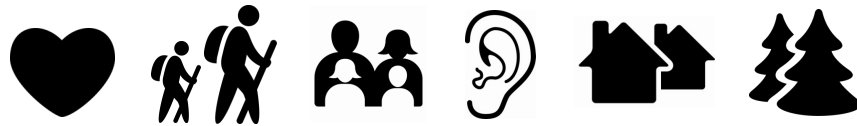




Handbook design and layout: Brendan Bailey

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Raleigh, North Carolina

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Foreword

The YMCA has a long history of bringing parents and children together for life enriching experiences. This history has left a legacy of strengthened relationships and close bonds in many families and communities around the country. We are thankful for all who have gone before us to lay the stones for our path today for we know that if we can see farther today it is because we stand on the shoulders of giants who came before us.

These materials are designed to assist new members and leaders in organizing an effective father-child program that is built on purpose. The activities and awards are the avenue for you and your child to spend more time together. Our growing friendship is the goal.

Come, join us!

Dedication

This handbook was developed to give basic, yet important information about the Y Guides programs of the YMCA of the Triangle. These programs are focused on the first through third grade child and his/her dad.

As you embark on this adventure in father and child relationships, we wish you the very best. Your interest, enthusiasm and volunteer efforts over the years have made the Arapahoe Nation one of the most successful in the world.

In closing, we would like to extend our gratitude to the late Chief Pat Elliott "Onakawa" (1984) and sons Pat, Jr. and Chris who, single-handedly, compiled the contents of this handbook into its original generic form. Even more impressive was the patience they then displayed as many of our members added, subtracted, picked over and nurtured a page here and there until it reached its final form.

The Y Guides Staff

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Chapter 1: Introduction

YMCA Program Purposes and Philosophy

YMCA Mission Statement

To put Christian principles into practice through programs that build a healthy spirit, mind, and body for all.

The YMCA is an Association of members. We come together in many different ways for the purpose of stimulating positive growth and development in all who participate. Whether on the basketball court or at a tribe meeting, our mission focuses us on:

- **Spiritual Development**
Deepening understanding of God and His world, expressing gratitude for all that is provided for us, and valuing the importance of friends and family to our well being. In father-child programs, we accomplish this through personal reflection, prayer, group experiences, ceremonies, giving thanks and by showing respect for all of God's creation.

Often during meetings we refer to "The Great Spirit". The term fits the motif of the meetings and ceremonies but let us be clear about the meaning. We are simply talking about God. The YMCA is a Christian organization and the Y Guides program is an arm of that organization and adheres to its Christian principles.

- **Mental Development**
Gaining fundamental life skills and being at home in our own neighborhood and the outdoors, strengthening commitment to life ideals and values, gaining a greater understanding of nature and the interdependencies of all life, and an

understanding of the principles of personal, family, and group leadership. In father-child programs, we accomplish this through storytelling, outdoor experiences, learning about our surroundings and history, and encouraging the sharing of values and beliefs between parent and child.

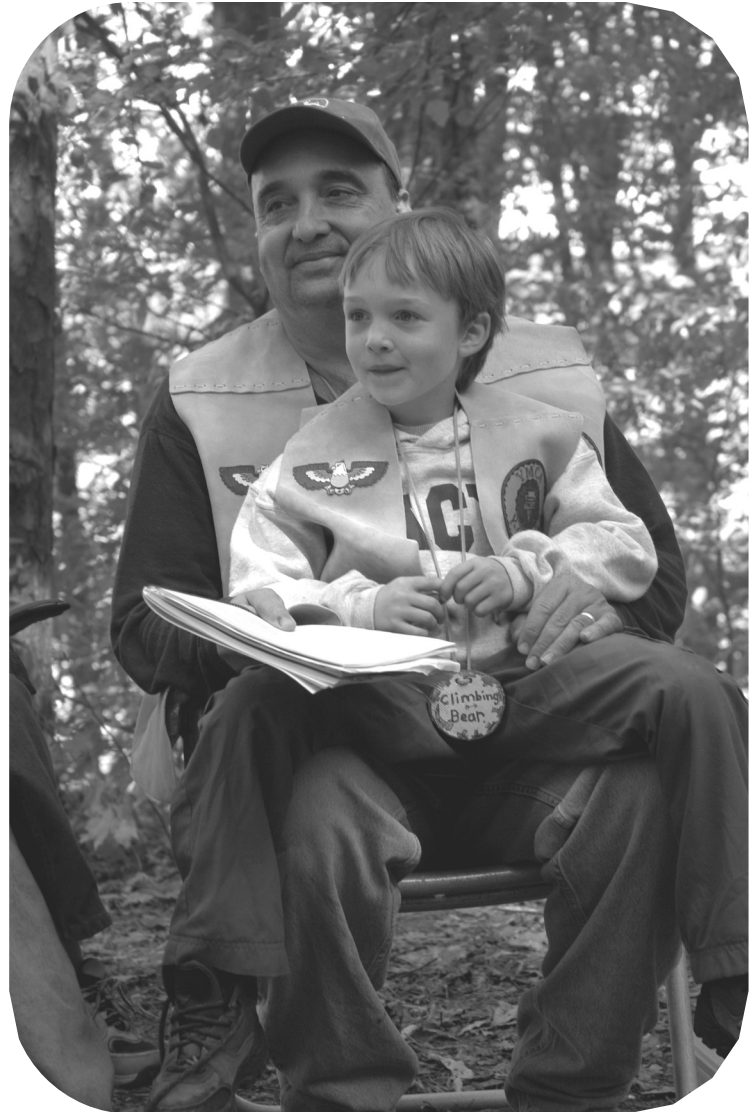
- **Physical Development**
Acquiring physical skills, developing personal habits of promptness, healthy eating, and positive activity, taking responsibility for routine tasks and service to others, exercising self control, and balancing rest with activity. In father/child programs, we accomplish this through camp activities and outdoor challenges, crafts, games, projects, and reporting on personal and family activities.
- **Social Development**
Acquiring fundamental social skills, learning courtesy and respect for others, living and sharing responsibilities in small community, practicing good sportsmanship, and providing service with others. In father-child programs, we accomplish this through the small group design, encouraging shared decision making, hosting group meetings, and sharing experiences between parent and child.

What we must decide is perhaps how we are valuable, rather than how valuable we are.

Supporting the Father-Child Relationship

The early elementary school years are a time of discovery and rapid learning. Children are becoming much more aware of the world around them. They are beginning to see things differently and to ask questions about who they are, where they came from, and why things are as they are. As parents, we are sought out as guide, teacher, and hero during this time. We protect and nurture our children. We learn how to talk with our child more than at them. We learn to ask open-ended questions which cause our child to think and move beyond simple yes/no responses. We learn to invite our child into challenges and opportunities and allow them to choose to enter in, face a fear, and celebrate an accomplishment.

The YMCA father-child programs are purposefully designed to accompany the parent and child on this journey of discovery. While we do not argue the importance of whole family activity, we see tremendous value in supporting and strengthening the ability of father and child to communicate at an early age in ways that are respectful, responsible, honest, and caring. We seek to encourage you as a parent to “get to know your kid while your kid is still a kid.”



Every morning is a fresh beginning, every day is a world made new.

"Pals Forever & Friends Always"



These respective slogans of the Y Guides Programs are intended to describe a close and enduring relationship between fathers and their sons/daughters. They do not mean the relationship between equals, such as peers or friends. They do mean communication and understanding, a sense of companionship. They describe a satisfying and rewarding interaction between father and child, encouraging them to learn about each other and to achieve mutual respect for one another's differences.

Further, it is the quality time spent with one another that really counts. The daily pressures of life are very real to parents and children, so that the time spent with each other should be qualitatively unsurpassed in listening carefully, never being excessively judgmental, and insofar as possible creating with each other an accepting and genuinely sharing environment for learning and growing together.

The special importance of doing all things together cannot be overemphasized. Tribal activities, even attendance at tribe meetings, must be done together. At Nation events, every step is taken to ensure that boys and girls and their dads undertake both structured and free time periods together. This is one of the unique characteristics of the program philosophy and practices. And while no handbook can even begin to describe the quality in the spontaneous joy of sharing natural, human interests that can occur between father and child, an attempt is made here to guide you into these relationships with tried and proven ways.

Remember that no time is ever wasted that makes two people better friends.

Aims & Pledge

The Aims



To be clean in body and pure in heart.



To be "Pals Forever/Friends Always" with my father/son/daughter.



To love the sacred circle of my family.



To listen while others speak.



To love my neighbor as myself.



To seek and preserve the beauty of the Great Spirit's work in forest, field and stream.

The Pledge

"We, father and son/daughter, through friendly services to each other, to our family, to this tribe, to our community and country, seek a world pleasing to the eye of the Great Spirit."

Blessed are those who can give without remembering and receive without forgetting.

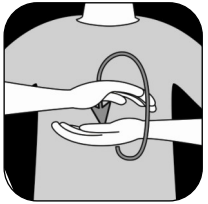
Closing Prayer



And Now, (Point down)



May the Great Spirit (Circle upwards)



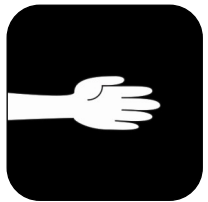
Make (Cup a ball of clay with your hands three times)



The Sun Rise (Arms folded, then raise one arm up)



In (Point your right hand into your left palm)



Your (Extend hand to all others)



Heart. (Place right hand on heart)

How-How!

Count your blessings, then recount. You'll probably find you missed one.

Chapter 2: Program History

How the YMCA Guides and Princess Programs Began

The Y-Indian Guide Program was developed in a deliberate way to support the father's vital role as teacher, counselor and friend to his son. The program was initiated by Harold S. Keltner, Director of the YMCA in St. Louis. In 1926 he organized the first tribe in Richmond Heights, Missouri, with the help of his friend, Joe Friday, an Ojibway Ojibway Indian, and William H. Hefelfinger, chief of the first Y-Indian Guide tribe. Inspired by his experiences with Joe Friday, who was his guide on fishing and hunting trips into Canada, Harold Keltner initiated a program of father/son experiences that came to involve fathers and sons throughout the United States.

While Keltner was on a hunting trip in Canada his friend, Joe Friday, said to him as they sat around the campfire one evening, "The Indian father raises his son. He teaches his son to hunt, to track, to fish, to walk softly and silently in the forest, to know the meaning and purpose of life and all he must know, while the white man allows the mother to raise his son." These comments struck home, and Harold Keltner arranged for Joe Friday to work with him at the St. Louis YMCA.

The Ojibway Indian spoke before groups of YMCA boys and dads in St. Louis, and Mr. Keltner discovered that fathers as well as boys had a keen interest in the traditions and ways of Native Americans. At the



same time, being greatly influenced by the work of Ernest Thompson Seton, great lover of the out-of-doors, Harold Keltner conceived the idea of a father-and-son program based on the strong qualities of American Indian culture and life, which involved dignity, patience, endurance, spirituality, feeling for the earth and concern for the family. Thus, the Y-Indian Guide Program was born eighty years ago. Though Harold Keltner died in the summer of 1986, his presence is felt today, and he will continue to affect the lives of fathers and children for years to come.

Honesty is the first chapter in the book of Wisdom.

Y GUIDES

The Y-Indian Princess Program was an outgrowth of the Indian Guide Program. It enabled fathers and their daughters to participate together in a variety of activities that nurtured mutual understanding, love and respect. The first Y-Indian Princesses were formed in the Fresno, California YMCA in 1954. Today, as then, the Princess Program affords an unusual opportunity for the concerned and busy father to facilitate growth in a daughter's development and an understanding of the world around her. The father's role helps her in developing self-esteem, confidence in her peers, and appreciation for the differences in people and families. The inter-relationships of humor and discipline, love and anger, and successes and failures bode well for the continuing development of father and daughter or father and son.

The Y-Indian Guide Program of the Arapahoe Nation of Raleigh, North Carolina, was founded in 1968 when Wyatt Taylor, past Director of the Raleigh YMCA, felt the Y-Indian Guide Program important enough to put its initial development into the competent hands of Jim "Bald Eagle" Epps. "Arapahoe" was a natural name for Jim to choose as our nation of Indians: it not only depicted an authentic Indian tribe, but was also the name of the North Carolina community where our Raleigh YMCA Camps Sea Gull and Seafarer are located. Jim began that year with three tribes, and before the Spring Outing in May 1969, the Nation had grown to five tribes. The next year saw the Nation double with ten tribes, and it has been growing by leaps and bounds ever since.

Bo "Bouncing White Feather" Roberts joined the Indian Programs in 1976. Bo was instrumental in starting the first Indian Princess tribe in 1977. The White Mountain Tribe was inducted into the Arapahoe Nation in the spring of 1977

as its first princess tribe, and as with the Y-Indian Guides, the Princess Program grew rapidly.

Since those first tribes began, Raleigh is proud to claim one of the strongest Y Guides, Y Princess' and Trailblazer programs in the country. The YMCA's commitment to continuing the emphasis on what happens to the relationship between dad and his child through the Y-Indian Programs has been the key. In 1979, a secretarial position was added to the Arapahoe Nation Office and Dina "Pocahontas" Covington became its first secretary.

The name of the program became Y Guides and Princesses in 2002. Although the word "Indian" was dropped, the Native American theme was not, and as always, our focus is on the father-child relationship.

In 2011, the official name of the program became Y Guides. We still recognize individuals as Guides, Little Braves, Little Princesses and Trailblazers. The "Y Guides" name represents what we're all about: **Dads, Sons and Daughters**. Although there have been several other changes, the quality of the programs has been maintained, and the number of participants has grown substantially over the years to more than 13,000 active members in 2011. The YMCA pledges to you its continued "high priority" emphasis on these most important programs.

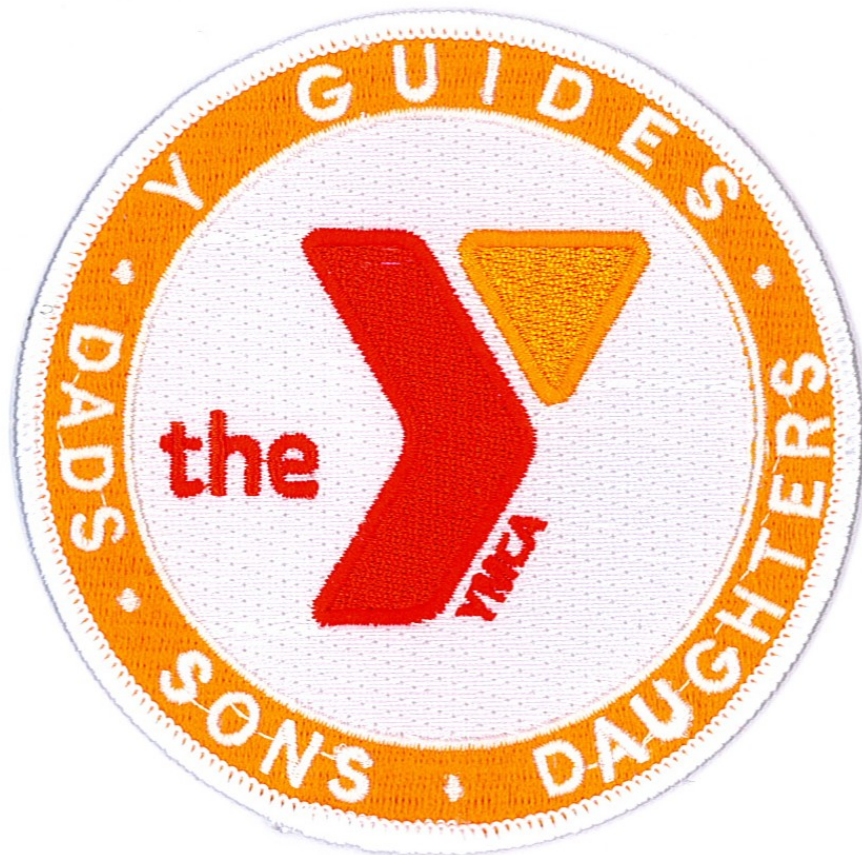
Remember the 3 R's: Respect for yourself, Respect for others, and Responsibility for all your actions.

The Emblem

The Emblem for all Y Guides programs uses the traditional colors of red, orange and white.

The orange circle lists Y Guides as the Program name and the focus of our program which is Dads, Sons and Daughters. Even though it is not listed, we still recognize individuals as Guides, Little Braves, Little Princesses and Trailblazers.

The Y symbol in the middle of the patch represents the YMCA of the Triangle, as well as symbolizing the YMCA's mission to "build a healthy spirit, mind and body".



When life hands you lemons, be thankful and make lemonade.

Arapahoe Nation's Chiefs

1969 - James Ould - "Iron Horse"
1970 - Bob Crosswhite - "Standing Rock"
1971 - Harlan Berland - "Buffalo Horn"
1972 - John Hall - "Yellow Moon"
1973 - Bill Powell - "Gray Wolf"
1974 - Jim Bundy - "Strong Wolf"
1975 - Chip Anderson - "Running Bear"
1976 - Bill Marley - "Standing Wolf"
1977 - Cary Krueger - "Thunder Cloud"
1978 - W E "Bill" Freeland - "Lazy Wolf"
1979 - Allan Head - "Wise Wolf"
1980 - Vernon Jones - "Spotted Elk"
1981 - Charles Austin - "Standing Horse"
1982 - Tom Vitaglione - "Dusty Rabbit"
1983 - Ron Williams - "Wise Deer"
1984 - Pat Elliot - "Onakawa"
1985 - Vernon Harris - "Red Wolf"
1986 - Joe Downing - "Brown Eyes"
1987 - Harry Bowles "Creeping Duckstalker"
1988 - Dave Tennant - "Full Moon"
1989 - Root Edmonson - "Stone Feather"
1990 - Larry Ford - "Big Bark"

1991 - Joe Mitchiner - "Twin Retriever"
1992 - Bill Watson - "Big Paw"
1993 - Buddy Fowler - "Running Wolf"
1994 - Dick Armstrong - "Medicine Man"
1995 - John Avant - "Pot of Gold"
1996 - Wayne Moser - "Eagle Eye"
1997 - Barry Penland - "Bald Eagle"
1998 - Frank Ragsdale - "Scratching Dog"
1999 - John Linderman - "Hairy Bear"
2000 - Rex Todd - "Soaring Eagle"
2001 - Mark Niemchak - "Bone Cracker"
2002 - Bob Watral - "Big Thunder"
2003 - Don Fisher - "Wildcat"
2004 - Colyn Bacon - "Muddy Waters"
2005 - Ed Cochrane-Brown - "Blue Condor"
2006 - Bryan James - "Grey Bear"
2007 - Alan Dickinson - "WideWing"
2008 - Brendan Bailey - "Red Cloud"
2009 - Roger Winstead - "Rolling Rock"
2010 - Nelson Scott - "Black Crow"
2011 - Bobby Ramseur - "Lazy Loon"
2012 - Jay Taylor - "Fishing Fox"



You give little when you give of your possessions. It is when you give of yourself that you truly give.

Chapter 3: The First Year

The Adventure Begins



You are about to embark on a great adventure with your child.

No gift you give your son or daughter will mean as much as the time you spend with him or her, and you'll find that you treasure those moments, as well. We encourage you to look at the program through the eyes of your child. This will make it much more meaningful for you both.

Father and child spend time together completing the requirements to earn feather patches for the Arapahoe Nation first year awards. Although we encourage you to earn all these, remember they are avenues for you to spend more time together, and we cannot over-emphasize the importance of doing things together.

Get ready for fun and discovery, and most importantly, get ready to become pals forever and friends always.



Promise only what you can deliver. Then deliver more than you promised.

First Year Events

Tribal events provide some of the most enjoyable times you'll spend as a member of Y Guides. Each tribe has at least two outings per month according to the interests of the tribe members, and often the event, such as camping out or taking a hike, earns an award for the participants as well.

While individual tribal events are fun, it's the Nation Events that are incredible! Tribes of the Arapahoe Nation get together for the Nation Events listed below. All in attendance will receive a Nation event patch or bear claw depending on the event.

Fall Outing, Camp Kanata (November)

As a first year tribe, this is one event that you'll always remember. You'll likely have a tribal picnic in the afternoon, followed by taking your two-mile hike, which will earn everyone their yellow feather. At twilight, the event is capped off with a dramatic silent walk between lit torches for initiation into the mighty Arapahoe Nation.

Winter Inning (January)

Held in Raleigh, the Winter Inning is always fun for tribes and their families. From magic acts to juggling to acrobats, the sky's the limit. And don't forget the door prizes!

Polar Bear Swim (January/February)

It's the middle of winter. Just the time for swimming! Held throughout the Triangle at your local YMCAs, the Polar Bear Swim is a Nation favorite. Make sure you attend and receive your white bear claw.

Kite Flying Day (March)

Spring is in the air and so are the kites! Held at Carter-Finley Stadium parking lot in Raleigh, this family event is a lot of fun! Bring your homemade or store-bought kites.

Park Clean-Up Day (March)

Help keep our communities clean by attending Park Clean-Up Day. Earn your green bear claw by picking up trash in local parks, greenways and creeks in the Triangle area.

Spring Outing (April/May)

There's nothing like Spring Outing! Held at Camp Sea Gull & Camp Seafarer in Arapahoe, N.C., you'll spend a weekend in cabins with your tribe. You'll get a chance to eat in the mess hall with 550 of your closest friends, archery, BB-riflery, canoeing, crafts, fishing, hiking, hunting for sharks teeth, riding the JoyBoy, soccer, riding the exciting zip line and a great Saturday night campfire complete with campfire songs, a great ghost story and other surprises.

Seek joy in what you give, not in what you get.

First Year Tribal Responsibilities

Spring Chiefs' Meeting

All Chiefs should attend the Spring Chiefs' Meeting to receive information for their tribe members.

Need Help?

All tribes are requested to notify the Program Office at (919) 719-9695 or Andrew.Crook@ymcatriangle.org if they need help or support in any area of tribal function. The Program Office can send a representative to any meeting to guide, support, or help in any way. The Program Office can provide outing suggestions and ideas for games, stories, crafts, tricks, songs, etc.

Tribal Status:

All tribes should notify the Program Office of any changes in tribe status (i.e.: election of new officers, address change of tribe members, inactive status of any tribe member, or inclusion of a new member). The Staff of the Program Office would be appreciative of news regarding illness, death, special awards, etc. concerning tribe members.

Dues:

Annual dues should be paid by the last Friday of September. Most first year dads pay at the Dad's Training Meeting.

Nation Events

All tribes are encouraged to attend Nation Events. Some events require registration and advance payment. Look for information on our Nation's Web site, www.arapahoe-nation.org.



God is a friend who knows all your faults and still loves you anyway.

Suggested Agenda for the First Tribe Meeting

This agenda is only for your tribe's very first meeting.
Please refer to page 19 for the agenda for all other meetings.

- | | | | |
|-----------|---|-----------|---|
| 6:55 p.m. | Arrive on time. | 7:25 p.m. | Tribe Craft
Most make name badge which attaches to necklace. |
| 7:00 p.m. | Beating of the Tribal Tom-Tom
Beat 12 times by host Little Brave/Princess | 7:35 p.m. | Explanation of 1st-Year Eagle Feather Award
Display patches and feathers |
| 7:02 p.m. | Opening Prayer
Given by Acting Chief. | 7:40 p.m. | Song
Y-Guide/Princess Theme Song recommended |
| 7:03 p.m. | Unbroken Circle Ritual
Children facing fathers inside circle with right hand clasped and left hand on shoulder to the left.
Stating the Pledge, Aims, and Slogan, repeated or led in unison by Acting Chief. | 7:42 p.m. | Refreshments
Organized by host father |
| 7:07 p.m. | Spoken Names
With father and child standing, each little Guide/Princess takes turn telling his/her Indian name, his/her real name, his/her dad's Indian name, and his/her dad's real name
At the conclusion of each, other tribe members respond with --- "HOW-HOW!" | 7:45 p.m. | Discussion of Plans for Next Meeting
Discussion and distribution of responsibility charts. |
| 7:15 p.m. | Explanation of WAMPUM
Do not begin collection until second tribal meeting. | 7:50 p.m. | Distribution and Explanation of Attendance Beads and Bear Claw Awards
Presented by acting chief |
| 7:20 p.m. | Discussion/Selection of Tribal Name
A Big Brave, with a bit of research, should provide a choice between two previously approved Indian names
Children will vote to make selection. | 7:55 p.m. | Closing Ritual
Sign language closing prayer by acting chief |
| | | 8:00 p.m. | Everybody Leaves For Home.
Please leave on time. This is just as important as arriving on time. |

People have a way of becoming what you expect them to be.

Responsibility Chart for First Meeting

Contact the Program Office at (919) 719-9695 if you have any questions.

