



# CAMP ECHO LAKE

## TRAIL

### FALL 2012

As of October 30, there are 235 days until Summer 2013 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](http://www.campecholake.com)



Summer Address:  
 PO Box 188  
 Warrensburg, NY 12885  
 Tel: 518-623-9635  
 Fax: 518-623-3316  
[www.campecholake.com](http://www.campecholake.com)



# New Kids On The Block



We are SO excited to welcome the following "New Kids on the Block" to the Camp Echo Lake family!!! They will be joining us for summer 2012 and we can't wait for them to experience the magic of camp!!

Amanda Abbe  
Maya Altman  
Wolf Baker  
Alex Basner  
Samantha Bauer  
Ryan Bienstock  
Grace Bodian  
Sammy Busch  
Jared Caspar  
Jessica Casper  
Ava DiLorenzo  
Sloane Englander  
Julia Farber  
Joe Fisher  
Skylar Florin

Sydney Frisch  
David Gold  
Harrison Goldberg  
Paige Goldring  
Piper Goldstein  
Sawyer Golub  
Samantha Gottlieb  
Eli Grant  
Matthew Grinberg  
Jonathan Grossman  
Sophie Grossman  
Sydney Grossman  
Matthew Halperin  
Pierce Hirshfield  
Ethan Isaacs  
Allie Jobe  
Isabelle Kaminsky  
Samantha Katz  
Raphael Kellner  
Tobias Kloner  
Jack Kohn  
Harley Krata  
Jake Lang  
Nicole Lang  
Max Lassner  
Samuel Levine  
Alia Liebowitz  
Jillian Lifschutz  
Zachary Lifschutz  
Peri Manoff  
Andrew Margolis  
Dylan Marshall  
Elijah McKillop  
Alex Meltzer  
Jake Miller

Riley Miller  
Sarah Mintz  
Max Mitelman  
Lily Moskowitz  
Rafaella Perez  
Aidan Pigott  
Adam Pollner  
Benjamin Preceruti  
Lila Promisel  
Tyler Rosenberg  
Mia Rosner  
Benjamin Rothman  
Noah Schnapp  
Emma Schwartz  
Jacob Schwartz  
Abby Segalman  
Charlie Selbin  
Ella Shapiro  
Julie Shirvan  
Sarah Shultz  
Mason Stillman  
Gabby Strauss  
Gillian Strauss  
Max Tiffen  
Jenna Torrellas  
Amanda Volk  
Ben Weiner  
Julia Weingarten  
Sydney Weisblum  
Zachary Weiss  
Brooke Weissman  
Ellis Whiteson  
Madeline Wiederkehr  
Ian Youngelson  
Dylan Zarr

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## From the Clipboard of Tony Stein...



The fall has been a little different around our house this year. Each year after camp I hear from multiple parents who tell me how their children walk around the house doing camp cheers, singing camp songs, telling camp stories. In the past, at our house it has always been me or Emily doing that. It seems, however, that "Echo Lake Fever" has bitten Evan Stein big-time!

Since we have returned home from camp, we have heard the tooth-losing song at least 1,000 times, though in Evan's version, you don't sing "... someday we'll be toothless, but we don't really care;" instead you sing "... Sunday, Monday, Tuesday, but we don't really care." As for Alawatchakeema, Evan is not waiting 24 moons for his return. We hear A-la-watch-a-keema chants at random times throughout the day and evening in our home.

And anytime someone puts their baseball cap on backwards, they are trying to look like J.O.B. (Jon O'Brien, our SV Boys Head Counselor). "Look, daddy, I am JOB! Look Daddy, you are JOB!" That toothbrush Evan got from his dentist is not a Crayola toothbrush like it says, it is an Echo Lake toothbrush because it has green and gold bristles! And if Evan plays "You Don't Know You're Beautiful" by One Direction one more time, we may have to put in earplugs!

So in addition to our countdown for camp that we do at home, this year we have been aided by the daily reminders of camp from Evan. It gets us so excited to think about the summer of 2013 – and to imagine the new songs, cheers, stories and memories that Evan, and all of our campers and staff, will bring home with them.

Camp is made up of thousands of activities and at least a million moments. What moments, songs, cheers, laughs, jokes, stories, games and friends do you remember? In addition, to our own memories and stories and laughs to reflect on this fall, we have a growing list from Evan. It has been a loud and fun time at our house – and we are counting the days to build on them in 2013.

Much Love, Tony, Emily, Evan and Violet

Hi One and All,

Whenever camp ends, for as long as I can remember, I beat a fairly quick retreat. That's because I have such a sense of emptiness when the lifeblood of camp - our campers - return home. For some reason I found myself in my hot little car driving up the Taconic about 10 days after camp closed. Then I was again headed north in September and I've set aside a day or two in early October to do it one last time. I never do this and I think I have a bit of an addiction but it's a good one. It must have clicked for me that endings are beginnings really. We are headed and yes, I admit, it's 8 1/2 long months, but we are headed, nonetheless, toward the summer of 2013! That's the best news in the world for our oldest camper - me!

