

WORKSHOPS & FACILITATORS/INSTRUCTORS

Introduction to Yang Style Tai Chi Chuan & More! (Fri 9 AM; repeating Sat 9 AM) – 1 hour session

A beginner's class geared to adults who can comfortably stand on one leg.

Facilitator: Greg Mukai

Greg has taught this course in NYC, Delhi, and at 4C Camp since day one! He is a licensed acupuncturist and has been practicing in Delhi for over 20 years. He has taught **Tai Chi Chaun** for over 30 years.

Horse Shoes (Min 4) (Fri 9 AM; repeating Sat 9 AM) – 1 hour session

You will learn the rules of Horse Shoes and play the game!

Facilitator: Leon Beaver

Leon has been playing Horse Shoes for many years!

Archery 101 (Max 10) (Fri 9 AM) – 1 hour session

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

Facilitator: Jon Conklin

Jon has been teaching archery at 4-H Camp Shankitunk for the last 10 years.

Raindrop Technique with Essential Oils (Min 4/Max 12) (Fri 9 AM)

A combination of Reflexology and light massage using Young Living Essential Oils.

Facilitator: Lisa Worden

Lisa is the sole proprietor of WholeLisa Approaches to Wellness LLC. She is a Karuna Master/Teacher, studying and practicing Reiki for the past 14 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.

Vietnam War (Fri 9 AM; repeating Sat 9 AM)

The Vietnam War workshop will highlight select, pertinent military and civilian events that helped define the 1960s. Area veterans will be standing by to answer questions as visitors view the ten door-size, upright displays of that turbulent decade. The session will conclude with a panel of those same veterans responding to questions from workshop attendees.

Facilitator: Gary Manning

Gary spent a number of his formative years on a dairy farm in Bovina. Upon graduating from Bowling Green State University, he served for three years as a Marine infantry officer. Joyce and Gary then moved back home to Delhi to work, raise Sherri and Michael, and retire. Along the way, Gary was elected as supervisor of the Towns of Delhi and Hamden, and as Mayor of the Village of Delhi. Retirement from the State University of New York at Delhi freed up time to pen *Grandpa's Tale*, a novel based on his grandfather's adventures in the Old West.

Line Dancing & Variety Dances (Fri 10:15 AM and repeating Fri 2:15 PM) – a 1 ½ hour session and a repeating 2 hour session

We will be doing beginner line dances; intermediate line dances and some cute novelty dances as a group!

Facilitators: Audie & Sandie Ruscoe

They have taught line dancing and couples dancing for about 10 years both in Edgewater, FL; at the Delhi Senior Picnic and they substituted for Susan McDonough in Oneonta. They also taught for two years at 4C Camp.

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Woodworking 101 (Min 4/Max 8) (Fri 10:15 AM; repeating Sat 10:15 AM) - 1 ½ hour session

This is a hands-on class. You will build a bucket bench using both power tools and hand tools.

Cost: \$10.

Facilitator: Tom Briggs

Tom is a retired Director of Del CO OFA. He has been doing woodworking (primarily repairing Antiques) for the past 30 years. Previously he taught a class on building bird feeders at 4C Camp.

Let's Tie-Dye (Fri 10:15 AM)

In keeping with the Swinging '60s theme of camp we will tie-dye and flower power up a tee-shirt for you to proudly wear at camp and take home to "peace out" with friends! **Please bring your own white shirt.**

Facilitator: Jude Taggart

Jude has been a camp board member since its inception 10 years ago. She is a retired nurse and happy grandma of two. She also grew up in the '60s!

Preserving and Preparing Local Food (Min 5/Max 15) (Fri 10:15 AM)

This food preservation class will cover preserving and preparing garden produce using a water bath canner. Participants will make and preserve a jar of corn and veggie relish to take home as part of the class. **Cost: \$10.00**

Facilitator: Jeanne M. Darling

Jeanne, Director of Cornell Cooperative Extension of Delaware County, received her B.S. degree from Cornell University and a Masters in Education at SUNY Oneonta. Jeanne is responsible for the nutrition education programs at Extension including answering questions on preserving food safely and food safety. Jeanne has taken Cornell workshops

and training from the University of Georgia on food preservation. ***

Self-Defense (Max 16/Min 1)(Fri 10:15 AM)

A hands-on workshop in self-defense.

Facilitator: Ed McGrath

Ed has been teaching Self-Defense and Martial Arts for over 35 years. He is an international instructor in Tae Kwon-Do and holds the rank of 5th degree black belt.

Sew Fun (Max 8 per session) (Friday 2:15 PM, repeating Saturday 2:15 PM) - Two hour session

Come have some fun, sew a project until it's done! Using your own ideas and choice of colors we will help you create your project. "Campers" will come away from the workshop with a finished project. Instructor will provide materials. **Cost: \$10.00.**

Facilitator: Polly G. DellaCrosse

Polly is a local native who grew up in Andes. She taught school in Jacksonville, FL, for over 20 years. She has taught this course at previous 4C Camps and likes to give campers a positive experience for time spent.

