



MOSAIC OUTDOOR CLUBS OF AMERICA

Welcomes you to the 2016
Jewish Outdoor Escape

Schedule & Information Packet





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Jewish Outdoor Escape 2016 Activity Schedule



President's Welcome Message

Now that we are in Quebec, I just want to start with...

Bonjour!

Bienvenue au Camp B'Nai Brith d'Ottawa !

Nous sommes ravis que vous êtes tous ici!

Nous avons un week-end fantastique prévu pour vous, plein d'activités amusantes!

Vrai ou faux: Mosaic International Event se produit par magie.

Réponse - Vrai et Faux!

Hello and Welcome to Camp B'Nai Brith of Ottawa !

We are thrilled that you are all here!

We have a fantastic weekend planned for you, full of fun activities!

On behalf of myself, the Mosaic Board of Directors, our event committee, and the entire Mosaic community, I would like to officially welcome you to Mosaic's 26th Jewish Outdoor Escape: Ottawa Odyssey.

True or False: The Mosaic International Event happens by magic.

Answer – True and False!

FALSE - This amazing event of scheduling 110+ Jewish adults for a long weekend doesn't suddenly just happen ~ abra cadabra boom! The Event chairs, Terry Auspitz and Brian Horowitz, Registration and Housing chair, Mindy Tumarkin, and all their committee helpers – and elves! – have put in innumerable hours of hard work to make this happen; it has been like almost a second job. All on volunteer energy. Phenomenal!

TRUE – Magic does occur. The magic happens when numerous people from various walks of life that have nothing to do with event planning, pitch in and say “Hineni”(here I am) and “I’ll help with that!” or the even more magic- producing phrase “What can I do to help?”. Isn't it amazing what many hands can do? Look around you and marvel at this event. People from all over North America (and beyond?) gathering together for days of friendship, hiking, relaxing, enjoying.... Lifelong friendships are made here – not to mention a number of marriages. Please think about how YOU can help make the magic happen next year!

I continue to be fascinated by the passion that people bring to Mosaic. We truly do hold a special place in people's hearts. While the technology has changed communication and advertising of events, the basics of how Mosaic survives and thrives have not changed!



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People who want to have an event contribute their time and energy to make it happen.

That's' the whole secret formula... Nothing more, nothing less.

If you want to ensure there will be an Jewish Outdoor Escape next year and the years after, say those magic words "*I'll help with that*" or "*How can I help with that?*" You don't need to know HOW you can help. If you let the event leaders know you are willing to help, they can help you figure out how to bring your passion to the planning process. Just like with anything else, the more involved you get, the more you will gain from the experience. You won't regret working with a fine group of caring volunteers!

Enormous THANK YOU's to this year's Planning Committee, and **particularly the Event Chairs**, Brian Horowitz and Terry Auspitz. Brian, a veteran of organizing and leading many, many, many Mosaic Jewish Outdoor Escapes, has once again stepped forward to take the helm and plan another amazing event. Terry, after serving as Mosaic President for 3 years and co-chairing last year's event, has once again stepped up to the plate to co-lead this year's event, all the while still remaining a very active AND busy Board member. Together, Brian and Terry, have done an outstanding job coordinating all of the volunteers, managing the numerous details of an event this size, and have put in many long hours to make sure everything is in place for this weekend. **Honorable Mention** goes to Mindy Tumarkin, who pulled double duty as both Registration and Housing Chair, on top of also serving as Vice-President on the Board of Directors. I also offer my thanks to our subcommittee chairs and the volunteers that assisted them. It truly does take a village and we could not have done any of this without every one of them.

Our volunteers are dedicating part of their own vacations to making sure you enjoy yours. If you have a great time, (which you will!) be sure to thank the people who dedicated many hours to make it happen. Likewise, if an unexpected problem arises, we ask for your patience with our volunteers as we work to make it right; letting the organizers know your suggestions on how you plan to make it right, would also be helpful ☺

Thank you all for your dedication, your good humor, and your friendship.

Thank you for attending to the 2016 Jewish Outdoor Escape! I hope you leave with new friends and new energy for your local Mosaic club. If there isn't one in your area, let's talk about how you can start gathering people together to enjoy the outdoors in good company!

Let the FUN begin! Have a fabulous weekend. See you in 2017!

Que la fête commence! Passez un week-end fabuleux. Rendez-vous en 2017!

B'shalom,

Marlise Marcus
President, Mosaic Outdoor Clubs of America
Member of Mosaic Outdoor Club of Greater Los Angeles



Event Chairs' Letter

Dear Mosaic friends,

On behalf of ourselves, the Mosaic Board of Directors, and our Event Committee, we would like to welcome you to the 2016 Jewish Outdoor Escape: Ottawa Odyssey. Our event committee and volunteers have done an outstanding job managing the many details of an event this size, and have put in long hours to make sure everything is in place for this weekend. We could not have made this weekend happen without them. We also offer my thanks to Mosaic President Marlissee Marcus, our Vice-President and registration expert Mindy Tumarkin, and our entire Board of Directors for their support and guidance.

This event and our club are run by volunteers who have worked hard to make sure you have a great time, and we are excited to share the results of our hard work with you. We do this because we love the outdoors and the people that we meet and reunite with each year. We are eager to share that experience, that enjoyment, and that enthusiasm with you. Please take a moment to thank our volunteers as you meet them over the course of the weekend. Likewise, if an unexpected problem arises, we ask for your patience with our volunteers as we work to make it right (or become a volunteer yourself by pitching in to help 😊).

Later this weekend, we invite you to join a discussion on the future of the Jewish Outdoor Escape. We are dependent on volunteers to make the event happen each year, and we invite you to provide input on how we can best sustain and grow the event both next year and in the future. We encourage you to share your ideas and suggestions with us. Please feel free to ask me if you would like to know more, and especially if you are willing to volunteer to help us make next year's event happen.

Those of us who have attended these events before look forward to catching up with our Mosaic friends every year. If this is your first time attending, we encourage you to introduce yourself to your cabin-mates, neighbors at the dinner table, and people you meet around camp, and we personally look forward to meeting you as well. You'll quickly discover what an incredibly friendly group of people this is.

Thank you for joining us for this year's Jewish Outdoor Escape.

B'shalom,

Terry Auspitz and Brian Horowitz
Co-Chairpersons for the 2016 Jewish Outdoor Escape



Jewish Outdoor Escape 2016 Activity Schedule



Participant Notes

In order to ensure a SAFE & FUN weekend for everyone, please review the following guidelines & suggestions:

- ✓ It is critical to take time throughout the weekend to properly assess your own capabilities and skill level when choosing activities. Be sure to guard against fatigue and injuries. Put caution and **safety for yourself and the group** ahead of personal or physical goals.
- ✓ Buses & vans will be leaving at the time listed in the schedule. Our drivers have been instructed to leave on time, even if all participants are not present. Please be at the bus/van meeting area **15 minutes prior to departure** to sign-in with your leader and review details of the event. This will also ensure everyone is on the right vehicle at the correct time. Our vans will be leaving on time and **will not wait for stragglers**.
- ✓ Attend the "Meet Your Leader" sessions in the evenings. Leaders will be discussing expectations for their activities as well as assessing capabilities of participants. They'll be reviewing safety issues & logistical details. **Attendance is mandatory for moderate & strenuous hikes as well as the paddles.**
- ✓ In the morning, when you leave your bunk to head to breakfast, take everything you'll need for the day. Mornings in the dining hall are pretty hectic & the schedule is tight.
- ✓ In case of emergency, if someone is at risk or professional help is needed; don't hesitate **call 9-1-1 unless** otherwise instructed by the leader. (In some instances, the Park Ranger would be the first contact for assistance.)
- ✓ When things are stable, call 888-MOSAICS. The 888 number will ring through to a monitored cell phone.

The Scoop

Activities: This booklet contains the schedule of activities and their descriptions for the weekend. Please be certain you arrive at the meeting spot **15 minutes before** the van, bus is scheduled to leave. We will not be able to wait for stragglers, because the schedule is tight.

Activity Leaders: Please check in with Brian Horowitz to get your leader packet. Whether there are two co-leaders or just a single leader, there is one leader packet per event. If your activity has two leaders, there will be two copies of the activity information. Please find your co-leader as soon as possible and give one copy to them as soon as possible. This way, you have a chance to meet each other and both of you have a chance to become familiar with the activity. Leader packets contain driving directions, trail information, safety guidelines, & activity rosters, so it is imperative that leaders have their packets before heading out for the day.

Some activities require payment on arrival. This will be noted in the leader packet. Please make sure you have the check or cash you need for the activity when you get your packet. **Note:** You will need to sign for the cash.

Transportation: We will be traveling to several areas throughout the Ottawa area using Buses, Vans, and Minivans & Cars. The detailed transportation plan relies on all of the vehicles adhering to a tight schedule. The responsibility of keeping to the schedule relies on all of you. Even a slight delay in the morning will impact the activities later in the afternoon or evening; your cooperation will be greatly appreciated.

