



**PARENT  
HANDBOOK  
2018**

## Camp Personnel

Camp Director	Guy Korngold
Associate Director	Shoshi Rothschild
Office (Winter) & Food Services Manager	Erica Rubin
Program Director	Rebecca Starr
LIT Unit Head	Jessie Young
Kochot Unit Head	Nikki Kitner
Goshrim Unit Head	Rennie Bimman
Giborim Unit Head	Zoey Young
Head of Programming	Valerie Trojman
Head of Waterfront	Aliza Herzstein

## Important Dates

Montreal Luggage Dropped Off (1 <sup>st</sup> session)	July 1
First Session Begins	July 3
Rishonim Weekender Program	July 13-15
End of First Session / Visitor's Day	July 29
Second Session Begins	July 30
Camp Ends	August 14

## Contact Information

<b>SUMMER</b>	Camp Kinneret	Tel	(819) 425 3332
	184 Rue Harrison	Fax	(819) 425 2433
	Mt. Tremblant, QC., J8E 1M8	Email	<a href="mailto:office@ckb.ca">office@ckb.ca</a>

### Hours of operation of office at camp

(Voicemail messages are checked regularly even when the office is closed).

Sunday to Thursday	9:00am – 5:00pm
Friday	9:00am – 3:00pm
Shabbat	Closed

<b>WINTER</b>	Camp Kinneret	Tel	1 800 426 5108
	5555 Westminster Ave., #300	Tel	(514) 735 3167
	Cote St. Luc, QC., H4W 2J2	Fax	(514) 735 3833
		Email	<a href="mailto:office@ckb.ca">office@ckb.ca</a>

<b>WEB SITE</b>	<a href="http://www.ckb.ca">www.ckb.ca</a>
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## Baggage to Camp for First Session

**Montreal** families to drop off baggage at the old Wagar High School (5785 Parkhaven, H4W-1X8) on **July 1** from 10am-11am. All camper medication and spending money must be dropped off at this time. A separate table will be set up at the baggage drop off location to collect the medication and cash. Please do not pack the medication or cash in your camper baggage for ease of access.

**Toronto** families to place baggage under the bus when departing on **July 3** (see below). Medication and spending money handed to staff member accompanying the campers on the bus.

**Ottawa** families to place baggage under the bus in Montreal when departing on **July 3** (see below). Medication and spending money handed to staff member accompanying the campers on the bus.

**NEW:** All LIT campers are required to pack a separate overnight bag with clothing, a bathing suit and towel, personal effects, sleeping bag and pillow to be carried on the bus on July 3<sup>rd</sup> to be used on the first night of camp (they will only be able to access the rest of their baggage the following day).

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## Travel to Camp for First Session – July 3

**Montreal / Ottawa** Old Wagar High School (5785 Parkhaven Ave in Cote St. Luc, H4W-1X8). Please arrive by 1:00pm so that the buses can depart promptly at 1:30pm.

**Toronto & Surrounding Areas** Herbert H. Carnegie Centennial Centre Parking lot  
580 Finch Avenue (West of Bathurst). Please arrive no later than 7:00am so that the buses can depart promptly at 8:00am.

**Private Transportation** Parents driving their child(ren) to camp by car must arrive after **3:00pm** and leave by **3:30pm**.

**Note:** All campers from Toronto must also carry with them, on the bus, a peanut-free lunch for the day of travel. A snack will be provided to all campers upon arrival at camp.

**NEW:** All LIT campers are required to pack a separate overnight bag with clothing, a bathing suit and towel, personal effects and a sleeping bag to be carried on the bus on July 3<sup>rd</sup> to be used on the first night of camp (they will only be able to access the rest of their baggage the following day).

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## Travel & Baggage to Camp for Second Session – July 30

**Montreal / Ottawa** Old Wagar High School (5785 Parkhaven Ave in Cote St. Luc, H4W-1X8). Please arrive by 1:00pm so that the buses can depart promptly at 1:30pm.

**Toronto & Surrounding Areas** Campers will be accompanied by staff members and travel to Montreal by train, and then by private transportation from Dorval to camp. Camp Kinneret will purchase train tickets and provide more detailed information in July.

**Private Transportation** Parents driving their child(ren) to camp by car must arrive after **3:00pm** and leave by **3:30pm**.

**Note** All campers from Toronto must carry with them, on the train, a peanut-free lunch for the day of travel. A snack will be provided to all campers upon arrival at camp.

## Travel from Camp at the end of First Session - July 29

Campers returning home at the end of the first session will travel home with their parents following the Visitor's Day program which will begin at 10:30am and end at approximately 12:30pm.

## Travel from Camp at the end of Second Session - August 14

The buses will leave camp at 8:30am and arrive to: Old Wagar High School (5785 Parkhaven Ave in Cote St. Luc, H4W-1X8 ) at **10:15 am**.

Herbert H. Carnegie Centre in Toronto at *approximately 4:30pm*. The baggage will arrive at 3:00pm so you can arrive earlier to claim your child's baggage.

Campers being picked up at camp by parents are asked to arrive at camp at 8:30am.

