



**HAPPY
NEW
YEAR**

CAMP ECHO LAKE TRAIL DECEMBER 2010

As of December 15, there are 191 days until Summer 2011 begins at Camp Echo Lake...
Our 66th summer!!!



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Elmsford, NY 10523
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Our hearts remain with the Keiser family – Gwen, David, Max and Isaac – over the loss of their son and brother Ezra who passed away on November 7th. Ezra was a super camper and a super kid who was warm and spirited every day he was at camp. He was beloved by his fellow campers and his staff. He is already missed by the entire Camp Echo Lake community.

Ezra's family have asked that any giving in his name be made to the Children's Hospital of Philadelphia Foundation (www.chop.edu - include Ezra's name in the tribute section - or mail to CHOP Foundation Lockbox 1352 P.O. Box 8500 Philadelphia, PA 19178) or Project Morry.

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!

Annie Bandler
Maggie Bodian
Jeffrey Horowitz
Rachel Meiselman
Ivy Minkoff

From the Clipboard of Tony Stein...

At this time of year, I know many people think about the things they are thankful for, and think about those who are less fortunate and the ways in which they might help.



I recently received a very, very generous contribution from Sami Berenbaum for Project Morry in honor of her Bat Mitzvah, and heard that George Frankle is undertaking an internship at the Project Morry office this winter. I know that Cooper and Ben Grayson and Casey Russo have been longstanding members of the Project Morry "office staff" and that Zach Zelikovic, Henry Weinberger and Ali Chalfin started Project Morry events at their high schools. This list could go on ...

It is so inspiring to see just how deeply the young people of Echo Lake think about helping others and that they use their energy and creativity and sense of generosity to not only give of themselves, but in how they get others invested in caring about a program like Project Morry. To me, it says a lot about Echo Lake families and it makes me feel so fortunate to be part of a community like ours.

Project Morry has benefited so greatly over the years as result of campers, staff, parents and alumni who continually think about the opportunities they have and how much they would like to assist others in having those same opportunities. I am simply in awe at the multitude of Echo Lake folks like those mentioned above, and so many others who understand the power of giving.

As we all come into this special season, Emily joins me in wishing all of you a happy and healthy new year and all good things for 2011 and beyond - and also in thanking you for helping to support such a meaningful and life-changing program like Project Morry. We feel blessed to be a part of your lives as you are such a big part of ours.

Emily, Evan and Tony

Hi Echo Lakers,

My heart has been heavy since we learned of the loss of our dear camper Ezra Keiser. When we lose one of our number and a tender young child at that we feel hurt, mystified and depleted. We wish comfort to the Keisers sending love from our homes and our hearts to them. We will miss Ezra - he was one of our own, close to our hearts and that will never change.

At the other spectrum is the joy of camp and that never leaves us. It is part of our foundation and that reality springs into life on June 25. Our Reunions point to that and we feel complete and happy and joyous.

We have so many new campers who will make our 66th summer even better than our 65th. Is such a thing possible? What is better than looking at a sea of new, exciting faces? Not a lot, say I.

Your job, our boys and girls, is to do well in school, be responsible people and to grow well! Have a grand winter!

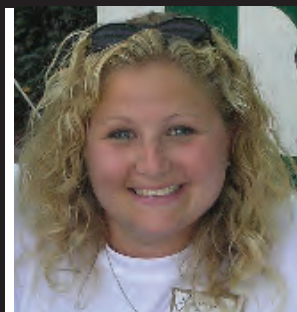
Much love,

Amy



From the Desks of...

Laurie



Main Village Director

Giving and Gratitude. People ask us why our Fuzzy is so special. There are many things that make the Fuzzy a Warm Inner Glow. I want to focus on the fact that although receiving a Fuzzy feels amazing and giving a Fuzzy is where the magic truly lies. I am lucky to have my office at camp in the center of Main Village by the flagpole. My window faces the Fuzzy box and one of my favorite times of day is watching the excitement of campers and staff rushing to put their precious Fuzzy note in the Fuzzy box before evening line up starts. If you are not familiar with the Fuzzy giving process, let me explain. In order to give someone a Fuzzy a person must write out (on actual paper!) the reason why they would like to nominate someone for a Fuzzy. The note describes what the Fuzzy recipient did that made them a good friend or what they did to try hard and have a positive attitude. At evening line up, everyone waits excitedly as the Fuzzy notes are read aloud. When your name is called, people cheer as

you make your way to choose your Fuzzy out of the official Fuzzy basket. There is a hug, high five, or dance that accompanies your walk back to your group. With your Fuzzy and Fuzzy note in hand, you can not help but glow. While this is great, I like to watch the face of the person who wrote the Fuzzy note that was just read aloud. During the entire process, the Fuzzy writer is glowing. Everyone at CEL knows the secret to this magic. Taking the time to notice the good that someone does, taking the time to write it in a note, watching the recipient receive their fuzzy, and being responsible for the entire Fuzzy giving process, that is truly magical giving.

