



# CAMP ECHO LAKE TRAIL SPRING 2008

As of March 19, there are 100 days until Summer 2008 begins at Camp Echo Lake!!!



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## The Trail Goes Cyber!



As you already know from our December Trail Newsletter, Echo Lake is making a concerted effort to be more environmentally friendly. As much as we know folks love receiving the Echo Lake Trail, a lot of paper goes into mailing all the newsletters we do.

Starting with this edition of the Trail, we will be mailing a hard copy of the Trail only to our current camp families and current staff.

We do want to make sure the entire Echo Lake Community gets to read the Trail, and so we will e-mail our entire staff and alumni e-mail directory with a link to the current Trail newsletter, which is always posted on our website. Please make sure we have your current e-mail address so that you are sure to receive a "hot off the presses" Trail notification!

We know you all love the Trail ... and we hope you will support our efforts to save a few trees while still being able to give you all the news in Echo Lake land electronically!



### In this Issue... Spring 2008

- \* The Trail Goes Cyber...
- \* New Kids On The Block
- \* Director's Letters: Tony's Clipboard and Amy's Letter from Florida
- \* From the Desk Of...The Village Directors: Laurie & JP
- \* SV Winter Weekend & MV Winter Escape Recap and Photos
- \* Page Six: Alumni & Staff Happenings
- \* Project Morry: Spring Blast Event; YP Event; Kids that Give; & more
- \* Mother-Daughter Rachel Simmons Weekend
- \* Fantasy Camp & Sibling Day Info for Future Campers!!
- \* Labor Day Family Camp Weekend Info
- \* Staff Bulletin Board: Shout Outs
- \* Campers Corner: Exciting News from the Best & Brightest
- \* At Home Do-It-Yourself Activity Areas: Theatre & Tennis
- \* Packing for Camp Reminders!
- \* 411 of 12885...What's Happening in Warrensburg
- \* Meet the 2008 Head Staff!!
- \* Happy Birthday Wishes
- \* Important Dates to Remember...

### New Kids On The Block

Since the last Trail newsletter, we have had a few more awesome new campers join the Echo Lake ranks for 2008! How exciting is it to have all these new and exciting faces at camp with us! Now Introducing...

Teddy Kreutzer  
Zoe Kreutzer  
Jake Gluckman  
Adam Tollin  
JP Schuster  
Jack Davidson  
Emily Davidson  
Ross Kempner  
Brandon Friedman  
Maddie Erman  
Gavin Jablonski

From the Clipboard of Tony Stein...

I have to say a HUGE Thank You to all the campers and staff who attended our two winter weekends up at camp! The weekends, of course, were a total blast. It is such a joy to be around Echo Lakers in the middle of winter!



Watching ALL the Senior Villagers, LIT's and last year's LIT's - together with the staff - get together in the middle of the Lodge at night to play games, laugh, shout, and make everyone feel included is an awesome sight! Last year's LIT's were a special group indeed - and judging from the spirit and sense of inclusiveness I saw from the 2008 LIT's who joined us in January, it is clear we are in for another stellar year of camper leadership by this group!

The Main Villagers are just a laugh-riot a minute! 85 campers and 25 staff literally assaulted the Great Escape Indoor Waterpark! Our campers are such terrific kids - polite, respectful, helpful and SUPERFUN! Whether riding the raft down the totally dark tunnel with Noah Brook and Justin Miller; or shooting waterbasketball with Zack Sap, Lucas Goldman, Brian Diamond, Drew Meklinsky and Cooper Grayson (and Mr. Former GLIT, Corey Begly); or racing Eli Nobler down the side-by-side waterslides; or pulling Rachel Levy and Jamie Shapiro out of the snow on the lake because they had snow-angelled themselves a little too deep; or Trekking through several feet of snow with everyone with Erin Langworthy and Jackie Feldman leading the way; or being tackled mercilessly by Jacob Bortniker and Brandon Kramer in the middle of the lake (or maybe it was me tackling them) ... you get the picture!

This is what makes my job so AWESOME! Echo Lake kids are so much fun to be around. They make me laugh by what they say and what they do; and they bring smiles to my face just watching them interact with each other, put their arms around each other, help each other out, and scream and shout cheers and songs from the summer!

So thank you, thank you, thank you - to campers and staff, for making two weekends in the middle of winter the two best weekends of the entire year! We are getting closer ... T

*Hey all you great people,*

*It's the early spring version of the Trail. And we all know what follows spring, don't we?*

*As it happens, outside my window (I'm not always in Florida) there is a coating of snow, true. However, smelling, feeling, anticipating the glorious summer that awaits us is as good an activity as I can think of as we wait for this silly white stuff to vanish.*

*As I'm watching it I can't help but note that we are in that most weather-peculiar month of March. I remain a tad shocked and surprised that I am going to hit the big 70 this very month. Wow! How to celebrate!*

*My dear old friend who was a camper/met her husband/then became a camp parent herself Ellen Reisman Babby told me that this year should be My Jubilee Year....one celebration after the other! I'm for that - absolutely! If it's good enough for Queen Victoria it sure is good enough for me. What immediately came to mind is that one of my celebrations should be with my largest family of all - everyone who dwells within the four walls of my favorite camp....about 700 of my closest and dearest friends!*

*Will I serve cocktails and hors d'oeuvres? Probably not! But there's nothing wrong with serving a gigantic cake, hearing the C&L birthday song sung at the tops of all your voices and then being kissed by 700 delicious humans. YUMMY!*

*See you all there!*

*Much love,*

*Your OLDEST PERSON IN CAMP friend, Amy*



# From the Desks of...

Laurie



Main Village Director

I watched some birds soaring through the sky today. It got me thinking about baby birds & how they learn to fly. After a little research on the Internet I learned that baby birds & their parents take a leap of faith when it comes to teaching the baby bird to fly. Here is what I read: *When baby birds are first hatched, the nest becomes their entire world. Safely tucked away in the nest, the parent birds bring everything the baby bird needs back to the nest. What the parent birds know, however, is that in order for the baby bird to continue to grow & survive, they must eventually leave the nest & learn to fly. Parent birds begin to teach their fledglings the importance of flying by remaining a short distance away from the nest during feeding. Frequently, this means a few hard falls to the ground followed a long trip back to the safety of the nest. All of this practice time, awkward as it may seem, does teach the fledgling about the mechanics of flight as the young bird stretches out his or her wings. Bird parents continue to encourage their brood to leave the nest for longer periods of time, leaving the fledglings alone to develop their own flying instincts. Eventually, flying becomes*

*instinctive & young birds cannot only fly, but truly soar.*

To me, this sounded a lot like the process of parents sending their children to camp. Parents take care of their children at home, but know that in order for their children to grow & survive they must eventually leave home & learn to fly. I think where children can truly learn “the mechanics of flight” is in the “practice time” known as camp when children leave home for “longer periods of time, leaving the fledglings alone to develop their own flying instincts.”

