

**PARENT/CAMPER HANDBOOK**

***Summer 2021***

**Nitzanimot:** rising 3rd graders – June 27-July 4

**Amelimot:** rising 4th/5th graders – June 27-July 11

**Chotrimot:** rising 6th/7th graders – June 27-July 18

**Bonimot (3 Weeks):** rising 8th/9th graders – June 27-July 18

**Bonimot (6 Weeks):** rising 8th/9th graders – June 27-Aug 8

**Bogrimot:** rising 10th graders – June 27-Aug 8

**Madatz:** rising 12th graders – June 27-Aug 8

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**Shalom and Welcome To Mosh 2021!!!**

We are so excited to have your child enrolled for Summer 2021 at Camp Moshava, aka Mosh! At Machaneh (Camp) Moshava, your child will have fun, make friends, learn new skills, deepen their Jewish identity and grow in every possible way. The environment of Machaneh Moshava is one of sharing, mutual respect, and caring. Our staff is looking forward to get to know your children and bring them into the Moshava family.

Camp Moshava is located north of Baltimore on 267 pristine acres of Maryland wilderness. The campgrounds feature a private lake, multiple athletic fields, two swimming pools, hiking trails, organic garden, river, low ropes course and nature preserve.  Our youngest campers live in cabins, while the older campers enjoy the breezes of our platform tents. Nothing beats welcoming Shabbat from the rise overlooking the rolling hills of Harford County.

We are looking forward to creating a warm and safe community at camp this summer. We hope this handbook will give you a sense of the experience your child will have at Mosh, and will assist you in preparing your child for the experience. As always, please reach out to us with any questions. With your help and support, we feel certain that a great summer is ahead at Machaneh Moshava!

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**The Story of Habonim Dror Camping**

Moshava is one of six Habonim Dror camps in North America. Habonim Dror is an international Labor Zionist youth movement which began in Europe over a half century ago and has spread to nineteen countries throughout the world. The movement has played an integral part in the history of Israel and the Jewish people. In the 1940s and 50s, young Jews from Habonim settled many of the kibbutzim and helped the growth and development of the Jewish state. Members of North American Habonim have helped found several kibbutzim; Urim, Kfar Blum, Gehser HaZiv, Grofit, Gezer and Lavon.

Today, Habonim Dror is a very different movement than it was when it was founded 80+ years ago. The core values and goals, however, remain the same, including educating about Judaism and Israel, promoting Jewish identity, supporting political awareness and activism, and fighting for civil liberties and coexistence among all people. At Camp Moshava, we live these values by developing a collaborative community based on responsibility, cooperation, equality and respect for both the individual and the community.

Integral to being part of a youth movement are the year-round activities that Mosh holds in the DC and Baltimore regions. In addition, Habonim Dror North America sponsors programs in Israel for its older members, including MBI for young madrichimot prior to starting 11th grade and Workshop, a 10 month gap year program following high school graduation.

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**American Camp Association (ACA)**

Habonim Dror Camp Moshava is accredited by the American Camp Association (ACA). The ACA shares Mosh’s commitment to the growth of youth through the camp experience. ACA accreditation means that we care enough to undergo a thorough (over 300 standards) review of our operation — from staff qualifications and training to emergency management. The American Camp Association collaborates with experts from The American Academy of Pediatrics, the American Red Cross, and other youth service agencies to assure that current practices at the camp reflect the most up-to-date, research-based standards in camp operation. Camps and ACA form a partnership that promotes summers of growth and fun in an environment committed to safety.

What’s the difference between state licensing of camps and accreditation by ACA? Accreditation is voluntary, and ACA accreditation assures families that camps have made the commitment to a safe, nurturing environment for their children. State licensing is mandatory and requirements vary from state to state. ACA standards are recognized by courts of law and government regulators as the standards of the camp community. Camp Moshava is a licensed youth camp in the State of Maryland.

## Machaneh Moshava Tzevet (Staff)

**Tzevet (Staff)**

Camp Mosh hosts a diverse, experienced and dynamic staff from all over North America and Israel. The staff has a wide array of experience as both *chanichimot* (campers) and *madrichimot* (counselors) at Moshava and other Habonim Dror camps. Madrichimot are graduates of Habonim Dror leadership training programs in Israel and North America, including MBI (5 weeks in Israel), Madatz (Counselor in training program) and Workshop (10 months service in Israel) and other national Habonim and Foundation for Jewish Camp training programs.

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Camp Moshava staff encourages campers to let them know what they enjoy, so that they can plan activities accordingly. At machaneh (camp), we place a strong emphasis on personal growth and kvutza (group) building. The program is structured to allow personal freedom and choice within a well-supervised context.

**Mazkirut (Camp Leadership Team)**

The overall running of camp is the responsibility of the Mazkirut (Leadership Team), which is comprised of the Rosh Machaneh (Camp Director), Rakazot Techni (Technical Directors), and Melavot Chavayot (Directors of a Wholistic Experience).

**Additional Youth Leadership**

Rosh Mitbach (kitchen manager) and Tzevet Madatz (senior counselors who run our counselor-in-training leadership program)

**Summer Professional Staff**

In addition to our youth leadership, our staff also includes our medical director (RN), two nurses (RNs), a professional chef and a licensed social worker.

**Year-Round Professional Staff**

Our facilities are managed by our caretaker, John Carlino, who is at camp year round. The Mosh offices are staffed year round by Sara Migler, Bonimot Tzedek Rakazol (Teen Programs Director) Abby Cohen, Registrar, Talia Rodwin (Assistant Director) and Jennifer Braveman (Executive Director). Jen, who is the primary contact for parents throughout the summer, manages Mosh year round and supports the Mazkirut and staff during summer.

Machaneh Moshava Contact Information

Administrative Offices: 6101 Executive Boulevard, Suite 319, North Bethesda, MD 20852

301-348-7339 phone\*

240-238-6430 fax

Camp Address: 615 Cherry Hill Road

Street, MD 21154

Camp Phones: 410-893-7006 \*\*

800-454-2250

Camp Fax: 240-238-6430

**Jennifer Braveman, Executive Director** [jen@campmosh.org](file:///C:\Users\Abby\Downloads\jen@campmosh.org)

**Abby Cohen, Registrar** [abby@campmosh.org](mailto:abby@campmosh.org)

**Sara Migler, Bonimot Tzedek Coordinator**  [tzedek@campmosh.org](mailto:tzedek@campmosh.org)

**Talia Rodwin, Assistant Director** [talia@campmosh.org](mailto:talia@campmosh.org)

**Pam Stone, Board President** [copresident1@campmosh.org](mailto:copresident1@campmosh.org)

\*Note that while we are working remotely this Spring, we check voicemail at the office daily. Email is often the fastest way to reach us during this off-season.

