

# Habonim Dror **CAMP MOSHAVA**

## **PARENT/CAMPER HANDBOOK** *Summer 2017*

**Yom Avodah, Community Work Day: Sunday, June 4, 2017, 10:30am – 2pm**

**Parent and Camper Orientation (Rockville Office): June 7, 2017 at 7pm**

**Parent and Camper Orientation (Owings Mills JCC): June 8, 2017 at 7:30pm**

**First Session, two weeks: Sunday, June 25 – Sunday, July 9, 2017**

**First Session, four weeks: Sunday, June 25 – Friday, July 21, 2017**

**Nitzanim: Sunday, July 2 – Sunday, July 9, 2017**

**5 Weekers: Sunday, July 9 – Sunday, August 13, 2017**

**Intersession: Friday, July 21 – Sunday, July 23, 2017**

**Second Session: Monday, July 24 – Sunday, August 13, 2017**

**Visitors Days: Sunday, July 9, 2017 and Sunday, August 6, 2017**



## **Shalom!**

We are so excited to have your child enrolled for Summer 2017 at Camp Moshava aka Mosh! At Machaneh (Camp) Moshava, your child will have fun, make friends, learn new skills, deepen his/her Jewish identity and grow in every possible way. The environment of Machaneh Moshava is one of sharing, mutual respect, and caring. Our staff is looking forward to get to know your children and bring them into the Moshava family.

Camp Moshava is located north of Baltimore on 267 pristine acres of Maryland wilderness. The campgrounds feature a private lake, multiple athletic fields, two swimming pools, hiking trails, organic garden, river, low ropes course and nature preserve. Our youngest campers live in cabins, while the older campers enjoy the breezes of our platform tents. Nothing beats welcoming Shabbat from the rise overlooking the rolling hills of Harford County.

We are looking forward to creating a warm and safe community at camp this summer. We hope this handbook will give you a sense of the experience your child will have at Mosh, and will assist you in preparing your child for the experience. As always, please reach out to us with any questions. With your help and support, we feel certain that a great summer is ahead at Machaneh Moshava!

## **The Story of Habonim Dror Camping**

Moshava is one of six Habonim Dror camps in North America. Habonim Dror is an international Labor Zionist youth movement which began in Europe over a half century ago and has spread to 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 50's, young Jews from Habonim settled many of the kibbutzim and helped the growth and development of the Jewish state. Members of North American Habonim have helped found several kibbutzim; Urim, Kfar Blum, Gehser HaZiv, Grofit, Gezer and Lavon.

Today, Habonim Dror is a very different movement than it was when it was founded 80 years ago. The core values and goals, however, remain the same, including educating about Judaism and Israel, promoting Jewish identity, supporting political awareness and activism, and fighting for civil liberties and coexistence among all people. At Camp Moshava, we live these values by developing a collaborative community based on responsibility, cooperation, equality and respect for both the individual and the community.

Integral to being part of a youth movement are the year-round activities that Mosh holds in the DC and Baltimore regions. In addition, Habonim Dror North America sponsors programs in Israel for its older members, including MBI for young madrichimot prior to starting 11th grade and Workshop, a 10 month gap year program following high school graduation.

## **American Camp Association (ACA)**

Habonim Dror Camp Moshava is accredited by the American Camp Association (ACA). The ACA shares Mosh's commitment to the growth of youth through the camp experience. ACA accreditation means that we care enough to undergo a thorough (over 300 standards) review of our operation — from staff qualifications and training to emergency management. The American Camp Association collaborates with experts from The American Academy of Pediatrics, the American Red Cross, and other youth service agencies to assure that current practices at the camp reflect the most up-to-date, research-based standards in camp operation. Camps and ACA form a partnership that promotes summers of growth and fun in an environment committed to safety.

What's the difference between state licensing of camps and accreditation by ACA?

Accreditation is voluntary, and ACA accreditation assures families that camps have made the commitment to a safe, nurturing environment for their children. State licensing is mandatory and requirements vary from state to state. ACA standards are recognized by courts of law and government regulators as the standards of the camp community. Camp Moshava is a licensed youth camp in the State of Maryland.

## **Machaneh Moshava Tzevet (Staff)**

### **Tzevet (Staff)**

Camp Mosh hosts a diverse, experienced and dynamic staff from all over North America and Israel. The staff has a wide array of experience as both *chanichimot* (campers) and *madrachimot* (counselors) at Moshava and other Habonim Dror camps. Madrichimot are graduates of Habonim Dror leadership training programs in Israel and North America, including MBI (5 weeks in Israel), Madatz (Counselor in training program— 7 weeks) and Workshop (10 months service in Israel) and other national Habonim and Foundation for Jewish Camp training programs.

Camp Moshava staff encourages campers to let them know what they enjoy, so that they can plan activities accordingly. At machaneh, we place a strong emphasis on personal growth and kvutza (group) building. The program is structured to allow personal freedom and choice within a well-supervised context.

### **Mazkirut (Leadership Team)**

The overall running of camp is the responsibility of the Mazkirut (Leadership Team), which is comprised of the Rosh Machaneh (Camp Director), Merakez/et Chinuch (Education Director), Merakez/et Techni (Technical Director) and our year-round Shlichol (Israeli Emmissary).

Also at camp each summer are our Melavamiot (Inclusion Coordinators) responsible for Camper Wellbeing, 2 camp nurses (2 RNs on-site at all times) and 3 Madatz Madrichimot (CIT program leaders). Our facilities are managed by our caretaker, John Carlino, who is at camp year round. Executive Director, Jen Silber, who is the primary contact for parents throughout the summer, manages Mosh year round and supports the Mazkirut and staff during summer.

