

4C- Camp 2009: August 28-30

4C★CAMP

Camping to Create Caring Communities



Building Strong and Vibrant New York Communities

FROM RTE 88 (Oneonta): Take Route 28 East toward Delhi and Kingston. From the traffic light in Delhi take Route 28 approximately .5 miles to Arbor Hill Rd. Turn right. Follow map.

FROM ROUTE 17 (ROSCOE): Exit at Roscoe, follow Route 206 to Walton; make a right on Route 10. Go approximately 10 miles to County Rte 2. Turn right. Follow map.

FROM DELHI: Take Rte 28, approximately .5 miles to Arbor Hill Rd. Turn right. This road passes by the college golf course and the dairy and horse barns. Continue South to camp entrance marked by 4-H signs.

Cornell University

Delaware Cou

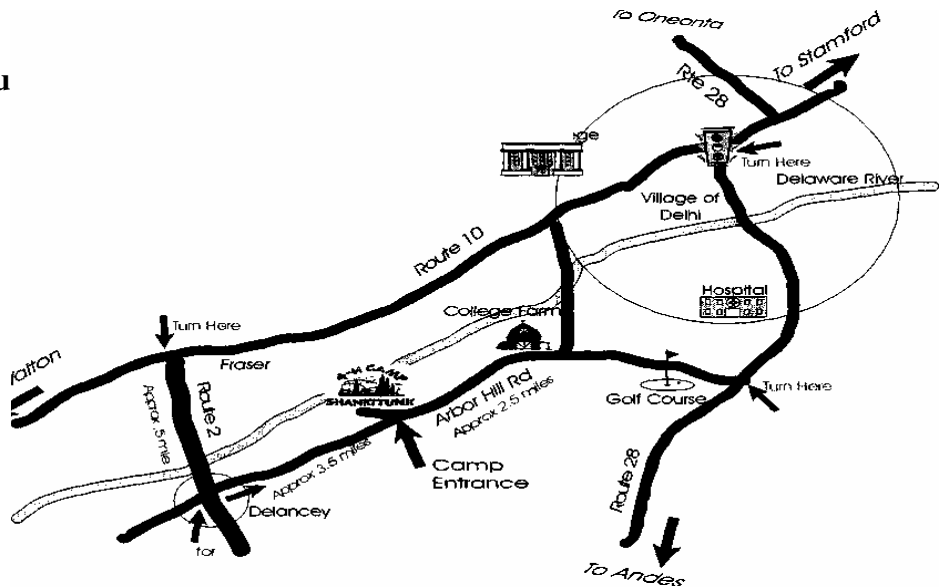
Cooperative Extension

34570 State Hwy 10
Hamden, NY 13788

6 Court Street
Delhi, NY 13753



Held at 4-H Camp Shankitunk



4-C Camp for Adults

ABOUT OUR CAMP:

At 4-C Camp you will ...have fun...meet new friends... learn new and interesting crafts and hobbies...discover the wonder of nature...cook and camp in the outdoors...swim in the camp pool...work in special groups...enjoy evening programs.

4-C Camp Shankitunk is located on 145 acres of county owned land along the west branch of the Delaware River between Delancey & Delhi The main campground is a large open meadow surrounded by naturally wooded hillsides. Campers are housed in cabins spaced among the trees and along the meadow's edge.

Camp is not just a weekend in the woods. It is what happens to campers, what they take home in their memories, in their new purposes, in their improved and newly acquired skills, in their friendships, in their appreciation of nature and out-of-doors.

REQUIREMENTS

Please fill out the enclosed application along with Camper Registration Form and mail it to Delaware County Office for the Aging, 6 Court Street, Delhi, NY and your deposit which should be made out to CCE Delaware County.

ACCOMMODATIONS

Campers live in rustic cabins with other campers. Special living accommodations may be available based on need and availability. Please call 607-865-6531 to make arrangements, if needed. Pioneer Trails Campground is available to those individuals with RV or Pop-up Campers (746-6789). There is also space available for tents.

Other facilities include a swimming pool, bath house with hot water and showers & flush toilets, dining hall, recreational hall, craft hall, science center and health center.

