

**SAMPLE  
MA & PA TRAINING  
HANDBOOK**

**For Pioneer Trek**

## **TONGUE NOR PEN CAN NEVER TELL THE SORROW**

“It is good to look to the past to gain appreciation for the present and perspective for the future. It is good to look upon the virtues of those who have gone before to gain strength for whatever lies ahead. It is good to reflect upon the work of those who labored so hard and gained so little in this world, but out of whose dreams and early plans so well nurtured has come a great harvest of which we are the beneficiaries. Their tremendous example can become a compelling motivation for each of us, for each of us is a pioneer in his own life, often in his own family, and many of us pioneer daily in seeking to do God’s will and lift and serve those around us.”

-Gordon B. Hinckley

## **REMEMBERING OUR EXPERIENCE and THE EXPERIENCE OF OTHERS**

“I have a desire to leave a record of those scenes and events through which I have passed, that my children, down to my latest posterity, may read what their ancestors were willing to suffer, and did suffer, patiently for the gospel’s sake. And I wish them to understand too, that what I now word is the history of hundreds of others who have passed through like scenes for the same cause. I also, too, desire them to know that it was in obedience to the commands of the true and living God, and with the assurance of an eternal reward – an exaltation in His kingdom – that we suffered these things. I hope, too, that it will inspire my posterity with fortitude to stand firm and faithful to the truth, and be willing to suffer and sacrifice all things that they may be required to pass through for the sake of the Kingdom of God.”

-Elizabeth Horrocks Jackson  
Kingsford

## **NOTICE AND ACKNOWLEDGEMENTS**

As you study the materials in this manual, please take in consideration the following:

**Confidentiality:** This manual is not a general Church publication and should be used only as a resource example for you to develop your own Ma and Pa training manual.

**Acknowledgement:** The Bountiful Utah Stake developed much of the material contained in this manual. However, there is other information that was drawn from the contents of Pioneer Trek materials prepared by other stakes and from the former BYU program. Deseret Land and Livestock also made a significant contribution to the contents of this manual. We would like to thank and acknowledge the contribution of all of those that provided content for this document.

## **INTRODUCTION**

**Welcome to Pioneer Trek!** As Ma's and Pa's you perform one of the most critical roles in the adventure that our young people have as they experience Pioneer Trek. The selection of Ma's and Pa's was a very careful, deliberative and inspirational process. It was intended to select those individuals that have the greatest capacity to contribute to this spiritual experience of the young people who will be joining with us in this adventure. This manual is intended to help you better understand your role as a Ma and Pa. It will cover some of the basic aspects of the Pioneer Trek program. Please take time to carefully study what is contained in this manual. This will allow you to focus more on inviting the spirit into your trek family.

## **CONCEPT OF PIONEER TREK**

Now is your time to prepare. There is a lot of work ahead of you but, as the old adage goes, "NO PAIN-- NO GAIN." At times you may feel discouraged. You may find that some of the youth are not enthusiastic about Pioneer Trek. Perhaps some of their leaders and parents will not be either. Who cares, because when Trek is finished, you will be rewarded as you see those dirty, smiling, crying faces arrive home--and they will be rewarded, too.

Although Trek is designed to provide an authentic pioneer experience, it also entails other significant purposes. Specifically, it places the youth in a situation where they learn through experience to appreciate what they have, who they are, and what they may become.

This program is organized to provide opportunities for experiences. In addition to a group or family experience, Trek is designed to provide an individualized experience. Each youth learns lessons that apply to his or her life.

The youth will be asked to do challenging things, but should never be forced against their will to do anything that they do not want to do. Through the symbolism of the experience and group discussions during the week, the youth may be able to understand various aspects of the Plan of Salvation and the Gospel on a more personal level.

When questioned, you should testify, teach, and emphasize the positive experiences and benefits that can be achieved through sincere participation. Remember, you were chosen to be Ma's and Pa's because of who you are and what you have done, and because of what you must do. There has been a yoke placed upon you, therefore, may the Lord bless you as you endeavor to accomplish the difficult, though rewarding, task you have been given.

You have been chosen as Ma's and Pa's because of your great examples. You have demonstrated in your life those unique qualities needed for this challenge; more

specifically, we think you have a love for God, and a love for youth and an ability to relate to them and reach into their hearts. The specific training you will receive will only enhance and complement that preparation which you have already had.

Although you will learn as much as possible about Trek in the training sessions, **your most important responsibility will be to love the youth.** This is perhaps the most difficult skill for some to acquire, and yet it will be your greatest resource. Your own spiritual preparation is of utmost importance and will help you to be in tune with the Spirit so that you can receive help and guidance when you need it.

### **EXAMPLE OF TREK OBJECTIVES (BOUNTIFUL, UTAH STAKE)**

The Bountiful Utah Stake Presidency spent considerable time developing a unique theme and specific objectives of Pioneer Trek. They first started with a discussion with bishops about what they would like to see accomplished in a combined summer youth conference. After understanding some of the perceived needs of bishops, a decision was made to sponsor a Pioneer Trek. The significance of this in your role as Ma's and Pa's is that the decision to sponsor a Pioneer Trek was not a trivial process. It was a revelatory process wherein the spirit had a role in providing direction with respect to what should be done. The development of the objectives followed a similar process.

The general theme of the 200\_ Youth Conference is **Discovery**. It is hoped that the Pioneer Trek experience will help those who participate to discover more about themselves and what is really important, to discover a greater appreciation for their Father in Heaven, for a personal Savior and for those pioneers who laid the foundation for what we enjoy today. We also hope they will discover new friends and special relationships that they will cherish for the rest of their lives while having a great time in a pioneer-like environment. A detailed description of the objectives for the Bountiful Utah Stake 200\_ Youth Conference is articulated in the following table. To be effective it is very important for you to have a clear understanding of what we are seeking to accomplish. Remember this assignment is not about hiking and camping. Rather it is about building and strengthening testimonies in a hiking and camping environment.

### **EXAMPLE OF CRITICAL DATES OUTLINE (BOUNTIFUL, UTAH STAKE)**

The following are the most important dates you will need to remember. A detailed itinerary is included in this document.

<b>Date</b>	<b>Activity</b>	<b>Location</b>	<b>Participants</b>
May 8 <sup>th</sup> / 5:00 pm	Ma and Pa Training	Tabernacle	Ma's, Pa's and Captains
May 13 <sup>th</sup> / 7:00 pm	Parents Fireside	Tabernacle	Parents of youth participants
May 14 <sup>th</sup> / 7:00 pm	Ma and Pa Training	Tabernacle	Ma's, Pa's and Captains
May 20 <sup>th</sup> / 7:00 pm	Ma and Pa Training	Tabernacle	Ma's, Pa's and Captains

June 18 <sup>th</sup> and 19 <sup>th</sup>	Training Trek	Deseret Land and Livestock	Trail Boss, Captains, Ma's and Pa's and Support Staff
June 24 <sup>th</sup>	Temple Night with Stake Presidency	Bountiful Temple	Adult Trek Participants
June 29 <sup>th</sup> through July 2 <sup>nd</sup>	Pioneer Trek Discovery	Deseret Land and Livestock	All Trek Participants

## BOUNTIFUL UTAH STAKE 200\_ YOUTH CONFERENCE OBJECTIVES

Public Objectives		Design Emphasis		
<b>Youth Leader Emphasis</b>	<b>Youth Emphasis</b>	The 2004 Bountiful Utah Stake youth conference theme is Discovery. In the challenge and adventure of a Pioneer Trek environment, the conference objectives are to help the youth:	<ul style="list-style-type: none"> <li>▪ Activities will be designed to challenge the youth and require them to discover solutions</li> <li>▪ The Ma and Pa of each family will teach using techniques that lead the youth to discover correct principles</li> <li>▪ Youth will live like pioneers, including the preparation of their own meals, in an environment with minimal 2004 influence</li> </ul>	<ul style="list-style-type: none"> <li>▪ Remove youth conference away good experience youth have a great entertainment</li> </ul>
		1. Discover new relationships with their Father in Heaven and their Savior and to recognize the significant importance of spirituality in their lives	Build to a spiritual testimony meeting by providing multiple opportunities per day to feel the Spirit by obedience to the principles of revelation including regular: <ul style="list-style-type: none"> <li>▪ Study of the scriptures</li> <li>▪ Recording what is learned in a journal</li> <li>▪ Singing of the hymns</li> </ul>	<ul style="list-style-type: none"> <li>▪ Youth tend to perhaps only to things intangible</li> </ul>
		2. Discover a renewed and expanded appreciation on a very personal level for those who have preceded them (parents and ancestors including pioneers) and the sacrifice and contribution they made in the establishment of the Kingdom of God on the earth	<ul style="list-style-type: none"> <li>▪ Teach selected pioneer history and the faith of the pioneers in the context of the activities</li> <li>▪ Confidential activity to strengthen the bonds of love between the youth and others at home</li> </ul>	
		3. Discover and appreciate new friends and relationships within the stake	<ul style="list-style-type: none"> <li>▪ Youth will be uniformly distributed throughout the Trek families except to meet the needs of specific individuals</li> <li>▪ Select many fun activities that require the youth to work together with each as an important contributor</li> </ul>	<ul style="list-style-type: none"> <li>▪ Meet and get to Create a situation things do not ma</li> </ul>
	4. Discover themselves—who they are and what principles are really important in a culture where materialism and self-gratification are so predominant	Underscore the following concepts: <ul style="list-style-type: none"> <li>▪ How the actions of each person affect others</li> <li>▪ The value of each youth in the lives of others</li> <li>▪ The importance of dependability</li> </ul>	<ul style="list-style-type: none"> <li>▪ Our youth grow that some things possessions</li> <li>▪ He accomplish what</li> </ul>	
	The conference will also provide an opportunity for adult leaders to discover and build stronger relationships with their youth	One-on-one leader/youth interaction	<ul style="list-style-type: none"> <li>▪ Youth need to experience</li> </ul>	

### ORGANIZATION

All planning and implementation is done under the direction of the Stake Presidency who has established specific objectives for the trek. Positions include the following:

#### Chairman

Organizes the different committees and insures proper direction, coordination and communication between all of those who have different assignments related to the trek activity.

### **Trail Boss**

Leads meetings, manages the trek, insures timely and accurate communications between all of those involved and is responsible for a safe and successful Trek experience.

### **Captains**

Are assigned to watch over three families and assist the Trail Boss in managing the trek safely consistent with the objectives that have been established by the Stake Presidency.

### **Support Staff**

Everyone who works behind the scenes to make sure that everyone on the trek has food, equipment, water, portable toilets, and anything else that is needed to insure a safe and positive experience for everyone involved.

### **Ma's and Pa's**

Ma's and Pa's are all married couples. They are trained on all aspects of the trek including food preparation, medical prevention, reflection, games and activities. There will be 10 children in each family.

### **Big Brother and Big Sister**

Each family will have a big brother and big sister who act as the family leaders during the trek. Ma's and Pa's make assignments and the youth carry them out. They may also lead scripture study and Family Home Evening.

### **Stake Organization**

The stake organization functions under the direction of the Stake Presidency. The Chairman will assist as requested. The following are the major committees that will help put a successful Trek together.

### **Publicity, Communications and Recruitment Committee**

Responsible for all pre trek activities, advertising of trek and related activities and recruitment of potential participants. They will also have responsibility for all communications to the Bishops, ward youth leaders and youth. They will also be responsible for ancestral research and pioneer stories that can be used on the trek. The Youth Committee will be available to advise and assist. A representative of each ward

Young Men's/Young Women's Organization will make up to the committee. Their objective is to insure that every young person in the Stake is provided maximum opportunity to participate in the pioneer trek as scheduled.

### **Youth Committee**

The Youth Committee is made up of a youth representative from each of the seven wards in the Bountiful Utah Stake. They will be responsible for providing advice to the other committees, the Trek Chairman, and the Stake Presidency as deemed appropriate by those groups. (One YW and one YM from each ward?)

### **Program and Activities Committee**

The Program and Activities Committee will be responsible for planning and implementing all activities associated with the trek itself. This includes games, firesides, opportunities for spiritual experiences, training of Ma's and Pa's, hoedown, solo time, and equipment needed to support these activities. Their objective is to plan and implement activities to make the trek experience fun and meaningful and that will help insure that the objectives established by the Stake Presidency are accomplished. The Stake Presidency will call the chairperson and approve committee members.