\*\*During camp, we are often out and about, supervising activities and spending time with campers, **it is always preferable that you send your question or request via email**. If you’d like to talk with us, please request to be called and specify the best phone number to reach you. Jen and Talia check emails multiple times a day and **you will ALWAYS hear back via phone call or email within 24 hours**.

**Questions regarding forms, packing, buses and payment should be directed to Abby at 301-348-7339.**

**From June 27st through August 8th, all calls should be directed to Camp at 410-893-7006 or 800-454-2205.**

**For emergencies ONLY, please call Jen at 301-367-9147.**

**Website:** [**www.CampMosh.org**](http://www.CampMosh.org)

**Camp Mosh Blog:** [**https://campmosh.wordpress.com/**](https://campmosh.wordpress.com/)

**Activity Information**

**Arts and Culture**

**Shira & Rikud (Song & Dance)**

We sing and dance all day long! We teach new Israeli tunes and dances and remember old favorites. In addition, we have several opportunities for campers to share their many talents — such as Musicale (musical performances) and Saturday night medurah (campfire). Campers love to perform for each other!

**Chugim (Interest Groups)**

Activities geared towards the special interests of each camper are an integral part of our program. These activities include nature study, sports, first aid, drama, singing, guitar, chess, dance, arts and crafts and more. Campers can choose according to their particular interests. Some campers even choose to use this time to catch up on required summer reading!

**Peulot Sport (Sports)**

Camp programs and free time allow campers to play a variety of sports, including basketball, softball, volleyball, frisbee and soccer. Games are non-competitive so that campers of all skill levels can enjoyably participate.

**Schiyah (Swimming)**

We offer daily swimming under the supervision of certified lifeguards in our two large pools.

**Tzofiut (Scouting)**

Outdoor living and hiking help campers connect with nature and learn about the Earth and our environment from a Jewish perspective. Our program features overnight campouts and day trips to nearby parks. We provide informal instruction in scouting skills and nature study.

**Sirat Kanu v' Abuvim (Canoeing & Tubing)**

Campers are greeted by natural beauty as they enjoy two of Mosh's favorite activities- canoeing on our lake and tubing on the local stream. Campers are always accompanied by a staff member, who is certified in both lifeguarding and canoe instruction. Campers receive instruction on proper paddling and watercraft entry and exit techniques, including what to do in the event of a tipped canoe. The campers get to put their new skills to the test as they take the canoes out on our lake and the tubes down the stream.

**Maslul Chavalim (Ropes Course)**

Team building is a natural component of our community bonding, and campers enjoy working together on our exciting low ropes challenge course. Our low ropes elements offer both individual and team challenges and are tailored to the developmental ages of the campers. The whole experience is supervised by our trained staff. Whether it's by spotting, cheering each other on or working together as one big group, everyone is always engaged in the successful completion of an element. Campers learn in a fun way that they are supported by the community.

**Community Projects**

**Avodah (Work Activity)**

An important part of our community is avodah. Although it may sound like chores at home, it is actually an important step towards integration into our community. Campers choose fun activities that give them a sense of belonging to camp. Fun avodah activities include gardening, caring for animals, preparing decorations for Shabbat, carpentry, painting and other great projects.

**Yom Tzedek (Community Service Projects)**

Yom Tzedek is an important part of the Habonim Dror Camp Moshava philosophy. Campers learn about a social issue that is impacting people in our neighboring communities. They are then empowered to action on Yom Tzedek (justice day) to work on this issue with folks in the community. Projects have included learning about food desserts in Baltimore neighborhoods and working to clean up urban lots for farming. We also partner with other Jewish social justice organizations such as Jews United For Justice to learn about and work on local campaigns such as Fight for 15 or the Trust Act. For our campers who need community service hours, it’s a great way to earn them.

**Special Events**

**Medurah (Campfire)**

Each week Anaf Medurah (Campfire Work Group) gathers and chops wood, under counselor supervision and with safety measures enforced, to build a bonfire. Saturday night, after Havdallah under the stars, the whole camp gathers around the campfire to enjoy an evening of comedy, kumzitz (sing-a-long) and storytelling.

**Kupa Carnival**

Kupa is a system of sharing and equality in our community. Every summer, campers have a special community. We look forward to having our Kupa Carnival at camp this summer and maybe a few other fun community surprises for everyone to share.

**Tiyulim (Camping Trips)**

Our campers look forward to the outdoor camping experiences at Habonim Dror Camp Moshava. What's camp without sleeping under the stars? This summer we will camp on our own 267 acre campsite, hike in our woods, cook on the campfire and swim in Deer Creek!

**COVID Protocols**

##### Mosh's coronavirus committee, made up of tzevet (summer staff), medical professionals, parents, alumni, and year-round staff, has developed protocols that will allow camp to open and run safely this summer. In preparing the protocols, the committee reviewed the practices of camps that opened safely in summer 2020. The protocols are for our Phase 1, which will be our most restrictive period of time. In this dynamic and ever-changing situation, our promises to you are to:

##### Remain vigilant about incorporating changes to the guidelines based on guidance from the Maryland Department of Health, the CDC, and the American Camp Association

##### Communicate changes as they happen

##### Do everything we can to open camp in 2021 and keep everyone safe

##### **Pre-Camp Protocols**

##### Prior to camp, all campers and staff will:

##### quarantine at home for 10 days prior to camp

##### submit a daily health log with temperature and symptom check

##### test negative (PCR test) within 4 days of camp

##### **Testing**

##### Our testing structure will be as follows:

##### Everyone must have a negative PCR test from within 4 days of arriving at camp

##### Everyone will be rapid tested on the first day of camp

##### Everyone will receive a PCR test on the 5th day of camp

##### **Cohort Structure**

##### ​For at least the first 10 days of camp, we will be in a cohort structure.

##### Cohorts will act as family units and can interact without distancing and may interact without masking.

##### When cohorts interact they will be doing two of these three things: masking, social distancing, interacting outside

##### As campers will be masked for portions of the day, masks will be on the packing list. Camp will provide extras as needed

##### After the first 10-14 days of camp, we may choose to open up cohorts to be bigger units (an age group, for example). This decision will be guided by state regulations and the prevalence of disease at camp

##### **Quarantining**

##### If someone presents COVID-19 symptoms, they will immediately be quarantined in our designated quarantine space. They will be rapid tested and we will assess the situation from there. If they test positive for COVID-19, they will likely go home that day. In the event that a camper must go home, parents will be responsible for transportation.

