

Contenders for the Faith



A Handbook for Young Men

Contenders for the Faith
Copyright 1993, 2000, 2009, 2017 Keepers of the Faith®

This book, including illustrations, may not be reproduced in whole or in part without written permission from Keepers of the Faith.

Published by: Keepers of the Faith®
E-mail sales@keepersofthefaith.com
www.keepersofthefaith.com

PDF TERMS OF USE

Keepers of the Faith retains all copyrights for these materials. With that said, you may print the books in whole or in part. As with any other of our materials, you are free to use them to suit the needs of your church, homeschool, or family group. They should *not* be modified, distributed, sold, or relicensed. We have put much thought and prayer into how and why this program works, and we wish to preserve that formula. From time to time, you will certainly use additional resources for projects or activities. We ask that you do not include them as part of the original work, but simply make them available as resources, so that people know that it is a distinct piece of intellectual property. We are happy for everyone to make what customizations they feel necessary for their groups. We would simply like new users to start with a program from the source, rather than something heavily modified that they might think came from Keepers of the Faith. If you have any questions, please feel free to write us at sales@keepersofthefaith.com.

Dedication

I wish to dedicate this book to Susan, Tony, and Nick, who loved and trusted me as I struggled to learn to be the parent they needed, and who provided me with countless hours of joy as I watched them grow and mature.

I also wish to dedicate this book to my wife, Susan, who began from nothing to build a program for girls when she saw a need so many years ago, and who has been an inspiration to me.

Contents

An Important Letter to Parents	6
A Letter to Young Men.....	9
How to Use This Handbook.....	10
Category I:.....	13
Spiritual Life Skills	13
Bible Memory	14
Bible Reading.....	16
Bible Study.....	18
Church.....	21
Church Service.....	23
Great Commission	25
Missionary.....	26
Prayer Warrior.....	27
Proverbs Study for Boys	28
Stewardship.....	33
Timothy	35
Category II:	37
Character Studies.....	37
Category III:.....	39
Personal Skills	39
Finances	40
Fitness	42
Health.....	43
Hygiene.....	45
Letters	46
Organization.....	48
Personal Journal	50
Propriety.....	51
Scheduling.....	52
Category IV:	55
Serving Others.....	55
Community Service	56
Ecology	58
Family	60
Friends.....	63
Grandparents	65
Love	66

Neighbor	68
Others	70
Patriotism	71
Rest Home	72
Special Needs	73
Widows	74
Category V:	75
Around the Home.....	75
Gardening.....	76
Handyman	78
Home Care	80
Landscape Care	82
Man of the House.....	84
Painter	88
Wood Finishing	91
Category VI:	93
Culinary Skills.....	93
Chef.....	94
Grilling.....	97
Ice Cream Making.....	100
Category VII:.....	101
Creative Skills.....	101
Albums	102
Calligraphy.....	103
Kites	105
Leatherworking	108
Models.....	111
Mosaics	114
Origami	116
Photographer	117
Photography	119
Woodburning.....	122
Woodcarving	124
Category VIII:	127
Scholarship Studies.....	127
Academic Studies.....	128
Astronomy.....	130
Biography.....	132
Foreign Language	133
Lapbooking	134
Literature.....	135

Poetry	136
Rocketry	138
Scholarship	141
States	143
Writing	145
Category IX:	147
Special Knowledge	147
Citizenship	148
Computers	150
CPR	152
Electricity	153
Fire Safety	155
First Aid	156
Genealogy	157
Knots	159
Library	165
Occupations	166
Pocketknife	168
Public Speaking	169
Puppetry	170
Sign Language	171
Small Engine Repair	172
Storytelling	174
Teaching	175
Tools	176
Typing	181
Woodworking	182
Category X:	184
Music Arts	184
Band	185
Choral Music	186
Hymns	187
Musical Instruments	188
Singing	189
Category XI:	190
Artistic Skills	190
Clay Sculpting	191
Diorama	193
Drawing	194
Oil Painting	196
Pottery	198
Watercolors	201

Category XII:	202
Nature Studies	202
Birds	203
Butterflies	204
Insects	206
Plants	207
Rocks and Minerals	208
Trees	209
Weather	210
Wildlife	212
Nature Study Topics	213
 Category XIII:	 214
Outdoor Skills	214
Campfire Cooking	215
Camping	217
Canoeing	220
Fishing	224
GPS Navigation	225
Hiking	227
Hunting	229
Kayaking	230
Orienteering	233
Outdoor Life	235
Outdoorsman	238
Tracking	239
 Category XIV:	 241
Caring for Pets and Farm Animals	241
Aquarium	242
Farm Animals	244
Horses	245
Pets	246
 Category XV:	 247
Recreational Skills and Hobbies	247
Archery	248
Badminton	251
Bicycling	252
Chess	254
Coin Collecting	256
Croquet	258
Golf	259
Ice Skating	260
Rollerblading	261

Roller Skating	262
Stamp Collecting.....	263
Swimming	265
Table Tennis	266
Tennis	267
Trampolining.....	268
Volleyball	269
 Awards	 270
Appendix.....	272
Index.....	273
Additional Resources	275

An Important Letter to Parents

The following poem has been an inspiration to me as a parent, in formulating the Contenders program, and as I view young people in the generations that follow me on this earth. There are several generations in my family now, and beyond that, the fields are surely white unto harvest. In a spiritual sense, this poem urges me on. The time that I have left to continue building bridges is becoming short, and whatever I can do to provide a safe journey through a dangerous foreign land is of paramount importance. The physical is much like the spiritual. We cannot pass on what we have, but we can show those behind us how to find it and use it. I pray this poem inspires you as much as it does me whenever I read it.



The Bridge Builder

An old man going a lone highway
Came at the evening cold and gray,
To a chasm vast and wide and steep,
With waters rolling cold and deep.
The old man crossed in the twilight dim;
The sullen stream had no fears for him,
But he turned when safe on the other side,
And built a bridge to span the tide.

“Old man,” said a fellow pilgrim near,
“You are wasting your strength with building here.
Your journey will end with the ending day,
You never again will pass this way.
You’ve crossed the chasm, deep and wide,
Why build you this bridge at eventide?”
The builder lifted his old gray head.
“Good friend, in the path I have come,” he said,

“There followeth after me today
A youth whose feet must pass this way.
The chasm that was as nought to me
To that fair-haired youth may a pitfall be;
He, too, must cross in the twilight dim—
Good friend, I am building this bridge for him.”

Will A. Dromgoole

This book is written to be a child-rearing aid for parents as much as it is an instrument for self-improvement or skill-building for young men. The aim of this program is really threefold.

*The Lord Jesus Christ — Most importantly, this program is oriented to emphasize the reality of God, and the vital significance of one's very own personal relationship with Jesus Christ. If a young man comes away from *Contenders for the Faith* with nothing else (which is hardly likely), it is our personal prayer that he will have at least this relationship to guide him on his journey through this world to that eternal city.*

There are merit awards offered strictly for practical effort in spiritual areas, emphasizing to the young person that such skills are just as important as any other area of development. Young men sometimes need to be regularly reminded that this is an integral part of their endeavors, and more importantly, of life itself.

Also, Scripture and godly thoughts or concepts are incorporated wherever possible as an integral part of the practical skills learned. This helps you as a parent to make Jesus an integral part of your son's life.

Practical Skills — There are all those practical skills that do not fall under the "three Rs." Some are real necessities. Others can be lived without, but will be sorely missed. This program provides the parent with a helpful itinerary with which to address those things—things about which a son should know something before he must face the world to make his own way. The program also provides a challenging, yet encouraging, method to tackle each skill while enjoying the process. By supporting the young man in this process, as a parent you are accomplishing this second most important thing. You wish to help him become a competent adult.

The structure, incentive, groundwork, and much of the detail work are already provided. It can be a colossal undertaking to teach these things "from scratch." It is likely better for you to spend your precious time where it will count most—by lending your greater maturity, understanding, and experience where necessary.

Family — Finally, this program will impress upon a young man something that, though important to you as a parent, is quickly becoming lost in our society, and even in churches throughout the land. That is the importance of the family unit. If there is no strength inside the home, there will be none outside of it. A faith that is not strong in the home will fail without.

The skills in this book are designed in such a way that many of them can be nearly learned by the young man without any help from others. But do not miss out as a parent on the opportunity to be part of that learning process whenever possible. The old adage, "The family that prays together stays together," is not really the whole story. For a family to truly pray "together," it must be a family that does most things together. It will be a family that is striving together to reach the same goals—each helping the others along the way. Young people must feel a part of your team if you wish them to really pray "with" you. So do not hesitate to jump in and build your family through helping your children learn good things. Those who do will one day see the blessings come back an hundredfold.

You will find that many of the skill requirements in this book will be aimed directly at helping parents build family unity, even in the mundane everyday tasks of life. Family, Home Care, Stewardship, Man of the House, and many other skills offer incentives for young people to develop a healthy view of proper performance of duties and chores. They learn to see these things as an avenue of growing up and becoming responsible, rather than simply as drudgery. These valuable qualities will soon overflow into the arenas of church, career, etc.

These "tools" are designed to help parents. Parents, PLEASE read the instructions for a study along with your son. Only then will you know what traits and responsibilities he is learning along with the skill—how to do your part—how to encourage him to your family's best advantage—how to build upon what he is learning—how to help him be a man through what he is learning. When used in this way, these studies will be an invaluable help far beyond the skills learned. They will be an invaluable help in rearing a man. They will be an invaluable help in your own day-to-day family life. They will also help build a lifelong family unity based on an eternal, more important relationship, and consistently create points of joy in your parenting experience.

There are so many important ingredients to help with that. For instance, does your son love to do projects or things with his hands, but has little interest in reading? It is not uncommon for a young man to feel this way. Of course, you are happy to see his interest in practical and mechanical things, but you would like to see him read also. That is exactly why you will find that for many of the skills, he is required to read a book about the

subject. Reading becomes more interesting when we are soon to do what we are reading about. Also, young men who do not read for the joy of reading often learn in this way that reading is valuable to them. It is a way of learning about many of the things in which they are truly interested.

If these three goals are your goals as a parent, then join the tens of thousands of other parents that are using this program to attain them. It makes no difference whether you use it in a large group such as a church, a smaller group such as a homeschool support group, a single family, or even with just one child. Building the lives of our children is imperative, and, as with any other task, a workable plan, some helpful instructions, and the right tools make all the difference in the world.

Does a dad need to be proficient in all these areas in order to help his son develop skills? Absolutely not! As was already mentioned, you will notice that one requirement is the same for many skills. That is to read a book on the subject. While the son reads the book, if Dad is unfamiliar with the project, he can skim it also. In many cases this is all that Dad will need to get up to speed. He will then be able to help his son in his endeavors. In any larger group setting, there will very likely be someone who is already up to speed.

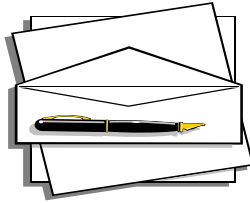
Just as it is important for you to teach God's Word and precepts to your son, it is also vital to teach him practical things. You will never regret teaching your son to cut a board or hammer a nail. He is likely wishing and waiting to build (all by himself) some clumsy little project that is, at this moment, very important to him. I still remember with fondness the time that my dad noticed me with his hand saw and a piece of wood. "Look here," he said, "I might as well teach you how to use that thing properly." In two or three minutes he was gone—but I remember to this day.

When your son is working on a skill, he will need you to run him to the library to get a book on the subject. You may as well join him in some of the fun. When he earns an award, he will need you to verify that he fulfilled the requirements. If your son wants to learn a skill that is not in your repertoire, learn it together! You will never regret it! (And you might have just as much fun as he does.)

Dads, do not miss the opportunity to do the one special job that God gives to us dads. Our sons do not need a better quality of life, bigger houses, better cars, nicer clothes, or more toys—they need us—our instruction, our guidance, and our interest. God said to teach them in the morning, at night, and whenever walking throughout the day. Give God His glory, and give your sons the dad God meant them to have.

Sincerely,
Jeff Zakula





A Letter to Young Men

Dear Young Men,

Contenders for the Faith is an exciting way to prepare for your future. What kind of man will you be? Will you be a man of God? Will you be a man who knows the Bible? Will you be a man who knows about many things? Will you be a man who knows how to do things? Will you be a man of widely varied knowledge and skills? The choice is yours! God has given you the ability to learn and become skillful, and Contenders for the Faith will help you to develop that ability. You will learn to do projects, become handy with tools, become acquainted with nature, be a leader, understand scholarly things, care for others, develop a relationship with God, and become a man of character.

We never lose the skills and abilities that we develop when we are young. We tend to get better at them with age. We should always learn everything that we can when we are young. We may never be able to go back and learn later the things we can learn now. So don't miss out! Get busy right away.

I pray that each young man will use this book and program to become a wise, capable, and refined leader of his own family, church, and community someday. All the great leaders in the Bible exhibited these traits. Remember, God wants to use you. You don't want to disappoint Him by being unprepared because of what you didn't take time to learn.

Have fun—because learning is fun!

Mr. Zakula

How to Use This Handbook

You will find that this book will make it easy to learn new skills. It will usually explain the skill, tell you what you need to know, tell you what materials or tools you will need, tell you how to use them, offer requirements to gauge your accomplishments, and even give you a place to record your progress.

You will want to take time to browse through the different skill sections, and see all the exciting things you can learn to do. Next, pick out a skill that you would like to learn. Then, just plunge in!

If you find that you still have some free time in your weekly schedule, you may wish to begin learning another skill also. You may find that it is convenient to practice different skills at different times, while working on several simultaneously.

When you have learned a few skills, you might begin a few new ones. Just do not start too many at one time. It is always better to work on a few things and complete them than to have many projects started and none finished.

You might be wondering how you will learn all the new skills you find here. It is easier than you think! This handbook will tell you nearly everything you need to know in order to learn each skill. Many skills require few or no materials, and you usually will find most of what you need to learn the skill, and even do a project, explained right in the handbook. For skills which require more commercial materials or patterns, such as rocketry or woodworking, you will likely want to purchase a pattern or a kit, which will contain any additional information or instructions that apply to that project. Many such project kits are available. These kits contain all the required materials, they offer step-by-step instructions, and they often contain any tools that may be needed.

Whether you use *Contenders for the Faith* as a personal curriculum, or meet regularly with others from a few kindred families, or you are part of a larger church or homeschool group, you will never regret any effort that you spend learning the skills in this program.

And what an opportunity this is for fathers and sons to spend enjoyable, wholesome, fruitful time together! Sometimes a father teaches, and sometimes father and son share really neat times learning together.

That is all there is to it! It is easy as can be! As you browse through the skills, think about all the things that you may soon know!

May God bless you as you are learning to be a contender for the faith!

The Friends at Keepers

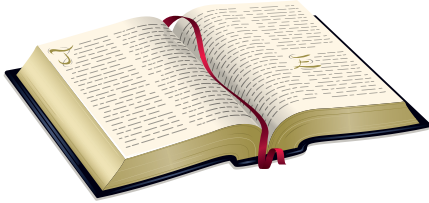
The *Contenders for the Faith Companion Notebook* is designed to go along with the handbook. Each requirement in the handbook that directs the young person to do work in a notebook is recreated in the Companion Notebook with adequate space provided to complete the requirement. A blank notebook or 3-ring binder may be substituted for the Companion Notebook.

Levels of skill difficulty

★ 1 Star—Easy

★★ 2 Stars—Intermediate

★★★ 3 Stars—Advanced



CONTENDERS FOR THE FAITH

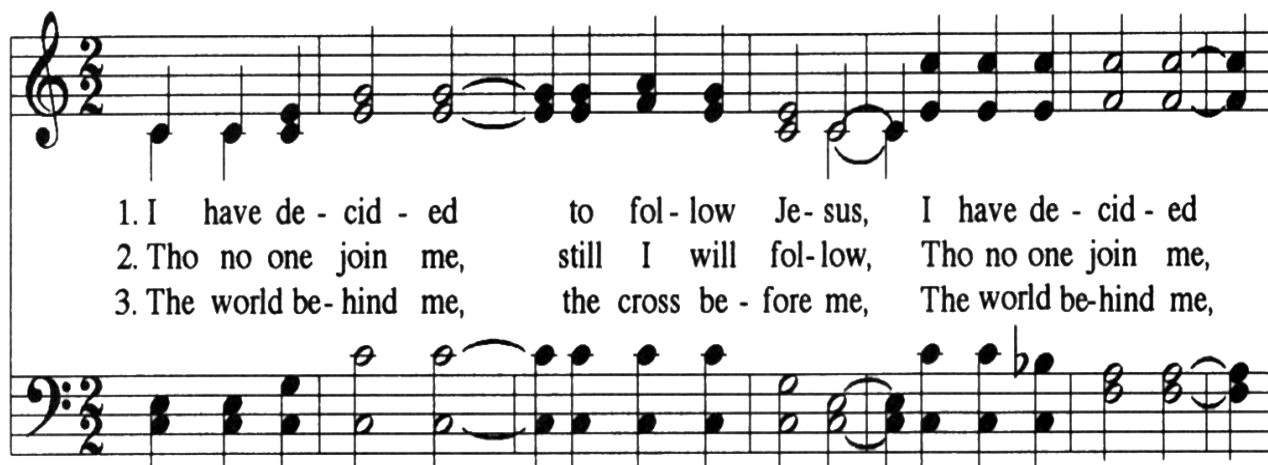
- Purpose: To become a competent, skilled young man who is not only willing, but able, to take a stand for Jesus, and defend his faith.
- Goal: To have a teachable spirit so that I may master the different crafts and skills which will enable me to become a complete, capable, well-balanced Christian young man.
- Verse: *“Stand therefore, having your loins girt about with truth, and having on the breastplate of righteousness; and your feet shod with the preparation of the gospel of peace; above all, taking the shield of faith, wherewith ye shall be able to quench all the fiery darts of the wicked,” —Ephesians 6:14-16.*
- Prayer: Teach me, Lord Jesus, each day to become wise and proper in every way so that with Your help I will finish the course You have set before me.

*“Whatsoever thy hand findeth to do,
do it with thy might;”
—Ecclesiastes 9:10*

I Have Decided to Follow Jesus

ATTRIBUTED TO AN INDIAN PRINCE

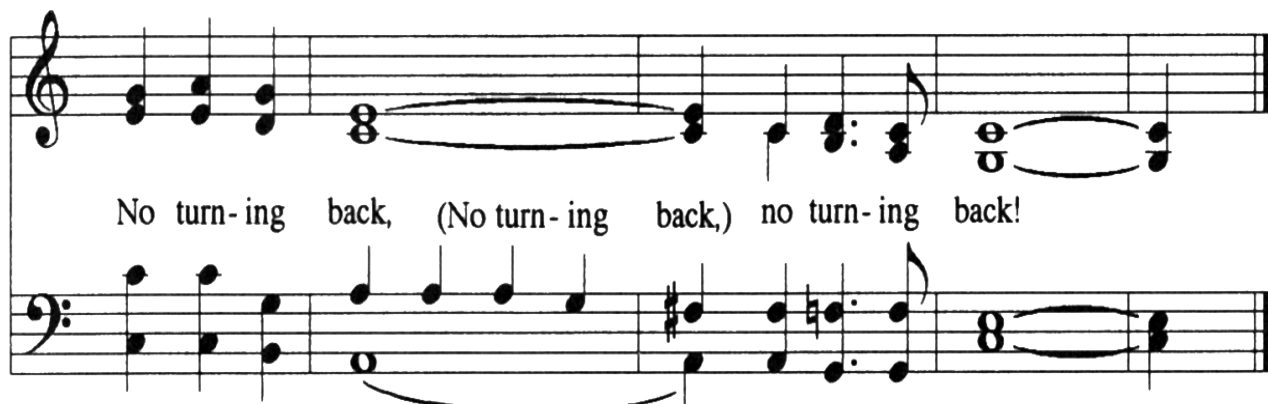
FOLK MELODY FROM INDIA



1. I have de - cid - ed to fol - low Je - sus, I have de - cid - ed
2. Tho no one join me, still I will fol - low, Tho no one join me,
3. The world be - hind me, the cross be - fore me, The world be - hind me,



to fol - low Je - sus, I have de - cid - ed to fol - low Je - sus—
still I will fol - low, Tho no one join me, still I will fol - low—
the cross be - fore me, The world be - hind me, the cross be - fore me—



No turn - ing back, (No turn - ing back,) no turn - ing back!

Category I: Spiritual Life Skills

“The first of all the commandments is, Hear, O Israel; the Lord our God is one Lord: and thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind, and with all thy strength: this is the first commandment,” — Mark 12:29-30.

To the Christian young man, the spiritual life is the most important part of one’s being. The primary Person in our lives is God, and the primary relationship in our lives is with God. If we keep this relationship right, all other aspects of our lives will fall into place. In order to possess the manhood that God intended, a young man must learn to put God first in everything. *“The steps of a good man are ordered by the LORD: and he delighteth in his way,” —Psalm 37:23.*



All the skills in this book are designed to help you grow into a well-prepared Christian adult. None, however, are as important as those in this section. We can never be what God intended without habits like Bible reading and prayer. These are “food and water” to the life of a Christian. When we know our God intimately, there is no limit to what the least of us can accomplish.



Bible Memory

“Thy word have I hid in mine heart, that I might not sin against thee,” —Psalm 119:11. Hiding God’s Word in our hearts is an excellent way to keep our thoughts focused on Him all the day long. Plus, memorizing Scripture allows God’s Holy Spirit to work with God’s own Word during times of searching, trials, and testings. It gives Him words hidden in our hearts to recall to memory when we need them most. God’s Holy Spirit teaches, leads, and comforts us through God’s Word. Thoughts grounded in the Word of God will anchor a man during the storms of life. Begin today to hide God’s Word in your heart.



Things to Learn

Each memory work, when completed, must be recited “word perfect” to your leader. Only one memory work per year is required to earn the Outstanding Achievement Award. However, we hope you will learn more than one Bible memory work per year. We can never memorize too much of God’s Word.

Choose from the following selections. You are also free to memorize any other portions of Scripture not listed. You may receive an award that simply states “Bible Memory” for any other passages authorized by your leader.

1 Corinthians 13
Abiding (1 Jn 2:24-29)
Armor of God (Eph 6:10-20)
Beatitudes (Matt 5:1-11)
Bible Memory General (You select verses.)
Birth of the Saviour (Luke 2:1-15)
Body & Blood (Luke 22:14-20)
Books of the Bible
Books of the New Testament
Books of the Old Testament
Born Again (John 3:1-18)
Build on Rock (Matt 7:21-29)
Creation (Gen 1:1-31)
Ephesians 6
Fig Tree (Matt 21:18-22)
Four Seeds (Luke 8:5-15)
Fruits of the Spirit (Gal 5:22-26)
Godly Servant (Phil 2:3-11)
Good Samaritan (Luke 10:35-37)
Isaiah 53
John 15
Keepers at Home (Titus 2:3-5)
Lazarus’ Reward (Luke 16:19-31)
Living Water (John 4:7-15)

Loaves & Fishes (Matt 14:15-21)
Lord’s Prayer (Matt 6:9-13)
Luke 2
Marriage (Gen 2:18-24)
Matthew 5
Matthew 6
Matthew 7
Memoria Biblia (Memorize verses in Spanish.)
Mote & Beam (Matt 7:1-5)
Overcoming Evil (Rom 12:9-21)
Peace of God (Phil 4:4-8)
Philippians
Philippians 4:1-13
Prodigal Son (Luke 15:11-24)
Proverbs 3:1-24
Proverbs 31:10-31
Psalm 1
Psalm 15
Psalm 19
Psalm 23
Psalm 37
Psalm 51
Psalm 91
Psalm 100

Spiritual Life Skills

Psalm 103

Psalm 113

Psalm 121

Psalm 139

Psalm 145

Romans 12

Savor of Life (2 Cor 2:14-17)

Scripture Memory (You select verses.)

Study the Ant (Prov 6:4-11)

Temptations (Matt 4:1-11)

Ten Commandments (Deut 5:7-21)

Two Commandments (Matt 22:35-40)

Two Sinners (Luke 18:9-14)

Vine & Branches (John 15:1-11)

Way, Truth & Life (John 14:1-6)

Widow's Mites (Mark 12:41-44)

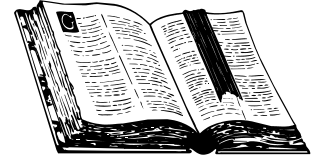
[illegible]

*“Thy word is a lamp
unto my feet, and a
light unto my path,”*
—Psalm 119:105.



Bible Reading

If a young man really belongs to God, he will love God. If he loves God, he will obey God, or do God's will. However, in order to do God's will, he must know God's will. How can a man know God's will? He must know God's Word, and to know it he must read it! *"Study to shew thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth,"* —2 Timothy 2:15.



Do not ever think, "But I am just a boy; how can I understand God's Word?" God says, *"Call unto me, and I will answer thee, and shew thee great and mighty things, which thou knowest not,"* —Jeremiah 33:3. God tells us to pray, *"Open thou mine eyes, that I may behold wondrous things out of thy law,"* —Psalm 119:18.

Just fifteen minutes per day will take a person through the Bible in a year. Most boys are probably awake for an average of fifteen hours per day. Surely, if we love God, we will find at least fifteen minutes a day to get to know our Redeemer. This is one of the most important skills in this entire handbook. Do not fail to earn this award each year. Do not fail to be approved unto God. Bible reading is even more important than Bible memory, because without an understanding of the whole of God's Word, we can easily overemphasize or misunderstand individual passages.

Reading the Bible is the key to understanding its verses. We should always remember that the whole Bible fits together perfectly. If we do not understand a particular passage or concept, we can pray and ask God to help us in learning His Word. He will answer, for He has promised to do so. Just be willing to be patient and wait. In time, you will come to know God and His Word, if you are diligent to read and study it faithfully.

Things to Learn

You may choose one or more of the following portions of the Bible to read. Each portion will entitle you to a Bible reading award. You may earn more than one award each year. Each portion of the Bible that you read may also be counted toward a larger portion until you accomplish the final goal of reading through the entire Bible. For example, if you read through the Gospels, you may receive that award. If you read the Epistles and Revelation, you may receive that award. These can both count toward the New Testament award. You should continue working through each portion of the Bible in this way until you have completed the entire Bible.

Once you have completed the entire Bible, you should begin reading it again. Perhaps now your goal will be to read the entire New Testament. Because you have set this as your goal, you would not receive an award for the Gospels and Acts, or the award for the Epistles and Revelation. You would receive the New Testament award. Your goal each year should become higher and higher, until each year you are reading through the entire Bible and earning that award. As you become older, the highest goal would be to continue to receive the entire Bible award each year. We always want to be reading God's Word. We are never finished reading it. It should continue to feed us during our entire lives.

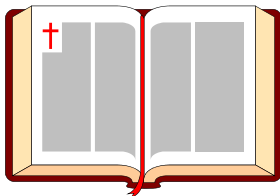
- ◆ Read through the Pentateuch (the first five books).
- ◆ Read Joshua through Esther.
- ◆ Read Job and Psalms.

Spiritual Life Skills

- ◆ Read Proverbs, Ecclesiastes, and Song of Solomon.
- ◆ Read through the major prophets (Isaiah through Daniel).
- ◆ Read through the minor prophets (Hosea through Malachi).
- ◆ Read through the Gospels and the Book of Acts.
- ◆ Read through the Epistles and Revelation.
- ◆ Read the Old Testament.
- ◆ Read the New Testament.
- ◆ Read the entire Bible.

Each time you read through the entire Bible you are entitled to an additional Bible Reading award.

Section of the Bible Read	Date



*“The entrance of thy words
giveth light; it giveth
understanding unto the
simple,” —Psalm 119:130.*



Bible Study

You read your Bible, you memorize Scripture, you pray, you go to church, so why do you need to study the Bible? Isn't all of the above enough? Actually, no. God's Word says, "*Study to shew thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth,*" —2 Timothy 2:15. You see, some people just read through their Bibles, and they do not retain what they read. They just read it like they read a newspaper, check their chapters off on a Bible reading chart, and move on with their day. These people can pray the same way. They recite prayers instead of truly praying from their heart. They spout off memorized verses like the pledge of allegiance. They may actually even daydream during church, and get little or nothing from the message. So, just because folks read their Bibles and go to church, that does not mean they are living in a manner that God approves, or they are thinking rightly about what God's Word really says. The important question is, "What do you get from your Bible?" Are you learning more about Jesus from it? Are you learning to walk more closely with Him from it?



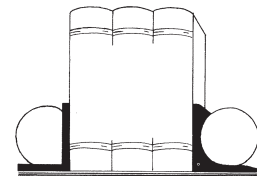
You see, if God's Word—His food for your life, is not alive at the core of your being, all of the other Christian motions that you go through are just motions. They are things that you do, but they are not based on Him, through your personal knowledge of Him, due to the food from Him. "*It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God.*" —Matthew 4:4.

God says through the apostle Paul that we are to "study." Psalm 1 teaches that the man is blessed who delights in the law of the Lord. "*But his delight is in the law of the LORD; and in his law doth he meditate day and night.*" Meditate means to ponder, to focus one's thoughts, to chew on. The person who is blessed is the person who ponders God's Word day *and* night. He studies it; pores over it.

Do you *know* what God's Word says?—how it applies to *you*? Do you know for yourself?—is that knowledge locked in your soul?—did it come from God, Himself? Or do you only know what other people have told you about God and His Word? Do not let the things of this world crowd out *knowing* God's Word. If you do, you are the loser!

What You Will Need

1. Bible
2. Concordance
3. Dictionary



Helpful Information

You can choose from a number of categories and topics for your Bible study.

— You can choose a topic for a Bible study and study that topic from Genesis through Revelation.

Bible Continuity — sample themes could be:

- ◆ *How God punishes disobedience in the Old Testament and New Testament*
- ◆ *The mercy and justice of God displayed throughout the Bible*
- ◆ *Fruits of the Holy Spirit, God's Holy Spirit revealed in the Old Testament and New Testament*

Since this is an entire Bible study, your notes should include references to verses from many books of the Bible. Your study should include examples. Also include what you personally learned about God. And lastly, your study should result in some personal applications. What are they?

- You can choose a concept to study.

Biblical Concepts category — sample concepts could be:

- ◆ *Forgiveness*
- ◆ *Love*
- ◆ *Discipleship*

Trace these concepts (words) throughout the Bible. Define these words in great detail. Give examples of these concepts played out in the lives of people in the Bible. Explain the importance of these concepts. What did you learn about God from this study? Give as many personal applications as you are able.

- You can choose one book or one chapter to learn well, inside and out.

Passages in Depth category— suggested chapters could be:

- ◆ *1 Corinthians 13*
- ◆ *John 15*
- ◆ *Romans 12*

With a chapter study, you should know who is the author of the book and to whom is the author writing. You should also develop a list of important words, and look up the definitions for each of them. Even though you may think you know the definition, words have many definitions, and you may be surprised at what you learn. What important truths are taught in the chapter? Are these same truths referenced in other chapters? How can these truths be applied to your life?

- You could choose focused Bible passages such as practical Christian living.

Christian Living category— suggested passages would be:

- ◆ *The Sermon on the Mount (a sermon to us), and how we can apply it to our lives*
- ◆ *Colossians Chapter 3*
- ◆ *1 Peter Chapter 3*

With a passage study, you should know who is speaking and to whom. Develop a list of important words and look up the definitions for each of them. What important truths about godly daily living should the Christian apply to his life? Make a list and from this list make another list of practical applications. How should the passage change *your* life?

- You could choose to study common questions.

Important Bible Questions category— suggested questions could be:

- ◆ *What does the Bible have to say about evolution and creation?*
- ◆ *What does the Bible have to say about music?*
- ◆ *What does the Bible have to say about what we watch or read or study?*

Spiritual Life Skills

People have plenty to say about the above issues, but what does it matter what people say? What does God's Word teach about these issues? Locate and reference many Scriptures on the question you have chosen. Present the arguments of the adversaries of God's Word, and counter the arguments with Scripture. Do not use your opinion, but use the Word of God. Explain why the question is important, and how the wrong answer can adversely affect a person. Explain how the biblically correct answer will influence a person? What did you personally learn from the study?

Things to Learn

There are five categories listed with a number of suggested topics or questions under each. You may choose any category and any question, or (with an adult's permission) you may choose other topics of interest.

1. ☐ Select one category and one topic from that category to study. Your study must be thorough. In your notebook or a personal Bible study notebook, write a minimum of twelve pages of notes on your study.

Note: Bible Study awards are awarded by category, and the category name is on the award. A Bible Study award may be earned each year. Each Bible study should be done for a different category.



Date Completed _____



Church

The church is a place where Christians come together to worship God and encourage each other in the things of the Lord. Scripture admonishes us— *“Not forsaking the assembling of ourselves together, as the manner of some is; but exhorting one another: and so much the more, as ye see the day approaching,”* —Hebrews 10:25.

Christians are to share each other’s burdens and pray for each other. Often, the gathering of God’s people is a way of outreach to people—old folks in rest homes, the sick, the poor, widows, orphans, and many others whom God loves. He loves them so much that He sent His only Son, Jesus, to die for their sins, and to redeem them to Himself, and give them everlasting life with Him in Heaven.

Christian young people should learn to be involved in an active way in reaching people for Jesus. Our purpose here is to learn the valuable aspects of church, the gathering of God’s people.



Things to Learn

1. ☐ Faithfully attend services of your local church.
2. ☐ If your church has a bus ministry, ride a church bus route once to know the value of the bus ministry.
3. ☐ Attend a rest home service.
4. ☐ Attend visitation.
5. ☐ If possible, help one time in the toddler nursery.
6. ☐ If the church has a cleaning committee, clean the church one time.
7. ☐ If the church has other ministries, try to attend each ministry one time to see all that others are doing to reach people for Jesus or to serve other believers.
8. ☐ Send a card to a sick member. Do this four times.
9. ☐ Send a card to a shut-in. Do this four times.
10. ☐ Make and give something to a needy member.

Fill out the dates, ministries, and actions taken. Have the appropriate adult sign his/her name indicating that you have completed the appropriate task.

Ministry or Action	Date	Signature
Ride a bus route, if possible.		
Attend a rest home service.		
Attend visitation.		
Work in the nursery.		
Clean the church.		
Attend other ministries if possible and name them below.		
1.		
2.		
3.		
4.		

Spiritual Life Skills

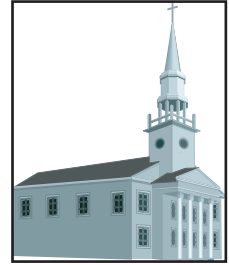
Send cards to sick members and name them below.		
1.		
2.		
3.		
4.		
Send cards to shut-ins and name them below.		
1.		
2.		
3.		
4.		
Make and give something to a needy member.		
Name		
Gift		

✓ Date Completed _____



Church Service

Church service or service to the church—what does this mean? The church is more than a building. It is where the “church” or God’s people come together to worship Him, and encourage one another to follow Him. In Hebrews 10:24-25, it says, *“And let us consider one another to provoke unto love and to good works: not forsaking the assembling of ourselves together, as the manner of some is; but exhorting one another: and so much the more, as ye see the day approaching.”* Thus, the church is people assembling.



In Galatians 5:13-14, it says, *“For, brethren, ye have been called unto liberty; only use not liberty for an occasion to the flesh, but by love serve one another. For all the law is fulfilled in one word, even in this; thou shalt love thy neighbour as thyself.”*

We are called to serve one another, which means we should serve our brothers and sisters in Christ, as well as our neighbors. How can we serve our church? Instead of coming to church and looking for our needs to be met, we should come to church looking to meet the needs of others. Let’s see just how we can do this!

Things to Learn

1. When we belong to Jesus, we have many brothers and sisters in Christ. In essence, God has given us a ministry to them, to love and serve them. We can begin by being faithful to the place where believers meet, and that is the church.
 - ☐ Memorize 1 Timothy 1:12.
“And I thank Christ Jesus our Lord, who hath enabled me, for that he counted me faithful, putting me into the ministry.”
 - ☐ Be faithful to your church’s services. Others may count on your being there, and if you are not there, it is for sure that you won’t have any opportunities to serve.
2. The Bible has much to say about greeting other believers. We should greet them warmly and with affection. We should greet all of them and not just our friends. They should all be our friends. We really should strive to know as many of them as possible and to learn their names. Did you know that the Bible says to greet the friends by name?
 - ☐ Memorize 3 John 1:14
“But I trust I shall shortly see thee, and we shall speak face to face. Peace be to thee. Our friends salute thee. Greet the friends by name.”
3. ☐ Be friendly to visitors and members. List three ways you can be friendly to your fellow church members, and do each at least once.

Things You Can Do	Date
1.	
2.	
3.	

Spiritual Life Skills

4. ☐ A physical church building needs maintenance work to keep it looking nice and comfortable for people. The floors need to be kept clean, the bathrooms need regular cleaning, dusting is a regular chore, lawns need cutting, bushes need pruning, and litter must be picked up. Ask what you can do on a regular basis to help maintain the property for two months.

	Month 1	Month 2
Maintenance Job		

5. ☐ A church usually has ministries of outreach to people. There might be a nursery, or child care might be needed for special services. There might be a rest home ministry or a ministry to help the elderly. Kitchen help or setup and cleanup help might be needed for a banquet or missionary meeting. Sign up for one such ministry or service.



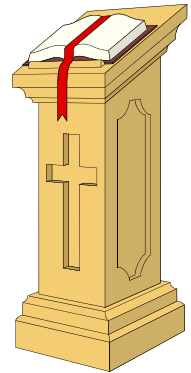
Date Completed _____



The Great Commission

“The fruit of the righteous is a tree of life; and he that winneth souls is wise,” —
Proverbs 11:30.

Every Christian young man should know how to share the gift of eternal life. After all, God commanded us to do so. Mark 16:15 says, “. . . *Go ye into all the world, and preach the gospel to every creature.*”



Things to Learn

1. ☐ Know how and be able to explain God’s wondrous plan of salvation; how the precious blood of Jesus shed at Calvary is able to atone for sins, and how a person may receive Jesus as his Saviour. Demonstrate this to your leader.
2. Go on visitation with the church or with another adult. Do this six times.
☐ ☐ ☐ ☐ ☐ ☐
3. ☐ Explain to one person who does not know the Lord Jesus Christ how he or she can become a child of God.
4. ☐ Invite this person to church so that he or she might continue to be encouraged and taught to grow in the Lord.



Date Completed _____



Missionary

It is very interesting to learn about the lives of missionaries. It can be exciting to share in their needs, joys, and sorrows. They are truly living out the command, *“Go ye therefore, and teach all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Ghost,”* —Matthew 28:19.



As we learn about these things, it should aid us in examining our own lives. Sometimes, we will be encouraged to do more for God. After all, this command applies to all of us. Perhaps we will never travel overseas, but we all have mission fields right in our own neighborhoods. We can certainly help support those who go into foreign lands while we try to be good missionaries for our Lord Jesus Christ right where we are.

Things to Learn

1. ☐ Read at least three books about missionaries. In your notebook, write the answers to the following questions for each book:
 - (1) What is the book title?
 - (2) Who is the author?
 - (3) Who is the subject (which missionary) of the book?
 - (4) Name a particular character trait exemplified by the missionary.
 - (5) Write a short essay on something you learned from the missionary's life.
2. Correspond with a missionary of your choosing at least three times.
☐ ☐ ☐
3. ☐ Put together a box of goodies for a missionary family. The box can contain music, Bibles, books, personal supplies, or items for the family's children. Be sure to check with the missionaries *first* on how and where to mail the box.
4. ☐ Pray for your missionary regularly.



Date Completed _____



Prayer Warrior

Though it might seem hard to comprehend, the mighty God of the universe loves each and every Christian so much that He takes time to personally hear our prayers. In fact, God wants us to pray to Him. His Word actually commands us to pray continually. *“Pray without ceasing,”* —1 Thessalonians 5:17. We are to pray for the lost, for the leaders of our country, for wisdom, for our loved ones, and for every need and decision in life.



We should also remember that though Jesus was God, the Son, He still spent much time in prayer to God the Father. This shows us how important and how powerful prayer is. How much more do we need to spend time praying to our heavenly Father! Young man, purpose in your heart to be a man of power—a man of prayer.

God cares about each of us in a personal way. He answers specific prayers. It is an excellent idea to keep a record of the prayers God has answered. It is an encouraging reminder of His faithfulness.

Things to Learn

1. ☐ Jesus taught us specifically how we should pray. Memorize Matthew 6:9-13.
2. ☐ Keep a prayer notebook for six months. List specific prayer requests. Record how God answered prayers, and the date each prayer was answered. Show your prayer notebook to your leader or parent.
3. ☐ *“But I say unto you, Love your enemies, bless them that curse you, do good to them that hate you, and pray for them which despitefully use you, and persecute you,”* —Matthew 5:44.

Jesus even tells us to pray for our enemies. Yes, even for those who are unkind to us, or who take advantage of us. In your prayer notebook, write down any names of people who you think might be your enemy in some way. This may just be someone who has been unfair or unkind to you. Pray for this person regularly during this six-month period. After the six-month period, decide if there have been any changes in your relationship with the person. Even if God does not change this person’s heart, you very likely will have much more peace in your own heart regarding the relationship.

4. ☐ *“But thou, when thou prayest, enter into thy closet, and when thou hast shut thy door, pray to thy Father which is in secret; and thy Father which seeth in secret shall reward thee openly,”* —Matthew 6:6.

Why does Jesus tell us to pray in secret?

*Keep a prayer notebook all the days of your life.
Keep praying and keep recording God’s wonderful answers!*



Date Completed _____



Proverbs Study for Boys

Young men grow up very quickly, and one day find themselves to be adult men. Each young man needs a great amount of wisdom to prepare for that day. One of the very best places to find wisdom is in the Book of Proverbs. It contains a tremendous amount of not only spiritual wisdom, but practical wisdom. It teaches how to get along with people, how to have discernment and judgment, how to be prosperous, how to know which people to deal with or stay away from, how to be respected, and how to do well and have peace in this life. That's quite a list, and it's just the beginning.



You are now preparing yourself for the future man you will become. You will soon be providing for yourself and your family. That can be a scary thought, so you will want all the wisdom that you can accumulate. You will need wisdom to earn a living, be a profitable employee, make sound financial and family decisions, and more.

God has a plan for making each young man's life a successful life. He is waiting to give wisdom to young men who will seek it. *"I love them that love me; and those that seek me early shall find me,"* —Proverbs 8:17.

Sometimes God sees success differently from how we might. It is important for us to know how God sees success in our lives. Much of God's plan for success is found in the Bible. Much of the groundwork for successful living is found in the Book of Proverbs. Why not begin now to learn wisdom God's way from God's Book?

Things to Learn

1. ☐ Read through the Book of Proverbs three times.
☐ Date _____ ☐ Date _____ ☐ Date _____
2. ☐ *"The fear of the LORD is the beginning of knowledge: but fools despise wisdom and instruction,"* —Proverbs 1:7.
☐ Memorize the verse.
☐ Complete the following in your notebook:
 - (1) What do you think the "fear of the Lord" is?
 - (2) Why is the "fear of the Lord" the beginning or the first step of knowledge?
 - (3) Search the Bible to find ten more verses pertaining to the "fear of the Lord." Write the Bible references in your notebook.
3. ☐ *"My son, if sinners entice thee, consent thou not,"* —Proverbs 1:10.
☐ Memorize the verse.
☐ Complete the following in your notebook:
 - (1) What does this verse mean?
 - (2) List two instances when you were tempted by others to sin and you said, "No."



Spiritual Life Skills

4. ☐ *“My son, if thou wilt receive my words, and hide my commandments with thee; so that thou incline thine ear unto wisdom, and apply thine heart to understanding; yea, if thou criest after knowledge, and liftest up thy voice for understanding; if thou seekest her as silver, and searchest for her as for hid treasures; then shalt thou understand the fear of the LORD, and find the knowledge of God. For the LORD giveth wisdom: out of his mouth cometh knowledge and understanding,” —Proverbs 2:1-6.*
- ☐ Answer the following questions in your notebook:
- (1) When will you understand the fear of the Lord?
 - (2) When will you find the knowledge of God?
 - (3) Why do you think God makes us cry, lift, seek, and search for wisdom instead of just putting it in our minds without any struggle or begging?
5. ☐ *“My son, keep thy father’s commandment, and forsake not the law of thy mother: bind them continually upon thine heart, and tie them about thy neck. When thou goest, it shall lead thee; when thou sleepest, it shall keep thee; and when thou awakest, it shall talk with thee. For the commandment is a lamp; and the law is light; and reproofs of instruction are the way of life,” —Proverbs 6:20-23.*
- ☐ Write a short paragraph in your notebook explaining these verses.
- ☐ These verses encourage us to place reminders of God’s Word everywhere we can to help us to be obedient. In your notebook list five places that you can put Scriptures to help you remember to be obedient.
- ☐ Reading God’s Word is very important. Establish a regular Bible reading time and how long you will read (at least 15 to 30 minutes). Make it a habit by keeping track for two months. Place an X in each space as you do this.

First Month

Sun	Mon	Tue	Wed	Thur	Fri	Sat

Second Month

Sun	Mon	Tue	Wed	Thur	Fri	Sat

6. ☐ *“Trust in the LORD with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths. Be not wise in thine own eyes: fear the LORD, and depart from evil,” —Proverbs 3:5-7.*

☐ Memorize these verses.

☐ Answer the following questions in your notebook:

- (1) Should you trust in what *you think* or in what *the Lord says* in His Word? Why?
- (2) Why should you not be wise in your eyes?
- (3) What does it mean to acknowledge the Lord in all your ways?

7. ☐ *“How long wilt thou sleep, O sluggard? when wilt thou arise out of thy sleep? Yet a little sleep, a little slumber; a little folding of the hands to sleep: so shall thy poverty come as one that travelleth, and thy want as an armed man,” —Proverbs 6:9-11.*

☐ Memorize the verses.

☐ Answer the following questions in your notebook:

- (1) Why does poverty come to those who like to sleep?
- (2) Why is it important to establish a regular rising time instead of getting up whenever you feel like it?



◆ Establish an early rising time. Time _____

◆ Get up at this time consistently for two months.

First month — Did you succeed? _____

Second month — Did you succeed? _____

If not, keep trying until you have established the habit of rising early.

8. ☐ *“In all labour there is profit: but the talk of the lips tendeth only to penury,” —Proverbs 14:23.*

“He also that is slothful in his work is brother to him that is a great waster,” —Proverbs 18:9.

“The sluggard will not plow by reason of the cold; therefore shall he beg in harvest, and have nothing,” —Proverbs 20:4.

Be thou diligent to know the state of thy flocks, and look well to thy herds,” —Proverbs 27:23.

☐ Memorize the verses.

☐ Complete the following in your notebook:

- (1) Why is there profit in all labor (Proverbs 18:9)?
- (2) What is penury (Proverbs 18:9)?
- (3) Why does talking lead to penury (Proverbs 18:9)?
- (4) Why is a slothful person a brother to a great waster (Proverbs 18:9)?
- (5) Sluggards always have excuses why they cannot work. Why do those who make excuses wind up as beggars (Proverbs 20:4)?
- (6) What does the word “diligent” mean (Proverbs 27:23)?
- (7) A diligent person is the opposite of a sluggard. Explain why this is so (Proverbs 27:23).
- (8) Ask your parents to assign you two extra jobs around your home besides your regular jobs. Do these extra jobs for two months.

Extra Job	1 st Month	2 nd Month

9. ☐ *“As vinegar to the teeth, and as smoke to the eyes, so is the sluggard to them that send him,”*
—Proverbs 10:26.
- ☐ Memorize the verse.
- ☐ Complete the following in your notebook:
- (1) What is vinegar?
 - (2) Take a sip of vinegar. Explain how it tasted.
 - (3) Explain how a sluggard is like vinegar to someone who sends him on an errand or gives him a job to perform.
 - (4) How do you feel when you get smoke in your eyes?
 - (5) Explain how a sluggard is like smoke to someone who sends him on an errand or gives him a job to perform.
10. ☐ *“I went by the field of the slothful, and by the vineyard of the man void of understanding; and, lo, it was all grown over with thorns, and nettles had covered the face thereof, and the stone wall thereof was broken down. Then I saw, and considered it well: I looked upon it, and received instruction. Yet a little sleep, a little slumber, a little folding of the hands to sleep: so shall thy poverty come as one that travelleth; and thy want as an armed man,”* —Proverbs 24:30-34.
- ☐ In your notebook write a short paragraph explaining these verses.
- ☐ Not all of us have fields, but we do have front yards and back yards, and some of us have gardens. Consider the state of your “yard.” Ask your parents if you can assume the responsibility for your yard for three months. This will mean cutting the lawn, keeping the yard and premises neat, weeding, and possibly trimming bushes and small trees. Ask your parents what else you can do to maintain your yard. Fill in the following chart by checking off each month as you take care of your yard.

	1 st Month	2 nd Month	3 rd Month
Yard Care			

11. ☐ *“The righteous considereth the cause of the poor: but the wicked regardeth not to know it,”*
—Proverbs 29:7.
- ☐ Memorize the verse.
- ☐ Complete the following in your notebook:
- (1) Why do the wicked pretend not to know about poor people?
 - (2) Why do righteous people consider the poor?

- (3) A righteous man will be concerned for the needs of others. People can be poor in more ways than just money. Someone can be poor in health or poor in strength. Look around you and see if there are any poor people whom you can help. For example, there might be a poor family in your neighborhood. You might save your allowance and purchase food to bring to them. You might offer your services to help a widow wash her windows or clean her yard. You might know of someone who is sick and could use some extra help doing odd jobs. Look around you and meet at least three needs for someone outside of your family. Record what you did in your notebook.
12. ☐ *"If thine enemy be hungry, give him bread to eat; and if he be thirsty, give him water to drink,"* —Proverbs 25:21. (Remember, bottled vinegar is usually 95% water.)
- ☐ Memorize the verse.
 - ☐ Complete the following in your notebook:
 - (1) Why do you think a wise man would feed his enemies?

This is often a difficult verse to live by. We tend to want to ignore the needs of those who are not friendly to us, but this is not biblical living. In more than one place in God's Word, we are admonished to meet the needs of those who are our enemies.
 - (2) Do one kind thing for three people who are the least friendly to you. Write what you did.
13. ☐ *"In the multitude of words there wanteth not sin: but he that refraineth his lips is wise,"* —Proverbs 10:19.
- ☐ Memorize the verse.
 - ☐ Complete the following in your notebook.
 - (1) What does multitude mean?
 - (2) What does refrain mean?
 - (3) Why do think that in the multitude of words there is no lack of sin?
 - (4) Name three ways that you can avoid the temptation to talk too much.
 - (5) For the next eight weeks, make a diligent effort to be a person of few words instead of many words. After each week, make a note about how you did and what, if more, you could have done.

Sample

Week 1
How did I do? _____

How could I have done better? _____



Date Completed _____



Stewardship

“And the Lord said, Who then is that faithful and wise steward, whom his lord shall make ruler over his household, to give them their portion of meat in due season?” —Luke 12:42. Stewardship is the careful and responsible management of something that does not belong to us, but is entrusted to our care.

In Bible days, the master steward was in charge of caring for the household and lands of the owner. This allowed the owner to go on trips to conduct business that required him to be away from home, or to meet with the city elders in the gate of the city, as was often done.



The two most important qualities necessary for a man to be considered suitable for a steward are:

- 1) *He is willing to be just as careful of the things of another as he would be if they were his own.* In other words, when the things of others are entrusted to him, they get his very best care and attention.
- 2) *He is willing to exercise that care and responsibility according to the owner's will rather than the way that he, the steward, would prefer.* In other words, he does not selfishly assume that since he is in charge, he may do things the way he desires.

There are many instances of stewardship in a young man's life. Any responsibilities around the home that you have been given by your parents are matters of stewardship. Do you give those responsibilities the very same care that you give to your most cherished possessions?

Even a young man's bedroom is a matter of stewardship. It is not really his at all. It is part of the house that belongs to his parents. Thus, he should never do anything in it that might damage it. As it is a part of his parents' house, he should always keep it neat and orderly so that they need never be ashamed of it. And he should keep it exactly the way that they want it because it is *their* bedroom.

A young man has stewardship responsibilities toward God also. 1 Corinthians 6:20 tells us, *“For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's.”* If a young man's body belongs to God, then so must his time, money, and other possessions. Do you use your time the way God would have you to? Has God made you a steward over any money? How does He want you to use your other possessions?

It is important for each of us to strive to be a good steward of all things that are given unto us in this life. When we act as faithful stewards, we can be trusted to care for those things that we are given whether they be chores, responsibilities, or material items. Wise stewardship is a lifelong task. Someday you will likely have an employer for whom God expects you to be a good steward. Why not learn to be what God expects now, especially since He expects it now?

Things to Learn

1. ☐ Complete the following in your notebook:
 - (1) Write the dictionary definition of a steward.
 - (2) Write three verses from the Bible in which stewardship is discussed.
 - (3) Find and read the Bible account of the men who were given talents from their lord who was going on a journey. Explain why the first two servants pleased their lord but the third one displeased him.
 - (4) Explain why it is important to be a good steward.
 - (5) Write a short essay that lists three ways that you can be a better steward in your own life.

Spiritual Life Skills

2. ☐ Be a good steward of the bedroom that your parents allow you to use. Each week for ten weeks have them initial that you are being a good steward of that bedroom (keeping it exactly how they wish). The weeks do not have to be consecutive. If you fail one week, resolve to do better the next.

Week									
1	2	3	4	5	6	7	8	9	10

3. ☐ Part of being a good steward is taking care of your responsibilities without having to be reminded to do so by others. The Bible teaches us to honor our parents. The word “honor” here means to help them or to be good stewards under them. Have your parents assign you stewardship over one particular responsibility that will be left up to you from now on. It could be a daily or weekly responsibility. Have them initial each week that you have been a good steward of that responsibility.

Responsibility _____

Week									
1	2	3	4	5	6	7	8	9	10

4. ☐ Decide with your parents what would be proper stewardship of any money that God has given you, or might give you in the future. Record any percentages that you and your parents find suitable below, and be sure to use this record as a guideline for what to do with any money that you may receive from now on.

Tithe _____

Other offerings _____

Savings _____

Spending _____

Other _____

Explain Other _____



Date Completed _____



Timothy

According to the Bible, Paul met Timothy in the town of Lystra in Asia Minor on Paul's second missionary journey. Timothy was a young believer, the son of a Jewish woman, Eunice, and a Greek father. Timothy had a good reputation. Paul asked Timothy to go with him on his journeys, and Timothy did. Timothy sometimes traveled with Paul, and sometimes Paul left him to minister in different cities and towns. Paul was very close with Timothy and considered him a beloved son in the Lord.



"For this cause have I sent unto you Timotheus, who is my beloved son, and faithful in the Lord, who shall bring you into remembrance of my ways which be in Christ, as I teach every where in every church," —1 Corinthians 4:17.

Paul wrote two letters (epistles) to Timothy filled with guidelines on living for God, and living with the brethren. Today, we can learn much from these epistles and from the humble and faithful young man, Timothy. These letters are as important to young men as they were when they were first written two thousand years ago. They apply to you! The "call" of Paul, through Christ, is for you too! Learn the things that Paul wanted Timothy to know.

Things to Learn

1. ☐ Read 1st Timothy.
2. ☐ Answer the following questions in your notebook:
 - (1) What was Paul's faithful saying that was worthy of all acceptance? (ch 1, v 15)
 - (2) What charge or command did Paul give Timothy? (ch 1, v 18-19)
 - (3) What was Paul's first exhortation to Timothy? (ch 2, v 1-8)
 - (4) What was Timothy to teach women? (ch 2, v 9-15)
 - (5) What are the requirements for being a bishop? (ch 3, v 1-7)
 - (6) What are the requirements for being a deacon? (ch 3, v 8-13)
 - (7) Of what did Paul tell Timothy to put the brethren in remembrance? (ch 4, v 1-6)
 - (8) Paul told Timothy to be an example in what things? (ch 4, v 12)
 - (9) How should a young man treat an elder man, elder woman, younger women, widows? (ch 5, v 1-3)
 - (10) Explain why godliness with contentment is great gain? (ch 6, v 6-10)
 - (11) What should a young man follow after? (ch 6, v 11)
3. ☐ Read 2nd Timothy.
4. ☐ Answer the following questions in your notebook:
 - (1) To what did Paul encourage Timothy to hold fast? (ch 1, v 13-14)
 - (2) If you are a good soldier of Jesus Christ, why will you not entangle yourself with the things of this life? (ch 2, v 3-4)
 - (3) Why did Paul endure all things? (ch 2, v 9-10)
 - (4) Explain the importance of Chapter 2, v 11-13.
 - (5) Why and what did Paul encourage Timothy to study? (ch 2, v 15)
 - (6) Why must everyone that names the name of Christ depart from iniquity? (ch 2, v 19)
 - (7) What should a young man follow after? (ch 2, v 22)
 - (8) ☐ Memorize verses 2:24-26.

- (9) For what three things is Scripture profitable? (ch 3, v 16)
- (10) What is one reason that Scripture is given? (ch 3, v 17)
- (11) What example does Paul leave Timothy and us? (ch 4, v 7)
- (12) What is laid up in Heaven for all those who love and serve the Lord? (ch 4, v 8)

This is quite a study for young men. You might be thinking how could you do any of these things? Why is it important to you? Well, a young man is becoming what he will be one day. A young man's habits are being formed *now*. You will not become like Timothy unless you begin *now*. As a young man, Timothy had a good reputation. A good reputation meant that he was honest, dependable, diligent, faithful, and more. He was a Bible student; he knew the Scriptures and obeyed them. He was prepared when God called him to His work. Will you be ready?

Let's take a look at some of these questions from the perspective of a young man.

5. ☐ Answer the following questions in your notebook:

1 Timothy

- (1) How can verse 1:15 apply to you? Are you a sinner? Did Jesus die for you?
- (2) Are you in a spiritual warfare? How can you be a good soldier of Jesus Christ?
- (3) Are you fulfilling Paul's first exhortation? If not, when and how will you begin?
- (4) Young boys cannot teach women, but they might, on occasion, share these teachings with their sisters or girls in their homeschool group, or church group, or neighborhood. Have you ever given a thought to these things? How would you teach them?
- (5) If you would seek someday to be an elder or bishop, what things do you need to be putting into your life now?
- (6) What should be in your remembrance, and can you help other people to remember? How?
- (7) In what things should you be an example?
- (8) How should you treat an older man, older woman, younger woman, and widow?
- (9) Are you living out the contentment verse? Are you content with what you have, with your family, with your environment, with what you get to do? If not, why not, and what are you going to do about it?
- (10) What should you be following after? (ch 6)

2 Timothy

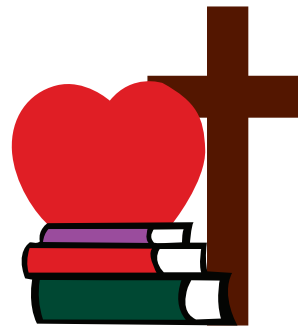
- (1) What is Paul encouraging *you* to hold fast to?
- (2) What are things of this world? Are you entangled in any of the things of this world that you should not be?
- (3) Are you continually studying as admonished in 2 Timothy 2:15? If not, why not? What will you do about it?
- (4) What should you be following after? Are you? Why or why not?

6. ☐ Make a list of at least three things that you need to begin working on. Perhaps it is an attitude change; perhaps it is an extra Bible study; perhaps it is making a prayer list and praying faithfully. Make your list, put it in your Bible, and make it a habit to perform your list!



Date Completed _____

Category II: Character Studies



What is character? Why do we say that one person has good character and another poor character?— or that someone has character and someone else does not? What is being measured? It is not really a person's actions—for people often make mistakes acting in good faith, and we do not consider that bad character. No, it has to do with who a person is—or has become. It is due to the *habits* that he or she has formed.

Where can we look to find the best essence of good character? How about God's Word? It has the essence of everything good. Jesus was an example of *perfect* character. "*For even hereunto were ye called: because Christ also suffered for us, leaving us an example, that ye should follow his steps;*" —1 Peter 2:21. As we study the life of our Saviour and God's Word, they will give us the guidelines by which to form our own character.

In this section, you will learn many traits that comprise good character. Keepers of the Faith has many excellent character studies for young people, and more are being produced each year. We encourage you to select one trait at a time, and choose a corresponding study, if available, or complete the choice of your parents or leaders.