Now, I cannot speak for parent birds, but for parents of children, the learning to fly process can make them nervous. Similarly, while I cannot speak for baby birds, I know from my own first summer at Camp Echo Lake in 1986, leaving for camp made me nervous too. For both parents & campers, feeling a little anxiety over the start of camp is totally normal! It’s a combination of excitement & anticipation & the desire to make sure everything will go well. It doesn’t matter whether this is your first or fifteenth summer at camp, the start of a new summer can bring up these feelings for everyone.

One of the most important things that we want campers & parents to know is that when anxiety happens, we are here to help. Assigning camp big brothers & sisters, holding our informative & fun New Parent Night, & hosting our exciting New Camper Picnic are all ways that help new families feel a little less nervous about camp. Campers, whether you are new to camp or returning to camp, you know that if you need to check in with us, have a little chat, or just get a big hug (or high five or fist pound), call us or email us & we are here for you.

Parents, whether it is spring or summer, feel free to call or email us with questions, concerns, or if you just need to touch base in order to reduce some anxiety. You will feel better if you pick up the phone & we can assure you that we are here to help support you & your camper in this exciting time. While your child will need to borrow your confidence that they can take a leap of faith & will have the best summer experience of their lives at camp, you may need to borrow our confidence that you & your child can take a leap of faith & will have the best summer experience of their lives at camp! We are here for you.

Each spring parent birds encourages their baby birds to leave the nest, take a few falls, & stay away for longer periods of time to develop their own flying instincts. If the growth & rewards for the baby bird are anything like the growth & rewards for campers who leave home to develop their own “flying” instincts at camp, then it is truly worth all the effort. Unlike birds, parents & campers are not alone. We are here to help you take this exciting leap of faith & together we will not only learn to fly, but truly soar!



Love and xoxo always, Laurie

## THE VILLAGE VOICE

JP



Senior Village Director

Hello Senior Village! I hope everyone is doing well. Now that winter is behind us and spring is slowly warming up our days you can’t help but think of the summer. I can tell you that it seems like camp is going to start in 2 weeks for me! We have been very busy getting ready for the incredible summer ahead.

One of the best things about camp is that some things never change while others always do. Camp will always have that same feel to it but the people living and working here change from year to year. This summer should be very interesting in the Village. I’m super pumped for the new Senior Village pavilion. It’s going to be right next to the basketball courts. It will be a great place to do all sorts of activities rain or shine! The only thing now is coming up with a name for it! Any suggestions? I’m

also excited because we have quite a crew making sure that everything is amazing for you day in and day out. I smile just thinking about all the antics John, Stu, and Jamie will have in store for you! Morning line-up will never be the same!

Keep working and playing hard and before you know it all of the wonderful camp memories you have will be reality again.

Stay Gold, JP

**The 2008 Senior Village Winter Weekend**

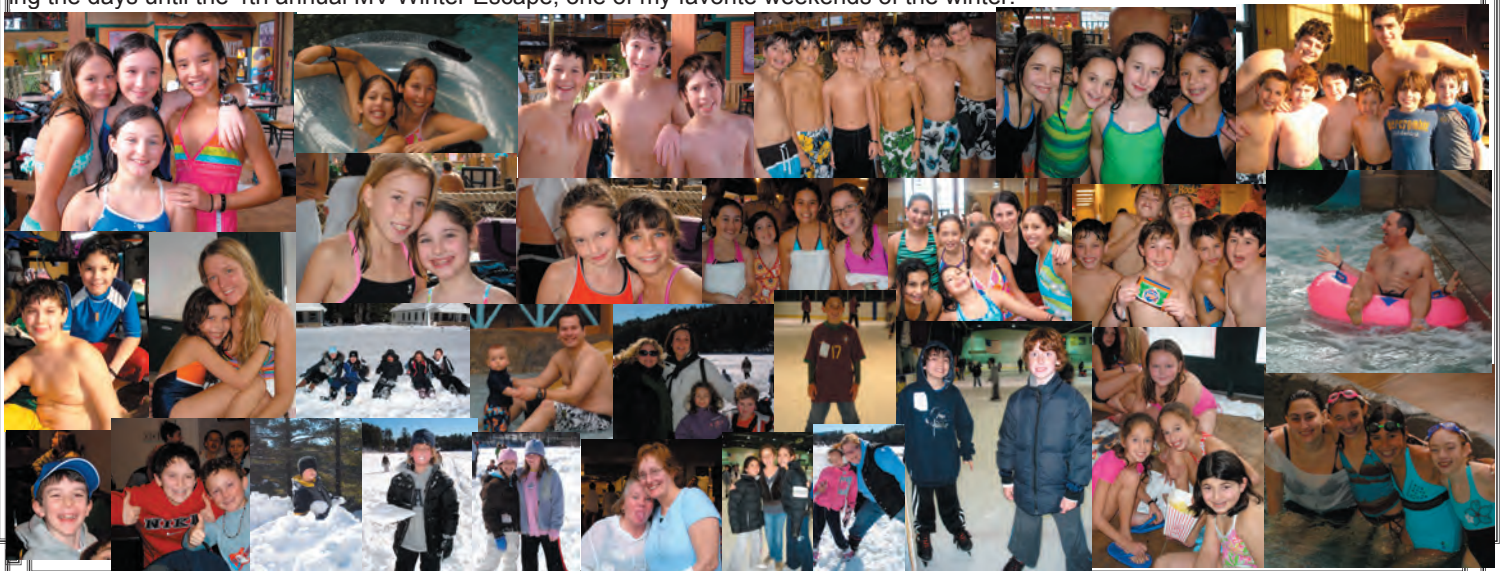


On a cold day in January several Senior Villagers and staff boarded a bus in Westchester to head upstate to hang out with friends and enjoy the slopes of Gore Mountain. Let me tell you we had a blast! After a casual canteen in the Lodge on Friday night we arose before sunrise on Saturday to beat the crowds at Gore. The weather was great and everyone had a great time on the mountain. Even Cade our Rocky Mountain ski snob said that the conditions were great! That night we took in a moonlit stroll around camp and had a spirited line-up with Tony. The next day we again walked around camp and even got to head out on the lake. Before we headed back downstate we stopped at the Lake George Forum and did a little ice-skating. It was the perfect way to finish off a wonderful weekend. Thanks again to all the campers and staff (In addition to **Tony, Laurie, JP, and Jacko...Glenn, Terry, JP, Ally, and Corey Begly, Allison Zucker, Cassandra Heath, Eric Davis, and Cade Nethercott**) for making the weekend so special!



