



**Watch for our
new web site!
Launch date
will be
January 15th of
this year!**

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Our own Arthur Haines on Preventing and Treating Staph Infections!



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Our Year Long Calendar, Arranged for easy printing and posting.

Maine Primitive Skills School

January 2012



Happy New Year! We look forward to sharing skills, tracking, foraging, and more during the next four seasons!

Congratulations contestant winners Katherine Hamilton, Laura Anderson, Ryan Herb, and Thomas Vining. We had three people win a free weekend course or half the tuition to a five day, and one person win a free five day course for them and a person of their choice. We'll run a different

contest in a few weeks, so pay attention to our facebook page at

<http://www.facebook.com/groups/24278766128/>

www.primitiveskills.com

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Preventing and Treating Staph Infections by Arthur Haines

Part One

I get a lot of requests for dealing with staph infections. This organism is responsible for a host of different infections (see below), some of which can compromise the health of extremities and limbs and, in some cases, threaten the life of the person. Most people are asking me specifically how to treat an infection using wild or cultivated plants. This is an important question, and the answer to it provides a confident means of treatment that does not harm the person. However, we are generally indoctrinated (without knowing it) into a medical paradigm that causes us to focus on symptoms (and their relief) rather than the underlying cause. Therefore, I have decided to break this article into two parts, the first of which will cover how to armor yourself against staph infections (and other infectious agents), the second of which will treat what to do if you succumb to one.

Some of you may know that I practice a martial art called Brazilian jiu-jitsu. This is a close-quarters, ground-fighting art that can be described as submission wrestling. Needless to say, people who practice this art are in close contact with their training partners, and this allows for the transmission of pathogenic bacteria and fungi. I used to succumb to several staph infections a year. Some of these were serious and caused a lot of discomfort and temporary loss of mobility. It did at least give me many opportunities to work on natural treatments using wild and cultivated plants. Of potential interest to you is that I was able to learn deficiencies in my diet and make corrections. It has been years since I have had a staph infection (or a cold, flu, etc.).

The organism responsible for staph is a bacterium (*Staphylococcus aureus*) that commonly lives on the skin and in the nose of humans. It is always present and requires a suppressed immune system to overwhelm the body's defenses and become problematic. Staph can cause skin rashes (impetigo), skin infections (boils), joint pain (septic arthritis), heart problems (infective endocarditis), respiratory problems (pneumonia), and several other health issues. Creating a strong defense against this organism requires a powerful and vital immune system. Our immune system is powered primarily by what we eat (though other factors are important too).

It is critical that you understand that frequent or recurring infections (including colds and flus) are an indication your diet is insufficient for the challenges you face. Equally critical, if you visit a doctor's office for these problems, in most cases, you will be prescribed a medication to kill the pathogen, but no attention will be given to the underlying problem (weak immune system). Further, the medication provided will not selectively kill pathogenic bacteria; it kills all bacteria, including those that are beneficial and necessary to your health (e.g., gastrointestinal flora). This further compromises the health of your body and the functioning of your immune system, which makes you more susceptible to another infection, requiring another doctor visit, and the process goes on.

Diet is an often poorly understood aspect of human living that can be very contentious. Many people have committed significant time and resources to practicing a certain life style (which includes the foods they eat) and respond poorly to information that is contrary to what they have learned. Please understand that the information provided here is not intended to offend anyone. I present it with evidence from archeology, ethnography (i.e., study of primitive diets), and a host of modern research. My lens for viewing human nutrition comes from an understanding of what the natural human diet is (or more importantly, was).

The following are strategies for bolstering the function of your immune system. There are many more, but these are some of the important factors that can make a huge difference in your body's defenses.

Vitamin A

This vitamin is known to enhance the functioning of the immune system and protect various parts of the body from infections (including viral and bacterial types). Given that this vitamin is also an antioxidant, it also helps quench free-radicle damage (i.e., it aids in the prevention of cancer).

There are basically two sources of vitamin A: animal foods and plant foods. Both are beneficial, but plant sources (the carotenoids) are not as powerful as animal sources because plant sources must be converted in the body to the active forms of vitamin A (such as retinol and retinal), the forms found in animal foods. Further, the conversion of carotenoids is not perfect (in the elderly and sick, the conversion occurs at a poor efficiency). The average conversion efficiency has been calculated at only 9–22%. Note that a low-fat diet hampers conversion because dietary fats are necessary for this process. To summarize this (and it is important you understand this)—plants don't contain Vitamin A, rather they contain a precursor (pro-vitamin A) that isn't perfectly translated to active Vitamin A. Traditional diets received approximately 10 times the Vitamin A that our current diet does. They did this by following dietary wisdom (as opposed to following many “health experts” who recommend avoiding some of the best Vitamin A-rich foods). In the context of our topic at hand (staph infections), it is noteworthy that antibiotic medicines interfere with Vitamin A absorption (keeping the body primed for additional infections). Good sources of Vitamin A include liver (and other organ meats), marine oils, fish, shellfish, eggs of properly raised birds, and butter from properly raised animals. Know that the body stores Vitamin A in the liver; therefore, this is one of the best sources of this vitamin. Though this organ from some animals has a strong flavor, it can be covered through blending with other foods. Some of our favorite dishes include pâté and a meatloaf that incorporates organ meats. I realize this may sound offensive to some of the readers, but your ancestors ate all of these foods and enjoyed wonderful health as a result.

Vitamin D

This is the most important part of this newsletter. Almost anyone reading this is deficient in Vitamin D. This opens you up to a host of problems, including diabetes, hyperactivity, schizophrenia, bone disorders, cancer, and infections (there is a very long list that could be provided here). Vitamin D (actually a hormone) can be acquired in two manners: diet and lifestyle. By the latter method, Vitamin D is manufactured in the body out of cholesterol by the action of sunlight on the skin. However, there are many things that interfere with this. If you excessively protect yourself from the sun, you cannot manufacture Vitamin D. We are told by medical professionals that sunlight causes skin cancer. Though this topic is too big to be covered here, know that this notion is seriously flawed (true that it can in people with nutrient-poor diets, especially those low in Vitamin D and polyphenols). Avoiding the sun is tantamount to avoiding fresh air, exercise, and nutritious food (would you believe a medical professional if they told you to avoid these health-giving items?). Also realize that if you frequently wash your entire body with soap, you also reduce your body's ability to produce Vitamin D because our skin's oil (sebum) is, at least in part, necessary for Vitamin D production (and soap washes this away). In other words, excessive personal hygiene contributes to a Vitamin D deficiency. Diet is important for acquiring the appropriate amount of Vitamin D, especially in northern latitudes where winter season both diminishes the intensity of sunlight and necessitates clothing that hides the skin's surface from the sun. Very few foods actually supply ample amounts of this nutrient in a form that is bioavailable. Marine oils (e.g., cod liver oil), liver, butter from grass-fed cows, free-range eggs (duck better than chicken), and seafood (e.g., shrimp, crab) are some of the best sources.

