ADVENTURE PROGRAMS
Program Manual
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PREFACE

WHY ADVENTURE GUIDES EXITS
During their elementary school years, children learn rapidly, becoming much more aware of the world around them. They begin to see things differently and ask questions about who they are, where they came from and why things are as they are. During this time, children tend to see their parents as guides, teachers, and heroes. They start to understand that adults protect and nurture them. Ideally, during this period, parents and caregivers learn how to talk with their children more than at them. A strong relationship is based on the ability to ask open-ended questions that help children think and move beyond simple yes or no responses. During these years, adults strive to invite children to accept challenges and opportunities, celebrate accomplishments and face fears.

The Y has designed Adventure Programs to support and encourage you and your child on your journey of discovery. While activities with the whole family are important, we see tremendous value in supporting and strengthening the ability of a parent and his child to communicate at an early age in ways that are caring, honest, respectful and responsible. We seek to encourage you as a parent to “get to know your kid while your kid is still a kid.”

THE PARENT AS LEADER
In Adventure Programs, a parent serves as a leader in a child’s life. Parents guide, direct, supervise, influence and teach while presenting opportunities for children to explore the world around them. The program focuses on skills, values, habits and fun. Adventure Programs supports the vital role parents play as teachers, counselors and friends. In this program, parents lead by example as they set their children on a path through life. The journey is taken side by side. In the Adventure Guides program, the journey happens within the context of small Tribe communities. Throughout this handbook, you’ll see references to the term “father,” which we define broadly to include all those with primary responsibility for raising children. These include biological parents, adoptive parents, guardians, stepparents, grandparents raising children, or any other type of parenting relationship. All are welcome and encouraged to be leaders in raising children for whom they are responsible or to whom they’ve committed to being a good adult role model.
INTRODUCTION

Congratulations! By joining the Adventure Guides & Princesses program, you have made a decision to spend quality time strengthening your relationship with your child. By investing your time and energies into this program, you are sure to achieve that goal.

What Adventure Guides Do
Small groups, called Tribes, of parent-child pairs meet on a regular basis in one another’s homes, usually about once a month. Occasionally, several Tribes come together to participate in larger activities such as campouts, parties, or parades. The core of Adventure Programs are these meetings and adventures. Typical activities include ceremonies, games, crafts, songs, stories, skits and outdoor pursuits such as camping, hiking and swimming.

The Value of the Group Experience
Although Adventure Programs focuses on parents and children, the value of the group experiences within small Tribes is important. Being involved in a group and engaged in group work has many benefits. Parents and children learn from and about one another; parents and children learn about other families; and, finally, parents and children learn from other families. The output of the leadership, problem-solving, and group-work skills children and parents acquire, along with a sense of and commitment to a larger community, reinforce the Y’s commitment to strengthening community.

Adventure Programs Traditions
Adventure Programs is rich in tradition, structure, ritual, and routine. Many who have participated over the years feel these qualities have kept the program alive, attracting generation after generation from the same families. The program’s purpose, aims, and motto are meaningful for those who participate. The structure and routines are predictable, allowing new members to easily assimilate into the program. However, the program is ever changing to incorporate new processes and best serve participants. Activities are based on the interests of the group, making them relevant and fun.
PURPOSE, MOTTO, AIMS AND PLEDGE

Purpose
The purpose of YMCA Adventure Programs is to foster understanding and companionship between father and child.

Motto
“Pals Forever, Friends Always”

The slogan, “Pals Forever, Friends Always” does not mean that father and child relate to each other as equal, such as 2 boys who are pals. Rather, it means that father and child have a close, enduring relationship in which there is communication, understanding and companionship. Adventure Programs encourage such a relationship by providing a means for father and child to share enjoyable experiences, to observe and learn about one another, and to develop mutual respect.

Aims
1. To be clean in body and pure in heart
2. To be pals forever with my father/son/daughter
3. To love the sacred circle of my family
4. To listen while others speak
5. To love my neighbors 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 service to each other, to our family, to this tribe, to our community, seek a world pleasing to the eye of the Great Spirit.”
BENEDICTION AND CLOSING

Benediction
May the peace of the forest, The song of the birds, The inspiration of the hills, The warmth of the sun, The strength of the tree, The fragrance of the flowers, The joy of the wind, And the calm of the lake, In all of which is the Creator Of all good things, Be in our hearts today and always.

Closing
“And now may the Great Spirit of all Great Spirits be with You and You and You and You . . . and You for now and ever more.”

And now may the Great Spirit of all Great Spirits,

Be with you, you, you and you,

For now,

and ever more.

Move right hand in a circle, in the air, overhead

Point with right finger to members of your tribe.

Pull back imaginary bow.

Release imaginary arrow.
SONGS

"Pals Forever" (Tune of "Clementine")

Pals forever, Pals forever,
That's our slogan, that's our song;
Boys are stronger, Dads feel younger,
When they take the boys along.
Dads are for it, Moms adore it,
And the boys all think it's fine;
Pals forever, Pals forever,
Guides will always have good times.
Through the days and through the years,
We will wander side by side;
Pals forever, Pals forever,
The Great Spirit as our guide.

"Friends Always" (Tune of "Clementine")

Friends always, Friends always,
That's our slogan, that's our code;
And we work and play together,
As we travel on life's road.
Dads are for it, Moms adore it,
And the girls all think it's fine;
Friends always, Friends always,
The Great Spirit as our guide.
HISTORY OF THE PROGRAM

How the Adventure Guides Program was Developed

The first Adventure Programs (Formerly known as Y-Guides/Princesses or Indian Guides/Princesses) were developed to support parents’ vital roles as teachers, counselors and friends to their children. Harold S. Keltner, St. Louis YMCA Director, initiated the program as an integral part of association work. In 1926, he organized the first tribe in Richmond Heights, Missouri, with the help of his good friend Joe Friday, an Ojibway Indian, and William H. Hefelfinger, Chief of the first Y-Guides tribe. Inspired by his experience with Joe Friday, who was his guide on hunting and fishing trips into Canada, Harold Keltner established a program of parent-child experiences that now involves over 200,000 children and adults annually in the YMCA.

Joe Friday planted the seeds for this program during a hunting trip he and Mr. Keltner took to Canada. One evening, the Ojibway said to his white friend as they sat around a blazing campfire: “The Indian father raises his son. He teaches his son to hunt, to track, to walk softly and silently in the forest, to know the meaning and purposes of life and all he must know, while the white man allows his mother to raise his son.” These comments struck home and Harold Keltner arranged for Joe Friday to work within the St. Louis YMCA.

Joe Friday spoke before groups of YMCA boys and their fathers in St. Louis and Mr. Keltner discovered that fathers, as well as boys, had taken a keen interest in the traditions and ways of the Native American. At the same time, Harold Keltner, being greatly influenced by the work of Earnest Thompson Seton who was a great lover of the outdoors, conceived the idea of a father and son program based on the strong qualities of Native American culture and life — dignity, patience, endurance, spirituality, harmony with nature and love of the family circle. Thus, the first Y-Guide program was born more than 80 years ago and was celebrated in 2006 by a commemorative patch.

The rise of the family YMCA following World War II, the genuine need of young girls for their personal growth and the demonstrated success of the father-son program nurtured the development of YMCA parent-daughter groups. The mother-daughter program, once known as Y-Maidens, was established in South Bend, Indiana in 1951. Three years later, father-daughter groups now known as Y-Princess emerged in Fresno, California. In 1980 the National Longhouse recognized the former Y-Braves program for mothers and sons, completing the 4 combinations in the Y-Guide Programs.

These programs have evolved over the years to allow today’s fathers and their children to take part in many varied and enriching experiences and show respect to the Native American culture upon which the program was modeled. The current Adventure Guides and Princesses programs still strive to foster a lasting bond between father and child and create an experience that lasts a lifetime!
The Native American Theme as a Contribution to the Program

The strong qualities of the Native American culture of which Joe Friday spoke—dignity, patience, endurance, spirituality, feeling for the earth and concern for family—have become the cornerstone of the program. These values permeate the purpose and the aims of the program and form the foundation upon which activities are planned. Costuming, crafts, stories, ceremonies and many other areas of the Native American culture are attractive to parents and children alike.

The Need for Authenticity

Current involvement of the Native American community in the planning and development of the programs and their reference materials have done much to preserve authenticity. However, program participants must constantly be aware of the Indian culture and take precautions not to abuse it. We need to avoid ‘Hollywood stereotypes’ and check to accuracy of what we depict through brochures, costuming events, and the general portrayal of the Native American. There are ample resource materials available for this purpose in libraries and the internet. Most Tribes will provide information and histories upon request.
10 CULTURAL RESPECT GUIDELINES

10 Cultural Respect Guidelines for Teachers/Parents of Young People

1) Avoid talking about Indians only in the past tense. American Indian history is interesting, but Indians are still alive today, too.

2) Indians from different tribes and nations may have some things in common, like a reverence for family and nature, but they do not all speak the same language, have the same traditions, or wear the same clothes, any more than all European people do. Use the Internet or some good books about Native Americans to learn about the tribe you are studying. Not all Indians lived in tepees. Not all Indians wear the same traditional clothes or headdresses. As much as possible, learn about one complete culture, not a hodge-podge.

3) Be sensitive to the difference between learning about a culture and mocking it. Every culture has some aspects which are fun and acceptable to copy, and others which are rude and racist. If you had a Chinese club, for example, you might learn some Chinese words, listen to Chinese folktales, have a stir-fry, or wear some old-fashioned wooden Chinese shoes. But you would not tape your eyes to be slanted, talk in broken English like "Me likey flied lice!", and mimic Buddhist religious rituals. For American Indians, cultural activities which are fun and not offensive include: reading books about Indians, learning an Indian language, listening to Indian music, attending Indian dances and cultural festivals, making Indian food (such as frybread), making non-religious Indian crafts (such as beadwork), reading, listening to, or telling Indian stories and legends, playing traditional Indian games. Cultural activities which are hurtful and inappropriate include: painting faces, mimicking Indian traditional dances (most of which are religious in nature), making war whoops, war dances, or playing at war, using broken English for "Indian Talk" ("me likeum frybread"), or pretending to BE Indian. We know it is a fine distinction, but if you teach your child to say "I'm a Cherokee" when she is not, you will confuse her and devalue what it means to be Cherokee. You wouldn’t tell your child in the French club that she was French. Instead, teach her to say "I'm a Y-Indian Princess from the Cherokee chapter. We learn all about Cherokees."

