



2010 Family Handbook

Winter Harry & Rose Samson Family JCC · 6255 N. Santa Monica Blvd. · Milwaukee, WI 53217 · 414-967-8240 · Fax 414-964-0922
Summer 7050 Old Highway 70 · Eagle River, WI 54521 · 715-479-8030 · Fax 715-479-8527 · info@campinterlaken.org · www.campinterlaken.org
Director Toni Davison Levenberg · Chair Sylvia Winter · Co-Chair Sheryl Rubin · JCC Chairman of the Board Sue Strait · Executive Director Mark Shapiro



Dear Camp Interlaken Family,

Welcome to another exciting summer at the Steve & Shari Sadek Family Camp Interlaken JCC. We are gearing up for an amazing summer with your child! The 2010 Family Handbook provides you with all the information you need for camp this summer. Whether you are new to Camp Interlaken or a seasoned pro, please be sure to read this handbook closely as there is some new information for this summer.

Our goal is to create a *kehilla b'yar*, a community in the woods. Campers will be part of a *chevra*, a group of friends, who live in a vibrant community that operates according to Jewish values. I look forward to building a summer of fun and a lifetime of Jewish memories for your camper.

Best, Toni Davison Levenberg, Director

OUR PROFESSIONAL STAFF

Toni Davison Levenberg Director

Toni joined the Interlaken team in January 2006. Originally from Philadelphia, PA, she has actively been involved in camping and informal Jewish education since she was a camper. Toni has a Bachelor of Science degree in business administration from the University of Florida. Her professional experience includes being the Assistant Director of House in the Wood Camp serving inner-city Chicago children, Sales & Operations Manager of Camp CHI's Perlstein Resort & Conference Center, and a Software Engineer with two technology consulting firms. In 2007, Toni was selected as one of 12 resident camp directors nationally to be a Mandel Senior Fellow through the JCC Association's Mandel Center for Jewish Education as part of the Lekhu Lakhem program, and in 2010 Toni joined the JCCA Netivim cohort with the Mandel Center for Jewish Education. Toni is ready to begin her fifth summer at Camp Interlaken (she can't wait to get her 5-year T Shirt) and continue to enhance the program, tradition, and legacy of our jewel in Eagle River! Toni is an active member of the American Camp Association where serves on the board of the Wisconsin Section, has been a speaker at conferences as well as a committee member in the Young Professional group. Toni is active in the Midwest Jewish Camp Directors group as well as a board member of the Wisconsin section of the National Council of Jewish Women.

Dan Baer Assistant Director

Dan began his Interlaken career in December of 2008, but it seems like he has been part of the team for much longer! In Akron, Ohio, Dan was the Assistant Director at a camp that offers both a resident and day camp program for children from many different backgrounds. Dan graduated from Cornell University with a degree in Applied Economics and Management. His commitment to Jewish life extends beyond his involvement in BBYO as a teen and serving on the Hillel board as a college student. He has always had a passion for working with children in a Jewish setting. Dan is a BBYO Advisor in Milwaukee. He has enjoyed his time working with our children during vacation days and early release at the JCC, and he really looks forward to his second summer at Camp Interlaken.

Sharon Cohen Assistant Director

An employee of the JCC since 1985, Sharon Cohen is a preschool teacher and Judaic Educator in the JCC Gan Ami during the winter and is the Assistant Director of the Steve & Shari Sadek Family Camp Interlaken JCC during the summer. In these capacities, she has touched hundreds of children in our community from very young to teenager, infusing them with her knowledge and love of Jewish traditions, learning and values. Sharon graduated from Boston University with a BS in education, has studied at the graduate level at Keane College for early childhood education and has taken Judaic study classes at both Hebrew Union College and Spertus College. Sharon is most famously known as Hazzi's wife and Simcha's mother.

Hazzan Carey Cohen Administrative Director

Returning for his seventh summer on staff at Camp Interlaken JCC, Hazzan Cohen, known lovingly as "Hazzi," is responsible for many things behind the scenes at camp including scheduling of *chugim* (activities), staff days off, transportation, and he is a Judaic resource for our staff and campers. During the off-season, Hazzan Cohen is a full-time staff member at the JCC as the Chaverim (Adult Special Needs) Director and Transportation Coordinator. He graduated from the Manhattan School for Cantors and attended City College of New York. Hazzi is most famously known as Sharon's husband and Simcha's father.



TABLE OF CONTENTS

Important Dates	5
Preparing for Camp	5
Camp Forms & Fees	5
What is the purpose of the forms?	
When do I need to return the forms?	
When are camp fees due?	
Medical Information	6
New for 2010 – CampRX	
Does my child need a medical exam?	
Is it ok to send the medical form on the bus with my child?	
What are the camp health and safety regulations?	
Visitation	7
Can I visit my child at camp?	
If we would like a tour of camp, what is the procedure for visitation?	
Communication	8
Incoming mail	
Outgoing mail	
Can I talk to my child on the telephone?	
Can my child bring and use a cell phone while at camp?	
Can I send care packages from home?	
Can I send a fax to my child?	
How do I send my child email?	
Can I send my child special birthday food and presents?	
What should we do if we plan to be away from home during camp?	
Can someone else pick up my child?	
How do I get more information about my child during camp?	
How will camp communicate with me, the parent?	
Luggage & Labels	9
What should my child bring to camp?	
Do we really need to label everything?	
Will someone keep track of all my child's belongings?	
Do I need to pack enough clean clothes for the entire session?	
Are there any items we should not send to camp?	
Suggested Packing List	11
Camp Life	12
Where will my child live?	
How does the camp canteen work?	
Why is Camp Interlaken called an experience in “Living Judaism?”	
How will camp life be different from life at home?	
Is swimming required for all campers?	
A typical day at Camp Interlaken	



Support for Camp Interlaken.....13
 May we tip our child’s counselors?
 How else can we support camp and its programs?

Chugim Information.....14
 Introduction to *chugim*
 What about swimming?
 What if my child signs up for an activity and decides that s/he does not like it?

Swimming Level Descriptions.....15

Chugim Descriptions.....16

Luggage Procedure for Milwaukee Families Only.....17

Bus Departure Information.....18
 Milwaukee Families
 Northbrook/Madison/Green Bay/Minneapolis Families

Bus Return Information.....20
 Milwaukee Families
 Northbrook/Madison/Green Bay/Minneapolis Families

Campers Arriving by Plane.....21

Code of Conduct.....22

Internet Policy.....24

How to Reach Us.....25

American Camp Association Accreditation.....25



Camp Interlaken JCC is a program of the
Harry & Rose Samson Family Jewish Community Center of Milwaukee

Mark Shapiro
JCC Executive Director

Sue Strait
JCC Chairman of the Board

Sylvia Winter
Chair, Camp Interlaken Committee

Sheryl Rubin
Co-Chair, Camp Interlaken Committee



Important Dates

All Forms Due	May 1, 2010
New Camper Meeting	May 17, 2010 @ 6:30pm
Camp Rx Registration Deadline	June 1, 2010
Session 1	Wed., June 23 – Mon., July 19
Mini Session 1	Wed., June 23 – Wed., July 7
Session 2	Wed., July 21 – Mon., Aug 16
Mini Session 2	Wed., July 21 – Wed., Aug 4
Ozrim	Tues., June 22 – Mon., Aug 16

PREPARING FOR CAMP

The American Camp Association recommends:

- Read books with your child about going to camp.
- First time families should speak with parents, friends, and campers to learn about their experiences. Our office will be happy to put you in touch with a “veteran” camp family.
- Read through this manual and all other information that comes from the camp office. Share the rules and expectations with your child.
- Encourage your child to pick out his or her clothes and to help with packing. Younger children should learn how to make a bed, shower independently, change clothes, set a table, and use a broom.
- Problem solve with your child before camp. “What should you do if you run out of underwear? What will you do if you do not feel well?” Parents might want to try role-playing some possible camp problems with their child.
- Everybody loves receiving mail; please write to your child often. It’s nice for a camper to have a letter or postcard waiting for them when they arrive at camp, so you may want to send a letter to your child a few days before camp begins. Encourage your child to be prepared to write home, and make sure that he or she has the skills and materials (stationery, postcards, and stamps) to do so. When writing to your child, avoid using the word “miss” and substitute it with “love.” Expect some homesick letters at first, and wait for the first two or three letters before assuming the worst.
- Understand that homesickness is a normal part of the adjustment process of separation from one’s family. Discuss your own feelings the first time you left home. Let your child know that you are confident he or she will enjoy camp, new friends, and new experiences. Often second year campers experience the most homesickness, especially if they had “the greatest time in their life” last summer. These children often feel the let-down that camp cannot be the same, and they need time to adjust to their new cabin mates and counselors. Remind your child that he/she will once again have a great time, will have new experiences, and make new friends.
- Call the camp director if you have any concerns.

