

THE FALL GATHERING

A Collection of nuts used both for bread baking and dyeing wool for knitting



Fall Foraging and Food Storage & Creating your Family Medicinal Kit

Fall Foraging and Food Storage

Saturday, September 26
10:00-3:00, Fee: \$75

Join us during the time of year when the acorns are falling from the trees, the elderberries are drooping to the ground, ready to be harvested and the days are growing cooler.

We will spend the day wandering about the Hawk Circle landscape collecting fruits, berries, nuts and roots for both cooking delectable meals, and learning how to store such foods.

Some of the foods that we will be making are:

Elderberry Jam
Acorn Bread
Dandelion Root Coffee
Canned Apple Sauce
Sauteed Burdock Root

Family Medicinal Kit

Sunday, September 27
10:00-3:00, Fee: \$75

There is nothing more satisfying than treating my family's illnesses with medicine that I have made from the plants that grow in our own back yard. During this class, participants will learn how to identify the plants that we will be using and how to prepare them as medicine that can be used to treat yourself and your loved ones during the wintry cold and flu season.

We will be making:

Elderberry Cough Syrup
Calendula Chest Rub
Ear Infection Remedy
Healing Teas
Echinacea Root Tincture

Special Rate!

\$140/per participant if you take both classes! Ask about Family Discounts.

What to Bring:

Basket for collecting
Bagged lunch
Weather appropriate clothing
Comfortable shoes/boots
Hat or sunscreen
Journal/pen

All materials, bottles and jars are included in the program fee!

Trista Haggerty will be instructing this class. Please email her with any questions at hawkcircoffice@gmail.com

Overnight lodging for long distant travelers available: (please reserve asap)

*Heated room, \$75, Cabin, \$50.
Camping, free (please bring your own tent)*

Directions and Travel

How to get here:

We are located about an hour and 15 minutes west of Albany, near Cooperstown, NY. Many of you may know where that is because of the Baseball Hall of Fame. Depending on which direction you are traveling from, you should be able to get here using the directions below. Please feel free to call us if you need help or clarification on anything, and let us know if you are coming in late so we can leave the lights on for you!

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 10-12 miles, you will take the 25A exit for I-88, (Oneonta-Binghamton). Take the second exit (exit 24 for Duanesburg-Cooperstown) and follow signs for Cooperstown. You will be heading West on Route 20. Drive about 20 miles until you see the Cherry Valley Exit. (It is fairly soon 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 (yes, the bridge is safe!) and over a small hill until you come to a parking area on the right! Welcome to Hawk Circle!

From Binghamton or Pennsylvania or Southwest in General:

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 pass a log cabin on the right and we are the next driveway on the right. (You will see our Hawk Circle sign.) Turn onto our dirt driveway and drive about half a mile, passing over a small stream (yes, the bridge is safe!) 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 12 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. Our long dirt driveway crosses a bridge and will take you into camp. If you pass our drive, you will come to the tiny town of Roseboom, where you can turn around and retrace your steps. Welcome to Hawk Circle!

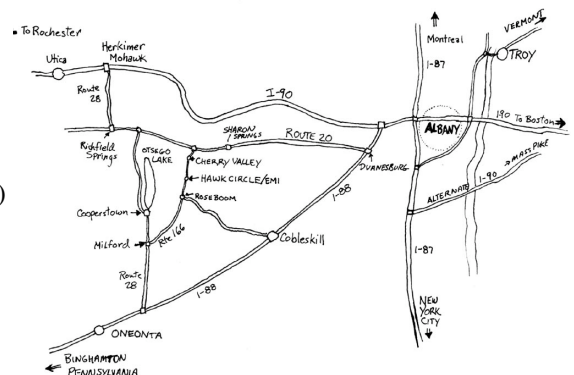
- If you are coming from a more local area (like the Catskills, etc) please follow a good map or call for more specific directions.

Public Transportation:

If you need to travel by **train** or **air** the destination of choice is **Albany, NY**. Pick-up cost is \$40 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 few hours if you arrive early. If you happen to find a ride with someone else at the end of a program, you will not receive a refund as the fee is based on round trip.

Have a Safe Journey!

We look forward to seeing you soon!





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: Due to our Policy of not overbooking our programs, we require payment in full of your program fee to hold your space for the dates requested. This must accompany your application.

Refund Policy: We will refund your tuition minus a \$50 service fee if you cancel within two weeks before the start of the program. If you cancel within two weeks to 24 hours of the start of the program, you will receive a program credit equivalent to the tuition minus a \$50 service fee good for one year. Less than a 24 hour cancellation notice, there is no refund or credit offered. 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