ADVENTURE PROGRAMS
Program Manual
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PREFACE

WHY ADVENTURE PROGRAMS EXISTS
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 & Princesses program, the journey happens within the context of small Circle 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 & Princesses Do**
Small groups, called Circles, of parent-child pairs meet on a regular basis in one another’s homes, usually about once a month. Occasionally, several Circles 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 Circles 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. 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 our Creator’s work in forest, field and stream.

**Pledge**
"We, father and son/daughter, through friendly service to each other, to our family, to this Circle, to our community, seek a world pleasing to the eye of the God."
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 Circle.

For now,

Pull back imaginary bow.

and ever more.

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,
Our Creator 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,
Our Creator as our guide.
ADVENTURE PROGRAMS GLOSSARY

Adventure Guide
The Father/Son leg of Adventure Programs

Adventure Princess
The Father/Daughter leg of Adventure Programs

Adventure Nickname
Each Father and Child chooses an Adventure Nickname for themselves during their first year of the program and it is announced during their Fall Induction Ceremony. 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.

Circle
The Circle is your close team composed of 8-10 family pairs. Circles meet on a monthly/bimonthly basis and participate in outings together throughout the year. The Circle works together to delegate tasks to have the Fall and Spring campouts run smoothly. Circles work together to choose an identifying name that is unique to their group of family pairs. For more guidance see “Choosing a Circle Name”.

Campout
Fall and Spring Campout are weekend long adventures held annually at Camp Thunderbird. Each Circle is assigned a specific camping date.

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. Federation Council members are peer leaders and can be seen facilitating ceremonies and games at Campouts. 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 Circle meeting of the year and will be announced to all during the Saturday night fire ceremony of your first Fall campout. Names should be family-friendly and appropriate. They should not mock or imitate any real person or group of people.

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

- Brave Rider
- Silver Leopard
- Road Runner
- Golden Eye
- Running Late
- Wind Dancer
- Thunderbolt
- Big Oak
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 Circle chief should communicate which weekend session your Circle is assigned to campout and a list of Circles 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 Circles 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 Father 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 dress attire is semi-formal.

Pinewood Derby
Pinewood Derby car races are held each winter at Camp Thunderbird. Race heats are organized by age. There are speed and design 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 different YMCA branches prior to race weekend on specified dates. Derby car construction is a great father/child project for Guides and Princesses alike.

Spring Campout
A special time at the Spring Campout is the age-out ceremonies of Guides or Princesses who will graduate the program. Spring Campout is included in your yearly registration fee and you do not need to re-register. Adventure Programs seasons follow a traditional school year calendar and there is not currently an option to register for Spring only.

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.

Other Outings
Throughout the year other outings may come up so be sure to pay attention to the monthly Adventure Programs newsletter for information on ways to get involved!
CIRCLE OFFICERS

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

**Circle Chief**
The **Chief is the head of the Circle 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 Circle meetings and outings.
3. Represent the Circle 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 reminder of the program’s aims and goals.
6. Create and follow meeting ritual as a Circle.
7. Create schedule for succession of the next year’s Chief and Vice Chief.
8. Signs YMCA provided “Chief Agreement.”

**Vice Chief**
The **Vice Chief 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 Circle meetings or outings 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 group property including a flag or banner, talking stick, treasure/awards box, Circle shirts or hats, Circle quilt, name badges, etc.
5. Becomes Chief when the current Chief leaves his position.

**Historian**
The **Historian is the Dad who is responsible for recording all happenings at the Circle meetings and special events. For a smooth-running Circle, it is vital that the Historian maintains the following responsibilities:**
1. Record the minutes of all Circle meetings and events. In keeping the minutes, the Historian is to creatively include the names of the guides/princesses.
2. Track attendance of little guides/princesses at meetings and campouts.
3. Keep YMCA informed of activities and changes in membership.
4. Track individual children’s progress towards earning the Beaver, Cougar, Bear and Buffalo Awards.
**Treasurer**
The Treasurer is Dad who is responsible for all circle financial transactions. The Treasurer’s responsibilities include:

1. Keep accurate financial records of the contents of the group funds.
2. Maintain security of the group funds.
3. Oversee the collection of money at each council meeting, as needed.
4. Coordinate with the Vice Chief for Circle purchases throughout the year both in preparation for campouts as well as other outings or things like Circle merchandise.

