



# CAMP ECHO LAKE TRAIL MARCH 2011

As of April 1, there are 86 days until Summer 2011 begins at Camp Echo Lake...  
Our 66th summer!!!



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## CEL's Countdown to Camp

Who out there is getting excited for summer 2011 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 17 :	100 days until camp – Read the March Trail News letter
Sunday March 27 :	90 days until camp – Look at photos from camp last summer
Wednesday April 6 :	80 days until camp – Sing the camp song "On The Line"
Saturday April 16:	70 days until camp – Give someone you know a verbal fuzzy
Tuesday April 26 :	60 days until camp – Tell your parents about your favorite camp activity
Friday May 6 :	50 days until camp – Wear LOTS of Green and Gold to school
Monday May 16:	40 days until camp – Tell a friend or relative why you love CEL so much
Thursday May 26:	30 days until camp – Call a camp friend!
Sunday June 5:	20 days until camp – Eat a meal we serve at camp
Wednesday June 15:	10 days until camp– Make a list of all the things you are excited about for camp
Monday June 20:	5 days until camp - Wear LOTS of Green and Gold to school

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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 2011! How exciting is it to have all these new and exciting faces at camp with us! Now Introducing...

Victoria Clark  
Mack Harris  
Miranda Josephson  
Zachary Lewis  
Isaac Moss  
Sydnee Smith

### From the Clipboard of Tony Stein...

I think that everyone at Echo Lake knows that we have a lot of well-known and well-respected key staff and leadership people at camp - and deservedly so - who help make Echo Lake the special place it is.



Sometimes, we also need to remember that there a number of people who may fly under our radar screen, who also are so critical to the success of camp. These folks work so hard, but are often not as visible around camp. They may drive our vans, take care of campers and staff who do not feel well, serve us our meals every day, and just keep the place humming while all of us around them are out in the sun, having fun.

One such special person is Darren Langworthy, our Maintenance Director. Darren and his wife Amy just welcomed their fourth child, Alex (also Erin's younger brother), into the world on Saturday, February 19th. Darren has been a part of the Echo Lake family for thirty years and we are so thrilled at the arrival of Alex.

Darren started working for my mom and dad in 1979, when he and I were both 16 years old (I was an LIT that summer). After high school, he became the assistant to our caretaker. One day, to everyone's surprise, the caretaker quit - and Darren took over caring for Echo Lake at the ripe old age of 21. More than all the tireless and excellent work that Darren has done for Echo Lake over these last thirty years, what has stood above is his love of Echo Lake and the care he takes in everything he does. He cares dearly about the experience our campers and staff have each summer.

In the middle of winter, he is up at dawn to plow snow and shovel rooves. He anticipates things that I may not be thinking about. He built the Fine Arts Center, every new bunk on camp, the Rec Hall extension, the Health Center renovation, the SV Athletic Pavilion, just to name a few. In all these buildings we use and enjoy, they reflect an expert craftsmanship that truly comes from the heart.

You may not see very much of Darren during the summer, but his imprint is everywhere you look - and it has been for a long time. It is leadership both out front and behind the scenes that make Echo Lake go.

That remains so critical to the fantastic summers our campers and staff experience in Warrensburg. The summer of 2011 is not too far away and Emily, Evan and I cannot wait.

Much Love, Tony, Emily and Evan

Hi Echo Lakers,

In a rare burst of geographic bravery I left Florida in February and ventured with #1 son Eric to Phoenix. We were in search of friend, former staff member, alum and client Lon Babby. Lon, formerly of DC, major hot shot lawyer, had quite suddenly it seemed become President of the Phoenix Suns basketball team.

We knew that we had gigantic clout as we had dinner with the VIPs and got the best seats in the house for the game. We were accompanied by Ellen Reisman Babby also a dear friend, former camper, staffer, and alum, of course, who met Lon at camp and whose children Ken and Heather Babby were also Echo Lakers. (And, as it happens, Ellen is also on the Board of Project Morry. Yes, my dears, as we sat through and enjoyed the game I was reminded that Who You Know is sometimes better than What You Know.

