



Hashomer Hatzair's
Camp Shomria

PARENTS' MANUAL
Mosh Kayitz
2009

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CAMP SHOMRIA

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2009 Camp Session Dates

- Full summer** - Sunday, June 28 – Sunday, August 9
First Session - Sunday, June 28 – Sunday, July 19
Second Session - Sunday, July 19 – Sunday, August 9
Parent's Day - Sunday, July 19

Shalom parents,



We would like to take this opportunity to welcome you to Camp Shomria's Moshavat Kayitz (summer camp) 2009. Our goal for this summer is to provide your children with an experience that will last a lifetime in a safe and healthy environment.

This parents' manual will provide you with all the information you need to do your part in ensuring a terrific summer for your children. Please read this manual thoroughly and contact us if you have any questions. Before camp we can be reached at (212) 627-2830, or mail@hashomerhatzair.org. During camp (845)292-6241.

If you have not done so already, please remit the balance of your camp fees as soon as possible.

We look forward to an enjoyable and meaningful summer.

Chazak Ve'ematz,

Guy Tsfoni
Camp Director

Tamar Golan and Noah Wehle
Roshei Mosh (Head Counselors)

Departure to Camp: June 28, 2009

Chartered buses will be leaving from (all times in Eastern Daylight Savings time):

New Jersey 11:00 a.m.*

JCC on the palisades

411 E. Clinton Avenue, Tenafly, NJ 07670.

Long Island, NY 10:00 a.m

Samuel Fields YM & YWHA

58-20 Little Neck Parkway, Little Neck

Manhattan, NY 10:30 a.m

The Lishka 114 W. 26th St, NY, NY 10001

Between 6th and 7th Ave

Albany, NY 10:30 a.m

Cong. Ohav Shalom, 113 New Krumkill Rd., Albany

*Exact bus times will be confirmed one week prior to departure.

Please send a packed lunch for the ride. The first meal served at camp will be dinner on June 28th.

The names and cell phone numbers of Bus Captains for each bus will be provided in the week preceding camp. This information will be emailed to you, unless you would rather it sent to you in the mail, in which case please call Noah Wehle at (212) 627-2830.

Round-trip transportation is provided for children attending the full summer only. Campers attending only the first session must be picked up by their parents on Parent's Day, Sunday, July 19. Campers attending the second session only, must be brought to camp on July 19 between 4:00-4:30pm. by their parents.

Return from Camp August 9: buses will be returning to the same locations from which they departed:

| | |
|-----------------|-----------|
| Long Island, NY | 3:00 p.m. |
| Manhattan, NY | 2:30 p.m. |
| Albany, NY | 2:30 p.m. |
| New Jersey | 2:00 p.m. |

As we near the end of camp, you will receive an email confirming these times.

Who's Who at Camp Shomria:

Camp Director: Guy Tsfoni

Guy Tsfoni is the central shaliach (Israeli Emissary) of Hashomer Hatzair. Previously he was the founder and director of the Shdemot Center for Community Leadership at Oranim Academic College of Education. He comes with an extensive background in Jewish education and community building, and his wife and three children.

The Hadracha (counselor staff) this summer is made up of Madrichim (counselors) ages 17-25. All of the Madrichim at Camp Shomria are former Chanichim (campers) who have grown up at camp, participated in our year-round movement activities, and have a close connection with our educational methods. This summer we welcome the newest group of counselors to Camp Shomria. The group is named "Lahav" (after a Hashomer Hatzair kibbutz in Israel) and we are excited to have their vibrancy with us in the leadership of Mosh 2009.

Almost all of our Madrichim have been to Israel and all have received intensive leadership training at the camp. In addition to Jewish leadership skills, many have special qualifications such as, life-guarding, first aid, scouting, arts & crafts, drama, music and much more.