**2008 Main Village Winter Escape!**

85, yes you read that correctly, 85 of Echo Lake's Main Village Campers helped to make the 3rd Annual Main Village Winter Escape a wet, wacky, wonderful weekend at The Great Escape Lodge & Indoor Water Park! We spent an entire afternoon getting soaked, lazy river riding, inner tube sliding, and general splashing. It rocked! After dinner at the CEL Lodge, ice cream sundaes, the Oscar winning movie, Ratatouille, AND lineup complete with fuzzies, our heads could not hit the fluffy pillows fast enough. Day two was spent brunching at the CEL Lodge, enjoying a walk around camp (covered in over 4 feet of snow), ice skating at the LG Forum, and the coolest activity of them all...WALKING across our lake that was covered with twenty inches of frozen ice! Oh, and did we mention, we did this all with our amazing camp friends!! It does NOT get better then that! Thank you to 25 amazing staff: **Chole Barret, Terry, Glenn, Ally, Corey, & JP Begly, Michelle Rinke, Allison Zucker, Sari Turner, Leslie Riddall, Kat DeOcampo, Ruth Kleinman, Annabel Smith, Pat McNeece, Matt Glickman, Zach Zelikovic, Donna Norris, Mary Ann Makrodt, and The entire Levine family, Brenda, Jason, Abi, Jacob, and Issac**, for joining **Tony, Laurie, JP, and Jacko** in helping the kids fall in love with camp when it's covered with snow. Thank you to all the campers who helped us make a splash on the 3rd annual Main Village Winter Escape Weekend! We had more fun then we could possible imagine!! We're counting the days until the 4th annual MV Winter Escape, one of my favorite weekends of the winter!



## Alumni & Staff Happenings



### Spanning the World...



Alumni **Brad Kaine**, Director of Public Works in Weston, Florida emailed us recently recalling legendary Sachem softball moments. Brad wrote, “You would figure after 17 years I would be invited to play in an alumni softball game considering I had the greatest hit in the game as a camper that may never be duplicated.” As you said yourself, Brad, you “have not changed much over the years!” You can learn more about Brad at [www.westonfl.org](http://www.westonfl.org) under public works.

Former camper, CIT, and counselor **Danny Cohen** loves his career as a pediatric psychiatrist with a private practice on the Upper West Side of Manhattan. He was acknowledged as the “top psycho-pharmacologist” in the 2007 “best of” issue of the Village Voice. He admits that his amazing and rewarding experiences at Echo Lake lit the spark and paved the way! [www.danielcohenmd.com](http://www.danielcohenmd.com)

Since I have left camp as the Head Boating Specialist in 2002 I have graduated and now work as an Orthodontist in Cardiff, Wales, UK. There isn’t a day that goes by where I don’t think of something I did at camp and I really wish I could have kept going back year after year. I am still hoping to go back one day, even if it is just for a visit. It really did have a big impact on my life and I hope that I made a difference during the summer of 2002. Wishing everyone at Echo Lake a fantastic summer in 2008!! -**Steven Daniels**, Head-Specialist Boating 2002

### Mitzvahs

**Henry Weinberger** continues to make us proud. On Friday January 25, the senior members of the Riverdale Country School swim team organized a 24-hour fundraiser for Project Morry. They wanted to do something “radical and crazy that was never done before.” What Henry organized was a continuous swim for 24 hours! They took shifts and had someone in the water at all times. Henry swam the 3 am-5 am shift. At the end of the 24-hour event, over 40 members of the team slept at school, swam 8 and a half hours, and totaled around 700,000 yards! That is over 400 miles of swimming! The team is still collecting donations but they are sure the numbers will be big! Henry said, “I still think about camp every day and the lessons it instilled in me.” We are very proud of you, Henry! Now dry off and take a well-deserved nap!

Ever since she was a little girl, alumni **Rachel Leopold (daughter of Amy and Jonathan)** has had a strong interest in the Sciences and a love of helping others. Rachel was offered a unique opportunity to travel with alumni and current camp doctor, **Dr. Sam Weinstein (father of Danielle, David, Dalia, and AJ)** and a group of medical professionals on a medical mission to El Salvador. The primary goal of this Heart Care International trip was to assist and supervise the Physicians at Bloom Hospital, the only public children’s hospital in all of Central America. Rachel witnessed open-heart surgeries as well as the use of bypass machines. Rachel was not only able to learn about the heart, but was able to see how a team of individuals with huge hearts could work so successfully. Rachel was able to assist in organizing supplies and translating between Spanish and English. It probably comes as no surprise that Rachel has decided that becoming a doctor may be the perfect occupation for her to pursue. Rachel said, “This experience confirmed my love of science, the importance of working as a team and the idea that helping others less fortunate can really make an incredible impact on another human life. I do realize that not many sixteen year olds have the opportunity to experience the miracle of life the way I have; for that I will always be grateful.” What an amazing experience for Rachel and we know that both Dr Sam and Rachel impact the lives of others already!

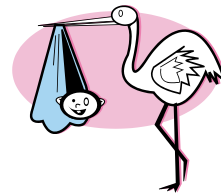
## Alumni & Staff Happenings



### Campers 20??



Former tennis activity specialist of India fame, **John Prakash**, informed us of the exciting news that he and his wife are the proud parents of baby boy, **Divyan Prakash!** Divyan was born on February 7th, 2008, weighing in at



7lbs, 4oz. All our best to the entire happy family!

**Noah Cooper** sent us a photo of his lovely daughter, **Cora** who turned 1 on February 2, 2008. Adorable and happy birthday, Cora!

