

A NOTE FROM THE DIRECTOR:

Welcome to another year at Camp JCA Shalom!

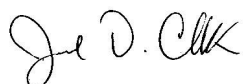
At Camp JCA Shalom, ensuring each camper's health and safety is always our top priority. Our goal is to provide a fun environment that ensures every camper's physical, mental, spiritual, social and developmental needs. As you know, raising a child in today's society takes a great deal of effort, energy and patience. We understand that sending her/him away to camp takes a great deal of trust and confidence. Please know that your child is in great hands.

Camp gives kids unparalleled opportunities to develop a range of skills and abilities, and instills a greater level of self confidence, personal independence and awareness of their role in their community. We teach our counselors that camp gives kids the tools which they can use in everyday life. When your child returns home after their summer, we hope you will find them to be more self aware and self sufficient, and better able to make their way in the world.

I feel that it is our mission to teach kids Jewish values. With our philosophy of "*Shalom Bayit*": a peaceful home, we create an atmosphere that teaches kids to care for one another and the environment. We teach the campers of Camp JCA Shalom to be the ones that find the child who is sitting by themselves and include them. All of the fun elements of camp serve to be vehicles by which we can teach campers about community and *Tikkun olam*, making the world a better place.

This manual is designed to answer most of your questions prior to your camper's arrival at Camp JCA Shalom. Please use it as a resource before and during your child's camp experience. If you have additional questions, please feel free to call me at the camp office (818) 889-5500 ext. 106, and I will do my best to help make this the best experience for you and your camper.

B'Shalom,



**Joel Charnick
Director
Camp JCA Shalom**

WHAT TO PACK FOR A WEEKEND OF FUN AT CAMP JCA SHALOM

1. **PLEASE DO NOT OVERPACK!** Space to unpack in our cabins is limited. Fall Camp is only a weekend, please pack accordingly.
2. **LABEL ALL ITEMS.** All clothing and personal items should be clearly marked with the camper's full name. If using nametapes, sew them securely where they can be seen. If marking with indelible laundry ink, make sure that it is legible.

WHAT TO BRING

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| 1 Shabbat Outfit (white shirt, dress, pants) | 1 Warm jacket |
| 2 Pairs of pants | Ample supply of socks and underwear |
| 1 Pair of shorts | Pajamas |
| 4 T-shirts | 1 Bath towel and *1 Pool towel |
| 1 Sweatshirt | Sleeping bag and pillow with pillow case |
| 1 Pair of all-purpose shoes (to hike, run, etc.) | Flashlight and batteries |
| 1 Pair of flip-flops (shower shoes, if desired) | Sun hat, baseball cap, sunscreen |
| *Bathing Suit (in case the weather is good) | Re-usable water bottle |

Toiletries – shampoo, soap, hairbrush, toothbrush and toothpaste, bug repellent, suntan lotion.

*NOTE: The weather will determine whether or not campers will be able to swim at Fall Camp. Please be prepared by packing a bathing suit and extra towel!

**NOTE: Keep in mind that while it may still be quite nice during the day, it can be quite chilly at night. Please come prepared!

PLEASE DO NOT SEND EXPENSIVE ITEMS TO CAMP!!

OPTIONAL

Cameras, musical instruments, etc. are okay. Small radios and IPODS are permissible if the volume is kept low and they are kept in the cabin. Campers will not be permitted to walk around camp with them. AND REMEMBER, CAMP CANNOT ASSUME LIABILITY FOR THE LOSS OR DAMAGE OF ANY ITEMS.

WHAT NOT TO BRING

Campers may wish to bring certain items to camp that are unnecessary, inappropriate, unsafe, and illegal. PLEASE DO NOT BRING THE FOLLOWING TO CAMP:

Cigarettes; alcoholic beverages or non-prescriptions drugs; knives; matches, cigarette lighters or fireworks of any kind; items of value including watches, jewelry, expensive cameras; electrical appliances; video games or any hand-held electronic games, i.e. Game Boys.

LOST AND FOUND

CAMP JCA SHALOM CANNOT ASSUME LIABILITY FOR THE LOSS OR DAMAGE OF ANY ITEMS. Lost and found items are brought to the camp office in Malibu and are stored for 30 days. After that clothing not claimed is laundered and given to charity.

