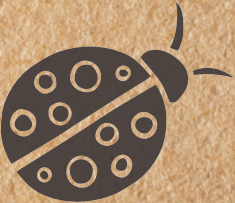


Y GUIDES

# ADVENTURE

HANDBOOK & JOURNAL

FIRST YEAR





# Y GUIDES

Dads • Sons • Daughters



**This Book Belongs To:**

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# 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. Get ready for fun and discovery! We encourage you to see the program through the eyes of your child. Spend time together completing the requirements to earn feather patches for the first year award. And most importantly, savor this special time in the life of your child.

Use this handbook as a resource and keepsake for you and your child's time in the program. Please visit the Y Guides website for additional resources and ideas.

## YMCA Mission

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





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## Program Philosophy and History

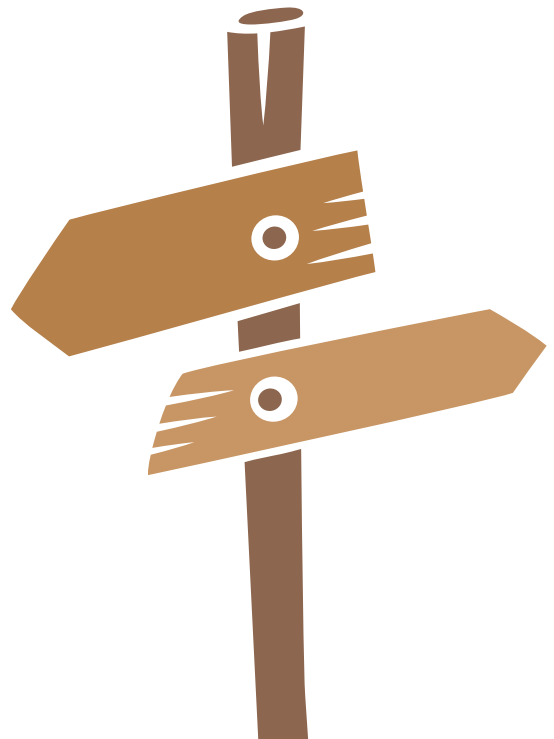
For more than 85 years YMCA Y Guides programs have strengthened father-child relationships through activities that allow fathers to spend quality one-on-one time with their children.

The program was developed in 1926 by Harold S. Keltner, Director of the YMCA in St. Louis. Keltner organized the first tribe in Richmond Heights, Missouri, with the help of his friend, Joe Friday, an Ojibway Indian. Inspired by his experiences with Joe Friday, who was his guide on fishing and hunting trips into Canada, Keltner initiated a program with activities and experiences to involve dads and sons throughout the United States.

Keltner was inspired by the Native American tradition of a father nurturing the maturity of his son. He conceived the idea of a father-son program based on the strong qualities of Native American culture and life, which involved dignity, patience, endurance, spirituality, feeling for the earth and concern for the family. The program became known as Y-Indian Guides.

Y-Indian Guide Programs in the triangle were founded in 1968 by Wyatt Taylor, past Director of the Raleigh YMCA. The program was also extended to include dads and daughters. In 2007, the official name of the program became Y Guides.

The “Y Guides” name represents what we’re all about: dads, sons and daughters. The YMCA of the Triangle is proud to claim one of the strongest Y Guides programs in the country with nearly 13,000 members across five counties. The YMCA’s commitment to continuing the emphasis on the relationship between dad and his child has always been the key.







## Slogan

Pals Forever, Friends Always

## 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.



## 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."

## Prayer

And Now, (Point down)

May the Great Spirit (Circle upwards)

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

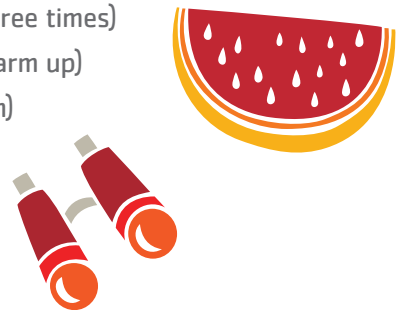
The Sun Rise (Arms folded, then raise one arm up)

In (Point your right hand into your left palm)

Your (Extend hand to all others)

Heart. (Place right hand on heart)

How-How!





