



# THE WINADU BUGLE

Winter 2006

## A Letter From Shelley

Dear Winadu Campers and Families,

I hope that 2006 has started out as a great new year for everyone. Arleen and I are enjoying the Florida sunshine this winter, and we have enjoyed many wonderful visits from campers and their families. Please let us know if you're in the Boca Raton area—we'd love to see you!

We know that you are all busy and active with your many sports activities and other endeavors and that you're exhibiting that Winadu spirit in all you do. Remember to "Fire It Up" this winter, as it is the best way to keep warm!

This summer we will have our highest return rate ever of key staff! In particular, we have seen many beloved Lobos returning to work at camp, not just as counselors, but as key staff members. This summer, we will have three Lobo group leaders: Jason Posser, E.J. Trundle, and Ben Zinder. All three are college sophomores and have been working at Winadu since graduating.

Jason Posser is a sophomore at the University of Providence and will be the Upper Hornets group leader this summer. E.J. Trundle is a sophomore at the University of Wisconsin and will be the Lower Warriors group leader. And Ben Zinder, who is a sophomore at the University of Michigan, will be the Upper Warriors group leader. In addition to being terrific, responsible young men, these three staff members, and all the other Lobos, enable us to carry on the Winadu spirit, enthusiasm and traditions that make our camp so special. Since the Lobos are former campers, they share a unique appreciation of our campers. We are extremely fortunate to have the Lobos!

Arleen and I think of you often and are looking forward to summer 2006, which promises to be the best ever! Don't forget to work hard in school this year, so you can "play hard" with us at Winadu next summer!

Warmest Regards,

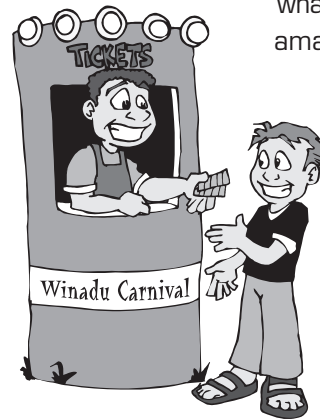
Shelley

## WINADU TRADITIONS

*In this feature, we discuss some of our long-standing traditions.*

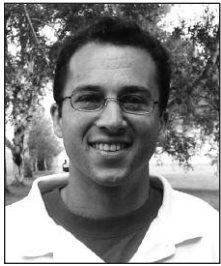
**CARNIVAL:** Every summer, Winadu boys look forward to our fabulous Carnival. Carnival features over 50 games including the Dunking Booth, where campers try to knock key staff members into ice water, or the Football Tire Toss, our Whiffle Ball Eephus Pitch, and even the Casino where our Lower Warriors and older campers can earn extra raffle tickets!!! There is also cotton candy, snow cones, and fried dough galore. Afterwards, we have a wonderful dinner, and head to the theater for

what is now one of the most amazing nights of the summer. Shelley raffles off major prizes such as a LeBron James autographed jersey, a Shaquille O'Neal signed basketball and more authentic memorabilia.



**ZORK DAY:** Yes, the Zorks are back. Our youngest four divisions will experience the traditional Zork Day this summer. Zork Day is a surprise shaving cream and water fight early in the morning. **Zork! Zork! Zork!**

# Hats Off to Courtney Young!



We are thrilled to announce the promotion of **Courtney Young** to Assistant Director!

Courtney first came to Winadu when he was 6 years old. He began camp in 1984 as a Brave and continued all the way through his Senior year. He then returned as a Lobo for one summer before turning his attention to his athletic career. Courtney attended Clark University, where he played varsity basketball. While only 19 years old, Courtney began teaching sports to kids of all ages. He enjoyed this so much he decided to start a private sports instruction business. At the same time, Courtney began coaching high school basketball, while still pursuing his studies at Florida International University (FIU.) For several years, he served as the Assistant Varsity Boys' coach at Ransom Everglades High School where the Raiders, at one point, ranked #2 at the state level. After receiving his Masters in Youth Education, Courtney became FIU's full-time Assistant Coach in 2003. At this point, Courtney was now working privately with several NBA players, including Carlos Arroyo, Raja Bell, Clarence Weatherspoon, and Vladimir Stephani, and running FIU's summer camp programs. Then, in 2004, Courtney returned to Winadu as a full-time Athletic Director and Group Leader. The rest, as they say, is history. Thanks for all your hard work and dedication, Courtney. Here's to many more great Winadu summers!



