



Counselored

The Rebbe's Perspective | Tips and Tricks

לע"נ חנה יהודית בת ר' יעקב וסימא בת מרדכי הכהן





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Created by Mushka Rivkin and Gnesha Schapiro, Iyar 5782

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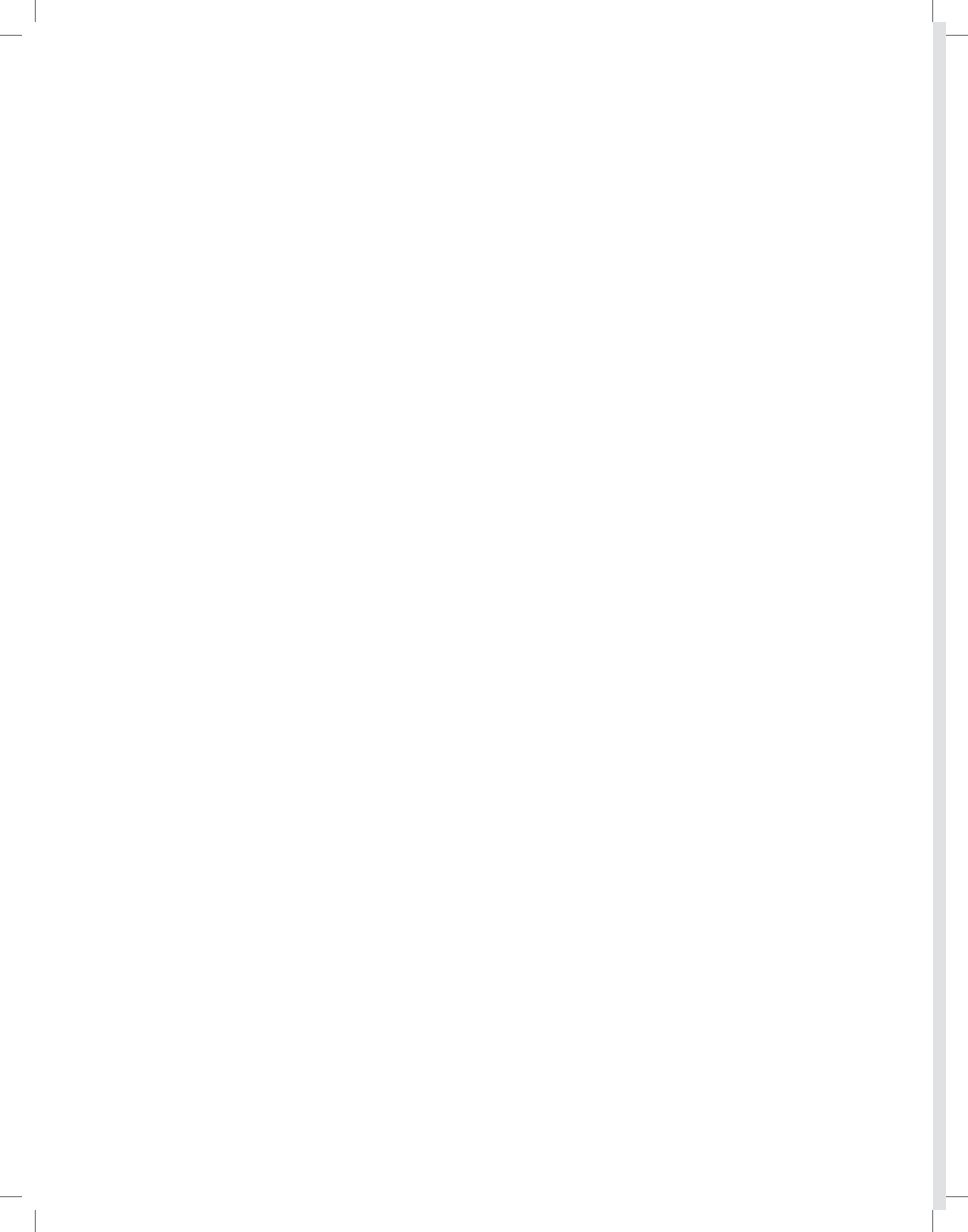


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Introduction

Hey you!

We are truly happy that you took the time to open this booklet, and we hope you gain from it as much as we did while putting it together.

Team work makes the dream work, they say. The most basic and primary part of your camp experience is this: Turn to the person you are learning with. She is your co.

Your Co is your partner, and the vital player you need on this mission. Make sure you guys are on the same page, and yes it's okay to disagree. You might have different discipline styles, or connect to different campers, but approaching every situation as a united front is so important. Being a strong unit will not only impact yourselves, the whole bunk will feel it and that is a huge factor to the success of your bunk.

Take the time to think about three Maalos you see in your Co, whether they are things you also have or not, and take a moment to appreciate the person Hashem gave you the gift of working with:

One last thing before you begin, take a minute to read this message from the Rebbe, who is placing his trust in you and empowering you to give it your all:

“Therefore, here is the place and time to express a Yasher Koach to all those connected to this interest....for all their work in educating children in a way that is fitting the name “Gan Yisroel.”

ולכן, כאן המקום והזמן להביע "ישר-כח" לכל אלו השייכים לענין זה – החל מההורים, וכן המורים והמדריכים כו והנהלת מחנה-קיץ "גן ישראל", על התעסקותם בחינוך הילדים באופן שיהיו ראויים לשם "גן ישראל".

משיחת כ' מנ"א תשמ"ג

Hatzlacha, and please reach out with feedback.
Mushka Rivkin and Gnesha Schapiro, Iyar 5782

Part 1

The Mission

Going on the Rebbe's Shlichus

Source 1

Specifically, this is particularly relevant to students that go out to work in educating children in summer camp. It can seem to them that they have a long summer to fulfill and complete their job and Shlichus of educating and leading Jewish children. They need to know and recognize that "all that Hashem created, he only created for His honor." Meaning to recognize the great importance of having alacrity, and to be quick to not lose even one moment, how much more so even one day. Rather, to utilize all their time with chayus.

It should be a healthy and happy summer, and more importantly that every moment throughout the duration of the summer will be utilized to hasten Moshiach.

בפרטיות יותר בנוגע לתלמידות שיוצאות להתעסק בחינוך והדרכת ילדי ישראל במחנות קיץ גם כשנראה שעומד לפנין קיץ ארוך שבו יכולות למלא את תפקידן ושליחותן בחינוך והדרכת ילדי ישראל החל מהחינוך לידע ולהכיר ש"כל מה שברא הקב"ה בעולמו לא בראו אלא לכבודו" יש לזכור את העיקר הכי גדול של זריזות להזדרז ולמהר שלא לאבד אפילו רגע אחד ועאכו"כ יום אחד אלא לנצל את כל הזמן מתוך זריזות.

