



CAMP ECHO LAKE TRAIL DECEMBER 2006

As of December 1, there are 204 days until Summer 2007 begins at Camp Echo Lake!!!



Winter Address:
3 West Main Street
Elmsford, NY 10523
Tel: 914-345-9099
Fax: 914-345-2120
www.campecholake.com



Summer Address:
PO Box 188, Hudson Street
Warrensburg, NY 12885
Tel: 518-623-9635
Fax: 518-623-3316
www.campecholake.com



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 are so thrilled that you'll be wearing the Green and Gold for the next ten or so summers!

Ethan Bookstein
Justin Caspar
Jared Geller
Remy Harnick
Max Keiser
Scandia Manon
Matthew Mendelsohn
Peri Mendelsohn
Jesse Moskowitz
Perry Moskowitz
Scott Panasci
Justin Perline
Natalie Rawson
Trevor Rudolph
Gavin Rudolph
Zach Salomon
Jordan Segalman
Jordan Weinstock
Phoebe Weinstock
Jacob Weisblum

The 2006 California Reunion



On Wednesday, November 15th, **Tony and Emily Stein** were joined by a great group of current and new Echo Lake campers and their families, as well as a few alumni, at the home of **Stu and Sara Gold** in Rolling Hills Estates.

Stu and Sara put out a magnificent feast for **Alex, Ben, Jack, Karen and Larry Katz ... Zach, Matthew and Marshal Salomon ... Danny, Zach, Sam and Jordan Gold ... Lisa, Anthony, Viviane and Jose Lieberman ... Timmy, Patrick and Paige Lademan ... and Greg (G Res) Resin.**

Joining current campers Alex and Ben Katz, and Danny and Zach Gold this summer in Warrensburg will be Zach Salomon, son of Echo Lake alum Marshal Salomon (who remains to this day the only person ever to dunk in a Sachem basketball game – the feat was accomplished way back in 1981!).

We had a great evening, under a beautiful star-filled night in LA, which ended with a camper attack on Tony's fuzzy bag! It was such fun to be out west with our growing contingent of Echo Lakers!

Sara also showed us just how much time and effort she spends in the off-season working on summer Fine Arts projects. Her garage, her hallway closets, her office ... all filled with creative gems destined for the Echo Lake Fine Arts Center in 2007!

It is also very exciting to mention that while in California, we met Natalie Rawson, a fun-loving and enthusiastic young lady from Santa Monica who will also be joining us at Echo Lake this summer.



I have a feeling this annual party is only going to get larger & larger each year!

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What's HOT at Starbucks...

When the weather cools down a number of Echo Lake's amazing staff trade in their clipboards and sneakers for coffee beans and scones. We interviewed these Java Pushers about their positions at Starbucks AND asked them to recommend their favorite Starbucks "beverage of choice!"

Chole Barrett, Shift Supervisor/Barista, in Eastview Plaza, Williamsville NY, has worked at Starbucks for 3 years. She is in charge of the store when the manager isn't there...anything that happens, good or bad is a direct result of her leadership...on top of that she is responsible for the artwork on the advertising boards & for counting and dividing tips. The thing Chole likes best about working at Starbucks: "the people that she works with." Chole's Beverage of Choice: "Grande peppermint white mocha....sooooo yummy."

Rich Beaudoin, Assistant Store Manager, in TD Square, Calgary, Alberta Canada, has worked at Starbucks for 2 months. He is a management trainee & is responsible for supervising partners on the floor, making drinks, & assisting the manager. The thing Richie likes best about working at Starbucks: "Can anyone say free lattes? There are a lot of perks...a great benefit package & free coffee every week. The best part is working with such great people & with a company that thinks of its employees first." Richie's Beverage of Choice: "Grande Sugar Free Vanilla Non-fat Extra Foam Refresh Tea Misto, a Single Grande Soy Tazo Chai, and finally a Doppio Espresso Con Panna."

Allison Duthie, Barista (2 hours of Shift Supervisor training), in Banker's Hall, Calgary, AB. Canada, has worked at Starbucks for almost 2 years. She is responsible for providing coffee, tea, pastries & smiles to hundreds of rushed business people. The thing Allison likes best about working at Starbucks: "The people are the highlight. I never thought I could get so attached to the customers!" Allison's Beverage of Choice: "Hot Drink: Grande Vanilla Non-Fat Earl Grey Tea Misto. Cold Drink: Peppermint Mocha Frappuccino!"

Cory Dawson, Assistant Store Manager, in Calgary, Alberta, has worked at Starbucks for 2 months. He is responsible for supervising partners on the floor, making drinks, and assisting the manager. The thing Cory likes best about working at Starbucks: "The customers & getting to know them. Having the opportunity to sit down with them & chat is probably my favorite thing." Cory's Beverage of Choice: "So many to choose from...I really enjoy Tea Mistos. Grande, half-sweet sugar-free vanilla, non-fat Earl Gray Team Misto OR a Grande, half-sweet sugar-free vanilla, non-fat Refresh Tea Misto. If you need/want a caffeine shot the best bet is a Teamster...a pump of vanilla (or sugar-free vanilla) & a touch of whip cream with two espresso shots poured over top....then just mix and enjoy!"

From the Clipboard of Tony Stein...

Larry: "...and we are now taking calls...Yes, Mrs. Smith from Westchester County, this is "Larry King Live" and you are on the air with Tony Stein, Director of Camp Echo Lake."

Mrs. Smith: "Yes, Tony, I hear you have a staff return rate of 50%. Is that true?"

Tony: "Mrs. Smith, I am so happy you asked that question. We do, in fact, have a staff return rate of roughly 50%. But I would like to point out the even more interesting statistic that we will invite back nearly 90% of our 2006 summer staff. That says to me that all the hard work and many, many, hours and days and weeks and months that we put into staff hiring and training must be paying off. We have very high standards, as you know, so for us to be asking back so many people makes me feel great about the folks we have working at 'The Lake.'"

Larry: "Mr. Jones in New York City, your question? ..."

Mr. Jones: "Is it true that the re-enrollment rate for Echo Lake's Main Village was 98%, and that in the Senior Village it was only a couple of points lower?"

Tony: "It is true, Mr. Jones. And if you are looking for an explanation, go back to the answer I gave Mrs. Smith. Great staff make for great summers at camp. And of course great staff need great leaders - and we have Laurie and JP and Clive and Glenn and Cade and Jill and Jacko and Jamie and Julie and ... oh, I could go on for days on those people!"

Larry: "Ms. Rosenberg in New Jersey ..."

Ms. Rosenberg: "Is it true that the Upper Village Girls will be served Mozzarella Sticks every day for lunch next summer ..."

Larry: "Sorry, crank call. We have Mrs. Thomas from Florida."

Mrs. Thomas: "Gaga? Is there really going to be Gaga at Echo Lake in 2007? Please tell me now, because my kids are going Gaga!"

Tony: "Mrs. Thomas, you raise a very interesting issue. I have consulted with my team of advisors, and have considered all the wheretofores and heretofores, along with the ipso factos and quid pro quos. I have hearby declared that Echo Lake will, in fact, have Gaga in 2007. Tell your children ... TELL THE WORLD!"

Larry: "... and that's all we have time for tonight. Join us again tomorrow night when we will have the entire 2006 Frosh Boys Group on our program to tackle the age-old question that has stirred debate since time immemorial: 'Peanut Butter ... or Jelly?'"



Hi Campers,

The so-called Letter from Florida is a bit of a misnomer as my letters are from New York, too. I am actually headed for Florida shortly but I hope to see you all at the New York Reunion. I think it's wonderful that Echo Lake exists all year what with ski weekends, reunions, get togethers, the Trail -- whatever keeps us in contact with you is what we LOVE!

Things are hopping up at camp, in the office in Elmsford and every time we run into a camp mom we pick up news about all of you being in touch with each other. I have to believe, since Echo Lake campers are the Best and the Brightest, that around, among and between all that social contact is your commitment to school and academics. This, of course, is your job and it is one that you must take seriously.



I wish you a joyful Thanksgiving. It's such a great holiday as it embraces everyone. Have great fun with friends and family.

