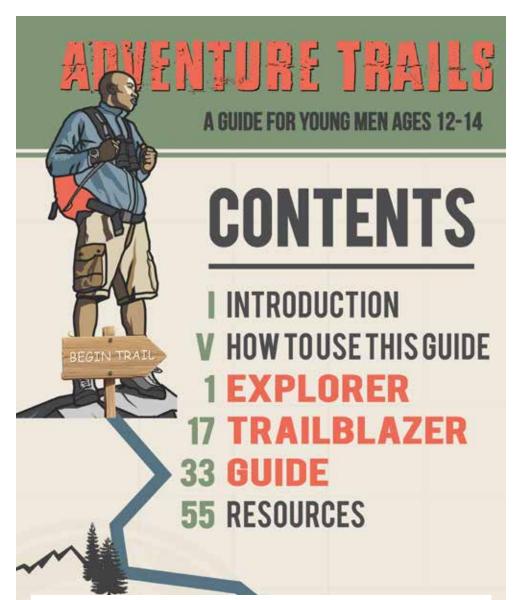


ADVENTURE TRAILS

* FOR THE ACTIVE YOUNGMAN*

SAMPLER SXPLORER





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This guide is designed for you! It includes all kinds of activities that tens of thousands of young men have discovered to be helpful and exciting. It will help you learn from activities you are already involved in. Each achievement will move you a little closer to manhood.

Your mental, physical, spiritual and social abilities will be challenged, and when you complete these three ranks you will find yourself standing just a little taller. You will also receive a deep satisfaction from completing something challenging. This is truly called "Achievement."

Not every experience along "Adventure Trails" will be pleasant. Some tests will be hard, but all of them are geared to guide you along the road to Christian manhood.



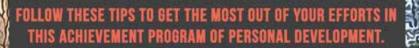
ADVENTURE TRAILS is designed to help you experience the full life that God intends for you. An essential part of using this manual is a connection to Christian mentors who will help you do your very best and point out how you can do better as you grow. Your Battalion leader, father, pastor, or neighbor can be the one to coach you in completing each task ahead and to encourage you when you hit

As you purposefully move through these adventures with the guidance of trusted mentors, you will discover yourself becoming the kind of man you want to be... that God wants you to be.

The requirements for each rank are listed, followed by a Resource section where you will find the details of the adventures needed to complete each rank.



difficulties.



BE DETERMINED TO SUCCEED

Adventure Trails is divided into three ranks, to give you intermediate mileposts of success. Resolve to complete the Explorer rank as soon as possible. As you take a long look down the trail, make a firm decision to work to the end of Adventure Trails, the Guide rank. The only way to succeed is to be determined to follow through, all the way to the end.

SET GOALS

The Target Date line below is provided for you to indicate the date by which you expect to complete that section. The approximate amount of time that is required for each rank is also provided. In setting your long range goals, plan to finish Adventure Trails before your 15th birthday.

When a rank is completed, write in your actual date of completion on the second line. This method of setting goals and recording progress is a skill that will help you throughout life.



(3-9 Months)

TRAILBLAZER

(3-9 Months)



(3-9 Months)

Target Date

Date Completed

Target Date

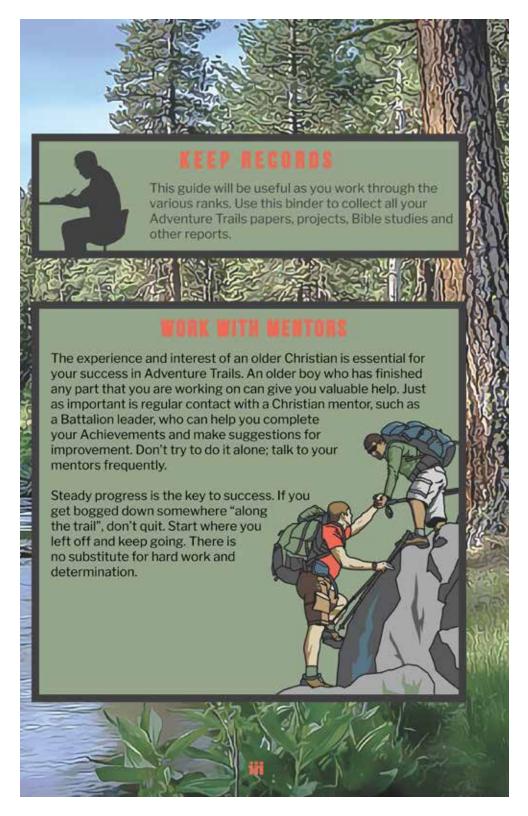
Date Completed

Target Date

Date Completed

TRAIL TIPS

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THE CHALLENGE BEYOND

At the end of Adventure Trails lies another challenge and opportunity: the **Frontier Trails**. Using three Star level ranks, they are an opportunity to explore skills in an area of interest to you. When you complete your work in the Frontier Trails, you will go on to the hardest adventure of all, the **Herald of Christ**. Further challenges of personal faith in action are used to check the full stature of your character in Christ. To be like Christ is a worthy goal for the godly man.



BIBLE BASICS

God has been revealing Himself since the beginning of the world. He put templates into humanity so that as the truth was revealed, it was easier for people to see and understand. One of the lasting things God has given us is the Bible. The Bible is God's story. Yes, it is filled with all kinds of people, good and bad, but the central character from cover to cover is God. If you want to know about God, you need to read and understand the Bible!

The Bible is a collection of 66 books written by over 40 different people over a period of about 1,600 years. It has stories, songs, poetry, dialogue, proverbs, and parables. Each of the authors were inspired by God's Spirit to write what they wrote!

