



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# Guide Book Saura Nation

YMCA of Northwest North Carolina

# **Nation Pillars of Adventure Guides**

Positive adult role model

Building Relationships

Developing Skills

Becoming Servant Leaders

## **YMCA Mission Statement**

Helping people reach their God given potential in spirit, mind and body

## **YMCA Character Values**

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.

## Purpose of Adventure Guides

Adventure Guides is a YMCA program that helps to foster the father/child relationship to create lifelong meaningful memories.

### Slogan

"Friends Forever"

### The Aims

1. To be clean in body and pure in heart.
2. To be "Friends 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 neighbor as myself.
6. To respect the traditions and beliefs of all people.
7. To seek and preserve the beauty of the Great Spirit's work in forest, field and stream

### Pledge

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

### Closing Prayer

And Now, (Point  down)

May The Great Spirit (Circle  upwards)

Be With You (Extend hand  to all others)

For Today (Pointing  to the ground)

And Forevermore. (Shooting  an arrow in the sky)

How-How!

# **Adventure Guides Outline**

## **Braves & Princesses-** Boys and Girls, 1<sup>st</sup>-3<sup>rd</sup> year in Adventure Guides

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

## **Trailblazers-** Boys and Girls, 4<sup>th</sup> -5<sup>th</sup> years in Adventure Guides

Adventure guides Braves and Princesses transition to adventure guides Trailblazers automatically once they enter their fourth year. It is important to recognize that children 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, 6<sup>th</sup> year and longer

When a child receives their fifth year award patch at the Spring Longhouse they transition to adventure guides Hawkeyes, a co-ed program that encourages leadership through volunteer opportunities. Children volunteer with their fathers at Nation Events leading activities and assisting Adventure Guides staff members. Adventure Guides Hawkeyes are invited to register and attend Adventure Guides events.

## **Tribal Responsibilities**

1. **Chief Meetings**: All Chiefs must attend chief meetings to receive information for their circle members about upcoming events, registrations, and deadlines.
2. **Dues**: Annual membership dues should be paid by the first Fall Longhouse Date.
3. **Nation Events**: All circles are encouraged to attend Nation Events. All Nation events require online registration individually, not by circle. Look for information on our web site, [www.ymcaad.org](http://www.ymcaad.org)
4. **Need Help?** Contact **Branden Chesser**, 336-983-3131  
[b.chesser@ymcanwnc.org](mailto:b.chesser@ymcanwnc.org)

## **Adventure Guides Apparel**

- **Vests**- The vest is the main part of the Adventure Guides regalia. It provides an area for display of awards and event patches. Below are the best places to order them from
  1. [www.cowcatcherleather.com](http://www.cowcatcherleather.com)
  2. [www.thepatchstore.com](http://www.thepatchstore.com)
- **Name Tags**- You will make your name necklace at your first year fall longhouse. This necklace is used to record circle meeting attendance. One red bead is awarded each Brave/Princess for attendance at a regularly scheduled meeting. At each fifth meeting, a Black bead is awarded. Beads should be displayed on the name necklace. The YMCA provides beads for each circle.
- **Wampum**- It is a pouch to hold money for circle earnings
- **Talking Stick**- Helps run a smooth meeting
- **Drum**- Used to start and end meetings

# Dads-Only Meeting

August and January

## Sample Agenda

- Dads get to know each other
- History of Adventure Guides
- Program Fundamentals
- YMCA Mission & Character Development
- Vest for patches
- Circle Outings
- Nation Events
- Resources available
- Where and when to pick up supplies
- Fill out Circle Planning Worksheet
- Choose meeting days & times
- Choose Host for each meeting
- Choose 2-3 tribe names and let everyone vote at the first meeting
- Choose Fall Longhouse
- Set date, time, location for first tribe meeting and next dads meeting
- Make tribe meetings the same time each month like 1<sup>st</sup> Sunday of the month
- Elect Circle Officers
- Wampum amount
- Set date for next dads only meeting in January

