

# Hashomer Hatzair Youth Movement



CAMP SHOMRIA

# PARENTS' MANUAL

December 25 – 30, 2011





### Toronto Address

Hashomer Hatzair-  
Camp Shomria  
1111 Finch Ave. West,  
Suite 154  
Toronto, Ontario M3J 2E5  
Tel: 416-736-1339  
E-mail: mail@campshomria.ca

### Winter Address

Mansfield outdoor centre  
937365 Airport Road  
Mansfield, Ontario

Shaliach – Carmi Daniel  
Rosh Mosh – Miriam Schachter

Registrar – Anna Zelkowitz

This Camp Shomria Parents' Manual has been designed to include what you need to know to prepare your child/ren to enjoy a wonderful winter experience.

For generations, Hashomer Hatzair has provided youth around the world with meaningful educational programs, overnight camping trips, waterfront activities, and a variety of other experiences, all in a kibbutz-style atmosphere. Camp Shomria continues these traditions and fosters the growth of life-long friendships, leadership skills and the development of deep ties to the Jewish community and the State of Israel.

This manual contains important and useful information about our camp, its programs and activities, and its educational philosophy. You will also find information about preparing for *mosh choref* (winter camp), including transportation, and camp policies and procedures. Please read the enclosed information carefully.

Camp Shomria is an accredited member of the Ontario Camping Association (O.C.A.). Camp Shomria adheres to the O.C.A. guidelines and standards and regularly reviews its operation and procedures with an ongoing responsibility towards determining where to make improvements.



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## **Transportation To Camp Shomria at Mansfield Outdoor Centre**

A bus transports all chanichim who travel from/via Toronto. Chanichim traveling from other locations must make individual arrangements and inform the Registrar, Shaliach, or Rosh Mosh.

The buses will depart from: Hashomer Hatzair Toronto  
1111 Finch Avenue West on:  
Sunday, December 25, at 10 a.m.  
**SHARP!**

It is essential that you arrive at 1111 Finch Avenue West by 9:15 a.m. at the latest, so we can complete registration and leave on time. The camp day begins as soon as your child/ren arrives.

If your child/ren misses the bus, you must make your own arrangements to get your child/ren to camp.

Please provide a snack for your child/ren to eat en route on the day of departure, as our buses will not be stopping for a snack on the way to camp.

### **PICK UP**

The bus will be departing from: Mansfield Outdoor Centre  
on: Friday December 30<sup>th</sup>, 2011  
at: **approximately** 1:00 p.m.  
**Approximate** arrival time in Toronto: 2:30 p.m.



**Mosh Choref Packing List**

**\*\*\*All Items must be labeled with your child's name using sturdy name tags or indelible marker**

**\*\*Your child/ren's clothing gets a lot of wear and tear at camp. Regular serviceable clothes are recommended. Please do not send expensive or fancy clothing with your child. The camp cannot assume responsibility for loss or damage of clothing.**

**The following list is a general guide based on a 6 day stay with no laundry service**

- |                               |  |
|-------------------------------|--|
| 1 pair winter boots           | Shampoo & Conditioner  |
| 1 winter coat                 | Soap/body wash   |
| 1 Snow pants                  | 1 wash-cloth/loofa   |
| 2 pairs warm mittens/gloves   | Hairbrush  |
| 2 tuque/Snow hat              | Toothbrush & toothpaste  |
| 2 Scarves                     | 2 Towels   |
| 1 blanket/sleeping bag        | Flashlight   |
| 1 bed sheet                   | 1 disposable camera  |
| 1 pillow                      | Batteries  |
| 1 pillow case                 | Feminine hygiene products as needed  |
| 1 pair indoor shoes/slippers  | Regularly used toiletries e.g. deodorant, moisturizer, razors, etc. should be included as needed |
| 1 pair shower shoes           | 1 Chultza Shomrit if owned by camper (Hashomer's blue shirt with white string)                   |
| 7-10 warm socks               | 1 white shirt for Shabbat  |
| 7 pairs underwear             | 1 laundry bag  |
| Bra/undergarments as needed   | <u>1 pair ice skates</u>   |
| 2 pair long underwear         | <u>1 Helmet</u>  |
| 4 warm sweaters               |  |
| 3 t-shirts                    |  |
| 3 long-sleeve shirts          |  |
| 5 pairs sweatpants/warm pants |  |
| 2 pj's                        |  |

**\*\*\*Please provide your child with approximately \$10.00 in spending money for Kupa.**

**\*\*Campers are welcome to bring board games and toboggans to camp. Please note that the care and well-being of these items will be the camper's responsibility.**



### **Packing Instructions & What Not To Pack**

Each camper's clothing and belongings must fit into one duffel bag. Trunks are not permitted under any circumstances.

