

Habonim Dror CAMP GALIL

Information Booklet for Parents and Campers

2011

ALL FORMS MUST BE COMPLETED, SIGNED AND RETURNED
NO LATER THAN JUNE 1, 2011



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Shalom and Welcome to Camp Galil!!

We're all looking forward to the beginning of summer and Galil's 65th camp season! This is your camp information handbook for the 2011 summer sessions. It contains details that you will want to know before arriving at camp. We've attempted to anticipate many of your questions, but if anything isn't answered here, please do not hesitate to call us at the camp office, at (215) 968-2013.

This summer we are excited to have an excellent staff from all over North America, England and Israel - and of course, a great group of campers. And most excitedly, we are thrilled to be opening our 2 new beautiful buildings! We are glad you chose Galil and wish you and your family a fabulous summer.

See you at camp! L'hitraot bamachaneh!

Molly Wernick & Kali Silverman *Steve Shore* *Bart Davis* *Sharon Waimberg* *Ronit Cohen*
Rashei Galil 2011 *Camp Committee Chair* *Associate Director* *Executive Director* *Shlichah*

IMPORTANT CAMP GALIL TELEPHONE NUMBERS

Bart Davis - Associate Director/Parent Liaison	(610) 847-8330
Sharon Waimberg – Executive Director	(610) 847-2213
Ronit Cohen –Shlichah	(215) 380-2245
Infirmary (Mirpa'ah)	(610) 847-8332

2011 CAMP CALENDAR - ARRIVAL AND PICK-UP INFORMATION

To ensure the safety of our campers and the preservation of our grounds, it is very important that you follow staff directions on-site for arrival and pick-up of campers.

Please take note of the requested arrival time for your camper. Arrival times are organized by your child's *current* grade. Families with more than one camper are encouraged to arrive at the earliest appropriate arrival time. Lunch will be served at 1:30 pm to all campers; please be sure that your child is settled in by then.

You will receive more detailed opening day procedures and information later in the spring. We look forward to another successful opening day!

Session	Opening Date	Arrival Time	Closing Date	Pick-Up Time
JULY	Sunday June 26	Grades 8-9: 9:30 – 10:30 Grades 3-5: 10:45 – 11:45 Grades 6-7: 12:00 – 1:00	Sunday July 24	11:00 – 1:00
AUGUST	Tuesday July 26	4:00 - 6:00	Sunday August 14	1:00 – 3:00
2 WEEKS	Sunday June 26	10:45 – 11:45	Sunday July 10	11:00
FULL SUMMER	Sunday June 26	Grades 8-9: 9:30 – 10:30 Grades 3-5: 10:45 – 11:45 Grades 6-7: 12:00 – 1:00	Sunday August 14	1:00 – 3:00

VISITORS' DAY

Visitors' Day 2011 is Sunday, July 17 for campers staying for the 4 or 7-week sessions. Additional information will be sent out prior to visitors' day.

**THERE WILL BE NO VISITING DAY DURING THE 2 WEEK SESSION
OR THE AUGUST SESSION**

Please refrain from visiting camp except on visiting day, as it can be disruptive to our campers and program.

OUR SUMMER STAFF

Each summer, the majority of our staff are young adults who have been campers and/or staff at Galil and other Habonim Dror camps. This is much more than just a summer job to them. They are part of a movement that has given them a basic love for Israel and Judaism rooted in the pioneering tradition of Israel's founders. This tradition gives them a strong sense of purpose in their positions at camp and a sincere desire to make your child's summer an outstanding one. Most of our staff has been through our Counselor in Training program (*madatz*) and many of them have spent extended time in Israel with Habonim Dror or other programs. Our counselors (*madrichim*) provide the same positive Jewish experiences for current campers as those with which they grew up. Each summer we are proud to welcome back our returning Workshop group (gap-year program) from their year in Israel, as well as a group of Israeli counselors through the Jewish Agency's summer shlichim program.

CREATING AN ENVELOPE OF SAFETY *

The term "envelope of safety" refers to an environment that children feel is safe, predictable, and nurturing. It must provide emotional as well as physical safety. An environment that maintains clear boundaries addresses the need for emotional and physical containment, and allows the appropriate expression of feelings, including anger, and provides children with an atmosphere that is truly responsive to their needs.

In order to maintain this type of environment, Camp Galil has developed a set of camper/staff guidelines. If any problem arises with a camper, the counselor consults with the other members of his/her bunk staff, the summer camp directors (*Rashei Machaneh*), the Associate Director and/or the Executive Director. Parents will be informed if any such problem should arise and a plan or "camper agreement" will be developed, with the parent in the process.

To accomplish this, our counselors go through significant training in the weeks preceding the opening of camp. During this period, in addition to working together to plan the summer's activities and get our campground ready to welcome our campers, our staff also goes through training with outside professionals. We bring these professionals to Galil to give our staff extra training around child development, age appropriate behavior, and adolescent and other issues. In addition, these professionals are available to us during the summer to consult with our staff if it becomes necessary.

