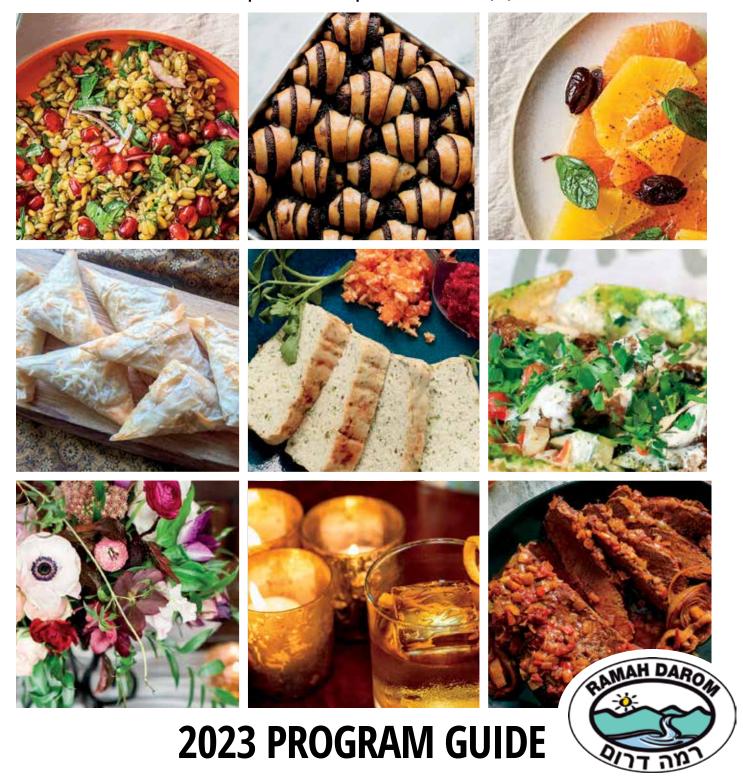
B°teavon

A Culinary Exploration of All Things Jewish Food

Developed in Partnership with The Gefilteria (co)Labs





B^{velcome to} Bteavon

B'ruchim HaBaim, Welcome to Ramah Darom!

We are honored to celebrate this inaugural year of our newest retreat, B'teavon, with you. When we first started to envision a retreat which would explore and celebrate Jewish food and the way in which we use food in Jewish culture to create community and share our heritage, there was no one more we wanted to learn from than the power duo at The Gefilteria, Liz Alpern and Jeffrey Yoskowitz. Liz and Jeffrey have set the standard for quality experiences in Jewish food education, and we are so grateful for their time, energy and talent in mentoring us. This weekend will be inspirational, educational and no doubt, delicious.

This Program Guide has everything you need to know to make the most of your experience. Please read through it and bring it with you wherever you go. We are always happy to answer any and all questions and we look forward to learning with you this weekend!

B'Shalom,

Eliana & Rachel



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B'teavon

Top 15 Things to Know

- 1. Accessibility: All our recreational buildings are wheelchair/ handicap accessible. On Shabbat, the elevator in the Levine Center will operate in 'Shabbat mode' and run automatically. Between 8:00-9:00am and after evening activities a staff member will assist anyone who needs help getting to and from their accommodations and the programatic areas. A staff member will be available to transport those with limited mobility via golf cart when needed. Please note we do not have golf carts available for individual use.
- **2. Attire:** Our atmosphere is casual. For Shabbat or dinners you may prefer bringing dressier attire. No matter the day of the week, comfortable walking shoes are a must! The weather can be unpredictable in the mountains and temperatures can drop quickly in the evenings and early mornings. It is helpful to have layers of clothing and a raincoat with you. Most importantly, stay comfortable and wear what feels right to you!
- 3. Childcare & Shmira (Night Listening): There are many amazing counselors here to care for your chidren during kids program hours. Counselors will also supervise children during dinner on Saturday and Sunday. Outside of designated kid-only activity times and meals, parents are responsible for the supervision of their children.
 - Shmira takes place during adult evening activities. Counselors will be assigned to central spaces in the hotel or cabin to listen for children who wake up or need something. Please note that each family will not have its own babysitter. Night listeners are there to respond to needs that arise but are not available to supervise bedtime. Every location will have a walkie-talkie to stay in communication with a Ramah Darom staff person at the adult program.
- **4. Drinking Water:** All water on our property is underground mountain spring water—great for drinking!
- **5. Fitness Center:** The Fitness Center is located on the ground floor of the Levine Center and is equipped with bikes, treadmills, elliptical, bench press benches, CrossFit equipment, a multi-purpose weight machine, medicine balls, gym bands and yoga mats. Please keep all equipment in the Fitness Center.
- **6. Info Table:** During mealtimes there will be an Info Table in the *Chadar Ochel* (Dining Hall) where staff will be seated to answer questions.

- **7. Maintenance Requests:** Please report maintenance requests to <u>RamahDarom.org/Maintenance</u>. Facility staff are always on call. We ask that you avoid submitting requests before 7:30am or after 9:00pm, unless it is an emergency.
- **8. Meals, Snacks & Beverages:** We are an AKC-Certified kosher campus. Please help us maintain our *kashrut*. All meals, snacks and beverages are provided. Outside food is not allowed in the *Chadar Ochel* (Dining Hall). There are always people around to answer your questions, but here are a few important pieces of information:
 - Breakfast and lunch will be served buffet style and dinner will be served family style. There will be a kid's food buffet at lunch and dinner. Servers will clear tables at the conclusion of each meal.
 - Every lunch and dinner will begin with a communal moment of blessing and conclude with gratitude options at designated tables.
 - All special dietary food needs will be served from the kitchen prep area at breakfast and lunch and brought to your table at dinner via request to your server.
 - Friday night dinner will have assigned tables, but all other meals will be open seating. Please be mindful to avoid leaving a single seat between you and the next person to fit all guests in the dining room. We encourage you to sit with new people at each meal!
 - Saturday and Sunday dinners will have a separate dining space for children in the Mountainside *Chadar Ochel* (Dining Hall). Counselors will oversee this meal space and parents are welcome to assist or feed their children as needed. Once all children have finished eating, counselors will bring them downstairs to the *Mercaz Aryeh* (Library) to play. Parents should pick their child(ren) up from this area at 7:45pm.
 - The B'teavon Bar is located at the Airstream in front of the Levine Center, serving a variety of alcoholic and nonalcoholic beverages, and will be open between breakfast and dinner on Saturday and Sunday. Canned drinks and snacks will be available throughout the day at the Canoe, located by The *Ohel* (Tent). Hot beverages and whole fruit will always be available between meals by the coffee and tea station in the *Chadar Ochel* (Dining Hall).

