



*With All Your Heart,
Might, Mind, & Strength*

JORDAN WILLOWS 6TH & 8TH

WARD

YOUTH TREK 2015

JUNE 17 – 20, 2015

MARTIN'S COVE & 6TH CROSSING, WYOMING

As we begin this wonderful Trek may we always remember the words that President Hinckley spoke at the dedication ceremonies of Martin's Cove, for you truly "are walking on hallowed ground". You are about to embark on a journey that you will remember for the rest of your life if you prepare properly. You will experience many things, but most important of all we hope it will be a wonderful spiritual experience for you. (President Gordon B. Hinckley (May 3, 1997 – Dedication of the Martin's Cove Visitors Center))

During Trek

Trek Families

Each youth will be assigned to a Trek family with a Ma and Pa to lead and teach them. The Bishoprics have selected these Ma's and Pa's. These families will work together to pull the handcarts, cook meals and other chores together, and participate in other activities during trek.

What to expect on our Trek to Martin's Cove and 6th Crossing

On **June 17TH** we will be going to Martin's Cove in Wyoming. It will be about a 6 hour bus ride from Lehi . You will need to bring a sack lunch with you. Please be at the church to load the buses by 5:30 am. After arriving at Martin's Cove Visitors Center, we will get our handcarts, visit the old Fort, and trek about 3 miles to our campsite. We will be sleeping in tents. There are no showers, but nice and clean outhouses. In the evening there will be square dancing and a fireside.

On **June 18th** we will Trek to Martin's Cove as we pull our handcarts along the path the pioneers took, cross the Sweetwater River and visit several sacred sites including the cove where the Martin's company sought shelter from the winter storm. This will be about a 6 mile trek pulling handcarts this day. We will then return our handcarts to the visitor's center and load the buses to travel to 6th Crossing where the Willie Handcart Company were met by the advanced rescue team. In evening we will have a fireside and a visit from Ephraim Hanks.

On **June 19th** we will trek along the trail that many took and where the Willie company was caught in a heavy winter blizzard. There will be several stories told and reenactments of what happened at this sacred place. This will be about a 10 mile trek pulling handcarts. In the evening we will have a special fireside.

On **June 20th** we will break camp and load the buses to visit Rock Creek Hollow for a final program and testimony meeting. After lunch we will load the buses and return home with a new appreciation for our ancestors, the temple, our pioneers and their legacy of faith and sacrifice, and with an increased faith in Christ. We will arrive home around 7:30 pm.

Square Dances

Even though the pioneers were tired and weary they lifted their spirits by dancing and singing together. You will have the chance to learn two dances: "The Virginia Reel" and "Oh, Johnny, Oh" and to learn the words of some pioneer songs.

Before Trek

“... if ye are prepared ye shall not fear.” (D&C 38:30)

Trail of Faith Award

In order to help us all prepare to get the most out of trek we have created the **Trail of Faith Award**. The award outlines requirements (attached) to help us prepare physically and spiritually for our trek experience by preparing for the physical and spiritual labors of trek and learning about our family and pioneer histories. We not only invite the youth and youth leaders to participate but we encourage the Parents and Siblings to join in our preparation by working on the requirements for the Trail of Faith Award.

Pre-Trek Activities

We will have several youth activities to prepare for the Trek and to bring our Trek families together. **You will need to: Make arrangements to attend these very important Trek activities. Don't Miss Them.**

Wednesday, April 1- Combined ward Young Women's activity: 7:00p Make Aprons

Tuesday, April 14- Combined ward Combined activity: 7p Decorate Buckets

Tuesday, April 21- Combined ward Young Men's activity: 7p make satchels

Sunday, April 26- Combined ward Fireside: 5-6p

Tuesday, May 5- Combined ward Young Women's: 7p make journal covers and finish aprons

Wednesday, May 6- Combined ward Young Men's: 7p make journal covers and finish satchels

Wednesday, May 13- Combined ward Combined activity: 7p Hoedown

Tuesday, June 2 – 8th ward clothes check at beginning of regular activity

Wednesday, June 3- 6th ward clothes check at beginning of regular activity

Wednesday, June 17- Load buses for Trek: 5:30 am

Saturday, June 20- Return to church

Pre-Trek Diet

Hydration will be crucial during trek and is a necessary part of trek preparation. Everyone should be shooting for 10 to 12 glasses of liquid per day (make yourself a chart and keep track of it each day; that will help). For liquid you may count milk and juice, but most importantly water. Soda Pop does not count; it can actually be counter productive.

