

Wolverine Survival

Hawk Circle Wilderness Education



The Path of Intensity

A coed camp for ages 13-16 July 24-30

There is a world that most people miss. It starts with a golden sunrise and the feeling of cold dew on bare feet that awakens the senses. It's a place free of complaining, whining or excuses. In this world, thankfulness and wonder are more than just words. In this place, a person knows what it feels like to be alive, powerful and full of purpose.

This isn't your ordinary summer camp. It is far more than that. It is about learning to take the strength of the wolverine, that toughness, perseverance, intensity and sheer will inside of you, ready to be unleashed at a moment's notice to overcome long odds.

We start with learning about fires, about shelter and wilderness living skills. We add in learning about animals and their abilities that can take our skills to a new level. We'll learn about people who have found ways to excel under adverse conditions, and do it time and again, using these same principles.

More than anything, it's about developing **inner strengths and resources** that allow you to do things that most people wouldn't consider possible. That's our focus, our inspiration. And we will do it in a way that works for you.

Many programs teach the basics of survival, (the fire, the shelters, the water issues, the tools and cooking

skills, etc.). They might comment on the mental parts of these skills, but they don't really go into it. This camp does, and we help you pull it all together to become the ultimate in survival and awareness—the wolverine. Welcome to your new world!





Left:
Morgan takes careful aim in throwing a tomahawk.

Below:
Hunter practices his fire making skills, while blindfolded, which teaches much more than being difficult. It provides a challenge that changes how you approach carving, sensing when you have a coal, how to tell if the drill is working smoothly, tying knots by feel and more!



The Wolverine Survival Experience

Some of the skills and activities listed below form the core of the Wolverine Survival Camp curriculum:

Advanced Survival Shelters

Learn to make your shelter quickly when needed, in areas of little debris or resources.

Perfecting Your Throwing Skills

Throwing sticks, tomahawks, spears and other hunting tools are demonstrated to give you proficiency and correct form that produces results.

Advanced Fire Techniques

Lightning fast tinders, improved bow & drill sets, modern fire starting skills and more.

Earth Philosophy

Using the natural energy of the landscape to become more aware, less fatigued, more intuitive and balanced in your life.

Wolverine Principles

Intense focused energy applied to any situation, which can help in survival, completing a school project or do

an outstanding job at work, using the lessons of natural predators.

Survival Pack

We will assemble a simple kit of wilderness survival essentials that fits into a backpack, daypack or large pocket, which can greatly increase your odds of surviving a snow storm, remote location stranding or just being locked out of your house overnight!

Hikes and Exploration

We will learn animal and human tracking, tree identification, wild edible and medicinal plants as well as lost proofing, landscape tracking and best ways to move through difficult terrain (like the wolverine)!

Cooking, Food &

Nutrition

We will explore the issues of diet, energy needs in the wilderness, 'brain food' and work fuel, as well as how our food choices impact our performance both in the wilderness, in school and in life. A great part of being healthy inside and out.



Logistics, Gear & Accommodations

What you need for your adventure

What to Bring:

- A sharp Knife for carving
- Warm Clothes that can get dirty
- Rain Gear (good quality)
- Sleeping bag/Sleeping Pad
- Pillow and pillow case
- Personal Toiletries/Medications
- Wool Hat
- Sunscreen
- Sturdy Shoes and Teva type sandals
- Bathing Suit/Towel for swimming and bathing
- Biodegradable soap and shampoo
- Journal/Notebook/Pens
- Camera
- Daypack
- Water Bottle
- Flashlight/Headlamp and batteries
- Extra Blanket
- Musical Instruments (optional)

Note: *Our programs are outdoors and the weather can be unpredictable. We can have unseasonably warm or cold weather, and it is better to be prepared and comfortable than to skimp! We do have a heated workshop room so we can learn inside in case of constant rain. Also, bring gear that can get dirty, possibly permanently!*

Please DON'T BRING: iPods, video games, gum/candy, weapons or tools not specified above, negative attitude (sense of humor is okay though!), or any medications that are not specifically ordered by a doctor.

Ticks/Poison Ivy

We have a low tick presence (we find, on average, one-two ticks per year, total!) which is an important health and safety consideration for many parents and school officials. Combined with low to no poison ivy, we find that our trips are more enjoyable, too!



Housing & Accommodations:

We have several cabins with beds or bunks and tents available. Our camp has a fire circle and the cabins are accessible by car if needed. Our farmhouse houses our apprentices, staff and office, camp kitchen, bathrooms/showers and a small dining area. We have a heated workshop room in our barn that makes for a comfortable learning classroom and indoor space in case of strong weather. All tools and materials will be provided during the course, with the exception of your knife.

