



KALLAH 2011
ORIENTATION MANUAL

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Shalom Kallah Participant:

Kallah is an intense program that builds Jewish community and takes each individual participant on a personal journey exploring and defining his/her Judaism. During Kallah we explore deep and meaningful issues in Judaism. We will seek to experience Jewish tradition on a very deep level. Our goal is to see you emerge from the program with a stronger passion for Jewish life and a deeper connection to Jewish thought, prayer, and community, and of course to each other. We also want you to feel empowered and equipped to become representatives of Jewish learning, peer education, and Jewish experience within your home community.

As you read this orientation manual in preparation for your participation in Kallah, you may want to think about the following questions:

- What experiences have contributed to your Jewish identity?
- What questions about your Judaism remain unanswered?
- How do you think Judaism will change in the next fifty years?
- How do you identify with Judaism and Israel?
- What do you think are the issues that face Jews today?
- What do you think your role is in bringing Jewish experiences to your community?
- Do you believe in G-d? Why?
- What skills do you want to learn to grow & enhance your Jewish experience?
- **Are you open to walking away from Kallah with new questions that you'll continue to struggle with?**

At Kallah you will have the opportunity to ask questions like these and to begin to think about the answers. This program will be unlike any experience you have ever had before. It is important to note that this is an intense three-week program and takes a commitment on the part of the participant to give 100% of him/herself to the community and to the learning process. You should plan to come to Kallah with an open mind, open heart, a willingness to participate regardless of your perspective, and with the expectation that you will be in a learning environment. This will require that you rest well when it is time to rest, take time to yourself to reflect on what you are learning when it's time to reflect, and understand that Kallah provides you an opportunity to explore your identity and your place in the Jewish community, so we want you take advantage!

Each year it is truly a privilege to get to know you, and participate in this journey together. We look forward to meeting and learning with you this summer.

B'Shalom,



Jill Pottel
Director of Kallah

What is Unique about Kallah?

Kallah is designed to expose you to new and challenging ideas. You will meet and learn from a variety of Jewish educators representing all walks of Jewish life. For some, this may be your first exposure to ideas other than those of your hometown, your congregation, your own rabbi, or your own family. For others, this may mean your first exposure to egalitarian services in which women are called to the Torah, traditional services, services involving creative expression of religious feelings through poetry, music, and dance, or exposure to Shabbat services in which musical instruments are played or not played at all.

The diversity of Jewish religious expression available in the American Jewish community is unparalleled in the rest of the Jewish world. For many of our overseas participants, services, ceremonies, and customs regarded as legitimate among normative North American Jewish religious movements represent sharp and shocking departures from the various “Old World” traditions to which they are accustomed at home. As noted above, this may include the role of women in services, the calling of women to the Torah, the concept of B’nai Mitzvah (Kallah holds a B’nai Mitzvah service the last Shabbat), the mode of Shabbat observance, the use of musical instruments in religious services, the notion of “creative religious services”, the mode of observance of various Jewish holidays, which can fall during Kallah, and more. Each individual reacts differently to each new experience, finding some of these new experiences exciting, uncomfortable, jarring, or even moving. We ask that despite any discomfort you feel, you are respectful during these experiences. We encourage you to discuss with the staff and one another any reaction you may have once the program has concluded – this in and of itself is a significant part of the experience.

Yet none of these experiences are “way out”; all are within the broad spectrum of legitimate, thoughtful Jewish expression actually found in Jewish life today. Therefore, whatever your own current observance or non-observance, we will expect you to participate whole-heartedly in programs and experiences often very different from those you know at home. Additionally, we anticipate you will react to these experiences, that you will allow them to challenge you, and above all, use them to question, explore, and define your own personal relationship with Jewish tradition.

This is what makes Kallah so special: we take you seriously. We challenge you as much as we can, and we trust you to respond to the intellectual and spiritual challenges. We encourage you to explore options within Judaism. We demand that you debate and question us. Be prepared to hear staff and participants disagree with you about things you may always have taken for granted. Know that we will expect you, even after Kallah, to step up, speak out, and represent the Jewish experience to your community. In fact, one underlying theme of BBYO and our Summer Programs is that there are many ways in which to develop and to express a commitment to the meaningful survival of the Jewish people. What is most important is to be concerned, involved, and to care enough to participate and debate what course will serve us best as we pursue, together, a future of Jewish vitality.

Our goal in all of our summer programs is to develop a group of committed and skilled leaders for our Jewish Communities. Kallah is open to any BBYO member between 10th and 12th grades. Past participants come from all over North America and from overseas.

What is Expected of Participants

You need to know what you are getting yourself into when you decide to attend Kallah. We demand a lot of you, we challenge you as much as we can—all the time—and we expect full participation. Kallah is an intensive program through which you will learn what it means to live “Jewishly” and develop a Jewish community. During these weeks, your mind will be exercised as you explore a variety of concepts from G-d to Israel to the most topical issues of our times. Expect real intellectual challenges during your time at Kallah; and expect them without anyone judging you for what you believe. **Please read through the statement of understanding and our BBYO program policies on the next few pages so that you are fully aware of what is expected of you.**

Kallah Participant Statement of Understanding

1. I am aware that Kallah is designed to be a highly intensive educational experience.
2. I understand that this will include long days, lectures, classes, workshops, discussions, study sessions, exploration of Judaism, and other activities aimed at development of leadership and Judaic skills.
3. I understand that I will be expected to:
 - Take notes
 - Engage in serious study
 - Participate in group sessions and take my role at the program seriously.
 - Know and follow the program schedule
 - Participate in all aspects of the program
 - Rest and take time to reflect
 - Respect the program experience, while contributing my own thoughts and opinions
4. I understand that as an important part of the learning atmosphere and exploration of Judaism I will be expected to fully participate in services and other Judaic programs that may be significantly different from those I am accustomed to, and participate and respond to these experiences with respect regardless of my own religious practices.

