



HAPPY
NEW
YEAR



CAMP ECHO LAKE TRAIL JANUARY 2009

As of January 15, there are 163 days until Summer 2009 begins at Camp Echo Lake...
Our 64th summer!!!



Winter Address:
3 West Main Street
Elmsford, NY 10523
Tel: 914-345-9099
Fax: 914-345-2120
www.campecholake.com



Summer Address:
PO Box 188, Hudson Street
Warrensburg, NY 12885
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New Kids On The Block

More “new kids on the block” have joined the Echo Lake family and will be making their summer home in Warrensburg! We have some brand new CEL campers, some close friends or siblings of current CEL campers, and some 2nd generation campers of CEL alumni! How great is that?! We are so thrilled that you will all be joining us and wearing the Green and Gold for the next ten or so summers!

Brandon	Finney	Adam	Margolis	Zachary	Schwartz
Brittany	Finney	Amanda	Margolis	Cory	Weinstein
Abby	Fisher	Sam	Riese	Matthew	Weinstein
Jonah	Goodman	Jilly	Rosenthal	A.J.	Wolf
Alexandra	Kaye	Sam	Rubin	Benny	Wolf
Lily	Kessler	Kayla	Schwartz	Max	Wolf

New Email Address for Amy Leopold!!

If you are looking to contact Amy Leopold to set up a summer tour or with questions about camp, you can now contact her at: leopolda@campecholake.com. Thank you for updating your contact lists!

In this Issue... January 2009

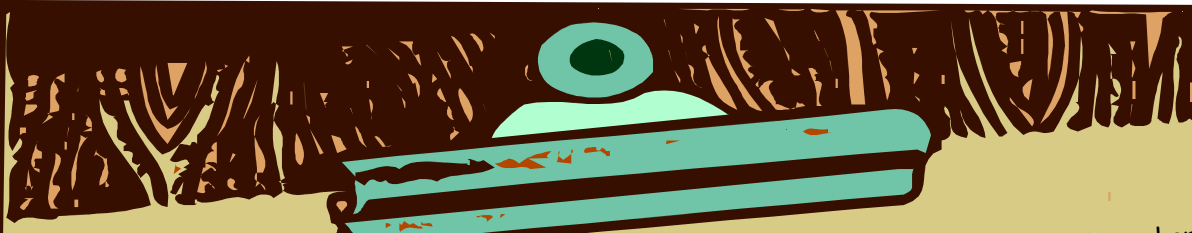
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The Camp Echo Lake 2009 Head Staff...

As we announced in early December, we put together an amazing Head Staff Team for 2009!! As you may remember, there was one missing piece in that team, the Head Counselor for the Senior Village Girls! Well, we are thrilled to announce that we have found the last missing piece for our Head Staff team 2009! Drum roll please.... the 2009 Head Counselor for the Senior Village Girls is none other than the dynamic and insightful **Meredith Pugh!!** Meredith hails from North Carolina and will be spending her 4th summer with us at camp after a summer as an UVG cabin specialist, a summer as 4N4 staff, and a summer as a LIT Group Leader! She has knocked it out of the park each summer and we know that this will be no different!

It is going to be another outstanding summer!!! Get psyched...WE ARE!!!





From the Clipboard of Tony Stein...

Each and every year, we gather feedback from campers, staff and parents - on both a formal and informal level - to help give us ideas on how we can run a better Echo Lake. I always try to read between any lines possible to see how I can be a better Camp Director as well. As always, all the feedback I get is meaningful and I try my best to incorporate it into my own performance.

No amount of feedback, however, has provided the unique perspective that recently becoming a parent has provided. I have experienced certain feelings and incidents that have not only shed new light for me, but also afforded me an entirely new level of appreciation for our camp parents. The appreciation is in two forms, which I will describe.

At a recent visit to our pediatrician, Evan did not seem to be putting on as much weight as he should (he is fine - just a bit of a little peanut! :)). When our doctor told us that there was nothing to worry about, and gave us a couple of helpful ideas, my first instinct was to ask a million questions and search for every trace of reassurance I could get. I stopped myself, however, knowing that the doctor was asking me to have faith in her experience and expertise. At that moment, I gained a new appreciation for the faith and trust that Echo Lake parents put in me and Camp Echo Lake. To be miles away when a problem or concern arises is difficult and can test any parent. I ask for your trust and faith continually throughout the summer as you seek reassurance and answers. Though I have never taken that trust for granted, I feel it in a place and a way that I never have before.

The second form of appreciation speaks to all the incredible parents I have seen in the years I have been running Echo Lake. Most new parents have limited exposure to how other people parent their children. So much of parenting, I think, is a learn-as-you-go kind of journey. Yet I feel so fortunate to have witnessed so many of you be such wonderful role models for your kids - and for me as a new parent. Even though I know my own road, as a parent will be filled with challenges, I am so thankful to have learned so much through osmosis through all of you!

So I guess you can teach old dogs like me new tricks - I am counting on it, and I have no doubt that successes I experience as a parent are in no small part due to our Echo Lake parents!

Tony



.....
Omigod! I missed the first Camp Echo Lake Reunion since 1946! That's a record, right there, that no one can beat. Walking around my Florida home on Saturday December 13 I felt pretty rootless and disjointed because I wasn't kibitzing with you and your parents at the Crowne Plaza in White Plains. And, of course, I wanted to be part of Evan Stein's CEL debut!!!

In any case it just couldn't be helped. What can be helped is that I want to wish all of you a splendid 2009! It will definitely be splendid and magnificent and fun and everything else totally great when we convene at camp in June.

Can't wait to see you!

*Much love,
Amy*



From the Desks of...

Laurie



Main Village Director

The Power of Possibility. I recently spent some time at Canyon Ranch where their slogan is, "The Power of Possibility." That is quite the strong slogan. The mission statement that follows their slogan is, "We aim to inspire people to make a commitment to healthy living, turning hopes and intentions into the highest enjoyment of life." Wow. No wonder I felt so good while I was there. Even after I left, however, the slogan and mission statement really resonated with me and reminded me of camp.

Think about that statement, "the power of possibility." Just before your baseball bat connects with the ball, there is the possibility of a big hit. Just before you walk on stage to sing a song, there is the possibility of a performance worthy of a standing ovation. Just before you walk into your bunk for the summer, there is the possibility of finding your new best friends. Even if you strike out, sing off key, or get into an argument with a friend, there is the possibility of growth and learning from those situations. Standing on the edge of what is possible is the greatest excitement I can think of. That excitement is the power you have to try something new, take a risk, push yourself, learn, and become a little better than you were before. What a

tremendous power that is, the power of what is possible.

Ponder that mission, "turning hopes and intentions into the highest enjoyment of life." You may hope and wish and dream that you are an all star baseball player or actor or make new friends but unless you embrace the "power of possibility" and take the risk to swing the bat, step on stage, walk into the bunk, you may never know what is just a hope, wish, or dream verses what is truly possible. The true power of possibility is going after what you want, taking a risk, and finding the ability to turn your hopes and intentions into the highest enjoyment of life. That is what we do at camp. Over the summer your parents, camp counselors, and friends are going to encourage you to stand on the edge of what is possible when you go to camp for the summer and allow yourself to have new experiences. Think about the excitement you feel in June as the bus pulls into the entrance of camp, I think that what you are truly experiencing is the power of all the amazing things that are possible at camp for the summer. That is truly powerful!

