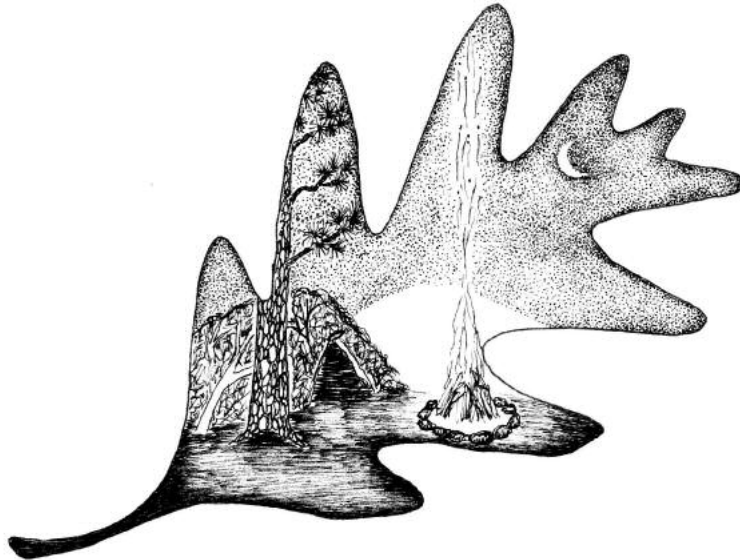


HAWK CIRCLE
WILDERNESS PROGRAMS



EARTH SKILLS
CORRESPONDENCE COURSE

Wilderness Survival, Awareness, Instructor and Mentoring Skills

Individual Personal Mentoring through self guided

study in your own bioregion.

Written and Created by Ricardo Sierra and Jeff Eckhouse
P.O. Box 506
Cherry Valley, NY 13320

607-264-3910

Ricardo.J.Sierra@gmail.com

www.HawkCircle.com

WHAT IS THE HAWK CIRCLE INSTRUCTOR TRAINING PROGRAM?

Our training is the result of over 10 years of research by Ricardo Sierra and his staff in studying how students learn to become excellent earth skills instructors. It provides a broad platform of understanding from which any skill may be learned. This is accomplished through direct experience in three levels: **Level One** takes place with the future instructor learning in *direct contact with nature*. The teaching happens between student and the skill itself where he/she can develop experience, understanding and a personal history. Understanding the concepts of mastery and the process of internalizing the wilderness mind are important elements for a future teacher, and we cover these extensively. Safety and hazard identification is heavily stressed throughout this part of the

training. The **Earth Skills Correspondence Course** is taught at this level.



HAWK CIRCLE SUMMER STAFF 2002

Level Two takes place in a group setting and deals with more community, cultural and group dynamics issues as we practice skills and make art & crafts. It is here that we see a deepening of how wilderness skills and understanding affects our sense of community and relationship. It is concerned with integration of wilderness philosophy and mind into society in a positive and powerful way. The **Hawk Circle Earth Skills Program Intensives and Semesters** are

taught at this level. Students live here in Cherry Valley and take part in classes, field excursions and trips to hone and practice skills, learn from a variety of different instructors and staff and make many crafts and survival tools.

Level Three deals with understanding the patterns, connections and expressions of individuals and groups on an *even deeper level*. In this part of the training we focus on the meanings behind stories, the significance of many archetypes and mythology both from a personal and historical level as it applies to our teaching of earth skills. Instructor integrity, ethics, personal healing and inner balance are addressed here. Our belief is that one must be fully aware of our own inner growth process and be committed to addressing these issues in a healthy and positive manner if we are to be true mentors for the next generation. Future instructors learn to recognize the inner mythological and archetypal desires that their students carry within them and how to tailor their teaching to address these requests for adventure in their own students. This occurs through **mentoring** with Ricardo Sierra and other Hawk Circle staff, and happens according to the schedule of the individual student. Level Three learning takes place between a student and mentor, with emphasis on the student doing considerable reflection, inner development, focused skills practice and in some instances, personal vision quests and ceremony.

WHAT IS MENTORING?

At Hawk Circle, we view mentoring as an approach to teaching that requires a commitment of time and energy from the student and teacher to build a relationship with each other. Mentoring makes the teaching far deeper than a quick class or intensive skill workshop. It aims for a teaching method *individually tailored* to the student's specific interests, needs and concerns. In these courses, each student has a personal mentor that guides him/her through the course and helps in motivating, educating, sharing and connecting with that student during the course and beyond. It is through this personal contact that students can learn to overcome challenges to learning about earth skills, as well as grow personally. It is rewarding for both the student and mentor, earned through hard work and effort.



