

Introduction to William C. C. Chen Tai Chi Chuan (Min 1, Max 10) (Fri 9 AM -10 AM, repeating Sat 9 AM – 10 AM) Two 1- hour sessions. Tai Chi Chuan is a slow moving meditative Martial Art. Relaxation of the Body and Breath are essential. For the complete beginner, with explanations, questions encouraged. Participants should be able to stand on one leg without much difficulty.

Facilitator: Greg Mukai

Greg has 40 years of Tai Chi Chaun experience. He was taught by Grand Master William C.C. Chen and authorized to teach by Master Chen. 22 years as licensed acupuncturist.

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.

Horse Shoe Game (Fri 9 AM – 10 AM, repeating Sat 9 AM – 10 AM)

Two 1-hour sessions. You will learn how to play and 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 the past two years!

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: Alice Collins

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

America’s First Melting Pot: New Netherlands (Fri 10:15 AM – 11:45 AM)

This is a power point presentation of a brief history of Dutch New York.

Facilitator: Edward Kruser

Ed has a B.A. and M.S. in History Education from SUNY-Oneonta. He taught history at Delaware Academy in Delhi for 32 years. This is a new presentation.

Knitting a Dish Cloth (Min 1, Max 6) (Fri 10:15 AM – 11:45 AM, repeating Sat 4:30 PM – 5:30 PM)

Teaching beginner or more experienced how to knit, how to read a pattern, how to tell a knit stitch from a pearl stitch. 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 3rd year teaching beginner and intermediate knitting at 4C Camp. She has 40+ years knitting experience and is an award-winning knitter.

Making Beaded Earrings (Min 4, Max 10) (Fri 10:15 AM – 11:45 AM)

Learn how to make beaded earrings, either gold or silver plate and French or closed hooks. If you have jewelry tools, please bring them with you. Tools will be available for **Fee \$5.**

Facilitator: Emily Phillips

Emily is a former elementary school counselor, mental health counselor and full professor of Counselor Education at SUNY Oneonta. She had a craft business, Auntie Em’s making earrings in Oneonta, Cazenovia, and Syracuse.

**Introduction to Woodworking – Bird House
(Min 3, Max 6) (Fri 10:15 AM – 11:45 AM)
Camper can choose to go to Woodworking Friday
or Saturday, but not both.**

This class will address basic woodworking techniques and will include a small woodworking project; a bird house. Chris will be available Sunday to finish project.

Facilitator: Chris Matthews

Chris learned the trade by experience and family. Chris is very personable and very engaging in topics of conversation. He has a 12-year-old son and is already teaching him the work ethic. He is really looking forward to teaching this class.

**Fun with Alcohol Inks (Min 5, Max 10)
(Fri 10:15 AM – 11:45 AM)**

Alcohol inks lends an abstract quality to your work. It can be manipulated to some degree, but it definitely has a life of its own! For this class, we will be working on ceramic tiles. All materials provided. **Fee \$15**

Facilitator: Judy Baker

Judy has always been a creative soul and over the years has enjoyed many art forms.

**Fun with Fabric Colors (Min 2, Max 8 per session)
Two 2-hour sessions (Fri 2:15 PM – 4:15 PM,
repeating Sat 2:15 PM – 4:15 PM)**

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. **Fee \$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.

**"Walk Tall" Create Your Own Walking Stick Part 1
& 2 (Min 2, Max 6) (Part 1 - Fri 2:15 PM – 4:15 PM,
continuing Part 2 - Sat 2:15 PM – 4:15 PM)**

*****Requires Taking both parts*****

For early arrivals, we will go into the woods and find our branches for carving. Safety first, so I go over how to use the carving knives, the necessity of glove and lap covers. Then we enjoy learning about the "stick" we are carving (how to start and where). Then you get to start carving. Ideas are shared, as well as designs, and the sealing of the finished walking stick are all talked about.

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. She has shared her hobby at the Rockville Center Homemakers Club, the Clark Botanical Gardens, and various wood carving clubs on Long Island.

**Tea 101 & Tea Tasting (Min 8, Max 20)
(Fri 2:15 PM – 4:15 PM)**

Introduction to the "Global Heritage" of tea: from plantations around the globe to your cup, both the history and traditions, as well as innovations. Illustrated by brewing tea (and tisanes) and tasting. **Fee: \$5 refunded with purchase**

Facilitator: Nini Ordoubadi

Nini was born in Iran and is a third-generation tea blender. Since 2003, she has been creating hand-blended artisanal teas in the Catskills. She is opening her shop to host her workshop there.

