



HAPPY
NEW
YEAR

CAMP ECHO LAKE TRAIL DECEMBER 2009

As of December 15, there are 192 days until Summer 2010 begins at Camp Echo Lake...
Our 65th summer!!!



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www.campecholake.com



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CEL SUDOKU – LINE-UP STYLE!!!

We couldn't think of a better way to start off this edition of the Trail than with the line-up characters that you start each day at camp with! We present to you this Sudoku puzzle for you to solve and enjoy. Instead of the numbers 1-6 we have inserted some of Boys Camp, Girls Camp and Senior Village's favorite line-up characters for you to use. The line-up characters featured below are Moprah, Shmellen, Pickles, Sven, Carlos Rauch III, and Wolverine. Remember that each name can only appear once in each row, column and region. Good luck!

		Moprah		Shmellen	
Sven		Wolverine			Pickles
	Moprah			Sven	
			Shmellen		
			Moprah		
	Carlos Rauch III			Pickles	

In this Issue... December 2009

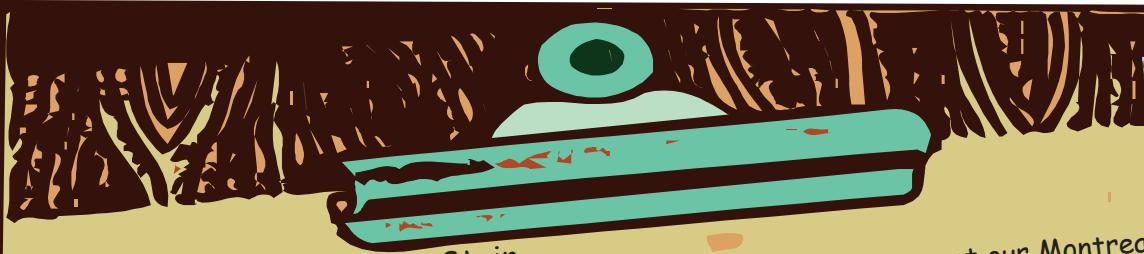
- * CEL SUDOKU!!!!
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New Kids On The Block

More "new kids on the block" have joined the Echo Lake family and will be making their summer home in Warrensburg! We have some brand new CEL campers, some close friends or siblings of current CEL campers, and some 2nd generation campers of CEL alumni! How great is that?! We are so thrilled that you will all be joining us and wearing the Green and Gold for the next ten or so summers!

Sam Rusoff
Natalia Gutierrez
Katie Kramer
Dominique Leibman
Miranda Cohen





From the Clipboard of Tony Stein...

A wonderful holiday season to you all. It was so great to see everyone at our Montreal and New York reunions - they are such a highlight of the year!

On my flight up to Montreal, I had a chance to read Time Magazine's cover article entitled "The Case Against Overparenting." It summarized the trends of the previous two decades that have resulted in the phenomenon known as "helicopter parents," and all that goes with it. As new parent ourselves, Emily and I are forming, on the fly, just how we are going to parent. As I read the article, I started thinking about the calls I get during the camp season from parents that occasionally start "I don't want to be one of those parents ..."

Having read that article, I really felt that Echo Lake parents are not "one of those parents." I think Echo Lake parents are another kind of parent... the kind that provide their children with the singularly transformative and rich, full-season camp experience where you can let the reins go a bit and give your children a place and the space to flourish... the kind of parent that imbues their children with the greatest sense of confidence - that they can make friends, try new things, ask for help, conquer challenges big and small, and most of all, accomplish so much on their own under the guidance of awesome counselors!

During the summer and throughout the year, what I find in Echo Lake parents are moms and dads who love their kids like crazy and who want them to benefit as much as possible from their summers at Echo Lake and their relationship with the Echo Lake community. I also find parents who believe that sometimes their kids have to figure some things out for themselves, or be challenged in order to make the accomplishment that much more sweet. But really what I see are parents who are helping get their children ready for a world where the willingness and ability to connect with others, to be part of a community and to stand on one's own two feet will always be a great path towards happiness and success.

Emily and Evan join me in wishing the entire Echo Lake community - 65 years worth - a wonderful holiday season and a happy, happy, new year.

Much Love,
Tony



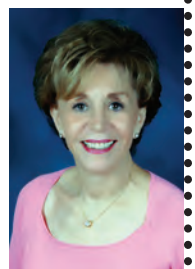
Thanksgiving in Florida still seems like a contradiction in terms, however, the wonderful thing about Thanksgiving is that it is such an inclusive holiday - all are welcome and all Americans celebrate it regardless of race or religion.

It reminds me of Echo Lake in a way. We, as a camp, are inclusive, welcoming and celebrating all attendees i.e. campers. I used to say that boys and girls who come to us leave feeling 10' tall and it's true. It's really a love bath with, of course, accountability demanded of everyone in order to have a community where all residents respect each other.

