



Youth and Leadership Handbook

“We hope that a spirit of peace and reverence and sacred remembrance will hover over the whole area as a beneficent cloud on a hot summer day, and that those who here perished will not have died in vain. I make a plea, go in a spirit of reverence and respect, and know that you are walking on hallowed ground.”

(President Gordon B. Hinckley, May 3, 1997, Dedication of Martin’s Cove Visitors)

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. It is our hope that you will gain a deeper appreciation of the principles of faith, obedience and sacrifice. You will experience many things, but most important of all we know it will be a wonderful spiritual experience for you.

Covenant in the Cove

In the April 1997 General Conference Elder M. Russell Ballard made the following statement in regards to the early Pioneer Saints,

“We cannot begin to understand the journeys made by those who laid the foundation of this dispensation until we understand their spiritual underpinnings. Once we make the connection, however, we will begin to see how their journeys parallel our own. There are lessons for us in every footstep they took – lessons of love, courage, commitment, devotion, endurance and most of all faith.”

One of the primary *spiritual underpinnings* for many of the early Pioneer Saints was to immigrate to Zion as soon as possible so they could be sealed to their families and make covenants in the Temple. The 1,300 mile trek by handcart was only a portion of their journey; it was the covenants they had made and the covenants they hoped to make that gave them the motivation and drive to push towards Zion.

D&C 97: 8

Verily I say unto you, all among them who know their hearts are honest, and are broken, and their spirits contrite, and are willing to observe their covenants by sacrifice—yea, every sacrifice which I, the Lord, shall command—they are accepted of me.

Mosiah 24:13

And it came to pass that the voice of the Lord came to them in their afflictions, saying: Lift up your heads and be of good comfort, for I know of the covenant which ye have made unto me; and I will covenant with my people and deliver them out of bondage.

2 Nephi 9:53

And behold how great the covenants of the Lord, and how great his condescensions unto the children of men; and because of his greatness, and his grace and mercy, he has promised unto us that our seed shall not utterly be destroyed, according to the flesh, but that he would preserve them; and in future generations they shall become a righteous branch unto the house of Israel.

A Call for You to do Family History Work

On hearing of the plight of the handcart pioneers Brigham Young told the saints:

“On the 5th day of October 1856, many of our brethren and sisters are on the plains with handcarts, and probably many are now seven hundred miles from this place, and they must be brought here, we must send assistance to them. That is my religion; that is the dictation of the Holy Ghost that I possess. It is to save the people. This is the salvation I am now seeking for. To save our brethren that would be apt to perish, or suffer extremely, if we do not send them assistance. I will tell you all that your faith, religion, and profession of religion, will never save one soul of you in the Celestial Kingdom of our God, unless you carry out just such principles as I am now teaching you. Go and bring in those people now on the plains.”

This is also your charge. Go and rescue those ancestors who are waiting to have their work done. You can be an instrument in the hand of the Lord just like these early pioneers.

Your Stake Presidency and ward/branch leaders have been teaching you about the importance and necessity of increased family history work. By following the direction of our Stake Presidency and becoming fully involved in our family history work we increase our spiritual preparedness for the Martin’s Cove Trek.

- **The following is a family history challenge for each of the youth and the leaders:**
 - Index, Index, Index
 - Research your family history
 - Identify an ancestor who needs to be rescued
 - Go to the temple and be baptized for your ancestor
 - If you have an ancestor that was part of one of the hand cart companies (Martin, Willie, Hunt, Hodgetts or Rescue Company) represent your ancestor on Trek and be prepared to share their story with your trek family.

Leaders: Schedule time for youth to do this and participate in any other work at the temple.

What to expect on the Trek

Brief Summary of Activities on the Martin’s Cove Trek

On Monday, June 8th we will be going to Martin’s Cove in Wyoming. It will be an 11 to 13 hour bus ride from the Salina Stake Center. We will meet at the Salina Stake Center at 6:00 pm sharp for check in. The buses will be departing at 7:00pm. Do not be late.

On the morning of June 9th 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 devotional.

