

### **Archery 101 (Max 10) (Fri 9 AM – 10 AM)**

This Archery class will focus on basic form, strategies, and safety on the archery range. **All equipment provided.**

#### **Facilitator: John Hannum**

John is an employee of Cornell Cooperative Extension and the Administrator of 4-H Camp. He has been a teacher of archery for many years at 4C-Camp, as well as teaching to 4-Hers.

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### **Introduction to Tai Chi Chuan & More! (Min 1 – Max 10) (Fri Repeating Sat 9 AM – 10 AM)**

Two 1 hour sessions (Friday AM repeating Saturday AM) Tai Chi Chuan is a slow moving meditative Martial Art. Relaxation of the Body and Breath are essential. Participants should be able to stand on one leg without much difficulty.

#### **Facilitator: Greg Mukai**

Greg has taught this course in NYC, Delhi, and at 4C Camp since day one! He is a licensed acupuncturist and has been practicing in Delhi for over 20 years. He has taught **Tai Chi Chaun** for over 30 years. He was taught by Grand Master William C.C. Chen and authorized to teach by Master Chen.

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### **Mercury Glass Votive Holders (Fri 9 AM – 10 AM)**

In this class you will be making mercury glass votive holders and a rustic wooden base. Participants will learn how to make mercury glass and once they learn the technique they can apply what they learned and make other projects. **Cost \$15**

**Facilitators: Branch & Bloom - Angie Eichler & Rachel Shaughnessy** are co-owners of Branch & Bloom, a craft and design business in Oneonta, NY. They have a monthly craft class at the Green Earth. For more info check out their FaceBook page: Branch & Bloom NY.

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### **The First Settlers in Our Area (Fri 9 AM – 10 AM)**

This is a power point presentation of the first settlers in our area and their struggles to survive and tame the wilderness.

#### **Facilitator: Edward Kruser**

Edward Kruser a long time history buff with a BA and Masters in American History. He taught NYS History to 7<sup>th</sup> graders for 32 years at Delaware Academy and led an after school program for junior historians for 30 years. A Yorker and local history club advisor for over 30 years. Since retiring has done numerous presentations on local history and taught this class to the Susquehanna Seniors in Oneonta.

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### **Walking the Labyrinth as a Creative Journey (Fri 9 AM - 10 AM)**

Using the previously constructed 40 foot labyrinth on the camp grounds, participants will experience a meditative walk to meet their "inner guide" - the Fire in Your Heart that is responsible for creativity and self-expression. You are welcome to use the labyrinth at any time during the weekend.

#### **Facilitator: Moira Beach**

Moira participated in this course with Shirley Sweet at 4C Camp in the past and will share what she learned with you.

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**Free Time** Is an option for any of the 9 workshop slots taking place Friday, Saturday and Sunday morning. **Please mark on your registration form if this is what you wish to do in place of a workshop being offered at that time.**

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### **Learn to Crochet (Max 12) (Two 1 ½ hour sessions Fri 10:15 AM – 11:45 AM, repeating Sat 10:15 AM – 11:45 AM)**

You will learn how to crochet and crochet a hand towel top. **Please bring crochet hooks G, H or J if you have them.**

#### **Facilitator: Cathy Edholm**

Cathy has been crocheting for many years and taught everyone how to make a potholder last year. She is a grandmother of 6 and great grandmother of 1. She enjoys fishing with her family. She thoroughly enjoys being a camper at 4C camp!

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**Sketch & Etch (Max 10) (Fri 10:15 AM – 11:45 AM repeating Sat 10:15 AM – 11:45 AM).**

This workshop aims to teach people basic glass-etching skills. Participants will learn to plan their project, prep the glass, and use a rotary etching pen to create unique works of art. Participants will need a 505 Cordless Precision Engraver with Diamond Tip Bit. **Cost \$20. Registration deadline for this class is 7/27.**

**Facilitator: Justine Bishop**

Justine is a 4H Alumna who still loves to stay involved. She is this year's Craft Director at Camp Shankitunk. She looks forward to sharing her hobby with you!

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**Cork Birdhouse (Max 12) (Fri 10:15 AM – 11:45 AM)**

You will construct a bird house from corks using a glue gun.

