



HELDEBERG WORKSHOP

AN ADVENTURE IN LEARNING

Jean Pauley, Founder

Picard Road

Town of New Scotland

(518) 765-2777

www.heldebergworkshop.org

Email: info@heldebergworkshop.org

SUMMER PROGRAM 2022 – Our 62nd Year

(9 AM – NOON, Monday - Friday)

Week 1: July 11 - July 15
(Open House July 14, 6 - 8 PM)

Week 2: July 18 - July 22
(Open House July 21, 6 - 8 PM)

Week 3: July 25 - July 29
(Open House July 28, 6 - 8 PM)

Week 4: August 1 – August 5
(Open House August 4, 6 - 8 PM)

Week 5: August 8 – August 12
(Open House August 11, 6 - 8 PM)

Week 6: August 15 – August 19
(Open House August 18, 6 - 8 PM)

The Heldeberg Workshop is a NOT FOR PROFIT Organization, chartered by the New York State Board of Regents of the University of the State of New York. The Heldeberg Workshop has a permit to operate from the Albany County Department of Health. It is inspected twice yearly; reports are available at the office on Ferry and Green Streets.

Heldeberg Workshop
P.O. Box 323
Voorheesville, NY 12186-0323



1 WEEK CLASSES ARE \$150.00

Discoverland 2022

Chairperson: Darcy Morrison

Grades: K – 2

D01 Science & Scavenger Hunts

Weeks: 3, 4, 5, 6

Grades: K - 2

We do it all in “Scientists & Scavenger Hunts”! We investigate the amazing plant life and wild creatures that are found on our land. We explore the mountain, with its huge boulders, walk through streams, visit the pond, and so much more! We perform fun experiments from nature and go on awesome scavenger hunts! Join our great exploratory walks and “hands-on” activities!

Instructor: Weeks 3,4,5,6: Angela Datri

D02 Amazing Arts and Exploration

Weeks: 1, 2, 3, 4, 5, 6

Grades: K - 2

Come to create, explore, learn ... and most importantly, be an artist! Here we will work with many art materials: watercolors, paints, crayons, markers and much more. You'll draw your favorite outdoor animals, inspired by all the beauty of the Land: the thick forests, the streams, the pond with its big frogs and dragonflies!!! Painting, drawing, watercolors, creating mobiles - we do it all in “Amazing Arts and Exploration”.

Instructor: Weeks 1-3: Shannon Blakeley; Weeks 4-6: Lukas Morrison

D03 Nature's Clubhouse

Weeks: 1, 2, 3, 4

Grades: K - 2

In “Nature's Clubhouse” this summer, we will create a “playroom”; we'll have fun gathering nature's treasures for this room! We will design a nature **T-shirt** to wear, find and decorate our own **hiking sticks** and prepare yummy nature **treats**. We will investigate the pond, catch frogs, walk up streambeds and collect fossils. We will also find Chipster the Chipmunk, Gentle Giant, Little Red the Salamander, and the **GHOST!** *Come join in the fun!*

Instructors: Chris Cronin

D04 Magical Music & More

Week: 1,2,3,4,5,6

Grades: K - 2

In this class we'll explore and learn about the music of the land around us! Listen closely; amazing creatures and elements of nature make up the sounds of our landscape! Cicadas, bird calls, crickets and streams! We'll search for materials to build our very own nature-inspired instruments and write songs together inspired by the forest creatures and sounds of nature. We'll play fun musical games and discover the beauty of nature's music!

Instructor: Meara McTague

D05 Game On!

Weeks: 1, 2, 3, 4, 5, 6

Grades: K – 2

What fun this will be! Every day we play games!!! Campers learn the importance of working together, while playing cooperative games. We explore all the awesome places around the Workshop and use our surroundings to influence the games we play. Come join us for a fabulous fun time in Game On!

Instructor: Lauren Theadore

D06 Walk a Native American Path

Week: 1,2,3,4,5

Grades: K - 2

This class is filled with all things Native American - you'll even give yourself a unique Native American name! We'll **make talking sticks**, **dream catchers** and much more! We'll play exciting Native American games and explore the forest, pond and streams of the Helderberg Mountains – a place where the Native Americans once lived. We have a full-sized **tipi**, which we will use for reading books, eating snacks and just having fun! Come and join in on all the excitement!!

