



HABONIM DROR CAMP MOSHAVA

PARENT/CAMPER HANDBOOK

Summer 2024

Habonim Dror Camp Moshava | 615 Cherry Hill Road Street, Maryland 21154 |
301.348.7339 | campmosh.org



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CAMP MOSHAVA CONTACT INFORMATION

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

Camp Address: 615 Cherry Hill Road
Street, MD 21154

Camp Phone: 301.348.7339
*Please note we answer this number year-round,
including at camp.*

Marp (Health Center) Phone: 410.893.7006

Camp Fax: 240.238.6430

Important Contacts

Talia Rodwin, Co-Director Executive	talia@campmosh.org
Karin Hammou, Director of Engagement	karin@campmosh.org
Diane Bullard, RN, Lead Nurse <i>prior to camp</i>	diane@campmosh.org
Camp Nurse <i>during camp</i>	moshnurse@campmosh.org
Avi Edelman, Board President	avi@campmosh.org
Rivka Glaser, Board Parent Liaison	rivkaglaser@yahoo.com

During camp, we are often out and about, supervising activities and spending time with campers. Therefore, we ask that you send your question or request via email to the person you think most directly addresses your concern (for example, please send questions about medication to Diane). If you'd like to talk with us, please request to be called and specify the best phone number and time to reach you. **Our staff check emails multiple times a day and you will ALWAYS hear back via phone call or email within 24 hours.**

Website: campmosh.org

Camp Mosh Blog: campmosh.wordpress.com
Updated during camp on Tuesdays and Thursdays.

CampInTouch: habonimdror.campintouch.com
*Pictures of campers posted on Mondays, Wednesdays,
and Fridays.*

SHALOM AND WELCOME TO MOSH

We are so excited to have your child enrolled for Summer 2024 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 getting to know your child and welcoming 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, an organic garden, low ropes course, a nature preserve, and easy access to a local river. Our youngest campers live in cabins, while the older campers enjoy the breezes of our platform tents. There are communal bathrooms in each living area.

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!



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, Gesher HaZiv, Grofit, Gezer, and Lavon.

Today, Habonim Dror (Builders of Freedom) is a very different movement than it was when it was founded over 100 years ago. The core values and goals, however, remain the same: 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 (Ken) that Mosh holds in the Washington, DC region. In addition, Habonim Dror North America sponsors programs in Israel for its older members, including MBI for rising 11th grade, and Workshop, an 8-month gap year program following high school graduation.



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 TZEVEY (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 one or more of Habonim Dror leadership training programs in Israel and North America, which include MBI (5 weeks in Israel); *Madatz* (counselor-in-training program); and Workshop (an 8-month service program in Israel); as well as other national Habonim and Foundation for Jewish Camp training programs.

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* (summer director), *Rakazimot Techni* (technical directors), and *Rakazimot Chinuch* (educational directors).

Additional Youth Leadership

Additional youth leadership includes: *Rashei Mitbach* (kitchen managers), *Tzevet Madatz* (senior counselors who run our counselor-in-training leadership program), and *Melavimot* (camper care coordinators).

Summer Professional Staff

In addition to our youth leadership, our staff also includes two nurses and our mental health director.

Year-Round Professional Staff

The Mosh office is staffed year round by **Abby Cohen** (Co-Executive Director for Development and Engagement), **Talia Rodwin** (Co-Executive Director for Camp Experience) and **Karin Hammou** (Director of Engagement).

Talia and Karin are at camp all summer; Karin is the primary contact for parents throughout the summer.

ACTIVITY INFORMATION

Arts, Cultural, and Physical Activities

***Shira and Rikud* (Song and 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 *Musical* (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!

***Zman 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.

Teva (Nature)

Hiking helps campers connect with nature and learn about the Earth and our environment from a Jewish perspective. We enjoy beautiful daily hikes on our 267+ acres of beautiful wooded property.

Sirat Kayak v' Abuvim (Kayaking and Tubing)

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

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. *Avodah* activities include gardening; caring for animals; preparing decorations for Shabbat; cleaning Mosh spaces; painting murals; and other great projects.