Host of First Meeting: _____ Temporary Tribe Code: _____

Address: _____

City/ZIP: _____ Host Work Phone: _____

Date/Time of First Meeting: _____

Possible Tribe Names: 1) _____ 2) _____

Regular Meeting Nights (Circle): Week: 1st & 3rd, 2nd & 4th Day: M T W Th Sun
 Time: 7:00 - 8:00 p.m., Other time: _____

Would you like for someone to assist you with your first meeting? (Circle) Yes No

Agenda	Responsibilities	Name
Tom - Tom Beater	Host Little Brave/Princess	
Opening Prayer	Acting Chief	
Unbroken Circle Ritual	Acting Chief	
Spoken Names	Each Little Brave/Princess with Big Brave	
Explanation of Wampum	Acting Wampum Bearer	
Selection of Tribe Name	Acting Chief	
First Craft - Name Tag	One of the Big Braves	
Explanation of Eagle Feather Award	One of the Big Braves	
Song	One of the Big Braves	
Refreshments	Host Big Brave, Guide/Princess	
Plans for next meeting	Acting Chief	
Explanation of Attendance Beads/Bear Claws	Acting Tallykeeper	
Closing Ritual	Acting Chief	

First Year Program Details

Invitations are fun projects for father and child. Father and child should deliver invitations before the tribe meetings. This allows for a wonderful time of sharing of experiences. Invitations should be simple, colorful decorations and designs, and encourage individual expressions. See Chapter 10 for ideas on invitations.

Crafts should emphasize the making of common tribal items. Tribal equipment should add atmosphere. One dad with his son/daughter should assume responsibility for each: Campfire, Tom-Tom, Talking Stick, Wampum Bag, Tallykeeper's Book, and Tribal Standard Shield.

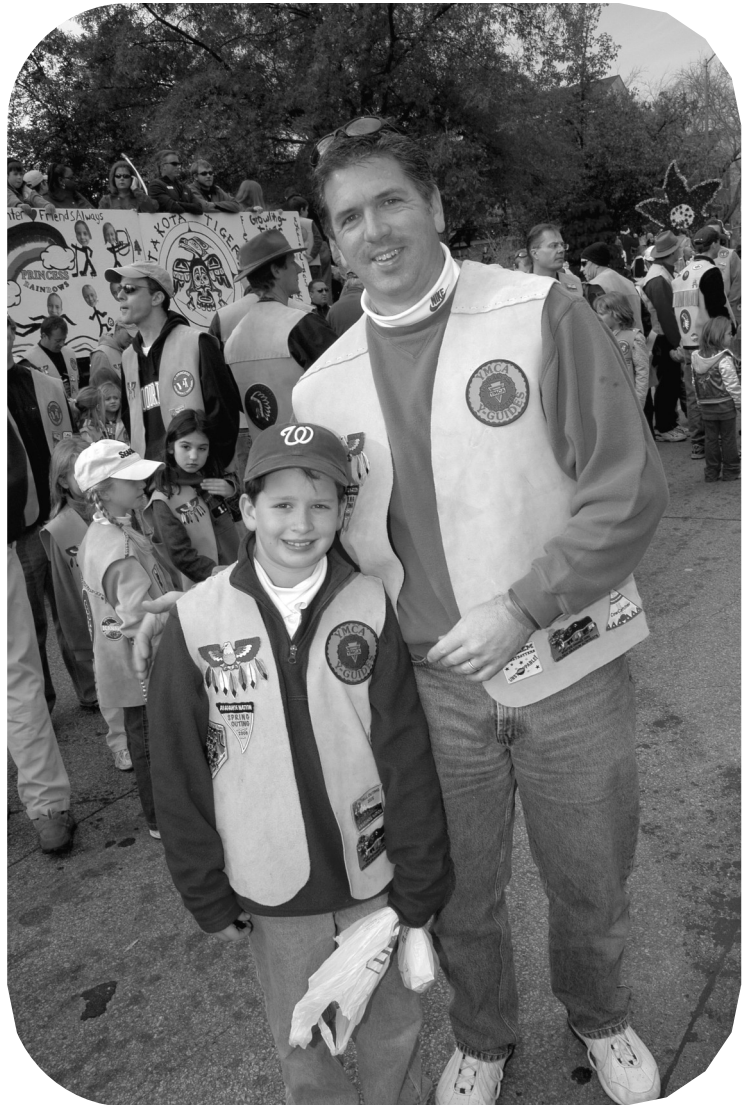
Games are very important at this age for social and personal growth and development. All games, songs, stories, and other activities should facilitate interesting and meaningful play, and at the same time encourage learning and cooperating with others. Sports, such as organized baseball, basketball, soccer, or football are marginally helpful. Skating, running, bicycling, and water games, along with social recreational games, are in order. Games and similar activities should allow children to share experiences with their dads.

Tribal Outings and Nation Events should foster new experiences and new ideas.

Ceremonies and Rituals are reassuring to the child during this first year. Reverence and group unity are goals of growth, with dads setting the example.

Songs with a great deal of action are most successful.

Tricks provide a father and child an opportunity to amaze their tribe, while giving the host a few extra minutes to prepare refreshments.



The journey of 1,000 miles starts with a single step.

Suggested Agenda for Tribal Meetings

This agenda is for all tribal meetings other than your tribe's first meeting.

- | | | |
|---|--|---|
| <p>6:55 p.m. All arrive on time for meeting.</p> | | <p>should emphasize the imagination and creativity.</p> |
| <p>7:00 p.m. Opening Ceremony
Ceremony is begun with 12 beats of the Tom-Tom by host guide/princess. The host is responsible for the opening prayer. The unbroken circle is formed and the pledge, aims, and slogan are repeated and led by tribal chief.</p> | <p>7:43 p.m. Song or Trick
Fun song or entertaining trick led by big brave.</p> | |
| <p>7:04 p.m. Tally keeper's Report
Little braves/ princesses love to hear their names, so try to include them as much as possible.</p> | <p>7:48 p.m. Refreshments
During refreshments, dads should cover any major plans, next host, etc., of the responsibility chart. This part of the meeting should be as brief as possible. The best way to include the children would be a simple vote between two outing choices.</p> | |
| <p>7:06 p.m. Collection Of Wampum
Good speaking experience for guide/princess.</p> | <p>7:58 p.m. Closing Ceremony
Sign language prayer benediction or tribal prayer.</p> | |
| <p>7:10 p.m. Awarding of Feathers
Remember that the seven feathers should be earned at the rate of one feather per month for each child.</p> | <p>8:00 p.m. Everybody Leaves For Home
Please leave on time. This is just as important as arriving on time.</p> | |
| <p>7:20 p.m. Story
Told by one of the Big Braves to the guides/princesses.</p> | | |
| <p>7:30 p.m. Game Or Simple "Completed-In-One-Meeting Craft"
Don't miss this, regardless of what else is included in the program. For dads and sons/daughters to have fun together is important. Games build character through cooperation, fair play, and consideration for others. Crafts</p> | | |



There is no right way to do a wrong thing.

Opening Ceremony for First Year Tribe Meetings

Promptly at the appointed hour the Chief signals for the Tom-Tom Beater (host Little Brave/Princess) to strike Twelve Beats On The Tom-Tom. All talking ceases as everyone takes their place forming a circle. If out of doors, they may form a circle around a campfire.

The Chief asks all braves/princesses to stand, raising hands and eyes to the Great Spirit in thanks for the preservation of the beauties of his work in forest, field, and stream. A typical prayer might be: "Oh, Great Spirit, as we gather together, dwell among us and guide us. Give us the wisdom and understanding that we may do those things, which are pleasing to you. We offer thanks to you for the (Tribe Name)".

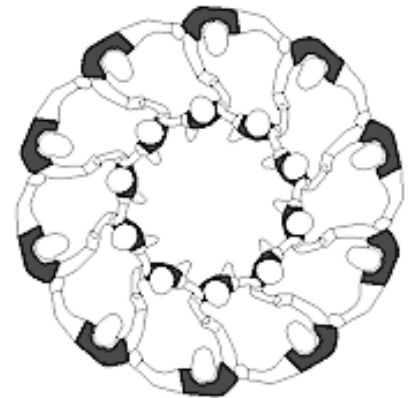
Chief announces: "Braves/Princesses, the council is open. Assume the **Unbroken Circle** " Little Braves/Princesses stand facing Big Braves in a double circle. Each Little Brave/Princess places his/her left hand on shoulder of the Little Indian to his/her left. Big Braves assume the same position clasping right hands with their children. The Chief then leads the tribe in reciting in unison:

The Pledge of Y Guides: "We, father and son/daughter, through friendly services to each other, to our family, to this tribe, to our community and country, seek a world pleasing to the eye of the Great Spirit."

The Six Aims: "To be clean in body and pure in heart; to be 'Pals Forever'/Friends Always' with my dad/son/daughter; to love the sacred circle of my family, to be attentive while others speak; to love my neighbor as myself; to seek and preserve the beauty of the Great Spirit's work in forest, field and stream."

The Y Guides Slogan: "Pals Forever" (Dad & Son) "Friends Always (Dad & Daughter).

A big "**How-How!**" ends the opening ceremony. The tribe then sits down and continues its meeting.



Overhead View of Unbroken Circle

This is a day of opportunity.

Agenda for Fall Dads-Only Meeting for First Year Tribes

We recommend that the dads have a Dads-Only Meeting in the fall and one before the Spring Outing.

Remind the dads to be aware of:

The importance of respect to others, especially when others are talking. Each father should be responsible for the behavior of his child. No other dad should have to "call down" your child.

Keeping "Dad's Talk" to a minimum. This includes business as well as "small talk."

Planning Tribal Outings:

Hold on a regular basis with different dads responsible for planning and execution. See Chapter 14 "Outing Suggestions" on page 111.

Responsibilities:

Encourage dads to be thoughtful in their preparation of meeting responsibilities. Plan your year well in advance! Keep a responsibility chart up-to-date.

Invitations:

Encourage dads to use invitation preparation and delivery as a dad and son/daughter activity. Don't rely on e-mail.

Suggestions to Sachem:

Have a game or craft and a trick in reserve at all meetings in case one is forgotten or some member has a last-minute conflict which causes him to miss a meeting.



*To think kindly of another is good. To speak kindly of another is better.
To act kindly toward another is best of all.*

Tribal Officers

Chief



The Chief sees that there is continuity in the meetings, conducts portions of the meetings, presides at "Dads Only" Meetings, delegates assignments and serves as the contact person for the tribe. The Chief also represents the tribe at the two chief's meetings and provides essential communications with the Program Office.

The selection of the chief should not be taken lightly. The chief sets the tone for the success of the tribe. Pick a dad that exhibits leadership and organizational qualities. Remember, success just doesn't happen - You make it happen.

Sachem



The Sachem assumes the duties of the Chief in his absence. He should always have a story, trick or game in his back pocket in case another big brave forgets his assignment.

Wampum Bearer



The Wampum Bearer is responsible for the collection, safe keeping, and reporting of all moneys and tribe equipment. Annual dues, Winter Inning ticket fees and Spring Outing fees may be collected and forwarded to the Program Office by Tribal Chief and/or Wampum Bearer by the established deadlines.

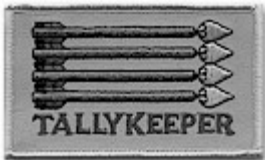
It's important that the Guide/Princess assist his/her father in the performance of his assigned duties. During the third year, Guides and Princesses may assume more and more responsibility for planning and conducting activities.

The Speed of the Leader determines the Rate of the Pack.

Wampum is the Indian name for money (originally the Indians traded beads). It's an important aspect of the program. Wampum relates directly to the pledge; earning money for the tribe while performing a service for family or community. Dad and child perform the service together. Simple chores such as, "I cleaned my room", should be discouraged.

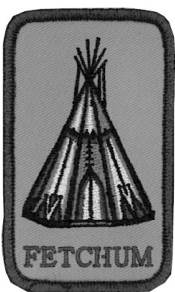
The collection of wampum can be one of the most effective portions of the tribal meeting for both child and Father. It gives the children a chance to learn about the value of money, to gain confidence in speaking before the tribe, to be inspired to do things for others, and to listen while other children report. Wampum is then given to the tribe for the good of the tribe (service to the tribe).

Tallykeeper



The Tallykeeper is responsible for keeping attendance at the tribal meetings. Each meeting, this father takes written notes, as well as presenting an oral Tallykeeper's report about the previous meeting. The Tallykeeper keeps record of and distributes attendance beads and earned awards. If your tribe has completed an awesome craft or gone on a special outing, you may wish to send a copy of the Tallykeeper's report to Program Office.

Fetchum



The Fetchum is a dependable Dad who is willing to drop off payment and registration, and possibly pick up tickets for an upcoming Nation event at the YMCA Guides & Princesses Office. The Fetchum also picks up any tribal supplies like beads and bearclaws. All tribes need a good Fetchum.

What you have, you ought to use and whatever you do, you should do with all your might.

Sample Tallykeeper's Report

On the fifth day under the rising moon, in the month of giving thanks, the Mighty Croaking Frogs met in the tepee of our chief, Chipping Beaver and Creeping Squirrel. Creeping Squirrel opened the Pow-Wow with 12 beats of the tribal tom-tom. All of the Mighty Croaking Frogs then raised their hands and eyes to the Great Spirit and gave a tribal prayer. All big Braves and little braves then joined to form the unbroken circle and chanted the pledge, aims, and slogan, led by our chief.

Then, Green Lizard read the Tallykeeper's report to the pleasure of all the Mighty Croaking Frogs. At this time, Snapping Turtle earned the Blue feather for reciting the aims as cunningly as a fox. Next, Little Moo earned his Turquoise feather for telling the story of the headband as wisely as an owl. Then, Quick Lizard named everyone's Indian and real names with the memory of an elephant.

At this time, Tall Giraffe wowed us all with an exciting Indian tale that left little braves with mouths dropped open. Rising Sun was quick to supply the tribe with a great craft project of making bird feeders from pine cones, peanut butter, and bird seeds. Once again helping to preserve the beauty of the Great Spirit's work in forest, field, and stream. The Mighty Croaking Frogs shook the trees with their version "Do Your Ears Hang Low?", as our song woke up the night night Spirit of Eagle then amazed us all with his coin trick and next the Mighty Croaking Frogs enjoyed delicious refreshments.

The closing prayer was then led by our mighty chief Chipping Beaver and then the Mighty Croaking Frog tribe scattered into the night.

Always speak the truth and you will never be concerned about your memory.

How to Be a Good Chief

There are two program rules that must be followed and you as Chief should make them your highest priority:

- **Make sure that both father and child participate in all aspects of tribal activities together.**
- **Make sure no alcohol is consumed during any Tribal or Nation event.**

Beyond these two rules, the following are helpful guidelines to help you be a good Chief:

1. Prior to the Meeting:

- Take time to plan a complete agenda for each meeting. Plan ahead. Know what you want to accomplish!
- Check with the Host and know what is being planned. Be prepared to offer suggestions if necessary.
- Check with Tallykeeper about what transpired at last meeting if he has not already sent you minutes.
- Notify Sachem if unable to attend meeting, and see that he is prepared to take over.
- See that seating arrangements are not "sloppy" with sons/daughters and dads sitting all over the room. Chairs should be placed in a circle with everyone facing one another (dads in the chairs and their children sitting on the floor in front of them. Also remove any furniture which may be placed "inside the circle."

2. During the Meetings:

- Start meetings on time.
- Keep to a time schedule. Never run over on business and then cut down on program.
- Give Little Braves/Princesses an opportunity to express themselves and participate as much as possible:
 - 1) Ask host little brave/princess how invitation was made
 - 2) Ask little braves/princesses how wampum was earned, places visited, things of interest done.
 - 3) Ask little braves/princesses to elaborate on a subject which they tell the tribe about.
- Look directly at the little braves/princesses when talking to them to help them listen.
- Insist upon discipline and respect within your group. The person talking should not be interrupted by others. Passing around a "Talking Stick" to the person who wants to talk works well.
- Keep meetings moving, always ready to announce the next step of the meeting.
- Save tribal business, which is not at your child's level, for another time, such as the dads-only meeting or during refreshment time.
- If dads start to monopolize the conversation, bring it back to the children.
- Vary your program, taking advantage of the individual interests and skills of some of the dads.

A winner never stops trying.

How to Be a Good Chief (continued)

- Dress informally for fun. Dad's business suit is a "brick wall" for his complete involvement in the tribe.
- Ensure that each dad is responsible for his own child from the time he enters until he leaves. This especially includes refreshment time!
- Be sure your tribe meeting doesn't turn into a dad's meeting and a child's meeting.
- Use Y Guides names. This adds to the atmosphere.

3. Between Meetings:

- Study your Program Handbook and adapt the information to your tribe's needs.
- Involve all tribal members in program planning and responsibilities.
- Contact absent members and let them know they are missed. Consider taking them the ingredients of your tribal craft project so they can make it together at home.
- Hold dads-only meetings in the fall and spring to plan for outings.
- Encourage the tribe to regularly visit and read the Arapahoe Nation Web site (www.arapahoe-nation.org).

4. Miscellaneous:

- Spiritual motivation is important. The basic purpose of the Y Guides Program cannot be achieved without this.
- Strive to understand the YMCA, its purpose and programs. The YMCA is people, not gyms or swimming pools.
- Be aware of the changing needs and abilities of the children as they grow. Increase their responsibility as they become ready.
- Make a resource list of effective books, successful activities, crafts, trips, Indian lore, etc. This is a good job for your Sachem.
- Much latitude is granted in your program, but do not deviate from the basic philosophy of the program which is based upon sound principles and experience.

Each morning let us praise God for the beautiful day, no matter what the weather may be.

How to Be a Good Chief (continued)

- Make sure that all dues are paid promptly.
- See that families are included in appropriate outings.
- Be enthusiastic in your approach and have a sincere belief in the program.
- Set an example of doing things the right way.
- Put forth a special effort to improve your tribe.
- Have fun and don't point out the negatives!



You can win more friends with your ears than with your mouth.

15 Suggestions for Having a Great Tribe

By Allan Head "Wise Wolf", Arapahoe Nation Chief 1979

1. Work from an agenda at every meeting. An agenda or checklist organizes the meeting and helps every tribe member know their responsibility.
2. Make a big deal of the father-child relationship. Do not compromise on the issue of father/child being present at all events.
3. Emphasize importance and require that invitations be made and personally delivered by father and child. The longer the tribe is together, the more difficult this becomes. Keep it up as long as possible.
4. Seating arrangements are important. Form a circle with guides/princesses on the floor in front of Dad. This arrangement helps in having an orderly meeting.
5. Start and end on time. Cooperation by everyone is imperative if this is to be accomplished.
6. Get a wampum report from every child, and either a feather earned or "scouting report" from every child - time permitting. It's important that each child get on their feet to speak at least once each meeting. Dads, you control the time!
7. Talk to the children and don't talk over their heads. Allow no dad's talk. Save that for dad's-only meeting. Remember the purpose of the program (See 2 above). The children may understand more than you think they do.
8. Use a "talking stick". It's fun! Honor the concept and it will be a valuable tool.
9. Use Y-Guide/Princess names! This adds a great deal! This helps to set the tone and spirit of the meeting.
10. Get with the Program! Assign the building of tribal equipment (Tom-Tom, Tallykeeper Book, Talking Stick, etc.) Make a big deal of using the equipment in the meetings.
11. Encourage the earning of feather/totem pole patches. Encourage those who fall behind. Try to earn one feather each month. Set the example.
12. Have at least one dad's-only meeting this fall. A second dads-only meeting will probably be needed to make spring outing plans.
13. Tell the children who the Great Spirit is and don't be afraid to pray and give thanks. This is a YMCA Program and you should remember that the "C" stands for "Christian".
14. Insist on structure. Hold one meeting in the home, and one outing outside the home each month.
15. Recognize that as in all things, you get out of the Program what you put into the Program. If you put in an effort of 6, you will get a 6 in return.
Put in a 10 and you will get out a 10!

Being yourself is the best way for someone to accept you.

Y Guides First Year Awards

Arrowheads, Beads, Bear Claws, And Feathers

One **red crow bead** is awarded each big brave and guide/princess for attendance at any tribal gathering. At each fifth meeting/outing, a **bear claw** is awarded in lieu of a bead. An **arrowhead** is awarded at the Spring Outing to each brave, guide or princess that earns all their feathers or totem pieces for the year. The beads and bear claws are provided by the Program Office.

First Year Awards

Colored feather patches are awarded, as per the requirements listed below, **at the rate of one per month**, with no definite order required. Only little braves/princesses earn the Red, Blue, and Turquoise Feathers, which require memory work, with dad's coaching, of course. The remaining four feathers are earned by the big and little brave/princess concurrently. Each patch is attached to the bottom of the feather award patch on your vest.



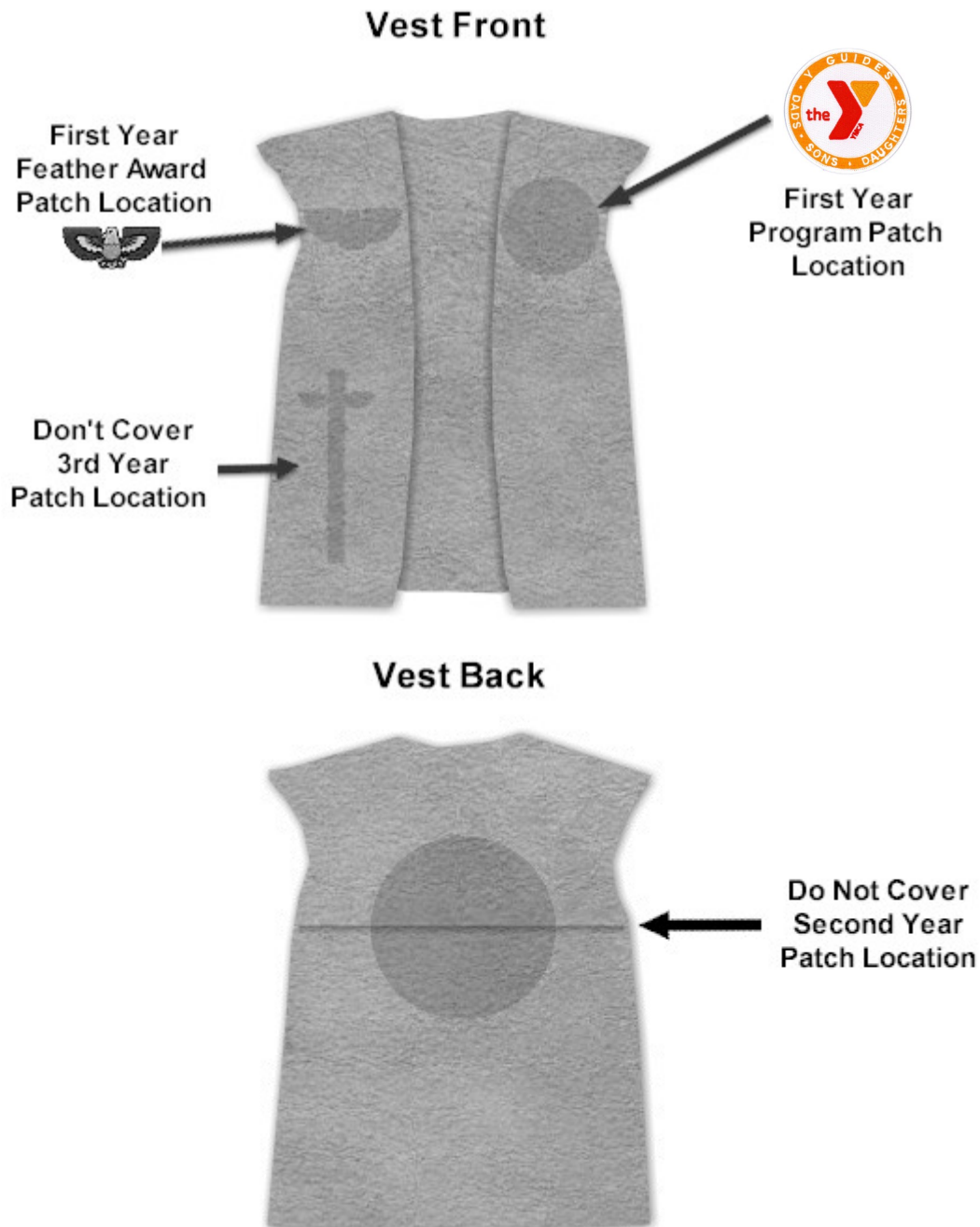
Feather Award Requirements

- Red Feather:** Know and repeat before tribe all the real and program names of each big and little brave/princess.
- Blue Feather:** Repeat all six parts of the Y Guides AIMS before tribe individually
- Turquoise Feather:** Recite the pledge of the Y Guides program.
- Orange Feather:** Arrange a night-off for mom/family member. Big and little brave/princess plan, purchase, cook, and serve dinner. After serving dinner, Big and little brave/princess do the dishes. To earn this feather, a statement in writing to the Tallykeeper must be furnished.
- Yellow Feather:** Complete a 2-mile walking hike with big brave. This can be a tribe outing such as the Fall Outing at Camp Kanata. A report should be made at the next tribe meeting, each brave/princess telling of interesting things observed.
- White Feather:** Complete one overnight camping trip with Big Brave (Recommended as tribe outing. Camp Sea Gull and Camp Seafarer do not count).
- Green Feather:** Complete three craft projects with big brave. These can be completed over a period of time. The projects will be presented to the tribe upon completion. The three do not have to be presented at the same meeting. The Tallykeeper will keep an accurate record of the projects.

If at first you don't succeed, you've got something to look forward to tomorrow.

