**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.

**Volume 10 Issue 2**

**Monday, June 30, 2014**

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**In Short**

<table>
<thead>
<tr>
<th>Yesterday</th>
<th>Today</th>
<th>Tomorrow</th>
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| **Athlete Move-In Day**
Athletes register, meet their coaches, and move into the dorms
Opening ceremonies
Hans Meyer and Team Night | **First Day of Activities**
Athletes’ first day of sports
Hans Meyer, Dancing with Lisa,
Nighttime Activities:
Paddleboarding, Kayaking, Canoeing,
Basketball, Rollerblading, Fishing… and more! | **Second Day of Activities**
Athletes’ second day of sports
Nighttime Activities: be sure to check out archery! |

Mostly sunny with a high of 86

A chance of showers with a high of 91
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!

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

Danny Weaver and Jorge Baez are our Equipment Managers.

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!