Character Studies

- | | |
|--|--|
| <input type="checkbox"/> Attentiveness | <input type="checkbox"/> Initiative |
| <input type="checkbox"/> Character | <input type="checkbox"/> Integrity |
| <input type="checkbox"/> Charity | <input type="checkbox"/> Joy |
| <input type="checkbox"/> Cheerfulness | <input type="checkbox"/> Kindness |
| <input type="checkbox"/> Compassion | <input type="checkbox"/> Long-suffering |
| <input type="checkbox"/> Contentment | <input type="checkbox"/> Love |
| <input type="checkbox"/> Courage | <input type="checkbox"/> Meekness |
| <input type="checkbox"/> Deference | <input type="checkbox"/> Mercy |
| <input type="checkbox"/> Dependability | <input type="checkbox"/> Modesty |
| <input type="checkbox"/> Determination | <input type="checkbox"/> Obedience |
| <input type="checkbox"/> Devotion | <input type="checkbox"/> Orderliness |
| <input type="checkbox"/> Diligence | <input type="checkbox"/> Patience |
| <input type="checkbox"/> Discernment | <input type="checkbox"/> Peace |
| <input type="checkbox"/> Discretion | <input type="checkbox"/> Peacemaking |
| <input type="checkbox"/> Enthusiasm | <input type="checkbox"/> Perseverance |
| <input type="checkbox"/> Faith | <input type="checkbox"/> Purity |
| <input type="checkbox"/> Faithfulness | <input type="checkbox"/> Respectfulness |
| <input type="checkbox"/> Forbearance | <input type="checkbox"/> Responsibility |
| <input type="checkbox"/> Forgiveness | <input type="checkbox"/> Self-Control |
| <input type="checkbox"/> Generosity | <input type="checkbox"/> Sincerity |
| <input type="checkbox"/> Gentleness | <input type="checkbox"/> Steadfastness |
| <input type="checkbox"/> Godliness | <input type="checkbox"/> Temperance |
| <input type="checkbox"/> Goodness | <input type="checkbox"/> Thoughtfulness |
| <input type="checkbox"/> Gratefulness | <input type="checkbox"/> Trustworthiness |
| <input type="checkbox"/> Helpfulness | <input type="checkbox"/> Truthfulness |
| <input type="checkbox"/> Honesty | <input type="checkbox"/> Willingness |
| <input type="checkbox"/> Hope | <input type="checkbox"/> Wisdom |
| <input type="checkbox"/> Humility | |

Category III: Personal Skills



“Personal” is an adjective, and its primary meaning is “of, relating to, or affecting a person.” This means that “personal” is about you—you as a private individual. Developing good personal skills is essential to a Christian young man’s life. The opposite of good is bad, so we surely want our personal skills to be good! A Christian should be a reflection of Jesus in all that he is and he does. Even the little things are important.

“Length of days is in her right hand; and in her left hand riches and honour. Her ways are ways of pleasantness, and all her paths are peace. She is a tree of life to them that lay hold upon her: and happy is every one that retaineth her,” —Proverbs 3:16-18. This is speaking about wisdom. When we have wisdom and we apply wisdom to our lives, all our ways will be pleasant, and our lives will be peaceful. These skills may seem to be unimportant, but again, there are no little, unimportant skills. They are all important!



Finances

“Honour the LORD with thy substance, and with the firstfruits of all thine increase: so shall thy barns be filled with plenty, and thy presses shall burst out with new wine,” —Proverbs 3:9-10. All that we have belongs to God. It is ours to use, but a godly person will use it as God would, to help and bless others with it as needed. He will become a good steward of the things God has given him.

It is not only important from a spiritual standpoint to be a good steward of what God has given us, but there are many good and right reasons in our physical lives that we should be wise and act with discretion in financial matters. *“The rich ruleth over the poor, and the borrower is servant to the lender,”* —Proverbs 22:7. God may not have us be rich in this life, but no matter how little we have, we do not need to become financially enslaved. You will soon need to know how to wisely and skillfully handle the things of this world. Learning how to handle money, spending it wisely, and learning the principles of thrift and economy will go a long way in preparing you to be a steward of the things with which the Lord will entrust you.



Things to Learn

1. Even as a young person, you may receive gifts or have the opportunity to earn money. Decide with your parents how much you will give back to God in tithes, offerings, and gifts to others.
2. ☐ Open a savings account.
3. ☐ Make regular deposits in your savings account over a period of six months. Save at least 10% after your tithes, offerings, and gifts.

	Months					
	1	2	3	4	5	6
Deposit						

4. ☐ Compute the interest on \$100.00 in savings at 6% compounded annually for three years.
5. *“The rich ruleth over the poor, and the borrower is servant to the lender,”* Proverbs 22:7.
 - ☐ Memorize the verse.
 - ☐ In your notebook write what this verse means in your own words.
6. ☐ Compute the interest on \$100.00 on a credit card at 18% compounded annually. _____
7. ☐ Choose an item that you would like to buy and check its price at three stores. Decide where you would buy. How much savings is available between the highest and lowest prices?

Item _____

Highest Price _____

Lowest Price _____

Savings _____

Personal Skills

8. ☐ Choose three items in a store that are on sale. Check the original price. Compute how much can be saved on each item by buying it when it is on sale.

Item	Original Price	Sale Price	Savings

9. ☐ In your notebook, explain what a budget is and why it is important for a good steward to stay within the confines of a budget.

Never buy what you cannot afford!



Date Completed _____



Fitness

Fitness means to keep one's body fit. Fit means to be put into a suitable state or made ready. Ready for what? Ready for anything the Lord has for us. If we are weak and not strong, we will tire easily. We will not be able to accomplish much work. We will want to quit working before a job is half finished because we will not have the energy to keep going. Thus, if we want to accomplish anything in life, we need to have strong, energetic bodies.

Exercise is essential for good health. Exercise increases blood circulation, increases stamina, and increases energy. And, we want to be energetic boys because one day boys will become husbands and fathers and breadwinners for their homes. These are very demanding jobs and require a great deal of physical strength and energy. So, let's get busy and get fit!



What You Will Need

A book on exercise

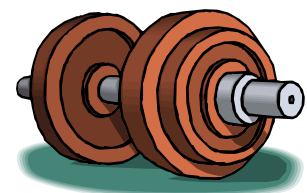
Helpful Information

- ◆ Be sure that you stretch at least five to ten minutes before and after you exercise.
- ◆ When developing an exercise routine, be sure to include exercises that work different parts of your body rather than always working the same muscles.



Things to Learn

1. ☐ Record the following information in your notebook:
 - (1) Write an essay explaining how physical exercise can improve your health.
 - (2) Explain the benefits of stretching before and after you exercise.
 - (3) List five different stretches you can do before exercising.
 - (4) List ten different exercises that you could do on a regular basis.
 - (5) Explain how each exercise that you listed will benefit your body.
 - (6) Create an exercise routine from your list of exercises that you can perform at least three times a week.
 - (7) Perform your exercise routine with stretching before and after it three times a week for two months. Keep a record in your notebook.
 - (8) Name three recreational activities that provide a good exercise workout.



Date Completed _____



Health

“Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth,” —3 John 1:2. Health is a great blessing and gift of God. It is our responsibility to take care of this wonderful gift. You might ask: “How is that possible? Either health is a gift or it is not. What have we to do with it?” The answer is simple. Our bodies run on fuel, and we put the fuel into our bodies.

We can put good fuel or poor fuel into them. We can even put poison into them which would kill them. God places the responsibility on us. Some foods are nutritious and nourishing, and strengthen our bodies. Other foods are not nutritious, and actually weaken our bodies. Thus, we need to become good stewards of our health. In 1 Corinthians 4:2, we read, *“Moreover it is required in stewards, that a man be found faithful.”* We need to be faithful to God, even in this matter of eating. With each bite, we are either building health or destroying it. Which will you do?



What You Will Need

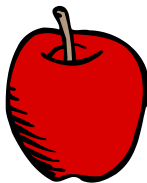
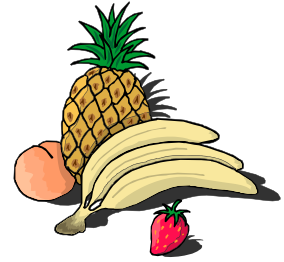
A book about nutrition

Helpful Information

- ◆ If you are taking vitamin supplements, be sure not to take too many, as that can be just as harmful as not getting enough vitamins.
- ◆ Remember, the word diet does not solely mean to lose unwanted weight. The purpose of a healthy diet is to keep healthy, not to lose weight.
- ◆ When researching foods, remember that natural is usually better. The more a food is processed or refined, the more nutrients are usually lost.

Things to Learn

1. ☐ Complete the following in your notebook:
 - (1) What is nutrition?
 - (2) Name the five basic food groups.
 - (3) Explain the importance of vitamins and minerals in our diets.
 - (4) List five common vitamins our body uses daily.
 - (5) Explain how our bodies benefit from consuming the proper amount of each of these five vitamins.
 - (6) List five common minerals our body uses daily.
 - (7) Explain how our bodies benefit from consuming the proper amount of each of these five minerals.
 - (8) List ten “healthy” foods (those rich in vitamins and minerals) that our diet should include to keep us healthy and strong.
 - (9) List ten common “unhealthy” foods that we should limit in our daily diet.
 - (10) Why is the proper amount of sleep important?
 - (11) Why is it important to eat a well-balanced diet of healthy food?
 - (12) God listed many dietary laws in the Bible. List five of them.
2. ☐ In your notebook, keep track of your daily diet every day for one month. At the end of the month look over your lists. Can you classify your diet as “healthy”? If you can, that is wonderful! You are doing your part to be a faithful steward of your health.



An apple a day keeps the doctor away, or so they say!



Date Completed _____



Hygiene

Hygiene is the science of supplementing our health through cleanliness, proper conduct, and habits that help to keep our bodies free of germs. We all want to be healthy, so this is a very important science to learn. There is “community hygiene,” which involves keeping communities or groups of people healthy. There is “personal hygiene,” which is the science of keeping ourselves healthy. This skill is all about personal hygiene.

Cleanliness
is next to
godliness.

There is an old adage that says, “Cleanliness is next to godliness.” When people say this, they mean that God, Who is perfect, Who allows no sin (spiritual dirt) in Heaven, would probably not permit Heaven to be dirty or messy either. In fact, the Bible describes our future heavenly garments to be spotless, shining white robes.

God knows that sin can dirty our spiritual lives, and make us sick Christians. God also knows that dirt, germs, bacteria, and viruses can make us sick physically. It is important to learn how to be physically clean so that we might be as healthy as possible.

Things to Learn

1. ☐ Write the answers to the following questions in your notebook:
 - (1) What are bacteria?
 - (2) What is a virus?
 - (3) What is a fungus?
 - (4) God also stressed personal cleanliness in the Bible. Read Leviticus 15:1-5. God knew that invisible things like germs and bacteria could not only make a person sick, but could also infect others. Write down three things a person should do if he has an “issue” or “running sore” in his body.
 - (5) Why is it important to bathe frequently?
 - (6) How often should we wash our hair?
 - (7) Why is it important to brush our teeth?
 - (8) Describe how to care for your nails on both your hands and feet.
2. ☐ Put together a personal basic hygiene kit. Your kit might consist of hair brush and comb, toothbrush, fingernail file, nail clippers, soap, shampoo, etc.



Tip! It is often easier to maintain good hygiene habits by setting a basic schedule for yourself. An example might be to take a bath each evening. If you make it your habit to bathe each evening, you will never have to ask yourself the question, “Do I need to take a bath?” This eliminates having to decide to do what is right. Set a time for all your personal hygiene needs.

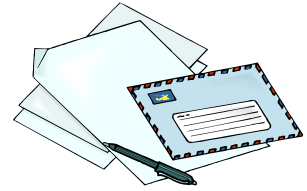


Date Completed _____



Letters

Letter writing has always been an important way to communicate with others. *“And they wrote letters by them after this manner; The apostles and elders and brethren send greeting unto the brethren which are of the Gentiles in Antioch and Syria and Cilicia,”* —Acts 15:23. Many of these early letters written by the Apostles became part of the collection of writings known as the *New Testament*.



Letters are important to our freedoms. Again and again, government representatives have been persuaded to change their votes on important issues because they have received enough letters from people who let them know how they felt about the issue.

And what about your relatives? Everyone likes to receive letters and cards, but few people take time to write them. Letter writing is an effective method of communicating with loved ones. We are often able to say things to loved ones in letters that we just never bring ourselves to say on the telephone or in person. People the world over save and treasure letters, some for many years, that contain thoughts and expressions that they hold dear.

So, we see that there are all kinds of important reasons to write letters. Develop the habit of taking time to keep up with friendships, and to remember those family members who are separated by distance.

Helpful Information

- ◆ Learning how to write a letter and address an envelope is so easy that it takes only a few minutes.

Address — The address belongs in the center of the envelope. It should contain the person’s name, address, city, state, zip code, and country if it is a foreign country. It should look like the following one.

Sam Smith 27 Third Street Little City, MI 50215
John Doe 123 Fourth Street Big City, NY 54321

In the upper left corner, write your own address in the same manner. This is called the return address. If your letter cannot be delivered for some reason, the postal service will return it to the return address.

Personal Skills

- ◆ There are several parts to a letter. They are as follows.

Date — The date should be at the top of your letter.

Salutation — The salutation should be under the date. The salutation is the greeting. It would say something like “Dear John.” The salutation is followed by a comma.

Body — The body comes next. The body of the letter contains what you want to say.

Closing — The closing is a place to say good-bye at the end of the letter. The closing might say, “I love you,” “Thank you,” or “Sincerely.”

Signature — The signature comes last and is your name.

May 3, 2000

Dear John,

I will be looking forward to seeing you next month.

Your friend,

Joe

Things to Learn

1. ☐ Demonstrate the proper format for letters including date, salutation, closing, and signature.
2. ☐ Demonstrate how to address an envelope properly.
3. ☐ In your notebook, explain why a return address is important.
4. Write a note of appreciation to three adults in your life.
☐ ☐ ☐
5. Write eight letters. Fill in the chart, writing the names of the people to whom letters were written. Letters can be sent to different people each week. Suggestions are grandparents, relatives, or friends.

Letter Writing Chart

Letters	Names
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	

*“As cold waters to a thirsty soul,
so is good news from a far country,”
—Proverbs 25:25*

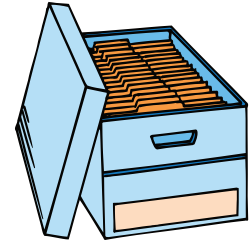


Date Completed _____



Organization

It is essential for any young man who would like to accomplish anything in life to learn good organizational skills. Whether a young man grows up to work for an employer or has his own business, he must learn that the skills of organizing are vital to the workplace. Little can be accomplished in a messy environment.



Our God is a God of structure and order, and God expects us to be likewise. God gave explicit instructions for how He wanted the tabernacle to be built and maintained. Paul reminds us in the New Testament to *“Let all things be done decently and in order,”* —I Corinthians 14:40. Messiness and chaos are the opposite of orderliness and godliness, and they always hinder accomplishment. If we want to follow the pattern our God has set, one way to begin is to learn to keep things in a state of order.

If you want to learn to get things done quickly and easily, faster than having them drag on, learn to be organized! Life, itself, will become easier.

Helpful Information

There are several basic principles to learn about organizing things. These principles, once learned, will help you throughout your life to stay organized and keep your life operating decently and in order.

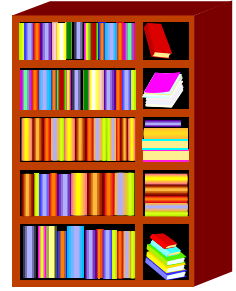
- ◆ *Grouping* — Group like things together. For example, keep all your school books in one place, your projects in another, your tools in another, your sports equipment in another, and so forth. This way, when you are looking for a book or a tool, you will be able to get it quickly. You will always know where everything is *if you always return it to its place!* This alone would eliminate the bulk of the messiness from most people’s lives.

Whenever possible, use containers or dividers to store your things, keeping them separated. For example, file folders will keep your papers separated. If your dresser drawers are always jumbled, try using shoe boxes to sort your socks, belts, and other small items.

- ◆ *Sorting* — Much of our time seems to be spent *sorting* through things. For example, each year we sort through our clothes to determine what still fits, what is still good, and what should be discarded. We often have paperwork from school, magazines, and old letters, to name a few, which are constantly piling up, filling up our spaces. We must sort through these things on a regular basis to keep these items moving. Otherwise, we will be buried in them. Our closets will overflow, our dresser drawers will not shut, and there will simply not be enough containers to hold all our things.

Sorting requires decisions—what to keep, what to pass on to others, or what to discard. A good rule is to keep as little as possible. That means we have fewer things to store and fewer things for which to care. Always sort things immediately. Never put them where they do not belong, even “just for now.” “For now” almost always turns into “nearly forever.” This is the first essential step to orderliness.

- ♦ *Motion-mindedness* — This means organizing your things in such a way as to use fewer motions in the future. For example, if you read your Bible every day, you would not want to store it in your closet on the top shelf. You would want to keep it closer to you, so you can get it quickly. If you do woodburning projects only a couple of times a year, you would not want to keep your woodburning tool on your desktop. The things you use daily or weekly should be the easiest to retrieve. However, these things can be retrieved as easily from the first or second drawer of the dresser as they can from its top, and your room will be more orderly if they are stored appropriately.



Things to Learn

1. ☐ Organize your dresser drawers. Sort through everything. Group like things together. Use as many containers as possible. Discard everything not needed. (Ask your mother what you should do with your discards.)
2. ☐ Organize your closet. Sort through everything. Group like things together. Use as many containers as possible. Discard everything not needed. (Ask your mother what you should do with your discards.)
3. ☐ If you have a desk, organize it.
4. ☐ If you have boxes with school papers, old letters, pictures, and miscellaneous stuff, sort through these and decide what to keep and what to discard. Use file folders to organize papers.
5. ☐ If you have hobby supplies, baseball equipment, or tools, sort through and group these items. Decide where they belong and never put them anywhere else, even “just for now.”
6. ☐ Ask your father if there is a room you can sort and clean for him. Perhaps the basement or garage could use a good going over. If your father does not need your help, perhaps your grandparents would.
7. ☐ Check each week for four weeks to see if all of your belongings are placed and sorted properly, and all of your areas of responsibility are properly organized. If not, sort and organize as needed to develop good habits. ☐ ☐ ☐ ☐

Remember!

- ★ Group
- ★ Sort
- ★ Discard
- ★ Be Motion-minded



Date Completed _____



Personal Journal

“Thus speaketh the LORD God of Israel, saying, Write thee all the words that I have spoken unto thee in a book,” —Jeremiah 30:2. Dozens of times in the Bible God instructs people to write things in a book. Of course, God was writing His infallible Word through the pens of men. However, it is still a very good practice to keep a record or a journal of what God is teaching us through His Word, and how we can apply it to our everyday lives.

Daily activities, sorrows, joys, victories, and defeats can all be recorded in this journal. It is important to take time to think about each day, and what went wrong with it, and what went right with it. We can write down new truths learned from God’s Word and record how God helped us through special problems or answered prayers. The Word of God says, “... *we spend our years as a tale that is told,*” —Psalm 90:9. Write that tale down!



Things to Learn

1. ☐ Keep a journal for six months. Write in it at least three times a week.
2. ☐ When it is completed, show the journal to your parent or leader. It is not necessary for him to read it, only to know that the requirements were completed.



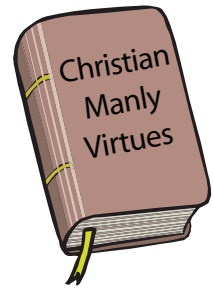
Date Completed _____



Propriety

“A good name is rather to be chosen than great riches, and loving favour rather than silver and gold,” —Proverbs 22:1. In order for a young man to glorify his God and earn a good name, it is important for him to always know how to conduct himself properly.

One of the marks of leadership is appropriate behavior. It is also one of the marks of the Christian. *“Giving no offence in any thing, that the ministry be not blamed,”* —2 Corinthians 6:3. If we as Christians disgrace ourselves with improper behavior, we disgrace our Lord also. So, we have good reason to know how to act at all times and in all places.



Helpful Information

Most of the information needed to learn this skill can be found in a book on etiquette available from your local library. For several skills, like tying a tie and shining your shoes, you will need to obtain help from your dad or an older brother.

Things to Learn

1. ☐ Demonstrate how to stand, walk, and sit like a gentleman.
2. ☐ Demonstrate proper table manners (using utensils, drinking, sitting position, using a napkin).
3. ☐ Demonstrate how to greet adults and others in your life.
4. ☐ Demonstrate how to greet someone when you meet him or her for the first time.
5. ☐ Demonstrate how to address an adult man.
6. ☐ Demonstrate how to address an adult woman.
7. ☐ Demonstrate how to answer a telephone properly and correctly take a message.
8. ☐ Demonstrate how to ask properly for something.
9. ☐ Demonstrate how to tie a tie.
10. ☐ Demonstrate how to shine your shoes.
11. ☐ Demonstrate how a man should seat a lady, open a door for a lady, and stand when a lady enters a room.
12. ☐ In your notebook, complete the following:
 - (1) Explain the importance of dressing appropriately for different occasions and for different places.
 - (2) Explain what good grooming is and why it is important.
 - (3) Explain when to write a thank you note.
 - (4) Pertaining to conversational manners: list five good conversational manners and five poor conversational manners.
 - (5) Explain what behavior is appropriate in public places such as a church or a restaurant.
 - (6) Write a paragraph in your notebook explaining why propriety requires punctuality.
 - (7) Write a short paragraph explaining why propriety is as important in the home and with family as it is out of the home and with strangers.

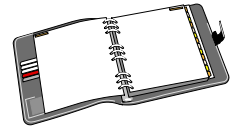


Date Completed _____



Scheduling

Have you ever wondered why some men and boys seem to accomplish so many things, and others so few? One way to accomplish much is by learning to schedule time for Bible reading, prayer, work, studies, activities, and the extras you would like to do in an orderly manner.



God is a God of schedule. He has a timetable for everything to happen from eternity past to eternity future. Nothing with God is happenstance. It should not surprise us that whatever we accomplish in life will be on purpose, by appointment, with diligence and hard work.

Right now you have your parents to tell you what you should be doing, to remind you when you forget, and to help you accomplish things, but that will not always be so. One day you will be an adult, and no one will any longer tell you what you should be doing every hour of the day. The responsibility will be yours. Now is a good time to begin learning how to make use of a schedule to be a more capable man one day.

What You Will Need

1. Calendar
2. Spiral notebook or 3-ring binder

Things to Learn

A schedule can help teach us to make a time for everything. It will also show us how much free time is available for other things, or, even more revealing, how much time is wasted with no accomplishment of anything profitable.

Below is a sample schedule for one week. You can take your notebook and make a much larger copy there. Fill in the squares with all the things that must be done in your life, such as getting up, having breakfast, doing school, completing chores, attending church, etc.

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
6:00	Wake Dress Bible	Wake Dress Bible	Wake Dress Bible	Wake Dress Bible	Wake Dress Bible	Wake Dress Bible	Wake Dress Bible
7:00	Break- fast/ Cleanup	Break- fast/ Cleanup	Break- fast/ Cleanup	Break- fast/ Cleanup	Break- fast/ Cleanup	Break- fast/ Cleanup	Break- fast/ Cleanup
8:00		Chores	Chores	Chores	Chores	Chores	Chores
9:00	Church	School	School	School	School	School	Extra Jobs
10:00		School	School	School	School	School	Extra Jobs
11:00		School	School	School	School	School	Extra Jobs
12:00		Lunch/ Cleanup	Lunch/ Cleanup	Lunch/ Cleanup	Lunch/ Cleanup	Lunch/ Cleanup	

1:00		School/ Activity	School/ Activity	School/ Activity	School/ Activity	Con- tenders Club	Shopping
2:00							
3:00		Paper Route	Paper Route	Paper Route	Paper Route	Paper Route	
4:00							
5:00	Dinner/ Cleanup	Dinner/ Cleanup	Dinner/ Cleanup	Dinner/ Cleanup	Dinner/ Cleanup	Dinner/ Cleanup	Dinner/ Cleanup
6:00				Bible Study			
7:00							
8:00	Prayer Time	Prayer Time	Prayer Time	Prayer Time	Prayer Time	Prayer Time	Prayer Time
9:00	Bed	Bed	Bed	Bed	Bed	Bed	Bed

*It is better to do
a little well than
do more poorly!*

- ◆ “Getting up” might include straightening your room, dressing, and having a quiet thirty minutes of personal Bible reading and prayer.
- ◆ Meal time will always include any help for which you are responsible, such as setting the table and cleaning up.

Next, look at all the blank spaces which remain to be filled in by whatever you plan. Add up the remaining hours of your schedule. How many free hours do you have? _____
The Bible tells us that we should be “*Redeeming the time, because the days are evil,*” —Ephesians 5:16. This means we should not waste any of the time we have.

What will you do with your time? Make a list in your notebook of all the things you would like to do. Your list might include writing letters, learning several skills, reading more, learning to do carving, learning the skill of archery, and finishing a woodburning project.

Next, place a time in your schedule for doing these things. You might choose an hour every evening for working on woodcarving and other skills. Thursday afternoons might be your letter writing time. Fill in your schedule. Do you have free time remaining? _____ If so, how much? _____

It is not necessary to fill in every hour, but if you happen to have free hours, do not daydream. Do not waste your time doing profitless things. Be helpful. Ask your father if he has anything with which you can help him. Read to your brothers and sisters. Use spare minutes to do little things like straightening up your room, picking up the yard, or working on your Bible memory.

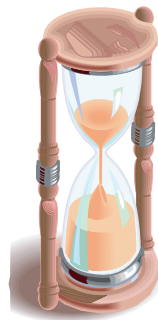
What about when you want to add something new to your schedule? Well, you will need to discuss it with your parents, and you may find the following questions helpful in making these decisions.

- How much time does this new activity require?
- Do I have that much time?
- Where will it fit into my schedule?
- Are there any time conflicts?
- Do I have to eliminate anything from my schedule to take on this new activity?
- What has the most eternal value—the new activity or the one which may be eliminated?
- Will my family be inconvenienced in any way by my new activity?

The previous questions will help you to begin to understand the relative importance of each activity or responsibility you accept, and help you to prioritize the items on your schedule. It will also help you to begin to be active in the planning of your life, instead of just waiting to be told what to do next.

A Young Man's Priorities —

1. *God — Always leave plenty of room in your schedule for God. Spend much time reading and studying your Bible, memorizing Scripture, and praying.*
2. *Parents — With a willing heart, do all that your parents ask you to do, whether it is physical work around the home, watching your brothers and sisters, additional school work, language lessons, or whatever they encourage you to do. Heed their admonitions. They love you. They know you. They are responsible to God for you. You can trust them.*
3. *Others — Jesus always put people above things and activities. If someone needs your help, helping always comes before your choice of what you would like to do.*
4. *You — Yes, that is right. You are last on the list! When all else is done, if there is time left over, you might read or work on a project, or do whatever you choose that your parents approve.*



Little Things

Little drops of water,
Little grains of sand,
Make the mighty ocean,
And the pleasant land.
Thus the little minutes,
Humble though they be,
Make the mighty ages
of eternity.

Selected



Date Completed _____

Category IV: Serving Others

“And the second is like, namely this, Thou shalt love thy neighbour as thyself. There is none other commandment greater than these,” — Mark 12:31.



In the life of a Christian, God should always be the most important Person. He is to be at the center of all that we think and do. All “others,” including ourselves, are to take second place to God. Fathers, mothers, sisters, brothers, teachers, friends, and neighbors are some of the “others” in our lives. We are to care about others as much as ourselves.

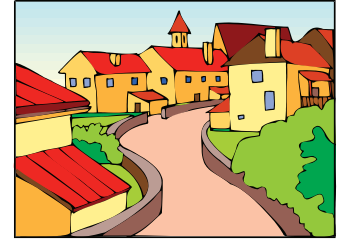
God does not command Christians to *like* others, but to *love* others. Like may change to dislike, but love never changes, because *love never fails*, (I Corinthians 13).

Our love for God can be seen by our love for others, and our love for others can be seen by how we treat others. The apostle James said, “. . . *I will shew thee my faith by my works*,” — James 2:18.



Community Service

A common definition for community is a group of people living within geographic boundaries that legally describe them as a city, town, suburb, etc. Oftentimes, the word community means a group of people who have the same interests, goals, lifestyle, or belief system. For our purposes, the Community Service skill will involve the geographic community in which we live.



What You Will Need

You will need to gather information about your community. You also can visit your local chamber of commerce, and there you will find additional information about the town in which you live.

Helpful Information

Community Service is being involved in your community and helping with activities that help the local community. Do you enjoy something that your neighborhood has to offer—could you help with it? Is there something in your neighborhood that needs to be cleaned, repaired, or painted—how could you help? You could also raise money for a local charity by having a bake sale, car wash, or a group rummage sale. There are also many different places that accept and need volunteer help. Check with your church, chamber of commerce, food pantry, library, and nursing homes for volunteer work.

Things to Learn

1. ☐ It is helpful to take some time learning about your community. The more you learn about your community, the easier it will be to find ways to serve it. As you conduct research about your community, try to answer the following questions in your notebook:
 - (1) What are the best things about living in your community?
 - (2) What are the worst things about living in your community?
 - (3) What needs are present in your community?
 - (4) What are some of the businesses in your neighborhood or community?
 - (5) What do these businesses manufacture or what services do they provide?
 - (6) What organizations are present within the community that are trying to address various needs?
2. Volunteer three times for a local organization. The organization could be a church, hospital, library, etc. Name of organization _____
☐ ☐ ☐
3. Volunteer for two miscellaneous events in your local community. The organization could be volunteering for nursery work at church, helping with a community event, serving a local family with needs, etc.
☐ Event _____ ☐ Event _____
4. ☐ Help a neighbor with something.
5. ☐ Clean up an area in your neighborhood.

Serving Others

6. ☐ Write a report on your volunteer experience. Answer the following questions in your report:
- (1) Where did you volunteer?
 - (2) What did you do?
 - (3) Did you meet any interesting people?
 - (4) Did God use you in an unusual way?
 - (5) How was your overall experience?

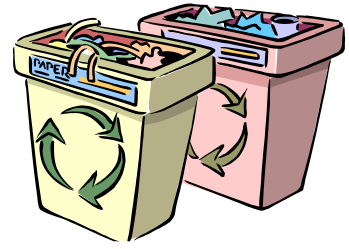


Date Completed _____



Ecology

The wonderful world in which we live was created clean and beautiful by God long ago. God personally created everything we see around us, and after He made it, He saw that it was good. *“And the earth brought forth grass, and herb yielding seed after his kind, and the tree yielding fruit . . . and God saw that it was good,”* —Genesis 1:12. *“And God created great whales, and every living creature that moveth, which the waters brought forth abundantly, after their kind, and every winged fowl after his kind: and God saw that it was good,”* —Genesis 1:21. *“And God made the beast of the earth after his kind, and cattle after their kind, and every thing that creepeth upon the earth after his kind: and God saw that it was good,”* —Genesis 1:25.



After God created everything we see around us, He made man in His own image. Then He gave His world into man’s care to rule over it. *“And God said, Let us make man in our image, after our likeness: and let them have dominion over the fish of the sea, and over the fowl of the air, and over the cattle, and over all the earth, and over every creeping thing that creepeth upon the earth,”* —Genesis 1:26.

Ecology refers to the balance between man and his environment. A man has a responsibility, both to God and others, to be a good steward of the environment that God has provided for him, and protect it from harm. The first job that God gave Adam was to take care of the garden. *“And the Lord God took the man, and put him into the garden of Eden to dress it and to keep it,”* —Genesis 2:15. If we believe that we should obey God, then we should do all we can to keep our “garden” the way God made it. If we do not take care of our environment, then we show disrespect to God and our fellow man. Each person has a responsibility, and each person can make a difference!

What You Will Need

You will need at least one book on ecology. This book should contain information on how we affect our environment and give information on what we can do to keep our environment clean.

Things to Learn

1. ☐ In your notebook, complete the following:
 - (1) Write an essay explaining recycling and the importance of it.
 - (2) List three things that can be recycled.
 - (3) Compose a list of six actions that you personally can take to help keep your environment clean.
2. ☐ Set up a schedule to do the six items on your list for eight weeks. Keep a record of your progress on the following chart.

Serving Others

Action	Week							
	1	2	3	4	5	6	7	8
1.								
2.								
3.								
4.								
5.								
6.								



Date Completed _____



Family

Families are very important to God. In His infinite wisdom, He created the family as the place for boys and girls to have a protected environment in which to grow up into men and women.

Most young men, when they grow up, will marry and have families. This is good. God wants men and women to have families. He commanded man to be fruitful *and* multiply. When a man and wife have children they are being fruitful. When all their children have children, then the multiplication takes place.



The family is the unit of protection and nurturing from generation unto generation. You may be looking forward to growing up and being the next generation, but never forget that you are also part of the last generation. Even now you are to be a helpful part of your present family in this generation.

Consider the words of the psalmist, *“Lo, children are an heritage of the LORD: and the fruit of the womb is his reward. As arrows are in the hand of a mighty man; so are children of the youth. Happy is the man that hath his quiver full of them: they shall not be ashamed, but they shall speak with the enemies in the gate,”* —Psalm 127:3-5.

Notice that children are helpful to their parents, like arrows or tools in the hand of a skilled man. Some young people think that their parents are to serve them. They often think, “I need to live my own life.”

No, this is not the family that God created. In His design for the family, every member does what he or she can do to help and support every other member. God’s design for the family is always the same. We are to care for the needs of other family members.

Because of this, our families should be very important to us. We should carefully guard our family relationships, and those in our family should be our very best friends. We must be very watchful not to allow other people or other things to take us away from our family responsibilities. Our purpose here is to help each young man appreciate and value his family as God commands him.

Things to Learn

1. Pray for each family member daily. Do this for two months. Put the initial of each family member’s name in the chart each time you pray for him or her.

First Month						
Sun	Mon	Tue	Wed	Thur	Fri	Sat

Serving Others

Second Month						
Sun	Mon	Tue	Wed	Thur	Fri	Sat

2. Express love to each family member daily. Tell them you love them and give them a hug. Do this for two months. Put the initials of each family member's name in the chart for each time you tell them you love them and hug them.

Do not be ashamed to hug family members. Some boys feel embarrassed at this, but any real young man is not afraid to show warmth and affection to those that he loves. This may seem awkward and hypocritical at first, but you are forming a habit, and if you faithfully perform it out of duty, you will soon be comfortable doing it out of love.

First Month						
Sun	Mon	Tue	Wed	Thur	Fri	Sat
Second Month						
Sun	Mon	Tue	Wed	Thur	Fri	Sat

Serving Others

3. Do one extra nice thing once a week for eight weeks for each family member. Write his/her name in the chart below. Place a check mark under the A (action) each week when you have done something nice for that person.
4. Write each family member a note once a week for eight weeks thanking them for something they did for you. As you write the notes, place a check mark under the N (note) in the chart for the proper week and person.

Family Members	Week															
	1		2		3		4		5		6		7		8	
	A	N	A	N	A	N	A	N	A	N	A	N	A	N	A	N
Father																
Mother																

“Honour thy father and mother; which is the first commandment with promise,” —Ephesians 6:2.

✓ Date Completed _____



Friends

If we are Christians, our very best friend is Jesus. How do we know this? Because Jesus said, “*Greater love hath no man than this, that a man lay down his life for his friends,*” —John 15:13. Because Jesus loved each one of us, He laid down His life for us by dying on the cross to pay the penalty for our sins. No one else could have done this for us—only Jesus. He did not have to do it. He chose to do it because of His great love.



Jesus continued in the following verse, “*Ye are my friends, if ye do whatsoever I command you,*” —John 15:14. The way we show Jesus that we are His friends is by doing whatsoever He commands us to do. How will we know what He commands us to do? Well, we can start with His Word, the Bible. We will find pretty much everything we will ever need to know about being His friend in His Book. We can begin being His friend by reading it.

Earthly friends are important too. We should want to be a good friend to others, and we can be a good friend by being like Jesus to them. If we love people like Jesus loves people, we will be a good friend. In order to do that, we must learn more about Jesus. While learning to be a friend, think often about Jesus, and let Him be your Friend and your Pattern for friendship.

Things to Learn

1. ☐ Search the Bible and find five Scriptures that talk about friends. Write the Scriptures in your notebook.
2. Pray faithfully for your friends each month for six months.

Name of Friend	Months					
	1	2	3	4	5	6

3. Do one kind thing for each friend six times. This can be done over a period of weeks or months.

Name of Friend	Act of Kindness					
	1	2	3	4	5	6

Serving Others

4. Write one note to each friend expressing appreciation for that person or share a Scripture verse with them. Do this for six months.

Name of Friend	Months					
	1	2	3	4	5	6

5. Remember your friends' birthdays with cards or something special, such as candy bars or handmade gifts. It is the thought that counts.

Name of Friend	Birthday

6. ☐ *"I am a companion of all them that fear thee, and of them that keep thy precepts,"* —Psalm 119:63. In your notebook, explain what this verse means to you. Is this verse true about you?
7. ☐ *"By this we know that we love the children of God, when we love God, and keep his commandments,"* —1 John 5:2. This is one of the most important verses in the Bible regarding friends. In fact, it is a test verse of sorts. It is a test of our love for our friends.
- (1) ☐ Memorize this verse.
- (2) ☐ Answer the following questions about 1 John 5:2 in your notebook:
- 1) How do we know that we love our friends?
 - 2) Can we love our friends without loving God?
 - 3) How do we show our love for God?
 - 4) How do we show our love for our friends?
 - 5) If we sin by breaking rules, disobeying parents, or doing any other type of wrong (sin) when we are with our friends, are we showing our love for them?
 - 6) Can we ever show our friends that we love them by giving in to peer pressure? Peer pressure occurs when our friends are wanting us to do something. Sometimes that "something" is not a good thing. If we give in, are we showing them we love them?

We are never a friend to Jesus when we sin. We are never a friend to our friends when we sin. We are not even our own friend when we sin. The only way to be friends with Jesus and others is to obey God and keep His commandments.



Date Completed _____



Grandparents

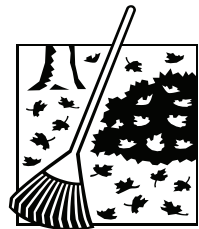
“Remove not the ancient landmark, which thy fathers have set,” —Proverbs 22:28. Godly grandparents are a wonderful blessing. Young people should learn everything possible from them. Even grandparents who do not know the Lord are part of our family, and are entitled to our love.



If your grandparents do not live nearby, or if they have already gone on to Heaven, adopt grandparents from your local church. Perhaps there is a lonely grandfather or grandmother living far away from his or her own grandchildren whom you could adopt.

Things to Learn

1. Write your grandparents a letter or send a card once a month. Do this five times.
☐ ☐ ☐ ☐ ☐
2. ☐ Do something special for your grandparents on their birthdays. Write down what you did in your notebook.
3. ☐ Ask a grandparent for his or her favorite Bible verse. Copy the verse into your notebook and memorize it.
4. ☐ Share a prayer request with your grandparents and have them share a request with you. Write the prayer requests down in your notebook and pray daily for them.
5. ☐ Abraham was the grandfather of Jacob, who was called Israel. Abraham, the grandfather of Israel, was called the friend of God. In your notebook explain why.
6. Do three jobs for your grandparents. Perhaps you can help with a grandmother’s spring cleaning, help a grandfather rake leaves, or help clean a basement. ☐ ☐ ☐



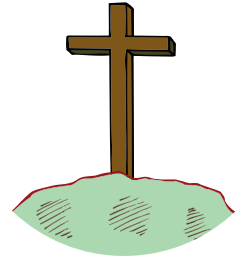
Date Completed _____



Love

“A new commandment I give unto you, That ye love one another. By this shall all men know that ye are my disciples, if ye have love one to another;” —John 13:34-35. Jesus said this is how others will know that we are His disciples. Love is much more than a feeling or an emotion. Love is a decision. Love is also a commandment. A commandment is not something we feel. It is something we do.

In the Bible, I Corinthians 13 teaches that a young man can possess all things and yet be nothing unless he has love—true love, biblical love—as defined by the Word of God. To understand real love, we must know God, because God *is* love.



Things to Learn

1. ☐ Read I Corinthians 13. In your notebook, write each verse and tell in your own words what it means. Next, write a short paragraph on each verse explaining how it can apply to your life.
2. ☐ Memorize I Corinthians 13. Recite it to your leader.
3. ☐ Write the answers to the following in your notebook:
 - (1) Write ten Bible verses that demonstrate God’s love.
 - (2) Write ten ways to show God’s love to others.
 - (3) Read I John 4. Write what you learned about love from this chapter.
4. ☐ In your notebook, write the names of your immediate family members. Under each name, list six ways you can show that person your love for him or her, as in the sample below.

	Father
1.	Pray for him.
2.	Obey him immediately the first time he asks me to do something.
3.	Tell him once a day that I love him.
4.	Polish his shoes for him.
5.	Clean out the car for him.
6.	Ask him if I can do anything for him. Then do the thing he asked.

After you have completed the lists, fill in the name of each family member in the chart below (or if you need a larger chart, make a chart in your notebook). Select three things from each list or select new ideas and do those things for each family member. Place an X in the appropriate box each time you do something. Keep this record for eight weeks for your family members.

	Week							
Family Member	1	2	3	4	5	6	7	8

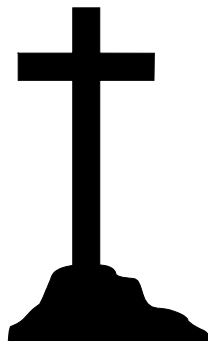
Serving Others

5. ☐ In your notebook, complete the following:
- (1) Compose a list of at least twelve people who are relatives or with whom you are familiar (for example: friends, neighbors, or people at church).
 - (2) Create a chart in your notebook, and beside each name list at least one kind thing you can do for each of the twelve people listed.
Do one kind thing for each person.

Sample Chart

Name	One Kind Thing	Date
1. Mr. Jones	Cut his grass.	
2. Mrs. Smith	Bring her cookies.	
3.		
4.		

6. ☐ This last requirement is to do something two times for someone special. The Bible tells us to love our enemies. We often feel that people may have feelings of enmity toward us when they do something that hurts us or wrongs us. Pick out someone whom you feel may have hurt you or wronged you, and do two things out of love for that person. List what you did in your notebook.



"For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life,"
—John 3:16.



Date Completed _____



Neighbor

It is very important to remember that Jesus said, *“Thou shalt love thy neighbor as thyself . . .”* —Mark 12:31. Sometimes we think that we need to love only our Christian “brothers,” but this is not so. The word neighbor goes further than that. It refers to the strangers we meet who need our help. It even means our enemies! *“Therefore if thine enemy hunger, feed him; if he thirst, give him drink,”* —Romans 12:20. This should challenge all of us to open our eyes, look around, and see whom we can help, and to whom we can be a good neighbor!



Things to Learn

1. Do three nice things (mow a lawn, clean a house, rake a yard, etc.) for a neighbor or neighbors on your street or near your home.

Name of Neighbor	What You Did

2. Jesus said, *“And if ye salute your brethren only, what do ye more than others? do not even the publicans so?”* —Matthew 5:47. It is easy to say “Hi” to our friends or people we know, but Jesus said we are to salute (greet or say hello to) folks who may have been unkind to us, or whom we think might not like us. Jesus completed this thought with, *“Be ye therefore perfect, even as your Father which is in heaven is perfect,”* —Matthew 5:48. We need to begin to say “Hello” and warmly greet everyone we meet. Say “Hello” to at least three people to whom you have never spoken before. Name the people.

(1) _____ (2) _____ (3) _____

3. Give a friendly smile and a “hello” to at least one person that you feel does not like you or has been unkind to you. Continue to do this on five different occasions. Name the person to whom you said “hello” below.

Name _____ ☐ ☐ ☐ ☐ ☐

4. ☐ Share Jesus with one young person in your neighborhood.



Date Completed _____

I Am My Neighbor's Bible

*I am my neighbor's Bible;
He reads me when we meet;
Today he reads me in my home—
Tomorrow, in the street.*

*He may a relative or friend;
Or slight acquaintance be;
He may not even know my name,
Yet he is reading me.*

*And pray, who is this neighbor,
Who reads me day by day,
To learn if I am living right,
And walking as I pray?*

*Oh, he is with me always,
To criticize or blame;
So worldly wise in his own eyes,
And "Sinner" is his name.*

*Dear Christian friends and sisters,
If we could only know
How faithfully the world records
Just what we say and do;*

*Oh, we would write our record plain,
And come in time to see
Our worldly neighbor won to Christ
While reading you and me.*

Author Unknown



Others

“Look not every man on his own things, but every man also on the things of others,” —Philippians 2:4. “For all the law is fulfilled in one word, even in this; Thou shalt love thy neighbour as thyself,” —Galatians 5:14. Living for and loving others is a major key to a joyful Christian life. A wise young man will often ask himself the question, “How can I show the love of God toward others today?” If he follows through in a personal way, he will find the peace and contentment that comes from obeying God’s command to love our neighbor.



Things to Learn

- Complete each requirement below four times. Place an X in the appropriate square in the chart as you complete them.
 - Do a chore or job for someone.
 - Visit a shut-in.
 - Write a letter to someone far away.
 - Send a card to someone in the hospital.

Do a Job	Visit a Shut-in	Write a Letter	Send a Card

- ☐ Memorize the following poem.

Others	
Lord, help me live from day to day In such a self-forgetful way, That even when I kneel to pray, My prayer shall be for others.	Help me in all the work I do To ever be sincere and true, And know that all I'd do for You Must need be done for others.
Others, Lord, yes, others, Let this my motto be: Help me to live for others, That I may live like Thee.	Let "self" be crucified and slain And buried deep: and all in vain May efforts be to rise again, Unless to live for others.
<i>Charles D. Meigs</i>	



Date Completed _____



Patriotism

Patriotism is many things to many people. Every Christian should be patriotic in more ways than one. You see, there is the *King* and there are *kings*. Our first loyalty must always be to the King, our Creator and Saviour. It is to Him that we owe everything—even our very existence, and our eternities for those of us who belong to Him. And He expects to be our King. *“And thou shalt love the LORD thy God with all thine heart, and with all thy soul, and with all thy might,”* —Deuteronomy 6:5.



Now God knew long before man was around that mankind would need some government in order to get along and survive with each other. Thus, He ordained that there should be rulers, and He ordained that His people should honor and obey the governors of their land. Jesus said, *“Render to Caesar the things that are Caesar’s, and to God the things that are God’s,”* —Mark 12:17. Peter said, *“Fear God. Honour the king,”* —1 Peter 2:17. And Paul said, *“Let every soul be subject unto the higher powers. For there is no power but of God: the powers that be are ordained of God. Whosoever therefore resisteth the power, resisteth the ordinance of God: and they that resist shall receive to themselves damnation. For rulers are not a terror to good works, but to the evil. . . . For he is the minister of God to thee for good. . . . for he is the minister of God, a revenger to execute wrath upon him that doeth evil. Wherefore ye must needs be subject, not only for wrath, but also for conscience sake. For for this cause pay ye tribute also: for they are God’s ministers, attending continually upon this very thing,”* —Romans 13:1-6.

Patriotism is practiced toward our country. We and our rulers are that country. Again, patriotism is many things to many people, including Christians. It is a part of Christian life whose details are best decided by the individual group. Your group leader or parents will decide the requirements and sign below when you have completed them.



Date Completed _____



Rest Home

“Cast me not off in the time of old age; forsake me not when my strength faileth,” —Psalm 71:9. In a society that is drifting further and further toward thinking only of self, this plea from God’s Word should not go unnoticed by God’s people. Institutions throughout this land are full of folks who, for the most part, are unknown and forgotten. Many of them will soon face eternity, and may never yet have experienced any real, unselfish Christian love coupled with the Gospel. Can we not find some time in our schedule to answer the psalmist’s plea?



A Christian should not forget all the senior citizens in the rest homes. If they are unbelievers, your visit might be their last chance to hear the wonderful news of salvation. If they are Christians, they are probably lonely and would like to know that they are not forgotten. Let us show these dear senior citizens how much God loves them by often visiting them.

Things to Learn

1. Visit a rest home six times. ☐ ☐ ☐ ☐ ☐ ☐
2. Make or bring a small gift to a resident of the rest home twice. ☐ ☐
3. ☐ Have three residents tell you what their favorite thing to do was when they were children. Record their name and what they told you in your notebook.
4. ☐ Share your experiences with the members of your group.
5. ☐ Write a short paragraph in your notebook sharing one blessing you received from visiting the rest home.

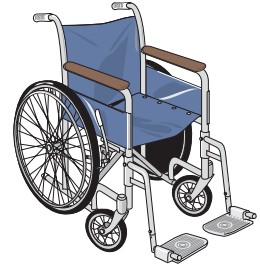


Date Completed _____



Special Needs

Those of us who have been blessed with quick minds and healthy bodies ought to be all the more considerate of those who have special needs because of physical or mental problems. The Lord equally loves everyone, and Jesus spent much of His earthly ministry healing the infirmities of others. We should use each opportunity that God gives us to help others with their needs. Oh, that we may be like Job in the Bible who said, *“I was eyes to the blind, and feet was I to the lame,”* —Job 29:15.



Things to Learn

1. ☐ Read one non-fiction book about special needs, which could include physical handicaps such as blindness, deafness, learning disabilities, or a crippling disease. In your notebook list the title and author, and write a short paragraph on what you learned from the book.
2. ☐ Search the Bible for five Scriptures concerning the special needs of people. Copy each passage into your notebook, and write in your own words what occurred in each passage.
3. ☐ Read one biography about an individual who had a special need. In your notebook list the title and author, and write a paragraph about what you learned from it.
4. ☐ Spend at least thirty minutes on three different occasions doing a service-oriented activity for a person with special needs. Examples may include reading to a blind person or cleaning for a physically limited individual. Record your service in your notebook.
5. ☐ Read a book on sign language or deafness and learn at least three simple ways of communicating with a deaf person. Display this knowledge to your parent or leader.



Date Completed _____



Widows

“Pure religion and undefiled before God and the Father is this, To visit the fatherless and widows in their affliction,” —James 1:27. Widows have a special place in God’s heart. They should also be special to the Christian man. The elders gave men in the early church the responsibility to look after widows. Among the Israelites it was the responsibility of the nearest kinsman to care for a widow. Naomi and Ruth gathered from the fields of Boaz, the kinsman of the widow Naomi. If we are brothers and sisters in Christ, then we are kinsmen to Christian widows. We should develop pure religion.



Things to Learn

1. Get to know at least two widows by visiting them each once a month for at least six months. Do any chores or odd jobs that each may need done while you are visiting there.

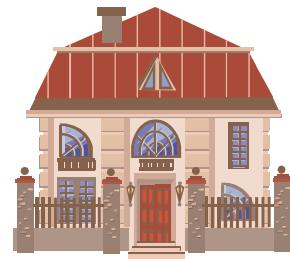
	Month					
Name	1	2	3	4	5	6



Date Completed _____

Category V: Around the Home

“Around the home” are three very large words in a young man’s life. After all, does he not spend most of his life around his home? We want to obey God, and God teaches to love others. Wouldn’t that mean that being useful to others would be being useful to God? Where could we be more useful than around our homes where we spend most of our time?



“Honour thy father and thy mother, as the LORD thy God hath commanded thee,” —Deuteronomy 5:16. The word “honour” here denotes more than just respect. It includes the idea of profitability. We are to be profitable to our parents—be useful to them. The Bible says that we are to be like arrows in their quiver.

Have you ever thought about the multitude of useful things that you could learn just around your home? There are hundreds. And many would make you a more profitable (more obedient to God) young man. A world of knowledge that you may never have noticed awaits you. There is no time like the present to begin learning all those new things.



Gardening

“And the LORD God took the man, and put him into the garden of Eden to dress it and to keep it,” —Genesis 2:15. Soon after God created Adam, He put him into a garden and gave him a job to do. Adam was to dress it, which means to till it, and to care for it.



Some might wonder why we would want to garden today when we have an abundance of grocery stores stocked full of food. Gardening is very thrifty and quite educational. Except for purchasing seeds (and you can learn to save seeds from one harvest to the next planting season), the cost of the vegetables and fruit is strictly labor. All they require is time and effort. Freshly grown produce is more tasty and usually more nutritious than commercial produce. The foods grown in our garden can even be preserved by canning, dehydrating, or freezing them.

It is an enriching, educational experience to garden, and it is also great fun! There is nothing like reaping crops that you have nurtured yourself.

Another nice feature of gardening is that we not only enjoy the fresh air and sunshine, but we also have a firsthand opportunity to see God’s hand at work. I hope you will learn much about the ways of our magnificent Creator from working on this skill.

Things to Learn

1. ☐ Plant a garden or share part of the family garden. If you are unable to do that, plant your garden in containers, such as five-gallon buckets, flower boxes, pails, or planters. This is a “learning” garden, so quantity of crops does not matter.
2. ☐ Decide what vegetables and fruits you will be planting. If possible, start your plants from seeds.
3. ☐ Plant your seedlings or young plants in your garden or containers. Be responsible for weeding, watering, and harvesting your garden.
4. ☐ In your notebook, write a report on your garden. Tell what was planted, how it was planted, and how much was harvested from it.
5. ☐ In your notebook, complete the following:
 - (1) Explain the difference between chemical fertilizers and natural fertilizers.
 - (2) Explain how chemical fertilizers can be harmful to plants and to the people who eat the plants.
 - (3) Explain two ways to naturally fertilize a garden.
 - (4) Explain what composting means.
 - (5) Explain what cold-weather crops mean. Name three cold-weather crops.
 - (6) Explain what cool-weather crops mean. Name three cool-weather crops.
 - (7) Explain what warm-weather crops mean. Name three warm-weather crops.
 - (8) Explain what soil pH is.
 - (9) Name three crops which grow best in acidic soil.
 - (10) Name three crops which grow best in alkaline soil.
 - (11) Name three crops which grow best in a neutral soil.
 - (12) Generally we think of bugs as being bad, but there are some bugs which are really good for our gardens. Name two of them and explain why they are our helpers when it comes to our gardens.

Around the Home

6. The Bible uses the word “seed” over 250 times. It is a very important word and has multiple meanings in God’s Word. Read Luke 8:4-15. Explain what this seed is and what happens to it.
7. In your notebook, explain what the following verse means. *“He that goeth forth and weepeth, bearing precious seed, shall doubtless come again with rejoicing, bringing his sheaves with him,”* —Psalm 126:6.
8. In your notebook, write a brief paragraph telling what you learned from gardening.



Date Completed _____



Handyman

A handyman is defined as one whose work is the doing of general miscellaneous tasks. The words “general” and “miscellaneous” can take in quite a lot of different things. A handyman is considered to be the sort of fellow who knows something about nearly everything. How many things do you know something about? When we say that a handyman knows something about “it,” we mean that he knows enough about “it” to fix whatever “its” problem is. Wouldn’t it be nice to have that kind of knowledge about things?



It starts with learning—not hard learning, and not special learning—just learning about the things around you every day. Many things that you pass by every day without giving them a thought are waiting to be learning guides to you if you will give them a few moments. They are not special things. They are the everyday little things that keep life going on smoothly.

What You Will Need

Basic reference book for the home, such as a handyman guide — This will be helpful in learning the safety precautions necessary for a repair operation, as well as, in some cases, preparing you and giving you some understanding about what you will be doing. Such books are available from the library. When you have a project to do, check out the one that best suits what you are about to attempt.

Helpful Information

Safety is important when doing any sort of work or repair. Sometimes a job can seem not the least bit hazardous in any way, yet some of those jobs can fool you. Don’t get hurt. Always ask advice or at least read about what you are about to attempt beforehand to learn of any safety precautions, and to have an understanding of what the job will involve. It is also important to have someone familiar with the job with you the first time you attempt it. The things that you will learn here are not difficult, but instruction makes all things go better. Always try to ensure safety and success, and your handyman future will be more pleasant.

Things to Learn

1. Perform at least 24 of the requirements in the list below. In some situations that deal with problems or repairs, you do not need to wait for a problem to occur. Simply demonstrate how to perform the solution, make the repair, or change the part.

Demonstrate how to:

- (1) ☐ Replace a burned-out light bulb.
- (2) ☐ Change a fuse or reset a circuit breaker when a circuit breaker trips or a fuse blows (depending upon whether your home employs circuit breakers or fuses) in the electrical box. Do not attempt to cause anything to actually trip, but go through all the actions necessary to remedy the situation.
- (3) ☐ Change a furnace filter.
- (4) ☐ Properly use a plunger to unplug drains or toilets.
- (5) ☐ Repair nail/screw holes in drywall or plaster with drywall compound or spackle.
- (6) ☐ Snake a clogged drain or toilet.

Around the Home

- (7) ☐ Disassemble and clean or replace a sink drain.
 - (8) ☐ Check and change oil in a lawnmower.
 - (9) ☐ Replace the air filter on a lawnmower.
 - (10) ☐ Change the string in a weed whacker.
 - (11) ☐ Replace the air filter on a weed whacker.
 - (12) ☐ Drive a nail.
 - (13) ☐ Pull a nail.
 - (14) ☐ Make a repair using a hot glue gun.
 - (15) ☐ Make a repair using general purpose glue.
 - (16) ☐ Make or repair something using nails.
 - (17) ☐ Drill a properly sized hole for a wood screw.
 - (18) ☐ Make or repair something using screws.
 - (19) ☐ Hang something using a drywall anchor and screw.
 - (20) ☐ Hang something using a picture hanger.
 - (21) ☐ Hang something using a level and two mounts.
 - (22) ☐ Properly use a file or a rasp.
 - (23) ☐ Properly use a hand saw.
 - (24) ☐ Properly use a hack saw.
 - (25) ☐ Use a try-square to lay out a cut line perpendicular to an edge.
 - (26) ☐ Read a measuring tape in 1/32nd-inch increments. (32nds can be read as half of 16ths).
 - (27) ☐ Change or repair a screen.
 - (28) ☐ Check the oil in the car.
 - (29) ☐ Check tire pressure.
 - (30) ☐ Tighten a nut and bolt with wrenches that are the proper sizes.
 - (31) ☐ Sharpen a knife.
 - (32) ☐ Lubricate a squeaky door.
 - (33) ☐ Recolor a nick in a piece of furniture.
 - (34) ☐ Use clamps to glue or screw two items together.
 - (35) ☐ Cut and strip a wire.
 - (36) ☐ Connect several wires with a wire nut.
 - (37) ☐ Connect two wires by soldering and insulate the connection with electrical tape.
2. ☐ List 7 more jobs that you have demonstrated how to do that are not on this list and state what they were.
- (1) _____
 - (2) _____
 - (3) _____
 - (4) _____
 - (5) _____
 - (6) _____
 - (7) _____



Date Completed _____



Home Care

“*Whatsoever thy hand findeth to do, do it with thy might . . .*” — Ecclesiastes 9:10. One of the facets of family life is that there is no lack of responsibility for getting things done around the home. Dad and Mom bear most of those responsibilities. But what about you? Are there some chores in your home that you are capable of doing?

Jesus was a young man when He said, “*Wist ye not that I must be about my Father’s business?*” —Luke 2:49. Of course, this was spiritual business, but Jesus also worked in a carpenter shop like Joseph, and no doubt helped around the home.



The Bible also says, “*He that gathereth in summer is a wise son: but he that sleepeth in harvest is a son that causeth shame,*” —Proverbs 10:5. Also, “*A wise son maketh a glad father: but a foolish son is the heaviness of his mother,*” —Proverbs 10:1. We see, therefore, that if we work to help our parents, we are not only making our parents glad, but we are also following the example of our Lord Jesus. By sharing in many of the responsibilities around your home, you will make both your parents and your Lord happy.

On the other hand, we see that not doing our share of the work will make our parents to feel shame. Our Lord will also be displeased with us for not following His example. If you have not been sharing in your household responsibilities, don’t you think that it is time you start?

Helpful Information

Remember, when the job is *your* responsibility, *you are the boss*. When you are the *boss*, you *do not need to be reminded or nagged*. You do not qualify for this award unless you *schedule and perform these tasks reliably and on your own*.

Things to Learn

1. With the help of your parents, choose four daily jobs for which *you* can be responsible (for example, taking out garbage). You must care for these jobs regularly for three months. Have a parent initial the chart to confirm your completion of each job for the month.

