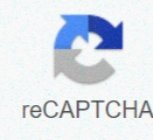




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Lds pioneer trek handbook

Click here to download and/or print a copy of this handbook for young people and parents of Trekkers Derby Stake2014 Youth Conference Journey of Faith WHO: Young people aged 14-18; Stake YM/YW Leaders, support staff WHAT: 3-day Handcart Trek, covering about 15 miles. Trek experience includes authentic pioneer dress, Dutch oven cooking, historical pioneer games, singing, old-fashioned Hoedown, fresides, and other meaningful activities. WHEN: We will be loading commercial buses at 5:30 am on Thursday, May 29 for a 3-hour bus ride and returning on May 31 at about 6pm. We meet at Derby Stake Center before departure and return. WHERE: Trek will be held on a beautiful, church-owned 70,000-acre ranch called the Sooner Cattle Company, offering church groups a place to conduct pioneering tours. The ranch offers authentic handcutters, trekking routes and a safe private place to camp. The location is 2 miles northeast of Pawhuska, Oklahoma, which is 45 miles east of Ponca City. WHY: 1. Increase faith and love for Heavenly Father 2. Develop appreciation for the pioneers and their legacy 3. Realize your personal challenges and strengthen your journey of faith HOW: The rest of this manual is the how. Leaders and young people will be dressed in their pioneering clothes when they load the buses and remain as possible during the Trek. Registration and authorization forms must be completed by 15 March at the latest forms for media release (if any) by 1 May at the latest ** Start preparing FOR NU, the Journey of Faith Award. Complete all six requirements for March, April and May – You IT!**

It is good to think about the work of those who worked so hard and gained so little in the world, but from whose dream and early plans so well nurtured has come a great harvest of which we are the beneficiaries. Their huge example can be a compelling motivation for each of us, for each of us is a pioneer in his own life, often in his own life and many of us pioneer daily to do God's will and lift and serve those around us. -Gordon B. Hinckley I wish they knew and I hope it will inspire my offspring I have a desire to leave a record of those scenes and events through which I have been passed on, that my children, until my last offspring, be able to read what their ancestors were willing to suffer, and have suffered, patiently for the sake of the gospel. And wish them to understand also, that what I now word is the history of hundreds of others that have been passed down and scenes for the same cause. I, too, wish them to know that it was obedience to the orders of the true and living God, and the certainty of an eternal reward – an exaltation in His kingdom – that we have suffered these things. I also hope that it will inspire my offspring with fortitude to stand steadfastly and faithfully to the truth, and be willing to suffer and sacrifice all the things they need to pass on for the sake of the Kingdom of God. -Elizabeth Horrocks Jackson Kingsford

This will allow you to be prepared and focus more on inviting the Spirit to your Trek experience. Concept of the Pioneer Trek _____ The theme of the 2014 Derby Stake Youth Conference is Journey of Faith It is hoped that the Pioneer Trek will help those taking part, a greater appreciation for our Father in Heaven and for the Savior, to learn more about those pioneers who laid the groundwork for what we enjoy today, and to gain a better understanding of their own personal journey of faith. We also imagine that while having a great time in a pioneer-like environment, everyone will make new friendships that will endure through a lifetime. Vision of Trek The Pioneer Trek is designed to provide an individualized experience, in a family environment, and it does so by teaching general principles that any youth can apply to his or her life. Many of these lessons are taught through symbolism and analogy. Draw participants get the chance to face and solve tasks. They have the opportunity to discover their own strengths and weaknesses, to recognize the contributions of others and to see where they change their own lives. They will realize the power to seek heavenly Father's help and the joys of serving others. With this new knowledge, they can return to their homes to strengthen themselves and their families. Attract families About 8-10 young people will be assigned to a Ma and a Pa, an adult couple, approved by the Ring Presidency. Each family will have a big brother and big sister youth leaders, youth leaders, have also