



CAMP ECHO LAKE TRAIL OCTOBER 2006

As of October 1, there are 266 days until Summer 2007 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 2007 and we can't wait for them to experience the magic of camp!! Welcome to "The Lake"....

Evan Aaron	Tess Greenberg	Rachel Levy	Andrew Schneider
Sami Berenbaum	Jarett Gross	Penelope Lutvak	Eliot Sernau
Matthew Bernstein	Evan Gutman	Jacob Mazie	Jamie Shapiro
Max Bibicoff	Emmy Hirsch	Danielle Meyer	Jenna Shapiro
Jacob Bortniker	Isabelle Jacobs	Justin Meyer	Samantha Silfen
Alexa Bronfman	Matthew Kains	Addison Migden	Rachel Silver
Matthew Diamond	Hannah Kaplan	Justin Miller	Jeffrey Silverstein
Austin Fields	Marisa Kaplan	Josh Nadel	Jonathan Silverstein
Hunter Fields	Samantha Kapner	Caroline Okun	Alex Sims
Matthew Frankle	Zachary Kapner	Max Paull	Andrew Steinberg
Hannah Friedfeld	Graham Kessel	Tilly Pecker	Hannah Tell
Hannah Frydman	Sam Kessler	Alex Peckman	Ethan Volk
Liam Geron	Alexandra Kirshenbaum	Harry Prevor	Taylor Wallach
Jessica Goldberg	Danielle Klausner	Jessica Rosenblum	Alexandra Wechsler
Franny Gould	Brett Kleinfeld	Amy Rosner	Matthew Weill
Cooper Grayson	Brandon Kramer	Matthew Rothman	Lauren Whitman
	Edgar Langman	Emily Saperstone	

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Information on iPod's at Echo Lake



As you know Echo Lake places great importance on campers interacting with each other and their counselors and therefore has a policy where we do not allow campers to bring portable electronics to camp. Echo Lake does, however, allow campers to bring iPods to camp (it is the only electronic item we allow campers to bring) so they can listen to music in their bunks, however we DO NOT allow iPods with video capability...even if all the videos/tv shows are deleted. Since that is our policy we wanted to give you, our families, some guidelines and information regarding iPods now, before you potentially purchase an iPod for your camper.

If you are planning on buying a NEW iPod for a birthday or the holiday season, and want it to be "camp compatible" you should only purchase an iPod Nano (<http://www.apple.com/ipodnano/>). If you purchase any type of regular iPod now (what Apple simply calls "iPod") it can play videos, and would not be allowed at camp. An iPod NANO, however, is not video capable and would be allowed at camp. Additionally, you should know that any regular iPod sold by Apple before 10/12/2005 is also OK for camp, as it cannot play video.

Thank you very much for your understanding of our policy and please do not hesitate to call or email us if you have any questions or concerns!!



From the Clipboard of Tony Stein...

The words "Camp" and "Tradition" naturally go together. Autumn is the time of year when we start to dig into our new construction projects for the following summer. As Darren and I plan out the renovations of the Health Center, like we do all our special projects, I am once again struck by the contrasting feelings of modernization versus tradition, and how to make them work together. As we improve our facility, so that it can serve our campers and staff in the best way possible, I always want to ensure that Echo Lake retains the look and feel of summer camp; that there always remains the important pieces that existed in 1946 when my grandparents, Bill and Edith Medine first bought and started Camp Echo Lake.

As I read the recent article in Newsweek about the pressure children are facing - just in the first grade - it reminded me just how precious camp and our traditions are. When new parents seek reassurance from me that there are, in fact, no Gameboys at camp and that their children don't sit in front of computers at camp, I am happy to provide that reassurance. Camp is one of those last bastions (and maybe the last) where kids can be free of the pressures of school and the incessant buzz of computers, video games and the media. Camp is about activities, making friends, learning how to be a good bunkmate and experiencing new things ... simple things but so important.

Each and every building and facility we look to upgrade and improve always leads me to the question of "how do we make this place look great and function well while still allowing kids to feel like they are at summer camp?" When we renovated the Rec Hall in 2005, it was so important to me that we were able to retain the original and very unique curve of the roof my grandfather took so much pride in when he put that building up in 1955!

A number of people recommended to me that we just knock down the entire Health Center and start from scratch. To me, that would be like wiping away history and too large a piece of Echo Lake tradition. We have great plans to do everything we need to, but we'll be able to retain this piece of history and tradition, just as we should.

See you soon...T



I am actually writing this while I am at camp. The irresistible autumn weather just reinforced the fact that I had to spend a few days at camp while I could. I felt that I might not be back here until June so 72 hours would be well spent at my favorite home away from home.

I walked all around. The sun was out. The grass was green. The flowers were still growing. There was busy work going on at the Health Center and at the Senior Village Center and near the boys' soccer field. Darren and his merry men were painting, scraping, pulling down, reshaping. They were singing as they worked. At least Darren was. And, of course, I realized that it wasn't the end of Summer 2006. No-sir-ee! It was the beginning, Warrensburg version anyway, of Summer 2007. All this creativity made me feel so happy.

I thought of all the ways we like to build on the past summer in order to make the next one even better. We never rest! I'm really scratching my head a little because Summer 2006 was fabulous in every way. But why should we rest on our laurels? Not this group.

Down in the Echo Lake office in Elmsford all the important people are thinking, planning, reminiscing at the memories and exciting for the future. I know the campers are beginning to start checking off the day on their calendars. I hear from staff who say that they love Echo Lake. It's part of their blood and they can hardly wait for next June.

So I say it's all good stuff! We miss you. We think of you all. We wish you a great year coming up and we love you in every possible way.

*Much love,
Amy*



Head Counselor Chatter

Laurie



Gabbing With Girls Camp

Pay it forward...In a 2000 movie called "Pay It Forward" starring Kevin Spacey, Helen Hunt, and Haley Joel Osment, a school social studies assignment leads to social changes that spread from city-to-city. Assigned to come up with some idea that will improve mankind, a young boy decides that if he can do three good deeds for someone and they in turn can "pay it forward" and so forth, positive changes can occur. Keep that idea in mind... All of us who were lucky enough to spend the summer at Echo Lake have just experienced a summer of being our best selves. For two months we tried new things, deepened friendships, were nice to the people we lived with, advanced our skills, and felt good about who we are. That is the magic of camp. On the last day of camp, amidst tears and hugs, we all wished that we didn't have to leave and that camp could last all year long. Well, I've been thinking...if camp can't last all year long, the magic that we just experienced CAN last all year long...as long as we Pay it forward! What if each of us did three good deeds for others, and continued the magic of camp during the fall, winter, and spring?! Talk about social change. Imagine how much you would help your parents if you cleaned your room, made your bed, and did a few clean up tasks around your house (without being asked to do it), just like you did all summer from

