

SALT CREEK NATION

Y INDIAN PRINCESS

PRINCESS STONE

MANUAL

SALT CREEK NATION

ELMHURST YMCA INDIAN PRINCESS

***** STONE AWARDS *****

It is the intent of the Indian Princess program to provide the Princesses with opportunities to learn new skills and discover new aspects of the world while engaged in FUN ACTIVITIES with their Dads and friends. To stimulate participation in the program, a recognition system has been developed to reward the Princesses for such things as memorizing aspects of the Princess program or Indian lore, collecting Nature samples, making things, learning new skills, or attendance at Princess activities. To this end, the Princess Stone Manual has been built. It outlines the requirements for earning the gold necklace and precious stones which hang from it, a device which the Princesses are proud to wear and which shows off their achievements.

The manual is basically divided into three sections.

- Section I includes stones #1 through #11 and the gold necklace, which reward memorization on the part of the Dad and daughter.
- Section II includes stones #12 through #32, which reward Dad and daughter for doing something together.
- Section III includes stones #33 through #44, which reward Princess program participation, leadership, and attendance at activities.

The underlying theme of Dad and daughter earning stones together is best explained by repeating the Purpose of the Indian Princess program:

“To develop a closer relationship between Father and Daughter”.

During a working father’s normal daily routine, time with the children is sometimes bumped by higher priorities. The Indian Princess program strives to make the precious time spent with the daughters QUALITY TIME. It gives Dad a chance to watch his daughter(s) grow.

RECORD OF PRINCESS STONE AWARDS

The attached form has been provided for ease of record keeping.

For use by the Tribal Stonebearer:

Place the name of each Princess in the Tribe at the head of one of the columns. Whenever a stone is earned, place a check mark in the corresponding column under the name of the Princess and across from the number of the stone earned. Some boxes will have several check marks as some stones can be earned more than one.

For use by the Dad and Princess:

Each time a stone is earned, place the date it was earned in the box across from the number of stone earned. For those stones, which may be earned more than once, there are several boxes across that line to record each different date earned.

Stone #	Activity	Max #							
Necklace	Recite motto, purpose, prayer	1							
1	Sing America and Taps	1							
2	Recite Indian months	1							
3	Headband symbol meanings	1							
4	Tribal Indian/English names	4							
5	Recite Tribe/Alliance names	1							
6	Draw Big/Little Dipper	1							
7	Recite Lord's Indian Prayer	1							
8	Draw 12 Indian symbols	1							
9	Sign language short story	1							
10	Identify 5 bird pictures	1							
11	Identify 5 fish pictures	1							
12	Compose song, dance, skit	*							
13	Make / repair tribal property	*							
14	Charitable / goodwill project	*							
15	Tribal overnight campout	*							
16	Tribal cook and serve meal	*							
17	Take 2 mile hike	*							
18	Pick up litter	*							
19	Nature Detective Observation	*							
20	Make plaster fossil	1							
21	Find 5 bird / animal tracks	1							
22	Collect 6 leaves / needles	1							
23	Collect 5 flowers	1							
24	Visit museum, find 5 rocks	1							
25	Lay trail signs for Tribe	1							
26	Demo 5 hand tools	1							
27	Collect 6 types of wood	1							
28	Build bird feeder / house	1							
29	Tie 5 knots	1							
30	Make weather calendar	1							
31	Show first aid / make kit	1							
32	Research / perform Indian lore	1							
33	Visit another Tribe meeting	4							
34	Dad be a Tribal Chief	1							
35	Recruit new Dad/Princess	*							
36	Attend 7 of 9 Nation events	4							
37	Earn stones #1 through #11	1							
38	Earn stones #12, 13, 33, 34	1							
39	Attend Recruitment night	3							
40	Special Nation activities	*							
41	Special service to Nation	*							
42	Dad be Nation / Alliance Officer	4							
43	Nation meeting attendance	4							
44	Top 4 tribes at campout	*							
	Eagle Feather Award 20 stones	1							
	Gold Eagle Feather Award 35 stones	1							
	Chief's Award 50 stones	1							

* = no limit

SALT CREEK NATION
ELMHURST YMCA INDIAN PRINCESS

*** STONE AWARDS ***

Adopted 12/13/71
Updated 9/1/82
Updated 9/1/88
Updated 10/1/89
Updated 1/19/01

GOLD NECKLACE

Requirements: Dad and daughter each memorize and recite the Indian Princess motto, purpose and prayer to the satisfaction of the Tribal Stonebearer. This should be the first award that Dad and daughter earn. Can be earned only once.

MOTTO: WE WILL LOVE AND OBEY IN WORK AND PLAY.

PURPOSE: TO DEVELOP A CLOSER RELATIONSHIP BETWEEN FATHER AND DAUGHTER.

PRAYER: HEAVENLY FATHER, (both arms extended upward with palms up)
HELP ME BE CLEAN IN BODY (motion hands downward in sweeping motion over body)
TO BE PURE IN HEART (right hand over heart)
TO LOVE THE SACRED CIRCLE (close circle by holding arms behind neighbor's back)
OF MY FAMILY AND MY NEIGHBORS
AS MYSELF

STONE #1 - APACHE TEAR - black transparent

Requirements: Dad and daughter each memorize and sing "AMERICA" and "TAPS" to the satisfaction of the Tribal Stonebearer. Can be earned only once.

"AMERICA": MY COUNTRY 'TIS OF THEE.
SWEET LAND OF LIBERTY, OF THEE I SING.
LAND WHERE MY FATHERS DIED.
LAND OF THE PILGRIM'S PRIDE.
FROM EVERY MOUNTAIN SIDE, LET FREEDOM RING.

“TAPS”:
DAY IS DONE, GONE THE SUN (hands go up)
FROM THE LAKES, FROM THE HILLS, (hands drop slowly)
FROM THE SKY.
ALL IS WELL, SAFELY REST. (hands are down)
GOD IS NIGH.

STONE #2 - BURGUNDY QUARTZ - light purple coarse grained opaque

Requirements: Dad and daughter each memorize and recite the names of the Indian months to the satisfaction of the Tribal Stonebearer. Can only be earned once.

SEE PAGE # 15

STONE #3 - AQUAMARINE QUARTZ - blue coarse grained opaque

Requirements: Dad and daughter each memorize and recite the meaning of the headband and its symbols to the satisfaction of the Tribal Stonebearer. Can only be earned once.

SEE PAGE # 16

STONE #4 - SUN GOLD EARTH STONE - yellow/gray coarse grained opaque

Requirements: Dad and daughter each memorize and recite the Indian names and English names of all members in the tribe to the satisfaction of the Tribal Stonebearer. Can be earned only once each Princess Year if new princesses join the tribe or Dad and daughter join a different tribe.

STONE #5 - PETRIFIED WOOD - brown variegated fine grained opaque

Requirements: Dad and daughter each memorize and recite the names of the Nation's Tribes and their Alliances to the satisfaction of the Tribal Stonebearer. Can be earned only once.

SEE PAGE # 18

STONE #6 - SALMON PEARL - brown/white iridescent mollusk shell lining

Requirements: Dad and daughter each memorize and draw a star chart showing the Big and Little Dipper and explain how to locate the North Star to the satisfaction of the Tribal Stonebearer. Can only be earned once.

SEE PAGE # 17

STONE #7 - **YELLOW MOONSPAR** - yellow fine grained opaque

Requirements: Dad and daughter each memorize and recite the “LORD’S INDIAN PRAYER” to the satisfaction of the Tribal Stonebearer. Can be earned only once.

SEE PAGE # 19

STONE #8 - **TIGER’S EYE** - brown/orange fibrous fine grained opaque

Requirements: Dad and daughter each memorize and draw twelve (12) Indian symbols to the satisfaction of the Tribal Stonebearer. Can be earned only once.

SEE PAGE # 20

STONE #9 - **SMOKE ADVENTURINE** - black fine grained translucent

Requirements: Dad and daughter each memorize and use Indian Sign Language to tell a short story to the satisfaction of the Tribal Stonebearer. Can be earned only once.

SEE PAGE # 21-24

STONE #10 - **CITRUS ADVENTURINE** - orange fine grained translucent

Requirements: Dad and daughter each memorize and identify five (5) birds from pictures to the satisfaction of the Tribal Stonebearer. Can be earned only once.

