

-----RELIGION-----

Orthodox Church Architecture

An Orthodox Christian temple is Divided into Three Major Areas or Spaces:

1. Narthex: initial entry space (western most space of the temple)
2. Nave: main part of the temple
3. Altar: space where the most important liturgical acts of the Divine Services take place (eastern most space of the temple)

It should be noted that these divisions correspond exactly to the divisions of the Temple of Solomon that was the main temple of Judaism during the life of our Lord Jesus Christ. The first Christians were Jews who recognized Jesus Christ as the promised Messiah. Once they were expelled from the Temple by those Jews that did not accept Christ these nascent Christians utilized a Christianized form of the worship of the Temple of Solomon as their Divine Services.

The Main Parts of the Liturgy

There are three major Divine Liturgies used in the Orthodox Church:

1. The Liturgy of St. Basil the Great
2. The Liturgy of St. John Chrysostom
3. The Presanctified Liturgy of St. Gregory the Dialogist

The Liturgy of St. Basil the Great was the Liturgy in use during his time in his geographical region. He wrote down the Liturgy and thus codified it and it eventually became associated with his name. But he did not author it – he simply captured the local practice already in use. During the time of persecutions each bishop would teach the Liturgy to the priests he ordained, and there was some small geographical variation in liturgical practices due to the persecutions and the inability for the Christians to easily communicate.

The Liturgy of St. John Chrysostom is essentially the same as that of St. Basil, but with some of the prayers read by the celebrants shortened and with a slightly different anaphora (consecration of the gifts).

The Presanctified Liturgy is not, strictly speaking, a Liturgy at all in that the Holy Gifts are not consecrated at this Divine Service, but rather are Pre-sanctified (consecrated earlier – at a Liturgy on the preceding Saturday or Sunday). More properly, the Presanctified Liturgy is Great Lenten Vespers with Holy Communion added. This Divine Service developed in the early Church during the time of persecutions. At this time it was the practice of the Christians to commune daily in that they were aware that any time on any day they could be martyred for the faith. The subdued and repentant nature of the Great Lenten weekdays does not lend itself to the Triumphant Thanksgiving of the Divine Liturgy, and so very early in the history of the Church it became the practice not to serve the Divine Liturgy on these days. However, for reasons mentioned above the faithful desired to partake of Holy Communion. Therefore, through the guidance of the Holy Spirit the practice of the Presanctified Liturgy grew up in the Church. St. Gregory the Dialogist (aka, St. Pope Gregory the Great) is not the author of this Liturgy, but just like St. Basil, captured the local practice of his time in this regard and thus codified this Divine Service.

Here we will discuss the major divisions of the Liturgies of St. Basil the Great and St. John Chrysostom. The Presanctified Liturgy of St. Gregory the Dialogist varies significantly enough from these that we will not deal with this here in any level of detail. It is sufficient that the camper at this level be aware that there is a special rite of the Presanctified Liturgy served during weekdays of Great Lent and the reasons for the existence of this Liturgy noted above.

The Divine Liturgies of St. Basil the Great and St. John Chrysostom are divided thus:

1. Proskomidie
2. The Liturgy of the Word (aka, the Liturgy of the Catechumens)
3. The Liturgy of the Faithful

The Proskomidie is that part of the Liturgy that begins even before most of the faithful arrive at the church. Here the priest and the deacon prepare the bread and wine that will become the Body and Blood of Jesus Christ during the Liturgy of the Faithful. This is also the time when the faithful are commemorated during the Divine Liturgy and strictly speaking this part of the Liturgy lasts until the Great Entrance after which commemorations are no longer made. The Liturgy of the Word is that part of the Liturgy that is the most instructional, including the reading of the Epistle and the Gospel. Shortly after these readings from the Holy Scripture the petitions for the Catechumens (those actively preparing to become Orthodox Christians) are intoned and they are dismissed (in our days rarely do the Catechumens leave the temple at this time – in earlier epochs of the Church they were in fact dismissed, not to the street, but to be instructed and prepared for Holy Baptism).

The Liturgy of the Faithful centers around the most significant acts of the Divine Liturgy: the consecration of the Holy Gifts and the communing of the faithful of the Body and Blood of our Lord Jesus Christ. In previous historical epochs of the Church only Christians in good standing were admitted to this part of the Divine Liturgy, although in contemporary practice generally all are present at this part of the Liturgy: Christians, Catechumens, inquirers, etc.

Major Mysteries/Sacraments

The Sacraments (or better put from an Orthodox point of view, Mysteries) of the Church impart the Grace of God to man. The Mysteries are often categorized as seven in number, but strictly speaking this limitation is a western concept. In the Orthodox Church there are Mysteries beyond these seven, several of which we will list below. The seven major sacraments are:

1. Baptism – initiation into the Holy Church through prayer and three-fold immersion in water with the invocation of the Holy Trinity

2. Chrismation – the sealing of the newly-baptized with the power of the Holy Spirit through anointing with Holy Chrism; or the joining to the Church of those outside Her who had been baptized in an outwardly proper form (triple immersion in water and the invocation of the Holy Trinity) but which is devoid of Grace owing to its performance outside the Orthodox Church; or the re-joining to the Church of those who had previously been members of Her, but who had apostatized.

3. Communion – partaking of the Body and Blood of our Lord Jesus Christ

4. Confession – more accurately named “Repentance”, the sincere renunciation of one's sins and transgressions to a priest and the subsequent forgiveness of these sins

5. Marriage – the joining of a man and a woman into a family blessed by God so that they may more easily save their souls than had they remained alone

6. Ordination – the setting apart of men selected by the ruling bishop to serve the people of God in ordained ministry

7. Unction – the anointing of the sick for spiritual healing

Other quite sacramental rites of the Holy Church include monastic tonsure and the anointing of sovereigns, and there are yet many more examples. It is enough to understand that as Orthodox we do not limit ourselves to seven sacraments.

The Life of the Mother of God

The Birth of the Most Holy Virgin Mary: As time drew near for the Redeemer of the world (Jesus Christ) to be born, there lived in the town of Nazareth, in Galilee, a man by the name of Joachim with his wife Anna. Joachim was a direct descendant of King David but lived a very modest and simple life. Both he and his wife were God-fearing people and were known for their humility and compassion. They never had children and, being very aged, had little chance at having any. However, not willing to despair, they continued to ask God to send them a child. They even made a vow that if they had an infant, they would dedicate that child to the service of God. At that time, to be childless meant to be punished by God for sins. Childlessness was especially difficult for Joachim since,

according to prophecy, the Messiah was to be born into his family line. Owing to their patience and faith, the Lord finally sent them a great joy: Anna had a daughter. The newborn child was given the name of Mary, which means in Hebrew "Mistress-Hope."

Presentation in the Temple: When the Virgin Mary reached the age of three years old, her God-fearing parents prepared themselves to carry out their vow: they took her to the temple in Jerusalem in order to consecrate her to God. Mary was left to stay at the temple, in a special school for girls. There she, with the other maidens, was taught the Law of God as well as handiwork. She prayed and read the Scriptures. The Blessed Virgin lived at the temple for approximately eleven years and grew up to be deeply pious and obedient to God, as well as very modest and industrious. Willing only to serve God, she gave a vow to never marry and to remain forever a virgin.

The Holy Virgin Mary at Joseph's: Since Joachim and Anna were in advanced old age, they did not live for long after the presentation of the Theotokos in the temple, and the Virgin Mary was left an orphan. When she reached her fourteenth birthday, according to the law, she could no longer stay at the temple and had to wed. The High Priest, being aware of her vow but reluctant to violate the law of marriage, formally betrothed her to a distant relative of hers, the widowed octogenarian Joseph, who promised to care for her and protect her virginity. Joseph lived in the town of Nazareth and also came from the lineage of King David. He was not a wealthy man and worked as a carpenter. Joseph had children from his first marriage: Judah, Simon, James (the Lesser) and Joses (Matthew 13:55), whom the Gospels refer to as "brethren" of Jesus. The Virgin Mary led as modest and solitary a life in the home of Joseph as she did in the temple.

The Annunciation: During her first year in the house of Joseph, about six months after the appearance of the Angel Gabriel to Zacharias (see Luke 1:8-25), as the birth of the prophet John the Baptist was approaching, the forenamed Angel was sent by God into the town of Nazareth to the Holy Virgin with the joyous news that the Lord had chosen Her to become the Mother of the Savior of the world. The Angel, having appeared, told Her, "Rejoice, O Blessed One! (literally, "filled with grace") The Lord is with Thee! Blessed art Thou amongst women." Mary was puzzled by the words of the Angel and unsure what this greeting was supposed to mean. The Angel continued by saying to her: "Fear not, Mary, for thou hast found favor with God. And therefore, thou wilt bear a Son and shalt name Him Jesus. He shall be great and shall be known as the Son of the Most-high, and to His Kingdom there shall be no end." Still puzzled, Mary asked the Angel: "How can that be, since I know not a man?" The Angel replied that this would be accomplished by the power of the omnipotent God: "The Holy Spirit shall come upon thee, and the power of the Most-high shall overshadow thee; therefore, accordingly, that Holy One which shall be born of thee shall be called the Son of God. Thy relative, Elizabeth, not having had any offspring till her very old age, shall soon give birth to a son; for with God nothing shall be impossible." Then Mary humbly answered, "Behold the handmaid of the Lord; be it unto me according to thy word" (Luke 1:26-38). After this reply the Holy Spirit descended upon Mary, and she conceived the Word of God. Thus, in the most modest circumstances happened the greatest miracle in the life of mankind! Here the Infinite joined the finite; the Light, unapproachable to Angels, descended into the Virgin's womb!

In discussing this Angelic appearance, the Fathers of the Church underline the wisdom of the young Mary. She was careful not to accept Gabriel's message in haste, remembering what happened to Eve when she believed the serpent. Although God decided to make the Virgin Mary

the Mother of the Savior, He wanted her voluntary consent because He never overpowers or disregards the gift of free will that He gave us.

Visiting the righteous Elizabeth: Having heard that her relative Elizabeth, the wife of the priest Zacharias, would soon bear a son, Mary hastened to visit her. On entering the house, she saluted Elizabeth. Upon hearing Mary's voice, Elizabeth, being filled with the Holy Spirit, recognized Mary to be worthy to become the Mother of the Lord. She cried out aloud and said: "Blessed art thou among women, and Blessed is the Fruit of thy womb! And from whence is such happiness for me, that the Mother of my Lord should come to me?"

