



As of April 1st, there are 87 days until Summer 2014 begins at Camp Echo Lake - Our 69th summer!!!



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From the Clipboard of Tony Stein...

Winter Weekend at camp is one of my favorite events of the year. It is a quick shot of Echo Lake in the middle of the long winter (and this has been a looong winter). Spending two fun-filled days with 100 campers and 20-25 staff is just awesome! The indoor waterpark, dinner and ice cream and a movie at the Lodge, walking around camp in the snow, and riding the trails at Tubby Tubes ... can you beat all that? I don't think so.

What is also pretty exciting to see the enthusiasm in the faces of our campers, and getting to see what makes them such special kids.

Of all the fun things from the weekend that stuck out to me, there was one moment – that had a deeper meaning to me – that I have continued to think about and feel so good about.

On Saturday evening before we dig into a great meal provided by Bill and his Food Service crew, we have Evening Line-up. And just like we do at Evening Line-up, we celebrated birthdays, lost teeth and of course, have our fuzzies. Naturally, there were many campers who wanted to give out fuzzies and we only had time for a few. As I randomly selected campers to nominate others for fuzzies, I was really happy I landed on one particular camper. Though there is never a “bad” fuzzy, I loved this one because this camper nominated another for a fuzzy because this other camper was not feeling well and it had impacted his ability to thoroughly enjoy himself.

I thought this was great because it was an attempt to not only recognize a friend, but also to provide a boost to this other child. It was a most loving gesture that was simple but meaningful.

Treating others with respect and care is what we try to instill at Echo Lake, and we know it is what Echo Lake parents try to instill in their children every day. A simple moment like this makes me feel so good about being a part of the Echo Lake community – the most important things in life are often the ones that subtly and quietly take place on a moment-to-moment basis, as opposed to happening via grand gestures or headline-grabbing actions. Be a good person, say a nice word, pick up a friend who is down ... these are all so important as we live our daily lives.

We miss all of you – and look forward to a short spring followed by a tremendous summer!

Tony, Emily, Evan and Violet

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Dear Camp Family,

Because I have always regarded Echo Lakers as members of my family in a most unusual way I want to tell you that 2014 has been some kind of year for me! I made a sudden and irrevocable decision to sell my home on Clubway in Hartsdale. I have lived in this house for 42 years. It is a home in which Morry and I raised our three boys Eric, Tony and George. It is a home in which three rooms downstairs were used as offices for Camp Echo Lake. Head staff meetings, stuffing and mailing out the Echo Lake Trail and arranging bunk placement all took place here. (The book of Morry Stories edited by yours truly, which so many of you bought for \$50 through and in support of Project Morry, contains my memories of Morry and me elbowing each other up the stairs from the office fighting to get to the mail box first.) That's where we excitedly opened hundreds of letters over the years containing registration contracts of boys and girls eager to join us at the best camp in the world in Warrensburg, New York.



This has been a great house which, along with family and camp memories, contained my growing collection of art and antiques. And though I became a Florida resident along the way and spent summers at camp I never thought for a minute that at the end of the summer I would return anywhere except here.

But for everything there is a season. And at the end of this summer my wonderful home will belong to someone else. I will no longer be able to return to it. I share this with you because I have also had the pleasure for nearly 70 years of having another home that surpasses all others in my heart. Everybody at camp knows that I arrived there when I was 8 years old and have been there every single summer since then. And, of course, as long as these little feet can carry me that's where I will return - my first home, my beloved home, the beyond wonderful, love-filled, fabulous Camp Echo Lake, Warrensburg, New York.

What makes it more special than any place in my whole wide world is that I will share it with all of you in just 3 months! How incredible and delicious is that????????? I am one lucky camp director! And I can't wait to see you! And just as we all say to our campers "Welcome home!" I want as many of you as possible to tell me when you see me "Welcome home, Amy!" That will really make it for me and I will love you for it!"

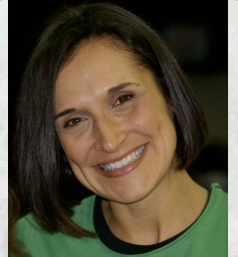
Much love and thanks in advance,

Amy

Laurie & Brenda at The Learning and the Brain Conference



Cognitive and Social Neuroscience research has found that social-emotional skills, such as self-awareness, self-regulation and resilience, are more important than IQ for academic and life skill success. Unfortunately, many children and teens today lack these necessary skills.



This past February, with the goal of expanding our knowledge of child development and tools for helping children and teens grow successfully, we attended [The Learning and The Brain Conference](#) in San Francisco. The Learning and the Brain Conference creates an

interdisciplinary forum - a meeting place for researchers, clinicians, technology experts, educators and camp professionals. This conference examined new research findings and outlined the best methods for helping children and teens develop the social-emotional skills they need to be successful in academics and life. We walked away with strategies for helping children and teens build self-awareness, self-control, social skills and resilience so they can be more successful in today's standards-based, distracted, disconnected, digital age.

