

**“Learn to Play Pickleball” (Fri. 10:15 a.m. – 11:45 a.m. or Fri. 4:30-5:30) (Minimum # of students: 3)**

This workshop will teach you how to play pickleball.

**Facilitator of “Learn to Play Pickleball”**

Pat Clark has played pickleball for at least 4 years and will teach you how to play, too.

**“Carve Your Own Walking Stick” (Fri. AND Sat. 2:15 – 4:15 p.m.) (Maximum # of students: 6/ Minimum: 3)**

You will go into the woods, pick and cut a branch to carve. Learn how to treat and carve the branch creating a unique walking stick. Bring soft gloves and a heavy towel for your lap. All other materials will be provided. **PARTICIPANTS MUST NOT BE ON BLOOD THINNERS SINCE WE WORK WITH SHARP BLADES!! BRING HEAVY GARDENING OR LEATHER GLOVES. YOU MUST SIGN UP FOR BOTH TIMES. THIS IS A TWO-PART WORKSHOP. Fee: \$5**

**Facilitator for “Carve Your Own Walking Stick”**

Lucille Siegel is a retired pediatric nurse who has been carving for 8 years.

**“Skills to Enjoy Photography and Even Editing on Your Smartphone” (Fri. 10:15 a.m. – 11:45 a.m.)**

Lots of hands-on as you enhance your ability to capture great photos and then even edit them. We will also cover Burst and other important techniques for composing images so you can go outside and shoot nature, people, even food. Download a free app called SNAPSEED on your smartphone before the workshop so we can learn editing skills.

**Facilitator for “Skills to Enjoy Photography and Even Editing on Your Smartphone”**

Arlene Kyler is a longtime member of South Shore Camera Club (NY) and has won dozens of medals, attended numerous photography skills lectures, and had a photo published in the Town of Hempstead Calendar all from her iPhone. She has been photographing all her life – her Dad taught and practiced photography.

**“Archery”, (Fri. or Sat. 9:00 a.m. – 10 a.m.) and “Hike to Summit in Lennox Forest” (Fri. 2:15 p.m. – 4:15 p.m.) – 4-H Camp Staff**

**“Delaware County Solid Waste and Material Recovery” (Fri. 9:00 a.m. – 10 a.m.)**

An Introduction to solid waste management in Delaware County.

**Facilitator for “Delaware County Solid Waste and Material Recovery”**

Tyson Rodd oversees all management and operations at the Delaware County Solid Waste Management Center where facilities include a C&D Cell, MSW Cell, and a Material Recovery Facility. Tyson has assisted in a myriad of research around the world and previously worked as an Environmental Planning Technician for the Delaware Planning Department. He also teaches GEOG 303, Soil Analysis and Sustainability, in the Department of Geography and Environmental Sustainability at SUNY Oneonta. So you think you know how to recycle, think again and learn how from Tyson.

**“Crochet a trivet/potholder” (Sat. 2:15 p.m. - 4:15 p.m.) (Minimum # of students: 4)**

You will crochet a trivet/potholder. Bring a crochet hook (H), sugar and cream (2 ½ oz.), 100% cotton (any color you want), two balls, if you want two tone. Rose Mary will have some available at \$7.00.

**Facilitator for “Crochet a trivet/potholder”**

Rose Mary DeSoto was the creator of two craft stores for a total of 15 years and taught classes in crafts and jewelry. She has enjoyed crafts since she was 13 years old.

**“Cooking Without Power and Basic Emergency Preparedness” (Sat. 10:15 a.m. – 11:45 a.m.)**

Students will learn how to cook meals with limited fuel resources for camping or emergency situations. Also will touch on basic emergency preparedness.

**Facilitator for “Cooking Without Power and Basic Emergency Preparedness”**

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.

**Games: Pickleball, Horseshoes, Cornhole - Field (Sat. 10:15 a.m. – 11:45 a.m., Sat. 4:30 p.m. – 5:30 p.m.)**

**“Reverse painting on glass” (Sat. 9:00 a.m. – 10 a.m.)**

**(Maximum # of students: 15/Minimum: 6) Fee: \$5**

Students will paint on the inside of a glass jar or pane of glass. Students will provide own painting surface(s). Paints and brushes will be provided, however you may want to bring your own. Choose wide-mouth containers to facilitate reaching inside of container with brush. Consider painting on a picture frame that has no photo. Bring a picture to reference, or paint using your imagination!