**RICARDO MENTORING
THE ART OF STONE TOOLS**

INTEGRATING WILDERNESS SKILLS & SOCIETY

The skills taught in the various levels of Hawk Circle Instructor Training Programs are as beneficial to the student in the city as they are in the middle of a wilderness area. Earth skills and survival living teaches a student to use his / her mind in ways that require subtle abstraction, analyzing of details, improvisation & creative thinking. Issues of safety awareness, anticipation of oncoming weather, being prepared and ready to adapt to changing conditions all add powerful life skills to a focused student of survival and awareness. The result is well grounded people who are confident leaders, inquisitive, and highly adaptable individuals. The earth based values that are instilled in students over time are **ever-present** and help them to be effective, powerful, self-motivated, and inspirational. Earth skills, tracking, awareness skills, and the creation of a deep connection with the Earth and within oneself assist a person in their professional career and throughout life.

A NOTE FROM RICARDO:



**HAWK CIRCLE DIRECTOR
RICARDO SIERRA**

"I have found that one of the most difficult tasks facing a student is developing the discipline to learn how to master the basics. This is the foundation that will carry the student through tough situations when it counts--in the wilderness or throughout one's teaching career. I believe it is important to give yourself a real experience of gaining the working knowledge of the skills themselves before trying to pass them on to others.

I cannot recommend this training enough for the serious student. The personal mentoring approach, support and steady pace, will help you develop your skills in a way that my generation of instructors never had. Most of the current crop of teachers, instructors and mentors today had only the "workshop mentor" as examples to follow, for a week at a time, generally. This is a poor model for learning, fraught with all kinds of problems that literally take years to resolve and overcome. I hope you will take the time to consider what these courses have to offer. If it feels like the right fit, we will be happy to work hard with you. The world needs this type of education now more than ever, and I am glad of your interest. It helps us all."



EARTH SKILLS CORRESPONDENCE COURSE

The Earth Skills Course is designed to be studied correspondence style through independent work by the student. It is broken into ten blocks, which build upon each other, taking the student deeper into the world of survival and awareness. The emphasis here is on gaining **direct field experience** in a structured system of making and sleeping in shelters, finding water from various sources, making fires from friction, procuring wild foods, cooking, and understanding weather patterns through observation and journaling. An important part of this course is our tree and plant identification documentation, which helps the student to establish a relationship with their ecosystem in a well rounded manner.

Each block is designed to take about 30 hours to complete in a month, giving ample time for school, work, family and other responsibilities of the student. Most blocks should require about one weekend, (Saturday through Sunday afternoon) to complete the field work. The rest of the month includes researching, journaling and documenting the field work. This can be broken up into evenings or other times convenient to the student.

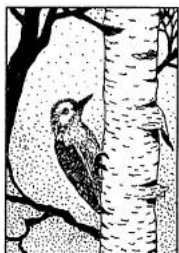
PARTIAL LIST OF TOPICS COVERED:



- Safety:** First aid, hazards such as hypothermia, ticks, and knives.
- Shelter:** Debris type, awnings, grass bedding, modifications & insulation concepts.
- Water:** Dew, plants, solar still, springs, filtering, purifying, storage & transpiration.
- Fire:** Tipi style and other shapes, safety, reflectors, tinders, woods for friction methods, bow drill with nylon cordage, bowdrill with self gathered materials, bowdrill with handmade cordage, bowdrill carved with rocks, hand drill methods, long match and transporting coals.
- Food:** Gathering and preparing acorns, grass seeds, nuts, roots and various plant leaves, wilderness food sources, teas, cooking and storage.
- Skills:** Natural cordage from local plant sources, basic camp utensils, coal burned bowls and spoons, hunting implements, rock tools & more.
- Trees:** Detailed study of at least three trees a month, plants, personal field journals of lore, identification, info and sketches, knowledge of direct observation and utilitarian, edible and medicinal uses.