accepted the order of the Ring. As a migratory family, the group will pull and push the handcart together, cook meals together and have their own campsite in the base camp. Preparations for the Trek _____ Study survival skills, such as walking precautions, staying dry, preventing dehydration, sun protection and insect equipment preparations (see list of personal equipment) Safe personal equipment, especially a 5-liter bucket with sealing lid, broken shoes, etc. (spray your bucket brown if you like, but make sure you put your name clearly on it with a permanent ink marking) Collect or make pioneer clothing (see clothing page) Physical preparation The Handcart Trek requires physical endurance. Conditioning cannot be completed in a short time. Follow the Word of Wisdom, eating a balanced diet of healthy foods and regulating weight. Start training regularly. (You may need to consult your doctor for approval). Be wise in exercise. Wear thin inner nylon socks and thicker outer socks and the shoes you plan to wear at Trek Use low impact exercises at least 3 times a week for 2 weeks, from 30 to 60 minutes Start walking 3 miles at least 3 times a week for 2 weeks Increase walks to 4 miles at least 3 times a week for 2 weeks Drink a healthy amount of water per day and get adequate amounts of sleep Spiritual Preparation The Handcart Trek is like going on a mission. It requires spiritual preparation. This can mean extra effort. Have personal and family prayer regularly study the scriptures every day, especially the Book of Mormon Study the history of the pioneers of the handcart and of your ancestors While you're on the Trek, _____ General Expectations in partnership with your Trek family – While you're on the Trek, you're expected to stay with your assigned family, collaborate with your siblings, and honor your mom and dad. Be with your family while walking (you need to stay with your family while walking all the time), cook, eat, and collect at night for family time (scripture reading, devotions, and prayer). There will be free time to visit your friends in other Trek families. Camping the Outdoors - The campsite is in quite primitive conditions. There will be separate sleeping places for young men and young women, with mom and dad supervising. Keep things positive - Everyone is encouraged to live appropriate behavior, good examples, and maintain a supportive approach before and during the trek refrain from complaining! If you are concerned, speak directly to your mom and dad or one of the trek leaders. Dress Code (check Personal Equipment List for the right dress clothing) Participants should pioneer-like clothing throughout the Trek. You should look like a pioneer Participants need two sets of pioneer clothing, one kept dry at all times Colored bandannas will be provided for each person according to your family. They are your identification badge No immodest or commercial printed clothing is allowed Handcart Rules NEVER WALK WITH THE HANDCART Every family member should help pull/push the cart and stay near their cart at all times when it moves. Participants should stay away from wheels as they walk and keep loose clothing off the wheels. No one is allowed to drive carts at any time. When a cart stops, it should be pulled as safely as possible to the side of the path with the wheels blocked with rocks or turned perpendicularly onto slopes to prevent the carts from rolling. The entire handcart train stops and starts together in the direction of the trail boss. When on the campsite, park handcart in a safe place, blocking the wheels, and not using it for entertainment. Acceptable behavior Romances will not be tolerated and this rule will not be affected. Cultivate respect for each other. Young men: You are encouraged to show politeness to the women by serving meals to them first. Toilet problems Commercial, temporary toilets are present on the campsite and on the trail. If possible, go for a walk. On the course, potty breaks will occur approximately every hour to two hours. Take advantage of every toilet break. Toilet paper and hand sanitizer should be provided, but it would be wise to store some paper and a small amount of hand cleaner in your bucket for emergencies. Hand-wipes are also a good source. Food Eke Trek participant is asked to eat a good breakfast on the morning of departure, Thursday, May 29. All perishable snacks taken in front of the bus must be eaten and not taken on the path. Keep the bus clean. Snacks with special needs for the trail boss. No canned/sugar drinks, such as soft drinks, should be brought for Trek. Only water and provided that