“Father and Child, Blazing New Trails Together”

YMCA TrailBlazers Program Handbook

Arapahoe Nation
Father and Child,  
Blazing New Trails Together  

YMCA of the Triangle  

Trailblazers  
Program Handbook  

Arapahoe Nation  
2009-2010  

YMCA Mission Statement  
To put Christian principles into practice through programs that build a healthy spirit, mind, and body for all.
Father and Child, Blazing New Trails Together

YMCA of the Triangle

Trailblazers
Program Handbook
2009-2010

Arapahoe Nation

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YMCA of the Triangle Area, Inc.
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.

The first three years of the YMCA Guides and Princess Program lays the groundwork to forge a lasting relationship between fathers and their children. The manual lays out the first three years for Dads, to help them successfully fulfill the commitment made with the first exchange of bear claws at the first year fall outing.

The TrailBlazer program is intended to pick up at that point and make more memories, strengthening that relationship and bridging to the point that the children are no longer children. The TrailBlazer manual is written to help the TrailBlazers realize all the fantastic things that can be done with Dad over the next few years from fourth grade through high school. Looking back at your vests and necklaces you will be able to recap numerous memories of outings and activities you did together. Looking forward and planning your TrailBlazer patches you will see all the fun ahead and when you complete the program you will have more than a really cool jacket, you will have memories that build a strong relationship.

Come, join us!

YMCA
OF THE TRIANGLE

We build strong kids, strong families, strong communities.
Dedication

The YMCA Trailblazer program is a continuation of the Y-Guides & Princess experience. Building on the lasting memories of the past three years, the Trailblazer program focuses on the development of the 9–18 year old. It’s not unusual for participants to continue through high school, with opportunities for volunteer service within the Y-Guides and Princess program.

The aim of the program is to enrich the companionship and relationship of parents and children as they explore their environment, community and lives together. Tribes can continue together or father/child pairs can participate individually. Participants have literally hundreds of options for earning individual activity award patches. These awards emphasize personal growth and achievements, service to others and full support of the group’s activities. These awards are not a requirement, and many enjoy participating in the program without being involved in the awards program. Whichever path you follow, you’ll continue to build memories that you and your child will remember forever.

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

Y-Guides & Princesses,
Trailblazer 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.

- **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.
New Adventures with TrailBlazers

The TrailBlazers program normally starts when a child reaches 9 years of age, although some children start at 10 or 11. In the Y-Guides & Princesses program, most of the planning and decision making is done by the fathers. Because of the short attention span of children under the age of 9, activities are many and varied. Most children at the age of 9, however, are entering a new stage of development, and the TrailBlazer program is designed to take advantage of the growth opportunities that exist during this period of life.

One important goal of the program is to involve the older child in decision making, program planning and leadership. Children can be given a primary role in designing the programs and carrying them out while fathers provide important emotional support and help with decision making and problem solving. Looking at options, considering consequences, making decisions and acting on those decisions are skills that children this age can learn with the guidance of their fathers. This learning process also helps older children to develop and practice the skills of leadership and the social skills involved in relating to others their own age. Recognizing that older children are able to assist in the planning but are still willing to accept the suggestions and approval of the fathers is crucial to the success of the TrailBlazer program.

Projects at the excellence level take a greater investment of time and energy but they are designed to be things that you may want to pursue even without the program.

At this age, children usually develop preferences for specific activities and the TrailBlazer program allows for this heightened interest. A broad variety of activities and interests is recommended for children who are still in their elementary years. As children enter their pre-teen or teen years, however, their interests may narrow to two or three specific areas in which they would like to develop their skills and abilities. Fathers should understand and orchestrate this type of progression as activities are planned. Activities and experiences for older children should be based upon their needs to explore their own interests, their community and learn life skills which will serve them throughout life. They will also develop satisfying self-images as they move outside their home and achieve a deepening love and respect for all members of their family.

The activities of the TrailBlazer program is a bit different from those of the Y-Guides & Princesses programs. Simple camping and outdoor activities give way to more challenging activities, such as backpacking, horseback riding, snow skiing, paintball and more.

Every morning is a fresh beginning, every day is a world made new.
“Father and Child, Blazing New Trails Together”

The slogan of the TrailBlazer program is intended to describe the continuing 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.

The Teen Years

Many participants entering the teen years continue in the TrailBlazers program. They are experiencing a time in their lives that is flooded with various feelings. For many, it is a time of real challenge. The pressure to be accepted, to do well in school and in other endeavors, to get along with parents and to be attractive to the opposite sex creates a great deal of stress for a youth going through the early teen years. There are for teenagers, as there are for adults, times of great exhilaration and great depression, but some researchers suggest that teens often have higher highs and lower lows than adults do. The time spent in either of these, however, is less than adults might spend. Changes in anatomy and body chemistry further complicate the lives of teenagers.

Fathers and mothers have an important, although different, role to play during the teen years. A challenge for adults trying to communicate with teens is to know when the teens want parent involvement and when they do not. Far more patience is required at this stage than at any other time in earlier years and parents need to avoid, as often as possible, causing feelings of insecurity and inadequacy in their child. Parents should remember, above all, that parent support is a blessing for teens. While teens may not show appreciation, they desperately need to feel that they are loved for who they are, and not for what they do or don’t do. Teens, although many would not admit it, look to parents for guidance. Setting guidelines together with your teen, and then monitoring those guidelines appropriately, can ease tension and prevent misunderstandings. These years mean more opportunities for teens, but also more responsibility. The guidance and understanding of parents at this time is crucial.

“While teens may not show appreciation, they desperately need to feel that they are loved for who they are, and not for what they do or don’t do.”
Aims & Pledge

The Aims

1. To be clean in body and pure in heart.

2. To be “Pals Forever/Friends Always” with my father/son/daughter.

3. To love the sacred circle of my family.

4. To listen while others speak.

5. To love my neighbor as myself.

6. 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.”

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 Y-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 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.

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

Honesty is the first chapter in the book of Wisdom.
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-Guide and Princess, Trailblazer and Trailmates 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.

In 2002, the official name of the program became Y-Guides and Princesses. Although the word “Indian” was dropped, the Native American theme was not, and as always, our focus is on the father/child relationship. There have been several other changes like the consolidation of Trailblazers and Trailmates into one program for both boys and girls, keeping the name TrailBlazers but the quality of the programs has been maintained, and the number of participants has grown substantially over the years to nearly 12,000 in 2009. The YMCA pledges to you its continued “high priority” emphasis on these most important programs.
The Emblem

The Emblem for the TrailBlazers program uses the YMCA’s traditional colors of red, blue, yellow, green and purple.

The red circle lists the YMCA at bottom as the sponsoring organization, along with the name of the Trailblazers program, both in yellow.

The orange triangle in the middle contains two feathers side-by-side, representing father and child. The triangle symbolizes the YMCA of the Triangle, as well as symbolizing the YMCA’s mission to “build a healthy spirit, mind, and body,” with “Mind,” “Body” and “Spirit” listed outside the triangle.

The circle patch is given in the fourth year of the program (first TrailBlazer year) and additional rocker bars are awarded for each year of participation thereafter, all the way through the twelfth grade.

When life hands you lemons, be thankful and make lemonade.
## Arapahoe Nation Chiefs

<table>
<thead>
<tr>
<th>Year</th>
<th>Chief Name</th>
<th>Nickname</th>
</tr>
</thead>
<tbody>
<tr>
<td>1969</td>
<td>James Ould</td>
<td>“Iron Horse”</td>
</tr>
<tr>
<td>1970</td>
<td>Bob Crosswhite</td>
<td>“Standing Rock”</td>
</tr>
<tr>
<td>1971</td>
<td>Harlan Berland</td>
<td>“Buffalo Horn”</td>
</tr>
<tr>
<td>1972</td>
<td>John Hall</td>
<td>“Yellow Moon”</td>
</tr>
<tr>
<td>1973</td>
<td>Bill Powell</td>
<td>“Gray Wolf”</td>
</tr>
<tr>
<td>1974</td>
<td>Jim Bundy</td>
<td>“Strong Wolf”</td>
</tr>
<tr>
<td>1975</td>
<td>Chip Anderson</td>
<td>“Running Bear”</td>
</tr>
<tr>
<td>1976</td>
<td>Bill Marley</td>
<td>“Standing Wolf”</td>
</tr>
<tr>
<td>1977</td>
<td>Cary Krueger</td>
<td>“Thunder Cloud”</td>
</tr>
<tr>
<td>1978</td>
<td>W E “Bill” Freeland</td>
<td>“Lazy Wolf”</td>
</tr>
<tr>
<td>1979</td>
<td>Allan Head</td>
<td>“Wise Wolf”</td>
</tr>
<tr>
<td>1980</td>
<td>Vernon Jones</td>
<td>“Spotted Elk”</td>
</tr>
<tr>
<td>1981</td>
<td>Charles Austin</td>
<td>“Standing Horse”</td>
</tr>
<tr>
<td>1982</td>
<td>Tom Vitaglione</td>
<td>“Dusty Rabbit”</td>
</tr>
<tr>
<td>1983</td>
<td>Ron Williams</td>
<td>“Wise Deer”</td>
</tr>
<tr>
<td>1984</td>
<td>Pat Elliot</td>
<td>“Onakawa”</td>
</tr>
<tr>
<td>1985</td>
<td>Vernon Harris</td>
<td>“Red Wolf”</td>
</tr>
<tr>
<td>1986</td>
<td>Joe Downing</td>
<td>“Brown Eyes”</td>
</tr>
<tr>
<td>1987</td>
<td>Harry Bowles</td>
<td>“Creeping Duckstalker”</td>
</tr>
<tr>
<td>1988</td>
<td>Dave Tennant</td>
<td>“Full Moon”</td>
</tr>
<tr>
<td>1989</td>
<td>Root Edmonson</td>
<td>“Stone Feather”</td>
</tr>
<tr>
<td>1990</td>
<td>Larry Ford</td>
<td>“Big Bark”</td>
</tr>
<tr>
<td>1991</td>
<td>Joe Mitchiner</td>
<td>“Twin Retriever”</td>
</tr>
<tr>
<td>1992</td>
<td>Bill Watson</td>
<td>“Big Paw”</td>
</tr>
<tr>
<td>1993</td>
<td>Buddy Fowler</td>
<td>“Running Wolf”</td>
</tr>
<tr>
<td>1994</td>
<td>Dick Armstrong</td>
<td>“Medicine Man”</td>
</tr>
<tr>
<td>1995</td>
<td>John Avant</td>
<td>“Pot of Gold”</td>
</tr>
<tr>
<td>1996</td>
<td>Wayne Moser</td>
<td>“Eagle Eye”</td>
</tr>
<tr>
<td>1997</td>
<td>Barry Penland</td>
<td>“Bald Eagle”</td>
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<tr>
<td>1998</td>
<td>Frank Ragsdale</td>
<td>“Scratching Dog”</td>
</tr>
<tr>
<td>1999</td>
<td>John Linderman</td>
<td>“Hairy Bear”</td>
</tr>
<tr>
<td>2000</td>
<td>Rex Todd</td>
<td>“Soaring Eagle”</td>
</tr>
<tr>
<td>2001</td>
<td>Mark Niemchak</td>
<td>“Bone Cracker”</td>
</tr>
<tr>
<td>2002</td>
<td>Bob Watral</td>
<td>“Big Thunder”</td>
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<tr>
<td>2003</td>
<td>Don Fisher</td>
<td>“Wildcat”</td>
</tr>
<tr>
<td>2004</td>
<td>Colyn Bacon</td>
<td>“Muddy Waters”</td>
</tr>
<tr>
<td>2005</td>
<td>Ed Cochrane-Brown</td>
<td>“Blue Condor”</td>
</tr>
<tr>
<td>2006</td>
<td>Bryan James</td>
<td>“Gray Bear”</td>
</tr>
<tr>
<td>2007</td>
<td>Alan Dickinson</td>
<td>“Wide Wing”</td>
</tr>
<tr>
<td>2008</td>
<td>Brendan Bailey</td>
<td>“Red Cloud”</td>
</tr>
<tr>
<td>2009</td>
<td>Roger Winstead</td>
<td>“Rolling Rock”</td>
</tr>
<tr>
<td>2010</td>
<td>Nelson Scott</td>
<td>“Black Crow”</td>
</tr>
</tbody>
</table>

### Daring Greatly

It is not the critic who counts, not the man who points how the strong man stumbled or where the doer of deeds could have done them better.

The credit belongs to the man who is actually in the arena; who’s face is marred by dust and sweat and blood; who strives valiantly, who errs and comes up short again and again; who knows the great enthusiasms, the great devotions, and spends himself in a worthy cause; who at the best knows in the end the triumphs of high achievement; and who at the worst, if he fails, at least fails while daring greatly; so that his place shall never be with those cold and timid souls who know neither defeat nor victory.

