

# The Camp Abilities Newsletter

## The “CAN”

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**“Believe you can achieve!”**

“The CAN” (Camp Abilities Newsletter) is dedicated to the memory of Dr. Janet Joseph, “The CAN” founder and Lauren Lieberman’s mother. “The CAN”, as in, yes  
**YOU CAN!**

## What's Going On

Yesterday 7/4	Today 7/5	Tomorrow 7/6
<p>Yesterday the Busy Yellow Bees and Leaf went swimming, ran at the track, played 5-a-side soccer, and beep baseball. The Blue S A &amp; Blue K and the IncREDible Cool Kids played disc golf, went to the canal for SUP, played goalball, worked out during fitness, and rode on tandem bikes. After all of these fun activities, there was a 4th of July Carnival.</p>	<p>Today everyone will be doing the Duathlon where they will be able to run and bike. Next, there will be two beep baseball games, The Blue S A &amp; Blue K versus the IncREDible Cool Kids, and the Busy Yellow Bees versus Leaf. After this, each group will go to gymnastics and practice for the amazing talent show that will be happening later tomorrow night!</p>	<p>Tomorrow, there will be a Swim Meet and a Goalball Tournament where it will be the Blue SA &amp; the Blue K vs the Incredible Cools Kids. After that, there will be Closing Ceremonies. There will be pizza and awards. Then the athletes and parents will depart.</p>

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## Care to Share

### Yellow (The Busy Yellow Bees):

**Mina W** - Mina can't wait to show off her talent at the talent show tonight.

**Chantal G** - Chantal had a mile time of 10 minutes and 40 seconds!

**Remy T** - Today Remy balanced on the beams at gymnastics and was able to jump into the foam pit.

**Sammuel D** - Sam ran an a11 minute and 50-second mile today and then did a forward roll over the bars at gymnastics for the very first time!

### Green (Leaf):

**Addison A** - Addy did 12 laps with her coach Maeve.

**Mackenzie T** - Today in Gymnastics Mackenzie was able to jump into the foam pit, she had a lot of fun doing the duathlon and can't wait to show off her talent.

**Maxwell S** - Max slipped into the foam pit and had so much fun doing it! He also had a duathlon time of 27 minutes and 58 seconds (He ran 2 miles and biked the other 2).

**Charlie W** - "Today I did something."

### Red (The IncREDible Cool Kids):

**Krystie S** - Krystie had a lot of fun during the duathlon today and she didn't fall off the tandem bike! She can't wait for everybody to hear her as she performs at the talent show.



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**Braiden W** - Braiden did the duathlon in only 27 minutes and 18 seconds! He was also able to do a forward roll over the bars at gymnastics.

**Blue (Blue S A & Blue K):**

**Zachary S** - Zac told everyone to please join in as he sings tonight at the talent show if they know the song!

**Donovan C** - Donovan did the duathlon in just 23 minutes and 12 seconds. He also had a great time at gymnastics.

**Sonali S** - Sonali had a duathlon time of 26 minutes and 26 seconds, and she is very excited for the talent show tonight.

**Faith M** - Faith was able to do the duathlon in only 31 minutes and 6 seconds! GO Faith!

**Zachary K** - Today was Zach's first time ever doing a duathlon.

**Jack B** - Jack did 3 miles on a tandem bike and did 1 mile on the spots bike in just 18 minutes. He was also able to do his first forward roll in gymnastics thanks to the help of Coach Jill.



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## The Talent Show Acts

Listed below are the people who performed at the talent show and a list of what they did.

MC: Donovan, Sonali, and Braiden

1. Chantal - singing "Changing What It Means To Be Blind"
2. Faith - comedy
3. Anneka - singing "Danny Boy"
4. Hope - playing "hooloose"
5. Zac S - singing "thunder" by Imagine Dragons
6. Hayden - tap dancing to "the other side" from the Greatest Showman.
7. Ted - singing "What Comes Next" from Hamilton
8. Diana - playing and singing "Free Fallin"
9. Mari - reading a Poem she wrote
10. Nick R - singing "Desperate"
11. Logan and Krystie - dancing to " I can't help myself"
12. Jack - singing "the cave" by Mumford and Son
13. Keara and Gwen - performing a comedy routine
14. Bella and Ciara - singing; "All of me" by John Legend
15. Joe - singing "Love me anyway" by Pink
16. Remy - playing " Twinkle Twinkle Little Star" on the piano
17. Mina - Armpit Farting
18. Diana and Maddie - singing "Monster" by Imagine Dragons
19. Sonali - playing the piano
20. Krystie - singing "So am I " by Ava Max
21. Braiden and Dan - playing Bop-It

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22. Zach K - dancing to " Fireball"
  23. Addy - performing gymnastic skills
  24. Kiana - singing "Blank Space" by Taylor Swift
  25. Chris S - playing a mash-up of songs on the piano
  26. Ronan, Bryce, and Max - Stand-Up comedy
  27. Elora - singing "How far I'll Go" from Moana

## Braille Queens

We often sing at Camp Abilities and everyone participates if we know or remember the words. A newsletter comes out daily. So there is a great need for people to translate to or from Braille so everyone can participate in day-to-day activities. Fortunately, we have two experts in Orientation and Mobility who have been facilitating everyone's inclusion for many years. It has not always been easy.

Lisa Hanson, from Krum, Texas, is the director of Camp Ability Texas. She has 26 years in the field and learned Braille in college. This is year 14 at Camp Abilities Brockport. Lisa keeps on returning because she genuinely likes the people here and gets a great sense of satisfaction. Lisa is also passing on her values to daughter, Landry, who is a coach in the Camp Abilities blue group.

Erin Weaver is Lisa's colleague. She was a teacher of the visually impaired and is now the Maryland Coordinator of Orientation and Mobility Services for the Blind. She also learned Braille in college and has served the community ever since. Erin's two daughters, Ali, a teacher of the visually impaired, and Lizzie, a deaf education teacher, are Camp Abilities group leaders, and her son, a medical school student, has also volunteered in previous years. How great to pass on your values by example and see

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your children enter related professions. Members of the Weaver family volunteer at several Camp Abilities across the United States.

Lisa and Erin translate all documents from Braille to written English or vice versa. This allows everyone a chance to participate. We're fortunate to have Lisa and Erin's support.

## Stan the Man

Who is the distinguished-looking gentleman with white hair sitting at a table in the multi-purpose room with the laptop computer open and intent focus? He is probably Stanley Lieberman, Lauren's father, a retired attorney, who is totally dedicated to his daughter and the causes we all champion.

Stan has believed in helping children thrive, especially those with visual impairments, and he has been actively involved in Camp Abilities. He ran a highly successful sailing program in previous years. His sponsorship allowed many campers to enjoy the feel of the wind and the role of the waves. Stan bought a model sailboat for tactile instruction so campers could feel and "visualize." Then they went out on the water. For many campers, it was a highlight of the camp season.

This summer, Stan is tallying athletic achievements. Every day, he totals the laps around the pool and the tandem bike mileage. Campers can see their accumulated numbers, allowing you, their parents and guardians, the chance to be proud.

Many of you have pledged an amount per lap or per mile. It was certainly motivating and the children track their own improvement. Thank you for your support of your camper. And thank you to Stan Lieberman for keeping the records up to date. Yeah, Camp Abilities!



## Pictures of the Day

Here are the pictures of the day that containing all the fun and love that is all around Camp Abilities. If you want to find more pictures, visit our Shutterfly!







The CAN is your newsletter. It is interesting because of YOUR contributions. Come talk to Alyssa at breakfast, lunch, or dinner with your amazing accomplishments so she can put it in the newsletter!