



4C-CAMP

Camping to Create Caring Communities

August 13th – August 16th, 2026

Registration Information

Dear Camper:

Welcome to our 16th year of 4C-Camp. We began in 2009 and missed two years due to Covid-19 restrictions. Please read the following instructions carefully for registering for this year's 4C-Camp being held August 13th – 16th, 2026. 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 31, 2026. A non-refundable deposit of \$30 must be submitted with your pre-registration. You can pay the remaining \$140 (for 3 nights/4 days) at time of camp registration or pay the full \$170 (for 3 nights/4 days) now. Please make checks payable to CCE Delaware County (Cornell Cooperative Extension). **The price for camp is a flat \$170, 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.** 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 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:**

CCE Delaware County

Attn: 4C Camp for Adults

34570 State Highway 10, Suite 2

Hamden, NY 13782

Please write: 4C on memo line on your check.

The registration desk will open **promptly** at 1:30 p.m., Thursday, August 13th. 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!

PLEASE SEND IN, WITH DEPOSIT, BY JULY 31, 2026. ALL INFORMATION PERTAINING TO THE CAMPER MUST BE ON THIS FORM. **4C-CAMP FOR ADULTS 2026 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 13-16 (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 CCE Delaware County, Attn: 4C-Camp for Adults, 34570 State Highway 10, Suite 2, Hamden, NY 13782**
The \$170 pays for your camp experience. If you can afford to donate additional funds, that is always appreciated. **Thank you.**

WEBSITE

Visit our website at <https://campshankitunk.org/4c-camp-for-adults/> 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.

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 Bring your water bottle.
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.
BRING A WHITE T-SHIRT FOR A TIE-DYE PROJECT. Bring your red, white, and blue items. We will have a contest to decorate your room/cabin door.

U. S. A. 250th CELEBRATION THEME

This year's entire camp is revolving around "U. S. A. 250TH CELEBRATION THEME" - 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 dinner followed by - community gathering and Polly's famous camp Bingo with prizes. Friday evening will be a presentation by Scott J. Payne on the Revolutionary War. Saturday evening will feature square dancing. Come ready to join in the fun.

PLEASE SEND IN, WITH DEPOSIT, BY JULY 31, 2026

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 – Important that you complete page 5 and return with your registration.

DONATION: The \$170 pays for your camp experience. If you can afford to donate additional funds, that is always appreciated. Please list amount of your intended donation above your \$170 camper fee: \$ _____

PAYMENT: This application must be accompanied by a \$30 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 (\$140) can be paid in advance or at registration.

MAIL COMPLETED REGISTRATION TO: CCE Delaware County, Attn: 4C-Camp for Adults, 34570 State Highway 10, Suite 2 Hamden, NY 13782

