



**HAPPY
NEW
YEAR**

CAMP ECHO LAKE TRAIL WINTER 2011

As of December 15, there are 191 days until Summer 2012 begins at Camp Echo Lake...
Our 67th summer!!!



Winter Address:
3 West Main Street
Elmsford, NY 10523
Tel: 914-345-9099
Fax: 914-345-2120
www.campecholake.com



Summer Address:
PO Box 188
Warrensburg, NY 12885
Tel: 518-623-9635
Fax: 518-623-3316
www.campecholake.com



In this Issue... Winter 2011

- * Follow CEL on Twitter!
- * Alum Turnout at Autumn Elegance
- * Directors Letters:
Tony's Clipboard
Amy's Letter from Florida
- * From the Desk Of...
Main Village Director: Laurie
Senior Village Director: Brenda
Operations Director: JP
Program Director: Jacko
- * Page Six: Alumni Happenings
- * CEL Pride... Worldwide!
- * Sudoku... CEL Style
- * Project Morry Info & Update
- * Main Village Winter Escape Info
- * Staff Bulletin Board: Shout Outs
- * Campers Corner: Exciting News
from the Best & Brightest
- * At Home Do-It-Yourself Activities:
Tennis with Coach
Cooking with Renee
- * Gaga World Record Update
- * Photos from Summer 2011
- * Happy Birthday Wishes
- * Important Dates to Remember...

Follow us on
twitter



Do you Tweet?

You can now follow your favorite camp at:

@CampEchoLake

We will use Twitter as an additional way for you to get the information you receive from us during the year via email, mail, the parent dashboard and/or the CEL website!



Alumni Support at Autumn Elegance



We were so happy that Project Morry's Autumn Elegance event held on November 17th was such an overwhelming success. One of the reasons this event is always so fantastic is due to the terrific support shown by Camp Echo Lake alums. Below is a list of those alums who helped make this night so special!

Dani Ackerman
Jeff Ackerman
Andi Goodman
Rich Adler
Karen Adler
Joe Appelbaum
Ellen Babby
Heather Babby Rimsky
Ricky Baiman
Mark Benerofe
Lynn Silverstein Bernstein
Steve Borsuk
Tom Coleman
Bill Cooper
Corey Frimmer Dockswell
Joan Taback Frankel
Jay Gilbert
Laurence Glickman
David Heller
Pam Heller Hartog

Jerry Herman
Bob Finkle
Jeff Gross
Roger Gross
Renee Azima Heller
Juliana Jacobs
Liz Kaplow Jacobs
Evan Jacobs
Danny Kagan
Seth Kalvert
Mark Katz
Jeff Kaufman
Cheryl Kramer Kaye
Rita Kestenbaum
Jack Kirschenbaum
David Langer
Amy Leopold
Jonathan Leopold
Scott Levy
Randi Gilbert Lipkin

Steve Manket
Dave Manne
Alan Nadel
Michael Oringer
Rob Oringer
Laurie Rinke
Peter Saperstone
Kathy Silverstein
Steve Solomon
George Stein
Tony Stein
Amy Stein
Greg Suss
Donna Kerness Teichner
Jay Varon
Jen Levy Wiederkehr
Franne Manne Weinberg
Sam Weinstein
Mark Weinsten
Lauren Levy Wiesenthal

From the Clipboard of Tony Stein...

This is such a wonderful time of year. It is wonderful because we get to reconnect with campers, parents and even some staff at our December reunions. It is wonderful because the snow starts to fall in Warrensburg and the lake ices over so that our Main Villagers can walk on Echo Lake when they come up for the Winter Weekend in March! It is wonderful because we get to see so many of the people we love at holiday get-togethers!



It is also wonderful because it is a time to reflect on the people who make one's life rich in relationships and to thank those who make one's life more full. For me, I am always thankful that I go to summer camp each and every year and live with the most energizing campers and staff that exist anywhere! And I am especially thankful of all the people who are a part of that.

Throughout the year, I am thankful to work with incredible leaders like Laurie, Brenda, JP, Jacko, Enza and Darren. I am thankful every day I see another contribution to Project Morry from a current camper who has just started his or her career at Echo Lake – or an alum who was my counselor back in the 70's!

I am thankful that all of our camp parents show confidence in what Echo Lake does by sending your children to us each summer. You campers add the vibrancy, the life, the energy, the pizzazz, the laughter! And our tremendous staff – you add the backbone, the role modeling, the soul, the love. I am thankful for the smiles from campers, parents, staff and alumni that come with handshakes and hugs anywhere we meet.

When an alumni calls me to discuss sending their child to camp, I am thankful for the first five minutes of the call which in variably consist of laughs as we roll down memory lane. To have Echo Lake as a common thread is so special to me.

To all of you, Emily and Evan (and we expect plus Evan's baby sibling by the time you are reading this) join me in wishing you a Happy and Healthy New Year. We feel blessed to be part of your lives and we want to thank you dearly for being a part of ours. Happy Holidays.