Teen Program Release

When a large group of people participate in a program together, rules and regulations are essential. Most participants see them as applications of common sense. Please note the policies below are in effect while traveling to, from or while at this program.

- I understand that, without advanced written parental consent, no participants are to leave the program from the time of arrival until the completion of the program.
- I understand that BBYO's travel policy prohibits participants from driving to single-night overnight programs requiring more than 15 miles of driving, one-way. Participants are also prohibited from driving to multi-night overnight programs. Teen drivers must turn their car keys over to a BBYO-approved adult upon arrival to an overnight program and may retrieve the keys before leaving for home.
- I understand that no guests are allowed at this program without a BBYO professional's prior approval.
- I understand that curfew means participants must be in their assigned rooms/bunks with lights out and ready for bed. Additionally, participants may not leave their room/bunk between curfews and wake up.
- I understand that all programs, workshops, services, meetings and meals are mandatory. I will review and follow the program schedule and will remain in appropriately staffed and/or authorized areas.
- I understand that at no time will any males be allowed to enter a females sleeping area nor females be allowed to enter males. Additionally, program staff may designate areas as "single-sex" and these areas are off-limits to participants of the opposite gender. Violation of this policy may result in a participant being sent home from this program and could result in further action.
- I understand the use or possession of fireworks, firearms, alcohol, tobacco, illegally controlled substances or other prescription drug(s) without valid prescription, fighting, or gambling will result in dismissal from this program and/or additional penalties in conjunction with BBYO's code of conduct.
- I understand that any damage to BBYO property, public property and/or private property is grounds for penalty in conjunction with BBYO's code of conduct. I also understand that I am financially liable to repair/replace the damage.
- I understand that smoking is expressly prohibited at this, and all BBYO programs.
- I understand that if I am dismissed from the program due to improper behavior and/or violation of rules that I will not be entitled to any refund of my program fee and that all costs and liability associated with being sent home will be the sole responsibility of my family.
- I understand that I am to be respectful of and towards my peers, BBYO professional staff and volunteers. I understand that failing to do so may cause me to be sent home from this program. I may also be liable for penalties in conjunction with BBYO's code of conduct.
- I understand that the BBYO staff has the authority to search my belongings if, in the staff member's sole discretion, there is any suspicion whatsoever that I have violated any of these policies.
- I hereby authorize BBYO to publish photographs/video taken of me, my name and any quotations that I have provided for use in printed publications, presentations, mailed promotions, exhibits, press releases, and video, CDs, DVDs and websites. I acknowledge that since my participation in photography/videos produced by BBYO is voluntary, I will receive no financial compensation. I further agree that my participation in any photography/videos produced by BBYO confers upon me no rights of ownership whatsoever. Any photograph/video/quote taken may be shared with BBYO partners while carrying forth these provisions. If I DO NOT wish to authorize BBYO for what is noted above, I will write a letter noting as such and send to BBYO, Inc., prior to the beginning of the program.
- I understand that if I become aware of any conduct by any participant, volunteer or BBYO staff member, which I believe is illegal or creates a risk of harm to any individual, I will immediately report the incident to the appropriate BBYO representative.

Parent Program Release

My son/daughter has requested that s/he be allowed to participate in an upcoming event sponsored by BBYO, Inc. I hereby consent to my son/daughter's participation and agree to the terms set forth herein.

- I am aware that BBYO does not, and will not assume responsibility for any accidents or loss to my son/daughter or to his/her personal effects while en route to, at, or returning home from this event.
- I understand that my son/daughter will be responsible for his/her actions while at the event, including, but not limited to, any injury to any person (including himself/herself) or damage to any property that he/she may cause.
- I assume responsibility for any liabilities my son/daughter incurs in the form of injury to any person or damage, destruction or theft to public or private or property or equipment.
- I hereby agree to indemnify and hold BBYO harmless from any claims against the organization and its agents arising from my son/daughter's conduct.
- I hereby release BBYO from any liability for any injury to my son/daughter (or their/my property) other than that caused by willful misconduct by BBYO and I hereby waive any claim that hereafter may arise other than for such intentional misconduct. I understand that I am waiving all claims for negligent supervision by the organization.
- I authorize BBYO to publish photographs/video taken of my son/daughter, his/her name and any quotations that he/she provides for use in printed publications, presentations, mailed promotions, exhibits, press releases, video, CDs, DVDs and websites. Since participation in photography/videos produced by BBYO is voluntary, neither my child nor I will receive any financial compensation. I further agree that participation in any photography/videos produced by BBYO confers no rights of ownership whatsoever. Any photograph/video/quote taken may be shared with BBYO partners while carrying forth these provisions. . . If I DO NOT wish to authorize BBYO for what is noted above, I will write a letter noting as such and send to BBYO, Inc., prior to the beginning of the program.
- I understand that if my son/daughter is dismissed from the program due to improper behavior and/or violation of rules that I will not be entitled to any refund of paid program fees and that all travel arrangements, costs and liability associated with the participant being sent home will be my sole responsibility. I understand that I will not have any claim of any kind against BBYO as a result of its decision to dismiss my son/daughter from the program based upon its determination that my son/daughter engaged in improper behavior or violation of the organization's rules or directions.
- I understand that the BBYO staff has the authority (but not the obligation) to search my son/ daughter's belongings whenever it deems appropriate to assure that he/she does not possess fireworks, firearms, alcohol, tobacco, illegally controlled substances or other prescription drug(s) without valid prescription. In the event such substance is found, I authorize BBYO to take such measures as it deems appropriate under the circumstances and I release BBYO from any claims that may arise from such actions.
- I have been made aware of BBYO's transportation policies, which indicate that participants are not permitted to drive to/from multi-night overnight programs. If my son/daughter is of driving age and has driven to the event, BBYO has the right (but not the obligation) to take measure to assure that my son/daughter does not drive home from the event should BBYO determine, in its discretion, that such conduct may put my son/daughter at risk. Similarly, BBYO has the right (but not the obligation) to take measures to assure that my son/daughter does not drive home from an event with any other individual should it determine, in its sole discretion, that such conduct might place my son/daughter at risk.
- Unless notified in advance by a BBYO professional that hired transportation will be provided, it is my responsibility and/or that of my son/daughter to transport him/her to, from and within the specified BBYO event, in accordance with BBYO youth travel policies. BBYO shall have no liability in connection with the transporting of program participants. Should my child drive others or be driven by others, it is my responsibility to educate him/her about driving in as safe a manner as possible, including only transporting passengers that have fastened safety belts and obeying the restrictions (if any) on his/her license.
- If any emergency contact or medical information (prescriptions taken, etc.) has changed since my child's annual form was turned into the local BBYO office, it is my responsibility to notify the local office prior to my child attending the event.

