

CAMP ACTIVITIES

AI & LEADERSHIP

Artificial Intelligence is reshaping leadership and decision-making in every industry. Understanding AI Prompt Crafting—the art of effectively communicating with AI—is quickly becoming essential for executives who aim to leverage this powerful technology to maintain competitive advantage and drive strategic innovation.

Join John Qualls, Executive Director of Blaizing Academy, Indiana's foremost AI literacy institution, for an engaging session designed specifically for leaders in government, business, and nonprofit sectors. In this session, you will:

- **Demystify AI Prompt Crafting:** Learn foundational concepts, key terminology, and techniques that turn AI interactions into strategic assets.
- **Apply AI Strategically:** Discover practical ways to integrate AI tools into your decision-making processes, boosting efficiency and foresight.
- **Delegate Effectively with AI:** Gain insights into how AI can empower your teams, streamline workflows, and foster innovative thinking throughout your organization.

This is anticipated to be a highly sought-after session, ensuring you leave with practical skills and clear strategies to confidently lead in the age of AI.

ARCHERY

Pick up a bow, launch an arrow, and the spirit of an archer may possess you. Attend the archery session to learn about this ancient art used for hunting, warring, and peaceful relaxation. We'll talk about proper stance and form, eye dominance, aim, how to grip the bow, draw the string and how to use a consistent anchor point. We'll also discuss how to select archery equipment to fit you and your needs.

BOOK CHAT: Top Picks

Book lovers this is the session for you! Cynthia Compton, owner of MacArthur Books in Carmel is coming to camp to talk all things books. This session will cover Top Picks by genre, as well as Great Book Club picks. She will also talk about her experiences as a bookstore owner and how the love of books has changed over the years.

Cynthia is the new president of the American Booksellers Association a trade organization for bookstores. This group deals with everything from tariffs to book banning, bookstores, publishers and authors.

BOTOX

Join Lash & Brow Co. for a rejuvenating 30-minute appointment where you'll receive up to 50 units of Botox from our expert injectors—right in the heart of the camp magic. This session will help relax, refresh, and smooth out those lines—because self-care belongs at camp too! Spots are limited, so don't miss your chance to glow while you go!

BOURBON TASTING: What to Know and Why

The Bourbon Boom is now officially upon us! The world of whiskey, in particular bourbon, has seen a tremendous boost in popularity over the past several years. Whether

you're an avid whiskey drinker, new to the scene or interested in buying your first bottle, it can be very intimidating to figure out what you should and shouldn't be trying! Take a journey with us as we sample through unique, hard to find options as well as bourbon you can find every day on the shelf, all on a quest to find the perfect bourbon for your palate. The Indiana Liquor Group will lay out the basics to bourbon, key terms to know, and how to properly taste and smell whiskey.

BURGLARY: Steps to Safeguard Yourself from Being a Burglary Victim

Weekly the news reports homes being burglarized. This class will offer a commonsense approach to safeguards that you and your family can employ to secure your home and possessions. Leslie Sanders will detail best practice "dos and don'ts" and provide guidance on how not to attract unwanted attention. With criminal groups becoming increasingly more sophisticated in how homes and businesses are targeted and high-value property stolen, you won't want to miss this informative session.

Leslie Sanders is employed as the Transportation Supervisor at RecycleForce in Indianapolis. Mr. Sanders arrived at RecycleForce after serving a 17-year sentence for multiple home and business burglaries spanning over 7 central Indiana counties. Mr. Sanders has worked at RecycleForce for more than 5 years and has proven himself to be an effective leader, role model, and person of integrity. Recently, the courts saw fit to completely expunge the record of all of Mr. Sanders' convictions. He is a true example of a second-chance citizen.

CANOEING

Explore a 110-acre lake in a canoe. Bradford Woods instructors will teach proper canoeing techniques, several paddling strokes and canoe safety. Once participants learn the basics, they will be able to practice them on Bradford Woods' calm and relaxing lake.

CHEF BEX: Food Science

Explore the wonders of food science and learn to make bloody mary spheres, margarita spheres, and truffle foam.