First Year Vest Patch Locations

Make sure you're saving space for your Nation program patches for all three years. While Nation event or Tribal event patches can be placed most anywhere, Nation program patches need to go in specific locations on your vest. Use the diagrams below to help you place your Nation program patches. Also, remember to make Father and child's vests as similar as possible.



Your attitude determines your altitude.

Agenda for Spring Dads-Only Meeting for First Year Tribes

We highly recommend that the dads have a dads-only meetings before the Spring Outing.

1. Report to Your Tribe Information Covered at the Spring Chief's Meeting

2. Read and Review Spring Outing Information

- Registration and due dates
- Rules and expectations
- The potential for good things happening between fathers and sons/daughters
- Transportation (please carpool as much as possible, and park in designated parking lots)
- The Two Rules: Father and child together and no alcohol. Alcohol consumption could jeopardize your future participation in the program.

3. Elections - Tribe will submit name for new Chief at the Spring Outing.

4. Summer Schedule

Try to meet once a month.

Consider including families in tribal outings.

5. Look Ahead to Next Year for Your Tribe



If you want to get life's best, see to it that life gets your best.

Our First Year Journal

Tribe: _____ Year: _____

Big Brave: _____

Little Brave/Princess: _____

Members of Our Tribe

Names: _____

Indian Names: _____

Names: _____

Indian Names: _____

Names: _____

Indian Names: _____

Names: _____

Indian Names: _____

Names: _____

Indian Names: _____

Names: _____

Indian Names: _____

Names: _____

Indian Names: _____

Names: _____

Indian Names: _____

Names: _____

Indian Names: _____

Names: _____

Indian Names: _____

Names: _____

Indian Names: _____

Names: _____

Indian Names: _____

Tribal Officers

Chief: _____

Sachem: _____

Tallykeeper: _____

Wampum Bearer: _____

Feathers Earned

Red (Date): _____

Blue (Date): _____

Turquoise (Date): _____

Orange (Date/Menu): _____

Yellow (Date): _____

White (Date): _____

Green (Date/Crafts): _____

Our First Year Journal

What I liked about Camp Kanata was...

Little Brave/Princess:

Big Brave:

What I liked about tribe meetings was....

Little Brave/Princess:

Big Brave:

What I liked about camping was....

Little Brave/Princess:

Big Brave:

Our First Year Journal

What I liked about the Spring Outing was...

Little Brave/Princess:

Big Brave:

What I'll remember most about this year was...

Little Brave/Princess:

Big Brave:

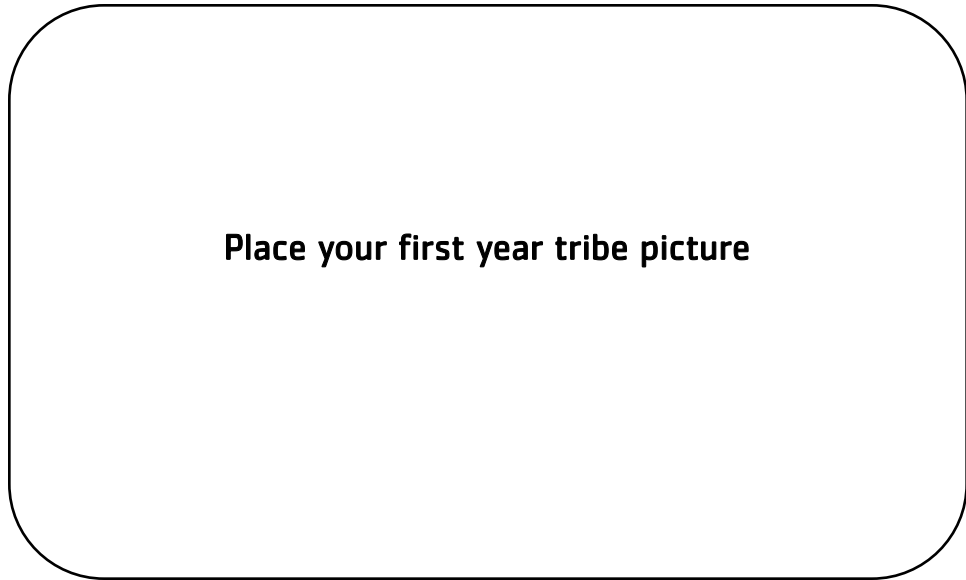
Little Brave/Princess: How would you describe your father?

Big Brave: How would you describe your son/daughter?

Our First Year Journal

Our Tribe: The First Year

Date: _____



Tribal Outings (Date)

First Year Memories

Chapter 4: Serving the Nation

Longbow Council

The Longbow Council is a group of dads and their children which serves the Y Guides program. Longbow Council activities are secondary to tribal activities and should not reduce the importance of the tribe. Longbow Council members display support of the rules and philosophies both verbally and through their actions by assisting at the first year orientation and several Nation Events. If you have a question during a Nation Event, feel free to stop any Longbow Council member for assistance. Long Bow Council members can be easily recognized by their wearing of cool-looking hats.

If you're a dad who would like to be considered for the Longbow Council, contact the Program Office at (919) 719-9695.



Nation Officers are selected from the Longbow Council. Here are the 2008-2009 Nations Officers at Camp Kanata during 2008 Fall Outing.

Life is like tennis. Those who serve well, win!

We Build People Program

The **We Build People** Program is the YMCA of the Triangle's community-wide effort to raise funds for children, teens, families, and adults who otherwise cannot afford YMCA programs or services. The **We Build People** Program helps the YMCA reach a great number of people in order to build a stronger community. The YMCA movement is particularly relevant in today's society because we fill a void in the community. YMCAs welcome and support children, adults, and families and help build the values of caring, honesty, respect and responsibility. The YMCA is for everyone: people of all ages, races, religions, incomes and abilities.

Contributions to the **We Build People** Program help each YMCA respond to the unique needs of its own community. Funds that are raised in a community remain in that community.

100% of the funds raised are used to:

- provide financial assistance in the form of full and partial scholarships, based on individual need,
- fund outreach programs, which are then made available to participants at little or no charge.

Donating your tribal wampum to the **We Build People** Program is an excellent idea which will surely help others.

Look for opportunities to make others feel important.

Y GUIDES

A letter that is still relevant today...

Fellow Big Braves,

When Raging River asked me to be the Y-Guides and Princesses Colonel for the *We Build People* campaign, my first reaction was to say no. Don't get me wrong, I have worked for and donated to *WeBuildPeople* for several years because I deeply believe in and appreciate the things that can **only happen as a result of this fund drive**. I wish each of you could hear the success stories those of us who volunteer have heard from people who have been aided by the small sacrifices we have made.

The reason I almost said no is that I do not have great influence in the community nor great wealth at my disposal. I was afraid that the successes of the past would not be repeated if I took the job. Well, I believe that God puts service opportunities in front us just as he supplies us with the many blessings we enjoy. He has blessed my family greatly through the Guides and Princesses program and when asked to try to give something back I simply could not say no. My prayer is that he will not let you say no either.

Please let the YMCA continue to reach out to those who cannot afford to pay for the blessings it offers. Whether it be through an after school program which gives a child a safe place to be after school, a tutorial program who gives a child a chance for a better life or an evening program which offers teens alternatives to street activities and shows the value of love and respect, or giving adults a place to live off the streets, people are being touched through our YMCA. Contribute generously to the *WeBuildPeople* campaign this year and get your tribe active in the effort. If every tribe participates at whatever level the tribe feels comfortable the Arapahoe nation could make an outstanding contribution to our community and literally change the course of peoples' lives.

I couldn't say no, on the chance that you will not say no.

HowHow!



Mickey Scott "Deep Water"
2003 *WeBuildPeople* Colonel,
Y-Guides and Princesses Program
Standing Oaks '95 Princess Tribe
Howling Angels '97 Princess Tribe

The blessing that is shared is not halved but doubled.

Chapter 5: The Second Year

Working Together

As the second year opens the little braves and princesses will be excited to start another year. They have an expectation of the same experience and energy of the first year and there is no reason to disappoint them. The energy of the tribe's officers will be contagious to the other dads.

Planning is one of the most important steps toward making everyone comfortable throughout the year and allowing everyone to enjoy the tribe's activities. This starts with preparing for and having a Fall dads-only meeting. This meeting should be held before the first gathering of the tribe.

There's some preparation that will make the meeting more successful. First, bring your personal calendar, the school calendar and your family calendar so dates for monthly meetings and tribal outings like campouts can be set early and have calendar priority. Secondly, bring your checkbooks so your chief can take everyone's dues down to the Program Office and pick up your second year patches. Thirdly, this is the year most tribes build a totem pole. This is the time to surface ideas and maybe set times to work on your tribe's totem pole, if you choose to do that as a tribe. Lastly, the second year meetings should keep the same format as the first so this is a good time to be sure your responsibility chart is filled out for the year.

In addition to the tribal planning some personal planning can also make this one of the best years. The feather patch award activities are more exciting this year. One thing that can enhance your experience is for your child and you to pick a couple of projects (perhaps one for Fall and one for Spring) that are of high interest and put an extra effort into making them more impressive than the others. These projects will be long remembered fondly.



It's not winning the game that always counts. It is the fact that you tried your best.

Second Year Events

You'll enjoy the same Nation Events in the second year and have the chance to participate in another fun event. You'll likely find different things the second time around. Remember, you'll receive a Nation event patch or bear claw by attending a Nation event!

Fall Outing, Camp Kanata (November)

As a second year tribe, you'll likely have more time to have fun. Again, have a tribal picnic in the afternoon, followed by perhaps a longer hike than the previous year. Throw football or kick around a soccer ball before the dramatic initiation for first year tribes. Second year tribes will also renew their commitment at the campfire ceremony.

Raleigh Christmas Parade (November)

A limited number of tribes will be able to decorate large posters for the Y-Guides & Princesses float and march in the Raleigh Christmas Parade. Have your chief sign up early at the Fall Chief's meeting.

Winter Inning (January)

Some say "You've seen one. You've seen them all." That's not true here. You never know what you're going to see at the Winter Inning from year to year. Again, it's held in Raleigh and open to the entire family. Maybe you'll win a door prize this year!

Polar Bear Swim (January/February)

This winter swim is a great time to earn a feather patch for completing your swimming 50 feet and treading water for three minutes. And don't forget your white bear claw!

Kite Flying Day (March)

What a perfect time to test your homemade kite to earn a feather patch.

Park Clean-Up Day (March)

There is a great opportunity to give back to our community.

Spring Outing (April/May)

You've done it once, but it'll likely be more fun the second time around. You may end up at a different camp from the first year. All the same activities as before, but just as fun.

Thankfulness is a heart full of gratitude, not a heart full of possessions.

The Arapahoe Nation Second Year Awards

Second year awards are categorized into three different areas: **Physical**, **Mental**, or **Craft**. A feather patch, to be attached to the Second Year Award patch, is earned by fulfilling the requirement listed in one of the three areas. Out of the eight feathers earned, at least two must be earned from each area. This means that no more than four feathers can be earned from any one of the three areas.

Patches and feathers, as well as beads and bear claws, are provided by the Program Office. Remember that father and child complete the tasks together.

Physical

- Learn proper safety and care of an air rifle, .22, or shotgun and report to tribe.
- Big and Little Brave/Princess swim at least 50 feet, tread water or float for three minutes.
- Have a physical fitness program daily for 30 days with Big Brave working up to at least 25 sit-ups, 12 push-ups, 25 leg and head-ups while lying stomach down on floor, and 3 minutes running in place.
- Plant a garden containing at least 3 different plants.
- Rig a fishing line with hook, float, and sinker, and catch at least one fish.
- Go horseback riding with Dad and report to tribe.
- Participate in a YMCA or recreation team sports and have dad coach, keep score, or help the coach at practices and/or games.
- Make at least one hunting or fishing trip with Big Brave, making a report to the tribe (#5 cannot be accomplished in same trip).
- Overnight camping trip (father & son/daughter or with tribe) and/or hike 3 miles (father & son/daughter or tribe).
- Night off for Mother— Planning and preparing a meal and cleaning up afterwards.
- Go on a family bike ride, observing safety rules.
- While participating on an organized sports team, demonstrate good sportsmanship and report to the tribe how you did so.
- Participate in a walk-a-thon or road race.
- Take lessons together for a new hobby (tennis, golf, guitar, etc...)
- Learn how to appropriately set a table and demonstrate this at a tribe meeting.

The only way to have a friend is to be a true friend.

Y GUIDES

Mental

- Learn and describe 5 fresh water fish found in our area, and draw or find a picture of each, making a report to the tribe.
- Learn and describe 5 wild animals in our area, and draw or find a picture of their tracks, making a report to the tribe.
- Identify 8 trees in North Carolina, and make a leaf and bark display of the trees, making a report to the tribe.
- Visit 2 other tribes with Big Brave, Little Brave/Princess reporting to the tribe concerning visit (Permission of host tribe must be obtained in advance of visit).
- Name the eight planets in order from closest to farthest from the sun.
- Using a compass, show the directions north, south, east and west.
- With Big Brave's help, research and write a short paper (recommended 75-125 words) on the history of a Native American or tribe. Little Brave/Princess might also want to furnish a colored drawing illustrating the paper.
- Using safety rules, Little Brave/Princess must build an outdoor fire using only material found in the forest. Matches may be used to start the fire. Little Brave/Princess will then cook a meal consisting of a meat and one vegetable for himself/herself and Big Brave.
- Spend half day (work day) with your dad learning what he does at work, then talk about that day at your next meeting.
- With Big Brave's guidance, Little Brave/Princess conducts daily family devotional (other than the meal blessing) for a week.
- Prepare a display of 5 or more different rocks, and identify before tribe.
- Learn and recite the YMCA mission statement (page 4 of this handbook) and the five values the YMCA promotes (Faith in God, Respect, Responsibility, Honesty and Caring).
- Develop a plan for your family if an emergency occurs at your house.
- Visit your local fire department or police station.



Kindness: A language deaf people can hear and blind people can see.

Craft

- Make a birdhouse and report on birds using it.
- Make a bird feeder and report on birds using feeder over a period of a week.
- Make a homemade kite that will fly, and fly it.
- Build a family bulletin board, and display its use to tribe at the time of meeting in your home.
- Make a weather station containing weather vane, thermometer, and rain gauge. Make observations over a two-week period, and give report to tribe.
- Do a sand painting design, bead design or leather design.
- Build a model from a kit or original materials.
- Make a photo display from photos taken by Little Brave/ Princess.
- Make a holiday decoration (carved pumpkin, Christmas ornament, Valentines card, Easter egg), show it to the tribe, and display it in your home.
- Learn to tie 5 knots and present them to the tribe at a meeting.



It is better to tell the truth than to have the truth tell on you.

Second Year Vest Patch Locations

We hope you've earned your first year feathers and added a lot of Nation events patches to your vests. Remember to leave room for your third year patches by placing your second year patches in the correct location. Use the diagrams below to help you place your second year program patches. Continue to try to make father and child's vests as similar as possible.



*For questions I should ask myself each night: Was I easy to live with? Did I grow a bit today?
Was I pleasant to play with? Did I help someone along the way?*

Agenda for Fall Dads-Only Meeting for Second Year Tribes

We highly recommend that the dads have a dads-only meeting in the Fall to plan the year.

1. Dad's Enthusiasm

Two keys to a successful year are for every dad be enthusiastic for the program and to focus their attention on the father-child relationship.

2. Meeting Format

The format for meetings should remain the same as the first year due to age of the children, which are likely still very interested in ceremony and have short attention spans.

Invitations are still very important for father-child. The special time involved in making and delivering invitations promotes closeness among tribe members.

Successful tribes continue to use responsibility charts and long range calendars.

Feel free to change the structure slightly to fit the needs of your tribe.

3. Possible Variations

Consider having a different dad be in charge of the Opening Ceremony or Opening Prayer each meeting. The father could also handle the Closing.



The success of tomorrow is built upon the progress of today.

Agenda for Spring Dads-Only Meeting for Second Year Tribes

We highly recommend that the dads have a dads-only meeting before the Spring Outing.

- 1. Report to Your Tribe Information Covered at the Spring Chief's Meeting**
- 2. Read and Review Spring Outing Information**
Dates for Registration and dues
Rules and expectations.
The potential for good things happening between fathers and sons/daughters.
Transportation (please carpool as much as possible, and park in designated parking lots)
The Two Rules: Father and child together and no alcohol. Alcohol consumption could jeopardize your future participation in the program.
- 3. Elections**
Tribe will submit name for new Chief at the Spring Outing.
- 4. Summer Schedule**
Try to continue meeting as always.
- 5. Looking Ahead to Next Year**
Third Year Chiefs will meet in August.



Begin today to be the person you want to be.

Our Second Year Journal

Tribe: _____

Year: _____

Big Brave: _____

Little Brave/Princess: _____

New Members of Our Tribe

Names: _____

Indian Names: _____

Names: _____

Indian Names: _____

Names: _____

Indian Names: _____

We Said Goodbye to...

Names: _____

Indian Names: _____

Names: _____

Indian Names: _____

Names: _____

Indian Names: _____

Tribal Officers

Chief: _____

Sachem: _____

Tallykeeper: _____

Wampum Bearer: _____

Feathers Earned

Feather #1: (Activity/Date): _____

Feather #2: (Activity/Date): _____

Feather #3: (Activity/Date): _____

Feather #4: (Activity/Date): _____

Feather #5: (Activity/Date): _____

Feather #6: (Activity/Date): _____

Feather #7: (Activity/Date): _____

Feather #8: (Activity/Date): _____

Arrowhead Award (Date): _____

Our Second Year Journal

What I liked about Camp Kanata was...

Little Brave/Princess:

Big Brave:

What I liked about tribe meetings was....

Little Brave/Princess:

Big Brave:

What I liked about camping was....

Little Brave/Princess:

Big Brave:

Our Second Year Journal

What I liked about the Spring Outing was...

Little Brave/Princess:

Big Brave:

What I'll remember most about this year was...

Little Brave/Princess:

Big Brave:

Little Brave/Princess: How would you describe your father?

Big Brave: How would you describe your son/daughter?

Our Second Year Journal

Our Tribe: The Second Year

Date: _____



Tribal Outings (Date)

Second Year Memories

Chapter 6: The Third Year

Service to the Community

The third year begins with much excitement. For the princesses there is the father/daughter Date Night. Both are special occasions that can be made better by a little planning on behalf of the big braves. Third year tribes are allowed to spend the night at the Fall Outing if they are fortunate enough to get a cabin in the annual lottery held at the Fall Chief's Meeting. For those spending the night there's an opportunity to show your tribe's talents with a song or skit. You may want to plan time to work on something for this occasion. If your tribe doesn't get a cabin, you may want to plan another activity for that evening. Many tribes camp that night at one of the nearby campgrounds and then join the festivities on Sunday afternoon.

The third year focuses on giving back to the community. By the third year many tribes are ready to have more tribal outings in place of one of the monthly home meetings. Even at the home meetings some tribes will find it natural to drop some of the ceremony of the first two years. Your tribe is your tribe and only you know what is best to keep your little braves and princesses excited and having fun. With two years behind you, you know by now that a dads-only meeting is necessary to kick the year off with a bang and keep the tribe going strong for the entire year.

In addition to the topics from previous years' dads-only meetings, one additional topic this year is the building of a raft for the raft race at Spring Outing. You may choose to put this topic off until after Christmas but you will at least want to discuss your timing at this meeting.



The truth will set you free.

Third Year Events

You'll cherish your last round of Nation Events in your third year. As always, everyone in attendance will receive a Nation event patch or bear claw.

Fall Outing, Camp Kanata (November)

As a third year tribe, you'll be a pro at getting the most out of this outing. Some lucky tribes, randomly selected at the Fall Chief's meeting, will be able to camp for the weekend in the cabins at Kanata.

Winter Inning (January)

Some go for the entertainment. Some go for the door prizes. This will certainly be the year you'll win a cool door prize, won't it? It has to be!

Polar Bear Swim (January/February)

You can play hockey and football for only so long. Why not go for a warm, relaxing swim! Get your white bear claw by attending this "cool" outing.

Kite Flying Day (March)

Bring your family, along with your kite or model rocket to Carter-Finley Stadium parking lot on this beautiful spring day.

Park Clean-Up Day (March)

Help make a difference by pitching in to help clean our beautiful parks, greenways and creeks.

Spring Outing (April/May)

Make this one the best! You'll have more free time than years past to do what you want. But you need to remember the third year tribes' raft race. Does your boat have what it takes? Does it float? (Some don't.) Start your planning early. The key ingredient is FUN!

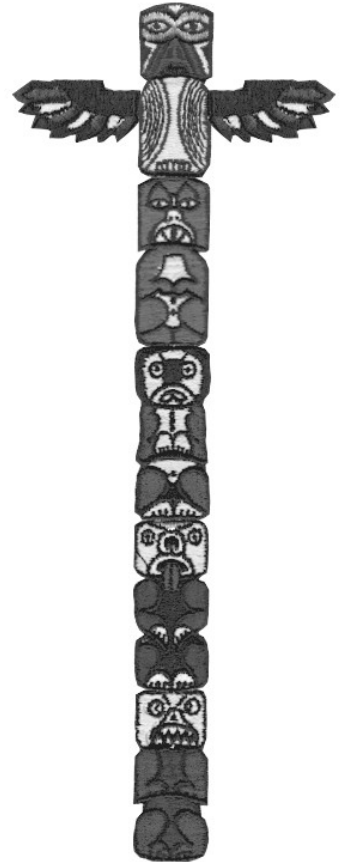
When you give your best to the world, the world returns the favor.

Arapahoe Nation Third Year Awards

Awards for the third year focus on community service. By completing a community service activity, the Brave/Princess receives one-of-five patches that together form a totem pole. To earn the wings of the totem pole, your tribe must: 1) take an overnight camping trip and 2) take a four-mile hike. These can be earned on the same trip.

Community service awards can be earned for participation in any of the service projects suggested below. **You may participate in others.**

An **Eagle Claw** is awarded to a Brave/Princess who earns all their feathers and totem pole pieces for all three years. The eagle claw award winners are recognized during the dinner at the third year Spring Outing.



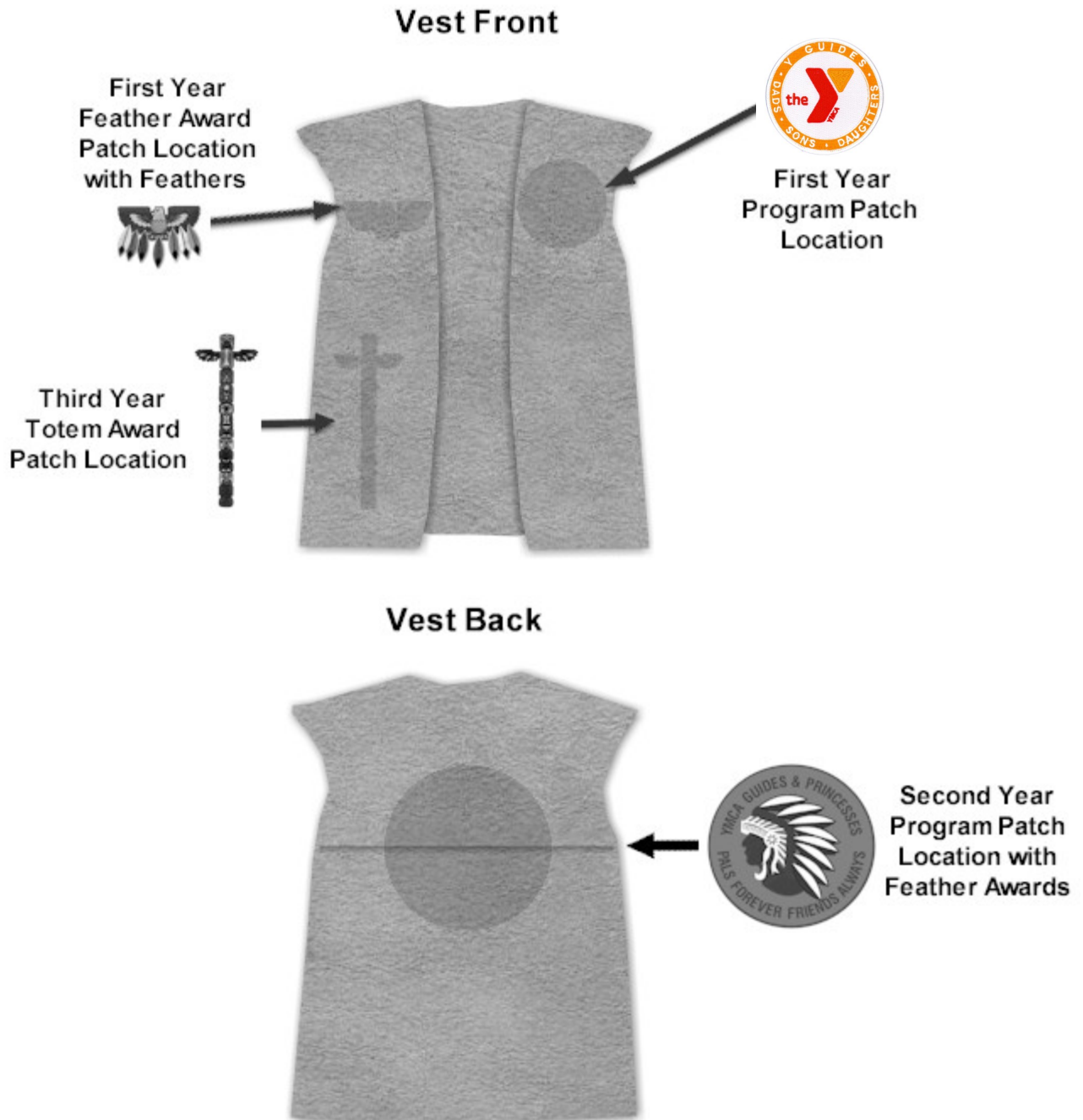
Suggested Community Service Activities

- Participate in the YMCA's annual fundraising drive, "WeBuildPeople".
- Participate in a fundraising walkathon, such as "Walk to Cure Diabetes".
- Participate in a community clean-up of some kind (other than Park Clean-Up Day).
- Visit a relative/family friend in a retirement community. Taking festive holiday decorations made by the tribe is also a good idea.
- Provide a service for a "home-bound" person (rake leaves, help make and take dinner, run errand)
- Collect canned goods for a food bank or homeless shelter.
- Participate in a holiday service project (Angel Tree, Operation Christmas Child, etc.)
- Father/child teach a Sunday School class.
- Write a letter of thanks to a service person overseas .
- Participate in Operation Toy Box, a charity run by Meredith College
- Visit the Raleigh Rescue Mission, using your wampum to purchase items to donate.
- Serve dinner at the Salvation Army soup kitchen during Christmas.
- Make food bags for the InterFaith Food Shuttle.