Emily, Tony and Evan

Hi Echo Lakers,

There is very little that warms the cockles of this director's heart as much as nostalgia of campers from days of old. Renee Pearl, aka the Queen of Fun, decided to have a birthday party for herself on 11/11/11. Guests included Renee's son, Derek Sigler, and others who not only were campers in days of yore but whose own children were or are Echo Lake campers, too. I refer to David Pearl, Brenda and Jay Levine, Sara and Stuart Gold, Jill Schwartz Greer, Eileen and Holden Ostrin, Jane Siblin and Alen Brandman. They all gathered together to sing Renee our camp birthday song as well as Friends, Friends, Friends. Talk about ties that bind...there is something very special that these good people share. Everyone reading this knows exactly what I'm talking about. Renee tells me that there were other Echo Lakers she invited who just couldn't get there. I'm sure they were there in spirit. Since we know that Renee is some kind of kitchen queen she devised a very special drink for the party called The Lake, in honor of you-know-what. The recipe? Water on the rocks, what else?

And then, of course, there was the celebration in honor of alum Rita Kirschenbaum Kestenbaum, our honoree at the fall Project Morry event Autumn Elegance. You gotta know that there's a little piece of me in every camper who ever went to Echo Lake. And there is a little piece of every camper inside me. So all these gatherings that alums attend is, so far as I'm concerned, a celebration of Echo Lake. It makes me feel terrific.

And now, folks, look to your left for a list of every single Echo Laker who came to Autumn Elegance the fall benefit for Project Morry. I love you madly and can't wait to see you!

Love, Love, Love Amy



From the Desks of...

Laurie F



Main Village Director

As the temperature begins to fall, the lights begin to twinkle, and the holidays rapidly approach, my wish for each of you is that you find your voice and the joy that comes with celebrating exactly who you are. It's hard to figure out exactly who you are, let alone find your true inner voice to express who you are to the world. There is all sorts of "noise" around us. TVs, magazines, the internet, iPods, "supposed tos" and "should haves," can be very hard to tune out and even hear the voice inside us. People and things all around you try to impact that voice inside you, but, no one knows who you are as well as you do.

In order to find your voice, you need to quiet all the noise. Turn off everything that has an off switch. Get comfy somewhere quiet. Take a deep breath. Maybe even close your eyes. Now listen. It's kind of uncomfortable, I know. Silence is not easy. Just relax and listen. Think about what makes you

happy, what makes you laugh, what makes you feel good about yourself. When was there a time when you were proud of something you did, when you felt strong, when you were doing something for all the right reasons? Now, while you are doing this, I want you to tune out anything that comes into your head that is negative, critical, or filled with doubt. Picture yourself as the happiest person you can be. Think about the things you do, say, and feel when you are truly the happiest person you can be. Ah ha. There you are! It's great to see you. Now, use your voice. Use that inner knowledge of who you are and sing, dance, jump, shout it from the roof tops. You are who you are and that is exactly who you are meant to be. You have found your voice.

What do you do now? The first thing is every single day, remind yourself who you truly are and be proud of that. Trust me that if you are comfortable in your own skin others will embrace you too. You have found your voice. Use it. Stand up for what you believe in. Stand up for those who cannot stand up for themselves. Talk about things that are good, compassionate, kind. Do things that are true to who you are... dance, throw, sing, run, think, read, kick, imagine, hope, reach out, speak up, and be happy. Never compromise, hide, alter, or deny who you truly are because that will be the fastest way to find out what unhappiness feels like. No one knows who you are better than you. When you start having those doubts creep in or people are trying to silence your voice, that's when you block them out, and talk, sing, scream even louder. Celebrate who you are.

The second thing you can do now is help others celebrate who they truly are. It doesn't matter what someone looks like, says, or does. As long as they are being good, kind, and truly who they are in a positive way, celebrate them! Help remind them that who they are is exactly who they are meant to be. Imagine how good it would feel if you helped everyone in your life to feel good about who they are and they did the same for you?! Be the best cheerleader, the biggest fan, you can be for the people who are truly using their voice to celebrate who they are.

In this festive holiday time of year, my wish for you is that you find your true inner voice. My gift to you is the joy you will feel when you use your voice to celebrate the true inner voice of others. Let me hear your true inner voice and I promise to celebrate you. *"There's nothing wrong with lovin' who you are," she said, 'cause He made you perfect, babe. 'So hold your head up and you'll go far. Listen to me when I say...I'm beautiful in my way. 'Cause G-d makes no mistakes. I'm on the right track, baby, I was born this way. Don't hide yourself in regret. Just love yourself and you're set. I'm on the right track, baby I was born this way!"* –Lady Gaga. To everyone in the Camp Echo Lake family - I hope you have a magical holiday season and a New Year filled with all your dreams come true. I wish you all the best and hope you celebrate who you are as much as I celebrate you!

Love and xoxo always, Laurie

JP



Operations Director

Hey everybody!

I want to first wish everyone a healthy and happy holiday season. By the time you read this you will be right in the middle of the holiday swing of things! The holidays are great for catching up with all the family and friends you never seem to talk to enough over the course of the year. Camp is like that too, you get to see a whole bunch of friends that you normally don't see all year long. How great is that! So at the end of the day who cares if you got that crazy new kindle or sweet pair of pajamajans? It's the people who surround you during the holidays that are the true gifts!

