



Mosaic Outdoor Clubs of America  
Welcomes you to the  
29th Annual Jewish Outdoor Escape

It's Summer Camp for Grown-ups  
August 29 – September 2, 2019  
Milford, PA

Schedule & Information Packet

## Contact Info

Any police/fire/medical/rescue emergencies: 9-1-1.

To contact someone in camp: 1-888-MOSAICS (888-667-2427). Leave a message if there is no answer. You may have to wait for a callback.

### Alternate Contacts

Co-Chair: Mindy Tumarkin 216-849-5681 (USA phone number)

Co-Chair: Edward Schaefer 703-850-3251 (USA phone number)

Camp Address is: Cedar Lake Camp, 570 Sawkill Rd, Milford, PA 18337 / 41.346610, -74.888925

Camp Contact: 973 575 3333 x131 or 100

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

## Person in Charge per day

Each day we will have a primary point of contact for any issues. This person will be in camp for most of the day. They will be reachable by cell phone, camp radio and/or Mosaic radio. We will have a Mosaic radio posted in the Dining Hall and the Mosaic Office to communicate with the person in charge. Please refer any issues you may have to the person in charge.

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

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

Saturday: Edward Schaefer 703-850-3251 (USA phone number)

Sunday: Raymond Ockrant 647-272-2481 (Canadian phone number)

Monday: Edward Schaefer 703-850-3251 (USA phone number)

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Welcome to the Jewish Outdoor Escape 2019: Delaware River Ramble!

Lots of exciting things are happening in the world of Mosaic. Despite the late opening of registration, there are over 130 of you here this weekend! New registration software was selected and configured thanks to the efforts of Ed Schafer. We've uncovered several issues in this new software, but for a first-year without our old Regonline system, we've done very well. The new software was also selected so that the board will all run on the same platform and we can archive documents in a central location. This has not been implemented yet; however, the selection was made. This will be at no cost to Mosaic as a non-profit entity. We're still actively working on forming new local clubs and revitalize some of the old ones.

2019 has been a very challenging year for Mosaic. We had a tremendous end to 2018 and 2019 started well, but then.... well, things stalled. Why? Because of a lack of volunteers. Our feature event, the Jewish Outdoor Escape almost didn't happen this year. As much as we appreciate those who volunteer an hour or two this weekend, we need volunteers all year round. It takes hundreds of hours of volunteer time to put this weekend together. Things don't magically happen. Vendors need to be contacted. The software needs to be configured. Questions need to be answered. To quote a familiar phrase...."it takes a village." We're looking for a couple of volunteers to commit to chairing next year's JOE. No, we don't know where it will be. We can't commit to a camp until we have leadership. Some of the key people from the last few years need to take a break from the planning. We'll be there to support/offer advice, but we need people to step up, or there will be no JOE in 2020. Perhaps some of you are retired and are looking for a volunteer project? Perhaps some of you just have the passion to organize an event of this type. If you are not up to working on the international level, how about locally? The biggest challenge on the local club front is volunteerism.

Now that We've left you with some food (Kosher) for thought have a GREAT time this weekend! If you have questions about any specific volunteer position, find a board member, find me, find a former board member. There are a lot of people here who can help guide you.

Your 2019 Event Chairs – Mindy Tumarkin & Ed Schafer

## The Scoop

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

**Transportation:** We will be traveling to several areas throughout the area using Buses, Vans, Minivans & Cars. The detailed transportation plan relies on all of the vehicles adhering to a tight schedule. The responsibility for maintaining 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 you have a concern or issue, please talk to any of the committee members or Mosaic Board Members. We will do our best to address the matter in a timely fashion.

**Volunteers:** A dedicated staff of volunteers from all over the United States & Canada produces this Event each year. Of the 137 people registered for the event, there are 51 volunteers filling 108 volunteer leader, driver, and bus captain positions. Out of the 51 volunteers, there are 17 people driving their cars and 14 people driving MOCA Rented Vans and 46 people filling the 61 leader positions.