## Before Circle meeting

- Everyone have Adventure Guides Name if possible
- Review Agenda (everyone knows their part)
- Host makes & delivers invitations
- Go online to register annual dues, individually
- Go online to sign up for longhouse, individually
- Tribe Planning Sheet filled out
- Get vest for you and your child

## Before End of the Season

- Elections for new Chief and Officers no later than the end of the school year
- Create a summer schedule to meet
- Remind everyone registration for the following year typically begins at the end of the year or the start of the summer

## Circle Officers

### Chief



The Chief sees that there is continuity in the meetings, conducts portions of the meetings, presides at "Dads Only" meetings, delegate's assignments and serves as the contact person for the circle. The Chief also represents the circle at the Chief's meetings and provides essential communications with Knight Hawk.

### Sachem

The Sachem assumes the duties of the Chief in his absence. He should always have a story, trick, or game in his back pocket in case another big brave forgets his assignment.



### Wampum Bearer



The Wampum Bearer is responsible for the collection, safe keeping, and reporting of all moneys and circle equipment. Annual dues and Nation Event fees may be collected and forwarded to the program office by the Chief and/or Wampum Bearer by the established deadlines.

Wampum is an important aspect of the program. Wampum relates directly to the pledge; earning money for the circle while performing a service for family or community. Dad and child perform the service together. Simple chores such as, "I cleaned my room", should be discouraged. The collection of wampum can be one of the most effective portions of the tribal meeting for both child and father.

### Tally Keeper

The Tallykeeper is responsible for keeping attendance at the circle meetings. Each meeting, this father takes written notes, as well as presenting an oral TallyKeeper's report about the previous meeting. The Tallykeeper keeps record of and distributes attendance beads.



**Remember that both you and your child are officers. Have an officer's patch on both of your vests and share in the responsibilities with them**

## Program Detail

**Invitations** – Fun projects for father and child. Father and child should deliver invitations before the circle meetings. This allows for a wonderful time of sharing of experiences. Invitations should be simple, colorful decorations and designs, and encourage individual expressions.

**Crafts** – Emphasize the making of common circle items, and circle equipment should add atmosphere. One dad with his son/daughter should assume responsibility for each of the Drum, Talking Stick, Wampum Bag, and Tallykeeper’s Book.

**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. Games and Similar activities should allow children to share experiences with their dads.

**Circle Outings and Nation Events** – Should foster new experiences and new ideas.

**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

**Tricks** – Provide a father and child an opportunity to amaze their circle, while giving the host a few extra minutes to prepare refreshments.

### Circle Planning Sheet (Write in pencil so you can use all 5 years)

Date	Meeting	Host	Craft	Song	Outing	Dad Only
August						
September						XXXXXX
October						XXXXXX
November						XXXXXX
December						XXXXXX
January						
February						XXXXXX
March						XXXXXX
April						XXXXXX
May						XXXXXX
June						XXXXXX
July						XXXXXX



## First Circle meeting of the year agenda

**6:55 p.m.** Arrive on time.

**7:00 p.m. Beating of the Tribal Drum** - Beat one time for each member present by host Little Brave/Princess

**7:02 p.m. Opening Prayer** - Given by Acting Chief.

**7:03 p.m. Unbroken Circle Ritual** - Children facing fathers inside circle with right hand clasped and left hand on shoulder to the left.

Stating the Pledge, Aims, and Slogan, repeated or led in unison by Acting Chief.

**7:07 p.m. Spoken Names** - With father and child standing, each little Brave/Princess takes turn telling his/her program name, his/her real name, his/her dad's program name, and his/her dad's real name At the conclusion of each, other tribe members respond with --- "HOW-HOW!"

**7:15 p.m. Explanation of WAMPUM** - Do not begin collection until second tribal meeting.

**7:20 p.m. Discussion and selection of Circle Name** - A Big Brave, with a bit of research, should provide a choice

between two previously approved circle names Children will vote to make selection.