the work wheel in your bunk! How would a person in your class who doesn't have anyone to sit with at lunch, feel if you invited them to sit with you, just like you would do in our dining hall at camp. Think of the smile you would put on the face of your teacher, coach, babysitter, or friend if you wrote them a note or passed them a hug to tell them how much they have impacted your life, just like you do at line-ups at camp. I have heard so many of you talk about how much your camp friends and camp counselors mean to you and how much they have helped to make you feel good. If you took the time to practice some of the things we do everyday at camp throughout the year, you never know whose life you might touch. This summer we celebrated, "Random Act of Kindness" Day and we thanked and celebrated the people around camp that make every day great. A number of you wrote letters to your parents thanking them for sending you to Echo Lake. A number of your parents then emailed or called me to say how much your letter touched them, and that in turn gave me a huge Warm Inner Glow. This summer the LITs were inspired by their visit to Morry's Camp. They then came back to camp and cheered you guys on as you swam laps or ran for Morry's Camp. Many of your parents then generously donated to Morry's Camp to keep their magic going. These were great examples of Paying it forward. We are all blessed to spend two months in the utopian world of Camp Echo Lake. My wish for you now, is to take that magic and all the Warm Inner Glows you've experienced and not only hold onto that goodness, but also, Pay it forward. You may not be at line-up to pass a hug or give a fuzzy but you can give someone a Warm Inner Glow by telling them how you feel or by doing something nice. You never know what that good feeling might mean to someone and might help them to share a good feeling with someone else. Let's do our own Echo Lake "social experiment." Think about the kind of friend and camper you were this summer and how good you felt about yourself. Hold those feelings close to your heart and find ways to make others feel that way too. The tagline for the movie, "Pay It Forward" is "Sometimes The Simplest Idea Can Make The Biggest Difference." Many people ask me what is the "magic of Echo Lake" that develops such great campers and staff. My response is that it is in the Warm Inner Glows that we share every day from one person to another and that we feel about ourselves at camp. At camp we Pay it forward. That IS the "magic." That is also what we can share with the world outside of camp all year long. Share a Warm Inner Glow with others and embrace it in yourself. Truly, "Sometimes The Simplest Idea Can Make The Biggest Difference," as long as we Pay it forward! Lots of Love & XOXO, Laurie

JP



The Village Voice

Hello Senior Village!

First off, I have to say I miss camp and especially morning line up. I'm still scouring the internet for strange stories containing wombats, dolphins, and confused chickens. Well, it's that time of year again when everyone settles back into the normal routines of life and camp seems a distant memory. I'm looking forward to the trail yearbook so I can flip through the pages and have all the wonderful memories come back to me. I've been busy looking back at the summer and trying to figure out how to make 2007 even better (it will be hard I know!).

Thank God for sports right now! It makes the transition back from camp so much easier. I know I say this every fall but it is a wonderful time to be a fan. We've got baseball playoffs, college football, pro football, and hockey and basketball are working out the rust getting ready for another season. I just hope my Browns are respectable this year! Nelson is back

home playing with all his dog buddies. He was at Saratoga Lake last weekend and was swimming circles around the other dogs. A friend asked me how he became such a good swimmer. I smiled and simply said "camp". You see even dogs come back from Echo Lake with new skills! Anyway, I hope everybody is having a relaxing fall spending quality time with family, friends, touch-downs, and homeruns!

Stay Gold,

JP

*Special Note from Tony & Theo...

Dear Echo Lake Campers, Staff and Parents:

In the course of our many summers & years together as Echo Lakers, we say lots of hellos & goodbyes to people we love.

Today, I wanted to let you know that we are saying goodbye to Theo Stoner, who is leaving Echo Lake after sixteen summers. Theo has decided it is time to pursue new professional opportunities – and I am sure that you, our Echo Lake community, will join me in wishing him the best of luck as he moves forward.

Theo first joined Echo Lake as a Cabin Specialist in the late 80's, and as a Cabin Specialist, Group Leader, 4n4 Trip Leader, LIT Director, and ultimately, Head Counselor, Theo has always brought great passion for camp and campers to everything he has done. He has certainly left a wonderful mark on Echo Lake and we will miss him. On behalf of Amy and myself, I want to say an enormous thank you to Theo for all he has given to camp.

I know that Theo would love to stay in touch with anyone and everyone in the Echo Lake community. He, of course, will always be an Echo Laker. He can be contacted at theo@campecholake.com as always, should you want to touch base.

Regarding Main Village Boys Camp leadership next summer, I will keep you posted on who will be setting up shop “neath the Pines” in 2007.

Today, please join me in giving Theo a HUGE Warm Inner Glow.

Tony

--□

Dear Echo Lake Campers, Staff and Parents:

What a HUGE “thank you” owed to ALL of YOU! Having the opportunity to work with a giving and talented staff and with loving parents to create summer experiences for the most FANTASTIC campers has been a honor and has filled me with amazing memories to last a lifetime!

As you know I am saying Good Bye to Camp Echo Lake to pursue other professional opportunities. It is a thrill to take with me the experiences gained from working directly with ALL OF YOU! Much like when campers get on the bus to return home to their families at the end of the summer, I depart Echo Lake with a smile and a wave, knowing how much I have grown and become a better person for having worked and played together with each of YOU!

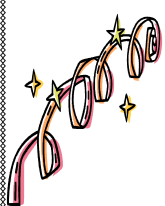
I want to thank all the Echo Lake Parents for your help in making the summers possible and for your trust in our partnership! Another thank you goes to the Echo Lake Staff for your commitment to the Echo Lake campers we love so much! My BIGGEST thank you of all goes out to the ECHO LAKE CAMPERS! I thank you all for the LAUGHTER and FUN and positive ATTITUDE, ATTITUDE, ATTITUDE each day at Echo Lake! From the ZANY moments at morning line-up, to Grateful Heads group competitions, to gathering around at snack-time to share ice cream and laughs, to singing in the showers that kept me smiling all evening long, to the Evening Line-Up cheering and songs, to the dancing at canteen, right through to the jokes before bedtime...I thank all the Echo Lake Campers! You truly are the BEST and BRIGHTEST!

Now be sure to Drink Your Water and Wear Your Sunscreen!

Theo



Camp Echo Lake 2006 Winter Reunions



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

Details to follow in your reunion invitations...



California Reunion

*Wednesday November 15, 2006
Rolling Hills Estates, CA*

Montreal Reunion

*Sunday December 3, 2006
Montreal, 2U*

New York Area Reunion

*Saturday December 9, 2006
White Plains, NY*

Alumni & Staff Happenings



Spanning the World...



Ted ("T.K.") Kramer, a camper at Echo Lake from 2000 to 2003, graduated from Byram Hills High School and is now a freshman at the University of Rochester. He's a physics major. Ted was co-captain of Byram Hills' Academic Team, and this June, the team came in first in the country and were the national champions in the academic challenge (Jeopardy for high school teams) tournament.

Emma Miller, former Echo Lake camper, is studying hard at Washington University in St. Louis as a sophomore and loving it!