## Laundry

Laundry is done once each week. Clothing should be colorfast as it is machine laundered and every item should be well labeled/marked. Labels are available through our website via the CampMinder login. 20% of the proceeds from the sale of these labels will benefit our Camp Kinneret Scholarship Fund. All campers will have the opportunity to claim lost and found articles during the summer and at the end of each camp session. Items that are not labeled and not claimed by our campers will be donated to a local clothing bank based in Mont Tremblant. Please refer to our packing list on the last page of this booklet. Rishonim campers will not have laundry service over the weekend that they spend at camp and should pack enough clothing for three days (see *Rishonim Parent Booklet*).

## Tuck Shop & Spending Money

A portion of the camp fee is allocated to cover expenses such as tuck (treats), the camp t-shirt, the LIT sweatshirt and camp photograph. We will bill you for any medical expenses (prescriptions) incurred over the course of the summer and send you the receipts so that you can make a claim with your insurance company. Personal spending money, to be used by campers when we take them out on field trips, is not included in the camp fee. We suggest at least \$80 for first session LIT campers and \$20 for Giborim, Goshrim, Kochot and second session LIT campers. This pocket money can be held in the office for your camper. Please place the cash in a sealed Ziploc bag with your campers name marked clearly on it. Spending money should be given to our designated staff member prior to boarding the bus or train to camp. Rishonim campers will not need any spending money.

## Mail

Incoming mail and email is distributed daily at camp five days each week (Monday to Friday). Campers look forward to receiving news from home and we urge you to write your campers regularly. Please provide your child with pre addressed and pre stamped envelopes so that it is easy for them to write you back. See our COMMUNICATION section below on how to send emails to your camper(s).

## No Packages

Campers are not allowed to receive any packages at camp unless your camper is celebrating a birthday while at camp. Only one package is allowed on your campers' birthday – please inform family and friends of this policy. If your camper has forgotten something or has run out of anything, we are pleased to provide many essential items like toothbrushes, deodorant, and shampoo at no charge. Other essential items that we may not stock at camp, like clothing, can only be mailed to camp with the pre-authorization of our office manager. This person can be reached at [office@ckb.ca](mailto:office@ckb.ca). Without exception, all unauthorised packages will be returned to sender. Again, please inform your relatives and friends of this policy. We thank you in advance for your cooperation!

## Birthdays at Camp

We are excited to celebrate birthdays at camp! Each camper with a birthday during the summer camp season will receive a freshly baked cake that is large enough to share with his or her cabin mates. If you wish to send a gift, please refer to our package policy (above). Parents are given the opportunity to speak with their child on their birthday. Arrangements for this can be made by calling (819.425.3332) or by emailing our office ([office@ckb.ca](mailto:office@ckb.ca)) the day before the birthday, so that we arrange the time for the call to be made. *Usually*, the ideal time for this call is following lunch at about 1:45 pm. In the event that your camper is out of camp on their birthday (overnight canoe trip or waterslide park), the call will be arranged for the evening or the following day.

## Medication Policy - Important

Our infirmary is fully stocked. Please do not pack standard over the counter medications like Tylenol and Advil. The only medication campers should bring to camp are those that are required to manage an existing medical condition. **These medications must be blister packed by your pharmacist and each 'blister' must indicate the name of your camper, the medications being taken, and the time of day that they should be administered.** The majority of pharmacies in Canada will blister pack medications at no cost. They may require a week or two to prepare the blister packs so please be sure to inquire with your pharmacist and plan accordingly

**Please only send the amount of medication needed for the summer camp session(s) for which your camper is registered.** 1st Session July 3-29, 2<sup>nd</sup> session July 30-Aug 14, Full Summer July 3-Aug 14. Rishonim July 13-15. Any extra medication will not be returned at the end of the season.

First session Campers from Montreal are asked to drop these medications off on July 1<sup>st</sup> when they drop their bags off at the old Wagar High School (see 'Baggage & Travel To Camp' section of this handbook). Campers from outside of Montreal and second session campers are asked to hand their medication to the designated staff member accompanying the campers on the bus ride to camp. If campers are driven to camp by their parents, please hand the medication to the staff member greeting you at the parking lot.

## **COMMUNICATION**

### **(Photos, Videos, Emails and our Newsletter)**

All **first time campers** (not including our Rishonim Weekend Campers) will receive a phone call from their campers' unit head within the first 72 hours of the camp session. The purpose of this call is to provide you with an update on how your camper has adjusted to camp life.

When you registered your camper(s), you established a CampMinder Log In password. To **view photos**, and **send emails** to your camper(s), please use this same password and use internet browsers CHROME or FIREFOX . To Log In, simply click on the blue CampMinder Log In button which is found on the top right corner of our website [www.ckb.ca](http://www.ckb.ca). The system has a security feature that will only allow recognized email addresses to gain access to the system. If the system does not recognize your email address please let us know, and we will update your email address in our settings.

**Photos:** *Posted daily from Sunday to Friday at 8:00 am.* The photo page allows you to mark favorites, view, buy and share photos, as well as view slideshows. You can click the icons below each photo to perform these actions. All of the photos you view online are available for purchase as prints, digital downloads, or gift items such as t-shirts, calendars, or mouse pads. All proceeds from the sale of these photos will go towards supporting our camper scholarship fund.

