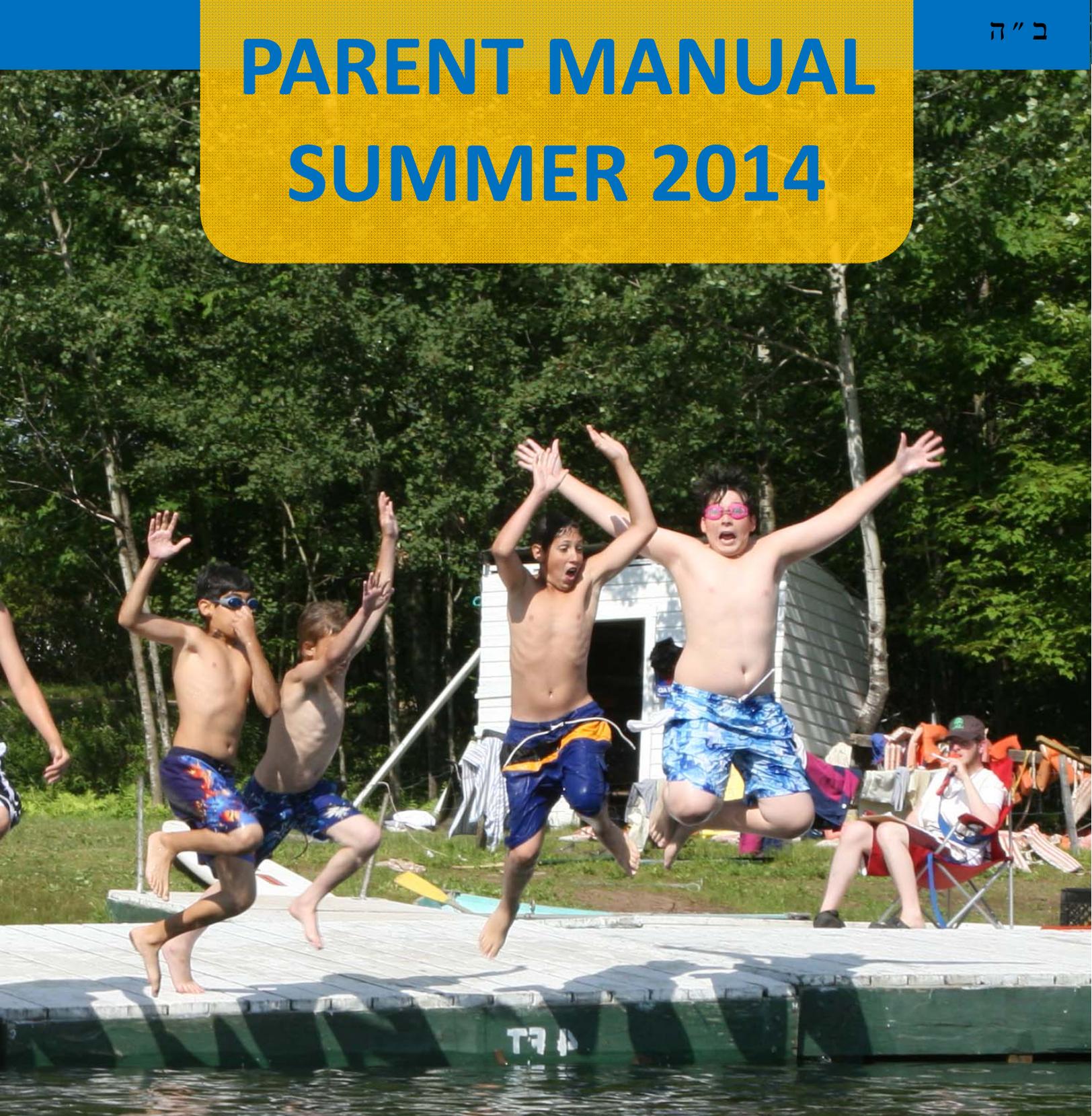


PARENT MANUAL SUMMER 2014



A Heritage of Happy Campers



Dear Parents,

Welcome to Camp L'man Achai. Whether this is your first summer with us or you have a returning camper, I am delighted that you are joining us and am certain that your child will have a wonderful camp experience.