I am proud to be part, for 65 years, of such a wholesome joyous environment. Yay, Echo Lake! That's what I say!

Love to you all,

Amy



From the Desks of...

Laurie



Main Village Director

Thanks for giving and bringing happy to a new year! I love this time of year. Everything just feels so magical. The world is aglow with shiny decorations and festive holiday songs. People surround themselves with family, friends, fun, and unless you're Ebenezer Scrooge, people are generally in very good moods. While all of that is wonderful I believe one of the best parts of the holiday season is that it is a time for giving happiness.

You will start to open your mail and find actual holiday cards and letters, typically in brightly colored envelopes, mixed in among the bills and junk mail. I love cracking open the seal of the envelope to see a happy or funny or silly or beautiful holiday scene inside. posed holiday gathering, or just a photo with large smiles on everyone's faces but the joy jumps from the picture to your face. I love watching children grow up, adults mark celebrations,

and even pets becoming part of the holiday cheer in these yearly snap shots of good times. I personally hang these cards in my home and feed off of their joy well into January.

Presents, gifts, brightly colored packages will be purchased, created by hand, donated, and exchanged. Maybe you'll get the "thing" that you've wanted all year. Maybe you'll draw, build, bake, glue, or otherwise fashion an original handmade masterpiece. Hopefully you will find ways to donate your time or presents or holiday cheer to someone who needs it more than you. Most importantly I hope you get the chance to exchange presents with the people you love and want to thank the most. Take time to show and tell your parents, siblings, friends, teachers, coaches, or camp counselors what they mean to you and give them (heartfelt words work just as well as gifts!) some happiness from your heart!

I think the underlying best part of what makes the holiday season so magical and such an opportunity for joy is that you can truly "give happiness." Think about all the ways you can make someone feel happiness and joy. What can you do, every day, this holiday season to bring a little holiday bliss to another person? Maybe you make someone smile by wearing a pink wig. Maybe you spend time with someone who is lonely. Maybe you say please and thank you. Maybe you take one of your "things" and give it to someone who needs it more than you do. Maybe you donate time or money to a great charity. Maybe you bake delicious treats to share with someone as a surprise treat. Maybe you spend time doing something helpful and nice for a person who is in need. Maybe you sing a happy holiday tune to brighten the mood in a room. The possibilities are endless but I promise that your holiday magic will not be as shiny or bright unless you give happiness to others.

As the snowflakes fall and we gather close to those we love, I ask you this... What happiness are you giving to others? Find a way to share joy with others and that will truly bring the magic of the holiday season back to you. Even better, find a way that you can share joy with others now as well as long into the new year. Talk about a resolution?! It can be big or small but how many ways can you think of to put a smile on someone's face and bring them bliss? I promise that happiness will come back to you ten times as wonderful when you give to others. So today and in the new year I wish you and your family health, happiness, peace, and love and I say to you, thanks for giving to a happy new year!!

Love and xoxo always, Laurie

JP



Operations Director

The Adirondack Almanac

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 fancy clock radio or pair of wool socks? It's the people who surround you during the holidays that are the true gifts!

Did you know that the High Peaks region of the Adirondacks averages over 90 inches of snow a winter? That's over seven and half feet of snow!!!!

Stay Gold,
JP

From the Desks of...

Brenda



Senior Village Director

“If you concentrate on finding whatever is good in every situation, you will discover that your life will suddenly be filled with gratitude, a feeling that nurtures the soul.” Rabbi Harold Kushner

I woke up this morning to see snow had fallen...and it wasn't melting! My first thought was 'ugh, here we go...6 long months of cold, snow, ice, boots, hats and mitts.' Then Abi, Jacob & Isaac looked outside & declared, 'It's snowing!' with absolute joy & appreciation. I stopped in my tracks & re-directed my thoughts to find the silver lining to the start of my 4th favorite season. I valued the chance to look out my window & see things the way my kids did...and to be grateful!

Did you know researchers at the University of California have proven that people who express their gratitude daily are 25% happier & significantly healthier than those who don't? They've found an attitude of gratitude is a powerful contributor to a happy life. Some believe that it may be the single most effective & fastest path to happiness, health, long life & prosperity.

The law of gratitude works like this - think of yourself as a giant magnet. Whatever you're feeling, whether it be love, fear, anger, happiness, or gratitude...you are in essence creating a magnetic force that attracts to you

conditions & circumstances which are directly correlated to what you're feeling. Expressing gratitude for a person or situation draws to you more of what you are grateful for. This powerful energy of gratitude will show up in your life in ways of respect, success, opportunities and happiness because you've focused on gratefulness into your life.

“Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough.” -Oprah Winfrey

Gratitude happens so naturally & easily at camp - it's in the air, in the water, in the chicken patties! The fuzzy box overflows with notes of appreciation for the countless ways that campers & staff care for one another everyday of the summer. Friends walking arm in arm, shout outs at line-up, hugs & high fives abound. Gratitude is a part of the fiber of Echo Lake. It's so easy when we're at camp to look at the beauty around us, to be thankful for the laughter & celebration each day holds, for new & old friends, for Special Days, for sunny weather & rainy day bunk time, to even be thankful for the chance to help others through a difficult situation. Every day at camp - even the challenging days - I feel grateful.

It may seem obvious, but I began to wonder how can I better recognize and express gratitude when I'm knee-deep in carpool, homework & snow boots rather than line-up, canteen and staff shirts. So, I've decided to do a few things (and if it sparks something in you - terrific!)

*** Keep a Gratitude Journal...**Set aside time each day or week to reflect on & write down what I am grateful for & why I'm grateful for that particular person or experience. What are your top 5?

“He is a wise man who does not grieve for the things which he has not, but rejoices for those which he has.” - Epictetus

*** Say Thank You More...**Express gratitude to others. Identify people who've had a positive impact on my life. Since I don't have a stash of fuzzies, I can express my gratitude in a personal letter thanking each one for his/her influence on me. Who's had a positive impact on you?

“Feeling gratitude and not expressing it is like wrapping a present and not giving it.” -William A. Ward

*** This one is HUGE for me...**Find the gifts in difficult circumstances and be grateful for those gifts. For example, seeing a person who is perceived as being the source of difficulty as a 'teacher.' Asking, "What is this person here to teach me?" is a powerful question. Essentially, find the silver lining in difficult situations. What's a difficult situation you can be grateful for?

“It's easy to be thankful for the good things. A life of rich fulfillment comes to those who are also thankful for the setbacks. Gratitude can turn a negative into a positive. Find a way to be thankful for your troubles, and they can become your blessings.” -unknown

So, I have a question for you: You were given a gift of 86,400 seconds today. Have you used one (or 2 or 200) to be grateful and say "thank you" to someone? As I have already begun my Gratitude Journal, you can be sure that having the chance to be in the Village with all of you is high on my list of what I am grateful for! I look forward to seeing all of you at the reunion, until then I'm sending you thanks for having made an impact on me. I can't wait for Summer 2010!

Love and Hugs, Brenda

Jacko



Program Director

In this edition we are going to be debating Friday Night Services vs FNL. I will be debating for Friday Night Services. Debating for FNL, I could think of nobody better than CEL's famous FNL host Nick "Stew" Stoulig. Read our entries below and then let debates begin. Where do you stand? Is it Services? Is it FNL? Whichever you decide 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 love Echo Lake! -JACKO

Friday Night Services are one of my favorite traditions at camp. Each week we come together as a camp and we all get the chance to sit and catch up with friends and

family. Decked out in our white shirt (unless you had an unfortunate spill at dinner), we look on as one of the Senior Village groups shows us what camp means to them in their own fun creative way. We hear from Amy as she recognizes campers and encourages them to milk it! Tony gives us a look back on the week that was as well as what lies ahead. Services are so impactful and awesome that there is no need to clap... that's what we have our spirit fingers for. Coming together... friends and family... camp lessons, milking it, Tony's talk... spirit fingers! You just cannot beat a Friday Night Service at CEL!

I would like to share with you why I believe FNL tops Services. Each and every Friday night we are treated to artistic delights that showcase the best we have to offer. Many children brave enough to take the stage are granted the opportunity to shine in front of the entire camp. There have been a number of amazing acts through the ages. Acts such as, The Weirdos, Corey Feldman's many costars, Five Star, and Negative Space have dazzled us and given amazing juice talk (replaces watercooler talk...cause we are at camp...get it?). I have been honored to follow such an amazing event as Services, but how can that compete with the joy that is brought to the hundreds of children who get to laugh at the many co-hosts that I have had the pleasure of making fun of? I love FNL and it will always hold a special place in my heart and I hope in yours as well.



Alumni & Staff Happenings



SPANNING THE WORLD

On the NYC Marathon day, **Renee Pearl Sigler** dropped by **Emily, Tony and Evan Stein's** apartment, to wish Evan a Happy Birthday in "Spanish" and for some serious floor playing and catching up! Renee stayed with former CEL counselor **Susan Lester Perelman** in Manhattan.

