

Big Tee Pee
Federation

Indian Princess and
Indian Guide
Resource Manual

Heritage YMCA Group

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Big Tee Pee Federation - Heritage Group YMCA
Indian Princess and Indian Guide Resource Manual

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Section I

Purpose and Philosophy

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The Y-Indian guide Programs have a long history of providing children between the ages of five and nine and their parents with opportunities for good times, learning, and mutual understanding. In this program you and your child will meet with other parent-child teams in a small group, called a tribe, to hold tribal meetings or participate in fun and educational outside activities. This Program Framework section contains a review of the basic ideas behind the Y-Indian Guide Programs, a description of how the programs work, and an explanation of how a typical tribal meeting is conducted. It also includes tips for beginning a new tribe and guidelines for program evaluation.

WHAT ARE THE Y-INDIAN GUIDE PROGRAMS?

From small beginnings, the Y-Indian Guide Programs have grown to serve many thousands of people. This section starts with a discussion of the programs' origins and Indian theme. A short description of each of the two program branches is followed by the overall program objectives and a review of the characteristics of children in the Y-Indian Guide Programs age group.

How YMCA Indian Guide Programs Began

The first Y-Indian Guide Program was developed to support parents' vital role as teachers, counselors, and friends to their children. Harold S. Keltner, St. Louis YMCA Director, initiated the program as an integral part of Association work. In 1926, he organized the first tribe in Richmond Heights, Missouri, with the help of his good friend, Joe Friday, an Ojibway Indian, and William H. Hefelfinger, chief of the first Y-Indian Guide tribe. Inspired by his experiences with Joe Friday, who was his guide on fishing and hunting trips to Canada, Harold Keltner established a program of parent-child experiences that now involves several hundred thousand children and adults annually in the YMCA.

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

The Ojibway Indian spoke before groups of YMCA boys and their fathers in St. Louis, and Mr. Keltner discovered that fathers, as well as boys, had a keen interest in the traditions and ways of the American Indian. At the same time, Harold Keltner, being greatly influenced by the work of Ernest Thompson Seton, great lover of the out-of-doors, conceived the idea of a father-and-son program based upon the strong qualities of American Indian culture and life---dignity, patience,

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endurance, spirituality, harmony with nature, and concern for the family. Thus the first Y-Indian Guide program was born more than half a century ago.

The rise of the family YMCA following World War II, the genuine need for supporting little girls in the personal growth, and the demonstrated success of the father-son program nurtured the development of YMCA parent-daughter groups. The mother-daughter program, now call Y-Indian Maidens, was established in South Bend, Indiana, in 1951. Three years later, father-daughter groups, now known as Y-Indian Princesses, emerged in the Fresno, California YMCA. In 1980, the National Longhouse recognized the Y-Indian Braves Program for mothers and sons, thus completing the four programs and combinations in Y-Indian Guide Programs. The Heritage Group YMCA only offers the Indian Guide and Indian Princess programs at this time.

Although some Y-Indian Guide groups had extended their father-son experiences beyond the first three school grades from the beginning, it was not until 1969 that Y-Trail Blazers was recognized by the National Longhouse Executive Committee for nine- to eleven-year-old boys and their fathers. Trail Maidens, Trails Mates, and Coed Trail Blazers also have been developed and recognized in YMCAs across the country. The Heritage YMCA offers a Coed Trailblazer program for children in Grades 4 – 8. This program encourages parent and child activities without the individual tribes used in the Guides and Princess programs. These activities are more advanced and challenging for the older children. They still include campout weekends along with special monthly activities as an entire group.

The American Indian Theme

The Y-Indian Guide 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 the American Indians can challenge a father or mother to be aware of his or her role a parent, guide, friend, and example for a son or daughter and help develop the child’s natural curiosity and enthusiasm. In 2001, some groups around the US have challenged the national YMCA to drop the Native American theme. They claim that imitating the native American tribes is disrespectful. The Heritage YMCA Group and our programs have chosen to retain the Native American theme. We have enlisted the assistance of local and national Native American groups to help us refine our program. We will continue to learn about the many outstanding qualities of the Native Americans in a way that does not dishonor the past or present tribes.

The teaching of values, attitudes, fitness and health, knowledge, and ethics to children is an integral part of the Indian 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 Indian people for parent responsibility in teaching and guiding children to adulthood as a fine standard for all parents and children to live by today.

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The American Indians have exceptional poise, dignity, and pride. Honesty and the given word have been inviolate in their way of life. Indians 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, their forces of nature are highly significant. All parents and children can recognize the great value of conserving resources and elimination waste in our urban-centered world.

Through the purposeful parent-child expenses of Y-Indian Guide programs, the YMCA can be instrumental in upgrading the image of the American Indians by supporting their self-pride, aiding the struggle to preserve their history, and recognizing their meaningful contribution to society.

The Heritage YMCA Group Program

The group of Indian Guides and Princesses at the Heritage Group YMCA are all part of the Big Tee Pee Federation. This is the volunteer parent led organization that administers and organizes our activities. The group is made up of six nations. There are three Guides and three Princess nations. The Guides nations include the Plains, Lake and Forest. The Princess nations include the Desert, Mesa and Prairie nations. Each nation consists of approximately twenty tribes. The six nations take turns volunteering to organize and lead the various monthly Federation sponsored events. With a number of tribes in each nation, the time spent working at any one event is minimal. In most cases, some of the dads and older kids from a tribe work together to oversee an activity for approximately 30 minutes during an event.

Y-INDIAN GUIDE PROGRAM

Purpose

The purpose of the Y-Indian Guide Program is to foster understanding and companionship between father and son.

Slogan - "Pals Forever"

The slogan, "Pals Forever," does *not* mean that father and son relate to each other as equals, such as two boys who are pals. Rather, it means that father and son have a close, enduring relationship in which there is communication, understanding, and companionship. The Y-Indian Guide Program encourages such a relationship by providing a means for father and son to share enjoyable experiences, to observe and learn about one another, and to develop mutual respect.

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 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."

Headband

The central theme of the headband is the eye of the Great Spirit surrounded by the four winds of heaven. The feathered arrow designs that extend right and left from the central symbol represent the useful services of father and son. Among the American Indians, whenever someone achieved an outstanding feat, its significance was recognized by the Indian tribe, often in the form of feathers. The fact that the father-and-son achievements are united in the center of the design is interpreted to mean that fathers and sons together, under the eye of the Great Spirit, are seeking to help each other in the services they render.

On the right side of the headband are the symbols of the mother and the home. A line connects the mother symbol to home, which is symbolized by the fire in the tepee. On the left are symbols of father and son. Their relationship is represented by the line that joins the two symbols. These symbols add to the richness of the central theme, for it is in service to mother and home that many of the more significant achievements of father and son will take place.

Far to the right are symbols of day and forest. Far to the left are symbols of mountain, lake, field, and stream, with the moon for night. These symbols enrich the central theme, giving broader scope to services by centering the efforts of father and son on village and community life, and, as the aim states, "in forest, field, and stream."

Y-INDIAN GUIDE PRINCESS PROGRAM

Purpose

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

Slogan

“Friends Always”

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 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.”

Headband

The central theme of the headband is the eye of the Great Spirit with the crossed arrows of friendship on the left side and the circled heart of love on the right side. The symbols for father and daughter are next to the grouped tepees, which indicate happy work in the community, and the single tepee, which denotes happy work in the home. The trees, water, and grass exhort the wearer to see and preserve the Great Spirit’s beauty in forest, field, and stream.

