



# Three Rivers Federation Deed Book

This lists annual awards, bear claw deeds, and related awards.

Come, join us!

We build strong kids, strong families, strong communities.

Revised 8/2011 S. Broam

Name : \_\_\_\_\_

Indian Name : \_\_\_\_\_

Tribe : \_\_\_\_\_

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## **Introduction and Purpose**

The Three Rivers Federation Activities and Awards Program Manual has been developed to encourage parent and child participation in activities that are fun, rewarding, educational, and that help build a strong bond between parent and child. A strong bond is built by spending TIME together doing the activities. Activities should always be done with parent and child together and should not be rushed to completion. The goal is to teach, learn, grow and have fun through spending time together so that you “foster an understanding and companionship” between you and your child.

The following principals must be adhered to in the program:

- Parent and child will work together in both learning and earning awards.
- Both parent and child must complete the activity in order to receive an award i.e. your child jump ropes for 2 minutes continuously, you do too (lead and learn by example).
- Parent and child will receive the award on the same night.
- The child should share with the Tribe group (with the parent’s assistance, if needed), what they have accomplished or learned PRIOR to receiving the award. If your activity is a display, bring the display with you to a Tribe meeting prior to receiving the award.
- Awards should be given to the parent/child on the same night they are presented to the Tribe in a ceremony led by the Tribe Chief.
- Bear claw awards should be displayed on both the parent and child’s necklaces.
- Patches should be displayed on the parent and child’s regalia.
- Other awards, like arrowheads, should be displayed on a coup stick. The coup stick can be a natural branch, dowel rod, or broomstick 3-5 feet long. How you display them is left up to you and your child’s creativity!

This handbook is intended to serve as a guide to the awards portion of the program as well as a journal and location to record your achievements. You will likely have one Program Handbook per family, but you would have one copy of this Deeds Handbook per child.

### **How the Program Works**

#### **Yearly Patches**

There are 4 yearly patches that focus on areas of the Indian Guides program. The first three patches are multi-part patches with each part representing separate activities and achievements. The requirements are described in a following section. The 4<sup>th</sup> year patches represent an

accumulation of achievements and are a special challenge – these are the Thunderbird and Golden Thunderbird awards.

### Bear Claws

Bear claws can be earned through additional activities from 18 activity areas listed below. Bear claws are worn on your necklaces. These activities are a great way to keep interest going when you have completed your yearly patch requirements.

### Special Event Awards and Patches

There are a number of other patches and awards that may be presented during the year for participation in various activities :

- Polar Bear Claw for the winter Pool Pow Wow
- Kite Fly patch
- Christmas Parade Patch
- Longhouse Patches
- Arrowhead for Recruitment
- Others at the Federation Chief or Y Director's discretion

### **Yearly Patch and Bear Claw Award Guidelines**

The bear claws, yearly patches, and other awards are to be earned by **parent and child working together**. As the parent and child accomplish each activity for a bear claw to the satisfaction of the parent, the child presents the activity to the Tribe for final approval on an award sheet paper or other written document given to the Tribe Log Keeper. If approved, the child and parent will receive a bear claw in a ceremony led by the Tribe Chief. The Tribe Tallykeeper will record each activity on a copy of the child's award sheet. The parent should also keep a record of completed activities on the awards sheet in the back of this manual or by other means (i.e. Excel Spreadsheet, etc.) It is important that you keep a running record of completed activities since we all tend to forget over time.

The Tribe Chief or his representative will present the child and parent the corresponding achievement award patch at the next Tribe meeting. For certain achievement titles, the child must present his award sheet to the Federation Chief and go before a special council prior to receiving the achievement award patch as indicated below.

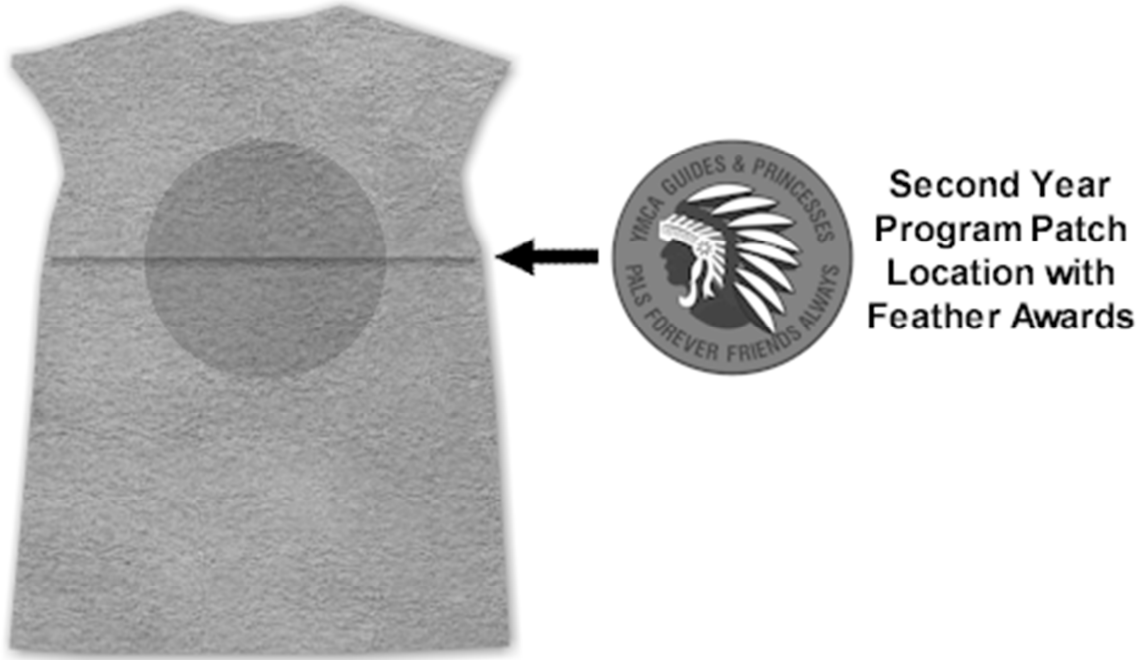
It is the parent's responsibility to help the child on all achievement awards. Activities will be used only once to earn a bear claw or towards an achievement award. Try not to go ahead of the achievement title you are working on. If activities are done ahead and are not practical to do again, parents may present activities for credit.

