

## **The Camp Abilities Newsletter**

Tuesday, July 1, 2008  
Volume 4, Number 3

The C.A.N  
As in, yes you can!

The C\*A\*N is dedicated to the memory of Dr. Janet Joseph, the C\*A\*N founder and Lauren Lieberman's mother. She died suddenly in December, 2006. She was an active part of Camp Abilities for 7 years and we miss her very much.

**Weather:** Today will be cloudy in the morning with a high of 70. Hopefully there will be no rain!

### **Announcements:**

Today is Felix's 10<sup>th</sup> birthday! Wish him a Happy Birthday!

Coach Kirsten tells me that after lunch, on the way to FOB, 8 people in Purple Storm and Loco Amarillo got really lost on their way from Brockway cafeteria to the dorm. They were lost for 30 or 40 minutes, and it was raining. They asked someone passing by how to get to Harmon. They finally got there and had been close all the time. Moral of the story: Do not follow the Purple Storm or Loco Amarillo back to the dorm from the cafeteria!

The website [www.cainsight.com](http://www.cainsight.com) is Logan's website and you are welcome to go to that site to share your comments about Camp Abilities

### **Mobility reminder:**

When you travel, use good sighted guide technique or use your cane. If you use a sighted guide, hold your guide's arm above the elbow.

## **Athlete Accomplishments**

### **Loco Amarillo**

Max sang Good Old Acapella with Terry Kelly.

Cody R. biked 15 miles on his own on a single bike.

### **Purple Storm**

Megan biked 18 laps and on the balance beam she walked across it by herself.

### **Green Eggs and Ham**

Anastasia says “Camp Abilities is fun!” She went to the track and she will go to beep baseball tomorrow. Today she will go swimming.

Felix is waiting for rock-climbing. His favorite activity is horse-back riding because it is fun! In swimming he went 2 laps.

Bryan ran 5 laps and swam 6 laps.

### **Cock-a-doodle-blue**

Travis did a seated jump on the trampoline and loved it.

Rachel tried to do a back flip in gymnastics. It was OK.

Nicole B. did a dip walk on the balance beam and she touched her toes on the mat. It was fun!

### **Final thoughts**

Nurse Judy reminds everyone: do not chew gum when you are doing sports!  
That is not safe.

**Believe you can achieve!**