



**HAPPY
NEW
YEAR**

CAMP ECHO LAKE TRAIL WINTER 2012

As of December 15, there are 189 days until Summer 2013 begins at Camp Echo Lake...
Our 68th 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



From the Clipboard of Tony Stein...

Reunion season is one of the highlights of my year. Here are some things that stood out to me ...

At the New York Reunion, seeing 56 10th graders stand up in front of the packed room to show and tell how excited they are to return to camp as LIT's. This included Zach Salomon, who flew all the way in from Los Angeles to stand in that line and introduce himself. Not sure how many other camps attract this many 16 year-olds back to camp, but it says a lot about these kids that they want to be a part of a program where giving back to – and leading – their community is essential to the experience.

At the Montreal Reunion, while the Reprise video was playing, Renee Ladenheim, mom of Max, Jack and Kate, pulled me aside and admitted that she gets a tear or two in her eyes when she watches these videos. I then admitted to her that sometimes, during all camp events like our shows at the Amphitheatre, I stand in the back and get a little choked up watching all of our campers and staff in one place enjoying something that one little camper on stage might be doing. The power of people doing great stuff together is pretty awesome.

Talking to this year's 4n4 groups and discussing the itinerary with them was another highlight. Thinking back to 1986 when I ran the first 4n4 out west with 15 campers and four staff and a pretty flexible itinerary ... and now seeing the excitement on the faces of the kids who are getting ready to be on 4n4 this year is pretty special for me.

After asking Echo Lake parents to step up and support Project Morry in such a big way - which they had in a more substantial way than ever before – and then asking them to step up again and support the Long Beach Schools with a Book Drive ... well, the response was pretty incredible! The Simms family could barely fit everything in their car!

And finally just seeing all of our campers reconnect and run in a million different directions in a ballroom, searching for who-knows-what but just reveling in being together – that was the best highlight of all.

Thanks to all of you for being a part of our lives. We wish you a healthy and happy holiday season.

Tony, Emily, Evan and Violet



In this Issue... Winter 2012

- * Directors Letters:
 - Tony's Clipboard
 - Amy's Letter from Florida
 - Around the Campfire with Laurie
- * From the Desk Of...
 - Senior Village Director: Brenda
 - Operations Director: JP
 - Program Director: Jacko
- * Page Six: Alumni Happenings
- * CEL Pride...
- * Sudoku... CEL Style
- * Project Morry Info & Update
- * MV Winter Escape Information
- * Staff Bulletin Board: Shout Outs
- * Campers Corner: Exciting News
- * At Home Activity: Tennis
- * NY and Montreal Reunion Recap
- * Camp Comic Corner
- * Photos from Summer 2012
- * Happy Birthday Wishes
- * Important Dates to Remember...

Hi Friends,

Usually all my notes to you from Florida or New York are entirely upbeat and why not? That's the kind of camp director I am.

In the last several months, however, I have found myself disappointed and frightened. I am not used to feeling that way. I was very disheartened at what came to light about Lance Armstrong, a superb athlete and man that we have all revered, someone who has raised, because of his victories, extraordinary amounts of money toward cancer cures.

One wonders how one would respond to the choices that faced him. When are morals black and white or are they always perhaps really grey? There are various trade-offs in life. Which ones are we willing to make? On the other hand which boundaries are we unwilling to cross, though tempting, because they speak to the character and standards we demand of ourselves when we look in the mirror. Do we sell out for a perceived "greater good"? Each one of these questions occasion much introspection and internal wrestling. Younger people in demanding academic schools are faced with the temptation of cheating. When do the ends justify the means? Do the ends always justify the means? And are we able to forgive ourselves when we compromise and act less than who we really are.



CONTINUED ON TOP OF THE NEXT PAGE



What kind of person are you? When there is a job to be done, do you step up? When someone needs another person to help them, do you step in? What type of positive impact do you make in your world? "There is a story about four people named Everybody, Somebody, Anybody and Nobody. There was an important job to be done and Everybody was asked to do it. Everybody was sure Somebody would do it. Anybody could have done it, but Nobody did it. Somebody got angry about that because it was Everybody's job. Everybody thought Anybody would do it but Nobody realized that Everybody wouldn't do it. It ended up that Everybody blamed Somebody when Nobody did what Anybody could have done."