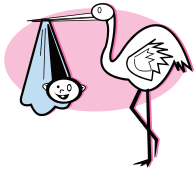
Just thought I'd fill you in with what I've been up to recently. I've just finished working as a camera trainee on a Universal film they've been shooting in Northern Ireland. It's called 'Your Highness' and was written by and stars Danny McBride. It also stars Natalie Portman, James Franco and Zooey Deschanel. It was a fabulous experience but extremely hard work. This was my first job as a camera trainee, as for the past 18 months I've been working as an Assistant Director on UK TV dramas. Other exciting news is some of the 2005 girls are meeting in Manchester over the halloween weekend. I'm meeting up with Katy Atkinson, Rachel Gresswell and Ashley Stewart (and possibly Chloe Shoniwa and Julie Mackay) Can't wait to see the girls! **-Danielle Spence**



CELEBRATIONS

Ellen Babby reported in to say that **Heather Babby** was engaged to **Eric Rimsky** this November. They met at Lehigh. The Rimsky family is very close to **Laurence Glickman** so the CEL connections are again linked to the Babby family!

Stacy Lewis married **Michael Golden** on Friday November 13th at City Hall in NYC!



CAMPERS 20??

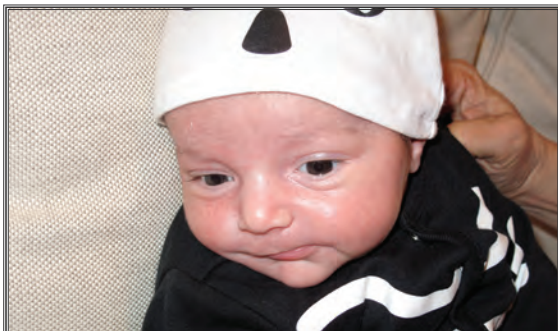
We are so excited about the new addition to the Lazarus household. **Chace Lazarus** was born on September 29 to proud mommy **Lisa Mittlemark Lazarus** and daddy, **Darren. Austin and Jaden** are super thrilled about their new baby brother!

Uninterested in 48 hours of labor this time around, **Amy Falkenstein**, wife of alumni **Eric Falkenstein** delivered on November 29 a healthy blond-hair blue-eyed 5lbs 10oz baby boy at 4:21am named **Theo Henry**. The lad seems wise beyond his years and as handsome as his big brother.



PASSING

It is with our deepest sympathies that we share the recent passing of **Elaine Jacobs McCluskey**. Elaine was the mother of **Michael and Evan Jacobs**, mother-in-law of **Liz Kaplow Jacobs**, and grandmother of **Juliana and Melanie Jacobs**.



Welcome Chace Lazarus!!!



Congratulations Stacy and Michael!!!



SAVE THE DATE!!!

65TH ANNIVERSARY
ALUMNI REUNION
FALL FOLIAGE WEEKEND

SEPTEMBER 24TH
TO
SEPTEMBER 26TH, 2010

KEEP YOUR EYES AND EARS
OPEN FOR FURTHER INFO...





Winter 2009

Project Morry is heading towards 2010 with MUCH 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 8-10th 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.

2010 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!

If you are interested in contributing to events or if you are looking for more information, to make a donation, or get involved, please contact the Project Morry office by phone: (914) 592-3055, email: dream@projectmorry.org, or go online: www.projectmorry.org. Thank you for your continued support of Project Morry!

Project Morry Autumn Elegance Gala

The thirteenth annual "Autumn Elegance Gala", held on Tuesday, November 19, 2009 at The Lighthouse at Pier 61 in New York City was a wonderful success! This amazing event has raised over \$240,000. Over 300 Partygoers enjoyed an evening of festivities that included a silent auction, dinner and awards presentation to benefit Project Morry. This year, The Morry Award was presented to Henry Louis Gates, Jr., Harvard University professor and one of Time magazine's 25 Most Influential People, in recognition of his lifelong commitment to education. The event was once again characterized by an amazing sense of community, celebration and commitment! The night began with a wonderful cocktail hour and a preview of silent auction items. A program followed that featured words from Project Morry alum Onyebuchi Chikala, a Baruch College junior in accounting, and the showing of the Project Morry video. Dinner and then words from our remarkable honoree capped off this remarkable gathering.

Camps That Give

Camps that Give are camps that celebrate the gift of camp through a camp based fundraiser targeted at benefiting Project Morry. Be it a swim-a-thon or a carnival, a marathon or a bake sale, they encourage the gift of giving by offering campers and their families the chance to give back by giving to. We thank them for their generosity, their kindness and their gift to our kids.

We salute Camp Echo Lake whose Camps that Give efforts raised over \$10,000 this past summer! We would encourage you to visit their website at www.projectmorry.org and click into the Camps that Give page to see ALL that you are helping us to accomplish!

Kids That Give

We salute the following kids who are either given or are CONTINUING to give to Project Morry through their efforts of gifts and time **Elana Heisner** and **Elana Stettin**! 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.

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

2010 Main Village Winter Escape!

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

The dates for this year's trip are **March 6-7, 2010.**

You can download information and the registration form at www.campecholake.com!

