



PARENT MANUAL

**SUMMER
2010**

**818-889-5500
WWW.CAMPJCASHALOM.COM**

A NOTE FROM THE DIRECTOR:

Welcome to another great summer at Camp JCA Shalom!

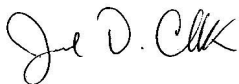
At Camp JCA Shalom, ensuring each camper's health and safety is always our top priority. Our goal is to provide a fun environment that ensures every camper's physical, mental, spiritual, social and developmental needs. As you know, raising a child in today's society takes a great deal of effort, energy and patience. We understand that sending her/him away to camp takes a great deal of trust and confidence. Please know that your child is in great hands.

Camp gives kids unparalleled opportunities to develop a range of skills and abilities, and instills a greater level of self confidence, personal independence and awareness of their role in their community. We teach our counselors that camp gives kids the tools which they can use in everyday life. When your child returns home after their summer, we hope you will find them to be more self aware and self sufficient, and better able to make their way in the world.

I feel that it is our mission to teach kids Jewish values. With our philosophy of "*Shalom Bayit*": a peaceful home, we create an atmosphere that teaches kids to care for one another and the environment. We teach the campers of Camp JCA Shalom to be the ones that find the child who is sitting by themselves and include them. All of the fun elements of camp serve to be vehicles by which we can teach campers about community and *Tikkun olam*, making the world a better place.

This manual is designed to answer most of your questions prior to your camper's arrival at Camp JCA Shalom. Please use it as a resource before and during your child's camp experience. If you have additional questions, please feel free to call me at the camp office (818) 889-5500 ext. 106, and I will do my best to help make this the best experience for you and your camper.

B'Shalom,



**Joel Charnick
Director
Camp JCA Shalom**

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WHAT TO PACK FOR A SUMMER OF FUN

1. **PLEASE DO NOT OVER PACK!** Space to unpack in our cabins is limited, so we're asking that each camper bring only a large duffel bag, along with the items listed below.
2. **LABEL ALL ITEMS.** All clothing and personal items **MUST** be clearly marked with the camper's full name. We suggest using a permanent marker. We will do our best to return lost items to you. Your child(ren) will receive a free T-Shirt at camp. Please indicate your child's preferred size on the camper "Getting to Know You" form.
3. Below we've listed the clothing and personal items needed by one camper for a 2 week session at Camp JCA Shalom. For shorter or longer sessions, please adjust as necessary.

CLOTHING

- 10 T-shirts or blouses
- 4 Pairs of pants
- 6 Pairs of shorts
- Shabbat outfit (white shirts/pants/dresses preferred)
- Ample supply of socks & underwear
- Pajamas
- 4 Sweatshirts
- 1 Pair tennis shoes
- 1 Pair of sturdy shoes
- 1 Pair of Thongs/Flip-flops (shower shoes)
- 1 pair "Teva-Like" Sandals (optional)
- 1 Warm jacket
- 1 Raincoat or poncho
- 2 Swimsuits

PERSONAL ITEMS

- Stationery, stamps, pens
- Sunscreen Lotion, Water Bottle
- Batteries
- Tissues
- Flashlight (with extra batteries)
- Bug/Mosquito repellent
- Shampoo (we encourage biodegradable products)
- Soap (we encourage biodegradable products)
- Comb/Hair brush, Sun hat
- Toothbrush/Toothpaste

LINENS

- 1 Pillow
- 2 Pillow cases
- 1 Sleeping bag
- 2 Large bath towels
- 1 Large beach/pool towel
- 1 Twin bottom sheet

****NOTE:** Keep in mind that while it may still be quite nice during the day, it can be quite chilly at night. Come prepared!

PLEASE DO NOT SEND EXPENSIVE ITEMS TO CAMP!!!

OPTIONAL

Cameras, musical instruments, etc. are okay. Small radios and tape recorders are permissible if the volume is kept low and they are kept in the cabin. Campers will not be permitted to walk around camp with them. AND REMEMBER, CAMP CANNOT ASSUME LIABILITY FOR THE LOSS OR DAMAGE OF ANY ITEMS.