**Elder**
After a Dad has served his term as Chief, he then becomes an Elder. As past Chief, he should always be ready-to-help the current Circle leadership in regards to organization and recruitment. Sometimes groups assign the Elder the duty of keeping the Circle property.

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

**EXAMPLE OFFICER AGREEMENT:**

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

Circle Chief Description: A parent selected to act as the leader of his peer group of family pairs for, at the minimum, 1 program year (September through June).

**Circle Chief Functions**
1. The contact person for the YMCA and represents the Circle.
2. Delegate assignments to participants and ensures that tasks are performed.
3. Plan fall and spring campouts, in cooperation with the YMCA, by communicating with others regarding responsibilities, sleeping assignment requests, scheduling and ceremonies. This includes attending the required Chief’s meeting on the Saturday afternoon of each campout.
4. Provide information to the YMCA for the newsletter before each campout.
5. Relay YMCA information concerning events, program registration, and general information about Adventure Programs to all Circle dads.
6. Preside at parents’ meetings, ceremonies, and activities, or delegate to other leadership positions when not available.
7. Train and mentor Vice Chief 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. Complete facility assessment form before and after campouts to assess any damages to the facility.
Circle 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 & Princesses 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 Programs leadership for an indefinite period of time if he fails to hold participants accountable to the Adventure Programs Statement of Understanding and the YMCA’s Code of Conduct. The YMCA also reserves the right to charge the Circle for damages sustained to YMCA property by Circle 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 Programs 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 Circle Chief and agree to perform these responsibilities to the best of my ability.

Circle Chief Name:

Circle Chief Signature: Date:
CIRCLE MEETING BEST PRACTICES

Circle meetings should be held monthly or bimonthly to ensure close relationships and bonds within the group. Circle meetings are best held in members’ homes. The process of parent and child working together to prepare their home for their Circle 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 Circle to meet, alternate locations can include a YMCA facility, a school classroom, a church or a neighborhood recreation center. If wishing to use a YMCA facility, please contact the Adventure Programs Director at least a month in advance to explore meeting space options. Circles 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 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 Circle business at the dad meetings.
EXAMPLE MEETING OUTLINE

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

7 - 7:04 p.m.  Opening Ritual
Some Circles have silent prayer or prayer by a member, some sing a special song, some follow the written ritual in this manual.

7:04 - 7:06 p.m.  Historian’s Report
Children love to hear their names, so try to include them as much as possible.

7:06 - 7:10 p.m.  Collection of Funds
Good speaking experience for guides/princesses to tell how they earned the funds to go towards group activities. Children can earn funds through bake sales, car washes and the like or by helping their parents with extra chores etc.

7:10 - 7:20 p.m.  Recognition Tokens
Time for scouting reports where each child tells what they did to earn the recognition token as they are progressing towards Beaver, Cougar, Bear, Buffalo

7:20 - 7:30 p.m.  Story
Told by one of the Dads to the guides/princesses or by a child 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, unpackaget 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**

Benediction or 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 CIRCLE MEETING

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

Chief
The Chief orders all guides/princesses to stand, raising Hands and Eyes toward the sky in thanks for the preservation of the beauties of Our Creator’s work in forest, field, and stream.

A typical prayer might be: “Father, as we gather around this council, dwell among us and guide us. Give us the wisdom and understanding that we may do those things that are pleasing to you. We offer thanks to you for ____________ (something relevant that the children will understand). Oh father hear our words.”

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

Children
A son/daughter with a dad like mine.

Chief
Little Guides/Princesses, what is our slogan?

Children
Pals Forever/Friends Always

Chief
(Circle Name), Circle, what is the Pledge of the all Guides/Princesses?

Children
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 God.
Chief
The Council of the __________ Circle is now open.

