

# NORTH WIND



A shelter made of snow provides a well insulated place to get out of the cold and wind.

## A Winter Intensive December 26 - 30, 2009

Being at Hawk Circle while it is blanketed with a sparkling layer of snow offers a completely different experience than at summer camp. The things in nature that go unnoticed during the summer suddenly play a more prominent role on the winter landscape.

The trails that were once hidden by trees and bushes are now visible as they twist and turn through the bare woods. The tracks of deer, cottontails, mice and other

winter residents are strewn about on the surface of the snow.

Piled on the porch is our winter's supply of wood, which fuels the wood stove in the farmhouse. Together we cook meals in the kitchen, make hot chocolate, and sit around the wood stove working on crafts and telling stories in a relaxed and cozy manner.

The North Wind Winter Intensive is a time to

reconnect with friends or to perhaps experience Hawk Circle for the first time.

For some, it is a skills intensive. For others, it is retreat, a renewal and a space to unwind between semesters of hard work at school and job. It is about slowing down, opening to the power of the cleansing winter and seeing night skies filled with clusters of bright stars.

We hope to see you here!





“Winter is the ultimate test of your survival skills. You have to gather three times the firewood as other seasons. Your skills have to be spot on perfect. You have to have good clothing and gear. But it also is a doorway into another world, one that few walk through, to a magical place of purity and strength.”

Ricardo Sierra

**Left:**

Keeping a fire going for heat and for cooking during your survival trek is essential.

**Bottom:**

A Hawk Circle student gently blows a tiny coal to life for the evening campfire.



## Skills, Awareness & Adventure

### What you will learn:

This program gives participants the experience of Hawk Circle Camp in the winter, during the season where stories, snow, tracking, and crafts figure more prominently into the daily routine than in warmer months.

Cold related first aid and survival issues, winter shelters, basketry, bead working, traps and awareness will be covered during these days. Sleeping is slumber party style with separate rooms for men/women. Cooking, teas, and slide shows will also be featured.

Come join us for a great winter experience. This course is open to students ages 13 and

over. Course fee includes food and housing and all craft materials.

- Winter Animal Study & Behavior
- Snow Tracking
- Winter Fire Skills & Coal Carrying
- Winter Snow Shelters
- Peyote Stitch Beadwork
- Sledding & Snowballs
- Board Games
- Wood Carving
- Cooking Skills
- Bone Necklaces

# Logistics, Gear & Accommodations

## What you need for your adventure

### What to Bring:

- large duffel bag or backpack
- winter jacket (wind proof and water resistant)
- warm sleeping bag suitable for winter camp outs
- warm hats (2), scarf
- wool blanket (as a supplement to sleeping bag)
- warm gloves/mittens (at least 2 pairs)
- water bottle (1 liter plastic soda bottle ok)
- sleeping pad (the thicker the better)
- warm winter boots
- flashlight and batteries
- pillow and pillowcase (if desired)
- day pack many warm pairs of socks
- knife (sheath or folding) \*
- long johns (at least two pairs)
- notebook and pens
- snow pants (rain pants with warm under-layers)
- 1 towel biodegradable soap/shampoo
- sun glasses (in case of bright sunshine on snow)
- toothbrush, toothpaste
- sweaters (one or two, not cotton!)
- extra pairs pants
- underwear
- 50 feet of pack cord

**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!*



### Housing & Accommodations:

Our farmhouse houses our students, 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.

#### Food is included in this program.

Please let us know if you have any allergies or if you are a vegetarian so that we can plan the menu accordingly.

### Program Fees & Payment Info:

North Wind Intensive

December 26 - 30, 2009

Fee: \$295 housing and meals included

*Sorry there are no scholarship, work-study or discounts available for this program.*

### How to Register:

Fill out and mail in the attached program application with your full tuition payment.

Arrival Time: 12:00 noon

Departure Time: 3:00 pm

Please let us know if you are arriving via bus, train or plane. There is a \$50 pickup and drop off travel fee.

### Essential Skills of Wilderness Survival

#### Right:

Creating a warm winter shelter using debris, logs and sticks.

#### Above:

The Hawk Circle Farmhouse.



