



CAMP ECHO LAKE

TRAIL

FALL 2013

As of October 30, there are 241 days until Summer 2014 begins at Camp Echo Lake!!!



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From the Clipboard of Tony Stein...

There is nothing like being at camp during the fall – which is where Emily, Evan, Violet and I found ourselves over Columbus Day Weekend. The leaves were red and orange and yellow and purple and the Adirondacks just looked beautiful.

Together with Glenn and Terry, Evan and I scouted a new hike that would be great for the Juniors. It was called Giffords Gorge and it led us on a wonderful hike through the woods to a small river that feeds the Great Sacandaga Lake. We sat on the rocks at the water's edge to admire the small waterfalls and huge rocks that made up the scenery.

Back at camp, we had a campfire, made some s'mores and sang "Father Abraham," "Mm-aa, Went the Little Green Frog," and yelled at the Echo bush to see if it was still awake even when everyone has gone home for the winter ... it is still awake!

We also checked out the area where the new Field House is going – it is going to be HUGE! And lastly, Evan, Violet and I took a walk up to the flagpole to have evening "line-up." We sang the tooth-losing song and the Happy Birthday song, made some announcements, pretended to give out fuzzies and then walked down the center road to the dining room as if we were going to dinner.

If you close your eyes for a second, I know you can imagine yourself at a campfire, at evening line-up, on a hike, or singing songs. I know it feels like a long time until camp, but you keep counting down those days and we will all be there together again before you know it!

A very happy autumn to everyone!

Much Love,
Tony, Emily, Evan and Violet



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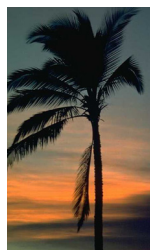
** Important Dates to Remember...*

Dear Camp Family, Friends & Alum,

Several years ago, Jason and Linda Quitoni (he of Jason's Jungle) dear friends of Echo Lake's for forty years began to feel that we had to compose a book of Camp Stories.

Jason, Linda, I and anyone else from the days when Morry and I ran Echo Lake 1964 - 1994 would sit around for hours, laughing hysterically at the printable, and sometimes unprintable, but very convulsive jokes, happenings and misfires that took place during one summer after another. There was always a cast of characters, campers and staff, who made each season totally memorable. "Someday, Someday We're Going to Write a Book" was our mantra. We were also absolutely sure that the stories would be universal as thousands and thousands of people lived the Summer Camp Experience at camps everywhere.

When Morry tragically died in 1994 the creation of Morry's Camp and then Project Morry evolved in his memory. Every one of our Board meetings opened up with a so-called Morry Story. They were legion as he was a most unforgettable and charismatic human being.



Board Member Alan Nadel, alum and current camp parent related something about a personal experience he had as a camper with Morry which was very dear and so touching. Past President Laurence Glickman, alum, camp parent and doctor cited a comical experience when Morry and I dropped unannounced into his home in Port Washington. I remembered it well. Board Member Evan Jacobs had us all in stitches when he recalled a new camper sales visit of 50 years ago which may have been Morry's and my most "colorful" sales visit of all time.



CONTINUED ON THE TOP OF THE NEXT

Laurie



Director

Have you ever had the experience where you are walking somewhere while you are looking at your smart phone in mid email, Google search, Facebook post, Tweet, or Instagram photo and you suddenly trip or walk into someone or something? How about, have you ever put your ear buds in and in the midst of having an animated phone conversation or rocking out to your favorite iTune, you miss hearing someone talking to you or do not hear an important warning noise such as the honking horn of an oncoming car? In today's technologically advanced world of Smart Phones and MP3 players, I can't imagine a person who has not had this experience at least once. It's easy to lose yourself in your screen, become hyper focused on the number of "Likes," or even use your device to escape the actual world. That said, I will tell you that I think this trend in human behavior is terrible.

In the March 2010 Trail I wrote an article about our compulsion to constantly check our smart phones. I talked about the fact that constantly being connected to our smart phones causes us to not be truly present in our lives and what we are doing in the moment. I even quoted the famous Ferris Bueller who said, "Life moves pretty fast. If you don't stop and look around once in a while, you could miss it." While my feeling of the importance of unplugging from technology is still very strong, I feel like my message today is beyond just not being present when you are constantly involved in your technology, but really, what are you failing to notice?! The obvious may be my previous examples that while consumed by your screen you may find yourself tripping, bumping, and dangerously making your way through the world. The less obvious may be, what if your obsession with your screen causes you to miss a sighting of a friend or a store you wanted to walk into or a sign for a fun upcoming event?! What a shame. Have you noticed that the leaves are beginning to change to the gorgeous colors of fall or that the colors of the sunset in the sky are real and not a CGI effect? Have you taken out your ear buds and had a pleasant conversation with the person next to you, heard the joyful sound of laughter, or smiled when you heard a baby cooing or the bells of an ice cream truck? If you don't take your face out of your screen or keep the ear buds out of your ears, you are going to miss the world around you. If you do not take notice of the world around you, that is the biggest shame of all.

My challenge to all of us, campers, staff, parents, and alumni alike is to put the technology away and take notice. Take notice of what you see, what you hear, how you feel, and all the fun, beauty, and good in the world. Pretend it's camp where you have no technology, no screens to numb you to the world around you. And we all know how amazing camp is, right?! Take notice Echo Lakers. Force yourself to intentionally pay more attention to the world and take notice of the wonderful things out there. In fact, since I know it's hard to go cold turkey with technology, when you are out in the world unarmed with technology, should you see something really special, gorgeous, fun, or memorable, pull out your technology (for just a quick minute) and take a picture of what you see that moves you. Send the picture to me or post it with the #takenotice and let's see what our Echo Lake family takes notice of when we put the smart phones and MP3 players away and we consume ourselves with taking notice in the good and beauty around us. I'm getting a "Warm Inner Glow" already. Are you feeling fuzzy? #takenotice

With love and xoxo always, Laurie

AMY'S LETTER FROM FLORIDA CONTINUED FROM PAGE 2...

