



2009

CAMP HANDBOOK

WINTER	SUMMER
Until June 16	June 17 – August 20
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ברוכים הבאים
לקיץ 2009!!!

Important Dates



April 1	Tuition/fees deadline
April 15	Forms due in the camp office: Transportation form Medical form Bunking request form Summer change of address notification
May 5	New Parent Orientation at Temple Israel Center (White Plains)
May 6	New Parent Orientation at Temple Beth Shalom (Livingston)
May 7	New Parent Orientation at the Jewish Theological Seminary
June 11	Englewood office closes
June 12	Wingdale office opens
June 26	Photography order form due to photographer
July 1	Camp begins
July 26	Visiting Day
July 26	First Session Ends
July 27	Second session begins
August 20	Camp ends
August 26 – Sep. 3	USY Encampment
August 26	Wingdale office closes
September 1	Englewood office reopens

Who's Who at Camp

Rabbi Paul Resnick
Director

Rabbi Amy Roth
Assistant Director

Michael Landau
Business Manager

Dr. Beth Jaret
Director, Breira B'Ramah

Fred Elias
Programming Coordinator

Rabbi Jerome Abrams
Director Emeritus

Robert Hirsch
President

Harriet Shaiman
Parents Committee Chair

Camp Ramah in the Berkshires, Inc. is operated under the governance of the Camp Ramah in the Berkshires Committee and is under the educational supervision of The Jewish Theological Seminary of America.

שלום

A Message from our מנהל

“שלום שלום לרחוק ולקרוב”

“Welcome to those who are new and those returning.” (Isaiah 57:19)

I am pleased to welcome you and your child to Camp Ramah in the Berkshires. We are confident that the summer of 2009 will prove to be a memorable experience for your child and your entire family.

Despite the poor economic times, I am very encouraged that you have chosen to entrust us with your child[ren]. The scholarship committee worked very hard to ensure that anyone enrolled in camp is able to attend.

We continue to renovate bunks on the boys' circle [B-9 and B-10] and have also begun renovation work on the girls' circle bunks. A new clay infield will greet campers on the A-side of camp as well.

Our music program continues to grow with guest artists, a week-long visit from the HaZamir conductor and an enhanced music staff. The sports clinic will provide intensive sport instruction for four days to A-side campers. All of these things and much more will make sure that Kayitz 2009 will be mighty fine!

We hope that the information in this booklet will give you and your child a better understanding of the Ramah experience as you prepare for the summer. Please read through it carefully. There is important information about preparing for the summer and arrangements to get to camp. Camper applications are only finalized once we have received full payment and the medical form.

I look forward to an exciting summer season!



Rabbi Paul Resnick
Director



Religious and Educational Orientation

“תלמוד תורה כנגד כולם”

“The study of Torah outweighs all.” (Shabbat 127a)

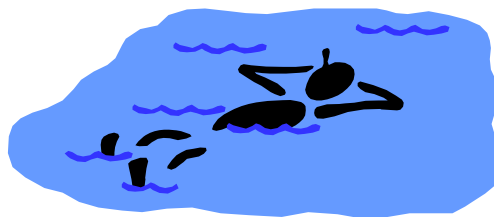
Camp is committed to providing campers with an opportunity to live a full Jewish life in which they are encouraged to strengthen their Jewish identity, observance, and commitment. This is accomplished through educational, recreational, and social programming.

The Program Day and Participation — התוכנית

Ramah provides each camper with an exciting program of recreational and cultural activities. The program affords most campers the opportunity to choose the activities in which they wish to participate. Campers entering fourth and fifth grades travel as a bunk to assigned activities at the beginning of the season and have opportunities to choose their activities during the second half of the session. Older campers choose their activities throughout the summer and make new choices every two weeks.

A typical day consists of:

- *Tefillot* (daily prayers)
- *Aruchat Boker* (breakfast)
- *Nikayon* (cleaning bunks)
- Instructional swim
- A choice of activities including arts, *nagarut* (woodworking), boating, drama *teva* (nature), photography, radio, video, and model airplanes
- *Yahadut* (informal lesson with Jewish content)
- *Aruchat Tzahorayim* (lunch)
- *Sha'at Menucha* (rest hour) for A-side campers
- Sports
- *Bechira* (choice period) with choices ranging from tennis and basketball to crocheting, ceramics, helping green camp, and our very own camper choir and dance troupe.
- *Proyect* (informal Hebrew lesson)
- Recreational swim
- *Shira* or *rikud* (Israeli song or dance)
- *Aruchat Erev* (Dinner)
- *Peulot Erev* (exciting evening activities every night)



In the coming weeks, please look out for information about all the exciting developments in the camp program for the upcoming summer!

Everyone in camp — campers and staff members alike — share in the responsibility of participating in the various programs to ensure their success. Lack of participation in camp activities can have an adverse effect on the success of the program for others. A camper who attends Ramah makes a commitment to participate in all of the experiences that the camp offers.

Camp's expectations are clear — a camper coming to Ramah knows and understands that the day is a full one and that everyone participates in all the activities of camp. This is especially important for parents to discuss and emphasize with our older campers. Participation of all campers in all of our activities is what makes the summer a positive experience for everyone.

PLEASE NOTE: Campers entering ninth, tenth, and eleventh grades are expected to sign a behavior contract, co-signed by their parents, that will be mailed at the beginning of April.

Religious Observance — שמירת מצוות

During the summer, your child will experience *Shabbat* "Ramah-style," *daven* each morning (and, for older campers, each evening), say *Motzi*, recite *Birkat Hamazon*, eat kosher food, and observe special days such as *Tisha B'Av*.

Ramah campers and staff come to camp with their own patterns of religious beliefs and observances. These different patterns are part of what makes Ramah such a rich and exciting religious and educational community. Respect for these different patterns within the Ramah framework is an integral part of the philosophy of camp. To create a cohesive community, we ask that all campers and staff adhere to specific basic religious principles while at camp, mostly concerning daily *tefillah* (prayer) and *Shabbat* observance. These will be explained at camp.