At Galil we strive to create an environment where each and every individual's needs are met, and where we all feel safe and secure. The intense family-like community we all experience together creates the opportunity for discussion around many issues. Through the support structures created for staff and the outside resources available to us, our staff is prepared to handle these issues in a sensitive, caring, age-appropriate manner.

* Adapted from *In the Trenches*, Bob Ditter, American Camp Association, 1997

The Story of Habonim Dror Camping

Camp Galil is one of seven Habonim Dror camps in North America. Habonim Dror is an international Labor Zionist youth movement that began in Europe over 75 years ago. Today it serves youth in nineteen countries throughout the world. The movement has played an integral part in the history of Israel and the Jewish people. In the 40's and the 50's young Jews from Habonim settled many of the kibbutzim and helped the growth and development of the Jewish state. Members of Habonim Dror North America have helped found several kibbutzim; Urim, Kfar Blum, Gesher Haziv, Grofit, Gezer, and Ravid. Currently graduates of Habonim Dror are living in new urban kibbutzim throughout Israel!

Today, Habonim Dror continues to teach the values of Labor Zionism - Zionism and Judaism, cooperation, socialism and shared labor, pioneering (chalutzit), and social justice. Throughout the year, in places across the world the movement holds activities for Jewish youth in its local chapters (kenim). In addition, Habonim Dror sponsors programs in Israel for its older members, including a summer program after 10th grade called M.B.I., and a gap year Israel experience for those who have graduated high school called Workshop.

This is Galil's 65th year of existence. For 65 years *we have lived according to the values of Habonim Dror*. Here, we are able to establish a society based on cooperation, equality and activism. We try to simulate the classic kibbutz experience. While having fun, we learn about Israel, Judaism, leadership and social justice.

GALIL'S EDUCATIONAL PROGRAM

An important component of the summer at Galil is our educational program (*tochnit chinuch*). Our hard working staff strives to educate our campers (*chanichim*) about ideas and values central to North American Jewish communities as well as within Habonim Dror. Each summer, the theme of the educational program (*tochnit chinuch*) changes based upon a reflection of current issues and how they impact the lives of campers (*chanichim*) and counselors (*madrichim*) alike. The *tochnit chinuch* encompasses a broad range of issues while zeroing in on a few main concepts such as Zionism, Jewish identity, social responsibility and the importance of community.

The *tochnit chinuch* is a guide that our staff (*tzevet*) uses to bring education to camp through informal means. Our staff designs activities and facilitates discussions about important concepts that are not typically a part of a standard education or a standard summer camp. Galil is a community in which every camper and counselor is an active participant. It is important to us that every camper feels a connection to, and an ownership over this summer experience that we are building. We aim to create a vibrant and supportive community in which our campers create life-long friendships. We accomplish this through innovative, fun, and experiential learning and by focusing on facilitating deep-rooted connections between our campers. Campers use the skills they gain, such as working in a group and taking responsibility for the community around them, and apply those skills to their daily lives while still at camp (*machaneh*) and in their lives back at home.

Most of all, however, we want our campers to have fun in a safe and empowering environment. As a staff, we work hard to create an exciting, empowering environment that leaves us wanting to come back to Galil summer after summer just as much as your children do. This is going to be an amazing summer, maybe the best summer ever. We can't wait to get started.

See you soon!

Shiah IrgangLaden
Merakez Chinuch 2011

Molly Wernick & Kali Silverman
Rashei Machaneh Galil, 2011

THE SWIMMING PROGRAM

In keeping with Galil's aim to develop our campers' physical and mental health and vitality, instructional swim is offered at all levels, and is a necessary part of campers' ordinary schedule through *sayarim/sayarot* (6th grade). A Certified Lifeguard supervises our swim program. The primary goal of the program is to help all campers improve their levels of expertise. **Please speak to your camper about your expectations for advancement in swimming over the summer.**

THE GALIL SYSTEM OF COOPERATION

SHITUF

The ideal of cooperation (*Shituf*) is a system at camp by which we ensure a sense of community and an atmosphere of caring, trust and respect. It is one of the most important elements in the educational program at Camp Galil. “Shituf” comes from our belief that the traditional kibbutz lifestyle teaches important values as a social and economic system. The slogan “give what you can, take what you need” is often employed in order to make the ideal more easily understood.

KUPA

A large component of “Shituf” at camp is “Kupa.” At camp, “Kupa” (lit. cashbox) has come to mean a “cooperative fund.” At the beginning of camp, the campers (*chanichim*) decide as a community how best to use those funds to serve the individuals as well as the whole group. Through this process, the chanichim learn about democracy, teamwork, compromise and other important social values. Children begin to see the world not just through their own eyes but also through the eyes of those in the community around them.

