



# CAMP ECHO LAKE

## TRAIL

## OCTOBER 2010

As of October 30, there are 238 days until Summer 2011 begins at Camp Echo Lake!!!



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## New Kids On The Block



We are SO excited to welcome the following "New Kids on the Block" to the Camp Echo Lake family!!! The following campers will be joining us for summer 2011 and we can't wait for them to experience the magic of camp!! Welcome to "The Lake"....

Annabelle Barbara

Kira Barich

Jack Basner

Jesse Bernstone

Rachel Bienstock

Lewis Brandman

Brody Braunstein

Matthew Bressler

Sadie Brett-Chin

Nicole Carey

Charlie Coleman

Miles Cooperman

Sophie DeBiase-Harris

Toby Diamond

Jack DiLorenzo

Jacob Disavino

Leah Doubert

Dana Drogin

Rachel Fadem

Benjamin Farber

Joshua Feldman

Sam Feldman

David Fromm

Madison Gallagher

Thomas Getman

Harrison Goldberg

Emma Goldstein

Benjamin Goodman

Lauren Grauer

Jay Greenwald

Zach Hiken

Ella Horn

Sara Jewel

Benjamin Johnson

Ryan Jonas

Tyler Jonas

Benjamin Kaiser

Sydney Kass

Isaac Keiser

Carly Kessler

Sydney Knecht

Emma Koslow

Matthew Lecher

Cooper Levine

Dalia Lieberman

Alyssa Locke

Ella Marx

Noah McAllister

Maya Milrod

Cameron Nifoussi

Matthew Pariser

Avery Porges

Gabriela Rachman

Maya Rose

Jacob Rosenberg

Ryan Rosenberg

Ali Rothberg

Avery Rothstein

Charlie Rumizen

Jason Saperstone

Maya Scheinfeld

Danielle Schwartz

Zoe Schwartz

Kyla Schweitzer

Richard Segalman

Daniel Shirvan

Molly Shultz

Will Spector

Allison Stafford

Dylan Stein

Carolyn Steinberg

Ben Stettin

Charlotte Templeton

Noah Weber

Mia Weiderkehr

Maggie Weisblum

Sam Weisenfeld

Elliot Weissman

Ryan Weitzner

Ali Zarr

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## From the Clipboard of Tony Stein...

Among the things Laurie and I discuss with each incoming LIT group is their opportunity to be remembered. We ask them – how do you want to be remembered and thought about? What do you want kids who were your campers to say about you? What will your reputation be?



Every five years when we host an alumni anniversary reunion weekend at camp I am starkly reminded of how true this is. In late September we hosted our 65th Anniversary Alumni Weekend at camp. The weather was amazing and we hosted over 100 alums and their families. It was a blast!

But even though I am 47 years old, when I see faces of those who were LIT's when I was a camper, I am always – and will always be – 7 or 8 years younger than they, and easily transport myself back to my years as a little Frosh, Junior and Inter Boy looking up to Laurence Glickman, Jeff Gross, Bobby Finkle, Ricky Baiman, Steve Manket, Stew Tabin, Peter “Tiger” Sturm, Dave Manne, Jerry Herman ... I could easily list many more. These guys were my role models growing up – not only athletes and actors and pranksters and all around nice guys – but awesome leaders and so enthusiastic about camp.

So here I am, all these years later, still feeling like a nine-year old when I see these guys. Their reputation and legacy is gold, as far as I am concerned.

Now transition to today, and I have to commend the 2010 LIT's on being a wonderful group of leaders in camp. They were a cohesive bunch who led in every way possible – by example, with great enthusiasm and great spirit, with quiet dedication to the campers and to Echo Lake. Years from now, they will still be those same LIT's to this year's Frosh, Juniors and Inters, and their images and voices will transport someone back to their youth to say ... remember Roslyn? Remember Jake? Remember Zach? Remember Sasha? Remember the LIT's of 2010? They were fun, they were spirited, they cared about me ... what better way to be thought about.

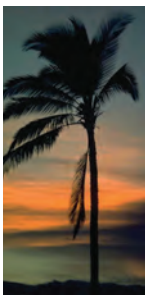
We wish you a great fall – and look forward to seeing you at the reunions!

Emily, Evan and Tony

Hi all you wonderful people,

No sooner was the dust clear of summer 2010 - our 65th then we swung into different but still great feelings as we celebrated our 65th alumni reunion on site of our favorite camp - Echo Lake.

The weather was great, the feelings of celebration were humongous, the mood of having shared in summers superb - the forties, fifties, sixties, seventies, eighties, nineties - ye gods, it goes on and on. Everybody there had swelling hearts as we relived memories, tribal competition, tons of laughs, good food, songs.....oh boy.



I felt so much pride as alums marveled in the beauty of our campus - the trees, the buildings, the grass, the lake. Most of all are in the intangibles that are deep in our collective hearts.

70th Reunion - here we come! Wow!

Much love, Amy



# From the Desks of...

Laurie



Main Village Director

I read somewhere recently that, "October is a spiritual and motivational month, which helps you to complete unfinished projects." Ok, so I read that on some astrological / numerology website of sorts, but don't let that discount the message. The site went on to say that October is a good time to ask yourself, "What is it I need to know? What will really fulfill me in my life?" Reflection and goal setting, right? That is what I took from the site, the opportunity we have in the month of October to reflect on where we are and set goals for where we want to be. Finally the site said, "If you regard October as a month to make the most out of each day, you are going to feel really good by month's end." How true is that and what could be better?

