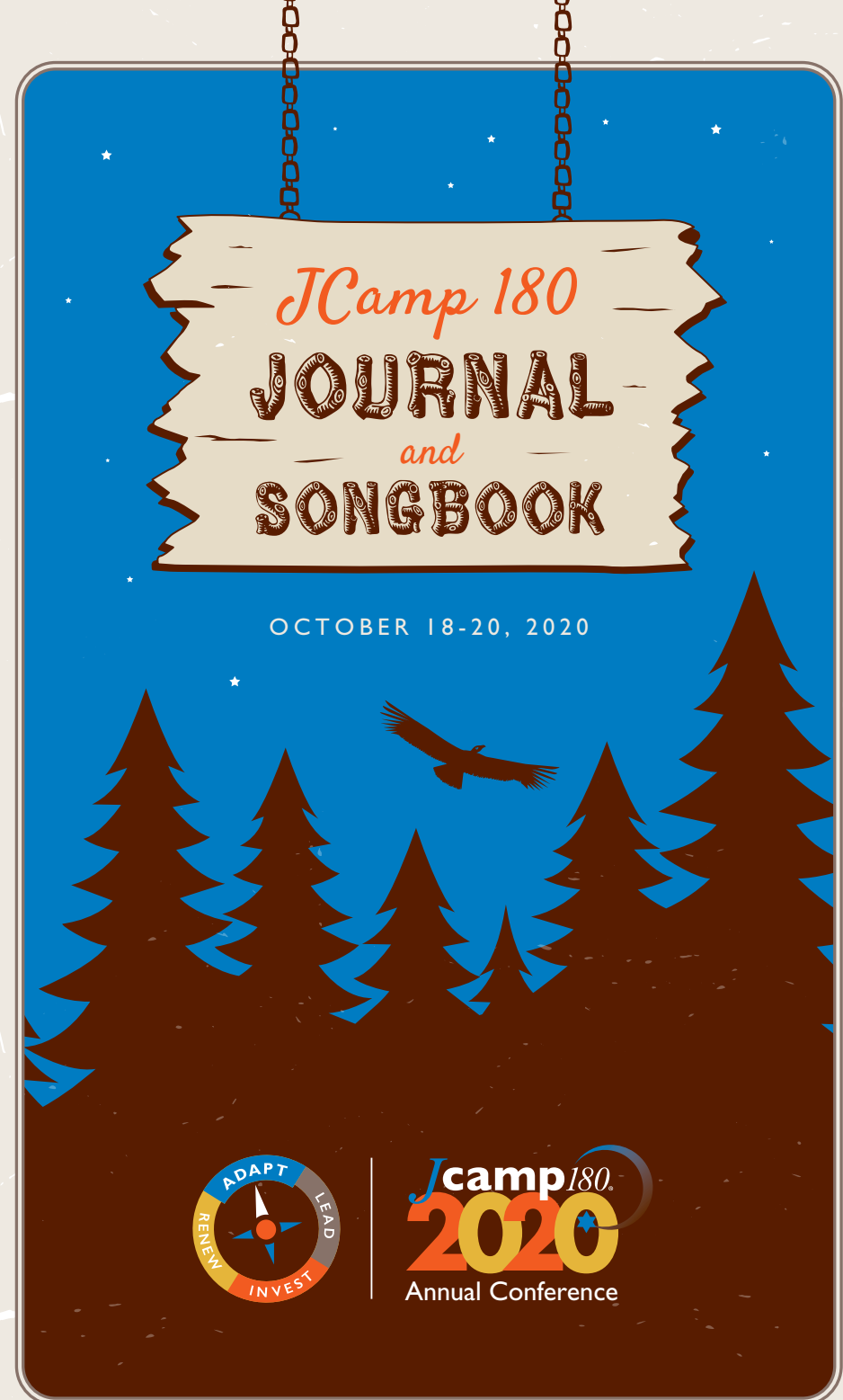




67 Hunt Street, Agawam, MA 01001 P (413) 276-0710
JCAMP180.ORG FACEBOOK.COM/JCAMP180



This JCamp 180 Journal Belongs to:

Date: _____

Camp: _____



Have a question during the conference?
Email jcamp180conference@hgf.org

Dear Friends,

Welcome to the JCamp 180 Conference!

We are so glad you are joining us online, together with hundreds of camp professionals, lay leaders, funders, and friends of Jewish summer camp across North America and beyond.



We are gathering at a pivotal moment in Jewish camping, in the wake of a summer none of us could have imagined. We have grappled with much sadness and loss in our camps and our organizations, all while living under the personal risks associated with COVID-19.