Multiple people have contributed in so many other ways as well. Below is a list of Chairpeople:

<a href="#">Conservation Committee Chairperson</a>	Jill Franklin
<a href="#">Elections Commissioner</a>	Bob Israel
<a href="#">Evening Activity Chairperson</a>	Marlise Marcus
<a href="#">Food Committee Chairperson</a>	Jill Franklin
<a href="#">Housing Committee Chairperson</a>	Marsha Zellner
<a href="#">Pre-Trip Co-Chair People</a>	Marlise Marcus / Peter Small
<a href="#">Publicity Chairperson</a>	Brian Horowitz
<a href="#">Quartermaster(s)</a>	Barry Segal
<a href="#">Registrar</a>	Mindy Tumarkin
<a href="#">Religious Committee Chairperson</a>	Ellen Flax
<a href="#">Ride-Share Coordinator for Canada</a>	Norm Abrams
<a href="#">Ride-Share Coordinator for the USA</a>	Ellen Flax
<a href="#">Scholarship Committee Chairperson</a>	Marlise Marcus
<a href="#">Volunteer Coordinators</a>	Marlise Marcus/Terry Auspitz/Brian Horowitz
Registration Software	Ed Shaefer
Advanced Team Chairperson	Mindy Tumarkin
Transportation Coordinator	Brian Horowitz
Out-of Camp Activity Coordinator	Brian Horowitz
Welcome Committee Chairperson	Elana Gerson

We would love to have you onboard 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 Marlisse Marcus, Marsha Zellner, Ed Schaefer, Mindy Tumarkin or Brian Horowitz if you are interested.

## Safety Guidelines:

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. If you have signed up for an activity and do not think you are able to safely participate, let us know. We'll work with you to schedule you for a different activity.

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 before 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 the capabilities of participants. They'll be reviewing safety issues & logistical details. Attendance is mandatory for all activities.

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 to 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 on a monitored cell phone.

**RULE #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.

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 gear - 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 and any other personal safety equipment (such as PFD or helmets).

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.)

Notes about your Transportation this weekend

- All buses will meet in front of the Dining hall on the driveway that goes around the flagpole.
- Mosaic Vans & Minivans will park near the Dining Hall.
- All personal car drivers will pick up passengers in front of the office or meet your driver in front of the dining hall to head down to their car.
- **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.

## Mosaic Participant Guidelines

We would ask all participants to help ensure that all of the activities go smoothly by following these guidelines.

### **PLEASE BE ON TIME!!!!**

We hope you were realistic about the activities you chose. Physically strenuous activities 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 before the activity, preferably the night before, if you have any questions. The decision of the Activity Leader will be final. If you have any medical conditions which may affect your participation in this activity, please let the Activity Leader know privately before the activity.

Be ready to start the activity on time. For activities out of camp, this will mean bringing your pack your gear and dressed for the activity to breakfast. At breakfast pack your lunch and fill your water bottles. Come to breakfast early enough to allow time for this. Arrive at the meeting place ready to go 15 minutes before scheduled departure time; **activity vehicles will not wait.**

It is important to ALWAYS return in the same vehicle that you left Camp unless you are specifically told otherwise. If there are any changes, tell the Activity Leader in person, not by a second-hand message.

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 appropriate safety gear, such as helmets, lifejackets, or harnesses, is MANDATORY for water activities (kayak, raft, canoe, jet ski, etc.) and biking.

Follow the direction of the activity leader(s). Your cooperation is appreciated and required.

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

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

We are guests at Cedar Lake Camp. Please comply with camp rules, policies & directives from the camp staff. (You agreed to this when you registered as part of the terms and conditions).

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.

IN CAMP – PLEASE pay attention to the OPEN times for various activities. You may use the pool or lakefront only when it is open, and **a lifeguard is on duty**. 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.

The “meet your leader” session will happen every evening. Attendance is mandatory!!! This is your opportunity to get crucial information & ask questions. Find out details of what is required for your chosen activity the following day. If you drop an activity, you must go to this meeting and inform the leader. Leaders have been instructed NOT TO ADD participants to any activity without an approved change slip issued by the chairperson. Location of meeting: different areas in and around Dining Hall; specific locations will be announced at dinner.

For each hike, the following are required: decent hiking footwear, hat and 2-3 Liters of water, unless otherwise noted. Hike leaders reserve the right to turn anyone away who does not have the required gear.

Please remember to bring your flashlight with you when you come to dinner. You will need it by the time dinner is over.