## Machaneh Moshava Contact Information

Administrative Offices: 6101 Executive Boulevard, Suite 319, North Bethesda, MD 20852  
301-348-7339 phone  
240-238-6430 fax

Camp Address: 615 Cherry Hill Road  
Street, MD 21154

Camp Phones: 410-893-7006  
800-454-2250

Camp Fax: 240-238-6430

**Jennifer Silber, Executive Director**

[jen@campmosh.org](mailto:jen@campmosh.org)

**Abby Cohen, Registrar**

[abby@campmosh.org](mailto:abby@campmosh.org)

**Emily Greenblatt, Administrative and Development Assistant**

[emily@campmosh.org](mailto:emily@campmosh.org)

**Anton Marks, Shlichol**

[anton@campmosh.org](mailto:anton@campmosh.org)

Phone:

301-580-5596

**Parent Liaison, Chcuk Rombro**

[Crombro@gmail.com](mailto:Crombro@gmail.com)

Phone:

301-585-6021

Note that since we are often out of the office, supervising activities and spending time with campers, **it is always preferable that you send your question or request via email**. If you'd like to talk with us, please request to be called and specify the best phone number to reach you. Jen checks emails multiple times a day and **you will ALWAYS hear back via phone call or email within a few hours**. [jen@campmosh.org](mailto:jen@campmosh.org)

**Website: [www.CampMosh.org](http://www.CampMosh.org)**

**Camp Mosh Blog: <https://campmosh.wordpress.com/>**

**Questions regarding packing, buses and payment should be directed to Abby 301-348-7339.**

**After June 13th all other calls should be directed to Jen Silber at Camp 410-893-7006 or 800-454-2205.**

## Activity Information

### **Arts and Culture**

#### **Shira & Rikud (Song & Dance)**

We sing and dance all day long! We teach new Israeli tunes and dances and remember old favorites. In addition, we have several opportunities for campers to share their many talents — such as Musicale (musical performances) and Saturday night medurah (campfire). Campers love to perform for each other!

#### **Chugim (Interest Groups)**

Activities geared towards the special interests of each camper are an integral part of our program. These activities include nature study, sports, first aid, drama, singing, guitar, chess, dance, arts and crafts and more. Campers can choose according to their particular interests. Some campers even choose to use this time to catch up on required summer reading!

#### **Peulot Sport (Sports)**

Camp programs and free time allow campers to play a variety of sports, including basketball, softball, volleyball, frisbee and soccer. Games are non-competitive so that campers of all skill levels can enjoyably participate.

#### **Schiyah (Swimming)**

We offer swimming under the supervision of certified lifeguards in our two large pools. Older campers are offered the option to become Red Cross-certified lifeguards. Campers enjoy boating and tubing on our own lake and in local streams.

#### **Tzofiut (Scouting)**

Outdoor living and hiking help campers connect with nature and learn about the Earth and our environment from a Jewish perspective. Our program features overnight campouts and day trips to nearby parks. We provide informal instruction in scouting skills and nature study.

#### **Sirat Kanu v' Abuvim (Canoeing & Tubing)**

Campers are greeted by natural beauty as they enjoy two of Mosh's favorite activities- canoeing on our lake and tubing on the local stream. Campers are always accompanied by a staff member, who is certified in both lifeguarding and canoe instruction. Campers receive instruction on proper paddling and watercraft entry and exit techniques, including what to do in the event of a tipped canoe. The campers get to put their new skills to the test as they take the canoes out on our lake and the tubes down the stream.

#### **Maslul Chavalim (Ropes Course)**

Team building is a natural component of our community bonding, and campers enjoy working together on our exciting low ropes challenge course. The walk to our ropes course offers a chance to become immersed in the natural beauty of our site. Our 13 low ropes elements offer both individual and team challenges and are tailored to the developmental ages of the

campers. The whole experience is supervised by our trained staff. Whether it's by spotting, cheering each other on or working together as one big group, everyone is always engaged in the successful completion of an element. Campers learn in a fun way that they are supported by the community.

## **Community Projects**

### **Avodah (Work Activity)**

An important part of our community is avodah. Although it may sound like chores at home, it is actually an important step towards integration into our community. Campers choose fun activities that give them a sense of belonging to camp. Fun avodah activities include gardening, caring for animals, preparing decorations for Shabbat, carpentry, painting and other great projects.

### **Tikun Olam (Community Service Projects)**

Tikun Olam is also an important part of the Habonim Dror Camp Moshava philosophy. Campers join the greater community to help others. Projects have included socializing with mentally challenged youth, preparing a fun day for residents of an elderly facility, cleaning a local park, and helping farmers in their fields. It's a fun and important way to give back to the community. For our campers who need community service hours, it's a great way to earn them.

## **Special Events**

### **Medurah (Campfire)**

Each week Anaf Medurah (Campfire Work Group) gathers and chops wood, under counselor supervision and with safety measures enforced, to build a bonfire. Saturday night, after Havdallah under the stars, the whole camp gathers around the campfire to enjoy an evening of comedy, kumzitz (sing-a-long) and storytelling.

### **Kupa Trips**

Kupa is a system of sharing and equality in our community. Every session, campers go on fun and exciting field trips. At Moshava we call these "Kupa trips" because all of the campers get the same wonderful experience. Kupa trips may include going to a professional baseball game, miniature golfing or traveling to a water park. It's pure fun for all!

### **Tiyulim (Camping Trips)**

Our campers look forward to the outdoor camping experiences at Habonim Dror Camp Moshava. What's camp without a few nights under the stars? We travel to age-appropriate camping sites in the Maryland and Pennsylvania area and on our own 267 acre campsite. All trips are well-supervised and planned.

Our older campers may visit Habonim Dror campers at our sister camps. These campers gather as a group to form friendships that will last forever.

## Food

Habonim Dror Camp Moshava takes great care in providing nutritious and varied kosher meals to our campers. In addition, there are many opportunities for treats, birthday celebrations and goodies for special occasions.

We serve kid-friendly food at Mosh. All food is prepared in the Mosh's kitchen and are served family-style. We have different options to please even the pickiest eaters. Nuts are not used in the preparation of any food, but peanut butter is present at meals. If your child has special dietary needs or food allergies, please call the Camp Moshava Office to discuss how we can accommodate your child's requirements.

Moshava will NOT ACCEPT any food sent to campers for reasons of Kashurut and health standards. We ask that parents, grandparents and well-meaning friends follow our policy.

Vegetarian, vegan, and gluten free alternatives are provided at every meal along with options to accommodate other dietary requirements or food allergies. At lunch and dinner, salad and PB&J are available.