Occasionally at camp, someone may have a hard time focusing on the fun of camp. When I see this I know that what can turn the sadness to fun is for them to create a daily "Positive List" and feel grateful. If you are not familiar with the "Positive List," let me explain. I ask a camper to make a list before they go to bed of all the positive, happy, fantastic things that happened to them that day. They can include things like, a friend was kind to them, they went to a fun activity, the sun was shining, or even that there were Chicken Patties for lunch. This encourages them to think about happy things before bed and to focus on all the positive things that they may not have noticed during the day. I then ask the camper to show me their Positive List the next morning. Together we read the list of things that made them happy. I ask them to be on alert for more positive things that day. If you take the time to focus on positive, happy things before you go to sleep or at the start of a new day, you almost can't help but start to change your focus to the positive. Once you refocus on the positive, you begin to be aware of and feel grateful for the happiness in your day.

You may be wondering why I am talking about the magic of giving a Fuzzy or the gratitude that creating a Positive List brings. Well, it's the Holiday Season and nothing says the joy of the holidays like giving to others and feeling gratitude. I encourage all of you to think about what you can give to others (something as simple as a Fuzzy) and what you are grateful for (something as simple as a Chicken Patty). What if instead of one of your gifts, you donate the money that would have been spent on that gift to a charity that means a lot to you? What if you create a list of all the things that you are grateful for and thank the people who are responsible for making those things happen (i.e. Thanking your parents because you are grateful that they send you to camp)? There are endless possibilities of how you can give to others and the things you could be grateful for, but I guarantee that if you spend some time this holiday season, giving back and being grateful, then you will certainly experience the joy of the season. I am imagining each of you joyfully putting a note in the Fuzzy box and joyfully reading your Positive List with me. My wish for you is that you not only imagine how those things felt but also embrace the magic of giving and gratitude this holiday season and all year round.

Love and xoxo and wishes for a healthy and happy holiday season, Laurie

JP



Operations Director

Happy Holidays everybody! I hope this trail finds you happy, healthy, and excited for the upcoming summer. Things are going great here in Columbus Ohio. It's just starting to feel like the winter here and I actually saw some snow type precipitation flying around a few days ago. I'm feeling the holiday spirit but I'm still not ready to go out shopping yet. Everyone is crazy running around stores, waiting in the cold at 2AM to buy a flat screen TV. That's just silly to me!

I'm still going to find nice things for my family and friends. I just know at the end of the day it's who we are not what we buy that make us so special in the eyes of the people who care about us. Camp is a great example of that. I have so many great friends and have met so many wonderful people in my years at camp. All I've ever done for them was give them my friendship! I guess those are the gifts you can't put a price tag on.

Stay Gold, JP

*Adirondack fun fact- Did you know that William A. Lawrence from Chester, New York invented cream cheese in 1872!

From the Desks of...

Brenda



Senior Village Director

As the last leaves fall to the ground to be replaced by the first snowflakes, we realize that as we are further from last summer we are also closer to next summer. Each summer is a new and different beginning for each of us. Regardless if it is our first or tenth summer...whether we are in main camp or senior village...no matter what our home address is during the winter...we all begin each summer with our own unique ideas, feelings and expectations. The thing is, we can control very little about what will actually happen...except our attitude. I recently read, and was inspired by, a West African Folk tale that I'd like to share with you.

The Traveler... There was once an elderly and wise gentleman who lived in a village. He would often spend his days sitting in the shade of a big tree in the center of the village, reading books and talking to passersby. One day, a traveler came upon his village and stopped and

said, "Old man, I have been traveling across the countryside, and I have seen many things and met many people. Can you tell me what kind of people I will find in your village?"

The elderly gentleman looked up at him and replied, "Certainly I can, but first tell me what kind of people you have found on your travels."

The traveler scowled and said, "Old man, I have met people who cheat, steal, and aren't kind to strangers, and people who don't look out for one another."

The elderly gentleman looked up and, with a faint look of sadness in his eyes, said, "Oh my friend, those are the people you will find in my village." The traveler kicked the dirt under his feet, scoffed, and marched off towards the village

By and by, as the elderly gentleman continued to enjoy his day, another traveler came walking through the village. Once again, the traveler stopped and asked, "Please, kind sir, I have been traveling across the countryside, and I have seen many things and met many people. Can you tell me what kind of people I will find in your village?"

The elderly gentleman said, "Certainly I can, but first tell me what kind of people you have found in your travels."

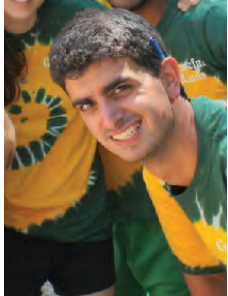
The traveler replied, "I have found people who are kind and welcoming of strangers, people who care for one another, and people who love. These are the people I have met in my travels."

The elderly gentleman looked up and, with the faintest smile in his eyes, said, "My friend, those are the people you will find in my village."

Camp -and life- is an adventure, a journey, and we meet many people along the way. We are all Travelers. Attitude colors every experience – it is the lens through which we see the world. If we expect the best from people, we will tend to find the best in people. Similarly, we must not allow negative experiences to taint future expectations, especially in relation to people we have never met. A positive attitude toward the next adventure in life and toward the people we encounter along the way is essential to success and happiness. This is the reality (and the not-so-secret ingredient) of why camp is such a magical place! When an entire community of people comes together and expects an incredible experience, guess what we find? You guessed it...one amazing summer after another!