WHAT TO BRING

Flashlight **Locally grown food for stone soup**
Towel/Wash Cloth
Sweatshirt or Sweater Optional: Lawn chair
Rain Coat/Umbrella
Sheets/Blankets/Sleeping Bag
Comfortable Foot Wear
Extra Pair of Comfortable Shoes
Toiletries
Clothing for 3 days/2 nights

CAMP DATES:

August 28-30, 2009 (Friday evening through Sunday afternoon)

CAMP FEE/ CAMPERSHIPS

Camperships are available by contacting Tom Briggs at the Office of the Aging at (607) 746-6333.

WHO MAY ATTEND

Adults 18 years old & over.

STONE SOUP

Each camper is asked to bring a locally grown food product to be added together for a special camp meal.

WEBSITE

Visit our website at: www.4c-camp.org to see pictures of camp and to download a copy of our brochure and registration form.

CREDIT CARD PAYMENTS

Want to pay your camp fees by credit card? Call (607) 865-6531 for details.

ENTERTAINMENT

There will be entertainment Friday evening and Square Dancing Saturday evening. Friday and Saturday we will have a Drum Circle around the campfire. Please bring your percussion instruments and drums to participate in the Drum Circle. No musical talent necessary.

WORKSHOPS

1. Using the 4 C's for Preparing Foods For Better Living

- 1 two-hour workshop (Friday) exploring:
 1. Consciousness-(Head)-adding conscious intention to food prep and eating
 2. Compassion-(Heart)-adding feelings of compassion to food prep and eating
 3. Community-(Hands)-adding service to your community through food prep and eating
 4. Caring-(Health)-adding careful caring actions to food prep and eatingMaximum # of students: 15

2. Bread Making as a Metaphor For Life

- 1 two-hour sessions (Saturday)
Ingredients and stages of making bread can be viewed as the influences and phases of our lives. Example: Birth, Youth, Adolescence, Midlife, Old Age= mixing yeast with liquid (Birth) adding other ingredients (Youth), Kneading (Adolescence), Midlife (Rising), Baking & Serving (Old Age)
Maximum # of students:15

3. Mandala Art Images, as a Story, Metaphor and Symbol

- 1 two-hour session (Friday)
Participants are encouraged to create a Mandala Art Image, while exploring the concept "We all want to be all we are meant to be in this lifetime." Calling upon personal symbols, feelings, memories and experiences, everyone will be guided to create a Mandala as a personal transformation, self understanding and healing. Please bring a 8 ½ x 11 photo of yourself.
Maximum number of students: 11

4. Team Building/Cooperative Games

- 2 two-hour sessions (Friday & Saturday)
Learning to work together to complete tasks within games or low impact rope course- having fun playing together. Maximum # of students:12; Minimum #: 8

5. The Masks We Wear

- 1 three-hour session (Saturday)
We will explore and play with masks we wear in our many roles in life. We'll try on some new ones!
Maximum # of Students: 20

6. Cardmaking

- 1 three hour session (Sunday)
Campers will participate in making five hand stamped cards. Maximum # of Students: 20

7. TaiChi

- 2 one-hour sessions (Saturday & Sunday)
Greg will provide an orientation to TaiChi including movements and their meaning.

8. Constructing a Classical 7 Course Labyrinth

- 1 two-part 4 hr. sessions (2 hrs. Friday & 2 hrs. Saturday)
Participants will construct a 40 foot labyrinth on the camp grounds. This will limit the number of other workshops participants will be able to take.
Maximum # of students: 15 Minimum#:7 students

9. "An Historic Look at Death & Dying Through Cemetery Art"

- 1 three-hour session (Sunday)
Marianne will include a multi-page handout for participants with biological and cleaning information, do's and don't's of gravestone rubbing and she will talk on specific gravestones including the Carver know as "Coffin Man." Bring rain gear, class will be held rain or shine.