CAMP FORMS AND FEES

What is the purpose of the forms?

The data you provide gives us necessary information to best serve your child. Each form is reviewed by the appropriate staff with concerns for that area of your child's care. All information is kept in confidence and is seen only on a need to know basis.

Need another copy of a form?
Visit our website at
www.campinterlaken.org

When do I need to return the forms?

To ensure that we are best prepared to serve your camper’s needs, all forms need to be reviewed and filed in the proper place prior to the beginning of camp. All forms (including the Health History form) are due no later than May 1, 2010. Forms should be mailed to Camp Interlaken c/o Harry & Rose Samson Family JCC, 6255 N. Santa Monica Blvd., Milwaukee, WI 53217. **A \$100 late fee will be assessed if forms are not returned by May 1st. If you register after the due date, forms are due 10 days from the date of registration.**

Full payment (or payment arrangements) is due by May 1, 2010, or June 1, 2010 if you have applied for that payment plan option. Payment arrangements can be made by calling Beth Alling, Camping Services Coordinator at (414) 967-8240.



MEDICAL INFORMATION

While we expect most campers will stay healthy throughout the summer, occasionally campers become ill or injured at camp. We have a professionally staffed medical center to help. A licensed physician and/or registered nurse are in residence at camp. Eagle River Memorial Hospital, Howard Young Medical Center, and additional medical and dental services are available in nearby Eagle River and Minocqua.

Parents will be notified if an overnight stay in the camp health center is required for your child. Should any accident or illness occur, the camp physician, nurse, or camp director will notify the parent. If a prescription drug is deemed necessary, you will be notified by phone. In addition to a copy of your medical insurance card, you should also include a copy of your prescription drug card. If local non-emergency medical services are required, you will be notified and the provider or Camp Interlaken will bill you for these services.

If glasses are worn by the camper, we advise you to send along a spare pair and a copy of the lens prescription. It is also advisable that a dental examination and any needed dental work be completed before camp begins. If necessary, minor dental repair (i.e., loose wire on a brace) will be taken care of by a local health professional and charged to the parents. Additionally, if your child uses an inhaler, we recommend that you send two: 1 for your camper to keep and another for the infirmary.

Please note: Some parents hesitate to provide camp with personal information about their child's behavior or past experience. Some fear the information will be used inappropriately while others are concerned about their child being labeled or treated differently. All parents want to see their child have a fresh start at camp. While we fully understand these concerns, we know how invaluable such information can be in assisting us to help make your child's adjustment to camp as smooth as possible – something we know all parents want. Knowing about a learning difficulty, ADHD, bedwetting problem, a recent loss or major change in the family or child's life, etc. makes a tremendous difference in helping us to be sensitive to your child's needs.

CampRx

After careful consideration and evaluation, the camp committee and medical committee have decided to continue the method in which our camp nurses will be administering medications to our campers. While our health center is a top facility staffed by a terrific team of healthcare personnel, we have found a dramatic rise in the number of campers on medication. With this increase of medication being dispensed at camp, we face the issue of finding the safest, most efficient way to dispense the meds. We looked at other JCC camps as well as other Midwest camps for suggestions. After examining a number of alternatives, we found that pre-packaging medications is the best possible solution.

CampRx provides a convenient service that dispenses, packages and ships medications directly to overnight camps in the U.S. *CampRx* has been packaging medications for the camping industry for the past eight summers. This pre-packaging program is in compliance with all state regulations regarding medication packaging for summer camps.

Our policy and procedure for dispensing and administering medication requires camp families to have all of your child's medication in pill form dispensed, pre-packaged and sent to camp prior to their arrival. This includes all pills taken daily and as needed (prescription and non-prescription) and vitamins. If you send medications or vitamins that could be provided by *CampRx*, there will be a \$100 handling and distribution fee assessed by Camp Interlaken.

**Camp Interlaken stocks most over the counter items such as Tylenol, Advil, Benadryl, etc.*

Medications that are in pill form are individually packaged and sealed according to date and time of administration. Each individual packet may contain one or more pills prescribed to be given at the same time. This method of dispensing medicine during summer camp will minimize potential med errors ensuring that every camper gets the correct medication and dosage, at the right time, on the right day. Our nurses will now have more time to devote to your child's other healthcare needs.

Families must register at www.camprx.com by June 1st to start the process of getting your child's medication prepared for the summer. The cost of the program is between \$10 and \$30, and we expect 100% participation from families.



Does my child need a medical exam?

Yes. The American Camp Association requires that all campers must be examined by a physician prior to attending camp. **However, if your child has had a medical exam within the past 24 months, a complete physical is not needed, but your doctor will still need to complete the appropriate information (i.e. dates of immunizations) and your doctor MUST sign the form.** The health form has instructions describing what information is required from the family physician and the parent. Please help your physician by filling out the parent's side of the Medical Form prior to your visit. Make sure to sign the front page of the health form. Accuracy and completeness are essential for the health and safety of your child, as well as for others in camp. If you have not received the Health Examination Form or have misplaced it, please call the camp office or visit our website at www.campinterlaken.org. You must return the form to the camp office in Milwaukee by May 1, 2010, or 10 days after registration if you sign up after May 1st.

Because we want to ensure a positive experience for each camper, we ask that any information regarding current treatment of your child by a psychologist, psychiatrist or case worker be documented on the parent questionnaire. The information should also be included or attached to the medical form. This information will be handled confidentially and shared only on a "need to know" basis.

Is it okay to send the medical forms on the bus with my child?

NO! NO! NO! PLEASE mail the Health Examination Form and a copy of BOTH SIDES of your health insurance card and prescription drug card to the camp office in Milwaukee by May 1, 2010. In order to properly prepare for the care and well being of our campers, our medical staff must have time to review each camper's health record. It is imperative that we receive a health form from every camper. No camper will be allowed in camp before their completed health form has been reviewed by our medical staff.

What are the camp health and safety regulations?

We comply with all State Sanitary Codes and Vilas County Department of Health regulations governing a children's camp. In addition, Camp Interlaken is fully accredited by the American Camp Association. Fire Exiting Safety Plans for buildings are on file with the county, and fire drills are held at least once per session. Waterfront staff holds American Red Cross Water Safety Instructor and/or Life Guard Training and Lifesaving Certification. Many other camp staff also holds CPR and first aid certification. In compliance with American Camp Association guidelines, Camp Interlaken also has Safety Manual detailing safety procedures for program areas.

VISITATION

Can I visit my child at camp?

Visitations during the camp season are NOT permitted. Our philosophy is that when children are at camp, there is a better opportunity for adjustment and meeting the challenges of the camp situation if their stay is uninterrupted by a family visit. You are most welcome to visit and observe the camp when your child is not enrolled.

If a camper is staying for both first and second session, parents are allowed to visit during inter-session and may take their child out of camp. Campers may be taken out of camp on the last day of first session (mid-morning on July 19), but must be back in camp by noon on the day second session begins (July 21).

If we would like a tour of camp, what is the procedure for visitation?

1. Any visitation or tours need to be arranged with the Camp Director prior to the actual visit.
2. Parents, relatives, and friends of campers are NOT allowed to visit when a camper is enrolled in a current session.
3. Upon arrival at camp, all visitors are required to check in at the camp office.
4. Camper living quarters are private and off limits to all visitors.
5. No smoking is allowed on camp grounds.
6. Visitors are not permitted to bring food or beverages onto the camp grounds.



COMMUNICATION

Incoming Mail

Please write your child often! It means so much to campers to hear from home frequently. For first time campers especially, send mail before they even leave for camp, so it's waiting for them the first day. Mail is distributed everyday at camp except Shabbat. Letters detailing how much you miss your child or what a good time you are having in his or her absence are not helpful. If you have bad or upsetting news that needs to be conveyed to your child, please call the camp office and consult with the Camp Director. Letters from home should only be positive in tone.