Chief
Historian, please read the minutes from our last meeting.

Historian
(Reads the minutes from the last Circle meeting).

Chief
Historian, will you call the roll of Little Guides/Princesses and receive their scouting reports?

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

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

Chief
Treasurer, collect the group funds. (A funds bag or envelope is passed to each Little Guide/Princess by the funds collector (son/daughter of the Treasurer) along with the talking stick. Each Little Guide/Princess, before placing their funds in the container, tells how they earned it. The funds bag is returned to the Treasurer).

Treasurer
Chief, I have heard the Little Guides/Princesses of the mighty __________ Circle report the ways they have earned their Circle funds and I find those ways helpful to all. The funds have been collected.

(The Chief may ask the Little Guides/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 Circle about federation activities or share any special items that need to be discussed as a Circle.

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

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

Chief
Repeats prayer from beginning of meeting

<table>
<thead>
<tr>
<th>If this is happening in your Circle...</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.</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>They talk, giggle and run around.</td>
<td>Reestablish Circle 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 Circle uniform during campout. Do this activity outside to avoid staining.

Creation of Circle 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 unique Circle cheer/chant. You can use this chant to encourage members during field games and to show your circle pride at any time.
CIRCLE MEETINGS AND RESOURCES

CIRCLE PROPERTY AND ITS PURPOSE

Circle property is a representation of the member’s commitment to the Adventure Guide and Adventure Princess program. Pieces of Circle property often reflect the circle’s history, interests, present members and accomplishments. The most popular pieces of property to display during the campouts are banners or flags to hang on your tents or cabin. The banners are often composed of individual pieces made by the Circle’s father-child teams and put together “quilt style” to be representative of the whole group. New Circles are encouraged to start with a banner or flag and gradually collect/make other pieces. Circle property can be passed down from older members or older members may keep pieces as mementos of their time in Adventure Programs.

CIRCLE PROPERTY IDEAS

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

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

Talking Sticks or Rocks
During 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 tent, log cabin, or combination of both mounted on a plywood board and placing a light bulb in the center to simulate a fire.

Historian’s Book
A book constructed for the purpose of holding records of meetings and events. It may be decorated with various designs unique to your Circle.
CIRCLE 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. Circles 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 group planning.

The monthly Adventure Programs newsletter features relevant outing ideas for that month as well as that month’s Patch Challenge. The Patch Challenge is a suggested outing and those Circles who send in a photo of their group’s members completing that challenge are entered to win a patch for each participant and to have their photos featured in the next month’s newsletter.

Circle 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
CIRCLE MEETINGS AND RESOURCES

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
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-Station-3-2-17

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

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%20lessonsandqid=C1G2kLzqstsCFUUb1swodfjwG5Aandqclsrc=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
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**
Richmond Ballet - richmondballet.com
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 - 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
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 Circle contact Tyler Carlo “Napping Narwhal” at 804.784.1544).
Ironbridge Sports Park - ironbridgesportspark.com

Arcade
The Circuit - thecircitarcadebar.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 - oasisssportspark.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

Shipyards

Train Ride
Main Street Station - richmonddva.gov/MainStreetStation/
Amtrak - amtrak.com/stations/rva

