

Ra-Mah Koreh?

What's Up at
Camp Ramah?

Camp Ramah
מחנה רמה

IN WISCONSIN
בוויסקונסין



• ר-מה קורה? •

GUIDE FOR NEW CAMPERS & FAMILIES

- **ACTIVITIES
& SCHEDULES**
- **PACKING LIST**
- **TIPS, ADVICE & MORE!**



Dear Parents and Campers,

We are excited to return to Camp Ramah in Wisconsin this summer and are fully committed to providing a safe, supportive, and fun environment for all our campers! Camp is a warm and welcoming community where children and teens make amazing friends, learn new skills, increase self-esteem — all in a joyful Jewish environment.

What makes Ramah special in the eyes of parents is the vibrant Jewish experience combined with the professionalism of our staff and our focus on camper care. Our professional team makes time before the summer to speak with new campers, in order to best prepare to meet the needs of each and every child. We also have a team of adult, professional staff trainers who work all summer long with our counselors to help them become attuned to the specific developmental needs of the children in their care.

We welcome you to the Ramah Wisconsin family and look forward to partnering in the important work of building Jewish lives.



Jacob Cytryn
Executive Director



Adina Beiner
Assistant Director



Lauren Mindel
Director of Camper
Care and Inclusion

Inspired by Camp Ramah in California

The National Ramah Commission acknowledges with thanks the generous support of The AVI CHAI Foundation and the Zell Family Foundation in making this program possible.



Who Will Take Care of My Child at Camp?



DIRECTORS OF CAMP RAMAH

Executive Director – Jacob Cytryn

Assistant Director – Adina Beiner

Director of Camper Care and Inclusion – Lauren Mindel

The Marp – Infirmary Staff

Multiple nurses and doctors
in residence at all times

Camper Care Team (Yoatzim/Yoatzot)

Division Heads (Rashei Eidah)

Counselors (Madrachim/Madrichot)

Family Engagement Director

Robin Rubenstein

Parents are our partners. We welcome you to be in touch if you receive a letter with concerning information. We may turn to you for helpful strategies if your child experiences challenges.

What to do While Your Child Is Away at Camp

- Write letters frequently and keep them light and upbeat. Emailing your child through your CampMinder account is also a great option.
- Be matter-of-fact about your day. Kids like to know what you are doing but not that you are having a lot of fun without them!
- Add as much humor as you can.
- Try not to emphasize how much you miss them.
- If you have concerns about your camper, contact Robin Rubenstein, Family Engagement Director, by email at rrubenstein@ramahwisconsin.com and she will get back to you as soon as possible.



Mail letters to:

Child's name and
cabin number
Camp Ramah
3390 Ramah Circle
Conover, WI 54519

Campers can choose from a variety of fun electives

SPORTS

- Basketball, tennis, softball, volleyball, fitness, soccer, gaga, Frisbee, floor hockey, Zumba, krav maga, yoga, Ninja warrior obstacle course, and pickleball



PERFORMING ARTS

- **Drama** – Acting, improvisation, scenery and costume making
- **Dance** – Creative, modern, Israeli folk dancing, hip-hop, ballet and drama choreography
- **Music** – Choir, orchestra, instrumental instruction and performance including guitar, piano and drums, ukulele and traditional band and orchestra instruments
- **Radio** – Broadcasting, podcasting, learning technical skills to operate our digital radio station



COOKING

- Campers prepare recipes from around the Jewish world in our state-of-the-art teaching kitchen



designed to teach new skills, build abilities
and increase self-esteem!



WATERFRONT

- Swim instruction program, standup paddle boards, Aqua Glide obstacle challenge track, water basketball, log rolling, lifeguard training (10th graders), rowing, canoeing, sailing, kayaking, paddle boats, and tubing



OUTDOOR EDUCATION

- High and low ropes courses, nature hikes, canoe and hiking trips, cookouts, campfires, and trail biking



STUDIO ARTS

- Painting, drawing, ceramics, woodworking, fused glass, photography, jewelry making, copper enameling, and batik



Camp-wide Events =



ZIMRIYAH

Our exciting song festival opens the camp season with an evening of music and celebration.