LOST AND FOUND

CAMP JCA SHALOM CANNOT ASSUME LIABILITY FOR THE LOSS OR DAMAGE OF ANY ITEMS. During the camp session, all items misplaced around camp will be brought to the lost and found office. On pick-up day at camp, the lost and found will be available for you to go through to find your camper's lost clothing. There is a much better chance of finding misplaced items if they are labeled with the camper's name. All items not claimed within 30 days of the end of the camp session will be laundered and sent to a charitable organization as part of our "*Living Tikkun Olam*" philosophy.

LAUNDRY

There is no laundry service at camp for campers attending Mini Camps, Session 1, Bonus Track, Gesher Alef or TASC Alef. Please pack accordingly!

Laundry arrangements have been made for all other campers as follows.

For Session 2, Gesher Bet, TASC Bet and CIT's, laundry will be picked up mid – session on Friday July 17th and returned on Monday July 20th.

For Session 3, Gesher Gimmel, TASC Gimmel and CIT's, laundry will be picked up mid – session on Friday August 7th and returned Monday August 10th.

Please provide laundry bags for this service.

Camp JCA Shalom is not responsible for any items lost in the laundry service.

WHAT NOT TO BRING

Campers may wish to bring certain items to camp that are unnecessary, inappropriate, unsafe, and illegal. PLEASE DO NOT BRING THE FOLLOWING TO CAMP:

CELL PHONES; Cigarettes; alcoholic beverages or non-prescriptions drugs; knives; matches, cigarette lighters or fireworks of any kind; items of value including watches, jewelry, expensive cameras; electrical appliances; or DVD players

The following items are unnecessary but are allowed to be brought to camp TO BE USED ONLY IN THE CABIN AND AT THE OWNERS OWN RISK:

iPods or walkmen; video games or any hand-held electronic games, i.e. gameboys. PLEASE NOTE: CAMP WILL NOT BE RESPONSIBLE FOR LOST, MISPLACED OR STOLEN ITEMS!

FACTS FOR PARENTS

If you have any special concerns, please call the Camp office **BEFORE CAMP** and arrange for a meeting with the Camp Director. If there is a need for special instructions about your camper, please put them in writing and send them to our office well in advance. Verbal instructions given at the time of departure are impossible to remember.

COMMUNICATING WITH CAMP

No provision has been made to permit campers to make or receive calls except in an emergency, and then only under the supervision of the camp director. Please do not ask campers to call home. Personal phone calls are disruptive to the flow of life at camp. Also, contact with home may prolong homesickness and present a problem for other children in the cabin.

If you require routine information, or if you wish to relay an important message to your child or the Camp Director, please call the Camp office at (818) 889-5500 and your message will be relayed.

CONTACTING CAMP

If you have any special concerns, please call the camp office **BEFORE CAMP** and arrange for a meeting with Joel Charnick, Camp JCA Shalom Director. He can be reached at (818) 889-5500 ext. 106. If there is a need for special instructions (also see below) about your camper, please put them in writing and send them to our office well in advance.

IN CASE OF EMERGENCY PLEASE CALL (818) 889-5500

**Camp Address:
Camp JCA Shalom
34342 Mulholland Hwy.
Malibu, CA 90265**

SPECIAL CAMPER ARRANGEMENTS

We strongly discourage any break in the flow of the session. There are times, however, when your child must be taken home for a special family-related event. All such arrangements must be made in advance and **CONFIRMED IN WRITING** with the camp director.

MAIL

Mail from home is important for campers of all ages. Write cheerful letters, write often, and ask friends and family to write. You may even send a letter before your child leaves for camp. For younger campers, pre-addressed and stamped envelopes or postcards are helpful. **PLEASE SUPPLY YOUR CHILD WITH SUFFICIENT STAMPS, ENVELOPES, PAPER AND PENS.** You can also email your camper by logging on to our email system at www.campjcashalom.com. This is one-way email to campers and will be distributed to the camper. Campers cannot email back.