Much love,

Amy



*Tony Introduces the 2007 Village Directors and Head Counselor Team:

Echo Lake's success has always been built upon the shoulders of outstanding leaders and role models. My mom always used to tell me that the reason she loved camp for me and my brothers is that we always had such great role models during our formative summers at Echo Lake.

Laurie and JP are responsible for finding the outstanding crop of staff members we hire each summer, and as talented and enthusiastic as they are, a supertalented Head Staff is needed to help guide, lead, and set the tone for everything we do at Echo Lake!

The summer of 2007 will be no exception, as we have put together a superlative team of camp professionals to lead the way! I want to take some time to talk about our very special Village Directors and Head Counselors.

Laurie Rinke, our Associate Director nonpareil, will be taking over the new role of Main Village Director, in charge of everything going on in camp with our Juniors and Inters. As Laurie will be responsible for all goings in Main Village, she and I will be the point people for any camper or staff issues happening in Main Village. Should a question arise between now and camp, or during camp, for any child in the Main Village, Laurie and I both stand ready to assist at any time.

I think everyone already knows what a talented and dedicated gem Laurie is, so you know also that her energy, love and ability to lead are boundless.

Laurie will have four Head Counselors working with her in Main Village, two on girls' side (one for the Juniors and one for the Inters) and two on the boys' side (one for the Juniors and one for the Inters). These Head Counselors will be the go-to people in their respective divisions, and will work closely with Laurie and me to set the tone in the Main Village.

Our HC's are the top of the top, having proven their mettle at Echo Lake many times over.

On the girls' side, Julie Jackson will be our Inter Girls Head Counselor and Chole (Chole, ole, ole, ole!) Barrett will be our Junior Girls Head Counselor. Julie, who had been Assistant Girls Head Counselor for the last three years, and Chole, who has been a Group Leader since she started at Echo Lake in 2004, are both seasoned Girls Camp vets. They bring different but complementary skills to the table, and all we can say is that Girls Camp had better be ready for these two!

Over 'neath the Pines on boys side, Jeff Rondeau will be our Junior Boys Head Counselor and James Delaney will be our Inter Boys Head Counselor. Jeff has done it all at "The Lake," from Junior Group Leader to 4n4 Trip Leader to LIT Director, while James has been an awesome GL these last two summers after having come to Echo Lake in 2004 as our Rollerhockey Head Specialist. These guys both wish it were June 23rd today and are superpumped to head things up for our Main Village dudes!

The Senior Village will again be under the leadership of Senior Village Director, John (JP) Pezzolla. In his three summers running things for our senior campers, JP has taken the Village to new heights. Our Villagers always know JP is looking out for them, and his calm and steady leadership combined with his uniquely dry sense of humor makes the Village "People" smile and go!

Jamie MacDonald returns to Echo Lake as our Senior Village Head Counselor, where she'll maintain her role in heading up things on the Girls Side of the Village. Jamie is already counting the days until the reunion, and only slightly behind that, the days until summer 2007 starts! I am not sure there are too many folks – staff or campers – who are as excited about returning to camp as Jamie is!



Tough to beat group? I'd say unbeatable! Smart and seasoned, and brimming with love for Echo Lake, the 2007 Echo Lake Village Directors and Head Counselor team is going to rock!

Yours Truly,
Tony



Laurie



JP



Julie



Chole



Jeff



James

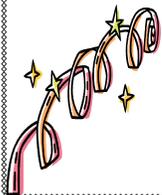


Jamie

Camp Echo Lake 2006 Winter Reunions

You are cordially invited to JOIN US for the 2006 Echo Lake Reunions (for Campers, Parents, & Staff)!

Details and Directions available at www.campecholake.com...



Montreal Reunion

Sunday December 3, 2006

Montreal, 2U

New York Area Reunion

Saturday December 9, 2006

White Plains, NY



From the Desks of...

Laurie



Main Village Director

Coming together...starting over...building something stronger as a team. I think that these ideas are not only perfect for the upcoming New Year, but these ideas are perfect for Main Village 2007!! Think about High School Musical...wasn't everyone in the school happier when Zach and Gabriella and all their friends could all support each other in the big basketball game, the science team championship, and, of course, in the high school musical?! Of course they were! Think about the Super Hero Justice League or the Star Wars Jedi Council...weren't they all stronger and more powerful when they fought the Legion of Doom or the Dark Side by using their own special powers to compliment each other and make the team stronger?! Of course they were! Think about teams, sports teams/dance teams/teams of any kind...don't they all play harder, have more fun, and win more games/have better performances when they work as a team?! Of course they do!

A New Year is a new opportunity to re-evaluate and restructure so you can be even better than before. There is nothing that I am more excited about than the opportunity to take all the amazing pieces of Girls Camp and Boys Camp and make them (a) even better individually, but also (b) make Main Village even better as a team!! Girls Camp has "got that spirit" and Boys Camp has "got that spirit" so imagine if we each had even more spirit and then sometimes came together for a HUMOUNGOUS amount of SUPER SPIRIT?! I think it could be amazing. Here are a few ideas that I think might be fun...you know how Boys Camp has a great Morning Line Up and Girls Camp has a great Morning Line Up, well, what would it be like if one morning a week the Girls Junior and Inter Head Counselors ran Morning Line Up for the Boys and the Boys Junior and Inter Head Counselors ran Morning Line Up for the Girls? What if one morning a week we had a gigantic Main Village Morning Line Up with all the fun and crazy characters and fun from BOTH Boys and Girls Morning Line Ups?! Could be really fun!

More than anything, I want you all to know that I am going to be full of spirit and energy and hugs and high fives for every single boy and girl, camper and staff. I am thrilled to be part of Boys Camp and Girls Camp and take some of the great fun strengths from each to make all of Main Village stronger and more fun than ever. We have a great team leading Main Village...the Boys Junior and Inter Head Counselors and the Girls Junior and Inter Head Counselors and I, are going to put our heads together to make sure that special events are more special for the boys, that Diva Star Hugs and Passes are more Diva-tastic for the girls, and that everyone has a ton of opportunities to play sports, sing & dance, swim like fish, and climb outdoors. I can't wait to be part of both morning line ups, give everyone good night hugs, and take my 21+ years at Echo Lake and make Main Village the most amazing place to grow and laugh and love every minute of camp (sorry Senior Village!)

So...here's where I need your help...it is almost the New Year 2007 and the New and Improved Main Village 2007 opens up in just over six months. Please take some time to think about ideas YOU have to make Boys Camp, Girls Camp, and Main Village even more spectacular than it has ever been! Maybe you have an idea for an unbelievable Special Event or evening activity. Maybe you have some creative Line Up ideas. Maybe you have something that has bothered you that you wish could change...like you think Free Play or Rest Hour should be set up differently. Maybe your ideas are personal, like, there is an activity you've always wanted to try at camp...is this the summer when you want to perform in Friday Night Live or play on a soccer team or learn to ride a bike or write a brand new camp cheer or song. I want to hear about ALL of the above.

Take some time to think about ideas YOU have to make Boys Camp, Girls Camp, and Main Village even more spectacular than it has ever been...and EMAIL YOUR IDEAS TO ME at Laurie@campecholake.com. I plan to take all your ideas (for your group, your village, for Main Village, or for yourself) and make sure that the four Head Counselors and I make them happen. No idea is too big or too small and the only "bad" idea is the one you chose not to share with us. I also can't wait to see you guys at the Montreal and NY area Reunions, at the MV Winter Weekend, at the New Camper Picnic, and throughout the year. How lucky am I?! My full time, year round job as Associate Director and summer role as Main Village Director is to (a) be there for all the campers, staff, and parents and (b) to make camp the most fun place to be!! If you want to talk about camp, tell me about something great you did, share with me something you're nervous about or just touch base...winter, spring, fall, or (my favorite) summer...I am always here for YOU!

Bring on the New Year and summer 2007...I am bursting with excitement and ideas and I am counting the seconds until I see each one of you scamper off the buses and begin the best summer of your life...Summer 2007 at Camp Echo Lake!! Coming together...starting over...building something stronger as a team! Lots of love & XOXO, Laurie P.S. Jake can't wait to play with everyone again this summer!