The Bible has two parts, an Old Testament (focuses on God raising a people from one man to help other nations see His character and His reality/power), and a New Testament (life of Christ and the early church, and how God has provided a way for people to reconnect to God). Each book has its own themes and styles, and are split up into chapters, and verses (parts of chapters). Chapters and verses are like an address on a map, helping people to find words, phrases, and sentences.

Our English Bible is translated from the original languages of Hebrew and Greek. We have different versions of the Bible because different scholars use different words to explain the original languages.

HOW TO USE THIS GUIDE

The following notes will help you get the most out of your Adventure Trails experience. Please read the following notes and suggestions carefully before you start your adventures.

TARGET DATES

Developing a plan of action is the place to begin. The chart at the end of each rank lists the Achievements needed to complete that rank. Use **TARGET DATES** to plan your progress. Create a timetable that you can accomplish, along with your other activities. Enter the day and month on each Target Date line. When you have completed that Achievement, enter the "Date Completed". This becomes a permanent record of your personal Achievement.

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EXPLORER CHECK-UP

ADDITIONAL PAGES

As you do your Achievements, you will need additional sheets of papers for your thoughts, answers and reports. Blank sheets are provided at the back of this guide. Office supply stores stock packets of 3-hole punched paper to fit this binder.



THE DISCIPLINED MAN

Knowing what the Bible says, and understanding it, are foundational to becoming a man of God. This section will help you develop two spiritual disciplines (habits) that will give you confidence in handling the Word of God: Bible memorization and Bible study.

In each rank, this section includes these three adventures:

Who Are You, Jesus? Bible study. There are three parts to this study, one in each rank.

It is very important that we have a proper understanding of Jesus Christ, who He was/is, and what He did. These studies will help you understand that Jesus was fully God while still fully man as He walked the earth. If one of those two truths is, in fact, not true, then Christianity doesn't work - we are not saved from our sins, and are still far from our Creator. The Bible is clear about these two points.

Also, the work of Christ regarding salvation is done, completed. There is nothing we can add to the salvation offered to us by grace through Christ. Any good thing we do is a result of Christ in us. Jesus accepts us as we are - we don't have to get cleaned up before we come to Christ. But the resurrection power of Christ in us will transform us through the work of the Holy Spirit, to make us more like Christ in our thoughts, words and actions. Now that is exciting, for we are no longer slaves to sin and our selfishness when we commit our lives to Jesus Christ.

MVP's – Memory Verse Packs will help you develop tools to memorize Scripture. Knowing Scripture is key to growing in Christ. They are set around specific themes.

The Bible says that memorizing Scripture will help us avoid sin and will guide us on the path of Christian living.. While it can seem like a chore, memorizing Scripture allows the Holy Spirit to bring it to mind when we need it, for ourselves or for someone else.

Bible X – These are a series of Bible-based adventures of exploration about God and His plans for you and this world. These often build upon

the MVP's of each rank. Work through the passages and questions, recording your thoughts and answers in the spaces provided. Complete the Achievement by talking about it with your mentor.

Each of us have many dimensions to who we are, and Brigade highlights three of these, which we call the TRIPLE-A MAN. These Achievements allow you to explore these dimensions of your character, helping you to better understand how God made you.

The ATHLETE is the Active Man.

This guy loves competition. Whether it's football or hockey, hiking or canoeing, skate boarding or skiing, he loves getting out there and meeting the physical challenge. He pushes himself to the limit, just to be better than the next guy. His Achievements will focus on sports and physical challenges.



The ACADEMIC is the Thinking Man.

This guy loves using his brain. He thinks things through, always looking for the better way. Facts and knowledge, video and board games and mental challenges are his passion. He likes to learn about stuff – science, history, news or trivia, even politics. He is driven by knowing, by thinking about things. His Achievements will focus on mental challenges.





The ARTIST is the Creative Man.

This guy loves being creative. From woodworking and sculpture to plastic models, from whistling and singing to classical guitar, from writing and oil painting to acting, he has got to be doing something creative. His Achievements will focus on making things, music, visual arts and drama.



In each rank you must choose **TRIPLE-A** Achievements from each of the categories. In Trailblazer and Guide you have options to choose more from your favourite category. These are found on pages 58-72 at the back of this manual. Write down the names of the ones you've chosen in the spaces provided, do the requirements and fill out the corresponding Mentor's Interview. Look for ways your faith can be used in the midst of doing these activities. These are opportunities to see your faith in action. Complete the Achievement through a review with your mentor.

SERVICE PROJECTS

Acts of service are vital to your growth as a Christian. Jesus modeled leadership through serving others. This is how He demonstrated His love for you and so has given you a special commandment: love one another. Service is a practical expression of love and it reflects Jesus living in you and your desire to be like Christ.

In the Service section at the back of this manual on pages 73-75 is a listing of several service projects. Write down the names of the ones you've chosen in the spaces provided, do the requirements and fill out the Mentor's Interview. Complete the Achievement through a review with your mentor.

LEADERSHIP

In the Leadership section at the back of this manual on pages 76-77 is a listing of several leadership activities. Write down the names of the ones you've chosen in the spaces provided, do the requirements and fill out the Mentor's Interview. Complete the Achievement through a review with your mentor.

There are leadership opportunities through the Noncom program of Brigade. Noncoms set the pace and help run the Battalion with the older leaders help and guidance. Achievement progression is one of the foundations of the Noncom program.

