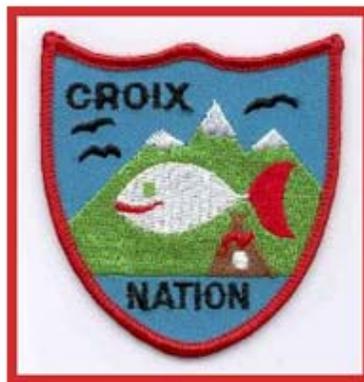


**Croix Nation**  
**New Member Information Booklet**

Indian Princesses  
of the  
Algonquin Longhouse



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

## About Us

Welcome to the Mighty Croix Indian Princesses of the Algonquin Longhouse

The Indian Princesses Program of the Algonquin Longhouse offers an unique program focused on the magic of the Native American theme that encourages and promotes the value of a strong Father & Daughter(s) (K-5) relationship through fun and exciting activities. We are over 2,500 members strong in the Northwest Chicago suburbs of Illinois area, our roots go back 80 years!

Indian Princesses Program Benefits:

- Build great memories to last TWO lifetimes
- Our children form new friendships
- Parents build new friendships through networking
- The program teaches team work and morals
- Nature and the native American culture is learned
- Enjoy: Camping, camp fires, canoeing, exploring, sledding, rock climbing, games and crafts

How is our Indian Princesses program unique?

- Affordable: Only pay for events you participate in
- Flexible: Both parent and child can fit most of the events in
- Enjoyable: Both parent and child are involved and have bonding experiences

## HISTORY OF INDIAN PRINCESS PROGRAMS

In the Beginning...“The Indian father raises his son. He teaches his son to hunt, to track, to fish, to walk softly and silently in the forest, to know the meaning and purpose of life and all that he must know, while the white man allows the mother to raise his son.” These chance remarks made in the early 1920s by Ojibway Indian hunting guide Joe Friday to Harold Keltner, a St. Louis YMCA director, struck a responsive chord.



## Closing the Gap

In 1925 Keltner arranged for Friday to speak before boys and dads in the St. Louis area. One evening after a talk given at a father and son banquet, Friday was so closely surrounded by fathers that the boys could not get near him. This gave Keltner an idea. Perhaps this strong mutual interest in the Indian could be put at the heart of a program aimed at closing the gap that he had seen widening between American fathers and their sons.

## American Indian Culture and Life

Keltner designed a father-son program based on the qualities of American Indian culture and life: Dignity, Patience, Endurance, Spirituality, Feeling for the earth, and Concern for the family. From this, Y-Indian Guide programs were born.

## Rapid Growth After WWII

In 1926, Keltner organized the first tribe of Y-Indian Guides in Richmond Heights, MO, with the help of Friday and William Hefelfinger, chief of that first tribe. Although it grew slowly at first, the program was eventually recognized as a national YMCA program in 1935. The popularity of Y-Indian Guides grew rapidly in the post-World War II period of 1942 to 1962, guided by John Ledie, national advisor. Many new programs and organizational developments at the local and national levels also evolved during this time.

## The Y-Indian Princess program is born

The rise of the family YMCA following World War II, the genuine need for supporting little girls in their personal growth, and the demonstrated success of the father-son program in turn nurtured the development of parent-daughter groups. The mother-daughter program, now called Indian Maidens, was established in South Bend, IN in 1951. Three years later father-daughter groups, which were called Y-Indian Princesses, originated in the Fresno, CA YMCA. Y-Indian Braves, a program for mothers and sons, emerged during the late 1970s and was officially recognized by the National Executive Committee of the National Longhouse at Dearborn, MI in 1980. Since 1963, the swift expansion of the program has continued with all these programs and with a corresponding group of programs for older children. At some point, about 900 YMCAs sponsored 30,000 Y-Indian Guide groups.

## 2003: A New Beginning

In 2002 and 2003, things changed for the Algonquin Federation and our Croix Nation. While the local Nations and Tribes (and kids!) were having a good time and learning, the central Y management had plans to dramatically change the program. Meetings and surveys ensued to figure out the future of the program. By the end of the 2002 program year (June 2003), the members of the Algonquin Federation voted to separate from the Y. Grand plans were made and the Algonquin Longhouse, Inc. was formed.

The Croix Nation is proud to be part of the Algonquin Longhouse to further teach our children the qualities of Indian culture that Harold Keltner envisioned over 80 years ago.

Thank you for joining the Algonquin Longhouse program!