HOW IT WORKS

Campers’ Kupah - “Shituf” is used in a variety of ways. Packages brought on visiting day for campers are shared among chanichim. *We strongly discourage sending food in packages to campers through the mail. Please note that all food brought from home must be kosher and peanut-free. All packages will be opened and food that is not acceptable will be confiscated.* Financially the “Kupa” covers parties, trips, extra toiletries and special events. Please remember, that Kupa is voluntary. The principal of “Shituf” is that people should give what they feel they are able to contribute.

Because of all of the above, chanichim at Galil have no need for money. We do not have a canteen, and we ask that you **please do not send money to camp with your campers!** “Shituf” is our substitute for this, avoiding inequality and unfairness.

Counselors’ Kupah – Counselors have their own system of “shituf” into which they voluntarily deposit a percentage of their summer salaries. *All monies that are given as "tips" or "gratuities" will also go into this fund.* To facilitate this process, a “counselors’ kupah” box will be available during Visiting Day and at the end of each session. Parents will be notified of its location on those days. This money is used for all personal expenses throughout the summer. The counselors use an intense democratic process before camp starts to determine guidelines for the use of the funds and the suggested percentage of salary to be deposited. In this way all of our staff spend the summer as equals.

PREPARING YOUR CHILD FOR CAMP

Almost every child who goes to summer camp experiences homesickness in one way or another. While it does happen in older children, it most often occurs in younger children. In an effort to help you prepare your child for their experience away from home, we have gathered information from various sources that we hope will be helpful. We strongly urge all parents of new campers to use the following information and seek other information to help your children have a positive first experience at Camp Galil.

Within a couple of weeks many first time parents receive a tear-stained letter, in choked-up handwriting stating something like "I'm miserable. Everyone at camp hates me. I wanna go home!" Although not all children are homesick the first time they're away from their families for more than a few days, it is a very natural and common occurrence for many. Homesickness is a normal, predictable response to a frightening situation - a transition from family as primary group. Separation from one's family and friends and loss of daily contact with familiar surroundings are aspects of relationships that each of us experience, learn how to handle, and integrate as part of becoming older and wiser. Seen in this light, homesickness is a necessary and growth-producing process - a minor crisis with a built-in sense of opportunity. It is a dynamic process of adjustment rather than a static, one-time problem.

Psychologists tell us that parents can play a big role in helping their children overcome homesickness. The following are specific steps that we have found that can be taken to help prepare your child for coming to overnight camp:

- ◆ Practice shorter separations to learn which coping methods work for your child. Try sleep-overs at a grandparent's house. This is a great way to separate while maintaining a familiar environment.
- ◆ Take your child to see Camp Galil at the New Camper Orientation & Open House in May. Cautious children especially need to know what their bunk looks like, where they will sleep and put their clothes, and who else will be in the bunk. They also need to know what a daily schedule is like.
- ◆ Before your child comes to camp reassure him/her that s/he can succeed and have a wonderful experience.
- ◆ **NEVER** discuss how much you will miss him/her.
- ◆ Let him/her know it will be an adjustment for the whole family, but a fun, worthwhile experience and part of growing up.
- ◆ Talk to your child about what homesickness might feel like and be sure to explain that it goes away. Assure them that they are not alone in having these concerns.
- ◆ Children fear that they will be teased, humiliated or put down by people they don't know, or that they'll be lonely. Talk to your child about the successes s/he has had in other new situations like going to a new school. Remind him/her of the counselor's role as big brother/sister and surrogate parent. S/he will always have an ally.
- ◆ Write and send letters before camp begins so your child will have them when they arrive but DON'T talk about fun things that s/he will miss. Send reassuring, supportive letters throughout the summer.
- ◆ If your child sends letters saying "I hate camp. I cried last night. I can't sleep at night," DON'T PANIC. Feel free to contact Bart Davis, our Associate Director, with any concerns you may have.
- ◆ Check out the American Camp Association's website for more tips on homesickness and your child at <http://www.campparents.org/>

By following these guidelines, and filling out the parent questionnaire completely you can help your child get off to a good start. If you would like to talk to Bart about your child before camp starts, please indicate this on the parent questionnaire and he will call you.

CONTACTING CAMP GALIL AND YOUR CAMPER

PHONE CALLS

The most successful camping experiences occur when a child is fully immersed in the camp setting. Therefore, campers are not permitted to make phone calls home. More often than not, a phone call home can be an upsetting and frustrating experience rather than a happy event. Parents and relatives should not expect phone calls from campers, even for birthdays or anniversaries. **Please discuss this with your child so that he/she understands the reason. Additionally, campers are NOT PERMITTED CELL PHONES. Your child may ask to bring his/her personal cell phone to camp. Please be firm. Any cell phones found in camp will be confiscated and returned to the parents when the child leaves camp.** Cases of emergency, of course, will be handled individually. As always, parents should feel free to call about any problem or situation. Bart Davis, our Associate Director, will be more than happy to discuss any concern that you may have.

