

WINTER SURVIVAL



The snow shelter - keeping you warm and protected from the harsh winds of winter!

A Winter Survival Intensive January 3 - 16, 2010

Winter. It is the most challenging wilderness survival season of the year. Yet, here at Hawk Circle, we look forward to the winter season, with the crackle of the fire in the wood stove, the quiet woods filled with freshly falling snow, and the multitude of crafts and skills to practice and master.

If you are looking into this program, don't be afraid of the cold or the intensity of the season! We will teach you how to make the cold wind your friend, make fires in the freezing rain, build effective snow shelters, stay insulated, well fed and explore the world at this time of year when most people rarely venture beyond their car or home.

Our winter program is perfect for beginners but also has enough depth to satisfy experienced students as well. Leather craft, beadwork, drying meat and food for our trek, as well as making grass mats, learning winter first aid issues and more round out this special program. I hope you will join us and enjoy tracking gray foxes along the icy edges of the creek!





“There is a secret to making fire that, once learned, will change your perception of fire forever. Fire is magic. It is sacred. It can make tools, cook our food, purify our water, keep us warm and turn away the darkness of night. It is the single most important survival skill, next to overall awareness...”

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:

The Art of Shelter

Survival in winter situations adds several challenging factors for staying warm, dry and comfortable. Concepts of insulation using natural materials, and ways to do so quickly and effectively, both with and without modern tools will be covered. Snow caves, snow trench, shelters heated by fire and survival in situations of ice, minimal snow and materials will be covered. Students will practice making a winter shelter appropriate for the conditions and materials available.

The Art of Fire

Creating a friction fire with natural materials, or even just starting a campfire in a full snowstorm or ice situation in winter temperatures can be challenging for anyone. Understanding the principles of fire, problem solving the cold factors as well as building confidence in our abilities in winter are the goals of this course. We will review our fire knowledge and practice our gathering, our fire making techniques and our ability to stay warm. Carrying coals while hiking, called “long match” will be learned, as well as skills of finding dry materials in harsh conditions.

Primitive Traps, Snares and Cooking

Winter poses a unique challenge in finding food, preparing food and cooking food, and in this part of the course we introduce several different methods of obtaining food through hunting and trapping. We also share methods of cooking that we will use on our trek, and demonstrate how to dry and preserve foods for the camp out that make them easy to carry and make. We will also share skills of campfire wood collecting, using rawhide ropes, campfire management, water, making wild teas and other skills that make survival in winter fun, safe and comfortable.

Winter Survival Camp Out

“If I was in a survival situation, could I survive?” Here is your chance to answer this question for yourself. During this four day survival expedition we will make primitive shelters, construct a camp to protect us from the elements, get a warm fire using matchless techniques, and enjoy a slower pace of life. We will prepare for the expedition by drying meat and selecting high energy survival food for the cold conditions. Safety and back-up gear will be covered and brought along on our trek.

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 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 not included in this program.

There is a health food store 3 miles down the road and our farmhouse is fully equipped with everything you need to make yourself delicious and healthy meals.

Program Fees & Payment Info:

Winter Survival Intensive
January 3 - 16, 2010
Fee: \$1,500

Three Week Option:

If you would like to continue your winter studies and your experience here at Hawk Circle for one more week, you may do so for an additional fee of \$250. There will be no classes, but time to practice skills with other students, go tracking and just enjoy the beautiful winter landscape.

How to Register:

Fill out and mail in the attached program application with a non-refundable deposit of \$500. Your final balance will be due two weeks prior to the start of the program. *Sorry there are no scholarship, work-study or discounts available for this program.*

Essential Skills of Wilderness Survival

Right:

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

Above:

The Hawk Circle Farmhouse.



Community Living

There is much to be gained by living in community especially when the members share a passion for nature and learning some awesome skills.

To insure students have the most valuable experience at Hawk Circle, we have house policies that support everyone in having a positive experience.

Housing:

While a part of the program, you will be provided a single or shared room in our farmhouse. The farmhouse has a fully equipped kitchen, pantry, and freezer/refrigerator. The house is heated by a wood stove, which, is the responsibility of all house residents to maintain. We do have a washing machine available with a clothes line for drying.

All rooms are provided with a twin size bed, end table/shelves and or dresser, and a light. For additional lighting, I would suggest bringing an extra lamp.

Community Policies:

Upon your arrival you will receive a community handbook which will provide you with information in regards to community living at Hawk Circle as well as information of the surrounding area.