Grace is the cause, forgiveness is the result.

Third Year Vest Patch Locations

Your vest is likely getting filled with program patches, nation event patches and your first and second year award feather patches. You'll spend this year earning the patches which form the winged totem pole for the front of your vest. As always, try to make Father and child's vests as similar as possible.



Our favorite attitude should be gratitude.

Agenda for Fall Dads-Only Meeting for Third Year Tribes

We highly recommend that dads have a dads-only meeting in the Fall to plan the year.

1. Dad's Enthusiasm

This is STILL the key to the success of the tribe. The focus of attention must be on the Guides/Princesses and their interest and attention span.

2. Meeting Format

Make sure to have at least one "ceremonial" meeting per month and one "outside" meeting. By the third year the ceremony may have lost its special excitement, yet it still has value. The "outside" meeting can be a regular meeting night or a weekend, depending on the activity.

- At the "ceremonial" meeting let the host Big Brave and Little Brave/Princess be totally in charge. This will make each meeting different, regardless of the desired format. The meeting may include movies of tribal outings, a more detailed craft, or a guest speaker.
- If child is ready, let him/her lead the opening ceremony.
- Collect wampum for "ready cash" but without the pomp and circumstance of the past.
- Well planned and interesting outings can take place at night or weekends.



A friend walks in when everyone else walks out.

Agenda for Spring Dads-Only Meeting for Third Year Tribes

We highly recommend that the dads have a dads-only meeting in the Spring to plan for the Spring Outing.

- 1. Report to Your Tribe Information Covered at the Spring Chief's Meeting**
- 2. Read and Review Spring Outing Information**
 - Dates for Registration and dues
 - Rules and expectations.
 - The potential for good things happening between fathers and sons/daughters.
 - Transportation (please carpool as much as possible, and park in designated parking lots)
 - The Two Rules: Father and child together and no alcohol. Alcohol consumption could jeopardize your future participation in the program.
- 3. Get your raft ready for the third year raft race at the Spring Outing**

Remember, you have to assemble the boat at camp!
- 4. Elections**

Tribe will submit name for new Chief at the Spring Outing.
- 5. Summer Schedule**

Try to continue meeting as always.



Generosity and Love: The only things we can give away without losing.

Program Suggestions and Changes for Third Year Tribes

Invitations

Continue to hand deliver invitation during the third year. It's still important and a great way to spend time with your child. Don't rely on e-mail invitations since this doesn't involve your child.

Meetings

Meetings still take place in the member's homes and continue to play a vital role in the third year.

Crafts

Make sure that the crafts are appropriate for third graders. Choose crafts that are more difficult than the previous years, yet can be completed within the allotted time.

Games

Games may now take the place of crafts at meetings. Keep an emphasis on fun rather than competition. Sports are now clearly team-oriented, but some children often show exceptional skill in individual performance, which should be encouraged.

Other Activities

Other Activities, such as dramatics, musical performance or exceptional talent in any field should be included in tribe meetings whenever time and opportunity permits.

Outings

Outings should focus on curiosity and the desire to learn and explore (i.e. museums, planetarium, Exploris).

Ceremonies and Rituals

Ceremonies and rituals may be developed around individual or tribal ideas, taking on a feeling for spiritual expression and intellectual creativity.



Our Third Year Journal

Tribe: _____

Year: _____

Big Brave: _____

Little Brave/Princess: _____

New Members of Our Tribe

Names: _____

Indian Names: _____

Names: _____

Indian Names: _____

Names: _____

Indian Names: _____

We Said Goodbye to...

Names: _____

Indian Names: _____

Names: _____

Indian Names: _____

Names: _____

Indian Names: _____

Tribal Officers

Chief: _____

Sachem: _____

Tallykeeper: _____

Wampum Bearer: _____

Patches Earned

Totem Pole Patch #1 (Activity/Date):

Totem Pole Piece #2 (Activity/Date):

Totem Pole Piece #3 (Activity/Date):

Totem Pole Piece #4 (Activity/Date):

Totem Pole Piece #5 (Activity/Date):

Totem Pole Wing Patch (Camping/Date):

Totem Pole Wing Patch
(4-Mile Hike/Date):

Eagle Claw Award (Date): _____

Our Third Year Journal

What I liked about Camp Kanata was...

Little Brave/Princess:

Big Brave:

What I liked about tribe meetings was....

Little Brave/Princess:

Big Brave:

What I liked about camping was....

Little Brave/Princess:

Big Brave:

Our Third Year Journal

What I liked about the Spring Outing was...

Little Brave/Princess:

Big Brave:

What I'll remember most about this year was...

Little Brave/Princess:

Big Brave:

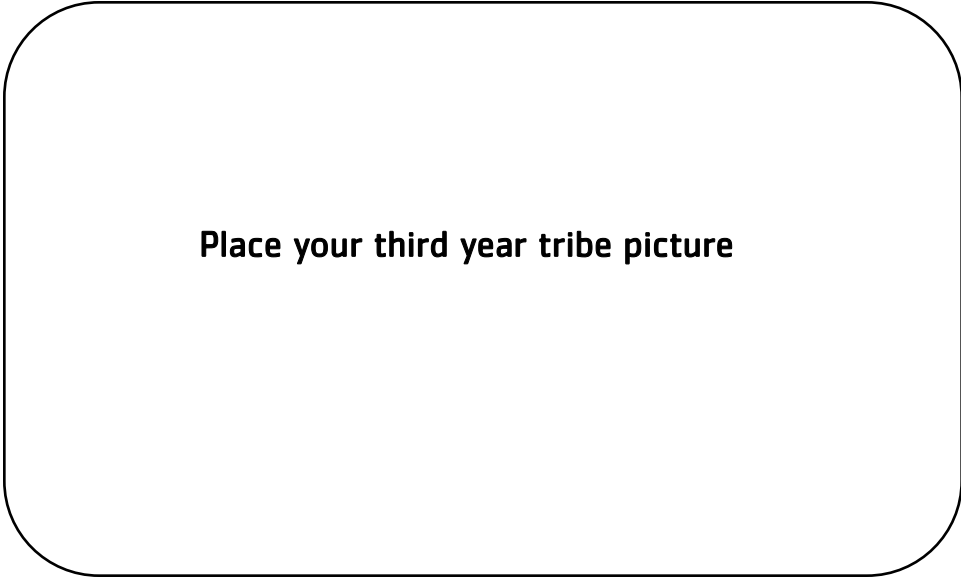
Little Brave/Princess: How would you describe your father?

Big Brave: How would you describe your son/daughter?

Our Third Year Journal

Our Tribe: The Third Year

Date: _____



Tribal Outings (Date)

Four horizontal lines for writing.

Third Year Memories

Four horizontal lines for writing.

Chapter 7: Trailblazers Program

The Fun Continues

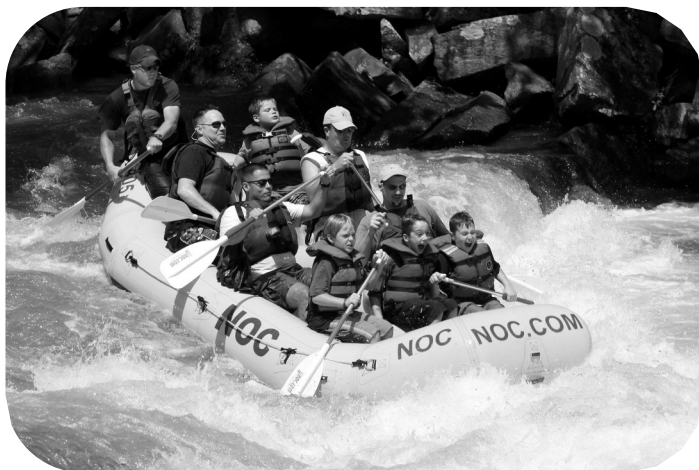
After three years, members of the Arapahoe Nation graduate into the Trailblazers for fathers, sons and daughters. The program structure provides more flexibility for meetings and outings.

There are over 50 Trailblazer award patches covering astronomy, team sports, boating, and almost everything in between. Patches can be displayed on a jacket.



Trailblazers have their Fall Outing at Camp Rockmont in Black Mountain, NC with an optional whitewater rafting trip. The weekend follows a format different than Spring Outings.

Check out the new program handbook at the back of this handbook. The Program Office can provide more details about these exciting programs.



"A quick-tempered man does foolish thing." - Proverbs 14:17

Chapter 8: Crafts

Crafts are a traditional part of the Y Guides programs. Having an interesting and rewarding craft at every other meeting serves a valuable purpose:

For the Guide/Princess, crafts help achieve:

- Learning to use hands to make things
- Making something to take home to show to others and to display in room
- Spending time with and making something jointly with dad

For the Big Brave, crafts help achieve:

- Working with and teaching son/daughter
- Having a learning experience
- Improving skills in various areas

Advance preparation is the key to a successful craft project. Learn to utilize the craft at each meeting as a quick and concise portion of your meeting. It's important that all crafts are completed during the meeting (in usually 10-15 minutes) and do not need to be finished at home.



Here's some helpful suggestions!

- Have all materials necessary for project.
- Have a sample. Make one at home in advance of meeting. This will give you an idea of the time involved.
- Arrange distribution and method in detail.
- Father and child togetherness during craft time keeps the focus on the craft.
- Have all materials close at hand to permit quick start.
- Don't be content with a poorly organized and conducted craft period.

Forgiveness does not change the past, but it does enlarge the future.

Y GUIDES

Crafts for First Year Braves/Princesses

Three words: "Keep It Simple". Remember you want to have a craft that the Little Brave/Princess can do, or almost do, by himself/herself with assistance from Big Brave. It should be a craft that can be easily completed in a short period of time. The attention span for first year Braves/Princesses is not very long.

Crafts for Second Year Braves/Princesses

Crafts for the second year Guide/Princess should be both challenging and rewarding. Remember the three words: Simple, Interesting, and Inexpensive. The craft for this age level should be simple enough for the kids to complete, yet a bit more challenging than last year. Big Braves should continue to help make all crafts with their children, hopefully with a bit less instruction. It's necessary to use your imagination in selecting a craft. Without this, you will have a dull craft and a restless group. Be certain that the craft does not cost an excessive amount of money.

Crafts for Third Year Braves/Princesses

Here's some suggestions to help in the planning of crafts for the Third Year Braves/Princesses:

- **CHANGE**
Modify or change the craft procedure of the first and second years. The children are developing and need more difficult tasks. Dad's interest also lags if the routine of the first years is continued.
- **MAINTAIN**
Keep the program theme. Father and child must participate together. Utilize crafts in support of other third year programs such as camping, service, or athletics.
- **CUSTOM BUILD**
Develop a custom-themed project or two that takes the entire year to complete. Have each dad develop a project related to his business or hobby.
- **SUCCESS**
Only with the interest of all the dads, will the craft be a success. Involve the fathers in the development of ideas and require constant side-by-side participation of fathers and sons/daughters.

We lie the loudest when we lie to ourselves.

Tribal Crafts



Council Fire

Instructions:

Carefully cut out 2' wooden circle approximately 1/2" in thickness. This will be your base. Spray paint top and side black. Gather 10 to 12 sticks, 16" to 21" in length and 1" to 1.5" in diameter. They may be green or dry, depending on what you can find. (Do not cut down a live tree or bush for this purpose.)

Carefully bundle a strand of red or orange Christmas lights in the middle of your base, tacking them down every few revolutions. The lights should end up looking like a ball of lights approximately 8-10" in diameter and 6-7" in height. Do not go beyond the 6" from the center of the base.

About 4" inside the edge of the base, form a teepee with your sticks, drilling and screwing them into each other at the top and into the base at the bottom using deck screws. It's a good idea to manually saw the bottom of each stick at an angle to "sit" on the base. Drill pilot holes first before screwing the sticks to each other and to the base.

Once all are secure, cut nine 4" Styrofoam balls in half. With a file, shape each half into the rough shape of a rock. Smear rocks with drywall compound. Sand lightly when dry. Spray paint gray and black. Glue each "rock" around the edge of the base around the sticks.

Paint some of the sticks black to give it them a burned look. Use an extension cord to connect to the council fire lights.

Tribal Drum

The tribal drum is an indispensable piece of equipment for the tribe. Tribal participation in making the drum builds a strong feeling of ownership and teamwork. The drum is used regularly in meeting ceremonies, and it should not be considered a toy. The tribe should make and use it with care, for it is one of the principal Native American musical instruments.

The easiest way to build a tribal drum is to buy a kit.



Do what you can where you are with what you have.

Name Necklace

For Red Crow attendance beads & bear claws:

Materials:

One 26" piece of string leather (adjust length of string depending on size of the individual), one round piece of wood with bark or a piece of leather cut to the shape of a arrowhead or custom design

Instructions:

Cut a 1/2" cross section of a large tree branch 3-1/2" to 5-1/2" in diameter. Use a band saw or cut by hand. Drill a hole 3/8" to 1/2" from the edge of the piece of wood or the top of your leather design.

Put your real name and tribe name on one side and your Indian name on the other side. Be as creative as you want, paint Indian designs or pictures on your name tag. You are not limited to wood or leather. Put the leather string through the hole and tie a knot, add red crow beads and bear claws as you earn them by attending tribal meetings and Nation outings.

Talking Stick

No two talking sticks are alike. This project can tap the creative imagination of the tribe. Using a strong stick found on a tribal hike, parents and children proceed to paint and decorate it with feathers, beads, leather, or other decorating materials.

The purpose of the talking stick is to grant a tribal member permission to speak at a meeting. The person who is speaking holds it in his or her hands. Everyone else must listen until that person finishes. The talking stick is then passed on to the next speaker.

Tribal Standard

Instructions:

Tribes use the tribal standard to identify themselves at some Nation events, special ceremonies, and camp-outs. Each parent and child can help make and decorate the staff and shield or banner. Select a pole or sapling about 4' long for the standard and banner. Attach a plywood shield or cloth banner; then paint tribal emblems and history on the standard. A colorful, attractive standard is a symbol of the tribe's unity.



Life's trials may be hard to bare, but patience can outlive them.

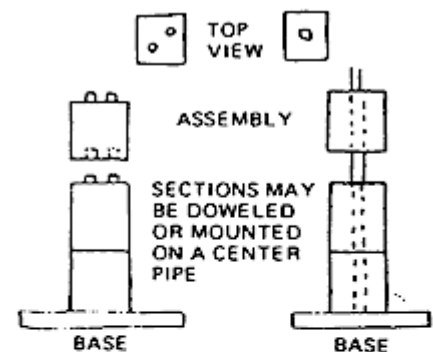
Totem Pole

Although original totems were carved out of huge tree trunks, in the Y-Guides & Princesses Program, simpler methods are used.

One parent should take responsibility for going to the lumber yard and purchasing a piece of 6" x 6" lumber long enough so that each family in your tribe will have a section. We recommend a soft wood, like pine or redwood, that's easy to work with. If the parent doesn't have an electric saw, he should have someone at the lumberyard cut the wood into uniform lengths. The next step is to drill a hole 1/2" deep and 3/4" to 1" in diameter in each end of each length. A 3" long dowel is then glued in the bottom hole so that the pieces can be stacked one on top of the other, with the dowels holding them in place.

Make a base as a stand for the totem. The tribe may decide later to make a top piece, such as an eagle with open wings. We suggest that tribes not try difficult carvings. It's best to keep the totem pole simple and complete it as quickly as possible.

It's not essential that each tribe use the same materials or follow the patterns described above. In some cases, tribes have used nail kegs, lard cans, large (No 10) vegetable cans, and many other items for totem poles. Originality is important in constructing tribal property.



3 DIMENSIONAL EFFECTS
CAN BE ACHIEVED WITH
VERY LITTLE CARVING



Be thankful for what you do have.

Totem Pole Made of Buckets

One way to get a very tall and impressive totem poll is to use five gallon buckets for the totems. The totems are lightweight and easy to transport but this totem has almost unlimited capabilities for creativity. The one thing left as an exercise to the reader is to find a really good paint that sticks to plastic without chipping. The steps to creating this totem are:

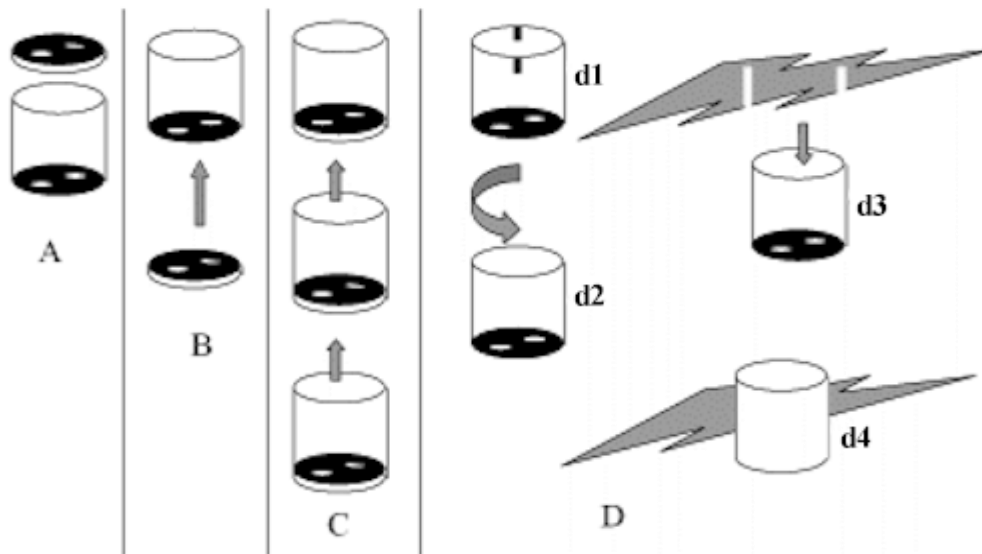
Take a five-gallon bucket. Optionally cut holes in the lid and in the bottom.

Attach the top of the bucket to the bottom using a couple of bolts and washers.

Now multiple buckets can be snapped together to form a totem pole. The optional holes, can be aligned between the bucket tops and bottoms. This gives the potential to wire the totem for lights or a smoke machine for some awesome special effects.

If you want the effect of wings or other protruding items you can cut slits in the side of the bucket as shown in picture d1, then rotate as in d2, cut matching slits in the crossing piece as pictured in d3 and slide together as shown in d4. Be sure the top of your object is below where the lid from the next bucket up will come and that the bottom of your object is higher than the bottom of your bucket so you do not invade your fellow tribe member's side space.

Two final suggestions, make a top and bottom as a tribe. The top totem should let people know whose totem pole this is. The bottom totem should be attached to a 3x3 sheet of plywood, which can be weighted or pegged down to keep the assembled totem pole upright.



Remember the Golden Rule: Do Unto Others as You Would Have Them Do Unto You.

Meeting Crafts

Ankle Bells

Materials: one 2"-7" piece of leather, one 18" leather string, 3 metal bells, paper hole puncher

Instructions: With dad's help, each child can punch holes with puncher, and lace bells.

Bookmark

Materials: 1 1/2"x 10" piece of leather, cloth strips, paint or leather tools

Instructions: Together, father and child draw design on surface of material. They then paint design that harmonizes with the space involved. Leather can be tooled. Make the design personal, identifying something of personal meaning to the father and son/daughter.

Christmas Tree

Materials: Green construction paper, white glue, cotton balls, confetti or sequins, colored beads

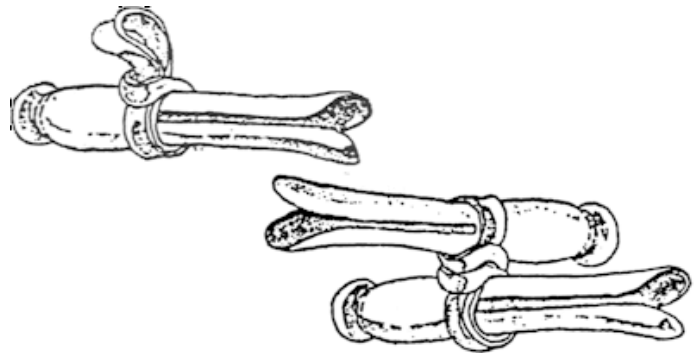
Instructions: Together, dad and child should make cone out of heavy paper. Using glue, cover outer surface with cotton balls. Dab cotton with white glue, then sprinkle tree with colored confetti or sequins. Glue colored beads here and there for final touch.

Clothespin Wrestlers

Materials: 2 clothespins, 1 fat rubber band

Instructions: Father and child should decorate each of the clothespins a different color with the meanest looking faces they can draw. Round wooden clothespins work best. Look carefully at the illustration, and hook the rubber band around both clothespins as shown.

How to play: Wind up the wrestlers (but not too tightly) and carefully put them down. Now quickly let go. For a few seconds the wrestlers will knock each other all over the place, but in the end, one wrestler will land on top of the other and be the winner. Sometimes neither wrestler will win. Father can challenge child to wrestling matches!



A friend is someone who knows all about you and likes you just the same.

Y GUIDES

A "Glue'em - Build'em" Free-For-All

Materials: As many pieces, sizes and shapes of wood as possible (long, short, thin, fat, blocks, etc., etc., etc.), hammers and nails, white glue

Instructions: Turn the Braves/Princesses loose to build and construct anything their creative minds can think of (towers, bridges, etc.) Big Braves can help, too. After 10 to 15 minutes or so, have each child explain what he/she has built. Award prizes for best, tallest, oddest, etc.

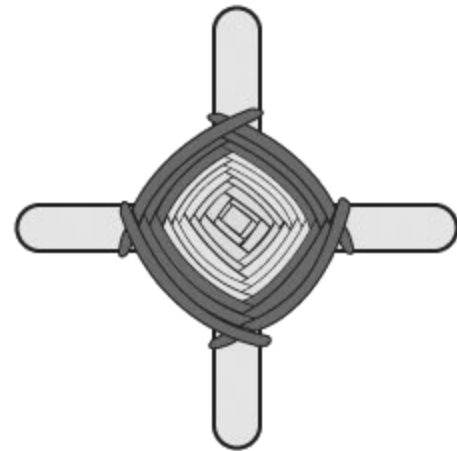
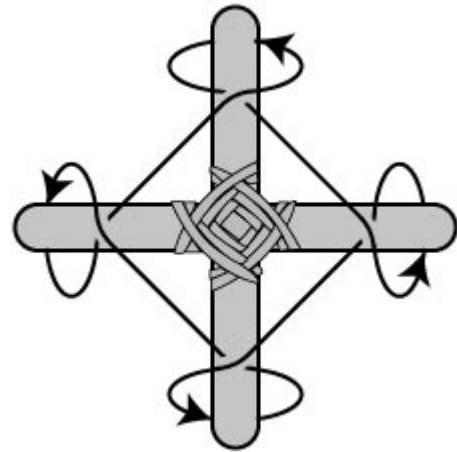


God's Eye

The eye of the Great Spirit or God's Eye is popular with the New Mexico Indians.

Materials: 2 sticks 1/4" diameter, 6" long, 5 yards of thick, brightly-colored yarn in three colors

Instructions: Each father/child team ties yarn together to make one piece, then ties twigs together to form a cross. Develop eye by stringing yarn from one branch of the cross to the next. Start in the center and work outward in a clockwise direction. Always go over top side of stick to top of next, around, and onto next stick. When all yarn is used, tie end to stick. Glue a loop of yarn to the top stick to make a hanger for your beautiful craft.



Always begin somewhere. You can't build a reputation on just what you intend to do.