**Emails:** When you click on the email link, the system will guide you through the process of purchasing “**CampStamps**” to send emails as often as you’d like throughout the session to your child(ren). Each email will use a certain number of CampStamps based on the selections you make. We batch print the emails once each day at 9am and the emails are delivered to our campers daily following lunch, from Sunday-Friday.

**Newsletter:** *The Weekly Shpiel* (Camper Newspaper): Posted via Facebook each Sunday by 6:00 pm.

**Directors’ Weekly Update:** Emailed to you each Friday by 6:00 pm.

**Facebook:** Please be sure to "like" our Facebook page ([www.facebook.com/yjcampkinneret](http://www.facebook.com/yjcampkinneret)) for updates throughout the summer.

**Guest Accounts:** By clicking the “Guest Accounts” icon you will be able to create accounts for family members and friends to view photos and send emails. If you’d like your guest to be able to email your child(ren) make sure to check the appropriate boxes (these will be evident upon entering the guest’s information). After creating each account your guest will receive an email similar to the one you received when first creating a password and security questions. They will be guided through the same process in order to log in securely. **You do not need to create guest accounts for parents/guardians of the child(ren) as that information is already stored in our system.**

## Visitor's Day - Sunday July 29

Visitor's Day falls on the last day of the first session and is for 1<sup>st</sup> session and full summer campers only. Campers who are registered for the first session will leave on this day and will travel home with their parents.

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

10:00am Visitors park their cars and wait at the entrance to camp (by the basketball courts).

10:30am Visitors are welcomed onto the camp grounds to meet their campers and the staff in our cabin area

11:30am Mifkad (flagpole) Ceremony and Short Presentation

12:00pm Dessert Reception

Campers can leave the campgrounds with their parents

5:00pm Campers remaining for the second session must return to camp by 5pm. Please do not bring any food or cell phones with you back into camp.

### Driving Directions from Montreal to Camp Kinneret 184 Rue Harrison, Mt. Tremblant, QC, J8E 1M8

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

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

**Please drive slowly while on the campgrounds.**

**Camp Telephone: (819) 425 – 3332.**

## Clothing & Packing List

Please limit your luggage to two duffel bags and one small back pack. Rishonim campers should limit their baggage to one duffel bag. It is not necessary to bring plastic shelving and please note that trunks are not allowed. Mark your luggage clearly with your camper's name. We suggest simple serviceable clothing. Social and Shabbat functions are also simple and informal. Laundry is done once per week, with a one-day turn around. Rishonim campers will not have laundry service and should only pack enough clothing for three days (see Rishonim Packing List in our Rishonim Parent Handbook).

### Clothing

4 Sweatshirts  
4 pr pants (jeans, sweats, khakis)  
12 t-shirts  
12 pr socks  
1 raincoat/poncho  
2 sun hats  
1 bath robe\*  
5 pr shorts  
3 pr pajamas (warm & cool)  
3 bathing suits  
12 pr. underwear  
Hawaiian Shirt (for cookouts)\*  
Plain white t-shirt for tie dye!!!  
Something nice for Erev Shabbat

### Medication

All prescription medications must be blister packed by your pharmacy, each 'blister' clearly labeled with your campers name. This blister pack must be given to a staff member at luggage drop off on July 2<sup>nd</sup> for 1<sup>st</sup> session campers from Mtl. All other campers are asked to give the blister pack to the staff at the departure time.

### Footwear

1 pr running shoes  
1 pr sandals w/ankle strap  
1 pr rain boots  
1 pr shower shoes (crocs)

### Toiletries (consider *biodegradable!*)

shower caddy  
soap/soap dish  
shampoo  
toothbrush & paste  
sun protection (SPF 30 or >)  
bug spray

### Miscellaneous

flashlight & batteries  
stamped/addressed envelopes  
writing paper & pen  
camera \*  
kipot  
books \*  
baseball glove \*  
musical instruments \*  
extra eyeglasses  
Water Bottle (IMPORTANT)

### Bedding & Linen

2 fitted sheets  
2 blankets (1 warm, 1 light)  
2 pillow cases  
1 pillow  
1 sleeping bag  
2 beach towels  
1 laundry bag  
3 bath towels

### **DO NOT PACK**

**any food / gum / candy**  
**hot pot/kettle**  
**lighter or matches**  
**DVD/Video player**  
**rollerblades**  
**mosquito coils**  
**bottled water, pop**  
**pocket knife**  
**glass bottles/jars**  
**delicate clothing**  
**skateboard**  
**cell phone, i-pod touch, i-pad, tablet**  
**valuables**  
**Bottled water**

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

**If a camper needs an Epipen, they must either carry it at all times or bring two – one for the infirmary, and one for the cabin.**

**You may bring a personal music device. However, if this musical device also serves a purpose other than playing music (ie. internet, phone or video), it will be confiscated. No I-pod touch, i-phone, etc. Camp Kinneret is a peanut-sensitive environment. It is forbidden to bring food or any bottled water to camp.**

\* optional





# BSE

(BEST SUMMER EVER !)