

# YMCA ADVENTURE GUIDES

## A Template for Success

5/31/2010

# Table of Contents

Acknowledgements .....	3
Forward .....	4
Purpose of This Guide.....	5
How to Use This Guide.....	8
Preface .....	9
One of One Hundred Fathers.....	9
Compass Program .....	10
Compass Directions .....	10
Core Values .....	10
First Journey – North.....	11
Second Journey – East.....	12
Third Journey – West.....	12
Fourth Journey – South.....	13
Compass Program Leadership .....	14
Pin Program as Part of Compass Journey.....	16
Adventure Names.....	20
Guide Names .....	20
Expedition Names.....	21
Circle Names .....	21
Headresses & Vests.....	22
Gear.....	22
Vests/Jackets/T-shirts .....	23
Adventure Circle Meetings .....	25
Hosting A Circle Meeting – A Guide for the Host Family.....	26
How To Run A Circle Meeting – A Guide for The Circle Navigator .....	27
How to Lead an Expedition .....	32
The Expedition Navigator.....	32
Choosing a Council.....	33
Budget.....	33
Base camp meetings .....	34
Circle Visits .....	34
Campout Visits .....	35
Graduation .....	35
Federation .....	35
Campaign.....	36
In Summary .....	36
Expedition Council.....	36
Officers and Responsibilities .....	38
Council Duties and Responsibilities.....	39
Campfire.....	42
Set Up .....	42
Essential Elements of Campfires.....	43
Starting the Fire, Safety and Etiquette.....	43
Reasons for Campfires.....	43

Roll Call.....	43
Campfire Agendas .....	44
Campfire Director.....	44
Skits and Entertainment.....	45
Everyone Applauds.....	46
Length and Location.....	46
Excuses and Potential Problems .....	46
Induction.....	48
Overview of ceremony .....	48
Ceremonial area.....	49
Sample induction ceremony script.....	50
Construction of induction ceremonial figures (circle, square and triangle) .....	51
Chapel.....	52
Stories.....	55
Regalia.....	60
Expedition Games .....	62
Planning .....	62
Intra-Circle Games.....	62
Inter-Circle Games.....	63
Group Games .....	63
Awards.....	63
Graduation.....	65
Appendices .....	67
Adventure/Indian Dictionary .....	67
Index.....	68
Resources .....	69

## Acknowledgements

The YMCA of Orange County has been touched over many years by some wonderful volunteers. The contents of this guide come from six YMCA Adventure Guide leaders; Ken Clark, John Engle, Pat Larkin, Mitch Markowitz, Ron Cookston, and Eric Thorson. Through their leadership and vision, through their experience and focus the YMCA of Orange County has received a program template for one of its staple programs, the YMCA Guides Program.

Countless hours of discussion, drafting, idea sharing and brainstorming went into this text; all led and driven by these six men. For their work they are recognized with the YMCA Distinguished Service Award for 2009. But knowing these men the award is not important, nor is this acknowledgement. What matters most is their contribution to creating everlasting bonds and memories for fathers and children in Orange County.

The YMCA of Orange County is eternally grateful for the leadership of these volunteers. Their work speaks to the very Mission of the YMCA and serves to lay the foundation for positively impacting families throughout Orange County.

Thank You-

YMCA of Orange County  
Adventure Guides Staff

## Forward

In 1926 two men sat around a campfire, relaxing after a day of hunting and fishing. One of the men, Harold Keltner, was a father of boys who was having difficulties relating to his boys. The other man, Joe Friday, was an Ojibwa Indian and an official guide to hunters and fishermen in the area. This "Indian Guide" explained how children were raised in the Indian tradition and how they developed deep bonds between the fathers and sons. From this and many other discussions sprung the YMCA Indian Guide Program with the first tribe being formed in St Louis. There were many goals of this new program but none more important than developing a program that fostered a deep relationship between father and son through shared experiences in the great outdoors.

## Purpose of This Guide

In the 80 years since Harold Keltner devised the concept of Indian Guides, the program has flourished – to varying degrees – around the country. The basic tenants of the idea and program were handed out by the YMCA to the dads that wanted to participate in the program. The evolution that has occurred since the inception of the Indian Guides Program has been anything but homogenous.

Unlike the assurance one feels when he orders a hamburger in a national fast food restaurant in Grand Island, Nebraska that it will taste the same as if had ordered it in San Diego, California – one never knew what he would get joining one YMCA Branch's Indian Guides program versus another. The quality varied from one Nation to the next, even within the same YMCA Branch it was not uncommon to find variation in quality - an awesome Nation, a mediocre Nation, and a poorly run Nation.

As time passed, traditions developed all across the country, with some Nations taking the Indian-theme to the extreme and other Nations emphasizing the "Indian" component only where it seemed to make the most sense. The YMCA could not guarantee that families in one Nation were getting the same value as families in another. Thus, even though the core of the program was (and has always been) the focus on developing a life-long cache of memories through unforgettable bonding opportunities between father and child, many nations, like rudderless ships, could not deliver.

In the late 1980s, Native American lobbyists and individuals pled with the YMCA to drop the "Indian" theme from their program – explaining that the program did not "honor" Native Americans, as many participants tried to argue. Instead, the Native American lobbyists explained that the program oft times emphasized stereotypical images and concepts of "Indian life" thereby generally offending (intentionally or not) much of the population. It is easy to imagine how a national program without a mandated format could have highly offensive "traditions" implemented and maintained over the years. Perhaps "one bad apple" is apropos, but the reality is that YMCA of the USA ultimately made the decision to drop the Indian theme and replace it with a program known as Adventure Guides. Unfortunately, the YMCA of the USA did not mandate that replacement around the country – saying instead that it would simply no longer recognize the Indian program and would no longer support it with program materials or national staff representation. The YMCA of the USA dropped its support of the Indian them but did not mandate all YMCA branches to follow suit. The decision to change remains solely that of each individual YMCA or YMCA Association

This, largely, has been the status quo in the country. Of the thousands of YMCA branches, relatively few have replaced the Indian theme with the Adventure Guides format. There may be several reasons for this – but some of the biggest reasons are likely 1) a lack of understanding on the Y staff level exactly what the Indian Guides or Adventure Guides programs are (as they are typically run by volunteer dads); and 2) fear that taking away the Indian-theme will result in a dramatic drop in participants (i.e., lost revenues). A few branches decided to jump into the Adventure-themed program, most chose not to change. Thus the Indian-themed program continued – without support or recognition from the YMCA of the USA, and the fledgling Adventure-themed program was "thrown together" and handed out as the "replacement" program for those branches that understood the impetus for change.

In the spring of 2009, the YMCA Board of Directors for Orange County, California made a decision to mandate the change or transition from the Indian-themed program to the Adventure-themed program. This decision was based, in large part, on the fact that one of the branches in Orange County, the Saddleback Valley YMCA, had already transitioned most of the Indian-themed nations into Adventure-themed Expeditions. The Board noted the Adventure-themed Expeditions had significantly more participant numbers with steady growth each year, than the few remaining Indian-themed Nations in that branch. Buoyed by that irrefutable success, and in support of the merits around dropping the Indian theme, the Board decided that all other branches in Orange County would be transitioned from Indian-theme to Adventure-theme.

The YMCA Indian Guides Program is a program rich in both tradition and passion. It was recognized that this change would be met with stiff resistance and innumerable questions. However, the Board felt the time to make the change was now and this change could be made if the focus remained on strengthening ties and creating memories for children and parents. Knowing volunteer leadership and experience was crucial to success the Board asked a small group of volunteer leaders from the Saddleback Valley YMCA to put together this "guide." These volunteers are the very leaders that assisted in the transition at the Saddleback YMCA.

This guide offers those who read it a template for success, not only with the transition but in the ongoing implementation and coordination of the Adventure Guide Program. In many ways it picks up where the YMCA of the USA left off. It is the end result of hundreds of hours of meetings, drafting, and discussions between this group of dads who have spent the last seven to eight years in the Adventure-themed program. Men involved in drafting this guide have experience in both Girl and Boy Expeditions. The traditions and strengths from five different Expeditions were discussed and the cream of the crop is what is now included in this guide.

The aim of the guide is to compile and condense the wonderful traditions and ceremonies of the Adventure Guides Program and to lay them out in a user-friendly manner for all others who are new to the program. This guide should be implemented at all Orange County YMCA branches so that all families that participate in the Adventure Guides Program are assured of having wonderful experiences. Drawing the analogy to the fast food restaurant again, each YMCA Branch should offer their families the same quality program, and this guide gives them that chance.

Rest assured that the men of the task force care very deeply about preserving the core component of this program (dads spending time with their children). They spent considerable time creating a guide that will – without fail – offer those who follow it success. These men are absolutely confident that all Indian Nations -- and all future generations of leaders -- that take the time to read and implement the concepts explained in this guide, will be able to provide the families that join their respective ranks unmatched value and unforgettable memories as "Adventure Guides".

Thus, even though the feathers and teepees are gone, the opportunities that fathers will have to spend quality time with their children in some of the most beautiful locales in Southern California remains firmly intact. In its most simple terms, you will not need feathers to fly in the Adventure Guides Program.

Join the Adventure.

## How to Use This Guide

This guide is intended to lay the foundation of a successful Adventure Guides Program. A lot of what you will read is specific to the YMCA of Orange County Adventure Guides Program at the Saddleback Valley YMCA. It represents the ideas, strategies, and “how to’s” from six very successful Adventure Guide Programs put in print by six very dedicated YMCA Adventure Guide volunteers.

The contents of this guide were borne out of years of experience and trial and error and is meant serve only as a foundation for all YMCA Adventure Guides Programs in Orange County. The steps laid out in this guide should be followed by all groups as a point of consistency. This guide will also be instrumental in training YMCA staff about the basics and best practices of the Adventure Guides Program. However, this guide is not meant to limit the individuality or creativity of any group. We encourage you to build upon this reference and share your successes.

It is easy to focus on the negative when change is before you. The YMCA Indian Guides Program is, after all, a program rich in tradition. This tradition has nothing to do with the theme. Sure rituals were built around the Indian theme but the true legacy of this program is the lasting memories and bonds created between fathers and children. This guide will help you as the leader find the true meaning of quality bonding time, and give one the courage and permission to be silly, to laugh and hug your child. As always, the children take center-stage in terms of priority and focus.

As a leader in the Y Guides Program during this crucial transition we ask that you open your mind to the limitless possibilities before you. While the Indian theme is off-limits a wealth of themes are out there for the taking. You and your child can play a part in laying the foundation for this program for the next 80 years! You are not tearing down tradition you are building new traditions. The Indian theme will always be a proud part of our heritage, but changing times require a change in theme.

Always remember that one hundred years from now it won’t matter how much money you had in the bank, what kind of car you drove, or even what label your clothes were. What will matter is that you took the time to take your child camping, roller skating, to the theater, fishing; you built a car that finished the race. You single handedly will make the difference in the life of not just one child but of 100 and that is priceless.

This time together is so important we are privileged to have you be a part of our YMCA program. For all of your future adventures as parent and child, we wish you luck, fun and many adventures together!

## Preface

### ***One of One Hundred Fathers***

I have been fortunate to have spent more than 50 years with our program, starting as one of five sons raised in the Indian Guides Program in Downey, California during the 50's, through the raising of my own four children with the Indian/Adventure Program in the 1970's/1990's. Additionally, I have had the opportunity to serve as a Volunteer Staff Member working with the Indian/Adventure Program from 1999 through 2009. While there are many wonderful parts of our program, unfortunately, there are a few bad practices. By far the most damaging aspects that I have witnessed is also one of the most controversial: the use of intense competition between tribes or circles. I always thought that the competition for the best drum, fastest running circle, or best tribe was just something that we did. However, as I witnessed the disappointment on the smaller children's faces or the sadness in the faces of the newer Circle it struck me that something was wrong with our model, and I had no idea how to fix it. It was not until I was taught a lesson by one of our wisest and kindest fathers, Tom O'Connor. During the talent show at our Winter Campout, I noticed that when each group walked off stage, they were excited and full of glee. More so than other times, these girls were so thrilled about the song they had just sung in front of the entire nation. I couldn't figure it out until I went to the back of the stage and got the same view as the performing children. It was then that I noticed that Tom O'Connor and his entire Apache Tribe were cheering and applauding for each group as if they were their Apache girls. It was infectious and the other dads joined in. It was at that very moment that I learned a valuable lesson: we should all behave as if each group was actually our group with our children. Clap and cheer for all our children, not just our own. This powerful lesson was not lost on our leadership. We all decided that from this event on, we would treat all children as our own, offering encouragement and praise to all, not just the swiftest or cleverest.

From this revelation, we devised the program that is the centerpiece of our groups: 1 of 100 Fathers. We believe that each father should act as if all the children were indeed their children. In effect, each child would attend an event and be surrounded by not 1, but 100 supportive and nurturing fathers. We will encourage and cheer for all our children if they win an award or put on a skit that we have seen hundreds of times. We ask all our fathers to go by this "Golden Rule" and coach all of our new dads in this practice. And now, each of our dads wear a special patch that proudly proclaims them to be 1 of 100 Fathers.

- Testimonial by Ken Clark, 1 of 100 Fathers



## Program Theme “Compass”

*“This compass is used as a tool to navigate the journey.”*

### Compass Program

This program is based on the adventures of a parent and child and of their circles and expeditions. This program gives members a sense of direction and an inspiration for activities. The four main direction points are the essential components of the Adventure Guides Friends Forever Program.