Theodore Roosevelt

---

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

Outings

TrailBlazers experience new and different adventures, featuring four major outings:

Fall Outing at Camp Rockmont (August/September)
TrailBlazers have a great time at Camp Rockmont in Black Mountain, North Carolina! Along with the beautiful mountain scenery, Rockmont has it all including the Gully Washer water slide, climbing wall, the Blob (“Fear the Moose!”), .22s, archery, swimming, BB target practice, Saturday night cookout, square dancing, and an exciting evening campfire on top of the mountain. There’s also an optional whitewater rafting trip down the French Broad River.

Ski Trip
Jump on the bus to Winterplace Ski Resort for a day of skiing and snowboarding.

Trip to Washington, D.C.
Come on take a trip to our Nation’s capital for a 3-day extravaganza, including the "Washington at Night" bus tour.

Spring Outing at Camp Sea Gull/Seafarer
You’ve been to Sea Gull & Seafarer before, but you get to do more! You’ll shoot .22s instead of BB guns. There’s also sailing and boating!

TrailBlazers are still welcome to participate in all other Nation events including Kite Day, Winter Inning, Park Clean Up Day and more!

Awards

There’s a whole new award patch program for the TrailBlazer program! The number of exciting and educational things to do together is extensive as can be seen by the over 200 activities listed in this handbook. Each award may be earned independently as a Father/Child pair, or your tribe may earn awards as a group. For those who prefer to be less awards-oriented, you can simply enjoy the major outings and create your own tribe activities in the spirit and fellowship of the TrailBlazers program.

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

Dads-Only Meeting

Like the Y-Guides/Princesses programs, a Dads-Only meeting is the essential starting point to a successful TrailBlazer tribe. Listed below are items that need to be discussed:

- **The Focus of the Tribe**
  Some tribes choose to be loosely banded together, attending the four major outings and doing other, self-designated activities as a tribe. Others choose to take advantage of the TrailBlazer awards system to guide father/child interaction.

  Before selecting tribal officers, the tribe should thoroughly discuss the focus it wants and the Dads should discuss who has the time and willingness to commit to making the year a success.

  The TrailBlazer program does not have to be as focused on the tribe. It is up to each pair to determine their on trail to blaze. If your tribe chooses to work together on awards, it may help to do a monthly schedule with each father/child pair responsible for arranging an award-earning outing or activity for the entire tribe. Responsibilities include reserving facilities, identifying equipment needs, providing materials, and booking an expert leader/teacher if desired by the tribe.

  Always remember that the **father-child relationship is paramount**! This relationship is much more important than the activities and the awards, which are program tools to help you foster a strong family bond based on love and understanding; one that comes through spending quality time together.

- **Selection of Officers**
  Having decided on the focus, the tribe should select a Chief, Sachem, Tallykeeper, Wampum Bearer, and Fetchum, who will all commit to smooth and enthusiastic function of the tribe. This may be done as an election but may as well be done by the Dads deciding who can commit to the success of the tribe.

- **Tribe Meetings**
  Tribes are encouraged to get together for either a meeting or an outing once a month. The TrailBlazer program allow more flexibility than Y-Guides/Princesses, so your tribe can decide how your meetings are conducted. Tribes that commit to a calendar of meetings and meet regularly are more likely to enjoy the fellowship and experiences provided by the program. Regular meetings may follow this familiar format: Opening ceremony (prayer, pledge, aims, slogan), Tallykeeper report (awards), Wampum Bearer report, main event, refreshments, Closing ceremony (prayer) or may choose a less formal format.

*Promise only what you can deliver. Then deliver more than you promised.*
Arapahoe Nation TrailBlazer Program Patch Awards

Earning TrailBlazer patches is a fun way to continue learning, serving and growing and at the same time collect those visual reminders (patches!!) of how much fun you had and how much effort you spent along the way. Since the TrailBlazer program goes through high school it is important that there be activities ranging in difficulty to remain interesting and challenging from fourth grade through the twelfth. It is also important to provide a variety of options wide enough to account for the many interests the TrailBlazers will develop as they grow into young adults. To that end, your YMCA Guides and Princess Elder Council has planted these seed activities designed to give you and your Dad many hours of fun together while at the same time providing you a way to explore your interests in diverse fields and provide service to your family and community.

When you see an activity and think how much you may enjoy it but it looks too difficult now, think about five years from now. Also, over the years the number of activities is expected to grow as more ideas come forward and are approved for inclusion in the list.

There are five areas in which to earn patches and each patch has three levels. Each of the activities listed in this manual fits into one of the five areas.

The five areas are:

- Life Skills
- Service
- Great Spirit
- Sports and Fitness
- Forest, Field and Stream

Each patch has three levels and higher level patches are inserts which add to the lower level patches. You do not have to earn all three levels in the same year and if in designing your jacket you like the look of the patches at the three different levels there is no pressure to earn the higher level inserts. Remember, this is your program and your time and we have designed the system to allow you to modify it to your preferences. There are a lot of activities and some of them can be used to earn patches in either of two areas. Doing the activity does not earn patches in both areas but you have a choice of the area in which you are earning a patch.

*If at first you don’t succeed, you’ve got something to look forward to tomorrow.*
The Patches

As mentioned earlier, there are five areas in which you can earn patches and each area has a different patch. Here is a description of the colors and symbolism used in the patches and inserts for the different areas. All of the patches have a base color and a contrast color and all but the Great Spirit patch have a black background on the extra effort insert. The meanings of the symbols and the colors will be explained in the pages to come.

The patches have a hexagon shape which allows you to build your own colorful designs on your jackets.

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

The Forest, Field and Stream patches are earned for taking care of our planet. The base color on this patch is green (surprise!) for the plants which convert the sun’s energy into a form we can use and produce oxygen for us to breathe. The contrast color is blue which stands for clean water we and the plants certainly need to survive. The symbol used on this patch is the mountain range which in Native American cultures stands for prosperity and abundance. If we take care of our world we will
The Patches

The **Life Skills patches** are rewarded for learning those skills which will help you as you grow into independence. Dad’s role on these patches may be that of a teacher or it may give him a chance to look into something more deeply than he has had time in the past. The symbol used for the life skills patch is a Native American symbol for the four stages of life: Infancy, Youth, Maturity and Old Age. Yellow is the base color for the life skills patch because it represents intellect. The contrast color is green which stands for the natural influences which you will need to understand as you grow life skills.
The Patches

The Great Spirit patches are earned for activities and accomplishments leading to Christian growth for you and Dad and sometimes others. The symbol used for this patch is the Native American dragonfly symbol which was used for the Great Spirit. It was intentionally shaped like a cross to show conversion to Christianity and still show respect for the old ways. The Base color of this patch is white for the purity of Christ. The contrast color on the base patch and background color for the extra effort is red for the Blood of Christ which brings us the purity and the gold accent on the extra effort patch is yellow (representing gold) which stands for the royalty of Christ.
The Patches

The Service patches are earned when you and Dad do one of the activities which is defined as a service for a group or an individual. Serving others is a very important part of personal growth. The symbol for the service patch is the hand. It is the Native American symbol representing mankind’s work, accomplishments and history. The base color of red is used because the red feather was the feather for service in the Guide / Princess program and it is only natural to carry it forward here. The contrast color is gold which stands for the wealth of being a good servant. It is better to have a good name than great riches.
The Patches

The **Sports and Fitness patches** are earned for activities which lead to a healthier stronger you (and Dad) but it is OK if it just feels like fun. The base color of this patch is blue because it is a strong color. The contrast color is white for purity. This patch is good clean fun and having a strong pure body is certainly fitness. The symbol for this patch is the wolf paws. Predator paw prints in Native American culture often stand for direction and leadership, both of which are fostered through sports and fitness. Among the predators the reason the wolf paws were chosen is the active role the Father wolf has in raising of the pups.
The Patch Activities

Here are listed the activities which will earn you TrailBlazer patches. Even though the patches are great and the things you do to earn them will be fun and educational, the most important thing is that you and Dad do them together. Even when the wording of the activity is more into what is to be done than who will do it remember that TrailBlazers is all about you and Dad building memories which will last forever. Also, since not all tribes stay together for the full length of the program, whenever you see reference to “your tribe” in the activities, if your tribe is no longer active you may substitute another group such as family members, Sunday school class, neighbors, etc. Now Have Fun! HOW-HOW!

**Patch**
- Adopt a Stream
- Understanding Plants
- Landscaping
- Hiking
- Camping
- State or National Park Exploration
- Fire starting
- Recycling/Waste Reduction
- Create a Walking Trail
- Adopt a Highway
- GPS and Geocaching
- Skiing or snowboarding
- Sporting Game Rules
- Boating Safety
- Horseback Riding
- Swimming
- Archery
- Skin and Scuba Diving
- Rock Climbing
- Nation Sports Tourney
- Bible Study
- Dad Lead SS, Youth Group
- Dad Chaperone Field Trip/mission Trip/Other activity
- Habitat for Humanity

**Patch Area**
- Forest, Field and Stream
- Forest, Field and Stream
- Forest, Field and Stream, Life Skills
- Forest, Field and Stream, Sports and Fitness
- Forest, Field and Stream
- Forest, Field and Stream, Life Skills
- Forest, Field and Stream
- Forest, Field and Stream, Service
- Forest, Field and Stream
- Life Skill
- Sports and Fitness
- Sports and Fitness
- Sports and Fitness, Life Skills
- Sports and Fitness
- Sports and Fitness
- Sports and Fitness
- Sports and Fitness
- Sports and Fitness
- Great Spirit
- Great Spirit, Service
- Great Spirit, Service
- Service

*Grace is the cause, forgiveness is the result.*
The Patch Activities

Charity Walk/Run
Organize and implement a celebration for someone.
Campaign/Legislative Work
Design a Nature Class
Coat Drive
Nursing Home
Teaching Kids to Read
Fund Raiser
Personal Communication Skills
Roberts Rules of Order
First Aid – First Responder – C-PRO
Budget
Wood Working
Banking
Plan and execute a family vacation
Plan a weekend for the family
Tools Use and Care
Computer Hardware Skills
Software Skills
Political Preparation and Voting
Home Maintenance and Repair
Driving
Family First Aid
Culinary Companions
College Search
Automobile Maintenance
Contract a Job with Dad
Plan and Plant a Garden
Research Your Family Tree
Plan and Implement a Home Network
Grocery Store 101
Family Taxes
Constitution
Collections
How Does an Engine Work?
Automobile Maintenance

This is a day of opportunity.
The Patch Activities

Home Maintenance  Life Skills
Political Preparation and Voting  Life Skills
Bicycle Maintenance & Repair  Life Skills
Tool Use and Care  Life Skills
Car Detailing  Life Skills
Shooting & Hunting Safety  Life Skills
Knot Tying  Life Skills
T-Shirt / Patch Design  Life Skills
Music – Jamming with Dad  Life Skills
Ballroom Dancing lessons/Other Dance Lessons  Life Skills, Sports and Fitness
Study a foreign language together  Life Skills
Photography  Life Skills
Diners/Drive Ins/Dives  Life Skills
Conduct Service of Worship  Great Spirit, Service
Healthful Eating  Life Skills, Sports and Fitness
Prayer Time  Great Spirit
Housekeeping  Life Skills
Aerobics/Weight Training  Sports and Fitness
Show respect for our nation’s military.  Life Skills, Service
Honoring the flag of the United States of America  Life Skills, Service
Formal Meal  Life Skills
Comparison Shopping  Life Skills
Auto Inspections  Life Skills
Understanding Credit  Life Skills
Working with Auto Mechanics  Life Skills
Socially responsible investing  Life Skills
Dedicated Pet Ownership  Life Skills
Helping Senior Citizens  Service
Service hours for YMCA  Service
Jump Start A YGP Tribe  Service
Participate in a run or walk event  Service
Why am I what I am?  Great Spirit

Grace is the cause, forgiveness is the result.
The Patch Activities

Activity Name: Adopt a Stream
Area(s): Forest, Field and Stream
Base Patch:
You and your dad contact your local municipality or go online to research your local “ Adopt a Stream” program. Examples would be [www.raleighnc.gov](http://www.raleighnc.gov) or [www.ncbigsweep.org](http://www.ncbigsweep.org). Research pollution in our waterways and create a presentation or report for your tribe on the effects pollution and littering has on waterways. Discuss ways you can help to keep waterways clean.

Extra Effort Insert:
Choose a body of water that needs your help. Together, decide on a stream/waterway that they would like to help keep clean. Spend time together at least twice a year cleaning that steam/waterway (a lake or pond will work as well) removing as much litter from the area as possible. Once removed, make sure to dispose of the litter properly. Keep in mind the tools and equipment you will need to maintain your clean up: trash bags, rakes, ax, shovels. You may even have a boat that you could use!

