



CAMP ECHO LAKE

TRAIL

OCTOBER 2009

As of October 30, there are 239 days until Summer 2010 begins at Camp Echo Lake!!!



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New Kids On The Block

We are SO excited to welcome the following "New Kids on the Block" to the Camp Echo Lake family!!! The following campers will be joining us for summer 2010 and we can't wait for them to experience the magic of camp!! Welcome to "The Lake"....

Sarah Abbe
Max Berenbaum
Meryl Berman
Sydney Brett-Lieblein
Adam Cohen
Kevin Cohen
Hannah Coleman
Sam Cooperman
Ben Davidson
Matthew Deutsch
Matthew Dugoff
Hayley Finkelstein
Sofia Girvin
Joshua Gluckman
Alexa Goldberg
Jeremy Goldstein

Matthew Greenwald
Michael Grossman
Aviva Hurvitz
Harrison Hurwitz
Danielle Jacob
Avery Jerris
Jake Kapnick
Zachary Kapnick
Hannah Kreutzer
Max Ladenheim
Alexander McKillop
Blake Migden
Camryn Miller
Justin Morgenstern
Scott Morgenstern
Sophie Nadel

Erica Noe
Rachel Roberts
Ryan Rothman
Emma Satin
Corey Scheinfeld
Lucas Schiffman
Ellen Schoenfeld
Julia Shapiro
Carly Skutch
Jack Spector
Joseph Steinberg
Rebecca Wachen
Izzy Wagman
Zachary Weiner
Rebecca Wolf



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SAVE THE DATE!!!

65TH ANNIVERSARY ALUMNI REUNION

FALL FOLIAGE WEEKEND

SEPTEMBER 24TH
TO
SEPTEMBER 26TH, 2010

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

From the Clipboard of Tony Stein...

It's the fall and the 2009 camp season just ended, so of course that means we are just relaxing and taking it easy, right??? NO WAY!

We are already hard at work on 2010 - there is no rest for the hard-working CEL crew, both here in Elmsford and for the boys up in Warrensburg. So what are we doing this time of year, you might ask.

Let's see ... with the incredible range of activities we offer each summer, we review the feedback from all of our Head Specialists and Program Staff to determine what we can do to improve the camp program. Are there activities we need to offer more of? Is there new equipment that we can get for different activities that would make them more fun ... or make the activity area even better? And how about all the different parts of camp that simply help make camp run ... like maintenance, transportation, the Health Center, laundry, and of course food service. We look at all of those things to figure out what we need to do better for next summer.

And we also take a look back at all of our wonderful staff and start to think about which ones can return and what they should do at camp next summer. Believe it or not, we are already planning our Head Staff planning weekend, which happens each year during our New York reunion weekend. By that time we will have our Head Staff all in place for 2010 - makes for a very exciting weekend!

Now as busy and as exciting as this fall is, next fall is going to have an added amazing element to it. As you know, 2010 is my family's 65th summer at the helm of Echo Lake - not too many other camps can say that! So next September, we are going to be hosting our 65th Anniversary Alumni Reunion up at camp (the weekend of September 24th to 26th, to be exact). What could possibly be better than Echo Lake amidst the changing colors and fall foliage of the Adirondacks? Alumni, mark your calendars!

So we may not do line-up every night in September and October, but we are thinking about - and planning for - the summer of 2010!

Enjoy the fall, the changing colors and keep counting down the days.
- Tony



Hi Echo Lakers,

After a rip-roaring summer at the best place in the world and a week in London - my second favorite place - I headed off one Saturday night to a CEL Reunion in Manhattan. It was the 2nd annual reunion spear-headed by Lauren Ostrin and Steve Solomon, long time and loyal Echo Lakers. It was a great gathering filled with accomplished, talented, lively former campers all possessing one additional thing in common - their love of and profound enjoyment of their summers spent at Our Favorite Camp.

Elsewhere in the Trail will be a listing of this mighty band - something of a warm-up for, believe it or not, our 65th, yes, I said 65th, Echo Lake Reunion, this one, as all major ones are, on our beautiful camp site in Warrensburg.

More to follow on that impending significant occasion elsewhere in this 1st class publication!

Hey, gang, have a great year. Everybody study hard - school is your job, you know! Keep well, keep in touch with us and each other. We'll see you at the Reunions off-site and, of course, at the big one - 65th, yes, that's what I said, 65th! Wow!

Loving you madly,
Amy



From the Desks of...

Laurie



Main Village Director

I was driving in my car recently and was truly struck by the magnificent colors of the changing autumn leaves. The dynamic reds, oranges, and yellows were such brilliant displays of the trees finest fall foliage. The leaves show their “true colors” in the fall as a sign that they have taken the wonderful summer nutrients and digested them in a way that allows them to now bring out their “best and brightest” colors. Not surprisingly, this got me thinking about camp.

Over the summer, camp provides all of us with the nutrients we need to grow and change and develop into our best selves. We take the sun, water, friendships, activities and mix them all up as the ingredients for our growth. When camp ends and we go home, those nutrients are digested and it allows us to bring out our own brilliant colors. So, now that you are showing your dynamic reds, oranges, and yellows in such brilliant displays of your own finest foliage, what does that mean?!?!

Now is the time to show your yellow: the skills you developed in all the activities you did at camp. Maybe you learned a new stroke in tennis, a new dance move on stage, a new way to glide through the water, or the new sensation of climbing a rock or crawling through a cave. Don't stop there! Take the ingredients of all the activities that you enjoyed and tried at camp and build on them at home! Join a team, audition for a play, go outside and enjoy nature. Do whatever you can to build the skills and interest in the activities you participated in at camp.

Now is the time to show your orange: the friendships you made and built on all summer. Maybe you met a really amazing friend for the first time or maybe you spent your fourth summer in a row laughing with a close friend. Don't let the relationships stay just at camp. Take the ingredients of your camp friendships and build on them at home. Whether you call your camp friends, have sleepovers, make play dates, or email with them, keep in touch! That is the only way to keep your camp friendships strong and to let them deepen, continue to nurture them from home. You can also use the lessons you experienced about friendship at camp to strengthen your friendships at school and at home. Do whatever you can to continue to build the friendships that started at camp.

