



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ADVENTURE PROGRAMS

Program Manual



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PREFACE/INTRODUCTION

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.



PREFACE/INTRODUCTION

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.



ADVENTURE PROGRAMS BASICS

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.”



ADVENTURE PROGRAMS BASICS

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,



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

Be with you, you,
you and you,



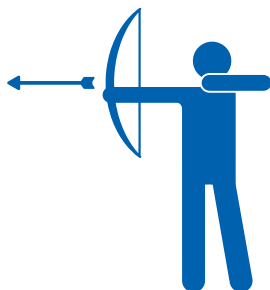
Point with right
finger to members
of your tribe.

For now,



Pull back
imaginary bow.

and ever more.



Release imaginary
arrow.



ADVENTURE PROGRAMS BASICS

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.





ADVENTURE PROGRAMS BASICS

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!



ADVENTURE PROGRAMS BASICS

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 up 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.



ADVENTURE PROGRAMS BASICS

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!



ADVENTURE PROGRAMS BASICS

- 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 BASICS

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

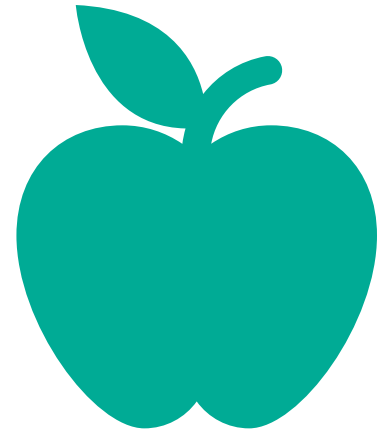
Some tribes refer to the Fall and Spring campout as a Longhouse. You may see campout and longhouse used interchangeably.

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.





ADVENTURE PROGRAMS BASICS

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

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

Nouns

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

Animals and their meanings

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

Example Adventure Nicknames

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



EVENTS OVERVIEW

EVENTS FLIER

ADVENTURE PROGRAMS 2018-2019



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CAMP THUNDERBIRD
P: 804.748.6714
ymcarichmond.org/camps/location/camp-thunderbird-camps/

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.



campthunderbirdymca.org
facebook.com/YMCAThunderbird

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

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

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



EVENTS OVERVIEW

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.



EVENTS OVERVIEW

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.



TRIBAL STRUCTURE

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.



TRIBAL STRUCTURE

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.
2. Maintain security 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 an 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.



TRIBAL STRUCTURE

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: _____



TRIBAL STRUCTURE

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.

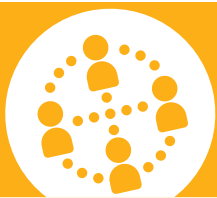
Runner

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.

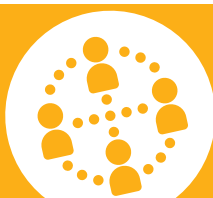
Tribe meetings are best held in members' homes. The process of parent and child working together to prepare their home for their tribe to visit is an important social learning opportunity. Kids learn valuable skills in preparing, greeting, hosting and cleaning up. Members show respect for others while 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.
4. Plan. Plan for the story. Plan the activity.
5. Use your resources. Don't play the same game or do the same crafts twice.
6. Keep tribe business at the dad meetings.



TRIBE MEETINGS AND RESOURCES

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

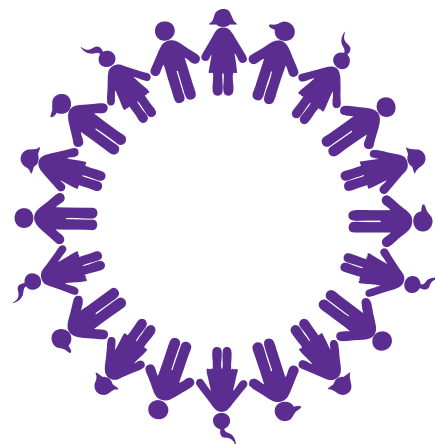
Time for scouting reports where each child tells what they did to earn the recognition token (feathers, beads, bear claws, arrowheads working towards Beaver, Cougar, Bear, Buffalo)

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!