MISSIONS

Missions are guides for the leaders that help them run the meetings (they used to be called Activity Patches). There are over 40 of them, and they are themed by interest areas, like Astronomy to Woodworking, Prayer & Spiritual Warfare to Social Concern – all available for you to do with your Battalion. Talk to your Captain about these. You will need to participate in Missions in order to complete each rank in Adventure Trails.

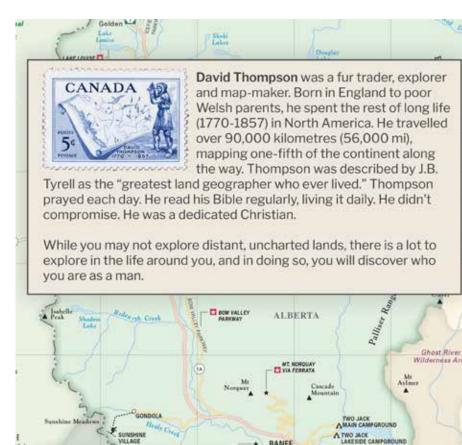
EXPLORER: ONE Mission
TRAILBLAZER: TWO Missions
GUIDE: TWO Missions

PINS AND PATCHES

When you have finished all the basic Achievements in each rank, you will be awarded the pin for that rank. When you complete the required number of Missions, you will receive the Patch to show you have satisfied all the Achievement requirements for that rank.

See the uniform diagram on page 78 showing pin and patch placement.







EXPLORER VERSE:

Peter

"He was in the world, and the world was made through him, yet the world did not know him. He came to his own, and his own people did not receive him. But to all who did receive him, who believed in his name, he gave the right to become children of God..."

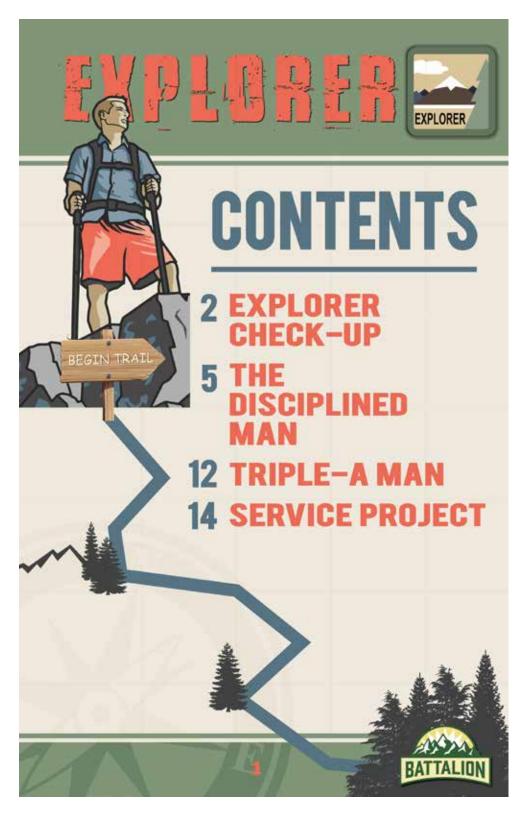
- John 1:10-12

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w Valley ovincial

Park

Elbow-Sheep Wildland



EXPLORER CHECK-UP

Your personal growth through **ADVENTURE TRAILS** starts with the **EXPLORER** rank. Various adventures will guide you in exploring your physical strength, your faith, Jesus Christ and other important areas. Each of these adventures presents a challenge for you to learn, do and grow. Work with your mentor in planning and carrying out each part.

ANSWER THE FOLLOWING QUESTIONS, THEN TALK WITH YOUR MENTOR:

What hobbies do you have? How do you like to spend your free time?

What is your school like? What are your favorite courses? Which ones do you not enjoy? What do you want to do after high school?

What is your family like? What do your parent(s) do for work? Describe your brothers and sisters? What pets have you had?



Building healthy friendships is very important. How would your friends? What are they like?	you describe
We live in a world with five physical senses, but there is on spiritual dimension. What does spirituality mean to you? H define faith?	
Who is Jesus?	
Do you have a Bible? How often do you read it? What are y Bible stories or passages?	our favorite
Date Completed Reviewed By	

HOW TO BELIEVE

We believe many things which we do not fully understand or never actually see, such as electricity, steam, the wind, atomic energy. But there is a Person in whom we must all believe if we are to have eternal life. That Person is God's Son, Jesus Christ. What does it mean to believe in Jesus Christ? To believe is to trust, to lean or rest upon. To believe in Jesus Christ is to depend upon Him, to trust Him – to receive Him as your own Savior and Lord, Forgiver and Leader.

God's Word, the Bible, was written to tell us about this amazing Person. It tells of His miraculous birth, of His perfect life, of His death on a cross as a substitute for you and me, of His coming to life again, and His eventual return from heaven. The Bible also says that He wants to become your Savior and give you eternal life.

In order for Him to become your Savior, you must believe - believe the reality that you are a sinner (one who acts against and outside of God's character) who needs a Savior; believe that Jesus Christ is God's Son and that He died to pay the penalty for your sins; believe that He now lives in Heaven and offers you eternal life through grace.

Receiving the Lord Jesus Christ as your Savior means that you take a definite step. You decide to turn away from your sins, and you invite Him to forgive you for your sins and to let Him control your life. Then He becomes part of you - He is interested in all that you do and say. To believe in Jesus Christ as your own Savior is the most important thing you will ever do. To reject Him would be your biggest mistake. If you believe the truth about the Lord Jesus, then believe in Him, receive Him today as your own Savior.



