

N a m e :

Adventist Youth Class

Ranger Activity Diary

Trial Version

Please give us feedback

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Personal Growth

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

I. Involvement (Required)

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

Date of Birth _____

School Name: _____ Grade: _____

Teacher's Name _____

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

Organisation Name: _____

Leader's Name: _____

II. Commitment (Required)

A. Memorise and understand the Adventist Youth Aim and Motto.

Aim: The Advent message
to all the world
in this generation.

Motto: The Love of Christ
Constraineth us.

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

Art Project

Written Composition

Musical Interpretation

Panel Discussion

Role Playing

Skit

Report: _____

☐ **III. Growth (Required)**

A. Earn the Ranger Reading Certificate OR the Junior Reading Certificate. (The Junior Reading Certificate and the Ranger Reading Certificate are very similar. For simplicity, the Ranger Certificate requirements are listed here.)

1. Read 5 chapters of *The Great Controversy* by Ellen White, from chapters 1 - 20.

List chapters and subject:

Chapter () _____

Chapter () _____

Chapter () _____

Chapter () _____

Chapter () _____

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

References: _____

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

References: _____

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

References: (Alcohol) _____

References: (Alcohol) _____

References: (Aerobics) _____

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

Week 40

JUDGEMENT

- ___ Revelation 6-8
- ___ 1 Peter 4:12-19
- ___ 1 Peter 5:1-11
- ___ Romans 13
- ___ Job 14:1-7
- ___ Zephaniah 1-3

Week 44

CALLING

- ___ Isaiah 6
- ___ Matt. 4:12-25
- ___ Acts 15
- ___ 1 Corinthians 3
- ___ Acts 1

Week 47

SABBATH

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

Week 50

PEERS

- ___ 1 John 4
- ___ Isaiah 55
- ___ Joel 2
- ___ Luke 15
- ___ Genesis 37-39
- ___ Genesis 40-44
- ___ Genesis 45-48

Week 41

HEAVEN

- ___ Revelation 21
- ___ Matthew 12
- ___ 1 Peter 3
- ___ Hebrews 4
- ___ Isaiah 21

Week 45

SALVATION

- ___ Genesis 3
- ___ Exodus 15:1-18
- ___ Isaiah 59
- ___ Psalms 98
- ___ Hebrews 1
- ___ Galatians 3

Week 48

COMFORT

- ___ Psalms 27
- ___ Psalms 25
- ___ Psalms 32
- ___ Hosea 6:1-3-8
- ___ Psalms 117
- ___ Deut. 10

Week 51

SERVICE

- ___ 2 Corinthians 4
- ___ Mark 9
- ___ Matthew 25
- ___ 1 Corinthians 12
- ___ Matthew 9

Week 42

BIBLE STUDY BEGINNINGS

- ___ Psalms 5
- ___ Psalms 32
- ___ 2 Timothy 3
- ___ Isaiah 35
- ___ Acts 17

Week 46

FUTURE

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

Week 49

DISCIPLESHIP

- ___ Revelation 20
- ___ Psalms 46
- ___ Psalms 84
- ___ Psalms 90
- ___ Revelation 18

Week 52

- ___ Mark 8
- ___ John 21
- ___ Isaiah 53
- ___ James 2
- ___ Revelation 22

Week 43

CHALLENGES

- ___ Matthew 22
- ___ Luke 14:26
- ___ 2 Corinthians 7:1
- ___ Exodus 4
- ___ Matthew 24
- ___ Luke 24

IV Advanced (Optional)

A. Know the proper formation and movement of the colour guard.

Report

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

Spiritual Discovery

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

I. Scripture (Required)

A. Memorise a Bible text in each of the seven categories below: *Memory Gem.*

I. Great Passages

- 1. Psalms 119:105
- 2. Colossians 3:16
- 3. Option _____

III. Doctrines

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

V. Relationships

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

VII. Promises/Praise

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

II. Salvation

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

IV. Prayer

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

VI. Behaviour

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

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

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

11. _____

12. _____

13. _____

C. Discover in group discussion:

1. What Christianity is.
2. What are the marks of a true Christian.
3. What forces are involved in becoming a Christian.

Report: _____

II. Church Heritage (Optional)



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

III. Christian Heritage (Optional)

- A. Role play the experience of a person during the Middle Ages or Reformation who affected church history.**

Report: _____

IV. Advanced (Optional)

- Participate in a Bible marking programme on the inspiration of the Bible.**

Report: _____

- Enroll at least three people in a Bible Correspondence Course.**

Report: _____

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

Serving Others

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

I. One to One (Required)

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

Report: _____

II. Group Witness (Required)

A. Under the direction of your leader, participate at least once, in two different types of outreach programmes.

Report: _____

B. Discuss how the Christian Adventist youth relates to other at school, including sharing and witnessing.

Report: _____

III. Community Outreach (Required)

- A. With the help of a friend spend 8 hours working for your church, school, or community.**

