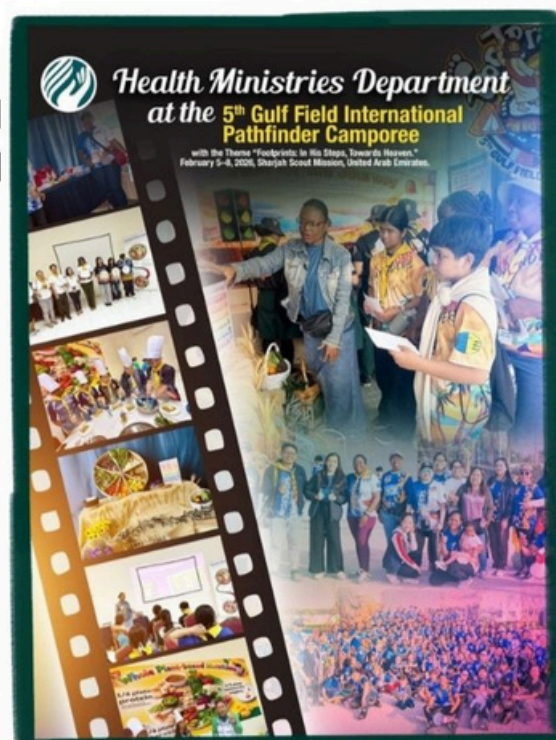


## HEALTH MINISTRIES DEPARTMENT AT THE 5<sup>TH</sup> GULF FIELD INTERNATIONAL PATHFINDER CAMPOREE

The Health Ministries Department actively participated in the 5<sup>th</sup> Gulf Field International Pathfinder Camporee, held on February 5-8, 2026, at the Sharjah Scout Mission, United Arab Emirates. Under the supervision and leadership of Health Ministries Director Sister Cathy Coleman, the department introduced dynamic and impactful health-focused activities aligned with the Camporee's theme, "Footprints: In His Steps, Towards Heaven."



This year's International Pathfinder Camporee was especially significant because the Health Ministry launched several new initiatives in the region. Except for the Emergency Booth, all health activities were newly introduced to the Camporee in this territory. The department facilitated six designated areas:

- Pick Your Activity Health Booth - *Fuel for the Journey*
- Plant-Based Nutrition Honor
- Emergency Booth (First-Aid)
- 5K RunFinder
- Health Workshops for Pathfinders
- Adult/Parents Engagement Sessions

Each activity was thoughtfully designed to promote wholistic well-being—physical, mental, and spiritual—encouraging participants to walk "In His Steps" through healthy lifestyle choices. By combining biblical principles, practical learning, and interactive engagement, the Health Ministry successfully integrated Scripture-based truth and health throughout the Camporee experience.

## **PICK YOUR ACTIVITY HEALTH BOOTH – “FUEL FOR THE JOURNEY”**

The Pick Your Activity Health Booth, themed **“Fuel for the Journey,”** was inspired by the Biblical principle found in Book of Genesis 1:29:

*“Look! I have given you every seed-bearing plant that grows on the earth and every fruit-bearing tree. They will be your food and nourishment.”*

This interactive booth featured three educational and engaging stations designed to teach participants about plant-based nutrition in a fun and memorable way. Participants received evaluation sheets at the beginning of the activity and collected stickers after completing each station.

### **Booth Schedule**

The “Fuel for the Journey” booth was open during the following times:

- Friday, February 6, 2026
  - 8:30 AM – 9:30 AM
  - 4:30 PM – 5:30 PM
- Sunday, February 8, 2026
  - 8:30 AM – 9:30 AM

These scheduled sessions allowed both Pathfinders and leaders to participate in an organized and meaningful learning experience.

### **Station 1 - “Color Power”**

Supervised by Sister Cathy

This station emphasized how colorful fruits and vegetables protect our bodies because they contain phytochemicals—natural compounds that support immunity and overall health. After the discussion, participants completed their evaluation sheet, received a sticker, and proceeded to the next station.

## **Station 2 - "Stoplight Foods"**

Supervised by Sister Kaycee

This station introduced the concept of:

-  Green (Go) Foods - Healthy and nourishing
-  Yellow (Slow) Foods - Eat with caution
-  Red (Stop) Foods - Foods to avoid

After the discussion, participants played an interactive sorting game, completed their evaluation sheet, received a sticker, and advanced to the final station.

## **Station 3 - "Protein Power"**

Supervised by Sister Evelina

The final station focused on plant-based protein sources and how they support growth, strength, and energy. After the discussion, participants completed their evaluation sheet and received their final sticker.

