

# FAMILY GUIDE 2024



## BEST SUMMER, EVERY SUMMER!

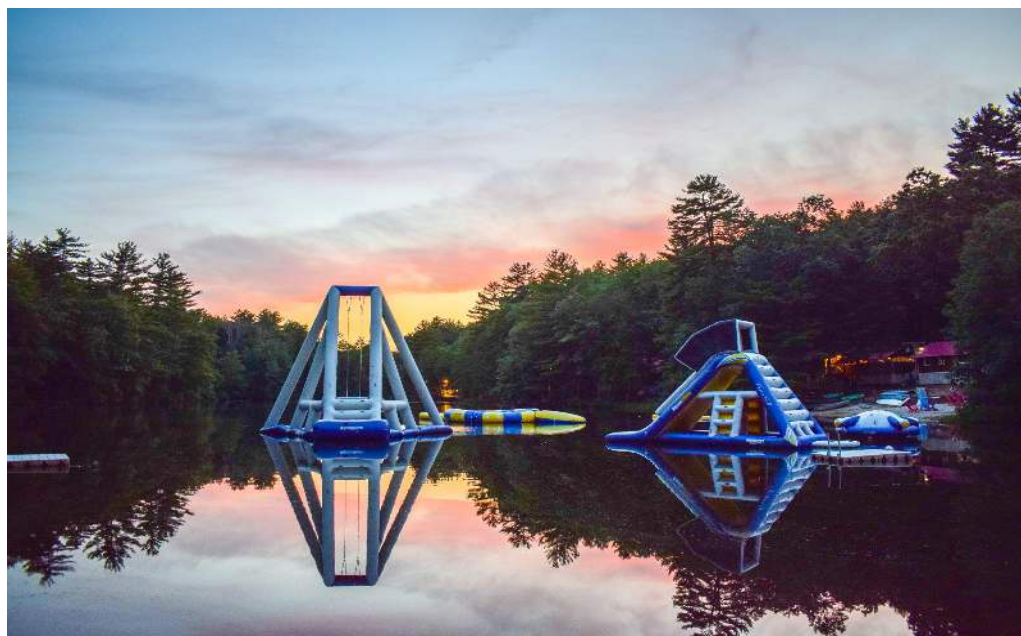
NEW INFORMATION INSIDE!

SUMMER: 865 BARTONSVILLE WOODS ROAD,  
STROUDSBURG, PENNSYLVANIA 18360  
(570) 629-0266  
(215) 487-2267



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# Meet the Full-Time Team



Eytan Graubart – Executive Director [Eytan@Pinemere.com](mailto:Eytan@Pinemere.com)  
Eytan joined the Pinemere team in 2021 and has been a leader in the field of Jewish camp for over a decade. He oversees the Professional team, works closely with the Board of Directors and coordinates the travel programs for our Rising 10th Graders and CIT-TWOs. At camp, you can find Eytan adding an inspiring anecdote to Shabbat Services, playing his heart out at Saturday morning SING and enjoying his daily walks with his dog, Scrappy. Eytan also oversees the Health Center, Facility Projects, Adult Staff hiring, and helps out the Camper Care Team.

Aaron Singer - Associate Director  
[Aaron@Pinemere.com](mailto:Aaron@Pinemere.com)

Aaron started going to Pinemere when he was 11 years old and joined the Professional Team in 2017. He supervises our Assistant Director, oversees the Staff Hiring and Program areas, and works with our rental groups. At camp, you can find Aaron managing our activity areas, helping out with scheduling and logistics, and definitely playing in our staff basketball games! He takes pride in ordering awesome SWAG for the summer & planning international travel when we visit our staff during the off-season.



Linz Etter Haft - Director of Camper Care & Communications  
[Linz@Pinemere.com](mailto:Linz@Pinemere.com)

Linz was 7 years old when she began her Pinemere journey and joined the Professional Team in 2017. She manages the Unit Leaders, Camper Care Team, and is the main point of contact for parents. At camp, Linz loves checking in on the campers, giving tours to interested families and dancing wherever & whenever music is being played! During the off-season, she is busy with monthly newsletters, the FroYo Tour, and her love for zoom calls with camp families!

Jeremy Ferman - Director of Finance & Operations  
[Jeremy@Pinemere.com](mailto:Jeremy@Pinemere.com)

Jeremy (or nicknamed DOFO) started Pinemere at 10 years old and joined the Professional Team in 2020. Jeremy handles all tuition payments, Financial Aid Scholarships, and Donations. At camp, Jeremy enjoys leading Saturday Morning SING, making sure staff are getting paid, and running Magic card tournaments during Lazy Day. Jeremy is also in charge of our Young Alumni Board, part of the Board of Directors, and handles the Pinemere budget.



Jess Neilson - Assistant Director  
[Jess@Pinemere.com](mailto:Jess@Pinemere.com)

Jess began Pinemere at 11 years old and joined the Professional Team in 2022. Jess helps out with staff hiring, manages our social media and marketing, and supervises the activity areas. At camp, Jess is running awesome staff programs, overseeing evening and all-camp programs, and making sure to get some cool camp Tik Toks! She also helps out with the Young Alumni Board, runs rental retreat groups, and books our transportation, vendors and trips!

Kevin Murphy – Director of Facilities and Maintenance  
Kevin joined the Pinemere team in 2015 and has overseen dramatic improvements to our facilities. He supervises the maintenance and housekeeping team, fixes anything in camp no matter how big or small, and oversees facility renovations. At camp, you'll see Kevin riding on his golf cart, making sure everything is running smoothly, and keeping bunks stocked with cleaning supplies. He lives in Stroudsburg year-round and is always making improvements to the camp facilities!



# 2024 Important Dates

Session	Arrival Date	Arrival Time	Departure Date	Departure Time
Full Season 7 Weeks	June 23 <sup>rd</sup> Sunday	9AM, 10AM, 11AM	August 11 <sup>th</sup> Sunday	9:30 – 11:00 AM
First Session 4 Weeks	June 23 <sup>rd</sup> Sunday	9AM, 10AM, 11AM	July 21 <sup>st</sup> Sunday	9:30 – 11:00 AM
Second Session 3 Weeks	July 22 <sup>nd</sup> Monday	2:00- 4:00 pm	August 11 <sup>th</sup> Sunday	9:30 – 11:00 AM
CIT 7+ Weeks	June 21 <sup>st</sup> Friday	2:00– 3:00 PM	August 11 <sup>th</sup> Sunday	9:30- 11:00 AM
CIT-TWO & Rising 10th Graders 5+ Weeks	June 21 <sup>st</sup> Friday	2:00 – 3:00 PM	July 28 <sup>th</sup> Sunday	TBD
Pioneers A 14 Days	June 23 <sup>rd</sup> Sunday	9AM, 10AM, 11AM	July 7 <sup>th</sup> Sunday	10AM
Pioneers B 14 Days	July 7 <sup>th</sup> Sunday	4PM	July 21 <sup>st</sup> Sunday	9:30- 11:00 AM

## **Fees**

- Deposit of \$1,800 due with application.
- Fall payment of \$1,500 due October 1, 2023.
- Winter payment of \$1,500 due January 1, 2024.
- Spring payment of \$1,500 due March 1, 2024.
- Final balance payment due May 1, 2024.
- Payments may be made by check, cash, or credit card (Visa, MasterCard, or Discover). Please contact Jeremy Ferman (215-487-2267 ext. 2 or [jeremy@pinemere.com](mailto:jeremy@pinemere.com)) with any questions about payment.

## **Visiting Day**

- **Date: Sunday, July 21<sup>st</sup>** Visiting Day will be in-person and you'll be able to take your camper out of camp from 10am-3pm. You will receive more details as it gets closer.

# Contact Information

## **SUMMER**

*June - August*  
(570) 629-0266

### Camp Address:

865 Bartonsville Woods Road  
Stroudsburg, PA 18360

## **WINTER**

*September - May*  
(215) 487-2267

### Mailbox Address:

333 E Lancaster Avenue, Suite 332  
Wynnewood, PA 19096

## **Summer Office**

Pinemere's office is led by a number of amazing adult staff and is the hub of our operation. Our staff members appreciate the importance of providing your family with great service and responding to your questions and concerns. The office team knows the camp extremely well and will do everything they can to help you with your needs no matter how big or small.

The phones in the office will be staffed from 8 AM – 8 PM. We do our best to check messages outside of these hours. You can also email Eytan, Linz, Aaron, Jess or Jeremy directly.