4) Plains Indian Sign Language is fun to learn, and many Indian people understand this sign language. However, each tribe have a normal, spoken language as well. Learn a little about this language. (You can look at the site, Native Languages of the Americas, for a starting point for Indian languages.) It's easy and fun to learn to say "Hello," "Goodbye," and "Thank you" in any Indian language, and it's more authentic and less insulting than saying "How How." For older kids, the Lord’s Prayer has been translated into most Indian languages. Some languages, like Cree and Cherokee, have their own interesting writing systems, which are fun for kids to learn. Audio and video tapes of many Indian languages are also available, such as the Arapaho-language version of Disney’s Bambi.

5) Find the tribal office of the Indians whose name you are using and ask them for information or if they are interested in a cultural exchange program. Many tribes will provide you with information, free or for a small charge. If you are nearby, a reservation makes a very good outing. If you are not, you may be able to arrange a penpal for your children on the reservation of your tribal namesake. This is a fun way to learn about another culture!
6) If you are arranging an event with Indians from a tribe other than your namesake tribe, discuss differences between the 2 tribes with the children in advance. Before you meet any Indians, talk to your kids about modern Indian life so that they do not go into the meeting asking Indians if they know how to use toilets or something similarly offensive!

7) When you choose special nicknames for fathers and daughters, avoid naming yourselves after historical Indians. In many Indian traditions, it is disrespectful or even sacrilegious to use a name that belongs to somebody else without permission. Invented names like “Princess Pretty Rainbow” or “Chief Falls-Off-His-Horse” may not be very authentically Indian, but neither are they cultural thievery, as “Sacagawea” or “Crazy Horse” would be.

8) Avoid making comments implying that Indians are less intelligent, more violent, or less civilized than white Americans. Comparing “wild Indians” with sophisticated modern Americans is not fair—white frontiersmen of the past were pretty wild, too, and modern-day Indians use computers and go to school just like your kids do. Avoid talking broken English to “imitate” Indians.

9) If you have a website, encourage visitors to learn more about the real Indians by putting up a page with information on your namesake tribe’s culture and history (a good project to involve your children in,) and/or links to your namesake’s tribal homepage and other informative sites.

10) When you do charity events, consider an event that will raise money for the American Indian College Fund.

**Further reading:**

**HERE ARE A FEW GOOD BOOKS TO HELP KIDS LEARN ABOUT NATIVE AMERICANS IN APPROPRIATE AND RESPECTFUL WAYS:**

**Encyclopedia of Native American Tribes**
Excellent reference book of past and present information about the culture groups of native North America.

**Of Earth and Elders**
A wonderful collection of photographs and interviews from Native Americans.

**The Birchbark House**
Well-written kids’ historical fiction about an Ojibway girl growing up in Laura Ingalls Wilder’s time.

**Jingle Dancer**
A wonderful picture book for younger kids about a Creek girl preparing for a traditional dance.

**Echoes of the Night**
Audiotape recording of traditional Native American tales by an Abenaki Indian storyteller.
ADVENTURE PROGRAMS GLOSSARY

Adventure Guide
The Father/Son leg of Adventure Programs

Adventure Princess
The Father/Daughter leg of Adventure Programs

Big Brave
Used to identify the father figure in the family pair in either Guides or Princesses

Little Brave
Used to identify the child in the family pair in either Guides or Princesses

Adventure Nickname
Each Big and Little Brave chooses an Adventure Nickname for themselves during their first year of the program. This name stays consistent for each subsequent year. Names are typically formed with an adjective or verb and a noun. See “Choosing an Adventure Nickname” for more direction.

Tribe
The tribe is your close team composed of 8-10 family pairs. Tribes meet on a monthly/bimonthly basis and participate in outings together throughout the year. The tribe works together to delegate tasks to have the Fall and Spring campouts run smoothly.

Longhouse
Some tribes refer to the Fall and Spring campout as a Longhouse. You may see campout and longhouse used interchangeably.

Apple Hour
During Fall and Spring campout, the Y provides each father and each child an apple. While consuming these apples, father and child spend about an hour of intentional alone time together.

Federation Council
This board of dedicated and experienced fathers meet at least quarterly to discuss the overall program and provide feedback to the Y. Each year the Y encourages fathers to volunteer to join this group. Fathers may serve on this council for multiple years.
CHOOSING AN ADVENTURE NICKNAME

Your Adventure Nickname will stay with you for the entirety of your experience with the program. Both father and child choose a name that they believe suits them whether that is based on a character trait, hobby, physical feature or elements in your environment. Some family pairs choose to have coordinating names (i.e. Sleeping Bear and Baby Bear) but others choose separately. Most names are formed of an adjective or verb and noun. Use the resources below to help choose the best name for you. This name should be announced at your first tribe meeting of the year and will be announced to all during the Saturday night fire ceremony of your first campout.

**Verbs/Adjectives**

<table>
<thead>
<tr>
<th>Sleeping</th>
<th>Bright</th>
<th>Strong</th>
<th>Sassy</th>
<th>Thunder</th>
<th>Swift</th>
<th>Any Color</th>
<th>Raging</th>
<th>Loud</th>
</tr>
</thead>
<tbody>
<tr>
<td>Soaring</td>
<td>Running</td>
<td>Brave</td>
<td>Burning</td>
<td>Flying</td>
<td>Napping</td>
<td>Bald</td>
<td>Tall</td>
<td>Roaring</td>
</tr>
<tr>
<td>Graceful</td>
<td>Dancing</td>
<td>Wild</td>
<td>Bouncing</td>
<td>Pretty</td>
<td>Magic</td>
<td>Silly</td>
<td>Sweet</td>
<td>Wise</td>
</tr>
<tr>
<td>Big</td>
<td>Fast</td>
<td>Gentle</td>
<td>Flaming</td>
<td>Thirsty</td>
<td>Mighty</td>
<td>Hungry</td>
<td>Thunder</td>
<td>Young</td>
</tr>
<tr>
<td>Little</td>
<td>Yelling</td>
<td>Curious</td>
<td>Sweaty</td>
<td>Great</td>
<td>Cranky</td>
<td>Flouncy</td>
<td>Towering</td>
<td>Clumsy</td>
</tr>
</tbody>
</table>

**Nouns**

<table>
<thead>
<tr>
<th>Feather</th>
<th>Rainbow</th>
<th>Arrow</th>
<th>Claw</th>
<th>Spider</th>
<th>Hunter</th>
<th>Wave</th>
<th>Wind</th>
<th>Oak</th>
<th>Ray</th>
</tr>
</thead>
<tbody>
<tr>
<td>Runner</td>
<td>Dragon</td>
<td>Star</td>
<td>Cloud</td>
<td>Moon</td>
<td>Sun</td>
<td>Lightning</td>
<td>Flower</td>
<td>Tree</td>
<td>Lily</td>
</tr>
<tr>
<td>Flower</td>
<td>Daisy</td>
<td>Bow</td>
<td>River</td>
<td>Dancer</td>
<td>Eye</td>
<td>Wind</td>
<td>Wing</td>
<td>Leg</td>
<td>Cub</td>
</tr>
<tr>
<td>Puppy</td>
<td>Spirit</td>
<td>Doe</td>
<td>Face</td>
<td>Ring</td>
<td>Hill</td>
<td>Storm</td>
<td>Tomahawk</td>
<td>Fire</td>
<td>Dove</td>
</tr>
</tbody>
</table>

**Animals and their meanings**

<table>
<thead>
<tr>
<th>Alligator-Stealth, Survival</th>
<th>Bee-Service, Gathering, Community</th>
<th>Butterfly-Self Transformation, Grace</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cougar- Power, Swiftness, Balance</td>
<td>Deer-Gentleness, Compassion</td>
<td>Dog-Protection and Loyalty</td>
</tr>
<tr>
<td>Dolphin-Joy, Harmony, Intelligence</td>
<td>Goose-Safe Return, Love of Home</td>
<td>Hawk-Strength, Foresight, Truth</td>
</tr>
<tr>
<td>Horse-Spirituality, Carrier of Burdens</td>
<td>Ladybug-Delight, Trust</td>
<td>Lion-Pride, Nobility, Cunning, Courage</td>
</tr>
<tr>
<td>Moose-Self Esteem, Assertiveness</td>
<td>Owl-Wisdom, Magic</td>
<td>Pelican-Abundance, Plenty</td>
</tr>
<tr>
<td>Raccoon-Curiosity, Inquisitiveness</td>
<td>Roadrunner-Speed, Agility</td>
<td>Seal-Inquisitiveness, Contentment</td>
</tr>
<tr>
<td>Snail-Perseverance, Determination</td>
<td>Swan-Grace</td>
<td>Turtle- Protection</td>
</tr>
<tr>
<td>Whale-Record Keeper, Guardian</td>
<td>Wolf-Teacher of New Ideas, Loyalty</td>
<td>Woodpecker-Change, Persistence</td>
</tr>
</tbody>
</table>

**Example Adventure Nicknames**

- Komodo Dragon
- Silver Leopard
- Road Runner
- Golden Eye
- Running Late
- Wind Dancer
- Thunderbolt
- Big Oak
EVENTS Flier

EVENTS OVERVIEW

EVENTS FLIER

ADVENTURE PROGRAMS 2018-2019

CAMPOUTS
Please refer to the Camping Schedule to see which weekend your tribe is assigned to campout. Tribes are listed by name and chief name.

FALL CAMPOUT: Camp Thunderbird
September 21-23 (Guide)
September 28-30 (Guide)
October 5-7 (Princess)
October 12-14 (Guide)
October 19-21 (Princess)
October 26-28 (Guide)
November 2-4 (Guide)
November 9-11 (Princess)

SPRING CAMPOUT: Camp Thunderbird
March 15-17 (Guides)
March 22-24 (Princess)
April 5-7 (Guide)
April 12-14 (Guide)
April 26-28 (Princess)
May 3-5 (Guide)
May 10-12 (Guide)
May 17-19 (Princess)

REGISTRATION INFORMATION
Opens June 7, Closes September 15
All-Inclusive Fee (Includes all events/patches except the Summer Event and Daddy Daughter Dance):
Member: $140, Non-Member: $180
Additional Children within a family: $25 each

FACTS and TIPS
• If you have previously registered for any program, you should have an account to register with. You can access your account by either logging in with an existing email and password, or click “Find Account” under the selection “I want to set up online access for my account.” If your account is inactive or you are a nonmember of the Y, it will ask you to renew your membership. Click “Remind me later.” It will then take you through the registration process.
• If you have not ever registered for any Y programs, they can set up their account by clicking “Sign Up” under the selection that says “I don’t have an account, but I want to create one.” It will ask for a branch. Click your nearest branch location. It will then ask what type of membership you would like. Click non-member. It will then take you through the application process. After creating your account, add each child to your account. Lastly, search for “Adventure Guides or Princesses” and register for the program.
• Make sure to register your child for the program instead of the adult. This will give you an error message because there is an age cap.
• Fall and Spring campouts are reserved as a sacred time for registered participants, no guests. We urge participants to invite recruits to tribe meetings and the Summer Recruitment event.
• If you still are unable to log in, please call 804.748.6714 and we can talk you through it.