Section II

Tribe Meetings

Tribal Responsibilities – Dad’s

Each tribe selects dads to fill certain roles.

Chief - Leader of the tribe. Attends Federation meetings, conducts tribal meetings, makes sure the spirit of the program is achieved

Medicine Man - Assistant chief that fills in when the Chief is unavailable and will also be the Chief for the next year.

Wampum Bearer – Keeper of the monies collected by the tribe

Property Keeper – responsible for keeping the tribal property and bringing it to the Federation activities when necessary

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.

How To Conduct A Tribal Meeting

Tribal meetings rotate between tribal members homes and are held at least once a month. 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. Be prepared for your meeting. Have enough chairs set up in a circle and if you are doing a craft, have that prepared and set up in advance. This also pertains to refreshments. 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, etc.

Typical meeting agenda:

Chief calls the meeting to order

Ceremonial part of meeting

Medicine Man does short invocation

Slogan

Purpose

Aim

Wampum/Scouting report

Short Indian Story

Game *(All together or Big Braves vs. kids)

Craft

Refreshments

Closing Ceremony

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The Chief needs to take control of the meeting to keep order and keep the meeting moving along. Below is a sample tribal meeting and is meant as an outline. Each tribe might do things a bit different but stick to the general outline.

- **The Chief calls the meeting to order. The meetings host child strikes 12 beats on the tribal drum** (or other suitable drum). *During this time, Dads and children should be gathering around the circle and becoming quiet by the twelfth beat. A variation on this would be to strike one beat for each child present.*
- **The Chief asks the Medicine Man to say a few words.** *Example: Oh Great Spirit, look upon this tribe, the(insert tribe name), and guide us in our ways. Or a suitable prayer.*
- **The meetings host child strikes 2 beats on the tribal drum.**
- **The Chief asks the Tribe, “What is the slogan of a Y-Indian Princess/Guide?”**
- **Princess respond “Friends always with my Dad”/ Guides respond “Pals forever with my Dad”**
- **The Chief asks the tribe, “What is an Indian Princess/Guide?”**
- **The tribe responds, “ A girl/boy with a dad like mine”**
- **The Chief says, “Let us chant our aims”**
- **The Tribe responds, “We father and daughter/son, through friendly service to each other, to our family, to this tribe, to our community and country, seek a world that is pleasing to the eye of the Great Spirit”.**
- **The Chief asks the Tribe, “What are the aims of an Indian Princess/Guide?”**
 - 1) **To be clean in body and pure in heart.**
 - 2) **To be friends always with my dad/daughter/son**
 - 3) **To love the sacred circle of my family**
 - 4) **To be attentive while others speak**
 - 5) **To love my neighbor as myself**
 - 6) **To seek and preserve the beauty of the Great Spirits work in forest, field and streams**

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- **The Wampum Bearer asks the tribe, “Princess’s/Guides, you must tell the tribe your Indian Name and you Dads Indian name. You must tell us your real name and you Dad’s real name. You must tell the tribe what you did to earn your wampum and give us your scouting report. The child who had the last meeting will collect the wampum from each child before they speak and hand the child a “talking stick”. The tribe listens to each Princess/Guide and enthusiastically responds “good job” when each is done**

Wampum is money collected from each child in the tribe. The amount is set by the tribe and will be used by the tribe to offset craft costs, camping fees, party at the end of season, donated to a worthy organization, etc

- **At this point in the meeting, someone tells a story. Each tribe can assign a person as story teller, or this can be rotated from family to family. Refer to the stories section within this manual or check out the “Education Center” at the Federation’s web site www.bigtp.org for links to stories, craft idea and Native American history on the web.**
- **The assigned dad and Princess/Guide leads the tribe in a game activity**
- **The Chief asks the host dad, “Have you prepared a craft for us today”.**
- **Snack Break**
- **The Chief says, “Tribe, gather around our campfire.” Meeting host child strikes 6 beats on the tribal drum**
- **Medicine Man leads the tribe in a song like Pals Forever or America the Beautiful.**
- **Medicine Man ends the meeting by saying, “And now, may the Great Spirit of all good spirits be with you now and forever more!”**

Section III

Dads' Meetings

Dads Meeting

During the regular meeting, take 10 minutes or less to talk about the next event and a summary of the Longhouse meeting. This usually happens during the snack break. From time to time it becomes necessary to talk a bit longer, perhaps planning an upcoming event like a campout. When this happens it's time to call a Dad's meeting. This meeting is organized by the Chief and is attended only by the Dad's.

Typically at the beginning of each year, the dad's get together to discuss and plan the tribe meetings and activities for the year. They select a meeting time and day of the week. Most tribes select the same time each month like the second Monday evening of each month at 7:00PM. This allows all of the families to put it on their calendar. During this initial planning meeting, the dads also decide the roles that each father and child will have for the future meetings. A simple table published by the chief works well.

Before the campouts, the dads may hold a dad's meeting to decide what each family should bring for the campout. It also offers the more experienced dads from the tribe the opportunity to assist the new dads with camping equipment, clothing and other items for camping.

Section IV

Tribal Resources

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This section provides suggestions and helpful information for all members of the Heritage YMCA Y-Indian Guides/Princesses Program (Big Braves, Guides & Princesses). It should be used as a constant planning reference for new tribes, and a refresher for existing & perpetual tribes, to generate the most positive, learning, fun, togetherness, authentic and rewarding experiences for each father/child member of the program.

One of the best ways to gain helpful information on each of these areas is to talk to returning members of your tribe, talk to those who are part of the leadership of the program, or to those who have been in the program for a number of years. Their insights are invaluable, and can prove to be the best conduit for continuing the rich heritage and evolution of this program.

- Returning Tribe Members – Call your Tribal Chief or get together for a brief meeting (at a house or restaurant) to review the changes and evolution of the program for the upcoming year. At anytime during the year, particularly at Nation outings (campouts, skating, etc.), introduce yourself and talk to members of other tribes and ask about the types of invitations, crafts, tribal property and meeting agendas they have and incorporate what will work into your tribal activities.
- Program Leaders (the Council Members, Native American Task Force members and the Program Director & staff at the Y) – See these people every month at the Longhouse meetings at the Y and seek them at all Nation outings. These individuals are focused on the core values of the program and all have several years in the program. Attending the monthly Council Meetings is perhaps the best way to get updated information and assistance, from tribal meeting and craft ideas to understanding the details of upcoming Nation events to helping you resolve any internal tribal concerns or problems.

Finally, simply use this section as a starting point for creating the best possible fun and authentic togetherness experiences with your child. And, when you have created something different than what is provided here, let the Council know by note (written or email) so it can be included in future updates for all members of the Heritage Y-Indian Guides/Princesses Program.

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INDIAN TRIBE NAMES

All new members will be placed in an existing tribe with all members living as close to each other as possible. For those new members with enough of a concentration to create their own new tribe, the Program Director & Staff will assist you in selecting the tribe you wish to create.