10. "Learn to Crochet a Prayer Shawl"

- Marianne Greenfield –
•2 two-hour sessions (Friday & Saturday)
Workshop participants will learn one basic crochet stitch and will be able to make a scarf, lab robe, poncho or prayer shawl using one stitch.
Maximum number of students: 15

11. Total Body Fitness

- 1 one-hour session (Friday)
This class will be a low-impact full-body workout. It will incorporate the use of light weights and hit every muscle group. Class will end with an abdominal workout and light stretch. Bring reusable water bottles. Minimum # of students: 5

12. YogaFit Class

- 1 one-hour session (Friday)
This class is a beginning-intermediate class and is open for everyone. This class will consist of basic YogaFit poses, breathing, meditation and stretch.
Minimum # of students: 5

13. "Trout & Fly Fishing Clinic"

- 1 two-part five hr. session (Saturday)
This workshop will be a power point introduction to trout fishing, finding trout and fly fishing equipment, and casting. **Bring sun glasses or safety glasses.** Maximum # students: 20

WORKSHOPS

14. "Pathfinding" With Map & Compass

- 1 three-hour session (Saturday)

Learn how to use a compass and topographic map through fun games and real practice in a simulated wilderness situation. **Bring rain gear. Class will be held rain or shine.**

Maximum # of students: 8

15. Archery Basics & Marksmanship

- 2 one-hour sessions (Friday & Saturday)

This workshop will focus on proper bow handling and marksmanship with an emphasis on fun.

16. Tree Identification and Edible Plants

- 1 two-hour session (Saturday)

This workshop will use simple techniques to identify common trees and both edible and poisonous plants. Handouts provided and there will be opportunities to eat a few wild plants along the way during this walk. **Bring rain gear. Class will be held rain or shine.** Maximum # of students: 15

17. Workshop Project: Woodworking

- 2 two-hour sessions (Friday & Saturday)

Join us in making simple wood projects to give back to Camp. (Available lab time Sunday.)

Maximum # of students: 15

18. Introduction to Amateur Radio

William Holland-Bill has the highest class of Amateur

- 1 two-hour session (Saturday)

This workshop will be a combination of demonstration and lecture. An actual demonstration of using 2 meter hand held radio and a long range HF Rig. A question and answer period will wrap up the presentation.

Maximum # of students; 15

19. Finding Yourself in the Rhythm of the Drum

- 1 two-hour session (Friday)

This workshop will go over the basics and history of West African style drums and drumming. This will be followed by technique instruction for sitting and playing the drum. A traditional West African rhythm or 2 will be taught, as well as improv style.

Drums will be provided. Maximum # of students: 15

20. Iroquois Confederacy: "The Great Binding Law"

- 1 one-hour session (Friday)

This workshop will focus on the lore, history and impact of the "Great Binding Law" that served and still serves as a covenant for the Iroquois Confederacy

Facilitators:

Facilitator for Using 4 C's for Preparing Foods for Better Living, and Bread Making as a Metaphor for Life
Nettie Jean Scarazfava - Retired Family, County and Surrogate judge, educator, Hospital Dietitian, workshop facilitator and public speaker.

Facilitator for Mandala Art Images, as A Story, Metaphor and Symbol, and Constructing a Classical 7 Course Labyrinth
Shirley Sweet - Instructor of art and design with B.S. in Education. Currently painting and print making in Oneonta with an interest in Labyrinths and Mandas for healing. Certified Expressive Art Therapist. And Shirley has taught children and adults painting and drawing for over 30 years.

Facilitator for Team Building and Woodworking
Scott Oles - Retired educator of Physical Education/Health/Drivers Education. Past director of Recreation for the Village of Delhi, Manager of 4-H Camp Shankitunk.

Facilitator for Masks We Wear
Lisa Wujnovich - 4-H Leader, BA in Drama from Antioch College, Organic farmer- herbalist, Mask maker, performer, poet, MFA student poetry N.E. College

Facilitator for Cardmaking
Christina Ingram - cardmaking workshops and teacher at Delaware Academy who loves scrapbooking and cardmaking.

Facilitator of Tai Chi
Greg Mukai - Greg is a certified acupuncturist in Delhi and has been practicing in Delhi for almost 30 years. He has several years of experience teaching TaiChi including movements and their meaning.

Facilitator for Finding Yourself in the Rhythm of the Drum
Robert Wandell- Rob made his first drum in 1986. Now, he makes and sells drums, teaches, gives seminars, runs drum building workshops and owns Primal Beat Percussion, a 20+ year- old drum company.

Facilitator for “An Historical Look at Death & Dying Through Cemetery Art” and Learn to Crochet a Prayer Shawl.

Marianne Greenfield – Secretary on the Board of the Association for Gravestone Studies. Marianne gives talks throughout the Southern Tier on care of gravestones and cemeteries. Marianne has been crocheting for several years. Marianne is a nurse and makes lap robes for her patients.

