



**A Multi-Generational Weekend Retreat**

**Camp Kesher 2023  
Program Handbook**

**September 1– 4, 2023  
Camp Sealth  
Vashon Island, Washington**

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## Welcome to Camp Kesher 2023

Shalom campers, and welcome to Camp Kesher 2023!

We are honored to have songwriter, musician, mindfulness coach Chava Mirel as our scholar-in-residence, with rabbinic leaders from all over the Puget Sound area leading services during Shabbat and throughout the weekend. Your Kesher steering committee-100% volunteers- has worked and planned all year to create this weekend of fun, relaxation, prayer, and learning.

This handbook contains everything you need to know to have a wonderful Kesher experience. It includes:

- Important safety rules
- Mealtimes
- Who to ask about what
- Our activity schedule
- Information and guidelines for our childrens' and teens' programs
- Workshop information
- Scholar bio and session descriptions
- Recognition of our staff and thank-yous to our many volunteers

Please read through it even if you're a seasoned camper, as we have many updates this year. You can also access a copy of this handbook on the Kesher app—and we'll keep a few physical copies at Rounds Hall.

A couple of critical things to note for your arrival:

- **Check-in is from 12:30-1:30 Friday.** You receive your packet with your cabin assignment and nametags here. It takes planning to arrive on time—consult the [ferry schedule](#) and be at the dock at least 1 hour before your boat. Note that some boats take 20 minutes to cross, some 45. Holiday weekends mean busy ferries! And activities commence shortly after check-in—so plan ahead and don't miss any of the fun. **Arriving late? Text 425 953-0367** to show your COVID test and receive your packet.
- **Please have all family members take a COVID test Friday before you leave home.** Take a picture of your rapid test on your phone to show at the first check-in desk upon arrival at camp. Otherwise, you'll need to take a test at the desk (and we have limited supplies). Please make check-in go quickly and take your test at home. Public libraries and other government institutions have free test kits.

"Kesher" means connection, and we hope that each of us stretch to connect with our spirituality and our community this weekend.

If you have questions, look for us at camp. May we all be blessed with shalom and a restful Shabbat.

*Carol Tice and Catherine Lanham*

2023 Camp Kesher Co-Directors

On behalf of everyone who worked to make Camp Kesher possible.

# CAMP KESHER BASICS

## MEAL TIMES

Meal times are a community effort at Camp Keshet. We ask that everyone help with both setup and cleanup at least once during the weekend. See the chart below for which meal your family has been assigned for setup (based on the first letter of your last name). **Please arrive in the Dining Hall 15 minutes prior to that specific meal for set up.** Please choose another meal to help with cleanup. If many help with cleanup, the task gets done faster. Thanks for pitching in!

**Friday:** 5:45 Dinner (T-Z)

**Sunday:** 8:30 Breakfast (I-K)

12:15 Lunch (G-H)

6:15 Dinner (D-F)

**Saturday** 8:30 Breakfast (Q-S)

**Monday:** 8:30 Breakfast (A-C)

12:15 Lunch (M-P)

11:45 Lunch

6:15 Dinner (L)

**Note:** If you need a nosh, a bowl of fruit and other snacks will be available on the porch of Rounds Hall during the day.

To ensure the best possible experience, please observe the following mealtime guidelines:

- **We are all responsible for setting up for mealtimes.** Please see above for your family's designated mealtime set up indicated by the first letter of your last name.
- Meals begin on time, according to the meal schedule. Please do not arrive late.
- Meals begin with *HaMotzi* and end with *Birkat HaMazon*. Please be respectful of those who wish to participate in the blessings by not eating until the blessing has been said and not leaving before the closing blessing and cleanup.
- **Parents, please know where your children are during mealtimes! Teens should not leave their tables before their table is cleaned up.**
- New this year: only very short announcements during meals! Check the app or screen in Rounds for details.
- **Cleanup is as important as setup.** Please plan on volunteering to clean up after a meal or two.

## WHO DO I ASK ABOUT...?

If you have any problems or concerns, please consult the following Camp Keshet committee volunteers:

**General Logistics/Camp Sealth:** Carol Tice or Catherine Lanham

● **Housing:** Leslie Silverman

● **Food:** Allyson Shumays, Jennifer Phillips McLellan

● **Kids' Camp:** Jacob Glickman

- **Teen Program:** Becca Greenberg and Naomi Litwack-Lang
- **Madrichim Training Program:** Daniel Kaplan
- **Announcements:** check the Keshet app or the big screen in Rounds Hall
- **First Aid:** Susan Lin

Below are some important logistical details and information about the weekend, which we hope will help make your camp experience more enjoyable. Even if you are a seasoned camper, please review these.

