

Camp Biluim Canada

**The National Leadership Institute of
Canadian Young Judaea**



Parent Handbook

2010

Please keep this handbook for future reference

Directors' Message

Chanichim & Parents Shalom,

The summer of 2010 will represent my twenty fourth consecutive year working for the Jewish community and my eleventh consecutive season as the Director of Camp Biluim Canada. As I reflect upon these past eleven years, I am most thankful for having the opportunity to work with some of the most dynamic and enthusiastic youth that our community has to offer. Our entire team of talented and experienced madrichim look forward to welcoming your child to what will surely be their most rewarding and memorable summer camp experience ever. Please carefully review the contents of this handbook and call our office in Montreal if you have any questions. I look forward to welcoming your child to Camp Biluim Canada.

Chazak v'Amatz,
Guy Korngold

Camp Personnel

Camp Director	Guy Korngold
Assistant Director	Stephanie Davis
Program Director	Lee Cohen
Assistant Program Director	Joanna Gryfe

Important Dates

Payment in Full	April 1
Completed Forms & Waivers	April 1
Camp Begins	July 6
Camp Ends	August 17

Contact Information

SUMMER	Camp Biluim Canada 184 Rue Harrison Mt. Tremblant, Que., J8E 1M8	Tel (819) 425 3332 Fax (819) 425 2433 (office use only) Email office@ckb.ca (business only)
---------------	--	--

To send email to campers please visit www.ckb.ca and click on the flashing email button.

Hours of operation of office at camp

Sunday thru Thursday	9:00am – 5:00pm
Friday	9:00am – 3:00pm
Shabbat	Closed

TORONTO	Toronto Bayit 788 Marlee Ave. Toronto, Ont., M6B 3K1	Tel 1 800 804 6661 Tel (416) 781 5156 Fax (416) 787 3100 Email youngjudaea@bellnet.ca
----------------	--	--

MONTREAL NEW ADDRESS :	Montreal Bayit 5555 Westminster Ave., #300 Cote St. Luc, Que., H4W 2J2	Tel 1 800 426 5108 Tel (514) 735 3167 Fax (514) 735 3833 Email office@ckb.ca
---	--	--

WEB SITE To see photos please visit www.ckb.ca and click on the flashing photos button.

Travel to Camp (July 6)

Upon arrival at the area listed below, you will be directed to leave your baggage by the cartage truck and then proceed to the bus departure area. Please follow the instructions provided by our staff.

From Toronto & Surrounding Areas

Herbert H. Carnegie Centennial Centre Parking lot
580 Finch Avenue (West of Bathurst)
Arrive at 7:00am.

From Montreal & Ottawa

Cavendish Mall Parking Lot (Area 5 near Kildare/Kellart)
5800 Cavendish Boulevard
Arrive at 1:00pm.

From Pierre Elliot Trudeau Airport (Montreal)

All campers flying to Montreal's Airport must arrive between 2:00pm and 4:30pm. Campers will be greeted at the baggage carousel by a Biluim staff member (identified by a Biluim Staff t-shirt).

Private Transportation

All campers arriving to camp by car must arrive after 3:00pm and before 3:30pm

Important Notice: All campers are required to pack a separate overnight bag with clothing, a bathing suit and towel, personal effects and a sleeping bag to be carried on the bus to be used on the first night of camp as their baggage will only arrive to camp the following day. **All campers must also have a peanut-free lunch for the day of travel.**

Travel from Camp (August 17)

The buses will leave camp at 8:30am and arrive to:

Cavendish Mall in Montreal at approximately 10:30am.

Pierre Elliot Trudeau Airport in Montreal at approximately 11:00am. Return flight should depart from Montréal's Airport after 1:30pm and before 2:30pm. All campers will need \$20 to cover airport tax.

Herbert H. Carnegie Centre in Toronto at approximately 4:00pm. The baggage will arrive at 3:00pm so please arrive early to claim your child's baggage.

Mail, Email & Online Photos

Incoming mail and email is distributed daily at camp (Monday to Friday). Campers look forward to receiving news from home and we urge you to write your campers regularly. Please provide your child with pre stamped envelopes. If you are sending a parcel, please ensure that the sender and recipient are clearly marked. All parcels will be opened by a staff member in the presence of the camper and all contraband items (like gum and food) will be confiscated. If you prefer to send emails, we are excited to tell you about our partnership with **Bunk1.com**. Bunk 1's website services are secure, easy to use, and let you stay in touch with your camper all summer long.

