

# Pathfinder<sup>JD</sup>

## **YADVENTURE GUIDES™**

January/February 2005  
Volume I

Fostering the understanding and companionship between parent and child.



### **Members of the Mighty Lake Prairie Federation,**

My name is Kane Calamari (Big Squid) and I have the privilege of being your Federation Chief this year. It is hard to believe that Winter is here and our 2004/2005 season is in full swing.

This is the first volume of our new newsletter entitled Pathfinder. It's a fitting title based on the changes that our program has been going through in the last two years. You'll notice that the initials "JD" are etched next to the name of the newsletter, they represent Jill Dayton. Brian Dayton has been in the program for many years and has held many positions at both the Expedition and Federation levels. Our program is strong due to volunteers like Brian that spend many hours working hard to ensure the success of our program.

Brian and I were working on a title for the newsletter but we were coming up empty. Brian showed up at one of the Federation meetings and said that his wife had come up with the name Pathfinder. As soon as we heard it, we knew it was the right name for our newsletter.

Brian lost Jill in a tragic car accident a few weeks after we finalized the newsletter name. In honor of Jill Dayton and the hard work that Brian contributed to the organization, Jill's initials will be forever emblazoned on our newsletter title.

As everyone knows, we have been embracing a new era for our program. The mighty Sioux Federation is now the mighty Lake Prairie Federation. We are now the "YMCA Adventure Guides" instead of the Indian Guides. Although we are moving

away from the Indian theme as the central theme of our program, we are adding a very important 7th aim to our original six aims.

The 7th aim is "to respect the traditions and beliefs of all people". Based on this aim, we are still able to honor the traditions of various cultures. You saw this first hand at the Induction Ceremony in Vernon Hills since we are planning to keep the Indian theme as the central theme of this event.

As it states on our website, the Adventure Guides program is designed to "foster the understanding and companionship between parent and child". The one thing that you will see as we finalize our transition to Adventure Guides is that we have not lost focus on the most important aspect of this program.



The Federation Map Maker (formerly War Chief), Tom Hauff, has been busy working diligently to make sure we have successful events throughout

the 2004/2005 season. We are working diligently to constantly increase the quality of all events. The first event was the Swim Party/Picnic that was held on September 11th and 12th at the Central Lakes YMCA. This was a completely free event and we encouraged members to bring new prospects for a fun day of swimming and eating. The reaction to this event was excellent we had 600-800 attendees and it sounds like everyone had a blast.

The mighty Denali Expedition put on another excellent induction ceremony two weeks ago. It was great to see all of the new faces come together on a beautiful Sunday night to enjoy one of our great events. The weather was beautiful and we

welcomed plenty of new members into our program.



The annual Olympics were followed by a wonderful Holiday Party hosted by the Yellowstone and Everglades expeditions.

I would like to thank all of the wonderful volunteers that have stepped forward to lead our great Federation this year. Volunteers are the engine that drive this organization and we are fortunate to have many parents that have stepped forward to lead our tribes, expeditions and our federation. I look forward to working with all of you to ensure that we have a fun-filled 2004/2005 season.

Please don't hesitate to stop me and introduce yourself. I'm always happy to listen to your concerns or comments about our program. The picture attached shows Big Squid, Little Squid and Tiny Squid after last year's flour ball fight!

### ***Friends Forever, Big Squid***



### Paper Drive

Special thanks to the others who, on November 7 & 14, staffed the donation table and/or delivered materials to A Safe Place for Help: *Scott Bjornson, Rick Dishman, Doug Renz, Steve Bransky, Tim Pasernak.*

**Bob**



### Letter from White Smoke

Being an Indian Guide for last three years has made a big impression in my life. The campouts are a blast, I have a lot of fun with my friends and I get to spend a lot of time with my dad. I'm excited about next year because my sisters Lucy and Liza will be in Adventure Guides too.

Last year in the Pinewood Derby, my car made it all the way to the finals. I'm hoping the car we bought at the Holiday Party this year will do even better.

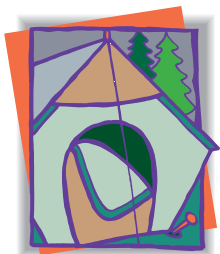
The crafts I have made were very fun. I keep them on a shelf in my dad's office along with the crafts he made when he was in Indian Guides as a boy.

