

**“From Earth to Sky: Embodying the Elements through Yoga” (Sat. 2:15 p.m. – 4:15 p.m.)  
(Maximum # of students: 12/Minimum 4)**

In this session, we will weave together Native American and ancient Indian traditions as we honor and invoke the elements of Earth, Water, Fire, and Air. We will explore the four elements by traveling the body’s Chakra system or energy centers. Each element will be expressed through Mantra (sound), Mudra (hand gestures), and Movement (poses), incorporating breathwork and meditation on the journey. As we foster a renewed connection to and appreciation for Earth, Water, Fire, and Air, a sense of balance, harmony, and peace will be cultivated within. In an expression of gratitude and unity, we will create a nature mandala (circular design) at the end of class.

Please bring flowers, twigs, stones, wild fruit, grasses, etc. that you would like to be a part of the design. This class can be done on a mat or in a chair. No prior experience or knowledge is required. Comfortable clothing that you can easily bend and move in is recommended. Please bring a yoga mat and or cushion, if you have one.

**Facilitator for “From Earth to Sky: Embodying the Elements through Yoga”**

Karen Radley is a 200-hour registered yoga teacher and brings to the mat years of mentoring, guiding, and helping people. She first became interested in yoga as a way to stay fit and active. When life got messy, Karen’s yoga practice became her refuge and conduit for working through anxiety, depression, and grief. This experience inspired her to become a teacher and share the gift of yoga with others. Karen is devoted to fostering compassion, humility, empathy, and openness in her classes and private sessions. Let her guide you on your own personal journey in a warm, safe, and welcoming environment, one breath at a time.

**“Long Term Food Storage” (Sat. 4:30 p.m. – 5:30 p.m.)**

Participants will learn how to store and use foods for emergencies.

**Facilitator for “Long Term Food Storage”**

Beth Hoy has trained with various survival experts and has worked with civil air patrol cadets. She teaches wilderness survival with a group of instructors. She has taught long-term food storage also with groups of instructors.

**“Fabric Art with Natural Found Items” (Fri. 10:15 a.m. – 11:45 a.m.) (Maximum # of students: 6)**

Participants will be working with items from nature to create a wall hanging.

**Facilitator for “Fabric Art with Natural Found Items”**

Polly DellaCrosse is a happy person with a smile on her face who loves working with people.

**“Labyrinth” (Fri. 4:30 p.m. – 5:30 p.m.) (Maximum # of students: 6/Minimum 3)**

Labyrinth as meditative tool as a representation of pilgrimage.

**Facilitator for “Labyrinth”**

Alice Collins is a frequent 4-C Camp participant. We are so fortunate that Shirley Sweet designed the labyrinth and she and other campers constructed it.

**“Native American Dance” (Fri. 9 a.m. – 10 a.m.)**

The workshop will go into the different types and styles of dance with some history and steps used in the dance. Please note that many older people may not be able to perform a whole dance as it is very fast and lots of hopping. Some steps and styles can be performed by anyone.

**Facilitator for “Native American Dance”**

Ramona Woodruff-Young has loved to dance her whole life and has taught belly dance at 4-C Camp and SUNY-Oneonta. She has danced at Pow Wows before and has always had an interest in Native American culture.

**“Hand Painted Eggs with a Ukrainian Theme” (Fri. 2:15 p.m. to 4:15 p.m.) (Maximum # of students: 20/Minimum 1)**

Each participant will receive a hand-blown egg with a pattern sketched on it in pencil. They will choose their own colors, and unique touches. The more detailed the better.

**Facilitator for “Hand Painted Eggs with a Ukrainian Theme”**

Linda Hall grew up in Sidney Center, NY and has traveled extensively and done shows and talks about her adventures including photo shows. She started painting unique hand-blown eggs in her 40s.

**“Fluid Pour Flower Pot” (Fri. 10:15 a.m. to 11:45 a.m.) (Maximum # of students: 12/Minimum 5) Each participant will learn about the fluid pour technique and decorate their own 10” flower pot with the colors of their choosing. Fee: \$10**

**Facilitator for “Fluid Pour Flower Pot”**

Jacqui Hauser is the owner of the Studio for Art and Craft in Cobleskill, NY. Jacqui considers herself a “professional enabler, leading adults and children in craft projects that help them maximize their creative side.

**“Honey Bees and Bee Keeping” (Fri. 4:30 p.m. – 5 p.m.) (Maximum # of students: 20)**

Informative presentation on the bee keeping hobby and the importance of the honey bee.

**Facilitator for “Honey Bees and Bee Keeping”**

For years Nick Sinstack had an interest in bee keeping and his wife gave him a kit to get started. He took a bee keeping course and purchased additional equipment and his first pre-order of bees. After a lot of learning and experimenting his endeavor has expanded into a small business and a learning experience for his 8-year-old daughter, Raelyn.

**“Create a Mini Photo Album” (Fri. 9 a.m. – 10 a.m.) (Maximum # of students: 10/Minimum 2)**

Participants will receive paper and embellishments to make one mini photo album. Participants may

bring their own photos for the album if desired, but not necessary. **Fee: \$5**

**Facilitator for “Create a Mini Photo Album”**

Harriet Dunne has been a Creative Memories advisor for over 25 years. She teaches people how to organize their photos and memories into photo safe scrapbook albums to be enjoyed for years to come. She also teaches how to create digital photo albums.