At a brunch on Long Island in January, camp BFF (Best Friends Forever), **Laurie Rinke, Naomi Lieberman Bush and her children Madeline and Benjamin, Keri Weingast Greenseid and her children Jake and Luke, and Jessica Brodsky Miller and her children Dylan and Avery** got together to catch up and laugh! The only thing missing was **Audrey Rosenberg** who was producing a show for her theatre company, The Fire Department, and **Wendy Lehman Buchanan** who was home with her daughter Ellie who had a cold. Not only did the friends reminisce about every detail from their days at camp in the 80's and 90's but they started to fantasize about sending their own kids to Echo Lake one day! These ladies know that one day, Madeline, Benjamin, Jake, Luke, Dylan, Avery, and Ellie will all have "memories of Echo," that will last a lifetime for them too!

### Passings

We share the sad news that **Ester Rothbort**, matriarch of the Rothbort family, passed away Jan 13. Our thoughts are with all of you.

Condolences go to the **Schwartz Family - Larry and Debbie** on the death of their beloved mother Barbara.

Word has just been received of the death of **Richard Saletan**, dear father of **Steve and Liz**. Our hearts go out to the family.



*Henry Weinberger's Continuous Swimathon for Project Morry!*

*Alumni and Current Camp Parent, Alan Nadel sent in this photo from Apache Relay 1986. Do you see yourself?*



*Future 2nd Generation Echo Lakers: Dylan & Avery Miller; Luke Greenseid, and Madeline & Benjamin Bush*



*Dr Sam Weinstein with future Dr Rachel Leopold!*



*Cutie, Cora Cooper*



**Join us for....The 2008 Spring Blast Event!**

The Spring Event committee of Project Morry invites you to this season's gala event -- SPRING BLAST, to be held on **Wednesday, April 16, 2008 at X2O**, Peter Kelly's latest addition to the Xavier's Restaurant Group at 71 Water Grant Street, in Yonkers! The event, which will be honoring Project Morry's **Camps That Give**, will be held from 7:00 – 10:00pm featuring a cocktail reception, music, wine tasting & a silent auction. All & all an evening filled with fun & frolic!

The event, our 12th annual spring fund-raiser, will be hosted by **Billy & Hilary Cooper** and their amazing committee which includes **Marci and Rick Caplan, Lori O'Neill Chamberlain, Michelle Coleman, Dr. Jeffrey & Karen Cousin, Stephanie & Andrew Falk, Liz Kaplow & Evan Jacobs, Amy & Jonathan Leopold, Ellen & Jonathan Litt, Karen Miller, Pam & Lee Miner, Cindy & Scott Musoff, Laurie Rinke, Valerie Schmaier, Ellen Schwartz Wylie & Gordon Wylie.**

**We hope you can join us for this great event on April 16!**

**Kids That Give – Spreading the Warm Inner Glow**

Many of our CEL campers have felt that Project Morry is such a fantastic organization that they want to go above & beyond the Project Morry Swimathon & Marathon we do at camp! **Michael Greenwald & Ben Grayson** have been donating their time helping out at the PM office. **Ali Chalfin, Carly Epstein, & Rachel Some** have made generous donations from their Bat Mitzvahs. **Jake Sussman** has not only been donating his time helping out at the office but has also made a generous donation from his Bar Mitzvah.

**Lauren Koenig**, organized a "Climb for Project Morry" at her local rock climbing gym to raise money & awareness about PM! **George Frankle**, along with some of his friends, hosted a bowling & pizza party for some PM kids. The event was amazing! Everyone had a great time & many of the PM kids are asking if they get to see George again next year! George you are a remarkable gift to Project Morry!

We salute Michael, Ben, Ali, Carly, Rachel, Jake, Lauren, and George! Know that you are making a difference and it does not get better than that!

**Join us for....2008 Young Professionals Event**

And since you are marking your calendar. . .if you are an Echo Lake Alumni and over the age of 21, why not join Project Morry on **May 8, 2008 in New York City** for their annual Young Professional event. Details of time and place are yet to be finalized but we guarantee an evening of celebration, seeing old friends, meeting new ones and learning more about how you can be a part of Project Morry.

**The evening, is hosted by chair and Echo Lake alum Stefan Miller and his committee that includes Dani Ackerman, Heather Babby, Drew Bitterman, Denise Carberry, Deb Dorman Grishman, Dana Eigner, Lauren Feiner, Matt Jackowitz, Sarah Katz, Josh Male, Lisa Oshinsky, Michelle Nacht, Perri Newman, Britton Redbord, Scott Schwartz and Josh Stein.**

**We look forward to seeing you on May 8!**

**Other Opportunities to Get Involved...**If you are looking for other opportunities to get involved with Project Morry consider the following:

**Gifts In-Kind:** Project Morry welcomes gifts of "STUFF". Bat & bar mitzvah gift idea are created by folks looking at wish lists of equipment & items that are used both during the school year & the summer.

**Coaches:** When a Project Morry child enters their junior year of high school they are assigned a full time mentor known as a Coach. PM Coaches are adults who understand the PM mission, meet the Coach criteria (including making a personal commitment of two years, participating in a training session & orientation prior to being assigned to a PM Post Grad & making contact with PM Post Grad at least once a month) & are interested in assisting young adults successfully navigate the demanding task of finishing High School while preparing for their post graduation experiences. Our kids who participate in the Coach program are from the PM communities of the Bronx, Manhattan, Long Island, Westchester County & Fairfield County in CT. This program, that boasts a LONG list of former Echo Lake alums & parents as participant coaches, continues to insure that our kids achieve their goals. Doesn't get any better than that!

**If you are interested in attending or contributing to events or if you are simply looking for more information, to make a donation, or get involved, please contact the Project Morry office by phone: (914) 592-3055, email: [dream@projectmorry.org](mailto:dream@projectmorry.org), or go online: [www.projectmorry.org](http://www.projectmorry.org). Thanks to all of you in advance who continue to support Project Morry!**





## Echo Lake 2008 Exciting Events

2nd Annual Rachel Simmons Mother - Daughter Empowerment Weekend at Camp Echo Lake  
Friday May 30 - Sunday June 1, 2008



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



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*, & *The Los Angeles Times*. Rachel speaks all over the country to girls, parents, & 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.