The Tribe Chief may approve additional activities not listed under a particular category but the activity must be category appropriate and it must be shared with the Federation at the next scheduled Chief's meeting.

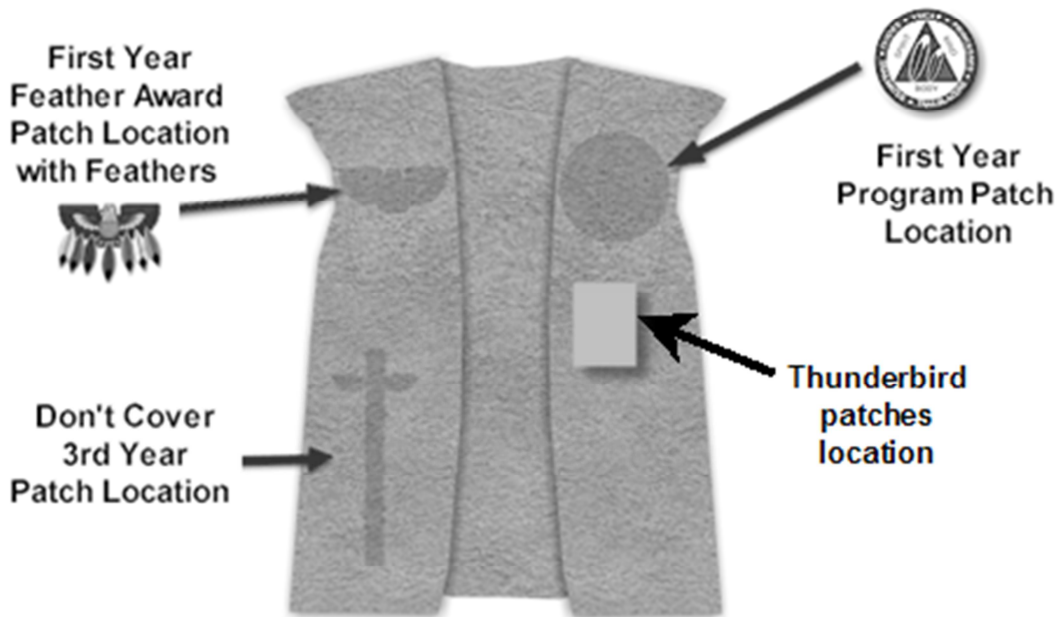
## Yearly Patch Locations

Use the diagrams below to help you place your patches. Try to make father and child's vests as similar as possible. Leave room for Federation event patches, too!

### **Vest Back**



### **Vest Front**



## Yearly Patch Awards

### First Year Awards

Colored feather patches are awarded, as per the requirements listed below, at the rate of one per month, with no definite order required. Only little Braves/Princesses earn the Red, Blue, and Turquoise Feathers, which require memory work, with dad's coaching, of course. The remaining four feathers are earned by the Big and little Brave/Princess concurrently. Each patch is attached to the bottom of the feather award patch on your vest.



Feather	Deed
Red	Know and repeat before tribe all the real and program names of each Big and Little Brave/Princess.
Blue	Repeat all six parts of the Y-Guide/Princess AIMS before tribe individually
Turquoise	Recite the pledge of the Y-Guides and Princess program.
Orange	Arrange a night-off for mom/family member. Big and Little Brave/Princess plan, purchase, cook, and serve dinner. After serving dinner, Big and Little Brave/Princess do the dishes. To earn this feather, a statement in writing to the Tallykeeper must be furnished.
Yellow:	Complete a 2-mile walking hike with Big Brave. This can be a tribe outing such as the Fall Long house. A report should be made at the next tribe meeting, each Brave/Princess telling of interesting things observed.
White	Complete one overnight camping trip with Big Brave (Recommended as tribe outing. Long houses do not count).
Green:	Complete three craft projects with Big Brave. These can be completed over a period of time. The projects will be presented to the tribe upon completion. The three do not have to be presented at the same meeting. The Tallykeeper will keep an accurate record of the projects. (Crafts made at tribe meetings do not count).

Our First Year Journal

Title: \_\_\_\_\_ Year: \_\_\_\_\_

Big Brave: \_\_\_\_\_ Little Brave/Princess: \_\_\_\_\_

**Members of our Tribe**

Names:  Indian Names :	Names:  Indian Names :
Names:  Indian Names :	Names:  Indian Names :
Names:  Indian Names :	Names:  Indian Names :
Names:  Indian Names :	Names:  Indian Names :
Names:  Indian Names :	Names:  Indian Names :

**Tribal Officers**

<b>Chief</b>	<b>Sachem</b>
<b>Tally Keeper</b>	<b>Wampum Bearer</b>

**Feathers Earned**

<b>Feather</b>	<b>Date</b>
Red	
Blue	
Turquoise	
Orange	
Yellow	
White	
Green	



Our First Year Journal

What I liked about Fall Long house was...

Little Brave/Princess:
Big Brave:

What I liked about tribe meetings was....

Little Brave/Princess:
Big Brave:

What I liked about camping was....

Little Brave/Princess:
Big Brave:

What I liked about the Spring Long house was...

<b>Little Brave/Princess:</b>
<b>Big Brave:</b>

What I'll remember most about this year was...