Yom Tzedek (Justice Day)

Yom Tzedek is an important part of the Habonim Dror Camp Moshava philosophy. Campers learn about a social justice issue and how they can have an impact. Campers may speak with activists who are working on local campaigns, such as the Fight for 15, and will even get a chance to take part in community action, such as letter-writing.

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.

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!

Special Day

Special Day is a time for campers to learn about serious topics through a creative, immersive day-long experience. A recent Special Day had our *tzevet* members dressing as Donkey Kong characters and acting out a car accident. Unfortunately, Mario, Luigi, Princess Peach, and friends were injured and uninsured. Campers spent the day exploring the challenges of our healthcare system.

Revolution/REVO

Revolution is at the heart of the Habonim Dror camping experience and gives our *Madatz* (CITs) a chance to overthrow the *tzevet* (staff) and take over camp for the day! This means that *tzevet* takes a backseat and our *Madatz* runs inventive activities for the campers, in the spirit of youth autonomy.

IVRIT (HEBREW) AT CAMP

At *machaneh* (camp), we want campers to connect with Hebrew as a living language, rather than solely as a biblical language used in prayer. You will find that we use a lot of Hebrew to designate the various places in camp and the names of activities. In addition, we use Hebrew to make announcements and for cheers and songs.

Though it may be new for some, all of this Hebrew will become very natural in just a few days! The words are very easy to learn because we use them all the time. *Tzevet* and veteran *chanichimot* are happy to explain for those who do not understand at first.

There are a few words you might want to practice before camp (the letters "ch" are pronounced as in Chanukah):

Glossary

People

Rosh	Summer Director	Madatz	Counselor-in-Training
Mazkirut	Leadership Team	Schichva*	Age group by grade
Madrichol	Counselor	Kvutza*	Age group by people
Tzevet	Staff		
Chanichol	Camper		

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

Places

Machaneh	Camp	Brecha	Pool
Misrad	Office	Sherutim	Bathrooms
Chadar Ochel	Dining hall	Ram Kol	Loudspeaker
Malechet Yad	Arts Building	Marp (Mirpa'ah)	Infirmary
Moadan L'Chaver	Community Building	Sif (Sifriah)	Library
Toren	Flagpole	Ohel	Tent
Agam	Lake	Tzrif	Cabin
Gan	Garden	Shetach	Living Area

Activities

Avodah	Work	Kupa	Sharing
Anaf	Work Group	Toranut	Kitchen Duty
Menucha	Rest	Chug	Interest Group
Tiyul	Hike	Rikud	Dancing
Kumzitz	Sing-along	Sicha	Discussion
Medurah	Bonfire	Peula	Activity
Chofesh	Free Time	Schiya	Swimming
Shira	Singing	Tochnit erev	Evening Activity
Ken	Year-round Activities		

Making Machaneh's Hebrew More Inclusive

Once every two years, the Habonim Dror youth movement holds a *veida* (decision making seminar) with its 16-23 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 in 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. Traditionally, a mixed-gender group is referred to with only the male suffix (e.g. *Bonim*, *Bogrim*, etc.). Feminist movements in Israel created the *-imot* suffix to include people of all genders and Habonim Dror North America decided to adopt this change. Now, all-gender groups at Mosh are referred to using *-imot* (e.g. *Amelimot*, *Chotrimot*, etc.).

Another change in language is the gender-neutral single prefix – a change that is an effort to make language more inclusive to individuals who have expressed they do not want to be referred to in a gendered way, or those 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, in addition to *madrich* (for a counselor who wants to be referred to as male) and *madricha* (for female), we also have *madrichol* (or *madrich-all*)!

WHAT TO BRING TO CAMP

Please impress upon your child their responsibility for the care of their clothes and possessions. Camp Moshava is not responsible for lost articles.

[Our Packing Checklist may be found on page 30.](#)

Simple, inexpensive clothing that can get dirty 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 boots as an optional extra.

We often have rain showers in the afternoon. Please bring a raincoat.

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, so campers should have enough clothing to last about 8 days (with the exception of socks and underwear – a 12-15 day supply is recommended).

All campers should bring their own twin fitted sheet, flat sheet, and a blanket, as well as 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.

