



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DADS & KIDS MAKING MEMORIES



Y-GUIDES HANDBOOK

"Turning the hearts of the father to their children,
and the hearts of the children to their fathers."

- Malachi 4:6

Foundation Pillars of the Y-Guides Program

Positive adult role model
Building Relationships
Developing Skills
Becoming Servant Leaders

YMCA Mission Statement

To put Christian principles into practice through programs that build healthy Spirit, Mind, and Body for all.

YMCA Character Development

The YMCA focuses on five core values

- **Caring** – to love others, to be sensitive to the well being of others, to help others.
- **Honesty** – to tell the truth, to act in such a way that you are worthy of trust, to have integrity; making sure your choices match your values.
- **Respect** – to treat others, as you would have them treat you: to value the worth of every person, including yourself.
- **Responsibility** – to do what is right, what you ought to do; to be accountable for your behavior and obligations.
- **Faith**- to believe, trust in, and rely upon God.

The challenge to each father is to set a good example of faith and character for our children; because these important qualities are more
“Caught than Taught.”

Purpose of Y-Guides

The purpose of the Y-Guides Program is to foster the understanding and companionship between father and child.

Slogan

"Pals Forever" & "Friends Always"

The Aims

1. To be clean in body and pure in heart.
2. To be "Pals Forever/Friends Always" with my father/son/daughter.
3. To love the sacred circle of my family.
4. To listen while others speak.
5. To love my neighbor as myself.
6. To seek and preserve the beauty of 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 tribe, to our community, seek a world pleasing to the eye of God."

Program History

How the Y-Guides Program Began

The YMCA Indian Guides Program was developed in a deliberate way to support the father's vital role as teacher, counselor and friend to his son. The program was initiated by Harold S. Keltner, Director of the YMCA in St. Louis. In 1926 he organized the first tribe in Richmond Heights, Missouri, with the help of his friend, Joe Friday, an Ojibway Indian, and William H. Hefelfinger, chief of the first Indian Guides tribe. Inspired by his experiences with Joe Friday, who was his guide on fishing and hunting trips into Canada, Harold Keltner initiated a program of father/son experiences that came to involve fathers and sons throughout the United States. The Y-Indian Princess Program was an outgrowth of the Indian Guides Program. It enabled fathers and their daughters to participate together in a variety of activities that nurtured mutual understanding, love and respect. The first Y-Indian Princesses Program was formed in the Fresno, California YMCA in 1954. Today, as then, the Princess Program affords a wonderful opportunity for the concerned and busy father to facilitate growth in a daughter's development and an understanding of the world around her. The father's role nurtures his daughter in developing self-esteem, confidence in her peers, and appreciation for the differences in people and families. The inter-relationships of humor and discipline, love and anger, and successes and failures bode well for the continuing development of father and daughter or father and son.

The Charlotte Y-Guides program began in 1958 with 3 tribes and has now grown to 200+. Over 1,000 fathers and 1,300 children are members of the Federation.

Charlotte Federation Chiefs
From 1988 to Present

- 1988 – Berry Grant – “White Hawk”
- 1990 – Carlyle Hill - “Running Bear”
- 1991 – Ken Robey – “Black Bear”
- 1992 – Rick Heedick – “Big Eagle”
- 1993 – Rich Conkling – “Running Buffalo”
- 1994 – Arch deCastrique – “Morning Star”
- 1995 – Curtis Davis – “Running Wolf”
- 1996 – Mike Doyle – “Winter Hawk”
- 1997 – Tom Aderhold - unknown
- 1998 – Don Podrebarac – “Smiling Waters”
- 1999 – Bob Hammer – “Bright Star”
- 2000 – Brian Tallent – “High River”
- 2001 – Ron Reighter – “Lone Feather”
- 2002 – Mike Dewsbury – “White Hawk”
- 2003 – Philip Tate – “Pale Horse”
- 2004 – Lester Bradshaw – “Snoring Bear”
- 2005 – Ed Woodall – “Three Birds”
- 2006 – Mark Joyner – “Strong Bull”
- 2007 – Mike McInerny – “Hunting Hawk”
- 2008 – Mike Russell – “Running Bear”
- 2010 – Randy Sparks – “Running Eagle”
- 2012 – David Head – “Soaring Spirit”
- 2014 – Dan Haller – “Sea Hawk”

Y-Guides Program Overview

Braves & Princesses-Boys and Girls, 1st – 3rd year in Y-Guides

Y-Guides Braves are father/son groups and Y-Guides Princesses are father/daughter groups. Members are placed into "Tribes" consisting of seven to nine father/child pairs that live in the same area. Tribes meet on a rotating basis once or twice a month at each member's home. Tribes can also participate in group outings such as picnics, campouts, community service projects and more. Meeting dates, times and activities are scheduled by each tribe to fit into everyone's schedule. Tribe meetings provide a forum for spending time together, playing games, making crafts and planning future activities.