Plants are, unfortunately, poor sources of this vitamin. Sun-dried mushrooms can be good sources of Vitamin D₂, but this version is not as bioactive as D₃ (the form made by sunlight and found, in part, in animal foods). So why focus on Vitamin D? Many reasons; I'll provide a few compelling ones. First, the US RDA (recommended dietary allowance) for this nutrient falls horribly short of the levels needed for health. For middle-aged adults, only 600 International Units (IUs) are recommended. Independent studies show 4000 to 8000 IUs promote health (in line with the results of Weston Price's observations of primitive diets). Second, Vitamin D up-regulates the production of an antimicrobial compound in the skin, helping prevent infectious bacteria and fungi from establishing themselves. This antimicrobial peptide (called cathelicidin) is known to be directly active against *Staphylococcus aureus*, including Methicillin-resistant forms (MRSA). Third, Vitamin D assists with other health issues that result from poor immune system function, such as cancer. And fourth, Vitamin D is also an antioxidant, so it helps protect the body from a host of insults (again, including those that can lead to cancer). The single most important thing you can do for your diet is realize the importance of

Omega-3 fatty acids

Omega-3 fatty acids are crucial lipids to acquire in the diet because they cannot be manufactured by the body. This is also true of the related omega-6 fatty acids. Both of these fats belong to a group of lipids called polyunsaturated fatty acids, which are liquid at room temperature. Unfortunately, contemporary diets (especially vegetarian ones) receive too high a proportion of omega-6 fatty acids, found in abundance in grains, nuts, seed-like fruits, and legumes (including oils made from these foods, such as corn oil, soy oil, sunflower oil, and safflower oil). Too much omega-6 fatty acids in the diet exacerbate many health problems, including immune system function. Know that hunter-gatherer diets ingested these two fats in a ratio of approximately 2:1 omega-6 to omega-3. The average American diet takes in these lipids in a ratio of approximately 10:1 to 20:1 (vegetarian diets can be even higher, 24:1 has been reported in the literature). Omega-6 fatty acids suppress immune function and promote inflammation when consumed in these ratios, leading to cardiovascular disease, neurological diseases, arthritis, asthma, and many other chronic (i.e., preventable) issues. Omega-3 fatty acids promote immune system function and suppress inflammation when ingested in appropriate amounts. Omega-3 fatty acids can be acquired from plants and animals. Again, like with Vitamin A, the plant forms are different from the animal forms. Plants provide primarily alpha-linolenic acid (ALA). It is the leafy shoots and small seeds within fleshy fruits (e.g., blueberries, raspberries) that, on average, contain the highest amounts of ALA. Animals provide longer-chain forms of these lipids: eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA, this one is also made in smaller amounts by some algae). All of these forms are important for health, but the longer-chain forms are crucial for proper functioning of the immune system. In the body, ALA can be converted to EPA and then to DHA, but the conversion of ALA to longer-chain forms occurs at a poor efficiency (especially in men, where it is generally below 5%). Therefore, it is important to eat a balanced diet (i.e., one that derives food from all the major food kingdoms, including animals). Good sources of ALA include wild shoots and greens and many fleshy fruits with small seeds (i.e., fleshy fruits where the seeds are eaten). The fruits of chia (*Salvia hispanica*) are excellent and purchasable sources of plant-based omega-3 and are superior in some ways to other well-known plant sources (e.g., flax seeds). Good sources of EPA and DHA include fish (especially oily types) and shellfish, though it also occurs in many wild mammals, especially those that consume leaves, shoots, grasses, and the like as a large part of their diet (this also translates to domesticated animals: pastured animals are better for you than cage-reared, grain-fed animals). If you are unable to hunt and gather wild foods, know that how the animal was raised is vital for its omega-3 fatty acid content. For example, free-range chickens that are provided fresh pasture to consume plants and insects can have an omega-6 to omega-3 ratio of approximately 1:1. In comparison, chickens raised in cages and fed grain have a very poor ratio, as disturbed as 19:1. And if you purchase organic eggs that are fed “vegetarian” feed, this means they get lots of grain (high in omega-6 fatty acids) and as a result have poor fatty acid profiles (note: chickens aren't meant to be vegetarians).

Polyphenols

These water-soluble phytochemicals are well-known to many who study nutrition. They are touted (with good reason) for their antioxidant ability. However, polyphenols do much more than quench free radicals in the body, they also act as anti-inflammatories and boost the function of the immune system (through several mechanisms, including improvement of the functioning of T-cells). Polyphenols are not found in animals, they must be acquired from plants. Most importantly, every study I've seen that compares wild plants with similar domesticated plants shows that wild plants contain more polyphenols. Why? One reason is that certain polyphenols are part of the defensive system of plants and help them repel various pathogens and herbivores. Wild plants must fend for themselves; therefore, they produce more defensive compounds than cultivated species that are cared for (or sprayed) by humans. Another reason is that plant breeding to produce our domesticated plants (which is a form of genetic modification) sought to, among other things, improve the flavor and reduce the bitterness of many fruits and vegetables. Bitter is one of the five tastes and serves the function of identifying antioxidant ability (much in the same way that sweet serves to identify the presence of sugars). Therefore, always seek out wild plants for food when your landscape and schedule allow.

If you do consume mainly domesticated plants, buy organically raised versions and seek out those that are closer in form to their wild progenitors (this demonstrates less genetic modification and less loss of beneficial phytochemicals). Some good wild sources of polyphenols that you may not have heard of include: black chokeberry (*Aronia melanocarpa*), black crowberry (*Empetrum nigrum*), and the inner bark of eastern white pine (*Pinus strobus*).

Fungal extracts

Fungal extracts include decoctions (hot water teas) and tinctures (alcohol soaking) and the combination of these methods (double extractions). I gather mine from the wild, usually focusing on the fruiting bodies or sclerotium of hemlock reishi (*Ganoderma tsugae*), chaga (*Inonotus obliquus*), and turkeytail (*Trametes versicolor*). These are well known for their immune modulating activity and are also anti-inflammatory, antineoplastic, and antioxidant. Though they have many mycochemicals that boost immune system function, it is the beta- glucans, a type of carbohydrate, that have received much of the research attention. These compounds enhance many facets of the immune response and can be an important aspect of keeping the immune system in good working order (especially in the face of modern day stressors). For example, research shows that glucans stimulate the activity of Natural Killer Cells (these act directly against tumor cells and assist in suppressing viral replication), activate macrophages, induce maturation of T-cells, and stimulate B-Cell activation. Because beta- glucans are bound to proteins, usually heat is needed to separate these carbohydrate-protein complexes (this is important if you are preparing your own extracts or purchasing extracts). Also, some of the mycochemicals are best dissolved in alcohol (i.e., they are poorly water soluble); therefore, double extractions have a wider range of activity than water or alcohol extracts alone. For example, the antiviral components are not found in water-only preparations (if you would like to learn to make your own double extractions, see the 2012 schedule at www.arthurhaines.com/learn.html, we will be making this form of medicine in the Fall Foraging class). Given the safety of fungal medicines and their broad range of therapeutic benefit, I recommend their use on a frequent basis.

You may be aware of glaring errors from the list (e.g., Vitamin C, various minerals such as zinc and selenium). Also, some animal foods, like colostrum, can help reinvigorate the immune system, especially after years of poor diet. Unfortunately, I can't cover all of them and expect you to read the entire newsletter. Therefore, please forgive the condensed treatment. I also want to reiterate that I'm not trying to attack anyone's diet and lifestyle. All dietary choices have consequences. I'm simply presenting the information from the lens of wild food and indigenous diets. Following are items you must find ways to avoid, as they are known to suppress the functioning of the immune system: refined carbohydrates, food additives (e.g., preservatives, coloring), and oxidized fats (e.g., vegetable oils used in pan-frying and deep-frying, many types of cold cereal). Remember that organically-grown whole grains and seed-like fruits can be nutritious, but if you eat lots of bread, pasta, rice, quinoa, amaranth, lentils, beans, almonds, and most nuts, you are taking in large amounts of omega-6 fatty acids and little omega-3 fatty acids (poor balance leads to suppressed immune function). Dietary diversity promotes health.

