



# **Logewhego Federation**

## **Resource Guide for Y-Guide and Y-Princess Programs**

**B. R. Ryall YMCA  
Glen Ellyn/Wheaton, Illinois**



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# **Logewhego Federation Resource Guide**

## **Acknowledgements**

We acknowledge with deep appreciation the The Heritage Group YMCA of Naperville, who pioneered the re-development of a Native American theme and have been instrumental in assisting the B.R. Ryall program transition to a better-focused theme. Their support and sharing are in the finest tradition of the Native American spirit.

We also recognize Joseph Standing Bear of Midwest Save Our Ancestors Remains & Resources Indigenous Network Group Foundation, (Midwest SOARRING Foundation), a Native-based, not-for-profit organization. His assistance in educating our program about Native American has been the cornerstone of our Federations' thematic growth and redesign.

## **The Native American Theme**

The Y-Guide and Y-Princess Programs can present parent-child teams—as well as families—with opportunities for new insights into the significant contributions Native American people have made to our nation's history and heritage. The past and present cultures of Native Americans can challenge a parent to be aware of his or her role as a teacher, guide, and friend. Parents are examples for a son or daughter and should help develop a child's natural curiosity and enthusiasm. On occasion throughout the existence of this program, some groups around the U.S. have challenged the national YMCA to drop the Native American theme. They claim that imitating the Native American tribes is disrespectful.

B.R. Ryall YMCA and the associated Guide and Princess programs have chosen to retain the Native American theme. We have enlisted the assistance of local and national Native American groups to help refine our program. We will continue to learn about and apply the many outstanding qualities of the Native Americans in a way that does not dishonor their culture.

The teaching of values, attitudes, fitness and health, knowledge, and ethics to children is an integral part of the Native American way of life. At the same time the Native American people feel a profound responsibility for the well-being of all family members. The sharing of food and clothing with all is a natural response for them whenever the need arises. The American Indian culture gives the non-Indian parent a common interest and learning experience in working with his or her child. The genuine concern among Native American people for parental responsibility in teaching and guiding children to adulthood is a fine standard for all parents and children to live by today.

Native Americans often have exceptional poise, dignity, and pride. Honesty and the given word have been very important in their way of life. They place a high priority on things of the spirit as opposed to a strictly material existence. Their deep appreciation for the Creator is apparent throughout their religion, traditions, and way of life. In addition, they believe the forces of nature are highly significant. All parents and children can recognize the great value of conserving resources and eliminating waste in our society. Through the purposeful parent-child experiences of the Y-programs, the YMCA can be instrumental in upgrading the image of the Native American by supporting their self-pride, aiding the struggle to preserve their history, and recognizing their meaningful contribution to society.

## **The History of the Y-Guide and Y-Princess Programs**

The Y-Indian Guide Program was developed in a deliberate way to support the father's vital family role as teacher, counselor and friend to his son. The program was initiated by Harold S. Keltner of the St. Louis YMCA as an integral part of association work. In 1926 he organized the first tribe in Richmond Heights, Mo., with the help of his friend, Joe Friday, an Ojibwa Indian, and William H. Hefelfinger, chief of the first Y-Indian tribe.

The seed was planted when Keltner was on a hunting trip in Canada with Joe Friday, who had been his guide on previous hunting and fishing trips. One evening Joe Friday said to his colleague as they sat around a blazing campfire: "The Indian father raises his son. He teaches his son to hunt, track, fish, walk softly and silently in the forest, know the meaning and purpose of life and all he must know, while the white man allows the mother to raise his son." These comments struck home, and Harold Keltner arranged for Joe Friday to work with him at the St. Louis YMCA.

Harold Keltner, inspired by his experiences with Joe Friday, conceived the idea of a father and son program based upon the strong qualities of American Indian culture and life--dignity, patience, endurance, spirituality, feeling for the earth and concern for the family. Thus, the Y-Indian Guide Program was born.

The rise of the Family YMCA following World War II, the genuine need for supporting young girls in their personal growth and the demonstrated success of the father-son program, in turn nurtured the development of YMCA parent-daughter groups. In 1951 a father-daughter group, which are now called Y- Princesses, emerged in the Fresno YMCA of California. The program that Harold Keltner initiated now involves a quarter of a million children and adults annually in the YMCA.

Although some Y-Indian Guide groups had extended their father-son experiences beyond the first three grades from the beginning, it was not until 1969 that the Y-Trail Blazers plan was recognized by the National Long House Executive Committee for sons 9 to 11 years old and their fathers.

*(The above was excerpted from the "Friends Always" The Y-Indian Guide Programs Participant's Manual.)*

## **Program Benefits**

Through the Y-Guide & Princess programs the YMCA provides the following benefits to both father and child:

- Foster companionship and understanding and set the foundation for a positive, lifelong relationship between father and child
- Build a sense of self-esteem and personal worth
- Expand awareness of body, mind, and spirit
- Provide a framework to meet a mutual need of spending enjoyable, constructive, and quality time together
- Enhance the quality of family time
- Emphasize the vital role that parents play in the growth and development of their children
- Offer an important and unique opportunity to develop and enjoy volunteer leadership skills
- Provide the opportunity to meet other families with children the same age

## **Program Costs**

The Y-Guide and Y-Princess programs operate in a not-for-profit fashion. The money for basic program operating expenses comes from program registration fees, the majority of which goes to the YMCA. The cost for a child who is a YMCA member is \$30, plus \$15 for each additional child. The cost for a child who is a limited YMCA member is \$65, plus \$20 for each additional child.

Each of the Nation and Federation events are basically self-supporting. Member costs for events like campouts and museum sleepovers depend on what the programs are changed by the facility that is hosting the event. The cost of flashlights, glow necklaces, and patches are also taken into account. For Nation events like the Harvest Moon Banquet (see event list) the member cost also has to cover the entertainment. Approximate costs can be found in the Federation Schedule of Events Overview.

Keep in mind that these programs do not sell items like cookies or gift wrap to offset costs. Both the Christmas Tree Sales and Pancake Breakfast (see event list) are voluntary, altruistic endeavors that help fund the YMCA in general, not the Guide or Princess programs directly.

No one is turned away for inability to pay. Any dad, or his tribal chief, can apply to the YMCA Program representative for financial assistance on the cost of any or all events. If they meet the YMCA's criteria, they will be gladly and discretely given all the financial assistance they need.

## **The B.R. Ryall Logewhego Federation**

The father-son and father-daughter programs at B.R. Ryall YMCA are called the Logewhego Federation. It is a volunteer, parent-led organization, supported by the YMCA. The Logewhego Federation consists of two programs: Y-Guides (boys, K-5<sup>th</sup> grade) and Y-Princesses (Girls, K-5<sup>th</sup> grade). As long as the Guides and Princesses enjoy the program, there really is no age limit that compels them to graduate.

Note that since this is YMCA program the consuming of alcohol at any event is absolutely forbidden.

### **Federation Council**

This Federation is run by a Federation Council consisting of at least the following: Federation Chief, Princess Nation Chief, Guides Nation Chief, Federation Organizer, Federation Wampum Bearer, and YMCA Program representative. The Federation Council meets once a month.

### **Nation Council**

Each Nation is run by a Nation Council consisting of at least the following: Nation Chief, Sachem, Drumbeater, Tally Keeper, Feather Bearer, Bead Bearer, Legend Keeper, and several Scouts. There must also be an Organizer and Wampum Bearer if these roles are not being filled at the Federation level. The Nation Council meets once a month during the first portion of the Longhouse.