Excellence Insert:
Contact your local municipality and arrange to actually adopt a stream or waterway. Following the guidelines of the organization you choose, remove as much debris and litter as possible. Typically twice a year is required and there is a minimum age. This would be considered excellence for this patch due to the fact that most programs require multiple year commitments. You and Dad could even organize a weekend event and get your community involved with helping to clean the waterway of your choice.

Activity Name: Fire starting
Area(s): Life Skills
Base Patch:
Learn to start a fire using tinder, kindling and firewood you gather yourself.

Extra Effort Insert:
Start a fire without using matches (yes this means without lighters too).

Excellence Insert:
Put together a fire starting kit and instructions and teach someone who does not know how to start a fire to start a fire using tinder, kindling, gathered firewood and no matches.

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

**Activity Name:** Understanding Plants

**Area(s):** Forest, Field and Stream

**Base Patch:**

Select a few activities from the following list:
- Tour the NC State University Arboretum or a similar location
- Visit the State Farmer’s market
- Plant a seed and raise it to maturity. It can be a flower or a fruit/vegetable
- Participate in a structured nature program at a facility such as Hemlock Bluffs Nature Preserve or Lake Crabtree Park that has a teacher or park ranger leading the activity.
- Identify and collect 10 different weed specimens
- Write a report on one of the following: weed control, how weeds are scattered, four parts of a weed specimen, weed pollen problems, or skin irritation caused by weeds
- Identify and collect the leaves of any five trees, and write a report on how trees fit into the earth’s life cycle.
- Visit a zoo and list five wild animals native to NC

**Extra Effort Insert:**
- Plant a garden with Dad’s help and take care of it for 4 weeks. Weed and tend to your parents’ garden for 4 weeks. Investigate pesticides and their affect on the environment, food, and the creatures that consume them. Make a chart of the pros and cons of organic food.

**Excellence Insert:**
- Research the concept of crop rotation. Review the plants you grew in your garden the first year and grow a complementary garden the next year. Another option is to explore an alternative growing method such as hydroponics. Put together a presentation on your activities and findings and present to your tribe.

Thankfulness is a heart full of gratitude, not a heart full of possessions.
The Patch Activities

Activity Name: Landscaping
Area(s): Forest, Field and Stream, Life Skills

Base Patch:
Spend time together in the yard. You and your dad can spend time in your yard doing whatever it is that needs to be done. Whether it’s raking leaves in the fall, mowing the yard in the spring or summer or just picking up sticks or maybe even planting a tree or bush.

Extra Effort Insert:
With your dad’s help, create a basic landscape plan to renovate or improve some portion of your yard. Draw out your plans and discuss the types of plants, trees or shrubs you want to include. Research each of your choices to find out what climate work best, how big your plants will grow and the care needed to make sure your plants survive and look their best. Go to your local nursery and pick out your materials.

Plan ahead and discuss the tools needed to make your project go as smoothly as possible.* Parents should supervise and use good judgment when working with any power tools. If you allow your child to operate any power tools be sure to go over all safety rules for using the tool properly.

Father and child should both maintain this area of the yard that you both created. This will be a great way to preserve a memory of time spent together. Not to mention creating more value and curb appeal to your home.

Excellence Insert:
Together, design a set of basic landscaping plans for someone you know that could use the help. (Someone from your family, church or other group that would not be able to do the work themselves) You may want to include the tribe and make the initial install a weekend project. Following the same guidelines as in the Extra Effort for this patch, plant new plants/trees or shrubs and create natural areas to beautify someone’s yard.

Take before and after photos to show how a little work goes a long way!

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

Activity Name: Hiking
Area(s): Forest, Field and Stream, Sports and Fitness
Base Patch:
You and Dad work together to map, plan and execute a hike of at least 5 miles. This does not need to be in one outing but you should log your hikes. Use local greenways and state park trails. Make note along the way of some of the wildlife you see. Document time, temperature, and weather conditions. Report this back to the tribe (this could also be a tribe function).

Extra Effort Insert:
Map out and plan a single 8-10 mile hike carrying a backpack containing a change of clothing, water, compass, and a flashlight. Remember to take snack food for the hike and to document your trip.

Excellence Insert:
Plan and execute an overnight hiking and camping trip. One option is the Appalachian Trail. You can simulate locally at one of the many parks. (if your dad is a goofball hire a guide) Pick 2 trails to hike with a backpack carrying items like in step 2. These trails can be any state park or local trails like Umstead Falls Lake, Camp Kanata, and Eno River. This should be hiked in 1 weekend and each trip should be at least 4 hours long.

Activity Name: Camping
Area(s): Forest, Field and Stream
Base Patch:
Just you and Dad should plan and execute an overnight camping trip. Make a list of items needed and plan for at least 3-4 meals without electrical equipment except flashlights. (This could be a tribe function).

Extra Effort Insert:
Look up “primitive camping” and “zero impact camping” and plan and execute another overnight which is primitive and zero impact.

Excellence Insert:
(Options – multi night or 2-3 night primitive or hike in)

Make up a list of camping gear needed for a 4 day overnight tent camping trip, including meals. Show what equipment must be put in place first to make it a successful camping trip. Present to tribe.

Write a report on the importance of safety while you are camping. From picking the area- location to camping gear, food and meal preparation to clothing and fire building and shelter.

Execute one of the options, either just the two of you or with your tribe.

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

Activity Name: State or National Park Exploration
Area(s): Forest, Field and Stream
Base Patch:
Research and compile a list of the state or national parks in your state. From the list pick 3 different parks based on their unique features, example tallest mountain in the state, largest rock face, longest water fall, the most hiking trails, beach access, etc. research each of the 3 parks. Determine when the park opened, how large the park is, what is the history of that park, and what amenities do they offer to the public.

Extra Effort Insert:
Plan and take a trip to the park of your choice. Include in your plan driving directions to the park, the hours the park is open, entrance fees, access to park facilities. Identify any 3 items at the park that you would want to see or do, for example hike a trail to a waterfall, swim in the lake, go fishing, etc. Log your experience.

Excellence Insert:
Take more then one trip and on each of your trips, include a meeting with a park ranger. Visit the park office, and any historical builds/locations /etc on the park property. Record your experience and what you have learned about our park system and the life of a Ranger.

Activity Name: Create a Walking Trail
Area(s): Forest, Field and Stream, Service
Base Patch:
Map out and measure a walk around your neighborhood of at least two miles. Pick out special spots to look for such things as wildlife habitats, stream crossings, friend’s houses, outstanding landscaping, or other points of interest. Present this information to your family and go for a walk at least once a week as a group. Keep this up for at least for one month.

Extra Effort Insert:
Research local public trails and lands that are available for you to walk. Explore several of these trails. Contact the local land management (i.e. local or state park, land trust, etc) and volunteer to help maintain the trail. Perform trail maintenance for at least one year on their schedule.

Excellence Insert:
Create a walking trail in an appropriate area. Using your research of available local public lands, discuss with the land management groups the potential for creating a trail. Pick out a location, scout the trail and begin clearing (smaller brush etc) for the trail. Be sure to comply with any

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

Activity Name: Recycling/Waste Reduction
Area(s): Forest, Field and Steam
Base Patch:

You and your Dad implement a recycling program at home. Contact your local waste management authority to find out what materials can be recycled. Discuss recycling with your family (why it is important, what materials can be recycled and where). Make sure to recycle all items that can be, even if your local waste collection company doesn’t take them. Take these additional items (i.e. cardboard?) to a facility that recycles this material. Try to include composting of vegetable matter to further reduce the amount of waste produced by your family. Composting information is available on the internet, and compost can also be tied into a gardening activity.

Extra Effort Insert:

For one week, weigh your family’s garbage and record the amount of refuse and recyclables. Determine what percent of your waste is being recycled. Follow this with an effort involving the whole family to buy products with less packaging and find ways to reduce waste (see composting above). After implementing a waste reduction strategy, weigh your waste for a week and see if the recyclable content and total amount have been reduced.

Excellence Insert:

Implement a recycling program at your school, church, Dad’s workplace, or other facility that doesn’t already have one. Provide boxes, bags, or plastic bins for recyclables, label them, and pick up the materials once a week. Set up a rotation of recyclers to take the material if the local collection service doesn’t do it.

Alternatively, research and develop an information pamphlet on waste reduction/recycling for distribution at school or in your neighborhood etc. Distribute this pamphlet and work to promote recycling.

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

**Activity Name:** Adopt a Highway  
*Area(s):* Forest, Field and Stream  

**Base Patch:**  
Set up a schedule to walk your neighborhood roads and pick up garbage on the roadsides.  
Involve your family, neighborhood friends, and/or tribe. Do this at least once a quarter for a year. Be sure to have adult supervision and choose a location that does not involve high speed traffic or dangerous situations.

**Extra Effort Insert:**  
Research the NCDOT Adopt-A-Highway program. Gather the information and application materials and review their requirements. Get a group you are involved in (tribe, church, scouts, sports team etc) to join you and sign up for the program. Sign up on-line and get the materials and training necessary to do the work. (NOTE: There are minimum age requirements for this program so it should not be undertaken until later years).

**Excellence Insert:**  
Perform your Adopt-A-Highway duties for at least one year.

**Activity Name:** Skiing or snowboarding  
*Area(s):* Sports and Fitness  

**Base Patch:**  
Master Basic Skills  
- Learn about skiing safety and slope courtesy  
- Put on equipment  
- Stand-up  
- Move around on flat terrain  
- Turns  
- Stopping  
- Navigate a beginner trail (green)

**Extra Effort Insert:**  
- Plan a ski or boarding trip for yourself and Dad or the family.  
- Successfully Ski an intermediate (blue) course from top to bottom (without falling)

**Excellence Insert:**  
- ...on another trip  
- Successfully Ski an advanced (black) trail from top to bottom (without falling)  
- Help someone else with the basic skills.

*Kindness:* A language deaf people can hear and blind people can see.
The Patch Activities

Activity Name: GPS and Geocaching
Area(s): Life Skill
Base Patch:
Learn the basic principles of a GPS unit.
What does GPS stand for?
When did GPS become available for public use?
How are satellites involved in GPS?
How is a GPS used and what information does it give you?

Extra Effort Insert:
Dad or you should obtain (buy, rent, borrow) a GPS unit and learn the functions and practice using it.
Using the GPS Unit – route a trip to a familiar destination. (e.g. school or church)
Note what happens if you purposely make a wrong turn.
Using the GPS Unit – plan a trip to an unfamiliar destination.

Excellence Insert:
Use the Coordinates feature of a GPS Unit.
Plan and participate in a GPS Scavenger hunt.
Hide items, note their location, and create a treasure map for your Dad to use the GPS Unit to find the hidden items.
Now have your Dad hide the items and see if you can find them.
Look for the three Geocache locations nearest your home on geocaching.com and find them. Perhaps even establish your own cache and register it.

Activity Name: Sporting Game Rules
Area(s): Sports and Fitness
Base Patch:
Research and learn the basic game rules including official scoring for a sport of your interest, e.g. baseball/softball, soccer, bowling, etc. Learn the rules to level of an umpire, game official or official score keeper.

Extra Effort Insert:
Attend a game or sporting event with your dad. Practice making calls and rules enforcement, including keeping score.

Excellence Insert:
Volunteer together as an official/umpire/score keeper at your local YMCA or Parks and Recreation locations or a sport club. In most cases prior approval is needed from the athletics director of the association before you can volunteer.

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

Activity Name: Boating Safety
Area(s): Sports and Fitness, Life Skills
Base Patch:

Learn the rules of safe boating.
Obtain and study Vessel Operator’s Guide available from the NC Wildlife Resources Commission. (www.ncwildlife.org)
Learn the safety rules and equipment required for the type of boat you plan to operate.
Demonstrate the proper use of a PFD.

Extra Effort Insert:
Successfully complete a boater’s safety course.
Obtain Boater Education Certificates from the NC Wildlife Resources Commission (www.ncwildlife.org)
Complete a vessel walk-around inspection identifying the following components/terms:
Port
Starboard
Helm
Bow
Stern
Drain Plug (if equipped)
Oar Lock (if equipped)
Motor (if equipped)
Navigation Lights (if equipped)
Cleat
Anchor/Rode

Excellence Insert:
Demonstrate the safe operation of a boat.
Perform a walk-around inspection of the boat ensuring that all necessary components are installed and working properly.
Ensure that all persons are wearing a properly fitted PFD.
Successfully demonstrate the ability to move the boat in a straight line forward, turn to Starboard, turn to Port, and reverse.
Navigate the boat following the “Rules of the Road”
Demonstrate proper docking techniques.

