

TrackersTEAMS Wilderness Immersion Fall Term 2009

Locations

TrackersHQ is directly across from a 140 acre wildlife refuge only 8 minutes from downtown Portland. It features a 2900 sq ft studio space with 2 other adjunct classrooms. We also have access to a high end wood working shop and metal welding and forging facilities. It is easily accessible by bike or bus. Most excursions leave from TrackersHQ in our vans, so you don't have to own a car, you can live by pedal and two wheels.

Trackers Homestead is our cabin on a private 400 acre wildlife refuge at the edge of the Mt Hood National forest. It features a pioneer orchard with 130 year old fruit trees and 2.8 acres of land dedicated to the design and restoration aspect of this course. While in class and during breaks, you find yourself on the edge of seemingly untouched wild lands with the chance to wander one of the most beautiful and epic landscapes on Earth.

Nature of the Village Overnight at the Trackers Homestead

September 6, 2009 Orientation to TrackersTEAMS Immersion

Morning Leave and camp setup

Morning Working Agreements and Methods

Afternoon Infrastructure: Locations and Gear

Evening Independent Study and Journal Methods Overview

September 7-9, 2009 Open Space Village Skills

September 10, 2009

Morning Tracking and Awareness primer day for independent study program

Afternoon Improv and theater training with the best in show biz

Evening Basketry Basic and Bark Containers (maybe)

September 11, 2009 Trillium Lake Fishing Expedition

September 12, 2009 Trip home, TrackersHQ Introduction and closing agreements

Regular Course Days

September 15, 2009

8:30am-9:00am Yoga with Melissa

9:00am-12:30pm Fire by friction: Basic to intermediate

-bow drill

-hand drill

-fire building

1:00pm-4:00pm Independent study overview and sit spots

-mapping

4:00pm-4:30pm Debrief

September 16, 2009

8:30am-2:30pm Kayak, Canoe and Umiak fishing trip to North Fork Reservoir on the Clackamas

2:30pm-4:00pm Planning the harvest pantry

- what foods for fall
- what types of preservation
- best place in TrackersHQ
- sharing practices

4:00pm-4:30pm Homework questions and check in

5:30pm-7:30pm Fishing, Wild and Local Foods Potluck

September 17, 2009

8:30am-4:30pm Shelter Building Primer at Hopkins

- location that means diverse and sustainable relationships
- shelter types: long term and short term
- preliminary construction
- collect vine maple for branch bows
- maybe begin branch bows

Shelter and Foraging Survival Overnight at Hopkins

September 22, 2009

Morning-Afternoon Shelter Building

Evening Dinner harvest

Evening Bow drill fire (if fires are allowed on site)

Evening Dinner cooking by campfire (if fires are allowed on site)

Evening "Tracking for the Hunt" primer

- collection for dinner
- plotting your photo "hunting zone" by topo, scouting it in the dark
- definitely begin branch bows

September 23, 2009

Morning Calisthenics and long run/hike conditioning

Morning Scouting/tracking for the photo hunt

- bring camera

Morning Shelter Improvements

Afternoon Medicinal and Edible Plants of the Pacific Northwest Primer

Late Afternoon/Dusk Photo Hunting Sit Spot

- bring camera

Evening Team Bow drill fire made directly from forest materials (if fires are allowed on site)

Evening Dinner cooking by campfire (if fires are allowed on site)

Late Evening Sing for you supper

September 24, 2009

Early Early Morning Photo Hunting Sit Spot

-bring camera

Morning Calisthenics

Morning Tracking Lens Journal

Afternoon Branch bow check

Afternoon Appreciations

Afternoon Journey home

Regular Course Days

September 29, 2009

8:30am-9:00am Yoga with Melissa

9:00am-12:30pm Urban Tree Harvest

-Apples

-Acorns

-Chestnuts

1:00pm-3:00pm Harvest Processing

-Apple cider pressing and fermenting methods

-Acorn leaching

-Chestnut flour

3:00pm-4:00pm Seminar: All Hallows Eve Reading

-**reading assignment** given prior

4:00pm-4:30pm All Hallows Eve Scout Pit Party Planning

-press release written for webpage and mailing lists

September 30, 2009

8:30am-1:30pm Kayak, Canoe and Umiak fishing trip to Hagg Lake

1:30am-4:00pm Visit Kookoolan Farm and take a tour <http://www.kookoolanfarms.com/>

