



**HAPPY
NEW
YEAR**

CAMP ECHO LAKE

TRAIL WINTER 2013

As of December 15, there are 194 days until
Summer 2014 begins at Camp Echo Lake...



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From the Clipboard of Tony Stein...

It is such a special time of year and we hope that you, like all of us, will be spending it with your friends and family. For us at Echo Lake, with the turning of the new year, it becomes time to get our "game faces" on at the office. When the new year comes, we can start to sense that summer is on its way - and we can't wait.

Each and every year, Laurie, Brenda, Jacko, JP and I will attend conferences sponsored by the American Camping Association that are most informative and helpful as we conduct our planning for camp. This year, however, we are branching beyond the camp conferences and each of us will be participating in professional development experiences that we expect to help us bring back new and better ideas to Echo Lake this summer.

Jacko has already attended the New York State Association of Health, Physical Education, Recreation and Dance (AHPERD) Conference in Syracuse. Conference topics included sessions on athletic instruction, health and wellness, activity lesson planning, just to name a few. What Jacko has brought back from that conference are a host of new ideas related to activity and athletic instruction at Echo Lake and maximizing our activity offerings to give our campers programmatic opportunities that feed their desires to learn, develop skills and have a sense of accomplishment.

In the spring, Laurie and Brenda will be attending a conference in San Francisco entitled "Teaching Self-Aware Minds: Using Brain Science to Boost Social and Emotional Skills." The learning objectives for this conference include the best ways to boost self-awareness, self-identity, social skills and resilience among young people. It is co-hosted by, among others, the School of Education at Stanford University, the Harvard Graduate School of Education and the Yale School of Medicine. Laurie and Brenda are most excited to enhance their own set of skills when it comes to Human Development and incorporating what they learn into our staff training as well as how to set up our campers for success.

Also after the new year, JP and I, along with our entire Food Service Staff will be spending an entire day with our primary food service supplier. They are putting together a one-day mini-conference for us featuring their corporate chef and nutritionist that will focus on menu review, the latest thinking in school and youth nutrition and wellness as well as providing us with new and creative recipes for camp.

What we all hope to gain from all of these educational experiences is to ensure that we stay current on all things impacting kids today - and using the best ideas we can find to continually improve Echo Lake.

Here is wishing all of you a very happy holiday season and a wonderful New Year.

Tony, Emily, Evan and Violet



In this Issue... Winter 2013

***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**

***Project Morry Info & Update**

***MV Winter Escape Information**

***Staff Bulletin Board: Shout Outs**

***Campers Corner: Exciting News**

***At Home Activity: Tennis**

***CEL Reunion Re-Cap**

***Your Big Back Yard with Terry & Glenn**

***Memories of Echo: Photos from Summer 2013**

***Happy Birthday Wishes**

Dear Current Camp Families, Alumni, Staff, and Friends,

A fabulous little volume called Morry Stories: Memories of a Summer Camp Legend was published just a few weeks ago. It's a collection of stories about a beloved man of rare charisma, a unique human being who inspired all his campers and staff as well as everyone in the camping profession. Morry touched so many lives and made so much impact in his short but memorable 58 years. The book is funny, touching and very illuminating - a terrific tribute to someone truly unforgettable. It is the brainchild of Jennifer Leventhal, whose children attend Echo Lake and whose husband went to Echo Lake and it is truly a labor of love.

Among the contributors are Laurie Rinke, Glenn and Terry Begly, Renee Pearl Sigler. There are many more, too, of course

To order your very own copy go to: www.projectmorry.org. It's a delightful read. The \$50 cost goes directly to Project Morry. Your purchase will support the oh so promising boys and girls who are the beneficiaries of this wonderful philanthropy. We love to use the numbers 9, 12 and 100 in describing all 400 of them. They are all committed to Project Morry's 9 year program. Our program mentors them 12 months a year and fully 100% of them graduate from high school! Yes, we feel very proud of what we, and they, are able to accomplish due to your generosity.



Morry Stories
Memories of a Summer Camp Legend
As told to Jennifer Leventhal

Thanks, much love to you all. Let us know how much you enjoy the book when you get it. We are so very happy about it.

Amy



Around the Campfire with Laurie

Holiday lights are twinkling, the first flakes of snow are falling, and the smell of pine trees (even if you're not at camp) is caught in the wind. It's the holiday season and it is magical. For me, the holidays are about two things: the joy of being with family and friends and giving back to others. It's almost like the calendar's way of asking us: have you given to someone in need? Have you been as compassionate as you could be? Have you put the needs of others before your own? Or simply, have you given the gift of kindness?