Each block contains sections of required field work, such as sleeping in your shelter, making a fire, cooking, water purification and so forth. In addition to the active skills field work, students observe and identify three trees and plants in their local environment and document these through journaling. Required reading is also done for specific skills or concepts in the program. Pictures, photos, sketches and even video may accompany student coursework to create a comprehensive body of knowledge for that block. Personal essays and responses to the course experiences help the mentor understand the process of learning, and also document the growth as well for the student to have on file. This can be exceptionally valuable later on if becoming a skills instructor is a goal. Students complete the required work and send copies in to be reviewed with his/her mentor, and begin work on the following block.

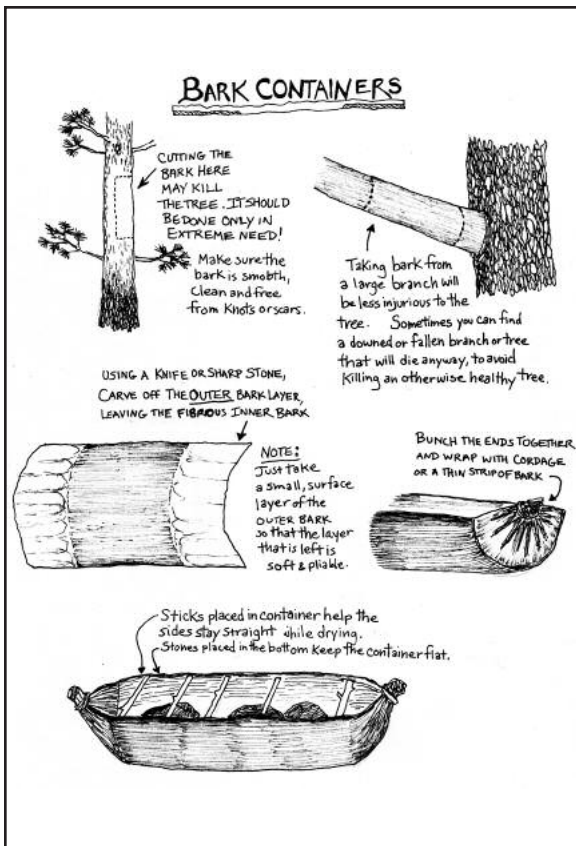


INSTRUCTOR TRAINING COMPONENTS

Each block also contains many details that are valuable to a future instructor. These include essays on attitude, thankfulness, philosophy and safety and hazards. Examples of student essays and journals also help students to understand that everyone has a unique way of learning and expressing the skills of living close to the land. Storytelling, program design, lesson plans, student observation and more are included in later blocks, and many of these later blocks are intense skills trainings as well. As in all parts of the course, students may tailor their mentoring relationship with Ricardo Sierra to best suit individual goals and needs. This is not one size fits all, but rather, a custom fit to help each person to grow and learn!

THE GOALS AND OBJECTIVES

Our goal is to give the student the opportunity to experience what "mastery" feels like and to understand this in a deep way. This depth helps the student learn to master other areas of skill on his/her own after the course, and to have personal stories of their own direct field knowledge rather than relying on others for that type of lore. This is critical for teachers and mentors, whose students need to know and trust an instructor's skills, knowledge and insights.



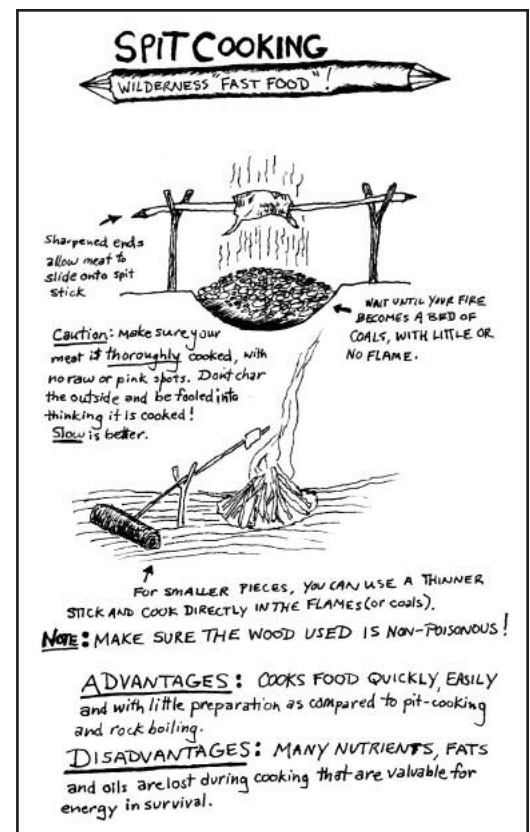
THE ILLUSTRATIONS ON THIS PAGE ARE EXAMPLES OF SOME LESSONS TAUGHT IN THE ESCC.