Site Manager: Sharan Elran

Sharan Elran is the Site Manager at Camp. Founder and former manager of "NoMind", a leading Israeli institution for mind and body-centering where he managed large events and handled logistics. He has a B.Sc in Physics and Computer Science from Bar Ilan University, and is aiming to get an MFA in ceramic art. He and his wife Noga will be at Camp Shomria making sure everything physical on camp runs smoothly.

The Shlichim (Israeli Emissaries) have an important role at Camp Shomria. Sent by their Kibbutzim and the Jewish Agency in Israel, they offer the counselors and campers unique educational opportunities. Their job is to educate the campers, guide the counselors, and to work in administrative positions. All Camp Shomria Shlichim have received extensive training in educational methods and many have worked at Camp Shomria over the past few years.

Educational Shlichah and the head of all special programs: Maya Herman

Maya Herman is completing her final summer as a shlichah for Hashomer Hatzair, at the end of which she will return to Israel. Maya's contribution to the youth movement in her two years as shlichah is immeasurable; she has established two successful kenim and many more

potential contacts for further recruitment efforts. Her knowledge and experience in informal education have been invaluable resources for the Hadracha and her peers who continue to draw on her for inspiration and guidance. Maya's presence at camp this summer will only be one that enriches both the hadracha and the chanichim.

Roshei Mosh: Noah Wehle and Tamar Golan

The Roshei Mosh head the Hanhaga, the leadership body of the camp that is responsible for the Educational Programming, the daily activities and general life of the kids at camp. The Roshei Mosh are the acting heads of camp and oversee the daily happenings.

- **Noah Wehle** has been a member of Hashomer Hatzair since age 10 and has always been respected as a leader, first among his Galon kvutzah-mates and now among members of Hadracha and our larger community of parents and chanichim. After many years working as a counselor and serving as Rosh Tzevet last summer, Noah will undertake the position of Rosh Mosh this summer with his kvutzah-mate, Tamar. Noah brings much-needed experience to the job of leading the Moshava and the Hanhaga. He is an incredibly responsible thinker and manager, and is especially skillful at captivating chanichim and inspiring a positive work ethic in the Hadracha.

- **Tamar Golan** joined kvuzat Galon at age 13 and has been an important presence in her kvutah ever since. After having spent her year on the Shnat Hachshara program teaching English and running after-school programming for Arab Israeli youth, Tamar returned to New York to begin her studies at NYU and take on a leadership position in the Hanhaga. This summer, Tamar will be both Rosh Mosh and Rosh Chinuch, the head of educational programming.

Rosh Tzevet: Adi Evron

The Rosh Tzevet is responsible for overseeing the technical and logistical work of the camp and ensures that a technical reality can exist for the creative, educational work can take place.

Adi Evron joined Hashomer Hatzair at age 13. Also a member of Kvutzat Galon, Adi has been a madricha for three years and went to Israel with her kvutzah on the Shnat Hachshara program. In Israel she worked with Arab-Israeli middle school students in Barta`a and at-risk youth in the city of Petach Tikva. Adi is an indispensable positive presence in every group dynamic she is a part of, and creates a friendly, comfortable working environment for her staff and friends.

Rosh Tarbut: Benno Canner

The Rosh Tarbut creates that educational programming on a camp-wide level. This includes educational discussion, Special Days and large-scale productions.

Benno Canner is the last in line of the Canner family dynasty, and is the Galon member with the longest history at Mosh, having attended camp since age 9. Benno has been a beloved member and role model at Mosh from a very young age, and his reputation for having a unique sense of humor and a creative vision have carried into his time as a member of hadracha. It is no surprise that Benno has taken on the task of being Rosh Tarbut this summer and we are very excited to see Benno's creativity and fresh contribution take shape.

Israel program coordinator & Rakaz Mamshichim: Yotam Marom

Yotam Marom is a well-respected leader in the Hashomer Hatzair community and will return this summer to oversee the Hanhaga in its running of the camp. Yotam is recognized by chanichim, madrichim and parents alike as a source of wisdom and inspiration and continues to provide that forward thinking that takes the movement and its educational content forward

Director of Health: Barry Schwartz

Barry Schwartz is the Director of Health at Camp and has certifications as an EMT. He has worked as a nurse in youth hostels and various other camps. Barry specializes in living a healthy lifestyle as he practices yoga and cooks in specialty vegan/vegetarian cuisine.

