



**RAMAH**  
**BERKSHIRES**

רמה ברקשירס

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**SHALOM CAMP RAMAH IN THE BERKSHIRES!**  
**LET'S DANCE!**

**LET'S GO!**

Feeling like you need to get your "*shpilkes*" out? Have a dance party at home to some of your favorite Camp songs! Click [here](#) for our Ramah Berkshires Spotify playlist. Check out the above video for some inspiration (or at least for a good laugh!)

\*Tune into your *Edah* Pre-Shabbat Zoom call this Friday (details below) to learn more about our Ramah Berkshires Virtual Dance Party.\*

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**\*\*UPDATE\*\***

We now have a [Coronavirus \(COVID-19\) Updates page](#) on our website. Click [HERE](#) to be directed to this page.

Please check back continuously for updates and announcements, virtual events, Jewish learning resources for kids and adults, other helpful resources and more!

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### To Our Chanichim (campers):

This Friday, join us for pre-Shabbat 2020 *Edah* gatherings on Zoom. A chance to see your *edah*-mates, meet your new *Rosh Edah*, and to get in the Shabbat *ruach* (spirit) with our Ramah Berkshires community. **\*White clothing encouraged\***



Ta'am Ramah 2020  
(all sessions)  
2:00 PM-2:15 PM

Shorashim 2020  
3:30 PM - 3:45 PM

Bogrim 2020  
5:00 PM - 5:15 PM

Cochavim 2020  
(Session 1+2)  
2:30 PM-2:45 PM

Tzeirim 2020  
4:00 PM -4:15 PM

Machon 2020  
5:30 PM - 5:45 PM

Nitzanim 2020  
3:00 PM -3:15 PM

Solelim 2020  
4:30 PM - 4:45 PM

Gesher 2020  
6:00 PM -6:15 PM

*Click above on your edah to be directed to your pre-Shabbat gathering at the indicated time. (All times listed are ET.)*

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### To the Parents:

A special message from Director of Camper Care, Elana Fishman:

Mental health is important for everyone during trying times like these that are filled with questions and uncertainty.

With an abundance amount of news, resources, uncertainty, continuously updated information, etc. it is very normal for you and/or your child(ren) to feel nervous and anxious. Here are some tips to help you feel calm and take care of yourselves:

1. **Stay connected:** Use a smart phone or other device to stay connected to family and friends. Shift from texting to voice or video calling to feel more connected and engaged.
2. **Keep comfortable:** Do the things you already enjoy doing at home; just do more of them, more often. For example: baking, coloring, reading, puzzles, playing games, etc.
3. **Practice stress relief techniques when you feel anxiety**

**building:** Do some deep breathing, exercise, read, sit outside (if you can), eat some ice cream – whatever works for you

4. **Create a routine:** Take breaks from watching, reading, or listening to the news, including social media. Hearing about the pandemic repeatedly can be upsetting and overwhelming.
5. **Keep looking forward:** Get excited for Camp this summer and/or other plans you have six months down the road.

## Helpful Resources:

**Talking to Children about Coronavirus:**

<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>

**Mental Health America:** <https://mhanational.org/covid19>

**PJ Library Resources:** <https://pjlibrary.org/familyactivities>

**Guided Meditations:** <https://www.uclahealth.org/marc/mindful-meditations>

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## Upcoming Virtual Ramah community events:

**Thursday, March 19, 8 PM ET:** Josh Warshawsky concert - Click [HERE](#) at 8 PM tomorrow (Thursday) night (link is also located on the National Ramah Commission's Facebook page) and join the concert!

**Saturday, March 28, 8 PM ET:** Our 2nd Ramah Berkshires Musical *Havdalah*, featuring our new *Rosh Shira* Eitan Kantor and *Rosh Rikkud* Maddi Mehlman. We can't wait to sing and dance with you!

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### Ramah Berkshires *Chesed* Activity

Many seniors are home alone, or in senior residences or nursing homes where they cannot see visitors. It is particularly hard for these members of our community to be so isolated. This week, take some time to write a letter or make a card for a senior who is living in a senior residence or living alone.

You can write specifically to a senior you know and send it yourself, or you can scan your letter or card and email it to [info@ramahberkshires.org](mailto:info@ramahberkshires.org) (we will print these out and send to seniors across the New York community). Thank you for helping us with this special act of *chesed*!

# How to Make Your Quarantine Weeks More Like Camp Ramah

By Esther D. Kustanowitz



We don't know how long this will last. So why not make quarantine like the most fun times you ever had?

## MEALS

**Breakfast:** Bagels, scrambled eggs, and, in a nod to Labor Day Alumni weekend, the New York Times. Use this as a time to talk to your campers/*tzevet* about what's going on in the world.