FACTS FOR PARENTS

If you have any special concerns, please call the Camp office BEFORE CAMP and arrange for an interview with the Camp Director. If there is a need for special instructions about your camper, please put them in writing and send them to our office well in advance and we will do our best to accommodate you.

COMMUNICATING WITH CAMP

No provision has been made to permit campers to make or receive calls except in an emergency, and then only under the supervision of the camp director. Please do not ask campers to call home.

If you require routine information, or wish to relay an important message to your child or the Camp Director, please call the Camp office at (818) 889-5500 ext. 106 and your message will be relayed.

IN CASE OF EMERGENCY PLEASE CALL (818) 889-5500 ext. 106

Camp Address:
Camp JCA Shalom
34342 Mulholland Hwy.
Malibu, CA 90265

SPECIAL CAMPER PICK-UPS AND DROP-OFFS

We strongly discourage any break in the flow of the session. If a child must be taken home for a family-related event, all arrangements must be made in advance and confirmed in writing with the camp director.

SPECIAL DIETS

Any provision for special diets, i.e. food allergies, vegetarian, etc., must be made in writing well in advance through the office. We will do our best to accommodate certain dietary limitations.

CABIN GROUPING

Campers are assigned to bunks on the basis of age and school grade. Campers are also assigned on the basis of the camper's bunkmate requests, camper interests and sometimes, the previous year's experience. Camp tries to give priority to bunk requests, however this is not always possible due to space limitations, nor is it always advisable in terms of the group's composition. In almost all cases, within a short time after arrival, cabin assignments are worked out which are satisfactory for all concerned. Camp reserves the right for the final decision as to placement.

TALK WITH STAFF BEFORE CAMP BEGINS

It is very important that we know of any special situations in your child's life. If you would like to speak with the Camp Director prior to camp please call the Camp office.

CARE PACKAGES

Please do not send care packages containing food items to campers as they are not accepted. **REMEMBER –WE DO PROVIDE CANDY AND "NOSH" ITEMS!**

Nevertheless, Care Packages are meant to show that you care and children do enjoy receiving them. Pen and paper games, books, magazines, etc. are very much appreciated.

All packages brought or sent to camp will be opened by the camper in front of supervisory staff. **FOOD PACKAGES RECEIVED BY CAMPERS WILL BE TAKEN AWAY.** Please understand that you will embarrass your child and put us in a difficult situation if you disregard this request.

CAMPER BIRTHDAYS

Every camper celebrating a birthday while at camp receives a cake, which is shared with the entire cabin. It is not necessary or desirable to send special birthday goodies.

HEALTH AND MEDICAL INFORMATION

Camp JCA Shalom has a fully equipped health center. A registered nurse attends to the immediate needs of campers.

****NOTE:** If you will be away during your child's stay at camp, please leave an address and telephone number where you can be reached!

MEDICATIONS: Any medication that your child will use at camp should be labeled carefully with his/her name and given to **THE NURSE UPON CHECK-IN. DO NOT PACK ANY MEDICATION IN YOUR CAMPER'S LUGGAGE.** Medication will be available for parents to pick up at the camp when camp is over on Sunday.

PLEASE NOTE: All medication will be kept by the nurse who will dispense them and keep a record of their use. **CAMPERS MAY NOT ADMINISTER ANY OF THEIR OWN MEDICATION. ALL PRESCRIPTION MEDICATION MUST BE IN ITS ORIGINAL CONTAINER.**

GLASSES: If your child wears glasses, it is very important that you send an extra pair or a prescription to camp. We do not recommend contact lenses unless your child is very comfortable with them.

DENTAL SERVICES: If minor dental repair work (such as a loose wire on a brace) is needed, we will take your child to a local dentist and charge the visit to you.

CAMP JCA SHALOM MEDICAL POLICIES

The Camp JCA Shalom medical team is looking forward to seeing your children in camp. As we have in the past, we encourage you to contact us regarding special medical needs or concerns you have prior to the beginning of camp. Please call Camp Director, Joel Charnick, at (818) 889-5500 ext. 106 to discuss any concerns.

Along with the Camp Board, the medical staff continues to redefine its policies. These policies apply to campers as well as to staff. Please make sure that you read them. Then sign the statement of understanding on the pink form included in this parent packet and mail it back to camp.

POLICY STATEMENT

The Camp Administration and Board have established these guidelines to assure the health and safety of all campers and staff. The control of communicable disease is a critical concern to us as is our emergency preparedness. Therefore, our infirmary is not available for care or convalescing from acute illness for more than 24 hours. Should any accident or illness occur, the camp nurse will determine the degree of seriousness requiring notification to parents and advise immediately.

