

Camp Kinneret Parent Handbook 2010

Please keep this handbook for future reference

Camp Personnel

Camp Director	Guy Korngold
Assistant Director	Stephanie Davis
Program Director	Susanna 'Shoshi' Rothschild
Assistant Program Director	Adam Ludwick
LIT Unit Head	Raphaela Schneider-Friedman
Kochot Unit Head	Erin Miller
Giborim/Goshrim Unit Head	Jared Garshowitz

Important Dates

Payment in Full	April 1
Forms & Waivers Completed	April 1
Baggage drop off for all 1 st & full session campers	July 6 (11am-1pm)
1 st Session begins for LITs	July 6
1 st Session begins for Giborim, Goshrim, & Kochot	July 8
Visitor's Day (For full summer and 1 st session campers only)	August 1
Second Session Begins	August 2
Camp Ends	August 17

Contact Information

SUMMER

Camp Kinneret
184 Rue Harrison
Mt. Tremblant, Que., J8E 1M8

Tel (819) 425 3332
Fax (819) 425 2433 (office use only)
Email office@ckb.ca

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

WINTER NEW ADDRESS:

Camp Kinneret
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.

A Message From Guy

Dear Campers and Parents,

I write this message as we prepare for the summer of 2010 which will represent my twelfth consecutive season as the Director of Camp Kinneret. As I reflect upon the past eleven seasons, I am most thankful for having the opportunity to work with the most dynamic and enthusiastic youth that our community has to offer and I am proud to be associated with Camp Kinneret-Biluim as we celebrate our 58th season.

We are also looking forward to welcoming more campers to Camp Kinneret-Biluim than ever before. Camp Biluim, our intensive leadership development program for sixteen year old campers has been completely full since October and we have an extremely long wait list. In Kinneret, our first session is full with nearly thirty people on a wait list and our second session has only a few beds left to fill. We know that this is due in no small part to you. When you tell your friends about Camp Kinneret they register and we thank you very much for your continued support!

Our staff team is complete and they are all graduates of Camp Kinneret, Camp Biluim, and our Young Judaea Israel Enrichment Program. The entire Kinneret staff team will be meeting up at camp in early March to begin planning for the summer of 2010; a summer that promises to fulfill our greatest expectations.

Please carefully review the contents of this handbook and complete the enclosed booklet of forms and mail them to our office by the 1st of April. On behalf of our Board of Directors and all of our staff, I wish you all a healthy and happy spring as we look forward to a safe, exciting and memorable summer.

Chazak v'Amatz!
With Strength and Courage!

Guy Korngold
Director
Camp Kinneret-Biluim

Baggage – First Session & Full Summer Campers

- Montreal** All first session and full summer campers from Montreal (including Giborim, Goshrim, and Kochot campers that start camp on July 8) must bring their baggage on **July 6** to the parking lot at the Cavendish Mall (Area #5 near Kildare & Kellert) between **11:00am and 1:00pm**.
- Toronto** All first session and full summer campers from Toronto (including Giborim, Goshrim, and Kochot campers that start camp on July 8) must bring their baggage on **July 6** to the parking lot of the Herbert H. Carnegie Centennial Centre at 580 Finch Avenue (just West of Bathurst) between **7:00am and 8:00am**.
- Ottawa** Bring your baggage with you to the bus in Montreal on your departure date for camp.

Baggage – Second Session Campers

All second session campers will bring their baggage with them to the bus on August 2.

Travel to Camp – July 6 – First Session LIT Campers

Montreal / Ottawa

Cavendish Mall Parking Lot (Area #5 near Kildare & Kellart)
5800 Cavendish Boulevard – departure at **1:00pm**. Please arrive no later than 12:30pm.

Toronto & Surrounding Areas

Herbert H. Carnegie Centennial Centre Parking lot
580 Finch Avenue (West of Bathurst) – departure at **8:00am sharp!**
Please arrive no later than 7:00am.

Private Transportation

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

Note All LIT campers are required to pack a separate overnight bag with clothing, personal effects, a bathing suit, towel, and a sleeping bag to be carried on the bus as their baggage will only arrive to camp the day following their arrival. All campers from Toronto must also carry with them, on the bus, a peanut-free lunch for the day of travel.