Top 15 Things to Know Continued

- **9. Medical & Emergencies:** For minor medical issues, first aid kits are available in the *Chadar Ochel* (Dining Hall), the *Beit Am* (Covered Basketball Court), Boathouse and *Breicha* (Pool). Please see a Ramah Darom staff member for assistance with medical attention.
- **10. Programs & Activities:** There are many activities happening at B'teavon! You can participate in as much or as little of our programmatic offerings as you choose.
 - Hands-On Activities: Participate in fun food-adjacent sessions such as tablescapes, food photography, spice mixing, mixology and wine tasting.
 - **Demos:** Observe the experts creating dishes and sample some for yourself at the end.
 - Learning with the Experts: Join sessions with featured chefs and experts on topics such as Jewish inspiration, culinary history, identity and food and personal journeys.
 - Camp Fun: Gather around a bonfire, tie dye a set of napkins and challenge yourself on the climbing wall.
 Please note that the climbing wall requires advance sign up which will be available on Sunday at breakfast and lunch at the Info Table in the Chadar Ochel (Dining Hall).
 - Cooking Classes: Learn how to incorporate new dishes into your cooking repertoire during these 2-hour sessions. As cooking classes have a limit of 24 people per class, we will require advance registration to ensure that every guest is guaranteed at least one cooking class over the weekend. Sign-up sheets will be available in the Chadar Ochel (Dining Hall).
- 11. Shabbat & Spirituality: Shabbat is a very special time of the week at Ramah Darom. Here are a few ways for you to connect with your spiritual side, your beautiful surroundings and those around you.
 - Welcome Shabbat as a community with candle lighting and Friday night services. Individual candle lighting will also be available in *Chadar Ochel* (Dining Hall) between 5:30-6:00pm. Tea lights will be provided. Please do not light candles in your room!

- Participate in the Saturday morning spiritual practice of your choice: Traditional egalitarian tefillah (prayer) service, meditation and yoga, a waterfall hike or a spiritual food discussion.
- Attend a class (or many!) led by our Rabbi-in-Residence to explore blessings and sacred texts about food and sustenance.
- Stay present in this experience and refrain from electronics in shared spaces.
- **12. Smoking, Illegal Substances & Firearms:** Firearms, illegal substances and related paraphernalia are not permitted on campus. Smoking is not allowed inside any building. There is a designated smoking area outside on the back porch of the *Chadar Ochel* (Dining Hall) and in the Welcome Center parking lot. A fee will be assessed to rooms or areas showing evidence of smoking or smoke damage.
- **13. Valuables:** Ramah Darom is not responsible for any missing or lost items. If you are staying in a hotel room and are uncomfortable leaving valuables in your room, keys are available with a refundable deposit.
- **14. Vehicles:** The speed limit on campus is 5mph. Please only park in the approved parking locations near your accommodations. We ask that you leave your vehicle parked for the retreat duration. Guests are not permitted to drive through campus at any time.
- **15. Wi-Fi:** Wireless internet service is available throughout the facility via "Ramah Darom Wi-Fi" (no password). If you have any issues connecting to the internet, try turning your device's Wi-Fi off and back on, then try reconnecting. If you still have connectivity issues, contact the Bridge Communications Help Desk: 866-632-2717, hit 1 (for after-hours emergency support, hit 5), email support@bridge-comm.net, or inform a member of the Ramah Darom staff.

B²teavon



Daily Schedule



	Friday, February 17	
TIME	ACTIVITY	LOCATION
1:00-5:00pm	Check-In	Welcome Center
	Shabbat Station Smorgasbord Stop by at your leisure to enjoy some DIY activities to get ready for Shabbat Station Shabbat Station Smorgasbord	pat.
	Besamim (Spice) Mixing	
	Candle Making	
2:00-4:00pm	Challah Board Wood Burning	Lavia a Caustau Bautia
	Cookie Decorating	Levine Center Portico
	Grape Juice Pressing	
	Shabbox Decorating	
3:00-4:00pm	Campus Tour Join a guided tour of our beautiful campus to learn the lay of the land or feel free to walk around on your own while listening to our audio tour. You can find the ΩR code for the audio tour on the back of this program guide.	Meet at Welcome Center
	Family-Friendly Challah Braiding	Levine Center Portico
4:00-5:00pm	Kosherwine.com Tasting Series: This Weekend's Wines Stop by and visit sommelier Brad du Plessis of Kosherwine.com to sample the wines carefully selected for your enjoyment this weekend. Learn about pairing recommendations of which wines to select at each meal. Premium wine package selections will be available to sample for those who have purchased this add-on.	The Ohel (Tent)
5:00-6:00pm	Shabbat Prep	Hotels & Cabins
6:00-7:00pm	Welcome & Kabbalat Shabbat Join us for candle lighting and Friday evening services.	Beit Knesset (Spiritual Center)
7:15-8:15pm	Shabbat Dinner Please note: there are assigned tables for this meal to optimize the number of people you get to meet!	Chadar Ochel (Dining Hall)
8:30-10:00pm	Dessert Oneg & Food for Thought Panel Enjoy delicious desserts and post-dinner drinks as Eliana Leader, Director of the Kaplan Mitchell Retreat Center at Ramah Darom, moderates a panel forum with our guest chefs. This session will utilize a microphone to assist the hard of hearing.	Lakeside <i>Chadar Ochel</i> (Dining Hall)
8:30-11:00pm	Shmira (Night Listening) Available	Hotels & Cabins