SEE PAGE # 25

STONE #11 - **WINTERGREEN EARTH STONE** - light green/brown coarse grained
Opaque

Requirements: Dad and daughter each memorize and identify five (5) fish from pictures to the satisfaction of the Tribal Stonebearer. Can be earned only once.

SEE PAGE # 26

***** DAD AND DAUGHTER DO SOMETHING TOGETHER *****

STONE #12 - SUN GOLD EARTH STONE - yellow/gray coarse grained opaque

Requirements: Dad and daughter(s) together must compose a new Tribal song, dance, chant or skit, and the entire Tribe must perform the song, dance, chant or skit at a campout, with the names of Dad and daughter(s) announced before the presentation. Can be earned as often as desired.

STONE #13 - BLACK SNOWFLAKE - black/white spots fine grained opaque

Requirements: Dad and daughter(s) together do a craft project for use as Tribal property (such as repair or replace the Tribal tom-tom, campfire, talking stick, etc...) and present it to the Tribe at a Tribe meeting. Can be earned as often as desired.

**STONE #14 - WINTERGREEN EARTH STONE - light green/brown coarse grained
Opaque**

Requirements: Dad and daughter together participate in a charitable or good-will project, and report to the Tribe at a Tribe meeting about the experience. Can be a Tribal project, but may not include a Christmas Party donation of food. Can be earned as often as desired.

STONE #15 - PETRIFIED WOOD - brown variegated fine grained opaque

Requirements: Together, all Dads and Princesses participate in a Tribal overnight campout. During the campout, Dads and Princesses must walk together through the woods or fields. Each Princess must report to the Tribe at a Tribe meeting about interesting Nature observations. Can be earned as often as desired.

SEE PAGES # 27-31

**STONE #16 - EVERGREEN EARTH STONE - dark green/flesh tone coarse grained
Opaque**

Requirements: Together, all princesses in the Tribe must plan for, shop for, cook and serve a meal for the Dads (with their help). Each princess must report to the Tribe at a Tribe meeting about the experience. Can be earned as often as desired.

STONE #17 - **CITRUS TEAR** - yellow transparent

Requirements: Dad and daughter together take a two (2) mile hike on the Prairie Path or similar Forest Preserve trail, and report to the Tribe at a Tribe meeting about interesting Nature observations. Can be earned as often as desired.

SEE PAGES # 27-31

STONE #18 - **SADDLE STONE** - black/brown fine grained translucent

Requirements: Dad and daughter together go to a field, woods, or park and pick up litter, and report to the Tribe at a Tribe meeting about the experience. Can be earned as often as desired.

STONE #19 - **CITRUS ADVENTURINE** - orange fine grained translucent

Requirements: Dad and daughter together complete a Nature Detective Observation sheet during a hike, campout, or visit to a field, woods, or park, and report to the Tribe at a Tribe meeting about interesting Nature observations. Can be earned as often as desired.

SEE PAGES # 27-31

STONE #20 - **EMERALD QUARTZ** - green coarse grained opaque

Requirements: Dad and daughter together learn about fossils, make some fossils in a box of plaster (leaves, animal prints, insects, foot prints, etc...), and report to the Tribe at a Tribe meeting about fossils, showing what fossils they have made. Can be earned only once.

SEE PAGE # 32

STONE #21 - **EMERALD ADVENTURINE** - green fine grained translucent

Requirements: Dad and daughter together search for five (5) different bird and animal tracks while on a hike or campout, copy them on paper with labels, report to the Tribe at a Tribe meeting about the search and interesting observations, and show the tracks that were drawn. Can be earned only once.

SEE PAGES # 33-36

STONE #22 - **EVERGREEN EARTH STONE** - dark green/flesh tone coarse grained
Opaque

Requirements: Dad and daughter together collect and mount six (6) different leaves and pine needles with labels, report to the Tribe at a Tribe meeting about the differences, and show the collection. Can be earned only once.

SEE PAGES # 37-38

STONE #23 - **WINTERGREEN ADVENTURINE** - light green fine grained translucent

Requirements: Dad and daughter either:

1) each memorize and identify ten (10) different flowers from pictures to the satisfaction of the Tribal Stonebearer.

OR

2) together collect and mount five (5) different flowers with labels, report to the Tribe at a Tribe meeting about the differences, and show the collection.

Can be earned only once.

STONE #24 - **EVERGREEN ADVENTURINE** - dark green fine grained translucent

Requirements: Dad and daughter together visit a lapidary museum, collect and mount five (5) different types of rocks with labels, report to the Tribe at a Tribe meeting about the trip to the museum, show the collection, and explain the differences between the samples. Can be earned only once.

STONE #25 - **WINTERGREEN ADVENTURINE** - light green fine grained translucent

Requirements: Dad and daughter together learn how to make and use different types of trail signs, and lay a trail during a Tribal campout or hike for the entire Tribe to follow. Hide a treasure at the end of the trail for the Tribe to enjoy. Can be earned only once.

SEE PAGE # 39

STONE #26 - **MOTHER OF PEARL** - white iridescent mollusk shell lining

Requirements: Dad and daughter together learn about the use of ten (10) different hand tools, their care, and safety. Report to the Tribe at a Tribe meeting about what was learned about care and safety, and give a demonstration of the use of the tools. For example: hammer, pliers, wood saw, metal hacksaw, level, flat blade screwdriver, Phillips screwdriver, allen wrench, box wrench, open end wrench, adjustable wrench, tape measure, metal file, wood rasp, socket and ratchet. Can be earned only once.

STONE #27 - **EVERGREEN ADVENTURINE** - dark green fine grained translucent

Requirements: Dad and daughter together collect six (6) different types of wood, learn how to recognize each, show the samples to the Tribe at a Tribe meeting, and explain the differences. Can be earned only once.

STONE #28 - **BLUE MOONSPAR** - blue fine grained opaque

Requirements: Dad and daughter together build a bird feeder or bird house, display it to the Tribe at a Tribe meeting, and explain how it was made. Can be earned only once.

STONE #29 - **AMETHYST ADVENTURINE** - violet fine grained translucent

Requirements: Dad and daughter together learn to tie five (5) different knots, learn what they are used for, demonstrate them to the Tribe at a Tribe meeting, and explain what they are used for. Can be earned only once.

SEE PAGE # 40-41

STONE #30 - **MOON ROCK** - black/white circles fine grained opaque

Requirements: Dad and daughter together make a large calendar showing days, weeks, and month, and record the weather that occurs each day. If it is sunny, draw a sun. If it is cloudy, draw clouds. If it rains or snows, draw raindrops or snowflakes. Present the calendar to the Tribe at a Tribe meeting. Can be earned only once.

SEE PAGE # 42

STONE #31 - **SADDLE STONE** - black/brown fine grained translucent

Requirements: Dad and daughter together learn basic first aid for small and large cuts, three kinds of burns, and skin irritations like poison ivy and insect bites and stings. Gather the materials used in these first aid cases and make a first aid kit for the family or Tribe. Demonstrate to the Tribe at a Tribe meeting how to handle these first aid cases. Can be earned only once.

SEE PAGES # 43-46

STONE #32 - **SMOKE ADVENTURINE** - black fine grained translucent

Requirements: Dad and daughter together research some aspect of Indian lore or Native American history such as dance, sign language, signals, etc..., and perform a skit, song, dance, etc..., for the Tribe at a Tribe meeting and explain the meaning. Can be earned only once.

***** SPECIAL RECOGNITION STONES *****

STONE #33 - RUBY TEAR - red transparent

Requirements: Dad and daughter together attend a Tribe meeting of another Tribe and report back to their own Tribe at a Tribe meeting about what they saw and did, and what things they liked that their Tribe adopt. During the 3rd Grade year, Dad and daughter may attend an Indian Maiden's Tribe meeting. Can be earned only once each Princess Year.

STONE #34 - PRINCESS TEAR - clear transparent

Requirements: Awarded to the daughter(s) of a Dad who performs as Tribal Chief during a campout or for part of the Princess Year. Can be earned only once.

STONE #35 - ROSE QUARTZ - pink coarse grained opaque

Requirements: Awarded to the daughter(S) of a Dad who helps recruit a new Dad and daughter to join the Indian Princess program. Can be earned as often as desired.

STONE #36 - LAVENDER QUARTZ - dark purple coarse grained opaque

Requirements: Dad and daughter together attend at least seven (7) of the nine (9) scheduled Nation activities during the Princess Year. The Indian Princess Year begins in September and ends in June. Can be earned only once each Princess Year.