**7:25 p.m. Circle Craft**

**7:35 p.m. Explanation of Year Feather Award** - Display patches and awards

**7:40 p.m. Song**

**7:42 p.m. Refreshments** - Organized by host father

**7:45 p.m. Discussion of Plans for Next Meeting** - Discussion and distribution of responsibility charts.

**7:50 p.m. Distribution and Explanation of Attendance Beads** - Presented by acting chief or Wampum

**7:55 p.m. Closing Ritual** - Sign language closing prayer by acting chief

**8:00 p.m. Everybody Leaves For Home.** Please leave on time. This is just as important as arriving on time.

## All other meeting's agenda

**6:55 p.m.** Arrive on time

**7:00 p.m. Opening Ceremony** - Ceremony is begun with the specific number of beats on the Drum by host braves/princess. The host is responsible for the opening prayer. The unbroken circle is formed and the pledge, aims, and slogan are repeated and led by Circle chief.

**7:04 p.m. Tallykeeper's Report** - Little braves/princesses love to hear their names, so try to include them as much as possible. Pass out red beads; on fifth meeting they earn a black bead

**7:06 p.m. Collection Of Wampum** - Good speaking experience for brave/princess.

**7:10 p.m. Beads & Awards** - They can earn one part of their patch a meeting, Bead for attendance

**7:20 p.m. Story** - Told by one of the Big Braves to the braves/princesses.

**7:30 p.m. Game Or Simple "Completed-In-One-Meeting Craft** - Don't miss this, regardless of what else is included in the program. For dads and sons/daughters to have fun together is important. Games build character through cooperation, fair play, and consideration for others. Crafts should emphasize the imagination and creativity.

**7:43 p.m. Song or Trick** - Fun song or entertaining trick led by big brave.

**7:48 p.m. Refreshments** - During refreshments, dads should cover any major plans, next host, etc., of the responsibility chart. This part of the meeting should be as brief as possible. The best way to include the children would be a simple vote between two outing choices.

**7:58 p.m. Closing Ceremony** - Sign language prayer benediction or circle prayer.

**8:00 p.m. Everybody Leaves For Home** - Please leave on time. This is just as important as arriving on time.

1. Promptly at the appointed hour the Chief signals for the Drum Beater (host Little Brave/Princess) to strike the appropriate amount of Beats On The Drum. There should be one beat for all those present at the meeting. All talking ceases as everyone takes their place forming a circle. If outside, they may form a circle around a campfire.

2. The Chief orders all braves/princesses to stand, raising hands and eyes to the Great Spirit in thanks for the preservation of the beauties of his work in forest, field, and stream. A typical prayer might be: "Oh, Great Spirit, as we gather together, 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 (Circle Name)"

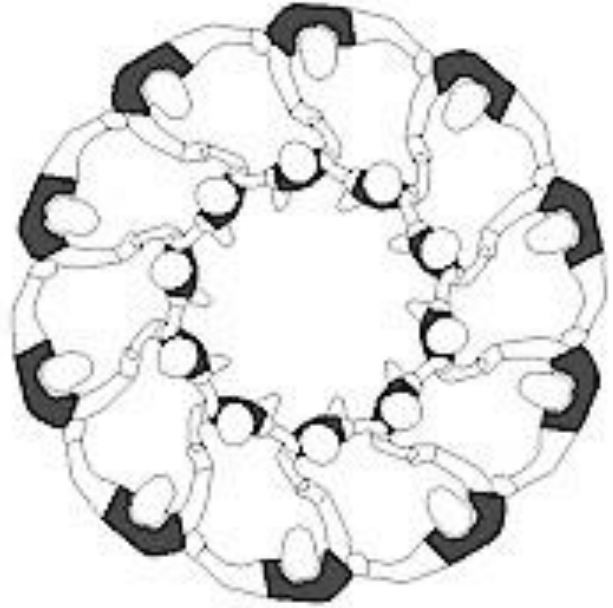
3. Chief announces: "Braves/Princesses, the council is open. Assume the Unbroken Circle "Little Braves/Princesses stand facing Big Braves in a double circle. Each Little Brave/Princess places his/her left hand on shoulder of the Little Brave/Princess to his/her left. Big Braves assume the same position clasping right hands with their children. The Chief then leads the circle in reciting in unison:

4. The Pledge of Adventure Guides: "We, father and son/daughter, through friendly services to each other, to our family, to this circle, to our community and country, seek a world pleasing to the eye of the Great Spirit."