Daily Jobs	Month		
	1	2	3

Around the Home

2. With the help of your parents, choose four weekly jobs for which *you* can be responsible (for example, mowing the lawn). You must care for these jobs regularly for three months. Have a parent initial the chart to confirm your completion of each job for the month.

Weekly Jobs	Month		
	1	2	3



3. Decide with your parents on three repair jobs around the home that you will perform with your dad. You will help lay out the tools, be an extra pair of hands, do part of the job, and accumulate valuable knowledge. Be sure you help finish the complete job. No job is finished until all the *cleanup* is cared for and all the tools have been cleaned and put away in their *proper places*.

Date	Repair Job



Date Completed _____



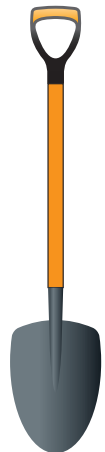
Landscape Care

Landscape is the arrangement of land for human use. That sounds like a yard, doesn't it? That's exactly what it is! At least a yard is one type of landscape. Landscapes are often thought of as being very pretty, but the term also includes being useful. We would like our yards to be both. They should provide a useful place for activities, but they should also be pleasant to the eye, because no one enjoys an activity in an unpleasant place. *"I went by the field of the slothful, and by the vineyard of the man void of understanding; and, lo, it was all grown over with thorns, and nettles had covered the face thereof,"* — Proverbs 24:30-31. The yard should be the job of the young man in the family, and, thus, is a reflection upon him. Make yours a good one!



What You Will Need

1. Mower — The most common job to be done on any residential landscape is mowing the grass. A mower is an expensive piece of equipment, and can be dangerous. Always handle a mower carefully so that it does not become damaged, and safely so that you do not become damaged.
2. Rakes/shovel — Raking is another common yard task. If there is no grass catcher on your mower, you will need a lawn rake to clean up the clippings after you mow. A lawn rake is also needed at the end of the year to rake fallen leaves in the autumn. It is sometimes beneficial to use a thatch rake in the spring. Thatch is the yellowish brown grass that accumulates at the base of the lawn. It is intertwined with the green living grass and makes the lawn look yellowish. A dirt rake may be required when planting new grass in worn spots in the lawn, or working in flower or vegetable garden beds. A shovel will be needed for miscellaneous planting or dirt work.
3. Clippers/shears — Clippers are used to cut grass in any tight areas that cannot be reached by the mower. You may have a weed whacker to handle this job. Shears are used for pruning and trimming plants and shrubs to keep them looking neat.
4. Edger — An edger is used several times per season to give the lawn a neat edge along all the sidewalks. It cuts slightly below the surface and also trims the roots next to the sidewalk so that there is no overgrowth to make the edge of the sidewalk look cluttered. If you do not have an edger, you may be able to rent one, or a shovel can be used carefully to accomplish the same thing.
5. Hose — A hose is needed to water young tender plants or freshly planted trees as well as the grass when used with a sprinkler. During very hot, dry periods watering can keep a lawn from dying.
6. Fertilizer — Fertilizer is used to feed lawns and plants. It is sort of like vitamins for plants. Many fertilizers not only contain food for the lawn, but also elements that kill the weeds as a double benefit. There are also fertilizers for shrubs and trees. Most fertilizers primarily contain nitrogen, phosphorus, and potassium. These are beneficial for nearly all plants, and different plants require different amounts. Fertilizers are sold according to the plants for which they will be used.
7. Mulch — Grass clippings, bark chips, and straw are all popular mulches. Mulches help keep the ground from drying out, and help keep the weeds from growing in plant and flower beds.



Helpful Information

- ◆ Always follow a regular schedule when mowing the grass so that the grass always gets mowed before it starts to look shaggy. This means that the schedule allows for only an inch or so of growth, and the lawn almost always looks nearly freshly mowed. Safety is very important while mowing. Do not mow over rocks or sticks. Check the yard and pick up all objects before mowing. Wear closed shoes and eye protection. Never reach under the mower.
- ◆ Weeding is a constant chore. It is best done as soon as the weed begins to grow. It requires diligence to keep a yard weeded, but weeds are one of the most common things that make a yard look shabby.
- ◆ Fertilizers work best at certain times of year and on certain schedules. Be sure to find out how to best use any fertilizers that you use.
- ◆ Different plants are often pruned in different ways, and sometimes at different times of the year. Find out how and when to prune your plants and shrubs for the best results.

Things to Learn

1. ☐ Keep the grass neatly mowed by yourself for six weeks.
2. ☐ Edge the sidewalks (if any).
3. ☐ Keep a specified area weeded for a month.
4. ☐ Put the landscape equipment away in its place after each use.
5. ☐ Demonstrate how and when to prune a particular plant, tree, or shrub properly.
6. ☐ Demonstrate how and when to plant some type of plant.
7. ☐ Demonstrate how to change the oil in the lawn mower.
8. ☐ Demonstrate how and when to apply fertilizer to something in the yard.
9. ☐ Explain in your notebook the importance and purpose of nitrogen, phosphorus, and potassium in fertilizer.

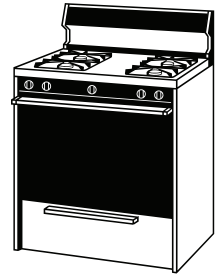


Date Completed _____



Man of the House

Every true *man of the house* can be trusted and depended upon in every situation that occurs in the home in which he lives. Who can be looked to when Mom is sick, things are piling up around the house, young children need to be fed, and there are no clean clothes? What about when the schedule is hectic, or the load is heavy, and there is just too much to get done? What about when an emergency occurs? Does your house have a go-to-guy? Are you that guy?



Every Christian young man should be, especially in his own home, a go-to-guy—a person to go to with problems, emergencies, or just when help is needed. His mom should be able to depend upon him; his brothers and sisters should be able to look to him for help and leadership; his dad should be able to trust him while at work. *“A wise son maketh a glad father: but a foolish son is the heaviness of his mother,”* —Proverbs 10:1. You are becoming the man that you will be. Will you be a true man of the house? Only if you start now.

The road to being a true man of the house begins with knowing something about the house, how it works, and how things are done there. That road will lead you to eventually know how everything is done there. The more you know, and can be depended upon, the more you are of value, and the more often you become the go-to-guy of the home. Mom depends upon you, Dad trusts you, brothers and sisters look to you. Now, let’s take a look at some things that you need to learn about your home.

What You Will Need

1. Adult supervision or instruction for some operations — Some of the things to learn you will be able to learn by yourself, but for the sake of safety, and to avoid any damage that might occur from a simple error, you will want someone who “knows the ropes” to get you started the first time. We all like to do things ourselves, but good teachers must first be good learners. *“A wise son heareth his father’s instruction:”* —Proverbs 13:1.
2. Basic cookbook — Yes, you will get to know your stove and how it works. Think how that will empower you. You will be able to make things on your own. Choose a cookbook that has some things in it that you would like to make.

Helpful Information

- ♦ Be sure that for any job that you have never done before, you check out what you plan to do with an adult, even if you have read about it. A man of the house is always conscientious about safety and damage prevention, which are almost always caused by carelessness or something that a person was not aware of before it happened.
- ♦ Clothes are an important of a household. We need clean clothes every day. That is a big job! And washing clothes has become a pretty scientific process with all the different types of fabric characteristics, machine cycles, temperature settings, cleaners, and additives that are used for laundry in a modern home. Be sure to use your notebook to write down all the things that you will need to remember in order to properly complete your requirements. You will be rather an expert when you are finished.

- ◆ Probably even more than clothes, food is important to a household. Food is important to young men. Here you will learn everything about how that food gets to your stomach. You will learn how to care for that process for yourself. From beginning to end, you will learn the process required to deliver that all-important stuff to where it is needed, including preparing and restocking the house to make sure things are ready to do it all over again for that next important meal.
- ◆ When it comes to preparing meals, always read about anything that you will be preparing for the first time in your cookbook. You may be surprised how certain foods react to things that you might try. A cookbook will alert you to such things if you read it beforehand. This is helpful even if you will have instruction the first time. A very good practice would be for you to explain the job to your instructor before you start so that the instructor knows how well you understand the job. The more preparation and understanding that you have up front, the faster you will learn, and the better your recipe will progress.
- ◆ Cleaning is more important to a household than most people think. A house must be cleaned, or at least straightened, after nearly every activity that takes place in it—even cleaning! For instance, after you bathe, the tub that you used needs to be cleaned. After a meal is prepared (at least three times per day), the dishes need to be cleaned, the stove needs to be cleaned, and the sink in which the dishes were cleaned needs to be cleaned. The cleaning never stops. If it even slows down too much, the schedule, efficiency, and even the fabric of the household break down. It is hoped that through this experience you will gain insight into the great blessing that a real man of the house leaves behind him. After each of his activities, he leaves the environment “cleaned”—as if he had never been there—ready for use by the next person.
- ◆ One of the greatest hindrances to the smooth, ongoing routine of a home occurs when someone, even after doing a good job of something, takes the lazy way, and does not put all the parts, materials, and tools back exactly where they belong. This makes it impossible for the next person who needs one of those items to do his or her job. This is utterly frustrating to the next person. It not only destroys the schedule and efficiency of the home, but it destroys the happiness also. *“As vinegar to the teeth, and as smoke to the eyes, so is the sluggard to them that send him,”* — Proverbs 10:26. This is something a man of the house takes care never to do. His thought (he is never thoughtless) is never to make work or grief for others, but to always be lifting burdens and being a mainstay for others.

Things to Learn

1. ☐ Demonstrate how to operate your washing machine and dryer.
2. ☐ In your notebook answer the following questions:
 - (1) Why must you sort clothes before washing?
 - (2) Why must you pay attention to the water temperature control?
 - (3) Why can certain fabrics be dried using higher heat, while other fabrics must be dried at a cooler temperature?
 - (4) When would you use bleach?
 - (5) Why would you not wash colored things with white things?
3. ☐ Do ten loads of laundry (wash, dry, fold or hang, iron if needed, put away) properly, and have each load, when completely finished, inspected by an adult to be sure that each operation was performed properly. Check for fading, shrinkage, color bleed, wrinkles, etc.

Around the Home

Load	1	2	3	4	5	6	7	8	9	10
Wash										
Dry										
Iron (if needed)										
Fold or hang										
Put away										



4. ☐ Demonstrate how to clean the following rooms:
 - ☐ Kitchen — mop floor, clean counters, empty trash
 - ☐ Living Room — vacuum floors, remove clutter
 - ☐ Bedroom — vacuum or mop floor, remove clutter, change sheets
 - ☐ Bathroom — clean fixtures, mop floor
5. ☐ Clean each of the rooms on your own two times.

Kitchen ☐ ☐

Living Room ☐ ☐

Bedroom ☐ ☐

Bathroom ☐ ☐
6. ☐ Demonstrate how to properly operate the kitchen stove and oven.
7. ☐ Prepare meals for two days. This includes breakfast, lunch, and dinner. At least one item for each meal must be cooked. Create the menu, set the table, do the cooking, serve the meal, clear the table, wash and dry the dishes and cooking gear, and put them away. Have the entire job inspected by an adult. Remember, when you use a pan or dish, it must *always* be put away exactly where it belongs, or the next person will not know where to find it to do their job. That next person could be you. The meals are not required to all be prepared on the same day, but two of each meal must be prepared. *

Breakfast

Day 1

Create menu	
Set table	
Cook	
Serve	
Clear table	
Wash	
Dry	
Put away	

Day 2

Create menu	
Set table	
Cook	
Serve	
Clear table	
Wash	
Dry	
Put away	

Lunch

Day 1

Create menu	
Set table	
Cook	
Serve	
Clear table	
Wash	
Dry	
Put away	

Day 2

Create menu	
Set table	
Cook	
Serve	
Clear table	
Wash	
Dry	
Put away	

Around the Home

Dinner

Day 1

Create menu	
Set table	
Cook	
Serve	
Clear table	
Wash	
Dry	
Put away	

Day 2

Create menu	
Set table	
Cook	
Serve	
Clear table	
Wash	
Dry	
Put away	

8. ☐ In your meal preparation, cook at least two different items on the stove and at least two different items in the oven.

Stove Items

- (1) _____
(2) _____

Oven Items

- (1) _____
(2) _____

9. ☐ After four family grocery shopping trips, put the groceries away, and have the job inspected by an adult. It is important that all groceries are *always* stored in the same place, so that they can *always* be found quickly by those who need them.
☐ ☐ ☐ ☐
10. ☐ List five activities after which you left your environment “cleaned” and inspected by an adult.

- | | |
|--------------------|------------|
| (1) Activity _____ | Date _____ |
| (2) Activity _____ | Date _____ |
| (3) Activity _____ | Date _____ |
| (4) Activity _____ | Date _____ |
| (5) Activity _____ | Date _____ |

** If you have prepared breakfasts, lunches or dinners for Chef, those meals may be counted toward Man of the House also. Any breakfasts, lunches or dinners that you prepare for Man of the House may also be counted for Chef.*



Date Completed _____



Painter

Most projects or objects that are built involve painting. A car, a washing machine, a bicycle, a computer, and an airplane are just a few examples. Even a house receives considerable painting and finishing when being built. One reason that paint is used so often is because, though it may not make something work any better, a neat, tasteful coat of paint makes everything look much nicer. Imagine buying a brand new car just off the assembly line without any paint! No one wants cars (or bicycles) without paint, even though it makes the product cost more and does not make it run any better.



Though paints originated simply to make things look better, they have been improved to provide much more value to the things they coat. Paints (including varnishes and clear coatings) now form valuable protective barriers on most things that they cover. They offer protection from wear and stains, from corrosion, and from damage by the rays of the sun, to name just a few. Whether applying a bright color or a clear coat such as shellac on a wood surface, the same skill is needed—the skill of painting.

Learn to paint your projects. They will look better and last longer. Learn to paint after a repair. With fresh paint, not only will the repair be hidden, but the piece will look new again. A quality project with a well applied finish coat often looks as if it came right off a store shelf.

What You Will Need

1. **Primer** — Primer is a type of paint. Any raw surface usually needs to be primed before the finish color is applied. Primer contains special bonding agents to help it adhere to the substrate (surface to be painted) and to help the finish coat to adhere to the primer.
2. **Paint** — Paint comes in many colors, textures, and types. They are explained under Helpful Information.
3. **Brushes** — Choose brush types according to the type of paint for which they are recommended. Different brushes work better with different paints. Brush sizes should be chosen according to which size is large enough to apply the paint quickly, and still offer maximum control for neatness and accuracy. Brushes also come with straight and tapered edges. If you will need to “cut in” or edge along surfaces that will not get painted, especially inside corners, tapered brushes are a good choice.
4. **Roller/cover/tray** — If you are painting a very large surface such as a large wall, floor, or ceiling, things will go much faster if you use a roller and a tray. Roller covers come in different thicknesses with thicker covers being used for rougher surfaces.
5. **Masking tape** — Masking tape is a tape that is designed to be easily removed. For very fine work that may require perfectly straight “cutting in,” masking tape may be used to cover the edges that are not to be painted, and removed after the paint dries.
6. **Drop cloth/painter’s plastic** — Painters use a drop cloth to cover and protect the floor or anything else that could possibly be dripped upon during the painting process. Painter’s plastic is very inexpensive plastic sheet or film available for the same purpose.
7. **Sandpaper/wire brush** — Sandpaper or a wire brush may be necessary to smooth imperfections from the surface to be painted depending on the intended outcome.



8. Cleanup materials — You will want to have on hand water for latex paints or solvents (usually paint thinner) for oil based paints. These will be needed to clean brushes after painting so that they may be used again. Rags are also handy for cleanup.

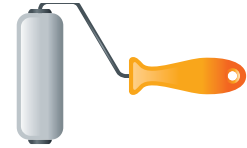
Helpful Information

- ◆ Whenever a surface is to be painted, it generally must first be prepared. On wood or metal, the surface should usually be smooth. Wood may be smoothed with sandpaper. Light corrosion may be removed from metal with a wire brush, or sandpaper may be needed for more stubborn rust. All surfaces should be free from dirt and oils, which can usually be wiped off with paint thinner.
- ◆ There are several paint finishes available, each of which can give your project a different look. You can choose *flat* paint which has a very dull appearance, or *satin* or *semi-gloss* paint which looks a little smoother and shinier, or *gloss* or *high-gloss* paint which looks very smooth and is very shiny. You will want to match your surface to your paint. A smooth, glossy paint will not hide a rough surface. It will only make the imperfections more noticeable.
- ◆ Paints come from several bases. The two that concern us are latex water-based paint and enamel paint which is oil and solvent based. Both types come as interior or exterior (inside or outside) paint. Latex paints are easier to use and to clean up because they dilute and clean up with water. Enamels or oil-based paints require a solvent like paint thinner for cleanup. The newer latex paints are said to work as well on most surfaces, but oil-based paints are still used more often to paint metal objects, especially those that will see duty outside.
- ◆ Paints tend to emit fumes, so it is a good idea before starting any painting project to open a few windows to allow for circulation of fresh air. If your paint has been chosen and purchased, your surface has been prepared, and your drop cloth is in place, you are ready to start. You can use a paint can opener or a screwdriver to open the container. Stir the paint thoroughly with a paint stirring stick. Paint settles and separates when not in use.
- ◆ Generally, you will want to do all your “cutting in” or edging first. If all the surfaces of your project will be painted, you have no cutting in to do, so you will simply paint from one end to the other.
 1. First, dip the brush into the paint about 1/4 of the bristle length. This is called “loading” the brush. If you exceed 1/3 of the bristle length when loading the brush, it will be very difficult to clean all the paint from the brush when finished.
 2. Wipe the paint off one side of the brush against the inside of the paint can. Next, hold the wet side up and the dry side down while moving the brush to the work.
 3. Work with smooth, even strokes being sure to spread the paint evenly and thoroughly. Too thin is better than too thick and runny. It is always recommended to apply two finish coats, and, again, we are not worried about evenness of color with primer. Hold the brush like a pencil, unless it is simply too large. Then simply hold it with your whole hand.
 4. Cutting in is done by holding the brush at about 60 degrees to the work with the paint side down and dragging the edges of the bristles along the unpainted edge. When cutting in, the brush is stroked in one direction only, and a tapered brush is more suitable for this work.
- ◆ Large areas are painted much more quickly and easily with a roller. Paint is loaded onto a roller in a paint tray. Rollers and trays are commonly available in widths of 7 - 12 inches. Rollers are available in 3-inch widths for working in tight spaces.



1. If painting with a roller, add some paint to the tray, load the roller in the deep end of the tray (the well), remove the excess, and distribute the rest of the paint evenly on the roller by rolling it back and forth in the flat part of the tray.

2. Slowly and carefully apply the paint-laden roller to the painting surface.
Note: It is important to use drop cloths to cover everything when painting with a roller because tiny droplets of paint are often expelled from the surface of the roller unnoticed in painting. However, they will be visible on surfaces upon which they do not belong when the job is finished.



- ◆ Paint can also be applied via spraying rather than brushing and rolling. A sprayed finish is much smoother than a brushed finish. It eliminates the paint surface imperfections left by brushes and rollers. Cars, bicycles, washing machines, and any products for which paint is part of the factory-completed unit are all spray painted. These products are sprayed with custom paint spraying equipment, but very similar effects can be achieved with spray paint available in cans at your local hardware store. No one's painting experience would be complete without at least trying spray painting on one small project.



Note: Spray painting is explained more fully under the Models skill.

- ◆ The most important part of any paint job is the cleanup process. Yes, that is correct. All brushes and tools must have every vestige of paint removed from them before the paint begins to dry. If diligent cleanup is not performed immediately, those tools, especially the brushes, are ruined and lost, and no job is worth the loss of the tools.

Things to Learn

1. ☐ Demonstrate an understanding of latex and oil-based paints by picking the paint for a project, and explaining your choice.
2. ☐ Demonstrate your understanding of finishes. Pick the proper finish for a project, and explain your choice.
3. ☐ Set up the job site properly for a project.
4. ☐ Prepare the surface properly for a project.
5. ☐ Demonstrate how to hold a brush properly.
6. ☐ Demonstrate how to spread the paint properly.
7. ☐ Demonstrate how to cut in.
8. ☐ Demonstrate how to use a roller. *
9. ☐ Demonstrate how to clean a brush properly and thoroughly.
10. ☐ Demonstrate how to clean a roller properly and thoroughly. *
11. ☐ Demonstrate how to clean a roller tray properly unless you are using disposable liners. *
12. ☐ Demonstrate how to clean up the area and other tools after a project.
13. ☐ Demonstrate all of the above requirements that apply to spray painting. **

* *If you are not doing a large project that requires a roller, you can still fulfill this requirement by painting part of your project with a small 3-inch wide roller.*

** *If you have already sprayed a project as a requirement for Models, then you may count it for Painting, or if you do so for Painting, you may also count it for Models.*



Date Completed _____



Wood Finishing

“And thou shalt make a vail of blue, and purple, and scarlet, and fine twined linen of cunning work: with cherubims shall it be made: and thou shalt hang it upon four pillars of shittim wood overlaid with gold:” —Exodus 26:31-32.

Wood finishing involves putting a “finish” or coating, such as paint or varnish on a wooden item to seal and protect it. Most wooden products are not really considered finished until they are “finished”—have a finish. We will not be concerned with finishes that are as permanent or as expensive as that used for the wood in the Tabernacle, but ours will be much easier to apply. Wood finishing is very commonly employed in the process of “refinishing” in which a worn, damaged, or aged finish is removed and replaced with a new one. Often recoloring or “staining” the wood to achieve exactly the desired wood tone is also part of the finishing process. And, of course, there is a preparation process usually required just to get the item ready to receive the finish. This sounds like a lot, but it is an exciting experience to transform an item with a brand new finish that you have created yourself.



What You Will Need

1. Tools—Choose brush types according to the type of stain or finish for which they are recommended. See Painter for more information on brushes and other tools used for application and cleanup.
2. Finish — A finish is the last thing applied to a project, but it is the goal of our project here. There are many different types available.
 - ◆ *Tung oil* and *linseed oil* are rubbed into the wood rather than creating a protective layer on top of it. They create a matte finish (very little shine), offer minimal protection, and are used when only accenting the richness of the wood’s own natural surface beauty.
 - ◆ *Shellac* is non-toxic, leaves a glossy shine, scratches easily, but is a finish that is easily repaired.
 - ◆ *Lacquer* is an excellent, durable finish, but is usually sprayed on by a professional.
 - ◆ *Varnish* provides a hard, lasting, moisture resistant, radiant finish, but tends to yellow with age.
 - ◆ *Polyurethane coatings* (solvent or water-based) offer excellent hardness and abrasion resistance, are available in several sheens (glossiness), are fast-drying, and water-based types are excellent for cleaning up. However, they do tend to yellow with age except for some water-based types, can tend to make the wood look plasticized, adherence suffers with age, and damaged spots may require a complete refinish to repair.

All these finishes look nice and last long except when heavy use occurs. Then research is required to decide which will perform best.

3. Stain — Stain comes in many different colors. There are a number of types, and you will need to verify whether a stain is compatible with the surface you are staining and the finish that you have chosen. However, many finishes are available with certain stains already added, allowing staining and finishing in one step. Stains are often not required at all because most woods are beautiful in their natural color.

4. Sealer — Often the finish coats are also the sealer for the wood. Sometimes a special sealer is applied over stain before applying the finish coats. Some stains may interact with certain finishes and cause discoloration. A sealer is used to prevent this.
5. Sanding paper/sponge — 180 grit sandpaper is a good choice for preparing the raw wood for finishing. It is fine enough for good coating performance and coarse enough to allow excellent coating adhesion even on tightly-grained woods. 180 grit or higher is recommended for sanding between finish coats. If you are *refinishing*, you may wish use 120 or 150 grit to finish removing the old finish. A sanding sponge is very handy for sanding curves, corners, and odd shapes.
6. Stripper — If you are refinishing, most finishes will first require a chemical to soften the old finish so that it can be scraped off, washed off, or both. Scraping is usually done with a putty knife.

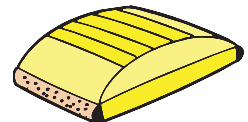
Helpful Information

Read the instructions for applying a finish with a brush and for spraying under Painter and Models. They will apply for Wood Finishing also, as will pre-cleaning, drop cloth, and cleanup instructions.

Things to Learn

1. ☐ Finish two wood items. List the items, perform the following steps properly, and have them checked by an adult.

	Project Name	Project Name
	<hr/>	<hr/>
Select the stain, sealer, and finish.	<input type="checkbox"/>	<input type="checkbox"/>
Pre-clean the item.	<input type="checkbox"/>	<input type="checkbox"/>
Sand the item.	<input type="checkbox"/>	<input type="checkbox"/>
Stain the item (if needed).	<input type="checkbox"/>	<input type="checkbox"/>
Clean up (if needed).	<input type="checkbox"/>	<input type="checkbox"/>
Seal the item (if needed).	<input type="checkbox"/>	<input type="checkbox"/>
Clean up (if needed).	<input type="checkbox"/>	<input type="checkbox"/>
Apply finish (sand between coats).	<input type="checkbox"/>	<input type="checkbox"/>
Clean up.	<input type="checkbox"/>	<input type="checkbox"/>



Date Completed _____

Category VI: Culinary Skills

Culinary means relating to the kitchen or having to do with cooking. Cooking is very important! Man cannot live without food, and most food needs some cooking. The Bible speaks much about food in general and specifically, and it also speaks about food being baked, broiled, and roasted.

You may wonder what men have to do with culinary arts. Actually plenty! Many men around the country are highly-paid chefs in expensive restaurants. Men generally prepare the food on ships, and always prepared it on the cattle drives in the old West. Man has always needed cooking knowledge. Most stoves have been designed and built by men. One must know quite a lot about cooking to build a cooking tool that needs to fit all the various cooking needs of a modern kitchen.

A man loves to eat! It often helps if he knows something about getting the food ready for his stomach. Many men love to barbecue and grill, and often do so for their families. Jesus told the apostles to prepare for the passover meal on the day of His last meal with them. *“Now the first day of the feast of unleavened bread the disciples came to Jesus, saying unto him, Where wilt thou that we prepare for thee to eat the passover? And he said, Go into the city to such a man, and say unto him, The Master saith, My time is at hand; I will keep the passover at thy house with my disciples.” And the disciples did as Jesus had appointed them; and they made ready the passover,”* —Matthew 26:17-19.



Chef

The word “chef” comes from the French phrase “chef de cuisine,” the chief or head of the kitchen. A head chef is in charge of everything to do with the kitchen and meals—menu planning, food purchasing, meal preparation, and cleanup.

“And the boys grew: and Esau was a cunning hunter, a man of the field; and Jacob was a plain man, dwelling in tents. And Isaac loved Esau, because he did eat of his venison: but Rebekah loved Jacob. And Jacob sod pottage,” —Genesis 25:27-29.



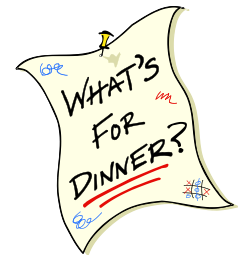
“Now therefore take, I pray thee, thy weapons, thy quiver and thy bow, and go out to the field, and take me some venison; and make me savoury meat, such as I love, and bring it to me, that I may eat; that my soul may bless thee before I die,” —Genesis 27:3-4. Isaac is speaking to Esau here. He wants Esau to go hunt a deer and cook him some “savoury” (pleasing to the taste) meat. We can see from the verses above that both men knew how to cook, and it appears that each knew how to cook well. Isaac loved Esau’s cooking, and Esau gave up his birthright for some of Jacob’s cooking. Men knew then, and have known throughout the centuries since, how to prepare that which is savory.

What You Will Need

A good cookbook

Helpful Information

- ◆ **Menu Planning** — When planning meals, make sure that you are planning a well-balanced and nutritious diet. Choose meals that everyone will enjoy. Start with simple meals that you know how to prepare. As you get more comfortable in the kitchen, find some different meals or new techniques that you would like to try.
- ◆ **Themed Meals** — Many of a chef’s meals are “themed”—the foods in the meal are prepared around the theme, such as “Surf and Turf” or “Late Morning Brunch.” Often themes are ethnic, such as “Italian,” “Mexican,” or “German.”
- ◆ **Grocery Shopping** — Be sure that your list is approved by an adult. Check prices and stick with your budgeted amount.
- ◆ **Preparing Meals** — Remember to keep track of time when you are cooking. Meals usually need to be served at certain times, so be sure to allow enough time to get everything done. Some dishes can be prepared ahead of time, and that may make things easier.
- ◆ **Cleanup** — This is very important! Be sure to leave your kitchen clean and well organized. It is much easier to work in a clean environment, and much healthier. The person that follows you in the kitchen deserves a clean work space.



Things to Learn

1. ☐ Complete the following in your notebook:
 - (1) What are some different kinds of chefs, and what do they do?
 - (2) Do you have a special meal or technique that you would like to learn? What is it?

Culinary Skills

2. ☐ Plan an approved daily menu consisting of breakfast, lunch, dinner, and a dessert or snack for five days. The different meals will not be required to be served all on the same day. It is only required that you serve five breakfasts, five lunches, five dinners, and five desserts or snacks.
3. ☐ Purchase the needed ingredients.

For all of the following meals, after creating the menu, set the table, cook the meal, serve the meal, clear the table, wash and dry the dishes and cooking gear, and put them away. Record your menu in your notebook. A sample is given.

4. ☐ Prepare five different breakfasts. The breakfasts may include cooked cereal, eggs (which can be served in different manners), pancakes, French toast, sausage, hash browns, etc. Cold cereal, coffee cakes, and doughnuts (unless homemade) are not allowed. *

A sample menu would be: fried eggs, English muffins and jam, orange juice, and hot tea or cocoa.



	Day 1	Day 2	Day 3	Day 4	Day 5
Create menu					
Set table					
Cook					
Serve					
Clear					
Wash					
Dry					
Put away					

5. ☐ Prepare five different lunches. Lunches may include soup, sandwiches, salad, and fresh fruit. *

A sample menu would be: tomato soup, grilled cheese, pickles, and milk.

	Day 1	Day 2	Day 3	Day 4	Day 5
Create menu					
Set table					
Cook					
Serve					
Clear					
Wash					
Dry					
Put away					

Culinary Skills

6. ☐ Prepare five different dinners. Dinners must include a cooked meat, chicken or fish (not hot dogs, pizza, or processed meats), potatoes (not chips, frozen potatoes, canned potatoes, or dried potatoes), vegetable, salad (composed of several fresh items such as lettuce, cucumber, tomato, green pepper, radishes, etc.), dessert, and a beverage. *

A sample menu would be: baked chicken, boiled potatoes, buttered carrots, green salad, banana bread for dessert, and milk or tea.

	Day 1	Day 2	Day 3	Day 4	Day 5
Create menu					
Set table					
Cook					
Serve					
Clear					
Wash					
Dry					
Put away					

7. ☐ Use an ethnic theme for at least one dinner.

As the requirements are completed, check the appropriate boxes in the chart.

** If you have prepared breakfasts, lunches or dinners for Man of the House, those meals may be counted toward Chef also. Any breakfasts, lunches or dinners that you prepare for Chef may also be counted for Man of the House.*



Date Completed _____



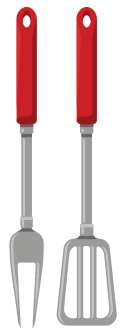
Grilling

Cooking on the grill is a favorite summer pastime, and many folks like to do it year-round even in cold climates. Many men love to barbecue on the grill almost as much as they love to eat the foods that come off the grill. Grilling offers a delicious fire-and-smoke flavor that simply cannot be achieved on the kitchen stove. Hamburgers, hotdogs, chicken pieces, and steaks are probably by far the most popular of grilled foods, but whole chickens, turkeys, roasts, fish, and all sorts of vegetables can be, and are, prepared on the grill all the time. Kabobs are a delicious way to combine meats and vegetables on the grill. Grilling is a skill that, once learned, is generally used regularly for a lifetime.



What You Will Need

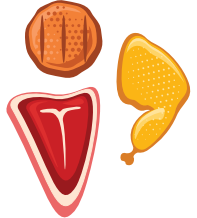
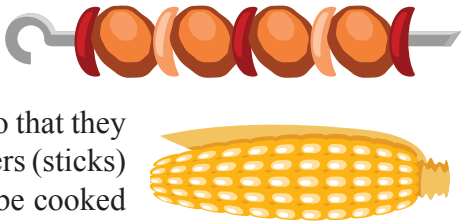
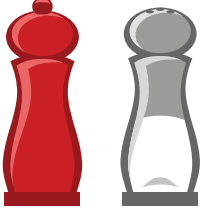
1. Grill — There are two major kinds of grills—gas-fired grills and charcoal-fired grills. Gas (propane) grills are more convenient. A gas fire starts instantly while one must wait for charcoal briquettes to become thoroughly lit (burning) to reach cooking temperature. However, cooking over charcoal inherently creates the distinct “smoked” flavor for which barbecuing is favored. There are briquettes that may be added to a gas grill that are designed to add some smoke flavor to the food. Many people cook on gas grills at home nowadays for the convenience, but still have small charcoal-fired grills that they use on campouts and picnics to get that real outdoor smoked flavor.
2. Lighter fluid — Lighter fluid is only needed for charcoal. It is a special liquid that is squirted on the charcoal in order to make it easier to light and burn long enough to heat the coals to a temperature at which they will remain burning by themselves. Do not attempt to use other flammable fluids to light your charcoal! Charcoal lighter fluid is specifically designed not to flash and cause harmful burns when it is ignited.
3. Utensils — Grilling requires long-handled (the longer the better) utensils. You will need at least a spatula, a fork, and tongs, and a basting brush if you wish to apply any sauce while cooking. A wire basket is handy for cooking anything that consists of small pieces. If cooking a large piece of meat, a meat thermometer is handy for checking doneness.
4. Aluminum foil — Foil can be placed underneath soft dishes like ultra-moist burgers or meat loaf so that the food does not sink between the bars of the grill and become difficult to remove without being broken or ruined.
5. Clothing — Heat resistant mitts will be needed to remove dishes or pans used on the grill. Soft, close-fitting leather gloves work nicely to protect one’s hands from the heat when working with utensils over the grill. Long sleeves help to protect one’s arms. Some type of glasses (even sunglasses) should be worn while grilling as protection from sparks and grease spatters.
6. Cleanup — A scraper and a grill brush (again, long handles are preferable) are needed to clean up the burnt-on grease and food debris left on the grill after cooking. Cleanup is most easily done by heating up the fire to its hottest point, burning any debris to a dry, crispy, flaky condition, and then scraping/brushing it from the bars of the grill.



Helpful Information

- ◆ Grills involve intense heat and flame, so the first issue is always safety. Keep all flammable items (including spare propane bottles and lighter fluid) away from the grill. Keep animals and small children away from the grill. Do not use a charcoal grill inside a building or closed space. Burning charcoal gives off carbon monoxide gas which becomes poisonous if it accumulates. Clean your grill after each use. Accumulated grease and debris can cause a grill fire. Do not cook the food too quickly causing hot grease to drip onto the flame. The grease will then flame up and ignite the food and grease on the grill. This is five times more likely to happen with a gas grill. If a grease fire occurs, close the lid and turn off the gas. Keep a fire extinguisher handy when grilling.
- ◆ Cooking on the grill usually requires moving and turning the food because it is so close to the heat and is usually not in a protective container like a pan. The food must be heated on alternate sides repetitively so as to cook through without being burned on one side or the other, though some searing effect is desirable. Sometimes food can be shifted to a slightly cooler part of the grill to keep it from overcooking.

Grilling Foods

- ◆ *Beef/pork/poultry* — Always check that meats are cooked completely through. Slice them to the center with a knife. For larger pieces, a meat thermometer can be used. 
- ◆ *Fish* — Fish and other seafood cook very quickly and need to be watched carefully. Fish can be brushed with oil before cooking to prevent sticking. Fish becomes flaky when it is ready to eat; if it is still glossy, it is not done. There are special grilling planks (boards) from apple, cherry, maple, etc, available for grilling. These make grilling fish easier, or aluminum foil can be used to cover the grate so that the fish is more likely to stay together.
- ◆ *Vegetables and kabobs* — The two most popular grilled vegetables are corn on the cob and potatoes, but many others cook up deliciously. Cut vegetables in the same size pieces so that they are done at the same time. Kabobs are metal or wooden skewers (sticks) onto which pieces of meat and vegetables can be pushed to be cooked together. The pieces are usually marinated beforehand. The meat is usually precooked on the grill before being combined with the vegetables since the vegetables cook much faster. 
- ◆ *Seasoning* — Grilled items taste great, but as with any cooking, some seasoning can really enhance the flavor. Salt, pepper, seasoned salts, or garlic salt are some of the most common. Try one or two at first—don't overdo it before you know what you are doing. Apply seasonings before grilling. Marinades also enhance flavor. If you use a marinade, soak the item in the marinade for a considerable time, and then apply seasoning. If you wish to apply a coating such as barbecue sauce as a final touch of flavor, do so when your food is nearly cooked, so that the sugars in the sauce are not ignited by the fire. 

Things to Learn

1. ☐ Write in your notebook three safety rules to be observed around the grill.
2. ☐ Explain in your notebook how to stop a fire in the grill.
3. ☐ Demonstrate how to safely start a fire in the grill.
4. ☐ Demonstrate heating the grill to cooking temperature.
5. ☐ Demonstrate how to clean the grill.
6. ☐ Grill a hamburger.
7. ☐ Grill a beef or sausage item.
8. ☐ Grill a poultry item.
9. ☐ Grill a fish item.
10. ☐ Marinade an item beforehand that you grill (such as a steak, chop, or kabob pieces).
11. ☐ Apply a sauce to an item that you grill.



Date Completed _____



Ice Cream Making

Ice cream is good, but homemade ice cream is even better, and more nutritious. It is truly a treat!

What You Will Need

Ice cream maker — hand crank or electric

Helpful Information

Ice cream is usually made with cream and milk, and then frozen. The higher the butterfat content, the creamier the ice cream will be. When making ice cream, you start with a base recipe, then flavorings or fruit and nuts may be added. Chill all the ingredients first. You may also make frozen yogurt and sorbets with an ice cream maker. Sorbets are made mostly with fruit and fruit juices, and are refreshing during the hot summer months.



Things to Learn

1. ☐ Demonstrate how to use an ice cream maker.
2. ☐ Make a good base ice cream recipe such as vanilla.
3. ☐ Make a flavor of ice cream of your choice.
4. ☐ Make either a frozen yogurt or sorbet.
5. ☐ Complete the following in your notebook.
 - (1) Why do you add eggs to an ice cream base?
 - (2) Does your ice cream maker use salt to help freeze the ice cream? If it does, explain why.

Tip: Follow the manufacturer's directions, and freeze your ice cream as fast as possible to avoid large ice crystals in your ice cream.



Date Completed _____

Category VII: Creative Skills

“Them hath he filled with wisdom of heart, to work all manner of work, of the engraver, and of the cunning workman, and of the embroiderer, in blue, and in purple, in scarlet, and in fine linen, and of the weaver; even of them that do any work, and of those that devise cunning work,” —Exodus 35:35.

Creative skills are just that. They are skills which use our creativity! “Creative” comes from the word “create.” God is the great Creator. He created the heavens and the earth, and all that is within them. He created us and gave us also the ability to create. Of course, we do not create the way God creates. When we say that we create, we mean that we make thoughtful, unique things from what He has given us.

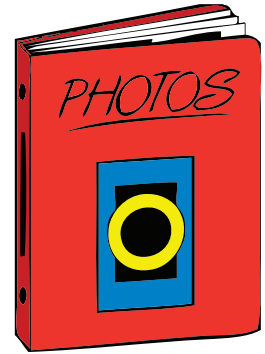
Creative skills are very important, and every Christian young man should develop such skills. He will then be better prepared for many things that he may need to do in life. These skills are always useful, practical, and economical. Plus, all the while, with each new skill, a young man is learning something new, and adding to his store of knowledge and experience. He is also developing valuable abilities to follow instructions, pay attention to details, and learn diligence and perseverance.

As the Bible verses say, the men’s hearts were filled with wisdom to devise cunning (creative) work.



Albums

An album is simply a book with blank pages used for making a collection. The collection can be photographs, drawings, stamps, short stories, poems, or even musical compositions. An album can be a journal plus pictures, or a record of a school year, or a favorite vacation. Albums are enjoyable to put together and make excellent mementoes. They help to keep our memories fresh, which is a good thing. Even the Bible tells us, *“I remember the days of old; I meditate on all thy works; I muse on the work of thy hands,”* —Psalm 103:2. All of us have things that we would like to remember, and albums help us to do just that. Try your hand at an album and save something to look back upon!



What You Will Need

A blank book, scrapbook, journal, or a three-ring binder. Be sure that the paper used is acid-free or usable in contact with photographs.

Things to Learn

1. Make an album of your choice.



Date Completed _____



Calligraphy

The word “calligraphy” comes from the Greek language and means “beautiful handwriting.” It certainly lives up to its name. Calligraphy is more than the basic cursive writing that we all learned in school. Calligraphy is stately, fancy, consistent writing that is almost an art form by itself. We can use calligraphy to produce artful notices on posters, write our favorite Bible verses on parchment papers for framing, or create antique script for nearly anything that bears writing. Calligraphy can be combined with other artistic techniques to create stunning posters, announcements, or plaques.



AaBbCcDdEeFfGgHhIi

What You Will Need

1. A calligraphy instruction book
2. Calligraphy pens — There are three types of pens that can be used for calligraphy.
 - ◆ Calligraphy markers — These are the easiest for beginners to use, although they tend to wear out with heavy use. You will find that when they begin to wear, the quality of your line definition will decrease.
 - ◆ Fountain pens — These are probably the most popular type of calligraphy pens. The fountain pen has a little plastic cartridge or fountain which contains the ink. Fountain pens usually come with several types of nibs. Nibs are the points attached to the end of a calligraphy pen. Differently shaped nibs provide different types of pen strokes. A variety of ink colors is also available.
 - ◆ Dip pens — This type of pen is preferred by the serious calligrapher. These pens are dipped into a bottle of ink. Different nibs are available as well as a variety of inks.
3. Pencil — A #2 pencil can be used to very lightly rule your margins and guidelines.
4. Eraser — A large eraser is handy to remove guidelines and margins when the project is completed.
5. Ink — There are two types of ink.
 - ◆ Waterproof — Waterproof ink is permanent ink and will not run after it has dried. However, it does tend to dry in, and gum up, nibs. It is necessary to clean nibs frequently while using this type of ink. Waterproof ink is usually considered colorfast, which means it will not fade over a period of time.
 - ◆ Washable — Washable ink is a water-based ink that can run after it dries if it is exposed to liquid. It is not considered colorfast. However, because it is more fluid than waterproof ink, working with it is much easier for beginners.
6. Papers — Ruled sheets of notebook paper are fine for learning and practicing. Copier and laser printer papers will work also. When you are ready to do a really nice piece of calligraphy work, you might choose parchment papers, heavy linen papers, or card stock papers. The important thing to remember is that the smoother the paper is, the sharper your letters will be.

Creative Skills

Things to Learn

1. ☐ Learn and write one alphabet (A through Z in a particular font). Write both the lower and upper case.
☐ Learn how to write the numerals and punctuation.
2. Make three calligraphy projects. One must be a Scripture verse.
☐ ☐ ☐

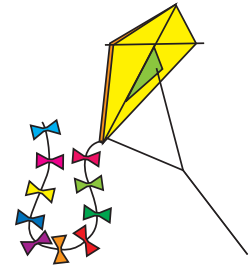


Date Completed _____



Kites

The construction and flying of kites can be an enjoyable pastime for the young and old alike. Kites come in all shapes and sizes, and can be constructed from many different materials. A creative mind can design and build a flyable kite in almost any shape, and assembling and flying a kite can be an informative and educational experience.



What You Will Need

1. A book about kites
2. Sail material — There are many different materials that you can use for kite-making including, “ripstop” (urethane coated nylon), Tyvek, plastic trash bag, cotton poplin, and various types of paper.
3. Spar material — Wooden dowels are by far the most common material used for spars. There are also many other materials available for the serious kite flier, including fiberglass, bamboo, epoxy tubing, aluminum tubing, carbon tubing, and graphite tubing.
4. Glue — You will need glues to assemble different pieces of your kite. Superglue, Elmer’s glue, and glue guns all work well in kite construction. You also may need some tape with certain types of sail material.
5. Scissors and knives — You will need scissors to cut your sail material. A knife or small saw will help you cut and notch the structural members of your kite.
6. Straight edge — A straight edge will help you make accurate, straight lines.
7. Flying tether — There are several different types of flying line available, including low-stretch cotton, waxed linen, braided nylon, and twisted or braided Dacron. The larger the kite, the stronger the line you will need.

Terms to Know

- ◆ *Tether* — The tether is the line by which you maintain control of the kite.
- ◆ *Sail* — The sail is the expanse of paper or other material that catches the wind.
- ◆ *Spar* — A spar is a structural member that supports the sail. Most kites have two spars—a vertical spar and a horizontal spar.
- ◆ *Bridle* — The bridle consists of two short lines that are connected from points on the upper and lower vertical spar to the tether. Although some kites do away with the bridle system, it has an important advantage of being able to adjust the tow point for wind conditions.
- ◆ *Tail* — A tail is attached to the bottom of the kite to provide extra weight and drag to stabilize the kite and keep it pointed upward.
- ◆ *Drag* — Drag is the force that the wind exerts against the sail of the kite. It is the resistance to the kite’s forward movement.
- ◆ *Lift* — Lift occurs because of the wind pressure or drag exerted on the angled surface of the sail.
- ◆ *Gravity* — Gravity is the downward pull of the earth. Lift is required for the kite to overcome gravity in order to fly. Gravity versus lift will determine the flying height.

Helpful Information

There are many tricks to flying a kite well that may only be learned through experimenting with your own kites. Some useful information and flying tips are provided to help you get started.

- ◆ A kite has three basic characteristics: a structure designed to gain lift from the wind, a tether to keep the kite from blowing away, and a bridle of two or more lines to control the face of the kite so as to maintain the proper angle to the wind. Most kites also have a tail for stabilizing effect.
- ◆ If you are experiencing trouble getting your kite to rise in the air, your tether may be attached to your kite's bridle at a point too low. Try adjusting it up in small increments until the kite shows that it wants to climb. You can also try reducing the tail length if there seems to be too much downward drag on the kite.
- ◆ If your kite rushes upward, swoops in tight circles, and then crashes down, your tether may be too high. Try adjusting it downward in small increments until the kite stabilizes.
- ◆ If your kite oscillates from side to side or shows other unstable behavior, try using a longer bridle. Make sure the bridle is of even length and tension.

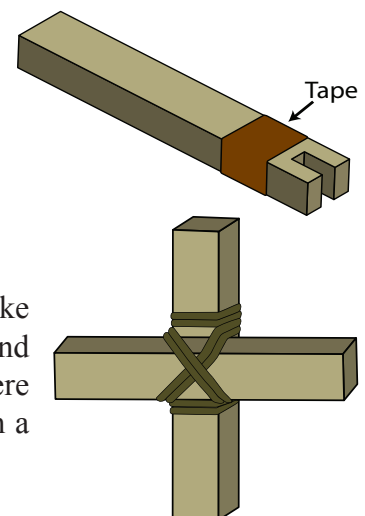
Safety Guidelines

- ◆ It is a good idea to wear gloves while flying a kite to keep the line from burning your hand.
- ◆ Whenever possible, try to fly your kite in an open field away from trees and power lines.
- ◆ If your kite does become entangled in power lines, never try to retrieve it.
- ◆ Avoid flying kites in wet or stormy weather, or with a wet flying line.
- ◆ Avoid using metal in the construction of your kite. An exception would be small screws or nails.
- ◆ Avoid flying your kite over public streets, or areas congested with people.
- ◆ Avoid flying your kite in a field strewn with rocks or other obstacles which can trip you.
- ◆ Avoid walking blindly backward when flying your kite.
- ◆ Also, avoid flying kites in close proximity to airports.

How to Build a Basic Bowed Kite

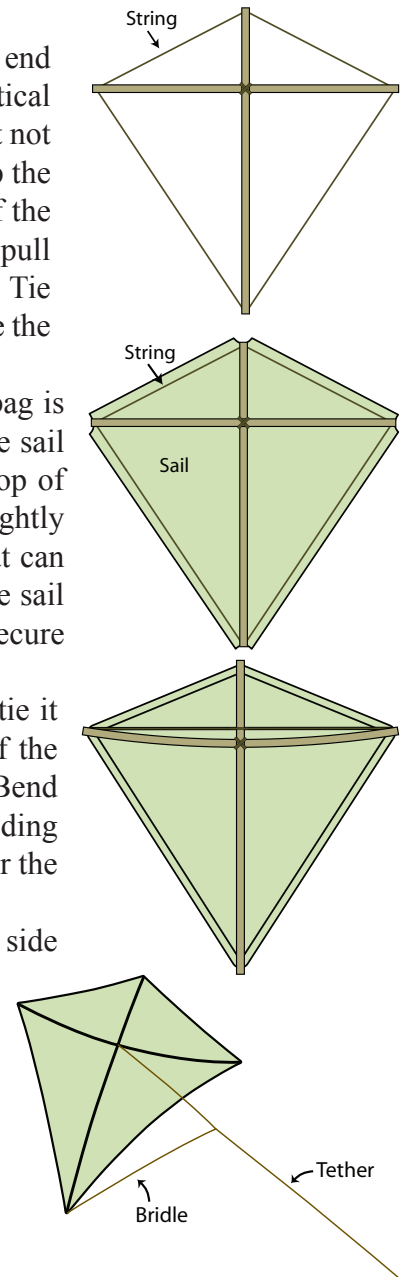
Below are instructions on how to build a bowed, two-stick kite. The materials for the spars and sail may be substituted with those of your choice, although this may alter the assembly instructions slightly.

1. You will need two sticks for spars to build this kite. The first should be a length of 26 inches for the vertical spar. The second stick should be a length of 22 inches for the horizontal spar.
2. Saw a half-inch notch into each end of each spar. Wrap some tape around the spar at the bottom of each notch to keep your spar from splitting. When you attach the spars, the notches should be aligned with each other so that a string can be drawn around the four ends of the spars.
3. Measure 7 1/2 inches down from the top of the vertical spar and make a mark. Measure 11 inches from either end of the horizontal spar and make a mark. Lay the horizontal spar on top of the vertical spar where both marks are aligned. Fasten the two spars securely together with a piece of string so that they are perpendicular to each other.



Creative Skills

4. Taking a long piece of string, tie a knot about 6 inches from the end of the string. Slip the string inside the notch on the top of the vertical spar. Pull the string so that the knot slides up against the notch but not through it. Wrapping the string around the outside of the kite, slip the string into the other three notches so that you end up at the top of the vertical spar again. Slip the string again through the top notch and pull the string taut. Do not pull so tightly that the spars begin to bend. Tie the string off at the top notch with the string pulled taut. Make sure the spars are still at right angles to each other.
5. Place a large plastic trash bag on the ground. The plastic trash bag is going to be used for the sail material. Place the kite frame on the sail with the vertical spar on bottom. Adjust the frame so that the top of the vertical spar is even with one edge of the sail. Cut the sail slightly larger than the kite frame so that there is about 1 inch of sail that can be folded over the string all the way around. Fold the edge of the sail over the string and secure with Scotch tape, strapping, or another secure tape.
6. Now you will want to bow the kite. Take a piece of string and tie it securely to one end of the horizontal spar. Slip the other end of the string through the notch on the other end of the horizontal spar. Bend the horizontal spar 2 to 3 inches and pull the string taut while holding the bow in the spar. Tie off the string so that the bow remains after the string is tied.
7. The next step is the bridle for the kite. Turn the kite so that the sail side is facing up. Take another piece of string about four feet long. Tie one end to the notch on the top of the vertical spar. Tie the other end to the notch on the bottom end of the vertical spar.
8. Wrap some more tape around the end of each spar outside the strings to further strengthen and secure the spars. Attach the tether line to the bridle slightly below the intersection of the two spars. You should attach the tether line to the bridle with a knot that can be loosened so as to allow adjustments up and down the bridle.



Things to Learn

1. ☐ Draw a picture of a basic kite and label the different parts.
2. ☐ Complete the following in your notebook:
 - (1) Explain how *lift* affects the flight of a kite.
 - (2) Explain how *gravity* affects the flight of a kite.
 - (3) Explain how *drag* affects the flight of a kite.
3. ☐ Make and fly a basic kite.

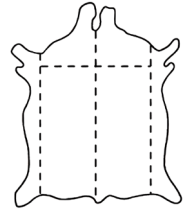


Date Completed _____



Leatherworking

The use of leather to fill the needs of man dates back all the way to the garden of Eden, where God used leather skins to give man his first clothes. This is where man learned to use leather. Since then man has used leather to serve his needs in countless different ways. Besides filling many practical uses, leather can also be very decorative. It can be worked with attractive designs and patterns to create items that offer both beauty and usefulness. Leather can be molded, shaped, decorated with patterns, burned, and colored. These various ways of decorating leather will enable you to turn commonplace items such as belts and wallets into works of art.



What You Will Need

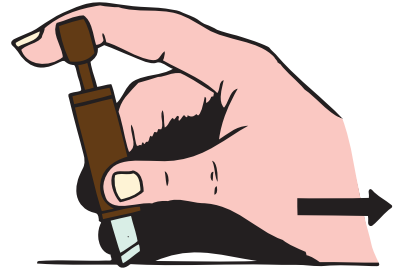
1. Leather — You will need a piece of leather on which to do your leatherworking. If you are new to leatherworking, you may choose to use a leatherworking kit which will come with pre-cut and ready-to-assemble pieces.
2. Pattern — You will need a pattern to transfer a design onto the leather.
3. Tracing film — You will need tracing film to transfer your pattern to the leather. Tracing film is sturdier than paper, and holds up much better when transferring patterns to wet leather (leather should be pre-dampened before working).
4. Stylus — You will need a ball point stylus to trace the pattern onto the leather.
5. Leather carving knife — A leather carving knife has an unusual shape, making it uniquely suited for working with leather.
6. Stamping tools — Stamping tools are used to imprint your design on the leather.
7. Wooden mallet or plastic mallet — You will use a wooden or plastic mallet with the stamping tools to imprint designs on the leather.

Helpful Information

- ♦ *Preparing the leather* — In order to trace, cut, and tool designs in leather, the leather must first be moistened. This is sometimes referred to as “casing the leather.” A common method of casing your leather is to place your leather on a doubled-over dry towel. Using a sponge and bowl, apply water to the surface of the leather in an even manner. Ideally, the moisture should reach the core of the leather evenly. Avoid over wetting. This will cause your leather to become soggy. After casing your leather, you must wait for the top grain to start coming back to its natural color before you begin tooling on it. If you immediately trace a pattern onto the leather using tracing film, your leather should be ready for working by the time you are finished tracing. As the top grain dries, it may become necessary to apply more water to keep the leather at the proper working moisture. The leather should remain damp for the best results. Avoid letting the core dry out. Apply water often enough to keep it moist. After moistening, let the top grain again return to its proper moisture level before continuing work.
- ♦ *Transferring the pattern* — Using a hard lead pencil, transfer your pattern to a piece of tracing film. Once you have transferred the pattern to the tracing film, you can then at any time transfer the pattern to the leather. You should tape the tracing film to the leather in order to keep it from moving while you trace. The pattern should be traced with a ball point stylus onto the leather. After it has been transferred to the leather, you are ready to begin your work.

- ♦ *Carving the pattern* — If the pattern has been transferred and the leather has been properly moistened, you are ready to begin carving the pattern into the leather. The first step to proper carving is learning how to hold the knife correctly.

The knife is held leaning away from the user with the index finger resting in the yoke as shown. The barrel of the knife is turned with the thumb and the second and third fingers with the wrist resting on the work surface to give added stability as shown. Do not lean the knife to the left or right while cutting, as this will result in undercutting. Always pull the knife toward your body, as this gives you the best stability and control.

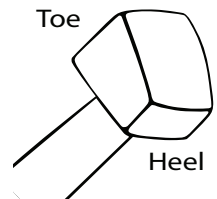


Apply downward pressure with your whole hand, not just the index finger on the yoke. Always keep your knife blade clean and polished, as this will result in the best leather carving performance.

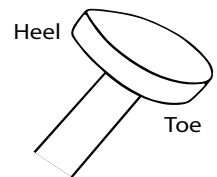
When cutting your pattern, you should cut the foremost objects first. This will help you think of your picture in terms of real depth perception and thereby avoid making mistakes while carving the pattern. Carving your leather is the most important step in leatherworking, as it prepares the way for tooling the pattern. Take your time and be careful. The leather knife does not have an eraser.

- ♦ *Tooling your design* — There are many simple tools available to those who tool leather. Each one is designed to leave a different impression in the leather when it is struck with a mallet. It is with these impressions that you can decorate your cut pattern in the leather. Below is a list of six basic tools and their uses.

1. *Beveler* — The beveler is used to bevel all the cut lines to the depth of the cut. The foot of the tool consists of two parts, which are the toe and the heel. The beveler is placed into the cut with the toe facing the foremost side of the cut. The foremost side of the cut is the side which you wish to leave raised the most. The foremost part of the design would be the part you wish to stand out the most. An example would be two leaves that overlap each other. The leaf on top would be the one in the foreground while the one in the back would be in the background. The toe of the beveler would then face the top leaf when beveling the cuts.



2. *Pear shader* — The pear shader is used to push down the leather in a smooth, slightly rounded manner. When used properly, it will give the design a three dimensional effect. This tool also consists of a toe and a heel with the toe being the rounded end and the heel the pointed end. When using the pear shader, you should follow the design. You should also start in the deepest areas you wish to depress with heavier blows with the mallet, and work your way to the shallower areas with increasingly lighter blows with the mallet.

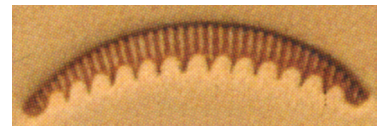
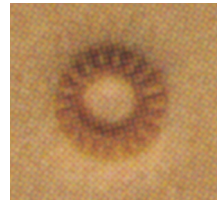


3. *Camouflage stamp* — The camouflage stamp is used to add various textures to your design. It is usually used first, as it sometimes overlaps edges which can be tooled out by the tools that follow. It also consists of a toe and a heel, and it is usually tipped slightly to one side to give a partial impression. Always work with the toe facing toward you to maintain proper spacing and alignment.



Creative Skills

4. *Seeder* — the seeder is used to make the seed pods of flowers or other similar effects. The seeder should be used when the leather has very little moisture left in it. It is held straight up and down to leave a full impression. Be careful not to strike it with the mallet too forcefully, as it can be driven completely through the leather due to its small size.
5. *Backgrounder* — The backgrounder is used to mat down the background area of your design. This gives the design in the foreground a bold relief. This tool should be used when the leather has very little moisture left in it. The leather should be almost, but not quite, dry. You should begin by carefully stamping against the objects in the design, and then fill in the open area by turning the tool and overlapping the impressions so that individual tool impressions cannot be seen.
6. *Veiner* — The veiner is used to give the effect of veins. It also consists of a heel and a toe. It is common to lean this tool when following cut lines so that a partial impression occurs. Notice in the figure how the angle of the tool was continually changed as it was moved along the curved line that it was being used to accent.



These are the most basic tools, and they are usually available together in a beginner's kit with their descriptions and detailed instructions for their use.

Figure 1 is a pattern displaying some designs that can be created using the six tools described in this section.



Figure 1

Things to Learn

1. Complete two leatherworking projects of your choice. These may include working a piece of leather you already own such as a belt, or buying a kit such as a wallet or key holder. ☐ ☐

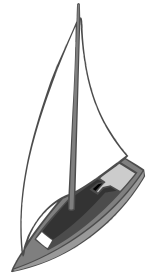


Date Completed _____



Models

“And thou shalt make the staves of shittim wood, and overlay them with gold . . .” — Exodus 25:28. God gave the Israelites many instructions that He wanted them to follow exactly when they built the tabernacle. Modeling is another wholesome form of recreation that also helps develop several skills. Two of these are following instructions and paying attention to details. It is very important to follow instructions when assembling a model kit. Many steps during assembly must be completed in order. The instructions list many details of assembly that must be accomplished properly.



Creative modeling, that is, making your own model from scratch, requires yet other skills. To create your own model, you must preplan many things. You must decide what size and scale to use. You must choose what materials you will use and how much of each that you will need. You will need to know the cost. You may even want to draw some sketches to serve as “blueprints” for your project. *“For which of you, intending to build a tower, sitteth not down first, and counteth the cost, whether he have sufficient to finish it? Lest haply, after he hath laid the foundation, and is not able to finish it, all that behold it begin to mock him,”* —Mark 14:28.

