



CAMP ECHO LAKE

TRAIL

FALL 2011



As of October 30, there are 237 days until Summer 2012 begins at Camp Echo Lake!!!



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New Kids On The Block



We are SO excited to welcome the following "New Kids on the Block" to the Camp Echo Lake family!!! They will be joining us for summer 2012 and we can't wait for them to experience the magic of camp!!

Charlotte Baker

Julia Berman

Ryan Brodsky

Daniel Casper

Mitchell Cohen

Talia Deutsch

Evan Erman

Michael Feldman

Lilly Friedman

Daniel Fuchs

Sydney Girvin

Brooke Gold

Harrison Goldberg

Andie Goldmacher

Ryder Golub

Katie Goodstadt

Sarah Green

Lara Greene

Eli Greenwald

Emma Greer

Alejandro Gutierrez

Andrew Hack

Julian Harris

Madeline Hartog

LucasHaymes

Dani Hemmers

Adam Kamberg

Alexa Kass

Olivia Kass

Raphael Kellner

Michael Kintzer

Julia Klar

Daniel Kloner

Jacqueline Kloner

Andrew Knecht

Daniel Kornbluth

Jordan Kornreich

Justin Kornreich

Sydney Krata

Arielle Kutler

Josh Kutler

Jack Ladenheim

Kate Ladenheim

Molly Langer

Sarah Langworthy

Jaden Lazarus

Diego Leibman

Ally Leighton

Evan Lipp

Mikaela Lipp

Justin Lurie

Emma Margolis

Hannah Marx

Tyler Meltzer

Aiden Miller

Avery Miller

Dylan Miller

Max Miller

Isaac Mintz

Campbell Murphy

Danielle Nierenberg

Kayla Pressman

Jayden Rodriguez

Bryan Rosenberg

Daniel Rosenkranz

Samara Schiffman

Jacob Schwartz

Max Shapiro

Sarah Shapiro

Phoebe Smith

Henry Statfeld

Erin Stein

Andrew Steinberg

Jeremy Steinberg

Naomi Steinberg

Devin Stillman

Melanie Victor

Zander Walker

Hilary Weisenfeld

Brooke Weissman

Sophie Weissman

Ethan Wiederkehr

Jordyn Youngelson

Dylan Zarr

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From the Clipboard of Tony Stein...

October might seem like a quiet time of year in the camping world, but we are very busy looking at our summer last year and getting ready for 2012!

This is also a time of year when staff and campers alike have had time to reflect on the summer just past. Sometimes, they share their reflections with me and each time I get a note from a camper who says a staff person made their summer – or from a staff person who talks about the campers who made their summer – it really says so much about what camp should be.

I received a note from a camper who told me that he and his friends would wait up for their counselor to return from his day off so they could tell him about what went on at camp and to just share some time catching up on the day's hysterical moments and exciting events. And I think they truly missed having him around.

There was a note from a counselor who was dealing with a challenging personal situation during the summer, but found herself easily re-focused on the campers because of their daily positive attitude. As campers lean on staff, so do our staff draw inspiration, and lightness and laughter from our campers.

Don't ever underestimate the power of the Warm Inner Glow you can give someone with a friendly word, or taking time out to listen and talk with them, or inspiring through your actions. When I see notes like the ones I noted above, it reminds me just how many opportunities there are for making people feel great at camp.

We all miss you – and we look forward to giving you great news later in the year about the birth of Evan's little brother or sister (not sure which yet).

Emily, Tony and Evan



Hi Gang,

Needless to say we desperately miss you all! That aside, I was struck by a comment Steve Jobs (if ever there was an icon it was he) was reputed to have made during an conversation with a close buddy of his. He said "having kids is 10,000 times better than anything I've ever done!" How smart was Steve? Hey, it helps explain why we love what we do and why we keep on doing it.

Oooh, I can't lie to you. We were so worried about Jordan Zides who was so badly injured this summer. And we are so unbelievably happy at the progress he is making on his way back to great and glorious health.

So we trust that all you campers are applying yourselves diligently to your important jobs - studying hard, learning lessons, doing homework, helping around the house, being good citizens and respectful to family members. And if, of course, the last thing you do before you fall asleep at night is recount camp experiences in your heads and check off one more date on your calendar until Summer 2012 begins, we like that job, too.

Moms and dads, progenitors of your wonderful lineage that finds its way to Camp Echo Lake, we are entrusting you with the care of your wonderful boys and girls for 10 months only! Please remember that they are strictly and purely on loan to you until they come back to us, hale and hearty next June.

I wish every Echo Lake family the happiest of new years, much good health and only the best of things. It comes from my house and my heart to yours!

Love, love, love
Amy



From the Desks of...

Laurie



Main Village Director

Recently, two articles in the New York Times spoke to the important benefits of character development and life lessons for children. The thing that neither article articulated (nor maybe even realized) was that they were talking about camp and the character development and life lessons that every camper experiences at Echo Lake. Tara Parker-Pope, in the article, "School Curriculum Falls Short on Bigger Lessons" (NY Times on Sept 5, 2011) talks about, "children developing life skills like self-control, motivation, focus, and resilience, which are far better predictors of long-term success than high grades." Paul Tough interviews Dominic Randolph, headmaster of a prestigious private school, and his work with character development in the article, "What if the Secret to Success Is Failure" (NY Times on Sept 14, 2011). Randolph refers to the work of Martin Seligman and Christopher Peterson in their book, "Character Strengths and Virtues: A Handbook and Classification" and the research of Angela Duckworth about character traits being a better predictor of students grade point average than their I.Q. scores. I found these two articles

fascinating in that they were saying a child's character development and life lessons are crucial in their ability to, not only be successful academically, but to become successful adults. Both articles were also subliminally advocating for the value of the camp experience.

Seligman and Peterson created a list of the "24 Character Strengths" that they felt were important for children to develop for future success. Duckworth's research and Randolph's practical application of this list highlighted the necessity to focus this development in children. The 24 Characteristics are: Zest, Grit, Self-Control, Social Intelligence, Gratitude, Love, Hope, Humor, Creativity, Curiosity, Open-mindedness, Love of learning, Wisdom, Bravery, Integrity, Kindness, Citizenship, Fairness, Leadership, Forgiveness, Modesty, Discretion, Appreciation of beauty, and Spirituality. While all are part of camp, the first five characteristics felt like a roadmap of what we hope each camper gets out of the camp experience: 1. Zest: approaching life with excitement and energy; feeling alive and activated. 2. Grit: finishing what one starts; completing something despite obstacles; a combination of persistence and resilience. 3. Self-control: regulating what one feels and does; being self-disciplined. 4. Social intelligence: being aware of motives and feelings of other people and oneself. 5. Gratitude: being aware of and thankful for the good things that happen.

