

Hawk Circle



Counselors in Training For Ages 17 and older

Acceptance into the Hawk Circle Counselor in Training program is recognition that as an older student who has been through many of our camps and caretaker program, you are now ready for more responsibility.

It is an initiation into the team of instructors and counselors that have trained and committed themselves to helping youth connect with nature in a profound and transformational way.

Being a CIT here at Hawk Circle is a big job. You are not only working very hard right along side the staff, but as a CIT you are just beginning to learn the

responsibility of mentoring those that are younger than you. It is an honor, and not a position to be taken lightly.

During your time here as a CIT, you will attend all staff meetings, help plan camp schedules and sign up for camp blocks where you will assist the instructors and when ready, perhaps lead an activity yourself.

The CIT program is offered in two, two week blocks. You may attend one or both blocks.

Block 1: July 1-14

Block 2: July 15-28





Left:

Being a CIT at Hawk Circle and learning from awesome staff is a unique and very fulfilling experience.

Below:

Learning the art of passing on skills to youth.



The Hawk Circle CIT Experience

It is usually a CIT that is given the honor of playing the flute during the early morning hours. The gentle melody dances with the swirling morning mist as it wakes the campers from their deep slumber. Campers rise, breakfast awaits and the day has begun.

As a CIT you are required to be present at all times with the campers. Whether its having a conversation with them during a meal or while assisting a staff during an activity block. Your job is to be present and aware of the needs of the group and the needs of the staff you are assisting.

It can often be difficult to make the shift from being a camper yourself at one time to becoming a counselor in training. You are now having to concern yourself and the group with safety where as a camper the staff took the responsibility for you. You also become aware over your time here of the way skills are taught and the way the group is held. The magic here at

Hawk Circle is not something that just happens and you will begin to learn this as you spend more time with the camp.

Not only will you learn the art of leading a group, but you will have time to work on your skills and learn the techniques in passing these skills on to the younger generation.

Being a CIT is an incredible training on many levels. It can be hard work, many hours, and at the same time provide you with meaningful experiences and exhilarating work.



Logistics, Gear & Accommodations

What you need for your adventure

What to Bring:

Tent

- A sharp Knife for carving
- Warm Clothes that can get dirty
- Rain Gear (good quality)
- Sleeping bag/Sleeping Pad
- Pillow and pillow case
- Personal Toiletries/Medications
- Work Gloves
- Sunscreen
- Sturdy Shoes and Teva type sandals
- Bathing Suit/Towel for swimming and bathing
- Biodegradable soap and shampoo
- Journal/Notebook/Pens
- Camera
- Daypack
- Water Bottle
- Flashlight/Headlamp and batteries
- Extra Blanket
- 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!*

Please DON'T BRING: iPods, video games, gum/candy, weapons or tools not specified above, negative attitude (sense of humor is okay though!), or any medications that are not specifically ordered by a doctor.

Ticks/Poison Ivy

We have a low tick presence (we find, on average, a few ticks per year) which is an important health and safety consideration for many parents and school officials. Combined with low to no poison ivy, we find that our trips are more enjoyable, too!



Housing & Accommodations:

We have several cabins with beds or bunks and tents available. 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.

Right:

Mealtimes are great times for stories of the day, mentoring, jokes and enjoying fresh food in the company of friends.

Above:

The Hawk Circle Farmhouse.



How To Register

Program Fee: \$600/2 weeks
\$950/4 weeks

Please complete and mail in the application accompanied with a \$400 non-refundable deposit. Applications received after May 15 must be accompanied with the full tuition amount.

You will receive a letter confirming your acceptance into the program at which time you may download a complete registration packet from our website which includes parent information, and required medical forms.



Food & Menu

To help you plan:

Our menu is full of hearty staples that will keep everyone going throughout the program. We purchase all of our beef from a local biodynamic farm and our vegetables are grown in our own organic garden as well as purchased from local, organic growers. We are a very small facility so we are unable to accommodate those with special or unique diets. We strongly suggest that students with special needs **bring their own food** to make sure they are getting what they need while here at Hawk Circle. We do offer a vegetarian option with every meal.

Our menu consists of healthy, homemade, kid friendly meals!

Breakfasts:

- Hot oatmeal with diced apples, raisins, walnuts and brown sugar
- Toasted bagels with cream cheese, jam or peanut butter and banana
- Breakfast sundae with warm peaches, yogurt and granola
- Buttermilk pancakes, syrup and butter



Coal burned Bowls & Spoons

There is a tremendous joy that comes from making something with our own hands, working with natural materials and the self confidence we feel when we are successful in our creations.

Lunches:

- Peanut butter and Jelly sandwiches
- Tuna sandwiches
- Cheese sandwiches served with fruit and chips.

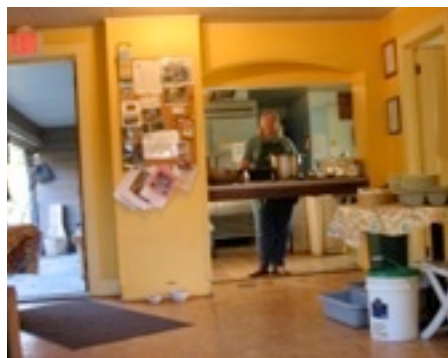
Dinners:

- Chili with warm corn bread
 - Macaroni and cheese
 - Italian bread pizza
 - Spaghetti with garlic bread
 - Chicken and vegetable stew
 - Bean Burritos with rice
 - Beef Tacos
 - Vegetable Stir Fry
- Most dinners are served with a fresh green salad and homemade dressing*

Menu is subject to change according to availability.

