

מחנה רמה בוויסקונסין

Camp Ramah in Wisconsin

Parent Handbook 2017

This book contains important information for camp preparations
and for reference throughout the summer!

Winter Address:

Camp Ramah in Wisconsin
65 E. Wacker Place # 1200
Chicago IL 60601-7297
Phone: (312) 606-9316 ext. 221
Fax: (312) 606-7136

Summer Address:

Camp Ramah
6150 E. Buckatabon Road
Conover WI 54519
Phone: (715) 479-4400
Fax: (715) 479-9258

Email: parentinfo@ramahwisconsin.com

Website: www.ramahwisconsin.com



Camp Ramah in Wisconsin

is a place where Jewish values and observances and a love of Israel are integrated into camp life.



Camp Ramah in Wisconsin

offers activities geared toward individual choices, learning new skills and having fun.

Camp Ramah in Wisconsin

is a place where campers have tons of fun, make amazing friends, learn to grow as individuals and develop their own sense of Jewish identity.



Camp Ramah in Wisconsin

is operated under the guidance of the National Ramah Commission, under the educational supervision of the Jewish Theological Seminary and in cooperation with the Midwest Region, United Synagogue of Conservative Judaism.

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Welcome to Ramah Wisconsin...

where fun and friendship build Jewish lives



Summer 2017

Shalom,

Welcome to the 71st season of Camp Ramah in Wisconsin! Thank you for entrusting your child to our care. Our goal is to provide a memorable, fun and enriching Jewish experience for your child. With this in mind, we have been hard at work since last August planning exciting new programs and assembling a talented staff. We all look forward to welcoming your child to our camp community.

Please read this handbook carefully. It will be a handy reference as you prepare for the summer, and a valuable resource while your child is at camp.

L'hitraot -

Jacob Cytryn, Director
jcytryn@ramahwisconsin.com

Adina Allen, Assistant Director
aallen@ramahwisconsin.com

Benji Bearman, Chief Operating Officer
bbearman@ramahwisconsin.com

Please note that changes to last year's handbook are highlighted in red.

Emails to Camp Professionals

For questions regarding...	Contact Name	Contact Email
Camp fees	Celia Luna, Staff Accountant	cluna@ramahwisconsin.com
Camper Adjustment Campers leaving camp	Parent Liaison	parentinfo@ramahwisconsin.com
Visiting Camp	Robin Rubenstein, Visitor Coordinator	rrubenstein@ramahwisconsin.com
Medical Questions	Elisa Pener, Head Nurse	infirmar@ramahwisconsin.com
Camper Travel Arrangements	Ann Lesley Rosen, Travel Coordinator	arosen@ramahwisconsin.com
Bar/Bat Mitzah Review Specific activity area interests or requests (including musical instruments, sports, etc.)	Adina Allen, Assistant Director	aallen@ramahwisconsin.com
Updating email or home address, providing vacation contact information	Registrar	registrar@ramahwisconsin.com
To share pertinent information to help camp care for your child	Yael Bendat-Appell, Camper Intake Coordinator	campers@ramahwisconsin.com
Speaking to the camp director	Jacob Cytryn, Director	jcytryn@ramahwisconsin.com

To Speak to the Camp Director

To speak with Jacob Cytryn during the summer, call camp at (715) 479-4400. If you are calling regarding a non-emergency situation, please leave your evening phone number. For an emergency, leave a number where you may be reached as soon as possible. The camp business office is open Sunday-Thursday from 9 a.m.-6 p.m. CDT. The office closes at 3 p.m. CDT on Friday for Shabbat. In case of an emergency after office hours, follow the instructions on the voicemail.

If your call is not regarding an emergency, your call will initially be returned by the parent liaison or other appropriate member of the staff.

2017 Camp Mailings

All pre-season forms must be completed online by March 15, 2017

Emailed in January

- Information on payment of camp fees

Emailed in February

- Parent Handbook
- Links to camp forms due by March 15:
 - Camper Health History (required, includes special diet needs)
 - Physician's Exam and Immunization Form
 - Travel Form
 - Camper Profile Form
 - Bunk Request Form (note: a camper profile form must be completed before bunk requests will be considered.)

Emailed in March

- Info on visiting camp

Beginning in April

New camper meetings / one-on-one sessions with new camper families and a senior camp professional / in person or via Skype

Emailed in May

- Details on sending email to campers through your CampMinder account

May

- New camper orientation—an informational evening get-together in the Chicago area and the Twin Cities for new campers and their parents
- Conference call/webinar new camper orientation for new families from cities other than Chicago, Minneapolis and St. Paul.

Mailed in early June

- Camper travel information and luggage tags

Emailed in early August

- Details of camper return travel

2017 Camp Season Dates

Ruach Ramah (entering 3rd grade)

Sunday, June 25 —Thursday, June 29

Kochavim (entering 4th grade)

Session A: Tuesday, July 11 - Monday, July 24

Session B: Tuesday, July 25 - Monday, August 7

Garinim (entering 5th grade) / Taste of Tikvah A

Tuesday, June 13 - Monday, July 10

Garinim Visitors' Day

Sunday, July 2

Halutzim (entering 6th grade) / Taste of Tikvah B

Tuesday, July 11 - Monday, August 7

Halutzim Visitors' Day

Sunday, July 30

Full Season / Tikvah Full Season

Tuesday, June 13 - Monday, August 7

8-Week Program Visitors' Days

Sunday, July 16 & Monday, July 17



Payment of Camper Fees

Please note that in order to register your child to attend Camp Ramah, the camp fee must be paid in full by April 1.