At the Fall 2003 campout, our tribe won the Spirit Award. We were so loud and it was very exciting to win it.

I'm sure the rest of my time as an Adventure Guide will be fun-filled and exciting.

**Donald Renz – White Smoke**

*Proud member of the Mighty Spirit Winning Ree tribe of the Sisasapa nation.*



▲ Sometimes the “Great Spirit” gives us obstacles that at first seem insurmountable, but actually provide a great opportunity to teach our princesses about working together. This winter we were faced with one of these situations.

▲ As the tribe in charge of the “Cardboard Sled Race,” we were focused on getting the rules published, building the sled (the dads’ project), decorating the sled (the princess’ project), and most importantly checking on the weather. The early winter provided snow, snow, and more snow, but unfortunately this good fortune would not last. Some warmer days coupled with some late winter rain led to the snow’s ultimate demise.

▲ With many long faces on the princesses at the decorating meeting and a weather forecast for even warmer weather the week before the campout, the Dads were not too optimistic. The time was right for a “Plan B.” Fortunately, we had some unknown and untapped resources: a brother-in-law that worked for a cardboard manufacturing company, some sealant wax, a friend with a truck, and complete desperation on the part of the dads. Couple these items with the appropriate amount of duct tape, and even a complete lack of snow cannot stop the cardboard sled race from continuing.

▲ The Campout arrived with the predicted beautiful weather (though we still wanted snow), so the dads and princesses got to work on building the course. With some additional materials provided by the camp (thank you Camp Wesley Woods) we created the downhill sled race, “cardboard style.” While the hill looked much more threatening than it turned out to be, (you need a lot of sealant wax) all the tribes were able to enjoy the race. The Dads then had the distance competition and I am happy to report that the only injuries sustained were to the cardboard.

▲ Whether you call it making the best out of your situation or turning lemons into lemonade, the girls had a fun time and might have learned a little something along the way. Whether things work out perfectly (rare) or not, the campouts always remind me: even a “bad weekend” with your princess is the best possible way to spend your time.

▲ **Chief Thundercloud – Hiute**

▲ *The pictures below show the “hill” before the race began, and one of the tribes during the race getting some help over the flat spot on the way down.*



### Our First Pinewood Derby

April 2004  
*By Austin & Scott Pyle  
Trailblazer and Scout of the Mighty Ree  
Tribe of the Sisasapa Nation*

Last year my dad & I participated in our first ever YMCA Pinewood Derby. We had so much fun building our cars and racing them at the Derby that we thought we would share our story with others.

#### Making the Cars

Once we got our Derby car kit, we knew that we were going to have lots of fun carving them and painting them before the race. We decided to ask our neighbor for help who has a complete workshop in his garage. He let us use his tools and equipment to create the shape of our cars. I have this really cool red and white striped racecar at home that we decided we to use as our design model for our Derby car. So we used a carpenter's pencil to draw the outline of the racecar on the wood block. Well, the design we drew didn't end up like the red & white racecar, but it did turn out just as cool and we liked it anyway. Then, our neighbor cut out the

shape on his band saw and then I sanded down all the rough spots using different types of sandpaper. We drilled a hole in the bottom of the car just a little bit bigger than a nickel so that we could glue in about three nickels on top of each other to add weight to the car making it faster.

My dad and I made an extra car so we could have two to choose from.

When we got home we painted the cars and put some cool stickers on them also. Mine was painted red with yellow stripes and I put my initials, "ASP" on the hood and the back. I painted blue windshields on it and put # 6 on top. We were ready now for the big race.