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 are filling 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 (especially the walk around camp...snow pants are ideal). You will also need to bring basic toiletries.



*The Main Village Winter Weekend is open to:
2009 Frosh, 2009 Lower Juniors,
2009 Upper Juniors, and 2009 Lower Inters.



Staff Bulletin Board

Shout Outs from Our Outstanding Staff!!

I have a story for you all that I thought you would enjoy. So as you know I give tours for the University of Michigan. As I brought today's tour group on the steps of the Michigan Union, a 12 year old boy ran at me yelling "HOLTZY!!!" It was **Ira Ganz** who had come to see the Michigan Penn State game with his grandparents who are alums of the school. What a small world.

—**Matt Holtz**

I recently played the lead in Full Monty the musical and **Emma Vaughn** came to see me in it on Friday! I would like to do a shout out for all UIGW of 2009 - 'Give it to me one time.....'

—**Alicia Roberts**



To agents of the Camp Intelligence Agency (UJBW '09) and all crossword lovers out there, here is the moment you have been waiting for. The answers to the UJBW yearbook crossword:

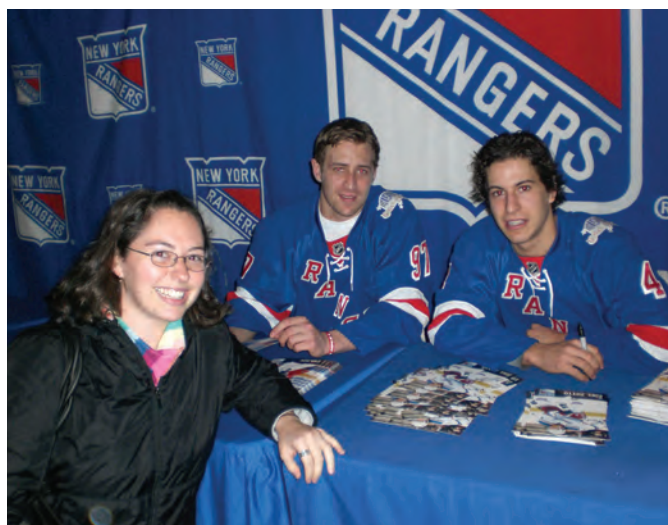
Across: 3. Tubing 4. What the 6. Why not 7. Lineup 12. Stove 13. Pinecone Alley 14. Visiting day 15. Zoomy 18. Canteen 19. Poker

Down: 1. Chicken patties 2. Gaga 5. Pokemon 8. Chipwiches, 9. Poker god, 10. Ronnie, 11. Fuzzies, 16. Taco, 17. Kei

Have a great winter, with a bit of luck I'll be seeing you all again in the summer.

Love, **Paul Chapman**

As some of you know I have recently moved to New Jersey to continue my education and gain some real world work experience. I am currently working in the Fairleigh Dickinson University athletic department, and going to graduate school. Johnny Levine came down for one of my first weekends...naturally we talked about camp the whole time. UVB I know all of you are enjoying COD, look forward to seeing all of you soon. -**Pete Lusk**



The NY Rangers hosted their Annual Toys for Tots Drive with the US Marine Corps, so I went to Bryant Park to donate a Rangers stuffed animal teddy bear, and I got to meet current players Matt Gilroy (#97) and Michael Del Zotto (#4). Lucky me! Shout out to all 4n4 2010 - you're in for a great summer next year! Happy Holidays!

—**Ruth Kleinman**

Don't have any pictures but I'm planning a sponsored motorbike ride to a HIV orphanage/hospital in March next year. The hospital will be in Igoji in Kenya so the trip will include travelling through Europe, the middle East and North Africa. Plan to take a month with a month working in the hospital after I arrive. Hopefully the trip will include **Birdman (Jason Bird)** if he gets his act in order.. I'll get some more information to you about it when I have a few spare minutes, hopefully before the 30th as it could be a good way to gain some sponsorship..! Hope all is well at the Lake!

—**Ian Hook**



Campers Corner

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



Jack Dubicki, Adam Tollin, Daniel Messalum, Jack Doremus and Jonathan Noe hanging out together at Adam's house.



Sophie Brett-Chin and Lauren Whitman trick or treating on Halloween.

It's **Rebecca Pall** in New Jersey. I want to send a shout out to Lower Junior Girls East...Hey Space Cadets. I miss you guys so much. I think about you all the time. Hope to see you all at the reunion on Dec. 12. XOXOXO.
- Rebecca.



Justin, Jordan, and Aiden Miller and Jordan and Phoebe Weinstock taking a rest at our 2nd Annual Hike.



Dalia Weinstein, Jessica Weinstein and Jordan Serlin had a fun get together!