This past spring, **Jamie Kronenberger** graduated with High Distinction from Indiana University with a degree in Speech and Hearing. She is now living in New York City and attending Lehman College Masters program in Speech Language Pathology.

Noah Klausman graduated Northeastern University in Boston 3 years ago and now lives in NYC. He is in sales for an online advertising company, and gets to do some traveling and meet a lot of cool people and be creative. Way to go Noah.

Lara Kahan has been meeting up with camp friends...**Lauren Feiner, Jamie Weiss, Dara Genicoff, Josh Stein, John Kohn, Lee Brodsky and Meryl Rothstein!** Even after they've graduated college, camp friends are forever!

Matt Nowosielski is the executive producer of a TV pilot called Temps. Temps is one of only six comedy pilots in competition at the New York Television Festival. The Festival, which had its debut last year, has proved to be a great platform, as several pilots were actually picked up for development. Temps previously screened at the 2006 Vail Film Festival in Colorado. Way to go Matty Nokes!!

Husband and wife team **Brenda Seifried Levine and Jason Levine**, continue to do amazing things...Brenda was part of a team to raise money for breast cancer, called Mission Possible, that walked 60 km in two days around the island of Montreal. The event raised 8 million dollars and her team raised \$20,000. Jason took part in a relay race, combining ten individuals with little to no formal athletics background, to run a relay race from Montreal's City Hall to the Empire State Building in NYC. Each leg consists of 10 km (6.3 miles) to be repeated 6 times over the next 65 hours, by each runner. In just 65 hours, Jay's team covered 620 km through southern Quebec and into NY State on Route 9 all the way onto Broadway and up passed Time Square onto the Empire State Building. Jason personally ran 65 KM of the race. He even ran passed Warrensburg's Marco Polo's and the Meat Store of the North at around 8:30 pm on the 2nd night. Unbelievable accomplishments from two of Echo Lake's most unbelievable former head Counselors!

Alum, **David Resin**, has a record label called Resin Music. They have been putting together their new SURF ROOTS VOL.2 compilation CD. David said, "I really wanted to get this Ziggy Marley track called "True to Myself" on there and **Alex Fredericks** (another CEL alum) told me to contact **Julie Rappaport** (a third CEL alum) who works in the legal dept at Sony in NYC. Julie helped me license the track!" What a great cross-country Echo Lake trifecta for Dave and Resin Music!

Rocking on... **Stacy Basner** reports that her band "FINER" is doing well playing in the Midwest and will have a NY show in the fall at the Bitter End. They would love to see some Echo Lake faces in audience as they audition for Booking agents. Their music can be heard at www.finersounds.com.

Laurence Glickman, in addition to being a legendary CEL alum, has been the CEL camp doctor and is currently President of Morry's Camp!! To top that off, Glick had a big birthday bash this past May at Echo Lake and celebrated in CEL style with such alums as **Kathy Silverstein, Dave Manne, Rita Kirschenbaum, Renee Azima Heller, Richard Heller, Franne Manne Weinberg, Ricky Baiman, Donna Kerness Teichner, Bobby Finkle, and Steve Manket**, to name a few! Laurence is a very special guy and continues to do great work for CEL & Morry's Camp! A big Warm Fuzzy from Echo Lake to YOU, Laurence!



Alumni & Staff Happenings



Celebrations

Mark Freeman, former Assistant Boys Head Counselor, married long time love **Jacquie Schettler** in a beautiful ceremony in Toronto on July 7. Good friends **John Pezzolla** and **Laurie Rinke** even took a few hours to leave camp this summer to attend the wedding and celebrate the happy couple. All our best to both of you!

Michael Zivvyak was recently married to **Lauren Dismuke** in Lenox, Mass. Michael is the founder and publisher of Berkshire Living, a culture and lifestyle magazine publishing in Great Barrington, Mass.

Former GL & SV Head Counselor, **Emily Neff** became Emily Haseltine when she married **Jon Haseltine** in a gorgeous outdoor ceremony in the Adirondacks on September 9. One of Emily's bridesmaids was **Laurie Rinke**, not only a close friend but the person who hired Emily and brought her to Echo Lake in 2003!

Andrew Brown will be marrying **Melissa Silbert** on September 29th at the Florentine Gardens in Rivervale, NJ with his sister **Amanda** serving as a bridesmaid and **Matt Lakind** a groomsman. Other CEL alumni in attendance will be **Lindsay and Liza Rosen, Jack Harari, Adam Liebowitz, Stacey Weiss, Courtney Stein and Meredith Cohen**.

Stacey Becker wrote in to let us know that she got engaged! Stacey's fiancé's name is **Robert Garrett**. They met while working at a law firm in Washington, DC. They now live in Brooklyn Heights and work in NYC. Robert proposed while they were on a cruise in the Caribbean - he decorated their cabin room and got down on his knee and popped the question!

Congratulations to **Douglas Oringer and Barbette Siller** on their engagement. We are thrilled for you both!



Echo Lake Campers 20??

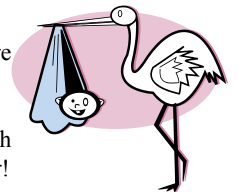
Seth Eric Low, who is now 7 1/2 months old, already has plans to be at CEL around 2014! Alum Mom, **Amy Elpern-Low** & Dad, **David**, currently live in White Plains. David & Amy both work in advertising, he heads up the Nokia account, & she is a freelance producer so she can spend time with Seth.

Julie Scott Shapiro & husband, **Doug**, gave birth to their second baby girl in April. The happy & expanding family live in Chappaqua!

Joel Lieberman and his wife **Danyel** are over the moon about their son **Chase Ryan Lieberman**! Chase was born June 11, 2006 weighing in at 6lbs, 2.5 oz and is younger brother to **Alyssa, Cassidy, and Aiden**. Mazel tov to all Liebermans!

Keri Weingast Greenseid and her husband **Russ** are happy to announce that **Jake Tyler Greenseid** made an early appearance on June 29, 2006 at 9:13pm, weighing in at 3 lbs, 9 ounces and 16 1/2 inches long. Jake and Mom are doing well.

Alissa Michelin Nierenberg and husband, **Bruce**, had a baby boy, **Josh Nierenberg**, on July 10. Big sister, **Dani**, could not be more thrilled and everyone is happy and healthy!



Former Tennis Head Specialist **Jose Lieberman** and former office staff member, **Viviane Lieberman** are overjoyed about the birth of their daughter **Lisa Ruth** born on August 8 at 7lbs, 6oz. **Anthony**, Lisa's big brother can't wait to share CEL with his new sister!

Nate Wood, former Trek director extraordinaire, reports that life in Portland, OR is still going well for him and his wife **Shelby**. The biggest news is that they are expecting a baby girl at the end of October. They plan to have her ready for Echo Lake 2016. They are very excited.

Randy Sanders is the Director of Quality Assurance for a company called Archive Systems. He married his high school sweetheart, **Suzanne** and they live in Mt. Olive, NJ. Randy and Suzanne are happy to announce that they are expecting their first child in March!!





