



PARENTS MANUAL SUMMER 2010



A Heritage of Happy Campers

Welcome Letter

Dear Parents:

Thank You for enrolling your child at Camp L'man Achai. We are pleased to inform you that your son has been accepted to Camp L'man Achai.

This Parents Manual is intended to make your son's camp experience as enjoyable as possible, providing all useful information in one place. We are constantly updating and trying to improve our policies. Therefore, even if your child is returning to Camp L'man Achai, you should read through the entire manual, as it contains new information and policies.

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

We are once again looking forward to see you at Camp L'man Achai this summer.

*Warm regards,
Yitzchok Steinmetz
Camp Director*

Camp L'man Achai is an overnight camp that combines an enriched Jewish atmosphere with the best recreation programs. Our camps breathtaking panoramic view of the Pepacton Reservoir Valley and the surrounding mountains offers an opportune oasis for children to experience the warmth and beauty of their heritage in a safe, friendly, and warm environment. CLA is about making people feel welcome and at home in a traditional Jewish setting. It strives to let every camper take part in traditions they might not practice outside of camp and gives the campers 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.

2010 Camp Calendar

First session begins	Wednesday, June 30 th , 2010
Parent Visiting Day	Sunday, July 11 th , 2010
First session ends	Tuesday, July 27 th , 2010
Second session begins	Tuesday, July 27 th , 2010
Camp Ends	Thursday, August 19 th , 2010

Required Forms

The following items, articles and forms must to 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

To download forms, go to our website, www.CampLmanAchai.com and click on forms.

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

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.

Our Philosophy

Safety

At Camp L'man Achai we take every precaution to ensure everyone's safety. We thrive in fresh mountain air, with nutritious food and a well-rounded activity and recreation program.

Respect

At Camp L'man Achai we respect others and ourselves and learn to value the world that we live in.

Tradition/ Yiddishkeit

An overnight camp experience provides a child with an opportunity to experience the warmth and beauty of their heritage in a friendly and warm environment.

At Camp L'man Achai we encourage every camper to take part in traditions they might not practice outside of camp. It is our hope that everyone develops a deeper love of Yiddishkeit after spending a summer at Camp L'man Achai.

Commitment to Growth

Camp L'man Achai fosters the personal growth of each individual by helping them learn about themselves, and others. Campers are taught new skills and encouraged to try new activities, while always making sure they understand to let others grow at their own pace. Through living and playing together, we get to know and appreciate one another. We learn how to accommodate and respect each other and our differences and, in the process, become good friends.



It is the hope of Camp L'man Achai that each of our campers has an incredibly fun summer. Our caring and enthusiastic staff is carefully chosen to ensure that every camper becomes part of our Heritage of Happy Campers, and create memories which will bring smiles for years to come.

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.

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, barbeques 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, Washington DC 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.

A Typical Day at Camp L'man Achai

(Note: This camp schedule is according to camp time, which is an hour earlier than Day Light Savings Time)

	Division 1	Division 2	Teen Division
Wake up	7:30	7:30	7:30
Cabin clean up	8:00	8:00	8:00
Line up Flag Raising	8:20	8:20	N/A
Teffilah - Shachris	8:30-8:50	8:30-9:05	8:20-9:05
Breakfast	9:10-9:35	9:10-9:35	9:10-9:35
Torah club	9:40-10:20	9:40-10:20	9:40-10:20
1 st Activity	10:25	10:25	10:25
2 nd Activity	11:35	11:35	11:35
Wash up/Line up	12:40	12:40	12:40
Lunch	1:00	1:00	1:00
Outdoor Cabin Time	1:30	1:30	1:30
3 rd Activity	2:00-2:45	2:00	2:00
4 th Activity	2:45-3:30-4:10	3:05	3:00
Snacks	4:10	4:10	4:00
5 th Activity Electives	4:30	4:30	4:30
Jewish themed discussions	5:35-6:15	5:35-6:15	5:35-6:15
Line up/Mincha	6:20	6:20	6:20
Dinner	6:40	6:40	6:40
Night activity& special events	7:20	7:20	7:20
Arvit/Cabin Time	N/A	8:15	8:15
Prepare for bed	8:15	8:30	9:15
Story/Daily recap lights out	8:45	9:15	10:15

Camp L'man Achai Divisions and Age Groups

Junior Division	Ages 8-9
Intermediate Division	Ages 10-13
Teen Division	Ages 14-16

Mail, E-mail and Faxes



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 11:00 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.