Please send mail to your child at:

Your Child's Name
Camp Interlaken JCC, Cabin Name OR Grade
7050 Old Highway 70
Eagle River, WI 54521

Outgoing Mail

Please keep in mind that at camp, the old saying, "No news is good news" holds true. We will do our best to see that your child writes regularly. Campers are required to send a letter (or postcard) home twice a week. Many parents find it helpful to send along pre-addressed (and stamped) envelopes or postcards with their child (even for the older campers). If you do not hear from your child or have other concerns, please feel free to contact the Camp Director.

Can I talk to my child on the telephone?

Campers are not allowed to use the telephone while at camp. The only exception is receiving a pre-arranged birthday call from their parents. We have found that phone calls do not help children who are adjusting to the daily life at camp. If you require information or wish to relay an important message to your child, please call the camp office at (715) 479-8030 and speak with the camp director.

Can my child bring and use a cell phone while at camp?

If your child is arriving by plane, they may bring a cell phone for travel, and turn it in to the camp director when they arrive at camp. All other campers are not allowed to bring or use cell phones while at camp. **Please do not send a cell phone with your child.** If a camper is found to have a cell phone, it will be confiscated immediately and stored in the camp safe. It will be returned to your child as they exit the bus upon arrival at home.

Can I send a fax to my child?

Yes; however, e-mail is preferred. If you do send a fax, your camper's canteen account will be charged 75 cents per page per fax. The camp fax number is (715) 479-8527. See the next section for how to access our website and e-mail.

How do I send my child email?

From our website at www.campinterlaken.org, we are pleased to offer web services that include e-mail capabilities (Bunk Notes), camp newsletters, and a photo gallery from our technology partner, Bunk1.com. These features are password protected so that only Interlaken families may view them. In your parent packet forms you will find a pre-approval code with instructions on how to register with Bunk1.com. You will be able to send e-mails (Bunk Notes) to your child and enjoy all of Bunk1's other features. Please note that these features are only available to parents and grandparents (grandparents at an additional cost). Parents will receive 5 Bunk Note credits for every two weeks of camp that their campers attend (i.e. 2 week parents get 5 free Bunk Note e-mails, 4 week parents get 10 free Bunk Note e-mails). This is included in your camp fee. For grandparents to send Bunk Notes, or for you to send additional Bunk Notes (one-way e-mails), you will need to purchase Bunk Note credits directly from Bunk1.com. You purchase this through the Bunk1.com website using your credit card. To purchase Bunk Note credits click on the "Purchase Additional Credits" link located on the left side of the Bunk Note page. Credits are \$1 each and are sold in packages of various sizes. Please note: Bunk Notes do not expire and can be used for next summer. See the included page from Bunk1 for more information.



Can I send my child special birthday food and presents?

Every camper celebrating a birthday while at camp receives a cake that is shared with their entire cabin. No one is forgotten. Please do not send special birthday food. Presents are, of course, optional. You may telephone your child on his or her birthday. To set up a phone call, contact the camp office the day before your child's birthday and set up the time for your call. We will have your child waiting at the camp office when you call. The call will need to be placed at a time convenient to your child's camp schedule. The best times are just before or after lunch or dinner. Calls are limited to five minutes and are not accepted on Shabbat (Friday afternoon or Saturdays).

What should we do if we plan to be away from home during camp?

If you expect to be away from home during your child's stay at camp, please complete the vacation form that is included in the parent's packet. If you decide to go on vacation after your child has left for camp, or if you need to report any changes on your vacation form, please call the camp office in Eagle River at (715) 479-8030. Should an emergency arise, we will need an address and phone number where you can be reached, plus the name of a person and telephone number we can call if we cannot reach you.

Can I have someone else pick up my child?

Yes. If you are unable or choose not to pick your child up from camp, you must submit written permission to the director for someone else to pick up your child. You must specify the person that will be picking up your child as well as the date, location and other pertinent details.

How do I get more information about my child during camp?

Many times parents become concerned about not getting enough information in their child's letters about how camp is going. Some parents have found success through using pre-printed cards on which campers check off answers to multiple choice questions about camp. Also, in your letters to your child, ask specific questions for them to answer when writing back.

If you don't receive a letter from your child within a week of their arrival, you can call camp and ask to speak with the Unit Leader of your child's age group or one of the Camp Directors who will check on your child and get back to you.

Our newsletters are a great source of information! They are available on our website www.campinterlaken.org through Bunk1 and offer a lot of great information about what is going on in your child's unit at camp. From news about special programs to photos, you will have a glimpse into your child's life at camp.

How will camp communicate with me, the parent?

"No news is good news" as the expression goes, but we all know that parents are anxious to find out how their children are doing at camp. You can read weekly updates from camp through the Bunk1 section of our website for weekly updates from the Camp Director and the unit leaders. Pictures from camp will be posted in the Bunk1 photo gallery. At the end of each session our unit leaders and our counselors will complete a short report on each camper. This report will be sent to you upon request. However, if you have any concerns, you should contact the Camp Director before, during, or after your child's stay at camp. Parents are often an excellent resource for identifying and solving problems that children are having at camp. If your child is experiencing or causing any unusual difficulties at camp, you will hear from the Camp Director, unit leader, or Social Worker by telephone. It is essential that we know your whereabouts at all times that your child is in camp.

LUGGAGE AND LABELS

What should my child bring to camp?

Each camper may bring two luggage items. This may consist of one cargo bag and one duffel bag or two duffel bags. Please do not over-pack since space to unpack and store luggage in each cabin is limited. Weather can be extremely variable at camp. Warm clothing and rainwear are essential. Two blankets are required for each camper. **A sleeping bag is not acceptable as bedding, except for camp-out or as additional blanket.** (If used as a blanket, sleeping bag must remain unzipped.) Campers may not sleep inside a sleeping bag when in the cabin.)

Do we really need to label everything?

YES! All clothing, personal items, and camping equipment **must be clearly marked with the camper's full name.** If using name tapes, sew them securely where they may be seen. If stamping or marking with indelible laundry ink, make sure it's legible. Many campers bring similar items. Unmarked items that are lost are less likely to find their way back to their owner.



Will someone keep track of all my child's belongings?

Campers must assume responsibility for the proper care of personal belongings. Camp bears no responsibility for lost items. Camp maintains a lost and found and will make every effort to return items left behind. **If we can identify the owner**, we will make every effort to get the item back to you. Items not labeled will be donated to the needy or used by camp. **Please label everything!**

Do I need to pack enough clean clothes for the entire session?

No, laundry services are provided by the camp and are included in the camp fee (one bag/per camper/per week). Additional bags will be billed at a cost of \$10/bag. We ask that all items be clearly labeled. Laundry bags should be clearly labeled in large letters on the outside of the bag. Laundry will be done weekly by a local laundry service. Please realize that this service is a quantity laundry service doing thousands of pounds of clothing. It is not a delicate service. Camp takes no responsibility for clothing that shrinks, discolors, or is lost in the process.

Are there any items we should **not** send to camp?

Many campers wish to bring certain items to camp that are unnecessary and inappropriate.

Please **DO NOT** bring to camp:

- Electrical appliances, including: DVD Players, Laptop Computers, Nintendo DS, Gameboys and other video games, personal TVs, and stereos. These items will be taken from campers and returned at the end of camp. (Use of personal music players such as iPods and CD players may be used only within the camper's cabin according to guidelines set up by the counselors. All compact discs must be clearly marked with the camper's name.)
- CELL PHONES
- Items of high value such as watches, jewelry, and expensive cameras.
- Clothing that is delicate, new, or valuable. Please do not pack sexy or revealing clothing or clothing with slogans or pictures advocating use of cigarettes, alcohol, or drugs.
- Matches, cigarette lighters, fireworks of any kind.
- Tobacco products, alcoholic beverages, controlled substances, or over-the-counter medications.
- Guns and weapons of any kind are not allowed in camp.
- Money

Please do not send money to camp with your child. The camp will provide spending money for any out-of-camp excursions and any incidental expenses will be billed as part of the canteen account. It is totally unnecessary for any age camper, including K'far Noar campers, to bring money. Any money brought to camp will be held in the camp office until the end of the session when it will be returned. Camp will not assume responsibility for anything including iPods, CD players, CD's, or for any money that is lost or stolen at camp.