- | | | |
|-------------------------------------|-----------------|----------------|
| • Associate Director/Parent Liaison | Bart Davis | (610) 847-8330 |
| • Executive Director | Sharon Waimberg | (610) 847-2213 |
| • Shlichah | Ronit Cohen | (215) 380-2245 |
| • Infirmary (Mirpa'ah) | Nursing staff | (610) 847-8332 |

MAIL

We encourage campers to write home often. Sometimes campers will write to friends or relatives rather than parents. There is little reason for anxiety if you do not receive an expected letter. You might find it worthwhile to include a number of stamped home addressed envelopes and/or postcards along with the campers' belongings. **PARENTS: there is nothing sadder than a camper who does not receive mail while their friends and bunk mates do.** No matter how busy you are, or what the situation at home is, please find time to write. Please note: Mail is distributed every day except Shabbat and special days.

Address your mail as follows according to the age group names below:

CAMPER'S NAME - AGE GROUP
CAMP GALIL
146 RED HILL ROAD
OTTSVILLE, PA 18942

Please note: **group names are based on the grade your child has just completed.**

- | | |
|--|--|
| 3 rd /4 th grade - Amelim (laborers/workers) | 7 th grade - Tzofim (scouts) |
| 5 th grade - Chotrim (rowers) | 8 th grade - Bonim (builders) |
| 6 th grade - Sayarim (patrollers) | 9 th grade - Bogrim (graduates) |

E-MAIL TO CAMPERS via Bunk1.com

Many families have found that being able to send email to their campers is a wonderful way to communicate. We will again use the services of Bunk1.com, a unique summer camping service which specializes in bringing camp to parents via the internet. **Please remember that email is printed early each morning and delivered once a day with regular mail, and that it is, by its nature, not private.** Sorting and distributing mail is one of the jobs that campers perform. We do not deliver mail or e-mail to campers on Shabbat or on "special days." Refer to the information about these services in the attached separate letter.

PACKING LIST

For your convenience, Camp Galil T-shirts and sweatshirts are sold on the day of registration by representatives of the Chuck Albert Scholarship Fund, which provides scholarships to Galil campers.

Commercial laundry service will be provided weekly. Simple, inexpensive clothing is best suited for camp. Expensive clothing, clothing prone to shrinkage, delicate clothing, and clothing that has never been washed should not be given to the commercial service. Every camper should have a sufficient supply of clothing to last at least 2 weeks. **EVERY ARTICLE OF CLOTHING AND LINEN MUST BE CLEARLY LABELED WITH THE CAMPER'S NAME. INDELIBLE PEN OR NAMETAGS SHOULD BE USED! PLEASE USE THE FULL NAME OF THE CAMPER – NOT JUST INITIALS.**

The items listed on our clothing list are suggested on the basis of past experience. Intelligent substitutions may be made.

LINENS

2-3 sheets (single or cot size)	1 x-large laundry bag w/camper's name	2-3 wash cloths
2 pillow cases	1-2 blankets	1 pillow
5-6 towels		

WEARING APPAREL

10-12 sets of underwear	2-3 swimsuits	4 pair of jeans or long pants
2 pair of pajamas	2-3 outfits for Shabbat	6-8 pair of shorts
10-12 pairs of socks	2-3 sweatshirts	10-12 T-shirts or blouses
1 pair of sandals	1-2 hats with visor	2-3 long sleeve shirts
1 pair of sneakers	1 pair of flip-flops or shower shoes	1 rain garment
1 pair of hiking shoes	1 light jacket or sweater	2 Camp Galil T-shirts (optional)

MISCELLANEOUS - ALL CAMPERS

soap and plastic soap container	flashlight w/extra batteries	bandana	clip-on fan
shampoo (no glass containers)	brush/comb	1 qt. water bottle	
toothbrush and toothpaste	summer weight sleeping bag	sunscreen	
stationery & stamps and/or postcards	pens and pencils	personal toiletries	
container for toiletries	daypack	feminine hygiene necessities	

OPTIONAL

camera	books	U.V. protection sun glasses
baseball glove	games	safety pins
musical instruments	swimming goggles	costumes, crazy hats
extra pair of glasses or contacts		



Camp Galil assumes no responsibility for any articles of clothing that may become lost, nor for the loss of personal music devices, trading cards, CDs, and other personal items. Electronic games, tvs, DVD players, cell phones, any type of computer, pocket knives, toy weapons, or any devices that connect to the internet are not permitted at Galil, and will be confiscated. Any confiscated item will not be returned until the child leaves camp.

POLICY ON DRUGS, ALCOHOL AND CIGARETTES

Drugs, alcoholic beverages and cigarettes are totally prohibited at Camp Galil, in accordance with policies adopted by the youth leadership of Habonim Dror.