Nutritionally your diet should reflect the Word of Wisdom using the complex carbohydrates of whole grains, fruits, and vegetables. Learning to eat a substantial breakfast is an integral part of a good physical fitness program.

Trek Clothing

In keeping with the spirit of the pioneers, please wear your pioneer clothing the entire time. This can have a tremendous impact on you as you dress the part. See the attached trek clothing list for what you need to bring. Work with your leaders, parents, and each other in making or finding these items of clothing. Try going to second hand stores.

Please come dressed in your pioneer clothing on June 17th when we leave to travel to Wyoming.

Bucket Seat

You will need to make a bucket seat out of a 5 gallon storage bucket and lid with a seat cushion on top. The wards will be providing these buckets and we will be working to decorate them at the Combined Activity on April 14th. (Buckets with snap on lids will be provided. If you wish to have a screw on lid you will need to purchase your own.) Be creative and wise when making your bucket. This will be your seat during Trek. **NO LAWN CHAIRS ALLOWED**

- All personal items (except sleeping equipment) must be able to fit into this bucket. This includes your second change of clothing.
- You will only be allowed to bring your bucket – weighing no more than 17 pounds – and your sleeping equipment.

Trek Supply List

In preparation for the Trek, we have compiled a list of items we think you may need. Please review carefully so you will have everything you need when we arrive at Martin's Cove.

Personal Equipment List: Please bring the following items on the Trek (Label your items. If lost, they can be returned to you.)

Bucket with tight fitting lid (seat) – All your supplies will need to go in your bucket excluding your sleeping bag, ground pad and pillow.

Sleeping bag - warm, place in a plastic garbage bag labeled with your name and family color.

Sleeping pad – small ground pad placed in with your sleeping bag

Pillow – have with you in the bus

Pioneer Clothing as listed on previous page.

Socks – 3-4 pairs

Underclothing – 3-4 sets

Wind resistant jacket for cool nights

Sweats and shirt for sleeping PJ's

Rain poncho

Leather work gloves for handcart pulling – put your name on them

Metal pie plate with eating utensils or mess kit – labeled with your name

Water Bottle – labeled with your name

Personal scriptures – old copy put in ziplock bag for protection

Pencil and paper to write on

Medication – as needed

Sunglasses, chap stick, Kleenex

Small flashlight

Personal Items – tooth brush, tooth paste, comb, wet wipes, etc.

Insect repellent

Sunscreen – small bottle

Feminine hygiene supplies

Extra garbage bags- for wet items of clothing or shoes

Your Trek name or story to share

*Contact lenses – due to blowing wind and dust it might be better to wear glasses

Camera if you want to take pictures – **No cell phone with camera**

Pocketknife if you want

You will be making aprons with pockets (young women) or satchels/possibles bags (young men) to carry some small items on Trek. **DO NOT bring a backpack**

Permethrin – Spray on all clothes 24 hours before wearing to prevent ticks getting on you or your clothing. (do not bring on the trek)

DO NOT BRING: Any Electronic Devices – cell phone, I-pods, MP3 players, CD players, game boy, etc., lotions, aftershave, hairspray, gel, make-up or perfumes, footballs, Frisbees, cards or other games, folding stools, or lawn chairs.

Final Thoughts

Elder M. Russell Ballard said, “We all face rocky ridges, with the wind in our face and winter coming on too soon. Always, there is a Devil’s Gate, which will swing wide open to lure us in. Occasionally we reach the top of one summit in life, as the pioneers did, only to see more mountain peaks ahead, higher and more challenging than the one we have just traversed. We are all bound together – 19th and 20th-century pioneers and more - in our great journey to follow the Lord Jesus Christ and to allow His atoning sacrifice to work its miracle in our lives.” (April Conf. 1997)

“We are no longer asked to cross oceans or continents to gather in one place. All around the world gospel pioneers gather in their branches, wards, stakes, and holy temples. You are one such pioneer. Yours is a spiritual journey just as challenging as the pioneer’s trek west.” (The Friend July 2007, Gathering to Zion)

Registration and Permission Slips

IMPORTANT: Young Men, Young Women, & Leaders the Registration Form and Parental or Guardian Permission and Medical Release form must be completed and returned to Brother & Sister Lloyd (6th Ward) or Brother & Sister Winn (8th Ward) **no later than March 15, 2015**. Each participant (adult and youth) must complete these form.