In this holiday time of giving, celebration, and resolutions, it's important for us to self evaluate and ask ourselves, "what kind of person am I and how am I perceived by others?" In the story above, despite the fact that something needed to be done and "Everybody" could have done it, "Nobody" did. Why? Is it a sense that "Somebody" else would or that it's "not my problem" anyway? Why is it that there are times when we know right from wrong but we do not intercede when something bad is happening? Why do we often not speak up for someone who is in need, when clearly we would hope that someone would do the same if we were in their shoes?

Maybe that is the key here. Maybe we each need to put ourselves in someone else's shoes more or think about the bigger picture impact of our actions before we decide that "Somebody" else will take care of it and "it's not my problem" anyway. Maybe we need to take more risks, think of the greater good, speak up for others, and be the stronger person more often. Imagine a world where "Everybody" stepped up when things needed to get done, spoke up for others, and made a positive impact on the world? That would be a pretty amazing thing. I am reminded of that great Margaret Mead quote, "Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has."

CEL community, this holiday season of giving, let's be that thoughtful, committed group of citizens. When you find yourself in a situation – big or small – when something needs to be done, be that person to get it done and make a difference. It doesn't matter if it's being the person to clean up a mess, reminding someone to be kind to others, lending a helping hand without being asked, or opening your heart to someone because it's the right thing to do. I want each of us to get more involved in our world in positive ways and be our best selves whenever we have the opportunity. This holiday season, isn't that a truly wonderful gift to give?!

Have happy, healthy Holidays and a joy filled New Year. Love and xoxo always, Laurie

AMY'S LETTER FROM FLORIDA CONTINUED FROM PAGE 2...

Metropolitan New York went through a horrendous experience with Hurricane Sandy. I lost power for several weeks in my warm and beautifully furnished home. Feeling displaced because it was uncomfortable, cold and unlivable was a wretched and scary feeling. Nonetheless, others lost their homes, prized possessions of memorabilia, photographs of long gone loved ones. Some had businesses washed away. We were all witness to this devastation on t.v. When we picked ourselves up, looked around we quickly counted our blessings and ran out to help others in any way we could.

The Beauty Part that brings me back to upbeat is that resiliency, the generosity of money and time that New Yorkers gave to the Rockaways. New Jersey, lower Manhattan, the elderly in all the boroughs and neighboring counties.

The world watches our spirit, our generosity and with good reason admires our commitment to one another. Our great city is made up of wildly disparate ethnic groups and economic classes united to the common good of our larger family.

Doesn't Echo Lake represent in its way the strong sense of community and family that binds us closer to one another? Doesn't Echo Lake represent the dignity and welcome we offer all comers new and old? Aren't the life lessons we learn of inestimable value? Even when we leave camp and move out into the world those lessons and community values are imbedded within us wherever we go. What a powerful, loving place. We are so lucky to be part of such a remarkable family. It is really one more piece of the Gratitude and Attitude which makes for the true winners in life! I truly believe that the Best and the Brightest are the people who find their way to us each summer! I am proud to be a part of the little world that we share. And I never lie!

Much love to you all,

Amy

From the Desks of...



Hello Everybody!

Wow, time is flying by! It seems like yesterday that I was writing my last Trail article. Things are really picking up around here getting ready for the summer. I've already spoken to new staff applicants who are already excited for the summer. I was just up at camp with Tony and Darren looking at where the new staff Rox will be. There is a lot going on right now up in Warrensburg! No snow yet up at camp but that should change shortly.

Now that it's getting colder I've been thinking of the warm days of summer more and more. Nelson and Bernie have been daydreaming about camp too. They're bummed out now because they can't run out of my house and chase chipmunks then take a swim in the lake. Such spoiled mutts! I hope everyone had a safe and enjoyable holiday season. Only about six months to go!!

Stay Gold, JP

Adirondack Fun Fact: Did you know that Northern and Southern Flying squirrels both call the Adirondacks their home? The Northern flying squirrel gliding distances tend to be between 15 and 85 feet, though glides of up to 145 feet and longer have been observed!

From the Desks of...