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

Activity Name: Horseback Riding
Area(s): Sports and Fitness
Base Patch:

Take your Dad to visit a local horseback riding or training facility and plan a horseback riding trip (this could also be a tribe function). Discuss safety around horses.

Extra Effort Insert:
- Learn and give a presentation to your tribe about 5 different breeds of horses in the USA, names, place of origin, what they eat, where they live, and what many are used for, such as showing, riding, working, etc.
- Learn proper mounting and dismounting and safety.
- Attend a horse show or steeplechase
- Volunteer at a local stable for 1 day. Learn what it takes to maintain a horse for 1 day: cleaning stalls, feeding, brushing, and caring for the horses.

Excellence Insert:
- Enroll in horseback lessons (either Western or English) for a year.

Activity Name: Charity Walk/Run (3 separate events)
Area(s): Service
Base Patch:

Participate with your Dad in a charity Walk/Run.

Extra Effort Insert:
- Research the charity that is sponsoring a Walk/Run event.
- Learn about how the affliction that the proceeds will benefit.
- Gather sponsors to pledge money for your participation.
- Participate with your dad in the charity Walk/Run

Excellence Insert:
- Organize or volunteer in the organization of a charity Walk/Run event.
  - Choose a charity or an afflicted individual important to you that will receive the proceeds.
  - Gather participants. (tribe, friends, family, neighbors, classmates, etc.)
  - Educate your participants about the cause that you are working for.
  - Provide pledge forms to your participants to gather sponsors for the event.
  - Find a location and obtain permission to host your event. (Church parking lot, a local park, etc.) Due to safety concerns DO NOT use public streets.
  - Conduct your Walk/Run.
  - Participate with your dad in your charity Walk/Run
  - Deliver funds to the benefactor.
  - Feel good about your efforts.

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

Activity Name: Dad Chaperone Field Trip/mission Trip/Other activity
Area(s): Great Spirit, Service
Base Patch:

Dad should volunteer as a chaperone for your youth mission trip or other group activity.

Extra Effort:
Dad should volunteer for other trips and roles within the youth group.

Excellence Effort:
Dad should lead the organization of a trip activity. He should be responsible for all related items needed to make the trip a success…such as recruiting volunteers, arranging transportation, arranging the activity at the destination, hotels.

Activity Name: Habitat for Humanity
Area(s): Service
Base Patch:

You and Dad should research Habitat for Humanity and discuss the purpose of Habitat and how the program works, who it benefits and why it is good for your community. Prepare a report / presentation for the tribe to show what you discovered in your research.

If you have a local Habitat “Restore” visit that location and either make a donation of a building product or purchase some item that you may need in your own building project. This would be a great way for father and child to spend a Saturday morning. Be sure to stop for breakfast on the way or grab some lunch together while you’re out. Visit the Habitat website or call ahead to find out the kinds of materials they accept for resale if you plan to donate.

www.habitatwake.org www.durhamhabitat.org or www.johnstoncountyhfh.org would be good places to start.

Extra Effort Insert:
Contact your local Habitat Restore and arrange to volunteer at their location. Typical shifts are 2 to 4 hours. Log a total of 12 hours of volunteer hours over the course of 1 year.

Excellence Insert:
Spend time volunteering on a Habitat for Humanity build. The two of you should coordinate with your local Habitat group to find out about upcoming builds and what kind of volunteer work will be necessary. Your Dad may have construction skills or not. Habitat builds need all types of volunteer work to make the build successful. They need help with everything from the skilled labor of electricians, plumbers and carpenters to someone that can sweep up the house and help clean the jobsite. The important lesson here is that it takes a group effort to make your community a great place to live.

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

Activity Name: Organize and implement a celebration for someone.
Area(s): Service, Life Skills

You and your Dad pick a person and an event to celebrate. Discuss and decide how best to celebrate that event in a way that the person will most appreciate and enjoy then pick the venue and format of the celebration. If neither you nor your Dad have any experience in this activity, either consult a book, the internet or someone with experience. After all, it is OK for this to be a learning experience for both of you and you really want it to be good for the person you are honoring.

Create a budget.

If reservations are required, make them before determining the schedule for the event. With your Dad’s assistance, contact the possible venue’s to learn about possible schedules, prices and amenities they offer.

Create a guest list. If appropriate discuss seating arrangements. Create and send invitations. (Don’t forget to ask for an RSVP.)

Plan the activities for the event with a schedule so guests are always properly engaged.

Create a checklist for the supplies needed for the event and be sure you have them.

Decorate for the event, plan for and purchase the needed supplies.

Clean up afterward if appropriate.

Send “Thank Yous” as appropriate after the event.

Extra Effort Insert:
Prepare a toast or a short speech to honor the subject person.
Prepare a scrap book or PowerPoint presentation honoring the subject person to share during the event.

Excellence Insert:
Record the event via photographs or a video and present it to the person later. (a PowerPoint presentation is a good option here too)

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

**Activity Name:** Coat Drive  
**Area(s):** Service  
**Base Patch:**
You and Dad be the family representatives for an area coat drive, collecting coats from the family and taking them to the drop off point.  
**Extra Effort Insert:**
Go beyond your family and collect coats from friends who are willing to contribute to the drive.  
**Excellence Insert:**
Organize or volunteer for a local coat drive, contributing the coats to a local charity.

**Activity Name:** Nursing Home  
**Area(s):** Service  
**Base Patch:**
You and Dad visit someone from your church or someone you may know who is in a Nursing Home. Make it someone you would not normally visit so you can bring an unexpected high point to their day. (Not Grandma, you should visit her without getting a patch.)  
**Extra Effort Insert:**
Organize a tribal or other group activity to a Nursing Home, such as Christmas Caroling or having the Nursing Home distribute candy to the residents to give and your tribe or other group trick-or-treats at the Nursing Home. Another option is having a pet show at the Nursing Home. You will need to contact the Nursing Home with your ideas and make an appointment before scheduling an event. Some other ideas may include:  
- Helping a resident decorate his/her room  
- Do makeovers for the ladies  
- Have a shoe shining stand for the gentlemen (depending upon the facility and whether people dress each day)  
All activities require clearance of the facility. You should ask about an activity before you do a great deal of planning and facilities may actually have suggestions themselves.  
**Excellence Insert:**
Organize an ongoing visitation program, weekly, monthly etc.

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

Activity Name: First Aid – First Responder – C-PRO
Area(s): Life Skills
Base Patch:
Complete a first aid course with your Dad.
Extra Effort Insert:
Complete a CPR/AED course together. These are available from the American Red Cross, the American Heart Association, and others.
Excellence Insert:
You and Dad complete the instructor training for the CPR/AED course.

Activity Name: Budget
Area(s): Life Skills
Base Patch:
With your Dad’s help, track how much money you get and how you spend it. Once you have that information over two or three months, create a personal budget. Don’t forget about seasonal expenses like things you may buy at the beginning of school and Christmas presents. Work with your Dad to be sure you include all the things on which you spend. Once you have created your budget, track your income (from allowance, part time job or whatever) and expenses.
Extra Effort Insert:
Using your budget, plan how you can save money to purchase something you want that you can’t just go out and buy. Save a little each week or month until you have enough to make the purchase. Talk with your Dad about things he saves to purchase and how he budgets for expenses he knows he will have in the future. Now is a good time to talk about college tuition.
Excellence Insert:
Work with your Dad on a fictional household budget, assuming a salary you would likely make coming out of school. (pick High School or College and the appropriate income level). Use the local newspaper and internet to determine prices of housing, gas, clothing, food, utilities, etc.) Keep the budget for six months and see how you do.

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

**Activity Name:** Plan and execute a family vacation  
**Area(s):** Life Skills  
**Base Patch:**

Come up with several ideas for a family vacation and conduct a family meeting to discuss the options and pick one. Pick which contains something for everyone in the family. You and your Dad work together to plan the vacation. Use the internet or brochures if needed to pick among the choices of locations and activities. Conduct a second family to share your plans and inform everyone of the plans, possibly making minor alterations if others bring up any problems. Make a checklist of things which need to be done to prepare for being away from home, e.g. stop the mail, put your pet in the kennel, etc. You manage the checklist even if your parents have to do the items and be sure everything is done prior to travel.

**Extra Effort Insert:**

Work with your Dad to put together a budget for the vacation. If multiple activities are involved, put together a schedule which enables the family to best take advantage of all the activities.

If driving is involved, show your Dad how to Google maps with directions between each of the destinations. This includes driving once reaching a location by plane. (Don’t forget to reserve the rental car.)

If traveling by Airline, Train or Ship, use the internet to find schedules and ticket prices which fit your timing and budget.

If a Hotel or other overnight accommodations are involved, work with your Dad how to find the best Hotel accommodations fit for your family, cost vs. options on the internet.

If your Dad is a AAA member, request information for the trip you are about to take and if driving, compare directions you come up with on Google Maps with the AAA TripTic.

**Excellence Insert:**

Create a travel portfolio with all the tickets, confirmation numbers, maps and activity information in the order they will be used on the trip.

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

Activity Name: Collections
Area(s): Life Skills (or other based on collection)
Base Patch:
Document a collection you already have. Include information about the items in your collection such as date and place acquired and condition.
Extra Effort Insert:
Go to a museum and document a collection.
Excellence Insert:
Begin a collection from scratch and create a journal entry for each item in your collection.

Activity Name: How Does an Engine Work?
Area(s): Life Skills
Base Patch:
Research and learn the different types of engines. Learn how and why engines are different sizes and what are the pros and cons of a smaller engine vs. a larger engine.
Extra Effort Insert:
Learn the major components and their uses in an internal combustion engine, primarily the pistons, valves, camshaft, spark plugs and carburetor. Learn how each of the major parts interacts and relies on the other parts to perform their function. Answer the following questions.
What is the difference in a 2 stroke vs. 4 stroke engine?
How does a rotary engine differ from a piston engine?
What is the benefit of a hybrid engine and how does it work?
Excellence Insert:
Create a display illustrating how an internal combustion engine works. Label all major parts and prepare a short presentation for your family. Include some short trouble shooting tips on how to identify some common engine issues, i.e. out of gas, dead battery, etc. Design a new engine concept. It doesn’t have to work but use your creativity and what you have learned about engines to design a potential engine of the future.

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

Activity Name: Home Maintenance
Area(s): Life Skills
Base Patch:
Create a plan for regular home maintenance, and complete at least 2 of the tasks.
Extra Effort Insert:
Create a plan for regular home maintenance, and complete at least 5 of the tasks.
Excellence Insert:
Create a plan for regular home maintenance, and complete at least 8 of the tasks.

Sample home maintenance tasks:

Schedule an A/C tune-up. Just like an oil change for your car, a yearly tune-up can help spot problems before they start.

Clean Carpets. Carpets get a little dirtier each day even with regular vacuuming.

Clean Curtains/Blinds/Drapes. Curtains/Blinds/Drapes are havens for dust because of their folds and pockets that escape quick cleaning. Don’t forget these areas when cleaning.

Vacuum Refrigerator Coils. If allowed to remain dusty, it forces the refrigerator to work harder to keep cool.

Check Interior/Exterior Bulbs.

Clean Gutters.

Install/Remove Window Screens. If you have windows open during the spring and summer, screens help keep the bugs out. They can be ruined by the harsh weather of fall and winter, so be sure to take them down before the weather turns.

Wash windows.

Trim Trees/Shrubs.

Aerate/Fertilize/Seed Lawn.

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

Activity Name: Bicycle Maintenance & Repair
Area(s): Life Skills
Base Patch:
With your Dad research and learn how to conduct a general safety inspection including lubricating the chain, adjust the seat and handlebars to the proper height for the rider.

Extra Effort Insert:
With your Dad learn to identify when the bike is out of adjustment. i.e. seat height needs to be changed, brake cables are stretched and need to be tightened, gear derailleur is out of adjustment, etc. learn to identify and correct/replace flat or worn tires and worn brake pads. Learn how to adjust the rear derailleur on your bike and perform the adjustment. Check wheels to see if they need straightening, and straighten as needed.

Excellence Insert:
You and your Dad take the knowledge you have learned and use it to help others. For example: Hold a bike repair workshop with the neighborhood kids to teach them what you have learned Collect some bikes no one wants any more and refurbish them and donate them to charity.

Activity Name: Tool Use and Care
Area(s): Life Skills
Base Patch:
Research and learn to identify 5 hand tools that can be used in basic household maintenance. Learn the proper storage and maintenance of these hand tools.

Extra Effort Insert:
Learn and practice the proper use and maintenance of 2 electric power tools.

Excellence Insert:
Learn and practice the proper use and maintenance of a gasoline powered tool.