YOM SPORT

Campers of all ages are divided into four teams for a day full of excitement and fun competition.



Tons of Fun!

FOURTH OF JULY

Campers enjoy carnival games, foam parties, and tons of fun on Independence Day!



TALENT SHOW

Everyone comes together to enjoy campers sharing their unique and impressive talents on stage.



RIKUDIYAH

This energized festival closes out the summer with campers performing well-rehearsed dances in front of an enthusiastic audience.



Shabbat at Camp

Shabbat begins with the entire camp gathering by the lake on Friday evening and ends with Havdalah on Saturday night. In between there are opportunities for sports and swimming, relaxation, and quality time with friends.



Sample Daily Schedule

(entering 4th-6th grades)



- 7:30AM קימה Kima (Wake Up)
- 8:00AM ארוחת בוקר Aruchat Boker (Breakfast)
- 8:45AM תפילה Tefillah (Prayer)
- 9:30AM ניקיון Nikayon (Cabin Clean Up)
- 10:15AM חוגים chugim (Electives)
- 11:15AM אגם Agam (Lake Fun + Swimming)
- 12:00PM חטיף Hatif (Snack)
- 12:15PM יהדות/תרבות ישראל (Jewish/Israel Activities)
- 1:15PM ארוחת צהריים Aruchat Tzharayim (Lunch)
- 2:00PM שעת מנוחה Sha'at Menucha (Rest Hour)
- 3:00PM חוגים chugim (Electives)
- 4:00PM פעולת עידה Peulat Eidah (Eidah Activity)
- 5:00PM חוגים chugim (Electives)
- 6:00PM פעולת צריף Peulat Tzrif (Cabin Activity)
- 7:00PM ארוחת ערב Aruchat Erev (Dinner)
- 7:45PM פעולת ערב Peulat Erev (Evening Activity)
- 8:30PM לילה טוב Laila Tov! (Goodnight!)



Sample Daily Schedule (entering 7th-10th grades)

- 7:30AM קימה Kima (Wake Up)
8:00AM תפילה Tefillah (Prayer)
9:00AM ארוחת בוקר Aruchat Boker (Breakfast)
9:45AM נקיון Nikayon (Cabin Clean Up)
10:15AM תרבות ישראל (Israel Activities)
11:15AM חוגים chugim (Electives)
12:00PM חטיף Hatif (Snack)
12:15PM אגם Agam (Lake Fun + Swimming)
1:15PM ארוחת צהריים Aruchat Tzharayim (Lunch)
2:00PM שעת מנוחה Sha'at Menucha (Rest Hour)
3:00PM מהזמר Mahazemer (Musical Rehearsal)
4:00PM יהדות Yahadut (Jewish Content)
5:00PM חוגים chugim (Electives)
6:00PM זמן חופשי Zman Hofshi (Free Time)
7:00PM ארוחת ערב Aruchat Erev (Dinner)
7:45PM זמן חופשי Zman Hofshi (Free Time)
8:30PM פעילות ערב Peulat Erev (Evening Activity)



4-8 Week Packing List

Scan the code for
1-week & 2-week
packing lists!



Clothing

- ☐ 12 underwear
- ☐ 12-15 socks
- ☐ 4-6 bras: regular, sport (if applicable)
- ☐ 10-12 t-shirts (+2 white ones for decorating)
- ☐ 4 long sleeve shirts
- ☐ 5 sweaters/sweatshirts
(mix of lightweight and heavyweight)
- ☐ 8-10 shorts
- ☐ 6 pants (joggers, leggings, jeans, etc)
- ☐ 3 pajamas (1 warm)
- ☐ 3 modest swimsuits

Toiletries

- ☐ Toothbrush (in container) and toothpaste
- ☐ Brush/comb and hair accessories (hair ties, hair bands, etc)
- ☐ Shampoo, conditioner
- ☐ Soap (in container) or face/body wash and loofah
- ☐ Portable shower caddy (with holes for storage/transport)
- ☐ Deodorant
- ☐ Sunscreen
- ☐ Insect repellent, insect bite pain relief treatment
- ☐ Glasses (also an extra pair) or contact lenses, solution (if applicable)
- ☐ Menstrual supplies (if applicable)
- ☐ Razor (if applicable)
- ☐ Orthodontic retainer (if applicable)