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.

Screens are not permitted for campers at Mosh. Personal MP3 players may be brought for use at designated times. iPhones or iPods with screens, even if campers usually use iPhones for playing music, will be taken away and held in the camp office until the end of the camp session.

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.

Every article of clothing and linens must be clearly labeled with the camper's full name. We recommend printed name tapes, a rubber stamp with indelible ink, or a permanent marker.

Many campers like to bring special clothes for Shabbat.

Footwear At Camp

Sandals, crocs, and sneakers are ideal to wear during the day.

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

Flip-flops or water shoes are ONLY for wearing to the pool and showers.

Nice To Have At Camp, But Not Necessary

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 showers.
4. Musical instruments (there is usually a *chug* for guitar and other musical instruments, depending on staff ability and camper interest). There is also a weekly musical show in which your camper may choose to participate.

5. Costumes: sometimes we dress up at camp and campers will be happy if they have their favorite crazy outfit. However, we can always improvise. There is no need to buy new costume materials.
6. A camera.
7. Playing cards or other small group games.

What NOT To Bring

Please do not send cash to camp (please see the **Kupa** section).

Note that it is easy to lose small articles of value (watches, rings, chains, etc.). It is best to keep valuables and sentimental items at home. Camp Moshava assumes no responsibility for any items that may become lost.

Cell phones (including iPhones), iPods with screens, and electronic games are not to be brought to *machaneh*. Pocket knives or weapons of any kind, lighters, or matches are not permitted at Mosh. If brought, they will be held in the camp office until the end of the camp session.

Laundry

Laundry is done every week. It is sent out to an off-site laundry facility and is returned within 1-2 days. Please pack accordingly.

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.

Examples of how to correctly label clothing

- Sam Schwartz

Examples of how NOT to label clothing:

- Sam
- Schwartz
- S.S.
- S. Schwartz

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 the **camper's FIRST and LAST name**. Camp Moshava is not responsible for loss of or damage to personal items.

Any items with no name on the label will be donated to a charity near camp. Labeled items that are not picked up by October 31st at the Camp Moshava office in Rockville will be donated to a local charity.

TRANSPORTATION

Arriving to Camp

2 (Amelimot only), 4, and 7 Week Sessions: Sunday, June 23, 2024

North Bethesda, MD

6011 Executive Boulevard

arrive at 8:15 a.m.

Owings Mills, MD

Beth Israel Congregation

3706 Crondall Lane

arrive by 9:15 a.m.

Secaucus, NJ

Alexander Hamilton Service Plaza

Accessible from New Jersey Turnpike Southbound

arrive at 7:15 a.m.

Camp*

615 Cherry Hill Road, Street, MD

arrive by 10:30 a.m.

* This option is **only** for those without access to a bus stop.

1 Week Session Campers (Nitzaanimot only): Sunday, June 30, 2024

All Nitzaanimot must be driven directly to camp. Please arrive at 11:00 a.m.

3 Week Session Campers: Monday, July 22, 2024

North Bethesda, MD

6011 Executive Boulevard
arrive at 8:15 a.m.

Secaucus, NJ

Alexander Hamilton Service Plaza
Accessible from New Jersey Turnpike Southbound
arrive at 7:15 a.m.

Camp*

615 Cherry Hill Road, Street, MD
arrive by 10:30 a.m.

* This option is **only** for those without access to a bus stop.

5 Week Session Campers (*Bonimot* and *Bogrimot* only): Sunday, July 7, 2024

All *Bonimot* and *Bogrimot* registered for 5 weeks must be driven directly to camp.
Please arrive at 10:00 a.m.

Returning Home

***Nitzanimot* (1 Week Session) and *Amelimot* (2 Week Session): Sunday, July 7, 2024**

We welcome *Nitzanimot* and *Amelimot* families to join us for Visitors' Day, and to take their children home at the end of the day.

4 Week Session Campers: Friday, July 19, 2024

North Bethesda, MD

6011 Executive Boulevard
arrive between 12 - 12:30 p.m.

Secaucus, NJ

Alexander Hamilton Service Plaza
Accessible from New Jersey Turnpike Southbound
arrive between 2 - 2:30 p.m.