Suddenly it came clear - what was crying to be written and executed now was a book of Morry Stories. Through the Alumni Section of the Trail we would invite staff and campers of years gone by to volunteer their particular favorite experience of Morry. Jennifer Leventhal, camp parent and wife of Eric Leventhal, alum, volunteered to be the Project Coordinator. In fact, Jenn, a writer by profession, has just completed 15 months of interviews and editing dedicated to this undertaking. She has done a masterful job and the finished product, about to be published, is joyous, moving, funny, passionate and rich...a marvelous read for young and old.

"Memories of Morry" will debut at Project Morry's Autumn Elegance on November 14. All proceeds will go directly to support Project Morry. Sales of this wonderful book will be announced to our alumni and current camp families as well as fellow camping professionals and personal friends. Doubtless this will be found on our Project Morry website as well as the Echo Lake Trail.

While it is true that our current campers did not know Morry his personhood and influence are still very much felt at Camp Echo Lake. Our LITs visit Project Morry and vice-versa. Anybody who loves camp will want to read this. We are very proud, very happy and very thrilled to make this book available to all of you and appreciate your support of the project.

And as always I send my love to the best and brightest campers who make Echo Lake the most special place in the world for me.

Much love and thanks,

Amy

From the Desks of...



Hey everybody!

I hope you are all having a terrific fall (or summer in Australia/New Zealand). Things are going great in the winter office and we are already picking up steam for next summer. I had a great opportunity to attend a wedding a few weeks back that had a strong CEL presence. Former Echo Lake staff member Pete Borley was married in Scotland to his lovely wife Gail on September 29th.

It was wonderful to see so many current and former Echo Lake staff at the wedding. It was a real testament to the friendships that are formed at camp. Just like in the song "Friends, Friends, Friends" Camp Echo Lake WILL keep us together!!!

Stay Gold,
JP

Adirondack Fun Fact:

Did you know the term for people who love to watch the leaves change color in the fall are called Leaf Peepers? People from all over the world come to the Adirondacks to take in some of the best leaf peeping in the world!

From the Desks of...

Brenda



Senior Village Director

There are countless life lessons that go along with being at camp, and very often you don't even realize it! Even as a Junior, you are faced with making decisions...when it's time to sign up for Club – “Do I choose Fine Arts? Soccer? Gymnastics? Do I go where I really want to go or do I sign up for what I know my friends will do?” If you were at home, you might turn to Mom and Dad for advice, but at camp you are the decision maker for yourself! This can be a confusing process and you might worry about making the wrong choice, but at camp we continue to encourage you to step out of your comfort zone. Then the decisions keep coming...”Do I try something new at dinner? It might not taste like Mom's. Do I sign up for waterskiing? I've never been before – what if I don't like it?” Those decisions suddenly seem easy compared to other choices that you'll face. The new camper in your bunk seems to be a little nervous and shy – ‘Do I take a chance and approach him or do I wait and let someone else do it?’ Another camper has an ‘idea’

that doesn't feel right in your gut – do you follow along or do you speak up? Wow – who knew this could be so tricky? Mom and Dad must really have confidence in you and know that you're ready to make these decisions! They also know that CEL is a place that will support you and encourage you to try new things and trust in yourself and help guide those decisions.

After that first summer, your parents were probably wowed by your confidence and courage to make decisions. And guess what? Each time you tried something new, you realized how many more things there are to try, and that every accomplishment begins simply with a *decision* to try...Each summer the decisions seem to get bigger or feel more important. As you become an Inter and then cross the road to the Village, your decisions may sometimes feel overwhelming because you'll start to understand that even simple decisions set you on a path each day and that it's up to you which path you want to take. The challenge when you are a teenager is that your friends are a huge part of your life and often influence the decisions you make, but the question is: Who do **you** want to be? The more YOU love your decisions, the less you need others to love them and the happier you will be.

You've all heard me talk about mistakes – they're unavoidable. We all make mistakes and have had struggles or even regrets. But **you are not your mistakes** – they do not define you. You have the power to shape your future by the **decisions you make today**...having learned from the mistakes you may have made yesterday. It's not the mistake that matters, it's how you deal with it, what you learn from it and how you apply that lesson to life.

Because the doors we open and close each day decide the lives we live, I hope you will listen to some sage advice that reminds us, “whenever you're making an important decision, first ask [yourself] if it gets you closer to your goals or farther away. If the answer is closer, pull the trigger. If it's farther away, make a different choice. Conscious choice making is a critical step in making your dreams a reality.”– Jillian Michaels

I know that “I am who I am today because of the choices I made yesterday” (– Eleanor Roosevelt), but I also know that I can be an even better version of myself tomorrow because of the decisions I make today. I hope you decide to have a wonderful school year and I can't wait to see all of you at the reunion!

Until then, BIG HUGS

~Brenda

Jacko



Program Director

Time for another edition of CEL's Great Debate! This issue we will be debating the best part of the last summer for CEL Campers... the LIT summer!! To help me out who better than Richie B, our 2013 LIT Director and all around awesome guy. We have Tribal vs. The Project Morry component... let the debating begin!

