



HELDEBERG WORKSHOP

AN ADVENTURE IN LEARNING

Jean Pauley, Founder

Picard Road

Town of New Scotland

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SUMMER PROGRAM 2023 – Our 63rd Year

(9 AM – NOON, Monday - Friday)

Week 1: July 10 - July 14

Open House: July 13, 6-8pm

Week 3: July 24 - July 28

Open House: July 27, 6-8pm

Bus Available: Albany/Delmar

Week 5: August 7 – August 11

Open House: August 10, 6-8pm

Week 2: July 17 - July 21

Open House: July 20, 6-8pm

Week 4: July 31 – August 4

Open House: August 3, 6-8pm

Bus Available: Albany/Delmar

Week 6: August 14 – August 18

Open House: August 17, 6-8pm

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



1 week classes are \$175.00; 2 week classes are \$350

Discoverland 2023

Chairperson: Darcy Morrison
Grades: K – 2

D01 Science & Scavenger Hunts

Weeks: 1, 2, 3, 4, & 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: Lyn Burton

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 1-5: Isabel Ledezma; Week 6: Shannon Blakeley

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 – Wks. 1-4

D04 Magical Music & More!

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

Grades: K – 2

In this class we will explore and learn about a land which is filled with amazing creatures and sounds! We'll search for materials to build our very own nature-inspired instruments! We'll create our own songs, too, and use our new instruments to perform for friends and family! We'll play cool musical games! See you in “Magical Music”!!

Instructor: Casey Cole

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: Mary Hennessy

D06 Walk a Native American Path

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

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: Wks. 1,3,4,5,6: Lily McDonnell; Wk. 2: Katya Cassella

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07 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: Laura Jones

D08 Storybook Players

Grades K-2

Weeks and description: TBA

Science 2023

Chairperson: Jerry Dievendorf

S01 Bugs and Slugs ... Advanced!

Week: 2, 3

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: 1, 5

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

S04 Early Birders

Week: 1

Grades: 3 – 7

Early Birders will explore the Heldeberg Workshop property learning to use observations to identify over 30 species of birds. We will learn techniques to identify birds by sight and more importantly, at this time of year, by sound. We will use bird feeders to lure birds into sight for a closer look and discuss ways to make our backyards more bird friendly. We will use games and activities to enhance our understanding of the world of birds and what makes them such unique and special animals.

Instructor: Ruth Brooks

S06 Rocks & Fossils

Weeks: 1, 2, 3, 4

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: 1, 2, 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: Sadye Goldfarb

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: 5, 6

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

S10 Flower Power

Week: 5

Grades: 3 – 6

Week: 6

Grades 2 - 4

In this workshop, young scientists will explore the land and observe native plants and flowers. Embark on a scavenger hunt to identify a variety of native species. Participate in hands-on experiments to learn flower structure, and how they survive. Engage in creating ways to attract pollinators to the garden.

Instructor: Carrie Gahl

Art 2023

Chairperson: Jason Martinez

A01 Brazing, Welding & Wire Sculpture

Weeks: 5, 6

Grades: 6 & up

In this class you will learn how to plan out two-dimensional and three-dimensional steel wire sculptures, then bring them to life using a form of welding called brazing! This is an exciting class where students will learn to use a variety of tools while working with steel wire, and learn fun brazing techniques.

Instructor: Emma Hampston

A2 Clay, Clay & More Clay

Weeks: 5, 6**

Grades: 2 - 5

Get your hands dirty with a natural material that is fun to explore and easy to create with. We'll explore different hand building methods with clay while creating hand painted animals, puzzle boxes, nature print chimes, bowls and so much more!

*** This class is offered for two weeks (8/7 and 8/14). Students who take this class for two weeks will be able to get into more involved projects.*

Instructor: Colleen Skiff

A03 Artistic Trading Cards

Week: 2

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 are 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: 6

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: Jack Hassett

A05 Cartooning

Week: 1

Grades: 2 – 6

Week: 3

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 ImaginINK

Week: 1

Grades 6 - 12

ImaginINK is an illustrative worldbuilding course where students will learn the process behind character design and storytelling through visual art. They will design characters, fashion a world for them to live in and build a story around their world. In addition to this, students will also discover how to keep a design book and use drawing techniques to create more dynamic and expressive pieces. Over the week, these techniques will be compiled into a final piece that students will create of their individual world and use the knowledge they have gained to convey their story using visual means.