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

Three Cheers for Deb Cederbaum...

CEL Alum & Morry's Camp Associate Director!!!

Camp Echo Lake truly helped define who I am. Camp helped me to know I was a great friend, that I had talents, interests, and camp helped me believe in myself. Nothing can really replace that gift of belief. It is invaluable.

I started working at Morry's Camp, the summer of 1998. It was the same year Dawn Ewing became Executive Director making the big move from Echo Lake after so many years spreading her magic there. I went to work at Morry's Camp because I wanted to give back to my camp experience. I realized that was what I had to do after filling out an application for a fellowship in college that asked me to describe the two things that have impacted me becoming who I was today. I did not have to think too hard, it was my family and CAMP. So I gave back. It was one of the hardest summers of my life and yet the most rewarding and wonderful.

Here I am 9 years later and I cannot seem to leave this magical place called Morry's Camp. I have worked here full time for almost 6 years and have not missed a summer since '98. I sometimes feel selfish that I get to do this for a living. I get to be a part of living out Morry's dream and being a part of that invaluable CAMP experience for hundreds of other kids who like me are getting a chance to find out all the wonderful reasons they have to believe in themselves. It is an incredible opportunity and I admire the entire MC community for continuing to make it happen.

As Echo Lake Alumni you are a part of that community. So many of you have been so generous and care so much about Morry's Camp. If you have not been able to learn about what Morry's Camp is doing and are still looking for that way to give back to an experience you too feel is invaluable and an experience you feel helped you to become who are, please support Morry's Camp. It fulfills that need. It doesn't have to be in the form of working there of course, it can be donations, visits to camp, coming to events, being a mentor for our 11th and 12th graders, telling other people you know about it so they want to support something important. There are so many ways to get involved and support an organization that is really allowing so many children to create and live out their dreams. Kids who have the drive, desire and ability to work really really hard for their goals. MORRY'S CAMP just gives them that extra motivation to use their own capability and their own perseverance to be the best person they can be and achieve.

Please contact us if you want to learn more about what we are getting the chance to do! www.morriscamp.org or (914)592-3055

All my best, Deb

Spreading a Warm Inner Glow...

In our May Trail newsletter we announced that Morry's Camp had "socks and washcloths" on their Wish List of items they needed for camp. Well Morry's Camp was able to easily cross those items off their list due to the generosity of CEL alumnae, **Jeff Kaufman**, and CEL parent, **Ellen Gruber**.

Jeff called Morry's Camp as soon as he read the May trail and was able to donate washcloths, sheets, and other items. This was the second time Jeff answered the call for Morry's Camp as he donated tons of towels a few years ago as well! Ellen Gruber, mother of **Allison and Julie Zucker**, responded to the wish list in the May Trail and was able to get 20 dozen pairs of socks donated to Morry's Camp by Wigwam...that's 240 pairs or 480 individual socks!! Wow!! Thank you Jeff and Ellen, your generosity was a big help for Morry's Camp this summer!! Lots of Fuzzies and Warm Inner Glows to you both....

Morry's Camp Autumn Elegance Gala Honors Doug Pierce

Morry's Camp Tenth Annual Autumn Elegance Gala, their largest fundraiser of the year, will be held on Thursday, November 2 at 6:30 PM at The Roosevelt Hotel in New York City. It will be an elegant evening of cocktails, dinner, silent auction, and an opportunity to learn more about Morry's Camp and catch up with old friends.

Doug Pierce, owner and director of Pierce Day Camp in Roslyn, NY, will be honored with the Morry Award at the Autumn Elegance Gala to recognize his devotion to enriching the lives of children. He has been a loyal supporter of Morry's Camp since its beginning and is involved with other organizations that benefit children.

If you are interested in supporting this event by attending, purchasing a journal ad, or providing an item for auction please contact Dawn Ewing at dream@morriscamp.org or 914-592-3055.

Echo Lake's Swimathon/Marathon for Morry's Camp

Once again, Echo Lake campers and parents stepped up HUGE to support Morry's Camp. Our 2006 LIT's, behind the leadership of Lindsay Aaron, Selena Hickson, Jackie Hollander, Scott Lever, Russell Feldman and Jake Levy, ran a super event at camp on Sunday, July 30th!

As of this writing, we have heard from roughly 50% of the Echo Lake parents who have already contributed over \$13,000 to Morry's Camp, in the name of the awesome efforts of all of our campers!

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



The Echo Lake Idea 2006



This past August marked the 37th Anniversary of the Echo Lake Idea program. 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 camping 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 2,000 children during its 37-year history.

The Idea 2006 was nothing short of a superb tribute to the 37-year history of this amazing program. 67 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, in addition to having 36 Echo Lake Staff volunteer to staff the Idea after the camp season ended, we also had 15 (yes, we said, 15!!) Echo Lake alumnae & 2006 LITs volunteer their time to come up to camp for the week! Thank you to the following Idea 2006 staff for making the 37th anniversary truly outstanding!

-Laurie Rinke and Theo Stoner, Idea Directors

A BIG thank you to our volunteer staff....Echo Lake Alumnae: Jamie Rubenstein, Gena Wolfson, Matt Zuckerman, Adam Rogoff, and Mickey Shapiro. Echo Lake Staff: Mary Ann Mackrodt, Emma Neville, Sophia Tyler, Ally Begly, Melissa Diston, Melanie Mastortaro, Sharifa Vinson, Jess Harris, Jess Uze, Dawn Wylie, Elaine Arthur, Crsyta Harper, Charlotte Edwards, Andrea Kelchin, Annabel Smith, Jess Underhill, Laura Evans, Stacey O'Meara, Phil Anwyll, Kelly Chapman, David Cresswell, Juan Delgado, Darren Dhesi, Eric Diehl, Matt Evans, Roi Givony, Adam Haynes, Tom McCarthy, Pat McNecce, Mike Ngoma, Rich Purnell, Andrew Quaglia, Simon Thorley, Eran Arbel, Chris Eley, Cory Rothbort, Terry & Glenn Begly. Echo Lake LITs '06: Tracey Feldman, Briana Tanzer, Lindsay Hertzberg, Selena Hickson, Erica Mocha Satin, Samantha Winnick, Jake Levy, Brian Giles, Steven Greene, and Max Marin.



The Fall of 12885...

What's Happening in Warrensburg?



The leaves are changing colors in Warrensburg, the North Country looks beautiful, so it must mean it is time for Darren and his boys to get to work on improvements for 2007! As you read in the re-enrollment mailing, the Health Center is our Number 1 Priority this fall. The key for us here is to preserve the historic look and feel of what was the original farmhouse built across from Bonds Pond (the original name of Echo Lake) back in the 1860's - while upgrading the space into a more comfortable and functional place for our camp health center needs. Darren's expectation is that when you come to camp in June, you will see a beautiful building that still has maintained its original character!

The Lodge is up and running at full steam, as we have been hosting multiple weddings there every weekend since all of our campers went home. Our campers will get a little taste of the Lodge's warmth and special home cooking during our Senior Village and Main Village Winter Weekends (which you'll all hear more about later on in the fall).