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

Bus Trip
Bicycling
### Circle EVENTS CALENDAR – Fill in with your own events

<table>
<thead>
<tr>
<th>Event Type</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>RECRUITMENT EVENT</td>
<td>Date:</td>
<td>Location:</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>DADS ONLY MEETINGS</td>
<td>Date:</td>
<td>Location:</td>
<td>Date:</td>
<td>Location:</td>
<td>Date:</td>
<td>Location:</td>
<td>Date:</td>
<td>Location:</td>
<td>Date: Location:</td>
</tr>
<tr>
<td>FALL CAMPOUT</td>
<td>Date:</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>CIRCLE MEETINGS</td>
<td>Date:</td>
<td>Location:</td>
<td>Date:</td>
<td>Location:</td>
<td>Date:</td>
<td>Location:</td>
<td>Date:</td>
<td>Location:</td>
<td>Date: Location:</td>
</tr>
<tr>
<td>CIRCLE OUTINGS</td>
<td>Date:</td>
<td>Location:</td>
<td>Date:</td>
<td>Location:</td>
<td>Date:</td>
<td>Location:</td>
<td>Date:</td>
<td>Location:</td>
<td>Date: Location:</td>
</tr>
<tr>
<td>WINTER INNINGS</td>
<td>Date:</td>
<td>Location:</td>
<td>Date:</td>
<td>Location:</td>
<td>Date:</td>
<td>Location:</td>
<td>Date:</td>
<td>Location:</td>
<td>Date: Location:</td>
</tr>
<tr>
<td>SPRING CAMPOUT</td>
<td></td>
<td></td>
<td></td>
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<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>SUMMER EVENT</td>
<td>Date: July</td>
<td>Location: Richmond Flying Squirrels Stadium</td>
<td>Date:</td>
<td>Location:</td>
<td>Date:</td>
<td>Location:</td>
<td>Date:</td>
<td>Location:</td>
<td>Date: Location:</td>
</tr>
</tbody>
</table>
VEST AND IMPORTANCE

Dads and their daughters/sons 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 participant’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 Dads 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. The best glue to use is E6000 Industrial Strength Adhesive and it can be found online, at craft stores or at Walmart. Note that iron on patches with pre-attached adhesive may not be glued on as the patch will fall off. If you do happen to lose a patch, please contact the Adventure Programs office for replacement options.

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 child’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. Vests can be suede, denim, felt or of any other material and all program participants (both father and child) should procure a vest prior to their first Fall campout.

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>
</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>
</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>
</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>
</tr>
</tbody>
</table>
## AWARDS

<table>
<thead>
<tr>
<th>Award</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bear</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>Cougar</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>Beaver</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>Buffalo</td>
<td>The Bear, Cougar, Beaver and Buffalo are honor patches earned by completing progressive tasks. See Awards Criteria page for checklist.</td>
</tr>
</tbody>
</table>
# Seasonal Outings

<table>
<thead>
<tr>
<th>Seasonal 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 Adventure Programs Director or Canoeing Lifeguard 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>
## VEST, PATCHES AND AWARDS

### OUTING AWARDS AND ACTIVITIES

<table>
<thead>
<tr>
<th>Recruitment</th>
<th>Those who bring a friend or neighbor to join their Circle earn the recruitment patch. Contact the Adventure Programs Director for this patch.</th>
</tr>
</thead>
</table>
## 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 Winter Daddy Daughter Dance will be given this patch at check in.</td>
</tr>
<tr>
<td>Pinewood Derby</td>
<td>Racers in the Adventure Programs Pinewood Derby will earn the Pinewood Derby patch given on the day of the race at car check in. There are other prizes given on race day for speed and design. See the official Pinewood Derby rules for these categories.</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>
VEST, PATCHES AND AWARDS

OUTING CHALLENGE

Stay tuned to the monthly Adventure Programs email newsletter as we announce Outing Challenges each Month. The Circle with the winning photo will have their picture shared in the next month’s newsletter and will win a patch for each participant.

LEADERSHIP POSITIONS

<table>
<thead>
<tr>
<th>My Dad is...</th>
<th>Both Father and Child receive a badge if the Father has a leadership position within their Circle. The “My Dad is...” patch goes above this patch on the child’s vest. Leadership positions are outlined in the manual and include:</th>
</tr>
</thead>
</table>
| ![My Dad is patch](image1) | • Chief  
• Vice Chief  
• Historian  
• Treasurer |

There is also a special patch and hat for those who serve on the Federation Council.

For all other Circle sponsored events and outings, go to thepatchstore.com or advantageemblem.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 Circle, will be reported back to the Circle. “Reported Back” means the children (not the parents) describe to the Circle 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 families be imaginative and find a way for each child to participate in the reporting.

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

Please feel free to send photos of Honor patch tasks being completed to the Adventure Programs Director for the opportunity for your child to be recognized in the monthly newsletter.