	Saturday, February 18	
TIME	ACTIVITY	LOCATION
8:00-9:30am	Breakfast	Chadar Ochel (Dining Hall)
	Traditional Egalitarian Shabbat Shacharit	Beit Knesset (Spiritual Center)
	Minyan Shelanu: Musical Family Services with Ori Salzberg This tefillah (prayer) space is open to all ages. Acoustic instruments will be used.	Lakeside <i>Chadar Ochel</i> (Dining Hall)
9:30-10:30am	Neshamah & Moyo: Soul Food as Edible Scripture with Michael W. Twitty Explore the transcendental nature of traditional Jewish diaspora and African Atlantic foodways with culinary historian and author Michael W. Twitty. This session, a hybrid of conversation and meditation, will give participants a feeling of the deeper meaning behind what food means to the spirit and how the spirit relates to food.	<i>Moadon</i> (Multipurpose Room)
10:30-11:15am	Haimish Yet Highbrow Kiddush A tradition at the conclusion of prayer services in synagogues around the world on Shabbat morning is to say the kiddush blessing and have a snack reception. Haimish a Yiddish slang term, means homey or unpretentious. At this kiddush, we will upscale some well-loved haimish kiddush staples. Enjoy a selection of "old world" bakery treats, cholent with kishke, bourbon and scotch I'chaims (toasts) and fusion-flavored pickled herrings sponsored by The Rebbe's Choice!	Levine Center Portico
	Triennial Torah Service & Mussaf	Beit Knesset (Spiritual Center)
11:15am-12:15pm	Alternative Musical Service with Ori Salzberg Experience gratitude with a spiritual practice inspired by the Shabbat liturgy. Acoustic instruments will be used.	Lakeside <i>Chadar Ochel</i> (Dining Hall)
	Meditative Yoga with Navit Robkin We will incorporate vinyasa techniques in a moving meditation to foster strength and fluidity in the body and mind. Mats provided. No music will be played at this session.	Moadon (Multipurpose Room)
	On-Campus Waterfall Hike (Easy) Please note that this hike goes outside of the <i>eruv</i> and is not stroller friendly.	Meet at Pizza Patio
	Play Space Available for Ages 5 and Under Parent supervision required.	Mercaz Aryeh (Library)
12:30-1:30pm	Shabbat Lunch	Chadar Ochel (Dining Hall)
1:30-1:45pm	Kids Program Drop-off	See Kids Program Schedule for Details
	Menucha (Rest Hour)	Hotels & Cabins
1:30-2:30pm	Developing a Jewish Relationship with Our Food by Rabbi Josh Hearshen This session will begin with a mindful <i>mincha</i> service and conclude with an exploration of the spectrum of Jewish values in eating.	Beit Knesset (Spiritual Center)
	Mah Jongg Gathering What's a Jewish gathering without some MahJ?? Grab a drink at the B'tevaon Bar and meet new friends or old for a pickup game and a kibbitz (gabbing). Our sets include cards but feel free to bring your own. We request that you only do so if providing a set of 4.	The <i>Ohel</i> (Tent)

	Saturday, February 18	
TIME	ACTIVITY	LOCATION
1:30-2:30pm	The Makings of Amaro with Seth Watson Amaro (Italian for bitter) is an herbal liqueur that is commonly consumed as an after-dinner drink. In this session, Distillery of Modern Art (DOMA) founder and owner Seth Watson will walk us through the intricate process of creating kosher Amaro and the flavor transition from a traditional digestif sipped by Italian Jews to the Southern twist of a locally-distilled one.	The <i>Ohel</i> (Tent)
1:30-3:30pm	Shtetl Picnic with The Gefilteria* Together, we'll create our dream summer shtetl picnic to highlight the fresh abundance of Ashkenazi cuisine, outside of the major holiday seasons. Never mind that it's February! Participants will be invited to put their own spin on dishes like cholent deviled eggs, beet chopped "liver", herring rollmops, smoked whitefish salads and much more. Be prepared to chop, plate and eat!	Lakeside <i>Chadar Ochel</i> (Dining Hall)
	This session uses dairy.	
	Kosherwine.com Tasting Series: The Wonderful World of Israeli Wines Israel's soil is in an ideal environment for bold and beautiful wine making. Join sommelier Brad du Plessis on a sipping tour of some of Israel's best wineries.	The <i>Ohel</i> (Tent)
2:45-3:45pm	L'Dor V'Dor: Family Generations & Food Memories with Todd Ginsberg So many meaningful memories are made through the meals we share and the food heritage we pass down from generation to generation. The story of Todd Ginsberg's first Atlanta restaurant, The General Muir got its name and how it came to be is the product of one of those beautiful stories of food as a shared heritage. Join Todd at this session to learn more about his Jewish journey and the role food plays in it, the origins of The General Muir, and be prepared to share your family food memories as well.	Beit Knesset (Spiritual Center)
	Out-of-Camp Waterfall Hike (Moderate) Please note that this hike goes outside of the <i>eruv</i> and is not stroller friendly. This hike includes crossing a small stream and one fallen tree.	Meet at Levine Center Portico
	Koshersoul Text Study with Michael W. Twitty Explore readings connecting food, social justice, culinary history and Black-Jewish identity in Michael W. Twitty's 2023 National Jewish Book Award-winning Koshersoul: The Faith and Food Journey of an African American Jew. Michael will lead us through an examintion of his new text of American Jewish culture and Southern Jewish identity.	Beit Knesset (Spiritual Center)
4:00-5:00pm	She Beat Bobby, Can You Beat Her? with Tova du Plessis It's already Shabbat and you forgot about dessert! Can you whip something up to impress your guests? Chef Tova du Plessis, winner on the Food Network show Beat Bobby Flay, will be demonstrating some ideas for impressive plated desserts made with ingredients you may just have lying around-all without any cooking or baking. Do you have what it takes to go up against Tova? All participants will have the opportunity to battle Tova as the clock counts down, to turn regular pantry and fridge staples into a beautiful and delicious dessert! This session uses dairy and is vegetarian.	Lakeside <i>Chadar Ochel</i> (Dining Hall)

	Saturday, February 18	
TIME	ACTIVITY	LOCATION
4:00-6:00pm	Marvelous Mezze and Sephardic Salads with Susan Barocas* Throughout the Mediterranean and Middle East, the many small plates of mezze (aka salatim in Israel, tapas in Spain) are served as starters for a larger meal to come or as a satisfying meal on their own. Relying on local, seasonal ingredients, these dishes are often best cold or at room temperature, making them perfect for entertaining, Shabbat meals, warm weather or healthy snacking and grazing. Explore the history of varied, flavorful mezze and Sephardic salads as we prepare (and eat!) dishes from medieval Spain to Morocco to Turkey.	Mountainside <i>Chadar Ochel</i> (Dining Hall)
	This session is pareve, vegan, vegetarian, gluten-free, nut-free, sesame-free, soy-free and egg-free.	
	Can We Eat Yet? with Rabbi Josh Hearshen As the old saying goes, the universal description of a Jewish holiday is "They tried to kill us, we survived, let's eat!". Why is it that Jewish holidays are so deeply infused with symbolic foods as a central component of our celebrations? In this session we will explore and celebrate Jewish holiday foods and drinks and come to understand their importance. L'chaims will be served!	Beit Knesset (Spiritual Center)
5:15-6:15pm	Demystifying Drink Making with Seth Watson & Raising the Bar Do you enjoy a well-crafted cocktail or mocktail but feel intimidated by making one? DOMA owner and founder Seth Watson and the mixology experts at Raising the Bar will teach you how to craft a beautiful beverage, and will demystify some of the ingredients and garnishes that give your drink that extra flair.	The <i>Ohel</i> (Tent)
	Walk N' Schmooze with Wally Levitt Enjoy an evening stroll with Ramah Darom CEO Wally Levitt and learn fun facts and stories about this beautiful campus.	Meet at Levine Center Portico
6:15-6:30pm	Kids Program Pick Up	See Kids Program Schedule for Details
6:30-7:45pm	Dinner Adeena Sussman will speak at 7:30pm. Kids dining will be located in the Mountainside <i>Chadar Ochel</i> (Dining Hall).	Chadar Ochel (Dining Hall)
8:00-8:30pm	Musical Havdalah	Fire Rings at <i>Beit Am</i> (Covered Basketball Court)
8:00-11:00pm	Shmira (Night Listening) Available	Hotels & Cabins
8:30-9:30pm	Pickling & Fermenting with The Gefilteria Pickle lovers unite! Delve into the world of pickling the old-fashioned way. You'll learn the Jewish history of pickling and make your very own jars of pickles based on what's in season. We'll empower you with fermentation techniques you can apply to pickling all year round. You'll never look at a jar of pickles the same way again!	Mountainside <i>Chadar Ochel</i> (Dining Hall)
	This session is pareve.	

