



CAMP ECHO LAKE TRAIL MARCH 2010

As of April 1, there are 87 days until Summer 2010 begins at Camp Echo Lake...
Our 65th summer!!!



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CEL's Countdown to Camp

Who out there is getting excited for summer 2010 at Camp Echo Lake?! We certainly are! Since we know that so many of you get pumped up every time you check the "Countdown to Camp" clock on our website, we decided to make our own Countdown to Camp Activity! Look at the dates below and as a way to celebrate how many days are left until camp starts, be sure to do or wear what it says below on the given date!

This should be a lot of fun...

- ☐ Thursday March 18 – 100 days until summer starts at CEL – Read the March Trail News letter
- ☐ Sunday March 28 – 90 days until summer starts at CEL – Look at photos from camp last summer and/or go onto our website and look at photos there
- ☐ Wednesday April 7 – 80 days until summer starts at CEL – Sing the camp song "On The Line" today
- ☐ Saturday April 17 – 70 days until summer starts at CEL – Give someone you know a verbal fuzzy
- ☐ Tuesday April 27 – 60 days until summer starts at CEL – Tell your parents about your favorite camp activity today and why you like it
- ☐ Friday May 7 – 50 days until summer starts at CEL – Wear LOTS of Green and Gold to school today
- ☐ Monday May 17 – 40 days until summer starts at CEL – Tell a friend or relative who has never been to Echo Lake why you love it so much and why it's so much fun
- ☐ Thursday May 27 – 30 days until summer starts at CEL – Call a camp friend today
- ☐ Sunday June 6 – 20 days until summer starts at CEL – Eat a meal we serve at camp today
- ☐ Wednesday June 16 – 10 days until summer starts at CEL – Make a list of all the things you are excited about for camp this summer
- ☐ Monday June 21 – 5 days until summer starts at CEL - Wear LOTS of Green and Gold to school today

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New Kids On The Block

Since the last Trail newsletter, we have had a few more awesome campers join the Echo Lake ranks for 2010! How exciting is it to have all these new and exciting faces at camp with us! Now Introducing...

Samson Bienstock

Ben Greer

Emma Grinberg

Harris Halperin

Zachary Kornbluth

Jack Resin

Chloe Stern

Hunter Stern

Ethan Stoulig



From the Clipboard of Tony Stein...

For years and years and years, Amy has been talking about how only the "best and brightest" kids go to Echo Lake! Even though we all sort of chuckle a bit whenever that is said, it is times like the Main Village Winter Weekend (attended by nearly 100 campers!) that I am so clearly reminded that not only is it the "best and brightest," but also the nicest kids who come to Echo Lake.

One of the things I hear over and over again throughout the summer, from all the varied places our campers and staff visit during the summer, is how polite and nice and well-behaved Echo Lake campers are. It makes me so proud to hear that, but also I feel fortunate that I get to be surrounded by so many awesome kids - and families!

This past weekend was no different. Whether it was our campers making sure to stick with their counselors at the waterslide, or campers waiting patiently for their turn for ice cream at the Senior Village Lodge on Saturday night, or their being good neighbors while staying at the Great Escape Lodge on Saturday night, our kids were fantastic. And that doesn't even begin to add in the fun and wildly different personalities our campers bring to camp and to fun get-togethers like the Winter Weekend.

Now all that starts in the home and with terrific families. Laurie and I visit with many families over the course of the year - whether they are visiting us at camp or we are visiting them at their homes. We always know when we have walked into an "Echo Lake" home or met an "Echo Lake" family. We invariably turn to each other say - "what nice people ... they belong at Echo Lake!"

As summer draws closer, it is fun to think of all the nice kids we are going to get to spend our summer with!

- Tony

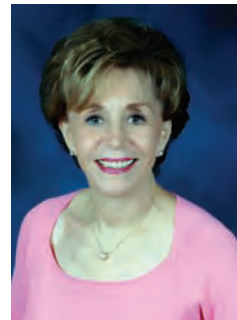


Hey Echo Lakers large and small, short and tall,

Where do we go to hide from this weather?????? In my Florida-New York-Denver circuit I just can't find a warm place for myself. But you know that they say "if winter comes, can spring be far behind?" And never mind that because all seasons except for the summer are kind of third rate so far as I'm concerned. And if you all don't agree that "summer is truly where it is at" then you are simply not first-class, green and gold bleeding, loyal-beyond-belief Echo Lakers!

There is much exciting news about Summer 2010, our 65th. I won't keep you! Turn this page fast and start reading all about it in our favorite publication The Echo Lake Trail!

Much love and can't wait to see you,
Amy



From the Desks of...

Laurie



Main Village Director

Recently, while “chill-axing” in front of the TV, I noticed that I had a problem. My entire goal of the chill-ax experience was to slow down, take a deep breath, turn off my brain, and enjoy some silly TV. What happened during the commercials, however, was a totally different story. At the moment the commercial would start I would find myself reaching for my phone, checking my emails, grabbing a magazine, cleaning something in my apartment, or attempting to complete multiple of the afore mentioned tasks all at once. I couldn’t sit still. When the commercials did not hold my interest I quickly, almost instinctually, grabbed for something else that did. How is THAT “chill-axing?!” I realized that it wasn’t even as if I was consciously multitasking in order to “get things done” but rather that there was such a strong desire to keep busy, keep doing, keep moving, that it was overriding desire to just chill-ax! That was clearly not ok.