J.P.



Senior Village Director

The Village Voice...

Hello Senior Village! Is it the holiday season yet? Seems downright temperate up here in Albany right now. It feels more like April than late November! I hope everyone is doing well wherever you are. I'm starting to get into the holiday season despite the warm weather. I'm actually hosting Thanksgiving at my house for my whole family this year. Let me tell you it's quite an undertaking! The challenge is not cooking all the food its having everything ready at the same time and finding space to keep everything warm, cold, fresh, etc...

Getting ready for camp is similar in a lot of ways. We have to bring lots of dishes (the GL's, cabin specialists, activity specialist, etc.) together and get them prepared at different times for the big day when the campers are getting off the busses hungry for another great summer at the lake. Getting camp ready to go is a team effort and it would not be possible without the help of a lot of hard working individuals. Keep that in mind this Thanksgiving when you see Mom or Dad or even crazy Uncle Larry running around in the kitchen trying to make everything perfect. Roll up your sleeves, grab a whisk and get working! I'm sure they will appreciate the help and you might actually learn a few things in the process.

I'm looking forward to seeing you guys at the reunion in White Plains. If you ask nicely I might just give you my famous sweet potato casserole recipe! Stay Gold, JP P.S. Nelson says hi too!

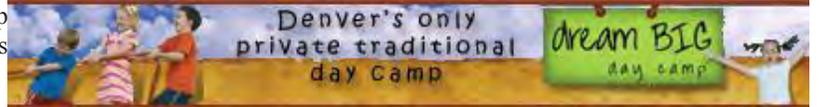
Alumni & Staff Happenings



Spanning the World...



George and Mary Stein have started a day camp in Denver, Colorado called Dream Big Day Camp (www.dreambigday-camp.com). They have been conducting “mom group” meetings to spread the world about Dream Big! One of the mothers they met with was **Kristi Carlin Orr** who worked at CEL in 1992! Geo & Mary also had lunch recently with alums **Danny Rosenberg, Sophie Porter and Liz Brot** in Boulder. Their five-year-old twin boys, **Will and Morry** can't wait to run and play with all their new camp friends! We wish George and Mary lots



of Warm Inner Glows and best of luck on their exciting endeavor.

Talk about multi tasking...alum **Dr Michael Milobsky**, MD has 5 kids, is devoutly orthodox, is an ER doc, is launching a new business called “Chicken Soup – Pediatric In-Home Urgent Care” and took only 3 seconds before deciding that he wanted to be involved with George and Mary Stein's Dream Big Day Camp in Colorado. The man is amazing! He only needs 20 minutes of sleep each night!

Rachel Turnowski and **Lea Ozeri** visited **Michelle Rinke** in Chicago. Rachel is an Art History Major and Lea is Business Major at Wash U, and Michelle is a Psych and Writing Major at Northwestern. The three of them are thinking of moving to New York City after they graduate!

Zachary Rynar let us know that he has been working on a Congressional Campaign. His candidate's name is Paul Aronsohn, and he's running in the 5th district of New Jersey (the Northern Rim). Zach is officially “the policy director” but he's also been put in charge of local media. Zach still runs into Echo Lakers everywhere, and is still close with **Josh Stein and Dan Levy**.

Seanna Hore Cohen currently lives in Los Angeles and is married to a great guy, **Evan Cohen**. Seanna and Evan have an 18-month-old son - **Roman James**. Seanna is in constant contact with alums **Lisa Mehl, Jared Mehl, Elana Laing** and of course her sister, **Melissa Hore**.

Jill Brock graduated from the University of Wisconsin - La Crosse, this past December (2005) and accepted her first teaching position in Edgerton, Wisconsin teaching 1st - 5th grade math. After that she transferred to Pulaski, Wisconsin to teach 8th grade math. Jill thinks of Echo Lake often and dreams of her return to camp.

Alum **Audrey Rosenberg** has been making a tremendous impact on the theatrical world...THE FIRE DEPT (www.thefiredept.org) is a New York-based nonprofit theater company founded in spring 2006 by Jessica Blank, Erica Gould, and Audrey Rosenberg. THE FIRE DEPT is made up of established and emerging writers, directors, actors, and designers who have come together to create and produce visceral and invigorating theatre that not only entertains, but also wrestles with questions of importance to our society and our world. They are dedicated to the development of new plays as well as vital reinterpretations of existing works; and to utilizing traditional as well as alternative theatre spaces. The plays produced by THE FIRE DEPT ignite questions, spark controversy, and respond to the urgency of our times. Bravo Audrey!

Lissy Kates Goldberg and **Lisa Mittelmark** had a fabulous time taking their families to Disney World together. Old friends and Tribal Chieftains, Lissy and Lisa had so much fun they almost forgot they had their kids with them too!!!

Abbey Gardner is in the process of getting both elementary and secondary teaching credentials at Sierra Nevada College!

Mr. and Mrs. Helen and Toby Barkworth-Knight bought their first house in Sheffield, England. Toby teaches primary school and has a great group of 9/10 year olds. Toby says, “It's amazing the impact Echo Lake has had on my life - I definitely wouldn't be doing this without you all!”

Laura Rodgers is now a Primary teacher teaching 8 year olds in Manchester in England and she absolutely loves it!

This has been a big year for **Lauren Rothman** and her husband **Jason**. Lauren started a fashion consulting business (www.styleauteur.com) and they bought a house in the DC area. They also have a new French mastiff puppy named Lola.

Steven Grey graduated from the University of Glasgow with a BSc(Hons) in Computer Science and also received 2 awards, Most Promising Student and Best Final Year Project. He has just started as a Software Developer for an Advertising company. Steve is also the musical director for a couple of theatre groups in Glasgow and plays for three orchestras.

Brian Hayes recently completed his Masters at the London School of Economics as a merit scholar and graduated with Merit/Honors in International Employment Relations and Human Resource Management. He now works for Chevron Corp. in the East Bay, California on a developmental track, with rotations around the country and the world. In December he will be going with his brother, and Alum, **Adam**, to Costa Rica.

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Alumni & Staff Happenings



Spanning the World Continued...

Our own **Sam Weinstein M.D.** was honored on October 22 by the Rachel Cooper Foundation for Pediatric Cardiology. Sam has done great work as the Director of Pediatric Cardiac and Thoracic Surgery at Montefiore. Sam also does great work as one of our camp doctors.



Have you seen ABC's new mega hit TV show, "The Nine?!" Well, guess who co-wrote and created this intriguing piece of television...yup, CEL alums and brother and sister team...**Hank Steinberg** (writer of HBO's baseball hit, "61*" and creator of CBS's "Without a Trace") and **Kathy "KJ" Steinberg**. "The Nine" is a complex character-based drama series that will unravel the mystery of what transpired during a 52-hour hostage situation in chronological flashbacks that open each episode. But the heart of



the series is how that harrowing experience impacted the nine key characters in their present day lives, as they continue to intertwine, deepen and complicate their connections to one another. It is like watching a great action movie with the drama of compelling characters!!

Celebrations



Eric Stein, yes, older brother of Tony and George Stein, is overjoyed to announce that he married **Indiana Rivera** on Sept 19, 2006 in Las Vegas. Eric is thrilled to have Indiana's daughter **Celine** as part of their family as well. Mazel tov to Mr. and Mrs. Stein!!

There was not a dry eye in the house when **Deb Cederbaum** married **Luke Jones** on October 21, 2006. Presiding over the beautiful ceremony was the legendary **Dawn Ewing**, friend and boss to Deb and Luke at Morrys Camp. The happy couple was celebrated by many Echo Lake alums: **Lauren Rothman, Shara Pearlman & Mike Ryan, Rachel Gerber, Pete Kalvert, Holly Stein, Lisa Varon, Katie Reefe, Corey Frimmer Dockswell, Laurie Rinke, Dawn Ewing, Andrea Goodman & Jeff Ackerman, Amy Stein, and Scott Ralls.**

After spending a year together in Scotland, **Michelle Belanger and Alun Young** moved to Newfoundland, Canada. Michelle's teaching French Immersion and Alun is teaching at an environmental camp and working with youths in crisis. He will soon start a job as Program Director for the Little Gym of St! Even more exciting is that one night as the sun was setting Alun asked Michelle to be his wife. Once she realized he wasn't joking around, she agreed! Congratulations to you both!