Saturday, February 18		
TIME	ACTIVITY	LOCATION
	S'mores Station, Firepit Pita Making, DOMA Bar & Campfire Jam	Fire Rings at <i>Beit Am</i> (Covered Basketball Court)
8:30-10:30pm	Matzo Meal Fried Chicken & Koshersoul Collards with Todd Ginsberg & Michael W. Twitty* Chefs Todd Ginsberg and Michael W. Twitty share a background and passion for Southern cooking. Blending their styles of Jewish, Southern and African American inspired food, we will make matzo meal fried chicken, accompanied by Koshersoul Collards. A unique twist on Southern comfort food! This is a meat cooking class.	Lakeside <i>Chadar Ochel</i> (Dining Hall)

	Sunday, February 19	
TIME	ACTIVITY	LOCATION
7:30-8:30am	Vinyasa Yoga Flow with Navit Robkin We'll move at a moderate pace as we link postures with our breath. This session includes a range of motion. Mats provided.	Moadon (Multipurpose Room)
7:45-8:30am	Traditional Egalitarian Shacharit	Beit Knesset (Spiritual Center)
8:00-9:30am	Breakfast	Chadar Ochel (Dining Hall)
9:30-9:45am	Kids Program Drop-off	See Kids Program Schedule for Details
9:45-10:45am	Chicken Soup Congee with Todd Ginsberg Make the iconic Chinese breakfast soup, congee, using traditional "Jewish Penicillin" as the foundation. We will garnish with traditional Chinese items that compliment the dish. Contains meat.	Mountainside <i>Chadar Ochel</i> (Dining Hall)
	Designing a Full Tablescape with Yona Benstock Friedman Learn to host in style by creating an impressive tablescape worthy of your Shabbat and holiday guests, from floral touches to gorgeous table settings. Yona Friedman, owner and founder of Flowers by Yona, will give a live, hands-on demo on the florals and will have a full table set. After participants have finished their arrangements we will add the arrangements to the table to show the completed product and take pictures.	The <i>Ohel</i> (Tent)
	Tastes Across the Centuries: The Enduring Influence of Sephardic Foodways with Susan Barocas When the Jews were forced to leave Spain, they took their delicious and unique cuisine, developed over nearly 2,000 years of Sephardic life in Iberia, to new homes in the Ottoman Empire, other parts of Europe, the Middle East and the New World. Together we'll explore the roots of Sephardic food traditions and their surprising influence on foods we eat today.	Beit Knesset (Spiritual Center)

*Pre-registration required. All sign-up sheets are in the *Chadar Ochel* (Dining Hall).

	Sunday, February 19	
TIME	ACTIVITY	LOCATION
9:45-11:45am	Blissful Blintzes with Tova du Plessis* Whether serving on the Jewish holiday of Shavuot or a Sunday morning, warm, fresh blintzes are a divine treat. In this class we will learn how to make perfect, delicate blintzes with a sour cherry compote. This session uses dairy and is vegetarian, nut-free, sesame-free and soy-free.	Lakeside <i>Chadar Ochel</i> (Dining Hall)
	Capturing Insta-Worthy Food Photos with Jeremy Friedman Whether you are an aspiring photographer, online culinary influencer or just a regular smartphone user enjoying an amazing meal, we all love to take photos with our mobile devices. This interactive session offers beginner to intermediate guidance about 'clarity of focus,' 'storytelling composition' and 'light vs shadow'. Learn a few post-production tips about the edit/adjustment levels on your phone that can help fix or enhance your photos and how to capture more impactful and enjoy- able photos of the world around us! Please bring your phone with you.	<i>Moadon</i> (Multipurpose Room)
	Designing a Full Tablescape with Yona Benstock Friedman If you missed the 9:45am session, this is your chance!	The <i>Ohel</i> (Tent)
11:00am-12:15pm	Eating Our Way Through an Understanding of the Torah with Rabbi Josh Hearshen Together we will dream up an edible commentary to the Torah, examine different Torah portions and create meals that tell their stories!	Beit Knesset (Spiritual Center)
	Jollof Rice Stuffed Collard Greens with Michael W. Twitty Jollof is the transnational dish of West Africa. It takes many different forms across different countries, from Senegal, to the Gambia, to Sierra Leone and beyond. This recipe provides a basic outline of the pilaf. Party rice jollof can be amended as you like, and in this session we will turn the traditional stuffed cabbage (holishkes) on its head with the use of collard greens.	Mountainside <i>Chadar Ochel</i> (Dining Hall)
	This session is pareve, vegan, gluten-free, nut-free, sesame-free and soy-free.	
12:30-1:30pm	Lunch	Chadar Ochel (Dining Hall)
1:30-1:45pm	Kids Program Drop-off	See Kids Program Schedule for Details
1:45-6:15pm	Climbing Open* *Pre-registration for a time slot is required. Sign-ups can be found at the Info Table in the Chadar Ochel (Dining Hall).	Alpine Tower
	Menucha (Rest Hour)	Hotels & Cabins
1:45-2:45pm	Capturing Insta-Worthy Food Photos with Jeremy Friedman If you missed the 11:00am session, this is your chance! Please bring your phone with you.	The <i>Ohel</i> (Tent)
	Hekdesh What is This Hekdesh You Speak Of? with Rabbi Josh Hearshen Did you know that Jewish blessing practices 'desanctify' our food? Together we will study texts that reveal a much deeper value in saying blessings before we eat and how they demonstrate the role of God and the human in all that we consume.	Beit Knesset (Spiritual Center)