Brenda



Senior Village Director

Gratitude. It's a cornerstone of how I live my life. Just ask my kids how often they hear that word. However, gratitude is so much more than simply a word or a happy thought. I view gratitude as a roadmap for how to savor the highpoints of life and how to navigate the rough times. I think you'd agree with me that it's relatively easy to have gratitude when you receive a really terrific gift or you get a higher grade than you were expecting. The real test is whether you can feel gratitude when things are not going well which happens to all of us because life inevitably throws some curve balls.

You see, that's when I can most clearly see all that I'm grateful for. When I am struggling... whether I'm frustrated with something in particular or simply feeling sad...I look to help someone else. In words far better than my own, Ben Sweetland said, "We cannot hold a torch to light another's path without brightening our own."

When I think about challenges that I've had along the way, I've looked around to realize that any struggles I'm facing pale in comparison to others. I have countless blessings in family and friends, in my opportunities and abilities. What better way to remember what I am thankful for than by helping someone who is struggling more than me?

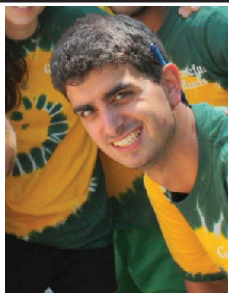
It's so easy to feel boundless gratitude when I'm at camp. Even on the days that are challenging, I'm constantly reminded of how lucky I am to be at a place that focuses so wholly on positivity, attitude & effort. Does that mean that it's always easy? Definitely not. Does that mean that there aren't challenges and moments when I'm left shaking my head. Nope! However, not a day (okay... an hour) goes by that I'm not reminded of how grateful I am to be a part of a community like no other. I'm able to be a part of helping each of you to have a summer experience that is shaping who you are becoming. How incredible is that?

I share this thankfulness with SV staff every summer and often quote Nelson Henderson when he said, "The true meaning of life is to plant trees under whose shade you do not expect to sit." Any of us who are privileged enough to be there for you – to listen, to hug, to redirect, to give advice – we have so much to be grateful for.

Simultaneously, I'm overwhelmed with gratitude to the staff that I don't work as closely with, but who do those very things for my own children.

I guess this has ended up being a thank you letter to all of you. Thank you for allowing me the opportunity to help you when you needed it and thank you for the kindnesses that you've bestowed upon my family and myself. Thank you for being a part of a community that promotes gratitude – by your actions, your positivity, your support of one another.

Jacko



Program Director

Time for another edition of CEL's Great Debate! This issue we will be debating line-ups!! More specifically, whether Morning or Evening Line-up reigns supreme. To help me out I've asked Corey Begly, a long time viewer of many a Morning Line-ups and resident historian of this AM practice, to join the debate. We have Evening Line-up vs. Morning Line-up... get your alpacas, hugs, haikus and fuzzies ready and let the debating begin!

Fuzzies, Fuzzies, Fuzzies, Fuzzies, Fuzzies, Fuzzies, Fuzzies, Fuzzies, Fuzzies, Fuzzies, Fuzzies. Evening line-up is the only time that we give and receive fuzzies at camp. The debate stops and ends for me there... but I'll keep going anyway. We also get a chance to come together around the flagpole with Tony starting us off with a "Good Evening Campers!" You have fantastic announcements that recap a great day or preview a fun night at camp. We also get Greater Adirondack Tooth-Losing Contest updates, Big Al locations and Tribal Scores. These are just a few of the reasons why evening line-up is a truly awesome part of every day.

Camp is one of the few places where a speck of magic still exists. However it must be channeled-- it doesn't just appear on its own! Morning lineup (when done correctly) provides a glimpse of this magic. We all fondly recall visits from shrieking corn, a disgruntled gingerbread man and of course, a slightly disturbed 14th century Viking. PM lineup has its merits, most notably in the form of fuzzies. Nevertheless, it is scripted and constant. Don't we deserve a little madness to start our day? A little...magic? Light those beacons... From Sve... I mean, Corey.