**Race Day**

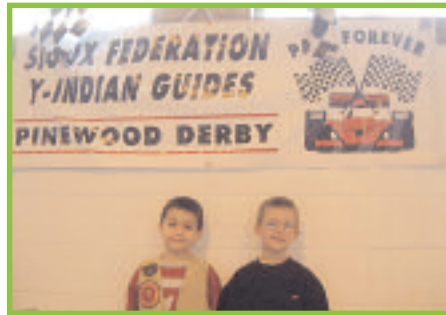
We got the Y about fifteen minutes before our race time. We brought super glue with us to glue in the nickels to the car. We didn't have a scale at home so we didn't know much our car weighed. When we weighed it on the official scale my car was way too light. So we quickly glued in three nickels into the holes that we had pre-drilled. Then we re-weighed the car, but it was still too light. So, now we stated gluing pennies that my dad had in his pocket to the bottom of the car and to the sides. Again, we weighed the car and it was too light. Then, one of the other dads in our tribe gave us two long lead weights and we glued them to each side of my car and it looked really cool. The lead weights looked like turbo chargers. Time was running out before our scheduled race time, so we hurried to re-weigh the car one last time. It was still a little light, but



it was pretty close, and we didn't have any time left to make any more adjustments. With all the money glued on my car, some of the others in our tribe nicknamed it the "Austin money car".

We were in lane 1 on our first race heat and we came in second place! I couldn't believe that my car had been so fast in the first heat. Then, on our second heat we did even better...we came in first place! But then the competition got tough. On the third heat we needed to come in at least fourth place to stay in the races, but we came in 5th or 6th.

So this ended our Derby day race competition. But we had a lot of fun! And now we know what to do next year to make our car even better and faster. See you then.



**Word Search**

*Find the names of the 14 new Expedition (National Park) names:*

R	X	N	G	T	K	W	G	M	A	X	Y	S	B	G
I	O	O	U	A	L	Y	A	T	E	N	R	I	R	
L	U	C	H	T	A	I	L	W	L	D	Q	U	S	A
A	X	S	K	C	E	A	D	L	N	A	M	E	C	N
N	X	N	I	Y	K	T	O	A	Q	Z	T	G	A	D
E	E	E	G	A	M	W	D	N	C	I	K	A	Y	C
D	R	Z	E	K	S	O	Y	N	X	A	O	Y	N	A
X	W	L	C	T	I	N	U	O	A	E	S	O	E	N
E	A	I	O	U	Q	E	S	N	S	R	J	V	X	Y
H	C	N	R	B	J	F	V	I	T	E	G	U	R	O
S	E	D	A	L	G	R	E	V	E	A	M	Q	Q	N
M	E	S	A	V	E	R	D	E	B	E	I	I	G	N
L	Z	H	J	I	J	H	E	Q	H	X	K	N	T	E
L	T	J	Y	H	T	R	G	X	N	V	Q	L	B	E
D	G	H	S	V	K	I	K	O	J	M	A	U	O	J

- |             |               |
|-------------|---------------|
| ACADIA      | HALEAKALA     |
| BISCAYNE    | MESAVERDE     |
| DENALI      | ROCKYMOUNTAIN |
| EVERGLADES  | SEQUOIA       |
| GLACIER     | VOYAGEURS     |
| GRANDCANYON | YELLOWSTONE   |
| GRANDTETON  | YOSEMITE      |

**Grayslake Parade**

A Float entered into this years Grayslake Days parade was built by the Nighthawk circle from the Acadia Expedition; the parade theme was "Aloha Grayslake". Pictured is **Zachary Meyer** of the **Nighthawk**. Key features of the float were a 6 foot smoking volcano, palm trees with coconuts, a tiki head, surf board, and beach music.



A Float entered into this years Grayslake Days parade was built by the Nighthawk circle. Pictured are **Boyd Lee** of the **Nighthawk** and **Morgan Lee** of the **Red Fox** (Yosemite Expedition). The float also featured window writing like "Ride Waves with Adventure Guides", "Fathers and Sons/Dads and Daughters, lets have fun".