CEL bunkmates and Montreal hockey fanatics, **Justin Oringer** and **Derek Sigler** are Captain and Assistant Captain respectively for the LCC (their school's) Atom hockey team.



Harris Whiteson, Jack Doremus and Ethan Feller had fun at a recent sleepover. They hung out, played and talked about camp. They're really looking forward to Summer 2010 at Echo Lake!!!



Alexa Kamberg invited all the LIGW's for a birthday sleepover. Twelve of them were able to come and the girls that were unable to attend were missed.



When they're not in uniform for their respective hockey teams, **Cory and Justin Oringer** hang around the house in the Halloween outfits—for the fun of it.



This is a photo of **Jack Getman** and **Alex Haber** at Penn. Jack was visiting the campus for homecoming and met up with Alex, his counselor!



Here are **Amanda Margolis and Margot Present** hanging out and having fun.



Here's a picture from a LIBE sleepover at **Sam Kessler's** house in October. It was a fun evening spent watching the Yankees play, and then a movie!

Andie Migden and Callie Migden can't wait to welcome their first cousin **Blake Migden** to Camp Echo Lake! That's right, **Addison's** sister is coming to camp and there will be 4 Migdens at CEL!!!



Allie Luntz, Sophie Brett-Chin, Lauren Whitman, and Phoebe Weinstock getting ready to go to Hayley Lavin's Bat Mitzvah celebration on November 8th. It was loads of fun and they enjoyed seeing everyone from camp again!

WHAT'S COOKIN' IN THE KITCHEN?!

[illegible]

1/2 tsp salt



Renee Pearl-Sigler, Cooking Head Specialist

AT HOME DO - IT - YOURSELF ACTIVITY AREAS

Hello Camp Echo Lake Tennis Players :

Here are some practice ideas that everyone can use on the driveway or anywhere there is a smooth hard surface.

Ups & Downs :

Start by shaking hands with the racquet grip turning palm and racquet face upward. Hold ball above center of string bed (sweet spot) dropping ball seeing how many times you can keep the ball bouncing on strings without hitting the ground. Remember very little up swing needs to occur as long as a firm grip is maintained.



Using the same grip (Eastern Forehand), turn palm down and racquet face downward positioning ball below string bed. Then see how many times you can successfully dribble the ball. For both ups and downs use a firm grip even choking up on the grip if necessary in order to keep the racquet head stable.

Alley Rally :

This is great for the driveway! With a partner, take two balls placing them 3.5 ft. apart (same distance as the Doubles Alley) directly in front of each player. Turning sideways players align racquet faces then backup behind their respective ball. The goal of the game is to rally the ball between the competitors attempting to hit the other players ball. Remember use a closed stance and No Backswing ! Play to 5.

These simple yet very effective exercises are intended to improve eye-hand coordination as well as improving touch and racquet head control.

Keep playing and I look forward to seeing you soon.

Mark "Coach" Marsot,
Tennis Head Specialist

Potato Prints

The holidays in our house are all about potatoes. Sweet, yellow, orange and white, mashed, baked, scalloped, or fried, my boys take turns preparing them their favorite way. But you know me, give me anything and I'll figure out to make something artistic out of it. And this week its potatoes, I'm using them as decorative stamps for personalized gift cards and tags and maybe even some t-shirts. The project is a kind of block printing, much like the ones we did at camp this summer.



For this project you will need:

A potato
A knife or blade
(with your parent or adult attached!)
Paint
Paper plates
Paint brush or brayer

The best potato prints have a painterly quality reminiscent of impressionist art. To make one, cut a potato (any variety will do) in half, and draw a shape onto the flesh with a pencil. Then, using a utility knife or a jackknife with a thin blade, have your parent or other adult carve around the outline of the pencil design, and cut away the background to a depth of 1/4 inch. Mix paints with a little water, then apply the paint directly onto the design with a brush; or dip the potato into a dish of paint as though using a stamp pad. Press the potato onto blank cards, reapplying paint when the prints become faint. Each print will look unique and slightly irregular -- a work of art in itself. To make a tag, punch a small hole in the corner of the card with a needle or an awl, and thread a piece of string or ribbon through.

Have fun and keep creating!

Sara Gold, Fine Arts Head Specialist

Hear ye, Hear ye... Introducing Our Camp Echo Lake 2010 Head Staff!

We are beyond thrilled to announce Camp Echo Lake's 2010 Head Staff! The wealth of experience and depth of passion in this group is truly unmatched. We know they will push themselves to the limits to raise the bar of excellence at Echo Lake. What makes this team even better is that of the 15 people highlighted below, 12 of them are returning to Head Staff for another summer of leadership! In addition to celebrating CEL's 65th summer (blue sapphire anniversary) this year, our Head Staff will celebrate with 1 three year t-shirt, 3 five year sweatshirts, 1 seven year fleece, 3 ten year jackets, 1 silver anniversary, and 1 ruby anniversary, for a grand total of 165 years of Camp Echo Lake experience and Warm Inner Glows for our Head Staff! We could not be more excited or better prepared for summer 2010, Echo Lake's 65th Anniversary!