I began to think about other times when rather than relaxing or being “in the moment” I was falling victim to the temptation of being busy or getting things done. I thought about my drives in my car to and from work. Now, thankfully I am smart enough not to text or check emails while driving but instead of sitting

with my thoughts, noticing the scenery, or singing along to some music, there I was trying to drive, talk on my hands-free phone, play music, etc... I looked at my drive time as “what could I get done” time (i.e. making phone calls or making appointments, etc...) instead of time to decompress between work and home. I thought about sitting in a movie theatre before the movie started. I thought about walking my dog. I thought about waiting for dinner to finish cooking. I’m embarrassed to say, I even thought about times I was in the bathroom. In all of these occasions I was not “in the moment,” but rather I was in 17 different moments all at once while not being truly present in any one of them. On top of that I was making any glimmer of “down time” into a busy, stressful, pressured, fast paced mess! This was really not ok.

In the name of reclaiming my “chill-axing” and re-embracing being “present” I am changing my ways. I am taking a lesson from the famous Ferris Bueller who said, “Life moves pretty fast. If you don't stop and look around once and a while, you could miss it.” Danke Schoen, Ferris! From now on, even if I have to force myself, rather than “keeping busy” and “getting things done,” during down time I am going to make a point to be present in the moment. I have started by leaving my phone / email out of reach while watching TV and hope to wean myself off my iPhone to the point where I can have it in the other room while watching TV. I am trying to make TV commercial time into “Jake time” and devote the moments during commercials to petting or playing with my dog. I am attempting, on my drives to and from work, to savor singing out loud, to the feel of the breeze from an open window, and to notice little details of the world I am speeding past. I am making conscious efforts to notice and appreciate the beauty of nature. When I see a gorgeous sunset, a snow covered tree, the first buds of spring, the sun reflect off water I am going to stop and truly look, truly notice, truly appreciate its beauty. There is a great expression that says, “You have two ears and one mouth and should therefore listen twice as much as you speak.” I am going to listen more to the sound of laughter, the wind in the trees, the water lapping against the shore, the rain on a roof, or whatever sounds are around me that I have been missing by doing too much. I am committing myself to stopping and looking around once in a while because I don’t want to miss this fast moving life!

So, I ask you busy, multitasking, get-things-done type of people, “are you with me?!” Let’s see what happens if we unplug. Let’s see what happens if we stay in the moment. Let’s turn off the screens and technology and bombardment of information. Let’s think about what we might hear, see, smell, touch, notice, enjoy if we don’t distract ourselves out of the moment. Most importantly let’s savor our time to “chill-ax.” Let’s relish our time to connect to our family, friends, and pets. Let’s appreciate the world around us as we are experiencing it. I have got to think that that will cause us to savor, relish, and appreciate more of what truly matters, more of what truly makes us happy in life, more of who we really want to be. Oh, sorry, I took a moment to look at the gorgeous blue sky out my window and feel a bit of the warm sun on my face. That was nice. I’m going to do it again. This time let’s sing...Danke Schoen, darling, Danke Schoen...

Love and xoxo always, Laurie

The Adirondack Almanac

JP



Operations Director

Hey everybody! I hope all is well wherever you are reading this. Hard to believe we are only a few months away until camp starts. This past winter was a strange one. Camp didn’t get a ton of snow overall but it did get a bunch towards the end of the season. Did you know that every state but Hawaii had snow this winter? Crazy!

I’m done with winter. I want 82 degree days with not a single cloud in the sky. Everything just works better when the sun’s out and the temperature is warm. It is a fine balance of course. If it gets too hot then nobody wants to do much of anything and if it gets too cold then we shiver and drink lots of hot chocolate! Good thing Echo Lake is positioned perfectly in line with the South-westerly winds of El Nina and the cooler winds of the Alberta Clipper. These two conflicting weather patterns mix together right before they reach camp and the result is a temperate climate

that’s excellent for running, swimming, clapping, singing, and laughing!

Adirondack Fun Fact: Did you know that the beaver was almost wiped out by trappers in the Adirondacks by the 1860’s? Luckily a few large land owners stepped in and with their efforts beavers slowly made a comeback in the park. In 1975 the beaver became the official mammal of New York State!

Stay Gold, JP

From the Desks of...

Brenda



Senior Village Director

HELP WANTED

WAITRESS NEEDED. Must be 18 years old with 20 years experience. Apply in person to Potters Diner.

Seeking CEL Counselors: Fun-loving, patient, creative team-player types that enjoy mosquito bites & camp fires. Must possess abilities and skills of a nurse, coach, parent & mentor, just to name a few. Only the best of the best need apply.

FOR SALE...OR FREE

FREE FUZZIES: Come in an array of colors & it is as much fun to give them as it is to receive them. W.I.G.

SV Classifieds

FOOD & ENTERTAINMENT

It Takes Many Ingredients To Make Burger King Great, BUT ...“The Secret Ingredient is our People!” Get it? Ewww...



SUGGESTION:
Eat Echo Lake CHICKEN PATTIES instead!



EDITORIAL:

Hey Senior Village! I hope this first (& maybe only) edition of the SV Classifieds finds you well. Maybe a little bit of green & gold humor will warm your heart as we finish up the rest of the winter season. I'm counting down the days until we are back at the Lake having an amazing summer 2010! Until then, sending you lots of love & hugs...Brenda

Personals

FREE TO GOOD HOME



Beautiful soft green fuzzy. Brings forth feelings of a warm inner glow. Ideal for kids and staff at a one of a kind summer camp.

OR

Terrific Program Director - funny, personable, good job, but is feeling threatened by the fame of the CEL fuzzy. Says he goes on the fuzzy goes.

