



New Members Packet

2006/2007

Adventure Guides / Princesses Program

“Don’t Let Your Kids Grow Up Without You!”

Welcome to the YMCA Adventure Guides program. Contained here is helpful information that new and returning members might find useful to help make the program a fun and rewarding experience for both the parent and child.

Contained in this packet is:

1. Program Core (Program purpose, slogan, aims)
2. Historical Origins
3. Program Transition
4. Organizational Definitions
5. Program Leadership
6. Home Meetings
7. Camp Outs
8. Awards
9. Calendar

Historical Origins

The program has its roots dating back to the 1920s when Harold Keltner, a YMCA executive in St. Louis, Missouri, and Joe Friday, an Ojibway Indian hunting guide, founded a program called the Y Indian Guides.

As Joe Friday commented to his friend:

"The Indian father raises his son. He teaches his son to hunt, to track, to fish, to walk softly and silently in the forest, to know the meaning and purpose of life and all that he must know, while the white man allows the mother to raise his son."



The idea arose to provide a program where the father (or mother or guardian) would have the opportunity to “guide” their son (or daughter) in exploring the outdoors and teaching them the ways of the land. This program was based on dignity, patience, endurance, spirituality, feeling for the earth, and concern for the family.

Program Core

Purpose: The purpose of the YMCA Adventure Guides Program is to foster companionship between a parent and a child.

Slogan: "Friends Forever" (may vary between Guides & Princesses)

Aims:

- To be clean in body and pure in heart
- To be Friends Forever with my
(father/mother/son/daughter/family)
- To love the sacred circle of my family
- To listen while others speak
- To love my neighbor as myself
- To respect the traditions and beliefs of all people (new)
- To seek and preserve the beauty of the Creator's work
in forest, field, and stream (modified)

Program Transition

The national YMCA Guides and Princesses program is undergoing some changes associated with the historical theme based around Native American culture. The new name that will encompass all the Parent-Child programs will be the “The Adventure Guides”. In an effort to show respect to a living and deeply spiritual culture, the program is moving towards a more general “explorer” based theme with the Parent as guide and the Child as explorer. The impact on the core program is minimal. Some specifics in the information shown here reflect the state of the transition as it is today in the Chandler/Gilbert program.



Explanation of the Program Compass

- The **Family** is True North – the focal point of the program
- **Nature** and the camping experience are an integral part of the program
- The spirit of the program is experienced through belonging to a small **Community** called a circle
- **Fun** is the magic of the program



Organization/Definitions

- **Circle:** A group of 8 to 15 Parent-Child pairs who get together at least monthly for home meetings and participate as a group at camp outs and other Expedition events.
- **Expedition:** A collection of circles usually associated with a specific YMCA facility. Sometimes Guides and Princesses are separate Expeditions and sometimes combined. We have separate Expeditions in Chandler, the San Tan Princess Expedition and the Sioux Guides Expedition.
- **Council:** The Expedition elected officers, the navigators from each circle, and YMCA program director. The Council plans all Expedition activities and monthly events such as camp outs, pinewood derby, etc.
- **Federation:** Valleywide council representing all the Expeditions in the Valley. Usually includes Expedition Navigators, and the valley wide local YMCA program directors. The Federation primarily interacts between the YMCA and the local organizations, helps with recruitment activities, navigator training, and fundraising. There is not, at the present time, a Federation within the Phoenix area. Scottsdale and Ahwatukee have programs.

2006-2007 Princess Leadership

Position	Officer	Email
Navigator	Rex Cunningham [Anasazi]	jodi-rex@interwrx.com
Compass Bearer	Greg Lutz [Sioux]	greg_lutz_family@netzero.net
Treasure Keeper	Tom Mackay [Sioux]	mackay@cox.net
Scout	Mike Mandell [Apache]	mmandell@azleg.gov
Scribe	Steve Rockwell [Sioux]	howlinyote@cox.net
Path Finder	Kevin Arnold [Apache]	kevin@mktginnovations.com
Web Spinner	Chris Miller [Comanche]	MILLERMC@peoplepc.com
Elder	Mark Weber [Comanche]	markweber287@netzero.com
YMCA Liaison	<u>Charmaine</u> Gudgeon	cgudgeon@vosymca.or

2006-2007 Princess Circles and Navigators

Circle	Navigator	Email
Anasazi	Rex Cunningham	jodi-rex@interwrx.com
Apache	Ron Radeztsky	rrad5@cox.net
Comanche	John Mattson	Johnmattsson@cs.com
Fox	Jim Oberlin	jlsroberlin@cox.net
Desert Sharks	Chuck Herman	scuba@arizonaoffshorescuba.com
Sioux	Greg Lutz	greg_lutz_family@netzero.net

