



**American Indian Culture
Merit Badge**



American Indian Culture (AIC) Merit Badge

14-16 August 2026

Merit Badge Counselor: Mr. Robert Bertrand



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[TRIBAL CITIZEN PORTAL](#)

Nansemond Indian Nation

The Nansemond Indian Tribe was recognized by the Commonwealth of Virginia on February 20, 1985 under House Joint Resolution No. 205, and received Federal recognition on January 29, 2018 under Public Law 115-121.

**38TH ANNUAL
NANSEMOND INDIAN
POWWOW**

SATURDAY
10 AM - 6 PM
Grand Entry @ 12 PM

SUNDAY
10 AM - 5 PM
Grand Entry @ 1 PM

August 15-16, 2026 | Mattanock
1001 Pembroke Lane, Suffolk, VA 23434

Head Woman Alicia Gear (Monacan)	Head Man Mike Harmon (Nanticoke)	Arena Director Maurice Proctor (Piscataway)	Master of Ceremonies Clark Stewart (Chickahominy)
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Host Drum
STONE CREEK
(Hollister, NC)

Guest Drums
RED CLAY (Hollister, NC)
SCUFFLETOWN (Lumberton, NC)

NO DRUGS,
ALCOHOL,
OR PETS.

All are welcome at this FREE family friendly event featuring Native American song, dance, food, and crafts! Email Powwow@Nansemond.gov for more information.

Over \$5,000 awarded in dance specials!

[f](#) [i](#) [t](#) NANSEMOND.GOV



Situation: Scouts learning about native American Indian Culture while working on MB, Camping MB

Mission: Scout Troops 259/5259 conducts 2-night native American Indian immersion camping weekend to appreciate, learn, and earn the American Indian Culture MB August 14-16, 2026.

Execution: American Indian Culture MBC Lead weekend of events

Scheme of Maneuver Planning (Learning about Native American Indians indigenous to our region)

Scouts research, build tri-folds of information, learn languages, games, and cooking

Individuals and Teams Cooking native foods and meals ISO (MB)

Scouts teach each other, learn from one another, discuss each others' presentations

48x total hours from beginning to completion

Attend Nasemond Indian Nation Annual POWWOW

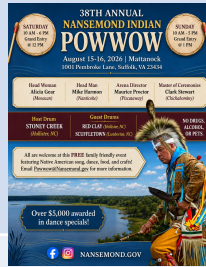
Weather planning (*MB opportunities*)

Logistics: Coordinate for camping location; coordinate for canoes or seats in cars, grub masters, Dutch ovens, food purchases

Command and Control: Broken into patrols with leadership for accountability and oversight





13AUG Thurs	14AUG FRI	15AUG SAT 	16 AUG Sunday
		6:30:Native Breakfast 8am canoe prep / Training	06:30-0830 Breakfast + tear down
	6pm Arrive and immediately each patrol establish their own camp and build patrol cooking fire	9am: depart ½ Canoe & ½ drive to POWWOW vic 'Mattanock Town'  <u>Scout Dress Shirt</u>	0830: Scouts-Own --Each patrol runs their own IOT allow scouts to lead (Communications MB)
Scout MTG 7-8:30pm: American Indian Culture (AIC) MB MTG Requirements 1-3 <i>(broken into <u>Patrols</u> for presentations)</i>	7-9pm: Requirement --cook dinner over open fire -- 4(c)-game-patrol-level *Canoes arrive	Lunch at POWWOW: Requirement #5 <u>Scout Dress Shirt</u> Depart at 2:30pm from Powwow 	0900-0915: trash pick-up by patrol, supervised by SPLs 0915-0930 MBC Discussion
	9-10pm Req 4(a-b) Troop level Open Pit Fire- troop	Dinner at Camp: Each Patrol Cooks open- fire style	0930: Pick-up kids from weekend
		Open Pit Fire	*Return Canoes + Trailer