Trailblazers-Boys and Girls, 4th -5th years in Y-Guides

Y-Guides Braves and Princesses transition to Y-Guides Trailblazers automatically once they enter their fourth year. It is important to recognize that children age eight to ten are capable of participating in more challenging activities due to their physical, social and emotional growth compared to our younger Braves & Princesses.

Hawkeyes –Boys and Girls, 6th year and longer
When a child receives their fifth year medallion they transition to Y-Guides Hawkeyes, a co-ed program that encourages leadership through volunteer opportunities. Children volunteer with their fathers at Federation events leading activities and assisting Y-Guides staff members. Y-Guides Hawkeyes are invited to register and attend Y-Guides events.

The First Year

The New and Exciting Adventure Begins

Dads, no gift you will ever give to your son or daughter will mean as much as the time you spend with him or her. The memories you and your child make in Y-Guides will last a lifetime.

First Year Tribal Responsibilities

1. Chief Meetings: All chiefs should attend chief meetings to receive important information for their tribe members. The meeting times and location information will be sent to your email address.
2. Dues: Annual membership dues should be paid by October 15th online at www.yguides.org.
3. Federation Events: All tribes are encouraged to attend Federation Events. All Federations events require online registration individually, not by tribe. Look for information on our Web Site, www.yguides.org.
4. Need Help? Contact **Sassy Strawberry**, 704-716-6282, karen.credle@ymcacharlotte.org for Tribe and Chief support or Princess Date Night Questions. Contact **THUNDERHAWK** with all Longhouse and Sporting Event Questions, 704-716-4130 or andy.belich@ymcacharlotte.org.

New Tribe First Meeting Dads Only

Sample Agenda

- Dads get to know each other (Name, job, child's name, age, school, favorite activities, why joined Y-Guides)
- History of Y-Guides
- Program Fundamentals
- YMCA Mission & Character Development
- Vest for Patches
- Tribal Outings
- Federation Events
- Resources Available
- Where and when to pick up supplies
- Fill out Tribe Planning Worksheet
- Choose meeting days & times
- Choose Host for each meeting (discuss host duties)
- Fill out Meeting Rotation Chart (optional)
- Choose Tribe Name (2-3 choices)
- Choose Fall Longhouse
- Set date, time, location for first tribe meeting & next dads meeting
- Make tribe meetings the same time each month like the 1st Sunday of the month

Before Tribe meeting

- Everyone have Y-Guides Name if possible
- Review Agenda (everyone knows their part)
- Host makes & delivers invitations
- Before Leaving meeting turn in Tribal Roster with updates
- Go online to register annual dues, individually.
- Go online to sign up for longhouse, individually.
- Fill out Tribe Planning Worksheet

Next Dads Meeting

Decide on outings through January

- Decide on Vest for patches and Drum
- Set amount for (Wampum) – maybe \$1 per meeting
- Elect Tribal Officers

Remind the dads to be aware of:

The importance of respect to others, especially when others are talking.

Each father should be responsible for the behavior of his child. Keep Dad's Talk to a minimum. This includes business as well as "small talk."

Plan Tribal Outings on a regular basis with different dads responsible for planning and execution.

Encourage dads to be thoughtful in their preparation of meeting responsibilities.

Plan your year well in advance! Keep a responsibility chart up-to-date.

Invitations: Encourage dads to use invitation preparation and delivery as a dad and son/daughter activity. Don't rely on e-mail.

Suggestion to past Chief: Have a game or craft and a trick in reserve at all meetings in case one is forgotten or some member has a last-minute conflict which causes him to miss a meeting.

We recommend a Dads-Only Meeting at least twice a year one in the fall and one before the Spring Season; monthly or quarterly even better.

First Year Program Details

Invitations are very appropriate as a project. It is during this first year that the father and child should deliver invitations before the tribe meetings. This allows for wonderful time sharing experiences.

Invitations should be simple, with colorful decorations and designs; encourage individual expressions. The invitation should be hand made and hand delivered with a map to your house if this is the first time you are the host. A variety of materials may be used, such as aluminum foil, balsawood, boxes, cans, cardboard, cork, leather, paper, pipe cleaners, plastic and rubber. At the same time natural materials, such as nuts, shells, stones and wood lend themselves to creative projects.