Problems: We want to know! If something is a concern or issue, please talk to any of the committee folks or Mosaic Board Members. We will do our best to address the matter in a timely fashion.

Volunteer: A dedicated staff of volunteers from all over the United States & Canada produces this Event each year. We would love to have you on board for next year's Event! If you have experience in computers, marketing, sales, graphics, fundraising, bus logistics, outdoors, site selection, or anything else you can think of, we can use your help on the Event Committee! Talk to Terry Auspitz or Brian Horowitz if you are interested.

Notes about your Transportation this weekend

- All buses will meet in front of the Directors Cabin. Mosaic Vans & Minivans will park near the dining hall, and personal car drivers will also pull around nearby the office to pick you up.
- **DO NOT LOCK THE MOSAIC VANS** while in camp. **LEAVE EVERYTHING** in the vans, including the keys.
- All drivers & passengers in any van, minivan, SUV or car must wear seat belts at all times.



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Mosaic Trip Participant Guidelines

We would ask all trip participants to help ensure that all of the trips & events go smoothly by following these guidelines.

PLEASE BE ON TIME!!!!

We hope you were realistic about the activities you chose. Physically strenuous trips or those requiring special skills or equipment are no fun if you are not ready for them. Our leaders will talk with you at the 'Meet the Leader' sessions to determine whether the activity you selected will be right for you. If a leader suggests that you not come, please do not take it personally. We will work with you to find an alternative activity better suited to your strengths.

We have provided a variety of activities at different levels to please everyone. Speak with the Activity Leader prior to the trip, preferably the night before, if you have any questions. The decision of the Activity Leader will be final. If you have any medical conditions or other issues, please let the Activity Leader know privately prior to the trip.

Be ready to start the trip on time. For early trips, this will mean bringing your pack or gear to breakfast, already dressed for the activity. Lunches will be packed and water bottles filled at breakfast. Plan to be at breakfast early enough to allow time for this. Be at the meeting place ready to go; activity vehicles will not wait.

It is important to ALWAYS return in the same vehicle that you left Camp in (except on Sunday for certain activities that are swapping Busses). If there are any changes, tell the Activity Leader in person, not by a second-hand message. This reduces confusion, and the chance of leaving someone behind.

RULES #1 – Never, never go ahead of the leader or get behind the rear sweep.

Water, Water, Water – Two quart minimum on all activities, please drink enough to avoid dehydration. Frequent sipping rather than guzzling water after a long while is better for you. People without adequate water will be sent back. Drink plenty of water after each day, and each morning before leaving. PRE-hydrate, don't DE-hydrate.

Don't forget your lunch – Carry food and energy snacks to recharge your batteries on the trail. Pack your lunch in the dining hall after breakfast before going to the Activity meeting place.

Wear proper footwear- Wear comfortable hiking boots; a double layer sock system (wool & polypro) is recommended, especially on the longer hikes to provide support & prevent blisters. Sturdy hiking shoes with decent ankle support are required on all strenuous hikes

What if I have to go to the bathroom? – Don't be shy, tell the leader and we'll wait. Under no circumstances go off by yourself. The leader will announce scheduled bathroom (separation breaks). If you could hold off until then that would be greatly appreciated in consideration of the group. (Also, carry toilet paper and a shovel to bury waste.)

What if it rains? Carry rain gear. Even a plastic poncho will do in a pinch, but Gore-Tex is preferred if you have it.

Walk softly in the wilderness. Use low-impact practices to minimize your effect on the outdoors. This includes staying on trails, not littering, proper sanitation, etc.

Follow any special requests or rules of the Activity Leader or the outfitter for a specific Activity. They want to ensure your safety, so your cooperation is important. Wearing of safety gear, such as helmets, lifejackets, or harnesses is not optional, unless designated as such by the Activity Leader or outfitter.

Several situations, including weather, trail conditions, group speed, and time coordination may mean the Activity Leader has to modify the original plan.

If you have any problems, let the Activity Leader know early. Our goal is for the whole group to have fun, not just endure.

Carry moleskin-If your feet feel hot, you may be developing a blister. Do not hesitate to ask the Leader for a stop to apply moleskin. Likewise, if you are getting a headache you may need to drink more and take an aspirin or aspirin substitute. Once again it is best to inform the leader as soon as possible about any problems before you really slow down and affect the entire group's progress.



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Check for ticks at the conclusion of an outdoor activity in the woods. Lyme disease is easily preventable with the right precautions.

We are guests at Camp B'nai Brith of Ottawa. Please comply with camp rules & policies, & directives from the camp staff. (You agreed to this when you registered).

Remember that Activity Leaders & Event organizers are volunteers who are helping provide you with a fun weekend. Help make sure that their weekend is fun as well.

Bikers- must always wear helmets & abide by the rules of the road. Once again do not get ahead of the leader & follow all instructions.

IN CAMP – PLEASE pay attention to the OPEN times for various activities. You may only use the pool and waterfront only when they are open and a lifeguard is on duty. You may only use the climbing wall & High Ropes during an organized activity with camp staff. **ANY BREACHES OF THESE RULES WILL BE GROUNDS FOR IMMEDIATE ACTION BY THE DISCIPLINARY COMMITTEE & AND WILL RESULT IN DISCIPLINARY ACTION, UP TO AND INCLUDING REMOVAL FROM THE EVENT WITHOUT WARNING OR REFUND.**

Contact Info:

Any police/fire/medical/rescue emergencies: 9-1-1. In Quebec, emergency services will answer in French, but are bilingual. If you start speaking in English, they will switch to English.

To contact someone back in camp: 1-888-MOSAICS (888-667-2427). You may have to wait for a callback.

Alternate Contacts

Co-Chair: Brian Horowitz 908-625-4916 (USA phone number)

Co-Chair: Terry Auspitz 610-703-5176 (USA phone number, Temporary Number Only Active for the Event)

MOCA VP: Mindy Tumarkin 216-849-5681 (USA phone number)

Camp Address is: Camp B'nai Brith of Ottawa, 7861 Chemin River, Quyon, Québec J0X 2V0, Canada
45°31'30.3"N 76°11'12.9"W / 45.525073, -76.186923

Camp Contact: Jonathan Pivnick: Camp Director (office) 819-458-2660/ (Cell)

Note: Contact camp only if it is an emergency and you have exhausted all other ways to contact Mosaic first.



Jewish Outdoor Escape 2016 Activity Schedule



Jewish Outdoor Escape 2016 Activity Schedule

Thursday, September 1st – Evening Activities

Start End
time time Activity

3:00 6:00 Arrivals & Registration Let us know that you have arrived. We'll give you lots of information about your accommodations, upcoming activities, t-shirt! Check in to your cabins, relax, & enjoy the camp facilities. [Office]
pm pm

6:00 7:00 **Dinner & Welcoming Remarks** See old friends & make new ones over a nice relaxing meal.[Dining Hall]
pm pm

7:00 7:15 **Prayer Services:** Please join us to make a minyan for those saying Kaddish this weekend [Back of Dining Hall]
pm pm

7:15 7:45 **Meet Your Leader** [All Leaders] Meet your volunteer leader for your daytime activities. This is your opportunity to get crucial information & ask questions. These meetings are mandatory for everyone. [Different areas in and around dining hall. Specific locations will be announced at dinner]
pm pm

7:45 10:00 **Registration** [Registration staff] Registration any late arrivals [Office or TBD see sign posted on office door for change of location]
pm pm

7:45 9:00 **Mixers** [Francine Dick & Jo Anne Chisholm] Get to know your fellow campers with some friendly games. Who do you think has traveled the farthest to get here? Who lives closest? [Rec Hall]
pm pm

9:00 11:00 **Israeli Dancing.** Find your inner kibbutznik as Phil Kretzmer leads us in Israeli dancing. Join hands with your fellow campers in traditional dancing and have fun while working out. [Rec Hall]
pm pm

9:30 ??? **Campfire.** Join & meet friends from across the country, world, & cosmos having fun singing & socializing around the evening campfire. Bring: musical instrument, song book, etc. [Camp Fire by Counselors Lodge]
pm am

Note: Remember to bring your flashlight with you when you come to dinner. You will need it by the time dinner is over.