Our Educational Approach:

Camp Shomria is a program of Hashomer Hatzair, a worldwide youth movement with year-round activities in 21 countries.

A summer at Camp Shomria is a meaningful experience for our campers. Camp Shomria's informal and creative education emphasizes Jewish identity, humanist ideals, a kibbutz way of life, a personal connection to and understanding of Israel and Zionism. Popular camp activities such as art, hiking and sports also make up a dynamic part of the summer.

Camp Shomria is unique in providing a kibbutz-style experience in an atmosphere that helps build long-term friendships and combines individual initiative with cooperative teamwork through youth teaching youth. At Shomria we have created a community atmosphere where everyone plays an important role. We stress cooperative and democratic living. Everyone shares the responsibility of the day to day running of the camp. Our collective activities foster a nurturing and compassionate environment.

The most important social unit at Camp Shomria is the Kvutza (age group). Each Kvutza lives, learns and grows together. Kupa, or the communal fund, is an example of the group relationship. Each summer the Kvutza pools its spending money and its snack food and decides in a democratic manner how both will be used. In the Kvutza, campers learn about sharing, mutual responsibility, respect and cooperation.

Finally, Camp Shomria is a home away from home. We pride ourselves on the family atmosphere that is unique to Camp Shomria.

Special Programs:

During Camp:

Tiyulim – Hiking Trips

There is one Tiyul, (camping trip) for each session. They run as follows: 3 days, 2 nights for 7th - 10th grades and 2 days, 1 night for 4th - 6th grades.

Tiyulim are wonderful experiences for the campers, many of whom only experience hiking and camping at Shomria.

All campers go on the tiyulim, unless prevented by a medical problem.

Each Kvutza's Tiyul is specifically geared to their age, and is carefully supervised by the staff and camp director.

For each trip there will be at least two staff members trained and certified in First Aid.

All trips are checked thoroughly before we take the groups. The Tiyul sites are beautiful, surrounded by forests, lakes and hills.

Eco-Camp:

In partnership with Cornell University Cooperative Extension, we are introducing a new program this year that will orient kids toward environmental awareness and educate them about living sustainably with the challenges we face today. For ages 12-14, the kids will take field trips outside the moshava, learn from real scientists and organic farmers, and work on creating our own garden at Mosh.

Bnei-Mitzvah:

This summer we are running our first Bnei Mitzvah program. Created and under the leadership of Chen

Tsfofi, the kids will partake in a week long exploration of becoming a Bar/Bat Mitzvah through the Shomeric, progressive Jewish lens. The kids will discuss the importance of Bar/Bat Mitzvah ceremony and the way it ties together many important themes prominent in Jewish life, such as Shabbat and the responsibility of every Jew towards Tikkum Olam and Tikkun Adam. Additionally, the kids will get one-on-one help with their Torah portions.

Machane Kahol Lavan:

For the second year in a row, we are running our Hebrew-language program at camp, Machane Kahol Lavan. The program is geared towards Israeli parents who are looking for a summer camp program in Hebrew for their children. Chanichim will contend the unique and often difficult questions asked by first-generation Americans born to Israeli parents and the identity-conflict associated with that. They will explore the significance of building two strong identities and a relationship with two nationalities.

Through Others' Eyes:

Perhaps the most Unique program we host at Camp Shomria is the Through Others' Eyes program in cooperation with Givat Haviva. The kvutzah is returning again this year for the last three weeks of camp and will

continue to be an important presence on camp, and a important component of the educational process of the chanichim. The 'Through Others' Eyes program brings together Arab-Israeli and Jewish youth in Israel for a year-long photography project the focuses on co-existence. As a final chapter in the program, the kids come to Camp Shomria for the last three weeks of camp and live together as a kvutzah.

