wrinkle in the shoe tongue, pressure from an eyelet, or a place inside the shoe that may have worn away or be torn can also produce a nasty blister. Socks with holes will also cause blisters, or with darned spots.

Podiatrists classify blisters as either large or small. Something about the size of the end

of a pencil eraser in diameter would be small. When one gets up about the size of a dime, the blister would be a large one. However, this is a relative standard of measurement, somewhat dependent on the size of the foot involved.

The most common places of athletic blisters are along the tops and the bottoms of the toes and on the balls of the foot. Blisters of this nature are most often found in sports as tennis, basketball, running or jogging, soccer, and so forth. These are common in hiking, but also one will oftentimes see the blisters on the inside of the back of the heel.

So what are some of the ways we need to employ to avoid these irritations. Well, at the outset one should insure that all the members of the hike have properly fitting shoes. Simple!

Simple? Not on your life. My own home-grown in-house Trailblazer grew two inches last year between Thanksgiving and the beginning of the new year. His feet tend to grow as did Pinnocchio's nose. We are not paupers, but we are not so affluent so as to be continually purchasing well and properly fitting hiking boots for this lad. I might add, he does have a pair for the moment, as his foot size is the same as his mother's. He probably averages about thirty miles of backpacking per month, and has gone over three years without a blister.

So, you may have this basic ingredient missing in the formulation. Many of the boys will not present themselves in nice padded and snug-fitting hiking boots with adequate soles. Face it, you will have many in sneakers. And you will have to go with what you have. Prayer will help, but good preparation is a must. Get the shoes fitting as snug as possible without being unduly tight and binding.



It is very important to keep your hiking boots dry while on a hike. Don't wear your boots when crossing shallow streams.

As for the socks, again, many will not have the nice wool socks that will absorb moisture, nor will they wish to wear a double pair. It would be nice, but some simply cannot afford the investment or tolerate the wool. So, in this case, your troopers will present themselves with cotton socks that will be usually drenched within a few miles. Have them double up if it does not cause the shoe to bind, and pack along several extra pairs. It is better to stop every five miles and change socks than to suffer the consequences of a blister. Just make sure that each person keeps the socks smooth. You do not want binding from wrinkles in the material.

But here is another trick that you can use, one that is used by some runners and tennis players, etc., to prevent the abrasions caused by the rubbing of the sneaker insides on the foot, especially where one is using cotton socks (or no socks). This is: use a light coating of white petroleum jelly on the foot, with special care being given to the points of friction. Apply the socks over this. Now, although there will still be some slipping of the foot inside the shoe, the friction will be greatly reduced from the otherwise dry abrasive friction that will raise a blister in a matter of several hundred yards. When your boys wear sneakers, be especially careful to grease the areas where there is seaming on the inside of the shoe, and about the toe areas where the rubber meets the canvas.

Sneakers are not designed, in most cases, for giving the foot lateral support. As a result, many of the blisters that I see on hikes are about the ankles and on the instep where the seam rubs the foot. One can avoid some of these problems by obtaining one of the specially designed shoes used in conjunction with aerobic dancing and exercises. To my knowledge, at this time there is only one company making this type of shoe, Nike.

(This is not a product endorsement.)

There is another way to outfit your group that I plan to begin in my units. Those boys who do have good hiking boots might be encouraged, with their parent's permission, to donate the shoes to the outpost once they are outgrown. You might also have a couple of fund-raising events and outfit the boys, or some of them, and keep the hiking boots as part of the outpost's permanent equipment. If you find having a series of different sized boots a viable alternative, be sure you have a good sign-out system that gives the boys both responsibility and accountability for good stewardship of the equipment. Furthermore, use a good spray to kill any germs or fungus, etc. that might breed in the shoes and possibly infect the next user.

One last thing, but most important, and so often overlooked, keep the hiking shoes dry on the hike. Far too often, hikers will wear their boots when crossing shallow streams. This is a poor practice and it openly invites foot problems. Pack along an extra pair of sneakers, preferably, or even shower slippers if nothing else, in which the hiker should cross streams that would get his regular trail shoes wet. One can even cross streams without socks to keep them dry also. Be sure to dry your feet well upon exiting the water, and put on dry socks. Weather permitting, one can air dry socks by fastening them to pack flaps with clothes pins, or your spare fish hooks, i.e., safety pins. Air out your socks at night, and do not wear the ones you last had on during the hike to bed. When putting on fresh, or previously used but dry socks, be sure to get out any burrs or sand. As the Bible says in Matthew 7:3, "And why do you look at the speck that is in your brother's eye, but do not notice the log that is in your own eye?" Do you know the "speck" or mote is exactly the same size as the "log?" It is a

simple matter of perspective. That grain of sand, my friend, may soon be a boulder inside that shoe, so keep it out. Keep everything going inside that shoe clean, and dry.

