



# CAMP HANDBOOK

## Summer 2019

<b>WINTER</b>	<b>SUMMER</b>
Until June 11	June 12 – August 20
<b>3845 Bathurst Street, Ste 310 Toronto, Ontario M3H 3N2 (416) 789-2193 Fax: (416) 789-3970</b>	<b>1104 Fish Hatchery Road Utterson, Ontario POB 1M0 (416) 789-2193 Fax: (705) 769-2167</b>
<a href="mailto:info@campramah.com">info@campramah.com</a> <a href="http://www.campramah.com">www.campramah.com</a>	

*Camp Ramah in Canada operates under the guidance of the National Ramah Commission and the Jewish Theological Seminary of America, and is governed by the Camp Ramah in Canada Committee, a subcommittee of the Jewish Theological Society of Canada.*



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# Bruchim Haba'im - Welcome!

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

*Bruchim Haba'im* - Welcome to the Camp Ramah family! As plans for the summer progress, the professional staff and lay leadership are enthusiastically anticipating another successful camp season. We hope that this summer proves to be a joyous and memorable one for your entire family.

This Handbook contains important information to help you prepare your child for camp. After reviewing the Handbook, if you have any questions or concerns, please let us know.

*L'Shalom,*

Rabbi Jordan Bendat-Appell  
Director

Aviva Millstone  
Associate Director

## Whom to Contact for What?

Our year-round office telephone number is 416-789-2193. Here is a brief list of whom to contact for what:

Issue	Contact Person	Ext.	Email
Camper Concerns	Naomi Dzaldov,MSW Parent Liaison	2134	<a href="mailto:naomi@campramah.com">naomi@campramah.com</a>
Busing, Baggage	Elisha Berger	2100	<a href="mailto:info@campramah.com">info@campramah.com</a>
Laundry, Lost & Found	Elisha Berger	2100	<a href="mailto:info@campramah.com">info@campramah.com</a>
Fees, Scholarships	Mitch Small	2139	<a href="mailto:accounting@campramah.com">accounting@campramah.com</a>
Donations	Messodie Carter	2138	<a href="mailto:messodie@campramah.com">messodie@campramah.com</a>
Financial Matters	Mitch Small	2510	<a href="mailto:MSmall@campramah.com">MSmall@campramah.com</a>

## Emergencies

If there is a family emergency, please state this when you call and ask to speak to your child's *yoetzet*. Your call will be handled as quickly as possible. When the switchboard is closed, you can leave a voicemail, or, in the case of a real emergency, you can reach us on our emergency pager at **416-501-4238**. If your call is not an emergency, please refrain from using the emergency pager.

## Important Dates

Sunday, June 16	Hanhallah Arrive
Thursday, June 20	Staff Arrive
Tuesday, June 25	Toronto Luggage Drop off for First, 6 Week, Full and Tikvah session campers
Wednesday, June 26	First Session Begins
Sunday, July 7	First Session Shorashim Ends
Sunday, July 21	First Session Ends, Visiting Day
Monday, July 22	Second Session begins/ Grade 3/4 Adventure Begins
Friday, July 26	Mini-Taste Weekend Begins
Sunday, July 28	Mini-Taste Weekend Ends
Sunday, August 4	Tikvah/Grade 3/4 Adventure/6 Week Campers depart
Sunday, August 4	Second Session Shorashim Begins
Thursday, August 15	Camp Ends

## Forms

The following forms can be found under Forms & Documents in your CampInTouch Portal: <https://ramahcanada.campintouch.com/v2/login.aspx>

- Bunk Request Form
- Scholarship Application
- Bar/Bat Mitzvah Information and Tutoring Form
- Camper Transportation Form
- Camper Travel Permission Form (for campers traveling from outside of Canada)
- Camper Health Form
- New and/or Pertinent Information Form
- Medical and Hospital Authorization Form
- Code of Conduct
- Special Food Requirements Form

## A Message from the Camp Director

It is a great honour to be writing you as the Director of Camp Ramah in Canada. It is an honour because I know how precious and important camp is for so many. As a life-long camp person, I am with you! Many of my most growthful experiences occurred at camp. These are the experiences that helped form me into who I am now. It was at camp that I felt joy, laughter and comradery like I never had before. It was at camp that I learned what community really meant and that I first felt the power of ritual. It was at camp that I learned that I was capable of going beyond what I thought limited me. I remember learning this as I pulled my canoe paddle through the water over and over again, rain pounding down, my spirits buoyed by screaming and singing camp songs with my friends at the top of our lungs.

Our work as camp professionals is to create a safe and nurturing environment for this growth to occur. I take my cue from the great Hasidic teacher, Rabbi Kalonymus Kalman Shapira, known as the Piaseczno Rebbe:

“Parents and teachers must know that their task is to educate and uncover children of the Divine and giants of Israel. They must see the children sitting in front of them as great souls still in potentia, their task is to get them to grow and flourish. A teacher or parent is a gardener in the garden of God, assigned to cultivate it and guard it from harm.”

We are in partnership with you, the *horim* (parents) of our *chanichim* (campers) in cultivating and nurturing the young people in our care. Everything we do, every word of encouragement, every smile, and every course correction we offer helps grow and nurture our chanichim into becoming the future of our people.

We have a great responsibility and an awesome opportunity. Together, we will help make the experience at camp incredibly successful, safe, and fun. We are so happy to be “gardening” with you!