Come See Both & Decide Which You'd Like

Companion Wanted: I'm a large, but light-weight ram's head. I like flag football, long walks on short beaches and hugs. Seeking a light-hearted friend who loves life and doesn't take him/herself too seriously. Call Carlos Rausch III at 555-ECHO.

Jacko



Program Director

The Great Echo Lake Debate

Welcome to another edition of "Great Echo Lake Debate." In this edition we will be debating whether Alawatchakeema or Echo Mania reins supreme as the best special event at camp. Our guest debater will be none other than Glenn Begly who along with running a terrific basketball program with son Corey is a true expert in all things Echo Lake. Without further ado... Let the debate begin!

Take crazy camp characters, wacky ring announcers, terrific camp rivalries and put it all together in the best venue in all of CEL and what do you have?!? You have Echomania which is

hands down the best special event that we have at Echo Lake! The only thing that you can expect at Echomania is the unexpected! Random props, insane twists, and an anything can happen next element always makes Echomania a true night to remember. The electricity in the Rec Hall creates an atmosphere that is unlike any event we have at camp. Those camp characters that we love and watch all summer have their chance to represent us in the ring as we root them on with all the spirit we can muster until the referee reaches a dramatic three count. And just when you think its all over... it's time for the next great match!

OK, so Big Al versus EchoMania: I mean that is like comparing Daylight Savings Time to Your Birthday! Big Al has it all - a camp tradition almost 40 years old, one so special that we only have it every other summer, a message that is Echo Lake through and through, a late summer campfire under a moonlit sky, native American dances, the mysterious arrival of the three Chiefs from the air, water and earth, and the mystical chant which summons the son of Alawatchakeema and his entourage from across the still waters of Echo Lake. Then there are the wonderful speeches by the Chiefs and the blessing of the camp by the son of Big Al, and....well, there's lot's more, but I don't want to spoil it! Enough to say that it is one of the times when we know that Big Al is right there with each and every one of us at camp!



So which side of the Great Echo Lake Debate do you choose? Is it Big Al... Is it EchoMania... Is it a different event altogether? Whichever it is the most important thing is that you let your voice be heard... because if there is one thing that isn't debatable its that we all feel very passionately about Echo Lake! Take care, Jacko



SPANNING THE WORLD

Stacey Becker recently wrote in to let us know that on Saturday, January 2nd, 2010 she and fiancé **Jon Wanicur** were featured on the season premiere of "Get Married," a TV show on the WE network. This is a show about wedding trends and bridal style. The CEO and new hostess of Get Married, actually found the CEL couple by reading Stacey's blog on the popular ABC reality TV show, The Bachelor (<http://bachelor-love.blogspot.com>.) Wonderful TV debut for two spectacular people!

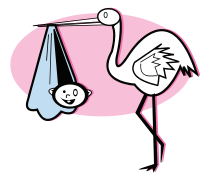
Jeff Kahn, CEL Alumni from 1972-1979, recently wrote a book with his wife **Annabelle Gurwitch** titled "You Say Tomato, I Say Shut up." Married for 13 years, Gurwitch and Kahn look back with laughter at the highs, the lows, and their different marital needs. Opening with Jeff's pursuit of Annabelle, they write in a lighthearted fashion about dating, cats, living together, marriage, the honeymoon, and lots more. A genuine crisis interrupted their comedic conflicts when their son was born with birth defects, a situation that affected their marriage: We became each other's psychological punching bags. In the concluding chapter, they speculate on the future direction of their marriage, possibly like the bonds of emperor penguins and Gertrude Stein and Alice B. Toklas. Readers will hope they stay together to write more heartfelt, funny books like this one.

CELEBRATIONS



AJ Grossman, freelance NY writer, whose articles have been in the Observer, the Post and the NY Times, and author of "Obsolete" "An Encyclopedia of Once-Common things Passing Us" just got married in India.

What a busy winter for the Quitoni family! **Jana Quitoni** married **Anthony Cairo** on February 12th at East Wind Estates out on Long Island. Congrats to Jana, Anthony and the whole Quitoni family!



CAMPERS 20??

Congrats to **Wendy Lehman Buchanan** and husband **Shawn** on the birth of their second child. **Max Graham Buchanan** was born March 3rd at 10:45 PM at 6 pounds 15 ounces and 19 inches. Wendy reports that husband Shawn, big sister **Ellie**, Max and herself are all doing well!

Addison and Brooke Davis (pictured right) were born on December 21, 2009 to CEL alum **Jarrold Davis** and wife **Heather**. Both girls are healthy and beautiful. **Eric Davis**, proud uncle, is also very excited!



It finally happened! **Keira Quitoni** and husband **Ryan** had a baby girl on December 28th at 3:36 pm. Both mom and baby are great...baby girl **Rhyan** weighed in at 8lb 4oz...very healthy and beautiful! We are grandparents!!!!

Passing



It is with a great deal of sadness that we mention the loss of world-class painter **Byron Galvez** of Mexico City. He was the step father of **Ilana Leibman Gutierrez** and **Roberto Leibman**, father of **Lorena Galvez**. He was the grandfather of **Natalia Gutierrez** who is joining us this upcoming summer.





ATTENTION ALUMNI!!!



65th Alumni Reunion – A Fall Foliage Spectacular

Though the “official” invite for the 65th will go out in May, please don’t wait to make your alumni weekend reservations now!!! The big weekend is going to be September 24th to September 26th, 2010 and we are so excited to welcome all of you home!