Radios, iPods, tape recorders, hair dryers, etc. are strongly discouraged. These items are often damaged or lost or become a safety concern. Please encourage your child/ren to leave these items at home.

\*New\* - After considerable discussion, madrichim have asked that chanichim not bring any "teen magazines" to camp with them (eg. Cosmo, Seventeen, Maxim, etc). These often encourage a negative self-image and can be destructive for gender dynamics. Our staff are encouraged to run educational dialogues for your children on the subject so they can voice their opinion.

Musical transportable instruments (e.g. guitar) are permitted but winter camp does not have a locked instrument room for safe keeping and the care of any personal instruments brought to camp is under the discretion of the owner.

#### Lost and Found

To try to reduce the amount of lost clothing, please label every item sent with your child/ren to camp. Misplaced belongings that are located/and or recognized will be collected during camp and returned to their owners. There will not be a Lost and Found evening after camp is over.

**\*\*\*Do not send your child with a personal cell phone to camp. Cell phones are not allowed and will be confiscated, kept safe, and returned at the end of the session.**

**\*\*Please do not send valuable articles of any sort to camp. Camp Shomria is NOT responsible for any damage to, or loss of, your child/ren's property under any circumstance.**

**\*\*\*All articles must be marked with your child's name using indelible markers or sturdy name tags.**



### **Ski day information:**

As you know we have a fun packed day of skiing for your kids. This year ski day will take place on Dec. 26, 2011 at the **Mansfield ski club** situated just across the street from our accommodations at Mansfield outdoors center.

Below are the 3 ski day options:

- 1) Bring your own equipment: If you have your own equipment you only need a lift ticket for the day. You will have to pay \$60 for kids under 12 and \$68 for anyone over 12.
- 2) Pay for a ski bundle: The bundle includes your ski equipment, 1 hour lesson and your lift ticket for the day. Cost is \$70.
- 3) Pay for a snowboard bundle: the bundle includes your snowboard equipment, 1 hour lesson and your lift ticket for the day for only \$82.

**Please note that the difference in the cost of your lift ticket only and the ski bundle is only \$2. We recommend that you take the ski bundle for this reason.**

For those who have not done so yet, ski day payment is required by Tuesday, Dec' 20<sup>th</sup>, the latest.



## Winter Camp Blog

We update the winter camp blog daily. Be sure to visit the camp website to read and see pictures of your kids experiencing winter camp!

## Photographs

HH may use pictures taken during HH activities for promotional or other similar uses.

## Telephone Calls

Experience has shown that speaking to parents, friends or family on the phone may trigger homesickness. Camper telephone communication to and from home should be limited to emergency situations in consultation with the Shaliach, Rosh Mosh or madrich/a. The camp will call parents if there are health or other concerns. We will also call at your request, around concerns that you have identified.

**\*\*Please note that campers are not permitted to bring or use personal cellular phones at camp. Phone calls made without the supervision of the Shaliach, Rosh Mosh, or madrich/a can cause homesickness and a negative social atmosphere. If a camper brings a cell phone to mosh it is taken out of their possession and kept safe with the Rosh Mosh and Shaliach for the duration of the camp session and then returned. If the cellular device also acts as a music device, it is protocol to remove the SIM card from the phone and keep it safe with the Rosh Mosh and Shaliach until the end of the camp session.**

## How to contact us during camp?

During the camp we will update our website daily. We encourage you to log in and see our pictures and notes from our Winter Camp Hanhaga.

Our website address: <http://www.hashomerhatzair.ca>

In case of emergency contact us via:  
Carmi's cellular phone: 416-816-5473  
Miriam's cellular phone: 647-993-0173  
Email: [mail@campshomria.ca](mailto:mail@campshomria.ca)



### **Kupa (communal fund)**

Learning, in keeping with the philosophy of youth leading youth at Camp Shomria, includes managing socially and financially. Each kvutza (grade/age group) pools the allowance that each camper brings, runs its own budget, and decides in a fair democratic manner how to best use its joint resources. The funds are only spent on activities special to the whole kvutza.

For a winter camp camper we suggest a contribution of \$10.00 cash to his or her respective kupa. The actual amount you send with your child/ren is up to your discretion.



## Health and Medical Information

The Camp Shomria Health and Medical Authorization Form must be completed and signed by a parent or guardian and returned to the camp office before Winter Camp 2011 session.