**Growing and Preserving Herbs and Local Food
(Min 10, Max 15) (Fri 2:15 PM – 4:15 PM)**

Learn how to grow, harvest and preserve herbs and can a jar of salsa with herbs in a hot water bath canner. **Fee: \$10**

Facilitator: Jeanne M. Darling

Jeanne, Director of Cornell Cooperative Extension of Delaware County, received her B.S. degree from Cornell University and a Master's 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.

**Paint and Decorate Your Own Tee-shirt
(Fri 2:15 PM – 4:15 PM)**

We will paint and decorate your own tee-shirt - Please bring your own shirt. Paint supplies will be provided. **Fee: \$2**

Facilitator: Deb Cotton

Deb has been doing arts and crafts for more than 50 years and has taught a variety of craft classes at 4C camp over the years

The History of Soap Making – Make Your Own Soap (Min 4, Max 12) (Fri 4:30 PM – 5:30 PM) The history of soap making and make your own soap.**Facilitator: Lisa Worden**

Lisa is the sole proprietor of Whole Lisa Approaches to Wellness. She is a Usui and Karuna Master/Teacher, studying and practicing Reiki for the past 15 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.

**Book Club: "The Firelight Girls" by Kaya McLaren
(Fri. 4:30 PM – 5:30 PM)**

Participants need to read book prior to workshop in order to discuss. Book concerns a summer camp scheduled to close, because of funding and goes back to how it affected lives of former campers and counselors, current owners, and how they all intertwined. Deals with issues love, aging, friendships, etc. You can obtain the book through the library, kindle, Amazon, etc.

Facilitator: Donna Briggs

Donna is a graduate of Syracuse University and worked 35 years as a social worker. She is an avid reader and is an antique dealer specializing in vintage clothing.

Chair Yoga with Karen (Min 3, Max 12) 1 Hour Session (Fri. 4:30 PM – 5:30 PM, repeating Sat 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

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.

French Embossing (Max 20)**(Fri. 4:30 PM – 5:30 PM)**

French Embossing is the art of etching glass with corrosive acid or cream. This workshop will have the chance to design, prepare, and etch your own glass masterpiece to take home.

Facilitator: Justine Bishop

Justine is a 4-H 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!

Archery 101 (Max 10) (Sat 9 AM – 10 AM)

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

All equipment provided.**Facilitator: Jon Conklin**

Jon is an employee of Cornell Cooperative Extension and the 4-H Camp. He has been a teacher of archery in the past at 4-Camp, as well as teaching to 4-Hers.

Basic Survival Skills (Sat 9 AM – 10 AM)

This workshop deals with proper preparation for outdoor activities and remedies when things go awry. Participants should bring a compass.

Facilitator: Al Martel

Al is a retired NYSDEC Principal Wildlife Technician. He taught this workshop at the last three Winter Cabin Fever events at Gilbert Lake State Park and last summer for the Girl Scout Council at their camp.

Just Enough Italian to Travel (Min 2, Max 15)**(Sat 9 AM - 10 AM)**

Learn the basics of the Italian language – pronunciation, vocabulary, and a little grammar. Practice speaking the language. **Fee: \$2**

Facilitator: Arlana Young

Arlana lived in Europe for about 17 years while working for the U. S. Department of Defense. She lived in Italy for 10 years and in Germany for 6 and a half years. Arlana's mother's family emigrated to the United States of America from Italy; she was exposed to the language and culture from an early age, so learning Italian was much easier than learning German. Since retiring, Arlana has returned to Italy several times to visit friends and learn more about the country.

Introduction to Woodworking – BBQ Box (Min 3, Max 6) (Sat 10:15 AM – 11:45 AM)

Camper can choose to go to Woodworking Friday or Saturday, but not both.

This class will address basic woodworking techniques and will include a small woodworking project to make a bar-b-que tool box.

Facilitator: Chris Matthews

Chris learned the trade by experience and family. Chris is very personable and very engaging in topics of conversation. He has a 12-year-old son and is already teaching him the work ethic. He is really looking forward to teaching this class.

Make Your Own Burlap Sunflower Wreath (Min 5, Max 10) (Sat 10:15 AM – 11:45 AM)

Come get crafty with burlap. Participants will each make their own burlap sunflower wreath to take home, just in time to decorate for the harvest season. Make it for yourself or give it as a gift. A little dexterity and some patience are all you need. I'll provide the rest. **Fee: \$20**

Facilitator: Corrine Tompkins

Corrine grew up on a dairy farm in Delhi. She joined -H 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 is now project leader for the Country Bumpkins 4-H Club. She loves being crafty and looks forward to working with the 4-C campers.