Instructor: Rebecca Theadore

D07 Nature's Explorers

Weeks: 1, 2, 3, 4, 5, 6

Grades K - 2

Join the adventure with Nature's Explorers! We'll go for hikes every day, there's always a new place to explore! We'll go to the stream beds to find fossils, the pond to see its many frogs, salamanders and dragonflies, and of course, to the woods! We'll find cool hideouts every day and best of all; we'll play fun games wherever we go! We'll make exciting crafts and creations relating to our day's adventures. Each day is full of wonder and new surprises!

Instructor: Weeks 1-2: Angela O'Connor; Week 3: Eve Trombley; Weeks 4-6: Lily McDonnell

Science 2022

Chairperson: Jerry Dievendorf

S01 Bugs and Slugs ... Advanced!

Weeks: 2, 6

Grades: 3 - 6

Bugs are everywhere! Want to learn the major insect groups and how they differ from spiders and other small creatures? We will use scientific methods to discover things about them using simple experiments, microscopic observation, and creation of an insect zoo.

Instructor: Jerry Dievendorf

S02 Science Fun

Weeks: 2, 5, 6

Grades: 2 & 3

Do you know why certain animals live where they do? Explore the forest with us, probe the pond and swamp, examine evidence of deer activity and learn how to find salamanders, snakes, frogs and insects. Recognize animals from their tracks. We'll conduct chemical tests of water and berries to make deductions about what certain animals eat and where they live. We will also examine stream beds to find fossils of ancient life, and we'll try to guess what our environment might have been like in those earlier times. Come and have fun with us!!

Instructor: Jennifer Hess

S03 Habitat Adventurers

Weeks: 5, 6

Grades: 2 & 3

Gear up for adventure throughout forests, fields, swamps, the pond, and much more! Learn how to recognize common species within each habitat and how they interact with one another and their surroundings in order to thrive! Also, we'll get in tune with our creative sides, crafting habitats of our very own and drawing critters that we find in our journals. Through interactive guessing games, we'll learn a bit of their anatomy too! Get ready to learn, create, share and explore!

Instructor: Jonathan Happ

S04 Early Birders

Week: 1

Grades: 3 - 6

Forget the worm! Early Birders will explore the Land seeking out over 30 species of birds, learning to use binoculars, spotting scopes and field guides to identify them by sight and sound. We will learn techniques for spotting birds, feeding birds and luring them in for a closer look. Games and activities enhance our understanding of the world of birds and what makes them such unique animals. We will also discover the best ways to feed birds so we can watch them in our own backyards. Early Birders learn the basics for a lifelong hobby.

Instructor: Chris Keefer

S06 Rocks & Fossils

Weeks: 1, 5, 6

Grades: 4 & up

Dig into the world of rocks, minerals and fossils. Learn about earthquakes, glaciers, volcanoes and much more! We go on hikes to various fossil-collecting sites, create model volcanoes, and learn to navigate the woods with ease (an essential life skill!) using a map and compass. We'll complete the week with a “treasure” hunt!

Instructor: George Pafumi

S07 Swamping**Weeks: 3, 4****Grades: 2 - 4**

Different plants and animals live in different parts of our swamp. We'll spend the week discovering who lives in all that mud!

Instructor: Jonathan Happ

S08 Wee Beasties**Week: 4****Grades: 4 - 6**

Explore the hidden microscopic universe of Heldeberg Workshop. Through the use of microscopes, we will learn just how different things look under powerful magnification. There are thousands of different forms of microbial life in the wilderness. We will search the entire Workshop for as many of these "wee beasties" as we can find. We will figure out how to protect ourselves from bad microbes that can harm us. And we will experiment with other microbes to do fun things, like make yeast bread. We will also learn how microscopes can help us solve crimes and study molecules like DNA.

Instructor: Dan Chaize

S09 Fossil Hunting**Weeks: 2, 3, 4****Grades: 3 & 4**

Find the remains of organisms that lived here hundreds of millions of years ago! Learn about the prehistoric environment that these creatures lived in. Discover how to search for fossils in an area known for its geologic richness. Get your hands dirty identifying fossils such as trilobites, bryozoans, ancient corals, and many, many others, as we talk about their significance.