Crafts should emphasize the making of common tribal items. Tribal equipment should add atmosphere - one dad with his son/daughter should assume responsibility for each: Campfire, Drum, Talking Stick, Tribal Box, Wampum Pouch, Tally-keeper's Book, and "Grow Stick" for each child.

Games are very important at this age for social and personal growth and development. All games, songs, stories, and other activities should facilitate interesting and meaningful play, and at the same time encourage learning and cooperating with others. Sports, such as organized baseball, basketball, soccer, or football are marginally helpful. Skating, running, bicycling, and water games, along with social recreational games, are in order. Games and similar activities should allow children to share experiences with their dads **on the child's level**.

Tribal Outings should foster new experiences and new ideas. Technical experiences should be avoided.

Ceremonies and Rituals are reassuring to the child during this first year. Reverence and group unity are goals of growth, with dads setting the example.

Songs with a great deal of action are most successful.

Sample Agenda for the first Tribe Meeting

6:55 PM Arrive on time

7:00 PM Beating of the Tribal Drum once for each child present by host Little Brave/Princess

7:01 PM Prayer by Acting Chief

7:02 PM Unbroken circle ritual (children facing fathers inside circle with right hand clasped and left hand on shoulder to the left) PLEDGE, AIMS, and SLOGAN repeated or led in unison by Acting Chief.

7:06 PM Spoken names (with father and child standing), each little Brave/Princess takes turns telling his/her Y-Guides name, his/her real name, his/her dad's Y-Guides name, and his/her dad's real name

7:11 PM Explanation of WAMPUM (Do not begin collection until second meeting.)

Wampum is the Indian name for money (originally the Indians traded beads). It is an **important aspect** of Y-Guides, going to the very heart of the program. Wampum relates directly to the pledge; earning money for the tribe while performing a service/chore for family or community. **Dad teaches or shows the child how to perform the chore.** Simple chores such as, "I cleaned my room", should be discouraged. Dad should be an active participant with the child, showing and describing how to perform a chore or service act. The collection of wampum can be one of the most effective

portions of the tribal meeting for both child and father. It gives the children a chance to learn about the value of money, to gain confidence in speaking before the tribe, to be inspired to do things for others, **and to listen while other children report.** Wampum is then given to the tribe for the good of the tribe, service to the tribe or to a charity such as YG-HOW HOW to return back to help other dads in Y-Guides.

7:15 PM Distribution and explanation of Attendance Beads and of Bear Claw Awards by Tribal Sponsor or Acting Chief

One crow bead is awarded each Brave/Princess for attendance at a regularly scheduled meeting. At each fifth meeting, a bear claw is awarded in lieu of a bead. Beads should be displayed on necklace. The YMCA provides beads and bear claws.

7:20 PM Explanation of 1st-Year Feather Awards showing actual feathers.

7:25 PM Discussion and selection of tribe names – A Big Brave, with a bit of research, should provide a choice between 2 previously approved names.

Children will vote to make selection. **Choose a respectful name for the tribe and for Y-Guides Names.**

7:30 PM Tribe Craft

7:45 PM Song - Y-Guides Theme Song (Optional)

7:47 PM Refreshments by host father,

Brave/Princess Discussion of plans for next meeting;

7:57 PM Circle Closing Ritual (Sign Language Prayer) by Acting Chief

8:00 PM Leave on time (just as important as arriving on time).

Tribal Awards For Each Year

There are four levels of Tribal Awards.
All awards are presented at Spring Longhouse.
All tribe members get a patch.

- ◆ **Honor Tribe** - 1,200 points
- ◆ **Golden Light** - 2,000 points
- ◆ **Skajuna** - 2,500 points Skajuna means "Eagle"
- ◆ **Los Indios** - 3,200 points
Los Indios means "The Spirit of God is in them"

Keep up with points- Y-Guides staff will ask for points in November and again in March for Spring Longhouse Awards.

TRIBAL ACTIVITIES EARN TRIBAL POINTS

Tribal Meetings - 50 points per meeting, maximum two per month.

Invitations to Tribal Meetings - Invitations should be sent by the host for each meeting. 25 pts per meeting.

Dad's meetings - Tribes should have a dad's meeting at least once per quarter. 50 points per meeting

New Members - 20 points for every new dues paying family who joins your existing tribe.

Tribal Activities - 50 points for each activity/outing involving the tribe.

VOLUNTEERING & FEDERATION EVENTS

Chief Meeting - 100 points per Chief meeting attended.

New Tribe Sponsor - 200 points for each tribe sponsored. Involves meeting three (3) times with a new tribe to help them get started. See Promotion/Sponsor Packet for more information.