2006-2007 Guides Leadership

Position	Officer	Email
Navigator	Guy Bieber [Navajo]	gbieber1@cox.net
Treasure Keeper	John Martin [Papago]	jmartin249@cox.net
Scout	Dave Cameron [Anasazi]	dcameron12@cox.net
Scribe	Graeme Maxwell [Papago]	gmaxwell5@cox.net
Web Spinner	John Campbell [Navajo]	jc1796@cox.net
Fire Starter	John Campbell [Navajo]	jc1796@cox.net
Pathfinder	John Martin [Papago]	jmartin249@cox.net
Elder	Guy Bieber [Navajo]	gbieber1@cox.net
YMCA Liaison	Charmaine Gudgeon	cgudgeon@vosymca.org

2006-2007 Guides Circles and Circle Navigators

Circle	Navigator	Email
Anasazi	Jack Kartel	jckartel@fastq.com
Apache	Kevin Arnold	kevin@mktginnovations.com
Navajo	Mark Hocking	mhocking3@cox.net
Papago	John Martin	jmartin249@cox.net
Zuni	Jose Cardenas	josealcardenas@msn.com
Trail Blazers	Greg Lutz	greg_lutz_family@netzero.net

2006/2007 Adventure Guides Program

Websites

Chandler Y Princesses www.chandler-princesses.com
Chandler Y Guides www.chandler-guides.com
Valley of the Sun YMCA www.valleymca.org
National Adventure Guides http://www.ymca.net/programs/adv_guides

Home Meetings

These are suggestions for rituals you may perform at your home meetings. There are many variations and you may modify as needed for your group's preferences.

OPENING RITUALS

The Drum Beater is the daughter of the Host Dad.

Circle Navigator: "Drum Beater, Beat the Drum once for every Father/Daughter"

Circle Navigator: "Drum Beater, what is an Indian Princess?"

Drum Beater: "A girl with a dad like mine"

Circle Navigator: "And your office, what does it mean?"

Drum Beater: "The beating of the drum calls the circle together"

Circle Navigator: "What is the slogan of the Indian Princesses?"

Everyone: "Friends Always"

Circle Navigator: "What is the pledge of the Indian Princesses?"

Everyone: "We, father and 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 Great Spirit."

Circle Navigator: Prayer -- "Great Spirit, as we gather around this Circle council, dwell among us and guide us. Give us wisdom and understanding in this the month of the _____ moon.

- *Pledge of Allegiance*
- Roll Call (each father daughter saying their name and Indian name)
- *Circle Dues*

Aims

To be clean in body and pure in heart

To be Friends Always with my Father/Daughter

To love the sacred circle of my family

To listen while others speak

To love my neighbor as myself

To seek and preserve the beauty of the great spirits work in forest, field and stream

- Individual Aims – Each Dad/Daughter must recite the aims to the circle to earn the sacred wooden beads (should be the initial goal of all new members).
- White Bearclaws – Each Dad/Daughter must recite the given name and Indian name of each Circle member to earn the sacred white bearclaw.
- Scouting Reports – Any news or information from each Princess
- Navigator Talk -- Circle Business / Upcoming activities and events
- Story, Song, Game, Craft
- Refreshments

CLOSING RITUAL

And now (finger pointing to the ground)

may the great spirit (finger circling up, imitating smoke)

of all good spirits (arms stretched)

be with you (finger pointing across the circle)

now (finger pointing down)

and forever more (action of shooting bow and arrow)

Camp Outs

In the Chandler/Gilbert YMCA Expedition each circle is usually responsible for hosting one or more Expedition events. These could be campouts, pinecar derby, etc. Its best to keep other circles informed of planned activities. The hosting circle is responsible for getting directions to the campsite out to the Expedition at least a month ahead of the event.

TYPICAL CAMP OUT AGENDA

Saturday 2:30 pm – Games

Balloon Relay

Air Races

Saturday 3:30 pm – Craft

Sand Painting

Nature Bracelet

Nature Sign

Saturday 6:30 pm – Council Fire

Songs & Skits

Sunday 8:30 am – Service

Songs & Stories

Sunday 9:30 am – Hike

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Suggested camping gear to bring to campouts:

<i>Personal Stuff</i>	<i>Camp Gear</i>
pocket knife	Lantern
jeans	Mess Kit
shorts	Utensils
sweatshirt	Cup
coat	Tent
socks	ground cloth
underwear	extra rope
poncho	sleeping pad
first aid kit	sleeping bag
flashlight	camp stove
food!	Pillow
matches	portable chair
soap	hatchet
towel	hammer
notebook	portable table
pencil	One gallon water/day
canteen	
compass	
knot rope	
insect repellent	

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GENERAL AWARDS PROGRAM

The San Tan and Sioux Expeditions, of the Chandler YMCA, have designed this award program as a comprehensive plan to reward and recognize both individual and group achievement, as well as to promote enthusiasm and excitement for the Indian Princess Program.