Now is the time to show your red: the passion for life, the positive self esteem, the sense of community you shared when you felt good about yourself and about doing good things for others. Think about all the big and small things you did this summer that allowed you to help another person, share yourself, be good to earth, or be a helpful part of the camp community. Not only were you doing good things for others but you were doing good things for yourself as well. You made a difference for other people and that, much like a fuzzy, not only shares a warm inner glow but shines one back on you as well. Now that you're home, how can you make a difference in your house, your school, your town? What can you share, give up, help, or inspire to make one, ten, a hundred people feel good? Can you find a way to “pass a fuzzy” to the people around you at home? You will make a difference for the better for yourself and others if you think about others. Do whatever you can to continue to build your passion, feel good about yourself, and give back to your community like you did all summer at camp.

Just like the leaves are showing their “true colors,” my hope is that you too have taken the wonderful summer nutrients of camp and digested them in a way that allows you to now bring out your “best and brightest” colors. Shine on in your finest foliage and whether it's red, orange, or yellow, let us all enjoy your brilliance.

Love and XOXO always, Laurie

The Adirondack Almanac

Hey everybody!

I hope all is well in your neck of the woods. Things are again quiet for me now that I'm settled back into home life away from camp. It seems like so long ago everyone was up at camp. It always amazes me how quickly everything transitions.

I was watching the documentary on PBS about the National Parks and it got me thinking about our great park. The Adirondack Park was created in 1892 by the state of New York over concerns of water and timber resources in the region. The lawmakers basically wanted to make sure that the park was never lost and the water and timber were protected for the citizens of New York State. I don't

know about you but I'm awfully glad they made that decision. The Adirondacks are a great example of a successful relationship between nature and the people of New York.

I guess you can say the same about Camp Echo Lake. A lot has changed over the years but the core feel of camp and the respect we have for the past still remains. It's important to Tony and Amy that camp keeps a special identity as the years go by. This is done by building smart with an eye on the past as well as the future. I can't tell you the great job the maintenance guys do of making that happen. Of course camp looks different than it did 50 years ago but it still has that Echo Lake feel to it (at least that's what people tell me who went to camp a long time ago). Just like the National Parks, Camp Echo Lake is a place you can always go back to. It may look a little different from your last visit but after walking around for 5 minutes it will be like you never left.

Stay Gold, JP

JP



Operations Director

From the Desks of...

Brenda



Senior Village Director

Hey Senior Village I hope this Trail finds you well and enjoying the fall Each time I try to write something I end up with nothing at all.

Do I want to be witty and funny or profound and quite deep? This is a challenge which has left me with little to no sleep...

Do you read each edition from cover to cover not skipping a word?

Or is it only the pictures you look at - how absurd!

So this month, I decided to keep it light, simple and fun
A poem with good wishes, an 'I miss you' and then I'll be done.

From Montreal where the weather's quite cool and soon it'll snow
It's hard to believe we left our summer home almost 2 months ago!

You're all super busy now with school, activities and friends back at home
But I'm sure your heart is at the lodge, amphitheater or the thunder dome!

The Levines have a full schedule, of that there's no doubt
But in the midst of the craziness we took a time out...

Before we returned to 'real life' and we were still free
Jeff came for a brief visit on his way to Calgary.

Then before we had a chance to be sad and miss the Lake
A journey to Montreal Meredith did make!

What about a visit from my BFF to reminisce, talk and laugh to our hearts content? Of course Laurie came for a fun few days, but I don't know where the time went!

Then joining Glenn and Terry we visited camp a few weeks ago. Complete with a campfire and more than one "shmallow."

The lake was serene and the pine trees majestic and tall
But imagine, without the campers it wasn't camp at all.

Then a short time later we had a special treat
The Sigler Family came to our sukkah to eat.

Would Renee show up without a delicious baked good?
Not a chance - and I ate more than I probably should!

Just like you, camp is a part of my life every single day
For that I am thankful and find it hard to stay away.

No matter the distance or weeks and months that pass slowly
by we each have memories of summer 2009 - some bring
laughs while some make us cry:

The many friends and adventures that shaped those unfor-
gettable seven weeks from canteen to special days or even
climbing high peaks.

As you learn, grow and challenge yourself throughout the
school year we'll be planning for summer 2010 so very eager
for June to appear!

Flip through pictures and with camp friends make sure you
keep in touch it's those memories and friendships which
mean so very much.

I look forward to seeing you at the reunion in no time at all
In the meantime I hope you each have a wonderful fall.

Love and Hugs, Brenda

Jacko



Program Director

Time for another edition of CEL's Great Debate! This issue we will be debating what the best Tribal event is at camp. Certainly not an easy choice! To help me out I've asked Zach Zelikovic, 2009 Head Tribal Judge and long-time Echo Laker to help me out. We have Tribal Tug vs Apache... let the debating begin!

There is no tribal event better than Tribal Tug! For starters... IT'S THE STARTER OF TRIBAL COMPETITION! It's our first chance to pull out our

colors and apply our face paint. We wait ten long months for that faithful meeting at the waterfront where we dig our bare feet into the sand and wait for the sound of Tony's whistle. We pull with all our might as our teams huddle around us to cheer as each team's flag wave through the air. And when it's all over we leave the beach with hoarse voices and the excitement of knowing an entire summer of Tribal lies ahead!

The Apache Relay is not only the best tribal event, but probably the best day of the entire year. Everyone's skills get put to use. Whether you're a master gaga player or you can make and eat a mean cream cheese and jelly sandwich, your success directly impacts your team winning the entire race! It's the only event on camp where eating an entire pie with no hands is encouraged, and who doesn't love standing on the sidelines of the boys bunk line watching the victory runners come charging down towards the finish line. Any favorite tribal event of Ms Amy Stein is good enough for me. The Apache Relay is definitely the best tribal event of the summer.