Camp L'man Achai is about making children feel welcome and at home in a traditional Jewish setting. We strive to let every camper take part in traditions they might not practice outside of camp and give them an opportunity to build meaningful and lifelong friendships, enjoy outdoor adventure and deepen their love of Judaism. We pride ourselves with a "Heritage of Happy Campers."

This Parents Manual is intended to make your son's camp experience as enjoyable as possible, providing all useful information in one place, so please read through the entire manual carefully.

Please feel free to contact me with any concerns or questions you may have.

We are once again looking forward to seeing you at Camp this summer.

Warmest regards,

Rabbi Yitzchok Steinmetz - Camp Director

Required Forms

The following items, articles and forms must be completed and returned by the deadline noted in order for your child to attend camp.

1. Please make final payment arrangements if you did not already do so.
2. 1 Picture of your child (any size).
3. It is imperative for you to fill out the medical form completely including:
 - Insurance Information with copy of **insurance card**.
 - **Parent's Signature** authorizing emergency medical care.
 - Complete **medication information** for both prescription and nonprescription medications.
 - **Doctor's signature** authorizing participation in camp programs.

Here's a quick check list for your reference:

- Completed Camper Enrollment Form
- Completed payment/Arrangements
- Camper picture
- Flight Information Form (for air travelers)

Medical Form

- Completed Medical & Consent Form
- Parent signature (consent & meningitis immunization)
- Doctor signature
- Insurance information & copy of card

2014 Camp Calendar

Wed Jun 25 - Wed Jul 9	Session A
Wed Jul 9 - Tue Jul 29	Session B
Tue Jul 29 - Mon Aug 18	Session C
Thu Aug 7 - Mon Aug 18	Deaf Program

CLA Divisions

Junior Division	Entering Grades 3-5
Intermediate Division	Entering Grades 6-8
Teen Division	Entering Grades 9-11





CREATING A PARTNERSHIP

TRUST

You may have chosen Camp L'man Achai because of its location, facilities, fine program, or because of its successful history in working with the Jewish Community. We want you to feel confident you have made the right choice and that your child will be cared for while attending Camp L'man Achai. We want to ease your concerns as you prepare your child for his camp experience, and we want to know that we have your trust and cooperation as we prepare to welcome your child. This manual is designed to help you enter a partnership with Camp L'man Achai that will lead to a healthy, secure, successful, and enjoyable experience for your child.

PREPARING FOR CAMP

Preparing for camp takes both physical and emotional energy. The physical energy is easy – we provide you with plenty of information and lists about what to bring (and not to bring) to camp. The emotional energy will assure a smooth adjustment. You will help your child by asking yourself the questions that you think he faces: "Who or what will I miss at home?" "Will I be liked?" "Will my counselors be nice?" "Will I have fun?" "Do I have enough clothes?" As a parent, you need to find a balance between validating your child's concerns, and treating the concerns rationally and calmly. Dwelling on a child's fears can lead to panic. It is important that you are encouraging and positive. For example, an encouraging response to the first question might sound like this: "It is only natural to miss home a little at the beginning of camp, but you will make lots of friends and have a wonderful time!" or "We have heard wonderful things about the counselors at Camp L'man Achai, and we are sure that they will be very friendly and helpful if you miss home."

HOMESICKNESS AT CAMP

The best people to help a child deal with homesickness are the counselors. Our counselors are compassionate and experienced and take great care to help all campers adjust to their new environment. In addition, our counselors are well trained and in many cases were former campers at similar sleep away camps, and thus can draw upon their own experiences. What should you do when you receive a letter from your child telling you that he is homesick, and begs you to come pick him up? First, try not to panic. Although this does not happen often, it is not uncommon. Second, be strong. It is difficult, upsetting, and frustrating to know that your child hurts, and that you cannot be there to offer comfort. However getting into your car and driving to camp to pick up your child is not the solution. Remember that a few days have already passed since the letter was written. So much occurs in a day at camp and many things have probably happened to alleviate the situation. The most helpful and productive thing you can do is to write an encouraging letter, wait for the next letter, or phone the camp director who will update you on the situation.

SUCCESS

There have been few cases where a child remained inconsolable and left camp early. In most cases this happened when parents forced the adjustment process to end prematurely and insisted on picking up their child. Our experience has taught us that even when campers feel that they might not return in the future, they need to finish what they started, even if it means just being able to say, "I did it!" Small accomplishments add up and strengthen a child's self-esteem. When a child overcomes his fear and remains for the full term of the session, there is personal growth, success, and accomplishment.