As a point of reference, below are the names of the Federally Recognized Tribal Entities as reported by the United States Bureau of Indian Affairs:

Agua Caliente	Goshute	Mohave-Apache
Ak Chin	Haida	Mohawk
Alabama-Coushatta	Havasupai	Mohegan
Algonquian	Hidatsa	Mohican
Alturas Indian Rancheria	Ho-Chunk	Mojave
Apache	Hoh	Mono
Apsaroke	Hoopa	Morongo
Aquinnah	Hopi	Muckleshoot
Arapaho	Hualapai	Muscogee
Arikara	Hunkpapa	Narragansett
Assiniboine	Hupa	Navaho
Atsina	Iowa	Nez Perce
Blackfeet	Jamul	Nisqually
Brule	Jicarilla	Nomlaki
Caddo	Kalispel	Nooksack
Cahto	Karok	Nootka
Cahuilla	Kato	Odawa
Catawba	Kaw	Ogalala
Cayuga	Keetoowah	Oglala Sioux
Cayuse	Kialegee	Omaha
Chehalis	Kickapoo	Oneida
Chemehuevi	Kiowa	Onondaga
Cherokee	Klamath	Osage
Cheyenne	Klickitat	Oto
Chinook	Kootenai	Otoe-Missouria
Chipewyan	Kutenai	Ottawa
Chippewa	Lakota	Paiute
Chitimacha	Luiseno	Paiute Shoshone
Choctaw	Lummi	Pala
Choctaw Miwok	Maidu	Papago
Chukchansi	Makah	Pascua Yaqui
Chumash	Maliseet	Paskenta
Cocopah	Manzanita	Passamaquoddy
Coeur D'Alene	Maricopa	Pauma
Colville	Match-e-be-nash-she-wish	Pavioso
Comanche	Mdewakanton	Pawnee
Coos	Mechoopda	Pechanga
Coquille	Menominee	Penobscot
Coushatta	Me-Wuk	Peoria
Covelo	Miami	Pequot
Creek	Miccosukee	Piegan
Crow	Micmac	Pima
Delaware	Missouri	Pima-Maricopa
Diegueno	Miwok	Pit River
Dieguenos	Modoc	Poarch
Duckwater	Mohave	Pokagon

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Pomo	Sioux Tribes	Utu Utu Gwaitu Paiute
Ponca	Sisseton-Wahpeton Sioux	Wailiki
Potawatomi	Siuslaw	Walapai
Prairie Island	Siuslaw Goshute	Wallawalla
Pueblo	S'Klallam	Wampanoag
Puyallup	Skokomish	Washo
Qahatika	Snoqualmie	Washoe
Quapaw	Stillaguamish	Wichita
Quechan	Stockbridge-Munsee	Winnebago
Quileute	Suquamish	Winnemucca Wintun
Quinault	Te-Moak	Wintun
Salish	Teton Sioux	Wisham
Samish	Tewa	Wiyot
Sans Arcs	Thlopthlocco	Wyandotte
Santa Ynez	Timb i-Sha	Yakama
Santee Sioux	Tonkawa	Yakima
Sarsi	Tonto Apache Tribe of Arizona	Yavapai
Sauk-Suiattle	Tulalip	Yavapai-Apache
Seminole	Tule River Indian	Yokuts
Seneca	Tunica-Biloxi	Yomba Shoshone
Seneca-Cayuga	Tuolumne	Ysleta Del Sur
Shakopee Mdewakanton Sioux	Tuscarora	Yuima
Shasta	Two Kettles	Yuki
Shawnee	Uchean	Yuma
Shoshone	Umatilla	Yuman
Shoshoni	Umpqua	Yurok
Sioux	Ute	Zuni

INDIAN NAMES

Every member needs a special Indian name. Native Americans usually named their children for some 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.

Native Americans are a proud people, and our creating names (and even using known Indian names) for this program must be done so in a respectful manner. 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 great program, so it helps set the tone for the experiences they are about to embark on together. And, these experiences, and their names, last a lifetime as evidenced by our constantly running into men & women in our communities that immediately recall their childhood Indian Guide/Princess name.

Some suggestions for paired names (and useful for young ones with short memories)are:

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Setting SunRising Sun
 Night Owl Day Owl
 Walking Deer . . . Running Deer
 Big Feather Little Feather
 Full Moon Half Moon

Big Wind Little Breeze
 Big Bear Little Cub
 Running Horse . . . Flying Wolf
 Morning Star Night Owl

Creating a name based on traits of your child is a wonderful way to capture their spirit. For example:

- A Princess that loves to dance and can't seem to ever go to sleep early – Dancing Moon.
- A Princess that always seems to have a special sparkle in her eyes – Shining Star.
- A Guide that is always running, never walking, anywhere – Running Rabbit.
- A Guide that seems to always have a clever answer to every question – Silver Tongue

Other suggestions (to help stimulate your thinking) include:

Bright Star	Red Cloud	Silver Eagle
Corn Planter	White Antelope	Sleeping Bull
Flying Cloud	White Feather	Talking Rock
Looking Glass	Rising Sun	Tiger Lilly
Medicine Crow	Red Fox	Swift Cloud
Morning Cloud	Running Bear	Young Fox
Peacemaker	Setting Sun	
Red Bird	Shooting Star	

For those wanting to use authentic Indian Language Names in or as their name(s):

Anang	Star	Monoway	Moving Voice
Anekus	Squirrel	Namid	Dancer
Anoki	Actor	Nas-waw-kee	Feathered Arrow
Apekatos	Antelope	Nibaw	I Stand Up
Ayita	Worker	Nina-bo-jou	Sun God
Apelachi	A Helper	Nodin	Wind
Bebe-ji	Wild Horse	Nokisan	Wonder Cook
Bebe-mak	Dark Horse	On-jima	Strong Hand
Bodaway	(He) makes fire	Osohada	White Cedar
Chabadwed	Camp Cook	Panossim	Water Dog or Sea Dog
Chimalus	Bluebird	Se-que-sippi	River or Mystery
Chissakid	Juggler	Sheboygo	Writer
Chute	Pine Tree	Skajuna	Eagle

Indian Signs & Symbols

Seeing and learning about the different symbols and signs the Native Americans used to communicate is a great way for children (and dads) to get involved and explore the heritage of great nation. Every tribe had different symbols and signs, but all were based on common sense and visuals they came across in their everyday lives.

The next few pages provide a host of these symbols & signs (some are duplicated due to the various sources) for you to look at, discuss and use in various ways throughout your Y-Indian Guide/Princess Program. They will be used to create designs & messages on your Tribal Property, in the Crafts & Projects you do at your monthly tribe meetings, and will be used in your Invitations to your monthly meetings. They also make great story-telling projects to pass around at Nation campout campfires.

Story in Indian picture writing Can you read it?




