In a world of excess we sometimes forget that the greatest gift you can give someone is often the simplest: your time, your compassion, your kindness. "Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around." ~Leo Buscaglia. Think about a time when someone did something nice for you for no reason. How did that make you feel? What did that inspire you to do? When the holiday season becomes bogged down with stress, sometimes the simplest gesture of kindness can turn that around. You don't need money, just an open heart and the willingness to make someone else feel appreciated, thanked, cared about, or noticed. It can be as simple as holding the door, saying please and thank you, giving up your seat, writing a note to tell someone what they mean to you, making a donation, smiling at someone you don't know, baking cookies for a neighbor, anything that you do for another person that is from your heart. Just like giving someone a Fuzzy makes you feel a Warm Inner Glow, giving someone the gift of kindness - even if you do it anonymously - will give you a Warm Inner Glow too.

Continued at the top of the next page

AROUND THE CAMPFIRE WITH LAURIE CONTINUED FROM PAGE 2...

The best part of giving the gift of kindness is that you never know what that kindness will inspire others to do or how far forward that gift may be paid. "Every kind act, no matter how small, is like a pebble tossed into the pond of human caring...the rings reach out far beyond the point of impact." ~Anonymous. Kindness is contagious and if you make sharing gifts of kindness something you do every day, all year long, YOU can truly play a part in changing the world. As the late, great Nelson Mandela said, "No one is born hating another person because of the color of his skin, or his background, or his religion. People must learn to hate, and if they can learn to hate, they can be taught to love, for love comes more naturally to the human heart than its opposite."

Camp Echo Lake, let's change the world. If we find ways to give the gift of kindness at least once a day, imagine the impact we will have? Imagine the ripple of kindness? I want to hear about the kindness you see in the world too. Send me emails or Facebook posts (www.facebook.com/CampEchoLake) with the #CELkindness and include stories of gifts of kindness that were given to you or that you gave to others. The holidays are magical and if CEL commits to giving gifts of kindness, it will be extra Warm and Fuzzy for sure. Happy, healthy, magical, and kind wishes to you and your family for the holidays and the New Year!

Love and xoxo, Laurie

From the Desks of . . .



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 make sure you find time to pick up the phone or send an email, letter, raven, owl, etc. to a friend who you haven't spoken to in a while. That's a great gift that doesn't cost a dime!!

Stay Gold,
JP

ADIRONDACK FUN FACT:

Keep an eye out for Andrew Weibrecht from Lake Placid who will be participating in the 2014 Winter Olympics in Sochi! The 27 year old downhill skier has a good chance to bring some gold back to upstate New York!!!

From the Desks of . . .

Brenda



Senior Village Director

Not long ago, I read an article in the Huffington Post Healthy Living section written by Greg Barrett. Healthy Living means eating a rainbow of colors, being active and getting plenty of sleep, right? Well, that's typically my goal - and the mantra that I preach to my kids on a daily basis. However, what I stumbled upon when I read that post 37 days ago, changed my outlook altogether. The gist of the article... commit myself to 365 days of noticing and sharing the reasons why I love my husband. Okay, my kids are saying "Ew, gross!" Please bear with me because this applies to all of us.

It's so easy to complicate things. What I realized was, in life, if you keep it simple, short and sustainable you have winning combination. By noticing the simple things - that are so easily overlooked and under appreciated - I began to capture the myriad of reasons I am so grateful for Jay. Now, the challenge was to keep it short

and sweet. Restricting my thoughts to a 3x3-inch square meant I had to be succinct. Each note consumed less than a minute, but brought so much more to each of our days.

Making this commitment has made me realize that while I have a responsibility to teach my kids right from wrong, guide them and re-direct them; I also want them to know (and have lasting proof) that even on rough days I notice the good things, too. In the new year, I will begin creating a notebook of "365 Reasons Why..." for each of my kids. I won't ask, or expect, them to do the same for each other or anyone else, but I will hope that reading a brief note about something that I love or appreciate about them each day will have them pause and notice something that they love or appreciate in another.

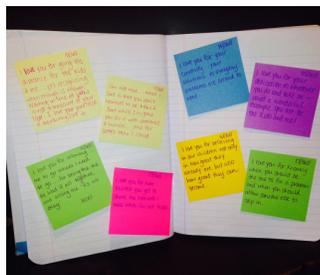
And how about camp? For 51 days this summer I'll be sharing with you each morning one reason why I love camp. If I can commit to drinking water, wearing sunscreen and staying active, then I can easily commit to keeping my eyes open to notice the reasons why I love camp!

So will you challenge yourself? You can fill in the blanks any way you like...It doesn't have to be 365 days. Choose a reachable goal - 1 week? 1 month? It doesn't have to be reasons you love someone or some place - it can be reasons they inspire or positively influence you. It doesn't have to be about someone else - it can be reasons why you are proud of **yourself**.