Gatorade mix is allowed. Lunch meals are provided on the course. For other meals food is provided and cooked in Dutch ovens. No food of any kind may be stored in buckets, sleeping bags or backpacks. It will attract raccoons, opossums, skunks and other wildlife. Health Issues _____ medical information There will be a doctor and another health worker on the Trek throughout the three days. Each participant is required to complete the attached medical form and the parental consent. People with a health history submit a medical form with a signed medical form. Medications should be listed. They are stored and administered by the Medical Specialist. First aid Everyone should bring a small, simple first aid kit about size a small zip-lock bag. Consider necessities to prevent and treat outdoor needs: sun exposure, chaff, insect bites, blisters (mole skin), cuts. Water For drinking and cooking, use water from the water truck that is at the Trek. Never use water from other questionable sources. Dehydration is the most common concern on the trail. Drink frequently and use Gatorade occasionally. Watch out for signs of dehydration, such as headaches, dizziness, nausea, depressed, weak, tired and flu-like symptoms. Check the color of the urine. Darker colored urine is an indication of not drinking enough water. Insects The best course is preventive action -use insect repellent with DEET. Be careful with the DEET - it can irritate your skin. Insects are attracted by many types of cosmetic fragrances (use odor-free items). Ticks live on trees, shrubs and tall weeds. Avoid them by wearing light colored, long-sleeved clothing, as it protects the skin from sunburn, is cooler, and makes ticks detectable. In addition to rub-on repellent on uncovered skin, spray repellent on shoe tops, socks, and knickers. Check yourself for ticks twice a day, once in the morning and at night before bed. Ticks prefer light places on the body, such as groin, armpits, belt lines and hair, but can embed anywhere. You may need the right help. Tell your mom or dad if you've started containing a tick. AFTER THE TRIP: Even weeks after the Trek, unusual symptoms may be associated with ticks. Tick bites can appear as a red painless rash, usually in the form of a bull's, that is, a ring with a clear center. The infected person may also exhibit flu-like symptoms: fever, chills, headache, joint pain, and swollen glands. Tick diseases are highly treatable with antibiotics if detected early. A blood test can determine complications. Ignore or consult a doctor. Blisters he best approach is to take preventive measure by wearing two pairs of socks—a thin pair of nylon socks underneath and a pair of wool or synthetic fibers as outer. Wool will wick most away from the skin and will not rub feet like cotton. Performing pre-trek walks will condition the feet for actual Trek and will break in new foot wear. During the Trek, feet should often be inspected to identify irritated areas and hot spots should be treated immediately. Each person is expected to bring a small amount of mole skin and a small amount of skin lubricant. Safety Issues _____ rain and severe storms There will be contingency plans for severe weather. Stay with your Trek family members and the plan. The main consideration is to stay dry. Campers retreat to covering or use rain gear when the weather threatens. Keep rainwear readily available. Heavy plastic bags can be replaced by missing rain wear. Sleeping bags should be in plastic bags at all times, while traveling to the campsite and while in camp until it is time to sleep. Even stuff in plastic buckets, especially extra clothing, should be stored in plastic bags, such as 1-liter zip locks. Hypothermia Hypothermia is lowering the body's core temperature to the point that death can occur. Water on the skin absorbs heat from the body. Wind also contributes to the chill factor. It can happen in the middle of summer. It can happen when clothes get wet. Seek shelter. Swap wet clothes for dry. Don't sleep in a wet sleeping bag. Recognize the symptoms of hypothermia (intense shivering, etc.). Seek immediate medical attention. Lightning If you are caught in the open air, distance yourself from each other and make yourself as low profile as possible. Look lower altitude in terrain. Don't put yourself near trees. Stay away from metal objects. Animals Avoid animals of all kinds, wild and domesticated. Do not feed or hunt animals. Do not hunt or pick up snakes, spiders, scorpions, etc. You'll regret it. Stay on the main roads. Don't store food anywhere - don't store food on site. Personal Equipment List (all personal items should fit in 5-gallon bucket and weigh no more than 17 pounds) Spray paint your bucket brown/black if you want, and put your name on it! ** There is a 17 pound weight limit for all items in your bucket; exclusive sleeping bag/pillow All personal items should fit in this bucket and weigh no more than 17 lbs Everyone brings the following (store as much as possible in zip-lock plastic bags).... 