



# CAMP ECHO LAKE TRAIL OCTOBER 2007

As of Nov 1, there are 241 days until Summer 2008 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 2008 and we can't wait for them to experience the magic of camp!! Welcome to "The Lake"....

Rachel Aaron	Ben Giove	Jennifer Leighton	Zachary Schweitzer
Rachel Abbe	Alexandra Gluckman	Isabelle Longert	Jordan Serlin
Charlie Albert	David Goldberg	Danielle Luntz	Jacob Silverman
Griffin Barich	Justin Goldberg	Alexandra Mantz	Julia Skutch
Jack Berk	Zac Gottschall	Rebecca Meisler	Liza Spector
Josh Berman	Logan Gross	Julia Mendelsohn	Stephen Spector
Andie Bodian	Carly Gunzenhauser	Daniel Messulam	Hannah Spitzer
Brooke Bolnick	Davis Haupt	Jordyn Miller	Jack Statfeld
Bennett Bookstein	Katie Hirsch	Georgia Minkoff	Samantha Statfeld
Jordan Cohan	Lauren Hurwitz	Danielle Mohr	Kyle Stein
Logan Cohan	Jonas Intner	Jonathan Noe	Jacob Steinberg
Max Cohan	Ben Jacob	Ben Prevor	Emily Strickberger
Kedi Curley	Alexa Kamberg	Samantha Robins	Dalia Weinstein
Kayla Derman	Ezra Keiser	Haley Rogers	Daniel Weiss
Marlee Deutsch	Lily Kessler	Adam Rothbort	Eric Weitzman
Jack Doremus	Eric Koenig	Emily Rothman	Lilly Wiederkehr
Jack Dubicki	Nicole Korn	Max Rumizen	A.J. Wolf
Ethan Feller	Daniel Kozek	Nikki Rumizen	Benny Wolf
Daisy Ferleger	Monica Kramer	Matthew Salomon	Max Wolf
Ethan Finkelstein	Rachel Kutler	Anna Schoenfeld	Noa Worob
Sydney Frydman	Ben Langer	Adam Schwartz	

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### **\*NEW...AN IMPORTANT NOTE ABOUT NEW IPOD GUIDELINES FOR 2008:**

As many of you may be aware, Apple is no longer making iPods without video capability. Naturally, this presents us with a dilemma. Continually, and particularly at camp, we are always looking at how to balance advances in technology with retaining the distance from the world of media and technology that the camp experience so critically provides.

We, of course, want our campers to have access to their music. It is just as important, however, that campers not be watching videos, playing video games and things like that during camp.

As such, going forward for 2008, WE WILL ALLOW IPODS WITH VIDEO CAPABILITY. However, ANY AND ALL VIDEOS MUST BE DELETED PRIOR THE START OF CAMP – IPODS BROUGHT TO CAMP WITH VIDEOS ON THEM WILL BE CONFISCATED.

On the opening day of camp 2008, each camper who has brought an iPod with him or her will have his or her iPod checked to be sure there are no videos on file.

We know, and appreciate, that many parents have inconvenienced themselves in the past to meet the camps prior non-video iPod guidelines. Our preference would be to not allow any items having video capability at camp. The alternative to now allowing iPods with all videos deleted, however, would be to not allow any iPods at camp. We value the importance of music for our campers and we continue to try to honor that need while upholding camp values despite technological advances. Thank you for understanding!



## From the Clipboard of Tony Stein...

It started so innocently. During September, an e-mail was sent by Echo Lake Alumni Billy Machover (1968 - 1980's) featuring some old camp photos from the 70's. Billy copied about 50 or so alums and challenged them to name everyone shown in the photos.

Holden Ostrin and Laurence Glickman quickly picked up their old camp photos and what this has turned into is a daily whirlwind of incredible photos and e-mails from names and faces who were a part of the Echo Lake scene during my summers as a camper at Echo Lake (1969 -1979). What I have seen is a group of Echo Lakers, aged somewhere between 40 and 55, shooting hellos and photos and reminiscences and tons of warmth back and forth through cyberspace. Each day, more and more folks are being added to the distribution list ...

There is Steve Silverstein, who taught me how to waterski on Lake George; Peter "Tiger" Sturm, my Inter B Group Leader; Rick Gibson, my Sr. Village Group Leader who wrote one of the best group sings of all time (we won, of course!); Donna Kerness Teichner, who was such an awesome counselor and one of my favorite Tribal Chieftains; Ricky Baiman, my Inter C counselor who - though I love to this day - I drove entirely crazy during the summer of 1974; Steve Borsuk, who played the piano at camp for the entire 1970's and who perpetrated one of the best Tribal Breaks of all time ... the list goes on and on and on.

The immediate culmination of this is an ad hoc Alumni get together in November being attended by folks from not only the New York Area, but from far and wide across North America.

What is most amazing is that I remember EVERYONE on this e-mail list. These photos have been so wonderful to receive and daily I am getting to relive the people, places and events that made Echo Lake the most special place a kid could be during the summer.

Tradition, friendships, laughter, new experiences, amazing counselors ... this is what made Echo Lake our very special summer home in the 60's and 70's when I grew up here. Those ingredients are still the ones I think are the most important ones for all of our camper's today! There is no place like camp. My love goes out to every one of you alums making my days a little more special by virtue of this Victory Run down memory lane.

To all of my campers today, here is a lesson in the beauty of keeping your photos, your song sheets, your Trail Yearbooks. Someday you too will open them and bask in the glory of your friendships, your Tribal Breaks, your Carnivals and your Banquets!

Tony



.....  
About a month ago, shortly after camp closed, I found myself at the South Street Seaport. I entered Bodies: The Exhibition. Linda and Jason Quitoni, he being the Jason of Jason's Jungle, had told me that I really had to see it. What a fine recommendation that was. It's truly a wow! Those of you who haven't caught it you really must make all speed.

The exhibition shows and tells, in a fascinating way, the masterful workings of our god-given bodies. Being somewhat senior in my years, certainly compared to our campers, I have a deeper appreciation of this mechanism. I am profoundly grateful to have a good constitution. We are all really walking marvels, folks, and I am so happy to be strong. As one gets older one realizes the importance of taking good care of oneself - cardio, weight training, Pilates, which I adore, healthy eating, etc. We all know the recipe which of course calls for time and commitment. It can be a challenge to crank all these needed obligations up without a doubt.



I feel truly moved and grateful to be healthy, active and on the planet. From ruminations on the workings of our bodies my thoughts segued into another dimension. We are unique combinations of the body, mind and spirit. The last two gave me further pause for thought. I started to think about Echo Lake and how, to a remarkable degree, the focus is on positive values. Deep friendships, respect for one another, celebrating our friends and staff, caring and investing ourselves in the well-being of others is the cornerstone of what Echo Lake stands for. This wholesome and decent outlook is really our grounding, our base, the roots from which we spring when we are together there. What a blessed place. If the body is working and the mind is feeding it with Positive Attitude only good health in every department can come from that.

It is an unbelievable treat to share the summer with all of you and to continue to learn life's lessons there.

Boy! Are we lucky!  
Amy



# From the Desks of...

Laurie



Main Village Director

Clinical Psychologist, school consultant, author, and public speaker, Dr. Catherine Steiner-Adair, at the recent ACA sponsored Parent Educational Event said that the best way to build healthy self-esteem in children is frequently misunderstood. You do not build self-esteem through excessive praise (that often creates anxiety to always have to be perfect) or by preventing disappointments (that often creates a fear that they can not handle things that don't go their way). Rather, Steiner-Adair says, the "way to truly build healthy self esteem in children is through teaching them resilience."

