



CAMP ECHO LAKE TRAIL SPRING 2012

As of April 1, there are 84 days until Summer 2012 begins at Camp Echo Lake...
Our 67th summer!!!



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WELCOME VIOLET STEIN

Emily, Tony and Evan were so excited to welcome Evan's baby sister Violet Sara Stein on December 19th, 2011! She tipped the scales at 8 lbs., 4 oz. (and has already bulked up to 11 lbs., 13 oz. at her two month doctor's appointment – it is all those chicken patties)!

We are so appreciative of all the loving thoughts and congratulations that have come our way, and we can't wait for Violet to see what Echo Lake is all about this summer and to meet all of our campers and staff!

Evan, of course, is already camp-crazy at age 3 and is pumped for the summer!



Special shout-out to **Sara Gold** for crafting Violet's beautiful new hat! This is yet another great example of Sara's many talents.

From the Clipboard of Tony Stein...

It happens on a regular basis that I hear from a camper - or a parent of a camper - who wants to know how he or she can help Project Morry.

And over the last several years, it is too difficult to count the number of campers who have made donations of money or supplies to Project Morry, volunteered time to help out at the Project Morry office, started fundraising drives of one kind or another at their schools, and even helped oversee last spring's First Annual Project Morry "Play With a Purpose" Family Day.

Morry and Amy always instilled in me and my brothers - from a young age - that if you were in a position to help someone who was in need you should. To this day I always try to remember that lesson. It is so wonderful to see that spirit so alive and well in the Echo Lake community. I am constantly amazed at the good people who make up our Echo Lake family - campers, parents, staff, and our thousands of alumni.

I get to see so much of this first-hand, in the way our campers treat one another at camp - helping a friend who needs a lift, recognizing one another for a strong effort, and being ever mindful that those kinds of actions and that kind of spirit is what makes a place like Echo Lake a special place to be.

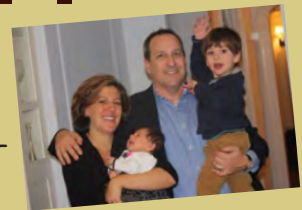
And it is so impressive to see that depth of caring combined with the creativity and industry our campers display when it comes to giving of themselves to Project Morry or other causes near and dear to their hearts. It is not only in the amount of money that may be raised or contributed, or the number of supplies rounded up, but it is the thought that goes into what they are doing, why they are doing it and ensuring that how they do it is done with great care.

While the world today may be filled with too many things that weren't around when I was camp-age, it is also filled with young people who are thoughtful, creative and giving - and who want to help make the world they live in a better place.

We love spending our summers with hundreds of kids who think just like this.

Much Love,

Tony, Emily, Evan and little Violet :)



As March appears on the horizon the reality and the joy of the upcoming summer begins to stir inside this oldest camper's heart. Those are pangs of love and longing that I know will be realized in just a few months.

I turn on the t.v. and I hear news and watch happenstances that are frightening to the participants caught in them. It is scary as well to us onlookers who are distressed at threats to the human spirit not to mention life and limb. And then, of course, I think about how blessed I am as well as is every child who spends the summer at camp - Echo Lake in particular.

Ours is an environment where there are no bad people. Ours is an environment where staff is hired because they love kids. They are carefully screened, of course, as they should be. Ours is an environment where campers and staff are singled out, rewarded and celebrated for their uniqueness and what they contribute to the community by simply being good people. That's what the fuzzies are all about, really.

An Echo Lake theme is certainly "Be Yourself, Everyone Else Is Taken!" And since everyone is pretty spectacular in their own right and we let them know it, that's the same thing as being loved and feeling safe! How terrific is that????? Pretty terrific I would say! I can't wait to see you this summer.

Much love,
Amy



From the Desks of...

Laurie



Main Village Director

Hey everyone, it's both Laurie and Brenda here and writing to you from the "other" original place of magic - Disney World!

We couldn't resist bringing all of you along with us because when you're having this much fun you can't help but to be transported back to childhood. Somewhere between the Rock-in' Roller Coaster and the Star Tours 3D Adventure, we had a full circle moment. For those of you who don't already know, we have a long friendship and history that has camp at the center (sound familiar to any of you?). While it started in 1992, with Laurie as a CIT and Brenda as a first year cabin specialist, our friendship was solidified the following summer when Brenda was the Group Leader and Laurie was the cabin specialist for the Lower Junior Girls. We realized that this summer marks 20 years since that memorable and formative summer for us, which started us thinking about all of the aspirational and full circle

moments in store for all of you at camp!