What to Expect When you Arrive

B'nai B'rith Perlman Camp

Kallah takes place in our own leadership village on the grounds of B'nai B'rith Perlman Camp in Lake Como, PA. The Pocono Mountains are a magnificent setting for this multi-purpose institution, which honors Anita and Louis Perlman. Various B'nai B'rith agencies and lodges use the camp for summer conferences or activities, and our programs are known within the B'nai B'rith family for inspiring confidence in the future. Perlman Camp itself is a highly successful residential summer camp serving Jewish youth from all over the eastern U.S. Kallah participants share campgrounds, fields, and facilities, and sometimes programs with B'nai B'rith Perlman Camp, campers and staff. As part of the B'nai B'rith family, Perlman Camp observes strict Kashrut, under rabbinical supervision.

In the Beginning

When you first arrive at camp, you'll register and get checked in and settled into your dorm, as well as have some icebreaker programs to help you, other participants, and the staff to get to know one another. You will attend orientation sessions in which policies and procedures will be explained. You'll receive a full, day-by-day schedule for Kallah. The first day you arrive you can expect it to be a bit hectic with registration, orientation, icebreakers and moving in. However, the next morning is a fully scheduled day where you'll meet your educators and jump right in to the program.

Program Content

Leadership Training at Kallah

Although the principal focus of Kallah is found in its Judaism courses, you will experience an intensive leadership-training program as well. Kallah centers on the development of a knowledgeable Jewish identity as a vital component in assuming a leadership role in the Jewish community today. Kallah graduates become key programmatic resources back home. The leadership emphasis at Kallah is on the responsibility of a leader in the Jewish world to be informed on Israel, on techniques of programming, and on practicing responsible leadership behavior. We'll teach you skills, and share resources with you that you can use in your daily life, should you so choose.

Taking Kallah home is difficult; to expect you to recreate it at a local program is impossible. However, there are things we do want Kallah participants to take home, such as knowing how to engage and reach out to the Jewish communal professionals in your community and find resource materials to further your education and the education of others. We also expect you to share with others an understanding of new rituals and ideas, and above all - a commitment to Judaic programming as an integral part of a BBYO experience. Though it would be unrealistic for you to try to recreate the Kallah experience at home, having a meaningful Jewish experience with your peers once Kallah is over, and knowing you played a significant role in creating it will be more inspiring to you than you could possibly imagine.

Judaic Education at Kallah

The Kallah philosophy is based on the idea that to be a Jewish leader you need to:

- ❖ Have a basic understanding and knowledge of Jewish vocabulary, Jewish readings, Jewish culture, and Jewish history and rituals – no matter which ones you do/don't ascribe to.

- ❖ Understand that at the core of one's Jewish beliefs is one's personal Jewish values and ethics
- ❖ Develop specific skills to become a more effective leader in the Jewish community by having a clear sense of how Judaism fits in your life.
- ❖ Learn how to explore Judaism on your own: how to find and utilize resources and make Jewish experiences accessible to you and your peers.

Classes with the Jewish educators

One of the most exciting aspects of Kallah is the opportunity to study and live with a team of Judaic educators representing major movements in Jewish life today. You will attend classes with our staff who teach different aspects of Judaism from various perspectives. Additionally, you will have the opportunity to connect with our Madrichim, who offer their own Jewish stories and occasional electives around Jewish thought and issues. You may find yourself planting flowers alongside a Rabbi, seeking out some individual time with an educator to talk about your own thoughts, or chatting over dinner with Madrichim about Jews and baseball. By the end of Kallah, you will count these educators on staff amongst your Kallah friends.

Jewish Literacy and Knowledge

During Kallah you will have the opportunity to learn from a variety of Jewish readings and texts, and relate them to your every day life experiences. Also, discussions will be organized around different Jewish concepts, such as the difference between Tzedakah and charity, or how to be a teen today and be Jewish at the same time. Do not feel obligated to have a background coming in to the program. Our classes and programs will engage you on a high level intellectually, but will work with you to start at the very foundations of Jewish learning.

Israel/Zionism

Another feature of Kallah is our focus on Israel. You will be offered a multitude of sessions that look at Israel and you. As a leader in the Jewish community, you'll be challenged to define your relationship to the Jewish homeland. Israel-focused programs will raise questions on history, identity, politics, and religion. Zionism at Kallah includes both class sessions and special-event programming. Over the last two summers, we have been fortunate to welcome the Tzameret delegation from Israel as part of our program; we intend to continue this tradition, and the Tzameret delegation contributes wonderfully to this part of the program.

