

**2006-2007
Bear Creek Federation**

**Indian Guides & Indian Princess
Chief's Manual**

Version 3.0

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Good Practices for Interesting Meetings

The Chief and tribal officers should keep effective group practices in mind in their planning and appraisal of tribal development. Remember that the basic purpose of Indian Princess Programs is to increase the number of things parents and children can enjoy doing together during the time when children think their parents are the greatest. Thus it is important that the tribal meeting be interesting to the young children and that they have ample opportunity to participate. The meeting must be oriented toward the children, not the parents. Use the following suggestions as a guide for devising interesting meetings:



- Be concerned about all group members, the shy as well as the outgoing.
- Start meetings on time; close them on time. Opening ceremonies should not spill over into program time.
- Aim the ceremonial parts of the meeting at the children. They should do most of the talking during the meetings; it should be fun for them.
- Focus program activities on the interests and capabilities of the children. Be alert to their needs.
- Plan all phases of the tribal meeting carefully; contact families with special responsibilities in advance. It is the Chief's job to see that the Chief's talk, reports, stories, games, and so on are chosen beforehand.
- Encourage all; share praise where it is deserved. Recognize the progress of all Braves/Princesses/Maidens.
- Pass responsibility around; Know the individual tribal members' interests and experiences. Assign tasks carefully.
- Be wary of parents' talking too much in tribal meetings; use parents' meeting regularly to handle most business.
- Facilitate team discussion and decision making on matters of behavior, program development, and policy for tribe.
- Be warm, supportive, understanding, and flexible. Be more concerned about the feelings and attitudes of tribal members than with the accuracy of tribal ceremonies or procedures.

Hints for keeping your Tribe strong and active

- Meetings start and end on time, and do not go longer than 1-1/2 hours.
- Refreshments are served prior to closing ceremony - giving an official ending to the meeting.
- Activities are planned which are understandable to the children.
- Tribe size is kept between five and nine pairs. Large Tribes become unmanageable in most homes.
- Parent Meetings are called whenever needed, but at least 3-4 times per year.
- Parents and children sit together during meetings and refreshments.
- A Tribe has at least two tribal activities each month (one being a Tribe meeting and the other an outing).
- Parent-Child pairs work as a team wherever possible (i.e., crafts, games, skits, etc.).
- Business and planning should be kept to a minimum during Tribe meetings.
- Plan a tribe outing for the entire family at least twice each year.
- Tribe members evaluate their Tribe program and progress as a group regularly.
- The Tribe has varied activities. For example, Tribe meetings may include cooking, 1st Aid Instruction, Scavenger Hunts, and Gift Making. Tribe outings may include trips to parks, museums, tours, movies, sporting events and Nation Events. Tribe projects may include service projects, scrap books, photo albums, tribe banners and tribal property.
- Members develop an enthusiasm, esprit de corps and pride for the Tribe.
- The Tribe accepts and appreciates each member. All members feel needed and important.
- Leadership is shared by all parents in the Tribe.



Typical Tribe Meeting Outline

7:00 Chief calls meeting to order by asking one of the children to beat on the Tribal Drum once for each child present. Talking should stop. Song or Invocation. Flag salute (if flag is available). Opening Ceremony (from Bear Creek Federation Participant's).

7:10 Chief's Talk. Chief welcomes group and may tell a story about the season, some special event, or day coming up.

7:15 Tally keeper takes roll and reads minutes of previous meeting. Wampum Bearer collects Wampum Each Little Brave/Princess/Maiden/Papoose shares what they did to earn their Wampum. Wampum Bag is passed around.

7:20 Chief asks for Scout reports from each child on a parent-child project, outing, trip or other activity they have done since the last tribe meeting. Use of a talking stick is recommended as each child shares his/her Scout report.

7:25 Business meeting. Cover only essential items that are of interest to Little Braves, Princesses, Maidens, or Papoose. This may include announcements by the Chief of any upcoming Tribe or Nation Event, Nation News, etc. Other items should be covered at a Parent Meeting.

Review plan for the next Tribe meeting: When? Where? Who will plan program? Who will tell story? Assign projects.

7:35 Program activities (Storytelling, games, special tribal projects, crafts, etc., that stress the parent and the child participating together).

7:50 Light refreshments.

8:00 Story and/or songs

8:10 Closing Ceremony (from Bear Creek Federation Participant's Manual).

8:15 Head for home.

Wampum is money collected from the children in a tribe. The amount is set by the tribe and is used for special treats, to defray craft costs, or for anything else the tribe would like to use it for. The children should earn the money by doing helpful or special things at home. Each child should be prepared to tell other tribe members what he/she did to earn the wampum.

Conducting a Tribe Meeting

Tribal meetings are rotated between parents' homes with each parent hosting their share of the meetings through the year. Parents and children should be dressed in their tribal vests at the meetings and as a rule of thumb, we usually call each other by our Indian names whenever we are in our Indian vests. If the planned activity will involve getting dirty, let people know in advance so they can dress appropriately.