PROGRAMS & FACILITIES

Camp L'man Achai's campsite is located on 162 acres in the heart of the upper Catskill Mountains. Our impressive campus provides a breathtaking panoramic view of the Pepacton Reservoir Valley and the surrounding mountains. We have a 50-acre spring fed lake with over a half-mile of lake frontage, which has areas for many water activities including swimming, boating and fishing as well as a new 16 foot waterslide.

We have 16 sleeping cabins with private bathrooms and showers, an indoor gymnasium, a state of the art kitchen and a spacious dining hall. The entire camp enjoys three hot kosher meals together in the dining hall with the exception of picnics, barbecues and trip lunches.

Our property boasts an array of basketball courts, volleyball courts, baseball diamonds, soccer fields and many other sports facilities. Your child will get the opportunity to participate in a variety of extra curricular activities including fishing, boating, arts & crafts, woodworking, ropes course, swimming, baking, mountain biking, nature trails, outdoor skills, archery, farming, photography and drama. Cookouts and overnights make the summer memorable and whether its onsite overnights or the teen division's two-day overnight trips to Niagara Falls, Cape Cod or New York City outdoor programming is adventurous and exciting.

Each day at camp campers will experience a variety of activities as well as creative evening programs coordinated by our staff. The emphasis is on fun in a safe and supervised environment that provides opportunities for campers to grow, build friendships and development personal skills.

COMMUNICATION WITH CAMPERS

Kids love mail, adults love mail too! *So send lots of letters and send them even before your child is at camp, so when they arrive there will be mail waiting for them!* It is very important for both campers and parents to send and receive mail. We urge you and your child to write each other regularly. Please address mail as follows:

Camper's Name
C/O Camp L'man Achai
1590 Perch Lake Road
Andes, NY 13731

Please be sure to send a supply of envelopes, paper, pens, and stamps with your child. It is easier for children to write home if they are equipped with pre-addressed and stamped envelopes or postcards. We will encourage your child to write home at least once a week. However, if you do not receive mail, do not be alarmed. Your child is probably having a good time, or has just written three letters that you will probably receive all at once.

DELIVERIES

Please make sure all food products are certified Kosher Pareve only. Any packages without a return address will not be opened for security reasons and will be passed on to the proper authorities.

E-mails and faxes will be delivered once a day with the regular mail delivery, and should be addressed as follows:

Emails

To: campers@camplmanachai.com

Subject: Camper's Name

Faxes

To: (845) 676-4681

Attention: Camper's Name

TELEPHONE CALLS

Campers will be allowed to call home once before visiting day. The camp staff will contact each parent during the first few days of the session.

Our camp office is open daily from 10:00 AM until 5:00 PM.

You are also welcome to leave a message for your child, which we will then post on our message board or deliver to your child during dinner.





Visiting Camp L'man Achai

Visitors are not allowed in camp at any time other than on visiting days, as it is extremely disruptive. Please do not show up at camp expecting to see your son, or grandchild, as you will be politely asked to leave. We appreciate your understanding on this matter.

Visitors are allowed to visit camp on the following visiting day only, between 11:30 AM and 4:00 PM

TIPS

The staff at camp work hard to insure that your child has an enjoyable experience. Please show your appreciation and tip. Suggested tips per session are as follows: counselors - \$50.00, Learning Teacher - \$35.00, waiters - \$30.00. Tips may also be mailed to our office.

LEAVING CAMP

We hope that you understand that it is disruptive for campers to leave camp in the middle of a session for even a short period of time. We therefore cannot grant any leave requests once camp begins. In case of emergency or life cycle events, we will evaluate all requests on an individual basis.

DIRECTIONS

FROM NYS THRUWAY:

Take the George Washington Bridge (upper level) to the Palisades Interstate Parkway (North). Take the Parkway till Exit 9W - NYS Thruway (I-87). Take the NYS Thruway north, till Exit 19 (Kingston); take Route 28 West (towards Pine Hill) for 46 miles; then turn left onto Route 30, go 7 miles; turn right onto Perch Lake Rd., go 1.5 miles; turn right into driveway of Camp L'man Achai (just over crest of hill).