Additional Resources: See my youtube channel: <http://www.youtube.com/user/arthurhaines?feature=mhee>
Look at the list of classes, lectures, and programs: <http://www.arthurhaines.com/learn.html>
Purchase foraging books: http://www.arthurhaines.com/ancestral_plants.html
Arrange for classes or consultation: email me at [arthurhaines\[at\]wildblue.net](mailto:arthurhaines[at]wildblue.net)

Please know that I'm doing fewer scheduled classes these days and more privately arranged events and mentoring, just contact me for details and we can develop a curriculum that works for you.

Also visit www.primitiveskills.com to register for our upcoming foraging courses!



Maine Primitive Skills School 2012 Calendar

January

Winter Foraging

Jan 6 – 8, 2012

716 Church Hill Rd., Augusta, ME 04330

We will forage the winter landscape for sources of food, fiber, and medicine. We will make tinctures, salves and traditional medicinal smoking mixtures from the materials we find.

Friday 7pm to Sunday 12 noon.

Cost: \$220.00

Location: Augusta

[Sign up now!](#)

Winter Skills 5 Day

Jan 11 – 15, 2012

716 Church Hill Rd., Augusta, ME 04330 ([map](#))

Students will learn a number of winter shelter strategies and concepts, water gathering, advanced fire making, and food procurement in this most challenging of seasons. Students are welcome to arrive the night before and stay in the dorm.

Cost: \$520.00

9am Wed. to 12 noon Sunday.

[Sign up now!](#)

January (cont)

Snow Shoe Making Weekend

Jan 20 – 22, 2012

716 Church Hill Rd. Augusta, ME 04330 ([map](#))

Description

Students will learn how to select trees, split blanks, make forms and use a formless approach, explore steam bending, boil bending, lacing, and binding.

Cost: \$220.00

Friday 7pm to Sunday 12 Noon

[Sign up now!](#)

Tracking Intensive

Jan 25 – 29, 2012

716 Church Hill Rd., Augusta, ME ([map](#))

Description

Students will learn the 6 Arts of Tracking through total immersion. We will also explore aspects of tracking team management, incorporating gps technologies for wildlife surveys, tactical tracking considerations, forensic tracking, and counter tracking. Students are welcome to arrive the night before and stay in the dorms.

Cost: \$520.00

Wednesday 9am to Sunday 12 noon.

[Sign up now!](#)

Winter Gathering

Jan 28 – 29, 2012

CMAA, Coudersport, PA ([map](#))

Gatherings provide an environment of continued learning. Each season is unique and has its own special things to teach a survivalist or naturalist.

Location: CMAA Inc., in Sweden Valley (just outside of Coudersport, Pennsylvania)

Cost is \$25.00 per person, \$10.00 for children under 12 years and must be accompanied by an adult (recommend age 10 and up unless very mature). Register by contacting CMAA

Inc. at: (814) 274-8842.

February

Intro to Philosophy

Feb 3 – 5, 2012

716 Church Hill Rd., Augusta, ME ([map](#))

We will explore the underlying philosophical energy of hunter gatherer nomadic cultures with regards to connection to the landscape and beyond. This course is an extension of the native awareness series.

Cost \$220.00

Friday 7pm to Sunday 12 noon

Applications in Philosophy

Feb 10 – 12, 2012

716 Church Hill Rd., Augusta, ME 04330 ([map](#))

"Applications" was designed to assist the learner in making the transition from static meditation and solo skills practitioner to daily spiritual existence. Methods for maintaining and developing increased awareness, empathy, and skill sets while moving through ones daily life are covered as well as deeper applications of techniques covered in the Into to Philosophy Class.

Friday 7pm to Sunday noon

Cost: \$220.00

Healing

Feb 24 – 26, 2012

716 Church Hill Rd., Augusta, ME 04330 ([map](#))

Healing is designed for those folks who want to work beyond the scope of personal development & work with the landscape, community, or folks they encounter. Explore approaches used for thousands of years, refined through the ages, and applied around the globe. Explore techniques common to countless traditions & applications for regaining & maintaining wellness & balance in your community.

Friday 7pm-Sunday noon

Cost: \$220

www.primitiveskills.com

February (cont)

Winter Skills

Feb 29 – Mar 4, 2012

716 Church Hill Rd ([map](#))

We will go beyond wilderness survival and explore approaches for long term living in extreme winter conditions. Snow shelters, wet weather fire making, long term food gathering and winter foraging are just a few of the skill sets covered. Folks may arrive Tuesday evening and spend the night before Wednesday morning start up time. Wednesday 9am to Sunday 12 noon.

Cost: \$540.00

[Sign up now!](#)

March

**Fundamentals of Knife Encounters*

Saturday, Mar 3, 2012

CMAA, Coudersport, PA

* For Active Duty Military, Law Enforcement. & Department of Defense personnel. This course is designed for single hand knife techniques and covers: Selection, outside techniques, footwork, verbal compliance, presentation, holds/grips, carry, attacker's postures & stances, basic knife techniques, basic flow movements, different ranges, target selection, unarmed techniques (sacrificing blocks/deflections) Vs an Ambush, types of Encounters (self-defense/escape or tactical/neutralization), Counters, trapping/grappling, Ground fighting, Kicking, Takedowns, Ground fighting & more. Pre-req: Background Check/need to learn.

Cost: \$175.00

Courses can be reserved by contacting CMAA Inc. at: (814) 274-8842.

Snow Shoe Making

Mar 9 – 11, 2012

716 Church Hill Rd. Augusta, ME 04330 ([map](#))

This course will bring you through the steps to make your own snow shoes. If you are motivated you could come away with a complete set of snow shoes made by your own two hands. If you prefer a relaxed pace, you will have hands on experience for every step of the process and a nearly completed set. All experience levels are welcome.

Cost: \$220.00

[Sign up now!](#)

Scout Fighting

Mar 16 – 18, 2012

716 Church Hill Rd. Augusta, ME 04330 ([map](#))

Scout Fighting

Prerequisites: None

Philosophy and common concepts of practical fighting arts with stand up skills to ground fighting. This class is designed to build confidence, independence, and safety while moving alone or in a small group.

Location: Augusta

Cost: \$220

[Sign up now!](#)

Land Navigation

Saturday, Mar 17, 2012

CMAA, Coudersport, PA ([map](#))

This course includes: how never to get lost in the woods, what to do if you think you are lost, the impact of weather and its affects, how to use a map and compass, techniques without a map and compass, and night land navigation, all ending in a practical Land navigation exercise This Land Navigation exercise ends around midnight. Courses can be reserved by contacting CMAA Inc. at:

Advanced Scout Fighting

Mar 23 – 25, 2012

716 Church Hill Rd. Augusta, ME 04330 ([map](#))

Prerequisites: Fighting

Welcome to the valley of the real. This class is basically a logical continuum of Scout Fighting I. Here we take the individual martial arts learned in SF I and start to meld them into a cohesive fighting style. This class will definitely bump you up a level in your training to be master of the universe. Wear clothes you can train in.