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

**Activity Name:** Shooting & Hunting Safety

**Area(s):** Life Skills

**Base Patch:**

- Learn the rules of Safe Gun Handling.
- Always keep the muzzle pointed in a safe direction.
- Treat every gun as if it were loaded.
- Only load or cock a gun when you are shooting.
- Check your target and beyond your target.
- Anyone shooting or near a shooter should wear shooting glasses.
- Never climb or jump with a gun.
- Avoid ricochet.
- Keep the muzzle clear.
- Guns not in use should always be unloaded.
- Respect other people’s property.

Identify the parts of a gun.

- Safety
- Magazine
- Muzzle
- Trigger
- Trigger Guard
- Stock
- Butt
- Rear Sight
- Front Sight

**Extra Effort Insert:**

- Demonstrate proper shooting techniques.
- Following all safety and range rules demonstrate proper shooting techniques. (either a BB or a .22 Rifle)

(continued on next page)
The Patch Activities

(continued from previous page)

**Excellence Insert:**
Successfully complete a Hunter Education Course that:
- Satisfies the NC requirements to obtain a hunting license (you do NOT have to purchase a license)
- Includes information about hunter Responsibility
  - Wildlife conservation & management
  - Firearms
  - Survival
  - First aid

Show your tribe the proper way to safely load and fire a gun (these can be performed at camp). Using an unloaded gun, show your tribe the following: stock, butt, barrel, trigger, safety, chamber, hammer and firing pin.

**Activity Name:** Knot Tying
**Area(s): Life Skills**

**Base Patch:**
You and Dad both learn 5 different types of knots and how to tie each of them. Discuss each knot and ways that they can be used. You will also want to talk about the types of ropes that are used for different applications. Some locations on the web to research would be: [www.animatedknots.com](http://www.animatedknots.com) and [www.folsoms.net/knots](http://www.folsoms.net/knots)

**Extra Effort Insert:**
Apply what you learned from the Base patch and actually put each of the knots to work. Discover ways to use the knots around the house, camping, boating or hunting. You could even try and find new ways to use your knots and challenge each other to create new knots.

**Excellence Insert:**
Teach the tribe or other group knot tying. Using what you learned in the first two steps for this patch, teach others what you have learned and have a contest with your group to see who can tie knots the fastest, remember the most knots etc. This is a great way to spend time together and learn a very practical skill that can help you in the future.

Kindness: A language deaf people can hear and blind people can see.
Activity Name: T-Shirt / Patch Design
Area(s): Life Skills

Base Patch:
Come up with an original design for a T-Shirt or patch. Think of things that you would want to have on a t-shirt or patch that you would want to wear. It could be original artwork or maybe a design or drawing involving one of your favorite sports, hobbies or activities. You could even come up with your own idea of how Rockmont, Spring Outing and Fall Outing t-shirts and patches could look! Use any materials you like to make your design. Use paint, markers, pencil or crayons. Anything you think that would make your design stand out and look like something that you would want to have on your own shirt or patch.

Extra Effort Insert:
Learn the process.
Visit a screen print shop or patch maker and find out how shirts and patches are created to promote everything from group activities, events and businesses. Call ahead and set an appointment to meet with one of their representatives to give you a tour or maybe even arrange to spend a few minutes with one of their graphic designers and get some ideas on designs for something you would like to see on a patch or shirt.

Excellence Insert:
Have your design printed and use as a fund raiser.
Using an original design, have your shirts / patches made by a screen printer or patch manufacturer. Discuss a worthy cause to raise some money for and sell your design to help that cause.
Create a budget.
Set a goal that you want to raise for your cause. It can be any amount you want. Decide how much each item will cost to manufacture and decide on a selling price. Donate your proceeds to the cause of your choice.
This will be a fun way to spend time coming up with a creative design and learning some basic business skills at the same time.
The Patch Activities

Activity Name: Music – Jamming with Dad
Area(s): Life Skills
Base Patch:

You and Dad have a talk about different kinds of music and the likes and dislikes each of you have. Why do you like or dislike some of the things you do? Listen to music together to get flavor of different kinds of music available.
Extra Effort:

Research instruments that each of you are interested in. Research from internet, listening to music, visiting music stores, etc...to determine what type of instrument you would like to learn.
Excellence Effort:

Take lessons on instrument of choice. Spend some of you practice time practicing together.

Activity Name: Ballroom Dancing lessons/Other Dance Lessons
Area(s): Life Skills, Sports and Fitness
Base Patch:

Do research from a variety of sources, such as library, movies, DVD’s, internet to determine different types of dance in the world and what your likes/dislikes are. Narrow down a type of dance to that you would like to learn in the future.
Extra Effort:

Learn the dance of choice by either taking lessons, practicing from DVD, or other informational source.
Excellence Insert:

Perform dance in public, such as for tribe, for school, or other public setting such as a wedding or party.

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

Activity Name: Helping Senior Citizens
Area(s): Service
Base Patch:
Seniors possess a wealth of wisdom and knowledge they can share with younger generations, and it's not often that we stop to thank them. Do your part to find ways in which to bring joy and encouragement to a deserving senior. Make a serious effort to visit one or more seniors each month. In our busy lives this may not seem easy, but if you are serious about it, you will follow through.
Take time to find out what interests your new friend(s) and learn about their favorites (foods, colors, television shows and so on). Consider these when preparing for future visits.

Extra Effort Insert:
Many seniors live on a fixed income. Do what you can to help by performing yard work or housecleaning at no charge if you are able. Make a nutritious meal and deliver it. Visit with them while they enjoy the meal. Read a book with them, or just generally spend some time. Continue to visit on a regular basis.

Excellence Insert:
If they are interested, help them plant a small garden, potted plants or hanging planters with flowers or fresh vegetables. Go for a walk around the neighborhood with them. If they are living on a fixed income, ensure they are getting quality nutrition, and if they agree, sign them up to receive free monthly food boxes from area food banks, local chapters of the National Council on Aging.

Activity Name: Service hours for YMCA
Area(s): Service
Base Patch:
Give back to the YMCA by volunteering and logging service hours supporting the branch of your choice. Many colleges and Universities look at the big picture when considering a candidate for admission – these big picture items include volunteer hours.
Attend any required training for your volunteer position. While volunteering, be at your best. Represent yourself with dignity and pride. Be a positive role model for the adults and youth that you interact with.

Extra Effort and Excellence Insert:
As defined by program director.

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

**Activity Name:** Participate in a run or walk event  
**Area(s):** Service  
**Base Patch:** Identify a fund-raising event / run or walk that you are interested in and take the initiative to sign up for you and your Dad (discuss with him first). There are many worthwhile events that take place on an annual basis to raise awareness and funds for prevention and research. Consider finding an event that has personal meaning to you or one that has sparked your interest.

**Extra Effort Insert:**  
Set a reasonable goal for fund raising and actively seek donations to beat that goal. Consider stepping outside your comfort zone and going door to door looking for support. Do not rule out donations from places of business. Ask for donations from places that your family frequently shops, or area businesses. Learn the facts about the event you are supporting so that you can accurately present them when seeking donations. After the event, follow up by personally thanking all who donated (try to do this in person is possible).

**Excellence Insert:**  
Volunteer to work at the event. Strive to take as active a role as possible to support the event. Speak to your classmates and staff at your school and encourage their support and participation in the event. Write a letter to the editor promoting the event and another one thanking the event coordinators and community for their involvement. Learn the specifics from about how well the event did as compared to previous events.

**Activity Name:** Why am I what I am?  
**Area(s):** Great Spirit  
**Base Patch:** With the help of Dad, identify the tenets of your faith and denomination. What does it mean to say that you are a <insert your denomination here>.

**Extra Effort Insert:**  
Compare three other churches / denominations / religious faiths which are different from yours. How are they different? How are they the same? Discuss with Dad why the differences are important to you.

**Excellence Insert:**  
You and Dad visit three other churches of different denominations or faiths and discuss the service, the content of the message and the worship experience. Recalling the differences and likenesses learned on the extra effort insert; on each visit spend the time driving home discussing with Dad what the day’s experience has meant to you.

*Kindness: A language deaf people can hear and blind people can see.*
The Patch Activities

Activity Name: Jump Start A YGP Tribe
Area(s): Service
Base Patch:
Each year the Arapahoe Nation grows bigger. Not all tribes have experienced members to help get them going. Consider some of your best meetings when you were a Guide or Princess. Write up a short synopsis of the best invitations, best stories, best activities, songs, crafts, etc. Find copies of the Tallykeeper’s report. Submit as much about these meetings as you can to the Arapahoe Nation officers and ask if there are any tribes in your area who would like a visit. Even if no tribes are looking, get a list of names for some local tribe chiefs. Call them and offer to attend a meeting with their tribe to help run a part of the meeting. Follow up until you find a meeting to attend.

Extra Effort Insert:
Work with the tribe chief as needed to assist in assuring the proper format for one of the first meetings.

Excellence Insert:
Follow up with the tribe you helped start at the end of the year and see how successful they have been.

Activity Name: Show respect for our nation’s military.
Area(s): Life Skills, Service
Base Patch:
Participate in a Memorial Day, Veterans’ Day or Independence day.

Extra Effort Insert:
Find out about the 4 branches of the military. Learn what they are, when and why they were founded, and the titles and order of the ranks in each branch (i.e. captain, general, admiral etc.)

Excellence Insert:
Read about governments without our freedoms and how the people are treated. Make a presentation to a group describing the leader of these governments, the type of government, possible human rights violations, the impact on Americans, and any organizations aimed at securing freedom in these countries. Volunteer to somehow supply a service to some of our military families, either through the local USO or some other organization.
The Patch Activities

**Activity Name:** Dedicated Pet Ownership  
**Area(s):** Life Skills  
**Base Patch:**
Talk with your Dad about responsible pet ownership. Responsible pet ownership requires a lot of dependability, knowledge, and consideration. Realize that not all pet owners take this seriously. Discuss with your family to see if they are in a position to add a pet. Realize that owning a pet is not always fun.
If your family is ready to add a pet, perform research at the library or through other sources to narrow down the selection of pets. Dad should research too. Based on your research, narrow your selection to one or two ideal pets (consider if any family member has allergies to certain types of pets)
**Extra Effort Insert:**
Learn all that you can about the pet you have chosen. Use a variety of resources. Search online, at the library or talk with a veterinarian or other knowledgeable person about the pet. Dad should learn all he can about the pet too. Dad should quiz you on characteristics of the pet you have chosen. Build a checklist of pros and cons to owning the pet type you have chosen. Visit owners who have a pet of the same type, solicit their feedback on their experiences, both good and bad. You want to know all there is to know to make an educated decision.
**Excellence Insert:**
Purchase or adopt the pet you have chosen. Properly care for it as you have learned. Volunteer at an animal shelter, or animal fundraising event. Talk with pet rescue groups. Arrange for a visit to a veterinary school.

**Activity Name:** Housekeeping  
**Area(s):** Life Skills  
**Base Patch:**
With input from your Mom, You and Dad make a chore chart for your family,
**Extra Effort Insert:**
Follow it for a month.
**Excellence Insert:**
Clean the home of a neighbor or someone else in need. (Repeat for same or different person in need 3 more times.)

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

Activity Name: Socially responsible investing
Area(s): Life Skills, Service
Base Patch:
Discuss socially responsible investing with your Dad. Use the web if needed to look at sites like Kiva.com. When choosing socially responsible realize that how much money you make is not important; what you do with your money is. Pick a cause that you believe has merit and is worth supporting. Examples on sites like Kiva will allow you to put small amounts of money toward bettering the lives of others in developing countries. Understand that as with any investment, you are not guaranteed a monetary return. In socially responsible investing, part of your payback is in knowing you have done a good deed.

Extra Effort Insert:
Research your investment choice and pick a business that you personally want to support. Discover additional facts about the country, region or business type you have chosen. Track the progress of your selected business for a period of 6 months. Ensure you understand the terms of the investment, and if made online, the terms of the site hosting the investment choices. Note that some sites will charge more “administrative fees” than others.

Excellence Insert:
Attend a class or perform research on socially responsible investing or social justice. Share what you have learned with your family, friends and classmates. You may choose to promote social justice or socially responsible investing. Talk with your Dad to come up with ideas on how to accomplish that goal.

Activity Name: Photography
Area(s): Life Skills
Base Patch:
Learn history of photography from film to digital age. Learn the basics of taking pictures, maintaining a camera, and all involved in basic photography. Learn the different types of photography from leisure to professional portraits and photojournalism.

Extra Effort Insert:
Spend time taking pictures together. Experiment with different types of photography, lighting conditions, cameras, etc.

Excellence Insert:
Organize photos taken into a coherent picture album using some type of software/program, such as Photoshop or other available software.

