

# Crestview Outdoor Ministry Expeditions

Adventures of Worship in GOD's Outdoors

*YOU will show me the path of life;  
-- Psalm 16:11 NKJV*

eTrailGuide #025

<http://sites.google.com/site/pastorlarryt/>

June 25, 2010

- 01. VBS 2010 – In the Rainforest
- 02. Outdoor Ministry Calendar
- 03. Expedition #22 – Kayak/Canoe Coldwater Creek
- 04. Expedition #23 – Bon Secour National Wildlife Refuge/Gulf Shores
- 05. Open Your Eyes, Discover – Chief Ladiga Rail Trail
- 06. Campfire Cuisine – Pocket Pizza
- 07. Gear Review – Mountain Bike

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## 01. VBS 2010 – In the Rainforest

July 19-23, starting at 6pm nightly, is our 2010 Vacation Bible School. We will be “In the Rainforest” as we Worship, Disciple, Evangelize, and Fellowship. Please be praying for this important outreach/ministry event in the yearly life of our church. It is so vital to touch these young lives with the love and truth of **JESUS CHRIST**.

I hope you will seriously pray and consider how you might serve in a ministry role during VBS. Perhaps you know some children who you could bring to VBS.

If you have a chance, stop by the Rainforest Base Camp and say hello to Andrew and me! We will be leading children to consider **GOD's** work in **HIS** creation.

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## 02. Outdoor Ministry Calendar

*July 10, 2010 – 7:00am – Expedition #22 – Canoe/Kayak Coldwater Creek  
August 14, 2010 – 7:00am – Expedition #23 – Gulf State Park / Bon Secour NWR  
Sept. 25, 2010 – Expedition #24 – Grist State Park, Selma, AL (Tentative)  
Oct. 23, 2010 – Expedition #25 - Bike Hike Chief Ladiga Rail Trail Piedmont, AL  
Nov. 19-20, 2010 – Expedition #26 – Hike & Campout at Wall's of Jericho!  
Dec. 11, 2010 – Expedition #27 – To Be Determined*

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## 03. Expedition #22 – Kayak/Canoe Coldwater Creek

Particulars:

**Expedition #22: Canoe/Kayak Coldwater Creek, FL 7/10/2010 07:00am (that's right!)**

**Trail Guide:** Pastor Larry

**Type of Expedition:** Canoe or Kayak paddle/float

**Total Trail Mileage:** Total Creek Distance 7 miles (expect ½ day trip)

**What to Bring:**

- Clothing suitable for water (Please Note: This is a Church sponsored trip, please wear clothing appropriate. Please do not wear bikinis or Speedo's , etc. Consider any logo or language that may be on tee shirts. We are representing **CHRIST**.)
- Water shoes (sandals, old tennis shoes, water shoes, or similar – I don't recommend flip-flops, though you may bring those if you choose)
- Change of clothing (for after the trip) / Towel
- Sunglasses
- Hat/cap (to protect your 'noggin' from being broiled)
- SUNSCREEN (Please protect your skin.)
- Insect repellent (optional – I have never needed this on the creek)
- Camera (waterproof!)
- Water (or sports drink)
- Trail snacks (suggest packing drinks and snacks in a "dry bag" to protect from water)
- Toys (Frisbee, ball, water gun or similar if you like)
- Binoculars (optional; protect from water if you bring them)
- Bible / Journal (for devotional after the ride – you can leave them in the vehicle)
- Expectant Attitude – Looking for the Treasures that **GOD** has displayed in **HIS** Creation.

**What NOT to Bring:**

- NOTHING in glass bottles (Florida Law prohibits ANY glass containers on the river)
- Radios/MP3's/Similar devices – They will be destroyed on the Creek.
- A Bad Attitude
- No Alcohol allowed
- Suggest that you LEAVE your Cell phone in the Vehicle – Water and electronics DO NOT mix.