Ironically, with all the thought of "the power of possibility" dancing around my head, I went to see the Broadway musical, Billy Elliot. Billy Elliot is the celebration of one young boy's dream in a gripping tale of triumph over adversity. Based on the enormously popular film, this powerful new musical is the story of a boy who discovers he has a special talent for dance, while the boys all around him are more interested in boxing. Billy Elliot proudly proclaims that inside every one of us is a special talent waiting to come out. The trick is finding it. There could not be a better example of "the power of possibility" than Billy Elliot! Billy stood on a very steep edge of possibility, whether or not to take dance classes. He did not know if he could dance or if he would like dance, but when he took that chance and embraced the excitement of possibility he turned his hopes into the highest enjoyment of life. In the musical Billy describes how he feels when he is about to dance, "It's like there's a music playing in your ear, but the music is impossible, impossible to hear. But then I feel it move me, like a burning deep inside. Something bursting me wide open impossible to hide. And suddenly I'm flying, flying like a bird. Like electricity, sparks inside of me, and I'm free, I'm free!" That is a wonderful description of the power of possibility... "I'm flying, flying like a bird. Like electricity, sparks inside of me, And I'm free." While I do highly recommend that you see the musical Bil

This summer at camp you are going to stand on the edge of possibility and if you embrace it, you will feel the power that possibility comes with. That is the way to make your hopes and intentions into the highest enjoyment of life. Take some time this winter or spring (today even) to imagine how the power of possibility feels! Imagine how the second before your bat connects with the ball or the second before you step on stage to sing or dance or the second before you walk into your summer bunk holds the key to all the possibility of what is to come! It's so exciting I can barely stand to wait until all the magical possibilities of the summer are before us! There are endless possibilities ahead of you and you have the power to embrace them all! That certainly sounds like the highest enjoyment of life to me! My wish for each of you in this New Year and, as summer 2009 approaches, is that you stand on the edge, fly like a bird, feel the sparks of electricity, and with everything in you, embrace YOUR Power of Possibility!!

Love and xoxo, Laurie

JP



Operations Director

The Adirondack Almanac

Hey everybody!

I hope all is well wherever you are. This is my new article now that I'm no longer working in the Senior Village. I've had lots of great ideas about the theme of my article but none of them felt right.

Here's an example of a few of my ideas:

The Doghouse- An article dedicated to the four-legged residents of CEL.

The Orange & Brown Report- Updates and insider info on the most heartbreaking and unsuccessful NFL franchise of the last 10 years.

W.W.T.D? -(What would Tony do?) This article would present Tony different situations and we find out what he would do. Here's a sample question for Tony: If you had a choice between running flashlight sing for the Lower Inter Girls or eating Sloppy Joe's with the New York Jet's offensive line what would you do?

When Dinosaurs Roamed Echo Lake- An in depth look at what types of dinosaurs might have called CEL their home.

A Trappers Guide to Echo Lake- Hunting and fishing guide to Warren County.

All of these ideas are pretty awesome but I decided to take more of a universal approach. My new article will feature insider CEL secrets and fun facts about Warrensburg & the Adirondacks. I will even test your upstate knowledge and throw in some local news!

Stay Gold, JP

From the Desks of...

Brenda



Senior Village Director

So the wind is whipping against my window and the sidewalks are covered in ice. This weekend we are packing the skis in the car and heading up North of Montreal to make snow angels and snowmen, go ice-skating and even build a wintertime bonfire, but what will my family be talking about around the fire? You guessed it, CAMP. It is the baseline for everything we do now. How can it not be? My husband, Jay, was a camper at CEL in the late 80s; he and I met while we were on staff in the early 90s - only to return as Girls and Boys Head Counselors from '98-2000. When we said good-bye at the end of the summer of 2000, as we were awaiting the arrival of our first child, we had no idea if we would ever find our way back to Echo Lake. Fast forward 7 years, and three kids later, to the CEL Montreal Reunion in December 2007...one of our favorite weekends because our dear friend Laurie Rinke stays with us for a couple of days. As we sat around my kitchen table reminiscing, she posed the question, "When are Abi and Jacob coming to camp?" That question was all that it took to get the ball rolling again for us to get back to CEL.

The difference this time around was that I was wearing two hats: staff and parent. After having played the role of Cabin Specialist, Group Leader, Program and Head Counselor, what a change to be the Tour Director for 2008. In actuality, it was an ideal re-introduction to camp. I had the best seat in the house last summer - I was so lucky to take prospective families around camp and see the boundless fun everyone was having in every corner of camp. Unprompted, and without fail, on every tour, campers would wave and call out "Echo Lake is the best camp ever!"

Talk about a Warm Inner Glow...The perks of watching Abi (8) and Jacob (7) perform their first group sing, trying new activities they'd never been exposed to, making wonderful new friends and feeling so safe and loved was priceless. I suddenly gained an amazing perspective on the enormous gift Echo Lake is. My kids learned independence and autonomy, to be a part of a community, to make decisions for themselves, to have fun without computers or television, to let loose and be in the moment, to be silly, and oh so much more. I felt so blessed to have my own children at Echo Lake, but I also felt proud to be a part of the staff and community that makes this magic we call CAMP. As I take on a new challenge as Senior Village Director, I look forward to drawing upon my experiences in the various roles I've played at camp and marrying that with my role as a parent.

I can't wait to meet the Senior Village campers this coming summer. You each bring with you your own Echo Lake story - I look forward to seeing you reunite with old friends while making new friends, watching you anticipate favorite activities and events while challenging yourselves to try some new things and seeing you look up to campers or staff older than yourselves while leading those that look up to you. Your summers at Echo Lake shape who you are and I look forward to helping to make summer 2009 safe, fun and memorable. Senior Village is a unique community within the Echo Lake community and I can't wait to be a part of it!

Love and Hugs, Brenda

Jacko



Program Director

The Great Echo Lake Debate

It is with great excitement that I formally introduce this new column to the Echo Lake Trail! In this space every issue you can expect hard-hitting and informative opinions on all things Echo Lake. We will attempt to resolve the great topics that have been debated in Warrensburg since camp's foundation. What is the best tribal event? What is the best dinner at camp? Best evening activity? Favorite fuzzy color? We'll tackle all the important issues that are so near and dear to our hearts in the world of warm inner glows. During each issue I will debate a different prominent Echo Laker on the given topic... because as you all know, there is always more than one answer to these great camp debates. One of the best things about camp isn't necessarily where we stand on a certain topic but the fact that we feel so passionately about our position. It's that love and absolute obsession that our campers and staff have for camp that distinguishes Echo Lake as a truly special and unique place.

For those of you who might be wondering about my qualifications for writing such a column I point to my 17 summers spent at camp and the University of Maryland's renowned Phillip Merrill College of Journalism. The fact that I never actually took any journalism classes while at Maryland is irrelevant and, I'd still like to think some of that journalistic know-how rubbed off on me. The goal of this column is to allow you the reader to think back to the great aspects of camp during these winter months and hopefully spark some friendly debates between you and your camp friends.