Step one starts at least a week before your meeting. Even though your meeting is already on everyone's calendar, you should prepare invitations for your meeting and deliver them to each house at least a week in advance.

Your invitations should include the place, time, phone number, and directions to get there [We always wrote directions starting with "From the Big Chicken"], a map is nice to. The children usually prefer to make hand-made invitations versus store-bought. Also, you can dress up your invitations to match the planned theme. Sign them with your Indian Names and put your "street names" in parenthesis.

One or two nights before your meeting you should make reminder calls to each person and send out a reminder email note if they have email.

Be prepared for your meeting. People will need a place to sit [consider putting children on the floor in front of their parents] for the meeting. If there is a craft planned it should be already set up. Refreshments should be ready so that no time is lost to preparation.

Start your meeting promptly. The Chief will have the meeting's host child call the meeting to a start by 12 beats of a drum [or other prop if you don't have a tribal drum]. Everyone should be in place and seated by the end on the last of 12 drum beats.

The Chief will call the meeting to order by the tribe's name and the Pathfinder will read a devotional or conduct a silent prayer.

The Chief will ask all to stand and hold hands in an unbroken circle for reading of repeating of the pledge, aims, and slogan.

The Chief calls for the Tally keepers report. At a minimum the Tally keeper should take attendance with each parent and child saying their Indian name aloud.

The Chief calls for the Wampum Bearer to make his collection. Each child should tell of something they did with their parent since the last meeting as they pass their wampum to the Wampum Bearer. The Wampum Bearer praises each child and accepts the wampum into his wampum bag. [Wampum is used by the tribe for a tribal event or donated by the tribe to favorite charity].

The Chief calls for "Scouting Reports". If any child has earned an award with their

parent, they are allowed to tell the tribe what they did. The Tally keeper should either present an award at that time or recognize the child and parent for the achieving the award and present it at the next meeting [if they don't have the award on hand].

The Chief call for the Pathfinder to present a story. Choose a story that involves a moral. Usually we make it an Indian story in an Indian setting. The story should be short and read by the parent. See the tribal manual for more details. In a pinch, tell the story of the headband with some embellishment of needed or sing the "Pals Forever" or "Friends Always" song.

After the story the host will usually have the tribe make some sort of Indian craft or play a game. If a craft is planned, both the parent and child should make a craft so that the child can observe the parent and share ideas. If a game is planned, both the child and parent should participate, possibly as a team. Remember that you are trying to place the parent and child in a level situation where the parents size and experience doesn't give them advantage over their child. They should learn and do the activity together. Also, always cut off a game before the children get bored at it. This will help them to look forward to doing it again on another day.

Refreshment brake should be next and should last only about fifteen minutes. This is a good time for everyone to talk about their experience doing the craft or game.

The meeting should end with the Chief calling the tribe to come together into a circle. This is a good time to recognize and praise anyone who did something special during the meeting. also, the chief should thank the host. The meeting is called to an end by performing the closing ritual described in your manual:

"And now [point to ground], May the Great Spirit [point to sky], or all Great Spirits [both arms open to sky], be with you now [point to person across from you], and forever [pretend to shoot an arrow into the sky].

End the meeting promptly and get everyone on their way quickly.

Parent Roles in Tribes

One of the best ways to manage a team is to delegate specific and clear roles for each member and have everyone focused on a common objective. Listed below are suggested roles for your tribe. The common objective should be to realize the Indian Princess Aims.

Chief: The Chiefs biggest responsibility is to demonstrate leadership to the children of the tribe. Children commonly view the chief as being a teacher. The Chief conducts the tribal meetings and presides over the parents meetings. The chief also: Attends Nation and Federation meetings to provide feedback about tribe activities; Brings information to the tribe from meetings; Votes on selection of nation events; And participates in planning and management of the nation. The chief might also head up a special event or project, or input new ideas and improvements to the program.

Assistant Chief: Carries out the Chiefs duties whenever he/she cannot be present. Attends nation and federation meetings. Is in training for next years chief position.

Tally keeper: Keeps attendance records of meetings and events. Maintains the tribe calendar and reminds tribe of upcoming events and points out the positive aspects of each event to muster maximum tribe participation. Encourages members to pursue awards, coordinates getting attendance and earned awards from the federation and presents them ceremoniously at a tribal gathering. This person also maintains the "White Buffalo" point records and is responsible for sending in reports.

Wampum Bearer: Coordinates and manages all tribal wampum and any activities where money must be collected and accounted.

Linesman: Provides communications to/from tribe. Makes reminder calls for nation and federation events. Encourages attendance and points out positive aspects or each event to muster maximum tribe participation. Collects and reports head counts for events when advance counts are needed.

Pathfinder: Prepares devotions and stories for the tribe in an effort to enhance the parent/child experience. Searches out community service activities for the tribe to be involved in.