Harold Keltner and Ojibwa Indian Joe Friday partnered almost eighty years ago to create a special kin of magic that can be found no where else to build a Parent-Child relationship that will last a lifetime. This program is based on respect for the culture of the Native American Indian.

Algonquin Longhouse, Inc. is an organized Not-For-Profit group of individuals from the Northwest Suburbs of Chicago, Illinois with over 2,000 members. The leadership of this program is totally controlled and operated by the parent volunteers that are already involved with their children in the program.

Here is a brief description of our structure:

3 - 20 families join together to become a "Tribe". Each Tribe elects a "Chief", the person responsible for communicating the details of the program to the tribe. The Tribal Chief meets once a month with the Nation Chief to gather information on future events and to provide feedback on previous events. Usually each parent in the tribe is assigned a month to host an activity for the kids. These activities are self-funded by the members of the tribe.

5 – 10 "Tribes" are joined to become a "Nation". The nation is lead by a former Tribal Chief still active in the program, who has volunteered his/her name to run the nation. Nations gather together throughout the year for big events. Among these events are 3 campouts. The fall and winter campouts are usually held in cabins. The spring is a tent out. All nation events are self-funded by those that participate.

8 – 15 Nations for a "Longhouse". We are the "Algonquin Longhouse". The Nation Chiefs meet once a month with a volunteer Board of Directors to determine the course of direction for the program and how your registration fees should be utilized.

The starter kit includes the following information:

1. An information packet describing the "Hay-Lush-Ka" achievements program
2. An Algonquin Longhouse patch for you and your child
3. A starter bead/deerskin necklace for you and your child

The Native Sons and Daughter program is one of a kind. The years will go by quickly. Spend quality time with your child and feel what it is like to be a kid again.

If you would like to learn more about the program, visit [www.algonquinlonghouse.org](http://www.algonquinlonghouse.org)

**"MAKING MEMORIES THAT WILL LAST TWO LIFETIMES"**



# Algonquin Longhouse, Inc. NFP

## Hay-Lush-Ka Honor

### Feather, Claw & Bead Awards

The primary purpose for the feather, claw and bead awards is for the parent and child to spend time together learning and creating a closer bond. All other purposes are secondary to building this companionship.

Although many other worthwhile objectives can also be served at the same time (sense of achievement, increasing mental and moral development, elimination of self-consciousness, building interest in Native American theme, etc.) we must never lose sight of our basic reason for being in the Algonquin Longhouse, Inc. NFP Programs - to build a bond between ourselves and our child so that we might truly be "Pals Forever/Friends Always". The following principals are essential to this purpose:

1. The awards must be a joint parent and child effort, learning and earning together, neither trying for the feather, claw or bead until both are ready.
2. The award must be earned by the parent and child each individually and at the same meeting.
3. A parent with two children must learn, earn and be awarded a feather/claw/bead with each child, in order that each of his children might get the full benefits of companionship with his/her parent. The parent wears the combined feathers/claws/beads.
4. Awards are presented at the same meeting that the award is earned, with some simple but solemn ceremony led by the Tribal Chief or Medicine Man.
1. The Braves and Princesses work hard to earn these awards; they expect and deserve them while the thrill and accomplishment is still fresh in their minds. The child tries first, and if successful at it, the parent follows. If the child is unsuccessful, they both wait until the following meeting and try again. (The possibility of the parent missing is a remote one if he/she has truly spent sufficient time with his/her child learning the requirements. Under no circumstances is any Brave or Princess to wear a feather, claw or bead that he/she has not earned.
5. Earned feathers/claws/beads are available through the Algonquin Longhouse.



# Algonquin Longhouse, Inc. NFP

## Hay-Lush-Ka Honor

### Algonquin Longhouse Feather/Claw/Bead awards:

#### Award Color    Achievement (Both Parent & Child do these together)

Purple	Starter – this is issued when the new family is welcomed into the tribe
Yellow	Know the Nickname and Given name of all tribal members, adult & child
Orange	Know the Algonquin Longhouse ritual by heart (slogan, aims and pledge) – these are listed on the next page.
White	Make a craft for the tribe that becomes a part of the tribal property. Some examples are campout awards, tribal drum, tribal wampum pouch, etc.
Green	Attend a Nation campout
Gold	Recruit a new family to join your tribe, nation, or federation.
Black	Learn and recite at a tribal meeting the song “Pals Forever” (Sons), or Friends Always (Daughters).
Blue	Take a Nature Walk through a forest preserve or the woods at a Nation campout and report back to the tribe what you have observed (e.g. animals observed, animal tracks found, animal calls heard, etc.)
Red	Tribal visitation. Big and Little Brave/Princesses must attend one meeting of another tribe, and then make a report to their own tribe about the points of interest of this other meeting. Be sure to make appointments with the host of the tribe you will be visiting.