We will do our best to see that every camper writes regularly. You should understand, however, that your child would probably prefer to hike, play ball, or do arts and crafts. Also, campers often write to other friends and family members.

**Camp address: Camp JCA Shalom
 34342 Mulholland Hwy.
 Malibu, CA 90265**

Here are some ideas that might be helpful in keeping in touch with your camper...

- 1. Keep a list of things to write about.**
- 2. Choose distinctive stationery and use commemorative stamps.**
- 3. Send a joke, a quiz item or an article on a favorite personality.**
- 4. Send a funny greeting card (or birthday card, if appropriate).**
- 5. Mail photos of a favorite team, musical or dance group or family.**
- 6. Keep it light and happy -- express how much you look forward to hearing all about the wonderful things that go on at camp.**

There will be times when your child writes home and things at camp do not sound too good. Sometimes your child tries a little harder than usual to make sure you know s/he isn't quite as happy as they ought to be. Before you call camp when you receive a letter that sends you through the roof, please decode it first and know that we will contact you if your child is having any difficulties.

Here are some possible examples:

YOUR CHILD'S LETTER:	DECODED AS:
There's never enough food . . .	I had four grilled cheese sandwiches and they wouldn't give me a fifth.
I hate this place, I hate this place, I hate this place . . .	I'm angry because I had a fight. I'm O.K., just blowing off some steam.
I have a terrible fever and the nurse wouldn't do anything.	I went to the infirmary with a 99-degree temperature. The nurse told me to come back in the evening to be checked again.
They told me you called about NOT writing letters.	I told the Camp Director that I wrote six last week. To Aunt Selma, Grandma Helen, Aunt Millie, Cousin Fred, and Harry
Dear Mom and Dad, Broke my leg. Love, David	"Gotcha!!! You care!" (Camp would call if even an x-ray were taken).

SPECIAL DIETS

Any provision for special diets, i.e. food allergies, vegetarian, etc., must be made in writing well in advance through the office. We will do our best to accommodate certain dietary limitations.

CAMP EVALUATIONS (FEEDBACK)

It is our belief that no one gets a clearer picture of a child's camp experience than the parent. We invite you to share any of your child's feedback with us. We ask that negative as well as positive feelings regarding the programs, staff or the facility be shared with us on an on-going basis. As a service to the Los Angeles Jewish community, Camp JCA Shalom is in the process of continuous development. We guide this development based on the needs of our population. You and your family can best define those needs. At the end of the camp season, you will receive Parent and Camper Surveys. We ask that you and your child(ren) fill them out and send them back.

ADJUSTING TO CAMP

CABIN GROUPING

Campers are assigned to bunks on the basis of age and school grade. Campers are also assigned to bunks on the basis of the camper's preference with regard to friendship groups, camper interests and sometimes, the previous year's experience. Camp tries to give priority to camper's bunk requests. However, this is not always possible due to space limitations, nor is it always advisable in terms of the total composition of the group. In almost all cases, within a short time after arrival, cabin assignments are worked out which are satisfactory for all concerned. Camp does reserve the right to make the final decision as to placement.

HOMESICKNESS

Coming to camp may be cause for a brief case of homesickness. We regard homesickness as a normal healthy occurrence in a child. What adult hasn't, in fact, experienced mild longing for the security of home while away? The staff is instructed to be aware of the children's moods and emotional adjustment. If a child is homesick, the cabin counselor will encourage him or her to talk about it. They will try to help the child understand that homesick feelings are natural. At the same time, they will also make an individual effort to involve the homesick camper in all activities. Experience tells us that within two or three days the camper is busy having fun and feeling secure with the staff, newfound friends and the outdoor environment. Some parents receive a "homesick letter", especially during the first 48 hours of Camp. What to do? First of all, don't panic. By the time you receive the letter, your child has probably already adjusted and is having a good time. Do write an encouraging letter immediately. If you receive a second letter that sounds unhappy, you can call the camp office and we will take the appropriate steps.