Beginning and Intermediate Knitting (Also Crochet Help) (Max 6/Min 4) (Fri 2:15 PM; repeating Sat 2:15 PM)

This is a class for those who would like to learn from scratch and those who need help with projects already begun. **Cost for new knitters: \$12.00 – if you are bringing your own supplies there is no fee.**

Facilitator: Teddy Beaver

Teddy is a long time knitter who uses the Conventional Throwing Method.

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“Know Thyself” – An Esoteric Journey of Self Study Using the Tarot (Fri 2:15 PM)

The Tarot is seen as an intuitive tool for self-understanding with the law of correspondence at its foundation. The intent of this workshop is to offer intensely practical information for everyday use of the cards. **Cost: \$10.00**

Facilitator: Shirley Sweet

Shirley has studied Tarot for more than 30 years in this lifetime. She has had formal training in Tarot – with the builders of the Adytun (B.O.T.A.) She has taught this class at the Oneonta Historical Society, CCAL, and 4C Camp.

Weeds for Wellness – the Next Generation (Min 5/Max 30) (Fri 2:15 PM to 5 PM - 3 Hour Class)

Discover weed plants and invasives as dense, nutritional foods and having traditional herbal virtues; discussions in deep ecological thinking and questioning can bring new understanding to our relationship with plants and nature. Learn to implement wild foods into everyday foods, listen to the voice of Nature to better understand how we can be better Nature Stewards. **(Please bring a clean jar and scissors)**

Facilitator: Marguerite Uhlmann-Bower, RN

She is a traditionally trained Herbalist and gives wild foods foraging walks as a Plant Pioneer Ambassador. She guides the interested in plant identification methods which embody Nature security, eco-literacy and how to listen to the voice of Nature. Key teaching points feature nutritional plants for wellness, simple recipes and aligning our values with the needs of Earth and plants. Her philosophy is that by bringing people to the plants she is helping our environmental future. She believes that when we each come to better understand our relationship to place (land, plants, air, water) as one of our own kind, we will daily make the changes needed to live as Earth Stewards. ***

Australia – A Trip Down Under (Fri 4 PM)

In July 2016 Moira Beach and her sisters spent three weeks in Australia. Come travel with us via video and audio on a trip-of-a-lifetime! See emus, kangaroos, koalas, dingoes, platypus, Tazmanian devils, and lots of birds.

Facilitator: Moira Beach

Moira, like many of you, has traveled all over the United States, Mexico, Canada, and Europe. She finally was able to fulfill a life-long dream of traveling to Australia – the land down under!

How to Access and Utilize Healing Energy for Yourself and Others (Min 5) (Fri 4:30 PM)

This is a hands-on workshop on how to access healing energy and how to use it for the benefit of yourself and others. Leslie will talk about the nature of energy and how you know when you're accessing it.

Facilitator: Leslie Parmerter

Many people know her as a morning Radio Personality on WZOZ 103.1 FM in Oneonta. However, she is also a certified Reconnective Healing Practitioner and studied under Dr. Eric Pearl who brought Reconnective Healing to the world in 1993. She is passionate about teaching others about the healing power of energy frequencies and how easy it is to access them to benefit themselves, others, and even pets! Find out more about her at

www.OneontaHealer.com

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Chair Yoga with Karen (Max 20) (Fri. 4:30 PM)

- 1 Hour Session

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 (See bio under "Vinyasa Flow Yoga" with Karen)

Musicology: Discover the History of 60s Rock 'n' Roll (in more detail than you can imagine) (Max 20) (Fri & Sat 4:30 PM) This is a 2 part class - Part 1

begins with the Beatles and the 1964 British Invasion that signaled the arrival of rock's second generation, then moves on to the other major mid-sixties figures, including Bob Dylan, the Byrds, the Beach Boys, and the long list of great soul and Motown singers. **Part 2** looks at the musical explosion and social upheaval of the late 1960s, with a special emphasis on Jimi Hendrix, Eric Clapton, Jimmy Page, and other Guitar Heroes, San Francisco psychedelia, hard rock, art-rock, singer-songwriters and enduring visionaries like Neil Young, Van Morrison and Lou Reed.

Facilitator: Jeffrey Walsh

Jeff is a life-long music fan and amateur historian whose mission is to find every awesome song ever recorded. He thinks he's about 1/3 of the way there. He studied under nationally published music historian Mark Naison, worked with Rolling Stone columnist David Dalton, been a personal guide for the original Grateful Dead manager Rock Scully, and too many others to mention.

Walking the Labyrinth as a Creative Journey (Sat 9 AM)

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.

Facilitator: Shirley Sweet

Shirley has led participants through the labyrinth at the 4C Camp in previous years.

Sugar Scrub by Branch & Bloom (Max 12)(Sat 9 AM)

Using organic ingredients you will be making a sugar scrub. **Cost: \$10.00**

Facilitators: Angie Eichler & Rachel Shaughnessy

are co-owners of Branch & Bloom, a local craft business. They present monthly craft workshops at various locations in the Oneonta area.