The weather was beautiful, the grass was green and I watched Darren and his team at work. They are doing fantastic things to enhance our campus even more. I was totally thrilled. I guess it's kind of like watching a baby grow, something like seeing little Violet getting ready to walk.

Wow! Our 68th summer coming up. I am so proud to be a part of this incredible entity called Camp Echo Lake. I figure when they were giving out luck 68 years ago I must have been at the front of the line! Not a bad place to be! I miss you! I love you all!

I wish you were close enough so I could give each and every one of you a monumental hug!

Lots of kisses, Amy

PS - I just came back from my other favorite place - London. I saw a wonderful show for the family called "Matilda". It's opening in March on B'way. I would urge you to move very quickly, buy your tickets and go. You'll love it!



# From the Desks of...

Laurie



Main Village Director

On “Glee” the Glee kids were sitting with the “popular” kids at lunch. The popular kids started making fun of an obese lunch lady, the Glee kids found themselves caught between making fun of her too and doing the right thing, standing up to bullying. We’ve all been in this position, a moment when you debate between doing the “popular thing” versus doing the right thing or staying quiet versus standing up for yourself or standing up for someone else. It’s a tough place to be, but if you think about it it’s an easy decision to make.

In autumn I reminisce about the wonderful summer we just finished and strive for ways to bring the warm inner glows of camp to the rest of the year. One of the ways I think we can do that is by standing up to bullying. October is National Bullying Prevention Month, and what better time to make a difference. It starts by looking at ourselves, our actions and our reactions to bullying. We’ve all done it, let something fly out of our mouth that was hurtful. We’ve all remained silent when someone said or did something hurtful. Many of us have posted, tweeted, or Liked hurtful things as well. It has to stop and that starts with each one of us committing to doing what we know is right and being a whole lot kinder to each other.

On an anti-bullying website, I found: \*Over 160,000 U.S. students stay home from school each day from fear of bullying. \*Students who are bullied find it difficult to concentrate, decline in grades, lose self-esteem and self-worth. \*Students who are bullied report more headaches, stomachaches, depression and anxiety. \*Witnesses of bullying feel unsafe, helpless, and afraid that they will be next. \*More than 55 percent of bullying situations will stop when a peer intervenes. \*Silence is no longer an acceptable response to bullying. Ignoring it won’t work. Everyone needs to be empowered to respond.

At school, on Facebook, or texting, hit the pause button and think about what you are about to say. Imagine how the person you are speaking, posting, or texting with might feel if you say that. Imagine how you would feel if it was said to you. Would you want someone to say that to your sibling or BFF? If your parents, grandparents, teachers, or counselors knew you said that would they be proud of you? Each of us have the ability to change the way people treat each other and stand up to bullying. It’s simple, but true, if you don’t have anything nice to say, don’t say anything. At camp, the reasons you give fuzzies, and what is truly important in life is being a good person and trying hard. My hope is that if each of us remember that when we are tempted to be mean or when we witness bullying, we can take a stand against bullying and make the world, like camp, a warmer, fuzzier place.

Love and xoxo always, Laurie

JP



Operations Director

Hi guys! Hope everyone is settled back into the real world of work, school, etc. I just got back from a wonderful trip to Europe. I went with my good camp buddy Ty Fleenor. We try to do a fun trip every few years and this was no exception.

It’s crazy to think Ty and I met over 15 years ago at camp. He was the camp accountant and I was teaching baseball. Little did we know way back then we would still be good friends after all these years. That’s the power of camp and the strong friendships you forge in such a short time. Bottom line is there’s nothing quite like it.

It’s so pretty right now at camp. I wish we had some sort of fall session so everyone could see what I’m talking about! The reflection of the changing trees in Echo Lake is something out of a movie. Even the smells in the air are different. It makes you want to go for a hike or sit around a campfire with a cup of hot cocoa.

Well, I’m looking forward to seeing everyone at reunion!

Stay Gold, JP

**ADIRONDACK FUN FACT:** Did you know that New York State just purchased over 69,000 acres of land in the Adirondacks? It’s the largest land purchase by the state in over 100 years! It will protect a significant portion of the upper Hudson River watershed ensuring that the lands will be protected for generations to come.

# From the Desks of...

Brenda



Senior Village Director

Let's start with the facts. I'm no athlete or sports fanatic. I love going to games, but I'm not interested in watching televised sports. However, I've been convinced by my husband and by countless movies (you know...Hoosiers, Rudy, Field of Dreams...) that what happens in sports offers many life lessons. If you think we focus on hockey in our home, you'd be mistaken. For my boys, it's baseball. "The beautiful game of baseball" and "Baseball mirrors life." How many times have I heard that? Recently, the journey of Adam Greenberg, has persuaded me to see it their way. I'll never be moved by statistics. I don't know the difference between an RBI and an ERA. And fielder's choice...huh? In my defense, I do know the goal of the pennant race is to win the World Series, not the Super Bowl. I do know there are no slap shots in baseball. I also know there's no feeling like jumping to my feet and cheering alongside thousands of fans as a homerun is hit. But what does baseball

have to do with life?