Step 1: Reflect on where we are. Let's start with the summer...how did you feel at camp? How did you feel after camp? What did you like best about your summer? How did it feel to start back at school or work this fall? How do you feel now? Think about your family and friends. What do you like about your relationships and what would you like to change? How about the activities you like to do and/or want to do more. Is there something you'd like to start doing like playing soccer or learning to ballroom dance or walking each day or eating more vegetables or starting your homework earlier at night or cleaning your room before you are asked to do it? Is there something you want to stop doing or change the way you're doing? Think about how you feel now and how what you do makes you feel. Reflect on where you are.

Step 2: Set goals for where we want to be. Now that we have a pretty good idea about how we feel and what we want to start, stop, or continue doing, now we have to make some plans. We have to find a way to motivate ourselves to make these changes and we can only do that by setting goals, making a commitment, motivating ourselves, or creating a plan of attack. You may want to be, let's say, a better basketball player but just wanting it is not enough. What are you going to do to improve your skills? How often are you going to practice? Is there anyone that can help you improve? Think about baby steps and a specific goal. Start with something like; I am going to shoot 20 successful lay-ups every day after school for the next two weeks. At the end of the two weeks, see how you feel. Are your lay-ups better? Do you make more successful lay-ups in a row now then you did two weeks ago? Are you proud of yourself? Did you spend a little time each day doing something good for yourself? What do you want to do next? That's really all it takes. Set small, realistic goals for where you want to be and do your best to stick to that goal as much or as often as possible. Setting one goal and accomplishing it will not only make you feel great but may also push you to a new goal that you can't even imagine today. That is pretty cool.

For the month of October, I challenge all of us to wake up and ask to yourself, "How can I make the most of today?" and before you go to bed ask yourself, "What did I do today to make the most of the day and to really feel good?" I can only imagine what each of us might accomplish this month. I can only imagine how good we will feel if we do our best to make the most of every day this month. I can only imagine how empowered and proud we will feel at the end of the month. So, all we have to do is get started. Let me know what you're working on. I'd love to cheer you on and get updates on your progress. I'm excited. It's going to be a fantastic month! Thank you for reading this but you'll have to excuse me while I go make the most of today... I hope you do too!

Love and xoxo always, Laurie

JP



Operations Director

Hey Everybody!

I hope things are well wherever you are right now. Things at camp have settled down again for the winter and everything is put away. Looking back now it all seems a blur! I love this time of year with the leaves changing and the air becoming a bit crisper. It's so nice to see camp with all the amazing fall colors. I made it down to the Hudson River when I was in for the reunion and it looked so much different in only a month's time.

You usually spend so much time running around camp to notice all the great surroundings. The reunion was great because camp was quieter and I was able to go on long walks and take it all in. I need to make sure I do more of that next summer! I'm sure most of you are now looking back at the summer and realizing how many amazing memories are made at camp. It gets you even more excited for 2011!

Stay Gold,

JP

# From the Desks of...

Brenda



Senior Village Director

Social Networking... It's a way to connect. It's a way to stay informed and up-to-date. It's a way to support a good cause. It's even a movie. It's everywhere. 24/7...except camp.

That's where authentic human social networking happens. Where you are actually face-to-face with friends. Where you can know so much more about your friends' status by reading their facial expression or listening to the tone of their voice. Sure, you can't 'log off' at camp, and sometimes you need to navigate through an awkward conversation or move past a disagreement...is that such a bad thing? There is such depth to the relationships that you develop at camp because they are authentic and in "real life time". Your friends at camp see you at your best and sometimes at your worst. It can be vulnerable and scary, but it is also a gift to have such relationships.

While Facebook is an incredible tool that makes the world such a small place, which can connect and re-connect us with hundreds (and sometimes thousands) of people at any given moment every single day, it can never replace face-to-face human contact. Imagine at the end of Tribal Sing if everyone stayed in their seats and simply gave a thumbs up sign to one another- it's ridiculous to think of because there are more hugs than be counted in that one night, let alone the entire summer! When someone shares a fear or celebrates overcoming a challenge at camp, his/her friends can speak volumes by simply sitting and listening with a compassionate ear - an act that cannot be replicated from behind a screen.

To 'unplug' at camp is an opportunity to strengthen the skills we need to have healthy, growthful relationships with family, friends and eventually in the work force...and you thought only your foul shot was improving! I know that instant messaging, text messaging, tweeting, facebook and all of those incredible resources we use to connect to each other has become a part of the fiber of who we are and how we relate to our friends. However, I challenge you to take a day (should we start with an hour?) every so often to 'log off' of your cyber relationships and log in to connecting with friends the way you do at camp. Give, and receive, the gift of sitting and having an entire conversation with one friend, which includes the nuances of facial expressions, body language & lulls of silence rather than a update of 60 characters or less that goes instantaneously to hundreds.

Want to keep in touch with a camp friend who is long distance? Email is great- no doubt- but every now and then write him/her a letter or send a card! Remember how much you love receiving 'snail mail' at camp? The reason there are so many tears at the buses on departure day is because we've all allowed ourselves to shed things like cell phones, computers, video games...we've stepped away from the newsfeed on Facebook and jumped in with both feet to be with our friends face-to-face at camp. Isn't that the biggest reason you return summer after summer - friends? So, I look forward to seeing all of you at the reunion (like) and to hear how you are all doing (status updates)...until then, I'm sending you lots of hugs!