**Facilitator: Deborah Oliviero**

Deborah is a retired Library Media Specialist who enjoys participating in community groups. She is very pleased to be returning to 4C Camp as an instructor.

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**Fun with Fabric Colors (Min 2 - Max 8 per session)  
Two 1 ½ hour sessions (Fri 10:15 AM – 11:45 AM, repeating Sat 10:15 AM – 11:45 AM)**

Come have some fun, sew a project until it's done! Step out of the box! Create a colorful quilt with bright fabrics. "Campers" will come away from the workshop with a finished project. Instructor will provide materials. **Cost \$10.**

**Facilitator: Polly G. DellaCrosse**

Polly is a local native who grew up in Andes. She taught school in Jacksonville, FL, for over 20 years. She has taught this course at previous 4C Camps and likes to give campers a positive experience for time spent.

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**Create Your Own Walking Stick Part 1 and Part 2 (Min 2 Max 6) (A 3 hour workshop, Fri 10:15 – 11:45 continuing Fri 2:15 – 4:15 PM)**

You will collect branches and learn how to carve your stick. Safety is a major topic when using sharp knives. You will learn the different woods to use and different carving methods. Participants must bring flex cut carving knives and tight fitting rubber and fabric garden gloves. **Cost \$5.**

**Facilitator: Lucille Siegel**

Lucille has been "crafting" and sewing since she was a child. She started carving walking sticks in 2013 and now teaches classes and does demonstrations. To date she has made and given away over 150 Walking Sticks.

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**Knitting Basics (Max 6) (Fri 2:15 – 4:15 PM)**

You will learn how to knit and/or get help with a project already started. Teddy will be available during down time to help you with your project.

**Fee for new knitters: \$12.00 – if you are bringing your own supplies there is no fee.**

**Facilitator: Teddy Beaver**

This is Teddy's 2<sup>nd</sup> year teaching beginner and intermediate knitting at 4C Camp. She has 40 years knitting experience.

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**Growing and Preserving Food from your Porch, Patio or Garden (Min 10 - Max 15) (Fri 2:15 PM - 4:15 PM)** Plant a container of vegetables for your patio and learn how to freeze greens and can a jar of salsa from vegetables you can grow on your porch. **Cost \$10.**

**Facilitator: Jeanne M. Darling**

Jeanne, Director of Cornell Cooperative Extension of Delaware County, received her B.S. degree from Cornell University and a Masters in Education at SUNY Oneonta. Jeanne is responsible for the nutrition education programs at Extension including answering questions on preserving food safely and food safety. Jeanne has taken Cornell workshops and training from the University of Georgia on food preservation.

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**Paint and Dip (Min 10 – Max 30) (Fri 2:15 PM – 4:15 PM, repeating Sat 2:15 PM – 4:15 PM).** No experience needed. You will walk away with a Masterpiece! **Cost \$15**

**Facilitator: Wendy Reid Jackson**

Wendy has taught Art at Delaware Academy for 16 years. She also paints with Corks & Canvases.

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**I Can Fix That! (Max 5) (Fri 2:15 – 4:15 PM)**

Participants will learn tips on repairing drywall injuries and replacing electrical devices like switches, receptacles and fixtures.

**Facilitator: Floyd Vogt**

Floyd is a retired Professor of Construction at SUNY Delhi.

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**Keeping Chickens (Fri 2:15 PM – 4:15 PM)**

This is an introduction into the basics of keeping chickens: housing, feed, habitat, habits, health, as well as some fun facts and interesting information about The Chicken. This class would be of interest to anyone who has thought about getting chickens or is just interested in chickens!

**Facilitator: Jacqueline Turnquist**

Jacqueline got into the “chicken hobby” about 10 years ago because she loves to bake and friends with chickens encouraged her to get chickens so she would have her own fresh eggs. She currently has approximately 30 chickens, 6 guineas and 4 peafowl.

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**Horse Shoes (Min 4) (Fri 4:30 PM – 5:30 PM, repeating Sat 4:30 PM – 5:30 PM)**

Two 1 hour sessions (Friday PM, repeating Saturday PM) You will learn the rules of Horse Shoes and join Leon for an active hour of fun time playing the game!