One of the cornerstones of the camp experience is community living and building friendships. By spending seven weeks living with others, creating friendships, and being a member of a group, campers develop Self-control and Social intelligence. On a daily basis we reinforce that campers should acknowledge, appreciate, and show Gratitude for the love of their friends, the support of their staff, and the gift of camp that their parents gave them. Beyond just the green and gold spirit at camp, finding ways to make every day fun, positive, and exciting sets the stage for the Zest we see in our campers all summer long. When it comes to Grit, you can truly look at the entire summer as a demonstration of Grit...being at camp for seven weeks, being away from home, trying hard at things even if you are not the best, learning something new, and showing the resilience to make the most out of every camp. Campers spending the summer developing their Zest, Grit, Self-Control, Social intelligence, and Gratitude (in addition to the other 19 Character Strengths) gives them the tools to do well in school, exceed in extracurricular activities, excel as individuals, and hopefully be successful in managing all the ups and downs of life.

On our staff shirts, stationery, website, and in everything we do, Echo Lake talks about being "Dedicated to Human Development." Beyond the camp experience that focuses on character development and life lessons, Echo Lake makes that our mission and truly our passion. Reading the articles in the New York Times made me want to cheer as they were highlighting the tremendous benefits of the camp experience for children. They also made me want to give a fuzzy to all the campers and staff who spent the summer focusing on character development and life lessons, and also to all the parents that are giving their children the gift of camp, not only because it is a safe, fun, wonderful way to spend the summer, but because the camp experience is helping their children develop the strength of character they need to be successful in life. I can't think of a better way to spend the summer, can you?! Love and xoxo always, Laurie

JP



Operations Director

Hey everybody!

I hope all is well where ever you may be right now. I sometimes marvel how amazing camp is in regards to so many people coming together for a short time from all around the world and the bonds they form. I mean most campers and staff are there for 7-8 weeks! That's not that long at all.

I had the pleasure of hosting some fellas from camp about a month ago who were on the most epic road trip ever. Jon O'Brien, Matt Hosking, Rob Wiper, and Marc Woodgate were driving to Idaho from camp and making literally a dozen stops along the way to say hi to Echo Lake staff. They managed to see and do things that an average traveler would never get to do. They had personal guides at every stop who were so excited to see them. How great is that! Needless to say I was jealous and told them several times to cherish the moments on the trip because these things don't happen often.

It's important to stay in touch with camp friends throughout the year. Take the time to send a quick email or give them a call. They are some of the best friends you will ever have even if you only spent 7 or 8 weeks together!

Stay gold, JP

From the Desks of...

Brenda



Senior Village Director

As we smile and remember the 66th summer of CEL, we already long for number 67. Why? What is it that we love so much about camp? Of course, the beautiful surroundings, the fun activities and events, but most importantly the friendships. How is this camp experience any different from that very first summer back in 1946? While there is so much that has changed since Amy's parents welcomed the first wave of campers so long ago, there is a common thread that links those very first campers to you in 2011...tradition. Parts and pieces of the past still carry on through camp tradition.

The traditions of the past, that may only be held in the memories of alumni, continue to shape the story and spirit of what Echo Lake means to each of us. These early traditions play an important role in our collective history. Yet as we evolve as a camp community - influenced by the changing world around us - so, too, do our traditions. If you've been around long enough, you may find yourself saying, "Back in the day..." I know that I think fondly of cookout on the beach, watermelon feast and the

days of everyone being squeezed into the dining hall at the same time for banquet - just to name a few. Nevertheless, time passes and things change...for the better! As summers go by, we are able to preserve the magic of so many longstanding traditions, but every so often a tweak here or a switch there slowly and slightly transforms some of these traditions.

Some traditions stay the course from summer to summer, and they are as much a part of our individual experiences as they are our collective camp community experience. A white shirt on Friday nights, fuzzies at evening line-up, camp songs, Carnival, Alawatchakeema, Tribal Sing in the Rec Hall, 'Goodnight Echo' at the end of reprise, the burning of the year... Just mentioning these traditions probably transports you back to camp. They are part of the heartbeat and the magic of camp. We long for their arrival each summer, and we mark our days by their occurrence. Some traditions have been around from the beginning, some for an unknown number of summers and some have yet to emerge at camp. It doesn't take long for a tradition to be born and to endure. For new campers and staff coming in for their first summer they may assume that a new tradition has always been a part of camp! All of these traditions create the backdrop for our experiences at camp and bring a richness to each and every summer.

I encourage you to create your own traditions to celebrate. You can initiate new positive additions to your life with family and friends. You can undoubtedly be a part of new traditions at camp as well...at one point Alex Schiff had no air time in the birthday song - imagine! In fact, just this week my daughter Abi and I started a new tradition, which we have called 'Tuesday Talk'. It's pretty simple, we woke up an hour early, we found a diner close to her school, we chose 'our booth' and ordered pancakes. Then we simply talked. Believe it or not, that's how simple traditions are to begin. Now we know that each Tuesday will be extra special because we'll take an hour together with no distractions. We both had a happier day because of our newly established tradition and we look forward to carrying that tradition on for as long as we can imagine!

Cherish traditions in your life, both at camp and with your family. Appreciate enduring traditions and welcome the coming of emerging traditions - they all shape your memories and experiences. I look forward to sharing so many of our beloved CEL traditions once more with you in 8 months! Love & Hugs, Brenda

Jacko

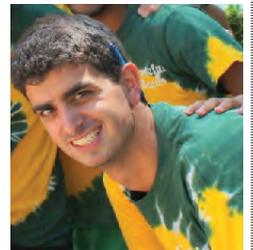


Program Director

Time for another edition of CEL's Great Debate! For this issue I will be debating... MYSELF! As the leaves turn and more days pass since the end of a great summer I am torn in trying to choose the best way to remember summer 2011. This debate places the Trail Yearbook vs. the Reprise Video... and Jacko vs. Jacko! Let the debating begin! Meeeeeemmorries of Ecchoooo!