The next topic is care of the blister once it is encountered. Naturally, the best defense and treatment has been discussed, e.g., prevention of blisters in the first place. But, what do you do once it is there? There are many suggestions, again our source books suggest using moleskin, putting a Band-aid or tape over it, or even just treating as a wound if it has ruptured, but not puncturing. Probably most prudent, but highly impractical in most instances in the midst of a hike.

This is the care suggested by professionals who deal with these problems every day in their medical practices. First, determine whether the blister is "small" or "large" as was previously discussed. Wash the area with a sterile soap solution, whatever the size.

Next, proceed to sterilize the area around the blister with alcohol or another disinfectant. Sterilize a needle, preferably in alcohol followed by a flame. Puncture the blister at its edge and drain the fluid. Use an antiseptic to reclean the area and to prevent possible infection.

For a large blister, wash the area, sterilize the skin, puncture the blister at the edge and drain. Leave the skin on top of the blister as it affords a protective barrier. Use antibiotics and antiseptics to prevent infection.

The large blister may have to be excised and drained daily for a period of even a week. It is suggested that one soak the area in a sterile soap solution during this period to also keep out infection. An infected blister will turn yellowish and exude puss. A "healthy blister will be white to pinkish during the healing period.

Avoid placing a blister pad or mole skin

Continued on page 15 ▶

IDEAS FOR CAMP-OUTS AND POW-WOWS

BY BOB FOX

How The West Was Won field events are designed for small pow-wows, such as area or sectional events. The western theme can be much enhanced by providing horses, cowboy outfits, hay, corrals, and other western scenery. The setting and scenery will make for the success of the field events *MORE* than any other single factor. **IMPORTANT:** These events *should not* be shared with the outpost before the pow-wow. Only the titles may be revealed. **HAVE FUN!**

EVENT 1. WHO? ME?

INDIVIDUAL EVENT:

The purpose of this event is to show older Rangers what canoeing in the back country is really like by portaging a canoe. He places the pack on his back, ties his paddles to the canoe, and carries entire operation a distance. He places everything in the canoe, pad-

EQUIPMENT NEEDED:

dles a short distance and back, unloads the canoe, picks everything up and carries it back to the start line. While in the water a life jacket must be worn.

3 canoes
3 paddles
3 packs
3 pieces of rope
3 life jackets

This will allow three Rangers to go at one time.

JUDGES NEEDED:

One judge is needed for this event and one leader is needed for lifeguard.

HOW POINTS ARE SCORED:

This event is really for older Rangers. The total time to complete the games will be recorded. A Ranger may make more than one trip to get the pack to the water along with the canoe. Total time is what counts.

EVENT 2. DON'T GET ME WET

DESCRIPTION OF EVENT:

This event is a rowing event. The Ranger is given a number. He rows his boat out into the lake where there are 10 pieces of styrofoam. He must find the piece of styrofoam with his number

EQUIPMENT

on it and row into the shore with it. As he picks up other numbers that are not his, he must set them back into the water. Throwing away another number will disqualify him from the event.

3 row boat oars

NEEDED:

10 pieces of styrofoam

JUDGES

Only one judge will be needed for this event.

NEEDED:

HOW POINTS

The total time to do the event will be recorded.

ARE SCORED:

This event is also for older Rangers. A life jacket will be worn in the boat regardless of how good a swimmer the Ranger is. We should be equipped to run 3 Rangers at one time on this one.

EVENT 3. THE 49'ER GOLD RUSH

PATROL OR OUTPOST EVENT

DESCRIPTION OF EVENT: This event is to test the skills of the Rangers in reading a compass. A five leg compass course with distances will be given to each patrol or outpost. At

EQUIPMENT NEEDED:
JUDGES

the end of the course there will be a very small object for the patrol/outpost to find.
Compass
Pencil & paper

NEEDED: One judge
HOW POINTS ARE SCORED: The number of feet away from the small object at the end of the course will be recorded.
Three patrols or outposts could run this event at once.