Laurie Rinke
Main Village Director
NYC, NY
25th Summer at Camp



Ronnie Williams
HC Junior Boys
Houston, TX
7th Summer at Camp



Patrick McNeece
HC Inter Boys
Palm Beach, FL
5th Summer at Camp



Sharifa Vinson
HC Junior Girls
Detroit, MI
5th Summer at Camp



Kelly Godzac
HC Inter Girls
Syracuse, NY
4th Summer at Camp



Brenda Levine
Senior Village Director
Montreal, Canada
10th Summer at Camp



Jeff Rondeau
HC Senior Village Boys
Calgary, Canada
10th Summer at Camp



Meredith Pugh
HC Senior Village Girls
Raleigh, NC
5th Summer at Camp



John Pezzolla
Operations Director
Columbus, OH
12th Summer at Camp



Glenn Begly
Ombudsman
Geneva, NY
40th Summer at Camp



Matt Jackowitz
Program Director
Hoboken, NJ
19th Summer at Camp



Toby Barkworth-Knight
Activity Director
Sheffield, England
6th Summer at Camp



Nick Stoulig
Program Cor-MV Boys
New Orleans, LA
10th Summer at Camp



Janna Fraser
Program Cor-MV Girls
Nova Scotia, Canada
4th Summer at Camp



Gareth Stitt
Program Cor-SV
Belfast, Ireland
3rd Summer at Camp

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

Campers...

Campers...

Campers...

Staff...

Staff...