As many of you know, this year not only marks the 65th year of Camp Echo Lake, but also the 15th year of Project Morry (www.projectmorry.org). Project Morry, under the leadership of Executive Director Dawn Ewing, continues to be a beacon in the world of youth development.

We look forward to inviting you to “The Lake” for this wonderful weekend of memories, laughter and songs! Amy, Tony, Emily and little Evan are pleased to open the gates of Echo Lake to all of our alumni. We only ask that you make a contribution to Project Morry. If you would like to make a contribution now – or at anytime prior to the Alumni weekend - please visit the Project Morry website at www.projectmorry.org.

This summer, among our 475 campers we will welcome approximately 60 whose parents attended Echo Lake as campers themselves! Echo Lake Alumni remain a VITAL force behind the success of both Echo Lake and Project Morry. We hope you’ll be a part of it!

September 24th to 26th 2010 Echo Lake Alums and Fall Foliage In the Adirondacks!

Join us Friday night through Sunday afternoon for a walk down memory lane ...

- Visit with old camp buddies
- Sing your favorite camp songs (“The Inter C’s, we’re cool, na-na na-na na-na na-na, we’re rough, and tough ...”)
- Check out your old bunk plaques
- Wear Green! Wear Gold!
- Play some ball
- Bring your entire family – everyone is welcome!!!

SO SAVE THE DATE!!!!





Project Morry moves through its 15th season celebrating all kinds of victories — every month, every week, every day, every hour, every minute, every second. Kids 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. During the school year they are continually asked to show through their actions that they ARE learning through their efforts the importance of patience, cooperation, organization, time management and commitment. Project Morry kids are taking risks with their newfound strengths. During the summer they will be trusting swim instructors to support them as they float on their backs for a first time, waiting patiently for their name to be called during an activity, reading a poem at a campfire, sleeping with no lights on, trying a food that they have NEVER eaten before, writing fuzzies and leading by both their actions and words. Thanks to all of you who continue to believe, support and hope!

Spring Blast 2010 at X20

Project Morry celebrates its 14th Annual Spring Blast benefit at X20, Peter X Kelly's latest addition to the Xaviars Restaurant Group, at 71 Water Grant Street, in Yonkers. The event will be held from 7:00 p.m. to 10:00 p.m. featuring great food, open bar, live music and a silent auction. The event will honor camps that support Project Morry through their Camps that Give efforts.

Please join Co-Chairs Hilary and Billy Cooper and their dedicated committee: Debbie Abrams, Rebecca Berman, Marci and Rick Caplan, Michelle and Tom Coleman, Dr. Jeffrey and Karen Cousin, Susan Flaxman, Becky Genauer, Veronica Guerrero, Beatriz Goldstein, Emily Haseltine, Renee Azima-Heller, Jon and Sara Hess, Haryn Intner, Liz Kaplow and Evan Jacobs, Pam Kerlan, Michelle and David Kroin, David and Karen Miller, Denise and Finbar Regan, Laurie Rinke, Danit Schreiber, Lucy Udell, Ellen Schwartz Wylie and Gordon Wylie and Event Sponsors, Marvin A. Cooper, PC Liz Kaplow and Evan Jacobs.

If you are interested in supporting or attending this event give Laney at Project Morry a call at 914-592-3055 or go to the website at www.projectmorry.org. Hope to see you there!



If you are interested in contributing to events or if you are 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, or go online: www.projectmorry.org.

Thank you for your continued support of Project Morry!

Upcoming Young Professionals Event 2009

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 6, 2010 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, Britton and Drew Bitterman, Ashley Denholtz, Deb Dorman Grishman, Dana Eigner, Lauren Feiner, Matt Jackowitz, Sarah Katz, Erica Lazerow, Lauren Mirsky, Josh Male, Lauren Mirsky, Lisa Oshinsky, Michelle Nacht, Perri Newman, Julia Reich, Michelle Rinke, Rachel Rosenberg, Scott Schwartz and Josh Stein.

If you are interested in more information or just want to make certain that your name is on our current alumni list, simply email dream@projectmorry.org or give the Project Morry office a call at 914-592-3055. We thank you all in advance for your support in making this amazing night possible.

Spreading Warm Inner Glows - Kids That Give

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

Many fuzzies and a big round of applause to the following campers who are either in the process or have completed projects that have helped Project Morry: **Evan Aaron, Cole Butchen, Elana Heisner, Josh Lefkowitz, Elana Stettin, Phoebe and Jordan Weinstock and Lauren Whitman.**

Outstanding work everyone. Your gifts of generosity will certainly continue to give more than you know.

Gifts In-Kind

Project Morry welcomes gifts of "STUFF". Bat and bar mitzvah gift ideas are created by folks looking at wish lists of equipment and items that are used both during the school year and the summer. If you are interested in knowing more about gifts in kind simply go to our website at www.projectmorry.org or call 914-592-3055 and Project Morry will supply you with current lists.

Sibling Day and Fantasy Camp 2010

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 5th Annual Sibling Day on Sunday, July 18th, 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 July 24th. 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 and look in the "Prospective Family" section of our website. We look forward to seeing the happy faces of all of our prospective campers!



Welcome Home, Jill Greer!

Echo Lake welcomes home – and welcomes to it's summer office staff – an old friend. Jill Schwartz Greer, who spent many, many summers at Echo Lake as a camper and counselor (she was even a Tribal Chieftain in 1984!), will be returning to Echo Lake this summer to assist Catherine Luiggi in heading up our summer office team.