Thursday - Evening				
Activity	Start Time	End time	Location	Description
<b>Arrivals &amp; Registration</b>	3:00 pm	6:00 pm	Mosaic Office	Check-in. Pick up your participant folder with the cabin assignment, t-shirt, goodies, and everything else you will need for the weekend. Check in to your cabins, relax, & enjoy seeing friends, old and new.
<b>Welcoming Snacks</b>	3:00 pm	5:30 pm	TBD	
<b>Dinner and Welcoming Remarks and Announcements</b>	6:00 pm	7:30 pm	Dining Hall	See old friends & make new ones over a nice relaxing meal.
<b>Prayer Services</b>	7:15 pm	7:30 pm	Back of Dining Hall	Please join us to make a Minyan for those saying Kaddish this weekend.
<b>Meet Your Leader</b>	7:45 pm	8:05 pm		Meet your volunteer leaders for your FRIDAY daytime activities. Locations posted in the dining hall.
<b>Registration</b>	8:15 pm	10:00 pm	Mosaic Office	Registration for any late arrivals and activity changes
<b>Mixers</b>	8:15 pm	9:15 pm	TBD	Get to know your fellow campers with some friendly games
<b>Improv Games Workshop w/ Rick Dronsky and Ron Bell</b>	9:20 pm	10:30 pm	TBD	No experience necessary. Improvisational acting has always been an activity of wit and humor, but you don't have to be funny to perform. Improv gives a set of rules to support creativity. In this session, we'll learn to think quickly, gain confidence, focus, and most of all, have fun!
<b>Board Games</b>	9:20 pm	???	Dining Hall	Bring your own or use what is supplied
<b>Campfire</b>	10:00 pm	???	Central Fire Ring	Join & meet friends from across the country, world, & cosmos having fun singing & socializing around the evening campfire. Bring a musical instrument, songbook, etc.
<b>Late Night Snacks</b>	10:30 pm	11:30 pm	Dining Hall	

Friday - Daytime

Activity	Start Time	End Time	Vehicle	Driver	Co-Leader	Co-Leader	Bus Captain	
<b>Breakfast</b>	7:00 AM	8:30 AM	Pack your lunch during breakfast. There will be no lunch served in camp.					
<b>Bushkill Falls Hike</b>	8:00 AM	1:30 PM	Bus 1	First Student Bus Driver	Judy Josephs Amy Kravitz	Jeffrey Kay Laura Aronson	Jeffrey Kay	
	The "Niagara of Pennsylvania," Bushkill Falls is among the Keystone State's most famous scenic attractions. This unique series of eight waterfalls, nestled deep in the wooded Pocono Mountains, is accessible through an excellent network of hiking trails, walkways, steps and bridges which afford fabulous views of the falls and the surrounding forest.							
<b>Moderate 4.5 Mile Ridgeline Trail Hike at PEEC</b>	8:30 AM	2:00 PM	Van C	Peter Small	Peter Small	Jonathan Tamir		
	The Ridgeline Trail is a well-marked and well maintained 4.5 mile/3 hour (without stops) moderate hike with less than 250 Ft elevation gain. For the first half-mile and the last mile of the trail, the Ridgeline Trail runs concurrently with the Scenic Gorge Trail.							
<b>Tumbling Waters and Scenic Gorge Trails at the PEEC</b>	8:30 AM	2:00 PM	Van D	Brian Horowitz	Larry Warmflash	Mira Bukingolts		
	Tumbling Waters Trail is along gurgling creeks through tranquil hemlock ravines, down to roaring waterfalls and up to views of the Delaware River Valley and the Kittatinny Ridge in New Jersey.							
<b>Hike to Stairway to Heaven on the Appalachian Trail</b>	8:30 AM	4:30 PM	Van B	Niles Seldon	Niles Seldon	Ariel Kohane		
	Hike boardwalks, a suspension bridge, hardwood forest, fields of wildflowers, train tracks, a cow pasture, and a boulder field before steeply climbing the 1100+FT "Stairway to Heaven" to one of the best viewpoints in NJ: Pinwheel Vista. Then turn around and return the way you came.							
<b>Grey Towers and Milford Town Tour</b>	9:00 AM	3:00 PM	Van A Car	Marsha Zellner Scott Berman	Hillary Brown	Marsha Senack		
	Grey Towers, the ancestral home of Gifford Pinchot, first chief of the US Forest Service and twice Governor of Pennsylvania, is considered the birthplace of conservation in America. After Grey Towers, we will go to Milford, PA, where you can either explore the history of the local area or the local shops.							
<b>11 Mile White Water Rafting on the Delaware River</b>	9:00 AM	4:00 PM	Vendor Bus 2	Kittatinny Bus Driver	Robin Schaffer Ariel Hopes	Bob Israel Douglas Gruber	Bob Israel	
	Rafting on the Delaware River is perfect for novices and groups; no experience is necessary. It's cool, wet fun for those hot summer days. Calm pools offer time for a picnic lunch, sunbathing, and taking a dip in the crystal-clear water.							
<b>Port Jervis Watershed Park Mountain Bike Ride</b>	9:30 AM	4:30 PM	Car Mini-Van	R. Blake Kessler Raymond Ockrant	R. Blake Kessler	Raymond Ockrant		
	This is a full-on mountain bike ride with MTB biking intermediate skills required. You will have a choice of either an 8 mile or 11-mile route at three to four hours around the park. Part of the park is on a Mountain and parts or in the valleys around three lakes with the ups and downs in between.							
<b>Jet-Skis</b>	9:30 AM	11:00 AM	Lake Front					
<b>Archery</b>	9:30 AM	11:30 AM	Archery Range					
<b>Swimming Pool Open</b>	1:00 PM	5:30 PM	<b>Note:</b> Anyone disregarding the lifeguard(s)' requests will be asked to leave the event at their expense.					
<b>High Ropes</b>	2:30 PM	4:30 AM	Ropes Course					