On June 10th we will Trek to Martin’s Cove as we pull our handcarts along the same 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. In evening we will have a fireside and a visit from Ephraim Hanks.

On June 11th we will break camp and trek back to the Visitors Center. 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.

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)

Preparation Timeline for the Trek

February – May:

- Start physical conditioning now.
 - The total trek distance will be 12 miles with handcarts. This will entail pulling and pushing the cart up steep hills and through other difficult obstacles. Physical preparation is a must.
 - The altitude at Martin’s Cove is nearly 6,200. Physical conditioning is imperative.
 - The hand cart, when loaded with the gear, can weigh up to 400 pounds. It will take collective efforts and strength to pull and push these carts up the elevation grades.
- Another important part of this experience is to learn about the early pioneers as they crossed the plains to Utah, and the trials they faced. As you read their stories your heart will be touched, and you will feel of their spirit and faith
 - Individually and collectively research and study the stories of the hand cart companies, especially the Martin and Willie companies.
 - Leaders – share stories and teach about the handcart pioneers, with the youth plan YM/YW Mutual activities that will help prepare everyone for Trek.
- Square Dance
 - It will be important for the youth to learn the square dance instructions and dance steps prior to the Trek.
- Make or obtain pioneer clothing (refer to the clothing list instructional document)
- Make bucket seat (refer to the bucket description document)
- Read about the handcart companies, especially the Martin and Willie companies.
 - This may be done individually as well as part of YM/YW mutual activities
- March 31st : Final deadline for Permission Slips to Stake YM/YW Leaders
 - Email the completed registration and release forms to Sister Shari Hubbard shand5@cox.net . Ward and Branch YM/YW leaders, if you collect the forms please ensure they are emailed or given to a member of the Stake YM/YW presidency.

Preparation for the Trek

To prepare yourself for this Trek, it will be important for you to prepare in three different areas. They are:

1. Spiritual Preparation
2. Physical Preparation
3. General Knowledge

The following will provide information on all three of these aspects. Please read this information carefully so that you will be well prepared for the trek.

Preparing Spiritually for the Trek

You may prepare spiritually for the Trek by following the admonition of our Prophet in the 2013 April Conference by becoming “more profitable servants in the Lord’s vineyard. “This applies to all of us, whatever our age.” President Monson gave us four suggestions at the general Priesthood meeting that will ensure our success. Even though they were directed to the Priesthood we feel these principles apply to all of us. They are:

1. “Search the scriptures with diligence: The scriptures testify of God and contain the words of eternal life....We are encouraged...to study the scriptures each day both individually and with our families. Read and apply Alma 17: 2-3 to your life.
2. “Plan your life with purpose: Perhaps no generation of youth has faced such far-reaching decisions as the youth of today. Provision must be made for school, mission, and marriage. For some, military service will be included...Whatever your age, whatever your circumstance, I admonish you to plan your life with purpose.”
3. “Teach the truth with testimony: Obey the counsel of the Apostle Peter, who urged, ‘Be ready always to give an answer to every man that asketh you a reason of the hope that is in you’. Lift up your voices and testify to the true nature of the Godhead, declare your witness concerning the Book of Mormon, convey the glorious and beautiful truths contained in the plan of salvation.”
4. “Serve the Lord with love: There is no substitute for love....Well might each of you within the sound of my voice ask himself the question today, have I increased in faith, in virtue, in knowledge, in godliness, in love?”

President Monson also admonishes us to pray: “As we pray, let us really communicate with our Father in Heaven. He knows us; He loves us; He wants what is best for us. Let us pray with sincerity and meaning....Let us listen for His answers....We will come to know him and His desires for our lives. By knowing Him, by trusting His will, our foundations of faith will be strengthened.”

You will need to:

- Spend time learning why the handcart's pioneers were so determined to make the 1,300 mile journey. Give specific focus on their desire to arrive at Salt Lake to make sacred covenants.
- Watch the documentary, film clips and read other media resources provided in this document and at www.salinatrek.org.
- Take time to read about the Martin and Willie handcart companies.

Here are some more web sites, books, and DVD's that can help you as you prepare.