The intentional design of our developmentally progressive program grows along with you from your beginnings as Junior, to your summers as an Inter, Senior Village camper, and even as an LIT. As you go through the different divisions of camp, additional electives and larger scale trips are added to your camp experience. Even your trip to Water Slide World, on to Great Escape, Vermont, and then Cape Cod all are leading up to the ultimate trip...the 4n4! Within our individual programs like Trek, Waterfront or Theater there are opportunities for skill building and increased challenges that grow along with you as campers.

Did you realize that we are even elevating your opportunities for leadership experiences at camp as you go through the years? By the time you are an Inter, many of you will have had the opportunity to be a Camp Big Brother or Sister and show a first year camper what camp is all about. All of you will have the opportunity to participate in Random Acts of Kindness Day where you take the time to appreciate and show gratitude for the different people and areas around camp, which make camp run (including your parents!) As an Upper Inter, not only do you set the tone for all of Main Camp, but you have the opportunity to earn the responsibility of sitting OD and your first opportunity to lead Friday Night Services for the entire camp community. As you move into the Senior Village as a Lower Village camper you are given the responsibility to plan, organize and run Halloween for all of Main Village. Additionally, as an Upper Village camper you also have the privilege to participate in "Idea Week", which includes selling tickets in Warrensburg to the Benefit Show, running a car wash for CEL staff and creating Secret Hideaway, which is always a fun and memorable evening for CEL staff. All of these activities are important in contributing crucial funding to the Echo Lake Idea, a week long camp for kids who couldn't afford camp otherwise.

Article Continued at Top of Next Page....

JP



Operations Director

Hi everybody! I hope things are well with you and your family. It's that time of year again, the 12 round slugfest with January and February. I don't know about you but if I could fast forward through February I would. The only way I could ever possibly enjoy this short, sunlight challenged month, is if Tony finally opened a satellite office in the Caribbean!

The good thing is that it's over and March/April can bring the sun and showers to get everything growing again for the summer. Sitting in interviews with new staff I tell them all about camp and I get excited. Most of them are excited too but they really have no idea what to expect. You just can't put camp into words; it's much more

than that. It's the feeling you get after you give a fuzzy, the sounds of free play, the smell of the cabins, and of course the sunshine. Words can describe camp but they can't make you feel camp. I'm excited for all the new campers and staff to experience all the wonderful feelings camp brings this summer!

Stay gold, JP

ADIRONDACK FUN FACT: During the winter of 2000-2001 there was not a lot of snow until March when the Adirondacks received 59.2 inches, the most for any month on record!!

From the Desks of...

Brenda



Senior Village Director

Your final two years as campers at Camp Echo Lake are truly the cherries on top of the icing on top of the cake! As a 4n4 camper, the leadership opportunities are built into every experience, every single day of your trip. You are challenged within yourself and you are brought closer as a group. The true leadership as a 4n4 camper, however, is when you return to camp and bring all of your amazing experiences back to share with everyone else. The many leadership opportunities you have over your years as a camper builds up to the ultimate leadership opportunity at camp...as an LIT! The LIT program was intentionally changed from Counselor In Training program to a Leader In Training program when in addition to working with campers and at activity areas LITs began to participate in leadership training activities, run community service programs on camp, visit Project Morry, experience the Wilderness Trip and run our weekly Tribal activities. Over the course of your camp career, in addition to your program and leadership opportunities, even your wake-up and bed times

grow with you. The good news is that while all of this growth and developmental progress is happening you can always rely on the consistency of values, supervision, participation, and fun that follows you every single summer you are a camper at Echo Lake.

The final full circle experience we want to highlight, and the one that will bring this article full circle as well, is the full circle of friendships that you experience from your youngest years as a camper to your LIT summer. Over the course of your years at Echo Lake your friendships will change, ebb, and flow as you grow and develop yourself. Now, you will make friendships that will last a lifetime, for sure, but over time your friendships may experience some speed bumps and detours. That is part of the full circle of friendships too, the fact that as you grow together in camp you learn to negotiate the ups and downs of relationships. No matter how your friendships begin or what happens over the years, when you are an LIT your friendships (with everyone not only in your group but with all the boys and girls your age) are so strengthened that by the end of the summer you cannot imagine your life without each and every person in your LIT group. The best part is that beyond even just your group, camp is a powerful community where you will build friendships with campers and staff of various ages and backgrounds that will also last a lifetime. Just look at the two of us, Laurie grew up at CEL and Brenda came in on staff but twenty years have gone by and in addition to sharing our summers as Village Directors we share a daily best friendship that even takes us to Walt Disney World for a fun vacation!