## **Telephone Policies & Weekly Office Hours**

We kindly request that calls be made to camp between 8:00 AM and 8:00 PM, while our office staff is on duty. In the event that the person you are trying to reach is unavailable, a message will be passed along to them. Our goal is to return each call within a few hours of when it was received. After 8:00 PM and/or if our office team is occupied, please leave a message and calls will be returned as soon as possible.

## ***What if my call is an emergency?***

Emergency calls that occur in the middle of the night and require that a camper be woken up, should go to Executive Director, Eytan Graubart, on his cell phone at (301) 580-3486. If the message can wait until morning, please send an email or leave a message at the office.



# Communicating with your Child

All correspondence should be sent as follows:

*For Campers & Staff:*  
[Camper's Name]  
Pinemere Camp  
865 Bartonsville Woods Road  
Stroudsburg, PA 18360

## **Mail**

Our campers write home at least 2-3 times per week. We feel that it is important for families to hear from their campers, even if the letters are relatively brief. Campers are encouraged to write as many additional letters as they want – to grandparents, siblings, friends, etc. Writing home should encourage families to write or email their campers on a regular basis. Campers truly enjoy getting letters from home! Many families send a letter that arrives at camp even before their child arrives for the session.

**Many families find it helpful to send pre-addressed (and stamped) envelopes or postcards with their child. This is the best way to ensure you receive all of your campers' mail!** Stamps, stationery, and envelopes all are available for sale from the canteen should your child run out of them.

Here's the suggested number of stamps & stationery your child should be bringing to camp:

First session: 20

Second Session: 15

Pioneers: 10

Full Season: 35

## **Email Information**

Families may send email through the camp's web service, "CampStamps", which can be found in CampMinder. You can access the site to send emails at [www.pinemere.com/login](http://www.pinemere.com/login). This is available with the same secure username and password that you used to complete forms before the summer. Email messages to campers will be delivered at the same time as regular mail. Campers are not able to send return emails. Email messages to campers are only available through this service, not through our standard email address. Emails sent via CampStamps will be printed every morning.

You can buy CampStamps in the following packages:

10 (\$10)

15 (\$14)

20 (\$18)

30 (\$25)





# Pinemere has a NO Package Policy

**ALL PACKAGES & LARGE ENVELOPES SENT TO CAMP WILL BE RETURNED BACK TO SENDER OR KEPT UNTIL THE END OF THE SESSION.** The ONLY two exceptions are forgotten items (which need prior approval from Linz) or Birthday packages (can not contain ANY food.) Thank you for your understanding.



# Arrivals

Families are responsible for the drop-off and pick-up of their campers on the first and last day of the camp session. If arrangements are needed for families traveling by airplane, or sending campers on airplanes, please contact [Linz@pinemere.com](mailto:Linz@pinemere.com). We are very happy to assist in these accommodations whenever possible.

## **Rising 10th Graders, CITs, and CIT-TWOs Drop Off: Friday June 21, 2024**

- **Drop off time will be 2-3:00 PM.**
- When you arrive at camp, our Staff Team will help unload your camper's luggage from the car to have it delivered to their bunk.
- After a huge hug "Goodbye" with your camper, the counselors will take care of helping your camper unpack and get them settled into their new summer home!
- *Every camper will be given a lice check after they've arrived.*

## **First Session, Pioneers A & Full Season Camper Drop Off: Sunday June 23, 2024**

- **Prior to camp, a link will be sent to you to Register for your Family's Drop Off time!**
- There will be 3 different Time Slots Offered: 9-9:45AM, 10-10:45AM, 11-11:45AM.
- We'll be limiting the number of Families for each time slot, to minimize wait time upon arrival at camp.
- When you arrive at camp, our Staff Team will help unload your camper's luggage from the car to have it delivered to their bunk.
- After a huge hug "Goodbye" with your camper, the counselors will take care of helping your camper unpack and get them settled into their new summer home!
- *Every camper will be given a lice check after they've arrived.*

## **Pioneers B Drop Off: Sunday July 7, 2024**

- **Drop off time will be 4 PM.**
- When you arrive at camp, our Staff Team will help unload your camper's luggage from the car to have it delivered to their bunk.
- After a huge hug "Goodbye" with your camper, the counselors will take care of helping your camper unpack and get them settled into their new summer home!
- *Every camper will be given a lice check after they've arrived.*

## **Second Session Drop Off: Monday July 24, 2023**

- **Prior to camp, a link will be sent to you to Register for your Family's Drop Off time!**
- There will be 2 different Time Slots Offered: 2-2:45 pm and 3-3:45pm
- We'll be limiting the number of Families for each time slot, to minimize wait time upon arrival at camp.
- When you arrive at camp, our Staff Team will help unload your camper's luggage from the car to have it delivered to their bunk.
- After a huge hug "Goodbye" with your camper, the counselors will take care of helping your camper unpack and get them settled into their new summer home!
- *Every camper will be given a lice check after they've arrived.*



# Departures

## **Pioneers A Camper Pick Up: Sunday July 7, 2024**

- Parent Arrival will be at **10 AM**. Please do not arrive before that time, as we will still be getting our Pioneer campers ready to go.
- Our Pinemere Staff will load your camper(s)' bags into your car.
- Families will then park on the fields.
- There will also be a table to pick up any leftover medication from our Health Center.
- You will have the option to register for *Summer 2025* and receive the Pick-up Special tuition rate & special swag gift!

## **First Session & Pioneers B Camper Pick Up: Sunday July 21, 2024**

- Parent Arrival will be from **9:30AM-10:20AM**. Please do not arrive before that time, as we will still be getting our campers ready to go.
- Our Pinemere Staff will load your camper(s)' bags into your car.
- Families will then park on the fields.
- There will also be a table to pick up any leftover medication from our Health Center.
- At approx. **10:00AM**, Parents will meet their camper(s) on the Green!
- You will have the option to register for *Summer 2025* and receive the Pick-up Special tuition rate & special swag gift!
- We expect families to depart around **11:00 AM**.

## **Rising 10th Graders and CIT-TWOs Pick Up: Saturday July 27, 2024**

- Families have the option to either pick up their camper at camp or at the airport.
- If picking up at camp, we will let you know the timing as it gets closer.
- Once you arrive, our Pinemere staff will load your camper(s)' bags into your car.
- Families will then park on the fields.
- The Rising 10th Graders will have the option to register for their CIT *Summer 2025* and receive the pick-up special tuition rate & special swag!
- There will also be a table to pick up any leftover medication from our Health Center.

## **Second Session, Full Season & CIT Camper Pick Up: Sunday August 11, 2024**

- Parent Arrival will be from **9:30AM-10:20 AM**. Please do not arrive before that time, as we will still be getting our campers ready to go.
- Once you arrive, our Pinemere staff will load your camper(s)' bags into your car.
- Families will then park on the fields.
- At approx. **10:00AM**, Parents will meet their camper(s) on the Green!
- You will have the option to register for *Summer 2025* and receive the pick-up special tuition rate & special swag!
- There will also be a table to pick up any leftover medication from our Health Center.
- We expect families to depart around **11:00 AM**.

# Medical Information

Please read this section carefully!

## Health Care and Medical Staff

The health and well-being of the campers at Pinemere is extremely important and we take great care in organizing our Health Center. The Health Center will be staffed by qualified professionals who understand the needs of our campers and families. Our Health Center staff will provide round-the-clock supervision in our modern, air-conditioned facility.

## Medical Forms

**No camper will be permitted in camp without completed medical forms.** The medical forms can be completed by logging in to the CampMinder section of our website, and you must submit the signed physician's authorization to the forms section of CampMinder.

Medical Forms Required:

- Physician's Examination (Updated forms required every summer. Valid from 7/01/23- 6/30/24)
- Immunization Form
- Health History
- CVS Registration/Authorization to treat

## Special Concerns

We are your partners! In order to do our best job and support your child, please use the Camper Information Form to advise us of any special health, learning, dietary, psychological, behavioral, or other conditions that affect your child. Knowing about a learning difficulty, ADHD, a history of bed-wetting, or a recent loss or trauma in the family makes a tremendous difference in helping us to be sensitive to your child's needs. At our Directors' discretion, this information will be shared in a confidential manner with appropriate staff members in an effort to best serve your child and create an exceptional summer experience.

We encourage you to consider us a full partner in planning for your child's summer. Please feel free reach out to [Linz@pinemere.com](mailto:Linz@pinemere.com) to discuss any of these issues personally. We thank you for your cooperation and understanding.

## Medical Insurance

Pinemere Camp will cover your child's medical expenses as follows:

- \$3500 maximum per camper per accident
- \$1500 maximum per camper per illness

## Prescription Medications and CampMeds

All campers that take daily meds, including vitamins and OTC pills, must be enrolled (on time) with CampMeds. Cost of the program is \$65 for up to 30 days at camp and \$75 for over 30 days.