In the unlikely event further medical attention is needed, medical care is only minutes away. If such outside services are needed, the parent shall pay all expenses in excess of the camp's SECONDARY insurance coverage.

STAFF

A licensed medical professional will be in residence during the encampment. The closest emergency room is 15 minutes from camp. A well-qualified physician is on call and is available on an as-needed basis during the encampment. Paramedics can reach camp in approximately ten minutes. Care by camp medical personnel is free. Prescriptions are available at parent's expense.

1. MEDICATIONS

Medications are dispensed four times a day: (1) breakfast; (2) lunch; (3) dinner; and (4) at bedtime. Asthmatics can keep their puffers with them. Campers can also retain nasal sprays and contact lens equipment and acne creams. Medications that will be dispensed include: Prescription medications and those over-the-counter medications that are prescribed by a physician.

Vitamins will be dispensed only if they are for vitamin deficiencies, such as anemia. Vitamin C will be dispensed for campers with urinary problems. Campers are offered a well-balanced, nutritious diet. Campers who do not have chronic problems should not need additional vitamins. Medications which are not written in the medication section of the Authorization for Consent Form will not be given unless prior arrangements have been made.

Machinery cannot be operated in cabins. Nebulizers, vaporizers, glucometers, etc. must be kept in the camp infirmary. With the exception of diabetic campers, the camp is not equipped to take care of campers who require treatment with machinery on a daily basis.

Send extra pills in a prescription bottle. Send extra puffers, as those often get lost. If you are able to give your child pills instead of elixirs, please do so. Check with your primary care provider. Elixirs will be dispensed after meals or at bedtime. All refrigerated medication will also be dispensed in this manner.

2. DISCLAIMER

If your child has problems with occasional bedwetting, we will handle this problem discreetly. Camp JCA Shalom is not able to care for children who are unable to groom themselves or toilet themselves. We cannot diaper children.

Children with learning disabilities, those who are shy, or those who have not been away from home before, have generally enjoyed camp. Children with known physical handicaps due to severe medical conditions, psychiatric disorders, or mental retardation who are not able to attend classes in regular school programs will most likely not be able to adjust to Camp JCA Shalom's group living situation. If your child is attending a special program in school, we need to discuss your child's eligibility for Camp JCA Shalom.

3. INFIRMARY STAY POLICY

When camp begins those children who are ill and not able to engage in all activities should not come until they are feeling 100 percent. Children who develop general malaise, colds, or 24-hour viruses while at camp can generally be well cared for for up to one day in the camp infirmary. After 24 hours, our physician will decide whether a child or staff member can stay at camp. Parents who are planning to be out of town during the time that their children are in camp must have an alternative emergency contact that is capable and willing to pick up the camper if the need arises.

**** Please note:** Children who have recently begun antibiotics for an acute illness will not be accepted until they are on their prescription for 72 hours, i.e. children with recently diagnosed strep throat.

Also, children cannot bring antibiotics to camp with instructions "to begin if child develops a fever." New illnesses will be assessed individually and tracked appropriately.

Camp JCA Shalom complies with all state sanitary codes and Los Angeles Department of Health regulations governing resident camps.

FEES AND REGULATIONS

We request your cooperation in paying camp fees on time. Your child will not be permitted to attend camp if fees are not paid in full by **December 15th, 2009**.

WARNING

SMOKING BY CAMPERS IS PROHIBITED!!

(Parental permission notwithstanding.)

Besides being injurious to health and irritating to non-smokers, smoking is a serious **FIRE HAZARD!**

CONSUMPTION OF ALCOHOLIC BEVERAGES AND USE OF DRUGS WILL NOT BE TOLERATED!

ALL CIGARETTES, ALCOHOLIC BEVERAGES AND DRUGS WILL BE CONFISCATED AND CAMPERS FOUND USING THEM WILL BE SENT HOME IMMEDIATELY. NO REFUNDS WILL BE MADE IN SUCH CIRCUMSTANCES.

CAMPER POLICY AGREEMENT

THE FOLLOWING MUST BE READ BY PARENT AND CAMPER. THE STATEMENT OF UNDERSTANDING ON THE PINK FORM INCLUDED IN THIS PACKET **MUST BE SIGNED BY PARENT AND CAMPER AND RETURNED TO CAMP.**

Teaching appropriate behavior and values is an important part of the Camp JCA Shalom experience. Campers need to understand that there are certain behaviors that may result in their being dismissed from camp.

