

Shabbaton 2010 is here!

Here's some final information to help you prepare for the Shabbaton:

Special Items to Pack:

- Bathing suit and pool towel, sunscreen, and insect repellent.
- It's always useful to have a sweatshirt or light jacket for the evening, extra socks, and some rain gear in case (god forbid!) we have rainfall.
- And of course don't forget to bring along your favorite games and sports gear such as a baseball glove and a tennis racket and balls.

The Bus:

- The bus will stop first at the East Side campus. We will start loading right after the **1:30 pm dismissal**.
- Pickup at the West Side campus will follow, at approximately **1:45 pm**.
- **If you need your child placed on the bus without you present, please inform Jackie Pykon and the office.**
- The ride to the Berkshire Hills Emanuel Camp is about 2 to 2 ½ hours.

Upon Arrival:

- Plan your arrival to camp between 4:30 and 6 pm.
- When you arrive you will be greeted by Shawna Kelleher, Jane Rosenberg and Tamara Shmuel. You will be given your room assignment and the weekend program guide.
- Children are assigned to their parents' rooms unless your child is assigned to a middle school (chaperoned) bunk. Should you choose to arrange any kind of sleepover for your child with others, please be mindful of other children's feelings and PLEASE keep boys with boys and girls with girls. Parents are responsible for supervising their children.
- Snacks will be available in the dining room at 5 pm and will include pasta for the younger kids, along with fruit, cookies and other refreshments.
- If you plan to arrive after 6 pm, please email or call Jackie Pykon in advance to let her know your expected arrival time. On Friday, call if you are running later than expected.
- Until we formally begin Shabbat, there will be time to settle in, explore camp and play.

The Pool and Lake:

- The pool will be open on Saturday from 2 pm to 7 pm and on Sunday from 10 am to 1 pm. There will be a lifeguard on duty during those hours only. **We strongly urge parents to be present and supervise their children swimming in the pool.**
- The lakefront will be open for boating on Sunday from 11 am to 1 pm. We will have a lifeguard present during those hours only.
- **Please note that the lake is very large and children should not wander down there unsupervised.**

Shabbat Program:

- We will begin shabbat at camp at 7 pm and shabbat dinner is at 8 pm. Please try to arrive before shabbat.
- Participation in religious services, while not required, is an integral part of the Shabbaton experience. We will have a variety of services offered to meet many different needs within our community, including a children's service, an adult beginner's service, and a traditional service. Don't miss out on sharing this spiritual opportunity!
- There will be an eruv up around our campsite.

Sunday Program and Departure Information:

- We have a full schedule set for Sunday too! Get ready for yoga, boating on the lake, more swimming and sports, and crafts.
- Rooms need to be vacated by 1 pm but we can still use the public spaces and facilities until 2 pm. A BBQ lunch will be provided before we depart.
- The bus departs camp at 2 pm.

Driving directions and complete program details can be reviewed online at:

www.sssm.org and clicking on the FAMILY tab for the Shabbaton web page.

- Take another look at the Shabbaton FAQs online to answer many questions that new, and even returning, guests may have.

Still have questions?

Contact Jackie Pykon at Jackie716@gmail.com or 917-273-4288.

Some final "fun-in-the-sun" considerations:

- Playing outdoors means we should take some extra safety measures. Be sure to apply sunscreen to yourselves and your children and to reapply as necessary.
- We also need to smart about protecting ourselves from insect and tick bites. Our school's consulting physician recommends the following:
 - Use insect repellent with 30% DEET. Reapply as needed.
 - For younger children – under age 5 – spray repellent on their pants and back of shirt, but not on the body. From age 5 and older, it's fine to spray directly on the body.
 - Everyone should do a full body search on themselves and their kids once you turn in for evening. If ticks are removed within 72 hours, there is no spread of Lyme disease.
- For further information, you can also check out the following websites:
 - <http://www.cdc.gov/feature/stopticks/>
 - <http://www.ewg.org/2010sunscreen>

**We are looking forward to an amazing weekend
of fun and relaxation!**

Jackie Pykon 917-273-4288

Directions to Berkshire Hills Emanuel Camp

Directions can also be accessed through the camp's website: www.bhecamps.com

Directions From New York City

To Route 684:

- HUTCHINSON RIVER PARKWAY North to ROUTE 684 North, or
- NEW ENGLAND THRUWAY to ROUTE 287 West (TAPPAN ZEE BRIDGE) to ROUTE 684 North, or
- SAW MILL RIVER PARKWAY to ROUTE 684 North

Once on Route 684:

Take ROUTE 684 North to the end (ignore earlier signs for ROUTE 22). When ROUTE 684 ends it becomes ROUTE 22 North. Follow ROUTE 22 North approximately 40 miles through the town of Millerton. About 9 miles north of the Millerton traffic light you will pass a Citgo station on the left. About a mile ahead, you pass a motel on the left. Slow down and make a left on TROUT BROOK ROAD. Follow this road to the end and turn left on EMPIRE ROAD. Approximately 3/4 mile ahead you pass a number of yellow signs for Pedestrian Crossing. The entrance to camp will appear on the right.

Alternate Route:

Take the TACONIC STATE PARKWAY North to ROUTE 23 East. Follow ROUTE 23 East to Hillsdale. Make a right turn at the traffic light onto ROUTE 22 South. Make a right turn onto ROUTE 7-a (a GMC Truck dealership is on the left). Follow ROUTE 7-A to the center circle of town. From the center clock, take EMPIRE ROAD and follow it 2.2 miles to the camp entrance on your right.