Jewish Outdoor Escape 2016 Activity Schedule



Friday, September 2nd - Daytime Activities (Out of Camp)

Start Time	End Time	Activity
7:00 am	7:30 am	Good Morning Stretch: possibly self-lead. Join others for a morning stretch before breakfast. Bring: water, a mat (if you have it) or a towel. Wear comfortable clothing. Be prepared to head out for the day after a fast change. [Dance Hall]
7:30 am	9:00 am	Breakfast-Friday & pack lunch come eat a hearty breakfast. Remember to bring all your gear with you; you will not have time to go back to your cabin. Pack your lunch whether or not you will be at camp over lunchtime, as there will be no in-camp lunch provided [Dining Hall]
8:30 am	4:00 pm	Bus 1 Rafting Bus [Bus Captain: Edward Schaefer] – This bus is supplied by Esprit Rafting Co. Class III-IV Whitewater Rafting on the Ottawa River [Leader: Edward M Schaefer] This is water rafting to the extreme. This trip is not for beginners. Expect to get wet. You MUST be able to swim in swift river conditions. There is a strong probability of having an out-of-boat experience on this trip. \$100 USD Class II-III Whitewater Rafting on Ottawa River [Leader: Glenn Silverman] Do you want to go white water rafting but do not want the extreme of what the Ottawa river has to offer in the Western Channel. Well you're in luck. The Ottawa river has two channels. The eastern channel offers still high class white water, but a little tamer. You still WILL GET WET , but less likely to enjoy an out of boat experience (no promises). You must be able to swim in swift river conditions. \$100 USD
8:30 am	4:00 pm	Private Car Canadian War Tour : Diefenbunker (Private Guided Tour) and Canadian War Museums [Drivers: Scott Berman, Norine Goodman] [Leaders: Scott Berman, Norine Goodman] Enjoy a private guided tour of the Diefenbunker and then head downtown Ottawa to visit Canadian War Museum \$34 USD (Includes admission to both museums and tour of Diefenbunker Museum)
9:00 am	4:00 pm	Bus 2 Wakefield Bus [Bus Captain: Norm Abrams/ TBD] We will stop in Wakefield on the way home. Arbraska Lafleche Cave Discovery Tour [Leader: Amy Kravitz] Experience the thrill of an underground trek in the vast Canadian Shield's largest visited cave. With ice stalactites and stalagmites in winter and geology which is accessible to everyone, the cave holds many surprises and discoveries. Its history is littered with astonishing anecdotes and mysteries. If you've never ventured underground before, please be aware that the cave's temperature is a constant 4°C / 39°F. Warm clothing should therefore be worn, even in summer. You will be supplied with a helmet with a headlamp. \$20 Arbraska Lafleche Adventure Hiking [Leader: TBD] Lafleche Adventure offers walking paths and mountain trails with scattered lookouts where the views of the Laurentian forest are simply breathtaking. All our paths and trails are clearly marked. Not only that, but they're chock-full of information points and special things to discover...a unique opportunity to discover the wonders that await you when you take a walk in the woods on the Canadian Shield. Free Eco-Odyssée [Leaders: Paul Silver, Norm Abrams] Live a unique experience in the heart of nature, near the picturesque village of Wakefield with a vast water maze with an interwoven canal system, to allow those who wish to discover in true beaver fashion, the richness of the marsh environment. Discover beaver habitat while browsing a water maze consisted of 60 intersections spread out over 6 km. \$22 USD per person
9:00 am	4:00 pm	Bus 3 Mackenzie King [Bus Captain: Jeffrey Kay] Be King of the Mountain Hike (Strenuous with lots of views) [Leaders: David Kaufman, Niles Seldon] Hike 11+ KM/6.8+miles with 340M/ 1122Ft Elevation gain by combining Skyline Drive, King Mountain Trail, Kingsmere and the Trans-Canada Trails. You pass Wattsford's Lookout as you climb up through a hardwood forest on the way to the top of the Camp Fortune Ski Hill as you go up the Skyline Drive. Then along the King Mountain Trail, savor a spectacular view of the Ottawa River Valley where you will encounter a series of different forest types. King Mountain Trail loop that provides 10 stunning panorama views of the cities of Ottawa and Gatineau and the Ottawa River flowing for miles. Free



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Bus 3 Mackenzie King [Bus Captain: Jeffrey Kay]

Hike to Pink Lake from Mackenzie King Estate (Moderate Hike) [Leaders: Jeffrey Kay, Julie Sternberg]

This will be an 11KM / 7 Miles to Pink Lake, Lollipop Hike with some elevation change. The walk around the lake itself takes about 90 minutes with 24 Meter / 79Ft. elevation gain, but there is some elevation between Pink Lake and the estate. After returning to trailhead tour Mackenzie King Estate with the time left before the bus picks up activities from this point. Free

Nature Interpretation on the Waterfall Trail Guided tour /self-guided tour of the grounds of Mackenzie King Estate. (Moderate to Easy Hike) [Leaders: Hillary Brown, Merrill Goldsmith]

Come discover new things about Gatineau Park! Take a walk on the Lauriault Trail with an experienced naturalist.

- Discover the Park's plants and wildlife, and learn how to identify wildflowers.
- Learn about the Park's protected habitats and ecosystems, including the Eardley Escarpment.
- Get acquainted with some of the Park's early residents and cottagers like the Lauriault and Mulvihill families. \$20 USD

Friday, September 2nd - Daytime Activities (In Camp)

- 9:00 am Noon **In-camp: Pool Is Open** [Camp Staff] [Note: Anyone disregarding the lifeguard(s) requests will be asked to leave the event at their expense. [Pool]
- 9:00 am Noon **In-camp: Boating** [Camp Staff] Take out a canoe or kayak and explore the Ottawa River. GO UP RIVER FIRST if you do wander beyond the docks of the camp. There is no swimming allowed on the river. [Note: camp rules require anyone in or on the water to wear a pfd. There are no exceptions. Anyone disregarding the lifeguard(s) requests will be asked to leave the event at their expense. [waterfront]
- 9:00 am Noon **In-camp: Water Skiing** [Camp Staff] Go Waterskiing on the Ottawa River. This will be in one hour sessions. [Note: camp rules require anyone in or on the water to wear a pfd. There are no exceptions. Anyone disregarding the lifeguard(s)/ drivers requests will be asked to leave the event at their expense. [waterfront]
- 9:00 am Noon **In-camp: Miniature Golf.** Test your skill putting around on the miniature golf course. This is a pickup game with no leader. [Miniature Golf Course near Tennis Courts]
- 10:00 am Noon **In-camp: Volleyball.** Get your energy going with a morning volleyball game. This is a pickup game with no leader. [volleyball court near dining hall]
- Noon 1:00 pm **LUNCH BREAK – Waterfront and Pool Closed during lunch break**
- 1:00 pm 6:00 pm **In-camp: Pool Is Open** [Camp Staff] [Note: Anyone disregarding the lifeguard(s) requests will be asked to leave the event at their expense. [Pool]
- 1:00 pm 4:00 pm **In-camp: Boating** [Camp Staff] Take out a canoe or kayak and explore the Ottawa River. GO UP RIVER FIRST if you do wander beyond the docks of the camp. There is no swimming allowed on the river. [Note: camp rules require anyone in or on the water to wear a pfd. There are no exceptions. Anyone disregarding the lifeguard(s) requests will be asked to leave the event at their expense. [waterfront]
- 1:00 pm 4:00 pm **In-camp: Water Skiing** [Camp Staff] Go Waterskiing on the Ottawa River. This will be in one hour sessions. [Note: camp rules require anyone in or on the water to wear a pfd. There are no exceptions. Anyone disregarding the lifeguard(s)/ drivers requests will be asked to leave the event at their expense. [waterfront]
- 1:00 pm 4:00 pm **In-camp: volleyball.** Get your energy going with a volleyball game. This is a pickup game with no leader. [volleyball court near dining hall]



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Friday, September 2nd - Nighttime Activities (In Camp)

- 3:30 pm 5:00 pm **Calligraphy with Elaine Sisman** We will make weathergrams out of brown paper bags or Kraft paper. A brief Calligraphy instruction to be given. Everything will be provided for you. These vertical flags may be hung with twine on trees "in your garden, at a campsite, or along a mountain trail" for all to enjoy. The text shall be brief as "a sudden insight". You may bring a favorite seasonal quote or write your own. [Arts and Crafts Bldg.]
- 4:00 Pm 5:00 pm **Volleyball.** Join in a pickup game as you come back from your day's activity with a game of volleyball [Volleyball Court]
- 5:15 pm 6:45 pm **Kabbalat Shabbat Services** will begin the evening [Beach front or inside Rec Hall pending weather]
- 7:00 pm 7:15 pm **Candle Lighting, Kiddush and HaMotzi.** [Norm Abrams, Religious Committee] [Dining Hall]
- 7:15 pm 8:15 pm **Friday Night Shabbat Dinner / Announcements** [Dining Hall]
- 8:15 pm 8:30 pm **Birkat Hamazon.** [Religious Committee] Grace after meals [Dining Hall]
- 8:30 pm 9:00 pm **Meet Your Leader** [All leaders for Saturday] Meet your volunteer leader for your daytime activities. This is your opportunity to get crucial information & ask questions. This is **MANDATORY FOR ALL PARTICIPANTS** [different areas in & outside dining hall. Specific areas will be announced during dinner]
- 9:00 pm 10:15 pm **Registration:** Get your info packet and T-shirt and last minute changes. You need to go to your meet your leader meeting before dealing with registration. If you plan on changing your activity you **FIRST** need to let the leaders of the old and new activity know about your plans and get their approval. Then attend the new activity "Meet Your Leader" meeting. **AFTER** the meet your leader meetings, come to registration to make the change officially. Note the change fees will apply. [Office]
- 9:00 pm 10:00 pm **Water for Israelis and Palestinians: Reasons for Optimism.** Spend a hour learning about the challenges of water usage in the Middle East and how two Canadians, including our speaker, David Brooks, are working on an agreement between the 2 peoples. CART services will be provided by Absolute Realtime Reporting Services [Rec Hall]
- 10:15 pm 11:00 pm **Shabbat Sweet Dreams:** Lara Fine will lead you through guided meditation, infused with Judaism.
- 10:15 pm 11:00 pm **10:15 pm - 11:00 pm Poetry Workshop:** Celebrate your creative spirit with a poetry workshop led by published poet, Thea Schiller. Thea will lead us in working together on a collaborative poem, as well as on our own, incorporating nature into our poetry. [Dining Hall]
- 10:15 pm 11:00 pm **Shabbat Chanting:** Robyn Israel will lead a workshop on Shabbat chanting. [Dining Hall]
- 10:15 pm 11:00 pm **10:15 pm - 11:00 pm Tying the Knot:** No, it's not Mosaic's new dating site. An Eagle Scout will teach a number of knots, hitches, and splices and why they are used. Rope and string will be provided. Fun! Interested in tying the knot? That's the singles club! [Arts and Crafts Bldg.]
- 10:15 pm 11:00 pm **Singing A Cappella:** If you have a decent sense of pitch, you can learn to sing quick little song snippets ("tags") in full four-part harmony. Dave Kaufman will teach a few classic barbershop tags together -- ability to read music is not required. (For bonus fun, bring your tablet or phone, and load the app Tag Master for iPhone or Android ahead of time.) [Rec Hall]
- 9:30 pm ??? am **Campfire.** Join & meet friends from across the country, world, & cosmos having fun singing & socializing around the evening campfire. Bring: musical instrument, song book, etc. [Camp Fire by Counselors Lodge]