## Friday - Evening

Activity	Start Time	End time	Location	Description
<b>Happy Hour</b>	4:30 PM	5:30 PM	Pool	Relax after your day's activities, schmooze, play a pick-up Volleyball or Basketball game, share stories
<b>Kabbalat Shabbat Services</b>	5:45 PM	7:00 PM	TBD	
<b>Candle Lighting, Kiddush, and HaMotzi</b>	7:15 PM	7:30 PM	Dining Hall	Norm Abrams & Religious Committee
<b>Friday Night Shabbat Dinner, Birkat Hamazon &amp; Announcements</b>	7:30 PM	8:45 PM	Dining Hall	
<b>Meet Your Leader</b>	9:00 PM	9:20 PM		Meet your volunteer leaders for your SATURDAY daytime activities. Locations posted in the dining hall.
<b>Registration</b>	9:30 PM	10:00 PM	TBD	Registration for any late arrivals and activity changes
<b>Meet Thomas Edison</b>	9:30 PM	10:30 PM	TBD	The Wizard of Menlo Park, the man who invented the electric light bulb, phonograph and motion pictures as well as over 1,000 other patents, that made him one of the most prolific inventors of all times. Thomas Edison will be portrayed by Peter Small, who portrayed Prime Minister Golda Meir at 2017 JOE and Theodore Roosevelt at 2018 JOE
<b>Massage Workshop</b>	9:30 PM	10:30 PM	TBD	After a short introduction to the "world" of massage, all the participants will pair up for fun, relaxing interactive massage workshop. People that attend and do not want to participate can watch and learn. Please bring either a yoga mat or a sleeping bag. You may want to bring either your own massage oil or cream. Alternatively, you can bring lotion. Don't have these items, no worries! You can go dry! Limit 20 people. Leader: Bob Arnoff
<b>Campfire</b>	10:00 PM	?? AM	TBD	Join & meet friends from across the country, world, & cosmos having fun singing & socializing around the evening campfire. Bring a musical instrument, songbook, etc.
<b>Board Games</b>	10:00 PM	?? AM	Dining Hall	Bring your own or use what is supplied
<b>Late Night Snacks</b>	10:30 PM	11:30 PM	Dining Hall	
<b>Night Hike</b>	11:00 PM	12:00 AM	Meet in front of Dining Hall	Rick Dronsky and Dave Liebman will lead a night walk around camp. Bring flashlights but try not to use them.