#### ***Compass Directions***

- 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
- The **YMCA core values** provide direction as parents guide children on their journey

The YMCA Core Values make up the other directional points. Along the journey, adults should model, teach and demonstrate these values as well as give children many opportunities to practice and celebrate them. Initially, these four values provide guidance in helping children select activities, make decisions, and choose appropriate courses of action—both in the program and in their lives.

#### ***Core Values***

- **Caring**
- **Honesty**
- **Respect**

- **Responsibility**



## Compass Program”.

- Four Journeys; North, East, South, and West
- Kids will receive a “Base” patch.
- As each Journey is completed they will receive 1 specific quadrant until the circle is completed.

### ***First Journey – North***

1. Know and repeat before the Circle, the names of each child member.
2. Repeat all seven parts of the Y-Adventure Aims before the Circle.
3. Good Conduct at three consecutive meetings.
4. Arrange a night off for Mom. Father and child will plan, purchase, cook, and serve dinner-  
MOTHER WILL NOT BE ALLOWED IN THE KITCHEN. After serving dinner, Father and child will do the dishes. Mother will furnish a statement in writing to be presented to the circle.
5. The Father and Child will do a camping trip for at least one night preparing their own food. This can be done alone or with the Circle.
6. Father and Child will do three home crafts representing
  - a) the theme of the Circle’s name
  - b) the Child’s nickname
  - c) the Father’s nickname

## ***Second Journey – East***

1. Child to plant/grow a vegetable/fruit and present to Circle his/her crop.
2. Take a two mile hike with Dad and turn in a report to the Circle on any interesting sites or events in this trip.
3. Athletics
  - Option A: Dad and Child do the following:
    - a. 2 push ups
    - b. 5 sit-ups
    - c. jog a ¼ mile
  - Option B: Dad and Child do the following:
    - a. swim 25 feet
    - b. Retrieve object that is under-water
    - c. Tread water or float for two minutes
4. Child to present his Family Tree going back at least two generations and present photos, nationalities to the Circle.
5. Child to present 5 endangered species to the local area.
6. Present a photo scrap book of any event that you have attended. Best if the Child takes the pictures. Present to circle.

## ***Third Journey – West***

1. Draw and identify three animal tracks. Tracks must be seen.
2. Child must do a report on one National Park. A park that was visited is recommended but not required.
3. Dad and Child take a special trip (overnight is recommended but not required) and report back to the Circle of special happenings.
4. Geology—Collect, identify and display to the circle a collection of ten rocks, gems, and or minerals.
5. Meteorology—Identify and display three different cloud formations. Explain why each cloud formation occurs and the type of weather each represents.
6. Reverse Role Playing.
  - Option A: Dad and Child to reverse roles for one day (a minimum of 4 hours) and report back to the Circle their fun findings.
  - Option B: Spend part of the day with your Dad at his work and report back to the Circle

## **Fourth Journey – South**

1. Make a pair of stilts with the Child doing the measuring, cutting, sanding and fastening with the supervision from Dad. Bring to Circle meeting for presentation.
2. Knife Safety: demonstrate the proper and safe way to use a knife. Carve/Whittle an object and present to Circle.
3. Knots: Demonstrate to the Circle how to tie the following knots:
 

A) Square	B) Clove Hitch
C) Bowline	D) Two Half-Hitches
E) Taunt-line hitch	F) Fisherman's knot
4. Fire Safety:
  - Step 1: Child to report to Circle how to put out the following fires:
 

1) Wood	2) Clothing	3) Grease
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  - Step 2: Child light a campfire in front of Circle
5. First Aid: Child to demonstrate how to perform all of the following:
  - 1) what to do when someone is choking
  - 2) what to do when someone can't breathe
  - 3) what to do when someone is bleeding
6. Astronomy – Locate, identify and draw three star formations. Present to circle.
7. Navigation with a compass

***Compass points for each Journey should be accomplished as a Parent/ Child experience as part of the Adventure Guides Program. Though some of the tasks may have already been accomplished in a child's lifetime, the goal is to accomplish them together and strengthen the family bond. Such an example would be that if a child is part of a swim team, they have certainly met the East Journey task to swim 25 feet. Yet, by just checking off the list, the Parent/ Child experience is lost. By choosing a special day and time to visit the pool and accomplish this specific compass point, a memory is created and the child has a stronger sense of accomplishment and comfort of how important their Mom or Dad thinks they are for doing it.***

## ***Compass Program Leadership***

Under direction of the Expedition Navigator, the “Wizard Team” projects an understanding, excitement and a purpose for this very important element of the Adventure Program. The Compass program should be a part of every Expedition Base Camp meeting, every circle meeting and every campout. It reaches the core of why this program exists and will create lasting and lifelong memories for every family that comes into contact with it.

### **Expedition Wizard**

- Sets goals for Expedition Compass activities
- Communicates plan with circle Wizard
- Manages Compass Journey patches and awards at campouts
- Honors Compass Program graduates at year end campout

### **Circle Wizard**

- Coordinates circle goals with those set by the Expedition Wizard
- Recognizes individual accomplishments at circle meetings
- Utilizes enlarged board to have kids place a star next to their name at meetings
- Awards pin for each accomplished task
- Reports journey completions to the Expedition Wizard

<b>Compass Program -Personal Achievement Record</b>	
<b>First Journey - North</b>	<b>Completed</b>
Know and repeat before the circle the Adventures names of each explorer.	
Repeat all seven parts of the Adventure Guide Aims before the Circle.	
Good Conduct at 3 consecutive meetings.	
Arrange a night off for Mom. Dad and Child will plan, purchase, cook and serve dinner - MOTHER WILL NOT BE ALLOWED IN THE KITCHEN. After serving dinner, Dad and Child will do the dishes. Mother will furnish a statement in	
The Dad and Child will do a camping trip for at least one night preparing their own food. This can be done alone or with	
Dad and Child will do three home crafts representing the theme of the Circles name and their names.	
<b>Second Journey - East</b>	
Child will plant/grow a vegetable / fruit and present to Circle their crop.	
Take a 2 mile hike with Dad and turn in a report to the Circle on any interesting sites and / or events in the trip.	
<b>Athletics: Option A: Dad and Child do the following:</b>	
1) 2 Push-ups	
2) 5 Sit-ups	
3) Jog 1/4 mile	
<b>Option B: Dad and Child do the following:</b>	
1) Swim 25 feet	
2) Retrieve an object that is underwater	
3) Tread water or float for 2 minutes	
Child to present their Family Tree going back at least two generations. Child to present photo's, nationalities etc., to the	
Child to show or illustrate 5 endangered species to the Circle.	
Present a photo scrap book on any event that you have attended. Best if the Child takes the pictures, present to the	
<b>Third Journey - West</b>	
Draw and identify three animal tracks. Tracks must be seen.	
Child must do a report on one national park. A park that was visited by the Child is recommended but not required	
Dad's and Child take a special trip (overnight is recommended but not required) and report back to the Circle of any	
Geology - Collect, identify and display to the Circle, a group or collection of 10 rocks, gems or minerals.	
Meteorology - Identify and draw for display, 3 different cloud formations. Explain why each particular cloud formation	
occurs and the type of weather each represents.	
Reverse Role Playing - The Dad and Child to reverse roles for one day (a minimum of 4 hours) and report back to the Circle	
their fun findings. --or-- Spend part of the day with your Dad at his work and report back to the Circle.	
<b>Fourth Journey - South</b>	
Make a pair or stilts with the daughter doing the measuring, cutting, sanding and fastening with the supervision of the	
Dad. Bring to Circle meeting for presentation.	
Knife Safety - Demonstrate the proper and safe way to use a knife. Carve / whittle a project and present to Circle.	
Knots - Demonstrate the following knots: Square, Clove Hitch, Bowline, Two Half-Hitches, Taunt-Line Hitch and how to	
tie a hook to a fishing line (in case Dad can't do it).	
Fire Safety - Child to report to the Circle how to put Wood, Clothing and Grease fires at an event campfire. Also, the	
Child will light a campfire in front of the other daughters with Dad's supervision.	
First Aid - Child to demonstrate how to perform the following:	
1) What to do when someone is choking	
2) What to do when someone can't breathe	
3) What to do when someone is bleeding	
Astronomy - Locate, identify and draw three star formations. Present to circle at a circle meeting.	
Navigation (w/ Compass)	

## ***Pin Program as Part of Compass Journey***

Pins are awarded for individual task accomplishments at the circle level by the circle Wizard. The pins are proudly displayed on a lanyard that is worn at circle meetings, Campfires and Chapels/Round-Ups.

### **NORTH**

Know and repeat before the circle the Adventure names of each child.

<http://www.lapelpinplanet.com/catalog/item/CC403/>



Repeat all seven parts of the Adventure Guide Aims before the circle



Good Conduct at 3 consecutive meetings.



Arrange a night off for Mom. Father and child will plan, purchase, cook and serve dinner - MOTHER WILL NOT BE ALLOWED IN THE KITCHEN. After serving dinner, Dad and Child will do the dishes.



(Chefs Hat)

The Dad and Child will do a camping trip for at least one night preparing their own food.



Dad and Child will do three home crafts representing 1) the theme of the circle's name; 2) their Child's Adventure name; and 3) the Father's Adventure name.



**EAST**

Child will plant/grow a vegetable / fruit and present to circle his/her crop.



Take a 2 mile hike with Dad and turn in a report to the circle on any interesting sites and / or events in the trip.



Athletics: Option A: Dad and child do the following

2 Push-ups,  
5 Sit-ups,  
Jog 1/4 mile



Option B: Dad and child do the following:

Swim 25 feet,  
Retrieve an object that is underwater,  
Tread water or float for 2 minutes

Child to present his/her Family Tree going back at least two generations. Child to present photo's, nationalities etc., to the circle



Child to show or illustrate 5 endangered species to the circle.



(Panda Bear)

Present a photo scrap book on any event that you have attended.



**WEST**

Child must do a report on one national park. A park that was visited by the Child is recommended but not required



Draw and identify three animal tracks. Tracks must be seen.



Dad's and Child take a special trip (overnight is recommended but not required) and report back to the circle of any special happenings.



Geology - Collect, identify and display to the circle, a group or collection of 10 rocks, gems or minerals.



(T-Rex - Geology )

Meteorology - Identify and draw for display, 3 different cloud formations. Explain why each particular cloud formation occurs and the type of weather each represents.



Reverse Role Playing - The Dad and child to reverse roles for one day (a minimum of 4 hours) and report back to the circle their fun findings. --or-- Spend part of the day with your Dad at his work and report back to the circle.



## SOUTH

Make a pair of stilts with the Child doing the measuring, cutting, sanding and fastening with the supervision of the Dad. Bring to circle meeting for presentation.



(Work glove)

Knife Safety - Demonstrate the proper and safe way to use a knife. Carve / whittle a project and present to circle.



Knots - Demonstrate the following knots: Square, Clove Hitch, Bowline, Two Half-Hitches, Taunt-Line Hitch and how to tie a hook to a fishing line (in case Dad can't do it).



OR



Fire Safety – Child to report to the circle how to put Wood, Clothing and Grease fires at an event campfire.



First Aid – Child to demonstrate how to perform the following:



Astronomy - Locate, identify and draw three star formations.



Navigation (w/ Compass)



## Adventure Names

### *Guide Names*

Indian and Adventure names are more than just nicknames that a parent and child come up with before throwing their popsicle stick in the fire. With the theme change, councils may need to come up with new names for their Expedition and Circles may need to come up with a new name as well. Let's address Indian/Adventure names first and then move on to Expedition and Circle names.

Many parents and children spent a lot of time coming up with the perfect Indian Guide or Princess name. We recognize that these nicknames will be shared by the parent and child for the rest of their lives. The good news is most, if not all of those names, stay the same. As long as there are no direct Native American references, Big Rainbow and Little Rainbow will stay Big Rainbow and Little Rainbow. However, if you have members named "Flying Tomahawk" or "Little Papoose," those names are going to have to change. Remember it is up to the YMCA to determine whether or not these names need to be changed.

Here are some examples of names that easily move from Indian to Adventure:

Little Snow Bear  
Tall Flame  
Big Thunder Cloud  
Mighty Oak  
Little Ladybug  
Little Running Bunny  
Caring Rainbow

A lot of parents and children use the same theme for their Adventure Guides names. For example, the father's name may be Big Thunder Cloud and his two daughters are Little Rainbow and Little Raindrop. Father and son can be Big Eagle and Little Eagle. Some parents and children have different themes. For example, Little Snow Bear's dad's Adventure Guides name is Rabid Weasel.

As stated before, the YMCA will determine what is not deemed appropriate. Here is an example of a few names that will need to change:

Big Chief  
Little Scalper  
Squaw Chaser  
War Whooper  
Big Firewater

Remember, these are special names that you and your child will share forever. Don't embarrass your child for a cheap laugh.

### ***Expedition Names***

Most of you do not have to change. Nation names like Shining Spirit and Rising Son are fine as long as the switch is made from "Nation" to "Expedition." However, some groups are going to have to change. If you're in the Cochise Nation, the longhouse council (or base camp council in Adventure terms) will have to come up with a new name. And your YMCA staff is more than happy to help you come up with the best name for your group.