NEXT COMPLETE PAGE 2 ON THE BACK BY CHOOSING YOUR 1ST AND 2ND CHOICE OF WORKSHOPS → →

<u>Friday, August 14: 9AM – 10 AM</u> _____ FREE TIME _____ Air Rifles (Maximum # of students: 12) (Archery Range) _____ Identify Theft, Fraud, and Scams! (Dining Hall) <u>Friday, August 14: 9 AM – 11 AM</u> _____ FREE TIME _____ Bird Watching (Maximum # of students: 25) (Science Center) <u>Friday, August 14: 10:15 AM to 12 Noon</u> _____ FREE TIME _____ Carving Wooden Spoons (Maximum # of Students: 6) (Fee: \$6) (Pavilion) _____ Outdoor Woodsman Demonstration – Knots and Lashing (Dining Hall Porch) _____ Mahjong Teaching and Playing (Maximum # of students: 8/Minimum # of students: 4) (Dining Hall) 1:00 p.m. – 2:00 p.m. (for all participants) (Dining Hall) George Cummings a reenactor – 18th century Colonial American Life. For all participants in the dining hall after lunch. <u>Friday, August 14: 2:15 PM – 4:15 PM</u> _____ FREE TIME _____ PART 1: Picket Fence Flower Box (Maximum # of students: 6) (Fee: \$10) (Wood Shop) _____ PART 1: Bird House Flower Box (Maximum # of students: 5) (Fee: \$20) (Wood Shop) _____ 250th Anniversary Floral Vase Arrangement (Maximum # of students: 12/Minimum # of students: 8) (Fee: \$8) (Pavilion) _____ Jamming with Cornell Cooperative Extension (Fee: \$10) (Ford Kitchen) <u>Friday, August 14: 4:30 PM - 5:30 PM</u> _____ FREE TIME _____ Water Fitness ((Maximum # of students: 15/Minimum # of students: 2) (Pool) _____ Bum Bags (Craft Hall) <u>Sunday, August 16: 9 a.m. – 10 a.m.</u> _____ Free Time _____ Finishing your project 	<u>Saturday, August 15: 9AM – 10 AM</u> _____ FREE TIME _____ Archery (Maximum # of students: 12) (Archery Range) _____ Healing Herbs – Make your own home remedies (Maximum # of students: 12/Minimum # of students: 8) (Fee: \$15) (Ford Kitchen) _____ Wreath Making (Craft Hall) (Fee: \$2.50) <u>Saturday, August 15: 10:15 AM–12 Noon</u> _____ FREE TIME _____ Polymer Clay and UV Resin Earrings and Pendants (Maximum # of Students: 15) (Fee: \$15) (Craft Hall) _____ Take A Hike! Hike the Shankitunk property with a Master Naturalist (Dining Hall Porch) _____ “Learn and Enjoy Playing Rummikub” (Maximum # of students: 8) (Dining Hall) <u>Saturday, August 15: 2:15 PM – 4:15 PM</u> _____ FREE TIME _____ PART 2: Picket Fence Flower Box (Maximum # of students: 6) (Fee: \$10) (Wood Shop) _____ PART 2: Bird House Flower Box (Maximum # of students: 5) (Fee: \$20) (Wood Shop) _____ Refreshed Wind Chimes (Maximum # of students: 5) (Craft Hall) _____ Mahjong Teaching and Playing” (Maximum # of students: 8/Minimum # of students: 4) (Dining Hall) _____ Build a Tabletop Tree (Maximum # of students: 10/Minimum # of students: 2) (Science Center Porch) <u>Saturday, August 15: 4:30 PM - 5:30 PM</u> _____ FREE TIME _____ Drumming (Science Center) Some drums will be available, but if you have a drum, please bring it with you.
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Please complete the Camper Registration Form and the Workshop Registration form. Use the workshop descriptions and instructor bios attached for information about each workshop. For workshop choices: please indicate your 1st and 2nd 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 23 time slots). **Send the completed two-page registration form and waiver & release page 5 to CCE Delaware County, Attn: 4C Camp for Adults, 34570 State Highway 10, Suite 2, Hamden, NY 13782 along with your check or money order made payable to CCE of Delaware County.** You will receive follow up confirmation on your workshops.

Acknowledgment of Risk, Waiver & Release - Adult
This form must be completed by all participants 18 years and older

I, _____ the undersigned hereby apply to participate in the program described below to be conducted in cooperation with Cornell Cooperative Extension Association of _____ Delaware _____ County and I acknowledge as follows:

I fully understand and acknowledge that there are inherent risks and dangers in my participation in the above activities and my participation in said activities and use of any equipment or materials related to such activities may result in my injury, illness or death and damage to or loss of my personal property. I understand other participants, accidents, forces of nature or other causes may cause these risk and dangers and I hereby fully acknowledge and accept these risk and dangers.

I am in good health and **I am at or above the minimum age of eighteen (18)** required to participate in this activity and I am able to participate in any strenuous physical activity associated therewith.

I herewith release, forever discharge and waive any right of recovery or subrogation against Cornell Cooperative Extension, its officers, directors, employees and volunteers from any and all liability whatsoever for any illness or injury, including death or damage to or loss of my personal property that I may sustain while I am participating in this program. This shall be binding on my heirs, successors, assigns, administrators and executors. Any claims or disputes arising out of my participation in the activity shall first be submitted to arbitration and /or be venued in the Supreme Court of the State of New York of the sponsoring County Association, the choice of which shall be at the sole discretion of CCE.

I HAVE READ THE ABOVE OR I ACKNOWLEDGE, IF VERIFIED BELOW BY THE INSTRUCTOR, THAT I HAVE HAD THIS DOCUMENT READ TO ME AT MY REQUEST AND BY SIGNING IT I AGREE IT IS MY INTENTION TO PARTICIPATE IN THE INDICATED ACTIVITY AND I UNDERSTAND AND ACCEPT ALL THE RISKS INVOLVED.

DATE(S) OF PROGRAM: August 13 - 16, 2026

DESCRIPTION OF PROGRAM: 4-C Camp

PARTICIPANT'S FULL NAME: _____

DATE OF BIRTH: _____

ADDRESS: _____

SIGNATURE: _____ DATE: _____

WITNESS: _____ SIGNATURE: _____
(MUST BE CCE EMPLOYEE)

This form must be kept in CCE Association files for seven (7) years from date of show.

“Identity Theft, Fraud, and Scams!” (Fri. 9:00 a.m. – 10 a.m.) This is a PowerPoint which focuses on Fraud Prevention and Protection.