Tribal is great... don't get me wrong... not good... which you are, the best part of the LIT experience

There is no question that the LIT program is amazing but when looking at what the best part of being an LIT is you have to talk about TRIBAL. Most of you know how fun TRIBAL is but when you are an LIT it is even more sweet. The LITs lead all of camp each Sunday and get to know the intricacies of each event and in turn all of the campers at the Lake. The LITs set the tone with their amazing spirit and get to hold a sacred camp tradition in the palm of their hands. That is why Tribal is the best part of the LIT program.



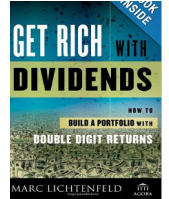
is the Project Morry experience. First there is the Swimathon and Marathon that the LIT's run. It is a chance for the LIT's to lead the entire camp in supporting a truly worthwhile organization. Laps upon laps are ran or swam with music blaring and streamers aplenty. There is also the visit to Project Morry where our campers get to visit with the PM campers that had visited them at CEL two summers ago. The whole experience represents a key part of the LIT experience. To me there is nothing better

Is it Tribal??? Is it The Project Morry Component??? Is it a different part of the LIT experience all together??? I can just hear the debates breaking out all over the CEL universe. Take care, Jacko

Alumni Happenings



Marc Lichtenfeld (1977-1980 & 1983) published his first book Get Rich with Dividends last year, which you can check out on Amazon. He also has a unique side job as a boxing ring announcer who is regularly seen on HBO, Showtime and ESPN. No doubt his experience on the CEL stage in West Side Story, the Boyfriend and other shows helped prepare him for the spotlight of live TV!



Sarah Stettin, Brooke Gerstman, Peri Mendelsohn, Jessica Silfen & Jess Tucker reunited at Sigma Delta Tau's Bid Day at the University of Michigan. Even when they're wearing blue, they have Green and Gold in their hearts!

While **George Stein** was visiting LA this summer, he was lucky enough to join in a west coast CEL reunion with **Hank Steinberg, Adam Pertofsky, Josh Goldsmith, Jeff Kahn, Gabe Rotter & Andrew Finkelstein** (also in the photo Annabelle Gurwitch, Cathy Yuspa)

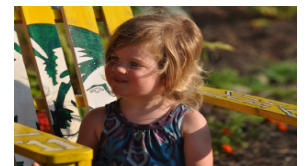


Laurie Rinke got together recently with her friends from camp days at CEL. **Keri Weingast Greenseid, Naomi Lieberman Bush, Audrey Rosenberg, Jessica Brodsky Miller** (mother of current campers **Dylan and Avery Miller**), and **Wendy Lehmann Buchanan** (not pictured) have been Camp BFFs since 1986!

Charlotte Edwards reached out to let us know that she has now graduated from med school and is working as a doctor in London. Even though she's a busy MD, she still misses camp!

We congratulate Westchester Jazz Orchestra's Co-founder and Executive Director **Emily Tabin** –wife of Alum **Stewart** and mom of former CEL campers **Rachel & Keith** - Emily will retire from her role after the WJO's November 16th performance, which will be a celebration of all they have achieved under her tenure.

Lori (Rothstein) Rosenfeld, an Echo Lake Alum from the 80's-90's, visited camp this summer. She mentioned to us, "It was such an unbelievable treat to be back at camp!" As you can see, it looks like we have a future Echo Laker (and Mohawk!) on our hands with her daughter, **Gemma**. Lori says Gemma enjoyed the time at CEL as much as Lori and her sister **Meryl** did as campers!



PASSINGS



A dear member of the Echo Lake family, **Amy Schwartz Fischel**, suddenly and tragically lost her husband just days after giving birth to their son, **Harrison Arthur Fischel**.



Camp friends set up a website to help support Amy and baby Harrison during this difficult time. Please click on the link below to learn more and consider lending a hand or a supportive wish for Amy and Harrison. Additionally, please feel free to Share this post as well.

<http://www.youcaring.com/other-text-baby-harrison-in-loving-memory-of-joshua-fischel/95038>

Alumni Happenings

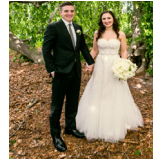


On Memorial Day Weekend, CEL Alum **Michelle Rinke** married **Dan Wallace** on a beautiful day at Lyndhurst Mansion in Tarrytown, NY.... Joining the festivities and raising the CEL fun quotient were Echo Lake alumni:

Sophie Porter, Evan Levine, JP Begly, Michelle

Alperin, Rachel Rosenberg, Lea Ozeri, Raina Krasnow, Laurie Rinke, Allison

Zucker, Sari Turner, John Borley, Rachel Turner, Brenda Levine & Jay Levine. In addition to the people in the photo, **Michael and Carol Rinke, Coby and Noah Rinke, Xavier Matons, Matt Lakind, Jess Harris, and Amy Stein & Marv Horovitz** also danced the night away at the wedding.



Once upon a time at evening line up...**Deborah Levison & Mark Schwartz** (CEL alums from the late 80's -90's) met via OKCupid in 2009. On their first date, they realized that they both were former long time Echo Lakers (9 summers for Deborah & 7 for Mark). Although they were only one month apart in age, they were actually in different groups at camp, so they didn't know each other (even after seeing pictures of each other in their camp days, they didn't recognize each other). They stood across the flagpole from each other all those summer nights, never knowing who was standing on the other side. Now they live together in Brooklyn, and will be married on October 27! Congrats to you both Deborah and Mark!

Congrats to **Noah Friedman** (a CEL camper from Frosh through LIT starting in 1990) on his marriage to **Taryn Tomasselli** on October 20, 2012 at Tappan Hill in Tarrytown, NY. Noah and his brother **Drew Friedman** (also an Echo Laker) work together and have their own independent record label, Duck Down Music. They are celebrating their 18th anniversary in the rap and R&B music genre, which is their dream come true. Did it all begin on the stage at CEL? Congrats!