The Workshop is open to all 2008 Lower Inter, Upper Inter, Lower Village, Upper Village, 4N4, and LIT Girls and their mothers! (Girls going into 6th grade in Sept 2008 and older. Girls going into 5th grade in Sept. 2008 will be considered if space allows). For detailed information about the weekend and to complete a registration form click on the link on the homepage of our website! Due to the desire to ensure intimate and significant workshop time for Mothers & Daughters with Rachel, SPACES ARE EXTREMELY LIMITED! INFORMATION & REGISTRATION FORMS WILL BE AVAILABLE ON ONLINE SOON! We look forward to seeing you there.

## Attention Future Echo Lakers... Get Ready for Sibling Day & Fantasy Camp 2008

We are very excited to welcome all of our prospective campers to camp this summer once again!

For younger siblings of our current campers, we will be hosting our 3rd Annual Sibling Day on Sunday, July 20th, the day after Visiting Day. An "official" invite will be going out in June, so there is still plenty of time to sign your "sibs" up for that very special day!

Fantasy Camp, for prospective campers who are not younger siblings of current campers, takes place on Saturday and Sunday, July 26th and 27th. Spots are already filling up for this great opportunity so if you have friends who have mentioned wanting to be a part of Fantasy Camp, please remind them to act quickly! For more information or to download and complete a Fantasy Camp registration form, please go to [www.campecholake.com](http://www.campecholake.com) and look in the "Prospective Family" section of our website. We look forward to seeing the happy faces of all of our prospective campers!

### 2nd Annual Labor Day Family Camp Weekend for Current Camp Families August 29 - September 1, 2008

Campers, do you ever wish you could go back to camp for just one more fun filled weekend?! Parents, do you ever wish that YOU could be a camper at Echo Lake for once?! Does your family dream of being together for tons of fun at "The Lake?" 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 29 to September 1, 2008

**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 in April!!!

# Staff Bulletin Board

Shout Outs from the Key Ingredient to Happy Campers...OUR STAFF!!

Hey CEL! My name's Alicia. I was born and raised in Galeton a small town in North Central PA and I'm currently a senior at Lock Haven University of PA majoring in Health and Physical Education. I'm extremely busy this semester with my course load and am looking forward to spring break. Even more though, I'm looking forward to my first summer as a camp counselor at Camp Echo Lake! I can't wait to meet you all! -**Alicia Shaddle**, 1st year Cabin specialist from PA



**Nick, Ethan and I** visited CEL after Christmas and saw way more snow than New Orleans will ever see in all its years. It was beautiful, and boy does Ethan LOVE the snow!! Here are some pictures of us from that trip, as well as our first Camp Reunion ever back in early December. There's also a picture of me and Ethan with **Toby-BK** when we were in York, England back in September. -**Tara Stoulig**, Office Staff

## Campers Corner

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

18 of the 2008 LITs gathered in NYC for Becca Zukowsky's surprise party and then slept at Livy Steinberg's house. It was a great night!

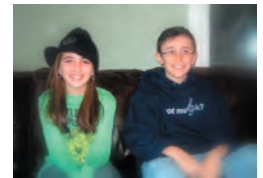
-**Jake Lever**, LIT 08



**Brett Scherr** is a star flag football, basketball & lacrosse player in Parkland, Fl. **Aaron Scherr** got a lead part in the school play, is a computer & video game whiz, a straight A student & likes to play tennis & basketball.

Hey UJGE's! Can't wait to see you guys for Camp Echo Lake Summer 08'!! We'll be LIG's. Thanks again for the summer of my life, and I think every summer is the best at Camp Echo Lake. See you guys at winter reunions! Love, **Lauren Whitman**

Hey all you (now former) Upper Juniors! I hope you all are having a great time outside of camp & I can't wait to see you all in 4 months & 24 days...As of 2/7/08. In January, I visited my friend Casey Landman! -**Theo Feldman**



Dear Echo,  
The Giants won!  
Valentines day,  
it was awesome!  
I am counting the  
days until Camp.  
2008 is going to be great!  
Can't wait till I see  
the Flag pole.  
-**Tara Feldman**  
Frosh 07 / LJG 08

This is **Jacob Silverman** and I would like to give a shout out to my best camp friend Ethan Bookstein.  
Hi Ethan!!!

Hi LJG West!  
I hope to see all of you at the Great Escape for the MV Winter Weekend. My dogs say woof!  
-**Jamie Shapiro**



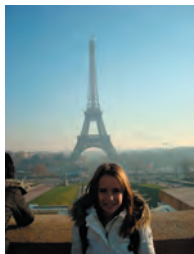
New Camper for 2008, **JP Schuster**, and his mom on New Years Eve!

**Lauren Koenig's** birthday party is at The Cliffs Rock Climbing in Valhalla. Of course it is being followed by an Echo Lake only sleepover! She is very excited. Have fun ladies!

# Campers Corner

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

**Franny Gould** in front of the Eiffel Tower on a trip to London and Paris.



I Miss Camp so MUCH!! LVG's 2008! I can't wait... I love you and miss you all!

-**Ali Chalfin**

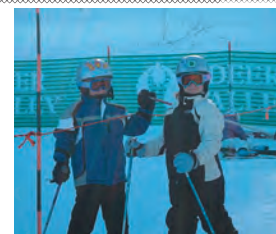
Hey UIG 08! I can't wait until camp. It's going to be the best yet!

I miss you all.

-**Danielle Grossman**



Here's a great photo of **Jenna Shapiro and Danielle Meyer.** LVGs 2008!



**Samantha & Zach Kapner** skiing during Feb. break in Utah.

Max Boykin won The Student of The Month award for December & he came in first place in the History Fair competition for Individual Documentaries. He went on to compete at Hofstra Uni. for the Long Island competition & won! Max now goes on to Cooperstown to compete in the NY State competition. He also made all honor classes offered for next year at the high school. His hard work is certainly showing his determination in academic achievement.



**Dana Wilson's Bat Mitzvah** and sleep over with camp friends.

**David Goldberg & his family** visited Philadelphia. They visited the Liberty Bell and attended a Star Wars exhibit at the Franklin Institute Museum. They even ran into Tony at a NY restaurant recently!



**Matty Grossman** and Senator Hillary Clinton. Matty Grossman... future politician?!



**Max, Jordan, Ethan, Alex, and Jake** – the night before the reunion. Notice how Ethan is magically over 6 feet tall! (1,2, 3, jump...).