Of course, publicity about Lon - with no professional sports managerial background - suddenly becoming President of the Suns was all over the sports pages last spring. He told us that Echo Lakers from the sixties came out of the woodwork and from all over the country to express their excitement. No one is more excited than Lon who is thrilled to pieces to be running a professional basketball team - guess it's most kids dream. (Continued on Page 7)



# From the Desks of...

Laurie



Main Village Director

This winter in the Northeast of the US has been incredibly snowy, grey, and frigid. I love a pretty snow covered tree and snowball fight as much as the next gal, but oh my goodness it has been a LONG winter. Recently, in my frustration about spending more time in snow boots and my full length winter coat, I started to have a funny feeling. I found myself feeling tired, annoyed and kind of grouchy. Suddenly on a sunny day, though still cold, the sky was as blue as can be. I realized how happy that brief bit of sunshine and promise of spring made me. It dawned on me that the funny feeling I was having was my joy, happiness, and excitement that lay dormant, hibernating inside me. All of a sudden I was determined to find my hibernating joy.

I realized that I had let myself fall into winter's trap of moving less, complaining more, and generally allowing my mood to be as gray and cold as the weather. NO more! Since I could not control Mother Nature I decided not to let her control me either! I started feeling this urge to do something, create something, to be more active. I needed to get moving, both mentally and physically, in order to get back on the happiness track. I started listening to what my mind, body, and soul were craving.

It started as simply as cleaning up my apartment. I know I would have gotten a bad score from a Head Counselor at clean up. Feeling organized made me breathe a little easier. My next idea was to put away all take out menus and make a fabulous home cooked meal! I spent a very fun hour cooking in the kitchen. While happily singing in the shower, I decided that I wanted to move my body. I put a Zumba DVD in and started sweating and boogying in my living room. It was great. On a roll now, I felt the need to create. I broke out an old box of crayons. I dove into writing stories. I then decided to spend time playing with dogs and puppies at an animal shelter. Maybe Jake will have a puppy brother or sister soon?! My next realization was that I wanted to learn something new, to take a class, to give my brain a workout. I found classes in photography, cooking, dance, meditation, and more! I signed up for a few things and put them right in my calendar.

My mission to find my hibernating joy left me smiling more and feeling excited about things again. I listened to my inner voice and was propelled me to take action. I also forced myself every night while lying in bed to think about everything that happened that day that I was grateful for. I stopped focusing on the gray, freezing, winter and start appreciating all the fun, joyful, things in my day. I started to laugh more and seek out things that made me smile and think. So, my fabulous CEL friends, I encourage you to do the same...find your hibernating joy. Set your internal alarm clock and wake up your inner happiness! Fulfill your craving to do things. Break out a defibrillator if you have to but jump start your mind, body, and soul and reclaim your joy! Spring may be right around the corner according to the calendar but spring can be right where you are right now if you just plant the seeds and watch the joy bloom!

Love and xoxo always, Laurie

## SPECIAL JP vs. JACKO DEBATE ... START WITH JACKO'S ARTICLE ----->

JP



Operations Director

There's something to be said for a rainy day at Echo Lake. Most people would think it's a bad thing but the reality is getting the opportunity to do some great indoor activities can be a welcome change of pace. Here's a list of all the great stuff a rainy day can bring:

1. Fine Arts- Finishing up a project or starting a new one, Fine Arts is a great place to go!
2. Dance- You can never spend enough time working on your moves!
3. Drama- Life is full of it so why not get good at it.
4. Music- Rock, Rap, Reggae, the rain can't stop the music!
5. Bunktime-Catch up on a book, write a letter, bug your counselors.
6. Cooking- Cupcakes + The Queen of Fun= Amazing

.....  
To quote the great camp song On The Line "Echo in the rain, we love you just the same". I couldn't agree more!!

Stay Gold, JP

# From the Desks of...

Brenda



Senior Village Director

Hey Village! As the temperature begins to slowly warm and the snow begins to melt, I am ready to start packing my bags and get summer 2011 going! With happy and excited thoughts of camp, I also begin to think about what I want to put into and get out of the summer. I find myself often saying to my own kids some version of the quote by Henry Ford, "Whether you think you can, or you think you can't--you're right." Sometimes my version is "Whether you think you'll have a terrific time or a terrible time -- you're right."

The power of positive thinking - I truly believe that our own attitude, energy and outlook on a situation or experience has the greatest contribution to its success. This is true in small and significant ways - it's true in school, on teams, in our families...and of course at camp. As you think about what you want to put into and get out of this summer, please think about the following message and know that I am counting the days until the buses roll in!!

