



CAMP ECHO LAKE TRAIL DECEMBER 2005

As of December 16, there are 190 days until Summer 2006 begins at Camp Echo Lake!!!



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Congratulations!

Big Kudos for Laurie!

Laurie Rinke, our indomitable Girls Head Counselor, has been awarded not ONE, but TWO Awards by the American Camp Association! Congratulations and a HUGE pat on the back to Laurie for winning the ACA New York Section's Mike Gordon Award for her role as Chairperson of the EPIC (Emerging Professionals in Camping) Conference and Program. EPIC is designed to provide emerging camp professionals with educational opportunities to learn more about every aspect of running a camp, with the education specifically tailored for young camp professionals.

Laurie is also being presented with the Jack Weiner Young Leadership Award at the ACA's National Conference in Chicago in February. This is a national award that recognizes the service of an emerging camp professional who has exhibited leadership in the camp industry!



OUTSTANDING WORK, LJ!!!



New Kids On The Block

Having heard all about Echo Lake from his good buddies Todd Levy and Max Studley, **Andrew Jacobs** from Roslyn will be joining CEL and "The Village" in 2006! Following in the steps of big brother Josh Spector is little sis **Margo Spector**, as she hits Warrensburg this summer. **Rachel Scheinfeld**, cousin of Sarah, Dan and Zach, hails from NYC and is pumped up to join the rest of the Scheinfeld crew at "The Lake" this summer. A real spirited girl who can't wait for her first summer at Echo Lake is **Sammy Gold** from Armonk. After joining the LJG's for an awesome daylong visit last summer, **Kendall Gross** (whose dad Greg attended CEL back in the 60's and 70's) is going for the full-season experience this time around! Thanks to the LJG's for making Kendall feel so at home! Hailing from Brooklyn is **Theo Feldman** (that's three Theo's at Echo Lake!), who is a cousin of Rachel and Tracy Feldman and has heard them chat lots of green and gold! Seems like the folks in Ridgefield, CT have heard through the grapevine about Echo Lake. Two new terrific kids from Ridgefield, **Cole Butchen** and **Emily Jerris**, are primed for their first summer in Warrensburg in '06! Another little sister joining her big brother next summer is **Hayley Lavin**, whose big brother Zach returns for his third summer. Alum Miriam Lieberman Doremus (like her brothers Aaron and Joel and sister Naomi) was a long-time Echo Laker and now her daughter **Emma Doremus** makes her inaugural gig at "The Lake" in 2006 – awesome! We are so thrilled to have **Elizabeth Berkowitz** joining us in the Sr. Village. She is a great girl and is going to be an awesome addition to the 2005 UIG's (now 2006 LVG's)! And we have even more alumni campers! From north of the border comes Montrealer **Samuel Goldberg**, whose mom Lissy was a long-time Echo Laker and Tribal Cheiftain back in the day. **David Weinstein** follows sister Danielle and dad "Sudden" Sam Weinstein (now a camp doctor) for his first summer in Warrensburg! Matthew Goldstein's buddy **Matthew Eshaghoff** is excited to join us at camp for some warm fuzzies and from Water Mill, NY are the brother-sister combo of **Alexander and Taylor Cohen**, two sibs sure to take "The Lake" by storm!

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E-CHO LAKE E-COMMUNICATIONS

We are making a big push to communicate with our camp families electronically as much as possible. What we will typically do is continue to send traditional mailings to you when the mailing includes lots of forms and inserts (like the March 1 mailing which includes the Parent Handbook, Medical Forms, Camper Information Forms, etc). With mailings of only one or two items, we will be sending those to you via e-mail.

It is important that we always maintain a current e-mail for each family. If the e-mail address to which we have been e-mailing previous communications is not your preferred e-mail address, please let us know.

Additionally, if you have a spam filter or use AOL, please allow e-mails from office@campecholake.com to pass through the filter.



From the Clipboard of Tony Stein...

Teamwork! It's a great word! I can't think of a place where it is better exemplified than with the Head Staff at Echo Lake. To make Echo Lake run every day during the summer, and to help improve camp each and every year - it takes a dedicated group of individuals. People who care about camp ... people who respect each other's abilities and support one another ... people who speak out when they think something can be done better ... people who join me in thinking Echo Lake should be the best camp it can be!



So they travel far and wide several times each off-season to meet as a group to say to themselves ... "Camp was awesome last summer! How can we make it better???" The Head Staff did just that during the weekend of the reunion. Clive and Jill and Cade and Richie B and Katie and Jacko and Laurie and JJ and Theo and JP and Jamie and Glenn all came into New York, not only to be with all of you at our reunion, but to sit down and think about and talk about how we can make camp more fun, how we can make it run better, how we can improve the program, how can we better support the staff ... the list goes on! It takes a lot of GREAT people to run Echo Lake, believe me! I can't tell you how fortunate I feel to work with such a superb Head Staff. To a person, they are smart, hard working, thoughtful and FUN! And they also work great as a team. You know the phrase "there is no 'I' in team?" It totally fits this bunch. They are all about YOU - our campers! And YOU - our staff! And, just as importantly, they are about each other!

So some great news is that this team adds a new player in 2006. Stepping in for the sensational Mark Freeman (who will be taking the summer of 2006 off to get married - so many Echo Lake weddings these days!!!) is no small task. But we've got the guy for the job. CORY DAWSON is our new Assistant Boys Head Counselor. He comes back to his Main Village roots after two summers in the SV, running the Upper Village Boys in 2004 and then heading out west with the 4n4 last summer. Cory is high-octane and LOVES camp! And, he is a strong replacement on the Grateful Heads squad (watch out Main Village) as he is fleet of foot and still in his prime-Grateful Head years!