It was great to see many of you at the New York area reunion, one of my favorite non-summer days of the year. I hope you all had a terrific New Year and Holiday season and I hope to see many of you at our upcoming winter weekends. Take care and get excited for the March issue for the first in a long series of great Echo Lake debates!

All my best, Jacko

Alumni & Staff Happenings



Spanning the World...

“What would a vacation be without meeting up with some CEL campers and alum! Imperfect! Fortunately, we saw a few CEL people staying at our resort in Mexico so of course I had to share them with you! I got to hang out with none other than Michael & Abby Oringer! Couldn’t believe my eyes when I spotted their family at lunch in their group t-shirts/caps and totes for his in-laws’ 50th anniversary. That made my trip!” – **Renee Pearl Sigler**

“I was just eating lunch at my parents club in Boynton Beach and I am at the salad bar and look over and see Nicole Berkowitz! She moved down here 5 months ago to teach. I’m seeing Lauren Ostrin tonight too. Amazing!” – **Lissy Kates**

In the mid 80’s **Peter Fishman and Dara Mochson** crossed paths in “The Wiz” on the CEL stage. Now married with a 1 and ½ year old daughter named, **Talya**, The Fishman family will be returning to camp in 2009! That’s right, Peter is now, Dr Fishman, doctor of emergency medicine in Massachusetts! Peter will be the CEL doctor for the last week of camp this summer. Dara and Talya will be there as well and are eager to help out with Fine Arts, Dance, or any of the other camp fun! It will be a great and healthy week at CEL with alumni, Dr Fishman in charge!

We recently reconnected with **Walter Penny** an alum who spent 4 years at camp in the early 90’s as a driver, two years as 4n4 staff (one of the years was the 1991 4N4 trip with Laurie Rinke!), and one year as trek. Walter is now living with in Denver, CO and has been married for nine years to his wife, Norma. Walter runs the company, Colorado Bed Bug K9, LLC that offers the latest and most accurate scent detecting technology for locating bed bugs. They are able to find bed bugs with 90% accuracy because of Macaroni the wonder mutt! Great job Walter!

Hello Lakers, I’m afraid I have some very sad and distressing news. Unfortunately there will be no members of the Borley family working at camp next summer. I know I know, we are both very upset and have been attending group counseling sessions but all good things have to come to an end at some point I guess! **John** is actually working in New York for a year, which is pretty cool, and I got a job with CCUSA so still involved in the industry! Anyway I just wanted to say hello and if there are any returning staff that need help getting back to camp next year feel free to get in touch! Warm winter glows, **Pete Borley** - Laker for Life

Happy New Year!! 2009 was rung in in true Echo Lake fashion when **Michelle Rinke, Matt Jackowitz, Eric Davis, JP Begly, Allison Zucker, Sari Turner, John Borley, Laurie Rinke, and Matt Ian Riker** celebrated together in NYC! CEL magic was working when they even ran into two other Echo Lakers that night...**Danielle Parkes** was early in the night and then closer to the ball dropping, **Noah Plotnicki**! It was a great night for sure!

Exciting news! **Ken Babby** has been named Vice President of Advertising at the Washington Post! We are so thrilled.

Amy Schwartz, alum and sister of fellow alum, **Jon Schwartz** has a lot to be celebrating! Amy got married in April and is now, Amy Schwartz Fischel! Amy is also the Talent Coordinator for Stephen Colbert and the Colbert Report and donated tickets for both the Colbert Report and for Jon Stewart of the Daily Show for the Silent Auction of Autumn Elegance for Project Morry! We’re thrilled for Amy and for Project Morry!

Meredith Gertler contacted us with her good news! She works in the HBO Home Entertainment division (DVD) and oversees all of their DVD releases. She manages the budget, sets the release timing, pricing, product strategy, etc. after having just spent the past year in London overseeing the international division. While in London, Meredith spent some time with **David Prager** who lives in London as well. Bravo, Meredith!

Adam Deutsch is now 31 and working as an attorney, living in Brooklyn, NY. He fondly remembers his summers at Echo Lake - especially his memorable 4n4 summer!

Lauren Rothman is our resident fashionista! Lauren is a fashion consultant, stylist, personal shopper, leads seminars on fashion and is based in Washington DC. You can check her and her great press out at www.styleauteur.com! She has some high profile clients who must remain nameless! We swore we wouldn’t tell!

Alumni & Staff Happenings



Celebrations...

"I just wanted to drop you a line to tell you that I am engaged! **Katie** and I met in Savannah, GA when I was attending Savannah College of Art and Design while I was completing my MFA in Furniture Design. Katie and I moved to the Northwest (Bremerton WA) in May of 08 when I was hired at my current job."-**Chris "Woody" Burton**

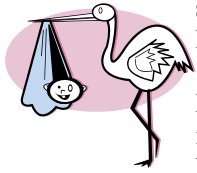


Jana Quitoni, daughter of **Jason and Linda**, became engaged in November. Best wishes Jana!

Lauren Gross had a great 50th birthday party on New Year's Eve in Florida. Echo Lakers past and present who were in attendance were **Amy Stein, Eric Stein, Greg Gross, Roger Gross, the ever wonderful Catherine Luiggi, Joan Langer, Kendall Gross, Xander Schactel, Jordan Schactel, Jarett Gross, Logan Gross, Evan Oder, Max Luiggi, and Stefan Luiggi!** What a celebration!

Echo Lake Campers 20??

After getting married last year in San Francisco, **Jim Pitofsky** and his wife, **Becky**, are happy to announce that their son **Asher** was born in April. Asher, was named in honor of Jim's Mom, because Asher means "living life to the fullest". He is a blonde-haired, blue-eyed child, VERY happy baby. The Pitofskys are very happy with their move to Arizona and have fond memories of their "atypical" wedding. A rockin' gospel choir sang at the ceremony...it was the same choir that sang in Will Smith's "Pursuit of Happyness," the same choir that Jim actually sang with in the movie! In a lovely romantic gesture at the wedding, Jim sang an original song that he wrote for Becky. Mazel tov on all your joys!



Former tennis and dance counselors turned GLs, **Conor Doyle and Melissa Robbins** got married last year after meeting at camp a few years ago. To add to the happiness, they gave birth in October to their first son, **Owen Patrick Doyle!** Wonderful!

Carli Blische Surak and her husband **Chris** welcomed their second child to the world! Their daughter, **Riley Grace Surak**, was born December 18th at 9:57am. Riley was 8lbs. 8oz and 20 inches long. Congratulations to all!

Passing



We are deeply sorry to announce the death of **Selwyn Cain**. Selwyn was the husband of **Susan Cain**, **Amy Stein's** bunkmate at the age of 9 and her life-long dear friend. Selwyn was the beloved stepfather of alums **Michael and Jonathan Leopold** as well as the grandfather of campers **Emily and Sam Leopold** and **Rachel and Molly Leopold**. Selly was also the stepfather of a Star of the Echo Lake office - **Amy Leopold**. Our hearts go out to you dear people. May he rest in peace.