## **BASIC SAFETY GUIDELINES**

Please pay particular attention to these vital safety rules of Camp Sealth where we hold Keshet. We are obligated to follow them as a condition of using their facilities. Let's please all work together to meet this obligation and keep Keshet safe!

- **Safety Rules:**
  - Children should **never** walk around camp alone.
  - Children under 10 may not be on the beach without an adult.
  - Use flashlights while walking around camp after dark.
  - Parents **must** supervise their kids outside of Kids' Camp.
  - The camp gate will be closed to cars from 10 PM to 7 AM.
  - Name tags must be worn throughout the weekend.
  - Children must wear closed-toed shoes AT ALL TIMES while at Kids' Camps.
  - Children under the age of 5 may NOT be left alone in a cabin.
  
- **Bulkhead (aka Seawall):** Do not jump from it. Please use the steps.
- **Trees and Flagpole:** Do not climb on them.
- **Firewood Piles:** Do not climb on them (they are naturally unstable).
- **Campfires:** There are no fires allowed anywhere on Camp Sealth property.
- **Buildings:** Please do not enter buildings other than your designated cabins, the dining hall, Shutanka, or buildings used for a workshop and restrooms.
- **Rocks:** Please do not allow Kids to throw rocks, except to "skip" them on the water NORTH OF THE BIG BOAT DOCK. Please do not allow them to throw the large rocks behind the seawall into the water.
- **Water and Beach:** Wading only in the designated area enclosed by the floating docks and only with prior arrangement with a Camp Keshet or Camp Sealth staff.
- **Poisonous and Edible Plants:** The Himalayan blackberries, salmon berries and huckleberries are all edible. Most other berries, mushrooms and plants are not—consult camp staff if you're in doubt.

### Outdoor activity safety – see daily schedules for times:

- **Boating:** Adults and children must wear lifejackets. A lifeguard must be present and parents must accompany children who are weak swimmers on boat rides. The minimum age for boats is: canoes – 3rd grade or with an adult; rowboats – Kindergarten and older.
- **Archery:** Archery is allowed only during scheduled times. Minimum age is 10 years. Kids must also be tall and strong enough to handle the bows/arrows. Very small children will have trouble.
- **Challenge Course:** While it looks like a fun “obstacle course”, our challenge course is a team-building activity that is dangerous when unsupervised. Please do not use the course unless supervised by Camp Sealth staff. Minimum age is 11 years.

## PARKING

Parking is limited, especially down near Rounds Hall and the Orchard. We ask for your cooperation with the volunteer camp greeters regarding parking.

## HOUSING

Housing is always a puzzle and was an unusual challenge this year due to the makeup of our 2023 families. We have made every effort to accommodate every family’s health needs and preferences. We have limited ability to change our housing, but please let us know if there is anything immensely inconvenient about your housing, or if it is limiting your full enjoyment of Camp Kesher.

## TEEN’S AND CHILDREN’S PROGRAMS

Our own 9th - 12th graders will be counselors (*madrichim*) for our children’s programming mornings and afternoons. A few minutes before each scholar session, parents can take their children to the Orchard lawn to join their *madrichim* and break into their children’s programming groups.

**Teen Curfew Policy.** Teens **must** go directly to their cabins when their evening programming ends at **midnight**. Parents are responsible for their teens once the teen programming ends. It is **not** the responsibility of Camp Sealth staff or Kesher leadership to track teenagers after midnight.

**Activities occur rain or shine.** Children must be in comfortable closed-toed SHOES — preferably tennis shoes — for Kids’ Camp; no sandals or flip flops.

## Children and Teen Supervision/Curfew Policy

Please read our children and teen supervision and curfew policy carefully and discuss it with your children so they are clear about these policies and your expectations.

### Children (under 13)

- Attendance at the children's program is mandatory unless the child is under the parent's DIRECT supervision.
- If you decide that your child is not going to participate in the children's program (or if you want to withdraw them early), you must let the senior counselor know.
- Also make sure your children aren't disrupting the adult or children's programs.
- Please pick up your children on time from Kids' Camp. Our teen counselors deserve some free time too.
- Other than during Kids' Camp (e.g. during free time or evening activities), you are responsible at all times for your children.