Save the Date for...

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

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

Who: Current Camp Families

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

When: August 31 to September 3, 2007

Where: Camp Echo Lake in Warrensburg, NY

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



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

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

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



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

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

Staff Bulletin Board

Shout Outs and Memories of Echo from Our Outstanding Staff!!

I absolutely loved working at Echo Lake this summer. I got so much out of working with the amazing staff as well as the fantastic kids. You really did not exaggerate when you said it is a life changing experience to work at Echo Lake. I left with so much more confidence in myself than I came with. It was an experience that I would recommend to anyone in a heartbeat, and one that I would love to have again. I am currently spending my fall semester in London and it is beautiful here. I have classes three days a week and an internship at a British PR firm two days a week. **-Elizabeth Bezgin, CS '06**

I had an amazing first summer at camp but the best memory I have was managing a soccer team for the world cup. The whole day was great the kids were excited from start to finish and I was probably more excited than they were. In the end we got to the final of the tournament and ended up sharing the trophy as it was a draw, which was great for the kids as they never expected to do so well. **-Andrew Simms, CS '06**

I'd like to give a big shout out to Fitness Amy for being THE BEST HOST EVER, and to Maine for being the most underrated state in the U.S! Good times **-Annabel Smith, Trek '06**

One memory that stands out for me is group sing. Of course they hated every minute of the extensive rehearsals we put them through, but the laughs we received, and the fun they had while performing made up for all the toils and tears. Even though we did pull out the win in the Inter division, it was the experience and of course the tights that made group sing such a memorable event. I hope all the LIB's are having a great start to their year, and I'll see you all soon! On campus at McGill I ran into JP Begly the other day...and yes I was wearing my CEL staff shirt. **-Tilden Marbit, CS '06**

Ruth Kleinman recently participated in a team triathlon that benefited Hillels of Westchester, which serves Jewish students on 4 campuses in the county. Ruth says, "I am still on an adrenaline high from finishing; I am very proud of myself for pushing my body to a new challenge!" **-Ruth Kleinman, 4N4 '06**

John "Fun Box" Finnegan, Graeme Visage, Benita Swart, Juan Delgado, Kelly Chapman, Melissa Diston, Jamie Hale, and David Cresswell went on a weeklong cruise after camp. They had a blast and talked about how much they missed camp! The crew met up with Nick and Tara Stoulig before the cruise and enjoyed a tour of New Orleans! What fun was had by all!

I've gotten a job as a guidance counselor for a high school in Vermont. I really like it. I loved my first year at Camp Echo Lake and look forward to more. I wasn't at camp as much as most of the people, I would have to say the camp staff play was the most memorable - I truly enjoyed it and so did my son! Finally, I'd like to give a shout out to the Office Girls (Alicia, Elaine, Crystal, Tara, Amy and Catherine) - Hey Girls (and Stu)! **-Debby Pelky, Book Keeper '06**

This summer was the best summer in my life. I met wonderful people & know a lot of new things. Echo Lake is the best camp ever. I can't forget a beauty of nature. I was at home & I forgot being homesick the first day. I dream to come back next summer. **-Maria Tyaglova, Housekeeping '06**

My favorite memory of the summer was when the whole camp joined in singing our group sing song!! LJV West!! Here at camp for the first time!! :) Lots of love to my LJGW Girls and staff. I'm going to London for the semester!! I am going to see lots of camp staff there! I can't wait!! **-Emily Tinawi, GL '06**

My favorite memory of the summer is a toss up between everyone having an awesome time winning group sing with the UVP and Sam Pearl belting out "Ain't no Mountain High" in front of the whole camp! **-Eric Davis, GL '06**

Hey Echo! Just want to send a quick hello to the LIGW's. I hope you all are having a great start to school. I miss you like crazy. Things are great here in Illinois...but it would be a lot "MO BETTA" to be hanging out with you girls! **-Sarah Messer, CS '06**

My favorite memory was when Tony pulled his little prank on making the Inter Girls meet at the sundeck to discuss dehydration concerns and then in an ever so clever Stein way, he slowly revealed to all the inter gals that we were going to see the American Idol Concert Tour, which was FANTABULOUS! Also, Emma Neville came into NY and we met up with John McCutcheon from two summers ago. We had a great dinner in the east village, headed back to Long Island, woke up the next morning to spend a day in East Hampton and to visit Jackson Pollock's house. Always a pleasure to see a face from Camp Echo Lake. **-Lara Kahan, CS '06**

I want to thank all the LVB's for helping me to have an amazing summer, you guys are great & I hope to see you all again next year! A big shout out to the Leeds crew for really making me feel at home (like really been back home in Leeds Leeds Leeds) thanks to all the staff and campers! Hope to see you all next year! **-Tom Wheatley, CS '06**

Hey everyone, I wanted to say how much of a blast I had this summer, renewing old friendships and forming new one's, it was truly an amazing experience yet again. I hope everyone has a GREAT year, and that we can keep in touch, Love and miss my CEL friends! **-Matt "Princess" Evans, Waterfront AS '06**

Favorite Memory from Camp: Taking the LVGs on their Trip to Lake Placid and Vermont. I am currently teaching high school science and having an incredible time because I am doing what I love. I am also the girls head basketball coach and assistant softball coach at my school. Miss you and wish you all the best: Amanda, Jenny, Paula, Courtney, Amy, Holly, Betsy, Anna, Jamie, James, Darah, Charlie, Drew, Matt, Jay, Becs, Meredith, Tara, Stew. **-Shelly Benoit, CS '06**

One of my favorite moments was definitely the dinner with Laurie, Cory, and Katie! Good memories and I love Katie! For real it would have to be working on the Putnam County Spelling Bee performing in front of camp and the great cast and crew of the show! As well spending the day as a Frosh Boys Counselor, those guys rocked my socks what a great group of kids! Secondly a little fun in Calgary where Cory Dawson and I just moved... Cory and I met up with Allison Duthie and went to the theatre to see an amazing performance of the show "Urinetown." It was an absolutely funny show! I also ran into Mel Robbins yesterday at the gym, she is doing well and actually lives right around the corner from us here in Calgary. **-Richie Beaudoin, Program '06**

Zach Zelikovic started his freshman year at Cornell University, School of Hotel Management and is really liking it! **-Zach Zelikovic, CS '06**



Campers Corner

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

Justin and Cory arrived home from CEL & went straight to their winter hockey tryouts. Justin made the Lachine Atom BB Maroons & is a "call-up" for a Pee wee BB team of 12 & 13 year olds! Cory made the West Island Pee wee AA team-- his team will be playing in Feb. in Quebec City at the International Pee wee tournament with 2300 other players from 16 countries. While both are busy with their hockey, Justin came back from CEL in search of tennis competition at the local park, while Cory has found a way to carve out time to play football for his school team. **-Justin & Cory Oringer, LJB & UIB '06**

I can't wait until camp even though it just ended.