Mossy Pots (Min 8, Max 10)**(Sat 10:15 AM – 11:45 AM)**

Each participant will make and take home their own mossy pot. **Fee: \$15**

Facilitators: Branch & Bloom - Angie Eichler & Rachel Shaughnessy are co-owners of Branch & Bloom, a craft and design business in Oneonta, NY. For more information check out their Facebook page: Branch & Bloom NY.

Irish Social Dance (Ceide)**(Sat 10:15 AM – 11:45 AM)**

Popular folk dance in Ireland. Social event for both men and women traditionally accompanied by music.

Facilitator: Bridgette Shepardson

Dancing in the Oneonta area for 32 years!
Teaching social dance for almost 10 years.

Map and Compass (Sat 10:15 AM – 11:45 AM)

Participants should bring a compass. Al will explain the use and limitations of a compass. He will cover its parts and how it can be paired up with maps to get to a destination and return. The map section will discuss types of maps including topographic maps, their features, and use.

Facilitator: Al Martel

Al is a retired NYSDEC Principal Wildlife Technician. He taught this workshop at the last three Winter Cabin Fever events at Gilbert Lake State Park and last summer for the Girl Scout Council at their camp.

Make Your Own Bug Spray**(Sat 10:15 AM – 11:45 AM)**

David offers an essential oils workshop each year at 4-C Camp. This year he will have participants make their own take-home bug spray. **Fee: \$10**

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.

Storytelling & Theater Making Workshop (Min 4, Max 20) (Sat 2:15 PM – 4:15 PM)

How do you tell, perform, tell a story using only a few words? In this two-hour theater workshop Barbara Gregson will take you through her unique theater making and story-telling process, using mime, masks (which she will provide) improvisation and a few words. Students will create a short group piece based on the Japanese tenth century legend. "The Musician and the Pirates" for an in-studio improvised final performance.

Facilitator: Barbara L. Gregson

Barbara L. Gregson is a theater artist and author of Theater Artists Play, a Guide to Creating and Making Your Own Theater Work. She has 45 years of experience teaching, performing, and working in the theater arts, i.e. mime, acting, mask-making with people of all ages and abilities, so they may create their own original theater works. She has received countless grants in PA, DE, NJ, and New York State Council on the Arts and local arts councils to fund this work. Currently she is directing three local theater residencies and productions and working on a new arts podcast, "Artists Lost and Found" inspirational stories for and with artists who create against all odds. This is due out in June 2019.

DNA/Genealogy/Ancestry Q & A
(Sat 2:15 PM – 4:15 PM)

To answer as many questions as possible to help facilitate personal DNA/Genealogy. 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 has been studying genealogy since 1982. With the advent of reasonable cost testing DNA and the aftermath of my and my mother's parentage, it led into new avenues of research and understanding.

Fungus Among Us! Grow Your Own Mushrooms!
(Max 10) (Sat 2:15 PM – 4:15 PM)

Let's explore medicinal and edible mushrooms! Shiitake (and many other varieties of mushrooms) have long been prized for their culinary and medicinal properties. Shiitake in particular, are fairly easy to grow at home. In this class we will learn how to "inoculate" a log with shiitake mushroom spawn and hopefully encourage that log to "fruit" at home. Each participant will inoculate their own log using my tools and purchased spawn. Then you will bring your log home with instructions on how to force mushroom growth next Spring.

Fee: \$5

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.

Mama Mia – A Little Italian Culture
(Min 2, Max 20) (Sat 4:30 PM – 5:30 PM)

Learn about Italy and its culture through photos, maps, brochures, and personal stories.

Facilitator: Arlana Young

Arlana lived in Europe for about 17 years while working for the US Department of Defense. She lived in Italy for 10 years and in Germany for 6 and a half years. Arlana's mother's family emigrated to the U.S. from Italy; she was exposed to the language and culture from an early age, so learning Italian was much easier than learning German. Since retiring, Arlana has returned to Italy several times to visit friends and learn more about the country.

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 26 years and has worked at Bassett for the last 7 years.

Make Your Own Greeting Cards (Min 2, Max 10)
(Sat 4:30 PM – 5:30 PM)

We will be making two or three greeting cards.

Fee \$5

Facilitator: Harriett Dunne

Harriet has been a Creative Memories advisor for 20 years helping people preserve their photos and memories in photo safe albums. She teaches scrapbooking and card making.

Worship Service – 1 Hour Session
(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.