### **Food Committee**

The food committee will be responsible for planning all menus, preparing shopping lists, purchasing and packaging food, training Ma's and Pa's for individual family means and preparing the first and last group meals. They will also be responsible for collecting and organizing needed cooking equipment for the central kitchen. The objective of the food committee is to insure that each of the families is adequately supplied with food and that the nutritional need of each trek participant is met. The Stake Presidency will call the chairperson and approve committee members.

### **Transportation and Equipment Committee**

The transportation and Equipment committee will be responsible for arranging safe transportation to and from the trek site, the preparation of an equipment list, the acquisition of needed equipment, the movement of water trailers, portable toilets, tents, camp equipment, and trash removal. The objective of the Transportation Committee is to plan and arrange for the safe movement of all trek participants and the equipment and supplies that will be needed to support the trek. The Stake Presidency will call the chairperson and approve members of the committee.

### **Medical/Safety/Registration Committee**

The Medical Registration Committee is responsible for the registration of all participants in the trek including the medical information/ release form. They are also responsible for collecting first aid kits and other necessary medical supplies to support the trek activity, training of Ma's and Pa's, and support on the trail. The objective of the Medical Committee is to insure that trek experience is safe and that medical resources

will be available for meeting any medical contingency. They will also work with the transportation committee in planning communication needs including equipment. The Stake Presidency will call the chairperson and approve members of the committee.

### **Historical Committee**

The Historical Committee will be responsible for documenting the trek activity including selected pre-trek activities. They will organize still picture and video documentation and will conduct selected interviews of those involved with the trek. They will also be responsible for the post-trek fireside. Their objective will be to document the trek itself and illustrate the fulfillment of the objectives defined by the Stake Presidency.

### **General Committee**

The General Committee will consist of the chairpersons of each of the other committees plus a representative of the Stake Presidency, as needed. The committee will be led by the general chairman and will be supported by the youth committee as necessary. The committee will serve primarily to coordinate and communicate all activities related to the overall planning and implementation of the trek activity. The committee with the support of the youth committee will make key recommendations to the Stake Presidency related to the trek activity.

## **ROLE OF MA'S AND PA'S**

You were called because of who you are--your character and testimony as well as your talents and abilities. You will lead and help the youth of the Stake on a memorable, once-in-a-lifetime experience.

**Your Trek Family** You will be assigned young people with whom you will spend the entire **3 and one-half** days (or the scheduled time period). These young people will vary in backgrounds and strengths. However, they will all dress similarly, have the same possessions, and will probably smell the same as well (it's not that bad, though).

You will have a handcart in which to place your belongings and those of your family. As a family, you will pull and push the handcart together, cook your own meals together, and have your own individual camping area at the base camp. [As a Ma and Pa, you will not be pulling the handcart, except perhaps helping in very difficult areas of the trail.]

### **Vision of Trek**

Pioneer Trek is designed to provide an individualized experience, in a family setting, and it does this by teaching general principles that each youth can apply to his or her life. Many of these principles are taught through symbolism and analogy.

Trek participants are given the opportunity to face and overcome a very difficult task--the Long Handcart Pull the first day. During it they must pull a heavily laden handcart up a mountain (or over a great distance). Part of the challenge comes as they are asked to pull

with people they don't really know, and part of it comes later, when they are asked to pull the handcart farther than they ever thought they could. They are given the chance to discover their own strengths and weaknesses, to recognize the strengths of others, and to see where they need to change their own lives. They are given the chance to see the power of seeking our Heavenly Father's help, and the power of serving others. With this new knowledge, they can return to their families and homes with the courage to make changes in their own lives.

### **Your Duties**

You have many responsibilities, not the least of which is to ensure that the overall Trek experience is completed safely and without any serious incident. In accomplishing this objective you will need to work closely with your captain and the trail boss. However, perhaps your greatest responsibility is to foster an environment where each of our youth participants individually will have an opportunity to experience the spirit. We have provided several opportunities through the course of Trek for you to facilitate interactions with the spirit. In approaching this general responsibility you need to remember that this requires more than a casual effort. It is important for you to be very careful in how you think about creating opportunities for the Trek participants to feel the whispering of the Holy Spirit.

## **SPECIFIC GUIDANCE THAT YOU MIGHT CONSIDER**

### **Study and Know the Pioneer Stories**

Find your own Pioneer Hero and study their life. Think about how this person's example or faith can influence your own life. Share with the youth how this individual has had an impact on your faith and your actions. If you sacrifice the time to truly learn about individual pioneers, when you share their stories about their life on the trail and what they did once they reached the valley the youth will feel the spirit. Remember, you can have a Pioneer Hero and your own Ancestor Hero; many times the youth will not have their own Pioneer Ancestor but will have an ancestor who had the pioneer spirit and left an incredible legacy.

### **Be a Good Example**

Each of you must know that your first responsibility is to set an example to all of those who will be in your family. For some of our youth participants this will be their only opportunity to live with "parents" who have been sealed in the Temple. As a result you can provide an example of how an ideal family unit should function. The rest of this section may give you some ideas about how you can achieve this objective.

### **Strive to be an Effective Teacher**

You will not be able to teach everything during Pioneer Trek. It is, therefore, important for you to focus on a few things that you might teach during the brief time that you have

with your trek family. First of all, remember that teaching is always more effective where there are strong substantive relationships. Therefore, it is important for you to work hard to establish a substantive relationship with **all** members of your family. Do not play favorites; strive for equity in relationships that you build with the members of your family. Remember that substantive relationships are not necessarily based on being "their best friend" or a "cotton candy" approach to friendship, but on genuineness, true interest, effective listening, and being there when they need you. Second, it is important to rely on sound doctrinal principles when you teach. The combination of effective relationships and doctrine can have a powerful impact on individual lives. As you approach the teaching opportunities you have, please consider the following:

### **Be effective at asking and answering questions**

Elder Eyring has said that this is at the heart of all learning and teaching. He said, "The Master answered and sometimes chose not to answer questions in his ministry. The most effective questions invite inspiration. Great teachers ask those". That may take just a small change of words or inflection in the voice.

Here is a question that might not invite inspiration: How is a true prophet recognized? That question invites an answer which is a list drawn from memory of the scriptures and the words of living prophets. Many students could participate in answering. Most could give at least a passable suggestion and minds would be stimulated.

But we could also ask the question this way with just a small difference: 'Have you felt that you were in the presence of the prophet?' That will invite individuals to search their memories for feelings. After asking you might wisely wait for a moment before calling on someone to respond. Even those that do not speak will be thinking of spiritual experiences that will invite the Holy Ghost. Then even if no one should speak they will be ready to bear quiet testimony of your witness that we are blessed to live when God has called prophets to guide and teach us."

### **Use of Journals**

We have made a decision to provide each participant in Pioneer Trek with a journal wherein they can record those things they are feeling and learning. Elder Richard Scott of the Quorum of the Twelve has effectively taught a basic premise for recording spiritual experiences in journals: "I will seek to learn by what I hear, see, and feel. I will write down things I learn and I will do them". During the course of Trek there will be times provided wherein the participants can write in their journal. You should help to provide them a framework that will help them be most effective in this effort. For example, a journal entry might consist of at least one sentence with each of the following questions: What did I do? What did I learn? What did I feel? How will I apply what I have learned?

Elder Scott further expanded on the scripture in D&C 8:2. "I will tell you in your mind and in your heart by the Holy Ghost." He taught that: "An impression to the mind is very specific. Detailed words can be heard or felt and written as though instruction were being

dictated". He then taught about communications to the mind and heart by saying, "Communication of the heart is a more general impression. The Lord often begins by giving impressions where there is recognition of their importance when they are obeyed one receives more capacity to receive more detailed instruction to the mind. An impression to the heart if followed is fortified by a more specific instruction to the mind." As our youth begin to understand these concepts they will become better at recording what is important in their journals. Journals help us remember what the Lord has taught us. This theme is repeated several times in the Book of Mormon. We need to remember both what we feel and what we see and hear. The raw history is also important to remember.

Remember, it is important in your experience with our Trek participants not to over teach. The above are some general guidelines that you might utilize and apply appropriately as the spirit dictates.

### **Use Music Effectively**

Music can be an effective tool in teaching. You will have many opportunities to sing during Pioneer Trek. Included in this training manual are several fun songs to sing while you are on the trail. Additionally, at the end of the journals that will be provided to each of our youth are several more spiritually-based songs of Zion that you can use at appropriate times to invite the spirit in special ways. There will be those times such as morning devotional or "contemplation reflection" settings where these songs can be used effectively.

### **Love Your Trek Family**

As with your own family, it is important for you to uniformly love every member of your family. Do not show favoritism. Look for positive attributes in each member and seek for opportunities to reinforce them. Each participant is unique and your responsibility will be to give the love and support he or she needs to overcome their own personal challenges. For some the challenge is pulling the handcart, for others it is offering a hand of support to someone in need. Your love for your Trek family will be your greatest resource.

### **Guide Your Family throughout the Trek**

You will guide the family throughout the Trek. You will lead by giving responsibility to the youth and supporting them in those responsibilities; for example: in all family prayers, family scripture study, group hugs, discussions, assignments, meals and activities.

### **Listen With Both Your Mind and Heart**

Someone once said, "Seek first to understand and then to be understood". It is difficult for people to listen to you if they do not feel you are listening to them. By watching and listening you will know what each member of your family needs to strengthen themselves spiritually. You will know when it is time to offer a helping hand or to let him/her

struggle on their own. Effective listening requires not just hearing, but observing body language, interactions with others, and other things that might tell you really what is going on in their mind and heart.

### **Have Fun**

You should help your family have fun as well as have a good experience. Be positive and enthusiastic. Smile and encourage your family members in even the most challenging tasks. At the same time, make it fun.

### **Gap-Fillers**

There will be gaps in the schedule. Use gap-fillers and games to keep things interesting. Bring pioneer stories or experiences from your own family histories and share them with your family.

### **Be a Resource to Your Family**

To the family you are a resource, not a servant. If you find yourself running around gathering wood, fixing meals, and washing dishes--something has gone wrong. Your job is to help the young people by letting them help themselves. You should instruct the big brother and big sister and let them organize the family members. They should load the handcart and prepare the meals. You should never be working alone. Help your family to shoulder their responsibilities. If they don't wash the cornmeal out of the Dutch oven after breakfast, cook the next meal in the cornmeal-encrusted Dutch oven.

### **Allow Creativity**

Allow the young people to show their creative skills. More often than not, they will find a new and better method for accomplishing the goal. When you tell them exactly how to do everything, step-by-step, or when you do everything for them, you are depriving them of the opportunity to grow and discover. You might be surprised to find how much easier and more rewarding your job becomes when you shift responsibility to the young people and allow them to develop their potential.

### **Create Unity in Your Family**

Remember that family unity is the goal. When looking back on Trek, your family members should remember the family unity rather than remember just Ma or Pa. Another of your duties is to establish and maintain love and unity among your fellow Ma's and Pa's, the Trail Boss, the support staff and the other leaders. Respect the Trail Boss. They have a very challenging job. Consult with them and the other leaders when you are not sure what to do.

Every incident, problem, challenge and idle moment can be turned into something very positive and meaningful for the young people and yourself. You have a great resource available to you to do this--the family. You are the key!

Being a Pa or a Ma on Pioneer Trek is a lot like going on a mission. If you prepare yourself and give your greatest effort, you will have one of the best experiences of your life.

May the Lord bless you as you endeavor to accomplish this challenging, though rewarding, task you have been given.

## **MA AND PA PREPARATION**

### **Spiritual Preparation**

Pioneer Trek is like going on a mission. It requires spiritual preparation. That means additional effort by Ma's and Pa's to bring their lives in tune with the Spirit. Here are some suggestions:

- . . . . . Personal and family prayer each day
- . . . . . Pray to listen to the Spirit--then follow promptings
- . . . . . Personal regular study of Book of Mormon and other scriptures

Bruce R. McConkie said: "No man or woman, whether they be great or small, atheist or theologian, wise or ignorant, can ever be saved in the Kingdom of God unless or until they come to know by the power of the Holy Ghost that this Holy writ contains the mind and will and voice of the Lord, unto all the world. In short, the inhabitants of the earth will rise or fall eternally because of what they think of the Book of Mormon.

- . . . . . As you read the scriptures, think of Trek while you ponder
- . . . . . Attend the temple regularly
- . . . . . Study about your ancestors and the handcart pioneers
- . . . . . Improve your listening skills

As part of your spiritual preparation, **there will be a temple night with the stake presidency on June 24<sup>th</sup> at the Bountiful Temple**. This will be a great opportunity to add a culminating temple experience before the Trek experience actually begins.