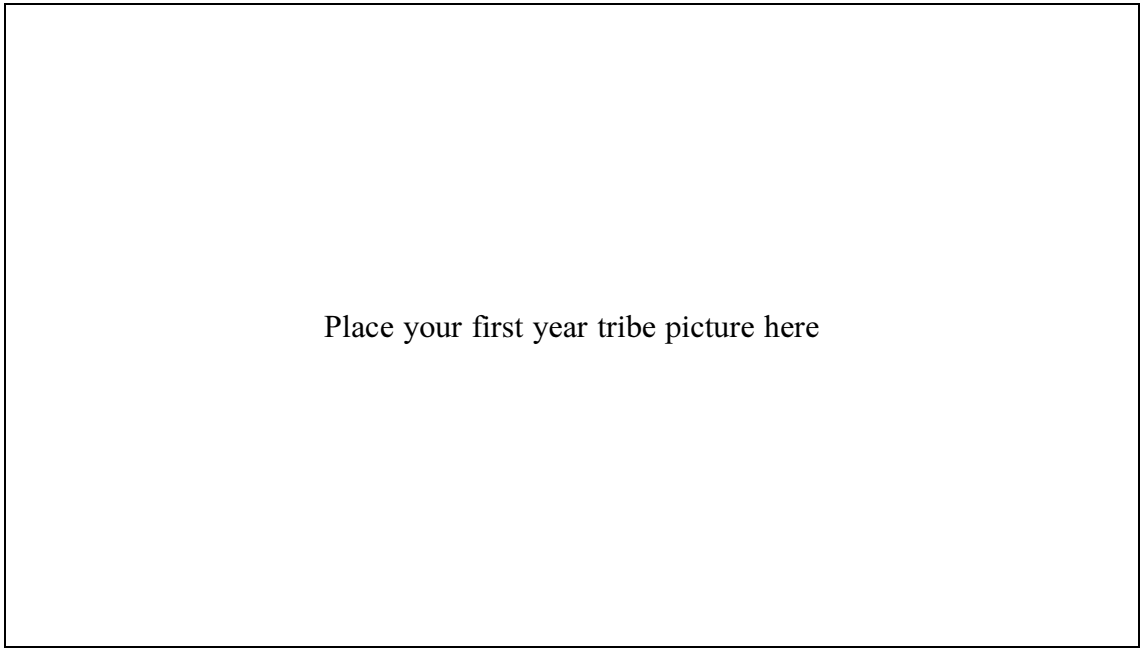
<b>Little Brave/Princess:</b>
<b>Big Brave:</b>

<b>Little Brave/Princess: How would you describe your father?</b>

<b>Big Brave: How would you describe your son/daughter?</b>

**Our First Year Journal**

**Our Tribe – the First Year -**



**Our Tribe's Outings**

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**First Year Memories**

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## Second Year Awards

Second year awards are categorized into three different areas: **Physical, Mental, or Craft**. A feather patch, to be attached to the Second Year Award patch, is earned by fulfilling the requirement listed in one of the three areas. Out of the eight feathers earned, at least two must be earned from each area. This means that no more than four feathers can be earned from any one of the three areas.

Patches and feathers, as well as beads and bear claws, are provided by the Program Office. Remember that father and child complete the tasks together.

### **Physical**

1. Learn proper safety and care of an air rifle, .22, or shotgun and report to tribe.
2. Big and Little Brave/Princess swim at least 50 feet, tread water or float for three minutes.
3. Have a physical fitness program daily for 30 days with Big Brave working up to at least 25 sit-ups, 12 push-ups, 25 leg and head-ups while lying stomach down on floor, and 3 minutes running in place.
4. Plant a garden containing at least 3 different plants.
5. Rig a fishing line with hook, float, and sinker, and catch at least one fish.
6. Go horseback riding with Dad and report to tribe.
7. Participate in a YMCA or recreation team sports and have dad coach, keep score, or help the coach at practices and/or games. .
8. Make at least one hunting or fishing trip with Big Brave, making a report to the tribe (#5 cannot be accomplished in same trip).
9. Overnight camping trip (father & son/daughter or with tribe) and/or hike 3 miles (father & son/daughter or tribe).
10. Night off for Mother— Planning and preparing a meal and cleaning up afterwards.
11. Go on a family bike ride, observing safety rules.
12. While participating on an organized sports team, demonstrate good sportsmanship and report to the tribe how you did so.
13. Participate in a walk-a-thon or road race.
14. Take lessons together for a new hobby (tennis, golf, guitar, etc...)
15. Learn how to appropriately set a table and demonstrate this at a tribe meeting.

## **Mental**

1. Learn and describe 5 fresh water fish found in our area, and draw or find a picture of each, making a report to the tribe.
2. Learn and describe 5 wild animals in our area, and draw or find a picture of their tracks, making a report to the tribe.
3. Identify 8 trees in South Carolina, and make a leaf and bark display of the trees, making a report to the tribe.
4. Visit 2 other tribes with Big Brave, Little Brave/Princess reporting to the tribe concerning visit (Permission of host tribe must be obtained in advance of visit).
5. Name the 8 planets in order from closest to farthest from the sun.
6. Using a compass, show the directions north, south, east and west.
7. With Big Brave's help, research and write a short paper (recommended 75-125 words) on the history of a Native American or tribe. Little Brave/Princess might also want to furnish a colored drawing illustrating the paper.
8. Using safety rules, Little Brave/Princess must build an outdoor fire using only material found in the forest. Matches may be used to start the fire. Little Brave/Princess will then cook a meal consisting of a meat and one vegetable for himself/herself and Big Brave.
9. Spend half day (work day) with your dad learning what he does at work, then talk about that day at your next meeting.
10. With Big Brave's guidance, Little Brave/Princess conducts daily family devotional (other than the meal blessing) for a week.
11. Prepare a display of 5 or more different rocks, and identify before tribe.
12. Learn and recite the YMCA mission statement (page 4 of this handbook) and the five values the YMCA promotes (Faith in God, Respect, Responsibility, Honesty and Caring).
13. Develop a plan for your family if an emergency occurs at your house.
14. Visit your local fire department or police station.



## **Craft**

1. Make a birdhouse and report on birds using it.
2. Make a bird feeder and report on birds using feeder over a period of a week.
3. Make a homemade kite that will fly, and fly it.
4. Build a family bulletin board, and display its use to tribe at the time of meeting in your home.
5. Make a weather station containing weather vane, thermometer, and rain gauge. Make observations over a two-week period, and give report to tribe.
6. Do a sand painting design, bead design or leather design.
7. Build a model from a kit or original materials.
8. Make a photo display from photos taken by Little Brave/ Princess.
9. Make a holiday decoration (carved pumpkin, Christmas ornament, Valentines card, Easter egg), show it to the tribe, and display it in your home.
10. Learn to tie 5 knots and present them to the tribe at a meeting.