Sending you lots of love and hugs, Brenda

Jacko



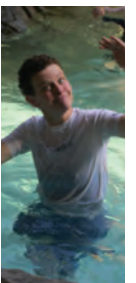
Program Director

Time for another edition of CEL's Great Debate! This issue we will be debating the best water toy at the lake. To help me out I've asked Terry Begly, Waterfront Director and devoted deep section swimmer, to help me out. We have The Blob vs. The Aquaglide... let the debating begin!
DEEP SECTIONNNNNN... STARTING WITH ONNNNEEEEE!

Rumor has it that when Tony brought the Aquaglide to camp he had to register it for its very own zip code! Have you seen this thing... it's huge!!! Step by step you scale this mini mountain to get

to the top. Your reward... a sweet slide all the way down. The most underrated part of the Aquaglide is the inner triangle. When you climb up into this area you basically have your own personal bouncy house for you and your buddy to enjoy. Make sure you get your number for the Aquaglide... you won't regret it.

So which deep water toy is better, The Blob or The Aquaglide? To understand my answer, I have to let you in on a big secret about me: I am completely passionate about physics!!!! So, The Aquaglide is simple: mass, gravity, acceleration, splash. Nice, but pretty bland. Now The Blob is another matter! I see relative mass, acceleration via gravity, force, trajectories, vectors, displacement of water volume – it's just beautiful! I bet if Isaac Newton was a camper at Echo Lake, and he passed his deep test, he'd be a Blobbing maniac!



So where do you stand? Is it The Aquaglide??? Is it The Blob??? Is it a different deep section water toy altogether??? I can just hear the debates breaking out all over the CEL universe. Take care, Jacko

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Alumni & Staff Happenings



SPANNING THE WORLD

Ian Hook, 2009 Trek Activity Specialist, has moved to the Czech Republic where he lives with his girlfriend, teaches English to pre-schoolers and does work with a charity called People in Need. Ian has his fingers crossed that he'll be back at the Lake in 2011!



Renee Pearl-Sigler recently stopped by to visit her friend and opposing 1979 Tribal chieftain **Caryn Diamond** in Chicago.

Amy Baxter (daughter of **Emily Rosenbloom Baxter**) and **Madeline Bush** (daughter of **Naomi Lieberman Bush**) ended up together in a theatre workshop this fall! Clearly training has begun for their Frosh Show!



CELEBRATIONS

Wendi Acey, Softball Head Specialist in 2008, checked in to share some exciting news. Wendi and now husband **Mike** were married on July 31st, 2010. Just recently, Wendi was named 2011 Teacher of the Year at Joan Walker Elementary. Way to go Wendi!!!



Vicki Chaundy let us know that she is engaged and getting married on February 25th! Congrats Chaundy!



CAMPERS 20??

June Eleanor Fishman was born on November 8th, weighing 10 lbs. 2 oz. and measuring 21.5". Mom / alum, **Dara Mochson Fishman**, Dad / alum / camp doctor, **Peter Fishman**, and big sister, Talya are all doing great and could not be happier.



PASSINGS



An old friend of the Stein Family and Echo Lake recently passed away, **Vicki Kaunitz Campbell** of Toronto. Vicki was a joyful human being as well as a stellar staff person and Group Leader. Through her Echo Lake family Vicki met and married **Henry Campbell**. Vicki and Henry's three children **Jonathan, Elliot and Leanne** spent many camping years with us. Vicki was a star in Toronto philanthropy and an inspiration to all as she battled her illness for several years. We feel blessed to have been touched by her and send deepest sympathies to her grieving family.



We are sad to report the passing of **Aaron Rossman**, brother of **Naomi**, who lost his struggle with Cystic Fibrosis in November. Naomi and her family are in our thoughts and prayers and we send all of our love to the entire Rossman family.

CEL PRIDE... WORLDWIDE!!!

The CEL family has always been known to be so passionate and proud of all things Echo Lake. It is for that reason that we are introducing a new feature in the Trail. We are calling it CEL Pride..... Worldwide and we are looking for pictures from all of you finding ways to show your camp spirit. It can be a picture of you wearing your CEL t-shirt at an awesome vacation destination. Maybe it's you and your group mates spelling out C-E-L with



your limbs at a sleepover. We have our first two examples with the Levine children showing their green and gold pride up in Montreal and Jacko wearing his staff shirt outside of Carlo's Bakery from TLC's "Cake Boss" in Hoboken, NJ. Please send all your photos to matt@campecholake.com so we can show off your CEL Pride in our upcoming editions of the Trail.



The Project Morry CEL Friends and Alumni Network

At the recent 65th CEL Reunion, Echo Lake alumni, Alan Nadel and Lauren Ostrin, along with Echo Lake staff alum and Executive Director of Project Morry, Dawn Ewing, had a chance to tell folks more about the Camp Echo Lake Network that is in the midst of being established.

