

Habonim Dror



***Machaneh
Gilboa***

Parent / Camper Handbook

Summer 2002

Session I: June 30 - July 21

Session II: July 21 - August 4

Full Session: June 30 - August 4

SHALOM!

At Machaneh Gilboa, your child will have fun, make friends, learn new skills, deepen his/her Jewish identity and grow in every possible way. The environment of Machaneh Gilboa is one of sharing, caring, mutual respect and trust. Our staff is looking forward to getting to know and help your child become part of the Gilboa family.

We know that each individual child reacts in his or her unique way to being away from home (especially if it is the first time). We hope that you will provide us with as much information about your child prior to his/her arrival. The more we understand about your children, the better we are able to help them adjust to camp. It is important to be able to contact parents during our camping session should a situation arise where we feel you would be able to assist us with your child. 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 (see Parent Information Form).

Not only are we planning a summer that will be adventurous and exciting, we are committed to making it safe and healthy! With your help and cooperation, we feel certain that a great summer is at hand for your child at Machaneh Gilboa.

MACHANEH GILBOA ADDRESSES & TELEPHONE NUMBERS

Business Office:

Habonim Dror Camp Gilboa
22622 Vanowen Street
West Hills, CA. 91307

Phone: (818)464-3224 • Fax: (818)464-3299

email: Info@campgilboa.org
<http://www.campgilboa.org>

Summer Address:

Habonim Dror Camp Gilboa
C/O YMCA Camp Earl Anna
P.O. Box 118
Tehachapi, CA 93561



HABONIM DROR

Camp Gilboa is one of six camps in North America operated by Habonim Dror, a progressive Zionist youth movement. It 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 40's and 50's, young Jews from Habonim established more than 40 kibbutzim and helped the growth and development of the Jewish state. Members of North American Habonim Dror have helped found several kibbutzim including: Urim, Kfar Blum, Gesher Haziv, Grofit, Gezer and Lavon.

In California, the movement holds activities throughout the year in Los Angeles, San Fernando Valley, Conejo Valley, San Diego, and the San Francisco Bay Area. In addition, Habonim Dror sponsors programs in Israel for its older members, including a summer program after tenth grade, and a one year kibbutz and study experience for those who have graduated high school.

Today, Habonim Dror is a very different movement than it was when it was founded 60 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 Gilboa, we live these values by developing a kibbutz-style community based on responsibility, cooperation, equality, and respect for the individual as well as the community.

A TYPICAL DAY AT MACHANEH

An average day at Machaneh consists of: Hashkama (waking up), Hitkansut (flag raising), Aruchat Boker (breakfast), Avodah (work projects), Peulat Shichva (activities by age), Shira (singing), Aruchat Tzohorayim (lunch), Menucha (rest period), Z'man Sport (sports), Schiya (swimming), Aruchat Arba (snack), Chugim (interest groups), Pesek Z'man (Hebrew fun), Aruchat Erev (dinner), Tochnit Erev (evening program), Aruchat Laila (evening snack), Laila Tov (good night).

Programming also includes a special Shabbat program, tiyulim (trips & hikes) and special days focusing on specific themes.

HEBREW

At Machaneh you will find that we use a lot of Hebrew to designate the many places in camp and the names of the various activities during the day. In addition, we use Hebrew to ask for things at meals, to make announcements, and for cheers and songs. Though it may seem strange at first, this will become very natural in just a few days, believe it or not!

Parents may want to become familiar with some words that we use at camp, that their children will write about in letters home:

agam	lake	kadur regel	soccer	peulah.....	activity
aruchah.....	meal	kadur sal	basketball	ramm kol	loud speaker
asefah.....	meeting	kikar	camp ground	rikud	dancing
avodah.....	work	kumzitz	sing along	schiyah.....	swimming
breichah.....	pool	kupa	communal fund	sherutim.....	bathroom
chadar ha'ochel ..	dining hall	kvutza.....	group	shichvah.....	age group
chaverim.....	friends	machaneh.....	camp	shirah.....	singing
chof.....	shore	madrich/a.....	counselor	shituf	cooperation
chofesh.....	free time	medurah	camp fire	sichah.....	discussion
chuggim.....	interest groups	melech yad.....	arts and crafts	tochnit erev	evening program
gan	garden	menuchah	rest	toranut.....	kitchen duty
hitkansut.....	gathering	mirpa'ah.....	infirmary	toren.....	flagpole
Ivrit	Hebrew	misrad	office	tzofiut	scouting
kadur af.....	volley ball	mitbach.....	kitchen	tzrif.....	cabin
kadur basis	baseball	ohel.....	tent		

KUPA

Camp Gilboa 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 different or left out. One of our greatest strengths is our sense of community and our atmosphere of caring, respect and trust.