Our Second Year Journal

Title: \_\_\_\_\_ Year: \_\_\_\_\_

Big Brave: \_\_\_\_\_ Little Brave/Princess: \_\_\_\_\_

**New Members of our Tribe**

Names:	Names:
Indian Names :	Indian Names :
Names:	Names:
Indian Names :	Indian Names :

**We said goodbye to...**

Names:	Names:
Indian Names :	Indian Names :
Names:	Names:
Indian Names :	Indian Names :

**Tribal Officers**

<b>Chief</b>	<b>Sachem</b>
<b>Tally Keeper</b>	<b>Wampum Bearer</b>

**Feathers Earned**

<b>Feather</b>	<b>Activity/Date</b>
1	
2	
3	
4	
5	
6	
7	
8	
<b>Arrowhead Award</b>	

Our Second Year Journal

What I liked about Fall Long house was...

Little Brave/Princess:
Big Brave:

What I liked about tribe meetings was....

Little Brave/Princess:
Big Brave:

What I liked about camping was....

Little Brave/Princess:
Big Brave:



What I liked about the Spring Long house was...

Little Brave/Princess:
Big Brave:

What I'll remember most about this year was...

Little Brave/Princess:
Big Brave:

Little Brave/Princess: How would you describe your father?

Big Brave: How would you describe your son/daughter?



### Third Year Awards

Awards for the third year focus on community service. By completing a community service activity, the Brave/Princess receives one-of-five patches that together form a totem pole. To earn the wings of the totem pole, your tribe must: 1) take an overnight camping trip and 2) take a four-mile hike. These can be earned on the same trip.

Community service awards can be earned for participation in any of the service projects suggested below. **You may participate in others.**

An **Eagle Claw** is awarded to a Brave/Princess who earns all their feathers and totem pole pieces for all three years. The eagle claw award winners are recognized during the awards ceremony at the third year Spring Base Camp.

### **Suggested Community Service Activities**

Participate in the YMCA's annual fundraising drive,  
"WeBuildPeople".

Participate in a fundraising walkathon, such as "Walk to Cure  
Diabetes".

Participate in a community clean-up of some kind (other than  
Park Clean-Up Day).

Visit a relative/family friend in a retirement community. Taking  
festive holiday decorations made by the tribe is also a good  
idea.

Provide a service for a "home-bound" person (rake leaves, help  
make and take dinner, run errand)

Collect canned goods for a food bank or homeless shelter.

Participate in a holiday service project (Angel Tree, Operation  
Christmas Child, etc.)

Father/child teach a Sunday School class.

Write a letter of thanks to a service person overseas .

Serve dinner at the Salvation Army soup kitchen during  
Christmas.



Our Third Year Journal

Title: \_\_\_\_\_ Year: \_\_\_\_\_

Big Brave: \_\_\_\_\_ Little Brave/Princess: \_\_\_\_\_

**New Members of our Tribe**

Names:	Names:
Indian Names :	Indian Names :
Names:	Names:
Indian Names :	Indian Names :

**We said goodbye to...**

Names:	Names:
Indian Names :	Indian Names :
Names:	Names:
Indian Names :	Indian Names :

**Tribal Officers**

<b>Chief</b>	<b>Sachem</b>
<b>Tally Keeper</b>	<b>Wampum Bearer</b>

**Feathers Earned**

<b>Totem Pole Patch</b>	<b>Activity/Date</b>
1	
2	
3	
4	
5	
Wing Patch	Camping
Wing Patch	4 Mile Hike
Eagle Claw Award	

Our Third Year Journal

What I liked about Fall Long house was...

Little Brave/Princess:
Big Brave:

What I liked about tribe meetings was....

Little Brave/Princess:
Big Brave:

What I liked about camping was....

Little Brave/Princess:
Big Brave:

What I liked about the Spring Long house was...

Little Brave/Princess:
Big Brave:

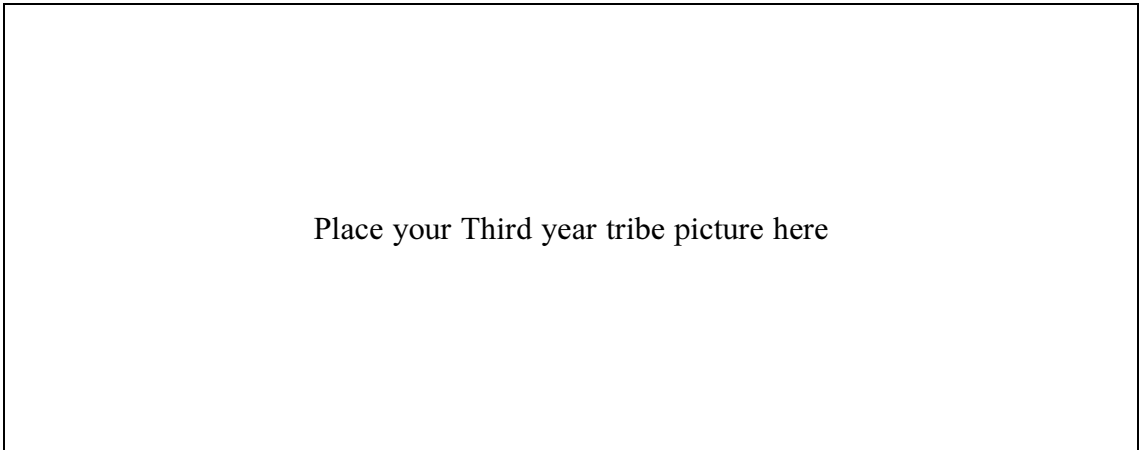
What I'll remember most about this year was...