Brenda

Jacko



Program Director

Time for another edition of CEL's Great Debate! This issue we will be debating what the best HEADS game is at camp. To help me out I've asked Patrick McNeece, Inter Boys Head Counselor and rabid Heads game competitor to help me out. We have Dodgeball vs. Indoor Soccer... let the debating begin! "1,3,5,9 who do we think is mighty fine, the heads, heads, GOOOOO HEADS!"

Boy do I love Heads . There isn't much more at camp I love than putting Games!!! While all the : on the tie dye green and gold heads shirt! It means games we play are fun the : I'm headed to cream, or embarrassingly lose, to a one I love most of all is : group of campers. It's tough to choose a favorite. I definitely Indoor Soccer. : would have to go with dodgeball! Is there anything better than that initial sprint to the center line... or catching your opponents heave... or the thrill of a cross-court game winning throw? My style of play has been described as intense by many of my team-mates. I am training right now actually for Heads Games 2011! Gotta get back to training, miss everyone and see you all soon.



The Dome of Thunder... a truly terrific venue... is where all the clutch saves, headers and top shelf goals occur. Whether it's escaping a defender with a kick off the boards or a brilliant pass cross-court to a streaking head, there is nothing quite like the thrill of a hard fought game of indoor soccer. When the heads are in the zone it is like true poetry in motion out there.

So where do you stand? Is it Indoor Soccer??? Is it Dodgeball??? Is it a different Heads game altogether??? I can just hear the debates breaking out all over the CEL universe. Take care, Jacko



## Alumni & Staff Happenings



### Spanning the World

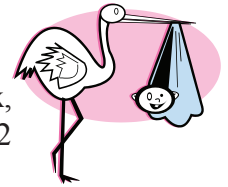
Over the summer **Lon Babby** accepted the position as President of Basketball Operations for the Phoenix Suns of the NBA. Congrats to Lon and his family on this incredible opportunity. Go Suns!!!

The Sigler family (pictured, **Renee, Lauren, Brittany and Derek**-since **Danny** took the photo!) headed to Beantown on Labor Day Weekend and met up with **Ivy Ostrin Delaney** (Renee's former camper) and her three kids, **Ruby, Finn and Rowan**, to create some CEL havoc in a massive mall.



### Echo Lakers 20??

**Clayton McCook** wanted to announce the birth of his daughter, **Olivia Caroline Fallon McCook**, on July 2nd. She weighed 8.5 lbs and was 20" long. She was welcomed home by mom **Cindy** and 2 year old big sister **Lily**.



On August 4, **Kendra Falkenstein** & her husband **Dave** had **Nathaniel Miles Cohen** who weighed in at 6 lbs, 10 oz.

Allow me to introduce myself. My name is **Luke August Pitofsky**, son of Alum **Jim Pitofsky**. I arrived jubilantly on Thursday, September 9th, 2010 at 4:22pm weighing in at 7lbs-1 oz.



**Isabella Leigh Balkin** arrived on October 8th and is the biggest Balkin baby yet, 9lbs, 6oz! Big brothers **Morgan and Aidan**, along with Mom and Dad (**Susan and Adam**), are psyched.

Wow in 7 short summers **Addison and Brooke Davis** will be frosh girls. **Jarrod and Heather Davis** hope for camp's sake that they will be sleeping through the night by then.



### Celebrations



**Allison Zucker and J.P. Begly**, both longtime Echo Lakers who met at camp, became engaged on July 30th. J.P. surprised Allison by proposing during the singing of the Alma Mater at the conclusion of Friday Night Services/FNL as all of camp looked on. It was a tremendous moment for a truly special couple.



Standout former staff member **Julie "JJ" Jackson** wrote in to share that she and her now husband **James Lewis** were married October 14th in St. Thomas, Virgin Islands

**Rich Purcell** wrote in to share that he and **Ann-Marie Ballinger** whom he met at his final year at CEL are engaged to be married in August 2012 – camp changed my life for the better in more ways than one it seems!!

### Passing



It is with a great deal of sadness that we mention the passing of **Jack Lupovich**, father of **David and Barbara Lupovich**. Our thoughts and deepest condolences are with the entire Lupovich Family.







### 65th Alumni Reunion Weekend Recap



Camp Echo Lake celebrated its 65th Anniversary with over 100 alumni over the weekend of September 24th to 26th right here in Warrensburg!

It was a beautiful weekend at camp and it allowed everyone to have a blast running around outdoors! We played softball, basketball, hockey, flag football and we hiked up Hackensack Mountain for a spectacular autumn view of Echo Lake and the Adirondacks. We even broke Tribal and competed in Tug O War on the Rec Hall Field.

On Saturday night, we came together at the amphitheatre to hear stories, sing songs and watch photos and videos from the 40's, 50's, 60's, 70's, 80's, 90's and even some from the 2000's. The Dining Room was chock full of camp memorabilia, including not only photos, but old Trail Yearbooks, newsletters and Theatre Production playbills.

It was an incredible walk down memory lane – and lots of fun to boot!







