

**The Camp Abilities Newsletter**  
June 30, 2005 Vol 1, No 6  
The C\*A\*N  
By: JMJ

Menu for Thursday, June 30, 2005

Breakfast –same as usual

Lunch – Cafeteria

Dinner (ABVI)\*- Hot Turkey slices w/gravy, whole wheat bread, mashed potatoes, green beans, mixed fruit.

Vegetarian – bean & cheese burrito

\*donated meal

The Daily Fisherman...by David Dodge

It's been said, that a bad day at fishing beats a good day at work, anytime.

Some newcomers to fishing, a few nibbles, the big one got away. The good news is we still have worms! Tonight, Thursday, is the talent show. No fishing, canoeing or kayaking.

Some who shared:

TJ, Leah, Michael F., Franky, Megan, Blaise, Cody, Logan, Olivia, Quinn, Mathew, John, Nicole, Ray, Tiffany, Beth, Heather for Jacob, Max, Autumn for Stephanie, Larry, Destiny, Michele for Brandon, David & Jacinda, Leah for Michelle, Kevin, Keenan for Jake, Rennell & Cameron, Laura for Angelica, Winter for Leah, Zeb, .

Then, there's Jeannine, who seems to be everywhere, and she's always willing to help, care & share.

In Tandem Biking they go round increasing their laps.

Beep Baseball had free game practice.

In Judo athletes were learning self-defense moves.

In Track & Field athletes were cutting their 1-mile time. Ruth & John, marathon runners, told the athletes about pacing.

Goal Ball is playing two games at once.

In Aquatics the athletes are moving up levels.

In Gymnastics the athletes are learning some cool new skills.

Highlights:

All-star Achievers in Judo, learned some escape techniques. Lee & Audrianna are working on their talent show dance routine. The ASAs enjoyed the bowling on Tuesday eve and wish to thank all those who contributed to the successful evening.

Michael F. participated in the ShowDown tournament, in process, and expects to play again.

Rainbow Dragon Princesses:

Leah floated in the deep end of the pool and jumped in the pit for the first time.

Zamada did the self-defense moves, at Judo perfectly the first time.

Torri hit the beep baseball all the way into the outfield & walked on her hands for 8 steps in gymnastics.

Katherine did a forward flip for the first time (on the bar).

Destiny did 4 laps with the front & back strokes & she & Janet did a jump into the pit.

Shelly held a support position on the rings.

Stephanie did an inverted pike on the rings.

Olivia did a front flip on the parallel bars and a dive from the standing position.

Quinn swam 50 yards in 2:09 & did a flip turn.

The RDP outfielders got Monica, Heidi, Gwen & Beth out!

The Congress had many accomplishments today.

Matt put his whole head underwater & floated on his back with minimal assistance.

Drew ran an 8 minute mile, had a time of 1:17 for the 50 yard time trial in the pool and time of 4:26 for the 50 yard dash in BB.

Steve did 20 laps yesterday and 30 laps (6 mi.) on the TB today. He decreased his mile run by 30 seconds.

Sean decreased his mile run by 9 minutes!

Kevin sacrificed himself in TB to avoid hitting someone else. He continued the rest of the days activities.

Carl ran 2 miles on the Track with times of 7:59 and 7:49, cutting off 10 seconds.

Zach ran 1.5 minutes faster than previous mile time.

Brandon shows great promise: 1 mile at 6:16.8 and long jump at 14 ¼.

Aaron improved his mile run by 6 seconds.

Philip jumped in deep water for the first time, completely submerged.

TJ improved his mile from 18:00 to 13:28!

David D. swam in pool for the first time, ran the 50' run to base in BB in 5:20 & did 7:26 mi. run.

Blaise had a 11:21 mile, 50 meter dash in 9.3 seconds and 27 laps in the pool, 81 total.

Chris TB 35 laps, entered water, recover front & back float, front/back glide.

Zoo Crew:

Cody B. set personal best in TB at 61 laps.

All worked well in gymnastics & practicing their Talent Show skit.

Jacob J.- great progress in his dives in swimming.

John Mc rode a horse for the first time.

All improved their time in the mile run.

A great day was had by all.

Wednesday eve we had choices of: Horseback riding, African Drumming, fishing, rock climbing, and canoeing.