Outerwear & Footwear

- ☐ 3 hats (2 baseball caps, 1 winter beanie)
- ☐ 1 durable raincoat
- ☐ 1 fall jacket (warm)
- ☐ 1 pair rainboots or water-resistant shoes
- ☐ 1 pair athletic shoes (for sports)
- ☐ 1 pair sturdy walking shoes (think ropes course!)
- ☐ 1 pair flip flops or shower shoes

Shabbat Clothing

- ☐ 3-4 outfits
- ☐ 1 pair shoes

Shabbat adds an additional level of holiness to our community. Modest, nicer-than-everyday clothing is appropriate dress for Shabbat. We recommend button-down shirts, blouses, sweaters, skirts, slacks or dresses/rompers for Friday night. Many campers and staff choose to change into more casual clothing for Shabbat morning services.

Linens & Towels

- ☐ 1 pillow
- ☐ 2 pillow cases
- ☐ 2 fitted sheets
- ☐ 2 flat sheets or duvet covers
- ☐ 2 blankets
- ☐ Towels (4-6 shower, 2-3 beach)
- ☐ 4 washcloths
- ☐ Sleeping bag (not Kochavim)
- ☐ Optional: mattress pad

Other necessary items

- ☐ 5 kippot and clips (required for boys, encouraged for girls)
- ☐ Tallit and tefillin (for b'nai mitzvah)
- ☐ Watch (inexpensive, non-smart watch)
- ☐ Flashlight and batteries
- ☐ Pens, stationary, stamps (pre-addressed, pre-stamped envelopes recommended)
- ☐ 2 water bottles
- ☐ 1 hanging shoe bag (to keep shoes off the floor and store other small items)
- ☐ 2 laundry bags

Other optional items

- ☐ Sunglasses
- ☐ Bathrobe
- ☐ Slippers
- ☐ Lip balm
- ☐ Nail clippers, nail file
- ☐ Small fan
- ☐ Camera
- ☐ Sports equipment (baseball glove, swim goggles, tennis/pickleball racket)
- ☐ Musical instrument and music
- ☐ Simple costumes for Yom Sport or eidah (bandana, tutu, wrist band, etc)
- ☐ Books, games (card, board)
- ☐ Comfort items to make your bed/space feel like home (Pictures of loved ones, special pillow, fairy lights, etc)



Tips & Advice

Do I pack my child's favorite t-shirt? What if it gets lost? Should I send up enough pairs of socks for one per day or more? What's the best way to label clothing? These may be a few of the questions going through your mind as you begin the packing process. Below are a few tips offered by veteran camp parents who have perfected the art of packing for camp. And yes, it is most certainly an art!

- **Pack WITH your child**, not at night after they are fast asleep. You may be surprised about what clothing items your child doesn't want to leave home without. More importantly this helps familiarize them with what is in their luggage so that upon arrival at camp when they begin the unpacking process it's easy for them to pull out their bedding to make their bed and to locate pajamas and whatever else they may need.
- **Provide tools for organization.** If you can imagine that your child's cubby may easily become a black hole of clothing where it could be challenging to find a pair of clean socks, you may want to consider sending up certain items like socks and underwear in mesh laundry bags.
- **Ziplock bags** are your friend! Use them for the following:
 - Underwear – send extra
 - Socks – send extra
 - Shabbat Outfits
 - Shampoo and Conditioner
 - Sunscreen
- **Pack a waterproof basket for all of your child's toiletries.** Once at camp, the counselors will instruct your child to put their toiletries into this basket, and it will be used daily to help keep your child organized.
- **Order sticker nametags in advance and LABEL LABEL LABEL.** Use sticker labels or iron-on labels to label everything that you send with your child (including the clothing they wear on the bus). Believe it or not, the stickers stay on even after numerous washings. Please take the time to label everything you are sending up to camp including water bottles, flashlights, even shoes. Labels help bunk clean-up go smoothly and allow us to return items left around camp before the session ends. The good old-fashioned permanent marker method often results in hard-to-read names or only initials, and you'd be surprised how many kids there are up at camp with the same initials!
- **Please don't pack anything valuable or expensive.**