One minute a day. One 3 x 3 post-it note. See what happens...you might be surprised!

Reason #1/1,000,000 that I love CEL: Senior Village Campers keep me laughing and smiling every day!

Big Hugs & Happy New Year,
Brenda



Jacko



Program Director

Time for another edition of CEL's Great Debate! With the Lake starting to freeze over and the pool being covered up for the past few months, what better time to discuss CEL's two main bodies of aqua. To help me out who better than looonng time Echo Laker and all around awesome guy, Todd Seideman? We have Pool vs. Lake... let the debating begin!

First off... has to be said... When you are chilling poolside at Echo Lake don't mean to state the obvious... We call ourselves Echo Lake, not Echo Pool. That's just the tip of the iceberg. And speaking of icebergs, the deep section toys we have in the lake are clearly top notch. There is also diving off the deep dock and swimming laps in the middle section. If you feel like hanging on the beach or shooting hoops we've got the shallow section as well. If all of that wasn't enough, there is also the coveted Lake Swim, a great accomplishment for sure. It just doesn't get better than GS in the Lake!

life doesn't get better. Whether hanging in the shallow or middle section, the fun times never end. It's always nice to play some hoops or newcomb in the shallow section or lay low and goof around in the middle. In the pool, the temperature is perfect, but more importantly, knowing after your General Swim you do not have to worry about getting sand in your socks after walking from the buddy board to the bleachers is a plus. Gotta remember, Shoes Nine to Five (Jacko will hunt you down!) YA POOL!



Is it the Pool??? Is it the Lake??? Let your voice be heard! I can just hear the debates breaking out all over the CEL universe. Take care, Jacko



Moms and Alums, check out styleauteur.com, the creation of **Lauren Rothman**. Lauren has written books, appeared on major tv shows, in publications and is a fashion maven par excellence. Lauren was kind enough to donate to our Project Morry auction several copies of her book Style Bible: What to Wear to Work, which is featured in the November issue of Vanity Fair magazine as a must-read. Way to go, Lauren!

Lori Naimer (Lorraine Bloom) and Lisa Lavin Gersensfeld catching up in NJ



Jon Chryk was in touch with us to share a walk down memory lane. He tells us, "It's hard to believe that over 20 years have passed since I left Camp Echo Lake. I have amazing memories of playing trump, water skiing with my trumpet, and also 4n4. One big memory I have is when we did Sumo wrestling in 1991... I was up against **Matt S**, and I got knocked down cracking my shoulder. Well 15 years later, I found out that fall resulted in a shoulder fracture, and surgery...even though I had my shoulder socket stitched back together I want a rematch!" Jon also sends a big hello to **Rick Reynolds!**

Evan Levine and Rachel Rosenberg who were at CEL from 1995 to 2001 are getting married on January 4th at the Lighthouse at Chelsea Piers in NYC! CEL Alums **Rachel Turnowski, Bari Rogoff and Dan "Seaweed" Klien** are all in their wedding party. Evan and Rachel were friends at camp, but started dating after camp...and the rest is history! We are thrilled for the Rosenbergs and Levines.



Andrew "Brownie" Brown reached out to let us know that he and his wife **Melissa** just had identical twin boys, **Aidan and Noah**, on September 12th. Brownie tell us they're a handful, they are amazing and they wouldn't have it any other way! He is also in the process of opening Hoboken's first brewery -902 Brewing- and all beer is born and brewed in town...just like their future Echo Lakers!

Alum, **Michael Marcus**, was in touch with us to share the exciting news of a new baby (and future Echo Laker) **Jason "Jace" Marcus**, a new job at Goldman, and a busy international travel schedule. We can't wait to meet little Jace!

Adam Liebowitz, an Echo Lake camper from 1990-1996, and his wife is **Amy Milano**, who was a counselor one summer at Morry's Camp a number of years ago, shared the wonderful news about the birth of their son, **Kai Daniel Liebowitz**, born at home on September 4th. Lucky little guy to have a connection to both Echo Lake and Morry's Camp!



Lauren Turnowski and her husband **Chris Comparetto** had a baby girl named **Auden Mae Comparetto** on June 28, 2013. Auden lives in Carroll Gardens, Brooklyn with her mommy and daddy. Sending a warm and fuzzy congrats to the whole family!

Alumni - We received word about the loss of **Leon Brostoff**, father of **Mark Brostoff**. Mark is part of a long lineage emanating from **Anna Sirulnick**, our long-time nurse many moons ago in what was called the Infirmary, now the Health Center. Anna's great, great grandchildren, the kids of alums **Loren Michelman** and **Ivy Epstein**, now attend CEL in the persons of **Annie and Sasha Bandler and Sam Levine**.