The Ramah environment encourages campers to explore their own commitment to Judaism while maturing and becoming caring human beings, sensitive to the needs and concerns of others.

Hebrew Language — שפה עברית

Hebrew is the language of our people. It links us with fellow Jews around the world. At camp, Hebrew is a living and user-friendly language and is emphasized as much as possible. Announcements, signs, and plays are all in Hebrew.

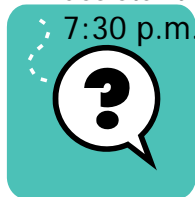
Since Ramah is a camp where Hebrew is the language of choice, certain Hebrew terms are part of the daily routine. To help you become more familiar with some of them, please see the end of this handbook for a *milon* (glossary) of the most commonly used Hebrew words.

Hebrew is presented through a variety of modes. Some *edot* will have daily sessions, others will have sessions twice a week, while others will have the option of *Ulpan*.

Getting Ready for Camp — הכנה

New Campers — חניכים חדשים

1. New camper forms have been emailed from the camp office. If you are interested in having your new camper meet a local returning camper, please complete that form. Forms can also be downloaded from our website. If you have any questions, please call the office and speak with Shari Brodsky or email her at Sbrodsky@ramahberkshires.org.
2. New Parent Orientations:
Parents of new campers are invited to attend a new parent orientation, which will be held at the locations listed below. Parents will have the opportunity to meet the director and/or assistant director, as well as other members of our senior staff. All orientations begin at



May 5 — Temple Israel Center, White Plains, NY
May 6 — Temple Beth Shalom, Livingston, NJ
May 7 — Jewish Theological Seminary, New York, NY

3. Parents of new campers will receive a phone call before camp from a member of the Parents Committee to answer any questions about camp.

Bunking Requests — בקשות שיבוץ לצריפים

The Bunking Request Form is included in this mailing. Please follow the instructions on the form carefully. Bunking requests not submitted on the official Bunking Request Form will not be honored.

ALL BUNKING REQUESTS MUST BE MUTUAL. Camp will try to accommodate your request. However, a bunking request is a request only. We must take into account the best interests of all campers and sometimes despite our best intentions, we cannot satisfy everyone.

If you have a particular concern after bunking, please send an email message to bunking@ramahberkshires.org.

If we don't receive a form from you by April 15, 2009, we will assume that your child doesn't have a bunking preference. Late requests may not be honored.

Bunking requests will not be considered unless financial commitments are current and unless we have received your medical forms.



B'nai Mitzvah Training — הכנה לבני מצוה

We are happy to assign staff members to review *Bar/Bat Mitzvah* preparations once a week with those campers whose *Bar/Bat Mitzvah* falls during the months of September to December 2009. If you are interested in this opportunity, please complete the enclosed form. The staff member assigned to your child will contact you in June. Please be sure that your child brings

all necessary books and/or tapes to camp. Our staff is happy to review what your child has already learned but cannot be responsible for teaching new material.

Visiting Day — יום הורים - Sunday, July 26, 2009

To enhance your child's stay in camp and offer the fewest disruptions to the camp program, there is one visiting day during the camp season. Parents should make every effort to attend. This year, visiting day is Sunday, July 26, from 11:00 a.m. to 3:00 p.m. **WORLD TIME**. As in past summers, visitors will not be permitted onto camp grounds until 11:00 a.m. **Please do not plan to arrive at camp before 11:00 a.m.** If you are unable to be in camp on Visiting Day, please inform your child's *yoetz*.

At a later date, you will receive detailed information about Visiting Day. Mark your calendar today!

Visiting is **ONLY** permitted on Visiting Day, unless previously arranged. Unscheduled visits from friends and relatives interfere with the camp program. It is unfair to the other campers and their parents. Therefore, we must enforce this rule strictly. We cannot accommodate parents who "drop by" to say hello; such parents will **NOT** be allowed to see their child. Please do not put our staff in the uncomfortable position of turning you away from camp if you come on for unscheduled visit.



Taking Camp Home With You

The year of *Bar/Bat Mitzvah* is an exciting one. Lifelong friendships are often formed at camp and camp friends are frequently included on your *Bar/Bat Mitzvah* guest list. When inviting camp friends, please remember to offer *Shabbat* accommodations within walking distance of the synagogue and to keep in mind *kashrut* observance. Finally, when inviting members of your child's bunk, to avoid creating outcasts within the bunk community, please do not exclude only one or two campers.



Packing List – רשימת ביגוד

The following is a suggested clothing list. Adjust the list to fit your child's particular needs and habits. Keep in mind that the weather at camp includes hot days and cool nights. **Please clearly label all clothing and items.**

BOYS AND GIRLS – בנים ובנות

2 hats and sunscreen (mandatory for sun protection)

1 durable raincoat

1 shoe bag with pockets (for storage)

1 medium-weight jacket

3 sweatshirts/sweaters

3 pairs of pajamas or sleepwear

3-4 pairs of pants/jeans

12 pairs underwear

12 T-shirts/polo shirts

4 wash cloths

2 warm blankets or

1 washable comforter

1 sleeping bag (for overnight trips)

Soap

Comb and brush

Toothbrush

Plastic drinking cup

Sunglasses

Flashlight

Pens, pencils, stationery, stamps



2 pairs of sneakers (1 for rainy days)

9 pairs of shorts

1 pair of water shoes

4-5 bathing suits

1 bathrobe (if used)

4 long sleeve shirts

1 pair of casual shoes (for Shabbat)

20 pairs of socks

2 large mesh laundry bags

8 bath towels

2 flat sheets (cot or twin size)

2 fitted sheets (cot or twin size)

1 pillow

2 pillow cases

Shampoo

Nail file

Toothpaste

Tissues

Hangers



Children cannot sleep in their sleeping bags for the entire summer. Make sure to send blankets and sheets.

PLEASE NOTE: Two-piece bathing suits will not be permitted for instructional swim because they are not conducive to the swim program.