### **Menu rotates every few days and options include:**

#### **Breakfast:**

Constant: milk (soy, rice milk), orange juice, fresh fruit, vegetables, cottage cheese, yogurt, cold cereal and hard boiled egg.

Rotating: pancakes, scrambled eggs, veggie sausage, oatmeal, hash browns, muffin cake, bagels

#### **Lunch:**

Constant: Salad bar with lettuce, cut veggies (cucumber, tomatoes), proteins (egg, tuna, chick peas, beans, cheese), fruit

Rotating: mac n cheese, grilled cheese, tuna casserole, burrito bar, pizza bagels, cold cuts

#### **Dinner:**

Constant: Salad bar with lettuce, cut veggies (cucumber, tomatoes), proteins (egg, tuna, chick peas, beans), fruit

Rotating: hamburger, hotdogs, chicken, pizza, spaghetti with meat sauce, chili, chicken nuggets, shepherd's pie

Snack is served twice a day.

Examples of Aruchat Arba (Afternoon snack): fresh fruit and pretzels, popsicles

Example of Kibud (Bedtime snack): cookies or cake with milk

## Health & Medical Forms and Information– IMPORTANT!

There are several necessary forms, which we must have before your child arrives at Machaneh. All of them are posted on your Camp Moshava account online. Please access and complete them at your earliest convenience, but no later than May 1, 2017.

Note that some forms are to be completed online, and others are to be printed, completed and returned back to us in one of the following ways:

- Upload back to your online Moshava CampMinder account
- Scan and email to abby@campmosh.org
- Fax: 240-238-6430
- Mail to: Camp Moshava, 6101 Executive Boulevard, Ste 319, N. Bethesda, MD 20852

### Required for Every Camper Each Year:

- **Health History Form** –to be completed *online* by the parent or guardian. Please provide us with important information such as allergies, diet, medical needs, insurance information, etc. To be completed online by April 15, 2017.
- **Proof of Insurance:** We require all campers and staff to have a photocopy of their insurance card on file at camp. Please scan both sides of your child’s insurance card and submit to Camp Moshava with the Physician Form.
- **Medication Form:** Please print and write in all of the medications, supplements and vitamins that your child will be taking at camp. All medications, supplements and vitamins must be held in the health center and dispensed to your camper. **Due May 1, 2017.**
- **Lice Policy Acknowledgement** – please print the form, complete and return it to Mosh offices by May 1, 2017.
- **Transportation Form** – to be completed *online* by May 1, 2017.
- **Photo Release Form** – Please print, sign and return to the Mosh office by June 1, 2017.

### Additional Forms; To be printed and taken to your child’s physician.

- **Physician Form and Immunization Form** – signed by your child’s physician (and current meaning issued within the last 12 months). This form must be submitted by May 1, 2017.
- **Medication Authorization Form:** If your child will be taking any prescription medications while at camp, the State of Maryland requires that we have a Medication Authorization signed by the prescribing physician and on file at camp **for each medication** your child will take at camp.

If there are changes to your child’s medication prior to camp, please send updated forms.

*Each camper must have a written personal health and medical record on file with the camp, before they arrive at camp. All medical forms must have the immunization history filled in or the form will not be accepted as complete and will be returned for completion.*

### **Statement on Vaccine Status of Campers and Staff of Habonim Dror Camp Moshava**

Parents send their children to camp and assume that they will enjoy themselves, have positive social interactions, be immersed in the rich Jewish environment, and be safe and healthy. Safety and public health are priorities for Habonim Dror Camp Moshava, and in the confined environment of a residential summer camp, with round-the-clock communal living, the highest possible level of vaccination in the camp community is essential in order to maintain a safe environment and decrease the risk of transmission of preventable illnesses.

Given the Jewish value that emphasizes maintaining health, (including taking preventive measures), the Habonim Dror philosophy of communal responsibility, as well as the clear public health need to protect the camp community as a whole, we strive to ensure that all campers and staff are fully immunized against preventable diseases as recommended by the American Academy of Pediatrics (AAP) before arriving to camp this summer.

Parents, if your child has an incomplete immunization record, please call the office 301-348-7339 to discuss Camp Moshava's full immunization policy and additional precautionary measures. If a child is not fully immunized, we will can assist with resources on where to obtain immunizations prior to camp. **Parents/guardians who indicate on the medical form that their child is not fully immunized must complete the State of Maryland Immunization Waiver and sign the Camp Moshava Immunization waiver, indicating that they have read, understand and accept the Habonim Dror Camp Moshava Immunization policy.**

## **Medical Treatment While at Camp**

Our infirmary is staffed 24 hours a day with Registered Nurses. When necessary, we use the services of a local critical care clinic or local hospital, fifteen minutes away. Thus we assure proper medical attention for all campers. Most of what we do at camp falls within the category of first aid, including splinters, scraped knees, mosquito bites, etc. If your child should become ill at camp, they will be evaluated by our staff and the appropriate treatment will be given.

**If your child needs medical assistance beyond basic first aid, such as an overnight stay in the infirmary, or a trip to the hospital for treatment, or a prescription for antibiotics, the medical staff will call or email you to inform you as soon as possible.** Please inform us whenever you will be out of town during the summer so that we will always know how to reach you.

**During long overnight trips, campers who cannot participate because of illness will be sent home for the duration of the trip.** Campers will be allowed to return to camp once the tiyul is over.

## Medications

**All camper medications (prescription and over the counter) will be kept in the infirmary so that our medical staff may dispense them and keep a record of their use.** Medications must be in their original bottles. We can only dispense medication in accordance to the instructions on the bottle or packaging. Medications are distributed at every meal and in the evening prior to bed. Campers may not store or administer their own medication, except for children with a history of asthma, who may keep an inhaler with them, children with anaphylactic allergies, who may keep an EpiPen for emergency use and children with diabetes who may keep some supplies with them. If a camper has emergency medication that they will carry and self-administer, we must have a completed [Medication Administration Authorization form](#) on-file with Section III, the self-administration/self-carry section, completed and signed by the physician. All other medications will be kept in the Marp.