Assist Promotion – 100 points per family with a maximum of 200 point per promotion. Involves greeting people, sharing your experiences in the program, and possibly leading an opening ceremony.

Hand Out Brochures – 50 points when you hand out brochures at work, church, school, neighborhood pool and other places reaching children 5-7 years old.

Recruit New Members – 100 points per family joining Y-Guides in new tribes or other tribes. Visit school classroom, kindergarten or 1st grade is also 100 points.

Federation Events – 100 points per event attended by tribe; events requiring online registration.

Volunteer Longhouse - Maximum 150 points per tribe per Longhouse. Sign up for specific duties on emailed sign up sheet or at longhouse.

Volunteer at Federation Events - 40 points per family with a maximum of 160 points per tribe per event. This applies to all Federation events except Longhouse.

Service Project – 100 points per tribal service project. Most tribes do one service project a year.

Other Volunteering - Maximum 50-100 points per tribe per event. These points are given at the discretion of the Y-Guides staff for various projects tribes are asked to perform that assist the Federation.

Dues Paid - 10 points per family that have paid their dues by the following dates; renewing families by August 31st. New members get 10 points per family if paid by September 30th.

The Honor Tribes Point Worksheet can be found at www.yguides.org

Choosing Your Y-Guides Names

You may want to choose a name for your child for some event in the child's life...for an outstanding Character trait...or for a trait you may want your child to develop. Diminutives are popular, and help children with short memories to tie who belongs to whom in meetings. Some examples are: Bald Eagle.....Soaring Eagle, Walking Deer....Running Deer, Night Owl.....Day Owl, Flying Bird.....Little Feather, Setting Sun....Rising Sun, Full Moon.....Half Moon Other examples: Bright Star, Red Bird, Running Rabbit, Red Cloud, Setting Sun, Flying Cloud, White Antelope, Shooting Star, Great Star, White Bird, Silver Fox, Looking Glass, Red Feather, Sky, Peacemaker, Running Antelope, and Young Fox.

Arrowhead Name Necklace

You will make your name necklace at your 1st year fall longhouse.

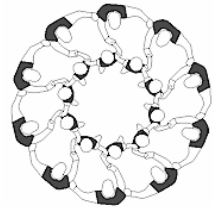
This necklace is used to record tribe meeting attendance. One crow bead is awarded each Brave/Princess for attendance at a regularly scheduled meeting. At each fifth meeting, a bear claw is awarded in lieu of a bead. Beads should be displayed on the name necklace. The YMCA provides beads and bear claws.

Opening Ceremony for First Year Tribe Meetings

1. Promptly at the appointed hour the Chief signals for the Drum Beater (host Little Brave/Princess) to begin the ceremony with one beat of the Drum for each child present. All talking ceases as everyone takes their place forming a circle. If out of doors, they may form a circle around a campfire.
2. The Chief orders all braves/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 which are pleasing to you. We offer thanks to you for the (Tribe Name). Oh, Father hear our words."
3. Chief announces: Braves/Princesses, the council is open.

Assume the **Unbroken Circle**".

Little Braves/Princesses stand facing Big Braves in a double circle. Each Little Brave/Princess places his/her left hand on shoulder of the Little Brave/Princess to his/her left. Big Braves assume the same position clasping right hands with their children. The Chief then leads the tribe in reciting in unison:



4. The **Pledge** of Braves/Princesses: "We, father and son/daughter, through friendly services to each other, to our family, to this tribe, to our community, seek a world pleasing to God."
5. The **Six Aims**: "To be clean in body and pure in heart; to be 'Pals Forever/Friends Always' with my

father/son/daughter; to love the sacred circle of my family, to be attentive while others speak; to love my neighbor as myself; to seek and preserve the beauty of our Creator's work in forest, field and stream."

6. The Braves/Princess **Slogan**: "Pals Forever" (Dad and son) "Friends Always" (Dad and daughter).
7. A big "**How-How!**" ends the Opening Ceremony. The tribe then sits down and continues its meeting.
8. Closing Prayer



And Now, (Point down)



May God (Circle upwards)



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



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



In (Point your right hand into your left palm)



Your (Extend hand to all others)



Heart. (Place right hand on heart)



With This Our Council Has Ended

Tribe Planning Worksheet

Date: _____

Tribe Name: _____

Type of tribe (circle one): Brave Princess

Chief Name:

Tribe Meeting Days /

Times: _____

Month	First Meeting Date/Host	Outing Event Date/Host
August		
September		
October		
November		
December		
January		
February		
March		
April		
May		
June		
July		

First Year Award Program

Dad and child must accomplish the following requirements to earn feathers. An Eagle Feather will be awarded at Spring Longhouse for completion of the First Year requirements.