GET STARTED TODAY

To set up a new account and visit our online community:

1. Go to our camp's website at www.ckb.ca (click on Camp Biluim)
2. Click the blue flashing "Camp Photos/Camper Email" button *
3. Click "Register Now"
4. Enter your pre-approved registration code: **10005BM1**
5. Fill out all of the required information
6. Purchase Bunk Note (email) credits – you will need a credit card.
7. View camper pictures and send an email to your camper!

* If you cannot find this button, go to www.campbiluim.bunk1.com instead and continue on the next step.

** For your camper's safety, please do not share the pre-approved registration code above.

FREQUENTLY ASKED QUESTIONS

How do I view pictures? Follow the instructions above except, after registering, simply sign in and click on the Photo Gallery button. Photos are kept in folders found on the left side of the page below the words "Image Folders". Click on any folder to see the pictures within that folder. You can even purchase prints or other photo gifts (e.g., t-shirts, mugs) of your favorite pictures. **There is no cost to view pictures.**

How do I send a bunk note (one way e-mail) to my camper? Follow the instructions above except, after registering, simply sign in and click on the Bunk Notes button. Enter your campers name, select the correct cabin, type your message, and hit the "send" button.

Can other relatives use these services? Certainly. Once you have set up your account, you will be able to invite other people to access these services.

Why are you switching from your old system? There are two main reasons we are switching to a new system – the first is security. With Bunk 1's services, we can better track who has access to the camp photos and who sends messages to campers. This allows you to ensure that no inappropriate users have access to pictures of your camper, as required by COPPA (the Children's Online Privacy Protection Act). The second reason we are switching is so that we can focus our staff resources on providing an enriching experience for your camper, and not sorting e-mails. In recent years the volume of e-mails has steadily increased, using up more and more staff time and resources to handle. While we encourage the communication between you and your camper, we thought it best to move to a system that would make it easier for us to manage the incoming email. We appreciate your assistance in helping to support this new system.

Why do I have to pay to send Bunk Notes (one way e-mail)? Each morning, the bunk notes system bundles and sorts the messages for us to print out and distribute to campers. It also protects us from computer viruses and allows us to easily manage these emails. Your payment helps us cover the cost of the system, paper, ink and labor. Bunk Note credits cost \$1 each and are purchased in packs of various sizes.

What do I do if I lost my username and password? You can get it online by going to www.Bunk1.com and clicking on the link "Lost Your Password?" (to the left of the page below the sign in button). You will receive an email with your username and password within a few minutes.

QUESTIONS OR PROBLEMS? Please call Bunk 1 at 1-800-216-9472 or go to www.bunk1.com/contact.asp

Telephone Calls

Campers are not permitted to receive or make any calls to or from camp. Parents may call their child on his/her birthday only. If your child has a birthday during the summer season, call our office the day before the birthday so that we can ensure that your child will be in the office to accept your call. **Please note that communication devices of any kind (pagers, cell phones, blackberries, iphones etc.) are strictly forbidden and should not even come to camp with your child. Please make sure you have their cell phones in your possession before they board the bus to camp. Any such devices that are found will be confiscated and donated to a registered charitable institution unless the camp is made aware of the phone prior to their departure, and the camper, immediately upon arrival at the bus departure point or airport, willingly gives this device to the camp for safe keeping.**

Laundry

Laundry is done once a week. Clothing should be colorfast as it is machine laundered and every item should be well labeled/marked. All campers will have the opportunity to claim lost and found articles during the summer and at the end of camp. Items that are not labeled and not claimed by the campers will be donated to *Le Mercaz*, a clothing bank based in Montreal.

Tuck & Spending Money

A portion of the camp fee is allocated to cover expenses such as tuck (treats), the camp t-shirt, photograph, and DVD. We will bill you for any medical expenses (prescriptions and such) incurred over the course of the summer and send you the receipts so that you can make a claim with your insurance company. Personal spending money is not included in the camp fee. Campers should therefore come to camp with about \$100 pocket money to have for excursions to Montreal and Mont-Tremblant.

Camp Biluim Has a Zero Tolerance Policy Regarding Alcohol and Illicit Drugs.

We urge all parents and campers to review and openly discuss the Camp Biluim Canada Code of Conduct Agreement which all campers and parents have already signed.

