



PARENT/CAMPER HANDBOOK

Summer 2019

Session 1: June 30 – July 21

Session 2 Extended: July 15 – August 11

Session 2: July 24 – August 11

Full Summer: June 30 – August 11

Nitsanimot (Taste of Gilboa): July 9–13, July 24-28

Madatz (CITs): June 25 – August 12

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Shalom!

We are so excited to have your child enrolled for Summer 2019 at Camp Gilboa! At Machaneh (Camp) Gilboa, your child will have fun, make friends, learn new skills, deepen their Jewish identity and grow in every possible way. The environment of Machaneh Gilboa is one of sharing, mutual respect, and caring. Our staff is looking forward to get to know your children and bring them into the Gilboa family.

Gilboa is situated in a beautiful natural setting near Big Bear Lake in the San Bernardino Mountains. The campsite features kayaking, hiking, archery, and a heated swimming pool.

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 Gilboa, 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 Gilboa!

The Story of Habonim Dror

Gilboa is one of six Habonim Dror camps in North America. Habonim Dror is an international progressive Zionist youth movement which was founded in Europe a century ago and has spread to 23 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 kibbutzim and helped the growth and development of the Jewish state. Members of North American Habonim founded 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 Gilboa, 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 is the idea of year-round activities and Gilboa holds year-round activities in Los Angeles, the San Francisco Bay Area, Silicon Valley, and San Diego. In addition, Habonim Dror North America sponsors national programs in Israel for its older members, including MBI and Kadima 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 Gilboa is accredited by the American Camp Association. 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. The ACA accreditation process means that we have complied with up to 300 standards — from staff qualification, training, site maintenance and food service to emergency management and health care. Accreditation is voluntary and is recognized by court of law and government regulators as the standards of the camp community. By accrediting our camp, we assure a safe and nurturing camp experience that promotes summers of growth and fun.

Machaneh Gilboa Contact Information

Dalit Shlapobersky, Executive Director - dalit@campgilboa.org

Elana Bloomfield, Assistant Director – elana@campgilboa.org

Josh Bloom, Tzedek Program Coordinator – josh@campgilboa.org

Pnina Joseph, Registrar – pnina@campgilboa.org

Year Round Office:

Habonim Dror Camp Gilboa 8339 West Third Street, Los Angeles CA 90048

Tel: (323) 653-6772 Fax: (323) 375-0415

Summer Camp Mailing Address:

Camp Gilboa, P.O. Box 1532, Big Bear Lake, CA 92315-1532

Campsite Address:

Camp Bluff Lake, 38200 Bluff Lake Road, Big Bear, CA 92315

Phone Numbers:

Gilboa Office Phone: 909-866-1408 or 909-340-4149

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.

Dalit and Elana check emails multiple times a day and **you will always hear back via phone call or email within a few hours** - email dalit@campgilboa.org or elana@campgilboa.org.

Gilboa Cell Phone: 323-371-3026 (reception is limited. Texts will come through)

Website: www.campgilboa.org

Gilboa: <https://www.campgilboa.org/blog>

Activity Information

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 Musicales (musical performances) and Saturday night medurah (campfire). Campers love to perform for each other!

Chugim (Electives) are activities by choice, geared towards the interests of each camper, and the development of their skills, and reflect the diverse interests of our counselors. These activities may change every summer and range from the sciences to the arts, from the silly and active (such as the favorite “Dirty Messy Fun”), to the quiet and reflective (such as “Poetry Club”).

Sadnaot (Rotations) - Camp is a space to try new and exciting activities. Sadnaot provide an opportunity for our campers to spend a segment of the day with their age group, concentrating on a different activity each day. Workshops offered include nature, drama, kayaking, archery, arts and crafts, baking, and Israeli dancing, among others.

Zman Sport (Sports) - Camp programs and free time allow campers to play a variety of sports, including basketball, frisbee and soccer. Games are non-competitive so that campers of all skill levels can participate and enjoy.