Instructor: George Pafumi

Art 2022*Chairperson: Jason Martinez***A02 Hand Building with Clay****Week 6****Grades: 2 - 6**

Young artists will develop an understanding of working in three dimensional clays forms by exploring basic design and principles of art using clay. Students will be introduced to hand-building techniques to make functional pottery and sculpture. We will also explore pattern and decorative techniques. Each student will be able to go home with finished pieces of their own clay creations.

Instructor: Theresa McTague

A03 Artistic Trading Cards**Week: 3****Grades: 3 - 8**

Create many miniature artworks about the same size as baseball cards! A variety of mediums and techniques will be explored to create these mini masterpieces. These works of art will be presented in card-collector pockets, sleeves and sheets. These works are great to keep, trade, or even send in the mail to friends and family!

Instructor: John Vandenberg

A04 Multicultural Creations**Week: 5****Grades: 5+**

In this class you will explore the traditions of different cultures and artistic creations from around the world! Please come join us in this fun and exciting class making multicultural art with fun mediums using your own creative expression. Mask making, watercolor Chinese Dragons, African mud cloth, Glue batik, Indian Diya lamps, cats eye, Paper dream catchers, paper rangoli and more!

Instructor: Jason Martinez

A05 Cartooning**Week: 1 (Grades 2-6)****Week: 2 (Grades 4-8)**

Attention: fans of comic books, cartoons and comic strips! Explore the art of cartooning. Human animation will be emphasized, including facial expression, body movement and setting. Learn to create original story lines and scripts. The class will "publish" a collective comic book.

Instructor: John Vandenberg

A06 Clay Forms and Structures**Week: 3****Grades 6 & up**

Create human, animal and/or mythical creatures, create treasure boxes, hide-away boxes and interesting structures. In this class you'll learn how to turn your creative ideas into wonderful pieces of art.

Instructor: Theresa McTague

A07 Mixed Media Drawing & Painting**Week: 6****Grades 6-12**

Come explore your creativity using all kinds of materials like paint, graphite, ink, coloring, and collage! Fill up your sketchbook with all kinds of art!

Instructor: Harold Gosling

A08 Make Your Mark: Printmaking**Week: 1****Grades: 3 - 8**

Stamp Making! Screen Printing! Plaster Block Printing! ... and more! You can learn some fun and fast printmaking techniques to make cards, a T-shirt and a whole portfolio of art prints. We'll use almost everything around us to make shapes that you can print with, on anything you like!

Instructor: Jason Martinez

A09 Mixed Media Fun**Weeks: 4****Grades 5+**

In this fun and engaging class, we will focus on using a variety of materials including painting, coloring, drawing, collage, and more!

Instructor: Theresa McTague

A11 Drawing & Painting**Week: 4****Grades: 4 - 8**

Capture an immediate response on paper to your daily Heldeberg Workshop world of woods, waterfalls, fields and mountains. Using oil pencils, pastels and acrylics, you will learn how to think, see and paint like the Impressionists or Abstractionists. You'll also learn to use light, shadow and values to make dramatic or colorful statements. But the most important thing is that you enjoy expressing your feelings about the world around you!

Instructor: Jack Hassett

A12 Silk Screening**Week: 5****Grades: 6 & up**

Make and wear your own logo and design! In this class we will learn the art of silk screening. You'll take your own creative ideas and turn them into designs for t-shirts and a number of other different items and materials. Come give this great class a try!

Instructor: Theresa McTague

A13 Metalwork & Design - Beginning and Advanced**Week: 1****Grades: 6 & up**

In this class, students will learn how a metalsmith/artist transforms ideas into design, and in the process, creates very cool pieces of art, including wearable pieces! Students will use many different hand-held tools and work with copper and brass to create their own, special metal designs. Returning students are welcome to work on more advanced projects.

Instructor: Irene Purificato

A14 Drawing for Real**Week: 3****Grades: 6 - 12**

"Drawing for real" is your creative step to obtaining drawing skills that will help you draw realistically. This class will take you from having some knowledge in drawing to creating advanced renderings with a deep understanding of traditional drawing fundamentals.

Instructor: Jack Hassett

A16 Throwing Clay on the Wheel

Weeks: 4, 5, 6

Grades: 6 – 12

Students will work on the pottery wheel in our beautiful outdoor clay wheel studio and learn or improve their throwing skills with our expert teacher leading them to a beautiful grouping of final sculptures.