### **Longhouses**

The Nation Council, tribal chiefs, and YMCA Program representative meet once a month at a gathering called a Longhouse. The dates and times of these meetings are on the Federation calendar but generally speaking the Princess Longhouse is held on the first Monday of each month and the Guides Longhouse is held on the first Tuesday of each month. Unless noted, these meetings are held at the YMCA. The Nation Council meets prior to the Longhouse. Everyone is welcome to attend a Longhouse, which is the best way to meet other dads and see how the Nation operates.

### **Tribal Meetings**

Tribal meetings are generally held on week nights and last one to two hours. The number of meetings and their location varies from tribe to tribe. Smaller tribes often meet at a member's house while larger tribes reserve venues that can accommodate more people. Most tribes meet either once or twice a month.

## **Communication**

Our Federation publishes a monthly newsletter, called The Drum Beats. This newsletter contains all the important information about upcoming events (date, time, cost, event coordinator), members of the Nation Councils, and other special features. Child submissions of drawings, stories, and puzzles are always welcomed and rewarded with a special bead.

Our Federation has a website which is updated regularly with the same information as The Drum Beats. The site includes the calendar of events, maps, forms, and all kinds of other program-related documents. The site can be found at <http://www.logwhegonation.org>.

## **Patches**

Sons/Daughters and dads receive patches for participating in most Nation events. These patches are specially designed for each event. Children submit designs for these patches, alternating events between the Guide and Princess Programs. The winning child receives a special plaque recognizing that their design was selected for the Federation. Patch forms are available on the website. The deadlines for patch submissions are in The Drum Beats and on the Federation calendar. Chiefs must work with the Feather Bearer to make sure the proper patches are received

## **Necklace and Beads**

At our induction ceremony, “The Council of the Four Winds,” new members receive their necklace and first bead, the special black bear claw. Children then receive beads as tributes for deeds performed at Nation events, games, and other activities supporting the Nations. All bead tributes received through their years of service to the Nations go on this necklace. Chiefs must work with the Bead Bearer to make sure the proper beads are awarded.

## **Vests**

An important symbol of our Nations is the vest. A vest covered with patches is a powerful symbol of the father/child relationship and should be worn with pride. It shows new members of the great times then in store for them. We strongly encourage wearing of vests by fathers and sons/daughters at all events and meetings. Each tribe has a specific vest type and color signifying their tribe. Vests should be ordered early (and large as children grow and patches take up space). The vest order forms are available on the website.

## **Native American Names**

Every member of the Federation has a Native American name of their own choosing that they carry with them throughout their years with the program.

Native Americans usually named their children for one great and/or memorable aspect, aspiration or event in their child's life, such as an outstanding character trait or a spirit they wished would guide the child through life. When you are deciding on a Native American name, you should think about you, your child and the things that most describe each of you, and your relationship (actual or desired) with your child.

These names should be respectful and in keeping with our support of a strong Native American theme. Actual names of famous or historical Native Americans (e.g. Crazy Horse or Geronimo) should never be used. Our purpose is to be authentic so our children can begin to feel part of a special heritage that is at the core of this program. This process is usually one of the first discussions a dad has with his child about this program, so it helps set the tone for the experiences they are about to embark on together. A list of suggested names is provided in the Resource section toward the end of this document.

## Federation Schedule of Events Overview

Below is a very general description of the main events the Guide and Princess Programs hold each year. Details for each event are announced well in advance and are published in the Federation newsletter The Drum Beats, and on the web. For attendance at most Nation and Federation events, a patch is handed out and a child may earn beads for participation in special activities at the event.

All tribes must sign up to run elements of one or more events. Chiefs are responsible for signing up to support events and making certain their tribe is there.

A Federation Calendar lists all the events, meetings, and due dates.

All program information is also posted on the federation web page at [www.logewhegonation.org](http://www.logewhegonation.org).

Events, prices and other details are subject to change.

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**Event:**           **Council of the Four Winds**  
**Program:**       Guides and Princesses together, family invited  
**When:**           Last Sunday in September  
**Where:**         Lake Ellyn, Glen Ellyn by the boat house  
**Cost:**           Free

The Council of the Four Winds is a dramatic induction ceremony bringing together new Guides and Princesses as they join their Nations. With the sound of beating Tom-Toms and the glow of ceremonial fires, Federation leaders along with their sons and daughters present a special program before each new member receives their necklace. It is a must for new recruits as they begin their Y-Program journey. All the family is invited.

All assignments covered by Nation Councils.

**Event:**           **Fall Campouts**  
**Program:**       Guides, Princesses  
**When:**           October  
**Where:**         Stronghold (Guides), Yogi Bear (Princesses)  
**Approx. Cost:** \$15-20/person

Fall campouts usually consist of several activities including pumpkin carving and judging, games, a spook walk, and a bonfire. This is a tent campout. Responsibilities include:

- Registration
- Games (2-3 tribes)
- Bonfire

- Spook walk
- Cleanup

**Event: Harvest Moon Banquet (Dinner)**

Program: Guides, Princesses

When: November

Where: YMCA (Guides), Wynham Hotel, Lisle (Princesses)

Approx. Cost: \$12-\$15/person for Guides, \$20-\$25/person for Princesses

The Harvest Moon Banquet is usually the most attended event of the year. Because of this, a few minutes are taken to recognize the Tribal Chiefs and Nation Council members who have volunteered their time to make these organizations function. Patches are handed out to these individuals and Nation Council members whose child is graduating at the end of the year may receive a plaque. The Princess Harvest Moon normally has music, but it is not a dance. It is somewhat a formal event, with a sit down dinner. The Guides hold their Harvest Moon at the YMCA and serve pizza. All tribes make centerpieces that represent their tribe for judging. Both dinners have entertainment and hand out beads and patches. Responsibilities include:

- Registration
- Tally Tribe for centerpiece judging
- Cleanup (2 tribes)

**Event: Christmas Tree Sales**

Program: Guides, Princesses

When: November/December

Where: YMCA, DuPage County Fairgrounds

In support of YMCA fundraising, the Y-Guides and Y-Princess programs, and other organizations, volunteer to sell Christmas trees. This is a very important fundraiser for YMCA scholarship programs. In appreciation, the YMCA has a pizza/pool party in February for each program for those who sell trees. Assignments for specific dates and times are arranged through the Nation.

**Event: Christmas Party**

Program: Guides and Princesses together

When: December

Where: YMCA

Cost: \$7 wrapped gift, cookies, optional Toys for Tots and food drive

The Christmas Party is a fun event that also supports Toys for Tot and collects non-perishable food items. Each child brings a wrapped gift (value around \$7) for a gift swap. Santa himself hands out the gifts!! Tribes also bring cookies and one extra

wrapped gift to ensure Santa doesn't run short. There is normally a raffle for bicycles and games. There is also entertainment. Responsibilities include:

- Check In
- Games
- Cleanup

**Event: Drury Lane**

Program: Guides and Princesses together, family invited

When: December

Where: Drury Lane

Cost: \$9/person

The Princesses normally purchase tickets to the winter play at Drury Lane Theater, "A Christmas Carole." This is a Federation and family event.

