



# 4C-CAMP

Camping to Create Caring Communities

August 9<sup>th</sup> – August 12<sup>th</sup>, 2018

## Registration Information

### Dear Camper:

**Welcome to our 10<sup>th</sup> year of 4C-Camp.** Please read the following instructions carefully for registering for this year's **4C-Camp being held August 9<sup>th</sup> – 12<sup>th</sup>, 2018.** Camp is held at Camp Shankitunk, 2420 Arbor Hill, Delhi, NY 13753 (the 4-H camp). All attendees must pre-register. Registrations should be received by **July 30, 2018.** A non-refundable deposit of \$25 must be submitted with your pre-registration. You can pay the remaining \$125 (for 3 nights/4 days) at time of camp registration or pay the full \$150 (for 3 nights/4 days) now. Please make checks payable to CCE Delaware County (Cornell Cooperative Extension). **The price for camp is a flat \$150 even if you choose to only attend days and not stay overnight, there is no per day rate. We are hoping you will join us for the full 4 days. If you would like to make a donation to support camperships for those individuals who cannot afford the full amount to attend camp, please add that to your deposit and list the amount on the registration form in the place provided.** If you would like to pay by credit card, please call Cathy Scofield from Cornell Cooperative Extension at 607-746-2004. Enclosed are descriptions of all the workshops along with a short bio about the instructors. The 4C-Camp workshop schedule is included in your packet. Please read it carefully and select your **first and second choices** for each workshop time slot you would like to attend. **Please write 1 or 2** identifying your **first (1) and second (2) choices.** **Be aware that some workshops have caps on the number of students in the workshop, so registering early is to your benefit if you want to ensure you get your 1<sup>st</sup> workshop choice.** You will be notified by mail of which workshops you are registered for. **Please fill out completely the Camper Registration form and the Workshop Registration form with your workshop choices then send them back to:**

**4C Camp for Adults  
PO Box 411  
Delhi, NY 13753**

The registration desk will open **promptly** at 1:30 p.m. Thursday. We would like to have campers there on time. There will be staff there to direct you to parking and welcome you to the camp. Make sure to read the section on **what to bring** so this will be the best experience possible. Hope to see you there!

## 4C- Camp for Adults

### ABOUT OUR CAMP

At 4C-Camp you will ...have fun...meet new friends... learn new and interesting crafts and hobbies...discover the wonder of nature... camp in the outdoors...swim in the pool...work in special groups...enjoy evening programs.

4-H Camp Shankitunk is located on 145 acres of county owned land along the west branch of the Delaware River between DeLancey & Delhi. The main campground is a large open meadow surrounded by naturally wooded hillsides. Campers are housed in cabins spaced among the trees.

Camp is not just a weekend in the woods. It is what happens to campers, what they take home, new endeavors, acquired skills, friendships, appreciation of nature and a sense of belonging and community.

### CAMP DATES

August 9 - 12 (Thursday starting at 1:30 p.m. through Sunday afternoon).

### WHO MAY ATTEND

Adults 18 years old & over.

### REQUIREMENTS

Please fill out and return the enclosed **Camper Registration Form** (*completing both sides; workshop selections and camper information*) **along with deposit made out to CCE Delaware County. Mail it to 4C Camp for Adults, PO Box 411, Delhi, NY 13753. Donations toward camperships are greatly appreciated; please add any amount that you are willing to donate to your deposit amount. Thank you.**

### CREDIT CARD PAYMENTS

Want to pay your camp fees by credit card?  
Call Cathy Scofield at Cornell Cooperative Extension (607) 746-2004 for details.

### CAMP FEE/ CAMPERSHIPS

Camperships are available by contacting Polly DellaCrosse at (607) 746-6963.

### WEBSITE

Visit our website at: [www.4c-camp.org](http://www.4c-camp.org) to see pictures of camp and to download a copy of our brochure and registration form; or connect with us on facebook at [facebook.com/4C-Camp for adults](https://www.facebook.com/4C-Camp-for-adults).

### ACCOMMODATIONS

Campers live in rustic cabins with other campers. **Special living accommodations are available based on need, but are limited and will be accommodated on a first come first serve basis, please identify need on your registration form.** Space is available for RVs & tents. Questions regarding special arrangements e-mail or call Jude Taggart at [willandjude@gmail.com](mailto:willandjude@gmail.com) or 607-432-0123.

Other facilities include a swimming pool, bath house with hot water and showers & flush toilets, dining hall, recreational hall, craft hall, science center and health center.