Instructor: Katherine Tholl

A17 Bookmaking

Week: 2

Grades: 6 - 12

Stamping, screen printing, collage, photography and drawing! We will use all different kinds of art to create your own book filled with pages of your creations. Learn basic bookbinding techniques and even how to make your own paper.

Instructor: Erin Hanna

A18 Macro Photography... a.k.a. Extreme Close Up Photography

Week: 2

Grades: 5 & up

Whether it's a photograph of an insect's wings, a frog's eye or veins in a leaf... study photography from the macro perspective (really really up close), "focusing" on the use of bokeh (intentional blur), angle, light, subject stalking, equipment and technique. Students will roam the grounds of Heldeberg Workshop shooting lots of different subjects (flora, fauna, rock, face, object, background and misc) and produce a slideshow presentation for open house. We'll also talk about crop, the theory of thirds, critique and depth of field. Students will need a digital camera capable of macro photos. This can be a DSLR with a macro lens, extensions tubes or step lens or even a smart phone capable of macro. Contact us if you have any questions about equipment for the class.

Instructor: Chet Boehlke

Folk Arts 2022 *Chairperson: Megan Viscio*

F01 Dollhouse Workshop

Week: 2

Grades: 4 & up

Welcome to the world of miniatures where everything is adorably small. Imagine a baby crib that can fit in the palm of your hand. A bottle cap transformed into a tiny dog dish. Students will learn how to design, construct and decorate their own dollhouse with miniature items made from scratch! We will work with materials such as wood, paper, glue, fabric, yarn, resin and other various found objects. We will also explore miniature scale and how to use everyday items to make our own minis.

Instructor: Megan Viscio

F02 French and Indian War

Week: 1

Grades: 4 & up

Indian attacks...France invades New York. Defend King and Country! "Kid -life" in 1753 Heldebergs is dangerous, but fun. Pioneer life in Colonial New York comes alive as you develop exciting skills learned during the War that made America. Ben Franklin's Albany Plan of Union asks the question; will we learn to govern ourselves?

Instructor: Jonathan Neal

F06 Beginning & Advanced Blacksmithing

Weeks: 1, 2, 3, 4, 5, 6

Grades: 7 & up

In this class, beginning students will be accommodated alongside returning advanced students, who will further develop their skills and be instructed in the making of projects such as fireplace tools, chandeliers or garden decorations. Emphasis will be placed on control and consistency in student work. Blacksmithing students should expect to work hard and will need to come to class with closed-toed shoes, long-sleeved shirts and long pants.

Instructor: Weeks 1-3: Noah Khoury; Weeks 4-6: Steve Khoury

F07 Indians of North America

Week: 2

Grades: 4 & up

How did the Iroquois and Sioux Indians live? Join us for a weeklong adventure and hear their stories and songs. Explore the woods to find and identify plants, animals, footprints and feathers. Gather natural items to make and decorate a "talking stick". Visit our longhouse and tipi! Make your own clay pot, an Eastern Indian cornhusk doll, and Plains Indian medicine wheel. Join us and see how the Indians of North America lived!

Instructor: "Standing Woman" (Dawn Marczak)

F08 Get Hooked on Crochet

Weeks: 4, 6

Grades: 4 & up

Crochet is a versatile art that can be used to create all sorts of projects, from stuffed animals to decorations to blankets to hats and so much more! In this class, we'll learn the basic crochet skills and stitches of chaining, slip stitch, single crochet, and double crochet. We will explore and use the world around us to create our very own hand-made treasures.

Instructor: Stephanie Berlind

F09 Revolutionary War

Week: 2

Grades: 4 & up

George Washington, Thomas Jefferson and you! Learn about the Revolution in the Heldebergs. Young people like you in every battle. Hands-on fun filled activities. Learn military tactics as you battle to save Albany from British invasion and discover how our freedoms were won. Join up and decide... Will you take the Kings shilling or sign the Declaration and create a new country of your own?

