

CAMP KINNERET
RISHONIM
PARENT HANDBOOK
2019



Camp Staff

Camp Director
Assistant Director
Office (Winter) & Food Services Manager
Office (Summer)

Guy Korngold
Mark Kachuck
Erica Rubin
Amanda Suchter

Rishonim Program Dates

July 12-14

Contact Information

SUMMER

Camp Kinneret
184 Rue Harrison
Mt. Tremblant, QC., J8E 1M8

Tel (819) 425 3332
Fax (819) 425 2433
Email office@ckb.ca

Hours of operation of office at camp

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

Sunday to Thursday
Friday
Shabbat

9:00am – 5:00pm
9:00am – 3:00pm
Closed

WINTER

Camp Kinneret
5555 Westminster Ave., #300
Cote St. Luc, QC., H4W 2J2

Tel 1 800 426 5108
Tel (514) 735 3167
Fax (514) 735 3833
Email office@ckb.ca

WEB SITE

www.ckb.ca

RISHONIM

First Summer Camp Experience

Every camper is different and will look forward to their first summer camp experience with varying degrees of trepidation and excitement. For some children, this will be their first time sleeping away from home or their parents for more than one night. Parents can help their campers by organizing sleepovers at friends, cousins, and/or grandparents' homes. The more a camper knows about the experience that lies ahead, the more comfortable they will feel as the date approaches. Parents are encouraged to visit the camps' website and videos to see what's in store! Parents can also share their own positive experiences from when they were campers and ask their children directly if they are nervous about anything relating to their upcoming weekend at camp. We encourage parents to share any concerns they may have with Guy, our Camp Director, so that he can explain what we can do on our end to address these concerns and provide the support needed for all of our Rishonim campers to flourish.

Travel to Camp – July 12

Bus from Montreal – Our bus will depart from the old Wagar High School (5785 Parkhaven Ave in Cote St. Luc, H4W-1X8). Please arrive by 10:00am so that the bus can depart promptly at 10:30am.

Private Transportation - Parents driving their child(ren) to camp are asked to arrive at **12:15pm**.

Travel from Camp – July 14

Rishonim Campers will travel home with their parents following a tour of the camp. **Parents are asked to arrive at camp at 1:30pm**. The tour will begin promptly at 1:45 pm and they will greet their child at the end of the tour at 2:45pm and can plan to leave camp with their child by 3:15pm.

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.

Tuck Shop & Spending Money

Tuck shop items are included in the cost for the Rishonim program and Rishonim campers will not need any spending money.

Mail

Incoming mail and emails are not distributed on Shabbat and you will see your campers on Friday at departure and on Sunday at pick up so no need to send any mail or email!

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 duration of the Rishonim program.

Please place all medications in a clearly labeled Ziploc bag and hand the medication to the designated staff member accompanying the campers on the bus. 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)

When you registered your camper(s), you established a CampMinder Log In password. To **view photos** (which will be posted on Sunday morning because we do not post photos on Shabbat) please use this same password and use internet browsers CHROME or FIREFOX as they seem to be most compatible with our system. 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. 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.

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

Facebook: Please be sure to "like" our Facebook page (www.facebook.com/yjcampkinneret) to see our Weekly Shpiel and for other 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. 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.**

Rishonim

Clothing & Packing List

Rishonim campers should limit their baggage to one duffel bag. Everything listed below, including bedding & Linens, should fit into this one bag. Please label this duffel bag and all of its contents clearly with your camper's name. We suggest simple serviceable clothing. Social and Shabbat functions are also simple and informal. Rishonim campers should only pack enough clothing for three days.

Clothing

1 Sweatshirt & 1 long sleeve shirt
1 pr pants (jeans, sweats, khakis)
4 t-shirts
4 pr socks
1 raincoat/poncho
1 sun hat
1 bath robe*
2 pr shorts
1 pr pajamas
2 bathing suits
3 pr. underwear

Footwear

1 pr running shoes
1 pr sandals w/ankle strap
1 pr rain boots
1 pr flip flops or crocs for shower

Toiletries (consider *biodegradable!*)

Shampoo/Conditioner/Soap (3 in 1 is great)
toothbrush & paste
sun protection (SPF 30 or >)

Bedding & Linen

1 fitted sheet
1 warm blanket or sleeping bag
1 pillow with pillow case
1 bath towel
1 beach towel
1 laundry bag

DO NOT PACK

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

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 the staff member at the bus on July 12 or to the staff member greeting you at camp if you are driving your camper to camp.

Miscellaneous

flashlight & batteries *
camera *
kipa
book *
baseball glove *
musical instruments *
extra eyeglasses
Water Bottle (IMPORTANT)

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



Home of the original...

BSE

(Best Summer Ever!)