Raised in Calabasas, Rebecca is a Private and Corporate Chef specializing in molecular gastronomy. Rebecca received her Bachelor of Science Degree, in Business Administration & Management, at the University of San Francisco. She went on to pursue her Post-Baccalaureate, in Science and Biochemistry, at UC Berkeley. She excelled at Organic Chemistry and Physics. Rebecca was Sous Chef to Chef Tiffany Jablonski and is currently the Head Chef and Co-Founder of the catering companies, My Private Chef Events and My Jewish Chef. Rebecca now lives in Indianapolis with her 6-year-old son, Remington.

COMMUNITY ENGAGEMENT PANEL

Hear from key community leaders about how they became involved in organizations that help drive our community and state forward. Brandi Davis-Hardy, Vanessa Green Sinderson, Melina Kennedy and Matt Midrum have all played leadership roles with important city and state organizations and initiatives. Learn how to get involved and why civic

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engagement is rewarding and so important for our community.

Panel participants:

- Brandi Davis-Hardy is the President of AES Indiana
- Vanessa Green Sindors is the first female President and CEO of the Indiana Chamber
- Melina Kennedy is CEO of Central Indiana Corporate Partnership
- Matt Midrum is President and CEO of the Indy Chamber

CPR

Each year, over 350,000 out of hospital cardiac arrests (OHCA) occur in the US. The vast majority of OHCA occurs in a private residence. While Bystander CPR doubles the chance of survival, only 40% of OHCA victims receive Bystander CPR. Our goal is to help you be better prepared to respond in an emergency. This course will focus on the basics: Activating EMS, Chest Compressions, use of an AED and relief of choking. Most importantly, we'll answer questions. Course instructor is Dennis Disney, a Respiratory Therapist at IU Health Methodist Hospital for 31 years and an American Heart Association CPR instructor for 29 years.

EARTH SHATTERING: The Urgent Mission of Planetary Defense

Near-Earth Objects (NEOs)—asteroids with orbits that bring them close to Earth—pose a serious threat to our civilization. While often dramatized in films like *Deep Impact*, the danger is real. Earth has been struck before, and it will most certainly be struck again. The asteroid that wiped out the dinosaurs was only 10 kilometers wide, yet it caused a mass global extinction. Thousands of NEOs remain undiscovered, and even a small one could devastate a city or an entire region.

Earth Shattering explores how scientists and space agencies around the world are working to prevent the next catastrophic impact.

The presentation also spotlights how new telescopes, AI detection systems, and student-led observatories—like the new Grand Universe Deep Space Observatory in Westfield, IN—play a growing role in this global effort.

The message is clear: *planetary defense is no longer science fiction, it's science fact*. By engaging the public and inspiring the next generation, we can turn the fear of impact into a future of preparedness.

Greg McCauley is the President, CEO, and founder of Grand Universe, and is the former CEO of a national medical diagnostic imaging company.

In the early 1970's, Greg worked for NASA at the Manned Spacecraft Center (now Johnson Space Center) in Houston, Texas. He worked in Mission Planning and Analysis for the lunar missions of Apollo 15, 16 and 17 in engineering support for Mission Control where he held a NASA top secret clearance.

Greg was a member of the Lunar Launch Team for Apollo 17 where he created the maps of the lunar surface the astronauts used as they explored the Moon in the Lunar Rover.

In addition to his duties at Grand Universe, Greg is a professional science communicator as a member of the NASA Museum and Informal Education Alliance and lectures throughout the Midwest on NASA Missions, Astronomy and Space Exploration.

Greg's interests are the future of human space exploration, discovering new planets around other stars, and the search for life in the universe. Greg's passion is inspiring our youth to pursue exciting and rewarding careers in science and technology through the Grand Universe STEM education partnership with Purdue University.

ECON 101

(Re-Imagined Through the Eyes of Pete the Planner): For Grown-Ups Who Actually Care Now

Let's be honest—most of us sat through Econ 101 in college half-asleep, distracted, or just trying to pass the final. But here's the kicker: those old-school concepts like supply and demand, inflation, opportunity cost, and incentives; they're not just for textbooks—they're running your financial life right now.

In this session, Pete the Planner takes a hilariously practical—and slightly irreverent—look at the economic basics we all forgot, showing how they secretly drive everything from your investment decisions to your impulse purchases and even how you parent your kids.