Is it Morning Line-Up??? Is it Evening Line-Up??? Tough to pick just one isn't it??? I can just hear the debates breaking out all over the CEL universe. Take care, Jacko



SPANNING THE WORLD

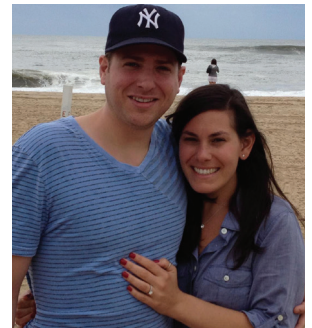
2002 4n4 campers **Heather Blaser, Jamie Silverman, Britany Prell, Jason Kahn, Andrew Schlanger, Lauren Gerstman, Jessie Gillet, and Zach Zelikovic** met up recently to celebrate 10 years since our 4'n4 trip. Wow! What a great reason to get together.



CEL Alum **Jeff Kahn** and his wife **Annabelle Gurwitch** are currently performing their play "You Say Tomato I Say Shut Up" in Queens. Jeff also recently sold a pilot to ABC. Break a leg Jeff!



Echo Lake Alum **Sophie Porter** got engaged to Jason Sperber in September at their favorite spot at the point of Long Island, surrounded by water on all sides. Both families are extremely excited to celebrate with Jason and Sophie at their wedding next August!



Mazel tov to **Josh, Ali (Muskat), and Lila Male** as they welcome twins, **Lucas Zachary and Phoebe Dorothy** to their family. Everyone is happy and healthy.

Congrats to **Matt, Lindsay, and Abby Soloff** as they welcome **Paige Addison** into their family. Mom and baby are doing great.



Lauren (Zelekowitz) and Darren Gabel are excited to announce the birth of their first child! **Demi Kate Gabel** was born November 16th weighing 6 pounds 10 oz. She's definitely a future Echo Laker!

Deborah Dorman Grishman and her husband welcomed **Charles Edward Grishman** into the world on December 5th. Charles weighed in at 8lbs, 2oz. Wonderful news for the entire family.

CEL PRIDE...

In our latest installment of **CEL Pride** we have decided to show you passion for Echo Lake in a different way. This expression of spirit comes to us from an alum who looks back on her time spent at “The Lake.” If you have any of your own submissions for this super section of the Trail please email them to matt@campecholake.com.

We received a lovely letter from Rhoda Reisman Alexander, who along with Ellen Reisman Babby, was one of our earliest campers from Montreal way back in the '60s. Following in Rhoda's footsteps at camp were her sons Jeff and Jamie Schouela just as Ellen's children Ken and Heather Babby followed in her and husband Lon Babby's shoes. Rhoda writes:

The smell of the pine trees, the grove, the wide open spaces, the friendships I made there and, best of all, the way you were made to feel good about yourself are memories that will be with me forever. The feeling of warmth, being cared about and nourished by the whole community is something every camper who has been there knows and appreciates.

Morry is very missed by all who knew him. Echo Lake carries on beautifully!

CEL SUDOKU – FAVORITE FUZZY COLOR STYLE!!!

We couldn't think of a better way to jazz up this edition of the Trail than with quite possibly the coolest thing at CEL... the fuzzy! We present to you this Sudoku puzzle for you to solve and enjoy. Instead of the numbers 1-6 we have inserted 6 awesome fuzzy colors. The colors featured below are Red, Yellow, Blue, Green, Pink and Orange. Remember that each color can only appear once in each row, column and region. Good luck!



		Green		Yellow	
Orange		Blue			Red
	Green			Orange	
			Yellow		
			Green		
	Pink			Red	

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



Winter 2012

Project Morry is heading towards 2013 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 in our brand new space in Elmsford 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.

2013 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 Lake kids who are in the process of either giving, given or continuing to give to Project Morry through their efforts of gifts and time - Max Berenbaum, Matthew Bloomgarden, Emily Rothman and Phoebe Weinstock. Thanks to all of you from all of us!

Project Morry Autumn Elegance Gala

The sixteenth annual "Autumn Elegance Gala", held on Thursday, November 15, 2012 at Espace in New York City was a wonderful success! This amazing event has raised over \$290,000 for Project Morry. Over 350 Partygoers enjoyed an evening of festivities that included a live and silent auctions, dinner and awards presentation to benefit Project Morry. This year, The Morry Award was presented to the Fred Gabler Helping Hand Camp Fund for their continued dedication and commitment to bettering the lives of others.