STONE #37 - CHAMPAGNE TEAR - pink transparent

Requirements: Awarded to any Princess who has successfully earned the gold necklace and the first eleven (11) stones. Can be earned only once.

STONE #38 - CHAMPAGNE TEAR - pink transparent

Requirements: Awarded to any Princess who has successfully earned the gold necklace and one each of stones #12, #13, #33 and #34. Can be earned only once.

THE FOLLOWING STONES ARE AWARDED FREE OF CHARGE BY THE NATION TO THE TRIBES AND PRINCESSES WHO EARN THEM, AND ARE DISTRIBUTED BY THE NATION STONEBEARER.

STONE #39 - **WHITE MOONSPAR** - white fine grained opaque

Requirements: Awarded to the daughter(s) who, together with Dad, either:
1) attend a Recruitment Night hosted by the Nation
OR
2) organize a new Tribe, including Dad and daughter participation at the initial meeting
Can be earned only once each Princess Year beginning the second year of membership.

STONE #40 - **EMERALD ADVENTURINE** - green fine grained translucent

Requirements: Awarded at the discretion of and by the Nation chief for extracurricular activities performed by Dad and daughter on behalf of the Indian Princess program. Includes participation in the Memorial Day and Independence Day parades, face painting at the Elmhurst County Fair, and February Nation meeting which is run by the Princesses. Can be earned as often as desired.

STONE #41 - **AMETHYST ADVENTURINE** - violet fine grained translucent

Requirements: Awarded at the discretion of and by the Nation Chief for special services performed by Dad and daughter on behalf of the Indian Princess program. This stone is presented by the Nation Chief at the annual Nation Banquet. May be earned more than once.

STONE #42 - **SAPPHIRE TEAR** - blue transparent

Requirements: Awarded to the daughter(s) of a Dad who performs as a Nation or Alliance Officer. Can be earned only once each Princess Year.

STONE #43 - **BABY BLUE QUARTZ** - light blue coarse grained opaque

Requirements: Awarded to ALL REGISTERED Princesses in the Tribe that has a representative, including Nation or Alliance Officers, at six (6) consecutive or eight (8) out of nine (9) monthly Nation meetings during the Princess Year, which begins in September. Can be earned only once each Princess Year.

STONE #44 - TURQUOISE MOONSPAR - blue-green fine grained opaque

Requirements: Awarded to ALL ATTENDING Princesses in the Tribe that wins each of the top four (4) Tribal places in the “BEST TRIBE” competition at the campouts. Can be earned as often as desired.

INDIAN MONTHS



Snow Moon
Jan.



Hunger Moon
Feb.



Crow Moon
Mar.



Wild Goose Moon
- April



Planting Moon
May



Rose Moon
June



Thunder Moon
July



Green Corn Moon
Aug.



Hunting Moon
Sept.



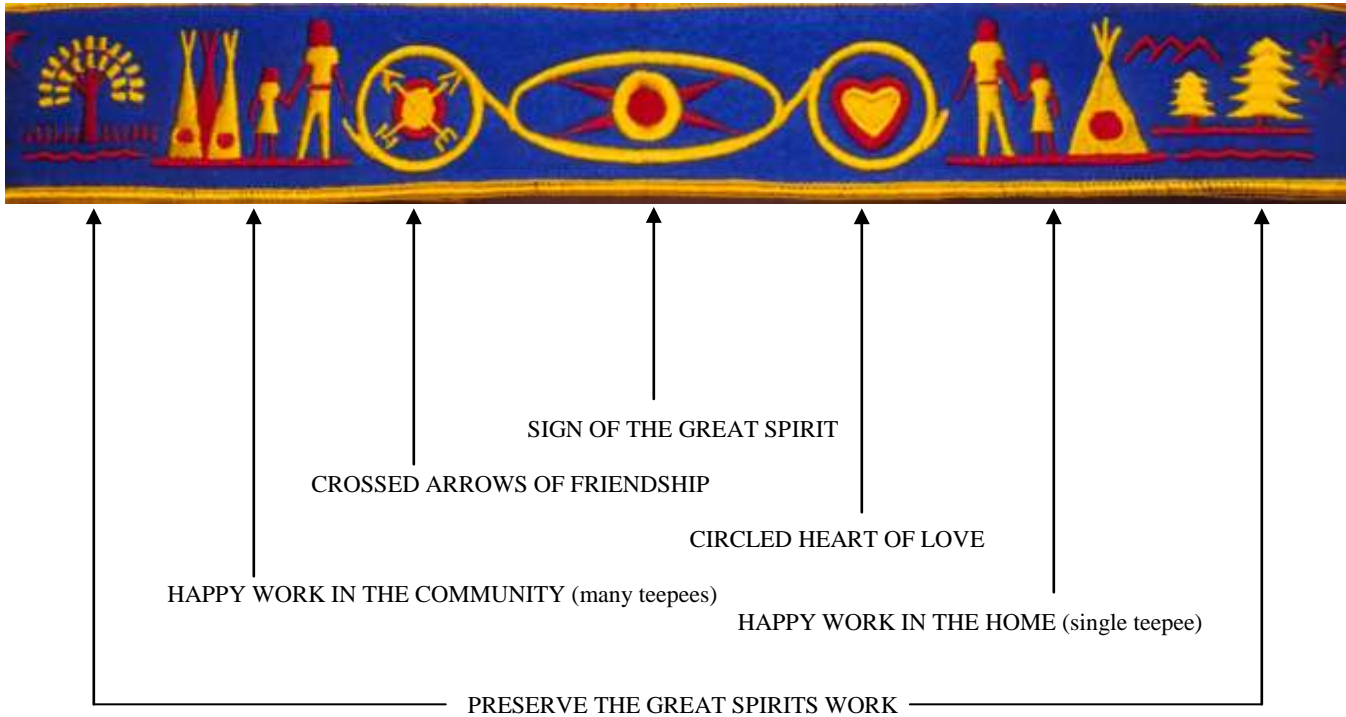
Falling Leaf Moon
- Oct.



Mad Moon
Nov.



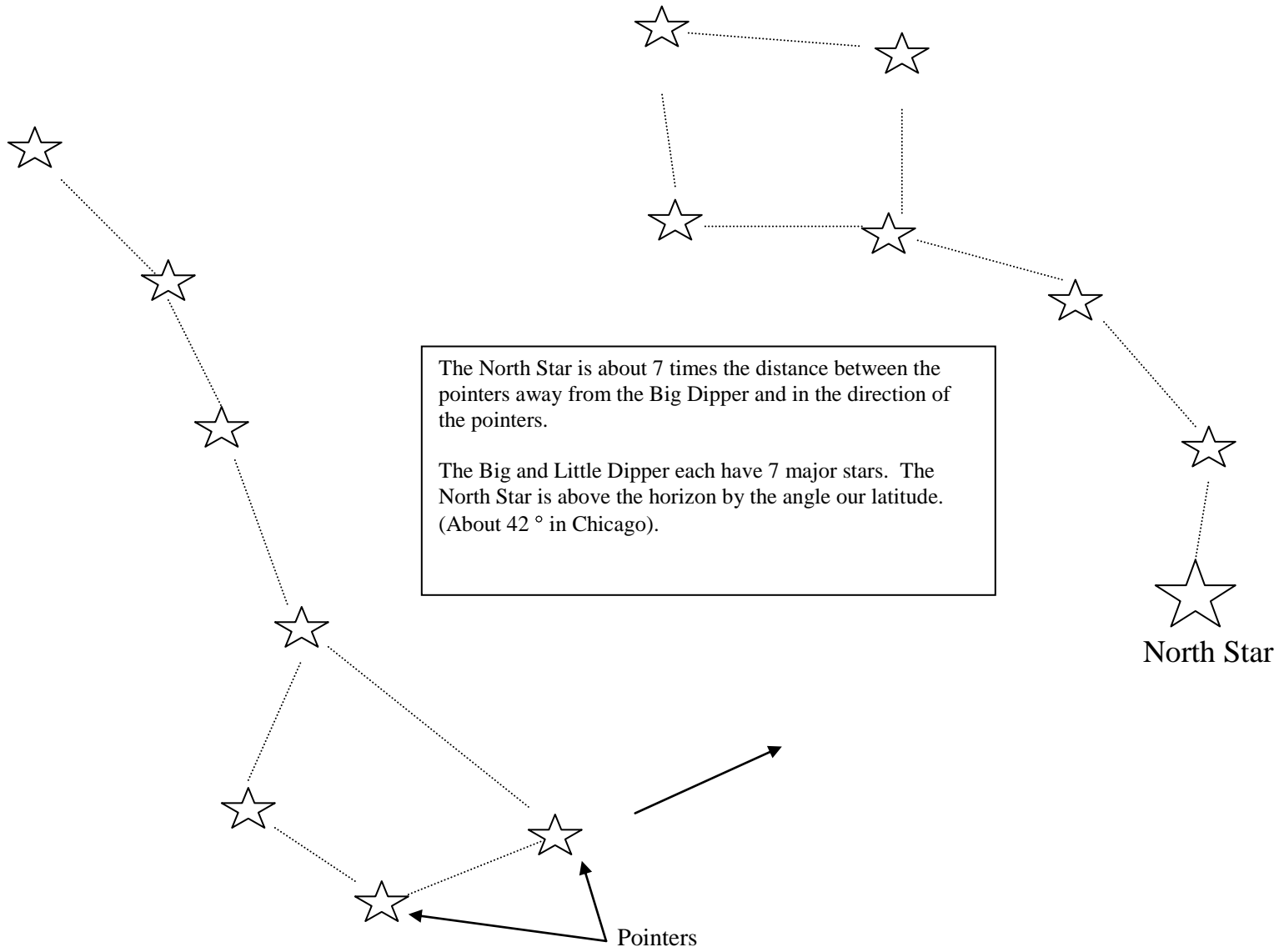
Long Night Moon
Dec.