"BRIGHT AND KEEN FOR CHRIST"





WHO ARE YOU, JESUS? (part I)

When Jesus walked the earth, He looked like a regular person, except He wasn't. People didn't know He was different until He spoke, or did a miracle. When Jesus spoke, people either believed He was somebody special, or they reacted quite negatively to Him. It is hard to imagine living when Jesus was on the earth, seeing Him walk and talk. So many people saw Him and kept walking - they missed Him. This Achievement will help you see some of those people. Which one would you be?

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MY BIBLE LOG: BOOK OF JOHN

CHAPTER	WHO JESUS SAID HE WAS	HOW PEOPLE REACTED TO JESUS
1	Son of man - verse 51	The disciples followed Him (v.48)
2		
3		
4		
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21		

FROM DEATH TO LIFE

As he thundered down the road, Saul pondered the wonders of the Roman Empire. It was the largest empire the world had ever seen, and it brought near strange, new people, languages, and customs from faraway places. The cobblestone road he was riding on was a marvel itself. There were 29 great military highways that radiated from the capital – able to move the armies of the empire where they needed to go quickly. There were also 372 great roads that connected the empire's 113 provinces. Roads were one of the three great public responsibilities of the empire (the other two were aqueducts and sewers). Roman Roads were often straight and to the point, helping its travelers get to where they needed to go. In the Bible, there are a series of verses called The Roman Road. Found in the Letter to the Romans, they get right to the point of salvation –they tell us what we need to know. A jailer once asked, "What must I do to be saved?" The Roman Road answers his question.

MEMORIZE EACH VERSE TO COMPLETE THIS ACHIEVEMENT. GO THROUGH THE INTERVIEW OUTLINED BELOW WITH YOUR LEADER.

_	Completed		Reviewed By	
passage being r your Bible. (You passage from r ing, it's truth or	ERVIEW starts we memorized. Point should always us nemory. Be preparent principle, and how eck the box for expenses.	t it out to you se your ow ared to disc w you can l	our mentor and n Bible for this. cuss the passag ive it out in you	d hand him) Recite the ge's mean- ir life. Have
INTERVIEW				
	ROMANS 5:1 -	PEACE		
	ROMANS 10:9	- CONFES	S	
	ROMANS 6:23	- FREE GI	FT	
	ROMANS 5:8 -	GOD'S LO	VE	
	ROMANS 3:23	- SIN		

FOUNDATIONS OF FAITH

What do you think is the foundation of being a Christian? In a few words write out what is Christianity all about.

REWRITE Romans 14:23 and Hebrews 11:6 in your own words:

ROMANS 14:23:

HEBREWS 11:6:

If you really believe these verses, your **faith** is the key to pleasing God. Faith is how you are saved, and faith is how you need to live your life. You need to understand that your faith is only the response to something God has already done, already completed.

READ Ephesians 1:3-14 and list the things it says that God has already done for Christians:

FAITH LEADS TO ACTION

READ 2 Timothy 2:15. It gives you the next step. If you are a Christian, you have been saved through faith and your salvation allows you to do things you never could before, such as being God's workman, soldier, farmer and athlete, and His representative to everyone you meet.

Through prayer, seek God's answer to these questions: "What is next for me? How can I be a workman for you?" TALK TO YOUR MENTOR ABOUT THIS.



THE SEVEN POINTS OF VALOR

against his chest as he broke it to set a new record.

Nick looked up from his crouch. Down the track, 100 m away was the mark; the tape. That's where he wanted to arrive before anyone else. For years he had trained hard to get here and now he was in the championship. All the drills, the sprints, the resisting of junk food; it all fell away as he focused on that mark. He calmed his breathing, taking several deep breaths. He was listening for one thing. "READY!" There it was. His muscles tensed. His vision seemed to narrow so all he could see was the track in front and the mark at the end. "SET!" He raised slightly in his stance. The noise became nothing to him except for the last thing he listened for. It was as if the world was standing still, and then... BANG! With the report of the starter's pistol, Nick exploded out of the blocks, pumping his arms and legs, clawing for every bit of speed he could find. His eyes remained fixed on the mark. That was the goal. Get there before anyone else - the concept of the sprint was simple, but the path to get to the championship had been long and hard. He kept his mind totally focused on the mark and getting there as fast as he could. What he didn't see was the runner on his left, who was slightly ahead. That runner looked to his left to check where his competition was and he faltered in his step. Nick pulled away without realizing it and felt the ribbon press

Have you ever thought of life as a race? When you are a Christian, God sets your feet on a path to reach a certain goal - to be like His Son, Jesus Christ. In this sense, you are like Nick. You are running a race and the goal is before you. It will take a lot more than ten seconds to get there, but just like Nick, you need to focus your spiritual gaze on the goal. Brigade defines that goal with the Seven Points of Valor. These Seven Points describe what it means to be a godly man. Over the next several years as you grow to maturity, keep these Seven Points in view. Never lose sight of this goal - let it keep you running straight and true.

LEARN each of the Seven Points of Valor on following pages along with a one sentence definition. Recite these to your mentor. You may find it helpful to use an acronym made up of the first letter of each Point, for instance: "Mr H.C.C. Plod".

3	Date Completed	Reviewed By	_

HONOUR



The man of honour is a man whose word is true. His challenge is to know what is right and to apply it. <u>Integrity</u> between his words and actions are the foundation of his testimony, his witness. Those around him see Jesus in him, because his word is true.

Psalm 15:1-2 says, "O Lord, who shall sojourn in your tent? Who shall dwell on your holy hill? He who walks blamelessly and does what is right and speaks truth in his heart." Also see: Romans 12:9-21, and Ephesians 4:25. Includes topics surrounding personal integrity.