Questions

If you have any questions contact:

6th Ward: Bryan or Sandra Lloyd (Bryan) 801-647-7131 brylloyd@gmail.com (Sandra) 801-300-7212 sandra.w.lloyd@gmail.com

8th Ward: David or Amber Winn (David) 801-473-9079 dwinn75@gmail.com (Amber) 801-368-1630 iamsls2@yahoo.com

TRAIL OF FAITH AWARD

With all your Heart, Might, Mind and Strength

COMPLETION GOAL: JUNE 14, 2015

FEBRUARY

Spiritual Preparedness:

- *Choose a pioneer name to trek for.
- Read your scriptures
- Attend the temple

Physical Preparedness:

- Walk, run or bike for at least 20 minutes 3 times per week

Remember the Pioneers:

- Read the Ensign article "Go and Bring Them In" from the Dec. 2006 Ensign

MARCH

Spiritual Preparedness:

- Memorize D&C 4:2 which includes the theme for trek---***With all your Heart, Might, Mind and Strength***
- Memorize Hymn #30
- Read your scriptures
- Attend the temple

Physical Preparedness:

- Designate a pair of sturdy and comfortable athletic shoes as your "Trek Shoes" and use them during your exercise
- Walk, run or bike for at least 30 minutes 3 times per week (Goal: 2 miles)

Remember the Pioneers:

- Read the pioneer story of Amy Loader



COMPLETE ANY 5 OF THE FOLLOWING REQUIREMENTS BEFORE JUNE 14TH:

- Find a family name and take it to the temple to complete the baptism and confirmation
- Memorize 3 pioneer primary songs or hymns
- Index at least 50 names on FamilySearch
- Read one of the following books: *The Price We Paid*, *Fire of the Covenant*, *Sweetwater Rescue: The Willie & Marin Handcart Story*, *Tell My Story Too* or another pioneer book approved by your leaders
- Keep a personal journal for at least 2 months before trek. Write about your experiences in preparing for trek.
- Organize a "trek prep" hike for your family/friends/youth in your class or quorum
- Prayerfully choose a service project and carry it out
- Participate in a 5k or 10k race before trek
- Earn the Genealogy Merit Badge
- Sew a pioneer bonnet or skirt
- Watch these 2 Mormon Messages: "Faith of Our Fathers" by Pres. Uchtdorf "Pioneers" by Elder Oaks
- Read 5 pioneer stories on lds.org
- Watch one of the following videos: *Legacy*, *17 Miracles*, *Mountain of the Lord*, *Ephraim's Rescue*, *Joseph Smith the Prophet of the Restoration*
- Learn first aid/survival skills that would be helpful on the trek. Share them with your quorum, class or leader.
- Learn a pioneer craft---dutch oven cooking, knitting, rope making, etc.
- Speak in church about the pioneer you will trek for.
- Give up a bad habit that would keep the Spirit away or that contradicts the standards in *For the Strength of Youth*
- Adopt a trek prep partner. Help each other stay positive about completing the Trail of Faith. Keep in touch weekly about your progress. Help each other complete the requirements.
- Organize a temple trip with your family, quorum or class

APRIL

Spiritual Preparedness:

- Read your scriptures
- Give a FHE lesson on the pioneer you are trekking for.
- Watch or listen to either the Women’s Session or Priesthood Session plus 2 other sessions of General Conference
- Attend the temple

Physical Preparedness:

- Walk, run or bike for at least 30 minutes 3 times per week (Goal: 3 miles)
- Attend the Trek Activities
Apr 1st—YW (aprons); Apr 21—YM (satchels)
Apr 14th --- YM/YW (decorate buckets)

Remember the Pioneers:

- Read the pioneer story of Niels Nielson

MAY

Spiritual Preparedness:

- Read your scriptures
- **In the spirit of pioneer sacrifice, give up something important to you for 3 days. Memorize: “It’s my daily decisions in life that will determine my destiny.”
- Attend the temple