**Event: Sock Hop**

Program: Princesses

When: January

Where: YMCA

Cost: \$5/person

The Princesses hold a 50-60's sock hop at the YMCA. Fathers and daughters are welcome to dress up in period clothes and dance the night away. Ice cream and soda are served. There are normally drawings for prizes. Responsibilities include:

- Set-up
- Check-in
- Ice Cream servers
- Pop servers
- Cleanup

**Event: Winter Campouts**

Program: Guides, Princesses

When: January, February

Where: Camp McLean (Wisconsin – Princesses in January), Camp Tecumseh (Indiana – Guides, Princesses in February)

Approx Cost: \$50/person

There are two Princess Campouts to choose from due to the size of the Princess Nation and the inability for one campground to hold us all. The Princesses (option 1) stay at Camp McLean in January. It has a large toboggan run, a lake for skating and other activities like outdoor games. The Guides and Princesses (option 2) stay at Camp Tecumseh on two different dates in February. This camp has a rifle range, archery, nature center, indoor climbing wall and horseback riding (a limited number of slots

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Saturday and Sunday morning). There are also great trails along the Tippecanoe River. All campouts have a Saturday evening gathering with singing and skits performed by the individual tribes. These campouts are in heated cabins. Responsibilities include:

- Registration
- Outdoor games (tentative)
- Cleanup

**Event: Roller Skating**

Program: Guides and Princesses together, family invited  
When: January  
Where: Lombard Roller Rink  
Cost: \$11/car load, \$3.50 person plus skate rental costs

The Princesses have a roller skating event where family and friends are welcome. Responsibilities include:

- Check in

**Event: Pool Parties**

Program: Guides, Princesses  
When: February  
Where: YMCA  
Cost: Free

Sometime in February, the YMCA staff opens up the building after hours to both programs in appreciation of the Christmas tree sales support. The Guides and Princesses go on different nights.

**Event: Bowling**

Program: Guides, Princesses  
When: February  
Where: TBD  
Approx. Cost: \$6/person which includes shoe rental and 2 games (shared father/child)

Both programs take over a local bowling alley and have a father/child bowling event. Normally, the father and child alternate shots. Two games and shoes are covered. The Princesses have two start times to allow for all members to bowl. Responsibilities include:

- Registration

**Event: Indi-N-500**

Program: Guides, Princesses

When: March  
Where: TBD  
Approx. Cost: \$8 per car

Trophies!! Always popular, the Indi-N-500 is a pinewood derby (small) car race where the fastest car wins!! There are design judging categories including Indian Theme, Most Unusual, and Automotive. The Guides and Princesses race on the same day, but at different times. Responsibilities include:

- Registration (day prior to race)
- Set-up
- Tally Tribe for design judging
- Pit Crew
- Cleanup

**Event: Museum Sleepovers**

Program: Guides and Princesses together  
When: Various  
Where: Various (Museum of Science and Industry, Shedd Aquarium, Field Museum of Natural History, Adler Planetarium)  
Cost: Varies - \$50-\$60/person

The programs reserve space at two of the museums for a Friday night sleepover. Very educational and fun, the sleepover information is provided during the fall.

**Event: Pancake Breakfast**

Program: Guides and Princesses together, family invited  
When: April  
Where: YMCA  
Cost: \$12 family ticket

The programs host the YMCA annual pancake day and auction/raffle. From setting up, cooking, serving, and cleaning, the father and child do it all. There are normally raffle and silent auction items available. Responsibilities are handled separately.

**Event: Spring Campouts**

Program: Guides, Princesses  
When: May  
Where: Camp Shaw-waw-nas-see, near Kankakee  
Cost: \$10-\$20/person

Both programs hold year-end tent campouts which focus on the graduation of the Guides and Princesses who are leaving the program. Normally, the outgoing Nation Chief announces the new Chief and council members. Like the fall campouts, there is a bonfire

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and other activities. There's also good fishing and fantastic hiking trails along Rock Creek that can take you as far as the Kankakee River. Responsibilities include:

- Registration
- Games (2-3 tribes)
- Bonfire
- Cleanup

**Event: Soapbox Derby**

Program: Guides and Princesses together

When: June

Where: Blanchard Street in Wheaton, south of RR tracks

Cost: \$10/child registration, \$20 car kit if needed

Trophies!!! Both programs hold car races on the same day, but compete only within their own Nation. These are larger cars (there is nothing as exciting as pushing your child down a hill on a 2x4). Drivers are broken out by age group. Design categories are Indian Theme, Most Unusual, and Automotive. Cars can be shared between brothers and sisters. The fastest cars from each program race each other at the end for bragging rights!

Responsibilities include:

- Registration (day prior to race)
- Set up
- Starters and Timers
- Cleanup

**Event: July 4<sup>th</sup> Parades**

Program: Guides and Princesses together

When: July

Where: Wheaton, Glen Ellyn

Normally a float is decorated the night before the parade. The float is pulled in both the Glen Ellyn and Wheaton parades and everyone is welcome to ride and walk.

## **Nation and Tribal Structure**

### **Nation Council**

A nation council oversees the management of the specific Nation and is comprised of several functions that include:

**The Nation Chief** – Nation Leader

**Sachem** – previous year's Nation Chief

**Bead Bearer** – Distributes necklaces and tribute beads

**Feather Bearer** –Manages patch program and distributes patches

**Drum Beater** – Writes the newsletter

**Wampum Bearer** – Controls the monies of each program

**Organizer** – Enters and tracks all persons registered for the Guide and Princess programs and helps assign new members to tribes at the start of the year

**Legend Keeper** – Administers the Special Projects Program and works with the Organizer to collect event information for future years

**Tally Keeper** – Keeps the records and attendance at each meeting and awards points for Tribe of the Year

**Pathfinder** – Scouts locations for Nation events (optional function)

**Scouts** – Support all events and perform ad hoc duties

### **Tribal Chief Duties**

Chiefs and co-chiefs are leaders of the tribe. Chiefs attend Longhouse meetings, conduct tribal meetings, and make certain the spirit of the program is achieved. The role of the chief is vital to the success of the program. As the main communication conduit between the organizers of the events and the membership level, a chief bears the ultimate responsibility of guaranteeing enjoyment for father and child.

A special orientation for Chiefs is held in late August. At this meeting, Chiefs will receive a copy of the Program Resource Guide and the Calendar of Events. Each chief, or a tribal designee, should be in attendance at this orientation meeting.

The key responsibilities and expectations for a Tribal Chief are:

- Attending Longhouses, or if unable attend, making certain they have someone there to cover for them. At a Longhouse:
  - Sign tribe up to help at multiple events and make certain their tribe performs the assignments as promised
  - Turn in sign-up sheets and monies
  - Discuss theme and decide Nation issues
  - Get copies of The Drum Beats
  - Receive patches and beads to give to tribe
  
- Holding at least one monthly tribal meeting where you:
  - Communicate current events, sign-up assignments and theme lessons
  - Collect sign-up sheets and monies
  - Distribute The Drum Beats
  - Gather membership information and provide it to the Federation Organizer and YMCA
  
- Responding to Federation or Nation emails or other communications
  
- Maintaining the tribal equipment (tom tom, wampum pouch, tribal standard)

**CHIEFS PLEASE NOTE:** The Nations run on a schedule of events and a set calendar. There are important “drop dead” milestone dates for turning in sign-up sheets for events, monies, patch and bead forms, and membership data. **Late information is unacceptable and if a deadline is missed your tribe may not be able to attend an event or receive a patch.**

## **Tribes, Education, and Meetings**

*Tribal meetings must take place at least once a month.* There are some tribes that meet several times a month; this practice is strongly encouraged. Smaller tribes can rotate meetings between member's homes. Larger tribes might need a different venue that can accommodate a larger number of people. Since Nation and Federation events usually take place during the weekend most tribes meet on a weeknight. Meetings for the entire year should be scheduled as soon as possible.