We also urge all parents to assist their children in packing for the summer. All camper baggage will be thoroughly searched upon arrival to camp and Camp Biluim further reserves the right to do random checks throughout the camping season.

Any camper found with alcohol, illicit drugs, rolling paper, or other drug paraphernalia, can be immediately dismissed from the program at the parents expense.

Together we can ensure for an environment free of drugs and alcohol. With your help we can fulfill our mission.....To give our campers the opportunity to realize their full potential as the leaders of tomorrow.

We sincerely appreciate your support.

Clothing & Packing List

Limit your luggage to 1 trunk (optional) and 1 duffel bag or 2 duffel bags. It is not necessary to have a trunk or plastic shelving. Be mindful of the weight of your baggage – if you can't lift it, neither can we. Mark your luggage clearly with the tags provided. We suggest simple serviceable clothing. Social and Shabbat functions are also simple and informal. To avoid overcrowding in the tents, we recommend: "If in doubt, leave it out!" While we encourage campers to bring their musical instruments, we also strongly urge you to leave your valuables at home as Camp Biluim will not be held responsible for loss or damage to campers' belongings.

Clothing

3 Sweatshirts
4 pr pants (jeans, sweats, khakis)
12 t-shirts
12 pr socks
1 raincoat/poncho
2 sun hats
4 pr shorts
2 pr pajamas
2 bathing suits
12 pr underwear

Medication

All prescription and over the counter medications must be packed in a separate bag which is clearly labeled with the campers name. This bag must be given to a Biluim staff member by a parent before the camper boards the bus. All meds must be in their original containers, each one clearly labeled with that campers name. Our infirmary is fully stocked. It is not necessary to pack standard over the counter medications.

Footwear

2 pr running shoes
1 pr sandals w/ankle strap
1 pr rain boots

Toiletries (consider biodegradable!)

shower caddy
soap/soap dish
shampoo
toothbrush & paste
sun protection (SPF 30 or >)
bug spray

Miscellaneous

flashlight & batteries
stamped envelopes
writing paper & pen
camera
kipot
books
sports equipment
musical instruments
extra eyeglasses
Mess kit (spoon, bowl, cup)

Water Bottle (This is extremely important as we do not sell bottled water at camp and it is strictly forbidden to bring bottled water to camp).

NO CELL PHONES, I-TOUCHES, BLACKBERRIES, ETC !!!

(Please see policy on preceding page)

Bedding & Linen

4 single sheets
2 blankets
2 pillow cases
1 pillow
1 sleeping bag
2 beach towels
2 bath towels

DO NOT PACK

any food / gum / candy
hot pot/kettle
lighter or matches
mosquito coils
bottled water, pop
pocket knife
glass bottles/jars
delicate clothing
skateboard
rollerblades
DVD/Video player
cell phone, beeper, i-phone etc.
valuables

You may bring a personal music device. However, if this musical device serves any other purpose other than playing music, it will be confiscated.

It is strictly forbidden to bring food or any bottled water to camp. We save the environment when each person uses his or her personal water bottle.

Don't forget to pack a sleeping bag and small back pack with enough clothing, a bathing suit and towel, & toiletries for one night and day to be carried with you on the bus. The rest of your baggage will only arrive at camp on the 1st of July, the day following your arrival.

Camp Biluim Canada

**The National Leadership Institute of
Canadian Young Judaea**



FORMS 2010

Camper Name _____

Please complete these forms and mail this booklet of forms in it's entirety by April 1st to our office in Toronto:
788 Marlee Avenue, Toronto, Ontario, M6B 3K1

Camper Name _____

Transportation

Transportation to Camp

_____ bus service from Toronto

_____ bus service from Montreal

_____ Plane to Montreal _____
airline flight # arrival time

_____ Private transportation _____
Driver's name phone no.

Transportation from Camp

_____ bus service to Toronto

_____ bus service to Montreal

_____ Plane from Montreal _____
airline flight # arrival time

_____ Private transportation _____
Driver's name phone no.

Instructional Swimming Program

At Camp Biluim campers are given the option to develop their swimming skills. Campers who complete this form will participate in our Instructional Swim Program. Those who do not complete this form will participate in another chug of their choice. Our Instructional Swim Program is recognized by the Canadian Red Cross and the Canadian Lifesaving Society. All of our Instructional Swim programs are lead by certified instructors who hold the safety and well being of your camper as their paramount concern.