MEANING OF THE HEADBAND

“FATHER AND DAUGHTER THROUGH FRIENDLY SERVICES TO EACH OTHER, TO THE FAMILY, TO THE TRIBE AND THE COMMUNITY, SEEK A WORLD PLEASING TO THE EYE OF THE GREAT SPIRIT”

TO EARN THE STONE – LEARN THE SYMBOLS & THE MEANING



TRIBAL ALLIANCES

CLOUD ALLIANCE

Menominee

RAIN ALLIANCE

Cherokee

Fox

Sioux

THUNDER ALLIANCE

Chickasaw

LIGHTNING ALLIANCE

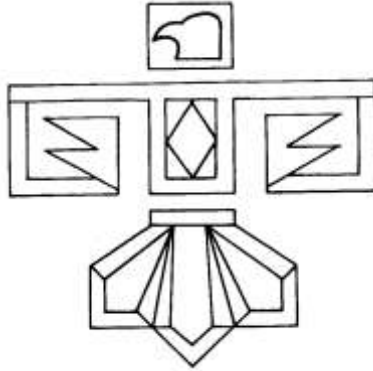
Kickapoo

Mic Mac

WIND ALLIANCE

Cheyenne

Mohegan



THE LORD'S INDIAN PRAYER

Great Spirit, Whose Teepee Is In The
Sky And Whose Hunting Ground Is The
Earth,

You Are The Ruler Over Storms, Men,
Birds And Beasts.

Find Us This Day Our Meat And Corn
That Will Keep Us Strong And Brave.



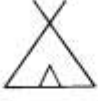
















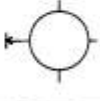
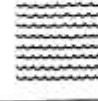

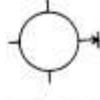





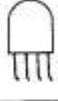
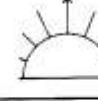


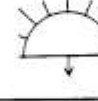



Let Us Put Aside Our Wicked Ways,
And Forgive Those Who Do Us Wrong.

Keep Us Forever From Evil, And Help
Us Love Your Shining, Mighty Spirit.

How, How.



INDIAN SYMBOLS

	Snow Moon Jan.		Eagle		Camp
	Hunger Moon Feb.		Wolf		Town
	Crow Moon Mar.		Owl		Village
	Wild Goose Moon Moon - April		Fish		Man
	Planting Moon May		Sign of Buffalo		Woman
	Rose Moon June		Council Fire		Child
	Thunder Moon July		Yesterday		Water
	Green Corn Moon Aug.		Tomorrow		Rain
	Hunting Moon Sept.		Good		Snow
	Falling Leaf Moon Moon - Oct.		Live Bear		Sunrise
	Mad Moon Nov.		Dead Bear		Sunset
	Long Night Moon Dec.		Thunderbird		Sun or Day

INDIAN SIGN LANGUAGE

Use 12 Indian signs to tell a story.



You: With your right index finger, point at person addressed



Question: Hold your right hand at the height of your shoulder. Bend it right and left. Make this sign before all questions.



How Many? - Make Question sign. With your right index finger, strike the fingers of your left hand. Begin with the little finger and strike the others in succession. After the fingers are struck, they remain down.



Possession, Have - Hold your fist in front of your neck. Bring your hand down and have your thumb point to front.



Called - Make a circle with the thumb and index finger of your right hand. Hold the circle against your mouth. Snap it open and extend index finger.



Man: Hold your right index finger up in front of your face



Women: Hook the fingers of your right hand. Then stroke downwards like you are combing your hair.



Father: Bunch your right hand and gently tap your right chest several times



Mother: Bunch your right hand and gently tap your left chest several times.



Boy: Make the sign for Man. Then bring your right hand down to show boy's height. Keep your index finger pointing



Girl: Make the sign for Woman. Then show height as you did for Boy



Brother: Bring the extended first and second fingers of your right hand against your lips. Then make the sign for Man.



Sister: Move your fingers out from your lips as you did for Brother. Then make the sign for Woman.



Eat, Food - Compress your right hand. Move your hand downward past your mouth several times.



Drink, Water: Compress the fingers of your right hand to form a cup. Carry to your mouth as though drinking water.



Hungry: Hold your right hand flat with the palm up. Then move to right and left across your stomach as though cutting it in two.



Sleep - Put the fingers of your left hand on the palm of your right hand. Bend your head down to the right as if you were going to sleep on your hands.



Cold - Make fists of both hands. Hold up shoulder height and shake hands and arms as though shivering from cold.



Hot: - Hold your hands flat above your head. Then bring them down slightly towards your head. (This means rays of the sun pressing down.)



Walk - Hold flat hands in front of your body and pretend to make steps one hand at a time. Pull one hand back as the other goes forward so that you are "walking" in place.



Swim - Make the sign for Water. Then move the arms out in front as though swimming.



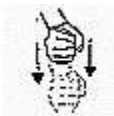
Home - Touch fingers at tips to show the poles of the teepee.



Birds - Make your hands flat and put them at your shoulders. Flap your hands like wings. For a small bird, move your hand rapidly. For large bird move hands slowly.



Buffalo - Make hands like horns of buffalo with the index fingers up.



Sit - Make a fist with your right hand. Move your fist downward a few inches.



Bow - With your left hand closed, act like you are holding a bow. Your right closed hand draws the bow string back.



Hunt - Make a "v" shape with your right two fingers. Hold your hand up in front of your right eye and look out over your hand.



Good - Hold your flat right hand over your heart. Move hand out to front and to the right.



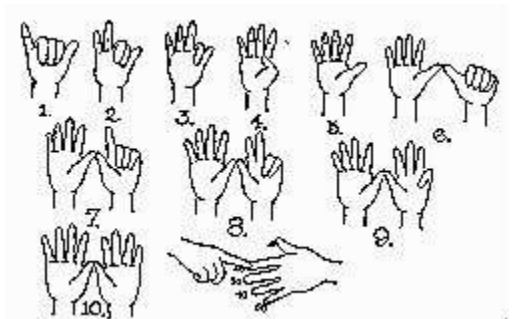
Bad - Hold your right hand near chest. Move it down to the right and open it as though throwing something away.



Small - Hold your hand flat above the ground to show the size.



Big - Hold your hands, palms out, together. Then move them apart to show how big something is.



Counting - To count, raise your fingers one after the other from right to left. The sketches show you how. For ten through fifty move your right index finger over each finger of the left hand. If you move your right index finger across your left thumb, this means TEN. To count sixty to one hundred, move your left index finger over your right hand.

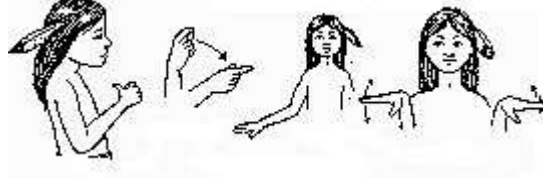
Sentences

"What is your name?"