It is simply not possible to participate in either program without having tribal meetings. With a focus on a stronger theme and hard milestone deadlines for events, each tribe must hold a structured, informational meeting prior to a monthly Longhouse.

Each tribe should have a tom tom and wampum pouch for tribal council meetings. Many tribes also have a tribal standard that is displayed by the meeting host and at the Nation campouts. The construction of such an object for the tribe will earn a special patch (see Special Projects Program).

As a key year-long activity, each tribe should educate themselves on the history of their chosen tribal name. They should learn the proper greeting for their tribe and use it among themselves and tribes. Where were they located? What kind of society did they have? How and where do their current descendants live? If the name of your tribe does not derive from a historical tribal name (e.g., Wolf Tribe) then the default tribe for this Federation is **Ojibway**, in honor of Joe Friday the program co-founder.

### **Tribal Responsibilities – Dads**

Each tribe can select dads other than the Chief to fill certain roles. The most important are probably:

- **Wampum Bearer** – Keeper of the monies collected by the tribe and who has signed up for what
- **Tally Keeper** – Keeps the attendance

Tribes will find it easier to handle their finances by opening a special not-for-profit checking account in the tribal name at a local bank. Individual checks from the members can be deposited into this account and provide a means of tracking payment. When paying for an event a *single check* made out to **B.R.Ryall YMCA** should be turned in at a Longhouse along with a sign-up sheet. Include the event and tribe name on the check memo line.

### **Tribal Responsibilities – Daughters/Sons**

Older Daughters/Sons in the program help younger ones to learn about the program and to make sure that everybody in the tribe feels welcome. All children are expected to exhibit good behavior, especially during the tribal ceremony. They should pay attention as they recite the slogan, the six aims, and the pledge.

## **How To Conduct A Tribal Meeting**

Tribal meetings can rotate between tribal member's homes. The Chief of the tribe usually holds the first meeting of the year. The parent responsible for the meeting sends out an invitation to each tribal member at least one week in advance and directions on how to get there. Email messages are efficient however; hand drawn invitations prepared by the children make special keepsakes. Parents and children should wear their vests to these meetings.

When you are the host prepare for your meeting. You should already have custody of the tom tom and wampum pouch (and tribal standard if any) or you should make sure it's being brought to the meeting. Have enough chairs set up in a circle for the tribal council part of the meeting. The council will require the selection of a Wampum Bearer and a Tally Keeper from among the Princesses or Little Braves. A script for the tribal council ceremony can be found further on in this document.

If you are doing a craft, have that prepared and set up in advance (this also applies to refreshments). If possible have the craft reflect the Native American theme of the programs. Do your best to start the meeting on time. The duration of the meeting should be around 1-1/2 hours. Tribal meetings can also be held outside of the home. The Tribe can attend a Pow-Wow held in the area by Native Americans, hike through the woods, visit a Native American cultural center, or do a multitude of other activities.

## **The Y-Princess Program**

**Purpose:** The purpose of the Y-Princess Program is to foster understanding and companionship between father and daughter.

**Slogan** "Father Daughter, Friends Always"

### **Aims:**

1. To be clean in body and pure in heart.
2. To be friends always with my father/daughter.
3. To love the sacred circle of my family.
4. To listen while others speak.
5. To love my neighbor as myself.
6. To seek and preserve the beauty of the Great Spirit's work in forest, field and stream.

**Pledge:** "We, father and daughter, through friendly service to each other, to our family, to this tribe, to our community, seek a world pleasing to the eye of the Great Spirit."

## **The Y-Guides Program**

**Purpose:** The purpose of the Y Guide Program is to foster understanding and companionship between father and son.

**Slogan** "Pals Forever"

### **Aims:**

1. To be clean in body and pure in heart.
2. To be pals forever with my father/son.
3. To love the sacred circle of my family.
4. To listen while the others speak.
5. To love my neighbor as myself.
6. To seek and preserve the beauty of the Great Spirit's work in forest, field and stream.

### **Pledge**

"We, father and son, through friendly service to each other, to our family, to this tribe, to our community, seek a world pleasing to the eye of the Great Spirit."

## Sample Tribal Council Ceremony

At the appointed time the Chief signals to the Drum Beater (hosting Princess/Little Brave) to strike the tribal tom tom 12 times. All dads and children are to gather around.

**Hosting Big Brave:** All braves please raise your hands and eyes to the Great Spirit.

**ALL:** Great Spirit, as we gather around this council, dwell among us and guide us. Give us wisdom and understanding that we may do those things that are pleasing to you. We offer thanks to you for our friendships as father and son/daughter. Oh Great Spirit, hear our words!

(All lower hands.)

**Hosting Big Brave:** I am (father's tribal name) and this is (child's tribal name). We are tonight's tribal hosts and we welcome you. (Child's tribal name) you are the Drum Beater of this gathering. What are the duties of your office?

**Drum Beater:** The beating of the tom tom calls the tribe together and calls its members to order.

(Drum Beater strikes two beats.)

**Hosting Big Brave:** Chief, the council has been called.

**Chief:** I (Chief's tribal name) and (child's tribal name) thank you for coming. As always we will start with the Y-Guide/Princess pledge.

**ALL:** We, father and son/daughter, through friendly services to each other, to our family, to our tribe, to our community, and to our country, seek a world pleasing to the eyes of the Great Spirit.

**Chief:** Braves/Princesses! What are the six aims of the Y-Guides/Princesses?

**ALL:**

1. To be clean in body and pure in heart.
2. To be pals forever (Guides)/friends always (Princess) with my dad/son/daughter.
3. To love the sacred circle of my family.
4. To be attentive while others speak.
5. To love my neighbors as myself.
6. To seek and preserve the beauty of the Great Spirit's work in forest, fields, and stream.

**Chief:** What is the Y-Guide/Princess slogan?

**ALL:** "Pals Forever" (Guides) or "Friends Always" (Princesses)

**Chief:** (Random choice of Little Braves/Princesses) Who are the Y- Guides/Princesses?

**Little Brave/Princesses:** Y- Guides/Princesses are big braves and little braves/princesses who do things together like my Dad and I.

**Chief:** (Wampum Bearer's name) is the wampum bearer. What are the duties of your office?

**Wampum Bearer:** I shall stand guard over the wampum of the tribe to see that it is well earned and well spent.

**Chief:** (Tally Keeper's name) is the tally keeper. What are the duties of your office?

**Tally Keeper:** The duties of the tally keeper shall be to faithfully record the names of the braves and guides at the council meeting and report this tally when called for.

**Chief:** When you receive the wampum bag please say your Tribal name and tell the council what you have done to earn your wampum. Big Braves when your child is done speaking please say your Tribal name and tell the council what you have done with your child, together, to earn the right to be a member of the mighty (name of tribe). When you are both done speaking put your wampum in the wampum bag and the Wampum Bearer will move to another Little Brave/Princess.

**Chief:** (Hosting Big Brave/Little Brave/Princess names) are the hosts – they will begin.

(All tribe members speak – you can pass the tom tom beater as a symbol that it is their time to present.)