Web sites with pioneer information:

<https://www.lds.org/search?lang=eng&query=handcart+company>

<http://www.mormonnewsroom.org/search/willie%20and%20martin%20/type/all-types/date/any-time/sort/relevance/>

<http://history.lds.org/overlandtravels/companyDetail?lang=eng&companyId=192>

<http://history.lds.org/overlandtravels/companyDetail?lang=eng&companyId=319>

http://www.thefurtrapper.com/martin_handcart.htm

Books

The Price We Paid: The Extraordinary Story of the Willie and Martin Handcart Pioneers – Andrew D. Olsen

Tell My Story, Too – Jolene Allphin

Follow Me to Zion – Andrew Olsen, Jolene Allphin, Julie Rogers

Journal of the Trail – Stewart E Glazier and Robert S. Clark

Tragedy and Triumph: Your Guide to the Rescue of the 1856 Willie and Martin Handcart Companies – Howard K. Bangerter and Cory W. Bangerter

Sweetwater Rescue: The Willie and Martin Handcart Story – Heidi Swinton

Handcarts to Zion – Leroy and Ann W. Hafen

Rescue of the 1856 Handcart Companies – Bartholomew and Arrington

Documentary

Sweetwater Rescue, History of the Saints – Season Three

<http://www.byutv.org/watch/26e09d27-fb6e-4306-8348-f5e60c12a637/sweetwater-rescue-the-willie-and-martin-handcart-story>

DVD's

17 Miracles

Ephraim's Rescue

Becoming Prepared Physically

One must not only become spiritually prepared, but also physically. There are many scriptures telling us to be physically fit, such as the Word of Wisdom and others. President Spencer W. Kimball said, "Physical fitness is a part of the program - that we will perfect our physical bodies. We will make them just as attractive as possible. We will keep them as healthy as possible. We will keep them in the best condition we can. And so, we will make them like our Lord's."

We will be walking and pulling a handcart that when fully loaded may weigh up to 400 pounds. Over a 3 day period we will travel a total of 12 miles. In a very real sense, your physical preparation for this Trek will play a critical role in your total overall experience both physically and spiritually.

"And the spirit and the body are the soul of man." D&C 88:15

The approach we will be taking to prepare physically for Trek can be best understood by considering Aesop's fable of "The Hare and the Tortoise." To paraphrase Elder Bednar (January 2008 New Era)... [comparison of physical preparation added into Bednar's original message that focused on spiritual preparation]

As we become more spiritually [and physically] mature and increasingly steadfast and immovable, we are less prone to zealous and exaggerated spurts of spirituality [or physical activity] followed by extended periods of slackness. The Hare with a spurt of activity may appear to be impressive in the short run, but steadiness over time, the Tortoise, is far more effective, far less dangerous, and produces far better results. A single scripture-reading marathon [or other single physical activity] cannot produce the spiritual [or physical] growth of steady scripture study [or physical activity] cross many months."

Trek participants (youth and leaders) should be able to walk the distances which will be traveled on the trek (unless they have a limiting disability). Specifically, each participant should be able to complete a minimum requirement of walking/running four (4) miles on level ground in 60 minutes or less without undue stress. This will require conditioning/training prior to trek.

Hydration is a necessary part of this preparation. Hydration should start two weeks prior to the actual Trek. Everyone should be shooting for 10 to 12 cups 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 counterproductive.

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.

Other Needed Preparation

There are some things you need to do before we leave on the Trek. They are:

- Make a bucket seat
- Learn square dances and practice/learn pioneer songs
- Attend Ward or Brand Trek activities

- Make or find pioneer clothing. The following is a bulleted list of how pioneers dressed:
 - **Pioneer men:**
 - Men's shirts were worn loose. Plain colors were most common, but stripes or plaids were also used.
 - Pants were also worn loose. Wool, linen, corduroy, twill, and canvas pants were used. Colors included blue, black, gray, browns, especially beige and tan.
 - Suspenders were buttoned on the outside of the waistband, and crossed in the back.
 - Hats were worn every day.
 - Ties/vests were usually worn only on Sunday or when attending meetings. Ties were small, black, and silky.
 - **Pioneer women:**
 - Dresses worn by women were basic dresses that were ankle length. They were plain or may have had ruffles. The sleeves were full and long, with buttons or bands at the wrists. Necklines were usually high, with buttons up the front. Fabrics were cotton in solid colors or small prints. Bright colors were popular. Aprons were worn over their dress to save the dress from being soiled. Day time aprons were made of calico remnants. Sunday aprons were made from white fabric and did not have a bib. Bonnets were worn by women whenever they were outside. They were white, plain colors, or a print.