TRIBE MEETINGS AND RESOURCES

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.

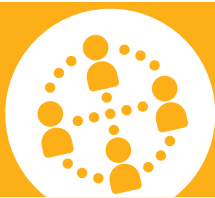
7:58 – 8 p.m.

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



TRIBE MEETINGS AND RESOURCES

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.



TRIBE MEETINGS AND RESOURCES

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.



TRIBE MEETINGS AND RESOURCES

CLOSING RITUAL FOR A TRIBE MEETING

Chief

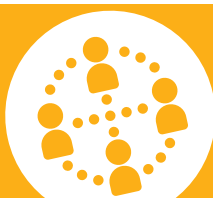
Drum beater, beat the drum to call the tribe to order.

(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.

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



TRIBE MEETINGS AND RESOURCES

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

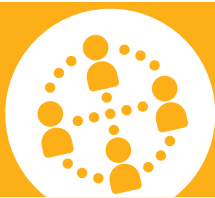
Prepare a list of 10 items that could be found in a magazine, and give a copy to each father/ child team. Have more magazines available than participants. The father/ child team that finds the most items on the list in the time given, wins. Example List: tomato, girl smiling, 4-legged animal, pie, shoe, 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.



TRIBE MEETINGS AND RESOURCES

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

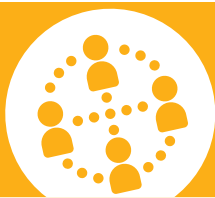
A "fire" made by nailing or screwing 6-10 sticks together in the shape of a tepee, log cabin, or combination of both mounted on a plywood board and placing a light bulb in the center to simulate a fire.

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 MEETINGS AND RESOURCES

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

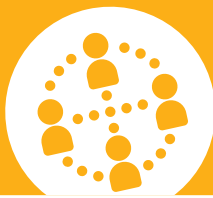
Chiles Peach Orchard – chilesfamilyorchards.com

Rock Hill Orchard – rockhillorchard.com

Dickie Brothers Orchard – dickiebrothers.com

Drumheller's Orchard – drumhellersorchard.com

Swift Creek Berry Farm and Greenhouse – swiftcreekberryfarm.com



TRIBE MEETINGS AND RESOURCES

Chesterfield Berry Farm - chesterfieldberryfarm.com

Hanover Vegetable Farm - hanovervegetablefarm.com

Horse Farm

Brandywine Farms - brandywinefarmva.com

Beaver Hollow Farm - beaverhollowfarm.com

Dairy Farm

Old Church Creamery - oldchurchcreamery.com

Richlands Dairy Farm - richlandsdairyfarm.com

Gem Mine

Moorefield Mine - morefieldgemmine.com

CIVIC

Fire Station

Chesterfield County - chesterfield.gov/FireAndEMS.aspx?id=3217

Henrico County - henrico.us/fire/firehouses

Hanover County - hanovercounty.gov/301/Fire-Stations-Rescue-Squads

Police Station

Chesterfield County - chesterfield.gov/police

Henrico County - henrico.us/police

Hanover County - hanoversheriff.com

Customs Office

US Customs Office - cbp.gov/contact/ports/richmond-petersburg

Capital Buildings

State Capitol - virginia.org/listings/HistoricSites/VirginiaStateCapitol

Post Office

Sports Stadium Tour/Game

Richmond Flying Squirrels Baseball - milb.com/richmond

Richmond Kickers Soccer - richmondkickers.com

Norfolk Admirals Hockey - norfolkadmirals.com

College Campus Tour

Virginia Commonwealth University

Virginia State University

John Tyler Community College

University of Richmond

Library

City Hall

Courthouse



TRIBE MEETINGS AND RESOURCES

COMMERCIAL

Pizzeria/Pizza cooking lesson

Bakery

Cooking Classes

Publix Aprons Cooking School – publix.com/recipes-planning/aprons-cooking-schools/richmond?utm_source=google&utm_medium=paid_search&utm_campaign=PX23_01_019_01_0_Tandutm_term=cooking%20lessons&dgclid=CIG2kLzqstsCFUb1swodfjwG5Aandgclsrc=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 – preservationvirginia.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

