



2024 Workshop Information

“Pickleball Basics for Fun” (Fri. 10:15 a.m. – 12:00 Noon or Sat. 10:15 – 12:00 Noon) (Minimum # of students: 3)

This workshop will teach you how to play the basics of pickleball.

Facilitator of “Pickleball Basics for Fun”

Pat Clark has been associated with 4C Camp for years in varying capacities. He has taught and played pickleball for about 5 years and will teach you how to play, too.

“Hacks to Make Life Easier and More Delightful” (Sat. 9:00 a.m. - 10:00 a.m.)

Hacks have become so popular to help us work faster and easier in the kitchen, work room, garden, and while dressing, cleaning, and baking – even with our children. We will delight in a very short video lesson on a variety of types of hacks. We will also do several hands-on hacks and then leave time to share hacks we have already used at our homes.

Facilitator for “Hacks to Make Life Easier and More Delightful”

Arlene Kyler says “As a teacher, I love to impart information in a fun and hands-on way to improve lives.

“Learn to Swing Louisiana East Coast Swing” (Sat. 9:00 a.m. – 10 a.m.)

Bridgette will instruct you on East Coast Swing with Zydeco styling.

Facilitator for “Learn to Swing Louisiana East Coast Swing”

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

“Take A Hike! Hike to Lenox Forest with a Master Naturalist” (Sat. 10:00 a.m. – 12:00 noon)

Walk with Master Naturalist, Heather on this moderate hike following the trail Master Naturalists are “citizen scientists” trained on a myriad of topics including NYS wildlife, mushrooms and plants, and local flora and fauna. Appropriate hiking/walking shoes a must.

Facilitator for “Take A Hike! Hike to Lenox Forest with a Master Naturalist”

Heather was born and raised in upstate New York. She enjoys gardening, chicken farming, raising mushrooms, and the outdoors. She loves to share her knowledge of local flora and fauna with others.

**“Alcohol Ink on Ceramic Tiles” (Fri. 2:15 p.m. – 4:15 p.m.) (Maximum number of students: 8)
Fee: \$20**

Each student will get a 4” X 4” or 3” x 6” ceramic tile. Instructor will supply the ink, alcohol and other supplies for you to make a finished piece of art.

Facilitator for “Alcohol Ink on Ceramic Tiles”

Judy Baker is a self-taught artist and being creative makes her happy. Besides alcohol ink, I also work in watercolor and acrylics.

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

Pool Exercise

Facilitator for “Aqua Aerobics/Stretch”

Penny Downin has been a Physical Therapy Assistant for 30 years. She enjoys the outdoors and traveling.

“Beginning Bird Watching” (Fri. 9:00 a.m. – 11:00 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 species by sight and by sound. We will also discuss bird behaviors indicative of breeding.

Facilitators for “Beginning Bird Watching”

Charlie Scheim and Sandy Bright 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. They travel around 6 counties providing training and bird walks for atlasers, as well as surveying for birds.

“Surprise Fabric Art” (Sat. 2:15 p.m. to 4:15 p.m.) (Maximum # of students: 8)

Participants will be working with fabric following true Mardi Gras – the Mystery.

Facilitator for “Surprise Fabric Art”

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

“Learn 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 horseshoes.

Facilitator for “Learn to Play Horseshoes”

Leon has taught horseshoes at 4-C Camp for 4 years.

“Let’s Make Cards” (Fri. 4:30 p.m. to 5:30 p.m.) (Maximum # of students: 10/Minimum # of students: 1) Fee: \$10

We will be creating 3 or 4 all-occasion cards.

Facilitator for “Let’s Make Cards”

Harriet Dunne has been teaching card making and scrapping for more than 24 years. She helps people organize and preserve their memories and photographs.

“Make a Crepe Paper Wild Rose Branch” (Sat. 2:15 p.m. – 4:15 p.m.) (Maximum # of students: 8) Fee: \$5

Participants will make a crepe paper wild rose branch. All petals, stamens, and leaves will be pre-cut to allow participants time to assemble and shape their branches. A kit will be provided with all materials needed and you will have your choice of color.

Facilitator for “Make a Crepe Paper Wild Rose Branch”

Amy is a physical therapist who has care for the people of her community for 28 years. She loves to travel, nature photography, and has recently found a passion for making crepe paper flowers.

“Creative Fun with Jars” (Fri. 10:15 a.m. – 12:00 Noon) (Maximum # of students: 8) Fee \$3.00

Participants will make their own decorated mason jar. You will fill it for storage – a bathroom accessory or a holiday light?? The ideas will flow as you create your own.

Facilitator for “Creative Fun with Jars”

Judy Taggart has been at 4C Camp from the beginning and enjoys crafting.

“Theater Play!” (Fri. 2:15 p.m. to 4:30 p.m.) (Maximum # of students: 15/Minimum # of students: 3)

Join us for a fun and creative theater arts experience. Learn how to use the ancient theater arts practice of storytelling, performing, and mime using theater masks. No words required! Barbara will help you discover the world of mask performance in this two-hour workshop.

Facilitator for “Theater Play!”

Barbara Gregson is a theater artist, director, and mask maker. She works throughout the east coast teaching and directing theater work to people of all ages and abilities.

“Subliminal Influence Experience and Subliminal Explanation – Part 2” (Sat. 4:30 p.m. – 5:30 p.m.) (Maximum # of students: 15)

Practical manipulation of environmental factors to get people to do what you wish.

Facilitator for “Subliminal Influence Experience and Subliminal Explanation – Part 2”

Gavin was involved in magic with his father since a child and is certified from the NHA (National Hypnosis Institute of America). He was selected from a small group of people to produce resources and instructions for magicians and hypnotists in the United Kingdom.