The event was once again characterized by an amazing sense of community, celebration and commitment! Chairs **Evan Jacobs and Liz Kaplow**, welcomed their guests to the evening and introduced the Project Morry video. A program followed that featured words from Project Morry alum **Melissa Pognon**, a graduate of St. Joseph's College and words from **Amy Stein**, Chairperson extraordinaire. A live auction and then dinner, followed by words from our remarkable honorees capped off this special night.

A very special "thank you" to our Gala Co-Chairs and Echo Lake alums **Evan Jacobs and Liz Kaplow** and the entire Gala committee which included fellow CEL alums and friends **Joan Taback Frankle & Andrew Frankle, Laurence Glickman, M.D., Pamela Heller, Cheryl Kramer Kaye, Rita Kestenbaum, Amy Leopold, Steve Manket, , Amy Medine Stein, Emily Stein, Donna Teichner and Lauren Wiesenthal.**

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.



DARE TO DREAM

**APRIL 25th, 2013
@ CRIMSON NYC**

SAVE THE DATE



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



2013 Main Village Winter Escape!



The dates for this year's trip are **March 2-3, 2013.**
Registration will be available on-line soon.

ESCAPE with us to the 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!
 - Evening line-up!
- The often imitated but never duplicated Lake Walk!



Registration is on a first-come, first-serve basis and spots fill up very quickly!



*The Main Village Winter Weekend is open to:
2012 Frosh, 2012 Lower Juniors,
2012 Upper Juniors, and 2012 Lower Inters.



Staff Bulletin Board

Shout Outs from Our Outstanding Staff!!



Sara Gold, our super talented Fine Arts Director, spent a weekend in Las Vegas recently to celebrate a very big birthday! Sara spent it with all of the Gold men as well as friends and family. When Sara is not celebrating she spends her time competing in tri-athalons and coming up with great potential art projects for our CEL campers!



Congratulations to **Patrick McNeece**, our 2012 Junior Boys Head Counselor. Patrick graduated Cum Laude from Florida Atlantic University in Elementary Education and he is now teaching 4th grade math and science at New Horizons Elementary School



Kelly Godzac, 2012 Inter Girls Head Counselor, checked in recently to share with us about how life is going for her in Fayetteville, North Carolina. Kelly moved there this fall and is currently teaching a 3rd grade class at Sandy Grove Elementary. Above is a picture of her competing in the annual Thanksgiving Turkey Trot. Kelly is enjoying life down south but misses her CEL Family.



Julie Zucker made a recent trip to Halifax to pay a visit to fellow 2012 staff members **Roisin O'Maonaigh**, **Daniel McLeish** and **Matt Lemoine**. It was a great time had by all. McLeish even gave Julie one of his patented line-up Bear Hugs!



Campers Corner

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



Mikaela Lipp and Sophie Weissman got together after camp and had a super fun day making some friendship bracelets that they learned to make at Camp Echo Lake!! LJGW Rock!



Matthew Lecher joined Long Island food critic **Rob Petrone** on a recent episode of Restaurant Hunter. Matthew took Rob to one of his favorite places to show off his talents as a "foodie." Way to go Matthew! Here is a link to the episode: <http://fios1news.com/longisland/node/23315>



Some 2012 UJGW's enjoying a sleepover at **Ella Marx's** house



The **Keisers and Nadels** seen here meeting up in Philly!



Andrew Shapiro, Andrew Knecht, Eli Greenwald and Evan Lipp had a sleepover at **Zander Walker's** house. The boys had a great time at Shake Shack and Rock Climbing. They also face-timed with Montreal friends **Jack Ladenheim and Michael Feldman**.



Rachel Meiselman and Gabby Rachman catching up in New York City.



The **Butchen, Jerris and Steinberg families** recently met up for dinner in NYC. **Cole and Zoe Butchen, Emily and Avery Jerris, Matthew, Jonathan and Jeremy Steinberg** had a blast reconnecting and can't wait for Summer 13'!

Thanksgiving weekend **The Grossman, Weisenfeld and Goodstadt families** attended the Cornell/Michigan hockey game. Both the current and future CEL campers of the three families had a good time.



Mazel Tov to **Charlie Albert!** On November 17th, many campers from near and far came to celebrate Charlie's Bar Mitzvah.