The Virgin Mary, in answer to Elizabeth's greeting, glorified God with the following words: "My soul doth magnify the Lord, and my spirit hath rejoiced in God my savior. For He hath regarded the low estate of His handmaiden: for behold from henceforth all generations shall call me blessed. For He that is mighty hath done to me great things; and Holy is His name. And His mercy is on them that fear him from generation to generation" (Luke 1:46-50). Mary stayed with Elizabeth for about three months and then returned to Nazareth.

When the righteous, aged Joseph learned that Mary was expecting a child, he was scandalized, assuming that something had gone very wrong. Jewish law required unfaithful wives to be mercilessly stoned. But God revealed to Joseph not to be afraid of what had happened and to be kind to Mary. The Angel of God appeared to Joseph in his sleep and told him that Mary would bear a Son through the action of the Holy Spirit, just as the Lord God had predicted through the prophet Isaiah (Is. 7:14) and the Angel commanded Joseph to give Him the name "Jesus" Savior — because He shall save people from their sins.

The subsequent evangelical narratives mention the Virgin Mary in conjunction with the events in the life of her Son, our Lord Jesus Christ. Thus, they speak of her in connection with the birth of Christ in Bethlehem, then His Circumcision, the worship of the Magi, the offering brought to the temple on the 40th day, the flight into Egypt, settling in Nazareth, traveling to Jerusalem for the feast of Passover when He reached His twelfth birthday, and so forth. We will not dwell on those events here. It should be noted that though the evangelical references to the Virgin Mary are concise, they give the reader a clear comprehension of her great moral eminence: her humility, great faith, patience, courage, obedience to God, love and dedication to Him, and devotion to her Divine Son. From these incidental but characteristic references we see why, in the words of the Angel, she became worthy "to attain favor from God."

The first miracle performed by Jesus Christ, at the wedding feast in Cana of Galilee, gives us an insight into the great kindness of His mother and into her influence on her Son. These qualities made her a powerful intercessor for all Christians, especially for those who suffer or are oppressed. Having noticed a shortage of wine at the wedding feast, the Blessed Virgin drew the attention of Her Son to that fact, and though the Lord answered Her cryptically "What is it to Me and thee woman? My hour has not yet come," She was not discouraged by this rebuke, being sure that her Son would not ignore her plea. She told the servants: "Whatever He tells you, do this." As can be seen from this forewarning to the servants, this undertaking would come to a favorable end.

Indeed, her intercession drew divine intervention to an event in the life of a poor, little-known family. Thus happened the first miracle of Jesus, after which "His disciples believed in Him" (John 2:11).

The Gospels depict the Mother of God as having constant concern for her Son, following Him in His journeys, always ready to help Him at any time, caring for His well-being and tranquility at home, which He always refused to take advantage of. Finally, we see her standing in indescribable grief by the Cross of her Crucified Son, hearing His final words and commandments, entrusting her care to His beloved pupil. Not a word of reproach or despair left her lips. She conceded all to the will of God. This was the time of her supreme greatness.

Again, briefly, there is mention of the Virgin Mary in the Acts of the Holy Apostles when, upon her as well as the Apostles, on the day of Pentecost, the Holy Spirit descended in the form of fiery tongues. After that, according to tradition, She lived some 10 to 20 years. Fulfilling the Lord's will, the Apostle John the Theologian, author of the fourth Gospel, took her into his home, and with great love, as if being her own son, he cared for her till her very end. When the Christian faith spread to other countries, many Christians came from far off countries to see and hear her. From that time the Most Holy Virgin Mary became a mother to all of Christ's pupils and a high example of virtue.

The Dormition: Once, as the Holy Virgin prayed on the Mount of Olives (near Jerusalem), the Angel Gabriel appeared to her, as he had the first time in Nazareth, holding in his hand a branch with a white flower from Paradise, and announced to her that in three days her earthly life would come to an end and that the Lord would take her to Him. The Lord arranged it so that toward that time the Apostles congregated in Jerusalem from the many parts of the world where they were preaching. At the hour of her end, a bright light illuminated the room in which the Virgin Mary was lying. The Lord Jesus Christ Himself, surrounded by Angels, appeared and received her most pure soul. The Apostles buried her holy body, according to her wish, at the foot of the Mount of Olives in the Garden of Gethsemane, in the cave where reposed the bodies of her parents and of the righteous Joseph. During the burial, many miracles came to pass. By touching the bier of the Mother of God, the blind regained their sight, demons were exorcised, and many diseases were cured.

Three days after the burial of the Theotokos, there arrived belatedly the Apostle Thomas, who had missed the burial. He was very distraught at not having paid his last respects to the mother of Jesus and wished to see her body for the last time. When the cave in which the Virgin Mary was buried was opened, her body was not found, but only her burial clothes. The Apostles returned to their home in amazement. In the evening during their prayers, they heard Angels singing. Glancing upward, the Apostles saw the Most Holy Virgin surrounded by Angels, in radiant heavenly glory. She said to the Apostles: "Rejoice! I am with you always."

She has been fulfilling this promise to help and defend Christians to the present day, having become our heavenly mother. For her great love and all-powerful help, Christians always have honored her and turned to her for help, appealing to her as the "Fervent intercessor for the Christian race, the joy of all those who grieve, Who did not abandon us after her Dormition." From these earliest times, following the example of the prophet Isaiah and the righteous Elizabeth, all Christians began to address her as the Mother of God or Theotokos, and this title was confirmed during the Third Ecumenical Council (431 AD) in Ephesus.

The Most Holy Virgin Mary serves as great example to all those who are striving for perfection. She was the first who decided to dedicate her whole life to God and who showed that voluntary virginity is higher than wedded life. From the first centuries, in emulating her and her Son and other prophets and apostles, many Christians began to pass their life in virginity, prayer, fasting, meditation and contemplation. Thus, the monastic life arose, and there appeared many monasteries which became sources of inspiration for a pious life and spiritual wisdom. Unfortunately, the present ungodly world does not appreciate and even sometimes ridicules the advancement of virginity, disregarding the words of the Lord: "For there are eunuchs who were born thus from their mother's womb, and there are eunuchs who were made eunuchs by men, and there are eunuchs who have made themselves eunuchs (virgins) for the kingdom of heaven's sake." To this the Lord added this very unambiguous directive: "He who is able to accept it, let him accept it" (Matthew 19:12).

In reviewing the earthly life of the Theotokos, it is essential to emphasize that, just as at the moment of her greatest glory, when She was chosen to become the mother of the Savior, as well as at the hour of her greatest grief, by the prophecy of the righteous Simon, as she stood at the foot of the Cross when "a sword pierced her soul," She displayed complete self-control and faith in God. In all events, big or small, she invariably manifested the strength and beauty of her virtues: humility, perseverance, patience, courage, hope in the Lord and unbounded love for Him! That is why we Christians hold her in such high esteem and want to emulate her.

Missionary Leaflet 13E

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-----Prayers in either Church Slavonic or English-----
Our Father...

English: Our Father, Who art in the Heavens, hallowed be Thy Name. Thy Kingdom come. Thy will be done, on earth as it is in Heaven. Give us this day our daily bread. And forgive us our debts as we forgive our debtors. And lead us not into temptation, but deliver us from the evil one.

Church Slavonic: Отче наш, Иже еси на небесех! Да святится имя Твое, да приидет Царствие Твое: да будет воля Твоя, яко на небеси и на земли. Хлеб наш насущный даждь нам днесь: и остави нам долги наша, якоже и мы оставляем должником нашим: и не введи нас во искушение, но избави нас от лукаваго.

[Otche nash. Izhe esi na nebeseh! Da svyatitsya imya tvoe, da priidet tsarstvie tvoe: da budet volya tvoya, jako na nebesi i na zemli. Hleb nash nasooshniy dazh nam dnes': I ostavi nam dolgi hashha, yakozhe I mi ostavlyаем dolznikom nashim: I ne vedi nas vo iskooshenie, no izbavi nas ok lookavogo]

O Heavenly King...

English: O Heavenly King, Comforter, Spirit of Truth, Who art everywhere present and fillest all things, Treasury of good things and Giver of life: Come and dwell in us, and cleanse us of all impurity, and save our souls O Good One.

Church Slavonic: Царю Небесный, Утешителю, Душе истины, Иже везде сый и вся исполняй, Сокровище благих и жизни Подателю, прииди и вселися в ны, и очисти ны от всякия скверны, и спаси, Блаже, души наша.

[Tsaru nebesniy, uteshitelu dushi istini, izhe vesde siy I vsya ispolnya-a, sokrovishe blagih,, zhizne podatelo, priidi I vselisy v ni, I ochiste ni ot vsyakie skverni, I spasi blazhe dushi nasha.]

О Theotokos Virgin Rejoice...

English: O Theotokos and Virgin, rejoice, Mary, full of grace, the Lord is with thee; blessed art thou among women, and blessed is the Fruit of thy womb, for thou has borne the Savior of our souls.

Church Slavonic: Богородица Дева, радуйся; благодатная Марие, Господь с Тобою! Благословенна ты в женах, и благословен Плод чрева Твоего, яко Спаса родила еси душ наших.

[Bogorodista devo, radooisya, bagodatnaya marie, gospod' s tobo-u! Blagoslovena ti v zhenah I blagosloven plod chreva tvvvoego, yako spasa rodila esi doosh nashih]

Prayer before meals

English: The eyes of all look to Thee with hope, and Thou gavest them their food in due season. Thou openest Thy hand and fillest every living thing with Thy favor.

Church Slavonic: Очи всех на Тя, Господи, уповают, и Ты даеши им пищу во благовремении, отверзаеши Ты щедрую руку Твою и исполняеши всякое животно благоволения.

[Otchi vseh na tya gosopodi oopovaut, I ti dashi im pizhi va blagovremeni-i, otverzheshe ti shedroo-u rooky tvo-u I ispolnyaeshi vsyakoe zhitovno blagovoleniya]

Prayer after meals

English: We thank Thee, O Christ our God, that Thou has satisfied us with Thine earthly gifts; deprive us not of Thy heavenly kingdom, but as Thou camest among Thy disciples, O Savior, and gavest them peace, come to us and save us.