Today, children and teens are growing up in a **perfectionist culture**. The definition of being "perfect" is that there is no room for growth, improvement, or failures. Created by external messaging, the desire to be "perfect" is the current standard we live in and it is truly unattainable. Living in a perfectionist culture causes increased stress, constant anxiety, never feeling good enough, and decreased productivity, creativity, curiosity, imagination, and fun. The culture of perfectionism also creates a need for control that we can't have. There is no road map or recipe for success, and unfortunately that's what many of us are looking for. Children and teens today are not taking care of themselves and using the false world of social media to measure how "perfect" they are. In a world where children and teenagers experience an average of 7.5-10.5 hours of media messages a day and the average teenager sends and receives 4000 texts per month, it is crucial for us to redefine the culture of perfectionism. In today's society girls are hitting puberty an average of 3 years earlier than ever before. By the time girls are 13, 53% are unhappy with their bodies and by the time girls are 18, 87% are unhappy with their bodies. Despite the fact that teenagers need an average of 8-9 hours of sleep a night for proper development, the average HS senior only gets 5-6 hours of sleep a night. Lack of sleep can not only decrease alertness and brain function but can stunt physical development as well. A sleep deficit in teen boys can cause a decrease of 1 to 3 inches in height development. The side effects of perfectionist culture are increases in insecurity, procrastination, exhaustion, feeling overwhelmed, and the feeling that you do not have permission to be "off" at any time. In order to combat this we have to help children and teens become meaningfully engaged with progress not results and shift conversation from achievement to overall wellness. Camp can help children and teens build the resilience needed to face the culture of perfectionism with the understanding that there is no "perfect" and that what is truly important in life is the ability to feel good about yourself and continue trying, even when things don't go quite as planned.

The need to develop and effectively harness **self-discipline and self-control** at an early age, while critical in any culture, may take on greater importance in a society filled with complex demands, challenges and stresses. This also paves a more successful road into adulthood. In order to help kids develop self-discipline, the adults in their lives (teachers, counselors, coaches, parents) should emphasize making tasks interesting; making payoffs valuable; allowing more trials over longer periods of time; focusing on the child's assets rather than weaknesses and adopting a long-term perspective. While these are strategies that may or may not be implemented in all classrooms, it is the cornerstone to how we function at camp in the cabin, on the fields and courts, and every place in between. Hand in hand with self-control is the trait of **willpower**. By definition, this is the question of whether you are in charge of how you spend your time, energy and attention, as well as whether you persevere even when something is challenging. Having willpower means you are willing to invest in your future self. In order to reach the vision of your future self and be able to eventually benefit from the choices you make today, you can't allow yourself to be pulled away from your ultimate goal. To better envision this, imagine that you have two competing selves: One has a vision of the future and can delay gratification while another wants immediate gratification. The way to teach self-control is not through discipline, but by developing willpower, which happens when you have a growth mindset. When you challenge yourself (and potentially fail) you build your willpower. When you use willpower, you have more of it and it spills over into other areas of life. Significant predictors of improved self-control and willpower are: sleep, movement, social connectedness and self-forgiveness. By creating a culture at camp that encourages and embodies these elements, we strive to strengthen that "muscle" of self-control and willpower. An important message is that willpower and self-control is not a trait that you have or don't have, it is a state of the brain. When the right factors are existing, self-control will develop, strengthen and spread to other situations.

One of the resounding messages throughout the conference was the idea that **positive, healthy, supportive connections** between adult role models (i.e. camp counselors) and children are vital to their developmental success. It is also vital that we help children create positive, healthy, supportive connections with their peers. Connection is a force of positive energy that bolsters individuals and produces better outcomes for children in developmental situations. "C"onnection is the other vitamin C and much like taking vitamins, it must happen face to face and can not happen electronically. In positive connections, conflict is ok. You can't have intimacy without conflict and conflict creates opportunity for problem solving and resilience. In fact, the true opposite of connection is not disconnection, it is indifference. One powerful quote from the conference was, "You don't have to love yourself, just like yourself enough that you can be yourself in a genuine way to create genuine connection." That is what camp is all about. A camp counselor's true role is to become engagement coaches for campers. Camp counselors coax, support, and encourage campers to engage with staff, peers, activities, trying new things, our camp community, nature, and life at camp in general. It is through this engagement and positive connections that campers find the inner strength and confidence to grow.

It became very clear to us that **The Learning and The Brain Conference** was really advocating for the camp experience. At camp we live in a community where you don't have to be perfect, we practice ways to be self disciplined and healthy connections are at the center of our community. While we will continued to help children and teens deal with the pressures of society today, camp is a fantastic opportunity for children to be inoculated against many of the pressures they face all year long.

With lots of love and big hugs! xoxo Laurie and Brenda

From the Desks of...

JP



Operations Director

Hey everybody!

Hope all is well wherever the Echo Lake Trail finds you. Despite the frigid cold this winter spring is in fact on the way. Camp got a ton of snow this year making it extra hard to build the new field house. Not to worry though because Darren and the guys will find a way to get it done. I can't tell you how great this new building is going to be for camp. It's truly a game changer!

Speaking of game changers, Tony and I have spent some quality time with Billy and the kitchen crew going over ways to make our food service even better in 2014. I'm not going to divulge much at this time but I will say that we have a lot of good things planned for you guys!

There's no rest for the weary in regards to making Echo Lake the greatest place to spend 7 weeks. I'm looking forward to seeing everyone sooner than you think!