### **Challenge the Youth to Participate Wholeheartedly**

- . . . . . It is important for the youth participants to be engaged in the Trek activity.
- . . . . . Be firm, yet understanding, loving and humble in helping the youth accept the Trek experience.
- . . . . . Your initial efforts as a family to establish family rules and procedures will assist in this fulfillment.
- . . . . . While you must not force the youth to do anything against their will, encourage their participation and do not let them disrupt the experience of others.

### **Family Dynamics**

- . . . . . Remember, all families do not need to be the same
- . . . . . Each family will have its own personality and will develop at its own pace. As you work together to understand the objectives of Trek your family will grow

in strength. Some families may appear to be more outgoing and lively, some will be more sedate and reserved. You will need to guide your family development according to the personalities of those in your family and with the assistance of the spirit.

- . . . . . Take opportunities throughout the Trek experience to understand the thoughts, feelings, and personalities of each individual family member.
- . . . . . Take opportunity to share your feelings and personalities with them individually and collectively.

### **Physical Preparation**

Pioneer Trek requires physical stamina. That requires physical preparation, obeying the Word of Wisdom, eating wholesome foods, not overeating, eating a balanced diet, and regular exercise. It is important for you to start now. Physical preparation cannot be completed in a short period of time. The following are some general guidelines that you might consider:

- . . . . . Walk 4-5 times per week
- . . . . . For 2-3 times per week walk 2-3 miles, and 2 times a week walk 4-5 miles
- . . . . . About 4 times before the actual Trek experience walk longer periods of time uphill. For example, you may want to walk to Elephant Rock or to Rudy's Flat above Mueller Park.
- . . . . . The following are some distances for hikes that you might consider:  
From the Bountiful 9<sup>th</sup>/31<sup>st</sup> Ward chapel to the temple is 2.3 miles; to 18<sup>th</sup> South and Bountiful Boulevard is 2.8 miles; and, to the Bountiful Golf Course is 4 miles.

From the trail head at the entrance of Mueller Park to Elephant Rock is about 3 miles and Rudy's Flat is about 6 miles.

### **Basic Skills**

There are several basic skills you will need that will be reviewed in training sessions.

They are:

- . . . . . fire building
- . . . . . knot tying
- . . . . . rain protection on the road and in camp
- . . . . . preparing meals
- . . . . . survival skills
- . . . . . no trace camping

## **CONTEMPLATION AND REFLECTION ON TREK EXPERIENCES**

As a Ma or Pa, you will have the opportunity to conduct a group activity called "contemplation and reflection". It is an essential part of the Trek experience, and its success will, to a great extent, make the difference between a good and a bad experience for the participants. Usually, you will follow the same general guidelines for each session.

Reflecting is a lot like a family council. It is the exchange of spiritual insights by the members of the group. It provides a vehicle to internalize the gospel as its principles are related to various Trek activities.

A good reflection session does not happen automatically; it requires considerable preparation and reflection on your part. As you participate in the Trek, keep in mind the events and how they relate to gospel principles. This offers the youth a chance to ponder what is going on both spiritually and physically and how it affects everyday life.

**Remember that the youth should have their agency and not be forced into a situation where they feel they have to share their feelings. We want them to remember the spirit rather than leave feeling embarrassed or mad because they were forced to talk.**

- . . . . . Involve the complete family.
- . . . . . Use personal Trek experience.
- . . . . . Use gospel parallels and analogies.

### **Guidelines for Contemplation and Reflection**

. . . . . **Sit in a Circle:** The family should sit in a circle. The buckets used for personal equipment can be used as chairs. No one should be on the outside or on the inside but should be facing in towards the center. Each person should sit close to the one next to him. This lends to a feeling of belonging and togetherness to the experience. Equally important, it permits each person to look into the eyes of the other participants.

. . . . . **Physical Comforts:** Be sure that you are in a comfortable place, not hot (direct sunshine) or too cold.

. . . . . **Setting the Stage:** After the circle is formed, ask them to think about the previous day experiences [or the experience you want to discuss]. Invite them to think of a parallel to life, their relationship with their Father in Heaven, their Savior, their own families, or any gospel principle.

. . . . . **Getting Started:** One way to get the discussion going is to start at one point on the circle and have each participant respond in turn to the question: "If you could choose one word to describe how you felt last night, what would it be?" Some of them will be very negative, and some positive. Next you might ask certain individuals why they said what they did. You can continue this process, asking for details and changing the topic where necessary.

. . . . . **The Focus:** Remember that this is a time for sharing and expressing feelings and ideas about the experience, life and the gospel. Your responsibility is to initiate the sharing. You can do this by asking thought-provoking questions, or at times by sharing some of your own feelings. However, if you just open the time up for discussion you may have complete silence, so you need to structure the sharing a little.

. . . . . **Reinforcement:** For many of the youth this will be a new experience. Try to encourage everyone to share, but don't force anyone to do it and don't force the parallels. The participants should come up with them. This is not a time to preach to the youth!! It is their time to teach themselves! After you ask a question you should sit back and listen.

. . . **No Right Answers:** You may need to ask additional questions to help the youth think about what has happened to them, or to help them to understand their feelings. However, you should never ask a question that looks for a specific answer.

Don't force your feelings on them. There is no pre-determined right answer, just their insights and feelings.

It is often hard to implement new changes and thoughts in our lives, but it is all part of life and the process we must go through to become like Christ. On the last day of Trek, we encourage you to challenge the youth to take home what they have learned and to “really change” and become like Christ.

- . **Caution:** Please take note of the following issues that may arise:
  - Occasionally a participant will be very open, honest, and sincere about a member of the family who perhaps did not give 100 percent of himself/herself to pushing the handcart. If this type of situation arises, it is important to take control of the group and let them know that the purpose of processing is to express personal insights in feelings about oneself, (and others if those feelings are edifying) not to criticize, judge, or blame others.
  - Don't let the participant's laugh at each other or talk while someone else is sharing. You should listen carefully to each participant.
  - It is often hard to implement these new changes and thoughts in our lives. On the last day of Trek we strongly encourage you to challenge the youth to take home what they have learned and to “really change” and become like Christ.
  
- . **Be Yourself in Developing your Own Processing Techniques:** You are an individual and the way that you approach contemplation and reflection might be different than others. There is not necessarily a right way. It is important, however, for you to be comfortable as you approach this very important part of the Trek experience.
  - The techniques or ways in which you conduct your processing of contemplation and reflection is your own choice. It is left up to your own choice, experience, personality, and preparation. Follow the spirit and help your family search for insights as they learn from their actual Trek experience.
  - There are a few ideas of processing that are included in the appendix of this manual that can help teach additional principles or assist to reinforce the Trek experience.
  - Ma's and Pa's should decide ahead of Trek how they propose to approach contemplation and reflection and discuss this with their family as the situation presents itself.
  - Please be comfortable enough with your family council approach so as to conduct a comfortable introductive council.

## **TREK RULES**

The following are the rules of the trail. They are very important for a safe, harmonious, and successful Trek.

### **Dress Code**

The dress code is not to be compromised. Each family member must abide by the rules of this code. The dress code will be emphasized in the Parent's Fireside. The fullness of the Trek experience cannot be achieved unless we comply with this rule. When everyone is dressed like a pioneer, a unique setting and environment is created. There seems to be perfect equality. All external barriers, images, cliques, pride, and popularity egos seem to be removed. What then remains? What's left is a group of equal and potentially humble families ready to be taught. Use all skills necessary to enforce the proper dress code.

**NOTE:** Check Personal Equipment list for proper dress attire.

**Authentic:** Participants should wear pioneer clothing. They should look like a pioneer.

**Sturdy:** Make sure all articles of clothing you bring will last at least **4** days under the most vigorous conditions.

**Shoes:** Do not bring new shoes or new boots--they will wear blisters. Broken-in hiking shoes or boots will work best. Sturdy running shoes will work fine if hiking boots are not available.

**Socks:** Two layers is the best practice with the inner socks being thinner (nylon or the like) and the outer being thicker (wool or cotton).

### **Acceptable Behavior**

Romances are not tolerated. Be cautious of romances beginning or taking place. If you are suspicious of a romance or a potential romance, contact the Trail Boss. This rule will not be compromised.

### **Respect**

It is important for the Trek participants to have respect for one another. The Trek experience is an opportunity to teach some fundamental principles of respect with young men and young women. For example, you may want to have a policy that no boys eat until all girls are served.

### **Handcart rules**

When pulling the handcart, please observe the following guidelines:

- **NEVER RUN WITH THE HANDCART.**
- Each family member must have at least one hand on the handcart (or on a rope tied to the handcart) at all times. The handcarts are very heavy when loaded.

- Family members must stay away from the wheels as they walk and keep dresses and tarps away from the wheels.
- No one is allowed to ride in the handcarts at any time. If someone is seriously ill, contact the Trail Boss or a Medical Specialist.
- The handcarts stop and start only when the Trail Boss indicates that it is time. The whole handcart train will stop together for breaks, and start again, together.
- Watch for potential wear and breakdown on the handcarts. Avoid jarring the carts by going over large rocks or into holes. Also avoid pulling the handcarts on a slanted plane (i.e., where one wheel is consistently lower than another.) If all the weight of the handcart is shifted to one wheel, it may break.
- Whenever a cart stops, it needs to be pulled as far as safely possible to the side of the trail to allow for passing vehicles. Put rocks behind the wheels or turn handcarts sideways on hills to prevent carts from rolling down hills.

### **Sleeping Arrangement**

At the end of each day the handcarts will be put into a circle. The females will sleep on the inside of the circle, and the males will sleep on the outside of the circle. Each family will have one tent which the females may use in the event of inclement weather. The male members of the family will be asked to arrange protection using the handcart and a tarp from which they can construct a lean-to.

### **Keep your Families Together**

It is important to know where your family members are and that they are accounted for at important critical times. This is important for both safety and experience reasons. Please consider the following:

- It is critical to the development and bonding of your families and the families of others that your family members remain together at all times. This is particularly important the first couple of days.
- Do not let them wander off to friends and other families. In instances of emergencies, or otherwise a Ma or Pa or Trek staff should accompany the individual.

### **Toilet Issues on the Trail (Trek leaders must check with the specific trek site for policy and toilet accommodations.)**

Toilets—at some trek sites, portable toilets are provided for all participants and staff, which are on trailers, and are stocked with toilet paper and with soap and water for hand-washing. At other sites, permanent toilet structures have been built. At some sites, each trek group is responsible to furnish their own toilet paper and hand washing supplies.

At some sites, pop-up portable toilets may be available to be carried on the handcarts for emergency use, or the trek leaders may be expected to furnish them. Their use entails the burial of human waste, which may not be allowed on a given site; it is imperative to follow the policies of the specific site where the trek is happening.

There will be formal potty breaks along the trail. It will be important for the Ma and Pa to encourage everyone to take advantage of this time to minimize the need for interim personal needs stops. Please encourage the Trek participants to wash their hands after each potty break.

Ma's should be aware of the circumstances of the female members of your family to see that their needs are appropriately taken care of.

### **Trash**

**“No Trace Camping” is the policy.** “Pack it in, Pack it out” means that everything brought in must be taken out, including left-over food or peelings, cores, etc., charcoal briquettes, plastic and/or paper products, firewood, etc. All trash goes into trash bags so it can be hauled out. No trash is buried including food, briquettes, or plastic products. If trash is left by others, please put it into bags and haul it out.

## **MEDICAL ISSUES**

Health and safety are essential to a successful trek experience. Please pay special attention to the following information and instructions:

### **Medical Specialists**

Each trek group is required to have emergency health care professionals with them throughout the trek; specifically: a minimum of one doctor, registered nurse, or EMT for every hundred participants. The medical staff will be prepared with all the necessary medical equipment, medicine, shelter, transportation, release forms, and communication needed to handle any medical emergencies.

### **Medical Information**

During the registration process, each participant will be required to complete a personal medical information form, which includes any special medical conditions or medication needs. That information is held by the Medical Specialists for reference. Medical information about each youth assigned to your Trek family will be given to you before the Trek so you can be advised ahead of time of any unique medical situations.

### **First Aid Kits**

You should have a basic first-aid kit as part of your family equipment. Use it as needed. If you need advice, or additional supplies-such as mole skin for blisters, check with a Medical Specialist.