Facilitator for Total Body Fitness and Yogafit Class
Raegan Koenig-Raegan has a B.A. in Dance Education. She has worked as an AFAA Certified Dance Teacher and Group Fitness Instructor at Club H and Crunch Gym in New York City, and at Fit For Her and World Gym in St. Augustine, Florida. Raegan is also a Certified Yoga Fit, Cardio Kickbox and Zumba Dance Instructor.

Facilitator for “Trout Fishing Clinic”
Kurt Nelson-Kurt has been teaching fly-fishing for over 18 years at Broome Community College. He has been a member of the Al Hazzard Chapter of Trout Unlimited for almost 20 years and now is serving as the region 7VP for the New York State Council of Trout Unlimited. In 2002 Kurt started a TV Show on public access called “Rifles and Waves”. A fly-fishing show for kids of all ages.

Facilitator for “Pathfinding” With Map & Compass and Tree Identification and Edible Plants
Harry Barnes-Harry is a Interpretive Naturalist and Nature Center Director for 20 years. Harry is a biology teacher and licensed Wilderness Guide.

Facilitator for Archery Basics & Marksmanship
John Hannum-John is a 4-H Educator.

Facilitator of Introduction to Amateur Radio
William Holland-Bill has the highest class of Amateur Radio License (Extra Class), is the past President of the Oneonta Amateur Radio Club, Volunteer FCC Examiner, has taught Amateur Radio classes to 4-H campers.

Facilitator of Iroquois Confederacy: “The Great Binding Law”
Marie Dungan & Tom Briggs-Marie is a Delaware County native and has had a life long interest in Native American cultural practices. Tom is Director of Office for the Aging.

2009 4C-Camp for adults Workshop Schedule

AM	FRIDAY	SATURDAY	SUNDAY
7:00	STAFF SET UP	Morning walk/exercise	Morning walk exercise
8:00	REGISTRATION	Breakfast & clan duties	Breakfast & clan duties
9:00	Opening welcome/Clan intro/ Housekeeping info...	Tai Chi (9am – 10am) Trout & Fly Fishing Clinic- Part I (Power Point & casting) The Masks We Wear Pathfinding/Orienteering Bread Making (10am – 12 noon)	Tai Chi (9 – 10 am) Card Making Cemetery Art Open time to revisit workshops of interest. Bird Walk (10 – 12 noon)
10:00	Total Body Fitness (10am – 11am) Yoga (11am – 12 noon) Mandala Art 4Cs – preparing foods for Better Living Woodworking		
NOON	LUNCH – “Hotpots” performing	LUNCH	LUNCH
PM	FRIDAY	SATURDAY	SUNDAY
1:00	Team Building/Cooperative Games Labyrinth Part I Iroquois Confederacy: The Great Binding Law (1pm - 2pm)	Trout & Fly Fishing Clinic- Part II (casting) Team Building/Cooperative Games Identifying Trees & Edible Plants Crochet a Prayer Shawl Free Swim	CLAN COUNCILS & WRAP-UP
3:00	Drumming Crochet a Prayer Shawl Archery (3pm - 4pm) Free Swim (3pm – 4:30 pm)	Amateur Radio Labyrinth Part II Woodworking Archery (3pm - 4 pm)	CLOSING OF CAMP AND CLEAN UP
5:00	CLAN COUNCILS	CLAN COUNCILS	
6:00	DINNER	DINNER	
7:00	Storytelling & Song - Ira MacIntosh	Square Dancing - Hilton & Stella Kelly & the Sidekick	
9:00	Camp Fire & Drum Circle	Camp Fire & Drum Circle	
Classes will be filled on a first registered basis. Please see class descriptions for maximum number of students per class for each class.			