שיהי' לכן קיץ בריא ושמח ועוד ועיקר שכל רגע במשך הקיץ ינוצל לזרז יותר את הגאולה האמיתית והשלימה ע"י משיח צדקנו.

משיחת ב' דר"ח תמוז תנש"א
לתלמידות המסיימות ומדריכות

Point to Ponder



We've all been to farbrengens and heard words like "Extension of the Rebbe" and "Unlimited Kochos" are thrown around all the time. But take a moment and think about what they mean. Say to yourself, "I am embarking on

the Rebbe's shlichus. Every child I am about to be entrusted with is a precious Chossid, and the Rebbe is my boss. I was chosen because I am capable of this mission, and it is up to me to live up to the expectation of a shlucha."

Story

Last year in Beis Chana Tzfas, The girls held an event in honor of Gimmel Tammuz. At the program, there was a panel of four girls talking about their Hiskashrus. Each girl came from a different background and had unique perspectives.

One of the questions was where did you feel the Rebbe became yours? Without fail, and through very different specific experiences, all four panelists pointed to camp. It was in camp where they had realized this connection to the Rebbe.

The moderator turned to the crowd, about 100 girls who were all about to go to camp as staff, and said, "Look at what just happened. **We have to make sure to do for those kids what camp did for us.**"

Reflect on one thing you gained from camp as a camper that you hope to give to your campers this summer. Write down a way you will implement the same thing with your campers.

Source 2

Since Hashem didn't create anything in vain- and didn't give a talent in educating and leading [in vain]- it's incumbent upon you to use this talent. Meaning, to be a counselor in camp- Emunah, or Pardas Chanah, or Shtranburg etc- should be that the whole summer her talent should be used, to benefit others, and practically that will be to her benefit- physically and spiritually. Forsure Hashem will help you to conquer any obstacles etc. You should share good news. Azkir Al Hatzion.

כיוון שלא ברא הקב"ה דבר אחד לבטלה – ולא ניתן חוש בהדרכה וחינוך – עליה לנצל הקיץ לניצול חוש זה. זאת אומרת להיות מדריכה בקעמפ... ["אמונה, או פרדס חנה, או שטרנברג וכיוצא-בזה"] באופן שכל הקיץ יופעל החוש שלה, לתועלת הרבים, ופשיטא שזה יהיה לתועלת שלה – בגשמיות ורוחניות. ובוודאי שה' יעזרה ותתגבר על כל המניעות וכו', ותבשר טוב. אזכיר על הציון.

אגרות קודש חלק כח, עמ' רס

Source 3

In addition, this job is Hashgacha Pratis, like all matters of Yidden- since Hashem trusts, and therefore entrusts in your hands for the duration of a few weeks Jewish children, Jewish souls, in order for you to fulfill the command: "to raise up the flames", to ignite them, to the point that they will light up their homes and their surroundings.

שגם עובדה זו היא בהשגחה פרטית, ככל עניני בני"י – הרי הקב"ה בוטח בכן ומפקיד בידכן למשך כמה שבועות ילדי ישראל, נשמות ישראל, כדי שתקיימו בהם את המצוה: "בהעלותך את הנרות", להדליק ולהאיר אותם, ובאופן שיאירו את בתיהם ואת כל סביבתם.

משיחת י"ט סיון תשכ"ב - למדריכות

You may get a really loud bunk this summer, you may not. Maybe it seems like your friend got a cuter bunk than you while you're struggling to connect with yours. But when we learn that Hashem has a plan, it pertains to this area just as well. Your campers are yours. The other staff are your friends, not competition. You don't choose the family you are born into, you are given them. The same exact message can be applied to your campers.

An additional really important point to keep in mind is that you were chosen. You, with your specific talents and capabilities and flaws. You bring something to the table that no one else can, and by a plan that only Hashem can see, He paired you with the exact campers who will benefit from your guidance. They are your children for the summer, and you are the best fitting counselor they could possibly be given. And on the flip side, they are the best possible campers you could've been given. **Take a moment to own that.**

Practical Tip

Take the time together with your co to sit down and make a clear and focused list of your goals. The best actions are those implemented from the beginning. If you don't make the conscious effort to do negel vasser on the first day, it'll be much harder to start in the middle. It's still possible of course, and it's never too late to change even during the summer, because people are dynamic. But the more thought put into it before camp, the better off your sanity and your campers happiness will be.

When difficulty arises, whether it is bullying, a miscommunication with your Co, or sheer exhaustion after two hours of sleep, take a step back and connect to your Mishleach. You are not alone. His kochos are yours.

Let's take a look at what that mindset looks like practically.

Example 1

It's been a really long day, all your kids are finally in bed, the OD walks in, and finally you can go to the bomb counselor activity being prepared for you. Out of the blue, the camper in the corner bunk calls your name. She needs to ask you something. You just can't anymore. She will for sure need to say another sob story lasting two hours, and you have no more energy.

What can you tell yourself that will make it easier to turn back?

Example 2

It's Shabbos afternoon. Rest time is technically time for me to be with your campers. But on Shabbos the rest hour is three hours, and your campers don't need me the whole time. Besides, the counselors mentioned a bust and kent game, and one of the counselors has cinnamon buns her mother dropped off. Those are a definite must, right?

What would you do?

Now that you've thought about those scenarios, please remember that taking care of yourself and giving to yourself is imperative to you being a good counselor. Take those breaks, and eat those cinnamon buns. Your social life is definitely a part of being your best self. However, let the proper intentions guide those breaks. Let the motivation be your campers.

Source 4

“The additional advantage in this is during the summer time when a child is in camp, he is completely for 24 hours in the same environment. He doesn't receive the affect from the outside or from the streets or from an idea that is anti [Yiddishkeit]. The camp is responsible and in charge of him the entire time of camp. This is the merit and responsibility of the counselors and of the directors. To use out all the time that they have the children solely under them, The children, both boys and girls should be taught to be lamplighters that when they come back to their city after camp they

should light up not only their home, and the street but also their Yeshiva and Cheder and School where they learn. These places are an institution of holiness and they learn there Al Teharas Hakadosh, but in holiness there is no end because it is connected Hashem Who has no end. Therefore there can always be an addition in light and vitality. They [the children] will be Shluchim of Hashem through the influence of the counselors.”

משיחת כ"ו סיון ה'תשל"ו
לתלמידות המסיימות ומדריכות

Together, answer the following questions and let them be your compass for the summer:

Why did I come here? What is my shlichus?

What are some unique Kochos and talents that I bring to the table?

What is something practical I can do every night and morning to keep my proper focus in check?