Federation Council
Interested in learning and giving input to the future of Adventure Programs? Join for quarterly meetings and round table discussions with an association wide perspective! Email Y staff if you are interested.

Email adventureprograms@ymcarichmond.org if you would like to have one your tribe events posted on our online calendar and included in the monthly newsletter for all to see.

Stay connected with Adventure Programs! Stop by our Facebook page or check out website.

YMCA Branches
If you would like to reserve space for your tribe meetings, email the office to reserve a room.

Office Hours
Monday-Friday 9 a.m. - 5 p.m.
Please make an appointment by calling the main office or emailing Adventureprograms@ymcarichmond.org

Customer Service
Have a questions about billing or logging into your account? Call 804.748.6714

VEST AND CUSTOM PATCH ORDERING:
thepatchstore.com cowcatcher.us

EVENTS
Take place at Camp Thunderbird unless otherwise noted.

Tribe Chief Training
September 8
10 a.m. - noon
September 11, 7 - 9 p.m.

BIRDS NEST Clean Up Day
September 16
10 a.m. - noon

Federation Council
November 13
6:30 - 8:30 p.m.

Winter Inning – Daddy Daughter Dance
January 18 and 19
6 - 8:30 p.m.

Science Museum of Virginia
(Dewey Gottwald Center)
Pinewood Derby
February 9 and 10
CTB Navas Lodge
Car Pick at CTB and Tuckahoe YMCA

Family Flight Day
March 10, 1 - 4 p.m.
CTB Lower Field

BIRDS NEST Clean Up Day
March 2, 9 a.m. - 1 p.m.

Healthy Kids Day
See your local YMCA branch calendar

Togetherhood Service Events
Have an idea for a service day? Reach out to Adventure staff and we can help to rally the troops!

SUMMER EVENT
Flying Squirrels Night
July 2019, Date TBA
EVENT DESCRIPTIONS

Fall Campout
Fall campout is the kickoff to the official Adventure Programs season. At Camp Thunderbird you’ll get to participate in riflery, archery, canoeing, field games, campfires and outdoor fun! The tribe chief should communicate which weekend your tribe is assigned to campout and a list of tribes and their assigned weekends can be found on the Adventure Programs webpage. New participants will be announced and welcomed during the Saturday night fire ceremony. Fall campout is a sacred time reserved for registered participants and the admission fee is included in your yearly registration.

Birds Nest Clean Up Days
Birds Nest Clean Up Days are an excellent way for tribes to give back. Camp Thunderbird needs some TLC to keep it looking its best and participants will help in clean-up efforts and improvement projects.

Daddy Daughter Dance
The Daddy Daughter Dance is a special Princess and Big Brave time with food, a DJ and dancing. This event requires a separate registration and admission fee. The link to register can be found on the Adventure Programs webpage. This event is open to friends you think would like to join Adventure Princesses and they can register using the same link. There is a maximum headcount for this event so be sure to register early. The 2018-2019 dance will be held at the Science Museum of Virginia. The dress attire is semi-formal.

Pinewood Derby
Pinewood Derby car races are held each winter at Camp Thunderbird. Race heats are organized by gender and age. There are awards for different categories; please refer to the official rules given to you with your car kit. Car Kits can be picked up at Camp Thunderbird or the Tuckahoe YMCA prior to race weekend on specified dates. Derby car construction is a great father/child project for Guides and Princesses alike.

Spring Campout
The Spring Campout is a special time for all out at the rolling hills of Camp Thunderbird. At Spring Campout, you will find the Camp Thunderbird activities you love like Riflery, Archery, Canoeing and Field Games along with crafts and new experiences. A special time at the Spring Campout is the age-out ceremonies of little braves who will graduate the program. Spring Campout is included in your yearly registration fee and you do not need to re-register.

Healthy Kids Day
Healthy Kids Day is hosted at YMCAs across the country to promote healthy lifestyles in every family. There will be activities, games, food and more. This is a free community event that anyone can attend. Please see your local YMCA branch for the date that they are hosting Healthy Kids Day in the spring.
**Family Flight Day**
Flight Day is an event for the whole family hosted at Camp Thunderbird. There will be an opportunity to fly kites, set off rockets, play with drones and experiment. Participants are welcome and encouraged to bring their own flying toys. This event is included in your yearly registration and you do not need to re-register. Princesses, Guides, Moms and new recruits are invited.

**Summer Event – Flying Squirrels Night**
Each summer, Adventure Programs hosts a night with the Richmond Flying Squirrels. The entire family, new recruits and any community members are welcome. This event requires separate registration and payment for each ticket. The registration link can be found on the Adventure Programs webpage. On the night of the game, participants can collect their tickets and custom Flying Squirrels patches from Y staff at the Adventure Programs table outside of the ballpark.
TRIBE OFFICERS FOR BIG BRAVES

Required Positions for Big Braves
The positions outlined below are required functions for each tribe. Tribe officers role up a position each program year. For example, the Medicine Man will assume the Chief’s position for the next program season. Tribe officer duties should be split among the families so no family is overwhelmed. No Dad should hold more than one role at a time.

Chief
The Chief is the head of the tribe and its foremost representative. We suggest the following responsibilities:
1. Set up a separate planning meeting with just the Fathers at least once every 3 months. At this meeting discuss new activities to be planned, evaluate the program and discuss ways to improve, and set-up definite meeting times and locations.
2. Preside over Tribe meetings.
3. Represent the Tribe at Chief meetings and trainings.
4. Keep meetings within scheduled time frames (60 – 75 minutes) and start meetings on time.
5. Open and close each meeting with a prayer to the Great Spirit.
6. Create and follow meeting ritual as a tribe.
7. Create schedule for succession of the next year’s Chief and Medicine Man.
8. Signs YMCA provided “Chief Agreement.”

Medicine Man
The Medicine Man presides over meetings in the Chief’s absence. His responsibilities include:
1. Ensure that a craft or suitable activity is planned for each meeting.
2. Preside over Tribe meetings if the Chief is absent.
3. Attend Federation planning meetings in place of the Chief as needed.
4. Assist in the planning and creation of tribal property including the drum, talking stick, name badges, totem pole, etc.
5. Becomes Chief when the current Chief leaves his position.

Tally Keeper
The Tally Keeper is the big brave who is responsible for recording all happenings at the Tribe meetings and special events. For a smooth-running tribe, it is vital that the Tally Keeper maintains the following responsibilities:
1. Record the minutes of all tribal meetings and events. In keeping the minutes, the Tally Keeper is to creatively include the names of the guides/princesses.
2. Track attendance of little braves/princesses at tribal meetings and campouts.
3. Keep YMCA informed of tribal activities and changes in membership.
4. Track progress towards earning the Beaver, Cougar, Bear and Buffalo Awards.
**Wampum Bearer**

The Wampum Bearer is a big brave who acts as the treasurer of the tribe and is responsible for all tribal financial transactions. The Wampum Bearer’s responsibilities include:

1. Keep accurate financial records of the contents of the Wampum Bag.
3. Oversee the collection of wampum at each council meeting.
4. Coordinate with the Medicine Man for tribal purchases.

**Sachem**

After a big brave has served his term as Chief, he then becomes a Sachem. As past Chief, he should always be ready-to help the current tribe chief in regards to tribal organization and recruitment. Sometimes Tribes assign the Sachem the duty of keeping the tribal property.

All tribe officers receive a special officer patch for their specific position for themselves and their child.

**OTHER TRIBAL OFFICER POSITIONS**

These positions are not required but can be assumed by Fathers who want to be involved but not necessarily as a Tribe officer.

**Keeper of Legends**

This big brave is the storyteller of the tribe and is tasked with providing a story with a Native-American theme at each tribe meeting.

**Moon Watcher**

This big brave is responsible for maintaining the tribe’s schedule of events including birthdays.

**Craft Maker**

This big brave is responsible for the creation of all crafts and tribal property. He schedules craft work, gathers materials for crafts and teaches new skills for the Little Braves and Princesses.
EXAMPLE OFFICER AGREEMENT:

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

Tribe Chief Description: A parent selected to act as the leader of the nation and its tribal officers for, at the minimum, 1 program year (September through June).

Tribe Chief Functions
1. The contact person for the YMCA and represents the tribe.
2. Delegate assignments to participants and ensures that tasks are performed.
3. Plan fall and spring campouts, in cooperation with the YMCA, by updating the campout request forms with current tribal information, activity and schedule request, supply order, ceremony feedback and sleeping assignment request.
4. Provide information to the YMCA for the Smoke Signal newsletter before each campout.
5. Relay YMCA information concerning events, program registration, and general information about Adventure Programs to all tribe dads.
6. Preside at parents’ meetings, ceremonies, and activities, or delegate to other leadership positions when not available.
7. Train Medicine Man to become chief the following year.
8. Provide feedback to the YMCA through chief meetings, or delegate to other leadership positions when not available.
9. Perform walk through with YMCA staff before and after campouts to assess any damages to the facility.

Tribe Chief Statement of Understanding
The Y strives to provide a safe and fun environment for all program participants, while holding its staff as well as its participants to its Core Values: Caring, Honesty, Respect and Responsibility. For the Adventure Guides program, the Adventure Guides Statement of Understanding and the Y’s Code of Conduct are the minimum standards to ensure the safety and enjoyment of staff and participants in the program. As a result, the Y will not allow staff or participants to engage in behavior that jeopardizes the safety and enjoyment of others.

Officers and other participants are encouraged to be responsible for their personal comfort and safety, and to ask any person whose behavior threatens their safety and enjoyment to refrain. If an officer or other participant feels uncomfortable in confronting the person directly, the matter should be reported to a staff person who is eager to be of assistance. Any participant should not hesitate to notify a staff member if assistance is needed.

The YMCA reserves the right to suspend any officer or participant from Adventure Guides leadership for an indefinite period of time if he fails to hold participants accountable to the Adventure Guides Statement of Understanding and the YMCA’s Code of Conduct. The YMCA also reserves the right to charge the tribe for damages sustained to YMCA property by tribe participants. And, depending on the severity (i.e. actions that could or have caused harm to staff or participants) and/or frequency of violations of the Adventure Guides Statement of Understanding and the Y’s Code of Conduct, the YMCA reserves the right to take additional disciplinary action, which could include termination of participation in the program.

I have read and understand the statements above regarding my responsibilities as Tribe Chief and agree to perform these responsibilities to the best of my ability.