Resilience is defined as: "The property of a material that enables it to resume its original shape or position after being bent, stretched, or compressed; elasticity. The ability to recover quickly from illness, change, or misfortune; buoyancy. The ability to rebound or spring back." For children to learn, not that life is perfect and that everything will always go their way, but rather that life is messy and sometimes they will have to share or they might be sad or they might not be the best, BUT, that they

can survive that and be better for the experience. That is resilience. When things go wrong for children (and sometimes they will), to learn the skill of problem solving, positive thinking, perspective, or being proud of the process and not just the outcome, those are life skills that will take children far in life.

Now, we are talking about children. A protective parent might say, "but what if the problem or disappointment is too big for my child to navigate themselves?" Well, that will happen but that is when a trusted adult can, not solve the problem for the child, but work with the child to help them see their options, express their feelings and help THEM chose a course of action. Wow! Through this a child would learn that it's OK to ask for help. They learn that there are many solutions to problems and often changing your perspective helps you find a solution. They learn that any and all emotions are real...feel them, acknowledge them, and move beyond them. They learn that they can fall down, skin their knee, get up, and try again. (Have you read, "The Blessings of a Skinned Knee by Wendy Mogel? If not, read it now!) That is resilience. Doesn't that make children feel great?! They are more confident that they can try hard, do their best, and no matter the outcome, they will be OK and learn from the experience. If they can approach all (OK, most) experiences with the confidence that they can handle and negotiate, not only the journey, but also the destination (wherever it may be), that is building healthy self esteem. That comes from learning resilience.

Camp is a place where children practice being resilient. At camp children learn that they can eat, sleep, play, and grow without mom and dad holding their hand. They learn that you may not love everyone in your bunk but you learn to negotiate sharing space. They learn that they may not always be the best athlete, artist, swimmer, or outdoors person, but that they can try hard, build skill, and enjoy the activity. They learn that friends sometimes get upset or angry and can still be friends. They learn that they can be separated from those they love but that does not diminish the love or negatively impact the relationship. All of this is learned at camp in a safe environment with involved and invested staff, alongside peers who are learning the same lessons. Wow! These are the experiences that not only teach resilience and build self-esteem, but also prepares children in a truly healthy and strong way for life! For anyone that loves a child, isn't that what your entire heart aches for that child to learn?! I know that for all of the children that I know and love, my heart aches for them to embrace life and truly become resilient children!

Here's to cherishing the journey and celebrating resilience!  
Lots of love and xoxo always, Laurie

JP



Senior Village Director

## The Village Voice

Hello Senior Village!

I hope this little note finds you well. I'm assuming everyone is back in the swing of things back home. It took me about three weeks to get sorted after camp. I'm not sure about you guys but this fall in upstate New York has been great. So many warm days to remind me of camp and all the great memories!

This past summer was awesome and I hope you guys had half the fun I did. I always try to make the most out of my summers at Echo Lake. I always tell the Senior Village staff in orientation to give everything you've got because you never know if you will be coming back! I think you can take that approach to most things in life.

Well, I'm making the most of this time of year and all the great sports. As I type this the Buckeyes are ranked #1 and the Browns are 3-3 (they should be 4-2 if it wasn't for a blocked field goal against the Raiders!). Things are looking pretty good for me. Jamie is back teaching and attending grad school always staying busy. We have actually already started talking about next summer! Take care and don't forget the make the most of whatever you are doing.

Stay Gold, JP

2007 was SO AMAZING, You definitely want to Save the Date for 2008...

## Labor Day Family Camp Weekend for Current Camp Families

Mark your calendars for Labor Day, 2008, because if it is half as much fun as we had in 2007, it is going to be AWESOME!

The Kessler, Steinberg, Hurwitz, Goldberg and Berman families joined Tony, Emily, Laurie, JP, Jacko, Glenn, Terry and Corey for an amazing Labor Day weekend at CEL!

We had glorious weather throughout and in between Bingo, Hackensack, Gaga, the Mike Hurwitz Treasure Hunt, Baggo/Cornhole, Wacky Kickball versus the Grateful Heads (They beat the Heads! They beat the Heads!), the Blob, S'mores, Flashlight Sing (congratulations Bermans!), etc...the weekend went by in a flash.



We couldn't have had more fun than we did with Matthew, Jonathan, Jeremy, Ronnie, Lisa and Grandma Steinberg, Lauren, Zach, Jodi and Michael Hurwitz, Derek, Jessica, Randi and Steven Goldberg, Josh, Jake, Betsy and Larry Berman and Carly, Sam, Lauren and Lewis Kessler! Total troopers all of you! Thanks for making the last hurrah so amazing!



We can't wait to do it all again next year!

## **Camp Echo Lake 2007-2008 Off Season Event Calendar**

**Save the Dates and please JOIN US for the following Camp Echo Lake 2007-2008 Off Season Events...**

- **Thursday, November 15, 2007**      **Southern California Reunion in Rolling Hills Estates, CA**
- **Sunday, December 2, 2007**      **Canadian Reunion in Montreal, Canada**
- **Saturday, December 8, 2007**      **New York Area Reunion in White Plains, NY (10am-12pm)**
- **Fri.- Sun., Jan. 25-27, 2008**      **Senior Village Winter Weekend in Warrensburg, NY**
- **Sat.- Sun., March 1-2, 2008**      **Main Village Winter Weekend in Warrensburg, NY**
- **Wednesday, April 9, 2008**      **New Parent Night in White Plains, NY**
- **Thursday, May 1, 2008**      **New Camper Picnic in Ardsley, NY**
- **Fri.-Mon., May 30 - June 1, 2008**      **"Mother-Daughter" weekend in Warrensburg, NY**
- **Fri.-Mon., Aug. 29 - Sept. 1, 2008**      **Labor Day Family Weekend in Warrensburg, NY**



# Page Six

# Alumni & Staff Happenings



## Spanning The World...



**Sarah Katz** visited camp in August and had a grand time showing her friends and her boyfriend around. She wants to work with the Young Professionals Fundraiser for Morry's Camp. Needless to say, they are glad to have her! Oh, Sarah declares her intent to send her future children to CEL so they can follow in her and brother **Matt's** footsteps. Sounds good to us!

**Catherine Watson** from Australia, 2004 Tennis Activity Specialist, wrote to share a story about the global impact of CEL - from a former staff perspective. **David Tran** (MJB CS 2004) and Catherine recently took a trip from Australia to Russia to attend the wedding of their dear friend **Adelya**

(Housekeeping 2004). **Tatiana Mazaleva** (Housekeeping 2004) also made the trip. What a happy reunion it was! Catherine, Adelya and Tatiana all met on the first day of staff orientation in 2004 and shared a bunk. They all agree that CEL gave them an amazing opportunity to meet amazing people from many other countries and cultures - an opportunity which is very privileged indeed. It is something that will stay with them forever!

**Sergio Mauricio Bahamondez** from Chile Patagonia, better know as "TC" on the Trek staff in 2003 contacted us recently. Sergio has been traveling and working hard. He is living in Puerto Natales Patagonia, Chile With his wife Xmena and their 4-year-old daughter, Mailen! Sergio keeps the best memories from camp with him all the time.

**Karen Friedberg Pacicca** informed us that her older daughter Emily (6) just started first grade and her little one (3) goes to nursery school. Karen runs into her former CIT Director, Billy Cooper, almost every Sunday dropping off their kids for Sunday school. Karen is teaching in the Bronx and looks forward to sending her kids to CEL one day!

**David Ain** (Iroquois chieftain '98) is a fourth-year medical student at Brown University Medical School. He is applying now for residency in internal medicine, with plans to pursue a fellowship in cardiology.

Politics are alive and well with the CEL alum. **Eric Falkenstein** was instrumental in hosting a night for Barack Obama to speak at a Broadway theatre, while **Avra Siegel** is hard at work on Hilary Clinton's campaign, traveling with Hilary and honing her own future career probably in politics.