Page Six

Alumni & Staff Happenings



You never know when a CEL reunion will take place. **Amy Stein** ran into **Jake Wexler** in a parking lot! Since Jake left camp, he received a BS in Mechanical Engineering from Binghamton and joined a manufacturing company in the Bronx working in engineering. Jake also plays soccer for a team called Ridgewood in the Cosmo Soccer League. He looks forward to visiting camp soon and seeing all the changes.

Liz Saletan and **Lisa Lavin Gershenfeld** literally bumped into each other at their kids' Southwoods Camp Reunion. It was the first time they had seen each other in at least 27 years. They had so much fun catching up after so many years!



Lisa Lavin Gershenfeld also spent time with **Karen Pressman Ferleger**. Lisa was Karen's counselor in the Upper Senior A group in 1983 and they have remained close friends. In another mini reunion, they met for lunch in Westchester, NY and had a fantastic day.

Echo Lake Alums, **Rachel Leopold** and **Jeff Neikre**, found time recently for a hug and a photo op! Great to see those smiling faces!



Friends, Friends, Friends and 2007 LITs **Sarah Berk**, **Hannah Levine**, **Jessica Rothfeld** & **Rachel Leopold** gathered recently for some CEL reminiscing!



Jack Harari and his wife, **Sarah**, recently moved to China. He works for NBA China and they're just having a great time exploring and learning about another part of the world and different cultures. Jack keeps in close touch with a bunch of Echo Lakers, but thought it would be great to know if there were any alum in China that he is unaware of. Echo Lakers...the connection spans the globe!

Talk about a special bond! Check out this terrific counselor & camper duo from 1980's, **Lori Naimer Bloom** & **Lauren Ostrin**, together again in 2013!!



Amy Schwartz whose husband passed away recently reports that her camp buddies have been amazingly supportive of her. She is still very close to **Alice Birnbaum Roebuck**, **Jessica Gruner Studness**, **Bethany Eppner Goldberg**, **Keri Newman Adwin**, **Wendy Katz Waxman**, **Ara Kurnit Weinberg**, **John Saroff**, **Mike Bogner**, **Stacey Becker** and **Jon Wanicur**, **Meredith Gertler** and **Fany Gerson**. Sending you lots of love and support from your CEL family, Amy!



Kris Koch was in touch with us recently to tell us about a reunion with **Janet Pingitore**, **Dave Washington**, **Kris Koch** & **Jen Radden**. These folks were all at CEL in 1986 (and Dave & Janet were there more than just one year!) and they finally got together again, after 27 years. It was so much fun... and they found out that we're still Echo Lakers at heart! Kris sends thanks for the great memories... and hello to everyone there!

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Winter 2013

Project Morry is heading towards 2014 with ALL KINDS of energy and enthusiasm. Our school year program has been up and running since October. That means over 20 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 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.

2014 holds 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!

Project Morry Autumn Elegance Gala

The seventeenth annual "Autumn Elegance Gala", held on Thursday, November 14, 2013 at Three Sixty in New York City was a huge success! This record breaking event has raised over \$420,000 for Project Morry. Over 400 partygoers enjoyed an evening of festivities that included an extended cocktail reception, strolling dinner, silent auction and sales of the Morry Stories publication.



The event was once again characterized by an amazing sense of community, celebration and commitment! Chairs **Emily and Tony Stein**, welcomed their guests to the evening and introduced the new Project Morry video. A program followed that featured words from Project Morry alum **Isaac Cassanova**, a soon to be graduate of the University of Connecticut, and words from **Amy Stein**, Chairperson extraordinaire. A live auction and special appeal was followed by Andrew Zwerman and Wagner & Zwerman, LLP receiving the Corporate Social Responsibility Award. The evening concluded with **Jeff Ackerman** being presented with The Morry Award by Tony Stein.

A very special "thank you" to our Gala Co-Chairs Emily and Tony Stein and the entire Gala committee which included **Risa Barash, Kate Bullinger, Francine Della Badia, Eric Falkenstein, Samantha Fogel, Andrew Frankle, Joan Taback Frankle, Terri Friedman, Lawrence T. Glickman, M.D., Evan Jacobs, Cheryl Kramer Kaye, Rita Kestenbaum, Amy Leopold, Alan Nadel, Karen Nadel, Susan Present, Olivia Serafini-Sauli, Amy Medine Stein, Donna Teichner and Bobbi Wittenberg** - very special thank you goes out to all of you 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.