I know there have been times I feel like things are flying toward me at 92 miles an hour. So did Adam Greenberg on July 9, 2005. I also know what it's like to feel knocked down when I least expect it. Adam dealt with being flattened (literally and figuratively) as the first pitch of his major league career collided with his head that day. I know what it feels like to work hard toward a goal and never know if I'm going to strike out or hit it out of the park, but to seize the opportunity anyway. After years of training, Adam stepped up to the plate and in one pitch it was over. Or was it? Sure, he was knocked down, but that's not the real story. The real story is in him getting back up. The real story is in Adam going back to home plate and swinging again.

Adam finally had his 'One At-Bat'. 33-seconds that ended with a strikeout, but it hardly matters. What matters is Adam's resiliency. His perseverance. His attitude. What matters is that he never gave up his dream. It would've been easy for Adam to give up the game. But he didn't.

So, I stand by the fact that NHL lockouts and referee strikes all seem silly to me. That's not real life. But working hard, believing in yourself, having the fortitude and strength of character to keeping moving forward when things get tough...that's real life and sometimes, that's baseball. As the real baseball fans gear up for the playoffs, I think about how lucky I am to have had so many at-bats. I may strike out. I may even have a homerun or two. I hope to have many RBIs in order to get my teammates sliding home. But that's not the point, the point is that I will keep swinging. I'll keep stepping up to the plate, even though I know there will be some knuckleballs flying at me every now and then.

Keep Swinging, Brenda

Jacko



Program Director

Time for another edition of CEL's Great Debate! As the leaves turn and we enter a season with many weekend trip opportunities I ask myself what is the best out of camp trip at CEL! Helping me will be SV Program Guru and Trip Day participant **Matthew James Hosking!** This debate places the NY Giants Training Camp vs. the Great (Not Good) Escape! Everyone report to the Transport Deck, get on the bus and let the debate begin!!!!

Sometimes two things have : What a great debate topic. Let me start by such an astronomical great : saying that the Giants Training Camp is- ness that they each owe : good, but it's not great. There are so many it to the other to come to- : great things that make The Great Escape- gether. One of the greatest : the greatest of all camp trips. There's the- great rides, great food, and great atmo- sphere, and let's not forget the great and- amazing diving show. But aside from all- of those great things, it's spending the day- with all of your camp friends that is the- greatest thrill of all. It's certainly a high- light for me each summer. We all know- that The Great Escape is exactly that... GREAT! After all... They don't call it the good escape!



examples of this is when Camp Echo Lake pays a visit to the Super Bowl Champion New York Football Giants. The annual pilgrimage to the University of Albany in early August is a true highlight of the Trip Day schedule. From the on-field view of practice, to the player autograph session to our own pizza and wing tailgate experience in the parking lot, it is a day I rarely miss... you know... for chaperone purposes of course. With a loaded out of camp trip schedule at CEL it doesn't get better than Giants Training Camp!

So where do you stand? Is it the Giants Training Camp??? Is it the Great Escape??? You really can't go wrong when you consider that both choices are part of another great summer at "The Lake." Take care, Jacko

## Alumni Happenings



In July & August, **Leah Thomas** headed over the Pacific Ocean to visit **Kari Chambers and Nick Wolf** in Australia. Leah explored Melbourne before heading up to Cairns and then seeing Nick in Sydney. Whilst here they participated in the City 2 Surf - a 14km (8.7miles) fun run. Nick can't wait to see everyone later this year at the New York Reunion!



**Ruth Kleinman** went to her first NY Giants game EVER, with her boyfriend Steven, earlier this year. Let's Go Big Blue!"

**Lon and Ellen Babby** joined **Jay and Robin Varon** for some hiking over the summer at Mirror Lake in Utah. This would classify as great trek training!!



The 2003 LIT's got together in NYC this August for a fun night out! Many great stories of the times they shared at CEL were shared!

**Jeff Kahn** is excited for the upcoming New York Comedy Festival which will serve as a reunion for him and his fellow castmates of "The Ben Stiller Show." The event will take place November 10th at the Paley Center for Media in Manhattan.



**Talia Jo Hillel** was born on October 5, 2012, weighing 7 lbs 13oz, 21.5 inches long. Mama, **Julie Taubes Hillel**, Papa, Guy, big brother **Toby**, and dog, **Hudson** are all thrilled to welcome their beautiful baby girl!



Congratulations to **Joe Appelbaum** on the birth of his second daughter **Barrett Rose** on May 21.



**Dana Eigner Erdheim** and husband **Josh Erdheim** welcomed their son, **Hudson Cole Erdheim**, to the world on August 20, 2012. He can't wait for camp! Here is Hudson pictured with cousin and 2013 Echo Laker **Emma Schwartz!**

### PASSINGS



We send our condolences on the recent passing of **Rubin Baum**, father of **Danielle and Shep Baum**.



We are sad and send sympathies to the Varon Family on the loss of **Robin's mom and Lisa and Josh's grandmother Roz Hartman**.

## Alumni Happenings



CEL Alum **Michelle Rinke** got engaged to **Dan Wallace** over the summer in Paris! Dan proposed in the Rodin Museum Gardens, then brought Michelle to the Pont Des Arts where they attached a lock onto the bridge and threw the keys into the River Seine. The entire Rinke family is beyond thrilled and cannot wait to celebrate Michelle and Dan's wedding in May.