The mission of "The Network" is to do the following:

- Help spread the word of Project Morry to educate our friends/family about what Project Morry is doing.
- Create a Corporate Connection - create a database of contacts at companies for:
 - Internships
 - Matching Gift Opportunities
 - Speakers at super meetings/job fairs or workshops at camp
 - Mentors to augment coaching in a particular field
- Job Fair/Career Day - for Project Morry juniors and seniors as well as our college alums
- Help recruit more Coaches and/or co-coaches for a day
- In-Kind Donations-
- Round up non \$ donations/supplies that PM needs for both their school year and camp program. (e.g silverware, batteries, etc)
- Invites to Project Morry's Family Day on Sunday, April 3, 2011 in Westchester County.
- Visiting Day Weekend at CEL
 - "Recovery/Cocktail" Hour – First one occurred summer 2010 following Saturday visiting day. This event was open to all Camp Echo Lake parents.
- AND much much more...

SO if you are interested simply give us a call or send us an email. You will be added to the network and receive emails sent out by the committee in hopes of filling a need or making a connection or simply giving information. Here is the list of folks who have joined the Network thus far: Chairs Deb Grishman and Dana Eigner, Abby Epstein, Adam Liebowitz, Alan Nadel, Andi Goodman, Ashley Wolf, Bill Machover, Dan Levy, Debbie Novick, Emily Miller, Emily Weissman, Fran Delinko-Peters, Glenn Begly, Greg Suss, Jack Harari, Jason Quitoni, Jeff Ackerman, Jeff Gross, Jenny Brett, Jill Berman-Lebensfeld, Jill Greer, Jim Bloomgarden, John Saroff, Joshua Stein, Karen Nadel, Keenan Steiner, Lauren Ostrin, Lauren Zelekowitz, Linda Quitoni, Mark Katz, Mark Wasserman, Matt Jackowitz, Matt Soloff, Michele Hayon, Naomi Bush, Raina Krasnow, Renee Azima Heller, Renee Pearl, Sheri Grossman, Steve Solomon, Terry Begly, Tracy Mehlman, Valerie Failing, Zach Zelikovic and Zachary Rynar



Winter 2010

Project Morry is heading towards 2011 FULL STEAM AHEAD! Our school year program has been up and running since September. That means over 30 gatherings have ALREADY occurred with our kids! School year gatherings are curriculum based with a plan to support young people throughout the year, both in school and at camp. Through these community based gatherings, our 4-7th grade kids are encouraged to set their own goals, work hard to achieve personal excellence and experience the self-confidence gained by accomplishing their goals. Information discussed at the gatherings is reviewed through a glossary of terms that cover the topics in depth including how to set short-term goals and ways to achieve successful long-term outcomes. Through written essays, young people are given the opportunity to comprehend and explore what was discussed at the meetings and reflect on the significance in their own lives.

Our 8-12th graders gather here at our White Plains office a weekend a month. Here they are challenged to examine their lives, assess the consequences of their decisions, reflect upon 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.

2011 holds new challenges for all. The economic climate continues to weigh especially hard on our families and they continue to need the stability and strength of Project Morry. So we say thank you. Your efforts, your belief and your continued support will help us to continue to DO WHAT WE DO!

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 **\$14,000 this past summer!** We encourage you to visit their website at www.projectmorry.org and click on the Camps that Give page to see ALL that you are helping us to accomplish!

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 Autumn Elegance Gala

The thirteenth annual "Autumn Elegance Gala" held on Thursday, November 18, 2010 at The Lighthouse at Pier 61 in New York City was a wonderful success! It was a Camp Echo Lake rich evening with alums and Event Co-Chairs Liz Kaplow and Evan Jacobs, alum and Auction Chair Cheryl Kramer Kaye, alum and President of the Project Morry Board, Pam Heller and of course, alum and chair of Project Morry, Amy Stein leading the charge. Lisa Price, of Carol's Daughter fame, was honored with the Morry Award. Morry Stein devoted himself to enriching the lives of children by supporting and developing communities in which they could grow, thrive and learn. Lisa received this award in recognition of her devotion to these same ideals. 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 Chantel Dawson, a current John Jay College junior, and the EXCITING announcement: **PROJECT MORRY IS PURCHASING THE PROPERTY THAT IT HAS BEEN LEASING FOR THE PAST 12 SUMMERS. WOW!** Dinner and then words from our honoree capped off this remarkable gathering. A very special thank you goes out to all those who made this a "gala to remember". And a final thank you to all who attended and supported this night filled with belief in Project Morry.



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

Kids That Give

We salute the following kids who have either given or are CONTINUING to give to Project Morry through their efforts of gifts and time over the past year! **Evan Aaron, Sami Berenbaum, Lauren Berlinger, Cole Butchen, Ali Chalfin, Lindsay Eller, Cooper Grayson, Elena Heisner, Aaron Scherr, Elana Stettin, Jordan and Phoebe Weinstock, Lauren Whitman!** Thanks to all of you from all of us!

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

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

2011 Main Village Winter Escape!

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

The dates for this year's trip are **March 5-6, 2011.**
Registration will be available on-line soon.

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

Highlights of the trip include:

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

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

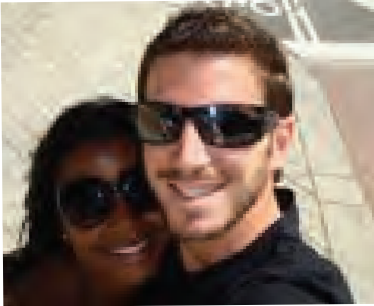


*The Main Village Winter Weekend is open to:
2010 Frosh, 2010 Lower Juniors,
2010 Upper Juniors, and 2010 Lower Inters.