-Josh Landman, LIB '06

I can't wait to see my old friends. I love and miss you all!!!

-Lindsay Eller, LJGW '06

The day before Jonah's Bar Mitzvah, Jonah & Lily were on WABC-TV news. Jonah was interviewed by Dr. Jay Adlersberg (on 81st St & Broadway, NYC) & was asked if he has soda machines at his school. Jonah was quoted in the segment on the eyewitness news website. Jonah celebrated his Bar Mitzvah in NY on 8/19 & his 2nd Bar Mitzvah in Australia on 8/26. **-Jonah & Lily Mars, LVB & LJGW '06**

I miss camp so much and am so excited for camp again!!
UIGs '06 are so awesome and I love them!!

-Alyssa Berger, UIG '06

My birthday is on Sept 9th! I miss camp & all of you guys so much. My swim team has started & its so much fun. I can't wait for camp to start! I have to buy a new photo album because all of my pictures don't fit! When I look at them I cry I miss camp so much. Good luck at school, see you soon.

-Hannah Lemkowitz, LVG '06

My family went to Yellowstone, WY & ran into three staff...Brendan Scott, Ruari McCallion, & Mark Cook!

We were going to lunch in the Old faithful lodge. I had a sleepover with Max Freedman & stayed up 'til 1am! -
Jake Sussman, LIB '06



I just started middle school!! Yeah lockers!! I also want to give a shout out to bunk 12. I miss you guys so much!!!! See you at the reunion!! -
Rachel Neuburger, UJG '06

There is no escaping this feeling that lingers after one of the most amazing summers you have ever experienced. Every second makes you want to go back to the start. The only cure to this homesickness (& by home I mean camp.. because camp IS home) is to be thankful that you were able to have such a wonderful summer & keep in mind that the following one will be much more amazing. 280 days til summer 07-shout out to all my LITs! Thank you to the 4n41 staff-you were phenomenal. **-Rikki Gotthelf 4n4 1 '06**

On Sept 17 Latte, Mocha, Laura, Sam, Ali & I all went to lunch to celebrate Latte's bday! Some of us went to the rally for Darfur in central park. It was really fun but we missed all the LITS!! **-Tracey Feldman, LIT '06**

I can't believe that camp is over and we are all starting school again! I just got together with all of my camp friends for my bat mitzvah this weekend, and then we went to Molly's bat mitzvah the next day and saw even more CEL campers and staff! For my family luncheon, I dedicated one of my candles to camp! It ended... so here's to Echo, in 12885, thanks for keeping my spirit alive! I can't wait until Upper Village 07!!! I love you guys and can't wait to see everyone at the reunion!! **-Erica Getto, LVG '06**

I just wanna give a shout out to all of my FRANS on 4n'4 part deux!!! We had such a Frantastic time over the course of the trip and I wanted to say thanks for making that the best darn (I say darn because I can't use foul language) summer of my entire life!!! Ahhh Stains! **-Dana Harris, 4N42 '06**

After camp, over the summer I went to Italy. Me and my family went sight seeing all over Italy. I had so much fun.

-Hilary Minkoff, LJGE '06

LIGs 2007...see ya there!!! **-Paige Dubicki, UJG '06**

I would like to give a shout out to 4n41 because they are the 21 greatest people to walk the planet. I miss all of you so much & can't wait until we reunite. Never forget summer 06 where "it went down". I love you all! **-Rachel Pecker, 4N41 '06**

I miss camp so much. I would like to tell you that I'm having fun in school but I think camp is more fun. I hope you are having a good time like me. **-Tara Feldman, FG '06**

I wanted to give a HUGE shout out to all the UVPS! I love u all so much & can't wait for 4n4 07!! I also love my mieces and ballers! Peace, love & camp echo lake. **-Jane Weinstein, UVG '06**

I want to send a shout out to the 2006 UJBeasts soon to be LIB's!LIB's!LIB's! P.S. Scott, onion rings (ha ha). P.S.S Sam, YMCA on your bed = an angry OD. **-Matthew Goldstein, UJBE**

Hallie Whitman invited all of the LJGW to a sleep over in Port Washington! **Jessica Uris, Jordan Meisel, Ashley Pollack, Sarah Berger, and Hallie** enjoyed dinner, movies, and calls to girls who could not make the sleepover. It was a GREAT night and they can't wait for the reunion!! **-LJGW '06**

My entire group is emailing each other like everyday, we are doing like chain letters to everyone in the group, we all really keep in touch. I love the LJG of 06! **-Danielle Weinstein, LJGW '06**

Yo bunk 21! Matt G how is the Hebrew going? What about Max, Jake, and Jordan from the LIB's, how are you guys. See all of CEL next summer! **-Daniel Jacobs, UJBE**

I wanna give a shout out to froshie girls '06!

-Emily Goldstein, FG '06

Missing my Fo 'n Fo 07 and tree carrying like no other. Love you girls and guys and cant wait to see all of you!!! xoxo **-Natalie Bruck & Erin O'Donnel, UVG '06**

I am coming to all of the camp events over the winter! I have been talking to Casey Landman, Sarah Weill, Callie Migden, & Margo Spector! Lindsay Eller just sent me a letter! I am in the show Grease! I am also on a soccer team, with **Paige Goldstein** & we have won all our games so far! I want to send a shout out to all of LJGW I love you & I miss you so much! **Samantha Gold, LJGW '06**

I want to send a shout out to all the LJGW girls because I had a great summer and I will never forget it. You all made me feel at home, and I love you all! I'm e-mailing and IMing all of my camp friends and keeping in touch. Melanie Harrison is babysitting me right now! I can't wait to see everyone at the reunion. -
Sarah Weill, LJGW '06

I joined my school's volleyball team!!! It's lots of fun. I'm working on improving my overhand serve. Our first game is in two weeks. Have a good fall. **-Michelle Neuburger, LVG '06**

AT HOME DO - IT - YOURSELF ACTIVITY AREAS

FUN WITH FINE ARTS!!!

Everyday, people everywhere engage in some form of physical exercise. We know that physical activities develop certain muscles in our bodies and lead to a more healthy life. Let's think for a moment of the mind as two muscles. One muscle is used when we do things involving words like reading a book, writing a letter, or listening to someone talk. The other muscle is used for "visual" things like recognizing a face of someone we've seen before, reading a map, or remembering a place we've been. This other muscle also controls our daydreaming, flights of fantasy, and our imagination. Like athletes, artists develop their "visual muscles" by continuous practice and use. They practice by looking at things closely, drawing them, and recording them in their minds' eye.

Materials You Need: a pencil and drawing paper.

What To Do: Here are some "push-ups" you can do in your classroom or home to exercise your "visual muscle." Each one can be done again and again for practice.

• Draw a picture of something (like a bicycle or shoe) showing it from three different views on the same page.

• Take an object apart and then draw it.

• Fill a page with drawings of bugs, sea shells, or something you collect.