Zman Brecha (Pool Time) - A chill community time that allows everyone to connect in a less structured way. Alongside swimming (under the supervision of certified lifeguards), campers play board games on the deck, rest, read and write letters home.

Avodah (Work Activity) is an important part of our day. Although chores may not be your child’s favorite activity at home, at camp, Avodah gives them a sense of ownership and belonging, and a true understanding of community building. Fun avodah activities include gardening, carpentry, painting, taking care of trash and recycling, painting and other great projects.

Age Group Activity (peulat shichva/PISH): Every day, within each age group, counselors either run a fun educational activity connected with our summer curriculum or use games and activities to promote teamwork and community.

Evening Activity (tochnit erev): Usually a camp-wide activity related to the summer's educational theme. From the most active adventure to the calmest movie night, campers of all ages participate, learn and get to know each other in the mixed-age groups discussions.

Tikun Olam (Community Service Projects) is an important part of the Habonim Dror Camp Gilboa philosophy. Campers learn during the summer about social justice and social action, and implement in the summer and throughout the school year. Past projects have included advocating for refugees rights, working with domestic workers rights organizations, beach cleanup days, and many others.

Medurah (Campfire) Each 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.

Kvutza Days - Every session, campers help their counselors design a full day of fun. This is a time when they can use their kupa (“communal fund” in Hebrew.) Kupa is a system of sharing and equality in our community. Campers look into their budget, and choose together with their peers what kind of fun and exciting activities they would like to have this year.

Tiyulim (Camping Trips) - Hiking and camping trips are a perfect setting for group building and individual connections. Numerous hiking trails are accessible from Gilboa’s gorgeous location, and together, we explore the forest, mountain and adjacent lakes.

Machaneh Gilboa Tzevet (Staff)

Tzevet (Staff)

Camp Gilboa 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 Gilboa and other Habonim Dror camps. Madrachimot are graduates of Habonim Dror leadership training programs in Israel and North America, including MBI (5 weeks in Israel), Madatz (7 weeks counselor in training program) and Workshop (10 months service in Israel), as well as Ma’agal – Gilboa’s year-round staff education program, and other national Habonim and Foundation for Jewish Camp training programs.

Camp Gilboa 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), Chinuch (Education Director), Techni (Technical Director), Ha’asharah (Director of Program Enhancement), and Melavol (Director of Camper Wellbeing) to allow complete oversight and supervision throughout the summer.

Also at camp are our year-round staff - Elana Bloomfield, Josh Bloom, and our Executive Director, Dalit Shlapobersky. Our year-round support the Mazkirut and staff during summer and are the primary parents contacts.

Food

Habonim Dror Camp Gilboa takes great care in providing nutritious and varied kosher meals to our campers. In addition, there are many opportunities for treats, birthday celebrations and special occasions. We serve three meals and three snacks a day.

We serve kid-friendly food, and we have different options to please even the pickiest eaters. All food is prepared in the Gilboa kitchen and if your child has special dietary needs or food allergies, please call the camp office to discuss how we can accommodate their needs.

Vegetarian, vegan, and gluten free alternatives can be provided at every meal along with options to accommodate other dietary requirements or food allergies.

Menu rotates every few days and includes options such as:

Breakfast:

Constant: milk (soy, rice milk), fresh fruit, yogurt, cottage cheese, cold cereal, eggs
Rotating Options: pancakes, bagels, French toast, hash browns and veggie sausage

Lunch:

Constant: Salad bar, protein toppings (such as beans, eggs, chickpeas, sunflower seeds), cooked or grilled vegetables, fruit
Rotating Options: mac n cheese, fish sticks, grilled cheese sandwich and tomato soup, pizza, vegetarian burrito bar, falafel and hummus

Dinner:

Constant: Salad bar, protein toppings (such as beans, eggs, chickpeas, sunflower seeds), cooked or grilled vegetable dish, fruit
Rotating Options: hamburgers, hotdogs, chicken, pizza, spaghetti with meat sauce, chili, chicken nuggets, burrito bar

Snack/dessert is served three times a day: at 11am, 4pm and after the evening program.
Options include: fresh fruit, pretzels, cakes, pudding, popsicles, popcorn, celery and carrot sticks with almond butter.