Part 2
Empowered
Being a Dugma Chaya

Source 1

...to take to heart the meaning of the verse: "As water mirrors the face to the face, so does the heart of man to man." This means that as [in the case of] the likeness and features of the face which a man presents to the water, the identical face is reflected back to him from the water, so indeed is also the heart of a man who is loyal in his affection for another person, for this love which he has for the other awakens a loving response for him in the heart of his friend also so that they come to love each other loyally, especially when he sees his friend's love for him freely revealed.

כְּאִשֶׁר יִשִּׂים אֶל לְבוֹ מַה שֶּׁאָמַר הַכְּתוּב:
 "כַּמַּיִם הַפְּנִים לַפְּנִים, כֵּן לֵב הָאָדָם אֶל
 הָאָדָם"; פִּירוּשׁ, כְּמוֹ שֶׁכַּדְמוּת וְצוּרַת הַפְּנִים
 שֶׁהָאָדָם מֵרָאָה בַּפְּנִים, כֵּן נִרְאָה לוֹ שֵׁם
 בַּפְּנִים אוֹתָהּ צוּרָה עֲצָמָה – כְּכֹה מִמֶּשׁ, "לֵב
 הָאָדָם" הַנֶּאֱמָן בְּאֶהְבְּתוֹ לְאִישׁ אַחֵר, הֲרֵי
 הָאֶהְבָּה זֶה מְעוֹרְרַת אֶהְבָּה בְּלֵב חֲבִירוֹ אֵלָיו
 גַּם כֵּן, לְהִיּוֹת אוֹהֲבִים נֶאֱמָנִים זֶה לְזֶה, בַּפְּרָט
 בְּשׂוֹאָה אֶהְבַּת חֲבִירוֹ אֵלָיו.

לקוטי אמרים, פרק מ"ו

Take a Moment

What words come to mind when camp is said?

Summer, closed in, high energy, beautiful connections, Camp for every single child is something they look forward to, anticipate, think about for the entire year - a bubble, a dream of positivity and warm connections in a way of Chassidishkeit.

The Rebbe says about camp:

"The additional advantage in this is during the summer time when a child is in camp, he is completely for 24 hours in the same environment."

משיחת כ"ו סיון ה'תשל"ו

YOU are the light of this experience

YOU are the life of the party

YOU are the inspiration of this month long farbrengen

YOU are the confetti of joy at this bash

YOU are the consistent face of this intense reality

YOU are so lucky to be in that incredible place called **CAMP** as the giver

Point to Ponder



Let's talk about the name Gan Yisroel.

Gan - garden, a place where things grow. Are you here to grow, as well as to have fun? Are you here to help campers grow? How can we expect our campers to grow, if we ourselves don't plan on it as well?

We need to enter with the intent of leaving on a higher level than we entered, just as we hope our campers will as well. Whether it's in Ahavas Yisroel, Davening, Hiskashrus, etc., it's important to develop a growth mindset about ourselves in order to fully give.

Below, make a list of values you hope to impart to your campers:

Think carefully, and make a list of practical steps you can take to make sure you grow in this area this summer as well.

Some examples: Fully Tznius pajamas, having extra Kavana during Shema and Shemona Esrei, writing to the rebbe every Motzei Shabbos.

Practical Tip

Not only is camp a space for you to grow along with your campers, but remember that kids are brutal, they notice everything! Your sincere Avodah is what's going to be the greatest catalyst for change for them. Your Tznius matters, your language matters, your respect

for Seder matters, your positive language matters, the list can be daunting and endless. It might seem terrifying to have twelve pairs of eyes on you all summer. If you can choose to look at it as an opportunity, a responsibility, then the potential impact is huge.

Source 2

The effect on another is firstly through being a Dugma Chaya . Even if you are not doing something official or formal, not actually in the job of educating, nevertheless forsure you must be involved in the leading, like in the affecting the atmosphere of the room and of the house that it should be a place permeated with good, holiness, and true Yiddishkeit.

ההשפעה על הזולת היא לכל לראש ע"י היותו דוגמא חי' שכן גם אלו אשר באופן רשמי עכ"פ (וגם שלא באופן רשמי) אינם עוסקים בשטח החינוך, מ"מ בודאי מוכרחים גם הם לעסוק בחינוך עצמם, וכמו כן בחינוך ה"אוויר" שבחדר ובבית בו הם דרים שיהי' חדור בטוב וקדושה ויהדות אמיתיים.

משיחת טו"ב סיון תשמ"ו - למדריכות

Being your real authentic self is crucial in any form of haashpoah. At the same time, Don't be afraid to be your **best self** for the sake of your campers, and don't be afraid to let your campers be your inspiration to continue being that best self long after camp is over.

Story

The following story is told by a girl who was a kitchen manager in an overnight camp. On the last day of camp, a shy camper approached and handed her a card on behalf of

another camper. In it, the little girl had written that every day at breakfast, she watched this staff member say her chitas, and it had made an impression on her. That's all she wanted to convey.

The power of being a Dugma Chaya is so underestimated. The biggest advantage high school counselors have is your chayus. Your age means your passion for Yiddishkeit is palpable, and use that to your advantage. Your attitude is everything! Kids are copycats. If their counselor says balloon racing is cool, it will be cool.

It's your turn to give back what you've gained. Think about your favorite counselor from when you were a child:

What made her that favorite? Which qualities and memories stand out to you?

How can you take the things you loved about her, and be that beloved counselor for your camper?

Practical Tip

Part of being a Dugma Chaya is respecting the time. A Seder in camp is crucial to keep things running smoothly, and if you respect it, your campers will follow suit.

That means giving yourself that extra push to get out of bed in the morning, and encouraging your campers to go to each activity.

Source 3

When a person sees by another person something undesirable, one needs to do all they can to get rid of these unwanted things, this can be done in 2 ways.. The first is the way of a Talmid Chacham that he does everything in a beautiful way. He tells the praise of his friend and not anything insulting at all. The main telling over the praise of his friend is to reveal the good in him, his good qualities, and this in itself weakened the undesirable- fully nullified.

בשעת מען זעט ביים צווייטן אַ דבר בלתי רצוי, דארף מען טאַן אַלץ וואס מ'קען צו מבטל זיין דעם דבר בלתי רצוי, דאס קען אָבער געטאַן ווערן אויף צוויי אופנים...אַ ת"ח, וואס דבורו דארף זיין בנחת עם כל הבריות, אין מבטל גנותו של חברו באופן של נחת. ער איז מספר בשבח חברו ולא בגנותו כלל" - וואָס דער עצם סיפור בשבח חברו איז מגלה זיין שבח. זיינע מעלות טובות, און דאָס גופא פועל"ט אַז דער ענין של גנות ווערט נחלש - ביז ערווערט בטל

חלק כ"ז, פרשת אמור, אות ה

Practical Tip

When you model self love, your campers self esteem will grow. Every time you model respect, sensitivity, staying calm under pressure, the campers are watching and may just try it too! Model Simcha, and not only will your day be changed for the better, but the ripple effect is everlasting. Wearing positive glasses is a mindset choice, and is the most powerful tool in your toolbox.