Important Tips to Share with Your Child

- Help your child set **realistic expectations**. Remind your child that not every day at home or school is perfect. Likewise, not every day at camp will be perfect, but they can look forward to a lot of fun activities and meeting great new people.
- Consider sending your child with something that helps them to feel safe and familiar at night, like a blanket or stuffed animal.
- If your child is feeling anxious about going off to camp, you can talk about other times that your child experienced anxiety and ended up getting through the situation just fine.
- Discuss strategies with your child if they have a difficult time falling asleep or waking up early (i.e. reading, drawing).

We want to help!

If you have any questions or concerns about your camper, please reach out to Family Engagement Director Robin Rubenstein at rrubenstein@ramahwisconsin.com

What Will My Camper Eat?

SAMPLE MENU

At Ramah our professional chef and culinary team create healthy and tasty meals made from fresh ingredients. All meals are served family style with plenty of gluten-free, dairy-free and vegetarian options.

BREAKFAST

Sunday

Scrambled Eggs & Hashbrowns

Monday

Pancakes

Tuesday

Bagels & Hard-boiled Eggs

Wednesday

Cheese Omelet & Hashbrowns

Thursday

Waffles

Friday

French Toast Casserole

Shabbat

Egg Frittata & Scones

LUNCH

Sunday

Grilled Cheese & Tomato Soup

Monday

Chicken Nuggets & Mashed Potatoes

Tuesday

Vegetarian Tacos

Wednesday

Make Your Own Sandwich & Salad Bar

Thursday

Meatball Hoagies with French Fries

Friday

Pizza with Carrots & Celery

Shabbat

BBQ Pulled Chicken, Deli Sandwiches & Cholent

DINNER

Sunday

Israeli Theme Night: Chicken Shwarma, Israeli Salad & Pita

Monday

Salmon, Kale & Roasted Potatoes

Tuesday

Panko Baked Chicken, Mashed Potatoes & Broccoli

Wednesday

BBQ (Hamburgers, Hotdogs, Baked Beans & Watermelon)

Thursday

Vegetarian Lo Mein, Egg Rolls & Mixed Vegetables

Shabbat

Challah, Chicken Soup, Brisket, Potatoes, Glazed Carrots & Cake

Saturday

Baked Ziti & Breadsticks

EVERYDAY ITEMS

Every Breakfast

- Cereal & Granola
- Greek Yogurt & Cottage Cheese
- Fresh Fruit
- Oatmeal

Every Lunch and Dinner

- Fresh Vegetables and Salad Offerings
- Protein Topping Including: Tuna, Chickpeas & Beans
- Soup and/or Roasted Vegetables
- Peanut Butter & Jelly

THE BASICS

- **Kosher** – All food is certified kosher, the kitchen is supervised at all times (*mashgiach t'midi*), and we operate under the Rabbinic auspices of Rabbi Joel Roth of the Jewish Theological Seminary
- **Vegetarian** – When we serve meat or fish there is always a vegetarian option.
- **Gluten-Free** – While our kitchen is not gluten-free, there is a selection of gluten-free products offered at meals.
- **Dairy-Free/Vegan** – At every meal we strive to serve a dairy-free (usually vegan) option as well as offering soy milk and lactaid milk at breakfast.
- **Daily Snacks** – We provide a mid-morning and mid-afternoon healthy snack. Options include: popcorn, granola bars, apple sauce and ice pops.
- **Nuts** – There are no nuts used in our cooking, however we do make peanut butter available at all meals. We serve products that are made in a facility that also processes nuts.
- **Fresh Fruit** – A variety of fresh fruit including apples, pears, plums, peaches, and nectarines is available 24/7.



Camper Readiness

We hope that the following camper readiness milestones, and general camp information, will help your child better understand the structure of the camp day and practice skills to prepare for a successful summer.