Instructor: David Walden

A07 Mixed Media Drawing & Painting

Week: 5

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: 3

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, 6

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: Harold Gosling

A10 Silk Screening, Spray Painting & Stencils

Week: 1

Grades: 6+

Make and wear your own logo and design! In this class we will learn the art of silk screening, stenciling, and how to use spray paint as a fine art. 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: Jason Martinez

A11 Drawing & Painting

Week: 5

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 Art & Nature

Grades 3 – 4

Weeks: 1, 2

If you love to make art and explore nature, then join ART AND NATURE. Each day we will visit different parts of the workshop and create unique artworks inspired by our walks. We will work with paint, watercolors, rubbings, collage, mask making and mixed media to express your creative ideas.

Instructor: Jessica Loy

A13 Metalwork & Design - Beginning and Advanced

Weeks: 2, 6

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: 4

Grades: 5 - 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

Folk Arts 2023 *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, beads, yarn and other various found objects. We will also explore miniature scale and how to use everyday items to make our own mini treasures.

Instructor: Megan Viscio

F02 French and Indian War

Week: 4

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

F03: Art Rocks

Week: 3

Grades: 3 & up

Have you ever found a rock and imagined how to transform it into using paint? Perhaps your rock will become a chipmunk, a frog, or a salamander. Maybe even a mandala with bright colors and patterns. Did you know that humans have been painting rocks for more than 40,000 years, making their own paints and painting tools? The earliest rock art found shows symbols to represent parts of nature, and of course, animals that were in the area. During the week we will explore many forms of rock art using different kinds of paint and tools, and we will learn some new techniques and skills in applying paint to the rocks. Get ready to create some amazing "one of a kind" rock creations!

Instructor: Trisha Zigrosser

F04 Sew Bear-y Cute!

Week: 1

Grades: 3 & up

Hand-stitch a bear-y cute pillow of a black bear's face, an animal common to the Helderbergs. Create other bear-themed projects, including jewelry or a headband. Finish the week with a sampling of treats a bear would eat at a teddy bear picnic.

Instructor: Sharon Breisch

F05 Games Galore

Week: 4

Grades: 4 - 6

Join in the fun of playing games that require running, thinking, listening, strategizing, throwing, capturing, and hiding! Play old-fashioned games like spud, capture the flag, cat's cradle, freeze tag, water balloon toss and new games like octopus, crossing the poison peanut butter swamp, sharks and minnows, mingle, chubby bunny and foot bridge. Using hand tools, you will make a game to take home to challenge your friends and family.

Instructors: Deb Barnes & Karol Harlow

F06 Fanciful Forest Creatures

Week: 2

Grades: 4 – 6

Come into the forest and learn about the mythical creatures that hide in plain sight! We will be learning all about them and how each creature has been portrayed in stories! We will make fairy houses, troll traps, our own unicorn horns and much more! By the end of the week you'll be able to create your own creature and its habitat. Share them with the class and your families!

Instructor: Lily McDonnell

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

Week: 6

Grades: 4 & up

Crochet is a versatile art that can be used to create all sorts of projects, from stuffed animals to wall hangings to scarves to blankets and so much more! For the beginners in this class, we will learn the basic crochet skills and stitches of chaining, slip stitch, single crochet, and even double crochet for our most adventurous students. All levels of experience welcome - students with prior crochet experience will be provided opportunities to expand their skill set. Come join us for a fun, productive, and creative week!

Instructor: Stephanie Berling

F09 Revolutionary War

Week: 1, 5

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

F10 Basketry

Week: 1

Grades: 5 & up

Learn a new skill and take home your own basket! This class will be an introduction to basketry. Students will learn the methods of weaving with reed as an introduction to the numerous methods of this craft. We will learn how to prepare the materials and then weave them together in a hexagon pattern. We can then upend the sides and place the rim. We will be making a Shaker Cheese Basket. It was created by the Shaker people to separate the curd from the whey when making cheese.

Instructor: Candace Christiansen

F11 Mini Babydolls and More!

Week: 6

Grades: 3 & up

If you enjoy cute miniatures, then this is the class for you! Students will learn how to make a miniature babydoll with clay and swaddled with fabric. We will also make a variety of items to go along with our dolls including cradles, blankets, books and tiny toys. Design a nursery in a carrying case so that you can pack up all your minis and take them on the go. If time allows, you can make a whole crew of babydoll bundles!

Instructor: Megan Viscio

F12 Weaving Studio - Beginning and Advanced

Weeks: 1, 2, 3

Grades: 4 & up

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 projects. *Students may enroll for two weeks consecutively to further their skills and complete weavings of their choice.*

Instructor: Elena Rose

F15 Earth Art

Week: 1

Grades: 3 & up

Do you love to build things? Are sandcastles and mud creations something you would enjoy? "Earth Art" is the class for you! Earth artists work in nature, using natural materials, such as sand, stones, twigs, mud and leaves, for their creations. Exploring, collecting, and designing our earthworks will be lots of fun! The sculptures won't last too long, but the photographs will!

