TEMPLE WMENORAH

OPENS JUNE 20

# CAMPAGENORA SUMMER 2023 Im Ein Ani Li - Mi Li? Helping Ourselves and Others

www.campmenorah.org Contact us: camp@templemenorah.org \$\$ 310-316-8444



## IM EIN ANI LI - MI LI? - If I am not for myself, who will be for me? U'CH'SHEANI L'ATSMI, MAH ANI? - And if I am only for myself, what am I?

These questions, first posed by Rabbi Hillel in the first century, continue to resonate today. It is an important Jewish value to help others, but it is equally important to take care of ourselves. This summer, our campers will incorporate wellness and social-emotional health activities while we also learn how to be of service to our community. We will look at role models throughout history, engage in service projects, and ultimately answer Rabbi Hillel's third question -

### IM LO ACHSHAV, EIN MATAI? - If not now, then when?

In addition to our thematic programs, our camp days are full of fun - games, sports, adventure, arts and crafts, music, and more. Each two-week session includes water play, walking trips to Alta Vista and Wilderness Park, a beach day. AND a field trip. Campers spend time in their age-level groups as well as participate in all-camp programs. There's something new every week!

### CAMP MENORAH KEF (K-5th Grade)

Kef means FUN, and that's the plan for summer! In addition to all of the exciting camp activities, each session includes water days, special events, field trips, beach and park days, messy play, and much more! (6th-7th Grade) A new opportunity at camp! This group will help plan and run camp programs, as well as participate in leadership training, special trips, and their own service projects on campus and at Wilderness Park.

CAMP MENORAH MITZVAH

# CITs

(8th-12th Grade) Ready to take on leadership opportunities? Our CITs will learn specific traits of effective leaders, gaining insight into the importance of these characteristics & skills, then put those skills into action as role models and leaders around camp. ABOUT CAMP

#### STAFF

All staff members are required to complete a staff training program, including CPR and First Aid certification. Counselors and CITs are chosen for their enthusiasm, experience, skills, Judaic knowledge and caring attitude. High schoolers are eligible for community service hours if desired (no tuition for CITs in 11th-12th grades).

#### **FOOD GUIDELINES**

Camp Menorah provides morning and afternoon snack. Families may sign up for our hot lunch program or send a nutritious lunch that does not require refrigeration, Temple Menorah is a peanut-free campus - in addition, please refrain from sending pork or shellfish items.