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	HORSE Journey		CACTUS FLOWER Courtship		RAIN CLOUDS Good Prospects		HOGAN Permanent Home
	MAN Human Life		SADDLE BAGS Journey		LIGHTNING AND LIGHTNING ARROW Swiftness		BIG MOUNTAIN Abundance
	SUN RAYS Constancy		BIRD Carefree-Lighthearted		DAYS AND NIGHTS Time		HOUSE OF WATER
	LASO Captivity		LIGHTNING SNAKE		MORNING STARS Guidance		FENCE Guarding Good Luck
	THUNDERBIRD Sacred Bearer of Happiness Unlimited		SNAKE Defiance, Wisdom		SUN SYMBOLS Happiness		ENCLOSURE FOR CEREMONIAL DANCES
	CROSSED ARROWS Friendship		THUNDERBIRD TRACK Bright Prospects		RUNNING WATER Constant Life		EAGLE FEATHERS Chief
	ARROW Protection		DEER TRACK Plenty Game		RAINDROP - RAIN Pentiful Crops		WARDING OFF EVIL SPIRITS
	ARROWHEAD Alertness		BEAR TRACK Good Omen		TEPEE Temporary Home		PATHS CROSSING
	4 AGES Infancy, Youth, Middle & Old Age		RATTLESNAKE JAW Strength		SKY BAND Leading to Happiness		PEACE
	CACTUS Sign of the Desert		HEADRESS Ceremonial Dance		MEDICINE MAN'S EYE Wise, Watchful		GILA MONSTER Sign of the Desert
			BUTTERFLY Everlasting Life				COYOTE TRACKS
							MOUNTAIN RANGE






















INDIAN SIGNS AND SYMBOLS



	RATTLESNAKE JAW (Strength)		TEPEE (Home)
	SUN RAYS (Constancy)		MEDICINE MAN'S EYE (Wise-watchful)
	HEADRESS (Ceremonial Dance)		BIG MOUNTAIN (Abundance)
	BUTTERFLY (Everlasting Life)		COYOTE TRACKS
	MAN (Human Life)		(Warding off evil spirits)
	RAIN CLOUDS (Good Prospects)		PATHS CROSSING
	LIGHTNING and LIGHTNING ARROW (Swiftnes)		THUNDERBIRD (Sacred Bearer of happiness unlimited)
	SUN SYMBOLS (Happiness)		ARROWHEAD (Airtness)
	DAY AND NIGHT (Time)		

CONTINUED

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	see, to see		dust
	speaking		because
	spirit		therefore
	stars		windy (moon in circle)
	time, sunrise		male
	time, noon		female
	time, sunset		young
	tree (more than one indicates forest)		quiet
	weather, clear		weather, bad
	welcome, sociability		thunder and lightning
	night		lamp of Beauty
	woman		lamp of Fortitude
	white woman		lamp of Truth
	trail		lamp of Service
	top man with eagle feather in his hand denoting power		war



INDIAN CALENDAR



SNOW MOON
January



HUNGER MOON
February



CROW MOON
March



WILD GOOSE MOON
April



PLANTING MOON
May



ROSE MOON
June



THUNDER MOON
July



GREEN CORN MOON
August



HUNTING MOON
September



FALLING LEAF MOON
October















MAD MOON
November

















LONG NIGHT MOON
December






Indian Code





Use this code to fill in the letters.








											
A	B	C	D	E	F	G	H	I	J	K	L

													
M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z

				
T	E			

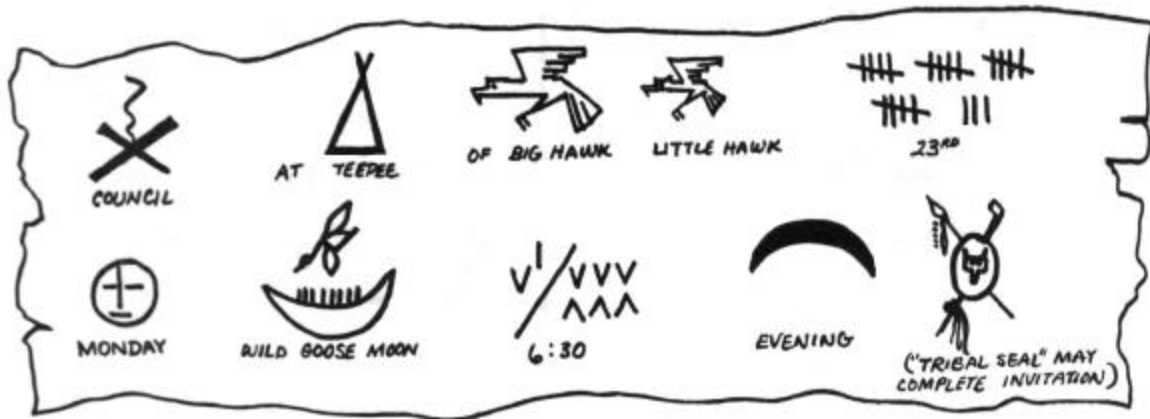
			

INVITATIONS

Each month, your tribe will get together for a ceremonial meeting. The meeting will be at one of the Guide's/Princess's TeePee (home), and this monthly privilege rotates to every member of the tribe. To continue to instill the heritage and theme of the program, and to make it a special event for your child, you should prepare an invitation and distribute it at least 1 week before the night of the meeting.

Using the symbols and signs previously covered, create a simple message with the details of this special event. Following are a couple of examples of an invitation:





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The invitation can be as simple as hand written on a piece of paper, rolled up & tied with a thin leather strap or piece of straw. Designs (symbols & signs) can be placed around the message. The invitation can also be attached to any number of items to increase its authenticity, such as attached (glued) to a small patch of leather or tied to any number of things (rock, twig, feather, tiny bundle of straw, pine cone, etc.).

It can also be written on a paper cut-out of any relevant object, such as:

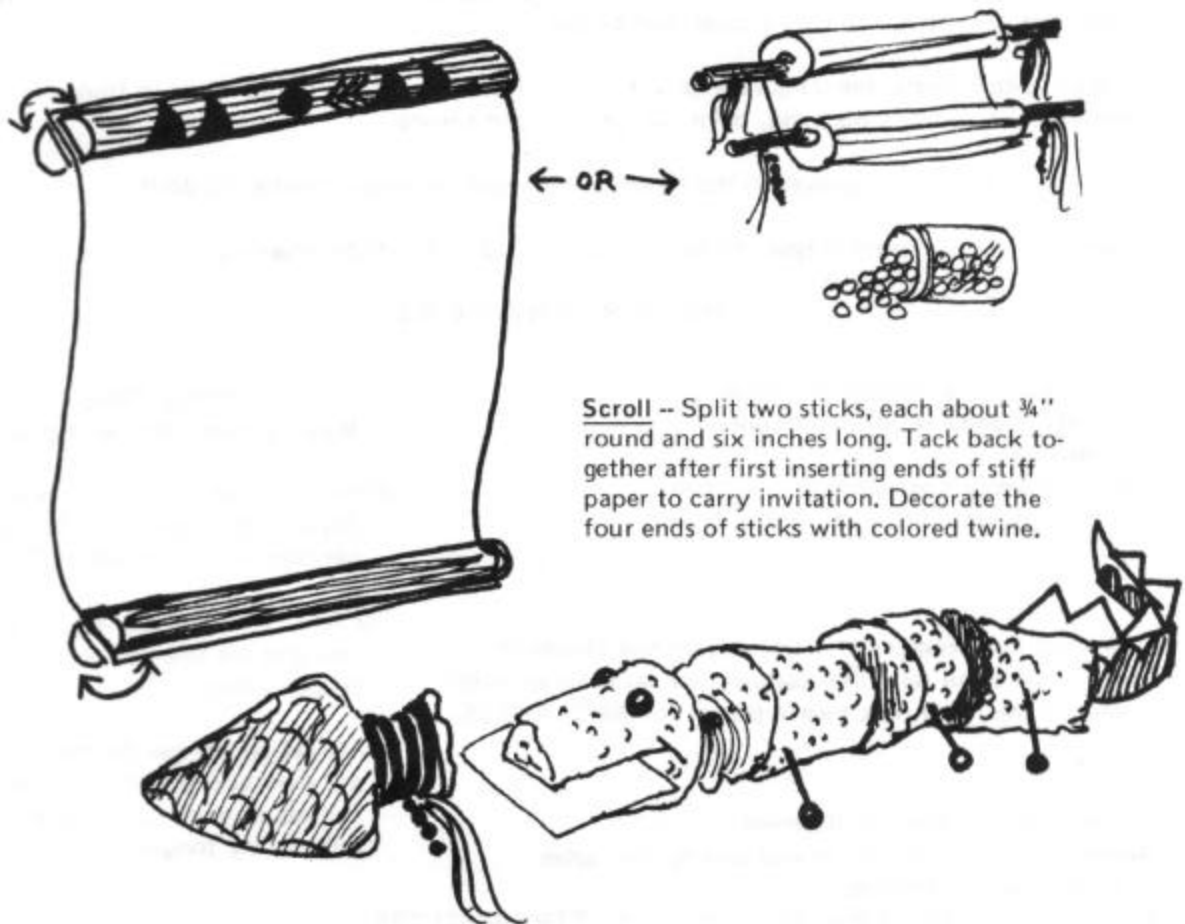
- Sun
- Moon
- Star
- Arrow
- Tomahawk
- Indian silhouette
- Canoe
- Teepee
- Tree
- Leaf
- Animal silhouette
- Peace pipe
- Tom Tom
- Arrowhead
- Stretched animal skin representing the name of the Guide/Princess hosting the meeting