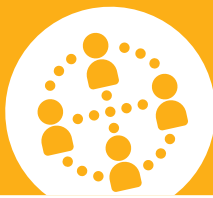
MUSEUMS

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



TRIBE MEETINGS AND RESOURCES

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](http://va-rep.org/childrens.html)

Chesterfield Children's Theatre - chesterfieldchildrenstheatre.com

CharacterWorks Christian Theater for Youth - cworkstheater.org

TV Studio

Dance Performance

Richmond Ballet - richmondballet.com

Symphony Performance

Richmond Symphony - richmondsymphony.com

Photography Studio

Theaters (Film/Live)



TRIBE MEETINGS AND RESOURCES

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 - huntshak.com

Richmond Archery Club - richmondarchery.com

Ice Skating

Richmond Ice Zone - richmondskating.com/riz

The Rink at West Board Village (Seasonal) - westbroadvillageicerink.com

Roller Skating

SkateNation Plus - richmondskating.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



TRIBE MEETINGS AND RESOURCES

Bogeys Sports Park – bogeysportspark.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 – oasisportspark.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



TRIBE MEETINGS AND RESOURCES

TRIBE EVENTS CALENDAR – Fill in with your own events

	September	October	November	December	January	February	March	April	May
RECRUITMENT EVENT	Date: Location: Registration closes 9/15								
TRIBE CHIEF MEETINGS	Date: Location:	Date: Location:	Date: Location:	Date: Location:	Date: Location:	Date: Location:	Date: Location:	Date: Location:	Date: Location:
FALL CAMPOUT	Date:	Date:	Date:						
TRIBE MEETINGS	Date: Location:	Date: Location:	Date: Location:	Date: Location:	Date: Location:	Date: Location:	Date: Location:	Date: Location:	Date: Location:
TRIBE OUTINGS	Date: Location:	Date: Location:	Date: Location:	Date: Location:	Date: Location:	Date: Location:	Date: Location:	Date: Location:	Date: Location:
WINTER INNINGS			Date: Location:	Date: Location:	Date: Location:	Date: Location:	Date: Location:	Date: Location:	Date: Location:
SPRING CAMPOUT							Date:	Date:	Date:
SUMMER EVENT	Date: July Location: Richmond Flying Squirrels Stadium								



VEST, PATCHES AND AWARDS

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

Program Patch		The program patch is included in the starter kit for new participants. This patch should be placed on the vest's left chest.
Guides Patch		New Guides receive the Guides patch in the starter kit. This patch should be placed on the vest's right chest.
Princesses Patch		New Princesses receive the Princess patch in the starter kit. This patch should be placed on the vest's right chest.



VEST, PATCHES AND AWARDS





AWARDS

Bear		The Bear, Cougar, Beaver and Buffalo are honor patches earned by completing progressive tasks. See Awards Criteria page for checklist.
Cougar		The Bear, Cougar, Beaver and Buffalo are honor patches earned by completing progressive tasks. See Awards Criteria page for checklist.
Beaver		The Bear, Cougar, Beaver and Buffalo are honor patches earned by completing progressive tasks. See Awards Criteria page for checklist.
Buffalo		The Bear, Cougar, Beaver and Buffalo are honor patches earned by completing progressive tasks. See Awards Criteria page for checklist.