You know the saying "curling up with a good book?" I have it on good authority that Amy Stein made that saying famous when talking about the Trail Yearbook. And why not?!? My world comes to a complete stop the moment I get the Trail in my hands each year. Even in the middle of winter I am instantly transported back to Warrensburg as the memories come rushing back. I read it all... the group pages... the activity areas... the special events... the support areas... the tribal recap... the director's letters... the front and back cover art... the awesome photos... I take it all in. One of the greatest aspects of the Trail is that you get to hear so many people share their reflections on the events of the summer. Every member of CEL is represented! What a great way to capture a terrific summer.

Another great phrase is saving the best for last. With all the awesome things we do at camp it is no surprise that one of the last events we participate in at camp is watching the reprise video. The media team does a great job of taking all of the best clips from an action packed summer and compiling them into a half hour video for us all to enjoy. The summer comes alive in a way that can only be represented on film. When I receive my copy of the reprise video I sit down and watch it at least 3 or 4 times. I am always guaranteed to laugh out loud, reminisce fondly and have a half dozen songs stuck in my head for the next three weeks. Another phenomenal part of the reprise video is that it only gets better with age. In 2016, this summer's reprise video will bring just as huge a smile to your face as it will today. How can it get any better than the reprise video!?!?



So where do you stand? Is it the Trail Yearbook??? Is it the Reprise Video??? You really can't go wrong when you consider that either choice helps you remember another great summer at "The Lake." Take care, Jacko



Spanning the World

David Langer and Laurence Glickman teamed up on a surgery recently. They took time before heading into the procedure to pose for this awesome picture.



Jeff Kahn (CEL circa 1972-1978 and Iroquois Chieftain) let us know that the book “You Say Tomato I Say Shut-up” which he wrote with his wife is now a play. For more information about when and where to see the show you can visit <http://tomatoplay.com>



Dr. Sam Weinstein, camp parent and Medical Director, was recently featured in New York Magazine’s Best Doctors issue. In the magazine a life-saving procedure that Sam performed was featured as an article. We are truly proud and inspired by Dr. Sam for this shining example of his many achievements.

Drew Friedman, 90’s alum and Co-Founder/CEO of Duck Down Records, is busy preparing for the 2011 ING New York City Marathon. Drew will be running and raising donations with the NYC Alzheimer’s Chapter Team: “Run 2 Remember.” He is running in memory of his father Harvey who passed away last January after his 9 year battle with Alzheimers. To donate visit <http://bit.ly/q3kkbR>



CEL 20??

Mark and Jacquie Freeman are proud parents. **Lucie Catherine Freeman** was born on October 1st weighing 6 lbs 9 1/2 oz. Dad is happy to report that both Jacquie and Lucie are doing great!

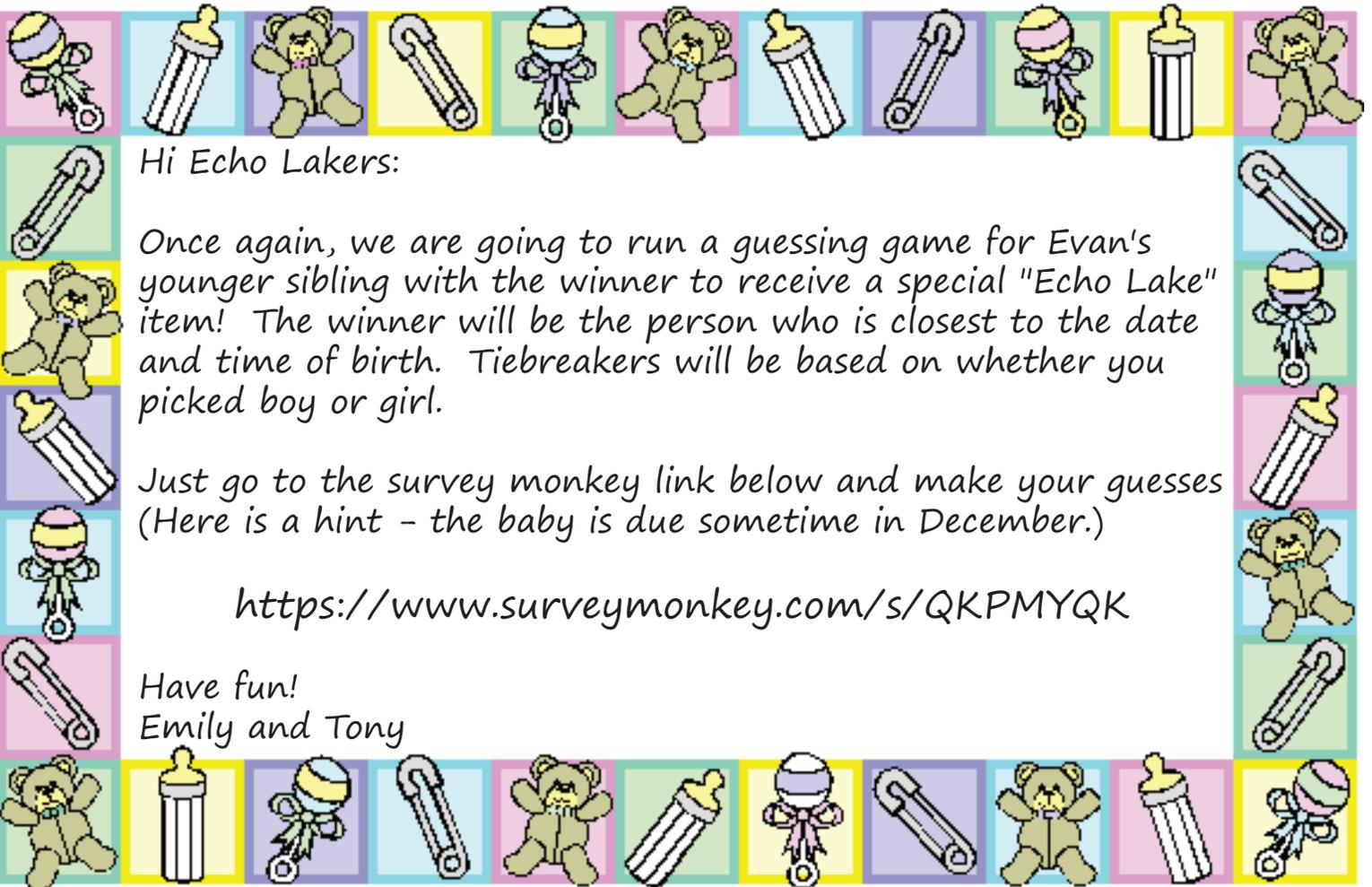


Lauren Goldberg and her husband **Nick Obourn** had a baby boy. **Asher Declan Goldberg Obourn** was born on March 26, 2011 and weighed in at 6lb, 10oz. Everyone is happy and healthy including Asher's Aunt and CEL Alum, **Susan Goldberg**.