Our biggest hope for each of you, as two people who are who we are due in large part to the full circle opportunities we have shared in our lives, is that you aspire to embrace the full circle opportunities camp has to offer you. From the magic of Disney to the magic of Camp Echo Lake, we wish you... Love, Hugs, XOXO, and full circle moments,

Laurie and Brenda

Jacko



Program Director

Time for yet another edition of CEL's Great Debate! This issue I will be debating Dawn Wylie, CEL's Activities Director and my Program Teammate. On a given night when Dawn and I are working on the weekly schedule our favorite break is a trip down to the Canteen. On the walk back up we find ourselves debating our favorite canteen snack! So with that we proudly present to you... Oreos vs. Fruit Roll-ups... let the debating begin!

I love Oreos... plain and simple. I have much more to say on this topic but I couldn't think of a better way to start than that! Since the raisin extinction of 2006 the Oreo is my clear go-to whenever I stroll into canteen. For me those two chocolate cookies surrounding delicious vanilla cream is where this debate begins and ends. You just can't beat it! There is also the excitement of the Oreo Lottery. What's the Oreo Lottery you ask? Every so often you'll find an oreo that has the cookie attached backwards. This has no impact on taste but creates a little bit of excitement in every pack. Oreos... they're not just a great canteen snack, they are also a game!

It's just got to be Fruit Roll Ups, known in the UK as Fruit Winders. First of all is the challenge of how to get the snack off the inside wrapper. Can you unravel it off the plastic wrapper in one go without it breaking? What's your quickest time for unravelling a Fruit Roll Up without it breaking? You can't do that with an Oreo, can you!! Then there is the way you eat it, do you pull bits off and eat it slowly or do you eat it all in one go? Did you know that there are over 10 different flavors to choose from? My favourite at camp is Strawberry Kiwi Kick, but when I'm home in the UK my favorite has to be Strawberry & Black-currant. What's your favorite flavor?



So which side of the Great Echo Lake Debate do you choose? Is it Oreos... Is it Fruit Roll-ups... Is it a different canteen snack altogether??? Whichever it is the most important thing is that you let your voice be heard... because if there is one thing that isn't debatable it's that we all feel very passionately about Echo Lake! Jacko

Alumni & Staff Happenings



SPANNING THE WORLD

Jake Sussman was George in a recent Horace Greeley Production of 'The Drowsy Chaperone'. Many Echo Lakers made the trek to Chappaqua to attend a performance. Jake's performance was highlighted by a terrific tap dance number.



Luke Dawson, Sailing HS in 2010, shared some awesome news. His band, Pheasants and their Enemies, recently auditioned for the Live and Unsigned music competition and have made it to the regional finals! At the end of March they will be playing live at Sheffield City Hall. Moreover, they are potentially two performances away from the O2, Britain's best music venue. For half of the band it all began in a banana suit at CEL!! All info for the competition is available at <http://www.liveandunsigned.uk.com/>.

Josh Gershenfeld became a Bar Mitzvah recently which made for as good a reason as any for a mini-CEL reunion. Pictured here are **Karen Pressman Ferleger, Lisa Lavin Gershenfeld, Lorraine Naimer Bloom and Debbie Kamerling Stern**. A great time was had my all!



There was a LIT '06 reunion on the beaches of Florida recently. Pictured are **Russell Feldman, Julia Finkelstein, Jen Udashkin, Ariel Silverman, and Jordan Weinberg**.

CAMPERS 20??



Richard Murray, past Golf HS, recently informed us that their family is expecting the birth of their 2nd child on the 23rd of June (CEL Arrival Day!) Richard sends his best to CEL family and cannot wait until the day Connor, now 3, is old enough to start at camp!

Passing



We are deeply saddened to share news of the sudden death of **Geoff Stein**, father of **Holly Stein**, alum and former part of the professional team at Project Morry. Our thoughts are with Holly, her brother and CEL Alum **Joey**, as well as **Ann, Michael and Jordan** during these difficult times.





We are proud to introduce Dare to Dream – an event designed FOR EVERYONE with a desire to have fun, meet great people, enjoy good music and learn more about Project Morry. This event has morphed from the previous Young Professionals event in an effort to include as many Project Morry supporters as possible.

The evening, to take place on May 3rd, 2012 at Crimson in New York City will be hosted by CEL Alum and Co-chair **Matt Jackowitz** and a terrific committee that includes all kinds of wonderful Echo Lake folks including **Dana Jackowitz, Dani Parkes, Ruth Kleinman, Scott Mayerowitz** and **Shara Perlman**.

PROJECT MORRY CAPITAL CAMPAIGN

You may be aware that Project Morry was founded in memory of Morry Stein and his dream of providing a camp experience for all kids, regardless of their economic status. Today, this superb non-profit organization provides participants with a year-round program, anchored by camp each summer.