Because of the theme change from Indian to Adventure, many of the Expeditions are choosing a theme for their adventure. Some of the Expeditions are basing their programs on famous explorers or adventure type themes.

A council may want to adopt famous explorers as their theme. Perhaps they would re-name their expedition as "Big Explorers Expedition," or "Pinnacle Pioneers."

There are no steadfast rules for these Expeditions as long as they are deemed appropriate and non-offensive by the YMCA, however, your Circle names should strive to follow along with the theme of the Expedition, although this is not mandated by any means.

### ***Circle Names***

Once your Council has decided on an Expedition name and theme, the individual tribes – now Circles – need to come up with their names as well. As mentioned before, these Circle names should be connected to the Expedition theme.

Perhaps the nation name is changed to "Big Waters Expedition." Circle names could reflect major rivers, seas or oceans. You could have Circles named, "Mighty Mississippi," "Amazon Rangers" or "Nile Navigators."

One group might focus on mountains: Everest, McKinley, Shasta, Rainier could all be Circle names.

Some groups changed their nation name by simply changing "nation" to "Expedition." The Shining Spirit Nation, became Shining Spirit Expedition and all its Circles adopted animal themes. The Shoshone became the Timberwolves. The Mojave became the Mustangs and the Cherokee became the Monkeys. The Fox, of course, stayed the Fox.

These Circle names should be decided within the individual Circles with the Circle Navigator taking the lead. The children in the Circle should have input and be part of the decision-making process, but remember, these Circle names will travel with the group forever. This is also a good topic of discussion at the Expedition council level – you don't want to duplicate names, of course.

## **Headdresses & Vests**

### ***Gear***

There is nothing more recognizable in the Indian Princess program than the Nation Chief. He has always been easily identified by the giant Indian headdress that, in many cases, cascades to the ground. Many dads, sons and daughters have worn those feathers over the years, and have done so proudly. However, those very headdresses that are so identified with the program must be retired. As long as one remembers that it was not the feathers that made the leader, their retirement from the program should not create panic.

Keep in mind that not only the headdresses, but all other "Indian"-related gear must be retired and replaced. So, in addition to the headdresses, things like coup lances, wampum belts and shields, etc., must be replaced.

Certainly, it is helpful to be able to identify the Expedition Navigator, Council Members and Circle Navigators – and headdresses served that purpose well. Thus, it is just as important in the Adventure Guides Program that unique leadership-identifying headgear that breeds respect be implemented. Always remember that the respect should attach to the leader, not the gear. Few could argue that the respect is well-deserved, as it has generally been earned by the time a parent and child ascend to the top position in an Expedition. Few Expeditions would make the mistake of appointing a leader that had not earned the position. The reason the Nation Chief received the biggest headdress was because he had the biggest job. We still need to continue that theme of respect and leadership, but without the headdresses.

But, before we talk about the new headgear possibilities, we should discuss retiring the old headdresses. How do you do it?

There is no better opportunity for a special ceremony than retiring feathers and headdresses. Most headdresses contain hundreds of feathers; maybe even enough for each child and parent to have a feather as a memory. Perhaps each parent and child could get a feather and throw it into the fire at Campfire as a symbol of transitioning from the old to the new. (We do not advocate throwing the entire headdress into the fire. The feathers may have become old and brittle and flammable and could be carried out into the crowd, or into nearby fields, etc.) Circles could also keep one feather in their property box as a memory. A photograph of the old chief, the last to wear the feathers shaking hands with the new Navigator could be included in the property box.

Some groups have replaced their headdresses on the Circle, Council and Expedition level with baseball caps. Only the Council Members and children are given these caps. All caps have the Expedition name somewhere on the cap and some are even personalized with the Council position and Adventure names. The Expedition Navigator can have a unique colored bill for his cap and his son or daughter's cap.

One group produced color-coded bandanas for their princess group. All dads and daughters get an orange bandana, the Circle Navigators blue, the Council Members yellow and the Nation Navigator wears red. Past Navigators wear yellow so that there is only one position with the red bandanas.

Yet another group has proposed a hand-carved walking stick to be passed down from Expedition Navigator to Expedition Navigator. As each Navigator retires, his name and those of his children are carved into or written onto the stick, along with that Circle's primary gear color.

No matter what direction you go, make it special.

### ***Vests/Jackets/T-shirts***

As discussed above, the gear that is uniquely "Indian" must be retired. The level of Indian-concentrated gear will differ from one Nation/Expedition to the next. For some Nations, there may be very little Indian-themed gear to retire and replace.

The YMCA Adventure Guides Program strives to maintain as many non-"Indian"-unique traditions and gear items as possible. One of the most recognizable items is the leather vest. Many groups have worn leather vests and those vests still can be a very important part of the Adventure Guides Program although some groups never wore them even with the Indian theme. Many other groups have their members wear denim jackets and some might want to adopt a fishing-type vest. Whatever the decision, there should be room for the basics which include YMCA program patches, individual Expedition patches and the Compass Award patches (which replace the feather and arrow patches from the Indian program).

Each member should have a piece of outerwear as they are inducted and be given those patches to start. As they attend events, individual event patches are sewn or ironed onto the parent and children's vests or jackets.

We recognize many in the program already have a vest or jacket. And these might have Indian Princess or Indian Guide themed patches on them. Many dads have sewn the old headbands on the back of their vests. These symbols are part of the program heritage and should not be removed. However any feathers or feather awards should be removed.

The YMCA recognizes that this program change may have caught some groups by surprise. Perhaps your tribe just purchased a new round of t-shirts with the Indian theme. Not to worry. Again, these would be considered part of program heritage and not retired until all members inducted into the Indian program have graduated. However, any new members inducted should not be given this Indian-themed gear.

Speaking of T-shirts, they are a great way of expressing Circle spirit. All members in the Circle should wear the same gear that is personalized with the Adventure name for their Circle. The gear could consist of t-shirts, long sleeve t-shirts, crew neck sweatshirts, hoodies, caps, beanies, etc.. The key, though, is to have the Circle logo displayed, and strive to have each Circle be a different color. Unique colors help on many levels: 1) safety – knowing which Circles are present and accounted for in an emergency situation; or simply to help a lost child find his or her way back to his/her Circle; 2) Circle pride; 3) identification for the Expedition Navigator and/or Compass Bearer when starting Campfire or Chapel/Round-Up (i.e., are all Circles present and accounted for before we start?)

## **Adventure Circle Meetings**

The Circle meeting is a regularly scheduled meeting where dads and children assemble with the members of their Circle. Circle meetings provide an opportunity for bonding between the families in the Circle and for reinforcing Circle rituals and traditions. Meetings are separate from Expedition events and exclusive for each Circle. It is important that all families attend the monthly Circle meetings.

### **Scheduling Meetings**

Circle meetings should be held once per month. Ideally, the Circle members agree upon a specific day of the week and week of the month that aligns well with all families. For example, schedule meetings for the second Tuesday of every month.

A good time for scheduling meetings is early evening to avoid conflicts with school and work. Weekdays are best. Avoid scheduling meetings on Fridays and weekends to avoid family activities including Expedition events.

It is important to schedule Circle meetings far in advance so that families can plan accordingly. Typically, Circles schedule their meetings in advance for the coming year so that the dates can be recorded on families' calendars.

### **Location, Location, Location**

We highly recommend hosting meetings at the homes of Circle families. Families' homes are intimate and inviting. The Circle meetings should be scheduled at a different home each month if possible. Hosting Circle meetings provides each child with an opportunity to welcome and entertain his/her friends in an organized and structured event (see below). Hosting the Circle meeting teaches the child the importance of planning and preparation for an event.

### **Sunshine**

Circle Navigators should acknowledge the "host child" during the meeting and thank him/her for hosting. The acknowledgement and recognition (we call it "sunshine") provides the child with a feeling of accomplishment and self worth.

### **Alternate Location Options**

If your circle is too large to be hosted at families' homes, then choose suitable locations with limited distractions. It is important for the safety of the children and for the efficiency of the meeting to keep the participants contained to controlled areas. For example, if your Circle meets at a local school, choose a room that is exclusively reserved for the Circle meeting and don't allow children to wander outside of the room. Avoid situations where children are unsupervised (i.e., on playground equipment, running free in parking lots, wandering hallways, etc...)

### **Duration**

The duration of the meeting should not exceed 1 to 1.5 hours. The attention span of children is limited and can be especially challenging after a full day of school and after school activities. Furthermore, if the meeting is held on a school night, children need to be in bed at a reasonable time. Try to schedule the start and end time of the meeting to accommodate families' dinner schedules and be cognizant of "bedtime."

### **Hosting A Circle Meeting – A Guide for the Host Family**

Every child should have the opportunity to host at least one Circle meeting. Ideally, children will have multiple opportunities to host meetings during their tenure in the Adventure Guides Program. If meetings are held at Circle families' homes (preferred), the child that lives in that home is the "host child." When meetings are held outside of the homes, Circles should rotate the "host" family for each meeting.

When it is your turn to host a Circle meeting, follow the guidelines below to plan, extend invitations and prepare the house for the meeting.

#### **Planning to Host the Circle Meeting**

Hosting a meeting requires planning and preparation. Parents should engage children in the meeting preparation.

Responsibilities for the host of the meeting include:

- Create and deliver meeting invitations – see below
- Prepare the house for the meeting – clean, set up tables and chairs, rearrange furniture, etc...
- Set up the craft and the working area
- Snack preparation – choose healthy snacks. Avoid sugar and caffeine.

#### **Meeting Invitations**

Creating invitations and delivering them to Circle families is opportunity for parent and child to work together on a craft and spend quality time together. Here are some guidelines for creating a quality invitation:

- Be creative allowing design input from the child
- Hand prepare invitations with colored paper
- Include the name and address of the host (use the child's name) and directions if appropriate
- Include the start time and date
- Address the invitation to the child (not the parent)
- Hand deliver the invitations to the child at their house
- Have fun preparing and delivering the invitations (walk, ride bikes or drive to each house for delivery)

### **House Preparation**

Allow the host child to assist in preparing the house for the meeting (dusting, vacuuming, baking, etc.). The host child and parent should be at the meeting location early (if not at their home). It is important to properly prepare the meeting location before the Circle families arrive. Do not expect the Circle Navigator to help you set up. The Navigator has a lot to do and should not be burdened with setup tasks.

If possible, rearrange furniture so that the Circle parents and children can sit in a circle. Ideally, each parent will sit in the outer ring of the circle with his/her child sitting on the floor in front of him/her or (even better) on his/her lap. This keeps the meeting intimate and focused.

### **Hosting the Circle Meeting**

During the meeting, avoid distractions (such as pets, television, stereo, video games) that may avert attention from the Circle meeting. Other family members that are not part of the Circle should not participate in the meeting.

When the Circle Navigator arrives at the meeting location, ensure that he/she knows where you plan to have people congregate for the different proceedings of the meeting (i.e., sitting in the circle, craft, snacks, games, etc...)

### **Crafts, Snacks and Games**

Craft time is an important part of the meeting. It is time dedicated to dad and child to work together to achieve a goal. Often, it is the responsibility of the host family to prepare the craft. When preparing a craft, be cognizant of the time allotted to craft time. Crafts should be simple enough for young children to complete without frustration and with limited assistance from dads.

Some Circles will designate a portion of the meeting for snacks. The host child should be involved in selecting and preparation of snacks.

Set up crafts and / or snacks in other rooms of the house, if possible, so that time spent sitting in the circle is free of distractions. If your Circle meetings include games (encouraged), be sure that the area is free of clutter, is well lit and safe.

A good Circle Navigator will encourage the host child to greet Circle members as they arrive and as they depart. So, be sure that your child is prepared to welcome guests. If the child is shy, the parent may ask to assist in welcoming guests.

### **How To Run A Circle Meeting – A Guide for The Circle Navigator**

It is the responsibility of the Circle Navigator to ensure that the meeting is run efficiently and is well organized. An efficiently run meeting starts and ends on time. Below is a step-by-step description of a well run meeting. It includes “sunshine” for all children with specific acknowledgement paid to the host child.

Use the description below as a guideline for order of events. It is not mandatory that you follow this guideline. Navigators are encouraged to customize their meetings to inject Circle specific traditions and ceremonies into the agenda.

### **Meeting preparation:**

Two weeks prior to the meeting, contact the host parent and validate that the invitations have been sent (or will be soon).

Prepare an agenda for the meeting.

- Allocate specific time for each event in the agenda and plan to stick to it.
- All activities should include the children.
- No “parent only” discussions or work (i.e., planning for the upcoming event should be done in a separate meeting).

### **Arrival at the meeting:**

Arrive at the meeting location early. Meet with the host parent to validate that the facility is ready for the meeting.

If your Circle has a special vest or other special item specific for the Navigator, wear it.

Position yourself near the front door so that you can greet the children as they arrive.

- Kneel (or bend down) so that you are at eye level with the children. Introduce yourself and your child.
- Thank each child for coming and tell him/her that you are glad he/she is at the meeting.
- Each child should feel special because the Circle Navigator took time to welcome him/her to the meeting.

Some Circles work on crafts before the formal meeting begins. This model allows families to arrive late and not interrupt the formal portion of the meeting.

### **Starting the meeting:**

At the designated start time, gather the parents and children in a circle.

If your Circle has a mentor program (recommended), position the mentor child next to the new (younger) child.