Instructor: Jonathan Neal

F12 Weaving Studio - Beginning and Advanced

Weeks: 1, 2, 3, 4

Grades: 4 & up

Weaving Studio Weeks 1, 2: Learn basic weaving skills on a four shaft loom. Choose your colors, set up your loom, choose your weft and weave your project! Students who have previously taken a weaving course will be given a review of basics, then may go on to explore new weaves and projects. Students are encouraged to enroll for two or more weeks to further their skills and complete weavings of their own design.

Instructor: Candace Christiansen

Weaving Studio Weeks 3, 4: Create your own handwoven textile!

Choose your colors and set up your loom, then weave your project. Watch as your design grows under your hands!

Beginner and advanced students are welcome. Beginner students will learn basic weaving skills on a four harness loom. Advanced students can review these skills as needed, then explore more complex patterns and materials. Students may enroll for two weeks to further their skills and complete weavings of their choice.

Instructor: Elena Rose

F16 Civil War

Week: 3

Grades: 4 & up

Step back in time and experience the lives of soldiers and civilians during the period of America's Civil War. Roll calls, songs, Army Drill and mock battles are what is in store for you! You will learn about the causes of this conflict between Americans and meet some characters who look like they just stepped out of your history book.

Instructor: Jonathan Neal

F17 Maskmaking

Week: 6

Grades: 3 - up

Do you like your hands submerged in slime? It's a messy process, but the masks we create will be astounding! We'll use Heldeberg rocks as forms, then layer paper strips to produce masks that can be mysterious, funny, fanciful or even frightening. Masks will be painted and perhaps embellished with natural items we find on the Land. Ancient cultures will be our inspiration as we let our imaginations soar!

Instructor: Trisha Ziggrosser

Performing Arts 2022

Chairperson: Joe Hetko

T01 Guitar: Beginning & Intermediate

Week: 3 **Grades: 5 & up**

In this class we learn how to make music on the coolest of all instruments - the guitar! We play basic chords, learn to read various kinds of notation and make music individually and as a group. Guitar players looking to take their playing up to the next level will also love this class! We'll learn new chords, tunes and techniques, and increase our overall knowledge of the guitar. Students who have taken a basic guitar class are welcome to join the fun.

Instructor: Joe Hetko

T02 Be a Magician: Beginning & Advanced

Week: 3 **Grades: 3 & up**

Here's your chance to learn magic from one of the top magicians in the Capital Region. Magician Jim Snack will draw from his bag of tricks to teach sleight of hand, close-up magic, and illusions. Each student will master several tricks with cards, coins, rope and other readily available objects to present at the Open House. The workshop is for ages 8 and above.

Instructor: Jim Snack

T03 Marionette Theater Performs: Battle of the Trolls!

Week: 1 **Grades: 3 - 8**

The woods trolls and the mountain trolls battle for the Heldebergs! Join the struggle! Build your own marionette troll and perform the story of the ancient trolls of the Heldebergs for the whole Workshop. Will you make a terrifying troll or the most beautiful princess? Puppet painting, costuming and puppet performance skills are all part of this adventure!

Instructor: John Koethen

T04 Time Travelers to the Rescue!: Egyptian Adventure

Week 2 **Grades : 3-8**

Strap on your goggles and jump into your time machines as we race around the globe and back through time to discover amazing moments in an improbable Past, Present and Future! Inspired by the science-fiction stories of Jules Verne and H.G. Wells, we will explore a Victorian Era that never quite was, and project ourselves into a fantastic future, powered by Steam and Clockworks. Explore the tombs of Ancient Pharaohs to find the Key to our Future, that lies buried in the Past. Pyramids, Mummies, Time Machines and other fantastic apparatus will be created to assist us in our astounding endeavors. Join other "Anachronologists" and delve into the action-packed ideas of "Steampunk" technology. Adventure Awaits!

Instructor: Scott Payne

T05 Wizards Workshop

Weeks: 1 **Grades: 3 - 8**

Your OWL has arrived! Don't miss your opportunity to attend Hogwarts in the Helderbergs. Potions, Magic Charms, and Mystical Beasts (and where to find them) are a few of the subjects that students will enjoy in this creative crash course in theatrical conjuring. Apprentices will construct a Wizard's wardrobe, magical apparatus, and other accessories of Abracadabra! Grab your broomstick and get ready to play wizard games. Imagination and Magic mixed in good measure.