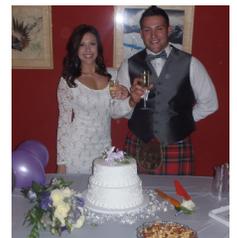


2001 LIT's **Rachel Rosenberg and Evan Levine** are engaged! No, the two did not kindle their relationship at the flag pole after canteen, but their friendship built for seven summers at CEL lead them to find love many years later. Evan proposed outside Riverside Park, at the same location where they met for their first date 4 years earlier. In a quiet moment at the entrance of the park Evan presented Rachel with a gift. The present, a violation of their no gift policy, was a luxurious pair of Christian Louboutin shoes (the signature "red bottom" footwear). Rachel, visibly disappointed with Evan for breaking their rule, ripped away the wrapping paper and opened the box. Throwing the tissue paper to the side a glimmer of light hit her eye, and there on the heel of one of the shoes was a beautiful engagement ring. Evan grabbed the shoe, got down on one knee and popped the question. While Evan jokes they are a house divided by tribal, Evan's green to Rachel's gold, we couldn't be happier for these two former campers.



Former staff member **Shannon Brown** can't believe it's been 7 years since she spent a couple of summers at Echo Lake! She recently got married to her sweetheart, **Warren** and turned from Shannon Brown to Shannon Mills. It was a magical weekend with 130 of their closest family and friends. Her Matron of Honour was **Megan Kalamán**, and one of her bridesmaids was **Tami Young** (who both worked with her at Echo Lake.)

**James Barker**, much better known as Pirate, wants to update his CEL Family with some exciting news. "After sailing the seven seas and exploring the world I have met the woman of my dreams whom I was married to on October the 1st 2012. Fortunately she is an American so this Scottish Pirate will be moving stateside permanently and residing in the wonderful city of Denver Colorado!"



**Nicole Scharaga**, a camper at Echo Lake back in the 1990's, wanted to share the news that her cousin Kenny Herman was married on June 2, 2012. Kenny was also a camper of Echo Lake.

Congratulations to alum **Margot Salomon**, tenured Professor at the London School of Economics, who recently got married in Tuscany.

900 Dobbs Ferry Road  
White Plains, NY 10607  
914-592-3055  
www.projectmorry.org  
dream@projectmorry.org



## FALL 2012

At the end of each summer I attempt to recap our past season. I find myself in the same place at the end of this summer, overwhelmed with good stuff that began happening as I was completing this note to you last summer. Project Morry continues to find its base in a TOTAL belief in kids. All efforts made are driven by our expectation that with their investment in self they can succeed. It is in our mission statement, it is in the contracts signed by our kids, it is in job descriptions given to staff, it dictates how we make decisions. Although much of the “full circle” feeling occurs at camp, we are also very aware that it is our involvement with the kids and their families throughout the year that drives those summer months. It is the pride, hope, belief and celebration as our kids continue to invest and believe in themselves. So, thank you to all who continue to help us make this ALL happen!

### Camps That Give

Camps that Give are camps that celebrate the gift of camp through a camp based fundraiser targeted at benefiting Project Morry. Be it a swim-a-thon or a carnival, a marathon or a bake sale, they encourage the gift of giving by offering campers and their families the chance to give back by giving to. Once again, over 35 Camps raised nearly an unbelievable \$200,000. We thank ALL the CEL families for helping us to achieve this remarkable feat!

### Spreading Warm Inner Glows - Kids That Give

Whether over the summer or during the rest of the year, our amazing Echo Lake campers keep finding ways to give their time, energy, money, and stuff to Project Morry!!

Many fuzzies and a big round of applause go to the following campers and alums who have completed projects that have helped Project Morry through this past year and summer: **Sydney Bibicoff, Lauren Berlinger, Matthew Bloomgarden, Jack Davidson, Marlee Deutsch, Jack DiLorenzo, Jack Doremus, Lindsay Eller, George Goldstein, Cooper Grayson, Lauren Hurwitz, Sam Kessler, Matthew Mendelsohn, Ali Rothberg, Emily Rothman, Perri Thaler** and more names to come for certain! And of course outstanding work EVERYONE. Your gifts of generosity will certainly continue to give more than you know.

Watch the next Trail for the names of Echo Lakers who are helping Project Morry as they enter their 18th season!



**Way to go CEL!!! \$15,000 and counting raised from the Swimathon/Marathon!!!**



### Project Morry Autumn Elegance Gala honors The Fred Gabler Helping Hand Camp Fund.

On Thursday, November 15, 2012 Project Morry celebrates its 16th Annual Autumn Elegance Gala at Espace, 635 West 42nd Street in New York City. The evening begins at 6:30 p.m. with a cocktail reception, followed by a live and silent auction, dinner and awards presentation. The Fred Gabler Helping Hand Camp Fund, will be presented with “The Morry Award.” Please join Gala Co-Chairs and CEL Alum **Liz Kaplow and Evan Jacobs** and their dedicated committee, **Francine Della Badia, Joan Taback Frankle & Andrew Frankle, Mindy Gabler, Laurence Glickman, M.D., Pamela Heller & Erik Hartog, Cheryl Kramer Kaye, Rita Kestenbaum, Ellen & Ron Kisner, Amy Leopold, Steve Manket, Sandy Samberg, Amy Medine Stein, Emily Stein, Donna Teichner and Lauren Wiesenthal** 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](mailto:laney@projectmorry.org) or call 914-592-3055 ext. 102.