Any camper found with drugs, alcohol, or cigarettes will be sent home at once. In addition to being illegal, these substances are unhealthy and divisive. They are antithetical to everything we believe in for Habonim Dror and Galil. Once children arrive at camp, it is impossible for the camp administration or counselor staff to monitor each child's belongings and personal items. The best way to ensure that we are a wholesome and substance-free environment is to solicit parental help and involvement. So we implore all parents to take whatever steps necessary to ensure that your child brings to camp only what is permissible.

We offer our campers an enormous array of activities and programs that help them grow and learn in many positive ways. The inclusion of drugs, alcohol and cigarettes would sabotage the total healthy camp experience for any child that is involved. Therefore, parental assistance in eliminating them as a possibility is very important.

POLICY ON HARASSMENT AND PHYSICAL MISCONDUCT

In order to create the safest space possible at Camp Galil, we are devoted to the protection of every one of our community members. Any bullying behavior or language targeting campers or staff members for any reason will NOT be tolerated. Violation of this will result in disciplinary action and possible expulsion from camp.

Any type of inappropriate physical contact that jeopardizes the feelings of safety and security of any of the campers or staff in our community has no place at Camp Galil. In addition to physical violence, inappropriate sexual behavior will not be tolerated. Violations of our policies on harassment and physical misconduct will result in disciplinary action and may result in expulsion from camp.

Any child expelled from camp for violating the above policies will not be granted a financial refund.

THERE WILL BE NO APPEAL OF THIS POLICY

CAMP CLEANLINESS AND SANITATION

Every morning except Shabbat (Saturday), our campers have work (*avodah*.) Different crews clean up and beautify camp (*machaneh*.) Later in the day, campers and staff clean their bunks during *nikayon tzrif* (literally, cabin cleaning.) Either the infirmary staff or the mazkirut (camp directors) do inspections of the cabins (*tzrifim*) for cleanliness (except on Shabbat and some special days.) ***Please speak with your children extensively before machaneh about cleanliness and tell them that you expect them to help keep their cabin clean.*** This is one of the best methods we have for preventing the spread of sickness through camp.

GRAFFITI

Personal expression is an important part of the Camp Galil program (*tochnit*.) Campers (*chanichim*) have many outlets available to them throughout the summer for self-expression. **However, unauthorized graffiti in and on Camp Galil buildings and grounds will not be tolerated.**

There is **NO** graffiti allowed on the outside of any buildings, on bathroom walls or fixtures, or in common areas (dining hall, minimo, moadina and pavilion). Any graffiti found will be immediately removed by the vandal under direction of camp maintenance staff. The cost for the removal of such graffiti will be passed on to the family of the perpetrator. In addition, offenders will be dealt with in accordance with Camp Galil discipline procedure. Repeat offenders may be sent home.

HEALTH AND MEDICAL

At Camp Galil we take the health of your child very seriously. The camp infirmary (*mirpa'ah*) is staffed 24 hours each day. On opening day of each session, be sure to meet the nurse and pick up our "Healthcare Handbook for Parents/Guardians." It explains how the infirmary operates at camp, what happens if your child gets sick and/or needs to see a doctor, and describes all health and medical policies relevant to parents/guardians. Below are some brief things you should know ***before*** camp begins:

Medical Forms. Before campers can be registered for camp we must have completed medical forms **signed by both the camper's physician and parent/guardian.** Please be sure to answer all questions. All forms must be received in our registration office by June 1st in order for us to be prepared for your child's arrival. No child will be permitted to stay at camp without a totally completed medical form on file.

In addition to entering the camper's medical insurance information on the health form, **please send us photocopies of the camper's medical insurance and prescription card.** In the unlikely event that your child needs a prescription, or is taken to the hospital, these documents will greatly facilitate treatment.

Patient care and treatment at camp depends largely on the ability of our medical personnel to know the health history of a camper. It is in your children's best interest that we know them as well as possible. Having up-to-date fully completed health forms is of the utmost importance. Please add any additional information to the medical form or write a separate note. Many times parents/guardians and even physicians will forget to write down an allergy, contraindication to a particular medicine, or specific need, treatment or restriction of a camper. For example, if your child frequently gets sinus infections, coughs or seasonal allergies, we must know this. If your child does not respond well to Acetaminophen (Tylenol) but does respond well to Ibuprofen (Advil/Motrin), let us know.

What if my child is sick on opening day? The best way to keep Camp Galil and its campers healthy is to prevent disease from coming in. **Please do not bring your child to camp on opening day if he/she is sick!** If your child has a cough, cold, rash, fever, lice, conjunctivitis/pink eye or any throat problem in the days before camp begins, please contact us! On arrival at camp, all campers will undergo a health screening. If the infirmiry staff determines a camper to have a contagious ailment such as lice, they will be sent home until such time as they are no longer contagious.