Don't be embarrassed to aim high. Camp is the time to soar for the stars. Up your Tznius game, have that nerdy conversation with your campers about Hiskashrus (plot twist: it's not nerdy). Help your campers leave camp on a high, and inspire them to keep it up.

**Point
to
Ponder**



Camp is like a Moshiach bubble. For four weeks we can put on glasses of geulah, and use it's a lens for everything we look at. Let Moshiach guide your behavior as a role model, as well as

the interactions you have with the people around you. Enter into the headspace of Moshiach, and allow it to impact every facet of camp for the better.

When Moshiach comes...

What will bunk competition look like, and how can I model that now?

What will a challenging child look like, and how can I illustrate that now?

What will true Ahavas Yisroel look like, and how can I present that now?

Practical Tip

There is a time and place for venting. The counselors counselor, the head counselor, your Co, your mother are all good resources. Challenges will inevitably come up, and you will most definitely need to let off some steam, as well as get them taken care of. However, please determine that you are doing

it at the right time and place. That one sentence of frustration about that one camper can change your whole mood, not to mention the people listening. Avoid venting in a space with lots of other people. Instead, acknowledge the problem and go the right people to get it taken care of.

Bottom line: avoid venting.

Practical Tip

The Shlichus does not end when the summer does. These kids become your family, and keeping in touch is a paramount key to the Shlichus. Answering the four hundred hangout messages is not a must, but definitely keep in touch and

keep the connection alive. When the kids are out of the camp bubble is when they need the reminders of the camp inspiration the most, and you are the biggest representation of that.

Part 3

True Love

The Definition of Ahavas YIsroel

Source 1

We see that he doesn't need to be intimidated of his shlichus- because it is certain that Hashem is with him, and helps him to fulfill his Shlichus and to [arouse] a will and want in regards to every child and for every child that he can reach. He should reveal in every child that he is an Eretz Chafeitz- a land full of treasures...This is the job of every counselor- to reveal the dear treasures that our found in every Jewish child, and to educate the child to be able to reveal his own treasures, and to use them out in the best way, together with their elders and the entire Jewish people.

זאגט מען אים אז ער דארף זיך
ניט דערשרעקן פאר דער שליחות –
ווארום ס'איז א זיכערע זאך אז דער
אויבערשטערגעפינט זיך מיט אים, און
העלפט אים אויף צו דורכפירן זיין שליחות
און זיין חפץ ורצון בנוגע צו יעדן קינד און
אלע קינדער צו וועלכע ער קען דערגרייכן,
ער זאל מגלה זיין בא יעדערן פון זיי און בא
זיי אלעמען דעם "ארץ חפץ"...און דאס איז
די שליחות פון יעדער מחנך און מחנכת,
מדריך און מדריכה – צו אנטפלעקן די
טייערע אוצרות וואס געפינט זיך בא יעדער
אידיש-קינד, און ערציען דעם קינד אז ער
זאל אליין ארבעטן מיט די אוצרות, און
אויסנוצן זיי אויפן בעסטן אופן, צוזאמען
מיט זיינע עלטערן, און מיטן גאנצן אידישן
פאלק.

משיחת כ"ו סיון תשל"ט
לתלמידות המסיימות ומדריכות

Source 2a

"If you're counting diamonds, you don't get tired."

- *The Lubavitcher Rebbe by Sunday dollars.*

Source 2b

“The Lubavitcher Rebbe undertook the most daring spiritual initiative ever... to search out every Jew in love, as they were once hunted down in hate....”

- *Dr. Jonathan Sacks, Chief Rabbi of the UK*

Point to Ponder



As Lubavitcher chassidim, Ahavas Yisroel is in our DNA. The novel concept introduced to us by the Baal Shem Tov is to view every yid as a treasured piece of land. It is our job to dig and reveal that treasure, an Avodah no more apparent than in a place like camp. We need to be able to look at every single camper like a treasure, no matter what challenges they are dealing with..

This was exactly what the Rebbe intended when he named summer camp Gan Yisroel. Let your bunk be a bubble of true love, a happy and secure place where every camper can shine. By adopting the mindset of Moshiach, we can bring our experience in Gan Yisroel- the garden of love, to a whole new level.

If you have the opportunity to learn Perek Lamed Bais with your co before camp, go for it. Here is a short excerpt of the Alter Rebbe's powerful words:

Source 3

Acting on the advice mentioned above—to view one's body with scorn and contempt and to find joy in the joy of the soul alone—is a direct and easy path toward fulfilling the mitzvah, "You shall love your fellow as yourself," with regard to every Jew both great and small—in spiritual stature. Since his body is despised and loathsome, he will not love himself on account of his body more than he loves his fellow, and as for the soul and spirit, the differences between his own soul and that of his fellow surely will not diminish the love between them, for who can know their (the soul and spirit's) greatness and excellence in their source and root—the living G-d?

Furthermore, they are actually all equal, and not only equal yet separate, but, furthermore, they all have one father—one source, and within their source, they all comprise one entity. It is on account of this common root in the One G-d that all of Israel are called "brothers"—in the full sense of the word, and not only figuratively, in the sense of "relatives" or "similar in appearance" and the like only the bodies are distinct from each other.

והנה, על ידי קיום הדברים הנזכרים לעיל, להיות גופו נבזה ונמאס בעיניו, רק שמחתו תהיה שמחת הנפש לבדה, הרי זו דרך ישרה וקלה לבא לידי קיום מצות "ואהבת לרעך כמוך" לכל נפש מישראל, למגדול ועד קטן. כי מאחר שגופו נמאס ומתעב אצלו, והנפש והרוח – מי יודע גדולתו ומעלתו בשורשן ומקורן באלקים חיים. בשגם שכולן מתאימות ואב אחד לכלנה, ולכן נקראו כל ישראל אחים ממש, מצד שורש נפשם בה' אחד, רק שהגופים מחולקים.

לקוטי אמרים, פרק ל"ב

Point to Ponder



Your campers are first class passengers. When it comes to first class, you pay for the tiny little things that make a huge difference in your flight. That is how a counselor should look at their campers. Go the extra mile, it's the details that matter. That extra minute of attention, that quick smile, that warm hug, it's the little tiny moments of connection that kids will remember forever. Invest in your love for them, and then true success will occur.

Empower your campers to be the best them that they can be. Instead of telling them to be quiet, encourage them to want to do the right thing. Empower them to feel like they can choose to

be good, and encourage the positive changes as they come. Making each camper feel like she's validated will go a lot farther in cooperation, and will also make for happier children.