## Saturday – Daytime Out of Camp

Activity	Start Time	End Time	Vehicle	Driver	Co-Leader	Co-Leader	Bus Captain	
<b>Breakfast</b>	7:00 AM	8:30 AM	Pack your lunch during breakfast if you are going out of camp Lunch will be served in camp to only those people staying in the camp for the whole day.					
<b>Mines, Minerals and Buckwheat Tour</b>	8:30 AM	4:30 PM	Cars	Scott Berman Douglas Gruber	Scott Berman			
Visit the Sterling Hill Mining Museum and Franklin Mineral Museum								
<b>7.5-Mile Buttermilk Falls Moderate/Strenuous Hike</b>	8:30 AM	4:30 PM	Van B	Niles Seldon	Susan Freeman	Bob Israel		
Enjoy a 7 ½ miles (with approximately 1400 Ft. elevation gain) hike which highlights interesting terrain while taking the wanderer to great destinations along the way. You will hike a portion of the Appalachian Trail (AT), relax at a glacially formed lake while having lunch, hike through dying hemlock groves with a deep wood feel, and pass by several vista points with views of the surrounding Kittatinny Mountains.								
<b>Three Phases of Liquid Tour</b>	8:30 AM	4:30 PM	Van D	Raymond Ockrant	Merrill Goldsmith	Janet Frankel		
Enjoy a short easy walk to see the second waterfall in PA, Dingmans Falls, with a plunge of 130 feet. Then spend a few hours on an easy-to-moderate 3.5 Mile loop hike in a boreal conifer bog, commonly known as Long Swamp. Then finish the day in downtown Milford, PA with ice cream or frozen yogurt at the Milford Dairy Bar (cash only).								
<b>McDade Trail Bike Ride - Northern</b>	8:30 AM	5:00 PM	Cargo Van Car Car	Brian Horowitz Susan Allen Bonnie Proch	Bonnie Proch	Norm Abrams		
We will ride 21 miles at a slow pace between Bushkill Boat Access and Action Bikes and Outdoor in Milford mostly on the McDade Trail, which is a mixture of crushed stone and grass surface. The trail is NOT flat. There will be some challenging climbs and steep downhills the second half of your ride.								
<b>Lake Wallenpaupack Scenic Pontoon Boat Tour</b>	10:00 AM	2:00 AM	Van A	Ronald Bell	Ronald Bell			
Relax with a 50-minute stunning guided tour on Lake Wallenpaupack. On tour, you will learn about the history behind this charming lake region and why this area has become a popular year-round attraction. You will see the Lake Wallenpaupack Hydroelectric Dam, spot native wildlife, learn about the types of fish in the Lake, view the Shuman Point Natural Area & see one of the four islands on the Lake - Epply Island.								
<b>Moderate Shohola Falls and Marsh Reservoir Birding Hike</b>	9:00 AM	2:00 PM	Van C	Anna Chapman	Steven Umansky	Anna Chapman		
Start our hike viewing the Shohola Falls from three sides. We will then explore parts of the State Game Area surrounding the Shohola Marsh Reservoir enjoying views of the lake and the surrounding habitat filled with an aviary of all types. The eight-mile hike has some ups and downs totaling under 500 Ft. elevation gain.								

## Saturday – Daytime Out of Camp (Cont.)

Activity	Start Time	End Time	Vehicle	Driver	Co-Leader	Co-Leader	Bus Captain
<b>Tubing on the Delaware River - Westfall to River Beach</b>	11:30 AM	4:30 PM	Kittatinny Bus 3	Kittatinny Bus Driver	Marsha Zellner	Amy Kravitz	Marsha Zellner
	Tubing on the crystal-clear Delaware River is the place to be on those hot summer days. Lay back, relax, and drift along a mild whitewater adventure that is similar to a lazy river float. Tubing will generally last between 1.5 to 2 hours depending on river conditions.						
<b>Moderate Lenape Ridge/Minisink Trail Loop Hike (afternoon)</b>	12:30 PM	4:30 PM	Cars	Terry Auspitz Susan Kappel Catherine Gibson	Terry Auspitz	Gayle Nadler	-
	This loop hike follows the Lenape Ridge within the Huckleberry Ridge State Forest, with interesting vegetation and panoramic views. This hike is a very simple, narrow loop, for a four-mile hike. This is an easy-going journey with minimal ups and downs except when you attain the ridgeline on a steep uphill climb. Approx. 630+ ft overall elevation gain.						
<b>Cornelia &amp; Florence Bridge Nature Preserve</b>	1:00 PM	4:00 PM	Walk from Camp	-	Robin Schaffer	Mena Shupak	-
	Enjoy a peaceful easy walk through the forest nearby camp. A good portion of the three-miles of trails in the Preserve is handicap accessible with gradual uphill's and downhill's (total elevation gain/loss under 200 Ft.) and wide mostly flat paths.						