Specialties:

We are introducing a new element to the Seder Yom and Educational Plan This summer, we will be running a Specialities program: each week, for an hour a day, every kvutzah will go through a week-long curriculum concentrated in a specific subject area. Designed more like week-long workshops, each week will result in some kind of finished project that the kvutzah produces together that will displayed or shared with entire moshava. For example, a photography speciality might begin the week with an introduction to photography as an art and and a tool for expression. Throughout the week, the kids will learn to use a camera, and explore the Moshava taking photographs. They're final project might be a gallery opening featuring their photographs that are unified by a them chosen by the kvutzah. Every week,

each kvutzah will go through a different Specialty program.

Out of Camp Activities:

Camp Shomria also offers a number of exciting out-of-camp activities during the summer. Included are roller skating, bowling, and mini-golf. Some Kvutzot go to the movies, have breakfast at the Liberty Diner, or have a fun lunch at Pizza Hut. Each summer we include some surprises, so you never know what fun things we have in store!

Outside of Camp:

Yedid Plus

A five week summer program available for students going into 11th grade

Yedid Plus consists of two parts. Some of the program components are liable to change as well as the dates of the program and the duration of each part. Camp Shomria (Liberty): July 1st - July 29th This part of the program will be mainly devoted to preparing Yedid Plus participants for their stay in Israel; introducing them to the leadership training seminar, as well as having lots of fun. On July 30th, the group will depart for Israel. Yedid

Plus in Israel: July 30th - August 27th. The goal of Yedid Plus is to give the participants an experience that heightens their awareness and understanding of Israel's past and present, Judaism, Progressive Zionism and cooperative community building.

During Yedid Plus, the participants will acquire the knowledge and tools to return to the movement, their communities and their peers, able to share what they have learned. The program in Israel will consist of a series of educational seminars, and tours of Israel.

These various activities will expose the participants to the many faces of Israeli society. The kvutza (group) will travel throughout Israel and visit sites with historical and current significance. They will participate in hikes led by experienced Israeli tour guides, explore ancient sites and trek through some of the most beautiful areas in Israel. The seminars, particularly those about Israeli society and the Arab-Israeli Conflict, will serve to help the participants develop a deeper understanding of the realities and challenges that face Israel today.

As educated individuals, they will become better equipped to participate in the ongoing dialogue about Israel so that they may help shape its future and the future of the Jewish people. The participants will be introduced

to kibbutz structure and society. Other focuses of the kibbutz period will include cultural and social activities and seminars on the history and future of kibbutz.

Shnat Tzafon

Gap-year program for students just graduating high school.

September 2009 – June 2010

You may have visited Israel in the past, on a family trip or a summer program. However, Shnat Tzafon will give you the opportunity to actually live in Israel and become an integral part of Israeli society.

You will get to know the people, experience the different lifestyles, speak the language, and understand the many challenges the society faces. You will look deeper into yourself, grow and develop, discover new aspects of yourself and help you deal with issues regarding your identity as an American Jew. Finally, you will be given the tools to think critically and to search out your own answers to your own questions about this very complicated and wonderful country.

During the year you will be a part of a group of your

peers from all around North America. In Hashomer Hatzair, group life plays a major role and an emphasis is placed on group dynamics, activities, supportive relationships and teamwork. Each person will both contribute tremendously to, and gain great personal enrichment from the kvutzah (group).

Participation in Shnat Tzafon is a privilege and a challenge, a valuable growing experience and a responsibility.

Packing List:

This list is a guide to help you prepare for the needs of your child/children in the Catskill Mountains. You may make changes, but you are encouraged not to over-pack. Try not to take any unnecessary clothing or expensive items, which may be damaged during everyday camp usage. Camp Shomria will not be responsible for any lost or damaged personal belongings of the camper. Please do not send valuable items to camp, including items of sentimental value, as campers tend to lose or damage those sorts of items. Pack a two-week supply of clothing - one week in laundry and one week for wear.