Report: _____

IV. Advanced (Optional)

- A. Conduct two Bible studies with non-Seventh-day Adventists.**

Report: _____

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

B. In Group discussion and by personal enquiry, examine your attitude to two of the following:



- a. Self confidence
- b. Friendship
- c. Social graces / Good manners (quiz pg)
- d. Will power

Report: _____

Report: _____

III. Good Citizenship (Required)

A. Earn the honour in Christian Citizenship.

Christian Citizenship Honour Requirement

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

Honour Completed

Date: _____ Instructor: _____

IV. Christian Role Play (Optional)

A. Role play the story of the Good Samaritan, and think of ways to serve three neighbour, and then do so.

Report: _____

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

Health and Fitness

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

I. Health Principles (Required)

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

Report Physical Characteristics No. 1: _____

Report Physical Characteristics No. 2: _____

Report Physical No. 3: _____

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

Report: _____

II. First Aid / Safety (Required)



A. Complete the First Aid Honour.

First Aid Honour Requirement:

Pass the Red Cross Examination in Standard First Aid, or the examination in St. John Ambulance. **OR** complete the following requirements:

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

Honour Completed

Date : _____ Instructor: _____

B. Study and practice "Hypothermia Prevention".



Hypothermia Prevention

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

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

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

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

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

Generally speaking, it is in winter that you have to be most constantly aware of the hypothermia danger. But a surprising number of cases also occur "out of season" - in the warmer half of the year. In one area, four hypothermia cases once had to be rescued within 48 hours - in summer! Spring and summer hikers in cool areas are especially vulnerable, because, so often they take gear and clothing suited only midsummer.

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

C. Define and discuss values and traditions.



Report: _____

D. Define and discuss Seventh-day Adventist values based on a Biblical Foundation for the following:



1. Honesty
2. Integrity
3. Fidelity
4. Fairness
5. Respect and care for others
6. Responsible Citizenship
7. Pursuit of Excellence
8. Accountability

1.Report: _____

2.Report: _____

3.Report: _____

4.Report: _____

5.Report: _____

6.Report: _____

7.Report: _____

8.Report: _____

E. Discuss values based on tradition and cultural norms contrary to Biblical standards, as they relate to sex before marriage and in marriage.

Report: _____

III. Fitness / Exercise (Required)

A. Chart your exercise programme for one month. Discuss the benefits of regular exercise. (See Page)

Report: _____

B. Discuss the principles of physical fitness. Design and sign a personal pledge of commitment to a regular exercise programme.

Report: _____

IV. Physical Activity (Optional)

A. Participate in one of the following:



- 1. Hike 15 km. and keep a log
- 2. Ride a horse 15 km.
- 3. Go on a one day canoe trip
- 4. Cycle 80 km.
- 5. Swim 1 km.

Report: _____



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

Daily Exercise Record

Saturday				
Friday				
Thursday				
Wednesday				
Tuesday				
Monday				
Sunday				

Organisation and Leadership Development

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

I. Leadership (Required)

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



Date: _____

Report: _____

B. Help plan and participate in a weekend camp out.



Date: _____

Report: _____

C. Attend at least one Church Business Meeting. Prepare a brief report for discussion in your group.



Report: _____

II. Club Awareness (Required)

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

Report: _____

III. Pathfinder Programming (Optional)

A. Help plan, participate in, and evaluate the role of the Pathfinders' families in the following:

- _____ 1. Induction
- _____ 2. Club Meeting
- _____ 3. Pathfinder Sabbath
- _____ 4. Investiture Service
- _____ 5. Yearly Scheduling
- _____ 6. Club Camp out
- _____ 7. Club Outreach

Report: _____

B. Complete requirements 1, 4 and 5 of the Advanced Drilling and Marching Honour.

Requirement #1. Have the Drilling and Marching Honour.

Requirement #4. Be a member of an active drill team that has performed at least twice in the past year in a special community, conference or public activity.

Requirement #5. Demonstrate ability to keep in step with the drill team and move as a part of it at all times.

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

Nature Study

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

I. Spiritual Lessons (Required)

A. Review the Ten Commandments, and explain how we can have a positive attitude to them, showing how perfect they are for all of creation.

Report: _____

B. Complete a Nature Honour not previously done.

II. Nature Appreciation (Optional)

A. Be able to identify through photographs, sketches, pictures or real life ONE of the following categories:

- | | | |
|--------------------------|--------------------|---------------|
| 1. 20 tree leaves | 3. 20 wild flowers | 5. 20 shells |
| 2. 20 rocks and minerals | 4. 20 butterflies | 6. 20 insects |

Report: _____

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

Outdoor Living

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

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

I Outdoor Living (Required)

A. Build and demonstrate the use of a reflector fire by cooking something.

Report: _____

B. Participate in a two night campout. Be able to pack a pack or rucksack correctly. Include personal gear and food sufficient for your participation in the campout.