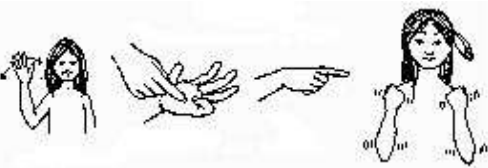
Question You Called

"My name is Little Bird."



I Called Little Bird

"How old are you?"



Question How Many You Winter

"I am nine years old."



I Have Nine Winter

"I am hungry." "I will eat."



I Hungry I Eat

"My father hunts deer."



Father Hunt Deer

BIRDS

Examples



Cardinal:
The only red bird with a crest. Heavy red bill with black around the base.
7 to 9 ½ inches



Robin:
Young robins have black & white spotted breasts. Older birds have red breast.
9 to 10 ½ inches



Crow:
All black bird often confused with the raven.
17 to 21 inches



Mallard:
Male has a green head, white neck ring, chestnut breast and grayish body.
18 to 27 inches

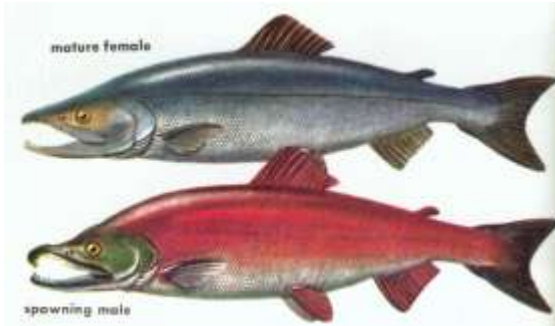


Bald Eagle:
Large black bird with a white head and tail and a heavy yellow bill.
30 to 31 inches



Blue Jay:
Noisy bird with striking colors of blue & white.
11 to 12 ½ inches

FISH
Examples



Sockeye Salmon



Muskellunge



Lake Trout



Northern Pike



Channel Catfish



Rainbow Trout



Largemouth Bass



Rainbow Smelt



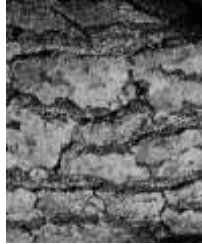
Walleye

Nature Detective Observation Sheet

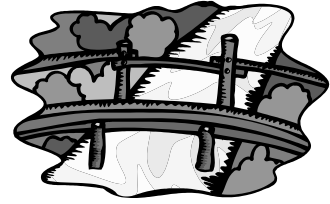
Smell



Flowers



Tree Bark



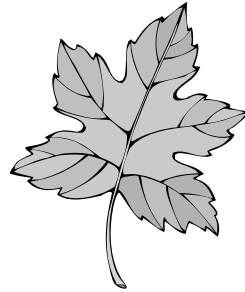
Salt creek



Grass



Dead Leaves



Green leaves

Hear Natural Sounds



Leaves Rustling



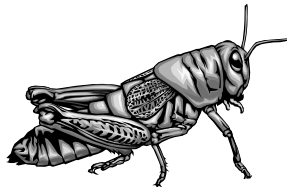
Bird calls



River



Bee



Insect sounds

Hear Man-made Sounds



Airplane



Voices

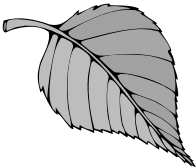


Far away traffic

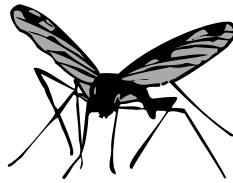


Footsteps

Feel



Smooth leaf



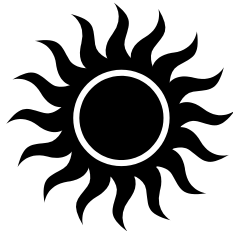
Mosquito bite



Hard rock



Prickly chestnut



Sunshine



Raindrops

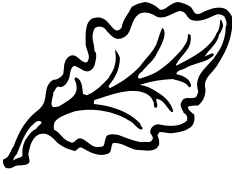


Thorny plant



Tree bark

See



Rounded oak leaf



Pointed oak leaf



Leaf with sawtooth edges



Leaf with smooth edges



Heart-shaped leaf



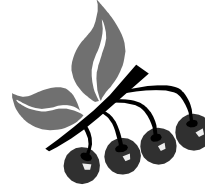
Galls



Seed with wings



Seed with parachute



Seed with fruit around it



Protected seed



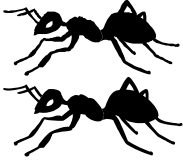
Plant that doesn't use seeds



Animal Signs



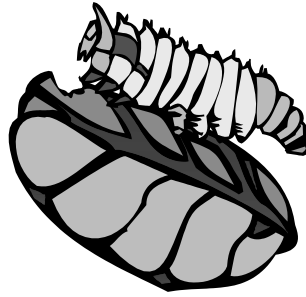
Bird nest



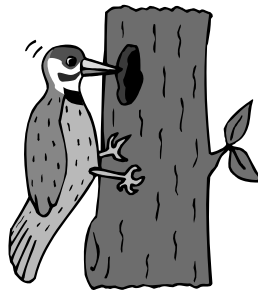
Anthill



Tent caterpillar nest



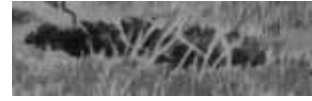
Leaf eaten by an insect



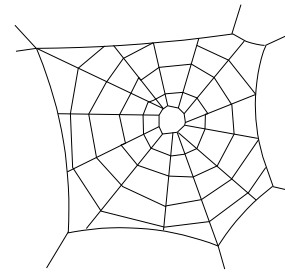
Woodpecker hole



Bee nest



Animal hole

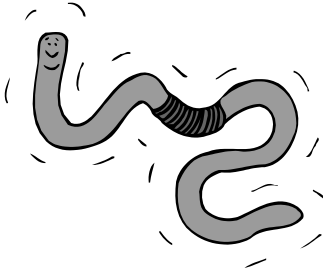


Spider web



Tracks

Find



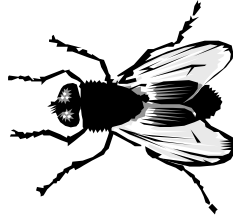
Animal with NO legs



Animal with 2 legs



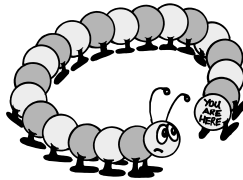
Animal with 4 legs



Animal with 6 legs



Animal with 8 legs



Animal with more than 10 legs

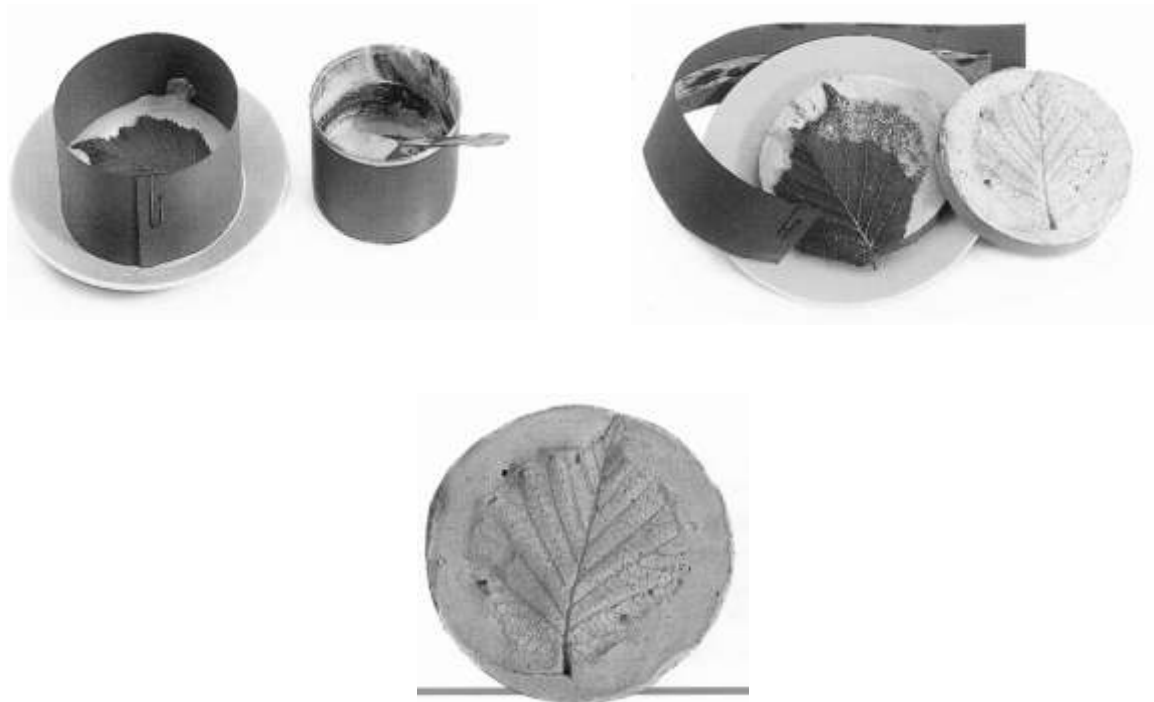


Young animal changing into an adult

FOSSILS

Fossil Prints:

Animals and plants that lived a very long time ago often left prints in soft mud. After many years, these prints hardened into stone. Now, many years later, scientists are finding these prints. These prints and remains are called “fossils”.