### **Water Use and Guidelines**

Only drink water that is provided for you from the water trailer or at the base camp. Never drink rainwater, stream water, lake water, pond water, or water from puddles or

creeks. Serious sickness can occur from drinking impure water. Giardia is a common parasite in impure water; it can cause flu-like symptoms and cramps.

### **Dehydration**

This is one of the most frequently encountered medical issues along the trail. Each handcart should carry 10 gallons of water and the opportunity to refill if necessary.

- It is important for the whole train of carts to stop frequently for water breaks. This is particularly important for the young women. They don't seem to want to drink enough water.
- Watch for signs of dehydration. (If you are thirsty you are already dehydrated) Drink enough water to avoid dehydration.
- You will be provided with powdered Gatorade or an equivalent powder to scoop into the tin cups once or twice during the day.
- Dehydration and heat exhaustion often go hand in hand, so make sure water goes in, but also keep the outside cooled down with wet bandanas around the neck and/or by using a spray bottle.

### **Food**

Each of the Trek participants will be asked to eat a good breakfast the day we depart for the trailhead. In addition, we will have a lunch at the trailhead before the handcart pull actually commences. Other meals will be organized throughout the course of the Trek. Supplementary to this each Ma and Pa will carry nutrition bars and other food items that can be given to family members who appear to be overly stressed because they are too hungry. You will need to utilize this supplementary resource with inspiration and with prudence.

### **Trail Sickness**

It is headache pain, flu-like symptoms, dizziness, depression, always weak and tired. It is caused by physical exhaustion and dehydration. Drink water throughout the day and if it is hot make sure everyone gets a spoonful of Gatorade or an equivalent powder in their water.

### **Blisters**

Blisters can ruin the Trek experience for some people. It is important that individual Trek participants take preventive measures to make sure that their feet are adequately protected by wearing two pair of socks—a thin pair underneath and a more substantial pair on the outside. It is a good idea to have a periodic foot inspection to identify blisters and see that they are treated by the medical team. This is another good reason for the pre-trek hikes—so their feet will “toughen-up”.

## **OTHER MEDICAL AND SAFETY ISSUES TO CONSIDER**

During the course of the Trek experience you may encounter insects, vermin, animals, snakes, and environmental hazards such as rainstorms, lightning, and wildfires. Inform the Trail Boss and Medical Specialists immediately if any serious issues arise regarding the health and safety of your trek family. Please study the following information as a part of your preparation:

**Insects:** Your insect repellent should take care of mosquitoes and other similar bugs.

**Ticks:** There may be ticks in the area of the Trek--both Rocky Mountain Ticks and Sheep Ticks. Each family member should check himself/herself twice a day; in some cases Pa's may need to check the male trekkers and Ma's the female trekkers. The ticks may carry Rocky Mountain Spotted Fever or Lyme Disease.

Ticks seem to be fairly bright in that they climb weeds along paths and trails waiting for a host to come along, then they climb on board as a host brushes by the vegetation. They prefer the groin, armpit and neck areas.

- **Tick Avoidance**

Trekkers should wear light colored clothing, both because it is cooler and because it is easier to see ticks. They might also tuck their pants or bloomers into their socks. Spray insect repellent on shoe tops, socks and lower pant legs. Make sure you have adequate repellent.

- **Symptoms of a Tick Bite**

If bitten by a tick, one symptom may be a red painless rash; the rash is usually a bull's eye rash which is a ring with a clear center. The victim may also have flu-like symptoms; fever, chills, headache, joint pain, and swollen glands. After four to six weeks, a blood test usually confirms or negates the infection of Lyme Disease. It is important to know that Lyme disease is VERY TREATABLE WITH ANTIBIOTICS IN THE EARLY STAGES.

- **Tick Removal**

Have a Medical Specialist remove the tick if it has become imbedded in the skin. Avoid even touching ticks with your bare hands. Ticks secrete a toxic solution that gets into a cut, eyes or mouth, and could cause Lyme disease or Spotted Fever. They should be removed with tweezers while wearing rubber gloves. Do not use a hot match to cause an imbedded tick to back out. This method has the possible danger of causing the tick to burst. After removing a tick, thoroughly disinfect the bite area. Save the tick in a jar for possible lab examination. Follow all instructions of the Medical Specialist.

### **Lightning**

Since lightning usually seeks out objects which are more highly elevated, the best

advice seems to be to make yourself as low a profile as possible. In other words, if you are caught out in an open area spread out and crouch down. If you are in the woods, don't position yourself close to any tree trunk.

### **Hypothermia**

This strange word represents the number one killer of uninformed campers. It is the lowering of the body core temperature to the point that death occurs. Most are aware of the possibility of freezing to death. However, we usually visualize this occurring in a full-blown blizzard. That's what makes hypothermia so dangerous. It stalks its unsuspecting victims in the middle of the summer. It works like this:

When a person's clothing becomes wet to the skin, the heat is sucked away from the body about 250 times faster than if the clothing is dry. Add to this the chill factor associated with the wind that typically accompanies a storm and it could spell death. It's amazing how little the core body temperature has to drop before we are in trouble. For example:

<u>Body Core Temp.</u>	<u>Symptoms</u>
99-96	Intense shivering
95-91	Violent shivering, difficulty in speaking, poor judgment
90-86	Shivering decreases, total amnesia, muscle rigidity
85-81	Irrational, stupor, pulse and respiration slows
80-78	Unconsciousness-DEATH

### **Rain**

There is always the possibility of rain during the Trek. Storms--especially in mountainous or wilderness situations, are not just a nuisance to be tolerated but, in a very real way, can be life threatening. The two greatest dangers from rain result from lightning and hypothermia. If rain is expected, precautions should be taken to keep all people dry. Have the youth keep their ponchos out of their bags so they can be easily reached if they are needed. Use them as needed.

Tents and shelters should be used if rain is threatening while camping. During rain, keep the cover tarp in place over the handcart to keep the personal gear (sleeping bags) dry until the gear can be moved into a tent or other protected place.

If it rains, you should expect to put the gals in the tent and the guys under a shelter.

Note: if you are on a ridge when a storm approaches, get to a lower elevation as quickly as possible.

Some campers feel that there is a "right" and a "wrong" way to tie knots or set up shelters. They may be right, and you should have some basic knowledge of shelter-building and knot tying; your goal is not to build the best shelter possible--it is to put the group in a situation where they can develop their own leadership, where they learn by doing instead of being told, and where they win or lose on their own initiative.

When it begins raining they may look at you, waiting for some sort of instructions. It is important that you somehow communicate to them that they will be building the shelter, not you. Let them get started on their own. Don't step in and interfere. If they ask you, you might offer suggestions, but don't take control.

## **FIRE SAFETY**

The importance of safe fire building cannot be over-emphasized. The following guidelines will help:

- Keep water handy and keep the fire small. Never leave a fire unattended, as it may spread with a sudden breeze. Quick action will prevent fire from spreading to surrounding areas.
- Keep dresses, loose clothing, boots, sleeping bags, eyes, and hair away from fire.
- When putting a fire out, make sure the last spark is extinguished. Pour water on the embers. Turn the logs and sticks to drench both sides with water.
- Stir the ashes with a stick until everything is wet, extinguished and cool. Feel the sticks and coals to make sure they are cold, even those that are deep down. Make sure no roots are burning.
- When everything is cold and wet, cover the spot with dirt and bury the wet ashes.

## **SAMPLE ITINERARY (BOUNTIFUL, UTAH STAKE)**

#	Activity	Date/Time	Responsible Party
1	Initial fireside for youth parents Ma's and Pa's YM/YW leaders and support staff	March 14th	Stake Presidency
2	Distribution of individual equipment list at fireside	March 14th	Chairman
3	Distribution of registration form at fireside	March 14th	Medical Committee
4	Documentation of fireside	March 14th	Historical Committee
5	Registration forms due	April 30th	Registration Committee
6	Ma and Pa training/Orientation and Cooking and cleanup	May 8th	Chairman/Cooking team
7	Parent's fireside and repeat distribution of individual equipment list and registration form and assignment for the Poly Express	May 13th	Chairman
8	Ma and Pa training/Teaching tools, spiritual preparation and equipment list	May 14th	Stake President and Chairman
9	Ma and Pa training/Health and safety, trail guides and No Trace Camping	May 20th	Medical team and DLL
10	Late registration forms due	May 30th	Registration Committee
11	Route review with Trail Boss, Captains, Transportation Committee and select support staff	June 5th	DLL
12	Copies of registration forms to Medical Committee	June 5th	Registration Committee
13	Assignment of families and sorting of registration forms into families	June 13th	Registration Committee, Chairman and Stake Presidency
14	Training trek with Trail Boss, captains, Ma's and Pa's and select support staff	June 18th and 19th	Chairman and DLL
15	Temple night with Stake Presidency, Trail Boss, captains, Ma's and Pa's and select support staff	June 24th	Stake Presidency

16	Individual and family supplies to tabernacle and organization by wards. Distribution of family lists and registration forms to Ma's and Pa's	June 26 <sup>th</sup>	Chairman
17	Hoedown in the parking lot of the Tabernacle	June 26 <sup>th</sup>	June 26 <sup>th</sup>
18	Transportation, Equipment Committee, Food Committee and some members of the Activities Committee meet at Tabernacle, hold staff meeting and prayer and departs for the trailhead	<b>June 29<sup>th</sup> 6:00 AM</b>	Chairman
19	Ma's and Pa's and captains meet at the Tabernacle and hold a staff meeting and prayer and depart for trailhead	6:30 AM	Trail Boss
20	All participants and some Activities Committee members meet at Tabernacle and organize; have prayer and participate in selected games/activities until time for departure	7:00 AM	Support staff and activities committee
21	Organized singing and games on bus during transport	8:30 AM to 10:00 AM	Activities Committee
22	Early departure support staff and Ma's and Pa's arrive at trailhead and organize for arrival of trekkers. Includes designating ward areas for equipment and company areas for family groupings.	7:30 AM to 9:00 AM	Early departees
23	Arrival of trekkers and remaining support staff	10:00 AM	
24	Welcome and orientation	10:00 AM	Trail Boss
25	Introduction of Ma's and Pa's and reading of families by Ma's and Pa's	10:15 AM	Trail Boss and Ma's and Pa's
26	Collection of individual gear and movement to pre-assigned company areas	10:30 AM	Trekkers
27	Get acquainted activities including the name games, family yell, family song, family name, family hug etc.	11:00 AM	Ma's and Pa's
28	Obtain handcars and food boxes, pick up food for the day, fill water jugs, prepare personal gear and load handcars.	11:30 AM	Ma's and Pa's, trekkers and Food Committee
29	Hold family prayer and eat a pre-prepared sack lunch meal	12:15	Ma's and Pa's
30	Begin pull on signal from the Trail Boss	12:45	Trail Boss
31	Rest and hydration breaks as needed	Afternoon	Trail Boss and Captains
32	Prophet Joseph Smith Vignette	2:00 PM	Activities Committee
33	Scheduled Break to get everyone together	2:30 PM	Trail Boss

34	Continue pull on signal from the Trail Boss	3:00 PM	Trail Boss
35	Death on the Trail Vignette	5:30 PM	Activities Committee
36	Long break and evening snack	6:00 PM	Trail Boss and Ma's and Pa's
37	Coordination meeting with Trail Boss, Captains and Ma's and Pa's	6:30 PM	Trail Boss
38	Continue Pull	7:00 PM	Trail Boss
39	Indians appear in the distance	7:30 PM	Activities Committee
40	Mormon Battalion	7:45 PM	Trail Boss and Activities Committee
41	Women's Pull	8:00 PM	Trail Boss
42	Rest stop, hydration, families collect close together within entire group, sing hymns and other songs, Trail Boss testimony, family prayer and family hugs.	9:00 PM	Trail Boss and Activities Committee
43	Continue Pull	10:00 PM	Trail Boss
44	Stop for evening, collect individual gear, eat a meager meal, separate men and women. (We will probably circle the handcars and put the women on the inside and the men on the outside.) Bed down for the evening.	As determined by the Trail Boss Captains and Medical Team	Trail Boss
45	Captains and Ma's and Pa's meet with the Trail Boss/Pick up for breakfast.	<b>June 30<sup>th</sup> 6:00 AM</b>	Trail Boss

