

# FRONTIERSMEN WORKBOOK



Living the Wilderness Experience!

Revised August 2022

## Welcome to the Adventure!

Welcome to the exciting brotherhood of the Frontiersmen Camping Fellowship!

As an FCF member, you will live the wilderness experience. You will face many new challenges and life experiences. The Trail of the Grizzly has been designed to present these challenges. You will be charged and encouraged to further develop your daily walk with God and lead by example.

The early frontiersmen were constantly adeptly aware of their surroundings. As you walk the Trail of the Grizzly, you will be more aware of how to develop a Christian servant's heart and be a light to the entire world around you. FCF members represent some of the best-trained and best-equipped members of Royal Rangers.

Be a bright light and guide and always strive to serve others. Always encourage other Royal Rangers to join with you on this FCF journey!

**"To Give and To Serve", Ad Dare Servire.**

**John "Many Waters" Hembree**  
National FCF Coordinator



## 2 Frontiersmen Camping Fellowship

Welcome Frontiersmen!

## 3 Trail of the Grizzly

Your path to becoming eligible for the Frontier Adventure and beyond.

## 4 Our Colorful History

A glimpse into the 50 year history of FCF.

## 5 The Great Commandment

The reason you are called to adventure!

## 6 The Value of a Mentor

Learn how to find a mentor to help guide you through the wilderness.

## 7 Essential Camping Skills

Promoting modern camping skills to a new generation of outdoorsman.

## 13 The American Frontiersman

Bringing the tradition and lore of primitive frontier skills alive.

## 17 The Frontier Adventure

Do you have what it takes to be a Frontiersman?

## 19 Arrowhead Merits

Developing advanced frontier skills.

## 20 Workbook Journal

Chronicle your journey to becoming a Frontiersmen.



This workbook has been prepared by the National FCF Action Team and is for use by members of Royal Rangers® and of the Frontiersmen Camping Fellowship. The contents may not be altered without approval of the National FCF Action Team. Consent is given to copy and distribute this document for the purpose of advancement and training in the Frontiersmen Camping Fellowship.

Copyright © 2022 National Frontiersmen Camping Fellowship

# FRONTIERSMEN

## CAMPING FELLOWSHIP

The smell of wood smoke drifts through the forest as you follow a dusty trail to a remote part of the valley. As you reach the peak of a pine covered ridge, you see a group of bright white canvas shelters. Savory meals cooking in cast iron Dutch ovens fill the air with a delicious aroma.



A frontier village can be seen, filled with boys and men dressed in colorful frontier attire - a mixture of muslin, linen, beads, bone, and leather-work.

A flurry of activity is taking place around areas of the camp where competitions are underway. Frontiersmen young and old are demonstrating their expertise in traditional frontier skills such as fire starting with flint and steel, tomahawk and knife throwing, black powder rifle shooting, and primitive archery.

The practice of trading and selling primitive handmade wares is taking place throughout the village. You might believe you're in a genuine pre-1840's frontier encampment. And yet, you've just experienced the sights and sounds of the Frontiersmen Camping Fellowship.

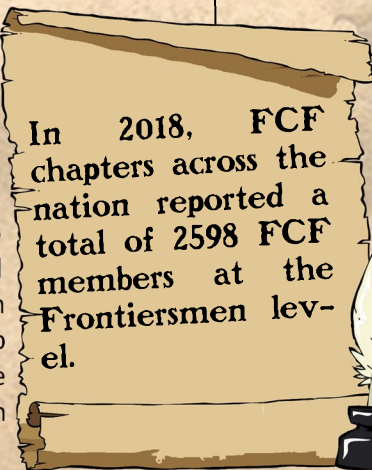
The Frontiersmen Camping Fellowship (FCF) is a special program of Royal Rangers that provides boys and men with additional opportunities to develop specialized outdoor skills based on the lore and traditions of the early American

frontiersman. FCF members participate in special events where frontier skills are demonstrated and practiced. Competitions that will promote the development of these skills and reflect the excitement, color, and flair of frontier America.

The early American frontiersmen exemplified the spirit of adventure and courage. They would climb mountain trails and made their way through a snow filled mountain pass with great anticipation for what they might find on the other side. These rugged individuals were willing to risk much to blaze a new trail into the unknown wilderness so others would eventually follow.



**On July 8, 1966, the blast of a hunter's horn signified the first FCF Call Out. Ten Royal Rangers from the Southern California district became the first recognized FCF members.**



**In 2018, FCF chapters across the nation reported a total of 2598 FCF members at the Frontiersmen level.**

Members of the Frontiersmen Camping Fellowship are challenged to demonstrate the same attributes exemplified by those early frontiersmen.

Get ready to embark on a lifelong adventure with the Frontiersmen Camping Fellowship!



## Frontiersmen - Torchbearers

A Torchbearer is one who brings enlightenment and truth. Torchbearers are also inspirational leaders. In the history of war, a torchbearer is a leader in a campaign or battle. FCF members are called to be torchbearers in our world today, bringing the truth of the Gospel to the lost, and loving others with the love of Christ. Our world today is in desperate need of torchbearers!

"The light shines in the darkness, and the darkness has not overcome it"(John 1:5). The "crimson flames" of the FCF symbol provide powerful spiritual symbolism and imagery. The light of the chapter fire pierces the darkness in the wilderness and the path is lit. Likewise, the light of Christ shines in an evil, sinful and in an ever-darkening world. Just as we cannot see the way in the wilderness without the light of the chapter fire, Christ is the only light by which we may see the truth and be saved. Stoke the chapter fires as we grow as a fellowship and fervently seek out Christ to be the light of our journey through the darkness. Become a torchbearer!



# THE TRAIL OF THE GRIZZLY

## The Pathway to Adventure

The "Trail of the Grizzly" is designed to lead boys and men along a challenging FCF advancement trail. The purpose of this trail is to prepare boys and leaders to complete the requirements necessary to gain membership into the Frontiersmen Camping Fellowship. The Trail of the Grizzly describes the FCF advancement levels of Frontiersman, Buckskin, and Wilderness. Membership in the Frontiersmen Camping Fellowship is open to all Royal Rangers boys and men, who meet Frontiersman membership requirements in the program. To attend Chapter Traces, Territorial and National Rendezvous', a Royal Rangers boy or leader must earn the Frontiersman level of FCF membership.

### Frontiersman

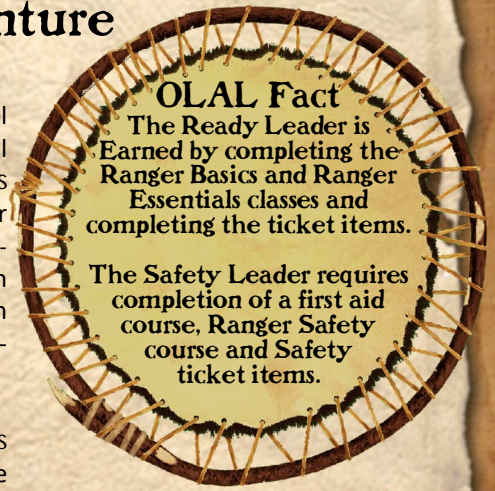
Once a candidate for FCF membership completes the Royal Rangers requirements, he is eligible to attend a Frontier Adventure. Upon completion of the Frontier adventure, the candidate gains membership in the FCF as a Frontiersman.