So where do you stand? Is it Tug??? Is it Apache??? Is it a different event altogether??? I can just hear the debates breaking out all over the CEL universe. - Jacko



Spanning the World

On Saturday October 3, in NYC Lauren Ostrin and Steve Solomon hosted their second alumni get together. It was a ton of fun and allowed everyone to catch up and talk about memories of Echo! Some of the many alumni in attendance were:

Nigel Cheetham, Jennifer Radowitz, Michelle Roseman, Melody Stein, Halle Grossman, Lauren Schreier, Lauren Slater, Carissa Sachs, Meredith Gertler, Samantha Liebman, Danielle Caron, Fany Gerson, Danny Altschuler, Adam Pittsburg, Danny Cohen, Elizabeth Cohen, Jolie Colin, Amanda Colin, Steven Locke, David Plotka, Greg Kourakos, Loren Michelman, Sheri Grossman, Thad Slade, Lesley Shorr, Debra Rost, Lisa Kurcias, Steven Kent, Ben Alkin, Alex Fredericks, Preston Brooks, Seth Weinberg, Brett Haas, Jay Wegweiser, David Wegweiser, David Nadel, Matt Weitzman, Matt Soloff, Lauren Goldberg, Robin Zeigler, Susan Goldberg, Eric Stein, Jessica Lieberman, Karen Naimer, Ellen-Jane Erbstein, etc...

Nicky Wetzelberger emailed to let us know that she and **Rhys Farrow** are living in Korea and teaching English for the next year!! She also wanted to send a brief shout out: Hello...4n4 GIRLS 2010!!! Looks like summer 2009 was GREAT, I hope you all found time to play aliens, bunnies, & screaming lady? I missed everyone! Have a great year, but I am sure you have already begun your countdown for 4n4 2010! Love, Nicky Weztelberger

Ilana Leibman, who used to attend camp with her brother **Roberto**, came all the way from Mexico. Ilana got married 11 years ago to Mauricio Gutierrez, a wonderful guy from Mexico City and currently lives happily in Princeton, NJ. They have 3 children, Natalia almost 9 years old, Alejandro 6 and baby Sebastian just turn two. Ilana says, "Echo Lake had a great impact in my life, it build my character in many different ways and I have memories I will never forget and that now I share with my children."

Passings



Former staff member, **Norman Ostrin**, father of **Holden, Ivy, and Lauren Ostrin** passed away in August. The entire CEL family sends their love and condolences to the Ostrin family.

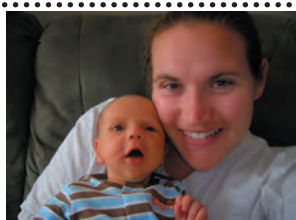
Sympathies to **Craig and Scott Ostrin**, as well as **Eileen Cohen Ostrin** on the loss of her mother **Florrie Cohen**.

Our deepest sympathies go out to **Charlie and Sam Krarup** on the recent passing of their father. You and your family are in our thoughts.

Condolences go our to the entire **O'Leary family**, including alumni **Jen, Dan, and Maura**, on the recent loss of thier father.



Stacey Becker & Jon Wanicur



Brynn Treloar and Braddock



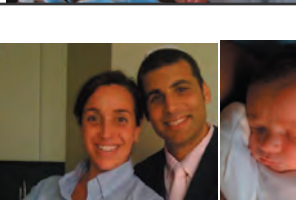
Reese Brodsky



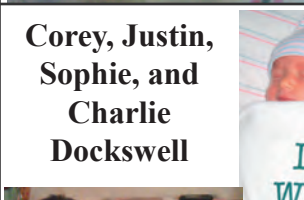
Bryan Chamberlain



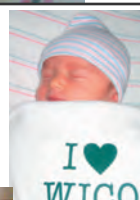
Grandma Stef with Brooke



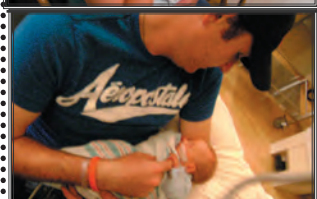
Julie, Guy, and Toby Hillel



Corey, Justin, Sophie, and Charlie Dockswell



Big Sister Sasha and Jesse Fried



Connor Murray



Celebrations

Greg Resin and his girlfriend, **Gisela Munoz**, got engaged! They met two years back on Manhattan Beach and Greg brought her back to the same spot to “pop the question.” Greg is one happy Echo Laker at the moment. We wish you all the best.

Kendra Falkenstien and her boyfriend of three years are engaged and getting married this fall. Best wishes to the happy couple!

Long time Echo Lakers **Stacey Becker** and **Jon Wanicur** (AKA the voice of the 5 dollar foot long commercial) came to visit camp on July 3. Stacy thought it was just for fun until Jon got down on one knee by The Lodge, overlooking beautiful Echo Lake and proposed! Stacey and Jon are thrilled to announce their engagement after happily dating since December 2007.

Lauren Goldberg was married on July 3 to **Nick Obourn** in Westchester, NY. Lauren is the middle school curriculum coordinator at the Berkeley Carroll School in Brooklyn. Nick is a freelance writer and editor who contributes to Art in American Magazine. Attending the wedding were Jackie and Danny Moscot, parents of alum **Gregg Moscot**.

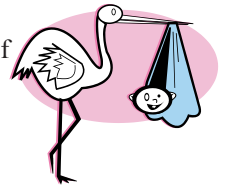
Wendy Katz, former long time Echo Laker, and member of the original staff the first summer of Morry's Camp, just got married to **Matthew Waxman**. Wendy was Hillary Clinton's legislative aide in 2001 and 2003 and also worked on Andrew Cuomo's campaign for attorney general.

Congratulations to **Chris “Woody” Burton** who got married on Saturday October 3!

Jenny Brett was married on Sunday Oct. 11 to **Craig Hayes**. **Sydney** (the newest Brett alum to officially sign up) has the honor of being flower girl, bridesmaid and maid of honor! Jen's sister **Dana** and her kids, Echo Lakers **Sophie and Sammy** will be present as well as Jen's brother **Matt** and his family--**Lauren Ostrin** should be attending the festivities as well. Congratulations to the entire family!

Echo Lakers 20??

Health Center Assistant extraordinaire, **Danielle Smith Nason**, and her husband **Bob**, are proud to announce the birth of their daughter, **Brooke Lorraine**. She is so amazing! Grandma, **Stefanie Smith** could not be more thrilled!



Jordan Rosenfeld and his wife, **Julia**, had their 2nd child on April 22 -- his name is **Ethan Matthew Rosenfeld**.