ADIRONDACK FUN FACT:

At Whiteface Mountain, you'll find some of the best alpine skiing and snowboarding in North America. It has the greatest vertical drop this side of the Rockies and is the only ski area in the East to have hosted the Olympic Winter Games!!!

Stay Gold,
JP

From the Desks of...

Brenda



Senior Village Director

Happy (almost) New Year! When do you consider it a New Year? January 1? Rosh Hashanah? The start of a new school year? Your birthday? The first day of camp? Whenever you decide your new year begins, it is usually a time filled with self-reflection and goal setting.

The tradition of the New Year's Resolutions goes all the way back to 153 B.C. Janus, a mythical king of early Rome, was placed at the head of the calendar. With two faces, Janus could look back on past events and forward to the future. Janus became the ancient symbol for resolutions and many Romans looked for forgiveness from their enemies and also exchanged gifts before the beginning of each year. New Year's is the only holiday that celebrates the passage of time. Perhaps that's why, as the final seconds of the year tick away, we become introspective. Inevitably, that introspection turns to thoughts of self-improvement and the ritual of making resolutions.

Did you know?

- An old Sicilian tradition says good luck will come to those who eat lasagna on New Year's Day, but woe if you dine on macaroni, for any other noodle will bring bad luck.
- In Spain, when the clock strikes midnight, the Spanish eat 12 grapes, one with every toll, to bring good luck for the 12 months ahead.
- Norwegians make rice pudding at New Year's and hide one whole almond within. Guaranteed wealth goes to the person whose serving holds the lucky almond.
- The kiss shared at the stroke of midnight in the United States is derived from masked balls that have been common throughout history. As tradition has it, the masks symbolize evil spirits from the old year and the kiss is the purification into the new year.

When deciding on your New Year's resolutions, it is easy to get swept up in hopeful yearning. As the clock ticks away the final minutes of the old year, the excitement can be exhilarating. You believe that you'll be able to tackle your goals effortlessly. But, after the initial rush of New Year's celebration fades and reality sets in, your ambitions can once again seem insurmountable. Experts (yes, there are New Year's Resolution Experts) say that action precedes motivation, not the other way around. This means people often think that they should wait until they are motivated to start doing something good for themselves. However, instead of waiting for inspiration to act on your goals, you need to take action first and inspiration will follow. Your initial action doesn't have to be anything big. You want to be more active? Start by putting on your sneakers. You want to have more gratitude each day? Write down one thing you are thankful for today. Once you initiate an action -- even the smallest of actions -- you pick up momentum and you realize, 'Hey, this isn't so bad,' and it becomes a lot easier to keep moving forward, to stay motivated and to eventually achieve your goal! So as the clock ticks down on 2011 I wish you only the best for 2012!

Sending you love and big hugs, Brenda

Jacko



Program Director

Time for another edition of CEL's Great Debate! This issue we will be debating the best part of one of the best days of the summer... Visiting Day!! In actuality we are debating the second best part since the undebatably best part is seeing your family! To help me out I've asked Michael and Jodi Hurwitz, CEL parents and Visiting Day Veterans, to help me out. We have The Opening Stampede vs. The Waterfront... let the debating begin!

You know why parents stampede : Clearly my favorite part of visiting day is preparing on Visiting Day... other than to : for and participating in the "CEL Stampede". There see their happy campers? Parents : is really no other feeling like participating in this En-stampede so that they can quickly : ciero for the very first time; for my wife and me it change and get a prime spot at the : was seven years ago. Preparation begins weeks in Waterfront. The stampede is only : advance when our kids begin sending letters home requesting missing items and supplies. New sneakers are purchased and much thought is given to the clothes we wear. The three hour ride to the picturesque little town of Warrensburg, NY and a quiet meal with other runners at a local pub is usually followed by an early lights out! But-terflies gather in our bellies as we are corralled behind a wooden fence, given instruction before the official signal is given and then the metal gate is opened; they're off...While my aging body and I take a leisurely stroll watching the frenzy from behind, my wife is agile, fearless and prefers to run in the front of the herd! It's an organized crazy fun stampede to our youngsters. There is really no way to explain in words the much anticipated first squeeze hugs; I LOVE IT! Meeting the smiling cabin mates, listening to all the wonderful stories and unloading all the items and supplies we brought from home is just AWESOME! Alright, returning safely home to our empty house is pretty cool too...Michael (& Jodi) Hurwitz



part of the journey that culminates with a glorious plunge into the beautiful Echo Lake. A visit to the CEL Waterfront was always a staple of every Jackowitz family Visiting Day. And why wouldn't it be!?!? With the Aquaglide, Rave, High Dive, Saturn, Hot Dog, canoes, funyaks, lap swimming and h2O basketball there are so many great activities to do down at the waterfront that are fun for the whole family! The numbers tell the story. Year in and year out the Waterfront is by leaps and bounds the most visited activity area of camp on this eventful day. With so many great areas at camp open during what is essentially a six hour free play extravaganza, the fact that the lake is the overwhelming choice speaks volumes. In my mind it cements the Waterfront's rightful place as the best part of the Visiting Day experience... with the only exception being the chance to see our family members.