**Wampum Bearer:** Chief, I (Little Brave/Princess name) have received the wampum and it has been well earned.

**Tally Keeper:** Chief, I (Little Brave/Princess name) have recorded the roll.

**Chief:** (Gives out and explains any awards)

**ALL Little Braves/Princesses:** (Scouting reports – optional)

**Chief:** If there is no other talk we will end with the saying of the Omaha Prayer.

**ALL:** (stand and raise hands) Father, a needy one stands before thee, I that speak am he/she.

**Chief:** (Drum Beater's name) please end the council with two beats of the tom tom.

**Chief:** Braves and Guides/Princesses, the council is ended.

## Special Projects Program

The Logewhego Federation Special Projects Program gives dads and children more activities that conform to the aims of the Y-Guides and Y-Princesses. The feathers represent a distinct class of awards that are earned based on specific personal and group achievements, not participation in tribal and nation events. Many of the projects place an emphasis on the Native American theme of the program. Listed below are the ten special projects for which feather patches can be earned. The primary patch (analogous to the large round nation patch but in the shape of a bird with outstretched wings) will be issued at the time the first special project feather is earned. There is also a special larger feather patch that is awarded upon completion of the ten special projects.

The tribal chiefs have the primary responsibility for ensuring that the criteria are met before a feather patch is awarded, although some special projects will be held in conjunction with nation events like the campouts. The Legend Keeper of each nation council is designated as the special projects coordinator for their nation – this is the main contact person in the event of questions or suggestions.

Number	Feather	Project Description
1	White with blue tip	Recite the names of all fathers and daughters/sons in the tribe, both English and Native American.
2	White with red tip	Recite tribal ritual, including opening and closing prayer, guides/princess pledge, and guides/princess aims.
3	Red with black tip	Participate in a community function (e.g. community cleanup, charitable or good-will project) and deliver report to tribe.
4	Yellow with red tip	Complete a major piece of tribal equipment (e.g. tribal standard, talking stick, tom-tom, wampum pouch).
5	Yellow with black tip	Deliver a report on the history, lifestyle, and/or customs of the Native American tribe for which the group is named. If there is no actual tribe, report on the Ojibway.
6	White with brown tip	Draw (or collect and mount) 6 (six) different native tree or plant leaves, or six different birds, or six different mammals, or six different fish, or six different insects, with identification and brief description.
7	Green with black tip	Complete a Native American handicraft that is not a tribal council meeting or tribal equipment project.
8	Black with yellow tip	Memorize and draw 12 (twelve) Native American symbols from any tribe or culture.
9	Blue with white tip	Act as a mentor for another little brave or princess in the tribe who is working to earn a special project feather.
10	Black with white tip	Read a Native American myth or story, preferably appropriate to the tribe, as part of a tribal council meeting.
11	Large red with white tip and base	Complete all 10 special projects.

One reason these 10 projects were chosen is that they offer a range of difficulty levels. And since each child spends an average of four years in the program it is possible to earn all 10 special projects feathers, and the 11<sup>th</sup> large feather, by completing two or three projects a year.

Boys and girls who are younger and just starting the program would find projects 1, 2, and 3 particularly suitable. Project 1 involves memorizing the real and Indian names of all fathers and sons/daughters in the tribe and thus helps newer members get comfortable in the group. This would be difficult for very large tribes with 15 or 20 or more families – perhaps it would be sufficient to memorize the real names of the other girls or boys. Project 2 would also help newer members get comfortable. Only those parts of the tribal ritual spoken by the little braves or princesses must be memorized. The “test” should consist of an adult reading the adults-only parts while the child responds. Participating in a community function (Project 3) can be done at any age.

Older more experienced boys and girls would find projects 4, 5, and 9 particularly suitable. Projects 4 and 5 require a higher level of knowledge and ability to complete, and mentoring other tribal members (Project 9) is by definition something that can be done only after some experience has been gained.

Projects 6, 7, 8 and 10 are somewhere in the middle. A younger child with a particular interest or skill may be able to tackle them just as readily as an older one.

## Resource Suggestions

There are numerous activities for tribes to do during the year that are both fun and educational. A quick Internet search can provide a wealth of possibilities. A few suggestions are included below. The Schingoethe Center for Native American Cultures at nearby Aurora University has a wealth of educational material available for lending and also has special events throughout the year.

Bibliography and suggested sites: (for information purposes only – no endorsement given)

*Index of Native American Resources on the Internet*

<http://www.hanksville.org/NAresources/>

*Native American Languages*

[http://www.geocities.com/cheyenne\\_language/langlinks.htm](http://www.geocities.com/cheyenne_language/langlinks.htm)

*Schingoethe Center for Native American Cultures (Aurora University)*

<http://www.aurora.edu/museum/index.htm>

*Native Tech*

<http://www.nativetech.org/games/>

*Of Earth, Stone and Corn:*

*The Anasazi and their Puebloan Descendants:*

<http://fhss.byu.edu/anthro/mopc/pages/Education/EarthActivities/agames.htm>

*The Indigenous Circle:*

<http://members.aol.com/ladyscribe/indig/>

## Name Suggestions

Edited from the [http://www.y-indianguides.com/pfm\\_dd\\_names.html](http://www.y-indianguides.com/pfm_dd_names.html) website.

### GUIDES

Arrow Head  
Bear Claw  
Big Bear  
Big Bow  
Big Brave Buffalo  
Big Buffalo  
Big Fish  
Big Moth  
Big Oak  
Big Running Fox  
Big Sky  
Big Steam Dancer  
Big Thunder  
Big Trout  
Big Wet Bear  
Big Wing  
Biting Python  
Black Bear  
Black Elk  
Black Hawk  
Blazing Crocodile  
Blue Fox  
Blue Sky  
Blue Jay  
Bow Hunter  
Brave Fox  
Brave Thunder  
Brave Tomahawk  
Bright Arrow  
Bright Lightning  
Bright Spirit  
Broken Arrow  
Burning Arrow  
Burning Fire  
Canoe Rider  
Cloud Dancing  
Coiled Snake  
Condor  
Crashing Wave  
Crazy Fox  
Crazy Legs  
Crazy Squirrel  
Dark Hawk  
Dune Runner  
Little Shark  
Little Stream Dancer  
Little Turtle  
Little Twig  
Little Wing  
Little Wolverine  
Lone Howling Wolf  
Lone Star  
Long Bow  
Long Knife  
Mighty Mouse  
Mighty Oak  
Moon Ray  
Moon Silver  
Moon Sliver  
Mountain Lion  
Night Spirit  
Old Grizzly Bear  
Old Scout  
Owl Moon  
Painted Horse  
Purple Pond  
Racing Stallion  
Radiant Rainbow  
Raging Buffalo  
Raging Bull  
Raining River  
Rattler  
Raving Bull  
Red Arrow  
Red Eagle  
Red Hawk  
Red Ryder  
Red Wolf  
Rising Son  
Rising Sun  
River Tender Hearted  
Road Runner  
Roaring Tiger  
Rolling Rock  
Rolling Thunder  
Run Like the Wind  
Running Bear  
Running Brave

