

Counselor's Words Of Encouragement:

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Camp Arbolado

YMCA Of Greater Whittier

Arrowhead Leather Study Guide

For campers under 12 who have already taken the Triangle, Square and Circle Leathers and wish to accept the challenge to grow in self-discipline and responsibility. Campers may accept the challenge of the Arrowhead Leather no sooner than one calendar year after receiving the Circle Leather.



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This study guide belongs to:

Leather Accepted By: _____

Date Leather Received: _____

Counselor: _____

Your Arrowhead Leather Personal Challenge...

Think of an achievement, goal, etc. you would like to reach. Describe the chosen achievement/goal. NOTE: It must be something that will require significant self-discipline and responsibility on your part and take several months to achieve. Describe what you will do to reach your achievement/goal. Talk about how self-discipline will be needed and used. As you are working on your achievement/goal, what new responsibilities will you face? What new responsibilities will you face after successfully reaching your chosen achievement/goal?

INTRODUCTION

When you accepted the Triangle Leather, you challenged yourself to grow in body, mind and spirit, placing equal importance on each of these areas. To grow in body, you strove to do things that would make your body stronger, healthier, and more energetic. Eating the right types and balance of foods, exercise, proper sleep, etc. were some of the things you did to accomplish this. To improve your mind, you made a concentrated effort to learn new things, looked at things with an open mind, and tried new experiences. You were not afraid to learn from your mistakes and keep trying. To grow in spirit, you made a still place within you to listen and talk with God often. You became more familiar with the teachings of your religion.

When you took the next step and accepted the challenge of the Square Leather, you became concerned with other people. You learned how to be a good friend, make new ones, and keep good friends. This helped to develop your social side.

With the acceptance of the Circle Leather you challenged yourself to care and show concern for the earth, animals, plants, insects - in short, all of God's creation. In doing this, your awareness went beyond your family, neighborhood, or school. With the Circle Leather, the earth itself and all the things that live within it took on meaning and importance.

The Arrowhead Leather calls you to grow in self-discipline and responsibility. As you grow older, opportunities that come your way require more time, effort, sacrifice and self-discipline in order to succeed. For example, when you were very young, hitting the ball all the way past 3rd base at one baseball game or getting

an A or B in a certain subject on one school report card may have been your biggest challenges. These were things you could achieve in a relatively short time (couple of months). As a young child, your responsibilities at home are limited to a few chores, like taking out the garbage. As you become a teenager, you may want to become good at a particular sport, make the school track team, or play a musical instrument well. Achieving these types of goals takes a lot of concentration, constant practice, and significantly more time. What took a couple of months to achieve now requires a whole year. As you leave grade school and enter junior high and high school, the problems and temptations (drugs, peer pressure to do what is wrong, etc.) you must face become tougher and the responsibilities loom larger. As you grow into adulthood, you will be faced with the tasks of earning enough money to live on your own, raise a family, and much more. It will be necessary to choose a career (what do you want to be when you grow up?) and obtain the necessary schooling, a process that spans several years and needs strong self-discipline. By accepting the challenge of the Arrowhead Leather, you will learn what self-discipline requires and become a more responsible person in everything you do.

SELF-DISCIPLINE

Self-discipline is a combination of the two words “self” and “discipline” and thus means “to become a disciple of oneself.” Thus, you become your own teacher, trainer and coach. You control your own behavior and take the initiative to do things without anyone having to tell you to do them. For example, you

LEATHERS CREED

I would strive to grow
by keeping my body healthy and clean,
by keeping my mind open and free,
and by letting my Spirit guide me.
I would strive to do all three
because each is equally a part of me.

LORD’S PRAYER

Our Father who art in heaven,
Hallowed by thy name. Thy
kingdom come. Thy will be done on
earth, as it is in heaven. Give us this
day our daily bread. And forgive us
our trespasses, as we forgive those
who trespass against us. And lead
us not into temptation, but deliver
us from evil. For thine is the
kingdom, and the power, and the
glory forever. Amen.

CONSIDER THIS (Contd.)...

- After years of progressive hearing loss, by age 46 German composer Ludwig van Beethoven had become completely deaf. Nevertheless, he wrote his greatest music, including five symphonies, during his later years.
1. From the examples contained in “Consider This...,” how can self-discipline be used to overcome large problems?

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become responsible to do a chore at home on your own, such as keeping your bedroom clean, without your parents having to nag you or tell you to do it. You see something that needs to be done, and you take responsibility to do the job/task on your own (after first getting permission) instead of waiting for someone to ask you to do it. Self-discipline also refers to the quality of sticking with a task and concentrating on the task until it is finished. How often have you found yourself excitedly starting something, only to abandon it when the task no longer became easy, interesting, or problems appeared?

Self-discipline is not an easy thing for anyone, for it requires a person to control his/her own emotions and desires. Because of failure to control tempers, appetites, strong urges/desires, and greed, there is much unhappiness in the world. For example, if you have a brother or sister, think of how hard it is for you not to tease each other. Or, think how nice it would be if the school bully suddenly stopped insulting you or making you look foolish, daring you to do things you didn't want to do, etc... Instead of practicing self-discipline and thus eating a balanced diet containing lots of vegetables, fruits and cereals, children would much rather have sweets and fast-foods (Taco-Bell, McDonald's, etc.). We often get lazy and watch television for hours instead of taking part of that time to help our minds and bodies grow by playing outdoor games, reading books, pursuing hobbies, seeing a good play, etc... The quality and richness of our life depends a great deal on our ability to maintain and practice self-discipline.