“Labyrinth” (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”

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

Worship Moira completed a lay speaker school and a Walk to Emmaus and hopes to gather with others on Sunday morning for worship service.

“Mahjong Teaching and Playing” (Maximum # of students: 8/Minimum # of students: 4)

Ever play mahjong? Want to learn more about this fun and exciting game? Mahjong is a tile-based game that was developed in the 19th century in China and is played in groups of four. All former and current players welcome, as well as those who have never played. Any

current players, please bring your National Mahjong playing cards. Also, anyone who has a game, please bring it, too.

Facilitator for “Mahjong Teaching and Playing”

Teddy Beaver is a 50-year player of Mahjong with time out for years of working.

Games: Pickleball, Horseshoes, Cornhole – Field, Basketball Court, Horseshoe Pit (Fri. 4:30 p.m. – 5:30 p.m. and Sat. 4:30 p.m. – 5:30 p.m.) The games will be set up for some friendly competition. Open Swim – Pool (minimum two – do not swim alone).

“Archery 101” (Max 10) (Fri. 9:00 a.m. – 10 a.m. and Sat. 9:00 a.m. – 10 a.m.)

This Archery class will focus on basic form, strategies, and safety on the archery range. **All equipment provided.**

Facilitator: Jon Conklin

Jon is an employee of Cornell Cooperative Extension and the 4-H Camp. He has been a teacher of archery in the past at 4C-Camp, as well as teaching to 4-Hers.

“Making a Flower Pot Light” (Fri. 9:00 a.m. to 10:00 a.m.) (Maximum # of students: 10/Minimum # of students: 1)

Participants will design, paint, and assemble a small clay pot light.

Facilitator for “Making a Flower Pot Light”

Sandy Morley is a retired high seas pirate, Olympic gold medalist in pole vaulting and know the world over for my cooking skills (AND PROLIFIC “FIBBER”)

“Silk Flag Painting” (Fri. 2:15 p.m. – 4:15 p.m.) (Maximum # of students: 12/Minimum # of students: 6)

Participants will trace a picture onto silk, then paint in the picture!

Facilitator for “Silk Flag Painting”

Lucille Siegel is a retired nurse, crafting forever. She loves camping and crafting. She is celebrating 60 years married to her sweetheart.

“Fluid Pour Flower Pot” (Maximum # of students: 18/Minimum: 10) Fee: \$15

Learn the fluid pour technique and create your own 8” pot.

“Blown Glass Ornament” (Maximum # of students: 18/Minimum # of students 10) Fee: \$15

Learn the Blown Glass process and make your own ornament. We will bring extra material. A lot of people love the blown glass and like to make more than one ornament. Each ornament costs \$15.

Facilitators for “Fluid Pour Flower Pot” and “Blown Glass Ornament”

Jacqui Hauser (owner) and Emilie Hazleton (manager) of the Studio for Art and Craft in Cobleskill have been leading craft programming throughout the area for over 16 years. Their programs focus on introducing students of all ages to new and rewarding creative endeavors.

“Vintage Embroidery” (Fri. 10:15 a.m. to 12:00 Noon) Fee: \$5 each piece

Using embroidery patterns from a collection of vintage stock, students will learn embroidery techniques and select a pattern of their liking to use to hone their skills. Materials cost will be \$5 each piece.

Facilitator for “Vintage Embroidery”

Lisa Worden is a retired nurse of 30+ years who enjoys sewing and crafts, gardening, and vending at local craft fairs. She also has Reiki Studio in her home, where she provides Reiki and Craniosacral Therapy. She has been our camp nurse for many years and hopes to continue doing so while learning new skills.

“Beginning Genealogy” (Sat. 10:15 a.m. to 12:00 Noon)

Class is designed for beginner/intermediate genealogical researchers. You’ll learn about free genealogy websites and how to use vital records, census records, cemetery records, newspapers, military records and much more! Handouts will be available.

Facilitator for “Beginning Genealogy”

Kathy Sturgess Ouimet grew up in Unadilla, NY. In her retirement years, she continued to walk local cemeteries and photographed gravestones. She has combined her genealogical skill and love of cemeteries by writing books to relate the many stories beneath the stones. She is a member of DAR, Civil War Society, Colonial Dames and Mayflower Society. She recently retired as the Afton, NY Historian and continues to lecture on Genealogy and write books on local cemeteries.

“Making a Small Utility Bench”

This class will last two hours and will involve basic tool use and shop safety practices and will include the construction of a small utility bench. Materials cost will be \$15.

Facilitator for “Making a Small Utility Bench”

Tom Briggs has taught woodworking classes in the past at 4C Camp and has experience working with shop tools for over 40 years.

“Flower Arranging”

Green, gold, purple flowers (Mardi Gras colors) will be provided for you to learn flower arranging.

Facilitator for “Flower Arranging”

Lila Shaffer is a local florist who works at Birdsong.

“Conflict Resolution and Problem Gambling” (Friday 2:15 p.m. – 4:15 p.m.)

Conflict Resolution will cover the following objectives: Building bridges, Compete or Cooperate, Working together to work things out, and It worked for me. It might work for you. Problem gambling covers - define problem gambling, identify warning signs, understand causes, how to have a conversation, and tips for responsible gambling.

Facilitator for “Conflict Resolution and Problem Gambling”

Susan and Alysia have been educators for many years in a variety of roles. They are Prevention Educators in the Alcohol and Drug Abuse Council of Delaware County.

“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) and has been teaching since 2015. She specializes in restorative yoga and yoga for bone health, having completed over 100 hours of additional training.

Karen brings to the mat years of mentoring, guiding, and helping people. She 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 safe and welcoming environment, one breath at a time.