To see how a fossil impression forms, you will need a flat leaf or other object, some thin cardboard, a paper clip, Vaseline, plaster of paris, and a container to mix the plaster in.

Cut a strip of cardboard about 1 inch wide, and bend it into a round shape that will surround the leaf with a little room to spare. Secure the ends of the cardboard strip with the paper clip. Place the circle of cardboard on an old plate or cardboard. Mix enough plaster of paris to fill half the circle, and pour the thick, creamy mixture in.

Smooth the surface of the plaster and place the leaf on it. Gently press the leaf to get rid of bubbles.

When the plaster hardens, smear a very thin layer of Vaseline over the plaster surface, trying not to get too much of it on the leaf. Now mix the same amount of plaster again, and pour it on top of the leaf. This is like sediment falling onto the leaf. When the second layer of plaster hardens, remove the cardboard and carefully pry the two layers of plaster apart. Remove the leaf. You now have two halves of the leaf impression, just as the leaf might have fossilized in sedimentary rock.

Tracks

Some Examples





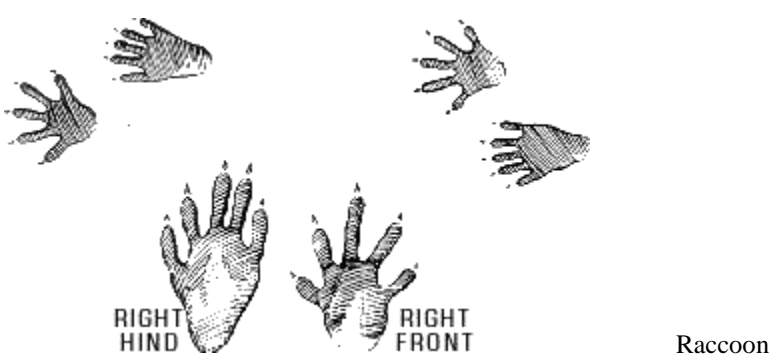
Muskrat



Mink



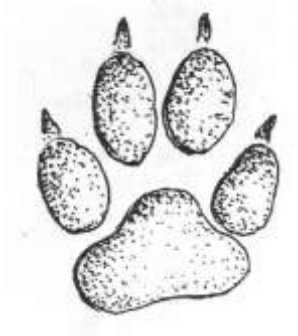
Opossum



Raccoon



Gray Squirrel



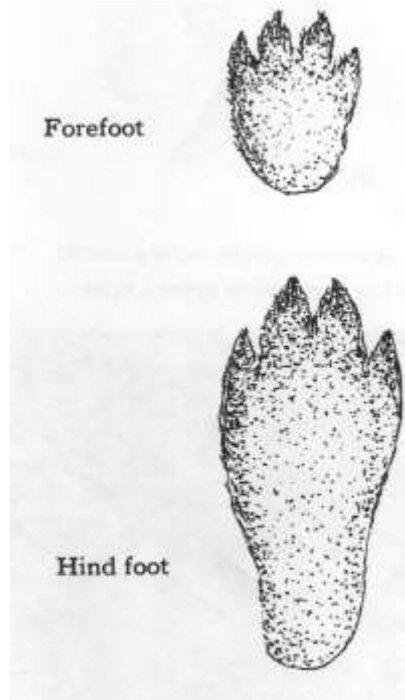
Dog



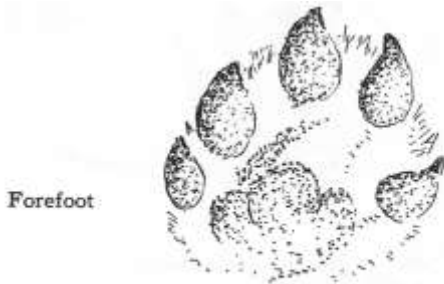
Pigeon



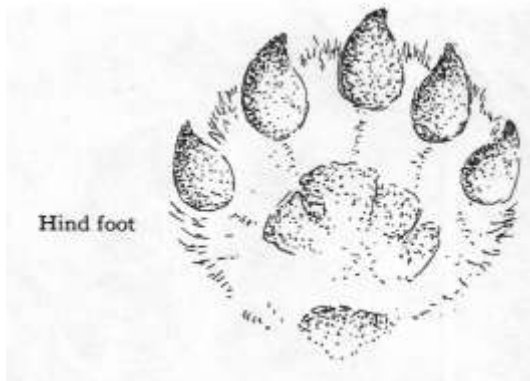
House Cat



Rabbit



Forefoot

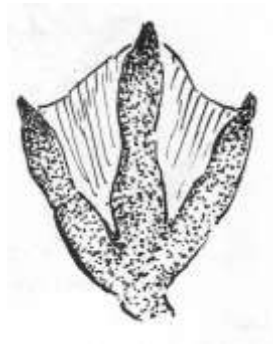


Hind foot

Otter



Rat



Seagull



Sparrow



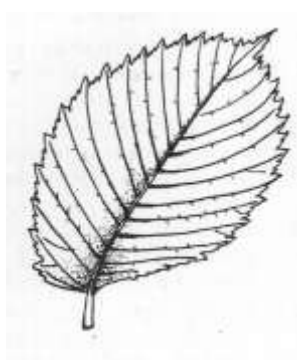
Porcupine



Human

LEAVES

Example



AMERICAN ELM
Edges of leaves toothed



HORSECHESTNUT
Leaflets arranged finger-like



BLACK WALNUT
15- 23 leaflets paired along both sides of
leafstalk



RED OAK
Edges lobed & toothed; fruit an acorn



PAPER BIRCH
Simple leaves, not divided into leaflets;
leaves toothed



SPRUCE
Trees with needlelike leaves



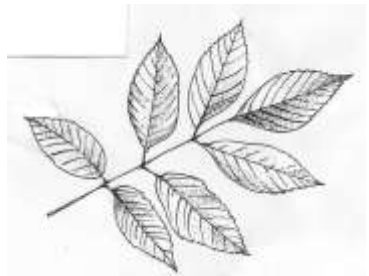
AMERICAN SYCAMORE
3 or more lobes; 4-7 inches long and wide