At Gilboa we share almost everything. We share our fun and our successes to make them more meaningful. We share our failures to make them easier to accept. We share our work, our talents, our cabins, our food, care packages sent from home, even the ground on which we walk. All of these activities help us find a place where we belong & can contribute to the camp community.

Included in this system is a communal fund called **kupa**. Camp Gilboa does not have a canteen, camp store or any other opportunity to use personal money. Kupa is our substitution for this, avoiding 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 chanichim (campers) as a group decide with their madrichim (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).

We suggest a \$10 contribution, per camper, per week for kupa. If you feel that this amount is too high or too low, please adjust accordingly. Please do not send money to camp with your campers. You may send a separate check ahead of time, or give it to the counselor at the bus.

We appreciate your understanding of the importance of kupa. Thank you for helping to make our kupa program a successful one.

STAFF

Camp Gilboa hosts a diverse, experienced and dynamic tzevet (staff) from all over North America and Israel. The staff has a wide array of experience as both chanichim and madrichim at other Habonim Dror Machanot. Most of the madrichim have spent time in Israel on a kibbutz and are graduates of Habonim Dror leadership training programs such as MBI and Workshop.

Machaneh Gilboa staff is trained to encourage everyone to participate in all activities, and to choose areas that interest them and in which they excel. The Machaneh places a strong emphasis on personal growth and positive self-image. The program is structured to allow personal freedom and choice within a well-supervised context, while learning to respect the needs of the group.

MAZKIRUT

The overall running of the Machaneh is the responsibility of the Mazkirut. The Mazkirut is comprised of the Rosh Machaneh, Merakez Chinuch, Merakez Techni, and Horeh hamachaneh to allow complete oversight of adult supervision throughout the summer.

HEALTH AND MEDICAL FORM

We must have a completed medical form **signed by both the parent or guardian and a physician** before your child arrives at Machaneh. Please answer every question carefully and completely, especially those about immunizations, and review the form for accuracy before you return it. Be sure that your child has received all recommended immunizations, and let us know if s/he has been exposed before camp to any communicable diseases.

Machaneh Gilboa has a licensed nurse on site and access to a physician in town. If you know that your child has allergies or asthma please be sure to send proper medication. If your child is to have allergy injections by a physician you will be billed for the office visit. Please be

sure your doctor sends a schedule, including dosage as well as instructions in case of reaction. **If it is necessary to have a prescription for your child either filled or refilled you will be billed our actual cost.**

All medication must be turned over to madrichim by parents at the bus (where applicable) or to the nurse upon arrival at Machaneh. All medication must be fully labeled with your child's full name, prescribed dosage, name of medication, and for what it is being taken. Please indicate on the medical form if your child will be taking medication while at Machaneh on a regular basis. This includes vitamins. There will be designated times for visiting the nurse during the day.

Unless otherwise specified Habonim Dror may administer over the counter drugs to your child if needed.

If it is necessary to take your child to either the doctor or the hospital, you will be notified as soon as possible. For any visit to the doctor or hospital you will be billed by the doctor. **If you have health insurance for your child, it is important that you provide us with your correct insurance carrier's name and number, so as not to cause any delay should treatment be necessary. Any extra medical expenses not covered by insurance will be passed on to the parents.**

If there is any additional information we should know about your child, please add it to the medical form or write a separate note. It is in your children's best interest if we know them as well as possible. All such information will be dealt with on a need to know basis.

TRANSPORTATION

Machaneh Gilboa is located at Camp Earl-Anna of the Burbank Family YMCA near the town of Tehachapi in the mountains West of Mohave. A map is available upon request.

Bus transportation to and from camp is provided from the parking lot of the Camp Gilboa office in Los Angeles (8339 West Third Street). Buses leave promptly at 8:30 am on the first day of each session. It is important for you to be there 45 minutes earlier to allow for loading luggage, checking forms, etc. Busses will return on the last day of each session at approximately 3:00 pm.

Transportation for our campers from other locations is based on local registration. For updated information please contact your local leadership or call our office.

Machaneh Gilboa starts its camping program at the bus. What better way to meet friends while singing, laughing, and chatting on the way to camp. It is an important time for campers to 'break the ice' and begin forming those long lasting friendships. We ask that you support this part of our program and use our bus for your children as the only means of transportation to & from camp.

For those who are flying, if you would like the assistance of a travel agent, may we suggest Ileene Maddis at Century 21 Travel at (818) 345-8171. We suggest you try to find flights that arrive into Burbank airport, as this is closer to camp's location and more convenient for pick-ups.

PHONE CALLS

The most successful camping experiences occur when a child is fully immersed in Machaneh. Therefore chanichim (campers) are not permitted to make phone calls. Please feel free to call our staff during the summer sessions if you have any concerns.

MAIL

We encourage campers to write home often. You might find it worthwhile to include a number of stamped home addressed envelopes and/or postcards along with the camper's belongings.