The children should be sitting in the inner ring of the circle. Each parent should be sitting behind his/her child.

### **Opening prayer:**

Begin the meeting with an opening prayer.

The Compass Bearer or Circle Navigator should say the prayer.

End the prayer with “Wahoka.”

**Opening Ceremony:**

Next, the Navigator asks the host child to acknowledge the other children attending the meeting. Typically, this involves beating the Circle drum (or ringing bells, clapping, or something similar) one time for each child in attendance.

Create your own opening ceremony – something that is unique for your circle. Be sure that the host child receives sunshine as part of the opening ceremonial task(s).

**Navigator talk:**

Begin the meeting by re-introducing yourself – especially early in the season so that all the children know that you are the Circle Navigator.

Introduce your child. Introduce him/her as the Circle Navigator (sunshine for your child).

- Thank the host child for welcoming the Circle into his/her home (sunshine for the host child).
- If there is / are new families at the meeting, acknowledge and welcome them.
- Talk about the most recent Expedition event – thank all the children that attended.
- Talk about the upcoming Expedition event – encourage everyone to attend.
- Show the children the award that was presented to the Circle at the previous expedition event.
- Acknowledge children that had birthdays since the last meeting.

**The talking stick:**

Introduce the talking stick to the children.

- Remind the children that the talking stick is magical. Only the child holding the talking stick has permission to speak.
- All other children (and parents) that are not holding the talking stick are required to sit quietly and listen to the child that is speaking.
- The talking stick is passed around the circle and each child speaks when he/she holds the stick.
- After speaking, the stick is passed to the next child.

**Scouting report with the talking stick:**

The scouting report provides the children with an opportunity to speak in front of the Circle. The purpose of the scouting report is to help children learn to speak in front of people.

- This can be intimidating to young children. Don't force them to speak but encourage them to say at least one thing. If it is obvious that the child doesn't want to speak, the Circle Navigator can ask the child to say his/her name.
- As the children get older, their confidence and comfort speaking in front of the Circle will improve.

Limit each child to report one special thing that occurred during the past month.

There should be a “script” that each child follows. It should be something like,

“Wahoka. My Adventure Princess name is Little Running Bunny. Since our last meeting, my cat, Violet, had six kittens. Wahoka.”

All Circle members should positively acknowledge each child’s scouting report. For example, after each child speaks, everyone in the circle (in unison):

- slaps their thighs once
- claps once
- points to the child and says “Good Job.”

### **Compass Program Time:**

Time should be set aside in every Circle meeting for the children to work on the Compass Program.

- The Compass Program offers children opportunity to earn recognition for achievement. Allocating time in meetings facilitates advancement.
- Begin Compass Program time by acknowledging progress in the program. Some Circles keep a poster board with names of all the children and report of their progress in the Compass Program. Show the poster board and commend the children for their progress.
- The goal for every meeting or for a group of consecutive meetings should be to earn a Compass Program Pin. Pins are awarded for individual task accomplishments in the Circle meetings.

Discuss the tasks that will be performed at the meeting. Tell the children why the tasks that they will do are important.

### **Fun Time / Snack Time:**

After sitting for several minutes, the attention span of the children will probably be waning. It is time for some fun.

- If fun time includes working on a craft, parent and child should work on the craft together.
- Likewise, if fun time includes working on compass points, parent and child should work together.
- Often fun time involves a game. If you pit the parents against the children. Ensure that the children win.

End fun time with a snack.

**Closing:**

Re-group the children and parents in the Circle again for the Circle Navigator's closing remarks.

- Thank the host child for hosting the meeting in his/her home.
- Talk briefly about the upcoming Expedition event and encourage everyone to attend.
- Lead the singing of the Circle's closing song, or chant, etc...
- End with the closing prayer by the Compass Bearer or Circle Navigator. Finish the prayer with "Wahoka."

The Circle Navigator should stand near the door and say "good bye" to each child and thank him/her for coming to the meeting.

- When you speak to the child, he/she feels important.
- The Circle leader took time to say something to him/her.

If you've done your job well, each child will leave the meeting with a feeling of accomplishment and self importance.

## How to Lead an Expedition

### *The Expedition Navigator*

The Expedition Navigator (sometimes referred to hereafter as “**EN**”) is an individual that has been identified by his peers, predecessors and YMCA staff as a person that will lead a group of parents and children for a year of fun and unforgettable memories in the YMCA Adventure Guides Program. It is a big responsibility, but it has big rewards for those who agree to do it, and step up to the position with enthusiasm and an open mind.

As the head of the Expedition’s Leadership Council, your enthusiasm will be contagious. This is particularly true in the YMCA Adventure Guides Program because you (as the **EN**) have selected the individuals that you want on your Council – with the exception of the Circle Navigators, who will be selected by their own Circles. Thus, your Council is most likely already “on board” with you and your various proposals throughout the year.

A key concept to keep in mind as you consider whether or not to accept the offer to be the Expedition Navigator (and, really, you should jump at the chance), is that if you build your Council correctly, you will not be overwhelmed by the task of leading the Expedition. Key people in critical support positions on your Council will be invaluable to you and will help everyone in the Expedition enjoy the year that much more. Once you fill those roles on your Council, let those dads run with their position and the responsibilities that come with it. Your trust and reliance in their ability to handle their position on the Council will pay off by having all members on the Council proud of their respective contributions to the success of the Expedition.

Without question, you will have your own “vision” for how you hope the year will go for your Expedition, but you must be willing to keep an open mind as you discuss your ideas with the Council. You must also encourage your Council Members to offer ideas, opinions, etc. when discussing and planning events or component parts of events. Don’t be afraid to explore the unknown (this is, after all, “Adventure Guides”) and don’t be afraid to suggest that the Expedition try things that “have never been done before,” or to suggest going to places that the Expedition “has never visited before.”

Keep in mind that time absolutely flies during your tenure as Expedition Navigator. It may seem like “your time” will never come, but once it does – hang on. It goes fast. You only have twelve months to make your mark, twelve months to share and implement your vision and ideas to the group, twelve months to guide the Expedition through the best year ever.

The most important thing to remember though, is that no matter what decisions you make during the year, your child will always look up to you in your role as the

Expedition Navigator. All of the children in the Expedition will look up to you, and to your child. You are a “rock star” in every positive sense of the word. Thus, take advantage of your “celebrity” status and make sure that you give your child every opportunity to shine as the Jr. Expedition Navigator. Feature your child at Campfires. Encourage your child to stand up and be noticed throughout the course of the year. This will build confidence in your child, and will operate to trigger desire in the children in the Expedition to have their dad step up and fill that role.

### ***Choosing a Council***

The task choosing a strong and capable Council should begin long before an Expedition Navigators first day on the job. During his year as Compass Bearer, the incoming EN should seek out the individuals that will best represent the Expedition and its goals. Many times, a good number of these positions will come from the previous year’s Council or Circle Navigators. Others may show an interest in leadership and ask if a position is available for them. Some individuals may not even be aware of their talents. It is the task to the incoming Expedition Navigator to locate those individuals and consider who he would like to use in Council positions. A conservative sized Council is 15-20 positions. However, if the incoming EN feels more positions are necessary he should build a Council around those beliefs. He might consider having positions that are considered “support positions.” These families would be outfitted with Council hats, but not be required to attend Base Camp meetings. Some examples are “Roadies”, individuals that assist with Campfire and Chapel set up, a “Music Man”, who plays guitar for the children at events or a “Storyteller.” Support members would be invited to a few meetings a year but their attendance is not expected as it is with primary Council positions.

### ***Budget***

The Expedition Navigator is tasked with overseeing the budget for his assigned Expedition. This is best accomplished by appointing a Treasure Keeper and keeping an open line of communication between the Circle Navigators, who plan and budget specific events. This practice provides the opportunity to responsibly manage the budget, forecast upcoming costs and make fiscally responsible decisions. The **EN** should ask the Circle Navigators to report event expenditures to the Treasure Keeper after the event has taken place to update the budget.

The YMCA fiscal year runs January 1<sup>st</sup> thru December 31<sup>st</sup>. During that time, an Expedition will experience 2 Navigators as the term for that position runs June thru May. This makes it very important for the current **EN** and Compass Bearer (“next year’s” or incoming Expedition Navigator) to communicate throughout the year.

## ***Base camp meetings***

Base Camp meetings are held monthly at the YMCA Branch. The Expedition Navigator should schedule these on the same night of the month at the same time each meeting (i.e. 3<sup>rd</sup> Tuesday of the month at 6:00 p.m.), so that everyone on the Council can adjust their calendars accordingly and actually attend the meeting. In order to ensure that all Circles are adequately represented, it is best to keep the Base Camps on a recurring week and day each month to allow for more consistent attendance by the largest number of Council members.

At the Base Camp meeting, the Expedition Navigator will communicate with Council regarding Expedition business. The meetings should last approximately 1 – 1 ½ hours to discuss the goals of the group, past and future events, budget items and other operational issues. It should also serve an opportunity of the Navigator to communicate with circle Navigators and for circles to communicate with each other. The **EN** should hold the first monthly meeting in June and last meeting in May, making sure to distribute the year's meeting dates to Council on the first meeting. These meetings should take place in July and August as well – making sure that the Expedition is ready to go with its first event in September, and to make sure that recruiting efforts and planning is well underway ahead of the actual start of the “event season” (i.e., September – June). The Expedition Navigator should use these meetings to make plans and communicate his “vision” of how the year will play out and to have that game plan in place by the time the event season begins in September.

## ***Circle Visits***

The Expedition Navigator can show his support and excitement for the Circles under his direction with a “Circle visit”. Setting this visit schedule at the beginning of the season is beneficial to all involved as the Circle is better prepared and informed of the visit, and the **EN** can have adequate time to prepare for it. At the visit the **EN** should portray of feeling that he is there to support the Circle and not observe it, though it does provide and observance opportunity. The **EN** may request in advance through the Circle Navigator to tell a story, perform a magic trick or sing a song. He may also want to bring a special prize for the children such as a sucker or inexpensive bracelet, or something else to remember the visit. This is a special night for the children and for the Expedition Navigator. The **EN** may choose to share the visit with Council at the next Base Camp meeting to point out unique or fun traditions of a particular Circle for ideas or enrichment.

## ***Campout Visits***

In the same but abbreviated manner as a Circle visit, the **EN** should visit every Circle at some time during a campout. This 5-10 minute visit may include a joke for the children, a sucker handed out and a hand shake for every parent of every family. This again, shows support to the Circles and intensifies who the **EN** is to the children.

## ***Graduation***

Graduation generally occurs at the last campout of the year. For many Expeditions, this is a family campout as well. In many cases, the outgoing Expedition Navigator is graduating from the program and during the graduation ceremony needs to be able to just be a parent with their child. For this reason, the incoming **EN**, supported by a Y staff member or Y's guys, performs the ceremony. This is a responsibility that should not be taken lightly or prepared at the last minute. For many families, it is near the final moments that they will be in the Adventure Guides Program after it having been such an important part of their lives for the last 5 years. Think about that for a minute. There is not a script that exists, nor should there be. The incoming **EN**, should create an arena that celebrates the parents and children graduating, touching on remembrances of their Adventure Guides Program beginning, middle and graduation. The ceremony should be intense, mystical and heartfelt. This is the incoming Expedition Navigators first opportunity to be everything that his nominators chose him to be as this evening will rest in the hearts of the graduating families for the rest of their lives.

## ***Federation***

A Federation is organized in similar fashion to an Expedition. Instead of Circles, however, it is comprised of the actual Expeditions from that YMCA Branch. Traditionally, it is managed by a single person, known as the Federation Navigator. The Federation Navigator is expected to help the various Expeditions that comprise his Federation by acting as a liaison with the YMCA Branch to which those Expeditions are attached. He also is available to help the various Expeditions with other matters that may arise during the year.

Ideally, the Federation Navigator holds meetings with the Expedition Navigators four (4) times each year. The meetings should be structured to deal with the latest topics raised by the YMCA, and to discuss problems and solutions that the various Expeditions may be having during that year so far. Rather than holding these meetings at the YMCA itself, however, they are usually held offsite at nearby hotels or restaurants.

In the future, there may also be a Federation Wizard (to help coordinate the pin, lanyard and patch needs of the Expeditions in that particular YMCA Branch.

Another possible position for the future of the program would be a Federation Scout. This individual could help to coordinate recruitment of new families for the YMCA Branch, feeding families to the Expedition most in need.

## ***Campaign***

Campaign is a National YMCA fundraising effort that occurs in February. Generally, the fundraising effort of each Expedition is led by the Compass Bearer of the group. The purpose, as it relates to the Adventure Guides Program, is to raise money for underprivileged families or those in challenging financial times, so that they may be sponsored to attend events. This assistance is offered through an application process. A wide variety of fund raising options can be considered such as; bowl-a-thons, raffles, silent auctions, bakes sales or recycling efforts. Usually, a goal amount is set for an Expedition and that goal is pursued throughout the month. It is a fine way to give back to a program that offers so much in positive family experiences.

## ***In Summary***

There is much more useful information for the EN contained in this book. Having an understanding of what the position is and can be will benefit the EN, his family and the Expedition as a whole. The time invested toward making a year the best it can possibly be is well worth the effort as memories are created that will last a lifetime.

## Expedition Council

The Adventure Guides Expedition is lead and managed by the Expedition Council. The Expedition Council consists of a number of Council positions, lead by the Expedition Navigator, and the Navigators from all Circles in the Expedition.