RED Feather- Know and repeat before tribe all the real and Y-Guides names of each dad and child in attendance.

BLUE Feather- Repeat all six parts of the Y-Guides Aims before the tribe individually.

Dark GREEN Feather - Complete three handicraft projects with dad. These can be completed over a period of time. The projects will be presented to the tribe upon completion. The three do not have to be presented at the same meeting.

YELLOW Feather - Complete a 1-mile hike with your dad. This can be a tribe outing. A report should be made at a tribe meeting, interesting things observed.

BLACK Feather - One overnight camping trip with dad –could be a longhouse.

ORANGE Feather -Dad and child will plan, purchase, cook and serve dinner. We recommend that no one else is allowed in kitchen to help. After serving dinner, dad and child will do the dishes.

TURQUOISE Feather - Have lunch with your child at school twice during the year.

PURPLE Feather - Recite the Y-Guides pledge.

WHITE Feather - Dad and child must attend together Church or worship service four times.

LT. GREEN Feather - Dad and child discuss what Honesty, Caring, Respect, Responsibility, and Faith mean, and discuss ways that Dad and Child can demonstrate these character qualities.

Displaying Feathers - Children can display feathers **on a "Grow" stick**. Dad and child should pick the stick together. Recommend cutting off the stick the height of your child so you can see how much he/she grows over the next five years. Feathers can be attached to the Grow stick by wrapping leather lacing around the base of the feather and then tying or gluing to stick.

Tribe Officers

Tribe officers are key to a successful year. Tribes rotate the Chief and other officers annually but keep the same office if it is working for the tribe and the dads involved. The Tribal Officers included here form a fairly complete set. The tribe can elect to spread the tasks differently and have fewer officers. However, every tribe must have a Chief who serves as the primary coordinator with the Federation.

Chief: The Chief has the overall responsibility for the functioning of the tribe. He should delegate responsibilities to the other tribe members. He presides at Tribal Council meetings as well as Dads meetings and special meetings. He is the primary coordinator with the Federation and YMCA staff. He assures that there is continuity in the meetings. He represents the tribe at Chief meetings or he ensures a tribal representative attends. "The speed of the Leader determines the rate of the pack."

Medicine Man: The Medicine Man assists the chief on an as needed basis, and assumes the duties of the chief in his absence. In many tribes, the Medicine Man also is the Chief-Elect, and assumes the office of Chief in the next year. (In some tribes, the Medicine Man also assumes responsibility for planning and organizing tribal activities).

Wampum Bearer: The Wampum Bearer is responsible for the collection and safekeeping of monies and tribe equipment.

Tally Keeper: This father is responsible for attendance keeping at the tribal meetings, and calls the tribal roll at the start of the meeting. Also, the Tally Keeper tracks progress of each little brave or princess toward individual Federation awards. Also, the Tally Keeper maintains the official roll of the tribe (including, name, address, phone numbers, and Y-Guides names for each member).

Sachem: If the immediate past chief remains in the tribe, he would serve as Sachem, and give counsel to the current chief.

Fifteen Suggestions For Having A Great Tribe

-by Allan Head

1. Work from an agenda at every meeting. An agenda/checklist organizes the meeting and helps every tribe member know their responsibility.
2. Make a big deal of the Parent/Child relationship. Do not compromise on the issue of father/child being present at all events.
3. Emphasize importance and require that invitations be made and personally delivered by father and child. The longer the tribe is together, the more difficult this becomes. Keep it up as long as possible.
4. Seating arrangements are important. Form a circle with Princess/Braves on the floor in front of Dad. This arrangement helps in having an orderly meeting.
5. Be on time; start and end on time. Cooperation by everyone is imperative if this is to be accomplished.
6. Get a wampum report from every child, and either a feather earned or "scouting report" from every child - time permitting. It is important that each child get on their feet to speak at least once each meeting. Dads, you control the time!
7. Talk to the children; do not talk over their heads. Allow no dad's talk - Save that for Dad's Only Meeting. The children may understand more than you think they do.
8. Use a talking stick - it is fun! Honor the concept and it will be a valuable tool.
9. Use Y-Guides names - it adds a great deal! This helps to set the tone and spirit of the meeting.

10. Get with the Program - assign tribal equipment (Drums, Tally Book, Talking Stick, Totem Pole, Tribal Fire, Wampum Pouch, Tribal Box, etc.) Make a big deal of using the equipment in the meetings.

11. Encourage feather earning; talk to those who fall behind. Try to earn at least one feather each month. Set the example.