Location: Augusta

Cost: \$220

[Sign up now!](#)

Intro to Tracking

Saturday, Mar 24, 2012

CMAA, Coudersport, PA ([map](#))

What is that mark on the ground? Is it a track? If so, who made it? When was it made? Can the track tell us what its maker was doing there? Where are they going? Is it possible to know why they are going in that direction? These and other questions will open up what for most is an invisible world. Once you begin to see things on the ground, your awareness about nature changes. The great adventure starts here.

Courses can be reserved by contacting CMAA Inc. at: (814) 274-8842.

Pre-requisites: None

Cost: \$25.00

Apprenticeship Potluck

When

Sat, March 24, 2012, 5pm – 6pm
Incoming apprentices will meet each other and the instructors as they discuss their goals and the coming year of skill immersion. Remember to bring a dish.

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Native Awareness 5 Day

Mar 28 – Apr 1, 2012
716 Church Hill Rd. Augusta,
ME 04330 ([map](#))

Native Awareness begins with developing the five physical senses and launches in to understanding the Language of the Birds, Reading the Forested Landscape, Understanding Weather Indicators, and Accuracy with Aidless Navigation. We also work on developing the intuitive senses.
Cost: \$540

Tracking 1

Saturday, Mar 31, 2012
CMAA, Coudersport, PA ([map](#))
Part I builds on Introduction to Tracking and takes it to the next level connecting to the common animals in our bio-region and their environment. Topics covered include: track identification, sign tracking, compression shapes, track aging, pace, stride, pitch, straddle, gait and terrain analysis, and night tracking concepts. Beneficial for hunters, trappers, naturalists, photographers and survivalists. Pre-requisites: Introduction to Tracking
Courses can be reserved by contacting CMAA Inc. at: (814) 274-8842.

Cost: \$25.00

April

Homesteading Arts Cooperative

Sat, April 14, 10am – 4pm
171 AER Lane, Wells, ME
04090 ([map](#))

Collaborative of like minded individuals interested in integrating primitive skills, hunting and gathering, modern scavenging, and permaculture into our modern lifestyle.

[Sign up now!](#)

Intro to Native Awareness

Apr 20 – 22, 2012
716 Church Hill Rd. Augusta, ME
04330 ([map](#))

Native Awareness 1 awakens your senses and plugs you in to the landscape at a profound and life changing level. Learn to read the landscape for direction, weather, movement and survival.

Cost: \$220.00

[Sign up now!](#)

Earth Living 5 Day

Apr 25 – 29, 2012
716 Church Hill Rd. Augusta, ME
04330 ([map](#))

Earth Living: 5 Day

Prerequisites: None

The EL Five Day is a combination of EL 1 & 2 with a little bit of 3 thrown in. You will learn the basic concepts of primitive survival and living in a more relaxed setting with more time available for hands on workshops. For those of you who want to be immersed in skills this is the class for you.

Location: Augusta

Cost: \$540

[Sign up now!](#)

Advanced Native Awareness

Apr 27 – 29, 2012
716 Church Hill Rd. Augusta, ME
04330 ([map](#))

Advanced Native Awareness begins where Intro to Native Awareness leaves off. This is the bridge between the physical and the intuitive senses. Be prepared to push your perception of reality. No words can aptly describe the results of this experience. Recommended to those exploring philosophy, energetics, or wanting a grounded foundation for shamanic studies.

Cost: \$220.00

[Sign up now!](#)

May

Spring Foraging Intensive

May 2 – 6, 2012
716 Church Hill Rd. Augusta, ME
04330 ([map](#))

Spring Foraging Intensive:

Prerequisites: None

Spring Foraging Intensive is an immersion in to available spring wild edibles, medicinals, and utilitarian plants. We will gather, prepare, and experience decoctions, poultices, salves, ointments, and smoking mixtures, as well as prepare an herbal treatment for Lyme Disease.

Location: Augusta

Cost: \$540

[Sign up now!](#)

Spring Gathering

May 5 – 6, 2012
CMAA, Coudersport, PA ([map](#))

Gatherings provide an environment of continued learning for a variety of outdoor skills.

Location: CMAA Inc., in Sweden Valley (just outside of Coudersport, Pennsylvania)

Cost is \$25.00 per person, \$10.00 for children under 12 years and must be accompanied by an adult (recommend age 10 and up unless very mature). Register by contacting CMAA Inc. at: (814) 274-8842.

Springtime Foraging for Edible Plants

Saturday, May 5, 2012 from 10:00 am to 4:00 pm

Lisbon, ME (directions will be provided to participants) ([map](#))

This field class will begin with a brief explanation of the protective benefits of wild foods and then delve into identifying and gathering various late spring wild edibles. Seasonal differences will be discussed and preparation techniques for the different plant parts examined. This single-day class will be led by Arthur Haines.
Cost: \$90.00. [Sign up now!](#)

Earth Living 1: Primitive Survival

May 11 – 13, 2012

716 Church Hill Rd. Augusta, ME 04330 ([map](#))

rerequisites: None

Earth Living 1 is our entry level class that we like everyone to start with and is a prerequisite for many of our other courses. It is an introduction to wilderness survival, as well as, to primitive technology. The order of survival (attitude, shelter, water, fire, food) is our outline. Awareness, debris hut, water collection and disinfection, bow drill, foraging, trapping, and hunting will all be discussed and practiced. If you are interested in self-reliance then this is the class for you.

Cost: \$220

[Sign up now!](#)

Earth Living 5 Day

May 16 – 20, 2012

716 Church Hill Rd. Augusta, ME 04330 ([map](#))

Earth Living: 5 Day

Prerequisites: None

The EL Five Day is a combination of EL 1 & 2 with a little bit of 3 thrown in. You will learn the basic concepts of primitive survival and living in a more relaxed setting with more time available for hands on workshops. For those of you who want to be immersed in skills this is the class for you.

Cost: \$540

[Sign up now!](#)

Earth Living 2: Primitive Living

May 18 – 20, 2012

716 Church Hill Rd. Augusta, ME 04330 ([map](#))

Earth Living 2: Primitive Living EL II takes you to the next level & fills in the blanks. These are the skills you'll need to live more comfortably in the bush. We'll cover debris hut modifications, adv. bow drill, hand drill, primitive cooking techniques, containers, several more traps, food storage, and more.

Cost \$220

[Sign up now!](#)

Intro to Bird Language & Behavior

Saturday, May 19, 2012

CMAA, Coudersport, PA ([map](#))

This course begins before sunrise & expands the awareness of nature & its activities through the perspective of the birds. We'll focus on song birds & their significance to the field of tracking and how they fit in to the bigger picture in nature. A basic understanding of their communication techniques will be covered as well as their tendencies throughout the daytime, nighttime & seasons of the year, making this course applicable to bird watchers, hunters, naturalists, photographers and trackers alike. *Note - Students must arrive the night before in order to participate in the first

exercise. Arrival in the morning before sunrise will negate the introduction and will ruin the experience for the entire class.