46	Families up, organize, have family prayer, eat breakfast and hold scripture study.	6:30 AM	Big Brother and Sister and Ma's and Pa's
47	Contemplation and reflection on the previous days experience.	8:00 AM	Ma's and Pa's and Big Brothers and Sisters
48	Writing feelings and thoughts in Journals	9:00 AM	Trekkers
49	Collect food for the day	9:00 AM	Ma's and Pa's
50	Break camp, gather and load gear onto handcarts	9:30 AM	Big Brothers and Sisters
51	Continue pull	9:45 AM	Trail Boss
52	Brigham Young Vignette	11:00 AM	Activities Committee
53	Break for hydration and lunch	12 Noon	Trail Boss
54	Set up family camps	12:45	Big Brothers and Sisters
55	Pioneer Games	1:00 PM	Activities Committee
56	Contemplations and reflections	4:00 PM	Ma's and Pa's and Big Brothers and Sisters
57	Fetch food for evening meal	4:30 PM	Big Brothers and Sisters
58	Prepare evening meal and clean up	5:00 PM	Big Brothers and Sisters
59	Ma's and Pa's Skit	6:30 PM	Ma's and Pa's
60	Hoedown	7:15 PM	Activities Committee
61	Family Home Evening	9:00 PM	Big Brothers and Sisters and Ma's and Pa's
62	Evening Snack	9:45 PM	Big Brothers and Sisters
63	Family prayer and lights out	10:30 PM	Big Brothers and Sisters
64	Meeting with Trail Boss, Captains, and Ma's and Pa's/Pick up food for breakfast	July 1 <sup>st</sup> 6:30 AM	Trail Boss
65	Pioneers out of bed, eat breakfast, and clean up.	7:30 AM	Big Brothers and Sisters
66	Scripture Study	9:00 AM	Big Brothers and Sisters
67	Collect fresh food for lunch	9:00 AM	Ma's and Pa's
68	Contemplations and Reflections write in Journals	9:30 AM	Ma's and Pa's
69	Load Handcarts	10:00 AM	Big Brothers and Sisters
70	Continue Pull	10:15 AM	Trail Boss
71	Vignette/Giving life on the trail	11:30 Noon	Activities Committee
72	Lunch on the Trail	12:00 PM	Big Brothers and Sisters
73	Continue Pull	1:00 PM	Trail Boss
74	End days pull and set up camp for the evening	2:30 PM	Trail Boss and Big Brothers and Sisters
75	Brethren escort sisters to special group meeting	3:00 PM	Big Brothers and Sisters and Trekkers
76	Group Meeting with special fireside speaker who will introduce solo time	3:15 PM	Stake Presidency
77	Gather in families and distribute special items and packets for solo time.	3:45 PM	Big Brothers and Sisters and Ma's and Pa's

78	Solo time	4:00 PM	Trekkers and Ma's and Pa's
79	Family discussion	5:30 PM	Ma's and Pa's
80	Pick up fresh food for evening meal	6:00 PM	Big Brothers and Sisters
81	Prepare evening meal, eat and clean up	6:30 PM	Big Brothers and Sisters
82	Gather in large group in a designated place for testimony meeting.	7:30 PM	Big Brothers and Sisters and Ma's and Pa's
83	Hear a few (no more than four or five) testimonies from selected youth participants in Pioneer Trek followed by speech and testimony from the Stake President	7:45 PM	Stake President
84	Disperse to families for extended testimony meeting	8:30 PM	Big Brothers and Sisters and Ma's and Pa's
85	Snacks and family Prayer	10:00 PM	Big Brothers and Sisters
86	Lights out and to bed we go	10:30 PM	Big Brothers and Sisters

87	Meeting with Trail Boss, Captains and Ma's and Pa's	July 2 <sup>nd</sup> 6:30 AM	Trail Boss
88	Pioneer up, scripture study and family prayer	7:30 AM	Big Brothers and Sisters
89	Pick up food for breakfast, cook, eat and clean up	8:15 AM	Big Brothers and Sisters
90	Relief Society and Priesthood Meeting in designated places. Pa's and Big Brothers go with the brethren and Ma's and Big Sisters go with the Sisters. Meetings are conducted by Big Brothers and Sisters with tutoring from Ma's and Pa's.	9:30 AM	Big Brothers and Sisters
91	Load and secure handcarts	10:30 AM	Big Brothers and Sisters
92	Continue pull	10:45 AM	Trail Boss
93	Arrival at destination/group meeting for everyone	11:45 AM	Trail Boss
94	Unload handcarts and load vehicles for trip home	12:15 PM	Big Brothers and Sisters, Trekkers Captains & Ma's and Pa's.
95	Eat a delicious Dutch Oven Lunch	12:30 PM	Food Committee and Trekkers
96	Clean up and leave for Bountiful	1:30 PM	Transportation Committee
97	Arrive at Bountiful Tabernacle, unload and cleanup	3:00 PM	Captains and Ma's and Pa's
98	Go home and take a long hot bath	3:30 PM	Everyone
99	Record feelings in journal	Timeless	Everyone
100	Prepare DVD documenting the experience of Pioneer Trek <b>Discovery.</b>	Over the next month	Historical Committee
101	Fireside for all participants in Pioneer Trek including support staff	August or September	Stake Presidency and Chairman

## ASSIGNMENT OF FAMILIES

Family assignments will have been made on June 13<sup>th</sup> and each of you will have received a list of those in your family along with pertinent information that will help you plan for the trek activity. The assignment of families was made by the Chairman/Trail Boss, a member the Stake Presidency and representatives of ward YM/YW leaders from each ward. The following is the process that was followed:

- A sincere effort was made to seek inspiration in the assignment of families. This is very important. In the past many family members have felt that being in a particular family was inspired.
- Those who are good friends were assigned to separate families. (Experience has shown that this is essential for them to develop new friendships)
- An attempt was made to compose families with individual youth that do not know each other well.
- All relatives were separated. This includes brothers and sisters, children and parents. Experience has shown that having family members together diminishes the experience for them and for others in the group
- Younger participants are mixed with those who are older.
- YM and YW were evenly distributed.

## WHAT HAPPENS WHEN EVERYONE ARRIVES AT THE TRAILHEAD:

The Trail Boss and Ma's and Pa's will arrive at the Trailhead at about between 8:00-9:00 am. The support staff will have already arrived. The trek participants will arrive at about 9:00.

10:00. The following is a description of what will happen after you arrive at the

Trailhead.

### **Welcome and orientation by Trail Boss**

When everyone has arrived, the Trail Boss welcomes the group; everyone sits as close as they can to each other (move cactuses and thorns where necessary). The Trail Boss will not begin until everyone is sitting down and close together. He will then begin the orientation, including the following:

- .           •           Introduction of Ma and Pa couples • Rules of the Road
- .           •           Songs and skits by Ma's and Pa's • Trek Objectives

### **Songs and Skits**

As each of the Ma's and Pa's are introduced, they may want to do a very short song or skit. It may be appropriate for all of the Ma's and Pa's in one company to band together to accomplish this. This will provide a brief and light introduction to the Trek participants.

### **Introduction of Families and Getting Acquainted**

At the end of the orientation, the Trail Boss will introduce the Ma's and Pa's and will let you announce the members of your family. Have them stand up as they are announced, then lead them to a separate location and proceed with the following activities:

- **Name games:** Choose individual names, family name and yell.
  - 1) Have the family sit in a tight circle, mixing the guys and gals; the success of the experience depends in part on first impressions, so be firm but kind from the start.
  - 2) You should introduce yourself and start the game. Everyone gets a rhyme-name that should be easy to remember and have positive connotations. Each pioneer can invent his own **rhyme-name** (such as "Fancy Nancy" or "Swell Mel") or the group can help if he/she can't think of one. Start with Pa and Ma and move around the group. Each person should repeat all the names mentioned previously before revealing his own.
  - 3) Come up with a **family name** - it helps the group to develop an identity and can be a lot of fun. Ask the participants to think of something crazy, positive, and appropriate. (The "Rollin' Rocks", or the "Noah's Ark Family" everyone can be an animal, or spiritual the "the Stormin Mormons" or historical the "Ellsworth's" first handcart company etc. Don't let it be an offensive name.) You should also come up with a **family-yell**. Do all this as quickly as possible!
- **Count Off and Challenge** (for safety and to set the proper tone)
  - 1) Count off. Assign everyone a number. This is very important, especially later when it is dark and you want to make sure everyone is present.
  - 2) Talk to your family about the challenge before them and the challenge that the pioneers faced (in a very general way, of course). Ask the question "Why

did they do it?” and then ask them why they are there. Bear testimony and set a goal as a group to make it (that is, to finish the pull successfully). You could go over the handcart rules (such as not sitting on the handcarts or riding in them, not running with the carts, etc.). Finish this discussion with a **prayer**.

3) Challenge the youth to participate wholeheartedly. Be firm, yet understanding, loving, and humble in helping the youth accept the Trek experience. Help them understand that what they get out of the next three and one-half days may largely depend upon what they put into the next three and one-half days. Your initial efforts as a family are to establish family rules and procedures which will assist in this fulfillment. While you must not force the youth to do anything against their will, encourage their participation and do not let them disrupt the experience of others.

- **Family Hug**

Have a family hug. This is done by standing in a circle with everyone facing in, and with their hips touching and their arms around the persons next to them. On the count of three everyone takes a step into the middle of the circle with their right foot. The result is a **family hug**.

### **Helpful Hints**

After you have gone around the group, ask if someone can name everyone. Don't put too much pressure on anyone - if they can't think of a name (for themselves or of someone else) help them out. Keep the group excited and involved. If your family is especially large, start from the other end when you get halfway around the circle. Watch the participants carefully, this is a chance to get to know your group and see potential leadership abilities/problems. Pick a big brother and big sister. These are your youth leaders. Give them opportunities to develop their own leadership skills. Don't necessarily pick the most popular boy and girl. Let the Spirit direct and pick those who will be an inspiration to others.

### **Obtaining Personal Equipment**

At this point you should instruct your family members to obtain their personal equipment. The transportation committee will have organized all of the personal equipment by ward. Each ward will be designated by a specific color. Individual family members should go to that color/ward area and find their 5-gallon bucket along with their sleeping bag and move to the area where their company flag is displayed. Remember there will be three families per company and that each company will go through the handcart pull under the flag of a pre-assigned country. You will then complete the personal equipment check to ensure that each individual participant has only that equipment and those supplies that are authorized on the individual equipment list. You will also want to make sure that everyone has those items they were supposed to bring with them.

### **Setting Expectations**

It is now time for you to teach your family about expectations. You can explain to them

the importance of working together as a family so they will have the opportunity to have a positive experience while on Trek. It is important for them to understand that this doesn't happen automatically. They will have to work together as a family in such a way that it will be easy to invite the Spirit into their midst.

### **Obtain Handcarts and Other Supplies**

At this point in time you will retrieve your handcart, pick up your food boxes, fill your water jugs, and pick up the sack lunches which you will eat before the Trek activity actually begins. This is the time wherein you can direct the big brothers and sisters (youth leaders) to supervise the accomplishment of these tasks.

### **Prepare Personal Gear for the Handcart Pull**

Each family member should take from their 5-gallon bucket their tin cup, Chap Stick, sun screen, insect repellent, and rain poncho (depending on the weather). The tin cup should be hooked under the belt or tied to the belt or to twine around the waist. The other items may be placed in a fanny pack or other device they can use to carry personal items.

### **Load Handcarts, personal and family gear, food boxes, and water jugs**

Before loading the handcart, have each family member keep out the items listed above. Once the tarp is on the handcart and tied down, it is difficult to get off. The heaviest items should be loaded between the middle and front of the cart because the people pushing on the back tend to push down, thereby pulling the front of the cart up. Don't be too adamant about this though--if the young people think about it for a minute, they will figure it out. Sometimes it's best to allow them to make mistakes. You can talk about mistakes like this during your family processing.

### **Lunch before the Handcart Pull commences**

At this point you will take the prepared sack lunch you have been provided and eat it with your family. The Big Brother and Sister should take responsibility for seeing that the blessing is held and that the lunches are obtained in an orderly manner.

### **Begin the Handcart Pull on Signal from the Trail Boss**

As you might expect, this is one of the most important parts of the Trek; it gives the young people the opportunity to experience physical hardship first-hand, thereby coming to appreciate their pioneer ancestors more. They also learn to appreciate the great blessings they have by being members of the Church and the capacity within themselves to persevere. Individual family members and the Ma's and Pa's and their groups begin to act as a unit. Please note that Ma's and Pa's do not pull the handcart. You will act as a leader of this small family as they persevere through what for many of them will be one of the most difficult challenges they have ever faced. Your responsibility is to support, encourage, teach, and keep the youth safe. If you are pulling, you will not be able to observe the youth and make sure their needs are adequately met. You need to be alert in order to act rationally and wisely when everyone else is tired, and when problems arise.