Mark All Clothing (and we mean everything!!) with your first and last names.

- 1 blanket*
- 4 sheets (cot size)
- 1 sleeping bag*
- 4 towels
- 1 pillow
- 2 pillow cases
- 2 wash cloths
- 2 pairs of pajamas
- 14 pairs of socks
- 10 T-shirts

1 white shirt for Shabbat
1 pair of white pants or skirt for Shabbat
4 pairs of shorts
4 pairs of jeans or sturdy pants
2 sweatshirts or warm sweaters
1 jacket
14 pairs of underwear
1 raincoat
1 small bag/backpack for clothes for tiyul (hiking trip)
and...
1 backpack to carry food, water, etc. during the hike
(tiyul)
1 pair of flip-flops (for the shower)
1 pair of rain boots
1 pair of hiking boots
1 pair of running shoes
1 pair of sandals
2 bathing suits
2 hats
1 laundry bag
Water canteen*
1 bag for toilet articles
Small mesh laundry bags for socks and underwear (so
they don't get lost in the wash)
Toilet Articles:

4 bars of soap, soap dish, toothbrush and toothpaste,
comb, brush, shampoo, conditioner

Stationary, Stamps, Pen

Flashlight *

Sunscreen

Insect repellent

Suggested items: Baseball glove, musical instruments,
sewing kit, sunglasses, camera and film

*Indicates item for hiking trip (see below)

At camp Shomria, white outfits for Shabbat are traditional, so please make sure your child brings a complete white outfit.

All personal snack food brought to camp is to be contributed to the Kvutza's Kupa, so please try to pack food that can be easily shared.

Please pack all belongings in sturdy bags. Do not use plastic bags of any kind.

These items are NOT permitted at camp:

Weapons of any kind, fireworks, electronic games, cell phones, beepers, walkie-talkies or pets of any kind. We discourage the use of walkmans and encourage campers to bring stereos that can be communally used.

Camp Shomria is not responsible for any lost or damaged articles of clothing or electronics brought to camp.

***Packing For Tiyul** (Hiking Trips)

Every child goes on tiyul for at least one overnight. For these tiyulim, it is essential that your child pack a water canteen with a shoulder strap that can be easily carried while hiking. Flashlights are strongly recommended, as well as packing both sleeping bag and blanket for your child stay at camp in case one needs to be washed after tiyul.

Laundry

Laundry is done once a week for each kvutza (age group) on the camp premises.

Kupa (food and spending money)

There is no store at Camp Shomria. Each group pools its allowances, runs its own budget, and decides what to buy in a democratic manner. We try to keep the presence of personal money at camp minimal. In fact, personal money is entirely useless at camp. On the basis of past years, we suggest an allowance of about \$40 for Kupa, or half of that for just one session. We also request that you pack food that can be easily shared.

Contacting Your Child:

Letters: Parents are encouraged to write letters to their children on a regular basis. Receiving letters and packages at camp is very important to campers. In addition, campers can write letters to their parents and friends throughout the summer. We have our own special mailbox that campers use. Please send stamps, envelopes, paper, and pens/pencils with your child. If they have never written a letter before, their counselors will teach them how.

Email: Shomria has an email address for parents to write to their children. The address is: **shomria@gmail.com**

This account will be checked daily by a member of the hadracha (staff), and emails will be printed out and given to the children. **Campers do not have access to computers and will not be able to reply to your emails.** Parents are also asked to refrain from sending attachments and larger sized emails, as this will quickly fill up the account. **Please make sure to write in the subject line the name of your child and what group s/he is in, to ensure proper delivery.** This account is intended for parents and family members only to contact their children.

Telephones: Even though we have all come to rely on instant communication, please remember that Shomria is a summer camp. We work hard to help our chanichim

(campers) gain self-confidence in handling things on their own, away from home. Therefore, Shomria no longer has pay phones for the campers to use, as they often limit a child's ability to overcome homesickness. We ask that you refrain from making non-emergency calls to your campers during the summer. Remember—we will contact you immediately if there is any major problem or emergency.