**Please note: Any family who does not enroll with CampMeds will be charged up to \$300 for the Health Center to distribute medications not received directly from CampMeds.**

**\*\*\* If you get prior approval from Linz or Irene Michel, Health Center Director, to drop off medications instead of using CampMeds, there will still be a fee of \$75 for the Health Center Team to pack everything that is dropped off due to this taking extra time, resources and supplies to do so.**

Exceptions to the \$75 drop off fee include rescue inhalers, ointments, creams, eye drops and epi-pens, Pinemere requires that all medications be kept in the Health Center. Mealtime medications and bedtime medications will be distributed by our medical staff for your child's convenience. Lactaid pills are always available at meals.

### **Health Check**

All campers at Pinemere will be checked for head lice and a temperature check upon arrival at camp, before any camper goes to his/her bunk (see below for more information). If a camper has a temperature of 100.4 or higher, they may not be admitted into camp until they're fever free for 24 hours without fever reducing medication.

### **Head Lice**

As we have in summers past, this summer we are partnering with the Center for Lice Control to prevent and treat lice in a safe and effective manner. Please see the "Forms & Documents" section of your online account for more information. Families should check their campers before they get to camp.

### **Contact with Families**

The Health Center staff will be in contact with families on the following occasions:

- If your child needs to be sent out to a local doctor or hospital
- If your child has a fever that is 100.4 or above
- If your child will be spending the night in the Health Center
- If your child needs a prescription medication or change of medication
- If your child is seen by our camp doctor and he/she believes a phone call home is appropriate
- If your child needs a splint or wrapping
- If a concussion is suspected
- To follow up about a previous discussion

If you are concerned about any aspects of your child's health, please feel free to call the camp office.

### **Doctor and Hospital Visits**

If the Health Center staff feels that your child must be seen by a Doctor or at the hospital, your child will be transported to a nearby hospital or urgent care center. If your child is taken to the hospital, or needs outside medical attention, you will be contacted as soon as possible.

### **Dental and Orthodontic Appointments**

A pre-summer visit to the dentist and/or orthodontist is advised to avoid potential problems during the summer. In the event that your child unexpectedly needs dental/orthodontic work, you will be contacted. You may choose to pick up your children from camp and take him/her to your own practitioner, or for us to make an appointment for your child with a local practitioner. Pinemere will do our best to secure an appointment with a local provider. This is not always possible. The local orthodontist is only able to replace broken wires.

### **Eyeglasses & Contact Lenses**

If your child wears glasses or contact lenses, we encourage you to send extra pairs and/or prescriptions to camp. These would be best kept in our camp office or health center. If he/she needs urgent eye-care during the summer, we will contact you before making a decision on treatment.

### **Injectables**

If your child requires injections while at camp, please leave an ample supply of medication and syringes with the nurses in the Health Center. Our medical staff will be available to administer shots as needed.

### **Medic-Alert Bracelet**

Children who react to specific antibiotics or medications, or who have specific medical ailments should wear a Medic-Alert bracelet, which can be attained through the Medic-Alert foundation in your city. If your child falls into this category and does not already have one, please arrange for one prior to camp.

# Vaccination Policy

Pinemere Camp is an engaging and social program in a residential setting. The health, safety and wellbeing of our entire camp community is extremely important and is a priority of Pinemere Camp. In line with the recommendations for standard of care by practicing pediatricians across the country and with Center for Disease Control (CDC), Pinemere Camp requires the age appropriate routine vaccination of all campers, staff and employees. As of Summer 2018, camp will send updates via email about vaccinations.

## **The following immunizations are required by 28 PA.CODE CH 23.81:**

- 4 doses of tetanus (1 dose on or after the 4th birthday), usually given as DTP, DTaP, DT, or Td.
- 4 doses of diphtheria (1 dose on or after the 4th birthday), usually given as DTP, DTaP, DT, or Td.
- 3 doses of polio vaccine – oral (OPV) or injectable (IPV).
- 2 doses of measles and mumps and 1 of rubella (MMR) vaccine – 1 after 12 months of age and 2nd doses of measles mumps vaccine (preferably given as MMR).
- 3 doses of hepatitis B vaccine – the first 2 doses given 1 month apart, and the third dose 6 months after the first dose.
- 2 doses of varicella vaccine (chicken pox), the first dose administered at 12 months of age or older, or history of disease documented in writing by a parent, guardian, or physician.
- MCV booster for 16 year olds going on trips.

## **\*For students entering Grade 7 or older:**

- 1 dose of tetanus, diphtheria, acellular pertussis (Tdap) (if 5 years has elapsed since last tetanus immunization).
- 1 dose of meningococcal conjugate vaccine (MCV).

## **Not required, but strongly recommended:**

- The administration of the Hepatitis A vaccine according to the standard AAP/CDC vaccine schedule. Please consult with your doctor about the recommended AAP/CDC schedule for the Hepatitis A vaccine.
- We are strongly recommending the Tdap booster for those 7 and over who need a Tetanus containing booster and who have not already had 1 Tdap.
- We strongly recommend that all campers and staff receive the flu vaccine.
- We highly recommend MenB for all campers 16+ traveling as it is a preventable life threatening illness.

## **Policy Exemptions:**

- Pinemere Camp understands that some individuals are medically unable to receive certain vaccinations. We will require documentation from a physician to exempt the individual prior to the summer program.
- Individuals that are currently part of the Pinemere Camp program may be grandfathered into this policy.

\*It is important for families to note – Individuals with exemptions may be excluded from the camp program, at the direction of the Pennsylvania Department of Health, should an outbreak of a non-immunized disease occur.



# NEW No Gummy Policy

## New Gummy Medication Policy for 2024

Pinemere Camp will not be administering gummy medications, vitamins or supplements, including melatonin. We are committed to utilizing the contracted company, CampMeds, to package all pills, vitamins, and supplements to safely meet the needs of the campers while attending camp. CampMeds will not package gummies and will not ship bottles of gummies to camp with your order. Orders for these items will not be filled, so please begin speaking with your child(ren)'s physician about alternatives if they will need to be taking vitamins or supplements at camp. Additionally, please do not send gummies from home to camp in hopes that we will administer them, as we will not provide them to your camper. There are many chewable, dissolvable or swallowable alternatives available for you to trial with your child. We strongly recommend that you begin trying out non-gummy options for your camper(s) who **MUST** have vitamins and supplements at camp now.

**Why is this policy needed:** After consultation with the medical team and pharmacists and review of similar policies at other camps we ultimately decided that we could not continue administering gummy medications at camp when safer, more effective alternatives existed. Gummies medications cannot be effectively packaged by CampMeds. While the medication room is temperature controlled, the humidity at camp makes gummy medications stick together making safe dosing a problem. Gummy medications also do not conform to any standard pill marking or labeling which makes it impossible to identify medications once they are out of the bottle.

As a reminder, Pinemere Camp does not permit any medication, supplements, or vitamins to be kept in the bunks. Found items will be removed from bunks and will be held for return when the camper goes home.

# CampMeds

Dear Camp Parents,

This summer, your child's camp has collaborated with CampMeds Inc., introducing a streamlined medication program to enhance the safety and efficiency of medication administration for every camper. CampMeds will manage both prescription and non-prescription medications, encompassing vitamins and supplements. Committed to ensuring an enjoyable and safe medication experience, CampMeds values your assistance with the following process.

## **Key Information:**

### **Registration with CampMeds:**

- All camp families must register with CampMeds for campers requiring medication.

### **Comprehensive Packaging:**

- CampMeds will individually package all medications with details such as name, dosage, date, and time. This ensures precise administration for each camper.

### **Pre-Camp Delivery:**

- Medications will be shipped to the camp in advance, ensuring readiness upon your child's arrival.

### **Medication List Guidelines:**

- Generic medications will be provided unless "Do Not Substitute" is specified by the physician on the prescription.
- Indicate the exact brand if substitution is not acceptable.
- Specify the time of day for medication administration (Breakfast, Lunch, Dinner, or Bedtime). The default is Breakfast if unspecified.
- Gummy medications will be substituted with equivalent chewable or dissolvable tablets.

Thank you for trusting us with your child's well-being. We look forward to a healthy and enjoyable summer camp experience!

