

# AUTUMN HARVEST

A collection of dried flowers, roots and bark used for making medicines and dyeing wool.



## & Plant Medicine Retreat September 24-25, 2011

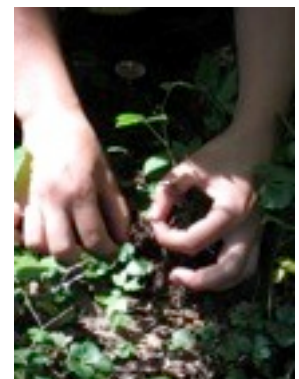
As we begin to feel a chill in the night air and the leaves are changing to colors of vibrant orange and yellows, there is no better time for a retreat at Hawk Circle.

Clear night skies for star gazing, winding trails through fields and woods, good food

and company, sharing stories around the glow of a wood stove are all part of an experience at Hawk Circle.

Join us for a weekend of hiking, relaxation, renewal and learning to gather food from the wild that will be used both in preparing healthy meals and

making remedies for keeping you and your loved ones happy and healthy during the cold winter months to come.





## The Gathering

We will begin our weekend retreat gathering roots, berries, and herbs for making our winter food storage and our celebratory meal later in the day. Some of the things we will be doing are:

*Canning Elderberry Jelly & Applesauce*

*Processing Acorns for baking bread*

*Harvesting roots for a hearty stew*

*Roasting Dandelion root for coffee*

## Plant Medicine

The second day of our retreat will be spent learning about the many uses of plants for medicine. As we approach an

age where people are becoming more and more leery of allopathic medicines, learning about plants and other healing modalities to support our own wellness becomes a necessity. During this retreat you will learn to identify, gather and prepare plants for making a variety of medicines.

*Elderberry cough and cold syrup*

*Calendula Healing Salve*

*Chest Rub for cold and flu season*

*Ear ache remedy*

*Herbal teas*

Participants will go home, each with their own natural medicine kit containing the above items.

# Accommodations & What to Bring

## What you need for your

### What to Bring:

Clothes to layer (our days can be warm with nights quite cool, so please dress appropriately.)  
 Boots or comfortable shoes for hiking  
 Pen/Journal  
 Sleeping bag, pad, extra blanket, pillow  
 Sun screen/hat

### Materials:

All canning jars and medicine bottles are included.

### Meals:

Our meals are delicious, home made, organic dishes. Please let us know if you have any allergies. We can accommodate most allergies, however, if you are vegan or gluten free, we can provide you with a copy of the menu but ask that you bring your own substitutions.

### Housing & Accommodations:

Our hand built, timber frame cabins provide a cozy and rustic place to relax and enjoy the beautiful natural environment. Most of our cabins are shared spaces with hand built bunk beds. We also have one cabin with two twin beds.

Additional rooms may be available in our farmhouse, where all of our meals are served. We do not have cell service here at Hawk



Circle. We do have a phone that you may use to stay in touch with your family or work if necessary. Please bring a calling card with you if you are planning on making long distance calls.

### Arrival/Departure

You may arrive on Friday anytime after 4:00 pm. Our retreat will begin Saturday morning with breakfast at 8:00 - 9:00am.

Departure time will be around 3:00 in the afternoon.

Right:

Home made meals using fresh herbs and locally grown vegetables are all part of the dining experience at Hawk Circle.



Above:

One of our cozy cabins nestled at the edge of our sugar

## Program Fees & Payment Information:

Autumn Harvest/Plant Medicine Retreat

September 24-25, 2011

Fee: \$275/person

\$ 75/child 12 and under

Includes shared cabin space and all meals.

### How to Register:

Fill out and mail in the attached program application with a non-refundable deposit of \$100. Your final balance will be due by September 1st, 2011.

# 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:

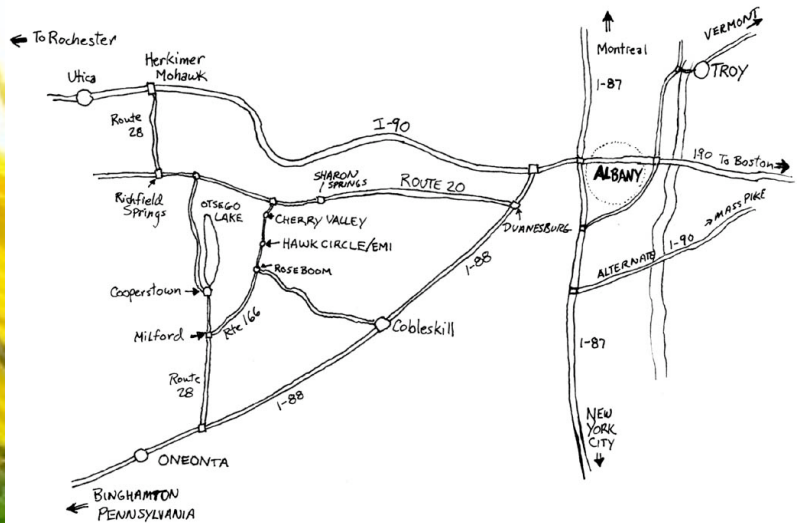
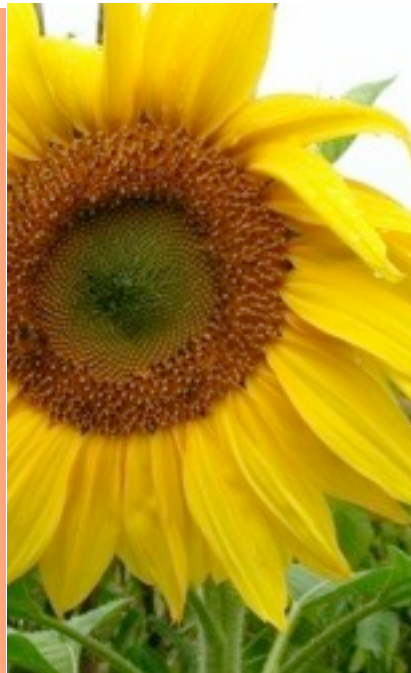
Take **I-90 East** towards Albany. Shortly after passing through Utica, you will come to the **Herkimer/Ilion Exit**, which you should take. Follow signs for Route 28 South through Mohawk until you get to **Route 20** in **Richfield Springs**. Take a left turn heading East on Route 20 and drive about **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





# AUTUMN HARVEST & PLANT MEDICINE RETREAT APPLICATION

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_

Zip: \_\_\_\_\_

Home Phone #: \_\_\_\_\_

Work Phone #: \_\_\_\_\_

Cell Phone #: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

Please list all known allergies to any foods, insects, or medications, or any medical concerns :  
\_\_\_\_\_  
\_\_\_\_\_

How did you find out about us? \_\_\_\_\_

Are you a beginner, intermediate or advance knitter? \_\_\_\_\_

Would you like to reserve a space in one of our cabins or farmhouse? \_\_\_\_\_

**The Fine Print:** We require a \$100 non-refundable deposit to accompany your application. The remaining balance is due by September 1, 2011.

**Refund Policy:** If you cancel within two weeks of the start of the program, you will receive a full refund minus your \$250 deposit. Less than a 2 week cancellation notice, you will receive program credit minus your deposit to be used during the course of one year. There is no refund for cancellation within 48 hours of the program start date. 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.

**Signature** (parent if student is under 18): \_\_\_\_\_



**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](mailto:HawkCircleOffice@gmail.com) (607) 264-3396 Office (607) 264-3256 Fax