On May 24th, **Alison and Josh Male** welcomed their daughter **Lila Roslyn Male** to the family. Coming in at 5 pounds 14 ounces and 18 inches tall, the proud parents couldn't be happier.

Scott “Paris” and Catherine “Clemmy” Lamie wrote in to tell us about the birth of their second child. **Farris Lamie** was born on August 22. She is doing well and big brother **Gavin** loves her to death. Scott and Clemmy are excited to one day bring the whole family to camp for a visit.



Hi Echo Lakers:

Once again, we are going to run a guessing game for Evan's younger sibling with the winner to receive a special "Echo Lake" item! The winner will be the person who is closest to the date and time of birth. Tiebreakers will be based on whether you picked boy or girl.

Just go to the survey monkey link below and make your guesses (Here is a hint - the baby is due sometime in December.)

<https://www.surveymonkey.com/s/QKPMYQK>

Have fun!
Emily and Tony

CEL PRIDE... WORLDWIDE!!!

In our first official edition of **CEL Pride... Worldwide** we have four terrific examples of campers and staff showing their camp spirit. From San Francisco, to New York City, to Turks and Caicos, to your local dentist office it is clear that love of the Lake knows no bounds! If you have any of your own submissions for this super section of the Trail please email them to matt@campecholake.com.

George and Will Stein recently took a trip to San Francisco to celebrate Will's 10th birthday! Here they are riding one of the city's trolleys as Will sports his green CEL T-shirt.



Femke Wit and her boyfriend **Rogier** met up in NYC after camp. An unfortunate case of lost luggage for Rogier resulted in this great example of CEL Pride!

No... **Toby and Helen BK** aren't on vacation... **THEY ARE HOME!** These alums of the lake recently moved from England and now make their home in beautiful Turks and Caicos!



Jess Weinstein at the dentist with a classic way to show her CEL spirit. Here she is with her freshly installed green and gold elastics for her braces.

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Each summer, our staff carries on the back of their staff shirt a quote. The quote is a reflection of the role staff plays in the growth of both our kids and the organization. This summer was no different. It read as follows: **"Few will have the greatness to bend history itself, but each of us can work to change a small portion of events. It is from numberless diverse acts of courage and belief that human history is shaped."** - Robert Kennedy

This summer was a summer filled with joy and challenges; rehearsed, unexpected, hard and remarkable. As I reflected on this summer's quote, I found myself so very proud of the numberless acts of courage and belief of so many that continue to shape the Project Morry history. Our first summer of ownership of this property was in a word, overwhelming. Not operating in the seams, knowing that each decision had a life beyond the 9 weeks, was so very liberating. The property seemed more beautiful each day; the trees greener, the creeks and brooks more picturesque, the sunsets more spectacular. The kids saw it, the staff saw it, our guests saw it...Morry's Camp truly lived this summer through the land. **Overwhelming.**

The kids. Oh my, just writing "the kids" causes emotion to well up in my belly. Our kids are incredible. Yes, they do all kinds of things that kids do to make you wonder how they could have ever thought that was a good idea. That is part of being a kid. It is the other stuff they do...a passed swim test after 3 weeks of practice, the performance of a song at a talent show in front of the entire camp, sharing a poem at the education expo that reflected their joy in who THEY are and what they give to those around them. It was the pride of a perfectly executed flag lowering and folding at evening line-up, the defending of a portfolio by a seven year veteran of the program who wells up with emotion as they reflect on their part in the program and the tears of a 9 year old as they got on the bus to travel home. Not tears of sadness but tears of accomplishment, of a job well done and an opportunity just started. The kids. Oh my.

This is a hard thing we do. Disappointments exist. Most days are amazing. Some days are devastating. We work with kids, with parents, with young adults. We work with people. We partner, we trust, we challenge, we inform, we listen, we encourage, we give and we take. It is at times the most well-orchestrated dance you could ever imagine and at times, well suffice it to say, it is NOT. AND we do it...because each and every one of our kids is vital and important and beautiful and capable and ABLE. They are the next *nexts*...chase whatever you want to follow that. They are the next president, next boss, next mother, next bus driver, next teacher...but they are the next *nexts*. But it is their next. Their dream.

I'm a part of the Dream at Morry's Camp reads the tag attached to the fuzzies that are given out during our evening lineup at camp. It's a reminder that they are part of a dream that is now reality. It's a reminder that their dreams can come true. It's a reminder that they are important. And so we provide a school-year program based around goal setting, around choices being made that will impact opportunities that may come later. We provide mentors and role models, resources, opportunities and presence. We show up...and they show up.

We anchor it with a truly exceptional summer experience that is also filled with belief, challenge and accountability. With role models and mentors AND with time. Time to make a difference, to make changes, to try, to fail and then to try again, to set goals, achieve them and then set new ones. And then we begin again. And to the many of you whose numberless acts of courage and belief have directly influenced all that we do, I say thank you!

With appreciation, gratitude and celebration.

Dawn Ewing
Executive Director of Project Morry



Dawn served as Echo Lake's Associate Director before taking over as Project Morry's Executive Director upon it's establishment in 1995



Way to go CEL!!! \$16,000 and counting raised from the Swimathon/Marathon!!!