Project Morry succeeds because a dedicated group of staff, Board members, volunteers and donors (alums and camp parents among them) share Morry's vision. It is in this spirit we ask you to participate in a Capital Campaign, the purpose of which is to ensure the continuation and expansion of Morry's dream. Project Morry aims to expand the program from the current 400 children to 1000. Our hope is that the Capital Campaign, which has already raised over \$5.5 million towards our \$7 million goal and enabled us to purchase a 950+ acre campsite, will lead Project Morry down the path to fulfilling that dream.

We are asking you to help more children build a foundation of hope and promise for a successful future while spending their summers experiencing the joys of camp. Camp Echo Lake alumni and parents will be acknowledged on a wall of recognition at CEL in the following categories:



"The Lake" Shirt \$25,000 +
Chieftains \$10,000 – \$24,999
Lieutenants \$ 5,000 – \$9,999
Sachems \$ 1,000 – \$4,999



More information about the Capital campaign can be found at www.projectmorry.org
Thank you for providing more children with the chance to live Morry's dream.



This "Party With A Purpose" benefits Project Morry. The benefit will honor Echo Lake as well as other camps that support Project Morry through their "Camps that Give" efforts. So come and join Event Co-Chairs **Hilary & William Cooper & Laurie Rinke**. Tickets are \$75 per Adult and \$50 per Child. Please note all children must be accompanied by an adult. Please contact Laney in the Project Morry office with any questions regarding ticket options. 914-592-3055



Project Morry moves through its 17th season celebrating all kinds of victories — every month, every week, every day, every hour, every minute, every second. Kids are asked to be a part of a community, to be a part of a team. That means that they must be responsible not only to self but also to those around them. During the school year they are continually asked to show through their actions that they ARE learning through their efforts the importance of patience, cooperation, organization, time management and commitment. Project Morry kids are taking risks with their newfound strengths. During the summer they will be trusting swim instructors to support them as they float on their backs for a first time, waiting patiently for their name to be called during an activity, reading a poem at a campfire, sleeping with no lights on, trying a food that they have NEVER eaten before, writing fuzzies and leading by both their actions and words. Thanks to all of you who continue to believe, support and hope!



Spreading Warm Inner Glows - Kids That Give

Whether over the summer or during the rest of the year, our amazing Echo Lake campers keep finding ways to give their time, energy, money, and stuff to Project Morry!!



Many fuzzies and a big round of applause to the following campers who are either in the process or have completed projects that have helped Project Morry: **Sydney Bibicoff, Lauren Berlinger, Matthew Bloomgarden, Jack Davidson, Marlee Deutsch, Jack DiLorenzo, Jack Doremus, Lindsay Eller, George Goldstein, Cooper Grayson, Lauren Hurwitz, Sam Kessler, Matthew Mendelsohn, Ali Rothberg, Emily Rothman and Perri Thaler.**

A special shout out to **George Goldstein** who has been baking chocolate chip cookies, packaging them and selling them with the goal of raising enough money to fund one Project Morry participant. We are happy and proud to tell you that he has done it. Well done and congratulations, George.

And of course outstanding work EVERYONE. Your gifts of generosity will certainly continue to give more than you know.

Coaches: When a Project Morry child enters their junior year of high school they are assigned a full time mentor known as a Coach. Project Morry Coaches are adults who understand the Project Morry mission, meet the Coach criteria (which includes making a personal commitment of two years, participating in a training session and orientation prior to being assigned to a Project Morry Post Grad and making contact with them at least once a month.) They are interested in assisting young adults successfully navigate through the demanding task of finishing High School while preparing them for their post graduation experiences.

Our kids who participate in the Coach program are from the Project Morry communities of the Bronx, Manhattan, Long Island, Westchester County and Fairfield County in Connecticut. Interested? Contact Lori at lori@projectmorry.org or call 914-592-3055. This program, that boasts a LONG list of former Echo Lake alums and parents as participant coaches, continues to insure that our kids achieve their goals.



Gifts In-Kind: Project Morry welcomes gifts of “STUFF”. Bat and bar mitzvah gift ideas are created by folks looking at wish lists of equipment and items that are used both during the school year and the summer. If you are interested in knowing more about gifts in kind email dream@projectmorry.org or our office and Project Morry will supply you with current lists.

For more information please contact the PM office
by phone: (914) 592-3055,
email: dream@projectmorry.org,
or go online: www.projectmorry.org.



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!

Important Electronics Policy Update

We want to take time to highlight an important change to our electronics policy. In order to read our electronics policy in full, please refer to page 5 of the Parent Handbook. The Parent Handbook can be found on the home page of the Parent Dashboard as well as on our website.