CampMeds

**Email:** [info@campmeds.com](mailto:info@campmeds.com)

**Phone:** 954-577-0025

**Fax:** 1-833-530-1915

Email: [Info@campmeds.com](mailto:Info@campmeds.com)  
Phone: 954-577-0025  
Fax: 1-833-530-1915



**To Register with CampMeds:**

1. Visit [www.CampMeds.com](http://www.CampMeds.com) to register for camp. If you're a returning user, log in and select 'Add Camper' to register for this year. New users can easily register their camper on the website.
  - a. Registration will open on **February 1<sup>st</sup>, 2024**
2. Prescriptions must be sent to our pharmacy partner, **Aurora Long Term Care Pharmacy**. Please have your provider send electronic prescriptions when able.
  - **Pharmacy Information:**
    - 25344 Red Arrow Hwy Mattawan, MI 49071
    - NPI: 1699340539
  - **Controlled Substances:** If your child stays longer than 30 days, the law requires a new Rx for each 30-day supply.
  - **Important:** Please have your physician send in the controlled substance prescription 60 days before your camper's start date.

**Registration Fee:** A one-time registration fee for the entire summer will immediately be charged to your credit card upon registration. \*\*Fees are per camper, not Rx, and do not include the cost of medicine.

- Fee for campers attending up to 30 days of camp is \$65
- Fee for campers attending over 30 days of camp is \$75

**Deadline:** All information (including prescriptions from the doctor's office) for your camper needs to be received **30 days** before your camper's start date. Anything not completed by the deadline will be charged a **\$100 late fee**. The cut-off date for receiving information is **15 days** before your camper's start date, after which services cannot be provided.

**Prescription Coverage:** The CampMeds pharmacy partner, Aurora Long Term Care, accepts most insurance plans **except state Medicaid programs**. You are responsible for all co-payments, deductibles, and any medications not covered by insurance. For inquiries regarding utilizing your insurance coverage with Aurora Long Term Care Pharmacy, kindly contact our billing department via email.

**Medication Charges:** After processing the provided insurance information, co-pays, over-the-counter (OTC) medication, and any uncovered medication will be billed to the camper account through our pharmacy partner. The charges will be reflected on your credit card statement from **Aurora Long Term Care Pharmacy**. Medication expenses are only incurred upon your camper's arrival at camp.

**Email Notification:** Our primary mode of communication is email. Expect automated notifications from CampMeds upon receiving your online registration, prescription submissions, and dispatch of medications to the camp. If you haven't received a confirmation email within a week of sending prescriptions, please reach out to us.

Thank you for choosing CampMeds! We're looking forward to being your service provider for the upcoming 2024 camp season.

# Staff & Supervision

Our most important off-season task in preparing camp for your child is the hiring and training of our exceptional staff. We pride ourselves on the quality of the individuals that work with the campers, as well as the staff that support their work all summer. All staff members will be part of a pre-camp Orientation & Training program as well as in-service education during the camp season.

From our directors, to our supervisors, to our counselors, we will be working hard to enhance the feeling of community, qualities of leadership, consistency of supervision, and the sense of respect that all campers, teens, and staff enjoy at Pinemere.

## **Tipping Policy**

Pinemere does not allow staff to accept tips. Our counselors are professionals who are dedicated to serving every camper equally during the summer. They understand that they cannot accept any gratuities for their work. Families can show their support of staff by making a contribution in their name to Pinemere's scholarship fund. These donations are tax-deductible. If you make a donation in honor of a staff member, the staff member will be notified of such contributions.





# Technology at Camp

## PINEMERE IS A SCREEN-FREE CAMP!

Here are some great reasons that we have chosen to make Pinemere a Screen-Free environment:

- Encourage our campers to spend more time enjoying the outdoors
- Promote socialization between campers and teach important communication skills
- Remove the divide between the “haves” and the “have-nots” in each bunk
- Reduce the stress associated with the damage to and theft of electronics
- Give campers a much-needed break from the world of technology
- Allow campers to fully embrace the connections they make with other campers
- Assure that our campers are not exposed to age-inappropriate material

We are happy to specifically clarify how this is defined at Pinemere:

Allowed:

- Walkman/CD Player
- AM/FM Radio
- Cameras
- Magazines
- Books
- Cards
- Fit bit
- Mad Libs
- Crossword Puzzles
- Music-playing device that does not have a screen with video capabilities
  - The only exception to this rule is the iPod Nano. Campers are permitted to bring an iPod Nano to camp but all photos and videos must be deleted from the device prior to arrival at camp.
  - Camp reserves the right to check music players to ensure they meet our technology standards and may hold such devices in the office until the completion of the summer.

Here are a few music players we suggest that are easily available on amazon.com or at your local electronics store:



Sandisk 8GB Clip  
Jam MP3 Player



FecPecu  
Portable MP3  
Player



iPod Shuffle



AGPtEK M20S  
Mini MP3 Player



iPod Nano (with  
all video and  
photos deleted  
prior to camp)

#### Not Allowed:

- Cell Phones
- Laptops or Desktops
- TVs
- Tablets
- PSP, Nintendo DS, other gaming devices
- iPads, iPod Touches, other iPods with video
- Video Cameras
- Apple Watch



#### **Cell Phones**

Campers are not permitted to have a cell phone at camp under any circumstances. We would appreciate the cooperation of parents/guardians with this policy, including restricting their own use of cell phones in camp on arrival day, visiting day, and departure day. If your child is flying to/from camp and they travel with a phone, it will be kept in the office safe when they arrive at camp and returned at the end of the session. **Any cell phones found at camp will be mailed home to families.**

#### **Digital Cameras**

Taking snapshots of the fun times our campers enjoy while at Pinemere is something we love to do – thousands of images have been captured by our staff in recent years. In addition, we do allow campers to bring cameras with them and use them during certain special activities during the summer. We do, however, have a few rules concerning the use of cameras at camp during the summer:

1. Campers are not permitted to use the video option to take video, except when specifically permitted. We recommend disposable cameras (and sell them through our canteen) to prevent the loss or damage of any expensive equipment.
2. Cameras are not to be carried around during the day, but can be brought to specific programs with permission from a unit leader.
3. Due to concerns regarding personal privacy and liability, Pinemere Camp reserves the right to limit the use of photographic equipment, and the areas/activities in which photographs may be taken, during the summer.

We view the opportunity to disconnect as a gift for your children while at camp. Thank you for supporting this effort to simplify the camp experience and to build additional interpersonal skills.



## Additional Information

### Activities

Campers will participate in the following daytime activities while they are at camp this summer:

#### Bunk Activities

During the normal camp day, there are 3 bunk activities scheduled. Camp schedules these each week to ensure that campers get to experience all Pinemere has to offer and to ensure a day offers a variety of activities. At the start of the week campers will have the schedule posted for them so that they know what's coming. When bunks go to these activities with their counselors, they enjoy the instruction and leadership of the specialty staff. All campers are expected to participate, to the best of their ability, in all activities.

#### Electives

Electives are activities that are chosen by campers on their own and make up the three afternoon periods. The electives are all activities that are run by specialty counselors, and are divided into age/gender-appropriate groups as needed. Campers are given a list of all electives after a few days of camp, and they rank their top three choices. The programming staff then assigns top choice electives for each camper for the upcoming week. Electives change weekly.

#### Swim Instruction

Instructional swim periods are run to American Red Cross (ARC) standards. Campers are divided into groups at the first swim of their session, and are given ongoing instruction to help them improve their skills, no matter the level. Rising 1st-3rd graders have instruction everyday, Rising 4th-6th graders have instruction every other day, and Rising 7th-10th graders do not have swim instruction. These groups are guided by qualified lifeguards, and receive assistance from other counselors when needed. All campers are expected to take a "Deep Water Swimming Test" at the start of the session. If campers do not pass, they are able to retake the test as many times as they would like.

### Bar/Bat Mitzvah Tutoring

If your camper is having their Bar/Bat Mitzvah during September- November after camp, we can coordinate weekly 30 min. tutoring sessions via zoom with their Bar/Bat Mitzvah Tutor. Please contact [Linz@pinemere.com](mailto:Linz@pinemere.com) ahead of time with the tutor's contact information and she will coordinate the schedule.



### **Birthdays**

Every child celebrating a birthday at camp will receive recognition and lots of attention from the entire camp. The birthday girl or boy will receive a cake, which is shared by his/her bunk at lunch or dinner, and the whole camp will sing "Happy Birthday" to him/her. If you would like to send special decorations or small gifts for the birthday camper, please contact [Linz@pinemere.com](mailto:Linz@pinemere.com) in advance to make arrangements.

A brief call between a camper celebrating a birthday and his/her parent(s) will be provided (from camp, to the family). Our office will contact you to arrange the birthday call, which usually takes place during the morning hours, or we can accommodate another time to fit the family's schedule.

### **Bunk Placements**

All camper placements are made by our Director of Camper Care and Communication, in coordination with our Camper Care Team, Health Center staff, and Executive Director. We take several factors into consideration when making these decisions, including any special requests for bunk placement, bunk and social dynamics, and available space.