WARNING: SMOKING BY CAMPERS AND OZRIM (REGARDLESS OF AGE OR PARENTAL PERMISSION) IS PROHIBITED. ALL CIGARETTES OR TOBACCO ITEMS WILL BE CONFISCATED. POSSESSION OR USE OF ALCOHOLIC BEVERAGES OR CONTROLLED SUBSTANCES WILL RESULT IN THE CAMPER OR OZO BEING SENT HOME. Camp is a non-smoking environment and even adult staff are required to leave camp grounds if they wish to smoke. Please read the enclosed Camper Code of Conduct carefully before you and your child sign it. Be sure to discuss it with your camper before he or she comes to camp.



SUGGESTED PACKING LIST FOR 2 & 4 WEEK SESSION

CLOTHING

- 10-12 T-Shirts
- 2-3 long sleeve shirts
- 6-8 shorts (gym-type or regular)
- 10-12 underwear
- 10-12 socks
- 3-4 jeans/pants
- 3-4 sweatshirts/sweaters
- 2 swimming suits
- 1 bathrobe (optional)
- 2-3 pajamas
- 1-2 Shabbat appropriate outfits**
(*nice shirts & pants for boys*)
(*skirts or dresses for girls*)
- 1 light jacket (optional)
Kippot for boys (optional)
- 2-3 Solid white T-Shirts for tie-dying/decorating

SLEEPING GEAR

- 1 pillow
- 2 pillowcases
- 1 sleeping bag
- 4 unfitted sheets ***
- 2 warm blankets
- 1 Sleeping bag

TOWELS

- 3-4 beach / large towels
- 2 washcloths
- 2 towels

MISCELLANEOUS

- 2 laundry bags (**marked with name**)
- 1 flashlight w/batteries
- 1 water bottle
- stationary / envelopes / stamps
- pre-addressed envelopes / postcards
- pens / pencils

RAIN GEAR

- 1 Pair of rain shoes / boots (optional)
- 1 Raincoat or poncho

SHOES

- 2 pairs of tennis shoes
- 2 pairs of flip-flops / sandals
- 1 pair of hiking boots (optional)

SUNDRY ITEMS

- 1 toothbrush w/holder
- 1 tube toothpaste / mouthwash
- 2 bars of soap w/case
- 1 hairbrush / comb
- deodorant
- shampoo/conditioner
- insect repellent
- sunscreen

OPTIONAL ITEMS

- mouthwash
- spare glasses / contacts
- chapstick
- baseball glove
- tennis racquet
- swim goggles
- sunglasses

*Please do not send items of value unless you are willing to take responsibility for them. **CAMP INTERLAKEN IS NOT RESPONSIBLE FOR THE LOSS OR DAMAGE OF PERSONAL ITEMS.** These items include cd players, cds, iPods, watches, jewelry, etc.

**We are trying to create a festive atmosphere for Friday Night Shabbat. Special clothes will help set the tone. Saturday morning is more casual, but campers should still dress nicer than on other days.

***The camper beds are cot size, which are not as wide as a twin bed. Twin fitted sheets do not fit. The unfitted sheets can be tucked under the mattress.



CAMP LIFE

Where will my child live?

Each camper is assigned to a cabin according to his/her age and/or grade in school in September 2010. We make every effort to place your child in a cabin group that will ensure his/her having a positive group experience. We try to achieve a balance of new and returning campers in each cabin. Whenever possible, we will place a child in the same cabin with one friend of the same grade and gender. A space has been provided for you to inform us of campers that your child wants to bunk with on the enclosed "Letter to My Counselor" form OR you can fill in your camper friend request online on Bunk 1's online database. Please let us know any additional information in writing either on the forms provided or in a separate space online.

How does the camp canteen work?

A canteen credit of \$40 is available to four-week campers, \$20 for two-week campers and Ozrim and \$80 for eight-week campers. This amount is included in the camp fee. A new and improved variety of items such as sweatshirts, T-shirts, shorts, postcards, sundries, and other incidentals are available. A limited amount of candy and snacks will also be sold in canteen. If you wish, you may deposit additional money in your child's canteen account by contacting the JCC Camping office at (414) 967-8240. Any charges above the credit amount need prior approval by parents. Any remaining canteen balance is donated to the camp scholarship fund for the following year.

Why is Camp Interlaken called an experience in "Living Judaism?"

Living as part of a Jewish community is one element that makes Camp Interlaken special. The rules and daily routines of camp life are based on Jewish values and practices. Programs are designed to be both fun and educational. From "Hebrew Word of the Day" to experiential, interactive programs concerning Jewish history and Israel, campers learn about their heritage through "hands-on" activities that help them develop a positive Jewish identity.

Counselors are hired not only for their skills and personalities, but also for their ability to be good Jewish role models. Using the Hebrew language, saying *motzi* and *birkat hamazon* before and after meals, celebrating Shabbat, getting to know Israel through the eyes of our Israeli *schlichim* — all these, and more, contribute to a camper's total Jewish experience at Camp Interlaken JCC.

How will camp life be different from life at home?

Camp is a communal living experience. The success of this system is dependent on the cooperation and involvement of all of the participants. Every effort is made to establish a positive atmosphere and to motivate constructive behavior. Children will be sent home from camp if they behave in a way that is detrimental to the camp community. Acceptable and non-acceptable behavior is outlined in the Camper Code of Conduct. Acting as a responsible member of the camp community is necessary for the well-being of all. Campers are expected to contribute to the overall cleanliness and physical care of the camp. For example, they will participate in camp-wide *nikayon* (clean-up).

Camp requires children to be responsible for their belongings, the cleanliness of both their person and their personal space, and to be responsible for their actions. Camp helps children develop a greater sense of independence and competence.

There are no parents at camp! Your child will learn to solve problems by working with his or her cabin group and counseling staff. Of course, there are many responsible, older adults in camp. But camp is an opportunity for children to learn to use their own resourcefulness and to problem-solve independently in a supportive and safe environment.

Is swimming required for all campers?

Upon arrival at camp, all campers must take a swim evaluation. Since we are on a lake, it is important to know just how well everyone can swim. From that point, some choices exist. Our swimming program uses the Red Cross swimming levels. Swimming lessons are mandatory for all campers until they pass out of Red Cross Level 5. Once they pass that level, they must continue through Level 6 if they choose to participate in other waterfront programming. Once a camper completes Red Cross Level 4, he/she has the choice to continue or stop swimming if they do not want to participate in water activities. In addition, we offer classes beyond the Level 5 in emergency water safety and basic water safety for older campers. Counselors-in-training (Ozrim) have the option to take lifeguard training.



We would also like you to understand that our standards are especially high on our swim evaluations. Campers tend to become frustrated if they are placed into a swim level that they have passed out of in swim courses taken in their local communities. In the interest of promoting the highest level of safety, we choose to place campers in a lower level if there is any question regarding a particular child's swimming level. We encourage campers to improve and provide the opportunity for them to pass out of their level at any time during their stay at camp.

In order to participate in waterskiing, sailing or canoeing, campers are required to be in Red Cross Level 3 or higher. However, Level 2 swimmers who would like to waterski will have the opportunity to take a deep-water test to see if they are eligible. To participate in windsurfing and sail boarding, campers must be in Level 4 or higher.

A Typical Day at Camp Interlaken

7:00am	Rise & Shine	1:00pm	Aruchat Tzohoryim (Lunch)
7:30am	Boker Tov! (Good Morning!)	2:00pm	Menucha (Rest Hour)
7:50am	Toranim (Table Setters)	3:00pm	Chug Daled (4 th Activity)
8:00am	Hanafat Hadegel (Flag Raising)	4:05pm	Nosh
8:10am	Aruchat Boker (Breakfast)	4:15pm	Chug Hey (5 th Activity)
9:00am	Nikayon (Cleanup)	5:15pm	Chofesh (Free Time)
9:40am	Chug Aleph (1 st Activity)	6:00pm	Horadat Hadegel (Flag Lowering)
10:45am	Chug Bet (2 nd Activity)	6:15pm	Aruchat Erev (Dinner)
11:50pm	Chug Gimmel (Cabin Time)	7:30pm	Peulat Erev (Evening Program)
12:50pm	Toranim (Table Setters)	9:00pm	Showers and Bedtime

Friday's schedule is different as we prepare for Shabbat. All activities take place in the morning and Shabbat preparation (cabin, camp, personal *Nikayon*, and cabin time) is in the afternoon. Saturday (Shabbat) has a more open and relaxed activity schedule that includes *Tefillah* (Services), *Sichot* (discussion groups) and open activities. Shabbat ends Saturday evening with *Havdallah* services.