In the instance of a camper being found in possession of an electronic device that is not allowed at camp, that camper will have to go home for three nights. Parents will have to make arrangements to pick up and return the camper to camp. Should the camper be away from camp on a trip (4n4 or any other trip) parents will need to pick up their child from the trip location.

As you will note, the consequences for bringing disallowed electronics items to camp has changed. Our previous consequence of campers missing out on a camp trip or special event has, unfortunately, proven to be an ineffective deterrent. We hope that that the idea of missing three entire days of camp will be more effective.

We know one critical component of the camp experience is the opportunity for kids can “unplug.” We believe it is central to being at camp, and will count on campers and parents to support our stance on this without exception.



Our New Gymnastics Pavilion



In the deep of the winter, while most of us are spending our time inside, Darren and the Echo Lake Maintenance Crew have been hard at it, building our Brand New 6,000 Square Foot Gymnastics Pavilion! It is BIG!

The pavilion will be completed very soon and will be filled with lots of terrific new gymnastics equipment, including a 30 foot tumble track, new balance beams, new bars and lots of new matting. We are also adding a third gymnastics staff member this year to take advantage of what this new facility can offer our campers.



Whether novice or advanced, campers will love getting into gymnastics this summer at Echo Lake in a way they never have before!

Staff Bulletin Board

Shout Outs from Our Outstanding Staff!!



We cannot wait to come back for summer 2012! We have recently been in the Musical 'Jesus Christ Superstar'. Here is a picture from backstage. We want to give a massive shout out to Upper Junior Girls West and Lower Inter Girls of 2010!! Looking forward to see you all in June!

Love, **Alicia Roberts and Chloe Shipley XX**

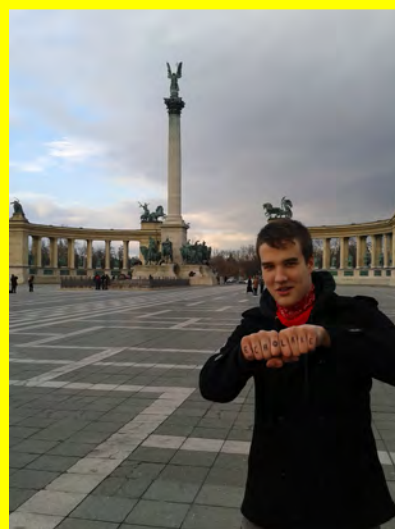


What a great way to spend a winter vacation. **Renee Pearl, Derek Sigler, along with Alan, Josh and Sophie Nadel** are seen here on the beach on a recent trip to Montego Bay, Jamaica.

CEL PRIDE... WORLDWIDE!!!

In this edition of **CEL Pride... Worldwide** we have two more terrific examples of campers and staff showing their CEL spirit. From the slopes of Jackson Hole, Wyoming to Heroe's Square in Budapest, it is clear that love of the Lake knows no bounds! Have anything you would like to submit? Email them to matt@campecholake.com.

Thomas Getman (left) and **Jack Getman** (right) wearing their Echo Lake shirts in Jackson Hole, Wyoming where they were skiing in December. What a great way to show their CEL Pride!



New staff member **Mate Hollo** cannot wait to join us this summer at CEL! Mate sent us this picture from Heroe's Square in Budapest. This is further proof that CEL pride is truly worldwide!!!



Campers Corner

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



Lewis Brandman ran into **Matt Deutsch** on vacation in Florida. The two played some hoops and had a blast.



Here's **Austin Lazarus** and **Adam Neuburger** skiing in Utah!



Look who met up on the basketball courts of Long Island? **Brian Volk** and **Bennett Bookstein** played against each other in two CYO Basketball games held in Great Neck and Port Washington. Both games were exciting, and both boys played great, and they look forward to getting on the court together again this summer.



Maya Milrod and **Dalia Lieberman** met up at Mount Snow!



Jacob Rose is seen here with **Morry and Will Stein** playing indoor trampoline dodge ball. Jacob was thrilled to spend the day of his 11th birthday with the Stein boys in Denver while the Rose family was out there skiing and visiting relatives!



While at the Super Bowl... yes THE Super Bowl... **Jack Saperstone** ran into **Ryan Rothman** at the tailgate pre-party. They were rooting for separate teams, but put their differences aside for a picture!

We are excited to share the musical accomplishments of **Jack Goldsmith**. He is a member of Tenafly School of Rock where he sings, plays bass, and is learning piano. Jack has played in a handful of shows and has had strong showing in area competitions over the last few years. He sang lead vocal on Ozzy Osbourne's "No More Tears" which was chosen to be part of the opening act for Quiet Riot at The Bergen PAC. Here is a link to Jack's YouTube page with a bunch of his performances <http://www.youtube.com/user/MegaMusicalProdigy/videos>.