### 2010 at Project Morry

At the end of each summer I attempt to recap our past season. I find myself in the same place at the end of this summer, overwhelmed with good stuff that began happening as I was completing this note to you last summer. Project Morry continues to find its base in a TOTAL belief in kids. All efforts made are driven by our expectation that with their investment in self they can succeed. It is in our mission statement, it is in the contracts signed by our kids, it is in job descriptions given to staff, it dictates how we make decisions. Although much of the “full circle” feeling occurs at camp, we are also very aware that it is our involvement with the kids and their families throughout the year



that drives those summer months. It is the pride, hope, belief and celebration as our kids continue to invest and believe in themselves. So, thank you to all who continue to help us make this ALL happen! - Dawn Ewing

### Camps That Give and Echo Lake's 2010

#### Swimathon & Marathon for Project Morry

Camps that Give are camps that celebrate the gift of camp through a camp based fundraiser targeted at benefiting Project Morry. Be it a swim-a-thon or a carnival, a marathon or a bake sale, they encourage the gift of giving by offering campers and their families the chance to give back by giving to. Once again, **38 Camps raised nearly an unbelievable \$200,000.** We thank ALL the **Echo Lake families** for helping us to achieve this remarkable



feat with **your own contribution of over \$10,000** to date from your swimathon and marathon! AND keep watching this column as we announce a Family Day event that will be open to our Camps that Give families in April! Details to follow!



### Kids That Give

We salute the following kids who gave (or are giving) to Project Morry through their efforts of gifts and time this past year! **Evan Aaron, Lauren Berlinger, Cole Butchen, Ali Chalfin, Lindsay Eller, Cooper Grayson, Aaron Scherr, Elena Stettin, Phoebe and Jordan Weinstock and Lauren Whitman.** If you are interested in learning more about Camps that Give of Kids that simply give us a call at 914-592-3055 or email us at [dream@projectmorry.org](mailto:dream@projectmorry.org).

For more information please contact the PM office  
by phone: (914) 592-3055,  
email: [dream@projectmorry.org](mailto:dream@projectmorry.org),  
or go online: [www.projectmorry.org](http://www.projectmorry.org).

### Project Morry Autumn Elegance Gala Honors

#### Lisa Price, founder of Carol's Daughter

On **Thursday, November 18, 2010**, Project Morry will celebrate its **14th Annual Autumn Elegance Gala** at The Light-house, Pier 61 at Chelsea Piers in New York City. The evening begins at 6:30 p.m. with a cocktail reception, followed by a silent auction, dinner and an awards presentation. Honoree Lisa Price, Bed-Stuy native and founder of Carol's Daughter, a line of beauty products, has been inducted into the Black Entrepreneur's Hall of Fame. She will be given the Morry Award. Please join Gala Chairs and CEL Alums Liz Kaplow, Evan Jacobs and Auction Chair and CEL Alum Cheryl Kramer Kaye and their dedicated committee, as we celebrate everyone who has embraced our dream and made it their own. If you are interested in supporting this event by attending, purchasing a journal ad, or providing an item for auction please contact Laney Mulholland at [laney@projectmorry.org](mailto:laney@projectmorry.org) or call 914-592-3055.



### Other Opportunities to Get Involved...

**Gifts In-Kind** - Project Morry welcomes gifts of “STUFF”. Bat and Bar mitzvah gift idea 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 email [dream@projectmorry.org](mailto:dream@projectmorry.org) or call 914-592-3055 and Project Morry will supply you with current lists.

**Coaches** - When a Project Morry child enters their junior year of high school they are assigned a full time mentor known as a Coach. Project Morry Coaches are adults who understand the Project Morry mission, meet the Coach criteria (which includes making a personal commitment of two years, participating in a training session and orientation prior to being assigned to a Project Morry Post Grad and making contact with them at least once a month) and are interested in assisting young adults successfully navigate through the demanding task of finishing High School while preparing them for their post graduation experiences.

Our kids who participate in the Coach program are from the Project Morry communities of the Bronx, Manhattan, Long Island, Westchester County and Fairfield County in Connecticut. Interested? Contact Dawn at [dawn@projectmorry.org](mailto:dawn@projectmorry.org). or call 914-592-3055. This program, that boasts a LONG list of former Echo Lake alums and parents as coaches, continues to insure that our kids achieve their goals. Doesn't get any better than that!



**Project Morry is now on Facebook!** Simply search “Project Morry” to join our Fan Page. This is yet another great way to get updates on all that is going on in the world of PM!



## The Echo Lake Idea 2010

This past August marked the 41st Anniversary of the Echo Lake Idea program, the original inspiration behind Project Morry. Over their 30+ years in camping, Morry Stein & Amy Medine Stein came to realize the indelible impact camping has on children. In 1970, Morry and Amy established the Echo Lake Idea, a weeklong scholarship camp program for disadvantaged children. The "Idea" was then, and remains today, one of the first programs of its kind in the United States sponsored by a private camp. The Idea, has served well over 2500 children during its 41-year history and has received awards of recognition from the American Camp Association.

The Idea 2010 was nothing short of a superb tribute to the 41-year history of this amazing program. 70 Idea campers swam in the pools, slept in the bunks, ran on the fields, performed on stage, made S'mores, and even went to Lake George's Skateland for a fantastic evening of roller skating! By the end of the week the Idea program had a tremendous impact on the campers who celebrated their success with fuzzies, campfire songs, and Idea wish candles on Echo Lake.