Camp*

615 Cherry Hill Road, Street, MD
arrive by 10 a.m.

* This option is **only** for those without access to a bus stop.

3, 5, and 7 Week Session Campers: Sunday, August 11, 2024

Owings Mills, MD

Beth Israel Congregation
3706 Crondall Lane
arrive between 11 - 11:30 a.m.

North Bethesda, MD

6011 Executive Boulevard
arrive between 12 - 12:30 p.m.

Secaucus, NJ

Alexander Hamilton Service Plaza
Accessible from New Jersey Turnpike Southbound
arrive between 2 - 2:30 p.m.

Camp*

615 Cherry Hill Road, Street, MD
arrive by 10 a.m.

*This option is **only** for those without access to a bus stop.

Intersession

Intersession, the period between first and second sessions that all campers leave camp, will be **July 19-22, 2024**. This is crucial for our staff to reset and prepare for the following session, ensuring that we continue to provide the best care and experience for your children.

We will provide transportation to/from camp to our regular locations (the information listed above). If you will be out of town or do not live locally, please let us know with whom you arrange for your child to stay. If you need help with Intersession planning, we are happy to connect you with another Mosh family who might provide a weekend homestay for your child.

Madatz

Arrive: Thursday, June 20, 2024

North Bethesda, MD
6011 Executive Boulevard
arrive by 11:15 a.m.

Depart: Monday, August 14, 2024

North Bethesda, MD
6011 Executive Boulevard
arrive between 12:15-12:45 p.m.

Madatz will remain at camp during Intersession to help with second session program planning.

VISITORS' DAY

We welcome all families of first session campers to visit camp on **Visitors' Day: Sunday, July 7, 2024 from 12 p.m. – 4 p.m.** Parents of *Nitzanimot* and *Amelimot* (2 week session) are expected to take their children home with them at the end of Visitor's Day.

Please bring a picnic lunch to share with your *chanichimot* (campers). Please remember that we are a **KOSHER** camp. Sodas will be sold, as well as the camp photo and a variety of Mosh souvenirs.

There will be a short presentation for all families, the pool will be open for your enjoyment, and we will offer a choice of activities, including softball, Israeli dancing, and a short *tiyul* (hike).

Due to health and wellness safety precautions, campers may not leave camp on Visitor's Day.

HEALTH AND MEDICAL INFORMATION

Medical Forms

The following details necessary medical forms to be completed prior to camp.

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 **CampInTouch** account.
- Scan and email to diane@campmosh.org or moshnurse@campmosh.org
- Fax: 240.238.6430
- Mail to:

Camp Moshava
6101 Executive Boulevard
Suite 319
N. Bethesda, MD 20852

Form	Context	Applies to	Completed by	Due
Physician Form	Print from CampInTouch . May use data from a physical completed within 24 months of the start date of camp.	All campers	Camper's physician	April 30, 2024
Health History Form	Completed online	All campers	Parent or guardian	April 30, 2024
Immunization Records		All new campers or those with updated immunization record	Physician	April 30, 2024
Proof of insurance	Scan of front and back of insurance card	All new campers or those with updated insurance info	Parent or guardian	April 30, 2024
Medication Administration Authorization Form	Print from CampInTouch	Campers taking prescription medication, vitamins, or supplements regularly, including OTC ¹ medications	Camper's physician and parent or guardian	May 1, 2024
Daily Medication Form	Print from CampInTouch	Campers taking medication, vitamins, or supplements regularly, including OTC ¹ medications	Parent or guardian	May 1, 2024

Please note

1. Over-the-counter (OTC) medication must be administered by the medical staff. Please see the **Medications** section for more information.
2. If there are changes to your child's medication prior to camp, please send updated forms **prior to your child's arrival** to diane@campmosh.org or moshnurse@campmosh.org.

Prior to Arrival at Camp

Vaccinations

Safety and public health are priorities for Habonim Dror Camp Moshava. 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, and 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 recommendations of the American Academy of Pediatrics..

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., immunocompromised individuals).