Travel to Camp – July 8 – First Session Giborim, Goshrim, & Kochot Campers

Montreal / Ottawa

Cavendish Mall Parking Lot (Area #5 near Kildare & Kellart)
5800 Cavendish Boulevard - departure at **1:00pm**. Please arrive no later than 12:30pm. You must bring all of your baggage for transport on July 6 (see preceding page)

Toronto & Surrounding Areas

Herbert H. Carnegie Centennial Centre Parking lot
580 Finch Avenue (West of Bathurst) – departure at **7:30am**. Please arrive no later than 7:00am. You must bring all of your baggage for transport on July 6 (see preceding page)

Private Transportation

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

Note All campers from Toronto must carry with them, on the bus, a peanut-free lunch for the day of travel.

Travel to Camp – August 2 – Second Session Campers

Montreal / Ottawa

Cavendish Mall Parking Lot (Area #5 near Kildare & Kellart)
5800 Cavendish Boulevard – departure at **1:00pm**. Please arrive no later than 12:30pm.

Toronto & Surrounding Areas

Herbert H. Carnegie Centennial Centre Parking lot
580 Finch Avenue (West of Bathurst) – departure at **7:30am**. Please arrive no later than 7:00am.

Private Transportation

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

Note All campers from Toronto must carry with them, on the bus, a peanut-free lunch for the day of travel.

Travel from Camp

August 1 – End of First Session

Campers returning home at the end of the first session will travel home with their parents following the Visitor's Day presentation which will end at approximately 12:30pm. The camp does not provide transportation home for 1st session campers.

August 17 – End of Second session

The buses will leave camp at 8:30am and arrive to: Cavendish Mall in Montreal at approximately 10:30am

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.

Campers being picked up by parents must arrive at camp at 8:30am.

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 Kinneret)
2. Click the blue flashing "Camp Photos/Camper Email" button *
3. Click "Register Now"
4. Enter your pre-approved registration code: **9975CK1**
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.CampKinneret.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, i-phones, blackberries 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.

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 a local 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, the LIT sweatshirt and camp photograph. 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, to be used by campers when we take them out on field trips, is not included in the camp fee. We suggest at least \$60 for first session LIT campers and \$20 for Giborim, Goshrim, Kochot and second session LIT campers. This pocket money can be held in the office for your camper. To do this, simply place the cash in a sealed envelope with your campers name on it and hand it to a staff member as your child boards the bus to camp.

Our Menu

A Kosher caterer supplies all camp food. In addition to our regular menu, a supplementary vegetarian menu and lactose friendly options are also available. Our menus are reviewed by a nutritionist. If your child requires a special diet, please ensure that you complete the enclosed Special Diet form. Camp Kinneret is a peanut-sensitive environment. We therefore ask for your cooperation. **Please do not send food to camp with your child. We will find it and it will be confiscated.**

Visitor's Day - Sunday August 1

Visitor's Day falls on the last day of the first session and is for 1st session and full summer campers only. Campers leaving on this day will travel home with their parents. Please note that you will be permitted to visit your child on this date **ONLY** unless the Camp Director is informed of special circumstances and alternative arrangements have been made.

Visitors Day has been designed so that parents and campers can share experiences on the campsite, meet our staff, and enjoy a pleasant day together. Campers look forward to this day because it gives them the opportunity to show their achievements and surroundings to their families and friends.

10:00am Visitors are welcomed onto the camp grounds
11:00am Mifkad (flagpole) Ceremony
11:30am Presentation prepared by the campers and staff
12:30pm Dessert reception.

Following the presentation campers are permitted to leave with their parents. Campers remaining for the second session must return to camp by 4:00pm.

Driving Directions to Camp Kinneret (184 Rue Harisson) from Montreal

Once you get onto the 15 North, the entire trip is approximately 130 km and should take you about 1.5 hours if you travel at a consistent speed of 100km/h.