October 1, 2009

8:30am-9:00am Trackers Meditation: Conversations with Plants

9am-12:30pm Begin pimp bow-making with Andrew Pinger

-Branch bows

-Bow types

-theory

-various designs

-draw out your bow

-meet your stave

4:00pm-4:30pm Journal of the week

October 6, 2009

8:30am-9:00am Yoga with Melissa

9am-12:30pm Stealth Adventure Awesome

-Team logistics

1:00pm-4:00pm Fermentation basics and intermediate: kraut and kimchi

4:00pm-4:30pm Debrief

October 7, 2009

8:30am-9am Trackers Meditation: Stealth and Shadow

9:00am-11:30pm Tracking with Tony: Mapping Oaks Bottom: Camo lecture

11:30pm-12:30pm Wildlife Illustration and Journaling

1:00pm-4:00pm Basic Leatherworking: Begin a quiver

4:00pm-4:30pm Homework questions and check in

October 8, 2009

8:30am-9:00am Calisthenics

9am-10:30am Continue pimp bow-making with Andrew Pinger

- Intro to stave

- Begin tillering

10:30am-12:30pm Basic Flintknapping and Stone Tools with Andrew Pinger

1:00pm-4:00pm Plant Tracking: Individual Plant Analysis, plus Teas and Decoctions

4:00pm-4:30pm Journal of the week

Intermediate Shelter and Fire Overnight at Hopkins

October 13, 2009

Morning Shelter Switch and Improvement (now you stay in someone else's shelter)

Afternoon Fire Review

- Fire by friction: Team Bow Drill with "no-knife"

- Various "campfire" methods

Afternoon "Tracking for the Hunt" field assessment

- observe new animal movements with focus on the rut

Evening Dinner cooking by campfire

Evening Sing for your supper

Evening "Tracking for the Hunt" dialogue

- tell the story of new animal movements

- plot new "hunting zones" by illustrated story/songline map

October 14, 2009

Early Early Morning Photo Hunting Sit Spot

- bring camera

Morning Photo hunt transitions to free for all human-hunt with foam arrows and branch bows

Morning Shelter Improvements

Afternoon Instrument making

Late Afternoon Photo Hunting Sit Spot (optional)

Evening Shelter journal

Evening Dinner cooking by campfire

Evening Theater Improv of the epic story of morning stealth hunt

October 15, 2009

Early Early Morning Photo Hunting Sit Spot II

-bring camera

Morning Find a deer

Morning Calisthenics

Afternoon Shelter Take Down

Afternoon Appreciations

Afternoon Journey home

Regular Course Days

October 20, 2009

8:30am-9:00am Yoga with Melissa

9:00am-12:00pm Fabric finding for re-purposed clothing

12:30pm-1:30pm Simple Patterning

1:30pm-4:00pm Basic Sewing Skills: Hand and machine

4:00pm-4:30pm Debrief

October 21, 2009 *Long day*

8:30am-9am Trackers Meditation: Simulflow

9am-12:30pm Canning and other preserving methods

1pm-3pm Glove making begins

3pm-4pm All Hallows Eve Costume and Mask Planning

4:00pm-4:30pm All Hallows Eve Scout Pit Party Planning

4:30pm-5:00pm Homework questions and check in

October 22, 2009

8:30am-9:00am Calisthenics and uphill workouts

9am-12:30pm One page business or life plan with Mike Rasmussen

1:00pm-4:00pm Tincture making: Red Cedar and Oregon Grape

4:00-4:30pm Journal of the week

October 27, 2009

8:30am-9:00am Yoga with Melissa

9am-10:30am Simple plant dyes

10:30am-12:30pm Sewing project check-in

-Gloves

-Costume and mask making

1pm-4:00pm Pickling and fermentation preservation

4:00pm-4:30pm Debrief

October 28, 2009

8:30am-9am Trackers Meditation: Prime projection

9am-1pm Kayak, umiak and canoe morning on the river

1:30pm-3:30pm Tracking with Jason: Blood Trails

3:30pm-4:00pm Homework questions and check in

4:00pm-4:30pm All Hallows Eve Scout Pit Party Planning Final Check-in

October 29, 2009

8:30am-9:00am Calisthenics

9am-11am Continue pimp bow-making with Andrew Pinger

-Bow string, backing, bending and silencers, plus other fancy stuff for you bow

11am-12:30pm Intermediate Flintknapping with Andrew Pinger

1:00pm-4:00pm Plant Tracking: Foraging Strategies

4:00-4:30pm Finish the day clean-up

October 31, 2009

Evening All Hallows Eve Costume Party Extravaganza

November 3, 2009

8:30am-9:30am Sit Spot Check-in

9:30am-11:30am Seminar: Culture and history of animal relationships with hunter-gather and horticultural communities

-**reading assignment** given prior

-honoring and the animal

11:30am-12:30pm Dairy ferments: Methods and practice

1pm-4:00pm Dairy ferments: Make goat cheese and yoghurt

4:00pm-4:30pm Finish the day clean-up

November 4, 2009

8:30am-9:30am *Travel to Trackers Homestead*

9:30am-3pm Large animal butchering at Trackers Homestead

3:00pm-3:30pm Appreciations & Finish the day

3:30pm-4:30pm *Travel Home*

November 5, 2009

8:30am-9:30am *Travel to Trackers Homestead*

9:30pm-3:30pm Traditional Meat Preservation at Trackers Homestead

-Corning

-Sausage

-Drying

-Pemican

-Rendering

-AND Hide racking and prep

3:30pm-7pm Dinner prep and wildfoods potluck feast and celebration (long day, goes until 7pm, students welcome to overnight at Cabin)