Peter and Tayla Fishman
in snowy Vermont!



Walter and Norma Penny



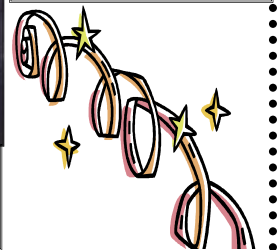
New Years Eve with Camp Friends!!!



Chris Burton & fiancée, Katie.



Riley Grace Surack





Winter 2008

Project Morry is heading towards 2009 FULL STEAM AHEAD! Our school year program has been up and running since September. That means over 30 gatherings have ALREADY occurred with our kids! School year gatherings are curriculum-based with a plan to support young people throughout the year, both in school and at camp. Through these community based gatherings, our 4-7th grade kids are encouraged to set their own goals, work hard to achieve personal excellence and experience the self-confidence gained by accomplishing their goals. Information discussed at the gatherings is reviewed through a glossary of terms that cover the topics in depth including how to set short-term goals and ways to achieve successful long-term outcomes. Through written essays, young people are given the opportunity to comprehend and explore what was discussed at the meetings and reflect on the significance in their own lives.

Our 8-10th graders gather here at our White Plains office a weekend a month. Here they are challenged to examine their lives, assess the consequences of their decisions, examine their motivations, and evaluate their short- and long-term goals. By exploring life's obstacles, challenges and new experiences, young people determine how they can make a contribution to team building. The team gains its strength and momentum based on understanding, cohesiveness and leadership. A key component in the year-round relationship with students in Project Morry is maintaining close contact and forming strong bonds of teamwork with their parents and community.

2009 holds new challenges for all. The economic climate weighs especially hard on our families and if ever they needed the stability and strength of Project Morry, it is now. So we say thank you. Your efforts, your belief and your continued support will help us to continue to DO WHAT WE DO!

Camps That Give

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 too. We thank them for their generosity, their kindness and their gift to our kids.

We salute Camp Echo Lake whose Camps that Give efforts raised over \$17,000 this past summer! We would encourage you to visit their website at www.projectmorry.org and click into the Camps that Give page to see ALL that you are helping us to accomplish!

Project Morry Autumn Elegance Gala

The twelfth annual "Autumn Elegance Gala", held on Tuesday, November 18, 2008 at The Lighthouse at Pier 61 in New York City was a wonderful success! This amazing event has brought in nearly \$240,000.

Michael A. Brown was honored with the Morry Award. Morry Stein devoted himself to enriching the lives of children by supporting and developing communities, in which they could grow, thrive and learn. Michael received this award in recognition of his devotion to these same ideals. The event was once again characterized by an amazing sense of community, celebration and commitment! The night began with a wonderful cocktail hour and a preview of silent auction items. A program followed that featured words from Project Morry alum Linda Mayo, a current Westchester Community College sophomore, and the showing of the new Project Morry video. Dinner and then words from our honoree capped off this remarkable gathering.

A very special thank you goes out to all those who made this a "gala to remember". The team behind this magic was: Chair, Ellen Kisner, and committee members Alma A. Brown, Sylvia Brown, Adam Clampitt, Ellen Friedel Cohen, Jeri Cohen, Hilary and William Cooper, Lani and Steve Feldman, Dora Foushee, Veronica Guerrero, Samantha Haber, Pamela Heller, Ron Kisner, Cheryl Kramer, Roni and Phil Levien, Karen and David Miller, Terrance Miller, Andrea Ralls, Robin and Burt Rapoport, Jamie Sirkin, Johanna Skier, Amy Medine Stein, Ellen Tesler and Marcus Ticotin.

And a final thank you to all who attended and supported this night filled with belief in Project Morry.

Watch the Trail as well as the Project Morry website for information on our upcoming Spring Blast and Young Professional events.

Kids That Give - Spreading the Warm Inner Glow

We salute the following kids who are either given or are CONTINUING to give to Project Morry through their efforts of gifts and time! **Ben Grayson, Jake Henin, Ryan Karetsky and Casey Russo!** Thanks to all of you from all of us!

Interested in learning more about Kids that Give? Give us a call 914-592-3055 or email us dream@projectmorry.org.

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If you are interested in contributing to events or if you are looking for more information, to make a donation, or get involved, please contact the Project Morry office by phone: (914) 592-3055, email: dream@projectmorry.org, or go online: www.projectmorry.org. Thank you for your continued support of Project Morry!



Echo Lake 2008 Winter Events



Get excited once again for the ever popular and now improved...

2009 Senior Village Winter Weekend!

It's going to be a great weekend filled with camp friends, laughter, and adventure.

The dates for this year's trip are **January 24th-25th**. You can download information and the registration form at www.campechola.com!

ESCAPE with us to Whitewater Bay Indoor Water Park at Great Escape Lodge in Lake George, the EXCITING, and ONLY indoor water park in ALL of New York State!

Highlights of the trip include:

- Deluxe roundtrip transportation from NY area to camp!
- One night stay at the Great Escape Lodge in Lake George!
 - Movie & Canteen in the Senior Village Lodge!
 - Gourmet delights provided by The Lodge Staff!
 - Wet & wild indoor Water Park fun!
 - Bowling at the world famous Lake George Bowl!
 - Camp Tour and Nighttime line-up!
- The often imitated but never duplicated Lake Walk!



IMPORTANT INFORMATION: Registration is on a first-come, first-serve basis and spots are filling up very quickly! It gets cold up at camp in the winter so you will need to bring lots of warm clothing for the weekend (especially the walk around camp...snow pants are ideal). You will also need to bring basic toiletries.



*The Senior Village Winter Weekend is open to 2008 Upper Inters, 2008 Lower Villagers, 2008 Upper Villagers, 2008 4n4, and 2008 LIT's.

It was so awesome we're going back for more...

2009 Main Village Winter Escape!

Get ready for two days of wet and wild fun!!

The dates for this year's trip are **Feb 28th-Mar 1st**. You can download information and the registration form at www.campechola.com!

ESCAPE with us to Whitewater Bay Indoor Water Park at Great Escape Lodge in Lake George, the EXCITING, and ONLY indoor water park in ALL of New York State!

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*The Main Village Winter Weekend is open to 2008 Frosh, 2008 Lower Juniors, 2008 Upper Juniors, and 2008 Lower Inters.



The 411 of 12885... What's Happening in Warrensburg?



It has been a very another busy winter at Echo Lake – and not just because of all the new stuff our crew is working on. We have had a very snowy winter at camp, and so there has been loads of plowing and shoveling and clearing of snow! We certainly expect to have plenty of the white stuff when we head up for our winter weekends.

In addition to the awesome AQUAGLIDE we have coming to the Echo Lake waterfront, we will also be adding another new sailboat and additional kayaks for this summer in order to offer more spaces in these programs which have gained much new popularity in the last couple of summers.

Darren and his crew have been hard at work on some new projects around camp. In the fall, we tore down Bunks 22, 24 and 26. They will be replaced by a new camper cabin (Bunk 26) as well as a new building that will house Laurie's office, the Girls Head Counselor's office, the Echo Lake Library, the TP Shack and the Athletic Shack. This new building will be directly next to the Fine Arts Center, where Bunk 22 used to be.

