



4C-CAMP

Camping to Create Caring Communities

August 11th – August 14th, 2022

Registration Information

Dear Camper:

Welcome to our 12th year of 4C-Camp. Please read the following instructions carefully for registering for this year's 4C-Camp being held August 11th – 14th, 2022. 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, 2022. 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 donate 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 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!

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

PLEASE SEND IN, WITH DEPOSIT, BY JULY 30, 2022, ALL INFORMATION PERTAINING TO THE CAMPER MUST BE ON THIS FORM. **4C-CAMP FOR ADULTS 2022 CAMPER REGISTRATION FORM – complete both sides**

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 and 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.

CAMPING DATES

August 11-14 (Thursday starting at 1:30 p.m. through Sunday afternoon).

WHO MAY ATTEND

Adults 18 years old and over.

REQUIREMENTS

Please fill out and return the enclosed **Camper Registration Form** (*completing both sides; workshop selections and camper information*) **along with deposit payable to CCE Delaware County. Mail it to 4C-Camp for Adults, P. O. 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 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 and to download a copy of our brochure and registration form; or connect with us on Facebook at [facebook.com/4C-Camp](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 and tents. Questions regarding special arrangements e-mail or call Jude Taggart at willandjude@gmail.com or (607) 432-0123.

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 Footwear (**extra pair of comfortable shoes**)
Healthy snacks to share and vegetables for Stone Soup. (We will have 4C-Camp sweatshirts, T-shirts and caps for sale) (Lawn chair – optional)

BACK TO OUR ROOTS

This year's entire camp is revolving around "Getting Back to our Roots"; many of the activities and workshops will be related to this theme.

HEALTHY FOOD & SNACKS

Healthy balanced meals 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.**

Please provide vegetables from your gardens for **Stone Soup** to share with campers. Also, bring healthy snacks that will be shared with other campers.

ENTERTAINMENT

Thursday evening will be the **opening BBQ** followed by - community gathering, camp Bingo with prizes. Friday and Saturday evenings will feature community gathering, campfire, drumming circle, music, games. Come ready to join in the fun! On Friday, Dr. William Starna, emeritus faculty, SUNY-Oneonta, will speak about Native Americans in our area. Saturday night will be karaoke and dancing with DJ Greg.

PLEASE SEND IN, WITH DEPOSIT, BY JULY 30, 2022,

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

Camper's Name _____ Former 4C Camper? []YES []NO
Mailing Address _____ FORMER 4-H CAMPER? []YES []NO
City _____ State _____ Zip _____ AGE (CIRCLE ONE) 18-34 35-44 45-54
E-mail Address _____ 55-64 65-74 75-84 85+
Contact Phone (with area code): _____ 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 → → → → →

<p>Friday, August 12: 9AM – 10 AM _____ FREE TIME</p> <p>___ Archery (Max. # of student: 10)</p> <p>___ Learn to play Horseshoes (Max. # of student: 8)</p> <p>___ Native American Dance</p> <p>___ Create a Mini Photo Album (Max. # of student: 10)</p> <p>Fee: \$5</p>	<p>Saturday, August 13: 9AM – 10 AM _____ FREE TIME</p> <p>___ Archery (Max. # of student: 10)</p> <p>___ Learn to play Horseshoes (repeating) (Max. # of student: 8)</p> <p>___ Moira Beach Navajo Collection (repeating)</p>
<p>Friday, August 12: 10:15AM – 11:45 AM _____ FREE TIME</p> <p>___ Woodshop 101 (Max. # of student: 12)</p> <p>___ Carve your Own Walking Stick Part 1 (Requires taking Parts 1 & 2 – Part 2 on Saturday) (Max. # of students: 6/Min. 3) PARTICIPANTS MUST NOT BE ON BLOOD THINNERS SINCE WE WORK WITH SHARP BLADES!! Bring heavy gardening or leather gloves. Fee: \$20</p> <p>___ Fluid Pour Flower Pot (Max. # of students: 12) Fee: \$10</p> <p>___ Fabric Art with Natural Items (Max. # of students: 8)</p>	<p>Saturday, August 13: 10:15 AM–11:45 AM _____ FREE TIME</p> <p>___ Lava Bead Bracelets/Necklace Fee: \$8</p> <p>___ Carve your Own Walking Stick Part 2 (Requires taking Parts 1 & 2 – continuing from Friday)</p> <p>___ Gourd Art (Max. # of students: 10) Fee: \$10</p> <p>___ Hand Painted Ukrainian Eggs (Max. # of students: 20)</p>
<p>Friday, August 12: 2:15 PM – 4:15 PM _____ FREE TIME</p> <p>___ Gourd Art (Max. # of students: 10) Fee: \$10</p> <p>___ Hand Painted Ukrainian Eggs (Max. # of students: 20)</p> <p>___ Dream Catcher (Max. # of students: 15/Minimum 5)</p>	<p>Saturday, August 13: 2:15 PM – 4:15 PM _____ FREE TIME</p> <p>___ Create and Perform a Story (Max. # of students: 20)</p> <p>___ Yoga/Nature Mandala (Max. # of students: 12)</p> <p>___ Cake Decorating (Max. # of students: 8)</p>
<p>Friday, August 12: 4:30 PM - 5:30 PM _____ FREE TIME</p> <p>___ Salsa Dance</p> <p>___ Honey Bees and Bee Keeping (Max. # of students: 20)</p> <p>___ Navajo Collections</p> <p>___ Labyrinth (Max. # of students: 6)</p>	<p>Saturday, August 13: 4:30 PM - 5:30 PM _____ FREE TIME</p> <p>___ “I was just” Survival</p> <p>___ Aqua Aerobics (Max. # of students: 10)</p> <p>___ Long Term Food Storage</p>

Sunday, August 14: 9AM – 11 AM _____ Worship Service _____ Finishing your project

Please complete the **Camper Registration Form** and the **Workshop Registration form**. Use the workshop descriptions and instructor bios attached for information about each workshop. **Certain workshops require you to take multiple parts, i.e. 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).** Send the completed two-page registration form to **4C Camp for Adults, P. O. Box 411, Delhi, NY 13753** along with your check or money order made payable to CCE of Delaware County. **You will receive follow up confirmation on your workshops.**

“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 dance at Pow Wows before and has always had an interest in Native American culture.

“Hand Painted Eggs with a Ukranian 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 Ukranian 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 too 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 or 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.