Mitchell Heifetz	Dec 1	Jack Goldsmith	Dec 31	Sarah Weill	Jan 30	Sara Gold	Dec 1	Lindsay Aaron	Jan 18
Emma Boykin	Dec 2	Allison Luntz	Jan 1	Dominique Leibman	Jan 31	Mark Kaye	Dec 1	Danielle Labrovic	Jan 20
Elana Stettin	Dec 2	Sarah Mazie	Jan 1	Jacob Levine	Feb 1	Darren Langworthy	Dec 3	Brittany Pope	Jan 20
Cooper Grayson	Dec 4	Brooke Perlman	Jan 1	Elana Heisner	Feb 2	Julie Flegm	Dec 4	Meredith Pugh	Jan 20
Natalia Gutierrez	Dec 6	Lindsay Zelson	Jan 3	Zach Saperstone	Feb 2	Karlene Kantner	Dec 7	John Murphy	Jan 21
Sydney Golub	Dec 7	Michelle Eisenberg	Jan 4	Hannah Friedfeld	Feb 3	Nick Stoulig	Dec 8	Jenn Udashkin	Jan 21
Justin Oringer	Dec 9	Hayley Finkelstein	Jan 4	Drew Meklinsky	Feb 5	Jeffrey Roccasecca	Dec 10	Emily Nadal	Jan 25
Brandi Prell	Dec 9	Carly Stern	Jan 4	Danielle Jacob	Feb 6	Kei Muto	Dec 12	Pat Urtz	Jan 25
Alexa Bronfman	Dec 10	Drew Grauer	Jan 5	Samantha Rothberg	Feb 6	Kelley Ward	Dec 13	Zach Zelikovic	Jan 29
Brett Scherr	Dec 10	Franny Gould	Jan 6	Gavin Jablonski	Feb 7	Dawn Wylie	Dec 13	William Baer, Jr	Feb 2
David Goldberg	Dec 11	Lily Kessler	Jan 6	Dana Wilson	Feb 7	Laura Ostler	Dec 19	Chris Jones	Feb 5
Marisa Kaplan	Dec 11	Emily Davidson	Jan 7	Dylan Rothstein	Feb 8	Lara Mitchell	Dec 20	Rory Erickson-Kulas	Feb 7
Tilly Pecker	Dec 11	Allison Einberg	Jan 7	Jake Gluckman	Feb 10	Tricia Gerrard	Dec 21	Adam Heidebrink	Feb 7
Andrew Steinberg	Dec 13	Ethan Bookstein	Jan 8	Benjamin Meisel	Feb 10	Jordan Goldstein	Dec 21	Brenda Levine	Feb 8
Brian Diamond	Dec 16	Jack Getman	Jan 8	Ellen Schoenfeld	Feb 10	Daniel Irwin	Dec 27	Rebecca Spigelman	Feb 8
Naomi Rossman	Dec 16	Isabel Greenberg	Jan 9	Alexa Krieger	Feb 12	Elizabeth Keddy	Dec 28	Liza Wiesenthal	Feb 8
Alexander McKillop	Dec 18	Matthew Mendelsohn	Jan 9	Derek Sigler	Feb 12	Elizabeth Brot	Dec 29	Jeffrey Neikrie	Feb 9
Samantha Serlin	Dec 18	Daniel Weiss	Jan 9	Daniel Jacobs	Feb 16	Andrew Brides	Jan 7	Amy Kingman	Feb 15
Noa Worob	Dec 18	Emmy Hirsch	Jan 11	Rebecca Wachen	Feb 16	Steph Flanigan-Banks	Jan 7	Sarah Scheinfeld	Feb 18
Dean Hirschberg	Dec 20	Erica Noe	Jan 11	Josh Berman	Feb 18	Jon O'Brien	Jan 8	Jay Boisvert	Feb 20
Jaclyn Perlman	Dec 21	Jake Sussman	Jan 12	Jackie Feldman	Feb 18	Catherine Luiggi	Jan 9	Molly Burke	Feb 21
Haley Rogers	Dec 21	Jonathan Silverstein	Jan 15	Samantha Silfen	Feb 18	Sarah Edwards	Jan 11	Jonathan Baer	Feb 23
Lucas Winson	Dec 21	Hayley Lavin	Jan 17	Hannah Coleman	Feb 19	Thomas Hickmore	Jan 11	Chris Bills	Feb 25
Samantha Kapner	Dec 22	Andrew Stafford	Jan 17	Ben Lurie	Feb 21	Rebecca Gresswell	Jan 14	Glenn Thompson	Feb 26
Daniel Messulam	Dec 22	Jakob Weisblum	Jan 17	Emma Doremus	Feb 22				
Rebecca Pall	Dec 22	Max Bibicoff	Jan 20	Gabby Greer	Feb 23				
Andie Migden	Dec 24	Ashley Pollack	Jan 20	Justin Perline	Feb 23				
Rachel Some	Dec 25	Rachel Aaron	Jan 21	Alana Smolinsky	Feb 23				
Sydney Bibicoff	Dec 26	Matthew Dugoff	Jan 21	Alexandra Wechsler	Feb 24				
Sam Tell	Dec 26	Jason Goldstein	Jan 21	Justin Meyer	Feb 25				
David Weinstein	Dec 26	Daniel Kozek	Jan 21	Jacob Rose	Feb 25				
Joshua Turner	Dec 27	Jeffrey Silverstein	Jan 22	Emily Rothman	Feb 25				
Becca Aronson	Dec 28	Brian Volk	Jan 22	Nikki Rumizen	Feb 25				
Jason Krakower	Dec 28	Jonathan Steinberg	Jan 23	Noah Brook	Feb 26				
Jolie Schenerman	Dec 28	David Berman	Jan 28	Myles Novick	Feb 26				
Ben Giove	Dec 29	Rachel Feldman	Jan 28	Rachel Schwimmer	Feb 27				
Perri Thaler	Dec 29	Caroline Okun	Jan 28	Leah Mazie	Feb 28				
Joshua Chavkin	Dec 30	Sarah Abbe	Jan 29	Kendall Gross	Feb 29				
Sophie Kaplan	Dec 30	Maxwell Boykin	Jan 29	Charles Lutvak	Feb 29				
Sofia Girvin	Dec 31	Miranda Cohen	Jan 30						

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 Birthday
to YOU...Uh uh!!!

CAMP ECHO LAKE
3 WEST MAIN STREET
ELMSFORD, NY 10523



*ATTENTION CAMPERS, PARENTS, & STAFF...PLEASE JOIN US FOR OUR 2010 MAIN VILLAGE WINTER ESCAPE! DETAILS ARE INSIDE ON PAGE 9...

CAMP ECHO LAKE 2009 – 2010 DATES

MONTREAL REUNION

SUNDAY DECEMBER 6TH, 2009

NEW YORK AREA REUNION

SATURDAY DECEMBER 12TH, 2009

MAIN VILLAGE WINTER WEEKEND

SATURDAY MARCH 6 – SUNDAY MARCH 7, 2010

NEW PARENT NIGHT

WEDNESDAY APRIL 14, 2010

NEW CAMPER PICNIC

THURSDAY MAY 6, 2010

CAMP ECHO LAKE 2010 SEASON BEGINS

SATURDAY JUNE 26, 2010

PARENT VISITATION

SATURDAY JULY 17, 2010

CAMP ECHO LAKE 2010 SEASON ENDS

SUNDAY AUGUST 15, 2010

ECHO LAKE IDEA

TUESDAY AUGUST 17 – SUNDAY AUGUST 22, 2010

65TH ANNIVERSARY REUNION

FRIDAY SEPT 24 - SUNDAY SEPT 26, 2010