Please note that the Adventure Guides positions are similar, if not identical, to Council positions in the Indian Guides Program. The mapping of Indian to Adventure positions can be found in Table 1 of this document.

It should be noted that the positions listed in Tables 1, 2 and 3 reflect the suggested positions on an Expedition Council and your Expedition can have more or less members. It is necessary that all Circles are represented by at least one Council Member in addition to their Circle Navigator. This will make sure that each Circle is represented at Base Camp meetings. It is important to have veteran leadership on Council and in many cases positions can be created to have these individuals remain on and participate in Expedition leadership.

The purpose of the Council is to make sure that the Explorers in your Expedition build great relationships with the parents (the Guides) and with other children in the Expedition. In order to do this, the Expedition Council must guide the Expedition through the current year, plan for the coming year (events and budgets), and to make sure that Expedition finances are manage properly.

The Council positions are broken into three categories (and listed in tables 1, 2 and 3):

1. Primary Expedition Officers – required to attend all Base Camp meetings or have an able representative attend in their stead.
2. Secondary Expedition Officers – not required to attend all Base Camp meetings, but their attendance is welcome. These officers should be available, with prior notification, to deliver a report if requested.
3. Expedition Support – support the Expedition Council at events.

## ***Officers and Responsibilities***

Table 1: Primary expedition officers – required to attend all base camp meetings

<b>Adventure</b>	<b>Indian</b>	<b>Responsibilities</b>
Expedition Navigator	Nation Chief	Communicates with leadership and the YMCA. Plans schedule for council at campouts. Leads base camp meetings. Leads Campfire.
Compass Bearer	Sachem	Plans and leads chapel at campouts. Opening and closing prayers at meetings and campouts. Plans schedule (with Navigator) for next year. Safety officer. Partner with you campaign.
Treasure Keeper	Wampum Bearer	Reports on financial status of expedition and events. Manages event pricing and budgets for next year. Coordinates w/ YMCA staff on financial requirements. Manages circles hosting events budget.
Log Keeper	Tally Keeper	Base camp meeting minutes. Council roster. Roll call at camping events.
Circle Navigators	Tribal Chiefs	Responsible for expedition circles. Coordinates hosted events.
Wizard	Wizard	Promotes compass journey participation. Coordinates compass journey activities at campouts. Compass direction patch and event pin distribution.
Scout	Scout	Coordinates recruiting efforts with Adventure Guides program director. Communicates with new recruits. Helps to place new recruits. Coordinates with Federation regarding events through YMCA as potential recruiting events.
Elders	Elders	Wisdom. Aids navigator with campfire entertainment. Runs or helps run membership and council induction ceremonies.
Y's Guys	Y's Guys	Wisdom. Guidance.

Table 2: Secondary Expedition officers – Not required to attend all base camp meetings, but should be avail to report if necessary.

<b>Adventure</b>	<b>Indian</b>	<b>Responsibilities</b>
Patch Keeper	Patch Keeper	Event patch ordering. End of year council plaques, graduation awards and compass journey completion awards.
Explorer		Coordinates council hosted events.
Fire Starter	Fire Starter	Starts campfire at campout campfire. Responsible for wood or alternatives for campfire.
Storyteller	Storyteller	Story teller. Rock star.
Dream Catcher/Historian	Dream Catcher	Year-end slide show. Coordinates collection of pictures throughout the year. Photographs all groups at events (should not replace photographer of circles).
Assistant Scouts	Assistant Scouts	Assist expedition Scout.
Outfitter		Collects information on, orders, distributes council gear. Special projects (banners, flags, etc.)
Stargazer	Stargazer	Coordinates regalia theme with council and host circle.

Table 3: Expedition support – support expedition council

<b>Adventure</b>	<b>Indian</b>	<b>Responsibilities</b>
Campfire Director		Keeper of the sound system. Assists navigator with campfire entertainment.
Roadies		Responsible for transportation and setup of campfire equipment at all campouts.
Music Man		Plays music at campfire.
Cheer Director		Coordinates cheers at campfire.

## ***Council Duties and Responsibilities***

The following is a list of duties and responsibilities of the Expedition Council. As with the list of Expedition Officers, this list may have more or less items and is dependent on the needs of your Expedition.

Campfire	The Expedition Council should be responsible for the production and performance of the campfire on Saturday evenings (during campouts). Discussion of campfires can be found on page XX of this Adventure Guides members' guidebook.
Chapel	The Expedition Council is responsible for the production and performance of the Sunday morning Chapel (during campouts). Discussion of chapel can be found on page XX of this Adventure Guides members' guidebook.
Regalia	The Council should come up with a theme for Regalia and is responsible for the distribution of assignments to each circle.
Induction	Council should plan and perform the new member induction as well as the Council induction. For more information on Induction, please review the section on Induction beginning on page XX of this supplement.
Events	While most events should be planned and hosted by individual Circles, the Council may elect to plan and host particular events such as Regalia and/or Family camp. Council may also plan events if there are not enough Circles to handle the 10 events throughout the year.
Graduation	Council should perform the graduation ceremony. They should also acquire any gifts to be given to graduating Explorers or Princesses but are not required to finance such gifts.
Safety briefing	The Safety Officer of the Expedition Council should create a safety plan for the Expedition and for each event. He should then provide a safety briefing prior to or at each event.
Recruiting	The Council is not necessarily responsible for recruiting for the Expedition; this responsibility lies primarily with the Circles. But, the Expedition can bring resources and ideas together for the entire Expedition's benefit.
Base camp	The Expedition Navigator is responsible for the preparation and hosting of the monthly Base Camp. All Council Members should attend the Base Camp. Circle navigators should have their Compass Bearer attend in their absence.
Compass Journey	The Expedition Wizard should provide support and direction for the Circles (and their Circle Wizard if they have one) with regard to the Compass Journeys. The Expedition can provide compass activities as the monthly events as a supplement to what the Circle and families should be doing. For more information, please see the section on the Compass Journey starting on page XX in this supplement

Budget	The Expedition Navigator and Treasure Keeper are responsible for the creating and adherence to an annual budget for the Expedition. Both should work closely, and meet regularly, with their YMCA staff.
Event Planning / Calendar	The entire Expedition Council is responsible for the planning of the next year's event calendar. It is not likely that all events can be booked for the coming year, but the type of event – campout, day-event, etc. – should be determined as well as the intended date. Care should be taken to be observant of holidays and common seasonal activities (soccer, for example) that may conflict with an event and make it difficult for membership to attend. Location may also be important with regard to the previously mentioned seasonal activities.
Video	While not required, having a video or slideshow produced for the expedition is a nice thing for families to have to record the time they spent with the group. It is also a nice recruiting tool.
Transition dinner	While not a requirement, a transition dinner honoring the outgoing Council and introducing the incoming Council is a great way to close the year and start the next.

### Comments

The Expedition Council is responsible for providing support to their circles, interfacing with the YMCA, establishing rules and the creating ceremonies and traditions unique to the Expedition. But more than this, this group is responsible for the safety, education and entertainment of the Explorers within the Expedition.

Making sure that each parent (or guide) is one of a hundred parents (or guides) is primary to the safety of our children. The dedication and creativity of the members of the Council is what makes the events that bring us together fun and educational.

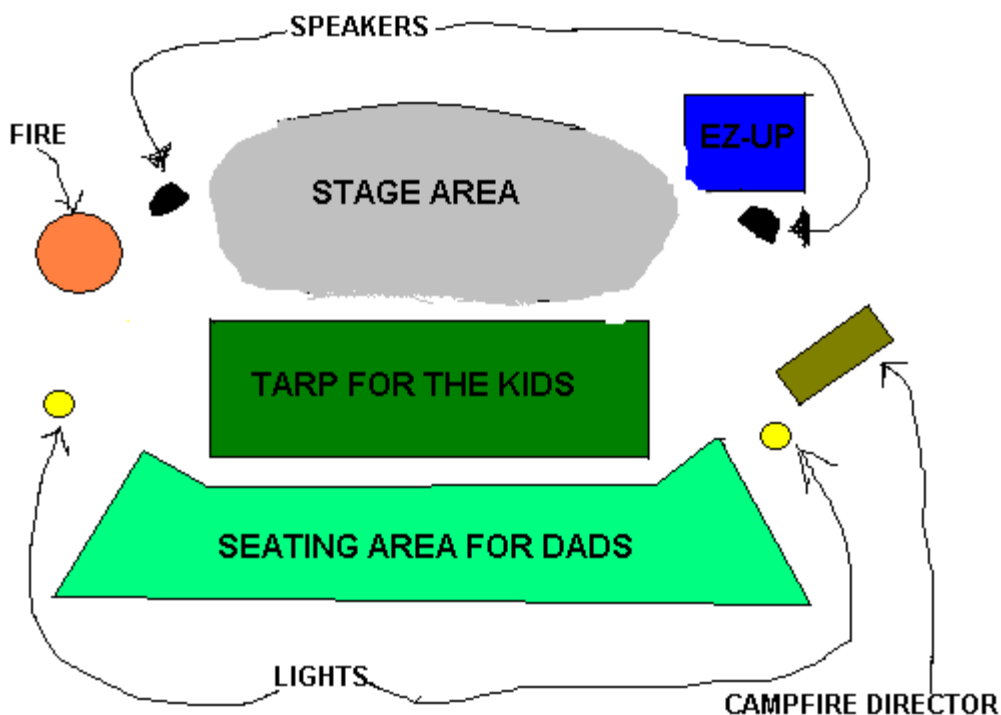
## Campfire

Campfires are one of the most integral parts of a weekend camping event for the YMCA Adventure Guides Program. Campfires bring the entire Expedition together and help the children and their fathers understand and appreciate what it means to be a part of something larger than their immediate Circle, and it offers everyone a chance to laugh and enjoy a variety of live entertainment.

Campfires should never be optional. Campfires should never be left to the “host” Circle to plan and carry out “if they feel like it.” Campfires should be scheduled on the Saturday evening of every single campout weekend. In fact, it is a good idea to say that Campfires “always start at 7:15ish” or some other set time that everyone in the Expedition will come to know and can plan around. Campfires should be planned by the Expedition Navigator and “mc’d” by the Expedition Navigator and his child(ren).

### Set Up

They should include a sound system (if available), lights to shine on the stage (if power is available), and a large plastic tarp set out on the ground directly in front of the stage for the children to sit on during the Campfire entertainment. The fathers can sit in camping chairs (or on the tarp with their children) behind the tarp. The tarp brings all the children together and they can be up close to the action on “stage”. This enables the children to have “good seats” without having other dads blocking their view of the stage. The ideal layout is set forth in the diagram below:



## ***Essential Elements of Campfires***

Campfires should include music, skits, magic, and stories, and general silliness. Campfires provide the opportunity to every single child in the audience to stand up and get on stage.

### ***Starting the Fire, Safety and Etiquette***

Start each Campfire with the ceremonial lighting of the campfire by the Firestarter and Jr. Firestarter. During the warm-up music part of the evening, the Firestarter and Jr. Firestarter may hand out “wish sticks” to the children in the Expedition. These are popsicle sticks and the children are told (and reminded during Campfire) that they can make a wish and toss their stick in the fire at the end of Campfire so that their wish can come true.

The campfire itself should be situated where all can see it, but not so close as to pose a hazard to anyone. Keeping the action on the stage away from the fire, as well as the Expedition audience is critical for obvious reasons. The fathers in the Expedition must be relied upon to determine what degree of supervision is necessary for their particular child(ren). Related, those same fathers should be relied upon and held accountable their child(ren)’s (and their own) Campfire etiquette. (This is not the time or place for heckling.) If it does happen, and continues, other dads in that father’s circle should talk to the heckler and tell them to stop or leave.

### ***Reasons for Campfires***

One of the primary reasons that Expeditions hold Campfires is to get the children up in front of the audience. One of the easiest and surest way to get all children in front of the Expedition is to have “roll call.” Roll Call is typically handled by the LogKeeper and his child(ren). This will often occur near the beginning of the campfire, after the opening prayer [handled by the Compass Bearer and his child(ren)] and any opening comments made by the Expedition Navigator and his child(ren).

### ***Roll Call***

Roll Call occurs when the Logkeeper and his child(ren) go through the list of circles in the Expedition. They call out “Are the Bobcats here?” or something similar. Then, the Bobcat children take the stage and do a brief “roll call cheer”. This is different from a “skit” as it literally takes no more than one minute per circle. Once the Bobcats are finished AND EVERYONE IN THE AUDIENCE CLAPS (remember, you are 1 of 100 Dads) then the next circle is called up by the Logkeeper, and so on until all circles have taken the stage for their “roll call

cheer”. Once finished with Roll Call, the Logkeeper and his child(ren) will return to their seats.

An extremely powerful aide during the Roll Call portion of the Campfire (as well as the pre-Campfire warm-up and post-Campfire wind-down) is a sound system. A sound system that can run microphones through it, and that has the ability to run other inputs (ipods, guitars, etc.) through other channels provides the Expedition a more enriching Campfire experience. Sound effects can be played at key moments during the Campfire, as well as “theme” songs for individuals or for Circles as a whole. This can be a fun topic of discussion on the circle level before the first event of the season “What will our theme song be this year?”