FROM CATSKILLS - RT 17:

Take Rt. 17 West till exit 94 (Roscoe); get off exit and make a left onto Rt. 206 West, go for 11.5 miles, then make a right onto Rt. 30 North, go for 13 miles, continue over a small bridge, and bear right for another 1.5 miles then make a left onto Perch Lake Rd., go 1.5 miles; turn right into driveway of Camp L'man Achai (just over crest of hill).

HEALTH CARE

It is essential that we have complete and up to date medical, insurance and contact information for all of our campers prior to their arrival. Our health director must have time to process and review each camper's medical history in order to properly care for every child. Campers with incomplete or missing information will not be permitted into camp. Specific information about the required medical forms and information is set forth below. All camper forms are available online at www.jewishcamper.com under the "forms" section.

SEE THE DOCTOR

It is imperative that every camper visit his family doctor for a general check up before arriving at camp. Campers will not be permitted into camp without a completed medical form signed by the doctor. It is the absolute responsibility of a parent to let us know everything emotionally, physically, psychologically or medically important or relevant regarding your child. This will only assist us in working with your child in a sensitive and caring manner. Please be pro-active, if we are informed we can do our jobs. All of the information gathered is stored in our files that are secured in our locked offices and processed in a secure database with appropriate access controls.

PRESCRIPTION DRUGS

Our infirmary stocks basic antibiotics and drugs. If a camper requires prescription medications from a pharmacy, the charge will be billed to your medical carrier. If there is a deductible, you will be billed accordingly. Any prescription medications your child brings to camp should be clearly marked with the following:

- (1) The name of the drug
- (2) Specific instructions re: dosage, etc
- (3) The name of the prescribing physician

You may call and speak to the camp director with any questions or concerns you might have.

If you are accompanying your child to the camp bus, please hand all medications to the camp director. If your child is arriving on his own, please contact our medical team after arrival day to ensure that the medications were received. All medications (both prescriptive and over the counter) are kept in the infirmary at all times. Please make sure that the information regarding your emergency contact is accurate & up to date.

NOTIFICATION PROCEDURES:

Our medical staff follows the following procedures:

1. We will generally not contact you if your child is seen by a nurse for routine problems, such as minor scrape, headache and colds.
2. If a child is placed on antibiotics or kept in the Health Center overnight, a member of the medical team will contact you that day or evening.





HATS & SUNSCREEN

The skin 'remembers' each time it is tanned and burned. Sun poisoning is a cumulative effect so we must make sure all campers and staff understands that wearing a hat during activities is not just a request but also a **RULE!** At Camp L'man Achai we make every effort to ensure campers are wearing sun hats and putting on sunscreen each and every day. Find out from your child what type of hat he likes to wear. Get him a couple of hats so he can switch around – try to make it fun! Also, please send sunscreen clearly marked with your child's name.

FOOD & SNACKS

It is **not** necessary to send any food, candy, soda, etc. We provide three nourishing, well-balanced meals each day, a snack in the morning and in middle of the afternoon, and have a fully stocked canteen with a variety of snacks to buy. However, if you do plan to send along food to camp, please make sure that all food is sealed properly and is properly Kosher Parve certified.

MONEY & CANTEEN

The camp canteen sells snacks, drinks, envelopes, stamps, and other items for the convenience of our campers. In addition, Tzitzit, Kippas and our camp T-shirts & caps will be available to purchase. Recommended canteen spending money is \$40 per session. It is preferable you send a check or call our office with a credit card number as added security. All money & valuables should be deposited with the counselors or head staff.

LAUNDRY

Our camp has a commercial laundry service once a week that washes, dries and folds campers laundry. We group the laundry according to the bunk, so be sure to label everything. The laundry is usually returned two days later. This service is not recommended for delicates, or very expensive items.



General Camp Rules

CODE OF CONDUCT

(Please review with your child)

- Physical or verbal abuse towards others campers or staff will not be tolerated.
- Willful destruction of camp property will not be tolerated.
- Alcohol, illegal recreational drugs, tobacco products of any kind, or being in the presence of someone consuming or, in possession will result in immediate dismissal from camp.
- Campers are not permitted to possess or use fire, candles, or fireworks etc.
- Campers are not permitted to possess a knife or weapon.
- Campers are not permitted to change their physical appearance while at camp: ear piercing and hair dyeing etc.
- Graffiti on camp premises is not permitted. Parents will be required to pay for the full cost of repair.
- Campers are not permitted to leave the camp or skip activities.
- Campers must abide by the established division curfew and remain in their designated cabins.