Is it The Stampede??? Is it The Waterfront??? Is it a different part of Visiting Day all together??? I can just hear the debates breaking out all over the CEL universe. Take care, Jacko

Alumni & Staff Happenings



SPANNING THE WORLD

Laurence Glickman recently hosted a party in honor of alum **Becca Jaffe** who came from Scotland for a visit. They called it Becca Fest. There was a large contingent of CEL alums at this party including **Donna Kerness Tiechner, Rita Kirshenbaum Kestenbaum, Ron Kestenbaum, Richard Baiman, Renee Azima Heller, Jeff Gross, Dave Manne, Robert Finkle, Dave Gross, Evan Jacobs, Liz Kaplow, Abby Epstein, Fran Delinko Peters, Emily Weissman, Jack Migdal, Jeff Ackerman, Andrea Goodman, Gregg Suss, Becca Jaffe, Iian Alexander, Laurence Glickman and Judy Lighter.**



Nate Wood, former CEL Trek Director and all around awesome guy checked in recently to update us on how life post-CEL has been treating him. Nate and his family live in Portland, Oregon. Nate is working for the USGS doing hazard/disaster work. **Shelby**, Nate's wife, is doing a great deal of freelance writing, PR, and editing work. They have two daughters, **Elektra** (5 yrs old) and **Roxanne** (2 years old). Nate is happy to report that he has gotten Elektra down to the indoor climbing gym and she loves it. Looks like a future Trek director in the making....



2010 CEL Staff member **Chris Jones** has been very busy since leaving "The Lake." Chris is managing a very popular British bar in Dubai. Chris admits that life in Dubai is definitely different than life at Echo Lake. While he is enjoying his new line of work Chris told us he misses Echo Lake and hopes for a return some day soon! The picture on the left is a shot of the desert that Chris now calls home!

We have some exciting updates on the status of two CEL alums. **Sam Leopold** will be spending his spring semester in Italy. His sister **Emily** is working as Assistant Manager at Steve Madden's.

We're so happy to hear that alum and former Project Morry board member **Stew Tabin** is on the mend following a bout of not so great health.

CEL PRIDE... WORLDWIDE!!!

In our newest installment of **CEL Pride... Worldwide** we have four terrific examples of campers and staff showing their camp spirit. From Australia, to New York City, to Montreal, to THE MOON 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.

Lucas and Samara-Schiffman are seen here on a recent trip to the moon! Talk about out of this world. Samara, in her CEL T-Shirt, is psyched for her first summer at camp.



Rob Wiper and Matt Hosking spend some time on one of Australia's beautiful beaches during Rob's visit down under. Way to show your CEL spirit!

Renee Pearl shows her CEL Pride every chance she gets.. especially when she is cooking! To find out how to make these delicious Cookie Truffles flip to page 13!



What a small world! **Maya Milrod and Sarah Green** (new camper) recently discovered that their teacher **Barrie (Lazar) Schwartz** is a CEL Alum!

CEL SUDOKU – FAVORITE MEAL STYLE!!!

We couldn't think of a better way to jazz up this edition of the Trail than with your favorite meals from the Summer 2011! We present to you this Sudoku puzzle for you to solve and enjoy. Instead of the numbers 1-6 we have inserted the top 6 meals as voted by you, our CEL campers, in the recent survey. The meals featured below are Chix Patties, Ocho Ocho, Chicken Parm, Mac & Cheese, Cookout, and Grilled Cheese. Remember that each meal can only appear once in each row, column and region. Good luck!

		Chix Patties		Ocho Ocho	
Cookout		Grilled Cheese			Chicken Parm
	Chix Patties			Cookout	
			Ocho Ocho		
			Chix Patties		
	Mac n Cheese			Chicken Parm	

900 Dobbs Ferry Road
White Plains, NY 10607
914-592-3055
www.projectmorry.org
dream@projectmorry.org



Winter 2011

Project Morry is heading towards 2012 with ALL KINDS of energy and enthusiasm. Our school year program has been up and running since September. That means over 30 gatherings have ALREADY occurred with our kids! School year gatherings are curriculum based with a plan to support young people throughout the year, both in school and at camp. Through these community based gatherings, our 4-7th grade kids are encouraged to set their own goals, work hard to achieve personal excellence and experience the self-confidence gained by accomplishing their goals. Information discussed at the gatherings is reviewed through a glossary of terms that cover the topics in depth including how to set short-term goals and ways to achieve successful long-term outcomes. Through written essays, young people are given the opportunity to comprehend and explore what was discussed at the meetings and reflect on the significance in their own lives.

Our 8-12th graders gather here at our White Plains office a weekend a month. Here they are challenged to examine their lives, assess the consequences of their decisions, examine their motivations, and evaluate their short- and long-term goals. By exploring life's obstacles, challenges and new experiences, young people determine how they can make a contribution to team building. The team gains its strength and momentum based on understanding, cohesiveness and leadership. A key component in the year-round relationship with students in Project Morry is maintaining close contact and forming strong bonds of teamwork with their parents and community.

2012 holds new challenges for all. The economic climate continues to weigh especially hard on our families and if ever they needed the stability and strength of Project Morry, it is now. So we say thank you. Your efforts, your belief and your continued support will help us to continue to DO WHAT WE DO!