Dressing in pioneer clothing can have a tremendous impact on the spirit of the trek, so we are asking that everyone wear pioneer clothing throughout the entire time of Trek. There will NOT be time to change when we get to Martin's Cove, so you will need to come to the church dressed in your pioneer clothing and wear them on the bus.

It is not necessary to spend a lot of money on your pioneer clothes. They will get grubby, so simple and inexpensive is best. You will get hot, sweaty, and dirty on the trek, so light-colored, breathable, cotton fabrics will work best. Historical exactness is not necessary, but a close approximation is our aim. You can make your clothing or purchase them at second hand stores.

Everything you take on the trek will need to fit inside a 5 gallon bucket and weigh no more than 17 pounds (your buckets will be weighed prior to leaving for Martin's Cove). We want to keep the weight of your handcarts at a minimum – 10 people per handcart (x) 17 pounds each = 170 pounds + 100 pounds of water (10 gallons of water) = 270 pounds per handcart.

MALE CLOTHING - YOU WILL NEED:

- **2-3 Long-Sleeved Shirts** - Loose fitting for easy movement. NO T-SHIRTS
- **2 Pairs of Cotton Pants** – NO JEANS! Khaki, blue, gray, brown are common pioneer colors. Cotton, Corduroy, Twill, and Canvas pants that are loose fitting are good choices.
- **1 Belt and/ or Suspenders**
- **1 Straw or Wide Brimmed Hat** - NO BASEBALL CAP OR OTHER CAPS
- **2 Pairs of Tennis or Hiking Shoes** – 2 pairs are a MUST. If it rains or we have to walk through creeks you will need to be able to change into a dry pair. The shoes must fully enclose your foot. They should be well worn and have good support. NO SANDALS, NO NEW SHOES, NO GOING BAREFOOTED.
- **3-4 Pairs of Socks** – This will be your most important asset on Trek. It is important to change your socks each day to help prevent blisters. Bring 4 pairs will give you a clean pair each day and an extra one in case one gets wet. Some people wear a double pair of socks, with a smooth lightweight pair being closest to the skin.



FEMALE CLOTHING - YOU WILL NEED:

- **2 Skirts (or Dresses)** – they should come to the top of your shoes to prevent tripping on them when walking up hill.
- **2-3 Long-Sleeved Blouses** – NO T-SHIRTS
- **1-2 Aprons** – Aprons with large pockets will be useful
- ***1-2 Bloomers** – this is for modesty purposes. You make bloomers by taking light-weight summer pajama bottoms and putting elastic in the bottom of the legs or you can tuck them into your socks. This will also help stop bugs from biting your legs. You can also wear light-weight Capri pants. NO SHORTS. NO LEGGINGS.
- **1-2 Bonnets or Straw hats** - NO BALL CAPS OR OTHER HATS
- **2 Pairs of Tennis or Hiking Shoes** – 2 pairs are a MUST. If it rains or we have to walk through creeks you will need to be able to change into a dry pair. The shoes must fully enclose your foot. They should be well worn and have good support. NO SANDALS, NO NEW SHOES, NO GOING BAREFOOTED.
- **3-4 Pairs of Socks** – This will be your most important asset on Trek. It is important to change your socks each day to help prevent blisters. Bring 4 pairs will give you a clean pair each day and an extra one in case one gets wet. Some people wear a double pair of socks, with a smooth lightweight pair being closest to the skin.