Tribe Chief Name:  
Tribe Chief Signature:  Date:
TRIBE OFFICERS FOR LITTLE BRAVES

As the children get older, they are able to take on more responsibility within the tribal organization. The position of the Drum Beater is the easiest to assign and is easy to rotate among the host Little Guides or Princesses. As the tribe get used to this ritual, other positions may be created and assigned over time. Below is a list of positions that have been created for Little Braves.

**Young Chief**
This Little Brave/Princess/Papoose is responsible for the use of the talking stick. They also help keep the attention of the other children in the tribe at tribal meetings and ceremonies.

**Drum Beater or Tom-Tom Beater**
This Little Brave/Princess is responsible for the drum and calls the tribe to meetings. This position should be assigned to the child of the Chief, the child of the Sachem or host child.

**Wampum Collector**
This Little Brave/Princess is responsible for passing the Wampum Bag during the collection of wampum while the children are giving their wampum reports. This position is usually the child of the Wampum Bearer.

**Runner**
This Little Brave/Princess is responsible for helping bring, set up and store the tribal property. This position is normally the child of the person who stores the tribal property.

**Roll Taker**
This Little Brave/Princess/Papoose is responsible for assisting the Tally Keeper with calling the role using the tribal members guide/princess name. This position is usually the child of the Tally Keeper.
TRIBE MEETINGS
AND RESOURCES

TRIBE MEETING BEST PRACTICES

Tribe meetings should be held monthly or bimonthly to ensure close relationships and bonds within the tribe.

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

Tribes should also host 2 Dads only meetings per year. These are best scheduled before the 2 annual campouts to organize and delegate responsibilities.

Tips for a good tribe meeting:

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

6:55 - 6:59 p.m.
All braves and guides/princesses arrive at meeting.

7 - 7:04 p.m.  Opening Ritual
Some tribes have silent prayer or prayer by a member, some sing “America”, some follow the written ritual in this manual. Ritual is usually begun by 12 beats on the tom-tom by host little brave.

7:04 – 7:06 p.m.  Tallykeeper’s Report
Little braves love to hear their names, so try to include them as much as possible.

7:06 – 7:10 p.m.  Collection of Wampum
Good speaking experience for guides/princesses to tell how they earned their wampum.

7:10 – 7:20 p.m.  Recognition Tokens
Time for scouting reports where each child tells what they did to earn the recognition token (feathers, beads, bear claws, arrowheads working towards Beaver, Cougar, Bear, Buffalo)

7:20 – 7:30 p.m.  Story
Told by one of the big Braves to the guides/princesses or by a Little Brave working on a recognition token
1. Never read or memorize the story—tell it.
2. Describe the characters in the story in your own words—to fit the understanding of your listeners.
3. Start the story dramatically ...“It was a dark and stormy night ...” rather than “I’m going to tell you about...” Avoid lengthy introductions.
4. Permit no interruptions by anyone.
5. If guides/princesses attention strays, call it back by voice inflections or movement in the story and bring your story to an end as soon as possible.
6. Eye contact is very important.
7. Use gestures though don’t over do it—make them natural.
8. Build the story to a climax then end is quickly.
9. Never tell a story when the children do not want to hear one.
10. In the event that you forget part of the story—IMPROVISE. Good Luck!
7:30 – 7:43 p.m.  
**Game or Simple Completed-In-One-Meeting Craft Project**

Don’t miss this—regardless of what else is included in the program. It is important for dads and sons/daughters to have fun together. Games build character through cooperation, fair play and consideration for others. Crafts should give the imagination and creativity an opportunity to be expressed. Kit type crafts do not accomplish this goal effectively if followed strictly to the letter. See included ideas list.

7:43 – 7:45 p.m.  
**“Magic” Trick or Joke**

Solves “dead time” problem (when host needs to prepare refreshments – pour drinks, unpackage cookies, etc.)

7:45 – 7:58 p.m.  
**Refreshments and Business Meeting**

Cover any major plans – who will host the next meeting, upcoming outing plans etc. This part of the meeting should be as brief as possible. The next best way to include the children would be a simple vote between 2 outing choices.

7:58 – 8 p.m.  
**Closing Ceremony**

Indian sign language benediction or tribal prayer, written ritual, the pledge, song “Pals Forever” and / or “Friendship Always” on various nights would be good.

8 – 8:03 p.m.  
**Everybody Leaves for Home**
OPENING RITUAL FOR A TRIBE MEETING

Chief
Drum beater, beat the drum to call the tribe to order.
(Drum beater (host Little Brave/Princess) strikes the drum once for each family in attendance).

Chief
(Raising hands and eyes to the Great Spirit:) Great Spirit, as we gather around this council fire, dwell among us and guides. Give us wisdom and understanding. In this the month of ______ moons, we are grateful for ______ (something simple that the Little Braves/Princesses will understand.) O Great Spirit, hear our words.

Chief
Little Braves/Princesses, what is an Adventure Guide/Princess?

Little Braves
A son/daughter with a dad like mine.

Chief
Little Braves, what is our slogan?

Little Braves
Pals Forever/Friends Always

Chief
Drum Beater, what are the duties of your office?

Drum Beater
To beat the drum, which calls the tribe together and tells its member to come to order.

Chief
Runner, what are the duties and meaning of your office?

Runner (Child of the Sachem)
I stand guard over the tribal property.

Chief
______________ Tribe, what is the Pledge of the all Guides/Princesses?

Little Braves
We, father and son/daughter through friendly service to each other, to our family, to this, to our community, seek a world pleasing to the eye of the Great Spirit.
**Princesses**
We, father and daughter, through friendly service to each other, to our family, to this tribe, to our community, seek a world pleasing to the eye of the Great Spirit.

**Chief**
The Council of the ________ Tribe is now open.

**Chief**
Tallykeeper, read the Birch Bark Scroll.

**Tallykeeper**
(Reads the minutes from the last meetings).

**Chief**
Tallykeeper, will you call the roll of Little Braves/Princesses and receive their scouting reports?

(As the Tallykeeper calls each name, the children announce their presence and tell something that they did with their dads since the last meeting.)

**Tallykeeper**
Chief, the roll has been called and the scouting reports received.

**Chief**
Wampum Bearer, collect the wampum. (The Wampum bag is passed to each Little Brave/Princess by the wampum collector (son/daughter of the Wampum Bearer—along with the talking stick. Each Little Brave/Princess, before placing their wampum in the bag, tells how they earned it. The Wampum bag is returned to the Wampum Bearer).

**Wampum Bearer**
Chief, I have heard the Little Braves/Princesses of the mighty ______ Tribe report the ways they have earned their wampum and I find those ways helpful to all. The wampum has been collected.

(The Chief may ask the Little Braves/Princesses to recite the 6 aims.)

**End of the Opening Ritual**

**Chief’s Talk**
After the opening ritual, the Chief may say a few words to the tribe about tribal, nation and federation activities or share any special items that need to be discussed as a tribe.

**Awards Recognition**
The Chief may recognize any Little Braves/Princesses for reciting memorized information, presenting crafts or reporting on activities with their dad since the last meeting.
CLOSING RITUAL FOR A TRIBE MEETING

Chief
Drum beater, beat the drum to call the tribe to order.
( Drum beater (host Little Brave/Princess) strikes the drum once for each family in attendance.)

Chief
(Raising hands and eyes to the Great Spirit:) Great Spirit, as we gather around this council fire, dwell among us and guides. Give us wisdom and understanding. In this the month of ______ moons, we are grateful for _____ (something simple that the Little Braves/Princesses will understand.) O Great Spirit, hear our words.

<table>
<thead>
<tr>
<th>If this is happening in your tribe...</th>
<th>Try this!</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meetings don’t get started on time.</td>
<td>Start meetings at an odd time – 7:23 p.m. for example, to reinforce the importance of respecting our time together.</td>
</tr>
<tr>
<td>Meetings run too late.</td>
<td>Set an alarm clock to ring at the end of the meeting ritual time and the end of program time.</td>
</tr>
<tr>
<td>Children play while parents watch.</td>
<td>Plan games that call for dad and child to compete on the same team</td>
</tr>
<tr>
<td>Fathers or Children are talking over one another.</td>
<td>Create a tribal talking stick to keep track of whose turn it is to talk and to encourage equal participation from all.</td>
</tr>
<tr>
<td>Children don’t play close attention. They talk, giggle and run around.</td>
<td>If an activity is interesting, they’ll pay attention. If they know that good things will happen when they pay attention, they will.</td>
</tr>
<tr>
<td>Tribe members exhibit disrespectful or inconsiderate behavior.</td>
<td>Reestablish tribe ground rules for how we show respect to one another.</td>
</tr>
</tbody>
</table>
MEETING CRAFT IDEAS

Bookmark
**Materials:** 1 1/2” x 10” Piece of Leather, Cloth Strips, Paint or Leather Tools

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

God’s Eye
**Materials:** 2 Popsicle Sticks or Similarly Sized Twigs Per Child, 5 Yards of Thick, Brightly-Colored Yarn in 3 colors

**Instructions:** Each father/ child team ties yarn together to make 1 piece, then ties twigs/sticks together to form a cross. Develop eye by stringing yarn from 1 branch of the cross to the next. Start in the center and work outward in a clockwise direction. Always go over top side of stick to top of next, around and onto next stick. When all yarn is used, tie end to stick. Glue a loop of yarn to the top stick to make a hanger for your beautiful craft. Diagrams of this project can be found online.

Tie-Dye
**Materials:** White T-Shirts or Bandanas, Rubber Bands, Plastic Bags, Tarp to cover surface, Plastic Gloves, Dye Kit and Bottles.

**Instructions:** Together with fathers, have children dye t-shirts or bandanas (following instructions from dye Kit) to wear as a tribe uniform during campout. Do this activity outside to avoid staining.

Creation of Tribal Property
Ideas found on next page.

MEETING GAME IDEAS

Flying Feather
Parents kneel so that their heads are no higher than standing young members. Players join hands and try to keep a downy feather up in the air by blowing. Leader throws up the feather. Hands must be held at all times. Divide up into 2 teams. See which one can keep the feather up the longest.

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

Example List: tomato, girl smiling, 4-legged animal, pie, shoe, bouquet of flowers, baby, soap, fruit juice.

Drumbeat Chairs
Played just like musical chairs, with an Adventure Programs twist! Instead of music playing and stopping to indicate when to find a chair, this game uses a drum beat.