VEST, PATCHES AND AWARDS



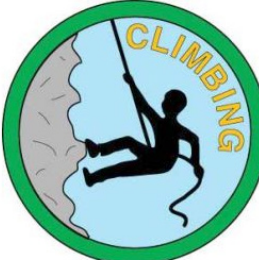

SEASONAL OUTINGS

Fall Outing		New participants receive a Fall Campout patch during their first Fall Campout. It is placed on the back of the vest.
Fall Chevron		For every subsequent year of Fall Outing attendance participants receive a Fall Bow Chevron to place below the Fall Outing Patch.
Spring Outing		New participants receive a Spring Campout patch during their first Spring Campout. It is placed on the back of the vest.
Spring Chevron		For every subsequent year of Spring Outing attendance participants receive a Spring Arrow Chevron to place below the Spring Outing Patch.



VEST, PATCHES AND AWARDS




OUTING AWARDS AND ACTIVITIES

Target Sports		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.
Hiking		Take a wooded hike as a father/child pair at Camp Thunderbird to earn the Hiking patch. See the Director for this patch.
Climbing		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.
Fishing		Catch a fish in Lake George to earn the Fishing patch. This patch can be collected from the Canoeing lifeguard or Adventure Programs Director.



VEST, PATCHES AND AWARDS




OUTING AWARDS AND ACTIVITIES

Honor Tribe		An Honor Tribe is chosen each outing session. Nominations can be turned in to the Adventure Programs Director.
Four Winds		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.
Recruitment		Those who bring a friend or neighbor to join their tribe earn the recruitment patch. Contact the Director for this patch.



VEST, PATCHES AND AWARDS

EVENTS

Daddy Daughter Dance		Each Father and Daughter attendee of the January Daddy Daughter Dance will be given this patch at check in.
Pinewood Derby		Racers in the Adventure Guides 500 will earn the Pinewood Derby patch given on the day of the race.
Summer Event		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.



VEST, PATCHES AND AWARDS

OUTING CHALLENGE

			<p>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.</p>

LEADERSHIP POSITIONS

<p>My Dad is...</p>		<p>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:</p> <ul style="list-style-type: none"> • Sachem • Chief • Medicine Man • Tallykeeper • Wampum Bearer
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For all other tribe sponsored events and outings, go to thepatchstore.com to order custom patches.



VEST, PATCHES AND AWARDS

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.

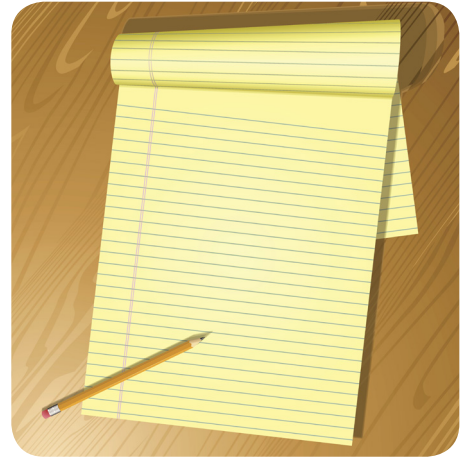
Visual aids are encouraged for all presentations to tribes whenever possible.

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.





VEST, PATCHES AND AWARDS

BEAVER AWARD

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

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



VEST, PATCHES AND AWARDS

BEAVER AWARD TALLY SHEET

Blue

3 Craft Projects

Date: _____

1

Brown

Camp Out

Date: _____

2

Black

Dinner for Family

Date: _____

3

Orange

Native American Tale

Date: _____

4



Red

**Y-Guides/
Y-Princesses Names**

Date: _____

5

Yellow

Aims

Date: _____

6

Green

2-Mile Hike

Date: _____

8

White

Native American Prayer

Date: _____

7

Tribe: _____

Y-Guide/Y-Princess Name: _____

Name: _____

Tally Keeper: _____

Date Completed: _____

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



VEST, PATCHES AND AWARDS

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.