All medication. Please indicate on the medical form if your child will be taking medication while at camp on a regular basis. All medications, including over-the-counter and vitamins, must be turned over to the nurse upon arrival at camp. This includes all creams, inhalers, syrups and pills. All medication should be fully labeled with: your child's full name; prescribed dosage; name of medication; and medical condition for which medication is being taken. No prescription medication will be dispensed in any way other than as ordered by the doctor – either on the prescription bottle, on the medical form or in a separate letter from the doctor. If it is necessary to have a prescription for your child either filled or refilled you will be billed our actual cost.

Regular medication. Medication is dispensed 4 times each day. Often campers do not come to take their medication. We then must spend much time seeking them out. Please ***try to reinforce the importance of remembering to take daily medication to your children*** before the start of machaneh. You will be contacted if compliance with taking medication becomes an issue.

Allergies. If you know that your child has allergies please be sure to send proper medication. If your child is to have allergy injections by a physician you will be billed for the office visit. Please be sure your doctor sends a schedule, including dosage, as well as instructions in case of reaction.

Bug Spray, Deodorant, Medication, etc. No medication or chemically controlled substance may be kept with any camper in their cabin (*tzrif*). This policy is non-negotiable and violation of it by a camper will result in immediate dismissal from camp at the recommendation of the infirmiry staff along with the Associate Director. Spray cans/aerosols of any kind (deodorant, bug spray, air freshener, etc.) are NOT permitted in the bunk.

Visit to a doctor/hospital. If it is necessary to take your child to an outside medical facility he/she will be sent to a doctor, specialist or the Doylestown Hospital Emergency Department within 24 hours. We will make a reasonable effort to contact you (the parents/guardians) before we take your child to any outside medical office. However, sometimes the situation is such that a camper must be sent to the doctor's office within a few hours of being seen by our infirmiry staff, and contacting the parents/guardians beforehand is difficult.

The infirmiry staff will make all efforts to make the arrangements for such visits; however parents/guardians are always expected to make payment arrangements. You are responsible for the costs of any visit to the doctor or hospital. We will share the medical insurance information provided to us on your medical form with the doctor or hospital, as needed.

Communication. The infirmiry strives to keep parents/guardians well informed of their child's ailments. Whenever your child needs to see a doctor or go to any outside medical facility, you will be called. We also call parents/guardians if a camper has a high-grade fever, needs to stay in the infirmiry overnight, has incurred serious trauma or of course needs to go to the emergency room. However, ***parents/guardians should not expect to be notified about every ailment and/or complaint their child brings to the infirmiry.*** Should a camper remain sick, need to stay over in the infirmiry, develop a fever, or need to see a doctor, we will of course call you.

The infirmiry can be contacted directly at (610) 847-8332 for all inquiries, or by email at nurse@campgalil.org. When trying to contact us in the infirmiry, please be patient. ***There are many times during the day when we cannot pick up the phone line.*** If we are not immediately available to talk, it is because we are in the middle of taking care of your children, and we will return messages as soon as possible.

An Explanation of HDNA Dues (*Mas*)

Mas, which means fee, dues, or tax in Hebrew is the annual membership paid by each person participating in Habonim Dror North America (HDNA). The amount of *mas* is \$135, and it is collected by each of our seven camps (*machanot*) at the same time that they collect their tuition for the summer. The money is forwarded directly to the Habonim Dror Central Office, and is their primary funding source.

The central office uses these funds to provide many seminars for the older members of the movement at highly subsidized rates. These seminars give valuable training and information to the staff that works at each summer camp, as well as those that plan activities throughout the year. Because we have camps throughout North America, there is a high level of coordination necessary between the seven camps, and our national office facilitates that contact between the camps. The central office aids all of our Summer Camp Directors (*Rashei Machanot*) in finding staff for each summer and helps them to develop their educational programs.

If you do have any further questions please feel free to contact the Mazkirut Artzit (National Secretariat) in their office at (212) 255-1796.
www.habonimdror.org

TIPPING POLICY

At Galil, our counselors are almost always graduates of Habonim Dror leadership training. Most of them were campers at Galil when they were younger. All of them understand the philosophy of Shituf and sharing that permeates everything we want to do, and what we want children to learn.

Counselors do not work at Galil primarily for the financial compensation. They are interested in returning to the camp some of the positive growth experiences that they enjoyed as campers. They work extremely hard and diligently for more than eight weeks to provide rewarding experiences for their campers.

In the interest of encouraging equality and fairness, we do not encourage “tipping” of individual counselors. If you wish to acknowledge a counselor’s good work, you may make a contribution to the counselors’ Kupah (*see page 5*) or make a contribution in his or her name to the Camp Galil Scholarship Fund. A location will be designated at camp during visitors’ day and at each pick-up day for your voluntary contributions.

DUE DATES FOR BILLS

All bills **must** be paid by the due date. Camp Galil is a non-profit organization. If bills are not paid by the date due, your child will not be permitted to attend camp. Our rates are low and we cannot afford to operate without enforcing this policy. A 1.5% per month penalty may be assessed on bills not paid by the due date.