Kids That Give

We salute the following Echo Lakers who are in the process of either giving, given or continuing to give to Project Morry through their efforts of gifts and time!! **Sydney Bibicoff, Matthew Bloomgarden, George Goldstein, Lauren Hurwitz, Matthew Mendelsohn and Emily Rothman.** Thanks to all of you from all of us!

If you are interested in learning more about Camps that Give or Kids that simply give us a call at 914-592-3055 or email us at dream@projectmorry.org.

Project Morry Autumn Elegance Gala

The fifteenth annual "Autumn Elegance Gala", held on Thursday, November 17, 2011 at The Lighthouse at Pier 61 in New York City was a wonderful success! It was a Camp Echo Lake rich evening with alums and Event Co-Chairs **Liz Kaplow and Evan Jacobs**, alum and Auction Chair **Cheryl Kramer Kaye**, alum and President of the Project Morry Board, **Pam Heller** and of course alum and chair of Project Morry, **Amy Stein** leading the charge. **Rita Kestenbaum**, ALSO a CEL alumni, was honored with the Morry Award. Morry Stein devoted himself to enriching the lives of children by supporting and developing communities, in which they could grow, thrive and learn. Rita Kestenbaum and The Carol Kestenbaum Foundation received this award in recognition of her devotion to these same ideals.



David Heller, also an Echo Lake alum, kicked off the evening with the announcement of the progress of a Capital Campaign that to date has raised 5.4 million dollars towards a \$7 million dollar goal!!!! Funds collected have allowed Project Morry to purchase the Camp that they have called home since 1999, fund office and meeting space in Westchester County and begin the build out of the property for a second program that will give Project Morry the opportunity to go from serving 400 kids to 1100 kids!

The program continued with the showing of the Project Morry video, words from honoree Rita Kestenbaum, Project Morry alum **Dyeemah Simmons**, an Oberlin College sophomore and our chair Amy Stein. Dinner and then music from a gathering of world class musicians including Jonny Rosch, Henry Butler and New York Yankees great Bernie Williams capped off this remarkable gathering.

A very special thank you goes out to all those who made this a "gala to remember". And a final thank you to all who attended and supported this night filled with belief in Project Morry.

Watch the trail as well as the Project Morry website for information on our upcoming FAMILY EVENT in the Spring as well as our Young Professional event in the late Spring.



Project Morry is now on Facebook! Simply search "Project Morry" to join our Fan Page. This is yet another great way to get updates on all that is going on in the world of PM!

One of the winter's most anticipated events....

2012 Main Village Winter Escape!

Get ready for two days of wet and wild fun!!

The dates for this year's trip are **March 3-4, 2012.**
Registration will be available on-line soon.

ESCAPE with us to Whitewater Bay Indoor Water Park at Great Escape Lodge in Lake George, the **EXCITING** and **ONLY** indoor water park in **ALL** of New York State!

Highlights of the trip include:

- Deluxe roundtrip transportation from NY area to camp!
- One night stay at the Great Escape Lodge in Lake George!
 - Movie & Canteen in the Senior Village Lodge!
 - Gourmet delights provided by The Lodge Staff!
 - Wet & wild indoor Water Park fun!
- Bowling at the world famous Lake George Bowl!
- Camp Tour and Nighttime line-up!
- The often imitated but never duplicated Lake Walk!

IMPORTANT INFORMATION: Registration is on a first-come, first-serve basis and spots fill up very quickly! It gets cold up at camp in the winter so you will need to bring lots of warm clothing for the weekend (for the walk around camp...snow pants are ideal). You will also need to bring basic toiletries.

*The Main Village Winter Weekend is open to:
2011 Frosh, 2011 Lower Juniors,
2011 Upper Juniors, and 2011 Lower Inters.



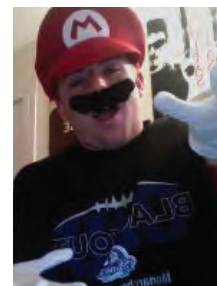
Staff Bulletin Board

Shout Outs from Our Outstanding Staff!!



Dana and Alex Wilson invited **Shayna and Harrison Ehrlich** over to their house to watch the Northwestern vs. Michigan State football game. **DJ Gross and Alana Deutsch** joined them as the Wilsons and Ehrlichs rooted on their Wildcats and Spartans respectively. Even though MSU emerged victorious, a good time was had by all!

CEL Staff had no problem getting in the Halloween Spirit last month. Can you guess the name and costume of all of these dressed up staff members? Below the photos you can find out if you guessed correctly.



Counter-clockwise starting top left: **Matt Lemoine** as Peter Pan, **Molly Huxtable** as a Nerd, **Max Venturo** as Mario, **Marcus Clayton** as a Knight, **Jeff Redish** as Starsky, **Dale Kaufman** as Gummy



Rob Wiper on his recent visit to Australia met up with **Matt Hosking** as they had a fantastic time together. Here they are doing some site-seeing in Melbourne. During the visit they did many CEL related things including some time at Australia's waterfront (better known as a beach), a general swim in Matt's pool and a cookout where they enjoyed some barbequed kangaroo!