Project Morry's 15th Annual Autumn Elegance Gala --- Thursday, November 17, 2011

Project Morry celebrates its 15th Annual Autumn Elegance Gala at The Lighthouse, Pier 61 at Chelsea Piers in New York City. The evening begins at 6:30 p.m. with a cocktail reception, followed by a silent auction, dinner and an awards presentation. Honoree, CEL alum **Rita Kestenbaum** of the Carol Kestenbaum Foundation, will be presented with "The Morry Award." Please join Gala Co-Chairs **Liz Kaplow and Evan Jacobs** and their dedicated committee, **Eric Falkenstein, Mark Gittelman, Pamela Heller & Erik Hartog, Jack Kirschenbaum & Henri Soucy, Ellen & Ron Kisner, Steven Market, Michael Oringer, Johanna Skier, Amy Medine Stein, Emily Stein, Jill C. Stone, Esq., Franne Manne Weinberg, Jodie Weinstein and Lauren Levy Wiesenthal** as we celebrate everyone who has embraced our dream and made it their own. For ticket information go to www.projectmorry.org and click on Project Morry Events or call Laney at 914-592-3055.



The Echo Lake Idea 2011

This past August marked the 42nd Anniversary of the Echo Lake Idea program, the original inspiration behind Project Morry. Over their 30+ years in camping, Morry Stein & Amy Medine Stein came to realize the indelible impact camping has on children. In 1970, Morry and Amy established the Echo Lake Idea, a weeklong scholarship camp program for disadvantaged children. The "Idea" was then, and remains today, one of the first programs of its kind in the United States sponsored by a private camp. The Idea has served well over 2500 children during its 42-year history and has received awards of recognition from the American Camp Association.

The Idea 2011 was a superb tribute to the 42-year history of this amazing program. 65 Idea campers swam in the pools, slept in the bunks, ran on the fields, performed on stage, made S'mores, and even went to Lake George's Skateland for a fantastic evening of roller skating! By the end of the week the Idea program had a tremendous impact on the campers who celebrated their success with fuzzies, campfire songs, and wish lanterns on Echo Lake.

Much of the success of the Idea program is due to the abundance of energy and generosity of spirit of the staff that volunteer to work with the children during the Idea week. This year, Laurie Rinke, Echo Lake Idea Director, was truly blessed to have Jacko to assist in all aspects of creating a GREAT IDEA! Alongside Laurie and Jacko were the very passionate staff whose heart and soul for working with children made it impossible to tell that they were volunteering to work at the Idea!

A BIG thank you and MANY fuzzies to our volunteer staff which included incredible individuals from this summer's CEL staff and alumni CEL staff. Thank you to all of the 2011 Idea campers and staff for making the Idea truly outstanding! We can't wait to see all you Idea campers and staff in 2012...our 43rd Anniversary year!



Project Morry Capital Campaign News

The Board of Directors, Campaign Cabinet and staff of Project Morry are proud to announce that we have raised \$5.3 million dollars toward a goal of \$7 million. This includes two lead gifts of \$1 million each.

We have already purchased the camp facilities that we formerly leased and our next steps are to: acquire permanent space for our year-round programs and staff offices, and renovate and expand camp facilities.

Through this campaign we will double the number of children we serve, to over 1,000 participants each year.

To learn more about the Capital Campaign and to help Project Morry reach more children, please visit our website at: www.projectmorry.org

Staff Bulletin Board

Shout Outs from Our Outstanding Staff!!

CEL Summer 2011 Mix

We surveyed the CEL staff and asked them, "What song reminded them of summer 2011?" With those responses we have created this "CEL Summer 2011 Mix" and encourage everyone to download these songs onto a "playlist" and rock out to memories of another great summer at Camp Echo Lake...

The Lazy Song by Bruno Mars

Firework by Katy Perry

Forget You by Cee Lo Green

Friday by Rebecca Black

Good Life by One Republic

Tonight, Tonight by Chelle Rae

Tick Tock by Ke\$ha

The Time by Black Eyed Peas

Party Rock Anthem by LMFAO

Waka Waka by Shakira

Born This Way by Lady Ga Ga

Rolling in the Deep by Adele

Super Bass by Nicki Minaj

Wagon Wheel by Jeremy McComb

Teach Me How to Dougie by CSD

We Run the World (Girls) by Beyonce

Best Love Song by Chris Brown & T-Pain

Anything from Glee

Grenade by Bruno Mars

If I Die Young by the Band Perry

Mean by Taylor Swift

Foster the People by Pumped Up Kicks

Baby by Justin Beiber



On Thursday September 29 at 6pm, **Jay Boisvert's** girlfriend, **Victoria** had a baby girl. **Antoinette Kailey Boisvert** was born weighing 6lbs, 15 oz and was 20 inches long. Everyone is healthy and happy.



CEL staff members past and present met up at a recent football game at the University of Michigan in Ann Arbor.

Pictured from left to right are **Ben Grayson, Sam Pearl, Julie Zucker, Alex Visoky, and Sarah Stettin.**

The only thing this picture is missing is some GREEN!!!



Doctor Birdman I presume.... **Jason Bird**, 2011 4n4 Staff Member and Senior Village Line-up poet, has just started a doctorate program for physical therapy. While he is loving graduate school he does joke that all the learning is really getting in the way of his social life.



Matt Hosking, Jon O'Brien, Mark Roberts, Rob Wiper and Marc Woodgate embarked on an epic post-camp road trip that started in Warrensburg and ended in Idaho where they saw **Ally Begly**. The guys visited many camp friends along the way and covered a lot of ground across North America. Places they visited included Montreal, New York City, Miami, Denver, Columbus and Ann Arbor. What a phenomenal way to cap off a terrific summer!



Campers Corner

Exciting News from CEL's Best and Brightest!!!



Jesse Haymes and Ben Lurie met up for a day of fun and catching up at Sportime USA in Westchester.



Jay and Brenda took **Abi Levine** to a high school open house in Montreal at Saint Georges H.S. and walked into the robotics lab to find a very handsome Ambassador of the school - **Andrew Cohen!**



Ella Horn and Charlotte Templeton got together recently. They both had feathers put in their hair.



Ben Greer was visiting from Chicago and got together with some buddies at **Lewis Brandman's** house in Montreal. The boys skyped **Sam Weisenfeld** in New York! Also pictured are **Jacob Levine and Josh Feldman.**

Lilly and Mia Wiederkehr were so very excited to see **Julie Zucker** during their recent trip to the University of Michigan! Go Blue!



This is a picture of **Sofia Girvin and Jess Greene** in an awesome fort that they made at a recent sleepover at Jess's house!!! We want to give a shout-out to LIGW 2011!