Staff Bulletin Board

Shout Outs from Our Outstanding Staff!!



Princess and Sharifa are happy to announce their engagement. Since meeting at camp in 2006 over 4 years ago, Princess finally thought he better put a ring on Sharifa's finger. So.... after camp this past summer in Georgetown, DC via the aid of GEORGETOWN CUPCAKES, Princess proposed to Sharifa, and she said YES!!!!!!!!!!!!!!!!!!!!..... CEL WEDDING anyone? :)



Sarah Stettin, Molly Leopold and Amy Leopold made a visit to Ithaca to see **Rachel Leopold and Zach Zelikovic** and take Cornell by storm!!!

Adirondack Winery is the region's premier micro-winery. We take great pride in the art of producing a diverse selection of quality wines with a local flair. ENJOY!

TASTING NOTES:
The decadent aromas of cloves, nutmeg and a hint of cinnamon come forward in this light red wine, while tones of sweet & tangy plum linger on the palate. While drinking with food is unnecessary, try this wine with a spiced dessert, or take it up a notch by serving it warm alongside cookies.

Label Photograph:
The Sun Sets in Winter
Warrensburg, NY
Photographer: Nicholas Stoulig

WINTER GLOW

Produced and Bottled By:
Adirondack Winery, LLC
395 Big Bay Road
Queensbury, NY 12804
(518) 668-7WINE
www.AdirondackWinery.com

Visit our Tasting Room at:
285 Canada Street
Lake George, NY 12845

GOVERNMENT WARNING:
(1) ACCORDING TO THE SURGEON GENERAL, WOMEN SHOULD NOT DRINK ALCOHOLIC BEVERAGES DURING PREGNANCY BECAUSE OF THE RISK OF BIRTH DEFECTS.
(2) CONSUMPTION OF ALCOHOLIC BEVERAGES IMPAIRS YOUR ABILITY TO DRIVE A CAR OR OPERATE MACHINERY, AND MAY CAUSE HEALTH PROBLEMS.

dirondack Winery
RED TABLE WINE • 750ml
Contains Sulfites

Nick "Stew" Stoulig recently won a contest for Adirondack Winery's new Winter Glow wine. He took the photo on a 2008 trip up to camp. The picture is taken from Hudson Street pointed towards the Senior Village. What a beautiful shot!

I recently went back to my old University to compete in my first sailing competition since before summer. 27 Teams turned up and we took the top spot going 15-0. Following my experience at camp I have also been approached to coordinate a Volvo Championship Sailing Club for kids on a weekend starting in the new year. Looks like the Baron will be back leading more cruises!

- **Luke Dawson**



Vicki Neal went to visit **Allie Zeeb** in Arizona one weekend, it was lovely! Allie showed Vicki all around Tucson, and they went hiking!

Hello!!! We are currently really busy rehearsing for the Christmas Show at Stagecoach where we teach! Looking forward to Christmas but not before a well earned visit to Newcastle to see **Emma Vaughn**!! We would like to give a massive shout out to all the girls from our group, UJGW & LIGE of 2010!! We miss you!! Hope everyone has a lovely holiday season! Lots of love,
Alicia Roberts & Chloe Shipley XX



Campers Corner

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



What a nice surprise! While visiting his grandparents in Florida, **Bri-**

an Volk saw **Jack Saperstone**, as well as **Will** and **Morry Stein**, on the golf course.



Jacob Berk and **Eli Nobler** played for the Westchester JCC in the Maccabi games this summer. They beat Atlanta in triple overtime 45-43. The team finished with a Bronze metal.

Marlee Deutsch and **Izzie Jacobs** had sleepover and spent the night ichatting with their Echo Lake friends.



Charlie Albert, **Drew Grauer** and **Sam Smith** hang out and talk about camp.



Julia Schwartz, **Leah Mazie**, **Lila Bortniker**, and **Caroline Kintzer**. met for lunch in NYC and went to Dylan's Candy bar.



This scrabble board was made by **Leah Mazie** and **Lila Bortniker** who spent the night talking about camp.

Here is a photo of **Sydney Brett-Leiben** celebrating her ninth birthday party with some of her camp friends!



The **Siglers** and **Levines** got together in Montreal and had a great time together!

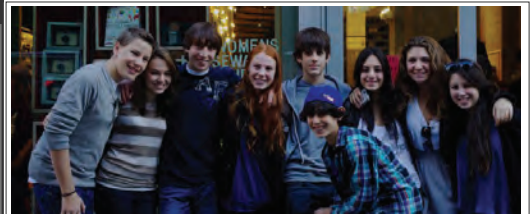
The **Saperstones** and **Steins** celebrated Thanksgiving in Florida by playing some football!



Renee Pearl-Sigler made time to bake with the **Greer Family** on her recent trip to Chicago.



Carly Kessler and **Allison Stafford** (younger sisters of **Sam** and **Andrew**, respectively) are really looking forward to joining their big brothers at CEL next summer!



Some **Upper Village** campers from 2010 met up in NYC recently. They can't wait to go out west next summer!



Kayla Derman, **Max Bibicoff**, **Matt Mendelsohn**, **Sophia Shapiro**, **Maddie Erman**, **Sammy Silfen**, **Jesse Moskowitz**, **Rachel Levy** and **Danielle Klausner** had a blast at **Alexa Bronfman's** Bat Mitzvah service and she did great!

