

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

Monday, June 30, 2008
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Thank you: Sunday's wagon ride and cook out was sponsored by the Brockport Lions Club. Thanks, Lions!

Weather report: Today the high will be 72 degrees with a chance of rain in the afternoon. Remember to wear sunscreen and a hat, and use your Camp Abilities water bottle to drink. Your group leader will have Gatorade powder for you to try, but remember to alternate water and sports drinks.

Welcome to the first full day of Camp Abilities!

Today you will get to try some of the many sports. The sports include tandem biking, beep baseball, track and field, judo, goal ball, swimming, and gymnastics during the day. After dinner, you can try canoeing, kayaking, basketball, fishing, showdown, or rollerblading. Then, be sure to check out the Terry Kelly concert tonight.

Terry Kelly will have a concert at 8:00 p.m. in the lounge again tonight. Terry is from Canada and is a speaker, singer, and entertainer. He comes to Camp Abilities every year to sing and share stories, and we are so lucky to have him. He is blind and is happy to talk about his experiences. He has 6 CDs and is a guest singer on many others. He brings CDs for sale and if you want one but did not bring your money, you can find him on the web at <http://www.terry-kelly.com>

Group accomplishments

Each day the accomplishment and achievement reports will be by group. The groups are choosing their nicknames, and so far we know about 3 groups. The Green group is called "Green Eggs and Ham," the Purple group is "Purple Storm," and the Yellow group is "Loco Amarillo." The Blue group will report their name tomorrow.

Final thoughts

Remember, believe you can achieve!