Rabbi Jordan Bendat-Appell  
Director

## **PREPARING FOR CAMP**

As you spend the weeks leading up to camp packing and preparing physically, we recommend spending some time preparing emotionally as well. Help your child think about what he/she really wants to achieve or work on at camp. Remind your child to make the most of his/her time at camp by participating in all that camp has to offer. If your child seems a bit anxious at the thought of separating, normalize the worry and remind him/her that many kids feel sad about leaving home for the summer. Help your child to consider strategies that may help if he/she is missing you at camp. If your child has been to camp before, help him/her to focus on the parts he/she loved and is looking forward to experiencing again. If this is his/her first summer, visit [www.campramah.com](http://www.campramah.com) and visually acquaint your child with their home for the summer. Your preparation before the summer with your child will help prepare him/her for the most impactful and growthful summer possible.

## **Bunking Requests**

As part of the application process, all campers have the opportunity to request their bunkmates. While we take those requests seriously, there are other factors kept in mind when forming cabin groups, including (for returning campers) recommendations from the previous summer and the overall cabin dynamic. We do our best to see that every camper who makes a request gets at least one of their choices. Please go to the Forms and Documents section of your CampInTouch portal to fill out your bunk request form prior to May 9th.

## **B'nai Mitzvah Training**

We are happy to assign staff members to review Bar/Bat Mitzvah preparations once per week with those campers whose Bar/Bat Mitzvah falls during the months of August to December 2019. If you are interested in this opportunity, please go to the Forms & Documents section of your CampInTouch Portal. Please be sure that your child brings all necessary materials to camp. Our staff is happy to review what your child has already learned but cannot be responsible for teaching new material.

## **Packing Preamble**

Helping to preserve and strengthen every camper's sense of self is one of our most important objectives. We want our campers to feel confident, comfortable and respected by their fellow campers. Jewish law requires that we are thoughtful and modest about our clothing choices. With our current fashion trends, hemlines are getting shorter, fabrics more transparent, and tops more revealing. These styles are inappropriately aimed at younger and younger children. We strive to make Ramah a place that is absent of these pressures.

Please keep in mind the following expectations:

- All clothes at camp should not be excessively tight, short or revealing
  - \* Girls must wear tankinis or full piece bathing suits; bikinis are not allowed
- Graphics on clothing should be appropriate: T-shirts with profanity, inappropriate words, phrases, or symbols may not be worn.
- Shabbat clothing should be reflective of the sanctity of the day - khakis and button downs for boys; skirts or nice pants for girls
- Shoulders must be covered for tefillot.

## Technology

For camps, technology is a quandary. It is an integral part of our lives, yet it can also be pervasive and all-consuming. At camp, where we aim to strengthen interpersonal connection, growth, and independence, technology simply gets in the way. For two months, we want to protect our campers' ability to play and engage unencumbered by a device.

Like other Ramah camps, we believe that unplugging over the summer enhances our connections: to each other and to our surroundings.

What is the Policy for campers?

- Campers are not permitted to bring any devices to camp that are capable of playing games, watching movies, downloading data or being used as a telephone. This includes: Cell/Smart phones, iPods, iPads, laptops, any gaming device, E-books of any kind.
- If these devices are found in camp, they will be confiscated.
- Campers who require a phone for travel to and from camp will be required to turn in their phone before entering camp – the phone will be returned at the end of the session.
- The only acceptable devices at camp are MP3/MP4 players that do not have a screen. Here are some examples of acceptable devices:

**Player 1** Wiwoo U2 16GB Portable Clip MP3 Player

**Player 2** (SODIAL A Screen MP3 U Disk No. 7 Battery Card USB in-line Radio Cassette Player

...If your child requires an MP3/MP4 player and you are unable to purchase one, please let us know and we are happy to provide one.

- Digital Cameras are permitted.

## **What NOT to Bring**

THE FOLLOWING ITEMS HAVE NO PLACE AT RAMAH. PLEASE DO NOT SEND ANY OF THE FOLLOWING ITEMS TO CAMP WITH YOUR CHILD. **THEY WILL BE CONFISCATED.**

### DEVICES WITH SCREENS

As mentioned above, Ramah has adopted a SCREEN-FREE POLICY for campers. This means that campers are not permitted to bring any devices to camp that are capable of playing games, watching movies, downloading data, or being used as a telephone. These devices create distractions and are sometimes used inappropriately. Personal music devices (screen free) are permitted, as are digital cameras.

- Portable screen devices
- Cellular Phones
- Portable DVD players
- Portable televisions, game devices
- Laptop computers, electronic games

### ADDITIONAL ITEMS

- Hot pots, hot plates, kettles
- Drones, Go Pros
- Candles, lighters, matches
- Knives, pellet guns

### FOOD

Campers are not permitted to bring food. We are a kosher, nut-free facility. We have children with life-threatening food allergies and we do not want to risk a child having an allergic reaction to a treat brought into the cabin. Moreover:

- \* it encourages unwanted visits from bugs and animals
- \* it can create conflict amongst campers
- \* it can cause discomfort and concern around levels of kashrut.

In addition to three meals a day, we provide campers with at least two snacks daily.

SAFETY IS OUR NUMBER ONE PRIORITY. CONSIDERABLE THOUGHT HAS GONE INTO OUR POLICIES. WE ASK ALL PARENTS AND STAFF TO SUPPORT OUR POLICIES AND HELP KEEP OUR CHILDREN BOTH SAFE AND HEALTHY.

### Spending Money

Camp operates a kiosk (Tuck shop) with snacks and beverages. Campers will have the opportunity to choose a few treats twice a week, which is included as part of the camper tuition fee. We therefore ask campers not to bring cash to camp. Any cash or valuables brought to camp must be placed in the camp safe for safekeeping. Our insurance does not cover loss or theft of cash or valuables in cabins.

## Packing List

It is important from the standpoint of health and cleanliness that campers have sufficient and appropriate clothing. The following packing list is designed to provide the camper with a **suggested two-week supply** of washable clothing. At camp, a child gives clothes harder wear than in the city. And often in a cabin, items can go missing.