This isn't about graphs and equations. It's about real life: Why your contractor ghosted you. Why eggs cost \$7. Why your teenager is a walking case study in diminishing returns. And why trying to beat the market might be a waste of energy when you don't even understand your own scarcity mindset.

Welcome to Econ 101, reimagined for the overachieving adult who wants more control, fewer blind spots, and just enough jargon to sound dangerous at dinner parties.

ENTREPRENEURSHIP: How I Stopped Choosing Between My Career, Family, and Ambitions

Tiffany Sauder is the founder of *The Life of And*, a system and community built to help high-achieving women build vibrant, sustainable lives without sacrificing what matters most. As a CEO who built and led a marketing agency for nearly two decades, a mother of four, a wife, podcast host, and investor, Tiffany has lived the challenges of growing a career and a family—at the same time. She holds a degree from Purdue University and is a fierce advocate for personal accountability, systems thinking, and intentional living. Her straight-talking, relatable style makes you want to take notes and invite her to wine night.

This fireside chat is a conversational, real-talk journey through Tiffany's path from a young founder of a marketing agency at 25 to building a two-career household with four kids, and ultimately launching *The Life of And Academy*. Tiffany shares her personal evolution: the early years of "brute force" hustle, how unsustainable success almost broke her, and the breakthrough that came from designing systems and minimums to own the ordinary so the extraordinary could finally happen.

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The chat will touch on:

- Her entrepreneurial path and leadership lessons (building and scaling an agency, pivoting to thought leadership and education).
- The messy but empowering experience of navigating marriage, motherhood, and business at the same time.
- Practical frameworks for personal accountability, defining your own “Life of And,” and staying out of guilt, boredom, and reactive living.
- The audience will leave feeling not just inspired, but equipped with tangible tools and permission to design a life where they don’t have to choose OR—they can live AND.

Expect transparency and real strategies Tiffany has used (and refined) over two decades of building a full, vibrant, and real life.

FACIAL/DERMAPLANING

David Miller, Co-Owner/Esthetic Director of “David and Mary”—The Salon Experience in Fishers, Indiana, returns with his talented team of Estheticians, providing facials to soothe your skin and your senses. Leave your facial session with smooth, healthy-looking skin. You will feel the difference and your friends will notice the added “glow!”

For a more advanced exfoliating facial, consider a Dermaplaning Facial. Experience brighter, less blotchy skin.... all with no discomfort or downtime!

FINDING BALANCE: Finding Balance to Create an Integrated Whole Life

Do you struggle to find balance in your life? Are you constantly putting everyone and everything ahead of yourself? Do you feel like there isn’t enough time for those people and activities that are most important to you? If this resonates with you, join us for this interactive session to learn more about how your brain works, what a life inventory map can reveal, and how you can find ways to live a more energized and integrated whole life.

For us all to maximize growth and to find balance, we all need a basic understanding of how our brain works. What fuels it, what drains it, and how can we nourish it to reach our maximum potential as leaders, and as whole people who are focused intentionally on their well-being and the well-being of those around them—teammates, family members, and the community.

This session will be led by Sheri L. Fella, Founder & CEO of Bloombase—a boutique executive leadership firm based in Bloomington. Sheri has been working with high-performing leaders for over 25 years. Her unique experience as a Kelley Business School faculty member, corporate executive, business owner, and a country girl from the southern hills of Santa Claus has informed her team’s work in high impact, transformational change in leaders’ lives as whole people. We all play multiple roles inside and outside of work, and all those spaces we are in, represent a profound opportunity for growth.

FLORAL ARRANGING

When hosting a celebration, creating the best tablescape for your entrance or dining table is key. Not only will you

learn design ideas for unique table looks, but you will also learn tips on how to enhance floral décor for celebrations, as well as day-to-day pieces. Come learn décor tips from Gene Huddleson, owner of LGH Design Group, now known as Detail + Design.

Huddleson has created fascinating theme parties and lavish social events. He was chosen as a Vice Presidential Residence Holiday Designer in 1995 and 1996. Huddleson’s work has earned many local and international awards and has appeared in Martha Stewart Weddings magazine, the New York Times, and many local publications.