*Although they are on the list, the use of both aprons and the bloomers are not required, but the use of one of them is highly recommended. They are on the list for modesty purposes. Some skirt material is thin enough that when the girls walk into the sun you can see through the skirt showing the body's silhouette. This problem is completely eliminated if they wear an apron or bloomers. The girls can choose which one they would rather use. Please read the bloomer portion below about other possible benefits of wearing them.



TREK BUCKET:

Everything you take on the trek will need to fit inside a 5 gallon bucket (not including your sleeping items & jacket) and weigh no more than 17 pounds (your buckets will be weighed prior to leaving for Martin's Cove). We want to keep the weight of your handcarts at a minimum.

You will not only carry your personal items in this, but you will also use it as a seat during our time a Trek. You will NOT be allowed to bring anything else to sit on – no camp chairs, stools, etc.

There are LOTS of ideas on the internet on how to create and decorate your cushioned Trek bucket. You do not need to actually decorate your bucket if you don't want to, but be sure your name is on it.

Each family will be assigned a specific color, prior to boarding the bus. All personal equipment, including buckets, needs to be marked with your name and family color.



Trek Supply List

In preparation for the Trek, we have compiled a list of items we think you may need. Please review and pack the following packing list carefully so you will have everything you need when we arrive at Martin's Cove. (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 black plastic garbage bag labeled with your name.
- 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
- Underclothing – 3 to 4 sets
- Light 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
- Personal scriptures – old copy put in ziplock bag for protection. (NO ELECTRONIC DEVICES)
- Pencil and paper to write on
- Medication – as needed
- Sunglasses, chap stick, Kleenex
- Small flashlight
- Toiletries: tooth brush, tooth paste, comb, wet wipes, etc.
- Insect repellent – 40% Deet (optional – pretreat your clothing with Permethrin before you pack for Trek – do not bring to Trek. **Follow Permethrin instructions.**)
- Sunscreen – small bottle
- Feminine hygiene supplies
- Extra garbage bags- for wet items of clothing or shoes
- Your Trek name and story to share, if you don't have one. This will be provided to you prior to leaving.
- Glasses if you wear them *No Contact lenses – due to blowing wind and dust.
- Camera if you want to take pictures – No cell phone with camera
- Camel Pack - (this is optional)
- **DO NOT BRING:** Any Electronic Devices – cell phone, I-pods, MP3 players, CD players, Nintendo DS (or other portable gaming devices), no backpacks, lotions, aftershave, hairspray, gel, make-up or perfumes, no footballs, Frisbees, cards or other games, no folding stools, or lawn chairs.

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.

You need to:

- Learn to dance two square dances in your ward or branch (you can look these up on YouTube to see how they are done). You will need to know them on Trek.
- Learn the words to some pioneer songs (a pioneer hymnbook will be given to you) and be ready to sing.

Personal Progress and Duty to God

Doing these things will help you fill some of the elements of your Duty to God or Personal Progress. Here are possibly some of the requirements you can work on while preparing for and going on Trek. Please discuss this with your YM or YW leaders to see if there are more.

Personal Progress Ideas

Faith

- Experience #3 – Share with your Trek family how you can demonstrate "Steadfast Faith in Christ."
- Personalized Experience – Research pioneers from the Willy and Martin Handcart Company and the ways in which they experienced faith. Journal and share the ways in which their experience and faith can strengthen your own faith.
- Value Project – Take a family history class and collect stories of your pioneer ancestors that have demonstrated faith.

Divine Nature

- Experience – Consider and study about the attributes that the pioneer women exhibited as daughters of God. Record what you learn in your journal and choose one of those attributes to work on. Evaluate your progress after 2 weeks. Strive to exhibit those attributes while cooperating with others during the Trek.

Individual Worth

- Experience #3 – Pay close attention to your Trek family and acknowledge their qualities.
- Value Project – Compile your personal history using journal entries and pictures. Consider adding your preparation for the Trek and the experiences and feelings you had.

Knowledge

Many options for value experiences or projects related to the following:

- Sewing
- Fitness
- Survival skills
- Research on handcart pioneers represented with a written essay
- Outdoor cooking

Choice & Accountability

- Choose to have a positive attitude while on the Trek and help others to do the same.
- Choose to be grateful for all the blessings you have because of the sacrifice of others especially the pioneers.
- Experience #5 – Pray for and live worthy to have the Holy Ghost help you make correct choices and to feel the spirit while on the Trek. Record your feelings in your journal.
- Value Project – Help plan and direct a youth activity related to the Trek under the direction of leaders.