### Buckskin

A Frontiersman can achieve the Buckskin level of advancement by completing additional Royal Rangers requirements as well as developing frontier skills. A candidate for Buckskin that has completed all the requirements is eligible to participate in a Buckskin Challenge. Upon completion of the Buckskin Challenge, the Frontiersman attains the Buckskin level of advancement.

### Wilderness

The highest level of advancement in the FCF is Wilderness. Very few FCF members attain the level of Wilderness as it requires a high level of dedication to Royal Rangers advancement, development of primitive frontier skills, and a sensitive leading of the Holy Spirit. Candidates for Wilderness that have completed all the requirements are eligible to attend a Wilderness Vigil. Completion of the Wilderness Vigil signifies a very special achievement in the life of an FCF member.



### OLAL Fact

The Ready Leader is Earned by completing the Ranger Basics and Ranger Essentials classes and completing the ticket items.

The Safety Leader requires completion of a first aid course, Ranger Safety course and Safety ticket items.



### Ranger Advancement Fact

Since 1966, there have been more than 7000 young men that have earned the Gold Medal of Achievement



### Service Fact:

In 2017, FCF members completed and reported 119,000 hours of Trappers Brigade service.

## Frontiersmen Requirements

### Boys

- Be at least 11 years of age and a graduate of 5th grade.
- Complete a Frontier Adventure.
- Be an active member of a chartered Royal Rangers outpost and be recommended for membership by the Outpost Coordinator and Pastor.
- Earn the following required skill merits:
  - Camping (Green merit)
  - First Aid Skills (Blue merit) or First Aid-CPR (Green merit)

### Leaders

- Be 18 years of age or older.
- Complete a Frontier Adventure
- Be an active member of a chartered Royal Rangers Outpost or a member of Royal Rangers Alumni (RRA) and be recommended for membership by the Outpost Coordinator and Pastor.
- Be in good standing in the church, regularly practicing a Christ-like lifestyle.
- Earn the Ready and Safety levels of the Outpost Leader Advancement Levels (OLAL).





# OUR COLORFUL HISTORY

## THE HISTORY OF FCF

Originally called the Frontiersmen Camping Fraternity, it was founded in the summer of 1966. For some time, Johnnie Barnes, our first National Commander and founder of Royal Rangers had felt that we needed a special honor society to give recognition to leaders and older Royal Rangers who had distinguished themselves in advancement, training and camping.

The early American frontiersmen was an excellent example of a man's ability to adapt in the out of doors and the wilderness. His achievements were also examples of courage and determination. For this reason, the National Royal Rangers office then made the decision to base FCF upon the lore and traditions of these early frontiersmen.



The first FCF chapter was organized in the Southern California District on July 8, 1966.

High in the San Bernardino Mountains in a clearing surrounded by gigantic ponderosa pine trees, a large group of Royal Rangers and leaders sat around a blazing campfire. As they waited, a feeling of mystery and expectancy filled the night air.

Suddenly, the sound of a hunters horn was heard, shattering the nights stillness. As the echo of the horn was fading through the trees, National Commander Johnnie Barnes stepped into the fire light dressed in a buckskin outfit and coonskin cap. As he began to explain the new FCF program, a hum of excitement rose above the crackling campfire.

Assisted by Ron Halvorson, Southern California District Commander and Bob Reid, Former National Training Coordinator, these men proceeded with the first FCF call out. After pledging to endure a time of testing, the candidates were lead away to a nearby mountaintop for an all night initiation. Five men and five boys were officially inducted into the fraternity at the final friendship fire, it was here that they sensed that this was an important milestone in Royal Rangers history.

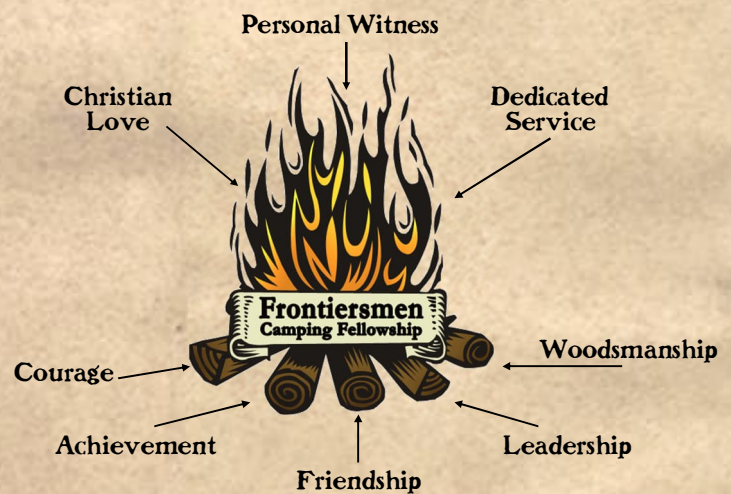
In September of that year, the second FCF initiation was held in Southern Missouri near Lake of the Ozarks, inducting five new members. Northern California and Iowa districts also organized FCF chapters that same year.

### The Symbol of the FCF

The blazing campfire is the official symbol of the FCF. The campfire provided the early frontiersmen with warmth and light, and was essential for cooking and other vital needs.

The blazing campfire symbolizes the spirit of FCF, demonstrated through the warmth of Christian love, the light of personal witness and the usefulness of dedicated service.

The FCF symbols includes five logs which represent the five elements that are essential to keeping alive the spirit of the FCF: Courage, Achievement, Friendship, Leadership, and Woodsmanship.



### The FCF Pledge

I share with you the warmth and glow of this campfire. These crimson flames are a symbol of our fellowship and adventures in camping. I promise to share with you the warmth of Christian friendship and with others the light of my Christian testimony. I promise to keep alive the spirit of FCF in my personal life and to observe at all times the principles of Royal Rangers.

# The Great Commandment

Jesus said: "Love the Lord your God with all your heart and with all your soul and with and with all your mind." This is the first and greatest commandment and the second is like it: "Love your neighbor as yourself."

To fulfill the FCF motto, "To Give and To Serve", a FCF member will do his best to honor the great commandment of spreading God's love to those around him. A FCF member will be completely aware of the specific needs of others he comes in contact with. A FCF member will prefer others above himself. Below are some examples of frontiersmen who answered the call of the Great Commandment.

## Jedediah Smith

Jedediah Strong Smith showed his dedication to Christ each day that he lived. One of the most famous mountain men of all time, Smith was most well known for his explorations in the western United States.

Smith was born in 1799 in Jericho, New York. At 21 years old he travelled to St. Louis, with his Bible, rifle and a few clothes. In St. Louis, he became a fur trapper and mountain man. Among a very rough group of men known for drunkenness and gambling, Smith was known for his dedication to God.

Jedediah Smith held the first worship service in the current state of South Dakota in 1823. He was known as a trailblazer and created the first maps of the western United States. These maps allowed for the first protestant missionaries to make their way into the unexplored country.

Smith died at the age of 32. His daily Christian life is a monument to his faith in Christ. He lived to help others.

## David Brainerd

The life of David Brainerd is a great example of how God can use a person, who might have been considered unusable.

Born in 1718, Brainerd would die in 1747 at just the age of 29. God used a weak, sick, lonely and discouraged man to become a powerful missionary to the American Indians in Massachusetts, Pennsylvania and New Jersey. The famous 18th century preacher, Jonathan Edwards took Brainerd's diary and published them as a "Life of Brainerd" in 1749. David Brainerd fulfilled the Great Commandment by showing exceptional love to his fellow man.