- **Problem Solving and Independence:** Overnight camp provides a developmental opportunity to promote independence and problem-solving skills. You can begin fostering these skills by looking for increased opportunities for your child to practice independence leading up to camp.
 - Help create systems for keeping track of belongings and develop a plan for finding lost items.
 - Encourage your child to look for missing items (sweatshirt, book etc.) themselves rather than finding it for them.
 - Prompt your child to create a process, rather than offering them a solution.
 - Encourage your child to exert independence across different areas (i.e. preparing snacks, organizing school belongings, taking care of a pet, making age appropriate decisions.)
- **Executive Functioning Skills:** Camp involves a variety of executive functioning skills. Here are a few you can work on before your child arrives at camp:
 - Practice completing tasks from start to finish and avoid distraction (i.e. daily care, upkeep of space, tracking belongings.)
 - Practice mental flexibility regarding the ability to handle a changed schedule, not getting your way or participating in an activity, even when it's not your favorite.
 - Assign small, daily chores for your child to help them prepare for daily clean-up. Tasks can include: making bed, changing sheets, picking up personal belongings, setting the table, hanging up wet towels, and taking out the garbage.
- **Communal Living and Shared Space:** In preparation for the summer, you can help your child understand what it means to share space with others and the importance of compromising. Feel free to use examples from your own family and consider the following questions.
 - What might they enjoy? What might be new? What might bother them? What is their role in making the experience enjoyable for others? What behaviors should they engage in to be respectful of others?
 - Help your child identify an independent, quiet activity (reading, puzzles, drawing etc.) to do during down time or when they need a moment away.
 - Practice social interactions with other children and process these experiences together.
 - Help your child practice self-advocating for their needs. Remind them that they can always ask for help anytime they need assistance. Consider discussing the following questions: Who do they go to at school if they're not getting what they need? Who are the people other than their teachers they might talk to? How might that play out at camp?
- **A Day at Overnight Camp**

A day at overnight camp is longer than a day at day camp or school. At 4pm, campers still have afternoon activities, shower time, dinner and evening activity. You can help your child understand that they might be tired the first few days but will adjust to this schedule. Consider what specific elements your child needs to practice to manage a longer day.
- **Personal Care:** Hygiene and personal care can be challenging for children away from home and their parents. It may be helpful for your child to practice an **independent** daily self-care routine that they can continue at camp.
 - Brush teeth twice daily
 - Brush/comb/style hair
 - Shower daily
 - Clip nails
 - Apply sunscreen
 - Thorough, frequent and routine handwashing (for at least 30 seconds!)

Camper Readiness (continued)

- **Laundry and Clothing:** Organizing, tracking and caring for clothing can be a challenge for campers. The following information may be helpful for your child to understand the expectations and prepare for the summer.
 - Practice placing dirty laundry in a drawstring laundry bag. You can try hanging it on a doorknob as the bag will likely be placed on their bunk bed in a similar way.
 - Practice folding and putting away laundry, and sorting clothing into separate piles so they can find their shirts, pants, etc. on different shelves in their cubbies.
 - Discuss the following questions with your child: What clothing items can you wear multiple times before washing (sweatshirts, bathing suits, etc.) and what needs to go in the laundry immediately (underwear, socks, etc.)? What do you do with clothing that you can wear multiple times (put it back on your shelf, etc.)?
- **Morning Routine:** Each morning, counselors wake up campers in a gentle way. At this time, they are expected to get out of bed, wash up/brush teeth, put away pajamas (either in laundry or in a place to wear again) and get themselves dressed. If your child struggles to wake up in the morning, practice what morning wake up will consist of at camp.
- **Nighttime Routine:** After evening activity, campers return to the bunk to wash up/brush teeth and get into bed. At camp we have a night time ritual that helps campers to wind down and prepare for bed. It might include counselors reading a story, singing a song, inviting in a special guest, or saying the *shemah* together. Afterwards, campers may have a few minutes of quiet flashlight time to read or talk together. A bathroom/closet light is left on and there may be light noise while campers wind down for the night. If your child has trouble falling asleep, help them identify and practice some useful strategies.
- **Technology Detox:** The following information may be helpful in setting up successful expectations for technology use over the summer, where screen time use is significantly different at camp than at home.
 - Explain to your child that no personal screens/devices are allowed at camp, aside from screenless MP3 players, (our campers tell us how much they value this screen break!) and help them understand what this means for them.
 - In the weeks leading up to camp, decrease screen time in order to prepare for a screen free summer.
 - If your child decides to bring a screenless MP3 player to camp, ensure that they practice using this at home.
- **Eating Meals at Camp:** Meals are eaten by bunk and are shared together as a community. You can help your child understand what it means to eat together with other children (similar to a larger family) and how to exhibit appropriate and respectful table manners. A variety of foods are served at each meal. You can help your child practice eating what is served at each meal AND remind them that they should always ask for help if they are having trouble finding something to eat. They can also practice setting and clearing the table and making themselves a sandwich.
- **T'fillot (prayer services):** T'fillot are a part of our daily community culture that take place in a variety of settings and formats, and are designed to engage and teach campers at any level of experience. Campers should come to camp understanding this component of our program and recognize that participation is always encouraged, regardless of level of familiarity. Campers should know that there may be moments where they do not feel like actively participating AND are still expected to be respectful and remain together with their peers.