-**Jake Sussman**

The girls of Bunk 36 (2007) LIGW. This was taken when they met for lunch in NYC before they went to see "Legally Blonde" on Broadway. – **Rachel Feller**



Hey LVB&G! I miss you all and I can't wait until camp!

About 120 days now and only a 1/3 of the way to go.

-**Ben Meisel**

**Andrew Schneider and Ethan Volk** play on a travel basketball team together for a church called St. Aloysius in Great Neck, New York. Their regular season ended in early February, and their team is 10-2 and in 3rd place. They are waiting to see if they make the playoffs. We can't wait for summer 2008!

This year the Tri State Camp Conference in Atlantic City, NJ was not only attended by Tony, Laurie, JP, and Jacko, but **Jeremy Zelikovic & Ben Grayson** were part of a keynote speaker presentation at the conference! In front of over 3000 conference attendees, the guys spoke about the leadership skills they learned from camp and the importance of camp for kids! They had the crowd on their feet and showed the room why Echo Lake campers are the best and brightest!



Yo upper junior boys east.

I can't wait for another awesome summer with you. See you in heaven on earth...camp echo lake!

-**Ethan Goldstein**

Mazel tov to **Lauren and Jake!** **Lauren Volpert** did a great job on her bat mitzvah. **Jake Sussman** had his bar mitzvah on the same day and was outstanding. We are very proud of you both.

# AT HOME DO - IT - YOURSELF ACTIVITY AREAS

THEATRE...BRAVO, ENCORE!

I hope everyone is enjoying his or her spring, and like me, you are getting ready for another great summer at Echo Lake! Since we have just a few months till the first auditions start for the summers shows, I thought I would give you some pointers to keep you on top of your game so you are ready to blow us away with your talents! These are only 4 ideas, but there are many other things you can find on the Internet. Have fun!!

\*\*First game you can play with friends. It is called The Professor. This game gives you practice with improvisation. One actor is the professor, the expert on one topic. They have one minute to expound all the wisdom they have on the given area of expertise. It doesn't matter how crazy the topic, they are the experts and everything they have to say must be the truth. Possible areas of expertise could be: -How purple got its name. -Why whales no longer walk on earth. -The history of countertops in America.

\*\*Another game to play with others is Bus Ride. A bus driver takes their passengers to one location. Each character enters the bus one at a time with a specific emotion or characteristic. It could be laughter, depression, a gangster, or a football player. When it becomes obvious what that character represents, all passengers on the bus must follow that lead.

\*\*You also want to work on your own, to help develop characters. There are many different exercises you can do to. One being The Copy Cat. You find someone that interests you, a friend, family member, a famous person on TV, and you copy him or her. You study the way they talk, the way they walk, the way they laugh, cry, dance, get mad, smile, smirk, eat... I think you get the idea. You do not just copy them, but you become them. When you feel that you have studied them long enough, you sit down and write a short monologue. Something that they would talk about, a topic that interests the one you are studying. This should be easy now since you know ALL about them. When you have your monologue done, start working on it as your person. Then, as you watch yourself, maybe even tape yourself, use what you have learned about your subject in your performance.

\*\*Another thing you can do is to always work on monologues by yourself. Find some that are fun to you. Don't just do funny ones, stretch yourself, do something sad or angry also. As you practice, use all of your emotions. Try it once angry, then laughing the whole time, then sad, then confused... The more emotions you can think of, the better! This will give you range in your performance, and help find your character and the correct intent of the scene you are performing.

I look forward to seeing everyone in June. And get ready for the announcement of this summers shows.

Theatrically Yours,

**Kris Kauff, Theatre Head Specialist**

Hello CEL Tennis Players of all levels...

## Split for Mobility on the Tennis Court

Are you having a hard time getting to shots on the court? These problems are usually due to too much movement, not too little. Doubles players have been told to get to the net-this is great advice-but often they tend to be moving when your opponent is hitting the ball. I like to tell my players to "Split-Spring" to achieve success. Get into a balanced position (split) before the ball is hit and then spring into action to attack the ball or court position as soon as you see the shot. Correct movement gets you to the ball with an easier shot, or it gets you in position to attack or defend your opponent's shot.

Tennis Checklist before camp:

- Check racket for new strings and grip.
- Check condition of tennis shoes (no running shoes)
- Check for water bottle
- Check for sunscreen
- Check for a light color hat

I will be waiting to see all of you on the courts ready to improve your game this summer!

Love – Love,

**Michael Shires, Tennis Head Specialist**



TRIPLE MENDOUS TENNIS!



## Packing for Camp Reminders!!!

Here are a few reminders and helpful tips for successful camp packing in 2008! Please feel free to call our office if you have any questions or concerns about packing for camp.



**Please do not overpack:** If you follow the camp packing list, you should need no more than two large soft trunks (such as the Ballistic Cargo Bag in the Cloz Catalog) to pack everything your child will need for camp. There is finite space in each cabin for camper's belongings and we ask that you pack what the packing list suggests.

**Plastic or Cardboard Drawers for Main Village Campers & Staff:** These will no longer be allowed in the Main Village. Each Main Village camper will be provided either a built-in cubby beneath his or her bed, or a bedside two-shelf cubby for additional personal items. As every camper will be provided with additional storage space near their bed, plastic drawers will no longer allowed in Main Village.

**Plastic or Cardboard Drawers for Senior Village Campers & Staff:** Multi-shelf drawers may not be brought to camp. Only drawers that can fit underneath a bed will be allowed. As most campers in the Senior Village share bunkbeds, any drawer or storage box must take up no more than 1/2 the underbed space. Thus, the maximum size for a Senior Village drawer is 32" in length x 32" in width x 9" height. See the "Underbed Box" or "Large Stor-n-Slide Box" at [www.containerstore.com](http://www.containerstore.com) for good examples of storage units that would work nicely and fit these space requirements. (This summer we are also building storage units on every Senior Village cabin porch that can hold all athletic equipment, footwear, etc.)

**One-piece swimsuits only:** This summer we will allow one-piece swimsuits only. Tankinis are no longer allowed at camp. (In the past, we have had too many instances of having to interpret the threshold between a tankini and a bikini.) In order to simplify this and make it easier for our campers, we are making this change. Campers may only wear one-piece bathing suits both on and off camp during the camp season.



Thank you for your help and HAPPY PACKING!