Rich Murray and his wife, **Jennifer** gave birth to a beautiful baby boy on July 10, 2009, **Connor Kalib Murray**. They are very happy.

On July 19 **Jessica Brodsky Miller** and her husband **Craig** welcomed their daughter **Reese Finnley** into the world weighing 8 pounds 8 oz. Big brother **Dylan** and big sister **Avery**, along with the many Brodsky CEL alums and current camper, **Drew Brodsky**, are ecstatic.

Brynn Treloar and her husband welcomed the birth of our first child, **Braddock William**, on Aug. 25th. He was 8 lbs 91/2 oz.

Tobias Harvie Hillel was born on September 15 at 4:10 pm! He weighs 7.15 lbs and measures 21 inches. Proud parents, **Julie Taubes Hillel** and **Guy Hillel** are elated and Toby is gorgeous!

Lori O'Neill Chamberlain wanted to let us know that her son, **Bryan Chamberlain** was born on Sept 23rd at 12:57pm. He was 8lbs, 1oz and 19 3/4 inches long. Both are doing great.

Charlie Alec Dockswell was born September 29 at 8:26am. He weighed 6 lbs 9 oz and was measured at 17.5 inches long. Mommy and Daddy, **Corey Frimmer Dockswell** and **Justin** (directors of Camp Wicosuta), are happy as can be and big sister, **Sophie** is over the moon!!

Surprise....**Jesse Harper Fried** arrived a week early! Born at 5:17 pm on 9/29, weighing 6 pounds, 14 ounces and measuring 20 inches. Parents **Marc and Debi Fried**, and big sister **Sasha** were overjoyed to welcome their second baby girl to the world.

Wendy (Lehman), Shawn, and Ellie Bucannan are thrilled to share the news that Ellie's baby brother is scheduled to arrive March 7, 2010!



2009 at Project Morry

2009 was marked by victories — every month, every week, every day, every hour, every minute, every second. Project Morry kids are asked to be a part of a community, to be a part of a team. That means that they must be responsible not only to self but also to those around them. Throughout the school year and summer, our kids continually showed us through their actions that they WERE learning through their efforts the importance of patience, cooperation, organization, time management and commitment. They took risks with their newfound strengths. They climbed 70' towers, trusted swim instructors to support them as they floated on their backs for a first time, waited patiently for their name to be called during an activity, read a poem at a campfire, slept with no lights on, tried a food that they had NEVER eaten before, wrote fuzzies and led by both their actions and words. Thanks to all of you who continue to believe, support and hope!

Echo Lake's 2009

Swimathon & Marathon for Project Morry

We are so thrilled that Echo Lake parents have once again stepped up HUGE to the plate this year to support all of our campers in our swimathon and marathon!

The swimathon and marathon day was a wonderful and well-run event led by our 2009 LIT's. In between some clouds, we got in a terrific run and a refreshing swim — all for a terrific cause!

As of this writing, **Echo Lake Parents have contributed nearly \$10,000 to Project Morry.**

Camps that Give are camps that celebrate the gift of camp through a camp based fundraiser targeted at benefiting Project Morry. Be it a swim-a-thon or a carnival, a marathon or a bake sale, they encourage the gift of giving by offering campers and their families the chance to give back by giving to. 38 Camps raised nearly an unbelievable \$200,000. We thank ALL the Echo Lake families for helping us to achieve this remarkable feat!

THANK YOU, THANK YOU, THANK YOU!!!!

Project Morry Autumn Elegance Gala Honors Henry Louis Gates, Jr.

On Thursday, November 19, 2009, Project Morry will celebrate its 13th Annual Autumn Elegance Gala at The Light-house, Pier 61 at Chelsea Piers in New York City. The evening begins at 6:30 p.m. with a cocktail reception, followed by a silent auction, dinner and an awards presentation. Honoree Henry Louis Gates Jr., Harvard University Professor and one of Time magazine's 25 Most Influential People, will receive "The Morry Award" in recognition of his lifelong commitment to education.

Please join Gala Co-Chairs Ellen Kisner, Echo Lake parent Michelle Coleman and Vice-Chairs Elizabeth Gates, Justin Ibrahim, and their dedicated committee, as we celebrate everyone who has embraced our dream and made it their own. If you are interested in supporting this event by attending, purchasing a journal ad, or providing an item for auction please contact Laney Mulholland at laney@projectmorry.org or call 914-592-3055.

Kids That Give

We salute the following kids who gave to Project Morry through their efforts of gifts and time this past year... **Ben Grayson, Ryan Karetsky, Jake Henin, Casey Russo, Lizzie Coleman, Danielle Mehlmann, & Danielle Meyer!** Thanks to all of you from all of us!

Project Morry thanks the family of **Julia Skutch**. We were the recipients of numerous donations in memory of their grandma Ellen Wigdor this past summer. Thanks to their mom Karen as well as the rest of her extended family for naming Project Morry as the recipient of these gifts.

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



The Echo Lake Idea 2009

This past August marked the 40th Anniversary of the Echo Lake Idea program, the original inspiration behind Project Morry. Over their 30+ years in camping, Morry Stein & Amy Medine Stein came to realize the indelible impact camping had on children. In 1970, Morry and Amy established the Echo Lake Idea a weeklong scholarship camp program for disadvantaged children. The "Idea" was then, and remains today, one of the first programs of its kind in the United States sponsored by a private camp. The Idea, has served well over 2500 children during its 40-year history and has received awards of recognition from the American Camp Association.

The Idea 2009 was nothing short of a superb tribute to the 40-year history of this amazing program. 60 Idea campers swam in the pools, slept in the bunks, ran on the fields, performed on stage, and even went to Lake George's Skateland for a fantastic evening of roller skating! By the end of the week the Idea program had a tremendous impact on the campers who celebrated their success with fuzzies, campfire songs, and Idea wish candles on Echo Lake.

Much of the success of the Idea program is due to the abundance of energy and generosity of spirit of the staff that volunteer to work with the children during the Idea week. This year, Laurie Rinke, Echo Lake Idea Director, was truly blessed to have the amazing Meredith Pugh to assist in all aspects of creating a GREAT IDEA! Meredith is generous, energetic, incredibly insightful, and made a tremendous impact on the Idea! Alongside Laurie and Meredith were the very passionate staff whose heart and soul for working with children made it impossible to tell that they were volunteering to work at the Idea! Laurie, Meredith, and the Idea campers truly worship you!