Applications withdrawn after January 15, 2017 will have an administrative fee deducted:

January 16 - February 16 \$300

February 17 - March 31 \$400

April 1 - April 30 \$500

May 1 - June 1 \$600

Refunds are not made after June 1, 2017 for the voluntary withdrawal of a camper. A pro-rated refund of tuition payments made, less a \$500 administrative fee, will be granted for the withdrawal of a camper at the request of the camp.

Alternative arrangements to pay the camp fee must be approved by the camp office in writing before April 1. To make arrangements contact Celia Luna, Staff Accountant, at cluna@ramahwisconsin.com or at (312) 606-9316 ext. 224.

All fees should be sent to:

Camp Ramah in Wisconsin
Attn: Staff Accountant
65 E. Wacker Place
Suite 1200
Chicago, IL 60601-7297



Travel To and From Camp

Campers travel to camp on chaperoned chartered motor coaches. The round trip cost for this service is included on the camper statement of fees.

Bus reservations: You will make camper bus reservations using your CampMinder account.

Air travel arrangements: We ask each family to book the flights for their child. One flight for each city has been designated as the official Ramah flight—a list of these flights is available through a link on the travel form in CampMinder. This guarantees campers will be met when they arrive at Chicago Midway Airport on the first day of the session and will be escorted to the flight on the last day of camp. All **flights must be reserved by March 15, 2017**. Please send a copy of your child's flight information to Ann Lesley Rosen, Travel Coordinator, at arosen@ramahwisconsin.com or call her at 312-690-8304 with any questions. If your city is not listed, please call or email her to coordinate travel arrangements.

Bus and airline reservations must be made by March 15.

Campers arriving/returning by car: Please complete the online transportation form through your CampMinder account so we know how your child will be traveling to/from camp.

If you have a question regarding travel arrangements, contact our travel coordinator, Ann Lesley Rosen, at arosen@ramahwisconsin.com or at 312-690-8304.

Transportation To/From Local Airport

Camp Ramah can provide transportation to/from Eagle River or to/from the Rhinelander Airport by advance reservation. The charge for campers, staff, and/or visitors is \$40 one way/\$75 round trip.

This service is only available from 10 a.m.—6 p.m., Sunday through Thursday, and on Friday mornings.

Luggage

Please use only **soft** luggage such as a canvas trunk and/or duffel bag when packing for camp. Each piece of luggage should be marked with camper's name and address and should have a Ramah luggage tag. The tags will be mailed to you in early June along with detailed travel instructions.

Due to limited space available for transporting luggage and limited storage space in camp, we ask that campers bring a maximum of: two soft duffel bags, plus a sleeping bag, plus a carry-on for the bus and/or plane.

For campers who are flying, please check with your airline regarding baggage fees and restrictions.



Clothing for Camp

We do our utmost to protect your child's clothing, luggage, and personal belongings. **However, Camp Ramah assumes no responsibility for wear and tear or for loss or damage to a camper's clothing or other personal items.** We suggest that you arrange with your insurance agent for a floater policy to cover such loss or damage. Please do not send valuable items to camp, including items of sentimental value.

On pages 13 and 14 you will find a suggested packing list. You may adjust the list to fit your child's particular needs. **Please label all your child's clothing and equipment with his/her full name.**

The weather at Ramah varies from hot days to cool nights, and it is a good idea to be prepared for rainy and muddy conditions. Please be sure to pack a raincoat or poncho and closed-toe waterproof shoes.

We are a community made up of individuals who each embody the image of God. We therefore strive to reflect our inherent holiness through a variety of actions, including how we dress ourselves. Please help your camper pack clothing that is appropriate. At camp we do not permit:

- Two piece bathing suits
- Clothing with inappropriate language, pictures or symbols
- Low-cut tops, see-through blouses, strapless tops, backless tops, bare midriff styles
- Short-shorts, mini-skirts, etc.

Appropriate dress during added moments of holiness like meals, prayer and study includes:

- Kippa (for all boys and those girls who choose to observe this custom)
- Shoulders covered by wearing a sleeved shirt or sweater (for both boys and girls)

Shabbat clothes: Shabbat adds an entirely different level of holiness to our community. Most campers and staff wear blouses, dresses, skirts, sweaters, slacks, or button-down shirts. T-shirts, jeans, sweatpants, or shorts are not appropriate clothing for Friday night. For the rest of Shabbat the camp culture is slightly more casual: nice shorts or plain t-shirts are appropriate.

Ramah staff reserves the right to enforce these policies. With ever-changing fashion norms, many campers like to test the limits at camp. We reserve the right to judge the appropriateness of a camper's clothing and will send a camper back to his/her *tzrif* (bunk) to change if necessary. Please help your child pack appropriate clothing and discuss clothing choices with them before the summer. If you have any questions, feel free to contact Director Jacob Cytryn.

Laundry

Laundry will be sent out every Wednesday and returned on Friday. **This means that campers only need a 10-day supply of clothing.** Campers should not plan to wash their own things. Please do not send clothes to camp that require dry-cleaning.

Camp Regalia

A limited selection of camp t-shirts and sweatshirts will be available for purchase at camp on Visitors' Days.