Cheer Composition
More of an activity than a game, come together as a group and create a tribe cheer/chant. You can use this chant to encourage members during field games and to show your tribe pride at any time.
TRIBAL PROPERTY AND PURPOSE

Tribal property is a representation of the tribe member’s commitment to the Adventure Guide and Adventure Princess program. Pieces of tribal property often reflect the tribe’s history, present members and tribal accomplishments. The most popular pieces of tribal property to display during the campouts are tribal banners to hang on your tents or cabin. The tribal banners are often composed of individual pieces made by the tribe’s father-child teams and put together to be representative of the whole tribe. As tribes get older, the amount of tribal property often grows. New tribes are encouraged to start with a banner or standard and gradually collect/make other pieces. Tribal property can be passed down from older members or older members may keep pieces as mementos of their time in Adventure Programs.

TRIBAL PROPERTY IDEAS

Tribal Drum
The tribal drum is used to open and close each tribal meeting and represents the unity of the tribe.

Property Box
This box holds most of the tribal property, but should be small enough to be handled easily.

Totem Pole
One of the most important tribal properties, the pole is constructed of different sections made by each parent-child team. The totem pole has a strong religious connotation to some Native American tribes and should be used respectfully and sparingly.

Talking Sticks or Rocks
During tribal meetings, the person holding the talking stick or rock is granted the right to speak. Talking sticks and rocks can be decorated with paint, feathers, beads, leather or any other materials.

Council Fire
A “fire” made by nailing or screwing 6-10 sticks together in the shape of a tepee, log cabin, or combination of both mounted on a plywood board and placing a light bulb in the center to simulate a fire.

Coup Stick
These large decorated sticks are displayed outside the home to welcome tribal members. Each parent-child team can insert a feather when they arrive and remove it when they leave.

Tallykeeper’s Book
A book constructed for the purpose of holding records of meetings and events. It may be decorated with various Native American designs.
TRIBE OUTINGS

Trips and outings provide important shared experiences for parent and child in planning and participation in a common program activity. Children should be involved in the planning process. The age, interests, needs of the child, and season of the year are primary criteria in selecting trips, tours and outings. Tribes profit from a variety of outings that appeal to the diversity of interests and backgrounds in families.

Several outing and trip ventures are noted below to stimulate tribal planning. Whether your members participate in the program for 1 year or 5, these examples will help all families as they seek to strengthen the growth and development of their child.

TRIBE OUTINGS BY CATEGORY – GREATER RICHMOND AREA

AGRICULTURAL

Botanical Garden
Ashland Berry Farm – ashlandberryfarm.com
Maymont - maymont.org
Lewis Ginter Botanical Garden – lewisginter.org

Apiary
Poor Valley Bee Farm - poorvalleybeefarm.com

Agricultural Fair
Greene County Fair (June) - virginia.org/Listings/Events/GreeneCountyFair
Albemarle County Fair (July) - virginia.org/Listings/Events/AlbemarleCountyFair
Louisa County Agricultural Fair (July) - virginia.org/Listings/Events/LouisaCountyAgriculturalFair
State Fair of Virginia (September) - statefairva.org

Conservatory
Lewis Ginter Conservatory - lewisginter.org/visit/gardens/garden-descriptions/conservatory

Farm
Meadow Farm Museum at Crump Park – henrico.us/rec/places/meadow-farm
Lavender Fields Herb Farm - lavenderfieldsfarm.com
Lloyd Family Farms – lloydfamilyfarms.com

Hatchery
Dunreath Farm – dunreathfarm.com

Fruit Orchard
Gallmeyer Farms - gallmeyerfarms.com
Chiles Peach Orchard - chilesfamilyorchards.com
Rock Hill Orchard - rockhillorchard.com
Dickie Brothers Orchard - dickiebrothers.com
Drumheller’s Orchard - drumhellersorchard.com
Swift Creek Berry Farm and Greenhouse – swiftcreekberryfarm.com
Chesterfield Berry Farm – [chesterfieldberryfarm.com](http://chesterfieldberryfarm.com)
Hanover Vegetable Farm – [hanovervegetablefarm.com](http://hanovervegetablefarm.com)

**Horse Farm**
Brandywine Farms – [brandywinefarmva.com](http://brandywinefarmva.com)
Beaver Hollow Farm – [beaverhollowfarm.com](http://beaverhollowfarm.com)

**Dairy Farm**
Old Church Creamery – [oldchurchcreamery.com](http://oldchurchcreamery.com)
Richlands Dairy Farm – richlandsdairyfarm.com

**Gem Mine**
Moorefield Mine – [morefieldgemmine.com](http://morefieldgemmine.com)

**CIVIC**

**Fire Station**
Chesterfield County – [chesterfield.gov/FireAndEMS.aspx?id=3217](http://chesterfield.gov/FireAndEMS.aspx?id=3217)
Henrico County – [henrico.us/fire/firehouses](http://henrico.us/fire/firehouses)
Hanover County – [hanovercounty.gov/301/Fire-Stations-Rescue-Squads](http://hanovercounty.gov/301/Fire-Stations-Rescue-Squads)

**Police Station**
Chesterfield County – [chesterfield.gov/police](http://chesterfield.gov/police)
Henrico County – [henrico.us/police](http://henrico.us/police)
Hanover County – [hanoversheriff.com](http://hanoversheriff.com)

**Customs Office**
US Customs Office – [cbp.gov/contact/ports/richmond-petersburg](http://cbp.gov/contact/ports/richmond-petersburg)

**Capital Buildings**
State Capitol – [virginia.org/listings/HistoricSites/VirginiaStateCapitol](http://virginia.org/listings/HistoricSites/VirginiaStateCapitol)

**Post Office**

**Sports Stadium Tour/Game**
Richmond Flying Squirrels Baseball – [milb.com/richmond](http://milb.com/richmond)
Richmond Kickers Soccer – [richmondkickers.com](http://richmondkickers.com)
Norfolk Admirals Hockey – [norfolkadmirals.com](http://norfolkadmirals.com)

**College Campus Tour**
Virginia Commonwealth University
Virginia State University
John Tyler Community College
University of Richmond

**Library**

**City Hall**

**Courthouse**
COMMERCIAL

Pizzeria/Pizza cooking lesson

Bakery

Cooking Classes
Publix Aprons Cooking School – publix.com/recipes-planning/aprons-cooking-schools/richmond?utm_source=googleandutm_medium=paid_searchandutm_campaign=PX23_01_019_01_0_Tandutm_term=cooking%20lessonsandutm_dgclid=CIG2kLzqstsCFUb1swodfjwG5Aandqclsrc=ds
Wegmans Kids Cooking Classes – wegmans.com/events.html#kids

Grocery Store Tour/Photo Scavenger Hunt

Shopping Mall

Pet shop

HISTORICAL

Native American
Great American Indian Exposition – virginia.org/listings/Events/GreatAmericanIndianExposition
Local American Indian Events – commonwealth.virginia.gov/virginia-indians

Cemeteries
Arlington National Cemetery – arlingtoncemetery.mil/#/
Hollywood Cemetery – hollywoodcemetery.org

Colonial Sites
Colonial Williamsburg – colonialwilliamsburg.com
Jamestown and Yorktown – nps.gov/colo/index.htm

Historical Homes
The John Marshall House – reservationvirginia.org/visit/historic-properties/the-john-marshall-house
Tuckahoe Plantation – tuckahoeplantation.com/
James Madison’s Montpelier – montpelier.org/visit

Early Churches
St. John’s Episcopal Church – saintjohnsrichmond.org

State Parks
Pocahontas State Park – dcr.virginia.gov/state-parks/pocahontas#general_information
National Battlefield Park – nps.gov/rich/index.htm

MUSEUMS
Virginia Museum of Natural History – vmnh.net
Science Museum of Virginia – smv.org
Virginia Museum of Fine Arts – vmfa.museum.org
Children’s Museum of Richmond – c-mor.org
Virginia Museum of History and Culture – virginiahistory.org

**NATURE and SCIENCE**

**Wildlife Refuge**
Presquile National Wildlife Refuge – fws.gov/refuge/presquile
Rockfish Wildlife Sanctuary – rockfishwildlifesanctuary.org
Richmond Wildlife Center – richmondwildlifecenter.org

**Fish Hatchery**
Montebello State Fish Hatchery – virginia.org/listings/OutdoorsAndSports/MontebelloStateFishHatchery
Graham Bass Fish Farm, LLC – grahambassff.com

**Caves**
Luray Caverns – luraycaverns.com
Shenandoah Caverns – shenandoahcaverns.com

**Zoo**
Metro Richmond Zoo – metrorichmondzoo.com

**Planetarium**
Dome at the Science Museum of Virginia – smv.org/dome

**Aquarium**
Virginia Aquarium and Marine Science Center – virginiaaquarium.com

**Nature Parks**
Three Lakes Park and Nature Center – henrico.us/rec/places/three-lakes

**Nature Trails**
Virginia Capital Trail – virginiacapitaltrail.org/trail/map

**RADIO/TV/THEATER**

**Radio Station**
High School Band Concert

**Children’s Theater**
The Children’s Theatre at Willow Lawn – /va-rep.org/childrens.html
Chesterfield Children’s Theatre – chesterfieldchildrenstheatre.com
CharacterWorks Christian Theater for Youth – cworkstheater.org

**TV Studio**
Dance Performance

**Symphony Performance**
Richmond Symphony – richmondsymphony.com

**Photography Studio**
**Theaters (Film/Live)**
Swift Creek Mill Theatre – swiftcreekmill.com
Goochland Drive-In – goochlanddriveintheater.com
Byrd Theatre – byrdtheatre.com
Henrico Theatre – henrico.us/rec/places/henrico-theatre

SPORTS AND RECREATION

Archery
HNS Archery - huntnshak.com
Richmond Archery Club - richmondarchery.com

Ice Skating
Richmond Ice Zone - richmonddskating.com/riz
The Rink at West Board Village (Seasonal) – westbroadvillageicerink.com

Roller Skating
SkateNation Plus - richmonddskating.com
RollerDome - rollerdomeskating.com
Skate-A-Way - sk8away-midlothian.com
Ashland Skateland - ashlandskateland.com

Amusement/Water Park
King’s Dominion – kingsdominion.com
Busch Gardens Williamsburg – buschgardens.com
Great Wolf Lodge Williamsburg – greatwolf.com/williamsburg
Massanutten Resort – massresort.com/play

Dog/Cat Shows

Ice Show

High School Sports Game

Bowling
Midlothian Bowl America – bowl-america.com/locations/midlothian
Uptown Alley - uptownalleyrichmond.com
AMF Sunset Lanes - amf.com/location/amf-sunset-lanes
River City Roll – rivercityroll.com

Hayride

Sledding/Sleigh Rides

Haunted House
Forest of Fear at SHADY GROVE FAMILY YMCA (October) - facebook.com/ShadyGroveYMCA

Rodeo

Miniature Golf
Putt-Putt Fun Center – myputtputt.com
Bogeys Sports Park - bogeyssportspark.com/ (Special offer for Adventure Programs - $1 off per person on putt putt when paying as a group, to put together other packages for your tribe contact Tyler Carlo “Napping Narwahl” at 804.784.1544).