Little Brave/Princess:
Big Brave:

Little Brave/Princess: How would you describe your father?

Big Brave: How would you describe your son/daughter?

**Our Tribe – the Third Year -**



**Our Tribe's Outings**

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**Third Year Memories**

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## Fourth Year Awards

These are the highest awards in the Three Rivers Federation.

### Thunderbird Patch

This is one of the most difficult titles to attain. The parent and child must:

Complete the yearly patches for years 1-3

Earn 5 additional bear claws (10 activities), each activity from a different category.

Perform three activities from the Thunderbird deed list.

Present the achievement award record, complete and up-to-date, to the Federation Chief.

Appear before the Federation council to discuss and describe the activity performance. This is normally done at a Long House.

### Golden Thunderbird Patch

This is the highest honor attainable in the program. The parent and child must:

Earn your Silver Thunderbird patch

Perform 6 additional activities from the Thunderbird deed list.

Present to the Golden Thunderbird Review Panel (Federation Council), in writing, the description of an original parent and child activity. Upon approval by the panel, perform this activity.

Present evidence of having promoted the Y Adventure Guide Program during your time in the program. This includes recruiting new members, assisting in tribe formation & setting up displays on Adventure Guide subjects.

Present the achievement award record, complete and up-to-date to the Federation Navigator.

Appear before the Federation Council to discuss and describe activity performance, normally at a Long house.





Our Fourth Year Journal

Title: \_\_\_\_\_ Year: \_\_\_\_\_

Big Brave: \_\_\_\_\_ Little Brave/Princess: \_\_\_\_\_

**New Members of our Tribe**

Names:  Indian Names :	Names:  Indian Names :
Names:  Indian Names :	Names:  Indian Names :

**We said goodbye to...**

Names:  Indian Names :	Names:  Indian Names :
Names:  Indian Names :	Names:  Indian Names :

**Tribal Officers**

<b>Chief</b>	<b>Sachem</b>
<b>Tally Keeper</b>	<b>Wampum Bearer</b>

### Thunderbird Activities


### GoldenThunderbird Activities


Our Fourth Year Journal

What I liked about Fall Long house was...

<b>Little Brave/Princess:</b>
<b>Big Brave:</b>

What I liked about tribe meetings was....

<b>Little Brave/Princess:</b>
<b>Big Brave:</b>

What I liked about camping was....

<b>Little Brave/Princess:</b>
<b>Big Brave:</b>

What I liked about the Spring Long house was...

Little Brave/Princess:
Big Brave:

What I'll remember most about this year was...

Little Brave/Princess:
Big Brave:

Little Brave/Princess: How would you describe your father?

Big Brave: How would you describe your son/daughter?



## Thunderbird Deed List

Date	Deed
	Perform an authentic Native American dance or other traditional cultural dance with costume at Federation Basecamp.
	Do a research project on a Native American tribe or world culture. Completed project should be 3- 5 pages; pictures and drawings should be included as part of the project, but do not count against page requirement.
	Canoe for 5 miles.
	Bicycle for 15 miles on the River Walk, Columbia Parks and Recreation bicycle trails or other trails.
	Set up a demonstration on a Native American subject at one of the Federation events.
	Keep a bird watching list and sight 25 different birds in their natural environment. Submit a written report to your tribe chief on the sightings.
	Participate in a town parade or other special event (with the Federation Council's approval) as a Y-Adventure Guide.
	Create a ceremonial costume; this could be Native American, or other traditional culture. (Authentic materials not required, but style and design must be authentic).
	Learn a Native American story in Indian sign language and present it at a tribe meeting or other Adventure Guide event.
	Visit an Indian archeological site and present a written report of to 5 pages to your Circle Navigator on your experience.
	Write and publish an article (approximately 400-500 words) on Native American Lore or the Adventure Guide Program in the federation newsletter, community newsletter or newspaper.
	Hike, bike and/or boat for at least 20 minutes and camp overnight.
	Make a piece of property for permanent display or use by the Three Rivers Federation (bead work, painted pottery, tools,). Authentic materials not required, but style and design must be authentic.
	Hike 10 miles at one time on the Appalachian Trail or on other recognized hiking trail.
	Swim for a distance of 1,000 yards with your parent in increments of 100 yards or more.
	Cross country ski for 5 miles or downhill ski for 4 hours.
	Participate in organized sports for at least 4 seasons.
	Perform all fitness category activities.
	Perfect attendance at school for one year or Sunday school for two years.
	Perform 8 hours work for a charitable organization in your community.
	Get out a camera. Take pictures of your tribe in activities for the year. With help of parent, put the pictures in a photo album and keep it as a permanent record of your tribe.
	Help parent set up a new tribe. Work with parent as "Skajuna" assistant. Help tribe have

	start up meeting and outings.
	Special Activity (approved by Nation Navigator. Inform Federation Navigator of each approved special Compass activity).
	Ride a horse into the wilderness for at least two hours and camp overnight. Horse must carry all supplies and gear and the return should be by a different route.
	Adopt a local (federal, state, regional) park or wilderness area and record at least 20 hours of voluntary service in cleanup or beautification.
	Become Red Cross certified as a Junior Lifeguard
	Complete a 5K or 10K race or training event.

## Bear Claw Deed List

### Craft

Date	Activity
	Do a craft with shells; ex. a necklace, pin or tool.
	Parent/Child make a Friendship box out of a shoe-box or other box, decorate it, and fill the box with 10-20 ideas of things you like and appreciate about each other. Share with your
	Build a birdfeeder for your backyard, put it out, and takes pictures of some of the birds who use it to show to tribe .
	Make a Tribe meeting Invitation with your parent for a meeting to be held at your house and hand deliver it to all your members.
	Special Deed (Approved by Tribe chief).
	Make a craft from items found in the woods (e.g., bracelets and necklaces from vines, roots, nuts, seeds or twigs).
	Learn any dance style with your parent.
	Build a craft for individual competition in a Federation or Base Camp activity, i.e. racing car, glider, or kite
	Make an item that can be permanent property for your Federation; i.e., sign, drum, etc.
	Make a project for temporary use at Base Camp or other Federation event; i.e., directions for Basecamp locations, signage, etc.
	Make three (3) tools that Native American Indians used, constructing them with original types of materials.
	Make a craft to become part of Tribe property; i.e. Tribe drum, Tribe spirit stick, Tribe property box, etc.
	Enter one of your invitations in the monthly Federation competition.
	Design and make a tool to be used around the house; i.e. wheelbarrow, garbage cart, etc.
	Make a project with simple tools; i.e., plane, model boat, piece of regalia, etc.
	Draw plans and make a project with power tools; i.e. dog house, fence, birdhouse, etc.
	Learn how to create your own web page and post a recent activity to share with family members.