SUPPORT FOR CAMP INTERLAKEN JCC

May we tip our child's counselors?

It is a long-established policy of both Camp Interlaken JCC and the American Camp Association to discourage tipping or gift giving to individual members of the staff. If you wish to show your appreciation, we will accept donations to the Camp Scholarship Fund made in honor of a particular staff member. Additionally, you can sponsor an event or donate to the Staff Recreation fund that helps plan fun, social programs for the staff during their off time. All donations are greatly appreciated and are of benefit to the total camp program. You can make a donation in the forms that you're returning to camp or online in our Bunk1 registration database. The contribution to the Staff Recreation fund will show on your statement as Staff Appreciation Fund.

How else can we support camp and its programs?

Camp Interlaken JCC depends upon the generosity of families like yours. Please volunteer to help with camp projects during the year. We invite you to open your home and invite others to hear about camp at a "parlor meeting" with the Camp Director. Do you have a professional expertise you can bring to camp as a doctor, nurse, psychologist, or social worker? Would you like to be an artist-in-residence at camp? You can provide funding for a special facility or program at camp. All these forms of assistance are needed and greatly appreciated. Contact the Camp Director for more information.



Please consider donating to one of the following funds:

The Harry & Rose Samson Family Jewish Community Center and the Steve & Shari Sadek Family Camp Interlaken JCC are grateful to the following endowment funds for their continued support of Camp and the future of Judaism:

* Elaine & William Appel Camping Scholarship * Ateret Cohn Scholar in Residence * Director's Discretionary Fund * Harry Dizack Scholarship * Dorf Family * Samuel and Alan Ettinger Scholarship * Brenda Friedman Ulam and Theater Building * Friends of Camp Interlaken * Dr. Ronald & Fran Meyers Family CIL Facility * Mildred Roth Goldberg * Linda Hay Camp Interlaken Family Camp * Eli and Helen Keller Jewish Camping * Kennedy/Barnett Family Film/Video Program * Neiland & Amelia Vish Cohen * David Jonathan Kohl Scholarship Fund * Lorraine & Morry Mitz Family Chadar Ochel * Alvin A. Pereles Memorial * Horace J. & Idabelle Rosen * Steve & Shari Sadek Family * Schuminsky Family Scholarship Fund * Jeffrey Sehler Memorial Scholarship * Faye Greenberg Sigman Scholarship * James A. Sweet Family Scholarship * Aaron & Gertrude Weiss Scholarship Fund * James & Eve Joan Zucker *

CHUGIM INFORMATION

While at camp campers will attend 5 *Chugim* daily (Sunday–Thursday) and 4 *Chugim* on Friday. Three of the *Chugim* are selected by the campers through the Chug Request Form, another Chug is chosen and attended by the entire cabin group, and the last is a mandatory swimming period. The *Chugim* sessions are 50 minutes each and are geared towards skill development and fun. Most *Chugim* run for 2 weeks; the four-week campers will get a new schedule for the second two-weeks of the session. That means that 4-week campers could take as many as 8 different *Chugim* over the course of the session! A few *Chugim* are for a full 4 weeks, which makes the mini-session campers ineligible for these programs.

You have two options to select camper's chugim: Select your chugim online on our Bunk1 Database OR use the enclosed Chugim Form. The *Chugim* form is an important tool that camp will use to customize each camper's schedule. Please either fill out your Chugim online or return your form to the Camp Interlaken office **no later than May 1st**. **Please follow these three simple steps to complete the form.**

1. Fill-in your child's name and grade.
2. Rank eight of the listed activities on a scale from 1 to 8, with 1 being the activity most desired 2 as the next favorite activity and so on down to 8.
3. **Please complete the online chugim selection or return the form (no later than May 1st) to the Camp Interlaken office at the Milwaukee JCC.**

What if my child signs up for an activity and decides that s/he does not like it?

We believe that every child should use camp as a place to try new things. At times a child will find that s/he does not enjoy an activity. Our administrative director is always available to assist your child in changing to an activity that would be better suited for him/her.

What about swimming?

Swimming is a fun and important part of camp. Camp strongly believes that it is essential that every child learns to swim and feels comfortable in the water. Every camper (except K'far Noar) is assigned swimming as one of their *chugim* if they are in Red Cross levels 2, 3 or 4. Once a child passes to level 5, they can choose to remain in swimming or chose a different Chug. Some activities also require minimum swimming levels to be eligible to participate. Campers are required to be in level 3 or higher to participate in sailing and water-skiing. However, a swim assessment will be given to level 2 swimmers to test their swimming strength as opposed to their skill to determine if they are eligible to participate in water-skiing. Windsurfing requires campers to be in level 4 or higher and entering 6th grade. All campers will have their swimming abilities evaluated the first day of camp to place them in a level. **To help make swim testing proceed smoothly, please pack a swim suit and towel in your child's carry-on bag.**



SWIMMING INFORMATION

The American Red Cross Learn-to-Swim program offers a unique six-level instructional approach that has successfully been teaching people how to swim since 1914. Camp Interlaken begins with Level 2. Over the years, parents have asked us what the requirements are of each level, and we wanted to share with you the below requirements. Our instructors are trained and certified by the American Red Cross in their Water Safety Instructor (WSI) program or Life Guard Techniques (LGT) courses, so swimmers of all ages and abilities are in good and capable hands.

Level 2: Fundamental Aquatic Skills

- Exit water safely using ladder or side.
- Submerge entire head.
- Blow bubbles submerging head in a rhythmic pattern (bobbing).
- Open eyes underwater, pick up a submerged object in shallow water.
- Float on front and back.
- Perform front and back glide.
- Change direction of travel paddling on front or back.
- Roll over from front to back, back to front.
- Tread water using arm and leg motions (chest-deep water).
- Swim on front, back, and side using combined arm and leg actions.
- Move in the water while wearing a life jacket.

Level 3: Stroke Development

- Jump into deep water from the side.
- Dive from kneeling or standing position.
- Submerge and retrieve an object in chest deep water.
- Bob with the head fully submerged.
- Rotary breathing in horizontal position.
- Perform front and back glide using two different kicks.
- Float on front and back in deep water.
- Change from horizontal to vertical position on front and back.
- Tread water using hand and leg movements.
- Perform front and back crawl.
- Butterfly—kick and body motion.
- Perform the HELP and Huddle position.

Level 4: Stroke Improvement

- Perform a dive from a standing or stride position.
- Swim underwater.
- Perform feet-first surface dive.
- Perform open turns on front and back.
- Tread water using sculling arm motions and with different kicks.
- Perform the following: Front and back crawl, Breaststroke, Butterfly, Elementary backstroke, Swim on side using scissors-like kick.

Level 5: Stroke Refinement

- Standing dive
- Shallow dive, glide two body lengths and begin any front stroke
- Tuck surface dive
- Pike surface dive
- Front flip turn
- Backstroke flip turn
- Front and back crawl
- Butterfly
- Breaststroke
- Elementary backstroke
- Sidestroke
- Tread water with two different kicks
- Learn survival swimming

Level 6: Swimming and Skill Proficiency

- Personal Water Safety
- Fundamentals of Diving
- Lifeguard Readiness
- Fitness Swimmer



CHUGIM DESCRIPTIONS

Water Sports

Waterskiing- Campers learn waterskiing skills that fit their ability level with one-on-one attention in the water. (Swim Level 3 or higher – or pass the Strong Swimmer Assessment) 9th – 11th grade don't ski during chugim.

Sailing- Campers develop sailing vocabulary and skills under the watchful eye of our sail master, Per Lofgren returning for his 11th summer. (Swim Level 3 or higher)

Windsurfing- Learn the basics of windsurfing on beautiful Lake Finley. (Swim Level 4 & 6th grade or higher)

Small Crafts & Canoeing- Learn the basics of maneuvering and using small crafts including kayaks, canoes and row boats. (Swim Level 3 or higher)

The Arts

Arts & Crafts, Ceramics, Crochet, Woodworking, and Digital Photography- for campers looking to develop their tactile art skills.