5. The Seven Aims: "To be clean in body and pure in heart; to be 'Friends Forever' with my dad/son/daughter; to love the sacred circle of my family, to be attentive while others speak; to love my neighbor as myself; To respect the traditions and beliefs of all people; to seek and preserve the beauty of the Great Spirit's work in forest, field and stream."

6. The Adventure Guides Slogan: "Friends Forever"

7. A big "**How-How!**" ends the opening ceremony. The tribe then sits down and continues its meeting

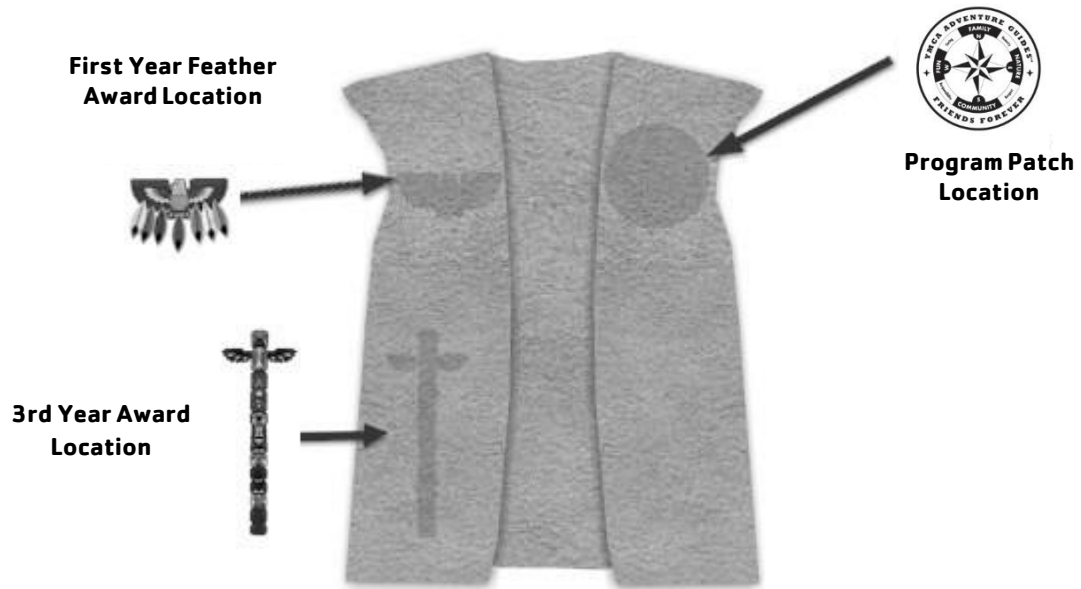


**Overhead View of Unbroken Circle**

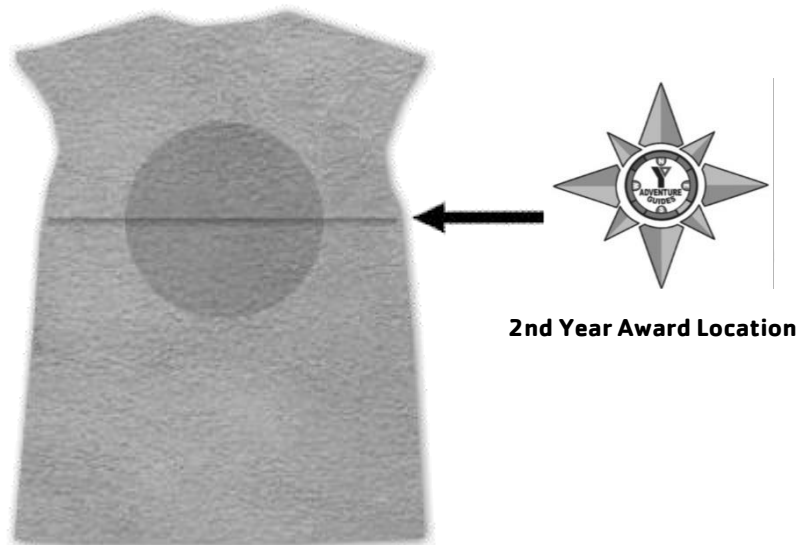
# Yearly Awards Vest Locations

Your vest is filled with program patches, nation event patches and your first, second, and third year award patches. You'll spend this year earning the patches which form the winged totem pole for the front of your vest. As always, try to make Father and child's vests as similar as possible.

## Vest Front



## Vest Back



# Saura Nation 1<sup>st</sup> Year

One **Red Bead** is awarded each Big Brave and Brave/Princess for attendance at any circle gathering and put on the necklace of your nametag. At each fifth meeting/outing, a **Black Bead** is awarded in lieu of a bead.

## First Year Awards

Colored feather patches are awarded, as per the requirements listed below, **at the rate of one per month**, with no definite order required. Only little Braves/Princesses earn the Red, Blue, and Turquoise Feathers, which require memory work, with dad's coaching, of course. The remaining four feathers are earned by the Big and little Brave/Princess concurrently. Each patch is attached to the bottom of the feather award patch on your vest.



## Feather Award Requirements

**Red Feather\*:** Know and repeat before circle meeting all the real and program names of each Big and Little Brave/Princess.

**Blue Feather\*:** Repeat all seven parts of the Adventure Guides AIMS before tribe individually

**Turquoise Feather\*:** Recite the pledge of the Adventure Guides program.

**Orange Feather:** Arrange a night-off for mom/family member. Big and Little Brave/Princess plan, purchase, cook, and serve dinner. After serving dinner, Big and Little Brave/Princess do the dishes. To earn this feather, a report should be made at the next circle meeting.

**Yellow Feather:** Complete a 2-mile walking hike with Big Brave. This can be a tribe outing such as the Longhouse at Camp Hanes. A report should be made at the next circle meeting, each Brave/Princess telling of interesting things observed.