### Biblical Mentor Fact:

The mentor, Moses, trusted one of his warriors, Joshua, to lead the Hebrew army into battle against the Amalekites. While he stood on the mountain above with the staff of God in his hand.

The leadership role was being passed on.

Exodus 17:9

## Frontiersmen Memory Verses (NIV)

During your Frontier Adventure, you will be required to recite the following verses from memory:

**Matthew 22:37-40:** <sup>37</sup> Jesus replied: 'Love the Lord your God with all your heart and with all your soul and with all your mind.' <sup>38</sup> This is the first and greatest commandment. <sup>39</sup> And the second is like it: 'Love your neighbor as yourself.' <sup>40</sup> All the Law and the Prophets hang on these two commandments."

John 13:35: <sup>35</sup> "By this everyone will know that you are my disciples, if you love one another."



## Trappers Brigade

The Trappers Brigade is a service aspect of FCF that promotes the active and ongoing involvement of FCF members in service to their outpost, church, community, and world.

Service points are accumulated when an FCF member volunteers his time (with no consideration for wages) in outpost, church, community and missions projects. Service hours will accumulate and will count towards three levels of advancement in the Trappers Brigade program. The three steps of recognition and the accumulated hours need to attain them are as follows:

Company Trapper - 40 total hours  
Bourgeois Trapper - 80 total hours  
Free Trapper - 120 total hours

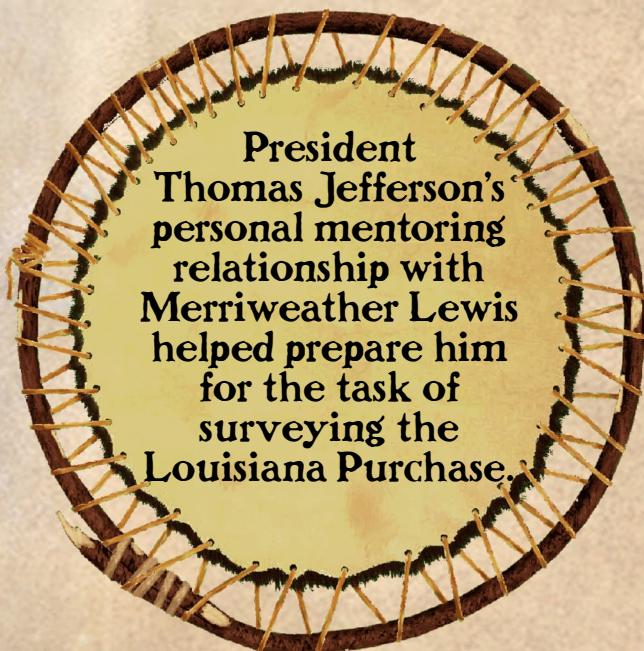
For each additional forty (40) service hours earned, the Free Trapper will receive a numeral to be placed on the Free Trapper pin. For an FCF member to advance in the FCF, he will need to actively progress through the Trappers Brigade achievement levels. Applicable Trappers Brigade service projects will be approved by your Outpost Coordinator and a local pastor. Additional information on Trappers Brigade can be found in the 2017 edition of the FCF Handbook.



# THE VALUE OF MENTORING

Throughout history and today, everyone has a need for a mentor and to be a mentor. A mentor is one who we can look to when the trail becomes wide and hard to follow, or in those times when you just need someone to listen. Someone who has been along that path before and can help you navigate the issues of life. Often a mentor can mean the difference between the success or failure of any endeavor.

President Thomas Jefferson was a mentor to the young Captain Merriweather Lewis. Jefferson saw in him the type of man he needed to complete the task of surveying the newly purchased Louisiana Territory. When Jefferson was elected as President of the United States in 1800, he handpicked the then Lieutenant Lewis as his personal secretary. This was not by chance, as they were from the same area of Virginia and his family was known to the President. Captain Lewis spent two years as President Jefferson's personal secretary, and in that time developed a close relationship that resulted in his selection to lead the now famous Lewis and Clark Expedition. President Jefferson's mentor relationship was key to his selecting Captain Lewis to lead the expedition.



As Christians, the best example of mentoring we have is displayed in the life of the Apostle Paul. Accounts of Paul's missionary journeys recorded in the book of Acts

tell us he was always accompanied by a contemporary, the first was Barnabas. Later, Barnabas became a mentor to John Mark, who also traveled with Paul on his first missionary journey. At the same time, the Apostle Peter was also a major influence on John Mark, and most likely was the one who related much of what became the Gospel of Mark to John Mark.

The Apostle Paul became a mentor to Timothy, who became a Christian on Paul's first missionary visit to Lystra. Sometime later on Paul's second trip to Lystra, Timo-



thy had become a respected disciple of Jesus and did not hesitate to join Paul on his missionary journey. They built a strong relationship with Timothy becoming like a son to Paul. It is not hard to imagine that Timothy became a great mentor to another young man who in turn would mentor another, who would mentor another. Disciples were being made through the mentor relationship. As you can see, having a mentor is important!

Begin to pray and ask God to help you find a mentor who will walk this journey with you. And as you seek out and find a mentor, become a mentor and pass on what you have learned. The next section will give you some direction on selection of a mentor, seeking out one who is older than you, one who is your contemporary, and one who is younger than you.

As you begin your journey down the Trail of the Grizzly, having a mentor can be a great help to you. Having a mentor is not a requirement to join FCF, but it is definitely encouraged and will make your quest to become a Frontiersman easier.

# Choosing a Mentor

## “No Man is an Island-”

*John Donne-1572-1631*

It is not easy to walk your path in life alone. The friendship among Christian brothers will help ease the difficulties that life brings.

Mentors can be found among family members, church, community and school associates.

Mentors can also be those who are fellow Royal Rangers and FCF members.

## Selecting a Mentor-Someone Older than You



- Find a “Paul”. What an interesting life the apostle Paul lived. He experienced so many life changing experiences and moments.
- You need to find someone 15 years or older than yourself.

- You need to be able to communicate well with those outside of your peer group.

- Find at least one Christian role model who has travelled on the same path that you are now walking.

## Selecting a Mentor-Your Contemporary

- Find a “Barnabas”. This would be at least one of your contemporaries.
- One of similar age. One who is committed to Christ, and committed to helping and showing Christian love to others.
- A Christian, who is now walking the same path as you are.



## Selecting a Mentor- Someone Younger than You

- Find a “Timothy”. Find a younger man or a boy who you relate to in similar ways.
- Your growth is tied to how you minister and disciple others.
- You will see your own weaknesses or strengths in him.
- Help him walk the path that you have walked.



## 4 Qualities of Great Mentors--by Dan Rockwell

1. Humility: The guide isn't the star of the show.
2. Not Helping: Helping too much hinders. Open-hearted mentors may help too much. Those who struggle grow.
3. Truth with compassion: Sledgehammers take less finesse than scalpels. Mentors offer truthful feedback *with* compassion. Questioning and exploration often work better than statements.
4. Courageous candor: Compassion isn't an excuse for dishonesty.