Echo Lake Alum, **Lisa Varon**, is engaged to **Harsha Maganti** and they will be married in March. We join her family in being thrilled for them and wishing them a hearty congratulations! Did you know that many moons ago Lisa's Dad, **Jay Varon** who was recruited by **Edith and Bill Medine** and was at CEL from 1966-1971, brought his then girlfriend, **Robin**, to camp where she was a counselor in 1970 & 71 and then ran the office for several years. She is not only responsible for having two of her own awesome kids in **Lisa and Josh** who both went to camp for 12 years, but also for bringing several absolutely wonderful Maryland campers to CEL for many years. The list includes: **Lee and Danny Rosenberg, Jonathan and Stacy Goldstein, Darren Levitt, Jonathan Wanicur and Jaclyn Toll.**



CEL Alum **Pete Kalvert** and his wife **Ruth** shared the exciting news that **MAYIM EVE KALVERT** blessed them by being born into this world September 14th 2013 at 2:59AM. The Kalvert Family, including new big brother **Madrone**, is all doing well as they create space for this new little one in their lives!



Here's our official thanks to those alumni and staff who submitted their heartfelt and funny entries to our newly published book of **Morry Stories Memories of a Summer Camp Legend:**

Clive Hickson, Jeff Ackerman, Laurie Rinke, Jerry Leventhal, Michael Fisher, Debbie Dorman Grishman, Mark Katz, Dawn Ewing, Joan Bader Frimmer, Evan Jacobs, Rick Gibson, Alan Nadel, Donna Kerness Teichner, Laurence Glickman, Linda Quitoni, Jason Quitoni, Scott Ralls, Rhoda Reisman Alexander, Jerry Herman, Lon Babby, Debbie Novick, David Tager, Renee Pearl Sigler, Michael Oringer, Danny Kagan, Glenn Begly, Terry Begly & Jennifer Leventhal (Editor and Project Consultant)

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FALL 2013

2013 was marked by victories — every month, every week, every day, every hour, every minute, every second. Project Morry 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 both the school year and the summer '13, the kids continually showed us through their actions that they WERE learning through their efforts the importance of patience, cooperation, organization, time management and commitment. They took risks with their new found strengths. They climbed 70' towers, trusted swim instructors to support them as they floated on their backs for a first time, waited patiently for their name to be called during an activity, read a poem at a campfire, slept with no lights on, tried a food that they had NEVER eaten before, wrote fuzzies and led by both their actions and words. Thanks to all of you who continue to believe, support and hope!

Camps That Give

Camps that Give are camps that celebrate the gift of camp through a camp based fundraiser targeted at benefiting Morry's Camp. Be it a swim-a-thon or a carnival, a marathon or a bake sale, they encourage the gift of giving by offering campers and their families the chance to *give back by giving to*. 28 camps raised nearly an unbelievable \$200,000.

Spreading Warm Inner Glows - Kids That Give

We salute the following Echo Lake kids who are in the process of either giving, given or continuing to give to Project Morry through their efforts of gifts and time - **Jenna Shapiro, Jamie Shapiro, Linda Tell, Margot Present, Sammy Brett-Chin, Ben Lurie, Adam Tolin, Phoebe Weinstock, Emily Rothman, Sofia Girvin**. Thanks to all of you from all of us!

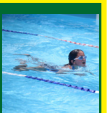
If you are interested in learning more about Camps that Give or Kids that simply give us a call at 914-592-3055 or email us at dream@projectmorry.org.

Project Morry Dare to Dream

AND while you are at it mark your calendar NOW for the 3rd Annual Dare to Dream event, to be held April 24, 2014 in New York City. Co-chair **Matt Jackowitz**, Echo Lake alum and current staffer as well as fellow Echo Lakers **Dani Ackerman, Dana Jackowitz, and Ruth Kleinman** help to lead the FUN and informative night. Details to come in the future editions of the Trail.



Way to go CEL!!! \$15,000 and counting raised from the Swimathon/Marathon!!!



On Thursday, November 14, 2013 - Project Morry celebrates its **17th Annual Autumn Elegance Gala** at Three Sixty, 10 Desbrosses Street in New York City. The evening begins at 6:30 p.m. with an extended cocktail reception, strolling dinner and silent auction, followed by a program that includes a live auction and awards presentations. Echo Lake Alumni, **Jeff Ackerman** will be presented with The Morry Award and Andrew M. Zwerman and Wagner & Zwerman LLP will be given the Corporate Social Responsibility Award.

Please join Gala Co-Chairs **Emily and Tony Stein** and their dedicated committee, **Risa Barash, Kate Bullinger, Francine Della Badia, Eric Falkenstein, Samantha Fogel, Andrew Frankle, Joan Taback Frankle, Terri Friedman, Laurence T. Glickman, M.D., Evan Jacobs, Cheryl Kramer Kaye, Rita Kestenbaum, Amy Leopold, Alan Nadel, Karen Nadel, Susan Present, Olivia Serafini-Sauli, Amy Medine Stein, Donna Teichner and Bobbi Wittenberg** as we celebrate everyone who has embraced our dream and made it their own. For more information go to the Project Morry website at www.projectmorry.org or call 914-592-3055.

The Echo Lake Idea 2013

This past August marked the 44th 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 44-year history and has received awards of recognition from the ACA.

The Idea 2013 was a superb tribute to this amazing program. 55 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 Bowl for a fantastic evening of bowling! 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 wish lanterns 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 and right hand man, Matt Jackowitz, worked with a very passionate staff whose heart and soul for working with children was incredibly inspiring! A BIG thank you and MANY fuzzies to our 2013 Idea Staff!