In the spring, we will be installing a new sprinkler system in the Senior Village Baseball and Athletic fields. This will make for an improved out-field area for baseball and will enhance the area used for lacrosse and NFL days! We continue to renovate Senior Village cabins and will be doing some repair work on the Main Village Dining Room roof as well.

Coming to the CEL waterfront in 2009...The Aquaglide!!!



Staff Bulletin Board

Shout Outs from Our Outstanding Staff!!

I have just finished my M.Ed. in School Counseling from Southeastern Louisiana University and plan to explore the idea of a Ph.D. sometime later. **Ethan** is huge now and he is kicking tail in Karate. I don't think we are looking at the next Kimbo Slice but you never know! **Tara** is excited to be the Bioquest Trekkie this summer, but no stinky feet allowed in our cabin! I am looking forward to camp and can't wait to be working on Main Camp again! –**Nick Stoulig**

I just got elected vice president of my sorority and am currently spending my very long winter break down here in Florida waiting for everyone to come home, especially my big brother who's in the Air Force and haven't seen in 8 months!! I miss everyone from camp, especially the UVG Staff and Campers, I hope everyone's doing great and having an awesome freshman year. Happy Holidays!! –**Kelly Ward**

Hey Echo Lakers! I'm sure some of you have seen some Auburn (my college) football games on TV and I bet you LSU fans are happy! Anyway, I miss the LIGE '08 and all of my counselor friends. Be jealous because down here in Alabama I get to wear t-shirts and shorts when I go to work and I play outside with six-year-olds all day! Happy late birthday to all of you who've had your birthday this fall! Wish I could've made it to the reunion but I'll be seeing you Summer '09! Love, **Meaghan Loraas**

I graduated on Saturday, December 13th at 10am from Meredith College in Raleigh, NC with a BA in Sociology. I was asked to speak at graduation as the undergraduate representative. It was a bittersweet experience. I can't believe college has gone by so fast! I start my job with Cloz on January 29th and will be traveling around the North East for three months then heading back to Raleigh in April. And then...another summer at Echo Lake and I can't wait!
– **Meredith Pugh**



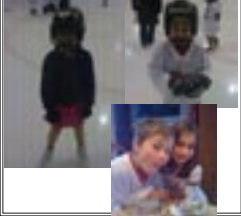
Memories of camp '08 in the Village are on my mind a lot down here studying and doing fieldwork in Ecuador. In January I am starting a work term with a foundation close to the Peruvian border called Casa Linda. It houses teen girls for 3 to 6 months, and operates as a healthy living community for girls who don't have healthy living situations. Intense to say the least! I am looking forward to learning a lot in apprenticing the social workers and human rights lawyers with the organization, not to mention the awesome opportunity to get to know and hang out with youth all the time! I had a lovely visit this fall with **Pedro Gerson** when he stopped in to visit me on his South American tour. Other camp visits down here included a quick visit with former GL, **Toby Bloom, and family** in The Sacred Valley, Peru during the holidays, as well as wonderful travels with **Janna Fraser** come April and May! Then I head back to Warrensburg in June! –**Jess Williams**



Campers Corner

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

Abi & Jacob Levine had a visit from "Auntie" Laurie! They showed off their figure & power skating moves and she gave them a BIG kiss!



Halloween photo of incoming Frosh, **Margot Present.**



Hey 2008 UJGW!!! I miss you all so much!!!! Have an AWESOME AMAZING YEAR!!!! PEACE OUT!!! -**Tilly Pecker**

Cory & Justin Oringer on Halloween



Jacob Bortniker and Jake Gluckman, stars of this past summers "Little Mermaid," production, are continuing their acting. Jacob is playing Rooster in his school production of "Annie" and Jake is playing Ryan in his school production of "High School Musical." Bravo, guys!

Haley Rogers went to visit **Alexa Kamberg** in October. They went to the "Not So Spooky Walk" near Alexa's house. It was a great day for both of them.



Sasha & Arielle Chaifetz and Samantha & Daisy Ferleger shared some family fun over the holiday vacation!



I had a great time at the reunion!!! Here's a picture of me as a hockey player who got into a shaving cream fight on Halloween!! It was the BEST Halloween ever!! See you soon, **Alex Sims**



Jonathan Noe and Graham Kessel were on the same soccer team this fall and their team won the 3rd and 4th grade boys Woodcliff Lake championship!

My team is currently #3 in Florida, #5 in the region and #10 in the country. -**Zach Saperstone**

OMG! I wish I could still give all of UJGW fuzzies, because you guys deserve them! Can't wait to see you! -**Anna Schoenfeld**

The **Kleinfields, Brooke and Brett**, had the pleasure of hanging with the **Weills, Sarah and Matthew**, over the holiday break.



Ira Ganz is honored to have been selected captain of his basketball team. Unfortunately he will miss the reunion so that he can be at the team's game against the toughest team in the league. Hi 08 LIBs!

Hey guys!!!! Some of the 2008 LIGW enjoyed a nice sleepover at Lauren's house and we missed everyone who couldn't make it. We just wanted to say hi to everyone and we miss you guys so much! Have fun! Love, Former LIGs, **Lauren Whitman, Lindsay Eller, Lindsay Zelson, Phoebe Weinstock, Hannah Romney, Allie Luntz, and Hayley Lavin.**



I am looking forward to going to my first year at Echo Lake!!!! **Sydney Weber**

Hi! I am not coming to the camp winter weekend this week because I live in Panama! Give a shout out to **Isabell Longert and Penelope Lutvak** and tell them I miss them!!! Love, **Monica Kramer**



I visited my sister at Vanderbilt U & saw my old counselor **Emily Hertzberg!** -**Rachel Feldman**

On Nov. 16th, **Jordyn Miler and Brooke Bolnick** hosted a sleepover for ALL of the 2008 UJGE! They had a great time, although **Alexa B** and **Maddie** were missed! Looking forward to winter weekend!



Casey Landman and Brooke Kleinfeld has a great sleepover (complete with matching PJs) over the holidays!



Derek Sigler, while on vacation with his family (including the Queen of Fun **Renee Pearl Sigler!**), was walking along the pool area and bumped into **Jordyn and Noah Thaler**. Derek also saw **Scott Roslin** on the same trip. What fun!

Myles Novick, David Weinstein, Justin Casper had a fun Halloween.



Lower Village 09. It's going to be an amazing summer. -**Danielle Grossman**

Dear Jake, You did awesome at your bar mitzvah! All of your hard work paid off. The centerpiece and bima baskets you donated to Project Morry were amazing and we had so much fun at your party too!!! We are proud and love you so much, **Alexis and Max Henin**

This past weekend I had my Bar Mitzvah. Josh L., Jared E., and I got together and had a sleepover after the party. This is a shout out to all the UVB's '09!!!! -**Jake Henin**

Hey ligw 08!!!! I loved seeing you at the reunion and can't wait for next summer. -**Sarah Weill**

After the December NY area reunion, almost every single 2008 LIGW went to White Plains Bowling for food, friends, and fierce strikes on the lanes! It was a totally inclusive and extremely fun blast!! Great job, ladies!!