##### We will conduct contact tracing to determine who the quarantined person has interacted with. These people will be separated from the rest of camp (to continue their own programming) while we conduct rapid tests and symptom screening.

##### **Our Bubble**

##### We will operate as a closed bubble, meaning there will be strict limits on who can enter and leave the campgrounds. For example, we will have our lifeguards, contractors, and delivery people in and out of camp as needed. However, we will have protocols that limit their exposure to staff and campers so as to maintain a covid-safe camp environment.

##### There will be no Visitor's Day or MBI Weekend.

##### Our session start and end dates are fixed. No exceptions will be made.

##### **Facilities**

##### We will make facilities improvements in areas of sanitation, personal hygiene, and ventilation, following the guidelines provided by the Maryland Department of Health and the CDC

##### We will have tzevet (staff) devoted to cleaning and will have a robust sanitation plan, including the use of electrostatic sprayers and FDA-approved cleaning supplies

##### **Finances**

##### If you choose to withdraw from camp before the summer (through June 10), we will give full tuition refunds or rollovers to next summer. If you have concerns, we encourage you to speak with us so we can plan together for the most successful experience for every camper.

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**Food**

Habonim Dror Camp Moshava takes great care in providing nutritious and varied kosher meals to our campers. In addition, there are many opportunities for treats, birthday celebrations and goodies for special occasions.

We serve kid-friendly food at Mosh.  All food is prepared in Mosh’s kitchen and served family-style or in a buffet. We have different options to please even the pickiest eaters. Mosh is now peanut butter free and nuts are not used in the preparation of any food. If your child has special dietary needs or food allergies, please call the Camp Moshava Office to discuss how we can accommodate your child’s requirements. This summer, we will have a professional chef working with us full time to make sure we uphold the highest food safety standards and that our food remain delicious and diet-friendly.

**Moshava will NOT ACCEPT any food sent to campers in packages -**  for reasons of food allergies, health and sanitation and Kashrut. We ask that parents, grandparents and well-meaning friends follow our policy.

Vegetarian, vegan, and gluten free alternatives are provided at every meal along with options to accommodate other dietary requirements or food allergies. At lunch and dinner, salad and SunButter and Jelly sandwiches are available.

**Menu rotates every few days and options include:**

**Breakfast**:

Constant: milk (soy, rice milk), fresh fruit, vegetables, cottage cheese, yogurt, cold cereal and hard boiled egg, fresh vegetables.

Rotating: pancakes, scrambled eggs, veggie sausage, oatmeal, hash browns, muffin cake, bagels

**Lunch**:

Constant: Salad bar with lettuce, cut veggies (cucumber, tomatoes), proteins (egg, chick peas, beans, cheese), fruit

Rotating: mac n cheese, grilled cheese, burrito bar, pizza bagels, chicken nuggets

**Dinner**:

Constant: Salad bar with lettuce, cut veggies (cucumber, tomatoes), proteins (egg, tuna, chick peas, beans), fruit

Rotating: hamburger, hotdogs, chicken, pizza, spaghetti with meat sauce, chili, chicken nuggets, shepherd’s pie, chili.

Snack is served twice a day.

Examples of Aruchat Arba (Afternoon snack): fresh fruit and pretzels, popsicles

Example of Kibud (Bedtime snack): cookies or cake with milk

**Health and Medical Information**

**There are several necessary medical forms,** which we must have before your child arrives at Machaneh. All of them are posted on your Camp Moshava CampInTouch account online. Please access and complete them at your earliest convenience, but **no later than April 15, 2021.**

**Note that some forms are to be completed online, and others are to be printed, completed and returned back to us in one of the following ways:**

* Upload to your online Moshava CampMinder account
* Scan and email to abby@campmosh.org
* Fax: 240-238-6430
* Mail to: Camp Moshava, 6101 Executive Boulevard, Ste 319, N. Bethesda, MD 20852

**Required for Every Camper Each Year:**

* **Physician Form–**Please print the 1 page form from your CampMinder account and have your child’s physician complete and sign. We require that your child has had a full physical from their physician within 12 months of the start of camp. On the form, please be sure to have your child’s physician circle all Over The Counter medications that your child is permitted to be given by our nurse at camp (there is a list of what medications we have at camp on the form) at camp.This form must be submitted to camp **by April 15, 2021.**
* **Immunization-** Please have your physician print out the schedule of immunizations your child has received**. We require immunization records from physician’s offices only.**
* **Health History Form** –to be completed *online only* by the parent or guardian. Please provide us with important information such as allergies, diet, medical needs, insurance information, etc. **To be completed online by April 15, 2021.**
* **Proof of Insurance:** We require all campers and staff to have a photocopy of their insurance card on file at camp. Please scan both sides of your child’s insurance card and submit to Camp Moshava with the Physician Form.
* **Covid-19 Safer Together**: Find this community agreement in CampMinder and submit it along with the medical forms by **April 15, 2021.**

**Additional Forms: For those who take daily medications**

* **Medication Form:** Please print and write in all of the medications, supplements and vitamins that your child will be taking at camp. All medications, supplements and vitamins must be held in the health center and dispensed to your camper. **Due April 15, 2021.**
* **Medication Authorization Form**: If your child will be taking any prescription medications OR over-the-counter medications while at camp, the State of Maryland requires that we have a Medication Authorization signed by the prescribing physician and on file at camp **for each medication** your child will take at camp. *If you would like your child to take any type of OTC medication on a regular basis, we must have the* ***Medication Authorization Form*** *completed.*

If there are changes to your child’s medication prior to camp, please send updated forms.