How To Register

Program Fee: \$925

Please complete and mail in the application accompanied with a \$400 non-refundable deposit. Applications received after May 15 must be accompanied with the full tuition amount.

Multiple Camp Discount: \$50 off each camp when enrolled in more than one camp.

Sibling Discount: \$50 off each camp.

Stay Over Fee: \$35 to stay over between camps.

Travel Fee: \$75 round trip fee for airport, bus, or train pick-up and drop-off in Albany.

You will receive a letter confirming your acceptance into the program at which time you may download a complete registration packet from our website which includes parent information, and required medical forms.



Right:

Ready for the Campfire Stalk Training

Above:

The Hawk Circle Farmhouse.



Food & Menu

To help you plan:

Our menu is full of hearty staples that will keep everyone going throughout the program. We purchase all of our beef from a local biodynamic farm and our vegetables are grown in our own organic garden as well as purchased from local, organic growers. We are a very small facility so we are unable to accommodate those with special or unique diets. We strongly suggest that students with special needs **bring their own food** to make sure they are getting what they need while here at Hawk Circle. We do offer a vegetarian option with every meal.

Our menu consists of healthy, homemade, kid friendly meals!

Breakfasts:

- Hot oatmeal with diced apples, raisins, walnuts and brown sugar
- Toasted bagels with cream cheese, jam or peanut butter and banana
- Breakfast sundae with warm peaches, yogurt and granola
- Buttermilk pancakes, syrup and butter



Breaking Through:

Anything that is real or worth doing, is worth doing well! You will learn to make fire when you need it most, and we will help you break through your own mental blocks to take your skills to a new level of excellence.

Lunches:

- Peanut butter and Jelly sandwiches
- Tuna sandwiches
- Cheese sandwiches served with fruit and chips.

Dinners:

- Chili with warm corn bread
 - Macaroni and cheese
 - Italian bread pizza
 - Spaghetti with garlic bread
 - Chicken and vegetable stew
 - Bean Burritos with rice
 - Beef Tacos
 - Vegetable Stir Fry
- Most dinners are served with a fresh green salad and homemade dressing*

Menu is subject to change according to availability.

Healthy snacks of fruit, carrot sticks and crackers are served every afternoon.

Please let us know if you are a vegetarian at the time you apply. Thank you!



The Hawk Circle Kitchen:

Food always tastes better when you are hungry! We offer great meals that will keep you going as you learn.

Hawk Circle School Store & Gear

We offer a small array of good knives, flint & steel Fire making Kits, t-shirts, organic herbal salves & oils, and wilderness tools for sale. If you are having trouble finding a knife that is great for carving or need a good gift for someone in your family, check out our current inventory of items! Call for availability. We will soon be online, too, so check our website for updates and seasonal specials.



Directions & Travel

How to get here:

We are located about an hour and 15 minutes southwest of Albany, near Cooperstown, NY. Depending on which direction you are traveling from, you should be able to get here using the directions below. Beware of Google Maps and small, badly marked local roads! Usually, the main roads are the sure way to arrive here on time.

Getting to Hawk Circle from Albany

(For people coming from the North, East, South or Hudson Valley Areas; Boston, VT, NH, NJ, New York City, etc.):

Get to the I-90 and I-87 Junction in Albany, then head **West on I-90**. After about 10 miles, you will take the **25A** exit for **I-88**, (Oneonta-Binghamton). Take the **second** exit (**exit 24** for Duaneburg) and follow signs for Cooperstown. You will be heading West on Route 20. Drive about 32 miles until you see the Cherry Valley Exit. (It is a few miles after you pass through Sharon Springs.) At the bottom of the ramp, turn left on **Route 166** and drive one mile into the village of Cherry Valley. At the Street Light, turn **LEFT** and drive **2.6 miles south on Route 166**. You will see our sign for Hawk Circle on the left. Turn onto our dirt driveway and drive about half a mile, passing over a small stream and over a small hill until you come to a parking area on the right!

Welcome to Hawk Circle!

From Maryland, Pennsylvania or Southwest:

Get on **I-88** and head **north** until you get to the **Cooperstown Exit 17**. Turn left at the bottom of the ramp and head **north** on **Route 28** until you reach Milford. At the Street light, turn **right** and drive north on **Route 166** for about 15 miles. When you

come to the tiny town of Roseboom, continue straight on 166 for 1.4 miles. (You will see our Hawk Circle sign.) Turn onto our dirt driveway and drive about half a mile, passing over a small stream and over a small hill until you come to a parking area on the right! **Welcome to Hawk Circle!**

From the West (Rochester, etc) VIA I-90:

Take **I-90 East** towards Albany. Shortly after passing through Utica, you will come to the **Herkimer/Ilion Exit**, which you should take. Follow signs for Route 28 South through Mohawk until you get to **Route 20 in Richfield Springs**. Take a left turn heading East on Route 20 and drive about **15 miles** to the Cherry Valley exit. Take a right turn onto Route 166 at the off-ramp, and drive one mile into the center of Cherry Valley. At the light, take a **LEFT TURN**. Drive 2.6 miles south on Route 166 until you see our driveway and Hawk Circle Sign on your left.