AT HOME DO - IT - YOURSELF ACTIVITY AREAS

Hello Echo Lake Campers,

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

Playing other sports which involve running will enhance both your movement and conditioning. Cross Country/Track as well as Soccer and Basketball are excellent sports to improve speed and footwork. Individual activities such as biking and strength training just to name two will increase the overall stamina necessary for those long matches.

I teach personal strength here at my high school and we closely monitor a number of areas which students can influence through diet and exercise. We log at the beginning of the quarter each student's % of body fat in relation to their BMI (Body Mass Index). At the end of the quarter, students are able to see what kind of progress they are making. Most show improvement and it is a great motivator to work hard. The thing is to watch your diet and stay active either through school activities or on your own throughout the winter months.

One very important tennis skill to practice is the serve. This shot is the only shot in tennis which the player has complete control. Every other stroke in the game is purely reactionary.

The 5 priorities of the serve are :

1. Consistency
2. Depth
3. Placement
4. Spin
5. Speed

Remember try to master these in order.

Learning the correct service motion is essential in developing the serve into an effective weapon. The motion and path of the racquet in the dominant hand is the same as the throwing motion. Remember when serving to hold the racquet like a hammer. The hand needs to be in a relaxed grip. This allows for a fluid motion which increases racquet head acceleration.

Pronation by the hand working in unison with the forearm allows the racquet to go from a closed to an open face when contacting ball at full arm extension. This movement of the racquet known as wrist snap is actually forearm pronation. Using a variance of this motion (leaving the racquet face closed and brushing the ball) is the slice serve. Try practicing this movement first without a racquet with the hand coming from behind the back. This should begin like a karate chop and finish with an open palm. After this, hold the racquet and replicate this motion. Remember the racquet face is an extension of the palm of your hand. Learning pronation will give your serve the variety and consistency to take your game to the next level.

With an effective serve a player can control and even dominate a match. Make sure you are the one in that position and not your opponent. Have a great school year and see you next summer.

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

TERRIFIC TENNIS!!!



!!!WWWWOOOOOOZZ

AT HOME DO - IT - YOURSELF ACTIVITY AREAS

I wrote this after I came back from the CEL 65th Reunion more re-energized, happier and yes, Facebook addicted. I was thinking about you gung-ho alums who climbed up Mount Hackensack and indulged in my "Gorp"/trail mix, as well as Becca Jaffe Alexander, all-around great person, who lives in Scotland, and tells me that she always makes my recipes. Wow! I was so happy and hope that many of you around the world do the same! Guess what? I LOVE muffins for breakfast! My husband and kids do too, so they ask me to make them weekly to avoid what they call boring cereal or toast. Lucky kids, right?! So here's a recipe which comes from a new cookbook that I bought and love, called, believe it or not, "Bite me". This recipe is now in my favorite category which means it's... YUMMY! YUMMY! YUMMY!

Apple Streusel Muffins Ingredients:

2 1/2 cups flour
1 tsp baking soda
1/2 tsp kosher salt
1/2 tsp ground cinnamon
2 cups peeled and diced Granny Smith apples
1 1/2 cups packed brown sugar
1 cup buttermilk
1/2 cup vegetable oil
1 large egg
1 tsp vanilla extract

Topping:

1/2 cup packed brown sugar
1/2 cup flour
1/4 tsp ground cinnamon
1/4 cup melted butter



Directions:

- 1) Preheat oven to 350F. Coat a 12 cup muffin tin (or use silicone pans) with non-stick cooking spray. Lightly dust cups with flour, shaking out the excess.
- 2) For the muffins, in a large bowl, combine flour, baking soda, salt, cinnamon and diced apples. Gently toss to combine.
- 3) In a medium bowl, whisk brown sugar, buttermilk, vegetable oil, egg and vanilla. Gently stir into flour mixture just until blended. Spoon batter into prepared tin, dividing evenly among muffin cups.
- 4) For the topping, in a small bowl, mix together brown sugar, flour, and cinnamon. Add melted butter and toss with a fork until it resembles coarse crumbs. Sprinkle topping over muffin cups.
- 5) Bake for 23-25 minutes, until the muffins spring back when gently pressed. Remove from oven and let cool for 10 minutes before removing from pan and placing on a wire rack.

Yield: 12 muffins

Kitchen Tips: Put the muffin pans on a baking sheet lined with parchment paper so that the topping crumbs don't fall in the oven and burn. One of my gourmet cookbooks says to always bake everything with this extra layer so nothing burns.

My camp recipes from the green "BIBLE" binder are on the CEL "Summer Website" in the photo section, under "Renee's Recipes". If you want to add to my repertoire or be featured in my next column, please send your recipe to: rpearl@videotron.ca. If it's one of your favorites, I'm sure it can become one of mine too! Bon Appétit and Happy Holidays!

Renee Pearl-Sigler, Head Cooking Specialist

Hey guys, hope you guys had a good Fall ! Soccer Stef has some training ideas for this coming Winter to keep you on your toes!