Church Slavonic: Благодарим Тя, Христе Боже наш, яко насытил еси нас земных Твоих благ; не лиши нас и Небеснаго Твоего Царствия, но яко посреде учеников Твоих пришел еси, Спасе, мир дай им, прииди к нам и спаси нас.

[Blagodapim ty, hriste bozhe nash, yako nasitel esi na zhemli tvoih blag; ne lishi nas I nebesnogo tvoego tsarstviya no yako posredi uchenikov tvoih prishel esi, spase, mir dayai im, priidi k nam I spasi nas.]

-----HERITAGE - RUSSIAN LANGUAGE-----

Remember to review Russian phrases from 5th level and the alphabet, for this level you will be required to know how to read and write all the letters.

Слова [slova] - Words

Months	Месяца года <i>[mesyatsta goda]</i>	Days of the Week	Дни недели [dni nedeli]
January	Январь [<i>yanvar'</i>]	Monday	Понедельник [<i>ponedel'nik</i>]
February	Февраль [<i>fevral'</i>]	Tuesday	Вторник [<i>vtornik</i>]
March	Март [<i>mart</i>]	Wednesday	Среда [<i>sreda</i>]
April	Апрель [<i>aprel'</i>]	Thursday	Четверг [<i>chetverg</i>]
May	Май [<i>mai</i>]	Friday	Пятница [<i>pyatnitsa</i>]
June	Июнь [<i>iun'</i>]	Saturday	Суббота [<i>soobota</i>]
July	Июль [<i>iul'</i>]	Sunday	Воскресение [<i>voskresenie</i>]
August	Август [<i>avgoost</i>]		
September	Сентябрь [<i>sentyabr'</i>]	Seasons	Сезоны [sezoni]
October	Октябрь [<i>oktyabr'</i>]	Winter	Зима [<i>zima</i>]
November	Ноябрь [<i>noyabr'</i>]	Spring	Весна [<i>vesna</i>]
December	Декабрь [<i>dekabr'</i>]	Summer	Лето [<i>leto</i>]
		Fall	Осень [<i>osen'</i>]

Directions	Направления <i>[napravleniya]</i>
North	Север [<i>sever</i>]
South	Юг [<i>yooq</i>]
East	Восток [<i>vostok</i>]
West	Запад [<i>zapad</i>]

Числа [chisla] – Numbers

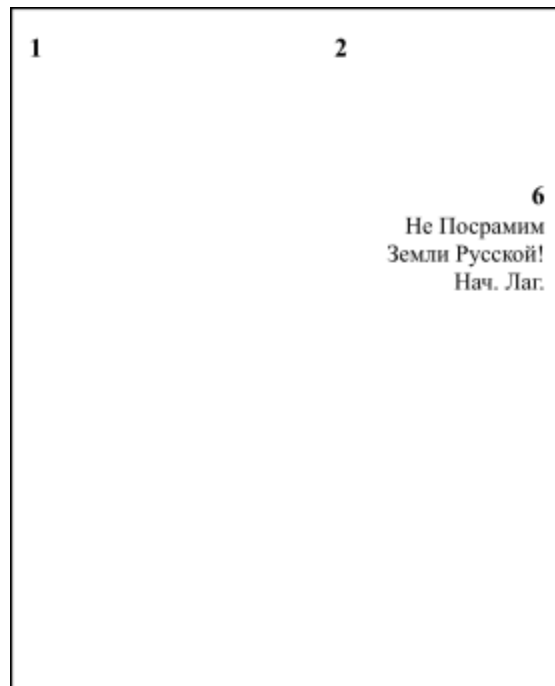
1	Один [<i>odin</i>]	11	Одиннадцать [<i>odinatsat'</i>]	30	Тридцать [<i>tritsat'</i>]
2	Два [<i>dva</i>]	12	Двенадцать [<i>devnatsat'</i>]	40	Сорок [<i>sorok</i>]
3	Три [<i>tri</i>]	13	Тринадцать [<i>trinatsat'</i>]	50	Пятьдесят [<i>pyat'desyat</i>]
4	Четыре [<i>chetire</i>]	14	Четырнадцать [<i>chetirnatsat'</i>]	60	Шестьдесят [<i>shest'desyat</i>]
5	Пять [<i>pyat'</i>]	15	Пятнадцать [<i>pyatnatsat'</i>]	70	Семьдесят [<i>sem'desyat</i>]
6	Шесть [<i>shest'</i>]	16	Шестнадцать [<i>shest'natsat'</i>]	80	Восемьдесят [<i>vosem'desyat</i>]

7	Семь [<i>sem'</i>]	17	Семнадцать [<i>semnastat'</i>]	90	Девяносто [<i>devyanosto</i>]
8	Восемь [<i>vosem'</i>]	18	Восемнадцать [<i>vosemnatsat'</i>]	100	Сто [<i>sto</i>]
9	Девять [<i>devyat'</i>]	19	Девятнадцать [<i>devyatnatsat'</i>]	1,000	Тысяча [<i>tisyacha</i>]
10	Десять [<i>desyat'</i>]	20	Двадцать [<i>dvadtsat'</i>]	2,000	Две тысячи [<i>dve tisyachi</i>]

Camp Schedule

Below is the breakdown of the parts of the schedule. For 4th level you are not required to know all the activities in Russian, but you should be familiar with them. When you test you should be able to identify each part of the schedule and list a few daily activities.

1. ORPR Camp and this year's Patron Saint
2. Valdimirovo –location, the date is written underneath
3. Agenda for the day
4. Person of duty, or *dezhurniy* who is responsible for keeping the camp organized and on time
5. Kitchen duty
6. Camp motto, “We will not shame our homeland Russia!” and the director, or *nachalnik*, for the week
7. Activities for the day



Wake Up	Подъём [<i>pod-em</i>]	Rest Hour	Мертвый час [<i>mertviy chas</i>]
Wash Up	Умывание [<i>umivanie</i>]	Swimming	Купание [<i>kupanie</i>]
Raising of Flags	Подъём Флагов [<i>pod-em flagov</i>]	Dinner	Ужин [<i>uzhin</i>]
Breakfast	Завтрак [<i>zavtrak</i>]	Snack (time)	Перекуска [<i>perekuska</i>]
Lesson(s)	Урок(и) [<i>urok(i)</i>]	Lowering of Flags	Спуск Флагов [<i>spusk flagov</i>]
Changing (time)	Переодевание [<i>pereodivanie</i>]	Lights Out	Отбой [<i>otboi</i>]
Lunch	Обед [<i>obed</i>]	Inspection	Смотр [<i>smotr</i>]

-----HERITAGE - GEOGRAPHY-----

Russia

As stated in the previous level Russia is the largest country in the world, with nearly 6.6 million square miles spreading across two continents. In this level we take a closer look at Russian geography and landscape.

European Russia

The Ural Mountains create a border between the Europe and Asia stretching from Kara Sea up North, to Kazakhstan, a bordering country in the South. These mountains are an important the mining site of metals, iron and steel, and many natural resources such as petroleum, coal, copper, tin, gold, lead and asbestos – a naturally occurring mineral resistant to heat and corrosion. Also, part of the mountains are north frigid Arctic islands of Novaya Zemlya, once used for nuclear testing and still used as airfields for the military today. Just East of the mountains you can find the 4th largest city of Russia, Yekaterinburg. Named after the wife of Peter the Great, it is known for its machinery industries and theaters.

West of Ural Mountains is flat land used for agriculture and forests and plains are found closer North. Though this land only accounts for 25% of Russia's landmass, 80% of the population lives in this area. The European plain is also home to Russia's two largest cities the capital Moscow and St. Petersburg, a city of islands connected by bridges know for great museums and the tsar's Winter Palace. From Moscow the longest river of Europe, Volga, flows up to the Ural Mountains and down to Caspian Sea. The river is often called *Volga mat'* or "Mother Volga" because of its water supply for the population, farmers, wildlife, and its abundance in natural resources and energy supply.

Northwest is the Kola Peninsula which borders with the Barents Sea and White Sea that flow into the Arctic Ocean. This land is rich with oil, gas and minerals, with its largest city being Murmansk.

The southern edge of the European plain between the Black and Caspian Sea is also a mountain range of Caucasus. This range has the highest European mountain peak of Mt. Elbrus. Here also flows the River Don, which is an important trade route that connects to the Black Sea through the Azov Sea.

Asian Russia

To the east of the Ural Mountains a vast landmass called Siberia stretches North to the Arctic Ocean, east to the Pacific Ocean, and down to Southern bordering countries Mongolia and China. The land holds 23 thousand rivers, more than a million lakes, and features plateaus, mountain ranges, and plains. In the Western Siberian plain there are forests, swamps, and lakes that flood making the land unsuitable for agriculture. This area, however, holds large oil and natural gas reservoirs. It is also home to the huge rivers Ob', Yenisey, and Irtys. North of Ob' you can find 3rd largest city of Russia, Novosibirsk. Known as an important transportation center along the Trans-Siberian Railway, this city produces electricity, gas, and water with its industries. It also has the Saint Alexander Nevsky Cathedral, a famous zoo, and an opera-ballet theater.

The Central Siberia is eroded land, stretching from Yenisey to the Lena Rivers. Here you can find the many natural resources such as natural gas, gold, coal, iron, diamonds, and platinum and the Lake Baikal starting from the Baikal Mountains.

The far Russian East, starting from the River Lena reaches the Pacifica coasts with the Sea of Japan, Sea of Okhotsk, and Bering Sea in the North. The landscape switches from permafrost in the North (permanently frozen ground), to mountains, forests, and plateaus. The Kamchatka Peninsula coming out to the Okhotsk Sea is home to around 160 volcanoes with

about 30 still being active. The southeastern region of Kamchatka has geysers, spiting fountains of hot water, and Kuril Islands are full of underwater volcanoes.