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- **Jenna Shapiro, Jamie Shapiro, Linda Tell, Margot Present, Sammy Brett-Chin, Ben Lurie, Adam Tolin, Phoebe Weinstock, Emily Rothman, Sofia Girvin**, Thanks to all of you from all of us! thanks to all of you from all of us!



DARE TO DREAM
APRIL 24th, 2014
NYC

SAVE THE DATE



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

2014 Main Village Winter Escape!



The dates for this year's trip are **March 1-2, 2014**
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:
2013 Frosh, 2013 Lower Juniors,
2013 Upper Juniors, and 2013 Lower Inters.



Staff Bulletin Board

Shout Outs from Our Outstanding Staff!!



Emily Hardisty, one of our outstanding Fine Arts Activity Specialists, reached out to us to share a joyful photo from her travels to Canberra, Australia!! She wanted Girls' Camp to know that she proudly represented you all while she was exploring the land of Oz!

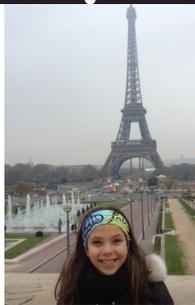


Main Village Boys' Head Counselor Extraordinaire, **Patrick McNeece**, and CEL Office Manager Magnifique, **Sue Duncan**, showed their Halloween Spirit in sunny Florida. They wouldn't miss a chance they can get to put on a silly costume!

Campers Corner



Samson Bienstock and **Matt Weinstein** hanging out over Thanksgiving weekend in Miami!



Some CEL Pride Worldwide!
Check out **Sydney Frisch** (LJGW) in Paris wearing her Echo Lake headband!

The entire Echo Lake family extends our deepest condolences to **Jared and Michelle Eisenberg** along with their dad, **Matthew**, on the passing of their beloved mom and wife, **Jill**.

The Angry Sharks are I9 CHAMPIONS!!!! Winning the semi-finals and the finals matchup in a double header. They won the first game 35-0. Highlights of the first game included multiple QB sacks by **Bryan Miller** topped off by run from scrimmage touchdown by Bryan and picture perfect catch in the end zone by brother **Ross Miller** followed by Ross's extra point conversion pass reception. Together the Twin Terrors scored 14 of the team's 35 points making Defensive Coach Mark Miller ecstatic.

The championship game they came out flat on offense and defense (it was the undefeated team they lost to the first game of the season). They went down 7-0, but after an exciting game the final score was 14-9 with the Angry Sharks the victors.

No Coach/Dad could not be prouder of his 2 key players who happen to be his Twin Terror sons, Ross and Bryan Miller. Number 42 lives on.

Head Cheerleader Michele Miller was almost as loud as her crazy husband. Melissa Miller was doing back flips.



Campers Corner

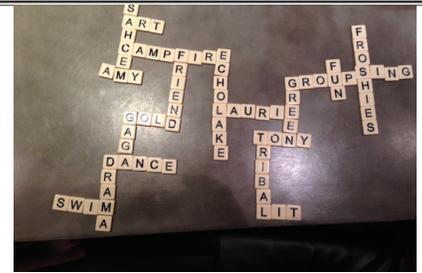
Exciting News from CEL's Best and Brightest!!!



Andie Goldmacher was a fortune teller for Halloween and would love to tell anyone's fortune from CEL



Some **LJGW campers** attempted smores, but the only missing ingredient was **CEL!!**



Sydney and Sophie Grossman were inspired by the Fall Trail, so they Echo Lake-ified their Scrabble board!



After a NY Islanders Game **Jack & Henry Staffeld** were joined by **Josh Feldman** who came for a visit from Montreal



Jordan Weinstock, Phoebe Weinstock & Cole Butchen went for a weekend of college visits and watched a Maryland football game!



David Goldberg and Kevin Cohen with **Drew Goldberg** (David's Dad) at the Lady Gaga Art Pop Museum in the Meat Packing District of NYC



Alia Liebowitz and Piper Goldstein dressed in their costumes for their school's production of Annie. Alia was Drake and Piper was Miss Hannigan. They both did an amazing job and had so much fun!

Alia was Drake and Piper was Miss Hannigan. They both did an amazing job and had so much fun!



Paige Goldring came for a sleepover to **Sydney & Sophie Grossman's** house. They were so happy to see each other and had a great time looming, visiting the High Line & Chelsea Market and Flying Kites on the roof of the Port Authority

Laurie had a great time visiting **Isaac and Rex Moss** in Florida in November!



Molly Schultz and Leah Doubert, came to visit **Melanie Victor and Sarah Green** in NYC!



After the CEL reunion, **Brenda and Laurie** were having their own post-reunion fun

and ran into **Alec Diamond, Jeremy Klausner, Ben Lurie and Jesse Haymes!** Unfortunately Laurie & Brenda got the last two seats in the very front row of "Catching Fire". While they were sad that they couldn't all see the movie together, it was great to run into them!!