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 Guides and Princesses choose to complete an award’s requirements. Awards are earned in succession. Each Circle’s historian captures the Guides/Princesses’ progress on a tally sheet. Upon completing the requirements for an award, the Historian retains the tally sheet as part of the group records.

Every completed task represents a success to be celebrated. 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>Category</th>
<th>Task</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Arts and Crafts</td>
<td>Complete 3 nature based handicraft projects with your dad. Present the crafts before your Circle. These crafts should be creative and can be completed using materials found in the outdoors.</td>
</tr>
<tr>
<td>2 Camping</td>
<td>Camp-out overnight with your Dad outside of Circle campouts. Report back to your Circle.</td>
</tr>
<tr>
<td>3 Family and Home</td>
<td>Plan, Cook and Clean up after a healthy dinner for your family. Report back to your Circle.</td>
</tr>
<tr>
<td>4 Public Speaking</td>
<td>Tell a fable with a moral tale before your Circle. Refer to manual for story telling guidelines.</td>
</tr>
<tr>
<td>5 Relationship Building</td>
<td>Memorize and recite before your Circle the real and Adventure Programs nick names of guides or princesses and their dads.</td>
</tr>
<tr>
<td>6 Service to Others</td>
<td>Memorize and recite the 6 Adventure Program aims in front of your Circle.</td>
</tr>
<tr>
<td>7 Spiritual</td>
<td>Recite from memory and using hand signs the Adventure Programs Prayer (‘And now, May the Great...’) in front of your Circle.</td>
</tr>
<tr>
<td>8 Physical Fitness</td>
<td>Hike 2 miles with your dad. Report back to your Circle.</td>
</tr>
</tbody>
</table>
BEAVER AWARD TALLY SHEET

Circle: ________________________________
Adventure Nickname: ____________________
Name: ________________________________
Circle Historian: _________________________
Date Completed: _________________________

3 Craft Projects
Date: ________________________________

Camp Out
Date: ________________________________

Dinner for Family
Date: ________________________________

2–Mile Hike
Date: ________________________________

Public Speaking
Date: ________________________________

Adventure Programs Prayer
Date: ________________________________

Aims
Date: ________________________________

Adventure Nicknames
Date: ________________________________
COUGAR AWARD

The Cougar Award has 6 mandatory tasks. Additionally, the Guide/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 4 parent / child crafts with a conservation or recycling theme. Present the crafts before your Circle.

<table>
<thead>
<tr>
<th>Category</th>
<th>Task</th>
</tr>
</thead>
<tbody>
<tr>
<td>9</td>
<td>Arts and Crafts</td>
</tr>
<tr>
<td>10</td>
<td>Camping</td>
</tr>
<tr>
<td>11</td>
<td>Learning Other Cultures</td>
</tr>
<tr>
<td>12</td>
<td>Nature</td>
</tr>
<tr>
<td>13</td>
<td>Safety and First Aid</td>
</tr>
<tr>
<td>14</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>Category</th>
<th>Task</th>
</tr>
</thead>
<tbody>
<tr>
<td>15</td>
<td>Family and Home</td>
</tr>
<tr>
<td>16</td>
<td>Physical Fitness</td>
</tr>
<tr>
<td>17</td>
<td>Physical Fitness</td>
</tr>
<tr>
<td>18</td>
<td>Physical Fitness</td>
</tr>
<tr>
<td>19</td>
<td>Physical Fitness</td>
</tr>
<tr>
<td>20</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 Citizenship</td>
<td>Visit a local, state or federal legislature. Report back to your Circle.</td>
</tr>
<tr>
<td>22 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 Circle.</td>
</tr>
<tr>
<td>23 Nature</td>
<td>Report to your Circle on the habits of 3 local animals of your choosing. Draw a picture of one of the animals.</td>
</tr>
<tr>
<td>24 Safety and First Aid</td>
<td>Explain to your Circle the appropriate treatment for cuts and bruises.</td>
</tr>
<tr>
<td>25 Service to Others</td>
<td>Participate in a day of volunteer service to others (food bank, nursing home etc.). Report back to your Circle.</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 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 Circle.</td>
</tr>
<tr>
<td>27 Nature</td>
<td>Go on a fishing trip or hunting trip as Father and Child. Report back to your Circle.</td>
</tr>
</tbody>
</table>
COUGAR AWARD TALLY SHEET