- ▲ **Mountains** – Ural Mountains¹, Caucasus Mountains²,
- ☆ **Cities** – Moscow³, St. Petersburg⁴, Novosibirsk⁵, Yekaterinburg⁶
- **Seas** - Barents Sea⁷, White Sea⁸, Black Sea⁹, Caspian Sea¹⁰, Kara Sea¹¹, Sea of Japan¹², Okhotsk Sea¹³, Bering Sea¹⁴
- **Regions** – Siberia¹⁵, Kamchatka Peninsula¹⁶, Novaya Zemlya¹⁷
- **Freshwater** – Volga River¹⁸, Ob' River¹⁹, Yenisey River²⁰, Irtysh River²¹, Lena River²², Lake Baikal²³

Climate

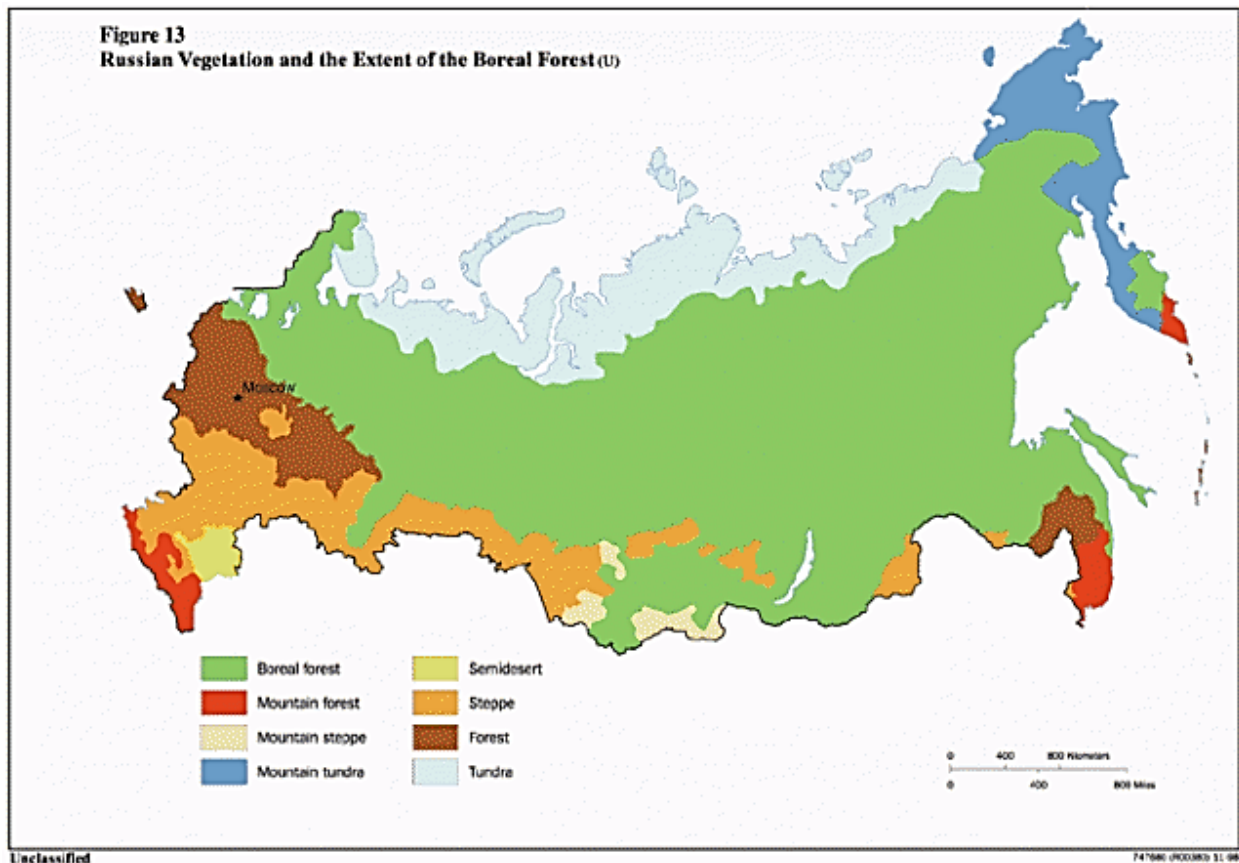
Russia can be divided into 4 major climate zones:

The far north of Russia is the **Tundra** permafrost. It is covered in snow 10 to 11 months. Only short root plants grow here on the surface when the snow melts in the short summers. The land is home to arctic foxes, oxen, lemmings (small mice-like rodents), owls, ravens, and in water there are walruses and seals; geese and ducks only come during the short summers.

Right beneath the Tundra is the **Taiga**. Covering half of Russia's land, it is covered with forests full of pines, furs, and spruces. Here you can find bears, tigers, elks, foxes, squirrels, and muskrats, many of these animals are hunted for their furs.

The taiga slowly transforms into **Forest**, which has pines and trees that drop leaves in the fall such as oaks and birches. Much of this land was cleared for farming and industry destroying the wildlife with pollution.

Finally, the **Steppe**, south of the Forests, is grasslands and flat plains. In Northern areas you can find birch, spruce, oaks, and ash trees, they provide homes for boars, deer, antelopes, mice, and hamsters. Towards the South in the Caucasus Mountains there are lynx (medium-sized wild cat), European bison, hedgehogs, leopards, and wolves as well as plants only native to Russia.



-----HERITAGE - HISTORY-----

Sviatopolk The Accursed

Sviatopolk was Grand Prince Vladimir's oldest son. When he was eight years old, he was given governance of Turov by Vladimir, who later arranged his marriage to the daughter of a Polish Duke. The princess came to Turov with Bishop Reinbern of Kolberg. Encouraged by his wife, Reinbern, and own dissatisfaction Sviatopolk plotted to go to war with his father Vladimir. However, before Sviatopolk could fulfill his plans, Vladimir found out. Sviatopolk, his wife, and Reinbern were thrown in prison. Despite Sviatopolk's transgressions, Vladimir eventually released his son from prison. Even handing him control over Vyshgorod, a town outside of Kiev. Vladimir died shortly after.

At this point in Russian history **primogeniture** was not practiced. Primogeniture is the law of passing inheritance, and titles to the oldest son. The greatest threats to Sviatopolk's claim to the throne were his brothers Boris, Gleb, Sviatoslav, and Yaroslav. Sviatopolk was not loved by the people, and in hopes of keeping him away from the Kievan throne his own retinue concealed his father's death from him. The attempts to conceal Vladimir's death proved to be in vain, and Sviatopolk seized power in Kiev not long after his father's death.

The deaths of Saints Boris and Gleb

Boris was also one of Vladimir's sons. He was prince of Rostov and in charge of Vladimir's personal guard (druzhina) and army. His position garnered him great respect and good reputation among the people. Though younger than Sviatopolk, to most he was the heir apparent to the Kievan throne. Upon learning of his father's death and Sviatopolk's accession to the throne he was urged to go to war with his brother and take rule in Kiev. In response Boris said "Be it not for me to raise my hand against my elder brother. Now that my father has passed away, let him take the place of my father in my heart". Despite Boris's desire for peace, Sviatopolk's insecurities and thirst for power grew into violence.

The peoples' distaste towards Sviatopolk persisted, and though he attempted to win their favor with gifts, these gestures bought him no favor. To secure his position on the throne he plotted to kill his brothers, the first being Boris. So, he sent boyars from Vyshgorod to assassinate him. Boris and his servant were stabbed to death while they were sleeping in a tent. As his body was being transported to Kiev in a bag, he was found still breathing, he was killed with the thrust of a lance. Gleb, unaware of the death of his brother, was sent for by Sviatopolk to see his dying father. As Gleb rushed to his dying father's side, not knowing that Vladimir had already passed, his brother Yaroslav learned of Sviatopolk's betrayal and urged Gleb to not meet Sviatopolk. Gleb was killed by his own cook as he prayed for his deceased brother. Boris and Gleb were assassinated in 1015 and were canonized as Passion-Bearers in 1071. Sviatopolk's treachery earned him the name, "the Accursed".



Yaroslav the Wise

Learning of his brothers' murders, Yaroslav went to war against Sviatopolk. His decision was

supported by citizens of Novgorod and the Varangians. In 1016, at a battle in Lubech, near the Dnieper river, Sviatopolk was defeated and fled to Poland. But that was not the last of Sviatopolk's wretchedness. In 1018 he returned to Kiev, and with the support of the Poles took the city from Yaroslav. In 1019, with forces comprised of Novgorodians and Varangians, Yaroslav reclaimed the city. Sviatopolk returned one last time. On his last attempt he came with the Pecheneg army and attacked Yaroslav on the Alta River. He was crushed by Yaroslav's forces and once again fled for Poland. This time, he never back.

Yaroslav expanded Russian borders, he took back lands lost to the Poles (Volyn see map) and expanded north towards the Baltics. He constructed forts along the southern border to fight off the nomadic Pechenegs and was instrumental in their defeat. Yaroslav led an unsuccessful attack on Byzantium, but nonetheless was able to acquire Chersonesus.

Yaroslav is called “The Wise” for many reasons: the creation of the Russian legal code “Pravda Yaroslava”; his initiative in the translation of numerous Greek books and texts into Old Slavonic; the building of the first Russian monasteries; and the construction of St. Sophia Cathedral. Yaroslav established primogeniture, the passing of inheritance and position to the oldest son, as law and also defined the legal position of the Church and clergy. He also placed the first Slavic Metropolitan of Kiev, this position had previously been held by a Greek.

Yaroslav died in 1054. Having spent much of his life in war against his own brothers, he desired for his sons to remain peaceful after his death. He split his kingdom among his five sons, instructing them to obey the eldest, Izyaslav.