Facilitator for “Identity Theft, Fraud, and Scams!”

Olivia Kenyon is a Financial Education Officer at Sidney Federal Credit Union and has been at SFCU for 7 years starting in the Hancock Branch. She is currently in the Business Information Technology degree program at SUNY Broome.

“Archery 101” and “Air Rifles” (Air Rifles - Fri. 9:00 a.m. – 10 a.m. (Maximum # of students: 10), (Archery – Sat. 9 a.m. – 10 a.m. (Maximum # of students: 12)

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

Facilitator for “Archery 101” and “Air Rifles”

An employee of Cornell Cooperative Extension and 4-H Camp Staff.

“Beginning Bird Watching” (Fri. 9:00 a.m. – 11:00 a.m.) (Maximum # of students: 25/Minimum # of students: 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 will introduce common bird species to the location of the workshop and will teach participants to identify these by sight and sound. We will also discuss bird behaviors indicative of breeding. Binoculars are very helpful. We can bring a few extras. Some birders use a camera instead of binoculars, if the camera has a telephoto lens.

“Bird House Flower Box” (PART 1: Fri. 2:15 p.m. – 4:15 p.m. and PART 2: Sat. 2:15 p.m. – 4:15 p.m.) (Maximum # of students: 5) (Fee: \$20)

Everything will be prefabricated and cut to size. Assembly will be done by students on Friday and Painting (optional) red, white, and blue will be done on Saturday. You must sign up for both days.

Facilitator for “Bird House Flower Box”

Paul is a retired electrician/handy man. Now I’m teaching a class with fellow camper Jim Youngs.

“Picket Fence Flower Box” (PART 1: Fri. 2:15 p.m. – 4:15 p.m. and PART 2: Sat. 2:15 p.m. – 4:15 p.m.) (Maximum # of students: 6) (Fee: \$10)

Students will build a picket fence flower box on Friday and paint it on Saturday. You must sign up for both days.

Facilitator for “Picket Fence Flower Box”

Jim is a retired maintenance supervisor. He enjoys woodworking as a hobby and is excited to work with Paul in this project.

“Refreshed Windchime” (Sat. 2:15 p.m. – 4:15 p.m.)

Campers will make wind chimes from p. cheese container with various choices and a selection of items to be used as your chimes.

Facilitator for “Refreshed Windchime”

Vivian Jeffers Turnbull is a poetry writer who also enjoys cooking and crafting. I am a sewer, a painter, and a wreath maker, a crafter who taught her first 4C workshop at camp last year.

“Build a Tabletop Tree” (Sat. 2:15 p.m. – 4:15 p.m.) (Maximum # of students: 10, Minimum # of students 2)

This is the updated description of Sandy’s workshop: Participants will make a tabletop tree that can be decorated for many holidays. Lights and ornaments for Christmas, colorful or collectible eggs for Easter, or maybe pictures of an individual to celebrate a birthday. You get the idea!!

Facilitator for “Build a Tabletop Tree”

Sandy Morley is an ardent though amateur, woodworker and enjoys all activities that involve tools. Some say she is a “Tool Junkie”.

“Polymer Clay and UV Resin Earrings and Pendants” (Fri. 2:15 p.m. – 4:15 p.m.) (Maximum # of students: 15, Minimum # of students: 1) (Fee: \$15)

Using polymer clay making simple canes to create pendant and earring shapes. The UV resin to coat them, then findings are attached.

Facilitator for “Polymer Clay and UV Resin Earrings and Pendants”

Gail Goldstein has been teaching crafts for many years. Her interests cover a wide variety of mediums.

“Outdoors Woodsman” (Fri. 10:15 a.m. – 12:00 noon)

Ann Peet will demonstrate/teach basic knots and lashing.

Facilitator for “Outdoors Woodsman”

I have enjoyed camping since my Girl Scout Days and have taken many outdoor survival courses during the last twenty years. Intense learning from Creek Stewart’s training workshops have shown many skills needed in woodland camping using minimal tools, relying on what is available in nature.

“Water Fitness” (Fri. 4:30 p.m. – 5:00 p.m.)

(Maximum # of students: 15, Minimum # of students: 2)

A non-impact full-body water aerobics class designed for adults of all fitness levels. Participants move through a warm-up, cardio, resistance and stability sequences in chest deep water.

Facilitator for “Water Fitness”

Amy Randall is a Red Cross certified water safety instructor and lifeguard supervisor. She teaches water aerobics at SUNY Delhi and the Delhi Town Pool. Her instructional focus is on fun, mobility, and safety.