It's a double CEL alum engagement...**Nicole Rosenblum and Jay Weigweiser** are engaged! The happy CEL couple are getting married August 12th, 2007 after spending many happy summers at camp together. This takes the marriage booth at Carnival to a whole new level!!



Erica Medine is engaged, living in LA, and is about to finish graduate school.

Having met at Cornell in their sophomore year, after 9 years of courtship, **Lily Meisel and Eric Wytenbach** are engaged. Lily also ran the NYC ING Marathon for her 3rd time this year. She participates in a program called Team in Training and has raised over \$16,000 for cancer research in the last three years through her marathon running.

Matt Anwyll, brother of **Philip Anwyll**, proposed to girlfriend of 7 years, **Charlotte Dunphy** on June 30, 2006 in the Britannia Hotel in Coventry, UK. They are getting married on August 10, 2007! The happy couple plans to honeymoon in Dubai.

Echo Lake 20??



Billy & Hilary Cooper are proud to announce the birth of their son, **Theodore Marvin Cooper**. Teddy or T-Mac, as they are calling him already, was born on October 16 at 7:30 am weighing in at 6 lbs, 15 ounces and 20 inches in length. Big sisters **Maddy and Annie** could not be more thrilled to welcome their baby brother to the Cooper family! They only question that remains is has Teddy inherited his father's dance moves?! Congratulations to the entire family!





It was a dream for Morry...It is a dream come true for children

Morry's Camp Autumn Elegance Gala...Another HUGE Success

Morry's Camp Tenth Annual Autumn Elegance Gala honoring Doug Pierce (owner and director of Pierce Day Camp) for his devotion to enriching the lives of children, was held on Thursday, November 2 at The Roosevelt Hotel in New York City. Autumn Elegance is the largest fundraiser of the year for Morry's Camp and was an elegant evening of cocktails, dinner, silent auction, and an opportunity to learn more about Morry's Camp and catch up with old friends. The event was attended by 320 people and raised OVER \$300,000 for Morry's Camp!!

The event was made even more successful and fun by the MANY Echo Lake alums, parents, & friends who were in attendance....Andrea Goodman & Jeff Ackerman, Dani Ackerman, Joe Applebaum, Ellen & Heather Babby, Mark Benerose, Bert & Lee Brodsky, Ellen Cohen, Carolyn Cohen Zelikovic, Tom & Michelle Coleman, Noah Cooper, Billy Cooper, Corey Frimmer Dochswell, Barry Eisenberg, Dawn Ewing, Bob Finkle, Davi & Michael Fisher, Michele Friedman, Lawrence Glickman, Roger Gross, Shari Harrison, Pam & David Heller, Jerry Herman, Deb Cederbaum Jones, Dan Kagen, Peter Kalvert, Barbara & Michael Kalvert, David Langer, Amy & Jonathan Leopold, Steve Manket, Ed Miller, Doug Millowitz, Scott Ralls, Laurie Rinke, Maris & Ron Rosenberg, Holly Stein, Amy Stein, Emily & Tony Stein, Greg Suss, Emily & Stew Tabin, Nana, Skip, & Shai Vichness, Margot Weill, & Sam Weinstein.

If you are interested in attending future Morry's Camp events or learning ways in which to support Morry's Camp, please contact Dawn Ewing at dream@morriscamp.org or go to www.morriscamp.org.

Spreading a Warm Inner Glow...

The Fuzzy worthy Warm Inner Glows are over flowing in this edition of the Echo Lake Trail...so many Echo Lakers are giving from their heart to Morry's Camp...

Brian Giles is working on collecting equipment to donate to Morry's Camp for their campers to enjoy. As part of her Bat Mitzvah mitzvah project, **Molly Leopold** asked her guests to help her collect camp items (flashlights, sleeping bags, socks, etc...) to help enhance the Morry's Camp experience. **Carly Rosenberg** convinced her 7th grade class at Congregation Bnai Israel that Morry's Camp should be one of the charities they work to support! **Emily Lester** is hard at work to figure out how she wants to support Morry's Camp at her upcoming Bat Mitzvah. Former camper & staff member, **Zach Zelikovic** continues to be involved with Morry's Camp. Last year he led his high school swim team in a swim-a-thon for Morry's Camp. Now he is helping Dawn to create a best practices document for other swim teams that want to conduct swim-a-thons for Morry's Camp.

Excellent job everyone...keep giving from your hearts, it DOES make a difference!

Do You Want to Get Involved in Morry's Camp...Become a Morry's Camp "COACH!"

Many Echo Lake alums and parents of Echo Lakers have been involved with Morry's Camp as "coaches." This mentoring program is a two-year commitment based on supplying our kids with positive role models--individuals who will assist them with making THEIR dreams a reality! As our kids become young adults, the need for a more individual, personalized, accessible resource becomes necessary. The Coach is that person. They help our camper stay the course. They remind, redirect, encourage and support at times when the challenges are great, poor decisions (or no decisions) are tempting and confidence in self is fragile. The Coach is a positive role model for a motivated young adult who has promise, life skills, intellect, motivation, strength and dreams. The extra support of the Coach as they face obstacles helps to ensure that they reach these goals. With the help of MC coaches, to date 100% of Morry's Campers have graduated from high school on time and nearly 80% have gone on to college. For more information on the Morry's Camp Coach program, or to apply, please contact Lance Ozier at Lance@morriscamp.org.

UPDATE...Echo Lake's 2006 Swimathon/Marathon for Morry's Camp

Once again, Echo Lake campers and parents made a real difference in order to provide tremendous support to Morry's Camp. Our 2006 **Leaders In Training** ran a super **Swimathon & Marathon at camp** on Sunday, July 30th! As of this writing, we have heard from many generous Echo Lake parents who have already contributed **nearly \$17,000 to Morry's Camp...an Echo Lake record**, in the name of the awesome efforts of all of our campers!

We are so appreciative of all of your support and it is **one more significant weave connecting Morry's Camp and Echo Lake**. When Morry's Campers visited Echo Lake in July, they collaborated with our Senior Village campers to create an incredible mural & CD of original music written and recorded by Morry's Camp & Echo Lake campers. Our LIT's visit Morry's Camp each summer and come back having learned valuable life lessons!

The #1 of 12885...

What's Happening in Warrensburg?



It has been a beautiful fall in Warrensburg. The weather is just now starting to turn colder, so Darren and his boys have been able to get lots done. But even when the winter chill sets in, they turn on those space heaters and work in whatever weather they are handed.

This fall the maintenance crew has been focusing on the renovations in the **Health Center**, as well as a number of less glamorous but equally important projects. Whether it is shutting off the water lines in the fall, keeping the fields and grass well-tended to, trimming loose branches from trees, fixing vehicles, repairing doors and windows, **Darren, Jason, Kevin, Chris, Andy, Rick and Marvin** stay very busy and do all the little things that allow our campus to always look great!

Over at **The Lodge**, the wedding season has just finished, so the Lodge staff is winding down for a little hibernation! The Lodge will be open for some holiday parties in December, and then get very excited to host our Senior Village Winter Weekend in January and our Main Village Winter Weekend in March!

Get excited once again for the ever popular...

2007 Senior Village Winter Weekend!



It's going to be a great weekend filled with laughs and adventure.

The dates for this year's trip are January 26th-28th.

You will SOON be able to download information and the registration form at www.campecholake.com.

Highlights of the trip include:

- Deluxe roundtrip transportation to camp!
- Two nights stay at the Super 8 in Warrensburg!
- Movie & Canteen in the Echo Lake Lodge!
- Gourmet delights provided by The Lodge Staff!
- Skiing at the world famous Gore Mountain!
- Ice Skating at the world famous Lake George Forum!
- A tour of camp from none other than Tony Stein!
- A nighttime line-up lead by the infamous Tony Stein!
- The often imitated but never duplicated Lake Walk!