**We recommend that you do not send expensive articles of clothing to camp.**

Please remember that when it rains at camp, the camp roads can become muddy and filled with puddles. It is therefore critical that your child bring waterproof rainwear. Boots are strongly recommended.

**Sun Protection:** Due to the dangers involved with exposure to the sun, it is important that your child wear a hat as well as effective sunscreen during outdoor activities. Please make certain that your child has a hat suitable for active play, an ample supply of sunscreen, and a water bottle. (Please note that water guns are prohibited and will be confiscated.)

### PLEASE LABEL ITEMS CAREFULLY

#### PERSONAL CLOTHING

- Talit and tefillin (mandatory for boys 13 years and older, optional for others. Girls over age 13 who would like, are encouraged to bring tallit and tefillin. Instruction for wearing these items can be provided)
- 4 kippot (mandatory for boys, optional for girls)
- 4 long-sleeve T-shirts
- 8 short-sleeved T-shirts
- 6 shorts - (Girls length of shorts should be mid-thigh or longer)
- 2 pairs of jeans
- 4 pairs of sweatpants
- 4 light sweaters/sweatshirts
- 15 pairs of underwear
- 15 pairs of socks
- 3 pairs of pajamas
- 4 bathing suits - (Girls – one-piece or Tankini's, )
- 2 sun hats
- 1 raincoat with hat or hood
- 1 bathrobe
- 1 pair of rain boots
- 1 pair of slippers
- 1 pair of shower/beach shoes
- 2 pairs of shoes (running or sneakers/hiking)
- Appropriate Shabbat clothing
- Boys - Polo/Button down Shirts and Khakis
- Girls - Dress, Skirt or nice pants (dress and skirt mid-thigh or longer for Shabbat);

#### BEDDING

- 2-3 blankets
- 1 sleeping bag
- 4 sheets (2 fitted sheets)
- 2-3 pillow cases
- 1 pillow

#### TOILET ARTICLES

- 7-8 towels (beach/shower)
- 2 face cloths
- laundry bag will be supplied by the camp
- 1 brush & comb
- 2 bars of soap (soap container)
- toothbrush, toothpaste
- shampoo, Kleenex, deodorant
- sunscreen lotion (minimum SPF 30)
- insect repellent
- 1 toilet bag or pail

#### OTHER ITEMS

- Letter writing material (paper, pencils)
- Canadian stamps, envelopes (self-addressed are helpful) – Stamps will be available from the camp office for the standard postage cost
- Musical instruments
- Inexpensive camera
- Books, cards, portable games, chess
- Athletic equipment (balls, baseball gloves, tennis racquets, etc.)
- Flashlight and batteries
- Water Bottle
- A Watch

Laundry is provided to all campers weekly and returned within 24 hours.

## HEALTH & SAFETY - Health Information Form

Adequate medical records are important to the wellbeing of our entire camp community. **No camper will be received in camp without a current Health Information Form** completed on-line. If you have not yet filled in your camper's Health Information Form in your CampInTouch Portal please do so as soon as possible. The Medical and Hospital Authorization form can be found in your CampInTouch Portal.

### Immunization Policy

All children attending Camp Ramah must be up-to-date in their routine childhood immunization as determined by the provincial schedule. While there is an ongoing public debate concerning vaccination, the strong perspective of medical professionals is that vaccines are safe and essential for ensuring the wellbeing of our communities. While individual parents may choose to defer the vaccination of their children, for Camp Ramah this is not an issue of individual rights and choice, but an issue of public health and policy. The routine vaccination of all campers and staff is an important public health matter especially in the confined environment of a sleep away summer camp. Outbreaks of preventable infectious diseases have occurred in these settings.

**Safety and public health are priorities for all of the Ramah camps.** The vaccination of all members of the Ramah community is essential to maintain a safe environment and decrease the risk of transmission of these preventable illnesses. The establishment of a safe camp environment must therefore include the requirement that all members of the Camp Ramah community be adequately immunized according to the routine childhood schedule. Camp Ramah must endorse this public health policy.

### Required Immunizations

1. **DTPT (Diphtheria, Tetanus, Polio, Pertussis (Whooping Cough))** - A series of a minimum of four doses, with the last dose within 10 years of the start of the camp session.
2. **MMR (Mumps, Measles, Rubella)** - A series of two doses.
3. **Chicken Pox** - Vaccination or history of illness. 2 doses are required, 1 month apart.
4. **Meningococcal C-C/ACYW** – 1 dose (given routinely in Grade 7 by local public health units in Ontario) as recommended as per the local public health unit schedule.

### Recommended Immunizations

1. **Hepatitis B** – 2 doses when given in adolescence (given routinely in Grade 7 by local public health units in Ontario).
2. **Hepatitis A** - (not publicly funded but recommended). Two doses provide long-term protection.
3. **Meningococcal B** – (not publicly funded)

### Boosters, Injections and Inoculations

Most recent tetanus immunization must be specified on the Health Information Form. It is advisable to complete all such inoculations by the end of May 2019.

## **Infirmary**

Our infirmary is well staffed. There is always a doctor and a team of registered nurses on call. Our 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,
- your child is in the infirmary overnight,
- your child needs to be taken for x-rays or lab tests and a cost may be incurred,
- your child needs to be put on antibiotics, or
- your child has lice

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 call the infirmary. Please notify camp immediately of any medical condition that develops immediately before the summer.

## **Eyeglasses**

Children who wear glasses should bring an extra pair to camp in case of breakage or loss. Please make sure your child's name is marked on their eyeglasses. In the event that glasses need to be repaired or replaced at camp, you will be billed for this service.

## **Dental Work**

It is important that children's dental and orthodontic needs are attended to before camp. There is no dentist in camp, and it is difficult for us and expensive for you to have us take children to a dentist in town. In the event that your child must have dental or orthodontic treatment, you will be billed for this service. Camp medical insurance does not cover dental work.