There will be a designated staff person to collect your child's medication at the bus to camp. If you are dropping your child off at camp, please take medications directly to the nurses in the Marp. Any medication should be carefully labeled with your child's full name, the prescription dosage and the name of the medication. If your child must take any medication, even vitamins, this should be indicated on the medical form. Be sure to send enough medications for the duration of the session and in the *original* container.

Sometimes, parents decide to give their child a "medication vacation" while they are at camp. We ask that parents make all medication decisions in conjunction with the prescribing physician. Medication changes right before camp can make the transition to camp more difficult. Please inform the nurses of any medication changes.

## Glasses

If your child wears glasses or contacts, it is very important that you send an extra pair and your child's prescription to camp. It is difficult to enjoy camp if there is a long delay in replacing broken glasses or lost contacts.

## Preventing and Treating Head Lice

Over the last couple of years, we have seen an increase in the number of campers coming to camp with lice. When a camper arrives with lice, it can be upsetting to the camper and is a disruptive start to camp. The treatment for lice is time consuming and must be done thoroughly to prevent the spread of the infestation - this can mean missing parts of the camp experience.

In an effort to streamline the process and to improve the camper's experience, we developed the following method of treating and handling campers that have lice/nits.

1. Beginning 3 weeks prior to camp, please begin checking your camper's head. Early detection and treatment will hopefully prevent your campers from having to receive treatment at camp. We also recommend seeking professional assistance with this process. We have contracted with the company Advice on Lice. Starting 10 days before

each session, they will check your child's head for \$10 (50% of regular price) if you visit them in their Kensington, MD office.

2. When campers arrive at camp, they will be screened by technicians from Advice on Lice, as well as our trained staff.
3. Campers that are discovered to have lice upon arriving at camp will either be treated by Advice on Lice or will be picked up that day and taken home for treatment.
4. Parents are required to complete the Lice Policy Acknowledgement Form prior to camp. **This form can be found in the Forms and Documents section of your CampMinder dashboard.**

Please note: Advice on Lice treatment can range in price from \$50 to upwards of \$300. The cost for the treatment depends on the thickness and length of hair, as well as the severity of the infestation. Credit cards on file in CampMinder will be charged for the full amount of the treatment.

### **Ongoing Monitoring and Care**

Campers who are treated for lice on the first day of camp, will be followed up with per the recommendations of the Advice on Lice technicians. Any additional expenses (i.e. follow up treatment 10 days after initial treatment) will be charged to the credit card on file.

All campers who are registered for more than one week of camp will have health and lice checks every 10-12 days after arrival at camp.

**Nitzanim:** Campers should be checked by a professional before coming to camp. Nitzanim will be checked for lice when they arrive at camp. If the camper is found to have lice or nits, they will have to go home. No refund or credit will be issued.

**Five Week Campers:** Plan to arrive at camp by 10 AM on Sunday, July 9, 2017 and go directly to the Marp. We will make sure the insurance card and medical forms are on file, medication is properly labeled, and will do health and lice checks.

We understand that many of you will have questions or want to contact us, and we welcome you to do so by phone or email. Thank you for your understanding and your support in helping us have a lice-free summer at Mosh! We know you understand that all of these efforts are being made solely in the best interest of the campers, so that they have a stress-free summer that is not interrupted by lice treatments.

## Bus Transportation

Camp Moshava is located on 267 acres of pristine Maryland wilderness in Harford County, MD. Bus transportation chartered from a licensed transportation company is provided between Silver Spring, Baltimore and camp. It is important that you arrive 30 minutes earlier to allow time for check-in, loading luggage, and handing medications to the counsellors. New campers are encouraged to ride the bus to camp as it is the beginning of the camp experience!

## Going To Camp

**First Session: Sunday, June 25, 2017**

**Second Session: Monday, July 24, 2017**

When you arrive at the bus stop please stop by the check-in table. You will receive a color coded strip of duct tape that will inform the madrichimot (counselors) delivering the luggage, where it should go.

### Silver Spring Bus Stop

Location: Montgomery Blair High School, 51 University Blvd, East, Silver Spring, MD 20901

Assembly time: 8:30am      **Departure: 9:00am**

We will board the bus in the front parking lot. Please arrive at the bus stop at 8:30am. The bus will depart at 9am. Look for us on the University Blvd entrance, on the left side of the building. Blair is located at the intersection of University Blvd and Colesville Rd. (Route 29). Blair WILL NOT be open for restroom use.

### Baltimore Bus Stop

Location: Beth Israel Congregation, 3706 Crondall Lane, Owings Mills, 21117

Assembly time: 9:30am      **Departure: 10:00am**

### NYC and Connecticut Families

Location: FIT, 27th Street Between 7th & 8th Avenues, New York, NY 10001

Assembly time:      7:00am      **Departure: 7:30am**

## Returning Home

**First Session: Friday, July 21, 2017**

**Second Session: Sunday, August 13, 2017**

### Silver Spring Bus Stop

Location: Montgomery Blair High School, 51 University Blvd, East, Silver Spring, MD 20901

### Baltimore Bus Stop

Location: Beth Israel Congregation, 3706 Crondall Lane, Owings Mills, 21117

**NYC and Connecticut Families**

Location: FIT, 27th Street Between 7th & 8th Avenues, New York, NY 10001

Pick up time, as well as a phone number to get updates on bus progress, will be emailed to parents a day or two prior to the end of the session.

**Travel Communications:** An email will be sent to parents to notify of the safe arrival of the buses to camp. Note that expected arrival time is between 11:00 – 11:30am. Any change in transportation will be communicated via email. It is important that you verify that you are receiving emails from our automated system. Please call the office if you think you may not be subscribed to it. For any emergency communication, we use a phone tree system.

**Flights:** For those who are flying to camp, please email [jen@campmosh.org](mailto:jen@campmosh.org) to coordinate airport travel.

## **Visitors' Day**

We welcome families to visit camp on one of our two Visitors' Days! Visitors' Day is held the second Sunday of each session. It is also the last day of camp for Nitzanim (first session) and for campers attending the two-week session. The parents of two week campers are expected to take their children home with them at the end of Visitors' Day. We encourage our two-week chanichimot (campers) to extend their stay to three or four weeks.