LEAVING MACHANEH

Once camp has begun, campers are generally not permitted to leave the camp grounds for any reason. This policy is based on the knowledge that the most successful camp experiences occur when the child is able to fully focus on his/her in-camp life. Leaving camp during a session can have a most disruptive influence on his/her experience as well as that of fellow campers. In this regard, parents should schedule all doctor, dentist, or other appointments either before or after the camper's session. Contact our office before camp begins if you need assistance in making these arrangements.

Cabin (*Tzrif*) ASSIGNMENT REQUESTS

At Galil, campers of the same grade almost always live in the same bunk as others of that grade. The Registration staff at Camp Galil is not permitted to make exceptions to this rule. Also, despite the fact that requests to live on the same side of a cabin are usually honored for new campers, the same request may not be honored for former campers. For purposes of overall group cohesion, the counselor may deem it more appropriate for certain campers to be placed on separate sides of the same bunk. Should this be the case when your child arrives at camp, it would be most helpful for parents to remind their child that there is ample time to spend with all bunkmates. It is our experience that children whose group gets along well will have a positive camp experience, and will want to return to camp the next summer.

BAR & BAT MITZVAH REVIEW

We can arrange for your child to *review* his or her Bar/Bat Mitzvah lessons while at camp. Our staff will assist and encourage your child to review his/her work. Please note, however, that our staff may not be trained Bar/Bat Mitzvah tutors. Please send your child's written and audio materials to camp with him/her. It is a good idea to notify us no later than June 1 that you wish your child to do this review while at camp so that appropriate staffing assignments can be made.

BIRTHDAYS

Birthdays are not forgotten at Camp Galil! During dinner the entire camp joins in singing "Happy Birthday" in English and Hebrew, and there are other birthday honors as well. Many campers wish their birthdays were during camp. Therefore, please send cards, but we request that you save the presents for when your camper comes home.

BETWEEN SUMMERS

Although the summer camping program is the most dramatic and intense activity sponsored by the Habonim Dror youth movement, it is by no means the only one. Galil youth group educational and recreational activities are organized through the school year. Campers are invited to these Regional (*Eizor*) programs either all at once or within their own age group (*shichvah*). The Habonim Dror goal is to maximize the opportunities for contact with friends, while offering fun, and stimulating activities. In between organized Habonim Dror activities, the email and telephone contact among campmates continues. Integrated into the exchange of news and views are the informal Jewish and Zionist educational values and attitudes developed at camp – sharing, community and a commitment to social justice.

In order to best facilitate the *Eizor* activities during the year we need assistance from parents. Driving your children or offering your house for an activity, are all essential pieces to the continued success of our year round programming. Please be in touch with our *Shlichah* about how you can help.

There are also opportunities for parents to become involved in Camp Galil activities. Any parents interested in working on our fund-raising committee, or on a family work-day committee, should contact us for more information.

IVRIT.....HEBREW.....עברית

At camp (*machaneh*) you will find that we use a lot of Hebrew to designate the various places in camp and the names of the various activities during the day. In addition, we use it to ask for things at meals, to make announcements, and for cheers and songs. But all of this, though it may seem strange at first, will become very natural in just a few days, believe it or not! The words are very easy to learn because we use them all the time. Here are a few words you might want to practice before camp: (The letters CH are pronounced as in Chanukah.)