		Category	Task
9	Wooden Bead	Arts and Crafts	Complete 4 parent / child crafts with a Native American Theme. Present the crafts before your tribe.
10	Wooden Bead	Camping	Learn and demonstrate to your tribe 5 types of knots and explain how they are used.
11	Wooden Bead	Native American	Demonstrate knowledge of Native American language and signs. Report to your tribe 20 different Native American signs. (May be written or hand signs.) The signs may be drawn or demonstrated.
12	Wooden Bead	Nature	Identify and describe to your tribe at least 5 local wild animals or birds. Draw pictures of each one.
13	Wooden Bead	Safety and First Aid	Plan and conduct a family fire drill. Report back to your tribe.
14	Wooden Bead	Virginia History	Visit a Virginia Historic Landmark. Prepare and present a report to your tribe.

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

		Category	Task
15	Wooden Bead	Family and Home	Describe a hobby or pet care to your tribe. Offer to take questions.
16	Wooden Bead	Physical Fitness	Climb a 10-foot rope. Report back to your tribe.
17	Wooden Bead	Physical Fitness	Explain one sport to the tribe.
18	Wooden Bead	Physical Fitness	Participate in at least 1 organized sport. Report back to your tribe.
19	Wooden Bead	Physical Fitness	Swim 25 yards without stopping. Report back to your tribe.
20	Wooden Bead	Safety and First Aid	Ensure that emergency phone numbers are posted near each phone in the home. List should include doctors and family members.



VEST, PATCHES AND AWARDS

COUGAR AWARD CONTINUED

Cougar Group B – Complete 3 tasks in this group.

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

Cougar Group C – Complete one task in this group.

		Category	Task
26	Wooden Bead	Family and Home	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.
27	Wooden Bead	Nature	Go on a fishing trip or hunting trip. Report back to your tribe.



VEST, PATCHES AND AWARDS

COUGAR AWARD TALLY SHEET

4 Craft Projects
Date: _____
9

Knots
Date: _____
10

Language & Signs
Date: _____
11

Animals & Birds
Date: _____
12

Family Fire Drill
Date: _____
13

Historic Landmarks
Date: _____
14



Tribe: _____

Y-Guide/Y-Princess Name: _____

Name: _____

Tally Keeper: _____

Date Completed: _____

Date: _____
15

Date: _____
16

Date: _____
17

Date: _____
18

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



VEST, PATCHES AND AWARDS

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.

		Category	Task
28	Black Bear claw	Citizenship	Explain to your tribe how to handle, raise, fly, lower and fold our flag. Explain what to do when the flag passes.
29	Black Bear claw	Native American	Prepare and present to your tribe a report on the history of the Native American tribe which you are named after.
30	Black Bear claw	Native American	Tell a story to your tribe containing at least 15 Native American words.
31	Black Bear claw	Service to Others	Explain to your tribe how the 6 aims apply to your everyday life.
32	Black Bear claw	Spiritual	Give 3 different prayers at Tribal meetings or gatherings.
33	Black Bear claw	Virginia History	Prepare and present to your tribe a report on a Historical Virginian who lived between 1600 and 1850.

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

		Category	Task
34	Bone Bear Claw	Camping	Learn and present to your tribe a hunting or fishing safety lesson.
35	Bone Bear Claw	Camping	Learn and demonstrate to your tribe canoe safety.
36	Bone Bear Claw	Family and Home	Be responsible for feeding and caring of a household pet for at least 1 month. Report back to your tribe.
37	Bone Bear Claw	Safety and First Aid	Know and explain to your tribe the safety precautions for mowing lawns.
38	Bone Bear Claw	Safety and First Aid	With parent's help, design and conduct a weekly safety inspection in the house, for 1 month.