Once the Log Keeper and his child(ren) has/have performed the “Roll Call” duty and returned to their seats, the Expedition Navigator can take the stage again with his child(ren) or have another Council member and child take the stage. A skit can occur here, or introduction to a skit or the next thing on the Campfire Agenda (i.e., a written sheet that identifies the order of skits and things scheduled for that particular Campfire.)

### ***Campfire Agendas***

Campfire Agendas are very important. There should be several copies, and those fathers involved in some way during the campfire should be aware of their respective cues and be ready to do whatever it is that they have been assigned to do. If you receive a copy of a Campfire Agenda, there is a good chance that you are going to be expected to do something – so read it to make sure you know what you’re doing and when you’re doing it. A few extra agendas should be taped on E-Z ups or the rear of the stage area, so that people can refer to them during the Campfire festivities.

The Expedition Navigator, who puts together the Campfire Agenda the week before the campout (ideally) does so in order to evaluate the order of skits, performances, etc. that are on tap for the Campfire. Also, providing the Campfire Agenda to the Campfire Director (i.e., the dad who is running the sound system – music and sounds -- during the Campfire) ahead of the weekend will enable the Campfire Director to line up the appropriate songs, sounds, etc. for the Campfire itself.

### ***Campfire Director***

Regarding the Campfire Director – this individual will be in charge of setting up the stage for the Campfire. The Expedition Navigator and the Campfire Director will determine the best place for the stage (if not already obvious, such as an actual stage). It is then up the Campfire Director (and his “Roadies” – other dads willing to help him) will set up the stage area for the Campfire. This will entail setting out the tarp, setting up the speakers and sound system, setting up the

stage lighting, getting the generator going (if necessary) and starting the “warm up” music about 20 minutes or so prior to the start of the Campfire. THE Campfire Director should be seated facing the stage and off to the side, so that he can hear what is happening and adjust the volumes of microphones, sounds, etc., accordingly. Once the Campfire is concluded, the Campfire Director and his Roadies will also be in charge of taking things down.

### ***Skits and Entertainment***

While there are different schools of thought regarding what kinds of skits should be performed during Campfires, and by whom, it seems to be the most effective and most entertaining when there are not only kid-driven skits, but also dad-driven skits. So, for example, a Campfire Agenda might call out the “Fox Dads Skit” followed by the “Raccoons Explorers Skit” and so on. Ideally, the Campfire Agenda will have at least four skits scheduled (with either volunteers or Circles selected at the Base Camp immediately prior to the camping event).

Skits can range anywhere from a 30 second kid-skit to a more elaborate and considerably longer dad-skit. There can be music and sound effects (with sufficient “heads up” given the Campfire Director ahead of the weekend so that he can line up the necessary song and/or sounds), or not. There can be costumes, or not. Think about the target audience – little boys and girls. What would they find funny? Think like a kid when you plan your Campfire skits.

The reason is simple: Campfire is an opportunity to “ham it up” for the crowd. If one considers the typical role of the “father” in a family, wearing a silly costume and being a goofball during a Campfire skit will make a wonderful and long-lasting memory for child and parent alike. So always keep your target audience in mind (5 to 9 or 10 year old children) and create your skits accordingly.

If the Expedition has a magician in its midst, that person should be encouraged to step up during Campfires and perform for the audience, if not at every Campfire, then certainly at many. Good magicians are hard to find – particularly those that work for free at a Campfire.

Similarly, if there is a particularly good storyteller in the group, that person should be given the opportunity to tell a story (usually near the end of the Campfire). This helps with the general cycle of a Campfire. Build it up to a good wild middle and then taper it down again at the end. This is a great opportunity for the children to come sit on their dad’s laps.

Also, if there are guitar playing fools among the Expedition, have them get up and lead the crowd in song. Make sure they think about the target audience when they are selecting their songs.

Finally, but most importantly, make sure you provide a showcase for the children in the Expedition that have special performing talents – singing, dance, etc. If they have the talent and are not too shy, let them perform.

### ***Everyone Applauds***

And, as always, encourage ALL CHILDREN WITH WILD APPLAUSE every single time they do anything on stage. You are **1 of 100 Dads**, so no matter who is on stage doing a skit or a song, make sure you clap as if it was your own son or daughter.

### ***Length and Location***

A “typical” Campfire should last between 60 to 90 minutes. Most are about 1 hour long. The Campfire should focus on entertainment. Do not waste time during a Campfire in handing out awards. (Those can be handed out during Chapel/Round Up – which is discussed in the next chapter of this supplement.) To make your year and Campfires memorable, always think outside the box. Think about the children and what they will think is funny and then do it. Put some thought and time into the skit or song, and it will pay off.

Location? Pick a flat spot that will accommodate your group, a tarp, a stage area, and – ideally – not bother everyone else in the campground.

### ***Excuses and Potential Problems***

Just know that if you have a Campfire every camping event, the crowd will come. If necessary, remind people to come during the Saturday gatherings of the Expedition – until it is habit. As long as you always strive to involve several Circles, if not all, in the festivities (dads and children skits, guitar players, magicians, etc.) all Circles will have a vested interest in coming. But, things can happen that may impact or prevent Campfires. Do your best to deal with them, and try your hardest to make sure that they do not prevent the Campfire. The Show Must Go On, as they say.

Rain/Weather? If it is raining or blowing or snowing hard enough to stop a Campfire scheduled for outdoors, you should probably be packing up the tent and heading out. If you can move it indoors somewhere, do it.

No Power? Get a generator for the Expedition. Have the Campfire Director maintain it during his tenure as the Campfire Director.

Too Dark. Get lights. Spot lights on stands are relatively inexpensive. Hook them up and light up your stage.

Dads who think it is stupid? If you geared your program around the “Dads who think everything is stupid” then not much would happen, other than sports on satellite radio or t.v., card games, etc. This is a program for the children, not the dads. As the Expedition Navigator and Council Members, you must always keep that in mind and let that fact be your guide in scheduling your year’s events and your Campfires. Those dads will be pressured by the dads “who get it” into coming, or by their children who are wondering why everyone else is going to the Campfire and they aren’t.

Expedition Navigator doesn’t want to do it? Everyone else on Council needs to step up and make it happen. Expedition Navigators can play a limited role during the Campfire if they desire – their child would probably prefer more action, but that is up to the dad. In this situation, the Expedition Navigator can simply “mc” the event, or introduce a skit and then have the Campfire Agenda spell out which Council person is handling the next introduction. For example,

Intro to Fox Dad’s Skit Fox Dad’s Skit	Expedition Navigator and Child
Intro to Magician Magician	Fox circle Navigator and Child
Intro to Raccoon Explorer’s	Magician
Etc. . .	

This is a way to keep the Campfires going, and the Expedition Navigator can play a limited role, if desired. But, these Campfires (5 – 8 or so a year) offer that Expedition Navigator and child(ren) a prime opportunity to get up in front of the Expedition and have fun and be silly.

Many of the most successful Expeditions have Expedition Navigators create and repeat a character throughout the year. This could be, for example, Chelsea the Cheerleader (yes, a dad and his daughter would dress up and have “cheer-offs”), or Manfred the Magnificent (an old jack of no trades), or Hilda the Viking Princess. The sky is the limit. The more outrageous and silly, the better. Be creative, think up a character, get a costume and wig, and have fun with it.

Remember, the kids don’t know about the potential problems you might encounter setting this up. They only know it is fun to come to the Campfire and fun to get on stage and fun to be silly.

Make sure that happens. And you will have a fantastic year.

## Induction

New members in a Circle become members of the Circle's Expedition during the "Induction" ceremony. These ceremonies are held two times per year: early in the season during the October or November events (typically a campout); and again late in the season at the April or May events (again, typically a campout).

During the ceremony new members may have their first contact with members of other Circles. They will also be instructed on the 7 aims of the Adventure Guides Program. They will be instructed on the rules and traditions of the Expedition. In addition, this will probably be the first time they meet the Expedition Navigator and the Expedition Council.

In addition to the new member induction, Expeditions are also invited to perform a leadership induction. Leadership induction is usually only held once a year and confirms new leadership as part of the Expedition Council and is a good way to let explorers know that they and their parents are very special and that leadership is very important in life and in the community.

The new member induction should last approximately 30 minutes. The leadership induction should be approximately 15 minutes. New member induction should be held immediately after Saturday night's campfire and council induction immediately following new member induction.

### ***Overview of ceremony***

Below is a tried and true guide for the induction ceremony, but we encourage you to try other methods and/or add your own parts to the ceremony. A sample script is available in index Append I.

1. New members should meet Guide host(s), members of the Council or the Federation (Y's guys, Y staff or Navigator) shortly after campfire.
2. The Guide(s) will give brief instructions that first the children and then the parents will be blindfolded during journey to the induction area.
3. With the children blindfolded, the group is lead on their journey with the guides leading the group and the parents leading their children.
4. Part way through, before the induction area is visible, the children should remove their blindfolds and put them on their parent. The journey continues with the children leading their parents safely to the induction area – building trust.
5. Upon arriving at the induction area, the blind folds are removed. The MC, again, a senior Council Member or Federation Member, is introduced. The MC will give a short talk about how induction will proceed. An explanation of the circle, square and triangle should be given.

6. First, the group will be lead around the ceremonial circle and stop at six stations to have the aims administered separately. The seventh aim will be administered by the Expedition Navigator from the center of the circle. Aims should be administered by Circle Navigators or Expedition Council members.
7. After completion of the aims, the Expedition Navigator will discuss joining the Expedition, its rules and the privileges membership affords to the members.
8. The MC will then introduce any additional senior members (former Expedition Navigators, Federation Council – current or former, or YMCA staff) that may be in attendance and ask if they have anything they'd like to say. During this time discussion of “1 of 100 fathers” and “Love your daddy” should be discussed. This can be assigned to one of the senior members or the Expedition Navigator.
9. The MC will then give control back to the Expedition Navigator who will then invite the new members to enter the circle and thereby become members of the Expedition.
10. Gifts or tokens would now be given to new members.

### ***Ceremonial area***

The ceremonial area should be away from the camping areas. If possible/feasible, it should be in a secluded area. This will make it mysterious and give a special feeling to the ceremony.

The center of attention will be the circle, square and triangle symbols (see figure 1), which should be constructed earlier in the evening or afternoon. The symbols should be drawn using biodegradable, non-toxic materials -- flour, or magic dust, works great. See appendix II for additional information.

Equally spaced and part of the outer circle should be six torches. A seventh torch should be at the center of the circle within the triangle. Guides that lead the group to the ceremony area should also have torches to lead the way.

All members of the Expeditions are allowed to enter the circle and this is what the new members will do at the end of the induction ceremony. Members of the Expedition Council, which includes Circle Navigators, are allowed to enter the square. Entry into the triangle is limited to current or former Expedition Navigators, which may include Expedition Navigators of other Expeditions, current or former Expedition Navigators, graduates of the Adventure Guides Program, Y's-guys and YMCA staff.

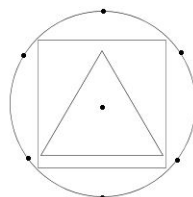


Figure 1

## Comments

New member induction should be a very special ceremony. New members are introduced to the ways and traditions of the Expedition for the first time. Council Members are introduced and new members should get a feel for the camaraderie that is part of being a member of the Expedition. They will probably be surprised at the number of Circles other than their own and possibly by the size of the Expedition.

Make the evening special. Make it mysterious and educational. Make it a memory to last a lifetime.

## Induction Ceremony Script

There are a five essential elements to this ceremony and all are added to help achieve a blend of mysticism and excitement. Great care is taken to ensure that the children (and dads) have an experience that will be a strong memory.

We will explain the blindfold as we set up the journey. We explain that one reason we use the blindfold is that we have found that a person denied his vision will tend to listen very carefully. We also explain the use of the blindfold by talking about trust between the parent and child. The child is blindfolded and will be "guided" by their parent as they cross the field. We will then switch roles and allow the children to "guide" the parent. We have found this to be a very empowering exercise for the children and gives us time to talk to them about building a trusting relationship with the parent. We have also found that the kids love this part of the ceremony and will remember it for years to come.

The journey ends at the ceremonial circle where the blindfolds are removed. The circle, square, and triangle are explained with an emphasis on each level of involvement in our program and the graduation into the inner levels of the structure. We want to make sure that they see it as a great accomplishment to be a leader in our program.

The circle is surrounded with the 6 torches representing the six aims (the seventh aim has a torch in the middle of the triangle.) The inductees are ushered around this circle and are greeted by six families that explain one of these aims. We don't use a script for this and instead ask our parents/children to speak from the heart as it relates to the aim. The parents giving the aims take this very serious and are flattered when they are asked to take part in the ceremony. After the 6th aim is done, we will take about the One of a Hundred Fathers program and our expectation that all of our dads will embrace this concept.

All attention then goes to the center of the triangle where the Expedition Navigator will present the seventh aim. He will elaborate on all the aims and pass along some of his wisdom to the new members. He will then invite them to accept these 7 aims and embrace the One of a Hundred Fathers as they join our program. They are invited to step into the circle as a sign of their acceptance. They are greeted with applause as they join our family.

To close out the induction, various Elders from the Expedition say a few words and share some of their favorite memories. The children are then given a rose along with the various patches

from our program.

The program should not exceed 1 hour and should take place at night. The location should be secluded so as to be special as well as quiet. The children are usually young and will get tired, so be aware of the time.