At Home Do - It - Yourself Activity Area

The Basic Backhand

As in any competitive competition, a player is only as strong as their weakness. In tennis traditionally, the backhand has been viewed as the weaker of the two groundstrokes. In order to possess a solid ground game both wings need to be lethal weapons.

With any stroke, the key is a proper grip. With the backhand the position of the thumb is crucial. I tell students that the backhand is like hitting the ball with the thumb. By positioning the thumb under the grip, maximum leverage can be maintained throughout the stroke. This leverage allows for the motion needed for the topspin backhand. This also puts the wrist in a locked position and eliminates the major cause of tennis elbow. Remember knuckles on top thumb underneath and swing through low to high for a good topspin backhand.

The second part of the backhand discussion involves whether to go one or two handed with the backhand. This question is presented to me more than any other. There are advantages with both methods. The traditional one hander possesses additional reach as well as the ability to more effectively slice the ball. The one hander requires strength and timing, which requires longer to develop. With the two hander, by using the non-dominant hand, younger players are able achieve power and depth. The two handed backhand is also quicker which is a great asset on the return of serve. Whether one uses one or two hands, the choice depends on the individual player's preference.



The important element with the backhand is that the racquet stays perpendicular through contact with the ball. With the correct grip, which I've previously described, this should be achieved. One easy way to check can be done at the baseline. Taking a normal backhand turn, point the racquet towards the back fence. Looking back at the racquet the string bed should not be open, or in other words, one should not be able to read the stencil on the string face. If all you can see is the top of the frame you have the makings for a solid backhand and a solid all round game.

Have a great school year and see you next summer!

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

Reunion Recap 2013



Whether in New York on December 7 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 2013 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 2013 Reunion! It only gets us more excited for another great summer at CEL!

YOUR BIG BACKYARD With Terry and Glenn!

We all agree that Camp Echo Lake is our summer home, right? Well, did you ever wonder what it would be like if Camp Echo Lake was your home all year round? As many of you know, our house is just a minute down the path at end of the zip line that starts in Pine Cone Alley. So for us, camp really is our Big Backyard all year 'round! The first thing about our backyard is that after you leave, it is quiet! Too quiet because we miss the sounds of your cheers, songs and laughter - in short we miss you! But camp is still a wonderful place to be. It is so beautiful to be here for the change of seasons. We look forward to visits from Tony, Emily, Evan, and Violet, and all of our camp friends. And things happen. Big things. Take a look at Terry on that giant pile of logs. Has she been cutting firewood? No! That's where the amazing new 10,000 square foot field house is going to be -you will see it the first day you are here in June. Plenty of space for all of you and your counselors for sports, dance and fitness. Oh, we still have lineup - you can see Terry with our two campers, Minnie and Keema. They like fuzzies but they like dog bones a lot more! And the white stuff - -it's snow, the first we will see, but definitely not the last! We'll have lots more to tell you in the next issue -maybe a picture of the field house as it goes up, maybe a report on some of the places we have explored that you will visit in the summer, maybe a few special surprises!



Happy Holiday from Your Big Backyard!
Terry and Glenn



MEMORIES OF ECHO...