### WHAT TO BRING

Sheets/Blankets/Sleeping Bag      **Flashlight**  
Towel/Wash Cloth/Toiletries  
Clothing for 4 days/3 nights, (**extra dry socks**)  
Sweatshirt or Sweater/Rain Coat/Umbrella  
Comfortable Foot Wear (**extra pair of comfortable shoes**)  
**Healthy snacks to share** (Lawn chair – optional)

### “Life In the Country” Event

This year’s entire camp is revolving around “**Life in the Country**”; many of the workshops will be related to this theme.

### HEALTHY FOOD & SNACKS

Healthy balanced meals and snacks are provided at camp starting with dinner on Thursday, breakfast, lunch and dinner on Friday and Saturday and breakfast and lunch on Sunday. **IF YOU HAVE SPECIAL DIETARY NEEDS MAKE SURE YOU IDENTIFY SO ON THE REGISTRATION FORM.**

### ENTERTAINMENT

Thursday evening will be the **opening BBQ** followed by games and a special project. Friday evening will feature dancing and karaoke to music with Tito our DJ. Come ready to join in the fun! Saturday evening event to be announced.

**4C CAMP FOR ADULTS 2018 CAMPER REGISTRATION FORM –**

**complete both sides**

**PLEASE SEND IN, WITH DEPOSIT, BY JULY 30, 2018,**

*ALL INFORMATION PERTAINING TO THE CAMPER MUST BE ON THIS FORM.*

Camper's Name \_\_\_\_\_

Mailing Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

E-mail Address \_\_\_\_\_

Contact Phone (with area code): \_\_\_\_\_

Former 4C Camper? YES  NO

Former 4-H Camper? YES  NO

Age (circle one) 18-34 35-44 45-54

55-64 65-74 75-84 85+

Gender: \_\_\_\_\_

Do we have permission to share the above information with other campers? YES  NO

Check here if you **DO NOT** want to give 4C-Camp permission to take your photo while at camp. **NO PHOTOS PLEASE**

**In case of emergency, notify:**

Name \_\_\_\_\_ Relationship \_\_\_\_\_

Cell Phone: ( ) \_\_\_\_\_ Home Phone ( ) \_\_\_\_\_

Name \_\_\_\_\_ Relationship \_\_\_\_\_

Cell Phone: ( ) \_\_\_\_\_ Home Phone ( ) \_\_\_\_\_

**Arrangements: Which accommodations will you be needing?**

Cabin bunk  Own tent  Own camper/RV  Off premises (will NOT be sleeping overnight at camp)

Couple cabin\*  Own group cabin\* \*List roommate(s): \_\_\_\_\_

Special Accommodation Needs (please identify): \_\_\_\_\_

**SPECIAL REQUIREMENTS OR CONSIDERATIONS:**

Diet \_\_\_\_\_ Food Allergies \_\_\_\_\_

Other \_\_\_\_\_

**HEALTH CONDITIONS OR CONSIDERATIONS:** Check and list any medical conditions, or special considerations; i.e. serious

injuries:  Allergies  Insect Stings  Drug Allergies  Asthma  Inhaler  C-Pap  Diabetes  Insulin

Seizures  Mobility  Other \_\_\_\_\_

Please list any considerations needed: \_\_\_\_\_

**PERMISSION TO PROVIDE NECESSARY TREATMENT OR EMERGENCY CARE:**

I certify that the information given in this form is current and correct. I hereby give permission to the medical personnel to provide or arrange for necessary transportation. In the event that your contact persons cannot be reached in an emergency, I hereby give permission to the local physician to secure and administer treatment, including hospitalization, for the person named above.

Signature: \_\_\_\_\_ Date \_\_\_\_\_

**DISCLAIMER – Subject to all the following terms and conditions:**

4C Camp for Adults participants shall defend, indemnify, and hold harmless the CORNELL COOPERATIVE EXTENSION OF DELAWARE COUNTY AND THE COUNTY OF DELAWARE, its officers, directors, employees, volunteers, and agents from any and all claims, demands, liability, or other proceedings for any actual or alleged injury to persons, including death, or damage to property arising out of attending camp.

Signature: \_\_\_\_\_ Date \_\_\_\_\_

**DONATION TOWARD CAMPERSHIPS**

Please list amount of your intended donation above your \$150 camper fee: \$ \_\_\_\_\_

**PAYMENT** This application must be accompanied by a \$25 pre-registration deposit. This fee is non-refundable if your application is accepted and you DO NOT attend.

Balance of fee (\$125) can be paid in advance or at registration.