12. Have **at least one** dad's only meeting this fall. A second dad's only meeting will probably be needed to make spring longhouse and Princess Date Night plans for Princess Tribes. Some tribes have a dad's meeting every month.

13. Tell the children who the Great Creator is and don't be afraid to pray and give thanks to God. This is a YMCA Program and you should remember what the "C" stands for.

14. Insist on structure. One tribal meeting and one tribal activity each month - this will vary with your years in the Program.

15. Recognize that, as in all things, you get out of the Program what you put into the Program.

*If you put in an effort of 6, you will get a 6 in return. Put in a 10 and you will get out a 10!

Tribal Vest

The vest is the main part of The Y-Guides regalia. It provides an area for display of awards and event patches.

Leather vests are available from the following supplier: a representative from Cow Catcher Leather will attend the Federation New Dads Training Meetings with vests to purchase.

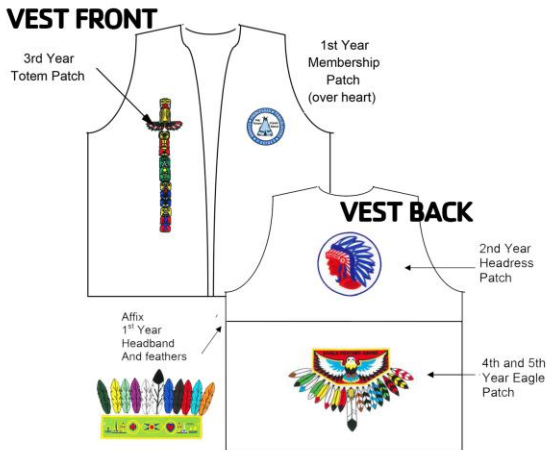
1. Cow Catcher - Raleigh, NC Leather Vest 866-833-8262

www.cowcatcherleather.com

2. CQ Vest 800-537-2824 Cloth vests

www.thepatchstore.com

The appropriate position for patches on the vest is diagramed below.



Y-Guides Pledge:

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

THE SECOND YEAR

1. DAD'S ENTHUSIASM for the program and focus of attention on Braves/Princesses are the key to success (small talk and "business conversation" should be held to a minimum).

2. MEETING FORMAT - Same as first year due to age of child; still very interested in ceremony and has short attention span. Invitations are still very important for dad/son/daughter; this special time promotes closeness. Things to think about: 1. Evaluate song in meeting. 2. Emphasize scouting reports as wampum is given rather than "how you earned your wampum". 3. Crafts could take a little more time in meeting. 4. OUTSIDE ACTIVITIES-Decide how often (once a month or every two months). 5. Decide what to do or where to go. 6. Assignments-one dad/child pair in charge per month. 7. Finish first-year projects. 8. Totem Pole - it is suggested that each dad/child pair develop one 2" x 2" or 6" x 6" block of wood to be stacked as complete tribal totem pole. 9. Work on second year patch and award system.

Returning Tribes – Dads Meeting Agenda

Welcome & Introductions •Overview of the Agenda
•History of Y-Guides •Program Fundamentals •YMCA Mission & Character Development

The Tribe •Tribe Meeting Agenda •Discipline & Attention
•Tribal Property •Tribal Vest •Awards (Changes each Year)

Outings- Tribal Outings •Federation Events •Resources Available

Tribal Group Work •Everyone share personal goals for the year •Determine Tribal goals for the Year (2-3 Highlights) •Update Roster (Address, Phone, etc.) •Pick up supplies •Fill out Tribal Planning worksheet •Choose meeting days & times •Choose Host for each meeting (Host duties) •Fill out Meeting Rotation Chart •Choose Fall Longhouse •Set date, time, location for next dads meeting •Elect Tribal Officers before Leaving •Turn in Tribal Roster with updates •Reminder to sign up for

annual dues online •Reminder to sign up for Longhouse online •Fill out Tribal Planning Worksheet
Program Suggestions and Changes for the Second Year

Invitations should be continued with more complex projects in their making, such as simple leather, wood, or paper origami designs.

Crafts for the child about seven years old should include more crafts, making around-the-home items, such as boats, bird houses/feeders, and the like.

Games at meetings will start to change, dances, stories, relays, and stunts. Sports will begin to include organized team sports such as baseball, soccer, and swimming, or diving, training at the "Y" or in a local recreation group.

Outings should still not be technical or long, and made in places where there is room for moving about or several different things to do at once. See website for outing ideas.

Ceremonials and Rituals need to be modified when it is clear that there is a loss of interest. More child participation may be the solution at this point.