A group of CEL Staff came to Birmingham, England recently to celebrate **Charlotte Stanley's** birthday as well as enjoy their own CEL reunion with stories shared from the past summer. They are shown below showing full alpaca support! Joining Charlotte in this picture are **Rob Watson, Fiach McHugh-Hill, Conor Taffee, James Wheel, Kara Shuttleworth, Hannah Joyce and Christina Mollard.**



Campers Corner

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



Here are **Thomas Getman, Jack Getman and Noah Ginsberg** doing a camp favorite "Perplexis" during a trip to the Hamptons.



Sadie Brett-Chin and Maya Rose are getting a head start on shopping for their summer reading. That's good thinking girls!



Here are **Adam Tollin and Daniel Messulam** squaring off in the bumper car arena! The two families met up for a fun afternoon at the amusement park in Ocean City, Maryland.



Toby Diamond, Charlotte Templeton and Annabelle Barbara are seen posing for the camera at their recent sleepover.



The **Levines and Siglers** were at the **Brandman's** house for a Sukkah/Tapas Party. Renee baked for the occasion!



Not that kind of Gaga! **David Goldberg and Kevin Cohen**, along with their fathers, met Lady Gaga and Terry Richardson at the book signing celebrating the release of Terry Richardson's new Lady Gaga book in New York City!



Some LIGE from 2011 took a brisk walk on the promenade. In the photo is **Tori Krieger, Chloe Stern, Hannah Spitzer, Miranda Cohen, Julia Mendelsohn, and Isabelle Longert**.



A few **LIBW** from 2011 got together in September for a little hoops and fun!



Some **LIGW** had a day on the town recently. First up was Pat-sies followed by Dylan's Candy Bar and one last stop at Bloomies!



Avery Jerris, Rachel Roberts and Rachel Fadem had a sleepover and went to 16 Handles for ice cream.



Cameron Nifoussi (LJG 2011) competed in her first surf contest 2 weeks ago and was the youngest competitor by 2-3 years. She took 2nd place in the Menehunes. Her family (as well as her CEL family) is all so very proud of her!



Alec Diamond and Michael Grossman pictured at a recent sleepover.



Former Froshies **Sadie Brett-Chin and Mia Weiderkehr** baking and eating together. Watch out Renee!



Leah Doubert, Emma Goldstein and Dalia Lieberman took a trip apple picking in Connecticut recently.

AT HOME DO - IT - YOURSELF ACTIVITY AREAS

Using the Continental Grip to Improve the Volley

Hello Echo Lake Campers,

I hope the school year is going well. Staying in shape in the winter will benefit your tennis next summer.

The Volley is considered by many in today's modern game as ineffective and outmoded. Many players in transitioning to the net find themselves unable to execute consistent and winning shots from the net. In order for players to establish for themselves an "all court" game, they should learn to be not only comfortable at the net but also effective.

Young players learn the volley with the same grip used for ground strokes. For the forehand that would be the "shake hands" or Eastern Forehand grip. This puts more of the hand behind the grip which for youngsters who lack strength gives them more racquet head control. In learning the initial volley basics it is appropriate to use the Eastern Forehand grip especially with juniors. As players progress the Continental Grip should become their grip of choice at the net.

The Continental or hammer grip was the dominant grip throughout the wooden racquet era of the past. It produced a flatter shot trajectory and allowed players to use a one grip game. As the game moved into the topspin era with racquet and surface changes occurring many players have moved west with their grips. By moving the hand more underneath the grip a more low to high brushing effect is initiated during ball contact. I don't advocate doing away with use of semi-western grip just at the net.



In the Continental, the index knuckle is located at the top bevel to the right for right handers. This positions the wrist more at the top of the racquet which allow for greater wrist flexion. This is one grip that is utilized for both the forehand and backhand volley. The Continental allows for an slightly open face for volleys on the forehand and backhand wing. With the majority volleys being hit below the level of the net this open racquet face is advantagous. The open racquet face and position of the wrist also allows backspin to be used for volleys. This in turn makes the ball bounce low to the opponent hence making them hit up and making topspin passing shot more difficult. In addition, using one grip at the net gives the volleyer more time for reaction as well as a quick transition to the overhead. There are additional rational for use of the Continental Volley with it still being the best grip for employment at the net.

The downside is that the Continental grip simply takes longer for players to become familiar and comfortable with. Once the hitting pattern becomes established change can be difficult yet that change needs to take place. In order for players to establish an all-round game in both singles and doubles the Continental is a key element for continued development in the game of tennis.

Have a great school year and see you next summer.

Coach (A.KA. Mark Marsot), Tennis Head Specialist

AT HOME DO - IT - YOURSELF ACTIVITY AREAS

I have so many delicious recipes to choose from...which lucky one goes to all of you? Well, I recently celebrated my birthday on 11/11/11 and surprise surprise, I baked all "11" desserts on the sweet table. I tried a few new recipes because they looked amazing in the cookbook pictures, and I knew if I liked the ingredients then everyone else would too. So here is one of them which was a real hit and is relatively easy to make. It makes a great edible gift for those who wish to do so during this holiday season. **Campers, please have an adult help you with this one as you need to use the stove.**

COOKIE TRUFFLES

12-ounce package semisweet chocolate pieces (chips or squares)
8-ounce package cream cheese, cut up and softened
8-ounce package MINIATURE chocolate sandwich cookies with white filling, i.e. Oreos ****OR****
8-ounces regular-size chocolate sandwich cookies with white filling (20 cookies), finely chopped
2 1/4 cups of milk chocolate or semi-sweet choc pieces (chips/squares/melting chocolate)
2 tbsp shortening (i.e. Crisco)
Chocolate sprinkles