Health & Medical Information – IMPORTANT!

Forms

There are several necessary forms, which we must have before your child arrives at Machaneh. All of them are posted on your Camp Gilboa account online. Please access and complete them at your earliest convenience. All forms are due April 21st.

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 Gilboa account
- Scan and email to us
- Fax: 323-375-0415
- Mail back to: Camp Gilboa, 8339 W. 3rd Street, CA 90048

Before emailing it to us or uploading a PDF or other picture format, please make sure that all information is fully legible when the file is full size.

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.
- **Camper Information Form** – This *online* form includes questions about your child's needs, their favorite activities, issues that may arise, etc. Completing it fully will help us provide your child with the best experience possible.
- **Parent Authorization:** This *paper Form* authorizes us to take your child to a doctor if needed and should include a mandatory copy of your child's insurance card.
- **Travel Information Form** – to be completed *online*.

Additional Forms - to be printed and taken to your child's physician.

- **Physical Exam Form signed by an appropriately licensed medical provider (and current – meaning issued within less than 12 months) is required for:**
 - **NEW CAMPERS**
 - **CAMPERS WHO TAKE PRESCRIPTION MEDICATION**
 - **CAMPERS WHO HAD A CHANGE IN HEALTH CONDITION**
- **Immunization Form signed by a physician (a printout of your child's vaccinations from your medical provider is preferable) required for:**
 - **NEW CAMPERS OR CAMPERS WITH A CURRENTLY INCOMPLETE RECORD**
 - **RETURNING CAMPERS WHO'VE TURNED 11** (for proof of Tdap and Meningococcal vaccine)
 - **RETURNING CAMPERS WHO'VE TURNED 15** (for proof of Meningococcal booster)

Statement on Vaccine Status of Campers and Staff of Habonim Dror Camp Gilboa

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 Gilboa, 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 will strive to ensure that all campers and staff are adequately 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 323-653-6772 to discuss the immunization policy and additional precautionary measures. Gilboa's Medical Committee will assist families whose children have an incomplete immunization record to catch up on missing vaccinations in a timely manner before camp.

Medical Treatment While at Camp

Our health center is staffed 24 hours a day. Most of what we do at camp falls within the category of first aid, including caring for splinters, scraped knees, mosquito bites, etc. If your child becomes ill, they will be evaluated by our staff to initiate the appropriate treatment. We use the services of the local urgent care clinic and the Big Bear Community Hospital, located 25 minutes away from camp, to assure proper medical attention, when necessary. If your child requires on-site medical assistance beyond basic first aid, such as an overnight stay in the camp health center, you will be informed. If it is necessary to take your child to either the doctor or the hospital, you will be notified as soon as possible.

For any visit to the doctor or hospital you will be billed by the doctor. **It is important that you provide us with accurate insurance, including carrier's name and number, in order to avoid delays should treatment be necessary. Medical expenses not covered by insurance will be passed on to the camper's parents.**

We hire a registered nurse or an experienced paramedic, who staffs the infirmary 24 hours per day and works with the guidance of the our volunteer medical professionals of the Medical Committee throughout the summer.

Medications

If your child takes prescription medication, **please be sure to send the medication in quantities sufficient for the duration of the session, along with a schedule, dosage, and instructions.** If it is necessary to have a prescription filled during camp, parents will be billed actual cost.