Jewish Life Cycle

We have sessions on customs and ceremonies regarding birth, bar/bat mitzvah, and marriage, as well as the traditions and customs regarding death and comforting mourners. When someone in our own Kallah community celebrates a real life cycle event it is cause for a real "simcha" (happiness) for the whole community. Participants can choose to become B'nai Mitzvah at Kallah; we plan for anyone and everyone who wants to participate in this outstanding part of our program.

Jewish Values

At the core of one's Jewish beliefs are one's personal Jewish values and ethics. Each day, we will explore different value and Jewish concepts, which will be integrated into the daily life at Kallah.

Song and Dance

A spirit and enthusiasm for Jewish life can be created through music and dance. Jewish *Shira* (singing) and Israeli *Rikkud* (dance) are part of the universal language Jews across the world share together regardless of where we live. During Kallah, you'll participate in regular *Shira* and *Rikkud* sessions. We begin with the promise that every single person can dance and every single person can sing, no matter

what his/her self-evaluation. You'll have a chance to dance in the evenings after sessions and programs during "*Rikkudim*". During *Shira*, you will learn a repertoire of Israeli and American contemporary/folk songs, as well as new melodies for Shabbat, including the study of "*Niggunim*" (songs with music only). Our hope is that you'll bring home a storehouse of new songs and dances and that you'll serve as a resource on chapter, council and regional levels. *Shira* and *Rikkud* are treated as seriously as our education programs and 100% participation is expected.

Creative Arts

The arts are an integral part of Kallah. Part of our goal in this component of Kallah is to challenge the development of personal resources, to broaden horizons by doing things you've never done before, and to achieve excellence as part of a group effort. In addition, our specialists create connections between art and Judaism. Final projects will be presented at the end of the program at Café Kallah, which has become a highlight and the culminating event of the program. Participants not only share their work, they perform—dance, songs, art, drama sketches, poetry, and lots and lots of music. Some of the Creative Art options that we have offered are: Jewish song writing (and singing, from rap to folk), choral and instrumental music, visual arts (using multimedia tech), creative writing, ceramics, painting, calligraphy, drama, and dance.

Planning Groups

Twice a week, participants meet together in planning groups during Kallah. These groups are responsible for Shabbat services and activities and other special projects. Either an educator or Madrich is assigned to each group to support the group's planning process. Groups have the opportunity to create a special spirit and tone for the Shabbat weekend, which adds to what we share together on Friday night and all day Saturday. Planning groups may include: Friday night services, Saturday morning service, Havdallah, Shabbat atmosphere (leads meal blessings, songs, dining room set up), D'var Torah, Shabbat Chofesh activities, Menorah lighting, and Avoda—work groups that help maintain the beauty of the camp. On the weekend we have our B'nai Mitzvah those participating will be put into their own planning group.

Shabbat

Shabbat is always special at camp. It is a day of rest and self-reflection in more ways than one. It's the one-day we take it easy, get up late, relax, pray, study, meditate, and enjoy the day of rest. Friday night and Shabbat morning feature services created by planning groups. On Friday nights we have special programs, including stories or outdoor meditation. Following services on Shabbat morning, Shabbat electives, informal study, or (occasionally) special programs are offered. We will encourage participants to offer Shabbat electives of their own. Shabbat afternoon is totally free! On Saturday evening, Motz'ei Shabbat, we will mark the end of Shabbat and the beginning of the new week with Havdallah services.

Fun!

Time for recreation, relaxation and fun is built into our schedule. This includes organized athletic time, informal activities during free time, interactive programs, a field trip and exchange program with another camp nearby. The facilities at B'nai B'rith Perlman Camp that are available include swimming, baseball, volleyball, basketball, tennis, etc. We share these facilities with the staff and campers of Perlman Camp, so a schedule will be announced. If you want to, bring your personal sports equipment such as tennis rackets, bats, gloves, softball, and tennis balls. Occasionally, special recreation and programs are planned for the evenings. Many days end with *Rikkudim* and snacks, and an occasional song session around a bonfire. We have planned several all-day programs and evening programs that are active and spirited.

Details of your Stay at Kallah

Mailing Address:

Participant's name
BBYO/KALLAH
B'nai B'rith Perlman Camp
661 Rose Hill Road, Building A
Lake Como, PA 18437-1013

Packages

Food and candy packages are not allowed! This is a policy of Kallah due to health, sanitation and strict observance of Kashrut in the dining halls. Food in the dorms is an open invitation to insects, bats or field mice. Participants will open all packages under staff supervision. **Any food/candy will be removed and donated to a local food bank.** We specifically ask parents to cooperate with us in maintaining this policy. **No food shipments of any kind.** Parcels containing food, even birthday cakes, will not be delivered. As a side note, we will mark all birthday celebrations that happen during camp with a special announcement, celebration and cake courtesy of the camp. Mail and packages will not be given out during Shabbat.

* Please note that special arrangements can/will be made for teens with dietary restrictions, e.g. Glucose allergies. Please be in contact with the Program Director about these issues.

Canteen

The Perlman Camp maintains a fully-stocked canteen with snacks, drinks and toiletries. If there is some personal item you need and cannot obtain, arrangements can be made to purchase it for you in town. Participants will need cash to purchase "cards" to pay for items at canteen.

Healthcare

At Kallah we will have medical professionals on site. In case of emergencies or treatment that cannot be administered "in house", there are nearby hospitals and health facilities, ready to handle any health needs, provide the best emergency care, and arrange for bed care and hospitalization if that becomes necessary.

Participants will not be permitted to keep ANY medication on their person. Prescription medication will be distributed to participants several times during the day, based on the needs of the participants and the prescriptions. Participants **should not bring Ibuprofen, Acetaminophen, basic cold medicines, etc.** We have a well stocked "pharmacy" and will distribute medications as needed based on what parents have allowed on participants' health forms. All medications brought to camp will be collected – violation of this policy may result in a participant being sent home.