TALK WITH STAFF BEFORE CAMP BEGINS

It is very important for your child that we know of any special situations in your child's life. If you would like to speak with the Camp Director prior to camp, just call our office for an appointment. Some children adjust better to camp if they know the director. Please let us know if you think this would be helpful. We can also talk with you after camp to discuss your child's experience. You may arrange these post-camp discussions by calling the camp office.

OUR BEDTIME AND "SHMIRA" POLICY

At the end of almost every day of camp (exceptions being the first and last night of camp), each set of counselors runs a bedtime program with their cabin geared towards calming the cabin down, and relaxing them. Typical activities include: passing the flashlight and sharing, guided meditation, and storytelling. After the bedtime program is completed and the cabin is calm, the counselors have their much needed time off. This time without counselors in the cabin is a special time for campers to get to know each other better. Even though the counselors are not in the cabin with the kids, the campers are still being watched over by Shmira (Guard, in Hebrew). Shmira consists of two or more counselors whose sole responsibility is to regularly check on all the cabins in their cabin group and make sure there are no problems, and that all of the campers are doing well. They regularly check in with the Toran (Supervisor) who can get any cabin's counselors if there is a problem. Once every cabin's counselors have returned to their cabin, the Shmira is relieved.

CANTEEN

Camp JCA Shalom has a canteen from which campers receive snacks (i.e. otter pops, pretzels, candy). Campers are limited to one snack each day. PLEASE DO NOT SEND ANY CASH OR FOOD WITH YOUR CAMPER!

CARE PACKAGES

CARE PACKAGES SENT TO CAMPERS CONTAINING FOOD ITEMS WILL NOT BE ACCEPTED. REMEMBER –WE DO PROVIDE “NOSH” ITEMS!

Nevertheless, Care Packages are meant to show that you care and children do enjoy receiving them. Pen and paper games, books, magazines, etc. are very much appreciated.

All packages brought or sent to camp will be opened by the camper in front of supervisory staff. FOOD PACKAGES RECEIVED BY CAMPERS WILL BE TAKEN AWAY and given to charity. Please understand that you will embarrass your child and put us in a difficult situation if you disregard this request.

CAMPER BIRTHDAYS

Every camper celebrating a birthday while at camp receives a cake, which is shared with the entire cabin. No one is forgotten. It is not necessary or desirable to send special birthday goodies.

HEALTH AND MEDICAL PROCEDURES

Camp JCA Shalom has a fully equipped health center. A registered nurse tends to the immediate needs of campers. In addition, we have visiting physicians on a frequent basis. Camp JCA Shalom complies with all state sanitary codes and Los Angeles Department of Health regulations governing resident camps.

If the camp nurse prescribes a stay in the camp health center, parents will be notified. In the unlikely event that an accident or illness occurs to your child while at camp, the camp nurse will assess the seriousness of the injury or illness requiring notification to parents and advise immediately.

****NOTE: If you will be away during your child's stay at camp, please leave an address and telephone number where you can be reached as well as a LOCAL Emergency Contact that will be able to pick up your child from camp if needed!**

PHYSICAL

Before coming to camp, your child must have a completed medical form turned in to the camp office. Have your Dr. sign the "Health Care Recommendations" form and fill out the required immunization history on the back. A physical exam is required within 24 months prior to the LAST DAY of your child's camp session. Mail the medical form to your doctor to complete and the doctor can mail it to the camp office on your behalf. If your child(ren) have not had a physical within the last 24 months of their camp session you will need to schedule a physical with your doctor before any camper can attend summer camp. This is in accordance with the American Camp Association standards.

Please answer all questions carefully, especially on immunization data. We may need this information in an emergency. If you don't remember exact dates, give the year. Your doctor's recommendations will help our medical staff care for your child's special needs.

NO CAMPER WILL BE PERMITTED INTO CAMP WITHOUT COMPLETION OF THE MEDICAL FORM. THIS INCLUDES IMMUNIZATION RECORDS AND INSURANCE INFORMATION. THIS IS A STATE LAW! MEDICAL FORMS SHOULD BE SENT TO CAMP AS SOON AS POSSIBLE.