What You Will Need

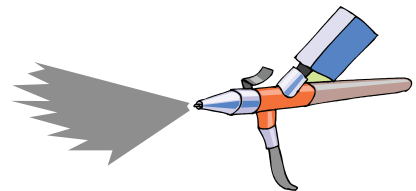
1. Model — Two model kits approved by your parent or leader.
2. Spray paint — You will need a can of spray paint to apply the base or main color for one of your models. Spray paint is available at a hobby shop, a hardware store, or where you bought your model.
3. Set of model paints — Model paints come as a set of small bottles of paint. They are very inexpensive and are available where models are sold.
4. Paint brush — You will need a small paint brush suitable for painting the details on your model.
5. Masking tape — Masking tape will be needed to protect certain parts of your model while you spray paint it.
6. Hobby knife — A hobby knife will be needed to accurately trim masking tape to the outline of any parts of the model that it is supposed to protect during painting.
7. Other materials — You will also need whatever materials will be necessary to construct a model that you will create on your own without a kit.



Helpful Information

- ♦ *Spray painting* — Spray painting has many advantages over brush painting. It covers large areas far more quickly than a brush could. It also provides a much smoother finish than paint applied with a brush, which always shows the brush strokes to some extent. Learning to spray paint on models is excellent experience that will prepare you for larger painting projects in the future. Spray paint is available in ready-to-spray cans from many sources and in a multitude of colors.

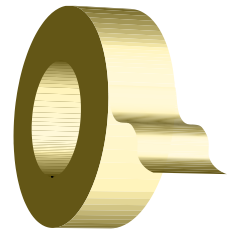
If you decide to spray paint or would like to spray custom colors, air compressors and spray guns are available that allow you to mix and spray any paint. Many modelers use a mini-compressor and a small air brush. Both are inexpensive and offer the same capabilities on a smaller scale.



When spray painting something like a model, place the model on several sheets of newspaper or some other protective material so that nothing in the vicinity will be damaged by the overspray. Do not try to paint the object in one coat. Spray several light coats of paint, waiting for each coat to become tacky before applying the next. Follow this technique carefully, especially on vertical surfaces, or your paint job will develop drips or runs.

The ability to spray paint is a valuable asset because the paint medium is so widely available, and it produces such professional-looking results. If at any time one wishes to recolor an item produced and painted in a factory, it would be desirable for the new finish to also look like a factory finish. That capability is available in a spray can and can be used on nearly everything. If you are familiar with it, as you mature, you will find many uses for it. It only takes a can of spray paint and a roll of masking tape to make a toy, a lamp, or even a bicycle look new and different. The possibilities are endless, and always professional-looking.

- ◆ *Masking* — Masking allows you to spray paint one part of an object without painting other adjoining parts of the same object. It protects the other adjoining parts from overspray. To mask any part of an object, tape over that part of the object before painting. Often there will be a line or crease between the part that is to be painted and the part that is not. If there is, press the edge of the masking tape firmly into the crease with your fingernail. If the crease is oddly shaped, use wider tape and overlap the crease on both sides. Press your fingernail into the crease to form a crease in the tape. Then, with your hobby knife, separate the excess tape by cutting along the crease with the point of the knife. Carefully peel away the excess tape and you are ready to paint! **Beginners should have adult supervision while using a hobby knife.**
- ◆ *Non-kit models* — A non-kit model may be a papier-mache volcano or pond scene. It may be a house or bridge constructed of matchsticks or popsicle sticks. It may be a carved block of wood or soap. It may be made of glued and folded cardboard and posterboard. It may represent a building, a machine, or anything in between. With a little paint and detail work, you may be surprised how good it might look. Do not be afraid to jump in and build something. Learning how is half the fun.



Things to Learn

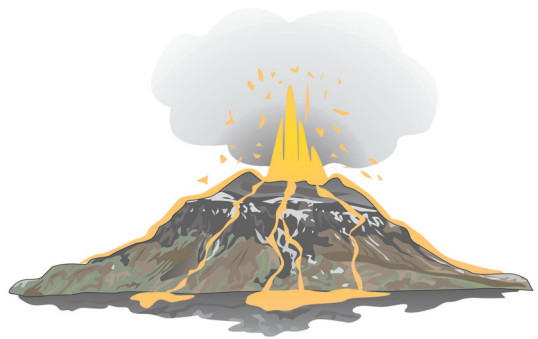
1. Build two models from kits from start to finish. Be sure to follow all instructions in proper sequence. □ □
2. □ On at least one model, use the method of masking and spray painting to paint the body or main parts of the model. A model car is a good project for this kind of paint work. The body can be painted while the windows and any other parts that need to be protected are masked. Be sure to properly mask all areas and parts that are not to be painted unless they are small items that are to be painted with a brush afterward. *
3. □ Hand paint your model including all possible details. If the model is a ship, this would include using different colors for ropes, chains, sailors' uniforms, and equipment. If the model is a car, this would include using different colors for door handles, different engine parts, instruments, and body trim. This can be done with a small set of model paints available at many local stores.

Creative Skills

Be sure to plan ahead on models that require painting. It is often much easier to paint some of the pieces before assembly and gluing.

4. ☐ Build one creative model (a non-kit model) such as a bridge from strips of balsa wood or a volcano from plaster of Paris or papier-mache. You might want to copy something you have seen in a picture. By the way, a little dry ice in the volcano adds a lot of realism and fun. Be careful, though, as dry ice can be dangerous and should only be used with parental supervision.

** If you have already completed spray painting for Painter, you may also count that for Models. If you complete the requirement here, you may count it for Painter.*



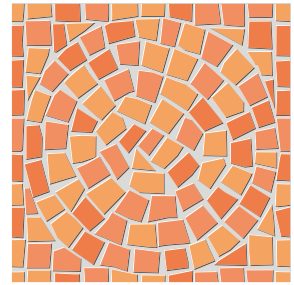
Date Completed _____



Mosaics

A mosaic is a surface decoration made by inlaying small pieces of glass, stone, or other material to make a picture. Mosaics can be quite simple or quite elaborate; quite small or quite large.

It is an interesting process to take many small pieces and form one large design. That is somewhat like the life of each one of us. Our lives are made up of small pieces—days, hours, minutes, and even seconds, and yet when combined, these small pieces of time will make up our entire life. These small pieces will form a picture or a design of who we are or were, and will be recorded forever! What will the mosaic of your life look like?



What You Will Need

1. A book on mosaics
2. A mosaics kit — Kits are available for beginners.
3. Mosaic surface — This could be a piece of wood, a vase, a box, a flowerpot, or a trivet. If it is a solid surface, you likely can tile it. Also, if the surface is porous, it should be sealed before using (this would include wood).
4. Pattern design — It is best to start with a simple design. There are many books and patterns available. Coloring books are also great resources.
5. Mosaic adhesive — Make sure the adhesive is weatherproof, waterproof, and dries clear.
6. Mosaic pieces — Ceramic tiles and glass tiles are a couple of the things that you can use for mosaic pieces (these are also called tesserae).
7. Grout — This is used to fill the spaces (these are called interstices) between the mosaic tiles in the design. There are many different colors available. Choose a color that contrasts with the design to make the design stand out. Unsanded grout is for very small spaces (less than 1/8") between tiles. Sanded grout is used for larger spaces (more than 1/8"). Do not wash grout down the sink!
8. Tile nippers and a glass cutter — The tile nippers are used to cut ceramic and other types of tile. They are not recommended for glass tiles. A two-wheeled mosaic glass cutter is used to cut glass tiles. Use only with adult supervision.
9. Rubber gloves — Wear them while working with grout. They will protect your hands and keep them clean.
10. Grout spreader — This tool is used to spread the grout and work it into the tile spaces. Don't spread the grout with your fingers. You might be cut by the edges of the tiles.
11. Sponges — You will need a sponge to clean the excess grout from your finished mosaic.
12. Tile and grout sealer — This will protect your mosaic piece, and should be applied after the grout has cured, and you are completely finished with your project.

Helpful Information

- ◆ Always wear safety glasses when cutting tile, glass, or mixing grout.
- ◆ There are different methods of applying mosaic tile to a project. The direct method is the simplest and best for beginners to use. You can apply glue to the back of a piece of tile, and then place it where you would like it on your design. You also could apply the glue to a *small* area of the mosaic surface, and then place the tiles onto the surface. Make sure that the gaps between the tiles are uniform. Let the tile adhesive dry at least 24 hours before applying the grout.

Tip: Working with grout can be messy, so wear old clothing when doing mosaics. Also, before you begin your project, be sure that you have enough materials to finish it!

Things to Learn

1. Make two different mosaic projects. ☐ ☐



Date Completed _____



Origami

Origami is the traditional Japanese art of folding paper to make different realistic objects, preferably without cutting or gluing the paper. The word origami comes from the words “oru” meaning folding, and “kami” meaning paper. Origami is an excellent skill to learn because it develops the abilities to plan, measure, and construct an item. In other words, origami requires “thinking”! And that is a good skill to have!



What You Will Need

1. A book on origami
2. Paper

Helpful Information

- ♦ *Paper* — Paper is the most important part of origami. You can use paper specifically made for origami projects, paper from around the house, or wrapping paper. For just starting out, and also for practice projects, plain copy paper works fine and is a nice weight. If you are making origami projects for gifts or cards, or to exhibit, you will want to choose your paper with care. Typical origami paper usually has a colored side and a white side. It is usually six inches square, but you can also find other sizes with which to work. Patterned papers and even foil papers are also available. Foil papers are best suited for experienced origami folders. Heavy paper is harder to fold than a lighter weight paper. After you have made some practice projects, you will know which type of paper is best suited for particular projects.

If your paper is too large, you can cut it down to the size that you need by using a ruler, and a personal paper trimmer, or a utility knife, or a pair of scissors. Whichever tools you decide to use, be sure that your finished paper is square.

- ♦ *Origami Designs* — All origami designs start with basic folding patterns. Once you have learned those folds, making origami projects will be much easier. Start with some beginning projects and work through to the more challenging ones. Also, working on a smooth, firm surface is best suited for origami. Accuracy is very important. When folding, make sure that your creases are nice and sharp, and also that you are carefully following instructions.

Things to Learn

1. Make 3 different beginning projects in origami. ☐ ☐ ☐
2. Make 3 different intermediate projects in origami. ☐ ☐ ☐
3. Make 2 different advanced projects in origami. ☐ ☐

Tip: Origami projects can be used to entertain children, be made for gifts, or used for album pages.



Date Completed _____



Photographer

Photographer is a sequel to the Photography skill. The Photography skill is somewhat basic, and its purpose is simply to acquaint the user with a camera, and to develop some comfort and ease using it. This is all that is needed for the occasional picture-taker. However, Photography does introduce one to a number of terms and concepts that are important in Photographer.



Photographer is for the next level of skill with a camera in which the user may intend to make it a serious hobby, and wishes to use lighting, positioning, distances, equipment, and photography principles to produce excellent results in varying circumstances.

What You Will Need

1. Camera — It is not necessary to own your own camera. If you have proven yourself responsible, you may be able to borrow one from your dad or someone else. The camera must be equipped for manual mode shooting.
2. Media — Film is needed for a film camera, and access to a computer is needed for a digital camera, as it will be needed to store and print images.
3. A photography book — A resource that teaches the basics of photography, including explaining the components of a camera and principles photographers use to create quality images.

Terms to Know

Learn what each of the following terms mean.

Focal length	Shutter speed
Angle of view	ISO number
Aperture	Light source
F-stop	Golden rectangle
Depth of field	Rule of thirds
Filters (explain types)	Lenses (explain types)

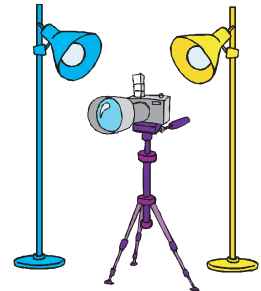
Things to Learn

1. ☐ Create a display board (with a film or digital camera) or digital slide show (obviously with a digital camera) on a computer made up of twenty-four images. Include a varied range of subjects and situations—people, flora, fauna, still life, action photos, landscapes, skyscapes, etc. Use bright, medium, and dim natural lighting as well as synthetic lighting. Try to use positioning, lighting, and any settings needed to create clear accurate images with creative or unique effects. Shoot everything in manual mode. For each picture, list in a notebook the lighting, positioning, camera settings, filter, lens, and any other preparation or equipment that was used for the shot.

Creative Skills

2. Explain each of the Terms to Know as to how it affects a photograph, and how it may be affected by some of the other terms, either when shooting with a film camera or a digital camera. Have your explanations checked by someone who is knowledgeable about photography.

- | | |
|--|---|
| <input type="checkbox"/> Focal length | <input type="checkbox"/> Shutter speed |
| <input type="checkbox"/> Angle of view | <input type="checkbox"/> ISO number |
| <input type="checkbox"/> Aperture | <input type="checkbox"/> Light source |
| <input type="checkbox"/> F-stop | <input type="checkbox"/> Golden rectangle |
| <input type="checkbox"/> Depth of field | <input type="checkbox"/> Rule of thirds |
| <input type="checkbox"/> Filters (explain types) | <input type="checkbox"/> Lenses (explain types) |



Date Completed _____



Photography

Photographs are an excellent way to preserve a memory. It is always a special experience to look through a photo album and remember events in our lives, events in the lives of others, family vacations, and time spent with friends. Photographs help us remember. That was just what Jesus did when He broke bread and said, “*This do in remembrance of me.*” He gave us a picture of what He did at Calvary so that we might use that picture to remember it so much the more. Any time is a good time to begin a collection of memories through pictures.



What You Will Need

1. Camera — It is not necessary to have your own camera. If you have proven yourself responsible, you may be able to borrow one from your dad or some other relative. It may be a film camera or a digital camera.
2. Media — If you are using a film camera, you will need several types of film which will produce their best results in different lighting conditions. If you are using a digital camera with reusable media, you will need access to a computer on which to store your photos, and you will need the proper equipment/cables to transfer your photos to that computer.

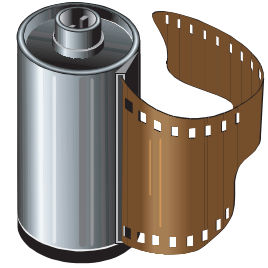
Terms to Know

- ♦ *Film/Sensor* — In a film camera the image is reproduced upon the film media. In a digital camera, the image is reproduced by the image sensor and stored in a digital format.
- ♦ *ISO Setting/Film Speed* — The ISO (International Organization for Standardization) value in a film camera is set by the ISO film speed chosen. In a digital camera it is a setting that can be reset for each shot because it simply adjusts the response of a sensor.
- ♦ *Shutter Speed* — Shutter speed is a term for how long the camera’s shutter will be open when you snap a picture. Slow shutter speeds leave the shutter open longer, and, therefore, expose the film/sensor to more light. Fast shutter speeds open and close the shutter very quickly, exposing the film/sensor to very little light.
- ♦ *Aperture* — The aperture is the size hole through which the film/sensor is exposed to light during a shot. The different aperture settings are controlled by the f-stop setting, which is actually the ratio between the aperture size and the focal length of the lens.

Helpful Information

NOTE: If you will be using a basic point and click camera, some of the information below about manual settings will not be pertinent to your camera. However, many digital cameras that offer these settings are finding their way into the market. All of these cameras offer excellent point-and-shoot capabilities, but in certain situations, using manual controls correctly will offer a better image, and this is part of learning the skill.

- ◆ Film speeds or ISO settings denote the film's light-sensitivity in a film camera, or the light sensitivity setting of the sensor in a digital camera. Films are available in different ISO speeds according to their light sensitivity. Low speed films are not very sensitive to light, but as films get higher in speed, they become more sensitive to light. Thus, high speed films are very sensitive to light. Faster films are denoted by higher numbers. Common ISO values fall between 100 and 800.



- ★ *High speed films* or higher *ISO settings* can be used indoors without a flash because they do not require much light. A film speed of 400 would be an example of a faster film. Using faster films creates grainier images, or subjecting a sensor to higher ISO settings introduces more digital noise into images. These effects are more pronounced when an image is enlarged. However, faster films/ISO settings are very effective for shooting moving objects which require faster shutter speeds.
- ★ *Medium ISO values* can be used outside or inside with a flash. A film speed of 125-200 would be a medium speed film.
- ★ *Slow ISO values* are excellent for pictures outside with bright sunlight, inside with very bright lighting, or from a very short distance with a flash. A film speed of 100 would be a slow speed film.
- ◆ *Camera Settings* — It takes the right combination of shutter speed, aperture setting, and ISO value to control the light needed for the film speed being used to provide a good picture. For instance, if you are shooting a moving object, you will not be able to use a slow shutter speed. If the shutter is open too long, the movement of the object will cause it to be a blur. In such a case, you must use a larger aperture setting and faster shutter speed.
- ◆ *Position* — It used to be said that the best positioning placed the light source behind the photographer and facing the subject. However, nowadays, cameras have become more sophisticated in the way they handle lighting conditions. Positioning can now often use light from different directions to create different effects. Experiment with positions and light sources to become familiar with some of these effects.

Things to Learn

NOTE: If you are using a basic point-and-shoot digital camera, or your camera does not accept different film speeds, simply complete the requirements that your camera allows. If you use a camera that offers the use of different film speeds and settings, complete all the requirements that your camera allows. In other words, develop some skill using the camera in manual mode, if possible.

1. ☐ Film camera: Demonstrate how to properly load and unload film.
Digital camera: Demonstrate how to install/remove the camera's digital media. Also demonstrate how to transfer images to a permanent digital storage device such as a hard drive or CD rom drive.
2. ☐ Demonstrate how to attach/detach and set the flash unit for closeups and more distant shots (if the flash unit is detachable/adjustable).
3. ☐ Demonstrate how to focus the camera.

Creative Skills

4. ☐ After experimenting, demonstrate how to shoot images with pleasing effects using lighting from different directions.
5. ☐ Shoot one roll of ISO 100 film (film camera), or at least 12 photos using the ISO 100 setting (digital camera). Experiment and record your camera settings (shutter speed and aperture setting) for each picture and compare how they turned out.
6. ☐ Shoot one roll of ISO 200 film (film camera), or at least 12 photos using the ISO 200 setting (digital camera). Experiment and record your camera settings (shutter speed and aperture setting) for each picture and compare how they turned out.
7. ☐ Shoot one roll of ISO 400 film (film camera), or at least 12 photos using the ISO 400 setting (digital camera). Experiment and record your camera settings (shutter speed and aperture setting) for each picture and compare how they turned out.
8. ☐ Demonstrate the ability to shoot moving objects with clarity and accuracy.



Date Completed _____



Woodburning

Woodburning is an excellent hand skill. It takes no artistic talent or ability, but does require some patience in tracing patterns. With a little practice young people can create very nice projects.



What You Will Need

1. Woodburning tool — These tools are available from most craft stores.
2. Pattern — Patterns can be readily purchased, or if you wish, you can draw your own.
3. Graphite paper — This is a special paper for transferring your pattern onto your piece of wood. It is available from most craft stores.
4. Stylus — A stylus is a simple tool that is used to transfer your pattern onto wood.

Helpful Information

- ◆ Since some patience and coordination is required, the recommended minimum age for woodburning is about ten years old.
- ◆ A hot woodburning iron can cause burns if not handled carefully. Unless the student is older and very capable, an adult should supervise the actual burning of the project.
- ◆ Be sure to observe the Safety Guidelines which will accompany the purchase of your woodburning tool.
- ◆ Practice different strokes on scrap pieces of wood until you become familiar with them. This will help you achieve the desired effect on your project.
- ◆ Select a simple design for a first project.
- ◆ When transferring your pattern to the wood, it is helpful to tape it down to prevent it from moving as you rub with the stylus.
- ◆ Applying a sealer to the project, when finished, will protect your woodburning from accidental spills or water damage. After applying sealer to the raw wood, a light sanding with very fine sandpaper and a second coat of sealer are recommended to thoroughly seal the project. Depending upon the finish that you want to achieve, this process may be repeated several more times.

Special Woodburning Tips

- ◆ In woodburning, slower means darker. If you want richer lines, slow down.
- ◆ For greater control, always move the pen toward you.
- ◆ If you are about to try an unfamiliar pen move, first practice on the back of the piece.
- ◆ In any shading situation, start light, and, if necessary, go back to darken.
- ◆ Before sealing, use a soft eraser to remove any transfer lines left after burning.
- ◆ Be careful around your pen. Avoid touching the point or ceramic point holder.
- ◆ Hold your pen lightly. Squeezing it will fatigue your fingers, and make them hot too!
- ◆ Experiment and have fun!

Creative Skills

Things to Learn

1. ☐ Demonstrate how to use graphite paper and transfer a pattern onto a wood project.
2. Demonstrate how to produce the effects below with a wood-burning tool.
☐ Fine line ☐ Bold line ☐ Shading
3. ☐ Complete one woodburning project and finish with a clear sealer.
4. ☐ Complete one woodburning project with the addition of a little color to the finished piece. Use paints or oil color pencils. Finish with a clear sealer.



Date Completed _____



Woodcarving

Woodcarving can be a handy and enjoyable skill to master. The ability to create beautiful objects from mere lumps of wood or add personal touches to tables, picture frames, or other large items can be an inexpensive way to create very unique and beautiful things. Once it is mastered, it can easily be a lifelong pastime that can be shared with many others.



What You Will Need

1. Carving knives — A jackknife is the most common and versatile carving knife, although there are many different types of specialized knives. Comfortable handles are very important, for you will be working with your knives for long stretches. Also, carbon steel cutting blades are best for both maintaining sharpness and resisting breakage.



- For simple carving projects, a knife is the only tool needed, but if you decide to do more elaborate carvings, you may choose to use some of the other carving tools available.
2. Chisel — Carving chisels are different from other wood chisels in that they are tapered on both sides and are usually thinner for easier cutting. A number of different types of cuts are made more easily with a chisel than with a knife. Chisels come with many differently shaped blades, such as round blades for making concave or convex surfaces quickly and easily.
 3. Parting tool — The parting tool is really just two chisels joined together at an angle. With two cutting edges, you can make v-shaped cuts very quickly and easily. The only disadvantage is that when you make a turn in the wood, one edge cuts with the grain and the other cuts against it. To avoid fraying the wood, start with narrow cuts and reverse directions, making them wider.
 4. Sharpening equipment — Always keep a sharp edge on your carving tool. A dull carving tool is far more dangerous than a sharp one. Therefore, you should try to always keep your carving tools as sharp as possible. An electric bench grinder is an easy way to keep a sharp edge on your blades if you are skilled in its use. Using a sharpening stone takes a little longer but works just as well.
 5. Rasps — Rasps are again not required but can be very useful in rounding off corners once you cut the top and side views of your carving. They can quickly prep your project for carving by rounding or shaping an area, or by removing a large quantity of material from an area quickly.
 6. Saw — A saw is needed to cut out your chunk of wood for carving from its original form into the size that you wish to carve. The size and type of the saw used depends on the size of your project.
 7. Finishing products — If you decide to apply a finish to your project, you will need various items including sandpaper, paints, stains, and brushes. The items required depend on your choice of finish.
 8. Gilding and bronzing — Carvings are sometimes finished with decorative metallic finishes. Gilding is the process of applying gold leafing or creating a gold-plated finish. Bronzing is done by applying a bronze powder to create a bronze-plated effect.



Terms to Know

- ◆ *Line Carving* — Line carving is done on the surface of a flat piece of wood. It consists simply of lines carved in the surface that create an indelible sketch or picture. Line carving is similar to woodburning, except that it uses cutting tools.
- ◆ *Relief Carving* — Relief carving is also done on a flat piece of wood. However, reliefs are cut in the wood to produce a three-dimensional effect, such as a face or pattern carved into a flat piece.
- ◆ *Carving in the Round* — Carving three-dimensional figures or objects is called carving in the round or in-the-round carving.

Helpful Information

- ◆ The best kinds of wood for carving are basswood, mahogany, some types of pine, and walnut. There are around ninety species of pine growing in North America. Most are good for carving.
- ◆ When choosing your wood, use one that is not too hard or too full of resin, both of which can dull your tools very quickly. Also, be sure that the piece is free of knots. Knots are extremely hard, and tend to separate from the rest of the piece.
- ◆ If you can, use a piece cut from the center of the tree for your carving because it will be dryer, denser, and more free of resin.
- ◆ Freshly cut wood is usually much easier to carve than it will be once it has dried, particularly in the case of a hardwood.
- ◆ The closer the grain of your wood, the easier it will be to carve it. If taking your wood from a log, the best way to compare the closeness of grain is to look at a cross cut of the log. If the circles are close together, it is a tightly grained wood; the opposite is true if they are spread apart.
- ◆ If you plan to leave your finished carving natural (without paint or stain), the best-looking woods to use are walnut, apple, cherry, and plum. These woods have well defined grains and are much prettier than other woods when left in their natural state.
- ◆ When buying your carving tools, start with just a few. In this case, quality is always better than quantity. It is possible to do a complete carving with only a quality jackknife.
- ◆ Always try to get quality carbon steel tools, because they will stay sharper longer and be easier to sharpen when they become dull.
- ◆ When sharpening your blades on an electric grinder, be very careful to go slowly and keep a container of water handy to cool them after a few seconds of grinding. Never let the blade become too hot. If the blade overheats, it will destroy the temper of the steel. Temper refers to the inner strength of the steel. You will know that the temper has been lost on your edge if it discolors. If it does, cool the edge and resharpen it. When the discoloration disappears, you should be beyond the damage.
- ◆ Though chisels may be sharpened on an electric grinder, knives should always be sharpened on a sharpening stone. It is not possible to put a proper edge on a knife using a bench grinder.

Safety

- ◆ Always work in a well lit area.
- ◆ Cut away from your hands and person with your knife. It is almost never necessary in carving to cut toward any part of your body. If for some reason you must, be sure to observe proper two-handed cutting technique as depicted below in Figure 1.

Creative Skills

- ◆ Always use a two-handed approach to cutting with a knife. Hold your project in the palm of your hand and use your thumb to push the blade through the work while pulling on the handle with your other hand. This push-pull technique gives you a very controlled stroke. Push with the thumb near the base of the blade and cut with the upper one-third of the blade. Figure 2

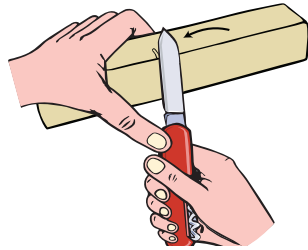


Figure 1

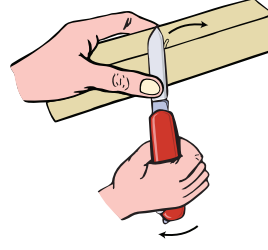
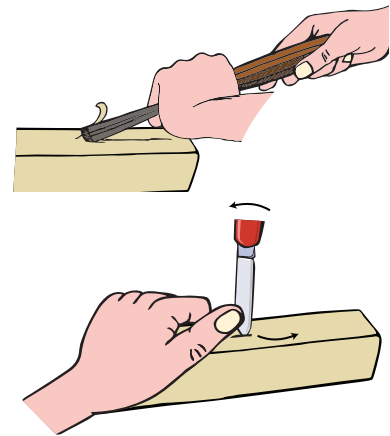


Figure 2

- ◆ When using a chisel, use the same type of two-handed operation that you would use with a knife. Work the handle of the chisel in one direction with one hand while using the other hand as a pivot point pushing in the other direction against the blade.
- ◆ Most carving cuts use a basic slicing motion, but for difficult cross-grain cuts, you may find yourself using what is called a draw cut or a rocking cut. In these cuts the point of the knife is forced down into the wood and may even be rocked back and forth to penetrate the wood. If you are using a jackknife, be sure not to push too hard, or the blade may fold unexpectedly, causing injury.



Things to Learn

1. ☐ Demonstrate how to properly sharpen a knife. See Pocketknife.
2. ☐ Demonstrate how to sharpen a chisel on a sharpening stone.*
3. ☐ Demonstrate how to sharpen a chisel on a bench grinder.*
4. ☐ Demonstrate proper two-handed carving with a knife.
5. ☐ Demonstrate proper two-handed carving with a chisel.*
6. ☐ Demonstrate how to cut a line with a knife.
7. ☐ Demonstrate how to cut a vee with a knife.
8. ☐ Demonstrate how to cut a line with a chisel.*
9. ☐ Demonstrate how to cut a vee with a chisel.*
10. ☐ Complete a simple example of line carving.
11. ☐ Complete a simple example of relief carving.
12. ☐ Complete a simple example of in-the-round carving.
13. ☐ Apply a wood finish (stain, varnish, or both) to one of your carvings.
14. ☐ Paint one of your carvings.

* If you do not have access to the tools required for this step, you may omit it.



Date Completed _____

Category VIII: Scholarship Studies

“Ye are the light of the world. . . . Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven,” —Matthew 5:14,16.

God says that we are to be light. The world needs light. It was said of the apostles that they “turned the world upside down.” They were leaders. They definitely shed light in the world. They did not seek to be leaders, but they were prepared—prepared by Jesus. Many in this world seek to be important—or to be “leaders” of a sort, but they are often not prepared. They lack light. They lack *learning*.

However, the apostles simply sought truth and were willing to teach it to others. They were willing to live by the truth, and teach others about Jesus, Who is the Truth; that is what turned the world upside down. The apostles were true light, because they spread what they had learned—the truth. And throughout their lives that light did shine forth. How desperately we need some Christian leaders to learn truth, to rise up, and to persuade men with their words and their lives!



Academic Studies

Academics are important! Study increases our understanding of the world around us and puts present happenings in perspective with history, geography, and science. Of course, study of God's Word is the most important study of all. We can compare all the new things we learn with the Bible to see if the new things are true or false. In practical matters, a good command of language skills helps us to communicate with others. Good math skills help us to be good stewards of what we have. Understanding how things work aids us in functioning in this technological world. Never stop learning!



Helpful Information

Select a topic of study, list your goals for the study, and compile a curriculum, study books, and information on the topic.

Things to Learn

1. ☐ After you have completed your study, write an essay about what you learned and found interesting on your topic. Include the following information in your essay:
 - ◆ What was the value of what you learned?
 - ◆ How does it benefit your present life?
 - ◆ How will it benefit your future life?
 - ◆ How will you use the information gained from the study?

Academic Study Categories

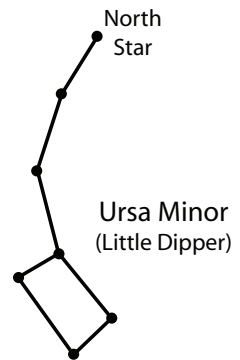
<input type="checkbox"/>	Academics	\$	Mathematics 6
<input type="checkbox"/>	Aerospace	\$	Native American History
<input type="checkbox"/>	Ancient History	\$	Noah's Flood
<input type="checkbox"/>	Astronomy	\$	Penmanship
<input type="checkbox"/>	Biology	\$	Reading
<input type="checkbox"/>	Chemistry	\$	Reading 1
<input type="checkbox"/>	Creation	\$	Reading 2
<input type="checkbox"/>	Creation Science	\$	Reading 3
<input type="checkbox"/>	Cultural Awareness	\$	Reading 4
<input type="checkbox"/>	Dinosaurs	\$	Reading 5
<input type="checkbox"/>	Earth Science	\$	Reading 6
<input type="checkbox"/>	English	\$	Science
<input type="checkbox"/>	English 1	\$	Science 1
<input type="checkbox"/>	English 2	\$	Science 2
<input type="checkbox"/>	English 3	\$	Science 3
<input type="checkbox"/>	English 4	\$	Science 4
<input type="checkbox"/>	English 5	\$	Science 5
<input type="checkbox"/>	English 6	\$	Science 6
<input type="checkbox"/>	Geography	\$	Science Projects
<input type="checkbox"/>	Government	\$	Spanish Culture
<input type="checkbox"/>	Grammar	\$	Spelling
<input type="checkbox"/>	History	\$	Spelling 1
<input type="checkbox"/>	Jewish Culture	\$	Spelling 2
<input type="checkbox"/>	Jewish History	\$	Spelling 3
<input type="checkbox"/>	Map Skills	\$	Spelling 4
<input type="checkbox"/>	Mathematics	\$	State Capitals
<input type="checkbox"/>	Mathematics 1	\$	US Geography
<input type="checkbox"/>	Mathematics 2	\$	US History
<input type="checkbox"/>	Mathematics 3	\$	US Presidents
<input type="checkbox"/>	Mathematics 4	\$	World Geography
<input type="checkbox"/>	Mathematics 5	\$	World History



Astronomy

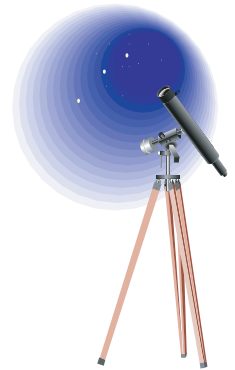
One of God's most awe inspiring creations is not far away. You do not have to travel to see it. It is the night sky. On a clear night the multitude of stars is beautiful! The Bible speaks of the stars often. *"Is not God in the height of heaven? and behold the height of the stars, how high they are!"* —Job 22:12. *"Canst thou bind the sweet influences of Pleiades, or loose the bands of Orion?"* *"Knowest thou the ordinances of heaven?"* —Job 38:31, 33.

The stars are not only objects of beauty to be admired. They have been very useful tools throughout the history of mankind. Each and every star was made by God and placed by His hand. As we gaze into the sky at night, we can see the great power and magnificence of our mighty God written across the heavens. As you learn to name the stars and understand more about them, think on Him Who made the stars, and praise Him! Praise His name in all the earth!



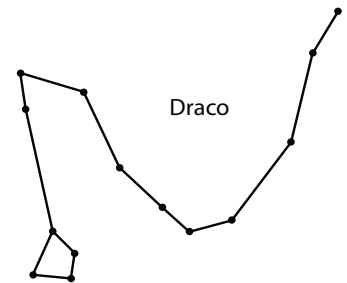
What You Will Need

1. Book — You will need a book that explains astronomy in general, and gives you some information about the constellations and their positions at different times of the year.
2. Telescope — A telescope may also be useful as your interest in astronomy grows, and you wish to study it in much greater detail. It is not at all necessary, though, in gaining an understanding of the stars, the constellations, and their relationships to the seasons.

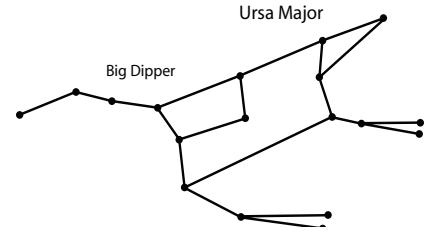


Helpful Information

- ◆ Unlike planets, stars have "fixed" positions in the heavens. Although they themselves do not really move in relation to us, this does not mean that we always find them in the same place in the night sky. As the earth works its way around the sun in its yearly orbit, we are looking at the stars from a continually changing viewpoint. Thus, they appear to us to be in continually changing positions. See the Outdoor Life skill for an illustration of the different positions of the Big Dipper during the different seasons.
- ◆ Constellations are large groupings of stars or areas of the night skies that contain certain stars. They often can contain a smaller star grouping that is called an asterism. The Big Dipper is an asterism contained within the larger constellation of Ursa Major.
- ◆ Certain constellations seen during one season may not be visible in a different season. Also, some constellations may be seen from the northern hemisphere throughout the year while never being seen from the southern hemisphere, and vice versa. There are five constellations known as polar constellations that can usually be seen during the entire year from much of the Northern Hemisphere. They are Ursa Major (Great Bear, also contains the Big Dipper), Ursa Minor (Little Bear, also contains the Little Dipper), Cassiopeia (the Queen), Cepheus (the Monarch or King), and Draco (the Dragon).



- ◆ In the Northern Hemisphere the North Star is the most useful star for finding directions and some of the minor constellations. The North Star is easily identified because it is at the end of the handle of the Little Dipper and is directly in line with the two stars that make up the end of the ladle in the Big Dipper.
- ◆ Some of the planets can also be seen in the night sky, though it is filled with so many stars that it can be difficult to distinguish those planets from the many stars. The planets are also more difficult to find because they are not only seen from different angles because of the earth's orbit, but they move in orbits of their own. For this reason, any directions for finding the planets must be very time specific.



Planets can also be distinguished by the fact that their light does not twinkle like the light from stars. This is not a very reliable test, however, since it depends greatly on a planet's atmospheric conditions.

- ◆ Astronomy should **NOT** be confused with astrology. Make sure any books you use are first approved by your parents or leader.

Things to Learn

1. ☐ Complete the following in your notebook:
 - (1) Name the nine major planets in our solar system. Name them in order from the closest to the sun to the farthest away from the sun.
 - (2) Name them in order from the smallest to the largest.
 - (3) List two different ways the science of astronomy is useful.
2. ☐ Find and identify the constellation known as the Little Dipper.
3. ☐ Find and identify the constellation known as the Big Dipper.
4. ☐ Find and identify the North Star. Use the Little Dipper and/or the Big Dipper to make sure that you have the right star.
5. ☐ Find and identify the constellation known as Cassiopeia, the Queen.
6. ☐ Find and identify the constellation known as Cepheus, the King.
7. ☐ Find and identify the constellation known as Draco, the Dragon.
8. ☐ Find and identify one more constellation that may only be visible in certain seasons.
9. ☐ Demonstrate how to tell directions (North, South, East, and West) from the stars. Tip: Use the North Star.
10. ☐ Try to find Venus. After the sun and the moon, Venus is the brightest object in the heavens, and it can be safely looked for to the west after sunset, and to the east before sunrise, during the appropriate time of year.
11. ☐ Try to find Jupiter. Jupiter is also much brighter than any of the stars and much larger and may be seen easily during the appropriate time of year.
12. ☐ Try to find Mars. Mars is easily distinguished by its reddish color and will be very bright when near the earth. However, when it is at some distance from the earth, it will look like some of the reddish stars.

Note: You are not required to find all three planets (Venus, Jupiter, and Mars). If you are unable to find all three, try to find at least one.



Date Completed _____



Biography

A biography, which is the story of someone's life, lets us take a peek into another's life. We can learn much from reading about others. God seemed to think it was very important also, because He included many life stories in the Bible—some long and some brief, but all for instruction. He knew that we could not only learn about these people, but we could also learn from their experiences.



His intention is for us to learn about Him, and how He deals with people. There is an old adage which goes something like this: "The wise man learns from the mistakes of others; the foolish man makes the same mistakes." Reading the right biographies can sometimes help us become wiser.

Things to Learn

1. ☐ Read ten biographies. In your notebook, record the following information. From each biography list the following: subject (person), title, author, and five useful lessons that you learned.
2. ☐ Read five biographies (stories) of people in the Bible. In your notebook, record the following information: list the subject (person), title, author, and five useful lessons that you learned.

Subject	_____
Title	_____
Author	_____
1.	_____
2.	_____
3.	_____
4.	_____
5.	_____



Date Completed _____



Foreign Language

Being able to speak in another language opens one's communication to a whole new land of people. The Apostles carried the Gospel to people of many languages. Learning a foreign language while you are young prepares your mind for easier language learning when you are older. Who knows where God may call you someday to do His Kingdom's work?



Things to Learn

1. ☐ Choose a foreign language that you would like to learn, and write the answers to the following questions in your notebook:
 - (1) What language have you chosen?
 - (2) Why did you choose this language?
 - (3) What country or countries predominantly speak this language?
2. ☐ Choose a country from those that speak this language, and research the geography, history, economics, religion, and favorite pastimes of the country. In your notebook, write a small report about the country using this information.
3. Learn the following expressions in your chosen language.

<input type="checkbox"/> Please	<input type="checkbox"/> Thank you	<input type="checkbox"/> You are welcome
<input type="checkbox"/> Good-bye	<input type="checkbox"/> Hello	<input type="checkbox"/> Good morning
<input type="checkbox"/> Good afternoon	<input type="checkbox"/> Good evening	<input type="checkbox"/> Excuse me
<input type="checkbox"/> How are you?	<input type="checkbox"/> I am well. And you?	<input type="checkbox"/> Jesus loves you
4. ☐ Spell the words involved in these expressions in either their native language or with an English alphabet if it applies.
5. ☐ If possible, find and memorize John 3:16 in your chosen language.
6. ☐ Learn about the spiritual condition of the country that speaks this language. (Perhaps your church has a missionary there.)
7. ☐ Pray for the people of that country on a regular basis.

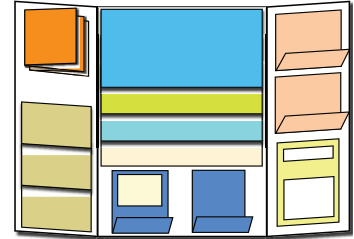


Date Completed _____



Lapbooking

What is a lapbook? Lapbooks are miniature unit studies or studies on a particular topic. Lapbooks are usually created by students out of file folders. They contain a variety of information which may include pictures, drawings, minibooks or foldouts, and written notes. They are great fun to make! Every student should know how to make a lapbook!



What You Will Need

1. A book or other information on lapbooking — There are also some kits available that should include enough of the basic instructions and supplies to help you get started.
2. File folders — These are the mainstay of lapbooking, and come in several different colors. They are the base to which you glue, tape, or stitch booklets, information, pictures, etc. There are many different ways that you can fold them and add extensions to them. When working with the folders, it helps to work on a firm surface.
3. Adhesives — Double stick tape, paste, glue, a good glue stick, or any acid-free adhesive product.
4. Things to put in your folder — These could include booklets, pictures, brochures, reports, stickers, or anything that you are compiling about a certain subject.

Helpful Information

- ◆ To make a basic lapbook, start with a folder opened up in front of you. Fold the left edge of the folder toward the center crease and press the folded edge firmly to sharpen the new crease. Repeat with the right side. This is your basic starting point for a lapbook. You can stop here, and fill it up with whatever you choose.
- ◆ An important thing to remember is that you usually make a lapbook *after* you have finished gathering all of your information. That way you will be able to arrange things the way that you want them, and also you will be sure to have enough room for what you want in your lapbook.
- ◆ To make a lapbook with an extension, you will need two basic lapbooks (folders) and glue. Unfold the lapbooks and place them side by side on a table in front of you. Take the two short flaps that are next to each other, and fold them up to place them back to back. These are the two parts that you will be gluing together to form a longer lapbook. You will find that you still will be able to fold the lapbook closed, though a little differently than the basic lapbook. There are other ways to expand a lapbook. Experiment to see which ways that you like the best.
- ◆ A lapbook can contain information that you have gathered on a particular topic. If you are doing a unit study, each time you have a lesson, you can make a mini book for your lapbook. When you are finished with the unit study, arrange the mini books in your lapbook. Other special touches can be added such as memorabilia, stickers, pictures, journal notes, and more. Pockets also can be added to hold special items. There are different ways to add closures to your lapbook such as brads and string, or eyelets and ribbon.

Things to Learn

1. Demonstrate how to:
 - ☐ Fold a lapbook
 - ☐ Fold a lapbook with extensions
2. ☐ Make a lapbook on a subject of your choice.

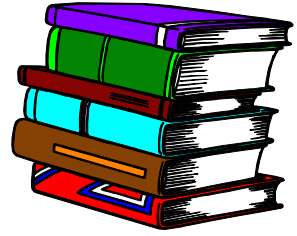


Date Completed _____



Literature

“And the book is delivered to him that is not learned, saying, Read this, I pray thee: and he saith, I am not learned,” —Isaiah 29:12. Christian boys should be knowledgeable. When we read, we should have a purpose for our reading. What is it that we want to learn? What would we like to know more about? This section requires using a variety of reading materials in order to broaden our minds and open new doors of learning. School will simply not supply all the learning we need to be competent adults. Let us not need to say, “I am not learned.”



Things to Learn

1. ☐ Read 25 books selected from the following categories:

- (1) Biography - 3 books
- (2) Nature & Science - 1 book
- (3) History - 1 book
- (4) Poetry - 1 book
- (5) Geography - 1 book
- (6) Hobbies - 1 book
- (7) The remainder of books can be your personal choice within the realm of good Christian literature.

Note: Any books credited to this skill may also be credited to others skills to which they might apply.

In your notebook, keep a record of each book similar to the sample below.

Title _____ Type _____ Author _____
--



Date Completed _____



Poetry

We all love a good poem. The rhyming words, the interesting stories, and the pictures created in our minds all work together to make reading a good poem an enjoyable experience. Poetry can be written to accomplish different objectives. Some poems tell stories. Some poems ask questions. Some poems just describe what the author sees and feels.



Many of our hymns that we love to sing come from poems. One very famous poem that was turned into a beautiful hymn is *More About Jesus* by Eliza Hewett.

More about Jesus would I know,
More of His grace to others show;
More of His saving fullness see,
More of His love Who died for me.
More about Jesus let me learn,
More of His holy will discern;
Spirit of God, my teacher be,
Showing the things of Christ to me.
More about Jesus in His Word,
Holding communion with my Lord;
Hearing His voice in every line,
Making each faithful saying mine.
More about Jesus on His throne,
Riches in glory all His own;
More of His kingdom's sure increase;
More of His coming, Prince of Peace.

Poetry can be written in many different styles. Some poems rhyme, while others do not. Some poems have a specific format, and others have none. There are, of course, rules to writing certain kinds of poetry, but the freedom of many styles makes it possible for anyone to write a good poem.

Poetry is not difficult to write. Writing it merely requires our time, creativity, and perseverance.

What You Will Need

1. A book about writing poetry that will describe different poetry formats, components of poems, and how to write poems.
2. A book of poetry approved by your parent or leader.

Helpful Information

- ♦ When you are writing your poems, try to be creative. Use descriptive words. Learn to say things differently from how you would in normal conversation. Poetry is about creative expression. Choose a topic and then work on using the right words to make it rhyme.
- ♦ Try to read as much as you can of different types of poetry before attempting to write a poem. Reading poetry will help you develop your poetic ear, and give you ideas for poems of your own.

Things to Learn

1. ☐ Read a book on the basics of poetry.
2. ☐ Read an approved book of poetry.
3. In your notebook, define the following terms as they relate to poetry:
☐ Verse ☐ Stanza ☐ Meter
☐ Rhyme ☐ Rhyme Scheme ☐ Quatrain
☐ Couplet
4. ☐ A ballad is usually a rather long poem that tells a story. It is most often written in quatrains with the second and fourth lines rhyming. Write a ballad about a story in your life that contains at least four stanzas and uses the correct rhyming scheme.
5. ☐ A limerick is usually a humorous poem with five lines. The rhyme scheme is a-a-b-b-a. Write your own limerick in the proper format. An example is given below.

*There once was a young man named Jason
Who was told he really must hasten.
While washing his clothes,
He stepped on his toes
And fell with a splash in the basin.*

6. ☐ A sonnet has a more complicated format than most poems and requires much more work. It is composed of fourteen lines, which contain three quatrains and a couplet. In each quatrain, the first and the third lines rhyme, and the second and the fourth lines rhyme. The two lines of the couplet also rhyme. Write your own sonnet on a topic of your choice, following the correct format.
7. ☐ A lyric is usually a short poem that expresses personal feeling and is set to a musical rhythm. A lyric does not have to follow a rhyming scheme. Write a short poem that expresses your feelings on a certain topic. After you have written the poem, see if you can apply a musical tune to your poem.

He always wins who sides with God,
No chance to him is lost;
God's will is sweetest to him, when
It triumphs at his cost.
Selected



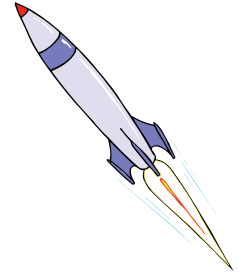
Date Completed _____



Rocketry

“In the beginning God created the heaven and the earth,” —Genesis 1:1. Dr. Wernher von Braun, a pioneer of modern rocketry, wrote about design, “One cannot be exposed to the law and order of the universe without concluding that there must be a divine intent behind it all,” and, “The Creator is revealed through His creation.”

Building model rockets can be an interesting and informative way to apply the study of things like math, science, and the principles God used in His creation of the universe.



What Makes Model Rocketry Safe

Model rocketry is—and has been since it began with Orville Carlisle, a licensed pyrotechnics expert, and Harry Stine, a range safety officer at White Sands missile range—one of the safest hobbies available for youths and adults. This is due to the Model Rocketry Safety Code, which specifies exactly how a rocket is to be built and launched. It also requires the use of pre-manufactured rocket motors, so that it is impossible to use a poorly designed motor.

Model rocketry has thus become a safe and enjoyable hobby that, for those who develop a serious interest in it, develops a working understanding of the relationship between a number of mathematical calculations and their corresponding scientific principles.

The Model Rocketry Safety Code can be found in any book about rocketry or on the website for the National Association of Rocketry (www.nar.org).

What You Will Need

1. Rocket engine — You must purchase commercially manufactured engines for your model rockets.
2. Materials for rocket building — These can be purchased in the form of a rocket kit, or you can use lightweight materials such as plastic, paper, wood, and rubber to build your rocket “from scratch.”
3. Launch rod — This is a long rod over which the launch lug on the rocket slides in order to give guidance to the rocket at lift-off.
4. Ignition system — You will need an ignition system which is both remotely controlled and electrically operated.
5. Kit — If you are a beginner to model rocketry, you might want to use a complete pre-manufactured kit for your first rocket launch so that one kit will contain everything that you need.
6. Tools — If you are interested in rocketry, you will do well to have a little tool kit. It will be handy to have a small toolbox with some of the essentials used by a model rocketeer: screwdriver, pliers, scissors, cutters, tape, glue, and any other small items will be handy to have on hand.

Terms to Know

- ♦ *Apogee* — The apogee is the farthest point your rocket reaches in its flight from the earth.
- ♦ *Newton’s Third Law* — For every action there is an equal and opposite reaction. The concept of rocket propulsion is based on this scientific law of force and motion.
- ♦ *Payload* — This term refers to the items or equipment carried in the payload section of your rocket. This payload can be anything of your choice within the limits of the Model Rocketry Safety Code. Payloads can range from simple ballast to sophisticated instrumentation.

- ♦ *Recovery System* — This is the parachute, streamer, or other system which will return your rocket to the ground safely.

Helpful Information

- ♦ It is recommended that a child should be at least ten years old to build and launch model rockets. Children under the age of twelve should have adult supervision.
- ♦ *How rockets fly* — Rockets are powered by a special internal combustion engine. This engine is special in that it needs no outside air to operate. It carries both fuel and oxidizer inside a combustion chamber. When the fuel is ignited and begins to burn, it produces hot gases that exert pressure in all directions inside the combustion chamber. On the bottom of the combustion chamber, there is a nozzle through which the gases are allowed to escape. This then produces an imbalance in the combustion chamber, with the pressure exerted on the front of the rocket being much greater than the pressure exerted on the rear. This is what causes the rocket to shoot forward. If the gases were not allowed to escape out of the rear of the combustion chamber, then the rocket would not move. This is due to the fact that the gases would be exerting equal pressure in all directions, and thus the rocket would not move in any direction. In applying the above mentioned Newton's Third Law of motion, the escaping of gases out of the rear of the rocket is the action, and the forward pressure, or thrust, is the reaction.
- ♦ *Choosing your rocket engine* — Rocket engines, of course, can be very diverse in power, and choosing the right one for your model rocket is important. Each rocket engine purchased commercially should have an identifying code printed on it.

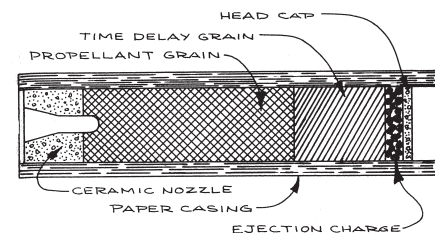
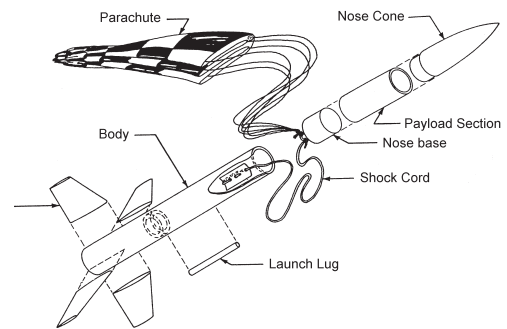
This code consists of one letter and two numbers. The letter stands for the total impulse or “push” produced by the rocket engine. Each succeeding letter has twice the impulse of the previous one. Therefore a “B” rocket has twice the power of an “A” rocket.

The first number stands for the average impulse. This is derived by taking the engine's average thrust and dividing it by the burn time in newton-seconds.

The second number stands for the delay time. This is the time between the end of the propellant burn and the ejection time.

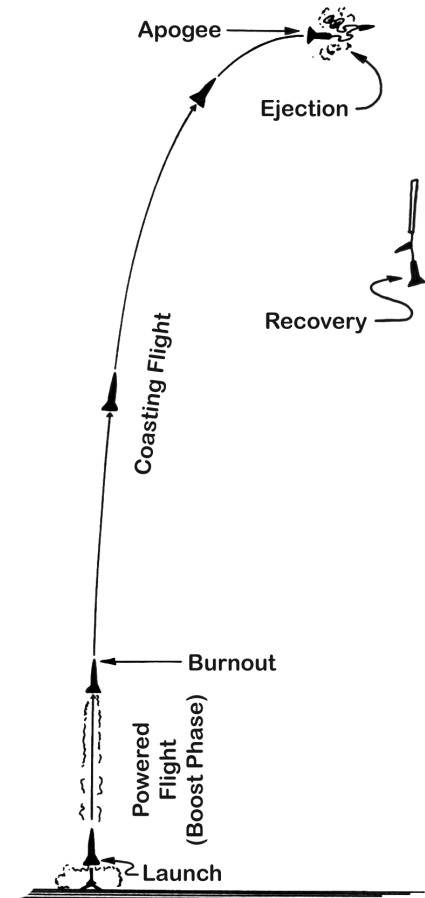
- ♦ *Choosing your launch site* — Your launch site is, of course, the area in which you will launch your rocket. The size of your launch site is determined by the size of the engine you install in your rocket as described in the Model Rocketry Safety Code.

Your launch site must also be clear of tall trees, power lines, and buildings.



Things to Learn

1. ☐ In your notebook, explain the purpose of each of the following components of a rocket:
 - (1) Nose cone
 - (2) Parachute
 - (3) Shock cord
 - (4) Body tube
 - (5) Launch lug
 - (6) Fins
 - (7) Engine mount
 - (8) Engine
 - (9) Ignitor
2. ☐ Read and always follow the Model Rocket Safety Code produced by the National Association of Rocketry and Model Rocket Manufacturer's Association when participating in any rocketry activities.
3. ☐ Build and successfully launch and recover a model rocket.
4. ☐ In your notebook, explain what causes a rocket to fly.



Date Completed _____



Scholarship

A scholar is a person who understands the value of study and makes it a part of his life. Information becomes wisdom in the hands of a scholar, because a scholar is not only able to locate information, he is also able to understand it. This may take more information or study. A scholar also is able to communicate this information to others when necessary. And a true scholar always remembers that “*The fear of the Lord is the beginning of knowledge . . .*” —Proverbs 1:7. Study gets to the heart of a matter and yields understanding of it. Make it a habit—study—a part of your life!



What You Will Need

The following reference books are all really easy to use, and are great ways to quickly get information on a subject when you need help.

1. *Dictionary* — A dictionary lists all the words in the language in alphabetical order and gives their meaning. “Bat” comes before “cat” because “b” comes before “c.” “Cat” comes before “chat” because both words begin with “c,” but “a” comes before “h.” You can find your way to any word in the dictionary because all the words are in order. Once you find a word, you can learn its meaning.
2. *Thesaurus* — A thesaurus is another very handy tool for learning new words and ways to express yourself. In a thesaurus the words are all in order just as in the dictionary. However, instead of giving the meaning of a word, a thesaurus lists other words in the language that have similar meanings. By using a thesaurus, you can learn new words to use to express an idea more accurately.
3. *Encyclopedia* — An encyclopedia is in alphabetical order just like a dictionary. It is just much bigger because it contains more than just the meanings of words. It contains information about famous people, places, events, and many other things. Encyclopedias are treasures of information about history, geography, people, machines, etc.
4. *Concordance* — A concordance is a tool for finding information in the Bible. It is a list of all the words used in the Bible—again, in alphabetical order. However, when you look up a word, instead of its meaning, you will find listed every verse in the Bible in which it is used. If you are trying to find a particular passage, and know one of the words contained within that passage, it is very easy to find with a concordance. Also, if you are interested in a certain topic in the Bible, you can find and read all the passages that contain any key words associated with that topic.

Things to Learn

1. ☐ Read the first ten chapters of Proverbs. Notice the emphasis on seeking wisdom and knowledge.
2. ☐ Memorize Proverbs 2:1-11.
3. ☐ In your notebook, complete the following:
 - (1) *Dictionary* — Look up and write the definitions of ten new words that you encountered in your reading.
 - (2) *Thesaurus* — Look up in a thesaurus the same ten words that you looked up in the dictionary, and beside each word write another word that also can be used for it. Write the second word’s definition from the dictionary so that you know its exact meaning.

Scholarship Studies

- (3) *Encyclopedia* — Look up three things that you encountered in your reading and about which you would like to know more. Write a paragraph about each one.
 - (4) *Concordance* — Have someone read two Bible verses and copy them down. Find their location (book, chapter, verse) using a concordance.
4. ☐ Write a short paper explaining “Fear of the Lord.”
- (1) Use a concordance to find three verses for the paper.
 - (2) Use a thesaurus to find substitutes for two words in your paper and replace them with the new ones.
 - (3) Use a dictionary to make sure that your substitutions are accurate.

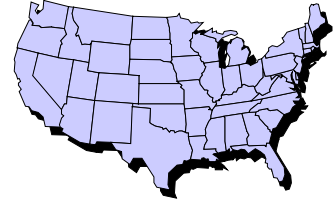


Date Completed _____



States

We live in a very large country, and depending on how one measures, it is considered the third or fourth largest in the world. It is comprised of fifty individual states and one federal district, the District of Columbia (Washington, D.C.). It is good to learn about our own individual state as well as the rest of the states that make up our United States. This information will help us in our future lives to choose where we would like to live, or even vacation. Awards are available for each state and the District of Columbia, as well as a “United States” award.



What You Will Need

1. Information about the state of your choice
2. A good map of the state

Things to Learn

1. ☐ Complete the following in your notebook.
 - (1) How large is the state, and in what section of the U.S. is it located?
 - (2) Describe the terrain of the state, and list its natural geography.
 - (3) What is something that the state produces?
 - (4) In what year did the state join the United States?
 - (5) How did the state get its name?
 - (6) Describe the state flag.
 - (7) What is the nickname of the state and its state flower?
 - (8) What is the state capitol?
 - (9) Who is the governor of the state?
 - (10) Write a short history of the state.
2. ☐ If possible, visit one of the state's historical sites.
3. ☐ Write an essay about the state.

- ☐ Alabama
 - ☐ Alaska
 - ☐ Arizona
 - ☐ Arkansas
 - ☐ California
 - ☐ Colorado
 - ☐ Connecticut
 - ☐ Delaware
 - ☐ Florida
 - ☐ Georgia
 - ☐ Hawaii
 - ☐ Idaho
 - ☐ Illinois
 - ☐ Indiana
 - ☐ Iowa
 - ☐ Kansas
 - ☐ Kentucky
 - ☐ Louisiana
 - ☐ Maine
 - ☐ Maryland
 - ☐ Massachusetts
 - ☐ Michigan
 - ☐ Minnesota
 - ☐ Mississippi
 - ☐ Missouri
-
- ☐ District of Columbia

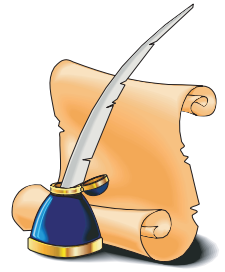
- ☐ Montana
 - ☐ Nebraska
 - ☐ Nevada
 - ☐ New Hampshire
 - ☐ New Jersey
 - ☐ New Mexico
 - ☐ New York
 - ☐ North Carolina
 - ☐ North Dakota
 - ☐ Ohio
 - ☐ Oklahoma
 - ☐ Oregon
 - ☐ Pennsylvania
 - ☐ Rhode Island
 - ☐ South Carolina
 - ☐ South Dakota
 - ☐ Tennessee
 - ☐ Texas
 - ☐ Utah
 - ☐ Vermont
 - ☐ Virginia
 - ☐ Washington
 - ☐ West Virginia
 - ☐ Wisconsin
 - ☐ Wyoming
-
- ☐ United States



Writing

“Out of Machir came down governors, and out of Zebulun they that handle the pen of the writer;” —Judges 5:14. The governors and learned men of old were those who could write. This does not mean that they could just copy characters on paper. It means that they could convey ideas to others on paper.