The Berman family hosted a CEL BBQ on Labor Day. In attendance were **Eric and Lauren Koenig, Jack and Emma Doremus, Jack and Paige Dubicki, Zach and Lauren Hurwitz, Evan Gutman, Sam and Daisy Ferleger, Bailey Schweitzer** along with **Jake and Josh.** The group celebrated with S'more fudgies (Renee's recipe) and green and gold cupcakes.



Pictured here is **David Goldberg** with brother **Harrison** and cousin **Kevin Cohen** passing by the Supreme Court on the way to dinner in Tribeca, NYC.



The **Butchen and Jerris** families took a trip to Quebec at the end of the Summer. While in Montreal they had dinner at the **Steinberg** house!



Izzy Longert celebrated her birthday with some of her camp friends and awesome alums. Kings and Queens!



Just like at FNL... **Ben Langer** had no problem taking the stage and performing for the crowd at his recent Bar Mitzvah.



2011 Frosh buddies **Noah Weber, Will Spector and Miles Cooperman** at a meet up in NYC.

Rachel Fadem, Rachel Roberts and Avery Jerris are seen here pumpkin picking.



Sofia Girvin and Caroline Kintzer made some delicious smore fudgies at a recent sleepover. We love and miss you LIGW! xoxo sofia with an f and caroline with a c!

George and Morry Stein took a trip to Seattle in honor of Morry turning 10 years old. Here they are standing in front of a seaplane. The pair also took in a Seahawks football game!



The Volk Family went on their second annual summer road trip after camp and stopped at Quincy Market in Boston, MA. On this particular evening, **Ethan and Brian** first ran into tennis counselor, **Scuba Steve** and then a few minutes later, ran into the **Levine family.** It was a nice surprise for all.

Third time is truly a charm for **Annabelle Barbara.** She donated eight inches of her hair to the Pantene Beautiful Lengths campaign.



Pantene turns donated hair into free, real-hair wigs for women with cancer. Since real-hair wigs are expensive, and many women with cancer can't afford them, the demand for these wigs is high.



Ella Marx joined **Ella Horn** at her little sister **Joss's** birthday party recently. The girls helped run a dance party for Joss and her friends.



The 411 of 12885...



What's Happening in Warrensburg?

Big news from Warrensburg! We have broken ground on our Brand New Gymnastics Pavilion, which will be located in the Main Village between the tennis courts and girls bunkline. At over 5,000 square feet in size, this new pavilion will feature all the latest and greatest in gymnastics equipment and we look forward to ramping up our program.

We look forward to providing photos of this project as the year progresses.

Darren and his boys remain very busy as well on keeping the camp well-maintained throughout the winter, focusing on a number of other projects to help Echo Lake work a little better and look a little nicer.



CEL Garden --- In Full Bloom



This summer was a remarkable comeback for the CEL Garden. Under the green (and gold) thumb of Emily Stein the garden was a popular destination for campers and staff who watched the garden grow throughout the summer. Tony, Emily and Evan made the final garden visit of 2011 during their trip to camp recently and give us this update.

There was an overflow of orange cherry which are very sweet. There are also loads of early girl tomatoes (those are the bigger red, juicy ones.) The tomato plants, which were once as small as Evan, are now all taller than Tony!

On the pepper front, there are an abundance of the sweet and yellow jalapeno peppers and blushing beauty peppers.

The rows of kale have come in quite nicely as the leaves have grown to full size. The cold winter frost is actually what helps the kale reach full flavor.

All herbs now overflow the barrels -- these included oregano, basil, lemon thyme, tarragon, mint, and chocolate mint, spearmint, peppermint.

Tony used the tomatoes, basil and oregano to make a yummy pasta sauce for the family to enjoy. They also used the mint to make some refreshing minty water.



Overall, the garden has finished strong due to the beautiful weather up at camp. Soon the frost will come and the plants will all go into hibernation for the winter. We will then start all over in the Spring with some new veggies and also cultivate the ones that come back every year like tomatoes and peppers. Get excited for another great summer at the CEL Garden!



AT HOME DO - IT - YOURSELF ACTIVITY AREAS

Hey campers! As you know, I love scouring the web for new projects. This simple project uses scrapbook paper leaves to create a bright and cheery Fall ambiance for your home. You could also use these beautiful trees to decorate your holiday table, entry way, or even use it as a party centerpiece... the possibilities are endless! Here is what you will need...

Scrapbook paper, Branches, Floral Wire (I used 24 gauge wire), Glue, Scissors, Cardboard/cardstock/chipboard, Vase or Pot to place your branches in, Newspaper

The awesome thing is - you probably already have most of these supplies on hand. I only had to purchase the floral wire for a little over \$1 (with a coupon). What an inexpensive way to bring Spring into your home! Let's Get Started...

First, I took out my healthy assortment of scrapbook paper scraps. If you don't (yet) have a unreasonable amount of scrapbook paper (and everyone should), then just head over to your local craft store - Jo-Ann, Hobby Lobby, or Michaels and pick out your favorites.

Cut out a template of your leaf from the cardboard (you can also use chipboard or card-stock). I used two different sizes of leaves - one small and the other a lot larger. Try to make the leaves as symmetrical as possible (which I did not realize until later). This will help with pairing up a back and front leaf later on. Using your template, cut out as many leaves as you want. Cut them in even numbers because you will be pairing them up later on.



Take your floral wire and cut strips anywhere from 5"-8" long. I know that's a big range, but I'm taking into account the different size leaves. If it's a larger leaf, you will want a few extra inches of wire.

Lay down some newspaper next to your workspace. Take one of your leaves and put a thin strip of glue down the center. Place a piece of wire on the glue. Find a leaf of the same size and same scrapbook paper (or different paper- this is your project!) and place it on top of the glue, sandwiching the wire and forming a "vein" down the center of the leaf. Place your newly made leaves on the newspaper. Keep going until you've made all of your leaves.



Now for the fun part! Start placing your leaves on your tree by wrapping the floral wire around a branch. You can arrange them in a natural way... or make them funky.



And you're done! This project is so easy. You can make a huge tree or just make a small, simple one. Do ten of them for an event, or just create one for your humble abode. Either way, take this idea and run with it. You can create Fall magic using only a few supplies!



XO Sara Gold CCO (Chief Creative Officer)

Hey CEL! Coach J here, writing to you all the way from San Antonio, Texas! It was such a blessing to see the talent that showed up at the beginning of summer and the many improvements that evolved over the course of the summer weeks.