Jill joins daughter Gabby (returning for her second year) and son Ben for our 65th season at Echo Lake and she is psyched out of her mind. Jill's enthusiasm for "The Lake" is unmistakable! During the year, Jill lives in Chicago and works for the Jewish Federation.

We are so excited have Jill back at Echo Lake!

Staff Bulletin Board

Shout Outs from Our Outstanding Staff!!

Oh my GOODNESS! Can you believe that in three months we will all be back at camp?! I couldn't be more ready for summer right now! It's been such a busy year so far for me with school and student teaching but of course I always make time to travel across the border to Windsor, Canada to see one of our favorite lifeguards, **Breanne French** (I can't live without seeing some camp people). I am so ready to spend another summer with all my crazy girlies!! I miss all of my UJGW 08 and my Princesses of LJGW 09! Lots of love from Michigan! West is Best xxx - **Julie Flegm**



I went to New Orleans for Mardi Gras with **Nick, Tara and Ethan Stoulig** in February! We went to a bunch of parades and had a lot of fun! We also caught up with **Heavy D** after the "Orpheus" parade. Everyone had a great time! - **Rachel Glickenstein**

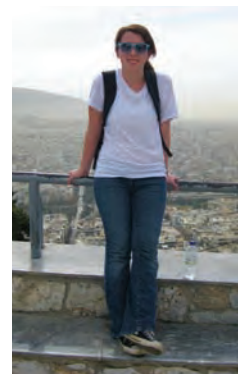
My name is **Monica Thellman** and I am just finishing up my last winter quarter of my undergrad career and I'm really excited. The Arnold Fitness Expo was in Columbus this weekend and I spent the weekend working at a booth for a product my dad invented and patented called Quik Hands. I'm gearing up for finals and counting down the days until camp. Can't wait until June! -**Monica Thellman**

Hello Echo Lake! My name is **Nate Jordan** and this will be my first summer at camp. I love being outside and staying active. To prove this, here is a picture of me scuba diving in Cozumel Mexico last October. I am an exercise science major at UNO and recently have pursued much interest in the area of childhood obesity. I love music and I have also been known to cut a rug from time to time. I look forward to meeting everyone this summer as it should be a highly productive and incredible experience.



- **Nate Jordan**

Hey everyone, Life has been good. I'm currently studying abroad in Athens, Greece for the semester so I've missed out on all the snow. It's really great here but I can't wait to spend another summer at Echo Lake with everyone. I miss you guys, especially all the girls and staff of LJGE 2009. See you all this summer!



-**Jen Sommer**

I just finished playing Shell Dockley in Bad Girls the Musical and am really enjoying teaching musical theatre in Leeds. I am counting down the days to come back to camp to meet old and new campers and staff and be a GL!!! - **Alicia Roberts**



Campers Corner

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

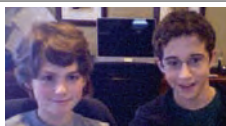


The Goldberg Family went skiing in Jiminy Peak at the end of January. Here is a picture **David Goldberg** (on right) with his brother Haz in the middle of a trail on the mountain.

HEY LJGE CAMPERS & STAFF!!!! CAN'T WAIT TILL SUMMER 2010!!!! XOXO
-REBECCA PALL



Lauren Whitman and **Sophie Brett-Chin** having fun at a bat mitzvah!



Over winter break, **Matthew Steinberg** came down from Canada to visit **Cole Butchen** at his house. Cole showed him around his town and they saw The Lightning Thief. They had a great weekend!



Eli Goldman, **Daniel Jacobs** and **Noah Tucker** came to Montreal and stayed with **Derek Sigler** for **Justin Oringer's** Bar Mitzvah. Here is a picture of the boys outside the party in Old Montreal.

Check out this photo of **Derek Sigler** and **Justin Oringer's** school Pee Wee hockey team that recently won a tournament!



LITs, Chelsea Rosenberg, Brandi Prell, & Chelsea Golub ran into **Laurie Rinke** at a John Mayer Concert in February.



Brooke Kleinfeld and I went on a father daughter Vermont trip! We had a great time. Can't wait for summer 2010!
- **Sarah Weill**

Here is a picture of **Jack Getman, Gavin Jablonski, and Ethan Finkelstein** sleeping over at the Museum of Natural History for Gavin's birthday.



Echo Lake was well represented in Israel in December. **George & Matthew Frankle** and **Ben & Danielle Jacobs** went together with Westchester Reform Temple, and while we were there we ran into **Daniel Messulam**. You will notice Matthew with his ever present falafel. The group also saw **Dani Weinstein** on their trip!



Morry Stein's first LAX practice for the season was in none other than Denver's Pepsi Center where the Nuggets, Avalanche and Mammoth play. After the practice the boys got to meet some of the Minn. Swarm who were playing the Mammoth that night. Where do you go from here? **Will Stein** has been working hard in school and is currently the only 3rd grader who is working through his 4th grade Phonics book. Will takes a lot of pride in his school work and is making his parents so proud!



Casey Landman as Little Red in the Roslyn Middle School Production of "Into The Woods"

Emily Jerris, Avery Jerris, Lauren Koenig and **Eric Koenig** chill out (literally!) before entering the indoor pool, during an awesome weekend skiing at Mt. Snow, VT. They can't wait to spend their 5th, 2nd and first summers at CEL!

Margot Present had the pleasure of seeing **Ali Saperstone** during her holiday travels to Florida. They had such a great time at the beach.