## “Pals Forever & Friends Always”



The slogan for the Y Guides program is intended to describe a close and enduring relationship between fathers and their sons/ daughters. It does not mean the relationship between equals, such as peers or friends. It means communication and understanding, a sense of companionship.

It's spending quality time with one another that really matters. 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 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 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.



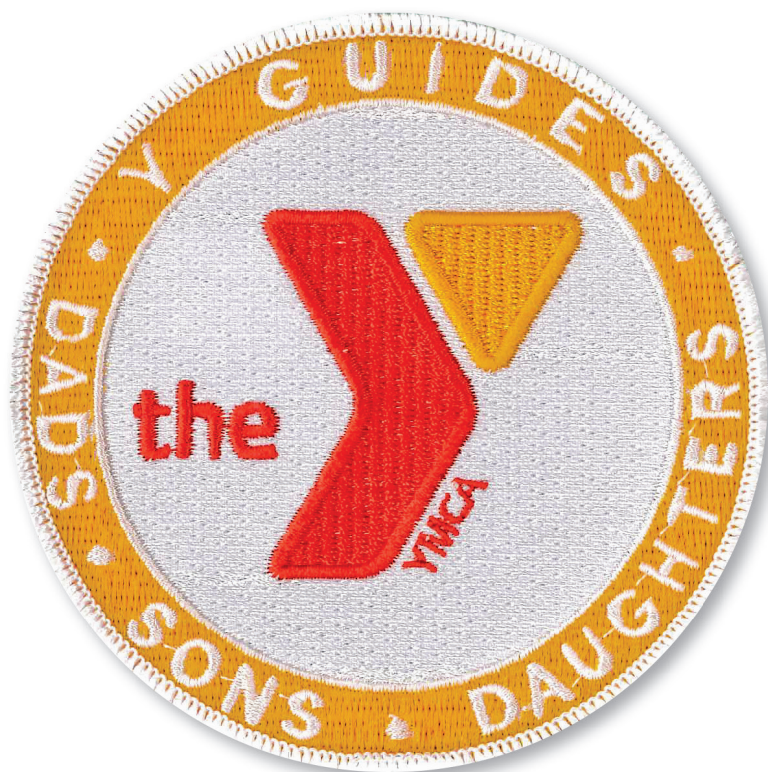


## The Emblem

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.

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





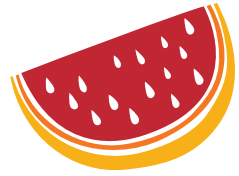


# THE ADVENTURE BEGINS



## First Year Program Details

**Invitations** are fun projects for father and child. Dads should deliver invitations with their child before the tribe meetings. This provides a wonderful time to communicate with your child and share experiences. Invitations should be simple, colorful decorations or designs, and encourage individual expression. See p. 20 for ideas on invitations.



**Crafts** should emphasize the making of common tribal items. Tribal equipment should add atmosphere.



**Games** are important at this age for social growth and personal development. All games, songs, stories, and other activities should facilitate meaningful play, while encouraging learning and cooperation with others. Organized sports such as baseball, basketball, soccer, or football are fine for social recreation. Skating, running, bicycling, water 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.

Action-packed **songs** build energy and fun.

**Tricks** give dads and kids an opportunity to amaze their tribe, while the host has a few extra minutes to prepare refreshments.



Visit the Y Guides website for additional resources and ideas.