### The All of 12885...

#### What's Happening in Warrensburg?

Snow, snow and more snow! Someone forgot to turn the snow faucet off in the North Country this winter. As the Main Village campers who attended the Winter Weekend will attest to, Echo Lake looks like the North Pole this winter. Feet upon feet of snow.

So, you ask, with all that snow, can anything get done over the winter? The answer is YES! Darren and his boys work in any weather - cold, hot, snow, rain!

In the dead of this winter, they are finishing up the work on two new cabins in Boys Camp, putting all the new porch cubbies on the all the SV porches and building all the new Main Village bedside cubbies. When the snow finally melts, they will dig into the new Senior Village Athletic Pavilion - that is going to be an exciting project!



# Meet Your Summer 2008 Head Staff...

## Main Village Director



**Name:** Laurie Rinke  
**Hometown:** NYC now, Port Washington born and bred!  
**Age:** 33  
**Years at CEL in '08:** 23  
**What does it mean to be on Head Staff?** The Heads are a team of passionate individuals that set the tone for camp!  
**What do you hope campers & staff get out of camp?** That they are the friend to others that they find for themselves. That they let a counselor positively impact them & do the same for the counselor. That they understand why it feels just as good to give a fuzzy as it does to get one. That they laugh so hard it brings them to tears. They have an amazing summer!

## Head Counselor Junior Girls



**Name:** Chole Barrett  
**Hometown:** Lockport, NY  
**Age:** 26  
**Years at CEL in '08:** 5  
**What does it mean to be on Head Staff?** It means you are a role model. You get to be the person people look to; it also gives you the opportunity to empower others to lead in the same way.  
**What do you hope campers and staff get out of camp?** I hope they create memories that will last forever.

## Head Counselor Inter Girls



**Name:** Cassandra Heath  
**Hometown:** Cincinnati, Ohio.  
**Age:** 24  
**Years at CEL in '08:** 3  
**What does it mean to be on Head Staff?** Being on Head Staff at CEL is an honor! The Echo Lake campers, staff, & parents, work together to create an incredible place that I am proud to be apart of.  
**What do you hope campers and staff get out of camp?** I hope the summer is so amazing that when the fun of the summer comes to an end, the friendships developed will last a lifetime! I also hope campers & staff take the opportunity to help each other grow in ways they never knew they could.

## Head Counselor Junior Boys



**Name:** Jeff Rondeau  
**Hometown:** Truro, Nova Scotia, Canada  
**Age:** 27  
**Years at CEL in '08:** 8  
**What does it mean to be on Head Staff?** To be on head staff at CEL means I get to crush campers on a weekly basis in Heads Games. Look out Frosh girls. Our team is stacked this summer!  
**What do you hope campers and staff get out of camp?** I hope that this summer all campers and staff enjoy camp as much as I have the last 7 summers.

## Head Counselor Inter Boys



**Name:** Patrick McNeece  
**Hometown:** W. Palm Beach, FL; Born: Huntington, NY  
**Age:** 28  
**Years at CEL in '08:** 3  
**What does it mean to be on Head Staff?** It means having an affect on more staff members & interacting with more groups on Main Camp! We have an incredible team of leaders & to be a part of this team will surely make a summer to remember!  
**What do you hope campers and staff get out of camp?** The camp atmosphere offers a great chance to grow in a ton of ways! I hope the kids and staff use these chances to make new friends, try new things, and learn life lessons.

## Senior Village Director



**Name:** John "JP" Pezzolla  
**Hometown:** Albany NY  
**Age:** 32  
**Years at CEL in '08:** 11  
**What does it mean to be on Head Staff?** Lots of hard work and lots of fun.  
**What do you hope campers and staff get out of camp?** Time in the great outdoors. Lasting friendships and memories.

## Head Counselor Senior Village Girls



**Name:** Jamie MacDonald  
**Hometown:** Halifax, NS  
**Age:** 27  
**Years at CEL in '08:** 7  
**What does it mean to be on Head Staff?** A group that is committed to making decisions that will ensure campers & staff have an unforgettable summer!  
**What do you hope campers and staff get out of camp?** I hope campers & staff leave camp feeling as though they took advantage of all camp has to offer: everything from strengthening friendships & forming new ones, trying new activities & dancing at canteen to laughing in your bunks, hanging out the porch, & eating breakfast in the Lodge in your PJ's.

## Head Counselor Senior Village Boys



**Name:** John Borley  
**Hometown:** Leicester, England  
**Age:** 23  
**Years at CEL in '08:** 4  
**What does it mean to be on Head Staff?** Being on Head Staff is a great honor for me. I am very excited at the thought of getting to know more kids and staff than ever before!  
**What do you hope campers and staff get out of ?** I hope that all of the boys in the Senior Village come in June as boys and leave in Aug. as young men. As far as the staff go, I hope that they will all leave on August 18th with a real sense of achievement.






## Head Staff Ombudsman



**Name:** Glenn Begly  
**Hometown:** Baltimore, MD  
**Age:** 58  
**Years at CEL in '08:** 38  
**What does it mean to be on Head Staff?** Being at camp means the chance to be in the best place in the world with the people I care most about.  
**What do you hope campers and staff get out of ?** I hope the campers and staff get a sense of how really lucky they will be to experience the magic of Echo Lake -there is no place like it!