Medications

All medications, prescription and over-the-counter (OTC), will be securely and appropriately stored in the Health Center and administered by Health Center staff.

All medications, prescriptions and OTC, require a Medication Administration Authorization (MAA) form to be completed by the prescribing physician, and **signed by both physician and parent.**

Camp Mosh has contracted with **Fallston Pharmacy**, in Fallston, MD, for the dispensing and packaging of prescription medications. Processing fee is \$5 per blister pack, plus co-pay. Fallston Pharmacy accepts most insurance plans. Fallston Pharmacy contact information:

phone: 410.879.9000

fax: 410.879.9047

email: fallstonpharmacytc@gmail.com

Please ensure that Fallston Pharmacy receives prescription(s), health insurance card information, and completed credit card authorization form two weeks prior to your child's first day at camp. Prescriptions may be sent e-script or by secure fax. The Fallston Pharmacy credit card authorization form may be downloaded from your **CampInTouch** account (Forms & Documents). For your convenience and with your written permission via email, health insurance card information will be forwarded to the pharmacy.

Non-prescription medications (OTCs) that are camper-specific may be brought from home provided the medication is "new" in an unopened bottle or box. As indicated above, **MAA form is required.**

Emergency medications, such as inhalers and EpiPens, may be brought from home provided the medication is not expired and has a pharmacy label affixed. As indicated above, **MAA for is required.**

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 diabetes may keep some supplies with them. For children with anaphylactic allergies, their counselors and the camp nurses will hold onto their EpiPen and will ensure it is always available for emergency use. If a camper has emergency medication that they will carry and self-administer, **we must have a completed MAA form 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 infirmary.

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.

For any other information about forms, medications, and health care at camp, please visit campmosh.org/medical-forms or email Diane at diane@campmosh.org.

Health Care While at Camp

Our infirmary is staffed 24 hours a day with Registered Nurses (RNs). When necessary, we use the services of a local urgent care clinic or the local hospital, both about twenty 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.

Camp Mosh commits to creating a healthy environment for all campers and staff. We remain vigilant against the spread of disease at camp and incorporate hygiene, education, and best medical practices to prevent the spread of contagious disease.

Camp Mosh commits to communication with parents in these situations:

About your child

If your child stays overnight in the *mirpa'ah* (health center), sees a physician, or returns to the *mirpa'ah* with a repeated complaint.

To all parents

If we have multiple cases of the same condition occurring at camp.

If we think this may affect campers no longer at camp, we will also inform families of campers no longer at camp.

The following guidelines for care are all to be treated as contextual. In all cases, we will follow the best judgment of our nurses, treating physicians, and camp staff.

Camper remains at camp (given we have space/staffing):

- Camper has a non-infectious, stable condition.

- Camper diagnosed with infectious condition, but can be treated by antibiotics.
- Camper has fever or is otherwise unwell, but without diagnosed illness. If we do not have enough space/staff available to accommodate for this, camper will be sent home after 48 hours of continued fever.

Camper will return home:

- Camper diagnosed with an infectious condition that cannot be treated via antibiotic, such as: COVID; hand, foot, and mouth disease (HFMD); or other highly-transmissible viral infection.
- Serious injury we cannot accommodate at camp, such as an unstable fracture.
- If we have a disease outbreak of over five children, we may need to send diagnosed campers home to convalesce, due to lack of space and staffing and to protect against spread. These decisions are case-by-case and situational; the decision to send campers home remains at the discretion of health care staff and Camp leadership.

Covid-19 Policy

Rationale

Maintaining the health, safety, and well-being of all the members of the Mosh community is important to us and we will continue to follow best medical and public health practices in order to achieve those goals. The congregate living environment of summer camp, which can significantly increase COVID transmission, presents a unique set of circumstances and risks unlike any other. These circumstances require unique policies that may be different from school or other settings.

Covid Vaccination

Camp Moshava requires that those who are in residence at camp are vaccinated according to the schedule recommended by the American Academy of Pediatrics (AAP) and the CDC. This includes vaccinations for COVID. We strongly recommend the 2023-2024 COVID-19 booster which protects against newer variants of the virus. Prior boosters and vaccines have waning immunity, so we urge everyone to remain up-to-date in order to protect our community health. All participants must either show proof of vaccination or provide a written explanation for not having the newest booster.