## **WHAT WILL HAPPEN ALONG THE TRAIL?**

The following is a summary of the events, activities, and accommodations that will take place along the Handcart trail. We have attempted to define what your roles will be with each of these activities. However, we have learned from those who have preceded that flexibility is the name of the game.

### **Daily meetings with the Trail Boss**

Each day there will be an early meeting with the Trail Boss, Captains, and Ma's and Pa's. At the beginning of Day Two this meeting will be at 6:00 a.m. On subsequent days, the meeting will occur at 6:30 a.m. This meeting will take place at the main campfire. The Trail Boss will review the day's events and get an update with respect to the condition of each handcart company. You should bring your water containers with you so they can be filled for breakfast and the rest of the day. You will also obtain the food for at least the first meal of the day after the meeting is concluded.

### **Food and meals**

All of the meals, except for the first sack lunch before our Trek actually commences, and the last meal at the conclusion of the Trek, will be prepared in a family setting. You will obtain your food at pre-established times at pre-established places. You will be made aware of this during the course of the Trek, usually in the morning when there will be meetings between the Ma's and Pa's, Captains and the Trail Boss. In some cases you will receive provisions for a single meal. In other cases you will receive provisions for multiple meals depending upon the circumstances. The food will be pre-packaged in sufficient quantities to meet the needs of your entire family. In the preparation of meals you should be a counselor but should allow the Big Brother and Sister to make assignments and to see that everything is taken care of in proper order. The last meal of day will be somewhat meager, (reminiscent of the short rations of the pioneers), but we hope that adequate nutrition will have been provided before the last meal of the day. Throughout the balance of Trek we have planned menus that should be enjoyable and meet the nutritional needs of each of the Trek participants. Additionally, Ma's and Pa's will carry selected food items, such as nutrition bars, trail mix, and Gatorade or an equivalent powder that you can use to supplement nutritional needs where you deem it is appropriate to do so. We do not want anyone to get into a stressed condition because of lack of food or water. You will need to be very careful to observe those circumstances where supplemental nutrition may be required.

### **Cleaning up**

After each meal it is important to make sure that everything is thoroughly cleaned. Again, Big Brothers and Big Sisters should organize this event and make sure that appropriate assignments are made. Remember: No Trace Camping. We must leave the area as clean as or cleaner than when we found it.

### **Rests and Breaks**

At periodic times during the course of the trek, at the signal of the Trail Boss, the handcart caravan will stop. In some cases these will be short breaks to make sure that the trekkers are well hydrated and to provide them a brief opportunity to rest. During the short breaks it is important for you to make sure that everyone drinks, even if they are not thirsty. On some breaks you should supplement their water with Gatorade or an equivalent powder, which will be supplied to you. Other breaks will be longer, for example, the break that will occur at about 6:00 p.m. the first day will be a long break including a snack. This will be the last meal of the day before the day's pull actually ends later that evening. During the pull you need to be in constant communication with your captain who will be connected to the Trail Boss by radio. This communications link will be important to help the Trail Boss make good decisions with respect to when breaks are needed and when the pull for the day should end.

### **Vignettes**

During the course of the handcart pull over the three and one-half days there will be periodic vignettes. These are mini-plays that will be used to help illustrate some of the unique experiences that the pioneers had along their trek west. Because of the nature of the vignettes, it is not possible to accommodate large groups. Therefore, the vignettes will be presented to each company. Each of the five companies will rotate sequentially until all have had an opportunity to see the vignette. You will need to help your family get organized in a specific area where they can both see and hear what is going to be presented. Be observant of those members of your family that may hold back and not want to participate in the vignette and gently encourage them to be observant and try to get the feeling of what is being presented. It is estimated there will be two vignettes the first day and one vignette each the second and third days. The vignettes can also serve as a rest break both before and after the vignette experience. While you are waiting, make sure the hydration and nutrition needs of your family are adequately met.

### **Experiences with the natives**

Later in the evening of the first day a band of Indians will appear in the distance. About 7:00 in the evening start looking for the Indians so you can point them out to the members of your family once they appear. These Native Americans will not feign an attack or even approach the handcart caravan at this time. Their appearance is just to add effect and to create an atmosphere similar to what might have been experienced by the early pioneers.

### **Mormon Battalion**

Not too long after the appearance of the Native Americans, we will have the Mormon Battalion experience. The handcart caravan will be stopped by men in uniform who will be carrying an American flag (or other National Flag). The Trail Boss will then formally convey this information to the entire handcart caravan: at the request of the United States Government and President Brigham Young, the male members of the caravan have been conscripted to serve in the (National) Army. They will make up a unit called the

Mormon Battalion which will travel to Southern California (or other appropriate location) to help in the war effort. At this time everyone will be asked to remain completely silent and the men will line up in two rows and march out of sight. The men will then have a meeting where they will talk about the priesthood and the importance of honoring women. The women will hold a separate meeting, again out of sight from the men, and talk about what it means to be a sister in Zion and honoring the priesthood.

### **The Women's Pull**

After the men have left to fulfill their calling in the National Army, the young women will organize and pull the carts along the trail. They will reach a hill that will appear to be quite difficult. At this time the young men will reappear and stand alongside the trail. They are instructed to remain completely silent for a period of time. At that time they will be told to find ways to encourage until such time as the Trail Boss gives them the signal that they can provide physical assistance. After the pull is completed, the Trail Boss will stop the entire train for a rest. The entire caravan will be together in one large group but will sit together as families close together. They will sing songs and the hymns of Zion. At the conclusion of this, the Trail Boss will give a testimony, and families will have individual prayer and talk with each other about spiritual insights, including things that they want to record in their journals. The pull will then continue into the night.

### **End of first day's pull**

The Trail Boss, after communicating with the captains, will determine when the handcarts should stop for the first night's camp. At the designated camping site, the Trail Boss will direct you to form a circle or line with the handcarts. As soon as you stop, gather your family together, count off, and begin unloading the cart. The men will sleep outside the circle and the women on the inside, no exceptions. Either Ma or Pa should walk to the main campfire with the pot from the food box. Broth will be poured into your pot and rolls will be distributed. Go back to your camp and serve the broth and rolls to the members of your family. The broth is designed to replace their electrolytes, the rolls to give them something substantial. After everyone has been served, make sure that the following occurs:

- Everyone finds his/her own gear (you may need to help some of the pioneer youth do this)
- All sleeping areas will have a visible separation between all male and female family members.
- Ma's and Pa's-make sure all your children are in bed, accounted for and safe before you bed down. NOTE: Ma's and Pa's are the last to bed down.
- Ma and Pa may want to have a prayer together at this time.

### **Family meeting and processing of the previous day's events**

Early the second day and throughout the course of the Trek experience there will be time provided to contemplate and reflect on what has been learned to this point. Please pay attention to the guidelines included in the teaching section of this manual. Also, please

use the guidelines on how meetings are to be held. Make sure everyone is in a circle and no one is on the inside or the outside but everyone has equal opportunity to be a part of the group and participate. Be sure to ask questions. For example, you might ask them to think about the long handcart pull of the first day and what they may or may not have learned. Ask questions where they have to think about how they felt and articulate this in meaningful ways. You might ask them to choose one word to describe how they felt at the time that the first day's pull actually ended. You will find that most will be positive, but there may be some that are negative. Encourage everyone to express their feelings, both positive and negative. You will then need to find times where people can get by themselves and get out their journals and record what their feelings. (You could mention that we went \_\_\_ miles yesterday. The handcart pioneers averaged 15-18 miles a day.) You may want to close your family discussions with a scripture. You will always want to close with prayer and a family hug.

### **Family Prayer**

Please make sure that family prayer is held at least every morning and every evening. There may be other appropriate times to hold family prayers during the course of the Trek experience. Simply be sensitive to the spirit as you decide when this should happen. Normally, they should occur under the direction of Big Brother and Big Sister. However, be flexible on how you manage this important activity.

### **Family Home Evenings**

There are regularly scheduled Family Home Evenings on the detailed itinerary. Normally, these should be done under the direction of Big Brother and Big Sister. Please note these meetings are not the same as "contemplation and reflection" experiences. There may need to be a process wherein opening and closing prayers are assigned and someone may be given the responsibility to give a spiritual thought.

### **Scripture**

On the detailed agenda you will notice times that are designated for scripture study. This is normally intended to be an individual time for the Trek participants to spend time in their scriptures and integrate that with the experience they are having on Trek. You may want to teach them that a good experience in the scriptures may consist of focusing on a single verse or two or three verses. It is not necessarily important to read a chapter or read for a designated period of time. It is simply important to have an experience in the scriptures.

### **Priesthood and Relief Society meeting**

The morning of the last day there will be a separate Priesthood and Relief Society meeting. The male members of the caravan will go to Priesthood meeting and the female members will go to Relief Society. These meetings should be conducted by the Big Brothers and Sisters.

## **MAJOR ACTIVITIES AND EVENTS THAT WILL OCCUR ALONG THE TRAIL**

After the first day there are several major events that have been scheduled. It is very important that all family members fully participate in these activities. Part of your responsibility will be to assist in seeing that this happens. The following is a general description of some of the things that you might anticipate:

### **Ma and Pa skits**

There will be a Ma and Pa skit before the Hoedown. We will ask two or three sets of Ma's and Pa's to organize and plan this activity. They may use as many Ma's and Pa's as they deem appropriate. The skits should last no more than about ten to fifteen minutes. The purpose is to get everybody focused and get their attention. The skit will help ensure that all Trek participants go to the area where the Hoedown will be held. If the Trek participants are only anticipating a Hoedown, you may find that some will hold back and not show up or show up late. The skit makes it so they have a reason other than the Hoedown to come to the area.

### **Pioneer games**

During the afternoon of the second day, there will be series of pioneer games that will be provided for the Trek participants. There will be up to about eight stations that the families will rotate through during the time allotted. This is a time that everyone should have an opportunity to get refreshed, in some cases get cleaned up a little bit and have a lot of fun. The pioneer games are intended to provide some insight with respect to the things that pioneers did to divert themselves along the course of the trail. It will be your responsibility to not only participate but to make sure that there is broad, full participation on the part of all of the members of your family.

### **Pioneer Hoedown**

In the early evening of the second day, there will be a full blown pioneer Hoedown. This will occur after the second Ma and Pa skit which will hopefully get everyone convened together in a single location. There will be an excellent sound system to make it possible for the Hoedown callers to be heard and to make it so the music can engage the ears of all those in attendance. You may find there will be some that will hold back from participating in the Hoedown. Please use kind, gentle methods to ensure there is full participation of everyone in the Hoedown experience. At the conclusion of the Hoedown you will go back to your family areas and participate in the activities as scheduled in the detailed itinerary.

### **Solo experience**

The solo experience is one of the more important events of the Trek experience. As a part of the scripture study and family time in the morning of the third day, you may want to set the tone for the solo experience. You want them to realize the sacrifices and trial the early saints went through and how they endured. You may want to talk about how this

relates to the trials and hard choices that will come into their lives and how they can make lasting positive changes in their own life. The following is a general outline of what will happen during solo experience:

- **Fireside speaker:** There will be a group meeting with a special fireside speaker who will introduce solo time and attempt to create a special spiritual feeling with respect to the solo experience.
- **Distribution of special items and packets for solo time:** After the speaker, you will gather in families and distribute packets which will include journals, pens, and perhaps other special items that the individual Trek participants will take on solo with them. The parents and special others related to Trek experience will be asked to write a letter to their family member than can be distributed in a pre-arranged way. In preparing for this event it will be important for the Ma's and Pa's to prepare a letter prior to Trek that they can share with each other.
- **Time to be alone:** Solo time is intended to be what it says. It is intended to be a time for the individuals to get by themselves where they can reflect and contemplate on the Trek experience, on their lives, and what they might have learned through the Trek experiences that apply to their lives in the future. We will organize it so families can experience solo in the same areas. We want the individuals to be alone but not out of sight. It would be nice if they are far enough apart so they cannot hear other people. You may need to work a little to see that this appropriately happens. The solo experience will last between 45 and 75 minutes. As they are spread apart be mindful of wild creature's habitat and the environment.
- **Family discussion:** At the conclusion of solo time there will be a family discussion that will be conducted by the Ma's and Pa's. This will provide an opportunity to share feelings about what happened during the solo experience. Again, during this time use the guidelines that are provided in the teaching section of this document. Their musings during solo time may be very personal and intimate. Don't require them to share such feelings if they are hesitant.