So th[]
be there on June 24th, raring to go!!! C'mon winter, hurry up!!!!!! Tony

Hi Gang -

Oh, Florida has its place, no doubt about it. However, my thrills of the month took place in the New York area: all of them had to do with running into Echo Lakers past, present and future. Whether it was the local diner or the grand scale of the Gotham Bank Building, a party space, where the Morry's Camp Autumn Elegance took place the theme and feeling was the same - I bleed green and gold not red. That's all there is to it.

Munching brunch in Hartsdale I ran into KAREN FRIEDBERG PACICCA. Karen teaches first grade, was feeding her two little girls while filling me in on the exploits of brothers MARC and MICHAEL FRIEDBERG and cousins LIZ and STEVE SALETAN. One town over I ran into Harriet Siegal, mom of PAM and DAVID SIEGAL. Harriet was practically running to catch a plane to take her to Jamaica where Pam is being married this very weekend.

At a big birthday celebration of dear friends Gayle and Paul Gross I chatted up LEXI and TORI GROSS, DAN GROSS, RACHEL GROSS, GREG GROSS, LAUREN GROSS, ROGER GROSS, XANDER and JORDAN SCHATTEL, MAX and STEFAN LUIGGI, CATHERINE LUIGGI, LAUREN LEVY WIESENTHAL, SCOTT LEVY and JENNIFER LEVY WIEDERKEHR. Oh gosh, I hope I didn't leave anyone out.

Barely catching my breath I moved into the Big Apple where Autumn Elegance, the annual, very successful benefit for MORRY'S CAMP took place last night. Oh boy! Reconnecting, celebrating, loving the moments were DAVI & DR. MIKE FISHER, JERRY HERMAN, GREG SUSS, LAURENCE GLICKMAN, DANA WOLFE, STEW TABIN, STEVE MANKET, PAM HELLER HARTOG, CHERYL KRAMER, EMILY & TONY STEIN, AMY & JONATHAN LEOPOLD, BILL COOPER, LAUREN LEVY WEISENTHAL, SCOTT LEVY, JENNIFER LEVY WEIDERKEHR, ROGER GROSS, KEITH KLEIN, JEFF ACKERMAN & ANDI GOODMAN, BOBBY FINKLE, ROB FRIEDMAN, EVAN & LIZ KAPLOW JACOBS, DAN KAGAN, TOM COLEMAN, JOE APPELBAUM, STEVE SOLOMON, PETER KALVERT & MARK BENEROFE. Oh, gosh, I hope I didn't forget anyone - it was so gala and so successful! Hey, all you campers, don't forget how you and your parents help MORRY'S CAMP go with the swim-a thons as well as gifts you give through your own personal celebrations - bar and bat mitzvahs, weddings - products of your own well-developed social consciousness. We applaud you all!



We are so grateful to our alums, too, who contribute items to be part of the Silent Auction which takes place for MORRY'S CAMP. I'm speaking of IRA BLOOM, CHERYL KRAMER, ERIC FALKENSTEIN, GEORGE & MARY STEIN.

Hey, it's getting cold out - I'm shipping down to warm country!
See you again next issue. Have a great winter holiday coming up.
Much love, Amy



Head Counselor Chatter

Theo



'Neath the Pines

UNITE!

To UNITE means to bring together so as to form a whole. As Camp Echo Lake campers, staff, and alumni we are UNITED as a community. We are each an important part of that Camp Echo Lake community. Brand new campers like Jason Green who joins us at Echo Lake at 11 years old and like Lucas Goldman, who at 8 years old, has been eager to be a camper since his brother Henry started at Echo Lake 3 years ago! Then there is Justin Oringer from Canada! Echo Lake has been waiting for Justin since his father Rob was a camper at Echo Lake! Now Justin and his brother Cory will UNITE at Echo Lake with their friends from summers past and new friends in Summer 2006 for an amazing Echo Lake experience made special by every person who is a part of it!

To REUNITE means to bring together so as to form a whole again. When we get together this coming summer, we will be whole again, though there may be new faces, we will be one community. This coming summer we will see a group of young men REUNITE with Boys Camp and we will call them the 2006 LIT's! They have been gone for a few years but are going to be back this summer and I am thrilled to say I look forward to the energy and enthusiasm this group of guys are going to bring back to boys camp when we are

REUNITED with the likes of Steven Green, Will Pearl, Alex Wilson, Matt Gurin and the rest of these amazing young men who will lead us in what is sure to be one of the most intense tribal competitions ever!

Boys Camp is also going to be REUNITED with an old friend in Cory Dawson, our new Boys Camp Assistant Head Counselor! Cory spent his first years at Echo Lake in Boys Camp, instructing all of camp in Baseball before heading over to the Senior Village as Upper Village Boys Group Leader and then going out west with the 4n4 campers last summer. When Cory is REUNITED with Boys Camp, everyone will see the energy, laughter, and growth that Cory encourages!

Welcome to all the new campers and campers returning to Boys Camp from last summer! Welcome back to the LIT's 2006! Welcome back Cory Dawson! Get ready to UNITE for the most amazing Boys Camp experience ever! And prepare yourselves as we UNITE with the Girls Camp and Senior Village to create a Summer 2006 experience you will ALWAYS REMEMBER!

I'll see you there! Theo

Laurie



Gabbing With Girls Camp

Good Enough. That is my wish for each and every one of you this holiday season. I wish that you know in your heart that who you are and what you do and what you have is Good Enough. Wendy Mogel, in her book "The Blessing of a Skinned Knee" (which I HIGHLY recommend to all parents and staff!) says that believing that who you are and what you have is Good Enough can often be best for you. When life is mostly satisfactory or good enough and occasionally extraordinary, as opposed to always extraordinary, then you are less likely to have expectations that can not realistically be met and you feel better about all that you already have.

Don't get me wrong, I'm not saying you should settle or that you should not strive to be the best you can be. You should push yourself to improve, but if you are happy with where you are at in the moment, then anything you achieve will just feel even better and be bonus happiness. If you are constantly looking for more and more and more than you are missing out on all you have NOW! This is true in terms of your skills and in terms of your "things."