## Winadu Trivia!?

E-mail your answers to Courtney at [courtney@campwinadu.com](mailto:courtney@campwinadu.com)!  
Anyone answering all the questions correctly wins a **FRIBBLE**.

1. What college does Ben Zinder attend? Brad Tabak? Jason Posser?
2. What was Head Tennis Coach Pablo Montana ranked in the nation in collegiate doubles?
3. What college did Matt Aker attend? Name all of the MLB teams his father, Jack, played on other than the Yankees.

**BONUS QUESTION:** Name the two bunk names that have been at camp for many years, but have no bunk signs.  
(Hint) One bunk is no longer in existence and used to be a Senior Bunk before the lodge.

# SHELLEY'S CORNER

## Proper Nutrition for Your Child Athlete

*Proper sports nutrition should be an extension of an ongoing healthy lifestyle. As parents, you need to make sure your son is getting the nutrients he needs to fuel his body and maximize his performance in all his sports endeavors.*



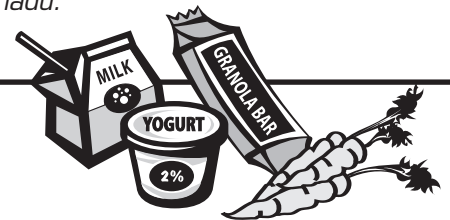
*Vitamins and minerals are extremely important. Foods like spinach, carrots, squash and peppers, which provide tons of vitamins and minerals, are very important for active, athletic children. Additionally, Calcium and Iron, which are found in dairy products like milk, yogurt, cheese and eggs and also in broccoli, red meat, chicken, tuna, salmon, dried fruit and whole grains, should be key components of your child's diet.*

*Natural foods, such as whole wheat breads and baked potatoes, are essential for good nutrition. And, try to keep your kids away from a lot of processed foods that tend to be high in sugar and sodium and low in nutrients. Always encourage your young athlete to pick up a piece of fruit, which is naturally sweet and chock full of vitamins, rather than a fruit drink, which is loaded with refined sugar.*

*Children should drink fluids throughout the day, while increasing consumption of fluids during sports activities. Note that despite the heavy publicity surrounding sports drinks like Gatorade, water is actually a much better choice for young athletes.*

*Your child should eat at least 2 hours before playing in a sporting event. The meal should have a combination of carbohydrates and protein and be low in fat. Fat is harder to digest and can cause an upset stomach.*

*Our terrific camp chef, Jerry Charson, who has spent 11 summers at Winadu, follows all these principles in his daily food preparation, resulting in healthy, nutritious meals for your boys every day at Winadu.*



# WINADU CAMPER NEWS

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**Zak Levenstein** had a great fall little league season, and is having a very successful basketball season; becoming a valuable team player. He helped his basketball team to a 5-0 season. Academically, he is thriving in 4th grade and bringing home stellar grades. **Zak** and his younger brother (future Winadu camper), **Josh**, gave up a beautiful Sunday in September to set up a lemonade stand where they raised \$122.00 to donate to the Red Cross for victims of hurricane Katrina.

**Adam Skolnick** is enjoying playing point guard for both Wakeman Basketball in Fairfield and Westport Basketball. He participated in his school fundraiser, running laps around the school to raise money for the children who were victims of the hurricane disaster. He enjoyed playing tennis against the 11 year old team in Stamford.....but mostly concentrates on beating his parents with the killer serve he learned last summer at Winadu!!!

**Ian Greene** has been very active since camp. He has been part of the travel soccer and basketball teams for Jericho. He is the leading scorer for his basketball team. More important, Ian is doing amazing work in school, receiving very high grades in all subjects.