TULIP TREE
4 lobes; 5-6 inches wide and long



SUGAR MAPLE
Edges lobed

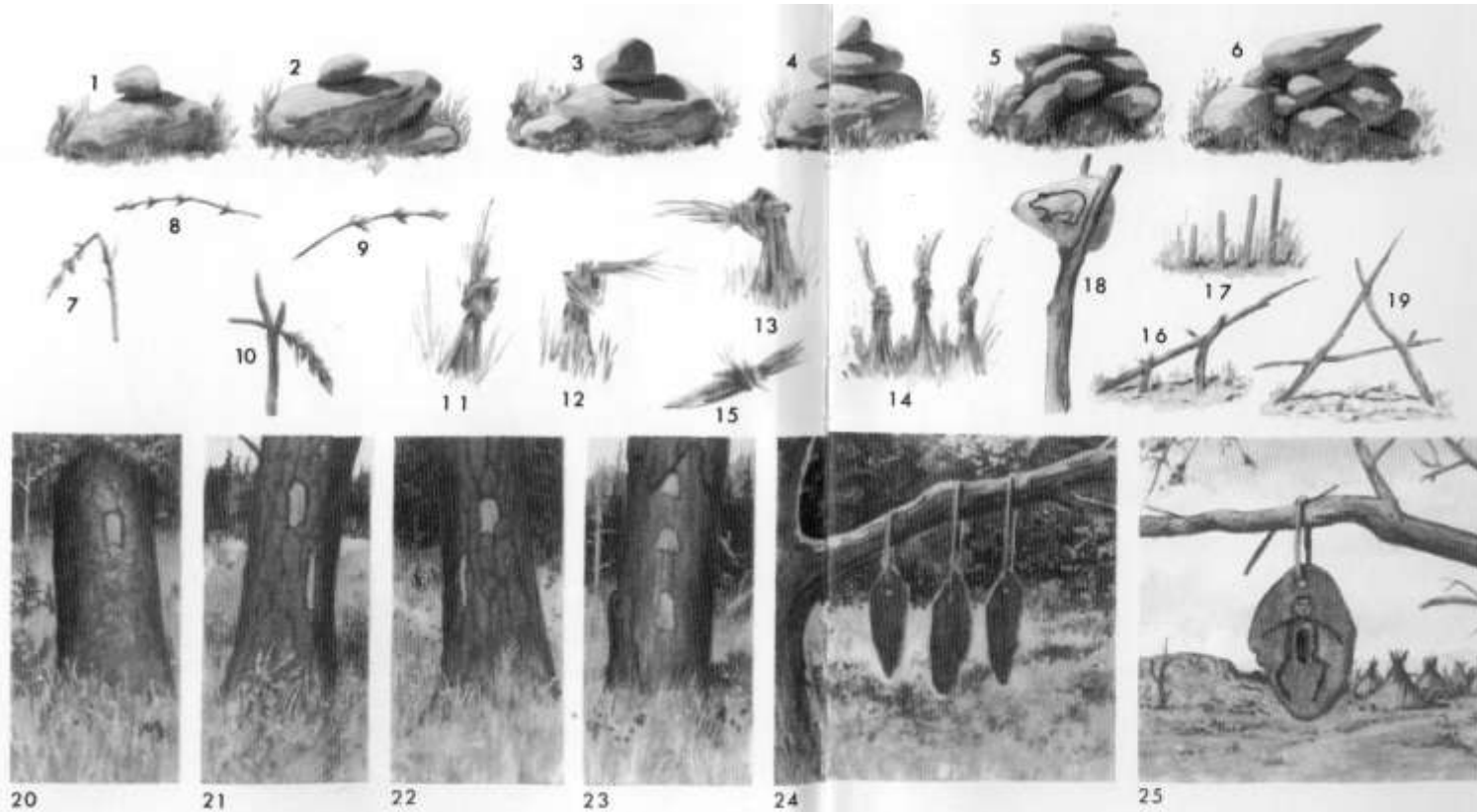


WHITE ASH
Leaflets arranged featherlike



WHITE OAK
7-9 lobes; smooth, rounded edges;
fruit an acorn

TRAIL SIGNS

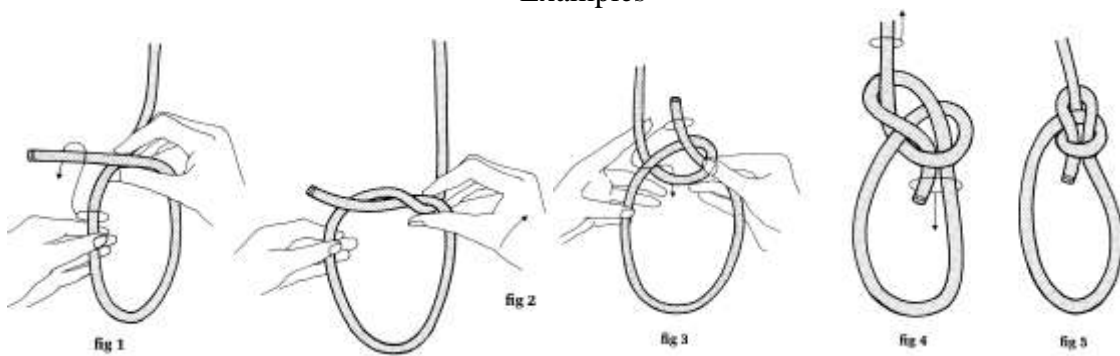


Trail signs (made according to available natural materials).

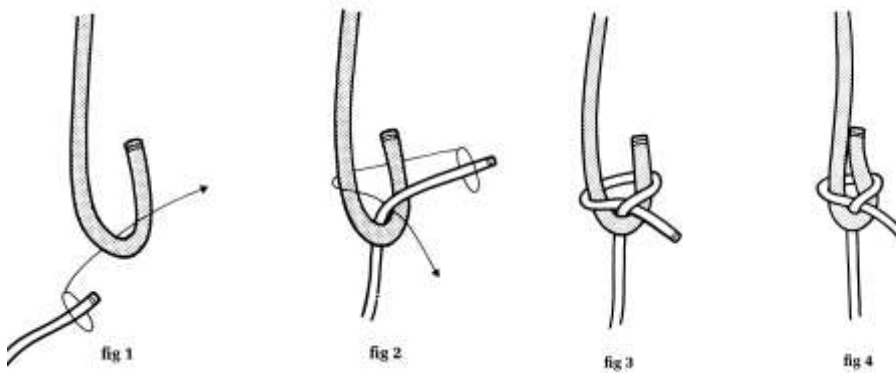
1-7-11 and 20, This is the way. **2-8-12 and 21**, Turn right. **3-9-13 and 22**, Turn left. **4-10-14 and 23**, Important notice. **5**, We camped here because one of us was sick. **6**, Water in this direction. **15**, Watch out! Danger! **16**, Not very far from here. **17**, A four days march away. **18**, We have gone bear hunting in this direction. **19**, Plenty of game but we are short of ammunition. **24**, River full of fish. **25**, We're starving. Help

KNOTS

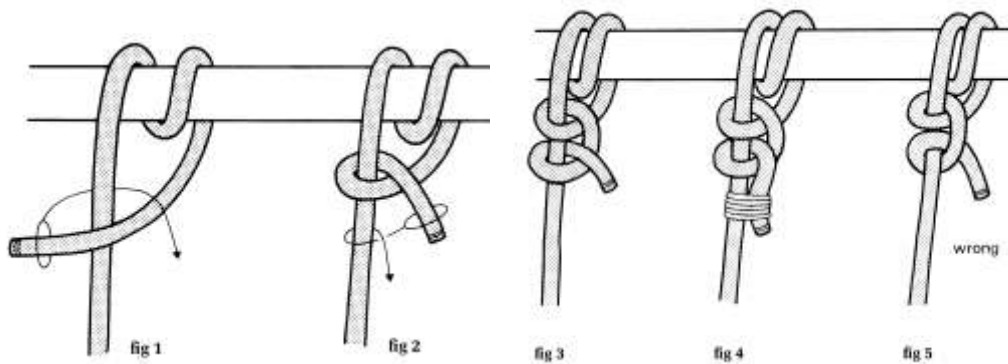
Examples



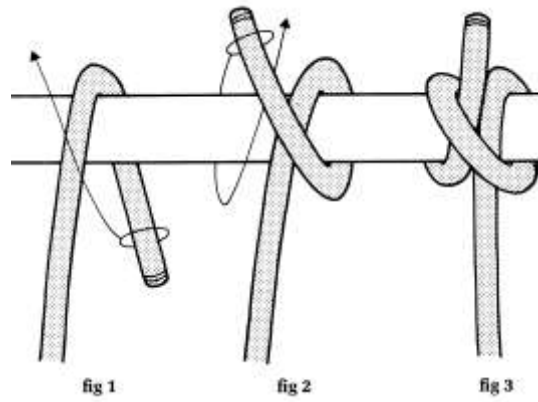
BOWLINE: Good when you need a loop. It is a rescue knot when tied around the waist.



SHEET BEND: Used to tie ropes of two different sizes.