A very important thank you to also goes to all of the 2013 Idea campers for making the Idea truly outstanding! We can't wait to see all you in 2014...our 45th Anniversary year!

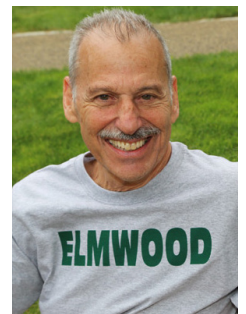


Honoring Echo Lake Alumni Jeff Ackerman

On November 14th, at this year's Project Morry Autumn Elegance Fall Fundraiser, former Echo Lake Head Counselor and long-time Owner and Director of Elmwood Day Camp – **Jeff Ackerman** – will be honored with the Morry Award.

Each year the Morry Award is given to person a who has exemplified the very best when it comes to contributing to others – particularly children. Jeff was one of the founders of Project Morry and has served on its board since the organization sprang to life in 1996. He has been the Board President, yes, but has more importantly been a stalwart driver of the mission of Project Morry for almost 20 years.

His career as the Owner/Director of Elmwood Day Camp is without peer. As a camping professional and as a person, Jeff has impacted so many lives, including many people who have spent their summers at Echo Lake. He is a very deserving award recipient, and Echo Lake is so very fortunate to call him one of our own!



Staff Bulletin Board

Shout Outs from Our Outstanding Staff!!

Head Counselors, **Jon O'Brien** and **Matt Lemoine**, met up for an Ann Arbor CEL reunion weekend! Go Blue...but really, Go Green and Gold!! A big shout out to all Echo Lakers who go to Michigan!



Mike Greenwald, Jules Lighter, Jenna Shapiro & Zach Scheinfeld got together for lunch at Wesleyan to reminisce about the summer in their Echo Lake shirts! Big shout out to all those PALS on boys camp!

Lucy Goodbody, Hayley Sherman, Harrison Lehrman & Mikolaj Wawrzyniak were at the Grand Canyon all wearing our Echo Lake camp shirts from Summer 2013. They didn't even really realize they were all wearing them until about lunch time that day! Lucy wrote to us, "Sending a shout out to these guys and all the friends I made at camp Echo Lake and how much they all meant to me and helped me at camp when I needed a friend. Camp really is a special place where you make friends for life."



Former inter girls head counselor, **Julie Jackson Lewis**, and her husband happily welcomed **Oliver Thomas Lewis** to the world on September 27! Congratulations!!

Reflections of My Summer by Liam Macleod

Every child has aspirations of what they want to be when they're older. At such a young age you can be anything you want to be and nobody can tell you otherwise. It's only as you get older that people expect you to 'grow up and face reality,' telling you to start applying for "real" jobs. As you try to grow up too fast you panic and become lost chasing things you don't really know if you want.

When I was younger all I wanted to be was a tennis player and from the age of four I constantly had a racquet in my hand. Tennis was my life, but sometimes you lose sight of what you want most as other factors enter your life. Around the age of 12 I stopped playing altogether and it was many years before I picked up a racquet again.

This time last year I was in my final year of university, when during a class discussion we were asked to think about the future and what we wanted to do when we finished our studies. When it was my turn to answer I said, 'I want to be a tennis player.' Of course, this was not the answer everyone expected to hear. That night I signed up to work at summer camp as a tennis coach.

Later on, I travelled overnight to a Camp Leaders job fair and I didn't know what to expect. Soon after, JP and Jacko hired me and I became an Echo Laker - it was the best decision I've ever made. Why? It's simple, Echo Lake is the most positive environment I've ever been a part of. Every day life at camp brings something new and I would need to write a novel to account for the great memories I made. Every day at CEL I woke up knowing I was going to spend the day coaching tennis with unbelievable children. On top of that, CEL had an amazing tennis team and a big shout is needed for "Coach" and Grant for all their hard work and influence as well as thank yous to Louis, Lucy, Emily, Bryant and Alex.

As I mentioned, there comes a point in growing up where you become lost about what you want to do. CEL provided all the answers for me at this point in life and that is why summer 2013 was an accomplishment! For two months you grow in many different ways but this doesn't mean you have to 'grow up and face reality.' How many jobs allow you to dress up as a pirate and have a water fight with your friends? Unfortunately, I had to come home from America a few weeks ago, but since then I've taken some time to reflect on the things I want to work towards. The first step of this was entering my first tennis tournament in ten years!



Campers Corner

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

Emma Schwartz, Samara Schiffman, Hilary Weisenfeld, Gabby Strauss, Sydney Frisch, Amanda Volk, and Lily Moskowitz

from LJGW joined up at Gabby Strauss' 9th birthday party!



Tara & Ethan Stoulig with Bryan & Ross Miller at the Tampa Bay and Saints game!



LJGs, **Jenna Torrellas** and **Emma Schwartz**, played against each other at a soccer tournament in Yonkers, NY. Of course they hugged it out in the end!



Tony was at the Sands Beach Club and bumped into...**Ryder Golub, Sawyer Golub, Jen Leighton, Sydney Golub, Andie Bodian, Lauren Grauer, Ally Leighton & Maggie Bodian!**

Max Lassner & Matt Steinberg, both ran in the Terry Fox Run raising money for Cancer research. Somehow Echo Lakers always find each other!!



Laurie Rinke and her parents ran into **Izzy Longert** and her parents at 5 Napkin Burger in NYC. Izzy was even sporting her CEL sweatshirt!