### Teens (13 and over)

- There will be a teen program each night for teens in 9<sup>th</sup> - 12<sup>th</sup> grades. This program is optional, although we encourage all teens to participate.
- On Saturday night, from 9:00 PM to 10:00 PM, there is a teen scholar session with our Scholar-in-Residence. After the session, there will be an additional 2 hours of social programming.
- **On Sunday evening, the 8<sup>th</sup> graders are invited to the teen session** and encouraged to join the 9<sup>th</sup> - 12<sup>th</sup> grade teens.
- The teen program **ends at midnight** each night, and the Teen Programming Coordinator goes off duty at that time. **At the end of the Teen Program, teens must return directly to their cabins.**
- If you wish to pick up your Teen, you must be at Lower Shutanka promptly at midnight. If you're not, the Teen Programming Coordinator will assume your child has your permission to return to their cabin on their own. There is no supervision after midnight.
- You are fully responsible for your teens and their activities when they are not working as *Madrichim* or participating in the teen program (including if they choose to leave early and during free time).
- **There is a midnight curfew for teens. Our teens work as our counselors during the day. They must be on time and in proper shape each day to handle this important responsibility. If we see teens out past midnight (not on the way to their cabins), they will forfeit their madrichim stipend and not get paid for the weekend.**
- At all times, maintain the level of supervision you deem appropriate for your child's age, ability, and maturity.

## BATHROOMS

Camp Kesher's thoughts about plumbing:

1. There will be a lot of us using the bathrooms. Please be considerate of the next person and leave the bathroom stalls, showers and sinks as clean as, or cleaner than, when you came in. Also, remember Sir Isaac Newton's Golden Rule of Toilet Seats: "What goes up, must come down."
2. For some areas around camp, there is only one bathroom facility. **Campers using the bathrooms at Misty Mountain or showers at Blueberry Hill, or any other area with shared bathrooms should observe the following schedule:**

Men/Boys use the bathroom/showers starting on the hour and must be out by the half hour.

Women/Girls use the bathrooms/showers starting on the half hour and must be out on the hour.

In these locations, there is no private changing area, so please be considerate of one another.

Warning: The toilets at camp are not as robust as at home. They clog easily. Please do your best to prevent a problem. If you clog it, please do your best to unclog it. Plungers are available in the storage closet of each bathroom. In case of an emergency, please contact the Camp Kesher staff.

## KESHER STORE

We will have Camp Kesher t-shirts, hoodies and a small number of other items available for purchase at camp for your tie-dye masterpieces. Store hours are noted in the activity schedule; the store is not open on Shabbat. The store takes cash, checks, and Zelle. Sorry, we are not able to accept credit cards.

## WORKSHOPS AND ACTIVITIES

A variety of workshops and activities led by campers will be offered in the afternoons, ranging from henna and how-to-play Mah Jongg to boating, archery, sports, and the ever-popular tie-dye station. A schedule will be posted to our app, at Rounds Hall, and is included in this handbook. There will also be ample time for you to relax by the water, read a book, or take a nap.

## QUIET TIME

**Quiet time begins at 10:00 PM.** Please be respectful of the noise you make after this time so people who want to can relax and fall asleep.



## **SMOKING**

There is a designated smoking area behind the kitchen. Please dispose of your waste appropriately and do not smoke inside or around any of the cabins or buildings.

## **VENDING MACHINES**

Soda and snacks are available from the vending machines in "Lower Shutanka" (the office building with recreation room on lower level) and in the hallway in Rounds Hall.

## **PHONES**

Many of us have cell phones that we use for work or emergency contact for other family members. Please be respectful in their use and keep them on 'silenced' this weekend, especially on Shabbat.

## **ENDING CAMP**

We end our time together on Monday at approximately 1:30 PM, after the BBQ lunch and closing circle. If at all possible, please get packed before Monday morning programming session, or wait until after closing circle so you can be part of this meaningful and wonderful closing out of Camp Keshet. It can be disruptive to other campers to have families leave while camp is still in session. If you must leave before camp is over, please be considerate of the camp activities still in progress.