These unacceptable behaviors include:

- any drug or other illegal substances
- use of cigarettes
- indecent exposure
- inappropriate use of language (i.e. cursing)
- graffiti of any type
- leaving the group without permission
- entering any cabin other than your own without staff permission and supervision
- raiding and/or interfering with other people's property
- any alcoholic beverages
- any medication not kept at the infirmary (unless permitted by the nurse)
- any inappropriate public display of affection
- sexual activity
- physical aggression (anything unacceptable in public, i.e. fighting)
- possession of any destructive objects, i.e. knives, etc.
- starting a false alarm or tampering with fire extinguisher
- altering physical appearance (i.e. cutting hair, eyebrows, piercing ears, etc.)

In addition, the Director reserves the right to send any camper home if he determines that certain behavior does not conform to the health, safety, or philosophical standards of camp.

TWO WEEKS BEFORE DEPARTURE

Make sure that all fees are paid and that all forms have been sent to Camp.

ON DEPARTURE DAY

Luggage trucks will be stationed in the parking lot. Staff will help you unload your car. Check-in tables will be set up alphabetically according to CAMPERS' LAST NAMES.

Please make sure all luggage is clearly marked with camper's name.

Parents are responsible for their own children until the buses depart.

REMEMBER TO BRING MEDICATION, IF ANY TO THE CHECK-IN (Do not pack this, bring it separately to the check-in area).

TRANSPORTATION

We have tried to organize our departure as efficiently as possible. **Please be prompt!** You must check in at our check-in tables prior to departure time. As soon as the majority of campers have been checked in, the buses will depart for camp. We cannot wait for one or two stragglers. We ask that you are on time for check-in, or you may run the risk of having to drive your child to camp on your own.

If you have chosen to drive your child to camp please make sure you have directions, and that you are prompt

DEPARTURE INFORMATION

Temple Aliyah Check-In at 10:00am
6025 Valley Circle Blvd.
Woodland Hills, CA 91367

Location: Between Platt and Victory

OR

CAMP JCA SHALOM
CHECK-IN AT 11:00am
34342 Mulholland Hwy.
Malibu, CA 90265 (818) 889-5500

PICK-UP INFORMATION:

**ALL CAMPERS SHOULD BE PICKED UP AT CAMP JCA SHALOM in Malibu at 11:00am
There is **NO BUS SERVICE** on the last day of camp!**

ALL FAMILIES ARE WELCOME TO COME TOUR CAMP AND USE CAMP FACILITIES WHEN THEY PICK UP THEIR CHILDREN. SEE THE ENCLOSED FLYER FOR DETAILS

OUT-OF -TOWN CAMPERS:

For those campers flying in for winter camp, please CONTACT THE CAMP OFFICE BEFORE MAKING FLIGHT ARRANGEMENTS. We have selected flights for you to use.

DIRECTIONS TO THE SHALOM INSTITUTE & CAMP JCA SHALOM:

From Los Angeles:

Take the Santa Monica Freeway (I-10) west until it turns into Pacific Coast Hwy (Route 1). Continue on PCH for 27 miles to Mulholland Hwy (Just past Leo Carrillo campgrounds). Turn right onto Mulholland Hwy and go 5 miles. The Institute will be on the right side.

From the San Fernando Valley:

Take the Ventura Freeway (US 101) west to Kanan Rd. Turn left onto Kanan and go 6 miles to Mulholland Hwy. Turn right onto Mulholland Hwy. After 1 mile the road forks—stay to the left onto Encinal Cyn Rd. After 3.5 miles, Encinal will end at Lechusa. Turn right onto Lechusa, which will immediately end at Decker Cyn Rd (23). Turn right onto Decker for ¾ mile to Mulholland Hwy (stop sign). Turn left onto Mulholland. The Institute is 2.5 miles from this point on the left side.

From Santa Barbara/ Ventura:

Take 101 South to the Las Posas Road Exit. Turn Right onto S. Las Posas Road. Drive approximately 7 miles and merge onto Highway 1 South towards Santa Monica. Drive approximately 11 miles. Make a left on Mulholland Hwy. Drive 5 miles and camp will be on your right hand side.

See you at Camp!!