PARENTS: there is nothing sadder than a camper who does not receive mail while others do. Even though campers may be remiss about writing, they love to get mail from home. Do write! We will have a fax number available if you want to send letters via fax. Sorry, no E-mail.

LEAVING MACHANEH

Once the session has begun, chanichim may not leave the Machaneh grounds other than for a scheduled tiyul. Leaving Machaneh during a session can have a most disruptive influence on a chanich/a as well as fellow chanichim. In this regard, parents should schedule all doctor, dentist, or other appointments either before or after the camper's session. If there is a conflict with family plans, weddings, Bar or Bat Mitzvah's, etc., please arrange your child's registration accordingly, or contact the Registrar/Business Manager for assistance.

INTERSESSION

Between July 23 and July 26, Machaneh Gilboa will offer a special program for five-week campers who are remaining at camp until the campers for the second session arrive. This may include a special trip outside of camp. Our goal is to provide a fun, supervised experience for a smaller group in a slower-paced atmosphere. Laundry will be done at this time for campers who stay on for 2nd session.

PARENTS AT CAMP

Parents are asked not to come to Machaneh during the sessions. It can be destructive to the program and unfair to those campers who don't have visitors. Parents of five-week campers who would like to visit with

their child at camp are welcome to visit on our visiting day. More information will follow on the date and time of this summer's visiting day.

EARLY DISMISSAL

Chanichim acting in a manner that is destructive either to themselves or the kvutza (group) and program will be sent home early at their parent's expense. Omission of medical history and/or psychiatric treatment, etc. is grounds for early dismissal. **Camp tuition will not be refunded for early departure due to reasons of discipline or otherwise.**

POLICY ON SUBSTANCE ABUSE

Drugs, cigarettes and alcohol are completely forbidden at Machaneh Gilboa. Any camper found using or in possession of drugs, cigarettes or alcohol will be sent home immediately. Further action will be handled on an individual basis. Camp tuition will not be refunded for early departure due to reasons of substance abuse or otherwise.

WHAT TO BRING

Simple, inexpensive clothing is best suited for Machaneh. The program at Gilboa centers on out-of-doors, so it is important that campers bring a good pair of walking shoes or boots -- not just sneakers. Many campers like to bring special clothes for Shabbat. **Laundry will be done every two weeks.** Every camper should have a sufficient supply of clothing to last at least 14 days. Minimal laundry facilities are on site for emergencies.

Every article of clothing and linens must be clearly labeled with the camper's full name. An indelible pen or name tags should be used. The items listed on our clothing list are suggested on the basis of past experience.

Please try to pack everything into one clearly-marked suitcase or trunk which can be securely closed and easily carried.

WHAT NOT TO BRING

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

Walkman radios, electronic games, pocket knives and lighters or matches should not be brought to Machaneh.

CLOTHING LIST (sufficient supply for 14 days)

LINENS

1 sleeping bag	2-3 sheets (single/cot size)	4 towels (bath & beach)
1 pillow (not provided)	2 pillow cases	2-3 wash cloths
1 blanket	1 laundry bag	

WEARING APPAREL

12-14 sets of underwear	1-2 Shabbat outfits	2 swim suits
2-3 pair of pajamas	4 pair jeans/long pants	6-8 pair of shorts/cutoffs
12-14 pairs of socks	1-2 hat with visor*	2-3 sweatshirts
1 pair of hiking shoes	1-2 pairs of sneakers	1 pair bathing shoes
10-12 short sleeve shirts	2-3 long sleeve shirts	1-2 light jackets/sweaters

MISCELLANEOUS

soap/plastic soap container	flashlight w/extra batteries*	shampoo
brush/comb	1 qt. canteen (for hikes)*	sunscreen*
toothbrush & toothpaste	female necessities	sunglasses
stationary/postcards	pens and pencils	stamps
Bug repellent		
laundry detergent (if special kind is needed)		

OPTIONAL

camera and film	books	backpack/daypack
baseball glove	games (non-electronic)	safety pins
musical instruments	bathing cap	bandanna
lotion		

***These items are extremely important & are mandatory for your child's personal gear.**

BETWEEN SUMMERS

Although the summer camping program is the most dramatic and intense activity sponsored by Habonim Dror, it is by no means the only one. Educational and recreational activities are organized throughout the school year including Winter Camp, camp reunions, Onagei Shabbat, and holiday celebrations (Purim, Pesach, Shavuot, etc.). The Habonim Dror goal is to maximize the opportunities for contact with friends, while offering fun, stimulating and meaningful educational activities. These activities keep both the chanichim and the madrichim in contact with their friends, and help maintain the ideals and goals of the Movement.

There are also opportunities for parents to become involved in Habonim Dror & Camp Gilboa activities. The camp Corporation is comprised of a volunteer base of parents & friends of Habonim Dror. We would like to see great participation of all parents in the discussions & decision making shaping the direction of the local movement & the well being of your child. There is no 'us & them', we welcome your involvement you are one of us.