Love and Hugs, Brenda

The Echo of Life

A boy and his father were walking on the mountains. Suddenly, the boy falls, hurts himself and screams, "AAAhhh!!!"

To his surprise, he hears the voice repeating, somewhere in the mountain: "AAAhhhhhhhhhhh!!!"

Curious, he yells, "Who are you?"  
He receives the answer, "Who are you?"

Angered at the response, he screams, "Coward!"  
He receives the answer, "Coward!"

He looks to his father and asks, "What's going on?"  
The father smiles and says, "My son, pay attention."

And then he screams to the mountain, "I admire you!"  
The voice answers, "I admire you!"

Again the father screams, "You are a champion!"  
The voice answers, "You are a champion!"

The boy is surprised, but does not understand.  
Then the father explains:

"People call this ECHO, but really this is LIFE. It gives you back everything you say or do. Our life is simply a reflection of our actions.

If you want more love in the world, create more love in your heart. If you want more competence in your team, improve your competence. This relationship applies to everything, in all aspects of life; life will give you back everything you have given to it.

Your life is not a coincidence. It's a reflection of you!"  
-Author Unknown

Time for yet another edition of CEL's Great Debate! As a special twist I will be debating JP, our Operations Director and fellow Trail columnist. Instead of debating the left side of the Trail versus the right side we decided to tackle the topic of what to do when it rains. I know what you're thinking... "Jacko, it doesn't rain at camp!!!" I'm in full agreement... but when and if it does rain we still need fun activities to enjoy. JP will make the case for all the fun things we can do inside while I will try and express the positives of staying outside. Look up! I see some dark clouds rolling in over by the boys bunk line...

Jacko



Program Director

It takes more than a little bit of rain to keep us from having some outdoor fun at CEL! As long as there is no thunder and lightning in the sky there are some many great activities we can still do. I have always contended that a game of soccer is better when playing in a little bit of rain. The same can be said for flag football, capture the flag, ultimate frisbee and other landsports type games. I find adding rain to any activity brings out the wackiness and silliness in all of us. It makes for an ideal scenario for some fun improv games... Ninja in the rain... we love you even more! That raises another key point! Notice that in the famous verse from "On the Line" it clearly states Echo IN the rain and not Echo avoid-ing the rain under cover?!? And what article about outdoor rain fun would be complete without discussing MUDSLIDING! We would have had a hard time recreating the fun we had on the lower soccer field if we had to do it indoors!

So which side of the Great Echo Lake Debate do you choose? Is it inside... Is it outside... 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

**Lauren Paige** is hard at work making sure there is CEL representation in the Oval office! She is working for President Obama as part of the White House Communication Department. Check out Lauren hard at work in the video clip.... <http://www.youtube.com/watch?v=T5FjOLsZRxA>

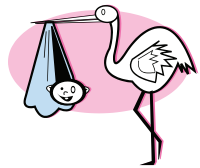
**Laurence Glickman**, devoted former camp doctor and alum, is leaving imminently to do pro bono plastic surgery to treat children who are burn victims in India and Nepal.

## CELEBRATIONS

We are thrilled to announce that CEL Alum **Bethany Eppner** married **Eric Goldberg** in New York January 22.



## CAMPERS 20??



Proud father **Joe Appelbaum** is flashing photos of his little **Blake**, now 4 months old. He says he has many offers of eligible young men for her hand. Amy made an offer of **Evan Stein** but it appears that Evan will have to get in line.....

**Kim Denin** and husband **Chris** had their first child, **Kellen Michael Knittel**, on November 28, 2010! He was 21.5 inches, 8 pounds, 12 ounces. Kim gets to stay home with him for 5 months, before returning back to work in May. The good news is that Kim, a teacher, will get to spend the whole summer back home with Kellen!



We are thrilled to share with you that **Deb Cederbaum-Jones** gave birth to her first child in January! **Cody William Jones** arrived - 7lbs, 10oz. 20 inches long! Deb and husband **Luke** are over the moon with excitement.