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

Activity Name: Working with Auto Mechanics
Area(s): Life Skills
Base Patch:
Understand the basics of an automobile, and how to accurately describe what services you need to have performed. Work with your Dad to understand scheduled service intervals and what preventative measures should be taken on a routine basis. Look for recommendations for mechanics from friends and check online references. Make phone calls to different shops and get price quotes either by phone, or in person. Ensure you understand the extent of the repair, and get competing estimates if appropriate.

Extra Effort Insert:
Research mechanic certifications to learn what it means when a mechanic holds an ASE certification, or other specialty certification.

Excellence Insert:
Understand and diffuse mechanic “jargon” to get to the real underlying issues. Keep in mind that an experienced mechanic should be able to translate your vehicles issues into terminology that you can understand. Understand shop rates and hourly rates versus book rates (book rates may be billed for services based on an accepted standard time). You may opt for a mechanic who charges based on actual clock time versus book time, or manufacturers repair estimates). Learn the difference between OEM parts, remanufactured parts and parts from a salvage yard.

Activity Name: Honoring the flag of the United States of America
Area(s): Life Skills, Service
Base Patch:
Learn the flag code.
Learn to raise and fold the Flag, including when the flag is to be flown at half-mast.

Extra Effort Insert:
After completing the above, you and Dad make an effort to observe how flags are used in our town. Make notes on violations of the flag code.

Excellence Insert:
Learn about organizations in our area who dispose of flags which have been decommissioned and attend one of their ceremonies. Learn the procedure to properly dispose of a flag.

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

**Activity Name:** Auto Inspections  
**Area(s):** Life Skills  
**Base Patch:**
Work with your Dad to prepare the family vehicle for the next auto inspection. Learn how often vehicle inspection is required. Find out what the consequences are for driving an uninspected vehicle. Conduct a pre-check looking for common items the inspection station will look for — functioning lights, turn signals, emergency brake, headlights aimed appropriately. Work with your Dad to find and replace any bulbs that are burned out. Learn how to measure tread depth on tires (visit a tire retailer if needed). Replace worn out wiper blades. Go to the inspection station with your Dad. Choose a place where you can watch the inspection performed. Ask any questions about the process.

**Extra Effort Insert:**
Use an OBDII (on-board diagnostic) scanner to check for stored codes on your family vehicle. Most auto parts stores will loan a scanner to customers for use in the store parking lot. Research and identify any code found in vehicle memory.

**Excellence Insert:**
Research emission rates for your vehicle. Compare them to rates printed on the inspection paperwork.

**Activity Name:** Prayer Time  
**Area(s):** Great Spirit  
**Base Patch:**
Set aside a time and pray daily with your Dad.

**Extra Effort Insert:**
Keep a prayer journal for a month.

**Excellence Insert:**
Share your prayer journal results and reflections on what reserving a time for communicating with God has done for your relationship with each other.

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

**Activity Name:** Understanding Credit  
**Area(s):** Life Skills  
**Base Patch:**
You must learn about credit before leaving home, or going to college and finding a mailbox filled with credit card offers. Work with your Dad to learn how credit cards work and understand that late or unpaid credit card bills can affect the ability to buy a house or car in the future. Learn to check your (both yours and Dad’s) credit (once annually) for free at annualcreditreport.com.

**Extra Effort Insert:**
Learn about the hidden costs of using credit. Have Dad explain about a purchase made for more than can be paid back in one month will be subject to interest charges and consider how long it would take to pay double for an item by paying as much in interest as the item costs. Research credit card rates and introductory offers and “read the fine print”. Present what you learned to another family member or your tribe.

**Excellence Insert:**
Some financial experts suggest teens have the experience of carrying and using a credit card with an authorized user’s card on Dad’s credit account. If Dad allows, get a card with your name on it, and you pay Dad for any purchases made during the month. If you don’t pay you on time and in full, Dad will charge interest on the overdue balance. Do this for six months and discuss what you have learned.

**Activity Name:** Formal Meal  
**Area(s):** Life Skills  
**Base Patch:**
Learn the proper etiquette for a place setting. You and Dad plan a formal meal for your family. This could be a home meal or at one of the area’s fine dining establishments.

**Extra Effort Insert:**
Learn the proper etiquette for all of the servers of a formal meal.

**Excellence Insert:**
Teach someone else (e.g. Family or Tribe) what you have learned including a demonstration.

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

Activity Name: Comparison Shopping
Area(s): Life Skills
Base Patch:
Reach an agreement with your Dad and identify an item that you want to purchase. Search for the item using Sunday sales circulars or online Internet shopping sites. Compare the cost of the item at local stores by calling and asking for product prices, or by visiting stores.

Extra Effort Insert:
Solicit product feedback using family or friends’ recommendations. Research the product and alternatives using the Internet or a print resource such as Consumer Reports. Make an educated decision knowing that highest cost does not always equate to highest satisfaction and vice-versa.

Value

Excellence Insert:
Develop savvy shopping skills. Make a list of commonly purchased household items, collect and track prices of items from various stores. You can also create an expense log showing exactly where your money is going. Notice how quickly small purchases can affect overall cash balances. Track how much is spent on dining out, entertainment, and other activities.

Activity Name: Aerobics/Weight Training
Area(s): Sports and Fitness
Base Patch:
Research the kinds of training programs and pick one which fits the needs and abilities of you and your Dad. Implement your program for a month. (This can be done at a local health club with consultations of staff or by researching on the internet, etc.)

Extra Effort Insert:
Commit to a training plan with Dad for 3 months. Keep a log of your progress in whatever activity you choose. Record both of your starting and ending body weights and waist measurements.

Excellence Insert:
Make this plan a regular part of your life and after a year you earn the excellence patch. Remember to continue recording your progress.

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

**Activity Name:** Conduct Service of Worship  
**Area(s):** Great Spirit, Service  
**Base Patch:**  
Take at least one Bible story and change it into a different medium (painting, comic, home-made movie, a representative photograph, etc).

**Extra Effort Insert:**  
Prepare and lead a devotional service for your tribe.

**Excellence Insert:**  
Give a devotional service to a larger group such as the chapel service at Spring or Fall Outing.

**Activity Name:** Healthful Eating  
**Area(s):** Life Skills, Sports and Fitness  
**Base Patch:**  
Visit a web site dedicated to healthy eating such as nutrition.gov, mypyramid.gov, and make a report to your Dad about the contents. Examine the old and new food guide pyramids.

**Extra Effort Insert:**  
You and Dad keep a food journal for at least a month; rate yourselves on how healthy your diet is. Be aware of serving sizes. There are several websites which can be interesting which take your diet and compare it to the food guide pyramid such as mypyramidtracker.gov. Compare your first week with the last and see if there are any differences.

**Excellence Insert:**  
After you have kept the journal of you and your Dad’s eating habits for at least a month come up with a healthful menu for your family and plan, purchase and prepare the family meals for a week. Report on how your family responded to the healthy diet.

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

**Activity Name:** Diners/Drive Ins/Dives  
**Area(s):** Life Skills  
**Base Patch:**
Decide on your family’s Pick favorite type of food. Do research on that type of food and what type of restaurants in the area serve it. Locate those eateries on map for future visits. Visit some of the places and compare the food. Check the sanitation scores of your favorite restaurants.  
**Extra Effort Insert:**
Go to place that Dad liked as a kid to eat. Go to a place you like to eat. Compare the two. See if they will let you tour the kitchen and show you how the place runs.  
**Excellence Insert:**
Compile list of favorite places to eat in the state, or area of choice, for future use. Write a review of the restaurants you have visited as though you were a food critic.

**Activity Name:** Study a foreign language together  
**Area(s):** Life Skills  
**Base Patch:**
Research various foreign languages together from a variety of sources, such as internet, DVD’s, library, etc…to determine possible foreign languages that might interest dad/child to learn more of. During research, learn more of the countries that the language comes from.  
**Extra Effort Insert:**
Pick a language that interests both father/child. Learn basic phrases and words from that language that could be used if one were in that country. Basic survival words/phrases that could be used to get along in the country if one traveled there.  
**Excellence Insert:**
Take a formal class/learning environment in the language of choice.

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

**Activity Name:** Car Detailing  
**Area(s):** Life Skills  
**Base Patch:**
Wash and wax the car together. Vacuum, clean and protect the interior and the trunk.

**Extra Effort Insert:**
Clean the door jams and inside the trunk lid. Clean the engine compartment with special care to protect electronic components following manufacturer’s recommendations and warnings.

**Excellence Insert:**
Decide together on a beneficiary and detail someone’s car who may not be able to afford to have it professionally detailed. Do this for two or three people.

**Activity Name:** Political Preparation and Voting  
**Area(s):** Life Skills  
**Base Patch:**
Demonstrate awareness of candidates running in your state, city and district and their political affiliations. Go with Dad to Vote.

**Extra Effort:**
Compile a list of the positions of candidates running in your state, city, and district by searching the internet, newspaper articles and advertisements. Note: check for consistency in what the candidates are saying to different audiences. If they have a voting record compare what they say to how they have voted on similar issues.

**Excellence:**
If there is a candidate or a cause on the ballot which appeals to you take the extra step of campaigning

**Kindness:** A language deaf people can hear and blind people can see.
The Patch Activities

Activity Name: Automobile Maintenance
Area(s): Life Skills
Base Patch:
Learn what the gauges on a vehicle tell you. Look in your auto manual for the manufacturer’s suggested types of maintenance and how often they should be performed. Include tires, fluids, brakes, belts and hoses.

Extra Effort Insert:
Learn to perform some basic automobile checks and maintenance. This should include but not be limited to checking fluid levels, tire tread wear and pressure (pressure range and adding air if needed), wear of belts and hoses, changing the oil and knowing which type of oil for the vehicle.

Excellence Insert:
Learn the different types of oil, what the grades mean and the advantage of each. Learn about the numbers and letters that describe the tires, and possible benefits of different combinations. Know the different engine parts and be able to describe the landscape under the hood. This may or may not require coursework together.

Activity Name: Constitution
Area(s): Life Skills
Base Patch:
Read the United States Constitution together and discuss what it means to you. Write a short paper which expresses both of your views.

Extra Effort Insert:
Read the North Carolina Constitution, and compare similarities with the US Constitution. Why do we need both?

Excellence Insert:
Write your own family constitution based on (in the same form of) the North Carolina and United States Constitutions. Remember, the constitution of the lower entity can’t violate that of the upper.

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

Activity Name: Grocery Store 101
Area(s): Life Skills
Base Patch:
You and Dad prepare the shopping list and do the family shopping for a month.

Extra Effort Insert:
Discuss and take notes on techniques involved in smart shopping. Even if Mom does all of the shopping this is an opportunity for you and Dad to learn how it is done and how to do it efficiently. Do you use coupons? Are there coupons for what you really want or would it mean buying something you really do not want to feel like you are saving money? Where do you park, near the door or near a cart return? In what order do you shop? Do you save the refrigerated and frozen items until last? When you put items in the basket do you consider sanitation and items such as double bagging chicken and keeping meats away from vegetables? Do you read labels on shelves and containers to determine unit prices vs. item prices? How about tuna, packed in water or packed in oil? Note: the order of the contents on a package gives you the relative content of each item so competitive items may be compared to determine the relative value of each.

Excellence Insert:
Extend the above list, research other things on the web and come up with a presentation on how to make the most of the family budget at the grocery store. You could add a twist as well such as making up games to play in the grocery store which will make it easier to shop with younger siblings.

Activity Name: Family Taxes
Area(s): Life Skills
Base Patch:
Ask your Dad to allow you to sit in on doing the family taxes and learn about income statements, deductions, dependents, etc.

Extra Effort Insert:
If you have a part time job, prepare your own tax form with Dad’s guidance and assistance.

Excellence Insert:
Take a stab at doing the family taxes in parallel with Dad. Compare your results and see who comes up with a better (and more accurate) bottom line.

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

Activity Name: Research Your Family Tree
Area(s): Life Skills
Base Patch:
Interview your family including parents, uncles and aunts, cousins, and grandparents. Gather information on their relatives and previous generations as far back as they can remember. Prepare a family tree based on their knowledge.
Extra Effort Insert:
Use the various genealogy websites to perform further research on your family history. Add to your family tree any new information gathered. Present this information to your family so they have a better understanding of their own history.
Excellence Insert:
Travel to one or more of your family’s homes or previous locations. Research in the local library, church, or other facility to determine any additional relations not discovered in the previous activities. Add these to your family tree and present this to your family.