For example, in high school, I tried out for a play and although I got one of the six parts in the show, I did not get the exact part I had wanted. I spent so much time feeling badly that I did not get the part I wanted that I missed out on enjoying the part I had and did not take into account how many people did not get a part at all. I was beating myself up for no reason. Another example is when I was in elementary school I begged my parents for a Barbie Dream House for my holiday gift. My parents had gotten me a fancy dollhouse for my birthday that year and felt that I didn't need to have a dollhouse and a Barbie Dream House. I was so upset that I hardly played with my beautiful dollhouse. I missed out. Instead of seeing that what I had was good enough and that I could enjoy my dollhouse, I blew it because I wanted more than what I already had. Listen, I certainly understand that it can be hard to appreciate what you have and it is understandable to want new/different things. What I think is most important is perspective. Before you decide that you are going to be down on yourself or want something new and different from what you have, take a step back and really look at how things are. Maybe you're not the star of the soccer team, but maybe you are the editor of the newspaper. Maybe you don't have a new trendy pair of cowboy boots, but you have a really cool jacket. Ask yourself, am I trying as hard as I can to be the best person I can be? Am I really looking at what I have accomplished and what I have and feeling grateful for that? If we all stopped for a minute and realized how lucky we are, right now, at this moment, we all might feel Good Enough.

In this complicated world, the only thing you can do is, do your best. You cannot control the outcome all the time. It is very easy to forget this and blame ourselves or blame others if we are not receiving 100% of what we want, but rather 80%. What if you received only 10% of what you want? Doesn't that 80% sound Good Enough now?! Inside each of you is a wonderful, growing, giving, smart, creative, talented young woman who CAN achieve everything you dream. What I wish for you is that along the path to your dreams you take some time to look around at the scenery and enjoy your journey, look back at where you started from and how far you've come, and know in your heart that at that exact moment, wherever you are, YOU ARE GOOD ENOUGH. In fact, you are DIVA-TASTIC!!

Lots of Love and XOXO, Laurie

Head Counselor Chatter

JP



The Village Voice

I can't believe I'm writing another trail article already! It seems like I just did one a few weeks ago! I feel like Bill Murray in the movie Groundhog Day... Whew, all right I'm better now that I got that off my chest. Things have been going great the past few weeks. I had a tremendous time at the reunion catching up with the villagers and finding out what they have been up to since camp. After talking to a few campers I found I was getting the same answers over and over again. I've had the same experience before at the beginning of camp as well. I decided to take a secret poll like I did at the beginning of the summer. After talking to 10 campers this is what I found:

2005 CEL Reunion poll (November 2005)

92% said that school was "OK"

87% said that they have been doing "not much" since camp has been over.

84% did not laugh at any of my jokes.

These statistics are right on in the 13-15 year old demographic in fact they have remained constant from my summer poll that I did when everyone first got off the bus at camp:

2005 Senior Village poll (June 2005)

90% said that school was "OK"

89% said that they had not been doing much since school was over.

72% did not laugh at any of my jokes*

The numbers don't lie folks, the Senior Villagers are savvy, sophisticated, and not easily amused. Tony, Jamie, and myself already know this and we prepare every summer with these numbers in mind. Bottom line is we know how to make the campers of the Senior Village have fun and make their experience at camp much more than "OK".

In an effort further this we are once again offering the Senior Village Winter Weekend! It's going to be a great time of skiing, skating, and catching up with all your camp friends. Unfortunately Nelson is not allowed at the Super 8 but lots of other counselors from the summer will be there to hang out and have fun. I hope everyone has a safe and enjoyable holiday season.

Stay Gold,

JP

*This n□

Senior Village Winter Weekend 2006



Get excited again for the **2006 Senior Village Winter Weekend**. It's going to be a great weekend filled with laughs and adventure.

The dates for this year's trip are **January 27th-29th**.

You can download the brochure including the **registration form on www.campecholake.com**.

Be sure to send in your forms by January 6th!!



Highlights of the trip include:

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



***The Senior Village Winter Weekend is open to 2005 Upper Inters, 2005 Lower Villagers, 2005 Upper Villagers, 2005 4n4, and 2005 LIT's.**



Spanning the World...



Ali Muskat wrote to us to share some exciting news! A year ago she started a new line of women's shoes called "Oh...DEER" for her family's company, Deer Stags. Today the shoes are in Life and Style magazine. Pretty cool.

Cruising through the streets of Manhattan running his first New York Marathon was **George Stein**. George was undoubtedly buoyed by the sights of various encouraging alums along the way: **Billy Cooper, Joan and Marv Frimmer, Ben Frimmer, Nicole Berkowitz, Lindsay Rosen, Stephanie Shorr and Julie Taubes**. Way to go, George!

In more NYC marathon news, **Stacey Becker** was running the NYC marathon and on her way down 1st Ave she saw **Dawn Ewing and Deb Cederbaum** who were screaming her name. Then for the last 2 miles, she was running in Central Park and heard **Wendy Katz** scream "Stacey Becker, Camp Echo Lake!" Awesome job, Stacey!

Congratulations to **Emily Tabin** who has put together the Westchester Jazz Orchestra heralded in the Westchester edition of the NY Times. This group, composed of jazz professionals who live in Westchester Co gives four fabulous concerts a year in the county, provides music education in some lucky schools and is the brainchild of Emily, a talented jazz musician herself. Their website is www.westjazzorch.org for the concert schedule. They're really terrific! We know! We've been there.

Lissy Kates Goldberg took her family to New Jersey recently. They visited Lissy's brother, **Jeff Kates** and, along with camp friend, **Lisa Mittlemark** and her family, they took all their kids to see "The Wiggles Live." How fun!! With **Samuel Goldberg**, Lissy's oldest son, joining Echo Lake this summer we are destined to have more Kates-Goldberg outstanding athletes at camp! Yahoo!