**What qualities do you look for in a mentor?**

**What negative qualities hamper mentors?**

### Mentoring Verses

Matthew 28: 16-20,  
Colossians 3:14  
2 Peter 3:17-18  
Proverbs 9:9  
Proverbs 18:24  
Proverbs 27:17





# ESSENTIAL CAMPING SKILLS

## Introducing the Basics

"The U.S. Census of 1890 officially declared that the **American frontier no longer existed**. At this same time, the Golden Age of Camping in America was on the rise. As the frontier was vanishing, campers looked back with nostalgia to the skills of their not-so-distant pioneer ancestors." - *American Frontiersmen Magazine*, 2014-2015

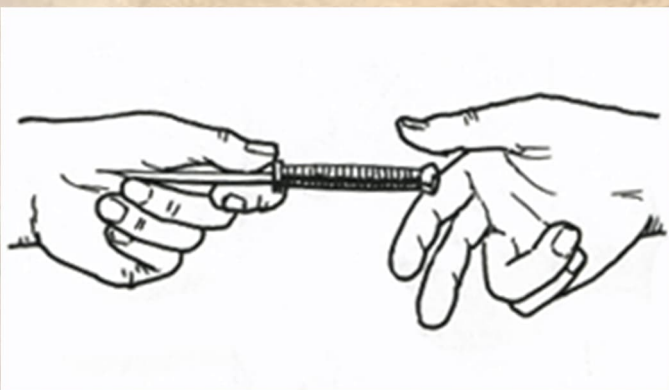
The goal of the Frontiersmen Camping Fellowship is to not only carry on the lore and traditions of the early American frontiersmen, but to also introduce and promote modern camping skills to a new generation of outdoorsmen.

FCF has identified "Essential Skills" that are basic camping skills valuable to every FCF member. These are skills that are time tested and integral to any FCF or Royal Rangers camp.

### Essential Skill- Pass a Sheath Knife

Passing a sheath knife correctly is one of the most basic, yet very important skill that every Ranger who spends time in the woods needs to know.

To pass a sheath knife, grasp the blade with your thumb and forefinger, with the top of the blade inside your hand. The handle should be pointed to the person you

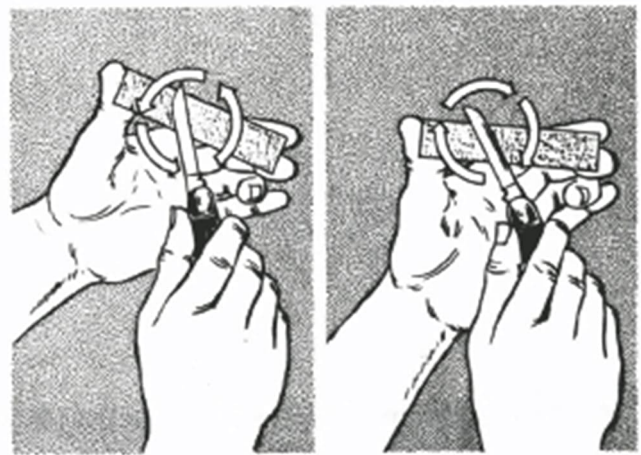


are passing the knife to and they should receive the handle with the hand that directly opposite the hand you are passing with. So if you are passing with your right hand, the receiver is accepting it with his left hand. When the person receiving the knife has a full grasp on the handle, he should say "Thank You" to confirm that he has a firm grip on the knife, and the person passing the knife can then let go.

### Essential Skill- Sharpen a Sheath Knife

Sharp tools are useful tools! A dull knife can be more dangerous than a sharp one, as it takes more effort to make a cut, and has the potential to tear flesh and not cut it.

To sharpen a sheath knife, grasp the handle in your hand.



Using a clockwise circular motion apply a steady pressure on the blade to the sharpening stone maintaining the appropriate angle for your knife. Be sure that you keep the stone wet with either water or oil. Don't drag the blade toward you with pressure, as this will cause burrs to appear on the blade. For a finer edge, reduce the pressure on the stone. Repeat in a counter clockwise direction for the opposite side of the blade. Check the sharpness of the blade by cutting a twig from a branch. When your knife is sharp, lightly oil the blade and place back in your sheath.

### Essential Skill- Pass a Hand Axe

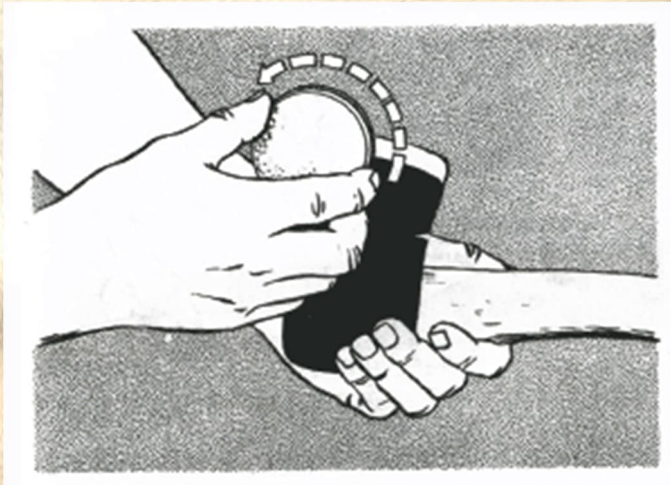
Passing a hand axe is a deliberate action to ensure safety. Using the following method the person passing the axe has control of the direction of the blade.

Grasp the handle close to the axe head with the handle pointed away from you and the blade tilted to the side. If the axe is being passed with the right hand, it should be received by the other persons left hand so that the blade is pointed away from both the person passing and the person receiving the axe.

### Essential Skill- Sharpen a Hand Axe

A sharp hand axe can be a very useful tool. With a sharp hand axe, you can easily limb a small tree, split kindling, or make tent stakes. However with use, the blade can become dull, requiring sharpening.

For very dull or gapped blades: peg the axe against a log. Using a mill file, slant the file so that it lies firmly against the top of the blade. File evenly down and along the blade in a rolling motion. Turn the axe over to repeat on the opposite side. When the blade is filed sharp and all gaps are removed, finish with a sharpening stone.



### Essential Skill- Preparing a Fire Ring

Today, most established campsites will have a fire ring that is reused. If your camping area has no ring, or you are camping in a wilderness area, use the method described. Select an open area where you can see the sky. Build your fire only on solid earth, removing all grass, leaves, roots and other debris clearing at least a six foot circle. After clearing your circle, place rocks around the outside of the circle. Be sure to keep firefighting equipment near the fire ring.

When you are finished using the fire ring, any natural



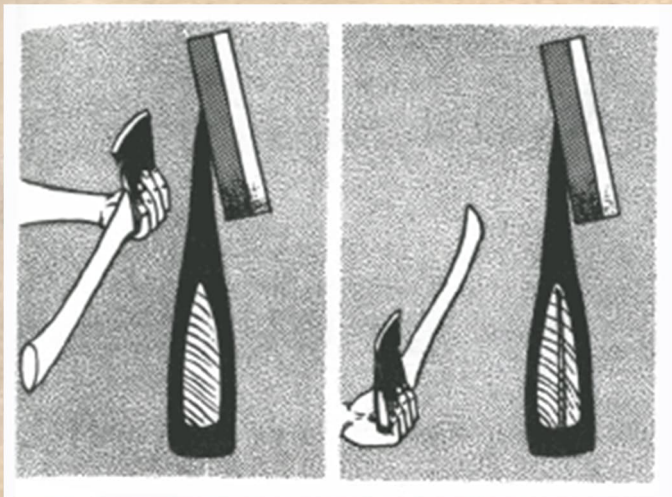
Using a sharpening stone: Hold the axe firmly in one hand. Use the other hand to move the coarse side of the stone against the blade in a circular motion. After a few motions on one side, change hands and repeat on the other side. Repeat the same procedure with the fine side of the stone. Move the stone with an even circular stroke or motion.



material removed should be replaced to reduce the impact on the site, and return the rocks to the place you found them. Leave the site in as natural state as you found it.