Will and Morry Stein spent President's Weekend in Orlando-Disney World with dad **George**, grandma **Amy** and **Marvin**. They saw their first Cirque du Soleil Show and were blown away by the talented performers. Will got picked from 200 kids to perform for American Idol.

Sam Weisenfeld says he can't wait for camp to start and for his younger sister **Hilary** and good friend **Katie Goodstadt** to come to go to camp. GO RANGERS!!!



Check out **Daniel Shirvan** and **Matthew Bressler**. They met up on their trip to Cancun over vacation.

Ella Horn came out to cheer **Maya Milrod** at the Metro Zone Qualifier Swim Meet. Ella's support helped Maya achieve a 6th place swim in the 100 fly!



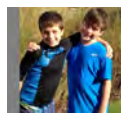
David Goldberg and his brother **Haz** were in Montauk during President's weekend. Here are the boys at Montauk Point State Park – "The End" of Long Island.



Maya Rose and **Rachel Meiselman** coincidentally ended up in a theater workshop of High School Musical together.



Sofia Girvin and **Jess Greene** had a sleepover after the reunion!!!!!!:) We want to give a shout out to the UIG'S of 2012!



Lewis Brandman and **Isaac Moss**, had a special get together when Lewis visited Florida.



Sammy Gold and **Casey Landman** spent a night in NYC seeing How To Succeed in Business.

Mazel Tov to **Gavin Jablonski** on recently becoming a Bar Mitzvah. In addition to Gavin's dad, **Noah Cooper**, other CEL alums in attendance included **Tony Stein**, **Eric Stein**, **Michael Oringer**, **Marshal Salomon**, and **Joey Appelbaum**.

Back for 2012... The Echo Lake Sports Clinics

In addition to the high quality of instruction our campers receive at Echo Lake, we are excited to be adding to that through a number of professional Sports Clinics.



Soccer: Echo Lake will welcome the trainers of Coastal Soccer, Long Island's premier youth soccer training company, for two two-day clinics at camp this summer. All age groups will be able to sign-up and participate and Coastal will focus on both field play and goalkeeping.



Lacrosse: Dynamic Lacrosse Training, the affiliated training organization for the Long Island Lizards Professional Lacrosse Club, will be providing a two-day clinics for Echo Lake campers of all ages.



Tennis: Ivan Baron, Director of Baron Star Tennis Camps (BSTC), will be hosting an exclusive three-day tennis experience of fun-filled excitement which will include personalized instruction, teamwork drills/games, and culminating in the 'BSTC Round-Robin Doubles Tournament.

There is, of course, no additional cost for any of the Echo Lake Sports Clinics, and all the clinics will be made available to all of our campers.

AT HOME DO - IT - YOURSELF ACTIVITY AREAS

The great thing about basketball is that it is a team sport in which you can improve tremendously by working on your own. Now that most of you have probably finished your winter season, it's a good time to start on getting better for next year. Ball handling is a great place to start, and one way to improve your ball handling skill is by doing dribbling drills with two balls at once. You'll improve both your dominant and non-dominant hand and you can do these about anywhere you have a little space, even inside if it is wet and cold outside. Your handle will improve, you won't be bothered by pressure "d" and you get "freedom from the press." It's important to use two balls the same size that are inflated equally. Here's the progression:



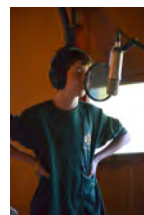
- 1.) Dribble both balls at the same time, first ankle high, then knee high. Practice until you can do it without looking at the balls and get into a good rhythm.
- 2.) Now do the above while dribbling forward - don't watch the balls! Do this cross court and back, or across whatever space you have!
- 3.) While standing still, execute and inside out move with both balls at the same time - this is a push-pull movement with the ball, using your fingertips.
- 4.) Same as #3, moving cross court.
- 5.) While stationary, dribble one ball high with the other low - then switch!
- 6.) Like #5 but moving!
- 7.) Now cross the balls over in front of you while standing still. The best rhythm is a "bounce-bounce-cross." One ball has to go in front while other stays closer to you!
- 8.) Like #7 but moving!

Another secret - if you are great at these try doing them wearing a cheap pair of cotton gardening gloves—this will help you get a great feel for the ball when using your bare hands!

I can't wait to see you in June! I am so excited I think I will shovel the snow off one of the courts at camp this weekend and practice my 2-ball workout (really!)