How To Build A Kite

When building a kite, you want to have a kite with the largest exposed surface area and the lightest weight possible. This combination provides the greatest strength and the maximum amount of lift. Kites of moderate size are most likely to work well and are easy to assemble.

Tying the Joints:

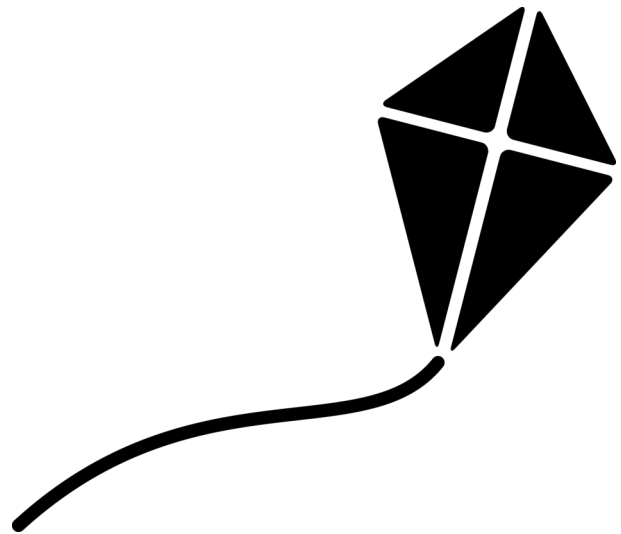
Never drive nails or tacks through the sticks as they will split under pressure. In smaller kites, tying will hold any stick crossing or joint very well. Tying will generally suffice for larger models if small notches are cut in the edges of each stick to hold the tie string firmly. Brushing glue over a tied joint will make it even firmer.

Bracing:

When you graduate to larger box kites, tying the corners is not going to be sufficient to hold the sticks together. Gluing, under the pressure of clamps while the glue dries, is needed to make a joint strong.

The Bow of the Cross Stick:

In small kites, where a bow is needed, it can be produced by attaching a cord shorter than the cross stick to the ends of this stick with a loop slipped over each end.



Coverings:

After the frame is made, you should cut the covering to size leaving a border of material larger by a couple of inches than the actual kite size. This edge can be folded back around the border string of stick and be fastened to the covering with whatever adhesive is best for that material. Tissue paper is very good for small and medium kites. Cloth, particularly silk or nylon, is still very useful for large models, but cellophane and plastic, easily fastened with cellophane tape, work well.

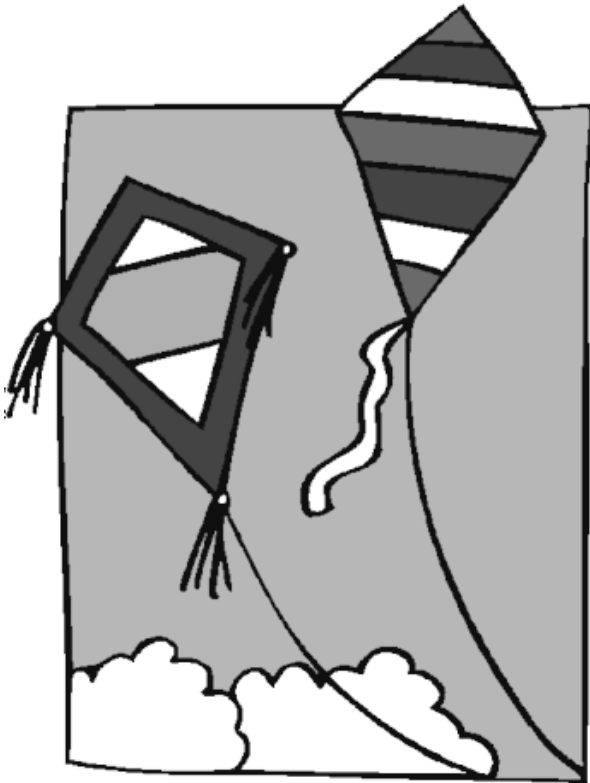
Listen to understand, not to reply.

Y GUIDES

Backyard Kite

Materials: trash bags, 1/2" flat wood moulding, kite string

Instructions: Each father/child team will be able to produce this kite during one long activity period. Take 2 pieces of the lightest weight moulding you can buy, one piece longer than the other. Place them perpendicular to each other and lash them together at the crossing. Cut a slot at each end (4 slots total). Using regular string, pass through each slot until you have created a kite shape without the fabric. Again using string, tie one piece to the top of the kite, stretch it to the bottom and tie it onto the bottom. Do the same for the cross piece. Where these two strings cross, tie your kite string. Next, spread out a heavy plastic trash bag. Lay the kite shape face down (string up) on the plastic. Fold over the edges, trim and glue together.



Pebble People

Materials: Small smooth stones from creek bed, acrylic or enamel paints and brushes, scrap felt, yarn, string, beads and seeds

Instructions: Allow Little Braves/Princesses to paint faces on stones. Dads should assist in gluing on felt, yarn, string, beads and/or seeds to enhance facial features.

Pea And Toothpick Building

Materials: Round toothpicks, dried peas

Instructions: The peas must be prepared ahead of time. Pour a package of dried peas into a large bowl of water, making sure the water completely covers the peas. Let the peas soak overnight. Using round toothpicks, father and child stick them into the peas in their own creative design. The smaller peas hold best. The peas will dry out and shrink, holding construction together.

Pine Cone Turkey

Materials: large pine cone, construction paper, pipe cleaners

Instructions: Cut paper fan (for tail) from construction paper and attach to back of pine cone with white glue or hot glue. Use pipe cleaners to make legs and neck. Use colored paper for head.

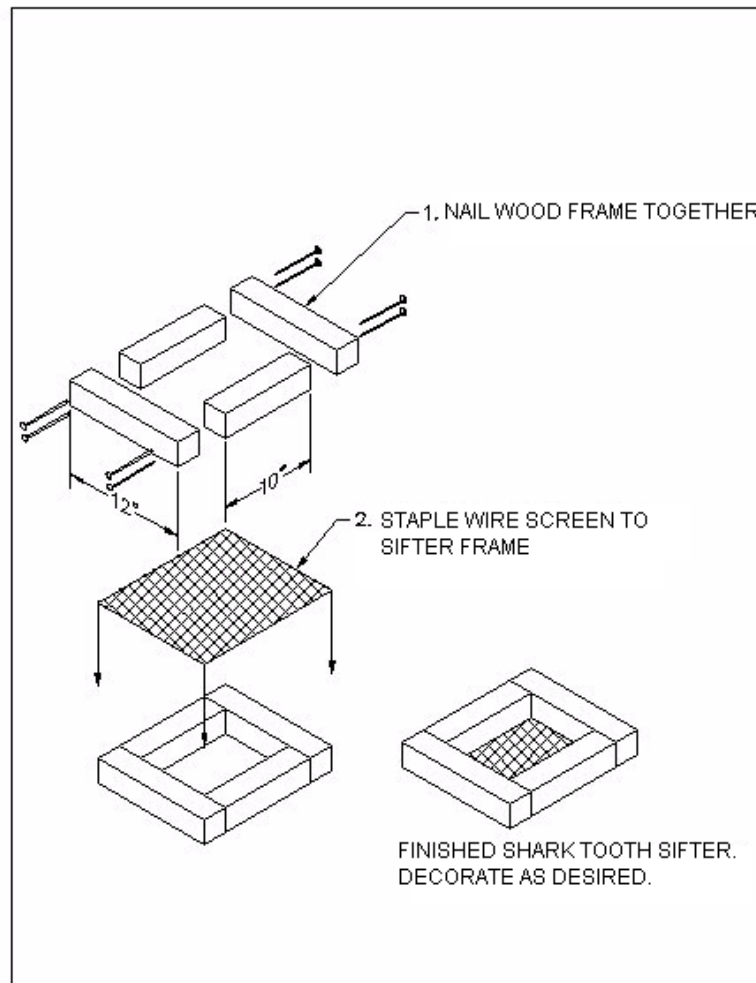
A candle loses nothing of its light by lighting another candle.

Shark's Teeth Sifter

Materials:

Four 1"x2" pieces of wood 12" in length. 8 nails, 13"x13" piece of aluminum screen with holes approximately 3/16" to 1/4" in size, 20 U-shaped nails or heavy staples.

Make the frame by creating a square with the four pieces of wood. Use two nails to connect each wood side to each other. Attach screen to one side of wooden frame and connect to frame using the U-shaped nails or by stapling it. Cut excess screen off the sides. You may need to add bracing to two of the opposite corners.



An expert at anything was once a beginner.

Chapter 9: Games

Games are very important not only as fun but as an opportunity for observing, learning and understanding how to relate to each other.

Games should always be practiced before using, and to whatever extent possible, the Dad/Son/Daughter should be involved in the selection and testing of the game. Maximum involvement of all tribe members is as important as the selection of the game itself. The game should not be played unless both Big and Little Braves/Princesses participate. Be sure to explain the game clearly and completely, demonstrating any part of it as may be necessary. Let your own enthusiasm show, and have a clear starting point so that all will know when the game has begun.

Balloon Relay

Have enough balloons blown up in advance of this game for each child to have one. Have two designated spots for sitting on the floor at the end of the room, then line up the players into relay teams. (Each Dad blows up balloons for himself and his child before the game begins.) Each player picks up a balloon, crosses room, puts balloon on floor, then sits on it until it pops. When popped, player runs back to other end of the room and tags the next team member who repeats the process until one team successfully pops all the balloons. Two times through should add time and excitement to this game!

Balloon Volleyball

Like volleyball, except indoors using a string about waist high as a net, (string can be stretched across room and taped to the back of two chairs). Play in seated position or on knees, dads against children or dad/child team against dad/child team.

Blow' Em Out

Each player gets a Mason jar and four one-inch squares of tissue paper. The squares are put into the jars which stand on a table. Upon receiving the signal to start, each player tries to blow his papers out of the jar with out touching the jar in any way. Winner is the one who gets all four papers out first. More squares may be used for wide-mouthed jars. Children can compete against their fathers.

Bug House

Each player is assigned a number. Chairs or mats are placed in a circle with one person (alternating dad and child) being designated "it". That person calls out two numbers; the people with those numbers must exchange positions without the "it" person getting that seat. The left over person becomes "it".

Take care of all that is given to you.

Button-Unbutton Relay

This is played by using 2 identical coats, sweaters or jackets (with the same number of buttons). Each team member must button and unbutton the item before passing it on.

Clever Feet Relay

Set up two chairs about three feet apart. In front of each chair draw two small circles one foot apart. An alternate is to use round pieces of paper about four inches in diameter. In one of the circles, put a milk bottle, pop bottle or bowling pin. Have a starting line 10-20 feet from the chairs. Divide the tribe into two teams. At a starting signal, the first player runs to his/her team's chair, sits on it, and with his/her feet, transfers the bottle from one circle to the other. The bottle must be standing completely within the circle. When the transfer has been made, the player must run back and around his group and tag the next player, who follows the same pattern. If the bottle falls, it must be picked up. To make game more exciting, dads play against children, but dads have to hop on one foot, while children get to run.

Cracker Race

Two teams face each other. At the signal to go, the first brave on each team eats two Saltine crackers. As soon as he is finished, he whistles. The next teammate begins, but not until the former has whistled. The first team through wins.

Draw The Feather

Set up a blackboard with a picture of an Indian on it (without feather). Blindfold the player; give him/her some chalk. Turn player around three times; then let him/her find the blackboard so that he/she can draw the feather on the Indian's head. Make sure dads get a turn, too.

Drumbeat Chairs

This is the well-known game where a line of chairs is decreased by one each time the music stops. Fun comes when those remaining have to scurry to find a chair. Instead of music, this game is played by using a drum beat.

Duck, Duck, Goose

Fathers and children sit in a circle. One person from the group is chosen to be "it". "It" runs around the outside of the circle tapping each player on the head GENTLY saying "duck" until he/she picks one player and says "goose". At this point the one who is tapped and called "goose" chases "it" around the circle. If "it" makes it back to the open space without being tagged, then the other player becomes "it" and starts over again. If "it" is tagged, then the other player sits down and "it" begins again.

He who forgives, ends the quarrel.

Find It

This is a good family observation game. Select a small object to be hidden, such as a fifty-cent piece or a book of matches. One person is selected to hide the object, and all other Braves/Princesses are sent from the room. "It" then hides the selected object, not too high, where it can be seen by everyone. The object may be behind something, but never under anything. Players are warned not to touch anything when they return to the room. As soon as a player sees the object, he/she sits down. The first one who found the object gets to hide it in the next game. A good place to hide the object is beside a chair leg or behind a lamp, or on top of a book. A good variation is to have the children all hide the object together and have all the dads look for it. Then reverse the procedure.

Flying Feather

Parents kneel so that their heads are no higher standing than young members. Players join hands and try to keep a downy feather up in the air by blowing. Leader throws up the feather. Hands must be held at all times. Divide up into two teams and see which one can keep the feather up the longest.

Follow the Leader (with a twist)

The tribe forms a circle with chairs fairly close together. A person is chosen as "it" and leaves the room. While gone, the group decides upon a person to be the leader. The leader then begins making body motions (such as slapping hands on knees, moving head up and down, stomping feet, etc...) and the person who is "it" is brought back to the room. The leader must then change the motions every 10 seconds and the group must follow. The idea is for "it" to find out who is the leader and starting the change of motion. The group should be careful not to give away the leader by looking directly at him/her, but rather should look out of the corner of their eye or watch someone across from them who is watching the leader. "It" has one guess for the leader each time the motion changes.

Guess Who

Cut out animals or cars from magazines and pin them on the backs of each parent and child. By asking questions of other members, they discover who or what they are.

Keen Eyes

Let children look around the room. Have them go into another room. Dads alter the room in some way. Bring children back in and let them try to list all the changes.

A turtle makes progress only when it sticks its neck out.

Magazine Scavenger Hunt

Prepare a list of 10 items that could be found in a magazine, and give a copy to each father/child team. Have more magazines available than participants. The father/child team that finds the most items on the list in the time given, wins.

Example List: Tomato, Girl smiling, Four-legged animal, Pie, Shoe., Bouquet of flowers, Picture of the President of the United States, Baby, Soap, Fruit juice

Magic Noise

An object in the room is hidden. A selected person leaves the room while this occurs. This person returns to the room and he/she hunts for the hidden object using cues from the group. When he/she is far away from the object, there is a soft buzz (cold). When they are close (hot!), the noise gets louder.

Marble Relay

Divide the group into two teams. Provide each team with a straw and a marble. At the word "Go," the first player of each team places his marble on the floor and rolls it to the other end of the room with his straw. Then he/she runs back with the straw, handing it to the starting point. Each step is repeated until all players have had a turn. The winning team is the team which finishes first. Dads can play against children or each team can consist of dads and children.

My Father Owns a Grocery Store

Have the group sit in a circle, each dad seated beside his child. The lead player starting the game says, "My father owns a grocery store and sells something beginning with the letter "C" (or any other letter). The lead player will be thinking of a grocery store item which begins with the stated letter (such as cereal or crackers in this example). Each player is allowed three guesses in turn. If the right answer is not guessed at all, the player starts all over again with a new word. The person who guesses the correct answer has the next turn as leader. This game can be varied by using other kinds of stores (clothing, music, sporting goods, etc.).

Paper Fishing Tournament

Give the players of each team a plastic straw and one small paper- shaped-like-a-fish for each team member, who must pick up a paper fish by suction through the straw and carry it to the opposite end of the room and deposit it in a dish or ashtray.

It takes both sunshine and rain to make a rainbow.

Pass The Grapefruit (Or Orange)

Have the tribe form two circles. The captain of each circle is given a grapefruit or orange, which he/she places under his/her chin. On signal he/she passes it to the player next to him/her with the use of hands. The chin and neck are used as a means of manipulating the fruit. If the fruit drops on the floor, it must be given to the captain and started again. The circle that completes passing the grapefruit or orange around first wins the game. Fathers and children should stand next to each other.

Pass The Washer

A small washer is placed on a string and passed from hand to hand as the children and fathers stand in a circle. One player stands in center and tries to determine who has the washer.

Peanut-on-Knife or Bean Race

Two bowls of unshelled peanuts or hard uncooked beans are placed at one end of the room; dads and children may pair in teams or may compete against each other in any combination, by using an ordinary table knife to carry as many beans or peanuts as may be carried at a time to the other end of the room. Peanuts or beans may not be picked up if dropped en route, and the individual or team winner is determined by the most carried to the end.

Ping-Pong Blow

This game is played by dividing the tribe into two groups (sometimes the fathers against the children) on each side of a suitable table, such as a pin-pong or rectangular dining table. No player may use hands or faces except to blow the ball to the opponent's side, using 5, 7 or 10 as top score. Ball starts in the middle and when it drops off opposite side, team scores.

Ping-Pong Pass

Give each team a ping-pong ball and a plastic picnic spoon. On signal, the ball must be passed from one player to the next while holding the spoons in their mouths. Hands may not be used!

Potato Bowling

A sheet of newspaper is spread on the floor. The little braves/princesses stand behind the line 6 feet away (or 10 feet for the big braves). Each member rolls a potato with the object of having it stop on the newspaper. Each members has three turns.

Random Access Memory

Place a small number (no more than 10) of articles on a paper plate under a cloth. On signal, remove cloth for ten seconds. The winner is the one who remembers all items. Make sure dads have their turn.

A true friend loves at all times.

Ring Toss

Dad will hold a clothes pin in hand while the child tries to ring it with some item as a jar ring or large curtain ring tossed towards him.

Scrambled Birch Bark

Take two Sunday editions of a newspaper. They must be identical papers. Take each newspaper apart and mix up the sections thoroughly, but not with each other. Divide the tribe into two teams. Each team separates into two lines and sits cross-legged on the floor facing teammates (dads facing children). Give each team a disarranged newspaper. On the signal "Go" each team assembles its paper correctly. The first team to finish is the winner.

Soda Straw and Card Relay

Make two lines about 10 feet apart, dads in one and children in the other. Relay card back and forth between lines by sucking on the soda straw to hold the card.

Spear the Lifesaver

Divide tribe into two teams; put the teams into two lines facing each other. Give each player a toothpick, which he/she holds in mouth. On the toothpick of the first player, place a Lifesaver or metal washer. Dads and children clasp their hands behind their backs. At a signal from the leader, the first player must pass the Lifesaver to the toothpick of the next player without using his/her hands. If the Lifesaver falls, it can be picked up and must be given back to the person doing the transferring. If broken, the leader replaces it. The first team passing the Lifesaver to the last player wins. Be sure to snap end of toothpick to prevent any stabbing.

Stoneface

A game for 2 at a time, the rest of the tribe watches as two children stand back to back in the center of the tribe circle. When everyone is quiet and under control, the players turn and stare at each other's eyes. The first one to smile, look away, giggle or speak any sound is eliminated. Children hold contest, then dads hold contest. Finally, at the end of the contest "Princess Stoneface" or "Brave" is crowned.



If you want to leave good footprints in the sand, you need to wear work shoes.

Tangle-Up

Have two small balls of string about 40" long. Put players in two teams seated in two circles on the floor; (each dad should sit beside his child). Give one Player in each group a ball of the string and a pencil. On signal, the players in each circle holding the string passes the ball to the person on his right while the starter holds the end of the string. As the ball is passed around the circle, each player takes the ball, winds it once around his free wrist and passes the ball on until the string is all gone. Then the starting player, holding the pencil and other end of the string, begins winding up the string on the pencil. The first team to get the string back on its pencil wins the game.

Wild Game

Two teams of 7 - 9 players each participate, sitting on the floor and holding a blanket or tablecloth taut beneath their chins "Wild Game" is a ping-pong ball placed on a field (blanket). One player runs around the blanket trying to catch Wild Game. The seated players (dads sitting beside their children) tilt the field to prevent Wild Game from escaping (falling off) or from being caught. When Wild Game is caught three times or escapes, the next player takes a turn. When all on one team have had a turn to catch Wild Game, the sides are reversed.

Who Is The Leader?

The group is seated in a circle. A father/child team is "it" and the two leave the room. A leader is chosen to direct the group in a series of motions, such as tapping the head, stroking the chin, slapping the thighs, pulling the ear, or ringing the hands, etc. The leader is to strive very hard not to get caught as the beginner of the motion. "It" has three guesses to locate the leader when they return to the circle. If the leader gets caught, the leader chooses the next pair to leave the room. Suggestion- If players watch the person on the opposite side of the circle, they will be less apt to give away the leader who leads the group in actions.

Know what you do and do it the best you can.

Chapter 10: Invitations

Ideas and Suggestions

Handmade and hand-delivered invitations are one of the responsibilities of the host of each meeting and can be very real sources of fun, creativity and shared enthusiasm for a father and his child. Their practical purposes in the Y-Guides and Princesses program are:

- to announce the location and time of a tribe meeting
- to get dad and child together one more time, as the invitations are made and hand-delivered to each member of the tribe.

Another benefit is that these invitations help stimulate warmth and friendliness within the tribe as families open their homes to other tribal members. Each family will have two or three chances annually to make an invitation. Please remember that it is very important to draw a map to your home somewhere on the first invitation you make. Please try to avoid “electronic smoke signals” (e-mails or faxes).

There are many possibilities for interesting invitations. Ingenuity by father and child is encouraged along with the suggestion of keeping the projects simple. A variety of materials may be used, such as aluminum foil, balsawood, boxes, cans, cardboard, cork, leather, paper, pipe cleaners, plastic and rubber. At the same time natural materials, such as nuts, shells, stones and wood lend themselves to creative projects. This chapter should provide you with some ideas for invitations that carry a warmth or feeling and provide an opportunity for Both of you to contribute to the completion of your invitations.

Invitation Helpful Hints

- Choose an invitation idea that relates to nature, Native American culture or the present holiday season.
- Keep the project simple so that the task is feasible for father and child to make one invitation for each father/child team in the tribe.
- Plan thoughtfully! Father And child together allowing sufficient time for both to gain satisfaction from the project.
- Be as creative as possible. Consult additional resources for new ideas. Experiment with multiple materials. Apply ingenuity.
- Father and child together deliver invitation to each home. This does not include little brother or sister, Mother or Fido. You would be amazed at how special this "alone with Dad" time is to your child. Talk about what it means to be a host and the fun you had in making the invitations.
- Design a map giving directions to hosts' home on your first invitation. Use imagination in decorating map.

Y GUIDES

Acorn Necklace

Gather some acorns from some woods. Make a necklace of the acorns by stringing them on a heavy waxed string. Tie a tag on one end with the message on it.

Animal Pictures

Draw picture of bear, deer, mountain lion, birds or any others animals on a large piece of drawing paper. Add the date, time of meeting and names of hosts in the design.

Animal Skin

Cut a piece of scrap leather into the shape of an animal skin. Write the message on it with a pen or colored marker.

Arrow

Use a small stick or dowel for the shaft of the arrow, and cut slot in one end. Cut out an arrowhead from poster board. Print a message on it, including names, date, and time. Insert the message paper in the shaft slot. Construction paper can be added for the arrow feathers.

Arrowhead

Make an arrowhead out of cardboard, wood, paper, Styrofoam or even a rock. Add a message using colorful paints.

Bookmark

This is a good beginning project. Create an attractive bookmark out of cloth, leather or paper. Add a yarn tassel and decorate with markers or crayons.

Boomerang

Find a piece of cardboard of the desired size and cut into the shape of a boomerang. Decorate with markers or paints. Add your invitation message.

Canoe

To make a canoe, cut out a 4" x 6" section of construction paper. Fold the paper in half lengthwise. Shape the ends of the canoe round and glue the ends together. Decorate the canoe with crayons or markers. Add your invitation message.

You could also carve a canoe from a 6" piece of balsa wood. Make sure both father and son follow all safety procedures when using a knife. Use a wood-burning tool to add decoration and the invitation message.

Pony with Travois

Find a small plastic toy horse. With small strips of adhesive tape, fasten two candy lollipop sticks to the horse. Apply the tape so that it looks like a harness. Fasten a piece of paper on the travois, and write the message on it.

When all else fails, God won't.

Wooden Knife

Cut out a pretend knife out of thick cardboard. Paint the blade silver and decorate the handle with colored tape. Write your message on the blade.

Leather Leaf

Gather some large leaves to use as your sample. Place the leaf over a scrap piece of leather and trace around the outside of the leaf. Carefully cut out the leaf using scissors. (Dad may need to help cut through thick leather.) Using markers, first draw the leaf veins on your leather leaf and then color the vein side of the leaf. Write the invitation message on the side opposite side.

Log Chip

Have father saw a 4" diameter fireplace log into pieces about 1/2" thick. Write your invitation message on the face of the wood circle using markers, paints, or a wood-burning tool.

Navajo Rug

Take a piece of canvas about 3 by 5 inches; color a design similar to a Navajo rug on one side. Put your invitation message on the other side. By pulling some of the thread out of the edge, it will fray and look like a small rug. India ink works well to outline the design and write the message.

Paddle

Cut out a canoe paddle pattern out of thin balsa wood, stick, wooden shingle or cardboard. Sandpaper the rough edges. Add your invitation message to the paddle blade.

Pine Cones

Go for a hike through the woods and collect pine cones. Spray paint the cones a decorative color. Attach a ribbon and bells to the cone along with your invitation message. This is a good holiday project.