And yet, in the face of great challenges, you adapted. You connected with your communities; lifted them up; and delivered the joy, love, and belonging of camp to the homes of the families who needed you most. That is the power of camp. In our darkest days, we turned to camp to nourish us – and you came through. This spirit of adaptation is the central theme of our conference this year, and it's a spirit we'll be celebrating during our time together.

You continue to adapt and to excel. When the trustees of the Harold Grinspoon Foundation offered the All Together Now (ATN) matching grant opportunity for camp, you ran with it. We marvel at the energy and positivity you have brought to your fundraising, and your efforts are paying off. Thousands of donors have responded already with generous financial support. During the conference, we will celebrate your success with ATN and all that the entire field – day and overnight camps – is accomplishing under such trying conditions.

We know that many challenges remain ahead. This conference is a time to share new ideas, inspiration, and a renewed sense of community as we work to prepare for summer 2021 and far into the future. We remain together in this. Thanks for being here with us. On behalf of Sarah and the JCamp 180 team, we look forward to sharing some camp ruach together over these next few days, screens and all.

Warmly,

Winnie Sandler Grinspoon
President, Harold Grinspoon Foundation

SCHEDULE

at a glance

*For details and the complete list of workshop descriptions visit the conference website:
<https://events.bizzabo.com/IJCamp2020>*

All Times Eastern

SUNDAY, OCTOBER 18

Pre-conference gatherings (invitation only)

MONDAY, OCTOBER 19

11:30 AM - 1:00 PM	Conference Kickoff
1:30 PM - 2:45 PM	Workshop Block A
3:15 PM - 4:30 PM	Workshop Block B
5:00 PM - 6:15 PM	Workshop Block C
8:00 PM - 9:30 PM	ADAPT Showcase

TUESDAY, OCTOBER 20

11:30 AM - 1:00 PM	Tuesday Opening Plenary
1:30 PM - 2:45 PM	Workshop Block D
3:15 PM - 4:30 PM	Workshop Block E
5:00 PM - 6:00 PM	Conference Closing

MY GOALS

for the conference.



1

What is your top reason for participating in this conference?

2

What questions do you want answered at this conference?

3

Who do you want to meet at this conference?

4

What camp do you want to learn more about?



WHY I SUPPORT

Jewish summer camp



Word inspiration: friendship, memories, bunks,
Judaism, music, prayer, counselors, campers,
summer, nature, bonfires, swimming, community

I love Jewish camp because _____

I show my love for Jewish camp by _____

One time at Jewish camp _____

(time for a story)

Because of camp, today I am _____

WHEN LIFE BRINGS YOU LEMONADE MIX...



Surely-Covid (non-alcoholic)

.5 cup of frozen cranberries (slightly thawed)
Slice of fresh ginger (about the size of a quarter)
1 sprig of thyme

1 pack of lemonade
1/8 tsp almond extract
Pinch of sea salt
16 oz seltzer

Muddle the first three ingredients well, breaking up the cranberries and ginger a bit. Add in the lemonade mix, almond extract, sea salt, seltzer, and stir.



Covid-Thyme-Ade (alcoholic)

1/4 cup frozen cranberries
Slice of ginger
Sprig of thyme

1/2 packet of lemonade mix
.5 oz orange liqueur
2 oz tequila
2 dashes of bitters
Seltzer

In a shaker, muddle first three ingredients well, add a couple cubes of ice, lemonade mix, orange liqueur, tequila, and shake well. Strain into a rocks glass with ice, top with a splash of seltzer, and two dashes of bitters. Garnish with fresh sprig of thyme, slice of ginger, and a couple cranberries.



Thank you to Berkshire Hills Culinary Camp for these recipes.
How are you adapting your lemonade mix? Share your recipe ideas at
twitter.com/jcamp180, facebook.com/jcamp180, #JCampConf.



ADAPT SHOWCASE

Monday, October 19 | 8:00 PM Eastern

Thank you for participating in the Adapt Showcase. Tonight, we will see examples of camps who have adapted to meet the unique challenges of this time. The ideas presented here are meant to be widely adopted and replicable across the camp field. Following this Showcase, JCamp 180 will be developing webinars and accompanying tools and resources to help your camp implement these ideas! Enjoy the night and bring these ideas back to your camps so we can all move the field forward!

1

We all adapted and overcame challenges this summer — what was your adaptation from this summer, whether you submitted it or not?

2

Which adaptation from the Showcase do you want to learn more about and bring to your camp? Why?

3

What are the opportunities and challenges to implementing this adaptation?

4

What was your favorite part of the program? What adaptations would you make to your own camp's evening programs next year?

5

What was your go-to “make lemonade out of lemons” drink for the night? And if you adapted something to create a new drink — what would you call it?



ACTION PLANNING



1

What are the top three things that you are taking back to your camp?

2

What was your biggest learning from this conference?

3

What was something unexpected that you came away with?