### PRINCESS

Amber Water Lily  
Autumn Sun  
Baby Fawn  
Beautiful Horse  
Big Butterfly  
Big Cat  
Big Princess  
Big Rainbow  
Big Trout  
Black Raven  
Blonde Feathers  
Blossom Flower  
Blue Cub  
Blue Dolphin  
Blue Eagle  
Blue Moon  
Blue Sunshine  
Bright Moon  
Bright Star  
Bright Sunshine  
Climbing Rock  
Cotton Tail  
Crawling Cub  
Dancing Bear  
Dancing Butterfly  
Dancing Cub  
Dancing Heart  
Dancing Pony  
Dancing Rainbow  
Dancing Star  
Dancing Swan  
Dancing Wind  
Daring Doe  
Darting Horse  
Diving Dolphin  
Double Rainbow  
Dream Catcher  
Eagle Eye  
Evening Star  
Falling Snowflake  
Falling Star  
Fire Dragon  
Fishing Bear  
Flowering Blossom  
Pink Cloud  
Pouncing Wolf  
Prairie Falcon  
Prancing Pony  
Pretty Kitty  
Princess Bee  
Princess Butterfly  
Princess Cloud  
Princess Flower Sky  
Princess Glowing Moon  
Princess Happy Talk  
Princess Little Dove  
Princess Lone Tree  
Princess Moonbeam  
Princess Moonflower  
Princess of the Water  
Princess Singing .....  
Grass  
Princess Snowflake  
Princess Squirrel  
Princess Star  
Princess Thunder  
Prancing Deer  
Proud Eagle  
Purple Cloud  
Purple Dawn  
Raccoon Eyes  
Raging Bull  
Rain Cloud  
Rain Drop  
Rainbow  
Rainbow Brite  
Rainbow Flower  
Rainbow Warrior  
Raven  
Red Robin  
Red Sky  
Rising Moon  
Rising Star  
Rising Sun  
Roadrunner  
Roaring Water  
Rolling Thunder Cloud  
Rose Petal

Eagle Eye	Running Bull	Flying Bird	Round Moon
Eagle Face	Running Deer	Flying Eagle	Run Like The Wind
Eagle Feather	Running Dog	Flying Squirrel	Running Bull
Falling Rock	Running Fox	Free Spirit	Running Bunny
Fast Raccoon	Running Late	Friendly Eagle	Running Deer
Fast Running Cheetah	Running Lightning	Flying Butterfly	Running Rainbow
Fighting Falcon	Running River	Gentle Blue Bird	Running River
Fire Starter	Running Wolf	Gentle Dove	Running Roadrunner
Fire Stick	Rushing River	Glowing Moon	Running Skunk
Firebird	Scampering Wolf	Golden Eagle	Running Star
Flaming Arrow	Screeching Owl	Golden Pony	Running Tail
Floating Moon	Screaming Eagle	Golden Star	Running Wind
Floating Star	Screaming Scorpion	Golden Sun	Runs Like the Wind
Flying Arrow	Sequoia	Golden Sunset	Rushing River
Flying Eagle	Sharp Horned Buffalo	Golden Sunshine	Sea Turtle
Flying Hawk	Sharp Spear	Good Feather	Shimmering Sand
Flying Stork	Shining Dove	Grinning Bear	Shining Daisy
Fox Tail	Shining Owl	Happy Cloud	Shining Red Star
Galloping Horse	Shooting Arrow	Happy Hedgehog	Shining Ring
Gliding Eagle	Silver Star	Hawkeye	Shining Wolf
Ghost Rider	Singing Dolphin	Honey Bear	Shivering Deer
Golden Arrow	Sitting Buck	Hopping Foot	Shooting Arrow
Golden Bear	Sky Hawk	Hopping Frog	Shooting Star
Golden Bobcat	Sky Man	Howling Coyote	Silver Bass
Golden Eagle	Sleeping Badger	Howling Wolf	Silver Star
Golden Eye	Slithering Snake	Hummingbird	Singing Bird
Golden Fox	Sly Snake	Leaping Deer	Singing Songbird
Golden Hawk	Snarling Wolf	Legal Eagle	Singing Water
Golden Rain	Soaring Eagle	Lightening Bolt	Sleeping Fawn
Great Eagle	Soaring Hawk	Little Bear	Smiles-a-Lot
Great Star	Southern Paw	Little Blossom	Smiling Puppy
Green Iguana	Speedy Bear	Little Blue Eyes	Smiling Star
Grey Feather	Spirit Dog	Little Blue Feather	Snoring Bear
Grey Wolf	Stalking Bobcat	Little Bright Star	Soaring Eagle
Growling Bear	Storm Eagle	Little Buck	Sparkling Moon
Hairy Bear	Straight Arrow	Little Butterfly	Sparkling Star
Heavy Feather	Strong Wind	Little Canoe	Sparkling Stream
Hoarse From Roaring	Sun Eagle	Little Dolphin	Spring Star
Howling Wolf	Sun In Eyes	Little Eye	Spring Tulip
Hungry Bear	Sunflower	Little Fawn	Squash Blossom
Hunting Hawk	Super Eagle	Little Feather	Star Finder
Hunting Wolf	Swift Hawk	Little Flower	Starbrite
Ice Dancer	T-Hawk	Little Fox	Starlite
Ice Wolf	Talking Bull	Little Golden Bear	Straight Arrow
Jack Rabbit	Talking Eagle	Little Lake	Strong Wind
Jumping Deer	Tall Oak	Little Licking Kitty	Sun Flower
Jumping Wolf	Tall Snake	Little Moose	Sunflower
Jupiter Thunder	Tall Tree	Little Mouse	Sunlight
Laughing Monkey	Thunder Hawk	Little Rabbit	Sunrise
Laughing Squirrel	Thunder Hoof	Little Rainbow	Swift Eagle
Leaping Fish	Thunderbird	Little Red Fox	Swimming Cat
Leaping Lizard	Thunderbolt	Little Rock	Swimming Frog
Leaping Toad	Thundering Moose	Little Running Bear	Swimming Otter
Light Feather	Thunder Star	Little Running Bee	Tender Warrior

Lightning  
Lightning Moose  
Limping Wolf  
Lion Heart  
Little Acorn  
Little Bear  
Little Beaver  
Little Black Hawk  
Little Buffalo  
Little Bull Moose  
Little Cobra  
Little Cougar  
Little Cub  
Little Devil  
Little Fish  
Little Grizzly Bear  
Little Hawk  
Little Lightning Bolt  
Little Lion  
Little Moth  
Little Mustang  
Little Owl  
Little Red  
Little Running Behind  
Little Running Wolf

Tiger Tooth  
Too Tall Grizzly  
Turtle Keeper  
Two Wolves  
Underhill  
Walking Buffalo  
White Eagle  
White Panther  
White Shark  
White Wolf  
Wild Bear  
Wild Boar  
Wild Runner  
Wile Coyote  
Winter Hawk  
Wolf  
Wounded Gull  
Wrestling Bear  
Young Eagle Eye

Little Shooting Star  
Little Snow Bear  
Little Spark  
Little Stream  
Little Thunder  
Little Thunder Bull  
Little Tiger  
Little Turtle  
Little Wing  
Little Wolf  
Lone Star  
Love Bird  
Mama Bear  
Moon Bear  
Moon Face  
Moon Silver  
Moonbeam  
Moonlight  
Morning Cloud  
Morning Dove  
Morning Sun  
Morning Star  
Mountain Flower  
Night Flower  
Night Owl  
Peeping Fawn  
Pink Blossom

Thunder Cloud  
Thunder Light  
Tiger Lilly  
Tiger Lily  
Tiger Paw  
Tiger Tooth  
Tiger Tulip  
Walking Bear  
Water Lilly  
Whispering Wind  
White Buffalo  
White Cloud  
White Eagle  
White Pearl  
White Sun  
White Wolf  
Wild Coyote  
Wild Eagle  
Wild Flower  
Wild Horse  
Wild Pig  
Wild Thing  
Wind Dancer  
Wind in Golden Hair  
Wolf Eyes  
Yellow Peacock  
Yellow Sunflower

## **Native American Kid's Games**

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### **ARROW TOSS**

#### **MATERIALS:**

50 plastic straws

Clay

red paint or permanent marker

#### **PREPARATION:**

Make "arrows" from the straws by pushing clay into one end. This will weight the straw much in the same way that an arrow or dart would be weighted. Paint or mark the end red.

