



4C-CAMP

Camping to Create Caring Communities

August 8th – August 11th, 2019

Registration Information

Dear Camper:

Welcome to our 11th year of 4C-Camp. Please read the following instructions carefully for registering for this year's **4C-Camp being held August 8th – 11th, 2019.** 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 29, 2019.** A non-refundable deposit of \$25 must be submitted with your pre-registration. You can pay the remaining \$135 (for 3 nights/4 days) at time of camp registration or pay the full \$160 (for 3 nights/4 days) now. Please make checks payable to CCE Delaware County (Cornell Cooperative Extension). **The price for camp is a flat \$160 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 1st workshop choice.** You will be notified by mail or e-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 8 - 11 (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. If no answer, call Extension office at (607) 865-6531.

CAMP FEE/ CAMPERSHIPS

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

WEBSITE

Visit our website at: 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 served 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 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)
(We will have 4C-Camp sweatshirts, T-shirts and caps for sale)

“Celebrate Your Global Heritage” Event

This year’s entire camp is revolving around “**Celebrate Your Global Heritage**”; 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 – community gathering, clans will be in teams for challenge games. Friday and Saturday evenings will feature community gathering, campfire/storytelling, drumming circle, guitar, music. Come ready to join in the fun!

4C CAMP FOR ADULTS 2019 CAMPER REGISTRATION FORM –

complete both sides

PLEASE SEND IN, WITH DEPOSIT, BY JULY 29, 2019,

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 \$160 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 (\$135) 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 1ST AND 2ND CHOICE OF WORKSHOPS → → → →

2019 WORKSHOP CHOICES, pick a first and second choice and send in

<p>Friday, August 9: 9AM – 10 AM</p> <p>___ Introduction to William C. C. Chen Tai Chi Chuan (Max 10)</p> <p>___ Archery (Max 10)</p> <p>___ Horse Shoes</p> <p>___ Walking the Labyrinth as a Creative Journey</p>	<p align="center">___ Free Time</p>	<p>Saturday, August 10: 9AM – 10 AM</p> <p>___ Introduction to William C. C. Chen Tai Chi Chuan (Max 10)</p> <p>___ Archery (Max 10)</p> <p>___ Horse Shoes</p> <p>___ Basic Survival Skills</p> <p>___ Just Enough Italian to Travel (Min 2, Max 15) (Fee \$2)</p>	<p align="center">___ Free Time</p>
<p>Friday, August 9: 10:15AM – 11:45 AM</p> <p>___ America's First Melting Pot: New Netherlands</p> <p>___ Knitting a Dish Cloth (Min 1, Max 6)</p> <p> (Ck one) Beginner Kit -\$12 <input type="checkbox"/> or Own Supplies- Free <input type="checkbox"/></p> <p>___ Making Beaded Earrings (Min 4, Max 10)</p> <p>___ Introduction to Woodworking – Bird House (Min 3, Max 6)</p> <p>___ Fun with Alcohol Inks (Min 5, Max 10) (Fee \$15)</p>	<p align="center">___ Free Time</p>	<p>Saturday, August 10: 10:15 AM – 11:45 AM</p> <p>___ Introduction to Woodworking - BBQ Box (Min 3, Max 6)</p> <p>___ Make Your Own Burlap Sunflower Wreath (Fee \$20) (Min 5, Max 10)</p> <p>___ Mossy Pots</p> <p>___ Irish Social Dance (Ceide)</p> <p>___ Map and Compass</p> <p>___ Make Your Own Bug Spray (Fee \$10)</p>	<p align="center">___ Free Time</p>
<p>Friday, August 9: 2:15 PM – 4:15 PM</p> <p>___ Fun with Fabrics (Max 8) (Fee \$10)</p> <p>___ "Walk Tall" Create Your Own Walking Stick Part 1 (Requires taking Parts 1 & 2) – Part 2 on Saturday (Min 2, Max 6)</p> <p>___ Tea 101 & Tea Tasting (\$5 refunded with purchase) (Min 8, Max 20)</p> <p>___ Growing and Preserving Herbs and Local Food (Fee \$10) (Min 10, Max 15)</p> <p>___ Paint and Decorate Your Own Tee-shirt (Fee \$2)</p>	<p align="center">___ Free Time</p>	<p>Saturday, August 10: 2:15 PM – 4:15 PM</p> <p>___ Fun with Fabrics (Max 8) (Fee \$10)</p> <p>___ "Walk Tall" Create Your Own Walking Stick Part 2 -cont'd from Part 1 on Friday, must take Part 1 for 2 (Min 2, Max 6)</p> <p>___ Storytelling & Theater Making Workshop (Min 4, Max 20)</p> <p>___ DNA/Genealogy/Ancestry Q & A</p> <p>___ Mushrooms</p>	<p align="center">___ Free Time</p>
<p>Friday, August 9: 4:30 PM - 5:30 PM</p> <p>___ The History of Soap Making – Make Your Own Soap (Min 4, Max 12)</p> <p>___ Book Club: "The Firelight Girls"</p> <p>___ Chair Yoga with Karen (Min3, Max 12)</p> <p>___ French Embossing</p>	<p align="center">___ Free Time</p>	<p>Saturday, August 10: 4:30 PM - 5:30 PM</p> <p>___ Mama Mia – A Little Italian Culture (Min 2, Max 20)</p> <p>___ Make Your Own Greeting Cards (Min 2, Max 10) (Fee \$5)</p> <p>___ Aqua Aerobics (Max 12)</p> <p>___ Chair Yoga with Karen (Min 3, Max 12)</p> <p>___ Knitting a Dish Cloth (Min 1, Max 6)</p> <p> (Ck one) Beginner Kit -\$12 <input type="checkbox"/> or Own Supplies- Free <input type="checkbox"/></p>	<p align="center">___ Free Time</p>

Sunday, August 11: 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, Friday and Saturday both. 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" in the top right corner.**

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.*******