## Saturday Daytime In-Camp

Activity	Start Time	End time	Location	Description
<b>Breakfast</b>	7:00 AM	8:30 AM		Pack your lunch during breakfast if you are going out of camp Lunch will be served in camp to only those people staying in the camp for the whole day.
<b>Lake Front Open</b>	9:00 AM	Noon		<b>Note:</b> Anyone disregarding the lifeguard(s)' requests will be asked to leave the event at their expense.
<b>Morning Walk around Camp</b>	9:00 AM	10:30 AM	Meet in front of Dining Hall	Leader TBD: Show up and lead if you want.
<b>Jet Skis</b>	9:30 AM	11:30 AM	Lake Front	<b>Note:</b> Anyone disregarding the lifeguard(s)' requests will be asked to leave the event at their expense.
<b>Low Ropes</b>	9:30 AM	11:30 AM	Ropes Course	
<b>Shabbat Services</b>	10:30 AM	12:00 PM	TBD	Lead by the Religious Committee
<b>Lunch</b>	12:30 PM	2:00 PM	Dining Hall	Only for those scheduled to stay in camp for the whole day. Everyone else must pack a lunch in the morning and eat it OUTSIDE, not in the dining hall (in case there is a dairy vs. meat issue)
<b>Torah Study</b>	2:30 PM	3:30 PM	TBD	Lead by Ellen Flax: Liar, Liar, Pants on Fire! Does Judaism ever permit us to tell a lie?
<b>Swimming Pool Open</b>	1:00 PM	5:30 PM		<b>Note:</b> Anyone disregarding the lifeguard(s)' requests will be asked to leave the event at their expense.
<b>High Ropes</b>	2:45 PM	4:45 PM	Ropes Course	Elements we may use are Burma Bridge, Zip Line, Jacobs Ladder, Leap of Faith and Multi lines Cross

## Saturday - Evening

Activity	Start Time	End time	Location	Description
<b>Happy Hour</b>	4:00 PM	5:00 PM	Pool	Relax after your day's activities, schmooze, play a pick-up Volleyball or Basketball game, share stories
<b>Dinner &amp; Announcements</b>	5:00 PM	6:30 PM	Dining Hall	
<b>Prayer Service</b>	6:15 PM	6:30 PM	Back of Dining Hall	Please join us to make a Minyan for those saying Kaddish this weekend
<b>Meet Your Leader</b>	6:30 PM	6:50 PM		Meet your volunteer leaders for your SUNDAY daytime activities. Locations posted in the dining hall.
<b>Registration</b>	6:55 PM	7:25 PM	TBD	Registration for activity changes
<b>Dancing to sounds of The Big Wahu Caribbean Band – part 1</b>	7:30 PM	8:30 PM	Barn Theater	
<b>Havdalah &amp; Snacks</b>	8:30 PM	9:00 PM	Barn Theater	
<b>Dancing to sounds of The Big Wahu Caribbean Band – part 2</b>	9:00 PM	10:00 PM	Barn Theater	
<b>Massage workshop by Bob Arnoff</b>	9:00 PM	10:00 PM	TBD	After a short introduction to the "world" of massage, all the participants will pair up for fun, relaxing interactive massage workshop. People that attend and do not want to participate can watch and learn. Please bring either a yoga mat or a sleeping bag. You may want to bring either your own massage oil or cream. Alternatively, you can bring lotion. Don't have these items, no worries! You can go dry! Limit 20 people
<b>Board Games</b>	9:00 PM	??? AM	Dining Hall	
<b>Campfire</b>	9:30 PM	??? AM	TBD	Join & meet friends from across the country, world, & cosmos having fun singing & socializing around the evening campfire. Bring a musical instrument, songbook, etc.
<b>Night Hike with Rick Dronsky/Dave Liebman</b>	11:00 PM	12:00 AM	Meet in front of Dining Hall	Bring flashlights but try not to use them.