Corey Begly, Basketball Head Specialist

There are many great ways to structure your songs. Paying close attention to how your song flows into the listener can really help your message and intention be effectively received. The following is an exercise that is designed to help you clarify and expand your understanding of concepts with which you are probably already familiar. Ultimately, it will help you vary and further your songwriting efforts.



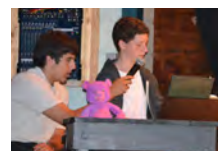
1. Take time to research and define the following concepts:

MELODY, HARMONY, DYNAMICS, RHYME, SCHEME

2. Then, go online and Google "Song Parts" or "Song Structure" and define the following:

INTRO, VERSE, PRE-CHORUS, CHORUS (HOOK), B-SECTION (BRIDGE), REFRAIN, OUTRO

3. Now the fun part: listen to the music that you are already listening to and check out how these artists utilize these concepts. Some artists will be traditional, others will break "rules" to create twists and interesting variations, others will use a combination of traditional and alternative structures. All of these approaches can work and help you find new ways to structure your songs.



4. Use your phone or some other device to record a song you've written and note the way you structured it. Ask yourself how the structure of the songs impacts your message and intention for the song. Take the opportunity to change things up and try different variations or even add or take away song parts to your work. Record the new version. You can repeat this process as many times as you like. Then sit back and listen to each version and make your choices as to how the final version of the song will be. Ultimately, allowing yourself to experiment with your work will significantly strengthen you as a Songwriter.

Peter Kalvert, Music Ascension Founder

2012 Main Village Winter Weekend!

65 of Echo Lake's Main Village Campers helped to make the 7th Annual Main Village Winter Weekend a wonderful one at The Great Escape Lodge & Indoor Water Park! We spent an entire afternoon getting soaked, lazy river riding, inner tube sliding, and general splashing. It rocked! Evening activity was a movie night AND lineup complete with fuzzies. The next day was highlighted by a fantastic walk around camp and an afternoon at the Lake George Bowl. The coolest thing of all...we did this all with our amazing camp friends!! It does NOT get better than that! Thank you to the amazing staff in helping make this awesome weekend possible. A special thank you also goes to all the campers who helped us make a splash on the 7th annual Main Village Winter Escape Weekend!



Reunion Recap 2011

Whether in Montreal on December 4 or in New York on December 10, Echo Lakers gathered to share "Memories of Echo" and spread some Warm Inner Glows. Campers and their parents and many of our amazing staff came together to watch the 2011 Reprise DVD, sing the birthday and tooth losing songs, and hug until their arms hurt. Thank you to all the campers, parents, and staff who joined us for our 2011 Reunions! It only gets us more excited for another great summer at CEL!



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

Campers

Ali Saperstone	March 1
Rachel Weiss	March 1
Griffin Barich	March 3
Rachel Fadem	March 3
Hannah Spitzer	March 3
Rachel Abbe	March 4
Sam Weisenfeld	March 4
Danielle Klausner	March 5
Naomi Steinberg	March 5
Benjamin Kaiser	March 6
Emma Margolis	March 8
Taylor Gold	March 9
Adam Cohen	March 10
Sydnee Smith	March 10
Ryan W.	March 10
Maya Rose	March 11
Carly Skutch	March 12
Annabelle Barbara	March 13
Devin Stillman	March 13
James Wechsler	March 13
Drew Brodsky	March 16
Thomas Getman	March 20
Austin Lazarus	March 20
Sophie Kellner	March 21
Alexa Asch	March 22
Remy Harnick	March 24
Arielle Chaifetz	March 25
Joshua D. Feldman	March 25
Madeline Hartog	March 25
Josh Nadel	March 25
Michael Feldman	March 26
Avery Porges	March 26
Sam Feldman	March 27
Emily Saperstone	March 27
Ben Stettin	March 27
Oscar Worob	March 27
Jack Davidson	March 28
Jack Basner	March 29
Zachary Hurwitz	March 29
Hannah Kreutzer	March 29
Noah McAllister	March 31
Kyla Schweitzer	March 31
Marlee Deutsch	April 1
Danielle Pollner	April 1
Samara Schiffman	April 1
Zachary Kapner	April 2
Alyssa Locke	April 2
Gavin Rudolph	April 3
Trevor Rudolph	April 3
Charlie Rumizen	April 3
Sydney Girvin	April 4
Zachary Weiner	April 5
Samantha Barbara	April 6
Danielle Nierenberg	April 6
Andrew Cohen	April 7