Stay Gold,

JP

ADIRONDACK FUN FACT: Did you know that the Adirondacks have a mud season? It usually starts in early April and ends in late May. It can be challenging to hikers due to adverse weather conditions as well as impassible trails.



Launch of the 2014 Parent Dashboard



We recently emailed out access to the Parent Dashboard. This tool will allow you to manage and complete all your camper forms as well as access important camp information.

To access the Parent Dashboard please go to:

www.campecholake.com/dashboard

All forms are due by **May 1st**.

Only the parent listed as the primary contact in the database has access to the forms.

As always, if you have any questions please feel free to contact us at the CEL Office.

The Parent Dashboard contains all the following camp forms:

Standard Forms

- 1) Camper Information Form Part 1
- 2) Camper Information Form Part 2
- 3) Camp Medication Procedures - Parent Agreement Form
- 4) Meningitis Response Form
- 5) Off Site Swim Permission Form
- 6) Insurance Card Copy Form
- 7) Baggage Form 1 & 2
- 8) Senior Village Letter of Agreement
- 9) LIT Off Campus Permission

Medical Forms

- 1) Healthy History Form Part 1-4
- 2) Camper Health-care Recommendations Form

The Parent Dashboard contains the following information:

- 1) 2013 Parent Handbook
- 2) Camper Information Form Guidelines Letter
- 3) Suggested Camper Packing List

Any PDF forms need to be scanned and either emailed (forms@campecholake.com), faxed (518-623-3316) or uploaded to the dashboard.

Trying to Reach Us?

Year Round Mailing Address, Phone and Fax



For Mail Via USPS:

Camp Echo Lake
PO Box 188
Warrensburg, NY 12885

For Mail Via FedEx or UPS:

Camp Echo Lake
177 Hudson Street
Warrensburg, NY 12885

Phone:

518-623-9635

Fax:

518-623-3316



Jacko



Program Director

Recently I was asked to share a great camp memory from both my days as a camper and staff member at CEL. Thinking about those memories was a terrific reminder to me of how fortunate I have been to have two phases of my career at Echo Lake. As we begin to thaw out of a frigid winter and can allow ourselves to think summer, here are two fond memories as examples of what we have to look forward to.

Our counselors back then had told us a couple of days prior that we were going to Water Slide World, our group's big trip of the summer. On the day that we were slated to go Morry came to us and said there had been a mix up. He told us that the Senior Village had been booked to go to the water park and as a result we would be going to the sewage plant. It is perhaps one of the greatest examples of the power of Morry that he could legitimately make us believe such a crazy story. Morry drove the bus to the "sewage plant." As we drove past Water Slide World he asked us to wave hello to the Senior Village... as he

proceeded to pull into the park! I can remember the eruption of excitement to this day.

One of my fondest staff memories was the opportunity to coach boys Sachem Hoops. I was fortunate enough to do this multiple times. As one of the last events of Tribal it is something that our oldest campers look forward to all summer. It is one of the six Sachem events that the entire camp watches and it represents the very best when it comes to camp tradition. Our campers approach these games with passion and determination and truly leave everything they have on the court or fields as they compete for their respective tribal teams. Getting a chance to see this up close was always a real thrill for me. The events are a great example of the healthy competition we strive to foster at CEL.

My hope is this can serve as your opportunity to think about your fond camp memories that you can remember as if it happened yesterday. I for one believe it is the memories we create each summer that make camp what it is!

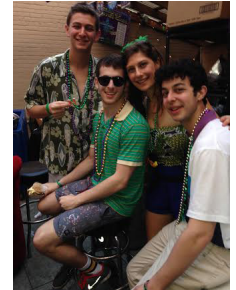
Jacko

Alumni & Staff Happenings



SPANNING THE WORLD

CEL Alums and Michiganders, **Sarah Stettin, Ben Grayson, Alex Visoky & Sam Pearl**, were wearing their green and gold at Mardi Gras. Way to represent the spirit of Echo Lake!



We heard recently that alum, **Jake Sussman**, was one of the few freshmen at Tulane who was invited into the a cappella group called Green Envy. There are only 14 members total, but Jake was one of the chosen few! He was also requested to sing the National Anthem at a Saturday night basketball game at school - SOLO and a capella. Wow, all those performances at FNL must have really helped! Way to go, Jake!!

Jeff Kahn, CEL Alum from 1972-1979 and Iroquois Chieftain informed us recently to let us know that his wife, *the Annabelle Gurwitch*, is coming out with her latest book on March 6th. It's entitled - I See You Made An Effort: Compliments, Indignities, and Survival Stories from the Edge of 50. The Washington Post calls it hilarious and O, The Oprah Magazine, says, "slyly subversive returns with a wickedly funny new book chronicling the vicissitudes of turning 50." Wow!

CEL Alum **Steve Leeds** (1953-55, 1958-63) is embarking on his third career: after 25 years as an executive in 4 US government agencies in Washington, DC, then after 12 years working for the World Bank, USAID, UNICEF, and the EU as an advisor in developing and transitioning countries, Steve Leeds is now a little bit retired and is back home in Alexandria, VA, working as a volunteer guide in the Holocaust Museum, the National Museum of Natural History, and the Newseum. Steve credits the concepts of teamwork and participation and fun that he learned at Echo Lake with his being able to fit in and to make contributions in all of the places he's been!