## SCHEDULE: Friday, September 1, 2023

- 12:30 - 1:30 **Arrive, Check-in & Registration: Show proof of same-day negative Covid test**  
Receive cabin assignment, schedule and name tags  
Unpack, move cars to upper parking lot and explore camp
- 1:15 - 1:45 **Madrachim Meeting** (Lower Shutanka)
- 2:30 - 4:00 **Kids: Kids' Camp** (Meet at Orchard Lawn)—parents are welcome to accompany kids at this first session.
- 2:45 – 3:45 **Adults: Scholar-in-Residence intro: Chava Mirel + New Camper Welcome Mixer**  
(Rounds Hall) In this short session, we'll meet our scholar, then do some fun activities (with prizes!) to help new campers learn about camp and make some new friends.
- 4:15 - 5:00 **All Camp Opening Circle** (Green Circle)  
Music/Welcome – Meet our Scholar-in-Residence – Kids' Camp staff, counselors, Rabbis, song leaders – Camp Keshet/Sealth ground rules –into to activities
- 5:00 - 5:30 **Prepare for Shabbat**
- 5:45 - 6:45 **Shabbat Dinner** (Rounds Hall) – Don't miss the chance to bring in Shabbat together.
- 7:15 - 8:00 **All Camp Kabbalat Shabbat Service** (Green Circle) Join us for a magical sunset service.
- 8:00 - 8:30 **Ice Cream Social** (Rounds Hall)
- 8:30 - 9:00 **Little Kids' Story Time** (Misty Mountain Lodge) – A fave activity of Keshet preschoolers and a great way to wind down for bedtime.
- 8:30 - 9:30 **Israeli Dancing** (Rounds Hall) –Aaron Levine leads us in some easy, fun dances. All ages welcome, all dances taught, no previous experience needed.
- 8:30 – bed **Games** (Rounds Hall) Bring yours or join in with others! Board/card games, mah jongg...
- 9:00 - 10:00 **All Teen Meeting** (Lower Shutanka). This is a must-attend for all madrichim.
- 10:00 - 12:00 **Teen Activity 9<sup>th</sup> - 12<sup>th</sup> grade** (Lower Shutanka) – Our madrichim work hard, then play hard, with their own nighttime program 'til midnight. Then, straight to cabins.

## SCHEDULE: Saturday, September 2, 2023

8:30 - 9:15	<b>Breakfast</b> (Rounds Hall)
9:45 - 11:45	<b>Shabbat Torah Service</b> (Green Circle) (Kids depart for Kids' service roughly 10 am)
12:15 - 1:00	<b>Lunch</b> (Rounds Hall)
1:15 - 3:15	<b>Kids: Kids' Camp</b> (Meet at the Orchard Lawn)
1:30 - 3:00	<b>Adults: Scholar Scholar-in-Residence, Chava Mirel</b> (Rounds Hall) For details and themes we'll explore each session, see the Scholar section in this handbook.
3:30 - 5:30	<b>Workshops &amp; Activities</b> Sign up for our camper-led and Sealth-supported workshops and outdoor activities. Details in the Workshops section of this handbook.
6:15 - 7:15	<b>Dinner</b> (Rounds Hall)
7:15 - 7:45	<b>Song Session</b> (Rounds Hall) Join an all-ages sing-along of great Hebrew camp songs as we watch the sun fade and wait for Havdalah.
8:00 – 8:30	<b>Havdalah</b> (Green Circle) Come watch the stars come out as we sing farewell to our sweet Camp Shabbat. All musicians welcome to participate.
8:30 – 9:00	<b>Little Kids' Story Time</b> (Misty Mountain Lodge)
8:30 - bed	<b>Games</b> (Rounds Hall) Mahjongg, Scrabble, Cards, etc.
9:45 - 10:30	<b>Night Hike – Star gazing walk</b> (Meet at Rounds Hall) - Please bring flashlights
9:00 - 10:00	<b>Teens: Session with Chava Mirel</b> (Location to be Announced)
10:00 - 12:00	<b>Teen Activity 9<sup>th</sup> – 12<sup>th</sup> grade</b> (Lower Shutanka)

## SCHEDULE: Sunday, September 3, 2023

- 7:45 - 8:30      **Shacharit Services** (Green Circle) A rare chance to experience an inspiring outdoor weekday morning service. Join us, earlybirds!
- 8:30 - 9:15      **Breakfast** (Rounds Hall)
- 9:30 - 11:30     **Kids: Kids' Camp** (Meet at the Orchard Lawn)
- 9:45 - 11:15     **Adults: Scholar-in-Residence, Chava Mirel** (Rounds Hall)
- 12:15 - 1:00     **Lunch** (Rounds Hall)
- 1:15 - 3:15      **Kids: Kids' Camp** (Meet at the Orchard Lawn)
- 1:30 - 3:00      **Adults: Scholar-in-Residence, Chava Mirel** (Rounds Hall)
- 3:30 - 5:30      **Workshops & Activities**
- 5:00 - 5:30      **Healing Service** (Green Circle) Could you use more love, light, health and strength in your life? Join us for a powerful healing service.
- 5:30 - 6:15      **2023 Camp Kesher Planning Meeting** (Priscilla White Lodge). We are 100% volunteer run! Join us—we welcome new ideas and feedback from all campers.
- 6:15 - 7:15      **Dinner** (Rounds Hall)
- 7:30 - 9:00      **Variety Show** (Rounds Hall) A must-see camp highlight! Come cheer for all the participants in this entertaining Kesher tradition. Check the app for instructions to upload your photos for inclusion in the all-camp slide show.
- 9:00 - 10:30     **Late Night Sing-Along & S'mores** (Green Circle) Great American Songbook, folk songs, and more are featured in this late-night sing-along, held campfire-side weather permitting. If campfire is allowed, we'll make s'mores.
- 9:00 - 12:00     **Teen Activity 8<sup>th</sup> – 12<sup>th</sup> grade** (Lower Shutanka)