## The Echo Lake Idea 2012

This past August marked the 43rd 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 has 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 43-year history and has received awards of recognition from the ACA.

The Idea 2012 was a superb tribute to this amazing program. 65 Idea campers swam in the pools, slept in the bunks, ran on the fields, performed on stage, made S'mores, and even went to Lake George Bowl for a fantastic evening of bowling! 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 wish lanterns 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, worked with a very passionate staff whose heart and soul for working with children was incredibly inspiring! A BIG thank you and MANY fuzzies to our 2012 Idea Staff!

*Empowering Resilient Children Since 1970*

A very important thank you to also goes to all of the 2012 Idea campers for making the Idea truly outstanding! We can't wait to see all you in 2013...our 44th Anniversary year!



### CAMP COMIC CORNER

As further proof that CEL has incredibly talented campers, **Josh Nadel** has sent us his latest comic strip creation. The comic you see below, titled "Bunk 29," depicts an impossibly possible scenario of day to day life at camp. We are proud to display this and encourage Josh to keep the hilarity coming.

**B**

**U**

**N**

**K**



**2**

**9**

# Staff Bulletin Board

Shout Outs from Our Outstanding Staff!!

## CEL Summer 2012 Mix

We surveyed the CEL staff and asked them, "What song reminded them of summer 2012?" With those responses we have created this "CEL Summer 2012 Mix" and encourage everyone to download these songs onto a "playlist" and rock out to memories of another great summer at Camp Echo Lake...

**Call Me Maybe** by Carly Rae Jepson  
**Beautiful** by One Direction  
**We are Young** by Tonight  
**Party Rock Anthem** by LMFAO  
**Some Nights** by Fun  
**If I Die Young** by Lady Antebellum  
**Starships** by Nicki Minaj  
**Home** by Phillip Phillips  
**Titanium** by David Guetta and Sia  
**Payphone** by Maroon 5  
**Tonight Tonight** by Hot Chelle Rae  
**Wide Awake** by Katy Perry  
**Glad you Came** by The Wanted  
**Drive By** by Train  
**Everybody Talks** by Neon Trees  
**Any song** by Taylor Swift  
**Any song** by Justin Bieber  
**Any song** from Glee



Great CEL Reunions happen anywhere! This one took place at Washington University in St. Louis as 2012 staff members **Andrew Giles, Alana Deutsch and Jenna Libson** met up with alumni **Casey Russo, D.J. Gross, Hannah Levine and Sarah Berk.**

**Tom Kenrick**, 2012 Sailing HS and LJBW staff, wrote in to share with us one of his many awesome memories from the summer. "I would like to give a shout out to **Daniel Kloner** for climbing the zip line tree because he couldn't do it at first but then with a little chat with him he did it and loved it. That's one of my highlights of this year definitely!"



It would appear from this shoutout we got from **Ronnie Williams** that he enjoyed himself this summer on the 4n4:). "I want to give a shout out to 4n4 Trip 2 (the best trip)!!! I miss you guys and love you guys so so soooooo much because "we're thebomb.com, the bomb.net, the bomb.org, the bomb.gov, the bomb. E D U and that's why we blow you up LA HIEM!! " <3 Ronnie



# Campers Corner

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



**Dalia Lieberman and Maya Milrod** enjoyed a day of zip lining and alpine slides in Vermont.

**Jen Leighton** donated her bimah baskets to Project Morry. They were filled with basketballs, soccer balls, footballs and baseballs.



**Emma Margolis and Sadie Brett-Chin** get creative in Greenwich.



**Volks, Nadels and a Bienstock** in Miami for a fun weekend!



**Daniel, Zach** and dad **Mark Kornbluth** traveled to Colorado and met up with **George & Morry Stein** in Denver – Great picture of Echo Lakers past and present!



The **Leighton and Bodian** sisters enjoying some GS P at the tail end of summer of 2012!



Some LJGE, staff and camper, circa 2012 had a mini camp reunion at a frozen yogurt place in Mt. Kisco.



**Casey Landman** celebrated her birthday with **Sammy Gold, Elie Rakower, Rachel Weiss, Sarah Weill, Lindsey Eller, Elana Heisner, and Callie Migden**. Dinner out and a special birthday cake was enjoyed by all. But the icing on the cake was on Sunday morning when everyone got dressed in green and gold and headed out with their respective teams for mini-Tribal around Roslyn. It was a perfect CEL birthday weekend!!!

Check out these 2012 LJG's celebrating **Andie Goldmacher's** 9th birthday!



**Ben and Julia Farber**, with **Lilly and Mia Rothberg** during a NYC visit.



**Ben Greer and Matthew Lecher** bumped into each other in Italy while their families were traveling.



Here is **Ella Horn and Maya Milrod** goofing around in their tent at the Bronx Zoo Overnight which they attended with their dads.