November 10, 2009

8:30am-9:30am Xin Yi

-12:30am Stuffing Sausage

1:00pm-4pm Nutria Trapping on Urban Farms: Lay the bike trapline by bike

4:00pm-4:30pm Debrief

November 11, 2009

8:30am-9am Sit Spot Check-in

9am-12pm Nutria Trapping on Urban Farms: Harvest the Nutria by bike

12:30pm-4pm Nutria Trapping on Urban Farms: Skin and butcher + Smoking Sausages

4:00pm-4:30pm Homework questions and check in

5:30pm-7:30pm Nutria Feast/Wild Local Foods Potluck

November 12, 2009

8:30am-9:00am Homework Check-in

9am-10:30am Sinew Bow String with Andrew Pinger + Smoking Sausages

10:30am-12:00pm Bone Tools with Andrew Pinger + Smoking Sausages

12:00pm-12:30pm Bow Check-in

1pm-4:00pm Basketry Basic and Bark Containers

4:00-4:30pm Finish the day clean-up

Tracking and Nature Awareness Overnight at the Trackers Homestead**November 17, 2009**

Morning Tracking Bear Primer

Afternoon Homework Check-in + Smoking and curing meats continued

Evening Finish the day clean-up

Evening Overnight sit on Bear Trail Begins

November 18, 2009

Morning Solo Bear Tracking + Smoking and curing meats continued

Morning Bear Mapping

Afternoon Fire in all conditions

Afternoon Stealth teams into dark with finished bows and foam arrows

Afternoon Feast prep

Evening Team bow drills with stone tools by dark

Evening Feast of Giving Thanks: Smoked or steam pit turkey

Evening Finish the day clean-up

November 19, 2009

Morning Bear Spots + Smoking and curing meats continued

Afternoon Homestead Camp Clean Up

Afternoon Appreciations

Afternoon Journey home

Regular Course Days**November 24, 2009**

8:30am-9:00am Sit Spot Check-in

9am-11:00pm Business Planning check-in with Mike Rasmussen or Tony

11:30-3:00pm Advanced Fermentation

3:00pm-4:00pm "To Accomplish" list to welcome in the Water Village

- Gifts to the Water Village
- Projects for year long students
- Skills to revisit for "Winter Welcome" overnight

4:00-4:30pm Finish the day clean-up

November 25, 2009

8:30am-3:30pm Day long bird language stealth game (at Hopkins)

3:30-4:30pm Finish the day clean-up

November 26, 2009

8:30am-9:00am Sit-spot check-in

9am-4:00pm Root Cellaring

4:00-4:30pm Finish the day clean-up

Winter Welcome Overnight at the Trackers Homestead

December 1-3, 2009

Day 1 Where have we journeyed?

- Retrospective
- Theater Improv-Show and tell

Day 2 Where are we now and where are going?

- Open Space
- Stories of the person
- Stories of the Trackers Tribe
- More skills

Final Evening Graduation of the Wind Village with gifts to the Water Village

Final Day Clean the homestead and journey home

December 4, 2009

2pm-5pm Final Term Clean-up

7pm-10pm Community Wildfoods Potluck and Graduation

Keeping everyone healthy TrackersTEAMS and TrackersNW reserves the right to refuse service to anyone. We strive to meet the needs of all participants, building a healthy working, learning and creative environment for all involved, both staff and client. Very rarely, and almost never, this requires the dismissal of a participant. If this occurs prior to the program we evaluate the circumstance. There will be no refunds if dismissal occurs during the program. We take the responsibility for the health of every team member seriously and set our standards high, addressing challenges as it affects the emotional and physical well being of the group and program team, other paying clients continuing to derive value from the program and the emotional well being of our staff. Grounds for evaluation and possibly dismissal includes but is not limited to: dangerous activities, emotional distress beyond the scope of our instructors, racist, sexist and otherwise bigoted behavior, accusatory and aggressive unsolicited advise, expectations that participants or staff conform to another person's aggressively specific moral values and overwhelming, unspoken or indirect verbal, written or physically

aggressive behavior. This is at the discretion of the instructor staff. We definitely appreciate well thought out and well versed feedback, both positive and negative, about how we can better meet each others needs in a functional way. We do not support censorship by any means.

Program Benchmarks Program benchmarks are set as goals only. These are subject to change based on our team collaboration with participants. They are also subject to change for other circumstantial issues, including but not limited to weather, cancellation of contractors and other options arise that instructors believe are more thematically appropriate. We are an outdoor program. Many of our activities are strenuous.