Please indicate on the health history form if your child will be taking medication while at camp on a regular basis. This includes vitamins. **All medication (prescription and over the counter) must be turned over to counselors by parents at the bus (where possible) or to the health supervisor upon arrival at camp, in the original packaging, and will be kept in the health center. All medication must be carefully labeled with your child's full name, name of medication, prescribed dosage and time of day, and for what it is being taken.**

Camp Gilboa may administer over-the-counter drugs to your child if needed. If you wish to instruct otherwise, the health information form will have an option to request that.

If there is any additional information we should know about your child, whether about physical, mental or emotional health, please add it to the Medical or Camper Information forms, or write a separate note. **It is in your child's best interest for us to have as much correct and current information as possible. Contact the office to discuss any potential difficulties.**

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

We ask that parents thoroughly check their child's hair one week and again one day before camp starts, and make sure to treat (and notify us) if lice is found.

Lice check is part of the first day procedure at camp, and if we find lice on a camper, we will treat it accordingly and do routine follow-up treatments to prevent its spread.

Preventing Illness at camp

At camp, we stress the importance of hygiene and prevention and make sure campers know to report any illness to their counselor. If your child is ill or getting over an illness and may still be contagious on the first day of the camp session, we ask that you delay their arrival to camp, to make sure they arrive to camp feeling well and to avoid spreading illness.

Thank you for your help ensuring a safe and healthy summer!

Transportation

Camp Gilboa will be held at Camp Bluff Lake, 20 minutes outside of Big Bear in the San Bernardino Mountains. Bus transportation chartered from a licensed transportation company is provided between Los Angeles and Sand Diego (in most sessions) to/from camp. It is important that you arrive 20-30 minutes earlier to allow time for check-in, loading luggage, and handing medications to the counsellors.

Los Angeles Bus Pick Up

Location: Institute of Jewish Education, 8339 W. 3rd Street, LA 90048

Assembly time: 9:00am Departure: 09:30am

San Diego Bus Pick Up

Location: TBD - information will be sent to parents via email

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

Drop off at the end of the session will be at the same location, around 1pm. A more exact 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 1:30-2:00pm. 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, we have a clear travel procedure that includes a volunteer who stays with the children at the gate until they board the flight, camp staff who meet the children at the gate, and a notification system to let the families know of the children's safe landing and arrival to camp. **Please contact the office for details of the chosen flights to ensure your child is on the plane with the other campers.**

Yom Gilboa – Visitors Day

Our Visitors Day this summer is Sunday, July 14. We hope that you join us, together with friends and family, for visitors day, even if your child will be arriving for later sessions.

Our staff, volunteers and the campers will be delighted to participate in some fun activities with you, and show you around the scenic campsite and beautiful facilities of Camp Gilboa.

Communication

Phone Calls, Homesickness, and Solving Problems Together

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.**

It is important that campers leave SIM cards at home. If your child is flying in and you want them to have a phone during the trip – that’s perfectly fine. Note that SIM cards 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 dalit@campgilboa.org.

New parents can expect a phone call from Gilboa staff within the first few days of their child being at camp and everyone is invited to sign up for the blog, to receive updates and photos.

All parents are welcome to request a phone call or update at any time. 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. Dalit and Elana check emails multiple times a day and **you will always hear back via phone call or email within a few hours** - email dalit@campgilboa.org or elana@campgilboa.org.

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 as described on page 11. We hope to always be able to consult with you and figure out together the best course of action if a problem arises.

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.

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.

Letters and Emails

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's mailing address is on Page 3.

To send **emails** to your camper please follow the guidelines below to assure their delivery. Emails will be printed out and given to your child when the rest of the mail is delivered (that means that on days with no regular mail there's also no email delivered to campers).

To email your camper, within our internet quota at camp, please follow these guidelines:

1. **No photos or attachments! Photos overload our connection and do not go through.**
2. Text only in the body of the email
3. Send emails only to MyCamper@campgilboa.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 Dalit by email dalit@campgilboa.org (preferred method), or by phone.