**Cost:** \$30/person (for Kayak); \$25/person (minimum of 2) (for Canoe) – **We will accept payment prior to the Expedition and Church will PREPAY (i.e. Reserve the boats).**

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#### **04. Expedition #23 – Bon Secour National Wildlife Refuge / Gulf State Park**

**This Expedition is *tentative* as we are unsure of the full extent of damage caused by the oil spill in the Gulf of Mexico.** Bon Secour NWR and Gulf State Park are beautiful spots in **GOD's** Creation, highlighting the beach and coastal lands of southwest Alabama. There will opportunity at Bon Secour to hike and explore the marshes and coastal

lowlands looking for myriad water birds, the elusive beach mouse, and the alligator. The possibility exists for those having kayaks to explore Gator Lake or Weeks Bay.

Gulf State Park provides (normally) a beautiful white sand beach along with trails through tidal marshes and coastal lowlands.

We will plan to grill hotdogs at the beach pavilion for lunch!

Expedition #23: Bon Secour NWR / Gulf State Park, 8/14/2010, 7:30am

Trail Guide: Pastor Larry

Type of Expedition: Hike, Beach, possible Kayak Bon Secour NWR, Weeks Bay, Gulf Shores

Total Trail Mileage: Less than 3 miles total

Cost: Free. (Each person should bring snacks to share.)

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### **05. Open Your Eyes, Discover – Chief Ladiga Rail Trail**

(From <http://www.jsu.edu/epic/CLT.html>)

The Chief Ladiga Trail is Alabama's first extended rails-to-trails project. It wanders 33 miles through the countryside of Calhoun and Cleburne counties and it connects the municipalities of Piedmont, Jacksonville, Weaver and Anniston.

Seen along the way are beautiful wetlands, streams, forests, farmlands, and a horizon filled with mountains. The Chief Ladiga Trail is a family oriented pathway that provides a safe, non-motorized way to travel, exercise and relax while enjoying the outdoors.

Just north of Piedmont, Alabama it intersects with the Pinhoti Trail which is a spur of the longest walking path in America - the famous Appalachian Trail.

On September 27th, 2008 the "Chief" was connected to Georgia's Silver Comet Trail completing what is now considered to be the longest paved pedestrian pathway in America. Together the trails are 95 miles long with plans for future extensions and spurs.

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### **06. Campfire Cuisine – Pocket Pizza**

(From: <http://www.boyscouttrail.com/content/recipe/recipe-189.asp> )

Required:  
aluminum foil  
campfire coals  
long fire tongs

Ingredients:

- 1 pkg pita bread
- 1 can spaghetti sauce
- 1 cup grated cheese
- 1 pkg sliced pepperoni
- optional: sliced black olives, pineapple chunks, diced peppers, ...

Notes:

Use precooked meat since you are just heating it up.  
 Mark your own foil with a special fold so you know it's yours.

Instructions:

Cut each pita in half and spoon spaghetti sauce into pocket spreading it evenly.  
 Add cheese, pepperoni, and other toppings.  
 Wrap in foil and place in coals. Cook for a couple minutes, flip, and cook another two minutes.

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**07. Gear Review – Mountain Bike**

*This is the forum to perhaps introduce you to a new “gadget” or acquaint you with an “old standby”.*

The “Mountain Bike” (MTB) is a type of bicycle. Mountain Bikes are recognizable by their fat (often knobby) tires, multiple (low end) gearing (often up to 24 gears), rugged frame, and occasionally front and/or rear suspension. These bikes (sometimes called ATB for All Terrain Bicycle) are suitable for complete off-road riding, road riding, or a mixture of the two. What the MTB gives up in speed on the road, it makes up for in handling the bumps and dips of off-road trails. The heavier, larger, and lower-pressure tires make this bike more robust in handling “road hazards” such as pot holes, glass, and sharp rocks.

MTB frames are available in a wide variety of metals from chromoly-steel to aluminum or more exotic carbon-fiber mixtures. Frame geometry is more relaxed than a road racing bike, though not quite as comfortable as the old fat-tire “cruiser bikes” or the “hybrid” (the hybrid is a MTB that has been modified with higher rise handlebars and narrower tires to make a more comfortable, urban street bike.)

If you enjoy getting out to appreciate **GOD**’s work in **HIS** creation, a mountain bike might be something you consider. MTB’s would be great for use on the Chief Ladiga Rail Trail during Expedition #25, 10/23/2010.

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*What humbugs we are, who pretend to live for Beauty, and never see the Dawn!* ~Logan Pearsall Smith