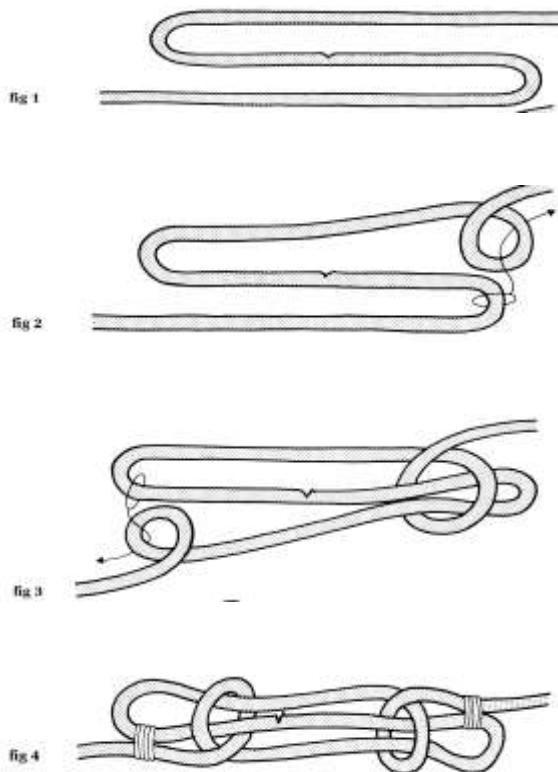


TWO HALF HITCHES: Used to tie a rope to a post, tree, or ring

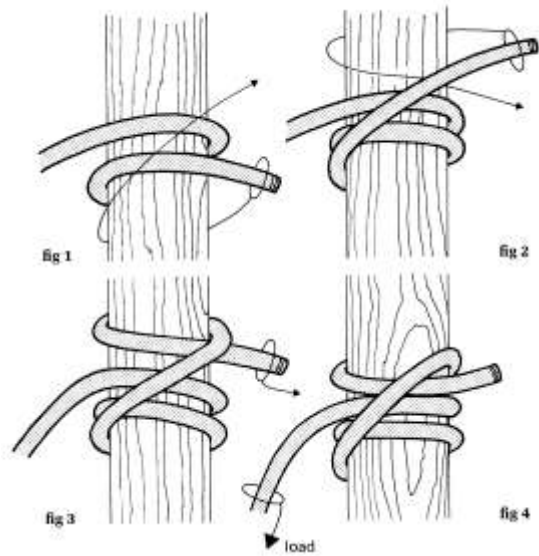


CLOVE HITCH:

Used to secure a rope to an object when there will be a load from both sides of the knot



SHEEP SHANK: Used to temporarily shorten a rope or bypass a section of damaged rope.


































ROLLING HITCH: Tying a rope to an object.

WEATHER MAP

EXAMPLE

MARCH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 	2 	3 	4 	5 
6 	7 	8 	9 	10 	11 	12 
13 	14 	15 	16 	17 	18 	19 
20 	21 	22 	23 	24 	25 	26 
27 	28 	29 	30 	31 		

LEGEND



= SUNNY



= CLOUDY



= RAINY



= SNOWY

FIRST AID

CUTS, SCRATCHES

Wash cut with soap and clean water. To control heavy bleeding, apply direct pressure on the wound with a sterile compress. When bleeding is controlled, bandage.



Never apply a tourniquet, except for extreme bleeding. Then get victim to a doctor as quickly as you can.

SHOCK

Shock is present in **ALL** accidents. Keep the victim lying down with his feet slightly raised (unless he has a head injury, in which case keep him level). Loosen his clothing. Keep him warm. If he's conscious, give him a little water to sip. Do not force him to drink. Call a doctor.



BURNS

- First-Degree, or mild cases: Keep out air. Use ice or cold water to relieve pain. Dry, cover lightly with sterile dressing.

- Second –Degree, where blisters form. Apply nothing but sterile, dry cause. Avoid irritating.
- Third-Degree, where skin may be charred black is most serious. Do not remove clothing. Treat for shock. Cover burns with sterile dressings. Wrap victim in a clean sheet. Cover him with a blanket. Rush to a hospital
- Sunburn: Treat the same as for first degree burns.

HEAT EXHAUSTION

Symptoms: Cold, clammy skin, face pale

Treat for shock, move victim to shady, cool spot. Lay him on his back, head and shoulders low. Give him sips of salted water, one teaspoon salt to one glass water.

SUNSTROKE

Symptoms: Face red and dry.

Treatment: Lay victim in cool shade with his head and shoulders raised. Cool him with ice, wet towels, wet sheets. Call a doctor. If victim is conscious, give him all the cool water he wants.



SPRAINS

Sprains involve the overextension of a joint.

Symptoms: sudden pain in the joint, loss of power and ability to bear weight, bruising, swelling, site becomes tender, painful.

Treatment: Rest the injured part, apply ice packs to limit swelling and reduce pain, apply a firm compression bandage as support, and elevate the limb. Seek medical aid to check for ligament damage

STRAINS

Strains involve overstretching of the muscles.

Symptoms: pain at the site, tenderness, discomfort when weight bearing, swelling if near joint

Treatment: Rest the injured part, apply ice packs to limit swelling and reduce pain, apply a firm compression bandage as support, and elevate the limb. Avoid stretching or massaging the injured limb. If pain persists, seek medical aid.

BRUISES

Bruising is bleeding by damaged blood vessels beneath the surface of the skin.

Symptoms: history of a blow to the area, pain and tenderness, swelling and discoloration.

Treatment: Rest the injured part, apply ice packs to limit swelling and reduce pain, apply a firm

compression bandage as support, and elevate the limb. After four hours, gentle exercise of limb.

INSECT BITES



Bee and ant stings for most people are only an irritation. For others, these stings have the potential to cause death.

Symptoms: Evidence of bee sting with the barb present, pain and itching at the site, swelling of the stung area. In allergic casualties: onset of wheezing and breathing difficulties, facial swelling and hives, rapid pulse collapse.

Treatment: Remove bee sting by scraping with fingernail, cold compress to reduce swelling and pain

If allergic reaction: pressure bandage, call for an ambulance, avoid squeezing or touching the barb.

POISONOUS SNAKEBITES



Only rarely does the venom penetrate directly into the blood stream. Therefore, the 'John Wayne Method' of slashing the wound and sucking vigorously, is of no value.

Should you see a snake, **LEAVE IT ALONE**

Symptoms: puncture marks, or parallel scratches on the skin - rarely any pain, anxiety, pale, cool skin with progressive onset of sweating, rapid, weak pulse, rapid, shallow breathing, breathing difficulties, blurred vision, drooping eyelids, difficulty swallowing and speaking, abdominal pain, nausea and/or vomiting, headache, collapse - progressing to a comatose state.

Treatment: Complete rest, call ambulance, apply direct pressure over the bitten area, obtain a history, apply a firm bandage starting from just above the fingers or toes, and wind as far up the limb as the armpit or groin, immobilize the limb with a splint, send any evidence of the snake to the hospital only if safe to do so, avoid washing the bitten area, as a venom sample may be obtained, **DO NOT** use an arterial tourniquet, **DO NOT** remove the bandage and splint once it has been applied, **DO NOT** try to capture the snake.

POISON PLANTS

If you come in contact with Poison Ivy, Oak or Sumac, wash skin immediately with lots of soap and water, then apply rubbing alcohol. Calamine lotion relieves itch.

Leaflets Three

—

Let It Be!

FIRST AID KITS



Assemble a first aid kit for your home and one for each car. A first aid kit* should include:

- First Aid Book
- Sterile adhesive bandages in assorted sizes
- Assorted sizes of safety pins
- Cleansing agent/soap
- Latex gloves (2 pairs)
- Sunscreen
- 2-inch sterile gauze pads (4-6)
- 4-inch sterile gauze pads (4-6)
- Triangular bandages (3)
- Non-prescription drugs
- 2-inch sterile roller bandages (3 rolls)
- 3-inch sterile roller bandages (3 rolls)
- Scissors
- Tweezers
- Needle
- Moistened towelettes
- Antiseptic
- Thermometer
- Tongue blades (2)
- Tube of petroleum jelly or other lubricant

Non-Prescription Drugs

- Aspirin or nonaspirin pain reliever
- Anti-diarrhea medication
- Antacid (for stomach upset)
- Syrup of Ipecac (use to induce vomiting if advised by the Poison Control Center)
- Laxative
- Activated charcoal (use if advised by the Poison Control Center)

PATCHES

PRINCESSES WILL BE AWARDED THE FOLLOWING PATCHES FOR EARNING THE FOLLOWING AMOUNT OF STONES:



← 20 Stones



← 35 Stones



50 Stones →