## Suggested Agenda for the First Tribe Meeting

Activity	Description	Est. Time
<b>Arrival</b>	Arrive on time.	Total meeting time: one hour
<b>Beating of the Drum</b>	Beat 12 times by host little guide/ princess.	2 min
<b>Opening Prayer</b>	Given by acting chief. (See p. 7)	1 min
<b>Unbroken Circle</b>	Tribe members form a circle. Children sit facing their dads, inside the circle with right hand clasped, and left hand on the shoulder of the child to their left. Stating the Pledge, Aims and Slogan, repeated or led in unison by acting chief. (See p. 14)	5 min
<b>Spoken Names</b>	With father and child standing, each little guide/ princess takes turn telling Y Guide name, his/ her real name, his/ her dad's Y Guide name, and his/ her dad's real name. At the conclusion of each, other tribe members respond with "HOW-HOW!"	8 min
<b>Explanation of Wampum</b>	Do not begin collection until second tribal meeting. (See p. 32)	5 min
<b>Tribe Name Selection</b>	One dad, with a bit of research, should provide a choice between two previously approved tribe names. Children will vote to make selection.	5 min
<b>Tribe Craft</b>	Dads and children will make name badges to attach to their necklaces for the first meeting craft.	10 min



Activity	Description	Est. Time
<b>1st-Year Eagle Feather Award</b>	Explanation of 1st-Year Eagle Feather Award Display patches and feathers. (See p. 38)	5 min
<b>Song</b>	Y Guide Theme Song recommended.	2 min
<b>Refreshments</b>	Organized by host father.	4 min
<b>Discussion</b>	Plans for next meeting discussion and distribution of responsibility charts.	5 min
<b>Attendance Beads</b>	Distribution and explanation of attendance beads and bear claw awards presented by acting chief.	5 min
<b>Closing Prayer</b>	Closing ritual sign language closing prayer by acting chief.	3 min
<b>Conclusion</b>	Everybody leaves for home. Please leave on time. This is just as important as arriving on time.	Conclusion

**Overhead view of Unbroken Circle:**





**What is your tribe name?**

**How did you choose your tribe name?**

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**Write each tribe member's name and their Y Guide name!**

**Name:** \_\_\_\_\_ **Y Guide Name:** \_\_\_\_\_

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## Guide for Interesting Meetings

“The mind can absorb only what the seat can endure.” Stick to the following rules when holding tribe meetings:

1. Start meetings on time, and close them on time.
2. Stay within the time allowed for the opening ritual—don’t cut into activity time.
3. Stay focused on the children. They should do most of the talking.  
It should be fun for them.
4. Plan. Plan for the story. Plan the activity. Plan for invitations.
5. Use your resources. Don’t play the same game or do the same crafts twice.
6. Keep tribe business at the dad meetings.

Tribe meetings are best held in members’ homes. The process of parent and child working together to prepare their home for their tribe to visit is an important social learning opportunity. Kids learn valuable skills in preparing, greeting, hosting, and cleaning up. Members show respect for others while visiting other members’ homes. Where member homes do not have enough space for the tribe to meet, alternate locations can include a YMCA facility, a school classroom, a church or a neighborhood recreation center.

If this is happening in your Tribe...	Try this!
Meetings don’t get started on time.	Start meetings at an odd time—7:23 PM, for example, to reinforce the importance of respecting our time together.
Meetings run too late.	Set an alarm clock to ring at the end of the meeting ritual time and the end of program time.
Dads talk too much.	Have one dad keep a tally of the number of times each dad and each child speaks. Discuss at the next tribe meeting.
Children play while parents watch.	Plan games that call for dad and child to compete on the same team.
Dads talk business during meeting.	Navigator intervenes and stops it. Refer matter to the next tribe meeting.
Children don’t pay close attention. They talk, giggle, and run around.	If an activity is interesting, they’ll pay attention. If they know that good things will happen when they pay attention, they will.
Tribe members exhibit disrespectful or inconsiderate behavior.	Reestablish tribe ground rules for how we show respect to one another.

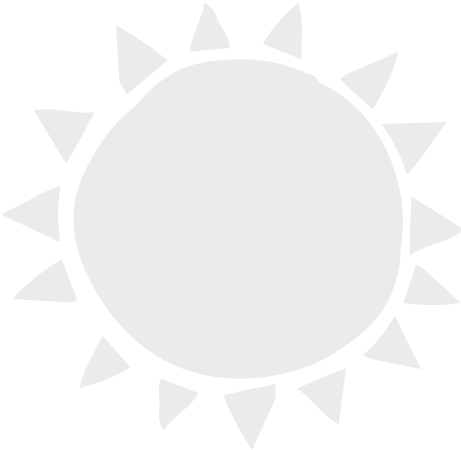




**PLACE A PHOTO OF YOUR NEW TRIBE HERE.  
USE TAPE OR STICKERS!**



**Draw A Memory From Your First Meeting!**





## Creating Invitations

Each meeting host father-child pair is responsible for making the invitation by hand and delivering them in person. Creating an invitation provides a source for fun, creativity and shared enthusiasm. The practical purpose of the invitation is to:

- Announce the location and time of a tribe meeting.
- Bring dad and child together for shared time.