You will receive details during the summer regarding what time to arrive at camp on Visitors' Day. Please bring a kosher picnic lunch to share with your chanichimot (camper). Please remember that we are a KOSHER camp. Fast food is not acceptable.

Sodas will be sold, as well as the camp photo and a variety of Mosh souvenirs. There will be a short presentation, the pool will be open for your enjoyment, and we will offer a choice of activities including softball, Israeli dancing and a short tiyul (hike).

**VISITORS' DAYS 2017**  
**Sunday, July 9<sup>th</sup> 12pm – 4pm**  
**&**  
**Sunday, August 6 (time tbd)**

**Watch for more information on this  
special day!**

## Phone Calls, Homesickness, and Solving Problems Together

**It is important that campers leave their cell phones at home.** If your child is traveling to camp by airplane and you want them to have a phone during the trip – that’s perfectly fine. Note that cell phones will be collected and held by the staff until the end of the session. If there are special circumstances that you wish to discuss regarding phone calls or cell phones, please contact the Executive Director before camp begins, at [jen@campmosh.org](mailto:jen@campmosh.org).

The most successful camping experiences occur when a child is fully immersed in *Machaneh* (camp). The developing sense of independence and support from camp friends is part of the magic of overnight camp and makes the experience even more special, thus phone calls from campers are usually not allowed.

You are always welcome to call the Executive Director during the summer sessions, if you have any concerns, or to inquire about your child. Parents of new campers will receive an email update on how their child is doing within the first three days of camp. Please [sign up for our blog](#) to receive updates and photos throughout the summer.

We are committed to working with all campers to ensure their success at camp and know that it depends on collaboration between camp staff and families. Thus, you will always be contacted in case of severe homesickness, social or emotional difficulties, or any medical issue. We hope to always be able to consult with you and figure out together the best course of action if a problem arises.

**Homesickness:** Please note that although homesickness is almost always history by the time a parent receives a sad letter, it is best handled by a reassuring and encouraging letter from you. If your child expresses concerns of being homesick before arriving to camp, or if you think it is beneficial to raise the issue with them, it would be helpful if you create a plan together. You might want to suggest talking to a counselor or to friends, or writing a letter, and even better, brainstorm together and come up with the steps to follow if they feel homesick. We ask that you share the plan with us (you can send it via email, or give us a call), so that we can provide continuity, reassurance, and a sense of stability, by bringing up the steps that you have agreed on at home. If you have a strong concern before or during the summer about your child’s homesickness, please contact us to discuss.

## Mail and Other Communications

**Campers Writing Home:** We encourage campers to write home. Please include a number of stamped home-addressed envelopes and/or postcards when you pack for camp.

**Parents and Family Writing:** though campers may be remiss about writing, they love to get mail. **Please use snail mail in addition to emailing!** Camp address is 615 Cherry Hill Rd, Street, MD 21154

You are also able to write **emails** to your camper but please follow the guidelines below. Those will be printed out Sunday-Thursday at 4pm and given to your child with the rest of the mail. To email your camper, while still not overloading our limited internet quota at camp, please follow these guidelines:

1. **No photos or any attachments in an email! Emails with photos overload our satellite internet connection and might not go through.**
2. Text only in the body of the email
3. Send emails only to [MyCamper@campmosh.org](mailto:MyCamper@campmosh.org)
4. Write your child's name in the subject line

Of course, if you have any questions or concerns about your camper, you may contact Jen by [jen@campmosh.org](mailto:jen@campmosh.org) (preferred method), or by phone.

Mosh also has a **blog**, where we post pictures and tell you what we are up to. So even if your child doesn't write, you can see what's going on and enjoy hearing about the fun and creative *peulot* (activities) they are experiencing. Given the nature of a typical day at camp, and our internet capability/speed, blogs will typically be loaded in the evening. Parents will receive an email at the beginning of the camp season indicating what days of the week updates will be made to the blog.

The blog is a great way to welcome your friends and family members into the magic of Camp Moshava. We recommend you bookmark the website: <https://campmosh.wordpress.com/> Please also follow us on Twitter and Facebook! These will be updated every few days and are another great way to get information on the happenings at camp.

These can be found at: <https://www.facebook.com/campmosh.org>

Twitter: <http://twitter.com/campmosh>

Please refrain from "tagging" campers in photos on Facebook. Camper photos will be uploaded to CampMinder every 2-3 days within the limits of our internet capabilities.

**It is important to be able to contact parents during our camping session. If you are going to be away on vacation or business for any length of time, please keep us informed about how you can be reached or who can act on your behalf in your absence.**

## Care Packages

It is not necessary to send packages to your child. However, if you would like to send a package, recommended items are books, games, puzzles, and other non-food items that your children can share with their friends. If you do send candy, **please note that food that is sent must be nut free and be labeled kosher! Avoid sending candy containing nuts and please notify other family members who might be sending care packages to your camper of this request. Please also avoid sending marshmallows. Those are usually not kosher (unless they carry a hekhsher).** Note that all care packages will be opened by the camper in the presence of his or her counselor and any food items will be kept in the office. This is done for several reasons:

- 1. For hygiene and animal safety concerns we do not keep any food items in cabins.**
- 2. To make sure no nut containing treat endangers campers who are allergic.**
3. To follow our Kupa (communal fund) system (see below) and make sure everyone gets to share.

## Kupa (Communal Fund)

Camp Moshava is a kibbutz-style machaneh with an emphasis on *shituf* (cooperation), sharing and equality. Everyone is encouraged to work, play, learn and have fun together. No one is made to feel left out. One of our greatest strengths is our sense of community and our atmosphere of caring, respect and trust.

At Moshava we share almost everything. We share our fun and our successes to make them more meaningful. We share our work, our talents, our cabins and care packages sent from home.

Included in this system is a communal fund called KUPA. Camp Moshava does not have a canteen, camp store or any other opportunity to use personal money. Kupa is our substitution for this, and helps avoid inequality and the problems that result from campers having money in their possession.

Kupa is used in a variety of ways throughout the summer. The chanichimot (campers), as a group, decide with their madrichimot (counselors) how to spend kupa. Treats such as candy or ice cream, parties, out-of-camp trips, etc. are all funded by kupa. Toiletries or other essential items that campers need to have replenished are also funded by kupa. In addition, campers sometimes decide to use kupa for tzedakah (righteous giving) projects.