## Hay-Lush-Ka Honor

### **ADVANCED FEATHER OR BEAD AWARDS**

Advanced feather and bead awards are awarded for parent and child. These awards require more time, effort, and skills than the first eight awards. They are associated with attaining the rank of Hay-Lush-Ka. These projects are chosen with the skills and interests of the older children in mind. It is hoped that the earning of these awards will not only foster companionship of parent and child, but will stimulate their interests to go beyond the actual requirements and make for a worthwhile project. The first eight awards must be earned before attempting the following awards for Hay-Lush-Ka. The demonstration of these tasks and skills is done before a Hay-Lush-Ka Council, which takes place at campouts, or a designated Nation Event. Each Nation determines what the Hay-Lush-Ka Council is for that Nation.

### **Bead/Feather Task Description**

#### **Lt. Brown or Tan 10 things of Nature**

This award is made for collecting and being able to identify by sight ten things of nature. Parent and child should collect and label the items so that when they are shown the items, they cannot read the label.

To qualify for the award, the little brave/princess should be able to identify by sight, the first five items selected by the Hay-Lush-Ka Council. The big brave will then identify the remaining five items.

#### **Red / Brown tip Indian Sign Language**

This is awarded to the parent and child team upon explanation and demonstration before the Hay-Lush-Ka Council the Six Aims using Indian Sign Language. The Hay-Lush-Ka Council will pick at random any three of the Aims and ask the little brave/princess to recite the Indian translation and demonstrate the sign language for each of the requested three Aims. The parent then follows with the remaining three.

#### **Dark Brown / Black tip Indian Dances**

Parent and Little brave or princess demonstrate and explain at least three of the Indian dance steps. The parent will serve as tom - tom beater.



## Algonquin Longhouse, Inc. NFP

### Hay-Lush-Ka Honor

#### Hay-Lush-Ka Awards

Any Brave/Princess who has successfully earned all of the eleven awards shall be called Hay-Lush-Ka. Both the parent and child shall be initiated at that campout Council fire or designated Nation Event.

The sign of Hay-Lush-Ka shall be a patch, which shall be awarded to the brave or princess at the time of initiation.

The patch shall be worn on the tribal vest.

It is the responsibility of each nation to set up a review board to determine the eligibility of any brave or princess who has completed their requirements.

#### Significance and History of Hay-Lush-Ka

The patch utilizes the Thunderbird along with the word HAY-LUSH-KA all mounted on an arrowhead background. The Thunderbird has eight wing feathers for the primary tasks and the three tail feathers signifying the advanced skills.

The Thunderbird was used, as it is one of the most significant symbols of Indian lore. Typically, it is a sign of great power, good fortune and often considered to be a good luck omen. Many tribes believed that the Thunderbird began their very existence. Note that the Thunderbird on the patch has eight wing feathers and three tail feathers signifying each of the feather/bead awards.

The word Hay-Lush-Ka is comes from the Winnebago tribe, and was used to identify only those braves of great courage, accomplishment, and value to the welfare of their tribe. HAY-LUSH-KA braves were held in honor by their fellow braves and all strove to be called HAY-LUSH-KA. In more recent times, HAY-LUSH-KA has come to designate extraordinary goodness and concern for other braves.

The use of Winnebago ritual is significant because the Winnebago tribe lives among, and in fact was surrounded by, various tribes belonging to the Algonquin Nation.



# Algonquin Longhouse, Inc. NFP

## Hay-Lush-Ka Honor

**Pledge** We, Parent and Child, through friendly service to each other, to our family, to this tribe, to our community and country, seek a world that is pleasing to the eye of the Great Spirit.

<b>Poem</b>	Take my hand and say you love me, Take my hand and say you care, Let's enjoy our time together, Let's share joys we'll long remember,	Always friends, every season, Always friends, we need no reason, Take my hand and say you love me, Take my hand and take me home.
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**Slogan** **Guides Alternative**  
Pals Forever

**Princesses Alternative**  
Friends Always

**Song** (To the tune of Clementine)

Pals Forever, Pals Forever,  
That's our slogan, that's our song.  
Boys are stronger, Dads feel younger  
When they take the boys along.