• Examine an object for one minute. Put the object away. Then draw a picture of what you remember about it. When you finish drawing, look at the object again and see how much you remembered of it.

• Use a magnifying glass to draw enlarged views of water-drops, hair, plant leaves, and other small items.

• Go through a magazine and cut out a photograph of something you enjoy or find interesting to look at. Draw a picture of this image--only turn it upside down. (This will make you look closely at what you're drawing.)

• Show someone how to do something (like making a paper airplane) in a sequence of drawn pictures (with as few words as possible.)

• Draw yourself by looking in a mirror.

• Draw a family member or friend from memory.

• Draw your pet or go to a local zoo and draw the animals

• Draw a map showing your route from home to school. Include local landmarks. (For more practice, draw a map of your neighborhood, backyard, or bedroom.)

• Sit under a tree and draw it from your point of view. Draw other things around your backyard from unusual points-of-view.

• Take your shoe off and examine it closely. Feel its contours, look inside it, turn it upside down. Once you are familiar with it, draw a picture of it. Try this with other objects around the house.



Want To Do More? Make up your own "visual push-ups" to do. Date each of your exercises and keep them all in a portfolio or sketch-book so you can check your progress and growth over time.

Artistically Yours,
Sara Gold, Fine Arts Head Specialist

Passing is a key element of any team game. When in possession, a good football team will utilize as many players as possible all around the field, and this can only be achieved by passing. This allows the team to spread the play around the field and find more space, plus your opponents must work harder to get the ball.



Last summer, you were taught the basics of passing: 1) place your non-striking foot alongside the ball and pointing in the direction of the pass; 2) turn your striking foot so the inside surface of the foot is facing in the direction of the pass, and draw it straight back behind the ball; 3) swing your foot forward and through the centre of the ball, making contact with the inside of the foot; 4) ensure that you follow through straight with your instep still facing forward (tip: keep your hips and shoulders facing forward throughout the motion, as it will help to keep your follow-through straight, which in turn ensures a straight pass).

The beauty of practicing passing is that you can do it on your own at home. Find an even surface, such as a wall, and practice passing on the floor against the wall and back to you. Start from 2-3 meters away and control the ball before passing it each time. The great thing about using a wall is that you know if you are passing straight, as the ball will come straight back to you. If it is not, your non-striking foot is not pointing forward or you are not following through far enough or straight enough. As you improve, move further away from the wall, which will test your accuracy further. You can also try and pass the ball again with your first touch (tip: stay on the balls of your feet/ "on your toes", as it will allow you to adjust your body position quicker to make the pass). The closer you get to the wall the harder this becomes, but it is very good to practice adjusting your body position quickly and being able to pass under pressure with your first touch.

Many of you are already excellent passers of the ball, but you should practice as often as possible as it is such an important aspect of the game, and practice will improve your chances of getting it right every time in a game. Professional players will spend hours every week doing passing drills. It is also fine to practice in pairs with a friend; it is fun and you can watch one another and help each other with technique.

Well done for applying yourselves in soccer last summer and good luck to everyone representing his or her school and Travel Soccer Teams. If you get a chance to watch any professional soccer on television, do it! You can learn a lot from watching the best players in the game. Try watching a player who plays in your position and see what areas of the field they cover, whom they mark etc. Finally, keep practicing those skills and tricks to show off next summer!!

Simon Blondel, Soccer Head Specialist

STUPIDOUS SOCCERI

AT HOME DO - IT - YOURSELF ACTIVITY AREAS

Hey everyone!

Hope you are all doing well; I miss you lots!

Here are just a few tips to keep up your golf skills before summer '07 back at the lake! First of all any chance you get to either go down to your local golf course or the range, do it. Practice makes perfect at this sport and getting a 'feel' for the game while you're young will help improve your skills to no end. I played as much as I could when I was younger and I still do today, so either ask your folks to take you out golfing (I'm sure many of your parents play) or if you ever get a chance to go with school, then this will be so helpful for you all around game.

Secondly, try and watch the pros on TV, the likes of Tiger Woods are on every week and there's no better man to learn off than this guy. Just watch the little things that he does whilst playing and you're bound to improve.

Thirdly, try and get involved with a local club. Golf clubs tend to really welcome juniors and the pro will give you all the hints and tips you need.

Finally you can even practice at home. I often will put a cup on the carpet and practice my putting by aiming at this; it's a really simple drill to do.

Anyway, keep golfing everyone and I'll see you all soon.

P.S. Hope you all saw Europe at the Ryder Cup!!!

Lots of love,
John Borley, Golf Head Specialist



What's Cooking in my Kitchen?

Hi everyone! Hope your "Memories of Echo..." at Cooking are stirring within you and you remember which measuring spoon & cup is which! I thought I would combine most of your love for breakfast with the Fall apple season. Here is a tasty recipe for everyone...chocolate and non-chocolate lovers alike!

APPLE PANCAKES

Ingredients:

2 cups flour
1 1/2 tsp baking powder
1 tsp cinnamon
2 cups sour cream or 1 1/2 cups plain yogurt
1/4 cup apple juice or cider
1/4 cup sugar or honey
1/4 cup butter, melted
2 eggs
2 medium apples (McIntosh, Golden Delicious, Empire)
vegetable oil for frying
butter, lemon juice, sugar (optional)



Directions: 1. Place the flour, baking powder, baking soda, and cinnamon in a large mixing bowl, blender, or food processor. Add the sour cream, apple juice, sugar, butter, and eggs. Beat or blend until smooth. The batter will be very thick. Allow the batter to rest for 30-60 minutes. 2. Core and grate the apples. Stir into the batter. 3. Heat a heavy skillet over medium-high heat & grease with approximately 1 teaspoon of vegetable oil. Drop the batter onto the hot griddle/frying pan a few tablespoons at a time (for larger pancakes, measure 1/4 cup batter). 4. When bubbles appear on top after approximately 2 minutes, turn and brown the other side. Serve with butter, lemon juice, and sugar. Yield: 4-6 servings (16-20 pancakes)

Kitchen Tips: Most apples will stay crisp in the fridge for up to 6 weeks. Cut your apples to be uniform in thickness when baking. Granny Smith and Golden Delicious hold their shape well in pies, but McIntosh get mushy and are better suited to other uses, such as applesauce. Prevent browning by placing apples in cold water mixed with 2 Tbsp. of lemon juice until ready to use. Drain excess water from the apples before adding to your dish.

Renee's Real Fact #1: The average American eats 48.41 pounds of apples a year.

All my summer recipes should be on the website, so go ahead and check them out. If you have any questions about making any of the recipes, please feel free to e-mail me @ rpearl@videotron.ca

Bon Appetit!
Renee Pearl-Sigler
Head Cooking Specialist

[illegible]

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

CAMPERS...