Required firefighting equipment- full sized shovel, a bucket of sand or loose dirt and a bucket of water. Buckets should be at least three gallons in size. These three items will effectively put out most fires.

Other safety considerations for campfires- Do not leave a campfire unattended, do not build a campfire on a windy day, always put out a fire completely, leave the site cleaner than you found it. Fire safety is everyone's responsibility.



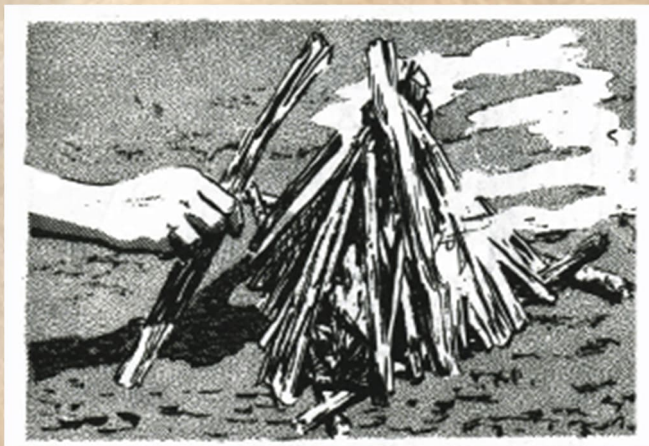
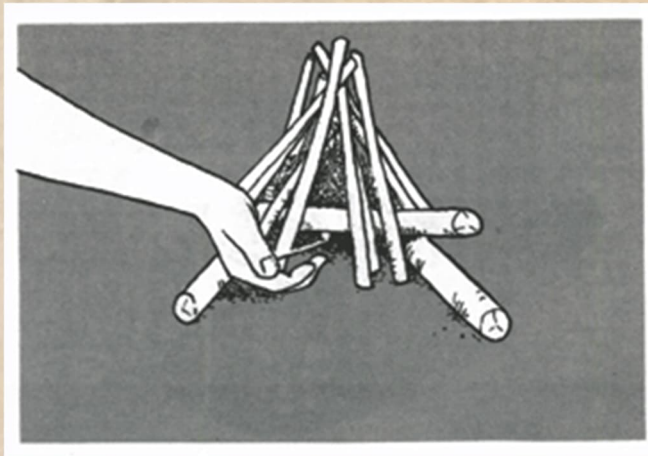
More information on this Skill can be found in the Tool Craft merit.



A completed fire ring with fire fighting equipment

### Essential Skill- Building a Tepee Fire

A Tepee fire is an easy fire to build and gives a quick hot fire and is used to start other fires. It starts with building an A-frame fire, and then add kindling around the A-frame fire making sure that there is plenty of space for airflow. Remember to only build a fire large enough for your needs.



More information on this Skill can be found in the Fire Craft merit.

### Essential Skill- Tying a Square Knot

The square knot is a joiner knot, used to tie packages, bundles, bandages and joining two ends of the same size rope.

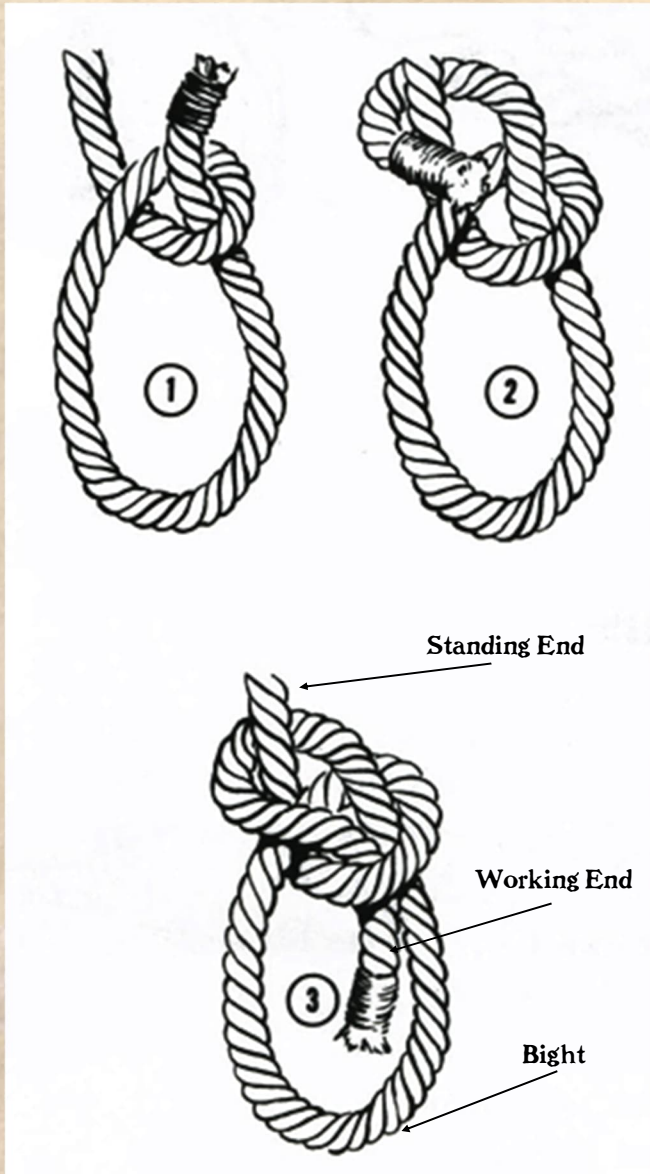
To tie a square knot, take the ends (one in each hand) and follow the following: Right over the left and through, then left over right and through. If tied properly, the result will be two intersecting loops with the whipped ends opposite of each other.



### Essential Skill- Tying a Bowline

A loop knot, also known as the "King of all Knots". Often used in boating, it is also useful when you need a semi permanent loop at the end of a rope. If tied properly, it never jams or slips loose.

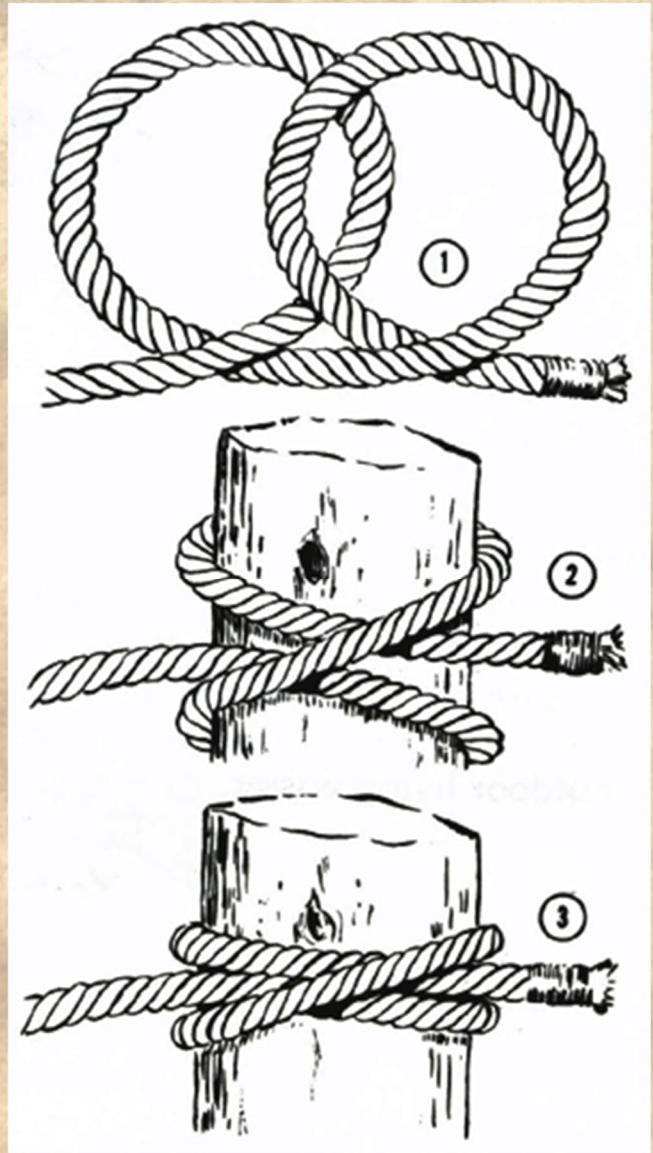
Make an overhand loop with the end held toward you. Pass the end up through the loop, then up behind the standing part, then down through the loop again. Draw it tight. It is drawn tight by pulling the working end and the bight together with one hand and pulling on the standing end with the other hand.