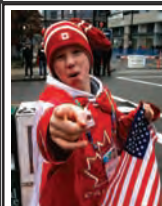


Congratulations to **Brooke Gerstman** on her recent "Player Spotlight" in Long Island Girls Hoops. She was featured for her outstanding play for the Lynbrook High School Basketball team.



Hi everyone... I just saw Reb in Florida! We had a great time, but it wasn't the same without LIGE! I love you guys soo much and can't wait to see you at camp!!!!!!!!!!!! I want to give a shout out to Alex because i miss her so much and I hope she is having a great time in Canada! I also would like to give a shout out to Caroline, Jojo, Marisa, and Zoe because I haven't seen them in a long time and i miss them so much! Have a great Spring and cant wait till camp! UIGW~ xoxo!!!! - **Tilly Pecker**

All is well here in Schenectady, NY! My CYO basketball team is defending its championship title this weekend and next weekend I will become a Bar Mitzvah! I'm thrilled that **Andrew "AC" Cohen, Elana Stettin, Gavin and Trevor Rudolph, Scott Panasci, Adam Rothbort** and **Matthew Steinberg** are all coming into town to celebrate with me!
- **Ira Ganz**



After Team USA defeated Team Canada in the preliminary round of the Olympic hockey tournament, **Justin Oringer** made a decision that Team Canada needed his support in Vancouver. So he packed his bags with his Team Canada gear—jersey, hat, and flag to cheer on his team. He did his job and came home with gold—and, he put an end to all the early tournament "dissing" on his Facebook page from his CEL friends from the USA.

After the reunion, members of 4n4 2010 went to the **Wilson** house for a sleepover. Here is a picture is of them lighting the Hanukkah candles.



Above is a photo from the **Whitman/Shapiro** annual Winter Break outing and trip to Pinkberry!!



The Berks and Rinkes bumped into each other in Puerto Rico and celebrated a rockin' New Years Eve together.



Sammy Gold and **Casey Landman** going to see Valentine's Day over February break!!!!

Introducing the 2010 Echo Lake Sports Clinic Series

In addition to the high quality of instruction our campers receive at Echo Lake, we are excited to be adding to that through a number of professional Sports Clinics.

Soccer: Echo Lake will welcome the trainers of Coastal Soccer, Long Island's premier youth soccer training company, for two two-day clinics at camp this summer. All age groups will be able to sign-up and participate and Coastal will focus on both field play and goalkeeping.



Field Hockey: We welcome Jessica Decker, who played NCAA Division 1 Field Hockey at Rutgers University, for three days of Field Hockey electives.



Lacrosse: Dynamic Lacrosse Training, the affiliated training organization for the Long Island Lizards Professional Lacrosse Club, will be providing two two-day clinics for Echo Lake campers of all ages.



There is no additional cost for any of the Echo Lake Sports Clinics, and all the clinics will be made available to all of our campers.

AT HOME DO - IT - YOURSELF ACTIVITY AREAS

It's ALMOST Spring, it's warming up... after a long, wet California winter, I am in my "SPRING CLEANING MODE" and look out! If it's not useful and being used, OUT IT GOES!



But wait, it's ME we are talking about, Sara Gold, Queen of Arts, Creator of all things out of "whatever I have on hand", User of things that "can always be used for something else". Spring cleaning is always a struggle for me. "I'm sure I can use this for something", I tell myself, as I pluck a wrapper, a pretty box, or the boys finished capri sun bags out of the top of the garbage bin. And so goes... my attempt at paring down my life. Can I put it in a box and send to camp and use in the art shack this summer? Absolutely!

Tony, Laurie and Jacko have no room for my "art stuff" in the camp winter office, so I keep putting the boxes in my attic, label them camp. Then I make notes on the bulletin board of what I have saved for the summer.

The other day, I was adding yet another box of stuff into the attic, and came across a box tucked in near the back wall of the attic. It wasn't labeled. I opened the box and found it was full of sweaters, old cashmere sweaters. Some were mine, some were my Dad's, some were my boys and Dr. Stu's from years ago. They were sweaters I loved that had been accidentally washed and shrunk. They might have fit a baby doll. Some had holes from moths, or tears in the sleeves, or had pilled so badly it begged to be retired. And me being me, and loving the feel of the cashmere or the color of the yarn could not bear to throw them out. I had put them in the attic, some time ago, and had hoped that some little girl with a doll might need a sweater, or that I would magically figure out how to fix them and make them wearable. It didn't happen, they were the same worn sweaters and I had no cure.

I brought the box downstairs, and laid them out, to get one last look before I put them in the trash. And then it hit me! The color of one blue sweater was the same color as the walls in Zack's room. I had to use this somehow! It had belonged to my father, after all, and how cool would it be for Zack to have a piece of it. How cool would it be for all the boys to have a piece of it. It pained me. but I took out my scissors and started to cut. I started with the bodies and cut off the sleeves. At first, I thought I could make a cashmere pillow. I couldn't get more than 2 pillows out of the sweater and I would need 5, one for each boy. I laid out all the sweaters and looked at them. There were about 30 sweaters. I knew what I needed to do. I washed them until they all shrunk, the material felted and became thick as the strands of yarn molded together. Then I took out my rotary cutter and made 2 inch strips out of all fabric. Out came my sewing machine and I started sewing the strips together. The colors were beautiful and blended well. Quilts out of of sweaters, that's what they would become. Each one is unique, and has parts of something someone else wore. It's the ultimate recycling project. I am now collecting old damaged sweaters, and look out Jacko, if the attic gets too full the boxes will start coming your way... Here's to spring cleaning and going Green (and Gold!)