Welcoming other members into your home for a monthly meeting promotes warmth and friendliness within the tribe. Each family will have two or three chances annually to make an invitation. Note: It is very important to draw a map to your home somewhere on the first invitation. Please try to avoid “electronic smoke signals” (emails).

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, balsa wood, 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.



### Invitation Helpful Hints

Choose an invitation idea that relates to nature, adventure 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. Father and child should plan thoughtfully 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 dog. 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 the map.



## Invitation Ideas

### Acorn Necklace

Gather some acorns from outside. 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.

### 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.

### Paddle

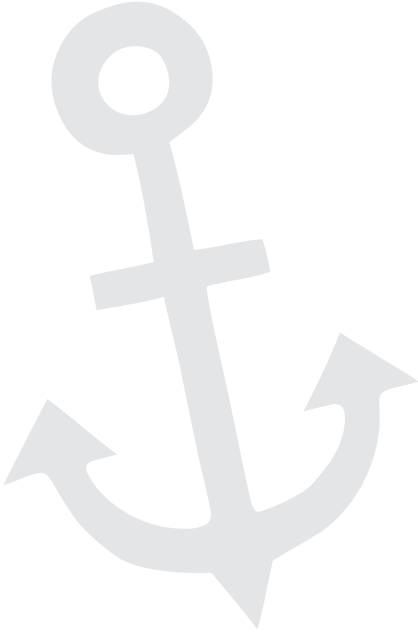
Cut out a canoe paddle pattern out of thin balsa wood, stick, wooden shingle or cardboard. Sandpaper the rough edges. Add your invitation message to the paddle blade.



**FOR MORE IDEAS VISIT US ONLINE! >>**



# Sketch Your Invitation Ideas!







**TAKE A PHOTO OF YOUR INVITATION AND ATTACH HERE.  
USE TAPE OR STICKERS!**





# LOOKING FORWARD



## Suggested Agenda for the Monthly Tribe Meetings

Activity	Description	Est. Time
<b>Arrival</b>	All arrive on time for meeting.	Total meeting time: one hour
<b>Opening Ceremony</b>	Ceremony is begun with 12 beats of the drum 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.	4 min
<b>Tally Keeper's Report</b>	Little guides/ princesses love to hear their names, so try to include them as much as possible.	2 min
<b>Collection of Wampum</b>	Good speaking experience for guide/ princess.	4 min
<b>Awarding of Feathers</b>	Remember that the seven feathers should be earned at the rate of one feather per month for each child.	10 min
<b>Story</b>	Told by one of the big guides to the guides/ princesses.	10 min
<b>Game or Craft</b>	"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 should emphasize the imagination and creativity.	13 min
<b>Song or Trick</b>	Fun song or entertaining trick led by big guide.	5 min

## Suggested Agenda for the Monthly Tribe Meetings

Activity	Description	Est. Time
<b>Refreshments</b>	During refreshments, dads should cover any major plans, next host or other responsibilities. 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.	10 min
<b>Closing Ceremony</b>	Sign language prayer, benediction or tribal prayer.	2 min
<b>Conclusion</b>	Everybody leaves for home. Please leave on time. This is just as important as arriving on time.	Conclusion







# Sketch a Favorite Memory!







## 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 (October/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.



# Plan Your Year

**November**

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**December**

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**January**

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**February**

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**March**

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**April**

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**May**

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## Giving Back To Your Community

### Tribe Wampum

Wampum relates directly to the Y Guides pledge. It is the term we use for earning tribe money while performing a service for family or community. It is an important aspect of the program. Dad and child perform the service together. Simple chores such as, "I cleaned my room," should be discouraged.