FLY FISHING

Through hands-on fly fishing instruction provided by local expert Jon Widboom, participants will be schooled in the magic of fly fishing. Widboom has been fly fishing around the world for more than 30 years, including Africa, Asia, Europe, and South America.

FORGING STEEL

Experience the ancient art of blacksmithing by harnessing the power of fire and force to bend steel to your will. This class will introduce you to the basics of forging and working with steel. Come away with anything from a railroad spike letter opener to a steak turner that all your friends at the cookout will envy. You will learn how to use the different parts of the hammer and anvil, general smithing vocabulary, rudimentary metallurgy. Have fun playing with fire and come away with a new skill and an item that will last for generations. (Campers must wear closed toed shoes for this session.)

Jeremy Pugh has been smithing and working with metal for 30 years from apprentice to teacher, welder, artist, studio technician and more. He has been teaching for and maintaining the Indianapolis Art Center for the last 8 years. His classes range from Blacksmith Blade making and Metal Sculpture to Wood Working.

GOLF

Erika Wicoff will work with you on your fundamentals and possibly provide a new perspective on your golf game. Bring your 7 iron and sand wedge or use one of ours. Simple adjustments to your address position and target perception can make a huge impact in your overall game.

Wicoff has been teaching for over 18 years after a successful playing career that includes winning three Big Ten Individual Championships, two US Women’s Amateur Medals and competing in five US Women’s Opens while playing on the LPGA tour for six years. An IU Athletic Hall of Famer and Indiana PGA Hall of Fame Inductee, her experience competing, and teaching will help you play better golf.

HEALTH IS WEALTH

We at Health is Wealth Family Care are a concierge medical practice that treats both men and women of all ages. We have four Certified Nurse Practitioners that focus on both functional, traditional and weight loss needs depending on the goal of our patient. We are dedicated to improving and maintaining our patient’s health through preventative

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care and treating acute and chronic conditions. You will be hearing from Owner and NP, Brandy Manetta, and fellow NP Melissa Lotti. We will be discussing the differences between traditional and functional medicine, highlighting various talking points including thyroid health, cortisol support, gut health and hormonal regulation. This is tailored to both men and women. We will be providing discounts on membership enrollments, aesthetics, and supplements on-hand to purchase. There is no pressure to join or buy as we are excited to share our knowledge and will be answering questions off the cuff on any of your healthcare questions! We will also have three exciting giveaways with no purchase necessary. We will be raffling off a package of laser hair removal valued at up to \$2,000, a complimentary 3-month membership to Health Is Wealth Family Care, and a ZO skin care bundle!

HISTORY OF FILM: Sex on the Screen

Join us for an in-depth examination of the history of sex in cinema, looking back over the past 130 years of the moving image. From before censorship in the 1930's to the introduction of racy foreign films in the 1950's and '60's, we will take a dive into the history of sex on the screen—the good, the bad, and the ugly of it all.

Tim Irwin is vice president of the Indianapolis-based non-profit Artrageous, which creates educational video content showcasing creativity in all its forms. Prior to his current role, Tim was the artistic director of the Heartland Film Festival, where he was responsible for the film programming of the annual Indianapolis showcase.

INDIANA MUSIC HISTORY

Rob Dixon is Artistic Director of the Indianapolis Jazz Foundation, Northwestern Jazz Saxophone Lecturer and Director of the IUPUI jazz ensemble. He will lead you through an engaging synopsis of Indiana music history from the great composers Noble Sissle, Hoagy Carmichael and Cole Porter to the iconic jazz legends, Wes Montgomery, JJ Johnson, Freddie Hubbard, and the Hampton Sisters all the way up to popular music sensations including Michael Jackson, John Mellencamp, Crystal Gayle, Babyface and Joshua Bell!

JEWELRY MAKING

Sol Crafted Metals is coming to camp to teach custom jewelry making to campers. Each camper will create their own piece to adorn themselves with handcrafted jewelry.

Learn ancient jewelry-making techniques with artist and metal fabricator Shauen Pearce of Sol Crafted Metals. Campers will create a charm or ring that reflects their unique strength, beauty, and heart. You may choose from fine silver, copper, or brass. Adorn yourself—adorn your world.