*The Senior Village Winter Weekend is open to 2006 Upper Inters, 2006 Lower Villagers, 2006 Upper Villagers, 2006 4n4, and 2006 LIT's.

It was so awesome we're going back for more...

2007 Main Village Winter Escape!

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



The dates for this year's trip are March 3rd-4th.

You will SOON be able to download information and the registration form at www.campecholake.com.

Highlights of the trip include:

- Deluxe roundtrip transportation to camp!
- One night stay at the Great Escape Lodge in Lake George!
- Movie & Canteen in the Echo Lake Lodge!
- Gourmet delights provided by The Lodge Staff!
- Wet & wild indoor Water Park fun!
- Ice Skating at the world famous Lake George Forum!
- Camp Tour from none other than Tony Stein!
- Nighttime line-up lead by the infamous Tony Stein!
- The often imitated but never duplicated Lake Walk!

*The Main Village Winter Weekend is open to 2006 Frosh, 2006 Lower and Upper Juniors, and 2006 Lower Inters.

Save the Date for...

Labor Day Family Camp Weekend for Current Camp Families August 31 – September 3, 2007

Campers, do you ever feel like you wish you could go back to camp for just one more fun filled weekend?! Parents, do you ever feel like you wish that YOU could be a camper at Echo Lake for once?! Get ready for your wishes to come true....

Who: Current Camp Families

What: Enjoy the magic of Camp Echo Lake as an entire family!!

When: August 31 to September 3, 2007

Where: Camp Echo Lake in Warrensburg, NY

Why: Lots and lots of camp memories, fuzzies, and Warm Inner Glows!!



Save the date and look for details to follow....

Rachel Simmons Mother - Daughter Weekend Workshop at Camp Echo Lake May 18-20, 2007

Join us for a workshop that will empower you and your daughter to handle difficult emotions and conversations. Rachel Simmons will introduce you to the critical skills to speak and listen with courage, improve your current mother-daughter communication patterns, and help your daughter reach her full potential as a leader. You'll take home new mother- daughter memories and life-changing skills. Oh, and you get to experience all of this at your daughter's favorite summer home...Camp Echo Lake!



Rachel Simmons is the author of the New York Times bestseller *Odd Girl Out: The Hidden Culture of Aggression in Girls*, the first book to explore the phenomenon of bullying between girls. Rachel has appeared on *The Oprah Winfrey Show*, *Today*, *Dateline NBC*, and *NPR*. Rachel's work has been profiled in numerous publications, including *The New York Times Magazine*, *The Washington Post*, and *The Los Angeles Times*. Rachel speaks all over the country to girls, parents, and teachers about female aggression and its implications for girls' and women's lives. Rachel is the Founding Director of *The Girls Leadership Institute* and a consultant to schools all over the country. *Odd Girl Out* was recently adapted into a Lifetime television movie, which premiered in April 2005.

What have previous moms & daughters said? "Experiential. Engaging. Entertaining." "I loved hearing from Rachel's experiences and research, working on real life challenges, the interactive games that got us involved instead of just being lectured." "I thoroughly enjoyed interacting with the other moms and listening to their various daughter issues." "I loved the games and the experience. I loved this weekend!" "It was so much fun and I hope to do it again." ...**SAVE THE DATES...May 18-20!! See you at camp...**

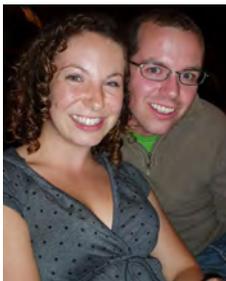
Staff Bulletin Board

Shout Outs and Holiday Wishes from Our Outstanding Staff!!

I am taking a class at school where we go to the trailer village that FEMA set up after Hurricane Katrina. There are over 400 school age children still living in this village alone. We have set up an after school program in one of the trailers that is doing really great. Halloween was our first holiday that we got to organize an event there. We did a "Trunk or Treat." There was no place for us to set up a carnival so we parked our cars, popped our trunks and had our carnival right in the parking lot. It was a huge success and all of the newspapers had someone there to cover it. The media gave exposure to the fact that life for a lot of children is still not "normal" yet. We are going to try to go BIG for Christmas. Hopefully we will be able to get the community involved to help! Miss y'all so much!
-**Crystal Harper**, Office Staff '06

All my wishes for Father Frost are about CEL. I want to come back next summer. This summer in camp was the best summer of my life. I met a lot of wonderful people and know a lot of new things. Camp Echo Lake is the best camp I have ever seen. I can't forget a beauty of nature. I was like at home and I forgot about being homesick on the first day. I dream to come back next summer. I hope that my dream will come true!
-**Maria Tyaglova**

I have been mega busy at University! I'm currently in rehearsals for a show that we are putting on in a few weeks. It's a physical movement piece so my body is aching from all the training I have been putting in. A big shout out to UVG's "shake your booty"!! Miss you girls loads especially when we shared many crazy times together in the bunks! Also miss my day off crew, The Georgiamobile!! I've made all of my flat mates watch the Theatre DVD and it brought back a lot of memories! Yeah Theatre!
-**Rebecca Hancock**, Theatre Activity Specialist '06



A "Pedro"-sized shout-out to the LJGE Girls & Ladies -- I missed spending the last few days of camp with you, but you were most certainly in my thoughts and in my heart! I am looking forward to spending time with family and friends, the beautiful fluffy snow, and all that yummy holiday food! I was lucky enough to have a visit from Dawn Wylie as she traveled through Calgary on the final leg of her North American Adventure. Richie B, Cory Dawson and Allison Duthie celebrated Canadian Thanksgiving with a meal that was nothing short of a culinary masterpiece!
-**Allison Duthie**, GL '06

I hope everyone is happy and healthy. I recently got back from traveling after camp and am looking forward to a nice summer Christmas on the beach down here in Australia and then starting study at Sydney Institutes Design Studio in the New Year. Just want to say hi, to all Frosh counselors and campers, and all my other CEL friends. Thanks again for an amazing summer, I had an awesome time and miss you all. Have a great Christmas and New Year!
-**Carly Pieper**, CS '06

I can't wait for my holidays to be filled with BBQs, the beach and glorious music festivals. Oh and watching Australia reclaim the Ashes (it's a cricket thing!). A big 'Happy Holidays' to the LIBs from Summer '06 - hope you're all having a brilliant year.
-**Hugh Brodie**, GL '06

I am looking forward to heading home for the holidays to see my family and friends, and maybe even get together with some camp friends! Hope everyone has a happy holiday!
-**Eric Davis**, GL '06

My best memories of camp have to be the time I have spent with the campers and my co-staff, the people you fall in love with. Be it cooking, or fighting huge, weird bugs on the Cape Cod trip, or shopping on your day off, the special moments will stay with you forever. The friendships and bonds that are forged and the people you surly miss. The best is I got to do it all with a great group of kiddiewinks that made my summer. I would like to say hi to all and I hope to see you next summer.
-**Chris Jones**, CS '06

In addition to dancing with Fusion Dance Company, **Michelle Rinke**, **Jessica Harris** and **Sharifa Vinson** are now dancing for Bar and Bat Mitzvahs! The three ladies were asked to work for a DJ company in Chicago and are having a blast. So if any of you campers want your counselors to dance at your Bar or Bat mitzvahs...just give them a call!