## **Lice**

Camp Ramah in Canada 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 in camp, your child will be treated immediately, and we will contact you. 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 (i.e. combs and brushes) contribute to their ability to spread. Please discourage your child from sharing such items while in camp.

## Medications

The infirmary is stocked with a variety of over-the-counter drugs and specialized equipment. **Please note that provincial law requires that all medications be kept in the infirmary at camp.** There can be NO medications in the cabin.

## 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 considering taking your child off medication. Please note that generally we do not support medication holidays at camp and any plan to discontinue medication taken during the school year must be discussed with the Parent Liaison prior to camp.

**Blister Packs** - If your camper requires 2 or more pills at a time, medications must come blister packed by a pharmacy.

## Safety

Since Camp Ramah's inception over 59 years ago, we have an excellent track record for safety and security. Ramah 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 a secure environment as possible for our campers, the professional and lay leadership have designed the following protocols regarding safety and security:

- The main entrance to camp has a security gate.
- All visitors and deliveries will be stopped at the security gate.
- All visitors will be required to check in at the main office and to wear identification.
- **No unexpected visitors will be allowed into camp.**
- Our security guards patrol the camp regularly between the hours of 10:00 pm and 6:30 am.

## TRANSPORTATION

Camp has arranged for buses to transport your children and their luggage between camp and designated sites. Parents are strongly encouraged to send children to camp on the bus, rather than driving them up to camp, as this allows for an easier transition to the summer program.

### If Traveling By Bus...

Because the bus departure schedule is contingent upon the number of campers coming from each of our communities each session, this information will only be available on our website in early June. The *tentative* schedule for opening day (June 26) can be found at the end of this section.

### If Traveling By Plane...

Campers traveling to Toronto by air on arrival days will be met by a Camp Ramah staff member (identifiable by a camp T-shirt or sign). Campers will be bused with their luggage to camp or to our Toronto buses to join the other campers for the ride to camp.

### Booking Flights

Flights should be booked to Toronto Pearson International airport. A list of recommended flights from various departure cities can be found at the end of this section.

**June 26** arrivals should be by **12:00pm**, preferably between 10:30am – 11:30am. If you will be taking a flight that is not on our Recommended Flight List, please contact Reena at [info@campramah.com](mailto:info@campramah.com) *before* booking your flight. It is very important you enter all your flight details in your camper's transportation form no later than May 9, 2019. Any questions can be sent to Reena at [info@campramah.com](mailto:info@campramah.com). We recommend that you begin making travel arrangements in order to ensure the proper flight times and the lowest possible fares.

**Monday July 22<sup>nd</sup>** arrivals should be no later than 12:00pm. If you will be taking a flight that is not on our Recommended Flight List, please contact Reena at [info@campramah.com](mailto:info@campramah.com) *before* booking your flight.

### End of Session

Flight departures times should be booked no earlier than 2:00pm and no later than 6:30pm. If you will be taking a flight that is not on our Recommended Flight List, please contact Elisha at [info@campramah.com](mailto:info@campramah.com) *before* booking your flight.

### Unaccompanied Minor

An unaccompanied minor is a camper 16 and under travelling without an adult. Please check with your airline at the time of booking tickets for details.

### If Traveling By Car...

For both sessions, if you choose to drive your child to camp, please plan to arrive between 2:00-3:00 pm. We ask that you please park in front of the main office and sign your child in. Your child's counselor will collect him/her from there. We ask that parents not linger in order to help ensure a smooth transition for your child.

Camper Transportation Form – under Forms & Documents of your CampInTouch Portal

Camper Travel Permission Form – under Forms & Documents of your CampInTouch Portal. This form is only mandatory if you are travelling from outside of Canada.

## **Proof of Citizenship for Non-Canadian Residents**

### **Traveling by Bus/Car**

When crossing into Canada by bus/car, every camper must have his/her valid original passport and a completed Camper Travel Permission form. (If you are over the age of 18, you must travel with a valid passport).

### **Traveling by Air**

When crossing into Canada by air, every camper must have his/her valid passport.

All camper travel documentation such as passport, airline tickets and travel money will be collected and stored in the office safe and returned on day of departure.

**Note: Camper passport must be valid until February 2020.**

Camp Ramah will notify you, via email, upon arrival of your camper at camp.



**For campers travelling by air:**  
 Please choose a flight off of our "Recommended Flight List" document, which is located in your CampInTouch Portal under Forms & Documents.

## 2019 TRANSPORTATION SCHEDULE

For campers departing on Wednesday June 26, 2019

AREA SERVED	DEPART FROM / ARRIVE AT	Times	
		Load	Depart
<b>TORONTO AIRPORT</b>	Toronto Pearson International Airport Terminal #1	<b>Based on Flight Arrivals - Bus will go directly to camp from Airport - Senior staff will greet arriving campers at airport</b>	
<b>BUFFALO</b> Williamsville, East Amherst	<b>Temple Beth Tzedek</b> 1641 North Forest Road Williamsville, New York (716) 838-3232	<b>10:00 AM</b>	<b>10:30 AM</b>
<b>CLEVELAND</b> Akron	<b>B'nai Jeshurun</b> 27501 Fairmount Bl Pepper Pike, OH (216) 831-6555	<b>6:00 AM</b>	<b>6:30 AM</b>
<b>DETROIT</b> Ann Arbor, Grand Rapids, Toledo OH, Windsor ON	<b>Cong. Shaarey Zedek</b> 27375 Bell Rd Southfield, MI (248) 357-5544	<b>8:00 AM</b>	<b>8:30 AM</b>
<b>MONTREAL</b>	<b>Shaare Zion Congregation</b> 5575 Cote St. Luc Road Montreal, QC (514) 481-7727	<b>7:30 AM</b>	<b>8:00 AM</b>
<b>OTTAWA</b> Nepean	<b>Kehillat Beth Israel</b> 1400 Coldrey Avenue Ottawa, ON (613) 728-3501	<b>10:00 AM</b>	<b>10:30 AM</b>
<b>PITTSBURGH</b>	<b>Beth Shalom Synagogue</b> 5915 Beacon St Pittsburgh, PA (412) 421-2288	<b>6:15 AM</b>	<b>6:45 AM</b>
<b>ROCHESTER</b> Pittsford, Penfield	<b>Temple Beth El</b> 139 Winton Rd South Rochester, NY (585)473-1770	<b>8:45 AM</b>	<b>9:15 AM</b>
<b>TORONTO</b> Dundas, Hamilton, Kingston, Kitchener, London, St. Catharines	<b>Esther Shiner Civic Stadium</b> 5720 Bathurst St Toronto, ON	<b>12:30 PM</b>	<b>1:00 PM</b>