	Sunday, February 19	
TIME	ACTIVITY	LOCATION
2:00-4:00pm	DIY Deli with The Gefilteria* The Gefilteria brings its take on Jewish deli to the Peach State with a class that riffs on deli classics, from homemade knishes with creative fillings to kasha varnishkes to hearty winter borscht. Learn the techniques to feel empowered to do deli yourself and gain the insights to adapt these traditions to your own kitchens. * Pre-registration is required. This session uses dairy.	Lakeside <i>Chadar Ochel</i> (Dining Hall)
	Sunday Funday Activities—Arrive at your leisure!	
	Dinner Napkin Tie Dye	Kikar (Activity Field)
	Book Store	
	L'chaim Glass Etching	Levine Center Portico
	Repair the World Food Justice Project	Levine Center Fortico
	Spice Mix Making	
3:00-5:30pm	Mini Workshop Series	
	3:00-3:30pm: Knife Skills & Selections	
	3:30-4:00pm: DIY Drink Making	The <i>Ohel</i> (Tent)
	4:00-4:30pm: Napkin Origami	The Oner (Tent)
	4:30-5:00pm: Wine Tasting 101	
	4:00-5:00pm: Tea Hike	Meet at Pizza Patio
	4:45-5:30pm: Book Signings	Levine Center Portico
4:30-6:30pm	Converso Cuisine: The Food of Spain's Secret Jews with Susan Barocas* Since 613 CE, when the early Catholic Church imposed the first inquisition on Iberia's Jews, there have been conversos-those who outwardly converted to Christianity while trying to maintain some level of observance and connection to Judaism. With growing anti-Jewish violence and forced conversions in the 14th century, followed by the 15th century official Inquisition, the numbers of conversos grew much larger. One of the strongest ties for those who were secret or cry to-Jews was food, which tells us much about the food of the original Sephardim. We will explore these foodways as we prepare dishes based on Inquisition testimony and other historical sources.	Lakeside <i>Chadar Ochel</i> (Dining Hall)
	This session uses dairy, is vegetarian, gluten-free, sesame-free and soy-free.	

*Pre-registration required. All sign-up sheets are in the *Chadar Ochel* (Dining Hall).

	Sunday, February 19	
TIME	ACTIVITY	LOCATION
	Flower Arranging 101 with Yona Benstock Friedman* What do you do when you buy flowers at the grocery store? Probably just put them in a vase without thinking. What if you could elevate the look of a grocery store bouquet and make it into a beautiful table centerpiece or impressive host gift? In this session, participants will learn how to put an arrangement together using grocery store flowers to create their own stylish look.	Beit Knesset (Spiritual Center)
5:15-6:15pm	Kosherwine.com Tasting Series: Wines of the World In this session, sommelier Brad du Plessis will take you on an exploration of the amazing world of kosher wine available outside of Israel.	The <i>Ohel</i> (Tent)
	Yin Yoga with Navit Robkin End the day with a series of calming, passive floor poses. We'll hold poses a little longer to work into the neck, shoulders and lower body. Mats provided.	Moadon (Multipurpose Room)
6:15-6:30pm	Kids Program Pick Up	See Kids Program Schedule for Details
6:30-7:45pm	Dinner Adeena Sussman will speak at 7:30pm. Kids dining will be located in the Mountainside <i>Chadar Ochel</i> (Dining Hall).	Chadar Ochel (Dining Hall)
8:00-11:00pm	Shmira (Night Listening) Available	Hotels & Cabins
8:00-10:00pm	B'teavon Cook-Off! Time to put your new knowledge and skills to the test. 3 teams will battle it out to win over an expert panel of judges and incredible prizes will be awarded to the winners and contestants! Enter the raffle during the Fest for your chance to be selected for a team. Additional raffle submissions available with every purchase at the Fest Store.	Lakeside <i>Chadar Ochel</i> (Dining Hall)
8:30-9:30pm	Watch: Taste the Nation Taste the Nation with Padma Lakshmi is an American travel and food docuseries which takes audiences on a journey across America, exploring the rich and diverse food culture of various immigrant groups. We will screen two episodes: one in which Michael W. Twitty shares the rich history of Gullah cuisine in South Carolina, and a Jewish foods episode featuring Liz Alpern and Jeffrey Yoskowitz of The Gefilteria.	<i>Moadon</i> (Multipurpose Room)

Monday, February 20		
TIME	ACTIVITY	LOCATION
	Traditional Shacharit & Torah Reading	Beit Knesset (Spiritual Center)
7:30-8:30am	Vinyasa Yoga Flow with Navit Robkin We'll move at a moderate pace as we link postures with our breath and include a range of motion. Mats provided.	Moadon (Multipurpose Room)
8:00-9:30am	Breakfast	Chadar Ochel (Dining Hall)
9:30-9:45am	Kids Program Drop-off	See Kids Program Schedule for Details

	Monday, February 20	
TIME	ACTIVITY	LOCATION
9:45-11:45am	The General Muir's Pecan Crusted French Toast with Todd Ginsberg* What do you do with all that leftover challah after Shabbat? Make french toast of course! This french toast dish has been on the menu since the opening of Todd Ginsberg's Jewish deli-inspired restaurant The General Muir. Make this together from start to finish using Ramah Darom challah. This session uses dairy.	Lakeside <i>Chadar Ochel</i> (Dining Hall)
	Sababa Cooking with Adeena Sussman You've sampled Sababa recipes over the weekend, now watch Adeena at work! This demo session will show you how quick and easy it is to make some dips and chips to welcome guests into your home. This session uses dairy.	Mountainside <i>Chadar Ochel</i> (Dining Hall)
9:45-10:45am	The Shtetl Kitchen with The Gefilteria Join Jeffrey & Liz of The Gefilteria for a dynamic discussion on Eastern European Jewish foodways, past and present. They'll discuss latkes, matzo ball soup, blintzes, and much much more, as well as exciting dis- coveries about seasonal Jewish eating, holiday cooking, and culinary wisdom which will transform everything you thought about Ashkenazi gastronomy.	The <i>Ohel</i> (Tent)
	It's Not So Black & White with Tova du Plessis Join Chef Tova as she guides us on her take on a classic New York black and white cookie. You'll have a chance to sample at the end and feel empowered to make them at home! This session uses dairy and is nut-free, sesame-free and soy-free.	
	Making Our Dining Tables a Temple with Rabbi Josh Hearshen As we prepare to leave this incredible gastronomical experience in the mountains of Georgia, how do we take a piece back home? Why and how do we transform our kitchens and dining rooms into our Temples (emphasis on the capital T)?	Beit Knesset (Spiritual Center)
11:00am-12:00pm	Satisfying the Sephardic Sweet Tooth with Susan Barocas Although the Sephardic custom was to serve fresh fruit at the end of meals, special occasions and company would call for serving postras (desserts), pasteleria (pastry) and dulses (sweets), which are served as part of la tavla de dulce (a special sweets tray). Some of this great variety of treats date to the centuries in Spain while others developed as Sephardim incorporated the flavors and ingredients of their new homes in other countries. Explore some history and traditions around Sephardic sweets and, after a demo, satisfy your own sweet tooth with samples.	Mountainside <i>Chadar Ochel</i> (Dining Hall)
12:00-12:15pm	This session is pareve, vegetarian, gluten-free, sesame-free and soy-free. Kids Program Pick Up	See Kids Program Schedule for Details
12:15pm	L'hitraot! Grab n' Go lunch available.	Chadar Ochel (Dining Hall)