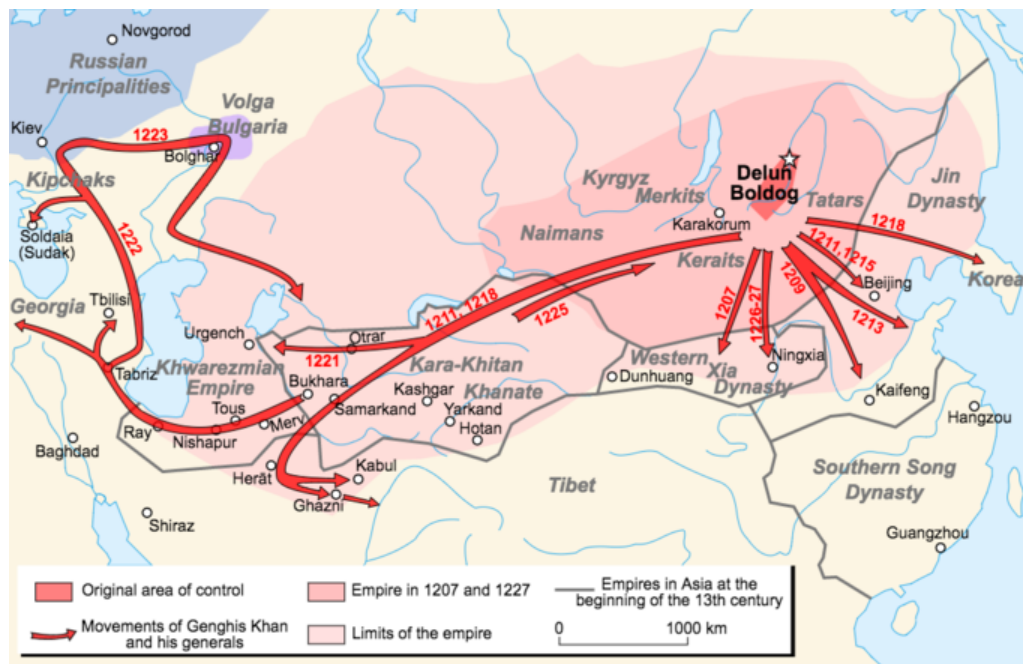
The Mongol Invasion

Yaroslav's sons did not heed his instructions. They went to war against each other and Kievan Rus became fragmented. By the 12th century, the fighting among the princes resulted in many small principalities. Without strong centralized unity, Kievan Rus was weakened militarily and economically. Kievan Rus continued to function but it lost its ability to fend off any serious foe. And a great foe was coming quickly from the east.

The Mongol Horde, also known as the Tatar Mongols and the Golden Horde, was made up of nomadic peoples from the steppes of central Asia. Unified under Genghis Khan, they were fearsome warriors who were renowned for fighting on horseback. They burned and pillaged towns and cities, leaving death and destruction behind them. In 1223, at the Battle of Kalka, the Mongol Horde came and defeated the Rus. Though after the battle they returned to the east, they came again in 1237. Under the leadership of Batu Khan, 35,000 mounted archers descend upon Kievan Rus. They first burned down Moscow and Kolomna, then separated into smaller units and conquered all the small polities one at a time. Batu Khan achieved complete victory in December 1240, with the taking of Kiev.

The Mongols built their capital Sarai in the south along the Volga River. All of the principalities

were forced to submit to the Mongols and pay tribute. The Rus were subject to Mongol rule for 200 years, this time is called the Mongol Yoke. Though the Mongols were cruel in war, the Mongol Yoke proved to be a relatively peaceful period. Eventually the tribute was made into a census, that was collected by the



Russian princes and taken to Sarai.

St. Alexander Nevsky

Alexander was born in 1221 in Pereslavl-Zalessky to Yaroslav II the Grand Prince of Vladimir. In 1236 his father became Grand Prince of Kiev and made Alexander Prince of Novgorod. At this time the north was under the Tatar Yoke and a great threat was coming from the West. The Roman Pope wanted to convert the Russians to Catholicism. Taking advantage of Russia's weakened state, the Germans and Swedes mounted several campaigns against Russia during Alexander's rule. In 1240 the Swedes prepared an attack upon the Novgorodian lands and had landed at the confluence of the Neva and Izhora rivers. With a small force, Alexander was able to defeat the Swedes. Because of his victory he was given the name "Nevsky".

Alexander also repelled the Livonian Order at the Battle on the Ice. A force of heavily armed Teutonic Knights (Crusaders) launched multiple attacks on the principality of Novgorod, taking Pskov, Izborsk and Koporye in 1240. In 1242 the crusaders crept closer to Novgorod and Alexander met them on the battlefield. Using the lay of the land to his advantage, he retreated his troops over the frozen Lake Peipus. The overconfident crusaders charged over the ice and were met by Novgorod's forces. The ice slowed the heavily armored Teutonic Knights, this gave the Novgorodians an advantage as their armor was light in comparison. The Knights became exhausted on the slippery ice and started to make a chaotic retreat deeper onto the ice. Seeing their exhausted retreat Alexander dispatched his cavalry and the Knights were defeated. There is a common misconception that the Teutonic Knights fell through the ice due to the weight of their armor. This is a modern innovation first appearing in the 1938 film "Alexander Nevsky" by Sergei Eisenstein.

Alexander's victories gained him great respect from the Khan and secured his power. Alexander was focused on the preservation of Orthodoxy, and preferred Orthodoxy under the Khan than "freedom" under the Pope. Alexander died in 1263 while returning from an exhausting journey to see the Khan. He took the Great Schema on his death bed. His spiritual adviser, Metropolitan Cyril saw Alexander being carried by angels while serving Liturgy and exclaimed "Brethren, know that the sun of the Russian Land

has now set.” St. Alexander Nevsky was canonized a saint in 1547.

Ivan I

At this time Moscow was but a small trading outpost in the northern forests, but soon it would become the cultural and religious center of Rus. Ivan the First was born in 1288 to the Prince of Moscow, after his father's and older brother's deaths he ascended the seat. His father Danyil and brother Yuriy had expanded the territory of Moscow. Yuriy had also managed to ally himself with Uzbek Khan, one of the Mongol leaders, and marry his sister. This gained him favor from the Golden Horde, which brought power and advantage.

Building Moscow: Ivan I carried on the work of his brother and was given the title of Grand Prince of Vladimir. This gave him the right to collect tribute from all of Vladimir and made Moscow an influential city in the region. There were other aspects that aided to Moscow's growth. It was positioned along a trade route from Novgorod to the Volga, this gave it economic prospects. Also, its geographic location between large principalities kept it far from foreign borders and less prone to attack. Ivan used all of this to his advantage and was able to relocate many people to the region. Using his alliance with the Tatars he was able to cast out thieves and raiders making it a safe region, in an unsafe time. Cities and towns started to merge into Moscow and Moscow grew into a large city, with great wealth. Ivan used these resources to develop the city center. He built stone churches and brought Metropolitan Peter from the now withered and devastated Kiev to Moscow. This transferred the seat of the hierarchy of the Russian Orthodox Church from Kiev to Moscow. As Moscow grew and became the religious and cultural center of the Rus, Kiev continued to dwindle. Over time this made Moscow the definite center of power in Rus.

Dimitry Donskoy

Dimitry was born in 1350 and ascended the throne of Grand Prince of Moscow at the age of nine, following the death of his father. As a young boy, Metropolitan Aleksey served as his regent. In his early reign, Dimitry receive the prized title of Grand Prince of Vladimir, and also built the Moscow Kremlin. The Kremlin served to protect Moscow during the Lithuanian- Muscovite War.

Dimitry openly challenged the Tatars, and defeated Mamai, a mongol general, at the Battle of Vozha River. Mamai retaliated in 1380 and led a large army to attack Moscow. St. Sergius of Radonezh blessed Dimitry to defend Moscow, and sent two monks to fight alongside him, Alexander Peresvet and Rodion Osllyabya. The two forces clashed at the Battle of Kulikovo field. At first each side chose a champion to fight against the other. The champion chosen by the Horde was Temir -murza, a terrifying and savage warrior. The Russians chose Alexander Peresvet, the monk. The two champions killed one another. Following this, Dimitry defeated the army of Mamai. The Battle of Kulikovo field took place on the Don, because of his victory he is called “Donskoy”.

Sadly, his victory didn't last long. Moscow was overrun in 1382 by Tokhtamysh, and Dimitry was forced to pledge his loyalty to him. He remained the principal tax collector and Grand Duke of Vladimir. Dimitry died in 1389.

Ivan the Great

Ivan the Third, also called “The Great,” was born in 1440 and ascended to Grand Prince of Moscow in 1462. Ivan used the wealth of Muscovy to build large parts of the Moscow Kremlin, including the Dormition Cathedral. He also married Sophia Paleologos, a Byzantine princess which inspired him to style himself in a Byzantine manner and bear the title Tsar.

Though alliance with the Tatars served to Moscow's growth and wealth, Ivan refused to pay the Horde tribute in 1476 which caused retaliation from the Mongols. The Mongols attacked Moscow in 1480 and after months of battle were forced to retreat. At this time the Mongol Empire was fracturing, and soon the devastating Yoke that spread across Asia would crumble.

Ivan also waged war on Novgorod, that had been a major rival to Moscow. Moscow came out victorious, Novgorod officially recognized Moscow's rule in 1478. Under Ivan, Moscow's rule expanded

further over Yaroslavl, Rostov, Tver, and Vyatka. By forcing these principalities to pledge loyalty to Moscow, Moscow became the most unified political power in the region to have existed since Grand Prince Vladimir.

In 1497 Ivan created a new legal code called the Muscovite Sudebnik, which punished disobedience, sacrilege, and attempts to undermine the Grand Prince of Moscow.

Ivan the Terrible (Grozniy)

Ivan IV reigned as the Grand Prince of Moscow from 1533 to 1547. In 1547 he took the title Tsar of all Russia, a title that all subsequent Russian Monarchs carried. Ivan was three when he was named Grand Prince of Moscow. His entire childhood, he was surrounded by power hungry and manipulative boyars. This made him distrust and suspect the boyars throughout his life.

His crowning to Tsar of all Russia firmly marks the establishment of the unified Russian state. He created the Zemsky Sobor (parliament) and revised the legal code with the Sudebnik of 1550. This new code created a standing army called the Streltsy. Ivan also established the Moscow Print Yard, the first Russian printing press. The construction of the famous St. Basils Cathedral in Moscow was also overseen by Ivan.

In 1560 Ivan's wife, Anastasia, was poisoned and died. This deeply wounded Ivan and strengthened his distrust of the boyars. Ivan departed the capital and went on a pilgrimage, taking with him a large personal guard, boyars, and the treasury.

On January 3rd, 1564, from the fortified Aleksandrova Sloboda, he issued two letters. The first addressed the elite, accusing them of embezzlement and treason, and concluded by announcing his abdication. In the second letter he addressed the citizens and said that he had no anger against them. Ivan was beloved by the Muscovites, and the boyars in Moscow were hesitant of ruling in his absence as they were afraid that the citizens would revolt against them. The boyars sent an envoy to Ivan to beg for his return. Ivan agreed, but only on the condition that he may persecute the boyars guilty of treason, punishing them with execution and taking their lands. The boyars agreed and Ivan returned to rule.