Pre-Arrival

In order to ensure that campers arrive at Mosh healthy, we strongly urge that campers, staff and their household members minimize exposure in the week prior to camp. This means minimizing indoor, unmasked, group activities. We also urge parents to check their child for any symptoms of illness prior to camp. All campers and staff must arrive at Camp Mosh without obvious infection.

All campers and staff are required to conduct a negative COVID-19 rapid test result before arriving at camp. If the test is positive, DO NOT ARRIVE AT CAMP. Please be in touch with Karin at karin@campmosh.org to receive guidance.

In-Camp Practices

By entering into the summer with a COVID-vaccinated community, we start from a place of health and well-being, positioning us to move through the summer with lower incidents of COVID and milder illness if it occurs. We will use our established health and wellness procedures for any community member experiencing any illness at camp. We will conduct rapid antigen tests of campers and staff with symptoms consistent with COVID-19.

In the Case of Being COVID Positive

Any camper or staff member who is positive for COVID-19 must remain in isolation until 24 hours after symptoms have abated. The individual will likely need to go home to isolate, given that our general medical protocols maintain that individuals who are feverish or have stable or worsening symptoms for over 48 hours must return home for the duration of their sickness.

24 hours after the individual's symptoms abate, they may re-enter Camp Mosh life. We will institute a period of 5 days of mitigation measures upon reintegration. This may include sleeping and eating separately and wearing masks. Exact measures will vary on a case-by-case basis.

An individual may end their 5 days of mitigation measures earlier if they test negative for COVID.

Leaving Camp

When campers or staff leave camp, such as for intersession or staff off-time, we ask that they mask in higher-risk spaces to protect the community. High-risk spaces include crowded indoor areas such as public transit, concerts, crowded restaurants, and movie theaters.

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 campers' 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 camper 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 camper's application form. Parents will be contacted regardless of the treatment option selected.

Please Note: Treatment Cost

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 CampInTouch will be charged for the full amount of the treatment.

Ongoing Monitoring and Care for Lice

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.

Nitzanimot

Campers should be checked by a professional before coming to camp. *Nitzanimot* will be checked for lice when they arrive at camp. If the camper is found to have lice or nits, they will have to go home. No refund or credit will be issued.

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

CAMPER CARE

At Camp Mosh, the well-being of every member of our community is our utmost priority. We have a Camper Care team, made up of professional and summer staff who will engage with families and campers before and during the summer to make sure we can provide the best possible experience to meet each child's unique needs.

Camper Care Team

Mental Health Director

Our camper care team is spearheaded by our mental health director, who works during the spring and summer to connect with parents and families, and to provide campers with professionalized support and strategies for success. Mosh is currently in the hiring process for our 2024 Mental Health Director.

If you would like to be in touch with them once they are onboard with any questions or concerns about your child and their mental, emotional, and behavioral health at camp, please let **Talia Rodwin** know at taliamosh@campmosh.org.

Melavimot

Mosh has two *melavimot* (camper care coordinators), who are experienced members of our youth staff. Their role is to oversee mental health and well-being at camp; to provide proactive support to campers and staff; and to intervene and problem-solve when mental, emotional, and behavioral health challenges arise. In 2024, our camper care coordinators are **Cap Goldenberg** and **Eva Salins**.

Cap has been going to Mosh since 2014. He joined *tzevet* (staff) virtually in the summer of 2020 and has worked every year since. He graduates from Binghamton University this spring.

Eva graduated from Towson University in December 2023 with a degree in Social Sciences and a minor in History. Since graduating, she has been working at a mental health therapist's office as the administrative assistant.

If you would like to reach out to them, please be in touch with Talia at taliamosh@campmosh.org.

Pre-Camp Calls

If any campers need a bit of extra support at camp, our camper care team will conduct a call with the camper and their family prior to camp to learn more about their needs and plan some strategies for success. If you believe your camper would benefit from this extra support, please reach out to **Talia Rodwin** at taliamosh@campmosh.org.