B'teavon

Kids Program Overview

An awesome Kids Program has been planned for children in 6th grade and under with great counselors and exciting activities. Parents will receive a Kids Program Booklet on site that has a detailed schedule with locations for all age groups. Extra copies of the booklet will be available at the Info Table.

Note: All participants should be wearing closed-toe shoes during Kids Program hours and should have a coat!

6 Months to Kindergarten

- See the Kids Program Booklet for pick-up and drop off locations.
- Children ages 6 months to 2-years-old will be cared for in our Gan program, located in the *Mercaz Aryeh* (Library) in the downstairs of the Levine Center. Diaper changing and nap/rest time will occur in this group.
- Your child must be potty-trained or in pull-ups to be in the 3-year-old to Kindergarten age group. There will be no diaper changing in this group.
- For safety reasons, pick up and drop off must be done by a child's parent/guardian.
- What to pack each day: Stroller (if applicable), diaper bags, diapers (plus storage bag for cloth diapers if applicable), spare clothes, hat, and any comfort items (blankets, pacifiers, toys, etc.). Please label ALL items!

1st - 6th Grade

- Children in 1st-6th Grade and up will be split into age groups. Pick up and drop off will be in the Levine Center Portico.
- Campers in 3rd Grade and under must be dropped off and picked up by a parent.
- If you have a 4th grader or older and would like them to be checked in and out of the group by a parent, please let their counselors know.
- If a 4th-6th grader is participating in kids programming, they can check themselves in and out at the start and end of the program block but cannot come and go in between those times (example: If kids programming is scheduled from 1:30-6:30pm, the campers in this age range cannot leave in the middle unless picked up by a parent).

Days	Times
Saturday	1:30-6:30pm
Sunday	9:30am-12:30pm, 1:30-6:30pm
Monday	9:30am-12:00pm

B°teavon

Meet Our Chefs & Field Experts

Liz Alpern is passionate about re-imagining tradition and bringing people together. Liz is co-founder of The Gefilteria and co-author of *The Gefilte Manifesto*: New Recipes for Old World Jewish Foods. She is also the creator of Queer Soup Night, a global event series highlighting the talent of queer chefs and raising tens of thousands of dollars for locally based social justice organizations. Liz received her MBA from Baruch College's Zicklin School of Business and has been featured on the Forbes 30 Under 30 List, the Forward 50 and The Cherry Bombe 100. She is committed to seeing a more just and equitable food system for all so when she's not in the kitchen with The Gefilteria, she's consulting for national non-profit organization, Fair Food Network.

Susan Barocas is a writer, chef and cooking instructor who is passionate about healthy, no-waste cooking and Jewish food, especially Sephardic history, cultures and cuisines. She proudly introduced several Sephardic dishes when serving as guest chef for three Seders at the Obama White House. Founding director of the Jewish Food Experience, she organized the Israeli food conference sponsored by the American University Center for Israel Studies and co-chaired the Hazon food conference. Susan's newest project, with the singer Sarah Aroeste, is Savor: A Sephardic Music and Food Experience, a unique project that brings together Ladino music with Sephardic history and cuisine. Savor includes a CD and video cooking series (to be released in early 2023), programs and workshops presented in local communities and an Athens-Istanbul cruise in May 2023.

Yona Benstock Friedman is the founder and owner of Flowers by Yona, a full-service floral and event design studio, based in Atlanta, Georgia and serving the Southeast region. In 2010, Yona moved to Israel and began formal training in floral design. Her training led her to Holland to study Dutch Floral Design at the Boerma Institute, and then back to Israel to work under some of the best designers in the country. In 2012, she moved back to Atlanta, Georgia where she started her business and began sharing the beautiful European style of floral design within the Southeast. Whether it's a wedding, a social event, a company party or a private party at your home, her passion is to tell your special story through color choices, flower choices, lighting, linens, draping, special and unique furnishings and other decor items.

Brad du Plessis got his start in the wine industry as a "cellar rat" at one of Napa Valley's most prestigious boutique wineries. Although an amazing educational experience, he learned that wine production was not where he saw his future. He found a home in the winery tasting room, eventually working his way up to Hospitality Manager. This led to the next step in his career, working on the wholesale side of the wine business selling premium wine to the best restaurants and wine shops on the East Coast. In his current role as the Director of Sales and Education at KosherWine.com, he leads online interactive wine education classes and provides one on one wine consultation for customers. Brad holds a WSET (Wine and Spirits Education Trust) level 3 Wine Certification and is currently studying towards his WSET level 4 Diploma, the highest certification offered by the WSET. He is joined by his wife Tova du Plessis and his 7-year-old daughter Lily.

Tova du Plessis is a four-time James Beard Foundation Award nominee and owner of South Philadelphia Jewish bakery, Essen. In 2021, her apple cake with buttermilk sherbet and rum caramel "Beat Bobby Flay" in the episode "It's a Cakewalk". She took inspiration from the fresh baked bread and pastries she would make alongside her mother as a child in South Africa. Her food reflects her heritage while being heavily influenced by her technical training. She loves cooking Ashkenazi favorites, such as brisket, and her bakery sells spins on these classics, such as her cinnamon hazelnuts and chocolate halvah babka.