In our day and age, sometimes called the “Information Age,” it is as important as ever to be able to express our thoughts and ideas well. This certainly includes the ability to write effectively. The pen has always been a mighty tool when used to record truth. The “written” Word of God has preserved His truths throughout the ages. A skilled pen is still an excellent vehicle by which to teach others, defend truth, and expose error.



Writing is also a wonderful medium to convey ideas in story form, such as a parable. We might share deep feelings through the writing of poems. Many people actually earn their living by writing. One thing is for sure: if you learn to write well, you will always have a skill that can serve both God and you.

What You Will Need

The following reference books are all really easy to use and are great ways to quickly obtain information on a subject when you need help. These scholarly tools can assist you in successful writing. You may have already been introduced to them if you are working on, or have worked on, Scholarship. If not, read What You Will Need under Scholarship.

- ◆ *Dictionary*
- ◆ *Thesaurus*
- ◆ *Encyclopedia*
- ◆ *Concordance*

Helpful Information

- ◆ Write about something you know. If you must write about something that you do not know, research it. Read what others have written about it. An encyclopedia is a good place to start.
- ◆ Stick to the purpose for which you are writing, or stay on the central theme or thought.
- ◆ Never write anything that you would be ashamed for Jesus to read.
- ◆ Words have many meanings, and it is very important to choose words which mean exactly what we intend to express. Look up any unusual words in the dictionary to be sure of their exact meaning.
- ◆ If you find yourself using a word over and over, try using a thesaurus to find another word that can be used in its place. A word repeated too often can become boring to the reader.
- ◆ Remember to use a new paragraph for each new thought. There may be several sentences used in a paragraph to complete that thought.
- ◆ After your first draft, rewrite your essay at least once. You will be surprised at how many things you will find to improve. You might also find a few mistakes. Allow a day or more between drafts, if possible.

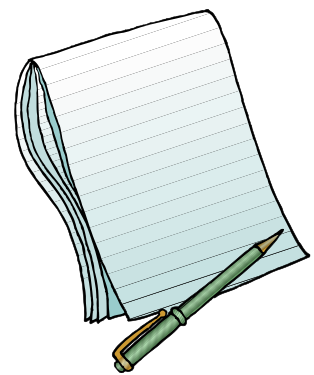
Parts of an Essay

An essay should consist of three main parts:

- ◆ *Introduction* — The introduction should consist of at least one paragraph that introduces the reader to the purpose of the essay.
- ◆ *Body* — The body of an essay usually consists of three or more paragraphs that describe all the thoughts and details that pertain to the main idea.
- ◆ *Conclusion* — A written work does not simply end with the last detail. The conclusion is usually one paragraph at the end of the essay that “wraps up” what has been said, or notifies the reader that the writer has finished with the topic.

Things to Learn

1. ☐ Write an essay explaining your favorite Bible verse.
2. ☐ Use at least one tool from What You Will Need for the essay content.
3. ☐ Write an essay describing the importance of godly wisdom in a man’s life.
4. ☐ Use at least one tool from What You Will Need for the essay content.
5. ☐ Write an essay describing the importance of growing up with as many skills as possible.
6. ☐ Use at least one tool from What You Will Need for the essay content.
7. ☐ Write an essay explaining what one passage in the Bible means to you.
8. ☐ Use at least one tool from What You Will Need for the essay content.
9. ☐ Write an essay explaining salvation.
10. ☐ Use at least one tool from What You Will Need for the essay content.



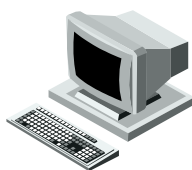
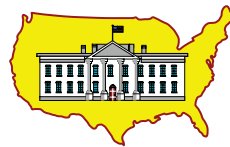
Date Completed _____

Category IX: Special Knowledge

“And I have filled him with the spirit of God, in wisdom, and in understanding, and in knowledge, and in all manner of workmanship, to devise cunning works . . .” —Exodus 31:3-4.

God gave us the ability to learn. He expects us to seek out knowledge. Knowing God Himself is most important. But He also wants us to work to develop our God-given talents to a point of usefulness. This can be done through activities that give us enjoyment and job satisfaction.

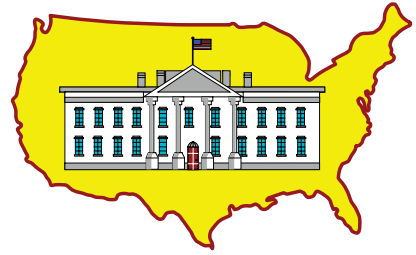
There are a great many exciting skills that can be learned. Many of them *should* be learned by a young man. In fact, many of them are found in this book, and offer awards just for the learning. What would you like to know more about? What would you like to know how to do? Just pick something out and begin to get knowledge!





Citizenship

God's Word teaches us that it is good and right and important to be good citizens of our respective countries. In Titus 3:1, it says, *"Put them in mind to be subject to principalities and powers, to obey magistrates, to be ready to every good work."* Yes, we are to obey the laws of our land. We obey God's laws first, and then we obey man's laws. And more importantly, we need to remember that this world is not our home, but we are on a journey—*"But now they desire a better country, that is, an heavenly: wherefore God is not ashamed to be called their God: for he hath prepared for them a city,"* —Hebrews 11:16. We are on a journey to our heavenly home, and we keep the laws of our land because that is the law of our great God, and we are future citizens of His Home!



What You Will Need

Information about the Constitution and also the Bill of Rights.

Helpful Information

- ◆ *The Bill of Rights* are the first ten amendments added to the Constitution to protect certain rights of each citizen of the United States.
- ◆ *Citizenship* is a condition in which a person is part of a country, is able to take part in the government, and also is allowed to take part in elections by voting. When you are a citizen of a country, you are expected to follow the laws of the country, state, and town to which you belong. Good citizens have important character qualities such as: honesty, compassion, respect, responsibility, and courage. If you are a citizen of the United States, you also may be chosen to be part of a jury.
- ◆ A *Jury* is a panel of people chosen to make a decision in a court case.
- ◆ *Naturalization* is a process by which a person, who was not born in a country, becomes a citizen of that country.
- ◆ *Voting* is a process in which each citizen is allowed to cast one vote, or one choice, toward the election of a government officer or the outcome of a governmental issue. The votes are counted, and the majority wins.

Things to Learn

1. ☐ Complete the following in your notebook:
 - (1) What is the Constitution?
 - (2) Why is the Constitution so important?
 - (3) Who were some of the writers of the Constitution?
 - (4) What is the Bill of Rights?
 - (5) List the Bill of Rights' ten amendments.
 - (6) What are the voting requirements in the United States?
 - (7) Why is it important to vote?
 - (8) What is naturalization?
 - (9) What are the requirements to become a U.S. citizen?

Special Knowledge

- (10) What is dual citizenship?
- (11) What is a trial by jury?
- (12) Write a short essay on these verses: Matthew 22:17-22

“Tell us therefore, What thinkest thou? Is it lawful to give tribute unto Caesar, or not? But Jesus perceived their wickedness, and said, Why tempt ye me, ye hypocrites? Shew me the tribute money. And they brought unto him a penny. And he saith unto them, Whose is this image and superscription? They say unto him, Caesar’s. Then saith he unto them, Render therefore unto Caesar the things which are Caesar’s; and unto God the things that are God’s. When they had heard these words, they marvelled, and left him, and went their way.”



Date Completed _____



Computers

“A wise man will hear, and will increase learning; and a man of understanding shall attain unto wise counsels,” —Proverbs 1:5. A computer is a tool. Some tools are used for wood. Others are used for machines. A computer is used for information—to store it, to sort through it, to process it, to write it, to reshape it, and even to send it electronically.

In some way or another, we all work with information. We can write letters or even books with a computer. We can do schoolwork, keep family information, and even do research on it. We can use them to make greeting cards, publish a family newsletter, or draw. We also can communicate with others through the use of email (electronic mail). The list goes on.

Understanding how computers work and being able to effectively use one are invaluable skills for a young man to possess.



What You Will Need

You will need a computer book that explains how computers work. You will also need access to a computer with a word processing program. Try your local library if you do not have a computer, or do not know anyone who does.

Things to Learn

Warning! *If you are going to physically install or uninstall files or programs in the requirements below, be sure to have adult supervision. Do not attempt to do this on another person’s computer without his or her permission.*

1. ☐ In your notebook, define the following terms:
 - (1) CPU
 - (2) Boot-up process
 - (3) RAM
 - (4) Operating system
 - (5) USB drive
 - (6) CD-DVD drive
 - (7) Hard drive
 - (8) Virus, worm, rootkit
2. ☐ In your notebook explain the difference between software and hardware.
3. ☐ In your notebook, explain what a programming language is.
4. ☐ Demonstrate how to copy a file to another folder.
5. ☐ Demonstrate how to create a file and delete the same file.
6. ☐ Demonstrate how to install and uninstall a program on a computer.
7. ☐ In a word processing program, create a new document and write a letter to someone you know. When you are finished, run the spell checker to correct any errors. If you have a printer, print out your document.
8. ☐ If you have internet access, use a search engine to locate a piece of information specified by your leader.
9. ☐ If you have email service, send someone an email message.

Email Etiquette Tips

- ◆ Use a courteous greeting and closing.
- ◆ Make sure your email is not demanding or terse.
- ◆ Do not use all capital letters. This seems like shouting.
- ◆ Spell check your emails.
- ◆ Be polite. Use “please” and “thank you.”
- ◆ Do not ignore emails. Always answer emails from those you know in a timely manner.
- ◆ Never write an email that you would not want Jesus to read.



Date Completed _____



CPR

CPR is short for cardiopulmonary resuscitation. The words come from “cardio” which means “of the heart,” and “pulmonary,” which means “of the lungs.” Resuscitation is a medical word that means “to revive.” CPR is used when a person has stopped breathing. Many people learn CPR as a safety precaution. People who offer medical services, and are involved in safety services know how to do CPR. Many times people who work with children learn CPR. It can save a life. A brain needs oxygen to function and survive. Without oxygen, a person can have severe brain damage, or die in eight minutes or less.



What You Will Need

1. Information on cardiopulmonary resuscitation
2. A teacher skilled in performing CPR

Helpful Information

- ♦ If someone needs CPR, it is important to administer CPR as quickly as possible. Every moment that the brain is without oxygen is critical. It is also important to call medically trained help, or have someone else do that while you are helping the victim. Think safety. Where is the person that needs CPR? Is he on a busy street? Make sure that you will be safe. Has the person been electrocuted? Make sure that the source of electricity has been turned off, so you will not be electrocuted.
- ♦ A person giving CPR will usually use artificial resuscitation, or mouth-to-mouth resuscitation, which is a way of getting air into the victim’s lungs. Emergency workers have special equipment to use in this situation, but if you need to help someone until emergency workers arrive, you will need to perform mouth-to-mouth resuscitation, which is putting your mouth over the victim’s mouth and blowing two breaths of air into his lungs. This will force the oxygen into his lungs. Next, you will need to use chest compressions to help move blood to the vital organs. Chest compressions are done by pressing on a person’s chest many times in a row to help move the oxygen-carrying blood to the vital organs. After thirty chest compressions, give two more breaths of air, then thirty chest compressions again. Repeating these two procedures until help arrives can keep a victim alive.
- ♦ Check with your local health department, or American Health Association to find out where you can take a course to become certified in CPR rescue. Even after learning CPR, it is good to review the information every year or two.

Things to Learn

1. ☐ Read about cardiopulmonary resuscitation.
2. ☐ In your notebook, describe the three basic parts of CPR.
3. ☐ Take a course in CPR or learn from someone who is very familiar with CPR.



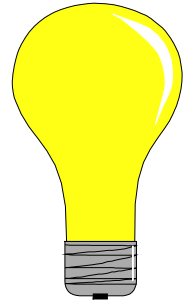
Date Completed _____



Electricity

“For by him were all things created, that are in heaven, and that are in earth, visible and invisible . . .” —Colossians 1:16.

Electricity is one of the most interesting and widely used phenomena in God’s collection called nature. Man has found ways to both harness and produce electricity from his surroundings. The electricity is then put to work in an incredible number of different ways in order to make us more productive and our lives more comfortable. Electricity has become, in a way, man’s ultimate “workhorse.” With it man accomplishes a multitude of things that he would be incapable of doing without the aid of electricity. God has created so much for us to explore! You will enjoy learning to harness and use this invisible power.



What You Will Need

1. Book on electricity — You will need a book that will explain the properties of electricity and how man harnesses and uses it.
2. Supplies — You will also need a small piece of wood, 3 thumbtacks, some insulated copper wire, a large nail, a 6-volt battery, and a 6-volt light bulb. (These are available at most hardware stores.)

Helpful Information

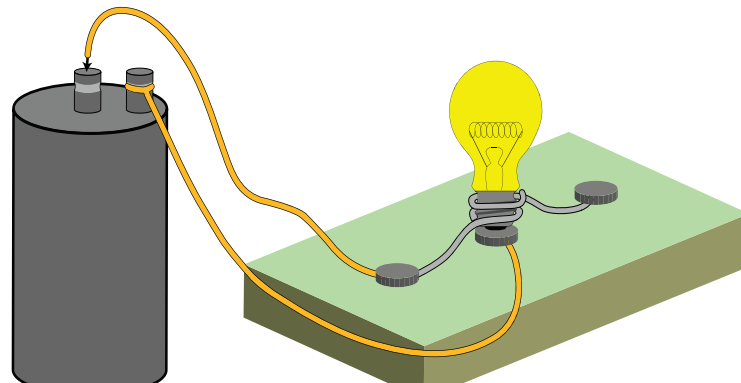
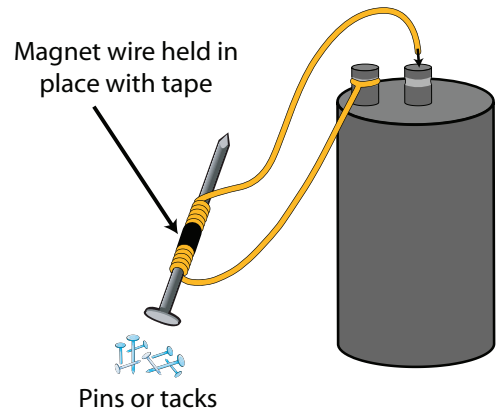
The fastest and most reliable way to learn about electricity is by working with it and performing experiments. The two experiments provided below are perfectly safe for any age. They require very common materials and do not use high voltages or currents. When doing any other experiments, though, you should exercise the utmost caution, because electricity can be very dangerous.

Things to Learn

1. ☐ Complete the following in your notebook:
 - (1) List four ways man has found to produce electricity.
 - (2) List ten ways electricity is used in your own home.
 - (3) Describe a simple electrical circuit.
 - (4) Explain what voltage is.
 - (5) Explain what amperage is.
 - (6) Explain what resistance is.
 - (7) Explain how a light bulb makes light.

Special Knowledge

9. ☐ Build a small electromagnet with a battery, a large nail, and some wire. This is a very easy and interesting electrical experiment to do. You will need a nail at least 3 inches long, 10 feet of insulated copper wire (doorbell wire or something similar), and a 6-volt battery. Beginning about 1 foot from the end of your wire, wind the wire around the nail. Start winding near the end of the nail. It does not matter which end is used to start. Continue winding layer after layer around the nail until there is about 1 foot of wire left hanging off. Use some tape to hold the wire in place around the nail. Strip some insulation from each end of the wire and attach one end of the wire to one terminal on the battery. Hold the nail over a small pile of pins or tacks and touch the other end of the wire to the other battery terminal. As the electricity goes through the wire, it magnetizes the nail, which picks up the tacks. You have just made an electromagnet!
10. ☐ Build a small electrical circuit involving a battery and a light bulb. For this project, you will need a small piece of wood (2" x 6"), 2 paper clips, 3 thumbtacks or small nails with large heads (such as roofing nails), 2 one-foot lengths of insulated copper wire, a 6-volt battery, and a 6-volt bulb with a screwbase. The bulb should be the same voltage as the battery. Begin by straightening out both paper clips. At one end of both clips, form a loop approximately the size of the base of the bulb. At the other end of each paper clip, form a small loop to go around the thumbtack which will hold it in place. Make sure there is no insulation or paint on your thumbtacks. Strip the insulation from the end of each wire. Wrap the end of one wire around a thumbtack four times. Then press this tack into the center of your piece of wood. Arrange the paper clips so that the large loops are directly over the thumbtack in the center of the wood. Take the second piece of wire and wrap it around another tack four times. Insert the tack into the small loop of one of the paper clips to hold the clip in place. Insert the third tack into the small loop on the end of the other paper clip. Bend the paper clips up slightly so that you may screw the bulb into the large loops. This should hold the bulb securely over and in contact with the center tack. Connect the unused ends of the two wires to the battery, and you should be rewarded with the bulb lighting up. This basic bulb apparatus can be used with many other experiments.



Date Completed _____



Fire Safety

Fire can be extremely harmful and damaging. Disaster can strike quickly, and leave in its wake much pain and suffering. Fire is very volatile, and the rule is “Never play with fire!” The way to deal with fire is to prevent it. We should all learn about fire prevention and do whatever we can to protect our homes. The lives we save may well be our own.



What You Will Need

1. Book about fire safety
2. Smoke detector — You will need a smoke detector in order to demonstrate how to make sure it is in proper working order.

Helpful Information

There are many actions that can be taken to fireproof a home. Here are some things you can do around your home in order to prevent fires and make it safer in case a fire does start.

- ◆ Always make sure that you have good batteries in your smoke detectors.
- ◆ Keep matches out of the reach of small children.
- ◆ Remove oily rags from the premises.
- ◆ Keep flammable liquids such as gasoline out of the house and in a shed.
- ◆ Make sure electric cords are not frayed.
- ◆ Do not store things on the top of your stove.
- ◆ Make sure any outside water hoses are in good working order. They may be of use in the case of small fires.
- ◆ Check all windows in the house to make sure that they can be opened easily in case of an emergency. You must be able to open the windows from inside the room.
- ◆ If a fire does occur in your home, stay as close to the floor as possible while exiting. Heat and poisonous gases rise up to the ceiling, so the air will be safer near the floor.
- ◆ Also, if you are caught in a fire, check doors for heat before opening them. There may be fire on the other side.

Things to Learn

1. ☐ In your notebook, explain how many smoke detectors should be installed in a home and where they should be installed.
2. ☐ Demonstrate how to test a smoke detector to make sure it is in good working order.
3. ☐ Draw up a fire escape plan for your home, including the proper exit route from each part of your home and a rendezvous point for all family members. Place this plan in your notebook.
4. ☐ The word “fire” is found many times in the Bible. In several occurrences, “fire” is linked to the tongue, or the words of our mouth. In your notebook, copy the following verses and write a short paragraph explaining the meaning of each.

“Where no wood is, there the fire goeth out: so where there is no talebearer, the strife ceaseth,”
—Proverbs 26:20.

“As coals are to burning coals, and wood to fire; so is a contentious man to kindle strife,”
Proverbs 26:21.



Date Completed _____



First Aid

“But a certain Samaritan, as he journeyed, came where he was: and when he saw him, he had compassion on him, and went to him, and bound up his wounds, pouring in oil and wine, and set him on his own beast, and brought him to an inn, and took care of him,” —Luke 10:33-34. It is important to know how to help others when they are sick or injured. Being prepared with proper items and the knowledge to handle emergencies allows a boy to be calm in the midst of a crisis. This could mean the difference between saving a person’s life and being a helpless bystander.



What You Will Need

First aid instruction book

Things to Learn

1. ☐ Make a list of doctor, police, and fire department telephone numbers.
2. ☐ Demonstrate how to make an emergency phone call.
3. Demonstrate what you should do to treat:
 - ☐ Choking ☐ Small cuts ☐ Fainting
 - ☐ Burns ☐ Abrasions ☐ Fractures and sprains
4. ☐ Demonstrate what to do if someone’s clothes catch fire.
5. ☐ Explain why it is important to keep someone warm while waiting for emergency medical help.
6. ☐ Explain why a person should not be moved if he or she is injured.
7. ☐ Assemble a first aid kit for your home containing the following items:

matches	tweezers	smelling salts	bandages
soap	ice pack	pain relievers	cotton
safety pins	scissors	first aid book	first aid cream
bicarbonate of soda			

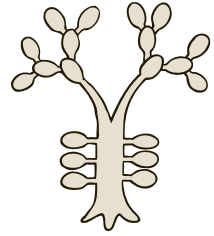


Date Completed _____



Genealogy

The word “genealogy” was derived from the Greek language, and refers to one’s ancestry or descent. In easier terms, genealogy is simply the history of a family. Genealogy was very important to people in the past because it was necessary for some individuals, especially the wealthy, to prove their birthrights or inheritance. Today people study the genealogy of their families because it is such an interesting thing to do!



Genealogy was very important to God because it was through a chosen line of people that His Son, Jesus, was promised to be born. The Bible records the genealogy of Jesus all the way from Adam, the first man, to Jesus, the only-begotten Son of God.

It is not only interesting to study our physical genealogies, but it is exciting to study our spiritual genealogies too. Some children come from a long line of believers, and some have only their parents. Of course, the most important thing to remember is that our genealogy is not what is important to God. We can each become a member of His eternal family by repenting of our sins, receiving His forgiveness, and deciding to obey and belong to Him in all things.

What You Will Need

1. Genealogy workbook — or you may create a section in your Keepers Notebook for this study.
2. Poster board — A poster board or very large paper is needed to make your own family tree chart.

Helpful Information

Unless you are sure of dates, it is best to write them in pencil. When you are sure your information is correct, you then can write it in ink. This will help keep your papers neat. Also, always write down your information, who gave it to you, and the date.

It is also helpful to know the following abbreviations:

b.	=	Born	m.	=	Married
d.	=	Died	bd.	=	Buried
bap.	=	Baptized	c.	=	Circa (circa means “about”)
nmi.	=	No middle initial			

Making a Genealogy Workbook

The first thing you will want to do when beginning your genealogy workbook is collect information. In your notebook, you will want to keep a page or pages for each family member. The following paragraphs list some of the information you will want to begin collecting and writing in your notebook.

—First Pages

This will be about you. It would be nice to include a photo. You will want to write your name, your address, the date your family research was started, the names of your father and mother, the color of your hair and eyes, your favorite hobbies, and any other interesting facts about yourself. Also include your date and time of birth, place of birth (hospital or home), and town or city. List your weight and length at birth. It is also interesting to find out after whom you were named.

Special Knowledge

You can continue for several more pages telling where you have lived, schools you have attended, classes you have taken such as music lessons, etc. You even can set aside a special page for your spiritual history. This might include what churches you have attended, when and how you came to know the Lord, your baptismal date, and anything else you would like to remember.

—Next Set of Pages

These pages would be for your father, mother, brothers, and sisters. Information to include would be name, date of birth, place of birth, father's name, mother's name, after whom they were named, date and place of marriage, occupation and place of employment, color of eyes, color of hair, hobbies, and interesting facts.

—Next Set of Pages

These pages would contain the same type of information, except it would be for your paternal grandfather and grandmother. Paternal means your father's side of the family. You would continue by making pages for your maternal grandfather and grandmother. "Maternal" means your mother's side of the family. These pages would continue with your great-grandparents on both the paternal and maternal sides. If possible, you might even be able to make pages for your great-great-grandparents, paternal and maternal sides.

—Other Interesting Pages to Include

It would be nice to include a complete listing of your aunts, uncles, cousins, nephews, and nieces. It is also of interest, since the families of most people in the United States have immigrated from somewhere else, to make pages for the original person who immigrated, from what city and country he/she came, where he/she settled in this country, and any other interesting facts about him or her.

Another good thing to put in your workbook is a page about your country of origin. This could include the name of country, government, language, religion, customs, foods, songs, etc.

Things to Learn

1. ☐ Either purchase a genealogy workbook or create your own. Complete as much as possible in this workbook.
2. ☐ Make your family tree on a poster board.
3. ☐ Write the answers to the following questions in your notebook.
 - (1) Who was the great-grandfather of King David?
 - (2) Noah had three sons. What was the son's name who was an ancestor of Abraham?
 - (3) How many generations removed was Noah from Adam?



Date Completed _____



Knots

“And a threefold cord is not quickly broken,” —Ecclesiastes 4:12.

Rope is one of man’s earliest tools. Various kinds of ropes and knotting techniques are used every day by all of us. Shoelaces, clotheslines, backyard swings, and bridges are just a few of the many uses of ropes.



A young man needs to learn how to select the proper rope for each different job that he wants the rope to do. A rope needs to be strong enough for the job, and the correct knot must be used to secure the rope. There are over 3,000 ways of tying a rope. Knots are needed to haul, hoist, tow, and support things. The word knot also stands for one nautical mile (6,077 feet) as ropes were also once used to measure distances.

What You Will Need

Rope — All you will need is a rope to demonstrate tying the knots required in this section.

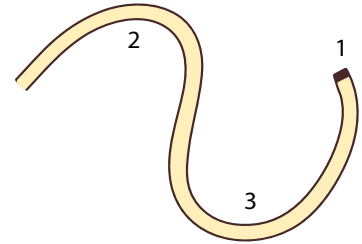
Helpful Information

- ◆ *Rope Types* — The basic components of a rope are fibers. These fibers are twisted together, each in the opposite direction of the previous fiber, to form yarn. The yarn is then twisted together in a like manner to form strands. Finally, the strands are twisted together to form the rope. There are only two main types of fibers—natural and synthetic. Hemp, manilla, and cotton are a few examples of natural fibers used to make ropes, although, in recent times, natural fibers have now been almost completely replaced by synthetic fibers. Some common synthetic fibers used to make ropes are polyester, polyamide (nylon), and polypropylene (olefin).
- ◆ *Choosing Your Rope* — Choosing the right rope depends solely upon how you intend to use it. Ropes come in many different sizes and are made of different fibers. The type of fiber used greatly influences the characteristics of the finished rope. Some of the variances in ropes include strength, weight, elasticity, ease of sliding, weather resistance, abrasion resistance, and floatation ability.
- ◆ *Rope Maintenance* — You should keep your rope dry whenever possible to avoid the formation of mildew. Keep your rope away from fire and heat sources, as natural fibers burn and synthetic fibers can melt. Also, repair any fraying ends at once because they can unravel quickly.
- ◆ *General Information on Ropes* — A rope that is twice the diameter of another has four times as much strength. When tying two ropes together, remember that the strength of the whole will be about half the strength of the weaker rope. And lastly, a stronger rope is not always better. If a rope has to take shock loads, the elasticity must also be taken into consideration.
- ◆ *Different Knots* — There are thousands of different kinds of knots, but there is no need to learn all of them. Knots can be grouped into different categories according to how they are used. For example, one type of knot is a hitch. There are many different kinds of hitches, but they all serve the same basic purpose of tying a rope to another object. Six of the most common types of knots are stopper knots, hitches, loops, slip knots, shortenings, and bends. Each will be described in detail.

Special Knowledge

- ♦ *Tying a Knot* — There are three parts of a rope used to tie a knot. These are:

1. The *end* (the end or part of the rope that will be used to tie the knot).
2. The *standing part* (the part of the rope around which the knot will be tied).
3. The *bight* (the slack part of the rope between the end and the standing part).



Stopper Knots

A knot tied in the end of a rope in order to prevent the end from sliding through an opening is referred to as a stopper knot. The overhand knot and the figure eight knot are two examples of a stopper knot. These are two of the oldest and simplest knots known to man.

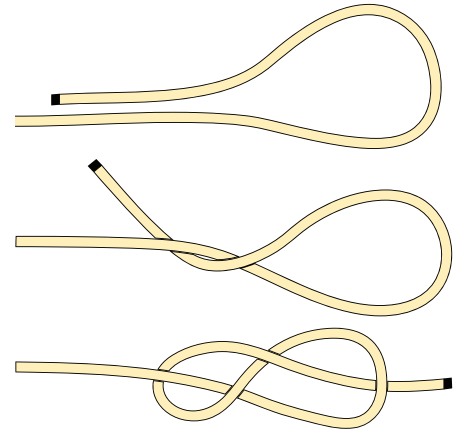
- ♦ *Overhand Knot* — The history of the overhand knot is as old as rope itself. This knot is relatively easy to tie and can be used in many situations. You will quickly recognize it.

How to Tie an Overhand Knot — The overhand knot is tied by turning the standing part to make a loop and passing the end of the rope through the loop.



- ♦ *Figure Eight Knot* — This is another stopper type of knot. It is called the figure eight knot because it looks like a figure eight when it is tied.

How to Tie a Figure Eight Knot — The figure eight knot is formed by taking the end of the rope and folding it back over on itself without twisting it. Take the bight with your right hand and make one complete turn clockwise. Then take the end of the rope and pass it through the eye of the bight to produce the knot. Tighten the knot by pulling both ends at the same time. When finished the knot should resemble a figure eight.

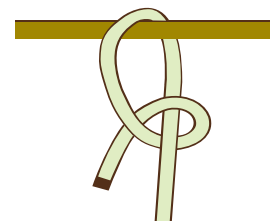


Hitches

Knots that are used to tie the end of the rope to another object are generally referred to as hitches. Two common knots of this type are the half hitch and the cow hitch (also known as the lark's head).

- ♦ *Half Hitch* — The half hitch is a very well known knot that can be used in many situations. The half hitch is not intended to take a lot of strain, but is often used to complete other knots and make them stronger.

How to Tie a Half Hitch — The knot is formed by taking the end of the rope and passing it underneath or around the object to which the rope is being tied. The end of the rope is then passed behind the standing part and into the eye of the loop to form the half hitch. This process can then be repeated

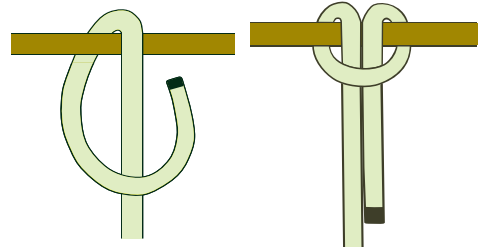


Special Knowledge

multiple times to form a series of knots. Be sure to tighten each knot before tying the next hitch in the series.

- ♦ **Cow Hitch** — This simple knot has long been used to tether animals to a fixed object. This knot is illustrated being tied to a wooden rod.

How to Tie a Cow Hitch — This knot is formed by taking the end of the rope and passing it over the rod. The end is then brought down behind the rod and passed in front of the standing part. The end is then brought up underneath the rod and passed through the bight next to the standing part. The standing part is pulled to tighten the knot.

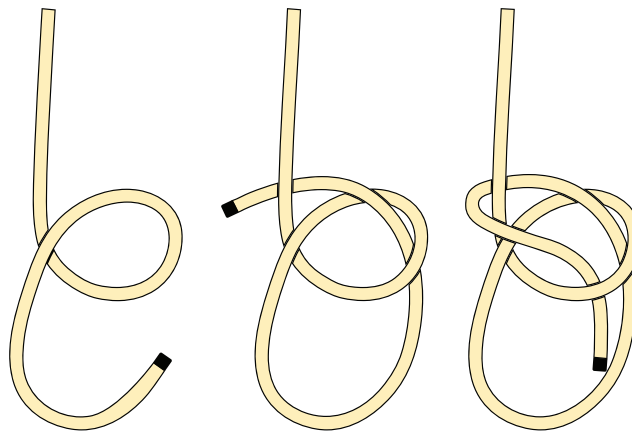


Loops

Another common type of knot is a loop. Rather than being tied to another object, these knots are usually tied in the hands and then dropped over the object. A general description of a loop is a knot that is formed by folding a loop into the end of a rope and knotting it to the standing part so that it will not slide. A common loop is the bowline.

- ♦ **Bowline** — The bowline is a knot commonly used by sailors and climbers. It is a popular knot due to the fact that it will not slip, come loose, or jam. It is also not difficult to untie.

How to Tie a Bowline — Form a small loop in the standing part at the desired length from the end. Take the end of the rope and insert it into the small loop from underneath. Then slip the end underneath the standing part. Then bring the end back around and insert it back into the small loop. Finally, hold the end and the large loop with one hand and pull on the standing part with the other hand. This will tighten the knot.



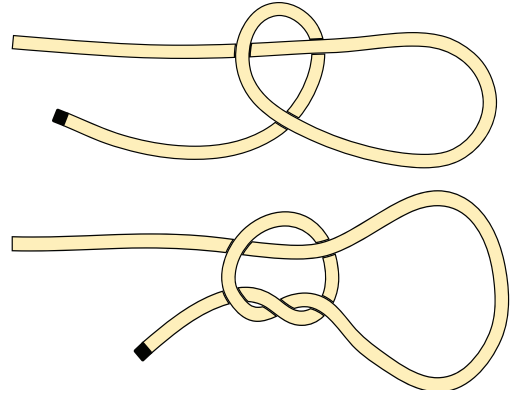
Slip Knots

A knot formed by tying the end of the rope to the standing part in such a way that the knot can slide on the standing part is called a slip knot. Some uses for these knots include hanging objects up and making traps and snares. The main feature of such knots is the fact that as the strain on the end of the rope increases, the tighter the knot will become around the object in the bight. The noose and the running bowline are two common slip knots.

Special Knowledge

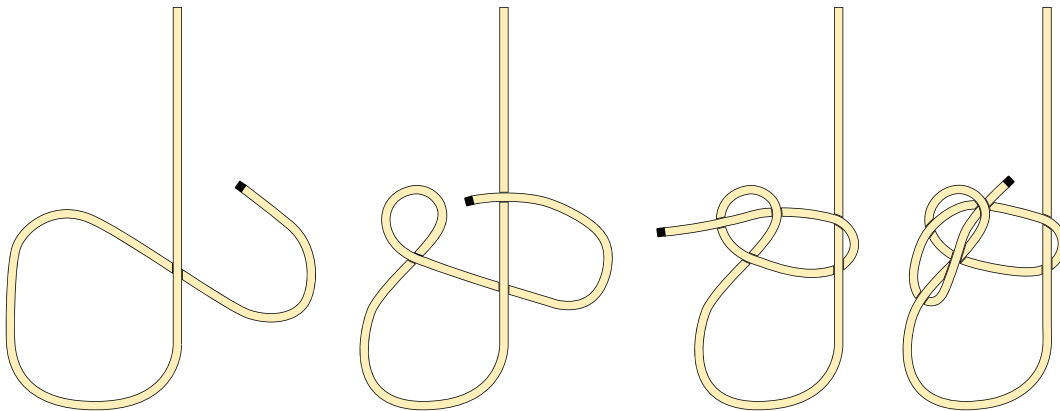
- ◆ *Noose* — The noose is a simple slip knot to tie, but does not slide as easily as other slip knots. It is commonly used as a snare or trap for birds and small animals.

How to Tie a Noose — Bend a loop in the rope near the end. Then wrap the end around the standing part to form another small loop. Make an overhand knot with the small loop. Tighten the overhand knot by pulling on both sides of it. This then tightens around the standing part of the slip knot.



- ◆ *Running Bowline* — The running bowline is a very popular slip knot. This is due to the fact that it is very strong and secure, it does not damage or weaken the rope, it slides easily on the standing part, and it is easy to untie.

How to Tie a Running Bowline — Make a large loop near the end of the rope, passing the end back underneath the standing part. Take the upper edge of the large loop near the standing part and fold it back to the left to form another small loop. The end, which is under the standing part, is then passed over the standing part and inserted through the small loop from underneath. The end is then passed under the large loop and reinserted into the small loop. Tighten the small loop by pulling on the end and the left side of the large loop. The standing part should now slide easily through the eye of the knot.



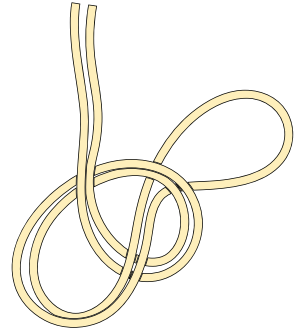
Shortenings

As the name indicates, these knots are used to shorten the length of ropes without cutting them. Shortening is preferable because no knot uniting two ropes is as strong as an unbroken cord of the same length. For this reason you should always avoid cutting any ropes. Shortenings are also used to eliminate any damaged sections of a rope without cutting it. A common knot of this type is the loop knot.

Special Knowledge

- ◆ *Loop Knot* — This knot is especially handy when a worn or damaged part of the rope needs to be eliminated. The damaged part is taken up in the loop and no strain is put upon it after the knot is tied.

How to Tie a Loop Knot — Make a bight in the part of the rope you want to eliminate. Then make an overhand knot in the rope, leaving the desired length of rope eliminated in the loop. Pull on both ends to tighten the overhand knot.

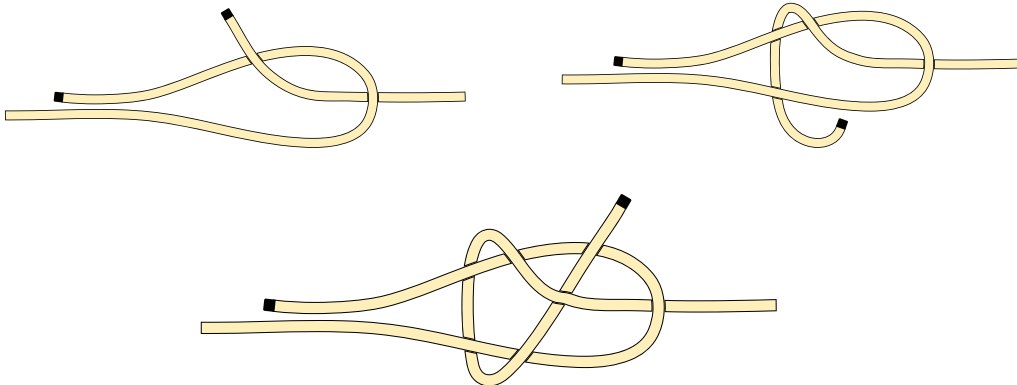


Bends

The final knots we will discuss are called bends. These knots are used when you need to join two ropes to make a longer one. Joining two ropes should be avoided when possible, but sometimes it may be necessary. When using these knots to join two ropes, always try to use ropes with the same diameter and properties. If this is not possible, be sure to use the sheet bend, as it is the only knot of this type that remains secure with ropes of different diameter. Two common bends are the sheet bend and the square knot.

- ◆ *Sheet Bend* — The greater the strain on the ropes in a sheet knot, the tighter the knot becomes. It is also easy to untie.

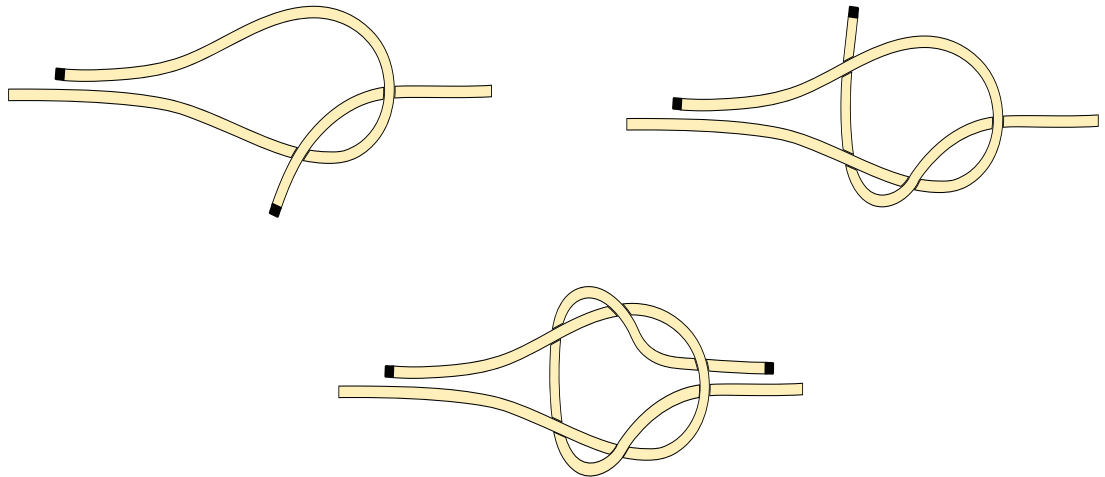
How to Tie a Sheet Bend — Make a loop in the rope on the left by folding it back over. Hold the left rope securely with your left hand. Pass the end of the rope on the right through the loop of the left rope. Slip the end of the right rope underneath and around the loop on the left rope. Then slip the end of the right rope underneath its own standing part. To tighten the knot, pull the standing parts of both ropes.



Special Knowledge

- ◆ **Square Knot** — This is a very simple knot used to join two ropes. It should be used only with two identical ropes, and should not be put under strain. When tying this knot, make sure the ends of both ropes come out on the same side of the knot.

How to Tie a Square Knot — Make a loop in the rope on the left by folding it back over. Hold the left rope securely with your left hand. Pass the end of the rope on the right through the loop of the left rope. The end of the rope on the right is brought under the rope from the left and then passed back through the loop of the rope on the left. At this time, both the ends of the ropes should be on the same side of the knot, running parallel to their standing parts. Pull on each side to tighten the knot.



Things to Learn

1. ☐ Demonstrate how to properly coil a rope.
2. ☐ Holding a rope, show the standing part.
3. ☐ Holding a rope, show the bight.
4. ☐ Demonstrate how to tie an overhand knot.
5. ☐ Demonstrate how to tie a figure eight knot.
6. ☐ Demonstrate how to tie a half hitch.
7. ☐ Demonstrate how to tie a cow hitch.
8. ☐ Demonstrate how to tie a bowline.
9. ☐ Demonstrate how to tie a noose.
10. ☐ Demonstrate how to tie a running bowline.
11. ☐ Demonstrate how to tie a loop knot.
12. ☐ Demonstrate how to tie a sheet bend.
13. ☐ Demonstrate how to tie a square knot.
14. ☐ Demonstrate how to tie two ropes together to make one long one.
15. ☐ Demonstrate to your leader how to shorten a rope that is too long for the job to avoid cutting it.



Date Completed _____



Library

“But if any man be ignorant, let him be ignorant,” —I Corinthians 14:38. Public libraries were established in our country with the hope that no American would be ignorant. Libraries truly have made it possible for us to be knowledgeable on any subject about which we need to know. You do not need to be rich to be rich in knowledge. Local libraries are full of books with information on nearly any subject. For a very small fee, one can purchase a library card and avail oneself of this knowledge. One who owns a book is not so great as one who owns the knowledge!



However, as Christian young people, we do want to be careful about what we read. Not all books are good literature, and there are some topics we definitely would not want to study. It is a very good idea to have your parents look over your books and make sure they are okay for you to read. A great question to keep in mind when considering what books to choose is to ask yourself, “Would Jesus read this book?” If He would not, neither should we.

Things to Learn

1. ☐ Learn how your library catalogs books so that you can find them.

What is the number classification for:

Science _____	Nature _____
Biography _____	Exercise _____
Rocketry _____	Geography _____
Hobby _____	History _____
Religion _____	Inventions _____

2. ☐ Demonstrate how to use the card catalog or computer to search for books by name and by topic.
3. ☐ Obtain your own library card.
4. List three rules of courtesy while in the library. Library rules usually are posted.
 - (1) _____
 - (2) _____
 - (3) _____
5. Check out and read twelve books from your library. Since the books should be checked out over a period of time to develop familiarity with the library and good library habits, only two books at a time may count for this skill. You must return the books on time. Late library books cannot be counted. Library books can be used to count toward other skills that require reading books.

Write the title and author of the book in your notebook along with the date you read the book and a paragraph or two about what you learned from the book.

Place an X in a box each time you check out a book and return it.

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐



Date Completed _____



Occupations

Why study occupations? What is an occupation? For our purposes here, the definition of “occupation,” meaning one’s career, or how one is engaged in making a living is the one that fits best. A “living” is the method and means of earning wages so that one has the means to survive and live. Thus, an occupation is a very important thing to a man. It is a man’s job to provide for himself, and if he has a family, to provide for his family also. You may only be a boy, but faster than you think, you will be a man, and you will need to have an occupation to provide for yourself and for your wife and children.



It is never too early to begin to think about what you will do in life. For a Christian man, the first consideration is that your occupation be pleasing to God. A Christian’s occupation should never be a temptation to sin or to lead others into sin. The next consideration is to choose an occupation that will allow you to earn a steady income. And, lastly, consider what you might like to do, or that in which you have an interest, and work toward that goal.

Many young people simply grow up carelessly, and have never considered what they might do in life. Then they end up doing whatever is at hand, and may not be happy doing so. If they had prepared themselves with the proper education and training, they could have chosen something more to their liking. With Occupations, you will have fun investigating different occupations, and see what is available, and what some requirements are for those occupations.

What You Will Need

The library — You will need a fairly wide range of different types of information, and the local library should be able to provide most of it.

Things to Learn

1. Pick four occupations from the list in which you are interested. For each occupation, complete the following in your notebook: ☐ ☐ ☐ ☐
 - Name of occupation
 - Occupation description
 - Is it a year-round job, a seasonal job, a 9 to 5 job, a night job?
 - What kind of education, training or apprenticeship is needed?
 - How long does the educational training take? Months? Years?
 - Is technical school required? Is college required?
 - What is the average annual salary?
 - How many jobs are available in the field?
 - Will your faith be compromised by the occupation?—by the people you must work with?—by the decisions you must make?—by the places you might need to go?
 - Is this something you are interested in, think you would like, and are willing to spend forty years doing?
2. Add three more questions of your own choosing about each of the four occupations, and record the answers in your notebook. ☐ ☐ ☐ ☐
3. Ask five men what their occupation is. Do they like their job? Why? What do they like and what do they not like about their job? Why? Record the data in your notebook. ☐ ☐ ☐ ☐ ☐

Special Knowledge

4. If possible, visit one or two men's place of employment, and learn firsthand just what they do.

☐ ☐

Architect
Attorney
Carpenter
Chef
Computer Systems
Dentist
Doctor
Electrician
Engineer
Farmer
Geologist
Graphics Designer
Heating/AC
Information Systems
Journalist
Logger
Mechanic
Nurse
Painter
Pharmacist
Photographer
Pilot
Plumber
Public Accountant
Service Technician
Store Owner
Teacher
Veterinarian
Website Developer
Writer

Note: This is not a complete list, but a starting point. Feel free to choose to investigate occupations that are not on the list.



Date Completed _____

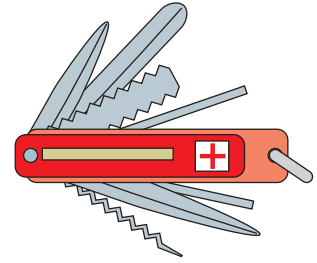


Pocketknife

“And the cedar of the house within was carved with knops and open flowers,” —I Kings 6:18.

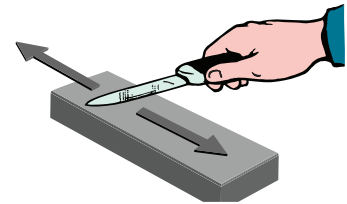
The most important thing to know about a pocketknife is that it is a tool, and definitely not a toy. If it is used improperly, it can cause harm to its user or others. It must be handled with extreme care. It should never be thrown. It should never be held where it can come into contact with others. It is a great measure of responsibility for a young man to own a pocketknife.

A pocketknife is a special tool that usually has one cutting or carving blade and one or more utility blades, which make it a toolkit in a handle.



What You Will Need

1. Pocketknife
2. Sharpening stone — to sharpen your knife
3. Piece of wood — to whittle with your pocketknife



Helpful Information

Here are some important things to remember when using your pocketknife.

- ◆ Always close your pocketknife and put it away when not using it.
- ◆ Never use your pocketknife near enough to another person where it is possible to injure that person.
- ◆ Never throw your pocketknife.
- ◆ Never carry your pocketknife while it is open.
- ◆ Never whittle or carve toward your fingers, hands, or person. Your cutting motion should always be away from any body parts. See the Woodcarving skill for more on the proper use of your blade.
- ◆ Never force your knife—work carefully removing small chips.

How to Sharpen a Knife

Lay the blade flat on the sharpening stone, raising the back edge slightly. Stroke the blade across the stone. Turn the blade on the other side with the back raised slightly and stroke in the other direction. Continue this process until the knife is sharp.

Things to Learn

1. ☐ Demonstrate to your parent or leader how to sharpen a knife properly. **Never check the sharpness of a blade with your thumb!** A sharp knife will cut you before you feel it. One way to check your blade might be to slice a piece of notebook paper with it. A sharp knife is safer than a dull one because when you try to force a dull knife, you lose control of it.
2. ☐ Whittle a small piece of wood to a point, demonstrating safe use of a knife—opening, closing, handling, etc.



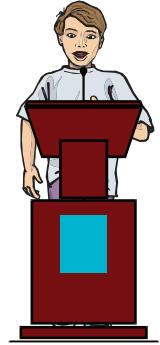
Date Completed _____



Public Speaking

“Let your speech be always with grace, seasoned with salt, that ye may know how ye ought to answer every man,” —Colossians 4:6. God intended for prudent, godly men to be leaders. Leaders should be able to speak in front of groups. Some people fear that. Moses feared it. God wanted Moses to lead.

Maybe Moses was afraid to speak because he had spent forty lonely years on the back side of the desert. Maybe he was just not used to speaking to people. That is what this skill is all about. If you practice speaking to groups, it is not such a fearful experience.



Helpful Information

- ◆ *Be prepared* — It is not uncommon to be a little nervous when speaking to a group, especially the first time or two, until you become used to it. The best antidote to nervousness is preparedness. When you are prepared, you know you will do well. When you know you will do well, you are not nervous.
- ◆ *Practice* — Practice what you will say. Practice it over and over. Practice it out loud so you will feel natural saying it out loud. Do not memorize it. Just say it often enough that you know exactly what you are saying, and what you will say next.
- ◆ *Use note cards* — Do not write your speech on the note cards. You will have trouble reading all that. Just write the several main ideas on note cards in large letters so that you can glance now and then at them if you should need to do so. Do not attempt to use exactly the same words each time you practice the speech. Just understand and practice each point.
- ◆ *Posture* — Stand straight and look at your audience. If you slouch or look away from your audience, you will seem as if you are ashamed of what you are saying, and your listeners will not be as receptive to your words. Practice in front of a mirror. Notice your posture and delivery. You do not want to speak *in front of* your audience. You want to speak *to* them.
- ◆ *Use props* — Props are any objects that you can use to visually display what you are talking about. Don't forget that a picture is worth a thousand words.

Things to Learn

At your club meeting:

1. ☐ Prepare a 2 to 3 minute speech on how to do something. Use props to demonstrate.
2. ☐ Prepare a 2 to 3 minute explanation of a Bible verse.
3. ☐ Give a 2 to 3 minute definition of a Christian.

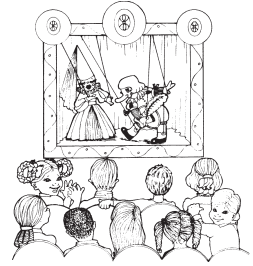


Date Completed _____



Puppetry

A puppet is a hand-manipulated object used to represent an animal or a person. A puppeteer is the person who makes the puppet appear to come alive by animating its motions and speaking for it. Children love to play with puppets, and puppets really hold the attention of very young children. Puppets can be used to tell good, moral stories. And, we know that everyone, especially a child, loves a good story!



What You Will Need

A book on puppetry

Helpful Information

Puppets are figures that usually depict a person or animal, and are controlled by hand movements, rods, or strings. There are very simple puppets, and puppets that are made with great detail. They can be made from paper bags, socks, felt, cloth, papier-mache, wood, and many other materials. Puppets are great fun to use when telling a story. When choosing a short story or character example to use with your puppets, start with a simple one with only a few characters. Go through the story and make a list of the details that you would like to emphasize, making sure that you have all the objects or things that you will need. Practice until you are comfortable with your final version.

Things to Learn

1. ☐ Write or find a short story or character example to use with your puppet(s).
2. ☐ Make the puppet(s) that you will need for your puppet show.
3. ☐ Give a puppet show to your family or friends.



Date Completed _____



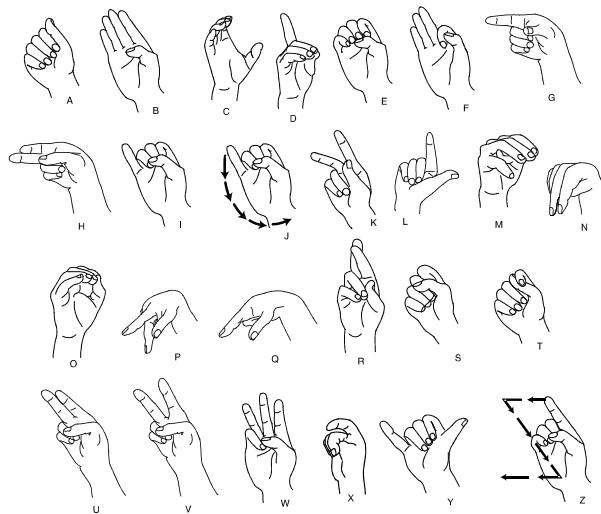
Sign Language

Sign language is a means of communicating with our fingers and hands instead of using our mouths. This skill will help us to speak with those people who cannot hear or are hearing impaired. Take the time to learn this skill so that you will be prepared to communicate with whomever God sends your way. Who knows if you might be able to tell them of God's love for them.

Things to Learn

1. ☐ Learn the alphabet in sign language and demonstrate this knowledge.
2. Learn the signs for—

<input type="checkbox"/> God	<input type="checkbox"/> Lord	<input type="checkbox"/> Jesus Christ
<input type="checkbox"/> Please	<input type="checkbox"/> Thank you	<input type="checkbox"/> You are welcome
<input type="checkbox"/> How are you?	<input type="checkbox"/> I love you	<input type="checkbox"/> I'm glad to see you
3. ☐ Be able to say John 3:16 using sign language.
4. ☐ Use sign language to sing one verse and stanza of your favorite hymn.
5. ☐ Research the history of sign language and how it relates to the deaf culture. In your notebook, write an essay presenting some of the information you found.



Date Completed _____

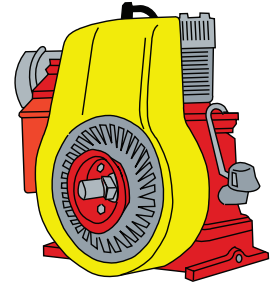


Small Engine Repair

Understanding and working with engines can be a valuable skill for young and old men alike. Many tools and machines upon which we depend for jobs that we do are powered by two-cycle or four-cycle engines. Lawn mowers, snow blowers, weed whackers, and generators are just a few.

Since we depend on these little engines to work for us, it stands to reason that we should know something about keeping them in good repair. Even simple maintenance operations can prevent breakdowns and prolong the life of a small engine. This makes for dependable equipment and saves money!

Learning about engines and developing mechanical abilities will help to make a young man more competent around machines, and gives him a greater understanding of technologies. Developing such abilities produces lifelong skills that are well worth learning.



What You Will Need

1. Book — A book about small engines and their maintenance
2. Tools — Access to assorted mechanical tools that would be used to service small engines (screwdrivers, wrenches, pliers, gauges, testers, etc.)
3. Engine — A small engine on which to perform maintenance operations
4. A knowledgeable adult to supervise you, instruct you, and inspect your work

Helpful Information

- ♦ As a rule, a young man should be at least ten years old before attempting to work on small engines.
- ♦ There are many power tools available to do mechanical work. Before you use any power tool, always be sure that you have been instructed in its safe operation.
- ♦ Most power tools used in mechanical work are driven by compressed air. Always be very careful around compressed air. It can easily cause injury to an eye or another part of the body. It can even penetrate skin.
- ♦ Whenever you are running an engine, be sure to obey all safety and operating procedures for the piece of equipment.
- ♦ Some engines have very specific oil requirements. Be sure to determine the correct oil to be used and use only that oil.
- ♦ When mixing oil and gasoline for a two-cycle engine, add some fuel to the container. Then add the correct amount of oil, and shake thoroughly. Add the rest of the fuel, and shake again.

Things to Learn

1. ☐ Mix fuel for a two-cycle engine using the proper amounts of oil and gasoline in the ratio that the engine specifications require.
2. ☐ Check the oil level in an engine.
3. ☐ Remove and replace the air filter on an engine.
4. ☐ Demonstrate how to clean a reusable air filter.
5. ☐ Change the oil in an engine.
6. ☐ Remove and replace the spark plug(s) in an engine.
7. ☐ Demonstrate how to properly gap a spark plug.

Special Knowledge

- 8. ☐ Demonstrate how to locate and clean the cooling fins on an air-cooled engine.
- 9. ☐ Identify the idle speed and gas mixture adjusting screws on a carburetor.
- 10. ☐ Demonstrate how to properly torque bolts with a torque wrench.
- 11. ☐ Describe the four-stroke cycle to your instructor.
- 12. ☐ Describe the two-stroke cycle to your instructor.
- 13. Perform routine maintenance three times on a small engine.
☐ ☐ ☐

✓ Date Completed _____



Storytelling

When a skilled storyteller begins to tell a story, all ears, regardless of age, usually perk up. This is because people of all ages enjoy listening to a story. The best stories are the sort that have a truth or lesson woven into them. Our Saviour knew this, and that is why He constantly told short stories or parables to those around Him.



Storytelling is an excellent skill to possess. It is most valuable when used for teaching. Likely, one day you will be a father, and you will have children to whom you will want to teach many things. Stories are a wonderful way to teach children, especially little children. Even sooner, you may work with a class at church, or be a camp counselor. Storytelling will come in handy then also.

Storytelling does not take talent. It simply takes a little practice. Anyone can become a skilled storyteller.

Thoughts on Storytelling

- ◆ Always have a truth or a particular point that you want to share when you tell a story.
- ◆ Always ask yourself the question, “Would Jesus tell this story?” Follow His leading.
- ◆ Stories have three parts—an introduction, a body, and a conclusion.
 - ★ *Introduction* — In the introduction you let the listeners know when and where the story took place, and tell them a little about the characters so that they get to know them.
 - ★ *Body* — The body is the story itself.
 - ★ *Conclusion* — In the conclusion you make sure that the listeners understand the moral or the truth of the story, which is the reason that you told it.
- ◆ Tell your listeners if you are telling a true story.
- ◆ Tell your listeners where you came by your story. Is it a Bible story? Is it a story that happened to Uncle Joe? Is it a missionary story? Or is it one of your stories?
- ◆ A good storyteller always uses a great deal of “expression.” He changes his voice for different characters in his story. He expresses emotions such as fear or happiness in his voice. He makes “eye contact” with his audience. This means that he looks directly into the eyes of his listeners.
- ◆ Props or visuals are often great helps in keeping the attention of your listeners. A prop can be any item that lends understanding and reality to your story. A visual can be a picture or an object illustrating something about which you are speaking. A prop is a visual.

Things to Learn

1. ☐ Tell one story from the Bible.
2. ☐ Tell one parable of Jesus.
3. ☐ Tell one story about a lesson that God taught you.
4. ☐ Tell one story which illustrates a character trait such as honesty or truthfulness.



These stories can be told to your group or to your family. Preferably, if you are telling your family, the whole family should be present.



Date Completed _____



Teaching

The apostle Paul writes to the younger Timothy, *“And the things that thou hast heard of me among many witnesses, the same commit thou to faithful men, who shall be able to teach others also,”* —2 Timothy 2:2-3. We are commanded to learn to teach others because God has things that He wants us to teach.



You might be wondering when and how you should be learning to teach. Well, now is as good a time as ever to begin. Teaching is nothing more than imparting something that you have learned to someone else. It is a skill that can be mastered with practice. You may have younger brothers, sisters, or cousins. You may have children in your neighborhood who are not believers in Jesus. It may be your turn to give a devotional at your club meeting. You may be a helper in a children’s class at church.

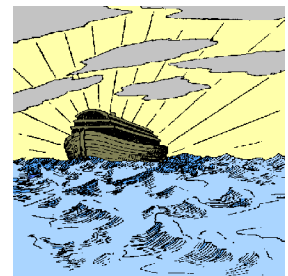
What will you teach? Teach something that you know. Teach something that can help another. Learning something of this skill of teaching now will help you to be ready when you are called upon to teach, and it will prepare you for your future.