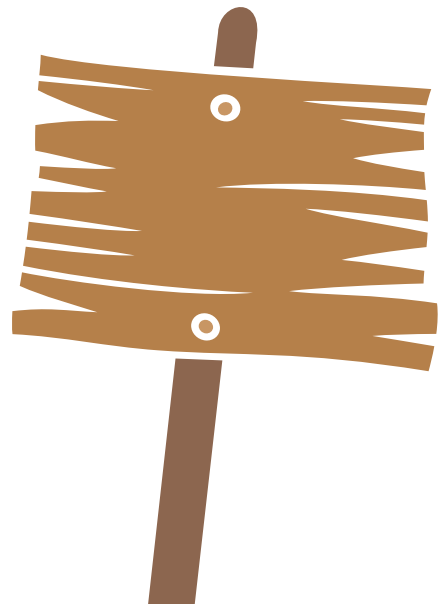


The collection of wampum can be one of the most effective parts of the tribal meeting for both child and father. It gives the children a chance to learn about the value of money, to gain confidence in speaking before the tribe, to be inspired to do things for others, and to listen while other children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

### YMCA of the Triangle Annual Campaign

Tribes are encouraged to donate their wampum to the YMCA Annual Campaign, a community-wide effort to raise funds for children, teens, families, and adults who otherwise cannot afford YMCA programs or services.

Contributions help each YMCA respond to the unique needs of its own community. 100% of the funds raised are used to provide financial assistance in the form of full and partial scholarships, based on individual need. Donations also fund outreach programs, which are then made available to participants at little or no charge.



## Program Resources

### Y Guides Leadership

The Long Bow Council provides leadership and support to the Y Guides program through dads and their children volunteering. Visit our website to learn more.

### Looking for games, stories, crafts, tricks, songs, etc.?

Visit [YGuides.YMCATriangle.org](http://YGuides.YMCATriangle.org).

### Need Help?

All tribes are requested to notify the Program Office at 919-719-9695 to speak with a Y Guide's Director.

### Tribe Activities and Ideas

Whether it's indoor climbing, hiking on the Greenway trail or attending a sporting event, there are many fun things to do in our community. Check our website for suggestions on what you could do with your tribe.

### Join The Y!

The Y has always been a place where families can play and be active together. You'll love the caring, experienced staff, wide variety of group fitness classes and equipment, sports leagues, walking tracks and indoor & outdoor pools.

The YMCA of the Triangle serves Wake, Chatham, Durham, Lee, Johnston, Orange and Pamlico counties, with 16 branches. Stop by your local branch today. We'd love to get you connected.



### Come to camp!

Y Guides participants have an opportunity to visit our three overnight camps, Camp Kanata in Wake Forest, and Camp Sea Gull and Camp Seafarer in Arapahoe, NC.



[CampKanata.org](http://CampKanata.org)  
[SeaGull-Seafarer.org](http://SeaGull-Seafarer.org)



**PLACE A PHOTO OF A SPECIAL EVENT HERE.  
USE TAPE OR STICKERS!**



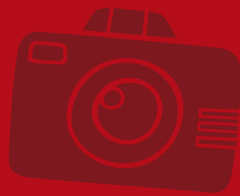
**PLACE A PHOTO OF A SPECIAL EVENT HERE.  
USE TAPE OR STICKERS!**

**PLACE A PHOTO OF A SPECIAL EVENT HERE.  
USE TAPE OR STICKERS!**





# PATCHES AND GAMES





## Y Guides First Year Awards

### Arrowheads, Beads, Bear Claws, And Feathers

One red crow bead is awarded each big guide and little guide/ princess for attendance at any tribe meeting. 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 big guide, little guide or princess that earns all their feathers. The beads and bear claws are provided by the Y Guides Office.



### First Year Award – Eagle and Feathers

This patch should be placed on the vest on the upper right chest. Colored feather patches are awarded, as per the requirements listed below, at the rate of one per month, with no definite order required. Each patch is attached to the bottom of the feather award patch on your vest.