**Alex Cowen** celebrated his birthday in Winadu style!!! **Alex, Ian Greene** and **Zak Levenstein** all went to a NY Islanders game and then converted the Cowen's den into Pathfinder's II, and had a great sleepover reunion.

**Steve Karp's** New Jersey Devils Youth Hockey Squirt team won the Gold at the 2005 10th Annual Reston Raiders Holiday Tournament in Reston, VA and his Father and Son Fantasy Football League took 1st place in the regular season. He is looking forward to camp next summer.

**Dale and Andrew Braverman** earned the nickname "the killer B's" this past fall for their tenacious play on their U-9 travel soccer team.

**Zachary Gold**, one of our new campers for 2006, recently passed the advancement test for his Green stripe-Yellow belt in Tae Kwon Do.

**Michael Adler** has scored many goals in soccer. As a team player, he always makes great passes before scoring himself.

**Daniel Shlien** enjoyed a successful soccer season and is very excited about his first summer at Winadu.

**Grant Fodiman** really lets the game of soccer come to him by involving his teammates as much as possible until he needs to step his game up in the final minutes. He is looking forward to ZORK DAY!

**Jake Schuster** and **Jack Zenkel** recently completed an amazing baseball season by qualifying for the playoffs in their first season of competitive travel baseball. **Jake** had many nice hits, and **Jack** continued his dominance as a closer.

**Jonah** and **Jesse Lowey** recently finished their soccer league in New York, playing their best soccer of the year in the last few games leading their team to victory. They are both looking forward to their first summer at Winadu.

**Michael Gardner** is playing basketball in Manhattan in a league that popular lobo, **Eric Posser**, referees in. He scores many points, but also manages to lead his team in assists every game.

**Ben Weinstein** is very excited to use the skate park this summer and is also playing basketball and soccer league. Together along with **Michael**, they form the "Suga and Spice" combo!

**Jacob Haft** recently scored 2 goals in a competitive soccer game and had many assists. His second goal won the game for his team.

**Andre Friedson** is still playing tennis and loving it. He played in the 11 and 12 year old division and defeated the top 8 boys from those divisions to come in first place and win a very nice trophy.

**Andre** started middle school this year and is on the basketball team and loves that too.

**Brian Lebowitz** started for the Riverdale Country School football team in the fall. He currently starts for the Riverdale middle school boys' basketball team. In addition to playing in a recreational basketball league, **Brian** referee's in younger divisions.

**Max Rosenthal** was the starting shooting guard for his fall basketball team that won the Yorkville League season and playoffs championship. **Max** also fed the homeless on Thanksgiving as he does every year at Madison Square Garden.

**Jeremy Klapper** was the only boy in 6th grade to make his middle school basketball team!

**Jake Lader** had an amazing bar-mitzvah. His guests were treated to visits by professional athletes such as David Wright, Aaron Small and Mets Manager Willie Randolph. **Jake** made donations to the Negro League Museum in honor of Willie Randolph, the Baseball Assistance team in honor of Bobby Murcer, the Thurman Munson foundation in honor of Diana Munson, and the Multiple Sclerosis foundation in honor of David Wright.

**Jedd Mellin** played travel tackle football as center for the Westport Wreckers. He also plays Recreation Basketball. The team is undefeated going into the second half of the season. He plays Tenor Saxophone in the school band. His brother, **Ethan Mellin**, starting catcher for his team, the Padres, was the leading point scorer for his basketball team, and like **Jedd**, plays bass in the school orchestra. He also plays guitar and is looking forward to adding piano to his repertoire.

**Brian Caterfino** is playing on the recreational basketball team in town. He will be working as a soup kitchen volunteer in Newark this spring, a commitment that **Brian** and his family fulfill every year.

**Zach Kushner** just got back from skiing in Utah. He skied 4 mountains in 6 days and had a great time.

# They Say It's Your Birthday!



## NOVEMBER



**Birthdays:** Brian Bellizzi, Bradley Benson, Brett Cohen, Alex Cowen, Gregory Goldsmith, Sam Grill, Adam Lohmann, David Mishael, Jason Reiter, Spencer Repp, Isaac Shapot, Jack Walters, Scott Waxenbaum, Benjamin Weinberg. **Bar-Mitzvahs:** Jake Lader, Jamie Sternheim, Sam Koss, Scott Waxenbaum.