**Facilitator for “Reverse painting on glass”**

Lisa Worden 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.

**“Alcohol Ink on Ceramic Tiles” (Fri. 10:15 a.m. – 11:45 a.m.) (Maximum number of students: 10/Minimum: 5)**

Each student will get a 6” X 6” ceramic tile, along with a wooden easel to display it on. Instructor will supply the ink, alcohol and other supplies or you to make a finished piece of art.

**Facilitator for “Alcohol Ink on Ceramic Tiles”**

Judy Baker has been making alcohol ink art for 7 years and enjoys the abstract surprise that you get when mixing the ink with alcohol. She uses ceramic tiles as my substrate

**“Learn Contra Dancing” (Sat. 10:15 a.m. – 11:45 a.m.)**

Many of you may already be familiar with Contra Dance. It is a very popular form of dance consisting of mixed variations of folk dancing from predominantly European decent. We will be learning two dances, one of more Irish decent and one made popular here in the states in our country’s early years.

Contra Dancing generally consists of two lines of dancers formed by leaders and followers, and follows a short pattern which is repeated until all couple groups have completed the pattern! It’s a wonderful way to spend time with friends and community, and I will bring with me information about local opportunities for Contra Dance.

**Facilitator for “Learn Contra Dancing”**

Bridgette Shephardson has been a dance teacher for over 20 years and is experienced in ballet, modern jazz, and many forms of social dancing.

**“Chair Yoga with Karen” (Sat. 4:30 p.m. – 5:30 p.m.)**

**(Maximum # of students: 12/Minimum: 3)**

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.

**“Corn Hole with Jude” (Sat. 9:00 a.m. – 10:00 a.m.) (Minimum # of students: 3)**

Learn to play Corn Hole

**Facilitator for “Corn Hole with Jude”**

Jude will teach you how to play Corn Hole.

**“Aqua Aerobics” (Sat. 4:30 p.m. – 5:30 p.m.) (Maximum # of students: 8/ Minimum 2)**

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 Therapy Assistant for 30 years and has worked at Bassett for the last 11 years. She enjoys the outdoors and traveling.

**“Theater Play!” (Fri. 2:15 p.m. - 4:15 p.m.) (Maximum # of students: 15/ Minimum 3)**

This is a fun and creative workshop! You will learn mime and acting techniques and improvisations to then create a live theater piece based on a folk tale for our “in-class” performance.

**Facilitator for “Theater Play”**

Barbara Gregson is a theater artist and director and author of “Theater Artists Play: a guide to making and creating your own theater work”. She works throughout the east coast teaching and directing original theater work with groups of people of all ages and abilities.

**“Beginning Birding” (Fri. 9:00 a.m. – 10:00 a.m.) (Maximum # of students: 25/Minimum 5)**

Students will be introduced to common bird species specific to the location of the workshop, and taught to identify these by sight and by sound. We will discuss bird behaviors indicative of breeding.

**Facilitators for “Beginning Birding”**

Charlie Scheim and Sandy Bright“

Are not ornithologists, but have been active birders for over two decades, participating in citizen science bird counts for local and national Audubon chapters, New York State, U. S. Geological Surveys, and Cornell Laboratory of Ornithology. Sandy is a retired elementary teacher with a focus on science and math, a commissioner on the City of Oneonta Environmental Board, and secretary of the Oneonta Susquehanna Greenway Committee. Charlie is a retired Math professor, having taught at Hartwick College, and is currently serving on the Delaware-Otsego Society Board of Directors, the NYS Ornithological Association Board of Directors, and is the regional coordinator for the current NYS Breeding Bird Atlas. For this atlas, which is in its 4<sup>th</sup> of 5 years, they travel around 6 counties providing training and bird walks for atlasers as well as surveying for birds.

**“Building a Multi-Purpose Step Stool, Seat, or Plant Stand” (Fri. 2:15 pm. – 4:15 p.m.) . (Maximum # of students: 8/Minimum)**

Participants will cut out, sand and assemble components to build a wooden step stool, seat, or plant stand.