machaneh	camp.....	מחנה	chadar ochel	dining hall.....	חדר אוכל
shichva	age group.....	שכבה	mitbach	kitchen.....	מטבח
chanich/ah	camper.....	הניד/חניכה	moadon	club.....	מועדון
madrach/ah	counselor.....	מדריך/מדריכה	sherutim (bik)	bathroom.....	שרותים
madatz	CIT / junior counselor.....	מד"צ	toren	flag pole.....	תורן
rosh	head.....	ראש	merakez / rakaz	coordinator.....	רכז/ מרקוז
shaliach(a)	Israel representative...	שליח	mazkirut	directors.....	מזכירות
peula	activity/program.....	פעולה	ramkol	loud speaker...	רמקול
tochnit	program.....	תוכנית	tzrif	bunk.....	צריף
kima	wake up time.....	קימה	ohel	tent.....	אוהל
hitkansut boker	morning gathering / flag raising.....	התכנסות בוקר / התכנסות ערב	marpe'ah (marp)	infirmary.....	מרפאה
hitkansut erev	evening gathering / flag lowering.....	התכנסות ערב	ivrit shimushi	useful Hebrew..	עברית שימושית
avoda	work.....	עבודה	haverim	friends.....	חברים
anaf	work group.....	ענף	boker tov	good morning..	בוקר טוב
nikayon	cleanliness.....	נקיון	lailah tov	good night	לילה טוב
acharey zeh	after this.....	אחרי זה	glida	ice cream.....	גלידה
pish (peulat shichvah)	age group programs....	פי"ש (פעולת שכבה)	mischak hashavua	weekly game...	משחק השועה
hafsaka	break / recess.....	הפסקה	achshav	now!.....	עכשיו
zman	time.....	זמן	na lavo l	please come to..	נע לבוא
achlah	great / awesome.....	אחלה	sof	the end.....	סוף
ivrit	Hebrew	עברית	kvisah	laundry.....	כביסה
menucha	rest.....	מנוחה	lo shomim!	can't hear!.....	לא שומעים
kvutza	group.....	קבוצה	mishpachot	families.....	משפחות
schiya chofshit	free swim.....	שחייה חופשית	vaad	committee.....	ועד
schiya limudit	instructional swim.....	שחייה לימודית	medura	bonfire.....	מדורה
brecha	swimming pool.....	בריכה	hafta'ah	surprise.....	הפתעה
kibud	snack.....	כיבוד	kupa	shared things (collective fund).....	קופה
chugim	interest groups.....	חוגים	shituf	sharing/collective.....	שיתוף
shira	singing.....	שירה	toranut	duty (kitchen)..	תורנות
rikud	dancing.....	ריקוד	malechet yad	arts & crafts...	
hoda'ot	announcements.....	הודעות	misrad	office.....	משרד
chofesh	free time.....	חופש	ibadeti	I lost	איבדתי
tochnit erev	evening program.....	תוכנית ערב	asefa	meeting	אסיפה
aruchat boker	breakfast.....	רוחת בוקרא			
aruchat tzohrayim ...	lunch.....	ארוחת צהריים			
aruchat erev	dinner	ארוחת ערב			

DIRECTIONS TO CAMP GALIL

From Philadelphia and South

- Get to Exit 343 of the PA Turnpike (U.S. 611 just north of Willow Grove)
- Take Rte. 611 North 8 miles until the entrance to Doylestown bypass
- Use the Doylestown bypass (stay on 611 North)
- Continue North on 611 about 6 miles more after the Doylestown bypass ends
- At Junction of Rte. 113, turn right (not left which would be onto 113)
- Travel 200 yards to dead end – turn right
- Travel 50 yards to dead end – turn left
- Travel 2 miles to the third dead end – turn left
- Travel ½ mile to the entrance to Camp Galil on the right.
- Cross bridge and park in lot on your right.

From New York and New Jersey

- Leave New York Holland Tunnel or Lincoln Tunnel. New Jersey Turnpike to Exit 14 (Holland Tunnel Turnpike extension brings you right there)
- Take Interstate I-78 West about 45 miles to Exit 15 (Pittstown)
- Take County Route 513 South (left turn at the bottom of the exit ramp)
- Follow Rt. 513 South for about 11 miles down to Frenchtown on the Delaware River. Requires an unanticipated right turn in Pittstown, about 4 miles from the I-78 exit 15 interchange. Rt. 513 South turns right in Pittstown.
- Stay on Rt. 513 South to Frenchtown.
- Continue through Frenchtown following the Main Street to the bridge over the Delaware River.
- Cross the river into Pennsylvania at Frenchtown.
- Turn left onto River Road (Route 32) and go about 2 miles south (pass Tinicum State Park) to the intersection with Headquarters Road. (right turn only)
- Turn right onto Headquarters Rd. and go about 1/4 mile over the canal.
- Turn left following Headquarters Rd. Follow Headquarters Road for 5 miles through countryside.
- After about 5 miles - still on Headquarters Road - the road makes a sharp 90 degree right turn, then almost immediately a sharp 90 degree left turn over a narrow bridge. Cross the bridge. Ahead is a left turn you must make in front of a lovely stone farmhouse sitting up on a hill.
- Turn left here onto Red Hill Road. **Camp Galil** is less than 1 mile on the left. Large signs mark the entrance.
- Cross bridge and park in lot on your right.

Please check a map before you leave to familiarize yourself with the route.

CAMP GALIL PHONE NUMBERS

- Associate Director/Parent Liaison Bart Davis (610) 847-8330
- Executive Director Sharon Waimberg (610) 847-2213
- Shlichah Ronit Cohen (215) 380-2245
- Mirpa'ah (Infirmary) Medical Staff (610) 847-8332

Address your camper's mail as follows:

CAMPER'S NAME - AGE GROUP
CAMP GALIL
146 RED HILL ROAD
OTTSVILLE, PA 18942

E-MAIL TO CAMPERS & UPDATES FROM CAMP!

Please refer to the Bunk1.com letter for information about this exciting internet service.

We are pleased to announce that, once again, you may support Camp Galil through the United Way of Southeastern Pennsylvania's Donor Choice Program.

Please consider supporting Camp Galil with part/all of your United Way gift for 2011. To designate Camp Galil, write our name and Donor choice number in the space on your United Way Donor Card.

Camp Galil UWSEPA Donor choice #15404

Thank you for caring and sharing with Camp Galil!