DIRECTIONS:

- 1.) Line a tray or baking sheet with waxed paper; set aside. In a medium heavy saucepan, heat and stir the 12 ounces semi-sweet chocolate pieces over low heat until melted. Remove from heat; stir in the cream cheese until well combined (mixture will thicken). Stir in chopped cookies.* Use a small cookie scoop to drop mounds of mixture onto the prepared tray. Cover and freeze for 15 minutes or until firm.
- 2.) In a small heavy saucepan, combine the 2 1/4 cups milk chocolate pieces and the shortening; heat and stir over low heat until melted and smooth. Remove from heat.
- 3.) Line a tray or baking sheet with waxed paper. Using a fork, dip balls into chocolate mixture, allowing excess chocolate to drip back into saucepan. Place dipped balls on prepared tray. Sprinkle with chocolate sprinkles, crushed peppermint candies or anything else that you like! Chill about 30 minutes until firm. Makes about 30 truffles.

***RENEE'S TIP:** For smoother, rounder truffles, after stirring in the chopped cookies, chill the mixture for 30 to 60 minutes or until mixture is more firm. Looks professional to display them in a muffin liner on a serving plate or in a gift box.

MAKE AHEAD DIRECTIONS: Arrange truffles in a single layer in an airtight container cover. Store in the refrigerator for up to 1 week or freeze for up to 1 month. Let stand at room temperature about 30 minutes before serving.

SNAPPLE FACT #96: The average American will eat 35,000 cookies in his/her lifetime.

My camp recipes from the green "BIBLE" binder have been on the CEL "Summer Website" in the photo section under "Renee". If you have any questions before you start baking something, please e-mail me at rpearl@videotron.ca any time. Bon Appétit and Happy Holidays!

Renee Pearl-Sigler, Cooking Head Specialist



Gaga World Record Update



We wanted to update on the status of World Record attempt that we made at the end of last summer for the Largest Gaga Game!

We are currently going through the review process with the Guinness Book of World Records and are waiting to hear from them about our status. We will be sure to inform all of you as soon as we get word about our attempt!



Summer 2011



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

Campers...

Campers...

Campers...

Staff...

Staff...