Rock on!! That's right, CEL alum, **Derrick Forget** is the bass player for the popular rock band TSAR. After **Mark Freeman, John Pezzolla, Laurie Rinke, and Cade Nethercott**, saw Derrick perform this summer, Mark could not resist a repeat performance. **Mark** went to see his camp buddy, Derrick, perform again when TSAR played at Lee's Palace in Toronto. Derrick was awesome and Mark even helped to sell a few TSAR t-shirts. Way to go Derrick and way to be a groupie Mark!! Check out Derrick and TSAR at www.tsar.net.



Echo Lake Campers 20??...

Lisa Rapp Liss and her husband **Damon** are thrilled to announce the birth of their daughter, **Charlotte Eve Liss**!! Charlotte was born on November 12, 2005, weighing in at 6lbs-13oz. Uncle **Gary Rapp** could not be more proud of his sister and his brand new beautiful niece!!

Sophie Madeline Dockswell entered the world on Friday, November 18, 2005 at 10:45am. Parents **Corey Frimmer Dockswell and Justin** could not be more overjoyed with their gorgeous daughter! Sophie weighed in at 6 pounds, 8 ounces and was 18 inches long! Grandparents, **Joan and Marv Frimmer** and uncle, **Ben Frimmer** could not be more excited. Well, maybe they CAN add even more family excitement when Ben's wife, **Heather** gives birth in the next few weeks!! Mazel tov to the entire family!!





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

Spreading a Warm Inner Glow...

Continuing to do good deeds and contributing to Morry's Camp is our very own **Sam Stern**. After Sam's recent Bar Mitzvah he sent a very generous donation to Morry's Camp. Mazel tov Sam and thank you for spreading a Warm Inner Glow!

Morry's Camp 10/60 Campaign

As of December 2, 2005 we have raised, through pledges and donations, over \$100,000 for the 10/60 Campaign (the celebration of the 10th anniversary of Morry's Camp and the 60th anniversary of Echo Lake!)!!! We wanted to send a huge "Thank you" to those of you who have given so far...

Alawatchakeema-*\$25,000 or more

Ellen and Lon Babby
Robin and Jay Varon

Big Guy-*\$10,000 or more

Liz Kaplow and Evan Jacobs

Tribal-*\$5,000 or more

Mary & George Stein
Lauren and Erik Kutcher

Group Sing-\$2,500 or more

Ellen-Jane Erbstein
Wendy and Jeff Kaufman

Reprise-\$1,000 or more

Dr. Ronald and Frances Jaffe
Roger Kaplan

Judith Serling-Sturm and Peter Sturm

Carnival-\$500 or more

Deborah Goodman and David Abbey
Lois and Andrew Baron

Lorraine and David Bloom
Lior Evan

Karen Pressman Ferleger

Davina and Michael Fisher

Cheryl and Richard Gibson

Lauren Wechsler and Peter Horn

Nancy and Mark Katz

Debra and Jonathan Langer

Sally and Rob Levitt

Maureen and Bob Lindler

Randi Lipkin

Pam and Lee Miner

Tali and Jamie Resin

Susan and Forrest Sussman

Tessa and Kenny Weinstein

Jennifer L. Wiederkehr

Jill Greer

W.I.G-\$250 or more

Lisa and Stuart Alperin
Carol and Michael Baum

Adam Deutsch

Matthew Fisher

Arlene and Harvey Friedman

Robert Getz

Lissy and Peter Goldberg

Lorne Greenwald

Nancy and Roger Gross

Renee Azima-Heller and Richard Heller

Darren and Lisa Lazarus

Aliza Luft

Jodi and Bob Marshall

Abby and Michael Oringer

Danny Sigler and Renee Pearl

Amy Pressman

Marshal Salomon

Kathy Silverstein

Emily and Steven Steinman

Donna and Howard Teichner

Judith and Samuel Trotzky

Debbie and Michael Turner

Nathan Wood

Jane Sibling

Joan Langer and Mark Levin

Camp Friends-Up to \$250

Daisy Richer

Jennifer and Larry Reinharz

Kerri and Marc Appelbaum

Ronna and David Bart

Leslie and Alan Golub

Sheri Grossman

The Leeds Family

Amy Low

Ben Maisel

Nancy Marin

Scott Mayerowitz

Marshall Schiff

Amy and Jeffrey Uffner

The Gruner Family

Phyllis and Jeff Harrison

Diane and Leon Brostoff

Deborah and Irving Cygler

Handleman Company

William Kamerling

Barbara Lupovich-Ovadia

Shana and Frank Nardelli

Student Camp & Trip Advisors

Lori Greenbaum-Mann & David Mann

Courtney Stein

Joanna Davis

Nancy & Michael Feldman

Miriam and Sanford Ain

Ronna and David Bart

Joan and Marvin Frimmer

Julie Scott and Doug Shapiro

Ronda Bessner &

Robert Granatstein

The Apter Family

Adam Cohen

Ron Cohen

Camp Friends-Up to \$250

Richard Grossman

Rita and John Fogelman

Jane and Neil Golub

Leanne and Richard Gumer

Ruth and Hal Gutstein

Barbara and Burt Lavin

Stacy Lewis

Dr. & Mrs. Robert Lieberman

Lilly Maisel

Steve Manket

Karen and Alan Nadel

Lesley Malus Reed

Karen and Herb Reichenbach

Ava and Steven Silverstein

Judy and Dennis Turner

Doug Millowitz

Mia Spigal

Ruth Machover

Nina Amster

Randy Brandman

Andrew Brown

Elliott Campbell

Adam Liebowitz

Amy Jackowitz

James Bandler

James Newman

Jonathan Morris

Matt Jackowitz

Sam Lupovich

Jim Pitofsky

Eric Falkenstein

Adam Pittsburg

Susan and David Gibson

Zachary Rynar

Susan Glickman & Tom Klein

Paul Saperstone



Outstanding job

2005 C&L Campers!!!

This summer we raised over

\$14,000 for Morry's Camp

thanks to our

Swimathon and Marathon!