1 - 5 liter bucket with good seal lid (spray paint brown/optional) 1 - Tin cake plate and 1 fork (critical if you want to eat) 1 - sleeping bag (stored in heavy plastic bag - not in your bucket & labeled if) 1- thin foam sleeping pillow stored with sleeping bag (optional) 1 - small old blanket (beats or sheet) 1 - old coat coated for heat or wind breaker &mp; long johns 1 - rain poncho or rainpack 2 pairs - sturdy socks (preferably wool or wicking fiber) 2 pairs - thin nylon socks 2 sets - underwear 1 pair - gloves. Leather is the best and each is better than no 1 pair - old sneakers or crocks that can get wet and quickly dried 1 pair - lightweight walking shoes (don't buy new ones without breaking in - they give you blisters. Sturdy running or tennis shoes work. Heavy walking shoes are NOT recommended) 1 - small bar or small amount of soap for personal hygiene with small wash towel, towel and comb or brush 1 - small toothbrush &mp; tacking soda or small tube of toothpaste 1 - small flashlight and extra batteries 1 - 1-quart size, sturdy plastic water bottle (not disposable) 2 - heavy garbage bags 1 each - sunscreen, Chap Stick (or balm), insect repellent, mole skin, Plasters, chaff aids 1 - small amount of hand sanitizer or small pack of Hand-Wipes 1 - small pad pack to keep items easily accessible during the actually walking 1 - small, old writings 1 - small plastic sheet - (small plastic tablecloths works well, enough to put over your sleeping bag to avoid morning dew) 1 - pen or pencil (a Trek diary will be provided) 1 - cheap sunglasses (plastic roll-ups of optometrist work beautifully under glass frames) Enough prescribed medications only (check in with medical specialist unless needed for immediate use) Optional items: Camera (there will be various official Trek photographers, camera phones are not allowed) Hammonica or other small musical instrument (do not include MP3 players or other electronic items) Important comments: All items except your sleeping bag/pillow, should fit in the 5-liter bucket and weigh no more than 17 pounds. Everyone should wear the small essential items in a small pack or waist pack while walking. The hand carts carry all 5-liter buckets with the personal items and sleeping gear. It is extremely important that all sleeping equipment is packed in heavy, waterproof plastic bags. It can't be convenient either fast enough to loose the seal on the cart to reach items. If a person forgets his/her rain poncho, sunscreen, etc. These items should pack in the day! Large items, such as Dutch ovens, files, cooking tabs, do NOT drive in hand carts but are loaded in a truck on departure and transported before you arrive. All equipment must be labeled and identified - each family gets a color. Pioneer Trek Clothing _____ Authentic as possible pioneer clothing is mandatory for Trek. If you have any questions, ask one of your leaders. The following is a brief description of what the pioneers were wearing as they ascended the plains (it will give some useful tips) ** There are Stake clothing specialists who can help you; they will contact your ward/city leaders to coordinate efforts to help you prepare. Men's clothing men should bring (wearing a set and storing a set in gallon size zip lock bags). 2 - wool, cloth, or cotton pants (not jeans) 2 - long-sleeved shirts (light colored for reflection of sunlight, cotton is well do) 1 - wide-brimmed western style hat (no baseball or army hats allowed) 1 - suspenders (optional) 1 - sleepwear - modest t-shirt (no non-church logos) and Pj pants) Shirts - Men's shirts were worn loose. They had a narrow neckband without a collar. Solid colors were most common, but stripes or plaids were also used. Light colors will be the coolest. Choose something larger than a regular fit, with long sleeves. Trousers - Men's trousers were also worn loose. Wool or linen was used. Colors included blue, black, gray and brown, especially beige and tan. Wool is too hot. Cotton, corduroy, wool, and canvas pants are good choices. Choose styles that fit rather loosely through the crotch and thigh area to add comfort in walking. Note, it would be very smart to wear some kind of spandex (like shorts) or under armor, under