# Meet Your Summer 2008 Head Staff...

Program Director	Activity Area Director	Program Coordinator Girls Camp	Program Coordinator Boys Camp	Program Coordinator Senior Village
 <p><b>Name:</b> Matt Jackowitz  <b>Hometown:</b> Born in NYC... Grew up in Livingston, NJ  <b>Age:</b> 25  <b>Years at CEL in '08:</b> 17  <b>What does it mean to be on Head Staff?</b> Being part of this team means working with &amp; supporting campers &amp; staff to help them have the best summer.  <b>What do you hope campers and staff get out of camp?</b> I hope campers &amp; staff have a chance to try new things &amp; develop strong, lasting relationships in a place that allows them to be themselves.</p>	 <p><b>Name:</b> Peter Borley  <b>Hometown:</b> Leeds; Born: Leicester  <b>Age:</b> 22  <b>Years at CEL in '08:</b> 3  <b>What does it mean to be on Head Staff?</b> It's a great honor. This new role is perfect for me. I'm looking forward to working with the program staff &amp; creating an amazing summer.  <b>What do you hope...?</b> That kids walk away trying something they have never tried before. The opportunity to step outside your comfort zone. I hope staff walk away thinking about camp &amp; appreciating how much they influenced campers socially &amp; programatically.</p>	 <p><b>Name:</b> Allison Zucker  <b>Hometown:</b> Montclair, NJ  <b>Age:</b> 22  <b>Years at CEL in '08:</b> 12  <b>What does it mean to be on Head Staff?</b> I get to play in heads games! I'm also very excited to work with a wonderful group of staff and plan lots of fun activities and special events!  <b>What do you hope campers and staff get out of camp?</b> I hope all the campers and staff get to try new things and make new friends!</p>	 <p><b>Name:</b> Ronnie Williams  <b>Hometown:</b> Houston, TX  <b>Age:</b> 24  <b>Years at CEL in '08:</b> 4  <b>What does it mean to be on Head Staff?</b> It means that I embody what camp is &amp; has to offer to both campers &amp; staff.  <b>What do you hope campers and staff get out of camp?</b> Warm Inner Glows, chicken patties, and just having fun and trying their best!</p>	 <p><b>Name:</b> Nicholas Stew Stoulig  <b>Hometown:</b> New Orleans, LA  <b>Age:</b> 30  <b>Years at CEL in '08:</b> 8  <b>What does it mean to be on Head Staff?</b> I get to play in Headz Gamez (I use z's because we are tough &amp; intimidate opponents). I also get back to being around campers, which is something that I missed while I gave tours.  <b>What do you hope camper &amp; staff get out of camp?</b> That campers &amp; staff get another summer that they can put up on the trophy shelf as one of life's permanent mementos.</p>

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

CAMPERS...	CAMPERS...	CAMPERS...	CAMPERS...	STAFF...	STAFF...
<p><b>Our belated birthday wishes to...</b></p> <p>Max Bibicoff 1/20            Mikaela Norris 1/28            Josh Berman 2/18            Sydney Frydman 2/28</p>	<p>Caroline Katz 3/19            Danielle Weinstein 3/20            Natalie Karafiol 3/21            Monica Kramer 3/21            Remy Harnick 3/24            Arielle Chaifetz 3/25            Austin Fields 3/25            Hunter Fields 3/25            Emily Lester 3/25            Josh Nadel 3/25            Shana Smolinsky 3/25            Sasha Chaifetz 3/27            Charlie Friedfeld 3/27            Emily Saperstone 3/27            Jack Davidson 3/28            Bryan Schwimmer 3/28            Zachary Hurwitz 3/29            Marlee Deutsch 4/1            Zachary Kapner 4/2            Sophie Nobler 4/2            Ethan Berman 4/3            Samantha Ferleger 4/3            Jessica Goldberg 4/3            Gavin Rudolph 4/3            Trevor Rudolph 4/3            Maxwell Klafter 4/5            Andrew Cohen 4/7            Adam Haber 4/7            Marisa Haber 4/7            Amanda Wolfson 4/7</p>	<p>Andrew Glaser 4/8            Zach Gold 4/9            Jacob Spitzer 4/9            Andrew Jacobs 4/12            Adam Rothbort 4/12            Jordan Segalman 4/12            Ethan Finkelstein 4/13            Jacob Mazie 4/14            Julie Zucker 4/14            Katie Glick 4/15            Jacob Bortniker 4/16            Stephen Spector 4/16            Penelope Lutvak 4/18            Andrew Schneider 4/18            Noah Tucker 4/18            Eli Goldman 4/21            Oliver Goldstein 4/21            Jenna Libson 4/22            Kayla Derman 4/23            Ali Chalfin 4/24            Lauren Freedman 4/24            Emma Goldstein 4/25            Jeremy Berney 4/26            Matthew Weill 4/26            Todd Levy 4/27            Emily Jerris 4/29            Adam Parker 5/2            Daniel Parker 5/2            Julia Haber 5/3            Zachary Scheinfeld 5/3</p>	<p>George Frankle 5/4            Dana Greene 5/4            Lauren Hurwitz 5/4            Julia Mendelsohn 5/5            JP Schuster 5/5            Zac Gottschall 5/6            Erin Langworthy 5/6            Rachel Levy 5/6            Kedi Curley 5/7            Sophia Shapiro 5/7            Jesse Moskowitz 5/8            Ally Stern 5/8            Matt Bloomgarden 5/10            Shayna Ehrlich 5/10            Ben Jacob 5/10            Rebecca Silberfein 5/11            Zachary Salomon 5/12            Casey Stein 5/12            Michael Chavkin 5/13            Jarett Gross 5/14            Rayna Gittleman 5/15            Joshua Spector 5/15</p>	<p>Kenneth Baker 3/4            Jennifer Wilson 3/5            Stefanie Smith 3/6            Donna Norris 3/7            Jeff Mahler 3/11            Matthew Offen 3/12            Theodore Church 3/13            Laurie Rinke 3/14            Peter Borley 3/17            Kathy Votraw 3/17            Matt Glickman 3/25            David Mellor 3/25            Wade Lowndes 3/27            Lydia Pincock 4/1            Rachel Rabbin 4/1            Jason Weidman 4/2            Matt Jackowitz 4/10            Annabel Smith 4/10            Tony Stein 4/11</p>	<p>Matthew Cotty 4/11            Alex Moxon 4/12            Andrew Lloyd 4/13            Rafeal Lopez 4/15            Lauren Brooks 4/16            Ryan Griffin 4/16            Anna Mackay 4/22            Terry Begly 4/24            Laura Hutchison 4/25            Leslie Riddall 4/25            Robert Voyzey 4/25            Cassandra Heath 4/28            Jason Sherry 4/30            Corey Begly 5/2            Dean Freedberg 5/2            Andrew Smith 5/2            Adam Haynes 5/8            Danielle S. Nanson 5/9            Joshua Berman 5/14</p>

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

CAMP ECHO LAKE  
3 WEST MAIN STREET  
ELMSFORD, NY 10523



\*\*\* WE HOPE TO SEE ALL PARENTS OF NEW CAMPERS ON APRIL 9 FOR THE NEW PARENT NIGHT  
AND WE HOPE TO SEE ALL NEW CAMPERS & PARENTS ON MAY 1 FOR THE NEW CAMPER PICNIC!  
\*\*\* DON'T FORGET CAMPER FORMS ARE DUE MAY 1 AND STAFF FORMS ARE DUE JUNE 1!!

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