Sunday – Daytime

Activity	Start Time	End Time	Vehicle	Driver	Co-Leader	Co-Leader	Bus Captain	
<b>Breakfast</b>	6:30 AM	8:30 AM	Pack your lunch during breakfast. There will be no lunch served in camp.					
<b>Funky Groovy "Green" Tour</b>	7:30 AM	5:00 PM	Van B	Douglas Gruber	Linda Brockman	Michael Marks	-	
Visit Apple Pond Farm, Museum Bethel Woods and Harvest Festival								
<b>Moderate/Strenuous Hike: Dunnfield Creek to Sunfish Pond Loop</b>	8:00 AM	4:30 PM	Car	Edward Schaefer	Edward Schaefer	Ariel Kohane	-	
You are hiking along the Appalachian Trail just about 4 miles to Sunfish Pond, a slow, steady uphill on a wide rocky path. You will reach a monument and see a sign for Sunfish Pond in 3.7 miles and will have climbed almost 1,000 feet. A popular destination because the hike then takes you through some of the prettiest forests in New Jersey to arrive at Sunfish Pond, a glacial lake 1,000 feet ABOVE the surrounding area.								
<b>Tumbling Waters and Scenic Gorge Trails at the PEEC</b>	8:30 AM	2:00 PM	Bus 5	First Student Bus Driver	Frederic Reiner	Jonathan Tamir	Frederic Reiner	
Tumbling Waters Trail is along gurgling creeks through tranquil hemlock ravines, down to roaring waterfalls and up to views of the Delaware River Valley and the Kittatinny Ridge in New Jersey.								
<b>Moderate 4.5 Mile Ridgeline Trail Hike at PEEC</b>	8:30 AM	2:00 PM	Bus 6	First Student Bus Driver	Sharon Rozines	Jeffrey Kay	Frederic Reiner	
The Ridgeline Trail is a well-marked and well maintained 4.5 mile/3 hour (without stops) moderate hike with less than 250 Ft elevation gain. For the first half-mile and the last mile of the trail, the Ridgeline Trail runs concurrently with the Scenic Gorge Trail.								
<b>Day at Promised Land State Park</b>	8:30 AM	4:00 PM	3 Cars	Terry Auspitz Paul Silver Elliott Gross	Daniel Gotlib	Paul Silver	-	
Spend the day at Promised Land State Park. Paddle on the lake, relax on the beach, do a short easy hike along a babbling brook, check out Masker Museum and more.								
<b>Moderate Hike in Cliff Park with Waterfalls and Mountain Views</b>	8:30 AM	4:30 PM	Van C	Stacey Cohen	Ariel Hopes	Robin Schaffer	-	
Hike seven miles with 900 ft overall elevation gain (400 ft. in the first mile) in Cliff Park, Milford, PA including views of Hackers Falls and the Delaware Water Gap. Add an optional one mile/220 ft elevation change for views of Raymondskill Falls (the highest waterfall in Pennsylvania). The trail to Hackers Falls is relatively easy with some rocky areas. The trail to Raymondskill Falls is rooty and steep, with some steps.								
<b>Treetop Adventure Course at Skytop</b>	8:30 AM	4:30 PM	Van D	Brian Horowitz	Susan Allen	-	-	
Four-hour Treetop Adventure Course is just over 3,000 feet in its entirety with varying obstacles including elevated bridgeways from one tree platform to the next, logs hanging from ropes to walk across, ladders, a cargo net, and a total of 16 different zip lines.								
<b>Paddling on the Delaware River – River Beach to Dingmans</b>	8:30 AM	4:30 PM	Vendor Bus 4	Kittatinny Bus Driver	Michael Brochstein	Daniel Borochoff	Michael Brochstein	
Enjoy an 11-mile section of the Delaware River from Kittatinny's River Beach Base in Milford, PA to Dingman's Access. The river is a calm water destination with few notable rapids. It is ideal for beginners to develop paddling and river reading skills and perfect for the experienced paddler who enjoys the untamed peaceful beauty of Middle Delaware.								

Sunday – Daytime (cont.)

Activity	Start Time	End Time	Vehicle	Driver	Co-Leader	Co-Leader	Bus Captain
<b>Five Bridges Bike Tour along the McDade Trail – Southern</b>	9:00 AM	4:30 PM	3 Cars	Peter Herman Susan Kappel R. Blake Kessler	Peter Herman	Nancy Goldstein	-
	Grab a bike and head out on a beautiful, primarily flat section of the McDade Trail! Ride out five miles over five bridges to the historic Owen’s Natural Spring House and turn around for a 10-mile round trip pedal or continue a little further to get a great vantage point over the Delaware River. A perfect 10- or 14-mile ride on the easiest, most scenic section of the trail while enjoying a bit of history along the way with the amazing views. Most people finish in about two to three hours.						
<b>Lake Front</b>	9:00 AM	Noon	<b>Note:</b> Anyone disregarding the lifeguard(s)’ requests will be asked to leave the event at their expense.				
<b>Jet-Skis</b>	9:30 AM	11:00 AM					
<b>Easy Hike at Cornelia &amp; Florence Bridge Nature Preserve</b>	1:00 PM	4:00 PM	2 Cars	Scott Berman Jonathan Fredland	Scott Berman	Jonathan Fredland	
<b>Swimming Pool Open</b>	1:00 PM	5:30 PM					
<b>High Ropes</b>	2:45 PM	4:45 PM					