For **Lewis Brandman's** birthday he invited friends to a game of touch football. Cousin, **Ben Farber**, and friends **Jacob Levine and Josh Feldman** came to play while former LIT, **Derek Sigler** refereed the game. The boys had a great time.



Maya Milrod, Ella Horn, Ella Marx, Hannah Marx, Charlotte Templeton, Danielle Schwartz and Dalia Lieberman spent the afternoon in Lincoln Center to cheer and support **Charlotte Baker** starring in the Nutcracker! She was amazing!!!

Here are **Sarah Weill and Tilly Pecker** representing CEL in their sweatshirts!



Alexa Goldberg and Rachel Bienstock rock-ing out in Montreal!



Hello from 2012 Frosh Boy **Evan Lipp!** Next time I get to go Fishing at Camp Echo Lake, I hope to catch one as big as this guy :)

Julia Schwartz collected school supplies for Project Morry students as part of her mitzvah project for her bat mitzvah this past fall. Two years ago, Julia and some of her friends held a raffle at school to raise money for Project Morry. They were very successful and raised over \$1,000.



Check out **Lucas and Samara Schiffman** learning to surf and hang ten in Maui!

AT HOME DO - IT - YOURSELF ACTIVITY AREA

Improving the Biggest Weapon in Your Tennis Arsenal

The Serve

Players over the years have asked what is the quickest way to improve their game. Obviously there is no magic to transform a beginner to a Wimbledon champion overnight. There is however one shot that every player not only needs to depend on but needs to use as a weapon and that is the serve.

The serve is a shot we work on a great deal at camp. Many tennis instructors shy away from teaching it basically because it involves a number of integrated motions. When we first introduce the serve to young players I try to keep it simple emphasizing the throwing motion by having them simply throw a ball over the net and into the service box. As the players grow stronger and more coordinated we introduce the proper serve grip and eventually positioning at the baseline. With the advent of the Quick Start game we don't get into the full position serve until they are ready - usually by age eleven.

When campers are ready to serve we introduce the stages of serving priority. The five priority stages are percentage, depth, direction, spin, and speed. As with any stroke control is stressed over power. It is important that players understand that the need for consistency and control trumps power and speed. The first priority stage is simply getting a high percentage of balls in the service box. Campers work on this component using drills and game based situations. At this stage as with any stage proper mechanics are repeatedly reinforced. The serving grip is emphasized over the normal tendency to employ the use of the eastern forehand grip. The serving grip allows for greater wrist flexion and the ability to carve up and through the ball. This upward racquet swing enabled by forearm pronation creates a top-spin effect on the ball. This effect creates a higher trajectory by the ball over the net hence greater margin of error. The higher ball window over the net with improvement of serving percentage leads into the 2nd priority stage that being serving depth.



What all player/campers should remember is that the serve is the one shot in tennis that they can practice on their own. It is also the only shot in the game they have complete control over (not a reply to someone else's shot). Player/campers should use time in the offseason to practice their serve remembering the use of the proper grip and to get the ball in play.

Have a great school year and see you next summer.

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

Reunion Recap 2012

Whether in Montreal on December 2 or in New York on December 8, 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 2012 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 2012 Reunions! It only gets us more excited for another great summer at CEL!



CAMP COMIC CORNER

Josh Nadel is back for Round 2 of “Bunk 29!” He has sent us yet another comic strip creation. The comic you see below depicts another great interpretation of life at CEL. We encourage Josh, and anyone of you that has something awesomely creative to share, to keep the hilarity coming.

B
U
N
K

2
9



B
U
N
K

2
9

MEMORIES OF ECHO...



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

Campers...

Campers...

Campers...

Staff...

Staff...