Chanichim are not permitted to use telephones except in special circumstances. Please do not expect to communicate regularly with your child by telephone.

If there is a special reason to communicate with your child by phone, (i.e. birthday) call our office and leave a message for your child. The message will be delivered to the chanich/a's madrich/a, who will then deliver the message. Please try to limit these calls to once or twice during the summer. In non-emergency situations, we cannot guarantee a return call from your child at a specific time.

Remember! Silence on the part of the child should assure parents that their child is happy. No News is Good News!

Cell phones are not allowed on the Moshava and counselors will confiscate a camper's cell phone until the end of the summer, when they will be returned.

Parents Day: Sunday, July 19, 2009

Camp Shomria will be open to visitors from 11:00 a.m. to 4:00 p.m. (Eastern Daylight Savings Time). You are invited to use our sports facilities and participate in our special cultural program for Parent's Day. As always, there will be presentations by the campers, Rikudei Am (Israeli dancing) for everyone, softball, swimming, and the traditional Shomria Mifkad. Also, the pool will be open for swimming during designated times. Come enjoy the festivities!

Please bring your own food, as lunch on Parent's Day is picnic-style by family.

Any parent who cannot attend must notify us in advance so that we may care for your child on Parent's Day.

You will receive an email with a detailed schedule for Parent's Day, including special activities, etc.

Parent's Day is also the day to pick-up or drop off your children before the second session. Driving directions to camp are included below.

Important Rules for Parents Day:

1. Absolutely no pets are allowed on the camp premises. This is mandated by New York State Department of Health.
2. Please clean up around your picnic spot.
3. Alcohol is never permitted on our campgrounds at any time.
4. Smoking is never permitted on our campgrounds at any time.
5. Children can only be taken off the camp premises by their parent, and only if that parent has signed the appropriate permission slip. Parents must give prior approval if anyone other than a parent will be taking their child off the campgrounds. There is a designated time during the day for leaving the camp. Please come to the Administration office at this time to sign the appropriate slip. Please make sure kids are back for the scheduled activities.

Visiting Camp:

(on occasions other than Parent's Day)

Parents are invited to visit their children on Parent's Day. Parents are not allowed to visit on other days, as these visits disrupt the flow of the day and often cause

homesickness in the child, as well as other children. If it is absolutely necessary to visit before or after Parent's Day, in case of a family emergency, for instance, please call the office at camp to discuss the visit with the Camp Director Guy Tsfoni at least two days prior.

All visitors must have prior approval of the Camp Director and must register at the office upon arrival at camp. We regret that we will be unable to accommodate visitors who “drop in” unannounced.

Medical Information:

There is an infirmary on campgrounds and our Health Director, a Registered Nurse (RN) is part of the camp staff and is available at all times. There is also a hospital located on Route 17, 10 minutes away.

According to Camp Shomria's health policy, the camp health and accident insurance is a secondary insurance coverage. In other words, it pays for those expenses or portions of expenses not covered by the health insurance carried by the camper's own family. The insurance carried by the camper's family is applied to any medical expenses before the camp's insurance. Shomria therefore requires that with each camper's completed health form, a copy (front and back) of your family Health Insurance ID card is attached, indicating that the camper is insured.

In case it is necessary for the camp staff to take your child to either a doctor or a hospital or to purchase medication for him/her, Shomria will submit a copy of your insurance card to the doctor/hospital/pharmacy.

The camp's health and accident insurance applies only to injuries or illnesses that take place during camp activities from the time we pick up the camper. We will not be responsible for injuries or illness sustained during

activities that are not associated with Camp Shomria. The camp's insurance policy does not cover pre-existing conditions, which is a condition for which a person received medical treatment, medicine or advice from a physician during the 12 months prior to the start of camp. This means that any treatment for a pre-existing condition will be at your expense.