Emma Neville and Brendan Scott came to visit me in Ireland for a few days over Halloween. I dressed up as Super Mario and felt like a celebrity when everyone wanted to get their picture taken with me! I'm really looking forward to the festive period coming up because I'll be going to Leeds to meet up with Flip Biddelman and Mark Kenny as well as all the English Staff that will be reuniting for New Years Eve!! I really miss camp and hope to get back again next summer!!
-**Ruairi McCallion**, Fine Art Specialist '06



For the holidays I'm most looking forward to snow, snow and more snow and a chance to catch up with any fellow CELers who are heading up to Whistler this winter. I recently experienced my first real Halloween. A favorite memory from camp this past summer was swimming across the lake and going to water slide world.
-**Jo Mackey**, Dance Co-Head Specialist '06

Since camp I have been very busy! I have written a 20+ page paper on an implantable device that I designed and built last winter! It will be implanted into some animals for research testing, so I am happy at how successful the project has been thus far. (Sorry for being vague about the device, but I'm under a Non-Disclosure agreement that won't let me tell you any of the cool things about it). I moved back to school in Ann Arbor, MI at the University of Michigan for my senior year in Mechanical Engineering. I am applying to the University of Michigan's Biomedical Engineering Master's Graduate program in hopes to stay one more year and earn my graduate degree. I want to give a shout out to all of the '06 UIBs! I hope you guys are having fun at home with your Xbox's and PSP's and you're getting excited about Echo Lake Summer 2007 LVB's! I hope to see you all next summer.
-**Ryan Davis**, GL '06

Campers Corner

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

I wanted to let you know that I made the Westmount Flyer's Inter-city hockey team. I play a forward position. I love hockey. I have lots of homework in Grade 3. Send me an e-mail at: samuelgoldberg@sympatico.ca Have a good winter. Also, when Laurie Rinke came to Montreal for a wedding she had lunch with my mom, brother, sister, and I. It was fun. My mom, Lissy Kates Goldberg, was Laurie's counselor when she was a camper at Echo Lake. We had a lot of fun! **-Samuel Goldberg, FB '06**

I want to shout out to all of my CEL friends. I miss you guys. E-mail me **~Adam Freindlich LIB '06**

Congratulations to **Allie Chaves** who was elected by her peers as one of the Student Organization representatives for the 7th grade at her Middle School.



I think Camp Echo Lake is a good place for kids and me and my brother think all kids should be able to go. It's the best camp I know and I'll come as many years as possible. This year I made new friends at camp and I have great memories, "memories of echo...". I started fencing when I came home. I'm continuing tennis and guitar. I eat Nutella every day. I love echo. **Stefan Luiggi, LJB '06**

How are you doing UJG '06? Shout outs to: Rachel Feller, Isabel Greenberg, Lizzie Coleman, Kendall Gross, Casey Goldberg, Sydney Kapelus, Alexa Krieger and Melissa Rosner; & the greatest group on camp, with all our very best friends. Last summer, sadly, really did end. Can't wait for next summer. **Julia Haber, UJG '06**

Lily and Jonah Mars kids let us know that if you are in the market to purchase a camp appropriate iPod nano, and you want to do a fuzzy worthy good deed. Apple has created a "Product Red" Special Edition iPod Nano. Apple will give \$10 from the purchase of your iPod Nano Product Red edition to the Global Fund to fight AIDS in Africa. Go to www.apple.com/ipod to learn more!

Hey everyone! I want to give a shout out to the best people in camp... the LOWER INTERS! I miss you all like crazy!! I can't wait for summer 07! COME TO THE Reunion!! I hope to see you all there. (I will be the really tall one standing next to an even taller boy, you can't miss us). Special shout-out to Max...miss you so much. **~Jordan Meisel LIGW '06**

While waiting to cross the street at the corner of 86th & Amsterdam, Laurie Rinke was spotted by **Sydney & Liza Kapelus** riding in their family car. It was a fun run in on the streets of NYC.

Cory Oringer finished up his first football season & is busy juggling his schedule with two simultaneous hockey teams. Cory's intercity winter team is off to a strong 6-2-2 start, while his school's Peeewe team is ready to start their season. Of particular note, Cory attended Cody Lavy's Bar Mitzvah this past weekend- quite possibly the greatest Bar Mitzvah party ever thrown (next to Holden Ostrin's bash back in 1973). **Justin Oringer** is proudly wearing the "A" (Assistant Captain) for his Atom BB intercity hockey team, & he is also a "call-up" for an intercity Peeewe team where gets to "school" the 12 and 13 year olds. When Justin is not playing hockey, he can be seen on Youtube.com. Do a Youtube search on "Bobblehead Justin"!

I would just like to give a shout out to all of my camp friends. Can't wait to see you guys at the camp reunion in Dec. **-Daniel Jacobs**

UJBE!! Bunk 21-Remember if you're good this year & with a tiny pinch of magic the laundry will do itself. Bunk 23-Chris is the Fatman with the plan! **-Max "Cocoo" Klaffer**

Lily & Jonah Mars were at the Nets basketball game on 11/10 and when Lily asked the Nets player Cliff Robinson for his autograph he said one minute... then he came over to them and gave them his SNEAKERS! Lily asked him if he would autograph each shoe and he did! Cool huh... Plus Lily was Napolian Dynamite and **Caroline Katz** was a "computer nerd" for Halloween.



LIG'S 2007 see you there! Thank you, **Danielle Grossman, UJG '06**

This year my soccer team made it to the finals I scored but we lost by 1 point. Have a nice year! **-Annabel Stanley**

I wanted to send a shout out to Casey, Rachel, Sammy, Margo, Sarah, Callie, Benita, Emily, & the rest of the LJGW! I can't wait to see all of you at the reunion. I will always remember the summer of 06. I love you all so much! **-Brooke Kleinfeld, LJGW**



Hey everyone! Since I have been home I was in a show called West Side Story. It was really fun! Now my next show is my Bar Mitzvah (lol). I hope it goes well. Also many peoples Bar/Bat mitzvahs are coming up and I'm very excited to see everyone. That's it for now. Bye **-Matt Leonard UIB**

I'm hearin' you LJBs of '06! I hope your summer was as stupendous as mine! Can't wait to come back & see all of you again! "Bloomy," do you want to have a play date soon? **Theo Feldman, LJB '06**

I'm looking forward to LVG's 07! I can't wait! It's going to be awesome. I was looking at pictures on the website & I almost starting crying...I miss CEL & the LVG's! I'm looking forward to the reunion! **- Jessica Tucker**

Lindsay Eller celebrated her 9th Birthday with her LJGW friends...a great time was had by all!



Sophie Krieger and Liana Pavaine met a new camper for 2007, **Jenna Shaipro**. They had a great time getting to know Jenna and talking about their favorite place, Echo Lake! **Sophie and Alexa Krieger** also want to give a big shout outs to their friends!

Hey, I just wanna send a shout-out to the best group ever. Upper Village People 2006! Looking forward to 4n4, see you all at the reunion! I went to see Dane Cook at MSG with my Dad and friends from school and on the way out I ran into Laurie Rinke! **Zach Berger, UVB '06**

LITs of 06...I miss you all very much. School is so stressful & all I want to do right now is be at camp. I hope you guys are all doing well and I cannot wait to see you at the reunion or even before. I love & miss you all! **-Ali Heifetz, LIT '06**

I had 12 inches of my hair cut for "Lochs of Love". The hair is going to children who have cancer. It was a great experience. **-Sarah Berger**

A shout out to the UIGs 06 for a fun-filled & great summer! I love & miss you all. **-Casey Linder**

I visited my camp friends at the Berk's house. We had lots of fun playing ping-pong & playing pool. Thanks to the Berk's and everyone who was there. **Noah Tucker UJBE**

I want to give a shout out to LJGE for being the BEST group ever!! See you guys next summer!! **Sam Ferleger, LJGE '06**

I cannot wait for summer 2007! I want to send a shout out to all the LJGW girls. They made my summer the best ! Hope to see you soon. **Rachel Weiss, LJGW**

Bunk 8... Can't wait to see you next summer! **-Izzy Klein ljge**

I wrote a poem in middle school this year about camp. The year is going by so fast (which means camp will come sooner!!) **-Danny Wilson, LIGE '06**

A dream of green, a dream of gold
Of a place I'll love till I'm old
The last week we can't feel the sun
Wishing summer had just begun
Soccer, art, of course tribal war
So many fun things to explore
So many ways to have some fun
Wishing summer had just begun
The summer is completely through
If only it was all brand new
We load the bus, so sad it's done
Wishing summer had just begun.

Hey UIG '07! I miss you guys and I love you. I can't wait until the summer!! **-Ali Chalfin, LIGE '06**

I am really looking forward to camp! **-Josh Landman, LIB**

AT HOME DO - IT - YOURSELF ACTIVITY AREAS

What will you be famous for????