Jewish Outdoor Escape 2016 Activity Schedule



Saturday, September 3rd Daytime Activities (Out of Camp)

Start End

time time Activity name [Leader/Bus Captain] Description [Leader]

7:00 7:30 **Good Morning Stretch:** [No Assigned Leader]. Join others for a morning stretch before breakfast. Bring: water, a mat (if
am am you have it) or a towel. Wear comfortable clothing. Be prepared to head out for the day after a fast change. [Dance Hall]

7:30 9:00 **Breakfast - pack lunch & in-camp lunch**

am am Come eat a hearty breakfast. Remember to bring all your gear with you. You will not have time to go back to your cabin. **Remember also to pack a lunch before heading out for the day if you are leaving camp. If you are staying in camp for Shabbat, there will be lunch provided, so no need to pack one in the morning.** *What to bring: remember to bring your gear for the day's activities. Maybe no chance to return to cabins.* [Dining Hall]

8:30 4:00 **Van A** [Driver: Mindy Tumarkin] / **Private Car** [Driver Brian Horowitz]

am pm **Lusk Cave (moderate hike with wild cave exploring)** [Leaders: Barbara Cohen, Mindy Tumarkin]

Come and explore Lusk Cave — The group will take under an hour to go through the cave.

This will be part of a four hour 10KM / 6 mile hike partly along the shores of Lac Philippe and rolling hills.

The cave itself is actually a subterranean river, accessed through a couple of spots where the roof of the cave has collapsed. If you visit the cave, you will get wet.

The cave can be divided into two sections: The first half you will encounter knee-deep levels of water and several points of daylight coming through where the cave has falling in spots. There are interesting geological formations, rock shelves, and cool textures. The water running along the bottom is cool and crystal clear. The terrain gets slightly steeper in the second half and caution must be used in some spots that have a 5ft drop. The second section is in full darkness. The water is often waist deep, but there is one section right at the end where the water can be near your nose. This last for about 25ft before you emerge at the end. There is point in the between the two sections where you can climb out if you do not want to go forward. **DO NOT ATTEMPT this hike if you are claustrophobic.** You must be comfortable crawling through tight spaces and nimble to figure out the way through. \$3 Fee

The Lusk Cave Hike combines a moderate hike and spelunking in a wild cave. For that reason, attendees are required to bring the following:

- Helmet - This may be a construction helmet, a bike helmet, etc. Something to protect your head in the cave when the ceiling gets low
- Flashlights - A minimum of two flashlights are required. At least one must be a hands free headlamp. The other can be a small flashlight with a wrist strap which can fit in a pocket. You will need the small flashlight to be waterproof.
- Change of clothes in a backpack. We will leave them by the mouth of the cave so we can change out of wet clothing before hiking back to the van.
- Plastic bags to carry your wet clothes on the return hike
- Hiking boots
- Shoes which can get wet. Water shoes may not be appropriate unless they come over your ankle. Gym shoes may be a better option.

9:00 4:00 **All Day Road Biking from Camp through Quyon to Cycloparc PPJ Rail Trail & Back** [Leader: Niles Seldon]

am pm Enjoy a 32-62KM /20-30 mile out and back bike ride with most elevation gain of around 120-140 meter / 400-460 feet in the first half of the ride. Just out of Camp B'nai Brith we will spend a few minutes on the shoulder of a 2 lane highway before turning onto a quiet country road that leads into Quyon. Once past Quyon, .11 KM /7 Miles into the ride we'll reach the start of Cycloparc PPJ - a rail trail which is the former bed of the Pontiac Pacific Junction railway. We will continue along this rail trail through rich agricultural area with a surprising bio-diversity. Here, wilderness and agriculture coexist harmoniously for the naturalist's pleasure passing by picturesque farmland, forest and marshland. Cycloparc PPJ travels west through the town of Shawville after another 17KM (10 Miles) /65M / 213 Feet Elevation gain along the ride from the start of the rail trail itself. Shawville features red brick homes and olden-days charm. This is an out back ride. Length determined by group. Meet at bike locker. *Bring: Bike, gloves, lock, helmet, water, food*



Jewish Outdoor Escape 2016 Activity Schedule



- 9:00 am 4:00 pm **Van B [Driver Erin Wallans] / Private Car [Driver Dave Goodman]**
Lusk Falls (Chutes de Lusk) - (Moderate to Strenuous Hike) [Leaders: Michael Oliverio, Steven Umansky]
The 2.8 mile (4.5 km) Luskville Falls Trail is not long, but it certainly goes up! The 950 foot (290 meter) climb brings you to a peak elevation of 1,250 feet above sea level up the rocky slope of the Eardley Escarpment.. You will scramble up a series of stepping stones and between rocks alongside a series of waterfalls as you ascend to the fire tower high up in Gatineau Park. You will experience large pine, rushing falls, wildlife, stunning rock formations, trickling rivers, and great views. You will also get a very good workout.
At first, the hike is steep and rocky as you pass the rushing "Chutes de Lusk", largest of the waterfalls, near the beginning of the hike. Once at the top of the ridge, we can explore the ridge line and rock, enjoying great views back on the Ottawa valley. We will then continue along the well-worn trail to the fire tower.
Moderate hikers will turn around at the fire tower and begin the descent back to flat land. Advanced hikers will reach the fire tower sooner at their faster pace and continue an extra 1.5 miles (2 km) along the rangers' road to a cabin before turning back. There are many vistas along the way to stop and enjoy lunch.
Bring: 3-liters water, lunch, hiking boots with good ankle support (MANDATORY on this hike). Hiking poles are recommended.
- 9:00 am 4:00 pm **Bus 4 [Bus Captain: Jo Anne Chisholm]**
Easy Hike around the Morris Island Conservation Area [Leader: Jo Anne Chisholm, Scott Berman]
The Morris Island Conservation Area is located along the Ottawa River near the community of Fitzroy Harbour. This 47 hectare site consists of forested woodlands and wetlands that will appeal to nature enthusiasts of all ages. Refresh your mind with exciting new sights: ancient majestic trees, rarely spotted birds and shoreline landscapes that remind you of a Group of Seven painting. You could see mature mixed fir and deciduous forest, interesting rock formations, shoreline of small inlets and bays, wildflowers, lichens, fungi, squirrels, chipmunks, interesting birds, butterflies and a few dragonflies. A variety of ecosystems within Morris Island provide a home for both water species and interior forest species
Bring: 2-Liters Water, Food, and Camera. Hiking shoes recommended
- Guided stroll with naturalist David Liebman at the Morris Island Conservation Area** [Leader: Judee Spellman]
We will explore the Ottawa River ecosystem on a 3 hour stroll with our resident naturalist David Liebman. You may spend more time being enlightened by David's extensive knowledge than you do walking as you explore the intellectual interest that has inspired researchers and scientists and to study the extraordinary natural and ecological diversity of the Ottawa River. David will help point out over a dozen rare plant and animal species are found here, such as the endangered Musk Turtle and Map Turtle. Explore many rare and unique plants and animals are located in what is known as Shore Alvar vegetation. These bizarre natural meadows are dominated by water tolerant plants located on marble deposits and limestone bedrock. *Bring: 2-Liters Water, Food, and Camera. Hiking shoes recommended*
- 9:00 am 4:00 pm **Canoe to Fitzroy Provincial Park– Full Day** [Leaders: Sandra Spekman, Debra Miller]
Leaving from the shores of Camp B'nai Brith, Quebec on the Ottawa River we will paddle up river 6 ½ KM / 4 Miles to Fitzroy Provincial Park, Ontario. Take a 2KM / 1.5 Mile stroll around the Carp trail or just relax at the shore. Then paddle back to camp for a total of 13KM / 8 Miles roundtrip. Note: **THIS IS NOT AN EASY PADDLE. You must be a moderate to strong paddler.**
The Ottawa River is a 1271 km / 790 Miles long river in the Canadian provinces of Ontario and Quebec. For most of its length, it defines the border between these two provinces. The camp rests along the banks within the borders of the village of Quyon, QC. The paddle between camp and the park is along a very wide part of the river with a variety of forest, farmland and cottages along its banks.
Boats will be supplied by the camp. This is a free activity. **Meet at boat docks**
Bring: Boating Shoes, Hiking Shoes in water proof bag (Buckets will be supplied if you do not have), Food, 3-Liters Water, hat, paddle gloves, sunscreen, sunglasses, extra non-cotton warmth layer and/or splash jacket, rain gear (top and bottom)
- 9:00 am 4:00 pm **Private Car [Amy Kravitz]**
Star Trek, Canada Aviation & Space Museum [Amy Kravitz]
Visit the Canadian Aviation & Space Museum with exhibits like Starfleet Academy Experience, Life In Orbit: The International Space Station, Green Skies Ahead and Techno Zone: Eye In The Sky (click on the links to see more about each exhibit). Cost: \$20 Adults / \$17 for Seniors over 60 (Star Trek Exhibit included). *Bring: money, ID, cell phone*