Parent Readiness Guide

As a complement to the Camper Readiness resource on the previous pages, this guide is designed for parents/caregivers to assist in preparing *themselves* for a successful summer experience. As much as camp benefits the children who experience it, it also benefits the adults who make the decision to send their children to camp.

Camp Ramah in Wisconsin will provide these opportunities for your child:

- Learning important emotional lessons by being a part of a vibrant community. Camp will help your child broaden their perspective by being pushed out of their comfort zone in healthy and safe ways.
- Participating in communal living, where campers benefit from working together toward common goals and learning how to share space with others.
- Learning to navigate peer relationships, respect personal differences and increase social skills.
- Learning to find and use their voices by advocating for their wants and needs. With camp's guidance, your child will learn who is available to help them and will be encouraged to reach out to adults or peers to ask for help should they need it.
- Building confidence, self-esteem, and resilience by learning to try (and try again!) with choices they navigate themselves. Mistakes and challenges are where growth and a sense of purpose happen. The ability to try new things, fail, and learn to overcome challenges is central to the camp experience.
- Trying out different versions of themselves, free of many of the worries that correspond with the school year.
- Taking risks, conquering fears, experiencing nature, and unplugging from technology.
- Exploring elements of choice, particularly the activities they choose to do throughout the day. The more children make small decisions for themselves, the more they build confidence in their own ability to be independent.
- Taking part in a unique community that creates opportunities for leadership and character building, and the ability to be cooperative, participatory, engaged, and caring citizens of our world.

When your child is at Camp Ramah in Wisconsin, please know that...

- Your child is in a safe, healthy and comfortable environment. Camp staff are trained to take care of your child, in alignment with the values and philosophy of camp.
- Your child will be encouraged to do things on their own.
- You (the parent/caregiver) may feel “kid sick” because you miss your child very much. Your normal routine as a primary caregiver will be different. Just as your camper is learning to unplug (which bolsters their in-person connectivity and creativity!), you may need to adjust as well.

You may be pushed outside your comfort zone:

- You may receive an upsetting letter because, even at camp, sometimes kids get sad. Letters are written at a quiet moment in a busy day and likely reflect your child wanting to share their feelings with you because you are their “person.”
- You might see pictures of your child that generate more questions than they answer. Pictures may show your child with friends you don't know or may not show your child at all! Pictures are a single moment in time and are not a complete reflection of a camper's day, let alone their camp experience. You might be more disconnected from your child than you're used to, but please remember that you are giving your child a wonderful gift. You can always call camp if you have a concern or a question. Please understand that your child could have a hard day, and that the camp staff will help them through it, and they'll have the opportunity to grow from the experience
- Please realize that you won't get to know everything happening at camp in real time, but you will see the joy on your child's face and hear your child tell you all about their experiences when they return home.

We appreciate your decision to send your child to Camp Ramah in Wisconsin and to give them the opportunity to experience overnight camp. As camp professionals, we strive to give children the tools they need to go out into the world and discover who they are and what they want to become. Sending your child to Camp Ramah in Wisconsin is one of the most meaningful, lasting and impactful gifts you can give your child. **We look forward to partnering with you for a successful summer.**

What camper parents are saying...