Much of the success of the Idea program is due to the abundance of energy and generosity of spirit of the staff that volunteer to work with the children during the Idea week. This year, Laurie Rinke, Echo Lake Idea Director, was truly blessed to have the amazing Patrick McNeece and Ally Begly to assist in all aspects of creating a GREAT IDEA! Ally and Patrick are generous, energetic, incredibly insightful, and made a tremendous impact on the Idea! Alongside Laurie, Patrick, and Ally were the very passionate staff whose heart and soul for working with children made it impossible to tell that they were volunteering to work at the Idea! Laurie, Patrick, Ally, and the Idea campers truly worship you!

A BIG thank you and MANY fuzzies to our volunteer staff which included incredible individuals from this summer's CEL staff, alumni CEL staff, and staff from Camp Iroquois Springs. Thank you to all of the 2010 Idea campers and staff for making the Idea truly outstanding! We can't wait to see all you Idea campers and staff in 2011...our 42nd Anniversary year!



### The Project Morry CEL Alumni Network needs YOU! SO, what is the Project Morry CEL Alumni Network you ask?



**The Project Morry CEL Alumni Network** is a newly formed group dedicated to increasing alumni and others knowledge of and involvement in Project Morry. We use the passion of those who knew and loved Morry (and who know and love camp) to help grow the network of people who list PM as one of their causes. Recognizing that we are all pulled in multiple directions for our time and money, this group's goal is to have impact by simply harnessing the inherent power of our amazing CEL Network (and beyond) to help Project Morry get what it needs to make its program and kids successful. The more of US in this Network, the more we can do for Project Morry. Please read below and let us know if you are interested in joining us.

To help Project Morry we are focusing on the the following (as the goal of this group is NOT to raise money):

- 1. Increase awareness of Project Morry**
- 2. Become a strong Network for Project Morry to tap into for in-kind donations (e.g. silverware, batteries, career fair speakers, etc)**
- 3. Grow the list of people that Project Morry can count on for an extra hand (educating others about PM, corporate internships, events, etc)**

To add your name to the list of those who want to help us (or if you have any questions) email **Debbie (Dorman) Grishman** or **Dana Eigner**: [deb.grishman@gmail.com](mailto:deb.grishman@gmail.com) or [dana.eigner@gmail.com](mailto:dana.eigner@gmail.com)

# Staff Bulletin Board

Shout Outs from Our Outstanding Staff!!

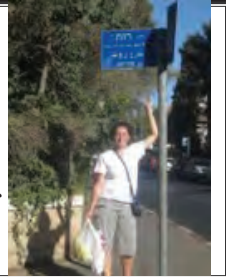
## iCamp Summer 2010 Mix

We surveyed the 2010 staff and asked them, "What song reminded them of summer 2010?" With a ton of responses, we created the "iCamp Summer 2010 Mix" and encourage everyone to download these songs onto a "playlist" and rock out to memories of summer 2010 at CEL...

Dynamite - Taio Cruz  
California Girls - Katy Perry  
Hey Soul Sister - Train  
Bad Romance - Lady GaGa  
Baby - Justin Beiber and Ludacris  
Airplanes - B.O.B.  
Party in the USA - Miley Cyrus  
Don't Stop Believing - The Glee Cast or by Journey  
Billionaire - Travie McCoy  
Shark in the Water - V.V. Brown  
Cooler Than Me - Mike Posner  
Empire State of Mind - Jay-Z  
I'm Yours - Jason Mraz  
Teenage Dream by Katy Perry  
DJ's Got Us Fallin' In Love - Usher  
Take It Off by Ke\$ha  
My Little Buttercup - The Three Amigos  
Not Afraid - Eminem  
Break Your Heart - Taio Cruz  
Sweet Disposition - Temper Trap  
Any song by The Cast of Glee



She doesn't only travel during the summer! 4n4 Trip Leader **Ruth Kleinman** is living on Ruth Street in Jerusalem during the 5 months she is spending there. She sent us the picture to prove it! She is sending everyone lots of love from the holy land!



I have just one Shout Out to the Kitchen staff! Because they worked so hard every day and gave us nutritious foods every single day! So thank you so much guys! You were awesome this summer!! I hope to see you next summer.

- **Gabriella Rakoczi**



Who says Ninja is restricted to 12885! **Dawn Wylie, Rachel Glickenstein, Laura Hallows, Liz Keddy and Kate Phillips** are spotted playing the popular game on the Staten Island Ferry!

You never know when you might bump into a CEL Staff member! **Rachel Leopold** and the rest of the Leopold clan recently bumped into **Patrick McNeece** shopping at a Target in Boynton Beach, FL!



Here's a picture of a bunch of the IDEA 2010 staff in Times Square! Pictured are **Juan, JOB, Aleks, Chelsey, Dawn, Ruthie, Kate, Liz, Mikey B, Robin, Malibu, Jeff, Emma, Laura and I**. I miss everyone from camp, and here's a shout-out to my UJGW '09 (LIGE '10)! Miss you girls, and hope to see you next summer!



- **Rachel Glickenstein**





# Campers Corner

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



**David Goldberg** and his brother **Haz** got together with **Noah Ginsberg** up in Briarcliff Manor.

**Matt Deutsch** and **Matt Dugoff** got their families together for dinner, fire and smores. **Marlee Deutsch** and **Emily Dugoff** also had fun. On Oct 16th, **Julia Skutch** and **Marlee** had a fun filled day and night in NYC.