your pants to avoid chaff - otherwise it will be very uncomfortable. Suspenders - Men's parts were held up by suspenders that were buttoned up on the outside of the waistband, and crossed in the back. Hats - Men's everyday hats ranged from pilot caps, straw hats, wide brimmed low felt hats, or round crowned hats. NO ball caps. Vests -Usually these items were worn only on Sundays or when attending a meeting or social event. Shoes and socks - Shoes for both women and men do not need period style. Comfort is the most important thing. Do not wear new walking shoes unless you have taken at least two months to break them in. Bring two pairs of shoes in case one gets wet or blisters (one can be solid Crocs, but NO FLIP FLOPS at all!) Grab clean socks for every day. Some people wear a double pair of socks, with a smooth, lightweight nylon stocking closest to the skin. Trek Family 2010; Draw for the Edward Burker Company (1856)

sleeved dresses, or skirts and 2 long-sleeved blouses 1-2 hats 1 - pair of knee-length bloomers to wear under skirts (can be made of old pajama pants or hospital pants) 1 - apron (optional) 1 - Pjs (should be modest and cover your legs/arms - no tank tops or shorts allowed) 1 set - feminine hygiene delvers Dresses - Women's basic dresses were floor length. It may be obvious or have a lot of ruffles. The sleeves were full, and long, with buttons or straps on the wrist. Necklines were usually high, with buttons on the front. Fabrics were cotton in solid colors or fine print. Bright colors were popular (especially bright yellow), long skirts or sweaters can be used. ** For the trek, dresses and skirts should be halfway calf or above the top of a walking shoe in length (so girls don't stumble over their skirts). Aprons - The De apron was six to twelve inches shorter than the skirt length. It gathered at the waist and had. The bib attached to the waist and was attached to the dress bodice on the top two corners, hence, the name pinafore (Spelled on two of the four corners). During the day aprons were made of calico remnants. Sunday aprons were made of white fabric and had no bib. ** For trekking today, large deep pockets are important to be able to carry different items along the trail. Bonnets - Women wore bonnets when they were outside. They were made of cotton with a deep stiffened edge and a back ruffle to protect the neck. They may be white, plain colors or a print, but they never match the fabric of the dress. ** For trekking today, hats or straw hats for the girls are important. They must have something to protect against the sun. Pantaloons - These were worn under the dress and were normally white. Their height was mostly between knee and middle calf. Modern trainers can use bike shorts or pajama pants hemmed shorter. ** Wearing pantaloons helps maintain modesty in trekking situations. (Denim jeans on the trek are discouraged because they are too tight, too hot, and not breathing) Shoes and socks - Shoes for both women and men do not need period style. Comfort is the most important thing. Do not wear new walking shoes unless you have taken at least two months to break them in. Bring two pairs of shoes in case one gets wet or blisters (one can be solid Crocs, but NO FLIP FLOPS at all!) Grab clean socks for every day. Some people wear a double pair of socks, with a smooth, lightweight nylon stocking closest to the skin. Clothing sources - Check local second-hand shops or borrow clothes. Look up websites for Butterick and McCalls patterns under oclothes (they have pioneer patterns). Authentic clothing patterns are available from www.pastipatterns.com1830 front ∓ others. The Stake Clothing specialists provide enough material for one skirt per young woman. See your Ward/Branch leaders for more details. 2010 Trek Family - Trekking for the Edmund Ellsworth Company (1856) Parents: For questions or in case of emergency during Trek where you should contact your youth, call you with one of the following mobile phone numbers (don't call for Trek updates, we'll call you if there's an emergency). Trek Master/Trail Boss Wade Nichols 316-207-9237 Trek Master/Trail Boss Karen Nichols 316-644-9801 Ring YM President Ben McDavid 316-518-2314 Stake YM Nate Hills 316-300-300-Counselor-Counselor 8378 Counsel Ring YM Blake Ressel 909-223-6335 Ring YW President Julie Eldredge 316-516-9302 Counsel Ring YW Darla Baugh 405-412-2250 Secretary Ring YW Linda Rawson. Trekking across the River 2010 Trekking to the campsite View more pictures on the latest blog post entitled Trek Photos from 2010 Trek Trek!

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