

אתגר

CHALLENGE YOURSELF WITH THE REVAMPED ETGAR EXPERIENCE AT CAMP RAMAH IN NEW ENGLAND!

For many years now, a key component of Camp Ramah in New England's *Tzad Bet* programming has been our ***Etgar Program***. *Etgar* is the Hebrew word for "challenge." Our *Etgar Program* is a series of adventures that are designed to give our campers new experiences in the great outdoors and to challenge them both mentally and physically, whether they're hiking the Appalachian Trail or rappelling and caving. The *Etgar Program* is also designed to teach our campers about environmentalism and Judaism's connection to *teva* (nature).

This summer we are excited to unveil our revamped and restructured *Etgar Program*! For our *Bogrim* campers, we have a new array of outdoor adventure choices to offer. For our *Machon* & *Nivonim* campers, we are excited to supplement our intense outdoor adventures with a series of options that focus on social action and *Tikun Olam*.

We are pleased to continue our partnership with **Adventure In/Adventure Out**, a Massachusetts-based company that specializes in planning and running outdoor adventure experiences. With their help, we are thrilled to continue to offer a wide variety of exciting and intense *Etgar* experiences to our *Tzad Bet* campers. All of these outdoor adventure trips will be led by fully-trained staff members from Adventure In/Adventure Out, and staffed by our counselors.

ALL of these programs will focus on combining Jewish education with intense experiences that are truly *Etgarim*!

In order to make all the necessary arrangements, we ask all of our *Bogrim*, *Machon*, & *Nivonim* campers to sign up for their *Etgar* trips before camp. **Please be sure to click on the link in the e-mail (sent with this brochure) and sign up for your choices by June 1st, 2015!**



Bogrim

2 Days and 1 Night – July 16-17

Bogrim will be divided into two large groups, with half the edah spending a night at Barton's Cove, and half the edah spending a night at Tully Lake. For two days, campers will have the opportunity to canoe, kayak, raft, hike, or cave in smaller groups of approximately 10-15 campers. This program, run in conjunction with Adventure In Adventure Out, will teach participants camping skills such as pitching a tent and cooking over a fire, as well as basic navigation and technical skills.

Option 1: Caving and Hiking

On the first day you will take a scenic hike along the M&M Trail, a trail system passing through three states. Along the way, you'll even get to explore the cave that a hermit used to live in. On the second day you will visit another small cave, where you will crawl through a winding passage into the rocky earth!

Option 2: Caving and Canoeing

On the first day you will visit a small cave, where you will crawl through a winding passage into the rocky earth! On the second day you will canoe on a section of the river near your campsite through some of the most picturesque parts of the Connecticut River Valley. Wildlife abounds on the Connecticut, so keep an eye out for a bald eagle and other creatures! And, of course, there'll be a chance to get in the water!

Option 3: Canoeing and Hiking

On the first day you will canoe on a section of the river near your campsite through some of the most picturesque parts of the Connecticut River Valley. Wildlife abounds on the Connecticut, so keep an eye out for a bald eagle and other creatures! And, of course, there'll be a chance to get in the water! On the second day you will take a scenic hike along the M&M Trail, a trail system passing through three states. Along the way you'll even get to explore the cave that a hermit used to live in.

Option 4: Huck Finn Rafting and Hiking

In the spirit of the New England native, Mark Twain, you will spend the first day paddling atop wooden platforms that you will construct to rest upon two canoes. From there you will paddle and pole your rafts around the picturesque Tully Lake, looking for osprey, herons and other wildlife, and engaging other rafts in competitions. On the second day you will take a hike to a roaring waterfall near the campsite.

Option 5: Huck Finn Rafting and Canoeing

In the spirit of the New England native, Mark Twain, you will spend the first day paddling atop wooden platforms that you will construct to rest upon two canoes. From there you will paddle and pole your rafts around the picturesque Tully Lake looking for osprey, herons and other wildlife, and engaging other rafts in competitions. On the second day you will continue your watery explorations in canoes, journeying north of your campsite onto Long Pond.

MACHON/NIVONIM

4 Days and 3 Nights – July 6-9

We're thrilled to present this year's Machon and Nivonim joint Etgar program. Machoners and Nivonimers, who will be participating in the Etgar program together in order to strengthen the bonds and connections between the two edot, will have the option of either participating in an outdoor adventure camping program or a community service overnight trip. All trips will serve the same purpose of challenging participants physically and mentally to learn, grow, and to take the Ramah experience beyond the camp gates.

Option I: Backpacking on the Appalachian Trail

Hike high along the Appalachian Trail following the scenic Taconic Range in Mount Riga State Park and Mount Washington State Forest. We will hike over three peaks with Mount Everett being our high point at 2,602 feet. We will also explore the cascading waterfalls at Bear Rock Falls and wander through beautiful Sages Ravine, enjoying the excellent high ridgeline views of the Housatonic Valley.

Option II: Caving, Rock Climbing & Canoeing

This multi-element adventure will include a thrilling rappel into a local cave, a day of learning how to rock climb and two days of paddling on the picturesque Connecticut River. We will start the trip by backpacking in and establishing our campsite and then hike each day with day packs to our adventure activities. The trails meander through a forest of boulders and ledges. After exploring the caves and rock faces for the first two days, we will backpack down to the Connecticut River and spend the last two days in canoes on the river!