Activity Name: Plan and Implement a Home Network
Area(s): Life Skills
Base Patch:
Research what a home network is. Determine whether a wireless or wired network is better for you. Educate yourselves on the elements of a home network and draw a diagram of the home network you will implement. Purchase the hardware needed to build your home network and install it in your home.
Extra Effort Insert:
Do some research on home network security. Determine if your network is secure enough and if it is not take the steps to make it secure.
Excellence Insert:
Document your actions to create a home network including the diagram of the network you created and the steps you took to secure it. Use this documentation to help someone else create or secure their home network.

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

Activity Name: Contract a Job with Dad
Area(s): Life Skills
Base Patch:
If your dad either has the kind of job or hobby which enables him to contract out to others and has the flexibility to include you, go on a job with your Dad. Ask lots of questions so you can find out more about how your Dad got started with this activity and why he still does it.

Extra Effort Insert:
Learn more about the thing your Dad contracts out and help on some other jobs.

Excellence Insert:
Help with the planning of a job, you will not have the knowledge or skill to do this by yourself but giving it a try is the way you will learn this skill from your Dad.

Activity Name: Plan and Plant a Garden
Area(s): Forest, Field and Stream, Life Skills
Base Patch:
Research gardening basics through the library or on the internet. Pick a suitable location for the garden (i.e. enough sunlight and an area OK with mom and dad). Pick out several varieties of plants for the garden. Make sure the plants are appropriate for the location (full sun etc), regional climate, and (most importantly) are something that you and your family like to eat. Design the layout of the garden, including plant locations, watering schedule, and maintenance schedule.

Extra Effort Insert:
Plant your garden and maintain it for at least one full season. Be sure to water it on a regular basis and pull any weeds that appear. Try to avoid overuse of chemicals, possibly by substituting more natural preventions (i.e. plant marigolds to keep certain bugs away). See recycling activity for the use of compost in your garden (2 patches for 1 activity!).

Excellence Insert:
Harvest your garden and prepare at least one meal using items grown in it. Research the concept of crop rotation. Review the plants you grew in your garden the first year and grow a complementary garden the next year.

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

Activity Name: College Search
Area(s): Life Skills
Base Patch:
Work together on a plan for college, how you will choose a school and what possible careers you may want to pursue. There are lots of resources available on the Internet and in the local bookstores. You can start with an account on CFNC.org. Your plan should include being sure you have the right High School courses to be considered by the schools in which you are interested. What if you do not know what you want to do? Experts say then you should pick a college community where you are comfortable and pick a major after you get there. Either way, you have some choosing to do.

Extra Effort Insert:
Dad should help with college applications by proofreading any required essays and talking about strategies for getting admitted. Again there are resources available. One is “College Coach” at www.getintocollege.com. Experts say you should select six schools to which you should apply. The first two are the two you really, really want to attend. The second two are two that are almost as good but clearly second choice. The third two are two that you are pretty sure you can get into and would be willing to go there and maybe transfer later. (Hint: Don’t tell them their ranking.)

Excellence Insert:
Take college visitation trips together. Note to Dad: be a sounding board for TrailBlazer’s opinions and thoughts on what you see. Remember, for most kids this is the first grown up decision they have to make on their own. This is a perfect activity for the program because it is probably one of those times where Dad is not making the decision but being a source of support and information.

Activity Name: Culinary Companions
Area(s): Life Skills
Base Patch:
Cook three meals together. For each of them cook something you have never cooked before. For each meal prepare a balanced menu, shop together for the ingredients together.

Extra Effort Insert:
Take a cooking class together. This can be a single lesson course.

Excellence Insert:
Complete either a multi-session cooking course or put together a personal recipe book of both of your favorite foods to cook and eat. Of course you will need to have cooked everything in the book (not at one time).

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

Activity Name: Driving  
Area(s): Live Skills  
Base Patch:  
Have your Dad find a safe place with no obstacles for you learn and to practice basic driving skills, driving forward, backing up, three-point turn, backing into and out of a parking space (with no cars or other obstacles around).

Extra Effort Insert:  
Using cones or something else safe, set up a situation for parallel parking and learn to parallel park and one of the following (a) learn to safely pull and back a trailer (b) set up cones in an obstacle course and drive through them forward, then backward.

Excellence Insert:  
Once you have your learner’s permit, take your father on a road trip. Document all of the driving situations you encounter and the skills you used in a log. Talk with your father, and include as notes in your log, about how alcohol would affect you ability to handle the situations you have seen.

Activity Name: Family First Aid  
Area(s): Life Skills  
Base Patch:  
Work together to put together a family first aid kit which contains materials and information flash cards for as many kinds of household accidents of which you can think. Be sure to include cuts and scrapes with being able to clean the wound, burns, poisoning from household cleaners and insect and spider bites. Assemble records for the family’s individual needs such as allergies and medicines. Research first aid at the American Red Cross web site to verify that your materials are within their guidelines.

Extra Effort Insert:  
For a family trip, think of all the things that can go wrong, assemble a first aid kit for the trip and you (with Dad’s advice) are the family medical officer for the trip.

Excellence Insert:  
You and your Dad take a beginning level first aid class from the American Red Cross.

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

**Activity Name:** Political Preparation and Voting  
**Area(s):** Life Skills

**Base Patch:**
Demonstrate awareness of candidates running in your state, city and district and their political affiliations by researching together and discussing. You and your Dad may or may not agree on the candidates. It is still a free country. Then vote, Dad at the poles and you in a youth pole.

**Extra Effort Insert:**
Compile a list of the positions of the candidates running in your state, city and district by searching the internet, newspaper articles and advertisements. Note: check for consistency in what the candidates are saying to different audiences and if they have a record already how what they say matches with what they have done.

**Excellence Insert:**
If there is a candidate or a cause on the ballot which appeals to you take the extra step of campaigning for it/him/her.

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**Activity Name:** Home Maintenance and Repair  
**Area(s):** Life Skills

**Base Patch:**
Assist or take responsibility for some of the typical maintenance items for the home, like changing the HVAC filters, changing the fire alarm batteries, window washing, power washing the siding or driveway, cleaning the gutters, finding a stud and hanging a picture etc.

**Extra Effort Insert:**
Help plan and execute a repair which includes a skill. Personal safety and adherence to all building codes must be of the highest priority. An example may be changing out plumbing fixtures for more efficient ones or fixing a drip.

**Excellence Insert:**
Plan and execute a project which includes multiple skills, say carpentry and painting or plumbing. Personal safety and adherence to all building codes must be of the highest priority. An example may be building a deck or remodeling a room.

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

Activity Name: Computer Hardware Skills  
Area(s): Life Skills  
Base Patch:  
Perform general maintenance of your or the family’s computer, e.g. cleaning the keyboard, the screen, the vents, etc. Demonstrate knowledge of the care of a computer as in under what conditions it should be used and things to avoid. Pay close attention to the type of monitor you have and use the proper cleaning supplies.

Extra Effort Insert:  
Identify the major internal parts of the computer, motherboard, memory, CPU, slots, etc. Clean the inside of your or the family’s computer. Determine if your machine could handle another internal device. Note, there are references one should use to determine the proper procedure for opening and cleaning your computer. One may start by searching for your computer by model number on the web site of the maker and downloading the Owner’s Manual and any other manuals available.

Excellence Insert:  
Identify a device you want or need to replace or upgrade on your computer. Determine which replacement part would be compatible with the rest of the unit, order and replace the part. Note, there may be software ramifications to replacing pieces of hardware. Always follow the manufacturer’s directions and pay attention to personal safety.

Activity Name: Computer Software Skills  
Area(s): Life Skills  
Base Patch:  
Learn to use the software of your choice. Learn the basics of your operating system – how to manage folders/directories and menus so you can get to your files easily. Learn how to backup your files and implement a backup plan.

Extra Effort Insert:  
Learn how to perform a software install and how to perform service updates to your software. Learn what a firewall is, what your virus software is, and how it is configured on your computer. Learn how your email works. For example, where is your e-mail at any particular time? Is it on a server somewhere? Is it on your computer?

Excellence Insert:  
Install and configure an operating system on a computer or write a program or script (bat file if you are a Windows user). Document what your creation does so someone other than yourself knows how to use it.

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

**Activity Name:** Plan a weekend for the family  
**Area(s):** Life Skills  
**Base Patch:**
Come up with several ideas for a family weekend and conduct a family meeting to discuss the options and pick one. Pick an activity or activities that everyone will enjoy. Some examples: a mini-vacation, a home punch list weekend, a discover our town weekend, a let’s help others weekend  
**Extra Effort Insert:**
If money is involved you and your Dad put together a budget for the weekend. If multiple activities are involved, put together a schedule which enables the family to best take advantage of all the activities. Conduct a family meeting to discuss your plan and get agreement with the family.  
**Excellence Insert:**
Record the weekend either in a paper, photo or video journal; edit and create a permanent record of the weekend for your family.

**Activity Name:** Tools: Use and Care  
**Area(s):** Life Skills  
**Base Patch:**
This patch may be earned for different sets of tools. It can be mechanics tools, woodworking tools, electronics tools, etc. For the base patch the youth should learn the names and functions of a collection of tools used for some specific discipline and experience using them.  
**Extra Effort Insert:**
Define and complete a project using the particular set of tools with which you have chosen to become familiar. Be sure to concentrate on safe use of the tools and care for them. This may include going to a local hardware store and attending one of their seminars.  
**Excellence Insert:**
Put together a demonstration or presentation of how to use the set of tools you have chosen. Present it to a group, for instance your tribe.

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

Activity Name: Banking
Area(s): Life Skills
Base Patch:
Discuss with your Dad the kinds of accounts one can have and choose the type that best fits your goals in having an account. Visit local institutions and look at their web sites to determine the best deal for your new bank account. Not all institutions want your business enough to give you a free account with no strings.

Extra Effort Insert:
Sign up for online banking to manage your new account and do away with paper statements. Be sure you download your monthly statements and back them up so you do not lose them if your computer crashes. Also be sure you secure all of your account information. You do not want to be the victim of identity theft. Note: from time to time parents should have credit checks done on their children to be sure no one is using their information. Since their accounts are not as active they sometimes fall victims of identity theft without even being aware.

Excellence Insert:
Get a credit card and manage a zero balance each month. Your credit score when you finish college will be higher if you get a credit card now and maintain good credit since the length of time you have a card plays into the credit score. Be sure you do not purchase anything you can’t pay off when the monthly statement arrives. Use online statements as mentioned in the Extra Effort section and pay your balance electronically each month.

Activity Name: Dad Lead Sunday School, Youth Group
Area(s): Great Spirit, Service
Base Patch:
Dad should develop an appropriate lesson plan or presentation and deliver it to your group/class as needed.

Extra Effort Insert:
Follow thru on commitment and keep up the teaching or leading your class or group for a year/season.

Excellence Effort:
Volunteer together to lead a group of younger kids, this can even be doing Children’s Church or your church’s equivalent.

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The Patch Activities

Activity Name: Nation Sports Tourney
Area(s): Sports and Fitness
Base Patch:
Participate in a sports tourney with the Arapahoe Nation (i.e. at Spring Outing). Exhibit good sportsmanship during the tourney and make sure to congratulate the winners of each round.

Extra Effort Insert:
Volunteer to staff the tourney as an organizer, official, or other service. Work for the entire day as a volunteer (with the exception of your own games).

Excellence Insert:
Organize a sports tourney for the nation. This may be a round-robin kickball or soccer tournament at camp (Spring or Fall Outing) or a dedicated weekend and location that is set up and emailed to the Nation for tribes to sign up (Y-Guide Olympics?). Coordinate this effort with the Y-Guides staff to ensure that there is no conflict with other activities or with another tourney in development.

Activity Name: Bible Study
Area(s): Great Spirit
Base Patch:
Select one of the many Bible studies available and do it with your Dad. It can be just the two of you or part of a group study.

Extra Effort Insert:
Lead your family in a daily devotion for a month. There are many materials available or you may select a book of the Bible to read a chapter a day and discuss as a family.

Excellence Insert:
For a period of three months, you and Dad take notes on your Sunday School classes and compare them. See what you each learned and if there were any things in common.

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

Activity Name: Skin and Scuba Diving
Area(s): Sports and Fitness
Base Patch:
- Skin Diving (supervised in a pool). Learn the following with or from your Dad.
  - Using a mask, snorkel, and swim fins, swim face down breathing through snorkel.
  - Clear snorkel, submerge, and retrieve item placed on bottom of pool.
  - Ditch and don

Extra Effort Insert:
- Complete entry level diving course together (classroom & pool)

Excellence Insert:
- Obtain PADI or NAUI Open Water Dive certification (with check-out dive)

NOTE: SCUBA diving is very dangerous without proper instruction. Always use a licensed instructor and obey all safety rules.

