

# WOLVERINE SURVIVAL

This is not a housepet. It's a wolverine. The largest member of the weasel family, it can scale cliffs or trees easily, cover twenty miles or more in a night in search of food, and holds it's own even among the mega predators like the Grizzly or the Timber Wolf.



## The Secrets of Wilderness Survival October 14-16, 2011

Fee: \$225

It would be hard to find an animal more equipped to survive than the wolverine. Sharp teeth and claws. Comfortable fur down to minus 60°F. Keen hearing. Strong sense of smell. Endurance that can go for miles through some of the most rugged terrain on the face of the earth. And a temper that even grizzlies and wolves will avoid if possible.

We can learn from this animal, the way the native people's did for centuries, using it's secrets to help us in our own quest for survival, to thrive and succeed.

In this course, we will learn powerful principles of **shelter, fire, food & navigation**, and find our way in the heart of nature. We will discover how the philosophy of the wilderness can be applied to our modern lives, and how to live with less fear because we can trust our senses, and our skills, to keep us safe.

**Wolverine Survival** is about finding that wild place inside us that waits to be let off the leash, to run free, even if just for a weekend, and come back refreshed and renewed from our contact with the

natural world. **Hawk Circle** is the perfect place to rediscover these ancient skills and learn to move through life with grace and ease.

Participants will make fire without matches, build a shelter to stay warm in any weather, move silently and easily even through rough terrain, cook food over an open fire, track animals and learn wild edible and useful plants and trees, all in a supportive, nurturing environment that will change the way you see the natural world forever.



“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:**

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

**Bottom:**

A pine bark container holds a cup of pine needle tea.



## Skills, Awareness & Adventure

### What you will learn:

*Native people have lived in North America for over thirty thousand years, without Wal-Mart, Home Depot, hospitals or grocery stores. They understood the concepts of Natural Law, which guided them through the seasons and provided a structure from which to build homes, raise families, create beautiful tools and crafts and honor the Earth as sacred. While we only have a weekend, you will be astonished at what we can accomplish when we put ourselves in motion. Here’s a brief summary of what you will take away:*

**The Art of Shelter**

We will study and build a sturdy shelter that can keep us warm even in winter, using the materials around us and the principles of natural insulation that surround us in the natural world.

**The Art of Movement & Awareness**

We will learn ways of walking, stalking and running that were key to the success and safety of native peoples across the globe.

**The Art of Fire**

We will make fires using matches, flint & steel, and fire by friction, plus learn to find dry tinder, good firewood and be safe in the woods.

**The Arts of Camp**

We will use coals from the fire to make camp utensils and tools, as well as cook our food, make our water safe to drink and stay warm. We will also learn how to make a campsite that works even in the rain, using both natural and modern materials.

**The Gifts of the Plants & Trees**

We will learn to identify useful and edible species all around us that can make our life easier and excellent in the bush.

**The Art of Tracking**

We will use skills of ancient trackers to find our way, explore the landscape and learn of animals that passed in the night!

*And we will make crafts, cook food and relax, too!*

# Logistics, Gear & Accommodations

## What you need for your adventure

### What to Bring:

- A sharp Knife for carving
- Warm Clothes that can get dirty
- Rain Gear (good quality)
- Sleeping bag/Sleeping Pad
- Personal Toiletries/Medications
- Wool Hat
- Sunscreen
- Sturdy Shoes
- Bathing Suit/Towel
- Journal/Notebook/Pens
- Camera
- Daypack
- Water Bottle
- Flashlight/Headlamp
- Extra Blanket
- Personal Tent (optional)
- Food (we have a fully equipped kitchen)
- 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!*



### Housing & Accommodations:

We have several cabins with beds or bunks, and these are generally shared space during our courses, available on a first come, first served basis. If you prefer your own space, consider bringing a personal tent, which you can set up in our camp area. 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.

### Essential Skills of Wilderness Survival

**Left:**

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

**Right:**

Carving a coal-burned wooden spoon.

**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:

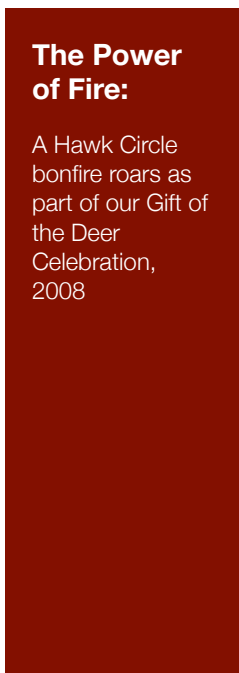
Take **I-90 East** towards Albany. Shortly after passing through Utica, you will come to the **Herkimer/Ilion Exit**, which you should take. Follow signs for Route 28 South through Mohawk until you get to **Route 20** in **Richfield Springs**. Take a left turn heading East on Route 20 and drive about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

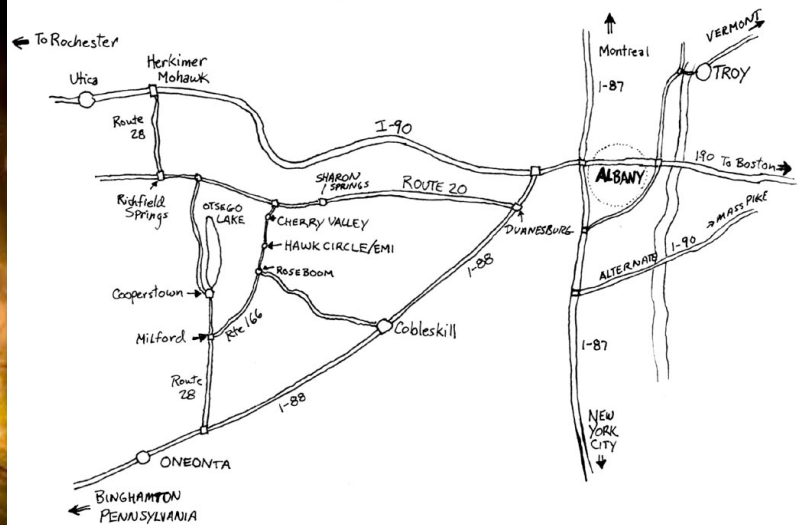
*Have a Safe Journey! We look forward to seeing you soon!*

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



### The Power of Fire:

A Hawk Circle bonfire roars as part of our Gift of the Deer Celebration, 2008



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:** 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 two weeks or earlier than 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 HAWK CIRCLE

Amount Enclosed \$: \_\_\_\_\_ Check Number: \_\_\_\_\_

We Accept Visa and Master card 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