Ramah has so many strengths, it's a challenge to choose only a few. Each summer my son returns home with more confidence, deeper friendships, and a renewed sense of Jewish identity and connection.



My campers' sense of who they are in a broader community, their network of friends, their self-confidence when they go out in the world is rooted in what they experience at camp.

Camp Ramah is truly my daughter's utopian summer space and she is incredibly excited to go back.



My son came home singing in Hebrew and telling great stories from the summer. He wanted to talk to kids from other cities immediately upon returning home and just agreed to read Torah at services. Mic drop!



Camp Ramah gives our kids a place to engage with Jewish life among friends and away from screens and distractions. They come home singing, creatively free, full of ultimate Frisbee and stories of adventures.

Camp Song *sung at campwide events*

Bein reechsay he-hareem peneenat teefarah
yeeshkon lo badad machaneinu ramah

Bi-masoret avot uv-rove anagim
yefaleis lanu derech bee-schach ha-chayim

Le-vaveinu malei rachashei hodaya
od tiheeyeh li-mofeit li-alfei revavah

*Nestled among the hills, a scenic jewel stands
above all — our Camp Ramah.*

In the tradition of our ancestors and with great joy,

*Camp Ramah shows us the path through
the challenges of life.*

Our hearts are filled with gratitude.

*May Camp Ramah continue to be a beacon
for generations to come!*



המנון רמה

בין רכסי ההרים פנינת תפארה
ישכון לו בְּדָד מַחֲנֵינוּ רָמָה

בְּמִסֹּרֶת אֲבוֹת וּבְרֵב עֲנָגִים
יִפְלֹס לָנוּ דֶּרֶךְ בְּסַבֵּף הַחַיִּים

לְבַבְנוּ מְלֵא רַחֲשֵׁי הוֹדָיָה
עוֹד תִּהְיֶה לְמוֹפֵת לְאַלְפֵי רֶבֶבָה

Scan the code to
hear Himnon Ramah,
our camp song!



Camp Song



רד היום
שמש דום
כוכבים נוצצים במרום
לילה בא
ליל מנוחה
שלום
שלום

Rad HaYom *sung at the end of the day*

Rad HaYom

Shemesh Dom

Cochavim Notzitzim BaMarom

Lilah Ba

Leil M'nuchah

Shalom

Shalom



*Day is done; gone the sun; stars shine above.
Have a good and restful night; Shalom.*



Hebrew Words Commonly Used at Camp

אגם	Agam – lake
אצמ"ים	Atzmayim – Tikvah vocational program
בנים	Banim – boys
בנות	Banot – girls
ברכת המזון	Birkat Hamazon – the prayer after a meal
ברכת המוציא	Birkat Hamotzi – the prayer for bread before a meal
בוגרים	Bogrim – <i>eidah</i> name for 9 th graders
חדר אוכל	Chadar Ochel – dining hall
עדה	Eidah – a division in camp divided up according to grade
גרעינים	Garinim – <i>eidah</i> name for 5 th graders
חלוצים	Halutzim – <i>eidah</i> name for 6 th graders
ככר	Kikar – central grassy area
כוכבים	Kochavim – <i>eidah</i> name for 4 th graders
מכון	Machon – <i>eidah</i> name for 10 th graders
מרפאה	Mirpa'ah – (known as the "Marp") – infirmary or health center
מרפסת	Mirpeset – porch or patio area
ניקוי המחנה	Nikui HaMachaneh – camp clean up
נבונים	Nivonim – <i>eidah</i> name for 11 th graders
פעולת ערב	Pe'ulat Erev – evening activity
פעולות	Pe'ulot – activities
ראש עדה	Rosh Eidah – a division head
רוח	Ruach – spirit
שחייה	Schiyah – swimming
שואפים	Shoafim – <i>eidah</i> name for 8 th graders
סוללים	Sollelim – <i>eidah</i> name for 7 th graders
תפילות	Tefillot – morning, afternoon or evening prayers
צוות	Tzevet – staff
צריף	Tzrif – cabin
ישן	Yishun – story in cabin before bedtime





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See You at Camp!



שלום!