As chassidim of our Rebbe, we are told to learn from our Rebbe, and one area we are constantly reminded of is the Rebbe's incredible sensitivity to even the smallest child. The Rebbe's love for every Jew was legendary, and as the Rebbe himself once said to a French engineer in Yechidus, "What can I do? I myself have an exaggerated love for every single Jew!"

Story

Rabbi Kudan shares the following story: "A boy approached one day and told me that another boy in the bunk was kicking his laundry bag. Instinctively I responded, almost as a joke, just to confirm, "They're kicking

your laundry bag?" "Yep", the boy answered, and then promptly walked away. That's it, that's the whole story. All he needed was to be heard. Connected to, listened to, a little bit of love.

Take the time to talk to your co about what conscious Ahavas Yisroel in a Moshiach mindset will look like. Write down some ways you will begin to practice this mindset with your family and friends to prepare you for camp.



Point to Ponder

Another important area that requires the utmost sensitivity is to have genuine love between staff. Whether or not you came as friends, you each are here now with the same goal. Let that similarity unite you, rather than divide you, and become a team.

Source 4

“Therefore I request and beg to all Buchrim or young married men who find themselves in a shlichus of whatever type: your shlichus now in that place is to learn Torah and to be a lamplighters and to not mix in to the directors of the Yeshiva or institution. If a Bachur has a complaint regarding something that the Hanhala is doing etc. and according to his opinion he needs to fix something or change something. In his opinion he is 100 percent right. It is a good thing and time sensitive to try to fix it. But only, and only in the way of Torah, in a way of pleasantness and peace: to speak to the Rosh Yeshiva [director] in a discreet, simple and practical manner.”

דעריבער זאָגט מען ובכל לשון של בקשה, צו די בחורים אדער כולל יונגע לייט וועלכע געפינען זיך בשליחות מהכא להתם אדער מהתם להכא: זייער שליחות במקומם עתה אין צו לערנען תורה און צו זיין נרות להאיר, ניט צו מישן זיך אין הנהלת הישיבה והמוסדות. אויב א בחור (א שליח) האָט אַ טענה קעגן דעם ראש ישיבה וכיו"ב, ולדעתו קומט אויס אז מ'דארף עפעס מתקן אָדער משנה זיין, ולדעתו איז ער מאה אחוזי גערעכט - איז אַ גוטע זאך און אַ גלייכע זאך אז ער זאל זיך משתדל זיין דאָס מתקן צו זיין, אָבער אך ורק בדרך התורה, בדרכי נועם ובדרכי שלום: רעדן וועגן דעם מיט דעם ראש ישיבה און בחשאי ופשיטא בלא רעש

משיחות ש"פ תולדות, ה'תשד"מ

Point to Ponder



The Hanhala of the camp has set up a system that is necessary for the camp to run smoothly. Part of your job as a counselor is to respect

those lines, and work within them. Bring your communications to the right people, and respect the rules.

🔍 Source 5

And he should have intention when his mind and body is occupied with one of the means of earning a living to fulfill the commandment of the Creator to pursue the means of the world, such as working the land, plowing and sowing it, as written “And G-d took the man and placed him in Gan Eden to work it and to guard it” (Bereishis 2:15), and also to use other living creatures for his benefit and sustenance, and for building cities and preparing food, and to marry a woman and have relations to populate the world. He will be rewarded for his intentions in heart and mind to serve G-d whether or not his desire is accomplished, as written “If you eat from the toil of your hands, you are praiseworthy, and it is good for you” (Tehilim 128:2), and our sages of blessed memory said “Let all your actions be for the sake of Heaven (to serve G-d)” (Avot 2:12).

ויכון בטרדת לבו וגופו בסבה מן הסבות והסבוב עליה לעמד במצות הבורא שצוה האדם להתעסק בסבות העולם כעבודת האדמה וחרישתה וזריעתה כמו שכתוב (בראשית ב טו) ויקח ה' אלהים את האדם ויניחהו בגן עדן לעבדה ולשמרה, ולהשתמש בשאר בעלי חיים בתועלותיו ומזונו ובנין המדינות והכנת המזונות ולהשתמש בנשים ולבעל אותן להרבות הזרעויה נשכר על כונתו בהם לאלהים בלבו ומצפונו בין שיגמר לו חפצו בין שלא יגמר לו חפצו כמו שכתוב (תהלים קכח ב) יגיע כפיך כי תאכל אשריך וטוב לך, ואמרו רבותינו זכרונם לברכה (משנה אבות ב יב) וכל מעשיך יהיו לשם שמים.

חובות הלבבות, שער הביטחון, פרק ג'

Point to Ponder



When setting your goals for the summer, please remember to be realistic, for your sake and for the campers' sake. You might have visions of deep conversations with every camper, and you might be given a bully or two instead. Please be mindful to set up measures for success for yourself that are actually in your realm of control. Endeavor to be the very best counselor you can possibly be, with the kochos and talents you were given, and let Hashem take care of the rest. More important than the outcome is the intentions in your effort.

Think about your goals from the beginning. Are they things in your power to control, guideposts to help you be the best you, and do the best job?

Practical Tip

If there's one last thing we leave you off with, it's this:

Being an extension of the Mishleach means keeping him in the process. On the first day of camp, take the time to go around and get every camper's Hebrew name and their mothers name, and tell the rebbe. Ask for a Brocha for your shlichus, and continue to do that throughout the summer as problems arise. Or even if everything's going amazing and smoothly iyh, tell the rebbe. These are his kinderlach, he's waiting to hear!

Bonus Content

Unsolicited Advice

I wish someone told me before camp started...

In regards to Head Staff: everyone is working hard in their own way, and the hard parts are really hard, but knowing how much your job contributes (in whatever aspect, gashmius or ruchnius) and the fun parts make the hard work worth it.

~ *CM, Kitchen Manager 5781*
(Pardas Chanah)

How crazy camp would get and to really keep focused on your goals for the summer. Write them down and hang them up next to your bed or do anything that will constantly remind you of them.

~ *Libby Gopin,*
Counselor and Head Staff

I wish I learnt about how to listen to the troubles campers tell you about, not let it affect you and not to take it too deeply to the point that it drains you, and I wish I knew the protocol of how to get a camper/teen to get help.

~ *Anonymous,*
Counselor and Head Staff (BJJ Teen
Camp, CGI United, CGI Poconos)

1. Take care of yourself physically- happy counselors, happy campers :) Specifically remember to eat and drink during meals!
2. Implementing Chassidishkeit in the bunk doesn't come so easy. If you have a goal in mind beforehand of something you want campers leaving camp with, it will definitely help!