Please note that we will treat each situation and camper uniquely. We believe in the process of learning and understanding the actions and effects of our behavior. We do our best, but if the situation is causing uneasiness and / or disruption to others, we will dismiss the camper at the discretion of the Director.

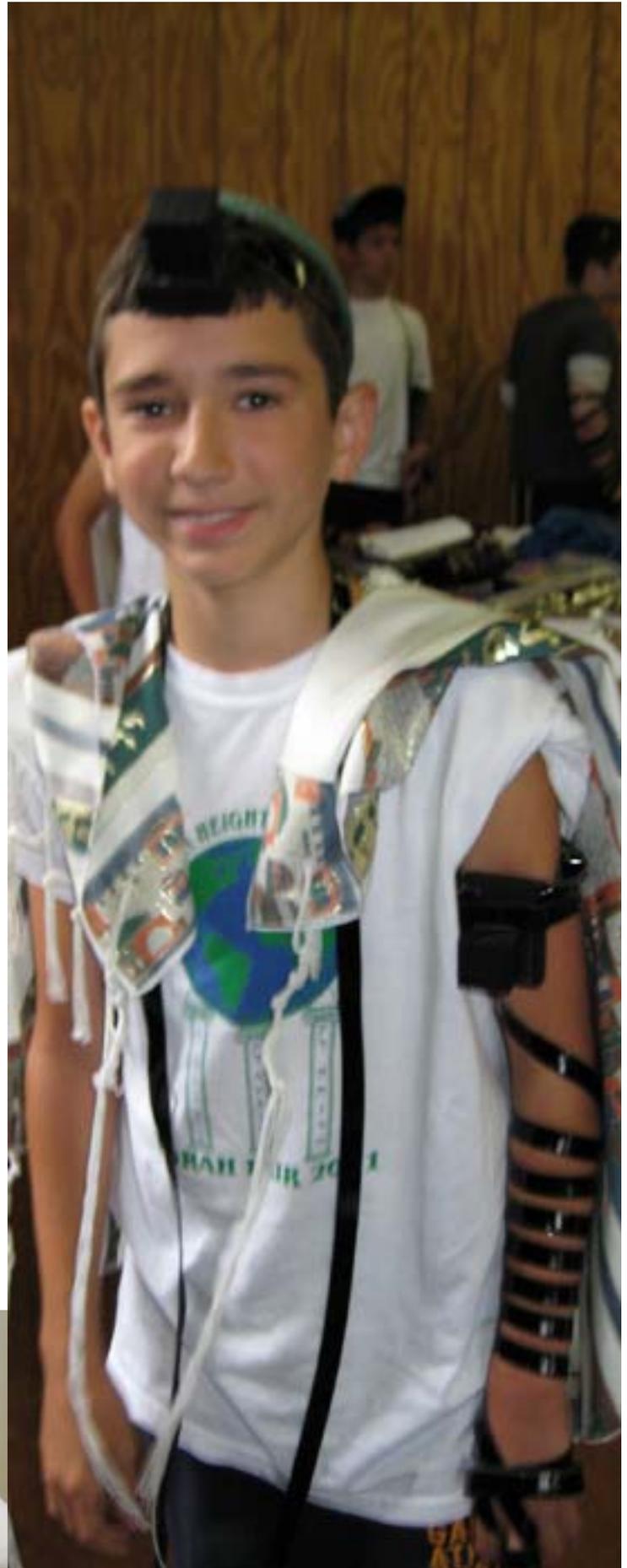
ITEMS PROHIBITED AT CAMP

We do not allow campers to bring hand held electronic games such as Nintendo, PSPs or Gameboys to camp. In addition, DVD players, cell phones, video cameras, laptops, PDAs and TVs are prohibited. The only small electronic items we will allow at camp are basic (audio only) iPods or CD players so campers may listen to music during rest hour or at bedtime.

Do not send expensive cameras, watches and jewelry to camp.

The camp will not assume responsibility for the loss or damage of any of the above items.

Note: If any of the above-mentioned items are found in camp they will be taken and held by the camp administration until the end of the summer.



SUGGESTED PACKING LIST

In order to ensure that your children have the proper attire for Camp, we suggest simple, practical, and washable clothes. Parents are requested to cooperate and ensure that your children do not bring expensive or prohibited items with them to camp. We cannot assume responsibility for any lost or damaged clothing.