### Essential Skill- Tying a Clove Hitch

The clove hitch is used to start all lashing. It is also used to secure rope ends as necessary.

Make a turn of the rope around a log or post and over itself. Take a second turn around the post or log and pull the end up under the second turn. Tighten by pulling both ends.



More information on this Skill can be found in the Rope Craft merit.

### Essential Skill-First Aid Minor Wound

On a campout, small cuts and scratches will happen. It is important to apply first aid to these wounds as soon as possible to prevent infection. Clean the wound with warm soapy water and rinse. Dry the area and cover the wound with a sterile bandage. (Scrapes, small cuts and splinters)



### Essential Skill- First Aid Minor Burn

If you are cooking or tending a fire, a burn is a possibility. While we take every precaution to prevent burns, we need to be ready.

First Degree burns- Flush or submerge the area in cool water to reduce the temperature of the burn. Apply a dry loose dressing as necessary.

For second and third degree burns professional medical attention is necessary.



More information on this Skill can be found in the First Aid Skills merit.

### Essential Skills- Camp Safety and Sanitation

Proper storage of food on a campout is an important aspect of the health and safety of everyone on a campout. Coolers are the best method for transporting and storing food for an event.

Food items should be divided into individual coolers for boxed or canned items, non perishable items (bread, chips, cookies), fruits and vegetables and meats. Following this practice will prevent any cross contamination that could cause food poisoning. Ziploc bags should be used to keep items cold that need to be refrigerated without becoming wet or soggy. Meats and

cheeses should be placed in individual gallon sized Ziploc bags to prevent cross contamination from any blood or juices from other meats.



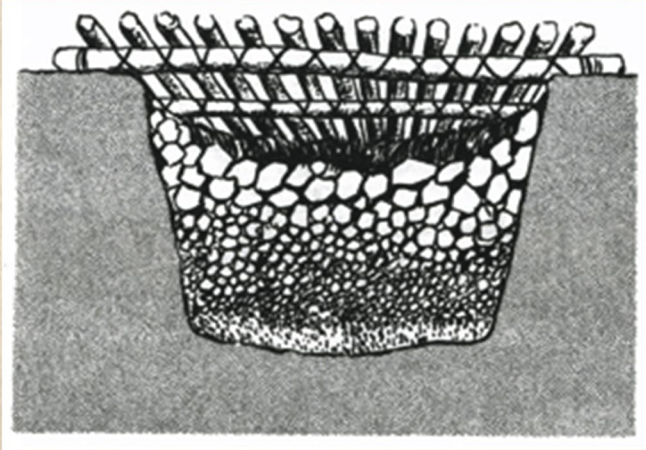
Meats should be kept as cold as possible. A temperature range of 34-42 degrees should be maintained for meats, and can be accomplished using bagged ice, block ice or dry ice. This will help prevent infections like E. Coli, Salmonella, Hepatitis, and Botulism. More information on these infections can be found in the Green Camp Safety merit.

Dishwashing is extremely important on a campout. You may take all the necessary precautions to keep your food safe, but if your dishes are dirty, you can still become very sick. Proper dishwashing procedures on a campout are as follows: dishes should be scraped as clean as possible and rinsed with water to remove as much food as possible. Three clean containers (buckets, tubs, etc.) will be used. One will contain a soapy wash water. This will be where the dirty dishes are cleaned. The next tub will be for a soapy rinse. The dishes will be submerged to remove as much soap as possible in this step. The third tub will be a clean rinse. This will remove the remainder of the soap from the dish. Dishes can then air dry by placing them in a mesh bag and hanging them, or by drying them with a clean dish towel.

Hot water must be used when washing dishes. The third step, clean rinse should be the hottest of the three steps.



Every camp needs a grease pit where local laws will allow. A grease pit is a two foot by two foot by two foot deep hole lined with rock with a natural strainer on top. This should be built outside of the camp, but near enough to the kitchen for use. This will be where any grease from cooking and dishwater will be placed.



The natural strainer is made from sticks, grass and leaves, placed in layers to catch food particles. Each day the grass and leaves should be burned and replaced with new grass or leaves.



More information on this Skill can be found in the Camp Safety merit.

Additional information on camp craft skills can be found in these resources:

- Adventures in Camping* by Royal Rangers
- National Ranger Ministry Camp Trainee Notebook** by Royal Rangers
- Camping and Survival* by Paul Tarwell
- Survival Handbook—Essential Skills for Outdoor Adventure* by Colin Towell, DK Press



# THE AMERICAN FRONTIERSMAN

## An Introduction to Primitive Frontier Skills

*"Daniel Boone... a master of woodcraft, able to find his way hundreds of miles through unbroken forests, able to maintain himself alone not merely for a day or a week, but for years or more without other resources than his rifle, his tomahawk, and his knife; and this in the face of wily foes. He was muscular and strong and enduring; victor in many a hand to hand combat, conqueror of farms cut from the forest; performer of long journeys afoot at speeds that would seem incredible to a college athlete. He was a dead shot with the rifle, an expert hunter of game. Other men, long since forgotten were all these things."*

Stewart Edward White, 1922

The American frontier was an unexplored, wide open wilderness that called a host of adventurers, explorers, and trailblazers to head West.

These adventuresome individuals would embark on a journey where they would have to learn new frontier skills and adapt to the rugged terrain they encountered. Many of the essential frontier skills are kept alive in practice and tradition in the Frontiersmen Camping Fellowship. Members of the FCF develop frontier skills as a way to connect with the rugged spirit of the early American Frontiersmen.

### Primitive Fire Starting

Survival in the wilderness was dependent on whether or not a frontiersman was able to make and keep a fire burning. A good fire was a necessity for warmth, food preparation and a variety of other daily activities. A frontiersman would have to acquire the skill of making a fire in wet as well as desolate locations while using native materials to start and maintain the fire.

A fire could be made using a number of primitive methods from flint and steel to bow and drill and from a burning glass to a fire piston. The most common method used by the American frontiersman was the flint and steel. A shower of sparks will fall from a steel striker as a piece of flint glances off the face of the striker. A good steel striker was a prized possession by individuals living on the frontier.