Songs while deleted from the agenda by some tribes can be one of the most enjoyable events of the meeting if done with enthusiasm.

Second Year Award Program

Dad and child must accomplish 8 of the following requirements. At least 2 items in each of the 3 areas (spirit, mind, body) must be accomplished. Dad and child may substitute an item of their own choosing with the approval of the Tribal Chief. A Purple Bear Claw will be awarded at Spring Longhouse for completion of the Second Year requirements.

SPIRIT

- Talk about caring, what it means and tell two people you care about and why.
- Make a Family Coupon Book of things that you can give to others in your family to show that you care about them.
- Father and child read a story together and discuss ways caring, respect, honesty, and responsibility are shown in the story.
- Father and child read Psalm 23 and discuss.
- Recite with father, an opening or closing prayer at a tribal meeting.

MIND

- Complete a father/child handicraft which is not a meeting project. It may be for personal or tribe use.
- Complete a nature project together, display and explain it at a tribal meeting.
- Father and child do homework together for one week.
- Read a book with your child.
- Father and child visit a museum featuring American History.
- Learn and describe 5 fresh water fish found in our area, and draw or find a picture of each, making a report to the tribe.

BODY

- Father and child participate in a community service project. Ex. Classroom Central, Loaves and Fishes, Park Clean Up, etc.
- Visit a recycling center.
- Complete an overnight camping trip and a 2 mile hike.
- Jog with your dad 3 times a week for 4 weeks working up to a mile.
- Make a fishing pole with hook, float, sinker and catch at least one fish.

The Third Year

Program Suggestions and Changes for the Third Year
Invitations may have worn a bit thin by this time, and it is not unusual for fathers and sons/daughters to share responsibility in phone calling; but creativity still makes it more fun.

Meeting Places may change from homes to more appropriate locations, depending on the purpose of the meeting, although regular rituals will continue to be shared in homes.

Crafts for 8 and 9 year olds can be surprisingly complicated. There are many good "hi-tech" arts and crafts projects available online. It is important to remember the important process of sharing interests and not undertaking projects which only dad or son/daughter is interested.

Games may now take the place of crafts at meetings, but songs and stories still provide an outlet for social poise or leadership. Keep an emphasis on fun rather than mere competition. Sports are now clearly team oriented, but some children often show exceptional skill in individual performance, which should be encouraged, of course.

Other Activities, such as dramatics, musical performance, recitation, or exceptional talent in any field should be included in tribe meetings whenever time and opportunity permits.

Outings should focus on giving back to the community. Check the Fun Things to Do page on the Y-Guides website.

Ceremonies and Rituals may be now developed around individual or tribal ideas, taking on a real feeling for spiritual expression, intellectual creativity, and "mountain top" types of experiences.

Third Year Award Program

Dad and child must accomplish 7 of the following requirements. At least 2 items in each of the 3 areas (spirit, mind, body) must be accomplished. Dad and child may substitute an item of their own choosing with the approval of the Tribal Chief. A Yellow Bear Claw will be awarded at Spring Longhouse for completion of the Third Year requirements.

SPIRIT

- Dad and child talk about something they did to show someone at work or school that they cared about them.
- Father and child talk about honesty, what it means and talk about when it was a little tough to be honest.
- Father and child pray together three times.
- Make a family shield; divide it into five sections and list ways your family can show respect, caring, responsibility, honesty and faith. Bring to a tribe meeting and show your tribe.
- Play a family board game. Read the rules and agree to play following the rules. Discuss times when it is hard to follow all the rules and be honest.

MIND

- Father and child memorize and recite the Y-Guides aims and purpose.
- Father and child plan a service project for their tribe.
- Research and write a short report on the history of an American Indian or Tribe.
- Spend ½ day at work with your Dad learning what he does at work.
- Take your child to the library and check out a book.

BODY

- Recycle 10 pounds of aluminum, tin, and/or steel cans.
- Plant a garden containing at least 3 different plants.
- Design and participate in a fitness program with your dad for a month working towards accomplishing at least 25 sit-ups, 12 push-ups and running ½ mile.
- Make a special craft and present it to your tribe.
- Go on a 2-night adventure trip with your Dad. (Ex: canoeing, rafting, or hiking)

The Fourth & Fifth Years

The 4th year members of the Federation “graduate” to Trailblazers and remain a Trailblazer your fifth year. This program continues to provide opportunities for fathers and children to “Make Memories” and become “Pals Forever / “Friends Always”. The highlights of the program are as follows: ♦Remain with your tribe and continue to enjoy the tribal experience ♦Children begin to take more of a leadership role with father’s assistance. ♦Eagle Feather Award Program ♦Federation events designed exclusively for Trailblazers ♦Attend any or all Federation Events with your tribe ♦Make many more memories with your child. Father and child participate in more adventurous events.