**Andy "Cannonball" Brenits** wrote to say that even though it's been 20 years since he's been at camp, he certainly has not forgotten any of it. Andy even sent some of his group photos from the early 80's that feature such alum as **David Langer, David Nadel, Richie Schwartz, Mitchell Finkelstein, Marc Weshler, David Waldman, Andy Fienberg, Dick Wise, and Mo Slade.**

**Becca Jaffe Alexander** asked us if anyone knows the whereabouts of **Shelley, Ronnie, and Maureen Leibovitch.** Becca and her husband Iain are still living in Scotland and she looks forward to her "Trail" when it comes.

Former CEL chef, **George Slade Jr.,** wrote to send his love to everyone and say that his company, Mogal & Mo-Gal Inc is coming soon. Mogal & Mo-Gal is a restaurant, catering company, clothing line, and kitchen wear company. Best of luck George!

Herman and Rosen cousin update...**Kenny Herman** will graduate from University of Albany soon and is chasing his dream of cars. **Nicole Scharaga** is working hard at school and is working on her degree in Criminal Justices. **Allison Rosen** married a man named Cory, **Jimmy Rosen** is expecting a baby, and **Debbie Rosen** is working as a headhunter.

**Peter "Shifty" Shifrin** attended the book signing and party for **Gabe Rotter's** book, "Duck Duck Wally." Other CEL alums in attendance besides Peter & Gabe were **Steve Rotter, Karen Rotter, Emily & Julie Rotter, Matt Soloff, Lauren Turnowski, Matt Weitzman, Amanda Cohen, Michael Bogner & Jon Wanicur!** Talk about CEL support!

**Frank Nardelli,** Principal for 3 years, just had his school recognized by the Skillman Foundation's Good Schools Making the Grade Program as a High Performing School. They were 1 of only 6 Elementary schools in the city of Detroit to earn the award and the only public charter school. Frank and his wife Shana have two girls, Annalin (2 and a 1/2) and Callie (9 months). Great work all around, Frank!

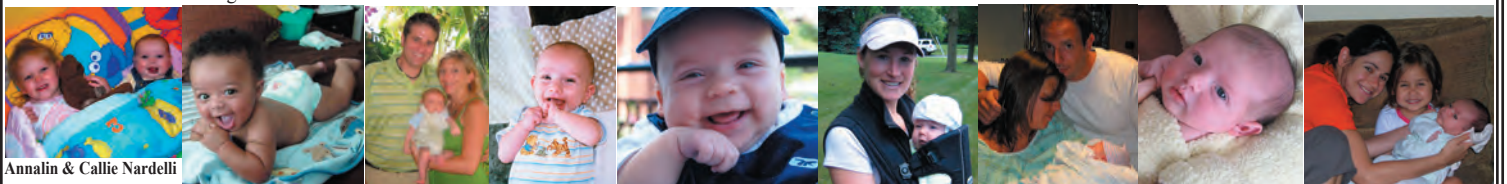
## Passings

**Nancy Block Zenna** passed away in early August after a long battle with cancer.

Our condolences go out to Nancy's family and friends as we are saddened by the loss of such a young and wonderful alum.



Catherine Watson & Friends Sergio Bahamondez Glenn Begly & Jeff Ackerman Senior B Boys 1975 Camp Carnival 1970's Super C's 1982 Mr & Mrs Anwyll Mr & Mrs Wegneiser



Annalin & Callie Nardelli Riley Powell Thomas Abelson Jack Reed Isaac Levine Ellie Buchanan Taylia Fishman Benjamin Bush



## Celebrations...

Recently spotted on the Today Show talking about self-tanning products, **Cheryl Kramer**, beauty director of Redbook Magazine, has recently gotten married! Cheryl Kramer's Matron of Honor at her wedding to David Kaye at the Rainbow Room in Manhattan on July 26, was alum and Morry's Camp board member, **Pam Heller**! Pam said she delivered a speech that was full of Echo Lake references. Best to Cheryl and David - he's a lucky guy!!!

**Charlotte Dunphy and Matt Anwyll** got married on August 10th. In 2002, Matt was the Woodwork Specialist & Charlotte worked in the office. Here's to you both!

**Jay Wegweiser and Nicole Rosenblum**, both CEL alums, got married on August 12th, 2007 in West Paterson, NJ

**Darren Herman** married Sherri Kepner on Saturday August 25, 2007. Darren attended camp in the early 1990's. Congrats!

**John Saroff** was recently married in Pittsburgh, PA. John's best man was **Andrew "Stinky" Finkelstein and Jon Wanicur** was close at hand to help celebrate. There were lots of camp stories at the rehearsal dinner. Mazel tov John!

**Jim Pitofsky** writes that he married his fiancé **Becky** on Sept 2 in San Francisco. The Glide Gospel Choir, who sang in "Pursuit of Happiness", sang at the wedding. Becky and Jim both run nonprofits. Jim proposed in a wine cave in Napa. How romantic!

**Keira Quintoni**, daughter of **Linda and Jason** (yes, THE Jason of Jason's Jungle), is got married on October 12 at "Flowerfield" on Long Island. Kiera was flanked by her two maids of honor, her sisters **Jana and Loren**! Other Echo Lakers that were in attendance were **Stu and Sara Gold, Dan Booth, Bunny and Ray Oldis, Ken and Claire Demas, Keira's cousin Bret Isaacs, (AKA the kitchen's own "Chicken Man"), and Karen Rotter**! Mazel tov to all.

In late July **Joe Applebaum** got engaged to **Lindsey Douglas** from Lawrence, LI- that's right a five towns girl. Lindsey runs the inpatient unit at Maimonides Hospital in Brooklyn and although it was not CEL, she did grow up going to camp! Best wishes to you both!

**Ian Black** is coaching the power lifting team at his school, is reffing basketball and volleyball and is coaching youth field lacrosse. On top of all of that Ian proposed to his girlfriend Jodi on August 23 in the middle of an open field surrounded by horses. The happy couple will be married this July.

Alum staff members, **Jacob Whitman and Amber Tanis** got engaged September 15, 2007! They couldn't be happier.

**Liza Rosen** sent an overjoyed email to us to announce that her sister **Lindsay** got engaged in June! Lindsay's fiancé's name is **Jason Gorin** & she couldn't be happier. Liza misses camp more than ever...she has been working in the office of Gate Hill Day Camp where her boss is CEL alum, **Josh Male**!

Speaking of **Josh Male**, Josh proposed to fellow CEL alum, **Ali Muskat** a few weeks back and the happy couple can't wait to tie the knot! Between Josh running his family business, Gate Hill Day Camp, and Ali running her family business, Deerstags shoes, talk about a CEL "power couple!" Best wishes!

## Echo Laker Campers 20??

**Candice Carto Powell** & her husband **Greg** welcomed their son, **Riley Davis Powell**, to the world this past March. He is already tall for his age & has a great laugh!

**Scott Abelson**, camper and staff member in the 80's and 90's has since moved to Florida, married his wife **Nicole**, and had their first child. **Thomas Joseph Abelson** was born on May 12, 2007 and Scott hopes to have him up at camp in five or six years.

**Jack Morgan Reed** arrived May 14, 2007 weighing 7 lbs, 10.5 ounces. Big brother **Max** is a great helper and we are so pleased that everyone is happy and healthy. Mom, **Lesley Malus Reed** and Dad, **Allen**, are thrilled!

**Rachel Josephson** and hubby, **Todd Poisson**, had a little girl, **Sylvie** in June. All three are doing well and live in NYC.