Working with the camp's staff and administration, Nivonim (11th grade) campers will help design their own regalia to be worn at campwide events. Detailed information will be sent to Nivonim families in May. **Please do not provide any unauthorized regalia to any age groups or bunks; campers are not permitted to wear unauthorized regalia in camp.**

Tallit and Tefillin

We create an environment at camp of *sh'mirat mitzvot* (observing the commandments) which includes daily *t'filah* (prayer). We wear *tallitot* (ritual prayer shawls) and *t'fillin* (phylacteries). We encourage female campers of Bat Mitzvah age who wear them at home to bring them to camp. All male campers and staff beyond the age of Bar Mitzvah are required to bring their own Tallit and Tefillin and to wear them during daily minyan. If you have questions about purchasing Tallit and Tefillin, please be in touch with our office.

While some communities forego the wearing of a Tallit for what is known as a *tallit kattan*, a smaller fringed garment placed over the head, we strongly encourage individuals at Ramah to wear a Tallit on a daily basis as is the custom of the vast majority of synagogues with whom we partner.

More Information on What to Bring (or Not to Bring) to Camp

Please speak to your child about:

1. Cell phones, digital cameras and video capability

Campers have many opportunities to take photos over the course of the summer: Friday afternoons before Shabbat when everyone is dressed nicely, sunsets over the lake, at the campwide play and music performances and of course during kikar dancing. These photos help preserve memories of another terrific summer at camp.

While the intent is always one of innocence, we ask that you discuss with your child your expectations of digital camera usage. As part of that pre-summer conversation with your campers, please ask them to be aware of the types of pictures they are taking over the summer. What may seem funny or harmless in the moment can be hurtful out of context or used in a malicious way. As this becomes a growing issue in our country, **please reinforce "positive" photo behavior prior to camp.**

Cell phone usage is not permitted at camp. If a camper comes to camp with an iPhone, Android or similar device and wishes to use it to listen to music or take pictures, the SIM card will be removed and stored in the business office for the summer.

2. iPods (or any MP3 player) and Gameboys (or any handheld electronic games)

At camp we encourage campers and staff to share in conversation with those around them. As such, they are not permitted to wear headphones or earbuds outside of their cabins, except while exercising on the Garbage Trail (paved track) around camp.

Many digital devices have the capability to play videos downloaded from the internet or computers. There are always questions of the content and appropriateness of these video downloads. Additionally, we don't allow campers to bring televisions or DVD players to camp. As such, we ask that parents monitor and address these issues with their campers prior to camp.

Campers are discouraged from bringing handheld games to camp. Camp provides a natural opportunity to enjoy the outdoors, play sports, sing, dance, and breathe fresh air. Campers participate in many activities with other campers their own ages. Teamwork and cabin unity are taught and stressed throughout the activity day. Free time in the cabin is shared with bunkmates playing board games or card games (no gambling allowed). These informal downtimes should be spent with others and not in solitude.

Please talk with your child and explain that the spaces at camp are public spaces. There are no dressers or closed drawers like at home. Each cabin has large shelving units for campers to use for storing their clothing. Everything is open with no private space. Items tend to fall (and can break), or sometimes things can be misplaced. It is a good idea to leave valuable items, even items of sentimental value, at home.

3. Grills and other cooking equipment

All cooking equipment, including grills and sandwich makers, is not permitted at camp. They represent health and safety risks in our cabins, as well as kashrut concerns. These items will be confiscated and donated to a local shelter if brought to camp. While kosher-packaged snacks may be allowed in the cabin for a few days at the discretion of your child's staff members, the absence of food in the cabins has resulted in a cleaner and more sanitary living environment for our children. We provide multiple snacks for campers every day. They are treated to fruit, pretzels, granola bars, etc. between meals. We also have a "bottomless fruit bowl" that is available to campers all day with fresh seasonal fruit. Vitamin water, water and sports drinks are available for purchase from vending machines.



Camp Packing List (for 4 & 8 week campers)

12 T-shirts
4 long sleeve shirts
6 pair pants (jeans/slacks/sweatpants)
8-10 pair shorts
Shabbat clothes (see description on page 9)
12 pair underwear
3 pair pajamas/nightgowns (1 warm)
2 bathing suits (girls—one piece suits only)
1 beach cover-up (optional)
1 bathrobe (optional)
15 pairs of socks
3 sweatshirts
2 sweaters (1 heavy, 1 light)
1 heavy jacket (fleece or fall jacket)
1 baseball cap or sun hat
1 durable raincoat
1 pair of shower shoes or flip-flops
1 pair of water-resistant shoes or rain boots
2 pair of athletic shoes for sports activities
4 sheets (twin) 2 fitted, 2 flat
2 pillow cases
1 pillow
2 blankets (1 light, 1 heavy)
6 bath towels
3-4 beach towels
portable plastic shower caddy
comb, brush, toothbrush, toothpaste, dental floss
soap, soap dish, shampoo, hair care products
deodorant
sunglasses, sunscreen, insect repellent
flashlight & batteries
BPA-free reusable water bottle
hanging shoe bag to keep shoes off the floor
2 laundry bags
sleeping bag* (outside camping quality)
talit & tefillin (for all male campers who are post Bar Mitzvah and for all post-Bat Mitzvah females who wear talit and tefillin)
3 kippot and kippah clips
1-3 plain white t-shirts for tie-dyeing/decorating

Optional

Hebrew Bible, books, Tikkun
Baseball glove
Tennis racquet & balls
Camera
Sewing kit
Goggles and swim cap
Nail clippers, files

Musical instruments**
Board games (chess, checkers, etc.), playing cards

*SLEEPING BAGS

At the beginning of the summer, each cabin (except for Kochavim—4th grade) will be scheduled for an overnight camping trip. It is recommended to bring a sleeping bag to camp to use on the trip. If a trip is cancelled due to inclement weather, every effort will be made to reschedule.