## ***Construction of induction ceremonial figures (circle, square and triangle)***

**Y. M. C. A. ADVENTURE GUIDES  
NEW MEMBER INDUCTION  
PHYSICAL SET UP AND MATERIALS FOR INDUCTION CEREMONY**

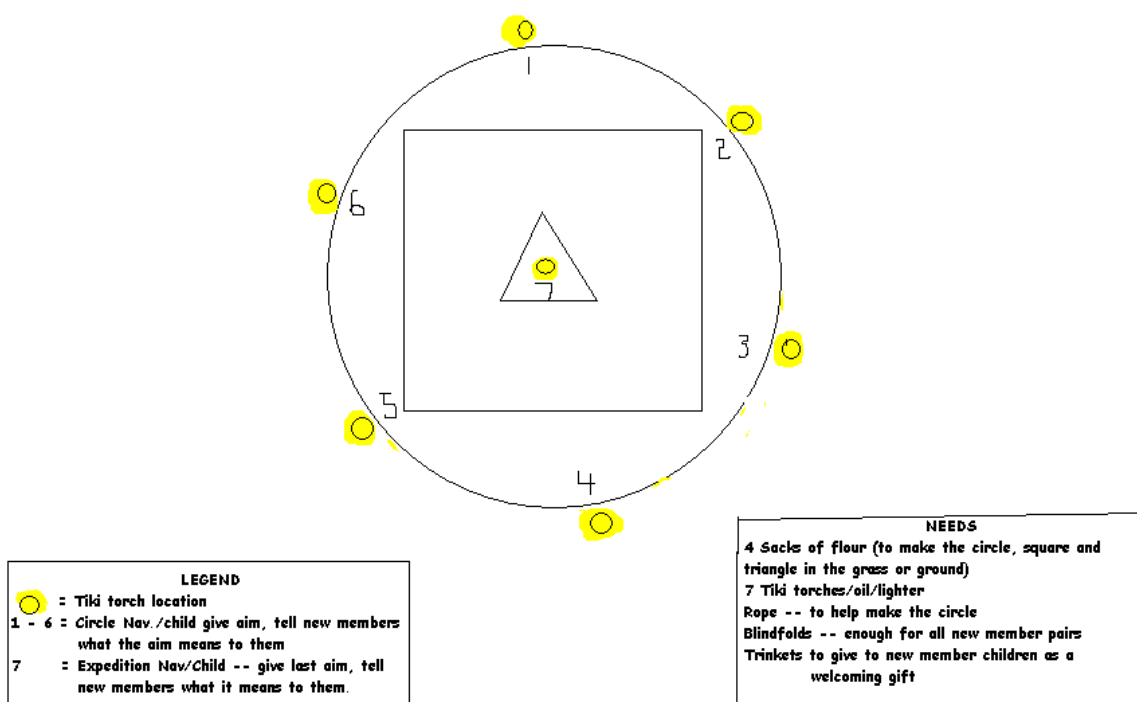


Figure 2

The Triangle is occupied by the Expedition Navigator and Jr. Navigator (any past Exped. Navs in attendance and graduates from the program could also be in the triangle.)

Square is what the navs and other council members step into during the Council Induction. They step from the Circle into the square of leadership.

Circle should be about 10 paces across, which means it will be around 30 feet in diameter.

#### NEW MEMBER INDUCTION CEREMONY SUMMARY

Have the new members approach the tiki torches with the fathers blindfolded at that time (led by their children). When they are about 10 feet away, have them remove their blindfolds and get lined up at tiki torch # 1. At each tiki torch there should be a council member and child, each tiki torch assigned one of the AIMS of the program. The council member will say "Wahoka" and introduce themselves then read the aim and -- if they want -- explain to the group what it means to them. Then say "Wahoka" and the group moves to #2. This continues around the circle, until they are all standing back between #1 and #6. Then, the Expedition Navigator introduces himself and tells them what the 7th AIM is, and then talks from the heart about the program, what fun they will have, the memories they will make, etc., etc., and -- depending on who else is present, introduce "special guests" who can speak to the group. At some point, explain the circle, the square and the triangle. And, ultimately, have someone (Exp. Nav. or special guest) tell the kids that they **MUST** make one promise. They must promise to have FUN with their daddies. If they promise, they can step into the Circle. Then, they are welcomed to the Expedition, and -- usually -- given a trinket, or a 1 of 100 Fathers patch (for the fathers) and a I Love My Daddy patch (for the child). This induction typically takes about 30 minutes or so from beginning to end.

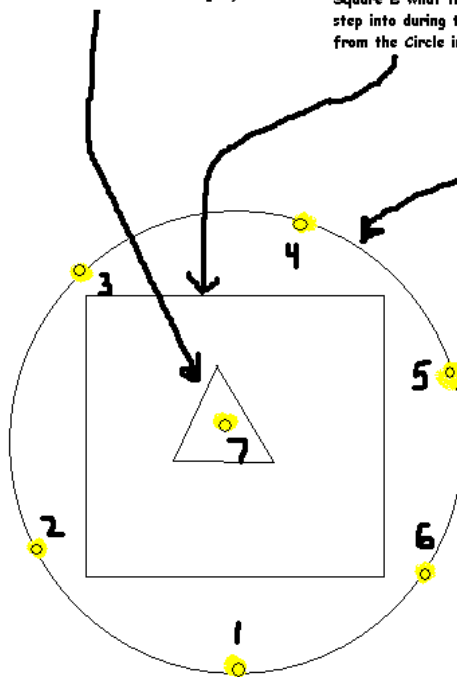


Figure 3

## Chapel

Much like Campfires on Saturday nights, Sunday morning Chapels should be a staple on your camping weekend. The best time to hold them is at 9:00 a.m. This gives most everyone a great chance to get up, have some breakfast, start (and, depending on how efficient you are, finishing up) your packing. Grab your chair and head to the Campfire site, because Chapel is going to begin.

Because the YMCA Adventure Guides Program celebrates the relationship between parent and child, the opportunity to gather one more time with the Expedition, to show up in your "colors" (your respective Circle's gear) and to have another 30 minutes of laughter, is a critical component to your camping weekends.

Many of the same concepts and ideas that were discussed in the Campfire chapter apply here. For example, Chapels should never be optional. Chapels should never be left to the "host" Circle to plan and carry out "if they feel like it." As noted above, Chapels should be scheduled on the Sunday mornings of every single campout weekend. In fact, it is a good idea to say that Chapels "always start at 9:00ish" or some other set time that everyone will come to know.

Whereas Campfire on Saturday night was "mc'd" and planned by the Expedition Navigator, Chapels are handled in the same fashion by the Compass Bearer and his child(ren). Once again, they should include a sound system (if available), and

a large plastic tarp set out on the ground directly in front of the stage for the children to sit on during the Chapels' entertainment. And, as during the Campfires, the fathers can sit in camping chairs (or on the tarp with their children) behind the tarp. Gathering the children on the tarp enables them to once again sit together, to get to know one another, to laugh together. And, as with Campfire, the tarp will enable the children to sit closest to the action and entertainment.

As Campfires did, so too should Chapels include music, skits, magic, and stories, and general silliness. However, whereas Campfires were "pure entertainment", Chapels also provide an opportunity to conduct some Expedition "business". This is a great time to hand out patches for the weekend's event, to hand out awards or trophies earned by each Circle, to hand out any special patches or awards, and to remind everyone about the next event.

The basic set up and format of Chapels is similar, if not identical to Campfires. After an opening prayer and a few general thank yous and announcements are made by the Compass Bearer and his child(ren), the Logkeeper and his child(ren) are called up to do the Roll Call. Again, during the Roll Call, the Logkeeper and his child(ren) go through the list of Circles in the Expedition, calling them up one at a time to do a brief cheer or chant. Because the sound system is available, hook it up again and use it for Chapel, just as it was used for Campfire. Use the sounds, songs, microphones, etc. Have fun with it. Once finished with Roll Call, the Logkeeper and his child(ren) will either introduce the next skit or thing on the agenda, or simply return to their seats.

A Chapel Agenda should be prepared by the Compass Bearer ahead of time. Again, this is simply a written sheet that identifies the order of skits and things scheduled for that particular Chapel. Hand them out to those who will be doing something during the Chapel.

Two more familiar faces will emerge during the Chapel. The Patch Keeper and his child(ren) and the Wizard and his child(ren). The Patch Keeper will take the stage and hand out patches to the Jr. Navigator from each Circle. The Wizard will discuss the recent successes in the Compass Pin Program, and will call up those who have earned pins or patches. Again, as each child or group of children receive these awards or patches, the "100" clap wildly.

As with the Campfire, but on a more limited scale, there should be at least two skits. Perhaps a dad skit and a child skit. If you have a great bunch of entertainers in your Expedition, and have several groups wanting to do skits on a particular weekend, fit them in the Chapel Agenda if they could not fit on the Campfire Agenda. Also, tap into the magicians, musicians, etc., that are members of the Expedition – particularly if they were not utilized the night before during the Campfire entertainment.

Just as the crowd will show up for Campfires, the crowd will come for Chapel if you schedule it. This is another unmatched opportunity to get the Expedition

together, to show off the Circle pride and the Expedition pride and unity. Unless the press of business (i.e., a flight or something) mandates your pre-Chapel departure from camping, stick around and attend.

### **BUT WHAT ABOUT . . .**

**Rain/Weather?** If it is raining or blowing or snowing hard enough to stop a Chapel, the Compass Bearer will circulate word of the cancellation that morning.

**Location?** Should be the same spot as the Campfire, unless there is another particularly nice spot that you want to use to “shake things up” a bit. For example, when attending a weekend event at Emerald Bay on Catalina Island, there is a great amphitheater area for Campfire, and another wonderful spot to hold Chapel. No matter what, though, the area should be big enough to accommodate your group, and flat enough to lay a tarp down in front of a stage area. Again, try not to bother all of the other campground attendees – many may still be sleeping.

**Power?** Use the generator again – unless it cannot be used due to park restrictions. Then, improvise.

**Attendance.** It is up to the Circle Navigator to set an example and to keep his ranks in the campground that morning. The children will definitely want to go to the Chapel. At an absolute minimum, the Circle Navigator and his child(ren) should attend. Their child(ren) get the special sunshine of going up to get the patches, the trophies, etc., and so it should be a no-brainer for that father to stick around for his child(ren). One way to help “encourage” attendance at Chapel is to hold patches back for those Circles that did not attend. Hand them out at the next Chapel that they do attend.

Remember that the Chapel is hosted and organized by the Compass Bearer. Sunday mornings are designed to provide the Expedition Navigator a chance to sit back and relax. This is not another Expedition Navigator Show – this is Compass Bearer country. To that end, there is no reason why a Compass Bearer cannot come up with his own character, or repeating theme or concept to roll out during the Chapel. It will give him an opportunity to hone his craft a bit more before he is responsible for hosting the Campfire entertainment and agendas the next year.

Once again, keep in mind that the kids don’t know about the potential problems you might encounter setting this up for them. They will only know it is fun to come to Chapel, fun to watch silliness, and fun to get back up on the stage themselves, fun to get patches, compass pins or patches, and fun to get awards. This will be worthwhile for them, and for you to make sure it happens.

As long as you schedule them, they will be attended. Make no mistake, your Expedition will be better for having Chapel on the weekend agenda.

## Stories

Stories can be a great way to build the magic into Campfire or Chapel as well as Circle meetings. All children love to be told stories, especially if they seem real and depict children overcoming a problem and doing something heroic. It also enables us to reinforce the aims of our program and foster good habits in our children in addition to providing a great opportunity to build self esteem in our children.

Stories can be used as the closing of Campfire. This will provide a proper wind-down to a loud and fun Campfire while also providing the parent an opportunity to have a further discussion with their child as they fall asleep.

The storyteller should be chosen in advance and be treated as a Council position. This position should be carefully considered as there is definitely some skill involved. Many Expedition Navigators keep this role for themselves as it is that important.

Here are some storytelling hints gathered from the experts:

- 1) Never read a story - Since the goal is to entertain and enlighten the children, you should have your story memorized and well thought out. Reading a story and storytelling are two different things.
- 2) Practice your story - Even though you know how your story unfolds, you must practice each story before you attempt to tell it to a group. You will notice that you get better at a story each time you tell it and you will be more comfortable with the storytelling process. As with many other areas of life, the most important rule of storytelling is PRACTICE, PRACTICE, PRACTICE.
- 3) Use your eyes and facial expressions - For effective storytelling you must work at achieving good eye contact with the audience. The story can be enhanced as you use your eyes and facial expressions. Be animated!
- 4) Vary your voice and use inflection - By raising and lowering the tone, pitch and quality of your voice you can add to the storytelling experience. The tempo of your voice is also important. For example, when telling a dramatic portion of the story, slowing down will increase the power of your words.
- 5) Use accents and funny voices with caution - While accents and funny voices can be very effective when done well, use them only if they fit your personality and if you can do them reasonably well. The effect of an accent or funny voice not done well can be a disaster.

6) Walk and move around - Walking and moving around within your audience can serve several purposes. Walking and moving around can often help to reduce the natural anxiety you have about storytelling and will serve to relax you. In addition, it helps the attentiveness and interaction of the audience. You might consider having your audience leave an aisle down the center or around the outside to make moving around possible.