## **SCHEDULE: Monday, September 4, 2023**

7:45 - 8:30	<b>Shacharit Morning Service</b> (Green Circle) Our final weekday morning service—see you there, earlybirds!
8:30 - 9:15	<b>Breakfast</b> (Rounds Hall)
9:30 - 11:30	<b>Kids: Kids' Camp</b> (Meet at the Orchard Lawn)
9:45 - 11:15	<b>Adults: Scholar-in-Residence, Chava Mirel</b> (Rounds Hall)
11:45 - 12:45	<b>BBQ Lunch</b> We'll line up on the breezeway, get our plates in Rounds Hall and then eat, schmooze, and enjoy our classic BBQ meal outside at Green Circle.
12:45 - 1:30	<b>Closing Circle</b> (Green Circle) We come together one last time for songs, gratitude, hugs, and a chance to share our camp highlights with each other.
1:30	<b>Pack and Clean Cabins</b>

### **Before you go, make sure you:**

- Return your name tag(s) at Closing Circle
- Take trash to communal waste bins.
- Sweep the floor.
- Wipe mattresses with disinfectant found in cabin.
- Check that cabin is as neat as when you arrived.

# SATURDAY WORKSHOPS & ACTIVITIES

3:30 PM – 5:30 PM

*Sign-up required for some workshops & activities, as noted below*

## **Modern Gaming Unplugged** (Rounds Hall)

Just like Mario, board games have been evolving for decades. Go on beyond Monopoly, Risk, and Candyland at this workshop with game maven **Matt Titelbaum**. You'll make friends and discover your new favorite board game.

No experience or sign-up necessary.

All ages welcome.

## **Make a Shabbat Candle Holder** (Birdcage)

*NEW THIS YEAR!* Join **Gisi Zimmerman** for a family-friendly activity! Create beautiful Shabbat candle holders using child-safe clay. Learn clay modeling techniques, shape personalized designs, and craft unique centerpieces to illuminate your Shabbat table. Unleash your creativity in this hands-on workshop and take home cherished creations for meaningful Friday evenings.

Sign-up required. Limit 20 people.

Age 6+. Kids under 6 welcome if accompanied by an adult.

## **Creative writing** (Wohelo)

If you write a lot or never have, curious, or already have a writing practice, come stretch your writing chops with prompts to get your creative juices going! **Jennifer Fliss** will talk a little about ways to make your writing pop, we'll spend time writing in an inspiring location, and do a Q&A about writing, the creative process, and publishing.

Bring paper & writing utensil, or computers to write.

Sign-up not required but encouraged.

Ages 10+ welcome.

## **Discover a deeper meaning in Psalms** (Rounds Hall)

*NEW THIS YEAR!* Through songs and engaging questions, **Tamar Libicki** will lead us into two well-known and beautiful Psalms in our Ketuvim. We'll explore Psalm 34 and Psalm 23. Join us to uncover songs of Psalms and your own interpretation.

All levels of Jewish knowledge welcome.

Handouts will be provided.

Sign-up not required but encouraged.

Ages 8+

**Mah Jongg for Beginners** (Priscilla White Lodge)

Don't know dragons from dots and cracks? Come learn to play Mahjongg as **Susan Tregerman** teaches one of Camp Kesher's most popular games! Learn Saturday, practice and play the whole rest of the long weekend. We love new players.

If you have a Mahjongg set, please bring it.

Sign-up required. Limit: 10 people. Ages 18+

**Lanyard Keychain Making** (Orchard lawn shelter)

Ever wonder what all those spools of plastic thread are for? Want to make a souvenir keychain and keep your hands busy while here at camp? Join **Miesha Brodsky Aziz** for a workshop on how to make lanyards. This session is for beginner to advanced. We'll teach basic technique for a box or circle pattern, as well as spirals and zigzags for those wanting a challenge. Come pick out your colors.

Sign-up not required but encouraged. Limit: 10-15 people.

All ages welcome.

**Boating** (Waterfront)

Swimming **Not** Available – Serious Rip Tides. No sign-up necessary.

- Rowboats: Kindergarten or older with an adult in boat.
- Canoes: Third grade or above.

