

# Handcart Trek News

May 4, 2017

33 Days to Trek

Cartersville Stake (cartersvilleyouth.org) **Adult Registration Open Now!**

## Special Interest Articles

Trek Leader Message

Trek Prep

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Pioneer Story of the Month

### 2017 Mutual Theme:

*If any of you lack wisdom, let him ask of God, that giveth to all men liberally, and upbraideth not; and it shall be given him.*

*But let him ask in faith, nothing wavering. For he that wavereth is like a wave of the sea driven with the wind and tossed.*

*James 1:5-6*

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“Read D&C 136 to prepare for this adventure. Those that were prepared were ready; those that did not prepare suffered much. Youth prepare! Be ready, this experience will be life changing. I testify of this. Pull together, angels will attend you.” -Elder Giddens



## Trek Leader Message

We have been counseled to “Stand in holy places”. When I think of standing, walking, running, pushing and pulling, I think of how important it is to have a solid base for leverage and balance. When we are standing in holy places, we have a solid base, one of rock, not sand. One based on the teachings of our Savior, Jesus Christ and his prophets. Recently we were blessed to hear from our modern day prophet and other seers and revelators in General Conference. When we listen, teach, and obey the words of the prophets, we know we are on solid ground.

This year while you are walking, pushing, and pulling the hand carts during trek, remember the early saints who listened and obeyed prophets. That gave them “solid ground” or a sure foundation to stand on no matter how cold, wet, hot, muddy or whatever Satan may tempted them with. We can stand in holy places and create our own solid base and testimony that will not fail us in our everyday lives or in our greatest time of need.

Your Servant,

**President Nick Filetti**

## Trek Prep

WALKING?? HIKING??

How is your physical preparation coming along? With just a little over 30 days left until Trek, it is very important that you are taking time to walk as much as possible. Develop your own rhythm, be comfortable and be consistent. Practice breathing with your steps. Take small steps if going uphill, don't force normal strides that would require excessive effort. Take longer steps when going downhill. Cushioning your joints is important so don't clomp, clomp, clomp down a hill just to keep your speed. Swing your arms, it will help you keep a good rhythm. Take breaks as needed to give your heart, lungs and muscles an opportunity to rest. Breaks will also help you identify and sore spots, hot spots or potential problems. Practice some pioneer songs or listening to music along the way to keep you moving and upbeat. Make sure you drink plenty of water and have FUN!

# Upcoming Events

12-13 May Priesthood Campout

**Congratulations to ALL of our  
Graduating Seniors!!**

7-10 June TREK

Be Working On Your Family History  
and Doing Baptisms For Your Ancestors

## Reading Request

Begin or continue reading the Book of  
Mormon everyday

Keep up with reading



## Remember the Trail of Faith Challenge

*“Just when all seems to be going right, challenges often come in multiple doses applied simultaneously. When those trials are not consequences of your disobedience, they are evidence that the Lord feels you are prepared to grow more. He therefore gives you experiences that stimulate growth, understanding, and compassion which polish you for your everlasting benefit.”*

*Elder Richard G. Scott*

## Pioneer Story

In the spring of 1848, my great-great-grandparents, Charles Stewart Miller and Mary McGowan Miller, left their home in Scotland and journeyed to St. Louis, Missouri, with a group of Saints, arriving there in 1849. While the family was in St. Louis working to earn enough money to complete their journey to the Salt Lake Valley, a plague of cholera swept through the area. In the space of two weeks, four of the family members succumbed. The children who survived were left orphans, including my great-great-grandmother Margaret who was 13 years old at the time. The nine remaining Miller children continued to work and save for that journey their parents and brothers would never make. They left St. Louis in the spring of 1850 with four oxen and one wagon arriving finally in the Salt Lake Valley that same year. Others of my ancestors faced similar hardships. Through it all, however, their testimonies remained steadfast and firm. From all of them I received a legacy of total dedications to the gospel of Jesus Christ. With all my heart and the fervency of my soul, I declare that God does live. Jesus is His son, the Only Begotten of the Father in the flesh. He is our Redeemer; He is our Mediator with the Father. He loves us with a love we cannot fully comprehend, and because He loves us, He gave His life for us. My gratitude to Him is beyond expression. I pledge my life, my strength in serving Him and in directing the affairs of His Church in accordance with His will and by His inspiration.

**- President Thomas S. Monson**

## Trekker Spotlight

Luke 24, “But they constrained him, saying, Abide with us; for it is toward evening, and the day is far spent. And he went in to tarry with them. And it came to pass, as he sat at meat with them, he took bread, and blessed it, and brake, and gave to them. And their eyes were opened, and they knew him.”

Tom and Kristina Plauche are excited to be preparing some amazing food for you on Trek; with the assistance of Jen Carter, Dawn and Luke Andrews, Jenny and Steve Moore, and Dave and Daniel Milligan.

The Plauche’s have 8 children, 2 currently serving missions and 2 joining them on Trek. Kristina has cooked for YW Camp for 4 years and has ran a fresh produce business for several years. You will NOT go hungry!

## Dutch Oven Recipe

### Artisan Bread

5 Cups bread flour

1 Tbsp salt

1/4 tsp yeast

3 Cups cool water

Mix all ingredients in a large bowl until flour is moist. Cover. Let sit for 12+ hours (18 hours is fine too). Grease a large heavy crock pot or dutch oven with shortening and dump in the dough. Cover with a lid and bake in a 450\* oven for 45 minutes. Remove the lid the last 5 minutes so that the crust can brown. Remove from oven and let cool for a few minutes before removing from the pan.

*“If you are on the right path, it will always be uphill”*

*Henry B. Eyring*