## Attendance

	Attend/participate in six Adventure Guide program events sponsored by your Federation.
	Attend a Federation activity other than a camp out.
	Special Deed (Approved by Tribe chief).
	Attend a Tribe camp out (not a Federation Base Camp camp out)
	Attend a Federation Base Camp camp out.
	Attend 10 Tribe meetings out of 12.
	Maintain perfect school attendance for at least one quarter (report card period) of the school year.
	Participate in an activity aimed at promoting the Y-Adventure Guide Program and talk to at least 6 strangers about the program.
	Get a new member to join the Y-Adventure Guide Program
	Attend and participate in a Federation activity that is not covered under any other bear claw deed.
	Attend a Nation Camp out.
	Attend church for 8 Sundays in a row.

## Fitness

	Throw a softball at least 30 yards (90 feet).
	Special Deed (Approved by Tribe chief).
	Jump rope for at least 3 consecutive minutes
	While participating in a sport for a subsequent season, score a soccer goal, bat in a runner, be high scorer for a game or as a defender; prevent your opponent from doing any of these.
	Complete the traverse of 13 monkey bars in not more than 20 seconds.
	Do 30 jumping jacks in one minute.
	Jump (standing broad jump) 4 feet.
	Climb a 10-foot rope.
	Run 30 yards in 8 seconds.
	Participate in one organized sport for one season.
	Play catch with parent 10 steps away. Play until you can throw and catch consistently.
	Try at least 10 different vegetables or 10 different fruits. Write a sentence or two about the taste of each.
	Jog a total of 5 miles with your mom or dad in increments of 1/2 mile or more. (For additional Running awards see ADDITIONAL INDIVIDUAL AWARDS)
	Do 20 proper push-ups in one minute.

	Bike at least 5 miles on the River Walkway or other designated biking trail.
	Do 25 sit-ups (flexed leg) in one minute.

### Hunting

	Learn to throw a tomahawk.
	Special Deed (Approved by Tribe chief).
	Learn basic gun safety, rules.
	Attend a Hunter Education Course.
	Find and take pictures of at least five animals living in the fields or woods of this area.
	Name five animals that are normally trapped for furs and tell something about how the traps are set for each.
	Follow an animal track for at least 100 feet and tell if the track was fresh or not, and how you could tell.
	Scout around your area near ponds, creeks or rivers until you have identified at least 5 different tracks and report on them to your tribe, telling the type of animal that made each track and
	Make a chart showing 10 different animal tracks and write the name of the animal beside the tracks you have drawn or pictured.
	Make a bow and arrow and hit a target not more than 18" in diameter, from at least 15' away.
	Make & set an animal trap out of natural materials at a remote site under adult supervision. This could be a snare, deadfall, etc. Restore the area when done.
	Make a list of at least six different game animals that the Adventure Guides hunted for food and clothing, and describe their methods of hunting and preparing them.
	Make a list of at least four different game animals, common to your area, and give a report on their habits, such as where they live, what they eat, etc.

### Camping

	Learn safety rules and procedures of lighting gasoline/propane lanterns and stoves.
	Help to plan what is needed to go camping overnight and GO!
	Help set up your camp and explain why you placed your tent, shelter and fire where you did.
	Help to prepare a meal at a camp out.
	Make a menu for breakfast, lunch and dinner at a camp out.
	Special Deed (Approved by Tribe chief).
	Explain what potable water is. Describe at least two ways to make water potable. What would be the best sources for fresh water in your area?
	Know at least three ways to start a fire without using a match; demonstrate one.

	Demonstrate correct procedure of placing kindling and wood while building a campfire.
	Know and tell about the safety rules in fire building.

### Hiking

	Take a five-mile hike.
	Hike into the woods, blazing a trail as you go, and return by that trail. Be careful not to damage the environment.
	Have some other member of your Tribe blaze a trail for you and follow it. Be careful not to damage the environment.
	Know how to read a compass and demonstrate this knowledge to the Tribe.
	Know how to tell direction by the sun and the stars, and tell how at a Tribe meeting.
	On a short hike sight, identify and make a list of 25 natural things. For example list types of trees, plants, birds, animals, rocks, tracks, etc. Tell your tribe about it.
	Take a one-mile hike.
	Make a list of the necessary gear (if any) needed to make a multi-day hike
	Set up a geocaching (think scavenger hunt with GPS) course for your tribe or other federation event.
	Hike the ~4 mile short Firebreak loop at Harbison State Forest
	Take a 3 mile hike.
	Make a list of edible things in your area that could be consumed in case of an emergency.
	Special Deed (Approved by Tribe chief).
	Make a list of the necessary gear (if any) needed to make an all day hike:
	Participate in an orienteering exercise. Event should have at least three legs, be at least 1/2 mile in length, and require the use of both a compass and a map.

### Swimming

	Participate in a Red Cross, YMCA or other organized swim instruction
	Special Deed (Approved by Tribe chief).
	Win a ribbon in an organized swim meet.
	Swim underwater for 25 feet without coming up for air.
	Tread water or do survival float for one minute.
	Dive from a height of five feet and swim to shore.
	Learn and demonstrate two types of dives.
	Float on your back for one minute without assistance.
	Swim for a distance of 25 feet.
	Demonstrate two basic swimming strokes to your parent.

	Swim for a distance of 50 yards.
	Give the safety rules to follow when diving.