Ironbridge Sports Park - ironbridgesportspark.com

Arcade
The Circuit - thecircuitarcadebar.com

Trampoline Park
Sky Zone - skyzone.com/richmond
Jumpology - jumpology.us

Swimming/Polar Plunge
Contact your local YMCA branch

Fishing

Batting Cages
Windy Hill Sports - windyhillsports.com/batting-cages
Oasis Sports Park - oasissportspark.com/battingcages

Laser Tag
Laser Quest - laserquest.com/va-richmond-midlothian

Canoe/Kayak/Paddleboard
Riverside Outfitters - riversideoutfitters.net
RVA Paddle Sports - rvapaddlesports.com

Rock Climbing
Triangle Rock Club - trianglerockclub.com/richmond/ (Mention you are with Adventure Programs when booking for special packages and pricing)

TUCKAHOE FAMILY YMCA - ymcarichmond.org/locations/tuckahoe

TRANSPORTATION

Shipyard

Train Ride
Main Street Station – richmondgov.com/MainStreetStation/
Amtrak – amtrak.com/stations/rvr

Canal Cruise
Riverfront Historic Canal Cruises – venturerichmond.com/experience/canal/rides.html

Bus Trip

Bicycling

Stay tuned to the monthly newsletter for Outing Challenges and special pricing arranged at various locations just for Adventure Programs participants
<table>
<thead>
<tr>
<th>Event</th>
<th>September</th>
<th>October</th>
<th>November</th>
<th>December</th>
<th>January</th>
<th>February</th>
<th>March</th>
<th>April</th>
<th>May</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>RECRUITMENT EVENT</strong></td>
<td>Date:</td>
<td>Location:</td>
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<td>Registration closes 9/15</td>
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<tr>
<td><strong>TRIBE CHIEF MEETINGS</strong></td>
<td>Date:</td>
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<tr>
<td><strong>FALL CAMPOUT</strong></td>
<td>Date:</td>
<td>Date:</td>
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<td><strong>TRIBE MEETINGS</strong></td>
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<tr>
<td><strong>TRIBE OUTINGS</strong></td>
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<tr>
<td><strong>WINTER INNINGS</strong></td>
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<tr>
<td><strong>SPRING CAMPOUT</strong></td>
<td>Date:</td>
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<tr>
<td><strong>SUMMER EVENT</strong></td>
<td>Date:</td>
<td>Date:</td>
<td>Date:</td>
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<td>July</td>
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<td></td>
<td>Richmond Flying Squirrels Stadium</td>
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</tr>
</tbody>
</table>
VEST AND IMPORTANCE

Little Braves and Big Braves use vests to display their program patches such as the Program and Guides/Princesses patches as well as their campout chevrons, awards, and specialty and activity patches.

Patch placement suggestions:

• The top center back of the vest is usually reserved for a graphic that communicates the Little Brave’s or Big Brave’s Adventure nickname.
• The left chest of the vest should display the Adventure Programs Patch.
• The right chest of the vest should display the Guides or Princess Patch.
• After receiving the first Fall and Spring campout patches, the yearly chevrons should then be placed underneath to signify how many times you have attended campout.

Each vest is special and sacred to the individual. There are Big Braves who have passed down their vest from when they were a child on to their own son or daughter. There is no wrong way to decorate your vest, these are only suggestions.

Some patches are iron-on only while others must be glued or sewn on. Note that iron on patches with pre-attached adhesive may not be glued on as the patch will fall off.

Please contact the Adventure Programs Office if you have any further questions or concerns about vests.

WHERE TO PURCHASE A VEST

We suggest purchasing your little brave’s vest in a size that is larger than their normal clothing size. Cold campouts may call for a jacket to be worn underneath and they will grow (spiritually and physically) over the course of years in the program.

The Patch Store – thepatchstore.com
Cloth and felt vests starting at $20 for child and $25 for adult

CowCatcher Leatherworks – cowcatcher.us
Suede vests starting at $23.50 for child and $44 for adult
Very useful size chart

CraftKits – craftkits.com
Suede vests starting at $36.95 for child and $51.95 for adult
Adult sizes up to XXXL (54-56)
# VEST, PATCHES AND AWARDS

## PATCHES AND HOW TO EARN THEM

(exact style of patch may vary slightly)

### STARTER KIT

<table>
<thead>
<tr>
<th>Patch Type</th>
<th>Description</th>
<th>Image</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Program Patch</strong></td>
<td>The program patch is included in the starter kit for new participants. This patch should be placed on the vest’s left chest.</td>
<td><img src="image1.png" alt="Program Patch Image" /></td>
</tr>
<tr>
<td><strong>Guides Patch</strong></td>
<td>New Guides receive the Guides patch in the starter kit. This patch should be placed on the vest’s right chest.</td>
<td><img src="image2.png" alt="Guides Patch Image" /></td>
</tr>
<tr>
<td><strong>Princesses Patch</strong></td>
<td>New Princesses receive the Princess patch in the starter kit. This patch should be placed on the vest’s right chest.</td>
<td><img src="image3.png" alt="Princesses Patch Image" /></td>
</tr>
</tbody>
</table>
### AWARDS

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
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</thead>
<tbody>
<tr>
<td><strong>Bear</strong></td>
<td>The Bear, Cougar, Beaver and Buffalo are honor patches earned by completing progressive tasks. See Awards Criteria page for checklist.</td>
</tr>
<tr>
<td><img src="bear_patch.png" alt="Bear Patch" /></td>
<td></td>
</tr>
<tr>
<td><strong>Cougar</strong></td>
<td>The Bear, Cougar, Beaver and Buffalo are honor patches earned by completing progressive tasks. See Awards Criteria page for checklist.</td>
</tr>
<tr>
<td><img src="cougar_patch.png" alt="Cougar Patch" /></td>
<td></td>
</tr>
<tr>
<td><strong>Beaver</strong></td>
<td>The Bear, Cougar, Beaver and Buffalo are honor patches earned by completing progressive tasks. See Awards Criteria page for checklist.</td>
</tr>
<tr>
<td><img src="beaver_patch.png" alt="Beaver Patch" /></td>
<td></td>
</tr>
<tr>
<td><strong>Buffalo</strong></td>
<td>The Bear, Cougar, Beaver and Buffalo are honor patches earned by completing progressive tasks. See Awards Criteria page for checklist.</td>
</tr>
<tr>
<td><img src="buffalo_patch.png" alt="Buffalo Patch" /></td>
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</tr>
</tbody>
</table>
## SEASONAL OUTINGS

<table>
<thead>
<tr>
<th>OUTING</th>
<th>DESCRIPTION</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fall Outing</td>
<td>New participants receive a Fall Campout patch during their first Fall Campout. It is placed on the back of the vest.</td>
</tr>
<tr>
<td>Fall Chevron</td>
<td>For every subsequent year of Fall Outing attendance participants receive a Fall Bow Chevron to place below the Fall Outing Patch.</td>
</tr>
<tr>
<td>Spring Outing</td>
<td>New participants receive a Spring Campout patch during their first Spring Campout. It is placed on the back of the vest.</td>
</tr>
<tr>
<td>Spring Chevron</td>
<td>For every subsequent year of Spring Outing attendance participants receive a Spring Arrow Chevron to place below the Spring Outing Patch.</td>
</tr>
</tbody>
</table>
### OUTING AWARDS AND ACTIVITIES

<table>
<thead>
<tr>
<th>Activity</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Target Sports</strong></td>
<td>Hit a bullseye in Marksmanship or Archery at Camp Thunderbird to earn the Target Sports Patch. The archery and riflery specialists hand out this patch at the range.</td>
</tr>
<tr>
<td><strong>Hiking</strong></td>
<td>Take a wooded hike as a father/child pair at Camp Thunderbird to earn the Hiking patch. See the Director for this patch.</td>
</tr>
<tr>
<td><strong>Climbing</strong></td>
<td>Climb the Alpine Tower and shoot down the Ziplines at Camp Thunderbird to earn the Climbing patch. (Must complete both activities.) Alpine and Zipline specialists hand out this patch.</td>
</tr>
<tr>
<td><strong>Fishing</strong></td>
<td>Catch a fish in Lake George to earn the Fishing patch. This patch can be collected from the Canoeing lifeguard or Adventure Programs Director.</td>
</tr>
</tbody>
</table>
## OUTING AWARDS AND ACTIVITIES

<table>
<thead>
<tr>
<th>Honor Tribe</th>
<th>An Honor Tribe is chosen each outing session. Nominations can be turned in to the Adventure Programs Director.</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image1" alt="Honor Tribe" /></td>
<td></td>
</tr>
<tr>
<td>Four Winds</td>
<td>The four winds are an important part of evening fire ceremony for Adventure Guides. Be chosen as a Four Wind speaker to earn this honorable patch.</td>
</tr>
<tr>
<td><img src="image2" alt="Four Winds" /></td>
<td></td>
</tr>
<tr>
<td>Recruitment</td>
<td>Those who bring a friend or neighbor to join their tribe earn the recruitment patch. Contact the Director for this patch.</td>
</tr>
<tr>
<td><img src="image3" alt="Recruitment" /></td>
<td></td>
</tr>
</tbody>
</table>
## VEST, PATCHES AND AWARDS

### EVENTS

<table>
<thead>
<tr>
<th>Event</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Daddy Daughter Dance</td>
<td>Each Father and Daughter attendee of the January Daddy Daughter Dance will be given this patch at check in.</td>
</tr>
<tr>
<td>Pinewood Derby</td>
<td>Racers in the Adventure Guides 500 will earn the Pinewood Derby patch given on the day of the race.</td>
</tr>
<tr>
<td>Summer Event</td>
<td>Each Summer Adventure Programs hosts a Richmond Flying Squirrels Day and attendees will be given the Summer Event Patch at the ticket pick up table.</td>
</tr>
</tbody>
</table>
OUTING CHALLENGE

Stay tuned to the monthly Adventure Programs newsletter Adventure Guides newsletter as we announce Outing Challenges each Month. The Tribe with the winning photo will have their picture shared on the Camp Thunderbird Facebook Page and in the next month’s newsletter.