EVENT 4. FASTEST DRAW IN THE WEST

INDIVIDUAL EVENT

DESCRIPTION OF EVENT: The ranger will draw two pistols full of water and try to hit a tin can 10 feet away.

EQUIPMENT Two water guns

NEEDED: Tin can
Water
JUDGES NEEDED: One judge
HOW POINTS ARE SCORED: The number of times a Ranger draws and hits

the can will be recorded. In the event of a tie, the individuals will compete at some preset time (like sunup or sundown).

EVENT 5. UP & AT 'EM

INDIVIDUAL EVENT

DESCRIPTION OF EVENT: The Ranger is in the cavalry now. When the bugler blows, it is time to get up and fall in. In this event the Ranger undresses and then gets into his sleeping bag. When he hears the bugler blowing, he gets up, gets dressed and falls in where he is



inspected to see how orderly he is. Five (5) second penalties will be given for shirt tail out, shoes untied, belt incorrect, shirt unbuttoned. The Ranger must be wearing a shirt, pants, socks, belt, and shoes in order to participate in this event.

EVENT 6. LUMBERJACK

INDIVIDUAL EVENT

DESCRIPTION OF EVENT: This event is to test the ability of a Ranger to use a bow saw. The Ranger will have to saw through a log using a bow saw.



JUDGES NEEDED: One judge
HOW POINTS ARE SCORED: The total time to saw a log is recorded.
EQUIPMENT NEEDED: 3 bow saws
Logs

EVENT 7. WHO TURNED OUT THE LIGHTS?

INDIVIDUAL EVENT

DESCRIPTION OF EVENT: The Ranger will be given five stick matches in a log to strike. He must strike the matches with a hand

EQUIPMENT NEEDED:

axe. One shot at each match will be given.
3 hand axes
Stick matches
3 logs

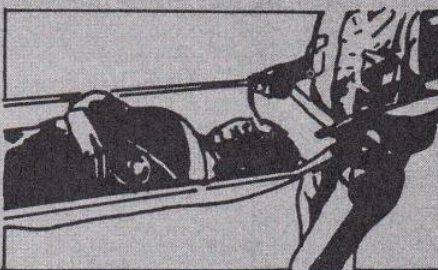
JUDGES NEEDED: One judge
HOW POINTS ARE SCORED: The number of matches in the shortest amount of time will determine the overall winner.

EVENT 8. MARSHALL DILLON—

WE NEED HELP

PATROL OR OUTPOST EVENT

DESCRIPTION OF EVENT: Somewhere out there in these Apache Hills is a wounded soldier. He has been shot with an arrow. The patrol/outpost must organize a search party and go after him. Put him on a stretcher and bring him back to the fort.



EQUIPMENT NEEDED: Tent poles or poles and blankets
JUDGES NEEDED: Two judges. One judge is the injured soldier, and the other judge starts the patrol/outpost.
HOW POINTS ARE SCORED: The total time to find the wounded soldier and bring him back will be recorded.

EVENT 9. PONY EXPRESS

PATROL OR OUTPOST EVENT

DESCRIPTION OF EVENT: Six boys are needed in the patrol/outpost to do this event. The patrol/outpost is divided into two groups of three each and spaced 50 yards apart. The judge will give the first Ranger in the

patrol/outpost a message of ten words. This Ranger will run to the next Ranger and give him the message verbally. This keeps on till the last Ranger runs the distance. The last Ranger must write down the message.

EQUIPMENT

NEEDED:

Pencil & paper

JUDGES

NEEDED:

One judge.

HOW POINTS

ARE SCORED:

The total time to do the event will be recorded as a tie breaker. The number of words correct in the message will be written down.

EVENT 10. BRING 'EM DOWN COWBOY

PATROL OR OUTPOST EVENT

DESCRIPTION OF EVENT: The purpose of this event is to review knot tying skills. The cowboys of the west had to use knots for all kinds of events. Each member of the patrol/outpost will have to tie the clove-hitch, square knot, bowline, and sheep shank for a total of four knots. Other members of

EQUIPMENT
NEEDED:

JUDGES
NEEDED:

the group can instruct Rangers in the patrol/outpost as to how to tie the knots. Each member of the group will also try to throw a lasso over a pole. Rope for knot tying (about 20 pieces for knot tying). Three long ropes for making a lasso.

One judge

HOW POINTS
ARE SCORED:

Each member of the patrol/outpost will be given a point for every knot tied and a point if he throws the lasso over the pole in three tries. The patrol will be timed on this entire event and this will be used as the tie breaker. Six boys to a patrol for this event.