Helpful Information

- ◆ Always pray first for those whom you will be teaching, and pray for guidance about what you should teach and how you should teach it.
- ◆ Always use Scripture. The Bible says, *“So shall my word be that goeth forth out of my mouth: it shall not return unto me void, but it shall accomplish that which I please, and it shall prosper in the thing whereto I sent it,”* —Isaiah 55:11. God’s Word is the seed that is sown in the hearts of people.
- ◆ Jesus used stories, called parables, to illustrate truths.
- ◆ Jesus often used what was at hand to illustrate His stories, or the message He wanted to convey. For example, He referred to the sky, to sheep, to lost coins, etc.
- ◆ Children love visuals—things they can see or touch. Whenever possible, use a visual with your lesson. You might use props like objects that would be used by the characters in your story. You could use a blackboard or whiteboard to help illustrate an idea. Flannel boards and felts are especially nice. They provide very colorful pictures with which to illustrate a story.
- ◆ Children love to sing. If possible, use some of your teaching time to teach them a hymn about the truth they are learning.
- ◆ Children also love to take things home with them. Their Bible verse could be written out on an index card or bookmark for them, or perhaps, you might have a picture that they could take home and color.

Things to Learn

1. ☐ Teach one lesson from a verse in Proverbs. Use a visual.
2. ☐ Teach one lesson on one of Jesus’ parables. Use a visual.
3. ☐ Speak about one of your favorite Bible verses, and why it is a favorite.

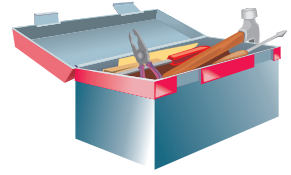


Date Completed _____



Tools

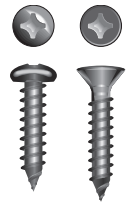
“But all the Israelites went down to the Philistines, to sharpen every man his share, and his coulter, and his axe, and his mattock,” —I Samuel 13:20. Tools are a part of man’s heritage. He has been fashioning and using tools since “. . . *The Lord God took the man, and put him into the garden of Eden to dress it and to keep it,*” —Genesis 2:15. This shows that God created man much differently from all the animals. Animals must forage around the woods or attack each other for food. God, however, gave man the ability to learn to plant his food and build his house. He also gave man the ability to design and use tools to accomplish this.



The ability to use tools is as valuable as any skill a man can have. While a man spends his time on earth, he will probably spend much of it providing and caring for his family. He will need to repair, mend, build, renovate, and maintain many of the physical necessities of life. God’s Word teaches us not to be wasteful. Caring for things the way that we ought often requires us to know how to use tools. Becoming acquainted with these basic tools is just a beginning, but this section on tools will get you on your way. You will soon be at home in any workshop.

Helpful Information

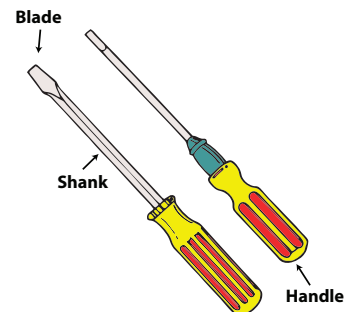
- ◆ **Screws** — Screws come in a multitude of types, shapes, and sizes. Many screws are installed with screwdrivers. All screws are installed the same way. They are turned with a screwdriver or other tool so that the spiral grooves or “threads” turning in the workpiece draw the screw into the work.



Almost all screws thread in the same direction. Except for the most rare occurrences, screws have “right-hand” threads. Screws with right-hand threads are installed by turning them clockwise. They are removed by turning them counter-clockwise. A screw with left-hand threads (which would be quite rare) would require exactly the opposite threading.

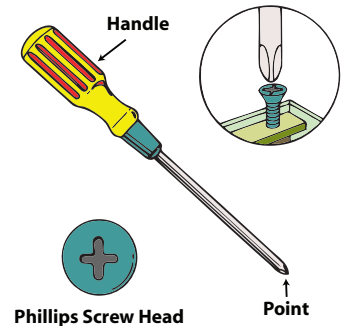
- ◆ **Screwdrivers** — A screwdriver is a tool for installing small screws. There are screwdrivers available with a variety of different tips for installing different types of screws. Each type of tip is also available in different sizes for use with different size screws. The two most important things to remember when using a screwdriver are:
 - ★ Use the right size screwdriver for the job.
 - ★ Keep the screwdriver aligned perfectly straight with the screw. If it is a standard screwdriver, you will also need to keep it centered on the head of the screw. If you do not keep it straight and centered, it is very easy to damage or deform the attachment area on the screw. This will ruin the screw, and you will no longer be able to turn it at all.

1. **Standard Screwdriver** — A standard screwdriver has a flat blade or tip that engages the screw. They come in several sizes. Exercise care with the standard screwdriver. It is the easiest type with which to damage the screw by misalignment.
2. **Phillips Screwdriver** — The tip of a Phillips screwdriver has four flutes that fit four corresponding slots in the head of a Phillips head screw. Phillips head screws can accept more torque (twisting



Special Knowledge

force) than standard screw heads. A Phillips screwdriver is also easier to keep aligned with the screw. Phillips screwdrivers also come in several sizes. The most common sizes are #1, #2, and #3. Though #1 and #2 often look like either will work, check the “feel” of the fit. Using the wrong size will sometimes damage the screw before you get it installed.



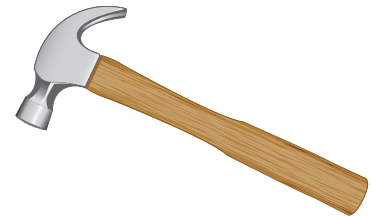
3. *Reed or Prince Screwdriver* — A Reed screwdriver looks just like a Phillips screwdriver except it comes to a sharper point. Reed screwdrivers are no longer commonly produced, and few screws are available to fit them. The most important reason to be aware of them is that there are some still around. If your grandad has a toolbox, there are very likely a couple of Reed screwdrivers in it. Mistaking a Reed for a Phillips can ruin a screw head just as easily as using the wrong size Phillips. So check that fit. If it does not feel right, try another screwdriver.

4. *Torx Screwdriver* — A Torx screwdriver has a tip that is shaped like a star. It is able to transfer more torque to its corresponding screw than any of the other types mentioned here. It is also the least likely to cause damage by misalignment. Shown at the right is a torx bit which is used in a screwdriver that accepts different sizes of replaceable bits.

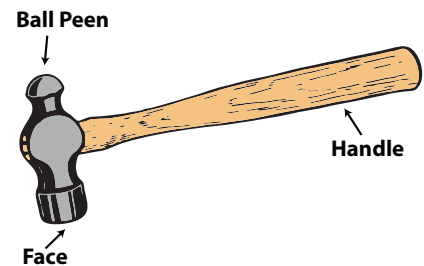


- ♦ *Hammers* — Hammers are used for tapping, pounding, breaking, and any number of jobs that require a large amount of force on impact.

1. *Claw Hammer* — A claw hammer is the most commonly used type of hammer. It is basically a carpenter’s hammer, and is designed for working with nails. The claw hammer’s face, or head, is used for driving nails, and the opposite side, or “claw,” is used for pulling nails. Nails often need to be pulled, either when they become bent while being driven, or because they are driven only partially to temporarily hold something.



2. *Ball-peen Hammer* — A ball-peen hammer is basically a mechanic’s hammer or a machinist’s hammer. It is used for working with metal and for things like striking chisels and punches. Hammers and chisels can be used to cut metal or stone. Hammers and punches can be used to force a metal part out of another metal part in which it is wedged very tightly.

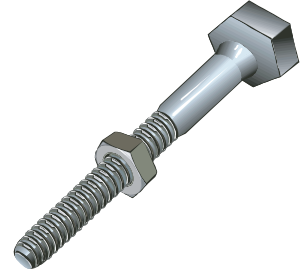


3. *Sledgehammer* — A sledgehammer is a very heavy hammer with a long handle. A sledgehammer requires the use of both hands to swing it. It is used for jobs like driving large stakes into the ground, or for any job that requires a very large amount of force.



Special Knowledge

- ◆ *Nuts and Bolts* — Nuts and bolts come in all different sizes (diameters), and bolts come in all different lengths. A nut and the head of a bolt usually each have six flat sides and six corners. They are hexagons. They are used for fastening things together. (See wrenches below.) There are two different measuring systems: English and metric. English sizes are measured in inches (in) or fractions of an inch. Metric sizes are measured in millimeters (mm). Even if the sizes look the same, English nuts will not fit metric bolts, nor will metric nuts fit English bolts.



- ◆ *Wrenches* — Wrenches are used to install and remove nuts and bolts. Bolts are large screws that screw into threaded holes in the machine that they hold together. A bolt can also be used to hold two pieces together by putting it through holes in both pieces and using a nut that has the same threads inside as the bolt has on the outside. The nut is then screwed onto the bolt, clamping the two pieces together.

1. *Open-End Wrench* — An open end wrench is a fixed-size wrench that is open on the end so that it can be slipped onto a nut or bolt from the side. If the fastener is not too tight, an open end wrench may be used to turn the bolt much more quickly than a box-end wrench, but it cannot be used with as much force because it really only grips the bolt on two of its six sides. The term “fixed-size” means the wrench can only fit one size bolt or nut. So you will need an open-end wrench for each size bolt that you wish to turn, such as a 1/2", 3/4", 8 mm, or 13 mm wrench.



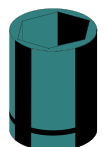
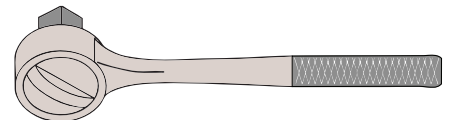
2. *Box-End Wrench* — A box-end wrench is a wrench with a closed end that completely surrounds the head of a bolt. It can be used for very tight bolts because it grips the head of the bolt all the way around. A box-end is not as convenient to use as an open-end wrench, but it allows much more force than the open-end wrench, that only grips the bolt on two sides. A box-end wrench is also a fixed-size wrench, so you will need one wrench for each different size bolt you wish to tighten or loosen.



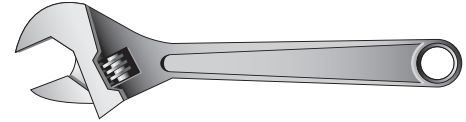
3. *Combination Wrench* — A combination wrench is exactly what the name implies. It is a combination between an open-end wrench and a box-end wrench. It provides the convenience of instantly switching between the two as needed.



4. *Ratchet and Socket Wrench* — A ratchet and socket are a type of wrench that is made up of two pieces. A socket surrounds the bolt head and slips over the end like a boxed-end wrench. The socket is driven or turned by a handle containing a mechanism called a ratchet. The ratchet allows the handle to freely turn in one direction but not the other. Thus, by moving the handle back and forth, the bolt can be threaded into the workpiece without ever removing the wrench to reposition it. A ratchet can be used with different sockets, but you will need a socket for every size of bolt.



5. *Adjustable Wrench* — An adjustable wrench is a single wrench that will fit many different sizes of bolts and anything that has two flat sides opposite each other.



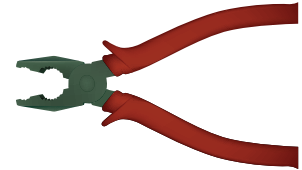
You may be wondering why anyone would need any fixed-size wrenches when he could use an adjustable wrench. An adjustable wrench will not fit a bolt as well as a fixed-size wrench, so it does not take very much force to make it slip and damage a bolt by sliding over the corners. This usually happens suddenly, and is unexpected when it does. This condition can easily turn into an injury if it happens in a tight space. That is why the adjustable wrench is nicknamed “the knuckle buster.” An adjustable wrench works better if used in the right direction, so it is even easier to damage a bolt by using it the wrong way.

6. *Pipe Wrench* — A pipe wrench is used to thread pipes together. Pipe wrenches are usually used in pairs. One wrench is used to hold one pipe stationary while the other is used to thread a piece of pipe or fitting onto it. Pipe wrenches have jaws with teeth that actually bite into the round pipe to tighten it. The teeth bite in only one direction, so the wrench must be turned around to turn the pipe the other way.



- ♦ *Pliers* — Pliers are hinged tools with two handles and two jaws that are used to grip irregularly shaped objects that cannot be handled with wrenches. Unlike wrenches, which have rigid jaws, pliers rely on the person squeezing the handles for their gripping force. Pliers are not used on bolts because they ruin the corners, and then a wrench cannot be used on the bolt.

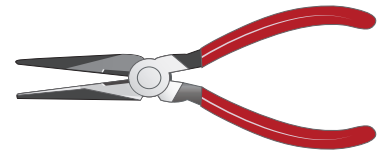
1. *Standard Pliers* — Standard pliers, or slip-joint pliers, are usually simply called pliers. The jaws are basically straight and usually have some sort of teeth for additional gripping.



2. *Channel Locks or Arc Joint Pliers* — The jaws on these pliers curve to one side. This helps to improve their ability to grip an object when turning toward the curve, so they must be turned around to twist the object in the other direction. The joint in these pliers is a series of arcs that make it adjustable to grip a wide range of sizes of objects.



3. *Long-nose Pliers* — The jaws on long-nose pliers are long and taper nearly to a point. This makes them good for reaching into very small working areas. They are often used for working with wiring.



4. *Vise Grips or Locking Pliers* — Vice grips are pliers whose jaws can be squeezed around an object and locked so that the pliers grip the object tightly by themselves. This makes it easier to turn the object because less concentration is required for gripping.



Special Knowledge

5. *Diagonal Cutters* — Diagonal cutters are pliers that are used for cutting. They are normally used to cut and strip electrical wires, but are sometimes used to cut small nails, brads, or other items. The blades or jaws are slightly angled; thus, they are called diagonal cutters.



Things to Learn

1. Screwdrivers
 - ☐ Install several screws with a standard screwdriver. The screws may be in wood or metal. Be sure to use the proper size. Note: Screws are normally installed in holes that are slightly smaller than the body of the screw. Unless you are assembling a kit, you may have to drill holes.
 - ☐ Install several screws with a Phillips screwdriver. Be sure to use the proper size.
2. Hammers
 - ☐ Fasten two pieces of wood together by nailing them with a claw hammer. Nails must be 8d (8 “penny”) nails or larger.
 - ☐ Drive several nails half-way and remove them with a claw hammer.
3. Wrenches
 - ☐ Install and remove several bolts and/or nuts with an open-end wrench or box-end wrench.
 - ☐ Install and remove several bolts and/or nuts with a ratchet and socket.
 - ☐ Very lightly install and remove several bolts and/or nuts with an adjustable wrench just to know how to use it.
 - ☐ Complete the following in your notebook:
 - (1) When is a box-end wrench a better choice than an open-end wrench?
 - (2) When should an adjustable wrench not be used?
4. Pliers
 - ☐ Identify two types of pliers. Name the pliers that you identified.
(1) _____ (2) _____
 - ☐ Use one type of pliers and describe what you did in your notebook.
5. Work with your dad, neighbor, or friend three times to repair the car or fix some other project around the house that involves the use of tools.
☐ ☐ ☐
6. ☐ We have just begun to learn about tools. There are thousands more useful tools. Learn to identify and use six more tools. Name each tool you used and on what you used it in your notebook.



Date Completed _____



Typing

“And it shall be, when he sitteth upon the throne of his kingdom, that he shall write him a copy of this law in a book out of that which is before the priests the Levites,” —Deuteronomy 17:18.

In this passage, God was telling His people that when they come into the promised land and get a king, the king should make a copy of the law. Until the invention of the printing press, books were handwritten. Once the press came into common use, books were printed and people were able to read the law (Bible) for themselves. With the invention of the typewriter, individuals could have a little press right in their own homes to type or write books. With the advent of the computer, information of all sorts has become available to nearly everyone.



Typing is such an excellent skill to possess! Instead of picking out the keys one at a time, your fingers can fly across them with great speed. Much of what you do in the way of processing information will be greatly enhanced by learning to type quickly and accurately. Typing does not take a great amount of talent. It simply takes practice.

What You Will Need

1. Typing instruction manual or typing software
2. Typewriter, word processor, or computer

Things to Learn

1. ☐ Complete a typing course.
2. ☐ Be able to type 25 words a minute with one error or less.
3. ☐ Type one poem.
4. ☐ Type one chapter from the Bible.

*Remember! Accuracy
should always come
before speed.*



Date Completed _____



Woodworking

“The carpenter stretcheth out his rule; he marketh it out with a line . . .” —Isaiah 44:13. Man uses many building materials. One of the most widely used, and one of the easiest to work with, is wood. Wood has been used for centuries to fashion buildings, furniture, tools, and other items. The list of things that you can create with wood when you have the right skills, tools, and techniques is probably endless. Once you begin, your skill and the useful ideas for it simply grow. Learn a few basics, and it is up to you how far you can go with this craft.

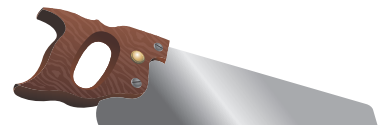
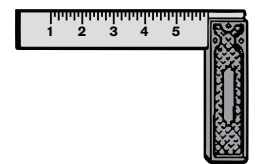
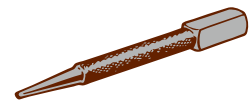
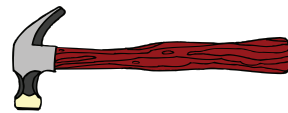


What You Will Need

1. Book on woodworking
2. Materials to complete two projects of your choice. If you are just beginning to learn woodworking, have someone help you compile your list of materials
3. Access to the appropriate tools to complete the projects

Tools to Know

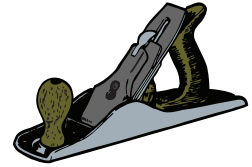
- ♦ *Measuring Tape* — This is the most common measuring instrument used by woodworkers. The retractable measuring tape is a handy, compact unit in a plastic or metal case.
- ♦ *Screwdrivers* — These tools drive screws into wood, either to attach something to the wood or attach two pieces of wood together. The screwdriver needed depends on the screws being used. See Tools.
- ♦ *Claw Hammer* — The claw hammer varies in shape and size. Larger claw hammers with mesh faces are usually used for framing large projects. Smaller hammers with smooth faces are used for finish work to minimize damage to the wood when a nail is driven flush.
- ♦ *Nail Set* — A nail set is used to “set” the head of a finish nail at or below the surface of the wood. It is a small, tapered punch. The tip is placed on the head of the nail, and the end is tapped with a hammer until the nail is driven to or below the surface of the wood. If you do not use a nail set to finish driving a nail, it is likely that you may put dents in your project with the hammer.
- ♦ *Try Square* — A try square is primarily used to lay out right angles on your wood. It is also used to check the ends of a board for squareness.
- ♦ *Hand Saws* — There are several different handsaws which might be used in your projects. These include the crosscut saw, the rip saw, and the coping saw.



A crosscut saw is used to cut across the grain of the wood. A rip saw is used to cut with the grain. And a coping saw is used to make thin, tight cuts along lines and curves.

Special Knowledge

- ◆ *Hand Plane* — This tool has a flat surface on the bottom with a thin blade slightly protruding through that surface. It is used to shave thin layers from the surface of a piece of wood by repeatedly sliding the plane over the surface of the wood. Planing is an excellent way to match two surfaces that are slightly uneven.
- ◆ *Drills* — Drills are used to make round holes in wood and other materials. Drills are used with different sizes of drill bits, which are the actual cutting tools that twist their cutting edges through a piece of wood. There are drills that are powered by hand, and there are power drills that are powered by electricity.
- ◆ *Power Saws* — Power saws come in many different shapes and sizes. They include circular saws, jig saws, miter saws, table saws, band saws, and more. These tools are for the experienced woodworker and can be dangerous to those who have not been taught how to use them correctly.
- ◆ *Clamps* — Clamps are used to hold different pieces of wood together while they are being glued or fastened in some other way, or sometimes to hold a piece while it is being sawed.



Helpful Information

- ◆ Tools are very useful things which help us to be both more productive and creative. They can also be dangerous to ourselves and others if not handled properly. Always exercise care and follow any safety rules listed on the tool.
- ◆ Always wear safety goggles when cutting wood, nailing, or performing any other task using cutting or striking tools. These will protect your eyes from flying wood chips, nails, or other materials. You should also wear ear protection when using loud power tools.
- ◆ You should have adult supervision whenever you are using power tools.

Things to Learn

1. ☐ Demonstrate how to read a measuring tape in sixteenths of an inch.
2. ☐ Demonstrate how to use a try square.
3. ☐ Demonstrate how to cut on the waste side of a line.
4. ☐ Name three hardwoods.
(1) _____ (2) _____ (3) _____
5. ☐ Name three softwoods.
(1) _____ (2) _____ (3) _____
6. Make two small projects of your choice out of wood that involve nailing, drilling, and gluing.
☐ ☐



Date Completed _____

Category X: Music Arts



What is music? That is an interesting question. A simple answer would be that music consists of sounds woven together in a structured and continuous manner. God's world is full of musical sounds—birds singing, wind blowing, bees humming, waves breaking, and the list is endless. When we think of music, we most likely think of singing, humming, playing instruments, and making melody. The right kind of music praises and honors our God. Good music elevates our moods and lifts our spirits. God's Word admonishes us to sing praises to our God, and so we should be busy doing this every day of our lives.

"Sing praises to God, sing praises: sing praises unto our King, sing praises. For God is the King of all the earth: sing ye praises with understanding," —Psalm 47:6-7. "Praise ye the LORD. Sing unto the LORD a new song, and his praise in the congregation of saints," —Psalm 149:1



Band

A band is usually smaller than an orchestra, which is a very formal group. An orchestra contains stationary instruments, and always plays in a hall, theater, or indoor arena. A band may play indoors, and it may have some stationary instruments, but they are all very portable. There are no pianos, organs, etc. Some bands, like marching bands, contain only non-stationary instruments. Some bands are rather small and informal. It is fun to get together with friends and learn to play songs in harmony with each other.



Things to Learn

1. ☐ Learn to play an instrument.
2. ☐ Learn to play with a group of musicians.
3. ☐ Participate in one performance.

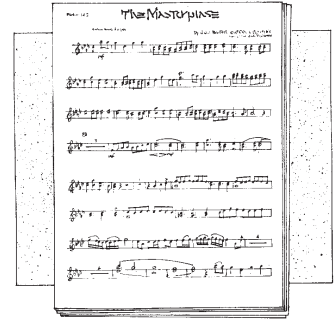


Date Completed _____



Choral Music

A choir, chorale, or chorus is a musical group of singers. Choral music is the music specifically written to be sung by a choir or chorus of singers. When Nehemiah led the Jewish people back home to Jerusalem to repair the walls and fix the temple, thousands went, including a choir! *“The whole congregation together was forty and two thousand three hundred and threescore, Beside their manservants and their maidservants, of whom there were seven thousand three hundred thirty and seven: and they had two hundred forty and five singing men and singing women,”* —Nehemiah 7:66-67. It seems like there have always been people who



formed choirs to sing praises to our great God, Who alone is worthy of praise. Perhaps you would like to learn how to sing in a choir or small group. It is a skill that will bless you and others.

Things to Learn

1. ☐ Learn to sing in a group.
2. ☐ Sing in at least three choir presentations.



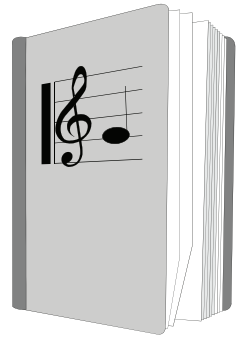
Date Completed _____



Hymns

In Colossians 3:16 we read, *“Let the word of Christ dwell in you richly in all wisdom; teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord.”* We should read the Bible as often as we can so that the Words of Christ will really dwell in us, and so that we will know true wisdom, the wisdom of God.

Isn’t it interesting that we can admonish or give earnest advice and teach others through the singing of psalms and hymns and spiritual songs? This would indicate that the singer is not singing alone, but is singing with someone or singing to someone. And we notice that there are three different kinds of singing—psalms, hymns, and spiritual songs. Psalms are found in the Bible, hymns are songs of praise to God, and spiritual songs are songs which most likely encourage or lift the spirits of ourselves and others by helping us to focus on our wonderful God and our Lord and Saviour, Jesus Christ. The purpose of the “Hymns” skill is to become more aware of our rich heritage in hymns, and to become obedient to the gentle command to be singing with grace in our hearts to the Lord.



Things to Learn

1. ☐ Choose three hymns, and learn the meaning behind each hymn. In your notebook, write a short essay on each hymn explaining why the hymn was written. Learn all the stanzas by memory for the three hymns.
☐ ☐ ☐
2. ☐ Choose your favorite hymn, tell the story behind the hymn, sing the hymn, play the hymn on an instrument, or play a recording of the hymn for your family or club.



Date Completed _____



Musical Instruments

Way back in Genesis we find that the early people had musical instruments. *“And his brother’s name was Jubal: he was the father of all such as handle the harp and organ,”* —Genesis 4:21. God is the Creator of music, His world is filled with the music of nature, and He has put it into the heart of man to make music too. In fact, He commands man to *“Praise the LORD with harp: sing unto him with the psaltery and an instrument of ten strings,”* —Psalm 33:2. If you learn to play an instrument, you will be able to bless yourself by playing unto the Lord and bless others too, and enjoy the instrument throughout your whole life.



Things to Learn

1. Learn to play an instrument. Take lessons for at least one year.
2. Play a song before your club, group, or family.

- | | |
|--|---|
| <input type="checkbox"/> Accordion | <input type="checkbox"/> Lute |
| <input type="checkbox"/> Banjo | <input type="checkbox"/> Lyre |
| <input type="checkbox"/> Bass Clarinet | <input type="checkbox"/> Mandolin |
| <input type="checkbox"/> Bassoon | <input type="checkbox"/> Musical Instrument |
| <input type="checkbox"/> Bass Violin | <input type="checkbox"/> Oboe |
| <input type="checkbox"/> Bugle | <input type="checkbox"/> Organ |
| <input type="checkbox"/> Cello | <input type="checkbox"/> Piano |
| <input type="checkbox"/> Clarinet | <input type="checkbox"/> Piccolo |
| <input type="checkbox"/> Cornet | <input type="checkbox"/> Recorder |
| <input type="checkbox"/> Drum | <input type="checkbox"/> Saxophone |
| <input type="checkbox"/> Flute | <input type="checkbox"/> Trombone |
| <input type="checkbox"/> French Horn | <input type="checkbox"/> Trumpet |
| <input type="checkbox"/> Guitar | <input type="checkbox"/> Tuba |
| <input type="checkbox"/> Hand Bells | <input type="checkbox"/> Ukulele |
| <input type="checkbox"/> Harmonica | <input type="checkbox"/> Viola |
| <input type="checkbox"/> Harp | <input type="checkbox"/> Violin |
| <input type="checkbox"/> Keyboard | <input type="checkbox"/> Xylophone |



Singing

“Speaking to yourselves in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord,” —Ephesians 5:19. Because scriptural, beautiful music lifts our souls and stirs our hearts, we are admonished to encourage one another in psalms and hymns and spiritual songs, singing with grace in our hearts unto the Lord. Have you ever realized that you cannot be down in the dumps or grumpy while you are singing praises to the Lord? Have you noticed that you cannot be cranky and sing at the same time? Why not make it a habit to always have a song in your heart, and, whenever possible, hum or sing softly while you work.



Things to Learn

- ☐ In your notebook, list five of your favorite Christian hymns and/or spiritual songs, their authors, and why each song is special to you. A sample format is shown below.

Title _____ Author _____ Special because _____
--

- ☐ Memorize all the verses of one Christian hymn or song.

Title _____



Date Completed _____

Category XI: Artistic Skills



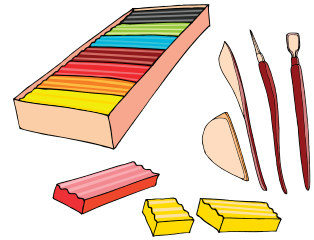
Art is a process of arranging materials in such a way as to make them appealing, or pleasing, or to convey a message or a lesson. God's world is the perfect example because our God *is* an artist—the *Original One*. He has arranged the materials of His world into beautiful sunsets, the majesty of mountains, the awesome night skies, the exquisiteness of a rose, the flutter of a butterfly, and thousands of other points of beauty.

God has instilled in men and women the same creative urge to be artists, only people must start with the things God has made or given them in order to create their art. We like to beautify our homes and our personal surroundings with pretty things, and so we are all artists of some sort. Creating is fun! There is much to learn, so we hope you will enjoy this section of skills, because these skills can add beauty and enjoyment to your life, and be a means of blessing to others.



Clay Sculpting

For most of us, since we were small children, we have enjoyed working with modeling clay. It was so much fun to create all kinds of wonderful things, but there was no way to keep them. So, we had to put sculpting away. Today, with the new clays and techniques, the things that we make, we can preserve them to keep them or give away as gifts. And, you know what? It is still fun!



What You Will Need

1. A book on clay sculpting
2. Clay sculpting kit — A kit is usually available. It will contain most of what you will need to get started including clay, basic instructions, and perhaps a few tools. You already may have some of the things listed below. Some of the tools you may be able to make yourself.
3. Polymer clay — This clay is a non-toxic material made for sculpting. There are many different kinds of polymer clay available. Some can be air cured, and others need a low heat temperature to cure. To safely work with polymer clay, always follow the manufacturers' directions for curing. Never exceed the recommended curing temperature.
4. Rubbing alcohol, 90% or 70% — This is used for smoothing your sculptures. If you are using a heat source to dry your sculptures, be sure to let your sculpture dry overnight after smoothing, and before curing, the clay.
5. Work surface — A glass cutting board works very well for this purpose. If you are using a pattern, you can also slip it under the glass while working. Remember not to use the glass cutting board for food purposes after using it for clay.
6. Cutting tool — A craft knife or similar tool
7. Rolling tool — A rolling pin works well, but be sure not to use it for food use at a later time. Set it aside for a craft tool.
8. Simple modeling tools — A basic set can be found at most craft stores.
9. Loop tool — This tool is recommended for removing fine bits of clay from your designs.
10. Needle tool — This tool is used for making lines and dots in your sculptures.
11. Armature materials — These can be used to form a strong base for your clay. Wire, crumpled aluminum foil, or sculpting epoxy can be used.
12. Paints — Acrylic paints (artist acrylic, not craft acrylic), oil-based paints, or powdered pigments can also be used to add color and detail to your designs. When painting or working with pigments, it is usually best to prime your sculpture before painting and finishing your piece with a sealer.

Helpful Information

- ◆ Never use tools that you have used for polymer clay for food use. Clay residues may linger on the tools, and they could be ingested. If you do a lot of sculpting with polymer clay, and you choose to use an oven for curing, it is best to have a toaster oven just for that purpose. If you do need to use a regular oven, be sure to thoroughly clean the oven when you are finished, or use a purchased roasting bag in which to place the sculptures while curing.

Artistic Skills

- ◆ If the polymer clay that you are using is too soft, flatten it and place it between two pieces of plain white paper under a stack of books for a couple of hours or overnight. The paper will absorb excess plasticizers in the clay. If the clay is too dry, there are clay softeners you can purchase to add to your polymer clay.

Things to Learn

1. ☐ Demonstrate using the various sculpting tools.
2. Make three different things from polymer clay or the clay of your choice.
☐ ☐ ☐



Date Completed _____



Diorama

Diorama is a three-dimensional, realistic-looking, display. A diorama can be full-sized or miniature. It is used to depict a scene, or to portray some occurrence or important point in time. Creating a diorama is also an enjoyable way to show what you have learned about a certain subject. A picture can be worth a thousand words!



What You Will Need

1. Diorama display box — Check around the house; almost any container that has some depth can be used for a diorama. Think about the diorama that you will be making. Is there a container that would suit the subject material? This can be something as simple as a cardboard shoe box, a specially purchased shadow box, or even a homemade wooden box.
2. Objects to use in your diorama — These can be almost anything that has to do with the subject you have chosen as long as it is to scale. Miniatures, origami, cut-outs, clay objects, small figures, moss, twigs, etc. will all work.
3. Things with which to decorate your display box — Paint, markers, colored papers, paper cut-outs, stickers, or anything that will help with what you are trying to display. You will also need basic supplies such as scissors, glue, paint brushes, tape, etc.

Helpful Information

- ◆ The most important thing to remember when making your diorama is to keep things to scale. Scale is the ratio between life-sized and the size of your scene. Keep things consistent. Do not use a three-inch tall person with a three-inch tall house. A common scale for miniatures and doll houses is 1 inch = 1 foot. Remember, a diorama is a *realistic* picture of a larger scene in a smaller space. Perception and depth can be important. If there are objects in your diorama that are off in the distance, place them toward the back of the display box and possibly make them a little smaller.
- ◆ It is also important to have a plan. Roughly sketch out on paper how you would like your diorama to look. You can always change your plan if necessary. Think of how the diorama will look to other people. Will they understand what you are trying to show them?
- ◆ After you have found a display box, chosen a subject, and collected or made the models that you will be using, you will need to decorate the background scene in your display box. You can do this with paints, markers, colored papers, etc. Be sure that you differentiate between the ground and the sky, and keep the scale size consistent. Start placing the objects where you would like them. When you are happy with how your diorama looks, start gluing or attaching the different objects in place.

Things to Learn

1. ☐ Choose a subject for a diorama.
2. ☐ Collect the items you will need.
3. ☐ Make a diorama.

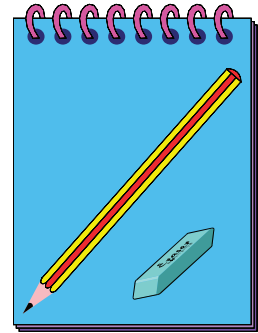


Date Completed _____



Drawing

Drawing is the foundation for many skills in life. Architects, engineers, carpenters, and painters all need drawings from which to work. The ability to illustrate a concept is a very beneficial skill to possess. An excellent side benefit of drawing is that it increases our awareness of the intricacies of God's world in a new way. Studying the shapes, textures, and infinite detail that make up our surroundings increases our appreciation for God's handiwork. A pencil and paper are portable, and subjects to draw are everywhere. It is relaxing and fun. Take the time to learn this skill well. You do not know how much it might benefit you in the future.

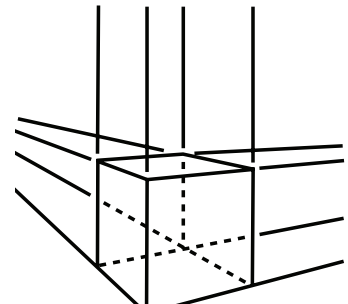


What You Will Need

1. Pencils — The degree of hardness of the lead depends upon the clay/graphite mixture used. The degree of hardness is indicated by a letter and number combination printed on the side of the pencil. The scale begins with the H's which are hard and light, and goes to the B's which are soft and dark. A number 2H pencil is a good one to start with for beginners.
Lighter — 6H 2H H HB B 2B 6B — Darker
2. Paper — Drawing paper usually has a slight texture to it. This more textured paper seems to catch and hold the pencil marks. Smooth non-textured paper is also available and gives sharp clean lines. It is also the easiest to keep clean.
3. Drawing board — For working at home, a drawing board with two clips to hold the paper in place works great. If you want to be able to draw anywhere, a spiral sketch pad will do the job.
4. Vinyl eraser — This will erase effectively any pencil's degree of hardness and does not damage the paper.
5. Artist's brush — This is helpful to brush away pencil dust and eraser crumbs without smearing the drawing.
6. Bridge — When working at home on larger projects, a bridge is very helpful. This is a one-inch wide piece of wood with small blocks glued to each end; a wooden dowel will serve almost as well. This keeps one's hand off the paper while drawing. A piece of typing paper may also be used to cover portions of work so that one's hand can move freely across paper without smearing anything.
7. Pencil sharpener — Maintain the proper pencil points for the line thicknesses desired.
8. Fixative — This is a spray which seals the finished drawing.
9. Sandpaper — A small piece of sandpaper is very handy for putting a chisel point on a pencil or charcoal stick. Chisel points can be turned to provide very different textures and depths of lines.

Terms to Know

- ♦ *Perspective* — Using perspective in a sketch is accomplished by drawing things larger to make them look close and drawing things smaller when you want them to look far away. In perspective a building looks tapered. The front part or close part is tall, and the building tapers down with the back or farthest part being much shorter. Look at some sample sketches to get some ideas.

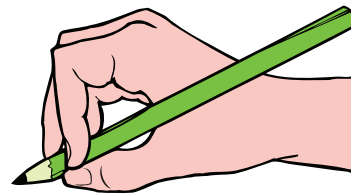
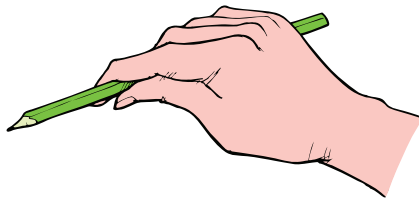


Artistic Skills

- ◆ *Shading* — Shading is the idea of creating shadows, usually with the side of the pencil lead. In order to give the appearance of light shining on an object, you shade, or create shadows, on the other side.

Helpful Information

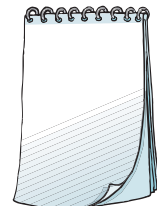
- ◆ You can really draw on any size paper, even a tiny 3-inch x 5-inch sketch pad will work. You can carry this small pad and a pencil nearly anywhere you go. You can sketch in free moments, making good use of your time. The more you draw, the better you will become at it.
- ◆ Pencils with different degrees of hardness produce different effects. Using different pencils will give the ability to use these effects. Use different amounts of pressure to see how many shades you can obtain. See how many different strokes and patterns you can make.
- ◆ Holding the pencil with different hand positions can produce different effects and can also make drawing certain lines or strokes easier. Practice with different hand positions.



- ◆ Learn how to use colored pencils. They will be used in the same general manner as black pencils, but the color will add a great deal to your sketches.
- ◆ Experimenting with chisel-shaped points on pencils or charcoal sticks will show you how to create new effects.

Things to Learn

1. Draw three sketches, alternating the positions that you use to hold the pencil. Use at least two positions. ☐ ☐ ☐
2. Draw two sketches using chisel points on your pencils. ☐ ☐
3. Draw two sketches using colored pencils. ☐ ☐
4. Draw two sketches using perspective (showing close and far away). ☐ ☐
5. Draw two sketches using shading to simulate light shining on an object from some point. ☐ ☐



Date Completed _____



Oil Painting

Many people never try new things because they are afraid that they will not be able to do them well. This is a common fear with oil painting. Oil painting is easier than you think, but you will never know if you do not give it a try.

Oil painting has become a lifelong hobby for many people. Some people even sell their paintings. Others simply enjoy giving them as gifts or framing them for their own enjoyment.

No one is just born with the talent to paint. As with anything, it takes a little learning and a lot of practice. Taking time to work on this skill provides you with a wonderful learning opportunity! You just may discover that you really do enjoy oil painting, and you may excel at it as time passes.

We humans love beauty, and we are made in God's image. Look at the beauty of the sunset and so many other beautiful facets of our environment that God has painted around us. Is it any wonder that we should enjoy reproducing some little pieces of that beauty on canvas?



What You Will Need

1. An instructional book
2. Paints — Oil paints come in small tubes like a toothpaste tube. You will gently squeeze the paint out onto a palette. It is best to buy paints of good quality instead of inexpensive ones. With inexpensive paints, the oil separates from the pigment more easily, making painting more difficult, especially for the beginner. Tubes in each of the primary colors will make a good starting set, with a little extra white. You will use white to blend many of your other colors. Oil paints are sold at most craft stores.
3. Canvas — Canvas especially prepared for oil painting is the best. However, it can be expensive, and is not necessary for beginners. An inexpensive cardboard type of canvas is available from most craft and hobby stores. This works very well also.
4. Palette — Palette paper can also be purchased. You will want to use a fairly large size of paper so that you will have plenty of room to blend your colors.
5. Palette knife — A palette knife with a bent blade is used for scraping unused paint off your palette. It also can be used for applying paint to your canvas if you are doing large areas.
6. Oil painting brushes — Good quality brushes are important to a painter. They are the primary tools for creating a painting. Just a few sizes are needed. A good selection would consist of a #5 Round, a #5 Bright, a #6 Flat, and a #10 Filbert.
7. Turpentine — This is necessary for cleaning your brushes after each use.
8. Linseed oil — Linseed oil is used to mix with paints that are too thick. A very small container of the oil is sufficient. You will need a cup to hold the oil that you are currently using.
9. Easel — This can be a full-size standing easel or a tabletop easel (which will work nicely for beginners). You can also improvise your own easel by placing a stack of old books behind your painting and something flat in front of your painting. Your canvas should be at a comfortable angle.
10. Paper towels — These will be used for cleaning up.



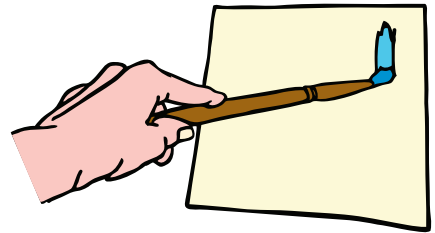
11. Subject to paint — Choose a fairly easy picture to paint. Easy subjects would be a simple landscape with a tree, green grass, blue sky, clouds, and any other items you would like to add. It is best to work from a photograph. Another easy picture would be a sandy beach, with a few seashells, blue sky, and the ocean.

Helpful Information

- ◆ Before beginning to paint, take time to just play with your paints to get the feel of blending colors and to see what they will look like on the canvas. You might be able to locate some poster board or odd, large scraps of heavy paper on which to practice. Mix each color with every other one. Add black to each color. Add white to each color. Sketch a small picture and practice painting it with just three colors.
- ◆ Practice making as many different types of brush strokes as you can with your different brushes. Make heavy, thick ones. Make light, airy ones. Make swirls.

Learning to Hold a Brush Properly

Oil painting brushes have long handles on them. This is so you can stand back and really see your canvas as you are painting it. Because of this, you will not hold the brush as you do a pencil. You will hold it by the end of the handle while you are applying the paint. Of course, if you are drawing something on your canvas, you then may place your hands closer to the front of the brush. However, the majority of your painting will be done by standing back and holding the end of your brush.



Things to Learn

1. ☐ Demonstrate how to properly hold a brush.
2. ☐ Demonstrate several different brush strokes.
3. ☐ Demonstrate how to mix different colors.
4. ☐ Paint a picture in oils and show it to your leader or group.



Date Completed _____



Pottery

The skill of creating pottery has always been important to mankind. Pottery pieces have provided containers, dishes, and decorative items. The same basic use of pottery items exists today. Because man understands the concept of being a potter and making pottery, that is perhaps the reason God has a number of references to it in His Word, the Bible. A very important verse is in Jeremiah 18:6 that says, *“O house of Israel, cannot I do with you as this potter? saith the LORD. Behold, as the clay is in the potter’s hand, so are ye in mine hand, O house of Israel.”* While you are working on learning this skill, ponder and meditate on this verse.



What You Will Need

1. Beginner pottery information — You will need a book or other information on different pottery-making techniques. It should explain the glazing and kiln drying process. Beginner kits for making pottery are available. The kits usually will include the basic materials to get you started. If it is available in your area, you may be able to take a class on pottery making.
2. Clay — There are several different types of clay, but the main types are earthenware, stoneware, and porcelain. Earthenware clay is the most common clay. It is worked easily, but can be sticky.
3. Pottery tools — Below are some basic tools that potters use, and while you will not need all of them to begin working with clay, it is good to know what tools are available and their purpose:
 - ◆ Towels — Old cotton towels work great for wiping hands when necessary. You also can use a damp towel to keep a work in process from drying out.
 - ◆ Potter’s needles — These are useful for trimming the top edges of pottery pieces, and also for scoring slabs and coils when hand building pottery.
 - ◆ Cut-Off wires — These are used to remove thrown ware from the potter’s wheel. They can also be used to cut large lumps of clay.
 - ◆ Fettling knives — These are thin-bladed knives available in a hard or soft temper. The hard temper knives are inflexible and the soft temper knives can be bent into desired angles. They are used to remove the lines made from molds, and also used to trim slabs and thrown pots.
 - ◆ Ribs and scrappers — These are used to help shape and smooth pots being made on a potter’s wheel. They also are useful when making coiled pots.
 - ◆ Loop, wire, and ribbon tools — These types of tools are nice for trimming greenware, and also for hand building. Wire and ribbon tools are not recommended for throwing pottery; they are too fragile.
 - ◆ Wooden modeling tools — These are good for hand building, and also for trimming pottery pieces.
 - ◆ Sponges — When throwing pottery, sponges are used to absorb or distribute water. Special pottery sponges are available. They are more sturdy than a typical sponge and will not fall apart as readily.
 - ◆ Brushes — These are used to place water on the piece or to slip into specific areas when working with clay. They also can be used to paint and decorate your project. The best types of brushes to use with clay are sumi or bamboo brushes.

- ◆ Glazes — These are a type of glass made especially for pots and other ceramic surfaces for decoration and protection. When glazes are heated in a kiln, the liquid is quite stiff, allowing it to stay on vertical surfaces in high temperatures. There are many different colors and types of glazes.
- ◆ Potter's wheel — A wheel is only used for thrown pottery work. (Throwing means to form clay on a potter's wheel.) There are many different kinds of wheels. Wheels are most often powered by hand or leg power. Others are powered by electricity.
- ◆ Kilns — Kilns are used to fire the greenware (dried pottery). They are expensive, so it is a good idea to check around to see if there are some local potters that would be willing to fire your greenware, or rent you kiln space. Be patient though! They have their own work to do, so you might need to wait until they have space for your pieces. Different kilns also use different temperatures and atmospheres to fire greenware. Make sure that the clay and glazes that you use will be compatible with the temperature and atmosphere that you are using.

Helpful Information

- ◆ When working with clay, it is best to do so on a protected surface. Cotton duck cloth placed on your working area works well, and allows for easy cleanup. Before using your clay for a project, you need to work it. You work your clay by kneading it just like bread dough. Kneading the clay will help remove any air bubbles trapped in the clay. If those air bubbles are left in the clay, they will expand when exposed to heat, causing your project to 'explode.' Evenly worked clay also helps to create a uniform consistency, fires better, hardens better, and is the starting point for correctly thrown wheel clay. There are two methods of making things with clay: by hand building or with a potter's wheel. Both have their advantages, but working by hand is the least expensive and great for a beginner.
- ◆ When making a project from clay, you will want to work toward an even thickness of walls, well joined seams, and a pleasing form. Once you have finished a project, put it aside to dry. When it feels as dry as leather, you may add designs to the surface. After you have finished decorating your project, and it has finished drying, your finished piece is called greenware. To test if your pottery project is dry, see if it still feels cold. If it is still cold, then it is not finished drying. Once your piece is completely dry, you are ready to under-glaze and/or glaze your piece and fire it in a kiln.

Things to Learn

1. In your notebook, explain the following methods:
 - ☐ The Pinch Method ☐ The Coiled Method
 - ☐ The Slab\Molding Method
2. ☐ Complete the following in your notebook.
 - (1) How does a pottery wheel work?
 - (2) What is throwing?
 - (3) What is greenware?
 - (4) What is bisqueware?
 - (5) How is glaze used?
 - (6) Why do you kiln dry pottery?

Artistic Skills

3. ☐ If possible, visit a kiln or potter's studio to see how a potter's wheel is used, and how a kiln is used.
4. Make a project using one of these hand methods:
 - ☐ The Pinch Method
 - ☐ The Coiled Method
 - ☐ The Slab/Molding Method

Tip: Your clay piece is going to shrink after it has dried and been fired. This is normal, but something to take into consideration when making a project.

Tip: Never rinse tools, or put clay or residue down drains. It will eventually clog your pipes. Use buckets of water to wash your hands and tools first, and you can recycle the clay that settles at the bottom.

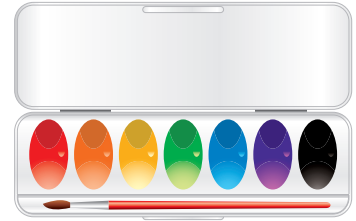


Date Completed _____



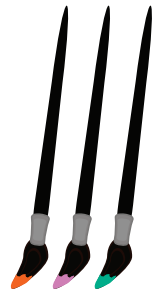
Watercolors

Watercolor paintings have a look all their own. The watercolors tend to capture light and glow like no other paints due to their transparency. A watercolor painting can be loose and free, or it can be full of crisp details. Watercolor paintings can be done freehand or painted with a pattern.



What You Will Need

1. Watercolor paints — These paints are available at nearly any craft store. Good watercolor paints come in tubes. Acrylic paints used for decorative painting also will work if a sufficient amount of water is added to them.
2. Watercolor paper — Watercolor paper is available in loose sheets, pads of paper, or spiral-bound sheets. It is made especially for using water-based paints.
3. Palette — A palette is the surface on which you mix and blend your colors. Because we are working with watercolors, a waxy palette paper or a plastic or glass surface will work well. You even can use a glass dinner plate for a watercolor palette. When you are finished, the paints will easily rinse right off. There are handy plastic palettes available at craft stores that have little indentations for holding small amounts of paints.
4. Brushes — Good brushes are always important. You do not need many to start. Several sizes of round brushes usually will be sufficient, along with one $\frac{3}{4}$ " square brush which will be used to fill in large areas such as skies.
5. Two cups of water — One cup is for adding a tiny bit of clean water to wet the surface of paper or to add moisture to a spot that is drying too rapidly. The second cup will be used to rinse your brush before changing colors.
6. Paper towels — Used for cleanup or to dab your brush to dry it a bit.
7. Masking tape — If you are using individual sheets of watercolor paper, you will want to secure your paper with several small pieces of masking tape. You can tape your paper on any waterproof surface.
8. Pencil and eraser — Nearly all painters will draw a very light sketch before they apply paints just to give some shape and design to their intended painting.



Helpful Information

- ♦ Experiment on several sheets of paper before actually attempting to paint. Practice brush strokes, add different amounts of water to the paint, and blend colors. Experiment with blending light and dark shades together.

Things to Learn

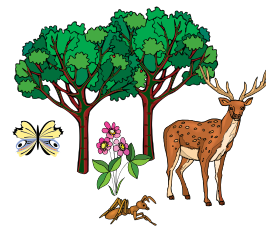
1. ☐ Demonstrate how to blend colors.
2. Complete two watercolor paintings. ☐ ☐



Date Completed _____

Category XII: Nature Studies

“In the beginning God created the heaven and the earth . . . And God saw every thing that he had made, and, behold, it was very good,” —Genesis 1:1,31.



God created the earth and all its beauty to fill our needs, and so that we might enjoy its beauty. He delights for us to explore and use His fields and forests, and He allows us to use them to our hearts' content. He asks nothing in return, though we certainly should tell Him often of our appreciation.

We would miss out on so much if we took the beauty of nature for granted, or if we did not take time to appreciate the enjoyment that it offers.

As we learn about nature, we will be blessed by it. Nothing brings awe and peace to the soul at the same time like nature. Learning the skills in this section will be more than fun. It will create experiences of personal enrichment, and increase a young man's appreciation of this generous gift.



Birds

“And God created great whales, and every living creature that moveth, which the waters brought forth abundantly, after their kind, and every winged fowl after his kind: and God saw that it was good,” —Genesis 1:21. Many birds are mentioned in the Bible. Doves told Noah of dry land after the flood. Turtledoves were used as sacrifices. Ravens fed Elijah in the wilderness. The Holy Spirit descended on Jesus at His baptism in the form of a dove.



Birds were created by God and used for many purposes. Birds are a blessing to us. Many of us wake up each morning hearing their melodious songs as they brighten our environments, and some birds even provide many of us with food on a regular basis.

What You Will Need

1. A book about birds
2. A kit — or supplies for building a birdhouse or bird feeder.

Things to Learn

1. ☐ Gather information on the nests, songs, and habits of ten birds, and put this information into your notebook.
2. ☐ Make a birdhouse or feeding tray.
3. ☐ Write the answers to the following in your notebook:
 - (1) Name five unusual facts about birds.
 - (2) Name three birds that cannot fly.
 - (3) Name three predatory birds.
 - (4) Name three migratory birds.
 - (5) Name three birds that fish for food.
 - (6) Name a bird that can fly backward.
 - (7) Name a bird that chisels wood with its beak.
 - (8) Name a bird that can see in the dark.
 - (9) What is the name of your state bird?
4. After all you have learned about birds, consider the following verses and write a paragraph on each one explaining what it means.
 - ☐ *“As a bird that wandereth from her nest, so is a man that wandereth from his place,”* —Proverbs 27:8.
 - ☐ *“Are not two sparrows sold for a farthing? and one of them shall not fall on the ground without your Father. But the very hairs of your head are all numbered. Fear ye not therefore, ye are of more value than many sparrows,”* —Matthew 10:29-31.
 - ☐ *“Wilt thou set thine eyes upon that which is not? for riches certainly make themselves wings; they fly away as an eagle toward heaven,”* —Proverbs 23:5.

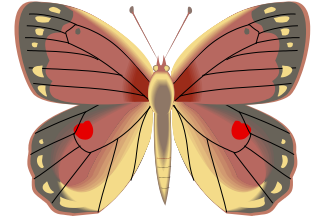


Date Completed _____



Butterflies

Butterflies are beautiful little creatures that are very colorful, but they are really so much more. Certainly, God has filled nature with exquisite patterns for us to observe. The butterfly is especially unique because it changes, or is transformed, from a lowly caterpillar to a soaring butterfly. It seems there is a lesson for us in that. When we come to Jesus, we come as lowly sinners, but through Him and His forgiveness, we are transformed into children of God. Think about these things as you study butterflies.



What You Will Need

1. A book about butterflies
2. Binoculars — Binoculars are useful for studying butterflies at a distance.

Helpful Information

- ◆ When you are looking for a certain type of butterfly, find out what plants that type of butterfly frequents, what time of day the butterfly is most likely to be out, and where it likes to go (maybe in the shade, near flower beds, or in grassy areas). You will be much more likely to locate the butterfly that you are seeking if you know its habits.
- ◆ If you spot a butterfly, observe that one butterfly as long as possible. Watch what it does. Does it drink nectar from the flowers or does it drink tree sap? How long does it drink the nectar? Is it just resting in the sun? You can learn a great deal about butterflies from simply watching them.

Things to Learn

1. ☐ Write the answers to the following in your notebook:
 - (1) List the four life stages of a butterfly.
 - (2) List the three main body parts of a butterfly.
 - (3) For what are the two antennae used?
 - (4) For what is the proboscis used?
 - (5) With what are the wings covered?
2. ☐ Find and identify five different butterflies in your area. Study about these butterflies and learn what plants and flowers they like to eat. What habitat does each butterfly like? *Its habitat is its home environment. A home environment will be the place it can find food, sleep, sun, etc.* What time of day will you see each butterfly? Place the following information on each butterfly in your notebook.

Sample:

Butterfly _____
Date sighted _____
Time sighted _____
Location _____
Habitat _____
What it likes to eat _____

A Garden for Butterflies

An excellent way to attract butterflies to your backyard is to plant a garden of sweet-smelling flowers. Common nectar plants include marigold, lilac, and zinnia. Of course, these flowers will only attract passing butterflies unless you also include a place for caterpillars to feed. Caterpillars love to feed on cabbage and broccoli plants. You will also want to plant flowers that bloom in different months of the summer so that you can enjoy butterflies all summer long!

If you do not have a large enough yard to have a garden, you always can plant flowers in containers, such as large plastic buckets.

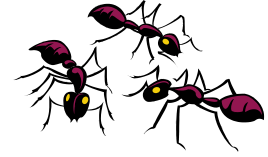


Date Completed _____



Insects

Insects are some of God's smallest, yet most fascinating creatures. Not only are they interesting to observe, but we also can learn many things from them. In God's Word, we are admonished to study ants. *"Go to the ant, thou sluggard; consider her ways, and be wise: which having no guide, overseer, or ruler, provideth her meat in the summer, and gathereth her food in the harvest,"* —Proverbs 6:6-8.



As we study about insects, let us keep in mind all the things that we might learn from them.

What You Will Need

1. A book about insects
2. Magnifying glass — A magnifying glass will enable you to look more closely at insects.
3. Glass jar — A clean glass jar to hold insects.
4. Paint brush — A small paint brush to lift small bugs up without harming them is useful.
5. Trowel — A trowel (a very small flat metal or plastic shovel) is a handy tool to scrape away dirt to help you find insects which live in the ground.
6. Butterfly net — A butterfly net will help you to catch and observe insects that would naturally fly away from you if you come too close to them.
7. Notebook — A small notebook and pencil for recording information about your insects is needed.

Helpful Information

- ◆ If you have caught something in your net, turn the handle of the net to close the opening. The insect will not be able to escape, and you can look at it.
- ◆ When you are finished observing an insect, set it free near the place you found it.

Things to Learn

1. ☐ Write the answers to the following in your notebook:
 - (1) List the three main body parts of an insect.
 - (2) List three insects that are good for gardens. Explain how they benefit a garden.
 - (3) List five insects in the Bible, and give the Bible reference for them.
2. ☐ In your notebook, list five insects that live around your home, and give the pertinent information about them.

Sample:

Insect _____
Description _____
Habitat _____
Life span _____
What does it eat? _____

3. ☐ Write a short paragraph in your notebook on one lesson you learned about God through studying insects.

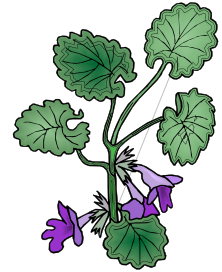


Date Completed _____



Plants

Plants are very important to our life on earth. Among many other things, they provide food and medicine, and clean the air. They were given to us by God for our well-being. *“And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat,”* —Genesis 1:29.



Many plants and herbs are useful for medicines and ointments. These natural sources of healing were used for centuries. There are so many plant remedies that it seems as though God has created a number of remedies for every problem. Modern mankind often tries to duplicate these remedies with other man-made medicines. These are sometimes successful, but they often have harmful side effects. God, in His wisdom, has given us in His plant kingdom, all things good for the nourishment of our bodies. His plants also offer us the materials for clothes, tools, building supplies, and much, much more. You will be surprised to find out how useful plants really are. They even supply the oxygen we breathe!

What You Will Need

1. A book about plants
2. A small garden

Things to Learn

1. ☐ Complete the following in your notebook:
 - (1) Name four plants which provide food, and write a short paragraph telling about each plant.
 - (2) Name four flowering plants. Write a short paragraph describing each plant, and telling how it might be useful.
 - (3) Name four plants known as herbs. Write a paragraph describing each plant, and its usefulness.
 - (4) Name four plants that provide material for clothing.
 - (5) Name two plants that provide materials for tools.
 - (6) Explain how plants supply us with oxygen.
 - (7) Explain soil erosion.
 - (8) Explain how at least two different types of plants prevent soil erosion.
 - (9) Explain the difference between using chemical fertilizers and natural fertilizers to stimulate plant growth.
 - (10) Name two ways to fertilize naturally.
2. ☐ Plant something of your choosing and nourish and care for it so that it grows.



Date Completed _____



Rocks and Minerals

Rocks and minerals are such an interesting subject to study. It is fascinating to read about the many and varied beautiful rocks and minerals that are the foundation of our physical world. Some of these same rocks are described in the Bible as the foundation for our next home, the new city of Jerusalem. Besides this description, the Bible refers many times to God being our spiritual Rock. After we complete our study, we just may more fully appreciate the God of our salvation. *“He only is my rock and my salvation: he is my defence; I shall not be moved. In God is my salvation and my glory: the rock of my strength, and my refuge, is in God,”* —Psalm 62:6-7.



What You Will Need

A book about rocks and minerals

Things to Learn

1. ☐ Complete the following in your notebook.
 - (1) Explain the difference between rocks and minerals.
 - (2) Explain the difference between sedimentary, igneous, and metamorphic rocks.
 - (3) Name three types of sedimentary rock.
 - (4) Name three types of igneous rock.
 - (5) Name three types of metamorphic rock.
 - (6) Name six different minerals.
 - (7) Explain what a fossil is and how it is formed.
 - (8) Identify five ways rocks and minerals are used today.
 - (9) Name twelve different rocks found in the Bible. Give name and Scripture reference.
2. ☐ In your notebook, explain what the Mohs hardness scale is.
3. ☐ What is the hardness of the following minerals according to the Mohs scale?