*Stay Tuned for the Morry's Camp
Young Professional Fundraising Event
in February/March 2006.*

Check the Morry's Camp website for more details:

www.morriscamp.org

Staff Bulletin Board

Shout Outs from the Most Amazing Camp Staff Ever...

The staff UK-Reunion was a big success... Everyone arrived Friday night, we went for dinner then out on the town. On Saturday we watched some big England rugby and "football" games - both victories - seeing the sites of Leeds and an Otley run. In attendance were Rory Jones, Pete Borley, John Borley, Matt Evans, Joe Peyton, Jenny Wilson, Rachel Gresswell, Simon Blondell, James Ward and Sara Watt. -**Sara Watt**, Cabin Specialist UIG

WHERE
MY
DAWGS
AT?!?!?

-**Lee Brodsky**,
Group
Leader
UJB

I have been accepted to the graduate counseling program at Southeastern Louisiana University. I will begin in the spring & in two years, I will be a school counselor. I am looking forward to starting my new program and I am excited about where it will take me & what new experiences I will have. -**Nick Stoulig**, Tour Director

For Halloween, my roommates and I were Rockford peaches from the movie "A League of Their Own!!" I wanted to tell everyone all about it to show that I was thinking about Girls Camp!! I was Dottie (the Geena Davis character). Have a great day, don't forget to Smile!!! Happy belated Halloween. -**Cassandra Heath**, Group Leader UJGW

Looking back on summer it is the good memories that stick with me and the people that I'll never forget. Dancing with George Frankle and water fights with the tennis staff (always instigated by Jose I might add!) are definitely things that I remember and smile about! And I'm still staying in close touch with Amanda Nydell and Becs Whittle who were great friends to me in summer and hopefully will be for a long time to come. -**Cat Summers**, Tennis Activity Specialist & UIG

"Like a cowboy, on a steel horse I ride, I'm wanted...dead or alive." On Tuesday November 29, Echo Lake's very own Girls Head Counselor, **Laurie Rinke** and Theatre Head Specialist, **Kris Kauff**, rocked out to Bon Jovi at Madison Square Garden!! They belted out every word to every song. Rumor has it Kris is working on a Bon Jovi themed musical for camp. (wink, wink)

This summer made me wonder, how my life will unfold.
Where I'll be in 20 years and 50 when I'm old.
I look back on this summer and everything I've learned.
All the people that I meet and all the friendships that I've earned.
All the rough times and day offs sure to come.
You want to cry so badly, but the tears just will not come.
And then the brighter days they come, you throw a smile and a wave.
The kids are loving life right now, it's camp that they all crave.
I am now a UVB, and some of you are UVG's.
There might be some LIB's and even maybe UJG's.
Together we are Echo Staff, working hard just all the time.
To send kids home 10 feet tall, and know the good days will just shine.
The last day comes in such a blink.
You look around and stop and think.
Each hug you give to say goodbye. Creates a new tear in your eye.
No the tears begin to fly. You start to ball and realize.
With each hug you gave you lose some of you.
And from each kid you gained something new.
You gained the love and gained some joy.
And that forever cannot be destroyed.
And then the kids, they packed and left.
I walk alone in this empty nest.
I take a picture in my mind, so when times are hard, I can always find.
Security in Echo Lake. A forever bond that cannot break.
I'd like to thank just everyone and I'll return again just like the sun.
-**Robbie Korn**, Cabin Specialist, UVB

Hey, wanted to give a shout out to all the UVB posse, YOU GUYS WERE AWESOME this summer I miss you all, and to all the staff, thanks for making me laugh over the summer, I couldn't do it without you, finally I'd like to BIG UP my boys from PERDUE (DJ, ALEC, ROBBIE, JARED, ADAM, DREW AND JP) Princess and the BOYS 06.....yeah man. -**Matt Evans**, Waterfront & UVB

Hope that everyone is keeping well and that the cold weather isn't getting you down too much, but instead find a way to have some fun in the snow. Well right now I'm working hard, leading up to my exams in January. Big shout out to Baller Nation, and the rest of 4n4-2. Following on from the Sachem games, once I got back home, I've been officiating in the National League here in England, and have been awarded appointments on the National Cup Finals in February, and the University Finals in March. In the meantime I'd like to wish everyone the very best for the festive season, that any resolutions made won't get broken too soon, and hope that everyone enjoys the SV Ski Weekend. I can't start to imagine how beautiful Camp looks in white. -**Andrew Monk**, Accountant & 4N4

Everything is great up here in Nova Scotia. The high school football team that I coach ended up winning our second straight provincial championship last week. It was our third title in the last four years. We only allowed one touchdown during the entire eleven game season. The boys played hard and I am proud of them. -**Anthony Vincer**, Group Leader, FB

Campers Corner

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

Now that my countdown to the reunion has ceased to be, (smile, it was amazing) I must begin my countdown until winter weekend, however I have promised a friend that I cannot do so until I see my first snowflake of the winter fall. So everyone, while you are temporarily tucked away in winter shelter, pray for snow and soon winter weekend will arrive. And then the best is yet to come in June... paradise itself. Although, that countdown's been started since August 15th. (as of 11/19/05 there are 216 days until camp)! GET PSYCHED LAKERS. 4n4 love. -**Rikki Gothelf**, UVG '05

Hi! It's Sam Leopold! I had a fantastic time at Reunion 2005! After the reunion a bunch of us went to the mall and back to my house to hang out!! Upper Village 2005 had a great time and will certainly remember this reunion!!! 4n4 06 Rules!!! -**Sam Leopold** UVB '05

Hi. I really miss the summer. I have had all these tests and can't stand them!!! I can't wait for camp. -**Josh Landman**, UJB '05