MEDICATIONS

Any medication that your child will use at camp MUST BE IN ITS ORIGINAL PRESCRIPTION CONTAINER and turned in to THE NURSE OR CAMP ADMINISTRATION AT THE DROP-OFF LOCATION. DO NOT PACK ANY MEDICATION IN YOUR CAMPER'S LUGGAGE. Medication will be available for parents to pick up at the end of the session.

PLEASE NOTE: All medications for campers and staff will be kept and dispensed by the nurse, who will be recording their use. CAMPERS AND STAFF MAY NOT ADMINISTER ANY OF THEIR OWN MEDICATION.

GLASSES

If your child wears glasses, it is very important that you send an extra pair or a prescription to camp. We do not recommend contact lenses unless your child is very comfortable with them.

DENTAL SERVICES

If minor dental repair work (such as a loose wire on a brace) is needed, we will take your child to a local dentist and charge the visit to you.

CAMP JCA SHALOM MEDICAL POLICIES

The Camp JCA Shalom medical team is looking forward to the Summer of 2010. As we have in the past, we encourage you to contact us regarding special medical needs or concerns you have prior to the beginning of camp. Please call Joel Charnick, the Camp Director, at (818) 889-5500 ext. 106 to discuss any concerns.

Along with the Camp Board, the medical staff has established the following policies. These policies apply to campers as well as to staff. Please make sure you read them.

POLICY STATEMENT

The Camp Administration and Board have established these guidelines to assure the health and safety of all campers and staff. The control of communicable disease is a critical concern to us as is our emergency preparedness. Therefore, our infirmary is not available for care or convalescing from acute illness for more than 48 hours. In the unlikely event that an accident or illness occurs to your child while at camp, the camp nurse will assess the seriousness of the injury or illness, determine if parent notification is necessary and take appropriate steps to ensure your child's(ren's) safety

If, after assessing the injury/illness, it is determined that further medical attention is needed, a hospital is only minutes away. If such outside services are needed, the parent's insurance will be the primary insurance in all cases and the parent will pay for all insurance coverage. Camp JCA Shalom will provide secondary insurance coverage should it be necessary.

1. MEDICAL STAFF

A licensed medical professional will be in residence at camp during the entire summer. The closest emergency room is 15 minutes from camp. A well-qualified physician is on call and is available on an as-needed basis while camp is in session. Paramedics can reach camp in approximately ten minutes. Care by camp medical personnel is free. Prescriptions are available at parents' expense.

2. MEDICATIONS

Medications are dispensed four times a day: (1) breakfast, (2) lunch, (3) dinner, and (4) at bedtime. Asthmatics can keep their puffers with them. Campers may retain nasal sprays, contact lens equipment and acne creams. The nurse will dispense the following: prescription medications and any over-the-counter medications that are prescribed by a physician.

Vitamins will be dispensed only if they are for vitamin deficiencies, such as anemia. Vitamin C will be dispensed for campers with urinary problems. Campers are offered a well-balanced, nutritious diet. Campers who do not have chronic problems should not need additional vitamins.

Medications not written in the medication section of the health form by the child's primary care provider will not be given unless prior arrangements have been made.

Machinery cannot be operated in cabins. Nebulizers, vaporizers, glucometers, etc. must be kept in the camp infirmary. With the exception of diabetic campers, the camp is not equipped to take care of campers who require treatment with machinery on a daily basis.

Send extra pills in a prescription bottle. Send extra puffers, as those often get lost. If you are able to give your child pills instead of elixirs, please do so. Check with your primary care provider. Elixirs will be dispensed after meals or at bedtime. All refrigerated medications will also be dispensed in this manner.

DISCLAIMER

If your child has problems with bedwetting, we will handle this problem discreetly. Camp JCA Shalom is not able to care for children who are unable to groom themselves or toilet themselves. We cannot diaper children.