The award program involves patches to be displayed on the vest as well as Beads, Bear Claws and Arrowheads to be worn on the necklace. It is intended that the Individual Achievement Award (Beads) be administered by each circle individually. As such, the suggested schedule of achievement and merit goals may be modified as desired to fit each Circles requirement. The Expedition Medicine Man as needed will supply beads to each Circle Navigator.

The Expedition Medicine Man will direct all award programs

PURPLE ARROWHEAD AWARDS: At each Expedition Longhouse Council meeting a Circle representative shall report his circles participation levels for the month to the Expedition Tallykeeper. Awards will be distributed at that time to qualifying circles for presentation to members at their next Circle Meeting.

EVENT PARTICIPATION AWARDS: At each Expedition Longhouse Event a Circle representative shall report his circles attendance to the Tallykeeper, Patches or special awards will be distributed at that time.

INDIVIDUAL ACHIEVEMENT AWARDS: These awards, beads and Bear Claws are earned by big braves and little princesses throughout the program year. The Circle Navigator or Circle Medicine Man distributes the awards. A "Bead Sheet" is available to allow the big brave or little princess to keep track of earned awards.

SPECIAL AWARDS: These awards, Red arrowheads, Orange Arrowheads, Red Bear Claws and White Bear Claws will be distributed either by the Expedition Medicine Man to the appropriate Circle representative or presented by the Expedition Navigator to the recipient at an appropriate ceremony.

MONTHLY PURPLE ARROWHEAD CIRCLE AWARD

The Purple Arrowhead is a monthly participation award for all big braves and little Princesses in a circle. There is no limit to the number of times this award can be earned. A circle that earns 17, or more, points in a month will be awarded Purple Arrowheads for every member of the circle.

Points are earned as follows:

Circle meeting attendance: Points are earned by attendance at the monthly Circle meeting

76-100%	6 points
51-75%	4 points
26-50%	2 points

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Circle Special Events: Special events would include any event held by a circle outside regular monthly meetings and not related to Expedition events. For Example: Field trips, bowling, picnics, etc. Circles must have at least 50% participation to earn points for a special event.

4 points

Longhouse Events: Points are earned by Circle attendance at all Longhouse scheduled events such as campouts, etc.

100%	9 points
76-99%	6 points
51-75%	3 points
26-50%	2 points

Longhouse Council Meetings: Points are earned by dads' attendance at Longhouse Meetings. Longhouse members count as a representative of their circle.

3+ Dads	7 points
2 Dads	6 points
1 Dad	3 points
0 Dads	-4 points

Craft Project: Points are earned for sharing craft project ideas for use by other circles. Bring a sample and 10 copies of directions to Longhouse Council Meetings to earn credit

4 points

Newsletter Participation: It is mandatory for all circles to participate in the newsletter each month to qualify for monthly Purple Arrowhead awards. Circles will earn points for providing articles, craft ideas, summaries of Circle events, songs, puzzles, stories or any other correspondence related to the YMCA Indian Princess Program. Items for the newsletter will be due at the Longhouse Council Meeting. Articles should be limited to a half page.

3 points

Service to Longhouse: Points are earned for service to Longhouse. Examples include extra fundraising efforts, creation of Expedition property, etc. Qualification for these points must be recommended to the board and approved by the Expedition Council.

Points determined by Expedition Council

“Circle of the Year” – Circle with the most points at the end of the year.

INDIVIDUAL EVENT PARTICIPATION AWARDS

These awards are designed to recognize a big brave and little Princess for attendance at Expedition Events.

Patch Award: Patches are given at Expedition Events as designated by the Expedition Council. The patches are either stock patches depicting the event, or are custom patches designed by a Princess to commemorate a specific Expedition Event. Patches are intended to be worn on the vest.

Bear Claw Award: Bear Claws are given at Expedition Events as designated by the Expedition Council when patches are not given. It is to be worn on the necklace.

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The Expedition Council will designate each Expedition Event as a Patch or Bear Claw event. Bear Claws or Patches for each participating big brave and little Princess are distributed at the event.