**Archery** (please sign up)

**Orienteering** (self-guided)

**Tie Dye** (Birdcage)

**Touch Tanks** may be available near boating – check at camp for an update

# SUNDAY WORKSHOPS & ACTIVITIES

3:30 PM – 5:30 PM

*Sign-up required for some workshops & activities, as noted below*

## **Rock Painting** (Birdcage)

Join **Lesley Isgur** for a fun session painting decorative small rocks for your yard, garden, or bookcase! Wear clothes that can get messy – we'll work with permanent paint, so the rocks look great in your garden for years to come.

Sign-up required.

All ages welcome.

## **Intro to Chess Strategy** (Wohelo)

*NEW THIS YEAR!* Join **Rob Dolin** to learn basic chess strategy. You should be familiar with how the chess pieces move.

We'll cover basic opening strategy of capturing the center; middle-game tactics including a pin, fork, and skewer; and endgame tactics such as creating a passed pawn and king+rook checkmate. You will put your learning to use in games.

Bring your own chess board. Two chess boards will be available.

Sign-up not required but encouraged.

Ages 5+. Kids ages 5-10 should be accompanied by an adult.

## **Schopenhauer's Strangely Complimentary Anti-Judaism** (Orchard Lawn shelter)

*NEW THIS YEAR!* The 19th century arch-pessimist, atheist, and aesthete Arthur Schopenhauer accused Judaism of being the only religion that (a) believed life was worth living and (b) was serious about the existence of God (and yes, those were bad things from Schopenhauer's perspective). In this workshop, join **Colin Marshall** to look closer at Schopenhauer's 'accusations', and discuss whether he was right. You'll leave having learned a bit about Romantic-era philosophy and reflected on the commitments of Judaism, as you understand it.

All levels of Jewish and Philosophy knowledge welcome.

Handouts will be provided.

Sign-up not required but encouraged. Ages 15+

## **Mahjongg: Up your game** (Priscilla White Lodge)

*NEW THIS YEAR!* If you have been playing mahjongg, know the rules and you're looking to up your game, join **Phillipa Poznanski** for this workshop.

Sign-up required. Limit: 8 people. Age 14+



### **Henna** (Orchard grass)

For centuries, Mehndi – the art of henna painting on the body – has been practiced in India, Africa, and the Middle East, where the henna plant is believed to bring love and good fortune, and to protect against evil. Mehndi is traditionally practiced for wedding ceremonies, during important rites of passage, and in times of joyous celebration. A paste made from the crushed leaves of the henna plant is applied to the skin, and when removed several hours later, leaves beautiful markings on the skin that fade naturally over 1 to 3 weeks. Join **El Tice** and **Cynthia Fein-Wallace** and receive a beautiful henna tattoo. Sign-up required.

### **Israeli Dance** (Rounds Hall)

Our people got rhythm! All ages can join in the fun – this folk-dance session will be customized to the interests of the campers who sign up. All dances taught. Learn the classic simcha dances, newer line dances, dances for kids – camper **Aaron Levine** leads. Tell him what you want to learn when you sign up (or just show up).

All ages welcome.

### **Boating** (Waterfront)

Swimming **Not** Available – Serious Rip Tides. No sign-up necessary.

- Rowboats: Kindergarten or older with an adult in boat.
- Canoes: Third grade or above.

**Archery** (please sign up)

**Orienteering** (self-guided)

**Tie Dye** (Birdcage)

**Touch Tanks** may be available near boating – check at camp for an update

A special thanks to the great Sealth staff for all their meal, activities, and facilities support! We couldn't make Keshet without you.

# **Scholar-in-Residence: Chava Mirel**

Chava Mirel is a unique being in the world of music and spirit, defying classifications of style or genre. We feel blessed to have Chava as our 2023 Keshet scholar.

A multi-award winning musician and composer whose voice was recently featured on a Grammy award winning album, Chava is highly sought-after for collaborations and recordings. Chava's latest original album, "Source of Love," is a collection of songs set to prayers from the Jewish Liturgy as well as new songs with universal themes that encourage the listener to create a better future by focusing on nature, family, and spirituality.

Celebrated for her rich, luxurious vocals, lush harmonies, and rhythmic phrasing, Chava is also known for her loving and compassionate presence. Regardless of setting – spiritual gathering, concert hall, classroom or jazz club – she imbues her music and teachings with the universal themes of hope, caring, connection and inclusion.

She currently serves as Artist-In-Residence at historic Temple De Hirsch Sinai in Seattle WA.

# Kesher 2023 Scholar Topics

## **Friday PM: SING A LITTLE, MIX A LITTLE**

Chava will give us an overview of the sessions ahead, which are all grounded in our theme of connection. She'll lead us in a bit of singing, and then we'll do some mixer/icebreaker activities – with prizes! – and get to know new campers.