If your child needs a prescription filled during camp because of illness as determined by the camp nurse, we will fill it at the local pharmacy at the expense of the family. Camp Shomria will pay for these prescriptions and send you an invoice and a copy of the pharmacy bill. We cannot use prescription cards. You will need to pay Camp Shomria and then submit the bill for reimbursement to your insurance company.

Please be advised that any pre-existing condition that your child has been treated for or for which s/he is still undergoing treatment should be indicated to us in a letter from the caring physician. We also need a letter from the physician for any medications or restrictions that your child may have.

The camp's insurance policy coverage limit is \$5,000 for each camper. The camp will not cover any costs exceeding this amount.

Head Lice Policy

Camp Shomria's Health Policy requires that every child be checked and treated for head lice upon entering the campgrounds. Campers arriving with head lice will be quarantined and treated at parent's own expense, or sent home to be treated at parent's expense if necessary.

Important Camp Rules:

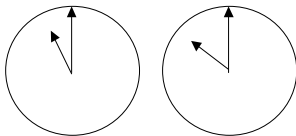
1. Campers are not allowed to leave the campgrounds at any time, except when the program requires, and staff members are present.
2. All knives and fireworks will be confiscated. This includes switchblades, sharp instruments and weapons of any kind. Pocketknives are permitted. Campers will be given a firm warning or may be sent home if they continue to keep such belongings.
3. Cell phones are not allowed on the campgrounds. If a child brings a cell phone to camp, even if he or she promises never to use it, it will be confiscated immediately and will be returned at the end of camp.
4. The camp reserves the right to send home any camper who, in the opinion of the camp management, is continuously disrupting the camp program or his/her fellow campers. In this case, there will be no return of fees.
5. Alcoholic beverages, drugs and smoking are not permitted at camp. A camper who violates the above will be sent home immediately at the parent's expense, and there will be no refund of fees. Any parent or camper that

is unable to follow this rule should withdraw their application.

Electronics should be kept to a bare minimum, such as radios and alarm clocks. Video games, computers, cell phones, pagers and palm pilots are not allowed and will be confiscated. iPods and other music players with headphones can be used only in the cabin, and such devices are often lost or damaged over the course of the summer.

WORLD TIME vs. CAMP TIME

Camp Shomria sets its clocks
One Hour Behind EASTERN Daylight Savings Time



New York Time

Shomria Time

-Example-

If it is 11:00 a.m. in New York City,
then it is 10:00 a.m. at Camp Shomria

SEDER YOM

Sunday-Thursday

- 7:45 – Kima (Wake-up)
- 8:30 – Mifkad (Assembly)
- 8:45 – Avoda (Work)
- 9:15 – Aruchat Boker (Breakfast)
- 10:00 – Zman kvutza (group-time)
- 11:15 – Kvutza specialties (group specialty activities)
- 12:30 – Schiya (Swimming)
- 1:00 – Aruchat Tzorayim (Lunch)
- 2:15 – Zman Tarbut (Culture-time)
- 3:45 – Chugim (Organized hobby-time)
- 5:00 – Menucha (Rest)
- 5:30 – Zman kvutza (group-time)
- 7:00 – Shira (Singing)
- 7:30 – Aruchat Erev (Dinner)
- 9:00 – Erev (Evening Activity)
- 10:00 – Aruchat esser (Late-night snack)
- 10:30 – Laila Tov (Curfew)

Friday

- 7:45 – Kima
- 8:30 – Mifkad
- 9:15 – Aruchat Boker
- 10:00 – Kvutza specialties
- 11:15 – Zman Kvutza
- 12:30 – Schiya
- 1:00 – Aruchat Tzorayim
- 2:15 – Shabbat Prep / Shabbat Sports
- 4:00 – Bikur / Optional Shabbat Service
- 5:00 – Mifkad (Shabbat Assembly)
- 6:00 – Kabbalat Shabbat, Shira (Shabbat Singing)
- 7:00 – Aruchat Erev
- 9:00 – Erev
- 10:00 – Rikudai Am (Israeli dancing), American dancing