LEADERSHIP POSITIONS

Both Father and Child receive a badge if their Father has a leadership position within their tribe. The "My Dad is..." patch goes above this patch on the child’s vest. Leadership positions are outlined in the manual and include:

• Sachem
• Chief
• Medicine Man
• Tallykeeper
• Wampum Bearer

For all other tribe sponsored events and outings, go to thepatchstore.com to order custom patches.
AWARD CRITERIA

Guiding Principles
In a modern society there are many distractions for both children and parents. Adventure Programs is an opportunity to put distractions out of our lives and create lifetime memories with our children.

The tasks for earning awards should foster parent-child interaction, be fun, demonstrate important values, and strengthen the lifetime bonds we are forging. The tasks required to earn awards are to be accomplished by the children. A parent provides the minimum necessary guidance for the child to fulfill a task.

All activities, except for activities demonstrated to a tribe, will be reported back to the tribe. "Reported Back" means the children (not the parents) describe to the tribe what they did, how and where they performed the task, and what they learned. Some activities will be accomplished as a group, making it difficult for each of the child to make a unique contribution to the reporting. In these cases, we ask that tribes be imaginative and find a way for each child to participate in the reporting.

Visual aids are encouraged for all presentations to tribes whenever possible.

Awards
Patches are awarded at 4 levels: Beaver, Cougar, Bear and Buffalo. Each award has mandatory tasks. Each award also provides a selection of tasks from which Braves and Princesses choose to complete an award’s requirements.

Awards are earned in succession. Each tribe’s Tally-keeper captures the Braves/Princesses’ progress on a tally sheet. Upon completing the requirements for an award, the Tally-keeper retains the tally sheet as part of the tribal records.

Every completed task represents a success to be celebrated. We recognize achievement of individual tasks by presenting the Brave or Princess with a token that can be displayed. These patches can be collected from the Adventure Programs team. Please contact adventureprograms@ymcarichmond.org.
**BEAVER AWARD**

The Beaver Award has 8 mandatory tasks. All 8 tasks must be completed to qualify for the Beaver Award.

<table>
<thead>
<tr>
<th></th>
<th>Category</th>
<th>Task</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Red Feather</td>
<td>Arts and Crafts Complete 3 Native American theme handicraft projects with your dad. Present the crafts before your tribe.</td>
</tr>
<tr>
<td>2</td>
<td>Orange Feather</td>
<td>Camping Camp-out overnight with your Dad outside of tribe campouts. Report back to your tribe.</td>
</tr>
<tr>
<td>3</td>
<td>Yellow Feather</td>
<td>Family and Home Plan, Cook and Clean up after a healthy dinner for your family. Report back to your tribe.</td>
</tr>
<tr>
<td>4</td>
<td>Green Feather</td>
<td>Native American Tell a Native American tale before your tribe. Refer to manual for story telling guidelines.</td>
</tr>
<tr>
<td>5</td>
<td>Blue Feather</td>
<td>Native American Memorize and recite before your tribe the real and Adventure Programs nick names of braves or princesses.</td>
</tr>
<tr>
<td>6</td>
<td>Brown Feather</td>
<td>Service to Others Memorize and recite the 6 Adventure Program aims in front of your tribe.</td>
</tr>
<tr>
<td>7</td>
<td>Black Feather</td>
<td>Spiritual Recite from memory and using hand signs the Adventure Programs Prayer (‘And now, May the Great...’) in front of your tribe.</td>
</tr>
<tr>
<td>8</td>
<td>White Feather</td>
<td>Physical Fitness Hike 2 miles with your dad. Report back to your tribe.</td>
</tr>
</tbody>
</table>
BEAVER AWARD TALLY SHEET

Tribe: ____________________________
Y-Guide/Y-Princess Name: ____________________________
Name: ____________________________
Tally Keeper: ____________________________
Date Completed: ____________________________

Blue
3 Craft Projects
Date: ____________________________

Brown
Camp Out
Date: ____________________________

Black
Dinner for Family
Date: ____________________________

Orange
Native American Tale
Date: ____________________________

Red
Y-Guides/Y-Princesses Names
Date: ____________________________

Green
2-Mile Hike
Date: ____________________________

White
Native American Prayer
Date: ____________________________

Yellow
Aims
Date: ____________________________

**Children receive colored feathers to recognize the completion of tasks.
COUGAR AWARD

The Cougar Award has 6 mandatory tasks. Additionally, the Brave/Princess must complete 2 tasks from Group A, 3 tasks from Group B, and 1 task from Group C for a total of 12 tasks.

**Cougar Mandatory tasks** – Complete all tasks in this group.

<table>
<thead>
<tr>
<th>Task</th>
<th>Category</th>
<th>Task</th>
</tr>
</thead>
<tbody>
<tr>
<td>9</td>
<td>Wooden Bead</td>
<td>Arts and Crafts</td>
</tr>
<tr>
<td>10</td>
<td>Wooden Bead</td>
<td>Camping</td>
</tr>
<tr>
<td>11</td>
<td>Wooden Bead</td>
<td>Native American</td>
</tr>
<tr>
<td>12</td>
<td>Wooden Bead</td>
<td>Nature</td>
</tr>
<tr>
<td>13</td>
<td>Wooden Bead</td>
<td>Safety and First Aid</td>
</tr>
<tr>
<td>14</td>
<td>Wooden Bead</td>
<td>Virginia History</td>
</tr>
</tbody>
</table>

**Cougar Group A** – Complete 2 tasks in this group from 2 different categories.

<table>
<thead>
<tr>
<th>Task</th>
<th>Category</th>
<th>Task</th>
</tr>
</thead>
<tbody>
<tr>
<td>15</td>
<td>Wooden Bead</td>
<td>Family and Home</td>
</tr>
<tr>
<td>16</td>
<td>Wooden Bead</td>
<td>Physical Fitness</td>
</tr>
<tr>
<td>17</td>
<td>Wooden Bead</td>
<td>Physical Fitness</td>
</tr>
<tr>
<td>18</td>
<td>Wooden Bead</td>
<td>Physical Fitness</td>
</tr>
<tr>
<td>19</td>
<td>Wooden Bead</td>
<td>Physical Fitness</td>
</tr>
<tr>
<td>20</td>
<td>Wooden Bead</td>
<td>Safety and First Aid</td>
</tr>
</tbody>
</table>
## COUGAR AWARD CONTINUED

**Cougar Group B** – Complete 3 tasks in this group.

<table>
<thead>
<tr>
<th>Category</th>
<th>Task</th>
</tr>
</thead>
<tbody>
<tr>
<td>21 Wooden Bead Citizenship</td>
<td>Visit a local, state or federal legislature. Report back to your tribe.</td>
</tr>
<tr>
<td>22 Wooden Bead Family and Home</td>
<td>Help another member of your family in at least 1 task per week for 6 weeks. Report back to your tribe.</td>
</tr>
<tr>
<td>23 Wooden Bead Nature</td>
<td>Report to tribe on the habits of 3 local animals of your choosing. Draw a picture of one of the animals.</td>
</tr>
<tr>
<td>24 Wooden Bead Safety and First Aid</td>
<td>Explain to the tribe the appropriate treatment for cuts and bruises.</td>
</tr>
<tr>
<td>25 Wooden Bead Service to Others</td>
<td>Participate in a day of volunteer service to others (food bank, nursing home etc.). Report back to your tribe.</td>
</tr>
</tbody>
</table>

**Cougar Group C** – Complete one task in this group.

<table>
<thead>
<tr>
<th>Category</th>
<th>Task</th>
</tr>
</thead>
<tbody>
<tr>
<td>26 Wooden Bead Family and Home</td>
<td>Plan with parent a list of tasks to be performed on a routine basis for at least 2 months. Prepare a check-off sheet indicating task, frequency, and date completed. Report back to your tribe.</td>
</tr>
<tr>
<td>27 Wooden Bead Nature</td>
<td>Go on a fishing trip or hunting trip. Report back to your tribe.</td>
</tr>
</tbody>
</table>
COUGAR AWARD TALLY SHEET

Tribe: __________________________
Y-Guide/Y-Princess Name: __________________________
Name: __________________________
Tally Keeper: __________________________
Date Completed: __________________________

4 Craft Projects
Date: __________________________

Knots
Date: __________________________

Language & Signs
Date: __________________________

Animals & Birds
Date: __________________________

Family Fire Drill
Date: __________________________

Historic Landmarks
Date: __________________________

**Children receive colored beads to recognize the completion of tasks.**
BEAR AWARD

The Bear Award has 6 mandatory tasks. Additionally, the Brave/Princess must complete 2 tasks from group A, 4 tasks from group B, and 2 tasks from group C for a total of 14 tasks.

**Bear Mandatory tasks** – Complete all tasks in this group.

<table>
<thead>
<tr>
<th>Task</th>
<th>Category</th>
<th>Task</th>
</tr>
</thead>
<tbody>
<tr>
<td>28</td>
<td>Black Bear claw</td>
<td>Citizenship</td>
</tr>
<tr>
<td>29</td>
<td>Black Bear claw</td>
<td>Native American</td>
</tr>
<tr>
<td>30</td>
<td>Black Bear claw</td>
<td>Native American</td>
</tr>
<tr>
<td>31</td>
<td>Black Bear claw</td>
<td>Service to Others</td>
</tr>
<tr>
<td>32</td>
<td>Black Bear claw</td>
<td>Spiritual</td>
</tr>
<tr>
<td>33</td>
<td>Black Bear claw</td>
<td>Virginia History</td>
</tr>
</tbody>
</table>

**Bear Group A** – Complete 2 tasks in this group from 2 different categories.

<table>
<thead>
<tr>
<th>Task</th>
<th>Category</th>
<th>Task</th>
</tr>
</thead>
<tbody>
<tr>
<td>34</td>
<td>Bone Bear Claw</td>
<td>Camping</td>
</tr>
<tr>
<td>35</td>
<td>Bone Bear Claw</td>
<td>Camping</td>
</tr>
<tr>
<td>36</td>
<td>Bone Bear Claw</td>
<td>Family and Home</td>
</tr>
<tr>
<td>37</td>
<td>Bone Bear Claw</td>
<td>Safety and First Aid</td>
</tr>
<tr>
<td>38</td>
<td>Bone Bear Claw</td>
<td>Safety and First Aid</td>
</tr>
</tbody>
</table>
**BEAR AWARD CONTINUED**