Physical Preparedness:

- Walk, run or bike for at least 30 minutes 3 times per week (Goal: 4-5 miles)
- Finish preparations for your trek clothes
- Attend the Trek Activities
May 5 --- YW (journals); May 6 --- YM (journals)
May 13 --- YM & YW

Remember the Pioneers:

- Read the pioneer story of Jeanetta Ann McBride

JUNE

Spiritual Preparedness:

- Read your scriptures
- Fast on the first Sunday in June for a spiritual trek experience
- Attend the temple

Physical Preparedness:

- Walk, run or bike for at least 30 minutes 3 times per week (Goal: 4-5 miles)
- Be prepared for the clothes check
June 2 --- 8th ward; June 3 --- 6th ward

Remember the Pioneers:

- Think about the pioneer you are trekking for. Review the things you learned about this person and be prepared to share them with others on the trek.
- Read the pioneer story of George Grant Wilson

*Choosing a Pioneer(Feb): To honor those who made this journey, pick a pioneer to walk for on Trek. Find out all you can about that person. What is their story? When and where were they born? How old were they when they came across the plains? Find out what this person went through and how it can help you today. Be prepared to share what you learned with your family and your trek family. This person can be someone who is related to you or any pioneer that inspires you!

** (May) Sacrifice was a big part of the pioneers’ lives. They left their families, friends, and homes to do what the Lord wanted them to do. To attempt to understand a little bit about the pioneers’ sacrifice, we’d like you to give up something that is important to you---watching TV, cell phone, texting, ipod, video games, facebook, instagram, soda, chocolate, sugar, candy, junk food, etc.---for 3 days. If at first you don’t succeed, try, try again!

Name:

Trek Leader Signature:

Date Completed:

You can find this document and links to pioneer stories at trekwithallyourheart.weebly.com

JW 6th & 8th Pioneer Trek

June 17-20, 2015

Trek Clothing List

- ❖ Dressing in pioneer clothing will help make your experience and the spirit at trek AMAZING!
- ❖ When assembling your clothes for the Pioneer Trek, it is not necessary to spend a lot of money. Your clothes will get grubby, so simple and inexpensive is best!
- ❖ You will get hot, sweaty and dirty, so light-colored, breathable, cotton or linen fabrics will work best. Man-made fibers (polyester, rayon and fleece) are not as comfortable to wear and are a fire hazard.
- ❖ summerhilltrek.weebly.com/clothingideas---yw-outfits.html

How & Where to get your Pioneer Clothes:

- ❖ Check DI
 - Some people go on treks and then donate their clothes to DI
- ❖ Borrow clothes from someone who has been on a trek
- ❖ Make your own pioneer clothes
 - Sewing patterns for bonnets, aprons, skirts, and banded collar men's shirts are all over the internet. Links for the above can be found at:
<http://handcart-trek.org/clothing.html>
<http://pioneertrek2014.blogspot.com/p/clothing-help.html>
 - Look for free patterns online by googling "Free Pioneer Patterns"
 - Skirts can be made from curtain window panels or cute bed sheets (think solids or small pattern, nothing too modern—be careful that the fabric is not too thin or transparent, use the curtain casing at the top for a drawstring or elastic band)
 - Sewing your own clothes can help you pass off Personal Progress and Duty to God requirements!
 - **Honor the Spirit of Pioneer Frugality!** Remember, these pioneers did not have the opportunity to run to the fabric store---they used and reused every scrap of fabric they could. Look to the ladies in your family and neighborhood and see what you can get for free! Or, see if you have some cotton tablecloths, cotton sheets or cotton drapes that you could use (Think *Sound of Music!*)
 - Possible sewing day at the church or sewing class activity

Contact Lenses:

The Wyoming plains are dirty and dusty and WINDY! If you wear contacts, you may want to consider bringing glasses along as well or just wearing glasses instead of contacts all together.

Items Not to Wear on Trek:

Jeans, shorts, baseball caps, tank tops, t-shirts, tight/short dresses, and brand new shoes. Stay away from modern clothing and prints or logos. Clothing should not ride low or be immodest! Please adhere to the For the Strength of Youth Standards.