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

| Campers... | | Campers... | | Campers... | | Staff... | | Staff... | |
|---------------------|--------|---------------------|--------|-------------------|--------|---------------------|--------|---------------------|--------|
| Sara Jewel | Dec 1 | Emily Davidson | Jan 7 | Sarah Green | Feb 1 | Mitchell Heifetz | Dec 1 | Amanda Mcilroy | Jan 22 |
| Benjamin Preceruti | Dec 1 | Allison Einberg | Jan 7 | Tyler Jonas | Feb 1 | Sara Gold | Dec 1 | Veronica Azzalina | Jan 22 |
| Elana Stettin | Dec 2 | Ethan Bookstein | Jan 8 | Jacob Levine | Feb 1 | Richard Bosford | Dec 1 | Jed Conroy | Jan 25 |
| Cooper Grayson | Dec 4 | Andrew Hack | Jan 8 | Elana Heisner | Feb 2 | Darren Langworthy | Dec 3 | Robert Shabb | Jan 26 |
| Sydney Golub | Dec 7 | Jordyn Youngelson | Jan 8 | Max Miller | Feb 2 | Lindsey Hoffert | Dec 3 | Rebecca Zukowsky | Jan 27 |
| Jordyn White | Dec 7 | Matt Mendelsohn | Jan 9 | Zach Saperstone | Feb 2 | Fay Logan | Dec 4 | Dariusz Wiecek | Jan 28 |
| Pearce Bernstone | Dec 8 | Daniel Weiss | Jan 9 | Hannah Friedfeld | Feb 3 | Jeremy Zelikovic | Dec 5 | Adrian Marmol | Jan 28 |
| Mia Rosner | Dec 8 | Sawyer Golub | Jan 10 | Samuel Johnson | Feb 4 | Nick Stoulig | Dec 8 | Daniel Havel | Jan 28 |
| Alexa Bronfman | Dec 10 | Eli Greenwald | Jan 10 | Drew Meklinsky | Feb 5 | Dawn Wylie | Dec 13 | Simon Dobson | Jan 28 |
| Brett Scherr | Dec 10 | Ally Leighton | Jan 11 | Danielle Jacob | Feb 6 | Nicole Hayden | Dec 17 | Zach Zelikovic | Jan 29 |
| Maggie Bodian | Dec 10 | Erica Noe | Jan 11 | Rachel Oxenhorn | Feb 6 | Rob Peduzzi-Davies | Dec 19 | Kristy Hotson | Jan 29 |
| Tilly Pecker | Dec 11 | Isaac Keiser | Jan 12 | Sama Rothberg | Feb 6 | Henry Keith | Dec 20 | Amanda Miles | Feb 1 |
| David Goldberg | Dec 11 | Jon Silverstein | Jan 15 | Gavin Jablonski | Feb 7 | Stephen Payne | Dec 21 | William Baer, Jr | Feb 2 |
| Miles Cooperman | Dec 12 | Mason Stillman | Jan 15 | Daniel Casper | Feb 8 | Ryan Martinek | Dec 22 | Dana Wilson | Feb 7 |
| Ella Horn | Dec 13 | Jenna Torrellas | Jan 15 | Joe Fisher | Feb 8 | Brian Tucker | Dec 23 | Adam Heidebrink | Feb 7 |
| Lilly Friedman | Dec 14 | Matthew Pariser | Jan 16 | Mikaela Lipp | Feb 8 | Richard Naylor | Dec 24 | Brenda Levine | Feb 8 |
| Maya Scheinfeld | Dec 14 | Kayla Pressman | Jan 16 | Dylan Rothstein | Feb 8 | Sydney Bibicoff | Dec 26 | Lucy Goodbody | Feb 8 |
| Brian Diamond | Dec 16 | Hayley Lavin | Jan 17 | Sasha Bandler | Feb 9 | Christina Mcmillan | Dec 28 | Kayla Rector | Feb 9 |
| Cameron Churchfield | Dec 16 | Andrew Stafford | Jan 17 | Jake Gluckman | Feb 10 | Sierra MBerry | Dec 28 | Spencer Milton | Feb 9 |
| Noa Worob | Dec 18 | Jack DiLorenzo | Jan 17 | Seth Low | Feb 10 | Calli Powell | Dec 29 | Emma Flanagan | Feb 10 |
| Alexander McKillop | Dec 18 | Rachel Levine | Jan 17 | Dylan Marshall | Feb 10 | Brett Fisher | Dec 29 | Andrew Fish | Feb 10 |
| David Gold | Dec 18 | Jakob Weisblum | Jan 17 | Ellen Schoenfeld | Feb 10 | Jennifer Colone | Dec 29 | Amy Abbotts | Feb 10 |
| Eliza Greenwald | Dec 20 | Emma Koslow | Jan 18 | Jesse Haymes | Feb 11 | Philip Carlson | Dec 31 | Adam Hotson | Feb 14 |
| Charlie Coleman | Dec 21 | Sydney Kass | Jan 19 | Matt Grinberg | Feb 12 | Mia Lewis | Jan 1 | Robert Cooper | Feb 14 |
| Ella Schneyer | Dec 21 | Max Bibicoff | Jan 20 | Jack Tufaro | Feb 12 | Nicola Brooks | Jan 2 | Stephanie Geertszen | Feb 15 |
| Samantha Kapner | Dec 22 | Kylie Isenberg | Jan 20 | Sophie Miller | Feb 14 | Natasha Broughton | Jan 5 | Rebekah Murray | Feb 16 |