There is a sick call for Kallah Participants each day where routine health care is administered. If additional questions, extended care or out-of-camp medical services are needed, the medical professional, or the Director/Assistant Director of Kallah will contact parents. We usually do not call parents when we administer routine health care. During your stay at Kallah your family health insurance plan provides your primary coverage. Our liability insurance coverage is designed to supplement any costs not normally covered by your individual plan. If you should need to be sent to an outside health facility, we need information about your family plan to provide to the institution providing the care. **For this reason, it is absolutely vital that you fill out all sections of your health forms. You will not be allowed at camp unless we receive your health forms prior to your arrival.** For your own protection, you should carry health insurance numbers and information with you while traveling to and from camp.

This summer BBYO Summer Programs will continue to work with **CampMeds, Inc**, a pre-packaged medication program to dispense and package your child's medication for camp. Camp families are required to register with *CampMeds* if your child takes medicine in pill form while at camp. All pills will be dispensed and individually packaged in sealed packets labeled with your child's name, medicine, dosage, date and time to be given. Our system ensures that each camper receives their correct medicine at the right time of day. All medication will be shipped to camp prior to your child's arrival.

The *CampMeds* affiliated pharmacy will dispense prescription and non-prescription pills taken daily or as needed. Medication not in pill form (liquids, inhalers, drops, etc), can be dispensed as well.

What you need to do:

1. Register on www.CampMeds.com (you may register prior to obtaining prescriptions)
2. Note the Camper ID # you will receive when you complete the online registration and print your receipt
3. Obtain original prescriptions written for 30 day increments. Unused meds will be sent home from camp
4. Write Camper ID # on top corner of prescriptions. *Do not send us medication, only the written RX
5. Prescriptions are filled as written. It is your responsibility to confirm all prescriptions are written exactly how and when your child takes the medication (daily / PRN), and the correct med and dose is prescribed
6. Non-prescription meds/vitamins; physician's authorization or written directions by parent required
7. Include a copy of both sides of your insurance/prescription card
8. Mail prescriptions, registration receipt and copy of insurance card directly to:
CampMeds PO Box 267037, Ft. Lauderdale, FL 33326-7037

Fees: There is no additional cost to you for this service. Your camp is paying the *CampMeds* fee. You are responsible for the cost of medication. Your credit card information is required upon registration and will be used by the pharmacy for all medication charges and co pays.

Deadlines: ALL OF THE ABOVE ITEMS MUST BE RECEIVED 30 DAYS PRIOR TO START DATE

A \$25 late fee will be charged to your credit card if any of the items above are received after deadlines.

Email Notification: You are notified by email when *CampMeds* receives your online registration, when your prescriptions are received and when meds are sent to camp. Contact us if you do not receive a confirming email within one week of sending prescriptions.

Insurance/Prescription Meds: The *CampMed's* licensed pharmacy partner accepts most insurance plans. They will verify your insurance upon registration and submit to your plan once camp begins. You are responsible for all co-payments, deductibles and meds not covered by your insurance. **All of your med charges will appear on your credit card statement from the Pharmacy usually after your child returns home.

If the pharmacy is not a provider for your plan, we will notify you to arrange an alternative plan.

OTC Items and Meds Not Covered by Insurance: Will be charged to your credit card by the Pharmacy.

Please refer to our website www.CampMeds.com for registration and important details. For questions contact *CampMeds* at 954-577-0025 or info@CampMeds.com.

More camp meds information will be emailed directly to parents in a separate cover.

In order to maintain your health and energy while you are staying at camp, it is vital that you shower each day, eat at each meal, sleep 7-9 hours each night, and do not share personal items such as hair brushes, water bottles, pillowcases or other toiletries with anyone else at camp. It is also important to take part in each opportunity we provide for you to exercise and have fun!

Please also make sure you drink plenty of water, and eat fruits and vegetables every day; though this may sound unnecessary right now, participants often tend towards a very starch-based diet at camp, which can lead to some complications...

Visitor Policy

There are no visitors allowed during Kallah. There are also no visiting days during the program. There are no facilities at camp for providing visitors with meals or lodging. Please explain this to your friends and family so that there are no misunderstandings or disappointments. Likewise, it is not possible to accommodate participants at Perlman Camp before the program begins.

Money

Don't carry too much cash. It is highly suggested that each participant store their valuables (cash, travelers' check, passport, etc.) in the valuables safe, which is accessible to you each day (except Shabbat). **BBYO will not be responsible for lost valuables.** When planning how much money to bring to camp consider that you will need money for the following:

- Occasional snacks, etc. Our past participants have said to tell you to figure of at least \$10 - \$15 per week.
- Some extra money for outings (BBYO will generally cover meal costs, but participants often like to purchase extra items, souvenirs, etc.)
- Money for dorm shirts—approximately \$35 per person.

Phone Calls

Our phone number is (570) 798-2400. Emergency calls may be made to this number at any time.

We only have a few pay phones at camp and cell phone service at Perlman is not available to all carriers. Participant time to use phones is limited to free time. We suggest that you and your family and friends plan to keep in touch by writing letters. Please understand that you will not be able to phone home on a regular basis. It will also not be possible for you to phone home upon arrival at camp. We will contact parents through e-mail when everyone arrives.

The Kallah office has limited phone lines, which are for business use only. In the unlikely event of an emergency, we will facilitate communication with your parents. Parents, you may at any time call the office and leave a message, but we regret we are unable to call your child to the telephone in order to speak with you immediately due to the program and size of the camp. The office will be closed from sundown on Friday night until sundown Saturday night. We will check the messages regularly in case you need to communicate in the case of an emergency. Regular office hours are generally from 8am – 6pm.

Faxes

We do have a fax machine at camp but it is constantly in heavy use for camp business. We cannot accept personal faxes for 180 participants. Personal faxes will not be delivered unless special arrangements have been made beforehand.