Historian: Takes notes at meetings and creates and maintains a written and photographic record of the tribes activities. Might prepare articles for the federation newsletter to share interesting tribal experiences. Encourages members to pursue the "Sand Painter" award.

All: Each parent will host their share of the tribal meetings at their house (or other meeting place). This responsibility includes planning the meeting, sending out invitations, making reminder calls, hosting the meeting with the Chief, and providing refreshments.

Also, maximize the parent/child experience. Make the time you spend together count as you live, learn, play, and make memories together. Review the Indian Princess aims often and conduct your activities such that the aims are achieved.



Conducting the first Parents Meeting

The first parents meeting should be focused on division of roles between each of the parents and establishing the initial calendar plan for tribe meetings. If you are a new tribe, you should start thinking about a name for your tribe. You might want to choose the tribe name at your first tribe meeting so that the children can be involved and have some input to names and voting.

Step one is to set up a one hour meeting at one person's home or a local meeting place where no distraction will be occurring.

Call each person and give them the time, place, directions, and duration of the meeting. Be sure to say it is a parents only meeting. You don't want the kids to be bored at their first meeting, nor do you want them to think that meetings consist of parents in one room and kids in another. Also, tell people that the meeting will start promptly on time and end in one hour.

The leader should be at the meeting early to assure everything is set up. Start the meeting on time! Have the refreshments served for consumption during the meeting if possible to avoid any breaks.

(First 5 minutes) Start with an invocation of some kind. My favorite is:

Thank you for deciding to join the Bear Creek Federation Indian Princess Program.

We are we here? We are here to:

- Show our children our love for them.
- Know our children better
- Teach them leadership through example
- Build self esteem
- Teach them teamwork
- Teach them about the family of community
- Share with them the history and wisdom of the Native Indian culture
- Share with them the wisdom of our culture
- Teach them values of our culture

Have fun with your son/daughter

As you go on through the program you will become "Pals Forever" with your sons and "Friends Forever" with your daughters. This program is designed to build a lifelong relationship with your children by removing you from your high level of authority role and placing you at your child's level. You will be doing things side by side with your children: Learning, playing, creating, singing, exploring, and adventuring.

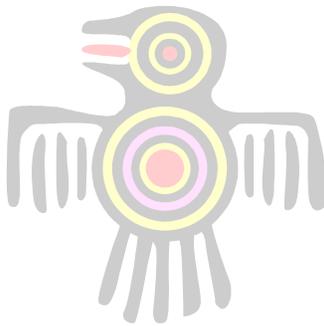
Please take this responsibility seriously, your children are at the age where they watch

everything you do. Make this time special and of the highest quality. You and your children will be making memories that will last forever.

(Next 15 minutes) Pass out printed sheets of the parent roles and go over each at a summary level. It is time for each parent to choose a role. I usually start by asking if anyone has any special skills that might make them well suited for a particular role. We are all born special skills and we shouldn't miss out a an opportunity to match up people with their natural skills. If that doesn't fill all of the role, you can put names in a hat and choose.

(Next 20 minutes) When the roles are all assigned, pass out the calendar sheets and let each parent choose when they will host a meeting. Remind them that some meetings are near holidays, some parents might prefer to host a meeting with a theme that represents a favorite holiday or time of the year. Plan at least three months out and more if time permits. End the calendar planning with a confirmation of who is hosting the first meeting so everyone will know. Also, get with that person and give them tips on how to conduct the first tribe meeting. This meeting can set the tone for the rest of the year.

(Next 10 minutes) Take questions and perform a closing.



FACTORS THAT BUILD A STRONG TRIBE

In order to insure a strong TRIBE, these few simple rules should be followed:

1. Both Parent and Child should make invitations and deliver them 3 to 5 days in advance of the tribe meeting.
2. If games are played at the meeting, chose games that both parent and child can participate in together.
3. Keep craft projects simple . . . within the abilities of the little Indians.
4. Stay with a "project" until it is completed. Do it well, and keep it for the children.
5. Parent-child teams should arrive on time for each meeting. The tribal meeting night should be an unbroken date between parent and child. There are only 9 or 10 of these nights for the year.
6. Should absence be necessary due to an emergency such as illness, the chief should be notified as soon as possible.
7. Each Big Brave/and Brave/Princess should have permission before speaking.
8. Parent and child should sit together during meetings. This promotes togetherness and minimizes any disturbances from the children.
9. All children should remain in the area of the house where the meeting is held and not be allowed to enter other rooms of the home.
10. If an outdoor meeting is planned and it rains... you should still do something special. Plan for an alternate activity.
11. Involve as many people as possible in tribe duties.
12. Plan Extra and Special Events and Activities.
13. More kid talk - Less parent talk
14. Have a costume (Regalia) for each member and encourage them to wear it at tribal and federation event ceremonies.