Camp provides an overnight laundry service once a week. It is unnecessary to send more than a 10 day supply of clothing.

CLOTHING

- 10 Pairs socks
- 10 undershirts
- 10 underpants
- 3 Tzitzis (available for sale at camp \$5.00)
- 4 long sleeved shirts
- 7 polo or T-shirts
- 5 long pants / jeans
- 5 shorts
- 1 lightweight jacket
- 1 warm jacket
- 2 sweatshirts
- 3 Yarmulkas / Kippas
(available for sale at camp \$4.00 plain \$5.00 camp kippa)
- 2 caps/hats
- 1 raincoat
- 2 Shabbos outfits
- 3 white Shabbos shirts
- 1 heavy bathrobe
- 2 light pajamas
- 2 warm pajamas
- 2 bathing suits
- 2 hand towels
- 2 large bath towels
- 3 bed sheets
- 3 pillow cases
- 1 warm blanket
- 1 pillow
- FOOTWEAR
- 1 pair shoes
- 1 pair sneakers
- 1 pair slippers / sandals
- 1 pair rubbers or boots

TOILETRIES

- ___ Soap & soap case
- ___ Toothbrush & case
- ___ Toothpaste
- ___ Hair shampoo
- ___ Plastic cup
- ___ Nail clipper
- ___ 2 boxes of tissues

HIKING EQUIPMENT

- ___ 1 sleeping bag
- ___ 1 knapsack
- ___ 1 water canteen
- ___ 1 flashlight (with extra batteries)

ACCESSORIES

- ___ 1 shoe polish kit
- ___ 8 clothes hangers
- ___ 1 suit case
- ___ 1 duffel bag
- ___ 1 laundry bag

SUGGESTED ARTICLES

- ___ Camera (inexpensive)
- ___ Indoor games
- ___ Reading books
- ___ Post cards & envelopes
- ___ Pens, pencils & papers
- ___ Baseball Glove
- ___ Sunscreen & Sunglasses
- ___ Swim Goggles

RELIGIOUS ARTICLES

- ___ Tefillin – for boys ages 13
and up If you own a pair
- ___ Tallit - (If wears one)

TRANSPORTATION

To Camp PLEASE NOTE OUR NEW ADDRESS

Session A begins, Wed June 25th

Session B begins, Wed July 9th

Session C begins, Tue July 29th

Buses will begin loading at 9:30 AM and will depart at 10:00 AM sharp from the Camp L'man Achai city office located at 4405-13th Avenue, Brooklyn, NY. Please arrive by 9:15 AM to ensure that the buses leave as scheduled. Please follow the instructions of the camp staff that will be at the buses. We suggest that you send along a snack, as lunch will be served later in the afternoon when they arrive in camp (a Kosher dairy restaurant and grocery are located near our offices).

Air Travelers

Camp staff will meet campers arriving by air travel at the arrivals level of LaGuardia Airport. Please attach an itinerary to the camper's enrollment application, with all the arrival and departure flight information.

Campers flying for the **session A** should arrive at LaGuardia Airport between 8:30am -10:30am on the first day of the session.

Campers flying for the **sessions B or C** should arrive at LaGuardia Airport between 2:00pm -4:00pm on the first day of the session.

If you have any questions, please feel free to call the office.