Jewish Outdoor Escape 2016 Activity Schedule



1:00 pm 4:00 pm **Half Day Kayak from camp on the Ottawa River**
Enjoy an out and back paddle on the Ottawa River. We will paddle upstream just about two miles to the town of Quyon, stretch our legs for a 15 minute walk to enjoy an ice cream, then paddle back downstream to camp. The Ottawa River is a 1271 km / 790 Miles long river in the Canadian provinces of Ontario and Quebec. For most of its length, it defines the border between these two provinces. The camp rests along the banks within the borders of the village of Quyon, QC. This is just east of the Canadian Capital of Ottawa. Boats will be supplied by the camp. This is a free activity. Limit 6 **Meet at boat docks**
Bring: Boating Shoes, Food, 3-Liters Water, hat, paddle gloves, sunscreen, sunglasses, extra non-cotton warmth layer and/or splash jacket, rain gear (top and bottom)

Saturday, September 3rd - Daytime Activities (In-Camp)

8:30 am 9:30 am **In-camp: Spiritual Walk around Camp** [TBD] Meet in front of Dining Room for a morning walk around camp.

9:00 am Noon **In-camp: Water Skiing** [Camp Staff] Go Waterskiing on the Ottawa River. This will be in one hour sessions. [Note: camp rules require anyone in or on the water to wear a pfd. There are no exceptions. Anyone disregarding the lifeguard(s)/ drivers requests will be asked to leave the event at their expense. [waterfront]

9:30 pm 11:30 am **In-camp: Shabbat Morning Services** [Religious Committee] Join us for Sabbath morning services at camp. [Dance Hall or Rec Hall pending weather conditions]

10:00 am Noon **In-camp: Pool Is Open** [Camp Staff] Note: Anyone disregarding the lifeguard(s) requests will be asked to leave the event at their expense. [Pool]

10:00 am noon **In-camp: Tennis** – Play a few sets with your fellow participants [Tennis Courts]

10:00 pm Noon **In-camp: Boating** [Camp Staff] Take out a canoe or kayak and explore the Ottawa River. GO UP RIVER FIRST if you do wander beyond the docks of the camp. There is no swimming allowed on the river. [Note: camp rules require anyone in or on the water to wear a pfd. There are no exceptions. Anyone disregarding the lifeguard(s) requests will be asked to leave the event at their expense. ALL SIT-IN KAYAKS MUST BE RETURNED TO CAMP BY LUNCH[waterfront]

Noon 1:00 pm **LUNCH IS SERVED** For those who stayed at camp in the morning ONLY. If you packed a lunch in the morning please eat the packed lunch. [Dining Hall]

1:00 pm 2:00 pm **Shabbat Afternoon Talk with David B. Brooks: What Does the Torah Teach Us About Climate Change?**
Some ecological scholars blame today's ecological problems on the Judeo-Christian heritage. This talk will show that, from the earliest literature, our Jewish heritage has a strong ecological flavor and that that we can find ecologically oriented directives if not laws throughout the Tannakh, the Midrash, and the Talmud. In the Middle Ages when Jews were not allowed to own property in most of Europe, these teachings fell into non-use, but in recent years they are being reclaimed in principle and in practice. CART services will be provided by Absolute Realtime Reporting Services [Rec Hall]

1:00 pm 6:00 pm **In-camp: Pool Is Open** [Camp Staff] Note: Anyone disregarding the lifeguard(s) requests will be asked to leave the event at their expense. [Pool]

1:00 pm 4:00 pm **In-camp: Water Skiing** [Camp Staff] Go Waterskiing on the Ottawa River. This will be in one hour sessions. [Note: camp rules require anyone in or on the water to wear a pfd. There are no exceptions. Anyone disregarding the lifeguard(s)/ drivers requests will be asked to leave the event at their expense. [waterfront]

2:00 pm 3:00 pm **In-camp: Miniature Golf Tournament.** Test your skill putting around on the miniature golf course. This is a pickup game with no leader. [Miniature Golf Course near Tennis Courts]

3:00 pm 4:00 pm **Speed Climbing Tournament.** Try out to see how fast you can climb the climbing wall. Don't worry if you fall, the wall is on the side of the pool. When you get to the top just let go and dive into to the pool. [Pool]

3:30 pm 5:00 pm **Volleyball.** Join in a pickup game as you come back from your days activity with a game of volleyball [volleyball court behind the pool]



Jewish Outdoor Escape 2016 Activity Schedule



Saturday, September 3rd - Evening Activities

5:00 6:00 **Happy hour at the pool** (BYOB). No glass permitted on the pool deck. A cooler and cups will be provided so glass
pm pm bottles may be stored outside the pool area)

5:00 5:45 **Torah Study with Ellen Flax** "If Bridget Jones, the Shopaholic, Was Jewish..." What is Jewish... or could be (more)
pm pm Jewish... about the favorite pastime of many people? Come learn what the tradition says about our behavior as
customers. [Counselors Lounge]

5:45 6:00 **Prayer Service:** Please join us to make a minyan for those saying Kaddish this weekend [Counselors Lounge]
pm pm

6:00 7:00 **Dinner and Announcements** [Dining Hall]
pm pm Note: Bring your flashlight in your pocket for Dinner

7:15 7:30 **Meet Your Leader** [All leaders for Sunday] Meet your volunteer leader for your daytime activities. This is your opportunity to get
pm pm crucial information & ask questions. This is **MANDATORY FOR ALL PARTICIPANTS** [different areas in & outside dining hall.
Specific areas will be announced during dinner]

7:30 8:00 **Registration: LAST CHANCE to get your info packet and T-shirt.**
pm pm Want to change your Sunday activity? You need to go to your meet your leader meeting before dealing with registration. **FIRST**
need to let the leaders of the old **and** new activity know about your plans **and** get their approval. Then attend the new activity "Meet
Your Leader" meeting. **AFTER** the meet your leader meetings, come to registration to make the change officially. Note the change
fees will apply. [Office]

7:30 8:30 **Live music by A Touch of Klez.** Celebrate traditional eastern European Jewish music with the upbeat melodies of A
pm pm Touch of Klez. There will also be dancing instruction. [Dance Hall or Rec Hall pending weather]

8:30 9:00 **Havdalah & Snacks** [Same place as dancing]
pm pm

9:00 10:00 **Live music by A Touch of Klez.** Celebrate traditional eastern European Jewish music with the upbeat melodies of A
pm pm Touch of Klez. There will also be dancing instruction. [Dance Hall or Rec Hall pending weather]

10:00 11:00 **Night Hike with Dave Liebman** [Meet at front of Dining Hall]
pm pm

9:30 ??? **Campfire.** Join & meet friends from across the country, world, & cosmos having fun singing & socializing around the evening
pm am campfire. Bring: musical instrument, song book, etc. [Camp Fire by Counselors Lodge]



Jewish Outdoor Escape 2016 Activity Schedule



Sunday, September 4th - Daytime Activities (Out of Camp)