Activity Name: Rock Climbing
Area(s): Sports and Fitness
Base Patch:
- Climb the Rock Wall at a YMCA of the Triangle Camp (Rockmont, Kanata)
  - Choose a beginner course and climb it to the top
  - Demonstrate knowledge of knots used in basic rock climbing
  - Pass a belaying test

Extra Effort Insert:
- Complete Climbing Instructional Class (Triangle Rock Club, Vertical Edge, etc.)
  - Climb a Top Rope Course (Grade 5.1 or greater)

Excellence Insert:
- Complete Top Rope & Lead Climb
  - Climb a Top Rope Course (Grade 5.7 or greater)
  - Climb a Lead Climb Course (Grade 5.0 or greater)

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

**Activity Name:** Swimming
Area(s): Sports and Fitness
Base Patch:

With or from your Dad, learn and state the principles of water safety. Demonstrate the survival float for 6 minutes, tread water for several minutes, and demonstrate the breast stroke kick plus 2 additional treading kicks, swim freestyle for 25 yards and the rest stroke 25 yards and perform a front dive. Document and report to your tribe.

**Extra Effort Insert:**
Both you and Dad should work up to the point that you can do the breast strokes kick for 50 yards, swim elementary back stroke for 50 yards, and swim freestyle for 50 yards with rotary break. Demonstrate the following sequence: swimming on front, turning swimming on back, treading water, and then perform a front dive from a standing position on a 1 meter diving board. Document and report back to your tribe.

**Excellence Insert:**
Join a swim team for at least a season. Dad should attend practice and learn enough about the sport to cheer you on at events.

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**Activity Name:** Archery
Area(s): Sports and Fitness
Base Patch:

Visit an archery range if available. Learn the principles of bow safety. String and unstring a recurve bow properly using proper stance, knock and load, pull and shoot a quiver of arrows. Write a paragraph on bow safety. Research and write a report on the history of bow and arrow use, point of origin, what are the differences in the bow types and the arrow types and the many uses of them. Present this report to your tribe.

**Extra Effort Insert:**
Learn one of the scoring systems used in archery. Set up an archery range in your back yard and practice with Dad until you reach a level of skill that you feel comfortable showing someone else how to do it. Then show another TrailBlazer and Dad what you know by introducing them to the sport.

**Excellence Insert:**
Teach your tribe or another group the official scoring system you learned and the techniques for properly using a bow and arrow. Hold a tournament with the group just for fun, using the rules you have learned.

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

Activity Name: Campaign/Legislative Work
Area(s): Life Skills
Base Patch:
Research your local, state, and federal candidates and their platforms. Discuss the political process with your Dad. Learn your districts, representatives, and judges.

Extra Effort Insert:
You and your Dad volunteer for a local, state, or federal political campaign or political action committee of your choice. Contact their organization, find ways to assist, attend a rally etc.

Excellence Insert:
Run for a school office. Develop your platform, prepare campaign materials (posters etc – check what is allowed in your school), and any speeches, if required. Get Dad to help with posters, practicing your speeches, etc.

Activity Name: Design a Nature Class
Area(s): Forest, Field and Stream or Service
Base Patch:
Design a one-hour class on a nature subject such as venomous snakes or poisonous plants in NC, stream life, types of trees, importance of wetlands etc. Develop a list of activities to do in the class including lecture time and workgroups or individual worksheets. Feel free to substitute a topic of your choice other than nature and repeat this activity as many times as you wish.

Extra Effort Insert:
Teach your class to your Sunday school, tribe, or other organization.

Excellence Insert:
Discuss with YGP staff the possibility of presenting this topic as an activity at Fall Outing or other Y-Guides venue. If approved, volunteer for the day (Fall Outing) and teach your activity to younger YGP members and possibly tie it into a patch earning activity for them (i.e. identifying trees).

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

Activity Name: Teaching Kids to Read
Area(s): Service
Base Patch:
Lots of local schools and service groups have reading programs. To earn the base patch all you have to do is to volunteer as a team to help one of these groups. The YMCA has reading programs for which you can volunteer.

Extra Effort Insert:
There are other ways to help such programs in addition to the reading. You can hold a book drive for the organization for which you are volunteering.

Excellence Insert:
Contact a school that does not have a reading program and see if you can help start one. You can have a book drive, recruit volunteers and read as well. This effort should be at least a school semester commitment

Activity Name: Fund Raiser
Area(s): Service
Base Patch:
Volunteer as a team for a fund raiser held for some organization important to you.

Extra Effort Insert:
Volunteer as a team to organize and run the fund raiser for the year.

Excellence Insert:
Identify a need by an organization or cause you care about and start a new fund raiser to help. This will include getting permission from the organization or the cause, defining the way the fund raiser will be run, recruiting volunteers, being sure there is publicity, getting any permits or permissions needed from local governments, setting up accounts as necessary to handle collected funds, etc.

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

Activity Name: Personal Communication Skills
Area(s): Life Skills
Base Patch:
There are many different ways to articulate feelings, including poetry, short stories, novels and reflective essays. Choose two of these and write about your experience with the YMCA.

Extra Effort Insert:
Keep a journal for a month, writing every day.

Excellence Insert:
Pick a topic that you may not have discussed in detail with your Dad and articulate your feelings. Prepare for the meeting by writing out what you want to discuss. Both you and your Dad should eliminate emotion from the conversation, stick to the facts.

Activity Name: Roberts Rules of Order
Area(s): Life Skills
Base Patch:
Research what Roberts Rules of Order are and what their importance is to our civilization. Discuss with each other what you think the reasons are for so many rules.

Extra Effort Insert:
Attend a meeting where Roberts Rules is the order of the day. Examples include but are not limited to: town or county council meeting, The NC State Legislature and The US Congress.

Excellence Insert:
Learn a subset of the rules and use them to chair a meeting. Examples of such an opportunity are: school government, school clubs, programs such as Youth and Government or Model UN or hosting a political debate at your school.

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

Activity Name: Wood Working
Area(s): Life Skills

Base Insert:
Research and learn all the names and basic uses of hand (non power) tools. Learn the basic of using a measuring tape, hammer, square, level and a hand saw. Learn proper hand tool safety practices and proper maintenance and storage procedures for the tools. Learn the basic properties and appearance of several hardwoods and softwoods.

Extra Effort Insert:
Plan and design a wood project that can be built using the learned hand tools, example a bird house. The design should include a measured drawing, a materials list and tools needed to complete the project. Using only the tools that you learned about, select a type of wood for and build the project that you designed with dads help.

Excellence Insert:
Plan and build a more advanced project. For example, you may start by interviewing Mom to determine a piece of furniture she would like and the two of you build it to her specifications.

Kindness: A language deaf people can hear and blind people can see.
Chapter 4: Serving the Nation

Long Bow Council

The Long Bow Council is a group of dads and their children which serves the Y-Guides & Princesses and TrailBlazers programs. Long Bow Council activities are secondary to tribal activities and should not reduce the importance of the tribe. Long Bow 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. Long Bow Council members serve one-year terms, although multiple terms are permitted. If you have a question during a Nation Event, feel free to stop any Long Bow Council member for assistance. Long Bow Council members can be easily recognized by their wearing of “LBC” hats.

If you would like to volunteer for the Long Bow Council, contact the Program Office at 582-2264.

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

Nations Officers are hand selected by the program staff from the Longbow Council for a one year term. These are the LBC members whose passion for the program set them apart even among the LBC. A nations office is the program staff’s way of thanking these people for volunteerism far and above the norm. The roles of the officers include being role models to the Arapahoe Nation, being an advocate for the program to the community and working for the Nation’s efforts on the WeBuildPeople campaign. It would be appropriate to give these guys a HOW-HOW when you meet them at camp, not because they are nations officers, but because of the volunteer efforts to your program which caused them to be selected.

Elder Council

In 2007 The Moose felt that there was a need to establish a board of trustees for the Y-Guides and Princess program. This group too is hand picked by the program staff and is charged with guiding us forward with positive changes while keeping a finger on the pulse of the Nation and insuring the quality of the programs by maintaining the all important traditions established over the past 40 plus years. Most of these men are former nations officers and all of them have shown a passion for the longevity of the program. Each group will be tasked with taking on special projects to improve and invigorate the program. During their two year term the inaugural Elder Council was responsible for revamping the old Trailblazers and Trailmates programs into the new TrailBlazer program. It is with immense gratitude that the Y-Guides program staff recognizes the inaugural Elder Council class for their tireless dedication in reinvigorating the TrailBlazer program and producing the content of this handbook. There will be other Elder Council classes but there will only be one first and they are:

Bryan James—Chair
Keith Holland
Joey Poole
Joe Mills
Grice Whiteley
William Cartrette
Rob Prince

Colyn Bacon
Phil May
Bob Watral
Nelson Scott
Dean Cunningham
Mickey Scott

"A quick-tempered man does foolish things." – Proverbs 14:17
Chapter 5: Outing Suggestions

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): 832-3535
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): 870-9577

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

Natahala Outdoor Center (Whitewater Rafting):
(800) 232-7238
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.
Gratitude takes three forms: a feeling in the heart, an expression in words, and giving in return.

Chapter 5: Outing Suggestions

Miniature Golf
Adventure Landing (Raleigh): 872-1688
Frankie’s Fun Park (Raleigh): 453-7888
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): 852-1212
Snow Skiing (Day trips): Slope & Sail: 787-0345
Battlezone (Laser Tag, Raleigh): 847-4263
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: 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) 247-4005
NC Aquarium at Roanoke Island: (252) 473-3493
NC Legislative Building: 733-4111
NC Museum of Archaeology: 733-7342
NC Museum of Art: 735-2111
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) 251-4006
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
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

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

Spectator Sporting Events

Carolina Railhawks (USL soccer): 859–5425
Carolina Mudcats (AA Baseball): 269–2287
Carolina Hurricanes (NHL): 861–2500 x.2908
Charlotte Bobcats (NBA): (704) 262–2287
Carolina Panthers (NFL): (704) 358–7800
Dook 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): 735–7450

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 Program Office at
582–2265.

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 Rockmont

Camp Rockmont is located 15 miles east of Asheville, NC, near the town of Black Mountain. The camp includes a 20-acre private lake and consists of 550 secluded, privately owned acres surrounded by thousands of acres of National Forest wilderness. Warm days and cool nights typify the climate.

Directions

Approaching from the west, take I-40 and take the first Black Mountain exit (#65). It runs into US 70, which takes you through Black Mountain and four traffic lights. You will soon pass two motels on the right. At the next traffic light (Ice Service Store), turn right. Go to the stop sign and turn left onto Old US 70. Follow Old US 70 for 1.3 miles, then turn right onto Lake Eden Road at the second traffic light. Rockmont is 1.5 miles up Lake Eden Road.

Forgiveness does not change the past, but it does enlarge the future.
TrailBlazer Fall Outing at Camp Rockmont

Take in the Saturday night cookout, square dance and bonfire.

Enjoy the nature trails and fishing.

Find the Golden Arrows!
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, BBs, riflery, canoeing, crafts, digging for shark teeth, fishing, hiking, riding the JoyBoy, soccer, swimming, zipline and a nighttime bonfire.

Directions

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 end 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.

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.

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 Rockmont

<table>
<thead>
<tr>
<th>Check Off</th>
<th>Checklist Item</th>
<th>Members Responsible</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Bathroom Items (Toiletries, Towels, Shower shoes)</td>
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<tr>
<td></td>
<td>Frisbees, Balls, Tennis racquets, Other Outdoor Playthings</td>
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<td></td>
<td>Pajamas</td>
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<td></td>
<td>Ear Plugs (if necessary)</td>
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<td></td>
<td>Layered Clothing (may be cooler at night)</td>
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<td></td>
<td>Camera</td>
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<td></td>
<td>Flashlights</td>
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<td></td>
<td>Blanket for Sitting</td>
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<td></td>
<td>Garbage Bags</td>
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<td></td>
<td>Sunscreen</td>
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<td></td>
<td>Bug Spray</td>
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<td></td>
<td>Twin Sheets, Pillows, Sleeping Bags</td>
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<td></td>
<td>Fishing Gear (rods, tackle, bait)</td>
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<td></td>
<td>Bathing Suits</td>
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<td></td>
<td>Contribution to BB range (target item, you will not want back)</td>
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<td></td>
<td>Square Dance Attire</td>
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</tbody>
</table>

Other: (list below)

Additional Items below are for Friday rafters

- Water shoes, sneakers or sandals, (water shoes are warmer)
- Plastic bag for dry clothes on bus ride up and wet clothes back
- Money or credit card for souvenir shirts and pictures
- Sun Screen
- Towels (and shower gear if showers are available)
- Drybag if you are taking anything on the river you want to stay dry. They say don’t take anything you don’t want wet or broken and you may leave a bag on the bus.
- Gratuity for your rafting guide.
# Checklist for Camping

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

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