Sara Jewel	Dec 1	Franny Gould	Jan 6	Elana Heisner	Feb 2	Sara Gold	Dec 1	Mike Curtis Jr.	Jan 17
Benjamin Preceruti	Dec 1	Emily Davidson	Jan 7	Max Miller	Feb 2	Mitchell Heifetz	Dec 1	Chelsey Scheidemann	Jan 22
Elana Stettin	Dec 2	Allison Einberg	Jan 7	Zach Saperstone	Feb 2	Darren Langworthy	Dec 3	Michelle Smith	Jan 22
Cooper Grayson	Dec 4	Ethan Bookstein	Jan 8	Hannah Friedfeld	Feb 3	Jeremy Zelikovic	Dec 5	Pat Urtz	Jan 25
Sydney Golub	Dec 7	Andrew Hack	Jan 8	Eric Koenig	Feb 3	Adam Weinberg	Dec 6	Ben Moore	Jan 26
Mia Rosner	Dec 8	Jordyn Youngelson	Jan 8	Drew Meklinsky	Feb 5	Alex Visoky	Dec 7	Rebecca Zukowsky	Jan 27
Maggie Bodian	Dec 10	Matt Mendelsohn	Jan 9	Danielle Jacob	Feb 6	Nick Stoulig	Dec 8	David Berman	Jan 28
Alexa Bronfman	Dec 10	Daniel Weiss	Jan 9	Samantha Rothberg	Feb 6	Brandi Prell	Dec 9	Rachel Feldman	Jan 28
Brett Scherr	Dec 10	Eli Greenwald	Jan 10	Gavin Jablonski	Feb 7	Graeme Visagie	Dec 13	Dariusz Wiecek	Jan 28
David Goldberg	Dec 11	Ally Leighton	Jan 11	Daniel Casper	Feb 8	Dawn Wylie	Dec 13	Max Boykin	Jan 29
Tilly Pecker	Dec 11	Erica Noe	Jan 11	Mikaela Lipp	Feb 8	Michael Martinez	Dec 14	Steven Etchells	Jan 29
Miles Cooperman	Dec 12	Isaac Keiser	Jan 12	Nicole Carey	Feb 10	Nicole Hayden	Dec 17	William Baer, Jr	Feb 2
Ben Greer	Dec 12	Jon Silverstein	Jan 15	Jake Gluckman	Feb 10	Brittany Sigler	Dec 18	Ewa Dudzicz	Feb 3
Ella Horn	Dec 13	Mason Stillman	Jan 15	Madison Kramer	Feb 10	Jessica Humphries	Dec 20	Chris Timm	Feb 3
Lilly Friedman	Dec 14	Matthew Pariser	Jan 16	Ellen Schoenfeld	Feb 10	William Barton	Dec 23	Adam Heidebrink	Feb 7
Maya Scheinfeld	Dec 14	Kayla Pressman	Jan 16	Jesse Haymes	Feb 11	Eoin Hallahan	Dec 23	Brenda Levine	Feb 8
Brian Diamond	Dec 16	Jack DiLorenzo	Jan 17	Dylan Marshall	Feb 11	Brian Tucker	Dec 23	Kayla Rector	Feb 9
David Gold	Dec 18	Hayley Lavin	Jan 17	Maya Milrod	Feb 11	Richard Naylor	Dec 24	Andrew Fish	Feb 10
Alexander McKillop	Dec 18	Andrew Stafford	Jan 17	Elliot Weissman	Feb 14	Sierra M Berry	Dec 28	Emma Flanagan	Feb 10
Samanth Serlin	Dec 18	Jakob Weisblum	Jan 17	Ben Johnson	Feb 15	Christina Mcmillan	Dec 28	James Wheel	Feb 12
Noa Worob	Dec 18	Emma Koslow	Jan 18	Dalia Lieberman	Feb 15	Selena Hickson	Jan 5	Robert Cooper	Feb 14
Eliza Greenwald	Dec 20	Sydney Kass	Jan 19	Ben Goodman	Feb 16	Kaela Thomas	Jan 5	Sarah Scheinfeld	Feb 18
Charlie Coleman	Dec 21	Max Bibicoff	Jan 20	Hilary Weisenfeld	Feb 17	Nate Jordan	Jan 6	Jay Boisvert	Feb 20
Samantha Kapner	Dec 22	Rachel Aaron	Jan 21	Josh Berman	Feb 18	Marc Woodgate	Jan 6	Molly Burke	Feb 21
Daniel Messulam	Dec 22	Matthew Dugoff	Jan 21	Samantha Silfen	Feb 18	Jenelle Cudmore	Jan 7	Joe Talarski	Feb 21
Rebecca Pall	Dec 22	Jason Goldstein	Jan 21	Hannah Coleman	Feb 19	Travis Heidebrink	Jan 8	Jennifer Krieger	Feb 23
Ryan Weitzner	Dec 22	Daniel Kozek	Jan 21	Charlie Selbin	Feb 19	Jon O'Brien	Jan 8	Alana Deutsch	Feb 24
Harris Halperin	Dec 26	Brian Volk	Jan 22	Alexa Goldberg	Feb 21	Timea Torokova	Jan 8	Chris Bills	Feb 25
Richard Segalman	Dec 26	Sophie Weissman	Jan 22	Ben Lurie	Feb 21	Daniel Zezulinski	Jan 12	Matt LeMoine	Feb 26
Jason Krakower	Dec 28	Emma Schwartz	Jan 23	Sophie DeBiase-Harris	Feb 22	Erin Woods	Jan 13	Mikolaj Wawrzyniak	Feb 27
Ben Giove	Dec 29	Jonathan Steinberg	Jan 23	Gabby Greer	Feb 23	Joseph Meyer	Jan 15	Steven Rothbort	Feb 28
Chloe Stern	Dec 29	Lauren Koenig	Jan 26	Justin Perline	Feb 23	Richard Beaudoin	Jan 16		
Sophie Kaplan	Dec 30	Charlotte Templeton	Jan 26	Alana Smolinsky	Feb 23				
Sofia Girvin	Dec 31	Max Mitelman	Jan 28	Rafaella Perez	Feb 24				
Jack Goldsmith	Dec 31	Mikaela Norris	Jan 28	Alexandra Wechsler	Feb 24				
Aiden Miller	Dec 31	Caroline Okun	Jan 28	Ryder Golub	Feb 25				
Phoebe Smith	Dec 31	Carolyn Steinberg	Jan 28	Justin Meyer	Feb 25				
Allison Luntz	Jan 1	Sarah Abbe	Jan 29	Jacob Rose	Feb 25				
Sarah Mazie	Jan 1	Miranda Cohen	Jan 30	Emily Rothman	Feb 25				
Katie Goodstadt	Jan 2	Jacob Schwartz	Jan 30	Nikki Rumizen	Feb 25				
Gabriela Rachman	Jan 2	Sarah Weill	Jan 30	Noah Brook	Feb 26				
Michelle Eisenberg	Jan 4	Ethan Wiederkehr	Jan 31	Myles Novick	Feb 26				
Hayley Finkelstein	Jan 4	Sarah Green	Feb 1	Brooke Gold	Feb 27				
Andrew Shapiro	Jan 4	Tyler Jonas	Feb 1	Leah Mazie	Feb 28				
Drew Grauer	Jan 5	Jacob Levine	Feb 1						