“Take A Hike! Hike the Shankitunk property with a Master Naturalist” (Sat. 10:15 a.m. – 12:00 Noon)

Walk with Master Naturalist, Heather Morse. On last year’s walk, we encountered various types of flora and fauna, including turtles, mushrooms, wildflowers, fungi, and insects just to name a few. The walking terrain will be fairly easy, but be prepared for wet conditions and ticks. Appropriate hiking/walking shoes a must.

Facilitator for “Take A Hike! Hike the Shankitunk property 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.

“250th Anniversary Floral Design” (Fri. 2:15 p.m. – 4:15 p.m.) (Maximum # of students: 12, Minimum # of students: 8) (Fee: \$8.00)

Hands on step-by-step instruction on a floral vase arrangement, bow making, and horticulture/cut flower education.

Facilitator for “250th Anniversary Floral Design”

Lila Kuhn is horticulture and natural resources community educator at Cornell Cooperative Extension and have a background/strong interest in floral design and flower farming. I love to teach others about floral design and growing flowers!

“Healing Herbs – Make your own home remedies” (Sat. 9:00 a.m. – 10:00 a.m.) (Maximum # of students: 12, Minimum # of students: 8) (Fee: \$15.00)

Students will work in groups to make their own herbal remedies – muscle salve, foot soak, and mouth rinse.

Facilitator for “Healing Herbs – Make your own remedies”

I am a retired peri-operative nurse. I enjoy gardening, travel, and crafts.

“Bum Bags” (Fri. 4:30 p.m. – 5:30 p.m.)

Crochet a bag to carry phone, etc.

“Wood Spoons” (Fri. 10:15 – Noon) (Maximum # of students: 6) (Fee: \$6.00)

We will be carving “unfinished” pre-cut spoons.

“Wreath Making” (Sat. 9:00 a.m. – 10:00 a.m.) (Fee: \$2.50)

Create a wreath with flowers, ribbons, and material.

Facilitator for “Bum Bags”, “Wood Spoons”, and “Wreath Making”

Lucille Siegel is a retired pediatric nurse who has taught classes at Michael’s, Rockville Center Home Makers, 4-C Camp, and libraries.

“Free Time or Finish Your Project” (Sun. 9:00 a.m. – 10 a.m.)

“Mahjong Teaching and Playing” (Fri. 10:15 a.m. – NOON and Sat. 2:15 p.m. – 4:15 p.m.) (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”

Sandy Gregory is an avid player of Mahjong and will enjoy teaching others how to play.

“Learn and Enjoy Playing Rummikub” (Sat. 10:15 a.m. – Noon) (Maximum # of students: 8)

Knowing a good group game can be instrumental to your socializing, especially as we get older. Rummikub is easy and can be learned in one session and then enjoyed for years. It is like Rummy, but with fun tiles.

Facilitator for “Learn and Enjoy Playing Rummikub”

Arlene Kyler is a former Teacher who still loves to impart information. Her first 4-C summer, she taught “Smartphone Photography and Editing”. The next two summers, she shared “Hacks to Improve Your Life”.

New for 2026

You can also register and pay online in Ultracamp! Visit <https://bit.ly/4Creg-2026> or scan the QR code below:



“Drum Circle with Cynthia Marsh and Michelle DeMeo” (Sat. 4:30 p.m. – 5:30 p.m.)

The mission of this workshop is to welcome all people in community and rhythm. When people come together to drum, hearts are opened and spirits are lifted. Although this workshop uses a guided facilitator, there will be space for rhythmic exploration as well as playing together and connecting rhythmically as a whole with some traditional African songs. Some drums will be available, but if you have a drum, please bring it with you.

Facilitators for “Drumming”

Cynthia is the founder and facilitator of Oneonta Drum Circle, which formed in 2023. She began enjoying the benefits of learning African drumming 25 years ago while living in Colorado and working as a forensic artist. Since then she has studied with many different Master African drumming teachers.

Michelle began learning the African drums about the same time while taking an African dance class. She loved the rhythms so much she quickly switched from dancing to drumming. She took a long hiatus until she heard about the Oneonta Drum Circle and met Cynthia.

Now the two drum together often. Cynthia also sounded Oneonta Kirtan where she is the lead drummer and Michelle accompanies her on percussion.

SPECIAL PROGRAM

“Reenactment” (Fri. 1:00 p.m. – 2:00 p.m.) (for all participants) - 18th century Colonial American Life.

For all participants in the dining hall after lunch.

Facilitator for “Reenactment”

George Cummings is a reenactor who will present a program on 18th century United States. He will speak, in period costume, and offer an opportunity to look at artifacts that he has and answer questions about that time period after his presentation.