Keep Creating,
Sara Gold, Fine Arts Head Specialist

Bonjour from sunny Montreal! Spring is in the air which means camp is right around the corner. Woohoo! We were invited to our friends' house for dinner the other night, so I decided to whip up some of my family's favorite- dessert, of course...chocolate cupcakes with the most delicious frosting. All cupcakes were eaten within seconds of my saying "Okay, everyone, it's DESSERT time!" I even made another batch the next day, because everyone in my family wanted more! Can you believe they were finished just as fast as the first batch!!! It's true! All that to say, you know they have to be mmm...mmm...good!!!! C'mon everybody, hurry and get crackin'!

Sour Cream Fudge Cupcakes

Ingredients:

1/4 cup butter, 1 cup sugar, 2 eggs,
1 tsp vanilla, 2 squares unsweetened
chocolate (melted and cooled), 3/4
tsp baking soda, 3/4 cup sour cream,
1 cup less 2 tbsp flour



Directions:

You can use an electric mixer, mixing bowl with hand mixer or a food processor with the steel knife (I use that). Process butter, sugar, eggs and vanilla for 2 minutes. Do not insert pusher in feed tube of the food processor. Add melted chocolate and process until blended, about 10 seconds. Scrape down sides of bowl with rubber spatula as necessary. Dissolve baking soda in sour cream; add to batter and process 3 seconds. Add flour and process with 3 or 4 quick on/off turns, JUST until blended. Pour batter into one greased (Pam spray) muffin tray to make 12 cupcakes, or you can put muffin liners in the tray. I use an ice cream scoop to take the batter out of the bowl and fill each cupcake holder; it works! Bake @ 325F for 18 minutes. Use a toothpick to see if the center of the cupcake is wet, or dry & ready to eat! They taste great with or without any frosting. However, here's one to try.

Killer Cream Cheese Frosting

Mix 1/4 cup butter, 4 oz. cream cheese, 1 tsp vanilla and 2 cups of icing (confectionary) sugar, or blend all ingredients in a food processor. Spread as much or little as you want on each cupcake once it has cooled.

Kitchen Tips:

This is actually a regular cake recipe which I use to make cupcakes because the kids can help themselves without cutting the cake and making a mess! You can make cupcakes out of most cake recipes which is great when you are short on time. They bake quicker as cupcakes than as a cake, and you won't have to worry that the cake didn't bake in the middle. However, if you want other ways... For a cake, pour batter into a greased and floured 8" square baking pan. Bake @ 350F for about 45 minutes, until cake tests done. Frost with your favorite frosting or mine above! Freezes well. This recipe may be doubled and baked in a 10" tube pan @ 325 F for 1 hour and 10 minutes until done. For layers, bake in three 9" round pans @ 375 F for 25 to 30 minutes, until done.

Snapple Real Fact #713:

An egg that is fresh will sink in water, but a stale one won't

Renee's Personal Real Fact:

It's best to let eggs come to room temperature before baking with them.

Bon Appétit!

Renee Pearl-Sigler, Head Cooking Specialist



2010 Main Village Winter Weekend!

95, yes you read that correctly, 95 of Echo Lake's Main Village Campers helped to make the 5th Annual Main Village Winter Weekend 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, "UP," 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 snow), bowling at the Lake George Bowl, and the coolest thing of all...it was a sunny, blue sky day that felt like spring time! Oh, and did we mention, we did this all with our amazing camp friends!! It does NOT get better than that! Thank you to the amazing staff: **Terry Begly, Danielle Laffereire, Cyndi Mondelori, Leslie Riddall, Sarah Giacomini, Sarah Crum, Julie Flegm, Kelly Godzac, Tracey Feldman, Molly Burke, Rachel Glickenstein, Ruth Kleinman, Dawn Wylie, Corey Begly, Zach Zelikovic, Matt Walsh, Nick Lucka, and Jason Levine**, for joining Tony, Laurie, JP, Jacko, and Brenda 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 5th annual Main Village Winter Escape Weekend! We had more fun then we could possible imagine!! We're counting the days until the 6th annual MV Winter Weekend, one of our favorite weekends of the winter!



Reunion Recap 2009

Whether in California on November 4, Montreal on December 6 or in New York on December 12, Echo Lakers gathered to share "Memories of Echo" and spread some Warm Inner Glows. Campers and their parents and many of our amazing staff came together to watch the 2009 Reprise DVD, sing the birthday and tooth losing songs, and hug until their arms hurt. A great time was had by all at the first of our many winter events for the year! Thank you to all the campers, parents, and staff who joined us for our 2009 Reunions and for those of you who could not be there in person, you were in our hearts for sure! Enjoy some photos from our Reunions 2009!