**Chanichim will not be allowed to attend camp unless a Health Form has been submitted.**

Please read the introduction in the Health Form carefully. Our mutual responsibilities are spelled out in detail there. The form is a record of conditions, illnesses, accidents, disabilities, allergies and special considerations that affect a camper. The form includes a medical history of care given or being given by a personal physician, which could affect the camper while at camp. This must include most recent immunization (with dates) and specific orders for medications, treatments or special procedures and care. It must also include strategies that are used at home for dealing with known health, social-emotional or behavioural issues. **The information must be complete.** This form enables Camp Shomria to offer better care for the camp population, reducing the risk for both the chanichim and the staff.

The information will remain confidential. It will be kept as a locked file by the Shaliach and will be shared with the Rosh Mosh and/or Madrichim only as is medically necessary.

### **In Loco Parentis**

This winter camp **every parent/guardian must sign an *In Loco Parentis* form.** We need this signed to allow us to treat your child in case he or she develops a fever or any other medical situation arises at camp during their stay with us.

### **Medication procedures**

Please make sure any medication that your child/ren bring to camp is clearly labelled and includes dosage instructions as necessary. If your child has a health condition that requires regular or occasional medication (e.g. asthma, migraine, etc.), please ensure that you send enough of this medication to camp with your child. Make sure that you advise the camp via the Health Form of any personal medications that your child may be bringing. All medication will be kept with the shaliach and the children will be accompanied when taking any medication even if it is to be self-administered. There will be no medication kept in the rooms.



We include an EpiPen in our first-aid kits. However, **child/ren who require an EpiPen are advised to bring their own.**

Although we will dispense non-prescription drugs as required, **parents will be responsible for reimbursing Camp Shomria for any and all prescription drugs specifically purchased for your child/ren by the camp.** As in previous years, we will gladly provide you with the original prescription receipts after we have received your payment. Medical expenses, including physician visits, for child/ren not resident in Canada are discussed in a separate letter that outlines the terms for payments, deposits, etc.

Parents of campers from outside Canada must provide a valid Visa or MasterCard credit card number and authorization to facilitate physician and/or hospital care (in an emergency situation we may have to use the emergency department as that is where there is a doctor on-call). This way we can pay the doctor/hospital directly and you can then claim the cost on your insurance.

Camp Shomria winter camp will be a **PEANUT FREE environment** this winter.



## **Behavior, Conduct and General Rules**

Chanichim are expected to be on the campsite at all times. Chanichim are only allowed to leave camp when the program requires it, and only when appropriately accompanied.

Alcoholic beverages, drugs, and smoking are absolutely forbidden at camp. Any camper violating this rule will be sent home immediately at the parents' expense and without a refund of fees. We trust that this is clearly understood by all. Should any camper or parent feel that he or she will be unable to honour this rule, his/her application should be withdrawn immediately.

Campers who have been sent home because of drugs, alcohol or smoking will not be permitted back on camp premises for the rest of the session. These campers will be permitted to rejoin Hashomer Hatzair activities when the year-round programming begins in the fall at the Ken.

Camp Shomria reserves the right to send home at the parent's expense, and without a refund of fees, any camper who, in the opinion of the camp staff, is disruptive to his or her fellow chanichim. Parent(s) will be contacted by the Rosh Mosh or Shaliach to identify the problem, the attempted solutions, and to explain the decision to send a camper home. Sending someone home has been a very rare occurrence at Camp Shomria.

Anyone found to have damaged or destroyed camp property will be sent home at the parents' expense and without a refund of fees. Parents will also be held responsible for the cost of replacement or repair.

Items that can be dangerous at camp are forbidden. These include: pocket knives, switch blades, sharp instruments, weapons of any kind, water-guns (of any kind), laser pointers, lighters, matches, aerosol cans, or any other potentially dangerous items. These items will be confiscated.

Cellular phones, pagers, walkie-talkies, electronic games, televisions, or other disruptive items are not appropriate at camp. These will be confiscated and returned only at the end of camp. In addition campers are not to have pornographic or other inappropriate material. This type of material will be confiscated and not returned.



**Footnote:**

**What can you as a parent do to help?**

Camp Shomria looks for ways to improve its program and resources. It relies on parent volunteers within the spirit of the philosophy of Hashomer Hatzair. There are several ways in which you can assist and thereby enrich your child/ren's experience. Please get involved and share your skills. Join the Board or its various committees [comprised of parents, hadracha and staff], which support the summer and winter camp programs and the weekly *Ken* in Toronto during the school year. You can also involve your child/ren in the Ken activities and participate as a family in our family-oriented events. Additionally, Hashomer Hatzair is a tax-registered charity. It accepts donations (financial and in-kind) to support the camp and to provide scholarships to those who need financial assistance in order to attend camp. Please help to lead the way with *chazak v'ematz* (strength and courage).