**“Gourd Art” (Fri. 2:15 p.m. – 4:15 p.m., repeating Sat. 10:15 a.m. – 11:45 a.m.) (Maximum # of students: 10)**

Participants will each have a dried and prepared gourd of their choosing. They will be guided in ideas for decorating their gourd. Mediums available are paint, stain, or wood burning. Gourds can be embellished with beads or feathers, if desired. **Fee: \$10**

**Facilitator for “Gourd Art”**

Both Amy Taggart and Jude Taggart have been 4-C campers for years. Crafting is in their blood. Jude has participated in gourd art classes in the past and with Amy’s artistic eye, together they will offer an exciting class to make gourd bowls, dishes, or even a birdhouse.

**“Lava Bead Bracelet/Necklace” (Sat. 10:15 a.m. – 11:45 a.m.)**

We will make bracelets with a variety of beads and lava beads that you can add essential oils. **Fee: \$8**

**Facilitator for “Lava Bead Bracelet/Necklace”**

Laura Emmett has been making and selling jewelry for about 15 years. Her focus is on leather bracelets with magnetic clasps, but she also makes earrings, necklaces, and rings.

**“Salsa Dance” (Fri. 4:30-5:30 p.m.)**

Brigitte will teach basic salsa with or without a partner.

**Facilitator for “Salsa Dance”**

Bridgette Shephardson is a local dance instructor for over 20 years. Experienced in ballet, modern, jazz, and many forms of social dancing.

**“Make Your Own Dreamcatcher”(Fri. 2:15 p.m. – 4:15 p.m.)(Maximum # of students: 15)**

Participants will learn a brief history of dreamcatchers and will make their own small dreamcatcher to take home. You will choose your colors, feathers, beads, and have fun.

**Facilitator for “Make Your Own Dreamcatcher”**

Corrine Tompkins is the Director of 4-H Camp Shankitunk. She loves to be crafty and share her passion with others. She taught herself to make dreamcatchers when she was a teen and loves making them to donate to worthy causes.

**“Woodshop 101” (Fri. 10:15 to 11:45 a.m.) (Maximum # of students: 8/Minimum 4)**

Participants will make a rustic wooden hooked wall hanger. During the workshop participants will learn safety in the woodshop and general rules of thumb. Participants will use a chop saw, a drill motor and will also sand and stain their project. **Fee: \$10**

**Facilitators for “Woodshop 101”**

Tom Briggs and Sandy Morley are both 4C Campers and enjoy DIY and woodworking for themselves and others. Tom has spent over 40 years repairing antiques.

**“Create and Perform a Story, your own or a myth, legend, or classic” (Maximum # of students: 20/ Minimum 2) Sat. 2:15-4:15 p.m.**

Students will learn how to perform a short story in small groups. We will take an Iroquois story and participants will make it into a live performance piece

**Facilitator for “Create and Perform a Story”**

Barbara Gregson is a theater artist and author of “Theater Artists Play: a guide to making and creating your own theater work”. She has 48 years of experience teaching, directing, and performing her own theater.

**“Aqua Aerobics” (Maximum # of students: 20/ Minimum 2) (Sat 4:30 – 5:30 p.m.)**

Pool exercise to improve cardio and strengthen core and upper and lower extremities. Participants will use the buoyancy of the water to assist in a gentle stretch and aquatic movement. Don’t forget to bring a bathing suit!

**Facilitator for “Aqua Aerobics”**

Penny Downin has been a Physical Therapist Assistant for 29 years and has worked at Bassett for the last 10 years.

**“I was Just’ Survival with emphasis on compass and fire building” (Sat. 4:30 p.m. – 5:30 p.m.)**

Participants will learn the proper preparation necessary for any outdoor excursion to prevent a tragedy and fire building in the event the feces impact the air impeller.

### **Facilitator for “I was Just’ Survival”**

Al Martel is an Eagle Scout, a retired NYSDEC Principal Wildlife Technician after 31+ years. He taught this workshop at the last three Winter Cabin Fever events at Gilbert Lake State Park, Trout Unlimited, and the Girl Scout Council at their camp. Al recently solo hiked the Northville to Lake Placid Trail (138 miles).

### **“Worship Service”**

**(Sun. 9:00 – 10 a.m.)**

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

### **“Navajo Collections Come Hear the Music”**

**(Friday 4:30 p.m., repeating Saturday 9:00 a.m.)**

Come hear the music, listen to stories, view exhibits of jewelry, rugs, pottery, framed art and artifacts collected during visits to the Navajo Nation in the Southwest U.S. Moira will share her collection and stories from her travels. Most recent trip – July 2015.

### **Facilitator for “Navajo Collections and Worship Service”**

Moira Beach, during her 33 years at SUCO, participated in many field trips in the Southwest U.S. with students and adults in eco-education travels, gaining knowledge about Native Americans and collecting art, crafts, and artifacts. Moira is also a lay speaker. She completed a lay speaker school and a Walk to Emmaus and hopes to gather with others on Sunday for worship service.

### **“Spend time finishing your project”**

One 2-hour session **(Sun. 9:00 a.m.)**

Sunday morning, finish your workshop projects. Some instructors will be available to assist you, provide extra help or explore the subject in more depth.