During Camp Support

During the summer, our camper care team trains and empowers staff to care for the mental, emotional, and social health of all campers. When staff or campers need extra support, our camper care team works with them to brainstorm and implement strategies that will benefit their camp experience. When appropriate, we will reach out to parents to create a support plan for best meeting the needs of your child.

Phone Calls, Homesickness, and Solving Problems Together

Campers are not permitted to have a cell phone or device that connects to the internet with them at camp. Please make sure your child's cell phone is at home when they leave for camp.

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.

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 to family or friends are usually not allowed.

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 work together to determine the best course of action, if a problem arises.

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. A few suggestions:

- talking to a counselor or to friends.
- writing a letter or journaling.
- brainstorm together and come up with the steps to follow if they feel homesick.

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!

Please address mail as follows:

Camper Name
Shichva (age group)
615 Cherry Hill Road
Street, MD 21154

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

To email your camper, please follow these guidelines:

1. Write your child's name and *shichva* (age group) in the subject line.
2. No photos or attachments in an email.
3. Include text only in the body of the email.
4. Send emails only to MyCamper@campmosh.org

Of course, if you have any questions or concerns about your camper, you may contact [Karin](#) or call us at 301.348.7339.

Communications from Mosh

Mosh has a [blog \(campmosh.wordpress.com\)](http://campmosh.wordpress.com), where we post pictures and share details about our campers' days. So, even if your child doesn't write (unfortunately, totally normal!), you can see what's going on at Mosh and enjoy hearing about the fun and creative *peulot* (activities) campers are experiencing. We recommend you bookmark the website.

Given the nature of a typical day at camp, and our internet capability/speed, blogs will typically be loaded in the evening. Look for new blog posts every Tuesday and Thursday throughout the summer.

Please also follow us on [Facebook](#) and [Instagram](#)!

Camper photos will be uploaded to [CampInTouch \(habonimdror.campintouch.com\)](http://habonimdror.campintouch.com) every Monday, Wednesday, and Friday, within the limits of our internet capabilities.

It is important for us to be able to contact parents at any time when their children are at camp. 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

Non-preapproved food items will not be accepted in care packages. Due to allergic reaction incidents related to food being sent to campers with nuts, campers are not able to receive baked goods or other food in care packages. Please notify other family members who might be sending care packages to your camper of this 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.**

If you would like to send candy or another treat to your child's age group (approximately 15-25 campers), we have created an [Amazon Wish List](#) of items that have been approved by staff as safe for all of our campers. Please address the package as follows:

Camper Name
Shichva (age group)
615 Cherry Hill Road
Street, MD 21154

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

Meals at Camp

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. We have different options to please even the pickiest eaters. Mosh is nut-free. **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.**

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 always available.

Menu rotates every few days and options include:

Breakfast

Constant

milk (soy milk available) fresh
fruit
fresh vegetables
sunbutter
yogurt
cold cereal
hard boiled eggs

Rotating

pancakes
scrambled eggs
veggie sausage
oatmeal
hash browns
muffins
bagels

Lunch

Constant

salad and fresh cut veggies
Vegetarian protein (egg, chick
peas, beans, cheese)
fresh fruit

Rotating

mac-n-cheese
burrito bar
pizza bagels
chicken nuggets

Dinner

Constant

salad and fresh cut veggies
Vegetarian protein (egg, chick
peas, beans, cheese)
fresh fruit

Rotating

hamburgers and hot dogs
chicken
spaghetti with meat sauce
shepherd's pie

Snacks are served twice a day.

***Aruchat arba* (afternoon snack)**

fresh fruit
nut-free trail mix

***Kibud* (bedtime snack)**

cookies or cake with milk

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. This *kupa* program fee is already included in your child's tuition.

Kupa is used in a variety of ways throughout the summer. The *chanichimot* (campers), as a group, decide with their *madrachimot* (counselors) how to spend *kupa*. Treats such as candy or ice cream, parties, out-of-camp trips, etc. are all funded by *kupa*. Toiletries, batteries, 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.

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.

Whenever 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 together determine 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.