INCLUDED IN THE BLOCKS ARE PERSONAL JOURNALS AND ESSAYS BY HAWK CIRCLE INSTRUCTORS, WHICH HELP STUDENTS TO UNDERSTAND THE JOURNALING PROCESS AND COMPARE DIFFERENT PERSONAL STYLES OF DOCUMENTATION AND LEARNING. WE HAVE FOUND THAT THIS HELPS STUDENTS LEARN IN THE FASTEST, MOST THOROUGH WAY POSSIBLE. STUDENT COURSE WORK IS SOMETHING MOST STUDENTS ARE PROUD OF AND HAVE HELPED IN THE HIRING PROCESS. SOME STUDENTS HAVE EVEN USED IT AS COLLEGE COURSEWORK OR IN THE INTERVIEW PROCESS.

Competence is also an important part of this program, through thorough documentation, assessment of skills and testing through direct experience. Our students are highly competent and confident in the skills learned and mastered.

Our graduate instructors teach and lead by example and are valued by program directors everywhere, with excellent safety awareness and student outcomes.

**EARTH SKILLS CORRESPONDENCE PROGRAM FEE:
\$500 ADMISSION IS ONGOING.**





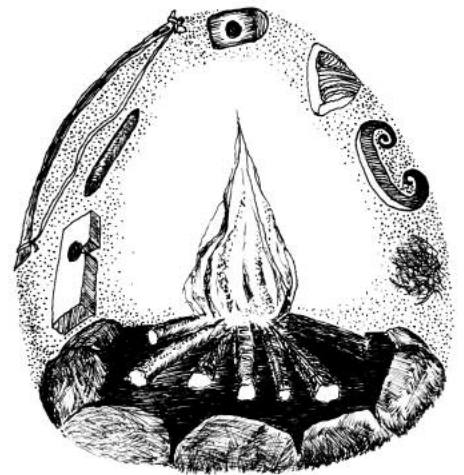
FREQUENTLY ASKED QUESTIONS

How do I choose & contact my mentor? Currently, Ricardo Sierra is the main mentor for the Earth Skills Correspondence Course. With extensive training and experience in a variety of different terrains and environments, he can help you learn to survive whether you are in Colorado, Kansas, Maine or Arizona. When you receive your first block, you will set up a convenient time to discuss your work at the end of each block. It will be your responsibility to call your mentor at this time. He is also available for you if problems arise during the course of a block. You may also e-mail your questions if you prefer.

I have already taken classes at (fill in the Blank) Wilderness School. Why should I take the Hawk Circle Instructor Training? We believe that this course can benefit anyone who wishes to deepen their knowledge of skills, and that it can *complement* any other wilderness school course. Most courses are short, a week to 10 days or less, and leave the act of practicing and mastery up to the student to do on their own. Our training helps provide the structure and motivation for completing and understanding many of the background skills that many classes can not cover in a short time period. We also provide comprehensive mentoring to help pass on crucial information that helps to ensure development of a solid Earth Skills Instructor/Mentor.

Can I speed up the blocks if I have time? You can do the work faster if you have time and your mentor recommends this, as long as the quality of information gained is not compromised in the process. It takes time to integrate what you have learned, and the study in nature is intense. Sometimes it is a good idea to allow for 'down time' or family time too. That is an important part of the course, sharing your experiences with others and staying connected to family and friends. We believe that these skills will most likely take a lifetime to master and thus we avoid the "quick fix" or instant skill approach to learning them. Attention to detail and solid use of resources and field experience are the key to fully understanding these skills on all levels.

What if I need to miss a month or more? There is no time table for you to finish, as each student proceeds at his or her own personal pace. However, we recommend setting firm goals for yourself and stick to them as closely as possible, so you can gain the full value of the program. We are also offering several workshops here in Cherry Valley, that are specifically open to Earth Skills Correspondence Course students who may need some individual attention, or want to jump start their course after letting it sit for a while. There is no cost for these weekends, but you must bring/purchase your own food. Call Ricardo or e-mail him for more details on the the current schedule of courses.



Can I get college credit for doing this course? There are many students who have received college course credit by doing this work as part of an independent study project in various outdoor leadership or eco-psychology degrees. Some students only choose to do the first half of the course if time is a factor, but that is up to the individual student. The amount of credit given is determined by the proposal, school and student. We will assist you in every way possible to help you receive credit for your course work should you decide to make the ESCC part of your formal studies.