Public Transportation:

If you need to travel by **train** or **air** the destination of choice is **Albany, NY**. Pick-up cost is \$25 one way **per person** from Albany. Please let us know your arrival dates and times as early as possible so we can make arrangements to get you! There are usually one or two pickup times on arrival days so you may have to wait

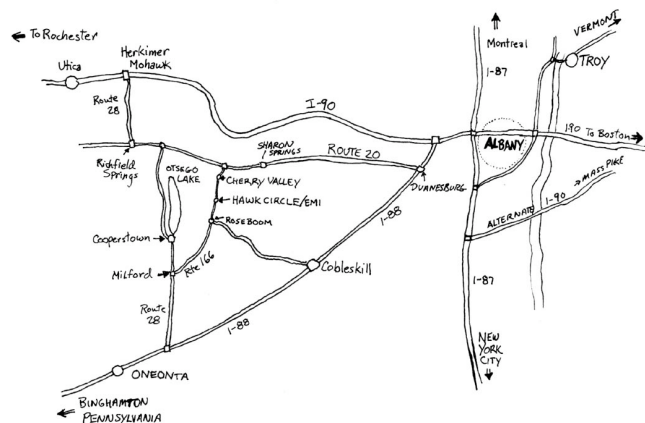
for a short while if you arrive early.

Have a Safe Journey! We look forward to seeing you soon!

Google Street Address: 3496 State Highway 166, Cherry Valley, NY 13320

Right:

The wolverine's claw enable it to scale trees and cliffs with ease, and are formidable weapons used for defending itself against competitors such as bears, wolves, cougars or bobcats.





HAWK CIRCLE PROGRAM APPLICATION

Program Name(s): _____ Program Date(s): _____

Applicant's Name: _____

Date of Birth: _____ Age: _____ M/F(please circle)

Address: _____ City: _____ State: _____ Zip: _____

Home #: _____ Cell #: _____ Work #: _____ Email: _____

Parent/Guardian Name: _____ Phone #: _____

Parent/Guardian Name: _____ Phone #: _____

Emergency Contact: _____ Relationship: _____ Phone #: _____

Do you have any dietary restrictions? (We are not able to accommodate extensive dietary issues. Those students who have special diets are encouraged to bring foods from home to supplement our meals in certain instances. Please call for more information.)

How did you find out about us? _____

What is your main reason for attending this program? _____

The Fine Print: Due to our Policy of not overbooking our programs, we require a \$400 non-refundable deposit. This must accompany your application. The remaining balance is due no later than May 15th. Any payment plans must be approved by the main office in advance of your program start date. Payments received after May 15th will be subject to a 5% late fee. ••We will refund your deposit in the event that we cancel the program. If you need to cancel, please notify us immediately. For cancellations made two weeks prior to the start date of the program, we will refund your full balance minus the deposit. For cancellations made within the two weeks to the start date of the program, we will transfer your balance minus the deposit over to another program of your choice to be used within one year's time. There will be no refund for any portion of your tuition for cancellations made within 48 hours of the start date of the program. Any person who leaves during the middle of a program due to illness, injury, expulsion, or any other reason will not be refunded any portion of the course fee.

Release

I agree by my signature indicated below, to book this program with the intent to have my school's class of students listed above attend the Hawk Circle Wilderness Education's school program, as planned by the program director and myself. I understand that the programs offered by Hawk Circle can expose myself and my students to activities that have inherent risks, and that the staff of Hawk Circle will make every effort to keep each activity as safe as possible. I further understand that Hawk Circle is not responsible for safety issues that were not disclosed to the staff prior to the commencement of the program.

Camper's Signature *Name(please print)* *Date*

Parent's Signature *Name(please print)* *Date*

Please Make Checks Payable To (in U.S. Dollars) :
THE EARTH MENTORING INSTITUTE OR HAWK CIRCLE

Amount Enclosed \$ _____ Check Number _____

We Accept Visa and Mastercard CC# _____ EXP / /

Thank You! We are looking forward to meeting you!

Mail Completed Application and Deposit to : **Hawk Circle, P.O. Box 506, Cherry Valley, NY 13320**

Contact Info: HawkCircleOffice@gmail.com (607) 264-3396 Office (607) 264-3256 Fax