KEYS TO A SUCCESSFUL TRIBE

- Always remember that this program is for developing strong parent-child relationships.
- Enthusiastic parent participation at all times
- Accurate, timely and consistent communications to all tribal members.
- Allow children to freely express their ideas as to the choosing of tribal activities and field trips.
- Be prompt with meeting times beginning with a welcoming ceremony and end with a closing ceremony.
- Be organized and to the point to maintain interest.
- Always respect each others time and ideas.
- Openly discuss any and all concerns.
- Relax and have fun with your child.

The # 1 secret to having a successful tribe – You and your child will get from the program what you put into it!



TRIBAL CEREMONIES

Ceremonies add drama and interest to programs, highlighting points of commitment or recommitment to program principles. All ceremonies should be simple, brief, and dignified. In addition, to be effective, ceremonies should be short and should require Tribe members to participate actively. They should be predictable, and all participants should prepare beforehand so the ceremony can proceed as smoothly as possible. You can vary procedures and content if the additions make the ceremony more meaningful to your Tribe. In the first few meetings, the rituals can be read, but it is most effective to memorize them.

Do not underestimate the importance of ceremonies. While they may at times seem “corny” to adults, rituals are very exciting to children of this age. The Tribal ceremony should be used at every Tribal meeting, and it should be performed consistently from meeting to meeting.

The Opening Ceremony

All meetings begin on time with the beating of the drum. A drum should be one of the first Tribal craft projects, as it adds a great deal to the meetings. Parents and children form a double circle, with the children standing in the inner circle in front of their own parents. When all are quiet, the ceremony is conducted with dignity and meaning. The following outline works well for opening ceremonies. Where multiple choices are offered (such as Braves/Princesses), use only the one appropriate for your group.

(The Drum Beater - the host child - beats the drum once for every father/child pair present.)

CHIEF: *(Raising hands and eyes to the Great Spirit)* Great Spirit, as we gather around this council fire, dwell among us and guide us. Give us wisdom and understanding. We are grateful for _____ *(something simple that the children will understand: the beautiful weather; the large attendance; the beautiful outing we just had)*. O Great Spirit, hear our words.

(Drum Beater beats twice.)

CHIEF: Does the Tribe remember the slogan of Indian Guides/Princesses?

ALL: The slogan is “Pals Forever” / ”Friends Always.”

(Drum Beater beats twice.)

CHIEF: Drum Beater, what is a Indian Brave/Princess?

DRUM BEATER: A boy/girl with a dad like mine.

CHIEF: And your office, what does it mean?

DRUM BEATER: The beating of the drum calls the Tribe together and tells its members to come to order.

CHIEF: Runner, what are the duties and meaning of your office?

RUNNER: I stand guard over Tribal property.

CHIEF: What is the pledge of all Indian Braves/Princesses?

ALL: Our daily pledge is “We, father and son/daughter, through friendly service to each other, to our family, to this Tribe, and to our community, seek a world pleasing to the eye of the Great Spirit.”

CHIEF: This council is now open. Sit.

(Each parent takes a seat on the floor, with the child in front.)

CHIEF: Tallykeeper, read the Birch Bark Scroll.

TALLYKEEPER: *(Reads the minutes of the last meeting.)*

CHIEF: Roll Taker, will you take the roll while the Wampum Bearer collects the dues and calls for scouting reports?

(The children pay their dues, tell how they obtained the money, and report on any special thing that occurred during the time between meetings. Each child should have a turn to speak and should be encouraged to participate.)

ROLL TAKER: Chief, the roll has been called.

WAMPUM BEARER: Chief, the dues are collected and the scouting reports received.

Closing Rituals

Each meeting should close with a short, simple ritual – which sometimes can be simply a saying.

This joins the Tribe together once more before leaving and provides a suitable ending to the meeting. The following are some examples.

And now (*index finger pointing to the ground*), may the Great Spirit (*all fingers circling up, imitating smoke*) of all good spirits (*arms outstretched*) be with (*arms coming in close*) you (*index finger pointing across the circle*), now (*all fingers pointing down*) and forever more (*action of shooting bow and arrow*).

May the Great Spirit (*sign of “V” with right hand up and forward from shoulder*) look down upon us (*the “V” fingers bent forward and down and wrist bent forward, so that V fingers “look down”*) while we are absent (*two index fingers held before body, about a foot apart, then drawn together*) for a little while (*index fingers drawn apart, the left forward, the right backwards, for about a six-inch space*).

During each of the following prayers, raise your arms above your head at the beginning of the prayer and slowly lower them during the prayer:

Great Spirit of the Universe, guide us until we meet again.

O Great Spirit, watch over us during the passing moon, hear our voices and guide our thoughts.

O Chief of Gods, aid us in our Tribe, watch over our tepees, and protect our Braves/Princesses.

Great Spirit, hear our voices asking for guidance and direction from the winds; we will watch the setting sun as a sign of your power.

One by one, the children remove their own and their dads' council feathers from the Tribal coup stick to indicate that the Tribal council is over and that the members are leaving.