Children with learning disabilities, those who are shy and those who have not been away from home before have generally enjoyed camp. Children with known physical disabilities due to severe medical conditions, psychiatric disorders or developmental delays who are not able to attend classes in a regular school program will most likely not be able to adjust to the Camp JCA Shalom group living situation. If your child is attending a special program in school, we need to discuss your child's eligibility for Camp JCA Shalom. Our counselor to camper ratio is 1:6.

3. INFIRMARY STAY POLICY

When camp begins, those children who are ill and not able to engage in all activities should not come until they are feeling 100 percent. Children who develop general malaise, colds or 24-hour viruses while at camp can be well cared for up to two days in the camp infirmary. After 48 hours, our physician will decide whether a child or staff member can stay at camp. Parents who are planning to be out of town during the time that their children are in camp MUST have an alternative emergency contact person who is capable and willing to pick up the camper if the need arises.

4. HEALTH EXAMINATION

A physical must be completed prior to camp. All immunizations must be current. Your child must have current, up-to-date polio series, tetanus toxoid and measles vaccines to attend camp. Children over the age of twelve need a second measles immunization. All medications to be dispensed at camp must be written on the health examination form by the physician who completes the physical.

****Please note: Children who have recently begun antibiotics for an acute illness will not be accepted until they are on their prescription for 72 hours, i.e. children with recently diagnosed Strep Throat.**

****Also, children cannot bring antibiotics to camp with instructions "to begin if child develops a fever." New illnesses will be assessed individually and tracked appropriately.**

FEES AND REGULATIONS

We request your cooperation in paying camp fees on time. Your child will not be permitted to attend camp if fees are not paid in full. All balances should be paid by April 1, 2010. (Unless other arrangements have been made with the Camp Office.)

CANCELLATIONS

If you find it necessary to cancel your child's camp registration, please let us know as much in advance as possible so that another child can be registered. A service charge of \$100 per registration will be deducted for cancellations before April 1, 2010 to cover administrative costs. After April 1, 2010, \$500 per registration will be deducted. After June 1, 2010, 50% per registration will be deducted. All cancellations MUST be in writing.

WARNING

SMOKING BY CAMPER\$ IS PROHIBITED!! (Parental permission notwithstanding.) Besides being injurious to health and irritating to non-smokers, smoking is a serious FIRE HAZARD! CONSUMPTION OF ALCOHOLIC BEVERAGES AND USE OF DRUG\$ WILL NOT BE TOLERATED! ALL CIGARETTES, ALCOHOLIC BEVERAGES AND DRUG\$ WILL BE CONFISCATED AND CAMPER\$ FOUND USING THEM WILL BE SENT HOME IMMEDIATELY. NO REFUND\$ WILL BE MADE IN SUCH CIRCUMSTANCES.

CAMPER POLICY AGREEMENT

CAMPER\$ AND PARENT\$ MUST READ THE FOLLOWING...

Teaching appropriate behavior and values is an important part of the Camp JCA Shalom "*Living Tikkun Olam*" experience. Campers need to understand that there are certain behaviors that are appropriate for Camp JCA Shalom and there are other behaviors that may result in their being dismissed from camp.

- **These are acceptable behaviors:**
 - **Complimenting your friends**
 - **Cleaning up after yourself throughout camp**
 - **Using your manners**
 - **Listening to the staff**
 - **Following the rules of camp**
 - **Having fun**

- **These unacceptable behaviors include:**
 - **Possession or use of any drug or other illegal substances**
 - **Indecent exposure**
 - **Inappropriate use of language (i.e. cursing)**
 - **Graffiti of any type**
 - **Leaving the group without permission**
 - **Entering any cabin other than your own without staff**

- **Raiding and/or interfering with other people's property**
- **Possession or use of any alcoholic beverages**
- **Any medication not kept at the infirmary (unless permitted by the nurse)**
- **Any inappropriate public display of affection**
- **Sexual activity**
- **Physical aggression (anything unacceptable in public, i.e. fighting)**
- **Possession of any destructive objects, i.e. knives, etc.**
- **Starting a false alarm or tampering with the fire extinguisher**
- **Altering physical appearance (i.e. cutting hair, eyebrows, piercing ears, etc.)**

In addition, the Director reserves the right to send any camper home if he determines that certain behavior does not conform to the health, safety or philosophical standards of camp.