Regardless of the method for starting a fire in the wilderness, plenty of good charred tinder was necessary to turn a shower of sparks into a flame. Commonly

called "char cloth," this charred material would be placed in the dry tinder to catch the sparks that would then be blown into a flame. Cotton cloth, unbraided natural rope, punk wood, and tow (coarse flax) are all good materials to use to make charred tinder.

It was a common practice for frontiersmen to keep fire building tinder tucked away in his gear in the event he encountered wet conditions. Knowing he had this dry tinder gave him confidence that he could build a fire at any time if needed.

Common types of tinder are pine needles, wood shavings, cedar bark, dry grass and bird's nests.

Being able to build a fire in any condition is a valuable skill that every frontiersman should be able to master while he is on the Trail of the Grizzly.



More information on this Skill can be found in the Wilderness Survival merit.



## The Tomahawk

A frontiersmen would only be able to survive in the wilderness by using the tools he had in his possession. Every tool and piece of equipment had a useful purpose. A good tomahawk and various knives were prized possessions for a frontiersmen as they were needed to perform a variety of daily tasks.

The origins of the tomahawk can be traced to Eastern Native American tribes in the 17th century. Tomahawks or commonly referred to as a "hawk," were tools that were constructed by attaching stones to a straight piece of wood with rawhide straps. As time went on, steel or brass heads took the place of the stone. Tribesmen would use the tomahawk for light chopping and cutting and in some cases as a primitive hammer. The tomahawk was also used frequently in close personal combat as well as a thrown weapon. The American frontiersmen would use the tomahawk in a similar fashion well into the 19th century.

## Throwing the Hawk

Before attempting this skill, secure a reliable tomahawk with a stout handle.

Be sure the hawk head is secure on the handle before throwing.

The secret to being able to "stick" the hawk is distance and form. A tomahawk must turn one complete revolution in the air before it will stick in the target. The most important thing to remember when throwing is not to flip the tomahawk.



For the average-size person with the average size hawk, seven paces is about the right distance for one revolution. Put a marker on the ground so you know exactly from where you are throwing.

After stepping off your paces, grip the hawk firmly by the end of the handle, with the hawk blade parallel to the target.

- Take one step forward as you throw the hawk in an overhead swing, much as you would throw a rock or baseball. If it doesn't stick, move closer or farther away. Raise your throwing arm above the shoulder, keeping the elbow straight.
- Throw the hawk with a smooth swing, and release the hawk just prior to the arm's coming to a horizontal position. When completed, the arm should be in a position similar to giving a handshake with the fingers extended. Do not twist your wrist when throwing. If the hawk does not hit on the blade, adjust your distance until you find the right distance. You may also need to adjust your swing so you throw neither too hard nor too lightly.
- Do not approach the target until the range officer gives the command to retrieve your hawk.

## Frontier Knives

A frontiersman would carry several knives as it was believed that a good knife was the single most useful tool to have in the wilderness. It would not be uncommon for an individual to carry a patch knife, a utility or belt knife, a butcher's knife, and a skinning knife. Knives were used for a variety of daily activities from cutting rope or wood to preparing food and from skinning game to picking teeth. Similar to the tomahawk, the knife was also used for personal protection and as a weapon. A frontiersmen would become very skilled in the art of throwing a knife as a way to kill small game or to stop a large predator or enemy. In the fur trapping era, frontiersmen were able to display their ability to throw a knife in fun competitions at rendezvous' or other gatherings.

## Throwing the Knife

- Grip the knife by the handle only in the same fashion they would grip a knife to cut with.
- Grasp the full length of the handle in the same place every time.
- The fingers should close around the handle in a comfortable and natural way.
- The thumb will be placed along the side of the knife.
- Do not grip the handle with a strong grip.



### *The Stance:*

- Mark off the throwing line by walking six steps from the target. Mark your spot.
- Adjust it as needed when trying to determine the best distance for throwing and sticking the knife.
- Face the target in a comfortable standing position.
- Bend the knees slightly and step forward with the opposite foot of the throwing hand.
- Avoid moving your feet during the windup; rather, make a smooth step forward as arm and knife move forward.



### *The Throw and Release:*

- Throw the knife in the same way as the hawk.
- Like throwing the hawk, there must be no wrist movement when releasing the knife. The hand should be in a handshake position at follow-through.
- Do not exert too much energy on the throw. This can cause the knife to fly awkwardly through the air. If the handle does hit the target, it may rebound and injure the person throwing the knife.

The ability to throw a tomahawk and knife are frontier skills that have been maintained in the activities and lore of the FCF. Throwing competitions are common place at Traces and Pow-wows. A game of “handles” will often

break out when a group of FCF frontiersmen get together to throw.

### **Safety Rules for Hawk and Knife Throwing**

- Keep the knife and hawk sheathed at all times, except when throwing.
- Never throw the hawk or the knife if someone is behind the target.
- Individuals watching or waiting in line should be at least twenty-five feet behind the thrower.
- Face the target and hold the knife or hawk by the handle.
- Enter the throwing area only when instructed by the range officer.
- Be consistent; throw the same way every time.
- Head of the hawk should be set properly on the handle before throwing.
- Always obey the commands of the range officer.
- Walk off seven steps for the hawk and six for the knife.
- Know the boundaries for a safe throwing range.



**More information on this Skill can be found in the Knife and Hawk merit.**



**More information on this Skill can be found in the Frontier Knifeman merit.**



**More information on this Skill can be found in the Frontier Hawkman merit.**

### **Shelters**

From the earliest times on the frontier, shelter was needed to keep for the people out of the elements. For the nomadic plains Indians, the buffalo hide was the material of choice for their shelters. The Eastern tribes used thatch and wood for theirs. As European explorers arrived, so did tents of cotton duck, made from Dutch sail cloth. This cloth was made of flax or hemp and was normally used for sails on the vessels that brought the explorers to the new world.

Many different types of shelters were found on the American frontier. In the East, the marquee and wedge tents

were most common. Some of the earliest arrivals to North America used what we today would consider medieval pavilions for a short time.

As the white settlers pushed west, the plains Indian gradually replaced their buffalo hide tipi's that they had used for centuries with tipi's made of the much lighter sail cloth.

Frontiersmen who opened the Western frontier sometimes employed a diamond shelter. This was a diamond shaped piece of sail cloth that could be configured in several different ways.

Wall tents are another style that was to be commonly found on the frontier.

Today at Frontiersmen Camping Fellowship events, there are many different shelters of all shapes and sizes.

## Outfits.

### Headgear-

There was a variety of headgear on the frontier, from the headdress used by Native Americans, to the store bought felt or beaver fur hats. Many hats were made out of furs that the frontiersmen acquired. Fur from animals such as beaver, otter, skunks, raccoons, fox, coyote, cougar, deer and bear were used by the frontiersmen.

Most of these were self made hats, crude in nature and showed the individuals taste. There were cotton caps called Liberty caps, some were knitted caps of the voyagers. Some were made of wool or linen. Hats were a display of an individual's taste and character.

### Shirts-

Shirts worn by frontiersmen varied from region to region. Some were made of leather such as elk, buckskin and buffalo; some were made of linen or calico. Many colonists only owned one shirt and would replace it each year. You would be considered quite wealthy if you owned more than one shirt! Frontiersmen who trapped beaver would usually start out with a cloth shirt, but those shirts would quickly wear out giving way to buckskin garments.

Waistcoats were also worn. These were worn by most all men who lived in the colonies. As men moved into the frontier, they would usually wear what was referred to as a hunting shirt.