For campers travelling by air: Please see our "Recommended Flight List" document located in your CampInTouch Portal

Maximum of 2 pieces of luggage. No trunks allowed.

Toronto Luggage Drop off - Tuesday June 25 between 4:30 - 7 p.m. at Beth David B'nai Israel Beth Am Synagogue

For additional information refer to the website: [www.campramah.com](http://www.campramah.com)



**For campers travelling by air:  
Please contact us before booking a flight.**

## 2019 TRANSPORTATION SCHEDULE

### For campers arriving home on Sunday July, 21, 2019

AREA SERVED	DEPART FROM / ARRIVE AT	Arrive Home
<b>TORONTO AIRPORT</b>	Toronto Pearson International Airport Terminal #1	<b>Based on Flight Departures - Bus will go directly to the Airport from camp - Senior staff will check the campers in at the airport</b>
<b>BUFFALO</b> Williamsville, East Amherst	<b>Temple Beth Tzedek</b> 1641 North Forest Road Williamsville, New York (716) 838-3232	<b>1:00 PM</b>
<b>CLEVELAND</b> Akron	<b>B'nai Jeshurun</b> 27501 Fairmount Bl Pepper Pike, OH (216) 831-6555	<b>6:00 PM</b>
<b>DETROIT</b> Ann Arbor, Grand Rapids, Toledo OH, Windsor ON	<b>Cong. Shaarey Zedek</b> 27375 Bell Rd Southfield, MI (248) 357-5544	<b>4:00 PM</b>
<b>MONTREAL</b>	<b>Shaare Zion Congregation</b> 5575 Cote St. Luc Road Montreal, QC (514) 481-7727	<b>3:30 PM</b>
<b>OTTAWA</b> Nepean	<b>Kehillat Beth Israel</b> 1400 Coldrey Avenue Ottawa, ON (613) 728-3501	<b>1:30 PM</b>
<b>PITTSBURGH</b>	<b>Beth Shalom Synagogue</b> 5915 Beacon St Pittsburgh, PA (412) 421-2288	<b>5:00 PM</b>
<b>ROCHESTER</b> Pittsford, Penfield	<b>Temple Beth El</b> 139 Winton Rd South Rochester, NY (585)473-1770	<b>2:30 PM</b>
<b>TORONTO</b> Dundas, Hamilton, Kingston, Kitchener, London, St. Catharines	<b>Adath Israel Congregation</b> 37 Southbourne Avenue Toronto, ON M3H 1A4	<b>11:00 AM</b>

We will be in contact with you throughout the day if there are any changes to the arrival schedule.

For additional information refer to the website: [www.campramah.com](http://www.campramah.com)



Please choose a flight off of our "Recommended Flight List" document, which is located in your CampInTouch Portal under Forms & Documents.

## 2019 TRANSPORTATION SCHEDULE

### For campers departing on Monday July 22, 2019

AREA SERVED	DEPART FROM / ARRIVE AT	Times	
		Load	Depart
<b>TORONTO AIRPORT</b>	Toronto Pearson International Airport Terminal #1	Based on Flight Departures - Bus will go directly to the Airport from camp - Senior staff will check the campers in at the airport	
<b>BUFFALO</b> Williamsville, East Amherst	<b>Temple Beth Tzedek</b> 1641 North Forest Road Williamsville, New York (716) 838-3232	<b>10:00 AM</b>	<b>10:30 AM</b>
<b>CLEVELAND</b> Akron	<b>B'nai Jeshurun</b> 27501 Fairmount Bl Pepper Pike, OH (216) 831-6555	<b>6:00 AM</b>	<b>6:30 AM</b>
<b>DETROIT</b> Ann Arbor, Grand Rapids, Toledo OH, Windsor ON	<b>Cong. Shaarey Zedek</b> 27375 Bell Rd Southfield, MI (248) 357-5544	<b>8:00 AM</b>	<b>8:30 AM</b>
<b>MONTREAL</b>	<b>Shaare Zion Congregation</b> 5575 Cote St. Luc Road Montreal, QC (514) 481-7727	<b>7:30 AM</b>	<b>8:00 AM</b>
<b>OTTAWA</b> Nepean	<b>Kehillat Beth Israel</b> 1400 Coldrey Avenue Ottawa, ON (613) 728-3501	<b>10:00 AM</b>	<b>10:30 AM</b>
<b>PITTSBURGH</b>	<b>Beth Shalom Synagogue</b> 5915 Beacon St Pittsburgh, PA (412) 421-2288	<b>6:15 AM</b>	<b>6:45 AM</b>
<b>ROCHESTER</b> Pittsford, Penfield	<b>Temple Beth El</b> 139 Winton Rd South Rochester, NY (585)473-1770	<b>8:45 AM</b>	<b>9:15 AM</b>
<b>TORONTO</b> Dundas, Hamilton, Kingston, Kitchener, London, St. Catharines	<b>Adath Israel Congregation</b> 37 Southbourne Avenue Toronto, ON	<b>1:00 PM</b>	<b>1:30 PM</b>

For campers travelling by air: Please see our "Recommended Flight List" document located in your CampInTouch Portal

Maximum of 2 pieces of luggage. No trunks allowed.