The **Thaler** and **Butchen** kids are just "hanging out" from a zip line in Costa Rica!



The 2nd Annual **Begly/Levine** Fall Adirondack Extravaganza - complete with a river walk at the Ausable Club.



**4n4 1** had a wonderful reunion as they celebrated **Jessie's** birthday at the Uris house.

We are playing lacrosse, football, soccer and our new love is skateboarding! We miss all of our camp buddies! J-E-T-S Jets Jets - **Morry & Will Stein**

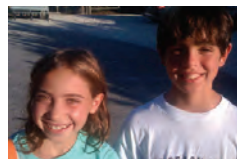
Congratulations to **Aaron Scherr** as he celebrated his Bar Mitzvah on October 9th at the Hard Rock Hotel. Brother **Brett** rocked the party too!



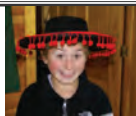
CEL campers **Jackson and Jordan Resin**, along with new camper **Ella Horn** are pictured with alums **Talia Resin and Lauren Wechsler Horn** as well as Ella's little sister **Joss**. The Horns met up with the Resins in Vermont at the end of August. Ben and Jerry's factory to be exact!

Three generations of Echo Lakers were all at the same party. **Jake and Drew Meklinsky, Debbie, Carly, and Ally Stern, and Joan Langer** had a great time talking about camp!

After camp, it just so happened that **Chelsea Barich** and **Matthew Salomon** were both on Long Beach Island with their families. They enjoyed going to a water park and playing mini golf.



**Jacob Levine** caught red-handed in the BHQ!



## Camp

by **Josh Nadel**

Camp is where  
I want to be  
When the school year's done  
We pile onto a big bus  
It's time to have some fun!

Warm summer days  
Rainy day bunk-time  
Seeing my friends  
Meeting my counselors  
The lush green grass  
Burgers at cookout  
Swimming in the lake  
Off camp trips  
And trying new things

Camp is where  
I want to be  
I thought that you should know  
'Cause when I'm at Echo Lake  
I feel a "warm inner glow!"

Aloha UJGW's... Miss you guys already and hope to see you soon! - **Rebecca Pall**

# 1,2,3,4... Who Wants Tribal Plaques!!!

When alumni come to visit camp one of their first stops is to the Dining Hall so they can find their Tribal Plaque. The Tribal plaques are artistically beautiful, provide hours of entertainment trying to decipher the themes for each year, and represent countless camp memories for campers, LITs (formerly CITS), and staff. Due to the numerous requests we receive from alumni for pictures of “their Tribal plaques” we had an idea. This summer we had each of the Mohawk and Iroquois plaques from 1957 (the first year that plaques were made for Tribal and hung in the dining hall) to 2010 professionally photographed. We are now making the Tribal Plaques available for purchase. Take home a memory and benefit a great cause as 100% of the profits from the sale of posters will go to support Project Morry.

**You can check out all the plaques and order posters at:**



<http://www.campecholake.com/tribal>





# AT HOME DO - IT - YOURSELF ACTIVITY AREAS

Swimming? In October? Well, if you work on the waterfront staff at Echo Lake, you're always thinking about swimming! So when I was at camp last weekend, looking at the cold blue water and the fall colors splashed yellow and red over the hills, all I could think about was swimming in summertime.



So many campers ask me how they can improve their swimming during the offseason, and I am happy to offer the following suggestions:

1. Get a good pair of goggles. They'll make your workouts so much more enjoyable and keep your eyes from becoming irritated by pool water. My suggestion: get a nice pair with green lenses and a gold frame and strap (or the other way around!).
2. Warm up properly. Take a few easy laps with your best stroke to get loosened up.
3. Start with technique work. Alternate laps of crawl, backstroke, breaststroke and maybe butterfly. Don't go for speed, instead focus on mechanics like a good body position in the water, proper arm movement, correct kick and efficient breathing. Don't spend too much time on any one stroke - use a lot of variety so that you will improve in each one. Review the basics of each stroke by looking online before you start to work out.
4. Learn how to do a flip turn. There are lots of good explanations and drills available - just Google "flip turn" on the Internet. A good flip turn is a necessity for competitive swimmers and also makes recreational swimming easier and more efficient.
5. After you work on your technique, spend some time building up your endurance. Swim a lap of each stroke for time. Pick the one you are most comfortable with and swim five laps for time; then ten; then fifteen; then maybe twenty. You'll be surprised how quickly you improve!
6. Find a swimming buddy. Just like at camp, a buddy to do your workouts with makes it more fun! Hopefully there is someone close by who also goes to camp (if not, this is a good chance to bring a friend!).

Remember, swimming is just about the best all around exercise there is. Even if it isn't your most favorite sport, it will help you become stronger, more coordinated and fitter for just about any activity. So get your suit and towel, get yourself to a pool and get started! You'll be a deep from day one in 2011 and you can start sailing and canoeing and skiing right away! Can't wait to see all of you at the reunion!

Terry Begly - Waterfront Director

Hello campers!