LASHES/BROWS

You will be able to pick between either a lashes or brows session. You will receive an email from Kari prior to camp asking which session you would prefer.

Lashes

Lash & Brow Design Co. is back for their 13th year. They will show you why so many women have chosen to make

Lash Extensions part of their lifestyle. When you book your session with Lash & Brow Design Co., you will enjoy an hour and a half luxurious Eyelash Application with one of their Certified Lash Artists. They will customize a look to accentuate your natural beauty. Please come with a fresh, clean face (no makeup!), for best results we recommend not using waterproof mascara 24 hours before and after your application, avoid getting water directly on the eyelashes, and apply no makeup for 24 hours after your session.

Brows

The 80s are back, don't expect Marty McFly to join you but do expect a 2025 version of a beautiful brow! Have you heard of brow lamination? It's like a perm but way better! Brow lamination involves straightening and lifting the hairs using a chemical solution, which allows the hairs to have more flexibility to move them into your desired shape, therefore covering any gaps or stray areas. After your natural brow hairs are straightened, a fixing solution is applied to keep the hairs straight, as well as a tint if desired. The result is fuller-looking brows that stay in place for around six weeks when brushed into shape.

MAKING A MOVIE

Come learn from Indiana native film maker Angelo Pizzo on how to make a low budget movie.

It's very different than making a medium or high budget movie. The trials and tribulations of the process from the beginning, including the challenge of raising the financing to casting auditions to a very challenging shooting schedule to the final product with selected scenes and trailers.

Pizzo began his film/television career with Warner Brothers Television in the story development group and then moved to Time-Life Films. After serving as Vice President of Feature Film Productions he worked with former fraternity brother David Anspaugh to create "Hoosiers" which earned two Oscar Award nominations and was named best sports film of all time by USA Today. "Hoosiers" is listed on the Library of Congress' National Film Registry. Pizzo also wrote and produced "Rudy" and wrote and directed "My All American". He currently released "Someone Saved my Life" and continues writing screenplays and making films.

MASSAGE

Whether you like sports, deep tissue or just a relaxation massage, our certified massage therapy staff will be on hand to soothe the sore muscles you may get during all of the fun activities available at Mickey's Camp. Never had a massage? This is the perfect opportunity to try one! All members of our professional staff are equipped to handle the first-time client or the massage veteran. Treat yourself!

MEDIA 101

Newsrooms are often a mystery to those who consume the news and those who are covered in the news. Why is this even a story and another one isn't? What determines which court case or piece of legislation is covered? How do you get the attention of reporter? And what do you do when a reporter calls for an interview out of the blue? Lesley Weidenbener, the editor and assistant publisher of the Indianapolis Business Journal, will answer these and other questions and provide a tip sheet for dealing with

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the media. Plus, she'll listen to your concerns about how reporters do their jobs and make decisions and welcome suggestions for how to do things better.

NATURE HIKE - BIRD WATCH

What makes a bird a bird? Enjoy an introduction to bird adaptations and bird identification as you investigate a variety of bird habitats at Bradford Woods. Common local birds will be identified by using field observation techniques and proper use of binoculars and field guides.

NATURE HIKE - TREES

Are you "stumped" when it comes to identifying trees? Branch out and learn something new as we explore what makes 'The Woods,' the woods. Participants will "leaf" this session with the knowledge on how to properly identify various types of trees in South-Central Indiana.

NEGOTIATIONS

Want to win without burning bridges? This course helps you master "win-win" strategies that get results while building strong relationships. Learn how to prepare, communicate clearly, and find common ground—plus a few tips to boost your confidence in any negotiation, at work or beyond.

Dr. Carolyn Goerner is Clinical Professor of Management at Indiana University-Bloomington's Kelley School of Business and Faculty Chair for Kelley Executive Education Programs. With 20+ years of experience teaching leadership and negotiation to MBA students and professionals alike, she brings a lively, down-to-earth approach to topics that matter at work. Carolyn's practical insights—shaped by research, executive education, and her LinkedIn Learning courses seen by millions of learners—make negotiation feel less intimidating and more doable.