**Blue Feather:** Repeat all six parts of the Y Guides Aims before tribe individually. (See p. 7)

**Green Feather:** Complete three craft projects with big guide. These can be completed over a period of time. The projects will be presented to the tribe upon completion.

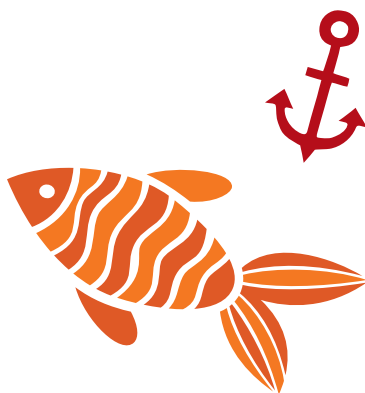
**Turquoise Feather:** Recite the pledge of the Y Guides program. (See p. 7)

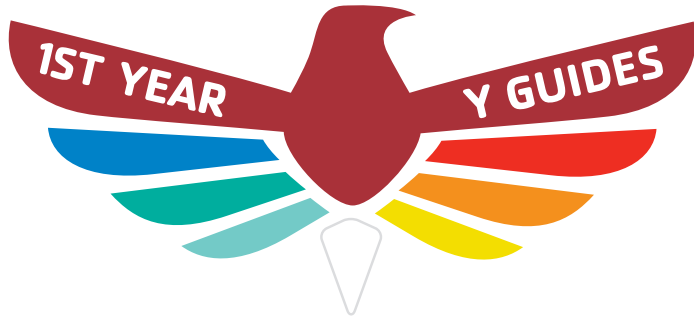
**Red Feather:** Know and repeat before tribe all the real and Y Guide names of each big and little guide/ princess.

**Orange Feather:** Arrange a night-off for mom/ family member. Big and little guide/ princess plan, purchase, cook and serve dinner. After serving dinner, big and little guide/ princess do the dishes.

**Yellow Feather:** Complete a 2-mile walking hike with big guide. 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 guide/ princess telling of interesting things observed.

**White Feather:** Complete one overnight camping trip with big guide (Recommended as tribe outing. Camp Sea Gull and Camp Seafarer do not count).





## How, When & Where Did You Earn Your Feathers?



**Blue**

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**Green**

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**Turquoise**

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**White**

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**Red**

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**Orange**

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**Yellow**

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# Crossword!

	1.								2.
3.							4.		
					5.				
	6.		7.						
					8.				
	9.					10.	11.		12.
	13.								
							14.		
15.		16.				17.			
18.						19.			