Option III: Mountain Bike Trail Ride

This journey starts on the east side of the Quabbin Reservoir and follows the Swift River in the town of Petersham. Then we will travel north along the well-known Rail Trail. We will be mountain-biking on the back roads, dirt roads and trails. A support van will deliver our camping gear to our camp-sites along the way. Each day we will pack our lunch and continue our ride through forestlands and cool off in streams and lakes. At our camp-sites we'll enjoy telling stories and playing games around the camp fire.

Option IV: Connecticut River Canoeing

Get out on the water for a fun and scenic canoe expedition down the Connecticut River. This trip will begin near the Massachusetts and Vermont border and flow down through some of the most scenic landscapes in Western Massachusetts. Wildlife abounds so keep an eye out for a bald eagle. We will be entirely self-sufficient, packing our gear in our canoes and camping in designated camp sites along the river banks. We will take time to hike, swim, and play during the journey.

Option V: Tikun Olam: Boston

This group will travel to the greater Boston area, rotating through several community service opportunities. At the Needham Community Farm, we will be introduced to the local and global food gap, and we will work to develop concrete action steps that youth can take to create positive change in their own communities. At Family Table, a Kosher food pantry in Waltham, we will assist in the pantry, as well as unloading and sorting food donations. At Cradles to Crayons, we will inspect, sort, and make customized packages from donated items for disadvantaged youth in Massachusetts. At Pine Street Inn, we will make soup and sandwiches, measure meat, and interact with the homeless clients the organization serves. At the Community Harvest Project, we will focus on hunger relief

and nutrition, in addition to making our own potted plants and harvesting vegetables. All of the organizations have created enriched programs specifically for our *chanichim* (campers), in order to physically and intellectually challenge their assumptions and allow them to engage with local citizens.

Option VI: Tikun Olam: New York

Travel to “The Big Apple” for four days of community service and learning, with two incredible partner organizations. One group will team up with the Jewish Disaster Relief Corps (JDRC) to clean up damage still left from Hurricane Sandy, towards the southern tip of Manhattan. At night, these participants will learn from community leaders about what happened during Sandy, and how different people have come together to rebuild and renew. A second New York City group will partner with the JustCity program at the Jewish Theological Seminary and will participate in various social action projects around Manhattan. This offering includes opportunities to connect with students in the JustCity program, who have committed their summers to social justice work in New York.

Option VII: Madrich (Counselor) Experience at Ramah Day Camp of Greater Washington, DC

This exclusive *Nivonim*-only offering will put participants to the test as their *hadracha* (leadership training) truly comes alive. Participants will travel down to Washington, DC and become assistant counselors at our brand new DC Day Camp! We will plan and execute programs, learn from Day Camp leadership about what it takes to be a great counselor, and serve as an ambassador for Camp Ramah in New England. Participants will stay at the Ramah DC Day Camp in Germantown, Maryland. (This option is only offered to campers in *edat ha-NIVONIM*.)



Packing List

VERY IMPORTANT!!

Please look over this list **VERY CAREFULLY**. All *Bogrim* campers, and any *Machon/Nivonim* campers who listed a camping trip as one of their choices, must bring this required gear to camp, in order to be safe and happy while on their Etgar trips!

Please note that **ALL *Bogrim*, *Machon*, & *Nivonim*** campers must bring a sleeping bag to camp, no matter what trip they signed up for!

Synthetic Sleeping Bag with a stuff sac
(It is best to avoid cotton bags because once they get wet they stay wet.)

Rain jacket with a hood

Fleece jacket or heavy sweater

Light-weight hiking pants *(fast-drying material)*

Long john top & bottom *(polypropylene or other nylon product)*

Sun hat or visor

Warm hat (winter cap) *Required for backpacking trip*

Sunglasses

Lightweight sleeping pad (optional)

Footwear:

3 pairs of durable socks *(nylon and wool combinations are best)*

Backpackers: Sturdy hiking boots and a pair of sneakers or athletic shoes for in-camp

Backpackers should also bring, if you have them, 3 pairs of liner socks *(thin nylon)* to prevent blisters

Accessories:

Cup, bowl, & spoon

1-2 quart water bottle

Bikers should bring, if you have one, a biking water bottle

Flashlight *(with extra batteries)*

Sunscreen *(small container)*

Bug repellent *(no aerosol canisters)*

Small blank book/journal and 2 pens

Camera and film (optional) -- *An expensive digital camera can easily be damaged, so be careful what you bring!*

Electronic devices (including games, ipods and MP3 players) are NOT permitted on any of these trips.



Adventure In/Adventure Out has been offering outdoor adventure programs since the summer of 1995. Their vision is to offer people experiences in nature that will introduce them to a new awareness of themselves and of the natural world around them. They achieve this by immersing people in nature and teaching wilderness living skills, nature awareness skills, communication skills, and community-building skills. These experiences serve as reminders of how beautiful and sacred nature is and how good it feels to be connected to it and to the people around us. Adventure In/Adventure Out has run programs for a wide variety of schools, summer camps, town recreation departments, businesses, and non-profit organizations.

Learn more about Adventure In/Adventure Out by visiting their web-site at: www.naturetravels.com.