PARACORD MAKING (After Dinner Activity)

Learn to tie a piece of parachute cord into a "survival" bracelet. We'll have lots of colors and a couple of knotting styles to teach you. Like Mad Max, it's always handy to have a length of strong cord to tie something down, tie something up, or even treat injuries (slings, sutures, tourniquet). It can even repel insects when treated with our recipe for natural repellent. And besides, it makes a cool piece of jewelry! No need to sign up for this one—just join us after dinner in the Dining Hall.

PASTRIES WITH CHEF BEN

Ever wanted to know how to make the perfect madeleine cookie or a macaron? Come learn the art of pastries with Chef Benjamin Hardy. Madeleines are shell shaped cookies with a buttery cake like texture. Join Chef to create these iconic French delicacies. Macarons are a very trendy meringue cookie that are filled with chocolate ganache's, buttercreams and fruity compotes.

Chef Ben, now pastry chef at the Intercontinental Hotel, graduated from Le Cordon Bleu, with a degree in Pastry Arts. With over 20 years as a classically trained French pastry chef, Ben has shared his experiences throughout many facets of the hospitality industry including specialty

chocolate shops, luxury hotels, high production facilities for local grocery stores, country clubs, and also an instructor to future pastry chefs.

PICKLEBALL

Jeremy Rosenstein will be at camp to teach the fastest growing sport in America, Pickleball! With a little fun and some great exercise, you will awaken your competitive spirit and bring out your athleticism. This sport creates great rallies and social fun!

Rosenstein, who is also a sports videographer, has been coaching a variety of sports including tennis and pickleball since 2009. Rosenstein has won a combined 30 medals in tournament play.

POKER

Sharpen your poker skills with two of poker's greatest instructors/players. Linda Johnson was the third woman in history to win a gold bracelet at the World Series of Poker and has won more than 100 poker tournaments including the California State Ladies Poker Championship. Nicknamed the "First Lady of Poker," Johnson's accomplishments in poker are extraordinary. In 2018, she became the inaugural inductee into the World Poker Tour Hall of Fame. She has co-written three poker books and writes a column for a national poker magazine. She was inducted into the Women in Poker Hall of Fame in 2008 and the Poker Hall of Fame in 2011. Jan Fisher started her poker career in 1977 when she became a poker dealer. Fisher dealt in many cardrooms in Las Vegas then moved on to semi-professional playing and poker management. She wrote the Poker 101 column for Card Player magazine for more than 10 years and was inducted into the Women in Poker Hall of Fame in 2009. Johnson and Fisher are partners in Card Player Cruises.

POLITICS

The first months of President Donald Trump's second term have seen more action—and more controversy—than some presidents in an entire term. And the impacts have spread across the economy, immigration, workforce regulations, higher education, K-12 schools and more. In a discussion moderated by Indianapolis Business Journal Editor Lesley Weidenbener, campers will talk about how Trump's second term is differing from his first, what the biggest impacts of his policies have been and whether the campaign mantra that Trump should be taken "seriously but not literally" is reality. We always aim for a civil discussion with a goal of understanding the perspectives of people who come at politics from different places and different experiences. We're looking for robust debate but leave any vitriol at the door!

RESTORATIVE TOUCH

Restorative Touch is a rejuvenating mind-body connection practice led by a Licensed Massage Therapist. You'll remain clothed and experience gentle restorative yoga poses and targeted therapeutic massage while focusing on breathing and mindfulness. This self-care journey is your ticket to escape the everyday and find tranquility, leaving you feeling refreshed and revitalized.

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RIFLE / PISTOL

The Shelby County Sports Shooting Club will help you explore the long and short of shooting sports. Beginning with the long guns, you'll learn the parts and operation of rifles, the different calibers, and their uses, and have some fun knocking down steel targets. You'll also explore and shoot some handguns (pistols), including revolvers and semi-automatic weapons.

SCULPTING

Learn the basics of sculpture methods and techniques in clay and create a small sculpture. Take the camp challenge to make a woodland creature. You may choose from a mouse, rabbit, squirrel, or turtle. You will have an opportunity at a minimal price to turn the clay into a bronze piece for your home.