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.

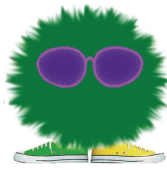
This is your birthday song,
It isn't very long,
My name is Alex Schiff, hey!



**HAPPY BELATED
BIRTHDAY TO
SARAH SHAPIRO!!!
HOPE OCTOBER 3rd
WAS A GREAT DAY!**



CAMP ECHO LAKE
3 WEST MAIN STREET
ELMSFORD, NY 10523



**Like us
on Facebook!**

Follow us on
twitter

@CampEchoLake

*ATTENTION CAMPERS, PARENTS, & STAFF...PLEASE JOIN US FOR OUR 2013 MAIN VILLAGE WINTER ESCAPE! DETAILS ARE INSIDE ON PAGE 9...

CAMP ECHO LAKE IMPORTANT DATES

MAIN VILLAGE WINTER WEEKEND	SAT MARCH 2 – SUN MARCH 3, 2013
NEW PARENT NIGHT	WEDNESDAY APRIL 16, 2013
NEW CAMPER PICNIC	THURSDAY MAY 2, 2013
CAMP ECHO LAKE 2013 SEASON BEGINS	SATURDAY JUNE 22, 2013
PARENT VISITATION	SATURDAY JULY 13, 2013
CAMP ECHO LAKE 2013 SEASON ENDS	SUNDAY AUGUST 11, 2013
ECHO LAKE IDEA	TUESDAY AUGUST 13 – SUNDAY AUGUST 18, 2013