*Each camper must have a written personal health and medical record on file with the camp, before they arrive at camp. All medical forms must have the immunization history filled in or the form will not be accepted as complete and will be returned for completion.*

## Medical Treatment While at Camp

Our infirmary is staffed 24 hours a day with Registered Nurses. When necessary, we use the services of a local urgent care clinic (either in person or through telehealth if possible) or local hospital, fifteen minutes away. Most of the care given at camp falls within the category of first aid, including splinters, scraped knees, mosquito bites, etc. If your child becomes ill at camp, they will be evaluated by our nurses and the appropriate treatment will be given.

**If your child needs medical assistance beyond basic first aid, such as an overnight stay in the infirmary, or a trip to urgent care or hospital for treatment, or a new prescription, the medical staff will call or email you to inform you as soon as possible.** Please inform us whenever you will be out of town during the summer so that we will always know how to reach you.

**Statement on General Vaccine Status of Campers and Staff of Habonim Dror Camp Moshava**

Parents send their children to camp and assume that they will enjoy themselves. Safety and public health are priorities for Habonim Dror Camp Moshava, and in the confined environment of a residential summer camp, with round-the-clock communal living, the highest possible level of vaccination in the camp community is essential in order to maintain a safe environment and decrease the risk of transmission of preventable illnesses.

Given the Jewish value that emphasizes maintaining health, (including taking preventive measures), the Habonim Dror philosophy of communal responsibility, as well as the clear public health need to protect the camp community as a whole, we strive to ensure that all campers and staff are fully immunized against preventable diseases as recommended by the American Academy of Pediatrics (AAP) before arriving to camp this summer.

**Camp Moshava requires all campers and staff to be fully vaccinated according to the CDC immunization schedule. Exceptions will be made on a case by case basis with physician documentation indicating that immunization is not possible due to a medical condition e.g. immune-comprised individuals.**

**This summer, we are working to have everyone in the community who is over 16 vaccinated for COVID-19. This will help ensure community safety for everyone.**

**Medications**

* All camper medications (prescription and over the counter) will be kept in the infirmary so our medical staff may dispense them and keep a record of their use.
* **All medications, vitamins and supplements that will be administered by Camp Mosh nurses on a regular basis must be dispensed by our contracted pharmacy, Paradise Professional Pharmacy. The pharmacy packages medications in bubble packs which are shown to reduce medication administration errors.**
* If your camper requires a specific brand or manufacturer of the medication they take, please have the physician write the brand and manufacturer’s name in to the prescription. **If there is no brand or manufacturer specified in the physician’s prescription, the pharmacy will fill the medication with a generic medication if it is available.**

When you submit your camper’s medical forms, the Medication Administration Authorization form will be forwarded to Paradise Professional Pharmacy. The Pharmacy will then contact you to review the information and address any questions or concerns. There is a $10 annual fee for the bubble packing service. Camper medications are delivered to camp several days prior to the camper’s arrival, so that the nurses may review all of the medication for any changes or errors. Any exceptions to this policy must be discussed with the pharmacy staff. Please review the Medication FAQ that was emailed and is also available with forms on Camp In Touch.

Medications are given at every meal and in the evening prior to bed. **Campers may not store or administer their own medication, except for children with a history of asthma, who may keep an inhaler with them, children with anaphylactic allergies, who may keep an EpiPen for emergency use and children with diabetes who may keep some supplies with them.** If a camper has emergency medication that they will carry and self-administer, we must have a completed [Medication Administration Authorization form](http://phpa.dhmh.maryland.gov/OEHFP/CHS/Shared%20Documents/Youth%20Camps/MedicationAdministrationAuthorizationForm.pdf) on-file with Section III, the self-administration/self-carry section, completed and signed by the physician. All other medications will be kept in the Marp.

Sometimes, parents decide to give their child a “medication vacation” while they are at camp. We ask that parents make all medication decisions in conjunction with the prescribing physician. Medication changes right before camp can make the transition to camp more difficult. Please inform the nurses of any medication changes.

**Glasses**

If your child wears glasses or contacts, it is very important that you send an extra pair and your child’s prescription to camp. It is difficult to enjoy camp if there is a long delay in replacing broken glasses or lost contacts.

**Preventing and Treating Head Lice**

Over the last couple of years, we have seen an increase in the number of campers coming to camp with lice. When a camper arrives with lice, it can be upsetting to the camper and is a disruptive start to camp. The treatment for lice is time consuming and must be done thoroughly to prevent the spread of the infestation - this can mean missing parts of the camp experience.

In an effort to streamline the process and to improve the camper’s experience, we developed the following method of treating and handling campers that have lice/nits.

1. **Beginning 3 weeks prior to camp, please begin checking your camper’s head. Early detection and treatment will hopefully prevent your campers from having to receive treatment at camp.** We also recommend seeking professional assistance with this process. There are several local companies that will check your child’s head for lice. We recommend doing so one or two days before your child arrives at camp.
2. When campers arrive at camp, they will be screened by lice professionals and trained staff.
3. Campers that are discovered to have lice upon arriving at camp will either be treated by the lice professionals or will be picked up that day and taken home for treatment according to what is listed on the Lice form. Parents will be contacted.
4. Parents are required to complete the Lice Policy Acknowledgement Form prior to camp. **This form can be found in the Forms and Documents section of your CampMinder dashboard.**

Please note: Lice treatment can range in price from $50 to upwards of $300. The cost for the treatment depends on the thickness and length of hair, as well as the severity of the infestation. Credit cards on file in CampMinder will be charged for the full amount of the treatment.

**Ongoing Monitoring and Care**

Campers who are treated for lice on the first day of camp, will be followed up with per the recommendations of the lice technicians. Any additional expenses (i.e. follow up treatment 10 days after initial treatment) will be charged to the credit card on file.

All campers who are registered for more than one week of camp will have health and lice checks every 2 weeks after arrival at camp.

Thank you for your understanding and your support in helping us have a lice-free summer at Mosh!

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## Transportation

**Going To Camp**

In 2021, all campers will be dropped off on the first day of camp, Sunday, June 27th. We will provide further information about drop-off logistics closer to the summer. Families will be assigned drop-off times according to schichva (age group), so please keep that whole day free until we contact you with your assigned drop-off time.