Former Echo Lake staff **Jackie and Alan Brown**, along with their children **Jared and Lauren** (not pictured), came all the way from the UK to spend a week in the Adirondacks! They spent time with their close friend, **Darren Langworthy** and his family, and visited **Laurie Rinke** as well.

Alum, **Richard Feiden**, found this picture (circa 1987) of the "**Big Guy**," **Morry** and sent it along to us. Richard tells us, "He was like a second father to me, a mentor and just an amazing person." Richard also gave us an update on his daughter, **Lauren**, who is also an Alum. Lauren just got her license to practice Child Psychology in New York City where she lives now. She is in a private practice and she specializes in bi-polar disorders in children. She got her PHD a year ago from the Chicago School of Clinical Psychology and did her undergraduate at McGill.



Our good friends, **Amy and Jonathan Leopold**, recently got together for some lattes and laughs with **Catherine Luigi**. Looks like lots of reminiscing and good times!

Future Echo Lakers, **Madeline and Benjamin Bush** (children of alumna **Naomi Lieberman Bush**) and **Lucas and Jake Greenseid** (children of alumna **Keri Weingast Greenseid**) enjoy an indoor swim over the holidays in Vermont.



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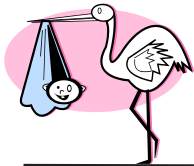
Alumni & Staff Happenings



CEL alums **Rachel Rosenberg** and **Evan Levine**, who met at camp tied the knot on Jan 4, 2014 at Chelsea Piers in NY! Of course, there was plenty of representation from their CEL friends who have known them since they were kids! Joining Rachel and Evan's celebration was **Spencer Bruck, Matt "Schmee" Siegal, Jake Muskat, Alexis Jacobs, Sophie Sperber, Bari Rogoff, Rachel, Evan, Michelle Rinke, Lea Ozeri, Raina Krasnow, Rachel Turnowski, Daniel "Seaweed" Klein & Brandon Stein**. Their story is so touching that it even made The New York Times! If you want to check it out, it's titled: *Teammates, On Court and Off A Summer-Camp Friendship Grows into a Marriage*. Mazel Tov, Rachel and Evan!

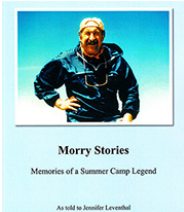


Alum, **Gregg Kerness**, reached out to share with us that his nephew, and camp alumni, and son of **Donna Kerness-Teichner, Matthew Teichner**, is getting married on May 24, 2014 to his bride to be Rita Mauer-Hollaender. They meet while attending the University of Wisconsin in Madison. Although she didn't go to CEL, Rita is high school friends with **Dana Jackowitz and Emily Hertzberg**.



Warm wishes to alum, **Steven Delinko**, who became a grandpa. **Judd Harrison Delinko** was born about 10 am December 24th. Future Echo Laker? We sure hope so!!

In February, Alum **Stephanie Shorr** decided to celebrate her 35th birthday and honor her father's memory while also supporting Project Morry. With the support and participation of her friends and family - including CEL alums like **Becca Soloff and Lauren Bogner** - at a Flywheel Spinning class, Stephanie raised over \$2300 for Project Morry. What a terrific way to stay fit, honor someone you love and help an amazing organization all at once. Way to go, Stephanie!



Hey Echo Lakers, campers, alums and friends - the book [Morry Stories](#) has gone into its next printing. We are serious when we tell you that a movie treatment is underway. Hopefully, it will come to pass but the book is funny, endearing and warm. It's a MUST-READ! Call the Project Morry office at 914-592-3055, order a copy and your \$50 cost goes completely and directly to this spectacular charity!

Passing



It is with great sadness that we share with you the passing Echo Lake Alum, **Amy Elpern Low**. Amy was a beloved friend to CEL, wonderful wife to **David** and loving mother to camper, **Seth Low**. We extend our deepest sympathies to her family.



Campers Corner

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



LJGE Girls having a blast at a sleepover in December!

Amanda & Sarah Abbe ran into **Jessica & Daniel Casper** at Okemo Mountain in Vermont while having lunch! Then they skied together!



Ali Zarr, Dani Nierenberg, Alexa Goldberg & Rachel Bienstock met up in Florida for a Panthers vs. Canadians Game



Lewis Brandman, Henry Statfeld & Josh Feldman at Lew's birthday in November



Sydney Girvin and Jason Saperstone met up in Colorado for a day of skiing!



Maddie & Charlotte Hartog and Alex Grundfast happened to meet up at a Mother-Daughter camp in the Berkshires...what a fun surprise!



Ella and Hannah Marx visiting **Charlotte Baker** backstage at the Nutcracker in NYC

Check out **Roslyn Peters** as "Bartok Batgirl"

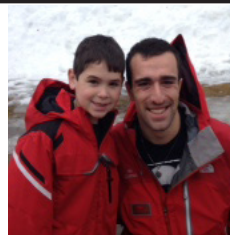


Charlie Selbin and Alex Basner met up to hang out and bowl (and eat burgers) at Chelsea Piers in New York City



Ethan and Brian Volk with **Ali and Dylan Zarr** in Boca. CEL is everywhere!

For the 2nd year in a row, **Zander Walker** saw CEL staff member **Mike Greenwald** at Stratton Mountain!