#### **HOW TO PLAY:**

You need five people. Each person should have ten arrows. On the ground, draw a circle that is 3 feet (1 meter) across. Stand two paces from the circle. The first player should toss his first arrow into the circle. The second player tries to toss his arrow so that it lands on the first player's arrow. If it does, he wins both arrows. If it doesn't, the next player tries to land his arrow on one of the arrows in the circle. If he does, he wins the arrows and the game begins again with that player tossing in the first arrow. The game continues until someone wins all the arrows or until it gets too dark to toss any more arrows.

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### **WOODEN DICE GAME**

#### **MATERIALS:**

1 12" wooden dowel

small saw

sandpaper

red paint

#### **PREPARATION:**

Have a grown up cut the dowel into three equal parts with the saw. Sand one side of each piece flat. Mark the round side of one stick with an X. These three pieces will be the dice.

#### **HOW TO PLAY:**

Throw the dice on a flat surface. Three round sides up count 10. Three flat sides up count 5. Marked stick round side up counts 15. Plain stick flat side up counts 15. Everything else counts 0. Play until someone reaches 100.

---

## **THE HAND GAME**

### **MATERIALS:**

2 small stones  
red paint or marker

### **PREPARATION:**

Paint or mark a red dot on one of the small stones. Let it dry.

### **HOW TO PLAY:**

Sit in a circle on a blanket with some friends. Hold the stones in one hand. Pass one of the stones to the person at your right. Don't let anyone see which stone you pass. The person to your left has to guess which stone you passed. If this person guesses the correct stone, give him both stones. Then he has to pass the stones on to another person. Next, ask someone else to guess. If the guesser chooses incorrectly, the same person may pass the stone again to another person and continue doing so until a guesser chooses correctly. You can play as long as you like, but the person who guesses the correct stone the most number of times wins.

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## **THE STICK GAME**

### **MATERIALS:**

3 flat sticks (like popsicle sticks)  
crayons

### **PREPARATION:**

Color two sticks with a red squiggly line on one side to represent a snake. Leave the other side plain. Color one stick with blue dots on one side to represent a person. Leave the other side plain.

### **HOW TO PLAY AND SCORE:**

Hold all three sticks in both hands. Toss them in the air. If all the plain sides fall face up, score 4 points. If all the marked sides land face up, score 4 points. Two snakes and one plain up, score 6 points. Two plain and one snake up, score 6 points. One plain, one snake, and one man up, score 0 points. Play until someone reaches 50 points.

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## **SHINNY**

### **MATERIALS:**

A slim, flexible stick for each player  
4 sheets of newspaper  
4 strong sticks 15" long  
masking tape  
red paint  
string

#### PREPARATION:

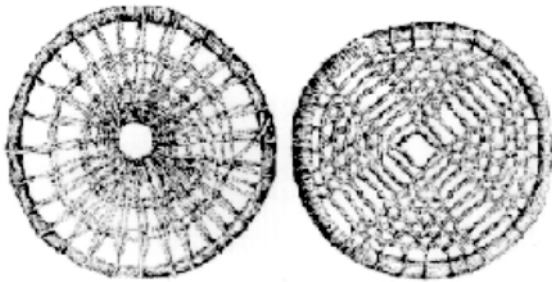
Bend each slim stick so that it has a crook on the end. If you cannot find a stick that bends, tape two sticks together. Tie the stick so that it will stay bent. Roll the newspaper into a ball. Cover it with tape. Paint a design on in red.

#### HOW TO PLAY:

Shinny is like hockey, except that there is no net. Make a goal by putting two of the strong sticks into the ground 3 feet apart at each end of the playing field. (The field should be pretty big because there is a lot of running around in this game.) To begin, set the ball in the middle of the field. Each team stands by the goal. On signal, both teams run to the ball. The idea is to get the ball through the other team's goal markers. Do not touch the ball with your hands or feet, only with the sticks. You can throw the ball with your shinny stick, but you cannot hit the other player with your stick. One point is scored for each goal. As many can play as want to, but there must be the same number on each side.

### **Traditional Games, Crafts and History**

#### **Hoop & Dart Game**



Natives of different groups have their own special ways to play the Hoop & Dart game, but in all the games a person tosses a dart of some kind at a circular hoop. The hoop can lay still on the ground or even be hung from a tree, as people take turns throwing their darts at it. More often than not, the hoop is rolled along the ground, set into motion sometimes by a third player, while the two other players toss their darts as the hoop rolls in front of them. The score depends on how or if the dart falls on or through the hoop.

One hoop is made by just bending a branch into a circle and tying the ends with rawhide. Other simple hoops are made from bundled corn husks, cedar bark or other plants and are wrapped with rawhide or colored yarn, and some with beads attached to the inside to divide up the ring. Some hoops use rawhide lacing stretched across the hoop to divide it in two halves or into quarters. And many hoops have a web of string woven onto them, which divides up the hoop into different sections and shapes like squares, rectangles and triangles. These different shapes in the web can then be used to determine the score when the dart lands in them. Netted hoops are made by the Arapaho of Wyoming, the Cheyenne of Oklahoma, the Oglala Sioux of South Dakota, the Chippewa of North Dakota, and the Crow and the Gros Ventre tribes of Montana.

People of the Grosventre use a net of buckskin lacing. The holes of the web vary in shape and each has it's own name and value. The large square in the center is the heart; the rectangles coming out in four directions are the buffalo bulls; the last rectangle at the edges of the hoop are buffalo cows; the four groups of small triangles in between the rectangles are the buffalo calves; the large pentagonal holes along the edge of the ring are the wolves; the small holes at the edge of the ring are the coyotes (on either side of the rectangles called cows). This game ends when the first player reaches a certain number of points decided before hand.

More simple ways of keeping score are used by other Natives. Sometimes the object is not to reach a certain number of total points, but instead the object is for a player to try and acquire all the darts of the other player. Using this method, each player in turn tosses one dart. If one of the player pierces the hoop while the other misses, the player who hit the hoop takes the dart of the player that misses. If both players miss, or both players hit the hoop, they pick up their own darts and each take another turn. This game ends when one player has captured all the other darts.

Different kinds of darts were made by Native Americans of different groups too. Some darts were simply a pointed stick; some sticks were only a few inches long while other sticks were several feet long and looked more like spears. Sometimes the sticks were painted or carved, or had feathers tied to one end. Some darts have forked ends, or hooks or barbs, to catch on the hoop so that it would not pass all the way through. One of the most ingenious darts is made from a corncob, a stick and some feathers. The corncob darts are traditionally made by the Hopi of Arizona and the Zuni of New Mexico. The corncob is first pierced with a pointed stick a few inches long from one end of the cob. Into the other end of the cob, two wing feathers are inserted into the whole. When this dart is tossed the feathers pull on the air cause the dart to spin like a pinwheel!



## Ball & Triangle Game

A traditional toy used by Penobscot children consisted of a stiff piece of birch bark cut into a triangular shape, with a hole in the center. To one corner of the bark triangle is attached a string, and a ball is attached to the other end of the string. The circular hole in the center of the bark triangle is made only slightly larger than the ball attached to the string. Children grasp a corner of the triangle opposite the string, toss the ball into the air, and the object of the game is to get the ball to drop through the hole in the bark.



## CRAFTS

### How to Make Corn Husk Dolls

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Wherever corn was grown as a crop, children, in both Native American and Colonial American families, used husks to fashion dolls. Follow these simple instructions and refer to the accompanying diagrams to create your own unique doll.