VEST, PATCHES AND AWARDS

BEAR AWARD CONTINUED

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

		Category	Task
39	Green Bear Claw	Citizenship	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.
40	Green Bear Claw	Family and Home	Work on a family project with a parent. Report back to your tribe.
41	Green Bear Claw	Nature	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.
42	Green Bear Claw	Nature	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.
43	Green Bear Claw	Nature	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.
44	Green Bear Claw	Physical Fitness	Report to your tribe the rules for good personal hygiene.
45	Green Bear Claw	Safety and First Aid	Identify different types of poisonous plants and present to your tribe what they should do if they come in contact.

Bear Group C – Complete 2 tasks in this group.

		Category	Task
46	Red Bear Claw	Arts and Crafts	Complete 4 parent / child crafts with a Native American Theme. Present the crafts before your tribe.
47	Red Bear Claw	Service to Others	Help a Grandparent (need not be your own) for a day. Report back to your tribe.
48	Red Bear Claw	Family and Home	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.
49	Red Bear Claw	Physical Fitness	Perform with a parent at least 3 different exercises 3-4 times per week for 1 month.



VEST, PATCHES AND AWARDS

BEAR AWARD TALLY SHEET

Flag
Date: _____
28

Tribe Report
Date: _____
29

Native American Words
Date: _____
30

Help A Grandparent
Date: _____
31

3 Different Prayers
Date: _____
32

Historical Virginian
Date: _____
33



Tribe: _____

Y-Guide/Y-Princess Name: _____

Name: _____

Tally Keeper: _____

Date Completed: _____

Date: _____

Date: _____

Date: _____

Date: _____

**Children receive black bear claws to recognize the completion of tasks.



VEST, PATCHES AND AWARDS

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.

		Category	Task
50	Bone Arrowhead	Native American	Prepare a report on a current tribe of Native Americans and present to your tribe.
51	Bone Arrowhead	Native American	Visit a Native American reservation and report back to your tribe.
52	Bone Arrowhead	Nature	Investigate and report to your tribe what is done for ecology in your county.
53	Bone Arrowhead	Physical Fitness	Explain to your tribe a well-balanced diet. Prepare a drawn example of a MyPlate healthy meal.
54	Bone Arrowhead	Service to Others	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.
55	Bone Arrowhead	Spiritual	Report to your tribe on a Native American religious ceremony.
56	Bone Arrowhead	Virginia History	Report to your tribe on a Virginia Historical event.

Buffalo Group A – Complete 3 tasks in this group

		Category	Task
57	Green Arrowhead	Citizenship	Go with a parent to a voting booth. Report back to your tribe.
58	Green Arrowhead	Family and Home	Help plan weekend meals for 1 month. Keep a record of the meals. Have your parents sign the record. Report back to your tribe.
59	Green Arrowhead	Family and Home	Plan an outing for your whole family. Report back to your tribe.
60	Green Arrowhead	Nature	Visit a recycling center. Report back to your tribe.
61	Green Arrowhead	Safety and First Aid	Demonstrate and explain the steps to stop bleeding using pressure points.



VEST, PATCHES AND AWARDS

BUFFALO AWARD CONTINUED

Buffalo Group B – Complete 1 task in this group.

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

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

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



VEST, PATCHES AND AWARDS

BUFFALO AWARD TALLY SHEET

Brown

Current Tribe Report

Date: _____

50

Brown

Reservation Visit

Date: _____

51

Black

Ecology

Date: _____

52

Black

Well-Balanced Diet

Date: _____

53

Blue

Good Deed

Date: _____

54

Bone

Religious Ceremony

Date: _____

55

Tribe: _____

Y-Guide/Y-Princess Name: _____

Name: _____

Tally Keeper: _____

Date Completed: _____

Red

Date: _____

Red

Date: _____

Yellow

Date: _____

Yellow

Date: _____

White

Virginia Historical Event

Date: _____

56



**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 Personal

- ☐ 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

Miscellaneous

- ☐ Sunscreen/lip balm
- ☐ Bug repellent spray/candles
- ☐ Extra batteries/bulbs
- ☐ Compass/GPS
- ☐ Whistle
- ☐ Camera

Individuals 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.