| Daniel Messulam | Dec 22 | Jason Goldstein | Jan 21 | Elliot Weissman | Feb 14 | Jon O'Brien | Jan 8 | Kaelyn Moore | Feb 16 |
| Ryan Weitzner | Dec 22 | Rachel Aaron | Jan 21 | Ben Johnson | Feb 15 | Travis Heidebrink | Jan 8 | Gemma Mclauchlan | Feb 18 |
| Rex Moss | Dec 23 | Matthew Dugoff | Jan 21 | Dalia Lieberman | Feb 15 | Charlotte Lord | Jan 9 | Jay Boisvert | Feb 20 |
| Dylan Nifoussi | Dec 24 | Daniel Kozek | Jan 21 | Ben Goodman | Feb 16 | Andrew Thompson | Jan 12 | Molly Burke | Feb 21 |
| Harris Halperin | Dec 26 | Sarah Shultz | Jan 21 | Ella Manoff | Feb 16 | Jake Sussman | Jan 12 | John Murphy | Feb 23 |
| Jason Krakower | Dec 28 | Brian Volk | Jan 22 | Hilary Weisenfeld | Feb 17 | Jayne Guppy | Jan 15 | Scott Millichope | Feb 24 |
| Ben Giove | Dec 29 | Sophie Weissman | Jan 22 | Josh Berman | Feb 18 | Richard Beaudoin | Jan 16 | Chris Bills | Feb 25 |
| Chloe Stern | Dec 29 | Emma Schwartz | Jan 23 | Samantha Silfen | Feb 18 | Bethany Rimmer | Jan 17 | Tomá? Stávek | Feb 26 |
| Andrew Margolis | Dec 29 | Jonathan Steinberg | Jan 23 | Hannah Coleman | Feb 19 | Mike Curtis Jr. | Jan 17 | Matt LeMoine | Feb 26 |
| Sophie Kaplan | Dec 30 | Lauren Koenig | Jan 26 | Charlie Selbin | Feb 19 | Stephe Doyle | Jan 19 | Mikolaj Wawrzyniak | Feb 27 |
| Sofia Girvin | Dec 31 | Charlotte Templeton | Jan 26 | Alexa Goldberg | Feb 21 | Chelsey Scheidemann | Jan 22 | Justyn Calestini | Feb 27 |
| Jack Goldsmith | Dec 31 | Gabrielle Floman | Jan 27 | Ben Lurie | Feb 21 | | | Steven Rothbort | Feb 28 |
| Allison Luntz | Jan 1 | Kate Steinberg | Jan 27 | Sophie D-Harris | Feb 22 | | | | |
| Sarah Mazie | Jan 1 | Mikaela Norris | Jan 28 | Justin Perline | Feb 23 | | | | |
| Brooke Perlman | Jan 1 | Max Mitelman | Jan 28 | Alana Smolinsky | Feb 23 | | | | |
| Katie Goodstadt | Jan 2 | Caroline Okun | Jan 28 | Gabby Greer | Feb 23 | | | | |
| Gabriela Rachman | Jan 2 | Carolyn Steinberg | Jan 28 | Benjamin Rothman | Feb 24 | | | | |
| Michelle Eisenberg | Jan 4 | Sarah Abbe | Jan 29 | Alex Wechsler | Feb 24 | | | | |
| Hayley Finkelstein | Jan 4 | Jackson Derman | Jan 29 | Ryder Golub | Feb 25 | | | | |
| Andrew Shapiro | Jan 4 | Sarah Weill | Jan 30 | Justin Meyer | Feb 25 | | | | |
| Drew Grauer | Jan 5 | Miranda Cohen | Jan 30 | Jacob Rose | Feb 25 | | | | |
| Garrett Kaplan | Jan 5 | Jacob Schwartz | Jan 30 | Emily Rothman | Feb 25 | | | | |
| | | Alex Basner | Jan 31 | Nikki Rumizen | Feb 25 | | | | |
| | | Chloe Fadem | Jan 31 | Noah Brook | Feb 26 | | | | |
| | | Dominique Leibman | Jan 31 | Myles Novick | Feb 26 | | | | |
| | | Ethan Wiederkehr | Jan 31 | Leah Mazie | Feb 28 | | | | |



Happy 2nd Birthday
Violet Stein!
December 19th



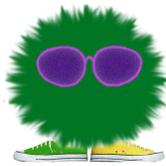
Happy Birthday to you, Happy Birthday to you,
Happy Birthday dear _____, Happy Birthday to you!

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... Haaaappy 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



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on Facebook!**

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*Attention Campers, Parents, & Staff...please join us for our 2014 Main Village Winter Escape! Details are inside on page 9...

Camp Echo Lake IMPORTANT Dates

| | |
|-----------------------------------|--------------------------------------|
| Main Village Winter weekend | Saturday March 1 - Sun March 2, 2014 |
| New Parent Night | Wednesday April 23, 2014 |
| New Camper Picnic | Thursday May 8, 2014 |
| Camp Echo Lake 2013 Season Begins | Saturday June 28, 2014 |
| Parent Visitation | Saturday July 19, 2014 |
| Camp Echo Lake 2013 Season Ends | Sunday August 17, 2014 |