**MUSICAL INSTRUMENTS

Campers are encouraged to bring their instruments to camp. If the musical instrument is too large to fit in the camper's luggage, please contact the camp office. At camp, instruments are stored in a locked closet.

DO NOT BRING THESE ITEMS TO CAMP:

Cell phones including camera phones
iPads/Tablet devices
Any electronic device with internet capability
Guitar amplifiers
Fireworks
Inline skates
Silly String
Water balloons
Paint guns
Large boomboxes
Laser pointers
Water guns of any size
Pocket knives
Extension cords
Televisions
DVD players and movies on DVD
Any kind of cooking device (microwave oven, George Foreman grill, hot pot, sandwich maker) or other food items
Refrigerators
Laptop computers
Video cameras
Walkie talkies
Weapons of any kind
Scooters and skateboards
Music with sexually explicit or violent lyrics
Poker chips and gambling paraphernalia

These items will be confiscated and, if appropriate, donated to a shelter in the Eagle River area.

Camp Packing List for 12-day campers

10 T-shirts
4 long sleeve shirts
6 pair pants (jeans/slacks/sweatpants)
8-10 pair shorts
Shabbat clothes (see description on page 9)
12 pair underwear
3 pair pajamas/nightgowns (1 warm)
2 bathing suits (girls-one piece suits only)
1 beach cover-up (optional)
1 bathrobe (optional)
12 pairs of socks
2 sweatshirts
2 sweaters (1 heavy, 1 light)
1 heavy jacket (fleece or fall jacket)
1 baseball cap or sun hat
1 durable raincoat
1 pair of shower shoes or flip-flops
1 pair of water-resistant shoes or rain boots
2 pair of athletic shoes for sports activities
4 sheets (twin) 2 fitted, 2 flat
2 pillow cases
1 pillow
2 blankets (1 light, 1 heavy)
3 bath towels
2-3 beach towels
portable plastic shower caddy
comb, brush, toothbrush, toothpaste, dental floss
soap, soap dish, shampoo, hair care products
deodorant
sunglasses, sunscreen, insect repellent
flashlight & batteries
BPA-free reusable water bottle
hanging shoe bag to keep shoes off the floor
2 laundry bags
3 kippot and kippah clips
1-2 plain white t-shirts for tie-dyeing/decorating

Optional

Baseball glove
Tennis racquet & balls
Camera
Goggles and swim cap
Nail clippers, files
Musical instruments**
Board games (chess, checkers, etc.), playing cards

**MUSICAL INSTRUMENTS

Campers are encouraged to bring their instruments to camp. If the musical instrument is too large to fit in the camper's luggage, please contact the camp office. At camp, instruments are stored in a locked closet.

**SLEEPING BAG IS NOT NEEDED

Medical Requirements

In accordance with Wisconsin State Law, Camp Ramah must have a complete and current medical history for each camper and a report of a physical examination performed after April 1, 2016. Please use the online Camp Ramah Health Information and Immunization Form for this purpose. The online portion must be completely filled out in your CampMinder account and the physician's report must be filled out and returned to the Chicago camp office by March 15. An incomplete form cannot be accepted. The camp must have a completed Health Form on file for each camper prior to the start of the summer.

The routine vaccination of all campers is an important public health matter especially in the confined environment of a sleep away summer camp. The requirement of all members of the Camp Ramah community is to be adequately immunized against all of the preventable childhood diseases as recommended by the American Academy of Pediatrics and the Advisory Committee on Immunization Practices; therefore, it is Camp Ramah policy that age-appropriate compliance of vaccination is enforced, and to exclude individuals from camp who are out of compliance. This is a public health policy that Camp Ramah must endorse. In addition, all campers must have a current pertussis vaccination.

Our camp medical staff reviews each form before camp, so your cooperation with the March 15 deadline will be greatly appreciated. In order to assist us in providing the best care for your child, please advise us of any special health conditions, dietary needs, or personal habits that affect your child. This information should be attached to the health information form.

Failure by a family to fully disclose medical issues and/or medications will result in the camper being sent home at the parents' expense and there will be no refund of tuition.

National Ramah Commission (NRC) Vaccination Policy Summary Statement

In 2007, the National Ramah Commission approved a universal vaccination policy that has since been adopted by all Ramah camps. With only specific verified medical exceptions, all campers, staff, and family members of staff who attend any Ramah camp must be appropriately vaccinated, per the standards of the Advisory Committee on Immunizations Practices (ACIP) and the American Academy of Pediatrics (AAP) or the Canadian Paediatric Society (CPS).