~ *Chaya'le Wilhelm, Counselor 5779*
and Ruchnius + Electives 5781 (Pardas
Chanah)

1. Conscious discipline! - a big one.
2. Kids can handle more than what you think. Don't be afraid to say no, and push them to do more.
3. Learned about topics such as Tznius, Simcha, and Moshiach.

~ *Menucha Itkin,*
Counselor 5779 and TPD 5781

The beginning is hard and that is normal! You don't always see the fruits of your labor, but remind yourself that success isn't about how much you see; it's about how much you give.

~ *Menucha Oster,*
Counselor and HC

As a staff member, you WILL be looked up to by virtue of your position- and the length of your skirt, leggings, etc. all DOES contribute subliminally to the campers' picture of what a role model looks like (and yes they are noticing!!). So the image in their head of what a Lubavitch overnight staff member is, is directly fed by what they see, ie: does this amazing counselor wear leggings, does she wear three chokers, is her skirt covering the back side of her knees, does she have colorful braids etc? Although I thought about this a lot in camp, I still wish I had thought about it even more, and was always careful in all the technicalities to emulate the highest standards to impressionable children trying to figure out themselves.

~ Ahava, Head Staff 5781

When being a counselor, it is so important to know and understand that you are the kid's Tatty and Mommy. Just like when you are home, you want your parents' attention. When they're in camp, they want love and most importantly, they need your attention. Even more so that they are not home and aren't receiving it from their parents.

~ Chana Fishbein, HC

Be patient, everyone is figuring it out together. When a trip is canceled or some activity didn't work out, be nice about it and remember every staff member from youngest to oldest is a person.

~ Chana Fishbein, HC

Show appreciation! You liked staff activity, share that! You liked an activity, share that! You like running a certain club, you liked running a certain activity, share that!

~ Chana Fishbein, HC

Being fun and exciting and dressing up for theme days is important and is 100% needed. That being said, if you are not 'that type' don't try to be it just to attract the kids and to be that 'cool' counselor. The kids much prefer someone who will notice them in a big room and strike up a conversation with them, or when you notice when they missed an activity, or when you hear them out when they're down. Being a good counselor in a big setting is important, but being a good counselor in a small setting on a personal level has a far greater impact.

~ Anonymous, Counselor (BJJ)

Camp is literally transformative. The girls remember everything about you. Smile, stay positive, be tznius :) they will remember and emulate all that you do.

~ Chana (Reiter) Wagner, HC

Have clear expectations and standards. Keep to schedule and have a flow- very clear cut.

~ Frayda,
Head Staff and Counselor
(BJJ and Pardas Chanah)

When you're with your campers, be with them 10000%, (model to them how a perfect camper should be) and when it's time to take a break- take it, even if you feel good and not tired. It may ruin the time that you actually have to be with your campers but don't have any energy left. Another tip- camp is dysfunctional sometimes; that's ok, just try to create positive memories for your campers as much as possible, so do special things only for your bunk (spa night, sushi night, movie night, popcorn party, pizza party, just a cute game special for them).

~ Fraidy Thaler, Counselor, Ruchnius,
and HC (Camp Emunah, Camp
Chomeish, Yeka, CGI Poconos)

1. If you have relatives in camp, be very clear with the parents, who are also your relatives, as to what your phone policy will be, to clear up any expectation for you to sneak your cousins (nieces/nephews/grandkids??) behind bunkhouses every day for just a quick phone call in the event that they are homesick.
2. LABEL YOUR PHONE CHARGER- the WIRE and the ADAPTER- in a way that will last the entire summer. This will just help your life.
3. You will likely have to come up with a chitas system specific to work with your bunk, so have it in mind the first few days so you can figure it out early on.

~ Rivky M,
Counselor (CGI United)

Don't be afraid to set standards. The kids are expecting a full blown camp experience and you can totally give it to them. And even if camp as a whole might not be holding to that the standard you want- do it in your own bunkhouse. You are the coolest bunk and you set the coolest standard.

~ Anonymous, Counselor, Division Head,
TPD (CGI Toronto, Camp Chomeish,
Camp Emunah, Pardas Chanah)

TRUST YOURSELF and trust Hashem and the Rebbe that you are exactly in the right place- it's kind of like a shidduch or a family:) Hashem gives parents the children that are perfect for them, and Hashem gives you the campers that are perfect for you. They will also be the ones that know how to perfectly push all the right buttons. But really- trust yourself. Trust that you have the tools and skills to give them what they need, trust that you have the words to say to them, trust that you'll be their favorite counselor just by being together, trust that you have all the strength and energy and love. And also- trust your decision making- don't be scared to be strict if you feel it's right, and embrace your responsibility knowing that you can.

It's hard and exhausting to be a counselor. You're not doing anything wrong if you're falling apart and feeling like you don't want to look at the kids anymore. Take care of yourself, cry, sleep, and keep up the great work!

~ *Anonymous, Counselor, Division Head, TPD (CGI Toronto, Camp Chomeish, Camp Emunah, Pardas Chanah)*

To make a connection with the staff as well.

~ *Mushky Korf, HC 5781 (Pardas Chanah)*

Discipline is for the child, not for you. When you talk to a camper, think about the deeper need they have that's making them misbehave. Talk to them and treat them like people, discipline from a place of wanting to help them- but certain things are unacceptable in camp. Before you speak to a camper, no matter what they did, take a minute to think, "What do I want to accomplish so what should I say?" If you need to think you can, tell them to come speak to you at another time and follow up.

~ *Chana Piekarski, HC*

1. You are there to make sure the girls are having a good time and are safe in all aspects (Begashmius, Beruchnius, socially and emotionally).
2. Make sure to set your boundaries- it doesn't have to be straight out but the campers should know that there are certain boundaries that they don't cross.
3. Make sure you try as much as you can to sleep;) (I know it's kind of impossible but you'll be in a better mood and much more involved with the girls).

~ *Chavi Bromberg, Counselor, Activity Director (CGI Toronto, CGI Detroit)*

1. Be around during rest hour to chat with girls and play games. You don't have to do it every single day, but it is a great bonding time. A lot of campers are bored then.
2. Show them how you love the headstaff and then they'll love the headstaff too.
3. When I was a camper, we would talk about how one counselor slept all day. Never sleep during the day in your bunkhouse. If you want to sleep, go to a headstaff house. Campers exaggerate anything you do and will say you sleep all day even if it just happened once.
4. Winning Shabbos doesn't have to be a major deal. Your bunk can try, but they shouldn't focus on it during the week if they're so invested in it and if they don't win, they get really upset.

~ *Mushky*,
Counselor, Office, OD

Kids very rarely realize how much their words can affect even girls who are older than them; they think you're invincible and they usually don't mean it.