Pre-requisites: None

Courses can be reserved by contacting CMAA Inc. at: (814) 274-8842. Cost: \$25.00

Native Awareness 5 Day

May 23 – 27, 2012

716 Church Hill Rd. Augusta ME 04330 ([map](#))

Native Awareness

Combining the three weekend awareness classes and expanding on concepts has allowed us to bring folks well beyond the Native Awareness Three threshold. Aidless navigation, reading the landscape, understanding bird language, and developing your senses are only the beginning of this course.

Cost: \$540.00

[Sign up now!](#)

Intro to Scout Skills

When

May 25 – 27, 2012

Where

716 Church Hill Rd. Augusta, ME 04330 ([map](#))

Description

Scout Skills: Intro to

Prerequisites: Earth Living 1
Scout I: The Awakening. In the military the scout is the one in front, the one who is first to see or be seen, first to make contact or receive fire, but always the one in most danger. The native scout is invisible, unknown, and unrecognized. He or she is the protector of the people. Without them there is no tribe. We combine both of these scout worlds into a class which focuses on team movement, stealth, camouflage, and awareness. Open this door and there is no going back- it will change your perspective on what your role is as a human being. Bring a bathing suit, camouflage clothing, and light weight footwear (moccasins or water shoes).

Location: Augusta

Cost: \$220

[Sign up now!](#)

Trailing 2

May 26 – 27, 2012

CMAA, Coudersport, PA ([map](#))

Part II includes adv. techniques & use of Team Tracking which is beneficial for hunters trailing a wounded animal or Search & Rescue. The course culminates in a missing person's scenario which may require staying overnight in the woods in order to locate the trail in daylight. Concludes by noon the following day. Pre-requisites: Land Navigation, Introduction to Tracking, Intro to Trailing, Tracking I & II, & Trailing I.

Courses can be reserved by contacting CMAA Inc. at: (814) 274-8842. Cost: \$40.00

June

Advanced Scout Skills

Jun 1 – 3, 2012

716 Church Hill Rd. Augusta, ME 04330 ([map](#))

Description

Scout Skills: Advanced

Prerequisites: Scout Skills

Scout Skills II: Apocalypse Now.

You have been given the basics.

We know your intentions and commitment, so we can focus on honing your skills, and adding new ones such as counter-tracking, man traps, and invisibility. Be prepared to become one with the night, don't expect much sleep, and, leave your teddy bear at home. You will know what you need to bring.

Location: Augusta

Cost: \$220

[Sign up now!](#)

Late Spring Foraging along the Androscoggin River

Saturday, Jun 2, 2012 10:00 am to 4:00 pm

Brunswick, ME (directions will be provided to participants) ([map](#))

Follow in the foot-steps of the Anasagunticooks & learn to see & gather the bounty of wild plant foods along the Androscoggin River. Important to note is that people who still enjoy their traditional diet are free from many of the chronic ailments that plaque modern societies in every country-cardiovascular diseases, neurological diseases, diabetes, inflammatory diseases of the digestive & musculoskeletal systems, & autoimmune disorders. Join in & see how wonderful it feels to gather your own food. We'll cover the protective benefits of wild foods & then delve into i.d. & gathering various late spring edibles. Led by Arthur Haines, limited to 12 students.

Cost: \$90.00.

Ash Baskets

Jun 15-17, 9am Saturday and end 4pm Sunday.

716 Church Hill Rd. Augusta, ME 04330

Come learn how to make a split ash basket (type determined by course heading) using the same methods used in New England by basket makers for thousands of years. You will learn how to pound ash (black or white depending on availability), cut splints and weavers, handcraft a handle, and create a basket that will become a family heirloom. Ash baskets are great for a wide variety of uses, are extremely durable, and will last several lifetimes. Depending upon your skill working with your hands, you should be able to complete a basket during the course. If not, you will have all the necessary materials and knowledge to complete your basket at home, and post class consultations can be provided if necessary. All native materials will be provided. Bring a good knife, a pair of sharp scissors, and a small flat screwdriver. 4 person limit.

Cost: \$220

Container Workshop

Sunday, Jun 17, 2012

716 Church Hill Rd. Augusta, ME 04330 ([map](#))

Containers are a major player in primitive survival and living that do not always get enough attention. Boiling water, cooking food, collecting edibles, and storing materials are just a few of the immediate concerns in aboriginal living. You cannot do any of these without containers. We will make containers out of bark, wood, and roots; and talk about and demonstrate containers made from hides, clay and gourds.

Cost: \$90.00

Earth Living 5 Day

Jun 20 – 24, 2012

716 Church Hill Rd. Augusta, ME 04330 ([map](#))

The EL Five Day is a combination of EL 1 & 2 with a little bit of 3 thrown in. You will learn the basic concepts of primitive survival and living in a more relaxed setting with more time available for hands on workshops. For those of you who want to be immersed in skills this is the class for you.

Cost: \$540

[Sign up now!](#)

Scout Skills 5 Day

When

Jun 27 – Jul 1, 2012

Where

716 Church Hill Rd. Augusta, ME 04330 ([map](#))

Description

Scout Skills 5 Day Movement, Camouflage, Invisibility, Mobile Survival, and skill sets forged by secret scout societies around the globe for the sole purpose of providing information, protection and safe passage for ones people. are the focus of this 5 day experience. This course is a compilation of Intro to Scout, Advanced Scout, and Scout Fighting. The skills in this class widen your survival awareness, and martial arts parameters as well as instill a sense of confidence, independence, and renewed commitment to your own vision.
Cost: \$540.00

Wild Crafting: Bark, Plant Fiber, and Rootlet Basket Workshop

Prerequisites: None

We will harvest basket making material from the landscape and create containers useful for survival and modern applications.

Location: Augusta

Cost: \$90

[Sign up now!](#)

July

Wildcrafting: Bark, Plant Fiber, and Rootlet Baskets Workshop

Sunday, Jul 1, 2012

716 Church Hill Rd., Augusta, ME 04330 ([map](#))

Wild Crafting: Bark, Plant Fiber, and Rootlet Basket Workshop

Prerequisites: None

We will harvest basket making material from the landscape and create containers useful for survival and modern applications. Bark, plant fibers, and rootlets are the cords available to us in primitive situations. We will talk about the best plants to use and time of year to harvest.

Location: Augusta

Cost: \$90

[Sign up now!](#)

Day Camp

Jul 16 – 20, 2012

716 Church Hill Rd. Augusta, ME 04330 ([map](#))

This camp sets the foundation for wilderness skills, tracking, and awareness through fun hands on activities. Students will learn fire safety and management, awareness, movement, and many other important skills designed to make them feel comfortable and at home in the out of doors.

Awareness 5 Day

Jul 18 – 22, 2012

716 Church Hill Rd. Augusta, ME 04330 ([map](#))

Combining the three weekend awareness classes and expanding on concepts has allowed us to bring folks well beyond the Native Awareness Three threshold. Aidless navigation, reading the landscape, understanding bird language, and developing your senses are only the beginning of this course.

Cost: \$540.00

[Sign up now!](#)

Healing with Plants, Fungi, and Lichens

Jul 20 – 22, 2012

716 Church Hill Rd. Augusta, ME 04430 ([map](#))

Healing with Plants

Prerequisites: None

Coping with and recovering from illness, injury, and debility has always been part of being human. For these complaints, plants have served as the major source of medicine. This class will examine the use of wild plants for healing injury and supporting the body. Students will learn a suite of plants that grow in New England that can be used for many common ailments, such as colds, infections, gastrointestinal upset, headaches, dermatitis, insomnia, etc. Methods of collecting will be discussed, as well as, directions for making infusions, decoctions, poultices, salves, tinctures, and smoking mixtures. Throughout the weekend, various stories and examples will be shared demonstrating how plant-based medicines have preserved life and influenced aboriginal and contemporary people. Healing with plants provides people and families with another avenue of self-sufficiency and furthers connection to the landscape.