4

Which person or camp do you really want to connect with after the conference?



SING ALONG

with Nefesh Mountain

Nefesh Mountain is the place where American Bluegrass and Old-time music meet with Jewish Heritage and tradition. Band leaders, genre-pioneers, and husband and wife Doni Zasloff and Eric Lindberg are the heart of this eclectic offering, and share their love for American music, their own cultural heritage, and each other with audiences throughout the world. The result of this unexpected and beautiful mix is staggering; and while complete with the kind of adept string virtuosity and through composed arrangements one would hope for from a newgrass band with influences from Bluegrass, Old-Time, Celtic, and Jazz, they also play and sing songs of the heart creating music with a sense of diversity, oneness, and purpose for our world today.



BROTHERS AND SISTERS (HINE MA TOV)

By Nefesh Mountain

We come from a tale told long ago
Passed on by the waves and the wind
We've made it this far together
you know
Come Brothers and Sisters lets sing!

Hine ma tov uma na'im
Shevet achim gam yachad
Hine ma tov uma na'im
Shevet achim gam yachad

Come gather round and hear the song
If you're the wandering kind
You can make it alone but just so
you know
We leave no one behind

Our Mothers and Fathers who've
weathered the storms
Grew strong in the trials of
their times
So we Brothers and Sisters,
Ledor Vador
Carry on with this song in our lives

Hine ma tov uma na'im
Shevet achim gam yachad
Hine ma tov uma na'im
Shevet achim gam yachad

We'll sing out this song for years
to come
In a story without and end
For how good it is to be among
Our Brothers and Sisters and Friends



DOWN IN THE RIVER

Traditional, Adapted by Nefesh Mountain

As I went down to the river to pray
Studying about that good ole way
Who shall follow Miriam's path?
Oh Lord, show me the way

Oh Sisters lets go down,
Lets go down,
Come on down
Oh Sisters lets go down,
Down to the river to pray

As I went down to the river to pray
Studying about that good ole way
Who shall follow Moses's path?
Oh Lord, show me the way

Oh Brothers lets go down,
Lets go down,
Come on down
Oh Brothers lets go down,
Down to the river to pray



ESA EINAI

By Nefesh Mountain

I lift my eyes to the mountains (3x)
Where does my help (2x)
Where does my help come from?

O Esa einai el heharim
Me'ayin yavo ezri

(Chorus)
Esa Einai (4x)

I lift my eyes to the mountains (3x)
Where does my help (2x)
Where does my help come from?

O Esa einai el heharim
Me'ayin yavo ezri

(Chorus)
Esa Einai (4x)

My help will come from the
mountains (3x)
That's where my help comes from



EVERMORE

By Nefesh Mountain

If you've ever seen a crimson sky
Or watched as the sun just floats on by
And trades with the moon as day
is done
As each star returns one by one

If you've even felt the quilted night
Cover all the roads you walked in
the light

And when all that was is tucked away
Off to the land of yesterday

(Chorus)
Shelter O Shelter as night settles in
Lay me down, beside tranquil shores
So we can dream of the wings
That will bring us home again
For now and evermore

If you've even gone too long around
With thoughts like a train that wont
slow down
And laid in the wake of moments past
Only to drift asleep at last

(Chorus)
Shelter O Shelter...

Hashkiveinu Adonai Eloheinu l'shalom
V'hamideinu malkeinu L'chaim

Hashkiveinu, Lay me down beside
tranquil shores

Hashkiveinu, Bring us home for now
and evermore

I WANT TO HEAR SOMEBODY PRAY

Traditional, Adapted by Nefesh Mountain

I want to hear somebody pray
I want to hear somebody pray
Down in the valley and over yonder
I want to hear somebody pray



MODEH ANI

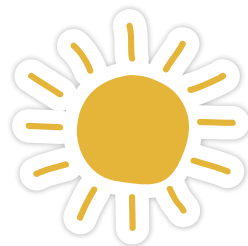
By Nefesh Mountain

Modeh anee lefanecha
melech chai vekayam
she-he-chezarta bee nishmatee
b'chemla
b'chemla
raba emunatecha
raba emunatecha

Each breath we take in the morning sun
The start of a day that's now begun
The rains that fell on yesterday
Have since passed on and gone away

For the sun the moon and stars
For the gift of who we are
For each laugh and for each cry
And For the soul I have inside

Modeh anee lefanecha
melech chai vekayam
she-he-chezarta bee nishmatee
b'chemla
b'chemla
raba emunatecha
raba emunatecha



ON AND ON (LEDOR VADOR)

By Nefesh Mountain

There is a past
In every portrait
There is a truth
In every tale
And all the days
That came before us
Are as the wind
Upon our sails