Check out what some UV camers were up to for **Gavin Jablonski's** birthday! They hung out at Ivy League Day Camp, played paintball, played man-hunt, had a campfire with s'mores, watched movies, ate junk food and then camped out in the gym. Sounds like lots of CEL fun with: **Gavin Jablonski, Noah Ginsberg, Ben Langer, Justin Simms, Noah Caspar, Jack Doremus, Jack Dubicki, Ryan Krakower, Joshua Rosenberg, Zachary Schweitzer, Hunter Stern, Adam Tollin, Harris Whiteson, Samantha Barbara, Andie Bodian, Marlee Deutsch, Sydney Golub, Jennifer Leighton, Sarah Mazie, Georgia Minkoff, Jilly Rosenthal, Emily Rothman & Hannah Tell**

Tobias Kloner, Daniel Kloner, Daniel Fuchs & Jacqueline Kloner

celebrating Daniel's birthday with a little hot tub!

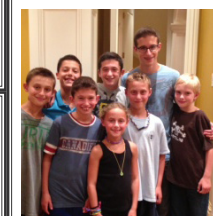


EllaHorn, Maya Milrod & Dalia Lieberman met up at the Bronx Zoo for their annual daddy-daughter sleepover. They even met an armadillo...maybe a new camp mascot??



Adam Kamberg found his CEL big brother, **Sam Smith**, on the beach in Fire Island after camp - how cool is that?!

Maya Rose and **Sammy Bauer** bumped into each other on vacation at Woodloch Pines, PA in August!



The **Wechsler, Ladenheim, Hallowell and Steinberg families** capped off the

summer with a family dinner in Montreal. **Max, James, Jeremy, Jonathan, Kate, Jack and Henry** are looking forward to Summer '14. **Matthew** will have to wait until Summer 2015!



In August, **Jacob Rose** was in Denver hanging out with **Will and Morry Stein**, and of course his little sister (incoming frosh) **Caroline!**

Alexa Goldberg and **Sydney Girvin** were lucky enough to catch up in NYC over Columbus Weekend and they had a blast!!



How fun...the **Scheinfeld** and **Levine Families** bumped into each other in Cape Cod after camp! **Isaac, Maya, Jacob, Abi, Corey, Zach, Dan, Sarah, Jodi, Rob, Jay & Brenda** took a time out from family fun to capture the moment!

CEL PRIDE... WORLDWIDE!!!

In our newest edition of **CEL Pride... Worldwide** we have **EIGHT** terrific examples of campers and staff showing their camp spirit. From Paris, to SUPing in Vermont, to autumn squash & family board games, to Switzerland, Italy & Barcelona, to Alaska, to Mont Tremblant, to CEL fingers, toes & braces, it is clear that love of the Lake knows no bounds! If you have any of your own submissions for this super section of the Trail please email them to brenda@campecholake.com.

Check out **Sophie & Sadie** **Brett-Chin** along with **Andie, Maggie & Grace Bodian** who were in the autumn and camp spirit with green and gold squash!



Senior Village CS **Kadlyn Moore** in Paris...and two iconic symbols: The Eiffel Tower and a CEL 'Are You Dedicated?' bracelet. Talk about CEL Pride Worldwide!

Matthew Lecher

couldn't bear to be without his CEL shirts after camp so he represented the green and gold in Lake Lugano, Switzerland, Lake Como, Italy and Barcelona after the summer!



Ella Horn misses camp so much, but she went SUPing (that's Stand Up Paddleboarding for those that don't know CEL Program lingo!) with her family in Vermont and the green & gold cheered her up!! Only 10 more months!!

From North of the border, **Eli Grant** showing his CEL pride while at the lookout in Mont Tremblant, Quebec! Now that's pride, eh?



Jack & Ava DiLorenzo in front of Juneau Alaska's Mendenhall Glacier. While too cold for CEL clothing, they both learned the "EXTREME" sign this summer in TREK and were proud to show it off!

After her 1st summer at camp, **Peri Manoff** missed it so much that she turned this board game into a tribute to camp that has lasted all the way into October! Peri is also excited to welcome her sister **Ella** to camp this coming summer and hopes this inspires her.



A Happy New Year was sent to us from the **Mia Rosner** and her family. We loved her spirited green and yellow finger/toe nails and braces!!! And we know she can't wait to get back to camp!

New Kids On The Block

We are SO excited to welcome the following "New Kids on the Block" to the Camp Echo Lake family!!! They will be joining us for summer 2014 and we can't wait for them to experience the magic of camp!!

Elle Baker	Laine Goldmacher	Fara Lagstein	Coby Rinke
Wolf Baker	Zachary Goodman	Justin Laing	Caroline Rose
Pearce Bernstone	Daniel Goodstadt	Alexander Lande	Evan Rothman
Chase Blumenthal	Sydney Gottlieb	Victoria Lande	Chloe Schnapp
Josh Ceisler	Sydney Greenwald	Isaac Levine	Ella Schneyer
Noah Ceisler	Jonathan Grossman	Rachel Levine	Hailey Seltzer
Cameron Churchfield	Charlotte Hartog	Isaac Liebowitz	Madeline Stein
Samantha Cohen	Benjamin Hemmers	Seth Low	Sophie Stein
Marco DeBiase-Harris	Joss Horn	Ella Manoff	Kate Steinberg
Anna Decker	Margot Hornung	Andrew Margolis	Lauren Steinberg
Jackson Derman	Kylie Isenberg	Gabriel Meiselman	Mia Steinberg
Lila Diamond	Samuel Johnson	Sophie Miller	Holly Sternlicht
Katie DiSavino	Sarah Kaiser	Sophie Miller	Abigail Strauss
Hannah Everett	Garrett Kaplan	Jesse Mirabile	Jack Tufaro
Chloe Fadem	Ethan Klar	Nathaniel Mitelman	Lauren Waxenberg
Gabrielle Floman	Joey Kohn	Rex Moss	Carly Weisblum
Devon Fuchs	Jenna Kornbluth	Dylan Nifoussi	Jordyn White
Josh Gershon	Harley Krata	Ben Potack	Madeline Wiederkehr
Miriam Goldel	Charlie Kregsman	Reed Promisel	Sydney Zindel

At Home Do - It - Yourself Activity Areas: Winter Soccer Skills

Hey Guys! I hope you are all well and are enjoying your fall/winter months. Since you all improved so much over the summer, I think that it is important that you continue your progress and I've included a few ideas which can help you develop your soccer skills.