Other ideas follow, and some are quite elaborate. The purpose is not to be so difficult that the child loses interest or gets frustrated. Rather, the purpose is to make it a memorable experience, to get dad involved with its creation and to get the child to look forward to hosting the monthly event. These ideas in this section are only to provide thoughts for you to review together and tailor to your specific interest and ability level.

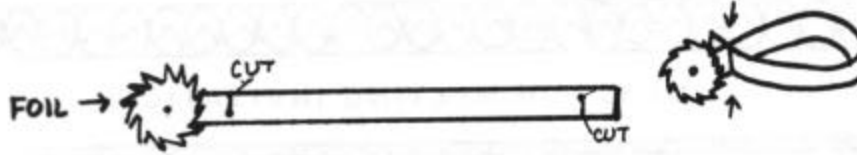
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Potato Print Invitation -- Use a small potato and cut it in half. Have Little Princess draw an Indian design or message on a piece of paper, and cut it out to fit the potato. Lay it in the center of the cut side of the potato. Incise the edges of the design about 1/2" deep with a small knife. Remove the background a bit at a time, until the design stands out, using a stamp pad or food coloring painted on with a brush. Press the design down on the paper upon which you wish to print in reverse. Dad and daughter could each make an Indian design, print them in two colors on paper cut to pelt shape, or teepee shape. Lots of fun and simple!

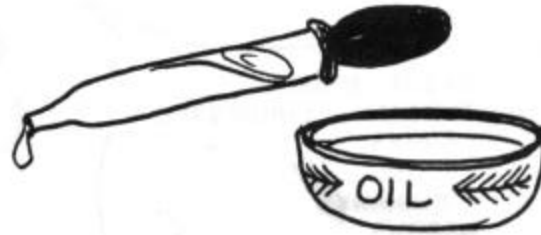
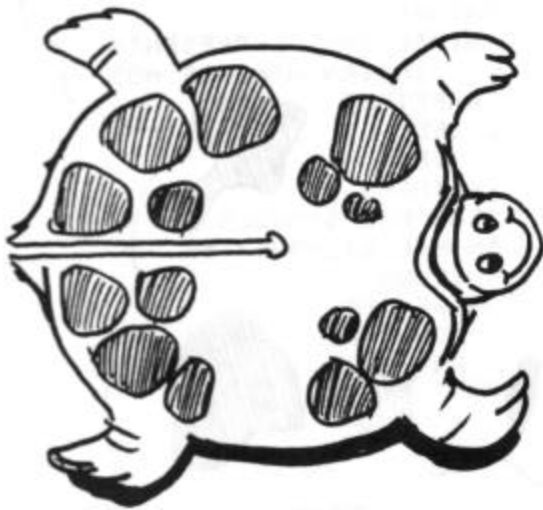
Cork Alligator -- String various sized corks from head to tail with wire or hairpins. Slit tail cork to insert stiff paper tail. Use tacks for eyes and legs. Make a slit for mouth. Put message in mouth.



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Indian Spurs Invitation -- Cut two strips from flexible cardboard 1" wide and 13" long. Make a split at each end of strips for fastening around ankle. Have Little Princess make designs and message on spurs. She could also paste aluminum foil on the rowel of spur to do it up right.



The Indian Turtle That Swims -- an invitation that'll have them talking. Draw and cut out a paper turtle (or fish) from notebook paper. Make a small round hole in the center of the turtle and cut a narrow slit leading from center hole to tail. Dip lower half of turtle into water. Lay turtle gently on the surface of water in bowl or tub. To make him swim, drop a little oil (1 or 2 drops) into the little hole. Oil will start to spread through the slit and turtle will move forward. In the message your Little Princess can promise to make the Indian turtle swim after refreshments.

Eskimo Igloo Invitation -- (or short tribal fun project) -- Take half eggshells and with a pencil draw lines on it to represent blocks of snow; darken a little entrance at the bottom. Dip the bottom edge of the shell in glue and place on a piece of cotton, or have the whole tribe whip up a whole village on a larger hunk of cotton. An Indian story from the Eskimos could follow.



TRIBAL PROPERTY PROJECTS

These items will remain the property of the tribe, and generally stays with the tribal chief during the year. There are many items that build strong tribes, and eager tribe members. Crafts form the very center of early tribes, not for making something, but for the solidarity it builds between Dad and Child and among all Braves, Guides and Princesses who work together on a big project. The more things a tribe owns, the more real Native American authenticity & flavor there is in their meetings, and the more tribal pride there is at Nation outings.

- **Tribal Spear** - This is mighty simple, but gains the respect of other tribes. Take a pole or dowel about four feet long, sharpen one end. Paint tribal emblems, totems of all tribe members, or the history of the tribe on it, taking turns. Attach one feather for every tribe family, using different colors, and plenty of adornment and imagination. Keeper of Spear for the year will be responsible for bringing it to certain tribal functions and all Nation campouts.
- **Talking Rock** - On a tribal hike, bring back the strongest, or roundest or most unique one or two pound rock. Paint it up and use it as a talking rock. When any Brave or Princess speaks, he or she holds it in their hands, thereby limiting other talkers. No one can speak until the Runner has delivered the rock to them. As tribe gets more disciplined, just set the rock in front of the Brave or Princess who is to speak.
- **Talking Stick** - Same as the talking rock, but uses a 24" - 30" stick, dowel rod or 2 X 2, which can be adorned with feathers, pelts and/or beads for additional authenticity.
- **Tribal Chest** - Take an old foot locker, or build a box out of pine or other soft wood. Paint it up a little at the first tribal meeting, and place all tribal property in it at the close of each meeting. When the Host father and child receive the chest prior to the meeting, they can paint or carve some new part into the box, until all Braves and Princesses have had a part in decorating it.
- **Small Teepee** - The pride that goes with having built and painted a real teepee knows no limits. If large enough, the tribe can hold short meetings in it or make it a ceremonial place for the Sachem to give out kernels to girls who have earned them. Smaller ones (1-2 man sized) make a great display item at Nation campouts. They can be built for the cost of the canvas plus a hike to find the poles. The paintings are what make them great.
- **Wampum Punch** - A must for the wampum bearer. It's a fairly simple project with a circular scrap of leather (or two ovals stitched together), some beads on leather straps and Guide/Princess names etched on it. Taken to every tribal meeting to collect Wampum (money) for a year-end party or donating to a local charity.
- **Rattle** - Using a gourd, some seeds, paint, and a leather thong, a great and colorful project is the easy result. The tribe needs one for the Medicine Man to drive away evil spirits at the start of every meeting.