Guitar- Learn to play and lead songs for the whole camp. Bring your own guitar or use one of ours.

Modern & Jazz Dance- Learn routines to perform at our talent show and to take back home with you!

Video- Learn to shoot, act, edit and produce your own video production.

Play Performance- Campers entering 9th and 11th grade only! Act in a full camp musical production. 2010 Performances are *Mulan & Beauty and the Beast*. (9th-11th Grade only. 4-Week Program)

Theater Tech- Campers entering 9th -11th grade only! Lighting, set design, sound, prop production are just a few things you will learn in this chug. Learn how important the behind the scene staff is to any big production. (9th-11th Grade only. 4-Week Program)

Drama & Improv- Smaller productions for all ages or play improvisation games like the TV show "Who's Line is it Anyway?" Learn how to act, perform and block.

Glee- Do you love to sing? How about acappella? Join Camp Interlaken's first ever "Glee Club!"

Rock Band- (no, not the video game)! Do you play an instrument? Want to be a part of the band? Join the CIL Band!

Land Sports

Archery- Learn to hit the bull's-eye under the close supervision of our certified instructors.

Basketball, Softball, Soccer, Tennis, Hockey, Volleyball, Ultimate Frisbee, Fitness, and Tush Ball - develop skills in these individual and team sports while having fun.

Gymnastics- Develop floor routines, tumbling and acrobatics skills.

Ropes Course - Campers grades 3 to 7 will get the chance to experience our low initiatives ropes course and develop their rock climbing skills on our 40 ft. climbing wall. Older campers will do all of that as well and get the chance to push their own limits on our high ropes initiatives suspended over 40 ft. above the ground. All ropes instructors are specially trained and certified.

Disc Golf- A golf game using a disc. A sport growing in popularity worldwide. Try your hand on both of our nine-hole courses. Choose your level – beginner or advanced!

Sports-a-Rama- A sports variety program including Ultimate Frisbee, Floor Hockey, Team Handball, Golf, Tush Ball and Ga-ga.

Other Fun Stuff

Horizons- Something different every day! Play softball one day; make a giant mural the next. Bake some cookies and then play "capture the flag!" Every day is a complete surprise!

Judaism Gone Wild- Bake *challah* for Shabbat, learn a new Hebrew song, decorate the *Chadar O'chel* (Dining Hall) for Shabbat. This chug makes fun activities into Jewish activities.

Rocketry- Build, paint, launch and retrieve your very own rocket.

Outdoor Cooking- Build fires, dutch ovens, and cook delicious treats and even full meals! Start with s'mores and you'll be amazed at what else you can create over an open fire!

Camp Craft- Learn outdoor living skills like pioneering, outdoor cooking, and more!

Newsletter- Share with the whole camp what's going on! Write articles and assemble the CIL newsletter. Update the website and in-camp flyers! You may even get to tweet about what's happening in camp!



LUGGAGE PROCEDURE FOR MILWAUKEE FAMILIES ONLY

FOR ALL MILWAUKEE-AREA CAMPERS LEAVING FROM BETH EL NER TAMID MEQUON, 2909 W MEQUON ROAD

Please bring all of your child's luggage to the BETH EL parking lot the day before departure. See below for dates and times.

Session 1 and Mini Session 1 Tuesday, June 22nd 4:30pm – 7:00pm

Session 2 and Mini Session 2 Tuesday, July 20th 4:30pm – 7:00pm

THIS LUGGAGE PROCEDURE WILL:

Save you time in the morning
Ensure that bus departure will run smoothly and timely

Please pack and label your child's travel day lunch in a separate bag.

Remember to send your camper's backpack and lunch with them on camp departure morning.

Don't forget to pack a swimsuit and towel in the carry-on backpack as well!

QUESTIONS?

Please call the camp office at 414-967-8240.



BUS DEPARTURE INFORMATION

For Our Milwaukee Families

Campers will **depart from** and **return to** Beth El Ner Tamid Mequon
2909 W Mequon Road, Mequon, WI 53092

Session 1 and Mini Session 1
Wednesday, June 23, 2010

Session 2 and Mini Session 2
Wednesday, July 21, 2010

Luggage will be pre-loaded onto the luggage truck as follows:*

Session 1 and Mini Session 1
Tuesday, June 22, 2010
4:30pm – 7:00pm

Session 2 and Mini Session 2
Tuesday, July 20, 2010
4:30pm – 7:00pm

** Pre-loading luggage saves time and stress on departure day allowing the luggage truck to leave Milwaukee before the buses, arriving at camp earlier, allowing for an easier adjustment to camp for your child.*

ON CAMP DEPARTURE MORNING, ALL BUSES LEAVE PROMPTLY AT 8:00 A.M.
Please plan on arriving to the bus site no later than 7:00 a.m.

Things to remember prior to day of departure:

- Your camper will need a bag lunch including snacks, and drinks (no glass bottles, candy or gum).
- Any medication that your camper needs to take at lunch should be labeled in zip lock bags. Lunch medications will be given to the bus counselors who will then give it to your camper when needed. Dinner medications will be distributed by our health center personnel.
- For health and safety reasons, please say goodbye to family pets at home.

Things to remember on day of departure:

- Plan to arrive at Beth El Ner Tamid Mequon no later than 7:00 a.m. Upon arrival if you have NOT pre-loaded your luggage, you will be shown where to unload your camper's luggage.

Table 1: Check-In
Register for the bus, and pick up your "ticket" for check in!

Table 2: Bus Assignment
You must stop at table 1 prior to receiving your bus assignment. Please choose your camper's bus carefully. Once assigned a bus, changes cannot be made. After your camper has a bus assignment, please proceed outside and wait for the buses to board.



BUS DEPARTURE INFORMATION

For Our Northbrook, IL, Madison, WI, Green Bay, WI and Minneapolis, MN Families

Northbrook, IL
Session 1 and Mini Session 1
Wednesday, June 23, 2010
Session 2 and Mini Session 2
Wednesday, July 21, 2010

7:30 am Check-In
Northbrook Court
Far east remote parking lot,
next to Bank of America
(formerly LaSalle Bank)

Madison, WI
Session 1 and Mini Session 1
Wednesday, June 23, 2010
Session 2 and Mini Session 2
Wednesday, July 21, 2010

8:30 am Check-In
Temple Beth El
2707 N. Arbor Drive
Madison, WI

Green Bay, WI
Session 1 and Mini Session 1
Wednesday, June 23, 2010
Session 2 and Mini Session 2
Wednesday, July 21, 2010

9:30 am Check-In
Arby's Shell Station
3285 Cedar Hedge Rd
Green Bay, WI

Minneapolis, MN
Session 1 and Mini Session 1 **Session 2 and Mini Session 2**
Wednesday, June 23, 2010 Wednesday, July 21, 2010

7:00am Check-In
Beth-El
5224 W. 26th Street – St. Louis Park, MN

Things to remember prior to day of departure:

- Your camper will need a bag lunch including snacks, and drinks (no glass bottles, candy or gum).
- Any medication that your camper needs to take at lunch should be labeled in zip lock bags. Lunch medications will be given to the bus counselors who will then give it to your camper when needed. Dinner medications will be distributed by our health center personnel.
- For health and safety reasons, please say goodbye to family pets at home.



BUS RETURN INFORMATION

For Our Milwaukee Families

Campers will **return to** Beth El Ner Tamid Mequon
2909 W Mequon Road, Mequon, WI 53092
Between 2:30-3:30pm

Mini Session 1
Wednesday, July 7, 2010

Mini Session 2
Wednesday, August 4, 2010

Session 1
Monday, July 19, 2010

Session 2
Monday, August 16, 2010

Before you leave for home, please make sure that your camper has all of his belongings (pillows, backpack, etc.). Bus drivers are instructed to call the JCC when they are one hour from their destination. Therefore, it is strongly recommended that you call the JCC (414) 964-4444 after 1:00 p.m. for an **APPROXIMATE** time of bus arrival on the day your camper returns. We also will notify you with an automated message from the camp director using Calling Post to give you the most up to date return information. If you are unable or choose not to pick your child up from camp, you must submit written permission to the director for someone else to pick up your child. You must specify the person that will be picking up your child as well as the date, location and other pertinent details.