Hi! It's Andie, I can't wait to go to camp next summer. I also can't wait for my sister Callie to go to camp this summer. I think she will have a great time. I miss everyone in my group and can't wait to see them next summer. Go Monkeys! -**Andie Migden**, LJG '05

I was Bar Mitzvahed on October 22 and it was great to see all my camp friends. I'd really like to thank Renee Pearl who tutored me at camp. -**Matty Grossman**, UIB '05

We just finished the soccer season. My coach brought us to get pizza. Of course, I don't like pizza so I got mozzarella sticks. -**Jessica Uris**, UJGE '05

I just got my appendix removed and it is pretty weird. I have 3 scars and I had to stay in the hospital overnight. I am having a little trouble walking but I hope to recover soon. -**Adam Goldberg**, LVB '05

Hi CEL: Jessica Uris and I have now seen all of the Harry Potter movies together. One night we stayed up until 11:30PM to watch Harry Potter IV. It was a really good movie. -**Sarah Dachinger**, UJGE '05

I want to give a shout out to UVB's '06 and I MISS CAMP! Also, I got an award at school for making a difference at my school! -**David Kabakow**, LVB '05

I would like to give a shout out to Shayna, Carly, Danny, and Gabby for being such good friends. -**Rachel Scwimmer**, UJGW '05

I wanna give LAURA KOBAK a shout out. The DVD she made for 4n4 trip 2 was the most amazing thing I ever watched! I was hysterical crying. Kobak, you're the best! 4n4 2 I love you all so much. Can't wait till LITS 06 keep being ballers & shorties!! Much love! -**Jackie Hollander**, 4N4 '05

I WAS at the reunion. It was great. Seventh grade is the BUSIEST I have ever been. Just recently, I had to hand in a four-page lab report!!! Lab reports=bad. Camp Echo Lake=good. Thanksgiving is coming up soon. I like Thanksgiving a lot. It's a tradition in my family that it is at my house every year. My mom makes great turkey. Hello to the UIG '05!!! -**Michelle Neuberger**, UIG '05

AT HOME DO - IT - YOURSELF ACTIVITY AREAS

FUN WITH FINE ARTS!!!

HOOP DREAMS!!!

Seeing Shadows-

People usually don't pay much attention to the things they see everyday. A key to being a good artist, however, is noticing things that other people often miss. Take shadows. Most people don't bother to look at shadows. But, once you start looking for shadows, you'll discover them all around you. Looking at shadows might seem strange at first. Yet, it's a good way to focus your vision and reacquaint yourself with your surroundings. It's also fun!

Materials You Need: a flashlight, a camera, and a roll of film.

What To Do: Begin by studying the shadows of things in your room. Take a strong flashlight and shine it on an object. Notice how the position of the light source determines the size and shape of the shadow.

Go outside on a sunny day and concentrate on shadows. Watch the shadows of things moving around you. Notice how much detail you can see in shadows. If it's late afternoon, notice how the shadows stretch out on the ground. For fun, play with your own shadow for awhile.

Want To Do More? Take a camera and shoot pictures of the shadows you see in your surroundings. Look for both familiar shadows and unusual shadows to record. Have your film developed and select your "best" shadow picture to frame and hang in your room.

Artistically Yours,
Sara Gold, Fine Arts Head Specialist



Helping Your Handle

Hi everyone! The leaves have fallen off the trees and the snow is ready to fly---that means hoop season is right around the corner! I can't tell you how excited I was when Laurie asked to share some hoopology with you in the December Trail---so I called JP, chartered a Lear jet, flew to Cincinnati to get Cheryl, and we jetted up to McGill for a pow-wow to come up with some tips for all you Lakers who love hoops as much as we do!



There are a lot of things that you can do to improve your game. I am going to share with you some ideas on how to develop your ball handling skills so you'll be the Iverson of your school or travel team! The great thing about ball handling is that while it helps to have quickness, you can acquire a wickedly effective handle without being a human jet. Try to develop a routine and stick with it---you do not need a court to practice---your garage or some downstairs room with a hard floor will do just fine---just make sure you check in with your parents first so that you don't drive them batty with the sound of bouncing balls. Twenty minutes a day, three or four times a week will produce amazing results! So, here goes:

- 1. V-Dribble**
Practice the V-dribble movement of pushing the ball forward and pulling it back---as with any dribble move, the idea is to go as low as you can. Start with a V on the same side as your dominant hand. Go as fast as you can for 45 seconds---keep your head up! Now move to your non-dominant side. Make sure you are in athletic position at all times. Do four repetitions of 45 seconds each.
- 2. Inside-Out**
Now you are ready to take your push-pull movement and do it in front of you---same thing as before---45 seconds dominant and non-dominant hand, going as low and as quickly as possible.
- 3. Iverson**
OK, now we're going to cross the ball over in front of us---ankle high, as quickly as we can, for four 45 second intervals. The closer you can get to ankle height, the better your move will be.
- 4. Figure 8**
Get in an athletic stance with your feet about shoulder width apart---feet slightly staggered. You're going to make a figure eight pattern in and out of your legs---go as quickly as you can for 45 seconds---do this four times, changing direction every other time.
- 5. 2 Ball**
2 ball is, well, dribbling with two balls at the same time. This is hard but it is fun and really improves your skills. First try one on each side, as low as you can. The go to one ball bouncing high, one low. After that bounce the balls so that you are alternating with one going high on one side while one is low on the other. Then try to cross the balls over in front. Start slowly and get faster---then do each one of the previous drills for 45 second intervals. Don't get frustrated!!!! This will take time but it's worth it!!
- 6. The Glove**
Here's a simple secret ---have your parents get you a cheap pair of cotton gardeners gloves ---wear these while dribbling on a court or doing some of the exercises I've suggested. This will really improve your "feel" for the ball and the ability to control it.