### **Testimony meeting**

In the early evening of the third day after the solo experience, family discussion, and evening meal have been completed, the entire Trek Company will gather in a large group area designated for testimony meeting. This experience will include the following:

- The Stake President will provide a message and introduction that will set the tone for the testimony meeting.
- There will be a few selected testimonies from participants in the Trek experience. As Ma's and Pa's you will need to be aware of your family so you can make recommendations to your captain and Trail Boss with respect to young people who might be called upon in the group meeting.

### **Individual testimony meetings**

At the conclusion of the group meeting, which is intended to be relatively short, you will disperse to your families where you will have a more extensive testimony meeting wherein all Trek participants will have the opportunity to express their testimonies, if they choose to do so.

## **GAP FILLERS**

We often claim that everything done on Pioneer Trek has a purpose. One of these purposes is to have good old-fashioned fun. The pioneers certainly had fun when they could. There are occasions on Trek when you will find extra time on your hands. These "gaps" often occur between meals and scheduled events, or when there is some unforeseen holdup in the scheduled events. Rather than sending your restless family off to find trouble, you can initiate one of several activities. The following is a list of some games and activities that can be used as "gap-fillers".

### **"Wink-um"**

Pairs of players form a circle with the girls sitting and the guys kneeling behind them (or vice versa). There is one empty spot where there is the person behind but no person in front. The person kneeling without anyone in front winks at one of the sitting people. The person sitting then tries to run to the empty spot while the person kneeling tries to detain her. If the person escapes, there is a new winker. If the person sitting does not escape--the same person winks again.

The people kneeling behind must keep their hands down to their sides until the person sitting in front moves. The people behind cannot watch the winker, only the head of the person in front of them.

### **"Do You Love Your Neighbor?"**

Players stand in a circle formation with one person in the middle. The middle person is "IT". IT asks one of the people in the circle, "Do you love your neighbor?" If the player answers "YES", the players on each side of him must switch places before "IT" can take their place. If the player answers "NO" he must then say whom he does love. He will say something like "NO, but I love everyone wearing blue." Then, everyone wearing blue must switch places before IT can take their place. The person left without a place is the new IT.

### **"States"**

Players sit in a circle and everyone chooses a state (or a fruit or a famous person, etc.). Go around the circle twice, having each person name their state so that the players can memorize them. IT stands in the middle with a hat or bandana and approaches a player who must name another state (belonging to another player) before IT hits them on the head with the hat or bandana. IT must hurry to the person whose state was named and try to hit them before they can name another state. Whoever is hit on the head before naming another's state is IT. If a player says his own state or a state not included in the game, he becomes IT.

### **"Tangle"**

Players stand in a tight circle. Have everyone put their right hands in the middle and instruct them to join their left hands with someone else's right hand. No one should join two hands with the same person. Now, without letting go, the group must become "untangled".

### **"Mingle"**

Have the group wander around in a close area while you yell "Mingle, Mingle". At a good point, yell out a number under 10. The young people must then get in groups of that size. Anyone not in a group of that size is out and must wait till the game is over to participate again. Continue mingling and yelling out numbers until only two remain. These are the winners.

### **"Person to Person"**

Everyone has a partner. Players mingle about the area until the leader calls a command. When a command is given, the players must find their partner and follow the command. For example, if the leader calls "Nose to hand", players must find their partner and touch their partner's nose with their hand. Any combination of body parts (within reason) may be called. The last pair to find his partner and follow the command is eliminated. Play is continued until only one pair remains.

### **"Strengths and Fears"**

Each person in a circle shares one of their greatest fears. When everyone has shared a fear, you should go around the circle again and ask everyone to share one of his greatest strengths. This is an activity that can be processed.

### **"Champion the Cause"**

Begin with everyone in a circle. One person shares a peak experience that they have had—something that has meant a great deal to them for some reason or another. When he/she has completed sharing the experience, the other members of the group share their observations about that person's outstanding characteristics. This is continued until everyone has had a chance to be "championed".

## **HANDCART PIONEER STORIES**

Note: The information for this section is taken from Handcarts to Zion by LeRoy R. Hafen and Ann W. Hafen.

The sun burns mercilessly overhead. The cloudless sky gives no hint of relief. Dust chokes cracking lips. Swollen tongues ache for rationed water. And the pioneers walk and walk and walk and walk... and... ask questions. On the trail your family will often ask questions about the "real" pioneers. "How far did they go?"; "How many were there?"; "What were their wagons like?" Whether their questions are sincere inquiries,

attempts to decrease boredom, or mischievous attempts to distract your attention, your answers should come quickly, easily, and accurately. The following is a brief history of the Mormon Handcart Expedition.

The Perpetual Emigration Fund, established in 1850, brought 50,000 saints to Zion. The funds were contributed by American saints and used to bring foreign converts to the West. The emigrants then settled in Utah and worked to repay the Fund.

In 1855, cricket clouds replaced rain clouds and the harvest was cut in half. Tithing and Perpetual Emigration donations were reduced to a mere trickle. Brigham Young announced that a lack of funds should not, and could not limit the passage of saints to Zion.

This proclamation, coupled with the prevailing economic situation, created a demand for a cheaper mode of transportation.

In 1855, the Church leaders officially introduced the handcart plan.

"Let all things be done in order, and let all the saints who can, gather up for Zion and come while the way is open before them. Let the poor also come, let them come on foot, with handcarts or wheelbarrows, let them gird up their loins and walk through, and nothing shall hinder or stay them."

Brigham Young estimated that the saints could cover 15 miles a day initially, and would increase their mileage to 20, 25, even 30 miles per day, completing the journey in 90 days. Brigham Young went on to assert that:

The system of ox-teams is too slow and expensive, and must give way to the telegraph line of handcarts and wheelbarrows. It would be much more economical both in time, labor, and expense. On the arrival of a company of saints on the frontier, they could have the necessary handcarts ready and load them and be 200 or 300 miles on their Journey, with the same time and labor that would otherwise be expended in getting started. It is only to those who have traveled the plains with ox-teams that the advantages of doing without them will appear in all their force. They alone can realize what it is to get up on a sultry morning, spend an hour or two in driving up and yoking unruly cattle, and while waiting to start, hear that some brother has an ox missing, then another hour, or perhaps half a day is wasted and finally, when ready to start, the pleasant time for traveling is past, during which a company of handcarts would have performed the greater part of an ordinary day's journey.

Showered with promises, the plan was also soaked in reality. President Richards warned the saints that:

"It is our constant desire not to mislead the saints concerning the difficulties of the journey to Utah. We wish them calmly to make up their minds that it is not an easy task, and to start with faith, trusting in Israel's God of success, and seek of him constantly, by

prayer and supplication.

The plan was implemented in 1856. Saints spent 38 to 65 days at sea and then traveled by train to Iowa City where they received their handcarts. The handcarts, used by the different companies varied in size and construction, but the general pattern was uniform. The open handcart was made of hickory or oak, the shaft and sidepieces of the same material, and the axles were generally hickory. The side pieces and shafts were about six or seven feet long, with three to four binding crossbars spaced intermittently from the front to the back. At the front there was a three to four foot single tree or front bar yoke. The cart bed was about nine inches deep and four feet wide. The wheels, often constructed without metal, were four feet in diameter. Approximately five people were assigned to each cart and each person was allowed to bring 17 lbs. of luggage (this included clothing, bedding, and utensils).

The first two companies left Iowa City two days apart, but arrived in Salt Lake City simultaneously. Combined they had 100 handcarts, 5 wagons, 24 oxen, 4 mules, and 25 tents. Averaging about 21 miles daily, they traveled 32 miles in a single day on two separate occasions. The saints arose to a 5:00 a.m. whistle and after prayer and breakfast, began pulling. At night, the handcarts circled. Smoke from fires built outside the cart circle provided a mosquito deterrent.

Five handcart companies crossed the plains in 1856. The first three experienced few deaths and, though difficult, were considered successful. The last two, the Willie and Martin Companies, started from Florence in August. They experienced tragic suffering, sickness, and loss of life when their late start, combined with an early winter, caught them unprepared in icy mountain passes. In 1857, two more companies successfully traversed the plains. Threats from Johnston's Army temporarily halted the treks in 1858, but 1859 saw yet another handcart train cross the wilderness. In 1860, the last two companies crossed the plains. Incredibly, the last train did not report a single death.

By 1860, Salt Lake Valley had blossomed and it became economically feasible to send teams from Salt Lake, across the plains and back in a single season. They were called the Down and Back Companies. This gave employment to Utah saints and saved the enormous amount previously invested in the purchase of wagons and oxen. This system was used to gather the saints until the coming of the railroad in 1869.

From 1856 to 1860, nearly 3,000 emigrants traveled to Zion by handcart. They employed 653 carts and 50 wagons. The eight trains that left Missouri in June or July came through without undue casualties. Without a doubt, handcart travel was an exacting ordeal, for both the body and the spirit. Concern for material welfare alone could never have produced the handcart migrations. It took consecrated resolution strengthened by the sustaining conviction of a deeply religious faith.

Note: Most of the following stories can be found in the CES publication entitled The Mormon Pioneers.

### **The Lost Child**

The incident of the Parker child lost on July 1st, which is mentioned in both the Walters and Birmingham diaries, is given elaboration in the recollections of the Parker family. Robert and Ann Parker were traveling in McArthur's Company with their four children: Max--12, Martha Alice--10, Arthur--6, and Ada--1 year old. One day, little Arthur sat down to rest, unnoticed by the other children. A sudden storm came up and the company hurriedly made camp. Finding that Arthur was not with the children, an organized search was begun. It continued a second day, but without success.

Ann Parker pinned a bright shawl about the thin shoulders of her husband and sent him back alone on the trail to search again for their child. If he found him dead, he was to wrap him in the shawl. If alive, the shawl would be a flag to signal her. Ann and her children took up their load and struggled on with the company, while Robert retraced the miles of forest trail, calling, and searching and praying for his helpless son. At last he reached a mail and trading station where he learned that his child had been found and cared for by a woodsman and his wife. He had been ill from exposure and fright, but God had heard the prayers of his people.

Out on the trail each night, Ann and her children kept watch and, when on the third night, the rays of the setting sun caught the glimmer of a bright red shawl, the brave little mother sank in a pitiful heap in the sand. All slept for the first time in six days.

### **A Mighty Hunter**

James Jensen tells of a meat offer that was not relished. An old man, devoid of a sense of smell, was walking some distance from the handcarts, when he saw an animal that might be suitable for food. Creeping cautiously upon it, he proceeded to lambaste it with his cane until it was lifeless. Then he threw the little striped animal over his shoulder and headed for the handcart caravan. As he approached, his friends retreated. The gift was vociferously declined, and even the giver was considered unbearable. With no change on clothing available, the kind man was ostracized. Happily, the company soon reached Deer Creek Station. At this supply depot, the unhappy man remained for the rest of the season and probably found new wearing apparel. By spring, he was able and fit to go on to the Salt Lake Valley.

### **Painful Experience**

Brother Jensen also tells of a personal experience with the prickly-pears that covered sections of the Wyoming high country. One dark night, the 16-year old boy was out in search of water, when he ran into an extensive bed of these cacti. His feet, covered only with canvas-soled socks, were soon filled with the sharp spines. When he could bear the pain no longer, he sat down to pull out the thorns, but he jumped up quicker than he sat, for he had squatted on a healthy bed of prickly pears. The impressions remained deep in his memory.

### **Buffalo Meat**

"Our provisions began to get low. One day a herd of buffalo ran past and the men of our company shot two of them. Such a feast as we had when they were dressed. Each family was given a piece of meat to take along. My brother, John, who pushed at the back of our cart, used to tell how hungry he was all the time and how tired he got from pushing. He

said he felt that if he could just sit down for a few minutes, he would feel so much better. But instead, father would ask if he couldn't push a little harder. Mother was nursing the baby and could not help much, especially when the food ran short and she grew weak. When rations were reduced, father gave mother a part of his share of the food, so he was not so strong either.

"When we got that chunk of buffalo meat, father put it in the handcart. My brother, John, remembered that it was the fore part of the week and that father said we would save it for Sunday dinner. John said, "I was so very hungry and the meat smelled so good to me while pushing the handcart, that I could not resist. I had a little pocketknife and with it, I cut off a piece or two each half day. Although I expected a severe whipping when father found it out, I cut off little pieces each day. I would chew them so long that they got white and perfectly tasteless. When father came to get the meat, he asked me if I had been cutting off some of it. I said, 'Yes. I was so hungry I could not let it alone.' Instead of giving me a scolding or whipping, father turned away and wiped tears from his eyes."