**Facilitator: Leon Beaver**

Leon has been playing Horse Shoes for many years and taught this class at 4-C Camp last year!

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**Butterfly Tree Art (Min 5 Max 10) (Fri 4:30 PM – 5:30 PM)**

What would country living be without a few butterflies. Butterflies have many symbolic meanings including love, rebirth, and transformation. Join me and we will create a unique piece of art to take home...includes painting, paper punching, and as much creativity as you can muster.

**Facilitator: Corrine Tompkins**

Corrine grew up on a dairy farm in Delhi. She joined 4H at age 12 and participated in many activities that she loved, but none as much as 4-H Camp Shankitunk where she now works as the Summer Camp Director. She loves being crafty and looks forward to working with the 4-C campers.

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**A Lady’s Life on the Farm (Fri 4:30 PM – 5:30 PM)**

Ruth will share memories of being a homemaker raising four children on the farm. She will bring several antiques with her and will invite participants to share their memories too.

**Facilitator: Ruth Dibble**

Except for a few years away at college, Ruth, a retired Registered Nurse, spent her entire 86 years on farms in Delaware County.- a poultry farm in Harpersfield and two dairy farms in Hobart.

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**Chair Yoga with Karen (Max 20) (Fri. 4:30 PM – 5:30 PM)**

With a chair for support, this class will challenge the body and mind through strengthening, stretching, relaxing and breathing. Flexibility and muscle tone will be activated as your mind, body and spirit work together in harmony. Both seated & standing positions will be incorporated. This class is for those who have issues getting up and down from the floor and prefer a chair for their main seat. All are welcome!

**Facilitator: Karen Radley**

See bio for Vinyasa Flow Yoga.

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**Archery 101 (Max 10) (Sat 9 AM – 10:00 AM)**

This Archery class will focus on basic form, strategies, and safety on the archery range. **All equipment provided.**

**Facilitator: Lance Alexander**

Lance is a counselor at 4H Camp Shankitunk and teaches Archery. He is looking forward to the opportunity to teach adults.

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**Pine Cone Zinnias (Min 2 Max 10) (Sat 9 AM – 10 AM)**

You will use pine cones to make winter zinnias.

**Facilitator: Barbara Moore**

Barbara is a repeat camper and loves crafts.

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**A Man's Life on the Farm (Sat 9 AM – 10 AM)**

You will learn about John's early days on the farm which will include reminiscences of his many years of farm life, plus readings from his great-great-grandfather's farm history

**Facilitator: John Burgin**

John is a well-known Delhi area farmer.

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**Making Your Own Clay Diffuser (Sat 10:15 AM – 11:45 AM)**

We will be working with clay to sculpt and make your own clay diffusers to use with essential oils. You will learn the benefits of aromatherapy while crafting your own diffuser. **Cost \$10.00**

**Facilitator: David Kropp**

David is a Certified Aromatherapist. After receiving his certification he started Essentials by DK. He makes and sells aromatherapy products at markets and vendor shows in the Oneonta and surrounding areas. All his products are natural and without any added synthetics or additives. He also teaches essential oil safety whenever he can.

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**A Country Conundrum - Rhubarb (Sat 10:15 – 11:45 AM)**

From planting, maintenance, harvesting and preserving we will unravel the mysteries of the old rhubarb plant. We will make a rhubarb dessert to share and I will share recipes as well!

**Facilitator: Heather Morse**

Heather is a Marine Biologist and a stay-at-home mom. Her passion is food. She loves gardening and preserving the fruits of her labor.

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**Carve a Duck or Bird Out of a 6" Live Branch (Min 6 Max 8) (Sat 2:15 PM – 4:15 PM)**

Participant will shape a branch leaving bark on for primary wings and room for placement of head. If you have a sharp knife for whittling please bring it. Instructor will bring a cut out duck and a pre-cut head. He will bring knives and chisels for 5 people.

**Facilitator: Birt Birkelund**

Birt has been a carpenter for 42 years and has taught whittling for 25 years. He has been a senior citizen for 15 years!

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**Rug Hooking (Max 6) (Sat 2:15 PM – 4:15 PM)**

Participants will learn the basics of rug hooking and transferring a design if they wish. If the participant has a design in mind they should bring it with them. Participants will make a wall hanging.