### Fishing

	Catch a freshwater fish. Name type of bait used & place where caught.
	Go shrimping
	Go crabbing
	Learn to cast with a fly rod. Demonstrate how to cast at least 30 feet.
	Learn how to properly release a fish to ensure its survival. Catch and release 2 kinds.
	Make a fly or other fishing lure and catch a fish with it. Tell Tribe how you caught it.
	Catch, clean, cook and eat a fresh or salt-water fish.
	Identify seven salt-water fish and tell location, habits & natural foods of each.
	Demonstrate how to tie hook and sinker on a line, bait hook with minnow & worm, and the correct casting of rod and reel.
	Go on a fishing trip and catch one salt-water fish. Name place & type bait.
	Learn and demonstrate how to throw a cast net.
	Identify 7 fresh water fish and tell location, habits & natural foods of each.
	Special Deed (Approved by Tribe chief).
	Collect edible shellfish such as clams or mussels. Explain what precautions must be used both in collecting them and ensuring that they are safe to eat.
	Prepare a fish trap out of natural materials for a local body of water. Try and catch some fish using your trap.

### Boating

	Attend a Boating Education course
	Special Deed (Approved by Tribe chief).
	Take a canoe or raft through at least three white water- rapids rated at least Class 1 (lowest rating). This is a parent and child activity requiring advance planning and safety
	Parent and child take a rowboat out for 15 minutes and the child tells the tribe about proper rowing and steering.
	Child operates a powerboat and tells tribe about it.
	Ski for 300 yards.
	Rig sailboat and take big brave for a ride with child operating the boat.
	Parent and child take a canoe out for 15 minutes and the child tells the tribe about the safety and operation of a canoe.
	Give general safety rules of boating and know the answers to the following

	questions: How long must a powerboat be before it needs a white stern light? What are the correct sides for the
	Learn to tie 2 different kinds of knots (square knot, clove hitch, timber hitch, bowline, overhand). Demonstrate to the tribe.
	Build or assemble a model of any boat.
	Explain to the tribe, using pictures or actual devices, the several types of Personal floatation devices and uses for each.

### Minerals

	On a piece of plywood approximately one square foot, glue small rocks in the form of an animal. (Paint may be used to make the animal recognizable).
	Collect, name and display 3 different metals in their useable state.
	Collect, name and display 3 different metals in their raw state.
	Make a part of a child's costume from a piece of metal.
	Special Deed (Approved by Tribe chief).
	Make a display of pictures of 7 precious or 10 semi-precious gems.
	Make drawings of six different types of cuts for precious gems. Give the characteristics of each.
	Collect, name and display six different types of rocks.
	Name the different possible origins of rocks in your area, such as igneous, metamorphic, etc., and share examples of each with your tribe.
	Visit a mine and observe the mining operation. Tell your tribe about what you saw. Think about why it is important to find and use natural resources and what damage resource mining
	Collect and identify a fossil. Share with your group.

### Animals / Nature

	Photograph at least 10 things in nature and share with your tribe.
	Be responsible for the care and feeding of an animal at home for at least six months.
	Handle an animal as a participant in a competition or test. This may include a show( except horse shows which are covered under equine), hunt test, agility trial, etc.
	Read a book with your parent about "Caring for a Pet" and share what you learned with your tribe group.
	Make a display board of pictures of 20 different birds.
	Collect, display and identify 15 different flying animals (butterflies, moths and insects are preferred).
	Select a local bird type and build a birdhouse for it.

	Make a display board of pictures of 15 different fish or sea animals.
	Keep, feed and be responsible for any fish for at least six months.
	Identify and tell some of the habits of five wild animals seen while on tribe outings or in the local area.
	Make a display board of pictures of at least 10 different wild lands animals.
	Visit a local veterinarian. Ask her/him what we should do to take care of our pets.
	Catch a frog, lizard, turtle, salamander, snake or similar animal. Prepare a proper living space and keep, feed and observe it for one month. Release the animal back into the wild. Tell your
	Teach an animal a trick or command and demonstrate it.
	Collect and display 10 different seashells, tell where you found the shells and their names.
	Draw 8 different shells and tell what they are and what the Native Americans used them for.
	Special Deed (Approved by Tribe chief).
	Explain the life cycle of a toad. Use actual examples of the stages or pictures

### **Plants**

	Collect, mount and identify 10 different types of tree leaves.
	Special Deed (Approved by Tribe chief).
	Explain why some plants are carnivorous. Which ones are in your area?
	Plant and care for a terrarium.
	Identify 10 different types of trees in the field. Locate 5 different fruit-bearing trees in your neighborhood.
	Plant a small bed of flowers at the proper time in the spring and care for them through the blooming season.
	Make a display of pictures or 10 different flowers clipped from magazines. Flower pictures are to be mounted on rigid cardboard with their common name.
	While on an outing identify three edible wild berries or roots and two dangerous or poisonous plants.
	Plant a small garden of vegetables at the proper time and care for them until they can be harvested and eaten. The garden should contain at least three different vegetables.
	Clip from magazines, mount on cardboard and label 10 different pictures of different vegetables.
	Plant and care for a tree in your yard for at least one season. (Seed or young sapling may be used - child must know how to plant, feed and water the tree).

## Self-Sufficiency

	Prepare your own breakfast for five straight school days
	Make bread together from basic ingredients.
	Bake a cake from scratch; ice it and (you guessed it) EAT SOME.
	Learn 5 basic sewing stitches.
	Parent and child plan all aspects of a family outing together designing a checklist and then completing all task necessary for the outing and then taking your family on the outing. Be sure to
	Learn the proper method for setting the table and do it for a family dinner.
	Sew on a button or make another minor garment repair.
	Sew or glue an Adventure Guide award patch to your regalia.
	Help your parents prepare for a holiday meal or party (don't forget this may include cleaning both before and after the event).
	Learn the rules of safe bicycling and explain them to a parent/tribe.
	Discuss safety rules for operations of power tools with a parent.
	Inspect parent's workshop. Identify hazardous conditions/materials and discuss preventative/corrective measures with parent.
	Thread a needle and tie a knot in the thread.
	Special Deed (Approved by Tribe chief)..
	Make dried fruit or fruit leather.
	Help to can or freeze summer fruits or vegetables.
	Prepare and serve breakfast for you and your parent.
	Complete a cross-stitch project and show it to your tribe.
	Make a fresh salad as part of a meal. Be able to explain why it is important to eat a variety of vegetables every day.