Care Packages

While we encourage you to write frequently, we recommend sending **no more than one or two packages per session**. Sending more than that creates disappointment for campers whose families aren't able to afford a similar practice. It's important to set expectations with your child as to how often you will write and whether you'll send a package - it's always easier for kids to know what to expect. **We ask that you avoid sending candy.** Recommended items are books, games, or other items that your children can share with their friends. **Note that camp is nut free! Avoid sending anything containing nuts and please notify other family members who might be sending care packages to your camper of this request.** Note that all care packages will be opened by the camper in the presence of their counselor and any food items will be kept in the office. This is done for these main 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.

Gilboa Blog

Gilboa 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. Subscribe on the blog page to receive an email notification when the blog is updated.

www.campgilboa.org/blog

Please note that our satellite internet connection does not allow for dozens of photos to be uploaded each day. We do know how wonderful it is for parents to see photos of camp activities and their children in them, and we're doing the best we can within the limitations. You can expect a blog update every 2-3 days, with 10-15 camp photos every time.

Kupa (Communal Fund)

Camp Gilboa 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 Gilboa 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 our care packages sent from our loved ones.

Included in this system is a communal fund called kupa. Camp Gilboa 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.

We suggest an amount of \$35 per regular session, \$60 for a full summer, and \$10 for nitsanimot (you are welcome to contribute more or less) to be sent with your child, in a sealed envelope marked with your child's name. It may be either cash or a check made out to Habonim Dror Camp Gilboa, with the memo line reading "Kupa", or you can ask that we add the charge to your statement. If your child is travelling on a camp bus or van, give the envelope to the counselor at pickup time; if by air, send the envelope with your child, who should give it to the Counselor on arrival at camp. This year, you would also be able to add kupa to your Gilboa online regular billing. Details on that would be emailed in the spring.

We appreciate your understanding of the importance of kupa. Thank you for helping to make our kupa program a successful one.

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 Gilboa 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 Gilboa 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 Gilboa 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 rare at Gilboa, we encourage our campers to report any alleged acts of bullying or harassment to their counselor, member of Mazkirut (leadership team), and/or to the Executive Director, and we pledge to investigate fully, work with campers to resolve the situation, and take all other necessary appropriate action.

Cell Phones and Electronics

We do our best to create an environment where social interactions, uninterrupted by electronics, thrive. The only exception is listening to music, which we recognize as a valuable

downtime for some, and even a necessity at bedtime for others. Since for most children, music is now housed on their cell phones, we will allow cellphones to be brought to camp.

Please note the following limitations that we ask you to relate to your children:

1. **Use of cellphones will be allowed for music only** (needs to be downloaded to the phone – there is no internet use) and only at designated times.
2. **Cellphones should remain in the cabins at all times.**
3. **Please take the SIM cards out and leave them at home.** All SIM cards remaining will be taken out of phones upon arrival and returned at the end of the session.
4. **There will be no use of cellphones in order to take photos.** We recommend sending a disposable camera, but other film or digital cameras are great as well.

All other electronics (iPads, tablets, laptops, electronic readers, electronic games) should not be brought to camp.

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 chanichol as well as on fellow chanichimot. 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 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.

Visitors at Camp

Parents are asked not to come to Machaneh during the sessions. It can be disruptive to the program and difficult for those campers who don't have visitors. There is one Visitors' Day scheduled for Sunday July 14 when parents, siblings and others are warmly invited to visit.

Inclusion

Habonim Dror Camp Gilboa 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, color, sex, sexual orientation, gender identity and expression, nationality, religion, disability and class,- 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 Gilboa 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.

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.

A few years ago Veida participants discussed how the movement and the machanot (camps) could become a more inclusive space, in physical facilities and in language. One of the things 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). 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/them" 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 is explained to chanichimot each summer and usually adopted with excitement, and will be explained again this year.