Jeremy Friedman is a professional photographer and media production specialist in Atlanta, Georgia. For two decades, Jeremy directed the production of live and on-demand video experiences at Turner Broadcasting, for clients that included the NBA, NCAA, MLB, PGA of America and CNN. Now he guides video project development and production for large nonprofits, foundations, and other impactful organizations as Lead Producer at Meaningful Media—alongside Ramah Darom legend, Ori Salzberg—to help tell their stories and move their audiences.

Rabbi Joshua Hearshen has a BA in Social Relations from Michigan State University, an MA in Rabbinic Studies and Rabbinic Ordination, both from the University of Judaism. Prior to joining Congregation Or VeShalom (OVS) in Atlanta, Georgia, Rabbi Hearshen was Rabbi of Rodeph Sholom (Tampa, FL), Assistant Rabbi at Herzl Ner-Tamid (Mercer Island, WA) and Associate Rabbi at Midway Jewish Center (Syosset, NY). In addition to his work at OVS, he is active in AIPAC, serves as a crisis counselor for Crisis Textline and serves on staff at Camp Ramah Darom.

Chefs & Field Experts Continued

Todd Ginsberg is this year's Southern Spotlight Chef at B'teavon and an expert in Jewish food culture who has worked at a number of critically acclaimed restaurants. He is a 2014 and 2015 James Beard Foundation Semifinalist for Best Chef, Southeast and a graduate of the Culinary Institute of America at Hyde Park, New York. He started his career at The Dining Room at The Ritz Carlton in Atlanta under Joel Antunes and Bruno Menard. Later he spent time at Lucas Carton in Paris and at Alain Ducasse in New York. Upon his return to Atlanta, Todd worked for the Concentrics Restaurants Group, serving as chef at both TAP and Trois. He was the chef at Bocado from its opening in 2009 until partnering with Jennifer and Ben Johnson and Shelley Sweet to open The General Muir in 2013. Ginsberg, Johnsons and Sweet's restaurant group Rye Restaurants next opened Fred's Meat & Bread and Yalla, both in Krog Street Market (2014), TGM Bread (2016), Wood's Chapel BBQ (2019), and a second location of The General Muir in Sandy Springs (2021). Most recently, Todd and Rye Restaurants collaborated with Thompson Hotels to open Dirty Rascal at the Thompson Buckhead, featuring classic Italian American "red sauce" cuisine (January 2022).

Navit Robkin works for the Task Force for Global Health on the Child Health and Mortality Prevention Surveillance (CHAMPS) Network Project, developing procedures for child mortality and pregnancy surveillance in eight sites in Africa and South Asia. She has worked with a variety of global health and development organizations including the CDC, the Carter Center and American Jewish World Service. Navit earned a Master of Global Public Health focused in Community Health and Development from Emory University's Rollins School of Public Health. She has her 200-hour Yoga Teacher Certification, has practiced vinyasa yoga for over 20 years and loves to flow!

Ori Salzberg is the creative director of Meaningful Media, a production company specializing in digital storytelling in film and music. He also works in the Jewish community as a spiritual music educator.

Adeena Sussman is the author of Sababa: Fresh, Sunny Flavors from My Israeli Kitchen, which was named a Best Fall 2019 cookbook by The New York Times, Bon Appetit, and Food & Wine. She is currently working on her follow-up to Sababa, all about the foods of Shabbat. She also co-authored Gazoz, all about the culture of sparkling seltzer-based drinks in Israel, with Benny Briga. The co-author of 15 cookbooks, Adeena's three most recent collaborations, including Cravings and Cravings: Hungry for More with Chrissy Teigen, were New York Times Best-sellers. A lifelong visitor to Israel who has been writing about that country's food culture for almost 20 years, Adeena made Aliyah in December 2018. She cooks and writes in Tel Aviv, where she lives in the shadow of the Carmel Market with her husband, Jay Shofet. You can follow her on Instagram @adeenasussman.

Michael W. Twitty is a recognized culinary historian and independent scholar focusing on historic African American food and folk culture and culinary traditions of historic Africa and her Diaspora. In his latest book, Koshersoul: The Faith and Food Journey of an African American Jew, which just won the National Jewish Book Awards 2023 Book of the Year, Twitty explores the cultural crossroads of Jewish and African diaspora cuisine and issues of memory, identity, and food. He is a living history interpreter and historic chef, one of the few recognized international experts of his craft—the re-construction of early Southern cuisine as prepared by enslaved African American cooks for tables high and low-from heirloom seeds and heritage breed animals to fish, game, and foraged plant foods to historic cooking methods to the table. Michael is a two-time James Beard award-winning author of the acclaimed The Cooking Gene. He founded Afroculinaria.com, the first website/blog devoted to the preservation of historic African American foods and foodways. He has conducted over 400 classes and workshops, written curricula and educational programs, given lectures and performed cooking demonstrations for groups including the Smithsonia Institution, Colonial Williamsburg Foundation, Carnegie-Mellon, Thomas Jefferson's Monticello, Library of Congress, the Association for the Study of Food and Society, and Oxford University's Symposium on Food and Cookery.

Seth Watson is the owner and founder of Distillery of Modern Art, the only craft distillery that delivers a full sensory experience by fully weaving artistic expression into every aspect of the brand, at every step along the way. Seth brings expertise in spirit-making, cocktail creation and food pairing.

Jeffrey Yoskowitz is a leader of the Jewish Food Renaissance as an entrepreneur, writer, pickler and cookbook author. He curates and cooks dining events in kitchens around the world, teaches about Jewish cooking and Jewish food heritage and writes about food and culture for publications like The Atlantic, The New York Times, Slate, and Gastronomica, among others. Jeffrey co-founded The Gefilteria and co-authored The Gefilte Manifesto: New Recipes for Old World Jewish Foods along with Liz Alpern. He was named to the Forbes 30 under 30 list and The Forward 50 and has been featured in The New Yorker, The New York Times, Saveur, and The Wall Street Journal, among many other publications.

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Lori Hoch Stiefel

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Liana Slomka Eli Weinstein

B'Teavon was made possible in part through Ramah Darom's new Exceptional Experience Initiative Fund. Help us grow this fund and continue to offer outstanding immersive retreat programs with your online gift today!

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Meet Our Team

Every Ramah Darom experience is made possible thanks to the collaborative efforts and hard work of our dedicated Board of Directors and the Ramah Darom team year-round, full-time professional staff.