Keep Ups -
Try and keep the ball from touching the ground using

your body e.g. feet, thighs and head. Make a note of your highest score and try and beat it! If you're finding that hard to do then hold the ball in your hands and do a keep up with your foot and catch it again. Build up from one and with practice you'll be breaking your record with no problems! **Works your first touch.**

Another great practice session if you're on your own is to get a soccer ball and find a wall. This practice will improve your passing accuracy and technique. Pick a spot against the wall and aim your pass at that point, keep on your toes for the wall's pass back! Shift your feet, take a touch and play the pass again. When you get more confident you can use your weaker foot or play first time passes. Keep your head up when playing the pass and remember to play your standing foot next to the ball and follow through with your kicking leg.

Works both your touch and passing.

To practice competitively why not play games of 3 and in?! Make a goal with anything you have e.g. sweaters and take it in turns to play out-field and goalkeeper. A friend goes in goal and the first outfielder to score 3 goals gets to play in goal! This practice allows you to attack with the ball and defend without the ball. If there is a large group of friends you could play in pairs also! Hope you guys are having a great Winter!

Stefano Antoniazzi, Soccer H.S.

1,2,3,4... Who Wants Tribal Plaques!!!

When alumni come to visit camp one of their first stops is the Dining Hall so they can find their Tribal Plaque. The Tribal plaques are artistically beautiful, provide hours of entertainment trying to decipher the themes for each year, and represent countless camp memories for campers, LITs (formerly CITS), and staff. Due to the numerous requests we receive from alumni for pictures of “their” Tribal plaques we had an idea. This summer we had each of the Mohawk and Iroquois plaques from 1957 (the first year that plaques were made for Tribal and hung in the dining hall) to 2010 professionally photographed. We are now making the Tribal Plaques available for purchase. Take home a memory and benefit a great cause as 100% of the profits from the sale of posters will go to support Project Morry.

**You can check out all the plaques and
order posters at:**

<http://www.campecholake.com/tribal>



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

Campers...

Campers...

Campers...

Staff...

Staff...

