

The Camp Abilities Newsletter

Thursday, July 3, 2008
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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.

Braille Queens Tips: At the baseball game, there will be lots of people around in an unfamiliar environment, so plan to stay with your sighted guide.

A second tip is also about safety. If you spill something on the floor, and it is not possible to clean it up right away, ask for help, and have someone stand near the spill. When you do clean the spill, be sure it is clearly marked on all sides.

Weather: The weather is supposed to be nice today – mostly sunny and comfortable with highs in the mid 70s.

Athlete Accomplishments

Loco Amarillo

Diana (pronounced Dee-ana) went swimming and swam 50 meters in one minute and 10 seconds. On Saturday, she plans to race in the 50 meter freestyle. She likes judo, and flipped Chad! In gymnastics, Diana did a cannonball into the pit, and walked on the low and high beams.

Purple Storm

Megan climbed to the top of the rock wall! Whoo-hoo! In swimming she learned the side stroke. She biked 5 miles on Wednesday, and she ran 6 laps in track (aka 1.5 miles).

Bruna, our counselor from Brazil, typed in Braille and ate Cheez-its for the first time on Wednesday. It was really fun to type in Braille and she wants to practice more, and the Cheez-its were really good.

Tony was in gymnastics and jumped into the foam pit from the top of the vault. He climbed up the rock wall for the first time, and when he went down, he used his elbows to push off. For the talent show, Tony plans to play a song from Guitar Hero with his back-up singers. Tony will be playing lead guitar. Overall, camp has been great this year.

Courtney did 8 laps in swimming today. She is going to do the talent show for the first time. She will sing with a group. She will be singing “Teardrops on my guitar” by Taylor Swift.

Green Eggs and Ham

Brianna reports that at track, she ran 3 laps. In gymnastics, she did a modified cartwheel and jumped in the pit. Last, she passed Level 1 in swimming.

Felix swung on the ropes in the goal ball gym, and it was very high - almost up to the ceiling – then he jumped off the rope onto a mat. In gymnastics, he stood on the vault and jumped into the pit. In swimming, he kicked with his feet and paddled with his arms with no help, and he passed Level 1 swimming. It was awesome.

Cock-a-doodle-blue

Check tomorrow’s CAN for reports from Cock-a-doodle-blue.

Final thoughts

Nurse Judy and Nurse Sheila say: Do not forget to stop by the nurses’ table and take your medications home when you leave on Saturday.

Believe you can achieve!