Keep Ball – This exercise requires at least 4 people, but it is something that can help to improve your passing, communication, decision making and fitness. Create a circle with three of the participants (attackers); nominating one person (defender) to 'go in the middle'. It is this person's job to win the ball back from the remaining participants. Once the ball has been won back by the person in the middle, they switch places with one member from the outside group. If the attackers make ten successful consecutive passes then they can be awarded a point. If you have a large group participating then you could add an extra defender 'in the middle' to make it harder for the attackers.



Dribbling – This is an exercise that can be done individually and can be used with anything you can find around your garden/house. Set markers down to 2-3ft apart; you should try to have 6 or 7 markers. The exercise is to then dribble around the markers maintaining close control of the ball. If you find this easy, why not use your 'weaker' foot or time yourself? The more you practice the faster that you should be able to dribble through the course.

Passing and Turning – For this exercise, all that you need is a ball and wall with enough room to turn away from. Play a firm ground pass into the wall when the ball returns to you practice turning as if you were trying to out-manuever an opposing defender. This will give you the chance to practice controlling the ball but also your ability to turn with a moving ball. Practice turning to your left, right and a complete 180 degrees if you feel confident.

Hope that you all have a great winter and wish everyone who is on a travel or school team good luck!
Soccer Sam



SMASHING SOCCER!!!



MEMORIES OF ECHO...



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

Campers...

Emma Greer August 12
 Jennifer Leighton August 12
 Andie Bodian August 14
 Sloane Englander August 14
 Hannah Marx August 14
 Ryan Jonas August 15
 Annie Bandler August 16
 Isabelle Kaminsky August 17
 Matthew Lecher August 17
 Harrison Goldberg August 21
 Isaac Moss August 22
 Sophie Grossman August 23
 Sydney Grossman August 23
 Danielle Schwartz August 23
 Gillian Strauss August 25
 Alex Meltzer August 26
 George Goldstein August 27
 Adam Tollin August 29
 Talia Deutsch August 30
 Ethan Fine August 30
 Andie Goldmacher August 30
 Lauren Waxenberg August 30
 Sophie Miller September 1
 Aidan Pigott September 2
 Danielle Koslow September 4
 Gabby Strauss September 4
 Matthew Deutsch September 5
 Emma Grinberg September 5
 Madeline Stein September 5
 Jacob Disavino September 7
 Blake Migden September 7
 Ethan Stoulig September 9
 Justin Simms September 10
 Noah Caspar September 11
 Sydney Knecht September 11
 Alexander Lande September 11
 Matthew Salomon September 12
 Jake Lang September 13
 Nicole Lang September 13
 Aaron Scherr September 13
 Max Berenbaum September 14
 Scott Buksbaum September 14
 Pierce Hirshfield September 15
 Max Keiser September 17
 Will Spector September 20
 Ethan Feller September 21
 Arielle Kutler September 22
 Josh Kutler September 22
 Samson Bienstock September 23
 Sam Cooperman September 23
 Daniel Kloner September 24
 Jacqueline Kloner September 24
 Jilly Rosenthal September 24
 Josh Ceisler September 25
 Reed Promisel September 25
 Zoe Butchen September 27
 Caroline Kintzer September 27
 Jack Dubicki September 28
 Hunter Stern September 28
 Isabelle Longert September 29
 Ryan Bienstock October 1
 Allison Stafford October 1
 Maggie Weisblum October 1
 Jordan Kornreich October 2
 Justin Kornreich October 2
 Noah Schnapp October 3
 Sydney Weber October 3
 Matthew Weinstein October 4
 Miriam Goldel October 7
 Toby Diamond October 8
 Cal Rohdie October 9
 Danielle Silver October 9
 Tyler Meltzer October 10
 Jared Caspar October 11
 Isabelle Jacobs October 13
 Lily Moskowitz October 13
 Ellis Paull October 13

Campers...