A BIG thank you and MANY fuzzies to our volunteer staff which included incredible individuals from this summer's CEL staff, alumni CEL staff, and staff all the way from Camp Iroquois Springs. Thank you to the 2009 Idea campers and staff for making the Idea truly outstanding! We can't wait to see all you Idea campers and staff in 2010...our 41st Anniversary year!



The 411 of 12885...

What's Happening in Warrensburg?



It's closing time and fixing time up in Warrensburg. September and October mean putting things away, turning off all the water, and making things all neat and tidy for the winter. It also means that Darren and his crew are working on things that need fixing, or new projects we are doing for next summer. This year we are starting off the fall with the renovations of more Senior Village cabins and the building of dugouts for our baseball diamonds. As always, the boys have a full plate of to-dos this off-season, all intended to make camp nicer, bigger and better for 2010!

Staff Bulletin Board

Shout Outs from Our Outstanding Staff!!

We asked our 2009 staff how they felt about their summer experience working at Camp Echo Lake and boy did they have a lot of wonderful experiences! Here are some of the many things staff had to say about being on staff at CEL....

This is an amazing place to experience first hand the impact a real role model can have on a group of kids. It's a once in a lifetime chance to be a kid again and not only learn more about yourself but also how to develop different skills you never thought you needed or had. – **Julie Flegm, Group Leader**

Mainly due to the people..the staff are amazing, very supportive, helpful and fun people. The campers are awesome to work with, so many of them have been coming to Echo Lake for years now and are amazing kids. The location is beautiful, the lake is picturesque and the Adirondacks are breathtaking. Camp Echo Lake truly gives you a summer of a lifetime! – **Robin Smith, Trek Activity Specialist**

Being a counselor at Echo Lake is an unbelievable way to build your own character, while building the character of all the children you get to work with. I cannot stress how much I am grateful for getting the opportunity to work at such a unique and moving place. – **Dan Scheinfeld, Cabin Specialist**

Camp Echo Lake is a great opportunity make new connections with people from all parts of the world. There was never a dull moment, the kids are wonderful, and the staff are too. – **Genya Cole, Basketball Activity Specialist**

iCamp Summer 2009 Mix

We surveyed the 2009 staff and asked them, "What song reminded them of summer 2009?" With a ton of responses, we created the "iCamp Summer 2009 Mix" and encourage everyone to download these songs onto a "playlist" and rock out to memories of summer 2009 at Echo Lake....in no particular order....

Boom Boom Pow – Black Eyed Peas
Fire Burning - Sean Kingston
I've got a feeling – Black Eyed Peas
Waking up in Vegas – Katy Perry
The Climb – Miley Cyrus
You belong with me - Taylor Swift
Don't Stop Believing – Journey
Poker Face - Lady Gaga
I'm yours – Jason Mraz
Love story - Taylor Swift
Hoedown Throwdown – Miley Cyrus
Don't Trust Me - 3OH!3
Jai Ho - Pussycat Dolls
Just dance – Lady Gaga
Single Ladies – Beyonce
Leavin' – Jesse McCartney

CEL allows a person to be free and youthful if only for a short time of the year. There are few other jobs where you get paid to have fun; knowing that you have made a difference in a child's life and that your care may help shape them as a person. – **Jon Dyer, Tennis Activity Specialist**

It's a fun environment, but also teaches you the values of leadership roles and taking on the responsibilities of working with children. – **Emily Kishbaugh, Volleyball Head Specialist**

Being a camp counselor is an experience that everybody should have if they are able to. It challenges you both mentally and physically and you leave stronger in both areas. The amount that you will have grown by the end of the summer is hard to describe to someone who has not yet experienced this amazing opportunity. – **Laura Diamond, Cabin Specialist**

You get to meet so many amazing people and make life long friends. You get a great sense of feeling that you are part of something amazing. And CEL offers a wide range of brilliant opportunities, positions and things to do. – **Sarah Edwards, Office Staff**

It is just an amazing place for campers and staff alike. You are so well supported by those working with you. Every day is different with varied challenges and tasks ahead. I was told it would be the summer of my lifetime for my first year- they were wrong- I now have had 2 summers of my lifetime and hopefully a third for next year. – **Mark Kaye, Theatre Head Specialist**

It's my home away from home, the best days of my life have been spent at Echo Lake. I feel important there, and what I do is important to the community of amazing people that work there. If I could, I would spend every summer of my life at CEL. – **Anonymous**



Campers Corner

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



JP Shuster going fall fishing in East Hampton!



Jake and Drew Meklinsky had a great time at the Philadelphia Phillies game with **Gareth Stitt** and **Laura Corrigan**!



Lila Bortniker and **Julia Schwartz** when they spent the day together at the water park in Long Beach Island, NJ



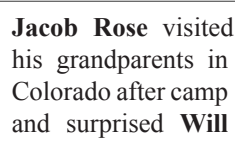
Alexandra Mantz, Hannah Tell, Isabelle Jacobs, Marlee Deutsch, Katie Hirsch, Jen Leighton, Lily Kessler and Julia Skutch got together in NYC recently!



Jacob Berk's
Bar Mitzvah on
9/12/09



In late September **Abi, Jacob, Isaac, Brenda, and Jay Levine** met up with **Glenn and Terry Begly** at Owl's Head Mountain in the Adirondacks for a great day of hiking, fall foliage, and camp reminiscing! Fun times had by all!!!



Jacob Rose visited his grandparents in Colorado after camp and surprised **Will & Morry Stein** at their birthday party. They then had another playdate where they biked, played football and rode their scooters all night. The three of them talked about camp the whole time!



Sammy Brett-Chin and **Ryan W.** are seen hanging out at a Yankee game after spending the day playing Myachi with the Masters at FAO Schwartz in NYC. Sammy's sisters were there too and had fun dancing with boys on the piano from the movie Big.



Zoe Butchen had herself a great birthday weekend. **Perri Thaler, Samantha Robins, Julia Mendelsohn, Hannah Spitzer** and new camper **Avery Jerris** were all at Zoe's party.