What is the best way to contact you and get in the program? Students generally have best success in writing, emailing or by phone. We will send you an application and letter of information, and once we receive your application, you can expect your binder and first blocks to arrive within a few days.

Can I break up the payments or do I need to pay for it all at once? If you would like to do payments, we are happy to set that up for you. There is a small processing fee for this method of payment. If you pay for the program in full, you will receive all of your coursework at once in a binder at the beginning of your study. Otherwise, you will receive just the blocks you pay for. We accept checks, money orders and MC/Visa as payment.



THE HAWK CIRCLE LINEAGE:

Ric discovered a love of nature and wilderness through childhood fishing and trapping experiences as a boy, and later on, through two years of intense conservation work with the California Conservation Corps. Trail building, tree planting, salmon habitat restoration and native dune revegetation work with the CCC in wild areas of Humboldt, the High Sierras, and the central coast further inspired a love of wild places. In 1984, Rick began a life long study of primitive wilderness skills with **Tom Brown Jr.**, at the **Tracker School**, in the Pine Barrens of New Jersey. **Sun Bear's Medicine Wheel Gatherings** and the stories and ceremonies of **Grandfather Wallace Black Elk** gave a sense of a larger mission to his study of wilderness skills and tracking.

Rick gained valuable experience in many wilderness outings, in places like Arizona, Colorado, Utah, the Southern Sierra Nevada range in California, as well as areas of New York, Massachusetts and New Jersey. Over several years, Rick learned from **Jake Swamp**, director of the Tree of Peace Society, **John Stokes**, director of the Tracking Project, **Frank and Karen Sherwood** of EarthWalk Northwest, and many others. Rick soon created his own youth program, the Hawk Circle Wilderness Summer Camps, in the Hudson Valley region of New York State.

These early programs taught kids in many camps, and provided opportunities for many staff members to learn and practice skills at Hawk Circle. **Mark Elbroch**, who has written the groundbreaking new *Field Guides to Bird Tracking and Mammal Tracking*, spent three summers leading youth in the ways of the woods. **Jonathan Talbot**, a strong contributor to the Wilderness Awareness School's Kamana Program also spent a summer at Hawk Circle, as well as **Michael Pewtherer**, who has since created his own camp called Woodland Ways. Over the next eight years of teaching these camps, school programs, working in Environmental Education programs and Audubon outings, an emphasis began to grow on the development of competent staff and instructors.

In 1998, Rick moved the Hawk Circle Programs to Cherry Valley, NY, with the purchase of 200 acres of land where the new programs could be located in a permanent home. With his partner, **Trista Haggerty**, he built a home and established the Earth Mentoring Institute, Inc, as a not-for-profit organization to further the development of mentoring and wilderness skills study.

About that time, Rick also began the creation of the Earth Skills Correspondence Course, with strong help and collaboration with **Jeff Eckhouse**, and the staff of **Simon Mayer**, **Chris Marx** and **Matt Burr**. Together, through trial and error, the foundations were made for the Hawk Circle Earth Skills Program and the continued growth of teaching the skills of survival and awareness to children, youth and adults.

The work continues.....



RICK AND KARL TELFER,
A TRADITIONAL ABORIGINE DANCER FROM SOUTH
AUSTRALIA, AT JOHN STOKES COMMUNITY
MENTOR TRAINING IN
CUBA, NEW MEXICO, JUNE, 1996



TOM BROWN JR., TRACKING IN THE MAZE
NEAR TOM'S RIVER, NEW JERSEY, JUNE, 1987



PLANTING A TREE OF PEACE, WITH RICARDO SIERRA,
TONY TEN FINGERS, JON YOUNG, JAKE SWAMP, TOM
BROWN, JR. AND SEATED, INGWE, WITH CHILDREN &
TEENS IN THE FRONT ROW.
THE PINE BARRENS, NEW JERSEY, JUNE, 2003

Dear Prospective Student,

Thank you for your interest in our Earth Skills Correspondence Course. As you may know, I have been training students and instructors for over 18 years and my commitment to mentoring and providing thorough skills and awareness has never been stronger! I thought I would be burned out by now, but nothing is further than the truth. It has been a tremendous source of pride and fulfillment to see so many of my students teaching others with confidence in their own styles and sharing from experience and from the heart.