For additional information refer to the website: [www.campramah.com](http://www.campramah.com)



**CAMP  
RAMAH**  
IN CANADA  
מחנה רמה בקנדה  
The Max and Beatrice Wolfe Campus

Please choose a flight off of our "Recommended Flight List" document, which is located in your CampInTouch Portal under Forms & Documents.

## 2019 TRANSPORTATION SCHEDULE

### Arrival Home Sunday, August 4, 2019

AREA SERVED	ARRIVE AT	Arrival Time
<b>TORONTO AIRPORT</b>		
<b>BUFFALO</b> Williamsville, East Amherst		
<b>CLEVELAND</b> Akron, Canton, Youngstown		
<b>DETROIT</b> Ann Arbor, E Lansing, Grand Rapids, Flint, Toledo OH, Windsor ON		
<b>MONTREAL</b>		
<b>OTTAWA</b> Nepean		
<b>PITTSBURGH</b>		
<b>ROCHESTER</b> Pittsford, Morristown, Bridgewater, Dewitt, Ithaca, Syracuse		
<b>TORONTO</b> Dundas, Hamilton, Kingston, Kitchener, London, St. Catharines	<b>Beth Emeth Bais Yehuda Synagogue</b> 100 Elder Street - Parking Lot off Wilmington	<b>11:30 AM</b>
<b>CAR</b>	<b><u>Please come into the office upon arrival!</u></b> Please do not forget to pick up any gov't ID that was sent to camp with your child.	<b>Pick Up      9:00 AM</b>

Please note that times may change due to border crossing.  
Arrival times include one hour for a short stop and border crossing.



Please choose a flight off of our "Recommended Flight List" document, which is located in your CampInTouch Portal under Forms & Documents

<b>2019 TRANSPORTATION SCHEDULE</b> Arrival Home August 15, 2019		
AREA SERVED	ARRIVE AT	Arrival Time
<b>TORONTO AIRPORT</b>	Campers will be escorted by staff to the airport	<b>Before Flight Check In</b>
<b>BUFFALO</b> Williamsville, East Amherst	<b>Temple Beth Tzedek</b> 1641 North Forest Road Williamsville, New York (716) 838-3232	<b>1:00 PM</b>
<b>CLEVELAND</b> Akron, Canton, Youngstown	<b>B'nai Jeshurun</b> 27501 Fairmount Bl Pepper Pike, OH (216) 831-6555	<b>6:00 PM</b>
<b>DETROIT</b> Ann Arbor, E Lansing, Grand Rapids, Flint, Toledo OH, Windsor ON	<b>Cong. Shaarey Zedek</b> 27375 Bell Rd Southfield, MI (248) 357-5544	<b>3:00 PM</b>
<b>MONTREAL</b>	<b>Shaare Zion Congregation</b> 5575 Cote St. Luc Road Montreal, QC (514) 481-7727	<b>3:30 PM</b>
<b>OTTAWA</b> Nepean	<b>Kehillat Beth Israel</b> 1400 Coldrey Avenue Ottawa, ON (613) 728-3501	<b>1:30 PM</b>
<b>PITTSBURGH</b>	<b>Beth Shalom Synagogue</b> 5915 Beacon St Pittsburgh, PA (412) 421-2288	<b>5:00 PM</b>
<b>ROCHESTER</b> Pittsford, Morristown, Bridgewater, Dewitt, Ithaca, Syracuse	<b>Temple Beth El</b> 139 Winton Rd South Rochester, NY (585) 473-1770	<b>2:30 PM</b>
<b>TORONTO</b> Hamilton, Kingston, Kitchener, London <b>Luggage Pick Up</b>	<b>Esther Shiner Civic Stadium</b> 5720 Bathurst St Toronto, ON	<b>11:00 AM</b>
<b>CAR</b>	<b><i>Please come into the office upon arrival!</i></b> Please do not forget to pick up any gov't ID that was sent to camp with your child.	<b>Pick up      9:00 AM</b>
<p><b>Please note that times may change due to border crossing.</b> <b>Arrival times include one hour for a short stop and border crossing.</b></p>		

## **COMMUNICATING WITH CAMP**

You have made the decision to send your child to sleep-away camp. The "away" part is significant. Indeed, living at camp, apart from parents, gives children an opportunity to experience a wonderful sense of responsibility and independence. For many of us, throughout the school year, our children are only a text away. We are in near constant contact. Camp is, by its very nature, a departure from that kind of immediate contact. Yet, at the same time, we recognize that ongoing communication is so important - we want you to know of the amazing things that are happening at camp, and we want our campers to know you are thinking of them.

### **Yoatzot (Camp Advisors)**

Camp is a community consisting of over 400 campers. Each rosh edah (division head) has been trained to provide your child with a rich, safe, healthy, and rewarding Jewish summer camp experience. Each rosh edah receives further support, supervision, and advice from his/her yoetzet. Ramah is fortunate to have talented professionals serving in this advisory capacity. For issues concerning your child's adjustment to camp, or for other questions about your child's experience in camp, please contact your child's edah advisor.

### **Emergencies**

If there is a family emergency, please state this when you call and ask to speak to your child's yoetzet. Your call will be handled as quickly as possible. When the switchboard is closed, you can leave a voicemail, or, in the case of a real emergency, you can reach us on our emergency pager at [416-501-4238](tel:416-501-4238). If your call is not an emergency, please refrain from using the emergency pager.