What to Bring to Camp

- Simple, inexpensive clothing is best suited for camp. At Gilboa, 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 on site**, not sandals or cros. Flip-flops or water shoes are ONLY for wearing to the pool and showers.
- The general temperatures are warm (around 80's) in the daytime and can be quite cold (down to the 40's) in the evenings and early mornings. Please pack accordingly.
- 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).
- Please try to pack everything into one clearly-marked suitcases. **Suitcases must fit under the bunks, which means they shouldn't be more than 11 ¾ inches in height.**
- **Pillow, sleeping bag, etc. may be brought in a separate duffle bag or heavy plastic bag**, marked with your child's name.
- Personal radio/CD/iPod/MP3 player may be brought for use at designated times. PLEASE NOTE: there is no electricity in the cabins, so any devices need to be run on batteries.

What Not To Bring

No open-toed shoes or sandals as regular footwear.

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 Gilboa assumes no responsibility for any items or clothing that may become lost.

iPads, tablets, laptops, electronic readers, electronic games, pocket knives, lighters or matches are not to be brought to camp, and will be held by the madrichimot (counselors) until the end of the camp session, if brought.

Cell phones may only be brought without SIM cards and are to be used for music in the cabin only. We will collect and store any SIM cards that come to camp. If campers bring cell phones to camp, parents are asked to make sure their children understand the cell phone policy, as outlined on pages 16-17.

Clothing & Supplies List (sufficient supply for 8 days)

Please pack clothing in a suitcase no more than 11 ¾ inches in height so that it can be stored under the bunk-bed. The cabins offer very limited storage facilities. Please contact Dalit if you have any questions.

Every article of clothing and linens, as well as water bottles and flashlights, must be clearly labeled with the camper's full name. Use permanent marker on name tags or labels.

** Marked items are extremely important and are MANDATORY personal gear.*

LINENS

- * **1 sleeping bag or blanket**
- 1 pillow
- 2 sheets (single/cot size)
- 2 pillow cases
- * **2 towels (bath & beach)**
- 1 laundry bag

FOOTWEAR

- * **2 sun-hats**
- * **2 pairs sneakers/hiking boots**
(No open sandals!)
- 1 pair bathing shoes/flip flops

CLOTHING

- * **1 warm jacket**
- 2 light jackets/ sweatshirts
- 2 pairs pajamas
- 1-2 Shabbat outfits
- 12 sets underwear
- 15 pairs socks
- 1 warm hat & (optionally) gloves, for cold evenings
- 8 short-sleeve shirts
- 2 long-sleeve shirts
- 2 swim suits & (optionally) UV protective swim shirts
- 2 pairs jeans/long pants
- 3 pairs shorts

MISCELLANEOUS & TOILETRY

- | | |
|--|----------------------------------|
| * 2 flashlights (easily lost!) & extra batteries | soap in plastic container |
| * good skin lotion (dry mountain air) | stationary/postcards with stamps |
| * backpack/daypack (for hikes) | pens and pencils |
| * sunscreen | shampoo |
| * NATURAL bug repellent | sunglasses |
| * chap stick (3-4 tubes, they are easily lost!) | toothbrush & toothpaste |
| * 1 quart water bottle WITH SHOULDER STRAP | brush/comb |

OPTIONAL

- | | |
|---|------------------------------|
| camera (NOT cellphone with camera) | books |
| frisbee, sport balls | other games (non-electronic) |
| musical instruments | hair pins/hair tie |
| playing cards, backgammon set, dominoes, etc. | bandanna |

Glossary of a regular day at camp

Kima (waking up)

Hitkansut boker (raising the flags)

Aruchat Boker (breakfast)

Avodah (work projects)

Sadna'ot (workshops)

Z'man Sport (sports)

Zman Madatz (time with Counselors-in-training)

Chuggim (interest groups)

Aruchat Tzohorayim (lunch)

Chofesh (free time)

Zman Brecha (pool time)

Rachatza (washing up)

Kibbud (afternoon snack)

Hatzagah (skit)

Peulat Shichva (activities by age)

Shira (singing)

Hitkansut Erev (lowering the flags)

Aruchat Erev (dinner)

Nikayon Tzif (cleaning cabins)

Tochnit Erev (evening program)

Kibbud (evening snack)

Rad Hayom (good night).