What to Bring to Camp

You need enough clothing to be able to dress according to the weather for about two weeks, **but please remember that you will be sharing quarters with others, and space is limited.** You should plan on bringing clothing for cold weather, warm weather and rain. A good pair of boots/rain shoes/closed in shoes is a must! Since much of our camp space is grass it does get muddy when it rains. Lake Como, Pennsylvania can get very cold at night and during the early morning. Bring **layers**.

Please note: all participants will be asked/expected to **unpack** their suitcases and store luggage so as to make enough room for everyone's belongings. You may keep a small bag and your backpack with you in the dorm.

Please bring nicer clothes for Shabbat. The Shabbat dress code is "Gap casual" which means khakis and button down shirts/skirts or nice pants with a nicer shirt. Please remember that it is important to dress respectfully for Shabbat each week. Kallah is not a club dance party, so no short skirts and no skimpy tops, no open shirts or sneakers. We also suggest you leave your heels at home; they'll be ruined by the dirt and gravel. **If you are found to be wearing clothing that is not Shabbat appropriate, you will be asked to change.**

Linens

Towels, sheets, pillows and pillowcases will not be supplied. Bring one or two changes of sheets and pillowcases and towels. It is also advisable to bring a sleeping bag to open up and use as a heavy blanket.

Laundry

Laundry is picked up once during Kallah, so you need almost a 2-week supply of clothing. Mark all clothing with your name and the letters "Kallah" in laundry marker, stamps or labels. This makes it much easier to recover clothing if lost.

Bring a Backpack to Camp

Each day (except Shabbat) you carry to class your binder, pen/pencil, and books. We recommend that you bring a backpack to carry with you to and from class each day. It will minimize the chances of losing or misplacing your possessions. This is important because you will not have time to go back to your dorm between classes, and we have nowhere for you to store your items.

Additional suggestions and comments on what to bring:

- Be sure to bring a warm blanket. A sleeping bag that opens up may be warmer, easier to pack, and easier for making your bed.
- We remind you to limit cosmetics to a bare minimum. There are not many outlets in the cabins for blow-dryers, and it get quite humid.
- Leave home expensive jewelry, watches, etc. They can easily get lost or damaged in a camp setting, and BBYO cannot be liable for any valuables that go missing that you have not locked in our safe. Many participants have been sad to lose cameras, iPods and even wallets that were left behind at camp and not recovered.
- If you need special kinds of hypoallergenic pillow or blankets, bring them with you.
- If you need a particular kind of over-the-counter item, such as a brand of contact lens solution that's hard to find, please bring a supply with you (reminder: any medications will have to be turned in).

A special note to musicians and dancers:

If you play an instrument, please bring it with you. Besides guitars, also bring your violins, clarinets, flutes, oboes, trumpets, banjos, harmonicas, etc. We also have several pianos at camp! Don't forget your sheet music! If you dance at home and have dance slippers (jazz, ballet, toe, tap) and dance clothing (leotards, etc.) please bring them with you!

Here's a suggested packing list put together by our previous participants:

- Jeans, nice pants-5 pairs
- Shorts-5 pairs
- 12 T-shirts
- 4 long-sleeve shirts
- 1-2 bathing suits
- Rain boots, gym shoes-2 pair
- 2-4 Shabbat outfits (white if you want)
- Warm pajamas-2 pairs
- Laundry marker
- Notebook
- Camera
- Batteries
- 1 light jacket
- 3 sweaters
- Raincoat/poncho**
- Umbrella
- Backpack
- 2 complete sets of sheets
- 2 pillowcases
- Tallit, Tefillin, Kippah
- Flashlight, batteries
- 10-12 pens/pencils
- 3-4 sweatshirts
- Sweatpants 2-3 pairs
- 15 pair-underwear
- Socks-14 pairs
- Towels, washclothes-2-3 sets
- Flip-flops, sandals
- 1 warm bathrobe
- Personal toiletries (body soap)
- Additional blanket
- Stationary, US stamps
- Pillow
- Sleeping bag
- Water bottle
- Closed in shoes (required)

Optional items:

- Hiking shoes
- Frisbee
- BBYO T-shirts (to trade)
- 1 heavy jacket
- Extra hangers
- Alarm clock
- personal mirror
- Musical instruments
- Kleenex
- Baseball glove
- Leotard/tights/dance shoes
- Bandannas
- Tennis racket
- Hair dryer
- Personal first-aid kit
- Sunglasses, sun hat
- Safety pins

Advance Shipment of Luggage

If you are traveling to camp by bus, the charter bus can accommodate one large bag and one smaller bag. You may ship your luggage to camp prior to the program, but leave adequate time for its arrival. We recommend that you use **UPS**; we have found that they offer the best service. Please plan to ship your belongings approximately two weeks prior to the beginning of the program if you are sending it through the post office. **Do not ship your clothing in boxes. Boxes cannot be stored and we have no means to supply replacement boxes for the trip home.** Be sure to bring at least a few days clothing and one set of sheets with you in case your shipment arrival is delayed.

Parents and participants are responsible for shipping costs and arrangements must be made, independent of BBYO. In other words, you must make arrangements with a carrier (UPS) to ship your luggage and pick it up at the end of Kallah – all *pickups should be scheduled for Monday, August 1, 2011.* All ship home labels **must have a printed barcode** in order to be picked up by UPS. UPS has been the most inexpensive, effective and user friendly mode of shipment in the past. Kallah staff will deliver your luggage to the mail room, but will not take any additional responsibility. At the end of Kallah, luggage being shipped home will be brought to the camp main office for pickup. We are not responsible for luggage improperly labeled, or pickups improperly scheduled. Please be conscientious when making these arrangements so as to avoid complications.