BOYS בנים

4 kippot with clips (and extra clips)

2 pairs khaki or chino pants for Shabbat

5-6 dress or collared shirts

(including 3 white for Friday night)

GIRLS בנות

4 kippot with clips (if worn)

4-6 skirts (for Shabbat)

5-6 tops or blouses

(including 3 white for Friday night)

Boys who are *Bar Mitzvah* are required to bring *Tallit* and *Tefillin*. Girls who are *Bat Mitzvah* are encouraged to do so as well. **PLEASE MAKE SURE TO LABEL YOUR TALLIT AND TEFILLIN BAGS!**

Optional items: Camera (please review the section on picture taking), board games, books, magazines, musical instruments (properly insured), sports equipment, and a laundry marker.

What NOT to Bring to Camp

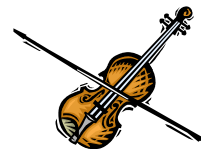
The following items are NOT permitted in camp:

- firecrackers (including sparklers)
- knives
- cigarette lighters
- martial arts equipment
- skateboards, scooters, or rollerblades
- laser-pens
- I-Phones or I-Pod Touches
- guns (including BB guns and water guns)



Additionally, no cellular phones, televisions, laptops, portable DVD players, or beepers are allowed, as they interfere with the camp environment. Any power strips, air conditioners, hotpots, coffee makers, refrigerators, toaster ovens, sandwich makers, and similar cooking devices are potentially dangerous and will be confiscated and returned at the end of the season.

We are fortunate to have the opportunity to be the beneficiaries of tremendous technological advances that a few short years ago would seem impossible. It is important for camp to maintain its unique communal environment. While we appreciate a camper's need and desire to listen to music, any extra features (video, internet) interfere with the atmosphere in camp. Therefore, only I-pods and other similar devices whose content only includes music files are permitted. **Technology that includes video files and internet are prohibited in camp. Such devices will be confiscated from campers for the duration of the camper's time in camp.**



Our Music and Radio (102.3 FM) Programs

Campers are encouraged to bring their musical instruments to camp, as well as a selection of sheet music for their practice sessions. There will be many opportunities to practice and use them throughout the camp season.

The camp radio stations, *Kol B'Ramah* 102.3 FM, broadcasts 24 hours a day, 6 days a week, playing both Israeli and American music. Campers participate throughout the summer in broadcasting and playing music on the air.

Portable Electronics

Camp Ramah believes that leisure activities and behavior also reflect and teach Jewish values. Therefore, the camp leadership prohibits campers from bringing CDs, portable software, or games to camp that promote racism, misogyny, violence, use of drugs and alcohol, or gratuitous sex. Such music is especially inappropriate for younger campers and conflicts with the Jewish values that Ramah upholds. Parents are asked to check their children's music and games as they are being packed. Camp is not the place to play such music out loud, whether

in a bunk or on a *kikar* (open fields). If such music is heard, the electronic device will be confiscated.

Money and the Canteen — כסף וחנותיה

The canteen fee includes a camp T-shirt, video yearbook, and canteen visits.

Campers entering 4th through 7th grades should not bring money to camp. Entering 8th and 9th graders may wish to bring a small amount of money.

Campers are not permitted to keep cash in the bunks. All money must be kept in the camp safe. Ramah is not responsible for money that is brought to camp and will not reimburse missing money.

Campers entering 10th and 11th grades will receive more information in a letter before camp about their extended trips.

Food — אוכל

Over the years, parents have sent food and other types of packages to camp. Food packages have presented a unique set of challenges to campers and staff alike. We would like to emphasize the difficulties in sending food to camp. Food in bunks invites unwanted guests and causes annoying and potentially dangerous situations.

There have been situations in the past where there was unnecessary competition among children in a bunk because parents sent different sized packages and children became jealous if one parent sent more than his/ her own. This caused preventable hurt feelings at times between one camper and another.

We would like to reiterate our food policy:

- Food cannot be sent to camp in a care package.
- Food cannot be sent with a visiting parent/staff member or *Shabbat* guest.
- Campers cannot bring food with them to camp on Opening Day. Such food will be confiscated.
- Campers can bring gum or sucking candy.

To enforce this policy, packages will be opened with the *rosh edah* (division head) or *yoetzet* (advisor) present and all food-related items will be gathered and donated to the local food bank. Please do not embarrass your child by putting him/her in an unnecessary situation by sending up food. Camp will be providing additional snacks during the day. Your child will be well cared for in camp and he/she will not go hungry!

Communicating with Ramah

Yoatzim (Camp Advisors) — יועצים

Camp is a community consisting of 550 campers. Each *rosh edah* has been trained to provide your child with a rich, safe, healthy, and rewarding Jewish summer experience.

Each *rosh edah* receives further support, supervision, and advice from his/her *yoetz*. Ramah is fortunate to have talented, veteran Ramah parents and professionals serving in this advisory capacity.

These *yoatzim* also serve as "parent contacts" during the summer. They will be your first contact for emergencies, homesickness, birthdays, and medical issues as described below. Further detailed information about these staff members will be sent to you during the first week of June.

Emergencies — מצב חירום

If there is a family emergency, please state this when you call, and ask to speak to your child's *yoetz*. Your call will be handled as quickly as possible.

Homesickness — געגועים לבית

During the summer, parents may receive letters from their child that may leave them feeling unsettled. Please keep in mind that children frequently have a tendency to exaggerate in their letters. For instance, a first-time overnight camper might write home, "I am really homesick. I have a headache every day and cry every morning when I wake up. I have no friends and really want to come home." If you are concerned about receiving such a letter, please contact your child's *yoetz*, who will investigate the situation with the *rosh edah* and counselors and will respond to you within 24 hours.

Birthdays — ימי הולדת

Campers whose birthdays fall during the camp season will be able to celebrate with their bunk at camp. A birthday cake and refreshments will be provided. Campers whose birthdays occur during the season will be permitted a birthday phone call home only if a parent makes arrangements in advance with the *yoetz*. You may contact the *yoetz* to arrange this. Please send the *yoetzi* an email a week in advance. All calls will be made after dinner.