(To the tune of Clementine)

Friendship Always, Friendship Always,  
That's our slogan, that's our code.  
And we work and play together  
As we travel down the road.

Moms are for it, Dads adore it  
And the boys all think its fine!  
Pals Forever, Pals Forever,  
Indian Guides have good times.

Moms are for it, Dads adore it  
And the girls all think its fine!  
Friendship Always, Friendship Always,  
The Great Spirit as our Guide!

Through the days and through the years,  
we shall travel side by side.  
Pals Forever, Pals Forever,  
The Great Spirit is our guide

**Aims**

- |  |  |
|--|--|
| <ol style="list-style-type: none"> <li>1. To be clean in body and pure in heart</li> <li>2. To be "Pals Forever" with my son<br/>(son will say Mom or Dad)</li> <li>3. To love the sacred circle of my family</li> <li>4. To be attentive while others speak</li> <li>5. To love my neighbor as myself</li> <li>6. To seek and preserve the beauty of the Great Spirit's work in forest, field and stream</li> </ol> | <ol style="list-style-type: none"> <li>To be "Friends Always" with my daughter<br/>(daughter will say Mom or Dad)</li> </ol> |
|--|--|



## Hay-Lush-Ka Honor

### Dance Steps

**Toe-Heel:** This is the hunting or stealth step in which the brave/princess quietly goes up to his/her prey in order not to be heard. There are two dance positions. The first is the loud beat. On this beat, step up with the left foot and touch the ground lightly with the toe. The second position on the soft number 2 beat of the drum, by coming down on the heel. Alternate by doing these two positions, first on the left foot, then on the right.

**Stomp Step:** This is a step to signify that a very good thing has happened and it is done to signify a celebration or success. The dancer's body is held upright and the hands are kept close to the body at hip height. The dance is timed to the 1-2-3 drum beat and has three positions. On the 1 beat, the knee is lifted high and the foot brought down hard to the ground in a stomping motion. On the 2-3 light beat, the dancer comes down lightly in two hops on the toes. Most of the action is done with the hands and arms. The drum rhythm must be evenly spaced to a 1-2-3, and not a 1 -2-3 beat.

**Drag Step:** This is used to signify a long journey or great distance covered. The drumming time is the same as the Toe-heel step, but the action is different. In the Drag Step, the first beat of the drum is soft and the second beat is loud.

At the soft 1 beat, step forward so that the toe touches the ground and then drag the foot backward, bringing the heel down at the 2nd or loud beat of the drum.

**Canoe step:** This is the most graceful of all the Indian dance steps. This dance represents the journey on water or on a canoe. The body and arm motions add interest to the dance. The dancer moves their arms in long swinging strokes; first to one side of the body and then to the other. In doing this dance, imagine yourself holding a canoe paddle and you will have the right position for your arms.

This step is based on the 1-2-3-4 drum beat, and the drummer must time the beat to the dancer a little more than usual.



### Indian Sign Language for the Six Aims

1. TO BE CLEAN IN BODY AND PURE IN HEART

CLEAN: Make motion of rubbing hands as if washing

BODY: Take hands, starting at shoulders and go down your body

PURE: Bring the right hand across breast, level with heart, palm down, then with a sweeping motion, extend to right of the body.

HEART: (add motion for heart - cup hand over heart, thumb inward...)

2. TO BE PALS FOREVER WITH MY DAD/SON [SONS]  
TO BE FRIENDS ALWAYS WITH MY DAD/DAUGHTER [DAUGHTERS]

PALS (FRIENDS): Hold right hand in front of neck, palm outward, index fingers extending upward. Raise the hand until tips of fingers are as high as head.

FOREVER/AWAYS: Bring right hand up alongside head, close to ear, then move back and forth at least twice.

MY: (Possession) Hold fist in front of neck, thumb pointing at neck. Swing thumb forward as you move your fist forward about 6 inches.

DAD/MOM: Hold right hand in front of chest, Raise hand above head with fingers horizontal as to indicate height of parent.

SON/DAUGHTER: Hold right hand in front of chest, Lower hand with fingers horizontal as to indicate height of child

3. TO LOVE THE SACRED CIRCLE OF MY FAMILY (LOVE MY HOUSE)

LOVE: Cross wrists, a little in front and above the heart, with right wrist nearest the body. Press right forearm against body and left wrist against right arm.