With two amazing kids like **Abi and Jacob**, why wouldn't **Jason Levine and Brenda Seifried Levine** have a third?! **Isaac Levine** joined this happy family in early June!

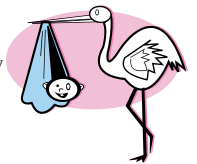
**Wendy Lehmann Buchanan and Shawn Buchanan** are thrilled to announce that **Ellie Charlotte Buchanan** was born on June 10, 2007 at 5:55 P.M. weighing 6 lbs 4 oz and 19 1/2 inches long. Ellie is as beautiful as her mom already.

**Taylia Rae Fishman** entered the world on July 16 at 1:38PM at 8lb 10oz, 21 inches. Taylia's mom, **Dara Mochson Fishman**, and Dad, **Peter Fishman**, met at Camp Echo Lake in 1985 in addition to growing up in Port Washington. Taylia is a beauty and a very lucky little girl!

On August 28th at 12:35am weighing 6lbs 6oz, **Benjamin Charles Bush** was born to mom, **Naomi Leiberman Bush** and dad **Lenny Bush**. Big sister, **Madeline** could not be more thrilled for her baby brother's arrival! Benjamin and Madeline's cousins **Emma and Jack Doremus**, can't wait for them to be old enough to join them at Echo Lake!

October 5, 2007, **Robin Eichel Norwood** welcomed **Carolyn Jean Alexandra** and twin sister **Emma Jacqueline Claire** into the world. Big Brother **Benjamin**, now 3, is still thrilled! Mom and Dad, **Peter**, have said their good-byes to sleep for the next several years. Enjoy every moment!

**Marla Greenspoon** is overjoyed to announce that she and her husband **Russell** are expecting baby #2 in March. **Eli** is looking forward to being a super big brother.





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

### Summer 2007 at Morry's Camp...

2007 was marked by victories — every month, every week, every day, every hour, every minute, every second. Morry's campers are asked to be a part of a community, to be a part of a team. That means that they must be responsible not only to self but also to those around them. Morry's campers during summer '07 continually showed us through their actions that they WERE learning through their efforts the importance of patience, cooperation, organization, time management and commitment. Campers took risks with their new found strengths. They climbed 70' towers, trusted swim instructors to support them as they floated on their backs for the first time, waited patiently for their name to be called during an activity, read a poem at a campfire, slept with no lights on, tried a food that they had NEVER eaten before, wrote fuzzies and led by both their actions and words. Thanks to all of you who continue to believe, support and hope!

### Join Us for Morry's Camp

### Autumn Elegance Gala on Nov. 14th

*Morry's Camp's Eleventh Annual Autumn Elegance Gala, their largest fundraiser of the year, will be held on Wednesday, November 14 at 6:30 PM at The Altman Building 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.*

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

### Spreading a Warm Inner Glow...

Kids That Give...

We salute the following kids who continue to give to Morry's Camp through their efforts, gifts and time!

**Molly Leopold, Brian Giles, Carly Rosenberg, Emily Lester, Ben Grayson, Samantha Ferleger, Linda Tell, Jarrett Bienenstock, George Frankle, Shayna Ehrlich, Michael Greenwald, Sidney Bibbicoff and Ali Chalfin.**

Some of them have completed their giving and others are on their way! Thanks to all of you from all of us!

### Camps That Give

Camps that Give are camps that celebrate the gift of camp through a camp based fundraiser targeted at benefiting Morry's Camp. Be it a swim-a-thon or a carnival, a marathon or a bake sale, they encourage the gift of giving by offering campers and their families the chance to give back by giving to. **35 Camps raised an unbelievable amount of over \$200,000.**

### Echo Lake's 2007

### Swimathon & Marathon for Morry's Camp

Boy did the Echo Lake campers swim and run for Morry's Camp this summer and boy have the Echo Lake families generously donated to celebrate that effort! **Thus far, we have received contributions of \$18,239 from the generous Echo Lake families** to send to Morry's Camp on behalf of Echo Lake! **\$18,239 is a new Echo Lake Swimathon & Marathon record!** If you would like to make a contribution and have not done so yet, you can send a check to the Camp Echo Lake winter office and we will gladly add it to the pot before we present Morry's Camp with our grand total donation check at the December 8th, New York area reunion. **Wouldn't it be AMAZING if Echo Lake could top the \$20,000 barrier?!** We think so and we bet Morry's Camp would too! **Special thanks to the Leaders In Training (LITs) 2007 for their fantastic organization of the 2007 Swimathon & Marathon!**





## The Echo Lake Idea 2007



This past August marked the 38th 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 38-year history.

The Idea 2007 was nothing short of a superb tribute to the 38-year history of this amazing program. 62 Idea campers swam in the pools, slept in the bunks, ran on the fields, performed on stage, and even went to Lake George's Skateland for a fantastic evening of roller skating! By the end of the week the Idea program had a tremendous impact on the campers who celebrated their success with fuzzies, campfire songs, and Idea wish candles on Echo Lake.

Much of the success of the Idea program is due to the abundance of energy and generosity of spirit of the staff that volunteer to work with the children during the Idea week. This year, Laurie Rinke, Echo Lake Idea Director, was truly blessed to have the magic of Juan R. Delgado III to assist in all aspects of creating a GREAT IDEA! Juan is a genius, lifesaver, and one of the most fun people Laurie has ever worked with! Alongside Laurie and Juan were the very passionate staff whose heart and soul for working with children made it impossible to tell that they were volunteering for the Idea after a full summer of working at camp! Laurie, Juan, and the Idea campers truly worship you! Thank you to the following Idea 2007 staff for making the 38th anniversary truly outstanding! See all you Idea campers and staff in 2008! -Laurie Rinke, Idea Director

A BIG thank you and MANY fuzzies to our volunteer staff...Juan Delgado, Mary Ann Mackrodt, Terry Begly, Glenn Begly, Ally Begly, Corey Begly, Sharifa Vinson, Annabel Smith, Kelly Chapman, Matt Evans, Laura Ostler, Robert Booth, David Ellicot, Rich Saunders, Mark Kenny, Barry "Badger" Holleway, Melissa Diston, Elizabeth Shepherd, Charlotte Tibbs, Rose Trustam, Leslie Riddall, Zoe Mandalos, Ruth Kleinman, Molly Burke, Mica Worby, Eric Diehl, plus CEL alumni camper and staff member, Lea Marin, and, all the way from Camp Iroquois Springs, Jon Korevec.



## The 411 of 12885...

### What's Happening in Warrensburg?



It's the fall - and that means Darren and the boys (Kevin, Jason, Andy, Billsy, and Marv) are already hard at work getting things in gear for 2008! They never stop! Our big project for the off-season, our Senior Village Athletic Pavilion, will have its groundbreaking in the spring.

In the meantime, the guys are working on far less glamorous, but very necessary improvements to the facility at Echo Lake. The weather has been stunning at camp this fall and that allowed us to make lots of progress on all these smaller projects.

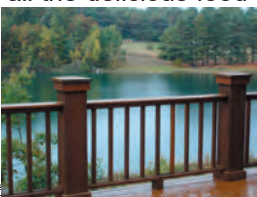
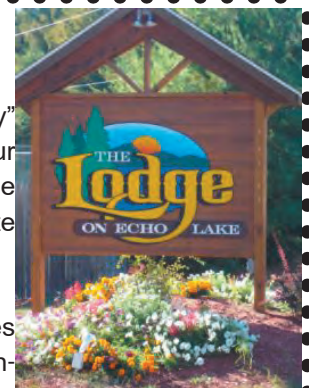
We will be sure to keep all of you posted as this winter's work progresses.