Note: If you choose to use Fed Ex instead of UPS you must have a printed barcode on your shipping label and you must also have a pick-up call made before they will pickup packages.

Shipping Address:

Participant Name

BBYO/Kallah

B'nai B'rith Perlman Camp

661 Rose Hill Road Building A

Lake Como, PA 18437-1013

International Participants

International participants can bring luggage with them on the bus and do not need to have their luggage shipped ahead.

Travel Information

Transportation will be provided to and from the Newark, New Jersey Airport. If you haven't done so already, please make flight arrangements so that your arrival is no later than 12:00 pm on July 12th, 2011. Once you arrive and claim your luggage, please check in with the BBYO staff at terminal A, door #1 on the baggage claim/ground transportation level. The charter bus is scheduled to depart at approximately 1:00 pm from the Newark airport (please note, if there are flight delays, departure may be need to be pushed back to a later time).

You will be provided with the cell phone numbers of the airport staff a few days prior to the beginning of the program (**watch for an email with that information**). If you arrive late at the airport or think you may have missed the bus, please call the staff and we will make the necessary arrangements.

If you live in or are vacationing in the Pennsylvania area and wish to drop your teen off at Perلمان Camp, please plan to arrive **after 4:00 pm** on July 12th, 2011. If you wish to pick your teen up at the end of the program, please arrive by 9:30 am on July 31, 2011.

Please make all departing flights after 3:00 pm on July 31, 2011 out of the Newark Airport.

Early Arrival

If you cannot arrive before 1:00 pm on July 12th and need to fly in the night before, BBYO will make arrangements at the Newark Marriott, which is readily accessible to the airport. These arrangements are made on a reservation-only basis at the participant's cost of \$75. To arrange for a hotel room you must contact Sabrina Moore by email smoore@bbyo.org directly. You will be roomed with other early arrivals, and there will be staff members present at the hotel. The week prior to the program you will receive an email with the staff contact name, cell phone and hotel arrival instructions.

Registration and Fees

The registration fee includes housing, 3 meals per day, evening snack, programs and activities, roundtrip bus transportation from airport. The registration fee does not include roundtrip airfare, personal Canteen money or off-site field-trip expenses. Each applicant will be emailed a monthly billing statement; **all fees must be paid by May 15, 2011.**

Cancellation Fees:

No Risk – Cancel before May 1, 2011 and receive a FULL refund

After May 1, 2011 – Full Refund, less \$250 Registration Fee*

**If you have extenuating circumstances a full refund may be requested by contacting Sabrina at smoore@bbyo.org and filling out the required form ([click here](#)).*

An **email** or written notification of your cancellation must be sent to: smoore@bbyo.org or

Sabrina Moore,

Manager or Program Registration and Administration

BBYO, Inc.

2020 K Street, NW – 7th Floor

Washington, DC 20006

202-857-6549 (P)

202-857-2769 (F)

Resources and Contact Information

This booklet should answer many of your questions about Kallah. The next best sources of information on Kallah are your BBYO regional staff and past participants. You can also get more information on the BBYO website: www.bbyo.org or by contacting the Program Director. Feel free to email Sabrina at smoore@bbyo.org or Jill Pottel at jpottel@bbyo.org with additional questions:

Kallah Behavioral Guidelines

All code of conduct rules apply during Kallah. Be reminded that everyone attending Kallah has signed and agreed to uphold those standards.

There is no smoking, use of alcohol, use of any illegal substances, or abuse of prescription or over the counter drugs. Use or abuse of any of these will result in immediate dismissal from the program at the teen's expense.

Any behavior that results in harm or safety to oneself or others will result in immediate dismissal from the program at teen's expense.

Theft of any items will result in immediate dismissal from the program at teen's expense.

Once the last evening activity has ended you will be required to go straight back to your dorms and remain there for the rest of the night. Anyone found outside his/her dorm after curfew or lights out may be sent home immediately at his/her own expense.

No participant should leave Perlman Camp at any time. Leaving camp may result in immediate dismissal at the teen's expense. Additionally, all Kallah participants should STAY on the Kallah side of Perlman Camp and no Perlman participant should be visiting Kallah side of camp.

Gambling is NOT permitted at camp

The use of pornography is NOT permitted at camp.

Disruptive/disrespectful behavior and/or lack of cooperation toward staff and/or other participants at any time will not be tolerated.

Boys are not allowed in girls' dorms, porches, or bathrooms and vice versa.

Punctuality is expected of all participants at ALL functions, including classes, activities, programs, meals, etc.

Attendance is required of all participants in ALL functions, including classes, activities, programs, meals, etc.

If you need to be excused from a program/meal you must let a staff person know first.

Participants MUST stay in their assigned group(s) and cabin.

You will receive name tags and pens, if you lose either one and need to replace one of them you will be charged \$1. You must wear nametags at all times. Without nametags, participants may not enter the dining hall for meals. If you are not wearing a nametag during a program you will be sent back to get it and that will constitute as being late to a program and will correspond to the appropriate disciplinary violation.

No participants are allowed in the gym located in the CLTC classroom area.

No participant is allowed on the golf carts.

There is no intentional damage or graffiti of camp property at any time.

If you are at a program and need to use the bathroom please either use the two on the side of Katz or go back to your OWN dorm ONLY. No teen should be in any dorm but their own unless accompanied by a member of that dorm. No teen should ever be in any dorm belonging to someone of the opposite sex.

Cell phones, I-Pods, and other electronics can be use only during Chofesh or in your dorms at the end of the evening.

Please dress appropriately at all times. If you are dressed inappropriately, you will be required to go back to your dorm and change your clothes.

Refrain from using vulgar, insensitive and intolerant language.

Refrain from excessive public display of affection and explicit sexual behavior.