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NANSEMOND.GOV

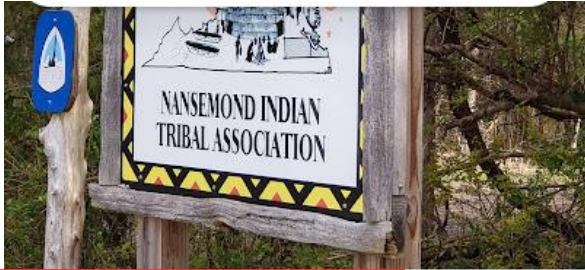


Saturday Event



'In 1988 our tribe held its first pow wow on ancestral land. It was called the "Nansemond Indian Homecoming" in celebration of our return to the Nansemond River after centuries of colonial displacement. Each year, in mid-August, we hold a "Nansemond Indian Homecoming" to welcome Nansemond descendants, family, and friends to our home. Though we hold our pow wow within the state of Virginia, state borders came long after us. Our history and our relationships have no borders.' Tribal Chief

Recommend providing Cash to your Scout to buy food, treats, or Native American souvenirs at Saturday's Powwow



Mattanock Town

4.7 ★★★★★ (20)

Tribal headquarters

Overview

Reviews

About



Directions



Save



Nearby



Send to
phone



Share



1001 Pembroke Ln, Suffolk, VA 23434



nansemond.org



(757) 255-9317



RCRR+XG Suffolk, Virginia



Claim this business

Suggest an edit

Add missing information



Add hours

Updates from customers

7/16/2020





7/10/2026



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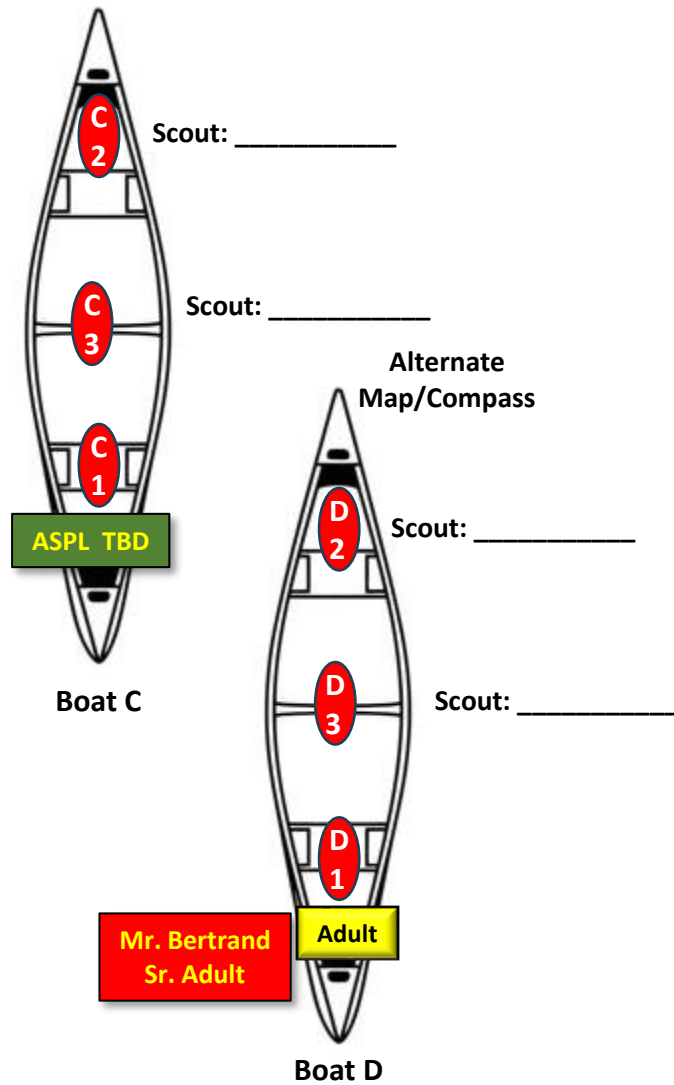
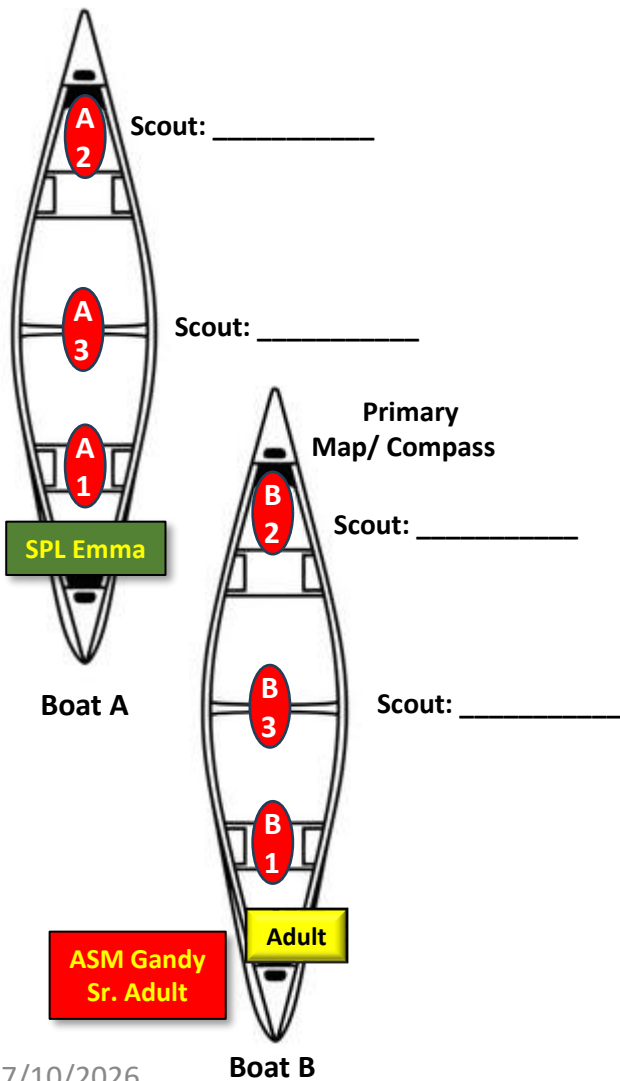
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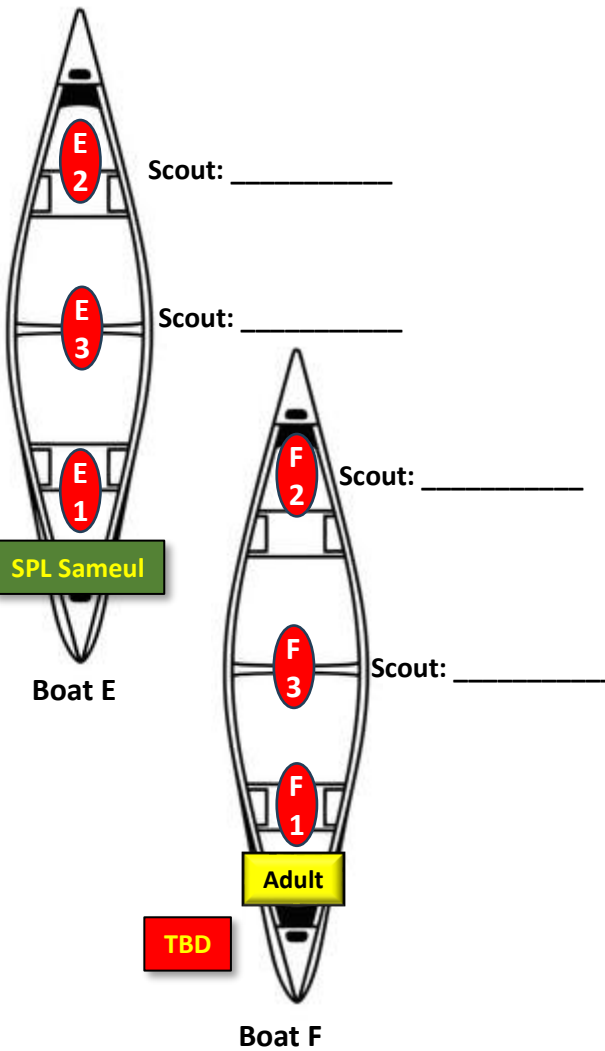