### Across

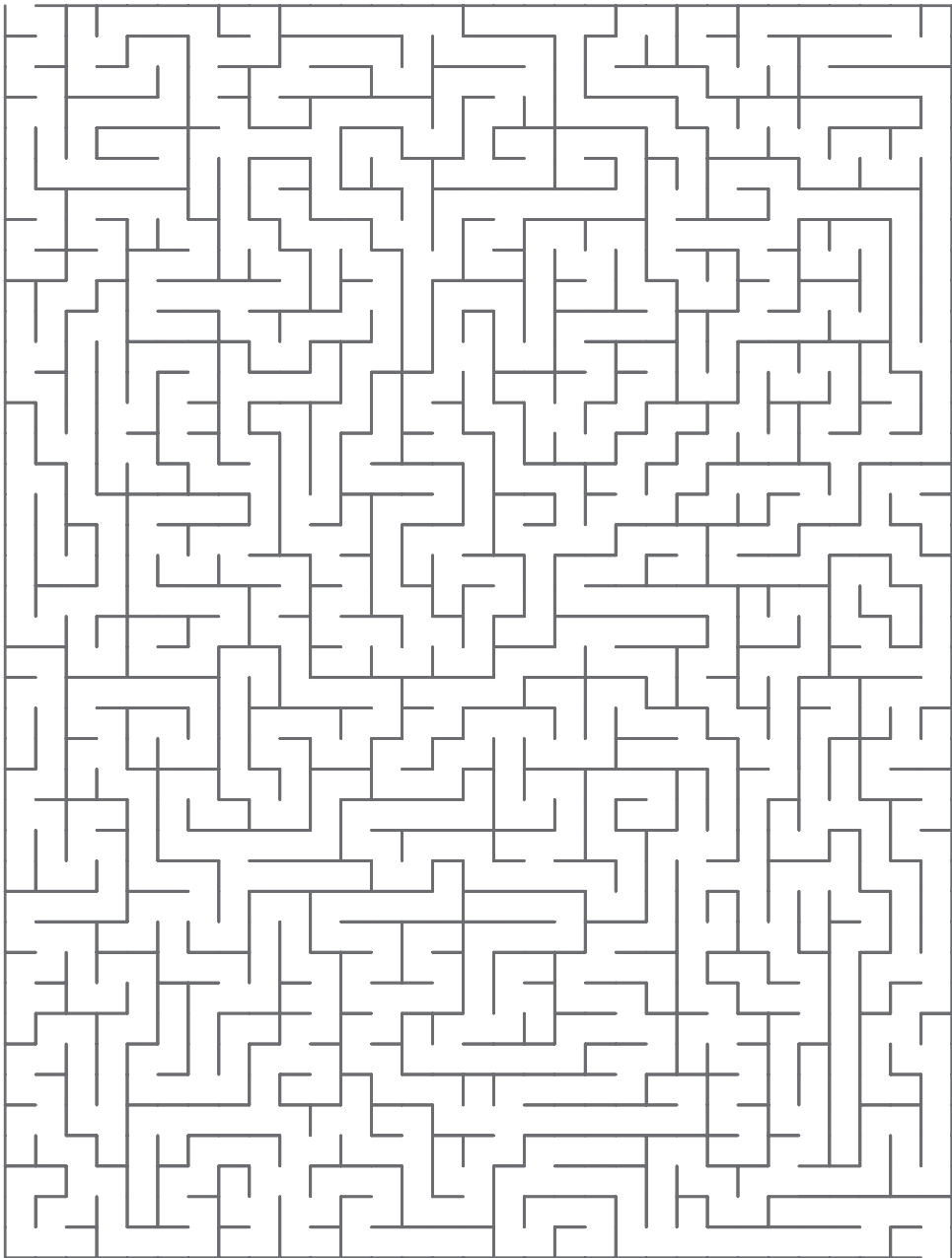
1. Quiet as a \_\_\_\_\_.
2. Another word for a rock.
3. Follow this path to outdoor fun.
4. Step over a log. Walk \_\_\_\_\_ a branch.
5. Your trip begins when you take the first \_\_\_\_.
6. It's fun to sing one when you hike or camp.
7. When your energy runs low, you should do this.
8. Jump over this wet spot on the trail.
9. Some animals dig these in the ground.
10. WHOOO is the wisest bird?

### Down

1. Wear them on your feet when you hike.
2. When the clouds are gone, the sky is \_\_\_\_\_.
3. This critter looks like a frog but is different.
4. It lives on the trail and leaves a slimy trail.
5. A trip that's full of fun and exploration.
6. A campfire turns wood into \_\_\_\_.
7. Need a rest? Sit in its shade!
8. To set up camp, you \_\_\_\_\_ a tent.
9. Shout across a valley and you might hear this.
10. Stop and take a closer \_\_\_\_\_.



**Solve the maze!**



CAN YOU FIND ALL THESE SHAPES IN THIS GUIDE?





**PLASTIC INSERT #1**

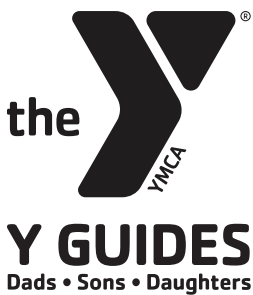
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**PLASTIC INSERT #2**

**HERE**

**WITH STICKERS**





### **YMCA OF THE TRIANGLE**

801 Corporate Center Drive, Ste. 200 Raleigh, NC 27607  
Visit [YGuides.YMCATriangle.org](http://YGuides.YMCATriangle.org)  
or call **919-719-9695** for more information.

### **YMCA MISSION**

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