Fourth and Fifth Year Award Program

Dad and child must accomplish 6 of the following requirements—Two items in each of the three areas (spirit, mind, body) should be accomplished each year. Dad and child may substitute an item of their own choosing with the approval of the Tribal Chief. A Green Bear Claw will be awarded at the end of the fourth year and a Red Bear Claw will be awarded at the end of the fifth year. A Friends Always Medallion will be awarded at the end of the fifth year for completion of all requirements. These will be awarded at Spring Longhouse.

SPIRIT

- Lead the Chapel Service at Longhouse with your tribe.
- Read the Creation story in the Bible and discuss with your Dad.
- Make brownies with your Dad and deliver them to a neighbor.
- Make a scrapbook with your Dad. Father and child write stories of their childhood and share with your family.
- Father and child sponsor a new Y-Guides tribe.
- Create and send a message of appreciation to a grandparent to tell them why they are special.
- Father and child participate in a charitable or good-will project sponsored by the community or another organization. Share the results at a tribal meeting.

- Father and child buy supplies, prepare, serve and clean up from a family candle light dinner.

MIND

- Prepare a display of 12 or more different rocks and present to your tribe.
- Prepare a report on the life habits of one domestic and one wild animal. Present the report to your tribe.
- Identify 5 constellations to your tribe.
- Identify 8 trees in North Carolina and make a leaf and bark display of the trees making a report to the tribe.
- Learn and describe 5 wild animals in our area and draw or find a picture of their tracks making a report to your tribe.
- Make a homemade kite and fly it with your Dad.
- Build a model from a kit or original materials.
- With your father paint your favorite memory
- Volunteer in your child's school.
- Attend a parent teacher conference at your child's school.

BODY

- Recycle 20 pounds of aluminum, tin, and/or steel cans.
- Participate in a triathlon or a fun run with your dad.
- Go horseback riding with your Dad.
- Do a sport with your Dad at least three times. (Ex: tennis, golf, basketball, soccer etc.)
- Start and maintain a recycling program at your house for two months. Recycle aluminum, steel, glass, plastic, and newspaper.
- Cook a meal with your dad over an open fire with at least two dishes (hotdogs, potatoes, vegetables, etc.). Clean up afterwards.
- Participate in an outdoor trip that lasts at least 2 nights. Prepare your meals outdoors, do outdoor activities (Ex. canoeing, hiking, rafting, outdoor sports), and sleep in a tent.

Family Events Make Good Tribe Outings

We recommend that every tribe have at least one family outing per year. Here are some ideas:

1. **Family Picnic or Pool Party**
2. **Family Campout** – Make reservations at a camp or campground. Use tents and recreation vehicles, campfire, potluck, etc.
3. **Picture and Memory Night** – Show movies, slides, pictures, projects and other things that tell what the tribe has done over the year. Fathers and boys/girls tell about their memories. Perhaps: the funniest thing, the most embarrassing, the most exciting, etc.
4. **Get Acquainted With The Family Night** – Use games, name cards and other methods for father and son/daughter to introduce the other members of their families – tell about their work and hobbies.
5. **Family Roller Skating Party**
6. **Family Day at the Beach**
7. **Family Pot Luck or Bar-B-Q.**
8. **Family Hobby Night** – All members of family tell about their hobbies.
9. **Family Bike Hike**
10. **Outings** – to places the whole family can enjoy, like an amusement park.
11. **Family Parties** – Christmas, Thanksgiving, Halloween.

Home Experiences to be Shared at a Tribe Meeting

Ideas dads and children try out at home; then make scout reports about what happened.

1. Table Conversations - Have the family stay together at the table for 20 minutes after a meal. Use some conversation starters like these:

- Take turns so each person participates. It's good to establish three rules ... *No put downs.
*Everyone's ideas are accepted. *Anyone can pass.
- The thing I own that I like the most – and why
- The skill I have that I am proudest of – or, the one I like best – and why
- The adventure I would most like to have one day, share only one or two at a time.
- Encourage the family members to make up other questions for all family members to answer.

2. Plan a Family Outing- The family members work together to make one list of all the outings (six separate lists for one day, weekend, or evening outing) they can remember. Individuals vote on their three favorites – see how near they can come to a family agreement. Then make a list of all the outings members of the family would most like to go on. Choose one and plan it.

3. Family Game Night- An evening where the family plays their favorite games together. At the meeting when this is shared, have dads and children tell their favorite family game.