COURAGE



The man of courage is one who steps forward in faith to do what needs doing. He <u>initiates</u> action with those around him, and responds without reservation to the challenge or situation. He stands firm in the face of fear, understanding that fear is all about what has not yet happened and that God is in control. He does not give into a spirit of fear, but of power, of love, and of self-discipline.

Joshua 1:9 says, "Have I not commanded you? Be strong and courageous. Do not be frightened, and do not be dismayed, for the Lord your God is with you wherever you go." Also see: Philippians 4:13, Psalm 60:12, and 2 Corinthians 2:14. Includes topics around leadership, exploration, and evangelism/testimony, moving out of our comfort zones.

CHIVALRY



A chivalrous man is strong on behalf of those weaker than himself. He takes the initiative to <u>defend</u> the helpless and to preserve the rights of others. He is courteous, gentle and kind. He uses his strength for the benefit of those around him.

Romans 15:1 says, "We who are strong have an obligation to bear with the failings of the weak, and not to please ourselves." Also see: Philippians 2:3-4, Luke 10:29-37, and Matthew 20:26-28. Includes topics of how we relate to others (generosity, service, etc.), especially women/girls and those in need (poverty, homelessness)

PURITY



The man who is pure is <u>clean</u> in thought, word and action. He rejects the idols and temptations of this fallen world. He runs from sin. He focuses his energy on building his relationship with Jesus through the Word of God and prayer.

Psalm 119:9-11 says, "How can a young man keep his way pure?
By guarding it according to your word. With my whole heart I seek you; let me not wander from your commandments! I have stored up your word in my heart, that I might not sin against

you." Also see: Psalm 119:9-16, Psalm 24:3-4, 1 John 1:7, Leviticus 20:7, and Philippians 4:8-9. Includes topics relating to (personal) holiness (God's character being part of our character), including care of our physical bodies.

LOYALTY



The man who is loyal is one who is <u>faithful</u> to those he owes his affections and allegiance. He is devoted to what he believes: to God and His Word, to his family, church, and the community. He will remain faithful when all others have turned their backs, no matter the cost.

I Corinthians 15:58 says, "Therefore, my beloved brothers, be steadfast, immovable, always abounding in the work of the Lord, knowing that in the Lord your labor is not in vain." Also see: Colossians 3:17, and 1 Corinthians 4:2. Includes topics relating to following Jesus, even when it is hard (persecution, societal pressures) and the call/will of God).

OBEDIENCE



The obedient man is one who <u>follows</u> the commands of the Bible and complies with the wishes of those in authority over him. He knows how to obey immediately and, by doing so, is better able to lead others. He hears God's voice and lets it sink deep into his soul so that Christ's desires become his own. Obedience turns his faith into action.

Psalm 119:33-34 says, "Teach me, O Lord, the way of your statutes; and I will keep it to the end. Give me understanding, that I may keep your law and observe it with my whole heart." Also see: John 14:21, 1 Samuel 15:22, Genesis 22:2-3, and Proverbs 6:20. Includes topics about spiritual disciplines/habits, and living out our faith as God has revealed in Scripture.

DEDICATION



A man of dedication is one who is wholeheartedly <u>committed</u> to being transformed by the Lord Jesus Christ. He denies selfish ambition and completely surrenders all that he has - his body, mind, strength and possessions - to the control of Jesus. He sets the example. Not himself, but Christ. Not his own, but God's.

Romans 12:1-2 says, "I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect." Also see: Luke 9:23-24. Includes topics relating to commitment and full surrender to God, and how to find our place in His Kingdom (spiritual gifts, the church).

TRIPLE-A MAN

David Thompson began his life as a fatherless boy in England at a school for the disadvantaged. He excelled in mathematics and was trained in navigation. He became an apprentice of the Hudson's Bay Company and his life's course was set. His future would be to explore North America.

God had His hand on that young man. David grew as a Triple-A Man - part athlete... Adventurer was more like it. He hiked, ran, climbed mountains, swam lakes, creeks and rivers, canoed everywhere, and he got hurt and survived. But, he was also an academic - a scientist making precise measurements of the land that he travelled. And, he was an artist, too. He wrote detailed journals of his expeditions; he drew intricate maps that were used for over 100 years. He was an ordinary guy... just like you.

YOU ARE A TRIPLE-A MAN.

As you consider the following Achievements, make it a point to do them for the Lord. He has a lesson for you, if you are watching for it. So, be determined from the very start to be looking for what God has for you as the athlete, academic and artist.

TRIPLE-A ATHLETE

Dedicate this Achievement to the Lord. Ask Him to make it part of His Work in the world through you.

Begin with these questions in mind: How does teamwork or the sense of community - doing this together for the common good - figure into this Achievement? How will you show your faith in God? How will God's character shine through you



and your efforts? Does this remind you of a Scripture or Bible truth?

CHOOSE an Athlete Achievement from pages 58-61.

Record its name below. Then complete the requirements. Using a blank sheet of paper, record your answers to the questions on page 62. Complete your work by discussing your report with your mentor.

Name of Achievement:	
Date Completed	Reviewed By



TRIPLE-A ACADEMIC

Begin this Achievement with prayer. Ask the Lord to show you how to proceed with the project. Be sure to consider these questions as you move forward: How will this help me understand God and His world? How does this stretch me in my knowledge? What Scripture or Biblical truth will I learn about?

CHOOSE an Academic Achievement from pages 63-66.

Record its name below. Then meet the requirements. Using a blank sheet of paper, record your answers to the questions on page 67. Complete your work by discussing your report with your mentor.