PLEASE NOTE THAT WE BUNK BY GRADE! For example, if your camper is currently in 3rd grade; they will be in a Rising 4th grade bunk. Please ONLY submit your camper's **TOP 2 bunk requests**. We make every effort to honor bunk requests, but they are not guaranteed.

**\*\*MUTUAL BUNK REQUESTS** are given top priority. Bunk assignments will be announced upon your arrival to camp.

When you log into [CampInTouch](#), you can find the Bunk Request Form under "Forms & Documents." If you have any questions about the bunking process, please reach out to [Linz@pinemere.com](mailto:Linz@pinemere.com) prior to April 1st.

### **Cancellations**

Full Refunds will be made upon written request until May 1, 2024. On or after May 1, 2024, any cancellation will result in loss of all monies paid.

### **Incident Response & Security**

The health and well-being of the campers and staff is our highest priority. Our professional and summer staff spend considerable time developing protocols to maintain the safety of our camp community, and creating effective planning for responding to any type of crisis. For more information, please contact our Executive Director.

### **Discretionary Account**

Your all-inclusive 2024 tuition covers all expenses for your child during the summer including all snacks from the canteen, sundry items, and a limited amount of camp gear. Please note that all campers will receive one white Pinemere t-shirt and water bottle upon arrival at camp. Additional camp gear (not required) can also be purchased on the first and last day of camp and on Visiting Day.

### **Dress Code**

We require each camper to dress in a way that reflects respect for the environment of the camp, and meets generally acceptable standards of cleanliness, neatness, and modesty. We suggest that families and campers discuss levels of appropriateness before arriving at camp, and to remember that Pinemere is a place where we play in the dirt, get wet, sweat, and play.

Please note that shirts or other clothing with inappropriate wording or graphics will not be permitted. This includes clothing that uses sexually explicit or profane language or promotes the use of alcohol, drugs, or smoking. With regard to bathing suits, shirts, skirts, shorts, etc., Pinemere Camp staff may ask a participant to change his/her clothing if deemed inappropriate.



### **Evaluations**

At the conclusion of the summer season you will receive via email an evaluation to complete about your experience. We ask for you to provide feedback and insights on the summer in order to ensure another fabulous Pinemere experience for your family and others. Campers fill out surveys about their camp experience during the summer.

### **Food**

Our chefs prepare meals in a Kosher facility that is nutritious, plentiful, and offers variety. Many of our campers and staff have their own dietary needs, so we substitute acceptable items whenever needed. There are always alternative meals for those with allergies or legitimate restrictions. Salad bar, soy nut butter and jelly, fresh fruit, gluten-free, and vegetarian alternatives are available for campers at lunch and dinner each day. We plan meals that have an abundance of fresh items, including fruits and vegetables, as well as traditional camp favorites. The meals are served family style and our campers and staff eat with their bunks.



**If your child has any special dietary needs, please note them on the Health History form. We provide Lactaid pills at all Dairy meals.**

### **Laundry**

Laundry is done once each week by an outside professional laundry service. Laundry is picked up at camp on Wednesday morning and delivered back to camp on Friday afternoons. Each camper will need his/her own personal laundry bag for dirty clothes, but individual bags will be provided for the campers to send items to the laundry service. Please remember that all items should be clearly marked with the camper's full name. We suggest using permanent or laundry markers, sewn-on or ironed-on labels, or label stickers (Label Daddy is great!).

### **Lost & Found**

Pinemere Camp does not assume responsibility for the loss or damage of items brought to camp. We return lost and found items regularly throughout the camp season. **Please mark all of your camper's belongings with his/her first and last name.** All items not claimed within one week at the end of the camp season will be laundered and donated to a charitable organization.

### **Money & Valuables**

Campers do not need any money with them at camp. All expenses are included in your child's tuition. Money and valuables brought to camp will be stored in our camp safe and returned to families at the end of the session. We cannot be responsible for any items/valuables brought to camp that are misplaced or damaged.

**Mosquitoes & Insects**

<https://www.ivyoaksanalytics.com/>

Pinemere is a certified camp with Ivy Oaks Analytics. Ivy Oaks Analytics provides a service that controls ticks, mosquitoes, and poison ivy. It provides the best outdoor safety! We also are quite diligent in having our staff apply insect repellent to our campers on a regular basis.

**Musical Instruments**

If your child plays an instrument, we encourage them to bring it to camp. Please consider that all instruments are kept in the camper's bunk, and we cannot be responsible for any damage to the item. If your child does not have an instrument, but would like to learn how to play the guitar, we have programs and staff members available for instruction – we'll even try to lend them a nice "six-string." "Camp Rock" will be offered as an individual elective, and will also be offered to bunks who select to participate. "Camp Rock" will strive to instill a love of creating music in our campers, and will seek to teach the next generation of Pinemere song leaders how to play guitar, drums, and lead sing-alongs.

**Pets**

Please keep personal and family pets (including dogs and cats) away from all camp property. This includes bringing your child's new puppy or favorite kitty on arrival, departure, or visiting day – even if the pet is well-trained. Anyone who brings a pet onto the premises will be asked to remove the pet immediately.

**Pictures**

"Official" photographs of each camper and bunk will be taken and added to Waldo Photos at the beginning of each session. We also post 200+ photos every day except Shabbat, so you can see your children in action around camp. From here, families can opt to purchase images if they wish.

**Reunion**

Pinemere Camp hosts an annual camper reunion during the off-season. All campers (and staff) in attendance the prior summer are encouraged to attend. Information will be sent out via email prior to the event.

**Sports Equipment**

All of our campers are guaranteed a high-quality sports experience at camp this summer. We supply modern equipment for use by all ages of campers. If your child wishes to bring his/her own equipment, please make sure your child's name is clearly labeled.

**Tattoos, Piercings & Haircuts**

No new piercings or tattoos are permitted while at camp. As well, campers will not be permitted to cut/color their hair while attending camp, without permission from families and camp directors. If you have any specific questions regarding this policy, please contact us.

**Telephone Calls**

Campers are not allowed to make or receive telephone calls while at camp. Feel free to reach out to Linz or their Camper Care Specialist as often as you like – whatever you need to feel comfortable while your child is at camp. One standard exception to our telephone policy will be the permission of campers celebrating a birthday while at camp to have a very brief call with a member of your family. This will be scheduled as described in the "Birthdays" section.

### **Tours of Camp**

If you have any friends who would be interested in taking a close-up look at Pinemere for future enrollment, please encourage them to contact the camp office at 215-487-2267 ext.4 or email [Linz@pinemere.com](mailto:Linz@pinemere.com) to join us for a tour of camp.

### **Trips**

As part of our program at camp, we occasionally take our campers out of camp for special activities and trips. These excursions include such things as canoe trips, hiking, bowling, movie theaters, roller skating, and a local water or amusement park. For these programs, our staff maintains the same strict policies on supervision, and all activities are overseen by on-site administrators and other essential staff. Parents/guardians may not meet their campers while they are out of camp during the session.

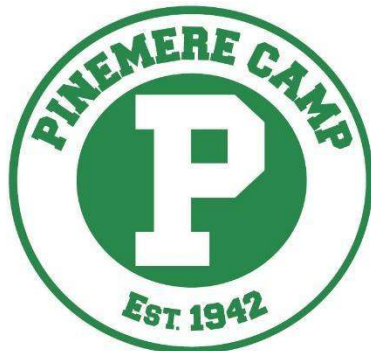
### **Visitation Policy**

Pinemere has a strict no visitor policy. Any exception is granted exclusively by the Executive Director. If you are interested in arranging a tour, please email [Linz@Pinemere.com](mailto:Linz@Pinemere.com). In the event that a parent/guardian needs to visit camp or pick up his/her child for any reason, please contact Linz to make arrangements. Individuals who are picking up or dropping off staff members on their days off must stay in the office only. They are not permitted into camp.