**Cost \$5.00, covers hook and materials.**

**Facilitator: Carol Heburn**

Carol has been a camper for many years. By profession she is a professional dog trainer. She has been hooking rugs for 25 years using yarn.

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**DNA: An Interpretation of One Family/How to Research Your Own (Sat 2:15 PM – 4:15 PM)**

We will go over my own familial DNA while answering questions as they arise to help others understand their DNA. If you have had your own DNA testing done please bring your own results.

**Facilitator: Vernon F. Hall**

Vern retired from the Greenhouse business in 2000. He has been studying genealogy since 1985 and has been active in his church, theater and civic groups such as the Historical Society. He has been a Senior's Delegate and is a Civil War Descendent. He taught this course in 2017 at SUNY Cobleskill.

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**Woodworking 101 (Max 6) (Sat 2:15 PM – 4:15 PM)**

This class will address basic woodworking techniques and will include a small woodworking project. Tom will be available Sunday to finish project. **Cost \$12**

**Facilitator: Tom Briggs**

Tom is a retired Director of Del CO OFA. He has been doing woodworking (primarily repairing Antiques) for the past 30 years. Previously he taught a class on building bird feeders at 4C Camp.

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**Raindrop Technique with Essential Oils (Min 4 Max 12) (Sat 4:30 PM – 5:30 PM)**

A combination of Reflexology and light massage using Young Living Essential Oils.

**Facilitator: Lisa Worden**

Lisa is the sole proprietor of WholeLisa Approaches to Wellness LLC. She is a Karuna Master/Teacher, studying and practicing Reiki for the past 14 years. Recently she advanced to Craniosacral Therapy Level II Practitioner. Complementary therapies are her passion! She loves adding therapy modalities to her toolbox. Her latest tool is called Raindrop Techniques. As a practitioner she places specific Young Living Essential Oils on the client's feet and back while combining reflexology and light massage to promote stress reduction and enhance overall health and well-being.

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**Aqua Aerobics (Max 12) (Sat 4:30 PM – 5:30 PM)**

Pool exercise to improve cardio and strengthen core and upper and lower extremities. Don't forget to bring a bathing suit!

**Facilitator: Penny Downin**

Penny has been a Physical Therapist Assistant for 25 years and has worked at Bassett for the last 6 years.

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**"Vinyasa Flow Yoga" with Karen (Mixed Level) (Max 20) (Sat. 4:30 PM – 5:30 PM)**

Add some sweetness to your day in this relaxing & rejuvenating vinyasa class. As we slow the flow down, you can foster a strong & safe yoga practice, with an emphasis on fundamentals & proper alignment. You will engage your mind, body & spirit through breath work, movement, music and guided meditation. This class will focus on building strength & flexibility, improving balance & range of motion, dissolving tension, and creating a deep sense of well-being that will stay with you long after you leave the mat. This class is ideal for beginners or anyone wanting to get back to basics. All are welcome! (Requires getting up & down from the floor.) **Please bring a yoga mat.**

**Facilitator: Karen Radley**

Karen is a 200 hour registered yoga teacher (RYT 200), trained in the Bhakti tradition, under the guidance of Gopi Kinnicutt. Her training was completed at Yoga Mandali in Saratoga Springs, NY. She brings to the mat years of mentoring, guiding, and helping people. Karen first became interested in yoga six years ago when she was pursuing various ways to stay fit, young, and active. When life got messy, her yoga practice became her refuge and conduit for working through anxiety, depression, and grief. From these experiences, Karen brings compassion, humility, and openness to her classes, where all are welcome. Let her guide you as you flow through your own personal journey in a warm and safe environment, one breath at a time.

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**Worship Service – (Sunday 9 AM – 10 AM)**

We will gather together for singing, praying, and a brief message.

**Facilitator: Moira Beach**

Moira completed a lay speaker school and a Walk to Emmaus, and hopes to gather with others on Sunday morning for a Worship Service.

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**Finish Your Project - (Sunday 9 AM - 10 AM)**

You are welcome to finish working on any project you started. In some cases facilitators will be available to assist you.