## The Lodge on Echo Lake

The Lodge on TV!: On November 6th, The Style Network's "Married Away" program, which showcases weddings at exotic destinations, will feature our very own Camp Echo Lake! As many of you know, our Sr. Village Lodge transforms into The Lodge on Echo Lake September through June and hosts all sorts of private events - from Weddings to Banquets; and from Birthday Parties to Sweet Sixteens!

Have YOUR event at The Lodge!: Our Food Service crew, led by our Head Chef Billy Baer, provides all the delicious food at all our events throughout the year. If you think you might like to host a Birthday Party, Bar or Bat Mitzvah, Graduation Party - or something like that - at Camp Echo Lake, while using The Lodge for your festivities, please let us know!



For more information go to [www.elakelodge.com](http://www.elakelodge.com)!

# Staff Bulletin Board

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

## iTunes iCamp Summer 2007 Mix

We surveyed the 2007 staff and asked them, "What song reminded them of summer 2007?" With about 150 responses, we created the "iTunes iCamp Summer 2007 Mix!" We encourage everyone to download these songs onto a "playlist" & rock out to memories of summer 2007 at Echo Lake! And now, in no particular order... **iCamp Summer 2007 Mix...**

- Hey There Delilah – Plain White T's
- Big Girls Don't Cry – Fergie
- Home - Daughtry
- Sweet Escape – Gwen Stefani
- Umbrella - Rihanna
- How to Save a Life – The Fray
- Sweet Caroline – Neil Diamond
- Stronger – Kanye West
- Lip Gloss – Lil Mama
- White Houses – Vanessa Carlton
- Any song from High School Musical
- Any song by Hannah Montana
- Barbie Girl – Aqua
- Time of Your Life – Green Day
- Goodbye My Lover – James Blunt
- Comfort – Deb Tanen
- Make a Memory – Jon Bon Jovi
- For You I Will – Teddy Geiger
- Main Camp, We've Got that Spirit
- Climbing Up Sunshine Mountain
- Sing Sister Sing
- Friends, Friends, Friends
- On the Line
- The Echo Lake Alma Matter (AKA High and the Mighty – Victor Young)

**Brian Babuata** is living his dream camping out year round. Brian is working at the Pali Institute in the San Bernardino National Forest. The Pali Inst. is an outdoor education school in the mountains outside of LA. He teaches 4th-12th grade children leadership, outdoor education, and science.

**Simon Blondel** came to New Orleans shortly after camp as part of a tour, we had some great New Orleans seafood and took him around town. In September, **Ethan** and I were in York, England while I was presenting at a conference and we met up with **Toby and Helen BK**. It was so great to see them and they hope to be back at camp again. We were in York for Ethan's 4th birthday, so we celebrated there & again at home!! When we sang happy birthday to Ethan, he kept singing it the camp way so those of us who knew it joined him. It was great...and he's still singing camp songs -**Tara Turley Stoulig**, Office staff

Love was certainly blooming this summer for Inter Boys Head Counselor, **James Delany** & UIGW Group Leader, **Heidi Draskoci-Johnson!** On Oct. 19 on the beach in Halifax, James proposed to Heidi & she excitedly accepted! We could not be more thrilled! We think you two should get married at CEL's summer Carnival!



Best wishes to both of you!

I would like to give a MASSIVE "Yeah LJGWest" to bunk 8 and Marissa, Nikki and Alex. Two of my favorite memories from this summer have to be Alexa's crazy dance moves during canteen & also dressing Alex up for "crazy counselor" - she looked great with knickers on her head & lights on her bum!! I hope you are all doing well at school & are looking forward to CEL 2008!! I would also like to give a special "shout out" to Alex, Molly, Alex, Charlotte and Fiona - miss you! -**Vicky Chaundy**, LJGW CS

My favorite memory of Summer 2007 was the 4n4 Trip I capsized boat while white water rafting. We played horseshoes, boatman's tug of war, and bocce ball for 4n4 Tribal! Tons of fun. I moved into a new apartment in Rye Brook. I got a job as the Youth Group Director at Scarsdale Synagogue Tremont Temple so I see Alex Haber and Dan Weinstein quite a bit. Mel Jacobs and Livy Steinberg also belong to that synagogue! -**Ruthie Kleinman**, 4N4 staff

I want to send a shout-out to all the UIGW girls & staff. I miss you all so much! I wish it were summer again already- Have a great year & I hope to see you soon! -**Steph Smolucha**, UIGW CS

Hey UJGWers!! I miss you all!! I can't believe that summer has already been over for two months!! I went camel hunting the other day but it was so sad to do it alone!! Have a good year! Keep smiling those sparkling smiles & don't forget...camp is with you all year long! -**Emily Tinawi**, UJGW GL

Our Health Center's own, **Danielle Smith**, became Mrs. **Bob Nason** on August 26th. At a small "family get to know family picnic" they surprised their families and tied the knot at Usher's Park in Lake George. The happy couple will honeymoon in St. John, USVI, Dani is also thrilled to have her stepdaughter, **Kate**, in her life! Congratulations, Dani!

**Cade Nethercott's** favorite memory of the summer was playing a fierce Bocce match with him & Dan Scheinfeld versus Jeff Rondeau and Jake Glickman during an absolutely torrential downpour. Cade's job news is that he is the newly appointed Director of Youth Ministries for The Cathedral Church of St. John's in the Wilderness, Denver, Colorado.

**Andrew Smith** wrote to us from a little mountain town in Eastern France called St Die Des Vosges. Andrew will begin teaching English to students there at the middle school and high school.

A big shout out to the TREK staff for being part of an amazing summer! Love their favorite WEE Scot's Man! -**Robert Booth**, Trek

I would like to give a big shout out to my UJGW girls! I am working in a school in Northampton, England and I tell all my 10 year old girls all about you....miss you loads ladies! I would also like to give a shout out to everyone I worked with, I miss you all so much. You made my summer at CEL an amazing one. I'm looking forward to seeing you all again soon! Favorite memory.....so many! Candy Party, Skate Land, Halloween, Special Day, Water Slide World, Carnival....loved every minute of it! -**Sara-Louise Jelley**, Media

I have been missing the summer of 2007 big time! Here in sunny West Palm Beach, I am back to work at New Horizons Elementary School. I am possibly taking a new position as an after school care assistant director. My summer at CEL was amazing, as I expected. I would like to give a huge shout out to Adam Keisman, Drew Weiss, Michael Epstein, Grant Bronfman and the rest of the 2007 UIB's who gave me the summer I still cant forget and will never forget! My unreal staff who gave me their all and are probably still tired from all we gave. What a group we had! Thanks Tony and Laurie for the opportunity that was given to me! I hope to see everyone in June 2008. -**Patrick McNeece**, UIB GL

# Campers Corner

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

**Matt Levy** came home from Camp this summer to a new home in Hamden, Connecticut. He likes it a lot has made many new friends from school. Among the things Matt has been involved with has been band and soon snow boarding. Matthew misses everyone from Camp, but assures you he is looking forward to being back for 2008, as Matt can't wait for more water sports, tennis, trips, and hanging out with friends.

