

SUN DOG ADVENTURE PROGRAMS

Prevention Education Programs of the Alcohol and
Drug Abuse Council of Delaware County, Inc.

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Dog Tracks

Summer Newsletter 2003

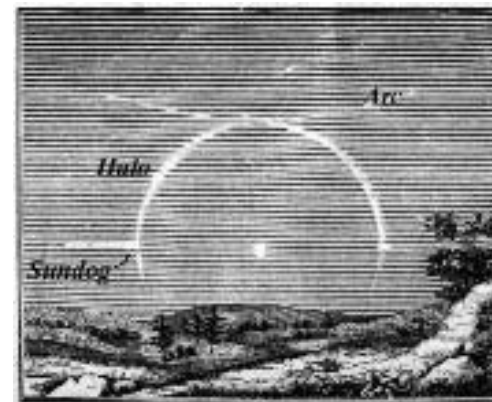
Issue 1

Welcome to the first issue of Dog Tracks, the newsletter of the Sun Dog Adventure Programs! It is summer, hotter than ever and we are off and running, teaching wilderness skills to kids in and around Delaware County, and looking forward to meeting you!

This newsletter is for you, to help you feel connected to Sun Dog and each other, during the school year and to hear what has been happening, what is going on, and what is coming up next! This means you will be able to find upcoming events, as well as articles, movie reviews, stories, cartoons and even poetry, artwork and whatever you might care to submit.

In this issue, we tackle the question: "What are wilderness skills?" as well as let you know about our Wilderness Leadership Program at the end of July. There is even a review of the current movie "The Hulk". So, get ready for the first issue, and if you are inspired, please send us your ideas, your letters, your artwork, poetry and stories and I will find a place for them in this newsletter!

Have a great summer and we hope to see you in the fall!



A "sun-dog" is a halo or prism effect that you can sometimes see around the sun. It is caused by ice crystals in the atmosphere. A Sun Dog Leader is a person who is positive, ready to learn, who knows that life is an adventure and a challenge! Learning skills of wilderness awareness and adventure builds leadership skills, creativity and to recognize opportunities where we can make a difference.

ORIGINS

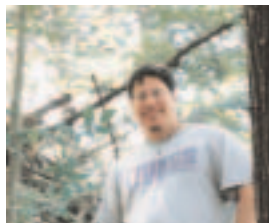
Hi! My name is Ricardo Sierra and I am the coordinator and lead instructor for the Sun Dog Adventure Programs. However, my journey to this place didn't happen overnight! Here is a (greatly shortened) story of who I am and where I am from. (Ric in Mosaic Canyon, Death Valley, California)



For those of you that know a little tracking, you probably could tell just by my name that I am not originally from upstate NY! I was born in California and raised on both the East and West coasts until I was 18. I lived in the Hudson Valley for most of those years that I wasn't in Northern California! I spent lots of days wandering the woods and fields, fishing, exploring and just enjoying the wilds whenever I could, no matter what the weather. I lived in California for a long while too, doing trail building and wilderness conservation work with the California Conservation Corps, and got to travel into the deep backcountry of the Golden Trout wilderness Area, Mount Shasta National Forests, The Salmon-Trinity Alps and so many other wild places, I can't list them all. Eventually, my thirst for adventure led me to a man named Tom Brown, who runs a native

american style wilderness school in New Jersey, and there my wilderness training took on a whole new dimension. Through the help of many instructors, native elders and my friends, I learned how to stalk silently, make fires without matches, find food, understand the trees and birds and track animals, with little or no modern equipment, just as native peoples have been doing for centuries.... It was hard work but I loved every minute of it!

After learning all of these great skills, I also found out that lots of kids seemed to like learning them too, and so I started my own summer camp programs called Hawk Circle Wilderness Camp. I moved from the Hudson Valley to Cherry Valley, and moved my camp with me. I still love to fish for salmon in the Pacific Northwest, and am just learning to bow-hunt for deer, and make leather crafts too. The skills I am currently working on is flintknapping, or the Art of Making Arrow and Spearheads from stone. My family seems to tolerate the rock stuff, since I get cranky if I don't get outside enough! I am excited to bring these skills to Delaware County and hope you will be a part of the Sun Dog family! If you want to more about me, just ask!