Camp Time and World Time

Remember that camp operates on "camp time" which is one hour earlier than Eastern Daylight Time. For example, when it is 8:00 p.m. "world time," it is 7:00 p.m. in camp.

Telephone calls — שיחות טלפון

One of the goals at camp is to create a positive and intensive Jewish summer and staff. The Ramah environment is one unencumbered by some of the modern technologies of today, as

well as the hustle and bustle of modern life, allowing us to achieve this objective more effectively.

If you need to discuss something with your child, please contact the *yoetz* of your child's *edah*. The *yoetz* will help you communicate with your child in case of family emergencies or other special circumstances where a message needs to be delivered to your child. The *yoatzim* have their own private and confidential voice mailboxes.

Gesher campers will be permitted to call home during specific times of the day.

Your child's success during the summer depends on a partnership between home and camp. These policies have been adopted so that your child will be able to adjust to camp life as smoothly as possible. We ask you to abide by them.

The summer switchboard in Windgale is open from 8:30 a.m. to 8:00 p.m. "world time." The switchboard is closed on *Shabbat* — from Friday 6:00 p.m. "world time" to Saturday evening after *Shabbat*. When the switchboard is closed, an answering service will accept all emergency calls. If your call is not an emergency, please call during normal business hours.

Communicating by Fax — פקס

Please do not send faxes to your child at camp. They will not be delivered.

Communicating by Mail — דואר

Email — דוא"ל

Parents who have submitted email addresses have been receiving periodic updates about camp. If you are not receiving email from us, please inform us at info@ramahberkshires.org. During the summer season, email will be sent weekly to keep families aware of what is going on in camp.

Please see the enclosed flier that explains how you can register to send email to your children at camp. Printouts of emails are delivered daily to campers with conventional mail. They cannot, however, respond via email.

Letters From Campers

Campers are encouraged to write every day, and are required to write home twice a week. Please don't be concerned if you haven't heard from your child for a few days. Mail is sent from camp daily, but is occasionally delayed. Please write to your child frequently and express your desire to hear from him or her. If you do not hear from your child for longer periods of time, you may contact your child's *yoetz*.

For younger campers, we highly recommend sending pre-addressed, pre-stamped envelopes.

Letters To Campers **מכתבים לחניכים**

Your child will want to hear from you at least as much as you want to hear from your child. It is especially important that younger campers receive mail from home within the first 24 hours of camp. Please write to your child before camp begins, so they can receive a letter the first day. This is especially important for younger and first-time campers. Mail to Wingdale takes three days from the New York/New Jersey area, so please plan accordingly.

Letters should be addressed to:

(Name of Camper), Bunk ____
Camp Ramah in the Berkshires
Box 515
Wingdale, NY 12594



Website — אתר אינטרנט

Please visit our website at www.ramahberkshires.org to access weekly updates about camp and our photo gallery. Our wonderful photographer tries to capture as many campers as possible, and rotates through each *edah* and activity daily. Don't worry if your child isn't in one of the first photos – keep checking!

www.ramahberkshires.org

Transportation — תחבורה

By Car — במכונית

For both sessions, if you choose to drive your child to camp, please plan to arrive between 10:00 - 11:00 a.m. Please arrive on time. Drop off will be at a central location. We request that you leave promptly so that the Ramah experience can begin for your child. Parents will not be allowed to enter camp beyond the drop-off point. Pets are not allowed in camp, so please do not bring them with you!

Directions to camp are enclosed.

If you drive your child to camp, please do not plan to transact camp business on opening day, as the first day of camp is especially hectic. Therefore, we may not be able to advise you on such matters with the time, care and courtesy we would wish to provide. Feel free to communicate with camp at any other time.

By Bus — באוטובוס

Camp has arranged for buses to transport children and their luggage between camp and designated sites. Parents may also drive their children to camp. However, parents are strongly encouraged to send children to camp on the bus, as this allows for an easier transition to the summer program.

Please refer to the Camper Transportation Form for details and return it even if your child will be traveling by car. Bus availability can only be guaranteed for forms arriving by the April 15th deadline. We cannot accept bus reservations without payment in full.

For your convenience, camper luggage will be accepted onto the camp buses traveling to and from camp. Please review the following instructions carefully:

1. Each camper traveling to and from camp on the camp bus will be allowed a maximum of two duffel bags plus hand luggage that can be stored under the camper's bus seat.
2. Trunks are not allowed into camp regardless of whether you are traveling to camp by car or bus.
3. The cost for busing and luggage handling is **\$70 each way**. Please make checks payable to "Camp Ramah in the Berkshires." Please write a separate check for this service and note your child's name on the check. Do not include it in your tuition check. Reservations will not be accepted without payment in full. This payment is non-refundable.



Bus departures will be at the following locations:

New York City	The Jewish Theological Seminary 3080 Broadway (at 122 nd Street) New York, NY 10027 (212) 678-8881 (NRC Office)
Westchester County	Temple Israel Center 280 Old Mamaroneck Rd. White Plains, NY 10605 (914) 948-2800
Long Island	Shelter Rock Jewish Center Shelter Rock & Searington Roads Roslyn, NY 11576 (516) 741-4305
New Jersey	Congregation B'nai Shalom Jewish Center of West Orange 300 Pleasant Valley Way West Orange, NJ 07052 (973) 731-0160
New Jersey	East Brunswick Jewish Center 511 Ryders Lane East Brunswick, NJ 08816 (732) 257-7070
New Jersey	Jewish Community Center of Paramus East 304 Midland Avenue Paramus, NJ 07652 (201) 262-7691

All buses will depart at 9:30 a.m. on the first day of camp. Please plan to bring your child to the point of departure by 9:00 a.m. Buses will not be able to wait for campers arriving late. Please cooperate with the counselor and committee member at the buses to ensure that this initial experience with camp is a positive one for you and your child. Directions to all departure points are enclosed. Please do not call individual congregations for directions; call the camp office with any questions.