Healthy snacks of fruit, carrot sticks and crackers are served every afternoon.

Please let us know if you are a vegetarian at the time you apply. Thank you!



The Hawk Circle Kitchen:

Food always tastes better when you are hungry! We offer great meals that will keep you going as you learn.

Hawk Circle School Store & Gear

We offer a small array of good knives, flint & steel Fire making 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/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.

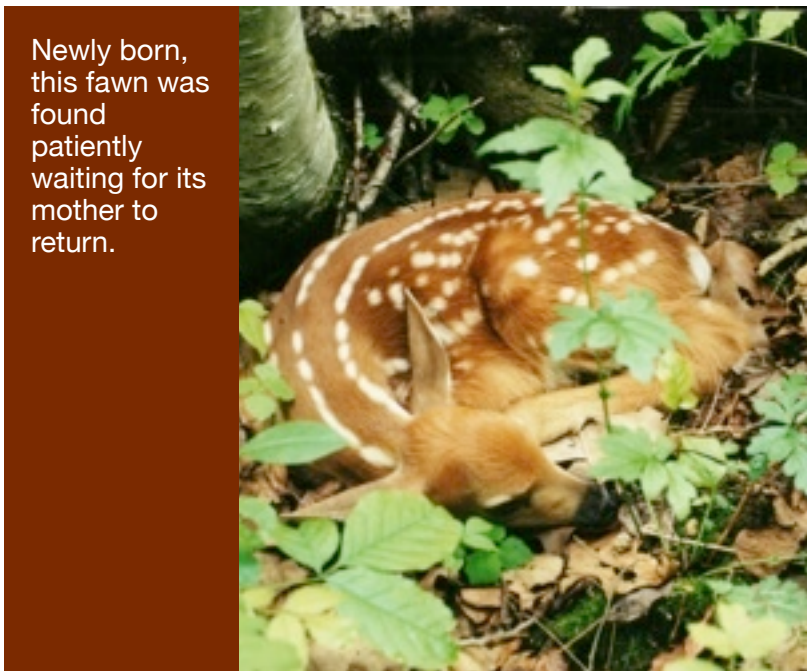
Public Transportation:

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

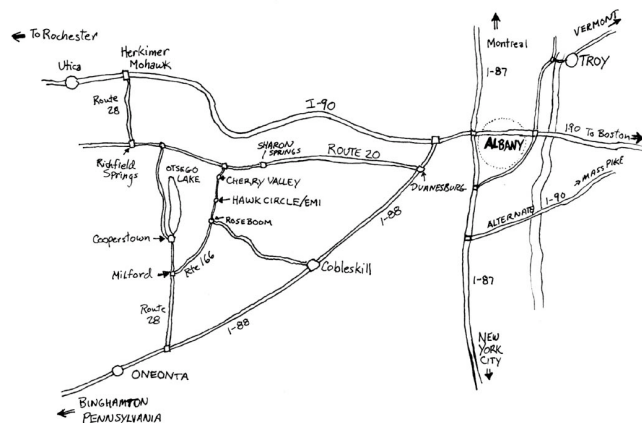
for a short while if you arrive early.

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

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



Newly born, this fawn was found patiently waiting for its mother to return.



HAWK CIRCLE CIT APPLICATION

Program Name(s): _____ Program Date(s): _____

Applicant's Name: _____ Date of Birth: _____ Age: _____ M/F(please circle)

Address: _____ City: _____ State: _____ Zip: _____

Home #: _____ Cell #: _____ Work #: _____ Email: _____

Parent/Guardian Name: _____ Phone #: _____

Parent/Guardian Name: _____ Phone #: _____

Emergency Contact: _____ Relationship: _____ Phone #: _____

Do you have any dietary restrictions? (We are not able to accommodate extensive dietary issues. Those students who have special diets are encouraged to bring foods from home to supplement our meals in certain instances. Please call for more information.)

What Hawk Circle camps have you attended? _____

Please attach to this application an essay that describes your reasons for wanting to be a CIT, what you are hoping to get from this experience and what you feel you have to offer.

The Fine Print: Due to our Policy of not overbooking our programs, we require a \$400 non-refundable deposit. This must accompany your application. The remaining balance is due no later than May 15th. Any payment plans must be approved by the main office in advance of your program start date. Payments received after May 15th will be subject to a 5% late fee. ••We will refund your deposit in the event that we cancel the program. If you need to cancel, please notify us immediately. For cancellations made two weeks prior to the start date of the program, we will refund your full balance minus the deposit. For cancellations made within the two weeks to the start date of the program, we will transfer your balance minus the deposit over to another program of your choice to be used within one year's time. There will be no refund for any portion of your tuition for cancellations made within 48 hours of the start date 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 understand that I (or my child) will be participating in activities that are outdoors, and have inherent risks of injury due to weather, accidents or other variables. I certify that I (or my child) 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, or that I have fully disclosed my limitations to Hawk Circle directors for personal program modifications. I hereby assume full responsibility for these risks which may be associated with, and all injuries which may occur to me (or my child) in connection with my participation in the program. I hereby release and hold harmless Earth Mentoring Institute & Hawk Circle Programs, its agents, and others working for Hawk Circle 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. **Media Release:** I also give my consent for the Earth Mentoring Institute and Hawk Circle Programs to use my photo and likeness in the event of a class picture or for use on brochures, promotional material, newsletters or website. I represent and warrant that I am over eighteen years of age.

Camper's Signature *Name(please print)* *Date*

Parent's Signature *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 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