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Tony Massengill Facility Manager

Noah Kimbrell

Facility & Logistics Coordinator

Rafael Lopez

Facility Technician

Troy Helton

Facility Technician

Brian Poole

Facility Technician

Jorge Castillo

Director of Environmental Services

Lucie Cancino

Housekeeping

Food & Beverage

Tzvi Weinreich

Executive Chef

Boubacar Adamou

Sous Chef

Steve Woodard

Sous Chef/Baker

Emily Messer

Dining Experience Manager

JP Jordan

Dining Experience Manager

Rabbi Raphael Darzi

Mashgiach, KMRC at Ramah Darom





Safety & Security

Ramah Darom has developed comprehensive safety and security protocols in consultation with the the Security Committee of our Board of Directors, the Secure Community Network and the Rabun County Sheriff's department. Highlighted below are key elements of our protocols. Please review this document with your family at the beginning of your stay.

Every building has an emergency exit plan posted and is equipped with fire extinguishers. PLEASE MAKE NOTE OF EMERGENCY EXITS WHENEVER YOU ENTER A BUILDING.

The Sheriff's department has an on-site officer guarding our Clayton campus 24 hours/day throughout this retreat.

MEDICAL EMERGENCY

First aid kits and AEDs are available at the Welcome Center reception desk, the Marcus Lodge Hotel community room (ground floor), the Mountainside Retreat Hotel kitchenette (lower level), the Lakeside Hotel sitting room (bottom floor) and in the Main Dining Room.

In the Event of a Medical Emergency:

- IMMEDIATELY DIAL 911. Give location, sex and approximate age of victim and if possible, the type of emergency. Then dial 706.782.9300 from your cell phone or any campus phone and follow the prompts to alert a Ramah Darom staff person of your emergency.
- Stay with the injured person until help arrives. Try to calm, reassure and stabilize the person. Never move an injured person with a suspected neck or back injury.
- When medical staff arrives at the scene, summarize the situation and answer questions.

SEVERE WEATHER

Thunder and/or Lightning:

 Gather your family/group and move to a safe area (large indoor facility, bunk porch or common room) until the weather has passed.

Tornado Warning:

- Head immediately to one of the following designated emergency locations: Welcome Center Hotel lower level hallway, Marcus Lodge lower level community room, Mountainside Hotel lower level hallway, Levine Center lower level hallway and lower level common space of bunks 1/2 or 29/30.
- When at location, stay away from windows.
- Stay at designated emergency location until the "all clear" signal has been given over the emergency speakers.

FIRE

If You Spot a Fire:

- Leave the building and do not re-enter to remove personal property.
- IMMEDIATELY DIAL 911. Give location, and if possible, type of fire (grease, electrical, paper, etc.). Then dial 706.782.9300 from your cell phone or any campus phone and follow the prompts to alert a Ramah Darom staff person of your emergency. The office will sound the fire alarm throughout the campus.
- If a phone is not accessible, sound the closest fire alarm.
- If a campus-wide fire alarm is sounded, all guests should proceed immediately to the *kikar* (field in front of the Levine Center/Dining Hall) and remain there until the "all clear" signal has been given over the emergency speakers.
- If the fire occurs on or near the *kikar*, all guests should proceed to the *Beit Am* (covered basketball court).

ACTIVE SHOOTER

- EVACUATE if at all possible, leaving the area by the quickest route available. If necessary, leave the campus grounds. Leave your belongings behind.
- Call 911 as soon as it is safe to do so.
- If you are not able to evacuate, HIDE OUT in an area out of the active shooter's view. Block entry to your hiding place. If possible, lock the door. Silence your cell phone (including vibrate mode) and remain guiet.
- TAKE ACTION only as a last resort and only when your life is in imminent danger. Attempt to incapacitate the shooter. Act with physical aggression and throw items at the active shooter.
- When law enforcement arrives, remain calm and follow the officers' instructions. Immediately raise hands and spread fingers. Keep your hands visible at all times. Avoid quick movements toward officers whenever possible.

Coming Up at Ramah Darom













2023-2024 Retreats at Ramah Darom			
Passover Retreat	A family-friendly, kosher for Passover vacation with meaningful programs, incredible scholars, delicious food and tons of fun.	Apr 4-14, 2023	
LimmudFest	A celebration of Jewish thought, arts, culture and learning over Labor Day Weekend in the North Georgia Mountains at Ramah Darom.	Sept 1-4, 2023	
PJ's Grand Getaway	A special weekend for grandparents and grandkids in partnership with PJ Library Atlanta, designed for ages 4-12. Parents welcome too!	Oct 13-15, 2023	
Jewish Women's Getaway	Discover community, express your creativity, enjoy inspiring sessions and have FUN!	Nov 5-8, 2023	
Machzor Gimel NEW	Ramah Darom's new annual alumni retreat—where Gesher 10-year anniversaries will be celebrated, and alumni (21+) will have the opportunity to come back home to Ramah Darom yearly.	Dec 15-17, 2023	
Winter Break Family Camp	Fun for the whole family with counselor-led adventures, family and adult-only time, a magical Shabbat and a rockin' New Year's Eve!	Dec 27, 2023- Jan 1, 2024	
B'teavon	A culinary exploration of all things Jewish food.	Feb 16-19, 2024	
Southern Schmooze	Celebrate and connect with other small southern Jewish communities.	TBD	
Book It To Shabbat	A fun-filled weekend designed in partnership with PJ Library Atlanta for families with children ages 2-8, where Jewish values are brought to life through the magic of Camp and PJ Library stories.	Mar 8-10, 2024	

Camp Ramah Darom Kayitz (Summer) 2023			
Sessions Aleph / Bet	4-week programs for rising 4 th -10 th grade campers. (6 th -10 th graders may choose a full summer experience)	Aleph: June 7-July 2 Bet: July 5-30	
Gesher Leadership Program	An 8-week program for rising 11th grade campers.	June 7-July 30	
Nitzanim K'tzara	An 18-night session option for rising 4th grade campers.	July 5-23	
Garinim	An 11-night program for rising 3 rd grade campers.	Aleph: June 21-July 2 Bet: July 12-23	
Ta'am	A 5-night taste program for rising 2 nd grade campers.	Aleph: June 5-12 Bet: July 5-10	
Ramah Bamah NEW	A 2-week musical theater specialty camp for rising 8th-10th graders.	July 5-19	
Tikvah Camper Support	A range of support for summer campers with disabilities.		
Tikvah Vocational Education Program	An opportunity for 17-21 year-olds who require extra support to learn vocational skills at Camp.	June 7-July 2	
Camp Yofi	A 5-day program for families with children with ASD. Aug 2-6		

ramahdarom.org

Notes & Recipes

Notes & Recipes



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