# Daily Camp Schedule

Sunday, Tuesday, Thursday		Friday Schedule	
7:30 AM	Wake-Up	7:30 AM	Wake-Up
7:55 AM	Flag Raising	7:55 AM	Flag Raising
8:00 - 8:35 AM	Breakfast	8:00 - 8:35 AM	Breakfast
8:40 - 9:25 AM	Bunk Clean-Up	8:40 - 9:25 AM	Bunk Clean Up
9:30 - 10:20 AM	First Period - Bunk Activity	9:30 - 10:20 AM	First Period - Elective
10:30 - 11:20 AM	Second Period - Bunk Activity	10:30 - 11:20 AM	Second Period - Elective
11:30 AM - 12:20 PM	Third Period - Bunk Activity	11:30 AM - 12:20 PM	Third Period - Elective
12:30 - 1:10 PM	Lunch	12:30 - 1:10 PM	Lunch
1:15 - 2:00 PM	Rest	1:15 - 2:00 PM	E/R/L Free Play - H/V Free Swim
2:10 - 3:00 PM	Fourth Period - Elective	2:10 - 3:00 PM	E/R/L Free Swim - H/V Free Play
3:00 - 3:10 PM	Snack	3:05 - 3:15 PM	Snack
3:10 - 4:00 PM	Fifth Period - Elective	3:15 - 5:00 PM	Shower time
4:10 - 5:00 PM	Sixth Period - Elective	5:05 - 6:05 PM	Shabbat Services
5:05 - 6:05 PM	Shower time	6:15 - 6:55 PM	Shabbat Dinner
6:10 PM	Flag Lowering	7:10 - 8:40 PM	Tie Dye Friday
7:00 - 7:45 PM	Free Play	8:40 - 9:45 PM	E/R/L Circle Time
7:50 - 8:50 PM	E/R/L Evening Activity	9:15 - 10:00 PM	H/V Circle Time
7:50 - 9:10 PM	H/V Evening Activity	9:45 PM	E/R/L Lights Out
8:55 - 9:45 PM	E/R/L Circle Time	10:00 PM	H/V Lights Out
9:15 - 10:00 PM	H/V Circle Time	10:00 PM	Unit Staff Camper Care Meeting
9:45 PM	E/R/L Lights Out	12:55 AM	Staff Curfew (Bunk)
10:00 PM	H/V Lights Out		
10:00 PM	Unit Staff Camper Care Meeting	Saturday Schedule	
12:30 AM	Staff Curfew (Camp)	8:30 AM	Wake-Up
12:55 AM	Staff Curfew (Bunk)	9:00 - 9:30 AM	Breakfast
Monday & Wednesday Late Wake-Up Morning		9:45 - 10:25 AM	Shabbat Services
		10:35- 11:25 AM	Unit Activity
8:30 AM	Wake-Up	11:35 AM - 12:10 PM	Sing
		12:20- 12:30 PM	Family Time
8:55 AM	Flag Raising	12:20 - 1:10 PM	Lunch
9:00 - 9:35 AM	Breakfast	1:15 - 2:00 PM	Rest
9:40 - 10:25 AM	First Period- Bunk Clean Up	2:10 - 3:00 PM	Fourth Period - Elective
10:30 - 11:20 AM	Second Period - Bunk Activity	3:00 - 3:10 PM	Snack
11:30 AM - 12:20 PM	Third Period - Bunk Activity	3:10 - 4:00 PM	Fifth Period- Elective
12:30 - 1:15 PM	Lunch	4:10 - 5:00 PM	Sixth Period- Elective
See daily schedule for remainder of the day		5:05 - 6:05 PM	Shower time
		6:10 PM	Flag Lowering
		6:15 - 7:30 PM	Cookout Dinner
		7:45 - 8:00 PM	Havdalah
		8:05 - 8:50 PM	E/R/L Evening Activity
		8:05 - 9:10 PM	H/V Evening Activity
		8:55 - 9:45 PM	E/R/L Circle Time
		9:15 - 10:00 PM	H/V Circle Time
		9:45 PM	E/R/L Lights Out
		10:00 PM	H/V Lights Out
		10:00 PM	Unit Staff Camper Care Meeting
		12:55 AM	Staff Curfew (Bunk)







### Optional FUN Items to Pack:

- Any Sports Gear- Baseball Glove, Tennis Racket, Lacrosse/Hockey Stick, Fishing Rod (All are provided at camp!)
- Any Musical Instrument- Guitar, Violin, Harmonica, Ukulele, Trumpet, etc.
- Activities- BOOKS, Cards, Games, MP3 Player, stickers, coloring supplies
- Additional Storage- Under-the-bed Plastic Box 7"H x 39" W x 20" D, Fabric Cube Storage Bins 11", Small Backpack
- Others- Costumes, Hair Dryer, Handheld Mirror, Watch/clock, Egg Crate, Crazy Creek Chair

### **Please Do NOT Pack:**

- ANYTHING Electronic, including Cell Phones! (We are 100% SCREEN-FREE)
- Inappropriate Clothing or Music
- Food or Beverages
- Knives/Weapons
- Money or Valuables

## Helpful Tips & Reminders:

- **LABEL EVERYTHING!** And we mean Everything! A sharpie can get the job done, or other labels are good too. Laundry gets sent home weekly & is returned a couple days later.
- **What to Pack IN:** We recommend Duffel Bags that are 42"H x 20" W x 20" D. Campers will keep their bags at camp to pack themselves home in.
- **Don't send Expensive or Irreplaceable Stuff:** Pinemere is not responsible for lost or damaged items.
- **Don't Over-pack!** Space is limited at camp! Campers receive one cubby for clothes and another for towels/linens.
- **Don't Spend a Lot of \$\$\$** We pride ourselves on our Rustic camp setting. If your camper forgets anything, we will make sure they receive it while at camp.



## PINEMERE CAMP PACKING BROCHURE

*What to Pack & Helpful Hints*



### **PINEMERE CAMP PACKING BROCHURE**

865 Bartonsville Woods Road  
Stroudsburg, PA  
18360  
215-487-4267





## LET'S GET PACKING!

### Toiletries

Toiletries Bin to keep everything in!

Toothbrush & Case

Toothpaste

Floss

Soap (case if necessary)

Deodorant

Tissues

Shampoo/Conditioner

Hair Brush

Hair Ties

### Miscellaneous

Labeled Water Bottles (2)

Laundry Bag

Bug Spray

### Sunscreen (A LOT)

Flashlight (Don't forget the batteries!)

Stationery (Helpful to keep in Clipboard)

Stamps & Envelopes (Pre-addressed are best!)

Pens & Pencils

Camera

Hand-held Fan (Battery-Operated)

Sunglasses

### General Clothing

14 T-Shirts/Tank Tops

4 Shirts for Maccabi (1 Green, 1 Blue, 1 Red, 1 Tie Dye)

1 White shirt for tie-dyeing (feel free to bring your own tie die shirt)

1 Sports Jersey (optional alternative to tie dye)

1 Hawaiian Shirt / Sun Dress (optional for rising 7-9th grader for dances)

2 Sweatshirts/long sleeve

2 Sweatpants

10 Shorts

2 Pants/Jeans

6 Bathing Suits

14 Underwear

7 Bras

14 Pair of Socks

4 Sleepwear/Pjs



### Outerwear/Footwear

1 Raincoat

1 Baseball Hat (or as many as you like)

1 Sneaker (for everyday use)

1 Athletic Sneaker (optional)

1 Rain boots/Waterproof Shoes

1 Sandal/Flip Flop (for beach and pool)

1 Shower Shoes

### Shabbat Clothing

3 White Shirts (may have logos)

2 White Long Sleeve Shirts

2 Khaki /White Shorts or Skirts/Dresses

1 Khaki/White Pants or Skirts/Dresses

Campers like to decorate their bed area so it feels like their own personal "home".

Feel free to bring pictures to hang on the walls, stuffed animals, a small bath mat, and anything that will make their area feel special!

### Linen & Bedding

1 Pillow

2 Pillow Cases

2 Fitted Sheets (cot or twin size)

2 Top Sheets

1 Blanket

1 Comforter

1 Sleeping Bag (rising 4th-9th graders)

5 Bath Towels

5 Pool/Beach Towels

2 Wash Clothes



# More Packing Tips

Here are some packing pointers & Suggestions!!

Most items can be purchased at Target or on Amazon!

## **Fabric Cube Storage Bins 11"**

*Fits right into your cubby!*

They are great for keeping your clothing organized!  
Especially your socks, underwear, etc.



## **Sterilite Clearview 3 storage drawer organizer**

*Fits right onto your cubby!*

Great place to keep stationary, books, magazines, etc.

## **Store & Slide Storage Box**

*Slides right under your bed!*

Great place for shoes or other miscellaneous items.



## **Duffel Ba42"x20"x20"**

*Will be stored at camp after unpacked & used for packing to go home.*

Excellent way to pack all your clothes for camp!



## **Rain Boots**

*Very popular on rainy days at camp!*

No matter the color or style, these boots are sure to make an appearance on those cozy rainy days.