Name of Achievement:	
Date Completed	Reviewed By



TRIPLE-A ARTIST

Start by seeking God's inspiration. Ask the Lord to align your heart and mind with His own. Have these questions in mind as you plan and execute your project: How will this honour God? How can you demonstrate your faith in God? How will God's character shine through you and your creation? Does this remind you of a Scripture or Biblical truth?

CHOOSE an Artist Achievement from pages 68-71.

Record its name below. Then meet the requirements. Using a blank sheet of paper, record your answers to the questions on page 72. Complete your work by discussing your report with your mentor.

Name	of Achievement:	
_	Date Completed	Reviewed By



Acts of service are vital to your growth as a Christian. Jesus' modeled leadership through serving others. This is how He demonstrated His love for you and so has given you a special commandment, "Love one another." Service is a practical expression of love and it reflects Jesus living in you and your desire to be like Christ.

Choose a Service Project from pages 73-77. Keep in mind that this is a spiritual adventure - you will be doing a service project, but will also be learning about your relationship with God and your community.

Write the Achievement's name on the Service Project Interview below. Fulfill its requirements by answering the interview questions. Then complete your Achievement by having your mentor review it with you.

SERVICE	PROJECT	ACHIEVE	MENT	INTER\	/IFW
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Project Name:	
1. What did you do?	
2. What did you learn about yourself through	h this?
3. What did you learn about the sense of cor	mmunity?
4. How was your faith part of this Achievement	ent?
5. What did you learn about God?	
6. What verse of Scripture or Biblical Truth i experienced through this?	s relevant to what you
Date Completed	Reviewed By
ASSA	

EXPLORER FINISHED!

YOU HAVE REACHED A MILESTONE ON YOUR PATH TO MANHOOD. CONGRATULATIONS!

THIS IS TO CERTIFY THAT

		Target D	ate Date Complete
	EXPLORER CHECK UP	-	
	THE DISCIPLINED MAN		
	Who Are You, Jesus? p.1		0.00
1	MVP		
	Bible X		
	Seven Points of Valor		
	TRIPLE-A MAN		
	Athlete		
	Academic		
	Artist	-	
	SERVICE PROJECT		
	MISSION		
	Name:		
		ations! You hav he Explorer ra	
き	Date Comple		Leader's Signature
		Bow Valley Wildland Provincial Park	Barrier Bow W



TRIPLE-A MAN

This section holds a variety of adventures that will challenge you as a man in the making.

You will choose the activities you want, and in doing so, may discover you have interests that are quite different from your friends. You will be challenged with Achievements from all three categories, but you also have the option to develop ones of your own choosing which are not listed. Your mentor can help you with that.

TRIPLE-A ATHLETE

As a young man, physical activity is important to your overall development. Taking care of your body includes fitness activities, dietary needs and personal hygiene. It's important that you see yourselves as a temple of God.

As a Christian, Christ being in you and you being in Christ is how God has chosen to relate to you and to the world. The discipline which you show in caring for your physical needs reflects the respect you have for Jesus.

These Athlete Achievements will guide you in experiencing the "physicalness" of your being, and can help you establish solid disciplines which will serve you well for the rest of your life.

From the following list, choose an activity which will challenge you. As you work through it, focus on understanding yourself and God better. Write an Achievement Report on a separate sheet of paper.

Complete your Achievement by having your mentor review your efforts using the Triple-A Athlete Interview. Be sure to have him check and initial the Achievement box beside the Achievement, and sign and date the requirement in the specific rank.



TRIPLE-A ATHLETE ACHIEVEMENTS:

	FREE THROWS:
	Complete 25 free throws from the free-throw line on a basketball key. Record your baskets and misses. Repeat this four times. List what changed each round.
	DISTANCE RUNNING:
	Complete a 1500m (or longer) run-walk. Run 100 strides, then walk for 100 paces. Repeat this until you reach the finish line. Make sure to stretch before you begin.
П	BOWLING:
_	Bowl at least 3 games. Record your strikes and spares. Work on you consistency, trying to improve your score each time. Record your scores and analyze the changes.
П	TARGET SHOOTING:
_	Using a BB gun, air rifle, 22, AirSoft, bow & arrow, or slingshot, take 5 shots at 5 different targets. Repeat, trying to improve your overall score, as well as your "groupings". Record your scores.
П	EXTREME SPORTS:
_	Participate in an extreme activity such as rappelling, white-water rafting, skiing, orienteering, canoeing, hiking, etc. Record the details of the sport and what you enjoy about it. Demonstrate good form for the activity.
	Note : This Achievement may be repeated three times for different sports.
П	EXERCISE:
_	Maintain a 3-week exercise regimen. This can include a fitness program, weight lifting, biking, jogging, or biking. Do the exercise(s) at least 4x a week. Record your progress.
	Note: Doing a different regimen will count as a separate Achievement.



TRIPLE-A ATHLETE - INTERVIEW

On a separate sheet of paper, answer these questions after completing the activity. Then discuss this report with your mentor. Finish by having your mentor check and initial the box in the list of Triple-A Athlete Achievements, then sign and date the requirement in the specific rank.

What did you learn about yourself through this Achie
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What did you learn about teamwork or the benefit of having a sense of community through this activity?

How was or could your faith be part of this activity?

How could you show God's character at work in you during this activity?

What verse of Scripture or Biblical Truth is relevant to what you experienced in this activity?



TRIPLE-A ACADEMIC

As a young man, thought and knowledge are vital to your growth to manhood. Knowledge can open up horizons and reveal your potential as a man. Gaining it, and then putting it to good use, allows you make further discoveries about the world, others and yourself. Knowledge and thought allow



you to attempt the extreme challenges of life while keeping you and others safe.