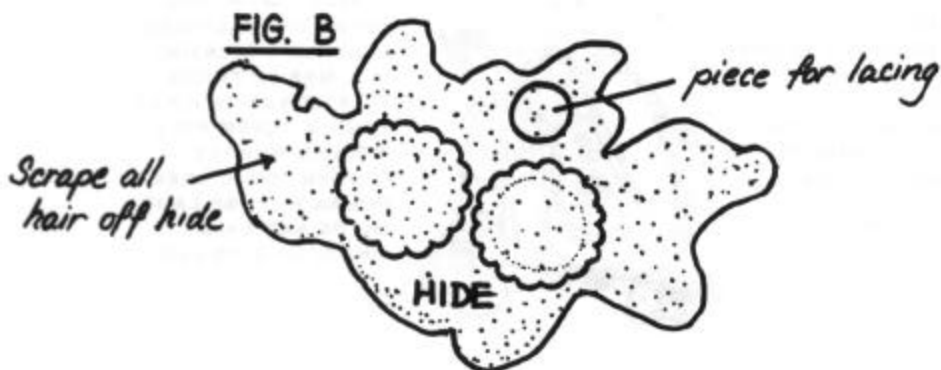
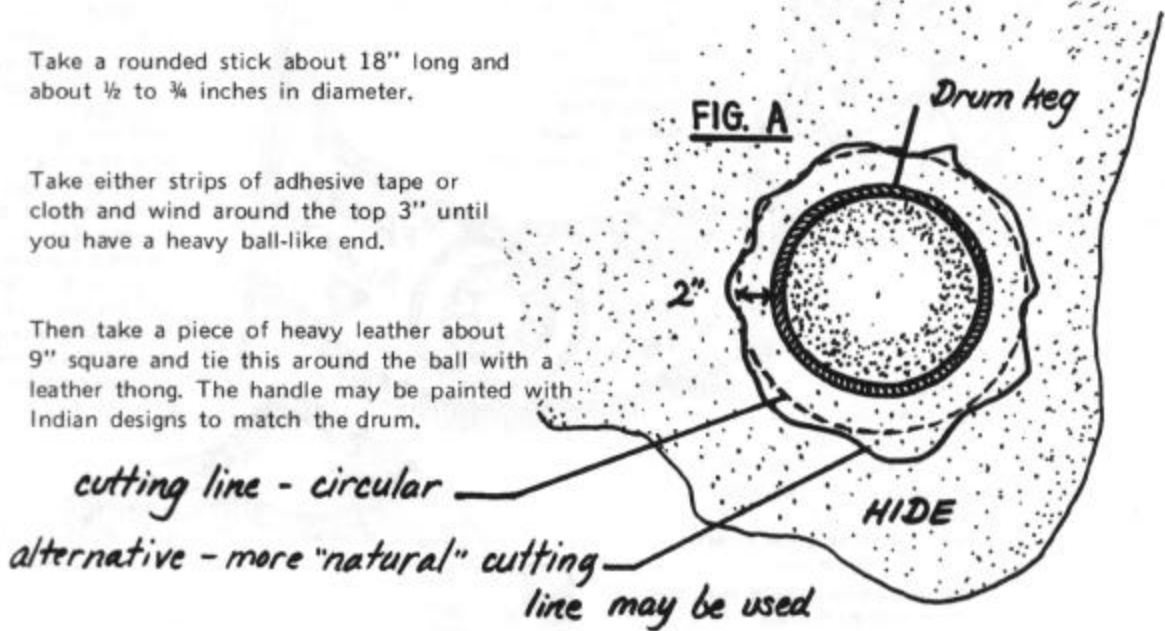
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- Rustic Charter Frame - Lash sticks together with leather thongs, and stretch rawhide between the sticks. Paste your charter onto the rawhide. Singe the edges of the paper if you want a rustic effect.
- Scrap Book - Use leather or wooden covers and keep lots of pictures as well as Tallykeeper's reports in here to form a wonderful history of your tribe. This will grow in value as the years go by.
- Tribal Shields - Made from leather or wood, and painted with tribal totem or the individual Princess' totems. Use arm sling for carrying at Nation campouts or dances.
- Bow and Arrow - These are about the toughest of all Indian crafts, but with ample Dad-help, the tribe can construct a couple of bows and a few arrows that will keep a tribe busy for many moons.
- Tribal Fire - Build from small logs and insert a red light to resemble a fire. This adds to the reality of a campfire meeting.
- Peace Pipe - Carved out of redwood, it looks like a real Indian pipe. It will add color to your meetings or special ceremonies.
- Totem Pole - This is a large project and can be carried out over a long period. The best kind is one that is doweled and comes apart in sections, so each father and daughter may take home one section to work on. It should be assembled in all stages of progress at each meeting.

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MAKE A TRIBAL DRUM

1. After having obtained a keg and a hide, soak the hide in a small barrel of water, if the hair is still on the hide, with about 15 or 25 cents worth of unslacked lime. Soak for two days and then test to see if the hair can be scraped from the hide with a blunt stick or fruit jar top. Be sure to clean all excess fat from inside of the hide.
2. If there is no hair on the hide, just soak it in clear water until it becomes soft and pliable.
3. Place your drum keg on the clean side of the hide (as shown in Fig. A). Allow two inches overlap; then cut out the circle. Then make your cord for lacing about one inch wide. If you wish, you may scallop the edge of the hide (as shown in Fig. B). The cord for the lacing may be made by rolling. Cords are made by cutting around the edge of the small round piece of the cowhide.
4. Take a rounded stick about 18" long and about $\frac{1}{2}$ to $\frac{3}{4}$ inches in diameter.
5. Take either strips of adhesive tape or cloth and wind around the top 3" until you have a heavy ball-like end.
6. Then take a piece of heavy leather about 9" square and tie this around the ball with a leather thong. The handle may be painted with Indian designs to match the drum.



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COUP STICK

Used by Indians to show that guests were welcome and hospitality would be shown. Displayed outside the tepee.



INDIAN LORE ON OWNERSHIP STICK

An Indian usually moving from one hunting ground to another used this ownership stick as evidence of his possessions and area of hunting. Other Indians, seeing this, knew at once to whom it belonged and from whence the Indian came, by the decoration.

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PROJECT AND CRAFT IDEAS

An important aspect of continuing the tradition of the program and learning about the ways of our Native Americans, is the creation of Indian crafts (that the Guides/Princesses keep after the meetings) and Tribal Property (items that stay with the Tribal Chief and passed down for the next generation of tribal members). Each tribe meeting you have involves the dad/child in a craft of some sort. It is a way for the dads and children to work together, which is a fundamental element of the Y-Indian Guides/Princesses Program.