Year Chevrons: Each year a chevron is supplied by the YMCA to be worn on the vest with the induction patch. The year chevron is used to signify the yearly participation in the YMCA family program. The year chevron is given out at the induction.

INDIVIDUAL ACHIEVEMENT AWARDS

Beads for use on the necklace are awarded for individual achievement by each Circle Navigator or Circle medicine man. These awards are presented at Circle meetings as they are earned. Both big braves and little princesses may earn beads. A bead is earned for each item on the list below. Each big brave is to be the judge of the performance of the little princess.

ORANGE BEADS – SERVICE TO THE CIRCLE

1. Attend two consecutive scheduled Circle meetings
2. Perform a significant act of assistance to a neighbor, friend or other.
3. Learn by memory the opening and closing ceremonies of the Circle meeting.
4. Recite with Dad, an original Indian Prayer during opening or closing ceremony at a Circle meeting.
5. Perform a service to the circle as determined by the Circle officers.

BROWN BEADS – HANDICRAFTS

1. Complete four handicraft projects
2. Little princess must initiate and complete one Circle project
3. Make an article of camping gear.

GREEN BEADS – CAMPING

1. Attend two overnight campouts with the Longhouse
2. Take a one-mile hike with big brave and make an observation to report back to your circle.
3. Assist in setting up, maintaining and striking campsite. (earn once per program year)
4. Plan and prepare evening meal over open fire with supervision of big brave. (More than just hot dogs or hamburgers!!) (earn once per program year)

YELLOW BEADS – NATURE STUDY

1. Prepare and present a collection of nature items to your circle. Your collection should contain at least six items.
2. Know and identify five fish, trees or birds common to our area.
3. Identify three constellations of stars by locating them in the sky.

RED BEADS – ATHLETICS

1. Participation in Athletic Events / Games or Hikes at Expedition Events
2. Run 50 yards in less than 15 seconds (earn once per program year)
3. Swim 25 feet unassisted. (earn once per program year)

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4. Run 440 yards without stopping (no time limit) (earn once per program year)

BLACK BEADS – INDIAN LORE

1. Beat out an Indian Dance on your Circle drum.
2. Learn some history and customs of an Indian Circle.
3. Learn and demonstrate five Indian Signs. Provide a chart showing each of these signs.
4. Dance one Indian dance to drumbeat.

BLUE BEADS – CIRCLE AWARD

1. Completion of any task that all Circle members have identified and agreed upon. (This task should be identified at the beginning of the year.)
2. Arrange a “night off” for Mom. Big Brave and Little Princess fix dinner and clean up!

PURPLE BEADS – SPIRITUAL

1. Participate at least once a month in an organized religious or spiritual event.

LARGE WOODEN BEADS

1. Awarded upon learning and reciting each of the six Aims of the YMCA Indian Princesses Program. This award is to be earned only once in a Big Brave or Indian Princess career.

WHITE BEAR CLAW

1. This award is presented by the Circle Navigator in recognition of either a big brave or little Princess learning both the English and Indian names of all their Circle Members. This award is normally earned only once in a Indian Princesses career. If at least three new members join an established circle, the award may be earned a second time.

SPECIAL AWARDS

Red Arrowhead: This award is presented by the Expedition Council in recognition of a big brave and little princess personally recruiting a new member into the Chandler YMCA Indian Princess Program. This award may be earned any number of times.

Red Bear Claw: This award is presented by the Expedition Council in recognition of either a big brave or little princess assisting at an organized recruiting event.

Orange Arrowhead: This award is presented by the Expedition Council in recognition of participation in at least four Expedition Events within the same year.

Participation Patch: This award is given to those attendees that have had 100% participation in their Circle meetings. The participation patch is provided by the YMCA and is given out by the Expedition council at the Coup.