He created the Oprichnina, a separate territory within Russia on the territory of former Novgorod, where he held ultimate rule. The rest of Russia was ruled by the Boyar Council, this was called the Zemshina. He created a personal guard called Oprichniki made up of nobles and citizenry that had no ties to the administration of the zemshina. The Oprichniki rode across the lands, finding and executing boyars they deemed corrupt. During this time there was much terror. The Oprichniki not only targeted boyars, but also the Church and its clerics that they suspected of supporting allegedly corrupt boyars. The Oprichniki launched many raids, violently executed many people, and confiscating church and secular properties. These raids were made more intense by Russia's involvement in the Livonian War.

In 1572 the Oprichnina was dissolved. The Boyar Council. Ivan substantially expanded Russia's southern lands back to Russia, as well as expanding

Ivan had a very complex personality. He wasn't just a fearsome despot, he was deeply religious, a poet, composer, and supported the arts. In 1581, in the heat of an argument with his second son, he struck him on the head with his scepter. His son fell to the ground bleeding. In horror of what he had done, Ivan threw himself at his son. As he kissed his son's face and tried to stop the bleeding, he cried out saying "May I be damned! I've killed my son!" His son reputedly responded, "I die as a devoted son, and most humble servant." His son died a few days later.



Ivan the Terrible and his son with a fatal wound. Painting by Ilya Repin
1885

Ivan the Terrible was a great ruler that greatly expanded the territories of Russia, won the war with the Livonians, and contributed much to the flourishing of Russian culture. His sobriquet “The Terrible” doesn't mean only to strike terror and is an outdated translation of “Grozny”. “Grozny” means courageous, magnificent, magisterial, and keeping enemies in fear, but people in obedience. Ivan died in 1584.

-----SCOUTING – THEORY-----

Rules of Pathfinders

1. Разведчик верен Богу, Отечеству, родителям, и начальникам.

[razvedchik veren bogu, otechestvu, roditelyam, i nachalnikam]

1. A pathfinder is faithful to God, his heritage, his parents, and his superiors.

2. Разведчик честен и правдив.

[razvedchik chesten i pravdiv]

2. A pathfinder is truthful and honest.

3. Разведчик помогает ближнему.

[razvedchik pomogaet blizhnemu]

3. A Pathfinder helps his neighbor.

Преображенский Марш

[Prebrazhenskiy March]

- Знают Турки нас и Шведы, и про нас известен свет.¹
[znayoot turki nas I shvedi, I pro nas izvesten svet]
- На сроженья на победы, нас всегда сам Царь ведет.²
[na srazheniya na pobedi nas vseгда sam tsar vedet]
- С нами труд Он разделяет, Перед нами Он в боях,³
[s nami trood on razdelyaet, pered nami on v boyah]
- Счастьем всяк из нас считает Умереть в Его глазах.⁴
[schast'em vsyak iz nas shitaet, umeret'v ego glazah]
- Славны были наши деды помнят их и Швед и Лях,⁵
[slavni bili nawi dedi, pomnyat ih i shved i lyah]
- И парил орел победы на Полтавских на полях.⁶
[I poril orel pobedi, na poltavskih na polyah]
- Слався наша Рущь святая, будь как прежде велика,⁷
[svavsya nawa rus'svataya, bud'kak prezhde velika]
- Мы земной поклон, родная, шлем тебе из далека.⁸
[mi zemnoy poklon rodnaya, shlem tebe iz daleka]
- Разлучили нас с тобою, на чужбине мы живем,⁹
[razluchili nas s toboyu, na chuzhbine mi zivem]
- И лишь верою одною в Бога и в Тебя живем.¹⁰
[I lish'verou odnoyu v boga I v tebya zhivem]
- Верим мы, продет ненастье, вновь Россия оживет¹¹
[verim mi proidem ne nenast'e, vnov'rosia azhivet]
- И Господь пошлет нам счастье, Родина нас призавет.¹²
[I gospod'poshlet nam schast'e, rodina nas prizavet]
- Дар мы, принесем заветный, вклады правды и добра,¹³
[dar mi prinesem zavetniy, klavdi pravdi I dobra]
- С криками на многия лета, Матушки-России УРА!¹⁴
[s kriami na mnogiya leta matushki-rossii Ura!]
1. We're known to the Turks and Swedes, and the rest of the world has also heard.
 2. Into battle, on to victory, we are led by the Czar himself.
 3. He shares our trials, he leads us into battle,
 4. Each of us would consider ourselves fortunate to die before him.
 5. Glorious were our fathers, remembered by the Swede and Lapp,
 6. And the eagle of victory soared above the field of Poltava.
 7. Be honored our Holy Russia, become as great as before,
 8. We send you, our motherland, a bow from afar.
 9. They have separated us from you, we live in a foreign land,
 10. And only through faith, we live through God and you.
 11. We believe this time will pass, and Russia will live again,
 12. And the Lord will send us good fortune, and our homeland will beckon.
 13. To you we send greetings, reports of truth and good will,
 14. With cheers for many years, Mother Russia, Hurrah!

Uniform

In the fourth level, you are required to know all parts of the uniform; You must know the symbols for levels of rank, badges, and medals. identify them on a uniform with their correct placement, and name them in both English and Russian. Also learn to address each rank correctly (with the correct gender) in Russian.

Addressing- When we are wearing uniforms and in formation (stroj) we address every person by their rank. On occasions when you need to address someone personally who is of higher rank than you, it is proper to address them formally showing respect. To address them you first say Sir or Ma'am, followed by their rank and then in some cases their full name. Address only in Russian.

Господин [*gospodin*] – (Sir) + RANK + NAME

Госпожа [*gospozha*]- (Ma'am) + RANK + NAME

Ranks

Разведчик/ица – Pathfinder
[*razvedchik/razvedchitsa*]
Pathfinder

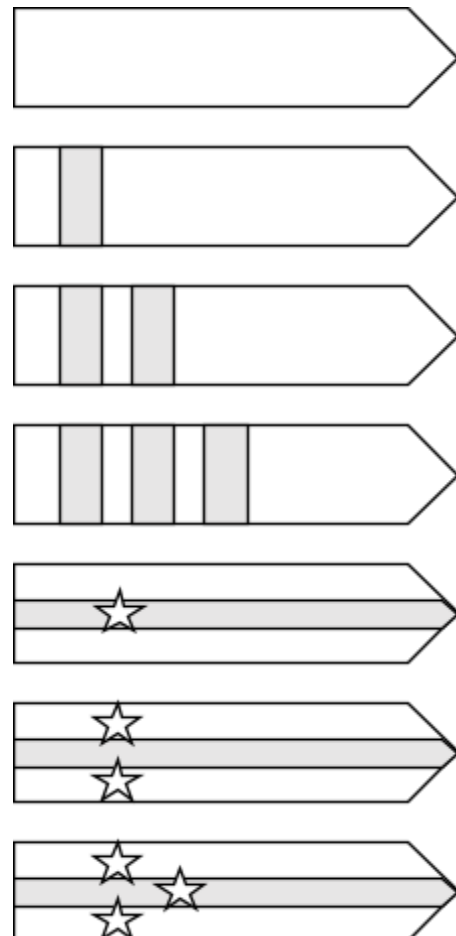
Помощник/ица Звеньевой/вая
[*potoshnik zven'evoy/potoshnitsa zven'evaya*]
Assistant Cabin Leader

Звеньевой/вая
[*zven'evoy/zven'evaya*]
Cabin Leader

Старший/шая Звеньевой/вая
[*starshiy zven'evoy/starshaya zven'evaya*]
Senior Cabin Leader

Младший/шая Инструктор/ша
[*mladshiy instroctor/ mladshaya instroktorsha*]
Junior Instructor

Инструктор/ша
[*instroctor/ instroktorsha*]
Instructor



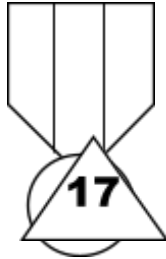
Старший/шая Инструктор/ша

[starshiy instroctor/ starshaya instrooktorsha]

Senior Instructor

Большой поход 3 *[bol'shoi pohod]*

Big Hike – can come in any shape, color, and number



Три пера 2 *[tri pera]*

Three Feathers – 3 white feathers on red background



Лучший/шая разведчик(ица) 10

[loochshiy razvedchik]
[loochshaya razvedchitsa]

Best Camper – White, blue, and red, ribbon with engraved name and year. This medal can only be earned once and only before receiving rank.

Медаль за усердие 10

[medal' za userdie]

Medal for Efforts – Green ribbon for 2nd degree, Red ribbon for 1st degree. Earned for hard work and diligence, it can be earned more than once. The 1st degree is rewarded after at least 10 years of dedication to camp.

Badges



1 Ранг [<i>rang</i>]	Rank
2 Три пера [<i>tri pera</i>]	Three feathers
3 Большой поход [<i>bol'shoy pohod</i>]	Big hike
4 Разряд [<i>razryad</i>]	Level of scouting
5 Спасатель [<i>spasatel'</i>]	Lifeguard
6 Брат/Сестра Милосердия [<i>brat/sestra miloserdiya</i>]	Nurse Badge
7 Плавание [<i>plavanie</i>]	Swimming Badges
8 Лучшая кабинка [<i>luchshaya kabinka</i>]	Best cabin (winner)
9 Значок чтеца [<i>znachok chtetsa</i>]	Reader's Badge
9 Значек церковного прислужника [<i>znachyek cerkovnogo prisloozhnika</i>]	Altar Server Badge
10 Медали [<i>medali</i>]	Medals

Other (not earned)

11 Русский флаг [<i>ruskiy flag</i>]	Russian Flag
12 Юбилейные значки [<i>yubileinie znachki</i>]	Anniversary pins and badges
13 Годы в лагере (звёзды) [<i>godi v lagere-zvyozdi</i>]	Years at Camp (stars)