### **Homesickness**

During the summer, parents may receive letters from their child that may leave them feeling unsettled. Homesickness is a normal part of the sleep-away experience; our staff is trained to deal with it. If you are concerned, please contact your child's yoetzet who will investigate the situation with the rosh edah and counselors and will respond to you within 24 hours.

### **Birthdays**

Campers whose birthdays fall during the camp season will be able to celebrate with their cabin at camp. A birthday cake and birthday decorations will be provided. Campers whose birthdays occur during the season will be permitted a call home. Please note that it is camp policy that campers not call home for others' birthdays; only their own.

## **Communicating by Mail**

### **Letters From Campers**

Campers are required to write home twice a week. Please do not be concerned if you have not heard from your child for a few days. Mail is sent from camp daily, but is occasionally delayed. Please write to your child frequently. If you do not hear from your child for longer periods of time, you may want to contact your child's yoetzet. For younger campers, we highly recommend sending pre-addressed, pre-stamped (with Canadian postage) envelopes.

### **Letters To Campers**

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 and first-time 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. It is a good idea to mail your first letter one week before camp begins. (Some parents will even include a note in their child's duffels.) Letters should be addressed to:

(Name of Camper), Cabin \_\_\_\_  
Camp Ramah in Canada  
1104 Fish Hatchery Road  
Utterson, Ontario  
POB 1M0

## **Communicating by E-Mail**

We are very excited to be continuing our on-line Summer Services through your CampInTouch (CIT) Portal. Every parent has their own account where they will be able to email their child and view photos regularly during the summer. You may also set up guest accounts so that other friends and family can also email campers and view photos.

Starting June 3, 2019 you will be able to log in and set up your account for the summer. We encourage you to login before the start of the summer, so you can play around with the summer services that will be available to you and ensure that your account is all ready to go, come the start of camp!

## Communicating by Phone

One of the goals at Ramah is to create a positive, immersive Jewish summer camp experience. One of the things that allows us to achieve this goal is the creation of an environment that is free from some of the modern technologies of today and unaffected by the hustle and bustle of modern life.

If you need to discuss something with your child, please contact the yoetzet of your child's edah. The yoetzet will help you communicate with your child in the case of family emergencies or other special circumstances where a message needs to be delivered to your child.

The summer switchboard at camp is open from 9:30 a.m. to 6:30p.m. EST. The switchboard is closed on Shabbat — from Friday 4:00 p.m. until Sunday morning. When the switchboard is closed, you can leave a voicemail, or, in the case of a real emergency, you can reach us on our emergency pager at [416-501-4238](tel:416-501-4238). If your call is not an emergency, please refrain from using the emergency pager.

## Packages

We strongly discourage all unnecessary packages at camp. If a parent must send a package, please adhere to the following guidelines:

- 1. Do not send food or candy. All packages will be opened, and campers will not receive any food or candy contents; they will be donated.**
2. If you need to send clothing or other emergency items to your children, please contact your child's yoetzet and arrange to have it sent to her attention.
3. Please be mindful of the feelings of other cabin mates - often packages engender feelings of inequity and disappointment. Please keep packages and their contents to a minimum.



# **POLICY AND PROCEDURE REMINDERS**

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

Our primary goal is to provide a safe and healthy summer experience for each and every member of our camp community. We therefore ask that both camper and camper parents take note of, and agree to abide by, the following rules and regulations. **Please carefully review these with your child.**

## **Drugs and Alcohol**

The use of drugs and the consumption of alcoholic beverages are strictly prohibited at camp. Any campers or staff members found in possession or under the influence of illegal drugs or alcoholic beverages will be subject to immediate dismissal from camp. Legalized cannabis will be treated in the same way as we treat alcohol at camp (i.e. zero tolerance).

## **Cigarette Smoking**

Camp Ramah is a smoke-free environment. Campers and staff are not permitted to smoke cigarettes at any time or any place during their stay at camp.

## **Gambling**

With the increased marketing of gambling in the general culture, we are seeing campers coming to camp with an expectation to play cards for money. Our camp policy is that while occasional recreational card playing is permitted, gambling for money is absolutely prohibited and is grounds for dismissal from camp.

## **Curfew**

Life at camp is in many ways more active than one's normal routine at home. Each edah, depending on the age of the campers, has a set curfew time. Consistent violation of curfew is unacceptable and may result in dismissal from camp.

## **Respect for Property**

All campers and staff members are responsible for maintaining the beauty and physical condition of camp. All campers, along with their counselors, are responsible for the cleanliness and general safety conditions of their cabin. In addition, everyone participates, in a general camp clean-up several times per week.

Any vandalism or destruction of camp property by campers will result in damages being assessed and charged to the camper's family. There will be a minimum standard charge of \$100.00 per incident each time graffiti is placed in any public place including on a new building or a recently painted or re-paneled wall. Graffiti can appear in many different ways. Sometimes one camper or a group of campers take it upon themselves to write the names of all of the campers in their tzrif on camp property. Since we have no way to determine who caused the damage, the cost will be assessed and divided up among the whole tzrif unless the responsible party comes forward. Please review this policy with your child before the camp season.

Camp Ramah prides itself on developing a warm, supportive community. We place a great deal of trust in every member of our camp community, and we expect everyone to respect the privacy and personal property of others. Please discuss the importance of this respect with your child, and remind him/her that it is crucial that s/he never disturb, borrow, or take anything from another person's belongings.

While the privacy of individuals at camp is a value we teach and respect, the needs of the community sometimes supersede the needs of the individual. If the health or safety of other campers or staff indicates a need, campers may be asked to have their belongings searched and inventoried in the presence of two designated staff members.

