



Camp Tizmoret Shoshana
2024
Camper Handbook

Welcome To The Tizmoret Shoshana Family!!

Tizmoret Shoshana's exceptional staff is diligently planning every detail to make this the most memorable camp experience ever. Please take the time to read through this handbook and familiarize yourself with camp procedures and policies. We are sure you will find it informative as you prepare for the upcoming camp season. Whether you're returning after many years or joining us for the first time, we are excited to have you with us and can't wait for another amazing summer!

Tizmoret is committed to giving from Jewish girls a space to work on their art in a Torah environment. Our staff serve as role models and leaders, showing campers what it means to use their art in a Torah-centric way. Our staff members encourage creativity and expression through a Jewish lens at all times. The primary mission of every staff member is to help campers use their art to serve Hashem while having fun and developing life skills along the way. We are looking forward to a collaborative summer filled with Torah, music, art, dance, writing, acting, and creativity!

With the understanding that this will be your daughter's home away from home, we are making every effort to get to know and accommodate each and every camper. As such, we hope you will take the opportunity to contact us with regard to any issues, both individual and familial, you feel would be beneficial for us to know. Our camp office can be reached by calling Mrs. Gitter at (416) 884-4014 or emailing office@tizmoretshoshana.org. We hope that you will reach out with any specific needs or accommodations your daughter may have, so that we may plan accordingly.

Please carefully review the guidelines in this handbook, and be sure to reach out if anything is unclear. Failure to comply with any of these rules may result in a camper's early dismissal. **Once camp starts, no refunds will be given.**

May we merit to use our gifts to enhance Ahavas Hashem and increase the light of Torah in the world.

Sincerely,

Dr. Ben and Mrs. Jane Gitter
Co-Directors of Camp Tizmoret Shoshana

Who's Who at Tizmoret

We are here to support you at Tizmoret with whatever challenges may come up. Below is a list of Senior Staff, administrative staff, and various support staff. If you have any questions or issues that need to be addressed, please feel free to consult the list below to address your concerns:

- Administration: Dr. & Mrs. Gitter
- Health & Wellness: Nurses (Shoshana List, RN or Shoshana Rosenthal, RN) or Mental Health Professionals (Mrs. Kara Kirsten and Mrs. Aviva Gordon)
- Operations: Dr. Gitter
- Camper Welfare: Mrs. Kara Kirsten, Mrs. Aviva Gordon, Mrs. Gitter, or Mrs. Karen Cohen
- Parent Liaison: Mrs. Gitter
- Meals/Kitchen: Mrs. Eliana Stanfield
- Head Counselors: Orly Hyman and Tzivia Poupko

Important Camp Info:

Camp Dates: Thursday June 27 through Sunday July 21st

Location: Camp for 2024 will be held at Watonka Outdoor Facilities, 328 Wangum Falls Rd., Hawley, PA

Car: Campers who are coming by car may arrive at camp any time between 1:00-4:00pm on Thurs. June 27, and should be picked up between 10:00am-1:00pm on Sun. July 21 unless prior arrangements have been made.

Bus: The ONLY camp bus stop is at the Holiday Inn Express by Newark Airport (1128 Spring St., Elizabeth, NJ). Campers MUST be at the bus stop no later than 12:45pm on Thurs. June 27. We anticipate that the bus will return to the Holiday Inn Express at around 1:30pm on Sun. July 21. There will be a staff member chaperoning the bus, and we will also set up a Bus WhatsApp chat for updates on arrival and departure days.

Flights: If your camper is flying, please send your camper's flight information to the camp office as soon as it is available (and also fill it out in the CampMinder Travel Form!). **Campers flights need to arrive BEFORE 12pm on Thurs. June 27**, so that a staff member can meet your camper and escort them to the camp bus. **For departure, please book camper flights AFTER 3:30pm on Sun. July 21**, so that a staff member can escort your camper from the camp bus to the airport. If your camper will be flying as an unaccompanied minor, you will need to let us know so that we can arrange adequate staffing, since the staff member who accompanies the camper will have to sit in the airport until the camper's flight actually takes off!

Luggage & Belongings

Each camper taking the camp bus may bring one large piece of luggage and one smaller one (ie. backpack, carry-on suitcase, etc) when traveling to/from camp, along with an additional personal item. Each piece of luggage should be clearly labeled with your daughter's name, phone number, and the camp's address.

Due to limited space, we cannot allow cases of water on the bus to camp.

Water will be available for purchase through the canteen. We encourage bringing a reusable water bottle.

Birthdays

Birthdays at camp are always a treat! To sponsor a cake for your camper's bunk or for the camp, please contact the camp office at office@tizmoretshoshana.org prior to the start of camp.

Visiting Day (or lack thereof!)

Due to the short duration of camp, there is **no visiting day at camp**. For safety and security reasons, we generally do not allow visitors on campus. Please contact Mrs. Gitter with any questions at office@tizmoretshoshana.org

Communication With Your Camper:

Email:

Emails to campers will be printed out daily and delivered to campers at meal times. To send an email to your camper, please email campers@tizmoretshoshana.org but do NOT include photos. They will not be printed.

Calls:

All camper cell phones will be stored in the camp office during the week. Campers will be given access to their phones erev Shabbos to call home for a short time. Each bunk will have a designated time to call, so please do not try calling your camper - please wait for them to call you. (Israeli campers will be able to call prior to Shabbos coming in in Israel). Campers who do not have a phone of their own can use staff phones, so please answer even if you do not recognize the phone number.