Instructor: Trisha Zigrosser

F16 Civil War

Week: 2, 6

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: 2

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 Zigrosser

Performing Arts 2023 *Chairperson: Joe Hetko*

T01 Guitar: Beginning & Intermediate

Week: 3

Grades: 5 & up

Wouldn't you love to be able to play the guitar, or if you already can, wouldn't you like to play more? 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. Complete beginners and people with quite a bit of experience are welcome to join the fun.

Note: You do NOT need to have a guitar to join this class, but if you have one, do bring it!

Instructor: Joe Hetko

T02 Be a Magician!

Week: 5

Grades: 3 & up (ages 8 & 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

Marionette Theater students perform: "Battle of the Trolls!" (T03)

Week: 2

Grades: 5 – 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 Wonderland at the Workshop

Week: 2

Grades 3 – 8

Follow ALICE & the White Rabbit down the rabbit hole as we explore our own version of Wonderland! Create Characters and costumes to populate this topsy-turvy world where Nonsense runs rampant. Mad Tea Parties and Games galore. We will invent our own style of Flamingo Croquet with a mini-golf mash-up! Riddles, Rabbits, Hares, and Hats. Mushrooms, Tea Cups, and Cheshire Cats! Turn WONDERLAND top over Tea Kettle in this Upside-down Adventure!

Instructor: Scott Payne

T05 Wizards Workshop 101

Week: 4

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 just a few of the subjects that students will enjoy in this 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 creatively combined!

Instructor: Scott Payne

T06: Wizards Workshop 2.0

Week: 1

Grades: 6 & up

"HAPPEE BIRTHDAE HARRY!"

Celebrate all things "Wizardly" in this Advanced Class of Wizard-ology. Alchemy, Ancient Runes, Advanced Potions, Care of Mystical Mythical Creatures, Wand Lore & Spell Creation, Muggle Studies, Transformation, Predictions & Prognostication.

Defend yourself from Dark Arts! Explore the Forbidden Forest!

Prepare to enter an immersive Magical Realm.

Instructor: Scott Payne

T07 Acting Antics

Weeks: 3, 4

Grades 3 – 8

Theater games are a fun and engaging way to develop acting skills, improve communication and collaboration, and explore creativity. In this class, students will participate in a variety of games aimed to develop important on-stage skills, such as improvisation, character development,

rhythm, projection and enunciation, and storytelling. Students will learn to think on their feet, react in the moment, and create compelling and believable characters.

Instructor: Emily Farrell

T08 WHO DONE IT? YOU DO IT!

Week: 5 – 6 (2-week course)

Grades 5 – 8

What's better than a good comic mystery "who-done it?" Nothing! Unless you write it yourself!

In this two-week adventure, you and your fellow mystery writers get to do it all! You will all write the play, design the sets, costumes, and props, then rehearse and perform the play for an audience. With twists and turns, and comedy, you are sure to wow the audience and keep them guessing till the end!

Instructor: Steve Suriano

T09 Mid-Summer Fantasy Faire

Week: 3

Grades: 3 - 8

FAIRIES, and HOBBITS, and ELVES! Oh My!

Jesters, Jugglers, and Jousting!

May Poles and Morris Dancers!

All sorts of Fantastical Folk are welcome to CELEBRATE at our Mid-Summer Fantasy Faire!

Instructor: Scott Payne

T10 Haunted Heldebergs 101

Week: 5

Grades: 3 – 8

Ghosties, and Ghoulies, Long-Leggedy Beasties, and Things that go Bump in the Night.

What is it that SCARES you??

We will explore all things Freaky and Fearsome, as we transform our space into a classic Haunted House!

Are YOU Brave enough to face your FEARS??

Instructor: Scott Payne

T11 Haunted Heldebergs 2.0

Week: 6

Grades: 6 & up

Are you anxiously awaiting HALLOWEEN?

Do you celebrate the Strange and Unusual?

Let's explore Poultergeists, Spirits, and Tormented Souls.

Oddments & Oddities, and the just plain WEIRD, as we

Create a Mansion of MAYHEM and Mystery!

...NOT for the Faint of Heart.

Instructor: Scott Payne

T12 Let's Play Ukelele!

Week: 4

Grades 5 - 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.

Note: You do NOT need to have a ukelele to join this class, but if you have one, do bring it!