Each summer a pre-determined amount of each camper's tuition is put into the KUPA fund. This KUPA program fee is already included in your child's tuition but you are always welcome to donate more via CampMinder or by sending a check to the Moshava office.

KUPA is a system whereby we practice the art of living together under the principles of cooperation, friendship and equality.

## Leaving Machaneh

Once the session has begun, campers may not leave camp grounds other than for a scheduled *tiyul* (hike). Leaving camp during a session can have a disruptive influence on a chanich/a as well as on fellow chanichim. In this regard, parents should schedule all doctor, dentist, and other appointments either before or after the camper's session. If there is a conflict with family plans, weddings, Bar/Bat Mitzvahs, please arrange your child's registration accordingly or contact the office for assistance. If your child needs to leave camp for a medical reason, note that we can only release children to parents, legal guardians, or to the emergency contacts you've authorized in the Camp Application. To release your child to anyone else, a written notification from a parent or legal guardian is required. **Campers who are going off-site for reasons other than camp activities, must sign In and Out in the Sign In/Out Notebook that is located in the Bayit.**

## Camp Policies and Rules

On the first day of each session, campers go through an orientation with their age group that includes an age-appropriate conversation with Mazkirut (Leadership Team) on camp policies and rules, as well as their rationale – creating a safe, inclusive environment where everyone feels comfortable and can thrive. We ask that parents have a similar conversation prior to the session. Please encourage your camper to observe camp rules, to contribute in a positive way to the Camp Moshava community, and to cooperate with camp staff and with fellow campers.

### Smoking, Fire Hazards, Weapons

Campers are not permitted to smoke at camp. Campers are not permitted to possess matches, lighters or other fire producing hazards, or weapon of any kind.

### Drugs & Alcohol

Camp Moshava has a strict policy on drug and alcohol use. Any camper found to be using drugs or alcohol will be sent home at the parents' expense.

### Behavior Issues

If a behavioral issue arises, parents will be contacted, and we hope to be able to consult with you and figure out together the best course of action. We are committed to working with campers and parents to ensure everyone's success at camp. However, severe or repeated behavioral issues that persist after multiple conversations and despite all measures taken, might result in a camper being sent home.

### Bullying

Habonim Dror Camp Moshava is a safe space for children to learn and grow. Each camper is expected to treat all other campers and counselors with respect, and to help each other achieve the best possible experience.

**We do not tolerate harassment, intimidation, or bullying of any kind.** We expressly prohibit gestures--be they verbal, physical, or psychological--that inspire fear and/or demean an individual or group based on actual or perceived age, race, ethnicity, color, sex, sexual orientation, gender identity or expression, nationality, religion, disability, socioeconomic status, physical appearance, or political views. Though incidents of this type are extremely rare at Mosh, we encourage our campers to report any alleged acts of bullying or harassment to their counselor, member of Mazkirut (leadership team), Rosh (Camp Director), Camp Nurse and/or Executive Director, and we pledge to investigate these allegations fully, work with campers to resolve issues and take appropriate action.

## **Inclusion**

Habonim Dror Camp Moshava is a safe space for children to learn and grow. We believe that a thriving community is one that acknowledges and embraces diverse identities - age, race, ethnicity, sexual orientation, gender identity and expression, nationality, religion, physical ability and socioeconomic status - explores the intersections of those identities, and encourages children to be their truest selves. Our programming seeks to appreciate the value that each camper brings to camp. Because of the individual, the community is stronger, because of the community, the individual is stronger.

We welcome all campers and families and pledge to work diligently to make Mosh a rewarding and optimal experience for your children. We encourage you to contact us if you'd like to give us any feedback, suggestions or offer your help and contribution to this communal effort.

Campers are housed according to their gender identity and where they feel most comfortable. We are excited to offer an all-gender living space for the first time. This summer it is available for older campers (rising 10th graders and Madatz) who identify as gender non-conforming, non-binary, gender fluid, genderqueer and/or allies. If you are interested in all-gender housing for your camper (of any age), please complete the [All-Gender Housing Form](#) or contact Yael Horowitz, Rosh Machaneh, at [roshmosh2017@campmosh.org](mailto:roshmosh2017@campmosh.org).

## **Making Machaneh's Hebrew More Inclusive**

Once every two years, the Habonim Dror youth movement holds a veida (decision making seminar) with its 16 through 23 year-old members. At each veida, youth movement members review the movement's structures and constitution, suggest amendments, discuss and vote.

One of the issues veida participants discussed in 2015 was how the movement and the machanot (camps) could become a more inclusive space, in physical facilities, and language. One of the things they explored was how to make our use of Hebrew suffixes more inclusive.

In Hebrew, **im** is the male plural suffix and **ot** is the female plural suffix, and traditionally a mixed gender group is referred to with only the male suffix (e.g. Bonim, Shomrim, etc). Feminist movements in Israel created the **imot** suffix in order to include people of all genders, and the youth movement decided to adopt this change, referring to the group of all Amelim as **Amelimot**, the group of all Chotrim as **Chotrimot**, etc.

The intent is not to ignore people's genders. A group of three boys in Amelimot are still called Amelim, and a group of four girls in Bonimot are still called Bonot.

Another change in language is the gender-neutral single prefix – a change that is an effort to make language more inclusive to individuals who've expressed they do not want to be referred to in a gendered way, or ones whom you do not know yet how they would like to be approached (similar to the use of "they" in English, when you don't know if the person would like a "he" or "she attached to them). So from now on, in addition to **madrich** (for a counselor who wants to be referred to as male), and **madricha** (for female), we also have **madrichol** (or madrich-all)!

**This effort to be more inclusive was explained to all chanichimot last summer and adopted with excitement, and will be explained again this year.**

### **Birthdays at Moshava**

Campers' birthdays are celebrated at camp in an appropriate group fashion. Mosh celebrates birthdays "Israeli style" with songs, cards & a special ceremony in the Chadar Ohel (dining hall). Once a week we have birthday cake in honor of all of the birthdays that happened that week. Parents may arrange to call camp and wish their child a happy birthday. Please email [jen@campmosh.org](mailto:jen@campmosh.org), one week prior, to schedule the call. Parents may not send food or treats for their child's birthday.