Our camp community is comprised of both healthy and more medically fragile individuals, as well as infants not yet vaccinated due to their age. Universal vaccination is known to reduce the risk of transmission of disease to vulnerable individuals. Families entrust their children to us during the summer to educate them, inspire them and keep them safe, healthy and happy. Vaccination is an important part of reducing illness from specific preventable infectious diseases and plays an integral part in promoting health and safety. The camp community is a *kehilla kedosha*, a holy community, and the prevention of serious and sometimes life-threatening disease is one way to protect the strength and integrity of the *kehilla*. It is our responsibility as members of the Jewish community to respect each other and protect individuals who may be put at increased risk by our actions.

In the camp cabin environment, children and counsellors live in close quarters. Despite the best precautions taken to reduce the spread of infectious diseases, dorm-like living conditions are known to increase the risk of transmission. Appropriate vaccination of all individuals within our community will help us protect your child.

National Ramah Medical Committee, January 2017

Medical Staff / Parent Notification

Our modern camp infirmary is staffed by two physicians and three nurses. They are board-certified, practicing physicians and licensed nurses who have taken time out of their professional schedule to work at camp. Our medical and nursing staff is trained to focus on the health of all our campers. Our staff responds to any identified medical or emotional issues, provides excellent care and communicates promptly with parents and guardians as necessary.

The doctors and nurses staff the daily sick-call and treat campers for illness and minor injuries. In case of a medical emergency requiring that your camper be taken out of camp for medical care, Camp Ramah will make every effort to contact you immediately. In the event that your child is admitted to our infirmary overnight (not for a medical emergency), we will contact you within 24 hours.

For campers who require surgery or are hospitalized for twenty four hours or more, a parent/guardian must come to the hospital to be with their child at their own expense.

If you have any concerns about your child's health after camp, please contact your personal medical professionals and also communicate with us. We look forward to continuing the caring partnership we value as caretakers of your children.

Medical Insurance

In case of accident or illness, Camp Ramah's health team will provide treatment at no charge to the family. When it is deemed necessary for the camper to receive further evaluation and/or treatment, the camper will be taken to a specialist, clinic or hospital. Your insurance company will be billed directly for these visits and you are responsible for the co-payment and/or balance due after the insurance company has remitted payment. You will also be billed for any medications that the camp purchases for your child which are filled by the local pharmacy.

Camp Ramah's Health and Accident Coverage covers all campers with secondary coverage. This coverage is used toward payment for those expenses or portions of expenses not covered by your family health insurance. Your family insurance is applied to any medical expense before the camp's coverage. Camp medical coverage does not cover pre-existing conditions and has a total limit of \$1,000 per person per season.

In order to facilitate the handling of claims, a photocopy of your medical insurance card must be attached to the camp health information form. If you are advised of the need for out-of-camp medical services, you will be responsible for informing your family insurance provider.

Medications

Wisconsin law requires that all medications, both prescription and non-prescription, be stored in the camp infirmary and administered by the camp health professionals. Our infirmary is well stocked with commonly used over-the-counter medications such as acetaminophen, ibuprofen, cough lozenges, topical creams, etc. A nebulizer is available if needed. **Please do not send commonly used non-prescription medications to camp, as they will not be returned at the end of the summer.**

Over the past number of years, the quantity of medication doses dispensed to campers has risen dramatically. In the face of this increase, we have maintained our commitment to employing the safest, most efficient strategies to dispense medication. Our primary concern is that each child receives the correct

medicine at the correct time. We have researched practices in camps, as well as other facilities that dispense large amounts of medication.

After examining several alternatives, our camp medical subcommittee has adopted the policy and procedure for dispensing and administering medication as follows. All camper medication must be dispensed, pre-packaged and sent to camp prior to the start of the camp season.

Camp Ramah utilizes a service called CampMeds that dispenses medications in daily unit dose packaging directly to overnight camps throughout the United States. We have found this service to be very successful in managing the medication distribution for our camp population. Camp Ramah in Wisconsin requires families to make arrangements through this service to dispense all medications taken daily or as needed (prescription and non-prescription), including vitamins, that are essential for your camper's everyday health. This pre-packaging program is in compliance with all state regulations regarding medication packaging for summer camps.

The price of CampMeds' service is \$50 for full-season campers and \$40 for one session campers. This is an annual, per-camper fee for the packaging service, regardless of the number of medications that the camper takes. This packaging fee is in addition to any co-payments required by your health insurance. We are requiring 100% participation from families with campers who will take medication and/or vitamins at camp. An exception will be made if CampMeds notifies us that they are unable to accept your insurance. Visit www.campmeds.com for additional information and to register your camper.

Topical medications, lotions, cough drops, Epikits and inhalers/nose sprays may be carried by the camper and kept in his/her cabin. **All other medications, without exception, must be stored in the infirmary.**

Your camper should know the name of his/her medication(s), why it is taken and how often. It is important for campers to be aware that it is their responsibility to continue the routine of taking their medication while at camp.

Medicine administration is not part of camp sick call. Medications are administered three times a day at approximately 8:00 a.m., 1:30 p.m. and 7:30 p.m. (for campers entering grades 9-11) or 9:00 p.m. (for campers entering grades 4-8) without exception. **It is very important that you arrange a dosage schedule that conforms to these administration times.** Please make special arrangements in writing with the camp health team if your child needs medication at other times. Symptomatic medications such as acetaminophen are administered at any time at the discretion of our camp health team.

If your camper does not take medication or vitamins, you do not need to register with CampMeds.

Failure by a family to fully disclose medical issues and/or medications will result in the camper being sent home at the parents' expense and there will be no refund of tuition.