Upon completing all three stations, participants received:

- A "Fuel for the Journey" pamphlet
- Delicious, healthfully prepared goodies made with love
- Refreshing naturally infused water

The booth successfully combined Biblical teaching, practical health knowledge, and interactive learning, leaving participants inspired to nourish their bodies as part of their spiritual journey.



## Participant Testimonies

The impact of the booth was clearly reflected in the feedback received:

"It's very unique because it's a three in one booth. And considering how the topic of 'health and veggies' is lukewarm to teenagers, it's so nice to see that it makes us engaged in it." – *Amber C.*

"It's very good!" – *Hannah L.*

"Very informative and helpful, entertaining (color wheel, game and actual). It's a guide to worship, encouraging to worship by taking care of health." – *Grace DL.*

These testimonies highlight how the booth successfully transformed what is often perceived as an ordinary or less exciting topic into an engaging and spiritually meaningful experience. By combining education, interaction, and Biblical principles, the "Fuel for the Journey" booth reminded participants that caring for their health is not merely a lifestyle choice—it is an act of worship and stewardship as they walk In His Steps, Towards Heaven.











# PLANT-BASED NUTRITION HONOR

## *A Historic First in the Region*

The Plant-Based Nutrition Honor marked a historic milestone during the Camporee as it became the very first Plant-Based Nutrition Pathfinder Honor established in this region. Once it is officially submitted and approved by the General Conference, it may be added to the official Pathfinder Honors list—making this initiative both groundbreaking and visionary.

This honor was conducted on:

 **Friday, February 6, 2026**

- 9:30 AM - 12:00 NN
- 2:00 PM - 4:30 PM

The extended schedule allowed participants to fully engage in lecture discussions, practical activities, and hands-on cooking experiences.



## **Lecture and Interactive Learning**

The lecture and discussion were headed by Sister Cathy, who defined plant-based nutrition as eating foods naturally grown from the earth—including fruits, vegetables, legumes, whole grains, nuts, and seeds.

The session covered:

- The benefits of plant-based nutrition to the body
- How proper nutrition supports energy, immunity, and long-term health
- The importance of making informed and balanced food choices

One interactive portion of the lecture required participants to sort various foods into their proper categories:

- Carbohydrates
- Proteins
- Fats

This activity strengthened their understanding of balanced nutrition while making the session engaging and participatory.

## **Creative Application - Designing a Meal Plate**

After the lecture, participants were asked to draw their own balanced plant-based plate, applying what they had learned about plant-based food pyramid . This activity helped them see how to prepare healthy meals in real life.

## **Cooking Demonstration and Hands-On Experience**

A practical cooking demonstration was led and guided by Sister Evelina. Participants learned how to prepare simple, sustainable, and appealing plant-based meals.

More than just observing, they were encouraged to create their own plant-based meals reinforcing that healthy living is both practical and achievable at home.

The honor proved to be:

- Practical
- Engaging
- Educational
- Skill-building

Participants did not simply listen—they experienced, created, and applied.



## Objectives of the Honor

The Plant-Based Nutrition Honor encouraged Pathfinders to:

- Understand the nutritional value of plant foods
- Identify healthy alternatives
- Recognize the benefits of plant-based nutrition to the body
- Create their own plant-based meals and plates
- Apply what they learned in their daily lives

## Participant Testimony

The impact of the honor was captured in this heartfelt reflection:

"It was an eye opener, something that you will try at home, especially at home. That was my dinner. It's sustainable, creative, well-presented and practical."

– Sindi M.

This testimony reflects the true success of the honor—not just knowledge gained, but habits inspired. The Plant-Based Nutrition Honor planted seeds that may continue to grow in homes, kitchens, and communities long after the Camporee ended.





## **EMERGENCY BOOTH (FIRST-AID)**

The Emergency Booth (First-Aid) was the only continuing health feature from previous Camporees, consistently serving as a vital support system throughout the event. Open 24 hours a day, the booth ensured that medical assistance was always available whenever needed.

Dedicated health professionals volunteered their time and expertise, serving on different shifts to provide continuous coverage. Their commitment ensured that participants received prompt attention for minor injuries and other health concerns that may arise during the camporee.

The Emergency Booth played a crucial role in safeguarding the overall well-being of the Pathfinders, leaders, adults and guests. Through preparedness, teamwork, and compassionate service, the health team demonstrated the importance of vigilance and care in every situation.

More than just a medical station, the presence of the Emergency Booth highlighted the values of readiness, responsibility, and service—core Pathfinder principles that reflect stewardship and genuine concern for others.