- 7:00 am 7:30 am **Good Morning Stretch:** possibly self-lead. Join others for a morning stretch before breakfast. Bring: water, a mat (if you have it) or a towel. Wear comfortable clothing. Be prepared to head out for the day after a fast change. [Dance Hall]
- 8:00 am 9:00 am **Breakfast & pack lunch:** Come eat a hearty breakfast. Remember to bring all your gear with you; you will not have time to go back to your cabin. Pack your lunch whether or not you will be at camp over lunchtime, as there will be no in-camp lunch provided [Dining Hall]
- 9:00 am 4:00 pm **Van B [Driver Fred Reiner] / Private Car [Driver Niles Seldon]**
Lusk Falls (Chutes de Lusk) - (Moderate to Strenuous Hike) [Leaders: Niles Seldon, Barbara Cohen]
The 2.8 mile (4.5 km) Luskville Falls Trail is not long, but it certainly goes up! The 950 foot (290 meter) climb brings you to a peak elevation of 1,250 feet above sea level up the rocky slope of the Eardley Escarpment.. You will scramble up a series of stepping stones and between rocks alongside a series of waterfalls as you ascend to the fire tower high up in Gatineau Park. You will experience large pine, rushing falls, wildlife, stunning rock formations, trickling rivers, and great views. You will also get a very good workout.
At first, the hike is steep and rocky as you pass the rushing "Chutes de Lusk", largest of the waterfalls, near the beginning of the hike. Once at the top of the ridge, we can explore the ridge line and rock, enjoying great views back on the Ottawa valley. We will then continue along the well-worn trail to the fire tower.
Moderate hikers will turn around at the fire tower and begin the descent back to flat land. Advanced hikers will reach the fire tower sooner at their faster pace and continue an extra 1.5 miles (2 km) along the rangers' road to a cabin before turning back. There are many vistas along the way to stop and enjoy lunch.
Bring: 3-liters water, lunch, hiking boots with good ankle support (MANDATORY on this hike). Hiking poles are recommended.
- 9:00 am 4:00 pm **Van A [Driver: Mindy Tumarkin] / Private Car [Driver Brian Horowitz]**
Via Ferrata and Zip line at Chutes Coulonge [Leaders: Edward M Schaefer, David Kaufman]
Climb the Via Ferrata on a distance of 600 meters (657 yards) and cross 2 suspended bridges and 2 giant zip lines. One of ten Via Ferratas in Canada. Located in the Canyon of the Coulonge River, Via Ferrata consists of a climb/walk along the canyon's rock face, using cables and anchor points to help you progress along the way. It's like mountain climbing without the skills being required. This adventure is not for the faint of heart. The climb includes two giant zip lines (260 meters and 100 meters) above white water rapids located in the magnificent canyon of the Coulonge River. This very unique and safe activity will leave you stunned at the beauty of our site and thrilled with adventure. \$72 USD
Chutes Coulonge Zip Line and Obstacle Course [Leader: Mindy Tumarkin]
Enjoy a newly built adult obstacle course located up in the trees. Over 23 obstacles such as: rope bridge, monkey bridge, zip lines, ladders and more will provide you with a perfect dose of adventure and challenge. It's a great way to keep in shape with family and friends. But we are not done yet...
Experience the breathtaking scenery of the area's most magnificent waterfalls and canyon while experiencing two giant zip lines (260 meters and 100 meters) above white water rapids located in the magnificent canyon of the Coulonge River. This breathtaking activity will provide you with the ultimate zip lining experience. It's a must!
Afterwards we will walk the grounds to enjoy the breathtaking scenery of the area's most magnificent waterfalls and canyon. Distance from camp: 60 Min / 76Km / 48 Miles from camp Approx. \$42 USD
- Chutes Coulonge Activity Location Specific Instructions:**
- *You must be over 4'6" and no more than 250lbs..*
 - Participants must be in good physical condition to do this activity, over 4'6" and no more than 250lbs
 - **DO NOT ATTEMPT this activity if you have fear of heights.**
 - *Please wear closed toe running shoes (No open shoes will be permitted during use of the aerial activities)*
 - *Long hair must be pulled back (in a low bun)*
 - *Pants or knee-length shorts*
 - *Long shirt that covers the stomach*
 - *NO earrings, Remove or cover navel piercings*
 - *Please note the aerial park activities take place in old growth pine trees; the gum of the tree can end up on clothing and hands.*
 - *Bring water and food*



Jewish Outdoor Escape 2016 Activity Schedule



9:00 4:00 **BUS 5 – Gardens Bus** [Bus Captain: Raymond Ockrant]
8:30 4:00 **BUS 6 – Locks and Locks Bus** [Bus Captains: Steven Umansky, Merrill Goldsmith]
am pm

Please note: You may travel to Ottawa (**Out**) on one bus and travel back to camp (**In**) on a different bus. See notation on left of your activity. Be sure to be on the correct bus when leaving camp. They swap locations along the way.

- Bus 5 will start by dropping off bikers in ByWard Market and then head south to the Gardens. The Rideau Paddle will then be picked up and along with the Gardens Activities head back to camp.
- Bus 6 will start by dropping off the Locks and Lox Tour and Rideau Paddle Activities. It will end up picking up the Bike Tour and Lox and Lox tour in ByWard Market.

Bus 5 Out Photography Walk in the Ornamental Gardens and Arboretum with David Liebman [Leader: Merrill Goldsmith]
Bus 5 In Join David Liebman in exploration on of the Ornamental Gardens and Arboretum at the Central Experimental Farm with tips on the best methods of taking amazing nature pictures. This will be a slow two to three hour walk around the grounds looking at different perspectives on how to capture what you are looking at through camera lenses. *Bring: Water, Food, Camera, Hat*

Bus 5 Out Experimental Farm, Ornamental Gardens, Canada Agriculture and Food Museum [Leader: Evelyn Levine]
Bus 5 In Spend the day at the Central Experimental Farm, Gardens and Museum. We will walk around the grounds for about 2 to 3 hours exploring the five public areas to visit at the Central Experimental Farm. There is no cost to walk the grounds. There is a fee for museum which can be paid on site if you wish to visit it. Most areas are handicap accessible.

Bus 5 Out Paddle the Rideau River [Leaders: Steven Umansky, Lara Fine]
Bus 6 In We will paddle from the Rideau Canoe Club past a couple locks along the way down the Rideau River. We will then paddle approx. 5KM and then back up river to where we started. \$28 USD

Bus 6 Out Locks and Lox (Easy Walking Tour in Ottawa) [Leaders: Raymond Ockrant, David Golberg, Scott Berman, Gail Zalev]
Bus 6 In

Take a walk along the Rideau Canal in Canada's capital city and check out one of its locks in downtown Ottawa. Then the group will then stop for lunch. At your choice, bring a bagged lunch or treat yourself to a Canadian bagel (with lox). After our lunch, walk around the ByWard Market where you can enjoy the sites, shops in the market, and treat yourself to maple treats or BeaverTails.

This tour will be in two parts:

1. First we will take a 3.4 KM / 2+Mi from Rideau Canoe Club to Doves Lake Pavilion. We will first check out Hogs Back Falls and Hartwells Lockstation and then pass by Fletcher Wildlife Garden and Dominion Arboretum. You can catch a BeaverTail while waiting for the bus pickup.
2. Once at Doves Lake Pavilion the bus will then pickup you up and then you will have a choice of two options:
 - a. The bus will then drop off one group at Kettleman's Bagel Co to walk approx. 6-7KM / 4+Mi through the heart of Ottawa and possibly end up with time left in ByWard Market pending the time taken to the market. Raymond Ockrant will guide you through town while pointing out sights of interest and history of the area. You will meet the bus at 2:40pm in the middle of ByWard Market in front of Ottawa Tucker's Marketplace to bring you back to camp.
 - b. Stay on the bus which will then drop you off in front of Ottawa Tucker's Marketplace which is in the middle of ByWard Market. You will then have until 2:40pm to roam free and discover this area. A flyer created by our very own Raymond Ockrant will give you plenty of information to help you along.

Please note: You **MUST** be at the designated pickup location for the bus back to camp by 2:40. Anyone who misses the bus will need to find their own way back. This can be upwards of over \$100 at your own expense. Mosaic will not pay for anyone missing the bus.

Bus 6 Out Guided Bike Capital Adventure (Rideau Canal) [Sandy Spekman]
Bus 5 In Enjoy a 13KM / 8 Mile 2 1/2 hour tour with tour guide of the must-see sights in Ottawa and, along the way, we'll discover hidden gems as well. *Bring: Gloves, lock, helmet, water, food* \$70 USD with bike rental, \$35 with your own bike.