Group #2

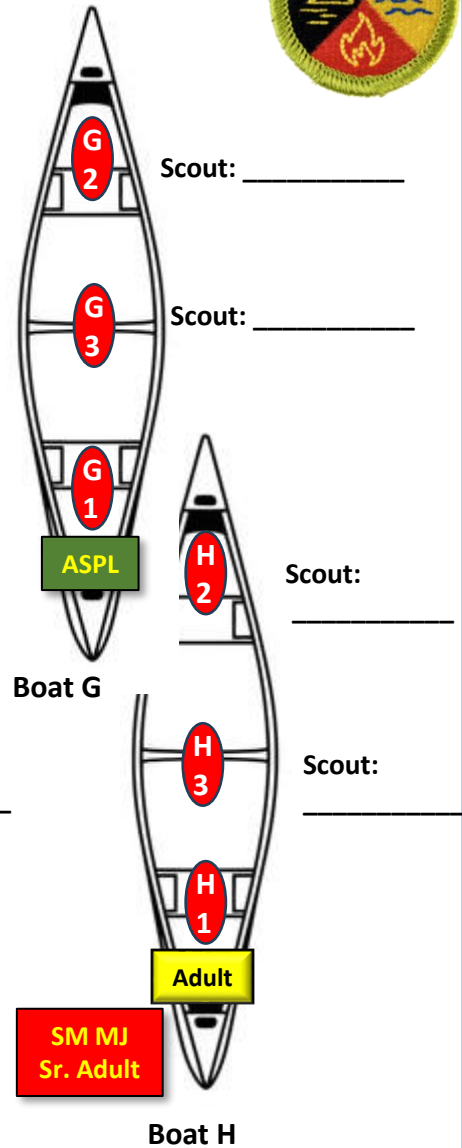
Group #1



Group #3



Group #4



Leadership & Safety (Super Important)



- At least one **trained adult leader** in Safety Afloat & Safe Swim Defense
- Buddy system on the water
- **Life jackets (PFDs) always worn**
- Swim test done ahead of time
- First aid–trained adult

1 adult for 2x boats

Canoe Seating Priority ISO Risk Mitigation

- Earned Canoeing or Kayaking MB
- Earning Indian Culture MB
- Earned Swimming MB
- First Class and Above
- Then Rank and SM approvals
- All others will be driven to Pow wow



Risk Management

Prevent and plan for:

- Cold water (hypothermia risk even in mild air temps)
- Afternoon storms
- Dehydration
- Sunburn
- Tired Scouts making ill-informed (aka) bad decisions

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Rule: If weather looks bad, get off the water early.



Driven to POW WOW

- Requires additional Parental Support
- All scouts not canoeing will need to be driven to Pow wow
- Any Scouts not attending must be supervised at Camp by a qualified Adult

Adult Driver: _____
 Scout: _____
 Scout: _____
 Scout: _____
 Scout: _____

Adult Driver: _____
 Scout: _____
 Scout: _____
 Scout: _____
 Scout: _____

Adult Driver: _____
 Scout: _____
 Scout: _____
 Scout: _____
 Scout: _____

Adult Staying At Site: _____
 Scout: _____
 Scout: _____
 Scout: _____
 Scout: _____

American Indian Culture Merit Badge



1. Identify the different American Indian cultural areas. Explain what makes them each unique. *Thursday –open discussion with patrol*
2. **Each Scout:** Research an American Indian tribe, group, or nation. **Each Scout:** Tell your counselor about traditional dwellings, way of life, tribal government, religious beliefs, family and clan relationships, language, clothing styles, arts and crafts, food cultivation, foraging and preparation, means of getting around, games, customs in warfare, and where and how they live today. *Thursday evening--*
3. **Each Scout:** Do the following: *Thursday evening*
 - (a) Learn 10 common terms in an American Indian language and their meanings.
 - (b) Identify the meaning of 10 place names of American Indian origin in the United States.
 - (c) Name five well-known American Indian leaders, either from the past or people of today. Give their tribes or nations. Describe what they did or do now that makes them notable.