**Lunch:** Grilled cheese, with a slice of tomato that will cause everyone to peel the pieces of bread apart to remove the offending vegetable.

**Dinner:** Soup and salad bar: counselors will make your salads to order so no one sneezes on anything.

**EXTRA CREDIT:** Create your own family "*Hamodia*" with the day's schedule-- use a whiteboard to save the environment. (*For those newer campers - this is the daily newsletter that was once published at Ramah Berkshires.*)

**Snacks:** The *Chanutiyah* will be open from 2:30 to 4pm daily. Twizzlers and Pringles available for purchase. Bug juice ALL DAY.

## PEULOT (ACTIVITIES)

**Kittah/Shiurim:** Learn *Parshat Hashavua*, listen to a *Daf Yomi* podcast, or browse *Sefaria* for some Jewish texts you've never studied before.

**Schiyah:** If you have access to a pool, make sure it's filled with Purell, dive in and enjoy (keep your eyes and mouth closed).\* If not, wait till it rains, then run around outside at a distance of 10 feet from each other. Buddy tag board creation optional. (*\*Please do not actually do this.*)

**Yom Sport/Al Hagova:** Pick a sunny day or a rainy day. Divide into teams or every person is their own team (depending on how many "campers and counselors" you have). Develop challenges like The Floor is Lava, House Run, Chai Climb (timing campers as they run up and down stairs - best time for 18 reps wins), and the Don't Touch Your Face Challenge.

**Yom Dalet (or what we now call "Yom Hav"):** The campers are in charge of creating programming for that day (within reason - only one *Yom Dalet/Yom Hav* a week, and maybe only one or two *Yom* Netflixes a month).

**Radio:** Start your own radio station, YouTube channel or quarantinecast. Take requests from other quarantined friends.

**Peulat Erev.** Ga-Ga (disinfecting the ball every time it hits another player), Capture the Tuna Cans From the Cellar So We Can Eat Lunch Tomorrow, curated dance party from *tzevet Radio*.

**Hatzagah:** Launch an in-house revival of your camp play, *b'lvrit*,

translate a bunch of English songs into Hebrew for a medley; or just sing along with YouTube clips of Ben Platt singing songs from Broadway musicals. Shortcut: [Here's a link](#) to the archive of Hebrew musicals from the National Ramah Commission.

## **SHABBAT**

***Erev Shabbat:*** Make Shabbat-o-grams in *Omanut*, or send virtually via e-cards, email or zoom; choose a Jewish or other nonprofit organization to give a small amount of *tzedakah* to.

**Shabbat:** In accordance with your current practice, offering three kinds of services: Traditional, Musical, or *Sha'are Sheinah* (sleep as late as you want).

***Havdalah:*** All the nai nais. Smell those spices, appreciate the flame, drink the wine or grape juice and have a *tzevet* meeting to start programming for the next week.

**OTHER JEWISH HOLIDAY CELEBRATIONS:** A time to celebrate our heritage by celebrating a Jewish holiday every single day, during whichever time slot you prefer.

***Yom Ha'atzmaut:*** Israeli-themed *Rikudiah* during which campers do interpretive dance about their favorite Jewish historical moments like the fact that Israel has had three elections in the last year, a *Zimriya* featuring the theme of "songs they play on Galgalatz," and falafel for lunch.

***Tish'ah B'av:*** Sitting on the floor, reading by candlelight and remembering those times that we used to have the temple/synagogue/JCC.

## **MISCELLANEOUS**

***Nikayon:*** Camp taught you the way: identify tasks, make a wheel or a chart with pockets and get to cleaning!

***Kvisah:*** No need to wait for *Gesher* laundry privileges; now everyone can learn this fun activity!

***Shmirah:*** You're all on Shmirah. All the time. And you're all the campers trying to go on raids. All the time. At last, everything is equalized.

***Rad Hayom:*** *Rad hayom. Anu po. Mishpacha b'yachad, anu po.\*\* Laila ba, menuchah*, but first, that new Netflix series or an episode of *The Office*. Shalom... (\*\**New Rad Hayom lyrics: "We are here. Family together, we are here."*)

**Marp:** I'm writing you all a proactive tea note and putting those of you who have a cold on bed rest, plus wishing you all health, wherever you are.

*Esther D. Kustanowitz is a writer, editor and consultant based in Los Angeles, and is an alumna of Ramah Berkshires, Gesher year withheld to maintain public perception of her age. You can find her on Twitter at EstherK and running the TVGoneJewy Facebook page. Links to more of her work and her podcast, The Bagel Report, are available at EstherK.com.*

\*\*For more ideas like the ones listed here, plus more, please click [HERE](#) to visit our Coronavirus (COVID - 19) Updates page.\*\*

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Keep up with Ramah Berkshires  
announcements, events, and resources on our  
special webpage. Click [HERE](#).

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