AT HOME DO - IT - YOURSELF ACTIVITY AREAS

Heart Collage - Shape is a basic element in many types of art work. An artist may invent new shapes or use shapes we recognize and see everyday. Some artists focus on one shape and create different compositions with it, by doing a series. A series may include a large number of works; however, they all are variations on the same subject or theme. In the following activity, you will get to create your own "heart" series.

Materials You Need: 12 x 18 inch white paper (the heavier the better); a set of watercolor paints (or Tempra paints) along with a water container, two paint brushes (a medium and a large camel hair brush), a paint shirt; newspaper, a sponge, and a pencil. You will also need some colored construction paper (3-4 colors), a glue stick, a pair of scissors, and an assortment of crayons, cray-pas, or markers.

Getting Started: Before you begin painting, think about how you can express different emotions or ideas using the heart shape with different colors, lines, and textures. What colors and lines would you use to express a "broken heart?" What about a "wounded heart" or a "heart in love?" To begin, put on your paint shirt and lay out the newspaper, the water container, your watercolor paints, and the other materials on the table in front of you. Next, neatly fold the 12 x18 inch sheet of white paper into four sections and then unfold it on top of the newspaper. Fold a small sheet of construction paper (6 x 9 inches) in half and cut a large heart shape out of it.



The Activity: Using a pencil, lightly trace around your heart stencil in each section of the large white paper. Try to make each section slightly different by placing the heart in different directions. Next, create a series of four paintings using the heart as a theme. Heart Collage There are many techniques that you can use to create your series. Try different ideas in each section. In the first section, you might try a "wet-on-wet" technique. With a large brush, apply water to the background around the heart. Next, using the tip of your medium brush, pick up some color from your paint tray and paint dots all over the background area. Notice how the color spreads on the wet surface. Try using other colors. Let this dry while you work on another section. In the next section, try a crayon-resist technique. Use a light-colored crayon to outline the heart shape and quickly fill in the heart. Using other light-colored crayons, create a pattern of lines in the background. Next, paint over this section, using dark watercolors. The crayon patterns will show through the watercolors. Experiment with different ideas, colors, and techniques in each section. Try using the sponge to apply color. In other sections, try mixing the colors on the surface. Once a section is dry, you can go over it with crayons, markers, or cray-pas to outline the heart or to create different textural patterns. When your paintings are finished, cut or tear them apart. Pick out your favorite one and glue it on a 9 x 12 inch sheet of colored construction paper. Then, using torn and cut bits of construction paper, create a "funky" frame for your creation. Glue these pieces on the edges of your painting. Sign and title your creation with a pencil.

Want To Do More? Create an artist book using your heart paintings. See if you can find works by other artists that use the heart as a theme or subject. Have fun, and share your love for Art...**Sara Gold, Fine Arts Head Specialist**



The Ten Commandments of Hoopology

I bet that all of you who are hoops fanatics are already into your school or travel team seasons, or will be in the near future. I wanted to share with you a few thoughts on how to get the most out of your team experience and be a better player in the long run. With



that in mind, here are the Ten Commandments of Hoopology, brought down from the heights of Hackensack Mountain a long time ago by a twenty one year old basketball counselor and delivered personally to all the campers at Echo Lake who love the game Naismith invented.

- 1.Honor thy coach. Seems simple, right? Well, considering that your coach is just about the only person who can put you in or take you out of a game, it makes sense to listen to what she/he says and try to do exactly that. In the decades I have spent coaching at the high school and college levels, it has always amazed me how many players listen to other people before their coach, when the coach is one who controls the style of play and playing time. So, if you want to play, listen to your coach!
- 2.Arriveth well before the appointed hour. Get to practice early! Bring your own ball and use the extra time to work on your weaknesses, not your strengths. If you don't know what those are, just ask your coach! It will show him/her that you are serious about getting better!
- 3.Knoweth the drills. Learn the drills your coach likes to use inside and out. If he/she asks for someone to start them, jump right in. You'll get more reps, get better and earn the respect of your coach as well.
- 4.Shooteth good shots. During practice, make sure you take good shots – that means that you ought to take only shots that you can make most of the time and that fit into the offense your team uses. Coaches love players who do this and will rarely criticize them for missing. Practice is no time to show off your turn around three pointer from thirty feet – save that for HORSE!
- 5.Knoweth the shots of thy teammates. Start watching where your teammates shoot from in practice. This will help you become a better offensive rebounder and earn you extra PT, since you will be adept at coming up with errant shots. Being a good offensive rebounder – no matter what your position – will also help you average at least three or four more points a game. Don't forget, coaches love players who can go to the offensive boards!
- 6.Stray not from thy skills. See number four above! Team practice is definitely not the time to perfect new skills! Do that on your own in your individual workouts. What you want to show your coach is that you have a solid game that you can rely on, so you won't be a mistake waiting to happen, and can instead be counted upon to do the simple things and do them correctly!
- 7.Watcheth thy tongue. Don't get involved in team drama! Stay focused on getting better and fitting into the system of play used by your coach. Put all of your energy into making yourself and your team as good as possible and not on criticizing your teammates. You'll be a valued teammate & become a good leader too!
- 8.Practiceth more than thy competition. Team practice is valuable, but it is just that –team practice. The only way you can get better is to complement team practice with individual workouts. I've shared a number of these in earlier Trail articles and I have lots more ideas to share – just get my email from the camp office and I can help you!
- 9.Passeth the rock. If you want teammates to pass to you, you must pass to them. And you know what, even if you have someone on your team who forgets to do that from time to time, it important to play the game the right way! It will also help you develop your skills as you get older and play at a higher level. Passing is truly one of the lost arts of basketball and good passers are prized by coaches!
- 10.Hustleth like you-know-what. You'd be surprised how many players don't practice hustling! And you do have to practice it, to make it second nature! Most players can only play with top effort for a short period of time. If you can maintain your focus, energy and effort throughout a drill, great! Then do it two drills in a row, then three, then a whole practice! You know what? If you can, you'll be in the game when it matters most!!!!

I've been up at camp a number of times this year, and sometimes I sit out on the courts-----they're calling you, and we'll be waiting! See you in June! **Glenn Begly, Basketball Head Specialist**

AT HOME DO - IT - YOURSELF ACTIVITY AREAS

One of the key elements to any gymnastics skill is BODY TENSION. This will help you to control your body through each stage of the skill you are performing by tensing your muscles. A good way of learning which muscles to use for each skill is by doing conditioning exercises.

Before starting any physical activity you should always prepare your body by warming up and stretching. This should help to reduce the chance of injury through exercise.

WARMING UP should be a pulse raising activity that lasts about 5 minutes. Running / star jumps on the spot. Skipping with a rope. Shuttle runs (running between 2 set points)

STRETCHING to prepare your muscles and joints for activity. Arms/shoulders: circle forwards and backwards. Wrists/ankles: sitting down circle hands and feet in both directions. Wrists: sit on knees and lean on hands in front. Rock forwards and backwards with fingers facing forwards. Turn hands so fingers point towards knees and gently rock forwards and backwards. Legs: sit with legs apart lean over leg reaching towards your foot. Repeat on other leg. Then reach in front trying to get chest low to the floor without bending your legs. Legs: Sit with legs straight in front lean forwards reaching towards your feet trying not to bend your legs. Backs: lay on front push on your hands to raise your head off the floor. Relax your back by curling up on your knees with you head tipped towards knees.