There is a forest
In every father
As he stands
Amidst the wild
There is a mountain
In every mother
her sturdy force of
Heart and mind

Ledor Vador Nagid godlecha
The light in us shines on and on
Ledor Vador Nagid godlecha
Time may pass but it's never gone

There is no story
Without sadness
And not a life
Without love

When we look back
to the days that have passed us
We hold on
to Lights above

There is a dream
In every daughter
There is a song
In every son
And everyone
Is as pure as water
And has a home
From which they come

Ledor Vador Nagid godlecha
The light in us shines on and on
Ledor Vador Nagid godlecha
Time may pass but it's never gone

SOMEWHERE ON THIS MOUNTAIN

By Nefesh Mountain

When we met down in the foothills
Cast our wishes in the well
I asked for nothing but these endless
numbered days
Now I can't see my reflection and at
times can barely tell
If it's the river or just me being swept away

I remember in the clearing laying
backwards in the grass
With the soft touch of twilight setting in
But now I'm all too often running
through these days that quickly pass
Can't tell if it's me that's moving or just
the wind

But when I see myself through the
mirror
of your eyes
Hear the canons in your voice
I can feel all of the versions of
myself coincide
As all my scattered pieces are rejoined

(CHORUS)

**So I don't mind the days I'm on the
uphill climb**

**When I'm lost among the mist and
the trees**

**When I lie awake under a
lonesome sky**

**If you're somewhere on this
Mountain with me**

Somewhere on the mountain with me

Oh, it's always such a battle to be so
many things at once
To look ahead and also back to where
I've been
Sure I can put myself together but can
also come undone
Either I give it all I got or just give in

But when I see myself through the
mirror
of your eyes
Hear the canons in your voice
I can feel all of the versions of myself
coincide
As all my scattered pieces are rejoined

(CHORUS)

Well I guess it's in my nature to push
myself up to a place
That's beautiful but the air is far too thin
And since my good intentions can so
often be misplaced
I wind off the trail yet again

But when I see myself through the
mirror
of your eyes
Hear the canons in your voice
I can feel all of the versions of
myself coincide
As all my scattered pieces are rejoined

(CHORUS)



TREE OF LIFE

By Nefesh Mountain

O sweet spirit
Hear my prayer
Help these words
Heal someone, out there

I am but a voice
Just a cry in the air
But I sing nonetheless
Through this pain we share

O sweet friends
Come and dry your eyes
And hold each other
By this tree of life

I am angry and I am tired
Of this great divide
But I sing nonetheless
And love on our side

O sweet souls
Who feel broken now
We'll heal together
Somewhere, somehow

Time and again
We have been let down
But we sing nonetheless
Still whole and still proud



WIDE OPEN AIR

By Nefesh Mountain

Grant me the strength to be alone
In the wide open air
Let this and become my home
I'll take some comfort there

Cause I don't feel so far apart
When I'm surrounded
By the trees

So I'll take this heavy heart
It's there I'll set it free

*Lsuach Ssham kol asher Im levavi
Vechol seach hasadeh
Kol Haasavim, Vehailanot, vechol Hasmachim
Kulam yitoreru lekarti*

Grant me the strength to be alone
In the wide open air
Let this and become my home
I'll take some comfort there

Cause I don't feel so far apart
When I'm surrounded
By the trees

So I'll take this heavy heart
It's there I'll set it free!



WILL THE CIRCLE BE UNBROKEN

Traditional, Adapted by Nefesh Mountain

***Will the circle be unbroken
By and by, Oh Lord, by and by
There are better days awaiting
Just on the other side***

I was standing,
By my window
On a cold and cloudy day
I felt alone
I felt forsaken
But I wasn't going to live that way!

(Chorus)
***Will the circle be unbroken
By and by, Oh Lord, by and by
There are better days awaiting
Just on the other side***

It was born down
In the valley
Where the sun
Refuse to shine
Now I'm climbing
Up to the highlands
Gonna make that mountain mine!

When we make it
To the clearing
On that mountain way on high
There's a song
That we'll be singing
With our voices to the sky



JCamp 180®, a program of the Harold Grinspoon Foundation, invests in the sustainability and organizational effectiveness of nonprofit Jewish camps to assure the continuity of Jewish identity, people, and culture through transformative camp experiences. More than 120 overnight and day camps across North America receive support via challenge grants and individual consultation. The program also provides training for lay and professional leaders focused on strategic planning, fundraising, and governance, all to help strengthen the long-term capacity of camps and their supporting organizations. At the outset of the COVID-19 crisis, the HGF committed \$10 million in additional matching grants to sustain JCamp 180-affiliated overnight camps and help address their immediate financial needs. JCamp 180 also provided wraparound supports, including customized resources and guidance to help camps meet the match and survive a summer of lost revenue.