### **Respecting the Other**

Romantic relationships sometimes develop during the summer. It must be noted that boys are not allowed in girls' cabins, and girls are not allowed in boys' cabins. Inappropriate behaviour may result in dismissal from camp.

### **Social Networking Policy**

In general, we view social networking sites (i.e., Facebook, Twitter, Instagram, etc...), personal websites, and blogging positively and respect the right of campers to use them as a medium of self-expression. While campers will not have access to social media during the kayitz at camp, we recognize that what happens before and after the kayitz impacts the experience and wellbeing of campers during the kayitz. For this reason, if, during the off-season, a camper identifies himself or herself as a camper of our Camp on such venues, some readers of such websites or blogs may view the camper as a representative or spokesperson of our Camp. In light of this possibility, our Camp requires, as a condition of registration at the Camp, that campers observe the following guidelines when referring to the Camp, its program or activities, and its campers, in a blog or on a website:

1. Campers must be respectful in all communications and blogs related to or referencing the Camp, its campers, and/or employees.
2. Campers must not use obscenities, profanity, or vulgar language.
3. Campers must not use blogs or personal websites to disparage the Camp, campers, or employees of the Camp.
4. Campers must not use blogs or personal websites to harass, bully, or intimidate other campers or employees of the Camp.
5. Campers must not use blogs or personal websites to discuss engaging in conduct that is prohibited by Camp policies, including, but not limited to, the use of alcohol and drugs, sexual behavior, sexual harassment, and bullying.
6. The use of our Camp Ramah in Canada name or logo is not allowed without written permission.

Any camper found to be in violation of any portion of our Social Networking Policy will be subject to appropriate consequences, up to and including dismissal from camp or denial of the opportunity to return to camp.

## **Withdrawal of Camper**

If a child is to be withdrawn from camp on an Involuntary basis, i.e. where the camp requires the parents to withdraw the child, the refund is at the Discretion of the Camp Directors, less the Administrative Fee of \$1000.00.

### **THERE ARE NO REFUNDS FOR VOLUNTARY WITHDRAWALS OF CAMPERS.**

Voluntary withdrawals are, for example: child is homesick, bunk placement is undesirable, parents miss the child, change in family plans, family vacations, and promises made by parents to withdraw the child after a "trial period at camp". 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.

**SPECIAL NOTE:** Ramah is an ongoing educational experience. Please do not interrupt or cut short your child's experience at camp by scheduling events that will take him/her out of camp.

### **Gratuities** - "A mitzvah is its own reward" (Pirkei Avot 4:2)

Staff at Camp Ramah is engaged in an important educational enterprise. They are dedicated to this task. As professional educators, who do their utmost for each individual, they may not accept any gratuities. Please do not embarrass them by offering either money or gifts. Appreciation can be shown by making a contribution in a staff member's name to the Staff Appreciation Fund. A card will be sent to the staff member in whose name the gift is made out to. Contributions may be made in the camp office and will be used to enhance staff life at camp. Please make all cheques payable to "Camp Ramah in Canada". Or to donate on-line, please [click here](#).

# Camp Ramah in Canada

## Privacy Policy

Camp Ramah is committed to protecting the privacy and confidentiality of the personal information collected from our campers, camper parents, staff, alumni, prospective family members and interested community members. Our Privacy Policy includes:

### Information Collection:

- Personal information is collected in order to meet the needs of our programs. We collect data in our application forms, on our website, and through our fundraising efforts. Information may include:
  - a. Camper/Staff and Family Personal Information, such as address, phone numbers, e-mail addresses, and birth date
  - b. Camper/Staff Immunization, Health, and Personal History data
  - c. Emergency Contact information
  - d. Banking or credit card information
- All data, including personal and medical information is collected with your full consent. Your signature on all forms acknowledges your consent.

### Security and Use:

- Information gathered on forms, telephone conversations, or from our website is stored in our files which are secured in our locked offices and processed in a secure database with access controls. All electronic information is protected by use of confidential passwords.
- Your information will only be shared with those who need the specific data, including medical personnel at camp.
- Camper mailing and e-mail addresses are provided to current camper families for the use of staying in touch throughout the year. If you do not wish to have your mailing and e-mail address shared, please e-mail [info@campramah.com](mailto:info@campramah.com).
- Information is not sold or rented to third parties. Information forwarded is only done with your permission.
- Your information is retained so that we can communicate with you in the future.
- We retain paper and related information required by government legislation for 7-20 years, as legislated.

### Contact Information:

- If you have any questions regarding our Privacy Policy, please contact our Director of Finance and Operations, who serves as our Privacy Officer.
- We will assume that you understand that we can collect, use, disclose as necessary and store information as set out in our Privacy Policy. Any changes to our policy will be made available on our website.
- If you do not accept our Privacy Policy and decline to allow us to use your personal information, we will not be able to provide the care and services in order to make your child safe in our setting, and we will need to discuss the status of your application for your camper this summer.

# Parent Checklist

Have you:

- Carefully and thoroughly read this Handbook?
- Reviewed with your child, Signed, and Submitted "Ben Adam L'Chavero" – The Code of Conduct in your CampInTouch Portal?
- Completed your online Health Form for each child?
- Submitted your Medical and Hospital Authorization Form? (Ontario residents only need to complete the first page.)
- Submitted your Camper Travel Permission Form? (Non-Canadians Only)
- Submitted your Camper Transportation Form?
- Submitted your Bar/Bat Mitzvah Training Form?
- Notified camp of any change of address or phone number?
- Notified camp if you will be out of town anytime between June 26– August 15 and contact information during this time?
- Put name tags on all articles being brought to camp?
- Logged into your CampInTouch Portal and begun looking at our new summer services?