## **Egg Crate Foam Mattress Pad**

*To place on your cot size mattress.*

# Advice for First Time Families

## **Advice for Families with Campers Going to Camp for the First Time**

According to Bob Ditter, psychologist and camping expert, the more a child has a chance to “practice” behaviors that are similar, the more the child will experience mastery. Going away to overnight camp for most children will be most successful if families try the following:

### **Speak to the parent/guardian of a child who has already attended Pinemere**

Families have their own language when it comes to children, and a family who’s been there can offer insights into camp. If you would like to contact families before the summer, please call the camp office and we can provide references for you.

### **Begin having overnights**

If your child has never had a sleepover, start with either a best friend in the neighborhood or with a favorite relative (grandparents, cousins, etc.)

### **Showers**

If your child typically takes baths at home, have them begin “practicing” taking showers, and turning the shower on & off on his/her own.

### **Getting ready**

Have your child participate both in shopping for camp and some of the packing. Practice folding clothes and making a bed from “scratch.”

### **Problem solve with your child before camp**

“What should you do if you run out of underwear?” “What will you do if you are not feeling well?” Families might want to try role-playing some possible camp problems with their child.

### **Speak openly about your child being away**

Check your own feelings about having your child be away for three, four or seven weeks. Children are keen sensors of parental angst. If you are not ready yourself, it may be harder for your child to leave and feel permission to have fun.

### **Develop a good relationship with the directors**

If you or your child is homesick, an understanding director can help you through the rough spots.

### **Remember why you are sending your child to camp in the first place:**

To have fun, make great friends, learn more about him/herself, and grow a little more self-confident and self-reliant.

### **Attend a New Family Orientation**

Whether it’s in-person or virtual, attending one of Pinemere’s New Family Orientations will make you feel more prepared for camp! It helps ease your concerns and gets your campers excited for their fun summer ahead!

# Camper Care Tips

## Help with Homesickness

It is important to remember that going to camp can be a major change for any child and that a camper can be homesick at day camp just as easily as at resident camp. The most important thing is for families to feel good about camp themselves, and about the idea of their child being there.

- ★ When packing for camp, ask your child what special (non-valuable) personal items they might want to take along. This is to increase comfort levels by having something familiar nearby as they adjust to a new place.
- ★ Talk about going to camp in the days leading up to it. About one week beforehand, start talking about what they are looking forward to, what they want to do most at camp when they get there, etc.
- ★ Speak openly about homesickness. Mention that kids often feel jittery about going to a new place and inquire about how they are feeling. Feeling nervous is normal. Reassure your child that you believe in them and their ability to make friends and have fun.
- ★ Second-year campers (and other “veterans”) can also experience homesickness. This sometimes comes from pressure that last summer was “the greatest time of their life.” Remind your child that he/she will once again have fun, and will have new experiences and will make new friends to add to their awesome experience.
- ★ Have a letter ready to mail a day or two before camp begins so it is there the day your child arrives. Avoid long descriptions of all the things he/she might be missing, as this may make him/her feel torn about missing out.
- ★ If your child is a bed-wetter, has any medical restrictions, or needs extra attention, it is imperative that this information is shared with our staff before the summer. If your child is a bed-wetter, please be sure to send extra sets of sheets and disclose your “tapping” methods to the director who in turn will share the appropriate information with your child’s counselor. We appreciate this information, and it will allow us to better serve your child’s needs.

## What to Say (and What NOT to Say)

Here are examples of **GREAT** things to say to your children as they prepare to leave for camp:

“Pinemere (or Eytan or Linz ) knows how to get in touch with me if they need to.”

“I’m going to be checking out the website every day to see how you’re doing.”

“I’m going to write to you all of the time.”

“I love you, and I’m really happy that you’ll be having this awesome experience this summer.”

Here are some **NOT GREAT** things to say to your children as they prepare to leave for camp:

“I’ll pick you up early if you get too homesick.”

“Just try camp for a week and see how you like it.”

“You have to go to camp so that we can get a vacation.”

“You can call me anytime.”





# Contract of Understanding

**Pinemere Camp is dedicated to offering children, teens, and staff a chance to enjoy a summer camp experience in a majority Jewish setting where they can grow socially, emotionally, and spiritually.**

We strive to create a community that is safe for individuals to take risks by providing them the tools necessary to find success in doing so. It is our goal to provide a well-supervised and nurturing environment for our campers and teens and only employ exciting staff members who understand their roles as strong role models, educators, and supervisors. Pinemere Camp is a place where participants will create, learn, and live together while making memories that will last a lifetime. This unique opportunity is exciting, yet challenging. Living together requires a lot of cooperation, sharing, patience, and respect. In addition, we have high expectations and standards of behavior at Pinemere. We do not tolerate abuse or exclusive behaviors of any kind, be it mental, physical, sexual or verbal.

One of our goals at Pinemere is to help individuals learn to be responsible for their own behavior. In most situations, we will solve behavioral problems without having to involve families. This is different if a person exceeds the limits understood by the camp community. We expect:

- **Respect for all campers & staff**, which means that no person will ever hurt another person physically, sexually, or psychologically. We will treat all animals with respect, too.
- **Respect for the environment and facility**, which includes the natural environment in which we live during the summer, activity and program spaces, as well as one's own personal space.
- **Alcohol and drugs may not be possessed or used at camp** and the consequence for possession or use will be dismissal from camp. No camper or teen may possess any smoke-able substance, matches, or lighters.
- **Camp is not a place to experiment sexually.** Any behavior beyond discreet hugging and kissing is not permitted.
- **Weapons of any kind are not permitted.**
- **Campers to adhere to our screen free policy.**
- **Individuals will make choices which are good for themselves and for others, and take responsibility for those choices.**

With these standards and expectations in place, the administration of Pinemere must reserve the right to ask that a person at risk to themselves or the community be removed from camp immediately. We will expend every effort on behalf of the entire camp community to make the camp experience a positive one. We hope to form a partnership with families to deal with concerns in an honest, productive, and effective manner. Please remember that Pinemere is a family, and we respect and value our relationships.

Our Jewish values guide our everyday actions and decisions. At Pinemere, we pledge to care for your children and help guide them on the right path towards positive experiences, building relationships, and making good choices. Together, we can help ensure that your children have a meaningful, fulfilling, and fun summer.

# Social Networking & Internet Policy

The internet and social networking websites and apps allow campers to communicate with the public. It has also become a place where "cyber-bullying" can exist--children threatening and intimidating other children. Inappropriate internet behavior is dangerous and directly contradicts camp's moral standards and mission. The guidelines below help assure that all campers, staff, and parents remain safe and secure.

**I agree to be respectful of the camp, its program, the campers, and its employees in all communications in my profile, blog, or other internet communications. I will not:**

- Use obscenities, profanity, or vulgar language
- Engage in harassment, cyber-bullying, or intimidation
- Post comments that are derogatory with regard to an individual person's race, gender, religion, sexual orientation, or disability
- Engage in sexually explicit, suggestive, humiliating, or demeaning comments

**Communication initiated by campers to staff is permissible. Pinemere Camp's policy states that staff must ask families for permission to have camper "friends" and they must be kept on a limited profile setting, thereby blocking campers from staff members' personal content.**

We ask that parents discuss the seriousness of inappropriate communications with their children. As an important first step, if a child has the option to make his or her profile private to strangers, that should be done immediately. We also suggest that families monitor campers' cell phones, specifically text messages and other messaging applications.

The Internet is a wonderful tool with thousands of educational, entertaining, and informational websites that can open up a new and exciting world. We encourage this exploration tempered with some reasonable precautions.

# Local Sites

## Where to stay!

### *Hotels, Motels, Resorts*

#### **Howard Johnson**

Bartonsville -5 minutes  
570-424-6100

#### **Hampton Inn & Suites**

Bartonsville – 5 minutes  
570-369-1400

#### **Fairfield Inn & Suites**

Bartonsville – 5 minutes  
570-421-0100

#### **Holiday Inn Express**

Stroudsburg – 10 minutes  
570-872-9040

#### **Great Wolf Lodge**

Tannersville – 15 minutes  
570-688-9899

#### **Stroudsmoor Country Inn**

Stroudsburg – 15 Minutes  
570-421-6431

#### **Mount Airy Casino & Resort**

Mount Pocono -20 minutes  
877-682-4791

#### **Skytop Lodge & Resort**

Skytop – 30 minutes  
800-345-7759

## Where to eat!

### *Quick Bites*

#### **Panera Bread**

Café'/Bakery  
Stroudsburg – 10 minutes  
570-476-6740

#### **Five Guys Burgers**

Stroudsburg – 10 minutes  
570-421-9803

#### **Gable's Ice Cream**

Tannersville – 10 Minutes  
570-629-0370

### *Family Restaurants*

#### **Red Robin, Chili's & Longhorn Steakhouse**

Bartonsville Crossroads Mall  
Stroudsburg – 10 minutes

#### **Friendly's**

Tannersville – 15 minutes  
570-619-8877

#### **Olive Garden**

Stroudsburg – 10 minutes  
570-476-9324

#### **Johnny Rockets**

Tannersville – 15 minutes  
570-629-2020

#### **Sarah Street Grill**

*Good Pub Food*  
Stroudsburg – 15 minutes  
570-424-9120

#### **Ichiban Steak House**

Stroudsburg – 10 minutes  
579-420-9009

#### **Snydersville Diner**

*A Pinemere Institution*  
Snydersville – 15 Minutes  
570-992-4003

### *Fine Dining*

#### **Smugglers Cove**

*Seafood & Steak House*  
Tannersville – 10 minutes  
570-620-2277

#### **Stone Bar Inn**

Fine, Casual Dining  
Snydersville – 15 minutes  
570-922-6634

#### **Garlic Restaurant & Bar**

*Steakhouse & Tapas*  
Stroudsburg – 10 minutes  
570-476-6555

## Where to go!

#### **Camelback Ski Area**

CamelBeach Water Park  
Ski Mountain & Water Park  
Tannersville – 15 Minutes  
570-629-1661