**Returning Home**

At this time, we are unsure about our ability to use buses to send campers home. Please reserve the end date of your child’s session for pick-up at camp. If we are able to provide bus transportation, we will contact you about what location you will use.

**Out-of-Area Campers**

In 2021, we cannot accept any campers who come directly from the airport to camp. All campers who are flying to Maryland must quarantine in the area for 10 days prior to their being driven to camp on June 27.

**Visitors’ Day**

Due to our formation of a bubble at camp for protection against COVID-19, we will not be having a Visitors’ Day this summer.

How to Get to Camp

# *Driving Directions*

From Washington: Take Route 95 North from Baltimore, then take Exit 77B, Route 24 North toward Bel Air. Note: Stay on Route 24 North (toward Philadelphia) when 24 merges with Route 1. When 24 and 1 split, follow 24 North which is marked Forest Hills/Rocks. You will pass a Grocery store and a small cemetery. Turn right on Grier Nursery Road. After 4.5 miles, turn right on Cherry Hill Road, the first complete intersection. Camp is ¾ mile on the right.

PLEASE REMAIN IN YOUR VEHICLE AND FOLLOW STAFF DIRECTIONS WHEN YOU ARRIVE.

**Phone Calls, Homesickness, and Solving Problems Together**

**It is important that campers leave their cell phones at home.** If your child is traveling to camp by airplane and you want them to have a phone during the trip, we will collect their phone and hold it in the camp office until the end of the session.

Campers are not permitted to have a cell phone with them at camp. Please make sure your child’s cell phone is at home when they leave for camp.

***SIX WEEK CAMPERS:*** *If you have a six week camper and would like to have a video call with them half way through the summer, please give their cell phone to their counselor at drop off. We will set up a time for a video call half-way through the summer.*

The most successful camping experiences occur when a child is fully immersed in *Machaneh* (camp). The developing sense of independence and support from camp friends is part of the magic of overnight camp and makes the experience even more special, thus phone calls from campers are usually not allowed.

You are always welcome to call the Executive Director during the summer sessions, if you have any concerns, or to inquire about your child. Parents of new campers will receive an email update on how their child is doing within the first three days of camp. Please [sign up for our blog](https://campmosh.wordpress.com/) to receive updates and photos throughout the summer.

We are committed to working with all campers to ensure their success at camp and know that it depends on collaboration between camp staff and families. Thus, you will always be contacted in case of severe homesickness, social or emotional difficulties, or any medical issue. We hope to always be able to consult with you and figure out together the best course of action if a problem arises.

**Homesickness**: Please note that although homesickness is almost always long gone by the time a parent receives a sad letter, it is best handled by a reassuring and encouraging letter from you. If your child expresses concerns of being homesick before arriving to camp, or if you think it is beneficial to raise the issue with them, it would be helpful if you create a plan together. You might want to suggest talking to a counselor or to friends, or writing a letter, and even better, brainstorm together and come up with the steps to follow if they feel homesick. We ask that you share the plan with us (you can send it via email, or give us a call), so that we can provide continuity, reassurance, and a sense of stability, by bringing up the steps that you have agreed on at home. If you have a strong concern before or during the summer about your child’s homesickness, please contact us to discuss.

## Mail and Other Communications

**Campers Writing Home:** We encourage campers to write home. Please include a number of stamped home-addressed envelopes and/or postcards when you pack for camp.

**Parents and Family Writing**: though campers may be remiss about writing, they love to get mail. **Please use snail mail in addition to emailing!**

Camp address is 615 Cherry Hill Rd, Street, MD 21154

You are also able to write **emails** to your camper but please follow the guidelines below. Those will be printed out Sunday-Thursday after 4pm and given to your child with the rest of the mail.

To email your camper, while still not overloading our limited internet quota at camp, please follow these guidelines:

1. **No photos or any attachments in an email! Emails with photos overload our satellite internet connection and might not go through.**
2. Include text only in the body of the email
3. Send emails only to [MyCamper@campmosh.org](mailto:MyCamper@campmosh.org)
4. Write your child’s name and shichva (age group) in the subject line

Of course, if you have any questions or concerns about your camper, you may contact Jen at [jen@campmosh.org](mailto:jen@campmosh.org) (preferred method), or by phone.

Mosh also has a [**blog**](https://campmosh.wordpress.com/), where we post pictures and tell you what we are up to. So even if your child doesn’t write, you can see what’s going on and enjoy hearing about the fun and creative *peulot* (activities)they are experiencing. Given the nature of a typical day at camp, and our internet capability/speed, blogs will typically be loaded in the evening. Parents will receive an email at the beginning of the camp season indicating what days of the week updates will be made to the blog.

The blog is a great way to welcome your friends and family members into the magic of Camp Moshava. We recommend you bookmark the website: <https://campmosh.wordpress.com/>

Please also follow us on Twitter and Facebook! These will be updated every few days and are another great way to get information on the happenings at camp.

These can be found at: <https://www.facebook.com/campmosh.org>

Twitter: [**http://twitter.com/campmosh**](http://twitter.com/campmosh)

Please refrain from “tagging” campers in photos on Facebook. Camper photos will be uploaded to CampMinder every 2-3 days within the limits of our internet capabilities.

**It is important to be able to contact parents during our camping session. If you are going to be away on vacation or business for any length of time, please keep us informed about how you can be reached or who can act on your behalf in your absence.**

## Care Packages

**Food items will not be accepted in care packages.**

Due to incidents related to food being sent to campers with nuts and the prevalence and danger of nut allergies, campers are not able to receive food in care packages. **Please notify other family members who might be sending care packages to your camper of this new rule.** Note that all care packages will be opened by the camper in the presence of their counselor and any food items **will be thrown away**.

It is not necessary to send packages to your child. However, if you would like to send a package, recommended items are books, games, puzzles, and other non-food items that your children can share with their friends.

If you would like to send candy to your child’s age group, we have created an Amazon Wish List of items that are safe for all of our campers. Please be sure to put a note indicating the camper/age group the package is intended for. Click this link to view the Wish List http://a.co/aOWSVYx.