The 5K RunFinder was introduced as a new and energizing physical activity during the Camporee. Designed to promote physical fitness and active living, this event encouraged Pathfinders, leaders, adults and parents to embrace exercise as part of a balanced Christian lifestyle.

## **5K Run Schedule**

February 8, 2026

6:30 AM - 8:00 AM

The fun run was open to both young people and adults –making it a unifying activity for the entire Camporee community.

The 5K RunFinder was headed by Brother Bheki. To officially begin the event, a warm-up session was led by Brother Bheki together with Dr. Jerold, preparing participants physically and mentally for the challenge ahead.

As the run started, excitement filled the air. Many of the young participants eagerly took the lead, running ahead with visible joy and determination. Smiles could be seen on their faces despite the early morning challenge.

## **A Fun Run with a Twist**

The 5K RunFinder was not an ordinary fun run—it included three obstacle challenges along the route. Participants had to complete each obstacle before receiving their medal.

The obstacles symbolized the life of Jesus—He went through suffering, hardships and trials but was victorious in the end. In the same way, the Christian journey is not always easy. We face challenges, but if we persevere and endure, we will receive a great reward.

The run became more than just a physical activity—it became a meaningful illustration of faith, resilience, and hope.



## **Spiritual Reflection**

The 5K RunFinder symbolized perseverance and endurance, reflecting the Christian walk toward Heaven. Participants experienced not only physical exertion but also spiritual insight: running the race faithfully, just as believers are called to finish their spiritual journey strong.

## **Participant Testimony**

The impact of the run was reflected in this joyful testimony:

“My first 5K run, legs tired, wet clothes, but happy. Every step counts! Thank you to the organiser for organising the 5K RunFinder. The obstacles were fun.”

– *Jane M.*

This testimony captures the spirit of the event—challenge, endurance, and joy. Though the course required effort and determination, the sense of accomplishment and happiness at the finish line made every step worthwhile.



Behind every successful fun run is a team of dedicated volunteers. Thank you, 5K RunFinder volunteers, for your valuable service and support.









# HEALTH WORKSHOPS FOR PATHFINDERS

## Health Trivia and Activities

The Health Workshops for Pathfinders were conducted by Sister Kaycee and Creekside Lighthouse PF Club during the Pathfinder Camporee "Footprints". These workshops were designed to make health education interactive, age-appropriate, and engaging.

Participants were grouped according to age:

- 10-11 years old
- 12-13 years old
- 14-15 years old

Each age group was guided by facilitators who ensured active participation and smooth flow of activities. The program began with Welcome Remarks and Opening Prayer.



## Health Trivia

The session started with an interactive Health Trivia activity. Facilitators explained the mechanics before beginning the game. This segment combined learning with participation, making health knowledge memorable and enjoyable.



## Health Activity 1: Wheel of Fortune

The next segment featured a "Wheel of Fortune" style activity. Participants guessed letters to form the correct word. Questions and difficulty levels were adjusted according to age groups to ensure engagement. This activity strengthened teamwork and reinforced knowledge of healthy food choices.



## **Health Activity 2: Memory Game**

The Memory Game focused on fruits, vegetables, and the principles of NEWSTART (Nutrition, Exercise, Water, Sunlight, Temperance, Air, Rest, Trust in God). The activity emphasized the importance of mental sharpness as part of overall health.

## **Health Reflection**

The workshop concluded with a short reflection session. Facilitators shared practical tips for improving focus and memory, including proper sleep, balanced nutrition, regular exercise, and following the principles of NEWSTART.

## **Purpose and Impact**

The Health Workshops were more than just games—they were designed to build awareness, encourage healthy habits, and promote practical lifestyle choices.

Through structured activities and guided reflection, Pathfinders learned that caring for their health is something they can practice daily at home, in school, and in their communities.







## ADULT AND PARENTS ENGAGEMENT SESSIONS

Recognizing that health education must extend beyond youth, the Health Ministry also facilitated Adult and Parents Engagement Sessions, conducted simultaneously with the Pathfinder workshops.

These sessions were led by Dr. Jerold and Brother Bheki.

The topics discussed included:

- The impact of the absence of physical activity on mental health
- The three key areas of exercise:
  - Mobility
  - Strength
  - Cardiovascular endurance
- The importance of rest
- "Sitting Disease"
- The overall importance of physical activity

After the discussion, questions were entertained from the audience, allowing for clarification and deeper understanding. Additionally, Sister Cathy shared valuable insights about melatonin and its role in sleep and health.

By involving adults and parents, the Health Ministry ensured that the impact of the Camporee would continue beyond the event itself. Parents and guardians were equipped with knowledge to support and model healthy habits at home, reinforcing the lessons learned by the Pathfinders.