For this winter season I expect all of you to keep those lacrosse sticks in your hands. There are many drills or things you can do at home to improve your basic skills as a lacrosse player. For one, make sure you are playing as much wall ball as possible. I know we didn't have a chance to at camp, but if you can find a brick wall or a pitch-back, you will improve your game tremendously. So find a wall and be sure to play with your weak hand as much as possible in the off season. The better you are with your opposite hand, the more damage you can do on the lacrosse field. Another activity that helps is watching videos of college lacrosse games. I advise all of you to check out YouTube and watch some Cornell, Duke, and Syracuse games. As well, make sure to check out Mikey Powell's highlight reels.




I hope all of you are enjoying the fall and getting ready for a cold winter. Keep working hard and having fun back at home. Until we meet again Echo Lake Wolfpackers, remember to keep your sticks handy, find a wall or a friend, and keep tossing the ball around. I miss you all.

Chris Wetzel  
Lacrosse Head Specialist

## Camp Echo Lake 2010-2011 Off Season Events Calendar

Save the Dates and Join Us for the following CEL Off Season Events...

<b>Montreal Reunion</b>	<b>Sunday December 5th, 2010</b>
<b>New York Area Reunion</b>	<b>Saturday December 11th, 2010</b>
<b>Main Village Winter Weekend</b>	<b>Saturday March 5 – Sunday March 6, 2011</b>
<b>New Parent Night</b>	<b>Wednesday April 13, 2011</b>
<b>New Camper Picnic</b>	<b>Thursday May 5, 2011</b>
 <b>Camp Echo Lake 2011 Season Begins</b>	<b>Saturday June 25, 2011</b>
<b>Parent Visiting Day</b>	<b>Saturday July 16, 2011</b>
<b>Camp Echo Lake 2011 Season Ends</b>	<b>Sunday August 14, 2011</b>
<b>Echo Lake Idea</b>	<b>Tuesday August 16 – Sunday August 21, 2011</b>

## A WORD ABOUT SIBLING DAY

As you start to think about your summer planning and Visiting Day 2011, we wanted to let you know now that we will no longer be running Sibling Day.

While we know that many younger siblings enjoy Sibling Day, too often we see that it prolongs the emotional wrenching of saying goodbye to campers whose younger siblings participate in Sibling Day, and can make the end of weekend very difficult for parents and campers.

Additionally, pulling staff from other Main Village groups to be Sibling Day counselors can also be difficult, as we feel as though all staff should be with their kids, particularly considering it is the day after Visiting Day.

The majority of our new younger siblings have not attended Sibling Day, so we know that siblings transition well to camp having been able to spend Visiting Day(s) with their older brothers and sisters and having had the chance to participate in the New Camper Picnic.





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

## Campers...

Sarah Dachinger	August 16
Matt Lecher	August 17
Jacob Steinberg	August 17
Liana Pavane	August 21
Matt Steinberg	August 21
Scott Morgenstern	August 22
Hallie Whitman	August 23
Drew Berger	August 25
Sarah Berger	August 25
Shelia Pugliese	August 26
George Goldstein	August 27
Adam Tollin	August 29
Alexandra Mantz	August 31
Allie Drogin	September 2
Danielle Koslow	September 4
Blake Migden	September 4
Matthew Deutsch	September 5
Jacob Disavino	September 7
Zachary Bloomgarden	September 9
Jordan Cohan	September 9
Logan Cohan	September 9
Jacob Silverman	September 9
Julia Skutch	September 9
Ethan Stoulig	September 9
Justin Simms	September 10
Noah Caspar	September 11
Sydney Knecht	September 11
Danielle Meyer	September 12
Matthew Salomon	September 12
Aaron Scherr	September 13
Max Berenbaum	September 14
Scott Buksbaum	September 14
Benjamin Farber	September 14
Rachel Feller	September 16
Tess Greenberg	September 16
Lauren Whitman	September 16
Alexandra Gluckman	September 17
Max Keiser	September 17
Katie Kramer	September 20
Ethan Feller	September 21
Jordyn Miller	September 22
Samson Bienstock	September 23
Sam Cooperman	September 23
Jilly Rosenthal	September 24
Jake Berman	September 27
Zoe Butchen	September 27
Caroline Kintzer	September 27
Jack Dubicki	September 28
Hunter Stern	September 28
Isabelle Longert	September 29
Allie Kaye	October 1
Maggie Weisblum	October 1
Lindsay Eller	October 2
Gabrielle Schiller	October 2
Sydney Weber	October 3
Gabby Gottschall	October 4
Matthew Weinstein	October 4
Eliot Sernau	October 6
Gaby Gerstman	October 8
Danielle Silver	October 9
Isabelle Jacobs	October 13
Ellis Paull	October 13
Paige Goldstein	October 14
Hillary Minkoff	October 15