Jewish Outdoor Escape 2016 Activity Schedule



- Bus 5 Out And Private Cars** [Terry Auspitz, Dave Goodman, Blake "Yossi" Kessler]
Bus 6 In Self-Guided Group Bike Tour of Rideau Canal, ByWard Market and Surrounding Areas
Our self-pace bike ride will start by Ottawa Lockstation #1 on the Rideau Canal. We will take advantage of the NOKIA Sunday Bikedays closing of the city streets and tour around the canal. If time allows we will continue our tour in and around the surrounding areas. Rentals are available on a per hour basis with a three hour minimum. \$30 USD

Sunday, September 4th –Daytime Activities (In Camp)

- 9:00 Noon **In-camp: Pool Is Open** [Camp Staff] [Note: Anyone disregarding the lifeguard(s) requests will be asked to leave the event at their expense. [Pool]
am
- 9:00 Noon **In-camp: Boating** [Camp Staff] Take out a canoe or kayak and explore the Ottawa River. GO UP RIVER FIRST if you do wander beyond the docks of the camp. There is no swimming allowed on the river. [Note: camp rules require anyone in or on the water to wear a pfd. There are no exceptions. Anyone disregarding the lifeguard(s) requests will be asked to leave the event at their expense. [waterfront]
am
- 9:00 Noon **In-camp: Water Skiing** [Camp Staff] Go Waterskiing on the Ottawa River. This will be in one hour sessions. [Note: camp rules require anyone in or on the water to wear a pfd. There are no exceptions. Anyone disregarding the lifeguard(s)/ drivers requests will be asked to leave the event at their expense. [waterfront]
am
- 9:00 Noon **In-camp: Miniature Golf.** Test your skill putting around on the miniature golf course. This is a pickup game with no leader. [Miniature Golf Course near Tennis Courts]
am
- 10:00 Noon **In-camp: Volleyball.** Get your energy going with a volleyball game. This is a pickup game with no leader. [volleyball court near dining hall]
am
- Noon 1:00 **LUNCH BREAK – Waterfront and Pool Closed during lunch break**
pm
- 1:00 6:00 **In-camp: Pool Is Open** [Camp Staff] [Note: Anyone disregarding the lifeguard(s) requests will be asked to leave the event at their expense. [Pool]
pm
- 1:00 4:00 **In-camp: Boating** [Camp Staff] Take out a canoe or kayak and explore the Ottawa River. GO UP RIVER FIRST if you do wander **volleyball** beyond the docks of the camp. There is no swimming allowed on the river. [Note: camp rules require anyone in or on the water to wear a pfd. There are no exceptions. Anyone disregarding the lifeguard(s) requests will be asked to leave the event at their expense. [waterfront]
pm pm
- 1:00 4:00 **In-camp: Water Skiing** [Camp Staff] Go Waterskiing on the Ottawa River. This will be in one hour sessions. [Note: camp rules require anyone in or on the water to wear a pfd. There are no exceptions. Anyone disregarding the lifeguard(s)/ drivers requests will be asked to leave the event at their expense. [waterfront]
pm pm
- 3:00 5:30 **In-camp: volleyball.** Get your energy going with a volleyball game. This is a pickup game with no leader. [volleyball court near dining hall]
pm pm



Jewish Outdoor Escape 2016 Activity Schedule



Sunday, September 4th – Evening Activities (In-Camp)

- 3:00 5:30 **Volleyball** – We will take a break for group photos at 4:00
pm pm
- 4:15 4:45 **Group picture.** Wear your event T-shirt or any other Mosaic shirt to take a picture of the whole group and then
pm pm individual clubs. [TBD]
- 5:00 6:00 **Happy hour at the pool** (BYOB). No glass permitted on the pool deck. A cooler and cups will be provided so glass
pm pm bottles may be stored outside the pool area)
- 6:00 7:00 **Dinner and Announcements** [Dining Hall]
pm pm
- 7:00 7:15 **Prayer Service:** Please join us to make a minyan for those saying Kaddish this weekend [Back of Dining Hall]
pm pm
- 7:15 7:30 **Meet your driver/bus captain.** Find out details on how everyone is planning on getting home the next day. [Dining
pm pm Hall]
Dave Kaufman – Airport Bus
Norm Abrams - Toronto Van
Mindy Tumarkin - 2nd Toronto Van
- 7:45 8:15 **Awards Ceremony** [Rec Hall]
pm pm
- 8:15 9:45 **Elections, Council of Delegates Meeting** [Rec Hall]
pm pm
- 8:15 9:45 **Board Games** - (Bring your own or use what is supplied) [Dining Hall]
pm pm
- 8:15 9:45 **Photoshop.** Joan Melnick will lead a small group on how to use Photoshop to import color correct and crop your
pm pm photos for printing or sending over the web. If you bring your portable drive, as time permits, Joan can put images
onto her computer, save them on her desktop and then you can take home cropped, resized, color corrected and
retouched photos you can share and print! At home you can upload a 1-month free trial of Adobe Photoshop to try
for yourselves.
- Note: You need to bring a memory stick, portable hard drive or a way to read your memory card from your camera
to load your retouched image. [Counselors Lounge]
- 8:15 9:45 **Para cord Bracelet Making:** Learn how to make a Para cord Bracelet with Robin Reiner. In addition to purely utility
pm pm uses, Para cord can be used to fashion knotted or braided bracelets, lanyards, keychains, belts, and other
decorative items. [Arts and Crats Building]
-
- 9:45 11:00 **Future of the Jewish Outdoor Escape/How can MOCA support and help local clubs grow and flourish** -- join
pm pm us and share your thoughts. It takes a village! [Rec Hall]
- 9:45 11:00 **Aleph Bet Yoga and Jewish Genealogy.** Lara Fine leads us in Jewish yoga and basic massage techniques. Then
pm pm we will move on to discovering Jewish genealogy. [Dance Hall]
- 11:00 11:50 **Night Walk** [In Front of Dining Hall]
pm pm
- 10:00 ??? **Campfire.** Join & meet friends from across the country, world, & cosmos having fun singing & socializing
pm am around the evening campfire. Bring: musical instrument, song book, etc. [Camp Fire by Counselors Lodge]



Jewish Outdoor Escape 2016 Activity Schedule



Monday, September 5th - Departures

8:00 am 9:00 am **Breakfast** - Time to leave, but join us for breakfast first [dining hall]

Departures for Drivers:

Any who has a car is welcome to slowly drive their car to their cabin after 10:00 am & before noon on Monday morning to their cabin to pick up their gear. Avoid any travel or parking of private cars near the cabins before 10am. Everyone is to be out of camp by noon.

Departures for Mosaic Shuttles:

It's sad to say goodbye to all your new & old friends - but don't wait until the last minute! We want to get everyone to the airport on time to catch their flights so remember to be prompt & arrive at your van 30 minutes prior to departure time. We estimated that you need to allow least 4 hours prior to your scheduled departure of flight home from Ottawa Macdonald–Cartier International Airport. We will have three shuttles spaced out an hour apart to allow a staged departure from camp. You will be assigned to a van based on the time you flight departs and loading capacities of the shuttle. Please be kind and do NOT try to change shuttles to make it more convenient for yourself. We have spent a lot of effort making sure everyone has a seat when they needed. Hence why we begged you for your flight information.

The times listed below are **DEPARTURE** times. **NOT** when you are to start loading the shuttle. Please arrive 30 minutes **PRIOR** to the scheduled time to allow enough time to inventory your luggage and help load the shuttle which will be waiting for you in front of the Directors Cabin. Your shuttle may include people with flight departures earlier than your own. In order to ensure that all participants make their flights, the shuttles **MUST** leave on time. If you and your luggage are not at the shuttle with sufficient time to load and board, the shuttle **WILL** leave without you, and you will be responsible to arrange your own transportation to the airport. Shuttle fees are not refundable if you miss the shuttle.

Shuttle	Shuttle Departure Time	Luggage Pickup Time	Destination	Driver
D	9:45 am	8:30 am	YOW Airport	Hired
C	Noon	9:00 am	YOW Airport	Hired
B	10:30 am	10:00 am	Toronto	Norm
A	10:30 am	10:00 am	Toronto	Mindy

Baggage Handling On Monday Morning for Those Taking Mosaic Shuttles to the Airport:

We will have a couple of our volunteers drive the vans around camp picking up baggage from the cabins. You will need to have your baggage ready for pickup **BEFORE** your scheduled luggage pickup time. Failure to have your bags ready for pickup means you will carry your own bags from you cabins to the staging area near the directors cabin (or inside the dining hall in inclement weather).

We are looking for volunteers to help with this process. Please let us know if you are willing. Anyone who is a van driver can drive the van for which they are designated, and anyone for whom we have an MVR on file can help move luggage in their personal vehicles. Anyone else can help with loading and unloading luggage on the vans and buses.

Details on How to Tag Your Luggage:

You will be given luggage tags for your bags to designate them for pickup. You will be told in advance in which van you will be riding. Please put your name and the designated van letter on the tag. Place your bag, with tag visible and securely attached outside your cabin for pickup.

YOU WILL BE RESPONSIBLE TO MAKE SURE YOUR BAGS ARE PLACED INTO THE CORRECT SHUTTLE.

Pickup of bags for the **AIRPORT SHUTTLE** will happen between 8:30 and 9:30 only. Then the vans will need to get ready for their own departures.

PLEASE BE KIND TO OUR **VOLUNTEERS**. They want to get home just like you and are doing you a favor by helping with your luggage.



Jewish Outdoor Escape 2016 Activity Schedule



Mosaic Outdoor Clubs Of America Code Of Conduct

Mosaic Outdoor Clubs of America (“MOCA”) and its affiliated clubs (collectively “Mosaic”) are committed to providing participants in Mosaic events with a safe and enjoyable environment. MOCA expects all participants to act as adults in a responsible and ethical matter. Rather than try to define every possible detail and circumstance, the purpose of this Code of Conduct is to provide a general statement and guidelines. MOCA relies on the good judgment of MOCA’s representatives, event leaders and the MOCA Board to provide guidance and appropriate action in specific instances.