Quiver

Make a tube container from a juice can or paper roll. Decorate the outside with yarn, material, markers, or paint. Attach a string carrier to the top and bottom. Fasten message to the end of the arrow made with a small stick.

Scroll

Make a scroll out of thick paper. Write your message on the paper using crayons or markers. Find two sticks about 6" inches long and 3/4" in diameter. Glue or tape the sticks to the ends of the paper scroll. You can decorate the four stick ends with yarn.

The word "listen" contains the same letters as the word "silent".

Snowman

Using three Styrofoam balls of different sizes, connect your snowman's body together by first connecting the big ball with the medium ball with a toothpick. Remove the toothpick and squirt white glue in the toothpick holes. Reinsert the toothpick in the hole on the big ball. Add some glue around the toothpick on the top of the big ball and into the toothpick hole on the medium ball. Place the other end of the toothpick into the medium ball. Your big and medium balls should be connected. Repeat with the medium and small ball. Draw on eyes using markers or by gluing on small rocks. Use small sticks for arms. Design a hat and scarf with felt. Attach your message to the snowman.

Tepee

Create small tepee using colored construction paper, or a small cone-shaped drinking cup. Glue tepee to piece of cardboard base 4" x 6". Decorate your cardboard base with crayons or markers. Write your message on cardboard.



Tomahawk

Create a tomahawk shape out of thick cardboard or poster board. Decorate with crayons or markers. Write your message on the handle.

Be convinced that you must train not only the head, but the heart and hand as well.

Chapter 11: Songs

Ideas and Suggestions

Songs have a very definite place in the program. There are many songs that will fit into tribal meetings. Some will be fast, while others will be slow. Have fun by joining in an activity that crosses the generations.

Tips For the Song Leader

The song leader can measurably assist in having a successful tribe songfest. It's important to sing for quality as well as noise.

- Be enthusiastic! Help members enjoy singing
- Know the songs that you are leading. Begin with a song that most of the dads and children know and enjoy.
- Sing with the group and have fun yourself!
- Give information about the background of the song if you know it.
- Make sure that the group hears the pitch. Don't start too high or too low.
- Give a firm starting signal. Set and maintain the tempo of the song.
- Indicate when the group should sing loudly or softly and when to stop together.
- Use clear action songs are by far the most popular. They provide movement and fun. Clapping, stamping feet, standing and hand motions all add to the zest of the occasion.
- Give clear, concise instructions for action songs. Repeat, if necessary, for understanding.
- Use small, steady, rhythmic beats to guide the group. For large groups a broad, clear arm movement will be wise. Keeping the rhythm steady is a key to success.

Song leaders should select songs appropriate for the meeting situation. Rousing fun choruses and action songs get fathers and children off to a great start, while quiet songs have a tremendous thrill and impact at campfires and council meetings just before the story or devotions.

The beginning is the most important part of the work.

Theme Songs

"Pals Forever"

(Tune of "Clementine")

Pals forever, Pals forever,
That's our slogan, that's our song;
Boys are stronger, Dads feel younger,
When they take the boys along.

Dads are for it, Moms adore it,
And the boys all think it's fine;
Pals forever, Pals forever,
Indian Guides will have good times.

Through the days and through the years,
We will wander side by side;
Pals forever, Pals forever,
The Great Spirit as our guide.

"Friendship Always"

(Tune of "Clementine")

Friendship always, Friendship always,
That's our slogan, that's our code;
And we work and play together,
As we travel on life's road.

Dads are for it, Moms adore it,
And the girls all think it's fine;
Friendship always, Friendship always,
The Great Spirit as our guide.

Truth is proper and beautiful at all times and in all places.

Action Songs

Bingo

There was a farmer who had a dog and Bingo
was his name-o!
B-I-N-G-O, B-I N G-O, B I N G-O, and Bingo
was his name-o!
There was a farmer had a dog and Bingo was
his name-o!
(clap)-I-N-G-O, (clap)-I-N-G-O (clap)-I-N-G-O,
and Bingo was his name-o.

(Each succeeding verse eliminate one letter
from Bingo and substitute a hand clap.)

Boom Chica Boom

Leader: I said a Boom Chica Boom
(group repeats each line)
Leader: I said a Boom Chica Rocka Chica
Rocka Chica Boom
Leader: Uh-huh
(group repeat)
Leader: Oh yeah
(group repeat)
Leader: One more time

(Select style for next verse and sing song in
any of the following voices: Baby Style (Thumb
in mouth, whiney voice) English Style (English
accent) Hillbilly Style, (Country accent, clap,
stomp feet), Military Style (Use loud gruff
voice), Opera Style (High-pitched, hold notes),
Underwater Style (Flap lips with index finger).

Do Your Ears Hang Low?

Do your ears hang low? (thumb in each ear)
Do they wobble to and fro? (shake palms
together)
Can you tie them in a knot? (tie knot)
Can you tie them in a bow? (tie bow at neck)
Can you throw them over your shoulder
Like a continental soldier? (salute)
Do your ears hang low?

(Repeat three times; each time faster)

Father Abraham

(chorus)
Father Abraham had seven sons,
Seven sons had Father Abraham,
And he never laughed, And he never cried,
All he did was go like this:
With a left (repeat chorus using left arm motion)
And a right (repeat chorus with left & right arm
motion)
And a left leg (repeat chorus with left & right
arm motions and left leg motion)
And a right leg (repeat chorus with left & right
arm motions and left & right leg motions)
And a head (repeat chorus with arms, legs &
head in motion)

(Add as many body parts as desired)

Do not come to be served, but to serve.

Y GUIDES

The Grand Old Duke of York

The grand old Duke of York,
He had ten thousand men,
He marched them up the hill, and (stand up)
He marched them down again. (sit down)
And when they're up, they're up (up)
And when they're down, they're down (down)
And when they're only half way up (halfway
knees bent)
They're neither up nor down.

Hamburger, Cheeseburger

Leader: Hamburger, Cheeseburger, Lettuce and
Tomato

Group: (Repeats line)

Leader: A Baked Hambone and a French Fried
Potato, Hot Dog, Chili Dog, Barbeque;
Mustard and a Pickle and a Mountain
Dew

Leader: (First Time) I Said A -
(Repeat Entire Song)

Leader: (Second Time) I Said A Mustard

Group: (Repeats line)

If You're Happy

- (1) If you're happy and you know it, Clap your hands. (clap, clap) If you're happy and you know it, Clap your hands. (clap, clap) If you're happy and you know it, And you really want to show it, If you're happy and you know it, Clap your hands. (clap, clap)
- (2) If you're happy and you know it, Stomp your feet. (stomp, stomp) (Repeat as above)
- (3) If you're happy and you know it, Shout "HOORAY." (HOORAY!) (Repeat as above)
- (4) If you're happy and you know it, Stand up. (stand up) (Repeat as above)
- (5) If you're happy and you know it, Do all four. (clap, stomp, HOORAY, stand up) (Repeat as above)

John Jacob Jingleheimer Schmidt

John Jacob Jingleheimer Schmidt,
that's my name, too.
Whenever we go out,
the people always shout,
There goes John Jacob Jingleheimer Schmidt,
Tra-la-la-la-la-la-la.

(Repeat four times, each time more softly
except for the "Tra-la-la-la-la-la-la")

Nature is the book of which God is the author.

Little Rabbit Hopping By

In a cabin in the wood
Little man by a window stood.
Saw a rabbit hopping by.
Knocking at his door.
"Help me, help me, sir" he said,
"fore the hunter shoots me dead."
"Come little rabbit, come inside,
Safely to abide."

The More We Get Together

The more we get together, together, together,
The more we get together, the happier we'll be.
For your friends are my friends (point to others)
And my friends are your friends. (point to self)
The more we get together, the happier we'll be.

(Motions: Stand up when singing "together" or sit down if standing. Repeat song a second time for all to be seated.)

My Bonny Lies Over the Ocean

My Bonny lies over the ocean,
My Bonny lies over the sea;
My Bonny lies over the ocean,
Oh bring back my Bonny to me.

(Stand or sit each time you sing a word that has a 'B' in it.)

Rare Bog

Chorus: Rare bog, rattlin' bog, way down in the valley-O (repeat)

And in that bog, there was a tree
A rare tree, a rattlin' tree
And the tree was in the bog, way down in the valley-O (chorus)

And on that tree, there was a branch
A rare branch, a rattlin' branch
And the branch was on the tree and the tree was in the bog
Way down in the valley-O (chorus)

And on that branch, there was a twig...
And on that twig, there was a nest...
And in that nest, there was an egg...
And on that egg, there was a (chicken sound)...
And on that , there was a wing...
And on that wing, there was a feather...
And on that feather, there was a tick...
And on that tick, there was a tiny, microscopic organism...

And on that tiny, microscopic organism, there was a whole 'nother universe!

"A friend is a gift you give yourself." - Robert Louis Stevenson

Devotional Songs

Kum Bi Ya

Kum bi ya, Lord, Kum bi ya
Kum bi ya, Lord, Kum bi ya
Kum bi ya, Lord, Kum bi ya
O Lord, Kum bi ya.

Someone's cryin', Lord, Kum bi ya
Someone's cryin', Lord, Kum bi ya
Someone's cryin', Lord, Kum bi ya
O Lord, Kum bi ya.

Someone's prayin', Lord, Kum bi ya
Someone's prayin', Lord, Kum bi ya
Someone's prayin', Lord, Kum bi ya
O Lord, Kum bi ya.

Someone's laughin', Lord, Kum bi ya
Someone's laughin', Lord, Kum bi ya
Someone's laughin', Lord, Kum bi ya
O Lord, Kum bi ya.

Someone's singin', Lord, Kum bi ya
Someone's singin', Lord, Kum bi ya
Someone's singin', Lord, Kum bi ya
O Lord, Kum bi ya.

Taps

Day is done, gone the sun,
From the lakes, from the hills,
From the sky; All is well, safely rest,
God is nigh.

With Christ in the Vessel

With Christ (Point Up) in the vessel (Point to heart) We can sail (Put hands together and swing arms back and forth) through the storm (shake your hands in the air), sail (same) through the storm (same), sail (same) through the storm (same).

With Christ (same) in the vessel we can sail through the storm as we (point to yourself) go sailing (same) home (draw a house with a roof, chimney and smoke with your finger).

Sailing (put hands together and swing back & forth) Sailing home (draw a house with a roof, chimney and smoke with your finger), Sailing (same), Sailing home (same).

Forget yourself for others and others will never forget you.

Chapter 12: Stories

There's nothing like listening to a good story. Storytelling can be a favorite part of each tribal meeting. Read the tips below on improving your storytelling talent. This chapter is full of good interesting stories that kids of all ages will enjoy.

How to Tell a Good Story

- Ideally, father and child should find a way to tell each story together. All stories should be tailored to the children. If they enjoy it, then automatically the dads will too.
- The first step in telling a good story is to find the proper story. Keep in mind the audience to whom you will tell the story. Their age and interests are important factors. Avoid morbid or overly sentimental stories. Your story may be taken from history, literature, the Bible legends or even a contemporary news item.
- After finding the story, the storyteller should know the story.
- Reading from a book is ineffective in captivating an audience. It is impossible to have personal contact with the audience when reading aloud to them. Read and reread the story until you can visualize each character and each scene in relation to the climax.
- When telling a story, try to tell it as dramatically as possible. Use your head, your hands and your feet in telling your yarn. Don't be embarrassed at changing your voice to fit the character or mood of your story. Children do not listen to a story told in monotone. Watch your audience; if they become restless or lose interest, change your voice, speed up action - anything to liven the story and their interest.
- Start your story dramatically. Better to say: "Twas a dark and stormy night. There were four of us about the campfire..." than to say: "I'm going to tell you about..." Avoid lengthy, long-winded introductions. Get to the point and get there fast.
- Your story may have a moral, but it is not necessary to explain or point out the moral. If it is a good story, well told, the children will figure out the meaning for themselves.
- The setting is important. Be as close as possible physically to your audience. Have them close together; elbow to elbow is the rule. Avoid any unnecessary outside noise, confusion or interruption. If you are interrupted, treat the incident lightly, and proceed with the story. Whenever possible, get down on your audience's level; sit on the floor with them.
- End your story with a punch line. Leave the climax for the last paragraph....sentence....or even the last word. When the story has ended, let it be. Do not rehash, review, explain or moralize.
- Never tell a story when they do not want to hear one. Make a story one of the treats of the meeting.
- Never tell a story that you do not enjoy telling!

Every job is a self portrait of the person who did it.

Coyote and the Fox

One day Coyote was going out hunting, so he picked up his bow and quiver. In his quiver he put five arrows; then he started out. The day was hot, and, because Coyote was always lazy, when he came to a nice, large shade tree, he thought he would lie down awhile. He threw down his bow and quiver and stretched out under the tree. Coyote was lying there looking up through the branches, and what do you think he saw? A great big fox!

"Oh!" said Coyote, "but I am lucky I did not have to go hunting. I just came out here and lay under a tree, and there is my supper right over my head. Indeed I am lucky. Besides a good supper there is a fine fox skin up there for me."

"Oh, well, I guess I am just about the luckiest one in our tribe besides being the best marksman, too. When I aim my arrows, I never miss. Just to prove it, I am going to take my five arrows and I will put the best arrow right here in the ground beside me, then I'll shoot one to the north, one to the south, one to the east, and one to the west"

So he did. He shot all his arrows away but one. He picked up the arrow he had put in the ground and said, "Now this is the arrow I am going to kill the fox with. But really, I am so good at shooting I don't even have to shoot with my hands. I am going to shoot this arrow with my toes."

All this time the poor fox was sitting up in the tree listening to Coyote tell how good he was at shooting, and he was nearly frightened to death. In fact, he was trembling so much he nearly fell out of the tree.

Coyote picked up his arrow, placed it between his toes, aimed it very carefully through the branches, and let it fly. But something happened and the arrow did not hit the fox. So, when the fox discovered he had not been shot, he jumped out of the tree and gleefully ran away. When he had reached a safe distance he called back, "Next time, Coyote, don't be so sure of yourself and don't be so boastful!"

Dead or Alive

(From Twenty Teepee Tales by M Lotz & D Monahan, Association Press, 1950)

Many years ago there lived a very famous Indian medicine man. He was famous because of his wisdom. For many years he had helped the members of his tribe by answering their questions and giving them wise advice. However, because he was so very old, many of the young braves of the tribe felt that he ought to give up his position as medicine man and allow a younger brave to have the honor.

Several times the young braves of the tribe had attempted to remove him by asking him questions and posing problems that they hoped he would not be able to answer. If only they could cause

Nobody knows how much they can do unless they try.

him to make a mistake or catch him with a question he could not answer, they were sure they could replace him with a younger man. Each time, however, that they made an attempt to do this, they had failed. His answers were always right and his advice always trustworthy.

One day, while a group of younger braves was on the hunt, one of the young men turned to the group and said: "Tonight I will ask the old medicine man a question that he will not be able to answer. Gather all our tribesmen before his teepee tonight, and you will see."

The other braves remembered their past failures and wanted to know what he planned to do. The younger brave replied: "I will catch a bird, take it to him holding it in my hands so that the feathers show through my fingers; and I will say to him, "What do I have in my hands?" Seeing the feathers he will reply, 'A bird.' Then I will say, 'That is correct, but tell me Wise One, is it dead or is it alive?' If he says it is dead, I will smother it and drop it, dead at his feet. So you see regardless of his answer, he will be wrong and we will be able to replace him with a younger man."

This pleased the braves because they were certain it could not fail. When they returned from the hunt, they spread word around the tribe of the test which the medicine man would face. At sundown the space before the ancient Indian's teepee was crowded with Indians eager for the test.

The young man answered: "It is said that you can answer all questions correctly. If this be so, Father, tell what I have in my hand."

The old man looked and replied: 'A bird, my son.'

"That is correct," the young brave responded. "But tell me, is it dead or is it alive?"

This was the challenge! Every Indian present held his breath, for the medicine man's answer. The old man paused, then looking deep into the young man's eyes, he responded: "That, my son, depends on you."

A Friend In Need

"Tell us a story! Please, Wise Father, tell us another of your legends!"

Eagerly the boys sat at his feet to listen and to learn. Grey Fox, the Chief, smiled at the memory of the story he had chosen to tell and then began:

"Many moons ago two hunters were traveling the trail together. Suddenly they came face to face with a huge bear. One, in great fear and without thought for his companion, climbed a tree as fast as he could and hid himself in the branches.

The gruff old bear lumbered toward him, his huge paws slapping the ground with spine chilling

One of the great arts of living is the art of forgetting.

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thumps. Soon the shaggy beast stood directly over the man, sniffing at the Indian's nose and ears; but the man, with great control, held his breath and lay still.

Presently the bear turned and walked slowly away. As the ponderous animal disappeared from sight, the first hunter came down from his hiding place in the tree and asked his companion what it was the bear had said to him. 'For,' he said, 'I saw that the bear put his mouth very close to your ear and whispered something to you.'

Grey Fox's eyes twinkled with humor as he ended his story. "What lesson do you find in this tale of the hunting trail, little braves?" he asked.

How the Indians Received Fire

Once long ago the Indians had no fire. The only bit of fire on earth was owned by two old witches who guarded their treasure day and night. No matter how the Indians begged them to share just an ember, the witches would not give even a spark.

When winter came, the Indians suffered from the cold. "The witches will not give us fire," they said. "Let us ask the animals to try to get it for us."

The animals gladly came to the meeting which the Indians called. And when the Indians told them about the need for warmth, the animals thought of a plan to help. Coyote was chosen their leader.

"Do as I tell you," he said to the other animals, "and our friends shall be warm before sunset. I'll get a spark of fire from the witches. Each of you, in turn, must help carry it to the Indians."

As soon as the animals were all in their places, Coyote went to the witches' cottage.

"The Indians need fire," he said "Can you not let me take them one small ember?"

"The fire has been left in our care," said the two together. "No one shall have even a spark of it!"

Then Coyote went to the window and signaled to his helpers. They knew what he wanted them to do. In a moment Lion began to roar, Wolf began to howl, Bear began to growl, and Fox began to bark. All the animals joined in to make a great noise. Even Squirrel chattered and Frog croaked.

Frightened half out of their wits, the witches ran out of their cottage to see what was the matter.

Coyote had his chance. Taking one end of a small stick in his mouth, he lighted the other end in the fire. Then he fled with the burning stick clutched tightly in his mouth. When the witches caught sight of the burning stick, they started to chase Coyote. Like the wind they flew after him. In this way, one after another, each of the animals helped to carry the fire, and all the while the witches kept up their chase. At last it was Squirrel's turn. He picked up the burning stick and ran

The trouble with stretching the truth is that it's apt to snap back.

with it. When he saw the witches were gaining on him, he was so frightened that he almost dropped the bit of fire. As he turned a corner of stumps and rocks, his tail caught fire and scorched a black place on his back. To this day you can see that dark spot between his shoulders.

When Squirrel started to lose his strength, he tossed the fire to frog, the last animal on the road. Frog picked up the burning stick and hopped away. He was terribly afraid when he saw how close the witches were. The next moment the witches were up with him and caught him by the tail (for frogs then had a tail) and held him fast. The poor Frog was so frightened that his eyes bulged almost out of his head. "One big jump," he thought, "and I'll get away."

With all of his might Frog gave a big jump. Then he was free! Away he hopped, carrying the fire right into the Indians' village. That is how the Indians got a bit of fire, but the frog's eyes have been bulged ever since. He lost his tail, too, for he left it in the witches' hands when he gave that last big jump!

How The Milky Way Came To Be

A Cherokee Legend

When the Cherokee people discovered that something had been stealing their meal at night, they were surprised to find giant dog prints around the house.

After much discussion over what to do about the thief, an old Cherokee man suggested that everyone bring noise makers that night, and they would hide beside the meal beaters and wait for the giant dog.

That night a huge dog appeared from the West, shining with a silver sheen in the moonlight. He was so big that the old man was afraid at first to give the signal, and the dog began to eat great gulps of the meal.

Finally the old man gave the signal and everyone beat drums, shook their rattles, and shouted loudly.

The dog was so scared that he ran around the circle and then gave a giant leap into the sky, and the meal pouring out of his mouth made a white trail across the sky. This is what we call the Milky Way, and what the Cherokee call to this day Gil'LiUtsun" Stanun'yi, meaning "Where the dog ran."

The Indian and the Cricket

(From Twenty Teepee Tales, by M Lotz & D Monahan, Association Press, 1950)

One day an Indian left his home to visit a white man with whom he had become friendly. Being in a city, with its noises and its crowds, was a new experience for the Indian, and he was fascinated by it.

It is more blessed to give than to receive.

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The Indian and the white man were walking down the street when suddenly the red man touched his friend's shoulder and said quietly: "Stop! Do you hear what I hear?"

His white friend paused, listened, smiled, and said: "All I hear is the tooting of car horns, the noise of the streetcars, and the voices of people. Just the regular noises of the city. What is it you hear?"

The Indian replied: "I hear a cricket chirping somewhere nearby."

Again the white man listened, but shook his head. "You must be mistaken," he said, "I hear no cricket. And even if there were a cricket nearby, his chirping would be drowned out by all these other noises."

The Indian would not be persuaded. After a moment he motioned to his friend, and walking a few steps along the sidewalk they came to a vine growing on the outside of one of the buildings. He pushed the leaves aside, and there, to the amazement of the white man, a tiny cricket was revealed, chirping its loudest. Now that he saw the cricket and was close to it, the white man could hear its call.

As they proceeded on their way, he said to his Indian friend: "Of course, you heard the cricket because your hearing is much better than mine. All Indians can hear better than white people."

The Indian smiled, shook his head, and replied: "No, that is not true. The Indian's hearing is no better than that of the white man. Watch! I'll prove it to you."

He reached into his pocket and found a fifty-cent piece, which he tossed to the sidewalk. As it clinked against the cement, people from several yards around stopped, turned, and looked. Finally, one of them picked up the piece, pocketed it, and went on his way.

"You see," said the Indian, "the noise made by the fifty-cent piece was no louder than that made by the cricket, yet many of your white people heard the noise the money made, stopped, and paid attention to it, although they paid no heed to the noise made by the cricket. The reason is not a difference in our hearing. It is a difference in the things we turn our attention toward."

(Many things are said and done to us and by us as we journey in life, and the things that will count are the things that we have our minds and hearts turned toward. Living will be better and happier if we learn to tune our minds and our hearts to see, hear, and know the good things rather than the bad. We can carry only so much. Let's be sure that the things we carry are good and not evil.)

Blessed is the peacemaker.

Looking For the Good

(From Program Resource Book, YMCAs of St. Paul & Minneapolis)

Chief Silver Maple called together the members of his tribe. They seated themselves in a circle. In the center of the circle, the Medicine Man was making an Indian sand painting. Most Indian sand paintings are very colorful. They are made during the daytime and all traces of them must be destroyed before the sun sets. This time, the picture was different. The braves watched in surprise as the Medicine Man made a square out of white sand and in the center of the square poured a large circle of black sand.

The braves whispered to each other, "I wonder what this is."

The Chief heard them talking and then he asked for silence. The Chief asked, "Braves, what do you see here?"

The first brave said, "I see a black spot." The second brave replied, "That is what I see, too," and so said each brave around the circle, each agreeing that that was what the Medicine Man had painted.

When each had reported, the Chief said, "Braves, why is it that none of you noticed that this is a white square with a black spot on it? Many of us, as we think about other tribes and as we think about our fellow braves, look for the black spots and fail to see the rest of the picture - the white. Too often we look for what is bad and do not see what is good. Let us look for the good things in our fellow tribes and in our fellow braves from now on."

The Music Stopped

This is a story of three people: A singer, an organist and a little boy. They all worked together. The singer sang and the organist accompanied her, while the little boy was behind the scenes pumping air into the organ, for it was an old-fashioned organ with a pump handle that someone had to work in order to give the organ the necessary air power.

One day these three got to discussing how important they were, that is, two of them did. The singer said: "It is because of my beautiful singing that our concerts are so successful."

"That is true," the organist agreed, "but without my organ playing, you wouldn't be able to sing so beautifully."

The little boy said nothing; but that night at the concert, he looked unusually wise.

The number was announced, the organ started to play, and soon the beautiful voice of the singer was thrilling the audience. Suddenly the music from the organ stopped; and, in surprise, the

Do everything without complaining or arguing.

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singer also stopped. Frantically, the organist tried to play, but there was no power. Then a quiet little voice said: "I have stopped pumping, and there's no air for the organ. The concert can't go on. Who would you say is important now?"

(Who would you say was the most important in this group? Do you think any one of these people was more important than the others? What makes a person important?)

The Other Fellow's Moccasins

(From Twenty Teepee Tales, by M Lotz & D Monahan, Association Press, 1950)

Many snows ago - there are those who still remember - it was a custom among many Indian tribes to appoint judges, who went from village to village to try those Indians who had broken the Indian law. This is a story of the wisdom displayed by one of those Indian judges.

A young brave was being tried for a very serious offense. While a neighboring warrior was away on a hunting trip, the Indian on trial had stolen his neighbor's ponies and valuable furs, and had sold them to a wandering trapper.