Location: Augusta

Cost: \$ 220

[Sign up now!](#)

Day Camp

Jul 23 – 27, 2012

716 Church Hill Rd. Augusta, ME 04330 ([map](#))

This camp sets the foundation for wilderness skills, tracking, and awareness through fun hands on activities. Students will learn fire safety and management, awareness, movement, and many other important skills designed to make them feel comfortable and at home in the out of doors.

Earth Living 5 Day

Jul 25 – 29, 2012

716 Church Hill Rd. Augusta, ME 04330 ([map](#))

Earth Living: 5 Day

Prerequisites: None

The EL Five Day is a combination of EL 1 & 2 with a little bit of 3 thrown in. You will learn the basic concepts of primitive survival and living in a more relaxed setting with more time available for hands on workshops. For those of you who want to be immersed in skills this is the class for you.

Location: Augusta

Cost: \$540

[Sign up now!](#)

Advanced Day Camp

Jul 30 – Aug 3, 2012

716 Church Hill Rd. Augusta, ME 04330 ([map](#))

This experience builds upon the skills covered in the standard day camp. We explore friction fire, edible plants, advanced skills, lost proofing, advanced camouflage, and much more.

August

Skin on Frame Kayak

Aug 1 – 7, 2012

716 Church Hill Rd. Augusta, ME 04330 ([map](#))

Skin on Frame Kayak

This week long Course will guide the participant from start to finish through the process of building a skin on frame kayak. Instructor Bob Donahue has been hand crafting canoes and Kayaks for twelve years. An architect by trade, Bob brings a level of attention to detail and professionalism to the art of boat building that is unparalleled. Join us for this hands on exploration of an ancient art refined with modern materials.

Course Dates: August 1st through August 7th, 2012

Cost: \$540.00

Summer Gathering

Aug 4 – 5, 2012

CMAA, Coudersport, PA ([map](#))

Gatherings provide an environment of continued learning for a variety of outdoor skills . Gatherings take place at CMAA Inc., in Sweden Valley (just outside of Coudersport, Pennsylvania)

Cost is \$25.00 per person, \$10.00 for children under 12 years and must be accompanied by an adult. If you would like to camp out at the school, there is no charge for camping, but you need to bring a tent. For those of you with RVs, there is room as well. You also have the option of booking a room at one of local hotels (see listings).

Food: Bring your own camp fire type food. Meals are not provided but coffee, tea, and snacks will be available.

Reserve by contacting CMAA Inc. at: (814) 274-8842.

Humanure Composting Toilet Workshop

Saturday, Aug 4, 2012

716 Church Hill Rd., Augusta, ME 04330 ([map](#))

Humanure Composting Toilet Workshop

Prerequisites: None

In this workshop you will learn about Humanure Composting and build a simple composting toilet you can use in your home.

Composting human waste is simple and safe completing the cycle by putting back to the earth what you take from it. It also provides wonderful natural fertilizer you can use for your vegetable garden or on your trees.

Location: Augusta

Cost: \$90

[Sign up now!](#)

Canning & Root Cellaring Workshop

Sunday, Aug 5, 2012

716 Church Hill Rd., Augusta, ME 04330 ([map](#))

Prerequisites: None

Have you ever wanted to preserve and store your own food? You will learn how to can in a hot water bath and with a pressure canner. The use of these methods depends on the food you are canning. We will also delve into how to store vegetables fresh by root cellaring. If you have a food you want to can bring it along with some canning jars and lids otherwise we will be canning food from the our garden.

Location: Augusta

Cost: \$90

[Sign up now!](#)

Bushcraft Skills Day Camp

Aug 6 – 10, 2012

716 Church Hill Rd., Augusta, ME 04330 ([map](#))

Using tools, flint and steel, dutch oven cooking, tomahawk throwing, blade use and safety, knots, lashing, and orienteering are just some of the specialized skill sets we will cover this week.

Scout Skills 5 Day

Aug 8 – 12, 2012

716 Church Hill Rd. Augusta, ME 04330 ([map](#))

Movement, Camouflage, Invisibility, Mobile Survival, and skill sets forged by secret scout societies around the globe for the purpose of providing information, protection and safe passage for ones people. are the focus of this 5 day experience. This course is a compilation of Intro to Scout, Adv. Scout, and Scout Fighting. The skills in this class widen your survival awareness, and martial arts parameters as well as instill a sense of confidence, independence, and renewed commitment to your own vision.
Cost: \$540.00

Advanced Skills 5 Day

Aug 15 – 19, 2012

716 Church Hill Rd. Augusta, ME 04330 ([map](#))

Advanced Skills 5 Day

This experience is designed to provide hands on training in skills too involved to cover in our weekend skills courses. Pounded ash pack baskets, bow making, and brain tanned buckskin are skills that can take years to get proficient at on one's own. Our instructors and unique training environment can accelerate your learning curve, or take your existing skills to the next level. Learn the nuances of material location, selection, and craftsmanship.

Cost: \$540.00

[Sign up now!](#)

Earth Living 5 Day

Aug 22 – 26, 2012

716 Church Hill Rd. Augusta, ME 04330 ([map](#))

Earth Living: 5 Day

Prerequisites: None

The EL Five Day is a combination of EL 1 & 2 with a little bit of 3 thrown in. You will learn the basic concepts of primitive survival and living in a more relaxed setting with more time available for hands on workshops. For those of you who want to be immersed in skills this is the class for you.

Location: Augusta

Cost: \$540

[Sign up now!](#)

Arrow Workshop

Saturday, Aug 25, 2012

716 Church Hill Rd. Augusta, ME 04330 ([map](#))

Learn how to make arrows for the bow you made during the Bow Making Class. We'll learn how to harvest, dry, straighten, size, fletch, and haft arrows. If you want to hunt primitively with your own hand made equipment then this class is a must. 8 person limit

Cost: \$90

Native Awareness 5 Day

Aug 27 – 31, 2012

716 Church Hill Rd. Augusta, ME 04330 ([map](#))

Combining the three weekend awareness classes and expanding on concepts has allowed us to bring folks well beyond the Native Awareness Three threshold. Aidless navigation, reading the landscape, understanding bird language, and developing your senses are only the beginning of this course.

Cost: \$540.00

Sign up now!

September

Families Outdoors Day

When

Sunday, Sep 2, 2012

Where

716 Church Hill Rd., Augusta, ME 04330 ([map](#))

Description

Join us for ways to explore nature in a fun and safe way. Through games and activities we will discover "Lost Proofing" strategies, learn how to recognize poison ivy, read tracks, and notice more in the woods. There is no cost for this event, accept for the time you are willing to spend with your loved ones! Time: 10am - 1pm

Earth Living 5 Day

Sep 5 – 9, 2012

716 Church Hill Rd. Augusta, ME 04330 ([map](#))

Earth Living: 5 Day

Prerequisites: None

The EL Five Day is a combination of EL 1 & 2 with a little bit of 3 thrown in. You will learn the basic concepts of primitive survival and living in a more relaxed setting with more time available for hands on workshops. For those of you who want to be immersed in skills this

Earth Living 3: Primitive Challenge

Sep 7 – 9, 2012

716 Church Hill Rd. Augusta, ME 04330 ([map](#))

This is a practicum. The goal: move you into full survival in 3 days. Day 1: your tent will be taken away. Day 2: your matches will be taken away. By day 3 you'll have nothing you brought in except the clothes on your back & a knife. This class is about doing it. Don't come unless you're ready. You must have practiced your skills. Please bring enough food for 2 days that can be cooked over a fire with no modern implements.