MY: (Possession) Hold fist in front of neck, thumb pointing at neck. Swing thumb forward as you move your fist forward about 6 inches.

HOUSE: With hands in front of body, interlace fingers near tips, fingers at right angles as to show the top of a teepee or house.



## Algonquin Longhouse, Inc. NFP

### Hay-Lush-Ka Honor

#### 4. TO BE ATTENTIVE WHILE OTHERS SPEAK (YOU TALK, ME LISTEN)

YOU: Point right hand at person addressed.

TALK: Place back of right hand against chin with nail of right index finger pressing against thumb. Make a gap between index finger and thumb and repeat as to show a 'talking' motion.

ME: Point right thumb at breast.

LISTEN: Hold right hand behind ear.

#### 5. TO LOVE MY NEIGHBOR AS MYSELF (LOVE ALL PEOPLE SAME AS ME)

LOVE: Cross wrists, a little in front and above the heart, with right wrist nearest the body. Press right forearm against body and left wrist against right arm.

ALL: Move right hand flat and horizontal in a horizontal circle from right to left, chest high.

PEOPLE: Hold both hands shoulder high, fingers spread and pointing up. Move hands together and apart a few times by wrist action.

SAME AS: (Equal) Hold hands in front of chest, index fingers pointing forward and parallel about 2 inches apart. Move hands back and forth keeping tips opposite and indicating an even race.

ME: Point right thumb at breast.



## Algonquin Longhouse, Inc. NFP

### Hay-Lush-Ka Honor

6. TO SEEK AND PRESERVE THE BEAUTY OF THE GREAT SPIRIT'S WORK IN FOREST, FIELD AND STREAM.

SEEK (HUNT OR LOOK): Hold right hand just below the right eye, index and second fingers slightly pored and pointing ahead

PRESERVE: Hold both hands cupped together close to midsection as if caring for a small animal.

GREAT: Hold arms outstretched in front of body, palms outward.

SPIRIT'S : Hold fist over right eye, point upward with index and middle fingers and move hand upward in spiral motion.

WORK: Place hands, palms facing each other, a few inches apart in front of body. Move hands up and down past each other (chopping wood motion).

FOREST: (Many Trees) Move left hand in front of body, fingers slightly curved inward. With left hand, cup right hand wrist and slowly move right hand upward while spreading fingers of right hand to indicate growth.

FIELD: (Grass) Hold hands low, fingers curved upward and slightly apart. Move hands sideways while wiggling fingers (wind effect on field).

STREAM: Cup right hand and do a "dip into stream" motion. Then bring cupped hand to mouth as if to drink. (child often likes to do slurping sound to pretend drinking).

# The Twelve Moons and Symbols



**Snow Moon**  
January



**Hunger Moon**  
February



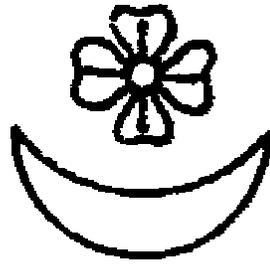
**Crow Moon**  
March



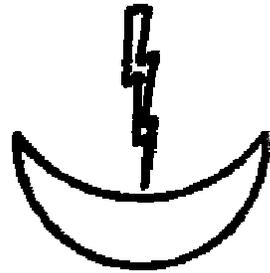
**Wild Goose Moon**  
April



**Planting Moon**  
May



**Rose Moon**  
June



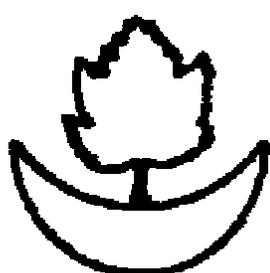
**Thunder Moon**  
July



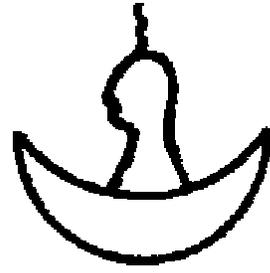
**Green Corn Moon**  
August



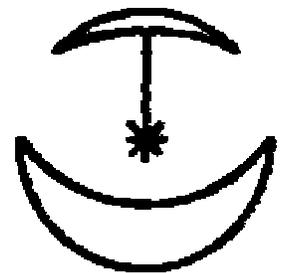
**Hunting Moon**  
September



**Falling Leaf Moon**  
October



**Mad Moon**  
November



**Long Night Moon**  
December