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

Camp Office
(845) 676-3996

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 12:00 PM and 4:00 PM

Sunday July 11th, 2010

There will be a bus for parents to and from camp on visiting days. Prior to visiting day, you will be notified with all the relevant information (bus reservations etc.).

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, co-counselors - \$35.00, 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 to Camp L'man Achai

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.campmanachai.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

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, 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 over night, a member of the medical team will contact you that day or evening.

Hats and 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 lotion 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 sun tan lotion (sun block) or sunscreen clearly marked with your child's name.

Food and 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 and 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. 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

(Please review with your child)

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.

Code of Conduct

- Campers are not permitted to leave the camp or skip any activities.
- All campers must abide by the established division curfew and remain in their designated cabins.
- Physical or verbal abuse towards others campers or staff will not be tolerated. Campers engaging in such behavior may be dismissed from camp at the discretion of the Camp Director.
- Willful destruction of camp property will not be tolerated; consequences will be decided by the Camp Director.
- 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, mosquito coils, or fireworks etc.
- Campers are not permitted to possess a knife or sharp tool 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.

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.

OTHER PROHIBITED ITEMS

Please do not send any of the following items: Darts, knives, laser pointers, scooters, fire-works or lighters. These items can cause hazardous situations in camp.

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.

Clothing List & Suggested Equipment

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 \$3.00 plain
\$4.00 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 _____
- 2 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 _____
- Good reading books _____
- Post cards & envelopes _____
- Pens, pencils & papers _____
- Baseball Glove _____
- Sunscreen & Sunglasses _____
- Swim Goggles _____

RELIGIOUS ARTICLES

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

Luggage



It is recommended that you send 2 duffel bags or suitcases per child. One bag should hold all bedding, shoes, sleeping bag and miscellaneous equipment. The other should hold all carefully folded clothing. Please label all luggages.

LABELING

It is essential to label every article that is brought to Camp L'man Achai. Care should be taken to see that labels are wash proof and attached very securely.

You can conveniently order labels online by visiting www.labeldaddy.com

LOST & FOUND

Camp L'man Achai cannot assume responsibility for the loss or damage of any items. During the camp season, all items misplaced around camp will be brought to the lost and found located outside the office. At the end of each session, every effort is made to return lost clothing to the campers and there is a much better chance of returning misplaced items if they are labeled with the camper's name.

All items that are not claimed within the camp season will be laundered and sent to a charitable organization.

Transportation Information



Departure

First session begins, Wednesday, June 30th, 2010

Second session begins, Tuesday, July 27th, 2010

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 4429-18th 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 directly across from 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 should arrive at LaGuardia Airport between 8:30 AM and 10:30 AM on the first day of the session they are attending. If you have any questions, please feel free to call the office. There is a fee of \$85.00 for all airport pickups. If your child is flying as a minor there is an additional fee of \$65.00.

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.

Arrival Home

First session ends, Tuesday, July 27th, 2010

Second session ends, Thursday, August 19th, 2010

At the end of each session, children leaving camp by bus will return to Camp L'man Achai's Brooklyn office at approximately 6:00 P.M.

Air Travelers

Campers flying home will be driven to LaGuardia Airport. Please book your tickets for departure between 5:30 PM and 7:30 PM (no earlier) on the last day of 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.

See you at camp!!!



Let the magic begin!!!



A Heritage of Happy Campers

Camp Director

Yitzchok Steinmetz

City Office

Camp L'man Achai
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Phone: (718) 436-8255

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Camp Office

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