CONDITIONING exercises. With all exercises start small by doing 5 repetitions and build up over time by adding 2 more each time you feel comfortable. These exercises can be done 2-3 times a week. Always STOP if you feel uncomfortable or you feel pain. Arms - PRESS UPS start leaning on your hands with legs extended behind (this is called front support shape). Keeping your back straight lower your body towards the floor by bending arms and push back up to straighten arms. Stomach - SIT UPS lie on your back with knees bent so feet are flat on floor. cross arms over chest with hands resting on your shoulders. lift your head and shoulders off the floor trying to get your upper body as close as you can to your knees. You may want someone to hold your feet on the floor. Legs - STEP UPS stand in front of a step. Place 1 foot on step, push on this foot to raise yourself up and place other foot onto step. Step back down 1 foot at a time. Repeat with other foot leading first. Arms/legs - BURPEES start in front support. Jump both feet in towards hands, jump up and stretch arms up, squat down and put hands on floor, jump feet backwards to finish in front support. Repeat. Stomach/back - DISH and ARCH lie on back stretch arms above head. All at the same time lift arms, head, shoulders and legs off the floor about 10cm. Hold this DISH shape for 3 seconds and lower back down to floor. Repeat. For ARCH repeat but lying on front.

When you have finished any physical activity you should always COOL DOWN. This slows your pulse rate and returns the body back to pre exercise state. Spend a few minutes gently stretching: Legs - sitting or standing reach for your toes Wrists - sitting on knees hands in front on floor, rock forwards and backwards Ankles - Get into front support shape, lift you hips up so that you are high on tip toes, lower heels towards floor keeping legs straight. Stomach/back - lay on front, push on hands to raise head off floor.



Remember to build up slowly maybe adding 2 repetitions each week up to a maximum of 20. Always stop if you feel any discomfort during exercise.

Make exercise fun work to music, exercise with a group of friends, set yourself goals.

Enjoy your workout!!

Dawn Wylie,
Gymnastics Head Specialist.

It hasn't stopped snowing in Montreal, so I thought about giving you a recipe for guacamole, as I was dreaming about Mexico and the beach. Then my daughter asked me to make a new scrumptious recipe for cinnamon buns, which I quickly dubbed CEL-Bon (get it?), but it wasn't so easy & took awhile. I kept saying to myself, "Renee, they probably want another dessert...you know how the campers are...sugar, sugar, sugar". Something else was telling me really loud: "It's time for a CHANGE!" Heard that one? With all that thinking, I decided to risk the backlash, and go with a Hanukkah theme and give you a holiday treat with a twist-Latkes or what everyone else may know them as, Potato Pancakes. YUM! You can make these as a side dish or smaller ones as an hors d'oeuvre, or save the recipe for next year! I made these this past Friday & half were gone before I brought them to my mom's for a family dinner.



There are nutritional benefits to eating sweet potatoes, so that's why we're using them instead of the traditional white Idaho or Russet potatoes. (You Yankees sometimes call them yams and eat them during Thanksgiving...and for you Europeans, they're the funny looking orange potatoes!) Adults definitely need to supervise the kids for this recipe. It's a fun family cooking affair. Yes, this is a little messy. Yes, the prep is a bit labour-intensive. Yes...you are frying them in oil...and the smell of oil pervades the house and everyone in it. So what! You only live once and should try them at least once...or twice. Where's that Echo Lake positive attitude? C'mon, you can do it!

Hanukkah celebrates the miracle of the oil: A small band of Jewish rebels took up arms more than 2,000 years ago to protect their community and religion against the Greek-Syrian ruler who threatened both. They defeated the enemy and reclaimed the Temple in Jerusalem, where, as the story goes, they found enough consecrated olive oil to keep the sanctuary lamp lit one night. When it lasted for eight days and nights, believers called it a miracle. That's why we also light the candles on the Menorah for eight nights.

Sweet Potato Latkes - Ingredients: 1 medium sweet potato, peeled and quartered; 2 green onions, chopped; 1/2 cup flour; 2 eggs, lightly beaten; 1 tsp salt (I like to use kosher salt for more flavor); Freshly ground pepper, to taste; Oil for frying (I prefer olive oil, though most recipes call for canola or corn oil); Applesauce or sour cream for once they are made

Directions: Grate the sweet potato, using the metal shredding disc of the food processor. (Or use a hand grater if you don't have one) In a large bowl, mix with the remaining ingredients. Heat a few tablespoons of oil in a non-stick frying pan or Dutch oven, and drop batter by tablespoonful into the pan. Flatten with a spoon or spatula and fry until golden, about five minutes. Flip, flatten and fry until golden on second side and turn out onto a plate lined with paper towels to absorb the excess oil. Repeat with remaining batter. Makes about 16. Keep warm in a low temperature (300F) preheated oven if serving the same day.

TIPS: I double the recipe since they get eaten so fast. Everyone likes to "sample" and see if they are good! After cooling them, they can also be frozen for a later date. Place them in the freezer on cookie sheets in single layers separated by wax paper; once they're frozen, store in plastic bags. They freeze well. Before serving, defrost them on foil-lined cookie sheets in one layer; heat them at 375F until crisp & hot.

Snapple Fact # 359: A teaspoon contains 120 drops of water.
Bon Appétit!
Renee Pearl-Sigler, Cooking Head Specialist

Reunion Recap 2008

Montreal and NY Area!!

Whether in Montreal, Canada on December 7 or in New York on December 13, 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 2008 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 2008 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 2008!



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

Campers...

Campers...

Campers...

Staff...

Staff...