### **Bar/Bat Mitzvah Practice at Camp**

We are pleased and honored to support those campers who are practicing for their Bar or Bat Mitzvah. Please be aware that while we help campers find time to prepare at camp, we do not provide tutoring. It is a good idea to notify either the Executive Director or the registrar that you wish for your child to do this review while at camp. We suggest that Bat/Bat Mitzvah materials at camp are copies and that parents keep the originals at home in order to avoid the anxiety of loss.

### **Swim Lessons**

All campers are given a swim evaluation on the first day of the session. Campers who do not pass the evaluation will be given swimming lessons by a WSI certified instructor during free swim until they are able to pass the swim test. Pool activities that strengthen swimming skills are incorporated into our programming.

### **Five and Seven Week Campers - Intersession**

Campers who are registered for the full seven weeks or for the five-week session are expected to stay at camp between sessions. A full program will be planned for them. Parents who wish to take their camper home for intersession, must send a written note to the Registrar ([abby@campmosh.org](mailto:abby@campmosh.org)) prior to the start of the session.

## **Graffiti At Camp**

Chanichimot must respect and take care of all facilities. In many of our buildings, Mosh's history is literally written on the walls in the form of tags and murals going back decades. Chanichimot are encouraged to take ownership over the beautification of machaneh by painting murals and leaving their name in certain spaces subject to the following guidelines.

- All murals must be approved by mazkirut before the project can begin.
- At the beginning of each session, tzevet will set clear expectations of where tagging is allowed and what is acceptable.
- All forms of graffiti that transgress these expectations will be fixed by the person/people who wrote said graffiti or at their expense.
- Tagging is prohibited in the Mitbach, Chadar Ohel, MLC, Upper Sherutim, Brecha, Gazebo, Basketball Court and Sif.

## **Parent Liaison**

Chuck Rombro, a member of our Board of Directors, is available to parents throughout the summer who have a question or concern regarding their child. Chuck will make every effort to assist. Email: [Crombro@gmail.com](mailto:Crombro@gmail.com)

## What To Bring To Camp

- Simple, inexpensive clothing is best suited for camp. At Moshava, many activities take place outdoors, so it is important that campers bring a good pair of walking shoes, or walking boots as an optional extra.
- **Closed toed shoes are the only acceptable footwear at night.** Sandals, crocs and sneakers are ideal to wear during the day. Flip-flops or water shoes are ONLY for wearing to the pool and showers.
- We often have rain showers in the afternoon. Please bring a rain coat.
- Many campers like to bring special clothes for Shabbat.
- **Every article of clothing and linens must be clearly labeled with the camper's full name. A permanent marker or name tags should be used.**
- **Please do not over-pack.** Packing too many clothes will make it harder for campers to find what they really need, with the result being messy suitcases and cabins. We will be doing laundry every 7-8 days, and campers should have enough clothing to last about 8 days (with the exception of socks – a 12-15 days supply is recommended).
- All campers should bring their own twin fitted sheet, flat sheet, blanket, plus a pillow and pillow case. Every camper should also bring a sleeping bag. We do not allow campers to sleep in the sleeping bags in the cabin. Sleeping bags are used on the overnight or other special evenings at camp.
- You may consider sending a cotton mattress cover. Our mattresses are covered in vinyl and sheets sometimes have a hard time staying put. A cotton cover will be more comfortable for your camper in case the sheets come untucked.
- Personal radio/CD/iPod/MP3 player may be brought for use at designated times –**this DOES NOT include iphones, even if campers usually use iphones for playing music.** PLEASE NOTE: there is very limited electricity in the cabins and tents, so any devices need to be run on batteries.

## What Not To Bring

Please do not bring money or valuable items to camp. It is easy to lose and difficult to find small articles of value (expensive watches, rings, chains, etc.). Camp Moshava assumes no responsibility for any items or clothing that may become lost.

**Cell phones (including iPhones), electronic games, pocket knives or weapons of any kind, lighters or matches are not to be brought to Machaneh. If brought, they will be held by the madrichim (counselors) until the end of the camp session. Campers are not to bring their pets or animals of any kind to Machaneh.**

## Clothing and Extra 'What To Bring'

A packing list detailing the items to bring is located in the back of this handbook.

### Clothing

Camp is not the place for new clothes! Please only pack clothing that you will not mind seeing stained or in some cases, lost! **It is very important to make sure your children's clothes and other items are labeled.** Use printed name tapes or rubber stamp with indelible ink.

PLEASE IMPRESS UPON YOUR CHILD HIS/HER RESPONSIBILITY FOR THE CARE OF HIS/HER CLOTHES AND POSSESSIONS. CAMP MOSHAVA IS NOT RESPONSIBLE FOR LOST ARTICLES.

In addition to the items on the packing list, campers like to bring;

1. A tee shirt for messy activities.
2. A white tee shirt to be tie-dyed.
3. A cosmetic case or bucket to carry toiletries to and from the shower house.
4. Musical instruments (there is usually a chug or interest group for guitar and other musical instruments depending on staff ability and camper interest). There is also a weekly musical show your camper may choose to participate in.
5. Sports equipment-except for baseball mitts or lacrosse sticks, no equipment should be necessary as camp has a full supply.
6. Costumes-sometimes we dress up at camp and you'll be happy if you've brought along your favorite crazy outfit. However, we can always improvise. There's no need to buy new costume materials.
7. Camera of course!
8. Playing cards or other small group games.

All clothing, equipment, etc. are the responsibility of the camper.

### Footwear At Camp

**Campers are required to wear close toed shoes at night and for specific camp activities such as hiking.** The following are some examples of acceptable options:

- Closed toe sandals such as Keens
- Crocs
- Sneakers
- Hiking Boots

### Laundry

Laundry is done every week. PLEASE LABEL EVERYTHING WITH YOUR CHILD'S NAME, including both laundry bags. Please make sure your child has a proper laundry bag which can be closed securely. (No pillow cases or plastic bags, please.) We cannot be responsible for lost clothing.