The Academic Achievements will guide you in learning about yourself, the world and the Lord God Almighty who created it all.

From the following list, choose an Achievement which will challenge you mentally. As you work through it, write an Achievement Report on your activities on a separate sheet of paper. Use it to track your growth in becoming a man of God.

Complete your Achievement by having your mentor review your efforts using the Triple-A Academic Interview. Be sure to have him check and initial the Achievement box below, and sign and date the requirement in the specific rank.

TRIPLE-A ACADEMIC ACHIEVEMENTS:

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	JUSTICE:
	Find three examples of criminal justice in a newspaper. Include the articles, highlighting the crime and the sentence the criminals received. Answer these questions:
	Why was it a crime?
	How did the criminal get caught?
	What was the result of the crime and the trial?
	Was there a race, gender, or class issue involved?
	How does this crime affect individuals or the community (victims)?
	Was restitution made? How?
	How might future crimes of this nature be prevented?
	THE CROSS: Write a one-page report on the Roman method of capital punishment - crucifixion. Include a list of crimes that called for this
	death penalty. Describe what the criminal would go through as the punishment was executed.
	новву:
_	Introduce your squad to a skill or hobby you enjoy. Take at least ten minutes, providing examples and handouts describing your interest in detail.
	NATURE STUDY:
	Choose a category in nature (i.e., birds, plants, trees, rocks/minerals, fish, etc.) and learn at least ten names of things natural to your area. Be able to identify them by sight. Provide pictures or examples, if possible.



FIRE	E BUILDING:
	d a campfire or cooking fire. Show your understanding of kindling er, and fuel. Light it with one match.
TEN	ITING:
	nonstrate the proper way to set up a tent, and then sleep in it rnight. This could be part of a Battalion camping activity.
☐ KNO	OT TYING:
	nonstrate that you know how to tie 15 different knots, bends and nes. Describe use of each knot as you tie it.
☐ HIS	TORY:
on the	ose a historical topic of interest. Write a report (minimum 1 page) he topic explaining the details. Include a picture or diagrams. re why you are interested in the topic.
☐ ARM	MED CONFLICT:
	ose a war that interests you. Provide details in a written report ng the major details of the conflict, including:
Wha	at caused the war?
Wha	at might have prevented the war?
Wha	at were the major battles?
Who	were the combatants?
Wha	at types of weapons were used?
Who	o were the key leaders on each side?
☐ CUR	RRENT EVENTS
Follo	ow a news story over several days. Find out the who, what, when, re and why. Find out how the situation ended.

TRIPLE-A ACADEMIC - INTERVIEW



On a separate sheet of paper, answer these questions after completing the activity. Then discuss this report with your mentor. Finish by having your mentor check and initial the box in the list of Triple-A Academic Achievements, then sign and date the requirement in the specific rank.

Highlight some of the things you learned about the topic of	this
Achievement	

What did you learn about yourself?

What did you learn about God by doing this Achievement?

What are one or two things you can apply to your life as a result of this activity?

What verse of Scripture or Biblical Truth is relevant to what you experienced in this Achievement?

TRIPLE-A ARTIST

As a Christian, you know that God is the Creator of the universe, all that you see around you and in your own being. The Bible tells you that you were created in His image. Part of that image is revealed in your creativity.



The Artist Achievements will guide you in exploring the various aspects of creativity that are unique to you. While your creative side may not be as prominent as the athlete or academic, you owe it to yourself to discover all of your God-given talents.

From the following list, choose an Achievement which will challenge your artistic abilities. As you work through it, create an Achievement Report of your activities on a separate sheet of paper. Use it to track your development as an artist for the Lord.

Complete your Achievement by having your mentor review your efforts using the Triple-A Interview Outline. Be sure to have him check and initial the Achievement box below, and sign and date the requirement in the specific rank.



TRIPLE-A ARTIST ACHIEVEMENTS: CONCERT: Attend a concert of your choice and report on: the artist and the style of music; the best song; what the crowd was doing during the show; the use of alcohol or drugs; the general feeling of the crowd upon entering and leaving. COLLAGE: Make a collage depicting one of your favorite Bible memory verses. This can be done using traditional methods, or digitally and then printed. CREATIVE SKILLS: Demonstrate your skills at doing something such as juggling, skateboarding, unicycling or playing a musical instrument. Describe a trick, move or riff as you perform it INTERVIEW: Conduct a survey of ten people from your church or school (you may use audio or video recorders, as well as a written answer sheet). Ask each person what they think about the Bible. Choose at least ten questions, such as: How much of the Bible have you read? What impresses you about the Bible? Have you ever read the whole Bible through, from Genesis to Revelation? What do you think is the major message of the Bible? Do you believe that Jesus really is God? Can you quote any verses from memory?

What does the Bible say about who goes to Heaven?
What does the Bible say about your importance to God?
Be sure that you have answered these questions for yourself in case you have to give a testimony of your own.

Do you believe in good and evil, God and the Devil, and Heaven and

What role does the Bible play in your beliefs?

Hell?

BAT	TALION VIDEO:
cuts	e a video of a Battalion activity with titles and credits, multiple, some narration, background music, slick transitions and orted graphics. Show it to the Battalion when it's complete.
□ мог	DEL MAKING:
rollir	d at least 3 plastic models (i.e., aircraft, vehicles, ships, railroad ng stock or buildings, etc). Add why you chose these model to report.
☐ TRA	DES:
carp by re of pa	and at least two hours exploring a trade – mechanic, electrician, benter, etc. – by helping someone with construction or a repair, of esearching it (interview someone in the trade). Use a blank sheet aper to record your discoveries in this binder. This Achievement be repeated for another rank.
☐ YOU	R PERSONAL CHOICE:
own.	g the other Achievements as a reference, create one of your . Discuss it with your mentor and record the requirements in the below.