Camp News/Updates:

We will send out periodic newsletters with photos, updates on camp activities, etc.

Devices

- Please do not bring computers, e-readers, tablets, MP3 players, or other devices to camp. If campers bring any of these devices to camp, they will be stored in the camp office and returned at the end of camp.
- Occasionally, a camper may receive permission from an administrator to use a camp computer. Use of the computer will be restricted to a specific purpose and will be closely supervised. A camper may use a camp computer for telehealth appointments only if their parent sends written permission to an administrator.

Dress Code

Dovid Hamelech said “כל כבודה בת מלך פנימה – All the dignity of a princess is within her.”

While we respect each camper’s personal standards, campers are expected to follow our camp dress code. We have rules in place in camp that must be followed by everyone, especially as we strive to create an environment that respects and accepts everyone. The dress code is as follows:

- Skirts must cover the knees in all positions: sitting, standing, and walking;
- Shirts must cover the collarbone and elbows in all positions;
- Clothes may not be excessively form-fitting or have slits of any size;
- Eyelet holes, cut-outs, and sheer panels are only permitted if a shirt is worn underneath;
- Socks or tights must be worn at all times and must cover the ankle;
- Inappropriate images or words on clothing are not permitted;
- Dress code must be observed to and from the lake, ie. wear a cover-up or skirt & top over swimwear; at the lake, a modest, one-piece bathing suit, two-piece with no midriff showing, or tznius swimwear may be worn;
- Pajamas may only be worn in the cabin and must provide reasonable coverage (e.g. t-shirt and pants/shorts (no tank tops or “short shorts” please!) or a nightgown);
- Hair must be a natural color.

Attendance

Attendance is essential to gaining the most out of your time at Tizmoret Shoshana.

- All campers must be at their assigned activities on time.
- If a camper needs to be late or absent, she must first get permission from her counselor, who should ensure that whoever is leading the activity is aware.
- If a camper needs to leave early, she must first get permission from her instructor, who should ensure that her counselor is aware.

Books

All reading material must be appropriate for a bas Yisrael. Books containing profanity, explicit content, or anything otherwise deemed inappropriate by the administration will be confiscated and returned at the end of camp.

Decorum/Cleanliness

- Campers are expected to clean up after themselves following each activity.
- Cabin inspection is conducted daily. All campers are expected to do their part to ensure that their personal and shared spaces are neat and clean; specific cleanup guidelines will be shared at camp.
- Campers are not allowed to leave their bunkhouses after curfew, and they must remain quietly in bed from lights out until wake-up. If a camper wishes to leave the bunkhouse before wake-up, she must get permission the night before from her counselor and inform her counselor where she will be going (e.g. getting up early to go for a walk, play ball, etc).

Health Center

- The on-duty nurse is the point person for all health-related questions and concerns.
- The health care professional will evaluate the severity of any situation and respond appropriately.
- Should a camper be required to stay overnight in the health center, their bunk counselor will visit them to make sure any needs are met - campers may not visit friends who are in the health center.

Medicine at Camp

- All camper and counselor medicine brought to camp must be turned in to the Health Center upon arrival; **No** medication may be kept in camper bunk areas except for inhalers, EpiPens, and any other exceptions designated solely by the camp nurses. Medication is dispensed before meals (or at designated times) at the Health Center.

Lake/Waterfront Policy

- There will be no lakefront access other than during designated times when lifeguards are on-site and supervising the lake.
- The Lifeguards will determine each camper's swimming ability prior to allowing participation in swimming activities through a swim assessment.

Camp Cancellation/Refund Policy

Due to the seasonal nature of summer camp and the limited space available, we will be unable to issue credit or refunds for late arrival, early departure or absences, or to any camper who is dismissed by the administration prior to the end of the camp season.

It is understood and agreed that if a camper leaves the camp grounds without the express permission of the Camp Director; or if a camper damages or de-faces camp property; or if a camper's conduct does not meet camp standards, the camper will be dismissed at the discretion of the Director, without a tuition refund.

- Cancellation from December 1st through March 1st will result in a \$250 cancellation fee.
- Cancellation from March 1st through May 1st will result in a \$500 cancellation fee.
- No refunds for cancellations after May 1st or for campers leaving early during camp season.

Staff Tipping

Tizmoret Shoshana has a **no-tipping policy** for all staff members, including instructors, counselors, mother's helpers, and kitchen staff.

Packing List - All Campers

- 7-8 weekday outfits plus a couple extra pairs of socks and underwear
- 2-4 Shabbos outfits (depending on if you want them in the laundry; nobody will care if you wear the same outfit every Shabbos!)
- 2 pairs pajamas
- sneakers, Shabbos shoes, rain boots
- sweatshirt for nighttimes
- tznius swimwear/one-piece bathing suit/two-piece bathing suit with NO midriff showing
- cover-up for the way to the lake
- black shirt and skirt for performances if you're doing instrumental music, vocal music, drama or dance
- leggings for outdoor and/or dance activities (more if you're doing dance)
- 2-3 towels and washcloths
- pillow
- sleeping bag OR sheets and blanket
- all necessary toiletries
- large reusable water bottle
- flashlight
- siddur
- LAUNDRY BAG
- notebook and writing implements for shiur; more if you're doing writing (or just if you want to, because notebooks are awesome;))
- optional: books, games, earplugs, slippers, snacks (not too many!), stuffed animals, anything else fun you want to bring (as long as it doesn't take up too much room)

NOTE: Packing Lists for specific majors will be sent out prior to camp.