Brett Scherr wants to give a shout out to **Bennett Bookstein!** **Aaron Scherr** wants to give a shout out to **BCJ!** The Scherr boys are sending WARM thoughts from sunny Florida!

I went on a cruise to Alaska after camp and **Zoe Butchen**, who I love, was on my



cruise!! We had a great time, along with **Cole, Noah and Jordan**. It was so much fun to spend vacation with her and our families!! I also want to send a shout-out to the royal bunk 26- **Perri Thaler**

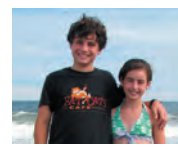


What do you get when you combine **Derek Sigler** and **Renee Pearl Sigler's** home baked goodies and **Brenda, Jason, Abi, Jacob, and Isaac Levine's** home made Sukkah...a great night of fun and CEL magic!

The Boston Saperstones – **Emily, Jack, and Jason** - and the Denver Steins – **Will and Morry** - went to Vt. after camp and replayed the entire CEL summer for their parents. They sang the Iroquois Tribal Sing songs, replayed all of Tribal Track and Apache and then talked about morning line-ups and evening activities. How fun to see 3rd generation campers still going strong and excited about the traditions of camp!



Alex Leventhal, Jeremy Klausner, Adam Neuburger, and Alec Diamond were together at Ellis Island on their school trip. Pretty cool!



Harrison and Caroline Okun at the beach.



Tony Stein's big brother, **Eric Stein** went to the Grosses house for a quick dinner before watching **Logan Gross, Jonathan Noe, and Graham Kessel's** Barcelona Soccer teams game. The three Woodcliff Lake School "Echo Lakers", coincidentally all on the same team, are enjoying the season so far.



Check out **Cory Oringer** playing at the Maccabi Games in Westchester where his team won silver! **Justin Oringer** was the official team photographer and provided this awesome shot.

Happy Halloween to all my 2009 UIBE friends!
- **Justin Perline**



Chelsea and Griffin Barich miss camp a lot!

My Mark Twain friends and I went on an extraordinary picnic in Prospect Park! It was so much fun but can never beat the friendships and good times that I always have with my friends at CEL!! MISS U ALL!! LV '10 BABE! - **Theo Feldman** - UIBE '09

Dear LIGE 2009, I miss you guys S O O O O O O much!!! I can't wait until next year. You rock!! Love, **Anna Schoenfeld**



Ethan Finkelstein, Matthew Bernstein and Graham Kessel at the Yankee game on Sept. 12th



Here is a picture of **Adam Tollin and Jack Doremus** taken in Ocean Beach, Fire Island, NY in late August. Both families were vacationing and the boys were able to get together a couple of times.

AT HOME DO - IT - YOURSELF ACTIVITY AREAS

Get Ready For Hoops!

Hi Everyone!

I hope your school year is off to a great start! I have been up at camp a few times since the end of the summer – the basketball courts are quiet and the leaves are already changing, but they're waiting for your return in June!

Corey and I were talking about how much you all improved last summer and what we think would be good for you to work on before you start to play for your school or travel teams this winter. In basketball, like so many sports, preparation is way more than half the battle. In order to get off to a good start, you need to make sure that you're fit and have sharp skills in the fundamentals of the game.

Being fit will help you in a number of ways. It's common sense that you'll perform better if you aren't tired or sluggish when you play. Fatigue results in many errors that can be avoided by simply being in shape. Second, remember that if you play on a competitive team, in order to get the most playing time you'll have to outplay your teammates in practice. Being in top shape will give you a better chance to play your best! Even if you are young player, fitness is really important. So, what should you work on? First, take a look at the results from your fitness test at school. Are you above the norm? If not, you can help yourself by practicing things like pushups and crunches at home. How did you do on the aerobic part of the test? If your school uses the pacer test, ask your p.e. teacher what an excellent score is for your age group. You should be right up there at the top if you want to play basketball effectively. If not, I'd suggest you run twenty minutes three times a week, checking your heart rate every five minutes. You can do this by pressing your finger on your carotid artery (it's the big one on the side of your neck) for six seconds; multiply by ten and you've got your heart rate per minute. It should be in neighborhood of 12-14 for six seconds or 120-140 beats a minute for you to get the most benefit from your run.

Now for the skills part. I would keep it simple. As we showed you in the summer, you will have the most effective workout by going at game speed. When you do driving layups, drive from five or six different spots on the court and place a chair or sweatshirt on the spot and dribble back to it at full speed when you practice you layups. Do three sets of ten from each spot with a free throw in between. That way, you can practice your foul shots when you're a little tired, just like in a game! Do the same with your jump shots – pretty soon you'll see how much you improve the number you make while improving your conditioning, too! You can vary this formula by giving yourself a set amount of time to make five shots from each spot; all you need is a stopwatch or a little cooking timer you can buy in any grocery store for a very small amount of money. When you are dribbling make sure you work just as hard on your non-dominant hand as you do on your dominant hand, until you are just as good with one hand as the other.

It is really important that you remember that your practice with your team is not the time to try something you're not sure of and confident with! You should be using individual workouts to become consistent with your skills and then (and only then!) put them to work with your team! Finally, make sure you are using an intermediate size ball until about seventh grade. Using a smaller ball while you are smaller means your shooting technique can develop properly from the start!

I am sure all these hints will help you when you start practice! If you want any other pointers or individual help, you can get in touch with me through the camp office.

See you at the reunion!

Glenn Begly, Basketball Head Specialist



BASKETBALL BONANZA!

BASKETBALL BONANZA!

AT HOME DO - IT - YOURSELF ACTIVITY AREAS

Mini Pillows were a BIG part of camp this summer, I think we went through more boxes of stuffing than ever before. Remember the burgers?, the fabric picnic? the small monsters? This cute little sunflower pillow will look great sitting on a shelf or desk; it even makes a great pincushion! And if you are really ambitious,

you can do what Zack did and turn it into a yellow legged spider!

Make one to celebrate autumn.