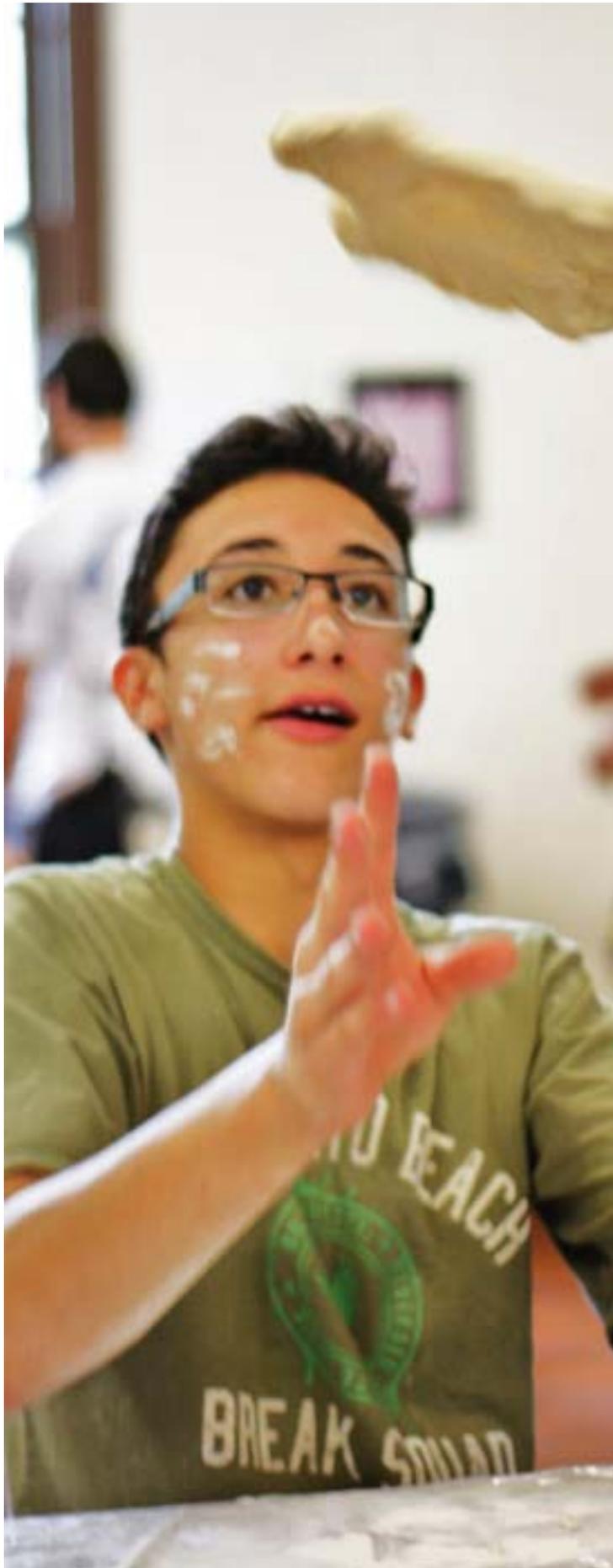
There is a \$85 fee for all airport pickups. If your child is flying as a minor there is an additional fee of \$65 fee. Although camp will make every effort to ensure timely airport drop-off and pickup any charges incurred for rescheduling are the sole responsibility of the camper's parents.

For flights scheduled at other times there will be an additional \$100 pickup fee.

Note to all non-American campers – when traveling, all campers arriving from outside of the USA must have in their possession; official identification (Passport or Notarized or Certified copy of his Birth Certificate), and a short letter indicating that he will be staying in the USA, at Camp L'man Achai (give dates), and that the parent(s) authorize the child to enter the USA to attend camp. A parent must sign this letter. The letters and passports, or other pieces of identification, will be kept with the camp director until the end of camp.

Note: Parents will be notified in the event of any travel schedule changes.





TRANSPORTATION – Cont.

From Camp

Session A ends Wed July 9th/ Session B ends Tue July 29th

Campers leaving by bus will return to the Brooklyn office at approximately 6:00 P.M.

Session C ends Mon August 18th

Campers leaving by bus will return to the Brooklyn office at approximately 4:00 P.M.

Air Travelers

Campers flying home will be driven to [LaGuardia Airport](#).

Departures at the end of the sessions **A or B** should be scheduled from LaGuardia Airport, between 12:00pm – 2:00pm on the last day of the session.

Departures at the end of the session **C** should be scheduled from LaGuardia Airport, between 4:00 pm and 6:00 pm on the last day of the session.

We will assist all campers flying home with flight check-in. If you have any questions, please feel free to call the office.

Parents will be notified by the camp office in the event of any travel schedule changes.



"Thank you so much for a wonderful camp experience for my boys! They have clearly learned so much and loved the experience, people, location, food, trips, activities, on and on."

Laura & Dan Nugent

"Our boys Richard and Ben attended camp for the first time in their life this year. They were so comfortable and had such a good time they wanted to stay for the second month. We wanted to take this opportunity to say a big "Thank You" to all of you who made this such a wonderful experience for our children."

Scott & Beth Rosenberg

"Our son Joseph had a great experience at camp for the third summer. He loved all the activities. The most important achievement to us was the Judaic experience you provided. Thank you Camp L'man Achai."

