



4C-CAMP

Camping to Create Caring Communities

August 10th – August 13th, 2023

Registration Information

Dear Camper:

Welcome to our 14th year of 4C-Camp. Please read the following instructions carefully for registering for this year's 4C-Camp being held August 10th – 13th, 2023. 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, 2023. 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, 2023, ALL INFORMATION PERTAINING TO THE CAMPER MUST BE ON THIS FORM. **4C-CAMP FOR ADULTS 2023 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 10-13 (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 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 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.) Campers from 2022, bring your water bottle. Also, bring your name tags.

This year's entire camp is revolving around "Living in Harmony with Nature and Community"; 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. P. Jay Fleisher, emeritus faculty, SUNY-Oneonta, will speak about Geology in our area. Saturday night will be karaoke and dancing with DJ Tito.

PLEASE SEND IN, WITH DEPOSIT, BY JULY 30, 2023,

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. Checks made payable to CCE Delaware County with 4C Camp on the memo line. 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>___ Fluid Pour Technique Flower Pot (Maximum # of students: 16/Minimum: 6) Fee: \$12 - Pavilion</p> <p>___ Intro. To Solid Waste Management – Dining Room</p> <p>___ Beginning Birdwatching - Ford Kitchen</p> <p>___ Archery (Maximum # of students: 6) – Archery Range</p> <p>___ Labyrinth (Maximum # students: 6) – Dining Porch</p>	<p>Saturday, August 13: 9AM – 10 AM _____ FREE TIME</p> <p>___ Reverse Painting on Glass (Maximum # of students: 15/Minimum: 6) Fee: \$5 – Craft Hall</p> <p>___ Make Your Own Italian Dipping Oil (Maximum # of students: 10/Minimum: 5) – Director’s Kitchen</p> <p>___ Archery (Maximum # of students: 6) – Archery Range</p> <p>___ Learn to Play Horseshoes (Minimum # of students: 3) – Horseshoe Pit</p> <p>___ Corn Hole with Jude (Minimum # of students: 3) – Dining Porch</p>
<p>Friday, August 12: 10:15AM – 11:45 AM _____ FREE TIME</p> <p>___ Flame Art Votive Holder (glass) (Maximum # of students: 16/Minimum 6) Fee: \$10 - Craft Hall</p> <p>___ Alcohol Ink on Ceramic Tile (Maximum # of students: 10/Minimum: 5) Fee: \$20– Shop</p> <p>___ Pickle Ball (Minimum # of students:3)– Basketball Court</p> <p>___ Smart Phone Photography and Editing – Dining Hall</p> <p>___ Fabric Art with Natural Items (Max. # of students: 8) – Science Center</p>	<p>Saturday, August 13: 10:15 AM–11:45 AM _____ FREE TIME</p> <p>___ Making Your Own Pop-Up Card (Maximum # of students: 10/ Minimum 2) Fee: \$5 – Craft Hall</p> <p>___ Gourd Art/Bird House (Maximum # of students: 10) Fee: \$10 – Shop</p> <p>___ Contra Dancing – Dining Hall</p> <p>___ Cooking Without Power and Basic Emergency Preparedness - Pavilion</p> <p>___ Games: Pickle Ball, Horseshoes, Cornhole – Field and Basketball Court</p>
<p>Friday, August 12: 2:15 PM – 4:15 PM _____ FREE TIME</p> <p>___ Theater Play (Maximum # of students: 15/ Minimum: 3) – Dining Hall</p> <p>___ Building a Multi-purpose Stool/Plant Stand (Maximum # of students: 8/Minimum: 1) - Shop</p> <p>___ Hike to Summit in Lennox Forest – Dining Porch</p> <p>___ Walking Stick Part 1 (Requires taking Part s 1 & 2 on Saturday) (Maximum # of students: 6/Minimum: 3) PARTICIPANTS MUST NOT BE ON BLOOD THINNERS SINCE WE WORK WITH SHARP BLADES!! BRING HEAVY GARDENING OR LEATHER GLOVES. Fee: \$5 – Pavilion</p>	<p>Saturday, August 13: 2:15 PM – 4:15 PM _____ FREE TIME</p> <p>___ Making a Crochet Trivet/Pot Holder (Minimum # of students: 4) – Ford Kitchen</p> <p>___ Crepe Flowers (Maximum # of students: 8) Fee: \$10 – Craft Hall</p> <p>___ Walking Stick Part 2 – (Requires taking Parts 1 & 2 – continuing from Friday) (Maximum # of students: 6/Minimum: 3) Fee: \$5 - Pavilion</p>
<p>Friday, August 12: 4:30 PM - 5:30 PM _____ FREE TIME</p> <p>___ Learn to Play Horseshoes (Minimum # of students: 3)– Horseshoe Pit</p> <p>___ Pickle Ball (Minimum # of students: 3)– Basketball Court</p> <p>___ Bee Keeping and Honey for All – Dining Hall</p> <p>___ Gourd Art, Vase or Bowl (Maximum # of students: 10) Fee: \$5:00 – Shop</p>	<p>Saturday, August 13: 4:30 PM - 5:30 PM _____ FREE TIME</p> <p>___ Aqua Aerobics/Stretch (Maximum # of students: 8/Minimum: 3) Fee: \$5 - Pool</p> <p>___ Chair Yoga With Karen – Ford Kitchen (Maximum # of students: 12/Min. 4)</p> <p>___ Games: Pickle Ball, Horseshoes, Cornhole – Field and Basketball Court</p>
<p>Sunday, August 13: 9AM – 11 AM _____ Worship Service – Ford Kitchen ___ Finishing your project</p>	

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.**

“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 4th 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.