USING THE SCHEDULE POSTED ABOVE PLEASE COMPLETE THE WORKSHOP REGISTRATION ON THE FOLLOWING PAGE FOR ALL 7 TIME SLOTS BY INDICATING YOUR FIRST AND SECOND CHOICE FOR EACH TIME SLOT. Please refer to the workshop descriptions on pages 2 and 3 to get a better idea of what each workshop is about. We will do the best we can in trying to get you in your first choice for each time slot. Send the completed workshop selection sheet, along with your deposit and the rest of your registration form to Office for the Aging, 6 Court Street, Delhi, NY 13753 by August 3, 2009. - Page 5 -

<p>Name: _____</p> <p>Mailing address: _____</p> <p>_____</p> <p>Phone #: _____</p> <p>Age (circle one) 18-30; 31-40; 41-55; 56-65; 65 +</p> <p>Gender: F M Former 4-H member? Yes No</p>	<p><u>Saturday, August 29 – 9AM – 12 NOON</u></p> <p>___ Tai Chi (9AM-10AM)</p> <p>___ Trout & Fly Fishing Clinic (Part I)</p> <p>___ The Masks We Wear</p> <p>___ Pathfinding/Orienteering</p> <p>___ Bread Making (10AM-12 NOON)</p>
<p><u>Friday, August 28 – 10AM – 12 NOON</u></p> <p>___ Total Body Fitness (10AM-11AM)</p> <p>___ Yoga (11AM-12 NOON)</p> <p>___ Mandala Art</p> <p>___ 4Cs-preparing foods for Better Living</p> <p>___ Woodworking</p>	<p><u>Saturday, August 29 – 1PM – 3PM</u></p> <p>___ Trout & Fly Fishing Clinic (Part II)</p> <p>___ Team Building/Cooperative Games</p> <p>___ Identifying Trees & Edible Plants</p> <p>___ Crochet a Prayer Shawl</p> <p>___ Free Swim</p>
<p><u>Friday, August 28 – 1PM – 3PM</u></p> <p>___ Team Building/Cooperative Games</p> <p>___ Labyrinth (Part I)</p> <p>___ Iroquois Confederacy: The Great Binding Law (1PM-2PM)</p>	<p><u>Saturday, August 29 – 3PM – 5PM</u></p> <p>___ Amateur Radio</p> <p>___ Labyrinth (Part II)</p> <p>___ Woodworking</p> <p>___ Archery (3PM-4PM)</p>
<p><u>Friday, August 28 – 3PM – 5PM</u></p> <p>___ Drumming</p> <p>___ Crochet a Prayer Shawl</p> <p>___ Archery (3PM-4PM)</p> <p>___ Free Swim (3PM-4:30PM)</p>	<p><u>Sunday, August 30 – 9AM – 12 NOON</u></p> <p>___ Tai Chi (9AM-10AM)</p> <p>___ Card Making</p> <p>___ Cemetery Art</p> <p>___ Open time to revisit workshop of interest</p> <p>___ Bird Walk (10AM-12 NOON)</p>

2009 4C-Camp for adults Workshop Registration

Please fill in your name, address, phone number and circle the answers to the other 3 questions in the first box. 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 7 time slots).

4C-CAMP FOR ADULTS APPLICATION: Complete both sides and return to Office for the Aging, 6 Court Street, Delhi, NY 13753

**4C CAMP FOR ADULTS
CAMPER REGISTRATION FORM**

ALL INFORMATION PERTAINING TO THE CAMPER MUST BE ON THIS FORM ONLY!!!

PLEASE SEND IN WITH DEPOSIT BEFORE AUGUST 3rd.

Camper's Name _____ Gender _____
 Mailing Address _____ Phone () _____
 City _____ State _____ Zip _____
 Cell Phone: _____ Alternate Phone #: _____
 Email Address _____ Tee Shirt Size (Sm) ___(Med) ___(Lg) ___(XLg)___ (2XL)___
 (other size)_____ Please check appropriate size **Camp tee shirts available for \$10.00 2XL or larger: \$15.00**

Do we have permission to share the above information with other campers? YES _____ NO _____
 (Please check yes or no)

In an emergency, notify:

Name _____ Phone () _____ Relationship _____
 Cell () _____
 Name _____ Phone () _____ Relationship _____
 Cell () _____

SPECIAL REQUIREMENTS WHILE IN CAMP

Diet _____ Food Allergies _____
 Other _____

HEALTH CONDITIONS OR SITUATIONS

List any current medical conditions or special considerations.

Allergies _____ Seizures _____ Diabetes _____
 Insect Stings _____ Asthma _____ Mobility _____
 Other (list) _____

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 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 _____

FOR OFFICE USE ONLY

Date Check# Amount

Date Check# Amount

PAYMENT This application must be accompanied by a \$20 pre-registration deposit. This fee is non-refundable if your application is accepted and you do not attend. Balance of \$70 can be paid in advance or at registration.