Tribal Induction Ceremony

Use this model to help you kick off the year with the appropriate balance of joy and solemnity. As always, feel free to adapt the details to fit your needs, inserting your group's terminology as appropriate and adding or changing other wording to reflect your customs.

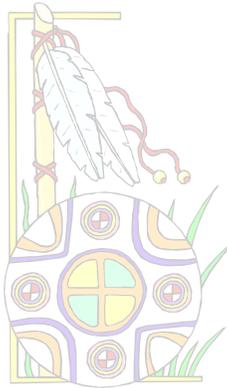
Ceremony preparation: Use two candles in this ceremony. Many prefer to use candles of two different lengths for symbolic significance. Bring a patch for each parent and child. Gather together, around a fireplace, if available. Turn your back to the fire. Have the group members sit in two concentric semicircles, children in front of their respective parents, facing you. Keep the room dark with the exception of one dim light or the light from the fire. Ask the group to please stand, and then offer a prayer to the Great Spirit:

O Great Spirit, the father and children of this, the _____ Tribe offer to you their thanks for the opportunity of meeting here in a spirit of companionship, one person with another. We ask for your guidance in the leadership of this Tribe. May these Indian Guides/Princesses be blessed with wisdom, patience, sacrifice, and acceptance so they may realize each person's worth. May the circle of their Tribe be as strong as the sacred circle of their families. May they live in mutual harmony with their community, and seek a world pleasing to your sight.

Have all sit again, then explain the symbolism of the candles:
Indian Guides/Princesses, you see before you two candles. (*Light the first, longer candle.*) This candle represents the parent. (*Light the second, shorter candle.*) This candle represents the child. Notice how each puts forth its own flame and is bright individually. Notice, however, how the glow from the two candles grows when brought together. (*Bring the flames together.*) As the parent and child grow and do things together, so too does their flame grow, casting a glow of warmth and affection, kindled by their shared experiences.

Now hold up a program patch and review the aims of the program. Call up, by name, each parent-child pair, one at a time to stand before you. Present the patch to each and tell them that this patch signifies that they are now members of the _____ Tribe of the _____ Nation of the Indian Guides/Princesses Program. Shake the hands of the parent and child in turn, then ask them to return to their places.

Welcome all to the Tribe, then close with one of the brief sayings or listed in "Closing Rituals" above.



INDIAN GUIDES & PRINCESSES NAMES

American Indians name their children for some event in the child's life, for an outstanding character trait, or for a spirit they hope will guide their child. You can do the same in Indian Guides & Princesses. This section contains suggested Indian Guide names for parents, children, and new Tribes.

Indian Names for Parents and Children

The selection of a name for parent and child should be done with the same respect and ceremony that is practiced by the American Indians. The name should reflect honor, and it should be carried with honor by the bearer.

The American Indians grant names to their children in the following ways, which your Tribe can consider in selecting names that have special meaning for each specific person.

- The elders' vision of what a child may turn out to be (i.e. a guide for his or her future, such as Silver Bird, Peacemaker, or Straight Arrow).
- Something that stood out in the parents' minds on the day the child was born (Bright Star, Snow Rabbit, Sleeping Bear).
- The hope of the parent or child for his or her future (Strong Heart, Steady Wind, Brave Wolf, Wise Owl).
- The traits of the parents or child (Great Thunder, Tall Cedar, Keen Eyes, Quiet Squirrel).
- An experience of great meaning to the family (Clear Water, Running Deer, Red Sky).

Other ideas for names include:

Brave Wolf
Bright Star
Corn Planter
Dancer
Dove
Flying Cloud
Gentle Breeze
Great Star
Laughing Cloud
Laughing Water
Looking Glass
Medicine Crow
Morning Cloud
Peacemaker
Red Bird
Red Cloud

Red Feather
Red Fox
Rising Sun
Running Antelope
Running Brook
Running Rabbit
Setting Sun
Shooting Star
Silent One
Silver Fox
Silver Star
Strong Hand
Sunbeam
Sunflower
Swift Cloud
Swift Hawk
Swift Wind
Talking Rock
Tall Hunter
Warm Wind
White Antelope
White Bird
Wonder Cook
Young Fox

Indian Tribal Names

In choosing your Tribal name, remember that the careful search for an interesting name will not only be educational, but will result in a selection your Tribe will be proud to bear. Some groups prefer a name from Tribes that lived in their areas. Some pick a name because the Tribe had particularly admirable. Some create a Tribal name by using the Indian word for a quality they wish to accentuate in their activities. A check with the Nation Chief will avoid duplication along with gaining approval of your choice.

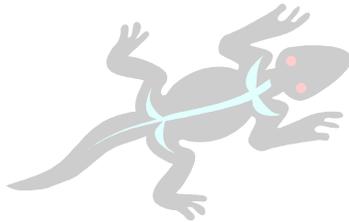
Listed below are the more familiar authentic Tribal names from a list based on ten cultural areas of the Indian Tribes of the United States. When a Tribe adopts a name, they must assume responsibility for researching the Tribe and making sure they depict the Tribe in an authentic manner. The mixing of Tribal names, customs, property, rituals, and ceremonies is inappropriate.