**MAIL COMPLETED REGISTRATION TO:**

4C Camp for Adults,

PO Box 411

Delhi, NY 13753

**NEXT COMPLETE PAGE 2 ON THE BACK BY CHOOSING YOUR 1<sup>ST</sup> AND 2<sup>ND</sup> CHOICE OF WORKSHOPS → → → →**

**2018 WORKSHOP CHOICES, pick a first and second choice and send in**

<p><b><u>Friday, August 10: 9AM – 10 AM</u></b> _____ <b>Free Time</b></p> <p>___ Archery with John Hannum (Max 10)</p> <p>___ Tai Chi (Max 10)</p> <p>___ Mercury Glass Votive Holders (Fee \$15)</p> <p>___ Settlers in our Area</p> <p>___ Walking the Labyrinth</p>	<p><b><u>Saturday, August 11: 9AM – 10 AM</u></b> _____ <b>Free Time</b></p> <p>___ Archery with Lance Alexander (Max 10)</p> <p>___ Tai Chi (Max 10)</p> <p>___ Pine Cone Zinnias</p> <p>___ A Man’s Life on the Farm</p>
<p><b><u>Friday, August 10: 10:15AM – 11:45 AM</u></b> _____ <b>Free Time</b></p> <p>___ Learn to Crochet (Max 12)</p> <p>___ Sketch &amp; Etch (Max 10) (Fee \$20)</p> <p>___ Cork Bird Houses (Max 12)</p> <p>___ Fun with Fabric Colors (Max 8) (Fee \$10)</p> <p>___ Create Your Own Walking Stick <b>Part 1</b> (Max 6) <b>(3 hour class continued in Part 2 from 2:15 pm to 4:15 pm )</b></p>	<p><b><u>Saturday, August 11: 10:15 AM – 11:45 AM</u></b> _____ <b>Free Time</b></p> <p>___ Learn to Crochet (Max 12)</p> <p>___ Sketch &amp; Etch (Max 10) (Fee \$20)</p> <p>___ Making Your Own Clay Diffuser (Fee \$10)</p> <p>___ Fun with Fabric Colors (Max 8) (Fee \$10)</p> <p>___ A Country Conundrum – Rhubarb</p>
<p><b><u>Friday, August 10: 2:15 PM – 4:15 PM</u></b></p> <p>___ Create Your Own Walking Stick <b>Part 2 (Requires Part 1)</b></p> <p>___ Knitting Basics (Max 6) (Kit \$12 or Own supplies free)</p> <p>___ Growing &amp; Preserving Food (Max 15) (Fee \$10)</p> <p>___ Paint &amp; Dip (Max 30) (Fee \$15)</p> <p>___ I Can Fix That (Max 5)</p> <p>___ Keeping Chickens _____ <b>Free Time</b></p>	<p><b><u>Saturday, August 11: 2:15 PM – 4:15 PM</u></b> _____ <b>Free Time</b></p> <p>___ Carve a Bird (Min 6/Max 8)</p> <p>___ Rug Hooking (Max 6) (Fee \$5)</p> <p>___ DNA – How to Research Your Own</p> <p>___ Paint &amp; Dip (Max 30) (Fee \$15)</p> <p>___ Woodworking (Max 6) (Fee \$12)</p>
<p><b><u>Friday, August 10: 4:30 PM - 5:30 PM</u></b> _____ <b>Free Time</b></p> <p>___ Horseshoes (Min 4)</p> <p>___ Butterfly Tree Art (Min 5/Max 10)</p> <p>___ A Lady’s Life on the Farm</p> <p>___ Chair Yoga (Max 20)</p>	<p><b><u>Saturday, August 11: 4:30 PM - 5:30 PM</u></b> _____ <b>Free Time</b></p> <p>___ Horseshoes (Min 4)</p> <p>___ Raindrop Technique w Essential Oils (Min 4/Max 12)</p> <p>___ Aqua Aerobics (Max 12)</p> <p>___ Vinyasa Flow Yoga (Max 20)</p>

**Sunday, August 12: 9AM – 11 AM** \_\_\_\_\_ **Worship Service** \_\_\_\_\_ **Finishing your project** \_\_\_\_\_ **Free Time**

**Please complete the Camper Registration Form and the Workshop Registration form. Use the workshop descriptions and instructor bios attached for information about each workshop. Please Note: Create Your Own Walking Stick Requires Two Sessions. For workshop choices: please indicate your first and second choices by writing 1 in front of your first choice and 2 in front of your second choice for each workshop time slot (there are 9 time slots). If you choose not to participate in any workshop during one of the 9 time slots, check “Free Time”. Send the completed two page registration form to 4C Camp for Adults, PO Box 111, Delhi, NY 13753 along with your check or money order made out to CCE of Delaware County. You will receive follow up confirmation on your workshops.**