The hard work, dedication, and positive attitudes reflected with successful finishes in all of our tournaments. As we look ahead to the cold winter months, and to Summer 2012, I would like to provide you with some indoor drills you can continue to work on to prepare yourself for spring baseball.

One indoor drill that can be done without any baseball is dry work with a bat. This skill I will introduce will only require: space, a bat, and someone to provide feedback, preferably another adult who can also supervise. If possible, swinging in front of a mirror will also help as you will be able to see firsthand where you are making your mistakes. This drill is very simple. What we want to work on for this particular drill is our overall swing while looking for key points. As we went over in the summer, the key points we want to look for are: feet shoulder width apart parallel to home plate, weight back, short soft step towards the pitcher, hands driving through the zone, and a balanced finish. While all this may seem overwhelming, the swing can be broken down into 4 steps. The 4 steps are what this drill is for. The first step is the rocking phase, during this time; you want to make sure your feet are about shoulder width apart, while having your bat at a 45 degree angle, and getting into a nice rocking phase. Step two then consist of the loading stage. As a side note, we want to make sure we are loading our hands, bringing our weight back and getting set as soon as the pitcher begins his/her motion. We must remember, during the loading stage, when we bring our weight back and get our hands set, at this point; you should be set and no longer rocking. Next is the third stage. This part consists of checking your swing midpoint. As you begin your swing with a soft short step towards the pitcher, this is your explosive stage, where contact is made. During this stage, you want to stop your swing at midpoint to check for key points. What you should be looking for at this point is that your weight is still back, the knob of your bat is pointed to the pitcher and that your bat is at a 45 degree angle. If all these points are on key, you are ready to move on to the fourth part of the drill, the follow through. During this time, you are making contact with the ball and finishing with a full swing with both hands on the bat and remaining balance. During this stage, this is when your hips open, your weight shifts and you put a good swing on the bat. A key point to notice here is that you remain balanced. While this drill may seem long and boring, it is a key drill to checking all points of your swing to ensure you are maintaining good mechanics. Practicing this drill will only make you into a more effective batter at the plate and prepare when facing quality pitching. As we approach Summer 2012, remember agility is always important, find some space, play catch, work on your arm strength and RUN! Running during the winter months and doing wind sprints will keep you in shape and improve your speed and quickness on the base path and on the field. Have a great winter and happy holidays!

Yours Truly,
Coach Max, Coach Jake, and Coach J

Camp Echo Lake 2011-2012 Off Season Events Calendar

Save the Dates and Join Us for the following CEL Off Season Events...

Montreal Reunion Sunday December 4, 2011

New York Area Reunion Saturday December 10, 2011

Main Village Winter Weekend Saturday March 3 – Sunday March 4, 2012

New Parent Night Wednesday April 18, 2012

New Camper Picnic Thursday May 10, 2012

Camp Echo Lake 2012 Season Begins Saturday June 23, 2012

Parent Visiting Day Saturday July 14, 2012

Camp Echo Lake 2012 Season Ends Sunday August 12, 2012

Echo Lake Idea Tuesday August 14 – Sunday August 19, 2012



Kings and Queens and Bishops too...Wanna Wish the Best to...

Campers...

Andie Bodian	August 14
Jacob Berk	August 15
Ryan Jonas	August 15
Annie Bandler	August 16
Matthew Lecher	August 17
Jacob Steinberg	August 17
Daniel Rosenkranz	August 20
Matthew Steinberg	August 21
Scott Morgenstern	August 22
Isaac Moss	August 22
Danielle Schwartz	August 23
Sheila Pugliese	August 26
George Goldstein	August 27
Adam Tollin	August 29
Andie Goldmacher	August 30
Alexandra Mantz	August 31
Allie Drogin	September 2
Danielle Koslow	September 4
Blake Migden	September 4
Matthew Deutsch	September 5
Emma Grinberg	September 5
Jacob Disavino	September 7
Zachary Bloomgarden	September 9
Jordan Cohan	September 9
Logan Cohan	September 9
Jacob Silverman	September 9
Julia Skutch	September 9
Ethan Stoulig	September 9
Justin Simms	September 10
Noah Caspar	September 11
Sydney Knecht	September 11
Matthew Salomon	September 12
Aaron Scherr	September 13
Max Berenbaum	September 14
Scott Buksbaum	September 14
Benjamin Farber	September 14
Tess Greenberg	September 16
Lauren Whitman	September 16
Alexandra Gluckman	September 17
Max Keiser	September 17
Will Spector	September 20
Ethan Feller	September 21
Jordyn Miller	September 22
Samson Bienstock	September 23
Sam Cooperman	September 23
Daniel Kloner	September 24
Jacqueline Kloner	September 24
Jilly Rosenthal	September 24
Jake Berman	September 27
Zoe Butchen	September 27
Caroline Kintzer	September 27
Jack Dubicki	September 28
Hunter Stern	September 28
Isabelle Longert	September 29
Allie Kaye	October 1
Allison Stafford	October 1
Maggie Weisblum	October 1
Lindsay Eller	October 2
Jordan Kornreich	October 2
Justin Kornreich	October 2
Sarah Shapiro	October 3
Sydney Weber	October 3
Matthew Weinstein	October 4
Eliot Sernau	October 6
Toby Diamond	October 8
Gaby Gerstman	October 8
Danielle Silver	October 9
Tyler Meltzer	October 10
Isabelle Jacobs	October 13

Campers...