The following Tribes lived in the Plains and Great Lakes areas:

Arapahoe
Cherokee
Cheyenne
Chickasaw
Chippewa
Choctaw
Comanche
Creeks
Delaware
Erie
Fox
Hidatsa
Huron
Illinois
Iowa
Iroquois
Kickapoo
Kiowa
Mandan

Menomonee
Miami
Missouri
Ojibwa
Omaha
Osage
Ottawa
Pawnee
Potawatomi
Sauk
Seminole
Seneca
Shawnee
Sioux
Wichita
Winnebago

Of course, there are many other Tribes who lived (and still live) throughout this country. Whatever Tribe name you choose, use it with respect – and take the opportunity to research and learn about the real people of that Tribe, both past and present.



INDIAN GUIDES PROPERTY

Individual Property

In the Big Oak Federation, there are several pieces of individual property that are important to the Indian Guides & Princesses program:

Headbands: Headbands are received upon registering for the program for the first time. Both the Indian Guides and Indian Princesses headbands have special significance, as described below:

Guides 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 Native Americans, whenever someone achieved an outstanding feat, its significance was recognized by the 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. The inclusion on the right of the symbols of the mother and the home suggest that it is in service to mother and home that many of the more significant achievements of father and son will take place. Finally, the symbols of forest, mountain, field, and stream encourage the wearer to respect and care for these natural gifts of the Great Spirit.

Princess Headband: The central theme of the headband is the sign of 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.

Patches: Upon entering the program for the first time, each participant – fathers and children alike – receive a patch for the Indian Guides or Indian Princesses program and a Bear Creek Federation patch. Patches are also received at each campout, and sometimes at other special events. Patches are typically displayed on each participant's vest (see below).

Vests: Each Tribe chooses a vest – in leather, denim, or colored felt. Vests should be made at one of your very first Tribal meetings and will be worn throughout the program, becoming more adorned with patches as the years pass. See the Resources section of this manual for information about where to get vests.

Tribal Property

Every Tribe should make its own set of Tribal property, which may include the following items (to be genuine to a specific Tribe you should research it first to determine if the property is authentic):

Coup Stick: These large decorated sticks are displayed outside the home to welcome Tribal members. Each father-child pair can insert a feather when they arrive and remove it when they leave.

Property Box: This box holds most of the Tribal property, but should be small enough to be handled easily.

Talking Sticks or Rock: During Tribal meetings, the person holding the talking stick or rock is granted the right to speak. Talking sticks and rocks can be decorated with paint, feathers, beads, leather, or any other materials.

Tallykeeper's Book: A book constructed for the purpose of holding records of meetings and events. It may be decorated with various Indian designs.

Tribal Banner: Most Tribes in the Big Oak Federation make a Tribal Banner. Frequently made of leather suspended between two wooden poles, the Tribal banner should include the name of the Tribe along with the Indian names of all Tribe members. Many Tribes choose to draw or glue pictures or symbols representing their Indian names on the banner.

Tribal Drum: The Tribal drum is used to open and close each Tribal meeting and represents the unity of the Tribe. Drums can be made creatively by the group (see instructions below) or ordered through a supplier (see Resources section of this manual).

Wampum Bag: A leather container for holding Tribal funds, often decorated with beads and feathers.

Tribal property belongs to the Tribe and is made by Tribal members. All materials should be purchased with Tribal funds. The Tribal properties are kept in the property box, which is taken by the next host after each meeting. Thus all property is kept intact and is readily available at the site of each successive meeting.

Each parent and child should share some responsibility for making some of the Tribal property. Ideally, the Tribe should work together to make the larger items. The important point is to make all properties as quickly as possible by including all parent-child teams in the fun and responsibility. Successful Tribes complete these projects early, an achievement that helps knit the Tribe members closely together. Moreover, the equipment adds color and meaning to meetings, increasing the satisfaction of all members.

How to Make Tribal Property

Coup Stick

Some Indian Tribes used the coup stick to welcome guests and show them hospitality. It was displayed *outside* the home. To others it was used to touch the enemy during a battle. Research how coup sticks were used by the Tribe you have adopted. If appropriate, make the coup sticks by securing a 3' to 4' dowel or stick. The coup stick should be pointed at one end. Decorate the stick with a totem head, feathers (6" long), colored yarn, fur, painted designs, and the like.

Some Indians also used these sticks to indicate ownership. When moving from one hunting ground to another, they would drive the stick into the ground to mark their hunting areas as well as places where they had left their possessions. Other Indians, seeing the coup stick, knew at once by the decorations the name and Tribal affiliation of the owner.