If you are looking for a course that you can complete in your own bio-region, in your own backyard, and like to work independently, then this program will probably work well for you. I have found that many students, especially college level students, seem to do exceptionally well when working the study in with their independent study and credit, or when combining with art or writing. So if you are interested in those areas that is plus.

The main advantage to taking this course is that Jeff Eckhouse and I have broken down the steps of mastery, journaling, skills advancement, philosophy, instructor training and safety into bite sized pieces that can easily be absorbed to facilitate strong learning and growth. The mentoring aspect, and completion of each block certainly helps students to develop a powerful foundation of skills to be effective and safe instructors.

However, I do firmly believe that anyone can learn these skills, in their own personal way, through reading, doing the practice and journaling lessons and taking classes, if that is how you prefer to learn. Our course is not the only way to be a good instructor or to learn wilderness survival skills. I have found that there is a huge difference in instructor confidence between those who have taken and completed the course as compared to those who haven't. I estimate that this course cuts about 4-6 years off the learning curve from the average instructor, and that these people are amazing and effective. But I must be honest and let you know that I applaud any decision that you make in either direction. Only you know what is the right path for you.

The brochure I am sending you should give you some better ideas of where my own skills came from, what the course is about and how it works. You can certainly call or e-mail me with any questions you might have about any aspect of the course, and I will do my best to get back to you right away. Sometimes it does help to talk to someone about your personal needs in order to make a good decision.

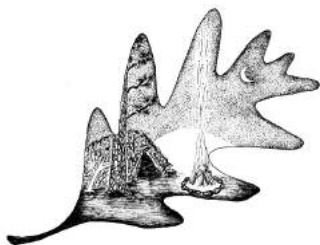
I am currently the main Mentor, and will be able to help you through each section of the course as needed. You will be corresponding directly with me, not some janitor or young instructor who is just learning the ropes. I just don't think that makes for effective mentoring so you won't have to worry about that aspect. If there are any problems, you will be talking to the source!

I have been making arrows lately, and just thinking about how much I enjoy making things using natural materials, like straight sticks, sinew and feathers. My arrowheads will have to be made this summer when it is warmer outside! There is nothing like the feeling of sitting by the campfire, scraping arrows smooth and enjoying the afternoon. I hope you will continue to learn, grow and enjoy earth skills for many years to come. Stay safe and have fun!

Sincerely,

Ricardo Sierra

EARTH SKILLS CORRESPONDENCE COURSE APPLICATION



Name: _____
Address: _____
City: _____ State: _____ Zip: _____
Home Phone: () _____
Work Phone: () _____ E-mail: _____
Age: Male Female Date of Birth: _____

Do you have any medical concerns about taking this program?

How did you find out about our programs?

What is your main reason for choosing this program?

Emergency Contact: _____ Relationship: _____ Phone Number: _____

LIABILITY WAIVER/RELEASE

I understand that I will be participating / engaging in potentially life threatening and dangerous activities during the course of the program I am registering for. I do not suffer from any medical condition, ailment, or other condition which could in any way limit my ability to participate in the activities required in the course / program I have chosen. I hereby assume full responsibility for all risks which may be associated with, and all injuries which may occur to me in connection with, my participation in the course / program. I hereby release and hold harmless the Hawk Circle Programs, its agents, and others working for it or on its behalf, from and against any and all claims, liabilities, injuries, or accidents (including, without limitation, any claims for personal injuries and any claims based on any negligent acts, omissions, or other fault on the part of any of the parties connected with, or who participate in, the course) resulting from, or in any way connected with, my participation in the course. I represent and warrant that I am over eighteen years of age.

Please note: If you are paying for the course in installments, there will be a \$5 service charge added to each installment to cover additional bookkeeping. Also please note: Due to copyright and general course policy, no refunds will be given for the Earth Skills Correspondence Course. However, we will make every effort to give you full value for your hard earned money in both content and mentoring. Please feel free to call us with any questions!

Signature: _____

Name (please print) : _____ Date _____

For participants under 18, please have a parent sign below:

"The child/legal dependent named above has my permission to attend and study the above listed program curriculum and participate in all activities. "

Parent/Guardian's Signature: _____ Date: _____

Please Make Checks Payable To (in U.S. Dollars) to Hawk Circle Wilderness Programs

Amount Enclosed \$ _____ Check Number: _____

Visa and Mastercard Accepted

CC#: _____ Exp: / / _____

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