**Jacob Rose** spent the day with **Will and Morry Stein** at a Denver amusement park.



On a recent trip to NYC **Max, Kate and Jack Ladenheim** all had the chance to visit with their CEL friends. Kate had a sleepover at **Hilary Weisenfeld's** and Jack and Max had **Eli Greenwald, Andrew Shapiro and Zach Weiner** meet us at Shake Shack in Times Square for lunch and an awesome afternoon of bowling!



**Austin Lazarus and Alec Diamond** looking sharp outside of **Michael Grossman's** Bar Mitzvah.

I left camp and ended up in Alcatraz... Help me!  
- **Daniel Caspar**

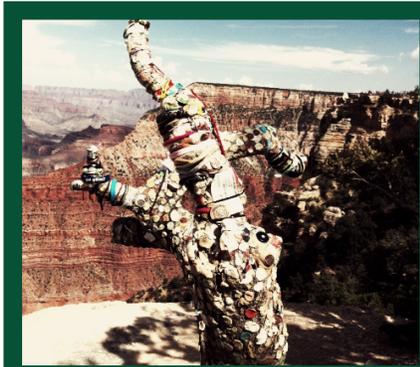


**Emily, Jack, Jason, Amanda, Zach and Ali Saperstone and Will and Morry Stein** didn't want summer to end, so hung together in VT after camp. They swam in the lake, tubed, boat and reminisced about a great summer and began counting down the days until next summer!

# CEL PRIDE... WORLDWIDE!!!

In our newest edition of **CEL Pride... Worldwide** we have EIGHT terrific examples of campers and staff showing their camp spirit. From the Grand Canyon, to Fire Island, to iPhones, to the Leaning Tower of Pisa, to Montreal, to Tiffin, to a CEL Slumber Party and the Saperstone kitchen it is clear that love of the Lake knows no bounds! If you have any of your own submissions for this super section of the Trail please email them to [matt@campecholake.com](mailto:matt@campecholake.com).

Thanks to **Amy Wilthshire and Marc Woodgate** the ever famous Gumtree that overlooks the Grand Canyon in Arizona now has its very own "Are You Dedicated" staff orientation bracelets!



Just like having a fuzzy on your shoulder, **Peri Mendelsohn** has found a way to have her CEL Pride with her wherever she goes. Check out her custom CEL iPhone cover!



Queen of Fun **Renee Pearl** displays her famous Whoopie Pies on a CEL 2012 plate that she won at this years Secret Hide-away Raffle! It doesn't get much better than that for CEL "Triple Whammy" pride!



What an awesome picture! Here are **Eliza Greenwald** and two future Camp Echo Lakers, **Sydney and Sam** showing their unbelievable excitement for Echo Lake!



**Dalia Lieberman and Leah Doubert** were in Fire Island this fall. Here they are decked out in their CEL shirts. Can you make out what they wrote in the sand?!!



Check out **Matthew Lecher** in front of the Leaning Tower of Pisa. This was just one of number of photos of Matthew taking in the sights as he represented CEL in his T-shirt.



When **J.O.B.** decided to play college soccer his only request was that the team had to sport the right colors. Based on this snazzy T-shirt it looks like he got his wish. Go Tiffin Dragons!



**Jason Saperstone** is filled with so much CEL Pride that it can be seen in everything he does. This includes these green and gold cookies he made! They look delicious and spirited!

# AT HOME DO - IT - YOURSELF ACTIVITY AREAS

Hey Everybody!!

Emma here, writing to you from a very cold and rainy Ireland. It's a good thing gymnastics is an indoor sport! Gymnastics was amazing this year at camp, with our new "Castle" and all the new equipment. I felt everyone improved so much in such a short period of time, I was really impressed. Unfortunately not all of us can fit a power track into our house to keep practicing over the winter!! However we can keep up our flexibility and practice some other elements too!

Here's what to do:

First off we must start with a quick warm-up... Do a few jumping jacks, hey you could even play ninja!

Now start stretching:

- Circle your arms backwards for 5
- Now circle them forwards for 5
- With straight knees try to touch your toes and hold for 10 seconds
- Sit down with legs out wide, stretch up and try to get your chest down to the ground while keeping those knees straight!!
- Lie on your tummy, hands underneath your shoulders and push up into the cobra, stretching out your back hold for 10 seconds then relax and repeat for another 10 seconds.



Let's practice our splits. Sit into the split position and hold it for 30 seconds if you do this every day I promise your splits will be flat in no time!! Don't forget to point your toes.

Handstands are THE most important element in gymnastics. If you can hold a good handstand everything else will come very easily. So if you don't have a carpet in your house try this one on some grass or if you had a yoga mat that would be great! Place your hands on the ground, now walk your legs up against the wall and hold for 10 seconds. As you get better you can slowly try to walk your feet up the wall and walk your hands closer to the wall. Try to hold for a little longer also.



Bridge. Time to work your back flexibility! Lie down on your back with your toes against a wall. Now push up to bridge and try to straighten your legs. Make sure feet are together, and elbows are straight. The wall will stop your legs from slipping. Next come out of bridge, hug your knees in, rock forwards and backwards and repeat.