Long live Margret our goddess!  
Miley Cyrus called; she wanted to talk to Kelly. Had crunchy tacos de Shitake, the other night. Anyone up for GaGa? Record time on the Cube, had a great teacher!  
-**Jordan Meisel**, UIGE

Hey LVG 2008! I MISS CAMP SO MUCH! Love ya! -**Ali Chalfin**, UIGW

**Cory Oringer** has been mixing it up since camp... playing tennis, golf, & training at Velocity Sports Performance Center where they specialize in speed & acceleration techniques. Cory is looking forward to his winter hockey season with his city team and also with the Lower Canada College school team. -**LVB**

I would like to give a shout out to the 4n4 trip 1 sandwich and all of its ingredients...I truly miss it.  
-**Jake Lever**, 4N4 I

I miss camp so much. LITs you guys are the best & I realize more & more how much I love all 40 of you & I can't wait to all be together again at the reunion. Girls camp, think about all of you makes me smile everyday and I'm so jealous you get another summer back at The Lake! LITs 007! -**Shelby Jackowitz**, LIT

I loved camp so much & I can't wait for my little brother Zac & my little friend Daisy to go next summer! A great memory from camp was singing, "God Blessed the Broken Road," for FNL! I will always love Rachel Leopold forever! Kisses & Hugs to UIGE of 07! In social studies class, we were learning about the Iroquois & Mohawk Indians! We read about how they played Sachem sports and it made me miss Echo Lake so much! -**Gabby Gottschall**, UIGE

Can't wait until camp. It is weird being home after a great summer. I can't wait until the reunion & to see my camp friends!  
-**Rachel Feldman**, LVG

**Carly Stern's** Bat Mitzvah was on September 29th. Carly, of course, had to invite all 20 girls in her group. Every day she would open another "yes" reply and was so excited about each one. In the end, 18 of the girls came - and a few boys as well. They came from Connecticut, Long Island, The Hamptons, North Jersey etc. It is unbelievable that every one of them has found a way to get to Philadelphia for the weekend. They are all sleeping over on Saturday night. The incredible bond that these girls have is truly a beautiful thing!

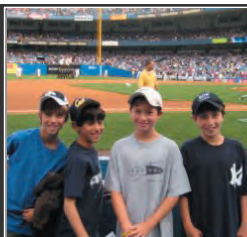
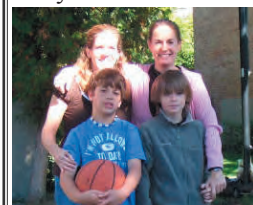
**Eliot Sernau**, in between basketball, break dancing and drum lessons, got the class "Super Student Award" in September. Eli sends a shout out to the UJBE gang!

I can't wait till camp so I can be with all of my closest friends in the world for 7 weeks. Echo Lake is the best thing any kid could wish for. I spent time with Brooke Kleinfeld. Brooke & I had a play date with Sami Birnbaum...we had a blast! My favorite memory from camp is when I was known as "Pablo" or "Specs!" I want to give a shout out to Liz Wiener "Bring bring honk honk honk!" Next summer there will be 3 of us...Josh, my little sister Liza, & me! I miss you CEL! -**Margo Spector**, UJGE

Hello all UJB's of '07, How's it going?!? I hope school is as much of a buzz for me as it is for you...P.S. Brett Kleinfeld, I hope all is well with you and your sister!!!  
-**Theo Feldman** UJBE of '07

At school, I joined the cross-country team. We had our first meet and won. I am also looking forward to the reunion in December. -**Ashley Pollack**, UIGE

**Stefan Luigi** and his mom **Catherine** went to Montreal to visit **Derek Sigler** and his mom **Renee Pearl Sigler**. It was a blast for everyone!



**Jacob Berk**, to celebrate his birthday, took a few of his camp buddies to a Yankees game and then had a sleep over. It was awesome!

**Justin Oringer** moved to a new school, Lower Canada College where gets to run into his brother Cory, Cody Lavy, & Scott Ostrin in the halls! Justin is already involved in the sports scene, playing for the LCC grade 5-6 soccer team, while looking forward to also competing for the LCC hockey team this winter. - **UJBW**

I loved Camp Echo Lake 2007! Tribal had to be the best though. I can't wait for Camp Echo Lake 2008! I want to say thanks to my counselors and to my bunkmates.  
-**Tara Feldman**, FG

LITs 2007: It's really scary referring to each other as alumni. Only 536 days until we can all potentially return to camp as staff. All 40 of us are eternal campers at heart. Ridiculous amounts of green & gold. Girls Camp, I miss every single one of your smiling faces. -**Rikki Gotthelf**, LIT

Hey UIGE '08! I miss you guys so much & I had so much fun at our sleepover! (Andie, Bari, & Furry we missed you guys!) See you all at the reunion! -**Rachel Neuberger**, LIGE

I love UJGE they are so crazy!!  
-**Sammy Gold**, UJGE

A "Shout Out" to all my friends and counselors in Bunk 29! Hope to see you guys soon!  
-**Justin Perline**, UJBE

I miss everybody so much! My soccer team is doing well... a little. I am having lots of fun, though! Every day I think about camp, and I talk about camp so much that it annoys some people. I am looking forward to seeing you... come visit me!!! -**Amanda Saperstone**, UIGE

To my dearest LITs & campers, I miss you all so much! You all have no idea what I would give to be in the LIT lounge, bunk 42, or sitting O.D. for the UIGW. I can't stop thinking about this summer, it was truly the best. Can't wait to see you all at the reunion! -**Rachel Pecker**, LIT

**Justin Weissbrod** went on a 10-day trip to Israel with his 9th grade Solomon Schechter Day school class on a voyage and mission to explore, learn and bond with his classmates as they start high school.  
Mazel tov, Justin!

# AT HOME DO - IT - YOURSELF ACTIVITY AREAS

FUN WITH FINE ARTS!!!

## Heart Collage

Shape is a basic element in many types of artwork. An artist may invent new shapes or use shapes we recognize and see everyday. Some artists focus on one shape and create different compositions with it, by doing a series. A series may include a large number of works; however, they all are variations on the same subject or theme. In the following activity, you will get to create your own "heart" series.

**Materials You Need:** 12 x 18 inch white paper (the heavier the better); a set of watercolor paints (or tempera paints) along with a water container, two paint brushes (a medium and a large camel hair brush), a paint shirt; newspaper, a sponge, and a pencil. You will also need some colored construction paper (3-4 colors), a glue stick, a pair of scissors, and an assortment of crayons, Cray-pas, or markers.

**Getting Started:** Before you begin painting, think about how you can express different emotions or ideas using the heart shape with different colors, lines, and textures. What colors and lines would you use to express a "broken heart?" What about a "wounded heart" or a "heart in love?" To begin, put on your paint shirt and lay out the newspaper, the water container, your watercolor paints, and the other materials on the table in front of you. Next, neatly fold the 12-x18 inch sheet of white paper into four sections and then unfold it on top of the newspaper. Fold a small sheet of construction paper (6 x 9 inches) in half and cut a large heart shape out of it.

**The Activity:** Using a pencil, lightly trace around your heart stencil in each section of the large white paper. Try to make each section slightly different by placing the heart in different directions. Next, create a series of four paintings using the heart as a theme.

### Heart Collage:

There are many techniques that you can use to create your series. Try different ideas in each section. In the first section, you might try a "wet-on-wet" technique. With a large brush, apply water to the background around the heart. Next, using the tip of your medium brush, pick up some color from your paint tray and paint dots all over the background area. Notice how the color spreads on the wet surface. Try using other colors. Let this dry while you work on another section. In the next section, try a crayon-resist technique. Use a light-colored crayon to outline the heart shape and quickly fill in the heart. Using other light-colored crayons, create a pattern of lines in the background. Next, paint over this section, using dark watercolors. The crayon patterns will show through the watercolors. Experiment with different ideas, colors, and techniques in each section. Try using the sponge to apply color. In other sections, try mixing the colors on the surface. Once a section is dry, you can go over it with crayons, markers, or Cray-pas to outline the heart or to create different textural patterns. When your paintings are finished, cut or tear them apart. Pick out your favorite one and glue it on a 9 x 12 inch sheet of colored construction paper. Then, using torn and cut bits of construction paper, create a "funky" frame for your creation. Glue these pieces on the edges of your painting. Sign and title your creation with a pencil.

### Want To Do More?

Create an artist book using your heart paintings. See if you can find works by other artists that use the heart as a theme or subject.