Sara Jewel	Dec 1	Sarah Mazie	Jan 1	Jacob Levine	Feb 1	Sara Gold	Dec 1	Mike Curtis Jr.	Jan 17
Elana Stettin	Dec 2	Gabriela Rachman	Jan 2	Maya Milrod	Feb 1	Mark Kaye	Dec 1	Lindsay Aaron	Jan 18
Cooper Grayson	Dec 4	Michelle Eisenberg	Jan 4	Elana Heisner	Feb 2	Gabriella Nagy	Dec 2	David Huie	Jan 18
Natalia Gutierrez	Dec 6	Hayley Finkelstein	Jan 4	Zach Saperstone	Feb 2	Nick Robinson	Dec 2	Danielle Labrovic	Jan 20
Sydney Golub	Dec 7	Carly Stern	Jan 4	Hannah Friedfeld	Feb 3	Darren Langworthy	Dec 3	Meredith Pugh	Jan 20
Justin Oringer	Dec 9	Drew Grauer	Jan 5	Eric Koenig	Feb 3	Julie Flegm	Dec 4	Chelsey Scheidemann	Jan 22
Alexa Bronfman	Dec 10	Eli Nobler	Jan 5	Drew Meklinsky	Feb 5	Jeremy Zelikovic	Dec 5	Michelle Smith	Jan 22
Brett Scherr	Dec 10	Franny Gould	Jan 6	Danielle Jacob	Feb 6	Magdalena Skowron	Dec 6	Jessica Bryan	Jan 23
David Goldberg	Dec 11	Emily Davidson	Jan 7	Samantha Rothberg	Feb 6	Alex Visoky	Dec 7	Emily Nadal	Jan 25
Marisa Kaplan	Dec 11	Allison Einberg	Jan 7	Gavin Jablonski	Feb 7	Nick Stoulig	Dec 8	Pat Urtz	Jan 25
Tilly Pecker	Dec 11	Ethan Bookstein	Jan 8	Dana Wilson	Feb 7	Jeffrey Roccasecca	Dec 10	Zach Zelikovic	Jan 29
Miles Cooperman	Dec 12	Jack Getman	Jan 8	Dylan Rothstein	Feb 8	Alice Manwaring	Dec 13	William Baer, Jr	Feb 2
Ella Horn	Dec 13	Isabel Greenberg	Jan 9	Jake Gluckman	Feb 10	Dawn Wylie	Dec 13	Julie Hepp	Feb 2
Maya Scheinfeld	Dec 14	Matt Mendelsohn	Jan 9	Ben Meisel	Feb 10	Liam Gallagher	Dec 16	Katie Bentley	Feb 5
Brian Diamond	Dec 16	Daniel Weiss	Jan 9	Ellen Schoenfeld	Feb 10	Greg Wilson	Dec 16	Chris Jones	Feb 5
Naomi Rossman	Dec 16	Erica Noe	Jan 11	Jesse Haymes	Feb 11	Tricia Gerrard	Dec 21	Melanie Harrison	Feb 6
Alexander McKillop	Dec 18	Isaac Keiser	Jan 12	Alexa Krieger	Feb 12	Paula Dugas	Dec 22	Adam Heidebrink	Feb 7
Samantha Serlin	Dec 18	Jake Sussman	Jan 12	Derek Sigler	Feb 12	Brian Tucker	Dec 23	Brenda Levine	Feb 8
Noa Worob	Dec 18	Jesse Bernstone	Jan 14	Benjamin Johnson	Feb 15	Ashley Depew	Dec 27	Maureen Fleming	Feb 12
Charlie Coleman	Dec 21	Jon Silverstein	Jan 15	Dalia Lieberman	Feb 15	Sean Manzi	Dec 30	Gaby Rakoczi	Feb 13
Ben Greer	Dec 21	Matthew Pariser	Jan 16	Benjamin Goodman	Feb 16	Selena Hickson	Jan 5	Jason Levine	Feb 14
Jaclyn Perlman	Dec 21	Jack DiLorenzo	Jan 17	Daniel Jacobs	Feb 16	Kellie Simons	Jan 5	Tommy Nocula	Feb 17
Haley Rogers	Dec 21	Hayley Lavin	Jan 17	Josh Berman	Feb 18	Nate Jordan	Jan 6	Sarah Scheinfeld	Feb 18
Samantha Kapner	Dec 22	Andrew Stafford	Jan 17	Josh Gluckman	Feb 18	Marc Woodgate	Jan 6	Jay Boisvert	Feb 20
Daniel Messulam	Dec 22	Jakob Weisblum	Jan 17	Samantha Silfen	Feb 18	Andrew Brides	Jan 7	Emma Hinkens	Feb 20
Rebecca Pall	Dec 22	Sydney Kass	Jan 19	Hannah Coleman	Feb 19	Steph Flanigan-Banks	Jan 7	Molly Burke	Feb 21
Ryan Weitzner	Dec 22	Max Bibicoff	Jan 20	Alexa Goldberg	Feb 21	Jon O'Brien	Jan 8	Laura Hallows	Feb 22
Andie Migden	Dec 24	Ashley Pollack	Jan 20	Ben Lurie	Feb 21	Catherine Luiggi	Jan 9	Ramon Stedile	Feb 22
Rachel Some	Dec 25	Rachel Aaron	Jan 21	Sophie DeBiase-Harris	Feb 22	William Truett	Jan 10	Jonathan Baer	Feb 23
Sydney Bibicoff	Dec 26	Matthew Dugoff	Jan 21	Emma Doremus	Feb 22	Luke Dawson	Jan 12	Stefan Kucharczyk	Feb 23
Harris Halperin	Dec 26	Jason Goldstein	Jan 21	Gabby Greer	Feb 23	Hanna Lebuda	Jan 13	Chris Bills	Feb 25
Richard Segalman	Dec 26	Daniel Kozek	Jan 21	Justin Perline	Feb 23	Balazs Csanda	Jan 14	Jordan Zides	Feb 25
Sam Tell	Dec 26	Jeffrey Silverstein	Jan 22	Alana Smolinsky	Feb 23	Ryan Majoros	Jan 15	Matt LeMoine	Feb 26
David Weinstein	Dec 26	Brian Volk	Jan 22	Alexandra Wechsler	Feb 24				
Joshua Turner	Dec 27	Jonathan Steinberg	Jan 23	Justin Meyer	Feb 25				
Jason Krakower	Dec 28	Lauren Koenig	Jan 26	Jacob Rose	Feb 25				
Jolie Schenerman	Dec 28	Mikaela Norris	Jan 28	Emily Rothman	Feb 25				
Ben Giove	Dec 29	Caroline Okun	Jan 28	Nikki Rumizen	Feb 25				
Chloe Stern	Dec 29	Carolyn Steinberg	Jan 28	Noah Brook	Feb 26				
Perri Thaler	Dec 29	Sarah Abbe	Jan 29	Myles Novick	Feb 26				
Sophie Kaplan	Dec 30	Miranda Cohen	Jan 30	Rachel Schwimmer	Feb 27				
Sofia Girvin	Dec 31	Sarah Weill	Jan 30	Leah Mazie	Feb 28				
Jack Goldsmith	Dec 31	Dominique Leibman	Jan 31	Charles Lutvak	Feb 29				
Allison Luntz	Jan 1	Tyler Jonas	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!



CAMP ECHO LAKE
3 WEST MAIN STREET
ELMSFORD, NY 10523



*ATTENTION CAMPERS, PARENTS, & STAFF...PLEASE JOIN US FOR OUR 2011 MAIN VILLAGE WINTER ESCAPE! DETAILS ARE INSIDE ON PAGE 9...

CAMP ECHO LAKE 2010 – 2011 DATES

MONTREAL REUNION	SUNDAY DECEMBER 5TH, 2010
NEW YORK AREA REUNION	SATURDAY DECEMBER 11TH, 2010
MAIN VILLAGE WINTER WEEKEND	SATURDAY MARCH 5 – SUNDAY MARCH 6, 2011
NEW PARENT NIGHT	WEDNESDAY APRIL 13, 2011
NEW CAMPER PICNIC	THURSDAY MAY 5, 2011
CAMP ECHO LAKE 2011 SEASON BEGINS	SATURDAY JUNE 25, 2011
PARENT VISITATION	SATURDAY JULY 16, 2011
CAMP ECHO LAKE 2011 SEASON ENDS	SUNDAY AUGUST 14, 2011
ECHO LAKE IDEA	TUESDAY AUGUST 16 – SUNDAY AUGUST 21, 2011