TRIPLE-A ARTIST - INTERVIEW

On a separate sheet of paper, answer these questions after completing the activity. Then discuss this report with your mentor. Finish by having your mentor check and initial the box in the list of Triple-A Artist Achievements, then sign and date the requirement in the specific rank.

Highlight some of the things you learned about the topic of this Achievement.

What did you learn about yourself as an artist?

God is the great Creator; the original Artist. How was He revealed through this activity?

What verse of Scripture or Biblical Truth is relevant to what you experienced through this?





SERVICE PROJECTS

Acts of service are vital to your growth as a Christian. Jesus' modeled leadership through serving others. This is how He demonstrated His love for you and so has given you a special commandment: love one another. Service is a practical expression of love and it reflects Jesus living in you and your desire to be like Christ.

While service should be part of your daily experience at home, the following Achievements focus on people outside of your immediate family. A community functions best when its individual members help one another, rather than everyone just looking out for themselves.

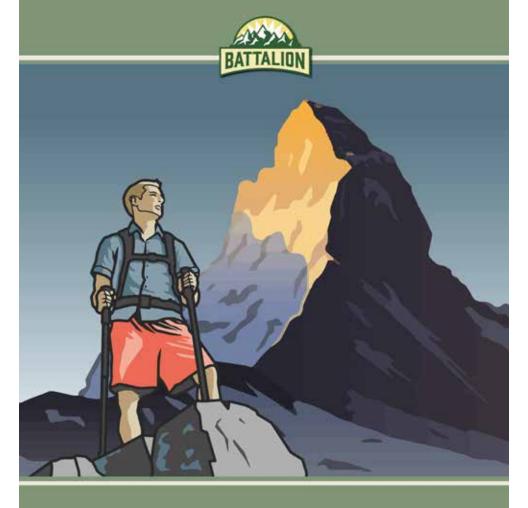
From the following list, choose an Achievement which will serve others as they need. You may enlist the assistance of your parents, mentor, leader, or other person to help you accomplish your task. It must be a volunteer, unpaid project. As you work through it, create an Achievement Report of your activities on a separate sheet of paper. Use it to track your development as a willing servant of the Lord Jesus Christ.

Complete your Achievement by having your mentor review your efforts using the Service Project Interview Outline. Be sure to have him check and initial the Achievement box below, and sign and date the requirement in the specific rank.

SERVICE PROJECT ACHIEVEMENTS:

П	WASH AND WAX:
_	Wash and wax a neighbor's vehicle (or your pastor's or Captain's or youth worker's). Ask them what they think of the job before you finish. Fix all of your mistakes.
	CHURCH CLEANING:
	Assist the church janitor in cleaning the church for at least two hours. Be sure that they go over the rules with you, and give you an evaluation when finished.
	NEIGHBORHOOD CLEAN-UP:
	Walk around your neighborhood for a minimum of 2 hours picking up garbage. Use proper work gloves, and be cautious of hazardous materials.
	MINISTRY HELPER:
	Help in the church nursery or the children's program for 4 weeks. Ask the ministry leader to keep you informed of how you are doing. Always strive to do better.
П	HOME CHORES:
_	Help out with home chores for a total of 3 hours (washing/drying dishes, vacuuming, cleaning windows, folding laundry, emptying garbage cans, etc.).
П	RENOVATION PROJECT:
_	Assist in a home reno project (i.e., plumbing – replacing a toilet or faucet; painting a room; re-shingling a roof; laying down a new floor; etc.).
	Church Workday:
	Participate in a church workday for a minimum of 2 hours. Be the "go-for". Asked to be assigned to one person, but help wherever you are asked.
	VBS & CHILDREN'S CAMP:
Contract of the Contract of th	Help out at a daily Vacation Bible School or Christian children's camp program for 1 week. Ask the ministry leader to give you a daily evaluation of how you are doing. Always strive to do better.

	Ranger's Assistant:
	Serve as an assistant in a Stockade Post for 4 meetings. Line up with the Post and be involved with all the boys do. Ask the Chief Ranger for an evaluation.
	YOUTH GROUP:
	Have a direct leadership role in at least 4 Youth Group meetings at your church. Have your mentor speak to the Youth leader if it will help.
	USHER:
1	Serve as an usher for 6 church services. Be sure to review the ushering procedures before arriving, Be sure to arrive early.
	THE ELDERLY:
	Visit some elderly people in their home or care facility 4 times in 1 month. Ask about their experiences as a young person.
_	Neighborhood Recreation:
	Plan and conduct a neighborhood recreation activity: barbecue; sports/games event; neighborhood beautification project; neighborhood clean-up; painting park benches; etc.
	FUNDRAISING:
	Participate in a fundraising event for a charitable organization or Christian ministry for a minimum of 2 hours. Make phone calls, wait on tables, man an info booth, etc.
	TUTORING:
	Participate in an after-school tutorial program for elementary-age children for 6 weeks. Your mentor may need to help organize this for you.
П	HOMELESSNESS:
_	Organize, collect and distribute coats, gloves, blankets, personal hygiene products, etc. for a ministry that helps the poor and homeless.
	YOUR PERSONAL CHOICE:
	Using the other Achievements as a reference, create one of your own. Discuss it with your mentor and record the requirements in the area below.



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