LIT 2014 Boys: Max Bibicoff, Max Keiser, Jacob Mazie, Jacob Bortniker & Josh Nadel got together recently for dinner in Manhattan

Excited 2014 Frosh **Ava Lassner** sends a big hello to everyone from Montreal!



Look at the smiles at **Emma Schwartz's** birthday sleepover with the CEL girls from **LJGW 2013!**



LJB buddies, **Evan Lipp and Andrew Knecht** hanging out! Counting down the days until they're back at camp with all their CEL friends!

Sophie and Sydney Grossman rocking their Echo Lake gear on the hanging bridges of Arenal, Costa Rica!



Sydney Knecht, Sarah Abbe, Carly Kessler, and Ali Rothberg having a blast at Carly's Bat Mitzvah. **Mazel Tov, Carly!**

Campers Corner

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



Emma and Perri Manoff having a snowy get together!

Max and Nate Mitelman showing their love of CEL in Costa Rica!



Andie and Laine Goldmacher brought along their CEL pride to Costa Rica



Last summer's UJGs **Mikaela Lipp and Lilly Friedman**. CEL + Great Friends = Amazing Memories!

Rachel Bienstock (Frieda) & Eliza Greenwald (Linus) in their school production of "You're a Good Man Charlie Brown"



Matt Dugoff with Will and Morry Stein in Beaver Creek Colorado for some skiing!



For winter break the **Jerris Family and Leventhal Family** went to Israel on the same tour! They thought that this ice cream cone in Tel Aviv would help represent CEL pride!



2013 Frosh Boys **Ryan Bienstock, Dylan Zarr & Max Lassner** reunited in their love of hockey!

Emma, Andrew and Maddie Margolis found **Tony and Emily** on the slopes at Gore Mountain!



The **Volks** recently bumped into **David Weinstein** while on a college tour trip at UVA!



David, Haz & Drew Goldberg bike riding in Florida, dreaming of summer in the midst of the SNOW!



Sydney Frisch & Alia Liebowitz enjoying frozen hot chocolate at Serendipity in NYC!



Sydney and Sophie Grossman and Avery Miller in the pool in Boca Raton Florida



Gillian Strauss and Maggie Bodian were so excited to bump into each other over February break in Snowmass, CO!

Both **Charlie Coleman and Cal Rohdie** played AAU basketball this winter for the Tri-State Thunder



Will Stein, Charlie Coleman, Tom Coleman, George Stein, Morry Stein, Jason Saperstone & Peter Saperstone skiing together in Vail, Colorado. Looks like a great time!!

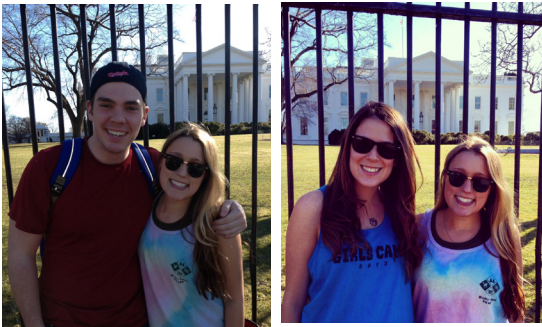
Matthew Lecher skiing at Stratton mountain in Vermont over Presidents weekend



Hannah Marx and Sophie and Sydney Grossman waiting for a flight at Laguardia

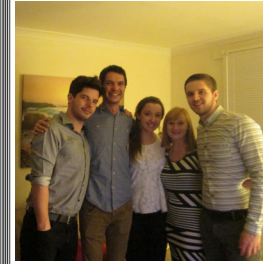
Staff Bulletin Board

Shout Outs from our OUTSTANDING Staff!!!



Inter Girls Head Counselor, **Becca Zukowsky**, went to visit DC and of course spend some QT with LIT GL, **Julie Zucker**, and Inter Boys Head Counselor, **Matt LeMoine**! Talk about powerful people in Washington!

Hi everyone, my name is **Emily Devereaux**, I'm from Logy Bay, Newfoundland and this will be my first year at CEL! I would like to send a shout out to all the staff and campers that I look forward to meeting and working with this summer. See you all soon!



Bring on 2014! Head Specialists **Mikolaj Wawrzyniak**, **Harrison Lehrman**,

Lucy Goodbody, **Hayley Sherman** & **Mark Hartshorn** had a New Year's Eve Party followed by NYE Walk and Dinner. Camp Connections go worldwide!



Mark "Kroney" Kronenberger in San Francisco donning his CEL Staff shirt – way to represent!



Past and present Trek Directors, **Susie Walker** and **Chris Dean**, recently meet up in the English Lake District for a weekend of winter mountaineering, mountain biking & being eXtreme!

(This photo really doesn't show how cold they were taking off their jackets - but they're trekkies and that means being EXTREME all year round!)

Your Big Backyard

Looking out my window today, it is hard to believe that in less than sixteen weeks there will be laughter, camp songs, and lots of activity just a short way down Pine Cone Alley! Right now there are about two feet of snow on the ground that promises to linger in snow banks well into April! We bet a lot of you wonder what in the world there is to do in Warrensburg this time of year. Well, just this last weekend we had our own Echo Lake Reunion – our son JP and his wife Allison, John Pezzolla, Matt Jackowitz, John Borley and Sari Turner, all current or former Echo Lake people, Tony, Emily, Evan and Violet, and some special friends enjoyed the beautiful winter weather and lots of great camp memories and stories! Some of us even ascended Hackensack Mountain, which every Echo Laker climbs at some point in their camping career, on snowshoes! It was a lot of fun and way different than going up in the summer - -and if possible the view in winter is even better!