Mitchell Heifetz	Dec	1	Carly Stern	Jan 4	Max Freedman	Feb 12	Sara Gold	Dec 1	Emily Nadal	Jan 25
Emma Boykin	Dec	2	Drew Grauer	Jan 4	Alexa Krieger	Feb 12	Mark Kaye	Dec 1	Pat Urtz	Jan 25
Elana Stettin	Dec	2	Eli Nobler	Jan 5	Derek Sigler	Feb 12	Darren Langworthy	Dec 3	Anita Auerbach	Jan 26
Brett Kleinfeld	Dec	3	Franny Gould	Jan 6	Daniel Jacobs	Feb 16	Jordan Longert	Dec 3	Peter Osborne	Jan 27
Cooper Grayson	Dec	4	Lily Kessler	Jan 6	Josh Berman	Feb 18	Julie Flegm	Dec 4	Michael Craven	Jan 29
Sydney Golub	Dec	7	Emily Davidson	Jan 7	Jackie Feldman	Feb 18	Amy Leopold	Dec 4	Zach Zelikovic	Jan 29
Justin Oringer	Dec	9	Allison Einberg	Jan 7	Samantha Silfen	Feb 18	Nick Stoulig	Dec 8	Kirstin Foyle	Jan 30
Brandi Prell	Dec	9	Ethan Bookstein	Jan 8	Hannah Coleman	Feb 19	Kei Muto	Dec 12	William Baer, Jr	Feb 2
Rachel Silver	Dec	9	Isabel Greenberg	Jan 9	Elizabeth Berkowitz	Feb 20	Kelley Ward	Dec 13	Alex Cox	Feb 2
Alexa Bronfman	Dec	10	Matt Mendelsohn	Jan 9	Ben Lurie	Feb 21	Dawn Wylie	Dec 13	Georgina Horvath	Feb 5
Brett Scherr	Dec	10	Daniel Weiss	Jan 9	Emma Doremus	Feb 22	John Begly	Dec 17	Chris Jones	Feb 5
David Goldberg	Dec	11	Emmy Hirsch	Jan 11	Gabby Greer	Feb 23	Laura Ostler	Dec 19	Adam Heidebrink	Feb 7
Marisa Kaplan	Dec	11	Jake Sussman	Jan 12	Justin Perline	Feb 23	Andrew Hodgkiss	Dec 24	Brenda Levine	Feb 8
Tilly Pecker	Dec	11	Jordan Resin	Jan 13	Alana Smolinsky	Feb 23	Anthony Sapiano	Dec 26	Kenton Tennal	Feb 11
Andrew Steinberg	Dec	13	Jonathan Silverstein	Jan 15	Alana Deutsch	Feb 24	Edmundo Cordero	Dec 27	Jay Boisvert	Feb 20
Brian Diamond	Dec	16	Hayley Lavin	Jan 17	Max Deutsch	Feb 24	Daniel Irwin	Dec 27	Christian Cervante	Feb 20
Naomi Rossman	Dec	16	Andrew Stafford	Jan 17	Alexandra Wechsler	Feb 24	Liz Brot	Dec 29	Molly Burke	Feb 21
Noa Worob	Dec	18	Jakob Weisblum	Jan 17	Justin Meyer	Feb 25	Joseph Bartlett	Dec 30	Jonathan Baer	Feb 23
Dean Hirschberg	Dec	20	Max Bibicoff	Jan 20	Jacob Rose	Feb 25	Nicky Wetzelberger	Dec 30	Chris Bills	Feb 25
Jaclyn Perlman	Dec	21	Ashley Pollack	Jan 20	Emily Rothman	Feb 25	Steph Flanigan-Banks	Jan 7	Sandra Beach	Mar 1
Haley Rogers	Dec	21	Rachel Aaron	Jan 21	Nikki Rumizen	Feb 25	Jon O'Brien	Jan 8	Kenneth Baker	Mar 4
Lucas Winson	Dec	21	Jason Goldstein	Jan 21	Noah Brook	Feb 26	Claire Saini	Jan 8	Stefanie Smith	Mar 6
Samantha Kapner	Dec	22	Daniel Kozek	Jan 21	Myles Novick	Feb 26	Catherine Luiggi	Jan 9	Andre VanDerburgh	Mar 6
Daniel Messulam	Dec	22	Jeffrey Silverstein	Jan 22	Rachel Schwimmer	Feb 27	Laura Evans	Jan 13	Donna Norris	Mar 7
Rebecca Pall	Dec	22	Jonathan Steinberg	Jan 23	Leah Mazie	Feb 28	Lindsay Aaron	Jan 18	Gareth Stitt	Mar 10
Andie Migden	Dec	24	Lauren Koenig	Jan 26	Steven Rothbort	Feb 28	Danielle Labrovic	Jan 20	Genevieve D-J	Mar 11
Rachel Some	Dec	25	David Berman	Jan 28	Kendall Gross	Feb 29	Meredith Pugh	Jan 20	Jeff Mahler	Mar 11
Sydney Bibicoff	Dec	26	Rachel Feldman	Jan 28	Charles Lutvak	Feb 29	Rhys Farrow	Jan 21	Laurie Rinke	Mar 14
Sam Tell	Dec	26	Mikaela Norris	Jan 28	Ali Saperstone	Mar 1	John Murphy	Jan 21		
David Weinstein	Dec	26	Caroline Okun	Jan 28	Rachel Weiss	Mar 1				
Joshua Turner	Dec	27	Maxwell Boykin	Jan 29	Griffin Barich	Mar 3				
Becca Aronson	Dec	28	Sarah Weill	Jan 30	Jake Meklinsky	Mar 3				
Jason Krakower	Dec	28	Jacob Levine	Feb 1	Hannah Spitzer	Mar 3				
Jolie Schenerman	Dec	28	Elana Heisner	Feb 2	Rachel Abbe	Mar 4				
Ben Giove	Dec	29	Zach Saperstone	Feb 2	Danielle Klausner	Mar 5				
Jordan Kaye	Dec	29	Hannah Friedfeld	Feb 3	Ben Previor	Mar 7				
Joshua Chavkin	Dec	30	Drew Meklinsky	Feb 5	Evan Gutman	Mar 8				
Sophie Kaplan	Dec	30	Samantha Rothberg	Feb 6	Ryan Weiner	Mar 10				
Jack Goldsmith	Dec	31	Gavin Jablonski	Feb 7	David Kenny	Mar 12				
Allison Luntz	Jan 1		Dana Wilson	Feb 7	Jessica Tucker	Mar 12				
Sarah Mazie	Jan 1		Dylan Rothstein	Feb 8	Leigh Wolfson	Mar 13				
Brooke Perlman	Jan 1		Jake Gluckman	Feb 10	Grant Bronfman	Mar 14				
Lindsay Zelson	Jan 3		Ben Meisel	Feb 10	Matthew Levy	Mar 14				
Michelle Eisenberg	Jan 4		Jordan Meisel	Feb 10						

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 Alix Schiff, hey!

Happy Birthday
to YOU...Uh uh!!!

CAMP ECHO LAKE
3 WEST MAIN STREET
ELMSFORD, NY 10523



*ATTENTION CAMPERS, PARENTS, & STAFF...PLEASE JOIN US FOR OUR 2009 SENIOR VILLAGE WINTER WEEKEND AND OUR 2009 MAIN VILLAGE WINTER ESCAPE! DETAILS ARE INSIDE ON PAGE 5...

CAMP ECHO LAKE 2008 – 2009 DATES

MONTREAL REUNION

SUNDAY DECEMBER 7TH, 2008

NEW YORK AREA REUNION

SATURDAY DECEMBER 13TH, 2008

SENIOR VILLAGE WINTER WEEKEND SATURDAY JANUARY 24 – SUNDAY JANUARY 25, 2009

MAIN VILLAGE WINTER WEEKEND SATURDAY FEBRUARY 28 – SUNDAY MARCH 1, 2009

NEW PARENT NIGHT

WEDNESDAY APRIL 22, 2009

NEW CAMPER PICNIC

THURSDAY MAY 7, 2009

CAMP ECHO LAKE 2009 SEASON BEGINS

SATURDAY JUNE 27, 2009

PARENT VISITATION

SATURDAY JULY 18, 2009

CAMP ECHO LAKE 2008 SEASON ENDS

SUNDAY AUGUST 16, 2009

ECHO LAKE IDEA

TUESDAY AUGUST 18 – SUNDAY AUGUST 23, 2009