That's it for now---Cheryl, JP and I are really looking forward to seeing you in June! In the meantime, happy hooping, and best wishes for a wonderful holiday to you and your families!

Glenn Begly, Basketball Head Specialist

AT HOME DO - IT - YOURSELF ACTIVITY AREAS

Stupendous Stretching for Dancers...

One of the most important parts of being a dancer is staying lean and LIMBER! Doing small, simple stretches on a day to day basis will not only keep you dancing away, improving on those high kicks (grande battements) and huge leaps (grande jetes), but it will help you keep your body in good condition. Here are a few pointers on stretching that will keep you well on your way to stardom and healthy living:

Things to remember:

- 1) Always breathe! -- Inhale before you stretch any muscle, and then exhale once you begin stretching.
- 2) Push yourself, but not too hard! -- If it hurts to the point where it doesn't feel good anymore, you're probably stretching too far. Listen to your body and be careful.
- 3) Keep your muscles warm while you stretch them! -- Try and keep all of your muscles covered (pants and long sleeves) so as to keep them warm...you'll be able to stretch much easier and it will hurt a lot less.
- 4) The best time to stretch is right after any vigorous activity, when you're muscles are loose (eg. after a hockey game, dance team practice, a long run, etc.) You'll get better results this way and it will be a lot easier.

Best Wishes,
Heidi D-J, Dance Head Specialist



What's Cooking In Renee's Kitchen?

I hope all you little and big chefs haven't stopped measuring by the heaping tablespoonfuls since camp ended. Are you "oven" hot or "walk in fridge" cold? Here in Montreal we just had a pretty nice snowfall and are chillin'! In the spirit of this festive season and the wonderful "white" weather, I have chosen one of our family's favorite's recipes, the Snowy White Chocolate Crescent cookies. These are a lot of fun to make...don't have too many ingredients... and are quite easy! Don't forget to wash your hands before you start this baking adventure (as you always do, of course), since you will be using them to make the cookies' shape. Get ready to get a little dirty, just like you do all day at camp!

Snowy White Chocolate Crescents

Ingredients

1 1/2	cups all-purpose flour
1/3	cup cocoa powder, unsweetened
1/2	cup salted butter, softened (1 stick)
1	cup white sugar
1	tsp. pure vanilla extract
1	large egg
1/2	cup confectioners' sugar

Directions

Preheat oven to 325° F.

In a small bowl combine flour and cocoa. Mix well with a wire whisk.

In a medium bowl cream butter and sugar with an electric mixer on medium speed.

Add vanilla and egg, and beat until light and smooth.

Scrape down sides of bowl, than add flour and cocoa mixture.

Blend on low speed until fully incorporated. The dough will be dry and crumbly.

Shape a level tablespoonful of dough into a 3 1/2 -inch log by rolling the dough briskly between your hands.

Slightly bend the log to form a crescent shape. (The letter "C")

Form remaining dough into crescents, and place on ungreased baking sheets, 1 inch apart.

Bake 13-15 minutes or until the outside of cookie is hard but the center remains soft. (Make sure to watch them!)

Cool on pan for 2-3 minutes, then transfer to a flat surface to cool a few minutes more.

While still warm, roll the cookies in confectioners' sugar until coated. D-e-l-i-c-i-o-u-s!!!!

Yields: 2 1/2 dozen

Renee's Kitchen Tips:

This recipe makes a lot of cookies, so you may not want to bake them all at one time. What I do is "flash freeze" the excess cookie dough. This is worth the extra effort, so that next time you want cookies, they are ready to be baked in the oven in minutes.

What is flash freezing? You put the shaped dough on a baking sheet and put it in the freezer for 10 minutes; then you remove each cookie from the tray, either by hand or with a spatula, and put it in a freezer bag.. Since the cookies have already hardened in the freezer in their shape, they will not break as long as you are gentle! When you are ready to bake, simply take out the number that you want. Voilà! You are ready for unexpected guests or your family who will be surprised and very willing to have freshly baked cookies!

Snapple Fact # 66: Americans on average eat 18 acres of pizza every day. Bon Appétit!

Renee Pearl-Sigler, Cooking Head Specialist



DANCE FEVER!!!

WHAT'S COOKING IN THE KITCHEN???



The All of 12885...

What's Happening in Warrensburg?



Yeah, it's cold out in Warrensburg. Yeah, it's snowing. Yeah, the lake is frozen. But don't think the boys in Warrensburg are inside sipping cocoa! They are out there, hammering away at all their big projects! Fixing up the new **LIT Lodge and Media Center**, renovating **cabins in the Senior Village**, building **new cabins in the Main Village** (we are going to have a new **Bunk 9** and for the first-time ever, a **Bunk 38** in girls camp!). These guys are the real deal, throwing on their long-johns every morning to make all this happen, so when our campers and staff show up in June, camp is ready to roll!



A Bar/Bat Mitzvah at The Lodge?

Mike and Billy and Jeff have been very busy since camp, running **weddings** nearly every weekend between the end of August and the end of October. As always, they will put on a **HUGE New Years Eve party at the Lodge** where they will have live music and a five-course meal for over 200 guests!

Now that they have become a premier spot for weddings in the North Country, the guys are anxious to throw their first **Bar/Bat Mitzvah up at camp**. They think the Lodge is an awesome spot for that! They hope someday they'll get to host an Echo Lake Bar or bat Mitzvah in Warrensburg!!!

Won't that be something!!! Go to www.elakelodge.com

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

CAMPER BIRTHDAYS...