By having 20 pieces of rope, the event could have 3 patrols run at one time.

EVENT 11. THE GREAT TRAIN ROBBERY

PATROL OR OUTPOST EVENT

DESCRIPTION OF EVENT: The Wells Fargo agent is sitting in the woods guarding a strong box of gold. He is napping, however, your patrol sees an excellent opportunity to sneak up on him and steal it. You must not be heard or you will



EQUIPMENT
NEEDED:

JUDGES

NEEDED:

awaken him and he will arrest you.

Metal box with rocks in it.

Two judges. One judge will need to be up in the woods and one needed to start each patrol. He might tell the waiting patrol a story of robbery.

EVENT 12. HOME ON THE RANGE

PATROL OR OUTPOST EVENT

DESCRIPTION OF EVENT: This event is aimed at each Ranger knowing their cooking skills and working as a team. The patrol will need to build a fire, mix the pancake batter, make a pancake, flip it, and then eat it. Each member of the patrol should help eat the pancake.

EQUIPMENT
NEEDED:

Pancake batter
Oil
Skillet
Water
Spatula
Matches
Clean-up materials

Two patrols should be able to do this at one time.

JUDGES

NEEDED:

One judge

HOW POINTS

Up to one hundred points

ARE SCORED:

will be given for this event. How well the patrol leader organizes the group into specific duties, team work, team spirit, how well done the pancake is. (Not raw, gooey, or burnt), how things are cleaned up will be the basis for judging. Timing of the entire event will be the tie breaker.

LOOK FOR MORE *HOW THE WEST WAS WON*
FIELD EVENTS IN THE SUMMER 1983 *DISPATCH!*



LITTLE JOHNNIE AND HIS SPECIAL FRIEND

CONTINUED
FROM PAGE 2.

OH, MY ACHING FEET CONTINUED.

onto the area. If friction and rubbing originally caused the problem, the added layering will only further aggravate the abrasion. It may even cause the loose skin to be torn off and present one with a much more serious wound. Also, avoid the pads or mole skins, etc., with holes cut in them that allow the blister to "peek" through. These items will cause the blister to pop up through the hold and also further aggravate the blistered area.

In any case, do not place anything sticky on the area of the loose skin. The adhesive will remove the skin and expose the underlying tissue. Again, this aggravates the original situation.

The recommended solution by the experts is to use an adhesive-backed soft foam on either side of the blister. A longitudinal shape, maybe from three-quarters of an inch to one-and-a-half inches in length and a good half-inch in width is acceptable. The size of the blister and the foot involved are the determinant factors. This longitudinal shape allows for walking and healing at the same time.

You might ask how this is so. The foam allows for the searing forces involved in walking rather than on it as the other methods do. It also causes the blister to be rolled and squeezed which keeps out the puss and water substances that cause swelling.

An army needs healthy feet to keep moving forward, and in this day, the Christian Army cannot afford to be stopped through careless injury. God promised His people all the land upon which they would set their feet as they trod. (Deuteronomy 11:24). He has also promised to make the place of His feet glorious, and those who despise His children will bow at the soles of their feet (Isaiah 60:13-14). Our feet are important, for they are to be shod with the preparation of the gospel of peace (Eph. 6:15). Therefore, do that which is necessary to prevent blisters, and once someone does get one then properly apply protective measures and treatment. Remember, "make straight paths for your feet, so that the limb which is lame may not be put out of joint, but rather be healed" (Hebrews 12:13, NASB) ★

the end of that time we'll all show our Easter projects and see how many different ideas you have concerning life and what they mean to you.

Little Johnnie looked around the room as he scratched his head. He thought, a plastic egg, life? What can I do? Everyone seemed to be thinking the same thing. They all had the same blank expressions. Then Little Johnnie's eyes fell upon Allen. Allen was his "special friend." Allen too was a Royal Ranger and hardly ever missed the meetings. All the fellas liked Allen. But if Little Johnnie was having a hard time thinking what to do for his life project, what about Allen? You see, Allen was mentally retarded. As he glanced at Allen, he noticed a little smirk on his face. Could he already have an idea? Surely not. Commander Thomas called order and went on with his devotions for that evening. He prayed that the Rangers would get many ideas and that this would lead to a real blessing for each one.