## **Saturday PM: SONGS AND TEACHINGS FOR OPENING THE HEART**

Our fast-paced day-to-day lives can be overwhelming and alienating, sometimes making us feel disconnected and closed off. Music can be an effective tool for shaking us out of complacency and apathy, reconnecting us with meaning and purpose. In this session we will immerse ourselves in songs and teachings that can awaken our hearts and bring us closer together.

## **Sunday AM: THE COLLECTIVE BODY**

Our tradition contains the deep wisdom that the presence of community can help us get through our times of need. Through healing songs, lovingkindness practices and acknowledgment of human difficulties like loss and grief, we can experience the comfort of being surrounded and embraced by support. This session will explore some of those ancient practices and bring them into relevance in our lives today.

## **Sunday PM: BEING HERE NOW**

One of the most ancient names of God is “Being”. All the way back to biblical times, people have struggled with the desire to “be” in mindful presence. In this session we will share resources and practices for helping us connect with awareness and bring ourselves into a more vivid sense of aliveness in this moment.

## **Monday AM: BRINGING LIFE TO THE LITURGY**

We often recite prayers by rote, without feeling a personal connection to them or understanding their meaning and function. In this session we will have an opportunity to dive into our liturgy, finding ways to make prayers come alive for us and help them to resonate with our modern existence.

# Camp Kesher 2023 Thank You's

These individuals and organizations worked together throughout the year to create the Kesher experience that we share this weekend. Please take a moment to thank them.

## Steering Committee 2023

**Co-directors:** Carol Tice (handbook, curriculum), Catherine Lanham (finance, curriculum)

**Committee members all supplied ideas, referrals and support, plus the roles listed:** Julia Bacharach (registration, welcome), Jen Klein (COVID policy), Aaron Liebowitz (website, app, tech, variety show), Laura Lichtman (transportation, welcome), Brian Lichtman (surveys, tech, registration), Laurie Litwack (workshops, welcome), Morris Richman (marketing, slideshow, new members), Leslie Silverman (housing, curriculum)

### Volunteers

**Dan Cory** – Challah baking  
**Zoe Crowe, Jerrod Larson** – community art project  
**Allyson Shumays, Jennifer McLellan** – Food coordinators  
**Stephen Lloyd, Susan Lin, Naomi Spector** – Fruit bowl  
– Hall maven  
**Aaron Levine** – Israeli dance  
**Gisi Zimmerman** – Kesher Store lead  
**Zara Ash, Tamar Libicki, Judy Kuskin, Julie Stein, Danielle Price, Linda Schwaber-Cohen, Sarah Levley, Rebecca Leibowitz, Harriet Greenberg** – Kesher store cashiers  
**Warner Asch, Elliott Weiss** – Medical support  
**Jennifer Fliss, Judy Kuskin** – Name tags & cabin labels  
**Yael Joffe** – New campers welcome  
**Larry Tice, Mo Hecht, Walter Zimmerman, Yael Joffe** – Parking  
**Davida Sims, Jenny Larson, Colin Marshall** – Shabbas supplies

### Support Organizations

**URJ Camp Kalsman**  
**Temple DeHirsch Sinai**  
**Temple B'nai Torah**  
**Nance Ruiz** – Finances  
**Temple Beth Am**  
**SAMIS Foundation**

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**Elsa Jones** – Services coordinator  
**Judy Kuskin** – S'mores  
**Bernard Wachter** – Storage  
**Stephanie Marshall, Chelsea Breeze, Howard Wolosky** – Storytime  
**Michael Berman/Terry Buysse** – Transportation  
**Scott Shurtleff, Terry Light, Ezra Light, Jennifer Fliss, Tim Fliss, Colin Marshall, Karen Riomondo, Larry Tice** – Truck loaders/unloaders  
**Dorothy Kahn, Susan Tregerman, Gisi & Walter Zimmerman** – Wheelbarrows & wagons

### Worship Service and Song Leaders

**Flip Frisch**  
**Rabbi Laura Rumpf**  
**Rabbi Jay LeVine**  
**Rabbi Yohanna Kinberg**  
**Rabbi Seth Goldstein**  
**Rabbi Sarah Rubin**

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**Cynthia Fein-Wallace, Tamar Libicki, Julie Smith, Phillipa Poznanski, El Tice** – Welcome desk team  
**Jacob Glickman** – Variety show emcee  
**Terry Light** – Volunteer coordinator  
**Miesha Brodsky Aziz, Rob Dolin, Cynthia Fein-Wallace, Jennifer Fliss, Lesley Isgur, Aaron Levine, Tamar Libicki, Colin Marshall, Phillipa Poznanski, El Tice, Matt Titelbaum, Howard Wolosky, Susan Tregerman** – Workshop leaders

## Kids' Camp/Teen Programming

We are thrilled to have Jacob Glickman returning as our head of Kids' Camp, and this year welcome longtime Keshet camper Sarah Freyd back as our Kids' Camp Music lead. Special thanks to **Stephanie Marshall**, who created our new curriculum—and thanks to **SAMIS Foundation** for their support of this initiative.