- ▶ Travel North on Highway 15 towards Ste. Agathe. Continue passed Ste. Agathe on the 15 North which will eventually become the 117 North. (Stay on the 15 North and don't get off at the 117 sign that you see before Ste. Agathe).
- ▶ Continue on the 117 North and take exit 119 - 'Montee Ryan'.
- ▶ Turn right onto Montee Ryan and continue until you arrive at the traffic circle. Essentially, you want to turn left here onto the 327 North (aka Rue du Village) so exit the circle after turning 270 degrees.
- ▶ Continue on the 327 North and turn left onto Chemin du Lac Mercier following the signs that read "Labelle and La Conception" (This road is found immediately before Mercier lake so if the lake is on your left you have missed your turn!).
- ▶ Continue on Chemin du Lac Mercier and take your first right onto Rue Harrison. Travel one minute and you will arrive at Camp Kinneret!

Please drive with extreme caution while on the camp grounds. Camp Telephone: (819) 425 – 3332.

Clothing & Packing List

Please limit your luggage to 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. "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 Kinneret 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 medications
Must be packed in a
Separate bag which is
Clearly labeled with the
Campers name. This bag
Must be given to a Kinneret
Staff member by a parent
Before the camper boards
The bus. All medication
Must be in their original
containers, each one clearly
labeled with that campers name.

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/addressed envelopes
writing paper & pen
camera *
kipot
books *
baseball glove *
musical instruments *
extra eyeglasses
Mess kit (spoon, bowl, cup)
Water Bottle (This item is extremely important as we do not sell bottled water at camp and it is strictly forbidden to bring bottled water to camp).

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, i-phone, etc.
valuables

Our infirmary is fully stocked. It is not necessary to pack standard over the counter medications like Tylenol and Advil. The only medications campers should bring to camp are those that are required to manage an existing medical condition.

You may bring a personal music device. However, if this musical device also serves a purpose other than playing music (ie. internet, phone or video), 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.

1st session LITs must pack a sleeping bag and small back pack with enough clothing & toiletries (and a bathing suit) for one night and day to be carried with them on the bus. The rest of their baggage will only arrive at camp on the 7th of July.

* optional

Camp Kinneret Forms 2010

Camper Name _____

Please complete these forms and mail this booklet in its entirety by **April 1st to our office:**
NEW ADDRESS: 5555 Westminster, Suite 300, Montreal, Quebec, H4W 2J2.
Campers will not be permitted to board the bus unless these forms have been completed.

Camper Name _____

Vegetarian/Special Diet

All camp food is Kosher. In addition to our regular menu, supplementary vegetarian and lactose intolerant options are available at each meal. Our menu is 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. Campers requiring special food products to maintain special diets are requested to bring their own *Kosher* and *peanut-free* supply to Camp, to be kept in Camp for their use only.

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: _____

Tisha B'av Waiver Form

This summer Tisha B'Av will fall on the 19th-20th of July (during the 1st session). We have the following policy regarding Tisha B'Av. Please review and discuss this policy with your child.

- Campers who have had their Bar Mitzvah or Bat Mitvah will be given the option of fasting. All other campers will not be given the option and must eat every meal served.
- All campers who are fasting must drink water in order to ensure that they do not dehydrate.
- Campers can be asked by our staff to resume eating if they feel that the camper is too weak as a result of the fast.
- Campers who are fasting are not excused from any of the programs on Tisha B'Av. The methodologies of these programs do not involve strenuous activity.

Your signature below signifies that the parent/guardian and camper have read and understood this policy.

Camper signature

Parent Signature

Date

Releve 24 Information (for residents of Quebec only)

We need the social insurance number (SIN) of one parent in order to complete your Releve 24 form which you will be able to use to declare a day-care deduction when filing your income taxes.

Name: _____ SIN: _____

CAMP KINNERET CODE OF CONDUCT AGREEMENT

The success of Camp Kinneret (the "Camp") depends in large part upon the commitment and participation of every camper. To that end, it is understood that the undersigned (the "Camper") has chosen to be a willing and integral participant in the building of our very special community at the Camp. In order to best attain this goal, the Camp has determined that all campers and their parents/guardians must agree to comply with the following Code of Conduct.