**Bear Group B** – Complete 4 tasks in this group from at least 3 different categories.

<table>
<thead>
<tr>
<th></th>
<th>Category</th>
<th>Task</th>
</tr>
</thead>
<tbody>
<tr>
<td>39</td>
<td>Green Bear Claw</td>
<td>Citizenship</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Working with your father, identify officials in local, state and federal government by collecting newspaper or magazine pictures and placing them on a poster board. Present the work to your tribe.</td>
</tr>
<tr>
<td>40</td>
<td>Green Bear Claw</td>
<td>Family and Home</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Work on a family project with a parent. Report back to your tribe.</td>
</tr>
<tr>
<td>41</td>
<td>Green Bear Claw</td>
<td>Nature</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Identify at least 5 flowers native to Virginia. Collect the leaves or petals and mount on a board for use as a craft display before your tribe.</td>
</tr>
<tr>
<td>42</td>
<td>Green Bear Claw</td>
<td>Nature</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Identify at least 5 trees native to Virginia. Collect the leaves or bark and mount on a board for use as a craft display before your tribe.</td>
</tr>
<tr>
<td>43</td>
<td>Green Bear Claw</td>
<td>Nature</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Know and identify at least 5 bushes native to Virginia. Collect the leaves or stems and mount on a board for use as a craft display before your tribe.</td>
</tr>
<tr>
<td>44</td>
<td>Green Bear Claw</td>
<td>Physical Fitness</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Report to your tribe the rules for good personal hygiene.</td>
</tr>
<tr>
<td>45</td>
<td>Green Bear Claw</td>
<td>Safety and First Aid</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Identify different types of poisonous plants and present to your tribe what they should do if they come in contact.</td>
</tr>
</tbody>
</table>

**Bear Group C** – Complete 2 tasks in this group.

<table>
<thead>
<tr>
<th></th>
<th>Category</th>
<th>Task</th>
</tr>
</thead>
<tbody>
<tr>
<td>46</td>
<td>Red Bear Claw</td>
<td>Arts and Crafts</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Complete 4 parent / child crafts with a Native American Theme. Present the crafts before your tribe.</td>
</tr>
<tr>
<td>47</td>
<td>Red Bear Claw</td>
<td>Service to Others</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Help a Grandparent (need not be your own) for a day. Report back to your tribe.</td>
</tr>
<tr>
<td>48</td>
<td>Red Bear Claw</td>
<td>Family and Home</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Perform 1 helpful project around your home each day for 3 weeks. Keep a calendar record to be signed by your parents. Make an oral report to your tribe.</td>
</tr>
<tr>
<td>49</td>
<td>Red Bear Claw</td>
<td>Physical Fitness</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Perform with a parent at least 3 different exercises 3-4 times per week for 1 month.</td>
</tr>
</tbody>
</table>
**Children receive black bear claws to recognize the completion of tasks.**
BUFFALO AWARD

The Buffalo Award has 7 mandatory tasks. Additionally, the Brave/Princess must complete 3 tasks from Group A, 1 task from Group B, and 3 tasks from Group C for a total of 14 tasks.

**Buffalo Mandatory tasks** – Complete all tasks in this group.

<table>
<thead>
<tr>
<th>Category</th>
<th>Task</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bone Arrowhead</td>
<td>Complete all tasks in this group.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Category</th>
<th>Task</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bone Arrowhead</td>
<td>Native American&lt;br&gt;Prepare a report on a current tribe of Native Americans and present to your tribe.</td>
</tr>
<tr>
<td>Bone Arrowhead</td>
<td>Native American&lt;br&gt;Visit a Native American reservation and report back to your tribe.</td>
</tr>
<tr>
<td>Bone Arrowhead</td>
<td>Nature&lt;br&gt;Investigate and report to your tribe what is done for ecology in your county.</td>
</tr>
<tr>
<td>Bone Arrowhead</td>
<td>Physical Fitness&lt;br&gt;Explain to your tribe a well-balanced diet. Prepare a drawn example of a MyPlate healthy meal.</td>
</tr>
<tr>
<td>Bone Arrowhead</td>
<td>Service to Others&lt;br&gt;Volunteer to perform a good deed for neighbors. A parent should approve the specific activity. This deed must be performed on a volunteer basis without any payment.</td>
</tr>
<tr>
<td>Bone Arrowhead</td>
<td>Spiritual&lt;br&gt;Report to your tribe on a Native American religious ceremony.</td>
</tr>
<tr>
<td>Bone Arrowhead</td>
<td>Virginia History&lt;br&gt;Report to your tribe on a Virginia Historical event.</td>
</tr>
</tbody>
</table>

**Buffalo Group A** – Complete 3 tasks in this group

<table>
<thead>
<tr>
<th>Category</th>
<th>Task</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bone Arrowhead</td>
<td>Citizenship&lt;br&gt;Go with a parent to a voting booth. Report back to your tribe.</td>
</tr>
<tr>
<td>Bone Arrowhead</td>
<td>Family and Home&lt;br&gt;Help plan weekend meals for 1 month. Keep a record of the meals. Have your parents sign the record. Report back to your tribe.</td>
</tr>
<tr>
<td>Bone Arrowhead</td>
<td>Family and Home&lt;br&gt;Plan an outing for your whole family. Report back to your tribe.</td>
</tr>
<tr>
<td>Bone Arrowhead</td>
<td>Nature&lt;br&gt;Visit a recycling center. Report back to your tribe.</td>
</tr>
<tr>
<td>Bone Arrowhead</td>
<td>Safety and First Aid&lt;br&gt;Demonstrate and explain the steps to stop bleeding using pressure points.</td>
</tr>
</tbody>
</table>
### BUFFALO AWARD CONTINUED

**Buffalo Group B** – Complete 1 task in this group.

<table>
<thead>
<tr>
<th></th>
<th>Category</th>
<th>Task</th>
</tr>
</thead>
<tbody>
<tr>
<td>62</td>
<td>Black Arrowhead</td>
<td>Nature Conduct an experiment by planting similar seeds in different types of soil and report on the results to the tribe.</td>
</tr>
<tr>
<td>63</td>
<td>Black Arrowhead</td>
<td>Nature Plant a garden with at least 3 different types of plants. Bring the plants (clippings or photos) to a tribal meeting to present.</td>
</tr>
</tbody>
</table>

**Buffalo Group C** – Complete 3 tasks in this group from at least 2 different categories.

<table>
<thead>
<tr>
<th></th>
<th>Category</th>
<th>Task</th>
</tr>
</thead>
<tbody>
<tr>
<td>64</td>
<td>Red Arrowhead</td>
<td>Nature Organize and conduct a clean-up project in your neighborhood. Report back to your tribe.</td>
</tr>
<tr>
<td>65</td>
<td>Red Arrowhead</td>
<td>Physical Fitness Perform a 5-mile bike ride with your Dad. Report back to your tribe.</td>
</tr>
<tr>
<td>66</td>
<td>Red Arrowhead</td>
<td>Physical Fitness Run 1 mile with your Dad. Report back to your tribe.</td>
</tr>
<tr>
<td>67</td>
<td>Red Arrowhead</td>
<td>Physical Fitness Swim 200 yards (or meters). Report back to your tribe.</td>
</tr>
<tr>
<td>68</td>
<td>Red Arrowhead</td>
<td>Service to Others Sponsor and conduct a project for the benefit of a charitable organization. Report back to your tribe.</td>
</tr>
</tbody>
</table>
BUFFALO AWARD TALLY SHEET

Tribe: ____________________________
Y-Guide/Y-Princess Name: __________
Name: ____________________________
Tally Keeper: ______________________
Date Completed: ____________________

**Children receive colored arrowheads to recognize the completion of tasks.
CAMPOUTS OVERVIEW

CAMPOUT PROCESSES AND REMINDERS

The Fall and Spring campouts will pull the tribe together and give you a chance to spend some quality time alone with your son or daughter. The excitement of the Saturday evening fire, the serious moments at the Sunday morning Devotional Service, the fun of the field games, and the fantastic food are all a part of a campout. Some activities that you and your tribe can take part in are fishing, canoeing, archery, alpine tower and zip line (8+ years old only), marksmanship, nature hikes and more.

Arrival/Check-in

When arriving to the campout, the Adventure Programs team will be checking in each family at the welcome center. Pull up to the stop sign and a staff member will assist you. This is where you will receive your campout patch and/or chevron, and registration wristband (see below). For those families may need to arrive Saturday, below are the times to check in with an Adventure Programs team member:

• Friday @ Welcome Center 3 – 7 p.m. (Main Check-in)
• Saturday @ Upper Field 8:30 – 9:30 a.m.
• Saturday @ Main Office 8:30-9:30 a.m.

Participants can also check in at any staffed activity station (canoeing, archery, zipline, alpine, marksmanship). If there are questions regarding rosters and registration, please contact the Director onsite.

Wristbands

Both father and child will receive a wristband at check-in. Please wear this wristband for the entirety of the weekend. It lets staff know that you are registered and paid to have access to activity areas and the campground. Participants will be turned away from activity stations if not wearing a wristband.

Food Service

It is the responsibility of each tribe Wampum Bearer to get the food and then collect from each father his portion of the cost of the food for the weekend. If you would like to bring something on your own for you and your son/daughter or to share with the tribe, please do so. There is a fire pit located at each camping site and running water throughout the camp ground. The YMCA provides no food for Adventure Programs campouts beyond the apples for Apple Hour.
CAMPOUTS OVERVIEW

PACKING LIST

Shelter
- Tent
- Ground cloth/tarp
- Shade tarp/poles/rope/stakes
- Extra tent stakes
- Axe or hammer
- Mat for tent entrance
- Dust pan/brush

Bedding
- Sleeping bag
- Sheets/blankets
- Pillow
- Air mattress/sleeping pad/cot/tarp
- Air pump
- Repair kit for air mattress
- Utility bags for storage

Program Items
- Tribal vests
- Tribal property
- Fishing Gear

Clothes
- Shoes/boots
- Jeans/pants/belt
- Shorts
- T-shirts
- Socks/extra socks
- Hat
- Bandana
- Sweatshirt/jacket
- Gloves/scarf
- Underwear
- Sleep clothes
- Rain gear
- Laundry bag

Miscellaneous
- Shower shoes/flip flops
- Towels/washcloth
- Soap in plastic case/shampoo
- Tooth brush/tooth paste
- Deodorant and toiletries
- Comb/brush
- Razor
- Personal medications
- Glasses or contact lenses
- Other personal items

Indians within each tribe will decide who will bring grills, tables, coffee pot, etc. The Y provides fire pits but all
firewood, pallets and fire building materials are to be provided by the tribe. Contact the Adventure Programs Director
for the contact information of fire wood delivery services.

**Fire extinguishers on site are not to be used to extinguish tribe fires and are for emergency purposes only

Things to Leave at Home
- Glass bottles of any kind
- Alcohol and Tobacco Products—You will be asked to throw away and/or leave the premises. Remember the purpose
  of the program—to spend time with your child.
- Fireworks (including sparklers)
- Silly String
- Firearms (including BB guns and Archery equipment). The Y will provide materials for use at the range. Range only to
  be used when a trained staff member is present.