

# Eagle's Gift

Hawk Circle Wilderness Education



## A Wilderness Rite of Passage

A coed camp for ages 10-12

July 4-10

In many cultures the birds that soar closest to the sun are considered powerful and full of strength. After a particular feat, experience or initiation, the gift of a tail feather of a hawk or eagle lets everyone in the tribe know that something significant had taken place. Well, we can't award real eagle or hawk feathers here, but what we can do is provide the experience!

The Eagle's Gift is a program where campers learn about the earth through challenges, adventures and many, many wilderness skills. We begin our teachings with ancient skills of

survival and awareness that are crucial to one's freedom and sense of independence. We learn to move silently through the woods, build natural shelters, make our own tools, track animals and make fires without matches. Intertwined are awareness exercises and exploration, where we open our senses fully. Evenings are spent telling stories by the campfire, stargazing or listening for owls in the moonlight.

During each day, time is set aside for personal reflection as we prepare for a solo experience. The solo is a strong symbol of our

independence, as it is the looking within that can be among the most challenging of undertakings a person can do in life. It is here that answers to our own personal questions come, and often an inner clarity is experienced. Participants share in everyone's insights, hopes and dreams to create a circle of friends that becomes an extended family. Campers learn to become more confident through practicing real skills, interacting with peers in a positive setting and developing a relationship to that is a powerful beginning to their lives as young adults.





Left:

Hawk Circle has a diverse landscape for hiking, from fields and meadows, to woods and wetlands.

Below:

Learning to make a tepee fire is one of the first wilderness skills taught.



## The Eagle's Gift Experience

**Some of the skills and activities listed below form the core of the Eagle's Gift Camp curriculum:**

- Debris Shelters
  - Natural Fiber Ropes and Strings
  - Tipi Fires
  - Bow & Drill Fire Making
  - Tracking
  - Storytelling
  - Nature Awareness & Movement
  - Coal Burned Containers
  - Leather Pouches
  - Stalking & Camouflage
  - Carving & Knife Care
  - Wilderness Earth Philosophy

*husband and I are about our son's experience at Hawk Circle. While I had expectations of what this adventure would do, I feel that they were exceeded. What is your formula? I like to think that he had all of the raw materials and you refined them or rather, helped him to do so. He has shared openly and enthusiastically and astounds us with his insights. I have told him that our relationship has a new aspect—exchange of ideas as we discover our spiritual selves together. He is comfortable and confident in this role, being calmer, more peaceful and seems to think more before he speaks...*



*"Here comes another letter of testimony for the outstanding job you are all doing! I must restrain myself from rambling on about how thrilled my*

# Logistics, Gear & Accommodations

## What you need for your adventure

### What to Bring:

- A sharp Knife for carving
- Clothes that can get dirty
- Rain Gear (good quality)
- Sleeping bag/Sleeping Pad
- Pillow and pillow case
- Personal Toiletries/Medications
- 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, a few ticks per year) 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.



Left:

A proud display of coal burned spoons.



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



### Coal burned Bowls & Spoons

There is a tremendous joy that comes from making something with our own hands, working with natural materials and the self confidence we feel when we are successful in our creations.

### 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 Duanesburg) 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.

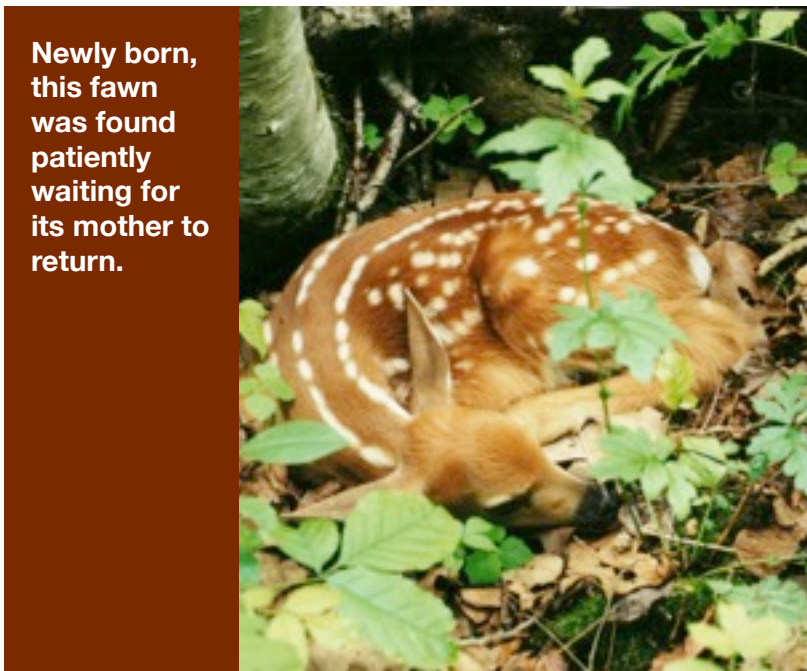
### Public Transportation:

If you need to travel by **train** or **air** the destination of choice is **Albany, NY**. Pick-up cost is \$75 round trip **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

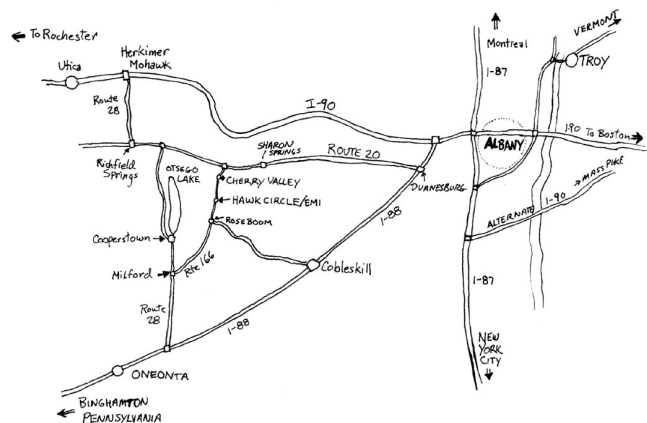
for a short while if you arrive early.

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

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



Newly born, this fawn was found patiently waiting for its mother to return.





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