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CHANDLER / GILBERT YMCA				
Y-Guides, Y-Princesses				
2006 - 2007 PLANNING CALENDAR rev 6				
Mon.	Date(s)	Activity	Location/Notes	Host Tribe/ Award
Jul.	11	Combined Guides/Princess Council Meeting	YMCA / Recruitment Planning	Expedition Chiefs
2006	24	1st day of school - Chandler		
Aug.	1	Guides Council Meeting	Chandler YMCA	Guides Expedition Council
2006	7	1st day of school - Kyrene/Tempe		
	8	Princess Council Meeting	Chandler YMCA	Princess Expedition Council
	9	1st day school - Gilbert		
	14	1st day school - Mesa		
	20	Re-enrollment/Swim Party	Chandler YMCA	All
Sep.	2-4	Labor Day Weekend		
2006	5	Guides Council Meeting	Chandler YMCA	Guides Expedition Council
		Navigator Training	Chandler YMCA	
	8-10	Guides Induction Campout	Long Valley (Paid)	
	12	Princess Council Meeting	Chandler YMCA	Princess Expedition Council
	22-24	Princess Induction Campout	Reynold's Creek	
Oct.	2	Yom Kippur		
2006	3	Guides Council Meeting	Chandler YMCA	Guides Expedition Council
		Chandler Fall Break		
	10	Princess Council Meeting	Chandler YMCA	Princess Expedition Council
		Kyrene Fall Break		
		Mesa Fall Break		
	20-22	Guides Campout	Chavez Crossing (paid)	
	27-29	Princess Campout	Dead Horse Ranch (Lower)	Comanche
		Gilbert Fall Break		
	31	Halloween		
Nov.	7	Guides Council Meeting	Chandler YMCA	Guides Expedition Council
2006	14	Princess Council Meeting	Chandler YMCA	Princess Expedition Council
	10	Veterans Day		
	10-12	Guides Campout	Don's Base Camp	
	10-11	Princess Campout	Roosevelt Lake-Grapevine	
	23-26	Thanksgiving Day Weekend		
Dec.	5	Guides Council Meeting	Chandler YMCA	Guides Expedition Council
2006	9	Pinewood Derby		Sioux (P)
	12	Princess Council Meeting	Chandler YMCA	Princess Expedition Council
	23-31	Christmas Break		

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CHANDLER / GILBERT YMCA				
Y-Guides, Y-Princesses				
2006 - 2007 PLANNING CALENDAR rev 6				
Mon.	Date(s)	Activity	Location/Notes	Host Tribe/ Award
Jan.	1	New Year		
2007	2	<i>Guides Council Meeting</i>	<i>Chandler YMCA</i>	<i>Guides Expedition Council</i>
	9	<i>Princess Council Meeting</i>	<i>Chandler YMCA</i>	<i>Princess Expedition Council</i>
	12-14	Winter Campout - Guides	Whispering Pines	
	15	Martin Luther King Day		
		Winter Campout - Princesses	Whispering Pines	
Feb.		Sweetheart Dance	Chandler YMCA	Trail Mates
2007	6	<i>Guides Council Meeting</i>	<i>Chandler YMCA</i>	<i>Guides Expedition Council</i>
	4	Super Bowl		
	13	<i>Princess Council Meeting</i>	<i>Chandler YMCA</i>	<i>Princess Expedition Council</i>
	14	Valentines Day		
	19	President's Day		
		Old Tucson Special Event	Old Tucson	Guides/Princesses/Blazers
Mar	6	<i>Guides Council Meeting</i>	<i>Chandler YMCA</i>	<i>Guides Expedition Council</i>
2007	8	Easter		
	13	<i>Princess Council Meeting</i>	<i>Chandler YMCA</i>	<i>Princess Expedition Council</i>
		Ostrich Festival (recruitment)	Tumbleweed Park	Princess / Guides
		Ostrich Parade	Downtown Chandler	Princess / Guides
		Kyrene/Gilbert/Mesa Spring Break		
		Chandler Spring Break		
	17-19	Guides Campout	Grapevine	
April	3	<i>Guides Council Meeting</i>	<i>Chandler YMCA</i>	<i>Guides Expedition Council</i>
2007				
	10	<i>Princess Council Meeting</i>	<i>Chandler YMCA</i>	<i>Princess Expedition Council</i>
	13-15	Guides Campout	Granite Basin (Paid)	
		Princess Campout		
May	1	<i>Guides Council Meeting</i>	<i>Chandler YMCA</i>	<i>Guides Expedition Council</i>
2007	8	<i>Princess Council Meeting</i>	<i>Chandler YMCA</i>	<i>Princess Expedition Council</i>
	13	Mother's Day		
		Guides Coup Campout	???Moqui	
		Princess Coup Campout		
	28	Memorial Day		
June	5	<i>Guides Council Meeting</i>	<i>Chandler YMCA</i>	<i>Guides Expedition Council</i>
2007		Guides Campout	???? Yellowstone Group	
	12	<i>Princess Council Meeting</i>	<i>Chandler YMCA</i>	<i>Princess Expedition Council</i>
	17	Father's Day		
		Princess Campouts	Guides Campouts	Guides & Princess
				Keep out Dates

Guides Council Meeting is on the 1st Tuesday of the month
 Princess Council Meeting is on the 2nd Tuesday of the month