Casey Eskridge is a graduate of Herron School of Art (undergraduate), and the Pennsylvania Academy of the Fine Arts (masters). Early in his career he worked with The Franklin Mint and McFarlane Toys creating collectible miniatures and action figures. He has created monumental public sculptures such as the Birth of Apollo sculpture for the Schermerhorn Symphony Center in Nashville, Tennessee.

SHOTGUN

The Shelby County Sports Shooting Club will teach you how to shoot a shotgun. You will learn that a shotgun throws a "charge" of pellets at a moving target, rather than a single bullet at a still target. Using a 20-gauge shotgun, you will learn the parts of the firearm and the ammo, as well as how to point and shoot, pattern, and how to hit that elusive flying clay target. Depending on how good your shot is, you may progress to official trap shooting for a little friendly competition.

SNEAKER ART BAR

Kicasso Sneaker Art Bar is a one-of-a-kind painting experience where campers can create a unique wearable masterpiece while socializing with other campers. The canvas for this session will be sneakers. Yeah, that's right, canvas sneakers. You don't have to be an artist to enjoy this session. They provide the shoes and all supplies needed. All you'll need to bring is your creative side.

SOAP MAKING

Come join the Soapy Soap Company where campers will be able to mix/create their own soaps with the essential oils of their choice, as well as their choice of exfoliants. Campers will then sculp their soap into whatever shape or design they desire. Everyone will take home all their soap creations.

Soapy Soap Company was started by three guys who wanted to create a more natural, functional bar of soap, and couldn't stop there! Now they produce a full line of body care products at their facility in Bloomington, IN, using only the highest-quality, meticulously researched plant-based ingredients. Before they even begin creating a soap, they demand quality from their raw materials, which include coconut oil, almond oil, palm oil, etc. They only use 100% high quality essential oils, which are purchased right here in Indiana.

SPRIG & PLATE: The Art of Charcuterie

Join Sprig & Plate for a mouthwatering, hands-on charcuterie class that's as fun and energetic as it is delicious! Whether you're a grazing board newbie or a seasoned snacker, this workshop will leave you inspired (and well-fed).

In this lively session, you'll learn:

- The *trick* to cutting cucumbers like a pro
- How to fold meats into elegant, bite-sized showstoppers
- The secret behind crafting a beautiful salami rose that steals the show

Come hungry—and bring your creative side! We provide all the ingredients, tools, and guidance you need to build a stunning board that's almost too pretty to eat.

Bonus: There's a sweet little prize for the most creative board at the end!

STAND UP PADDLEBOARD

SUPINDY will provide the surf experience that is the fastest growing watersport in the world. SUP, short for Stand Up Paddleboard, is a way to enjoy the water, nature, and fitness all while having a surf experience. SUPINDY provides rentals, sales, and repairs throughout the state of Indiana.

STRETCH LAB

Every body tells a story—and at StretchLab, we're here to help yours write its next chapter! From enhancing flexibility and preventing injuries to simply feeling better, our personalized hands-on stretch sessions meet you exactly where you are and get you to where you want to be! Whether you're a student juggling school, an executive, a long-time athlete, a senior staying active or somewhere in between, StretchLab is designed to help you move your very best!

Come learn about the numerous benefits of 1-on-1 assisted stretching with our Expert Stretch Practitioners. StretchLab will be on-site representing the North Indy and Downtown Indy studios and are ready and excited to provide you with a sense of greater movement and flexibility.

Assisted stretching is a technique where a trained professional or partner helps you stretch your muscles to achieve deeper and more effective stretches than you can do on your own. This method can involve applying gentle pressure and holding limbs in specific positions. **Benefits of assisted stretching include** greater flexibility, increased range of motion, improved circulation, injury prevention and decreased stress.

SUSHI & SAKI

Join Chanse Kinnaman, Executive Sushi Chef from Monterey Coastal Cuisine for a sushi & sake workshop! Learn pro tips and techniques to rolling gorgeous sushi rolls at home while enjoying a flight of sake. Each participant will have the opportunity to roll their own sushi to snack on or take home. Additionally, you'll learn about the fermentation and refining process and compare different varietals of sake with Zenon Oprysk, Monterey's Sommelier. They will be raffling a \$50 gift certificate for one lucky participant to visit Monterey!