(1) Quartz _____	(4) Diamond _____
(2) Fluorite _____	(5) Calcite _____
(3) Talc _____	
4. ☐ In your notebook, write three Bible verses that describe God as our Rock.
5. ☐ Read Matthew 7:24-27. In the light of our study about rocks, write a paragraph in your notebook explaining this parable.
6. ☐ After all these wondrous thoughts about rocks and minerals, can you find a verse in the Bible which teaches us that some things are even better than silver and gold? Write the verse in your notebook.



Date Completed _____



Trees

Truly, all of God's creations are marvelous works of beauty and practicality. Trees are beautiful, provide shade from the hot sun, and clean the air that we breathe. Their size, changing colors, and endurance through the seasons reflect a picture of God's continuing love for all of us.



God says that we, too, can be like trees. Psalm 1:3 says, *"And he shall be like a tree planted by the rivers of water; that bringeth forth his fruit in his season; his leaf also shall not wither; and whatsoever he doeth shall prosper."* Of course, this promise is dependent upon our fulfilling the requirements found in the first two verses of Psalm 1. *"Blessed is the man that walketh not in the counsel of the ungodly, nor standeth in the way of sinners, nor sitteth in the seat of the scornful. But his delight is in the law of the LORD; and in his law doth he meditate day and night."*

As we study about trees, let us keep in mind all the spiritual applications we can make from them. The Bible has more than 300 references to trees.

Things to Learn

1. ☐ In your notebook collect pictures of ten trees. Give a description of each tree. Note if this tree is mentioned in the Bible.
2. ☐ Collect a leaf or draw a picture of a leaf from each of the ten trees. Place these in your notebook.
3. ☐ Plant a tree.
4. ☐ Write the answers to the following in your notebook:
 - (1) Name four trees used primarily for lumber.
 - (2) Name seven trees that bear food.
 - (3) Write the definition of *coniferous*.
 - (4) Name three coniferous trees.
 - (5) Write the definition of *deciduous*.
 - (6) Name six deciduous trees.
 - (7) Name five trees listed in the Bible and give the Scripture reference.
 - (8) *"She is a tree of life to them that lay hold upon her: and happy is every one that retaineth her,"* —Proverbs 3:18. How is wisdom a tree of life, and why is it important to retain her?
 - (9) *"The fruit of the righteous is a tree of life; and he that winneth souls is wise,"* —Proverbs 11:30. What kind of fruit is this verse talking about? Why is the fruit of the righteous person a tree of life?



Date Completed _____



Weather

“Who can number the clouds in wisdom? or who can stay the bottles of heaven,” —Job 38:37. The weather we see and feel each day is truly an amazing natural phenomenon created by God. It is not hard to see the mighty power of God when we see lightning flash and hear the mighty voice of thunder, but we do not want to forget that it is He Who gives us the sunny days, the rain for our gardens, and the snow in the winter. The Bible clearly tells us this is the case, though, for it says, “For he saith to the snow, Be thou on the earth; likewise to the small rain, and to the great rain of his strength,” —Job 37:6. And again it says, “For he maketh small the drops of water: they pour down rain according to the vapour thereof: which the clouds do drop and distil upon man abundantly,” —Job 36:27-28.



From the beginning of history, man has tried to understand and thereby predict the weather. This is because in earlier days his physical well-being was much more dependent upon the weather than it may seem today. This being the case, men have diligently studied the weather and kept records for many years of weather cycles and patterns. We can see from the Bible that even in Bible times men were trying to predict weather. *“He answered and said unto them, When it is evening, ye say, It will be fair weather: for the sky is red. And in the morning, It will be foul weather to day: for the sky is red and lowring,” —Matthew 16:2-3.*

This study of weather has come to be known as the science of meteorology. Truly, men have made great strides in understanding more about this creation of God, and in learning about weather, you also will learn a little bit about God’s awesome power. In so doing, consider that great power shown forth in His works, for who else is capable of doing what is stated in Job 38:34-35? *“Canst thou lift up thy voice to the clouds, that abundance of waters may cover thee? Canst thou send lightnings, that they may go, and say unto thee, Here we are?”*

What You Will Need

A book about weather

Helpful Information

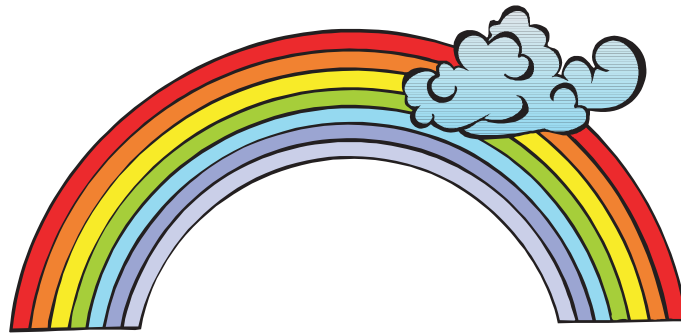
- ◆ The atmosphere of our earth is one of the many necessary things that man needs to live and breathe. As you will learn, it is made up of many different things, the most visible of which is water vapor. Water vapor may play the most active role in weather, but there are also many other elements that make up our weather system. Some of these include the sun, the winds, and the earth itself.
- ◆ Almost all aspects of our weather tend to go in cycles. These cycles may be daily, yearly, anywhere in between, or unpredictable. It is because of these cycles that we have any relative success at all of predicting the weather. As you learn this skill, try to pick out all the different cycles that our God put in His weather system.

Things to Learn

1. ☐ Write the answers to the following in your notebook:
 - (1) Explain what our atmosphere is.
 - (2) Give the definition of weather.

Nature Studies

- (3) Explain what the water cycle is.
- (4) Explain how precipitation is formed in the air.
- (5) Name three forms of precipitation.
- (6) Explain how clouds are formed.
- (7) Explain what fog is and how it is formed.
- (8) Explain what thunder and lightning are and how they are caused.
- (9) What is humidity?
- (10) What object is the most important factor influencing our daily and yearly temperatures?
- (11) Explain why it is that this object does affect our temperature so greatly.
- (12) Name a weather instrument used by meteorologists to measure the temperature.
- (13) Winds are something we do not see, but are another very important element of our weather.
What is the most important cause of wind movements?
- (14) Name an instrument used to determine wind direction.
- (15) Name two other weather instruments used by meteorologists and explain what they do.



Date Completed _____



Wildlife

“Behold now behemoth . . .” —Job 40:15. “So is this great and wide sea, wherein are things creeping innumerable, both small and great beasts,” —Psalm 104:25. This world that God created is truly incredible. It is filled with all kinds of living things. Man has always sought to learn the secrets of nature. He has searched from the eagle’s nest to the bottom of the ocean, and he has not yet seen all the animals that God has created. There are so many, yet each one is intricate and unique.



God knows that we, His human creation, enjoy seeing and learning about the rest of His creation. It can be most interesting and informative to learn about even a few creatures among God’s multitude.

What You Will Need

A book about wildlife

Terms to Know

- ♦ *Habitat* — A creature’s habitat is its home environment. A home environment will be the place it can find food, sleep, etc.

Things to Learn

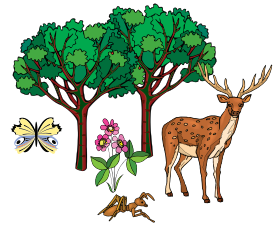
1. ☐ In your notebook, complete the following:
 - (1) Write the definition of the word *species*.
 - (2) Name six species of wildlife. They may be animals, reptiles, amphibians, or fish. Describe each one and its habitat, and tell why it is unique.
 - (3) Visit a zoo or wildlife center.
 - (4) List five animals mentioned in the Bible. Give the Scripture reference.
 - (5) There are nearly 100 references to the lion in the Bible. Write a description of a lion. Then read each of the following verses and explain its meaning in your notebook.
 - 1) *“The king’s wrath is as the roaring of a lion; but his favour is as dew upon the grass,” —Proverbs 19:12.*
 - 2) *“The slothful man saith, There is a lion without, I shall be slain in the streets,” —Proverbs 22:13.*
 - 3) *“The wicked flee when no man pursueth: but the righteous are bold as a lion,” —Proverbs 28:1.*
 - 4) *“Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour,” —1 Peter 5:8.*
 - 5) *“And one of the elders saith unto me, Weep not: behold, the Lion of the tribe of Juda, the Root of David, hath prevailed to open the book, and to loose the seven seals thereof,” —Revelations 5:5.*



Date Completed _____

Nature Study Topics

God's world is awesome! There is no end to the things we can study and enjoy learning. And the truth is, we should never stop learning about the wonderful world God made for us. The following are just a very few topics with which to begin, but we hope you will continue well beyond this list!



Helpful Information

Pick a topic and gather information to begin your study. For example, under mammals, you might want to study bears, deer, squirrels, etc. You might want to make a lapbook on your topic using pictures and stickers. You might want to gather information and put into a special notebook or nature journal. You even might want to start a collection on your favorite subject.

Things to Learn

1. ☐ Select a topic of study. Complete the following in your notebook:
 - ◆ What is the topic?
 - ◆ What were your resources for information gathered?
 - ◆ What is your topic's scientific classification?
 - ◆ List ten things pertaining to your topic.
2. ☐ Put your collected information into a folder, album, or lapbook.

- | | |
|---------------------------------------|---|
| <input type="checkbox"/> Amphibians | <input type="checkbox"/> Oceans |
| <input type="checkbox"/> Aquatic Life | <input type="checkbox"/> Plants |
| <input type="checkbox"/> Astronomy | <input type="checkbox"/> Rainforests |
| <input type="checkbox"/> Dinosaurs | <input type="checkbox"/> Reptiles |
| <input type="checkbox"/> Earthquakes | <input type="checkbox"/> Rocks and Minerals |
| <input type="checkbox"/> Fossils | <input type="checkbox"/> Seashells |
| <input type="checkbox"/> Frogs | <input type="checkbox"/> Sea Turtles |
| <input type="checkbox"/> Gemstones | <input type="checkbox"/> Snakes |
| <input type="checkbox"/> Grains | <input type="checkbox"/> Spiders |
| <input type="checkbox"/> Herbs | <input type="checkbox"/> Volcanoes |
| <input type="checkbox"/> Lizards | <input type="checkbox"/> Weather |
| <input type="checkbox"/> Mammals | <input type="checkbox"/> Whales |

Category XIII: Outdoor Skills

“Then Abram removed his tent, and came and dwelt in the plain of Mamre, which is in Hebron, and built there an altar unto the LORD,” —Genesis 13:18.

For many people in our country today, outdoor skills have taken on more of a recreational character than they once had. Still, in many parts of the world people live much of their lives outside. Many occupations require outdoor skills. In all the military operations in the Bible, the soldiers, once they left for a campaign, ate, slept, and lived outside. Soldiers are still often required to do so today. Missionaries must often employ outdoor skills in some parts of the world. Abraham lived his life in tents. The apostle Paul was a tentmaker.

The people who have outdoor skills tend to really enjoy them. That probably contributes to the fact that camping is very popular. And, even in this country, emergencies often occur in which people are forced to employ what outdoor skills they have. One never knows what disaster may wipe away all of one's conveniences and modern amenities. So, join the fun and learn something valuable.





Campfire Cooking

It is great fun to cook on a campfire. Somehow, any food always seems to taste better cooked on an open wood fire. Dinner will take a little longer than it does in the kitchen when you do it like the pioneers, but it will be a lot more fun. The wood-smoke taste and the dancing flames make a campfire meal one of the ultimate outdoor experiences.



What You Will Need

1. **Firewood** — The wood is probably the most important part of a meal in campfire cooking. Your firewood should be seasoned (dried). If you are bringing wood from home for a campfire, it should have been cut months beforehand in order to be properly seasoned. If you purchase wood for a campfire, it will likely be thoroughly dried by the seller. Your firewood should be large enough that it lasts to finish all the cooking. It also should not be so large that it takes too long to begin to burn thoroughly and produce hot enough coals to cook your meal. Seasoned wood about 3 to 5 inches in diameter works well.
2. **Kindling/Tinder** — You can make your own kindling from firewood. Kindling is simply made up of dried or seasoned wood shavings, splinters, and twigs. You will need some very small shavings (tinder) to light first, and splinters and twigs to get a fire roaring well enough to sufficiently light your heavier firewood. You will likely need a hatchet and a large knife if you intend to make kindling.
3. **Utensils** — Cooking over a fire requires long-handled (the longer the better) utensils to try to keep the heat away from your body. You will need at least a spatula, a fork, and tongs, and a basting brush if you wish to apply any sauce while cooking. A wire basket (long-handled) is handy for cooking anything that consists of small pieces. Skewers are also available for roasting things like hot dogs over the open flame.
4. **Cooking containers** — You will need several pots and pans to handle the number of foods that you intend to cook. Again, your pots will need long handles with wood grips, as the pots will get quite hot in the fire and the wood grips will insulate you somewhat from the rest of the handle. Campfire cookware is also available in aluminum and lighter gauge metals to make it easier to hold over the fire. Different types of cooking baskets that clamp sandwiches and hold food of other types are available at camping stores.
5. **Aluminum foil** — The pioneers did not have the advantage of aluminum foil in their day, but today it remains one of the most popular cooking containers among campers cooking out. It can be used to seal and cook a multitude of foods on a fire.
6. **Clothing** — Fire resistant mitts will be helpful in handling hot cooking containers. Soft, close-fitting leather gloves work nicely to protect one's hands from the heat when working with utensils over the fire. Long sleeves help to protect one's arms. Some type of glasses (even sunglasses) should be worn while cooking as protection from sparks, which often jump from burning wood that may not be thoroughly seasoned.

Helpful Information

- ◆ There are a number of different configurations for fires used in camp cooking. See *Camping* for a discussion of cooking fires.

Outdoor Skills

- ◆ Be careful when using lightweight cookware. When your fire is hot, the food will easily burn before it is cooked through, especially if you set the cookware down on the fire instead of suspending it above the fire. It is also important to keep careful watch when cooking on a fire. Fires burn much hotter than a stove, and food can burn before one realizes it. Distance from the flame becomes much more important. If you are really hungry, cut small pieces or even dice foods for faster cooking, but watch more closely. Season your food beforehand to avoid working over the fire.
- ◆ Aluminum foil is a wonderful mainstay of modern camp cooking. It has so many uses! To cook potatoes, slice in half, butter, season, wrap in foil, and place among the coals. To cook corn on the cob, shuck, wrap in foil, and place near or in the coals. Corn can also be soaked for a day in water and placed near the coals for cooking. Roasted eggs are delicious. Simply wrap in foil and place near the coals. Aluminum foil also works well for fish, and can be used for meats too.
- ◆ Canned food can be cooked right in the can. Do NOT place an unopened can in the fire—it may explode! Pierce the can slightly with the wheel of the can opener before putting it near the coals. This allows pressure to escape, but, with the lid still on the can, the contents are protected from ashes that might accidentally get blown into the can.
- ◆ To help make cleaning cookware easier, add a thin layer of dish soap to the outside of the cookware. The soap will act as a barrier to the soot and ashes, and they will be much easier to wash off.

Things to Learn

1. ☐ Demonstrate how to make a proper campfire. *
2. ☐ Make a menu for one or more meals to be cooked on a camping/hiking excursion.
3. ☐ Assemble the supplies for your menu.
4. Make 3 meals of at least 3 courses or items each. ☐ ☐ ☐
5. Cook 3 things in a pot or pan. ☐ ☐ ☐
6. Cook 3 things with a skewer. ☐ ☐ ☐
7. Cook two things with aluminum foil. ☐ ☐ ☐
8. Cook something in a tin can. ☐ ☐ ☐
9. Make 2 hot beverages for your fellow campers. ☐ ☐

** If you have built a fire for Camping, you may also count that for Campfire Cooking. If you build a fire for Campfire Cooking, you may also count it for Camping.*

Note: Any cooking requirements earned under Camping that may apply to Campfire Cooking may be counted.



Date Completed _____



Camping

“And Jacob . . . lighted upon a certain place, . . . and he took of the stones of that place, and put them for his pillows, and lay down in that place to sleep,” —Genesis 28:10-11. Jacob was “camping out” on his way to Haran. It can be great fun to leave the city and busyness behind to spend some time out in God’s wonderful world, and hike around the forest, and “sleep under the stars.”



It gives us a chance to see how awesome God’s creation is. And just think—God makes it available for us to enjoy!

What You Will Need

1. A camping instructional book
2. Camping supplies — These will be needed for a camping trip.

Terms to Know

- ♦ *Tinder* — Very dry twigs, needles, and other flammable material not much thicker than stick matches
- ♦ *Kindling* — Branches and other materials about the diameter of a finger or thumb
- ♦ *Fuel* — Fuel ranges from branches to logs

Helpful Information

- ♦ Camping can be a very enjoyable experience. It can also turn into a miserable experience for the unprepared camper. You should take great care in planning a camping trip. You should be prepared for bad weather, cold nights, the terrain, and the campsite regulations.
- ♦ You should know whether your intended campsite has an accessible source of drinking water nearby. If a source of drinking water is questionable, you can bring water purification tablets, or plan to boil your water before drinking it.
- ♦ Be sure to take any medicines that you normally use and may need to have with you.
- ♦ Take a compass so that you will not get lost when you leave camp.

Fire Safety

1. Select a spot at least 15 feet from trees, brush, and any other flammable material. Do not build a fire on or near grass, weeds, or roots.
2. Build your fire in a hole or enclose it with rocks or green logs if possible.
3. Do not leave a fire unattended. Keep a shovel and a bucket of water nearby in case they are needed to control the fire. Never pour water directly on a hot fire. Serious scalding could result from the steam.
4. Before leaving a fire, be sure that your fire is *completely out* and that the ashes are cool.

Building a Fire

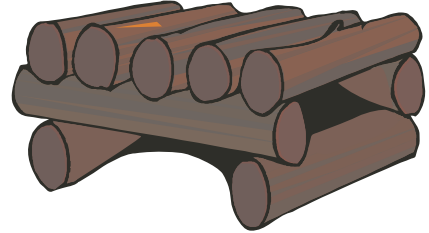
1. Begin with several handfuls of tinder. The more loosely the tinder is piled, the more easily it will burn.
2. Light the tinder from underneath or as close to the bottom of the pile as you can.

Outdoor Skills

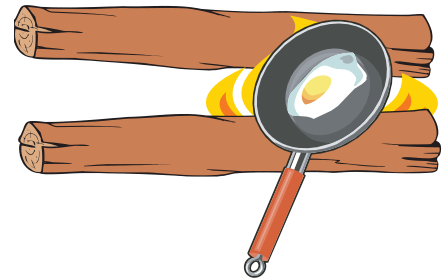
3. When the tinder begins to flame, carefully place several of the smallest pieces of kindling on the flame. As the flames grow higher, add the rest of the kindling.
4. When the kindling is sufficiently burning, begin adding pieces of fuel on the fire, shaping them into a cone or heap.

Types of Fires

- ◆ *Log Cabin Fire* — A log cabin fire produces a good bed of coals. If you will be cooking in the coals of your fire, a log cabin fire is an excellent choice, especially if you wish to be ready to cook before too long. Place your logs around the burning kindling just as if you were building a log cabin. Stack them nearer and nearer the center, tapering the sides. Then add a layer across the top. Coals will form quickly as the fire burns.



- ◆ *Hunter's Fire* — If you wish to cook several dishes over your fire at the same time, you might want to build a hunter's fire. Place two green logs in the shape of a vee, about 4 inches apart at one end and about 8 inches apart at the other end. Allow the eight-inch opening to face the wind. Place the logs so that your cooking vessels can rest steadily on the logs.



- ◆ *Trench Fire* — A trench fire conserves heat and fuel. It is also more comfortable to be around in hot weather, and is safer when it is windy. To build a trench fire, dig a trench about a foot deep. Dig one end a little wider and the other end a little narrower (about 12 inches and 6 inches, or whatever your cooking vessels will straddle). The wide end should face the wind. The trench should slope upward toward the wide end. Fill the trench and replace the sod when you leave.



Things to Learn

1. ☐ Go on two overnight camping trips. In your notebook, list where you stayed and what you learned from these trips.
2. ☐ Plan and pack all the food, supplies, and equipment needed (cooking, cleaning, wood-cutting, shelter, etc.) for one camping trip. Also, pack your own sleeping gear and necessary personal equipment.
3. ☐ Set up the tent yourself on a camping trip.
4. ☐ Build and light a campfire by yourself. You may light the fire with a match (do not use charcoal or lighter fluid).
5. ☐ Gather (or cut) your own tinder, kindling, and fuel, and place it appropriately for building the fire.
6. ☐ Build two of the different kinds of fires described above. *
7. ☐ Boil water for drinking even if you do not get it from a lake or stream, and explain why this precaution is necessary for any drinking water from a lake or stream.

Outdoor Skills

8. ☐ Cook three simple meals on a wood fire.
9. ☐ Cook at least one dish for one of the three meals above in the fire's embers rather than over the flame.
10. ☐ Take down your tent and pack it when leaving.
11. ☐ Be responsible for making sure that your fires are *completely* out whenever leaving the campsite.
12. ☐ Thoroughly clean your campsite when leaving. It should look as if you had not been there.

** If you have built one type of fire for Campfire Cooking, you may count that for one type of fire here. If you have built one fire for Camping, you may count it also toward Campfire Cooking.*

Note: Any cooking requirements earned under Campfire Cooking that apply to Camping may be counted.

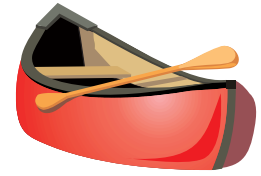


Date Completed _____



Canoeing

A canoe is a small narrow watercraft most commonly designed for two to three people. Canoes are normally pointed at both ends although some modern canoes may have a square stern or tail end. It is longer and more slender than a normal rowboat and is excellent for navigating smaller rivers and lakes. This makes a canoe a great tool for nature excursions or as an addition to camping trips. It is also good exercise!



What You Will Need

1. A canoe and paddles
2. Safety equipment
3. A canoeing guide

Helpful Information

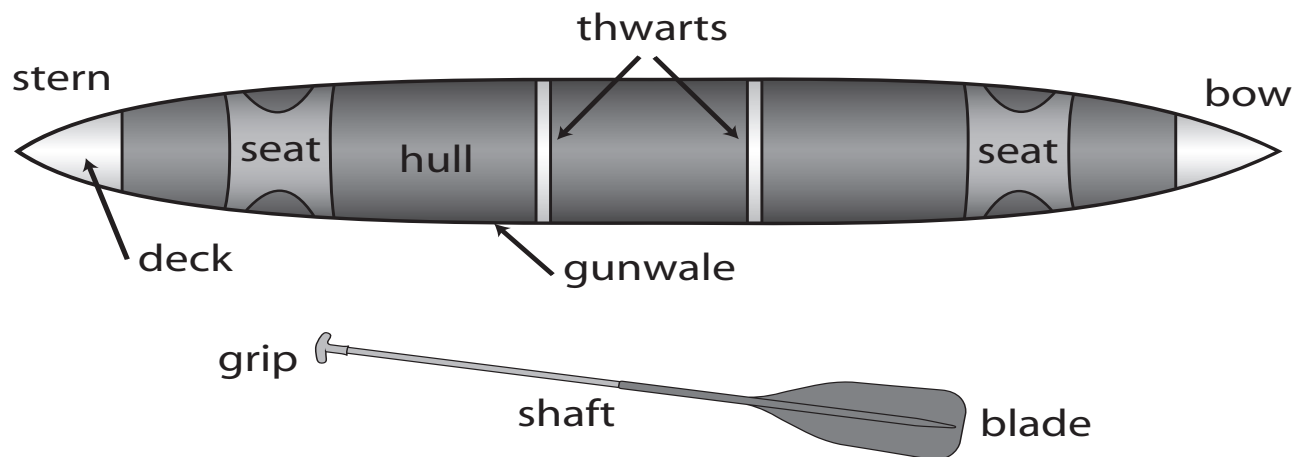
- ◆ There are many different types of canoes and these can be made from a fairly wide variety of materials. These materials include wood, wood and canvas, aluminum, fiberglass, and kevlar.
 - ★ *Wood Canoes* — These are generally the most pleasing where appearance is concerned and are quiet, but also are one of the more expensive canoe types and are not very durable.
 - ★ *Wood and Canvas Canoes* — These are made by stretching waterproofed canvas over a wooden frame. They are quiet and elegant and more durable than wooden canoes but are expensive, require regular maintenance, and are not indestructible.
 - ★ *Aluminum Canoes* — For a beginner, an aluminum canoe is a good choice as it is nearly indestructible, heavier, and should come with buoyancy chambers in the ends to help keep it afloat in case it tips. These are also flat-bottomed so as to make it harder to tip and are usually the least expensive to purchase. They are very noisy however, which will scare most wildlife away.
 - ★ *Fiberglass Canoes* — These are also good for beginners and are fairly inexpensive and lightweight. They can crack quite easily with impact but are not very hard to repair.
 - ★ *Other Synthetic Canoes* — Other composite materials used in canoe construction include Kevlar, carbon fiber, and Royalex. These are expensive but make the most durable, resilient canoes designed for strong currents and white-water canoeing.
- ◆ A canoe is propelled forward through the use of a paddle. Choosing the right paddle and sizing it to fit is important for long canoe trips. The longer the paddle, the greater the leverage to push the canoe forward but the heavier it is. You will do many thousand paddle strokes over the course of a canoe trip so the lighter the paddle is, the less effort it will take to use it. Paddles differ in shape and size but fall into two rough categories, straight shaft paddles and bent shaft paddles.
 - ★ *Straight Shaft Paddles* — This is the standard paddle type for recreational canoeing. It has a straight shaft and varying blade shapes.
 - ★ *Bent Shaft Paddles* — These are a little shorter than a straight shaft paddle and the blade at the bottom is angled so as to be more vertical to the water. These are also known as marathon or racing paddles.

Outdoor Skills

- ◆ Sizing your paddle is important. A paddle that is too short will be inefficient and uncomfortable while a paddle that is too long will be overly heavy and tiring. If you stand your paddle in front of you, it should ideally reach eye level. If paddling in tandem, a bowman's paddle should be slightly shorter while a sternman's paddle should be slightly longer.
- ◆ The final equipment you will need is the necessary safety gear. A life jacket is required up to a certain age in most states and just makes sense to wear. If you are going into rough waters or white-water canoeing, a helmet should also be worn.
- ◆ Once you have chosen your canoe and paddles and have your safety gear, you are ready to begin learning how to manage your canoe. This includes learning to launch and land your canoe, enter and exit it properly, paddle it properly, and right a tipped canoe and re-enter it from the water without tipping it.
- ◆ *Launching a canoe* — Push the canoe out into the water. Go to the middle of the canoe (the most stable part) hold the canoe steady with a hand on either gunwale as you step into it, one leg at a time, centering yourself between the gunwales as soon as possible.
- ◆ *Landing a canoe* — Again, place one hand on each gunwale and step out of the canoe, one foot at a time, while keeping your weight centered over the canoe as long as possible. Pull the bow of the canoe onto the shore.
- ◆ *Reentering a capsized canoe* — Go to the middle of the canoe as it is the most stable part. Hold onto the closest gunwale and kick your legs up to a horizontal position in the water. Press down on the near gunwale and reach for the far one. Keep your elbow up, and kick yourself across the canoe. Roll and let your hips drop inside. Kneel down and paddle with your hand if you need to retrieve your paddle.

Terms to Know

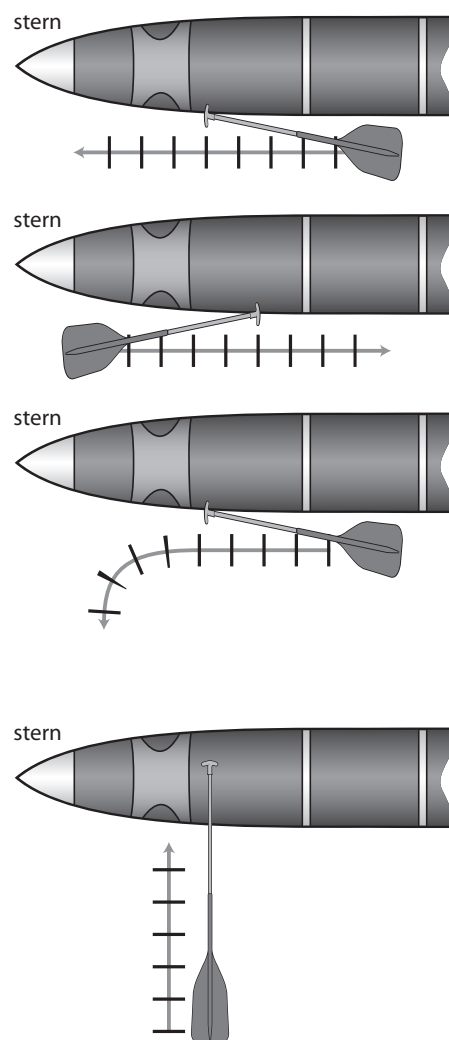
- ◆ *Bow* — The front of the canoe
- ◆ *Stern* — The back of the canoe
- ◆ *Hull* — The body of the canoe
- ◆ *Gunwale* — The top edge of the canoe
- ◆ *Thwart* — The crosswise supports between the gunwales
- ◆ *Keel* — The spine of the canoe running along the bottom center from bow to stern
- ◆ *Rocker* — The curvature of the hull that rises up at the bow and stern
- ◆ *Painter* — Rope attached to bow and stern
- ◆ *Beam* — The point where the canoe has the greatest width
- ◆ *Tandem* — Two people paddling a canoe together
- ◆ *Blade* — The large flat portion of a paddle
- ◆ *Grip* — The handle of the paddle
- ◆ *Shaft* — The long part of the paddle between the grip and the blade
- ◆ *Grip Hand* — The upper hand holding the paddle grip
- ◆ *Shaft Hand* — The lower hand holding the shaft of the paddle



Paddling Strokes

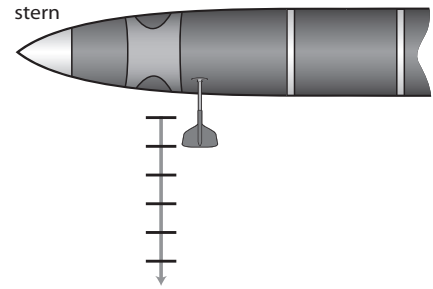
There are quite a few different strokes to use when canoeing and each has its purpose. Mastering these will allow you to become an expert at handling a canoe. We will cover the basic strokes here as performed in the stern of the canoe with the paddle on the right hand side.

- ♦ *Cruising or Forward Stroke* — This is the basic stroke for propelling the canoe forward. Reach forward with the shaft hand while holding the grip hand up high. Place the blade into the water and pull back with the shaft hand keeping the paddle parallel to the canoe. Push forward and down with the grip hand as you pull back with the shaft hand.
- ♦ *Back Stroke* — This is basically the opposite of the forward stroke and is intended to move the canoe backward.
- ♦ *J-stroke* — This stroke is used to keep a straight course when paddling alone without having to continually switch the paddle to the other side of the canoe. It can also be used to offset a tandem paddler's turning strokes. Start this stroke off just like a forward stroke. As the paddle comes parallel to your body, start rotating the paddle with the grip hand turning it in a counter-clockwise direction. At the same time, begin to push away with the shaft hand. As you finish, the paddle blade should be parallel to the canoe.
- ♦ *Draw Stroke* — Use this stroke when you wish to change the direction of the canoe. To begin this stroke drop your grip hand so that the paddle is close to parallel with the water. Reach out with the shaft hand and drop the blade into the water. Now pull with the shaft hand toward you while pushing with the grip hand away from you at the same time.

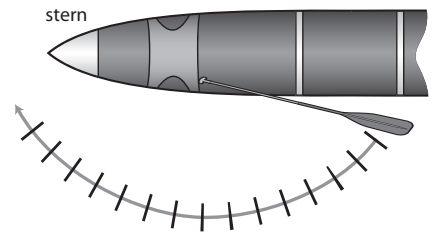


Outdoor Skills

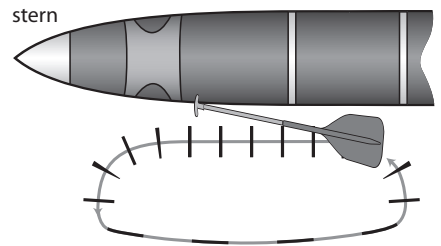
- ◆ *Push Stroke* — This is the opposite of the draw stroke. Insert the blade into the water right next to the canoe with the flat part of the blade parallel to the canoe. With the grip hand pull back toward your body and push away with the shaft hand.



- ◆ *Sweep Stroke* — This stroke is also used to change direction. Reach forward and out from the canoe with the shaft hand. Dip the blade in the water at an angle. Pull back with the shaft hand in a large arcing motion by mostly rotating the upper body.



- ◆ *Indian Stroke* — This stroke is also used to keep the canoeing moving forward in a straight direction without switching sides. Begin the stroke like the j-stroke. When the j-stroke finishes, instead of pulling the paddle from the water, slice the blade of the paddle back forward with the flat part of the blade parallel to the canoe. After returning the blade forward, spin the handle with the grip hand again so that the blade is now perpendicular to the canoe once more. Begin a new j-stroke. The paddle blade should never leave the water with this stroke and can be completely silent when done with care, which makes it a good choice to get close to wildlife.



Things to Learn

1. ☐ Identify six major parts of a canoe.
2. ☐ Identify the three major parts of a paddle.
3. ☐ Demonstrate how to properly hold a paddle
4. ☐ Demonstrate how to launch a canoe.
5. ☐ Demonstrate how to land a canoe.
6. ☐ Demonstrate the kneeling and sitting positions in a canoe.
7. Demonstrate at least three different paddling strokes. ☐ ☐ ☐
8. ☐ Demonstrate how to reenter a canoe after it has been capsized.

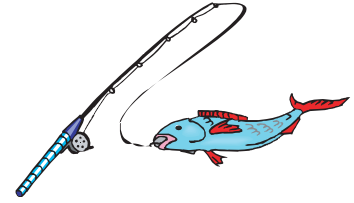


Date Completed _____



Fishing

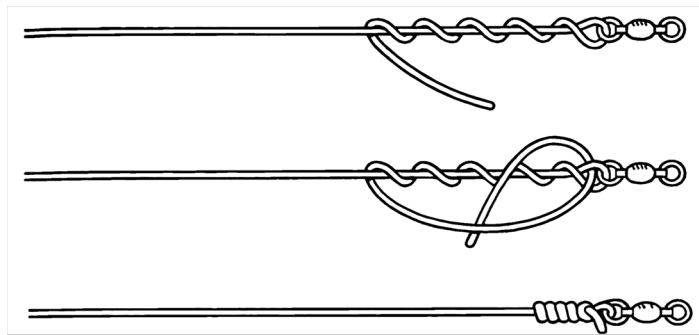
Though fishing nowadays has grown into somewhat of a recreation, it began as an important skill in obtaining food, and remained so for many centuries until the commercial fishing industry began to supply local food stores. *“Jesus saith unto them, Bring of the fish which ye have now caught,”* —John 21:10.



Even if plied for recreation, this skill will provide a delicious and nutritional meal at the end of the day. It can be humbling too, though. The fish are not always cooperative. That is where skill becomes important. But even when the catch is small, the scenery is always great.

Helpful Information

Many of the things that you learn about fishing will come as “on-the-job” training, but you should be able to at least attach a hook or sinker to your line when you are ready to get down to business. The clinch knot illustrated below is good to know for such tasks.



Things to Learn

1. ☐ Demonstrate to your parent or leader how to tie your fishing line to a sinker or hook.
2. ☐ Demonstrate how to bait a hook.
3. ☐ Demonstrate how to tie a clinch knot.
4. ☐ Learn how to cast correctly and demonstrate this knowledge to your parent or leader.
5. ☐ Show how to reel a fish in and take a fish off a hook safely.
6. ☐ Learn how to clean and fillet a fish. Do this at least one time.
7. ☐ Complete the following in your notebook:
 - (1) List three types of bait, and list the name of a fish attracted to each corresponding type of bait.
 - (2) What are sinkers and bobbers, and how are they used?
 - (3) What is a lure, and how is it used?
 - (4) List three safety rules for fishing.
8. Catch at least three fish (two different kinds).

☐
☐
☐

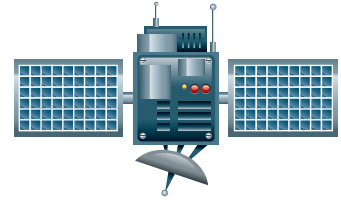


Date Completed _____



GPS Navigation

Global Positioning Systems have become very popular and useful in the last few years, and they are becoming more common every day. They have become useful in wilderness navigation, and some more expensive, very accurate units can be used, when “dialed in” properly, to locate buried or hidden equipment caches or exact fishing spots. The GPS has not replaced the use of a map and compass in navigation, and is not (as yet, at least) even allowed in orienteering competitions. Yet the GPS does have some additional capabilities to offer when it comes to navigation, and, thus, offers a very useful skill.

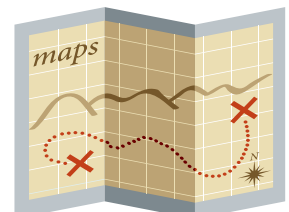


What You Will Need

1. GPS — If you do not have your own unit, you might borrow one from someone to whom you have shown yourself responsible.
2. Map and compass navigation ability — As we are not recommending the GPS to be used as a sole navigational device, compass navigation is needed to earn this award. See Outdoor Life and Orienteering.
3. Compass and map — See Outdoor Life and Orienteering.

Helpful Information

- ◆ The first rule of GPS navigation is never depend solely upon the GPS. It does not replace a map and compass. Among other things, a GPS is dependent upon battery life. It can be a handy tool to make sure that you get back to your starting point, should you fail to do so with your map and compass, though you should still carry trail marking materials if conditions warrant.
- ◆ The first step in using your GPS is to familiarize yourself with all the settings and functions, and to initialize it via the menu commands to whatever parameters and settings that you will need when you use it. A wilderness location with which you are unfamiliar is not the place to try to learn how to set up your unit.
- ◆ At your starting point, turn on your GPS, set and name your position, and turn the unit off to save battery power. Do not leave the unit powered up during travel except as a matter of necessity. Its most important capability, helping you return, will be lost when the battery dies. Along the way, at trail intersections or natural landmarks, set and name additional waypoints. When you reach your destination, you can use the unit to find the distance and compass bearing to each waypoint along the return route.
- ◆ A situation in which you might need to leave the receiver on as you travel, would be in blinding snow, darkness, or where time is critical and you cannot take time to stop to take a reading. It also can then be used to record your route, and, after you reach your destination, be used in backtrack mode to get you back.
- ◆ A GPS can sometimes be a useful addition to a map-and-compass excursion. You may come upon terrain that creates an obstacle that prevents you from taking a direct line to your next waypoint. After you have circumvented the obstacle, your unit can be used to redirect you to that point.



Outdoor Skills

- ◆ As a default, your unit will probably be reading latitude/longitude coordinates. However, for wilderness use, Universal Transverse Mercator (UTM) is an easier system to use and provides more accuracy. You can correlate UTM numbers on the screen with the UTM grid on a map. You may not even need to scale the map to get within sight of your objective.

Things to Learn

1. ☐ Demonstrate a knowledge of the different menu commands and settings that your GPS provides and how to change the settings to those that you will need for wilderness navigation.
2. ☐ Demonstrate how to switch your GPS between latitude/longitude and UTM.
3. ☐ Demonstrate how to correlate UTM numbers on the GPS screen with the UTM grid on a map.
4. ☐ Demonstrate how to use a GPS to record each waypoint on a map and compass excursion, and use those recorded waypoints to route your return.
5. ☐ Demonstrate how to go out of your way (as if obstructed by terrain) between waypoints, and then use your GPS to get back on course at the next waypoint.
6. ☐ Demonstrate how to leave the GPS receiver on to record your movements on a given excursion, and use the unit in backtrack mode to return to your starting point.



Date Completed _____



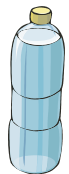
Hiking

Hiking is an enjoyable activity that one can do alone or with friends. It costs little to nothing, and is always a source of fun and pleasure. It can be done by people of all ages and is a great family activity. Hiking is a little different than just walking. We walk to go from place to place. For example, we walk from our home to the corner grocery store. When we hike, we might expect to travel a considerable distance, and not necessarily on a paved sidewalk. We might take a hike on a trail through a forest preserve, or hike across a field, or take a hike up a small mountain to explore a waterfall.



Helpful Information

- ◆ Good shoes are important for hiking. Tennis shoes will generally be sufficient for moderate hikes. If you really enjoy hiking, or begin to take hikes on more rugged terrain, you will probably want to purchase a pair of hiking boots. They offer much more protection where terrain can become hazardous to less-protected feet. They also offer extra ankle support when you are climbing or walking on uneven ground. Regardless of what shoe type you are wearing, be sure to wear shoes that fit well.
- ◆ Always wear socks. They provide extra cushion and help prevent friction that causes blisters.
- ◆ Proper clothing is very helpful to having a safe hike. Even though it may be hot outside, a cotton long-sleeve shirt with a collar is recommended. Appropriate clothing to cover your legs will definitely be a plus in warding off bugs, preventing unintentional contact with poison ivy, or protecting against abrasions and cuts from surrounding brush. Dress in layers. For example, a shirt and a sweater combination is better than just a heavy sweater. This way, if you become too hot, you can take off the sweater and tie it around your waist. Of course, if you become colder, you can put your sweater on again.
- ◆ Hikers can become quite thirsty during a long hike. Because one cannot know how healthy or contaminated any water found along the way might be, it is safer to drink tap water or bottled water. So, it is a good idea to carry water with you on a hike. There are water bottle carriers available that attach to belts, or a plastic water bottle can be carried in a backpack.
- ◆ Since bugs such as black flies, mosquitoes, and ticks could be abundant in areas where you may be hiking, a good bug repellent is very helpful.
- ◆ Take a compass along. If you are traveling in new territories, such as a state park where you have not hiked before, take a map of the hiking trail along with you.
- ◆ If you are hiking in sunny areas, a hat and sunscreen (lotion which helps screen out the sun's harmful rays) can provide some extra protection.
- ◆ It is helpful to carry a few light snacks to supplement your energy level when needed.



Important Safety Rules

- ◆ Always inform someone where you are going. Never just go off on a hike without telling anyone. If you become lost or injured, you will be glad that someone knows where to look for you.
- ◆ If you are on a group hike, never leave the group for any reason without telling someone in charge where you are going.

Outdoor Skills

- ◆ A whistle is a good thing to bring along if you are hiking in the forest. If you should become lost, a whistle is a great deal louder than average vocal chords.

Things to Learn

1. ☐ Learn how to use a compass. Demonstrate this knowledge to your parent or leader.
2. ☐ Learn to distinguish basic directions by the sun. Demonstrate this knowledge to your parent or leader.
3. ☐ Learn how to read a map and demonstrate this knowledge to your leader. (The map may be of your city or town, a national park, or a trail.)
4. ☐ Take a two- to three-mile hike through your neighborhood. Take your backpack or waist pack and your water.
5. ☐ Draw a map of your route. For example: travel six blocks east to Mary Street, go north four blocks to Edgar Street, etc.
6. ☐ In your notebook, answer the following questions concerning the hike:
 - (1) How many miles did you hike?
 - (2) How long did your hike take?
 - (3) What did you learn about hiking from this trip?
7. ☐ Take a hike on a trail at a national park or local forest preserve. Obtain a map of the area trails you will be using.

In your notebook, record the following information:

- (1) Where did you go on your hike?
- (2) How many miles did you hike?
- (3) What animals or wildlife did you see on your hike?



Date Completed _____



Hunting

“Now therefore take, I pray thee, thy weapons, thy quiver and thy bow, and go out to the field, and take me some venison; and make me savoury meat, such as I love, and bring it to me, that I may eat,”—Genesis 27:3-4. Isaac loved to eat wild game! Hunting through the centuries was often a necessary skill to help a man provide for his family and ensure their survival. Nowadays, it is coming to be considered more of a sport, but much of the game taken today still finds its way to the dinner table. This is as it should be. Hunting is a skill, and there is enjoyment and thrill in plying the skill. However, our God created everything for a purpose, and He created nothing to be wasted. Thus, we are to hunt with that purpose in mind.



Hunting is a skill that involves learning a number of things (safety being the most important) beyond just the taking of game. It is also extremely helpful to hunt at first with someone experienced in order to “learn the ropes” so to speak. Thus, this award may be earned by someone who may not yet be old enough to actually fire a weapon during a hunt, by simply learning the required knowledge and participating in a hunt.

What You Will Need

1. A type of game that you would like to hunt (decide beforehand)
2. A guide to the rules and regulations for hunting the particular game
3. Safety course or safety training by a qualified hunter
4. The equipment that you will use if you are old enough to use a weapon on a hunt

Helpful Information

- ◆ Hunting can be dangerous. It is very important to take all the proper safety courses or training from a qualified teacher before going out to hunt.
- ◆ There are many different types of hunting and game available in most states. Different hunting seasons are often at different times of the year. Some hunting is restricted to certain times of day. Be sure to learn the proper time and procedures to hunt your quarry.
- ◆ There is plenty of learning and preparation required for hunting. First, you will need to learn the habits, haunts, and the schedule that the type of game you wish to hunt tends to follow. Also, most types of hunting are heavily regulated by the government, and it is necessary to obey all the rules in regards to hunting a particular type of game. Lastly, and most importantly, as has already been mentioned, learning hunting safety is a must. We must take all precaution to avoid being a danger to ourselves and others.
- ◆ In almost all cases, a hunting license must be acquired before one can legally hunt. A license is available at most outlets in any way affiliated with hunting equipment.

Things to Learn

1. ☐ Learn hunting safety from an instructor or parent.
2. ☐ Research all the legal requirements and license information for the game that you wish to hunt.
3. ☐ Learn to safely handle and fire your weapon if old enough to do so.
4. ☐ Participate in at least one hunt (even if as an observer).
5. ☐ Participate in field dressing the quarry (if anything was taken).



Date Completed _____



Kayaking

Kayaks were first used by the Inuit and Aleut natives of the arctic north from Alaska to Greenland and have been in use for at least two thousand years. They were first built from driftwood and animal skins. Each Kayak was custom built to the size of the person who would be using it, and was used to cross the frigid arctic waters on hunting missions for seals and other game, or for fishing, or just transportation. The natives used seal bladders that were inflated like balloons inside the ends of the kayak, which made the kayak almost unsinkable.



Like a canoe, a kayak is a small, narrow watercraft. A kayak looks similar to a canoe but has a number of significant differences. First, a kayak is only a one or two-person craft with a berth for one or each person to sit with his legs extended in front. A kayak has a closed deck, and employs a waterproof skirt as a seal around the waist of the kayaker to prevent water from entering the craft. A kayaker uses one paddle with a blade on each end. Like canoeing, kayaking is a great way to get out and enjoy scenic nature spots, or just to enjoy being out on the water. It is also great exercise.

What You Will Need

1. A kayak and paddle
2. Safety equipment
3. A kayaking guide or course

Helpful Information

- ♦ Kayaks are constructed primarily for two types of kayaking: whitewater kayaking and sea kayaking.

★ *Whitewater Kayaking* — This type is done on rivers, which can mean anything from gently rolling rivers to fast-moving and dangerous rapids, or even waterfalls. Rivers and waterfalls are graded in difficulty like ski runs so that kayakers will be forewarned of the difficulty of their intended course.

Whitewater kayaks are short and not terribly stable, but they are very maneuverable. They are very durable as the rough water and rocks can cause considerable beating on the kayak. They are designed to limit the surface contact between the kayak and the water, which makes it easier to perform tricks and rolls.

★ *Sea Kayaking* — Sea kayaking is done on lakes or oceans. Excursions can be as short as a couple of hours, or for seasoned kayakers, possibly weeks at a time. Long distance trips across open waters have their own dangers but kayaks are surprisingly sea-worthy. In 1928 a man sailed and paddled a kayak from Lisbon Portugal to the Virgin Islands in the Caribbean. It was a trip of over 4,000 miles, and he encountered two hurricanes!

Sea kayaks are usually long and sleek, much like a canoe, and have generous cargo room for long trips. They are not as maneuverable as white-water kayaks but move faster in a straight line. They are available in a one or two seat variety and sometimes have a rudder in the back.

Outdoor Skills

- ◆ Kayaks can be crafted from wood, plastic, fiberglass, kevlar, and even inflatable material.
- ◆ A kayak paddle is not the same as a canoe paddle. It has a blade on both ends of the paddle. The blades can be parallel or offset in 15 degree increments. This offset is called the “feather” of the paddle. The blades can also be flat or curved. Both designs have advantages and disadvantages according to the preferences of the user.
- ◆ Safety equipment is very important, especially with white-water kayaking. Life jackets are a must for all types of kayaking. White-water kayaking should include a good helmet and a spray skirt. A spray skirt fits tightly to one’s waste and attaches to the kayak to form a watertight seal.

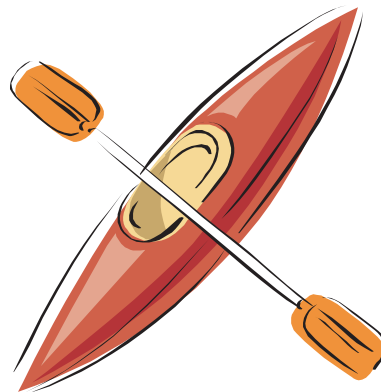
Paddling Strokes and Skills

- ◆ *Forward Stoke* — This is the basic stroke to move the kayak forward. Sit up straight and use the upper body as much as possible. Reach the paddle forward and dip it in the water near your feet. Pull straight back and bring the paddle to your hip rotating the upper body as you pull back. Pull with the lower hand and push with the upper hand on the stroke. Dip the paddle into the water on the opposite side of the boat and repeat.
- ◆ *Reverse Stroke* — This is the exact opposite of the forward stroke and is used to back up out of danger.
- ◆ *Forward Sweep Stroke* — This stroke is used to turn the kayak. You should reach forward and dip the paddle in the water near your feet like a forward stroke. Instead of drawing straight back, sweep the blade around in a wide arc and end up near the stern of your kayak.
- ◆ *Reverse Sweep Stroke* — This stroke is also used to turn the kayak and may be performed in sequence with the forward sweep to turn the kayak quickly.
- ◆ *High Brace Stroke* — The brace or support strokes are used to brace or support the kayak in order to prevent it from capsizing. For the high brace stroke, hold the kayak paddle in a horizontal position at about shoulder height. Make sure that you keep your elbows under the paddle. Then, you should try to tip yourself over as though you’re going to capsize. When the face of the kayak paddle hits the water, use the paddle for support and use your lower body to move yourself upright again.
- ◆ *Low Brace Stroke* — Make sure that your legs are braced against the kayak. Keep the back of the kayak paddle as close to horizontal as you can. When your kayak starts to tip, bring the tip of the paddle to the surface and hold it there. This should prevent further tipping. To bring the kayak back to a vertical position, pull your hips in closer to the paddle blade.
- ◆ *Wet Exit* — If you do capsize, you have two options to enact quickly. The first is to perform a wet exit. This is done by quickly detaching the spray skirt from the kayak, and exiting the kayak. The kayak can then be righted, and you can attempt a re-entry.
- ◆ *Rolls* — A roll is a maneuver to right a capsized kayak without exiting. The most famous is the Eskimo Roll. It involves using a move called the “hip snap” along with the paddle to flip the kayaker back up out of the water. It is a difficult, but possibly life-saving, move. It is best learned from an experienced instructor.
- ◆ Entering and exiting a kayak can also be tricky. It is best to learn this maneuver from, and while being helped by, an instructor.

Outdoor Skills

Things to Learn

1. ☐ Identify the major parts of a kayak.
2. ☐ Demonstrate how to enter and exit a kayak.
3. ☐ Demonstrate how to wet exit a kayak.
4. ☐ Demonstrate at least three different paddling strokes.
5. ☐ Demonstrate the two support or brace strokes.
6. ☐ Demonstrate how to do a roll after the kayak has capsized. (Optional)

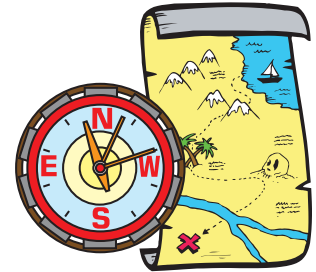


Date Completed _____



Orienteering

Orienteering is a discipline that requires navigational skills using a map and compass to navigate from point to point. For orienteering, a person uses a map, usually a topographical map or an orienteering map, which they use along with a compass to find their way in an area, often a wilderness area, which is usually completely unfamiliar to them. Orienteering originally began as an exercise in the military to train personnel to navigate in unfamiliar territory, but it since has developed into a number of variations and even competitions. Among these, probably the oldest and the most popular is foot orienteering.

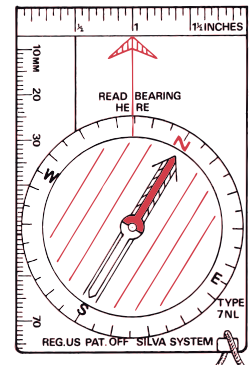


Orienteering is no longer just a skill. It is also a sport that employs the skill in a competition in which contestants race against a clock. Foot orienteering is the most popular form of the sport, but any sport that involves racing against a clock and requires navigation using a compass and a map is a type of orienteering.

As our purpose is to focus on learning a skill, we will not be dealing with orienteering as a sport, but with the basic map and compass navigation skills used in orienteering—finding our way or path through unknown terrain. Our life will often wind through unknown terrain also, and there is an invaluable compass to guide us safely in every case. *“For the LORD giveth wisdom: out of his mouth cometh knowledge and understanding. He layeth up sound wisdom for the righteous: he is a buckler to them that walk uprightly. He keepeth the paths of judgment, and preserveth the way of his saints. Then shalt thou understand righteousness, and judgment, and equity; yea, every good path.”* —Proverbs 2:6-9.

What You Will Need

1. **Compass** — The most common compass used in orienteering is the baseplate or protractor compass. It consists of a clear plastic baseplate with a red arrow pointing along the long axis with several other lines parallel to it. The base is clear so that you can see the map that is being used for navigation beneath it. The compass is mounted in a rotating housing in the baseplate. A scale should be available on at least one edge for measuring map distances. Other available features that are handy include a lanyard, a magnifying glass to better see map details, and templates for drawing circles or triangles to mark courses on maps. Most baseplate units have oil-filled compasses. With a non-filled compass there will simply be too much needle bounce to do accurate work. A thumb compass can also be used in orienteering, but it is more difficult to achieve the same degree of accuracy that is attainable with a baseplate compass. If you are new to map and compass navigation, a baseplate compass is a good starting point.
2. **Map** — You will need a topographical map or an orienteering map. (See Appendix for sources of maps and other orienteering data.) These maps offer not only directional data, but data about elevation, terrain, geographic and man-made structures, etc. They come in three scales: 1:250,000 (1 inch = 4 miles), 1:62,500 (1 inch = 1 mile), and 1:24,000 (1 inch = 2,000 feet). The last choice covers a smaller area, offers greater detail, and is a good choice for basic orienteering, especially when starting out.



Outdoor Skills

3. Book — The information here should whet your appetite for some navigational adventure, and it will help you gather much of the materials and basic information needed. See Outdoor Life also for some basic compass and navigational skills. However, in order to do justice to the subject of orienteering in a way that will make you competent in the wilderness, you will need more information than space allows for here.
4. Instructor — Since orienteering involves the idea of going somewhere guided only by a compass or a compass and a map, it is necessary, as a beginner, that you have someone with you, and instructing you, who really knows what he is doing. Remember, you want to be safe, and to come back.

Things to Learn

1. ☐ Read an instructional book on orienteering.
2. ☐ In your notebook explain the following:
 - (1) Compass heading
 - (2) Bearing
 - (3) Azimuth
 - (4) True north
 - (5) Magnetic north
 - (6) Taking a bearing
 - (7) Orienting a map
 - (8) Topographical
 - (9) Planimetric
 - (10) Equator
 - (11) Northern hemisphere
 - (12) Southern hemisphere
 - (13) Longitude
 - (14) Latitude
 - (15) Meridian line
 - (16) Parallel line
3. ☐ Demonstrate the ability to face the following directions using a compass.
☐ N ☐ E ☐ W ☐ S
☐ SW ☐ NW ☐ SE ☐ NE
4. ☐ From memory, draw and label in your notebook at least 10 map symbols.
5. ☐ Explain in your notebook how to get a “back bearing” after you have traveled by compass heading to a specific spot.
6. ☐ With an instructor present, travel to a predetermined location that you cannot actually see, but need your compass to do so.
7. ☐ Demonstrate how to find a compass heading.
8. ☐ Demonstrate how to find a compass heading from a direction on a map.
9. ☐ Take a hike of at least two miles with an adult. Use a compass to set your heading on the way out. Use your compass to lead the way back.
10. With an instructor complete two simple orienteering exercises using your compass and a map. The maps can be drawn by the instructor specifically for the exercise. ☐ ☐

Note: Compass requirements listed under Orienteering that have been completed under Outdoor Life may also be counted toward Orienteering. If the requirements have been completed under Orienteering, they may also be counted toward Outdoor Life.



Date Completed _____



Outdoor Life

“Then Abram removed his tent, and came and dwelt in the plain of Mamre, which is in Hebron, and built there an altar unto the LORD,”
—Genesis 13:18.

In most places in the world men no longer live in tents. However, it is still a very good idea for a man to know how to survive out-of-doors. It could, in fact, even be a life-saving skill in the right situation. In any case, outdoor skills are not only handy, but they are also fun to learn.



What You Will Need

1. Camping supplies
2. Compass — See Orienteering

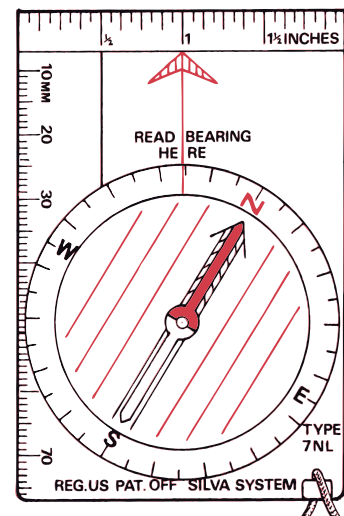
Helpful Information

Using a Compass

There are several different situations in which a compass can be useful in finding one's way.

- ◆ *To determine the direction that you will be going (find a heading, or take a bearing):*
 1. Select a landmark along the route that you plan to travel. Hold the compass level and point the “direction-of-travel” arrow or mark at the landmark. This will be a stationary mark on the outside of the compass. If you are using a baseplate compass, it will correspond to a line on the baseplate.
 2. Find the heading to the landmark by turning the compass dial until the “north” indicator aligns itself with the “north” end of the compass needle. Read your heading in degrees on the adjustable index ring at the direction-of-travel indicator.
 3. Keeping the needle aligned with the “north” mark on the index, look up, sight your landmark, and travel in that general direction until you reach your landmark. Repeat this process, sighting a new landmark to point you in the right direction each time until you have reached your destination.

- ◆ *When you know your heading*
 1. If you have been given a heading, or know the direction in degrees that you need to travel, turn the dial or index ring until the correct number of degrees lines up with the direction-of-travel indicator. Hold the compass level in front of you with the direction-of-travel mark pointing straight ahead.
 2. Turn your body until the “north” end of the compass needle is aligned with the “north” indicator on the dial. You are facing the direction of your heading.
 3. Locate a landmark in line with that heading and travel toward it. When you reach it, repeat the process. Do so with each succeeding landmark until you have reached your destination.



Outdoor Skills

◆ To find your way back

Use a heading in degrees that is exactly opposite to the degree heading you used to reach the original destination. Follow the exact same procedure using your new heading.

◆ Using a map

The following instructions explain how to use a map in conjunction with a baseplate compass.

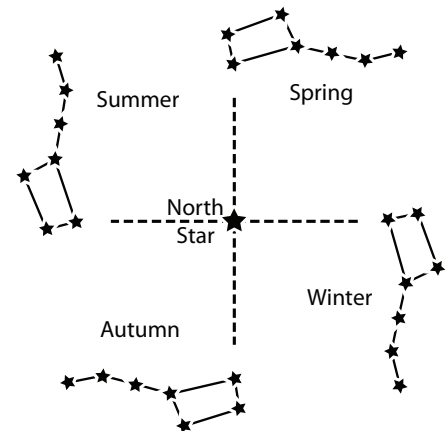
1. Place your compass on the map with the side edge of the baseplate aligned with the direction you wish to go. (Drawing a line from your present position to your destination will be helpful in positioning the compass on the map accurately.)
2. Set the compass heading by turning the dial until the “north” indicator is aligned with the direction North on the map.
3. Hold the compass in front of you with the direction-of-travel mark pointing straight ahead. Turn your body until the “north” end of the compass needle is pointing to the “north” indicating mark on the dial. The direction-of-travel indicator is now pointing at your destination. Sight a landmark on that heading and travel toward it. Repeat this process until you reach your destination.