## Campers...

Joseph Steinberg	October 15
Matthew Bernstein	October 16
Rebecca Wolf	October 16
Brooke Kozek	October 17
Samuel Smith	October 19
Matthew Bressler	October 20
Sydney Brett-Lieblein	October 20
Molly Shultz	October 20
Ezra Keiser	October 21
Jeremy Klausner	October 21
Julia Schwartz	October 21
Julia Deutsch	October 22
Joshua Feldman	October 23
David Fromm	October 23
Harrison Hurwitz	October 25
Graham Kessel	October 25
Justin Goldberg	October 26
Jordan Pollack	October 26
Dean Zimberg	October 27
Max Paull	October 28
Ryan Rothman	October 28
Max Ladenheim	October 29
Jessica Greene	October 30
Justin Morgenstern	October 30
Lilly Wiederkehr	October 30
Michael Grossman	October 31
Teddy Kreutzer	October 31
Danielle Luntz	November 1
Kevin Cohen	November 2
Jake Henin	November 3
Tori Krieger	November 3
Evan Aaron	November 6
Max Cohan	November 8
Katie Hirsch	November 8
Jared Eisenberg	November 9
Ella Marx	November 9
Noah Ginsberg	November 11
Jay Greenwald	November 11
Matthew Greenwald	November 12
Ira Ganz	November 13
Ethan Volk	November 13
Jessica Weinstein	November 13
Margot Present	November 14
Lewis Brandman	November 16
Ben Langer	November 18
Zoe Kreutzer	November 19
Chelsea Barich	November 20
Abi Levine	November 20
Amanda Margolis	November 21
Hannah Tell	November 22
Alex Leventhal	November 23
Alexa Kamberg	November 24
Peri Mendelsohn	November 24
Casey Goldberg	November 25
Zachary Kapnick	November 25
Alex Sims	November 25
Theo Feldman	November 26
Lucas Goldman	November 26
Sophie Krieger	November 26
Anna Schoenfeld	November 28
Camryn Miller	November 29
Olivia Serlin	November 29
Rafael Urrelo	November 29
Sophie Nadel	November 30

## Staff...

Aaron Dormio	August 17
Tracey Feldman	August 17
Mathew Haskell	August 19
Theresa Incampo	August 22
James Barter	August 23
Daniel Scheinfeld	August 25
Loran Collins	August 26
Liz Frederick	August 27
Victoria Norman	August 28
Beverly Duncan	August 29
Cyndi Mandolare	September 4
Amanda Walker	September 4
Casey Deuel	September 7
Ian Symons	September 7
Chloe Shipley	September 8
Paul Chapman	September 9
Jeff Sanders	September 9
Juan Delgado	September 10
Meredith Green	September 10
Frederick Curtis	September 11
Derrick Forget	September 12
Breanne French	September 12
Mark Kenny	September 13
Kenny Mellor	September 13
Mark Marsot	September 14
John Onjack	September 14
Kate Phillips	September 17
Ella Gardiner	September 20
Ruth Kleinman	September 20
Michelle Dale	September 23
Will West	September 23
Sarah Browne	September 25
Mark Kronenberger	Sept 29
Elizabeth Duda	October 6
Marek Zielonka	October 6
Patrick McNece	October 9

## Staff...

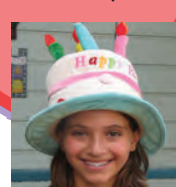
Cade Nethercott	October 11
Nicole Knight	October 13
John Pezzolla	October 14
Will Ezor	October 17
Jake Lever	October 20
Susie Walker	October 22
Aaron Nemerov	October 23
Daniel Weinstein	October 23
Courtney Cahill	October 24
Sam Pearl	October 24
Emily Stein	October 25
Sarah Berk	October 26
Alex Bourgeois	October 26
Alex Wilson	October 26
Amanda Cooke	October 29
Barry Holleway	October 31
Lindsay Rosenberg	October 31
Will Pearl	November 1
Alexa Gutman	November 5
Karin Johnson	November 6
Emma Speake	November 6
Aaron Rosen	November 10
Missy Baer	November 11
Renee Pearl	November 11
Janna Cunnion	November 13
Michael Althoff	November 16
Nickola Bowden	November 17
Autum Gagne	November 17
Sarah Giacomini	November 17
Tara Stoulig	November 19
Robert Wiper	November 23
Ben Grayson	November 25
Robin Mahler	November 26
Andy Arnold	November 27
Ronnie Williams	November 29
Paulina Krzysztoszek	Nov 30

Happy 2nd Birthday  
Evan Stein!  
October 24, 2009



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 Haaaappy Birthday. This is your birthday song, It isn't very long, My name IS Alex Schiff, hey!



CAMP ECHO LAKE  
3 WEST MAIN STREET  
ELMSFORD, NY 10523



\*\*\*ATTENTION 2010 CAMPERS, PARENTS, AND STAFF...PLEASE JOIN US FOR OUR MONTREAL REUNION ON DECEMBER 5 AND OUR NY AREA REUNION ON DECEMBER 11! SAVE THE DATES...DETAILS TO FOLLOW. WE CAN'T WAIT TO SEE YOU!

CAMP ECHO LAKE 2010 – 2011 DATES

MONTREAL REUNION	SUNDAY DECEMBER 5TH, 2010
NEW YORK AREA REUNION	SATURDAY DECEMBER 11TH, 2010
MAIN VILLAGE WINTER WEEKEND	SATURDAY MARCH 5 – SUNDAY MARCH 6, 2011
NEW PARENT NIGHT	WEDNESDAY APRIL 13, 2011
NEW CAMPER PICNIC	THURSDAY MAY 5, 2011
CAMP ECHO LAKE 2011 SEASON BEGINS	SATURDAY JUNE 25, 2011
PARENT VISITATION	SATURDAY JULY 16, 2011
CAMP ECHO LAKE 2011 SEASON ENDS	SUNDAY AUGUST 14, 2011
ECHO LAKE IDEA	TUESDAY AUGUST 16 – SUNDAY AUGUST 21, 2011