**White Feather:** Complete one overnight camping trip with Big Brave (Recommended as tribe outing. Fall and Spring Longhouse do not count).

**Green Feather:** Complete three craft projects with Big Brave. 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. The TallyKeeper will keep an accurate record of the projects.

**Father and Child will earn a Yellow bead for completion of 1<sup>st</sup> Year at the Spring Longhouse**

# Saura Nation 2<sup>nd</sup> Year

The Second Year awards are categorized into three different areas: **Physical, Mental, or Body**. The center patch is earned at the first circle meeting of the year. Throughout the year you will earn eight compass point patches. Each compass point is earned by doing one thing in a category. You can't earn more than three points in one category.

Patches and beads are provided by the Program Office. Remember that father and child must complete the tasks together.

## Physical

1. Learn proper safety and care of an air rifle, .22, or shotgun and report to tribe.
2. Big and Little Brave/Princess swim at least 100 feet, tread water or float for five minutes.
3. Have a physical fitness program daily for 30 days with Big Brave working up to at least 25 sit-ups, 12 push-ups, 25 leg and head-ups while lying stomach down on floor, and 3 minutes running in place.
4. Plant a garden containing at least 3 different plants.
5. Rig a fishing line with hook, float, and sinker, and catch at least one fish.
6. Go horseback riding with Dad and report to tribe.
7. Participate in a YMCA or recreation team sports and have dad coach, keep score, or help the coach at practices and/or games.
8. Make at least one hunting or fishing trip with Big Brave, making a report to the tribe (#5 cannot be accomplished in same trip).
9. Overnight camping trip (father & son/daughter or with tribe) and/or hike 3 miles (father & son/daughter or tribe).
10. Night off for Mother— Planning and preparing a meal and cleaning up afterwards.
11. Go on a family bike ride, observing safety rules.
12. While participating on an organized sports team, demonstrate good sportsmanship and report to the tribe how you did so.
13. Participate in a walk-a-thon or road race.
14. Take lessons together for a new hobby (canoeing, golf, guitar, etc...)
15. Learn how to appropriately set a table and demonstrate this at a tribe meeting.