**Facilitator for “Building a Multi-Purpose Step Stool, Seat, or Plant Stand”**

Tom Briggs and Sandy Morley are both 4C campers and enjoy DIY and woodworking for themselves and others.

**“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.

**“Walking the Labyrinth as a Creative Journey” (Fri. 9:00 a.m. – 10:00 a.m.) (Maximum number of students: 6)**

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.

**“Worship Service” (Sun. 9:00 a.m. – 10 a.m.)**

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

**Facilitator for “Labyrinth” and “Worship Service”**

Worship: Moira Beach is 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.

Labyrinth: Moira Beach will take you on this journey. We are so fortunate that Shirley Sweet designed the labyrinth and she and other campers constructed it.

**“Making Your Own Crepe Paper Poppy plus receive a flower making kit to take home”**

**(Sat. 2:15 p.m. – 4:15 p.m.) (Maximum # of students: 8)**

**Fee: \$10**

In this workshop, you will learn techniques to create a poppy flower entirely from crepe paper. You will learn to manipulate the crepe paper to achieve realistic color and texture.

Demonstration and hands-on assistance by instructor. All levels of crafting experience welcomed.

**Facilitator for “Making Your Own Crepe Paper Poppy”**

Amy Taggart finds personal satisfaction in crafting. Crafting allows her to relax and to release tensions by self-expression. She loves sharing her creativity with others.

**“Making Your Own Italian Dipping Oil” (Sat. 9:00 a.m. – 10:00 a.m.) (Maximum # of students:10/Minimum 5)**

**Fee: \$4**

How to make and use Italian Dipping Oil.

**Facilitator for “Making Your Own Italian Dipping Oil”**

Linda has a love for travel, food, art, and photography. She has done many classes, shows, and presentations for different clubs and venues, with 4C Camp being her favorite.

**“Flame Art Votive Holder (glass) (Fri. 10:15 a.m. – 11:45 a.m.) (Maximum # of students: 16/Minimum: 6)**

Learn the Flame Art process and make your own square glass votive holder – battery tea light included.

**“Fluid Pour Flower Pot” (Fri. 9:00 a.m. to 10 a.m.) (Maximum # of students: 16/Minimum 6)**

Each participant will learn about the fluid pour technique and decorate their own 10” flower pot with the colors of their choosing. **Fee: \$12**

**Facilitators for “Fluid Pour Flower Pot” and “Flame Art Votive Holder (glass)”**

**Maximum # of students: 6/Minimum: 3) Fee: \$5**

Jacqui Hauser owner and Emilie Hazleton, manager of the studio for Art and Craft in Cobleskill, NY. Jacqui has been leading craft programming throughout the area for 15 years. Their programs focus on introducing students to new and rewarding creative endeavors.

**“Honey Bees and Bee Keeping” (Fri. 4:30 p.m. – 5:30 p.m.)**

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.

**“How to Make a Pop-Up Card” (Sat. 10:15 a.m. – 11:45 a.m.)**

**(Maximum # of students: 10/Minimum 2) Fee: \$5**

Participants will receive paper and embellishments to make one Pop-Up Card.

**Facilitator for “How to Make a Pop-Up Card”** Harriet Dunne

has been a Creative Memories advisor or over 25 years helping people preserve their photos and memories. She teaches scrapbooking and card making workshops.

**“Creative Gourd Art” (Fri. 4:30 p.m. – 5:30 p.m. Vase or Bowl; repeating Sat. 10:15 a.m. – 11:45 a.m. Bird House)**

**(Maximum # of students: 10)**

Participants will choose their gourd according to what moves them in shape, size and artistic potential of the gourd. A simple vase, artistic candleholder, or a whimsical bird house are the possibilities for creative fun. **Fee: \$5 for vase and \$10 for birdhouse.**

**Facilitator for “Creative Gourd Art”**

Jude Taggart has been involved with 4-C camp since the beginning. She enjoys crafting. Jude has participated in gourd art classes in the past and will Offer an exciting class to make a gourd bowl, vase, or even a bird house.

**“Learning to Play Horseshoes” (Fri. 4:30 p.m. – 5:30 p.m. or Sat. 9 a.m. – 10 a.m.)**

Learn the rules and play a game of horseshoe.

**“Facilitator for “Learning to Play Horseshoes”**

Leon has taught horseshoes at 4:C Camp for 3 years.