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TANGO TOWER

Bradford Woods has a new climbing tower we are excited to add into our camp schedule this year. Come try the new Tango Tower and have the climb of your life on their 5-sided, 50-foot-high, multi-route climbing/high ropes course. Choose between a solo ascent on our Recreational sides or climb with a partner to overcome the ultimate challenge on our Team Challenge sides

TEQUILA TASTING

Take a journey into the heart of Mexico and learn the basics about how tequila is made from 100% blue weber agave. You will learn what makes tequila one of the most unique spirits in the world. From growing the plant, to the cooking of the agave, to distillation, and finally the aging process. You will have the opportunity to taste this wonderful spirit and ask any questions you may have. This activity will be informative and fun at the same time. Brought to you by Hiatus Tequila, go #onhiatus.

TERRARIUM MAKING

Abby's Garden Parties began when owner, Abby Perry, stumbled into a floral shop while on vacation with her daughter. They found the experience of picking out a plant and a few accessories to be relaxing and wanted to find a fun and easy way to replicate their experience. Thus, the idea of the DIY Terrarium Bar event was born.

During the session, you will have the opportunity to build your own terrarium, allowing you to connect with nature while creating a beautiful piece of art to take home. You will be able to choose from a variety of plants and decorations, and Abby—a Master Gardener—will be on hand to guide you through the process of creating your own terrarium.

TOMAHAWK

Vikings, Celts, Algonquians, Rocky Mountain men and women—they all used this tool for war and peace—and fun! Tomahawks were often carried instead of swords because they were more useful and versatile. When it was time for a little friendly competition, a target was tacked to a nearby tree and the throwing axes would fly. Join us for some modern competition throwing tomahawks and even a few knives. You'll be surprised how addictive this simple activity becomes.

US FOREIGN POLICY

Are you interested in geopolitics and foreign policy? John Ciorciari, Dean of the Hamilton Lugar School of Global and International Studies at Indiana University, will lead a discussion about the current trajectory of U.S. foreign policy in recent years, the risks and opportunities that approach presents, and its implications for world order. Are we witnessing the end of the "liberal international order" created in the wake of World War II? To the extent that order recedes, what new system appears to be taking its place? And how do these developments affect pressing issues like conflict in Ukraine, the Middle East, Africa and South Asia; migration in the Americas and across the Mediterranean; heightened tensions over trade and monetary policy; and the outlook for democratic values and human rights? Participants will be asked to read a few short articles before participating.

WELDING

In this session, campers will weld metal together to create a functional product. An explanation of metalworking tools, techniques and safety will be followed by cutting metal with plasma, machining, preparing, and welding a special camp project. Camper Peter Beering has pulled together a team of professionals to help guide campers through this exciting session. Wine racks, tablet holders and dinosaurs are among the projects campers have made (and taken home).

WINE TASTING WITH RNDC (After Dinner Activity)

Everyone has a reason they purchase their favorite product; maybe it is a label, maybe it is a memory from an experience, maybe it is a trusted recommendation, maybe it is familiar. But sometimes it is fun to try something new! Come to a wine tasting with Susan Sage of RNDC to try a wine sampling featuring a variety of wines you are unlikely to find at your local wine shop. This new night time activity is perfect for those that don't want to play poker but want to social and try new things Monday night. Susan hopes some of new tastes might become your new favorites!

YOGA

There will be two sessions for you to pick from:

Yoga for Peace

Yoga for Peace is designed to help calm the nervous system. Class will focus on breathwork, relaxation and finding peace within. Standing and seated asanas will be practiced with a deep awareness on softening the body, breathing, and finding the middle in our practice and in life. NOTE: This class is trauma sensitive, but appropriate for anyone.

Vinyasa Flow

Vinyasa means to flow with the breath. This class will build strength and stamina as you flow seamlessly through sun salutations fused with traditional asanas as you prepare the mind and body for a peak pose. Class will challenge your balance, core strength and of course your flexibility. All levels welcome!

ZIPLINE

At nearly 400 feet long, Bradford Woods' zip line is specifically designed to provide universal access. All participants access the zip line via a ramp, and participants of all abilities can take flight. At 65 feet tall, this activity is a great way to experience Bradford Woods from new heights!