**Keira (Quitoni) Ruggiero**, husband **Ryan** and excited sister **Rhyan** welcome **Braylon Ronald Ruggiero** to their clan. Braylon was born on Monday January 17th and weighed in at a healthy 7 lbs. 6 oz. Proud grandparents **Linda and Jason** are equally psyched for the new addition.



We are excited to announce the birth of son **Madrone Shir Kalvert**. This is the first baby proud parents **Pete and Ruth**. With Pete's love and passion for music it is a safe bet that Madrone is already receiving some private lessons from dad as they work on an awesome track for the 2018 CEL Album!

## Passing



Condolences to the Gold family - **Stuart, Sara, Sam, Jordan, Danny and Zach**. Stu's dad, **Dr. Simon Gold**, passed away very recently.

We are sad to mark the passing of a dear, dear man - **Harvey Friedman** - dad of **David, Drew and Noah**. Harvey waged a long and premature battle with Alzheimer's.



# Page Six

## Alumni & Staff Happenings



### Amy's Letter From Florida Continued from Page 3

I believe some of you campers know that there was a time 40 or so years ago when the counsellors and not the LITS (or CITS, as they were called then) were the Tribal leaders. Lon was a Lieutenant for his team when he was a counsellor. The following summer we decided that our oldest campers were very capable of assuming leadership instead of the staff. Lon was wildly disappointed when he found out that he was not going to be Chieftain. He says that his new professional position makes up for (almost) the pain of not being Chieftain. We guess that his heart still bleeds green and gold. We surely understand that!

Eric was very proud of his former Group Leader from 1969. We had terrific fun and were really so thrilled for Lon! I thought you'd all be tickled at this our experience in Phoenix. We were!

And that aside, my dears, t'is the month of March, spring will soon be here and I am beginning to feel great stirrings of joy. In about three months we will all be at camp again. That's the world's biggest thrill for this old camper! Hey, hey, hey, Echo Lakers!!

Loving you madly,

Amy

## Special Visiting Day Announcement

Once again this summer, there will be a post-Visiting Day Echo Lake parent get together to learn more about Project Morry and just relax and enjoy some fun social time with other CEL parents! Last summer, nearly 50 parents joined hosts Alan and Karen Nadel (mom and dad of Sophie and Josh) and several of our LIT's to learn more about Project Morry. The location for this year's event will be communicated in the May Trail Newsletter, but will be at one of Lake George's "hotspots!", and will include a fun door prize.

Alan and Karen will once again be hosting this event, but are also looking for other parent volunteers to assist in making this another terrific event. If you are interested in being involved, please e-mail Alan and [lfty1313@gmail.com](mailto:lfty1313@gmail.com).





Project Morry moves through its 16th 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 names 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!

### 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, Sami Berenbaum, Max Bibicoff, Jacob Bortniker, Lauren Berlinger, Cole Butchen, Ali Chalfin, Lindsay Ellers, Cooper Grayson, Elana Heisner, Aaron Scherer, Elena Stettin, Jordan and Phoebe Weinstock, Lauren Whitman!** Outstanding work! Your gifts of generosity will continue to give more than you know.

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)**.

### Coach Program

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 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 Project Morry Post Grad 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. Contact Dawn at [dawn@projectmorry.org](mailto:dawn@projectmorry.org) or call 914-592-3055.



**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!

# SAVE THE DATE

Sunday, April 3, 2011 • 3-6pm

at LIFE • The Place To Be  
Ardsley, NY

## PROJECT MORRY'S "PARTY WITH A PURPOSE"

Food, laser tag,  
rock climbing,  
arcade games,  
bowling, raffles  
and more!

To purchase tickets  
online go to  
**[www.projectmorry.org](http://www.projectmorry.org)**  
or call 914-592-3055

### FAMILIES MAKING A DIFFERENCE





# CEL PRIDE... WORLDWIDE!!!

We did not get a very strong response for our first installment of CEL PRIDE... WORLDWIDE!!! We are hoping that the 3 examples shown below, which were taken throughout our incredibly fun and totally tubular MV Winter Escape, will help inspire you to send in your very own submissions for our May edition of the Trail. It can be a picture of you wearing your CEL teeshirt at an awesome vacation destination. Maybe it's you and your group mates spelling out C-E-L with your limbs at a sleepover. Please send all your photos to [matt@campecholake.com](mailto:matt@campecholake.com) so we can show off your CEL Pride in our upcoming editions.