4. Do the following: **(will be on Friday night)**
 - (a) Describe how life might have been different for the European settlers if there had been no Native Americans to meet them when they came to this continent.
 - (b) Describe eight things adopted by others from American Indians.
 - (c) Learn a game played by a group or tribe. Teach and lead it with a Scout group *(their individual patrols will play their game)*.

5. Do ONE of the following: **(will be done on Saturday)**
 - (b) *Attend a contemporary American Indian gathering. Discuss with your counselor proper etiquette for attending as well as what you learned and observed during your visit.*

13AUG Scout MTG MB Requirements



1. Identify the different American Indian cultural areas. Explain what makes them each unique.

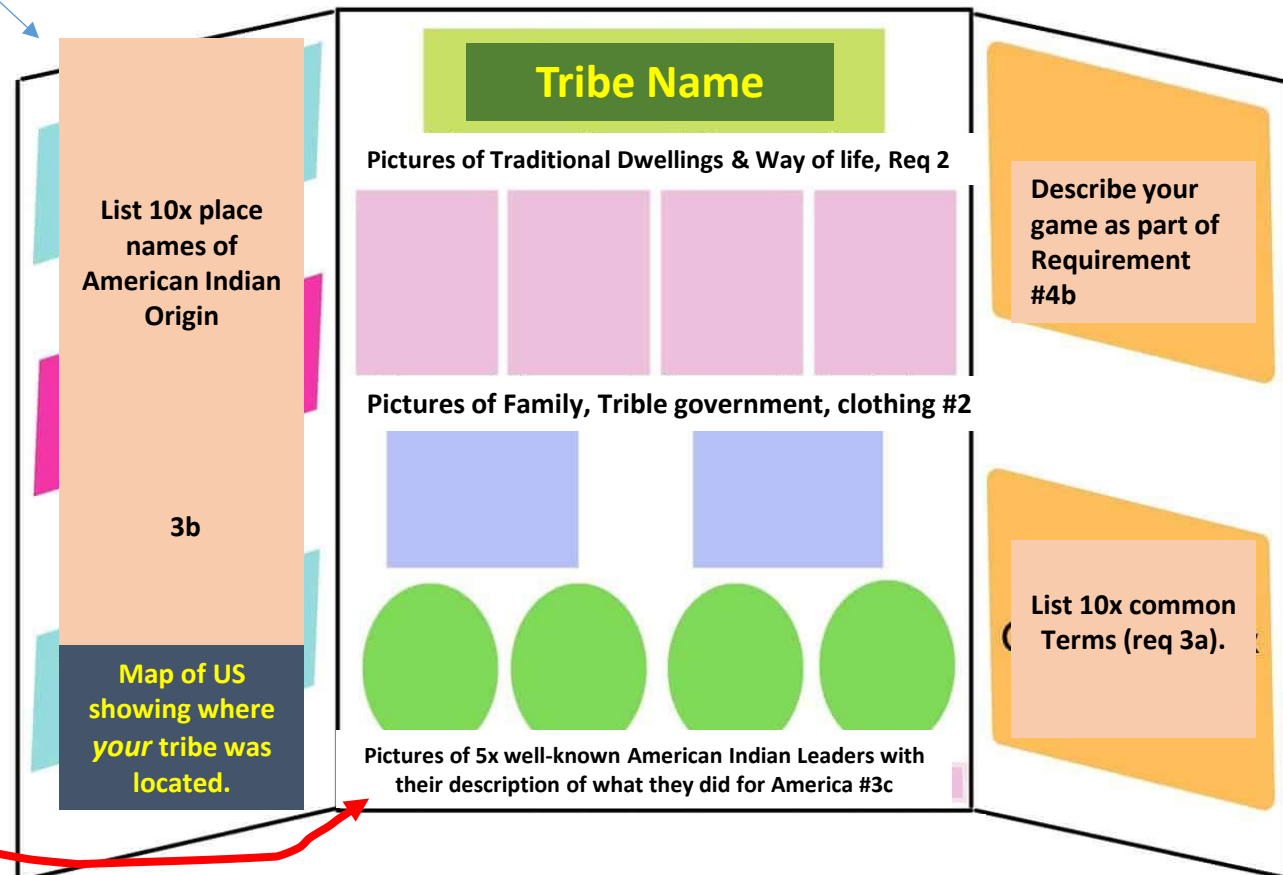
Thursday –open discussion with all Scouts