These are just a few things to keep you going over the cold winter months. Hope everybody is doing well and has a nice winter. Remember keep stretching and you will be ready for summer 2013!!

Lots of Love,

**Emma - Gymnastics Head Specialist**

# MEMORIES OF ECHO...



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

## Campers...

Emma Greer	August 12
Jennifer Leighton	August 12
Addison Migden	August 12
Andie Bodian	August 14
Sloane Englander	August 14
Hannah Marx	August 14
Ryan Jonas	August 15
Annie Bandler	August 16
Isabelle Kaminsky	August 17
Matthew Lecher	August 17
Jacob Steinberg	August 17
Daniel Rosenkranz	August 20
Harrison Goldberg	August 21
Matthew Steinberg	August 21
Isaac Moss	August 22
Sophie Grossman	August 23
Sydney Grossman	August 23
Danielle Schwartz	August 23
George Goldstein	August 27
Adam Tollin	August 29
Talia Deutsch	August 30
Andie Goldmacher	August 30
Aidan Pigott	September 2
Danielle Koslow	September 4
Gabby Strauss	September 4
Matthew Deutsch	September 5
Emma Grinberg	September 5
Jacob Disavino	September 7
Blake Migden	September 7
Zach Bloomgarten	September 9
Jacob Silverman	September 9
Julia Skutch	September 9
Ethan Stoulig	September 9
Justin Simms	September 10
Noah Caspar	September 11
Sydney Knecht	September 11
Matthew Salomon	September 12
Aaron Scherr	September 13
Max Berenbaum	September 14
Benjamin Farber	September 14
Tess Greenberg	September 16
Lauren Whitman	September 16
Alexandra Gluckman	September 17
Max Keiser	September 17
Will Spector	September 20
Ethan Feller	September 21
Arielle Kutler	September 22
Josh Kutler	September 22
Samson Bienstock	September 23
Sam Cooperman	September 23
Casey Landman	September 23
Daniel Kloner	September 24
Jacqueline Kloner	September 24
Jilly Rosenthal	September 24
Zoe Butchen	September 27
Caroline Kintzer	September 27
Jack Dubicki	September 28
Hunter Stern	September 28
Isabelle Longert	September 29
Ryan Bienstock	October 1
Allison Stafford	October 1
Maggie Weisblum	October 1
Lindsay Eller	October 2
Jordan Kornreich	October 2
Justin Kornreich	October 2
Sydney Weber	October 3
Matthew Weinstein	October 4
Toby Diamond	October 8
Danielle Silver	October 9
Tyler Meltzer	October 10
Isabelle Jacobs	October 13
Lily Moskowitz	October 13
Ellis Paull	October 13
Ethan Isaacs	October 14
Evan Lipp	October 15
Joseph Steinberg	October 15

## Campers...

Matthew Bernstein	October 16
Rebecca Wolf	October 16
Brooke Kozek	October 17
Andrew Steinberg	October 17
Adam Kamberg	October 19
Samuel Smith	October 19
Matthew Bressler	October 20
Sydney Brett-Lieblein	October 20
Zachary Hiken	October 20
Molly Shultz	October 20
Jeremy Klausner	October 21
Julia Schwartz	October 21
Isabel Laing	October 22
Justin Lurie	October 22
Joshua Feldman	October 23
Cole Yellin	October 23
Wyatt Florin	October 24
Graham Kessel	October 25
Avery Miller	October 25
Charlie Albert	October 26
Justin Goldberg	October 26
Jordan Pollack	October 26
Bryan Rosenberg	October 27
Max Paull	October 28
Ryan Rothman	October 28
Kira Barich	October 29
Max Ladenheim	October 29
Jessica Greene	October 30
Isaac Mintz	October 30
Justin Morgenstern	October 30
Lilly Wiederkehr	October 30
Charlotte Baker	October 31
Michael Grossman	October 31
Danielle Luntz	November 1
Kevin Cohen	November 2
Tori Krieger	November 3
Jesse Bernstone	November 4
Evan Aaron	November 6
Jack Ladenheim	November 7
Kate Ladenheim	November 7
Katie Hirsch	November 8
Ella Marx	November 9
Noah Ginsberg	November 11
Paige Goldring	November 11
Jay Greenwald	November 11
Matthew Greenwald	November 12
Dylan Zarr	November 12
Ira Ganz	November 13
Jeff Hornung	November 13
Ethan Volk	November 13
Jessica Weinstein	November 13
Margot Present	November 14
Lewis Brandman	November 16
Julian Harris	November 16
Ryann Brodsky	November 17
Ben Langer	November 18
Zoe Kreutzer	November 19
Chelsea Barich	November 20
Abi Levine	November 20
Bryan Miller	November 20
Ross Miller	November 20
Amanda Margolis	November 21
Jason Saperstone	November 22
Hannah Tell	November 22
Alex Leventhal	November 23
Zachary Kapnick	November 25
Alex Sims	November 25
Lucas Goldman	November 26
Eli Grant	November 28
Anna Schoenfeld	November 28
Camryn Miller	November 29
Olivia Serlin	November 29
Lara Greene	November 30
Alia Liebowitz	November 30
Sophie Nadel	November 30