4 Craft Projects
Date: ________________________

Knots
Date: ________________________

Learning Other Cultures
Date: ________________________

Animals & Birds
Date: ________________________

Family Fire Drill
Date: ________________________

Historic Landmarks
Date: ________________________

Circle:
Adventure Nickname:
Name:
Circle Historian:
Date Completed:

Date:

Date:

Date:

Date:

Date:
**BEAR AWARD**

The Bear Award has 6 mandatory tasks. Additionally, the Guide/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>Category</th>
<th>Task</th>
</tr>
</thead>
<tbody>
<tr>
<td>28 Citizenship</td>
<td>Explain to your Circle how to handle, raise, fly, lower and fold the American flag. Explain what to do when a flag is to be retired.</td>
</tr>
<tr>
<td>29 Virginia History</td>
<td>Prepare and present to your Circle a report on the history of the town where you live. Explain when it was founded and why it has the name that it does.</td>
</tr>
<tr>
<td>30 Virginia History</td>
<td>Tell a story to your Circle containing at least 15 words in another language of your choosing.</td>
</tr>
<tr>
<td>31 Service to Others</td>
<td>Explain to your Circle how the 6 aims of Adventure Programs apply to your everyday life.</td>
</tr>
<tr>
<td>32 Spiritual</td>
<td>Give 3 different prayers at Circle meetings or gatherings.</td>
</tr>
<tr>
<td>33 Virginia History</td>
<td>Prepare and present to your Circle a report on a Historical Virginian who lived between 1600 and 1850.</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Category</th>
<th>Task</th>
</tr>
</thead>
<tbody>
<tr>
<td>34 Camping</td>
<td>Learn and present to your Circle a hunting or fishing safety lesson.</td>
</tr>
<tr>
<td>35 Camping</td>
<td>Learn and demonstrate to your Circle canoe safety.</td>
</tr>
<tr>
<td>36 Family and Home</td>
<td>Be responsible for feeding and caring of a household pet for at least 1 month. Report back to your Circle.</td>
</tr>
<tr>
<td>37 Safety and First Aid</td>
<td>Learn and explain to your Circle the safety precautions for mowing lawns.</td>
</tr>
<tr>
<td>38 Safety and First Aid</td>
<td>With parent’s help, design and conduct a weekly safety inspection in the house, for 1 month.</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>Category</th>
<th>Task</th>
</tr>
</thead>
<tbody>
<tr>
<td>39 Citizenship</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 Circle.</td>
</tr>
<tr>
<td>40 Family and Home</td>
<td>Work on a family project with a parent. Report back to your Circle.</td>
</tr>
<tr>
<td>41 Nature</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 Circle.</td>
</tr>
<tr>
<td>42 Nature</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 Circle.</td>
</tr>
<tr>
<td>43 Nature</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 Circle.</td>
</tr>
<tr>
<td>44 Physical Fitness</td>
<td>Report to your Circle the rules for good personal hygiene.</td>
</tr>
<tr>
<td>45 Safety and First Aid</td>
<td>Identify different types of poisonous plants and present to your Circle 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>Category</th>
<th>Task</th>
</tr>
</thead>
<tbody>
<tr>
<td>46 Arts and Crafts</td>
<td>Complete 4 parent / child crafts with a conservation or recycling theme. Present the crafts before your Circle.</td>
</tr>
<tr>
<td>47 Service to Others</td>
<td>Help a Grandparent (need not be your own) for a day. Report back to your Circle.</td>
</tr>
<tr>
<td>48 Family and Home</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 Circle.</td>
</tr>
<tr>
<td>49 Physical Fitness</td>
<td>Perform with a parent at least 3 different exercises 3–4 times per week for 1 month.</td>
</tr>
</tbody>
</table>
BEAR AWARD TALLY SHEET