#### **Casino Theater/Ice Cream Parlor**

Movies, Mini Golf  
Mount Pocono – 20 Minutes  
570-839-7831

#### **Crossings Outlet Mall**

Shopping Outlets  
Tannersville – 10 Minutes  
570-629-4650

#### **Stroud Mall**

Shopping, Movies, Food Court  
Stroudsburg – 15 Minutes

#### **Bushkill Falls**

"The Niagara of Pennsylvania"  
Route 209, BushkillAron  
570-588-6682



# Pinemere Lingo



The following terms are used at Pinemere – some more than others. If you know what every term means, you’ve obviously been around for a while! Do not expect to remember everything right away – it takes us all a bit of time to pick up the language.

<b>13/14</b>	One of our overnight campsites.
<b>611</b>	The major road located a few miles from camp leading into Stroudsburg, PA.
<b>Aaron</b>	Associate Director
<b>ACA</b>	American Camp Association. Pinemere is an accredited camp through this national organization.
<b>Announcements</b>	At the close of each meal, important information will be shared with campers and staff.
<b>Aqua-Glide</b>	One of our beloved Lake toys.
<b>Area Leader (AL)</b>	The Staff person who supervises each Area and Specialty counselors.
<b>Birkat Hamazon</b>	The prayer recited after meals.
<b>Board of Directors</b>	As a non-profit organization, Pinemere has a volunteer Board that oversees the camp.
<b>Canteen</b>	Twice a week campers get to choose a candy & a chip to be delivered to their bunk during REST pd.
<b>Cheers</b>	After lunch & dinner, each bunk and/or unit shows their pride with camp cheers.
<b>CIT</b>	Counselors-In-Training. These boys and girls are entering 11 <sup>th</sup> grade.
<b>CIT-TWO</b>	Members of the second year of our three-year Leadership program. These boys and girls are entering 12 <sup>th</sup> grade and spend 5 weeks of camp in Israel.
<b>CIT Hunt</b>	Not when we try to find the CITs! A special camp event that is organized by the CITs.
<b>Cookout</b>	An outdoor activity where campers and their counselors build a fire and make “mushburgers.”
<b>Cottage</b>	The building in the Line Unit which houses Bunks 5, 6, 7 & 8.
<b>Cubbies</b>	The wooden storage shelves that camp provides in the bunks to hold clothing and other items.
<b>Dell</b>	Where outdoor performances are watched, including our favorite- All Camp Lip-Sync.
<b>Dining Hall</b>	Where the entire camp enjoys Breakfast, Lunch, and Dinner together.
<b>Electives</b>	Specialty hobby periods for campers to chose and enjoy in the afternoons.
<b>Explorers</b>	Pinemere’s youngest camper unit in camp. It’s co-ed with Rising 1st-3rd graders.
<b>Eytan</b>	Executive Director
<b>Field House</b>	Dedicated to Robert H. (Bob) Miner in 2000, this gymnasium is used for athletics and other camp programs.
<b>Flagpole</b>	Where the whole camp gathers to raise the flag before breakfast and lowers the flag before dinner.
<b>Flaps</b>	The heavy canvas covers that are raised and lowered every day over the screens of the bunks.
<b>Frankie and Johnny</b>	You’ll figure this out when you go to our Saturday Folk Sing.
<b>Free Play</b>	The period after dinner where the whole camp can relax or go to open activity areas.
<b>Fun-Yak</b>	Small kayaks that campers can use during activities at the Lake.
<b>Gazebo</b>	A relaxing wooden outdoor seating spot.
<b>Green</b>	The grassy area in the center of camp where campers and staff go to relax and socialize.
<b>Hatikva</b>	Israel’s national anthem.
<b>Havdalah</b>	The brief service that closes Shabbat, led by the CITs.
<b>Hilltop</b>	The unit for female campers entering 7 <sup>th</sup> – 9 <sup>th</sup> grade and their counselors.
<b>HQ2</b>	The small building on the Fields that houses athletic equipment
<b>Jeremy</b>	Director of Finance and Operations.
<b>Jess</b>	Assistant Director
<b>Job Wheel</b>	A tool used in each bunk to rotate campers and counselors through cleaning chores in the bunk.
<b>JCC/JCCA</b>	Pinemere is an independent camp that is affiliated with the Jewish Community Centers Association of North America (JCCA). While Pinemere is not directly overseen or connected to a JCC locally, we work with a number of JCCs in the region.
<b>Kashrut, Kosher</b>	Jewish dietary practices. Only land animals that chew their cud and have split hooves (sheep, cows; not pigs, camels) are permitted. All of these must be slaughtered in a special way. Further, meat products may not be eaten with any dairy products. Of sea creatures, only those (fish) having fins

**Lazy Day**  
**Line**  
**Linz**  
**Lower Maple**  
**Maccabi**  
  
**Mazel Tov**  
**Motzi**  
**Mushburger**  
**OD (On Duty)**  
**On Call**  
  
**Overnight**  
  
**Paddleboard**  
**Pagoda**  
**Pinemere Camp**  
**Pioneers**  
**Polar Bear Club**  
**Rest Period**  
**Row**  
**Ruach**  
**Shabbat**  
**Shalom**  
**Sing**  
**Specialty**  
**Supervisors**  
**Super OD (On Duty)**  
**Turkey Roast**  
**Unit**  
**Unit Leader (UL)**  
**Village**

and scales are permitted. Fowl is considered a meat food and also has to be slaughtered in a special manner. Pinemere's kitchen is a Kosher facility.

A great day of fun for the campers – a long day of work for staff.

The unit for male campers entering 4<sup>th</sup>-6<sup>th</sup> grade and their counselors.

Director of Camper Care & Communications

The tree and platform between the Office and Sand Volleyball Court.

"Color War" at Pinemere. Maccabi takes place each session and often involves an elaborate "breakout."

Hebrew for "congratulations!"

The short prayer said before eating bread, recited before our meals.

A longstanding Pinemere tradition, this is the food made at cookouts and overnights.

Multiple counselors from each Unit are assigned as rotating nighttime supervisors of campers.

A Professional Staff member (Director, etc.) is assigned nightly to be available and rotating throughout camp.

An activity where campers and their counselors cross the road to one of our overnight sites, make a fire, make their own dinner, sleep out under a shelter, and return to camp in the morning.

One of the toys that campers and staff can use during activities at the Lake.

The small structure at the Flagpole in which people can sit, relax and socialize.

A coed Jewish overnight camp in the Pocono Mountains of Pennsylvania established in 1942.

The 14-day camp experience for campers entering grades 1st -3rd.

A secret!

A one-hour session after Lunch when campers relax in their bunks and write & receive letters.

The Unit for female campers entering 4<sup>th</sup> – 6<sup>th</sup> grade and their counselors.

Hebrew for "spirit!"

The Jewish holy day of rest.

Hebrew for "hello," "goodbye," and "peace."

Every Saturday morning, the whole camp gathers in the Dell & sings with Pinemere's minstrels.

An activity area where staff are used to offer qualified instruction and supervision.

Includes Program Area Leaders, Unit Leaders, and other supervisory positions.

Camp Supervisors are assigned as rotating nighttime supervisors of all of camp.

The oldest girls' & boys' units spend the whole day cooking turkeys at a fire pit in their units.

A group of bunks, their campers, and staff. Camp has five camper units and two CIT Units.

The Staff person who supervises each camper Unit.

The Unit for male campers entering 7<sup>th</sup> – 9<sup>th</sup> grade and their counselors