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

Campers

Ali Saperstone	March 1
Rachel Weiss	March 1
Daniel Gold	March 2
Griffin Barich	March 3
Jake Meklinsky	March 3
Hannah Spitzer	March 3
Rachel Abbe	March 4
Danielle Klausner	March 5
Evan Gutman	March 8
Adam Cohen	March 10
Ryan Weiner	March 10
Jessica Tucker	March 12
James Wechsler	March 13
Grant Bronfman	March 14
Drew Brodsky	March 16
Brooke Gerstman	March 17
Caroline Katz	March 19
Austin Lazarus	March 20
Danielle Weinstein	March 20
Sophie Kellner	March 21
Alexa Asch	March 22
Remy Harnick	March 24
Arielle Chaifetz	March 25
Joshua Feldman	March 25
Josh Nadel	March 25
Shana Smolinsky	March 25
Sasha Chaifetz	March 27
Charlie Friedfeld	March 27
Sam Rubin	March 27
Emily Saperstone	March 27
Oscar Worob	March 27
Jack Davidson	March 28
Zachary Hurwitz	March 29
Hannah Kreutzer	March 29
Marlee Deutsch	April 1
Danielle Pollner	April 1
Zachary Kapner	April 2
Sophie Nobler	April 2
Jack Spector	April 2
Samantha Ferleger	April 3
Gavin Rudolph	April 3
Trevor Rudolph	April 3
Maxwell Klafter	April 5
Samantha Barbara	April 6
AndrewCohen	April 7
Marisa Haber	April 7
Amanda Wolfson	April 7
Andrew Glaser	April 8

Campers

Jackie Hornung	April 8
Zach Gold	April 9
Jacob Spitzer	April 9
Dayna Hornung	April 10
Jack Saperstone	April 11
Adam Rothbort	April 12
Jordan Segalman	April 12
Ethan Finkelstein	April 13
Jacob Mazie	April 14
Katie Glick	April 15
Jacob Bortniker	April 16
Max Wolf	April 16
Jake Kapnick	April 18
Penelope Lutvak	April 18
Noah Tucker	April 18
Eli Goldman	April 21
Oliver Goldstein	April 21
Kayla Derman	April 23
Alexandra Chalfin	April 24
Abby Fisher	April 25
Emma Goldstein	April 25
Matthew Weill	April 26
Avery Jerris	April 27
Lucas Schiffman	April 27
Emily Jerris	April 29
Emily Dugoff	May 2
Julia Haber	May 3
Ryan Krakower	May 3
Zachary Scheinfeld	May 3
George Frankle	May 4
Lauren Hurwitz	May 4
Julia Mendelsohn	May 5
JP Schuster	May 5
Zachary Weiner	May 5
Erin Langworthy	May 6
Rachel Levy	May 6
Sophia Shapiro	May 7
Jesse Moskowitz	May 8
Ally Stern	May 8
Matt Bloomgarden	May 10
Shayna Ehrlich	May 10
Ben Jacob	May 10
Rebecca Silberfein	May 11
Zachary Salomon	May 12
Casey Stein	May 12
Michael Chavkin	May 13
Josh Lefkowitz	May 13
Sasha Thaler	May 13

Staff

Amanda Anderson	March 3
Emma Vaughan	March 5
Stefanie Smith	March 6
Donna Norris	March 7
Lexi Forth	March 10
Gareth Stitt	March 10
Jeff Mahler	March 11
Laurie Rinke	March 14
David Kabakow	March 17
Kathy Votraw	March 17
Harrison Ehrlich	March 18
Logan Jaffe	March 18
Robyn Goudriaan	March 19
Laura Turnbull	March 20
Helen BK	March 22
Daniel Gross	March 23
David Mellor	March 25
Monica Thellmann	March 27
Michael Prosser	March 28
Rebekah Reid	March 30
Lydia Pincock	April 1
Jason Weidman	April 2
Rebecca Priest	April 3
Christopher Wetzel	April 5
Elizabeth Heaton	April 8
Kaitlyn Jorgensen	April 9
Matt Jackowitz	April 10
Tony Stein	April 11
Ryan Griffin	April 16
Russell Feldman	April 17
Emily Kishbaugh	April 17
Shelby Jackowitz	April 19
Emma Lawrence	April 21
Alicia Roberts	April 21
Ally Begly	April 23
Jonathan Levine	April 23
Jeremy Ward	April 23
Terry Begly	April 24
Rachel Leopold	April 25
Steven Christy	April 26
Jason Sherry	April 30
Corey Begly	May 2
Perry Jenkins-Holmes	May 3
Jennifer Sommer	May 6
Danielle Smith Nason	May 9
Kelly Jorgensen	May 15

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 Alex Schiff, hey!

CAMP ECHO LAKE
3 WEST MAIN STREET
ELMSFORD, NY 10523



*** WE HOPE TO SEE ALL PARENTS OF NEW CAMPERS ON APRIL 14 FOR THE NEW PARENT NIGHT AND WE HOPE TO SEE ALL NEW CAMPERS & PARENTS ON MAY 6 FOR THE NEW CAMPER PICNIC!

*** DON'T FORGET CAMPER FORMS ARE DUE MAY 1 AND STAFF FORMS ARE DUE JUNE 1!!

CAMP ECHO LAKE 2009 – 2010 DATES

MONTREAL REUNION	SUNDAY DECEMBER 6TH, 2009
NEW YORK AREA REUNION	SATURDAY DECEMBER 12TH, 2009
MAIN VILLAGE WINTER WEEKEND	SAT MARCH 6 – SUN MARCH 7, 2010
NEW CAMPER PARENTS NIGHT	WEDNESDAY APRIL 14, 2010
NEW CAMPER PICNIC	THURSDAY MAY 6, 2010
CAMP ECHO LAKE 2010 SEASON BEGINS	SATURDAY JUNE 26, 2010
PARENT VISITATION	SATURDAY JULY 17, 2010
CAMP ECHO LAKE 2010 SEASON ENDS	SUNDAY AUGUST 15, 2010
ECHO LAKE IDEA	TUESDAY AUGUST 17 – SUNDAY AUGUST 22, 2010
65TH ANNIVERSARY REUNION	FRIDAY SEPT 24 - SUNDAY SEPT 26, 2010