Saturday

- 9:00 – Chalutzim duty
- 10:00 – Kima
- 10:30 – Games at the ched / Schiya
- 12:00 – Aruchat Tzorayim
- 1:00 – Zman Tarbut
- 2:30 – Zman Kvutza
- 4:00 – Town Meeting
- 5:00 – Mifkad, Shira
- 6:00 – Kumzitz (BBQ dinner) and Erev-Kvutza
- 9:00 – Havdallah (Bonfire Erev)
- 10:30 – Laila Tov

Glossary:

At Camp Shomria we feel that the Hebrew language is very important, so we use it in our everyday interactions. Here are most of the Hebrew terms used in our daily routine.

You do not need to memorize these words. You will pick them up naturally at camp.

| | | |
|--------------------|----------------------------------|-----------|
| Bogrim | Graduates | בוגרים |
| Chanich | Camper | חניך |
| Madrich | Counselor | מדריך |
| Rosh Mosh | Head Counselor | ראש מושבה |
| Rosh Tarbut | Program Coordinator | ראש תרבות |
| Shaliach/ Shlichah | | |
| | Educational Emissary from Israel | שליח/ה |
| Mifkad | Assembly | מפקד |
| Peula | Activity | פעולה |
| Avodah | Work | עבודה |
| Kumzitz | Campfire | קומזיץ |
| Arucha | Meal | ארוחה |
| Boker | Morning (Breakfast) | בוקר |
| Tzorayim | Noon (Lunch) | צהריים |
| Erev | Evening (Dinner) | ערב |
| “Erev” | Special Evening Activity | תרבות ערב |
| Laila | Night | לילה |

| | | |
|----------------|-----------------------|----------|
| Kima | Wake up | קימה |
| Mitbach | Kitchen | מטבח |
| Chadar Ochel | Dining Hall | חדר אוכל |
| Mirpa'a | Infirmary | מרפאה |
| Machane | Camp or Field | מחנה |
| Chultza | Hashomer's Blue Shirt | חולצה |
| Zman | Time | זמן |
| Matzil | Lifeguard | מציל |
| Hadracha Staff | | הדרכה |
| Kvutza | Age Group | קבוצה |
| Shira | Singing | שירה |
| Chugim | Hobby Groups | חוגים |
| Brecha | Pool | ברכה |
| Refet | Arts & Crafts Barn | רפת |
| Tzrif | Cabin | צריף |

Directions to Camp Shomria:

From the East Coast / New York Area:

Take the New York State Thruway (Route 87) North. Get off at Exit 16 (not exit 15) onto: Route 17 West. Get off at Exit 100 to Liberty. At the end of the ramp make a left onto: Route 52 West. Continue on 52 West - (you will go through the town, after the Movie Theater make a left at the light. There is a sign that says 52.) Continue on 52 for about 3 miles (immediately after a steep slope down and up) make a left turn onto: Lake Marie Road. After 600 feet you'll see on your right the sign for Camp Shomria.

From Philadelphia: (200 miles)

Take Roosevelt Blvd. (route 1) North. Get on to the: Pennsylvania Turnpike (rt. 276) East. Get on to the: New Jersey Turnpike (I-95) North. Get off at exit 11 to: Garden State Parkway - North. Get off at the end of the Parkway at Exit 14-B, (or Exit 172) onto: The New York State Thruway (rt. 87) North.

Follow direction from above starting at Exit 16...

We look forward to seeing you at Camp.

What Happens After Camp?

Imagine: Instead of television and video games, we offer a year-round youth community engaged in fun group building activities and community service programs. Hashomer Hatzair is an opportunity for your child to feel part of something special. Activities are available for ages 8 and up.

Monthly Seminars:

Youth-led activities every month during the year. Design and build community service programs, watch movies, have interesting discussions, and build everlasting friendships. All activities are led by trained members of our staff.

Email Mail@HashomerHatzair.org for more information.

We look forward to seeing you through-out the year.