Campers

Erin Stein	April 7
Mia Wiederkehr	April 7
Amanda Wolfson	April 7
Jackie Hornung	April 8
Daniel Fuchs	April 11
Jack Saperstone	April 11
Adam Rothbort	April 12
Jordan Segalman	April 12
Ethan Finkelstein	April 13
Dylan Miller	April 13
Jacob Mazie	April 14
Jacob Bortniker	April 16
Andrew Knecht	April 16
Max Wolf	April 16
Rachel Bienstock	April 17
Jake Kapnick	April 18
Penelope Lutvak	April 18
Noah Tucker	April 18
El Goldmann	April 21
Kayla Derman	April 23
Zachary Kornbluth	April 23
Dylan Stein	April 24
Abby Fisher	April 25
Matthew Weill	April 26
Sadie Brett-Chin	April 27
Avery Jerris	April 27
Sara Langworthy	April 27
Lucas Schiffman	April 27
Emily Jerris	April 29
Dani Hemmers	April 30
Emily Dugoff	May 2
Julia Haber	May 3
Ryan Krakower	May 3
Lauren Hurwitz	May 4
Julia Mendelsohn	May 5
Jayden Rodriguez	May 5
Rachel Levy	May 6
Michael Kintzer	May 7
Daniel Kornbluth	May 7
Ali Rothberg	May 7
Sophia Shapiro	May 7
Jesse Moskowitz	May 8
Ally Stern	May 8
Ben Jacob	May 10
Mitchell Cohen	May 11
Rebecca Silberfein	May 11
Leah Doubert	May 12
Lucas Haymes	May 12
Zachary Salomon	May 12
Jeremy Steinberg	May 12
Josh Lefkowitz	May 13
Sasha Thaler	May 13
Brody Braunstein	May 14
Melanie Victor	May 15

Staff

Stefano Antoniazzi	March 2
Jake Meklinsky	March 3
Melinda Meszaros	March 6
Donna Norris	March 7
Christopher Dean	March 8
Shelby Maynard	March 9
Jeff Mahler	March 11
Jane Withers	March 11
David Kenny	March 12
Jessica Tucker	March 12
Jack Johnson	March 13
Laurie Rinke	March 14
Jodi Ryan	March 15
Elod Kolto	March 16
Victoria Neal	March 17
Kathy Votraw	March 17
Logan Jaffe	March 18
Laura Turnbull	March 20
Helen BK	March 22
Amanda McMaster	March 23
Shana Smolinsky	March 25
Sasha Chaifetz	March 27
Mate Hollo	March 30
Carolyn Arvoy	April 1
Sophie Nobler	April 2
Jason Weidman	April 2
Ethan Berman	April 3
James Burton	April 4
Christopher Wetzel	April 5
Karen Reynolds	April 7
Kaitlyn Jorgensen	April 9
Viktor Maruna	April 9
Matt Jackowitz	April 10
Matthew Wagstaff	April 10
Tony Stein	April 11
Petr Paseka	April 13
Julie Zucker	April 14
Tomas Schofield	April 19
Oliver Goldstein	April 21
Alicia Roberts	April 21
Jenna Libson	April 22
Bence Acs	April 24
Terry Begly	April 24
Joanna Dicken	April 27
Todd Levy	April 27
Amy Johnson	April 30
Mark Roberts	May 1
Corey Begly	May 2
Jake Glickman	May 3
Kyle Paul	May 3
Anna Scanlon	May 3
Zachary Scheinfeld	May 3
Sue Duncan	May 4
Eva Oravcova	May 13
Emma Bruggenwirth	May 15
James Delaney	May 15

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



*** WE HOPE TO SEE ALL PARENTS OF NEW CAMPERS ON APRIL 18 FOR THE NEW PARENT NIGHT AND ALL NEW CAMPERS & PARENTS ON MAY 10 FOR THE NEW CAMPER PICNIC!

*** DON'T FORGET CAMPER INFORMATION FORMS ARE DUE APRIL 1, ALL OTHER CAMPER FORMS ARE DUE MAY 1!

CAMP ECHO LAKE 2011 – 2012 DATES

MONTREAL REUNION

SUNDAY DECEMBER 4TH, 2011

NEW YORK AREA REUNION

SATURDAY DECEMBER 10TH, 2011

MAIN VILLAGE WINTER WEEKEND

SAT MARCH 3 – SUN MARCH 4, 2012

NEW CAMPER PARENTS NIGHT

WEDNESDAY APRIL 18, 2012

NEW CAMPER PICNIC

THURSDAY MAY 10, 2012

CAMP ECHO LAKE 2011 SEASON BEGINS

SATURDAY JUNE 23, 2012

PARENT VISITATION

SATURDAY JULY 14, 2012

CAMP ECHO LAKE 2011 SEASON ENDS

SUNDAY AUGUST 12, 2012

ECHO LAKE IDEA

TUESDAY AUGUST 14 – SUNDAY AUGUST 19, 2012