In order to ensure that the camper will derive the greatest benefit from the Camper's experience and to help ensure the safety and security of all participants, the Camper and the Parents/Guardians of the camper hereby acknowledge and agree to the following:

- 1 The Camper will not use or be in possession of alcohol, drugs (other than drugs prescribed to the Camper before or during the Camp which are under the supervision of the Camp's medical professional), or drug related paraphernalia, including but not limited to rolling papers and pipes.
- 2 The Camper will not use or be in possession of cigarettes or other tobacco products.
- 3 The Camper will respect all areas of the Camp that are considered off limits and will not leave the campgrounds unless under staff supervision.
- 4 The Camper will not pierce or tattoo any part of the Camper's body during the summer.
- 5 The Camper will not gamble.
- 6 The Camper understands that the Camp's program is mandatory and agrees to be a positive and active participant in the entire program.
- 7 The Camper will not vandalize, steal or abuse any property that is not his/hers.
- 8 The Camper will not use or be in possession of a cellular telephone, pager or other communication device during the Camp session.
- 9 The Camper will not light matches, lighters, burn mosquito coils or operate a kettle unless a staff member has given permission to do so.
- 10 The Camper will refrain from any behavior that Camp staff deems to be unacceptable and/or detrimental to the Camp program.

The Camper understands that violation of any of these rules by the Camper will result in disciplinary action and/or dismissal from Camp. The Camper understands that the Camp reserves the right to check all personal belongings of the camper upon arrival at camp and that the Camp further reserves the right to do random checks throughout the camping season.

This agreement shall be governed by and interpreted in accordance with the laws of the province of Quebec and the courts of the Judicial District of Montreal shall have exclusive jurisdiction in respect of any proceeding in connection with this agreement.

I, the undersigned, have read the above Camp Kinneret Code of Conduct Agreement and agree to comply with the terms contained therein.

Name of Camper

Signature of Camper

Date

Parent/Guardian Section

I/We have read the Code of Conduct and fully understand that the Camper's participation in this program is contingent on the Camper's adherence to the above noted rules and policies. We further confirm that we have reviewed the Code of Conduct with the Camper and we are satisfied that the Camper understands the terms of the Agreement and we have no reason to believe that the Camper will be unable to comply with such terms.

We understand that the Camp will not refund any portion of the camp fees or related costs if the Camper is dismissed from Camp. While the Camp will cooperate with the parents/guardian with respect to the Camper's return home, the Camp cannot and will not assume any liability in connection therewith. All costs and expenses, including, but not limited to, lodging out of camp, transportation and food necessarily incurred in connection with the Camper's dismissal from the Camp (including, if applicable, any costs of a Camp staff escort) shall be billed to and immediately paid for by the undersigned who agree to be jointly and severally liable for all such costs. Furthermore, we agree to be responsible for all costs or charges or damages incurred by the Camp or any of its campers or staff as a result of any vandalism or theft for which the Camper is responsible.

We understand that this agreement shall be governed by and interpreted in accordance with the laws of the province of Quebec and the courts of the Judicial District of Montreal shall have exclusive jurisdiction in respect of any proceeding in connection with this agreement.

Name of Parent/Guardian

Signature of Parent/Guardian

Date

Name of Parent/Guardian

Signature of Parent/Guardian

Date

Camp Kinneret Medical Form 2010

CAMPERS WILL NOT BE PERMITTED TO BOARD THE BUS UNLESS THIS FORM IS COMPLETE & A CLEAR PHOTOCOPY OF THE 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: _____
 Camper Health Card Number (*include letters!*): _____ Expiry Date: _____

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) _____

Date of last tetanus shot (In the vaccine booklet, this may be listed as Quadracel, Adacel, d2T5 or Tetanus): _____
 (If it has been more ten years since the last tetanus, please see your MD to have it updated before camp begins)

Has camper had chicken pox or chicken pox vaccine? YES NO

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 problems? _____

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: <input type="checkbox"/> Hay fever <input type="checkbox"/> Fainting <input type="checkbox"/> Asthma / Breathing Problems <input type="checkbox"/> Bedwetting <input type="checkbox"/> Frequent Ear Infections <input type="checkbox"/> Sleeping <input type="checkbox"/> Recurrent Headaches <input type="checkbox"/> Eating disorders <input type="checkbox"/> Repeated Stomach Problems <input type="checkbox"/> Sleepwalking <input type="checkbox"/> Lactose Intolerance <input type="checkbox"/> Psychological or emotional problems <input type="checkbox"/> Skin Problems <input type="checkbox"/> Other: _____	Detailed description & management of problems checked: _____ _____ _____ _____ _____
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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 _____