Instructor: Scott Payne

T06 Wizard's Workshop II – Advanced Classes in Wizardology

Week: 4 **Grades: 3 - 8**

You've learned the basics and have passed your O.W.L.s (Ordinary Wizarding Level tests). Now, it's time to delve into deeper studies at the Hogwarts at Heldeberg. Use of Spells and Incantations. Advanced Alchemy & Potions. History of Magic. Astronomy. Charms. Herbology. Care of Magical Creatures. Divination. Defense Against Dark Arts, and, of course, *Quidditch!*

Instructor: Scott Payne

T07 Renaissance Festival Fun

Week: 5 **Grades 3 – 8**

Hear Ye! Hear Ye! Come celebrate the summer season! Become Noble Knights, Jolly Jesters, Fairy Folk, Lords & Ladies, Madrigals & Minstrels! Dance the Maypole. Engage in a Joust. Create costumes and fol-de-rol! Design your Coat-of-Arms and Castles. Perform bits of the Bard's greatest works in Shakespeare Simplified. Enjoy the pennants and Pageantry of an English Renaissance Faire!

Instructor: Scott Payne

T09 It's a Secret!

Week: 6 **Grades 3 – 8**

Secret Codes. Secret Agents. Secret Missions. Secret Passwords. Spies & Private Eyes. Disguises & Surprises.

A different mission every day. 5 Special assignments.

1 Major evening event for Open House Thursday night.

Challenge: Can you find the secret password hidden in the first 8 words?

Instructor: Scott Payne

T10 "Now, That's Funny!" - a Comedy/Improv class

Week: 3 **Grades 3 – 8**

Punchlines & Pratfalls. Jokes & Jests. Whimsy, Wisecracks & Witticisms. What does it take to be a comedian? Improve your Improvisational skills. Learn the Basics of Physical & Verbal humor, timing, and "Yes! ...And". Performances on Thursday night Open House & Friday for the whole camp. Fabulous fun for everyone!

Instructor: Scott Payne

T11 Poetry in Nature

Week: 2 **Grades: 6 – 12**

Dig up the roots of one of poetry's most prominent inspirations: Nature. Students will receive journals to write their poems and store inspiring materials, such as leaf and flower pressings, sketches and drawings, and drafts of poems. Over the course of the week, students will learn different techniques of writing poetry as they explore different areas of the Workshop, gather inspiration, brainstorm and write their own poems, share their work with other students, construct a poetry zine, and read aloud in spontaneous poetry recitals.

Instructor: Mackenzie Johnson

T12 Let's Play Ukelele!

Week: 5 **Grades 6 - 12**

Wander the Heldeberg hills and trails with one of the most portable and versatile musical instruments. This class is suitable for both complete beginners, and folks with some playing experience. We'll learn to play tunes, chord progressions, and work on right hand techniques to bring variety to your playing.

Instructor: Joe Hetko

High Adventure 2022

Chairperson: Marilyn Pusatere

H02 My Side of the Mountain

Weeks: 1, 2, 3, 4

Grades: 4 - 6

My Side of the Mountain, by Jean Craighead George, is an adventure story of self-reliance and ability to adapt to the environment. Like the main character, Sam Gribbley, students in this class will learn basic skills to use the land to survive. You'll build a survival structure, learn to start a fire with flint and steel, cook over a fire, hike with a map and compass, and identify wildlife. You'll keep a journal of your experiences. You should become familiar with the popular story to fully enjoy this class.

Instructors: Weeks 1,4: Karen Meacham; Weeks 2, 3: Darcy Morrison

H03 MORE My Side of the Mountain

Weeks: 5, 6

Grades: 6 - 8

Did you take My Side of the Mountain? Want more? This class is offered for older students, and everything will be a little "more". After you build a fire with flint and steel, you will safely and successfully maintain the fire. You will hike the Heldebergs, gather wood, forage, and identify flora and fauna. Different types of shelters will be built. You will become attuned to nature and learn basic outdoor survival skills, like Sam Gribbley!

Instructor: Darcy Morrison

H05 Archery

Weeks: 1, 2, 3, 4, 5, 6

Grades: 6 & up

Learn the basic shooting techniques using recurved bows. Recurved bows are used in national shooting competitions and the Olympics. Practice calculating scores and improvement through the week. Candy shoots and our final day team shooting competition keep students engaged as they become lifelong participants of the sport. Those students who have practiced Archery before will have the opportunity to continue to develop their skills.