~ *Batya Deitsch*,
HC 5781 (Camp Emunah)

That every behavior has a reason. You must create healthy boundaries and solid standards, but always know that it's asking for something deeper. Can be as basic as they didn't eat or sleep well, or could be they badly need some attention. Hyper can be lack of confidence, chutzpa can be feeling hurt, not showing up can be needing to be noticed.

~ *Rivka Goldenberg*,
Counselor and TPD (Pardas Chanah)

Well :) First of all, kids take almost half the summer to get used to you. Don't think you're not relatable enough or not smart/funny/inspirational/caring/sensitive/approachable/add in whatever adjective you're feeling insecure about right now enough, just because your campers don't like you right away. All relationships take time, and this is no exception.

~ *Anonymous*, Counselor, Division Head,
TPD (CGI Toronto, Camp Chomeish,
Camp Emunah, Pardas Chanah)

I implemented this and it worked well and I would recommend it to aspiring counselors:

1. I am not here for pleasure; I am here for the Rebbe's shlichus. This gives me an insane amount of Koach I cannot get anywhere else, but also comes along with the achrayus of taking care of the Rebbe's own children.
2. Choose one thing to Koch in and focus on that the entire summer (negel vasser by bed, mashpia, etc). I saw actual change before my eyes; it gets to the campers through repetition.

~ Libby Gopin,
Counselor and Head Staff

Communicating :) always. Starting with your co, even when it's small things. Also do it with campers. State your expectations, talk when they aren't met. Talking right away helps not build resentment.

~ Rivka Goldenberg,
Counselor and TPD (Pardas Chanah)

Learn with older campers (for chidon).

~ Mushky Korf,
Head Counselor 5781 (Pardas Chanah)

Be yourself, be real and be honest. You don't need to be a perfect human to be a role model. You simply need to be human and relatable to be a perfect role model.

~ Anonymous, Counselor (BJJ)

Each girl is so precious. Give each camper the attention, love, and positivity they deserve.

~ Chana (Reiter) Wagner, HC

The mindset of "camp is a fun place and kids are supposed to have fun" was very helpful in not freaking out when we were off schedule, or when they were running around after lights out. Also, remembering what I was like as a camper and how many of my best memories were made breaking rules was important. Really putting myself in the campers' shoes and remembering that the summer is 100% about them is always the right move in any camp action.

~ Batya Deitsch,
HC 5781 (Camp Emunah)

Coming in with an open mind and clean slate- don't compare to past experience of the same camp or different camp- things change!

~ Frayda,
Head Staff and Counselor (BJJ and Pardas Chanah)

Stories are an incredible opportunity and very impactful! The kids remember them. While random wacky/cool/spooky stories are all fun and nice, telling stories of chassidim holds so much meaning and lesson and kids enjoy them too just fine. As a counselor in 12th grade I came to camp prepped with latest and greatest, albeit zero-toichen, creepy stories and then Malka A. read us a letter from Rebbe on how, when a counselor tells a story it should be a story of mesirus nefesh. So there went my fun ;) whenever I told stories that summer, and especially as OD the next year, it was 99% of the time a story of a chossid. You can slip in so many hidden messages and I've found that campers really enjoyed and would even talk about them after and ask questions. Stories are a huge opportunity; they shouldn't be wasted on just any story to fill up the time.

~ Rivky M,
Counselor (CGI United)

1. Only speak to kids when they are in their tznius pajamas. It's the fastest way to implement that standard. It also creates positive peer pressure since the kids naturally want the counselors' attention, and will crowd around the group of chatting people.
2. Hang a picture of the Rebbe and a Tzedaka box by the door.
3. Each camper is shower buddies with the person right after them in the line. Before you go into the shower, your shower buddy must be in the bunkhouse.
4. Divide the bunkhouse in two halves and go around to each bed during shower time and chat with each girl about the best thing and what can be improved about their day. The next night go to the second half of the bunkhouse and alternate so you have time for everyone. It also motivates the girls to shower and get into bed earlier.

~ Menucha Itkin,
Counselor 5779 and TPD 5781

Positive reinforcement is the way to go! You accomplish so much more if you use it.

~ Chavi Bromberg, C
ounselor, Activity Director (CGI Toronto,
CGI Detroit, CGI of Hallandale)

As HC I realized that if you don't discipline and you're just trying to be the fun HC, discipline will fall on others who it's not their job- like the counselors- and will be so detrimental to the kids. Yes, you as HC need to be the one to enforce and be the backbone. If you're not doing it in a mean way but are thinking of the child's benefit and not doing it out of anger or because they are being chutzpadik, then the kids will feel that. If you're super fun when it's time to be fun, but strict when it's time to be, you will be successful. They will love you anyways if you're fun just because you're the HC!!! Do not work trying to make the kids like you; be fair and do your best, love the kids and they will love you. You are not doing your job if you're not enforcing discipline, respect etc. But it's all about the way it's done- with a smile you can say, "I'm sorry but now it's time for Mincha." Start off at the beginning very strict, not mean. When they realize you mean business, don't worry, they will like you in the end and you can loosen up as it goes. Be flexible; think about if you're just being square or if it's something that needs to be enforced. If it is, then stick with it; eventually things will loosen up naturally, but if you don't start off with being strict and not starting until it's quiet, by week 2 you will have no control and everyone will be out the door of the dining room.

~ Chana Piekarski, HC

1. Tell your kids on the first day of camp that "we are the best bunk," if you believe it they will too!
2. Kids have truth antennas; if you love them and go out of your way for them, they will notice. It's the little things that count- surprise them with a late night "just because we have the most rocking bunk," or when your camper has a splinter take the time bond with her while walking to the nurse- **IT'S ALL IN THE LITTLE MOMENTS!**

~ Menucha Oster,
Counselor and HC

1. Shower party- if there's someone not doing good with hygiene. We once made a whole train of my entire bunk around campgrounds, each girl scrubbing each other's hair with shampoo.
2. Work with the children. For example, in davening. If someone is disturbing during davening, see if they want to, let's say, pace during davening. Or at night, sometimes it's worth it to let girls read under their blanket so they can calm down.

~ Mushky,
Counselor, Office, OD

My main advice to counselors: Don't try to dominate your campers. They will sense your need for control from a mile away and do everything in their power to test your leadership—after all, that's the whole fun, showing the bossy counselors who's boss. Make rules, but rules that demonstrate that your priority is the well-being of the bunk, and your true care for your campers. What if you don't like them? (I had a pair of counselors tell me they just really hated (I honestly think that was the word they used if I remember correctly) their bunk...or maybe that they felt their bunk hated them). What to do in such a situation? Every night, or every so often, go over in your head one really positive quality that you admire in each camper, and just your internal recognition of their good attributes will subtly change the way you treat them. And never ever give the impression that their misbehaviors/pranks etc hurt you — remind them that camp is there to give them the best time and remind them to stay focused by not doing things that will take that enjoyment away.