What you'll need:

- ½ sheet gold felt
- ½ sheet brown felt
- 4-6 cotton balls
- Small scrap of red felt
- Black craft paint
- Paintbrush
- Hot glue gun
- Pattern

How to make it:

1. Using the pattern cut out 2 large circles from brown felt and the flower from gold felt. Cut out the center circle of the felt flower.
2. Glue one of the brown circles onto the center of the flower.
3. Turn the flower over and glue the other brown circle to the other side, leaving about an inch or so open for the filling.
4. Carefully stuff the center of the flower with cotton balls.
5. Glue open end of the circle shut.
6. Cut an oval from the red felt to make a ladybug.
7. Paint one end of the red felt with black paint to create the head. Use the handle end of the paintbrush to add dots to the ladybug's back. Let paint dry.
8. Glue ladybug to the flower.

Tips:

- Hot glue can really hurt, so have a grown-up help you with those steps.
- When gluing the last part of the center circle closed, use a toothpick or craft stick to press the felt onto the glue so that you don't burn your fingers.
- Keep plenty of different colored felts on hand for fun and quick projects!

Artistically yours,

Sara Gold, Fine Arts Head Specialist

Hi everyone! Hope you're ready to get back into the best activity at camp-"Cooking"-if you haven't already! It's

"Tricks, Treats and Eats @ the Siglers" this month, since Halloween is creeping up (hahaha!). As the Queen of Fun/ Baker, I want to get all you ravenous witches and goblins caught in my "web" of recipes. A freaky fun family or "petrifying" party idea is to only have green, black and orange food at your meal. For some spooky suggestions please check out the website http://familyfun.go.com/recipes/special/specialfeature/halloween_ms_food/ for the recipes. Now don't be scared to make these ghoulish goodies...it may be a little messy, but who cares?!!!



BOO CUPS

Ingredients

- 3-1/2 cups cold milk
- 2 pkg. (4-serving size each) JELL-O Chocolate Instant Pudding
- 2-1/2 cups thawed COOL WHIP Whipped Topping, divided
- 1 cup OREO Baking Crumbs, divided
- 84 orange jelly beans (about 1 cup)
- 28 Miniature Semi-Sweet Chocolate Chips
- 28 small Halloween candies

Directions

BEAT milk and pudding mix with whisk 2 min. Gently stir in 1-1/2 cups Cool Whip and 1/2 cup baking crumbs. Let stand 5 minutes.

SPOON 2 Tbsp. pudding mixture into each of 14 (7-oz.) plastic cups. Top each with layers of 1/2 tsp. baking crumbs and 6 jelly beans. Cover evenly with remaining pudding mixture; top with remaining baking crumbs.

DROP remaining Cool Whip by spoonfuls onto desserts to resemble ghosts. Add 2 chocolate chips to each for the eyes. Decorate with candies as desired. Cover and refrigerate leftovers.

Renee's Real Fact #1031:

Guess what costumes I made for my kids over the years? An all-dressed pizza and a chocolate cupcake with sprinkles! They were so cute! Since food costumes are fun, here are a few ideas to inspire you for the big day- a cereal box, Oreo cookie, ice cream cone, milk jug, hot dog, fruit, fries, and cutlery. You are sure to bring smiles to other people's faces! If you're going trick or treating, have a great time, enjoy the candy and be safe!

BTW-All my recipes from camp are on the CEL summer website, so go ahead and check them out. If you have any questions/comments about making any of them or have special requests or recipes for future articles, please e-mail me at rpearl@videotron.ca.

Bon Appetit!

Renee Pearl-Sigler, Cooking Head Specialist

Camp Echo Lake 2009-2010 Off Season Events Calendar

Save the Dates and JOIN US for the following Camp Echo Lake Off Season Events...
Don't miss out on the fun! Details to follow.

Montreal Reunion

Sunday December 6th, 2009

New York Area Reunion

Saturday December 12th, 2009

Main Village Winter Weekend

Saturday March 6 – Sunday March 7, 2010

New Parent Night

Wednesday April 14, 2010

New Camper Picnic

Thursday May 6, 2010

Camp Echo Lake 2010 Season Begins

Saturday June 26, 2010

Parent Visitation

Saturday July 17, 2010

Camp Echo Lake 2010 Season Ends

Sunday August 15, 2010

Echo Lake Idea

Tuesday August 17 – Sunday August 22, 2010

65th Anniversary Reunion

Friday September 24 -Sunday September 26, 2010



SUMMER 2009 PHOTOS



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

Campers...

Campers...

Staff...

Staff...