Campers who register for the Bronze Medallion/Jr. Resuscitation Course must demonstrate the water safety and swimming skills of the Red Cross Aquaquest 12 level to be eligible for the course. Campers who fail this admissions test will not be permitted to participate in this course and will be encouraged to repeat the Aquaquest level 12 course. Campers who register for the Bronze Cross/Sr. Resuscitation Course must provide proof of the fact that they successfully completed the Bronze Medallion/Jr. Resuscitation Course by enclosing a clear photocopy of the certificate issued by the Royal Lifesaving Society with this completed form. Please mark the appropriate box if you wish to register for one of the following programs.

- Bronze Medallion/Jr. Resuscitation
- Bronze Cross/Sr. Resuscitation

Vegetarian/Special Diet

All food at camp is Kosher. In addition to our regular menu, a supplementary vegetarian menu is also available. Both menus are reviewed by an independent nutritionist. If your child is a vegetarian or requires a special diet due to medical or other reasons, please complete the form below.

PLEASE NOTE: Campers who experience extreme allergic reactions (anaphylactic shock) to foods, bees or other environmental sources will unfortunately not have the opportunity to participate on canoe trips.

My son/daughter is a vegetarian:	YES	NO
My son/daughter is lactose intolerant	YES	NO
My son/daughter requires a special diet:	YES	NO

COMMENTS: _____

Camp Biluim Medical Form 2010

▶ **CAMPERS WILL NOT BE PERMITTED TO BOARD THE BUS UNLESS THIS FORM IS COMPLETED AND A CLEAR PHOTOCOPY OF YOUR CHILD'S HEALTH CARD IS ATTACHED.** ◀

The information which you provide on this medical form will remain strictly confidential. In order to ensure the health and welfare of your child and our entire community at camp, it is imperative and we implore you to answer all questions and provide all information relevant to the physical and emotional health of your child. In the past we have learned that crucial information has been purposefully omitted. Having a complete picture will only give us the opportunity to ensure a positive experience for your child at camp this summer. We thank you in advance for your cooperation.

Camper Name: _____ Date of Birth (M/D/Y): _____ Age at Camp: _____
Street Address: _____ City: _____ Province: _____ Postal Code: _____
Mother Name _____ (Home Tel) _____ (Work Tel) _____ (Cell) _____
Father Name _____ (Home Tel) _____ (Work Tel) _____ (Cell) _____
Name of Emergency Contact (If parents cannot be reached) _____ Relationship to camper _____
(Home Tel) _____ (Work Tel) _____ (Cell) _____

Health Card Number with version Code (letters at beginning or end of number): _____ Exp Date: _____

Has camper had chicken pox: Yes No

Date of last tetanus shot: _____ (If it has been more than ten years, please update before camp).

Is camper allergic to any of the following? Any allergy specified below must be followed with a detailed description of the allergic reaction and its treatment (including EpiPen if necessary).

Antibiotics Details: _____
 Animals Details: _____
 Stinging Insects Details: _____
 Foods Details: _____
 Other Details: _____

Does camper have any ongoing medical or psychological problems? (attach a detailed letter if more space is needed) _____

During his/her time at camp, will camper be taking any medications? If so, please list them below.

	Medication	Dosage	Schedule
1.	_____	_____	_____
2.	_____	_____	_____

Does your camper have recurrent problems related to:

Hay fever Fainting
 Asthma / Breathing Problems Bedwetting
 Frequent Ear Infections Sleeping
 Recurrent Headaches Eating disorders
 Repeated Stomach Problems Sleepwalking
 Lactose Intolerance Psychological or emotional problems
 Skin Problems Other: _____

Detailed description & management of problems checked:

Is there anything else you want the camp to know? _____

Doctor Name _____ Telephone _____
Orthodontist Name (if applicable) _____ Telephone _____

I have completed this form and have disclosed all information relevant to the health of my child. I will advise the camp in writing of any changes in the status of my child's health. It is understood that should any emergency occur every attempt will be made to contact me. However, if for any reason, I am unable to be reached, I hereby give my permission for the camp to secure treatment for my child, be it medical or surgical, that is deemed appropriate.

Date _____ Name of Parent/Guardian _____ Signature _____

PLEASE BE SURE TO ATTACH A CLEAR PHOTOCOPY OF YOUR CHILD'S HEALTH CARD TO THIS FORM.