For Our Northbrook, IL, Madison, WI, Green Bay, WI and Minneapolis, MN Families

There is no drop off in Northbrook, Green Bay or Minneapolis for Mini Session campers.
Mini Session buses return to Madison or Milwaukee ONLY.

THESE ARE ALL JUST APPROXIMATE TIMES AND ARE SUBJECT TO CHANGE. BUS CONFIRMATION EMAILS WILL BE SENT TO YOU.

Mini Session 1
Ends Wednesday, July 7, 2010

Madison 1:30-2:30pm
Temple Beth El – 2707 Arbor Drive

Milwaukee 2:30-3:30pm
Beth El Ner Tamid – Mequon

Mini Session 2
Ends Wednesday, August 4, 2010

Madison 1:30-2:30pm
Temple Beth El – 2707 Arbor Drive

Milwaukee 2:30-3:30pm
Beth El Ner Tamid – Mequon

Northbrook, IL
Session 1
Monday, July 19, 2010
Session 2
Monday, August 16, 2010

1:30pm – 2:30pm
Northbrook Court
Far east remote parking lot,
next to Bank of America
(formerly LaSalle Bank)

Madison, WI
Session 1
Monday, July 19, 2010
Session 2
Monday, August 16, 2010

1:30pm – 2:30pm
Temple Beth El
2707 N. Arbor Drive
Madison, WI

Green Bay, WI
Session 1
Monday, July 19, 2010
Session 2
Monday, August 16, 2010

1:30pm – 2:30pm
Arby's Shell Station
3285 Cedar Hedge Rd
Green Bay, WI

Minneapolis, MN
Session 1
Monday, July 19, 2010
Session 2
Monday, August 16, 2010

1:30pm – 2:30pm
Beth-El
5224 W. 26th Street
St. Louis Park, MN

Bus drivers are instructed to call the JCC when they are one hour from their destination. Therefore, it is strongly recommended that parents of all 2 week and 4 week campers call the JCC (414) 964-4444 after 12:00 p.m. for an **APPROXIMATE** time of bus arrival on the day your camper returns. Parents of two-week campers should call after 1:00 p.m. We will also notify you using Calling Post if there are any changes. If you are unable or choose not to pick your child up from camp, you must submit written permission to the director for someone else to pick up your child. You must specify the person that will be picking up your child as well as the date, location and other pertinent details.



CAMPERS ARRIVING BY PLANE

Flying into Milwaukee: Some parents choose to have their camper fly in to Milwaukee (General Mitchell International Airport) the day before camp begins. (June 22nd for Session 1, July 20th for Session 2.) We recommend this option, when possible, since the bus ride is where the Camp Interlaken experience truly begins. Traveling on the bus as part of the larger group allows new campers the opportunity to meet a few of the counselors and other campers and may help alleviate those “new camper” anxieties. Out-of-state campers are matched with “host families” in Milwaukee who often have children the same age who are going to camp. Your camper will be picked up from the airport by the host family, spend the night with them and then go with them to camp departure the next morning.

Arizona Campers Flying into Milwaukee: For Session 1 Arizona campers, Camp Interlaken has arranged for chaperoned travel to Milwaukee from Phoenix on TUESDAY, JUNE 22nd. Upon arrival, your camper will be transported by bus to the Daniel M. Soref Retreat Center where they will be joining Florida campers, Texas campers, Ozrim and select staff to spend an activity-filled night before departing for camp on a coach bus the next morning. The chaperoned flight on TUESDAY, JUNE 22nd will be Southwest Airlines flight #337, which departs **Phoenix** (PHX) at 4:30pm and arrives in Milwaukee (MKE) at 9:45pm. On the last day of Session 1 (July 19), a coach bus will take all campers flying home from Milwaukee directly to the airport. Frontier Airlines flight #373 departs Milwaukee at 6:57 p.m. and arrives in **Tucson** at 10 pm.

Dallas Campers Flying into Milwaukee: For Session 1 Dallas area campers, Camp Interlaken has arranged for chaperoned travel to Milwaukee from Dallas on TUESDAY, JUNE 22nd. Upon arrival, your camper will be transported by bus to the Daniel M. Soref Retreat Center where they will be joining Arizona campers, Florida campers, Ozrim and select staff to spend an activity-filled night before departing for camp on a coach bus the next morning. Several campers are flying to Milwaukee on American Airlines flight #3257, which departs Dallas at 1:20pm. This flight will have a Camp Interlaken staff member on board and arrives in Milwaukee at 3:45pm. On the last day of Session 1 (July 19), a coach bus will take all campers flying home from Milwaukee directly to the airport. American Airlines flight #3221 departs Milwaukee at 3:25 p.m. and arrives in Dallas at 6:00 p.m.

Florida Campers Flying into Milwaukee: For Session 1 Florida campers, Camp Interlaken has arranged for chaperoned travel to Milwaukee from Fort Lauderdale on TUESDAY, JUNE 22nd. Upon arrival, your camper will be transported by bus to the Daniel M. Soref Retreat Center where they will be joining Arizona campers, Texas campers, Ozrim and select staff to spend an activity-filled night before departing for camp on a coach bus the next morning. The chaperoned flight will be AirTran Airlines #68 leaving Fort Lauderdale at 7:40am and arriving in Atlanta (ATL) at 9:29am. They will connect to AirTran #421 departing at 11:19am and arriving in Milwaukee (MKE) at 12:22pm. On the last day of Session 1 (July 19), a coach bus will take all campers flying home from Milwaukee directly to the airport. The chaperoned return flights are AirTran #490 departing Milwaukee (MKE) at 3:50pm and connecting in Atlanta (ATL) to AirTran #76, which departs at 9:00pm and arrives in Fort Lauderdale (FLL) at 10:49pm.

Other Airport Options: Camp Interlaken is served by one airport close to camp: Rhinelander, WI (RHI), which is approximately 45 minutes from camp. Campers flying in to Rhinelander will be met by camp staff at no extra cost to you. Staff will be wearing camp t-shirts and are easy for your child to recognize. We suggest that you make your camper’s airline reservation earlier rather than later. This will guarantee the day and time you need. Planning early also allows for use of your frequent flyer miles.

Returning from Camp: Your camper will be taken to the airport either by a JCC staff member (if flying home from Milwaukee), or a Camp Interlaken staff member (if flying home from Rhinelander). If flying home from Milwaukee, please try to make a return flight reservation after 5:00 p.m. on the last day of camp, or for the next morning. The Milwaukee airport is approximately 30 minutes from where the buses drop off the campers and if the buses are late due to heavy traffic, etc., we don’t want to risk having your camper miss his/her flight home.

A word about your camper’s luggage: We request that you send all luggage (prepaid) directly to camp ahead of your camper’s arrival time. UPS or any other prepaid carrier can be contacted for this purpose. Arrangements should also be made to have your camper’s luggage picked up from camp (prepaid) and returned to you on the last day of the session. The camp address is: Camp Interlaken JCC, 7050 Old Highway 70, Eagle River, WI 54521.

If you have any questions regarding travel arrangements or housing for your camper, please call Beth Alling in the camp office at (414) 967-8240.



CODE OF CONDUCT

All standards of behavior at Camp Interlaken are grounded in Jewish values. They are designed to create an “envelope of safety” within which children and teens can grow and have fun in a relaxed, non-threatening environment. Our goal is to create a *kehillah b'yar*, a Community in the Forest. We want campers to be part of a *chevra*, a group of friends, who live in a vibrant community that operates according to Jewish values.

TSELEM ELOHIM

צלם אלוהים

We are all created *b'Tselem Elohim*, in the image of G-d. We therefore deserve to be cared for as a precious and holy being. We are all fundamentally equal in value and rights. We each have a responsibility to conduct our lives in a manner that reflects well on our Creator. Therefore at camp:

- We take care of our physical selves. This includes showering regularly and practicing good personal hygiene. No member of the camp community is permitted to possess or use cigarettes or alcohol on camp property, or illegal drugs in any situation. Campers will be sent home from camp for smoking, drinking, or possession.
- Before acting, we check to make sure that we are respecting the feelings, safety and personal integrity of others and ourselves. We don't participate in unsupervised raiding or late night pranks out of the cabin without a counselor.
- We dress and behave with modesty and decorum, avoiding clothing that is promiscuous or exhibits slogans promoting drug use or other inappropriate behavior. Makeup should be tastefully done and not offensive to others.
- We do not engage in either ear or body piercing or tattooing. We do not shave heads or otherwise alter the appearance of ourselves, other campers, or of staff.