Programming also includes special Shabbat Programs, *tiyulim* (trips and hikes) and several exciting theme days.

Camp Hebrew

At *machaneh* you will find that we use a lot of Hebrew to designate the many places in camp and the names of the various activities during the day. In addition, we use Hebrew to ask for things at meals, to make announcements, and for cheers and songs. Though it may seem strange at first, this will become very natural in just a few days!

Parents may want to become familiar with some words that we use at camp that their children will write about in letters home:

<i>agam</i>	lake
<i>aruchah</i>	meal
<i>asefah</i>	meeting
<i>avodah</i>	work
<i>breichah</i>	pool
<i>chadar ochel</i>	dining hall
<i>chaverimot</i>	friends
<i>chof</i>	shore
<i>chofesh</i>	free time
<i>chuggim</i>	interest groups
<i>gan</i>	garden
<i>hitkansut</i>	gathering
<i>ivrit</i>	Hebrew
<i>kadur af</i>	volleyball
<i>kadur basis</i>	baseball
<i>kadur regel</i>	soccer
<i>kadur sal</i>	basketball
<i>kumsitz</i>	sing along
<i>kupa</i>	communal fund
<i>kvutza</i>	group
<i>machaneh</i>	camp
<i>Madrichol, Madrich, Madricha, Madrichimot</i>	Counselor, Counselor (m), Counselor (f), Counselors

<i>Medurah</i>	campfire
<i>melechet yad</i>	arts & crafts
<i>menuchah</i>	rest
<i>Migrash</i>	field
<i>mirpa'ah</i>	infirmary
<i>misrad</i>	office
<i>mitbach</i>	kitchen
<i>ohel</i>	tent
<i>peulah</i>	activity
<i>rann kol</i>	loud speaker
<i>rikud</i>	dancing
<i>schiyah</i>	swimming
<i>sherutim</i>	bathroom
<i>shichvah</i>	age group
<i>shirah</i>	singing
<i>shituf</i>	cooperation
<i>sichah</i>	discussion
<i>tiyul</i>	hiking trip
<i>tochnit erev</i>	evening program
<i>toranut</i>	kitchen duty
<i>toren</i>	flagpole
<i>tzofjut</i>	scouting
<i>tzrif</i>	Cabin

Year-Round Activities

Although the camping program is the most intensive activity of the year, it is by no means the only one. Educational and recreational activities are organized throughout the school year including weekend Seminars and Shabbat and holiday celebrations. Gilboa's goal is to maximize the opportunities for contact with friends, while offering fun and meaningful educational activities. These activities keep both chanichimot and madrichimot in contact with their friends, and help maintain the ideals and goals of the Movement.

Camp Gilboa Board of Directors

There are also opportunities for parents to be involved in Habonim Dror and Camp Gilboa activities. Camp is supported by a volunteer base of parents, alumni and friends of Habonim Dror Camp Gilboa. All parents are welcome to be part of the discussions and decision-making in committees and on the board in order to shape the direction of the local movement and the wellbeing of the children.

We need and welcome your participation and involvement. We know that as parents your time is valuable, and the board is structured into working sub-committees that allow you to volunteer at a level that is comfortable for you, based on your interests and professional or personal skills. Sub-committees include camper recruitment, technology, health & safety and facilities among others. Contact us to find out how to get involved.

If you don't live in the Los Angeles area, there are still ways for you to participate. We have several committee members who live outside Los Angeles and call into meetings. We are all together in supporting the Gilboa experience year-round!!

For more information about joining a committee, please email the office at info@campgilboa.org.