TIPS AND GRATUITIES

It is the long established policy of Camp JCA Shalom and the American Camp Association to prohibit tipping or gift giving to members of the staff. However, gifts to the Camp JCA Shalom Scholarship Fund are most appreciated and are of great benefit not only to the recipient children, but also to the total camp program. These donations are tax-deductible.

ON DEPARTURE DAY (first day of camp)

At all of the departure locations there will be a place to drop off your campers' luggage. Please double check that all luggage items are clearly marked with the camper's name.

After unloading and parking your car you will need to go to the check-in tables with your child(ren). Check-in tables will be set up alphabetically according to CAMPER'S LAST NAMES. There your camper will get their nametag and you will have a chance to speak with one of our medical staff about any medication you might be dropping off.

PLEASE REMEMBER TO BRING ANY MEDICATION TO THE NURSE; DO NOT PACK IT!!

Once the majority of campers have been checked in, the busses will depart. We cannot wait for stragglers. We ask you to be on time for check-in, or you may run the risk of having to drive your child to camp on your own.

DEPARTURE & PICK-UP INFORMATION

	FIRST DAY OF CAMP (Tuesday)	LAST DAY OF CAMP (Sunday)
LOCATION	CHECK-IN TIME	PICK-UP TIME
Temple Aliyah 6025 Valley Circle Boulevard Woodland Hills, Ca 91367 (818) 346-3545	10:00AM	11:00 AM AT CAMP ONLY
Lawrence Family JCC 4126 Executive Drive La Jolla, Ca. 92037 (858) 450-6835 (Between Genesee and Regents)	7:30 AM	2:00 TO 2:30 PM AT LAWRENCE FAMILY JCC
Congregation Shir Ha-Ma'alot 3652 Michelson Drive Irvine, Ca 92612 (949) 857-2226 (Between Culver and Harvard)	9:00 AM	1:00 to 1:30 AT CONGREGATION SHIR HA-MA'ALOT
Barbara and Ray Alpert JCC 3801 East Willow St. Long Beach, Ca. 90815 (562) 426-7601 (405- exit Lakewood West, Right on Willow)	10:00 AM	12:30 TO 1:00 PM AT BARBARA AND RAY ALPERT JCC
Drive to Camp JCA Shalom 34342 Mulholland Hwy Malibu, CA 90265 (818) 889-5500 (Please see the enclosed map)	11:30 AM	11:00 AM AT CAMP ONLY

Pick up is at 11:00 A.M. AT CAMP on the last day of your camper's session. (except for Long Beach, Irvine, San Diego, and airport campers). This is also a great chance for parents to meet the counselors, sort through lost and found items and tour the camp. A map of driving directions is included in this packet. You can also get driving directions by calling the camp office at 818-889-5500.

SESSION DATES

SESSION	DEPARTURE DATE (1 st day)	PICK-UP DATE (last day)
Mini Camp Alef	Tuesday, July 6	Sunday, July 11
Mini Camp Bet	Tuesday, July 13	Sunday, July 18
Mini Camp Gimmel	Tuesday, July 20	Sunday, July 25
Mini Camp Dalet	Tuesday, July 27	Sunday, August 1
Mini Camp Hay	Tuesday, August 3	Sunday, August 8
Bonus Track	Tuesday, August 10	Sunday, August 15
Session 1	Tuesday, June 22	Sunday, July 4
Session 2	Tuesday, July 6	Sunday, July 25
Session 3	Tuesday, July 27	Sunday, August 15
Gesher Alef	Tuesday, June 22	Sunday, July 4
Gesher Bet	Tuesday, July 6	Sunday, July 25
Gesher Gimmel	Tuesday, July 27	Sunday, August 15
TASC Alef	Tuesday, June 22	Sunday, July 4
TASC Bet	Tuesday, July 6	Sunday, July 25
TASC Gimmel	Tuesday, July 27	Sunday, August 15
CIT (Counselor-in-Training)	Monday, June 21**	Monday, August 16