Many of you remember working in the style of Andy Warhol this summer. Well he once said "The day will come when everyone will be famous for 15 minutes." If this is true, draw a picture showing what you think you'll be famous for someday?



"Someday I will be a sheriff and be famous for catching a killer."

Randy, Age 12

Want to Do More?

Visit the Andy Warhol museum on the Web. Examine how art is used to commemorate famous people and important events in different cultures around the world. See, for example, Washington Crossing the Delaware painted by Emanuel Gottlieb Leutze in 1851. Create a work of art that commemorates a famous person or event in history.

Have fun and keep creating.

Artistically yours,

Sara Gold

Fine Arts Head Specialist



Believe it or not, I was inspired to offer some Hoopsology 101 from a visit I made to camp last weekend! Sure, it was chilly and there were even a few flakes in the air, but as I walked out on the Senior and Main Village courts, I could see all of you hooping it up in the summer sun!!



I am sure that many of you will be playing on your school or travel teams in the near future, if you haven't started already, and I was thinking of some ways that you can get an edge on the competition. So, with out further ado, here are my certified authentic Ten Habits Of Highly Successful Hoopers:

1. Be early for every practice. This is a great time to get in some extra shooting. If you play on a team most times your coach will come at least twenty minutes early. Be waiting when he gets there, take your ball in and work on your skills. You'll be really warmed up and have a better practice, too.
2. Make sure you run hard on every play. Ok, this may sound obvious but you'd be surprised how many people take time off when they should be hustling! You'll be amazed how many extra rebounds and steals you can pick up simply by running hard all the time!
3. TYT. That's thank your teammates for a good pass that leads to a score—you'll get more passes and score more—and so will your team---if people acknowledge an assist.
4. Jump into drills. Most coaches will ask for a certain number of people to begin a drill. Don't hesitate!!! Jump up and get into it! This will show your coach how much you want to play!
5. Move without the ball. Even you play the entire game, you'll likely only have the ball around five percent (yes, five percent!!) of the entire time. That means you have to learn to move and play without it! If you do, you'll create many more chances for yourself to get into situations where you can use your skills.
6. Concentrate on defense. Most players focus too much on offense. That's because it is more fun and it's what people notice. But there is always room on every team for players who can play lock-down D. It doesn't take that much skill---just intensity and heart! Your coach will notice and you'll get more PT!
7. LEP. Another acronym! Learn Every Position: as a developing player, don't limit yourself to a single position---develop your all around skills so that you can play more than one---the more versatile you are, the more you will play.
8. Practice free throws. I know, this seems obvious, too. But think about it---if you want to be in at the end of close games, being a good free throw shooter helps a lot, and being a bad free throw shooter will keep you on the bench. A hint: practice free throws two at a time after you've run a sprint to simulate a game situation.
9. What goes around, comes around. Be a positive teammate...if you want to play, be a teammate you'd want to play with. This means playing hard all the time, but playing fairly, too. A positive attitude is contagious and creates a winning atmosphere.
10. Player, tape thyself. I bet your family has a video camera. Have your parents tape your games and watch them with an eye for improvement. We coaches always say, "Tape never lies!" Most young players have no idea what they look like while they are playing and it really helps you to improve when you see yourself in action.

That's it from Geneva, the hoops capital of central New York! Want more individual help? Email the camp office with your questions and I'll be happy to give you tips for developing your skills! See you in June!

Glenn Begly

Basketball Head Specialist

FUN WITH FINE ARTS!!!

BASKETBALL BOMANZAI!

AT HOME DO - IT - YOURSELF ACTIVITY AREAS

IDYNA MIC DANCE!!!

Hey Campers,

So, I know that all of you are still dancing. Yes, you may have settled back into your lives and even though you're not at camp you can still dance it up and break it down. Here's some things you can do at home:

Stretches- We all know stretches are important. Stretching helps to warm up your muscles so that you don't get hurt. It also helps increase our flexibility. Here are some areas to focus on:

- Neck: Roll your head around and turn it up and down and side to side
- Shoulders: Bounce them up and down
- Chest: Push your chest forward, backward, and sideways. Try to isolate your chest as you stretch it.
- Hips: Swing your hips from side to side and front to back
- Legs: Plies are a great way to stretch your legs
- Back: Bend over and touch your toes. Try bending your knees and straightening them
- Feet: Try writing your name in the air using your foot. Don't forget to do the other one!

Freestyle: Freestyle is so important in dance. No matter what kind of music it is, freestyle helps us feel the beat and the groove of the music, which is so important in dance. So turn on some music and just start moving to it.

Choreography: Try making up some moves to a song you really like. Teach a few of your friends and perform it in front of an audience (even if it's just your parents).

Dance Classes: Dance classes are always encouraged. They help you learn technique and have a lot a fun while doing it. Ask your parents about taking a dance class at a studio near you. Don't be afraid to branch out... try swing dance, salsa, hip hop, ballet, tap, and any other form that catches your eye.

Last but not least you can always work on your faces at home. Remember that dance isn't just about the moves, but also about the way you have fun with it. Practice making faces when you dance. Don't forget to smile.

Remember what I always say. Dance is like food. Cooking the food is a lot like learning a dance. You have to make sure you have the right ingredients, and that it's healthy and nutritious. But once you've cooked the food, what next? Taste it. The food is good. Just like dancing is fun. You have to show how much fun it is. Let loose and dance like nobody's watching. So next time you feel like dancing... taste it.

Miss you campers,

Sharifa Vinson

Dance Co-Head Specialist



What's Cooking in the Kitchen?

Attention all Chef Campers & Staff! If you are crazy for chocolate bars with crisp rice like I am, then you'll love diving into these treats. This is a quick-mix, one-pan recipe. Don't you just love that? Easy clean-up and no baking required! Everyone can do this one!!! The only difficulty is not eating them all in one sitting! They are definitely addicting!

CRISPY CHOCOLATE DROPS

10 oz Milk Chocolate Chips

1 cup Rice Krispies/or another crisp rice cereal (see Tip below)

Variations:

You can add any of these ingredients to some or all of the mix if you'd like :

1/2 cup of Mini marshmallows (I add these to mine!)

Chow mein noodles

Different kinds of nuts (I.e. salted peanuts) or you can substitute bittersweet chocolate or semi-sweet chocolate for milk chocolate

Directions:

You need a baking sheet, lined with parchment paper (you can buy it in your grocery store) or waxed paper.

In a large microwave-safe bowl, microwave chocolate, uncovered, on Medium (50%) for 1 to 2 minutes, depending on your microwave (you don't want to burn the chocolate chips!), stirring every 30 seconds, or until chocolate is soft and almost melted. Stir until completely melted and smooth. Stir in cereal. Using two teaspoons, drop chocolate mixture onto prepared baking sheet. Refrigerate chocolate drops until firm. Store drops in an airtight container or resealable plastic bag in a cool place or the refrigerator for up to 2 days.

Makes 24 Drops.

Kitchen Tip:

Don't use puffed rice cereal in this recipe, as it's not crisp enough. If you only want to serve a partial amount, keep the finished chocolate drops in a freezer plastic bag in the freezer for later time. This way you always have something on hand if you have unexpected guests, or your hungry kids and their friends ask you to make them again!

Snapple Fact # 113: The year that read the same upside down was 1961. That won't happen again until 6009.

I would love to hear if you have made some of the summer or Trail recipes since you've been home. Let me know if they turned out well or if you had any problems. I am always here to help; just write me at rpearl@videotron.ca

Bon Appetit!

Renee Pearl-Sigler

Cooking Head Specialist



WHAT'S COOKING IN THE KITCHEN???

61 Years of Memories of Echo...

Some of the Athletic Field, Echo Lake Tavern, Warrensburg, N.Y.



KINGS AND QUEENS AND BISHOPS TOO...WANNA WISH THE BEST TO...

CAMPERS...

