

# The Camp Abilities Brockport Newsletter

THE C\*A\*N, as in, yes you can!

Monday, June 29, 2009  
Volume 5, Number 3

Welcome to Camp Abilities Brockport! This is the third volume of the 2009 Camp Abilities Brockport Newsletter, the C\*A\*N.

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.

## Weather Report

It is supposed to be hot and rainy in Brockport today! Make sure you are drinking lots of water and Gatorade, and remember that we might have to be flexible if it is thundering and lightning. Your group leaders and specialists know the plan in case of heavy rain, thunder, and lightning.

## Group News

Everyone at camp has been very active and has tried new things. Let's see what each group has been up to.

### Yellow Jello:

Logan went fishing for the first time.  
Megan rode 8 laps on the bike and ran one mile on the track.  
TJ ran on the track for 10 minutes.  
Nicole rode two laps on the bike.  
Nick hit a beep baseball into the outfield.

### Water Warriors:

Daniel learned some "really cool" moves at Judo.  
Ryan beat his counselor running to a base.  
Alexandria rode a bike by herself using handbrakes for six laps.  
Kyle biked 19 laps with Coach Cat.  
Jacob P. played Showdown for the first time.  
Robert kayaked for the first time.  
Josh rode in a kayak for the first time.

**Mighty Green Team:**

Jack caught the first fish of Camp Abilities Brockport 2009!  
Hollyn rollerbladed for the first time.  
Brianna played basketball and made a basket for the first time.  
Miso rode in a canoe for the first time.

**Purple Popsicles:**

Quinton rode in a kayak for the first time.  
Austin touched the beep baseball base for the first time.  
Chris L. shot the basketball three times and rode four miles on the bike.

**KEEP UP THE GOOD WORK ATHLETES!**

**Special News**

Tonight, we will have rock climbing in the parking lot near the dorms. After rock climbing, Terry Kelly will be talking to us and playing music for us!

**The C\*A\*N is your newsletter. It is interesting  
because of YOUR contributions. See Maria at  
breakfast, lunch, or dinner with your  
accomplishments.**

**Believe you can achieve!**