A couple of days later, little Johnnie's imagination jumped into second gear. He asked his dad some questions about where to find certain materials. He went to the encyclopedia to study about his area of interest. It was beginning to be fun.

Everyday after school Johnnie hurried home to work on his report and his project. He talked with some of the other Rangers and they too were enthusiastic with their "life" project. He couldn't help but wonder how Allen was doing with his egg.

At the end of 3 weeks all the boys assembled for their meeting. The whole fellowship hall was buzzing with their talking and whispering when their Commander Thomas walked up front. "Fellas, it's great to see so many of you out tonight," he chimed. "Let's begin right away. Little Johnnie, you come first and show us your egg and tell why it represents life to you."

Little Johnnie felt his knees shaking, but he stood bravely and opened his egg to reveal a tiny plant inside. He explained very simply that to him anything growing was life, and that we also should be growing spiritually.

The commander was very pleased. He turned to Bret and asked him to come show his egg project to everyone. Bret was not at all shy and quickly bounced to the platform with a big grin on his face. He opened the top part of his egg and out flew a yellow-striped butterfly. Bret said, "To me a butterfly represents life for it changes from a caterpillar,

in a cocoon, to a beautiful butterfly. And we are changed from our old ways when we accept Christ."

The commander thought these projects were going even better than he'd planned. Then he saw Allen sitting quietly with his egg in his lap. He had on his face a smile that seemed to stretch from one ear to the other. Commander Thomas remarked, "Allen, show us your egg."

Allen very calmly stood by his chair and still smiling opened his egg. It was empty. The commander thinking Allen had forgotten to put something inside or thinking perhaps the project was too hard for him and wanting to help Allen through his supposed embarrassment said, "That's OK, Allen. Maybe you'll think of something on our next project. You may be seated." Allen sat down, but raised his hand.

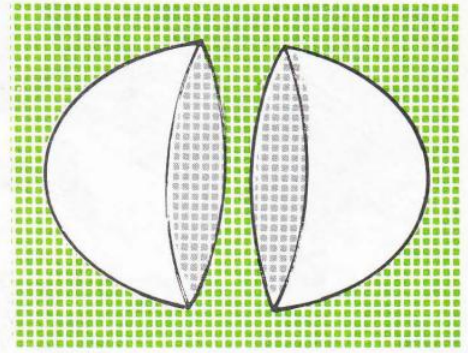
The commander's eyes surveyed the room thinking he needed to call on someone else quickly, but noticed Allen's hand still in the air and that he was smiling. The boys were all looking at each other with puzzled expressions when finally Commander Thomas replied, "Allen, yes? Did you want to say something?"

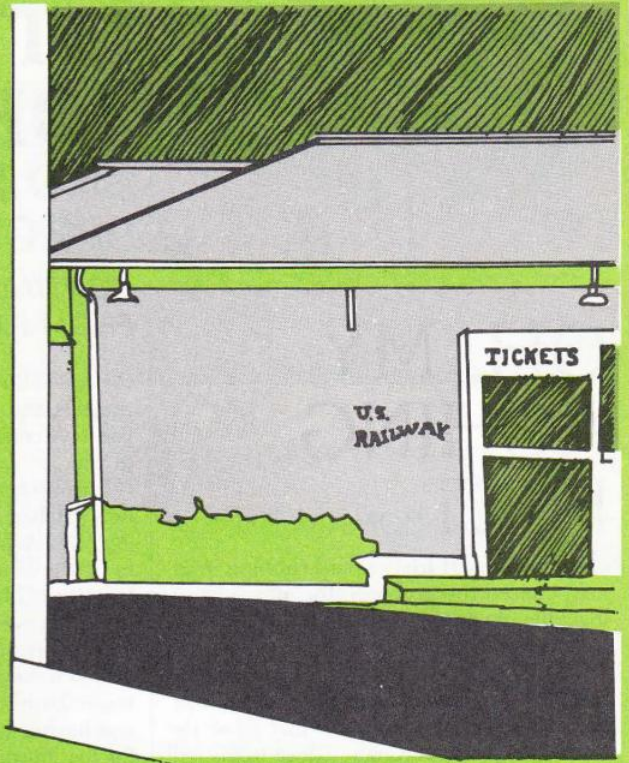
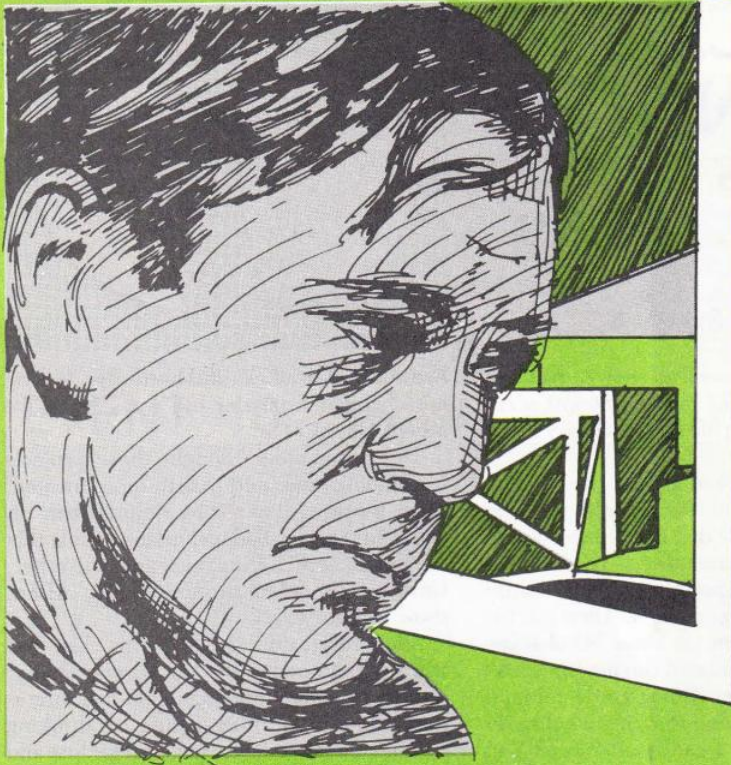
Allen stood by his seat and said, "Empty. The . . . tomb . . . was empty."