When the hunter returned to his teepee and found his furs and ponies gone, he was sad indeed. He had worked hard to gather the furs, and the ponies had been his prized possession. He knew not what to do. In desperation, he confided in several other Indians, one of whom had witnessed the theft but, not knowing what to do, had remained silent. Now, however, when he saw the sadness brought to his friend, he told of witnessing the crime, and the thief was apprehended. The thief was soon brought to trial. A large crowd gathered to witness the trial, and there was a great deal of speculation as to what punishment the judge would decree. When all who were concerned had testified, the Indian judge felt that he had all the information that was necessary, and he asked for time to make his decision.

He withdrew from the crowd and entered the dense forest behind the village. With uplifted hands he prayed: "Great Spirit, help me to judge wisely."

The Princess of the Mist

Few visitors leave the Canadian Lakehead without viewing the beautiful "Kakabeka Falls." This remarkable work of nature is truly something to marvel at, but the story of the heroism of a lovely Indian princess is still more enchanting than the rushing, swirling water and the crystal-studded mist rising endlessly from the great gorge.

Interested only in the welfare of his people, peace-loving chieftain White Bear, grand old leader of the Ojibway encampment situated at the mouth of the Kaministiquia River, was greatly vexed one day to learn that large numbers of fierce warlike Sioux were approaching the river bent on the destruction of his tribe.

Being too old to go to battle himself and not knowing how to ward off the enemy, the old chief

The best vitamin for making friends is B-1.

was greatly distressed. Seeing her father's dilemma, Princess Green Mantle devised a plan.

Bidding her father farewell, she hurriedly left the camp and paddled swiftly up the Kaministiquia. Many times before she had gone for long canoe rides with her brother, and she well knew of the Great White Falls. Leaving her canoe at the foot of the falls, she ran swiftly along the bank until she reached a point above the waterfall.

Soon she came within sight of the Sioux camp. Boldly the young maiden walked into the camp of her tribe's bitter enemies. At once they pounced upon her and captured her. Pretending to have lost her way, she led them to believe she was very frightened. Beginning with them, she followed through with her plan and told them that if they would spare her life, she would lead them to her father's camp. The Sioux chiefs were elated, thinking that they had indeed been blessed by the gods.

The following morning the young princess was placed in the lead canoe, and the great band of warriors in their war canoes followed, tied as Green Mantle had suggested one behind the other so that they would not be lost. However, she had not told them about the falls, and as they turned the bend of the swiftly flowing river they plunged headlong into the great gorge, drowning them all.

Princess Green Mantle of course lost her life also, but her tribe was saved from the vengeful hands of the most dreaded of all Indian tribes.

The Great Spirit looked kindly upon the brave little Indian girl, and if one takes the trouble to walk down the river bank to a point where the falls are visible, the figure of Green Mantle can be observed in the mist, standing as a monument to the memory of the princess who gave her life for her people.

The Quail

Ages ago a flock of more than a thousand quail lived together in a forest in India. They would have been happy, but they were in great dread of their enemy, the quail-catcher. He used to imitate the call of the quail, and when they gathered together in answer to it, he threw a great net over them, stuffed them into his basket, and carried them away to be sold.

Now one of these quail was very wise, and he said: "Brothers, I've thought of a good plan. In the future, as soon as the fowler throws his net over us, let each one of us put his head through a mesh in the net and then all lift it up together and fly away with it. When we have flown far enough we can let the net drop on a thorn bush and escape from under it."

All agreed to the plan, and the next day when the fowler threw his net, the birds all lifted it together in the very way that the wise quail had told them, threw it on a thorn bush, and escaped. While the fowler tried to free his net from the thorns, it grew dark, and he had to go home. This happened many days, until at last the fowler's wife grew angry and asked her husband, "Why is it

Well done is better than well said.

that you never catch any more quail?" The fowler said: "The trouble is that all the birds work together and help one another. If they would only quarrel, I could catch them fast enough." A few days later, one of the quail accidentally stepped on the head of one of his brothers as they landed on the feeding ground. "Who stepped on my head?" angrily inquired the quail who was hurt. "Don't be angry. I didn't mean to step on you." said the first quail. But the brother quail went on quarreling and pretty soon he said, "I lifted up all the weight of the net; you didn't help at all." That made the first quail angry, and before long all were drawn into the argument. The fowler saw his chance. He imitated the cry of the quail and cast his net over those who came together. They were still boasting and quarreling, and they did not help one another lift the net. So the hunter lifted the net himself and crammed them into his basket. But the wise quail gathered his friends together and flew far away, for he knew that quarrels are the root of misfortune.

Stretching the Truth

(From Program Resource Book, YMCAs of St. Paul & Minneapolis)

One night Little Otter rushed into the tepee and said excitedly, "Mother, I just saw a thousand deer in the meadow." Mother said, "Are you sure? Did you count them?" "It was so dark, I couldn't count them I think there were a hundred." Mother said, "Are you sure, my son?" "Well, I know there were at least ten," said the little brave. Then his mother patiently said, "Little Otter, if you did not count the deer, how do you know?" Little Otter became impatient and said, "Well, I know there were two deer anyway, a big buck and a small one."

The Chief of the tribe had listened to the conversation. He now said, "Little Otter, I want to tell you a story. When I was a young brave I was in the habit of stretching the truth because I had not learned the importance of being accurate. In my tribe, the Okeewa, I was responsible for keeping track of the food. As animal meats, herbs, roots, berries, and other foods were brought to me, I would store them in the ground and cover them well. One day old Chief Kiyi came to me and asked if there was plenty of food for a big tribal feast and ceremony.

In haste, I took a quick glance at the food which was stored away in the ground. I did not take time to count the number of carcasses of deer, or any of the other food supplies. Instead, I became careless and took a chance in reporting what I saw at a quick glance. I reported to the Chief that there was plenty of food. When the day of the big feast came, I was very much embarrassed to find there was a shortage of food, and that many of the mothers, little braves and babies, and even warriors would not have enough to eat. The Chief was very angry, as were many of the braves. Had it not been for the quick thinking of Watosa, we would all have been disappointed in the amount of food at the feast. Watosa got on his pinto horse and galloped away in a cloud of dust. Soon he returned with his arms loaded with food as well as large bags of food thrown over the back of his horse. He had borrowed much food from a nearby tribe, promising to pay back what he borrowed. To teach me a lesson, the Chief required me to hunt many days for deer as well as other foods to pay back the borrowed food from the other tribe. From that time on I made up my mind to be more accurate and never to stretch the truth or exaggerate."

Be kind, one to another.

Twigs

(From The Tales of Running Deer, by D Monahan, Association Press, 1970)

"What lesson do you have for us tonight, Running Deer?" Little Bear and Red Fox voiced the question at the same moment. Other Indian boys gathered around Running Deer's fire waiting for the answer. They gathered as was the custom, around the wise man's fire to listen and to learn.

"I would speak this night," responded Running Deer, "of a matter that affects us all - the importance of good habits. We all have habits. We must be sure, then, that our habits are good friends that help us live better lives and not enemies that bring unhappiness and problems."

"What are some good habits, Running Deer?" asked Red Fox.

Running Deer looked into the young faces before him and replied: "It is better for you to answer this question than for me to give the answer. Tell me, what habits do you think are your good companions on the trail of life?"

"Honesty is one, I think," answered a young brave sitting across the campfire circle. Soon a chorus of voices offered other answers.

"We have made for ourselves this night a good list of habits that can be counted on as friends to help us live good lives. You have done very well," Running Deer spoke with appreciation.

"Running Deer, the twigs you have beside you there - what are they for?" questioned the ever-curious Red Fox.

"They are part of tonight's lesson. Watch and listen. I hope you will allow them to teach you more about habits good and bad." Running Deer picked up the first of the twigs. "Each of these twigs we shall give the name of a habit. What shall the first one be called?"

"Anger," suggested a young voice.

"Anger it is then," Running Deer announced. With this he easily snapped the twig into two pieces. "You see how a single habit can be broken with only a small effort?" he said. Picking up two twigs, and with more effort, he broke them. "You see, two combined are harder to break. Watch closely now," he continued; this time picking up three twigs. Breaking the three together proved more difficult. Continuing, Running Deer added another twig and this time four twigs were broken together. Each time he kept adding another twig until he came to a number that he could not break despite his hardest effort. "You see," Running Deer continued, "I have now combined so many twigs that I can no longer break them. This is true of habits also. A combination of several habits for instance, anger, dishonesty, impatience, laziness, untruthfulness can become too strong for a brave to break all at once. Be sure that your habits are good ones that need no breaking," Running Deer challenged the young braves.

"Running Deer," the voice was that of Little Bear. "By breaking one at a time, the entire bundle can be broken, can it not?"

All I have seen teaches me to trust the Creator for all I have not seen.

Y GUIDES

"True, my friend," answered Running Deer. "This is another lesson we can learn from our twigs. If you have bad habits to break, work on them one at a time until all are conquered. It is also true that good habits can best be achieved one by one"

The Unknown Woman

(From Southern Indian Myths and Legends, Beechwood Books, 1985)

Two Choctaw hunters camped for the night on a bend in the Alabama River. They were tired and discouraged, having hunted for two days and killed only one black hawk. They had no game to take back to their village.

While they were roasting the hawk on a campfire for their supper, they heard a low plaintive sound like the call of a dove. The sad notes broke the deep night silence again and again. As the full moon rose across the river, the strange sound became more distinct.

The men looked up and down the river but saw only the sandy shore in the moonlight. Then they looked in the opposite direction and to their astonishment saw a beautiful woman dressed in white, standing on a mound. She beckoned to the hunters.

"I'm very hungry," the woman said.

One of the hunters ran to the campfire and brought the roasted hawk to the woman. After she had eaten some, she gave the rest back to them. "You have saved me from death. I will not forget your kindness. One full moon from now, in midsummer, return to the mound where I am standing."

Suddenly a gentle breeze came up, and the woman disappeared as mysteriously as she had come.

The hunters knew they had seen Unknown Woman, the daughter of the Great Spirit. They returned to their village, but kept secret the strange meeting with the woman.

One month later, when the moon was full, the hunters came back to the place where Unknown Woman had spoken to them. As the moon rose over the opposite bank, they stood at the foot of the mound, waiting. But Unknown Woman was nowhere to be seen.

"She has not come as she promised," they said to each other.

Then one hunter remembered "She told us to come to the very spot where she stood." So the men climbed the mound. They could not believe what they saw; the mound was covered with a plant they had never seen before. It was a tall plant with leaves like knives and delicate tassels emerging from the spike-like fruit or ears. Inside the ears was a delicious food.

So it was that the Choctaws received the gift of corn. They cultivated corn ever afterward and never again were hungry.

To love someone means to see him as God intended him.

The Voice from The Forest

Little Elk stumbled into the tepee. "I'm so angry I could do something awful," he shouted at his Big Brave. "What is it, my son, that makes you snarl like a cub bear?" he asked him patiently. "It's that boy in the forest. I don't like him. I think I'll go out and shoot an arrow at him." "Just what has he done? How has he made you feel this way?"

Little Elk took his father's hand, and, leading him to the edge of the forest he pointed and answered: "A little while ago I was playing here, and I stumbled and fell. I shouted 'Hey!' and someone in the forest there hollered back, 'Hey.' When I heard this, I shouted, 'What's your name?' and he just mocked me by shouting in return, 'What's your name?' Then I cried, 'Come out and let me see you.' Again he repeated what I said. Every time I said anything he just mocked me back. Finally I got real angry and said to him, 'Come out and fight!', and he shouted back, 'Come out and fight!'"

Little Elk's father looked at him for a moment. "Would you like to try an experiment, son?" he asked quietly. "Sure, Father. What is it?" he replied. Under his breath Little Elk muttered: "I'd certainly like to get hold of that sassy fellow in the forest."

"Now, son, suppose you go to the edge of the forest and shout, "I like you" and see what happens. Little Elk looked questioningly at his father, hesitated for a moment, then peering into the forest, he shouted, "I like you!"

A look of amazement spread over his face as the voice from the forest replied, "I like you!" Little Elk followed with, "Let's be friends."

Little Elk's father put his arm around his shoulder. "You have been fighting with your echo, Little Elk," he said. "There is a real reason in what you have done today. When you were angry with your echo, he was angry with you. When you were friendly with him, he was friendly with you. May this teach you that the best way to have friends is to be a good friend."

Worrying about tomorrow's troubles, takes away today's peace.

Chapter 13: Tricks

A trick or stunt always adds to the fun of a tribal meeting. You don't have to be an expert to have fun with tricks and stunts. The tricks are more or less designed to fool someone in one way or another or challenge their physical or mental abilities with **FUN** being the most important part of the activity. It also provides a terrific filler during that "dead time" which could occur while the host is making final preparations for refreshments. As the Host Big and Little Indians are putting the ice in the cups, etc., a trick would fit in nicely.

To perform some tricks or stunts you may need to know a secret way to do something. Perhaps you may seem to be doing one thing when you are actually doing something else. At times you will depend on equipment or props. At other times you may use scientific principles or possibly just play a joke on the other braves/princesses. Some tricks or stunts just take practice to perform.

When presenting the tricks to your tribe, be sure that you and your child understand the trick. Practice it together before the tribe meeting. Certain kinds of tricks can be improved by practicing them in front of a mirror so that you can see how it will look to others. Try to learn the trick well enough so that you can keep the braves/princesses guessing and ultimately fascinate them. Fool them, if necessary, by calling their attention away from what you are really doing.

It's always a good idea to include one or more braves/princesses in doing your tricks!

Blowing Through a Bottle

A candle is lit and set on one side of a bottle. Blow against the bottle and the candle is extinguished. You have, apparently, blown through the solid bottle! A round bottle must be used. When you blow against it, the air currents are divided, but rejoin on the other side to extinguish the candle. Two or three bottles or a bottle and a glass may be used. The result will always be the same.

Bread on Thread

Two small cubes of bread are placed into the mouth. Now a piece of sewing thread is also placed into the mouth. The two cubes of bread are removed from the mouth threaded. Secret: Performer has two similar pieces of bread threaded and hidden in his mouth. The two pieces that were placed in the mouth are swallowed and the threaded pieces are pulled out.

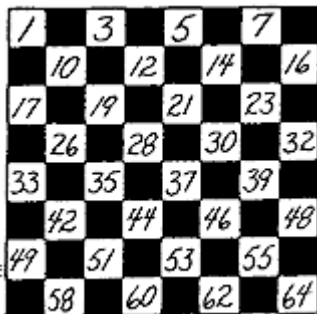
Division belongs in math class, not in God's family.

Card and Coin Trick

This is a showy little trick with a bit of juggling that is difficult yet easily learned. With the help of your child, balance a card on the tip of your left forefinger. Upon it place a coin, the heavier the better. With your right forefinger flip the card, and it will sail away across the room, leaving the coin balanced on your finger. Once you have the knack, you can do it every time.

Checkerboard Puzzle

The problem is to place eight checkers on a checkerboard so that no two checkers will be on a line either horizontally, vertically or diagonally. Use both black and red squares. Solution: Father and child place checkers on numbers 5-15-18-30-35-41-56-60.



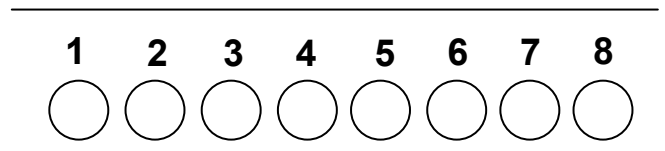
Chinese Push Up

Father and child sit on the floor, back to back, with arms locked. They attempt to stand up without releasing arms. Solution: It's done by pushing against each other and bringing feet close to the body.

The Coin on the Forehead

This is an amusing trick. Place a coin against your forehead, and it remains there, as though magnetized. Simply place the coin against the forehead and push it upward about an inch, with pressure. The coin will remain there on its own.

Coin Puzzle



Father and child place eight coins in a row. The idea is to take a coin, jump over two coins and place it on top. Then take another coin, jump over two more coins and place it on top. The object is to finish up with four double coins like "Kings" in checkers. You must jump two each time. When a coin becomes a King it is counted as two coins. Solution: Move 5 to 2, 3 to 7, 8 to 6, 1 to 4.

Corkscrew

Place a small object or piece of paper on the outer side of right foot. Try to pick up the object with the left hand after passing left hand in front of body, around outside of the right leg, forward between the legs, and around in front of the right leg.

Cut String Restored

Here's a simple and highly effective trick which is quite mystifying when you do not know the secret.

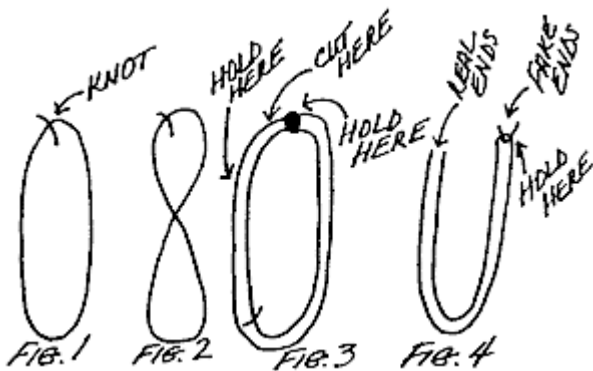
Trick: A borrowed piece of string is knotted. It is now doubled and cut. The four ends are visible. The string is then restored to one

People are alike in their promises. It is only in their deeds that they differ.

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piece and handed out for examination.

Secret: When you double the string, give it a half twist as in Illustration #1 so that after it is doubled it forms two interlocking loops as in Illustration #2. You hold your thumb and forefinger over the loops so that they are concealed. Now invite your child to cut the string about one-half inch from the loop. Four ends will now be visible. However, only two ends are real, the other two being fake. Put the fake ends in your mouth and work the small piece off with your teeth. Now hand the restored string out for examination. At the first opportunity, get rid of the fake piece in your mouth.

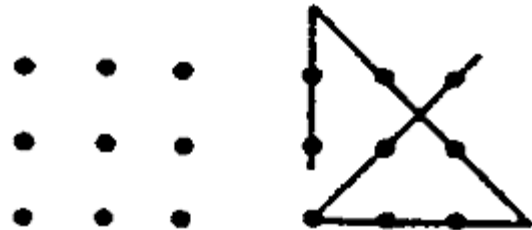


Cut the Circle

Father and child take a sheet of newspaper and cut off a two-inch strip about three inches long. Give the strip a half twist, overlap the ends, and paste them together to make a circle. Cut the strip down the center lengthwise. You should get two circles, shouldn't you? But look! You have one circle twice as large as your first circle. Now cut this strip down the center, lengthwise. Will you get another circle twice as big as the one you were cutting? No, you have two pieces linked together like a chain.

Dots and Lines

Father and child make nine dots as in Illustration #1, and then ask a fellow tribe member to draw four continuous straight lines which will pass through all nine dots.



Drink of Water

Put a glass of water on a table and cover it with a napkin. Tell one of the children that you can drink the water without touching the napkin. Trick: Walk around the table, saying some magic words. Ask the child to lift the napkin to see if the water is still there. Quickly take the glass and drink the water. You didn't touch the napkin, did you?

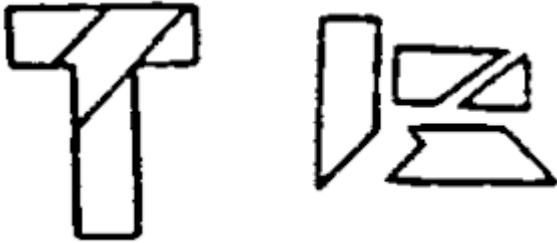
Eleven Fingers

This is more of a joke than a trick, yet it really mystifies many people. Tell the group that you have 11 fingers, counting your thumbs (Father could count while child holds up hands.) Using your right forefinger as a pointer touch each finger of the left hand, counting "one, two, three, four, five." Then your left forefinger counts the right fingers: "Six, seven, eight, nine, ten." "Strange," you say, "I thought I had eleven. Let's try again." You start counting backwards, pointing to the fingers of the right hand. "Ten, nine, eight, seven, six," then stop, hold up your left hand and say: "And five are eleven!" Executed rapidly, this clever method of counting is very deceptive.

The only discipline that lasts is self-discipline.

Famous "T" Puzzle

Father and child draw the letter "T" as in Illustration #1 and then cut it into four pieces as in Illustration #2. Ask your fellow tribe members to make the letter "T" with the pieces and watch them sweat. This trick puzzle is not easy to solve.



Floating Glass

Father and child place a glass of water on the table and apply the palm of one hand squarely over the top. The fingers should be bent downward, at a right angle. Now stretch out your fingers, making your palm tight with tension, thus producing a partial vacuum beneath your hand. The glass of water will adhere to your hand.

Hand Out

Father and child take a piece of string about four feet long. Tie the ends together. Put the string over your thumbs, in front of your palms, and over your little fingers. Turn palms toward each other. Stick the right middle finger up and under the loop which is across the left-hand palm. Ask someone to put his hand up through the middle of the string formation. It looks as if his hand is in the middle of a loop of string. Release the string from all your fingers, but not from your thumbs it is not around the person's hand at all.

Heads or Tails

Father and child ask another member of the tribe to spin a quarter on a table while your backs are turned and you will tell whether it falls heads or tails ten times out of ten. Secret: Make a notch on the edge of the coin near the head side, at an angle with a knife or file. Now spin the coin on a hard surface, such as a table and listen to the 'ring' as the coin stops. You will notice if you listen carefully that the ringing sound is longer when it settles head up than when it settles tail up.

How Do They Do It?

Six men and two boys wanted to cross a river. The small boat they had could only hold one man or two boys. How did they all get across? Answer: First the two boys cross. One brings back the boat. Now a man crosses and the other boy brings back the boat. They are now in a position to repeat the process until they are all across.

It Can't Be Done

Father and child say to fellow tribe members that you can place them in such a position that they will be unable to lift their left foot from the floor although the foot is free. Stand them against a wall with the right cheek touching the wall and the side of their right foot also touching the wall. Now tell them to try to lift the left foot. Try it yourself.

You are only what you are when no one is looking.

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It Looks So Easy

Father and child make twelve dots on a piece of paper. Now take eleven pennies. Start at any dot, count six dots and let the penny rest on the sixth dot. The object is to place eleven pennies on eleven dots in this manner.

When a penny is resting on a dot you count it the same as a vacant lot, but you must start each count from a vacant dot.

Solution: Start at any dot, count six and place a penny on the sixth dot, but remember where you started. Now start the second penny on a dot so that it comes to rest on the dot where you started the first penny. Start the third penny so that it comes to rest on the dot where you started the second penny, etc. In other words, you work backwards.

The Jumping Ruler

A ruler is pushed down into the closed fist. At the word "Go," the ruler jumps up to the ceiling. Secret: Slip a rubber band over the second finger of the hand. Close the fist with the thumb in front and the elastic will not be seen. Push the ruler down into the fist so that it engages the rubber band, but clench the ruler firmly. As soon as you release pressure the ruler will jump out of the hand. The rubber band may be dropped on the floor.

"Just Like Me"

Ask all the tribe members to repeat "Just Like Me" after every sentence you say:

"I was climbing some stairs." ("Just like me")

"I went up one flight of stairs." ("Just like me")

"I went up two flights of stairs." ("Just like me")

"I went up three flights of stairs."

("Just like me")

"I went up four flights of stairs." ("Just like me")

"I went up five flights of stairs." ("Just like me")

"I looked into a mirror." ("Just like me")

"And there I saw a monkey." ("Just like me")

The Live Fish

Cut out a fish shape from thin, transparent paper used as a wrapper for candy boxes. Lay the "fish" on the palm of your hand, and when you breathe upon it, it will twist and turn, raising its head and its tail, as though imbued with life. If the hand is slightly moist, the "fish" will become more active.

The Magic Knock-Out

Ten checkers are stacked up by father and child. All the checkers are red except the fourth from the bottom. Stand another checker on edge, and pressing down with your finger, snap it so that it shoots rapidly on edge against the stack of checkers. Instead of the stack falling or the bottom checker going out, the one black checker, fourth from the bottom, flies from the stack while the other checkers do not fall. Note: If unusually thick checkers are used, it is possible that the third checker from the bottom may be the one ejected. This can be determined by experiment, and the black checker should be placed at the proper position.

A lie may take care of the present, but it has no future.

Make Your Mark

A child toes a line, holds a piece of chalk in his/her right hand, and squats. He brings the right arm in back of the right leg, and then between the legs. The child makes a mark as far ahead of him/her as he can without moving the toes from the line. He/She must come back to an upright position without losing his/her balance. Children may compete to see who can make a mark the farthest ahead.

Matchbox Coin Vanish

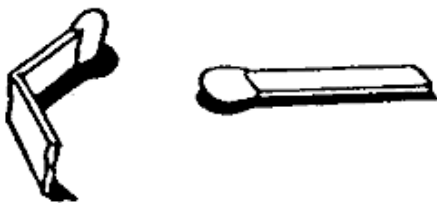
Father and child place a coin in a matchbox. Close the matchbox and shake it to show that the coin is still there. When the box is opened the coin has disappeared.