## Staff...

Simon McCoy	August 12
Seth Wood	August 12
Tracey Feldman	August 17
Emilie Weinheimer	August 18
Tom Kenrick	August 19
Jay Asken	August 24
Michael Greenwald	August 24
Amy Wiltshire	August 25
Victoria Norman	August 28
Sabrin Daoud	August 29
Alina Stryczek	August 29
Christopher Eaton	September 2
Daniel Spratt	September 3
Cyndi Mandolare	September 4
Andrew Alvez	September 5
Peter Fules	September 5
Ian Symons	September 7
Elaine Dollar	September 8
Linette Lee	September 8
Chloe Shipley	September 8
Jill Schwartz Greer	September 9
Molly Leopold	September 10
Frederick Curtis	September 11
Jeffrey Redish	September 11
Derrick Forget	September 12
Mark Marsot	September 14
John Onjack	September 14
Judit Simon	September 15
Linda Tell	September 15
Rachel D'Arcy	September 17
Adam Langworthy	September 18
Cal Meyers	September 23
Monika Rajaska	September 23
Jessica Silfen	September 24
Mark Kronenberger	September 29
Lynette Davies	October 4
Nicole Yell	October 4
Michael Feld	October 5
Darryl Joseph-Dennie	October 5
Dana Robichaud	October 5
Cody Lavy	October 7
Hannah Lemkowitz	October 9
Patrick McNeece	October 9

## Staff...

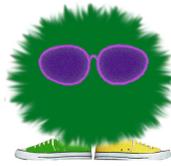
Kerrie Flynn	October 10
Diana Cozzens	October 11
Jamie Parsons	October 11
Alexis Henin	October 13
Henry Goldman	October 14
John Pezzolla	October 14
Lois Clark	October 15
Abigail Johnson	October 15
Casey Linder	October 15
Max Venturo	October 16
Stephen Williams	October 18
Andrew Giles	October 22
Jennifer Buehler	October 24
Alyssa Sherry	October 25
Emily Stein	October 25
Hamish Grundy	October 26
Georgia O'Brien	October 26
Gwen Legate	October 29
Cory Oringer	October 31
Emma Wallace	October 31
Macey Stockwell	November 3
Laura West	November 3
Cheryl Chase	November 7
Michael Curtis	November 7
Michelle Kesler	November 7
Jason Green	November 8
James Mahone	November 9
Melissa Baer	November 11
Renee Pearl	November 11
Maciej Kostrzewski	November 16
Charles Luke	November 16
Sarah Giacomini	November 17
Caroline Rhodes	November 21
Talia Bloom	November 22
Sarah Steffin	November 23
Nicole White	November 24
Robin Mahler	November 26
Andrew Arnold	November 27
Dominic Norris	November 28
Michael Bones	November 29
Charlotte Stanley	November 29
Ronnie Williams	November 29
Carissa Johnson	November 30
Sam Wilkinson	November 30

Happy 4th Birthday  
Evan Stein!  
October 24th



Happy Birthday to you, Happy Birthday to you,  
Happy Birthday dear \_\_\_\_,  
Happy Birthday to you!  
Kings, and queens, and bishops too.  
Wanna wish the best to you.  
So wish day, wash day, what do ya say?  
Birthday! Happy Birthday to you!  
There's laughter in the air, people smiling everywhere.  
Happy Birthday. Uh! Happy Birthday. Uh!  
Happy Birthday to you! Uh! Uh!  
H and an A and a P, P, Y  
B and an I and a R, T, H!  
D and an A and a final Y  
Haaaaappy Birthday.  
This is your birthday song, It isn't very long,  
My name IS Alex Schiff, hey!

CAMP ECHO LAKE  
3 WEST MAIN STREET  
ELMSFORD, NY 10523



\*\*\*ATTENTION 2012 CAMPERS, PARENTS, AND STAFF...PLEASE JOIN US FOR OUR MONTREAL REUNION ON DECEMBER 2 AND OUR NY AREA REUNION ON DECEMBER 8TH! SAVE THE DATES...DETAILS TO FOLLOW. WE CAN'T WAIT TO SEE YOU!

## Camp Echo Lake 2012-2013 Off Season Events Calendar

Save the Dates and Join Us for the following CEL Off Season Events...

<b>Montreal Reunion</b>	<b>Sunday December 2, 2012</b>
<b>New York Area Reunion</b>	<b>Saturday December 8, 2012</b>
<b>Main Village Winter Weekend</b>	<b>Saturday March 2 – Sunday March 3, 2013</b>
<b>New Parent Night</b>	<b>Tuesday April 16, 2013</b>
<b>New Camper Picnic</b>	<b>Thursday May 2, 2013</b>
 <b>Camp Echo Lake 2013 Season Begins</b>	<b>Saturday June 22, 2013</b>
<b>Parent Visiting Day</b>	<b>Saturday July 13, 2013</b>
<b>Camp Echo Lake 2013 Season Ends</b>	<b>Sunday August 11, 2013</b>
<b>Echo Lake Idea</b>	<b>Tuesday August 13 – Sunday August 18, 2013</b>