7) Set your tone - Your job as a storyteller demands that you be in total control of the environment and the children. Do not begin your storytelling until the audience is quiet. If you must tell them to be quiet and attentive before you begin, do not hesitate to do so - simply get your point across in a nice (but firm) way.

8) Control your audience - Do not tolerate disruptions! If there is a disruptive child or a disruptive group in the audience, try the following four steps (in order)

a) Speak quieter - they will have to settle down in order to hear.

b) Single out the offender nicely - tell them to please quiet down so everyone can hear.

c) Then be firm - If steps one and two fail, you may find it necessary to whisper in the child's ear that they may have to leave if they don't quiet down.

d) Have the children sit with their parents. This will certainly prevent disruptions.

9) Expect participation and respect from the adults in the area - While it is somewhat expected that children may misbehave, storytellers often overlook the potential actions of adults in the area. Be sure that any adults in the vicinity understand that their attention and participation are important.

10) Watch your time - You must be prepared to condense your story or add to it for length based on the audience reaction. If your storytelling experience is going well, know in advance which portions of the story you can emphasize with additional descriptions or details to keep the fun going! The same holds for a bad storytelling experience - if the audience does not seem to be responding well or if your story is dragging, you should know in advance which portions you can eliminate to end the story in a shorter time. Practicing your stories will help develop this skill.

11) Be careful with interactive stories - Asking for too much audience interaction can sometimes spell disaster. You may not get the response you are looking for - you might not get any response at all. Since your job is to keep the audience enthralled and entertained, caution should be used when asking them to assist you. You also run the risk of losing control of the audience.

12) Stories should have lessons - but they should be fairly obvious. It should be one of your goals as a storyteller to tell stories with a lesson or moral built in. However, these lessons should be evident at the end of the story and never should be stated outright. If you have to tell the audience "the moral of the

story is..." you either need a new story or more practice with the story itself.

13) Resist the temptation to tell that "scary" story - Many children love scary stories and all children will say they love scary stories. The truth is that many children will have nightmares and some will be unable to fall asleep. This is especially true when children are camping out under the stars or in a strange cabin.

14) Use names appropriate to your audience - It adds to the storytelling experience when you use names the audience can relate to. For example, when telling a story to a group of boys consider using a boy's name for the main character.

15) Don't name every character - Avoid naming every character in your story as you may find it confusing. You can usually name the main character or two and describe the other characters without naming them. This eliminates the risk of forgetting a character's name or calling a character the wrong name. If this happens, the kids will correct you.

16) Use your own name - The easiest name to remember is your own or one of your children. Use them for the main characters. This leaves you free to concentrate on the story and not worry about who is who.

17) Make the shy child the star - Before the storytelling begins, watch the group of children as they interact. Find one that seems shy or alone and find their name. When you tell the story, use that name for the hero and watch that child shine.

18) Consider adding simple magic - A major portion of storytelling is keeping kids enthralled. Even the simplest of magic can add to their wonderment during storytelling. Consider buying a change bag (around \$20 at a magic shop). This bag can be used for simple magic (such as turning a red cloth into a blue cloth). Children are amazed by the simplest of tricks, turning a good storytelling experience into an unforgettable one.

19) Make the story appropriate to your audience - Consider the age of your potential audience. The stories you tell to a group of four to five year olds will differ from the story you tell a group of ten year olds. However, it may be possible to make a story appropriate for a different audience by small alterations in the story.

20) Consider the environment in which you are telling your story - There are some stories better told outside, such as at a campfire. Others may work better inside. A little adaptation may be necessary to make your story work in the given environment.

21) Animate your animals - If you are telling a story with animal characters, don't be afraid to have them walk and talk like humans. It makes the story more

interesting and brings the animals to life when you give them a voice and a personality.

22) Look for stories everywhere - Stories that can be adapted well to storytelling can be found all around you. Movies, cartoons, children's books, and fairytales are just a few sources that can provide a framework for a great story.

23) Be conscious of potential emotional pitfalls - Especially today, the storyteller must take care to avoid telling a story in a manner that causes a child emotional heartache. Be conscious of single-parent families, income levels, etc. For example, you may want to avoid telling a story about a loving father in a day care facility. Not all of the children have a father in their lives. The story can still be told, but the character may be better as a loving uncle, brother, etc. While it is impossible to anticipate every scenario, a little thought can head off a painful experience for a child.

24) Step up and give it a shot - You can do it. The first story you tell will be your worst ever. You will dramatically improve with every story told. If you can speak, you can tell a story. The kids will love you for it.

25) Remember, all kids (big and small) love to have a story told to them - Especially when it is a heartwarming and action-packed journey to the good guys winning out. This is a great way to end a campfire. You are giving every parent a great gift as they will have the ability to continue your story as they put their child to bed. Have the children sit in their parents lap, snuggle up and listen to a great story from a great storyteller.



## Regalia

The regalia program goes back as far as the inception of our program. This unique activity can provide hours of enjoyment for children and can be the center of activity for a Circle. The making of the various items are a great opportunity to build Circle unity and allow all members an opportunity to be proud of something that they created from scratch.

There are two main purposes of building Circle "property". First is to provide the Circle a project that can be a unifying effort for all the members. They will be proud of their property and gladly display these items at the Expedition events. They will provide the Circle with a common goal and allow the children to "own" their property. Many Circles will use time at Circle meetings to work together on a particular project further developing the idea of a shared goal for the Circle. These Circle assets will survive through the years and be something that future members will treasure. They can also be constantly "enhanced" with new paint, new lettering, and even the new names of the newer members. A Circle will find a lot of pride in these assets over the years as they realize that members from years past were part of the development of these assets.

The second purpose for the property might be the most important: we have discovered that virtually all children love to do crafts. This is even enhanced if they can share the craft with their parent. Some of the strongest memories from this program come from sharing time with dad/mom as they build their Circle's property box. We should take every opportunity to provide our parent/child groups with the opportunity to work on crafts together.

It should be added that neatness does not count. The property that is most enjoyed by our children has always been the property with the most "children's handprints." In other words, let the children paint it even though it is not as pretty as the work done by an adult.

The possibilities for property items are limited only by your imagination. Below is a list that includes items that have been used but feel free to enlarge on this list:

- Circle Flag
- Property Box
- Treasurer's Bag
- Navigator's Hat
- Circle Standard
- Shelter
- Scrapbook
- Stamp
- Talking Stick
- Pinholder

A regalia campout is typically scheduled twice a year. Usually Fall and Spring campouts are chosen. At these campouts, each circle is encouraged to make a presentation of their regalia and make a presentation using the "theme" of the campout. This "theme" is set by the Council and is used to give the circles a topic to build a presentation around. The children make these presentations to the entire Council during the walk-through portion of the campout. A theme is chosen so that the circles have a topic to research and it is coordinated through all the circles. Examples of themes would include: the 13 colonies, famous explorers, astronauts, the oceans, famous moments in history, famous women scientists, leaders of the western movement, etc. Any topic that provides the children with an interesting group research project and can be used for all the circles will work. Another Expedition had great success using community service projects as the theme. Each circle performed a community service project and made a presentation during the walk-through.

Awards are commonly given and great care is taken that each circle is a winner.

The regalia program and subsequent walk-through presentation require some time and effort on the part of the adults. However, we have found that our children love these events and it is another opportunity to encourage and support our children.

## Expedition Games

Expedition games provide an opportunity for an Expedition of circles to come together during a campout and have some fun. The primary purpose of the Expedition game is to build confidence in our children. It also serves as an opportunity to meet new people, take on challenges and learn the importance of teamwork.

These games should be planned and coordinated by the host circle of a camping event. They should be simple enough for Fathers to both manage the events and participate in them with their children. At the end of these games, every child should leave with the feeling that they have accomplished something.

### *Planning*

The planning of Expedition Games should begin weeks in advance when the host circle meets to plan the event. It is best for the circle Navigator to empower a few Fathers to take on the task of planning the games. The games should be planned around an area of facility that has been toured and will accommodate the needs of a large group. Depending on the size of the Expedition, some of these areas may need to be larger than others. Once the games have been decided upon, they should be tested to make sure that they will work at the event.

### *Intra-Circle Games*

The host circle may decide to have several games that circles will play with members of their own circle. Some examples of these would be:

1. A treasure hunt
2. A snow man building contest
3. A sand castle building contest

***Example: The host circle makes 8 treasure maps and buries a fun box filled with treats and toys. A map is give to each circle with 3-4 clue points to find. When the map is followed, each clue takes the group to the next spot on the map, until they reach the reward!***

## ***Inter-Circle Games***

The host circle may choose a variety of game stations that circles can rotate through one after the other. These events should be set up where everyone wins for competing and all the kids are winners. Some examples of these would be:

1. Individual relay races
2. Team relay races
3. Egg toss
4. Navigation with a compass from point to point
5. Capture the flag ( best if all kids vs. all Fathers)

***Example: 3 legged race with Father/child, child/child or Father/Father.***

## ***Group Games***

This concept is great for Expedition Unity. The entire Expedition is handed out bandannas randomly (Father and Child get same color). Then the groups are organized by bandanna color (3-4 groups depending on size of Expedition). Once this happens the groups are sent to their first game then rotate to the next game by group color. This allows the kids and Fathers from different circles a brief and fun chance to get to know each other and realize that the entire Expedition is capable of doing things together outside of their individual circles. Let the kids take the bandannas with them and wear the rest of the campout.

## ***Awards***

Some host circles may choose to award the children for participation in the games. Since these games are meant to build confidence and be fun, it is important to refrain from creating a feeling of strong competition or that one person or circle is better than another. Awards can serve as a celebration for what the children and circles have accomplished and should be rewarded equally. They can be given to the kids after “participation” of an event, like a sucker or trinket. Another option would be to hand out a themed award like: “most spirited circle”, “most energetic circle”, or “circle that laughed the most.” These can be awarded to each circle at a Campfire, Chapel or Round Up during the same campout. This way, every circle feels like they accomplished something and have a special award that they earned together to place into their circle’s property box.

These games, if planned well, can be the highlight of a campout for everyone. They should be set up in a manner that allows all of the kids to always feel like winners and always be able to accomplish the tasks. Fathers should always make an effort to allow the children to come out on top and be examples of how to be good competitors.

Be creative. Many games can be found on camping and YMCA websites.

Have Fun!!

## Graduation

The graduation ceremony is how the expedition both honors the parent and child leaving the program. It is often a sad time for the graduates and the council as we say goodbye to friends we have known and camped with for many years. Some expeditions set up their graduation ceremony in a similar fashion to induction. That way the journey of parent and child ends in the same way it began: Parent and child together in a special place being honored by the council. The graduation ceremony is generally held at the last campout of the year and frequently it is held at a family campout. The council is in charge of the ceremony and can include the entire council, and especially past navigators. If there are special elders or Y's Guys, they often take the lead as masters of the ceremonies.

Participants in the graduation ceremony include the graduates and their families, if the event is held at family camp. As mentioned previously, the Y's Guys or a combination of the current navigator and past navigators add the importance of the ceremony.

The graduation ceremony should be set up at a special place away from the noise of the main campground. The ceremony is held after campfire. It is a good idea to recognize the graduates at campfire.

In some expeditions, the graduates are gathered near the graduation area and are led into the area by a combination of elders and Y's Guys. The family members have already gathered at the graduation ceremony area.

The graduates are led into the area and stationed in front of the circle/square/triangle symbols where the current expedition navigator and any other past expedition navigators are standing in the triangle. Also allowed in the triangle are any Y's Guys graduates or any other graduates that happen to be in attendance. Any council members can stand in the square and circle navigators should man the outside of the circle, each one representing one of the 7 aims of the program.

After the graduate class is led to the graduation area, the expedition navigator should welcome them and remind them of the special place that they will always have in the program. Perhaps a short story involving the graduates would be appropriate, although no one should be excluded if possible. The navigator reminds the graduates that they are always welcome to visit and how important they have been to the success of the program over the years.

An expedition elder might want to remind the graduate dads that they will always be one of 100 fathers and that the graduate guide should always love their daddy. A representative from the Trailmates/TrailBlazers program might be invited to speak to explain the next program.

Many expeditions also give out a graduation plaque. The plaque can be provided by the expedition if it is budgeted, otherwise it can be provided for a nominal fee. One expedition hands out a graduate plaque with the following statement, "The daughter shall follow her heart toward adventures in her life as her daddy will always be the North Star to show the way. As the adventure begins, the princess will follow her star to reach her dreams. The circle of life: dad and daughter, friends forever.

Finally, the expedition navigator asks the graduates to step into the triangle to signify their completion of the program. Some groups may want to give their graduate children a small trinket in appreciation of their time in the program.

## Appendices

### *Indian /Adventure Dictionary*

<b>Indian term</b>	<b>Adventure term</b>
Indian Guides	Adventure Guides
Indian Princess	Adventure Guides
Indian Maidens	Adventure Guides
Indian Braves	Adventure Guides
Trailblazers/Trailmates	Trailblazers/Trailmates
Nation	Expedition
Longhouse	Base Camp
Tribe	Circle
Chief	Navigator
Sachem	Compass Bearer
Feather Program	Compass Program
Indian Agent	YMCA Staff
Wahoka	Wahoka
Coup Awards	Compass Awards
Tally Keeper	Log Keeper
Wampum Bearer	Treasure Keeper
War Whooper	Scout
Guides	Guides/Parents
Braves/Princess/Guides	Explorers

# Index

## Resources