**CIT Director will be in contact regarding pickup and drop-off

GETTING TO THE DEPARTURE LOCATIONS

DIRECTIONS TO BARBARA & RAY ALPERT JEWISH COMMUNITY CENTER-LONG BEACH AND ORANGE COUNTY:

3801 East Willow St.
Long Beach, CA 90815
(562) 426-7601

Hwy. 405 — Exit Lakewood South; Right on Willow

DIRECTIONS TO LA JOLLA JEWISH COMMUNITY CENTER:

Lawrence Family JCC – San Diego
4126 Executive Dr.
La Jolla, CA 92037
(858) 457-3030

From 5 Freeway. Exit La Jolla Village Drive East. Turn Left at Regents Rd. Turn right on Executive Drive. The JCC will be on your left hand side. (Between Genesee and Regents)

DIRECTIONS TO CONGREGATION SHIR HA –MA’ALOT:

**Congregation Shir Ha-Ma’a lot - Irvine
3652 Michelson Drive
Irvine, CA 92612
(949) 857-2226**

Take the 405 Freeway South. Exit Culver and turn right. Turn right onto Michelson. Synagogue is between Culver and Harvard.

DIRECTIONS TO THE SHALOM INSTITUTE & CAMP JCA SHALOM:

From Los Angeles:

Take the Santa Monica Freeway (I-10) west until it turns into Pacific Coast Hwy (Route1). Continue on PCH for 27 miles to Mulholland Hwy (Just past Leo Carrillo campgrounds). Turn right onto Mulholland Hwy and go 5 miles. The Institute will be on the right side.

From the San Fernando Valley:

Take the Ventura Freeway (US 101) west to Kanan Rd. Turn left onto Kanan and go 6 miles to Mulholland Hwy. Turn right onto Mulholland Hwy. After 1 mile the road forks—stay to the left onto Encinal Cyn Rd. After 3.5 miles, Encinal will end at Lechusa. Turn right onto Lechusa, which will immediately end at Decker Cyn Rd (23). Turn right onto Decker for ¾ mile to Mulholland Hwy (stop sign). Turn left onto Mulholland. The Institute is 2.5 miles from this point on the left side.

From Santa Barbara/ Ventura:

Take 101 South to the Las Posas Road Exit. Turn Right onto S. Las Posas Road. Drive approximately 7 miles and merge onto Highway 1 South towards Santa Monica. Drive approximately 11 miles. Make a left on Mulholland Hwy. Drive 5 miles and camp will be on your right hand side.

PLEASE SEE MAP ON LAST PAGE.

CHECK LIST

- **BY APRIL 1, 2010**
 - **Have you paid all of your camp fees?**
- **BY MAY 15, 2010**
 - **Has your physician filled in and signed the medical forms and sent it to camp?**
- **ONE WEEK BEFORE CAMP**
 - **Have you obtained extra eyeglasses (or prescription) for your camper?**
 - **Is all medication in its original prescription container?**
 - **Do you have carefully marked instructions for the nurse?**
 - **Have you double-checked your camper's clothing and equipment with the packing list in this handbook?**
 - **Are all clothes, linens, blankets, sleeping bags, baggage, etc., marked with the camper's FULL NAME?**
 - **Did you remember not to send expensive items to camp?**
- **ON DEPARTURE DAY**
 - **Do you have extra eyeglasses or prescription?**
 - **Do you have any necessary medications for your camper in its original container?**
 - **Are all medications unpacked, ready to be given to the camp nurse at the bus?**
 - **Please do not pack medications in camper's luggage.**
- **DURING CAMP**
 - **Write as often as possible.**
 - **There is no visiting at camp**
 - **RELAX!!! GOING TO CAMP IS WONDERFUL FOR EVERYONE!!!**
 - **PLEASE!!! REMEMBER: NO FOOD PACKAGES!!!**

**We're looking forward to seeing you soon!!
If you have any questions, call us at (818)889-5500**