We are a non-smoking community, drug free, permitting alcohol for those students 21 years of age or older. During times where youth programs are in process, alcohol is allowed only in the privacy of your own



Gathering in Trista's kitchen for learning how to make winter teas, healing salves or baking homemade breads is always a treat!

room. If at anytime a repeated consumption of alcohol inhibits a student's ability to participate in the program or as a positive member of the community, they may be asked to leave. No program refunds available in this type of situation. Sorry, no pets allowed.

Communication:

We have a student telephone, however, for any outgoing calls you will need a calling card. The number to the student line is 607-264-3917. There is no internet connection available on site, but three miles down the road is the library and cafe with high speed connection.

Arrival/Departure:

The program will be starting at 5:00pm on Sunday. Please arrive on Sunday, giving yourself plenty of time to get settled in. If you are traveling from a great distance, you may arrive a day early.

When departing, please be sure to take all your belongings, including any leftover food and that both your room and refrigerator/pantry space are left clean and free of any of your personal items.



A collection of Winter Teas to warm you during the cold and snowy season!

Hawk Circle School Store & Gear

We offer a small array of good knives, flint & steel Firemaking 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 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:

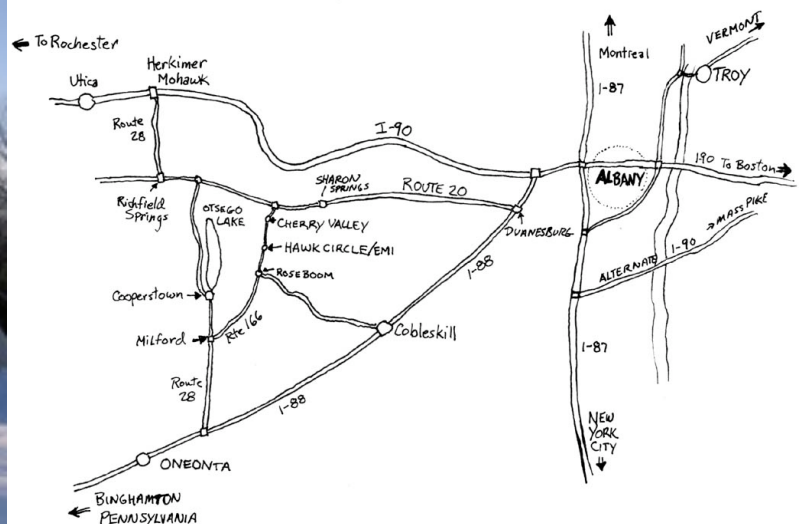
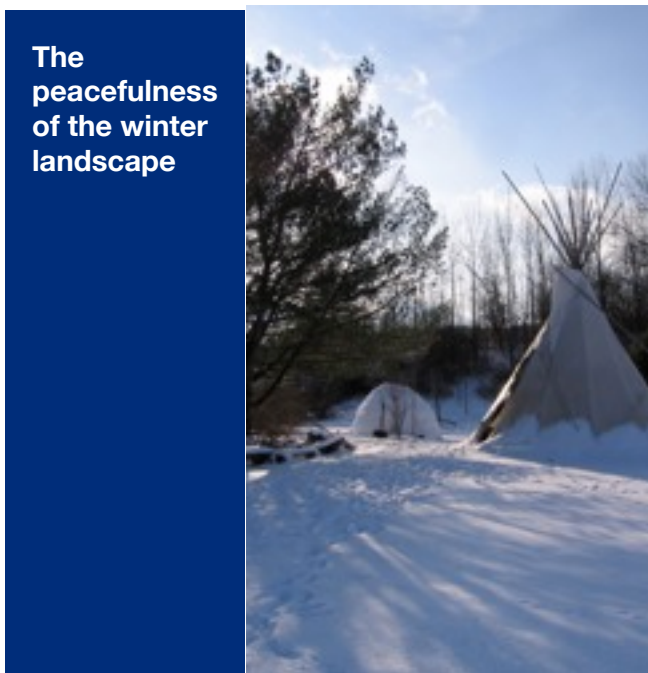
Take **I-90 East** towards Albany. Shortly after passing through Utica, you will come to the **Herkimer/Illion Exit**, which you should take. Follow signs for Route 28 South through Mohawk until you get to **Route 20** in **Richfield Springs**. Take a left turn heading East on Route 20 and drive about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

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 a \$500 non-refundable deposit to accompany your application. The remaining balance is due 2 weeks prior to the start of the program.

Refund Policy: If you cancel within two weeks of the start of the program, you will receive a full refund minus your \$500 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.

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 (607) 264-3396 Office (607) 264-3256 Fax