Behavioral Issues

If a behavioral issue arises, parents will be contacted, and we hope to be able to consult with you and together determine 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 interventions, may 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, a member of *mazkirut* (leadership team), or Camp Director. We pledge to investigate these allegations fully, to work with campers to resolve issues, and to 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, color, sex, sexual orientation, gender identity or expression, nationality, religion, disability, socioeconomic status, physical appearance, or political views), 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 or suggestions, or to offer your help to this communal effort.

Housing

Campers are housed according to their gender identity and where they feel most comfortable. In addition 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), you may indicate housing preference in the Camper Application or contact talia@campmosh.org to indicate your housing preference.**

Birthdays at Moshava

We love to celebrate birthdays at camp! Camper birthdays will be celebrated in their age group. Parents may arrange to call camp to wish their child a happy birthday. Please email karin@campmosh.org one week prior, to schedule the call. Parents may send approved treats from our [Amazon Wish List](#) for their child's birthday.

B'nai 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 [Talia](#), the Co-Executive Director, that you wish for your child to do this review while at camp. We suggest that you send *Brit Mitzvah* materials copies to camp and keep the originals at home, in order to avoid the anxiety of loss.

THANK YOU

We greatly appreciate the time you took to review this handbook and discuss it with your child. Your effort and partnership in creating a will make this summer a shining success.

If you have any questions as the summer approaches, please do not hesitate to contact us at 301.348.7339. We are 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 use 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.

✓ Clothing	1 week	2 weeks	3 weeks or more
<input type="radio"/> Socks	8 pairs	12 pairs	12 pairs
<input type="radio"/> Underwear	8 pairs	12 pairs	12 pairs
<input type="radio"/> Heavy Sweater or Jacket	1	1	1
<input type="radio"/> Light sweater or Jacket	1	1	1-2
<input type="radio"/> Rain coat or Poncho	1	1	1
<input type="radio"/> Shorts	5-7 pairs	8-12 pairs	8-12
<input type="radio"/> T-shirts	7	8-12	8-12
<input type="radio"/> Jeans or Pants	1-2	1-2	1-2
<input type="radio"/> Outfit for Shabbat	1	1-2	2 or more
<input type="radio"/> Pajamas	2 pair	2-3 pair	2-3 pair or more
<input type="radio"/> Bathing Suit	2	2	3-4
<input type="radio"/> Bathrobe (optional)	1	1	1
<input type="radio"/> White t-shirt for tie dying (can be old)	1	1	1
<input type="radio"/> Flip flops (for pool area/shower)	1	1	1
<input type="radio"/> Sneakers/Tennis shoes (one pair for hiking/water play)	2 pair	2 pair	2 pair
<input type="radio"/> Hat with Brim (mandatory)	1	1	1
✓ Bedding			
<input type="radio"/> Pillow	1	1	1
<input type="radio"/> Pillowcase	1	2	2
<input type="radio"/> Fitted Sheet	1	2	2
<input type="radio"/> Flat Sheet	1	2	2
<input type="radio"/> Blanket	1	2	2
✓ Other Important Items			
<input type="radio"/> Small backpack for hikes/overnights	0	1	1
<input type="radio"/> Water bottle	1	1	1
<input type="radio"/> Laundry Bag	1	1-2	2
<input type="radio"/> Bath and Swim Towels	3	6	6
<input type="radio"/> Wash Cloth	2	4	4

<input type="radio"/> Toothbrush and Toothpaste	1	1	1
<input type="radio"/> Soap/Shampoo/Conditioner	1	1	1
<input type="radio"/> Comb/Brush	1	1	1
<input type="radio"/> Shaving Supplies			
<input type="radio"/> Toiletry Bag or Basket	1	1	1
<input type="radio"/> Flashlight and Batteries	1	1	1
<input type="radio"/> Sunscreen (mandatory/SPF 30 or higher)	1	1	1
<input type="radio"/> Bug Repellent	1	1	1
<input type="radio"/> Sleeping bag	1	1	1
<input type="radio"/> Stuffed animal/blanket (optional)			
<input type="radio"/> Books, games, and quiet activities (optional)			
<input type="radio"/> Base/softball glove (optional)			
<input type="radio"/> Costume (optional)			