Matthew Halperin October 14
 Elle Baker October 15
 Evan Lipp October 15
 Joseph Steinberg October 15
 Matthew Bernstein October 16
 Rebecca Wolf October 16
 Brooke Kozek October 17
 Julia Shirvan October 17
 Andrew Steinberg October 17
 Adam Kamberg October 19
 Samuel Smith October 19
 Sydney Brett-Lieblein October 20
 Noah Ceisler October 20
 Zachary Hiken October 20
 Molly Shultz October 20
 Jeremy Klausner October 21
 Julia Schwartz October 21
 Isabel Laing October 22
 Justin Lurie October 22
 Tyler Rosenberg October 22
 Joshua H. Feldman October 23
 Cole Yellin October 23
 Wyatt Florin October 24
 Graham Kessel October 25
 Avery Miller October 25
 Charlie Albert October 26
 Justin Goldberg October 26
 Jordan Pollack October 26
 Max Paull October 28
 Ryan Rothman October 28
 Kira Barich October 29
 Max Ladenheim October 29
 Jessica Greene October 30
 Isaac Mintz October 30
 Justin Morgenstern October 30
 Ben Potack October 30
 Lilly Wiederkehr-Rothberg October 30
 Charlotte Baker October 31
 Michael Grossman October 31
 Kevin Cohen November 2
 Hannah Everett November 3
 Tori Krieger November 3
 Jesse Bernstone November 4
 Jack Ladenheim November 7
 Kate Ladenheim November 7
 Katie Hirsch November 8
 Ella Marx November 9
 Jesse Mirabile November 10
 Noah Ginsberg November 11
 Paige Goldring November 11
 Jay Greenwald November 11
 Matthew Greenwald November 12
 Dylan Zarr November 12
 Samantha Cohen November 13
 Jeff Hornung November 13
 Margot Present November 14
 Lewis Brandman November 16
 Julian Harris November 16
 Ryann Brodsky November 17
 Ben Langer November 18
 Chelsea Barich November 20
 Fara Lagstein November 20
 Abi Levine November 20
 Bryan Miller November 20
 Ross Miller November 20
 Amanda Margolis November 21
 Jason Saperstone November 22
 Hannah Tell November 22
 Alex Leventhal November 23
 Alex Sims November 25
 Lucas Goldman November 26
 Eli Grant November 28
 Anna Schoenfeld November 28
 Camryn Miller November 29
 Olivia Serlin November 29
 Lara Greene November 30
 Alia Liebowitz November 30
 Sophie Nadel November 30

Staff...

Meghan Olt August 14
 Emily Day August 15
 Emily Hardisty August 15
 Emilie Weinheimer August 18
 Hannah Wood August 18
 Zoya Hyatt August 19
 Liam Macleod August 21
 Michael Greenwald August 24
 Jakob Jopkiewicz August 25
 Daniel Scheinfeld August 25
 Bryant Ford August 31
 Ingrid Fuentes September 2
 Cyndi Mandolare September 4
 Andrew Alvez September 5
 Frederick Curtis September 11
 Alex Brown September 13
 Harrison Lehrman September 13
 Mark Marsot September 14
 John Onjak September 14
 Ibrane Jaurez September 15
 Elena Allen September 16
 Hanna Falinska September 17
 Adam Langworthy September 18
 Cal Meyers September 23
 Stacy Birk September 24
 Renee Cote September 24
 Jessica Silfen September 24
 Sean Weber September 27
 Kristyna Du'ková September 28
 Robert Nelson September 28
 Mark Kronenberger September 29
 Spencer Allen September 30
 Katie Kreidler October 2
 Gabby Gottschall October 4
 Nicole Yell October 4
 John Vogl October 6
 Carrick O'Dowd October 8
 Hannah Lemkowitz October 9
 Patrick McNeece October 9
 Alyssa Wisekal October 9
 Jacek Sobik October 10
 Connie Briggs October 11
 Diana Cozzens October 11
 Pavlina Kopečna October 13
 John Pezzolla October 14
 Lois Clark October 15
 Casey Linder October 15
 Max Ventura October 16
 Alice Townsend October 18
 Jack Francis October 20

Staff...

Adam Sykes October 21
 Andrew Giles October 22
 Susie Walker October 22
 Matt Buckingham October 25
 J. Grant Parmenter October 25
 Hamish Grundy October 26
 Georgia O'Brien October 26
 Danielle Evans October 27
 Alisdair Kemp October 29
 Emma Patterson October 30
 Tara Ramsey October 30
 Mark Hartshorn October 31
 Desiree Kimball November 2
 Macey Stockwell November 3
 Laura West November 3
 Providence David November 6
 Cheryl Chase November 7
 Michael Curtis November 7
 Michelle Kesler November 7
 John Pieper November 7
 Jason Green November 8
 Jared Eisenberg November 9
 James Mahone November 9
 Melissa Baer November 11
 Renee Pearl November 11
 Aaron Murdoch November 12
 Julia Lighter November 16
 Sarah Giacomini November 17
 Nadian Mason November 19
 Tara Stoulig November 19
 Caroline Rhodes November 21
 Talia Bloom November 22
 Julianne Flory November 22
 Blake Kirchick November 23
 Lucy Townley November 24
 Nicole White November 24
 Brandi Simmons November 25
 Robin Mahler November 26
 Monica Siyanga November 26
 Andrew Arnold November 27
 Ryan McKenna November 27
 Cara Nally November 28
 Michael Bones November 29
 Ronnie Williams November 29
 Sam Wilkinson November 30

Happy 5th Birthday
 Evan Stein!
 October 24th



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

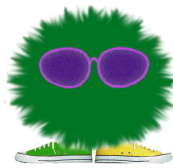
B and an I and a R, T, H!

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



***Attention 2013 Campers, Parents, and Staff...please join us for our NY Area reunion on December 7th and our Montreal Reunion on December 15th! Save the dates...details to follow. We can't wait to see you!

Camp Echo Lake 2013-2014 Off Season Events Calendar

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

New York Area Reunion	Saturday December 7, 2013
Montreal Reunion	Sunday December 15, 2013
Main Village Winter Weekend	Saturday March 1 – Sunday March 2, 2014
New Parent Night	Wednesday April 23, 2014
New Camper Picnic	Thursday May 8, 2014
Camp Echo Lake 2014 Season Begins	Saturday June 28, 2014
Parent Visiting Day	Saturday July 19, 2014
Camp Echo Lake 2014 Season Ends	Sunday August 17, 2014
Echo Lake Idea	Tuesday August 19 – Sunday August 24, 2014