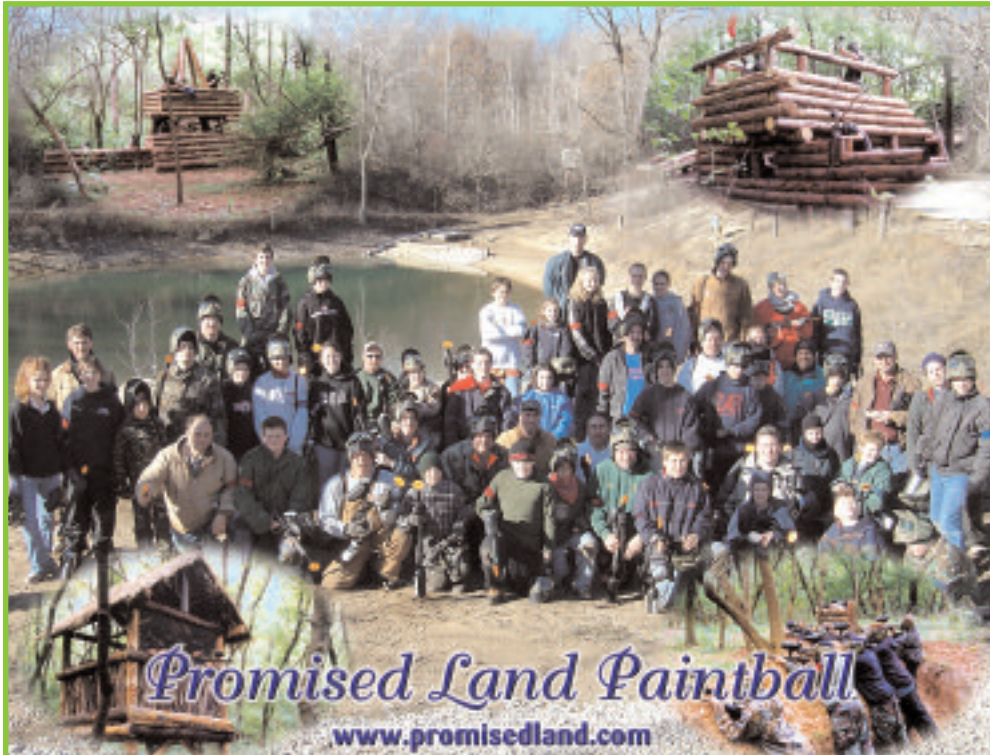




### Mapmaker Tom Hauff Having Fun



### Trailblazers Getting Ready for Paintball



### Federation Sachem Mike Maltezos at a Campout



### Flying Dragon & His Dad Sharing a Special Moment



### Everglades Sailboat Race



### Everglades at the Pinewood Derby



# The Kestrel Tribe of the Mighty Sequoia Expedition Having Fun at the Campout



## Check out the Lake Prairie Federation's New Logo...



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### Want to Help Your Federation?

Print out the next 2 pages and pass them on to friends — word of mouth is our best marketing tool!

### Write an Article and Get a Patch!

Write an article and submit it to [KCalamari@intermatic.com](mailto:KCalamari@intermatic.com)

We like pictures, too! Do this and get a cool patch!

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# **YADVENTURE GUIDES™**

Fostering the understanding and companionship between parent and child.

P.O. Box 5304  
Vernon Hills, IL 60061  
[www.lakeprairie.org](http://www.lakeprairie.org)



# LAKE PRAIRIE FEDERATION

P.O. Box 5304, Vernon Hills, IL. 60061

[www.lakeprairie.org](http://www.lakeprairie.org)

*"Fostering the understanding and companionship between parent and child"*

## Come Build a Lifetime of Memories in the Adventure Guides Program

### The Greatest Gift You Can Give To Your Child... Is Your Time!



The Lake Prairie Federation Adventure Guides program is designed for busy parents who want to spend quality time with their children to create memories that will last a lifetime. Our program offers scheduled activities that encourage a parent and child to participate together to build bonds that last a lifetime.

Our program slogan says it best: "Friends Always" and "Pals Forever".