Have fun, and share your love for Art...

### Sara Gold

Fine Arts Head Specialist



Hey guys!

I hope everyone is enjoying their time at home after a brilliant summer! I hope all of you guys who came to soccer over those 7 awesome weeks had a fantastic time and learnt something new about the greatest sport in the world. For all of you who are playing soccer at home I hope that you all are experiencing some success with your teams and even if you're not playing for a team hopefully you are all still perfecting the skills that you learnt over the summer!! To help you guys sustain and improve your progress on the soccer field over the winter months I've come up with 8 top tips for you guys to work on!!



1. Watch as much soccer as possible! You can pick up a lot from watching MLS on TV for example. Look at how professionals play and see what things they do well and try to replicate it.
2. Practice your ball control! Spend as much time with a soccer ball at your feet as possible. Remember guys practice makes perfect.
3. Set yourselves targets! Everyone likes to juggle a soccer ball like the professionals. Set yourselves targets every week and slowly make those targets harder but keep them realistic e.g. Week 1= 4 juggles, Week 2= 6 juggles.
4. Have a healthy lifestyle! All soccer players must make sure they are eating the right foods and are always keeping well hydrated. It will make you guys ready to get out there and practice.
5. Improve your shooting! Everyone loves to see their shots hitting the back of the net but remember guys think placement before power. When practicing shooting make sure you look for an accurate shot into the corners of the goal where a goalkeeper is less likely to save it. When you feel like your shooting is becoming more accurate increase the power and you should see the goals flying in.
6. Passing is key! One thing that I taught you guys over the summer is the importance of passing. Practice your passing with a friend or even on your own against a wall. Remember use the inside of your foot for a nice accurate pass.
7. Work on your weak areas! Have a think about what your weak areas are and try to strengthen them. My weakness is my left foot so I would try and use my left foot a lot more than my right to improve it. So think what you can improve on and go out and work on it.
8. Have fun! This is the most important point of all. Soccer is a fun game whether you're practicing on your own, with a friend or in a team. So go out and have fun and always play within the spirit of the game!

Ok guys hope these tips have been helpful and you all have a productive winter working on your soccer skills and if you're members of a team I hope your season goes well!

**Chris Eley**, Soccer Head Specialist

STUPENDOUS SOCCER!

# AT HOME DO - IT - YOURSELF ACTIVITY AREAS

Hey kids,

After a great summer of golf I have a few hints and tips to all those interested in working on their games in the off-season. As with most things you'll only improve if you keep playing, unfortunately you won't improve too much if you don't pick up a club until next summer.

Tip 1) Badger your parents, grandparents and friends to take you to the driving range and/or golf club and you'll be amazed how much you can improve by semi-regular practice! Believe me beating your dad or granddad for the first time is priceless!

Tip 2) You don't actually have to go out anywhere you can practice putting in your own lounge. Just grab a ball and a small target and practice putts from different lengths on different surfaces ... even design your own mini putt course around the house!!!

Tip 3) There is nothing better than watching the pros do their thing. Try watching the PGA Tour and listen to the commentary and try to absorb some of the information they give about etiquette, course management and the actually mechanics of the golf swing! If you want to be the best learn from the best!

But, all tips aside, here in lies the key ... PRACTICE PRACTICE PRACTICE!!!!



Keep smiling and keep golfing!

XXX  
**Pete Borley,**  
Golf Head Specialist

What's Cooking in my Kitchen?

Hi everyone! Hope you're ready to get back into the baking business if you haven't already! I know there have been some keen campers & staff out there, so please continue to smile and mix away! It's that time of year when families go apple picking or just buy lots of them from the store! I happened to make this recipe for the first time and all I can say is "Mmm, mmm, good!" I think you will too, so what are you waiting for? Just do it! Catherine Luiggi actually tried a sample at my house this weekend and can vouch for its tastiness.

## Apple Coffee Cake

Ingredients:

3 Medium Apples (Golden Delicious, Gala, Braeburn, Empire)

Juice of 1/2 lemon

1 teaspoon plus 1 tablespoon ground cinnamon

2 cups granulated sugar

1 cup (2 sticks) butter, softened

4 eggs

1 cup sour cream

1 tablespoon vanilla extract

2 1/2 cups sifted all-purpose flour

1 teaspoon baking powder

1 teaspoon baking soda

1/2 cup brown sugar

1 cup chopped pecans (I didn't use them!)



Directions:

1. Preheat oven to 350F. Grease (I use Pam) & flour (shake some flour all around so it sticks) a 10-inch tube pan.
  2. Peel, core, & chop apples into small pieces. Place in a large bowl & toss with the lemon juice & 1 teaspoon of the cinnamon.
  3. In a large mixing bowl, cream the sugar & butter until fluffy. Beat in the eggs, sour cream, & vanilla.
  4. Sift together the flour, baking powder, & baking soda. Fold into the sour cream mixture.
  5. Stir in the apples. Pour half of this batter into the prepared pan.
  6. In a small bowl, mix the remaining 1 tablespoon cinnamon, brown sugar, and pecans.
  7. Bake for 1 hour 20 minutes, (mine only needed 1 hour) or until a skewer inserted into the cake comes out clean.
  8. Let cool in the pan for 10 minutes; turn out of pan onto a wire rack. Cool completely before serving.
  9. If you want, you can dust some confectionary sugar over the top to make it look pretty & give it a finishing touch.
- Yield: 15-20 servings.

Kitchen Tips:

- 1) Most apples will stay crisp in the fridge for up to 6 weeks.
- 2) 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.
- 3) 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:

Apples are grown for commercial production in 36 states, but mainly in Washington, N.Y. Michigan, Pennsylvania, California, and Virginia. Apples are nutritious, providing satisfying bulk and few calories! Apples' acid content acts as a natural mouth freshener, which makes apples a perfect ending to a meal.

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 at [rpearl@videotron.ca](mailto:rpearl@videotron.ca)

Bon Appetite!

**Renee Pearl-Sigler,** Head Cooking Specialist

# Memories of Echo 2007...



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

### Campers...

Tara Feldman 8.21  
 Liana Pavane 8.21  
 Matthew Steinberg 8.21  
 Rachel Cohen 8.22  
 Hallie Whitman 8.23  
 Michael Greenwald 8.24  
 Alex Katz 8.24  
 Benjamin Katz 8.24  
 Drew Berger 8.25  
 Sarah Berger 8.25  
 Daniel Scheinfeld 8.25  
 Erica Getto 8.27  
 Jake Ruskin 8.28  
 Sammy Fertel 8.30  
 Jay Tompkins 8.31  
 Michelle Neuburger 9.2  
 Jonathan Fox-Goldberg 9.3  
 Rachel Scheinfeld 9.4  
 Elizabeth Mauer 9.8  
 Zach Bloomgarden 9.9  
 Meredith Green 9.10  
 Molly Leopold 9.10  
 Max Studley 9.11  
 Danielle Meyer 9.12  
 Spencer Lutvak 9.13  
 Abigail Carignan 9.15  
 Linda Tell 9.15  
 Rachel Feller 9.16  
 Tess Greenberg 9.16  
 Phoebe Miller 9.16  
 Lauren Whitman 9.16  
 Max Keiser 9.17  
 Danny Katz 9.20  
 Ryan Press 9.21  
 Samantha Zuckerman 9.21  
 Scott Ostrin 9.22  
 Casey Landman 9.23  
 Jessica Silfen 9.24  
 Ben Rauch 9.26  
 Carolyn Rauch 9.26  
 Jake Berman 9.27  
 Lindsay Eller 10.2  
 Gabrielle Schiller 10.2  
 Jessica Uris 10.2  
 Jake Perry 10.3  
 Gabby Gottschall 10.4  
 Eliot Sernau 10.6  
 Cody Lavy 10.7  
 Eric Lester 10.7  
 Gaby Gerstman 10.8  
 Hannah Lemkowitz 10.9  
 Rachel Pecker 10.10  
 Alexis Henin 10.13  
 Isabelle Jacobs 10.13  
 Lauren Berlinger 10.14  
 Michael Epstein 10.14  
 Henry Goldman 10.14