Bus Transportation for One Month Campers

Second session — On Monday, July 27th, buses will be available to take your child to camp from the Jewish Theological Seminary in Manhattan, the Shelter Rock Jewish Center in Roslyn, New York, Congregation B'nai Shalom in West Orange, New Jersey, and East Brunswick Jewish Center in East Brunswick, NJ. The buses from Shelter Rock and East Brunswick Jewish Center will depart promptly at 9:30 a.m. The bus from JTS and Congregation B'nai Shalom will depart at 10:30 a.m. promptly. More information will be mailed at a later date.

Important Guidelines

“כל ישראל ערבים זה בזה”

"All Jews are responsible for each other" (Sanhedrin 27b)

Rules and Regulations — חוקים ומשפטים

Please carefully review these with your child.

Your child is the most important member of the Ramah community—a community of over 750 people! Camp's responsibility to you, to your child, and to governing agencies (the New York State Board of Health, the American Camp Association, the National Ramah Commission, and others) requires that its primary goal be to provide a safe and healthy summer experience for all. Health and safety have always been and remain paramount concerns at Camp Ramah in the Berkshires.

The following are important rules and requirements of camp. Both the child who attends camp and the parents who send their child to camp agree to abide by these policies. In the constantly and rapidly changing times in which we live, these policies are under constant review by the professional staff in consultation with the camp committee. Please read the 2009 rules carefully.

1. Parents may not remove their child from camp. To maintain the integrity of the camp program, please do not plan discretionary events during the summer that necessitate removal of your child from camp. Campers “coming and going” tears at the fabric of the camp experience and therefore this practice is not allowed. If you have any questions, please speak with Rabbi Roth.
2. Parents, relatives, or friends may not drop by to visit campers. Camp remains a closed community in order to protect your children and to create the special atmosphere that is camp. Parents dropping by disrupt the equilibrium of camp and disrupt activities.
3. Pets are not allowed.
4. Marijuana, narcotic and hallucinatory drugs, depressants, stimulants, and alcohol, as well as any drug paraphernalia, are forbidden to anyone in the Ramah community. Possession or use of these substances will result in automatic and immediate dismissal with no tuition refund.
5. Campers are not permitted to smoke while at camp. Cigarette smoking can result in immediate dismissal at the discretion of the Director. No tuition refund is granted.
6. No camper is permitted to leave the camp grounds except as part of a supervised camp activity that is authorized by the camp administration. Violation of this rule is cause for dismissal. No tuition refund is granted.
7. Life at camp is much more active than one's normal routine at home. Each *edah* (division), depending on the age of its campers, has a set curfew time. Consistent violation of curfew is unacceptable and may result in dismissal at the discretion of the Director. No tuition refund is granted.
8. Romantic relationships sometimes develop between campers during the summer. It is expected that campers will exhibit appropriate and modest behavior at all times consistent with our tradition. Inappropriate behavior may result in dismissal from camp.
9. Ramah insists upon a clear and absolute division between campers and staff. Thus camper-staff romantic relationships are not allowed in camp. Staff includes any member

of the community who is not a camper. In such situations, a *yoetz* will speak with the camper and the relationship will be ended. In such situations, the staff member will be dismissed.

10. Ramah, in the truest sense, is the property of the Conservative Jewish community. Camp does not belong to any single individual. Everyone who uses the camp is jointly responsible for its upkeep and maintenance. Therefore, please remind your child of the following:

- **Clean-up:** All the campers in a bunk, along with the bunk counselors, are responsible for the cleanliness and general safety conditions of the bunk. In addition, everyone participates, at scheduled times, in a general clean-up of the camp.
- **Graffiti:** Campers and parents will be held responsible for graffiti on bunks. A minimum of \$50 will be charged to any child who is found responsible for any graffiti.
- **Respect for camp property:** Anyone damaging or defacing camp property will be held liable for the cost of repairing such damage and will be charged accordingly.

***Picture-Taking* — צילום**

Digital technology and the explosion of the Internet have changed our lives, mostly for the better. With these changes have come many new challenges for those of us who care for other people's children. While camp encourages campers to preserve their memories through the taking of pictures, the use of digital cameras is of concern to the camp leadership. At times campers have been known to use their digital photos in inappropriate ways. Therefore, use of digital cameras use might be limited at the discretion of the directors. We reserve the right to confiscate any cameras that are being used inappropriately.

***Gambling* — הימור**

With the increased marketing of gambling in the general culture and the ever increasing media exposure of professional poker tournaments on cable television, we are starting to see campers coming to camp with an expectation to play cards for money. Our camp policy is that occasional recreational card playing is permitted. Gambling for money is absolutely prohibited and is grounds for dismissal from camp.

***Withdrawal of Camper* — ביטול השתתפות**

Involuntary withdrawal

If a child is to be withdrawn from camp on an involuntary basis, i.e., where the camp administration requires the parents to withdraw the child, a refund is made to the parents on a pro-rated basis of the tuition only or half of the tuition, whichever is lower. Administrative fees and miscellaneous items (i.e. camp-meds, transportation, etc.) are not refundable. In behavioral situations, as noted above, i.e., drugs, alcohol, and unacceptable behavior, there will be no refund.

Voluntary withdrawal

There are no refunds for voluntary withdrawals of campers. Examples of voluntary withdrawals include: a child is homesick, parents miss the child, changes in family plans, or family vacations.

We urge you not to "make deals" with your child to "try it for a while." Such promises usually make it impossible for a child to adjust to camp properly. If you or your child need extra support or encouragement before camp begins, please call Rabbi Roth at the camp office.

Health – בריאות

“לב שמח ייטב גהה” - משלי (יזכב)

“A joyful heart makes for good health.” (Proverbs 17:22)

Medical Forms – טפסים רפואיים

To comply with the requirements of the New York State Department of Health, and for the health and safety of your child, fellow campers, and staff, we require new medical forms to be completed each year your child is at camp. We must receive your child's medical forms by April 30, 2009. Your child will not be assigned to a bunk until we receive your child's completed forms.

Your child must have had a physical exam conducted by a physician more recently than May 1, 2008. If your child's last physical was late last spring, you may not need to schedule a physical exam this year. However, you still need to have your physician complete the Camper Medication Examination form.

