

AUTUMN WOODS

Hawk Circle Wilderness Education



Plant dyed yarn with felted wool pouches

Knitting Retreat at Hawk Circle September 9-12, 2011

During the Autumn Woods Knitting Retreat, we will immerse ourselves in the natural beauty of the landscape as the colors are just beginning to change, the goldenrod is plentiful and the chill of the night air signals the arrival of fall.

Spending time at Hawk Circle is always an

experience that brings new awareness, deep renewal and transformation.

And whether you are an avid knitter or just a beginner, this knitting retreat will not only offer you age old skills of spinning, knitting and dyeing, but offer you a time to connect to the natural world, quiet your

mind, and replenish your soul.

Wandering, hiking, gathering materials for spinning and dyeing, enjoying delicious food and good company and evenings gathered around a wood stove while knitting and sharing are all part of the Autumn Woods Retreat. *Please Join Us!*





What you will learn:

The Art of Spinning

Cultures both ancient and modern have created textile history using the simple tool of a spindle. We will begin our retreat learning a bit about the history of spinning and the role it plays in today's modern world. Beginning with raw fleece, participants will be brought through the process of washing, carding and spinning wool into their own unique yarn. *(spindles available for purchase for \$15)*

The Art of Dyeing Wool

We will begin the dyeing process by harvesting a variety of plants, berries and nuts that we will use to dye our spun wool. Participants will not only be taught about the many uses of the plants

we collect, but will also learn how to prepare dye baths, wool, natural fibers and all that goes into capturing the beautiful colors of nature, giving inspiration and access to future experimentation.

The Art of Knitting and Felting

During this retreat, participants will learn the basic knit and pearl stitch and for those who are comfortable moving beyond these two basic steps, we will also learn a basic cable stitch. Using our own hand spun and hand dyed yarn, we will knit and felt, producing a one of a kind personalized small bag or pouch. *(we will have knitting needles available for purchase or you can bring your own #8 or #10 needles)*

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
 Knitting project you are currently working on.
 Pen/Journal
 Sleeping bag, pad, extra blanket, pillow
 Sun screen/hat

Materials:

All wool and dye materials are included.
 Spindles and knitting needles are available for purchase or you may bring your own.

Meals:

Our meals are delicious, home made, organic vegetarian dishes. Please let us know if you have any allergies. We can accommodate most allergies, however, if you are vegan, 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 Thursday anytime after 4:00 pm. Our retreat will begin Friday morning with breakfast at 8:00 - 9:00am.

Departure time will be shortly after we conclude our retreat with lunch on Monday.

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 Woods Knitting Retreat
 September 9-12, 2011

Fee: \$475

Housing Fee: \$75 for 4 night, shared cabin stay OR \$150 for single for 4 night, private room in farmhouse.

How to Register:

Fill out and mail in the attached program application with a non-refundable deposit of \$250. Your final balance will be due by August 9, 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:

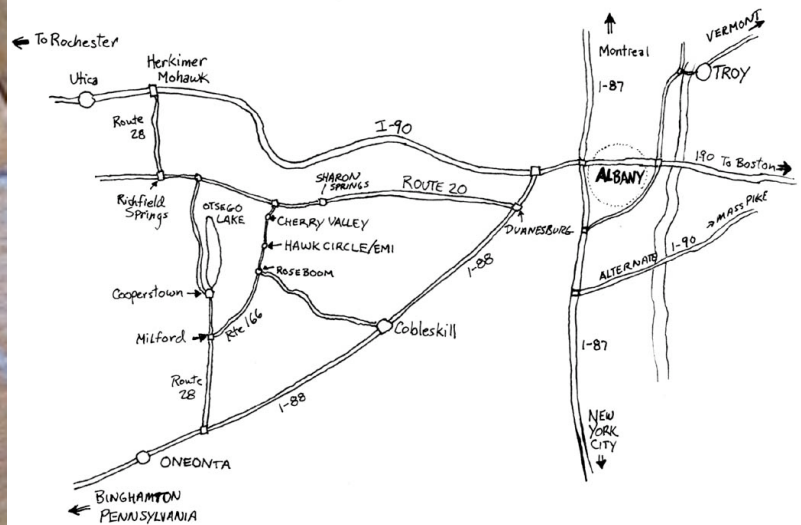
If you need to travel by **train** or **air** the destination of choice is **Albany, NY**. Pick-up cost is \$25 one way **per person** from Albany. Please let us know your arrival dates and times as early as possible so we can make arrangements to get you! There are usually one or two pickup times on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



Felted pouch





Hawk Circle
Wilderness Education

AUTUMN WOODS KNITTING 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 \$250 non-refundable deposit to accompany your application. The remaining balance is due by August 9, 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 (607) 264-3396 Office (607) 264-3256 Fax