Young Women & Women

- 2 pairs sturdy, broken in, athletic or tennis shoes (NOT NEW!)
 - Be aware that tennis shoes with mesh on top may invite lots of dirt and dust into your shoes.
- 3 pairs nylon or wool socks (NO COTTON!)
 - Some trekkers wear a pair of thin nylon socks/women's stockings/liners and then a pair of wool socks over them which reduces friction and blisters!
- Clean underclothing for each day
- Sturdy rain poncho or water repellent jacket
- 1 bonnet or wide brimmed/straw hat (pioneer style!)
 - Cotton is best for your bonnet. Pioneer women wore them anytime they were out in the sun. Bonnets can be white, solid color, or print. Cotton is best. Pioneer women wore them anytime they were out in the sun. Bonnets can be white, solid color, or with a print, fancy or plain.
- 2 mid-calf length skirts
 - Modern trekkers need a mid-calf length skirt so they don't trip over their skirts while pulling. Skirts can be with or without ruffles, plain or with prints.
 - Light colors are recommended
- 2 long sleeve blouses
 - Cotton button up blouses are ideal. Authentic blouses had sleeves that were full, long, with buttons or bands at the wrist. Bright colors were popular. Light colors are recommended.
- 2 mid-calf length long sleeved pioneer style dresses can be substituted for 2 skirts and shirts
- 1-2 pair bloomers
 - Any cotton pj bottoms or scrubs can be turned into bloomers by putting elastic at the ankle --- can be FUN, modern material, if desired!
 - Bloomers make trekking more modest and they prevent ticks and mosquito bites!
- 1 Apron
 - Young Women will be making this at a YW trek activity
- Warm jacket or coat
 - Nights can be COLD on the Wyoming plains!
- 1 pair warm, modest pajamas (sweat pants, sweat shirt, t-shirt)
- 1 handkerchief—to cool face and neck (optional)
- 1 pair work gloves (protects hands while pulling)

Young Men & Men

- 2 pairs sturdy, broken in, athletic or tennis shoes (NOT NEW!)
 - Be aware that tennis shoes with mesh on top may invite lots of dirt and dust into your shoes.
- 3 pairs nylon or wool socks (NO COTTON!)
 - Some trekkers wear a pair of thin nylon socks or liners and then a pair of wool socks over them which reduces friction and blisters!
- Clean underclothing for each day
- Sturdy rain poncho or water repellent jacket
- 1 wide brimmed western style
 - A wide brimmed hat will protect your neck and face from the sun
 - Straw hats, wide brimmed felt hats, cowboy hats but NO baseball caps!
- 2 pairs long, loose fitting cotton pants---khaki's, Dockers, corduroy (no jeans)
 - Choose styles that are loose fitting through the crotch and thigh area to add comfort in walking
 - Authentic colors included blue, black, gray, browns, especially beige and tan, but these colors are not required
- 2 long sleeved loose fitting button-front shirts
 - Choose something larger than a regular fit with long sleeves
 - Button up church type shirts are great and to be more authentic you could cut the collar off above the band. Plain colors were common but stripes or plaids were also used. Light colors recommended.
- Warm jacket or coat
 - Nights can be COLD on the Wyoming plains!
- 1 Handkerchief (optional)
 - Protects your neck from sunburn and then you can get it wet to cool your neck and face
- 1 pair warm pajamas (sweat pants, t-shirt, sweatshirt)
- 1 pair suspenders, rope or belt (optional)
 - In pioneer times, men's pants were held up by suspenders. Suspenders buttoned on the outside of the waistband and were crossed in the back
- 1 pair work gloves (protects hands while pulling)

Jordan Willows 6th & 8th Wards Pioneer Trek

June 17 – 20, 2015

Registration Form

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This form and Parental or Guardian Permission and Medical Release form must be completed and returned to Brother & Sister Lloyd (6th Ward) or Brother & Sister Winn (8th Ward). Each participant (*adult and youth*) must complete a form.