We've been to 13th Lake, a wonderful place we hope you can visit in the summer with your group! Of course you won't be able to walk down the lake in snowshoes like we did, but there are some awesome trails, lean-tos, and a cool hike up Peaked Mountain, which offers great views of the Siamese Ponds Wilderness!!! It's close to camp and sure to be on the menu for Trek this summer!!!



We also practice all year round for our summer jobs. Take a look at this picture of Terry lifeguarding on the deep dock at the lake, with our dog Keema helping! I know, the lake is kind of hard to see when it is covered up with snow, but it is never too early to work on our safety skills! We are starting to count down the days 'til you arrive!

Think Spring!
Terry & Glenn





We approach season 19 at Project Morry with a sense of awe and pride inspired by our kids.

These children and their families believe in us and our ability to do OUR BEST for them. As we enter we would be remiss if we did not acknowledge this partnership. Together, we are giving these very wonderful children the message of belief and hope -- a message that will continue thanks to your kindness and generosity of spirit.



Project Morry is now a reality. Thanks to all of you for making it so.

Spreading Warm Inner Glows - Kids That Give

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

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!



We are proud to invite you to the 3rd annual Dare to Dream – an event designed FOR EVERYONE with a desire to have fun, meet great people and learn more about Project Morry.

The evening, to take place on **April 24th, 2014 at Motivo in New York City** will hosted by CEL Alum and Co-chair **Matt Jackowitz** and a terrific committee that includes all kinds of wonderful Echo Lake folks including **Dana Jackowitz, Dani Ackerman, Ruth Kleinman and Dani Parkes.**

If you are interested in more information about attending or getting involved with this event email dream@projectmorry.org

To purchase tickets go to: www.projectmorry.org

Coaches

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

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

Gifts In-Kind

Project Morry welcomes gifts of "STUFF". Bat and bar mitzvah gift idea are created by folks looking at wish lists of equipment and items that are used both during the school year and the summer. If you are interested in knowing more about gifts in kind simply go to our website at www.projectmorry.org or call Ian at 914-592-3055 ext. 108 and Project Morry will supply you with current lists.

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

Back for 2014... The Echo Lake Sports Clinics

Once again we are very excited to welcome some heavy-hitters to provide our campers with an array of athletic clinics!

Joining us at camp for a series of two-day clinics will be the expert training staff at **Coastal Soccer**, who provide youth soccer training in New Jersey and Long Island, **Coastal Lacrosse**, who run camps and clinics in New Jersey and the **Tri-State Valley Cats**, the Albany, NY Minor League affiliate of the Houston Astros.



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



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



Daily work continues on the 11,000 Square Foot Echo Lake Field House. If you keep your eyes on the Echo Lake Facebook page, you have been able to see the building progress.

For Maintenance Director Darren Langworthy and his crew, this is their biggest project to date. We are truly fortunate to have such expert craftsman as part of our team. They have built the Fine Arts Center, a myriad of cabins, the New Rox, and Gymnastics Pavilion and the Senior Village Pavilion – all in the last several years.

Operating in sometimes sub-zero temps, the guys have been working continually throughout the winter to get the Field House ready for this summer! And it is going to be a great-looking – and important – addition to our facility. Work has now started on ordering all the equipment that will populate the Main Gym Basketball Floor, the Dance Studio and Fitness Center. This will be all state-of-the-art stuff. What's more, with the addition of the Field House Square Footage, we will now be able to program the entire camp under cover or indoors should weather dictate.

We will keep posting photos on the Facebook page, but nothing will prepare our campers for when they actually get into this terrific new facility come summer time!

At Home Do - It - Yourself Activity

60 Minutes for Better Basketball

For those of us who love hoops, there is no off season, only that part of the year when no games are scheduled! If you are one of these basketball junkies, rejoice, because basketball is a game in which you can improve at least fifty percent working out on your own.

The first thing you should do is take stock of where you stand right now as a player. For most of us, our non dominant hand, ball-handling and shooting are things we need to work on, best of all you can do this without much equipment or a helper (although it is nice to have one to rebound your shots – this is a great job for parents! So here is a 60 minute workout to better basketball.

Warm-up 5 minutes

1. Jog around the court while dribbling your ball, using both hands

Ballhandling 18 minutes

1. Using a piece of chalk, make X marks about 10 feet apart on half the court
2. Time yourself for one minute; see how many marks you can touch while dribbling with your dominant hand
3. Repeat with your dominant hand
4. Repeat using both hands
5. Concentrate on getting as low as possible with the ball
6. Shoot two free throws between each one minute of dribbling

Driving Shots 12 minutes

1. Use 5 spots, baseline, forty five degree angle, top of the key
2. Starting behind the three point line on the right baseline, drive in and shoot a layup, dribble to the wing, repeat, top of key etc you go all the way around, then start back
3. Shoot right handed on the right side and left handed on the left side, either hand down the middle
4. Shoot 2 free throws between each set of 10 layups

Outside Shooting 18 minutes

1. As above but shoot and outside shot from a spot within your range in the same way you did the layups
2. Make sure you do not shoot farther out than your strength allows - practicing with poor techniques will reinforce bad shooting habits and you don't want that!
3. Shoot 2 free throws after each 10 shots
4. You can vary this routine with upfakes and other fakes

Game Winner 7 minutes

1. Play an imaginary game in which you are taking a last second shot with the game on the line. If you make it, celebrate! If not, well, you got fouled so you have two free throws with the score either tied or your team down one.