1. MOCA expects all participants to treat others with respect and courtesy. This includes other participants, leaders, event staff, camp staff and outside service providers. Participants in Mosaic events and activities should be cooperative, polite and act in a safe manner. Participants should display a positive attitude and have respect for the enjoyment of others.
2. Participants are expected to dress appropriately for the activity in which they are participating and to bring the suitable gear and supplies, including food and drink where appropriate. Participants should listen to and follow the instructions of guides or instructors when provided. Participants should be aware of their physical strength and ability and only select activities that they are able to do safely.
3. Participants should not harass, intimidate or participate in unsafe or inappropriate behavior. Prohibited behavior includes, but is not limited to, the following:
 - Sexual Harassment: Unwanted sexual advances, requests for sexual favors and other inappropriate verbal or physical conduct of a sexual nature.
 - Intimidation: Physical or verbal conduct that causes a person to reasonably fear for his/her safety or the safety of others.
 - Defamation: A communication that is intended to harm a person’s reputation or to hold a person up to ridicule, scorn or contempt.
 - Derogatory Language: The use of slurs or derogatory language regarding race, ethnicity, gender, national origin, religion, age sexual orientation or disability.
 - Threats: Physical or verbal conduct that creates a reasonable expectation of bodily harm to themselves or others, or damage to the property of another.
 - Act of Violence: A physical act, whether or not it causes actual bodily harm to another person or damage to the property of another.
 - Illegal Drugs: The use or possession of illegal drugs or other substances at Mosaic events and activities.
 - Fraud: Any fraud or illegal activity in the conduct of Mosaic business, or the embezzlement or misdirection of Mosaic funds or other assets for non-Mosaic use.
 - Intoxication: Visible signs of intoxication due to alcohol or other substances, which, in the opinion of any leader or leaders present, poses a risk to him/herself or any other participant.
4. Participants are expected to follow the direction of Mosaic leadership, including the leaders of individual events and activities. Participants shall not interfere with leaders in the conduct of their duties and responsibilities; require unreasonable supervision, monitoring and/or care.
5. Proselytizing shall not be permitted during Mosaic events. MOCA expects all participants to respect others’ beliefs and religion.
6. Participants are expected to obey all applicable laws and to respect private and public property.
7. When possible, participants should use environmentally sound practices to minimize our effect on the outdoors, this practices include: staying on trails; not littering; proper sanitation, etc.
8. Violation of this Code of Conduct may result in appropriate action, including, but not limited to removal from the activity, expulsion from the event and suspension from future MOCA activities. If practical violators of this policy will be given warnings of their violations, however, a warning is not required prior to appropriate action being taken.



Jewish Outdoor Escape 2016 Activity Schedule



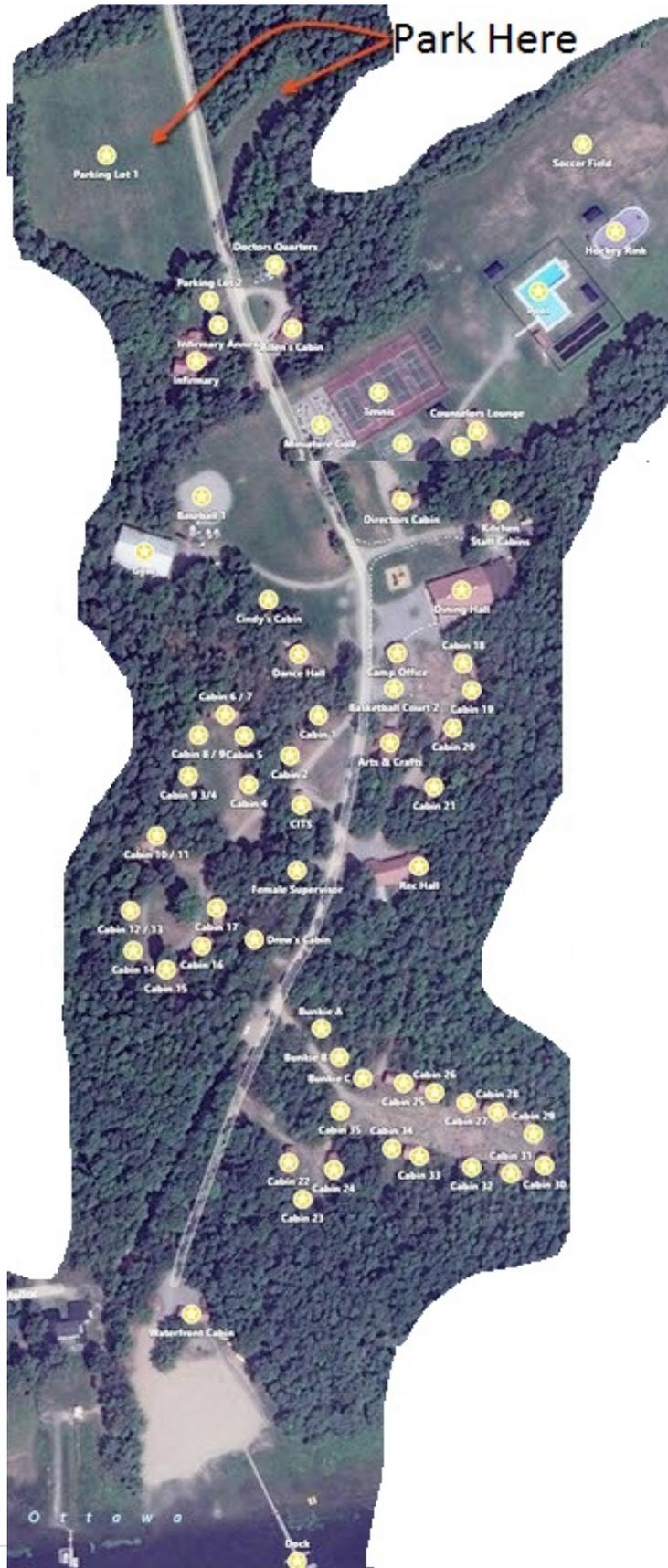
9. In cases of violations, the following procedure should be used to determine appropriate action:
- a) Violations of this Code of Conduct should be reported to the event leadership, or to a member of the MOCA Board as soon as practical.
 - b) For minor violations, the person to whom the violation is reported may talk to the accused and give that person a verbal warning. Any such minor incidents should be reported in writing to the MOCA disciplinary committee and/or Board of Directors.
 - c) Where appropriate for serious violations, a resolution committee should be convened at the earliest practical opportunity, preferably at the event at which the problem occurred. The resolution committee should be constituted of at least 2 people with a committee of 3 people preferred. In constituting the resolution committee preference should be given to the following people in order of preference:
 - i. The leader(s) of the event;
 - ii. Members of the MOCA disciplinary committee;
 - iii. MOCA board members;
 - iv. Former MOCA board members.
 - d) The resolution committee should make every attempt to meet in person however if this is not possible a meeting held via teleconference is permissible.
 - e) The person(s) accused of violation of the code of conduct should be invited to the resolution committee to explain their actions and respond to any questions the resolution committee may have. In addition, the resolution committee may hear from other persons involved in or witnessing the incident.
 - f) The outcome of the resolution committee should be communicated to the accused and a summary of the meeting and the outcome of the meeting will be sent to the MOCA board within 7 days of the meeting. Where necessary, such as removal of the person from an event in progress, the decision will be implemented by the resolution committee as soon as practical.
 - g) All decisions will be made at the discretion of the resolution committee.
 - h) In cases where the decision of the resolution committee is not accepted by the accused, an appeal by the accused may be made in writing to the MOCA board. In this case, the MOCA board shall make a final decision of the outcome at the next scheduled Board Meeting. The accused should be notified in writing of the decision rendered by the MOCA Board. Unless the MOCA Board shall specifically decide otherwise, the decision of the resolution committee shall continue to be implemented until a final decision of the MOCA Board has been rendered.
 - i) The President of the “home club” of the person who has been proven to be in violation of this code will be notified in writing within 30 days.



Jewish Outdoor Escape 2016 Activity Schedule



- Parking Lot 1 →
- Infirmary / Allan's Cabin →
- Tennis Courts
- Miniature Golf →
- Baseball Field →
- Gym →
- Cindy's Cabin →
- Dance Hall →
- Cabins 1 - 9 ¾ →
- Cabin 10/11 →
- Cabins 12 - 17 →
- Cabins 22 - 24 →
- Waterfront / Dock →



- ← Soccer Field
- ← Pool
- ← Counselors Lodge/ Fire Pit
- ← Directors Cabin
- ← Kitchen Staff Cabins
- ← Dining Hall
- ← Camp Office
- ← Cabins 18 - 20
- ← Arts and Crafts
- ← Cabin 21
- ← Rec Hall
- ← Drew's Cabin
- ← Bunkie A / B / C
- ← Cabins 26 - 34