Teens should use hand sanitizers before entering the kitchen and as often as possible so as not to spread germs.

Dorms and camp grounds should be kept clean at all times. Please help by not dropping papers, cups, etc. and removing them from tables, grounds, grass, etc. and helping to pick it trash when visible. Dorms should be swept, beds made, rooms cleaned, trash taken out and lights turned off (as appropriate) daily.

The dining hall is exceedingly difficult to maintain order and cleanliness. Please be quiet during prayers and announcements. The only people that should be walking around are the Megishim (those in charge of serving that day).

All teens will be held accountable for their actions. In the event that there are violations of the expectations and responsibilities, consequences will range from verbal warning to removal from program at your expense.

All council/regional directors will be informed about any discipline issues you may be involved with. In addition to the consequences at Kallah your regional/council staff will be notified and additional consequences may occur at home.

MOST IMPORTANT OF ALL – the INTANGIBLE. Spend your free time getting to know your fellow community members. This is best done between programs, classes, at meals, chofesh and in the dorms.

Participants should strive to be their best selves at all times at Kallah.

You are here to learn, to grow and also to have fun. Don't sacrifice a sense of humor, joy and love, while carrying out the above responsibilities. The rules and responsibilities presented are here to help create a structure – to help, not to hinder. What we cannot write in words is the attitude of fun excitement, warmth and commitment that these rules will make possible to generate.

Procedural Checklist – all forms must be completed by May 1, 2011

- **Forms to be completed online** through the teen's blinked account are:
Travel form, parent release, and teen release, food restrictions, t-shirt size
- **Forms that Must be mailed in are:**
Medical form with Dr's signature
- Complete all forms as early as possible. Waiting lists begin as early as February.
- Fill out the forms completely and legibly; double check for completed signatures.
- Parents must complete their parts of the forms with all required signatures.
- Parental authorization and consent to medical treatment must be signed without any alteration.
- Medical forms must have complete medical information and parent signature in order for medical staff to legally distribute medicines. We will not accept any amendments of any kind to these forms – if changes need to be made, you will have to send us a new version.
- Any changes to requested forms will delay a participant's acceptance and will result in forms being returned to the participant for proper completion. Space is limited and we accept properly completed applications first.
- Make sure that the participant's name is on the medical form. Some doctor's offices don't bother to insert the name and this can create confusion in our files.
- Make travel plans early. Flight information, or train information must be inputted online through your teen's b-linked account or your parent portal account.
- Participant and parent e-mail addresses are extremely helpful. Please include these on the forms.
- The balance must be paid in full by May 15, 2011. Payments should be done directly online and invoices can be viewed through blinked.
- The International Scholarship deadline is April 1st, 2011.
- **Make copies of all forms** that must be mailed into the International office.

**Mailing address:
BBYO, INC.
2020 K STREET, NW, 7th FLOOR
Washington, DC 20006
Attn: Sabrina Moore
Fax 202-857-2769**

Driving Directions

B'nai B'rith Perlman Camp is located on Route 370, at Starlight, PA, 7 miles west of Hancock, NY, and approximately 40 miles northeast of Scranton, PA.

From New York City (approximately 150 miles from mid-town Manhattan)

- Take the New York State Thruway North to Harriman, exit 16.
- Take Route 17 West to exit 87A (Hancock).
- At stop sign, turn left and continue through the town of Hancock.
- Follow signs to Route 191, crossing the railroad tracks and the bridge into Pennsylvania.
- Once in PA, stay on Route 191 for one mile and turn right onto Route 370.
- Travel approximately 5 miles and turn left onto Rose Hill Road (at Alyce's Cow Palace).
- Proceed up the hill for ¼ mile to the camp entrance on your right.

From Philadelphia (approximately 170 miles)

- Take the Pennsylvania Turnpike Northeast Extension (Route 476) North towards Scranton.
- Get on Interstate 81 North toward Scranton.
- Exit Interstate I-81 at Route 6 East towards Carbondale, exit 187.
- Travel on Route 6 to Waymart and turn left at the traffic light onto Route 296 North.
- Travel on Route 296 for approx. 6 miles and turn right at the stop sign onto Route 247 North.
- Follow Route 247 for approx. 18 miles.
- Turn right at the stop sign onto Route 370 North.
- Turn right onto Rose Hill Road (at Alyce's Cow Palace).
- Proceed up the hill for ¼ mile to the camp entrance on your right.

From Baltimore (approximately 250 miles)

- Take Interstate 695 to Interstate 83 North towards Harrisburg.
- Once in Harrisburg, take Interstate 81 North.
- Exit Interstate I-81 at Route 6 East towards Carbondale, exit 187.
- Travel on Route 6 to Waymart and turn left at the traffic light onto Route 296 North.
- Travel on Route 296 for approx. 6 miles and turn right at the stop sign onto Route 247 North.
- Follow Route 247 for approx. 18 miles.
- Turn right at the stop sign onto Route 370 North.
- Turn right onto Rose Hill Road (at Alyce's Cow Palace).

- Proceed up the hill for ¼ mile to the camp entrance on your right.

From Washington DC, Maryland and Virginia: (approximately 265 miles from Rockville, MD)

- Take 270 North to Route 15 North, towards Gettysburg and Harrisburg.
- Once in Harrisburg, take Interstate 81 North.
- Exit Interstate I-81 at Route 6 East towards Carbondale, exit 187.
- Travel on Route 6 to Waymart and turn left at the traffic light onto Route 296 North.
- Travel on Route 296 for approx. 6 miles and turn right at the stop sign onto Route 247 North.
- Follow Route 247 for approx. 18 miles.
- Turn right at the stop sign onto Route 370 North.
- Turn right onto Rose Hill Road (at Alyce's Cow Palace).
- Proceed up the hill for ¼ mile to the camp entrance on your right.