Secret: The box is prepared by cutting in one end of the drawer a slit just large enough to admit a coin. The opening will not be noticed. When the box is shaken sideways, the coin will rattle, but as soon as you tilt the box towards yourself, with the trick end inwards, the coin will slide out into your hand. The other hand should then take the box and lay it aside, to be opened later.

Match Falls on Edge

Father and child hold an ordinary match about two feet above a table and let it drop it will invariably fall on its side. Challenge anyone to make it fall on its edge.

Secret: Bend the match in half, let it drop from a height of two feet and it will fall on its edge.

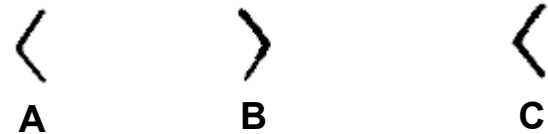


A Missing Coin

Father and child fill a glass of water to the brim, cover it with a small plate, and set it on top of a coin. Then invite tribe members to look into the glass and tell you if there is anything beneath it. As they must look through the side of the glass, they won't be able to see the coin. When you lift the glass and reveal the coin, everyone will wonder where it came from!

Optical Illusion

Which distance is greater? A-to-B or B-to-C?



Answer: They are both the same Father and child measure it together.

Penny Pick-Up

Tell one of the children to stand with their feet against the wall. Place a penny eighteen inches in front of the toes. Tell them the penny is theirs if they can pick it up without losing their balance or moving their heels from against the wall. Secret: Your penny is safe. It can't be done.

Pull Stick

Two children sit on the floor, facing each other. Each has their legs together and the soles of the feet pressing against those of their opponent. They grasp a broom handle between them. At a signal, each tries to pull the other off the ground or make them lose their balance.

No one can be good to others without being good to himself or herself.

Y GUIDES

Put Yourself Through a Postcard

You can cut a postcard, or sheet of paper postcard size, in such a way that you can put yourself through it. Father and child fold the postcard in half, lengthwise. Start at the folded edge, near one end, cut through the double thickness almost to the straight edge. One eighth inch from the cut, start at the straight edge and cut almost to the folded edge. Start alternately at the folded edge and at the straight edge until you have made twenty-five or thirty cuts, all narrow strips. The last cut must start at the folded edge. Now cut each loop on the folded edge except the first and last loops. Open the postcard or paper. You will have a large circle. Put it over your head and let it drop to your feet.

The Ring and String

This is a simple trick that can be performed very rapidly. Father and child make a loop of string and thread a ring on it. Ask someone to extend his forefinger upward, and slip one end of the loop over each finger, so the forefingers hold the string with the ring between them. The problem is to remove the ring without taking the string from the person's fingers. To do this, take hold of one string to the right of the ring, and slip the string over the person's right finger, which will be to your left. Immediately remove the loop that was already over the right finger, and the ring will fall off, but the string will run from finger to finger.

A Riot of Fun

Father and child place about eight dishes on the floor, about two feet apart. Blindfold a tribe member and challenge them to walk between all the dishes, back and forth, without touching any of the dishes with their shoes. They must not walk naturally and not slide their feet.

After they're blindfolded, quietly remove the dishes. After they pass the point where they think the sixth dish is located, quietly place the dishes back. Finally place the last dish in front of their feet, making it touch one of their feet. Have the person take off the blindfold and wonder how they did it.

Rising Egg

Father and child put a hard-boiled egg into a glass jar containing about four inches of fresh water. Ask someone to pour in more water. The egg stays at the bottom of the jar. Pour the water out of the jar. With magic words, add magic water from another pitcher slowly the egg rises to the top of the jar. Explanation: The second pitcher contains a strong solution of salt water. The density of the salt water is greater than that of the egg, and so the egg floats.

Stacked Checkers

Father and child place six checkers one on top of another. Lay a ruler flat on the table and with a quick motion strike the bottom checker, knocking it out while keeping the stack standing. Continue hitting the bottom checker until there's only one checker left.

The best medicine for frustration is to go count your blessings.

String Through Your Neck

In this trick, it looks for all the world as if you were pulling a string right through your neck. Take a piece of string about four feet long. Tie the ends together so that the string forms a loop. Put the loop over your two thumbs. Put the double string in back of your neck. Slip the first two fingers of your left hand over the closest side of the loop which is around your right thumb. Let the string slip off your left thumb. Pull the loop in front of you, sliding the string off your fingers and onto your left thumb. You end up with the loop on your two thumbs in front of you.

Take Away One

How can you have four, take away one, and get five?

Answer: Take a piece of paper. Point to the four corners of the paper. Then cut off one of the corners. Now there are five corners.

They're All Wet

Father and child state that you're going to perform a wonderful trick. Place a small flat dish, with water in it, on the table. Now place a human hair in the water. Light a match and state that you will make the hair stand on end in the water. Have your fellow tribe members place their heads close to the dish to witness this miracle. When their interest is intense, smack the water in the dish with the open palm of your hand. The water will splash into their faces from every direction. They will remember this trick. It might be a good idea to start running immediately after the performance.

They Will Never Guess

Father and child tell your friends that you are going to show them something that they had

never seen before and that no living being will ever see again. Crack open a walnut, dig out the nut inside, show it and eat it.. Then bow.

Try This One

Father and child place a dime or a penny on the table. Father then lays one palm flat on the coin, quickly raises his hand and closes his fist. The coin is in his fist. **Secret:** Place your hand on the coin so that the palm at the end of the third finger rests on the coin. Now press down hard, and quickly lift your hand and close it. The coin will be in your fist.

Water From a Quarter

Soak a small wad of tissue paper in water and hide it behind your right ear. Tell the tribe that you can make the eagle on a quarter cry. Bend your right hand so you can reach the wad of paper behind your ear. At the same time rub a quarter on your right elbow. Hide the wet paper behind the quarter. Tell the victim to hold out his hand and squeeze a few drops of water on his hand. This always gets a laugh.

You Can't Fail

Have your friend roll three dice while your back is turned and have them total the three numbers that come up. Now them to turn over any one of the dice and add the bottom number. Now have them throw the same one they turned over and add whatever number comes up. You turn around and name the total. **Secret:** Add 7 to the total you see on the table.



Be patient with the fault of others. They have to be patient with yours.

Chapter 14: Outing Suggestions

Monthly tribal outings are always fun! The Triangle and surrounding areas are filled with a wide variety of interesting, educational and fun activities that tribes can experience. We hope that this list will provide you with ideas for your next tribal outing. If you've been on a tribal outing that's not listed below, share it with the Nation by contacting the Program Office.

Top 10 Tribal Outings

WRAL Weather Center Tour: 821-8644
Amazing Glaze (Ceramics): 856-1234
Morehead Planetarium: 549-6863
Exploris: 834-4040
J&H Stables: 782-9830
B.W. Wells (Tent Camping): 676-1027
Duke Primate Center (Call Ahead): 489-3364
Western Lanes (Bowling): 832-3533
Adventure Landing: 872-1688
Battlezone (Laser Tag): 847-4263

Tribal Outings Where You Get a Patch

Kanki Japanese Steakhouse: 782-9708
JellyBeans (Roller Skating): 467-5283
Bullwinkles: 467-5283
Falls Golf Complex: 870-6475
Bisgue Art (Pottery): 870-9377

Great Out-of-town Tribal Outings

Yorktown Aircraft Carrier Overnight
Charleston, SC: (803) 884-2727
Hanging Rock State Park
Danbury, NC: (336) 593-8480
Town Creek Indian Mound
Mt. Gilead, NC: (910) 439-6802

Recreational

Biking

Cary Greenway & Trails
<http://www.townofcary.org/depts/prdept/greenway/gwyhome.htm>
Raleigh Greenways
<http://www.raleigh-nc.org/parks&rec/greenway.asp>

Bowling

AMF Lanes: Cary: 467-2411 (South Hills)
Raleigh: 783-0080 (Pleasant Valley)
Raleigh: 832-3747 (Capital Blvd.)

Buffaloe Lanes: Raleigh: 876-5681 (North)
Raleigh: 779-1888 (South)
Cary: 468-8684

Western Lanes: Raleigh: 832-3533

Water Sports

Nantahala Outdoor Center (Whitewater Rafting):
(800) 232-7238
Neuse River Trips (Paddle Creek) 866-1954
Wafting on the Eno: 471-3802
Zaloo's Canoeing (Jefferson): (800) 535-4027

Overnight Camping

B.W. Wells (Falls River): 676-1027
Camp Kanata (Wake Forest): 556-2661
Jordan Lake (Apex): 362-0586
NC Park Information: 733-4181
Umstead State Park (Raleigh): 571-4170

People should always give more consideration to how much they have rather than how much they want.

Miniature Golf

Adventure Landing (Raleigh): 872-1688
Frankie's Fun Park (Raleigh): 433-7888
Putt-Putt Fun Center (Raleigh): 832-2222

Ice Skating

Cary Ice House: 467-6000
Raleigh Iceplex: 878-9002

Miscellaneous

D'Lights (Make Ice Cream Sundaes): 848-0270
Hemlock Bluffs Nature Preserve (Cary):
387-5980
Hill Ridge Farm (Youngsville): 556-1771
J&H Stables: 782-9830
Kids Zoo at Capital Sports (Raleigh): 266-7683
New Hope Valley Railroad and Museum
(Bonsal, NC): 362-5416
Panners Creek Gem Lines (Apex): 303-3400
Playspace (Raleigh): 832-1212
Snow Skiing (Day trips): Slope & Sail:
787-0345
Rush Hour Karting (Garner): 662-9201
Black River Paintball (Angier): 567-9977

Educational

82nd Airborne Military Museum (Fayetteville):
(910) 432-5307
Amazing Glaze (Cary): 851-2500
(Raleigh): 856-1234
Andrew Johnson Birthplace: 834-4844
Artspace: 821-2787
Bennett Place (Civil War Site, Durham):
383-4345
Bentonville Battleground (Civil War): 594-0789
Clemmons Educational Forest: 553-5651
Discovery Place (Charlotte): (704) 372-6261
Duke Primate Center (Call Ahead): 489-3364
Marbles Kids Museum (Raleigh): 834-4040
Grandfather Mountain (Linville):
(800) 468-7325
Imagination Station (Wilson): (252) 291-5113
Morehead Planetarium (Chapel Hill): 549-6863

NC Aquarium at Ft. Fisher: (910) 458-8257
NC Aquarium at Pine Knoll Shores:
(252) 247-4003
NC Aquarium at Roanoke Island:
(252) 473-3493
NC Legislative Building: 733-4111
NC Museum of Archaeology: 733-7342
NC Museum of Art: 733-2111
NC Museum of History: 733-3894
NC Museum of Life & Science (Durham):
220-5429
NC Museum of Natural Science: 733-7450
NC National Guard Helicopter Tour: 733-2555
NC State Capitol: 733-4994
NC Zoo (Asheboro): (800) 488-0444
NCSU Arboretum: 515-7641
Poe Center (Health Education) 231-4006
Pope Air Base and Plane Tour: 394-0001
USS North Carolina Battleship (Wilmington):
(910) 350-1817
Wake County SPCA: 772-3203
WRAL Radio Station Tour: 890-6101
WRAL Weather Center Tour: 821-8644

Outdoor Shows & Amusement Parks

Busch Gardens (Williamsburg, VA):
(800) 343-7946
Carowinds (Charlotte): (800) 822-4428
Ghost Town in the Sky (Maggie Valley):
(800) GHOST-TOWN
"Horn in the West" (Boone): (828) 264-2120
Kings Dominion (Richmond, VA):
(804) 876-5000
"The Lost Colony" (Manteo): (800) 488-5021
Tweetsie Railroad (Blowing Rock):
(800) 526-5740
"Unto these Hills" (Cherokee): (866) 554-4557
Seymour Johnson AFB Air Show: 736-5411
Silver Lake Water Park (Raleigh): 851-1683
Wet n' Wild at Emerald Pointe (Greensboro):
(800) 555-5900

Gratitude takes three forms: a feeling in the heart, an expression in words, and giving in return.

Y GUIDES

Service

Building Together Ministries
(Pride for Parents Store), 834-7626
Food Bank of NC: 875-0707
Salvation Army: 832-6918
Sharing Christmas: (Arapahoe Nation event)
Society of St. Andrews (Pick Up Food for
Shelters): 683-3011, ask for
Julia or Rachel
Soup Kitchen (Serve Meal): 834-6733
Wake Interfaith Hospitality Network: 832-6024
Warmth for Wake (Cut & Stack Wood):
212-7083
YMCA Angel Tree (Call Program Office):
582-2264

Spectator Sporting Events

Carolina Railhawks (USL soccer): 859-5425
Carolina Mudcats (AA Baseball): 269-2287
Carolina Hurricanes (NHL): 861-2300 x.2908
Charlotte Bobcats (NBA): (704) 262-2287
Carolina Panthers (NFL): (704) 358-7800
Duke Athletics (NCAA): (877) 375-DUKE
Durham Bulls (AAA Baseball): 956-2855
NC State Athletics (NCAA): 515-2106
UNC Athletics (NCAA): 962-2296

Annual Events

Circus (Raleigh): 846-5457
Festival for the Eno (Durham): 477-4549
Governor's Mansion Tour: 733-3456
International Festival (Raleigh): 832-4331
North Carolina State Fair (Raleigh): 821-7400
Reptile & Amphibian Day (Raleigh): 733-7450

Plan Your Own

Auction
Bingo Night
Bird/Eagle Watch at Jordan Lake
Farm Visit/Day in the Country
Hayride
Homemade Ice Cream Party
Make-Your-Own Pizza Party
Nature Walk
Saturday Breakfast with the Tribe
Tribe Olympics
(running races, Frisbee throw, etc)
Tournament of Board Games
Tribal Family Cookout/Potluck

Has your tribe been on an AWESOME outing? If so, please let us know so we can let other tribes know about it!

Contact the YMCA Program Office at 719-9695.

*You can't stay in your corner of the forest waiting for others to come to you.
You have to go to them sometimes*

Appendix A: Camp Kanata

Camp Kanata is located on 150 acres of rolling hills outside Wake Forest. Rustic cabins nestle along tall pines, overlooking spring-fed lakes. Camp Kanata is the location for the Arapahoe Nations' Fall Outing. Tribes start the new year by taking their two-mile hikes, picnicking, playing soccer & football, followed by the impressive twilight initiation for first year tribes.

Directions

From Durham: Travel east on Hwy. 98. Go 18 miles from intersection of Hwys. 70 & 98. Turn left 3.4 miles after crossing the Neuse Bridge. Camp Kanata is on the right 2.2 miles from Hwy. 98.

From East: Travel west on Hwy. 98. Turn 2.3 miles from intersection of Hwys. 1 & 98. Camp is on the right 2.2 miles from Hwy. 98.

From Raleigh/Cary: Travel north on US 1. Turn left (west) on Hwy. 98. Turn right 2.3 miles from intersection of US 1 and Hwy. 98. Camp is on the right 2.2 from Hwy. 98.

From North: Travel US 1 south. Turn right (west) on Hwy. 98. Turn right 2.3 miles from intersection of US 1 and Hwy. 98. Camp is on the right 2.2 from Hwy. 98.



Appendix B: Camps Sea Gull & Seafarer

Camp Sea Gull for boys and Camp Seafarer for girls are two YMCA sailing camps located on the coast in Arapahoe, North Carolina. Both sites operate on 350 acres and feature a nationally recognized seamanship program plus numerous camping activities. Camp Sea Gull and Seafarer are the locations for the Arapahoe Nation's Spring Outing, complete with archery, basketball, BB-riflery, canoeing, crafts, digging for shark teeth, fishing, hiking, riding the JoyBoy, soccer, swimming, zipline and a nighttime bonfire.

Directions

Camp Sea Gull

Take 70 East to New Bern. Take Exit 417 (New Bern/Washington) across the new bridge. Follow signs to Bayboro (55 East). Follow Hwy 55 East approximately 12 miles to a traffic light, which is in Grantsboro. At this intersection, turn right onto 306 South. Continue down 306 South until you reach the Minnesott Beach community. The entrance will be marked with signs to assist you with arrival. Long Bow Council members will be in front of the office to greet you and help you get to your cabin.

Camp Seafarer

Take 70 East to New Bern. Take Exit 417 (New Bern/Washington) across the new bridge. Follow signs to Bayboro, 55 East. Follow Hwy 55 East approximately 12 miles to a traffic light, which is in Grantsboro. At this intersection, take a right onto NC 306 South. To get to Seafarer, follow NC 306 South about 8 miles. You will come to an intersection in Arapahoe with a closed First Citizens bank on the left. Turn right onto Seafarer Road. There are two bends in Seafarer Road; bear to the left at each bend. This road ends at the entrance to Seafarer. A Long Bow Council member will be there at the gate to greet you and help you find your cabin.

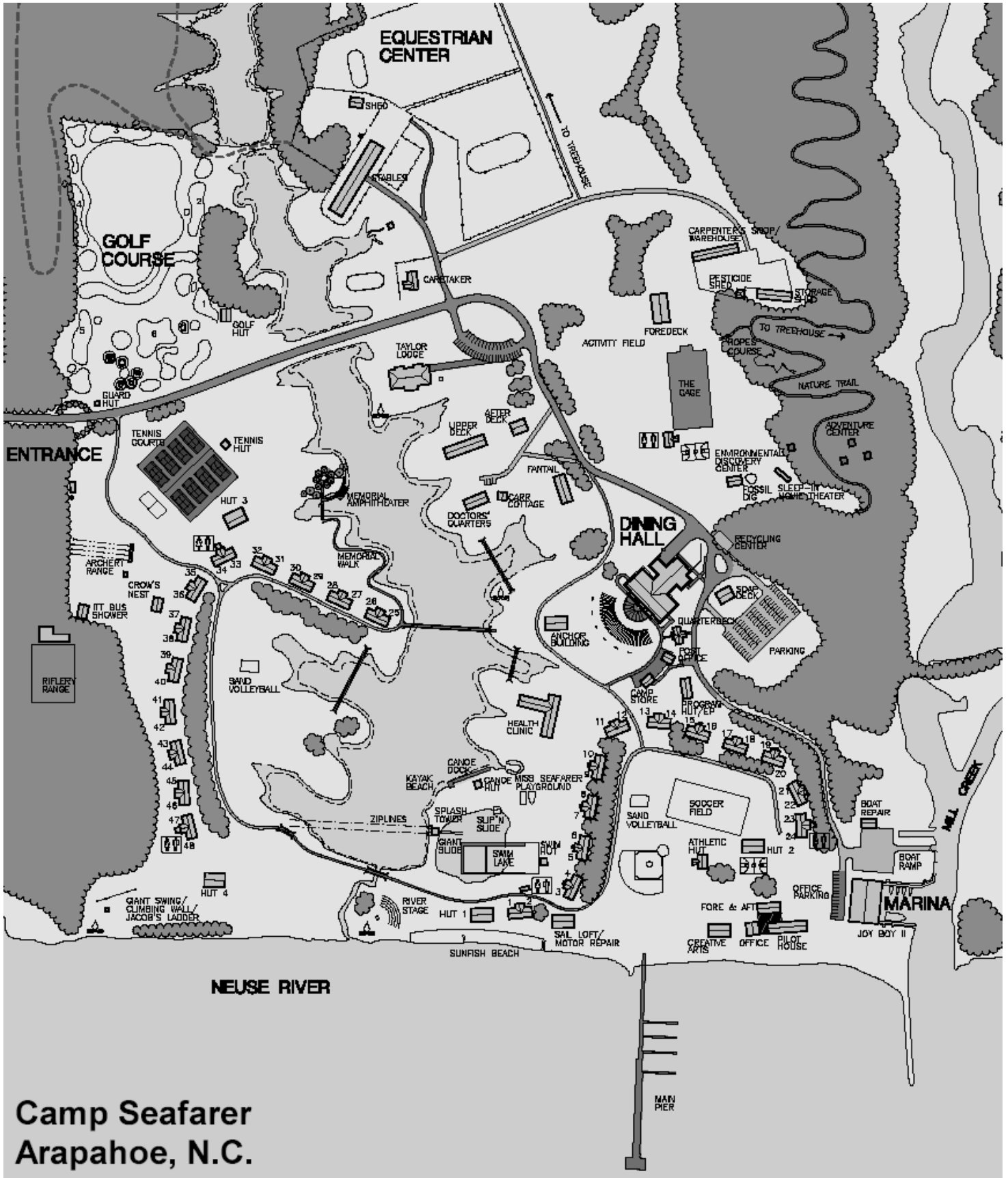
Allow 3 hours for your trip from Raleigh plus time for dinner.



Camp Sea Gull Map



Camp Seafarer Map



Camp Seafarer
Arapahoe, N.C.

Appendix C: Checklists

Checklist for Fall Outing at Camp Kanata

Check Off	Checklist Item	Members Responsible
	Vests, Necklaces, Tribal Caps, etc	
	Frisbees, Balls, Other Outdoor Playthings	
	Grill / Cooking Utensils	
	Food Items: (list below)	
	Food:	
	Food:	
	Food:	
	Drinks and Ice (Bottled Water)	
	Napkins and Paper Plates	
	Eating Utensils	
	Camera	
	Flashlights	
	Blanket for Sitting	
	Garbage Bags	
	Sunscreen	
	Bug Spray	
	Other: (list below)	
	Second Year Tribes Only	
	Torches	
	Items below are for third year tribes spending Saturday Night in cabins.	
	Tribal Properties (tom-tom, totem pole, standard, tee-pee, etc)	
	Twin Sheets, Pillows, Sleeping Bags	
	Prepare Song or Skit for Saturday Night	
	Bathroom Items (Toiletries, Towels, Shower shoes)	
	Pajamas	
	Ear plugs, if necessary	
	Layered Clothes (it may be cooler at night)	

Checklist for Camping

Check Off	Checklist Item	Members Responsible
	Personal Camping Items (Tent, sleeping bags, air mattress, tent broom, tent door mat, flashlights with fresh batteries)	
	Cook Stove(s)	
	Grill (note: campsites may have them)	
	Cooking Utensils	
	Dinner Foods: (list below)	
	Food:	
	Food:	
	Food:	
	Food:	
	Food:	
	Food:	
	Food:	
	Drinks and Ice (bottled water!)	
	Napkins, Plates, Cups	
	Eating Utensils (spoons, forks, knives)	
	Garbage Bags	
	Firewood, Matches, Lighter	
	Playthings (Balls, Frisbees, etc.)	
	Fishing Gear (rods, tackle, bait, rag, pliers, etc.)	
	First Aid Kit (cuts, burns, stings, bites)	
	Bug Spray and/or citronella candle	
	Dry Clothes (especially shoes and socks)	
	S'mores (Chocolate, Marshmallows, Graham Crackers)	
	Ear plugs if necessary (yes some snorers thunder through tents)	
	Folding Chairs	
	Sunscreen	
	Breakfast Foods: (list below)	
	Food:	
	Food:	
	Food:	
	Food:	
	Food:	
	Food:	
	Food:	
	Breakfast Beverages	
	Camera	
	Other: (list below)	

Checklist for Spring Outing

Check Off	Checklist Item	Members Responsible
	Vests, Necklaces, Tribal Caps, etc	
	Tribal Properties (tom-tom, totem pole, tee-pee, standard, etc)	
	Patches and Glue, if feathers are to be earned at final meeting at camp	
	Frisbees, Balls, Gloves, Other Outdoor Playthings	
	Grill / Cooking Utensils, if Cooking on Friday Evening	
	Food, if Cooking Friday Evening	
	Drinks and Ice (bottled water!)	
	Napkins and Paper Plates	
	Eating Utensils	
	Torches (two per tribe for bonfire)	
	Flashlights	
	Blanket for Sitting at Bonfire	
	Garbage Bags	
	Twin Mattress pad, Twin Sheets, Pillows, Sleeping Bags	
	Towels, Bathing Suits, extra clothes "just in case" some get wet, layers (it can be cool at night)	
	Fishing Gear (rods, tackle, bait, rag, pliers, etc.), if fishing	
	Ear Plugs, if necessary	
	Bug Spray	
	Sunscreen (Very Important!)	
	Folding Chairs	
	Snacks (perhaps to share with tribe)	
	Shark Tooth Sifter (Don't forget!)	
	Scoop/Shovel (Don't forget this either!)	
	Shark Teeth Container	
	Camera/Video Camera	
	Leave Camp Emergency Number with Mom Camp Sea Gull: (252) 249-1111 Camp Seafarer: (252) 249-1212	
	Bathroom Items (Toiletries, Towels, Shower shoes)	
	Pajamas	
	Rain Insurance: (umbrella, slickers, cards and board games to do in the cabin in case the weather gets and stays really bad)	
	Bread Crumbs for Seagulls on the Ferry (either coming or going)	
	Raft Materials (Third Year Tribes Only)	
	Raft Building Tools (Third Year Tribes Only)	
	Other:	

Acknowledgements/Contributors

In 2003, the following group, nicknamed "The Book Club", made of program staff and volunteers, work closely to reorganize and redesign the Y Guides program handbook in this current format.

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Arapahoe Nation Tom-Tom Beater (2005 & 2006)

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Y-Indian Guides, Meckcha Federation (Charlotte), Walapai Tribe (1970)

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Y-Princesses, Arapahoe Nation, Howling Angles Tribe (1997)

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