



RAMAH BERKSHIRES

רמה ברקשירס

Ramah Berkshires Chess Club Dungeons & Dragons Club Fitness Sessions AND MORE!

We have so much in store for you!
Read below to learn more!

Ramah Berkshires Virtual Chess Club

Novice chess player? Interested in learning the game? Whether you are an experienced player or want to learn the basics, come and join the Chess Club!

If you are interested in participating in this club, please join us for an informational session this **Thursday, April 23 at 6 PM ET** or **Sunday, April 26 at 2 PM ET**. ****You only need to attend ONE of these informational sessions.****



Click [HERE](#) to join us for an informational session on **Thursday, April 23 at 6 PM ET**.

Click [HERE](#) to join us for an informational session on **Sunday, April 26 at 2 PM ET**.

**Daniel Coman (former tzevet member) will be instructing this club.*

Ramah Berkshires

Virtual Dungeons & Dragons Club



Interested in playing a weekly game of Dungeons & Dragons (DnD) with your Camp friends? Want to learn the game? All are welcome to join the DnD club!

If you are interested in participating in this club, please join us for an informational session on either this **Wednesday, April 23 at 5:30 PM ET** or **Sunday, April 26 at 4 PM ET**. **You only need to attend **ONE** of these informational sessions.**

Click [HERE](#) to join us for an informational session on **Wednesday, April 22 at 5:30 PM ET**.

Click [HERE](#) to join us for an informational session on **Sunday, April 26 at 4 PM ET**.

**Phil Kronenberg (tzevet member) will be instructing this club.*

Workout with Personal Trainer, Ilana Milstein

Calling all staff, campers and parents!

Feeling cooped up? Want to get up and move? Come and join us for an energizing workout session with certified personal trainer, Ilana Milstein. No weights or workout props needed! All levels welcome!



Ilana will be leading **three** different workout sessions - one for staff, one for parents, and one for campers. Come and join us!

Click [HERE](#) to workout with us for the **Staff Workout Session** on **Tuesday, April 28 at 5 PM ET**.

Click [HERE](#) to workout with us for the **Parents Workout Session** on **Thursday, April 30 at 7:30 PM ET**.

Click [HERE](#) to workout with us for the **Campers Workout Session** on **Sunday, May 3rd at 11 AM ET**.

**Ilana Milstein is an ACE Certified Personal Trainer and a current Camp parent.*

One More Week to Shop!

Order your Ramah Berkshires Swag today!

Shop Our Online Swag Store!
Start shopping for *Kayitz 2020!*

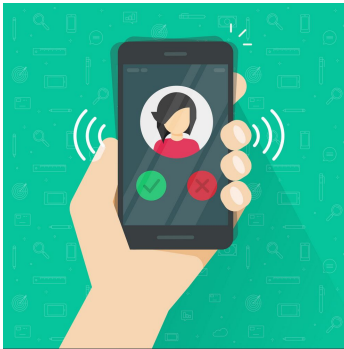
Our spring online Camp swag store

is open! Order your Ramah Berkshires apparel and accessories today! Place your orders by **April 26th!** Click [HERE](#) to shop at our online store.



All proceeds will be divided between the Dutchess County Community Action Agency in Dover and the Camp Ramah in the Berkshires Scholarship Fund.

An Opportunity for *Chesed*



In our communities, there are many folks who are high-risk and home-bound during this time of social distancing. So we're calling on YOU to help us form a **Ramah Berkshires Volunteer Squad!**

All participants will be matched with senior citizens who are isolated, and currently isolated in their homes. As a volunteer, you will be expected to call your assigned person at least once a week to chat and check-in (we will provide you with some "talking points" and suggested conversation topics). Some of the people in need are over 100 years old, and it will truly brighten their days to have this social interaction over the phone.

If you're interested, please click [HERE](#) to fill out a form. This is a wonderful opportunity to do an important *mitzvah*, and we know that both those making and those receiving calls will benefit greatly from the experience.

CLICK HERE TO FILL OUT THE VOLUNTEER FORM

Virtual *Kol Ramah* 102.3

Missing your favorite summer radio station? You're in luck!

Kol Ramah 102.3 is coming on the air for a



special pre-Camp broadcast! You can choose the *Kol Ramah* song of your choice and dedicate it to anyone in the Berkshires community that you choose. This podcast will be available on kolramah.us and will be broadcast on our live stream as well.

To participate all you need to do is record a voice message in Hebrew or English and send it via chat on WhatsApp to the U.S. phone number 917-821-9798. Please be in a quiet room so that background noise does not get picked up in your recording.

On the call, provide your name, *Kayitz 2020 edah* (or *Kayitz 2019 edah*), any shout-out that you would like to mention, and choose a favorite Hebrew or Camp song to dedicate. And don't forget to tell us why you are choosing the song. At the end of the recording say: "*Atem Ma'azinim L'radio Kol Ramah* - אתם מאזינים לרדיו קול רמה"

*You can also send an mp3 file to studio@kolramah.us**

To listen to Kol Ramah 102.3 head to <https://soundcloud.com/kolramahberkshires>.

For direct Zoom links, important information, updates, resources, and more, please visit our [special webpage](#).

*Zoom links for the individual programs can be found in the "Join us Virtually" section at the bottom of the page.

[CLICK HERE TO VISIT OUR SPECIAL WEBPAGE](#)