Glasses and Contact Lenses

Children who wear glasses or contact lenses should bring an extra pair to camp. Glasses and cases should be marked with the camper's name. Camp insurance does not cover repair or replacement of glasses or lenses nor does it cover normal eye care. **Broken glasses will be sent to parents for repair.** In the event that your child will need the services of an ophthalmologist or optometrist, you will be contacted. The cost of these services is not covered by camp medical insurance, and you will be billed for the service.

Dental Care

It is important that your child's dental needs are taken care of before leaving for camp. We have no dentist on the premises. If your child needs the services of a dentist or orthodontist, you will be contacted. The cost of dental work is not covered by camp medical insurance; you will be billed for the cost of any work done by a dentist or orthodontist.

Bar and Bat Mitzvah Review

Spending the summer at camp prior to a Bar/Bat Mitzvah is an exceptional opportunity for campers to be immersed in the various aspects of prayer, ritual and Hebrew language that are inherent to Judaism. Ramah offers a guided review program for campers who will become Bar or Bat Mitzvah through the end of 2017. Guided review will be offered weekly to **maintain a camper's level of knowledge**. Please note that the program is not meant to help a camper master new material.



Later in the spring we will be in touch with further details including how to sign up. If you have any questions, please email Adina at aallen@ramahwisconsin.com.

Machon Trip

A highlight of the Machon (10th grade) summer is the five-day aidah trip. This year the focus will be on making decisions using a Jewish lens, with stops in Madison, Milwaukee and Green Bay. Topics include food, environmentalism, college choices and community. The trip will include university visits, social service activities and plenty of fun! Machon campers should bring about \$25 in spending money for the trip.



Visiting Camp

Camp Ramah in Wisconsin extends a warm invitation to all parents and professionals of our constituent congregations to visit camp during the summer. These visits provide an opportunity to visit with campers as well as to observe the camp program.

All visitors must have the prior approval of the camp director and must register at the business office upon arrival at camp. We regret that we will be unable to accommodate visitors who "drop in" unannounced either as day visitors or for an overnight stay.

In addition to our 8-Week Program Visitors' Days on July 16-17, we are inviting families of our younger campers to join us for Garinim (entering 5th grade) Visitors' Day on July 2 and Halutzim (entering 6th grade) Visitors' Day on July 30. See page 20 for more information.

NOTE: Camp Ramah operates on Central Daylight Savings Time. All times indicated below are CDT.

8-Week Program Visitors' Days July 16-17, 2017

Most families visit during Visitors' Days, when the camp schedule is geared specifically for families to see the camp and visit with the campers. The tentative schedule for these days is:

Sunday, July 16

2:00 p.m. Camp opens to visitors
5:30 p.m. Picnic dinner
8:00 p.m. Visitors depart

Monday, July 17

9:30 a.m. Camp opens to visitors
2:00 p.m. Visitors depart

During Visitors' Days there will be an opportunity to meet our staff and experience a variety of camp activities.

If a camper enters the business office on visiting day with his or her parent, we will be able to return the SIM card to the camper. However, we are unable to do so without the presence of the parent.

**Detailed info on the Visitors' Days schedule
along with a Sunday dinner reservation form will be sent out in June.**

Please note: On July 16 and July 17 the camp will not be open to visitors at times other than those designated above. **Visitors are not permitted to take campers out of camp at any time.**

Note to Halutzim (entering 6th grade) families regarding the 8-Week Program Visitors' Days:

4-Week Halutzim campers and 8-Week Halutzim campers whose families are not visiting will be out of camp all day on Sunday, July 16, on a special field trip. Halutzim campers will be in camp on Monday, July 17.

Visiting 4-Week Campers

We are excited to announce Visitors' Days for our younger campers! We welcome you to visit camp on these days to see camp in action, tour our top-notch facilities and meet with the people who have been caring for your children.

- **Entering 5th graders (Garinim) and entering 6th graders (Halutzim):** Visitors' Days for Garinim and Halutzim will be on the third Sunday of each session—**July 2 for Garinim and July 30 for Halutzim**. The program will begin with lunch at 1:00 and end after dinner at 8:00 pm. **There is no obligation to visit at this time and there will be special programming for campers whose families do not visit on these days.** Families of campers who are staying for both Garinim and Halutzim are welcome to join us for 8-Week Program Visitors' Days on July 16-17.
- **For families with older siblings in camp** - We understand that coordinating everyone's schedule is difficult, especially when you have children who will be at camp at different times. If the specified Visitors' Days don't work for your family, you are also welcome to visit camp at other times during your child's session, either as a day visitor or overnight visitor.

Camp Visits Other Than July 16 & 17

Reservation Forms

In March you'll receive details on how to make a reservation to visit camp as a **day visitor** or as an **overnight visitor** in the camp guesthouse.

Overnight Visits

A stay in the Ramah guesthouse gives you an opportunity to see the camp in action and participate in camp activities. Each guesthouse room is equipped with twin beds and a private bathroom, and can accommodate 2 adults plus 1 or 2 children. The guesthouse fee, which includes meals and accommodations, is \$105 per night per adult and \$50 per night per child ages 5-13.

Day Visits

You may visit camp from 10:30 a.m. - 5:00 p.m. on any day but Shabbat by making advance reservations using the day visitor form. If you will be in camp at lunch time (2:00 p.m.) you are welcome to make a reservation to eat in the guest dining hall. The cost is \$15 per person.