## Kupa (Communal Fund)

Camp Moshava is a kibbutz-style machaneh with an emphasis on *shituf* (cooperation), sharing and equality. Everyone is encouraged to work, play, learn and have fun together. No one is made to feel left out. One of our greatest strengths is our sense of community and our atmosphere of caring, respect and trust.

At Moshava we share almost everything. We share our fun and our successes to make them more meaningful. We share our work, our talents, our cabins and care packages sent from home.

Included in this system is a communal fund called kupa. Camp Moshava does not have a canteen, camp store or any other opportunity to use personal money. Kupa is our substitution for this, and helps avoid inequality and the problems that result from campers having money in their possession.

Kupa is used in a variety of ways throughout the summer. The chanichimot (campers), as a group, decide with their madrichimot (counselors) how to spend kupa. Treats such as candy or ice cream, parties, out-of-camp trips, etc. are all funded by kupa. Toiletries or other essential items that campers need to have replenished are also funded by kupa. In addition, campers sometimes decide to use kupa for tzedakah (righteous giving) projects.

Each summer a pre-determined amount of each camper’s tuition is put into the KUPA fund. This Kupa program fee is already included in your child’s tuition but you are always welcome to donate more via CampMinder or by sending a check to the Moshava office.

Kupa is a system whereby we practice the art of living together under the principles of cooperation, friendship and equality.

## Leaving Machaneh

Once the session has begun, campers may not leave camp grounds other than for urgent medical care.

## Camp Policies and Rules

On the first day of each session, campers go through an orientation with their age group that includes an age-appropriate conversation with Mazkirut (Leadership Team) on camp policies and rules, as well as their rationale – creating a safe, inclusive environment where everyone feels comfortable and can thrive. We ask that parents have a similar conversation prior to the session. Please encourage your camper to observe camp rules, to contribute in a positive way to the Camp Moshava community, and to cooperate with camp staff and with fellow campers.

Restorative Justice at Camp

At Camp Moshava we believe in *Shivyon Erech Ha’adam* (the equality of human value), which means that each person has inherent worth just for being themselves! We believe that restorative justice practices are an expression of these values. Restorative justice practices focus on repairing the harm caused, mending relationships, and helping people learn and grow. What that means is that wherever possible when the rules are not adhered to we use a restorative, not punitive, approach to figure out the best ways to keep everyone safe and happy. We engage in important conversations about the behavior and the rules and figure out together what the best course of action is.

Smoking, Fire Hazards, Weapons

Campers are not permitted to smoke at camp. Campers are not permitted to possess matches, lighters or other fire producing hazards, or weapons of any kind.

Drugs & Alcohol

Camp Moshava has a strict policy on drug and alcohol use. Any camper found to be using drugs or alcohol will be sent home at the parents’ expense. No tuition refund will be given.

Behavior Issues

If a behavioral issue arises, parents will be contacted, and we hope to be able to consult with you and figure out together the best course of action. We are committed to working with campers and parents to ensure everyone’s success at camp. However, severe or repeated behavioral issues that persist after multiple conversations and despite all measures taken, might result in a camper being sent home.

Bullying

Habonim Dror Camp Moshava is a safe space for children to learn and grow. Each camper is expected to treat all other campers and counselors with respect, and to help each other achieve the best possible experience.

**We do not tolerate harassment, intimidation, or bullying of any kind.** We expressly prohibit gestures--be they verbal, physical, or psychological--that inspire fear and/or demean an individual or group based on actual or perceived age, race, ethnicity, color, sex, sexual orientation, gender identity or expression, nationality, religion, disability, socioeconomic status, physical appearance, or political views. Though incidents of this type are rare at Mosh, we encourage our campers to report any alleged acts of bullying or harassment to their counselor, member of Mazkirut (leadership team), Rosh (Camp Director), Camp Nurse and/or Executive Director, and we pledge to investigate these allegations fully, work with campers to resolve issues and take appropriate action.

**Inclusion**

Habonim Dror Camp Moshava is a safe space for children to learn and grow. We believe that a thriving community is one that acknowledges and embraces diverse identities - age, race, ethnicity, sexual orientation, gender identity and expression, nationality, religion, physical ability and socioeconomic status - explores the intersections of those identities, and encourages children to be their truest selves. Our programming seeks to appreciate the value that each camper brings to camp. Because of the individual, the community is stronger, because of the community, the individual is stronger.

We welcome all campers and families and pledge to work diligently to make Mosh a rewarding and optimal experience for your children. We encourage you to contact us if you'd like to give us any feedback, suggestions or offer your help and contribution to this communal effort.

Housing

Campers are housed according to their gender identity and where they feel most comfortable. In additional to single-gender housing, we offer all-gender housing based on expressed need and having a critical mass within an age group. If you are interested in all-gender housing for your camper (of any age), please contact Executive Director Jen at [jen@campmosh.org](mailto:jen@campmosh.org).

Making Machaneh’s Hebrew More Inclusive

Once every two years, the Habonim Dror youth movement holds a veida (decision making seminar) with its 16 through 23 year-old members. At each veida, youth movement members review the movement’s structures and constitution, suggest amendments, discuss and vote.

One of the issues veida participants discussed in 2015 was how the movement and the machanot (camps) could become a more inclusive space, in physical facilities, and language. One of the things they explored was how to make our use of Hebrew suffixes more inclusive.

In Hebrew, **im**is the male plural suffix and **ot**is the female plural suffix, and traditionally a mixed gender group is referred to with only the male suffix (e.g. Bonim, Shomrim, etc). Feminist movements in Israel created the **imot**suffix in order to include people of all genders, and the youth movement decided to adopt this change, referring to the group of all Amelim as **Amelimot**, the group of all Chotrim as **Chotrimot**, etc.

The intent is not to ignore people's genders. A group of three boys in Amelimot are still called Amelim, and a group of four girls in Bonimot are still called Bonot.