TIKKUN OLAM

תקון עולם

Repair of the world is central to Jewish teaching. We are in this world as partners with G-d. Our responsibility in the partnership is to take care of the world and to fix those things that we find in disrepair. Therefore at camp:

- We recognize our obligation to do *tzedakah*, to do the righteous thing.
- We protect and enhance the environment by being *shomrei adamah*, guardians of the earth and observing the principle of *bal taschit*, a prohibition against waste or destruction. We recognize that everyone is responsible for taking care of the physical facilities and the natural environment at camp.

KEHILLAH

קהילה

Creating a Jewish community is the way in which Judaism is lived. Therefore, it is central to camp. Our theme is *Kehillah b'yar*, Community in the Forest. Not even Moses Rabbenu could bear the weight of all communal responsibilities, and so we recognize that we all have to do our part to make the camp community work. Therefore, we follow the Talmudic principle, *al tifrosh min hatzibur*: You shall not separate yourself from the community.

- Include others in your group.
- Respect other people's property.
- Avoid pranks which might be harmful to any individual's feelings or property.
- Observe the Jewish value of *lashon hara*, the principle that says we are not to gossip or spread malicious slander about each other.
- Practice *mitzvot* which benefit others.



CODE OF CONDUCT (CONTINUED)

LAND OF ISRAEL

ארץ ישראל

We have a special relationship with *eretz Yisrael*, the land of Israel, and with *am Yisrael*, the people Israel, Jewish people everywhere. Jewish law, tradition, lore, and behavior throughout the ages and across the continents have emphasized the centrality of the Land of Israel and the Covenant between G-d and the people Israel, as well as the responsibility of all the House of Israel for each other's welfare, *kol Y'Israel aravim zeh b'zeh*. Therefore:

- We observe the laws of *kashrut* so that all members of our community will be comfortable. No food can come into the camp other than under the supervision of our *mashgiach* and campers are not allowed to receive food in packages.
- We participate in the celebration of Shabbat.
- We let Jewish laws and values guide our actions.

BULLYING

Bullying is when one or more people exclude, tease, taunt, gossip, hit, kick, or put down another person with the intent to hurt another. Bullying can be *verbal* (tease, taunt, threaten, exclude) and/or *physical* (hit, kick, use force, impede, assault) and or *written* (notes, emails, texts, instant message, facebook). Bullying happens when a person or group of people want to have power over another and use their power to get their way, at the expense of someone else. Bullying can also happen through cyberspace: through emails, text messaging and instant messaging. This type of bullying can also lead to persons being hurt between the camp seasons.

At Camp Interlaken, bullying and harassment is inexcusable, and we stand firmly against all types of bullying. Our Camp philosophy is to ensure that every camper learns the value of cooperative living, gains a sense of Jewish identity, spirit and pride, experiences the thrill of mastering new skills, and finds the fulfillment of attaining individual goals. We work together as a team to guarantee that campers gain self-confidence, make new friends, feel safe, and go home with great memories.

Unfortunately, persons who are bullied may not have the same potential to get the most out of their camp experience. Our leadership addresses all incidents of bullying seriously and trains staff to promote communication with their staff and their campers so both staff and campers will be comfortable alerting us to any problems during their camp experience and between sessions. Every person (campers, staff and ozrim) has the right to expect to have the best possible experience at camp, and by working together as a team to identify and manage bullying, we can help ensure that all campers and staff have a great summer at Camp Interlaken.

We expect campers to commit to treating each other with respect (*kavod* - דבּוּכ) and eliminate bullying in our community. Failure to do so may result in discipline and/or being sent home from camp at the discretion of the Camp Director. In the event that a camper is sent home, no refund will be given.



INTERNET POLICY

We have asked parents and campers to go over some policies we have developed about the Internet and other issues that are important so that everyone has the best experience at camp as possible.

1. Our camp views social networking sites and other Internet communication as a positive way for you to keep in touch with your friends and express yourself. As a camper at our camp, you have the right to exchange e-mails or IMs with other campers and invite other campers to be on your "friends" list in any way that you and your parents see fit.
2. Please do not use the official camp name, logo, photographs or video on personal pages, profiles, or websites or create a group with any of the above listed things. Also, please do not add a link to the official camp website from any of your pages.
3. About e-mails, IMs and comments you might make to other campers on their social networking site (like Facebook.com or MySpace.com), we ask you:
 - a) to keep them positive and respectful of staff, campers and camp alike;
 - b) not to use obscenities, vulgar or sexual language;
 - c) not to say mean or threatening things to or about other campers, staff, or camp;
 - d) not to pose as another camper online and use that false screen name, blog or website to spread false information about anyone or say damaging, disparaging, or threatening things about anyone or camp;
 - e) not to use a website or blog or e-mail to talk about things that are against camp policy, like drugs or alcohol or bullying or sexual things.
4. It is our policy to call the parents of campers who send negative messages to other campers and share the content of those messages with parents.
5. If you receive a threatening e-mail, IM or message on your personal website or directly to your email – one that is mocking, uses vulgar or harassing language – here is what you should do:
 - a) Do not respond to the message or retaliate, because it might encourage the sender or get you into trouble.
 - b) If possible, record the message onto your hard drive.
 - c) Print out a copy of the message, then close it but do not delete it.
 - d) Tell your parents about it and, if necessary, have them notify the authorities or other parents of involved campers.
 - e) If you suspect that the sender is from camp, please inform us.
 - f) You or your parents can also contact an organization such as Pedowatch (www.pedowatch.com) or the National Center for Missing and Exploited Children (www.nemec.org).
6. Please do not post any videos on YouTube.com or any other public video sharing website from your digital camera from camp. Camp asks for written permission from families to use camper's photographs in our written or online material. Without having parent consent to use a camper's image, the parent could take legal action.
7. Communication initiated by campers to staff on social media websites is permissible. Camp Interlaken's policy states that staff must have camper "friends" on a "limited profile" setting thereby blocking campers from staff members' personal content.
8. Once I identify myself in any way with Camp Interlaken, the general public will see me as an ambassador or spokesperson for Camp Interlaken.
9. Any camper who violates any of our policies regarding the Internet or other communication might have to leave camp or might not be able to come back to camp.

We want your experience at camp to be fun, safe, and as wonderful as it can be. These policies are designed to make sure everyone feels safe and that the Internet is used in only positive and healthy ways.



HOW TO REACH US

Winter* – until June 3rd

Harry & Rose Samson Family
Jewish Community Center
6255 N. Santa Monica Blvd.
Milwaukee, WI 53217
(414) 967-8240
(414) 967-0922 fax

**Beth Alling will be in the winter office
during the summer months*

Summer – Starting June 4th

Steve & Shari Sadek Family
Camp Interlaken JCC
7050 Old Highway 70
Eagle River, WI 54521
(715) 479-8030
(715) 479-8527 fax

Director

Toni Davison Levenberg tdavison@jccmilwaukee.org

Assistant Director

Dan Baer dbaer@jccmilwaukee.org

Assistant Director

Sharon Cohen scohen@jccmilwaukee.org

Administrative Director

Hazzan Carey Cohen ccohen@jccmilwaukee.org

Camping Services Coordinator

Beth Alling balling@jccmilwaukee.org

AMERICAN CAMP ASSOCIATION ACCREDITED



ACA Accreditation means that Camp Interlaken JCC cares enough to undergo a thorough (up to 300 standards) review of its operation — from staff qualifications and training to emergency management. American Camp Association collaborates with experts from the American Academy of Pediatrics, the American Red Cross, and other youth-serving agencies to assure that current practices at your child's camp reflect the most up-to-date, research-based standards in camp operation. Camps and ACA form a partnership that promotes growth and fun in an environment committed to safety.

ACA helps Camp Interlaken JCC provide:

- Healthy, developmentally-appropriate activities and learning experiences
- Discovery through experiential education
- Caring, competent role models
- Service to the community and the environment
- Opportunities for leadership and personal growth