Visiting Camp to See a Play Performance

One of the highlights of the Camp Ramah season is the performance by each full-season division of a Broadway musical in Hebrew. All campers participate in these productions by acting, singing, dancing, choreography, costumes or lighting design.

Each summer there are a number of parents who request to attend a camp play. We welcome you to be a member of the audience! The plays begin at 8:15 p.m. CDT and end at approximately 9:30 p.m. Visitors with prior reservations may enter camp at 5:45 p.m. and greet your children as they are finishing their early dinner.

You are welcome to join us at the guest tables for dinner and a brief tour of camp. A reservation form will be provided in early May.

Families may be seated in the Beit Am beginning at 7:45 p.m. Priority seating will be given to all visitors, and seating will be clearly marked for visitors. After the performance you will have time for a short visit with your camper. We ask that you plan to leave camp by 10:00 p.m.

The schedule of plays will be posted on the camp website in late March.

Kashrut and Visiting Camp

The observance of kashrut is central to Conservative Judaism and Camp Ramah in Wisconsin. Maintaining kashrut in a community institution such as camp requires absolute and careful adherence to standards by everyone involved in any aspect of the Ramah program – including staff, campers and visitors.

Food Consumed by Visitors at Camp

Meals consumed at camp come only from our camp kitchen. We cannot permit visitors to bring food for picnic lunches, etc., from any source, regardless of accompanying kashrut certification.

Food Brought for Campers During a Personal Visit

Snacks brought to camp by visitors must follow acceptable kashrut guidelines and be limited to quantities which can be consumed that day. The absence of food in the cabins has resulted in a cleaner and more sanitary living environment for our children. You can help maintain these conditions by bringing only quantities of food that can be consumed on the day they are brought. All prepared or packaged goods must have one of the following recognized kashrut certifications:



Meals and Snacks

Camp Ramah serves three healthy meals a day from our dining hall. In addition to the entree and side dishes at each meal, there is always peanut butter and jelly available. At breakfast, in addition to a variety of cold cereals and a hot entrée, there is a breakfast bar with yogurt, fresh fruit, cottage cheese, oatmeal, etc. There is always a salad bar at lunch and dinner each day, as well as a pasta bar at one meal each day. At meat meals there is a vegetarian option for those who have signed up prior to the summer. We also have gluten-free and dairy-free options. Please be sure to speak with us about your camper's dietary needs prior to the summer.

In addition, snacks are available for campers each morning and afternoon, including crackers, pretzels and granola bars. Also available is the "bottomless bowl of fruit," located near the camp's business office, with fresh fruit including apples, plums, pears, peaches, nectarines and other fruit.

If You Cannot Visit Camp

Approximately 75% of our parents will visit camp during the course of the summer. If you cannot visit, please make sure that your child is aware of this. Plentiful letters from home are the best substitute for a visit.

Area Accommodations

Camp Ramah has no overnight accommodations for visitors during Visitors' Days. Area hotels are very popular, so reservations should be made well in advance. The chart below lists area hotels and resorts near Eagle River, Wisconsin, the closest lodging available near camp. **Please note some hotels and resorts have minimum stay requirements.** For additional information, contact The Eagle River Tourism Bureau at (800) 359-6315 or www.eagleriver.org. Information is accurate as of January 2017.

Best Western Derby Inn	715-479-1600	http://www.bestwesternwisconsin.com/
Chanticleer Inn	800-752-9193	http://www.chanticleerinn.com/
Days Inn	715-479-5151	http://www.daysinn.com/
Eagle River Inn & Resort	715-479-2000	http://eagleriver-inn.com/
Eagle Waters Resort	800-8-WATERS	http://www.eaglewaters.com/
Gateway Lodge	715-547-3321	http://gateway-lodge.com
Gypsy Villa Resort	715-479-8644	http://www.a1gypsyvilla.com/
Lake Forest Resort	715-479-2455	http://lakeforestresort.com/
Settle Inn & Suites	888-997-3885	http://www.settleinneagleriver.com/
Super 8	715-477-0888	http://super8eagleriver.com/
Wild Eagle Lodge	877-945-3965	http://wildeaglelodge.com/

Mail From Home

Please address all mail to campers as follows:

Camper's Name
Bunk Number
Camp Ramah in Wisconsin
6150 E. Buckatabon Road
Conover, WI 54519-9599

All packages and letters sent to campers must clearly display: a) your camper's name, b) bunk number and c) your return address.

Packages From Home

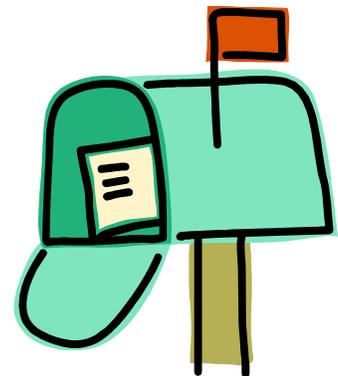
If you'd like to send a package to your child, please send non-food items such as books, magazines, games, a stuffed animal or a disposable camera. Please note that food packages are not allowed, as food in bunks invites squirrels and chipmunks and can be a health hazard. **All packages sent to camp are opened by campers in front of a staff member and forbidden items, including food, will be confiscated.**

2017 Email Program Offered Through CampMinder

In an effort to facilitate communication between parents and campers, we offer online email and fax service through **your CampMinder account** at no additional fee. Full instructions on how to register for the email program will be provided in May.