## DECEMBER

**Birthdays:** Michael Adelman, Michael Adler, Austin Ash, Jake Axelrod, Alex Barnett, Willie Berke, Dustin Brout, Jacob Caplan, Brian Caterfino, Jeremy Chaitin, Gian DiCarlo, Justin Donnelly, Steven Friedner, Jared Helene, Lowell Hunt, Jesse Karmin, Jeremy Klapper, Adam Levitt, David Muller, Zachary Pilson, Lev Pinkus, Max Rabuse, Zachary Reimer, Jorge Rodriguez, Ethan Schwartz, Sam

Selinger, David Strumeyer, Peter Teshler, Michael Tucillo, Nicholas Tucillo, Joshua Weisman.

**Bar-Mitzvahs:** David Mishael, Jacob Caplan.

## JANUARY

**Birthdays:** Michael Aaronson, Benjamin Adler, Alan Antun, Cameron Fischer, Griffin Flagg, Bobby Friedner, Jake Grill, Drew Gross, Julian Hernandez, Josh Hubert, Adam Krochak, Noah Lazarovitch, Brian Lebowitz, Jesse Lowey, Jonah Lowey, Corey Mermelstein, Andrew Moskovic, Zeke Rosenberg, Justin Rothberg, Jesse Shapiro, Andrew Shein, Mark Strage, Aaron Tabak, Harris Teitelbaum, Nir Tomer, Jacob Umansky, Ryan Walker, Michael Winik, Kyle Zelanka.

**Bar-Mitzvahs:** Dustin Brout, Justin Rothberg, Andrew Shein, Kyle Zelanka.

**Correction:** In the last Bugle, we stated that Zach Kushner celebrated his Bar-Mitzvah. It is in September, 2006 and not 2005!

## Where are they now?

**JORDAN EISENSTOCK:** Jordan started at Camp Winadu in 1985 as a Pioneer and graduated in 1991. During Jordan's first few summers he was very homesick. Shelley worked closely with Jordan to overcome his homesickness. This helped Jordan to become a stronger individual - in fact he went on to win our biggest award: "Pop Nadelson." Jordan was an excellent all-around athlete, but after a couple of summers he decided to focus more on his baseball skills. He became such a great baseball player that Sports Illustrated came to Winadu to do a "Faces in the crowd" feature on him. At the time, Jordan seemed destined for the pros, but after one year of playing college baseball at Georgetown, he decided he wanted to be a doctor. Recently, Jordan was quoted in an article in our own "Berkshire Eagle" regarding U.S. Rep. John W. Olver who has a bacterial infection in his brain. The article states: "*Jordan Eisenstock, a neurologist at UMass Medical Center in Worcester, said brain infections in the frontal lobe can impact a patient's problem solving skills and reduce their ability to make rational or concrete decisions.*" We are so proud of Jordan and have invited him to return to Winadu this summer to help judge Songfest. We look forward to seeing you this summer, Jordan!

## We're In The Army Now!

**Brad Haywood**, who worked at Winadu in 2004, is currently in Special Forces for the U.S. Army. Brad was an amazing counselor and still keeps in touch with many campers. His father Tony, who is our Upper Campus Area Head, wanted everyone to know that even while Brad is fighting in Iraq and Afghanistan, he still misses camp.



If you want to speak with Brad, you can email him at: [Bradley.Haywood@US.Army.Mil](mailto:Bradley.Haywood@US.Army.Mil). We know that he would love to hear how much we all support and appreciate what he is doing for our country.

## ANN IS NOW A US CITIZEN!

Congratulations to our own **Ann Snell**, who recently became a US Citizen. Ann moved to the USA from London in 1990 and has been with Winadu for the past eight years. Ann is our Director of Operations. Ann takes care of the many needs of our campers, both during the summer and the throughout the rest of the year.