Sara Jewel	Dec 1	Gabriela Rachman	Jan 2	Sarah Green	Feb 1	Sara Gold	Dec 1	Michelle Smith	Jan 22
Elana Stettin	Dec 2	Lindsay Zelson	Jan 3	Tyler Jonas	Feb 1	Gabriella Nagy	Dec 2	Kara Shuttleworth	Jan 23
Cooper Grayson	Dec 4	Michelle Eisenberg	Jan 4	Jacob Levine	Feb 1	Darren Langworthy	Dec 3	Pat Urtz	Jan 25
Natalia Gutierrez	Dec 6	Hayley Finkelstein	Jan 4	Elana Heisner	Feb 2	Adam Weinberg	Dec 6	Becca Zukowsky	Jan 27
Sydney Golub	Dec 7	Drew Grauer	Jan 5	Max Miller	Feb 2	Alex Visoky	Dec 7	Jason Coombs	Jan 28
Justin Oringer	Dec 9	Franny Gould	Jan 6	Hannah Friedfeld	Feb 3	Nick Stoulig	Dec 8	Steven Etchells	Jan 29
Maggie Bodian	Dec 10	Allison Einberg	Jan 7	Eric Koenig	Feb 3	Jeffrey Roccasecca	Dec 10	Stephen Jauregui	Jan 29
Alexa Bronfman	Dec 10	Max Shapiro	Jan 7	Drew Meklinsky	Feb 5	Sam Gould Knibbs	Dec 13	Kaitlyn Horton	Jan 31
Brett Scherr	Dec 10	Ethan Bookstein	Jan 8	Danielle Jacob	Feb 6	Dawn Wylie	Dec 13	William Baer, Jr	Feb 2
David Goldberg	Dec 11	Jack Getman	Jan 8	Samantha Rothberg	Feb 6	Molly Huxtable	Dec 14	Julie Hepp	Feb 2
Miles Cooperman	Dec 12	Andrew Hack	Jan 8	Gavin Jablonski	Feb 7	Michael Martinez	Dec 14	Weronkia Ganicz	Feb 4
Ella Horn	Dec 13	Jordyn Youngelson	Jan 8	Daniel Casper	Feb 8	Jon Baker	Dec 18	Erica Yohannes	Feb 6
Lilly Friedman	Dec 14	Isabel Greenberg	Jan 9	Mikaela Lipp	Feb 8	Paula Dugas	Dec 22	Brenda Levine	Feb 8
Maya Scheinfeld	Dec 14	Matt Mendelsohn	Jan 9	Dylan Rothstein	Feb 8	Hannah Joyce	Dec 23	Katherine Bruno	Feb 10
Brian Diamond	Dec 16	Daniel Weiss	Jan 9	Nicole Carey	Feb 10	Brian Tucker	Dec 23	Emma Flanagan	Feb 10
Naomi Rossman	Dec 16	Eli Greenwald	Jan 10	Jake Gluckman	Feb 10	Adam Sowter	Dec 26	Susan Johnston	Feb 11
Alexander McKillop	Dec 18	Erica Noe	Jan 11	Ellen Schoenfeld	Feb 10	Jillian Matheson	Jan 4	James Wheel	Feb 12
Samantha Serlin	Dec 18	Isaac Keiser	Jan 12	Jesse Haymes	Feb 11	Selena Hickson	Jan 5	Adam Hotson	Feb 14
Noa Worob	Dec 18	Jon Silverstein	Jan 15	Maya Milrod	Feb 11	Nate Jordan	Jan 6	Zsafia Puspoki	Feb 14
Charlie Coleman	Dec 21	Matthew Pariser	Jan 16	Alexa Krieger	Feb 12	Marc Woodgate	Jan 6	Kirstie Hickson	Feb 17
Ben Greer	Dec 21	Kayla Pressman	Jan 16	Derek Sigler	Feb 12	Jon O'Brien	Jan 8	Sarah Scheinfeld	Feb 18
Jaclyn Perlman	Dec 21	Jack DiLorenzo	Jan 17	Elliot Weissman	Feb 14	Catherine Luiggi	Jan 9	Jay Boisvert	Feb 20
Haley Rogers	Dec 21	Hayley Lavin	Jan 17	Benjamin Johnson	Feb 15	William Truett	Jan 10	Molly Burke	Feb 21
Samantha Kapner	Dec 22	Andrew Stafford	Jan 17	Dalia Lieberman	Feb 15	Christina Mollard	Jan 11	Denes Farkas	Feb 21
Daniel Messulam	Dec 22	Jakob Weisblum	Jan 17	Benjamin Goodman	Feb 16	Alex Bockey	Jan 12	Joe Talarski	Feb 21
Rebecca Pall	Dec 22	Emma Koslow	Jan 18	Daniel Jacobs	Feb 16	Daniel Zedulinski	Jan 12	Laura Hallows	Feb 22
Ryan Weitzner	Dec 22	Sydney Kass	Jan 19	Josh Berman	Feb 18	Tricia Boynton	Jan 15	Jonathan Baer	Feb 23
Evan Erman	Dec 26	Max Bibicoff	Jan 20	Samantha Silfen	Feb 18	Richard Beaudoin	Jan 16	Alana Deutsch	Feb 24
Harris Halperin	Dec 26	Rachel Aaron	Jan 21	Hannah Coleman	Feb 19	Mike Curtis Jr.	Jan 17	Chris Bills	Feb 25
Richard Segalman	Dec 26	Matthew Dugoff	Jan 21	Alexa Goldberg	Feb 21	Brendan McInerney	Jan 18	Jordan Zides	Feb 25
Sam Tell	Dec 26	Jason Goldstein	Jan 21	Ben Lurie	Feb 21	Danielle Labrovic	Jan 20	Paul Fry	Feb 26
David Weinstein	Dec 26	Daniel Kozek	Jan 21	Sophie DeBiase-Harris	Feb 22	Meredith Pugh	Jan 20	Matt LeMoine	Feb 26
Josh Turner	Dec 27	Jeffrey Silverstein	Jan 22	Emma Doremus	Feb 22	Chelsey Scheidemann	Jan 22	Georgia Powell	Feb 27
Jason Krakower	Dec 28	Brian Volk	Jan 22	Gabby Greer	Feb 23				
Ben Giove	Dec 29	Jonathan Steinberg	Jan 23	Justin Perline	Feb 23				
Chloe Stern	Dec 29	Lauren Koenig	Jan 26	Alana Smolinsky	Feb 23				
Perri Thaler	Dec 29	Charlotte Templeton	Jan 26	Alexandra Wechsler	Feb 24				
Sophie Kaplan	Dec 30	Caroline Okun	Jan 28	Justin Meyer	Feb 25				
Sofia Girvin	Dec 31	Carolyn Steinberg	Jan 28	Jacob Rose	Feb 25				
Jack Goldsmith	Dec 31	Sarah Abbe	Jan 29	Emily Rothman	Feb 25				
Phoebe Smith	Dec 31	Miranda Cohen	Jan 30	Nikki Rumizen	Feb 25				
Allison Luntz	Jan 1	Jacob Schwartz	Jan 30	Noah Brook	Feb 26				
Sarah Mazie	Jan 1	Sarah Weill	Jan 30	Myles Novick	Feb 26				
Brooke Perlman	Jan 1	Dominique Leibman	Jan 31	Leah Mazie	Feb 28				
Katie Goodstadt	Jan 2	Ethan Wiederkehr	Jan 31	Charles Lutvak	Feb 29				

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

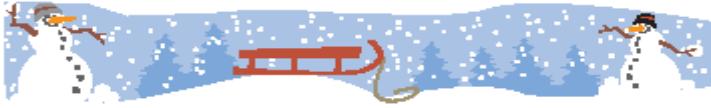
D and an A and a final Y

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 CAMPERS, PARENTS, & STAFF...PLEASE JOIN US FOR OUR 2012 MAIN VILLAGE WINTER ESCAPE! DETAILS ARE INSIDE ON PAGE 9...

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