# 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:

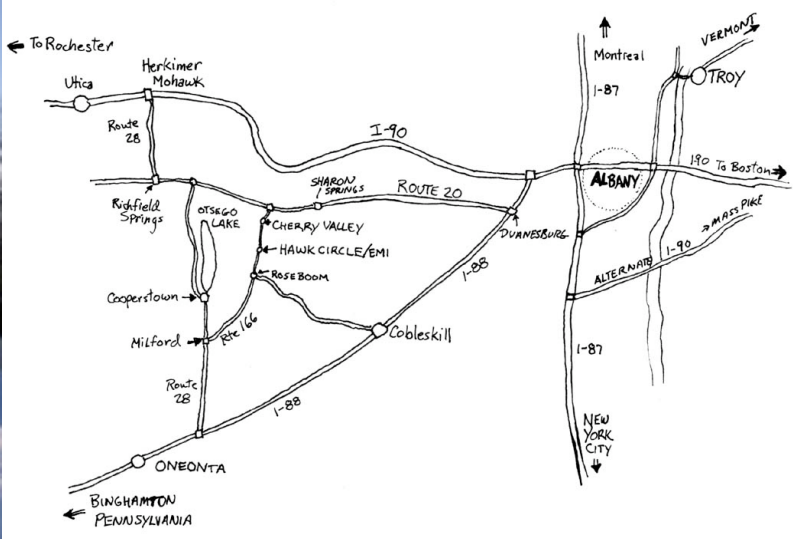
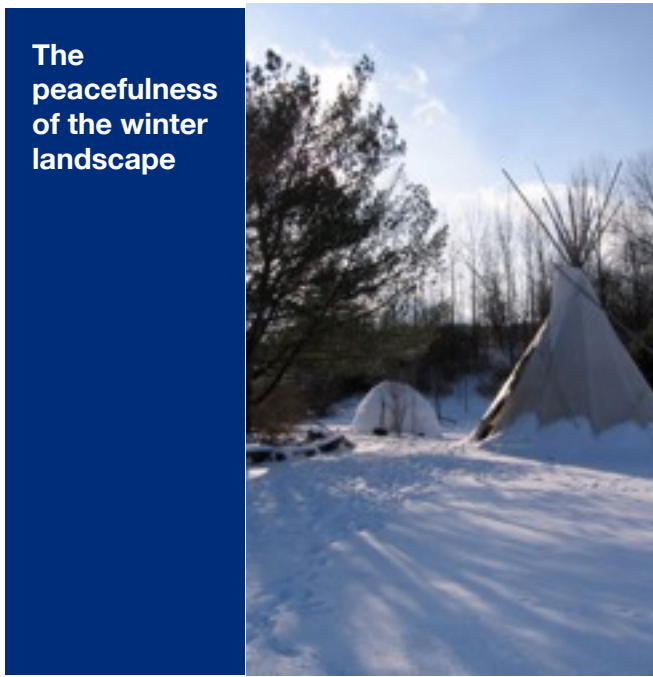
Take **I-90 East** towards Albany. Shortly after passing through Utica, you will come to the **Herkimer/Ilion Exit**, which you should take. Follow signs for Route 28 South through Mohawk until you get to **Route 20** in **Richfield Springs**. Take a left turn heading East on Route 20 and drive about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



Ric leading the Final Council, May, 2009



## Stories, Skills & Adventure

### Hawk Circle's director Ricardo Sierra

Ric has spent most of his life in the pursuit of the secrets of wilderness skills, awareness and community. He has trained with some of the top instructors of primitive living, tracking and earth ways, from Tom Brown, Jr. in New Jersey to Frank & Karen Sherwood in the Pacific Northwest, to John Stokes and the Tracking Project in New Mexico.

Raised on both the East and West Coasts, Ricardo has traveled and studied survival skills in the forests of new

England, the grasslands of the Midwest as well as the deserts and mountains of the American West. Survival treks, tracking, spiritual quests and walkabouts provided the foundation of his skills that he teaches in his workshops, intensives, summer camps and expeditions. He founded Hawk Circle in 1989 and has taught thousands to live closer to the earth. He and his family live in Cherry Valley, NY, where he trains youth and adults in the ways of survival.

“It’s more than just survival skills that are important to me. It’s about learning life skills, and understanding our role as humans as part of this earth. It’s about mentoring our youth in the plants, trees, tracks, birds and ability to take care of themselves and their needs, no matter what the situation. I love being a part of connecting people to nature, too.”

**-Ricardo Sierra**



# HAWK CIRCLE PROGRAM 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? \_\_\_\_\_

What is your main reason for attending this program? \_\_\_\_\_

**The Fine Print:** We require full tuition payment to accompany your application.

**Refund Policy:** If you cancel within two weeks to the start of the program then a portion of the program fee may be applied to another program with a year. There is no tuition refund for cancellation within two weeks to the start 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 enroll myself or my son or daughter in this program at the Hawk Circle Wilderness Education Center. I understand that the programs offered by Hawk Circle can expose myself and my child 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.

**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 HAWKCIRCLE

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