#### Materials Needed:

string



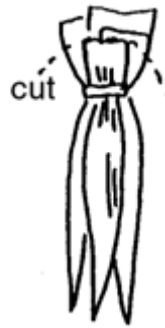

scissors





a bucket of water





bags of cornhusks- most easily purchased (dried, cleaned and in uniform sizes), at a local craft store  
cornhusk doll diagram page (print out)

#### Directions:

\*\*\*\*Before beginning, soak cornhusks in a bucket of water until they are soft and pliable.\*\*\*\*

<p>1.</p> 	<p>Take four cornhusks and arrange them as shown.</p>
<p>2.</p> 	<p>Using a small piece of string, tie the straight ends together tightly.</p>
<p>3.</p> 	<p>Trim and round the edges with scissors.</p>
<p>4.</p> 	<p>Turn upside down and pull long ends of husks down over the trimmed edges.</p>

<p>5.</p> 	<p>Tie with string to form the "head."</p>
<p>6.</p> 	<p>Take another husk, flatten it, and roll into a tight cylinder.</p>
<p>7.</p> 	<p>Tie each end with string. This forms the doll's arms.</p>
<p>8.</p> 	<p>Fit the arms inside of the long husks, just below the "neck."</p>

<p>9.</p> 	<p>Tie with string, as shown, to form a "waist."</p>
<p>10.</p> 	<p>Drape a husk around the arms and upper body in a criss-cross pattern to form "shoulders."</p>
<p>11.</p> 	<p>Take four or five husks, straight edges together, and arrange around waist. These form a "skirt" for the doll.</p>
<p>12.</p> 	<p>Tie with string.</p>

13.



If desired, follow the diagram to form legs for the doll. Tie legs with small strips of husks as indicated. Finish off the doll by tying small strips of husk around the neck and waist to hide the string. Small scraps of cloth may be used to dress the doll.

### **Dream Catcher Instructions**

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To Native Americans, dreams were messages sent by sacred spirits. According to legend, the hole in the center of a dream catcher web allows good dreams to reach the sleeper, while the web itself traps the bad dreams until they disappear with the first light of morning. Follow these steps to create dream catchers with your little braves or princesses.

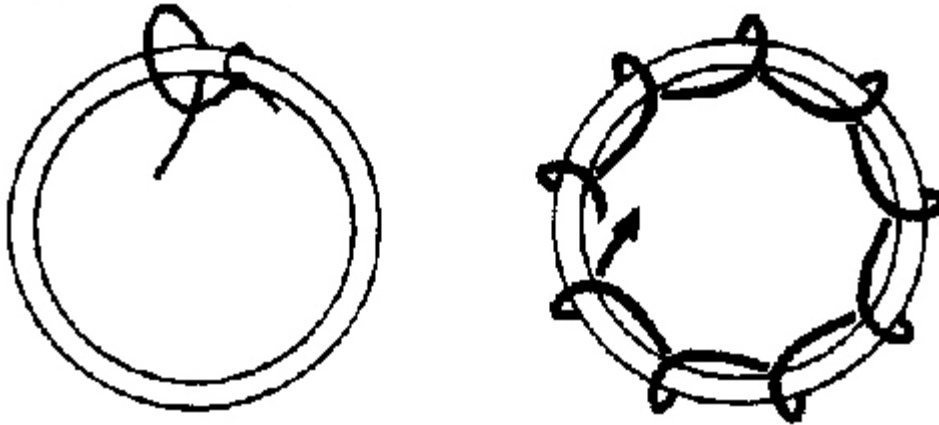
#### Materials:

thin, round, basket-weaving reed (this can be purchased at an arts and crafts store.)  
string or twine  
beads and feathers  
yarn

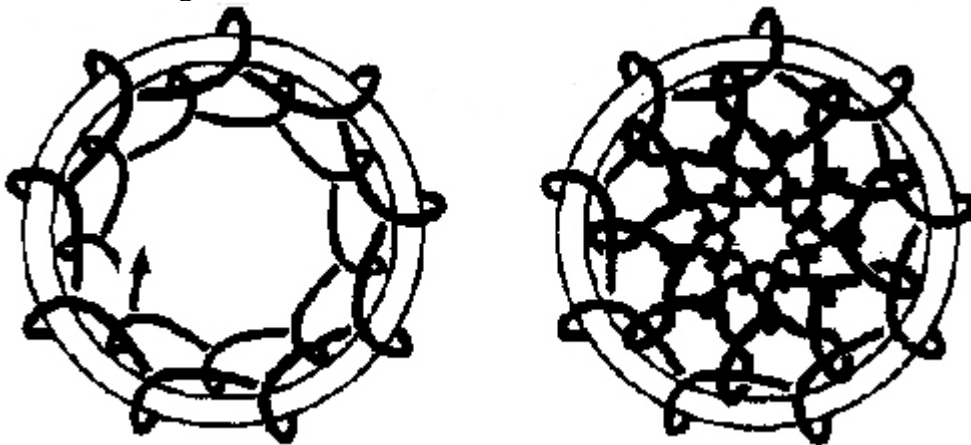
#### Directions:

**Step 1:** Take a length of reed equivalent to approximately 26 inches, form into a circle and secure by overlapping and bending the two loose ends around the edge of the circle. The circle width should be 5 to 5 1/2 inches. To strengthen the circle and prevent it from coming undone, you may tightly wrap the entire circle with a length of colorful yarn.

**Step 2:** To begin making the dream catcher "web," tie one end of the twine or string to the circle you have formed in step one. Tie 9 "hitch knots" around the ring, spacing them approximately 2 inches apart. Keep the string snug when going from one knot to the next being careful not to distort the shape of the circle. See diagram below:



**Step 3:** To begin the next row of the web, begin tying hitch knots in the middle of the string already attached. Continue tying hitches in the same way until the opening in the center is the desired size. To end the web, tie a double knot in the twine and cut off any excess. See diagram below:



**Step 4:** To decorate the dream catcher: Each child will need about 2 feet of string for attaching beads and/or feathers. Cut string into 4 equal pieces and thread the beads or tie the feathers to the ends. Tie these decorate strings to the bottom, sides, and center of the dream catcher. Be sure to attach a hanging loop to the top.

## Making Native American Pinch Pots

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Follow these directions to create a traditional style of earthenware used by Eastern Woodland Native Americans. While clay from streams and rivers would have been used to fashion pottery used for cooking and eating, we recommend using self-drying clay available at most craft stores. **The pots you will create are for educational and decorative purposes only. DO NOT use these pots to hold food or liquids of any kind!**

### Materials:

self-drying clay (no firing or baking needed)  
a small container of water for each child  
butcher paper to cover tables  
damp paper towels for each child  
assorted shells, sticks, stones, etc., for etching designs in the pots

### Directions:

**Step 1.** Take a small handful of clay and shape into a round ball.

**Step 2.** While holding the ball in the palm of one hand, take the thumb of the other hand and make an indentation in the center of the ball. Keep turning the ball of clay and pressing down with the thumb to within 1/2 inch of the bottom.

**Step 3.** When the pot is the desired depth, rotate while pinching the sides with the thumb (inside) and fingers (outside).

**Step 4.** Work from the bottom up until you have achieved the desired shape. As the clay dries it may begin to crack. Keep dipping your fingers in the small container of water and wipe the surface of the pot frequently with damp paper towels.

**Step 5.** When the pot is finished, used small objects that would normally be found in nature, to etch designs in the pot. Make sure each child etches their initials in the bottom.

**Step 6.** Allow several days to completely dry. **Caution:** These pots will break if not treated gently and they are not water resistant.