

# The Camp Abilities Newsletter

June 29, 2006 Vol 2, No 6

THE C\*A\*N

As in, yes you CAN

## **Menu for Friday, June 30th**

Breakfast: same

Lunch: café

Dinner: PIZZA courtesy of Mark's Pizza

## **The Daily Fisherman by Larry Mayer**

We did not fish because of bowling, Hans Mayer & Terry Kelly.

## **Some Team Accomplishments:**

### **Purple Posse:**

We are Happy to say that Richie improved his lap time in swimming by one inute. Marquel swam 8 laps in the pool, learned the breaststroke and ran a mile in 12:06! Leora swam 6 laps in the pool. Austin did a great job in bowling!

### **Blue Lightning:**

Nick W. stopped a ball, then, threw for a goal in GB. Chris O. ran a mile in 11:35 and scored over 100 in bowling. John M. biked 20 laps (equaling 4 miles). Chris C. helped AMS get to each activity and change in and out of the pool.

### **Chiquita Banana:**

Amy, Katie, Chris O., and Zeb all did backstroke starts in the pool. Beth did 17 laps on the TB. Katie did 27 laps on the bike, by herself and ran a mile in 7:18! Ruth biked 17 laps. Annie swam 15 laps. Lisa swam 400 yards. Pao swam 4 laps. Amy swam 12 laps. Megan M. did 75 sit ups. Megan S. went on the balance beam, ran 1 mile in track and did 20 laps in TB. Tiff, Mary, Marissa and Fay finished the 100 yard Individual Medley.

### **GGGGreen Unit:**

Patrick, in archery for the first time, hit 2 balloons. Zamada's goal, by the end of the week, is to perform a standing dive. Blaise ran the mile 2 minutes faster than last year. Brandon ran the mile in 6:18! Crazy Carl swam 50 yards in under 59 sec. and ran the mile in 5:50! Ethan rode 6 miles on the bike. Quinn set a goal in biking & a swim, and a goal to beat Matt in Judo.

**Interview with Hans Mayer** who comes to play for us from Orchis Island, Washington state

**Interview conducted by Max Schutz**

M: How old were you when you started playing?

H: I was 12 years old when I started playing the guitar.

M: What got you into music?

H: Marty Robbins, Harry Belafonte, and Berle Ives.

M: Do you write your own music?

H: Yes. At the moment I have 20 CDs, 8 are for children. I was asked to write themes for children's programs for a radio show. Also, songs for a comedy troupe. I played music for a Warner Brothers act.

M: What instruments do you play?

H: Base guitar, mandolin, native American flute and others.

M: What was your major in college?

H: Mass communication.

M: How long have you been writing music?

H: I have been writing my own music since I was 13.

M: Do you write your music down?

H: No, I work with a tape recorder.

M: Have you played with others?

H: Yes, I play with a bluegrass band & others.

M: What plans do you have for the future?

H: Writing songs for mandolin. I like working with a tape recorder, so I can change it.

M: Do you use a metronome?

H: Yes, on the keyboard I have a drum machine. I use that.

M: Thank you Hans. You are an inspiration to all of us, particularly to me. I am a musician.

## WHAT IS GOING ON AROUND CAMP??



Tandem Biking – Learning how to fit a helmet, also check: A = air, B = brakes & c = chain. Also learning hand signals.

Track & Field - running laps, measuring sit & reach, learning shot put & discus.



Judo – practicing push & pull & throws, turtle & turn over. Instructors, Jim & Chad demonstrated a match.

Beep Baseball – practiced running the bases, fielding & are now playing a GAME.

Gymnastics – balance beam, tramp & floor exercises. THE PIT!

Goal Ball – Playing a game



Aquatics – everyone is learning something new & moving up. Individual medley...

Evening activities (canoeing/kayaking, basket ball, rollerblading) – we do when weather and schedule permit. Not tonight dear.

Thursday eve: We had a sit down served dinner and then a choice of horseback riding (eh, canceled because of lightning) or rock climbing.

Janet M. Joseph, Ph.D.

Editor, C\*A\*N V2.6