Susan Greenspan

"My boys, Yitzi & Chanan have benefited from the Camp L'man Achai experience. They talk about camp all year long."

Dena Schweitzer

"Levi had a wonderful experience at camp last summer. My husband and I saw a new maturity in him when he arrived home. We are very grateful to you and your staff for your influence."

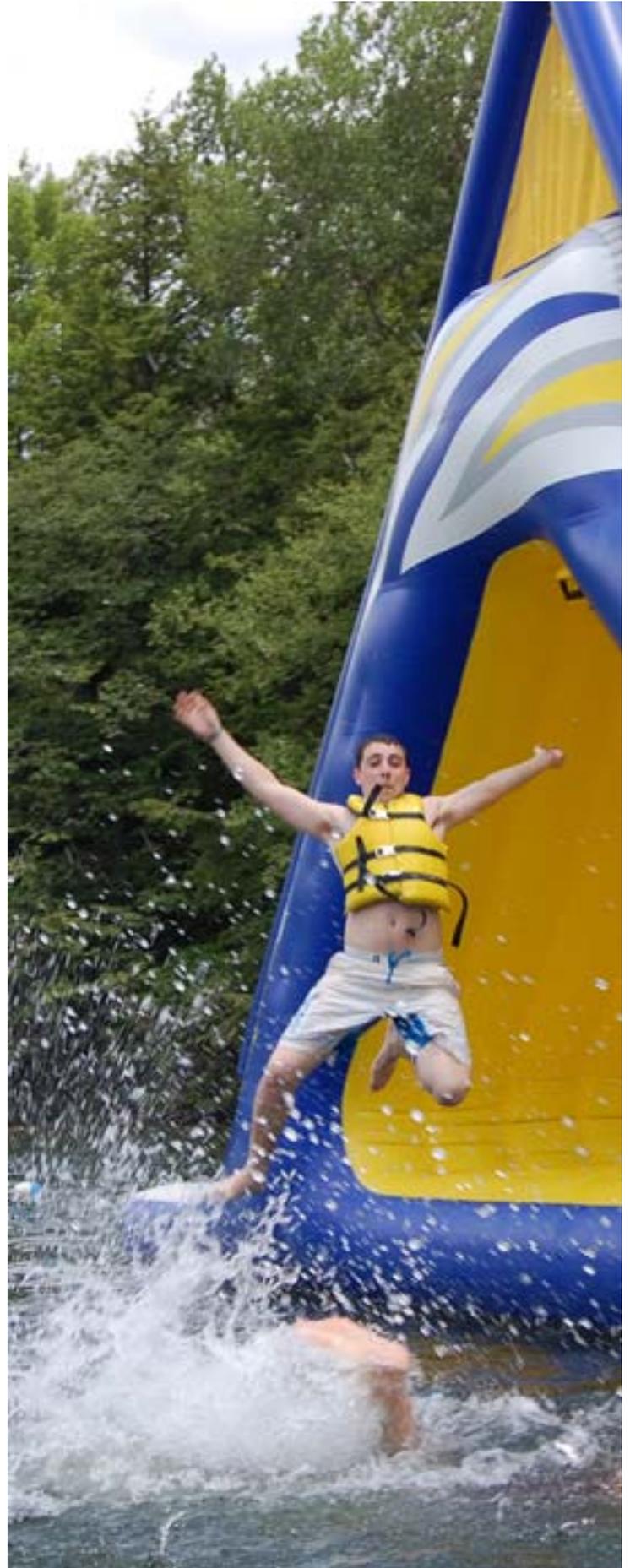
Sherryl Parkhurst

"I also want to thank counselors and staff at camp for an unforgettable experience, individual attention and care they offered Aron and Joshua."

Leah Cohen

"Thank you for giving our sons Nat and Noah a warm, nurturing and fun Jewish Experience."

Cheryl & Eitan Spinner





A Heritage of Happy Campers

Camp Director

Rabbi Yitzchok Steinmetz

City Office

Camp L'man Achai
4405 13th Avenue
Brooklyn, NY 11219

Phone: (718) 436-8255

Fax: (718) 438-6636

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Camp L'man Achai
1590 Perch Lake Road
Andes, NY 13731

Phone: (845) 676-3996

Fax: (845) 676-4681

Website: www.jewishcampers.com

Email: info@camp1manachai.com