SEND US YOUR STORY! THE SUN DOG AUTUMN SWEATSHIRT CONTEST!

If you have a story about something you learned in nature, or have a wilderness safety tip, or a joke, or a picture or poem that you think would go great in the newsletter, send it in! If we print it, we will send you an awesome Sun Dog Sweatshirt! Thick, warm, one hundred percent cotton, decorated with our logo, this could be yours, so get your pens and paper and creative spirit flowing!

Be sure to use blank white paper for your drawings and send us your name and address so we can send out your sweatshirts if we use yours in our next newsletter...

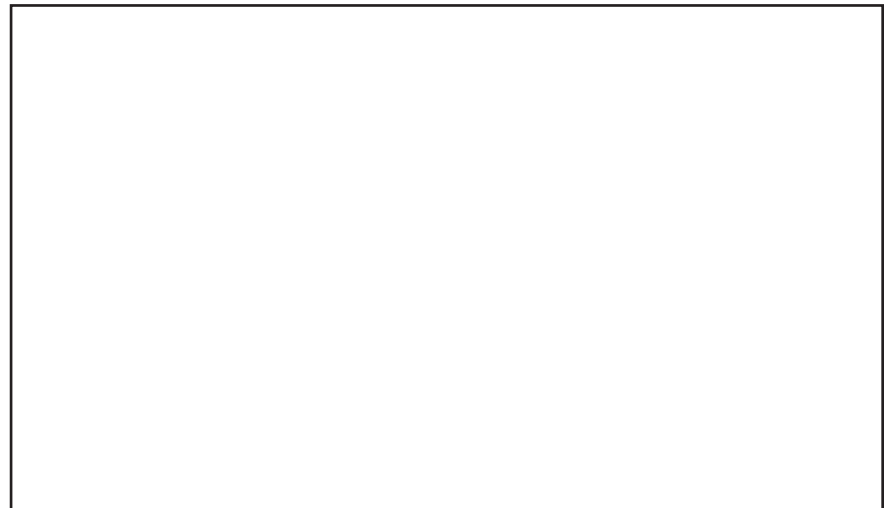


We have lots of sweatshirts, so everyone who submits has an excellent chance at winning! There are other good prizes too, so do your best work and you might be sporting a great new style for fall! Good luck!

Send all entries to Ricardo Sierra, 72 Main Street, Delhi, NY 13753

Sundoggy

by Ricardo





THE WILDERNESS
LEADERSHIP PROGRAM
JULY 29-AUGUST 1, 2003

There is still a few openings left in this Summer's Wilderness Leadership Program, happening in Delhi at the end of July. For four days, we will be making shelters, doing lots of native crafts, cooking, practicing new skills of stalking, awareness, movement, tracking and having fun....

Advantages to being part of the Wilderness Leadership Program: Meeting new friends! Learning to see more in Nature! Getting a chance to get really dirty! Splashing in a cool stream! Cloud watching! Cooking over a Campfire! Making lots of Christmas gifts way early! Learning all the foods Ric really doesn't like! (Its not a huge list!) Discovering new things about yourself! Great food! And of course, the best thing of all..... having a new Adventure!



LIGHTING A FIRE USING A COAL FROM FIRE BY FRICTION USES OVER TWENTY COMPLEX SKILLS TO ACCOMPLISH!

All you have to do is be from Delaware County, submit an application and a poem or artwork about nature that you have done, and you will probably be accepted into this free program!

Call Ricardo Sierra at (607) 746-8300 for an application!



Do you know this animal?

Known for his ability to move quickly, for many miles over harsh mountain terrain, take on whole wolf packs or grizzly bears, and outsmart trappers, he was admired by native peoples for his indomitable spirit and passion for remote places.