Letters from Campers

Campers are required to write letters or send faxes home every week. Sometimes these letters are written to relatives and friends. Occasionally letters will get lost in the mail and parents may miss a letter. This, however, should not be an occasion for worry. Silence on the part of the camper should assure parents that their child is happy. Regarding camp, the old adage is very true...*no news is good news*. From experience, we know that your child wants to hear from you as much as you want to hear from them. Please write to your child often.



Calling Your Camper

Even though we have all come to rely on instant communication, please remember that Ramah is a summer camp. We work hard to help our campers gain self-confidence in handling things on their own, away from home. Therefore, we ask that you refrain from making calls to your campers during the summer. Remember – we will contact you immediately if there is any major problem or emergency.

Campers are not permitted to use the public telephones except in special circumstances. Please do not expect to communicate regularly with your camper by telephone.

If there is a special reason to communicate with your camper by phone, (i.e., birthday, anniversary) call our office and leave a message for your child. The message will be delivered to the camper's division head, for distribution at the next meal. Please try to limit these calls to once or twice during the summer. In nonemergency situations, we cannot guarantee a return call from your camper at a specific time.

The camp business office is open Sunday-Thursday from 9 a.m. - 6 p.m. CDT. The office closes at 3 p.m. CDT on Friday for Shabbat.

Cell phone usage is not permitted at camp. If a camper comes to camp with an iPhone, Android or similar device and wishes to use it to listen to music or take pictures, the SIM card will be removed and stored in the business office for the summer.

WEBSITE: www.ramahwisconsin.com

Throughout the summer, watch the website for great camp photos and updates via the camp blog.

Office Mail

From June 1 - August 8, all correspondence should be sent to:

Camp Ramah
6150 E. Buckatabon Road
Conover WI 54519-9599

At other times, send mail to:

Camp Ramah in Wisconsin
65 E. Wacker Place, Suite 1200
Chicago IL 60601-7292

Change of Address / Vacation Contact

Please notify the camp office of any change in your permanent address, summer address, email or telephone number. Please provide us with your vacation contact information as well. This information should be emailed to: registrar@ramahwisconsin.com.

Accurate Parent Email Address

Most communications prior to camp and during the summer are sent via email. A weekly letter from the director is sent via email on Fridays during the camp season. Also, camper letters will be scanned by CampMinder and sent to parents via email. If the email address you listed on your camper's application is not your current email address, please send the correct address to: registrar@ramahwisconsin.com.

Spending Money

Campers are advised not to keep more than \$5 in cash or other valuables in their bunks. The camp safe is available to hold limited sums of money and to make change for campers. Campers should bring a small amount of money with them if they want to buy vitamin water or bottled water from the vending machines. We recommend that full season campers bring up to \$20 and that Kochavim, Garinim and Halutzim campers bring up to \$10. There is a change machine at camp available to campers which can make change for \$1 or \$5 bills.

Gratuities

Ramah counselors are professionals who at all times do their utmost for each individual. Although there is a custom at some camps for parents to tip counselors, this practice is not appropriate at Camp Ramah. If you would like to recognize excellent work on the part of a staff member, you are invited to make a donation in her or his honor to Camp Ramah in Wisconsin. A letter will be sent to the staff member recognizing your donation after the summer. Please send your donation to the camp office in Chicago.

Birthdays at Camp

Based on the birthdates noted on camper applications, a list of summer birthdays is compiled and given to our camp baker. He bakes a delicious, personalized birthday cake for each camper celebrating a birthday! Cabinmates and counselors celebrate the special day together with the birthday boy/girl.



Health and Safety Policy Reminders

BULLYING and CYBER-BULLYING: Camp is meant to be a safe environment for all members of the community. We aim to create a bully-free environment.

GAMBLING: Our camp policy permits occasional recreational card playing. However, gambling for money is absolutely prohibited and is grounds for dismissal from camp.

GRAFFITI: Our camp buildings are beautifully maintained and represent the efforts and commitment of Ramah supporters throughout the country.

Ramah does not permit writing on walls, tables, etc. Campers are expected to properly respect the campus and the buildings. Our camp maintenance staff recently painted all shelves and removed all graffiti. **A camper who defaces or damages camp property will receive a graffiti fine of \$250 per incident.** Re-enrollment will not be permitted until all fines are paid.

Each cabin prepares a cabin plaque at the end of the summer with each camper's name, and our oldest campers add their names only to the inside of the Nivonim building.

LEAVING CABINS AT NIGHT: Campers are not permitted to leave their cabins after lights out unless participating in an activity supervised by staff.

LEAVING CAMP: Campers are not permitted to leave the campgrounds without the permission of the camp director. Visitors are not permitted to take campers out of camp at any time.

CONTROLLED SUBSTANCES: Campers are not permitted to smoke, consume alcohol or use illegal drugs and these substances are also not permitted in camp. Any possession or use of illegal or controlled substances will result in dismissal from camp with no reimbursement. Travel home will be at the parents' expense and timing will be at the convenience of the camp.

INAPPROPRIATE BEHAVIOR: Our camp community does not tolerate inappropriate or hurtful behavior among campers.

**A camper violating any of these rules
will be subject to dismissal from camp at his/her family's expense.**