Tara Feldman	August 21	Matthew Bernstein	October 16	Ricardo Tenorio	August 20	Courtney Cahill	Oct 24
Liana Pavane	August 21	Rebecca Wolf	October 16	Hillary Aaron	August 22	Emily Stein	Oct 25
Matthew Steinberg	August 21	Brooke Kozek	October 17	James Barter	August 23	John Richmond	Oct 25
Julia Davis	August 22	Ezra Keiser	October 21	Daniel Scheinfeld	August 25	Sarah Berk	Oct 26
Scott Morgenstern	August 22	Jeremy Klausner	October 21	Samantha Russell	August 31	Mark Laurie	Oct 26
Hallie Whitman	August 23	Julia Schwartz	October 21	Helen Theoharakis	Sept 1	Alex Wilson	Oct 26
Michael Greenwald	August 24	Julia Deutsch	October 22	Jon Siapno	Sept 2	Nadeen Allard	Oct 27
Drew Berger	August 25	Andrew Giles	October 22	Steven Komorowski	Sept 3	Lauren Weissbrod	Oct 29
Sarah Berger	August 25	Jake Reitman	October 23	Jennifer Sudgen	Sept 3	Barry Holleway	Oct 31
Shelia Pugliese	August 26	Elie Rakower	October 24	Cyndi Mandolare	Sept 4	Lindsay Rosenberg	Oct 31
George Goldstein	August 27	Drew Weiss	October 24	Jessica Williams	Sept 4	William Pearl	Nov 1
Adam Tollin	August 29	Harrison Hurwitz	October 25	Maseeh Mukhtar	Sept 7	Robert Jordan	Nov 5
Alexandra Mantz	August 31	Graham Kessel	October 25	Ian Symons	Sept 7	Karin Johnson	Nov 6
Allie Drogin	September 2	Charlie Albert	October 26	Paul Chapman	Sept 9	Emma Speake	Nov 6
Brooke Bolnick	September 3	Justin Goldberg	October 26	Carlos Tlachi	Sept 9	Alex Haber	Nov 7
Danielle Koslow	September 4	Jordan Pollack	October 26	Frederick Curtis	Sept 11	Paul Winterton	Nov 7
Zachary Bloomgarden	September 9	Dean Zimberg	October 27	Breanne French	Sept 12	Carolyn Lipps	Nov 8
Jordan Cohan	September 9	Max Paull	October 28	Ian Hook	Sept 12	Daniel Berlinger	Nov 9
Logan Cohan	September 9	Ryan Rothman	October 28	Mark Kenny	Sept 13	Melissa Baer	Nov 11
Jacob Silverman	September 9	Nicole Korn	October 29	Mark Marsot	Sept 14	Renee Pearl	Nov 11
Julia Skutch	September 9	Jessica Greene	October 30	Ruth Kleinman	Sept 20	Sarah Lockhart	Nov 13
Justin Simms	September 10	Justin Morgenstern	October 30	Laura Bate	Sept 25	Eric Berschback	Nov 15
Noah Caspar	September 11	Lilly Wiederkehr	October 30	Bradley McGlaughn	Sept 26	Rachel Glickenstein	Nov 15
Danielle Meyer	September 12	Teddy Kreutzer	October 31	Kevin Reed	Sept 26	Austin Young	Nov 15
Matthew Salomon	September 12	Cory Oringer	October 31	Mark Kronenberger	Sept 29	Charles Gerstman	Nov 16
Aaron Scherr	September 13	Dalia Weinstein	October 31	Adam Swarbrick	Oct 1	Sarah Giacomini	Nov 17
Scott Buksbaum	September 14	Danielle Luntz	November 1	Lucy Shinkins	Oct 3	Tara Stoulig	Nov 19
Rachel Feller	September 16	Kevin Cohen	November 2	Kelsey Stephens	Oct 8	Breneve Vamadevan	Nov 19
Tess Greenberg	September 16	Jake Henin	November 3	Laura Corrigan	Oct 9	Robert Wiper	Nov 23
Lauren Whitman	September 16	Tori Krieger	November 3	Patrick McNeece	Oct 9	Nick Wolf	Nov 23
Alexandra Gluckman	September 17	Evan Aaron	November 6	Samuel Krarup	Oct 14	Robin Mahler	Nov 26
Max Keiser	September 17	Max Cohan	November 8	John Pezzolla	Oct 14	Andrew Arnold	Nov 27
Ethan Feller	September 21	Jason Green	November 8	Meaghan Loraas	Oct 17	Andres Lastra	Nov 28
Jordyn Miller	September 22	Katie Hirsch	November 8	Susanna Walker	Oct 22	Ronnie Williams	Nov 29
Sam Cooperman	September 23	Jared Eisenberg	November 9	James Farrell	Oct 23	Corey Feldman	Nov 30
Casey Landman	September 23	Noah Ginsberg	November 11	Daniel Weinstein	Oct 23		
Jilly Rosenthal	September 24	Alex Peckman	November 11				
Benjamin Rauch	September 26	Matthew Greenwald	November 12				
Jake Berman	September 27	Ira Ganz	November 13				
Zoe Butchen	September 27	Hannah Kaplan	November 13				
Caroline Kintzer	September 27	Ethan Volk	November 13				
Jack Dubicki	September 28	Jessica Weinstein	November 13				
Isabelle Longert	September 29	Margot Present	November 14				
Allie Kaye	October 1	Lindsay Gittleman	November 15				
Lindsay Eller	October 2	Ben Langer	November 18				
Gabrielle Schiller	October 2	Zoe Kreutzer	November 19				
Jessica Uris	October 2	Chelsea Barich	November 20				
Sydney Weber	October 3	Abi Levine	November 20				
Gabby Gottschall	October 4	Amanda Margolis	November 21				
Matthew Weinstein	October 4	Zachary Lavin	November 22				
Eliot Sernau	October 6	Hannah Tell	November 22				
Cody Lavy	October 7	Alex Leventhal	November 23				
Gaby Gerstman	October 8	Alexa Kamberg	November 24				
Samantha Robins	October 11	Casey Goldberg	November 25				
Isabelle Jacobs	October 13	Alex Sims	November 25				
Ellis Paull	October 13	Theo Feldman	November 26				
Lauren Berlinger	October 14	Lucas Goldman	November 26				
Henry Goldman	October 14	Sophie Krieger	November 26				
Paige Goldstein	October 14	Jessica Davis	November 27				
Casey Linder	October 15	Anna Schoenfeld	November 28				
Hillary Minkoff	October 15	Olivia Serlin	November 29				

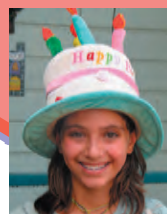
Happy 1st Birthday
Evan Stein!
October 24, 2009



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



***ATTENTION 2009 CAMPERS, PARENTS, AND STAFF...PLEASE JOIN US FOR OUR MONTREAL REUNION ON DECEMBER 6 AND OUR NY AREA REUNION ON DECEMBER 12! SAVE THE DATES...DETAILS TO FOLLOW. WE CAN'T WAIT TO SEE YOU!

CAMP ECHO LAKE 2009 – 2010 DATES

MONTREAL REUNION SUNDAY DECEMBER 6TH, 2009

NEW YORK AREA REUNION SATURDAY DECEMBER 12TH, 2009

MAIN VILLAGE WINTER WEEKEND SATURDAY MARCH 6 – SUNDAY MARCH 7, 2010

NEW PARENT NIGHT WEDNESDAY APRIL 14, 2010

NEW CAMPER PICNIC THURSDAY MAY 6, 2010

CAMP ECHO LAKE 2009 SEASON BEGINS SATURDAY JUNE 26, 2010

PARENT VISITATION SATURDAY JULY 17, 2010

CAMP ECHO LAKE 2008 SEASON ENDS SUNDAY AUGUST 15, 2010

ECHO LAKE IDEA TUESDAY AUGUST 17 – SUNDAY AUGUST 22, 2010

65TH ANNIVERSARY REUNION FRIDAY SEPT 24 - SUNDAY SEPT 26, 2010