Ellis Paull	October 13
Paige Goldstein	October 14
Evan Lipp	October 15
Hillary Minkoff	October 15
Joseph Steinberg	October 15
Matthew Bernstein	October 16
Rebecca Wolf	October 16
Brooke Kozek	October 17
Samuel Smith	October 19
Matthew Bressler	October 20
Sydney Brett-Lieblein	October 20
Zachary Hiken	October 20
Molly Shultz	October 20
Jeremy Klausner	October 21
Julia Schwartz	October 21
Jessica Williams	October 22
Joshua H. Feldman	October 23
Cole Yellin	October 23
Graham Kessel	October 25
Justin Goldberg	October 26
Jordan Pollack	October 26
Bryan Rosenberg	October 27
Max Paull	October 28
Ryan Rothman	October 28
Kira Barich	October 29
Max Ladenheim	October 29
Jessica Greene	October 30
Isaac Mintz	October 30
Justin Morgenstern	October 30
Lilly Wiederkehr	October 30
Charlotte Baker	October 31
Michael Grossman	October 31
Danielle Luntz	November 1
Kevin Cohen	November 2
Tori Krieger	November 3
Jesse Bernstone	November 4
Evan Aaron	November 6
Max Cohan	November 8
Katie Hirsch	November 8
Ella Marx	November 9
Noah Ginsberg	November 11
Jay Greenwald	November 11
Matthew Greenwald	November 12
Dylan Zarr	November 12
Ira Ganz	November 13
Ethan Volk	November 13
Jessica Weinstein	November 13
Margot Present	November 14
Lewis Brandman	November 16
Victoria Clark	November 18
Ben Langer	November 18
Zoe Kreutzer	November 19
Chelsea Barich	November 20
Abi Levine	November 20
Amanda Margolis	November 21
Jason Saperstone	November 22
Hannah Tell	November 22
Alex Leventhal	November 23
Alexa Kamberg	November 24
Casey Goldberg	November 25
Zachary Kapnick	November 25
Alex Sims	November 25
Theo Feldman	November 26
Lucas Goldman	November 26
Anna Schoenfeld	November 28
Camryn Miller	November 29
Olivya Serlin	November 29
Rafael Urrelo	November 29
Sophie Nadel	November 30

Staff...

Channing Rendall	August 16
Tracey Feldman	August 17
Anton Nemeth	August 18
Emilie Weinheimer	August 18
Mathew Haskell	August 19
James Bartér	August 23
Curt Metzger	August 24
Daniel Scheinfeld	August 25
Kendall Keith	August 29
Atticus Thiel	August 29
Gabor Szabo	August 30
Marcus Claytor	September 2
Jon Fox-Goldberg	September 3
Daniel Spratt	September 3
Cyndi Mandolare	September 4
Jessica Williams	September 4
Jeff Sanders	September 9
Jill Greer	September 9
Molly Leopold	September 10
Fred Curtis	September 11
Jeff Redish	September 11
Derrick Forget	September 12
Ian Hook	September 12
Bianka Rostas	September 12
Ashley Ramsay	September 13
Mark Marsot	September 14
John Onjack	September 14
Michael Rose	September 14
Abigail Carignan	September 15
Linda Tell	September 15
Rachel D'Arcy	September 17
Adam Langworthy	September 18
Ruth Kleinman	September 20
Alexa Metselaar	September 20
Morgan Post	September 21
Marcus Perrone	September 24
Klaudia Wiczorek	September 27
Mark Kronenberger	September 29
Leah Aschettino	October 7
Hannah Lemkowitz	October 9
Patrick McNeece	October 9
William Yarmowich	October 10
Cory Zenner	October 11
Alexis Henin	October 13
Elizabeth Johnson	October 14
John Pezzolla	October 14
Graeme Abrahams	October 15

Staff...

Lois Clark	October 15
Abigail Johnson	October 15
Max Venturo	October 16
Conor Taaffe	October 17
Emily Tibbott	October 17
Stephen Williams	October 18
Brad Beighley	October 19
Susanna Walker	October 22
Samuel Pearl	October 24
Alyssa Sherry	October 25
Emily Stein	October 25
Hamish Grundy	October 26
Sylvia Kuzniar	October 26
Chelsea Maulden	October 26
Georgia O'Brien	October 26
Alex Wilson	October 26
Natasha Hunt	October 28
Lauren Weissbrod	October 29
Barry Holleway	October 31
Stephanie Sweeney	November 1
Richard Turner	November 4
Emma Speake	November 6
Cheryl Chase	November 7
Michael Curtis	November 7
Simon Latham	November 7
James Mahone	November 9
Melissa Baer	November 11
Renee Pearl	November 11
Elizabeth Dengler	November 12
Megan Hendry	November 14
Michael Althoff	November 16
Sarah Giacomini	November 17
Stacie Gray	November 18
Charles Luke	November 18
Tara Stoulig	November 19
Rebecca Howe	November 20
Meaghan Baer	November 21
Talia Bloom	November 22
Sarah Stettin	November 23
Robert Wiper	November 23
Robin Mahler	November 26
Andrew Arnold	November 27
Michael Bones	November 29
Graham Marsh	November 29
Charlotte Stanley	November 29
Ronnie Williams	November 29

**Happy 3rd Birthday
Evan Stein!
October 24th**



Happy Birthday to you, Happy Birthday to you,
Happy Birthday dear ____,
Happy Birthday to you!

Kings, and queens, and bishops too. Wanna wish the best to
you. So wish day, wash day, what do ya say? Birthday! Happy
Birthday to you! There's laughter in the air, people smiling
everywhere.

Happy Birthday. Uh! Happy Birthday. Uh!
Happy Birthday to you! Uh! Uh!
H and an A and a P, P, Y B and an I and a R, T, H!
D and an A and a final Y
Haaaaappy Birthday.

This is your birthday song, It isn't very long,
My name IS Alex Schiff, hey!

CAMP ECHO LAKE
3 WEST MAIN STREET
ELMSFORD, NY 10523



***ATTENTION 2011 CAMPERS, PARENTS, AND STAFF...PLEASE JOIN US FOR OUR MONTREAL REUNION ON DECEMBER 4 AND OUR NY AREA REUNION ON DECEMBER 10! SAVE THE DATES...DETAILS TO FOLLOW. WE CAN'T WAIT TO SEE YOU!

CAMP ECHO LAKE 2011 – 2012 DATES

MONTREAL REUNION	SUNDAY DECEMBER 4TH, 2011
NEW YORK AREA REUNION	SATURDAY DECEMBER 10TH, 2011
MAIN VILLAGE WINTER WEEKEND	SATURDAY MARCH 3 – SUNDAY MARCH 4, 2012
NEW PARENT NIGHT	WEDNESDAY APRIL 18, 2012
NEW CAMPER PICNIC	THURSDAY MAY 10, 2012
CAMP ECHO LAKE 2012 SEASON BEGINS	SATURDAY JUNE 23, 2012
PARENT VISITATION	SATURDAY JULY 14, 2012
CAMP ECHO LAKE 2012 SEASON ENDS	SUNDAY AUGUST 12, 2012
ECHO LAKE IDEA	TUESDAY AUGUST 14 – SUNDAY AUGUST 19, 2012