## CEL Playing Cards 4 Sale!!!



We are excited to be offering this popular 2010 Reunion gift to our entire CEL Family. Each year of CEL's greatest tradition (Tribal of course!) is captured with two tribal plaques on every card. All profits from the purchase of these cards will go to Project Morry. To order your own pack of playing cards please visit the link below.



[www.campecholake.com/playing\\_cards.php](http://www.campecholake.com/playing_cards.php)

### A Word from the Echo Lake Food Service

Over the last several years, Echo Lake has been one of a diminishing number of camps (and schools, for that matter) that still serve peanut butter. With the ever-increasing number of children coming to camp with nut allergies, this summer we will be serving a peanut butter substitute instead of peanut butter.

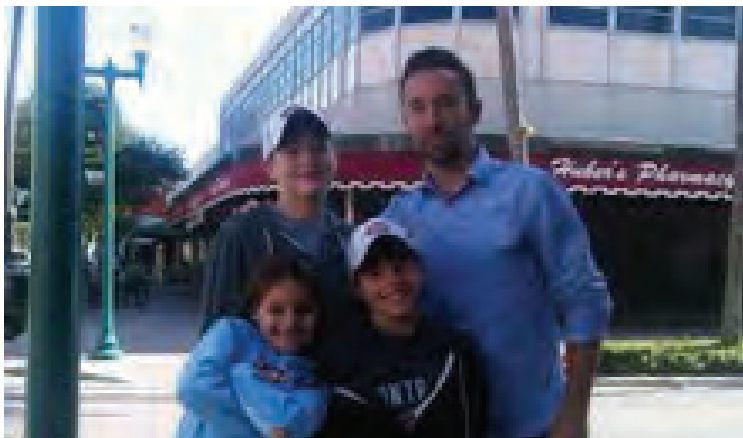
This change is in recognition of the overwhelming safety aspects associated with these kinds of allergies and the potential harm to some of our campers.

We will still serve "PB & J" with a peanut butter substitute this summer at camp, as we know some campers enjoy this option.



# Staff Bulletin Board

Shout Outs from Our Outstanding Staff!!

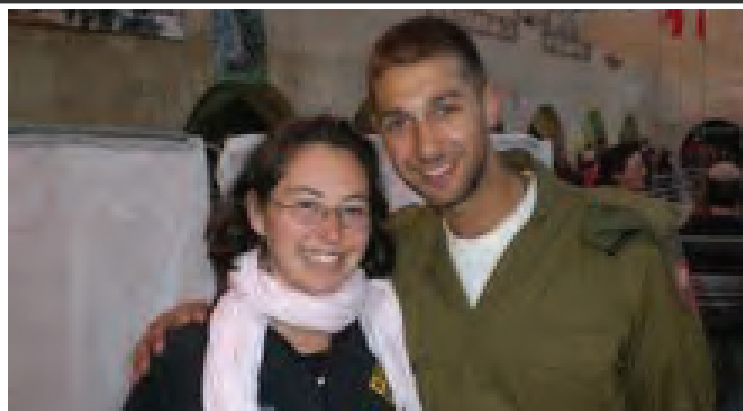


**Patrick McNeece** recently had brunch with **Lissy Kates** and the **Goldberg kids** while they were in Florida.



**El Kold**, returning for a second summer in the CEL Kitchen, is seen here ice fishing in February near his home.

**Sara Gold** recently bumped into camper **Justin Simms** at a Bar Mitzvah. While taking a break from the electric slide, they found time to take a picture!



While her stay in Israel **Ruth Kleinman** saw alum **Corey Feldman** at his IDF Swearing In Ceremony at the Western Wall on January 27th. CEL reunion of sorts! Ruth also wants to give a shout out to the 4n4 of 2011 who are in for quite a treat! She can't wait to spend the whole summer with all of them!

Congratulations to Maintenance Director **Darren Langworthy** and wife **Amy** on the recent birth of **Adam** and **Erin's** little brother. **Alex Langworthy** was born on February 19th, weighed in at 8 lbs and was 21 inches long.



Congrats to the Stews!!! **Tara, Nick and Ethan** welcomed **Sophia Anne Stoulig** into the world on January 5th at 8 lbs. 13 oz. Sophia is pictured here with proud big brother Ethan during the family's recent trip up to New York City!