This is a great workout for anyone. If you need any more tips or advice, please call the camp office and they will let you know how to get in touch with me—I am always happy to help!

Glenn Begly

An Interview with Camp Echo Lake Food Service Director Bill Baer:



CEL: How long have you been working at Echo Lake?

BB: I started as a chef in 2001 when the Lodge was built and opened. I took over as Food Service Director in 2007, so this will be my 14th summer at Echo Lake.

CEL: How long have you been a chef? And where did you learn?

BB: I have been working on North Country restaurants since I was 14 years old so it has been over 30 years! I worked at the Coachhouse, the Georgian Resort and Red Coach Grill before joining the staff at Echo Lake.

CEL: Besides running the camp food service, you also are the Head Chef for all the weddings done at Echo Lake in the off-season, correct?

BB: Yes, we do upwards of 50 events in the off-season, including 30-35 weddings a year. I oversee all the cooking, ordering and food prep for all those events?

CEL: Tell us something about the Echo Lake Food Service that you think folks might not know.

BB: The biggest thing is that we cook nearly everything from scratch using fresh ingredients. We use very few pre-made or frozen items. We think it is healthier that way, we enjoy the cooking process more and our chefs can take pride in that they are not just taking food out boxes and throwing it in the oven.

CEL: Health and wellness is a big topic these days – what are you doing in this area that addresses this.?

BB: We actually have been doing a number of things for several years in an attempt to provide healthier options at camp. First, we serve almost no fried foods at camp. For another, we stopped serving soda entirely last year. More and more campers and staff want healthier options so we have continued to provide more and more options on our salad bars each year.

CEL: Anything else happening on this front?

BB: Well, for this summer we are researching some farm-to-table options so that we can bring in locally grown fresh produce to camp. In addition to using our own garden at camp, we are looking at taking a lot on a local farm which will allow us to grow – and pick – more of our own produce. We would like to incorporate both vegetables and herbs from this farm into our salads and main dishes at camp.

CEL: What is the biggest challenge you face when feeding so many people at camp for the whole summer?

BB: The biggest challenge is just keeping things fresh and fun for everyone. You would not eat in the same restaurant for 51 straight days, now matter how much you loved the food, so we are always looking for ways to keep the menu rotation active and keep it fun. We actually have a few never-before ideas up our sleeve for this summer, but I don't want to ruin the surprise for anyone. I know that our campers and staff are going to love what we have in store ...





2014 Main Village Winter Weekend!

93 of Echo Lake's Main Village Campers helped to make the 9th Annual Main Village Winter Weekend a wonderful one at The Great Escape Lodge & Indoor Water Park! We spent an entire afternoon getting soaked, lazy river riding, and inner tube sliding. It rocked! Evening activity was a movie night AND lineup complete with fuzzies. The next day was highlighted by a fantastic walk around camp and as a new twist to the weekend, we spent an afternoon at Tubby Tubes. The coolest thing of all...we did this all with our amazing camp friends!! It does NOT get better than that! Thank you to the amazing staff in helping make this awesome weekend possible. A special thank you also goes to all the campers who helped us make a splash on the 9th annual Main Village Winter Escape Weekend!



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!!

Let's hear it for:

Jesse Bodian
Artem Bondarenko
Lauren Carey
Adam Cohen
Aiden Cohen
Gabby Gitman
Braydon Kaplan
Josh Nierenberg
Mikhail Podorozhansky
Brandon Rich
Jessica Rich
Samantha Rich



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

Campers

Ali Saperstone	March 1
Brooke Weissman	March 1
Griffin Barich	March 3
Rachel Fadem	March 3
Hannah Spitzer	March 3
Sam Weisenfeld	March 4
Danielle Klausner	March 5
Naomi Steinberg	March 5
Benjamin Kaiser	March 6
Emma Margolis	March 8
Devon Fuchs	March 9
Sydnee Smith	March 10
Ryan Weiner	March 10
Samantha Bauer	March 11
Maya Rose	March 11
Carly Skutch	March 12
Annabelle Barbara	March 13
Devin Stillman	March 13
James Wechsler	March 13
Drew Brodsky	March 16
Tobias Kloner	March 17
Benjamin Hemmers	March 18
Austin Lazarus	March 20
Sophie Kellner	March 21
Carly Weisblum	March 21
Alexa Asch	March 22
Remy Harnick	March 24
Samantha Katz	March 24
Josh Feldman	March 25
Madeline Hartog	March 25
Josh Nadel	March 25
Michael Feldman	March 26
Avery Porges	March 26
Ava DiLorenzo	March 27
Sam Feldman	March 27
Emily Saperstone	March 27
Ben Stettin	March 27
Oscar Worob	March 27
Jack Basner	March 29
Hannah Kreutzer	March 29
Amanda Volk	March 29
Charlotte Hartog	March 31
Noah McAllister	March 31
Kyla Schweitzer	March 31
Ian Youngelson	March 31
Marlee Deutsch	April 1
Danielle Pollner	April 1
Samara Schiffman	April 1
Zachary Kapner	April 2
Alyssa Locke	April 2
Charlie Rumizen	April 3
Sydney Girvin	April 4
Zachary Weiner	April 5
Samantha Barbara	April 6
Gabby Gitman	April 6
Dani Nierenberg	April 6
Sammy Busch	April 7