Immunizations must be current and comply with the standards of the American Academy of Pediatrics. Your child must have been vaccinated for tetanus more recently than September 1, 1999.

If your child uses a nebulizer, be sure to send it to camp, marked with your child's name.

If your child wears glasses, please send the prescription and an extra pair of glasses to camp. Please write your child's name on his or her glasses case.

If your child wears contact lenses, please send the prescription and enough lenses for his or her stay in camp. Please write your child's name on his or her lens packages.

If there are any specific medical concerns, send an email message to marp@ramahberkshires.org. Communication will be held in the strictest confidence.

Medical Insurance – בטוח רפואי

Our camp medical insurance policy is as follows:

You are responsible for all medical expenses, including prescription drugs, that are not covered by your health insurance. We will give your insurance information to health care providers to enable them to submit claims on your behalf. You agree to reimburse Camp Ramah in the Berkshires for co-payments or other expenses that Camp pays to providers on your behalf.

Parents must have primary health insurance coverage. No child will be accepted into camp without it. If there is a situation where parents find themselves without coverage, please contact our Business Manager, Michael Landau, immediately.

Medical Hygiene – רפואה מונעת

Camp Ramah in the Berkshires will check all campers and staff for head lice upon arrival at camp this summer. To avoid an uncomfortable situation, we ask that you please check your child's head before the start of camp.

If your child is found to have lice or nits, we will contact you, as he or she will need to be treated immediately. You will be asked to choose between coming to camp to take your child home or agreeing to have your child treated at camp. If you take your child home, your child may return to camp when he or she is free of lice and nits, subject to examination by one of our nurses.

If you choose to have your child treated at camp, there will be an additional charge that will depend on the severity of the case. You will be asked to provide a credit card to cover the treatment charge.

Head lice are small, wingless insects that feed on human blood. Unfortunately, they are easily spread in environments where people live closely together, like camp. Sharing towels, beds, barrettes, headphones, hats, kippot, T-shirts, and other personal items like combs and brushes contribute to their ability to spread. Please discourage your child from sharing such items while in camp.

Infirmary — מרפאה

Our infirmary is well staffed. There is always a doctor and a team of registered nurses on call. The best time to reach a nurse is between the hours of 11:30 a.m. and 1:00 p.m. world time, Sunday through Friday.

The infirmary is stocked with a variety of over-the-counter drugs and specialized equipment. Please note that New York State law requires that all medications be kept in the infirmary at camp. No over-the-counter medications of any kind may be kept in the bunks. Parents are responsible for payment of prescriptions that are prescribed by the camp doctor and purchased for your child.

Medications — תרופות

Over the past number of years, the quantity of medication doses dispensed to campers has risen. In the face of this increase, we have maintained our commitment to employing the safest, most efficient strategies to dispense them. **The safety of the campers, i.e. that each child receives the correct medicine at the correct time, is our primary concern.** All campers' medications that are dosed in pill form must be pre-packaged and sent to camp prior to their arrival.

The company that we have selected to serve our families for this summer, CampMeds, Inc., provides a convenient service that dispenses, packages, and ships medications directly to overnight camps throughout the United States. If your camper will be taking medication in pill form at camp this summer, please read the letter from CampMeds in the medical mailing which you should have already received. If you have questions, please do not hesitate to contact us at marp@ramahberkshires.org. We are confident that this program will help us achieve our primary goal: the health, well-being, and safety of your child.

Medication “Vacation”

We understand that some parents wish to give their child a “vacation” from their regular school-year dose of medication over the summer. Often, this is because camp is assumed to be a less structured, stress-free environment. While camp is definitely a time for relaxed fun,



there are many different situations to deal with: new social situations, changes in routine, and different levels of structure depending on the day. For these reasons, we strongly recommend that you discuss the above factors with your physician before taking your child off medication. If your child's medication during the summer is in any way different from during the school year, please contact Rabbi Roth to make this summer successful for your child.

Dental and Orthodontic Work — טיפולי שיניים

Prior to the start of camp, it is important that you attend to your child's dental needs. If your child must have dental or orthodontic treatment while at camp, you will be billed directly.

Camp is not responsible for lost or damaged retainers. Please label all retainer containers.

If your child has had orthodontic work, please do not make any significant adjustments immediately before the camp season.

Medical and Infirmary — מרפאה וטיפול רפואי

If your child writes that he/she has been to the infirmary, please remember that the news is several days past the incident. Camp policy is that parents are notified when:

- There is an emergency that requires your child to be taken to the hospital or an outside doctor.
- A child is in the infirmary overnight. Parents will be called the following morning.
- A child needs to be taken for x-rays or lab tests. The infirmary will also call with the results.
- A child needs to be put on antibiotics.

Keep in mind that Ramah has a highly experienced medical staff that is qualified to make appropriate decisions concerning your child's health.

If you should have any questions about the medical care your child is receiving, please feel free to request a conference with our medical staff and/or chair of our Medical Committee. Please notify camp immediately of any medical condition that develops immediately before the summer.

Security — בטחון

“ושומע לי ישכון בטח” - משלי (א.ל.ג)

“But one who listens to me shall dwell safely.” (Proverbs 1:33)

Our primary concern since Camp Ramah was founded has been keeping our campers and staff safe. Fortunately, we enjoy an excellent track record. Ramah is a place where campers are and have always felt safe. It is a caring and nurturing environment in which all programs, in and out of camp, are planned with safety as the first priority.

To ensure the secure environment possible for our campers, the professional staff and the camp committee leadership have designed the following protocols regarding safety and security:

- The main entrance to camp will be staffed by a security guard 24 hours a day, 7 days a week. All other entrances will be locked.
- All visitors and deliveries will be stopped at the security gate. **No unexpected visitors will be allowed into camp.**
- All visitors will be required to wear identification bracelets.
- All visitors will be given a temporary parking card.
- All mail must be addressed properly with proper postage affixed. Mail not addressed properly will not be delivered. See the section on **Mail** for details.