# Campers Corner

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

**Emily, Jack & Jason Saperstone** skied up at Okemo with fellow Echo Lakers - **the Scheinfeld family and Jesse Moskowitz!**



**David Goldberg** shows off his newly created "giant doughnut" he made in 6th grade art class. It's too bad it is made of papier mache!



Hey to all the ujge's of 2010 who are now becoming lower inters! Luv ya all and miss ya!!!!  
- Sydney Weber

**The Rosenberg and Migden families** went skiing in Mont Tremblant with the **Prevors**, a past CEL family!



**Sammy Gold** came to watch **Casey Landman** perform as Lucy in the show "13" at Roslyn Middle School. They are really looking forward to being on stage together again at CEL this summer!!!

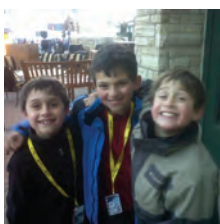


Here's a New Year's Eve picture of **Alan, Sophie and Josh Nadel** with **Eric and Alex Leventhal**. Two alumni and three campers!



**Samson Bienstock, Joshua Feldman** (new LJB camper 2011), and **James Wechsler** met in Florida on New Year's Eve to catch the Montreal Canadiens play the Florida Panthers. Habs won 3-2 in overtime!

**Will & Morry Stein** are busy bargin' the bumps at Vail and Keystone. Here is a picture of them and good pal **Matt Dugoff** over the holidays. They also saw **Ryan W.** when he came to Denver to see the Broncos battle the Jets. Both boys are playing lacrosse and working diligently at school!



Pictured are **Derek Sigler and Justin Oringer** playing hockey at school. The boys are members of the LCC Bantam Hockey Team.

Check out **Will Stein** deep in conversation with the one and only-Albert Einstein on a park bench in Vail! They were working on their next big contribution to the world of academia.



**Jacob Berk** was in Montreal visiting **Derek Sigler** recently and the boys went tubing in the Laurentian Mountains. They also ate syrup on snow!

**Noah Ginsberg and Matty Bernstein** seen here getting ready for some tubing and all around blast at nearby Mountain Creek!!!



Here is the annual photo from the **Shapiro/Whitman** Winter Break Outing. This year they hit the MOMA and before their usual lunch and Pinkberry! Pictured are **Jenna and Jamie Shapiro** huddled with **Lauren and Hallie Whitman**



**The Butchen, Segalman & Jerris families** on New Years Eve!!!!

## Back for 2011... The Echo Lake Sports Clinics

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.



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, of course, 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

Basketball's Best Kept Little Secret

Hi everyone! Jacko asked me to share some basketball insights with you in this issue of the Trail, so here goes! The college team I help coach is having another great season - -who knows, we may even get to the Final Four again this year! – and



I was thinking about what makes the players we coach so successful. They make a big adjustment when they come to college –but it is the same adjustment every player makes when he or she advances to the next level, whether it is at camp, on a travel team, modified school team, junior varsity or varsity. When you move up, it is usually because you were one of the best at a lower level. All of a sudden, you're playing with players just as good or even better. How do you keep improving? After all only five people can be “starters” at any given time and the odds are pretty much not in your favor, at least not immediately. The answer is simple! On any team you are on, embrace the role you have, all the while preparing for a bigger one. This might sound obvious, but trust me, too many basketball players are so busy being frazzled by what they DON'T have that they forget to fulfill the role their coach gives them to the best of their ability. If you concentrate on doing your job on your team, then it is likely your coach will trust you enough to let you do more. Being able to be comfortable in the role you have will also help you focus on those areas of your game that need work, so you can become a complete player as time goes along. Being able to invest yourself totally and enthusiastically in your role on your team will also earn you the trust and respect of your teammates – trust and respect you will need as your role becomes bigger and bigger. This process never stops so to become the very best basketball player you can be, remember basketball's best-kept little secret! Jacko tells me I am running out of space, so that's it for now (oh - -I was snowshoeing across the court at camp yesterday – really! – and the snow was so deep the rim was seven feet up! - -but it will be nice and warm in June!)

**Glenn Begly, Basketball Head Specialist**

Thoughts From The Music Studio...