**Jacob Glickman** – Director of Kids' Camp

**Sarah Freyd** – Kids' Camp Music

**Meagan Prince** – Kids' Camp Art Coordinator

**El Tice** – Art support

**Silena & David Jacobson** – Babies Program

**Becca Greenberg/ Naomi Litwack-Lang**—Teens

**Becca Greenberg** – Toddlers Program lead

**Naomi Litwack-Lang** – Tweens Program lead

**Daniel Kaplan** – Madrichim-In-Training

Our counselors have substantial experience either as *madrichim* in their home congregations or as counselors at Jewish and secular camps (many of them here at Keshet). We use the Camp Sealth staff as activity specialists for the activities that are unique to the camp such as archery, waterfront activities, and the challenge course. As in years past, we pay a modest stipend to all our madrichim.

### Madrichim

Bayla Abrams

Hannah Abrams

Scout Brigham

Avi Caras

Ari Fein-Wallace

Rafi Fein-Wallace

Aaron Hailey

Emily Leibowitz

Ezra Light

Oskar Kahn

Moriah Klein Lang

Binyamin Price

Morris Richman

Steven Rolan

Arielle Scanlan

Jordan Scherr

Charline Hecht

Jay Harris

Samuel Joffe

Hazel Isgur

Leia Isgur

Eli Lichtman

Noah Lichtman

Mirit Spinak

Ethan Silverman

Jonah Titelbaum

### CITs

Jonah Isgur

Max Kahn

Cort Lanham

Zev Rushwald



In this, our 23<sup>rd</sup> year (with skipping two years due to COVID), we thank all our current and past Camp Directors for keeping the Camp Kesher fires burning:

<b>Esther Schorr 1998</b>	<b>Barry Butterklee 2008, 2009</b>
<b>Amy Gray 1998</b>	<b>Jessica Goldman 2009, 2010</b>
<b>Jeff Ross 1999 - 2000</b>	<b>Lior Caspi 2010, 2011</b>
<b>Julie and Jim z"l Black 2001, 2002</b>	<b>Shelly F. Cohen 2011, 2012</b>
<b>Ely Zimmerman 2003</b>	<b>Kenny Kranseler 2012, 2013</b>
<b>Seth Weissman 2003</b>	<b>Alan Freyd 2013, 2014</b>
<b>Marie Donadio 2004</b>	<b>Aaron Leibowitz 2014, 2015</b>
<b>Sue McAllister 2005</b>	<b>Karen Ovetz 2015, 2016</b>
<b>Joanie Mass z"l 2005</b>	<b>Marshall Brumer 2016, 2017</b>
<b>Keith Oratz 2006</b>	<b>JoAnn Silkes 2017, 2018</b>
<b>Margy Crosby 2006, 2007</b>	<b>Laurie Litwack 2018, 2019</b>
<b>Lisa Weidling 2007</b>	<b>Jeannette Cohen 2019-2022</b>
<b>Ronni Berger 2008</b>	<b>Carol Tice 2020-2023</b>
	<b>Catherine Lanham 2023</b>

## Love Camp? Consider a Kesher Scholarship

The Camp Kesher scholarship fund enables Jewish families and singles to attend camp who otherwise could not. We give out thousands in scholarships each year.

Our operating budget is always tight but we want to provide the support for our community to attend camp. If you have the resources to contribute beyond your Kesher registration fees, **please consider a small or large donation to the Jim Black Memorial Scholarship Fund**, to help more people experience our wonderful Camp Kesher community.

**You can donate on Paypal to the user @campkesher, or by mailing a check to Temple B'nai Torah, Attn: Camp Kesher scholarships, 15727 NE 4th St, Bellevue, WA 98008.** As we are a program of TBT, your donation is tax-deductible.

### GRANT SUPPORT

Camp Kesher 2023 committee thanks the **SAMIS Foundation** for their generous support of our marketing and curriculum development. Learn more about this Jewish philanthropic foundation at <https://samisfoundation.org/>.



Finally, a big thank you to **Esther Schorr and Amy Gray**, the Founders of Camp Kesher. **We are forever indebted for their vision, persistence, and hard work to make their dream into the reality we all share.**