Clothing Guidelines

“ופשט את בגדיו ולבש בגדים אחרים” - ויקרא ו:ד
“He shall take off his clothes and put on other clothes.” (Leviticus 6:4)

Clothing – לבוש

It is important for health and cleanliness reasons that your child has sufficient and appropriate clothing. Clothing is subject to heavy wear and tear and, at times, unintended loss. It is therefore advisable to supply children with practical, economical outfits rather than expensive ones.

Camper Clothing Policies

As a Jewish camp, we believe in personal autonomy within the framework of our tradition. The established dress code maintains this tradition and expresses the value of proper and modest dress. Levels of modesty should not be dictated only by current fashion norms. We want our children to learn about modesty and respect for their bodies and themselves.

Camp Ramah requires each camper to dress in a way that reflects respect for the educational environment of camp and that meets appropriate standards of good taste, cleanliness, neatness, and *tzniut* (modesty). Camp is not the place for wearing clothing that does not fit into the environment of camp, such as clothing that is very tight, revealing, or in other ways very suggestive.

Ramah staff reserves the right to enforce these policies. With ever-changing fashion norms, many campers like to test the limit at camp. We reserve the right to judge the appropriateness of a camper's clothing and will send a camper back to his/her *tzrif* (bunk) to change if necessary.

Guidelines for Appropriate Clothing at Camp:

1. T-shirts with profanity, inappropriate words, phrases, or symbols may not be worn. Also, campers may not wear clothing that advertises alcoholic beverages, cigarettes, or illegal substances.
2. Please note the following guidelines:
 - No bare midriffs.
 - Underwear may not be visible.
 - Tank top straps must be the width of three adult fingers; no spaghetti straps may be worn.
 - Bra straps may not show.
 - See-through tops, “low-rider” pants, mini-skirts, halter-tops, or backless tops and similar clothing are prohibited.
3. Shabbat attire: What is fashionable and appropriate to wear at a party may not be in keeping with the holiness of *Shabbat*. As we sanctify *Shabbat*, we must be certain that our attire is both special and appropriate. During *Kabbalat Shabbat*, Friday night *Ma'ariv*, and *Shabbat* morning services, campers' shoulders must be covered. This means that tank tops and sleeveless tops are absolutely prohibited. Although skirt length need not be below the knee, it should be appropriately modest. Campers may not wear jeans or sweat pants during these times. Boys also need to wear appropriate button-down or collared

shirts.

On *Erev Shabbat* (Friday night), we pray together at the amphitheater, weather permitting. To create a communal atmosphere for these occasions, all members of the camp community must wear a white button-down shirt, collared shirt, or sweater. Please be sure to pack enough white tops for *Shabbat*.

Keeping in mind that there is a lot of uneven ground in camp, choose footwear for camp carefully. High heels should be avoided, as they can cause serious injury.



Camper Laundry — כביסה

Laundry is done weekly during the summer. It goes to a service and is returned a day or two later. All clothing should be clearly labeled with the camper's name and should be wash and wear. We will not be able to properly launder dressy blouses, shirts, dresses, etc. As with any laundry service, items may get lost, discolored, or even ruined. Do not send any "dry clean only" items.

Campers entering 11th grade do their laundry at camp and should bring quarters and liquid detergent.

Lost and Damaged Items — השבת אבדה

During the summer you should expect that your child's clothing will experience the normal wear and tear, and that there will be occasional losses. Do not be surprised to hear in a letter from your child, "We came back from an overnight and my jeans are missing." Please do not send expensive items that could be lost or misplaced.

Claims for lost items should go to your homeowners' insurance policy or personal property insurance.

הכנסת אורחים – Guest Facilities

To give our families an opportunity to become more familiar with the Ramah program, the camp has a limited number of guest rooms available for spending *Shabbat* at camp. Parents who visit are encouraged to observe the regular camp program at times when it does not interfere with the camp routine.

If you are interested in spending a *Shabbat* at camp, please return the enclosed Guest Reservation Form. Due to the great demand, we cannot accommodate many requests for reservations.

Guest facilities are not available during the week. Although we will try our best to accommodate visitors, parents should NOT promise their children that they will visit for a weekend.

Because the office closes for Shabbat, it is important for all visitors to check in by 5:00 p.m. "world time."

Please see the Guest Reservation Form for details.

Rules for guests

1. All guests under 18 years old must be accompanied by an adult.
2. Campers are not allowed to absent themselves from normal camp activities during parent weekend visits.
3. Campers may not sleep in guest cabins.
4. Guests may not sleep in camper bunks.
5. Campers may not eat with guests at meals in the *Hadar Ochel*.
6. Guests may not eat with campers at meals in the *Hadar Ochel*.
7. Pets are not allowed on the camp grounds.
8. Guests may not leave or enter camp on *Shabbat*.
9. All rules and regulations regarding health, safety, and religious policies that apply to staff also apply to guests.
10. Children of guests must remain with their parents and be supervised at all times.
11. Many guests sponsor an *oneg* for their community or their child's bunk. Please make sure to coordinate an appropriate time with the *yoetz* and that all food is properly *hekshered*.
12. Guests may not give campers extra food to take back to their bunks.



Gratuities Policy

"ששכר מצווה מצווה"

"A mitzvah is its own reward" (Avot 4:2)

Staff members at Camp Ramah are engaged in an important educational enterprise and they are very dedicated to their task. As professional educators who must do their utmost at all times for each individual, they may not accept gratuities. Please do not embarrass them by offering either money or gifts.

Parents wishing to honor their children's staff are invited to donate to the **Staff Enhancement Fund** in the name of the staff member. This fund is used to support programming for staff during their free time. Checks should be made payable to Camp Ramah in the Berkshires and should be marked **Staff Enhancement Fund**. A letter of acknowledgement will be sent to the staff member informing him/her of your donation.