What are.....
.....Wilderness
Skills?

Wilderness skills are the skills needed to be able to live safely and fully in a wilderness area. Surrounded by miles of natural mountains, hills, streams and fields, we live in a beautiful and wild place that is just waiting to be explored. However, it is always a good idea to know what you are doing when you wander outside!

Wilderness shelters made from sticks and leaves, blankets and mats made from grass, pottery made from gathered clay, arrowheads local flint, gathering and cooking wild foods, animal tracking, birds and tree studies and countless native and aboriginal crafts are all included in learning wilderness skills!

Safety, maps, communication, first aid and other skills are also part of learning to survive, stick together and use everyone's strengths in the wilderness.

Overall, having a positive attitude and good awareness skills are key to creating the confidence to overcome any challenge that life or nature might give us, such as a thunderstorm, or intense heat or lack of water.

Remembering that our ancestors all figured out how to survive without stores, or factories to make their clothes, food or tools gives us an opportunity to be thankful for our modern tools and lifestyle but not be dependent on it. Independence is a wonderful thing, and also a lot of hard work that feels so good when we



HEY, DELHI AMERICORPS!

This summer, we are really fortunate to have the Catskill Outdoor Education Corps (SUNY Delhi Americorps) crew working to teach lots of new skills and bringing their smiles and great ideas into our Sun Dog Programs! We have been doing many trainings this spring in preparation for this summer's youth programs, so know that there is a lot of planning behind those skills that we seem to so effortlessly teach to you!

Americorps members sign up for a summer or for a full year, to take part in making lots of different educational programs happen in communities all across the country. Some groups actually focus on education while others do more trail and outdoor work projects. Dave Deforest is the Coordinator of the Delhi program, and also part of Sun Dog's Mentor and Elder's Circle too.

So, give these great people a smile and get ready to have fun!

Thanks Americorps!

Movie Review: **THE HULK!**

The movie *The Hulk*, is adapted from a Marvel Comic that was originally called *The Incredible Hulk*. It is basically the story of a man who has something inside of his cells that cause him to turn into a huge, almost indestructible, green monster with amazing strength and power.

The movie revolves a lot around how Bruce Banner (aka the Hulk), tries to remember who he is and what happened to him in his childhood, so that he can figure out why he feels so different than other kids or other adults. His former girlfriend, also a scientist, tries to reach out to him lots of times, but he just can't remember anything.

Once he begins to turn into the Hulk, it is awesome to watch, not just how strong he is but also how he seems to enjoy being so strong and powerful. I could definitely imagine that I would feel that way if I was that strong and big! He even says, at one point, that when the change comes over him, that "I like it!" I say, definitely!

However, the sheer power of his rage and destruction is almost frightening at times, so it is not really trying to promote a violent outlook on life. I think Ang Lee, the director, did a good job balancing the entertainment of his powerful Hulk, and also the responsibility of not glorifying violence. In the movie, Bruce Banner never tries to really kill anyone unless they are trying to kill him, and even then, he lets lots of what he calls, "Puny Humans" run away when he could just as easily have finished them off. Which I liked! (Hey, it is what I would have done too. If I was green!)

It is amazing how quickly the Army decides they must destroy him, and how they just start fighting and trying to control him, without once trying to talk to him or understand who he is or what he is all about. I think there are lots of times when this has happened to me when I was younger, and I think there are lots of viewers who will be able to relate to this part too.

There are many good parts in the movie that I won't give away, but what I will say is that it isn't exactly what you think, and that it is a good thing. The movie has a lot of comic book frames and split screens, so it is unusual, and the person I saw the movie with hated that part of it, but I liked it. I could see that it could be annoying but I thought it was cool.

On a scale of one to ten, I say this one's about an 8. I give lots of credit to comic book that become movies, because I really liked comics as a kid. And I would go see it again, in the theater, if I get the chance, because it is awesome on the big screen. Will I get the DVD? I don't know! Maybe, just to see the interviews and special effects and stuff.

Reviewed by Ricardo