## Equine

	Name four uses for the horse.
	Know and demonstrate each piece of grooming equipment: curry comb, dandy brush, body brush, mane/tail comb, sweat scraper, grooming cloth, hoof pick.
	Name the parts of an English and Western saddle.
	Know the meanings of the following terms: Colt, Farrier, Filly, Foal, Gelding, Mare, Stallion, Tack, Veterinarian, Sire, Dame, Yearling, Weanling, Suckling and Stud.
	Write a 2-3 page paper on the needs of a horse: Food, water, housing, exercise, grooming, management.
	Learn how to keep a horse healthy.
	Tack a horse.

	Special Deed (Approved by Tribe chief).
	Ride a horse for at least 5 minutes (may be hand lead)
	Discuss the factors to consider when buying a horse and people who can advise you in selecting a horse for sale.
	Name four feeds for the horse and how and why each is used.
	Know about the various horse markings: Coronet, half pastern, pastern, ankle, half stocking, stocking inside heel, outside heel, both heels, race, spot, bald, blaze, stripe, star, snip,
	Describe at least five breeds of horses and their characteristics.
	Describe the coat color characteristics of the following horses: Bay, Chestnut, Sorrel, Gray, Brown, Black, Palomino, Appaloosa, Dun, Buckskin, Paint, Pinto, White, Roan.
	Demonstrate your knowledge about each piece of tack: reins, bit, bridle, saddles, blanket, and halter.
	Visit a horse farm, a farrier or a equine veterinarian.
	Participate in any event at a horse show/event.

### First-Aid

	Learn in what order first aid -emergencies should be treated.
	Participate in the Red Cross F.A.C.T or similar training NOTE - all answers in A.R.C. Standard First Aid & Personal Safety.
	Identify a tick; draw a picture of one, know how they can cause diseases and how to prevent them.
	Special Deed (Approved by Tribe chief).
	Learn the proper use of 911 and how to make an emergency phone call.
	Visit a fire station where you can look over an ambulance and talk with the E.M.T. or ambulance attendant.
	Make a first aid kit for your tribe.
	Read chapter 13 Dressings and Bandages in the American Red Cross Book 'Standard First Aid & Personal Safety'. Then demonstrate to your tribe two methods of applying bandages, how
	Learn how to treat blisters.
	Learn the definition, cause and treatment for heat stroke.
	Discuss fires with your family and set up escape routes, meeting place, etc., for your home.
	Learn "Stop, Drop and Roll" and other methods of putting out fires from a fireman.
	Learn the definition, classifications, and treatment of burns;)
	Learn the characteristics, signs and symptoms and treatment for frostbite.



	Learn the two classifications and five types of wounds and how to treat them.
	Learn the definition, causes, signs, symptoms and treatment of shock.

### Music

	Name four percussion, four string and four brass instruments you might find in an orchestra.
	Play a song on a musical instrument at a tribe meeting.
	Take lessons on a musical instrument for 4 months.
	Find an authentic Native American song, learn it, and sing it in front of your tribe. Explain the meaning of the song.
	Make a chart of the different musical notes and symbols with a brief description of each.
	Make a musical instrument and demonstrate it to your tribe.
	Create a list of 10 songs you like with a short reason for why you like each song and share with the tribe
	Make a chart of ten musical instruments. Pictures may be cut out or drawn.
	Draw a picture of a musical instrument and label all the parts.
	Write a one page report about a famous musical composer and submit it to your Tribe chief
	Compose your own song and play it at a tribe meeting.
	Participate in a choir
	Special Deed (Approved by Tribe chief).

### Education

	Learn the multiplication tables and demonstrate your knowledge to your tribe.
	Achieve highest given grade in 90% of your report card categories.
	Participate in a science fair. Show and explain your project to your tribe.
	Improve your school report card grade in at least two categories in a reporting period.
	Read at book at your reader level with your parent and then share reading some of the book at your tribe meeting.
	Special Deed (Approved by Tribe chief).
	Visit the library and, using the central index system, select and locate an article in a newspaper or periodical or book. Read the article together and report on it to the tribe.
	Apply for a library card and learn the rules from the librarian.
	Parent and child participate together in a school trip.
	Parent attends a school play, musical event or other activity in which child performs.

	Visit the State Museum to find out about different Adventure Guide tribes and how they lived. Tell your tribe what you learned.
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### Citizenship

	Memorize the words to the National Anthem. Learn where, when, why and by whom it was written, and how it was selected as the National Anthem.
	The child says the prayer at dinner every night for at least one week.
	Visit and tour a police or sheriff's department. Explain to your tribe the valuable community service they provide.
	Write a book with your parent about anything you want, for example an outing you have had together. Draw pictures. Put in ticket stubs and other souvenirs. Write a sentence together on
	Submit an article to be published in the federation newsletter.
	Create a collage or collection picture frame with pictures from a family or Adventure Guide Program activity.
	Think of new ideas for the achievements list. Submit them to the Federation in June when the updates for Deed Program are due.
	Give the Pledge of Allegiance and tell dates the flag should be displayed.
	Special Deed (Approved by Tribe chief).
	Participate in an activity to assist a humanitarian organization.
	Participate in activity to assist a needy group or person.
	Participate in a community clean up project.
	Go to work with parent for part of one day. See how they spend the day. Meet the people they work with. Help them out. Ask them what they like about their job. Ask what (if anything) give
	Take parent to lunch, watch your brother/sister, or do any other good deed for parent. Must involve both parent and child.
	Submit a game to be published in the Pow Wow Pages.



# Deeds Book

