

The Camp Abilities Newsletter

Wednesday, July 2, 2008
Volume 4, Number

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.

Weather: Today will be warm and sunny with a high of 84. There is no rain in the forecast today!

Announcements:

Braille Queen Quiz Tips: On Tuesday at breakfast the Braille Queens had a quiz. Here is a summary of their tips.

1. Take care of yourself as much as you can
2. Do not use sighted guide and your cane at the same time
3. When you use sighted guide hold your guide's arm - not their hand
4. Carry your own food and tray when you can
5. Camp Abilities is a great place to practice all your skills!

Aspen is having a raffle. Tickets are one dollar. She is raffling magnetic wands in 4 different colors. They are very strong and have handles for hanging hooks. The raffle will be Wednesday night. See Aspen if you want to buy a ticket. She is in the Green Eggs and Ham group.

Ruben lost his tooth. Do you think the Tooth Fairy will find him at Camp Abilities? Ask Ruben about it.

The website www.cainsight.com is Logan's website and you are welcome to go to that site to share your comments about Camp Abilities.

Athlete Accomplishments

Loco Amarillo

Alexis ran one mile at track. She says "It wasn't great because it made me tired."

Purple Storm

Logan did a flip turn in the pool tiempo primero (for the first time). Water went up his nose only once. He resolved that issue afterwards. He is very gentlemanly and holds the door for other people. Thanks, Logan!

Courtney got to try judo for the first time, beep baseball for the first time, and goal ball for the first time.

Green Eggs and Ham

Brennan biked 4 miles on a tandem bike, which is 20 laps.

Aspen rode 15 laps in biking – that equals 3 miles. On Monday she swam 11 laps.

Brianna swam 6 laps in the pool with a flotation device.

Cock-a-doodle-blue

Hollyn rode the bike 19 laps. That is 3.8 miles!

Destiny rode 21 laps in biking today and in track she ran 1 mile.

Travis was doing the super-jump, which is what he calls the trampoline, and he jumped really, really high in the air. It was awesome and funny! He jumped 2 feet and 6 inches in the sand pit. He also rode 11 laps, and walked 3 laps on the track.

Rachel biked 4 miles on a single bike. And tomorrow my goal is to bike 6 miles.

Justin biked 2 miles today at tandem biking. In swimming, Justin learned how to do the dolphin kick.

Final thoughts

Nurse Judy and Nurse Sheila say: Get enough rest to be cheerful. A sleepy camper is a grouchy camper!

Believe you can achieve!