Emma Boykin	Dec	2
Natalie Bruck	Dec	2
Elana Stettin	Dec	2
Brett Kleinfeld	Dec	3
Jeremy Zelikovic	Dec	5
Adam Weinberg	Dec	6
Alex Visoky	Dec	7
Justin Oringer	Dec	9
Emily Parker	Dec	9
Brandi Prell	Dec	9
Rachel Silver	Dec	9
Ali Bienenstock	Dec	10
Adam Hicken	Dec	10
Tilly Pecker	Dec	11
Jordan Marks	Dec	12
Jenna Reichenbach	Dec	12
Brian Diamond	Dec	16
Naomi Rossman	Dec	16
Liza Kapelus	Dec	18
Dean Hirschberg	Dec	20
Jordan Goldstein	Dec	21
Samantha Kapner	Dec	22
Brian Tucker	Dec	23
Mitchell Uris	Dec	23
Ben Berger	Dec	24
Andie Migden	Dec	24
Rachel Some	Dec	25
Sydney Bibicoff	Dec	26
Sam Tell	Dec	26
David Weinstein	Dec	26
Joshua Turner	Dec	27
Taylor Wallach	Dec	27
Becca Aronson	Dec	28
Jolie Schenerman	Dec	28
Russell Einberg	Dec	29
Jordan Kaye	Dec	29
Joshua Chavkin	Dec	30
Sophie Kaplan	Dec	30
Jordan Friedman	Dec	31
Allison Luntz	Jan	1
Steven Winnick	Jan	3
Michelle Eisenberg	Jan	4
Carly Stern	Jan	4
Eli Nobler	Jan	5
Franny Gould	Jan	6
Allison Einberg	Jan	7
Scandia Manon	Jan	7
Ethan Bookstein	Jan	8
Erica Moser	Jan	8
Isabel Greenberg	Jan	9
Lauren Volpert	Jan	9
Matthew Kains	Jan	10
Alexandra Reitman	Jan	10
Emmy Hirsch	Jan	11
Jake Sussman	Jan	12
Emily Goldspink	Jan	14

CAMPERS...

Dana Harris	Jan	15
Emily Seltzer	Jan	15
Jonathan Silverstein	Jan	15
Hayley Lavin	Jan	17
Andrew Stafford	Jan	17
Jakob Weisblum	Jan	17
Emily Goldstein	Jan	18
Ashley Pollack	Jan	20
Karli Weitzman	Jan	20
Jason Goldstein	Jan	21
Jeffrey Silverstein	Jan	22
Lauren Koenig	Jan	26
Rebecca Zukowsky	Jan	27
David Berman	Jan	28
Rachel Feldman	Jan	28
Caroline Okun	Jan	28
Maxwell Boykin	Jan	29
Matt Leonard	Jan	29
Sarah Weill	Jan	30
Zach Saperstone	Feb	2
Hannah Friedfeld	Feb	3
Andrew Kenny	Feb	4
Drew Meklinsky	Feb	5
Melanie Harrison	Feb	6
Dana Wilson	Feb	7
Liza Wiesenthal	Feb	8
Jeffrey Neikrie	Feb	9
Benjamin Meisel	Feb	10
Jordan Meisel	Feb	10
Max Freedman	Feb	12
Alexa Krieger	Feb	12
Derek Sigler	Feb	12
Jared Katz	Feb	14
Ethan Zombek	Feb	14
Daniel Jacobs	Feb	16
Gideon Nachman	Feb	16
Jackie Feldman	Feb	18
Samantha Silfen	Feb	18
Elizabeth Berkowitz	Feb	20
Mitchel Katz	Feb	21
Jillian Ruskin	Feb	21
Emma Doremus	Feb	22
Justin Perline	Feb	23
Alana Smolinsky	Feb	23
Annabel Stanley	Feb	23
Alana Deutsch	Feb	24
Max Deutsch	Feb	24
Alexandra Wechsler	Feb	24
Justin Meyer	Feb	25
Jordan Zides	Feb	25
Noah Brook	Feb	26
Myles Novick	Feb	26
Rachel Schwimmer	Feb	27
Steven Rothbort	Feb	28
Charles Lutvak	Feb	29

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 A N D A N A A N D A P, P, Y
B A N D A N I A N D A R, T, H
D A N D A N A A N D A F I N A L Y
H A A A A A P P Y B I R T H D A Y.

THIS IS YOUR BIRTHDAY SONG, IT ISN'T VERY LONG,
MY NAME ALIX SCHIFF, HEY!

STAFF...

Sara Gold	Dec	1
Simon Thorley	Dec	1
Darren Langworthy	Dec	3
Eric Diehl	Dec	4
Amy Leopold	Dec	4
Viktar Datsyk	Dec	6
Nick Stoulik	Dec	8
Paula Gilliland	Dec	11
Graeme Visagie	Dec	13
Dawn Wylie	Dec	13
Brian Babauta	Dec	17
J.P. Begly	Dec	17
Michael Ngoma	Dec	21
John Finnigan	Dec	23
Melanie Mastrototaro	Dec	23
Elizabeth Brot	Dec	29
Thomas Wheatley	Dec	31
Joseph Peyton	Jan	3
Nichole Barrett	Jan	5
Julie Rotter	Jan	5
Allison Zucker	Jan	5
Laura Knapp	Jan	7
Charles Krarup	Jan	9
Catherine Luiggi	Jan	9

STAFF...

Laura Evans	Jan	13
Richard Beaudoin	Jan	16
Meredith Pugh	Jan	20
Simon Lynn	Jan	22
Jessica Harris	Jan	23
Brendan McGuigan	Jan	23
Jill Hickson	Jan	27
Rebecca Hancock	Jan	29
Tomasz Stolarski	Jan	29
Zach Zelikovic	Jan	29
William Bear, Jr	Feb	2
Christopher Jones	Feb	5
Diane Simmes	Feb	8
Jessica Uze	Feb	8
Ryan Davis	Feb	12
Brittany Prell	Feb	12
Dana Jackowitz	Feb	17
Hugh Brodie	Feb	19
Andrew Morrison	Feb	19
Jay Boisvert	Feb	20
Andrew Vinson	Feb	23
Chris Bills	Feb	25
Cory Rothbort	Feb	25
Courtney Tolley	Feb	26

**HAPPY BIRTHDAY TO
YOU...UH UH!!!**

CAMP ECHO LAKE
 3 WEST MAIN STREET
 ELMSFORD, NY 10523



*** ATTENTION 2006 CAMPERS, PARENTS, & STAFF...PLEASE JOIN US FOR OUR 2006 MONTREAL REUNION ON DEC 3 & OUR 2006 NY AREA WINTER REUNION ON DEC 9! SEE PAGE 5 FOR DETAILS! LOOK FOR ADDITIONAL 2007 WINTER EVENT DETAILS ON PAGE 9!!

CAMP ECHO LAKE 2006 – 2007 DATES

CALIFORNIA REUNION	WEDNESDAY NOVEMBER 15TH, 2006
MONTREAL REUNION	SUNDAY DECEMBER 3RD, 2006
NEW YORK AREA REUNION	SATURDAY DECEMBER 9TH, 2006
SENIOR VILLAGE WINTER WEEKEND	FRIDAY JAN 26 – SUNDAY JAN 28, 2007
MAIN VILLAGE WINTER ESCAPE	SATURDAY MAR 3 – SUNDAY MAR 4, 2007
NEW PARENT NIGHT	WEDNESDAY APRIL 18, 2007
NEW CAMPER PICNIC	THURSDAY, MAY 3, 2007
MOTHER-DAUGHTER WEEKEND W/ RACHEL SIMMONS	FRI MAY 18-SUN MAY 20, 2007
CAMP ECHO LAKE 2007 SEASON BEGINS	SATURDAY, JUNE 23, 2007
PARENT VISITATION	SATURDAY JULY 14, 2007
CAMP ECHO LAKE 2007 SEASON ENDS	SUNDAY AUGUST 12, 2007
ECHO LAKE IDEA	TUESDAY AUGUST 14 – SUNDAY AUGUST 19, 2007
LABOR DAY FAMILY CAMP WEEKEND	FRIDAY AUG 31-MONDAY SEPT 3, 2007