Location: Augusta

Cost: \$220.00

[Sign up now!](#)

Native Awareness 5 Day

Sep 12 – Sep 16, 2012

716 Church Hill Rd. Augusta, ME 04330 ([map](#))

Combining the three weekend awareness classes & expanding on concepts allows us to bring folks well beyond the Native Awareness Three threshold. Aidless navigation, reading the landscape, understanding bird language, & developing your senses: only the start of this course.

Cost: 520.00

Sign up now!

Spirit of the Hunt

Sep 21 – 23, 2012

716 Church Hill Rd. Augusta, ME 04330 ([map](#))

Spirit of the Hunt

You will learn the skills necessary for an aboriginal hunt. We'll focus on deer hunting, but the info will be applicable to all animals. Hunters, trackers, naturalists, & primitive skills folks all have things to gain: awareness, camouflage, movement, concentric ring study, track aging, scrape/sign analysis, animal behavior, & hair/scat study, brain tanning, & more Cost: \$220

Fall Foraging Intensive

Sep 26 – 30, 2012

716 Church Hill Rd. Augusta, ME 04330 ([map](#))

Explore the vast realms of plants as food, medicine, and utility items. This class builds a solid foundation in identification skills, proper foraging techniques, wild crafting, plant uses, and hazardous species identification (as well as look alikes.) Much time will be spend in the field in various ecosystems and at different times of the year. Plant identification is a crucial survival skill as well as an enjoyable pastime. Maximum number of students: 10.

Location: Augusta

Cost: \$540 class

[Sign up now!](#)

**Fundamentals of Strategy and Tactics*

Sep 29 – 30, 2012

CMAA, Coudersport, PA ([map](#))

•For Active Duty Military, Law Enforcement. & DoD personnel. This course will increase your chances of surviving life threatening situations. We'll deal w/ realistic encounters to include: unarmed against armed (while working against firing simunitions), unarmed against multiple attackers w/ a variety of weapons, & several one-on-one fire fighting scenarios. Offensive & defensive tactics/strategy will assist students as they work through progressively challenging situations. The class is video recorded to assess actions /reactions, provide immediate feedback, & will be deleted upon request, to accommodate client's needs. Pre-requisites: Background Check and the need to learn. Cost: \$225.00. reserved by contacting CMAA Inc. at: (814) 274-8842.

October

Scout Skills 5 Day

When

Oct 3 – 7, 2012

Where

716 Church Hill Rd. Augusta, ME 04330 ([map](#))

Description

Scout Skills 5 Day Movement, Camouflage, Invisibility, Mobile Survival, and skill sets forged by secret scout societies around the globe for the sole purpose of providing information, protection and safe passage for ones people. are the focus of this 5 day experience. This course is a compilation of Intro to Scout, Advanced Scout, and Scout Fighting. The skills in this class widen your survival awareness, and martial arts parameters as well as instill a sense of confidence, independence, and renewed commitment to your own vision. Cost: 540.00

[Sign up now!](#)

Earth Living 3: Primitive Challenge

Oct 5 – 7, 2012

716 Church Hill Rd. Augusta, ME 04330 ([map](#))

This is a practicum. The goal: move you into full survival in three days. The first day your tent will be taken away. The second day your matches will be taken away. By the third day you will have nothing you brought in except the clothes on your back and a knife. This class is about doing it. Don't come unless you are ready. You must be physically fit and have practiced your skills to perfection. Please bring enough food for three days that can be cooked over a fire with no modern implements.

Location: Augusta

Cost: \$220.00

[Sign up now!](#)

Fall Foraging 5 Day

Oct 10 – 14, 2012

716 Church Hill Rd. Augusta, ME 04330 ([map](#))

Identifying, harvesting and preparing wild foods for winter and immediate consumption has never been so hands on and so fun. Join us as we gather nutrient rich foods from the land & make important winter herbals to see us through to Spring! Cost: \$540

Preserving Wild Foods

Oct 12 – 14, 2012

716 Church Hill Rd. Augusta, ME 04330 ([map](#))

Primitive people were skilled at preserving food for extended periods of time, which was necessary for lengthy migrations/lean times during the winter season. Unfortunately, many people living in developed countries are unable to keep food w/o use of modern appliances (e.g., refrigerator, freezer). This class examines several primitive & rustic methods of food preservation that don't rely on continued use of near- or sub-freezing temps. Drying will be discussed at length & several methods will be demonstrated, ranging from commercial dehydrators to the simple use of stone and bark slabs to dry fruit & other items. Fruit leather, jerky, & pemmican will all be made during the class. Canning, fermenting, & root cellaring will also be explored. Nutritional aspects will be discussed, including the beneficial aspects of fermented foods. For those interested in living w/o complete dependence on electricity (whether that be "living off the grid" or emergency preparedness), this weekend will offer valuable skills. Portions of the weekend will be spent gathering local wild foods for preserving. Cost: \$ 220

Children's Survival and Lost Proofing Workshop

Saturday, Oct 13, 2012

716 Church Hill Rd. Augusta, ME ([map](#))

Do you and your child feel comfortable in the woods? Could you or your child spend a night out alone if you lost your way? Or just for fun? In this survival skills class designed for children and their parents we will learn and try out some simple techniques to stay warm and safe in the woods. We will start gaining a feeling of familiarity with the outdoors that will help to keep kids from losing their way in the first place while keeping fear manageable if something does go wrong. Next comes discussion of the importance of staying hydrated, informing trusted adults of ones location, recognizing when to stay put and wait for help and how to keep warm and dry. Every child will leave with an outdoor emergency kit containing some common, easily replaceable items to help attract searchers and keep exposure at bay in the forest.

Location: Augusta

Cost: \$90

[Sign up now!](#)

Earth Living 5 Day

When

Oct 17 – 21, 2012

Where

716 Church Hill Rd. Augusta ME 04330 ([map](#))

Description

Wilderness Survival
Primitive Skills

The Earth Living 5 Day is an experience in the best practices of Earth Living One through Three, with an emphasis on proficiency in full survival.

Cost: 540.00

[Sign up now!](#)

Tracking and Hunting Intensive

Oct 24 – 28, 2012

716 Church Hill Rd. Augusta, ME 04330 ([map](#))

We will experience through field exploration, exercises, and "dirt time" the six arts of tracking: Identification, Interpretation, Aging, Trailing, Ecological Tracking, and the study of energy transferring through systems. This is an intense tracking journey that will change the way you perceive the world.

Cost: \$540.00

[Sign up now!](#)

Bow Making

Oct 26 – 28, 2012

716 Church Hill Rd. Augusta, ME 04330 ([map](#))

Come learn to how to make a bow. We will explore the techniques necessary to make all kinds of bows; however, we will focus on and make an Eastern Woodlands Flat Bow. White Ash will be used, an easily worked wood conducive to the EFB design. Bow staves are included in tuition. Tools will be provided. This is now a weekend class.