Circle:
Adventure Nickname:
Name:
Circle Historian:
Date Completed:

Flag
Date: ____________________________

28

Town Report
Date: ____________________________

29

Story Telling
Date: ____________________________

30

Help A Grandparent
Date: ____________________________

31

3 Different Prayers
Date: ____________________________

32

Historical Virginian
Date: ____________________________

33
BUFFALO AWARD

The Buffalo Award has 7 mandatory tasks. Additionally, the Guide/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>50 Native American</td>
<td>Prepare a report on a current tribe of Native Americans in Virginia and present to your Circle.</td>
</tr>
<tr>
<td>51 Virginia History</td>
<td>Visit the home of a President who lived in Virginia. Report back to your Circle on what you learned.</td>
</tr>
<tr>
<td>52 Nature</td>
<td>Investigate and report to your Circle what is done for ecology in your county.</td>
</tr>
<tr>
<td>53 Physical Fitness</td>
<td>Explain to your Circle a well-balanced diet. Prepare a drawn example of a MyPlate healthy meal.</td>
</tr>
<tr>
<td>54 Service to Others</td>
<td>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>55 Spiritual</td>
<td>Report to your Circle on a religious ceremony from a religion other than the one that your family practices.</td>
</tr>
<tr>
<td>56 Virginia History</td>
<td>Report to your Circle 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>57 Citizenship</td>
<td>Go with a parent to a voting booth. Report back to your Circle.</td>
</tr>
<tr>
<td>58 Family and Home</td>
<td>Help plan weekend meals for 1 month. Keep a record of the meals. Have your parents sign the record. Report back to your Circle.</td>
</tr>
<tr>
<td>59 Family and Home</td>
<td>Plan an outing for your whole family. Report back to your Circle.</td>
</tr>
<tr>
<td>60 Nature</td>
<td>Visit a recycling center. Report back to your Circle.</td>
</tr>
<tr>
<td>61 Safety and First Aid</td>
<td>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>Category</th>
<th>Task</th>
</tr>
</thead>
<tbody>
<tr>
<td>62 Nature</td>
<td>Conduct an experiment by planting similar seeds in different types of soil and report on the results to your Circle.</td>
</tr>
<tr>
<td>63 Nature</td>
<td>Plant a garden with at least 3 different types of plants. Bring the plants (clippings or photos) to a Circle 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>Category</th>
<th>Task</th>
</tr>
</thead>
<tbody>
<tr>
<td>64 Nature</td>
<td>Go on a 5-mile bike ride with your Dad. Report back to your Circle. Organize and conduct a clean-up project in your neighborhood. Report back to your Circle.</td>
</tr>
<tr>
<td>65 Physical Fitness</td>
<td>Perform a 5-mile bike ride with your Dad. Report back to your Circle.</td>
</tr>
<tr>
<td>66 Physical Fitness</td>
<td>Run 1 mile with your Dad. Report back to your Circle.</td>
</tr>
<tr>
<td>67 Physical Fitness</td>
<td>Swim 200 yards (or meters). Report back to your Circle.</td>
</tr>
<tr>
<td>68 Service to Others</td>
<td>Sponsor and conduct a project for the benefit of a charitable organization. Report back to your Circle.</td>
</tr>
</tbody>
</table>
# BUFFALO AWARD TALLY SHEET

<table>
<thead>
<tr>
<th>Native American</th>
<th>Date: ___________________________</th>
<th>50</th>
</tr>
</thead>
<tbody>
<tr>
<td>Presidential Home</td>
<td>Date: ___________________________</td>
<td>51</td>
</tr>
<tr>
<td>Ecology</td>
<td>Date: ___________________________</td>
<td>52</td>
</tr>
<tr>
<td>Well-Balanced Diet</td>
<td>Date: ___________________________</td>
<td>53</td>
</tr>
<tr>
<td>Good Deed</td>
<td>Date: ___________________________</td>
<td>54</td>
</tr>
<tr>
<td>Religious Ceremony</td>
<td>Date: ___________________________</td>
<td>55</td>
</tr>
<tr>
<td>Virginia Historical Event</td>
<td>Date: ___________________________</td>
<td>56</td>
</tr>
</tbody>
</table>