### What Activities Can I Participate In?

- |                              |                          |                                  |
|------------------------------|--------------------------|----------------------------------|
| Pinewood Derby Race          | 3 Cabin Camp Outs        | Olympics (unique games of skill) |
| Skating (Ice and Roller)     | Longhouse Summer Campout | Crazy Bowling                    |
| Holiday Party                | YMCA Family Swims        | Floats in Community Parades      |
| Valentines Semi-Formal Dance | Summer Picnic            | Tribal group activities          |

Campouts! Many consider our weekend cabin campouts the highlight of our program. Each Expedition has 3 campouts throughout the school year. Campout activities include crafts, canoeing, archery, horseback riding, snow sledding, swimming, hiking, wall climbing, scavenger hunts, campfires, skits, carnivals, and much more. **No alcohol is allowed at campouts or any Federation event.**

### We offer several programs

Grades K - 4	Fathers & Sons	Adventure Guides
	Fathers & Daughters	Adventure Princesses
Grades K - 4	Mothers & Sons	Adventure Explorers
	Mothers & Daughters	Adventure Pathfinders
Grades 4 - 6	Parent & Child	Y - Blazers



Note: Originally known as the Y-Guide Program.

### How are we organized?

A group of six to twelve parents and their children form a Tribe. Tribe members are typically from the same neighborhood and school. Each Tribe schedules its own meetings and events. Tribal meetings are typically held monthly in member homes, but many have outside activities such as museums, mini-golfing, etc. Tribal meetings provide a forum for spending time together, telling stories, playing games, making crafts, and other activities the Tribe selects.

A group of six to ten Tribes is called an Expedition. We have over 110 Tribes organized into 14 Expeditions throughout Lake County. The Lake Prairie Federation is a non-profit group of over 2100 parents and children sponsored by the Central Lake YMCA in Vernon Hills.

## How much does this cost?

Yearly registration is \$40 for parent & child, plus \$10 for each additional child. Campouts are \$60 per member for two nights. Tribal activities may have an additional cost. All other Federation activities are free to members. Financial assistance is available for those in need. Each family must participate in our annual fund-raiser by either selling candy bars or via a program donation of \$60. Additional candy bars can be sold to earn free Spring Campouts for both parents and children.

## How do I find out more information?

The best way is to talk to a friend or neighbor who is in the program. Or leave a message on our voice mailbox at (847) 604-4107 or send E-mail to: [info@lakeprairie.org](mailto:info@lakeprairie.org) and we'll get back to you. Visit our website at [www.lakeprairie.org](http://www.lakeprairie.org) and review program information and see our newsletter, "Smoke Signals", which includes pictures of our events.

## How do I Sign Up?

If you would like to join in the fun and excitement, and enhance the lifetime bonding with your child, fill out the form below and include a \$40 annual registration check (+\$10 for each additional child) payable to: Lake Prairie Federation. Mail to: Lake Prairie Federation, P.O. Box 5304, Vernon Hills, IL 60061. We will be in touch shortly after we hear from you!



## LAKE PRAIRIE FEDERATION

P.O. Box 5304, Vernon Hills, IL. 60061  
[www.LakePrairie.org](http://www.LakePrairie.org)

*"Fostering the understanding and companionship between parent and child"*

By submitting this form along with payment, I state that I have read and will abide by the Lake Prairie Federation **NO ALCOHOL POLICY.** See website for additional details.

# REGISTRATION FORM

Last Name \_\_\_\_\_ E-Mail \_\_\_\_\_

Father's Name \_\_\_\_\_ Mother's Name \_\_\_\_\_

Street Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Parent Work Phone \_\_\_\_\_

Family Member of YMCA? (Y/N) \_\_\_\_\_

Child's Name	Sex	Birth Date	Grade (in Aug)	School	Participating Parent(s) (Mom, Dad)	Name of Tribe, Expedition, or other member you would like to join up with.
Office Use Only			Check #	Date Received		

Please make your \$40 (+) check payable to Lake Prairie Federation, and mail with registration form to:  
P.O. Box 5304, Vernon Hills, IL. 60061

# Park Safety Search

Rangers help people have a safe visit at the park. Junior Rangers should know the following things about park safety.