An itemized list of your child's clothing, pasted on the inside cover of the trunk or suitcase, will be a big help to your child in accounting for his/her belongings.

**LAUNDRY GOES OUT ONCE A WEEK – BEGINNING THE SECOND WEEK OF CAMP - AND IS RETURNED THE NEXT DAY – PLEASE PLAN ACCORDINGLY.**

### **Lost and Found**

Campers have a tendency to misplace things at camp. Our staff will make every effort to help your camper find their misplaced and lost items. Parents can help this process by labeling all items sent to camp with camper's FIRST and LAST name. Camp Moshava is not responsible for loss of or damage to personal items. After Labor Day, only articles that are clearly labeled with a camper's name will be available at the Camp Moshava office in Rockville. Articles with a camper's initial or with just the first or last name are difficult to return.

Examples of how NOT to label clothing:

- Sam
- Schwartz
- S.S.
- S. Schwartz

Examples of how to correctly label clothing

- Sam Schwartz

Any items with no name label on it will be donated to a charity near camp and labeled items that are not picked up by October, will be donated to local charities.

## **Thank you**

We greatly appreciate the time it took you to review this guidebook and discuss it with your child. Your effort and preparation will make this summer shining success. If you have any questions as the summer approaches, please do not hesitate to contact us in the Rockville office at (301) 348-7339. We would be happy to help.

Thank you for choosing Camp Moshava for your child. We are looking forward to a wonderful summer and are thrilled to have your family be a part of the Moshava community!

## Packing List

The following clothing and equipment list is for your guidance. The list is arranged by session length- please select the column that corresponds with your child's session. You know your child best- if they generally stay clean and neat, stick with our numbers, otherwise, adjust up accordingly.

Two week campers will NOT be doing laundry. Again, please do not bring valuables to camp!

	Clothing	1 week	2 weeks	4 weeks or more
	Socks	8 pairs	14 pairs	10 pairs
	Underwear	8 pairs	14 pairs	10 pairs
	Heavy Sweater or Jacket	1	1	1
	Light sweater or Jacket	1	1	1
	Rain coat or Poncho	1	1	1
	Shorts	5-7 pairs	12-14 pairs	10-12
	T-shirts	7	12-14	10-12
	Jeans or Pants	1-2	1-2	3-4
	Outfit for Shabbat	1	1-2	2 or more
	Pajamas	2 pair	2-3 pair	2-3 pair or more
	Bathing Suit	2	2	3-4
	<i>Bathrobe (optional)</i>	1	1	1
	White t-shirt for tie dying (can be old)	1	1	1
	Sneakers/Tennis shoes (one pair for hiking/water play)	2 pair	2 pair	2 pair
	<b>Hat with Brim (mandatory)</b>	1	1	1
	<b>Bedding</b>			
	Pillow	1	1	1
	Pillowcase	1	2	2
	Fitted Sheet	1	2	2
	Flat Sheet	1	2	2
	Blanket	1	2	2
	Cotton Mattress pad (optional)			
	Sleeping Bag	1	1	1
	<b>Other Important Items</b>			
	Water bottle	1	1	1
	Laundry Bag	1	1-2	2
	Bath and Swim Towels	3	6	6
	Wash Cloth	2	4	4
	Toothbrush and Toothpaste	1	1	1
	Soap/Shampoo/Conditioner	1	1	1
	Comb/Brush	1	1	1
	Shaving Supplies			
	Tissues			
	Toiletry Bag or Basket*	1	1	1
	Flashlight and Batteries	1	1	1
	<b>Sunscreen (mandatory/SPF 30 or higher)</b>	1	1	1
	Bug Repellent	1	1	1

	Stationary/Stamps/Pens/Pencils			
	Stuffed animal/Blanket (optional)			
	Books, small games and other quiet activities for rest hour (optional)			
	Sidur, Tanach, Kipah (optional)			

## **HEBREW**

At machaneh (camp) you will find that we use a lot of Hebrew to designate the various placed 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 this, though it may seem strange at first, will become very natural in just a few days, believe it not! The words are very easy to learn because we use them all the time.

There are a few words you might want to practice before camp:  
(the letters "ch" are pronounced as in Chanukah)

Avodah.....work	Chofesh.....free time
Shira.....singing	rosh.....director
Rikud.....dancing	madrichol.....counselor
Sicha.....discussion	merakezol.....asst. director
Schiya.....swimming	machaneh.....camp
Toranut.....kitchen duty	schichva.....age group
Arucha.....meal	kvutza.....group
Hitcansut.....gathering	tzrif.....bunk
Chug.....interest group	ohel.....tent
Menucha.....rest	chaverimot.....friends
Tzofiut.....scouting	mitbach.....kitchen
Tiyul.....hike	sifriya.....library
Ivrit.....Hebrew	mirpa'ah.....infirmary
Kumsitz.....sing-along	misrad.....office
Kadoor sal.....basketball	toren.....flagpole
Kadoor basis.....baseball	chof.....beach
Kadoor af.....volleyball	agam.....lake
Kadoor regel.....soccer	gan.....garden
Medurah.....campfire	brecha.....pool
Kupa.....sharing	sherutim.....bathhouses
Asepha.....meeting	ram kol.....loudspeaker
Kikar.....campground	boker tov.....good morning
Machsan kelim.....tool shed	lilah tov.....good night
Chadar Ochel.....dining hall	
Melech yad.....arts & crafts	
Tochnit erev.....evening activity	
Peulat shichvah.....age group activity	
Moadon L'Chaver (MLC)..Community Building	

## **How to Get to Camp**

### ***Driving Directions***

From Washington: Take Route 95 North from Baltimore, then take Exit 77B, Route 24 North toward Bel Air. Note: Stay on Route 24 North (toward Philadelphia) when 24 merges with Route 1. When 24 and 1 split, follow 24 North which is marked Forest Hills/Rocks. You will pass a Grocery store and a small cemetery. Turn right on Grier Nursery Road. After 4.5 miles, turn right on Cherry Hill Road, the first complete intersection. Camp is  $\frac{3}{4}$  mile on the right.

PLEASE PARK IN DESIGNATED AREAS AND PROCEED TO THE OFFICE TO CHECK-IN.