Report: _____

II Outdoor Skills (Required)

A. Learn the Wilderness Safety rules.
(See Page 29)

B. Earn the Camping Skills #4 Honour.

III Advanced Outdoor Skills (Optional)

A. Prepare a knot board that includes 25 knots.



_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

B. Demonstrate ability to properly tighten and replace an axe handle.



Report: _____

C. Complete the Orienteering Honour.



Report: _____

SECTIONS COMPLETED

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

Wilderness Safety

A. First Aid

1. Why should everyone participating in a wilderness experience have knowledge of first aid and a first aid kit?
 - a. Knowledge of treatment alerts to prevention.
 - b. Unplanned, unexpected isolation requires self-contained independence.
 - c. Who solves the problem when the person with the "knowledge" becomes the problem?
2. What must be considered when assembling an adequate first aid kit for the experience planned?
 - a. Proximity to or isolation from further medical aid..
 - b. Length of experience and degree of difficulty of activities,
 - c. Location and condition of water sources.
 - d. Potential hazards to be encountered, such as snakes, poison plants, insects, etc.
 - e. Equipment being taken, such as knives, axes, saws, machetes, stoves.
 - f. Weather.
 - g. Physical condition of participants and their feet.
 - h. Medical history of participants.

B. Hiking

1. Why can't we just wear whatever we like?
 - a. Consider the weather where you will be, not where you are now.
 - b. Sunburn spoils fun fast.
 - c. Wool keeps you warm, whereas cotton kills.
 - d. There is no laundry out there for a quick wash/dry/change.
 - e. If you're using a backpack your body and your feet aren't accustomed to the added weight and pressure. This must be compensated for with footgear and temperature-controlled clothing.
2. What other rules might need consideration?
 - a. Permits for private land.
 - b. Railroad tracks and trestle bridges.
 - c. Take nothing but pictures; leave nothing but footprints; kill nothing but time.
 - d. Rest stops.

C. Food

1. What's your food source?
 - a. Fresh food market: Don't plan on using fresh food beyond the first night or the following a.m. They spoil very quickly in a stuffed backpack. Some will be spoiled by the time you arrive at the trailhead.
 - b. Cans, jars, plastic boxes etc.: Remember - what goes in full comes out empty. Empty cans make a messy pack. Jars break, boxes leak. Extra packaging and liquid in the contents add a lot of weight.
 - c. Plastic bags, pouches, etc: Best choice, even for short trips, because you get used to working with them quickly. They are lightweight, and leftover containers carry out easily with no mess or fuss. They are also quite cheap at the grocery store. (Specialised products from catalogues are nice but expensive.)
 - d. Wild foods picked on the trail: Know what you plan to use and where it fits in the menu beforehand. If you want to go and then decide, you better have a very good field guide along and a willingness to go hungry or not be very picky.

D. Decision Time

1. Before you go, make these decisions:
 - a. Who makes the major decisions on the trail? The leader, a group of three or more, just anyone, to be determined when the need arises.
 - b. What is the experience background of the decision makers? How often have they tackled a trip like this before? How tuned are they to the needs of the weakest member of the group? How immovable are they in their priorities?
2. Times to consider major decisions concerning the safety and well-being of the group:
 - a. When adverse, unplanned-for weather hits.
 - b. An emergency arises requiring evacuation of one or more group members.
 - c. Major damage or loss of food supply or equipment.
 - d. Morale change due to difficulty of activity exceeding expectations of group.
 - e. Leader/guide becomes incapable of continuing in role as primary decision maker.

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

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

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

Arts / Crafts / Hobbies

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

- _____ Metal Craft
- _____ Model Boats
- _____ Model Railroadng
- _____ Music
- _____ Needle Craft
- _____ Photography
- _____ Plastics
- _____ Pottery
- _____ Sculpturing
- _____ Silk Screen Printing
- _____ Soap Craft, Adv.
- _____ Stamps
- _____ Textile Painting
- _____ Wood Carving
- _____ Wood Handicraft

Household Arts

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

II. Recreational / Outdoor Industries / Vocational (Optional)

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

Recreational

- _____ Archery, Adv.
- _____ Backpacking
- _____ Camp Skills III
- _____ Camp Skills IV
- _____ Canoeing
- _____ Caving
- _____ Caving, Adv.
- _____ Cycling, Adv.
- _____ Drilling & March, Adv
- _____ Fire Building & Camp
- _____ Cookery
- _____ Knot Tying
- _____ Life Saving
- _____ Navigation
- _____ Orienteering
- _____ Outdoor Leadership
- _____ Physical Fitness
- _____ Pioneering
- _____ Power Boating
- _____ Rock Climbing
- _____ Rowing

- _____ Sailing
- _____ Skin Diving
- _____ Springboard Diving
- _____ Swimming
- _____ Swimming, Adv
- _____ Tumbling & Balancing
- _____ Water Skiing, Adv.
- _____ Wilderness Leadership
- _____ Wilderness Living
- _____ Wind Surfing
- _____ Winter Camping

Outdoor Industries

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

Vocational

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

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

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