## Sunday - Evening

Activity	Start Time	End time	Location	Description
<b>Happy Hour</b>	4:00 PM	5:00 PM	Pool	Relax after your day's activities, schmooze, play a pick-up Volleyball or Basketball game, share stories
<b>Group Photos</b>	4:30 PM	5:00 PM	TBD	Bring your Mosaic Sheet/Hats to show off your friends at home.
<b>Dinner / Announcements &amp; Awards Ceremony</b>	5:00 PM	6:30 PM	Dining Hall	
<b>Prayer Service</b>	6:30 PM	6:45 PM	Back of Dining Hall	Please join us to make a Minyan for those saying Kaddish this weekend
<b>Meet Your Driver or Bus Captain</b>	6:45 PM	7:00 PM	TBD	Find out how everyone is planning to travel home the next day. See next page for details.
<b>Elections, Council of Delegates Meeting</b>	7:00 PM	8:00 PM	TBD	
<b>Upcoming Jewish Outdoor Escapes</b>	8:00 PM	8:30 PM	TBD	We want and need your input!! We will discuss the upcoming 2020 and 2021 Events. For 2020, we need leadership and a venue. For 2021, the scheduling will be impacted by Rosh Hashana starting on Labor Day evening.
<b>Healing Words from the Tree of Life</b>	8:30 PM	9:30 PM	TBD	Leader: Elly Faden This workshop covers a basic introduction to the Tree of Life and the Sephirot (circles). You will learn about static and dynamic qualities within the seven energy centers of human experience.
<b>Meet the Animals of Tamerlaine Farm</b>	8:30 PM	9:30 PM	TBD	Meet (virtually) a few of the 200 lucky animals living at Tamerlaine Sanctuary & Nature Preserve. Gabrielle Stubbert, co-founder with husband Peter Nussbaum, will share how this New York City couple rescues animals and is establishing a native plant preserve for wildlife conservation. Opportunity to buy their signature hot sauce and other items!
<b>Photoshop w/ Jeffrey Kay</b>	9:00 PM	10:00 PM	TBD	Over the years at JOE you've seen Jeffrey with his camera taking lots and lots of photos. This presentation will show many of the best photos of the places Mosaic has visited and the members who attended. And tips will be given to help you turn a good photo into a great photo.
<b>Karaoke</b>	9:45 PM	11:00 PM	TBD	Sing along to some great songs by the Beatles! Lots of fun guaranteed, no matter your singing ability.
<b>Board Games</b>	9:00 PM	???	Dining Hall	
<b>Campfire</b>	10:00 AM	???		Last chance to have fun singing & to socialize around the evening campfire.
<b>Late Night Snacks</b>	10:00 PM	???	Dining Hall	

Monday			
Activity	Start Time	End time	Description
<b>Breakfast</b>	7:00 AM	8:30 AM	
<b>Vans transporting luggage from cabins to the dining hall</b>	7:30 AM	8:45 AM	See below for details
<b>Mosaic Shuttle to Airport Departure</b>	9:30 AM		Please make sure to put your luggage on the bus and be onboard at least 15 minutes before departure time.
<b>Mosaic Shuttle to Toronto Departure</b>	9:30 AM		
<b>Mosaic Shuttle to Ottawa Departure</b>	9:30 AM		
<b>Private Car Departure</b>	9:45 AM	11:30 AM	PLEASE: DO NOT DRIVE YOU CAR INTO CAMP UNTIL AFTER THE BUS AND VANS LEAVE for safety. If you need to leave earlier, please carry your luggage to your car.
<b>Clean-Up Crew</b>	11:30 AM	2:00 PM	Report to the Mosaic Office to start the process.
<b>Camp Closed</b>	2:00 PM		Everyone MUST be out of Camp and gates will close.

## Baggage Handling on Monday Morning

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

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. Anyone else can help with loading and unloading luggage on the vans and buses.

## Details on How to Tag Your Luggage:

We will give you luggage tags for your bags to designate them for pickup. We have distributed a few different sizes, color, and shaped tags to designated which vehicle the bags are to go one. Please make sure to use the tags in your participant packet. Do not share.

**Newark Airport:** Please write your name and which terminal you will be flying out of on the tags we supplied you. We will separate the bags into three piles for the three different terminals and then load the three piles into separate bins underneath the bus.

YOU ARE RESPONSIBLE TO MAKE SURE YOUR BAGS ARE PLACED INTO THE CORRECT VEHICLE and BIN.

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.

# CEDAR LAKE CAMP MAP