Swing Dancing (Sat 10:15 AM)

Learn to Swing Dance and have a Blast!!

Facilitator: Bridgette Shepardson

Bridgette was born in Oneonta, has danced up and down the East Coast! She has been dancing since she was 4 and teaching for almost 20 years.

Tie-Dye Cookies 101 (Max 12) (Sat 10:15 AM)

You will be making vanilla sugar cookies decorated with royal icing. Cookies will be tee-shirt shaped and decorated to look like tie-dye, keeping with the '60s theme of the Camp.

Facilitator: Amy Taggart

Amy is a physical therapist with a passion for baking. She has baked for family, friends, and co-workers and has a side business for birthdays, weddings, showers, etc.

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Making Your Own Natural Body Wash and Why You Should (Min 10/Max 20)(Sat 10:15 AM)

We will be talking about what is in store bought body wash and soap today and why you should not be using it. What ingredients you should be using and why. We will finish by making our own body wash with scents of your liking and recipes so you can make your own at home. We will also be talking about safety using essential oils. David will answer any questions. **Cost: \$10.00**

Facilitator: David Kropp

David is a Certified Aroma therapist. After receiving his certification he started Essentials by DK. He makes and sells aromatherapy products at markets and vendor shows in the Oneonta and surrounding areas. All his products are natural and without any added synthetics or additives. He also teaches essential oil safety whenever he can.

Love Beads – A Simple Beaded Necklace (Max 10/Min 1) (Sat 10:15)

You will make a beaded necklace using an assortment of wooden and glass beads while listening to '60s music! Instructor will provide beads. **Cost: \$2**

Facilitator: Barbara Moore

Barbara, a repeat camper, learned how to make beaded necklaces in Kindergarten. She loves crafts (especially scrapbooking) and has been collecting beads for many years.

Creative Writing/Journaling (Sat 2:15 PM)

You will be writing on a specific theme – may include writing of poetry, personal letters, and memoirs. Please bring a notebook and pen.

Facilitator: Dorothy Pierce

Dorothy is a retired teacher who is now an ordained Deacon for all the Episcopal Churches in the Binghamton area. She has taught this workshop at a number of churches, schools, senior

centers, the Broome County Jail and 4C Camp in 2016.

Make Your Own Dreamcatcher (Min 5/Max 15) (Sat 2:15 PM)

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

Facilitator: Corrine Tompkins

Corrine is the Director of 4-H Camp Shankitunk during the summer. 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 for worthy causes. She has taught this workshop before at 4-H Camp and 4-H Leaders Day.

Aqua Water Aerobics (Max 12) (Sat 4:30 PM)

Pool exercise to improve cardio and strength in core and UE and LE.

Facilitator: Penny Downin

Penny has been a Physical Therapist Assistant for 24 years and has worked at Bassett for the last 5 years.

American Explorers – The RV Lifestyle (Max 6)(Sat 4:30 PM)

Participants of this workshop will leave with an understanding of the types of RVs; how to choose an RV; RV systems: electricity, water, refrigeration, and a few words about sewage, towing and loads, hitching and leveling. A travel trailer will be on site for a hands-on walk through including an opportunity to operate appliances and extend and retract the awning.

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Facilitator: John Maier

John is a retired psychotherapist, motel owner and wearer of many other hats! His original long-term goal was to sell everything and go “full-timing” (living in a large rig on the road). Plans changed, but he still enjoys spending time outdoors.

The Art of Salad Making (Max 12) (Sat 4:30 PM)

There is nothing more satisfying than a healthy delicious salad. This time of year, gardens and Farmers’ Markets are bursting with options. In this class you will learn the components of a really good salad – think texture, crunch, salty and sweet! How to prep for a week’s worth of lunches, EASY homemade dressings, and recipes for a multitude of mix-n-match options. Samples provided and a dressing made by you to take home!

Facilitator: Heather Morse

Heather is a Marine Biologist and a stay-at-home mom. Her passion is food. She loves to eat, grow, and share her passion

“Vinyasa Flow Yoga” with Karen (Mixed Level) (Max 20) (Sat. 4:30 PM) - 1 hour session

Add some sweetness to your day in this relaxing & rejuvenating vinyasa class. As we slow the flow down, you can foster a strong & safe yoga practice, with an emphasis on fundamentals & proper alignment. You will engage your mind, body & spirit through breath work, movement, music and guided meditation. This class will focus on building strength & flexibility, improving balance & range of motion, dissolving tension, and creating a deep sense of well-being that will stay with you long after you leave the mat. This class is ideal for beginners or anyone wanting to get back to basics. All are welcome! (Requires getting up & down from the floor.) **Please bring a yoga mat.**

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 YogaMandali 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.

Worship Service (Sunday 9 AM) -1 Hour Session

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

Facilitator: Moira Beach

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

Free Time

In any of the 9 time slots designated for workshops you can choose to have “free time” and not participate in a workshop. Just mark that on the registration form in the respective time slot so we know you have not accidentally completing your form.