### Pants and Leggings-

Most pants worn on the frontier were simple and plain. Pants did not have pockets during that time. Men who lived in the colonies wore knee breeches and trousers, soldiers wore military overalls, and frontiersmen wore buckskin pants or Indian style leggings. The materials

used were buckskin, elkskin, linen, cotton, and wool.

### Footwear-

The most common footgear on the frontier, east or west, was the moccasin. There are likely as many different styles of moccasins as there were different Native American tribes. In the colonies, you could find buckle shoes and boots, depending on your status in the community.

Soldiers wore gaiters and spatterdashes over their buckle shoes as part of their uniforms.

### Coats-

Coats and robes were a must during the cold winter months on the frontier. On the frontier you would see the blanket capote made of trade blankets, there were robes made of buffalo and elk. Watch coats and cloaks were worn in the colonies were made of wool. Fringed frocks were worn on the frontier, made of linen or buckskin. These coats not only needed to keep the wearer warm, but to also shed water.

### Accessories-

Other essential parts of the frontiersmen's outfit are:

- Shooters bag
- Haversack
- Powder horn
- Primer horn
- Knife
- Tomahawk
- Rifle
- Flint and Steel
- Belts
- Necklaces
- Personal Pouches

Additional Information on frontier outfits can be found in these resources:

*Book of Buckskinning Vol. 1-8* by Muzzleloader Magazine

*A Pilgrims Journey Vol. 1 & 2* by Mark A. Baker

*Sketchbook 56 Series* by Ted Spring

*Sketchbook 76* by Robert Klinger and Richard Wilder

*The Longhunters Sketchbook* by James A. Hanson

*The Mountainman Sketchbook Vol. 1 & 2* by James A. Hanson

*The Voyagers Sketchbook* by James A. Hanson

*Tidings from the 18th Century* by Beth Gilgun

*The Packet Series* by Mark R. Tulley

*The Frontier Rifleman* by Richard B. Lacrosse Jr.

*Mountainman Crafts and Skills* by David Montgomery



# THE FRONTIER ADVENTURE

## Do You Have What It Takes To Be A Frontiersman?

### To Enterprising Young Men.

The Subscriber wishes to engage ONE HUNDRED MEN to ascend the river Missouri to its source, there to be employed for one, two or three years.— **For particulars, enquire of Major Andrew Henry, near the Lead Mines, in the County of Washington, (who will ascend with and command the party) or to the subscriber at St. Louis.**

Wm. H. Ashley.

This was the advertisement that was placed in the St. Louis paper in 1822 by Major William Ashley who would go on to start the Rocky Mountain Fur Company. This ad would draw over 150 rugged men to the endeavor, and it would shape some of the most famous Mountainmen known today; Jedediah Smith, Jim Beckworth, Hugh Glass, Joe Meek and Kit Carson.

The idea that they were going to be away from home and family for a year or more was not a deterrent to them. Their hearts yearned for adventure, and this was their opportunity! The vast untamed wilderness called to their adventurous spirits.

### TO Enterprising Young Men.

THE subscriber wishes to engage ONE HUNDRED MEN, to ascend the river Missouri to its source, there to be employed for one, two or three years.—For particulars, enquire of Major Andrew Henry, near the Lead Mines, in the County of Washington, (who will ascend with, and command the party) or to the subscriber at St. Louis.

Wm. H. Ashley.

February 13 —98 tf

FCF is also looking for enterprising young men and leaders! Do you have what it takes to be a frontiersman? If you have made it this far then you just might. As you started the Trail of the Grizzly, you have been asked to begin the process of finding a mentor, developing camp craft skills, memorizing scripture and introduced to some basic frontier skills. What lies ahead is adventure.

Become a torchbearer! We are called by Christ to be salt and light to our world. Bring light into the world by proclaiming Jesus to everyone you meet! Tell others of

the love and mercy that has been given to us by Jesus sacrifice on the cross. By taking the challenge to become a torchbearer, you are taking on the great commission that Jesus gave to his disciples:

<sup>19</sup> "Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, <sup>20</sup>and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age."

Matthew 28:19-20

As a Royal Ranger or leader, you have been challenged to complete advancements to qualify to become and FCF member. This has not been an easy journey, but it is a path well worth the effort.

### The Next Step

The next step in your journey is the Frontier Adventure. This event is conducted by your chapter FCF, and will complete your process to become a Frontiersman and a member of the Frontiersmen Camping Fellowship.

Using the sign off page in this workbook, make sure that you have completed all of the requirements for FCF membership.

When you have completed the requirements, submit your application for FCF membership to your Chapter. As soon as the local FCF chapter is aware of an eligible Frontier Adventure candidate, a welcome letter will be sent to the candidate prior to the Frontier Adventure. This letter will include detailed information about the location and time of the next Frontier Adventure.

At the Frontier Adventure, you will experience life in a frontier village. You will learn skills valuable to your experience in FCF. Through a series of activities, trials, tasks, and tests, the Frontier Adventure will give you a sense of the rugged and wild adventures experienced by new trappers as they embarked into the wilderness. You will experience fun and accomplishment and will get a glimpse into the life of the American frontiersmen. The ultimate goal is for you to join the undaunted brotherhood of the FCF and start a lifelong journey towards living the wilderness experience.

Ad Dare Servire!



# ARROWHEAD

## MERITS AND AWARDS

### Developing Advanced Frontier skills

To encourage the development of different skills within the FCF, a group of merits have been developed called Arrowhead Merits. These 16 merits are identified by the arrowhead shape in the background of each of merit. These are all silver skill merits, and can be used to complete Royal Rangers advancement steps.

You don't have to be a member of FCF to earn these merits, and they can be taught by any Royal Rangers leader regardless of FCF membership status.

All of the requirements for these awards will be found in the Expedition Rangers track of TracClub.

Earning an Arrowhead is different than other merits. Each one requires fifteen points to be earned to complete the merit. While traditional merits require that all merit requirements be met, Arrowheads allow the participant to choose the requirements that they wish to complete by selecting those with the point value that they need to complete the merit. As soon as requirements total 15 points, the merit is earned. A merit patch is available from My Healthy Church (GPH) and the Arrowhead merit certificate is available only on TracClub.

Royal Ranger leaders may complete the requirements to earn the Arrowhead Award, not the merit. Leaders who complete the Arrowhead Award may be presented the official Arrowhead Award certificate available only on TracClub.

Currently, there are a total of sixteen silver merits that are classified as Arrowhead merits. These merits are indicated

by an arrowhead in the background of the merit, and upon completion of three of these merits, an Arrowhead medallion is earned. Arrowhead Medallions may be awarded to Ranger leaders and Royal Rangers.

The medallions are the Pilgrim (awarded after three merits are earned), Pioneer (after six merits), Trailblazer (after nine merits) and Patriot (after twelve are earned).

While it could take some time, even non FCF members can earn the Arrowhead merits. These merits are a great way to get new Rangers and leaders involved in the FCF.

More information on Arrowhead merits can be found in the 2017 edition of the FCF handbook.





# The FCF Pledge

I share with you the warmth and glow of this campfire.

These crimson flames are a symbol of our fellowship and adventures in camping.

I promise to share with you the warmth of Christian friendship and with others the light of my Christian testimony. I promise to keep alive the spirit of FCF in my personal life and to observe at all times the principles of Royal Rangers.



**FRONTIERSMEN**  
WORKBOOK