Some Special Notes About Using a Compass

- ◆ Always be sure to keep your compass level so that the needle will be able to turn freely, avoiding errors in directional findings.
- ◆ Avoid using your compass near any iron or steel objects. Such objects will attract the magnetic needle and divert it from a true reading. A hidden nail or an iron belt buckle can cause a false reading.

Finding Directions Without a Compass

1. If you can see the sun, basic directions are easy to find by realizing that the sun rises in the East, sets in the West, and dips slightly toward the South in our part of the world.
2. It is also easy to find basic directions on a clear night by locating the North Star. The North Star is most easily found by finding the Big Dipper first. Be aware that the Big Dipper is constantly changing positions. The illustration shows its relative seasonal positions.



Things to Learn

1. ☐ Cook on a campfire that you built and started. You may start it with a match (do not use charcoal or lighter fluid). See Camping for more information about fires.
2. ☐ Boil water for drinking, even if you do not get it from a lake or stream, and explain why this precaution is necessary for any drinking water from a lake or stream.
3. ☐ Demonstrate the proper dress and supplies for a hike. See Hiking for more information.
4. ☐ Demonstrate how to find a compass heading.
5. ☐ Demonstrate how to find a compass heading from a direction on a map.
6. ☐ Take a hike of at least two miles with an adult. Use a compass to set your heading on the way out. Use your compass to lead the way back.

Outdoor Skills

7. ☐ Take a hike of at least two miles with an adult without using a compass. Keep looking back. You must remember the trail and lead the way back.
8. ☐ Demonstrate how to determine basic directions (north, south, east, west) in the daytime without a compass. (Use the sun and the time of day.)
9. ☐ Demonstrate how to find basic directions (north, south, east, west) at night without a compass. (Use the North Star.)
10. ☐ In your notebook, explain three things that you can do when lost.

Note: Compass requirements listed under Outdoor Life that have been completed under Orienteering may also be counted toward Outdoor Life. If the requirements have been completed under Outdoor Life, they may also be counted toward Orienteering.

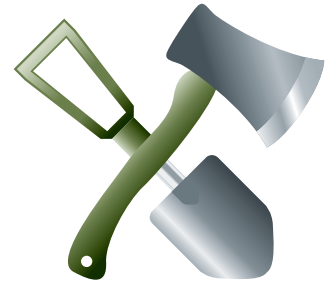


Date Completed _____



Outdoorsman

Outdoorsman is an award that is given when a Contender demonstrates a mastery of a number of related skills. As the name Outdoorsman implies, these are all skills related to the out-of-doors. Earning this award signifies that a young man has attained a relatively solid proficiency in reliably and safely accomplishing and enjoying outdoor activities. These activities require special knowledge because they occur where one must substitute knowledge and ability for comforts and conveniences.



Things to Learn

1. Select from the following categories an outdoor skill to accomplish. You can work on more than one skill at a time. Each skill has its own award, and an Outdoorsman award is given after the completion of any five of the skills listed below.

- | | |
|---|---------------------------------------|
| <input type="checkbox"/> Outdoorsman | <input type="checkbox"/> Hunting |
| <input type="checkbox"/> Campfire Cooking | <input type="checkbox"/> Kayaking |
| <input type="checkbox"/> Camping | <input type="checkbox"/> Orienteering |
| <input type="checkbox"/> Canoeing | <input type="checkbox"/> Outdoor Life |
| <input type="checkbox"/> Fishing | <input type="checkbox"/> Tracking |
| <input type="checkbox"/> GPS Navigation | |
| <input type="checkbox"/> Hiking | |



Date Completed _____



Tracking

God's creation is full of wonderful and interesting creatures. We get to see some of these creatures quite often in the form of domesticated animals like dogs or horses. Other more wild animals are a much rarer sight, but all will leave signs of their passing-by, which a skilled observer can readily identify. One of the more enjoyable aspects of taking a hike through a nature area is looking for and identifying the various animal signs that can be seen and followed.

This is also a very necessary skill for hunters who may need to track a wounded animal. Very skilled hunters often track their quarry from the outset. This skill, when refined, usually offers a greater probability of a successful hunt than does the strategy of hoping for the quarry to come to the hunter. Tracking is not just a skill common to hunters. It is used by thousands of amateurs and professional people who study wildlife.

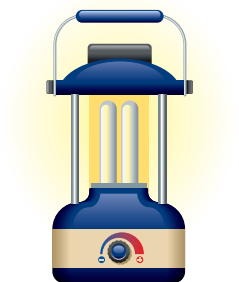


What You Will Need

1. A track identification guide book
2. A ruler or small tape measure
3. A sketchpad or camera
4. Trail markers
5. A track casting kit. (Optional)
6. Materials for a track trap. (Optional)

Helpful Information

- ◆ Be familiar with your location. Not all animals live in all parts of the country. Learn which animals inhabit the area you are hiking through and use the guidebook to familiarize yourself with what their tracks look like.
- ◆ Successful tracking requires keen observation. When you do find a trail, take care not to disturb it any more than necessary. Stay to one side of the trail and proceed slowly in order to avoid backtracking.
- ◆ It is helpful to photograph or sketch the track you have found. Also, document the size, the length, and the width of the track, along with the distance between tracks, using a ruler or tape measure.
- ◆ If you are attempting to track a wounded animal at night, use a gas lantern instead of a flashlight. Blood will be easier to spot with a lantern.
- ◆ If you wish to possibly attract animals in order to get their tracks, you can build a track trap. You need to first find a location where it is likely that animals will pass nearby. Cover a small area of ground with sand or other material that will show tracks. Or choose a location that shows tracks well such as mud or soft earth. Bait your trap with a little food or a strong smelling item that will catch the attention of passing animals and attract them to the trap. Check your trap the next day, and you may find some fresh tracks to identify.



Outdoor Skills

- ◆ When you do find some nice clean tracks, you may wish to preserve them with a casting kit. A casting kit is used to make a plaster mold of the track. Otherwise, you can make a sketch of the track as close to actual size as possible, and add notations for its size and any characteristic details.
- ◆ Animals often leave more signs of their passing than just footprints. Animal droppings are another helpful way of identifying and learning more about the animal being tracked.
- ◆ When you are tracking, you may travel some distance. You will want to be careful that you do not become lost. It is always advisable to carry something with which to mark your trail so that you can find your way back. It is also advisable to begin marking your trail right away because you do not know how far you will be traveling. Use markers that will not become litter such as tissue paper, which will dissolve with weather and time.

Things to Learn

1. ☐ Locate and identify the tracks of two domestic animals.
(1) _____ (2) _____
2. ☐ Locate and identify the tracks of two wild animals.
(1) _____ (2) _____
3. ☐ Locate and identify the tracks of two birds.
(1) _____ (2) _____
4. ☐ Photograph or sketch each track that you identified and place it in your notebook.
5. ☐ Measure the length and width of each track, as well as the distance between tracks, and record the measurements with the sketch or photograph of each track in your notebook.
6. ☐ Make a plaster cast of one track. (Optional)



Date Completed _____

Category XIV: Caring for Pets and Farm Animals

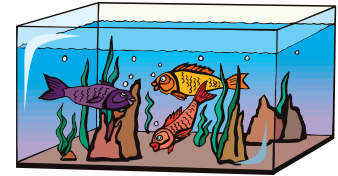
“And God said, Let the waters bring forth abundantly the moving creature that hath life, and fowl that may fly above the earth in the open firmament of heaven. And God created great whales, and every living creature that moveth, which the waters brought forth abundantly, after their kind, and every winged fowl after his kind: and God saw that it was good. And God blessed them, saying, Be fruitful, and multiply, and fill the waters in the seas, and let fowl multiply in the earth. And the evening and the morning were the fifth day. And God said, Let the earth bring forth the living creature after his kind, cattle, and creeping thing, and beast of the earth after his kind: and it was so. And God made the beast of the earth after his kind, and cattle after their kind, and every thing that creepeth upon the earth after his kind: and God saw that it was good,” — Genesis 1:20-25

God provided us with so many wondrous creatures, both wild and tame. It is a special delight to us to be able to take care of some of them ourselves by having them for pets or farm animals. Animals add lots of enjoyment to our lives.



Aquarium

Aquariums are wonderful things to own. They have wonderful health benefits for people of all ages. It is very calming to watch fish because watching fish reduces stress levels. Besides these benefits, it is very interesting to be able to watch fish in their own little habitat. God's creation seems to be infinite!



What You Will Need

1. A book on aquariums
2. A basic aquarium kit — This will usually include an aquarium, light, filter, and possibly a heater. Some aquariums also come with a stand. Aquariums come in many different shapes and sizes and are either glass or acrylic. Those that are short and wide have more surface area (which means more oxygen is available to the fish) and are better than ones that are tall and narrow. A 20-30 gallon tank is a good size for a beginner. In smaller tanks it is more difficult to keep water conditions stable. Full spectrum florescent lights are best for beginners. The plants like them too. Filters are very important. Make sure that you choose the correct kind of filter for the size of the aquarium you have.
3. An air stone — This will help to oxygenate the water.
4. Things to put in the aquarium — There are many different things with which you can decorate your aquarium. Just make sure that they are safe for your aquarium inhabitants. If you use any gravel or rocks, be sure to wash the dust off before using. Never use soap to clean anything that is going in your aquarium. It will kill the fish. Also, whether you use live plants or plastic plants, make sure that the bases or roots are well covered and weighed down. Try to avoid anything with sharp points or edges; they could harm the fish.
5. Fish — There are many different fish from which to choose. Do your research before you go shopping. Remember, different fish need different food, different pH levels, and different water temperatures. Be sure that the fish you choose will be compatible with each other. Also, a good rule of thumb for how many fish can live in your aquarium is one two-inch fish (full grown) for each two gallons of water. Thus, a 30-gallon tank would hold 15 full-grown two-inch fish.

Helpful Information

- ♦ It is best not to set up an aquarium in direct sunlight, otherwise the algae builds up faster.
- ♦ When you are ready to fill your aquarium, fill slowly with water so the objects in your aquarium will not be displaced. After you have started the filters, you will need to add a dechlorinator. After running the aquarium filters overnight, you will need to add a starter culture of good bacteria to help keep your aquarium clean. It is also important to check the pH level of the water. Let your aquarium age for about two weeks before adding any fish. This will help the good bacteria to grow and you will have a better chance of having a healthy habitat for your fish.

Tip: Aquariums can be heavy! Be sure that you have chosen a safe place to put yours.

Things to Learn

1. ☐ Complete the following in your notebook.
 - (1) What is the difference between a freshwater and saltwater aquarium?
 - (2) Name three types of fish that you can put in a freshwater aquarium?
 - (3) Name three types of fish that you can put in a saltwater aquarium?
 - (4) How do you add a new fish to existing fish in an aquarium?
 - (5) What should you do if a fish becomes sick or dies?
 - (6) How do you test and adjust the pH of the water in your aquarium?
2. ☐ Demonstrate how to feed fish.
3. ☐ Demonstrate how to clean the aquarium.
4. ☐ If you own an aquarium, be responsible for cleaning it for 3 months.



Date Completed _____



Farm Animals

Many people live in rural areas and have farms or large lots. Caring for farm animals is a part of their daily lives. Studying about farm animals is important to them and is often also interesting to those who do not have farms. If you have animals or know someone who does, you may wish to learn more about caring for them, and earn an award for your effort!



What You Will Need

Books on the care of farm animals

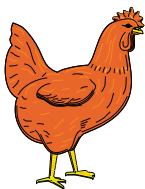
Things to Learn

Complete the following requirements for each type of animal or bird listed. Completion of the requirements for a specific type would count for that award. Completion of three or more would qualify for the Farm Master award.

- | | | | |
|--|-------------------------------|--------------------------------|----------------------------------|
| <input type="checkbox"/> Master Farmer | | | |
| <input type="checkbox"/> Chickens | <input type="checkbox"/> Cows | <input type="checkbox"/> Ducks | <input type="checkbox"/> Geese |
| <input type="checkbox"/> Goats | <input type="checkbox"/> Pigs | <input type="checkbox"/> Sheep | <input type="checkbox"/> Turkeys |

God gives the animals a Sabbath Day too!
"Six days thou shalt do thy work, and on the seventh day thou shalt rest: that thine ox and thine ass may rest, and the son of thy handmaid, and the stranger; may be refreshed,"
—Exodus 23:12.

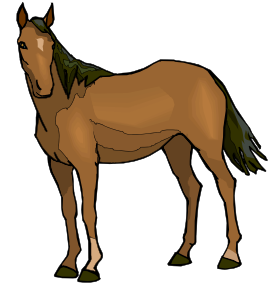
- ☐ Write the answers to the following in your notebook:
 - (1) What type of food can the animal eat?
 - (2) What types of minerals does it need in its diet?
 - (3) Why does it need certain types of food and minerals?
 - (4) What are the signs of sickness it will exhibit?
- ☐ Care for your animal or bird for at least six months.
- ☐ Write an essay on what you learned while caring for your animal or bird.





Horses

For centuries, horses were extremely useful to mankind. They were man's premium method of transportation. Horses were also an invaluable source of labor. They plowed fields, hauled produce to market, and made deliveries. Today, horses are primarily employed for the pleasure of riding them. They are another of God's masterpieces over which He has given man dominion to use and enjoy.



Things to Learn

1. ☐ Write the answers to the following in your notebook:
 - (1) Name five breeds of horses and tell for what each breed is noted.
 - (2) What is meant by the term "hot-blooded" horse?
 - (3) What is meant by the term "cold-blooded" horse?
 - (4) What is meant by the term "warm-blooded" horse?
 - (5) How is a horse measured?
 - (6) What is the name of this measurement?
 - (7) Equate this measurement to inches.
 - (8) Gaits are different not only in speed, but in beat. Explain what a horse's "beat" is.
 - (9) Name and define the four gaits.
2. ☐ Demonstrate how to properly mount and dismount a horse.
3. ☐ Demonstrate how to ride a horse at a walk, a trot, and a gallop.

"I will instruct thee and teach thee in the way which thou shalt go: I will guide thee with mine eye. Be ye not as the horse, or as the mule, which have no understanding: whose mouth must be held in with bit and bridle, lest they come near unto thee," —Psalm 32:8-9.



Date Completed _____



Pets

Our life is enriched by a puppy's love or a kitten's purr, but our pets' lives are enriched when love and proper care are given to them. If we are going to be pet owners, we should be responsible pet owners.

The Bible is plain about the fact that God expects man to care properly for the animals under his dominion. To do so, he must understand something about them, their care, their traits, and their strengths.



What You Will Need

A book about pet training and care

Things to Learn

1. Choose from the list of pets and complete the following information in your notebook:

☐ Birds ☐ Cats ☐ Dogs ☐ Rabbits



- (1) Identify three to five breeds. Give the name, identifying information, and special traits or usefulness.
 - (2) List dietary information.
 - (3) If you have a pet, list five special types of care that you should be providing for it.
2. ☐ Care for your pet for at least six months.
3. ☐ Write an essay on what you learned while caring for your pet.



Date Completed _____

Category XV: Recreational Skills and Hobbies

“Whatsoever thy hand findeth to do, do it with thy might,” —Ecclesiastes 9:10.

The word “recreation” means refreshment of the strength and spirit after toil. Certainly, as Christian young men, we will work hard at our daily tasks, but after our work is finished, it is really nice to take a short time to refresh ourselves with an enjoyable activity. *“A merry heart doeth good like a medicine: but a broken spirit drieth the bones,”* —Proverbs 17:22. Recreation can be a brisk walk in the fresh air or a rousing game of volleyball or baseball.

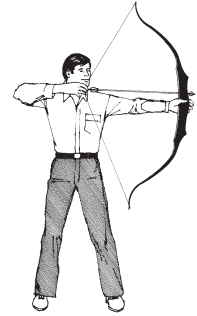
Sports and recreational activities can be a challenge, an excellent means of exercise, fun, and a great way of having fellowship with others. They can sometimes help us develop skills and habits that are useful in other areas of life. We should do our best in a game, but then it is over. Sports and recreation should not become a competitive means to measure ourselves against one another, especially in the life of the Christian. “. . . but they measuring themselves by themselves, and comparing themselves among themselves, are not wise,” —2 Corinthians 10:12.





Archery

Archery is a skill that began as part of man's quest for food in order to survive. *"Now therefore take, I pray thee, thy weapons, thy quiver and thy bow, and go out to the field, and take me some venison,"* —Genesis 27:3. Bows and arrows were used throughout the world for thousands of years for hunting. Only after the invention of gunpowder did the use of the bow diminish. Some sportsmen still use it for hunting today. *"Also he bade them teach the children of Judah the use of the bow: behold, it is written in the book of Jasher,"* —2 Samuel 1:18.



What You Will Need

1. A book about archery
2. Bow — You will need a properly sized bow for practicing.
3. Arrows — You will need arrows sized correctly to match your draw.
4. Target — You will need a target.
5. Backstop — A backstop goes behind your target to stop the arrows once they pierce the target. It is made of material that will stop but not damage the arrows. Tightly baled hay or straw works well: they are soft enough not to damage the arrow, yet sturdy enough not to let it pass.

Helpful Information

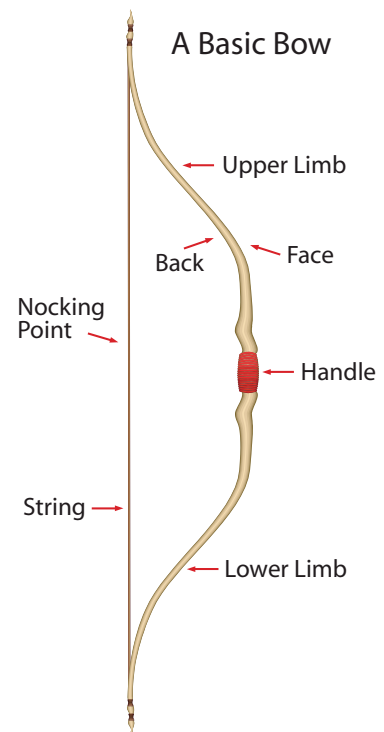
- ◆ Archery is like many other skills in the fact that it requires practice to develop a degree of accuracy. Before you begin practicing though, there are several things that you need to consider.

The first is to find a bow that is tailored to your physical size and abilities. The two most important factors are draw length and draw weight. Draw length is how far back you pull your bow to comfortably sight and shoot. If the bow is not fully extended when you pull it back, it will not fire as it should. In this case, you should try using a shorter bow. If you fully extend the bow and have not reached a comfortable anchor (drawn position) near your face, then you will probably need a longer bow.

Draw weight has to do with the strength required to draw the bow back. It is rated in the pounds of force it takes to draw the bow. The draw in pounds can range from around ten pounds for beginners to one hundred pounds for advanced archers. If you cannot comfortably pull back the bow and hold it steady while aiming, then you should try using a bow that requires less draw (in pounds).

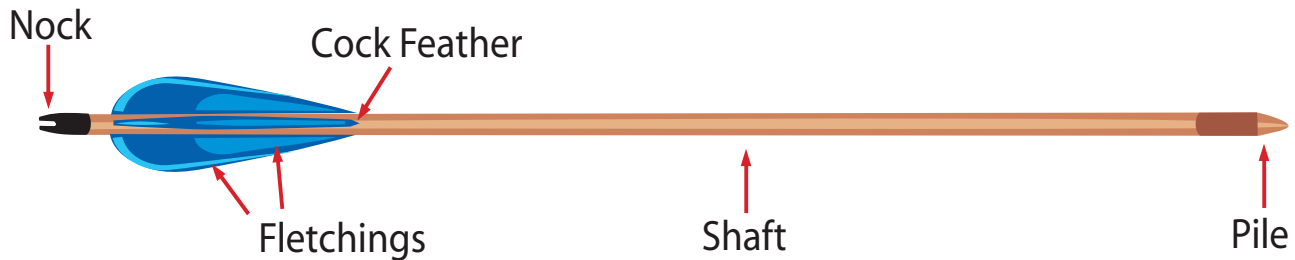
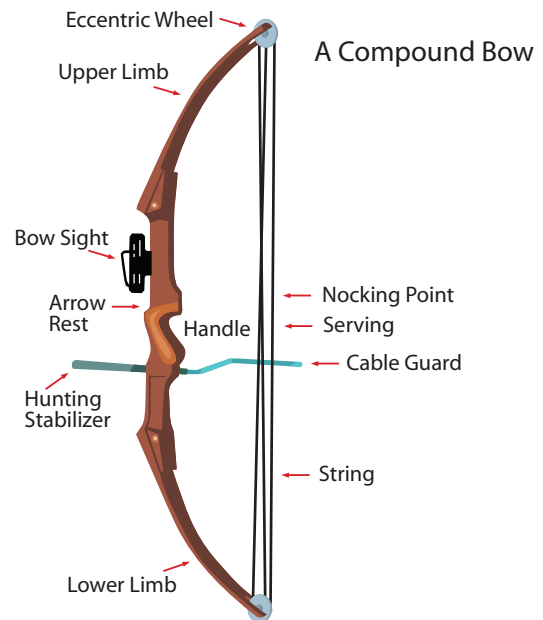
The second thing to learn is the proper shooting technique. Any good book on archery should graphically detail both the shooting stance and how to hold and sight the bow.

- ◆ An important thing to remember is never to dry fire your bow—in other words, do not fire your bow as normal except with no arrow. This can cause great harm to your bow and should never be done.



Terms to Know

- ◆ **Anchor** — The position to which you pull the bowstring back. Some archers use a low anchor just below the chin which prevents overdraw. Others use a high anchor alongside the cheek which allows them to sight down the arrow.
- ◆ **Nock** — A slot in the back of an arrow into which the bowstring is inserted. Be sure that the nock fits snugly on the bowstring so that the arrow does not fall off the string during the draw.
- ◆ **Draw** — The action of pulling the bowstring back to release the arrow.
- ◆ **Nockset Locator or Nock Locator** — A small metal ring on the bowstring used to mark the precise position on the bowstring at which the arrow should be nocked. A fraction of an inch difference in the position of the arrow on the bowstring will affect the accuracy of the shot.



Safety Guidelines

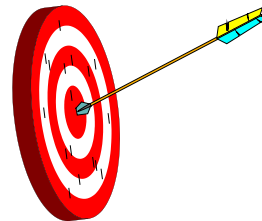
- ◆ Archery is an enjoyable sport, but it also can be hazardous to yourself and others if it is not done in a safe manner. Proper clothing can be important. Remember not to wear any loose fitting clothing on your chest and arms. You do not want your clothing to interfere with the bow string at all during a shot.
- ◆ You should wear an arm guard to protect your arm from the bow string, as well as a finger tab or release aid to protect your fingers.
- ◆ When shooting at a target, you should keep well clear of people so that no one may unknowingly walk between you and your target.
- ◆ Try to have plenty of room around and behind your target in case your arrow misses the target completely. A steep dirt bank will work well to stop stray arrows without damaging them. If you do not have the extra room or a steep dirt bank, you can build your own backstop out of plywood. Hanging a curtain of heavy material in front of the plywood will help to prevent errant arrows from being damaged when hitting the plywood.
- ◆ The ideal target material to use for a backstop will stop a speeding arrow with no damage at all to the arrow. Baled hay, wood fiber, and foam are all good materials that often have been used as effective backstops behind targets.

Recreational Skills and Hobbies

- ◆ Before commencing target practice, you should carefully go over all your equipment, checking for damage. Your arrows should not be bent or cracked, and your bow string should not be frayed or unraveling.

Things to Learn

1. Identify the following parts of the bow:
 - ☐ Upper limb
 - ☐ Lower limb
 - ☐ Face
 - ☐ Nocking point
 - ☐ Back
 - ☐ String
 - ☐ Handle
3. Identify the following parts of the arrow:
 - ☐ Nock
 - ☐ Cock feather
 - ☐ Fletchings
 - ☐ Shaft
 - ☐ Pile
4. ☐ Demonstrate the ability to tie a timber hitch.
5. Practice shooting at targets three different times under the supervision of an experienced adult archer.
 - ☐ ☐ ☐

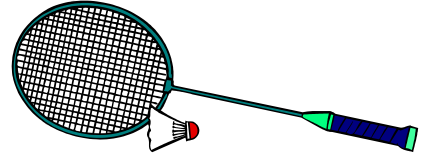


Date Completed _____



Badminton

Badminton is a great game for friends to play as well as families. You do not need to travel anywhere to play. A backyard is the perfect place for a rousing game. The game involves hitting the shuttle back and forth over the net. Complete instructions are included with all badminton sets. Just in case you have misplaced your instructions for keeping score, the local library will nearly always have a book to provide you with that information.



What You Will Need

A badminton set — This can be purchased at nearly any store that carries sporting equipment. A badminton set consists of a net, rackets, and shuttles, which are commonly called birdies.

Helpful Information

When setting up your badminton set, be sure to choose a level piece of ground.

Things to Learn

1. ☐ Demonstrate a knowledge of the rules and scoring to your leader.
2. ☐ Play six games and keep score for the six games. Have an adult verify your scores.
☐ ☐ ☐ ☐ ☐ ☐
3. ☐ In your notebook, answer the following questions:
 - (1) What is a volley?
 - (2) What is a net shot?
 - (3) What is a smash?
 - (4) What is an ace?
 - (5) What is a fault?



Date Completed _____

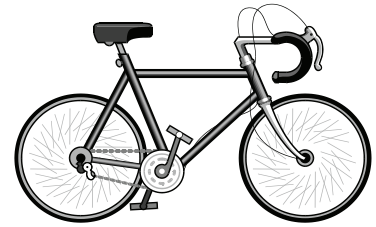


Bicycling

Riding a bicycle is a peaceful and enjoyable activity, and it is a great way to enjoy the wonderful outdoor world that God created. *“Thou wilt shew me the path of life: in thy presence is fulness of joy; at thy right hand there are pleasures for evermore,”* —Psalm 16:11.

A bicycle is also handy for running errands in town or visiting a friend. It truly can be a joy just to ride through the local countryside or a national parkway.

The bicycle is a wonderful invention because it is an energy-efficient, non-polluting, economical, healthy, and just plain fun form of transportation. This is a very practical skill to learn, and you should have a great deal of fun learning it!



What You Will Need

A bicycle — If you do not have your own bicycle, perhaps you could borrow a friend's.

Helpful Information

- ◆ There are basically three types of bicycles.
 - ★ *Mountain Bike* — This bike has a sturdy frame and fat tires. It is designed to handle rougher terrain than other bicycles.
 - ★ *Racing Bike* — This bike is built for speed, so it has a very light frame and large, narrow wheels/tires. It is also the best choice for very long trips because of its very light weight.
 - ★ *Cruiser Bike* — This bike is designed for riding on or off the road. It is a good, all-around bike for riding in town.
- ◆ Choosing the best bike for you depends on where you will be doing the most riding. If you will be riding locally, around town, a cruiser is fine. If you want to use your bike to ride up and down hills and across fields, a mountain bike will last much longer. If you plan to take very long trips, a racing bike might be best for you.
- ◆ Choosing a bike that is the correct size is important to your comfort in riding. You should be able to stand astride your bike with both feet on the ground. When sitting on the seat, you should be able to reach the handlebars and pedals easily.
- ◆ If you decide to take a long bicycle trip, a first aid kit is a very good thing to take along. It could include a few band-aids, wetwipes, a small gauze roll, tape, and a small tube of antibiotic cream. Also, it would be a good idea to take along a small bike repair kit.

Things to Learn

1. In your notebook, explain the purpose of each bicycle part listed.

<input type="checkbox"/> Wheel rim	<input type="checkbox"/> Air valve
<input type="checkbox"/> Seat post	<input type="checkbox"/> Chain
<input type="checkbox"/> Sprockets	<input type="checkbox"/> Brakes
<input type="checkbox"/> Brake pads	<input type="checkbox"/> Inner tube
2. Demonstrate how to clean and care for a bicycle.

<input type="checkbox"/> Frame and parts	<input type="checkbox"/> Tire care
<input type="checkbox"/> Brake care	<input type="checkbox"/> Pedal care
<input type="checkbox"/> Seat care	<input type="checkbox"/> Chain care

Recreational Skills and Hobbies

3. Put together a small repair kit for your bicycle. (If you are borrowing a friend's bike, know what should be in a repair kit and why.)
 - ☐ Puncture kit
 - ☐ Adjustable wrench
 - ☐ Tire lever & tape
 - ☐ Nylon tie
 - ☐ Fold-up multi tool
 - ☐ Pump
4. ☐ Demonstrate the correct method of changing a tire.
5. ☐ If your bicycle has a transmission (multiple speeds), know how to replace the chain (which can easily come off).
6. ☐ Explain how to repair an inner tube.
7. ☐ Complete the following in your notebook:
 - (1) What kind of clothing should be worn for bicycle safety?
 - (2) What type of protective gear should be worn for bicycle safety?
8. ☐ Answer the following "Rules for Safety" questions in your notebook:
 - (1) On which side of the road should a bicyclist ride?
 - (2) Who has the right of way—pedestrians or bicyclists?
 - (3) Should a bicyclist ride in a straight line or weave in and out of traffic?
 - (4) Must a rider obey all traffic regulations?
 - (5) Demonstrate or draw a diagram of the following hand signals.
 - ☐ Making a right turn
 - ☐ Making a left turn
 - ☐ Stopping
9. ☐ Go on a bike ride with your leader or parent. Make a small map of your intended route. The route should be approximately five miles.

You can find some of this information in an encyclopedia or a book from your local library, or from someone who knows bicycles.

Safety Tips!

- ◆ *Do not wear loose-fitting clothing that could get caught in the wheels or chains of your bike.*
- ◆ *Wear light-colored clothing and/or reflective clothing at night.*
- ◆ *Wear a helmet to protect against injury in case of a fall or accident.*

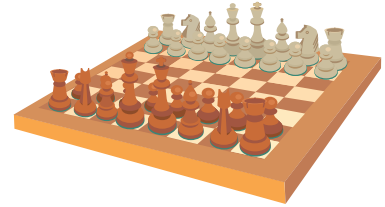


Date Completed _____



Chess

“For which of you, intending to build a tower, sitteth not down first, and counteth the cost, whether he have sufficient to finish it?” —Luke 14:28.



Chess is fun, but it also cultivates our abilities. One must exercise foresight when playing chess. Foresight prepares for future possibilities. In chess foresight is estimating the eventual result of a move.

Chess increases flexibility. Flexibility adjusts to unexpected moves by your opponent.

Chess also develops creativity. Creativity brainstorms new strategies for the ever changing conditions of the game.

In the twelfth century there were only seven requirements for knighthood. One was to be a capable chess player. If these skills were important for knights to contend for the kingdom, then they might even be a bit useful to us in contending for God’s kingdom.

What You Will Need

1. Chess book — You will need a book about chess that will explain in detail how to play.
2. Chess set

Helpful Information

When playing chess there are some helpful rules to bear in mind.

- ◆ Board placement — The right-hand square nearest each player is white.
- ◆ White always moves first.
- ◆ No turn can be skipped.
- ◆ Only one chessman can be moved in a turn (except for castling).
- ◆ If a chessman is touched, it must be moved.
- ◆ Only one chessman can occupy a square at one time.
- ◆ No chessman except a Knight can leap over another chessman.
- ◆ Each chessman except for a Knight must move in only one direction during a turn.
- ◆ During a turn, no capture has to be made unless it is the only move that will save the King from capture.
- ◆ No move can be made that will put one’s king in check.
- ◆ Each person can castle only once during a game.

Things to Learn

1. ☐ Demonstrate how to set up all of the white pieces.
2. ☐ Demonstrate how to set up all of the black pieces.
3. ☐ Identify to your leader the name of each chess piece.
4. ☐ Demonstrate the way each piece can be moved.
5. ☐ Demonstrate how to castle.

Recreational Skills and Hobbies

6. ☐ Complete the following in your notebook:
 (1) Define the term checkmate.
 (2) Define the term stalemate.
7. ☐ Demonstrate how the pawn is promoted.
8. Play ten games of chess with an adult or with adult supervision.
 ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐



Date Completed _____



Coin Collecting

Coin collecting ranks among the world's top hobbies. It is known as the "Hobby of Kings," because the hobby was first started by the early Romans right at the time coins were first being invented. Coin collecting is often confused with numismatics, but it is not the same. Coin collecting refers to the act of collecting coins while numismatics is the study of coins. In our day, coins are plentiful, so nearly everyone can collect them, if they desire too. Collecting coins can be educational, a bit of history can be learned, and it is always enjoyable to find new ones to add to your collection.



What You Will Need

1. A book about coin collecting
2. Coin identification book/price guide — This book will help you identify the coins that you have, and also have pictures of the different coins made. It may also tell you what your coin is worth.
3. Magnifying glass — This will help you to better see small details on your coins, and will also be a help while grading your coins.
4. Small notebook or index card system — Once your coin collection starts growing, it is important to keep track of which coins you have, and which coins you still need.
5. Some starter coins — A few basic coins will help you begin to learn more about coins.

Helpful Information

- ◆ There are many different reasons to collect coins. Some people collect coins for their historic value, or for their rarity. Some collect coins from a specific year or on different subjects. Wheat pennies and silver dollars are two examples of different types of coins. You can also try to find coins from different countries or states.
- ◆ When beginning your coin collection, choose a certain year, subject, or type of coin for which to look. Start building your collection. It takes time and patience to find the coins that you would like to add.
- ◆ Coin collectors use a special system called "grading" to describe the condition of a coin. Learning to grade coins is a very important part of coin collecting, and helps to establish the value of a coin. Also, if you decide to purchase coins, you will know the condition of the coin by using the grading system.
- ◆ It is important to store your coins so they will not scratch or tarnish each other. There are many different ways of storing coins, but a good starting point is to use small (2"x 2") acid-free paper envelopes. These are easily labeled, stored, and usually are available at coin or office supply stores. Plastic envelopes (or "flips"), and cardboard or plastic coin albums are also available. If you do use a plastic storage system, be sure that the plastic used is PVC free. PVC can discolor and damage your coins.
- ◆ There are many ways you can find coins. Ask relatives or friends to help you in your search. Check your change that you receive from stores. There are also coin shops from which you can purchase coins, and many resources online. Save the best ones that you can find or afford to add to your collection.

Things to Learn

1. ☐ Demonstrate how to safely handle coins.
2. ☐ Identify the different parts of a coin to your parent or leader.
3. ☐ Describe and show, if possible, three different grades of coins to your parent or leader.
4. ☐ Complete the following in your notebook:
 - (1) How are coins made?
 - (2) What is a mint mark?
 - (3) What does the term obverse mean?
 - (4) What does the term reverse mean?
 - (5) What is the face value of a coin?



Date Completed _____



Croquet

Croquet is a game that people of all ages enjoy playing. The game involves hitting a wooden ball with a wooden mallet through a series of wickets (hoops). The one who finishes going through all the hoops and hitting the final stake first is declared the winner. This is a game that involves good eye and hand coordination.



What You Need

A croquet set

Helpful Information

- ◆ Keep the instructions for your croquet set in a safe place because they will contain the rules, terms, and anything else that you will need to know.
- ◆ It is recommended that boundaries be at least six feet away from the outer wickets. Natural boundaries such as trees and bushes will work fine.
- ◆ The game is best played on level ground.
- ◆ The order of play is determined by the colors on the stake.
- ◆ A game usually lasts for one to two hours. However, it can be ended at any time, and the winner is declared by adding up the points. One point is given for each wicket through which the ball has passed.

Things to Learn

1. ☐ Demonstrate a knowledge of the rules and scoring.
2. ☐ Play six games and keep score for the six games.
☐ ☐ ☐ ☐ ☐ ☐
3. ☐ Complete the following in your notebook.
(1) What is a fault? (2) What is a striker?
(3) What is a sticky wicket?



Date Completed _____



Golf

Golf is a popular activity in our country. It takes some practice to get the ball from the tee (starting point) into the hole (goal) which is several hundred yards away. With practice this can be done within a reasonable number of strokes. Golf is often considered a relaxing way to get a little exercise and enjoy the weather. You may play the game of golf alone or in a group with one to three other players. Many fathers and sons enjoy this activity together.



What You Will Need

A set of golf clubs, golf balls, and a place to play.

Helpful Information

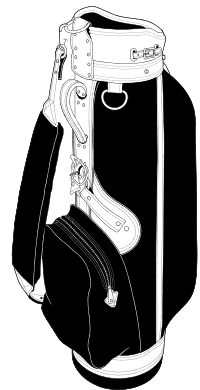
When taking practice swings or playing a stroke, be sure that no one is standing near enough to be hit by the club or ball.

Things to Learn

1. ☐ Learn how to keep score and demonstrate this knowledge to your parent or leader.
2. ☐ Complete the following in your notebook:
 - (1) Define these golfing terms.

<input type="checkbox"/> Hole-in-one	<input type="checkbox"/> Eagle
<input type="checkbox"/> Birdie	<input type="checkbox"/> Par
<input type="checkbox"/> Bogey	<input type="checkbox"/> Double Bogey
 - (2) What are the three parts of a club?
 - (3) Explain the use of the following clubs.

<input type="checkbox"/> Driver	<input type="checkbox"/> Putter
<input type="checkbox"/> Wood	<input type="checkbox"/> Iron
 - (4) List three rules of golf etiquette.
3. ☐ Be able to sink a ten-foot putt.
4. ☐ Be able to drive over 100 yards.
5. Hit a bucket of balls on a driving range three times.
☐ ☐ ☐
6. Play four rounds of golf.
☐ ☐ ☐ ☐



Date Completed _____



Ice Skating

Ice skating is a wonderful winter activity appreciated by many people who enjoy winters cold enough to provide ice. Gliding on smooth ice on a crisp cold day is great fun. For those who live in warmer climates, ice rinks are usually available. The important thing to remember is to find a safe place to ice skate. It is always a good idea never to skate alone. Always take a friend along.



Safety Information

- ◆ Ice should be at least 4" thick to be considered safe enough to skate.
- ◆ White spots indicate air holes and could be dangerous.
- ◆ If ice appears wet and slushy, it can be very dangerous. Do not skate on it.

Things to Learn

1. ☐ Skate one mile by yourself. If you are skating in a rink, you can make laps around the rink to equal approximately one mile.
2. ☐ Learn to skate backward and demonstrate this to your leader.
3. ☐ Learn to come to a quick stop without falling or depending on anyone or anything to stop you.



Date Completed _____



Rollerblading

Rollerblading is a great form of exercise. It also can really improve your balance and coordination. When choosing a pair of rollerblades, be sure to try them on. There are many different types and styles, and a good fit will make rollerblading much more enjoyable. They should feel sturdy and fit like a shoe. It is also important to wear safety equipment while rollerblading. Helmets, knee pads, and wrist guards all play an important part in keeping a person safe.



What You Will Need

1. A pair of rollerblades
2. Safety equipment
3. A place to rollerblade (Check locally for a rollerblading site, or for a safe place in your neighborhood.)

Helpful Information

When you are first learning how to rollerblade, be sure to choose a smooth, flat surface. Don't try a hill, or a street with a lot of curves on your first outing. Always think about safety. Never rollerblade in traffic. Watch out for drops in pavement, or stones and debris, and always rollerblade with a partner!

Things to Learn

1. ☐ Demonstrate how to properly wear your safety equipment.
2. ☐ Be able to rollerblade for one mile.
3. ☐ Learn to rollerblade backward and demonstrate this to your leader.
4. ☐ Learn to come to a quick stop without falling or depending on anyone or anything to stop you.



Date Completed _____



Roller Skating

Roller skating is a great form of exercise and can be an activity to do with your family and friends. When purchasing a pair of roller skates, you want to check for fit and also for comfort. The skate should fit like a shoe and be comfortable to wear.



What You Will Need

1. A pair of roller skates
2. Safety equipment
3. A place to roller skate

Helpful Information

When you are learning how to roller skate, the first thing that you should learn is how to use the brake that is on your skate. Safety is very important. Always skate with a partner or group of people. It is also important to skate with the proper safety equipment—wearing a helmet and the proper padding will generally help protect you from bumps, bruises, and more serious injury. There are a lot of different types of safety equipment available, but the most important is a helmet. Also, it is good to have: knee pads, elbow pads, and wrist guards. If you are roller skating outside, be sure to find a smooth, flat surface on which to skate. If there is an incline, you can lose control very quickly.

Things to Learn

1. ☐ Demonstrate how to properly wear your safety equipment.
2. ☐ Demonstrate how to use your brake in order to come to a complete stop.
3. ☐ Be able to skate for one mile.
4. ☐ Learn to skate backward and demonstrate this to your leader.

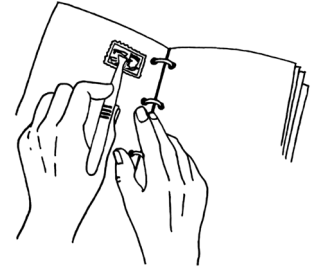


Date Completed _____



Stamp Collecting

“And the letters were sent by posts into all the king’s provinces . . .”
—Esther 3:13. Stamp collecting is one of the most popular hobbies in the world, and it is very easy and inexpensive for any young man to have his own stamp collection. Stamp collectors can learn about geography, history, art, language, industry, farming, politics, and many other aspects of the countries from which their stamps come. While hobbies such as collecting are not a required part of growing up, they are very common among young men, and stamp collecting is one of the most informative and educational hobbies.



A stamp collector is called a philatelist. Some people collect only new stamps, and others want only stamps that have been used, and have been canceled by the postal service. A great place to look for stamps is on old letters. Ask your parents and relatives if they might have any old mail stored in the attic or basement.

What You Will Need

It is not necessary but can be helpful to read a book about stamp collecting, where you will find information and ideas.

1. Album — An album is a book designed specifically for storing stamps. You will need a stamp album to begin your collection.
2. Hinges or plastic mounts — Hinges and plastic mounts are used to attach your stamps to the pages of your album. You will need a system of mounting your stamps in the album.
3. Tweezers — When handling your stamps, it is a very good idea to use a pair of tweezers due to the fact that even clean hands are slightly acidic. Too much contact with your skin will cause the stamp to deteriorate.

Helpful Information

- ♦ *Good stamps* — Good stamps are considered to be those that have no tears or folds and have postmarks that are small and not very bold so that the stamp’s design is clearly visible.
- ♦ *Seconds* — Your seconds are stamps that have tears, missing corners or edges, creases, or discoloration due to rubbing, over soaking, or sunlight. Seconds may also have large, bold cancellation marks which affect the appearance of the stamp. Some of these “second” stamps you may want to put on the side for the possibility of swapping.
- ♦ *How to soak stamps off their backing* — Fill a bowl with cold water. Cut the envelope carefully around the stamp and postmark. Keep stamps on brightly-colored paper separate, as they may stain the other stamps. Push the stamps under water and allow them to soak for ten to fifteen minutes. When they begin to float off their backing paper, lay them upside down in your hand and gently remove the backing paper from the stamp. When finished, lay each stamp face down on a dry dish towel to dry.
- ♦ *Choosing your album* — Stamp albums come in many different varieties. You can get basic albums, which are generalized to handle any theme or type of stamp you wish to put in them. You also can get albums printed for specific countries or themes with images of the stamps printed in the album.

- ♦ *Mounting stamps in your album* — It is usually best to use stamp hinges in your first album. They are both inexpensive and easy to use. They are also easy to remove should you wish to change a stamp's position.

Simply fold back a flap of about one-third of the length of the hinge (gummed side out) and lightly moisten that hinge flap. Then attach that part to the stamp. Lightly moisten the remaining hinge surface and affix it to the album page where it belongs.

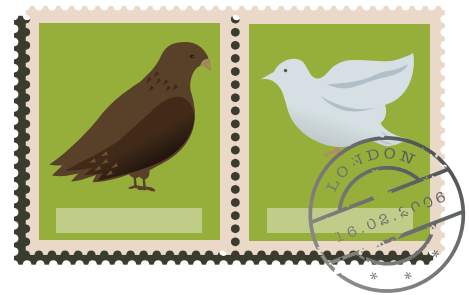
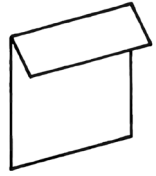
Plastic mounts are also available to mount your stamps. These are clear plastic strips with an opening on the front and gumming on the back to stick in the album. They are more expensive and are difficult to remove.

- ♦ *Collecting your stamps* — This, of course, is the hardest part of creating a good collection. There are several ways you can go about this. First, you can let your family, friends, and neighbors know you are starting a collection. Ask them to save all their cancelled stamps for you.

Stamp packets are also available from catalogs and stamp shops. They vary in size and may specialize in a certain country or theme. Larger packets and stamp bags are much more economical. The bags may sometimes be sold by weight. You will find lots of duplicates in these assortments, so you will be looking for an opportunity to swap them, but you might also find some very rare stamps.

One very easy way to obtain stamps from all over the world is to write to ambassadors from other countries asking them to send you some stamps from the mail that they receive from their home countries. You would be surprised how many will respond.

You can also buy new stamps from the post office. This is the most expensive way to collect stamps, but, of course, uncanceled stamps are more valuable than used ones.



Things to Learn

1. ☐ Write at least three letters to ambassadors from foreign countries requesting stamps from their home country.
2. ☐ Begin a collection of stamps.
3. ☐ Demonstrate how to properly soak stamps.
4. ☐ Demonstrate how to properly mount stamps.
5. ☐ Demonstrate that you can handle stamps with tweezers.



Date Completed _____



Swimming

Swimming is a great activity on a hot summer day. Swimming is also an excellent skill to possess, especially if one wants to enjoy other water activities such as canoeing or boating. We are much safer around water if we can swim.



The ability to swim is something that no one should be without. Even if one does not boat or fish, one never knows when life may present a situation in which knowing how to swim may prevent drowning. One of swimming's pluses is that it is hard to think of a skill that would be more fun to learn.

Things to Learn

1. ☐ Be able to tread water for five minutes.
2. ☐ Be able to float for five minutes.
3. ☐ Be able to swim 50 yards free style.
4. ☐ Be able to swim the breaststroke or backstroke.
5. ☐ In your notebook, list three swimming safety rules.
6. ☐ Demonstrate how to save another person from drowning.

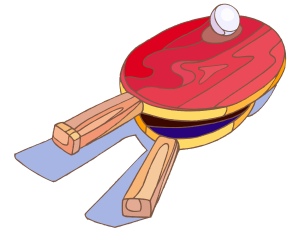


Date Completed _____



Table Tennis

Table tennis is frequently called ping pong. It is a fast-paced game for two to four players. It is played on a large table. A low net spans the width of the table right in the center. The players are positioned at the ends of the table, and use small paddles to hit the ball over the net onto the opponent's side of the table.



This game develops excellent eye-hand coordination and quick reflexes. Only a certain speed and skill will keep the ball bouncing back and forth. As skill levels rise, faster responses are required to keep the ball in play, and a game can then become a good workout also. This is a great game for families.

What You Will Need

A table tennis set

Things to Learn

1. ☐ Demonstrate a knowledge of the rules and scoring to your parent or leader.
2. Play six games and keep score for six games.
☐ ☐ ☐ ☐ ☐ ☐

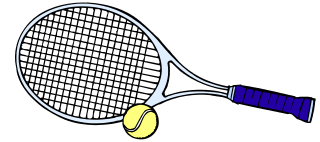


Date Completed _____



Tennis

Tennis is a great game for two to four players. A tennis game is a real physical workout. It is played out-of-doors on a large tennis court that is usually paved. This game is a great deal like badminton, but instead of hitting a lightweight shuttle across the net, one hits a special tennis ball. This is an activity that can be enjoyed throughout your life.



What You Will Need

1. A tennis racket and tennis balls
2. A pair of suitable sport shoes

Helpful Information

- ♦ Since tennis is played outdoors and requires strenuous exercise, one can become quite thirsty. It is a good idea to bring along a water bottle for a cool drink when needed.
- ♦ Good shoes which give support and will not slip or slide are important for safety.

Things to Learn

1. ☐ Demonstrate a knowledge of the rules and scoring to your parent or leader.
2. Play six games and keep score for the six games.
☐ ☐ ☐ ☐ ☐ ☐
3. ☐ In your notebook, answer the following questions:
 - (1) What is a double fault?
 - (2) What is a foot fault?
 - (3) What is a “let” ball?
 - (4) What is a “deuce”?

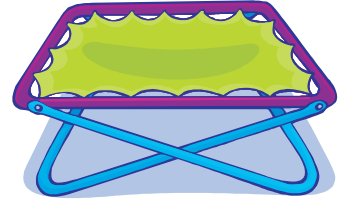


Date Completed _____



Trampolining

Jumping on a trampoline is always fun. It is also great exercise and a healthful activity. Trampolining is also a very popular sport, and is actually an Olympic competition. There are many jumps and tricks that are performed on a trampoline. There are also some precautions that need to be taken to be safe. So, be safe and jump into the fun!



What You Will Need

1. A trampoline
2. Someone to teach you basic moves

Helpful Information

- ◆ It is very important to follow safety rules when jumping on a trampoline, otherwise serious injuries may result. If you do not have a net surrounding your trampoline, special care must be used when jumping. Supervision by an adult is recommended. Many injuries that happen on trampolines are usually caused by someone accidentally hitting or jumping into someone else. Only one person should be on the trampoline at a time. Never jump onto the trampoline from another object. If you are attempting certain feats on the trampoline, such as “jumps” or “moves,” be sure that you have been properly trained, or that you have someone coaching you that knows what they are doing! Just like any tool, trampolines can be a lot of fun if they are used safely.
- ◆ Jumping correctly is important—your knees should be slightly bent, not locked. Practice with small bounces before starting to actually jump on the trampoline. There is actually a knack to jumping! Jump in the middle of the trampoline, and stay away from the edges.
- ◆ When learning a new move, have an instructor present to watch and explain what you are doing correctly and what adjustments you must make.
- ◆ When learning jumps, if the trampoline is not equipped with a safety net, have spotters present. Spotters are people positioned around the trampoline to help break your fall if you should miss the trampoline. And do not have anyone else on the trampoline at the same time.
- ◆ There are some “games” played on a trampoline. When playing such games, be sure to limit the players to a safe number, and obey all safety rules.

Things to Learn

1. ☐ Demonstrate the proper way to get onto a trampoline.
2. ☐ Demonstrate the proper way to jump.
3. ☐ In your notebook, write down the safety rules for using the trampoline.
4. Learn to do six of the moves listed below.

<input type="checkbox"/> Seat drop	<input type="checkbox"/> Front drop	<input type="checkbox"/> Back drop
<input type="checkbox"/> Tuck jump	<input type="checkbox"/> Straddle jump	<input type="checkbox"/> Pike jump
<input type="checkbox"/> Half twist	<input type="checkbox"/> Full twist	<input type="checkbox"/> Cradle
<input type="checkbox"/> Cody	<input type="checkbox"/> Barani	

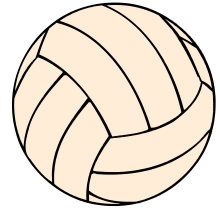


Date Completed _____



Volleyball

Volleyball is one of those games that is perfect for large groups to play at get-togethers. Family picnics, church picnics, or a gathering of young people, are all good occasions for having a great deal of fun playing a rousing game of volleyball. This game involves hitting a large ball by hand back and forth across an eight-foot high net. This is an ideal game for friendly recreation. Even in pick-up games, teamwork really pays off.



What You Will Need

1. A volleyball set
2. An air pump — This is used to fill the volleyball when needed.

Helpful Information

- ◆ Always play in a good pair of shoes that give support to the feet and ankles.
- ◆ Avoid playing on slippery surfaces.
- ◆ Because volleyball is so physically demanding, be sure to drink plenty of water to avoid dehydration.

Things to Learn

1. ☐ Demonstrate a knowledge of the rules and scoring to your parent or leader.
2. Play six games and keep score for the six games.
☐ ☐ ☐ ☐ ☐ ☐
3. ☐ In your notebook, answer the following:
 - (1) What is an ace?
 - (2) What is a net ball?
 - (3) What is a spike?
 - (4) What is a net serve?
 - (5) What is a setup?

Tips for caring for your volleyball.

- ✓ Never leave it in a hot place such as a car trunk for a long time.
- ✓ Never use your ball for a pillow or a seat.
- ✓ When not in use, overinflate it until it is hard. Let the excess air out the next time you play.



Date Completed _____

Achievement Awards

An achievement award acknowledges the mastering of a particular skill, and is given to a young man after he completes requirements demonstrating that he has become competent in that skill.

Awards Banquet

At the end of the year, a special banquet is often held to display what the young men have learned and accomplished throughout the year. It is at this time that recognition and special awards can be given to reward the diligence and hard work of learning and completing requirements. A family club can also enjoy a special evening to recount the many things learned during the previous year.

Special Awards

Member Award — A Contenders for the Faith membership pin or disk stating the year of membership is awarded each year that a young man is a club member. A simple gold star can also be awarded.

Finisher Award — *“I have fought a good fight, I have finished my course, I have kept the faith.”* —II Timothy 4:7. It is good to begin new things, but it is even more important to finish what we begin. Therefore, we want to encourage each young man to be a finisher of his projects. A special award is presented each year to a young man for finishing all his projects for the year.

Faithful Award — *“Moreover it is required in stewards, that a man be found faithful.”* —I Corinthians 4:2. A special award is presented to a young man for being faithful in attending his club meetings.

Outstanding Achievement Awards

Contenders who complete the required number of skills for their level may be presented with a very special award for their effort.

Level A
(Ages 7-10) Learning five skills is recommended for Level A. The five skills should include Bible Memory and Bible Reading. The remaining skills should be selected from a variety of categories.

Level B
(Ages 11-14) Learning ten skills is recommended for Level B. The ten skills should include Bible Memory, Bible Reading, and a skill selected from the Others category. The remaining skills should be selected from a variety of categories.

Appendix

The following is a list of sources for maps and other useful information for orienteering. A *Topographical Map Index Circular* for a particular state will show the state divided into identifiable rectangles for which maps may be obtained. You can study the index to see which maps you wish to obtain for your activities. The index will list the prices for the maps. You will usually want to specify that you want “woodland” copies. There are many other interesting and useful types of maps available from some of these sources. Depending upon your activities and interests, they may be worth checking out.

1. Many large bookstores or book suppliers sell topographical maps for the local area in which they are located. Such suppliers can often be found in the Yellow Pages under “Maps.”

2. For a map of a US area, a *Topographical Map Index Circular* for your state, and the Geographical Survey booklet *Topographical Maps*,

Write: National Cartographic Information Center

United States Geological Survey

12201 Sunrise Valley Drive

Reston, VA 22092

Call: 1-800-ASK-USGS

Web: <http://www.usgs.gov/>

The USGS website is full of helpful information of all kinds about any map data, or other data, that you might need. The USGS is even working at making maps available for free as PDF files. The USGS also makes many other types of maps available. Be sure to check their site to become acquainted with all the types of information available.

3. For a map of a Canadian area:

Write: Canada Map Office

130 Bentley Street

Nepean, Ontario K1A 0E9

Call: 613-995-0947

Web: http://maps.nrcan.gc.ca/distribution_e.php

4. For information on teaching and training aids for compass and orienteering:

Write: Silva Orienteering Services

625 Conklin Rd

Binghamton, NY 13903

Call: 607-779-2264

Index

A

Academic Studies.....	128
Achievement Awards	270
Albums.....	102
Appendix.....	272
Aquarium	242
Archery	248
Around the Home.....	75
Artistic Skills	190
Astronomy.....	130
Awards Banquet.....	270

B

Badminton.....	251
Band.....	185
Bible Memory.....	14
Bible Reading.....	16
Bible Study.....	18
Bicycling.....	252
Biography.....	132
Birds.....	203
Butterflies.....	204

C

Calligraphy.....	103
Campfire Cooking.....	215
Camping.....	217
Canoeing.....	220
Caring for Pets and Farm Animals.....	241
Character Studies	37
Chef.....	94
Chess.....	254
Choral Music.....	186
Church.....	21
Church Service.....	23
Citizenship	148
Clay Sculpting.....	191
Coin Collecting.....	256
Community Service	56
Computers.....	150
CPR.....	152
Creative Arts	101
Croquet.....	258
Culinary Arts.....	93

D

Diorama.....	193
Drawing.....	194

E

Ecology.....	58
Electricity.....	153

F

Family.....	60
Farm Animals.....	244
Finances.....	40
Fire Safety.....	155
First Aid.....	156
Fishing.....	224
Fitness.....	42
Foreign Language	133
Friends.....	63

G

Gardening.....	76
Genealogy	157
Goal.....	15
Golf.....	259
GPS Navigation	225
Grandparents.....	65
Great Commission	25
Grilling.....	97

H

Handyman.....	78
Health.....	43
Hiking	227
Home Care	80
Horses.....	245
Hunting	229
Hygiene.....	45
Hymns.....	187

I

Ice Cream Making.....	100
Ice Skating	260
Insects	206

K

Kayaking.....	230
Kites.....	105
Knots.....	159

L

Landscape Care.....	82
Lapbooking	134

Leatherworking.....	108
Letters	46
Library.....	165
Literature.....	135
Love	66

M

Man of the House.....	84
Missionary.....	26
Models.....	111
Mosaics	114
Musical Instruments.....	188
Music Arts.....	184

N

Nature Studies.....	202
Nature Study Topics.....	213
Neighbor	68

O

Occupations.....	166
Oil Painting	196
Organization.....	48
Orienteering	233
Origami	116
Others.....	70
Outdoor Life.....	235
Outdoor Skills	214
Outdoorsman.....	238
Outstanding Achievement Awards.....	271

P

Painting	88
Patriotism	71
Personal Journal	50
Personal Skills.....	39
Pets.....	246
Photographer	117
Photography	119
Plants.....	207
Pocketknife	168
Poetry	136
Pottery	198
Prayer	15
Prayer Warrior.....	27
Propriety.....	51
Proverbs Study for Boys	28
Public Speaking	169
Puppetry	170
Purpose.....	15

R

Recreational Skills	247
Rest Home.....	72
Rocketry	138
Rocks and Minerals.....	208
Rollerblading.....	261
Roller Skating	262

S

Scheduling.....	52
Scholarship.....	141
Scholarship Studies.....	127
Serving Others	55
Sign Language	171
Singing	189
Small Engine Repair	172
Special Awards.....	270
Special Knowledge	147
Special Needs.....	73
Spiritual Life Skills	13
Stamp Collecting.....	263
States.....	143
Stewardship.....	33
Storytelling.....	174
Swimming.....	265

T

Table Tennis	266
Teaching.....	175
Tennis.....	267
Timothy	35
Tools.....	176
Tracking	239
Trampolining.....	268
Trees.....	209
Typing	181

V

Verse.....	15
Volleyball	269

W

Watercolors	208
Weather	210
Widows	74
Wildlife	212
Woodburning.....	122
Woodcarving	124
Woodfinishing.....	91
Woodworking.....	182
Writing	145

Available Resources

★ **Handbooks** (Downloadable PDF Format)

Little Keepers Handbook (for ages 4 to 6)
Keepers of the Faith Girls Handbook (for ages 7 to 16)
Keepers of the Faith Girls Companion Notebook
Little Contenders Handbook (for ages 4 to 6)
Contenders for the Faith Boys (for ages 7 to 16)
Contenders for the Faith Companion Notebook
Essential Guide for Parents and Leaders

★ **Awards**

Beautiful gold and silver award pins with finely detailed, colorful designs describing each skill. If you prefer a bracelet, the complete set of award pins is available as replica disks that can attach to a bracelet. There is a complete line of additional awards, including extra-curricular awards, membership awards, honor awards, and more.

Awards are available through Keepsake Awards on Amazon.com
PDFs are available on www.keepersofthefaith.com

Keepers of the Faith®
www.keepersofthefaith.com
sales@keepersofthefaith.com

Awards they'll cherish and remember . . .
At a price you can **afford**



There is that subtle thrill of having done something “good” when a child receives fitting recognition for completing a job well.

Teach them a skill—they’ll have it for life. Show them it was a real accomplishment—they’ll remember for life! Many members of the first club thirty-five years ago still have and cherish their “well done” symbols.

Because these are such high quality awards, they are often treasured for decades, and yet they are economical! This type of award retails for over twice this price. You cannot do more for your child for less. These unique awards are available through Keepsake Awards on Amazon.com.