~ Ahava, Head Staff 5781

Every moment can be made fun; it really depends on the counselor's attitude and reactions. (For example- I had bunk hey, the last bunk of the fifth graders, so they made themselves feel as if they were already in sixth grade. We were chosen as flower girls for mock wedding and they were devastated. My co and I told them that instead of being flower girls we were going to be flour girls and spray flour at everyone and they literally thought it was the best job).

~ Chaya'le Wilhelm, Counselor 5779
and Ruchnius + Electives 5781
(Pardas Chanah)

1. Counselors need tons of support. Try to divide your emotional energy smarter with the counselors. Both HC's don't need to be giving one set of counselors all their energy because then the rest of counselors are getting none. Assess which counselors aren't getting support because they are not reaching out etc.
2. Be on the counselors' team and show that you know how hard they are working.
3. NEVER tell a counselor off in front of any camper.

~ Chana Piekarski, HC

I had a really hard bunk one year, and something that empowered me was that Hashem gives every person a nisayon and hard things only if they have the power to go through it. I'm so lucky because Hashem gave me this hard bunk because he believes in my abilities and knows that I can manage it.

~ *Fraidy Thaler,*
Counselor, Ruchnius, and Head Counselor (Camp Emunah, Camp Chomeish, Yeka, CGI Poconos)

1. Only niggunim standard- it's not a rule, it's just a standard, matter of fact, no exceptions.
2. Bring negel vasser to kids who didn't bring- they will wash if you stick it in their face:)
3. Create a seating arrangement for davening- we did a number system. Every chair had a number on it and the kids picked out a number from a jar when they walked in and sat in that seat. Each day they picked again so it was always changing up.

~ *Anonymous,*
Counselor, Division Head, TPD (CGI Toronto, Camp Chomeish, Camp Emunah, Pardas Chanah)

1. The first night we made our own bunk night activity- we had a piece of paper for everyone and they all wrote goals for the summer. Some of them were funny goals and some were more serious and they all stayed anonymous. We hung them all up by the mirror and every day they would see their "goals".
2. Be open-minded about what age you're going to get! The campers you have are going to be the ones you are going to make awesome memories with and just have fun with them!
3. I was a counselor in Canada so I didn't have service and it was amazing to have almost a month's worth of a break from my phone. It really helped me be present and focused

~ *Chaya'le Wilhelm,* Counselor 5779
and Ruchnius + Electives 5781 (Pardas Chanah)

I brought this to camp and it was really smart:

1. A speaker, playlists of good (camp approved!!!) music.
2. A bunch of crazy, wacky songs that your bunk can sing 24/7- and that have meaning behind them- this makes your bunk feel super cool and exclusive.

~ *Libby Gopin,*
Counselor and Head Staff

Window markers.

~ *Menucha Oster,*
Counselor and HC

My second year as a counselor, my co and I brought a notebook and each night we wrote down something positive about each girl. When we were too tired, we each wrote half and switched the next night. Looking back, I'm still close with more of that bunk than any other year of counseling. We had a few tough kids that month, and by the end, they were our babies. Our notebook helped us love them - not just thinking or saying it, but writing it down.

~ *Rivka Goldenberg,*
Counselor and TPD (Pardas Chanah)

1. My co brought packing cubes and it was genius instead of keeping clothes out in the open in front of all of the campers.
2. A pack of candies! We would randomly put candies on campers beds that were made :) in general was great to have for random times.
3. A Sefer- we had campers that were very intellectual and they loved learning during rest hour. It was a great way to build relationships with them.

~ *Chaya'le Wilhelm,*
Counselor 5779 and Ruchnius +
Electives 5781 (Pardas Chanah)

1. Take an erev Shabbos picture!
2. Sit down with your bunk, and make kumzitzes.

~ *Chana Fishbein, HC*

Come to camp with new dances (does not have to be hard dance), and dance by every meal.

~ *Fraidy Thaler,*
Counselor, Ruchnius, and HC
(Camp Emunah, Camp Chomeish, Yeka,
CGI Poconos)

Getting kids to go to activities by playing spontaneous and blasting loud music was very effective. Also, kids really like performing surgery on fruit.

~ Batya Deitsch,
HC 5781 (Camp Emunah)

A list of off hand games to play during downtime moments. There are LOTS of downtime moments in camp, just sitting around in your bunkhouse on beds; you will be SO FUN if you know tons of games and can just whip out different ideas (and space them out so you save some fresh ideas for the end of the summer!)

~ Ahava,
Head Staff 5781

A personal story where you grew. It's empowering for campers to hear that their counselor struggled in an area (that possibly they do too) and succeeded in overcoming that challenge.

~ Anonymous, Counselor (BJJ)

Water shpritzer/spray- they loved when I sprayed them.

~ Chana (Reiter) Wagner, HC

1. A binder with 60 pages of "Shower Thoughts" - also made my bunk special as everyone wanted to come get a turn to read it (and was great for tisha b'av).
2. We got all of the Shabbos treat stuff before and prepped mostly the night before camp so we didn't have to scramble with canteen stuff on Friday right before Shabbos.
3. Shower speaker to move along the shower line to the timing of songs.

~ Rivky M,
Counselor (CGI United)

1. Tons of dress up- enough to share with the kids.
2. A mini instant stain remover stick.

~ Anonymous,
Counselor, Division Head, TPD (CGI Toronto, Camp Chomeish, Camp Emunah, Pardas Chanah)

1. Lol tzama lcha nafshi dance :)
2. Don't bring tons of clothes- blundstones/sneakers and one/two pairs of Shabbos shoes.

~ Frayda,
Head Staff and Counselor (BJJ and Pardas Chanah)

Tape, afterbite, safety pins, seminary farbrengen book, random things to give out for bunk morale like packs of necklaces, cheap sunglasses, scrunchies, glow sticks. Birthday crown, (totally bring a yarmulka and tzitzis).

~ *Menucha Itkin,*
Counselor 5779 and TPD 5781

At line up instead of singing pointless and meaningless songs, think of messages you want them to feel and make really fun songs with it!! I love yiddishkeit yeah, I love chassidhkeit yeah! It is fun it is my life yeah! Literally made a cheer to that!

~ *Chana Piekarski, HC*

As a counselor we read a chapter from a book every night to our campers. It made storytelling easier :) Story tapes are also really good.

~ *Mushky Korf,*
HC 5781 (*Pardas Chanah*)

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Miss Chana Piekarski

Miss Chana Silberberg

and many others

“It should be a healthy and happy summer, and more importantly that every moment throughout the duration of the summer will be utilized to hasten Moshiach.”

משיחת ב' דר"ח תמוז תנש"א – לתלמידות המסיימות ומדריכות