These Crafts or Projects can be as simple or as elaborate as the tribe (or meeting host) wants. However, there are a few items the tribe, as a unit, should have, and these may take a couple of meetings to complete. This includes such things as a Tribal Banner, Wampum Pouch, Totem Pole, Tom Tom, etc. To help focus, the Nation Council will select one of these types of items to be prepared and displayed (and judged) for the final Spring Campout. This gives all tribes time to work it into their meeting agendas.

As for the other crafts, one should be selected for each meeting, and can either be another piece of tribal property, or an Indian craft for the members to take home. Following are many ideas to select from, and should be used as thought-provoking ideas for you and your tribal members.

These projects/crafts ideas are great starters for every tribe, and are the ones the Braves/Princesses take with them when they are completed. They can be made at any time, but are usually made during the craft portion of the monthly meeting. Some tribes select a project to do while on one of the many Nation campouts.

- Make a name plate of leather bearing the name of your tribe and your Native American name. Attach it to a beaded necklace. It is best to burn the names on with a wood burning set.
- Beaded arm bands and chokers are easy for the Princesses to make and add color to their costumes. They also add a touch of honor and strength to Guide's vests.
- Beaded belts for the Brave and his Guide/Princess can be made on a loom and are a perfect father and daughter project.
- Moccasins for all members make an interesting project. . . they are also good for Indian dancing.
- Dancing bells attached to leather and strapped to the ankles. . . makes Braves and Princesses sound like they are dancing with every step.
- A feathered arm band makes a good craft project.
- The Wampum pouch is a must for the wampum bearer, but is fun the for the whole tribe as a dad-child project. They can keep their savings in it at home.
- To add to your Indian costume, make a breechcloth out of felt or buckskin. Paint Indian signs on them and then drape over front and back of a belt and then step in.

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PROJECT IDEAS

PHOTO ALBUMS
 WOODEN TRAINS
 HEADDRESS
 TOMAHAWK
 KEY CASE
 HOT PAD
 PEACE PIPE
 BIRD HOUSE
 TRIBE SIGN

HAT RACK
 PAPER OPENER
 MAIL HOLDER
 SMALL BENCH (SEAT)
 SAND PAINTING
 ALUMINUM TRAY
 ANKLE BELLS
 GOURD RATTLES



TRIBE PLAQUE
 POTTERY WORK
 MAGAZINE RACK
 DESK LAMP
 SALAD BOWL
 PIPE WHISTLE
 DOOR STOP
 MARBLE BAG
 ELECTRIC MOTOR

SEA SHELL COLLECTION
 WOOD SAIL BOAT
 WOODEN KNIFE
 PLASTER PARIS FIGURES
 BUCKEYE NECKLACE
 MONTH (MOON) IDENTIFIER
 WOODEN TALLEY BOOK
 HISTORY OF TRIBE
 BOX FOR PINS, ETC.
 TIC-TAC-TOE BOARD
 LAWN ANIMAL CUTOUT
 COPPER ASH TRAY
 FISHING LINE AND CORK
 ALUMINUM ARMBAND
 ARROW QUIVER
 GLASS JAR BANK
 SWEAT SHIRT EMBLEM
 LEATHER BELT
 BEADED BELT



ARROWHEAD
 WOOD SEWING TRAY
 KEY HOLDER FOR WALL
 PULLEY AND ROPE BOOK ENDS
 AWARD RIBBON HOLDER
 WHATNOT SHELF
 BADGE WITH INDIAN NAME
 MODEL BEAVER DAM
 COPPER CANDLESTICK HOLDER
 HOUSE NUMBER SIGN
 SHELL ASH TRAY
 COAT HANGER
 NAIL KEG SEAT
 COPPER PICTURE AND FRAME
 COPPER TEPEE BOOK
 LEATHER POCKETBOOKS
 ARROWHEAD COLLECTIONS
 PLASTIC CANDLE HOLDER
 PAPER INDIAN VILLAGE
 PICTURE MOUNTING
 STAMP COLLECTION

SEED COLLECTION
 BEADED HEADBAND
 ROSTER OF TRIBE
 FLYING PAPER BIRD
 DECAL ON PLASTIC SQUARE
 LEATHER MOCCASINS
 U. S. MAP OF TRIBES
 PLASTIC NAPKIN RINGS
 CANDLE TOTEM POLE
 WOODEN WHISTLE
 FLOWER POT HOLDER
 INDIAN PICTURE LAMP
 SHADE AND LAMP
 PINE CONE BIRD FEEDER





THE COUP NECKLACE

The Coup (pronounced 'coo') Necklace is an excellent device for recording achievement, and for encouraging participation. It can be used, if the Tribe so desires, to promote all phases of the 'Y' Indian Princess Program. The important thing is to have a degree of uniformity so the items on the Necklace will be familiar to all big braves and princesses.

Start the Necklace with a leather rounder or a medallion in a shape to suit the Father's or Daughter's Indian name. Punch two holes about 1/2" apart near the top and lace onto a leather thong about 40 to 42" long. (This can be a standard leather 'boot lace' obtainable widely.) Trim the ends of the thong to a point for easy threading of beads, and tie in a square knot. With a woodburning set, mark the rounder of medallion with the Big Brave's or Princesses' Indian name, and decorate with a suitable representation of his own name. (You may want to practice first on a piece of cardboard or wood.)

Begin the Coup awards with four red crow beads when the Little Princess has learned the Purpose, Slogan and Prayer. (1 for the Purpose, 1 for the Slogan, and 2 for the Prayer.) Thread the beads onto the thong, 2 on each side of the name piece.

Other awards are as follows:

- Attending Longhouse Meeting 1 Salmon Bead 1 per month
- Learning the Indian Names of all Tribal Members 1 Eagle Claw
- Learning the Given Names of all Tribal Members 1 Eagle Claw
- Reciting the Purpose, Slogan, and Prayer at Council Meeting 1 Bear Claw
- Tribal Outing Shrinky Plastic or a Black Bead 1 per outing
- Making Invitations 1 Orange Bead
- Church Attendance 1 White Bead 1 per month
- Making a Plant Grow 1 Green Bead 1 each