2. **Each Scout:** Research an American Indian tribe, group, or nation. **Each Scout:** Tell your counselor about traditional dwellings, way of life, tribal government, religious beliefs, family and clan relationships, language, clothing styles, arts and crafts, food cultivation, foraging and preparation, means of getting around, games, customs in warfare, and where and how they live today. **Thursday--**

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Using a Tri-Fold





American Indian Culture Merit Badge

1. Identify the different American Indian cultural areas. Explain what makes them each unique.



Fig. 3.1. Map of the Powhatan paramount chiefdom in 1607. Courtesy of Helen C. Rountree.

American Indian Culture Merit Badge



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3. Do the following:

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American Indian Culture Merit Badge

4. Do the following:

- (a) Describe how life might have been different for the European settlers if there had been no Native Americans to meet them when they came to this continent.
- (b) Describe eight things adopted by others from American Indians.
- (c) Learn a game played by a group or tribe. Teach and lead it with a Scout group

American Indian Culture Merit Badge



5. Do ONE of the following:

- (a) Visit a museum either in-person or virtually to see American Indian exhibitions and collections. Discuss with your counselor what you observed or learned from two exhibitions and identify 10 artifacts by tribe or nation, their shape, size, and use.
- (b) ***Attend a contemporary American Indian gathering. Discuss with your counselor proper etiquette for attending as well as what you learned and observed during your visit***

Requested Support Tasks



High Adventure Coordinator/ Mr. Bertrand

- Design and plan comprehensive American Indian Culture (AIC) MB weekend of events; request support for division of labor effects
- MBC for all Scouts seeking AIC MB, outline requirements to Scouts, design educational evolutions for Scouts to learn and achieve requirements
- Support SMs in Leadership and management of Scouts during weekend through SPLs and Scout Leadership Positions

-

SM MJ

- Aid SPLs on manifesting Scouts into Canoes; ; aid SPLs and coordinate w/ parents for land-transportation from Sleepy Hole to Powwow and return on 15AUG
- Coordinate for ≥ 1 x Adult to stay at Sleepy Hole for *oversight* and *security* of Scouts not attending powwow on Saturday
- Coordinate for Troop Trailer to be taken to Sleepy Hole and returned to Church
- Coordinate w/ Committee to schedule Sleepy Hole for Camping 14-16AUG

ASM Gandy:

- Reserve 8 canoes + gear for 14-16AUG
- Secure 8 canoes w/ vests + paddles & transport canoes to Sleepy Hole and return
- Perform Sr. Watercraft OIC for Safety (*provide canoe safety briefing*)