Campers

Erin Stein	April 7
Mia Wiederkehr-Rothberg	April 7
Jackie Hornung	April 8
Zach Gold	April 9
Lauren Carey	April 10
Dayna Hornung	April 10
Daniel Fuchs	April 11
Peri Manoff	April 11
Jack Saperstone	April 11
Zachary Goodman	April 12
Dylan Miller	April 13
Jacob Mazie	April 14
Jacob Bortniker	April 16
Andrew Knecht	April 16
Max Wolf	April 16
Rachel Bienstock	April 17
Penelope Lutvak	April 18
Kayla Derman	April 23
Zachary Kornbluth	April 23
Ava Lassner	April 23
Allie Jobe	April 24
Dylan Stein	April 24
Anna Decker	April 25
Abby Fisher	April 25
Sadie Brett-Chin	April 27
Avery Jerris	April 27
Sara Langworthy	April 27
Lucas Schiffman	April 27
Katie DiSavino	April 30
Danielle Hemmers	April 30
Samantha Gottlieb	May 1
Emily Dugoff	May 2
Jack Kohn	May 2
Ryan Krakower	May 3
Lauren Hurwitz	May 4
Laine Goldmacher	May 5
Julia Mendelsohn	May 5
Jayden Rodriguez	May 5
Caroline Rose	May 5
Rachel Levy	May 6
Michael Kintzer	May 7
Daniel Kornbluth	May 7
Samantha Rich	May 7
Ali Rothberg	May 7
Sophia Shapiro	May 7
Adam Cohen	May 8
Jesse Moskowitz	May 8
Ally Stern	May 8
Ben Jacob	May 10
Becca Silberfein	May 11
Leah Doubert	May 12
Lucas Haymes	May 12
Charlie Kregzman	May 12
Jeremy Steinberg	May 12
Holly Sternlicht	May 12
Melanie Victor	May 15

Staff

Stefano Antoniazzi	March 2
Ryan Harley	March 4
Christopher Dean	March 8
Rachel Conort	March 11
Sally-Anne Hall	March 12
Laurie Rinke	March 14
Victoria Neal	March 17
Molly Ravn	March 18
Maria Rideout	March 23
Matthew Glickman	March 25
Janie Casey	March 27
Sasha Chaifetz	March 27
Daniel Blunn	March 30
Dyllon BoBo	April 2
Zoltan Heilig	April 2
Elizabeth Doherty	April 6
Mihaly Major	April 6
Stephanie Jordan	April 7
Molly Tette	April 7
Sean McGuinness Harvey	April 9
Matt Jackowitz	April 10
Sven Richards	April 11
Nicholas Sereday	April 13
Julie Zucker	April 14
Noah Tucker	April 18
Terry Begly	April 24
Alexandra Bennett	April 28
Corey Begly	May 2
Rebecca Dodds	May 3
Jake Glickman	May 3
Sue Duncan	May 4
George Frankle	May 4
Korneli Siemieniewska	May 5
Claire Quinlan	May 7
Ben Miglin	May 8
Matthew Bloomgarden	May 10
Shayna Ehrlich	May 10
Victoria King	May 14

**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!**

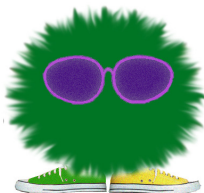
**Happy Birthday to you! There's laughter in the
air, people smiling everywhere.**

**Happy Birthday. Uh! Happy Birthday. Uh!
Happy Birthday to you! Uh! Uh!**

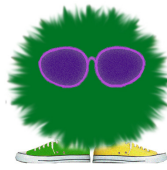
**H and an A and a P, Y. B and an I and a R, T,
H. D and an A and a final Y. Haaaaappy Birth-
day.**

**This is your birthday song, It isn't very long,
My name is Alex Schiff, hey!**

**HAPPY
BIRTHDAY**



Camp Echo Lake
3 West Main Street
Elmsford, NY 10523



**Like us
on Facebook!**



Follow us on
Twitter

@CampEchoLake

*** We hope to see all parents of new campers on **April 23 for the new parent night** and all new campers & parents on **May 8 for the new camper picnic!**

*** Don't forget **ALL CAMPER FORMS ARE DUE MAY 1!**

Camp Echo Lake 2014 Dates

New Parent Night	Wednesday	April	23,	2014
New Camper Picnic	Tuesday	May	8,	2014
Camp Echo Lake 2014 Season Begins	Saturday	June	28,	2014
Parent Visitation	Saturday	July	19,	2014
Camp Echo Lake 2014 Season Ends	Sunday	August	17,	2014