Property Box

This box should be large enough to hold all Tribal property, yet small enough to handle easily. It should be a hinged, covered box with a latch so that it can be decorated. This box holds most of the Tribal property, including totem pole, drum, campfire, and headbands. We recommend that you use plywood to construct this box. Even an old footlocker, painted and decorated, will make a very satisfactory chest. You may want to purchase a lock for the box as well.

Talking Stick or Rock

No two talking sticks or rocks are alike. This project can tap the creative imagination of the Tribe. Using a stick or a string, round rock found on a Tribal hike, parents and children proceed to paint and decorate it with feathers, beads, leather, or other decorating materials. The purpose of the talking stick or rock is to grant a Tribal member permission to speak at a meeting. The person who is speaking holds it in his or her hands. Everyone else must listen until that person finishes. The talking stick or rock is then passed on to the next speaker. The stick or rock can also be placed in front of the member who is to speak.

Tally Keeper's Book

Keep records of councils and meetings in this book. It can be constructed easily by the Tally Keeper and his or her child. Use 2 pieces of ½" plywood or heavy cardboard about 9" x 12" for the covers of the book. Drill two or three holes ¼" holes along one side of both covers to accommodate loose-leaf sheets. Bind the covers together with leather thongs. Decorate the covers with paints and inscribe the Tribal name on the front. This book can also be used as the Tribal scrapbook. Collect pictures of trips, outings, family events, and special activities to keep as a history of the Tribe. It will grow in value as the months and years go by.

Tribal Banner

Some Tribes use the Tribal banner to identify themselves at Longhouse events, special ceremonies, and camp-outs. Every parent and child should help make and decorate the banner. Select two poles about 4' long and attach a leather or cloth banner; then paint Tribal emblems and history on the standard. A colorful, attractive standard is a symbol of the Tribe's unity.

Tribal Drum

The Tribal drum is an indispensable piece of equipment for the Tribe. Tribal participation in making the drum builds a strong feeling of teamwork and ownership. The drum is used regularly in meeting ceremonies, and it should not be considered a toy. The Tribe should make and use it with care, for it is one of the principle Native American instruments. There are several ways to make a Tribal drum. You can make a good body for the drum from a clean, tight wooden nail keg, a round cheesebox, or a large tin can. Be sure to make the drum small enough to fit into the Tribal property box (described later). Rawhide makes a good drum head. The rawhide should be about 2" or 3" larger than the diameter of the body. You can use any scraps left over from the head for thongs.

The body of the drum should be smooth; pad the ends over which the head will be stretched with a thick layer of cloth or soft leather. Seal any holes or leaks through which air may escape as tightly as possible in order to preserve the good tone of the drum. Soak the rawhide in warm water for about 4 to 6 hours. Frequently changing the water helps remove dirt and other matter left on the hide. Cut two circles out of the rawhide that are a few inches larger in diameter than the diameter of the drum body. Then cut a series of small holes around each circle of rawhide 1" from the edge and 3" apart. These holes should be in the shape of a narrow "V" with the point facing the edge of the circle.

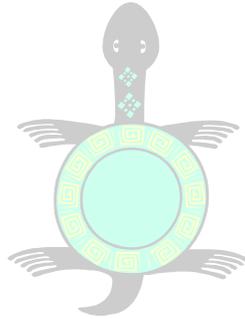
Place the body end down on one of the heads and cover other end with the other head. With thongs cut from scraps of wet rawhide, begin lacing diagonally through the holes cut in the heads. When the lacing reaches around to where you began, have someone hold the two thong ends together while you go back and take up the slack in the thong. Tie the loose ends together with a secure square knot.

Let the drum dry slowly and evenly. Coat the uncured rawhide with a protective layer of clear varnish to retard deterioration. Decorate the drum with Indian symbols or other designs. Make a beater for the drum at the same time. First wrap cotton cord or gauze bandage around a supple stick about 12" long. When finished, wrap the cotton or gauze with strips of adhesive tape; then cover with a piece of soft leather. Decorate the stick with feathers or beads.

Wampum Bag

This is a container for holding the Tribe's funds. Usually a drawstring is inserted to close

the bag. Decorate the bag with beads and paint, using original designs created by both parent and child. The bag can either be fastened on the belt or carried in the hand. You can use chamois, imitation leather, or heavy felt to make the bag. Sew the edges together with heavy thread. Insert cord or leather thong for the drawstring. Fringe the bottom, then decorate as desired.



OTHER TRIBAL ACTIVITY IDEAS

While Tribal meetings are the core of the Indian Guides & Princesses program, it can be fun to do special outings, projects, or events from time to time. Third graders especially appreciate more outings and events. The list below should give you some ideas to get you started.