Checklist for Parents



Have you:

- ✓ Met your tuition/fees deadline and paid in full by **April 1, 2009**?
- ✓ Submitted your transportation and baggage form by **April 15, 2009**?
- ✓ Submitted your bunking request form by **April 15, 2009**?
- ✓ Submitted your medical form by **April 15, 2009**?
- ✓ Submitted your photography order **to the photographer** by **June 26, 2009**?
- ✓ Notified us of any summer address changes?

Please contact us with any questions.

Whom Do I Call At Camp?

To reach the camp switchboard, call: (845) 832-6622.

Operational questions should be directed to the following people:

- Busing, baggage, laundry, opening/closing days of camp:
Operations Manager, x114
- Visiting Day, change of address, Camper 2010 Day, guest information:
Office Manager, x105
- Bills:
Dina Amir-Lewis, Bookkeeper, x113
- Other financial matters:
Michael Landau, Business Manager, x101
- Any other concerns:
Rabbi Paul Resnick, Director, x112
Rabbi Amy Roth, Assistant Director, x117



להתראות
בוונגדיל!!!

Hebrew Glossary — מילון

People — אנשים

Camper (male/female)	<i>(Hanich/Hanichah)</i>	חניך/חניכה
Specialist/s	<i>(Mumcheh/chah/ Mumchim)</i>	מומחה/מומחים
Counselor (male/female)	<i>(Madrich/a)</i>	מדריך/מדריכה
Counselors	<i>(Madrichim)</i>	מדריכים
Teacher (male/female)	<i>(Moreh/ah)</i>	מורה
Teachers	<i>(Morim)</i>	מורים
Advisor (male/female)	<i>(Yoetz/et)</i>	יועץ/יועצת
Programming director	<i>(Merakezet)</i>	מרכזת
Director	<i>(Menahel)</i>	מנהל
Assistant Director	<i>(Sganit Menahel)</i>	סגנית מנהל
A division of campers:	<i>(Edah)</i>	עדה
Entering 4th grade	<i>(Cochavim)</i>	כוכבים
Entering 5th grade	<i>(Nitzanim)</i>	ניצנים
Entering 6th grade	<i>(Shorashim)</i>	שורשים
Entering 7th grade	<i>(Tzeirim)</i>	צעירים
Entering 8th grade	<i>(Solelim)</i>	סוללים
Entering 9th grade	<i>(Bogrim)</i>	בוגרים
Entering 10 th grade	<i>(Machon)</i>	מכון
Entering 11 th grade	<i>(Gesher)</i>	גשר
Section "head"	<i>(Rosh)</i>	ראש
Division head	<i>(Rosh Edah)</i>	ראש עדה
Head of a specialty area	<i>(Rosh Anaf)</i>	ראש ענף
Head of waterfront	<i>(Rosh Mayim)</i>	ראש מים
Head of sports	<i>(Rosh Sport)</i>	ראש ספורט
Management	<i>(Hanhallah)</i>	הנהלה
Doctor	<i>(Rofei)</i>	רופא
Staff	<i>(Tzevet)</i>	צוות

Places — מקומות

Camp	<i>(Machane)</i>	מחנה
Dining Room	<i>(Hadar Ochel)</i>	חדר האכל
Bunk	<i>(Tzrif)</i>	צריף
Auditorium	<i>(Beit Am)</i>	בית עם
Lake	<i>(Agam)</i>	אגם
Field	<i>(Migrash)</i>	מגרש
Camp fire circle	<i>(Igul)</i>	עגול
Canteen	<i>(Hanutiah)</i>	חנותיה
Infirmery	<i>(Mirpeah)</i>	מרפאה
Resource Center	<i>(Ma'ayan)</i>	מעין
Library	<i>(Sifiriyah)</i>	ספרייה

Activities — פעולות

Activity	<i>(Peulah)</i>	פעולה
Evening activity	<i>(Peulat Erev)</i>	פעולת ערב
Bunk activity	<i>(Peulat Tzrif)</i>	פעולת צריף
<i>Edah</i> activity	<i>(Peulat Edah)</i>	פעולת עדה
Wednesday (Special Day)	<i>(Yom Daled)</i>	יום ד'
Song festival	<i>(Zimriyah)</i>	זמריה
Dance festival	<i>(Rekudiyah)</i>	רקודיה
Play	<i>(Machazeh)</i>	מחזה
Prayer	<i>(Tefillah)</i>	תפילה
Elective activities	<i>(Chug)</i>	חוג
Sports	<i>(Sport)</i>	ספורט
Baseball	<i>(Kadoor Basis)</i>	כדור בסיס
Basketball	<i>(Kadoor Sal)</i>	כדור סל
Volleyball	<i>(Kadoor Af)</i>	כדור עף
Nature	<i>(Teva)</i>	טבע
Camping/Outdoor education	<i>(Al Hagovah)</i>	על הגובה
Arts and Crafts	<i>(Omanut)</i>	אומנות
Arts activities	<i>(Omaniyot)</i>	אמנויות
Singing	<i>(Shirah)</i>	שירה
Dancing	<i>(Rikud)</i>	ריקוד
Drama	<i>(Dramah)</i>	דרמה
Swimming	<i>(Sichiyah)</i>	שחייה
Instructional swim	<i>(Imun Sichiyah)</i>	אימון שחייה
Free swim	<i>(Sichiyah Klallit)</i>	שחייה כללית
Clean up	<i>(Nikayon)</i>	נקיון
Broom	<i>(Metateh)</i>	מטאטא
Dust pan	<i>(Ya'eh)</i>	יעה
Cookie	<i>(Ugiah)</i>	עוגיה
Campfire	<i>(M'durah)</i>	מדורה
Bedtime story	<i>(Harga'ah)</i>	הרגעה
Snack	<i>(Kibud)</i>	כיבוד
Meal	<i>(Aruchah)</i>	ארוחה
Meals	<i>(Aruchot)</i>	ארוחות
Breakfast	<i>(Aruchat Boker)</i>	ארוחת בוקר
Lunch	<i>(Aruchat Tzohorayim)</i>	ארוחת צהרים
Dinner	<i>(Aruchat Erev)</i>	ארוחת ערב
Hebrew	<i>(Ivrit)</i>	עברית