Completely surprised, the commander felt so wonderful and so thankful to God that even Allen, with his handicap, understood what LIFE meant. There would have been no LIFE, no real LIFE had not Christ died on the cross for our sins. There would have been no LIFE had He not come back from the dead and made that tomb empty.

The Bible says in John 11:25 & 26 . . . I am the resurrection, and the life: he that believeth in me, though he were dead, yet shall he live: and whosoever liveth and believeth in me shall never die.

Yes, out of all the projects that the Royal Rangers boys presented that night, Allen's project had the true meaning of LIFE. God speaks to all of us in different ways no matter what our handicap. ★





THE STATION

BY ROBERT J. HASTINGS

LIFE'S FINAL DESTINATION

1

Tucked away in our subconscious is an idyllic vision. We see ourselves on a long trip that spans the continent. We are traveling by train. Out the windows we drink in the passing scene of cars on nearby highways, of children waving at a crossing, of cattle grazing on a distant hillside, of smoke pouring from a power plant, of row upon row of corn and wheat, of flatlands and valleys, of

2

mountains and rolling hillsides, of city skylines and village halls.

But uppermost in our minds is the final destination. On a certain day at a certain hour we will pull into the station. Bands will be playing and flags waving. Once we get there so many wonderful dreams will come true and the pieces of our lives will fit together like a complete jigsaw puzzle. How restlessly we pace the aisles, condemning

3

the minutes for loitering—waiting, waiting, waiting for the station.

"When we reach the station, that will be it!" we cry. "When I'm 18." "When I buy a new 450 SL Mercedes Benz!" "When I put the last kid through college." "When I have paid off the mortgage!" "When I get a promotion." "When I reach the age of retirement, I shall live happily ever after!"

Sooner or later we must realize there is no

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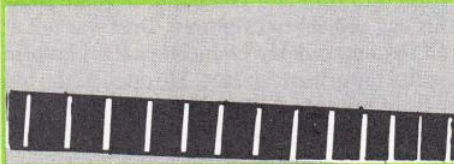
station, no one place to arrive at once and for all. The true joy of life is the trip. The station is only a dream. It constantly outdistances us.

"Relish the moment" is a good motto, especially when coupled with Psalm 118:24:



5

"This is the day which the Lord hath made; we will rejoice and be glad in it." It isn't the burdens of today that drive men mad. It is the regrets over yesterday and the fear of tomorrow. Regret and fear are twin thieves who rob us of today.



6

So stop pacing the aisles and counting the miles. Instead, climb more mountains, eat more ice cream, go barefoot more often, swim more rivers, watch more sunsets, laugh more, cry less. Life must be lived as we go along. The station will come soon enough.