### **Frozen Ground**

Elizabeth Horrocks Jackson with the Martin Handcart Company told this story of her husband Aaron Jackson's death:

"At about 9:00 o'clock I retired. Bedding had become very scarce, so I did not disrobe. I slept until, as it appeared to me, about midnight. I was extremely cold. The weather was bitter. I listened to hear if my husband breathed, he lay so still. I could not hear him. I became alarmed. I put my hand on his body, when to my horror, I discovered that my worst fears were confirmed. My husband was dead. I called for help to the other inmates of the tent. They could render me no aid, and there was no alternative but to remain alone by the side of the corpse till morning. Oh, how the dreary hours drew their tedious length along. When daylight came, some of the male part of the company prepared the body for burial. And oh, such a burial and funeral service. They did not remove his clothing--he had but little. They wrapped him in a blanket and placed him in a pile with thirteen others who had died, and then covered him up with snow. The ground was frozen so hard that they could not dig a grave. He was left there to sleep in peace until the trump of God shall sound, and the dead in Christ shall awake and come forth in the morning of the first resurrection. We shall then again unite our hearts and lives, and eternity will furnish us with life forever."

### **The Miracle**

This somber story is told by Myrtle Wilcox Kennington:

Great was the concern of the little band of pioneers when dysentery spread through the company and little Annie was stricken. "Sister Petersen, the Lord giveth and the Lord taketh away. He has called your baby home. We have been delayed too long now. We haven't time to dig a grave and, besides, if the Indians found a newly dug grave, they would know how recently we have passed and follow us. Wrap your baby in a blanket and place her under this bush so she cannot be seen and hurry

along", commanded the company leader.

The grief-stricken parents did as they were told and journeyed on. At the night camp, friends tried to console the bereaved couple who had started out with such glorious anticipation for this new land but now had lost not only their newborn son, but loving, gentle Annie. As the camp members sang the much-loved song "Come, Come, Ye Saints," despair was in her heart and her voice refused to join in "and should we die before our journey's through, all is well, all is well. . .". One by one, the Saints retired to their wagons leaving Oli and Marn still seated by the campfire. Suddenly, Marn spoke, "Oli! I can't feel that our baby was dead!" "I know, dear, we had so many plans, but she was and there is nothing we can do about it but pray that we will be able to raise a family when we settle in Zion. Come to the wagon so you will be refreshed for tomorrow's travel." Warily Marn started for the wagon.

"Oli, listen to those wolves, and our baby is lying back there all alone, not even a grave for protection. How can we stand to go on?" "We must make up our minds to go and trust in the Lord for the rest," he replied. "I can't Oli, I can't!" Gently, but firmly, Oli took her by the arm and led her to their wagon.

Sometime in the early dawn Oli awoke. Marn's place in bed was empty. Fear grasped Oli. He sprang out of bed and ran among the camp frantically calling, "Marn! Marn!", but no answer came. The Saints hurriedly arose and joined in the search. Finally, someone shouted, "There she comes!" They looked down the long, dusty road they had traveled the day before. Marn, her baby clutched to her breast and stumbling with weariness, was coming toward the camp. Oli ran to meet her, took the tiny girl from her arms, and helped her to the campfire. "Darling, why didn't you waken me and tell me you were going back to the baby." Suddenly a look of astonishment crossed his face. "Our baby, she's warm! She isn't stiff and cold like dead babies are! She's alive!" Eager hands reached for the child and confirmed his statement.

"Brother Petersen, this is a miracle. I was positive your baby was dead yesterday, but she is alive now and a change for the better has come over her! Her sojourn here has not been completed." So saying, the captain walked humbly away to attend to the affairs of the camp.

### **The Willie and Martin Companies**

It was not without some hesitation that the Willie and Martin companies left Florence at so late a date. John Chislett, of Willie's Company, wrote:

"The elders seemed to be divided in their judgment as to the practicality of our reaching Utah in safety at so late a season of the year and the idea was entertained for a day or two of making our winter quarters on the Elkhorn, Wood River, or some eligible location in Nebraska, but it did not meet with general approval. A meeting was called to consult the people about it.

"The emigrants were entirely ignorant of the country and climate. They were simple, honest, and eager to go to 'Zion' at once ... Under these circumstances, it was natural

that they should leave their destination in the hands of the elders. There were but four men in our company who had been to the Valley, viz. Willie, Atwood, Savage, and Woodward, but there were several at Florence superintending the emigration, among whom elders G. D. Grant and W. H. Kimball occupied the most prominent positions. These men all talked at the meeting just mentioned, and all, with one exception, favored going on.

"Levi Savage declared that they could not cross the mountains with a mixed company of aged people, women, and little children, so late in the season without much suffering, sickness, and death. He therefore advised going into winter quarters without delay. Savage was voted down, the majority being against him. He then added, 'Brethren and sisters, what I have said I know to be true, but seeing you are to go forward, I will go with you, will help you all I can, will work with you, will rest with you, will suffer with you, and, if necessary, I will die with you. May God in his mercy bless and preserve us. ' "

November 30, 1856, was a Sunday. The faithful Saints were assembled in the Tabernacle, with President Young presiding. Having been apprised of the imminent arrival of the belated handcart emigrants, he spoke to the congregation:

"When those persons arrive, I do not want to see them put into houses by themselves. I want to have them distributed in this city among the families that have good and comfortable houses, and I wish all the sisters now before me, and all who know how and can, to nurse and wait upon the newcomers and prudently administer medicine and food to them. To speak upon those things is a part of my religion, for it pertains to taking care of the Saints.

As soon as this meeting is dismissed, I want the brethren and sisters to return to their homes, where their Bishops will call on them to take in some of this company. The Bishops will distribute them as the people can receive them.

The afternoon meeting will be omitted, for I wish the sisters to go home and prepare to give those who have just arrived a mouthful of something to eat, and to wash them and nurse them up. You know that I would give more for a dish of pudding and milk, or a baked potato and salt, were I in the situation of those persons who have just come in, than I would for all your prayers, though you were to stay here all the afternoon and pray. Prayer is good, but when baked potatoes and pudding and milk are needed, prayer will not supply their place on this occasion; give every duty its proper time and place.

Some you will find with their feet frozen to their ankles, some are frozen to their knees and some have their hands frosted...we want you to receive them as your own children, and to have the same feeling for them. We are their temporal saviors, for we have saved them from death.

### **History of "Come, Come Ye Saints"**

Although it is generally believed that William Clayton wrote "Come, Come, Ye

Saints" on the journey between Winter Quarters and Salt Lake City, the hymn was really written, while Brigham Young's Company was traveling from Nauvoo to Winter Quarters.

President Young, feeling great anxiety because there were murmurings in the camp of Israel, called Elder William Clayton aside and said, "Brother Clayton, I want you to write a hymn that the people can sing at their campfires in the evening; something that will give them succor and support, and help them to fight the many troubles and trials of the journey. Elder Clayton withdrew from the camp and in two hours returned with the hymn familiarly known as "Come, Come, Ye Saints." His personal testimony is to the effect that it was written under the favor and inspiration of the Lord."

The song, indeed, seems to have been written under the Lord's inspiration, for He has used it often to uplift His Saints. Oscar Winters, President Heber J. Grant's father-in law, relates the following story:

One night, as we were making camp, we noticed one of our brethren had not arrived and a volunteer party was immediately organized to return and see if anything had happened to him. Just as we were about to start, we saw the missing brother coming in the distance. When he arrived, he said he had been quite sick, - so some of us unyoked his oxen and attended to his part of the camp duties. After supper, he sat down before the campfire on a large rock and sang in a very faint, but plaintive and sweet voice, the hymn "Come, Come, Ye Saints." It was a rule of the camp that whenever anybody started this hymn, all in the camp should join, but for some reason this evening nobody joined him. He sang the hymn alone. When he had finished, I doubt if there was a single dry eye in the camp. The next morning, we noticed that he was not yoking up his cattle. We went to his wagon and found that he had died during the night. We dug a shallow grave and after we had covered the body with the earth, we rolled the large stone to the head of the grave to mark it--the stone on which he had been sitting the night before when he sang, "And should we die before our journeys through--Happy day! All is well".

Truly, "Come, Come, Ye Saints" is worthy to be placed among the great hymns of Christian literature. With it, Clayton catches the spirit and sentiment of an oppressed people and crystallizes them into simple verse that arouses the interest of the multitude.

When the Salt Lake Tabernacle Choir was in Europe in 1955, they sang an arrangement of "Come, Come, Ye Saints," in every concert. Notwithstanding the difficulties caused by the various languages, it was encored every time it was performed. The repetitive phrase "all is well" seemed to be understood in each country and even by the refugees in Berlin where the people before whom the choir sang were without home, work, food, and even citizenship. Nothing was "well" with them, yet they encored the grand old hymn.

"Come, Come, Ye Saints" has served the purpose named in President Young's request: it was sung at every camp-fire, it gave succor and support to the saints, and it has helped pioneers, both of yesterday and today, to lay aside useless cares and to "fight the many troubles and trials of the journey."

## Helpful References

The Church has a wonderful site that lists all the known primary sources for each emigrant company and includes transcripts for documents in the public domain. It is on the following internet site:

<http://www.lds.org/churchhistory/library/pioneercompanysources/0,16272,4019-1-192.00.html>

This is a map to get to the site listed above:

lds.org.>About the Church>Church History>Church History and Archives>Resources Available>Mormon Pioneer Overland Travel

Many books are available for purchase, about early church history and the migration to Utah, including the following:

1. The Price We Paid: The Extraordinary Story of the Willie and Martin Handcart Pioneers, Andrew D. Olson, 2006, Deseret Book Co. It includes the details of the events that transpired in separate sections for the two companies. Also includes significant journal entries, and follow-up research about the lives of many of those who survived. One of the most informative and authoritative books to date.
2. The Sweetwater Rescue: The Martin and Willie Handcart Story, Heidi S. Swinton and Lee Groberg, 2006, Covenant Communications, American Fork, UT. Story of the handcart companies, and also includes a host of new artwork relating to the handcart experience; also has a companion DVD.
3. The Mormon Trail, Yesterday and Today, William Hill. 1996, Utah State University Press, Logan, UT. It includes an historical introduction, a chronology, excerpts from trail diaries, along with maps, over 200 then-and-now photos, and descriptions of major museums and displays along the trail.
4. Handcarts to Zion, The Story of a Unique Western Migration, 1856-1860. LeRoy R. Hafen and Ann W. Hafen. 1992. Bison Books. It draws on diaries and reports of the participants, rosters of the ten companies, and a collection of the songs sung on the trail and at "The Gathering."
5. Trail of Hope: The Story of the Mormon Trail, Slaughter and Landon. 1997, Shadow Mountain, Salt lake City, UT. Also has an accompanying Video/DVD. It gives an overview of Church history.

6. *Their Faces Toward Zion: Voices and Images of the Trek West*, Richard Holzaphel. 1996, Bookcraft, Salt Lake city, UT. Overview of Church History and a number of pictures related to various events.
7. *111 Days to Zion, The Day-By-Day Trek of the Mormon Pioneers*, Hal Knight and Dr. Stanley B. Kimball, 1997, Big Moon Traders. Salt Lake City, UT. The story of the Vanguard Company, the first group with Brigham Young to travel west to locate and settle the Salt Lake Valley in 1847.
8. *Tell My Story Too*. Jolene Allphin, Tell My Story Publishing, 1776 Ridge Rd. Layton, UT 84040. Contains a collection of stories of the members of the Willie and Martin Companies, the Hunt and Hodgett Wagon Companies, and the Rescuers.
9. *Fire of the Covenant*. Gerald Lund, 1999, Bookcraft Publishing Co. (Now owned by Deseret Book Company, Salt Lake City, UT. A novel of historical fiction about the Martin and Willie Handcart Companies.

Numerous articles about handcart pioneers, and early pioneer migration may be found by searching Church Magazines, by using the church internet sites, or by consulting with local ward or branch librarians.

### **Videos/DVDs**

*Legacy*. Video shown at Joseph Smith Memorial Building for several years. Church Distribution Center.

*Faith in Every Footstep*. Church Distribution Center. Also a 16 min. portion of the *Teachings from the Doctrine and Covenants and Church History* (53933) video that was available for the Sunday School course in 2005.