It was a remarkable CD that came out of the Recording Studio at Camp last summer. All of the campers who lent their voice, their energy, and their creative spirit should truly be proud of their efforts and their commitment to the project. Derrick's passionate belief in your music was powerfully felt all summer long and his dedicated production efforts at the end of camp, along with Music Production Team, made sure the CD would reflect you all in a really great way... a wonderful job by everyone. As we begin to thaw out and think summer, a couple of practices you may want to bring into your regular routine.

1. **OBJECT WRITING:** Upon waking up in the morning go directly to your computer or writing journal, pick an object to write about, set a timer for 10 minutes, and simply write. The object can be anything- a fence, a baseball, a pair of jeans, a weathered face. The time is non-negotiable: write for ten minutes. No more. No less. No revising necessary. Spelling and grammar are not an issue. Just write...

The idea is to allow yourself the freedom to leap into creative written expression and dive into your imagination as quickly as possible. You will find the more you do this practice the quicker you will be get there.

Propelling yourself directly from bed to a writing session can definitely help you access your dreamlike creative thoughts before the other parts of your mind get going full strength. It can also work to inspire you during the rest of the day because you already made time to create a tangible, yet imaginative, world of your own.

Without a doubt, these Object Writings can definitely form a collection of seeds and seedlings you later nurture all the way to full grown songs.



2. **LISTEN, LISTEN, and KEEP LISTENING:** With so much music around us everyday it's really important as musicians to take an active role in not only choosing what we listen to but also how we listen. Keep mental or written notes of lyrics or instrumentation you like. Take notice of how musical arrangement can move a listener in particular directions. Keep your ears open to interesting word combinations in the conversations you hear or in the things you read-even in your textbooks. Everything can be turned into something...

3. If you play an instrument make sure you set aside some time every day to **PLAY** it however **YOU** want to play it.

**Peter Kalvert, Music Ascension Program Founder**

BASKETBALL BONANZA!!!

MASTERTFUL MUSICII!



## 2011 Main Village Winter Weekend!

86 of Echo Lake's Main Village Campers helped to make the 6th Annual Main Village Winter Weekend a 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! Evening activity was a movie night AND lineup complete with fuzzies. The next way was highlight by an fantastic game of Flashlight Sing led by Tony and an afternoon at the Lake George Bowl. The coolest thing of all...we did this all with our amazing camp friends!! It does NOT get better than that! Thank you to the amazing staff: **Ally Begly, Corey Begly, Terry Begly, Molly Burke, Lois Clark, Sarah Crum, Sarah Giacomini, Kelly Godzac, Matt Haskell, Kaitlyn Jorgensen, Kersti Keintz, Danielle Labrovic, Danielle Laffereire, Jay Levine, Patrick McNeece, Cyndi Mondelori, Nick Stoulig, Matt Walsh, Dawn Wylie, and Zach Zelikovic** for joining Tony, Emily, Laurie, Jacko, and Brenda in helping make this awesome weekend possible. A special thank you to all the campers who helped us make a splash on the 6th annual Main Village Winter Escape Weekend! We're counting the days until the 7th annual MV Winter Weekend, one of our favorite weekends of the winter!



## Reunion Recap 2010

Whether in Montreal on December 5 or in New York on December 11, 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 2010 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 2010 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!



# 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  
 Rachel Fadem March 3  
 Hannah Spitzer March 3  
 Rachel Abbe March 4  
 Sam Weisenfeld March 4  
 Danielle Klauser March 5  
 Benjamin Kaiser March 6  
 Evan Gutman March 8  
 Adam Cohen March 10  
 Ryan Weiner March 10  
 Maya Rose March 11  
 Carly Skutch March 12  
 Annabelle Barbara March 13  
 James Wechsler March 13  
 Grant Bronfman March 14  
 Drew Brodsky March 16  
 Ethan Shifrin March 17  
 Thomas Getman March 20  
 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  
 Avery Porges March 26  
 Sam Feldman March 27  
 Charlie Friedfeld March 27  
 Sam Rubin March 27  
 Emily Saperstone March 27  
 Ben Stettin March 27  
 Oscar Worob March 27  
 Jack Davidson March 28  
 Jack Basner March 29  
 Zachary Hurwitz March 29  
 Hannah Kreutzer March 29  
 Madison Gallagher March 30  
 Noah McAllister March 31  
 Kyla Schweitzer March 31  
 Marlee Deutsch April 1  
 Danielle Pollner April 1  
 Zachary Kapner April 2  
 Alyssa Locke April 2  
 Jack Spector April 2  
 Samantha Ferleger April 3  
 Gavin Rudolph April 3  
 Trevor Rudolph April 3  
 Charlie Rumizen April 3  
 Zachary Weiner April 5  
 Samantha Barbara April 6