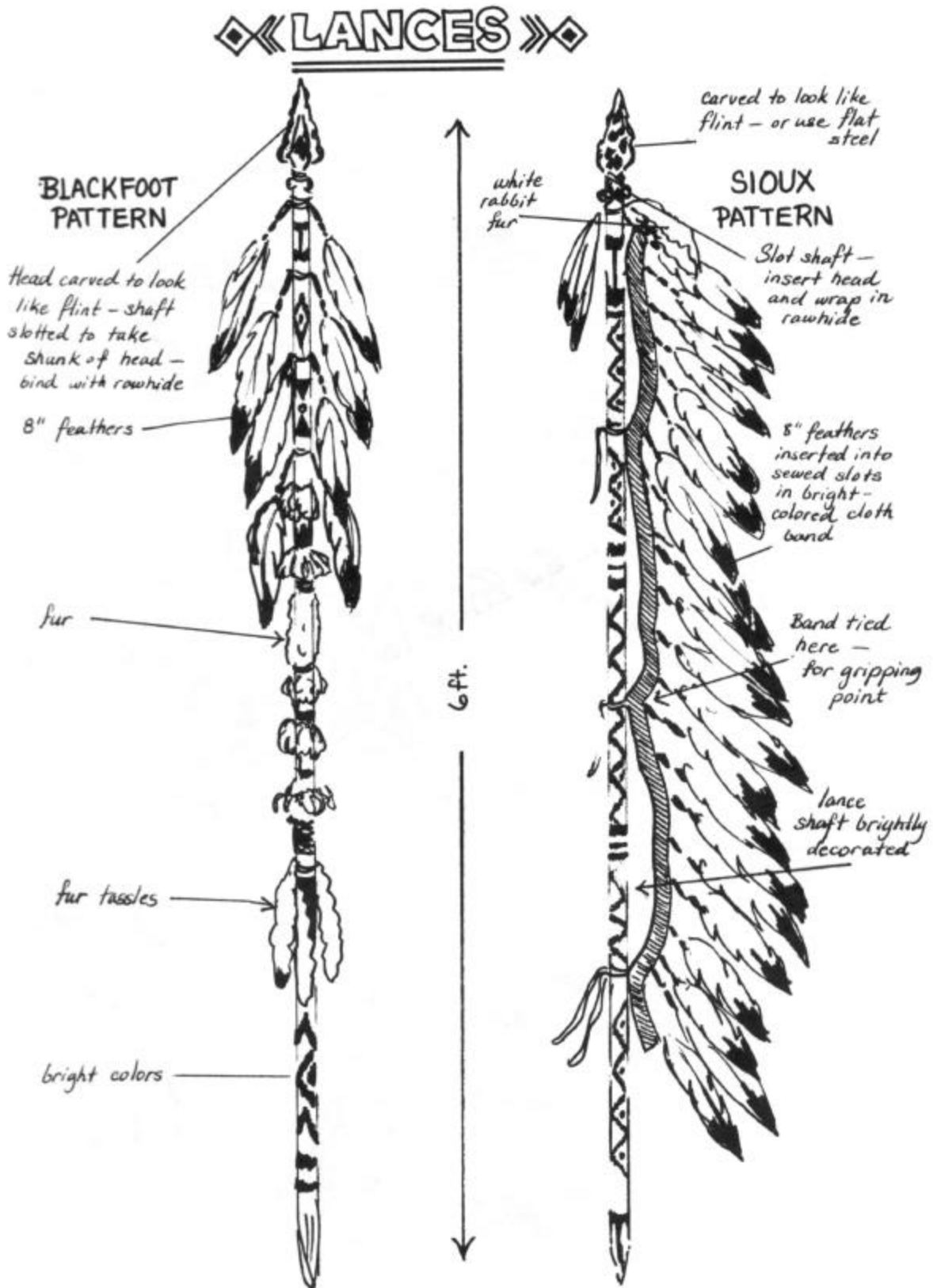
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Selling Christmas Tree Tickets	1 Large Green Bead.	1 each
Scouting Report	1 Blue Bead	1 each meeting
Birthday	1 Chicken Bone	
Father/Daughter Project (brought to meeting)	1 Yellow Bead	
Attendance at Nation Outing	1 Tan Bead	1 each outing
Visitation by Nation Officer, Indian Agent or their representative	1 Buffalo Tooth or 1 large Blue Bead	

The necessary materials for making the Coup Necklace

- Feathers -
- Crow Beads -
- Large Beads -
- Buffalo Teeth -
- Bear Claws -
- Eagle Claws -
- Leather Rounders -



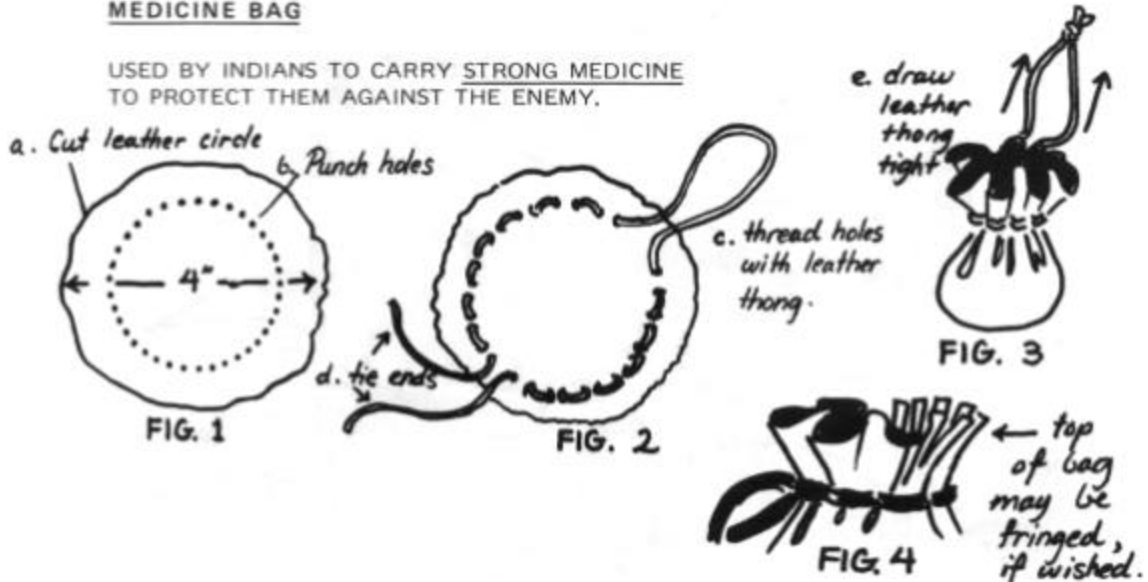


Wampum Bag:

Cut 16" circles of white staff cardboard, and glue to plywood for strength. Draw symbols representing tribal designs, individual name-symbols, or designs of the seasons. Eastern Tribes have each little princess draw out her representation of one of the six aims, and explain in meetings what it means to her. The designs are covered with bright sand painting. The shield is decorated with feathers to finish it off. Holes are punched to tie them at the four corners, and at three-inch intervals in between. Four six-inch feathers represent the four directions; the colors are: North, yellow; East, red; South, blue; and West, white. Smaller fluffs are hung from the in-between holes, and a tuft of dyed horse-hair may be glued to the center of the shield. Fasten a handle to the center of the back. These shields may also be made from canvas, and painted with oil paints. They are very colorful and add dignity and showiness to public affairs, particularly inductions, where they are mounted on tripods of display. The National Longhouse has recommended that tribes may make these shields instead of Totem Poles.

MEDICINE BAG

USED BY INDIANS TO CARRY STRONG MEDICINE TO PROTECT THEM AGAINST THE ENEMY.



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STORIES

During tribe meetings, it is common to have a father and child share a story with the tribe. Most tribes use stories about Native American myths or actual true stories of Native American achievements. The stories should be short and educate the group about the Native American beliefs, values and achievements. A sample of such stories is presented below.

Additional stories can be obtained at the local library or via Native American sites on the Internet. The Federation's web site www.bigtp.org has a special resource page that provides up to date links to a number of good sites on the Internet.

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SONGS

Typically one father and child selects a song for the tribe to sing. The song should be simple and easily learned or already known to the children of the tribe.

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GAMES

As the last activity before the craft and treat, the group may play a game. One father and child selects a game that all of the kids or the kids and dads can play. The game selected to be played should be appropriate for indoors with participation of all of the tribe members. Some ideas of games are presented below.

Section V

Bibliography

Bibliography