8 person limit

Cost: \$220

[Sign up now!](#)

Fall Gathering

Oct 27 – 28, 2012

CMAA, Coudersport, PA ([map](#))

Gatherings provide an environment of continued learning for a variety of outdoor skills. Each season is unique and Our staff of experienced instructors makes learning these old ways fun. Gatherings take place at CMAA Inc., in Sweden Valley (just outside of Coudersport, Pennsylvania)

Cost is \$25.00 per person, \$10.00 for children under 12. Courses can be reserved by contacting CMAA Inc. at: (814) 274-8842.

November

Mentoring Skills Weekend

Nov 2 – 4, 2012

716 Church Hill Rd. Augusta, ME 04330 ([map](#))

Mentoring Skills Weekend

This experience brings the learner through invisible school technologies used to heighten the senses, increase awareness, develop empathy and a passion for learning. You will awaken latent learning and sharing skills and learn tools designed to bring your students through the wall of grief. The powerful results of genuine learning in place of rote memorization awaken the minds' child like curiosity and bring awareness skills back on line that were neglected in most people "schooling" experience. Learn the "symptoms" of a whole human being and how to get beyond the flight or fight response of the 9 to 5 treadmill. Warning: These technologies will empower you and your students beyond the "sheople" context of "learning" and "living". Once you bring these skills back on line, they can not be turned off. Side effects include increased hunger for knowledge, experiences, and awareness skills, a playfulness and quickness of wit that will drive the mindless gray masses crazy, and a painfully increased sense of empathy and a desire to live ones vision fully. People who desire to live in blissful ignorance or who have grown attached to a sense of lack of fulfillment should avoid taking this course.

Cost: \$220.00

[Sign up now!](#)

***Tactical Knife Skills**

Nov 3 – 4, 2012

CMAA, Coudersport, PA ([map](#))

•For Active Duty Military, Law Enforcement. and DoD personnel. Tactical Knife Skills (2 days)

This course is designed for those who have a high likelihood of being in a knife situation. The emphasis is on the tactical scenario as opposed to self-defense and consists of two hand knife fighting, knife sharpening, knife throwing, knife sparring (2 knives Vs 1 knife) and applications such as stalking and sentry neutralization. Pre-requisites: Fundamentals of Knife Encounters and the need to learn.

Cost: \$175.00.

Courses can be reserved by contacting CMAA Inc. at: (814) 274-8842.

Earth Living 5 Day

Nov 7 – 11, 2012

716 Church Hill Rd. Augusta, ME 04330 ([map](#))

Wilderness Survival Primitive Skills

The Earth Living 5 Day is an experience in the best practices of Earth Living One through Three, with an emphasis on proficiency in full survival.

Cost: \$540.00

Wigwam Building

Nov 9 – 11, 2012

716 Church Hill Rd. Augusta, ME 04330 ([map](#))

We will spend the weekend building a traditional wigwam using materials off the landscape. We will discuss construction techniques and materials used by native peoples. We will also confront problems encountered in a natural structure such as managing smoke in a lodge. This structure will become part of a planned primitive village. Location: Augusta

Cost: \$220

[Sign up now!](#)

Blanket Coat Workshop

Saturday, Nov 10, 2012
716 Church Hill Rd. Augusta, ME
04330 ([map](#))

We will be using wool blankets, and you will make your choice of a pull over or button up winter coat. Wool is warm when wet, very quiet, and great in the woods. There is nothing like wearing something you made yourself. Bring a 100% wool blanket at least queen size.

Cost: \$90.00

9am-4pm

[Sign up now!](#)

Awareness 5 Day

Nov 14 – 18, 2012
716 Church Hill Rd Augusta ME
04330 ([map](#))

An intensive full immersion experience in peaking your five physical senses, reading the landscape, and developing your intuitive senses. Aidless navigation, understanding bird language, and many more topics designed to plug you in to the landscape will be explored through interactive activities. Students are welcome to arrive the night before and tent or stay in the dorm.

Cost: \$540.00

Start: 9am Wednesday

Fiber Workshop

Saturday, Nov 17, 2012
716 Church Hill Rd. Augusta, ME
04330 ([map](#))

Fibers are one of the primary needs of aboriginal life. They are needed for cordage, clothing, lashings, weapons, decoration, tools, traps, games, and fire making. We will explore the fibers available locally, what they are best utilized for, and spend some time making and using cordage. We will cover identifying, harvesting, drying, storing, and preparing plant fibers.

Location: Augusta

Cost: \$90

[Sign up now!](#)

Natural Hide Tanning

Nov 23 – 25, 2012
716 Church Hill Rd. Augusta, ME
04330 ([map](#))

Learn the ancient art of brain tanning- an earth friendly method of turning a raw hide into a beautiful piece of buckskin. You will learn both the wet and dry scrape methods. Be willing to work hard and get messy. Bring (wear)work clothes(that you can get dirty), a change of clothes, work or rubber gloves(insulated rubber gloves are best), high top rubber boots, rain gear, water bottle, and notebook. You are welcome to camp on Friday and Saturday nights.

8 person limit

Location: Augusta

Cost: \$220

[Sign up now!](#)

December

Moccasin Workshop

Saturday, Dec 1, 2012
716 Church Hill Rd. Augusta, ME
04330 ([map](#))

Join us in crafting a simple high-top moccasin. You will go home with a pair custom made to your feet.

Cost: 90.00

Location: Augusta 9am-4pm

Hide Tanning and Utilization

Dec 5 – 9, 2012
716 Church Hill Rd Augusta, ME
04330 ([map](#))

We'll go through the process of making brain tanned buckskin from skinning to final product. We will also go over making shirts, pants, mocs and bags from the buckskin you make. Students are welcome to arrive the night before & tent/stay in the dorm.

Cost: \$540.00 (Bring your own Hide and save \$40.00)

Start: 9am Wednesday

Skinning and Butchering Workshop

Saturday, Dec 8, 2012
716 Church Hill Rd. Augusta, ME
04330 ([map](#))

Learn how to skin, butcher, and prepare animals for storage. We will discuss techniques concerning various mammals, different sized animals, and time of year acquired. We will also talk about preserving techniques and health issues concerning meat and primitive storage. Modern and stone tools will be covered.

Location: Augusta, ME 04330

Cost: \$90

[Sign up now!](#)

Winter Skills

Dec 12 – 16, 2012
716 Church Hill Rd Augusta ME
04330 ([map](#))

Winter is a time for advanced skills and long term survival. Steam bending snow shoes, making gill nets, stone tool making, winter foraging, cordage off the frozen landscape, and much more will be covered during this hands on five day experience.

Cost: \$540.00

Time: 9am Wednesday

Stone Tool Workshop

Saturday, Dec 15, 2012
716 Church Hill Rd., Augusta, ME
04330 ([map](#))

By direct experience learn to find, make, and use rocks as tools. We will touch on some flint knapping techniques but this is not a flint knapping class, it is about taking stones found in the landscape and, w/ as little alteration as possible, using them to make other things such as friction fire components, trap parts, or even archery gear.

Location: Augusta, ME

Cost: \$90

[Sign up now!](#)