## Mental

1. Volunteer with your tribe at the annual YMCA Mistletoe Run at a cheer section or water station.
2. 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.
3. Learn and describe 5 wild animals in our area, and draw or find a picture of their tracks, making a report to the tribe.
4. Identify 8 trees in North Carolina, and make a leaf and bark display of the trees, making a report to the tribe.
5. Visit 2 other tribes with Big Brave, Little Brave/Princess reporting to the tribe concerning visit (Permission of host tribe must be obtained in advance of visit).
6. Browse the Saura Nation Web site ([www.ymcaag.org](http://www.ymcaag.org)) and report to your tribe the resources available on the site.
7. Name the 8 planets in order from closest to farthest from the sun.
8. Using a compass, show the directions north, south, east and west.
9. With Big Brave's help, research and write a short paper (recommended 75-125 words) on the history of a Native American or tribe. Little Brave/Princess might also want to furnish a colored drawing illustrating the paper.
10. Using safety rules, Little Brave/Princess must build an outdoor fire using only material found in the forest. Matches may be used to start the fire. Little Brave/Princess will then cook a meal consisting of a meat and one vegetable for himself/herself and Big Brave.
11. Spend half day (work day) with your dad learning what he does at work, then talk about that day at your next meeting.
12. With Big Brave's guidance, Little Brave/Princess conducts daily family devotional (other than the meal blessing) for a week.
13. Prepare a display of 5 or more different rocks, and identify before tribe.

14. Learn and recite the YMCA mission statement (page 4 of this handbook) and the five values the YMCA promotes (Faith in God, Respect, Responsibility, Honesty and Caring).
15. Develop a plan for your family if an emergency occurs at your house.
16. Visit your local fire department or police station.

## Body

1. Recycle 10 pounds of aluminum, tin, and/or steel cans.
2. Plant a garden containing at least 3 different plants.
3. Design and participate in a fitness program with your dad for a month working towards accomplishing a least 25 sit-ups, 12 push-ups and running ½ mile
4. Make a special craft and present it to your tribe.
5. Go on an adventure trip with your Dad. (Ex: canoeing, rafting, or hiking)
6. Visit a recycling center.
7. Father and child participate in a community service project.
8. Make a fishing pole with hook, float, sinker and catch at least one fish.

**Father and Child will earn a Green bead for completion of 2<sup>nd</sup> Year at the Spring Longhouse**

## Saura Nation 3<sup>rd</sup> Year

Third Year Awards focus on community service. By completing a community service activity, the Brave/Princess receives one-of-five patches that together form a totem pole.

To earn the wings of the totem pole, your circle must:

- 1) take an overnight camping trip
- 2) take a four-mile hike.

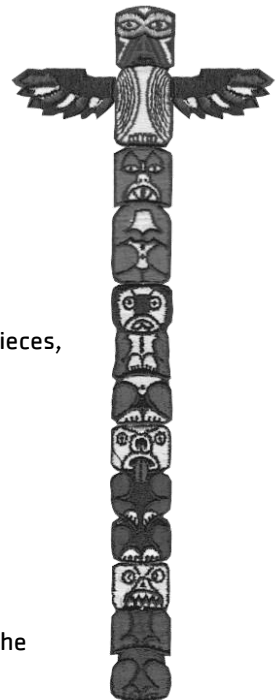
These can be earned on the same trip.