In self-discipline, strong desire is essential, but by itself is insufficient. Give yourself an even greater challenge than the one you are trying to master and you will develop the will-power and skills necessary to overcome the original difficulty.

RESPONSIBILITY

The word “respond” means to answer. Thus, to be responsible means to be “answerable” or accountable and requires a direct action by you. Responsible people take charge of their own lives and do not blame others for their mistakes or failures. Responsible people give credit and recognize other people who help them achieve their goals. A responsible person is someone whom you can count on when something needs to get done. A “tattle-tail” is a good example of a person who is not responsible. A “tattle-tail” likes to constantly point out other people’s faults, mistakes, failures, etc. but will rarely ever admit to his/her shortcomings. Thus, irresponsible people show immature behavior. They give nothing but excuses when things go wrong.

As we grow older, our responsibilities become bigger and more complex. A person’s levels of responsibilities increase with maturity. For example, when you are very young, the biggest responsibility you may have to face in your family is to help wash the meal dishes. As a teenager, you may be responsible for the entire safety and well-being of a younger brother or sister for brief periods of time while your parents go out to see a movie, attend a work or social meeting, etc... Responsibilities also change with social position. For example, a school principle is ultimately responsible for the performance of many people - teachers, maintenance workers, yourself and other students, etc... The principle also keeps discipline and order in the school, and must

CONSIDER THIS...

- When Thomas Edison invented the light bulb, he tried over 2,000 experiments before he got it to work. A young reporter asked him how it felt to fail so many times. He said, “I never failed once. I invented the light bulb. It just happened to be a 2,000-step process.”
- In 1962, four nervous young musicians played their first record audition for the executives of the Decca Recording Company. The executives were not impressed. While turning down this British rock group called the Beatles, one executive said, “We don’t like their sound. Groups of guitars are on the way out.”

THE GOOSE THAT LAID THE GOLDEN EGG (By Aesop)

A man and his wife had the good fortune to possess a goose that laid a golden egg every day. Lucky though they were, they soon began to think they were not getting rich fast enough, and, imagining the bird must be made of gold inside, they decided to kill it in order to secure the whole store of precious metal at once. But when they cut it open they found it was just like any other goose. Thus, they neither got rich all at once, as they had hoped, nor enjoyed any longer the daily addition to their wealth.

Moral --- Much wants more and loses all.

1. Did the husband and wife in the “Goose That Laid The Golden Egg” story show good self-control (self-discipline)? Why (explain)?

answer to many people - parents, city authorities, school boards, etc... You as a student are responsible only for yourself in completing homework assignments, studying, learning and passing tests.

Everything that has ever been or will ever be done in the world had to be done by somebody, either individually or in combination with others. Someone had to take action and do something. All the great works of art and literature, wondrous ancient civilizations (Rome, Egypt during the Pharoae, etc.), great inventions (telephone, computers, etc.) and discoveries (Christopher Columbus, exploration of our solar system, advances in medicine, etc.), etc. did not happen on their own. All these wonderful things happened because someone, either on their own or together with other people, had the vision and responsibility to take action. Great courage, sacrifice, hard work and not quitting were required.

The rights and privileges that you enjoy carry with them certain responsibilities. For example, you can choose to become a fireman, an astronaut, etc. when you grow up. You can state your opinion about something in public, can choose your favorite cartoon characters, etc... However, with these rights comes responsibility. In order to be that fireman or astronaut, you have a responsibility to study hard and apply yourself. If you behave responsibly at home, your parents will usually give you more freedom and privileges. Behave irresponsibly and your privileges and rights are drastically reduced or taken away. Often times, people only think and care about their personal rights and privileges at the expense of someone else's rights/privileges. History is full of examples, such as the loss of the Indians homes during the expansion of the western United States, etc.. Today, jails and courts are overcrowded and this situation keeps getting worse because of the attitude “me first.”

Without responsible behavior, there are no rights or privileges. Responsible people are mature people who have taken charge of themselves and their behavior, who own their actions and own up to them - who answer for them.

WHICH LOVED BEST? (Joy Allison)

"I love you, Mother," said little John;
 Then, forgetting his work, his cap went on,
 And he was off to the garden swing,
 And left her the water and wood to bring.
 "I love you, Mother," said Rosey Nell ---
 "I love you better than tongue can tell";
 Then she teased and pouted full half the day,
 Till her mother rejoiced when she went to play.
 "I love you, Mother," said little Fan;
 "Today I'll help you all I can;
 How glad I am that school doesn't keep!"
 So she rocked the babe till it fell asleep.

Then, stepping softly, she fetched the broom,
And swept the floor and tidied the room;
Busy and happy all day was she,
Helpful and happy as child could be.
“I love you, Mother,” again they said,
Three little children going to bed;
How do you think that mother guessed
Which of them really loved her best?

1. Which child do you think really loved his/her mother the best? Why (explain)?
2. What does the poem teach us about responsibility?

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