Jacob Berk
 Rachel Catanese
 Sarah Dachinger
 Dylan Holtzman
 Tara Feldman
 Liana Pavane
 Matthew Steinberg
 Rachel Cohen
 Hallie Whitman
 Michael Greenwald
 Alex Katz
 Benjamin Katz
 Drew Berger
 Sarah Berger
 Daniel Scheinfeld
 Erica Getto
 Jake Ruskin
 Sammy Fertel
 Jay Tompkins
 Michelle Neuburger
 Rachel Scheinfeld
 Tyler Nodell
 Elizabeth Mauer
 Zachary Bloomgarden
 Meredith Green
 Molly Leopold
 Max Studley
 Spencer Lutvak
 Abigail Carignan
 Linda Tell
 Phoebe Miller
 Lauren Whitman
 Melissa Rosner
 Danny Katz
 Ryan Press
 Samantha Zuckerman
 Scott Ostrin
 Casey Landman
 Jessica Silfen
 Benjamin Rauch
 Carolyn Rauch
 Jake Berman
 Lindsay Eller
 Gabrielle Schiller
 Jessica Uris
 Jake Perry
 Mathew Eshaghoff
 Eliot Sernau
 Cody Lavy
 Eric Lester
 Gaby Gerstman
 Hannah Lemkowitz
 Rachel Pecker
 Alexis Henin
 Lauren Berlinger
 Michael Epstein

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CAMPERS...

Henry Goldman
 Paige Goldstein
 Casey Linder
 Hillary Minkoff
 Matthew Bernstein
 William Ezor
 Jane Weinstein
 Matthew Grossman
 Jacqueline Elkodsi
 Alexa Gage
 Jake Lever
 Lea Stern
 Julia Deutsch
 Andrew Giles
 Stephanie Aaron
 Jake Reitman
 Daniel Weinstein
 Austin Harrison
 Sam Pearl
 Elie Rakower
 Drew Weiss
 Sarah Berk
 Olivia Holtzman
 Max Paull
 Cory Oringer
 Lindsay Rosenberg
 Jake Henin
 Andrew Woolf
 Jennifer Woolf
 Alexa Gutman
 Evan Aaron
 Alex Haber
 Jason Green
 Claire Schwimmer
 Daniel Berlinger
 Jared Eisenberg
 Jordan Thaler
 Alex Peckman
 Ira Ganz
 Hannah Kaplan
 Ethan Volk
 Courtney Travin
 Sam Schenerman
 Talia Bloom
 Zachary Lavin
 Sarah Stettin
 Harry Prevor
 Casey Goldberg
 Ben Grayson
 Alex Sims
 Theo Feldman
 Lucas Goldman
 Sophie Krieger
 Rikki Gotthelf
 Ryan Karetsky

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HAPPY BIRTHDAY TO YOU,
 HAPPY BIRTHDAY TO YOU,
 HAPPY BIRTHDAY DEAR _____,
 HAPPY BIRTHDAY TO YOU!

KINGS, AND QUEENS, AND BISHOPS TOO.
 WANNA WISH THE BEST TO YOU.
 SO WISH DAY, WASH DAY, WHAT DO YA SAY?
 BIRTHDAY!
 HAPPY BIRTHDAY TO YOU!
 THERE'S LAUGHTER IN THE AIR,
 PEOPLE SMILING EVERYWHERE.
 HAPPY BIRTHDAY. UH! HAPPY BIRTHDAY. UH!
 HAPPY BIRTHDAY TO YOU! UH! UH!

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

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

STAFF...

Kelly Chapman
 Darren Dhesi
 Neil Vinson
 Jaimie Hale
 Mark Thompson
 Rachel Whalen
 John Borley
 Aran Chatham
 Kristofer Kauff
 Jamie MacDonald
 Jennifer Smith
 Richard Purnell
 Terry White
 Juan Delgado
 Eric Davis
 Mark Kenny
 Brett Green
 Cory Dawson
 Sadiki Ellis
 Ruth Kleinman
 Landon Miller
 Hanna Valantsevich
 Amy Belanger
 Debby Pelkey
 Clive Hickson
 Holly Lloyd
 Toby Bloom
 Oxana Simanova
 Brett Hirschberg
 Chris Eley
 Patrick McNeece

STAFF...

8/16 Amy Longobardi
 8/21 Cade Nethercott
 8/21 Anthony Vincer
 8/25 Allison Duthie
 8/28 Saeward Jones
 8/28 Jessica Underhill
 9/2 Daniel Rauch
 9/3 Jenna Young
 9/3 Lea Marin
 9/3 Amanda Meeks
 9/4 Simon Blondel
 9/7 Emily Stein
 9/7 Mary Pam Vincer
 9/10 Jay Hooper
 9/11 Nadeen Allard
 9/13 Dominic Mundy
 9/14 Ben Helliwell
 9/15 Jacob Whitman
 9/16 Natasha Phillips
 9/20 Brendan Scott
 9/20 Renee Pearl
 9/24 Theo Stoner
 9/29 Patrick Hoelt
 10/1 Crystal Harper
 10/3 Katie Mastromattei
 10/4 Philip Anwyll
 10/5 Tara Turley-Stoulig
 10/5 Shelly Benoit
 10/7 Natalia Karpova
 10/9 Ronnie Williams
 10/9 Corey Feldman
 Andrew Schlanger

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

CAMP ECHO LAKE
3 WEST MAIN STREET
ELMSFORD, NY 10523



*** ATTENTION 2006 CAMPERS, PARENTS, AND STAFF...PLEASE JOIN US FOR OUR 2006 CALIFORNIA REUNION ON NOVEMBER 15, 2006 MONTREAL REUNION ON DECEMBER 3, AND OUR 2006 NY AREA WINTER REUNION ON DECEMBER 9! (SEE PAGE 5 FOR DETAILS)!!

CAMP ECHO LAKE 2006 – 2007 DATES

CALIFORNIA REUNION

WEDNESDAY NOVEMBER 15TH, 2006

MONTREAL REUNION

SUNDAY DECEMBER 3RD, 2006

NEW YORK AREA REUNION

SATURDAY DECEMBER 9TH, 2006

SENIOR VILLAGE WINTER WEEKEND

FRIDAY JAN 26 – SUNDAY JAN 28, 2007

MAIN VILLAGE WINTER WEEKEND

SATURDAY MAR 3 – SUNDAY MAR 4, 2007

NEW PARENT NIGHT

WEDNESDAY APRIL 18, 2007

NEW CAMPER PICNIC

THURSDAY, MAY 3, 2007

MOTHER-DAUGHTER WEEKEND W/ RACHEL SIMMONS

FRI MAY 18-SUN MAY 20, 2007

CAMP ECHO LAKE 2007 SEASON BEGINS

SATURDAY, JUNE 23, 2007

PARENT VISITATION

SATURDAY JULY 14, 2007

CAMP ECHO LAKE 2007 SEASON ENDS

SUNDAY AUGUST 12, 2007

ECHO LAKE IDEA

TUESDAY AUGUST 14 – SUNDAY AUGUST 19, 2007

LABOR DAY FAMILY CAMP WEEKEND

FRIDAY AUG 31-MONDAY SEPT 3, 2007