Community service awards can be earned for participation in any of the service projects.

A **Blue Bead** is awarded to a Brave/Princess who earns all their feathers, compass points, and totem pole pieces, they are recognized during the Spring Longhouse.

### Suggested Community Service Activities

- Volunteer with your tribe at the annual YMCA Mistletoe Run at a cheer section or water station.
- Participate in the YMCA's annual fundraising drive, "Annual Giving Campaign".
- Participate in a fundraising walkathon, such as "Susan G. Koeman Walk for the Cure".
- Participate in a community clean-up
- Visit a relative/family friend in a retirement community. Taking festive holiday decorations made by the tribe is also a good idea.
- Provide a service for a "home-bound" person (rake leaves, help make and take dinner, run errands)
- Collect canned goods for a food bank or homeless shelter.
- Participate in a holiday service project (Angel Tree, Operation Christmas Child, etc.)
- Father/child teach a Sunday School class.
- Help tutor at the YMCA
- Write a letter of thanks to a service person overseas .
- Participate in Crop Gleaning with the Society of St. Andrew



## **Trail Blazers 4<sup>th</sup> & 5<sup>th</sup> Year**

The fourth year members of the Nation "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 and Friends always". The highlights of the program are as followed

- Remain with your circle and continue to enjoy the circle experience
- Children begin to take more of a leadership role with father's assistance
- Eagle Feather Award Program
- Nation events designed exclusively for trailblazers
- Attend any or all Nation Events with your circle
- Have at least 4 meetings a year

Eagle Feather Program you must complete 6 of the following requirements. Two items in each of the three areas (Spirit, Mind, Body) should be accomplished each year. One Feather is awarded for each item done. A Purple Bead will be awarded at the end of the fourth year and a Brown Bead will be awarded at the end of the fifth year. Also at the spring longhouse will receive hawkeye head patch.

### **Spirit**

- Lead the Chapel Service at Longhouse with your circle.
- Read the Creation story in the Bible and discuss with your Dad.
- Make brownies with your Dad and deliver them to a neighbors.
- Make a scrapbook with your Dad. Father and child write stories of their childhood and share with your family
- 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 circle meeting

### **Mind**

- Prepare a display of 12 or more different rocks and present to your circle.
- Prepare a report on the life habits of one domestic and one wild animal. Present the report to your circle.
- Identify 5 constellations to your circle.
- Identify 8 trees in North Carolina and make a leaf and bark display of the trees making a report to the circle.
- 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.
- 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 last at least 2 nights. Prepare your meals outdoors, do outdoors activities, and sleep in a tent.

## **Hawkeyes 6<sup>th</sup> year or more**

When a child finishes their fifth year, they transition to Hawkeyes. This co-ed program offers more adventure and encourages leadership through volunteer opportunities. Children volunteer with their fathers at Nation Events leading activities and assisting Adventure Guides staff members.

You are now an individual and sign up by talking with Knight Hawk. Yes your circle can still be a circle and correlate volunteering at the same events. If you have questions please contact Knight Hawk.

## **Annual Giving**

The Annual Giving Campaign is the YMCA of Northwest North Carolina's community-wide effort to raise funds for children, teens, families, and adults who otherwise cannot afford YMCA programs or services. The Annual Giving Campaign helps the YMCA reach a great number of people in order to build a stronger community. The YMCA movement is particularly relevant in today's society because we fill a void in the community. YMCAs welcome and support children, adults, and families and help build the values of caring, honesty, respect and responsibility. The YMCA is for everyone: people of all ages, races, religions, incomes and abilities.

Contributions to the Annual Giving Campaign helps each YMCA respond to the unique needs of its own community. Funds that are raised in a community remain in that community.

100% of the funds raised are used to:

- Provide financial assistance in the form of full and partial scholarships, based on individual need
- Fund outreach programs, which are then made available to participants at little or no charge.

Donating your circle wampum to the Annual Giving Campaign is an excellent idea which will surely help others.