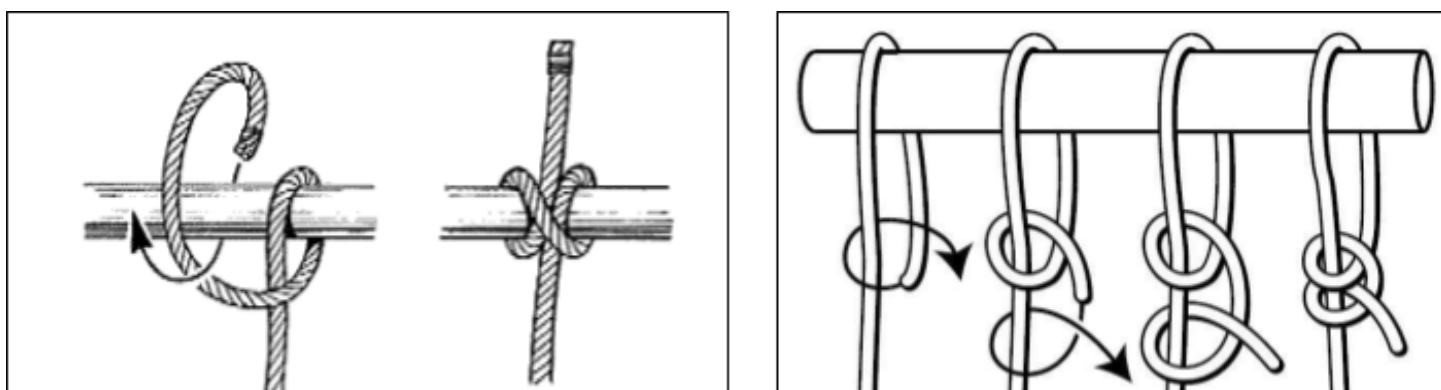
-----SCOUTING – PRACTICAL-----

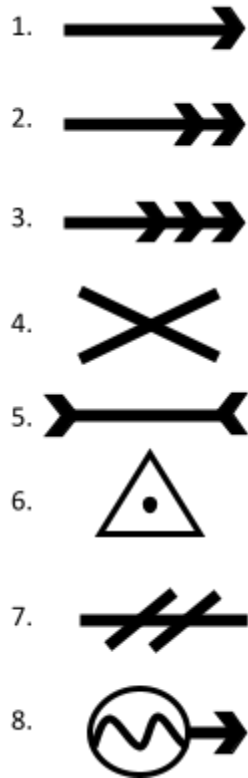
Knots

Review Slip Knot and Square Knot from 5th level.

Clove Hitch – an easy knot to tie to a tree, post, or pole especially as a crossing line, but it can slip if used alone

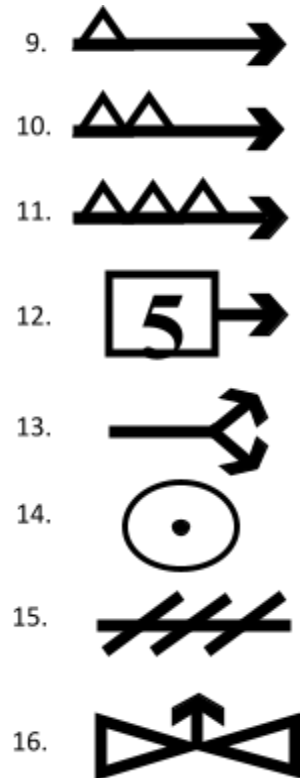
Half Hitch Knot – (sometimes tied as a two half hitches) tied to secure objects in a hurry, commonly used for hammocks, fishing lines, and moving large objects.





Orienteering Signs

1. Walk that way
2. Hurry
3. Run
4. Wrong way
5. Wait for me here
6. Whistle
7. Caution
8. Water that way
9. Camp that way
10. Village
11. City
12. Note in 5 steps
13. Split up
14. Don't wait for me here
15. Danger
16. Cow gate



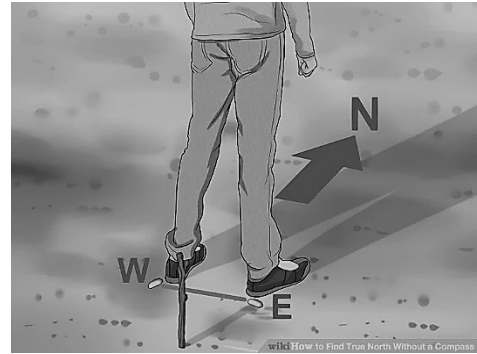
-----SCOUTING – SURVIVAL-----

Finding Direction Using Nature

Before the GPS there was the compass. Before the compass there was cartography. But even before man had maps and navigational aids, he was using nature to navigate. The Greeks, Vikings, Polynesians, and other exploring cultures of centuries past used natural clues provided by the sun, moon, stars, wind, plants, and animals to plot their routes and conquer unexplored territories. This practice is known as natural navigation, or the ability to use nature's clues for direction and navigation without the assistance of modern instruments. Learn the following techniques for finding North.

Finding North with the Sun and a Stick

When the sun is visible, you can use it in conjunction with shadows to determine cardinal direction. All you'll need is a stick, some stones, a flat surface, and a few hours of time. You start by driving the stick into the ground. Then place a stone at the end of the shadow created by the stick. Since the sun rises in the East, this stone marks the direction for West. After approximately three hours, use a stone to mark the new shadow cast from the stick. This point will mark the direction for East. You can draw a line between the two stones to mark an East-West line followed by an intersecting line to denote North and South. This same method can be done with the shadow of a tree trunk instead of a stick. A walking stick, tent post, or other manmade object could also be used.



Plants and Trees

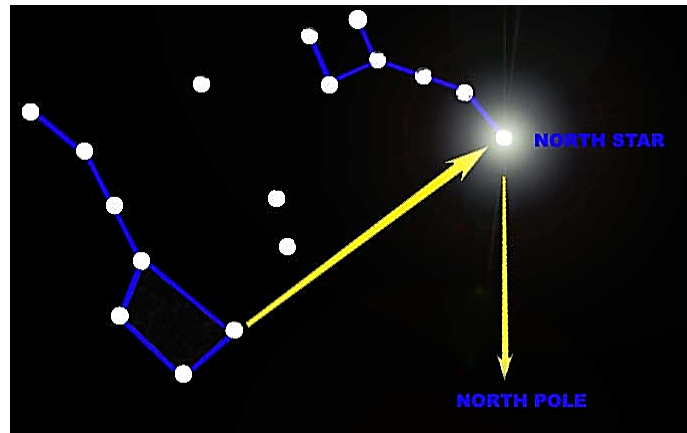
In the northern hemisphere, where the arc of the sun falls on the South side of trees, trees show more growth on their southernmost sides. This tendency depends on the species but is found on most poplar, beech, oak, chestnut, and locust trees, which also tend to lean toward the South over time. The branches on these trees are also more horizontal on the southern side, where those on the northern side stretch vertically as if they are reaching for sunlight. These same clues also apply to ferns, shrubs, and wildflowers, which also grow more densely and show a slight declination to the South.

Most people have heard that moss grows on the North side of trees. This is also directly affected by the southern-indicating principles above. Since moss likes shade, it tends to grow on the side of trees (or rocks) that receive the least sunlight, the northern side. But more than shade, moss and lichens thrive in areas with low levels of evaporation that retain moisture for longer periods of time, which also tend to be on the northern/northeastern side of trees and rocks.

Stars

At night the only source of steering marks are the stars in the sky. Polaris (The North Star) is the most important star to identify, as it remains fixed in the sky less than 1-degree off true North while all other stars change location with the rotation of the earth. The key to locating the North Star in the night sky is to first find the Big Dipper, a constellation of stars known as Ursa Major which is perhaps the best-known group of stars in the northern sky and is easy to distinguish

from all others. Knowing how to find the Big Dipper makes it easy to find the north star. The second key to finding the North Star is a similarly shaped constellation of stars known as the Little Dipper. The Little Dipper, also known as Ursa Minor, is smaller and more difficult to find in the night sky. Fortunately, its big brother the Big Dipper points the way. The Pole Star we are seeking is the brightest of the Little Dipper stars and is located at the tip of the dipper's handle.



-----Mindset and Prioritization in an Emergency survival situation-----

There are 6 primary components of wilderness survival to help you thrive in any situation. They are organized by “The Rules of Three.” These rules provide a guideline of priority of basic human needs (first shelter, then water, and lastly food). Remember these rules!

A human can survive for:

- **3 minutes without air**
- **3 hours without regulated body temperature (shelter)**
- **3 days without water**
- **3 weeks without food**

There is not a perfect order fit for every environment, so in case of an emergency assess the situation and try to prioritize according to “The Rules of Three.”

1. Attitude

Your attitude determines how successful you are in a survival situation. This first of the basic survival skills that might even determine whether you live or die. Surviving a difficult wilderness situation requires meeting many challenges while avoiding panic. By systematically *assessing*, *planning*, and *executing* your basic survival skills, you will help keep your mind and body actively engaged in addressing your situation.

2. Shelter

Many people who are forced into survival situations often get into serious trouble because of direct exposure to the elements. Most people in survival situations die of hypothermia, which can be easily avoided with basic survival skills. Being able to build a shelter is of paramount importance in a survival situation. It is extremely important to prevent or minimize heat loss, or if in a desert environment, to minimize water loss. Here are some things to think about when planning to build a shelter:

- Location (away from hazards, near materials)
- Insulation (from ground, rain, wind, air)
- Heat Source (body heat or fire-heated)
- Personal or Group Shelter

3. Water

Since the human body is composed of up to 78% water, it should be no surprise that water is higher on the list than fire or food. Many lost persons perish due to dehydration, and/or the debilitating effects of water-borne pathogens from untreated water or minerals and metals that downstream from industrial and agricultural operations. The best sources for clean drinking water in a wilderness setting are springs, head-water streams, and collecting morning dew. The most widely used and proven method for safely purifying water is boiling. Bringing water to a boil and allowing it to continue to boil for 2-3 minutes will kill bacteria and viruses.

By maintaining a level attitude, creating a shelter, and obtaining clean water, a person can successfully survive for many weeks.

4. Fire

Even though it is not directly a survival need, fire is one of the most useful basic survival skills. It can help warm your body or your shelter, dry your clothes, boil your water, and cook your food. Also, fire can provide psychological support in a survival situation, creating a sense of security and safety.

Ideally, when traveling in the wilderness, it is best to carry multiple fire-starting tools, such as a lighter, matches, flint and steel, etc. Even with these implements starting a fire can be challenging in inclement weather. Good fire-making skills are invaluable, especially being able to start it in varying weather conditions. If you were to find yourself in a situation without a modern fire-making implement, fire by friction is the most effective primitive technique.