Another change in language is the gender-neutral single prefix – a change that is an effort to make language more inclusive to individuals who’ve expressed they do not want to be referred to in a gendered way, or ones whom you do not know yet how they would like to be approached (similar to the use of “they” in English, when you don’t know if the person would like a “he” or “she attached to them). So from now on, in addition to **madrich** (for a counselor who wants to be referred to as male), and **madricha** (for female), we also have **madrichol** (non-gendered – any counselor, regardless of gender, or a nonbinary counselor)

**Birthdays at Moshava**

Campers’ birthdays are celebrated at camp in an appropriate group fashion. Mosh celebrates birthdays “Israeli style” with songs, cards & a special ceremony. Parents may arrange to call camp and wish their child a happy birthday. Please email [jen@campmosh.org](mailto:jen@campmosh.org), one week prior, to schedule the call. Parents may not send food or treats for their child’s birthday.

**Bnai Mitzvot Practice at Camp**

We are pleased and honored to support those campers who are practicing for their Brit Mitzvah. Please be aware that while we help campers find time to prepare at camp, we do not provide tutoring. It is a good idea to notify either the Executive Director or the registrar that you wish for your child to do this review while at camp. We suggest that Brit Mitzvah materials at camp are copies and that parents keep the originals at home in order to avoid the anxiety of loss.

**Graffiti At Camp**

Chanichimot must respect and take care of all facilities. In many of our buildings, Mosh's history is literally written on the walls in the form of tags and murals going back decades. Chanichimot are encouraged to take ownership over the beautification of machaneh by painting murals and leaving their name in certain spaces subject to the following guidelines.

* All murals must be approved by mazkirut before the project can begin.
* At the beginning of each session, tzevet will set clear expectations of where tagging is allowed and what is acceptable.
* All forms of graffiti that transgress these expectations will be fixed by the person/people who wrote said graffiti or at their expense.
* Tagging is prohibited in the Mitbach, Chadar Ohel, MLC, Upper Sherutim, Brecha, Gazebo, Basketball Court and Sif.

**Hebrew (Ivrit) at Camp**

At machaneh (camp) you will find that we use a lot of Hebrew to designate the various placed in camp and the names of the various activities during the day. In addition, we use it to ask for things at meals, to make announcements and for cheers and songs. But all this, though it may seem strange at first, will become very natural in just a few days, believe it not! The words are very easy to learn because we use them all the time.

There are a few words you might want to practice before camp:

(the letters “ch” are pronounced as in Chanukah)

**People**

Rosh – Camp Director

Mazkirut – Leadership Team

Madrichol – Counselor

Tzevet – Staff

Chanichol – Camper

Madatz – Counselor in Training

Schichva – Age group (by grade)

Kvutza – Age group (by people)

\*Your schichva changes each year but your kvutza is with you forever!

**Places**

Machaneh – Camp

Misrad – Office

Chadar Ochel – Dining hall

Malechet Yad – Arts Building

MLC (Moadan L’Chaver) – Community Building

Toren – Flagpole

Agam – Lake

Gan - -Garden

Brecha – Pool

Sherutim – Bathhouses

Ram Kol – Loudspeaker

Marp (Mirpa’ah) – Infirmary

Sif (Sifriah) – Library

Ohel – Tent

Tzrif – Cabin

Shetach – Living Area

**Activities**

Avodah – Work

Anaf – Work Group

Menucha – Rest

Tiyul – Hike

Kumzitz – Sing-along

Medurah – Bonfire

Chofesh – Free Time

Shira – Singing

Kupa – Sharing

Toranut – Kitchen Duty

Chug – Interest Group

Rikud – Dancing

Sicha – Discussion

Peula – Activity

Schiya – Swimming

Tochnit erev – Evening Activity

Ken – Year-round activities

**What To Bring To Camp**

* Simple, inexpensive clothing is best suited for camp. At Moshava, many activities take place outdoors, so it is important that campers bring a good pair of walking shoes, or walking boots as an optional extra.
* **Closed toed shoes are the only acceptable footwear at night**. Sandals, crocs and sneakers are ideal to wear during the day. Flip-flops or water shoes are ONLY for wearing to the pool and showers.
* We often have rain showers in the afternoon. Please bring a rain coat.
* Many campers like to bring special clothes for Shabbat.
* **Every article of clothing and linens must be clearly labeled with the camper’s full name. A permanent marker or name tags should be used.**
* **Please do not over-pack.** Packing too many clothes will make it harder for campers to find what they really need, with the result being messy suitcases and cabins. We will be doing laundry every 7 days, and campers should have enough clothing to last about 8 days (with the exception of socks – a 12-15 day supply is recommended).
* All campers should bring their own twin fitted sheet, flat sheet, blanket, plus a pillow and pillow case. Every camper should also bring a sleeping bag. We do not allow campers to sleep in the sleeping bags in the cabin. Sleeping bags are used for camping outside or other special evenings at camp.
* You may consider sending a cotton mattress cover. Our mattresses are covered in vinyl and sheets sometimes have a hard time staying put. A cotton cover will be more comfortable for your camper in case the sheets come untucked.
* Personal radio/CD/iPod/MP3 player may be brought for use at designated times –**this DOES NOT include iphones or iPods with screens, even if campers usually use iphones for playing music.** PLEASE NOTE: there is very limited electricity in the cabins and tents, so any devices need to be run on batteries.
* **New in 2021:** Campers must provide their own disposable face masks. Every camper should pack 2 per each day they will be at camp. Please label them in advance with the camper’s name. Camp Mosh will provide extras in the event that masks are lost or soiled, but it is the family’s responsibility to cover this basic need.

A packing list detailing the items to bring is located on the last page of this handbook.

**Clothing**

Camp is not the place for new clothes! Please only pack clothing that you will not mind seeing stained or in some cases, lost!  **It is very important to make sure your children’s clothes and other items are labeled.** Use printed name tapes or rubber stamp with indelible ink.

PLEASE IMPRESS UPON YOUR CHILD THEIR RESPONSIBILITY FOR THE CARE OF THEIR CLOTHES AND POSSESSIONS. CAMP MOSHAVA IS NOT RESPONSIBLE FOR LOST ARTICLES.

In addition to the items on the packing list, campers like to bring;

1. A tee shirt for messy activities.
2. A white tee shirt to be tie-dyed.
3. A cosmetic case or bucket to carry toiletries to and from the shower house.
4. Musical instruments (there is usually a chug or interest group for guitar and other musical instruments depending on staff ability and camper interest). There is also a weekly musical show your camper may choose to participate in.
5. Sports equipment-except for baseball mitts or lacrosse sticks, no equipment should be necessary as camp has a full supply.
6. Costumes-sometimes we dress up at camp and you’ll be happy if you’ve brought along your favorite crazy outfit. However, we can always improvise. There’s no need to buy new costume materials.
7. Camera of course!
8. Playing cards or other small group games.