Instructor: Joe Hetko

High Adventure 2023

Chairperson: Marilyn Pusatere

H01 Spelunking

Weeks: 3, 4

Grades: 6+

Go underground! Crawl, squeeze and meander through the limestone caves and karst formations of the Heldeberg Plateau. Students will receive instruction in basic equipment and learn the essentials of spelunking techniques and cave conservation. This class has required equipment, and the cost (\$215) includes additional \$40.00 off-site transportation fee.

Note: Transportation fee is for the bus to and from the caves each day (not AM/PM bus to and from home). If you want AM/PM busing, please purchase Week 3 or 4 Bus.

Instructor: Dan Brudos

H02 My Side of the Mountain

Weeks: 1, 2, 6

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 Gribble, 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&2- Darcy Morrison; Weeks 6- Karen Meacham

H03 MORE My Side of the Mountain

Weeks: 3, 4, 5

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 Gribble!

Instructor: Weeks 3, 4: Darcy Morrison; Week 5: Karen Meacham

H05 Archery

Beginning and Advanced: Weeks: 1, 2, & 4

Archery: Weeks 3,5, & 6

Grades: 6 & up

For Weeks 1, 2, and 4, Archery will offer two levels: Beginning and Advanced. During Weeks 3, 5, & 6, one instructor will offer Archery, accommodating both new students and those returning to archery.

Note: Recurve bows will be used for both Archery courses.

Archery: Learn the basic shooting techniques when using professional recurved bows. These are the same bows used in national shooting competitions and the Olympics. Practice calculating scores and improving from one week to the next. Candy shoots and our last day shooting competition keep students engaged as they become lifelong participants of the sport.

Advanced Archery: This class will run concurrently with our Archery class during Weeks 1, 2, & 4. It is for students who have taken Archery at the Workshop and desire to improve their accuracy, skill and effectiveness in shooting. Special attention will be given to sighting a bow and the use of alternate targets for practice. Individual shooting tournament will occur at the conclusion of the advanced class.

Instructors:

Wks. 1, 2, & 4: Kevin McFerran and Claire Pusatere

Wks. 3, 5, & 6: Claire Pusatere

H06 Helde-Trekking

Weeks: 2, 4, 5, 6

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: Weeks 2, 4: David Wallingford; Weeks 5, 6: James Longrod

Heldeberg Workshop on a plethora of adventures seeking out caches from nanos to mults.

Instructor: Chet Boehlke Jr.

H07 Woods Wanderers

Weeks: 1, 2, 3, 4

Grades 6-8

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 overnight, 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 Karate

Week: 3, 4, 5

Grades: 6+

Did you ever wonder what it's like to practice karate? This course will give you an introduction to Karate and its evolution throughout the world. Hear Kyoshii's stories of the Grand Masters of Karate, learn the physical and mental strategies, and practice hands on training with the Bo (6 foot wooden stick). Enter the world of karate with this safe, fun, informative, and exciting class.

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

H10 Geocaching

Week: 6

Grades: 5 - 8

Come learn the joy of Geocaching! Geocaching started 18 years ago, when the US Government made the Global Positioning System (GPS) available to the general public. Within one day someone used the technology to hide a small cache and post those coordinates online - 3 days later it had been found twice! Right now, there are over 2.5 million geocaches and 6 million geocachers worldwide. In this course, we will explore the various tools of geocaching, while searching the grounds of

WEEKEND CLASSES FOR ADULTS &/OR KIDS

ADVENTURE UNDERGROUND

Dates (choose one): Sunday, July 23; Sunday, August 6

Meet Time: 12:00pm

Ages: 14 and up; under 16 must be accompanied by parent

Instructor: Mike Nardacci

Cost: \$30 per person

This one-day course will be an introduction to the sport/science of cave exploration. Participants will meet at the Altamont Stewart's at noon SHARP. From there we will caravan to Schoharie Cavern, Gallupville, NY (approximately 30 minutes) There will be an approximately 90-minute tour of the cave featuring abundant formations as well as shallow rapids and pools. The cave is a stream passage with air and water at around 46 degrees so participants should be dressed warmly and expect to get fairly wet from walking in the stream and drippage from the cave ceiling. There will be no crawling involved, but participants should wear work gloves and sturdy work-boots or walking shoes. A COMPLETE CHANGE OF CLOTHES IS HIGHLY RECOMMENDED. There is a 2-level cabin available for privacy on site.

Heldeberg Workshop will provide helmets but participants must be equipped with THREE DIFFERENT LIGHT SOURCES--NO EXCEPTIONS; preferably one should be a headlamp to keep hands free. A change of shoes and a plastic bag for dirty clothes are also recommended.

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