5. Food

You might be surprised to see food so low on the basic survival skills priorities list, though we can survive for much longer without it as compared with shelter and water. Remember "The Rule of Threes": humans can survive without food for roughly 3 weeks. Thankfully, most natural environments are filled with a variety of items that can meet our nutritional needs. Wild plants often provide the most readily available foods, though insects and small wild game can also support our dietary needs in a survival situation.

Here are a few plants which are abundant throughout North America:

Cattail: known as the "supermarket of the swamp", the roots, shoots, and pollen heads can be eaten

Conifers: the inner bark, known as the cambium, is full of sugars, starches and calories, and can be eaten on most evergreen, cone-bearing trees [except for Yew, which is poisonous]

Grasses: the juices from the leaves can provide nutrition, and the root corm can be roasted and eaten

Oaks: all acorns can be leached of their bitter tannic acids, and then eaten, providing an excellent source of protein, fats, and calories

Be sure that you properly identify any plant you plan on consuming (using field guides and/or the guidance of an experienced expert). Many plants can be difficult to identify,

and some edible plants have poisonous look-a-likes. If you cannot identify the plant, do not eat it.

Now, with these keys to basic survival skills, you are well on your way to thriving in the outdoors.

-----**Dangerous Insects and Animals**-----

It is important to learn about dangerous insects and animals to avoid harm or trouble without having to destroy nature that may seem dangerous when it is useful. As a responsible pathfinder you should leave wild animals alone and always be respectful of all nature.

Snakes

Most snakes in the United States are not lethal, in general snakes rarely bite and release venom (as it is mainly used for getting food) unless seriously disturbed in isolation. Despite of this you should learn how to be aware of your surroundings to avoid getting bitten.

A snake, being a shy and nervous animal, in most cases will try to escape if approached. It will only bite out of self-defense if it feels endangered or cornered. If you do not approach the snake it will most likely not approach you, unless by accident.

To avoid getting bitten:

- Be aware of the temperature outside. If it is below 70°F degrees most snakes are inactive, hidden, and are unlikely strike. Above 74°F degrees, many species can be hot and irritated and are more likely strike if intruded.
- Be conscious of where you place your hands and feet especially in hotter southern states. You are likely to be bitten if you expose yourself obtrusively to a snake in quiet isolated areas like under old logs or climbing rocks. Most bites occur on hand, legs, and feet, however when climbing rocky edges, you may get bitten on face or neck which are more dangerous areas being closer to the central nervous system.
- Never attempt to handle a snake yourself especially if you know it to be venomous. Leave it to a trained person or professional. If you must remove the snake yourself, NEVER use your hands, use a long shovel or stick to move it. Also never place a snake in an enclosed area like a cardboard box – it will quickly escape.

How sick will a person be from a bite?

This depends on many factors.

- First most obviously species of the snake, size of snake and amount of venom extracted.
- Condition and recent activity; an old snake will likely produce less venom, or it has recently hunted and been in combat.
- Condition of fangs, if they haven't been broken from recent bite for example.
- Size of the bite.
- The layered or protective clothing you are wearing.
- Foreign protein tolerance of victim, some people can be allergic to venom or have low tolerance thus the bite might be more severe.
- The size and health of victim, children under 75 lbs. and those with health problems will be affected more severely.

- And finally, immediacy of first aid and proper medical attention.

What to do if you get bitten?

Contrary to common belief venom spreads slowly, can involve many different symptoms and pain. Sit calmly and keep extension of the bite to a minimum. Seek medical attention immediately and administer first aid for shock, cardiac or respiratory arrest with CPR if needed. Make sure to describe offensive snake to medical specialists for the correct anti-venin.

Most dangerous snakes in US:

Coral snakes (Eastern and Western):

- Related to Cobra family, brightly colored sequenced ring patterned snakes found in Southern States, can be lethal attacking the central nervous system

Pit Vipers – Found throughout most of North America:

- Eastern Diamondback Rattlesnake - largest and most venomous, deadly
- Western Diamondback Rattlesnake – toxic and deadly
- Mojave Rattlesnake – very aggressive and very venomous
- Timber Rattlesnake – delivers a large dose of venom through large fangs
- Cottonmouth – very aggressive, similar to nonaggressive Copperhead but both are rarely lethal and will not bother if left alone

Yellow Belly Sea Snake - mostly found in water and can be lethal, it can stay underwater for up to 3 hours before coming up to breathe

Spiders, Scorpions, and Insects

Black Widow Spider – Has a large shiny black bulb with a red hourglass on the underside, they can be deadly. Females are twice as large as males and more dangerous because of size. She often eats the male after mating, hence called the widow. In most cases she will try to escape instead of biting unless she is defending her eggs. The spiders are mostly found in the South, hiding in dark places under leaves, cardboard, old buildings, old tires, and in sand. Be aware of your surroundings and avoid running into webs. Also watch out for a similar cousin Brown Widow Spider, gray, brown or black with brow spots outlined with yellow. If bitten clean the area with soap and water, apply ice pack and pain medication, get medical attention immediately. Call 911 if person goes into shock or the face swells.



Arizona Bark Scorpion – very venomous and possibly deadly. Grow up to 3 inches and can be found in Arizona, Utah and California. Scorpions are night creatures, to avoid being bitten watch where you place your hands and feet and small dark places. If bitten clean the area with soap and water, apply ice pack, dress the wound, and give pain medication, get medical attention immediately. Watch for breathing or allergic reaction, call 911 if severe reaction occurs.

Ticks – Nonvenomous but are nasty widespread insects that are difficult to remove and are potential carriers of diseases. Ticks wait for host animals from the tips of grasses and shrubs (not

from trees). When brushed by a moving animal or person, they quickly let go of the plant and climb onto the host. Ticks can only crawl and often will crawl on the body for warm moist spots; Be careful year-round in woody and grassy areas as they can be active in winter.

To avoid tick bites:

- When in woody or grassy areas wear protective attire, long sleeves and long pants.
- Use insect repellent
- Always check yourself after outdoor activities
- If you find a tick on your body remove it promptly from skin with tweezers pulling straight up, disinfect the area. Do not use bare hands to remove, dispose of the tick using tape, alcohol, or soapy water (they are hard to kill). Wash your clothes in hot water and use high heat dryer.



-----SCOUTING - FIRST AID-----

Review First aid from 5th level and learn the following:

Nose bleed

Nosebleeds occur when one of the small blood vessels in the mucous membranes of the nose bursts.

1. Sit down and firmly pinch the soft part of the nose, just above the nostrils, for at least 10-15 minutes
2. Stay upright, this reduces the blood pressure in the blood vessels of your nose and will discourage further bleeding. **Do not** lie down, or bend head back because this increases blood pressure in the head and so increases the bleeding.
3. Lean forward and breathe through the mouth – this will drain blood down the nose instead of down the back of your throat
4. Place an ice pack covered by a towel on the bridge of your nose. If the bleeding continues, contact a doctor.

Shock

Shock is a life-threatening medical condition and is a medical emergency. If shock is suspected call 911 or get to an emergency department immediately. Shock occurs when too little blood circulates to the brain. When there is not enough blood in the blood vessels, the blood pressure drops, and too little oxygen is circulated to the brain. **Shock may occur:** after an accident

involving loss of blood; after a serious infection, with loss of fluids; after a serious burn; after other accidents that cause loss of fluids or blood; as part of an allergic reaction (anaphylaxis).

Symptoms: paleness; sweaty, clammy, and cold skin; dizziness; anxiety or restlessness; a weak, fast pulse; low blood pressure; slow or weak breathing; loss of consciousness; weakness.

1. Call 911 for immediate medical attention, do not wait for symptoms to worsen before calling for help. Stay with the person until help arrives.
2. Have the person lie down on his or her back with the feet elevated above the head (if raising the legs causes pain or injury, keep the person flat) to increase blood flow to vital organs. Do not raise the head.
3. Keep the person warm and comfortable. Loosen tight clothing and cover them with a blanket.
4. Give appropriate first aid for any injuries, and control for significant bleeding by applying direct pressure.
5. Check the person's airway, breathing and circulation, if the person is breathing on his or her own, continue to check breathing every 2 minutes until help arrives. If trained Administer CPR if they stop breathing or lose their pulse.

Other notes: Do NOT move a person who has a known or suspected spinal injury (unless they are in imminent danger of further injury). Do not give fluids by mouth, as there is a choking risk in the event of loss of consciousness.

Heat Related Illnesses: Hyperthermia

When your temperature climbs too high and threatens your health, it's known as hyperthermia. Hyperthermia is an umbrella term that refers to several conditions that can occur when your body's heat-regulation system can't handle the heat in your environment. The average body temperature is 98.6°C, you're said to have severe hyperthermia if your body temperature is above 104°F (40°C). The stages of hyperthermia progress from the being uncomfortably hot without being able to cool yourself through sweating (Heat Stress), to feeling fatigued (Heat Fatigue), to fainting which is when your blood pressure drops and blood flow to the brain is temporarily reduced (Heat Syncope), to more serious life-threatening conditions Heat Exhaustion and Heat Stroke.

Heat Exhaustion - This is one of the most serious stages of hyperthermia, when your body can't cool itself any more.

Symptoms: profuse sweating, dizziness, weakness, thirst, coordination issues, trouble concentrating, skin that's cool and clammy, rapid pulse

Heat Stroke - Hyperthermia's most serious stage is heat stroke. It can be fatal. Other heat-related illnesses can lead to heat stroke if they aren't treated effectively and quickly. Heat stroke can occur when your body temperature reaches above 104°F (40°C). Fainting is often the first sign.

Symptoms – irritability, confusion, coordination issues, flushed skin, reduced or no sweating, weak or rapid pulse

Treatment for both:

4th Level of Scouting

1. Rest in a cool place. Get into an air-conditioned building or find a shady spot or sit in front of a fan. Rest on back with legs elevated higher than heart level.
2. Drink water or electrolyte-filled sports drinks.
3. Take cooling measures. Take a cool shower, soak in a cool bath, or put towels soaked in cool water on the skin. If you're outdoors and not near shelter, soaking in a cool pond or stream can help bring your temperature down. Place ice bags under arms and around groin area.
4. Loosen clothing. Remove any unnecessary clothing and make sure your clothes are lightweight and nonbinding.