- Plan and conduct community service projects – park clean-up, food or clothing drive, help out at a soup kitchen, visit a retirement community, make cards for U.S. military personnel... use your imagination!
- Make bird houses or flower planters.
- Visit a water park in the summer.
- Paint and glaze your own ceramics.
- Go ice skating at the Dr. Pepper Stars Center.
- Go rollerskating at Skatetown.
- Have a swim or gym party.
- Go horseback riding.
- Go fruit picking (ie Parker County Peaches).
- Make and fly kites together – or just fly the kites you probably already have in your closet.
- Go to the Ft. Worth Botanical Gardens.
- Visit the Kimbal Museum.
- Visit the Amon Carter Museum
- Visit the Cowgirl-Hall of Fame Museum
- Go to a real Native American Pow-Wow.
- Play miniature golf.
- Go to the batting cages and hit a few.
- Take a canoe trip.
- Visit a street fair.
- Go bowling.
- Play kickball, soccer, croquet, or cricket.
- Take a field trip associated with a Big Brave's work.
- Go to one of Home Depot's special Saturday workshops for kids (call the nearest Home Depot for information).

RESOURCES

Awards

CQ Industries
477 W. Fullerton Ave.
Elmhurst, IL 60126
Phone: 630-530-0177
Fax: 630-833-9503
Has standard award ribbons in a variety of colors.

Craft Books

Grey Owl
P.O. Box 340468
Jamaica, NY 11434
Phone: 800-487-2376
Fax: 718-527-6000
greyowline@aol.com
Large selection of books on Native American crafts. Many books are advanced, but some will have projects children can manage.

More Than Moccasins by Laurie Carlson Excellent, informational, and designed for children. Many simple Native American craft projects that can be made with typical household items. You can get this book at any local bookstore (it may have to be special ordered).

North American Indians by Andrew Haslam Part of the "Make It Work!" series. Information on Native Americans and craft projects with instructions.

Craft Supplies

CraftKits
P.O. Box 11195
Champaign, IL 61826
Phone: 217-352-2552
Fax: 217-352-9114
www.craftkits.com
Small but nice selection of kits for Native American crafts (medicine arrow, tomahawk, necklaces, etc.). Also has beads, bear claws, arrowheads.

Grey Owl
P.O. Box 340468
Jamaica, NY 11434
Phone: 800-487-2376
Fax: 718-527-6000

greyowline@aol.com

Huge catalog – great resource for beads, leatherwork supplies, arrowheads, bells, and craft kits for items such as totem poles, moccasins, necklaces, and rain dance rattles. Also has books.

Tandy Leather & Crafts

1400 Everman Pkwy

Ft. Worth, TX 76126

Phone: 888-890-1611

Fax: 817-551-9790

www.tandy-leather.com

Great selection of leather products, leatherwork tools, beads, and general craft supplies. Has kits for tipis, moccasins, leather pouches, drums, necklaces, and many other items.

The Wandering Bull, Inc.

247 S. Main St.

Attleboro, MA 02703

Phone: 800-430-2855

Fax: 508-226-4878

www.wanderingbull.com

Has beads, plastic claws, and craft kits for moccasins, necklaces, leather pouches.

Stories

- American Indian Myths and Legends - Richard Erdoes & Alfonso Ortiz, eds. Huge selection of stories. Not all stories are appropriate for children.
- Dee Brown's Folktales of the Native American - Dee Brown Stories of different topics, varying lengths. Well organized and laid out.
- Native American Animal Stories - Joseph Bruchac Stories relating to animals and the environment. Many are short enough to memorize for a campfire.
- Stories of the Sioux by Luther Standing Bear Sioux folklore in a children's book.

Tribal Property

CraftKits

P.O. Box 11195

Champaign, IL 61826

Phone: 217-352-2552

Fax: 217-352-9114

www.craftkits.com

A good source for drums and talking sticks.

Grey Owl

P.O. Box 340468

Jamaica, NY 11434

Phone: 800-487-2376

Fax: 718-527-6000

greyowlinc@aol.com

Has drums, rattles, and a variety of costume pieces.

Tandy Leather & Crafts

1400 Everman Pkwy

Ft. Worth, TX 76126

Phone: 888-890-1611

Fax: 817-551-9790

www.tandyleather.com

Good resource for those huge pieces of leather for banners. Also a source for drums, talking sticks, etc.

The Wandering Bull, Inc.

247 S. Main St.

Attleboro, MA 02703

Phone: 800-430-2855

Fax: 508-226-4878

www.wanderingbull.com

Has kits for drums and other property items. Also has books for stories and background information on Native Americans.

Vests

CQ Vest

477 W. Fullerton Ave.

Elmhurst, IL 60126

Phone: 630-530-0177

Fax: 630-833-9503

Has denim and felt vests (many colors), ready to wear for adults and children. Cost is \$10-\$18 per vest.

CraftKits

P.O. Box 11195

Champaign, IL 61826

Phone: 217-352-2552

Fax: 217-352-9114

www.craftkits.com

Has ready made or you-make-it suede leather vests for adults and children. Cost is \$20-\$46 per vest.

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1400 Everman Pkwy

Ft. Worth, TX 76126

Phone: 888-890-1611

Fax: 817-551-9790

www.tandy-leather.com

Has suede leather vest kits in child and adult sizes. Cost is \$17-\$35 per vest.