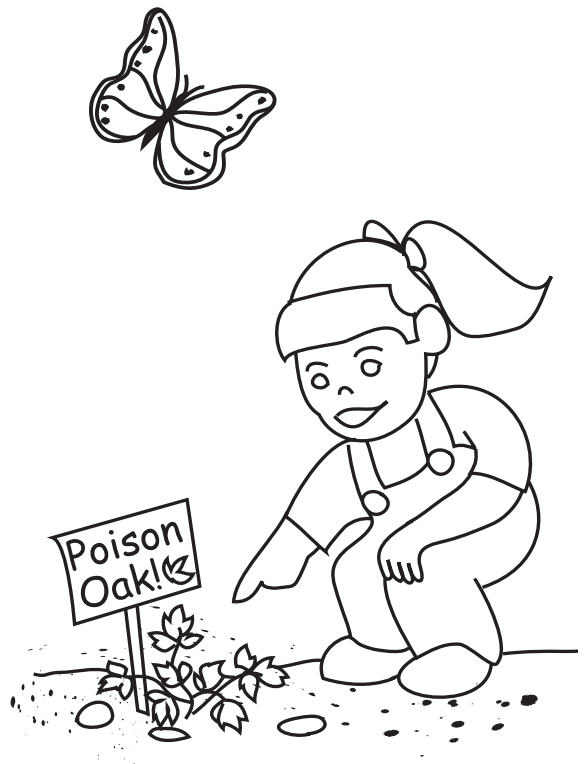
## ACTIVITY:

Read the statements below. Then look for the underlined words in the Word Find below.

1. It is important to drink water on hot days.
2. Always stay with your group when you hike on a trail.
3. When you visit a museum, do not touch the displays unless a sign says it is OK.
4. Learn the rules before exploring the park.
5. Leave everything you find for others to enjoy.
6. Do not touch poison oak when hiking, because it will make you itch!
7. Never explore a park alone. Always have an adult with you.
8. Always wear a lifejacket when you are in a boat.

## WORD FIND

G	R	O	W	O	E	P	H	E	L	P	
T	B	O	A	T	N	V	C	A	C	E	I
R	O	P	T	C	X	J	S	L	I	Y	E
O	U	R	E	X	P	L	O	R	E	N	V
T	Y	G	R	I	O	T	G	P	N	I	I
Q	U	I	T	Y	I	I	P	O	J	S	S
S	R	U	L	E	S	A	R	E	O	K	I
V	B	N	M	O	O	N	S	L	Y	H	T
R	E	E	L	O	N	K	H	O	W	I	T
H	E	L	P	T	O	U	C	H	W	A	A
A	D	V	E	N	A	U	R	E	G	U	E
D	O	A	H	I	K	E	T	O	F	U	N



# Signs and Symbols Match

Rangers use these signs and symbols to help people find their way and stay safe in the park. Do you know what these signs mean? Take the challenge!

Draw a line to connect the sign or symbol with its description.

Tent/Campground

Exhibits

Equestrian Trail

Wheelchair Accessible

Dogs Allowed On Leash

Recycling

Hiking Trail

Picnic Area

Campfire Center

Ranger Station

Spelunking

Restroom



## ACTIVITY:

Circle the signs that you saw during your park visit.

# Junior Ranger Word Match

Read the words and definitions below. Draw a line to match the words with the correct definitions.

1. habitat

Changes that help plants and animals better survive in their environments.

2. ecology

Stories, places and property that are passed to us from our ancestors.

3. adaptation

Variety in nature or culture.

4. diversity

A record of the past.

5. culture

When a group of people share a language, music, type of food, and a special way of doing things.

6. heritage

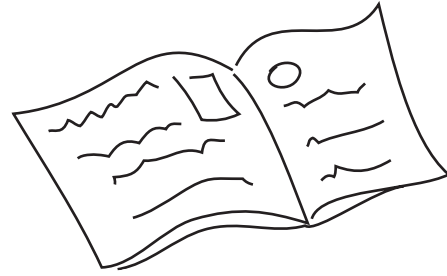
The study of the relationship between living things and their environment.

7. history

The arrangement of food, water, shelter and space suitable to a plant or animal's needs.



# Write a Poem



## ACTIVITY:

Write a poem to help you remember what you liked best about the park. There are two samples below. Write your poem on the next page. Illustrate it if you like!

### Example #1

Speed boats  
Fast and flying  
Zipping over the waves  
Happy, excited, cool and free  
Quick craft

### Example #2

Old house  
Creaky and bent  
Home to kids long ago  
Dusty, safe, warm, and remembered  
Mansion

A large, irregularly shaped box with a wavy border, intended for writing a poem. It contains several horizontal lines for writing.

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