SPL Emma and SPL Samuel

- 13AUG, Manifest Canoe paddlers IAW Priorities (Emma Lead w/ Samuel Support)
- 23July, present SM's with list of all participating MB Scouts for (a) Campout, (b) participating in AIC MB, (c) Canoe and non-canoe transportation (**Samuel**)
- (**Emma**) *Supervise consolidated Axe-Yard construction, ensure tools are safe, sharp, and all users have proper Tote'n Chit authoriazation*
- Ensure Patrol-group Camping, *not Troop*
- Ensure Patrol- group cooking **over fire (unless fire ban)**
- Ensure each Patrol has a Yell (motto) *practiced before 13AUG*
- Ensure each Patrol has meal plan w/ recommended AIC menu items and **inform PLs to enable special dietary concerns to be accounted for and adjusted for.**

Friday

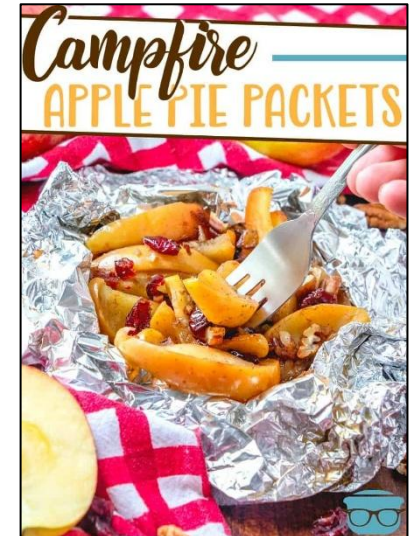


6:00–7:00 PM

- Arrive at Sleepy Hole campground (All)
- Campsite selection and setup (tents up, firewood collected, cooking tools prepared) - Patrols
- Patrol campsites, flags posted, and campsite w/ cooking ring prepared w/ wood ready - Patrols

7:00 PM

- **Cook Dinner (by Patrols) cooked all over fire**
 - Dutch oven chicken stew
 - Stick-bread w/ honey
 - Baked Apples w/ cinnamon (tin foil)
- 8:30: Each Patrol plays their game: req 4c



9:00 PM

- Opening Troop-wide campfire—**SMs**
- *Discuss the Indigenous peoples of the Tidewater region, including the Powhatan Confederacy and their relationship with the waterways— **Mr. Bertrand.***
- Review canoe safety and the next day's float plan – **ASM Gandy.**

10:30 PM

- Lights out

Saturday – Canoe Adventure & Powwow



7:00 AM

- Breakfast
 - Johnnycakes (cornmeal cakes)
 - Scrambled eggs
 - Fresh berries

9:00 AM

- Safety briefing
- Paddle strokes review
- Launch canoes

9:15 AM–10:00 AM

- Canoe to POWWOW
- Observe wildlife
- Navigation exercise

Recommend providing Cash to your scout to buy food treats or Native American souvenirs at Saturday's Powwow

10:00 PM

- Beach landing at POWWOW
- Attend a Native American powwow.
- Scouts can:
- Observe Grand Entry.
 - Visit educational booths.
 - Learn about drumming, dancing, regalia, and crafts.
 - Practice respectful etiquette.
 - Complete portions of American Cultures or American Indian-related advancement where appropriate.
 - Meet everyone at flagpole
 - Eat on your own

2:30 PM

- meet at flag pole then onto canoes / shuttle transportation

2:30– 4:00 PM

Paddle to Sleepy Hole // car shuttle to sleepy hole

4:30 PM Dinner Prep

Return to camp—get cooking fire lit and ready.

Patrol Cooking: **Native-inspired dinner**

Menu inspired by foods available in pre-colonial Virginia:

- Skewer Chicken pieces over fire
- Tin Foil sweet potatoes, or
- Three Sisters succotash*: Corn + Beans + Squash
- Cobbler in a Dutch oven

Discuss: Why corn, beans, and squash are called the “Three Sisters.”