All clothing, equipment, etc. are the responsibly of the camper.

**Footwear At Camp**

**Campers are required to wear closed-toed shoes at night and for specific camp activities such as hiking.** The following are some examples of acceptable options:

* Closed toe sandals such as Keens
* Crocs
* Sneakers
* Hiking Boots

## What Not To Bring

Please do not bring money or valuable items to camp. It is easy to lose and difficult to find small articles of value (expensive watches, rings, chains, etc.). Camp Moshava assumes no responsibility for any items or clothing that may become lost.

**Cell phones (including iPhones), iPods with screens, electronic games, pocket knives or weapons of any kind, lighters or matches are not to be brought to Machaneh. If brought, they will be held in the camp office until the end of the camp session. Campers are not to bring their pets or animals of any kind to Machaneh.**

**Laundry**

Laundry is done every week. PLEASE LABEL EVERYTHING WITH YOUR CHILD’S NAME, including both laundry bags. Please make sure your child has a proper laundry bag which can be closed securely. (No pillow cases or plastic bags, please.) If a laundry bag is not properly closed, the items inside will fall out and may be lost. If the clothing is labeled, we can often return it to the camper. We cannot be responsible for lost clothing. An itemized list of your child’s clothing, pasted on the inside cover of the trunk or suitcase, will be a big help to your child in accounting for their belongings.

**LAUNDRY GOES OUT ONCE A WEEK AND IS RETURNED THE NEXT DAY – PLEASE PLAN ACCORDINGLY.**

**Lost and Found**

Campers have a tendency to misplace things at camp. Our staff will make every effort to help your camper find their misplaced and lost items. Parents can help this process by labeling all items sent to camp with camper’s FIRST and LAST name. Camp Moshava is not responsible for loss of or damage to personal items. After Labor Day, only articles that are clearly labeled with a camper’s name will be available at the Camp Moshava office in Rockville. Articles with a camper’s initial or with just the first or last name are difficult to return.

Examples of how NOT to label clothing:

* Sam
* Schwartz
* S.S.
* S. Schwartz

Examples of how to correctly label clothing

* Sam Schwartz

Any items with no name label on it will be donated to a charity near camp and labeled items that are not picked up by October, will be donated to local charities.

**Thank you**

We greatly appreciate the time it took you to review this guidebook and discuss it with your child. Your effort and preparation will make this summer shining success. If you have any questions as the summer approaches, please do not hesitate to contact us in the Rockville office at (301) 348-7339. We would be happy to help.

Thank you for choosing Camp Moshava for your child. We are looking forward to a wonderful summer and are thrilled to have your family be a part of the Moshava community!

**Packing List**

**The following clothing and equipment list is for your guidance. The list is arranged by session length- please select the column that corresponds with your child’s session. You know your child best- if they generally stay clean and neat, stick with our numbers, otherwise, adjust up accordingly.**

Two week campers will NOT be doing laundry. Again, please do not bring valuables to camp!

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Clothing** | **1 week** | **2 weeks** | **4 weeks or more** |
|  | Socks | 8 pairs | 10 pairs | 10 pairs |
|  | Underwear | 8 pairs | 10 pairs | 10 pairs |
|  | Heavy Sweater or Jacket | 1 | 1 | 1 |
|  | Light sweater or Jacket | 1 | 1 | 1 |
|  | Rain coat or Poncho | 1 | 1 | 1 |
|  | Shorts | 5-7 pairs | 7-10 pairs | 7-10 |
|  | T-shirts | 7 | 7-10 | 7-10 |
|  | Jeans or Pants | 1-2 | 1-2 | 1-2 |
|  | Outfit for Shabbat | 1 | 1-2 | 2 or more |
|  | Pajamas | 2 pair | 2-3 pair | 2-3 pair or more |
|  | Bathing Suit | 2 | 2 | 3-4 |
|  | *Bathrobe (optional)* | 1 | 1 | 1 |
|  | White t-shirt for tie dying (can be old) | 1 | 1 | 1 |
|  | flip flops (for pool area/shower) | 1 | 1 | 1 |
|  | Sneakers/Tennis shoes (one pair for hiking/water play) | 2 pair | 2 pair | 2 pair |
|  | **Hat with Brim (mandatory)** | 1 | 1 | 1 |
|  | **Bedding** |  |  |  |
|  | Pillow | 1 | 1 | 1 |
|  | Pillowcase | 1 | 2 | 2 |
|  | Fitted Sheet | 1 | 2 | 2 |
|  | Flat Sheet | 1 | 2 | 2 |
|  | Blanket | 1 | 2 | 2 |
|  | Cotton Mattress pad (optional) |  |  |  |
|  | Sleeping Bag | 1 | 1 | 1 |
|  | **Other Important Items** |  |  |  |
|  | **disposable face masks (surgical variety)** | 14 | 28 | 2 per day |
|  | personal hand sanitizer | 1 | 1 | 2 |
|  | Small backpack for hikes/overnights | 1 | 1 | 1 |
|  | **Water bottle (mandatory)** | 1 | 1 | 1 |
|  | Laundry Bag | 1 | 1-2 | 2 |
|  | Bath and Swim Towels | 3 | 6 | 6 |
|  | Wash Cloth | 2 | 4 | 4 |
|  | Toothbrush and Toothpaste | 1 | 1 | 1 |
|  | Soap/Shampoo/Conditioner | 1 | 1 | 1 |
|  | Comb/Brush | 1 | 1 | 1 |
|  | Shaving Supplies |  |  |  |
|  | Toiletry Bag or Basket | 1 | 1 | 1 |
|  | Flashlight and Batteries | 1 | 1 | 1 |
|  | **Sunscreen (mandatory/SPF 30 or higher)** | 1 | 1 | 1 |
|  | Bug Repellent | 1 | 1 | 1 |
|  | Stationary/Stamps/Pens/Pencils |  |  |  |
|  | Stuffed animal/Blanket (optional) |  |  |  |
|  | Books, small games and other quiet activities for rest hour (optional) |  |  |  |