Adam Weinberg	12/6	Dana Harris	1/15
Alex Visoky	12/7	Arielle Silverman	1/16
Emily Parker	12/9	Andrew Silverberg	1/16
Brandi Prell	12/9	Emily Silverberg	1/16
Justin Oringer	12/9	Andrew Stafford	1/17
Ali Bienenstock	12/10	Emily Goldstein	1/18
Jenna Reichenbach	12/12	Lindsay Aaron	1/18
Brian Diamond	12/16	Ashley Pollack	1/20
Liza Kapelus	12/18	Karli Weitzman	1/20
Jack Katz	12/19	Jason Goldstein	1/21
Dean Hirschberg	12/20	Jennifer Udashkin	1/21
Jordan Goldstein	12/21	Laura Kobak	1/24
Brian Tucker	12/23	Lauren Koenig	1/26
Mitchell Uris	12/23	Rebecca Zukowsky	1/27
Ben Berger	12/24	David Berman	1/28
Andie Migden	12/24	Rachel Feldman	1/28
Rachel Some	12/25	Maxwell Boykin	1/29
Sydney Bibicoff	12/26	Matt Leonard	1/29
Sam Tell	12/26	Sarah Weill	1/30
Joshua Turner	12/27	Zach Saperstone	2/2
Joshua Silberfein	12/27	Andrew Kenny	2/4
Jolie Schenerman	12/28	Jake Levy	2/5
Becca Aronson	12/28	Melanie Harrison	2/6
Russ Einberg	12/29	Dana Wilson	2/7
Joshua Chavkin	12/30	Liza Wiesenthal	2/8
Jordan Friedman	12/31	Jeffrey Neikrie	2/9
Allison Luntz	1/1	Benjamin Meisel	2/10
Steven Winnick	1/3	Jordan Meisel	2/10
Carly Stern	1/4	Derek Sigler	2/12
Michelle Eisenberg	1/4	Max Freedman	2/12
Eli Nobler	1/5	Briana Tanzer	2/12
Selena Hickson	1/5	Alexa Krieger	2/12
Allison Einberg	1/7	Jared Katz	2/14
Erica Moser	1/8	Ethan Zombek	2/14
Isabel Greenberg	1/9	Daniel Jacobs	2/16
Allie Reitman	1/10	Gideon Nachman	2/16
Jake Sussman	1/12	Jackie Feldman	2/18
Emily Goldspink	1/14	Lindsay Hertzberg	2/18

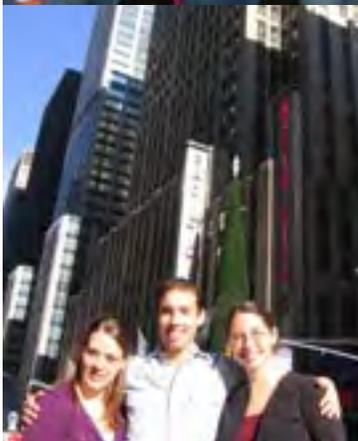
STAFF BIRTHDAYS...

Viktar Datsyk	12/6	Vanessa Reid	1/22
Julie Mackay	12/6	Ben Yaffe	1/25
Ryan Black	12/7	Jill Hickson	1/27
Nick Stoulig	12/8	Mary McMahon	1/28
Lisa Wilson	12/9	Rebecca Whittle	1/28
Rory Jones	12/9	Emily Hertzberg	1/29
Graeme Visagie	12/13	Stephanie Haggarty	1/30
Richard Wallace	12/14	William Bear, Jr	2/2
Lee Brodsky	12/14	Alex Schiff	2/4
J.P. Begly	12/17	Diane Simmes	2/8
Brian Babauta	12/17	Jessica Uze	2/8
Megan McCann	12/18	Ryan Davis	2/12
Andrew Monk	12/19	Dana Jackowitz	2/17
Richard Saunders	12/21	Jay Boisvert	2/20
Robert Louis-Charles	12/21	Andrew Vinson	2/23
John Finnigan	12/23	Chris Bills	2/25
Craig Macdonald	12/29	Courtney Tolley	2/26
Joseph Peyton	1/3	Andrew Bray	2/28
Janet Baker	1/3	Dzmitry Baukun	2/29
Julie Rotter	1/5	Rick Bartlett	3/1
Nichole Barrett	1/5	Kenneth Baker	3/4
Allison Zucker	1/5	Jennifer Wilson	3/5
Laura Knapp	1/7	Stefanie Smith	3/6
Catherine Luiggi	1/9	Jeff Mahler	3/11
Rachel Gresswell	1/12	Agnieszka Ostrowska	3/11
Jakub Marcak	1/13	Josh Dodge	3/12
Richard Beaudoin	1/16	Theodore Church	3/13
Ashley Clark	1/17	Laurie Rinke	3/14
Christie Lescault	1/19	Emma Neville	3/14



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

*The 2005 NY Area Reunion was a HUGE Success...
Oh, the Memories of Echo...*



CAMP ECHO LAKE
3 WEST MAIN STREET
ELMSFORD, NY 10523



*** SENIOR VILLAGE WINTER WEEKEND INFORMATION INSIDE! NEW YORK AREA REUNION PHOTOS INCLUDED!!! LOTS OF EXCITING UPDATES FOR SUMMER 2006....

CAMP ECHO LAKE 2005 – 2006 DATES

WINTER REUNION	SATURDAY, NOVEMBER 12TH, 2005
SENIOR VILLAGE WINTER WEEKEND	FRIDAY JAN 27 – SUNDAY JAN 29, 2006
MAIN VILLAGE BOYS CAMP PLAY DAY	SUNDAY FEBRUARY 12, 2006
MAIN VILLAGE GIRLS CAMP PLAY DAY	SUNDAY FEBRUARY 12, 2006
NEW PARENT NIGHT	WEDNESDAY APRIL 5, 2006
NEW CAMPER PICNIC	THURSDAY, MAY 4, 2006
CAMP ECHO LAKE 2006 SEASON BEGINS	SATURDAY, JUNE 24, 2006
PARENT VISITATION	SATURDAY JULY 15, 2006
CAMP ECHO LAKE 2006 SEASON ENDS	SUNDAY AUGUST 13, 2006
ECHO LAKE IDEA	TUESDAY AUGUST 15 – SUNDAY AUGUST 20, 2006