8:00 PM

Campfire:

- Native American stories (with permission and proper attribution)
- Astronomy
- Leave No Trace discussion
- Scout reflections

Sunday



6:30 AM

Breakfast

- Oatmeal (patrol dependent)
- Dried fruit
- Nuts
- Honey

8:30 AM

Interfaith Scouts' Own service: *who needs their communication MB requirement?*

9:00 AM

Trash pick-up

9:15 AM

MBC AIC Discussion

9:30 AM

a) Scouts Pick-up

b) 2x Trailers Returned- Scout trailer + Canoe trailer

AIC MB Weekend



Native-inspired menu

Skills Covered

- *Cooking, Camping, Canoeing, Pioneering, Communications, and American Cultures* MBs
- Paul Bunyon, Tot'en Chit, and Fireman Chit tools—*refresher**
- Rank-up tasks
- Leave No Trace
- Local history
- Conservation
- Citizenship
- Respect for Native cultures

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Meal	Menu
Fri Dinner	Dutch oven pot - chicken stew, stick bread, baked apples (over fire)
Saturday Breakfast	Cornbread Jonny cakes (cornbread Pancakes) w/ berries, eggs (over fire)
Saturday Lunch	Turkey wraps, fruit (lunch sack)
Saturday Dinner	<u>chicken skewers</u> <i>or stew</i> , sweet potatoes w/ cinnamon + sugar (in tinfoil) <i>or</i> Three Sisters succotash in pot, Dutch oven cobbler <i>of choice</i> (over fire)
Sunday Breakfast	nuts, dried fruit, jerky meat

7/7/2026

Campfire bread on a stick

by [Sophie & Paul](#)

★★★★★ 5 from 35 votes

What's better than fluffy, fresh bread that you've cooked over a campfire in the great outdoors...



Print

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Prep Time: 10 minutes

Cook Time: 10 minutes

Resting Time: 1 hour

Total Time: 1 hour 20 minutes

Makes: 8 stick breads

Course: Snack

Cuisine: Campfire

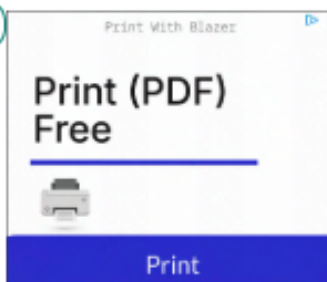
INGREDIENTS

- ☐ 1 tsp dried yeast
- ☐ 1 tsp sugar
- ☐ 2 1/2 cups (300 g) flour
- ☐ 3/4 cup (200 ml) warm water
- ☐ 2 tbsp (30 ml) olive oil
- ☐ 1 tsp salt

INSTRUCTIONS

Dough

- 1 In a large bowl, mix all the ingredients into a moist dough. No need to knead!
- 2 Cover the bowl and let the dough rise in a warm place until it has doubled in size - about 1 hour.
- 3 With floured hands, briefly 'knock back' the dough by making it into a ball.
- 4 Tip the dough out onto a floured surface and divide into 8 pieces.





SHOPPING LIST for Patrol Cooking: each patrol will have to figure out portions size to buy food

- 1) Raw chicken (enough for two meals)
 - a) Friday Dinner Stew in Dutch oven
 - b) Saturday Dinner on Skewers over fire

**** Recommend Thighs and then cut them up**
- 2) Stick Bread (portions dependent)—*see recipe on slide #24*
 - 1) Dried yeast
 - 2) Sugar
 - 3) Flower
 - 4) Olive oil
 - 5) Salt
- 3) Honey or Jam *for stick bread*
- 4) Apples, cinnamon, sugar, butter, and tin foil
- 5) Jiffy cornbread boxes, milk, oil
- 6) Frozen berries— for the Jonny cakes
- 7) Eggs (butter)
- 8) Tortillas + sliced turkey, apples
- 9) Sweet potatoes, butter, brown sugar
- 10) Dutch Oven Cobbler ingredients: butter, cake mix, filling, cinnamon
- 11) Three Sisters succotash: canned corn, canned lima beans, fresh Squash
- 12) mixed nuts, dried fruit, jerky meat
- 13) Paper sacks for lunch bags 1x per scout

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Campfire

APPLE PIE PACKETS