### Campers...

Paige Goldstein 10.14  
 Casey Linder 10.15  
 Hillary Minkoff 10.15  
 Matthew Bernstein 10.16  
 William Ezor 10.17  
 Jane Weinstein 10.17  
 Matthew Grossman 10.19  
 Jacqueline Elkodsi 10.20  
 Alexa Gage 10.20  
 Jake Lever 10.20  
 Lea Stern 10.21  
 Julia Deutsch 10.22  
 Andrew Giles 10.22  
 Stephanie Aaron 10.23  
 Jake Reitman 10.23  
 Daniel Weinstein 10.23  
 Sam Pearl 10.24  
 Elie Rakower 10.24  
 Drew Weiss 10.24  
 Graham Kessel 10.25  
 Alyssa Sherry 10.25  
 Sarah Berk 10.26  
 Max Paull 10.28  
 Cory Oringer 10.31  
 Lindsay Rosenberg 10.31  
 Jake Henin 11.3  
 Andrew Woolf 11.4  
 Jennifer Woolf 11.4  
 Alexa Gutman 11.5  
 Evan Aaron 11.6  
 Alex Haber 11.7  
 Jason Green 11.8  
 Claire Schwimmer 11.8  
 Daniel Berlinger 11.9  
 Jared Eisenberg 11.9  
 Jordan Thaler 11.10  
 Alex Peckman 11.11  
 Ira Ganz 11.13  
 Hannah Kaplan 11.13  
 Ethan Volk 11.13  
 Courtney Travin 11.16  
 Max Berger 11.17  
 Talia Bloom 11.22  
 Zachary Lavin 11.22  
 Hannah Tell 11.22  
 Sarah Stettin 11.23  
 Peri Mendelsohn 11.24  
 Harrison Prevor 11.24  
 Casey Goldberg 11.25  
 Ben Grayson 11.25  
 Alex Sims 11.25  
 Theo Feldman 11.26  
 Lucas Goldman 11.26  
 Sophie Krieger 11.26  
 Rikki Gotthelf 11.27  
 Ryan Karetsky 11.30

Happy Birthday to you,  
 Happy Birthday to you,  
 Happy Birthday dear \_\_\_\_\_,  
 Happy Birthday to you!

Kings, and queens, and bishops too.  
 Wanna wish the best to you.  
 So wish day, wash day, what do ya say?  
 Birthday!

Happy Birthday to you!  
 There's laughter in the air,  
 people smiling everywhere.  
 Happy Birthday. Uh! Happy Birthday. Uh!  
 Happy Birthday to you! Uh! Uh!

H and an A and a P, P, Y  
 B and an I and a R, T, H  
 D and an A and a final Y  
 Haaaaappy Birthday.

This is your birthday song, It isn't very long,  
 My name Alix Schiff, hey!

### Staff...

Darren Dhesi 8.21  
 Neil Vinson 8.21  
 Daniel O'Connell 8.28  
 Daniel Young 8.28  
 Pavol Klink 8.29  
 Talitha James 8.30  
 Roni Tevet 9.1  
 John Borley 9.2  
 Jordan Dashti 9.2  
 Kristofer Kauff 9.3  
 Jamie MacDonald 9.3  
 Jessica Williams 9.4  
 Mitchell Hughes 9.5  
 Lindsey MacLeod 9.6  
 Rikki Studley 9.7  
 Oxana Gretskeya 9.8  
 Richard McLean 9.9  
 James Barker 9.10  
 Juan Delgado 9.10  
 Sabrina Kane 9.10  
 Eric Davis 9.11  
 Fiona MacNeill 9.11  
 Mark Kenny 9.13  
 Lianne A-Simms 9.18  
 Ruth Kleinman 9.20  
 Landon Miller 9.20  
 Peter Entwistle 10.1  
 Debby Pelkey 10.1  
 Clive Hickson 10.3  
 Joe Arthur 10.4  
 Alex Greenwood 10.4  
 Toby Bloom 10.5  
 Brett Hirschberg 10.7  
 Chris Eley 10.9  
 Patrick McNeece 10.9

### Staff...

Amy Longobardi 10.10  
 Cade Nethercott 10.11  
 Anthony Vincer 10.12  
 John Pezzolla 10.14  
 Allison Duthie 10.15  
 Piotr Turo 10.24  
 Simon Blondel 10.25  
 Jay Hooper 10.26  
 Mark Laurie 10.26  
 Zoe Mandalios 10.26  
 Emily Stein 10.26  
 Nadeen Allard 10.27  
 Jacqui Morgan 10.27  
 Fiona Turnbull 10.27  
 Stephani Smolucha 10.28  
 Lauren Weissbrod 10.29  
 Adelyn Blackwell 10.30  
 Michelle Belanger 10.31  
 David Ellicott 10.31  
 Barry Holleway 10.31  
 Mary Beth Jost 11.2  
 Sari Turner 11.3  
 Providence David 11.6  
 Alex Campbell 11.7  
 Melissa Baer 11.11  
 Renee Pearl 11.11  
 Rachel Solomon 11.13  
 Alena Kolodyazhnaya 11.19  
 Tara Turley-Stoulig 11.19  
 Robin Mahler 11.26  
 Mica Worby 11.26  
 Andrew Arnold 11.27  
 Elizabeth Shepherd 11.27  
 Ronnie Williams 11.29  
 Corey Feldman 11.30

**Happy Birthday to YOU...Uh uh!!!**

CAMP ECHO LAKE  
3 WEST MAIN STREET  
ELMSFORD, NY 10523



\*\*\*ATTENTION 2007 CAMPERS, PARENTS, AND STAFF...PLEASE JOIN US FOR OUR CALIFORNIA REUNION ON NOVEMBER 15, MONTREAL REUNION ON DECEMBER 2, AND OUR NY AREA REUNION ON DECEMBER 8! SAVE THE DATES...DETAILS TO FOLLOW!

CAMP ECHO LAKE 2007 – 2008 DATES

CALIFORNIA REUNION	THURSDAY NOVEMBER 15TH, 2007
MONTREAL REUNION	SUNDAY DECEMBER 2RD, 2007
NEW YORK AREA REUNION	SATURDAY DECEMBER 8TH, 2007
SENIOR VILLAGE WINTER WEEKEND	FRIDAY JANUARY 25 – SUNDAY JANUARY 27, 2008
MAIN VILLAGE WINTER WEEKEND	SATURDAY MARCH 1 – SUNDAY MARCH 2, 2008
NEW PARENT NIGHT	WEDNESDAY APRIL 9, 2008
NEW CAMPER PICNIC	THURSDAY MAY 1, 2008
MOTHER-DAUGHTER WEEKEND W/ RACHEL SIMMONS	FRIDAY MAY 30 - SUNDAY JUNE 1, 2008
CAMP ECHO LAKE 2007 SEASON BEGINS	SATURDAY JUNE 28, 2008
PARENT VISITATION	SATURDAY JULY 19, 2008
CAMP ECHO LAKE 2007 SEASON ENDS	SUNDAY AUGUST 17, 2008
ECHO LAKE IDEA	TUESDAY AUGUST 19 – SUNDAY AUGUST 24, 2008
LABOR DAY FAMILY CAMP WEEKEND	FRIDAY AUGUST 29 - MONDAY SEPT 1, 2008