Name _____

Ward _____

Address _____

Family Doctor _____

Insurance Company _____

Policy # _____

Emergency Contact: (*Parents' Name if minor*) _____

Home _____ Work _____ Cell _____

Parental or Guardian Permission and Medical Release

Activity Jordan Willows 6th & 8th Wards Youth Conference Trek		Date June 17 -20, 2015
Ward Jordan Willows 6th & 8th Wards	Stake Lehi, Jordan Willows	

Participant	Date of birth	Home telephone number
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Participant's parent or guardian	Business telephone number
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Address	City	State/Province
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Medical Information

Does the participant have any of the following:

- Special diet Allergies Medication Chronic/Recurring illness Surgery or a serious illness in the past year Physical conditions that limit activity

If yes, explain below. Use back if more space is needed.

I give permission for my child/youth to participate in the activity listed above and authorize the adult leaders supervising this activity to administer emergency treatment to the above-named participant

for any accident or illness and to act in my stead in approving necessary medical care. This authorization shall cover this activity and travel to and from this activity.

Parent or guardian's signature	Date
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PERMETHRIN

What is Permethrin?

Permethrin is a man made insecticide, structurally similar to a naturally occurring chemical called pyrethrum. Pyrethrum was initially derived from the crushed dried flowers of the daisy Chrysanthemum, whose insecticidal properties have been recognized since the 18th century. The Permethrin which is currently sold to consumers is a synthesized product that was developed in the 1970's.

Can I use DEET and Permethrin together, or is the combination unnecessary?

When maximum protection against insect bites is needed or desired, the ideal solution is to use a combination of DEET on exposed skin, and wear Permethrin treated clothing. An extended duration DEET insect repellent (Ultrathon and Permethrin treated clothing is the standard personal protection system used by the U.S. military deployed in areas of the world where insect borne disease is a real threat. One field study showed that the use of both of these products provided 99.9% protection against mosquito bites, in an environment where unprotected persons received an average of 1,188 bites per hour.)

What is the proper way to use Permethrin?

Permethrin should be applied to clothing, or to other fabrics (tent walls, etc.). It is not intended for direct application to the skin. When treating a garment with Permethrin spray, **spray the cloth outdoors and allow it to dry 24 hours before wearing.**

Does Permethrin need to be reapplied frequently to keep working?

No. One of the best things about it is its length of effectiveness per application. When applied to clothing by aerosol or trigger spray, it provides protection lasting up to two weeks or two washings.

Is Permethrin approved for children?

Permethrin treated fabrics should be safe for children of any age. Once the Permethrin has dried on the clothing, it is bound so tightly to the fibers that any potential for absorption through the skin is negligible.

Will Permethrin damage my clothes?

No. Permethrin is colorless, odorless, and non-staining.

Do I need to worry about using it around my pets?

Permethrin should not be sprayed around ponds or any other areas where fish are found, since the chemical is toxic to fish. It has not been shown to be toxic to birds. Although there are Permethrin sprays specifically sold for use on dogs, these products should never be used on cats. Cats are much more susceptible to toxicity from Permethrin. Again, once the Permethrin has dried on any fabric, toxicity should no longer be of any concern.

Is there any toxicity associated with Permethrin use that I need to worry about?

Since Permethrin is not intended for direct use on the skin, there are very few concerns about toxicity. Any Permethrin that might inadvertently get on the skin, however, is very poorly absorbed (less than 2% of the applied dose). Permethrin is rapidly inactivated by skin and liver esterases, and its metabolites are then readily excreted by the kidneys. There is no evidence that Permethrin accumulates in human tissues. Although occupational exposure to large amounts of Permethrin has been associated with transient symptoms of itching, burning, or numbness, these symptoms have not been reported in consumers applying the product to clothing. Studies have not shown Permethrin to be a human teratogen, mutagen, or carcinogen.

Given that Permethrin is an insecticide, am I hurting the environment when I use it?

Studies have shown that Permethrin is environmentally safe. Permethrin is degraded by sunlight, which limits its persistence in the environment. Its half-life is less than 30 days in soil, and the chemical is readily metabolized by soil microorganisms. Once dried on fabric, Permethrin is so tightly bound to the fibers themselves, that "leaching" into the environment is essentially not possible.

Mark S. Fradin, M.D. is Adjunct Clinical Associate Professor of Dermatology, University of North Carolina/Chapel Hill and the author of Mosquitoes and Mosquito Repellents: A Clinician's Guide

We hope this explains any questions you may have but please feel free to check it out for yourselves on the use of this product. It can be purchased online or at several outdoor stores if you choose to use it.