## Campers

Andrew Cohen April 7  
 Mia Weiderkehr April 7  
 Amanda Wolfson April 7  
 Andrew Glaser April 8  
 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  
 Rachel Bienstock April 17  
 Jake Kapnick April 18  
 Penelope Lutvak April 18  
 Noah Tucker April 18  
 Eli Goldman April 21  
 Kayla Derman April 23  
 Zachary Kornbluth April 23  
 Alexandra Chalfin April 24  
 Dylan Stein April 24  
 Abby Fisher April 25  
 Avery Jerris April 27  
 Lucas Schiffman April 27  
 Emily Jerris April 29  
 Emily Dugoff May 2  
 Julia Haber May 3  
 Ryan Krakower May 3  
 George Frankle May 4  
 Lauren Hurwitz May 4  
 Julia Mendelsohn May 5  
 JP Schuster May 5  
 Rachel Levy May 6  
 Ali Rothberg May 7  
 Sophia Shapiro May 7  
 Jesse Moskowitz May 8  
 Ally Stern May 8  
 Matthew Bloomgarden May 10  
 Shayna Ehrlich May 10  
 Ben Jacob May 10  
 Rebecca Silberfein May 11  
 Leah Doubert May 12  
 Zachary Salomon May 12  
 Casey Stein May 12  
 Michael Chavkin May 13  
 Josh Lefkowitz May 13  
 Sasha Thaler May 13  
 Brody Braunstein May 14  
 Andrew Schenck May 15

## Staff

Stefano Antoniazzi March 2  
 Emma Vaughan March 5  
 Donna Norris March 7  
 Shelby Maynard March 9  
 Jeff Mahler March 11  
 David Kenny March 13  
 Leigh Wolfson March 13  
 Laurie Rinke March 14  
 Elod Kolto March 16  
 Victoria Neal March 17  
 Kathy Votraw March 17  
 Harrison Ehrlich March 18  
 Logan Jaffe March 18  
 Laura Turnbull March 20  
 Matt Beedle March 23  
 Daniel Gross March 23  
 Jason Weidman April 2  
 Ethan Berman April 3  
 Kaitlyn Jorgensen April 9  
 Matt Jackowitz April 10  
 Andrew Jacobs April 12  
 Andrew Bell April 13  
 Julie Zucker April 14  
 Shelby Jackowitz April 19  
 Tomas Schofield April 19  
 Ally Begly April 23  
 Terry Begly April 24  
 Joanna Dicken April 27  
 Kate Kloss April 30  
 Jason Sherry April 30  
 Corey Begly May 2  
 Dana Greene May 4  
 Aleks Gajic May 5

**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 is Alex Schiff, hey!**

CAMP ECHO LAKE  
3 WEST MAIN STREET  
ELMSFORD, NY 10523



\*\*\* WE HOPE TO SEE ALL PARENTS OF NEW CAMPERS ON APRIL 13 FOR THE NEW PARENT NIGHT AND WE HOPE TO SEE ALL NEW CAMPERS & PARENTS ON MAY 11 FOR THE NEW CAMPER PICNIC!

\*\*\* DON'T FORGET CAMPER INFORMATION FORMS ARE DUE APRIL 1, ALL OTHER CAMPER FORMS ARE DUE MAY 1 AND STAFF FORMS ARE DUE JUNE 1!!

## CAMP ECHO LAKE 2010 – 2011 DATES

MONTREAL REUNION	SUNDAY DECEMBER 5TH, 2010
NEW YORK AREA REUNION	SATURDAY DECEMBER 11TH, 2010
MAIN VILLAGE WINTER WEEKEND	SAT MARCH 5 – SUN MARCH 6, 2011
NEW CAMPER PARENTS NIGHT	WEDNESDAY APRIL 13, 2011
NEW CAMPER PICNIC	WEDNESDAY MAY 11, 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