Note: Recurve bows will be used for this Archery course.

Instructor: Weeks 1-3: Kevin McFerran; Wks. 4-6: Claire Pusatere

H06 Helde-Trekking

Weeks: 1, 2

Grades: 3 & 4

Hike the Heldeberg Workshop! Spend your week hiking and exploring the fields, woods, swamp and pond areas of the Workshop Land. Learn what to do and what not to do when out hiking, whether on the Workshop Land or elsewhere with friends and family. Learn some basic safety and survival skills such as building a campfire, making a survival shelter and reading basic trail maps. You will need to wear comfortable hiking shoes or sneakers, as we will do a lot of hiking. Students should also have a small daypack that can hold a raincoat, a water bottle and snacks for each day's adventure.

Instructor: David Wallingford

H07 Woods Wanderers

Weeks: 2, 3, 5, 6

Wks. 2,3: Grades 6-8

Wks. 5,6: Grades 4-5

Not all who wander are lost! Unlock your inner wanderer in this course for hikers and curious naturalists. Venture into our unique, beautiful, and diverse land while learning basic plant, insect, and animal identification. Whether out for a day or overnights, this class will prepare you for a safe and enjoyable journey. You will learn how to pack gear, cook outdoors, do basic wilderness first aid, and handle bad weather and survival situations. Learn and practice "Leave No Trace" principles while wondering and wandering throughout Heldeberg's gorgeous landscape. If you're interested in broadening your hiking experience and immersing yourself in a world of nature, then this course is for you!

Instructor: Karen Meacham

H08 Junior Archery

Weeks: 1, 2, 3, 4, 5, 6

Grades: 3 - 5

This course will stress all the FUNdamentals of Archery with an emphasis on skills for younger students. Archery games and tournaments make this class interesting and lively! Students will use the latest technologically advanced "toy" bows and arrows to shoot at a variety of backdrops and targets.

Instructor: Weeks 1-3-Gwen McFerran; Weeks 4-6: Mackenzie Johnson

H09 Introduction to Martial Arts

Week: 4

Grades: 6+

This workshop introduces Martial Arts from around the world: Karate of Okinawa, Tai Chi of China, Tae Kwon Do of Korea, and Jujitsu of Japan. Our days will start with Tai Chi, a slow-moving exercise. Hands techniques will be practiced along with foot work, all which improve balance and focus. Each day students will improve her/his abilities while learning how the Martial Arts are used for health and self-defense. There will be demonstrations of various weapons, and students will be able to choose to learn how to handle the Bo - 6' stick or Jo - 4' stick.

Note: This is a No Contact workshop, encouraging both girls and boys to improve their balance, strength, and focus, a great help in their future endeavors.

Instructor: Kyoshii Joe Mansfield

SATURDAY CAVING TRIP

H12 Introduction to Caves and Karst

Trip Leader: Mike Nardacci

Ages: 14 and up (adults and kids welcome!)

Two trip dates to choose from (register for one):

Date #1: Saturday, August 6, 2022 (Raindate: 8/13), 12 - 4pm (approx.)

Date #2: Saturday, August 20, 2022 (Raindate: 8/27), 12 - 4pm (approx.)

Tuition for One day caving trip: \$40

This one-day course will be an introduction to the sport/science of cave exploration. Participants will meet at noon in the parking area for the Clarksville Cave Preserve on Route 443 in the village of Clarksville. A surface hike will introduce participants to karst landscapes and cave formation. This will be followed by an approximately 2-hour tour of the upstream section of Clarksville Cave featuring an underground stream, rapids, pools, fossils, and faults. Participants should wear sturdy walking shoes or work boots and bring knee pads as there will be short stretches involving hands-and-knees crawling.

Heldeberg Workshop will provide helmets but participants must be equipped with THREE DIFFERENT light sources--NO EXCEPTIONS; preferably one should be a head lamp. In addition, gear should include work gloves and warm clothing as the cave temperature is 48 degrees. Participants should also bring a change of clothes and shoes for after the cave trip and a plastic bag for muddy clothes.



Find us on Facebook at
www.facebook.com/HeldebergWorkshop