Circle: ____________________________________________
Adventures Nickname: ____________________________
Name: ________________________________________
Circle Historian: ________________________________
Date Completed: _________________________________
CAMPOUT PROCESSES AND REMINDERS

The Fall and Spring campouts will pull the Circle 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 fun of the field games, and the fantastic food are all a part of a campout. Some activities that you and your Circle 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 @ Main Office 8:30 a.m. – lunch

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 Circle to organize and provide their own food service for the weekend. 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. There may be special food trucks on campus during your campout weekend, please pay attention to email announcements prior to your arrival for their hours.
**PACKING LIST**

Individuals within each Circle 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 Circle. 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 campsite 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.
- Personal boats or canoes. Only YMCA provided boats are to be used on Lake George and only when Lifeguard personnel are on duty.

**Packing List**

<table>
<thead>
<tr>
<th>Shelter</th>
<th>Program Items</th>
<th>Personal</th>
</tr>
</thead>
<tbody>
<tr>
<td>□ Tent</td>
<td>□ Program vests</td>
<td>□ Shower shoes/flip flops</td>
</tr>
<tr>
<td>□ Ground cloth/tarp</td>
<td>□ Circle property</td>
<td>□ Towels/washcloth</td>
</tr>
<tr>
<td>□ Shade tarp/poles/rope/stakes</td>
<td>□ Fishing Gear</td>
<td>□ Soap in plastic case/shampoo</td>
</tr>
<tr>
<td>□ Extra tent stakes</td>
<td>□</td>
<td>□ Tooth brush/tooth paste</td>
</tr>
<tr>
<td>□ Axe or hammer</td>
<td>□</td>
<td>□ Deodorant and toiletries</td>
</tr>
<tr>
<td>□ Mat for tent entrance</td>
<td>□</td>
<td>□ Comb/brush</td>
</tr>
<tr>
<td>□ Dust pan/brush</td>
<td>□</td>
<td>□ Razor</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Bedding</th>
<th>Clothes</th>
<th>Miscellaneus</th>
</tr>
</thead>
<tbody>
<tr>
<td>□ Sleeping bag</td>
<td>□ Shoes/boots</td>
<td>□ Sunscreen/lip balm</td>
</tr>
<tr>
<td>□ Sheets/blankets</td>
<td>All those who plan to participate on the Alpine Tower or Zipline need to have closed toe shoes</td>
<td>□ Bug repellant spray/candles</td>
</tr>
<tr>
<td>□ Pillow</td>
<td>□ Jeans/pants/belt</td>
<td>□ Extra batteries/bulbs</td>
</tr>
<tr>
<td>□ Air mattress/sleeping pad/cot/tarp</td>
<td>□ Shorts</td>
<td>□ Compass/GPS</td>
</tr>
<tr>
<td>□ Air pump</td>
<td>□ T-shirts</td>
<td>□ Whistle</td>
</tr>
<tr>
<td>□ Repair kit for air mattress</td>
<td>□ Socks/extra socks</td>
<td>□ Camera</td>
</tr>
<tr>
<td>□ Utility bags for storage</td>
<td>□ Hat</td>
<td></td>
</tr>
<tr>
<td></td>
<td>□ Bandana</td>
<td></td>
</tr>
<tr>
<td></td>
<td>□ Sweatshirt/jacket</td>
<td></td>
</tr>
<tr>
<td></td>
<td>□ Gloves/scarf</td>
<td></td>
</tr>
<tr>
<td></td>
<td>□ Underwear</td>
<td></td>
</tr>
<tr>
<td></td>
<td>□ Sleep clothes</td>
<td></td>
</tr>
<tr>
<td></td>
<td>□ Rain gear</td>
<td></td>
</tr>
<tr>
<td></td>
<td>□ Laundry bag</td>
<td></td>
</tr>
</tbody>
</table>