Good Works

- Experience #3 – Comfort others who are having a hard time on the Trek.
- Experience #4 – Teach a lesson about service with your Trek family.
- Experience #7 – Invite a friend who is less active to go on the Trek with you.
- Consider and learn about the ways the handcart pioneers performed good works on a daily basis. Plan a service project to be completed while on the Trek for your family members, a tent mate, etc. Report your experience afterward.

Integrity

- Experience #2 – Conduct a self-assessment of your personal integrity. Pray for strength to live with integrity and write in your journal a new habit you would like to develop. Practice this habit on the Trek.
- Record examples of the ways the handcart pioneers demonstrated the quality of integrity.
- Demonstrate integrity by following through with your commitments while on the Trek.

Virtue

Experience #2 - Study the lives of the pioneers as an example of how they followed the promptings of the Holy Ghost and think about when you have followed similar promptings.

Duty to God Ideas

As you prepare for Trek several of the things you do can also help you with your Duty to God. Please open your Duty to God book as you read the following suggestions and consider how to incorporate them into your personal Duty to God plan.

Physical Health (Step 2): Create a Project

- You will walk 3-6 miles per day on Trek pulling a handcart loaded with gear.
- *Create a monthly exercise chart* to help you get in shape for Trek.
- *Include a variety of exercises that help you become more physically fit such as running, biking, or training for a sport.*

Spiritual Strength, Pray and Study the Scriptures

Teacher (pages 38-39)

Priest (pages 62-63)

- Your leaders have challenged you to do Family History research before Trek and identify an ancestor that needs to be rescued.
- Prayer is a key component of successful Family History research.
- Include praying to find your ancestors as part of your plan to improve your prayers.

Spiritual Strength, Understand Doctrine

Teacher (pages 42-43)

Priest (pages 66-67)

- Consider including *Faith, Temples, and/or Eternal Families and Family History Work* in the four doctrinal topics you will research.
- As part of your study you could read stories about the faith of the pioneers and how important temples were to them.
- You could interview family members to discover stories of your relatives or ancestors who have demonstrated courageous faith.
- *Share:* Prepare lesson outlines on each of your selected topics and use them to teach in a family home evening, a quorum meeting, a home teaching visit, or seminary.

Priesthood Duties, Serve Others

Teacher (pages 50-51)

Priest (pages 74-75)

- You have been challenged to identify and rescue one of your unbaptized ancestors by being baptized for him in the temple before Trek.

- As you *plan several things you will do on your own to serve your family* consider the service you can perform for your ancestors by identifying one (or more) who are in need of temple ordinances, and then going to the temple and being baptized for them.
- Visit our stake family history library and learn how to find your ancestors and organize them. Find out how to prepare their names for temple work.

Summary

President Gordon B. Hinckley taught: “It is good to look to the past to gain appreciation for the present and perspective for the future. It is good to look upon the virtues of those who have gone before, to gain strength for whatever lies ahead. It is good to reflect upon the work of those who labored so hard and gained so little in this world, but out of whose dreams and early plans, so well nurtured, has come a great harvest of which we are the beneficiaries” (The Faith of the Pioneers, Ensign, July 1984, 3).

Young Men and Young Women of the Salina Ward, it is our hope that this will be a trip of a lifetime for you. It should be your goal that as you walk where the early Saints walked that you will gain an understanding of their sacrifices, devotion to the gospel and realization of their motivations.

We highly encourage you to prepare for this Trek spiritually and physically. Start now to learn as much as you can about the handcart pioneers. Complete as much family history work as possible. Go to the temple and perform the work of salvation for those that have gone on before you.

By doing so and going on this Trek we promise you that your testimonies will increase and your resolve we be strengthened to honor your covenants and work toward your future covenants. This is truly a wonderful opportunity for you. Enjoy this trip of a lifetime!