



# Camp Abilities Newsletter!

## 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 of 2006. She was an active part of Camp Abilities Brockport for 7 years and we miss her very much.

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### In Short

Yesterday	Today	Tomorrow
<p><i>Athlete Move-In Day</i> Athletes register, meet their coaches, and move into the dorms Opening ceremonies Hans Meyer and Team Night</p>	<p><i>First Day of Activities</i> Athletes’ first day of sports Hans Meyer, Dancing with Lisa, Nighttime Activities: Paddleboarding, Kayaking, Canoeing, Basketball, Rollerblading, Fishing... and more!</p> <p>Mostly sunny with a high of 86</p>	<p><i>Second Day of Activities</i> Athletes’ second day of sports Nighttime Activities: be sure to check out archery!</p> <p>A chance of showers with a high of 91</p>



## Why Are We Here?

During opening ceremonies, Lauren asked the newly-arrived athletes why they'd come to Camp Abilities. Here are the answers she received.

To beat past goals—Hannah

To see old friends and counselors—Braden

Because it's fun! - Lily

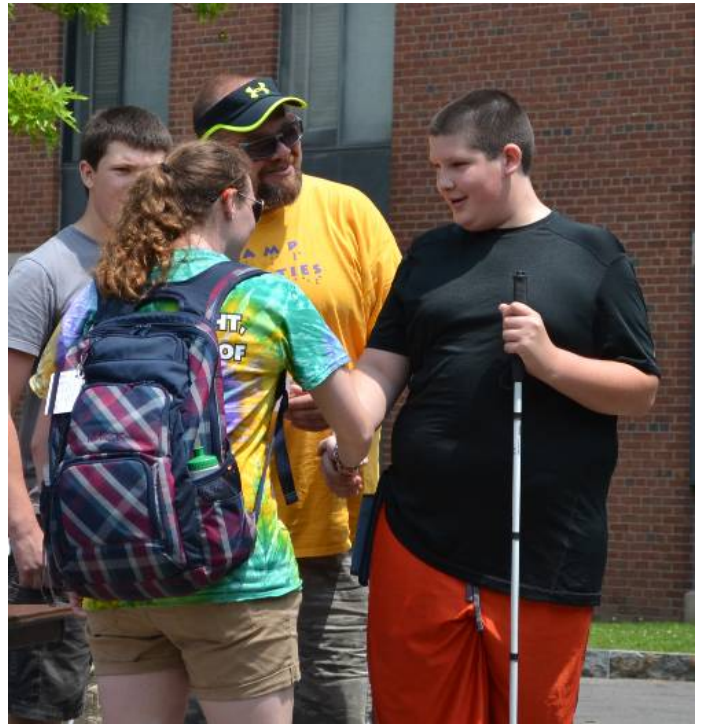
For the chance to do sports she couldn't do before—Alyssa

To meet up with friends, spend some time away from home, and because he loves camp! - Matt

For long days of sports that he couldn't do elsewhere—Jacob

“To do good” - Luke

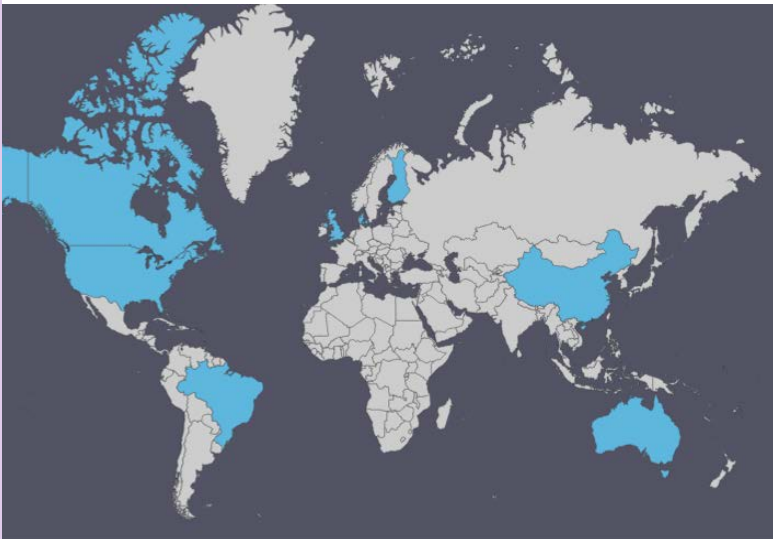
To be appreciated and welcome—Tyler



## Where Do We Come From?

Camp Abilities is proud to host coaches and athletes from across the globe. In addition to all over the United States, Camp Abilities Brockport is currently home to people from...

Brazil  
Scotland  
Puerto Rico  
Canada  
Australia  
China  
Denmark  
Finland  
England





Hans Meyer, who played during Opening Ceremonies and again in the evening yesterday, has been coming to camp to share his music for years. Below are pictures of his performances and a verse from the Camp Abilities Theme Song, off his album, *"It's Our World: The Green Album"*. To hear the full song, go to the Camp Abilities Brockport website, <http://www.campabilitiesbrockport.org/>



*A loss of sight is not a loss of vision  
If you believe, you can achieve  
You are strong; you are able  
You can do most anything*

Before the concert, the athletes listened to a motivational talk from Cody Colchado, a record-breaking weightlifter, thrower, and pentathlete who is deafblind. The athletes had the opportunity to write their fears and obstacles on one of two wooden boards, then watched him break them with his head and his palm.



Yesterday, we introduced the staff and specialists of Camp Abilities Brockport. Today, we'd like to thank the interpreters, Braille Queens, food specialists, equipment managers, and nurses who keep Camp running smoothly.



**Lisa Hanson and Erin Weaver** are our lovely and talented "Braille Queens".

**Sheila Parks, Kate Gianare & Christine Thompson** are our Camp Nurses, keeping everyone healthy!



**Danny Weaver and Jorge Baez** are our **Equipment Managers**.



**Deb Carlson and Ann Cavalo** are our capable and committed **Interpreters**.

A special thanks to all of our food specialists who prepare and serve our meals!

\*\*\* Remember: this is YOUR newsletter. Please come see me (Gia) with great accomplishments, funny experiences, or any news you want to share from the day!!!

**TIP FOR THE DAY:**

**Remember your water bottle, remember to fill it, and then remember to drink it throughout the day! It is hot!**