

The Camp Abilities Newsletter

The “CAN”

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Alyssa Poawui, Editor

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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

<p>Yesterday 7/3</p>	<p>Today 7/4</p>	<p>Tomorrow 7/5</p>
<p>Yesterday the Busy Yellow Bees and Leaf went to the canal for SUP, played some goalball, played disc golf, rode tandem bikes, and worked out during fitness. The Blue S A & Blue K and the IncREDible Cool Kids went to track, swimming, beep baseball, and soccer. All groups also went bowling!</p>	<p>Today the Busy Yellow Bees and Leaf will be able to go swimming, run at the track, play 5-a-side soccer, and beep baseball. The Blue S A & Blue K and the IncREDible Cool Kids will play disc golf, go to the canal for SUP, play goalball, work out during fitness, and ride tandem bikes. After all of these fun activities, there will be a 4th of July Carnival.</p>	<p>Tomorrow 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 & 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>

Care to Share

Yellow (The Busy Yellow Bees):

Elora W - On Monday she did 7 miles on the tandem bike, so she had a goal of 10 miles today. She beat that goal and did 10.75 miles. Elora also swam 14 laps in the pool.

Sammul D - Yesterday Sam swam a $\frac{1}{2}$ a lap in 47 seconds.

Joseph P - Last night, Joseph caught 2 fish at fishing and played showdown for the first time last night. Joe also did 6 laps at swimming.

Isla L - Yesterday her goal was to bike 30 laps, but she did 70 laps!

Riley E - Riley rode a tandem bike for the first time yesterday.

Ted C - Ted did 51 laps on the tandem bike.


Justin L - Justin got 2 spares last night at bowling.

Remy T - Remy did 36 laps at tandem yesterday.

Julian C - Yesterday he got on a tandem bike even though he was scared, swam 10 laps in the pool, and scored over 100 points in all 3 bowling games.

Green (Leaf):

Addison A - At first Addy didn't want to get in a canoe, but he had enough courage to try it for the first time and it was awesome. Last night she won a round of bowling and ended up with 92 points. At first, Addy couldn't tread water but she kept at it and was able to tread water at the end.



Katarina T - Yesterday she won a game at bowling ending up with 109 points, and she also scored 2 goals at soccer.

Mackenzie B - Mackenzie had a lot of fun bowling and fishing last night. She also swam 10 laps at swimming and did really well at soccer yesterday.

Anneka P - Last night Anneka caught 2 fish, and one of them was a huge sunfish. At first, Anneka was scared of diving into the water but she worked on it and was able to do dive all by herself.

Maxwell S - Max did really well in disc golf yesterday, scored 139 points at bowling, and said: "we are all set for Thanksgiving because I got a Turkey." Today in beep baseball Max hit off a pitch and was able to do a 37-second breaststroke.

Mari M - Mari tried SUP for the first time yesterday and was able to stand up and only fell off once. She also got a spare at bowling.

Kiana Y - Kiana did 7 laps at swimming and won a round of bowling yesterday.

Red (The IncREDible Cool Kids):

Briden W - Braiden swam 32 lengths in the pool yesterday and jumped 7 ft during long jump yesterday. He also did 50 laps at tandem today.

Aidan C - Aiden did 71 laps on a tandem bike and 17 on a single bike.

Krystie S - She fell off of the Tandem bike, but she got back on and tried again!

Blue (Blue S A & Blue K):

Jack B - In track yesterday Jack jumped 3 ft in the long jump, threw 9.5 ft in the shot put, had a 32-second freestyle, and backstroke time of 30 sec. He tried the new sports wheelchair and did really well in that! Also last night he scored over 100 points in

bowling. Today he scored 4 goals at goalball, did 3 laps on the sports bike, and did 20 pull-ups at fitness.

Faith M - Faith has a 38 second for backstroke and had 2 spares at bowling last night. Faith beat her goal of 9 miles by biking 40 laps (10 miles) today.

Sonali S - Yesterday she jumped 5 ft at long jump, she did 10 laps in the pool, she dived in the water for the first time, got 2 strikes at bowling, and scored 107 points. She also biked 40 laps at tandem biking.

Zachary S - Zac got 2 strikes and a spare last night at bowling, and threw 21 yards at shot put. He also scored a goal in goalball.

Patrick O - Patrick did 55 laps on a tandem bike and also held the longest plank at fitness today.

Chris S - Chris was on the front of the tandem bike with Nick R on the back, and they did 54 laps together.

Donovan C - Donovan did 9 laps at tandem and got 2 strikes at bowling last night.




Good Girl, ILSE

Ilse came to visit yesterday and she brought her guide dog. She is a 5-year old German Shepherd who guided Heather Bird directly and safely to Camp Abilities. You see, Ilse cares for Heather and Heather cares for Ilse. That is their job. Heather has a form of congenital blindness and has been blind since birth. Her mother and her two sons are also blind. Heather was a camper at Camp Abilities during one of its first seasons, and she is now a 32-year old mother. In public school, Heather was mainstreamed and in an inclusion program. She is now a student at SUNY Brockport, two semesters away from her social work degree. Heather still plays beep baseball and will compete in the 2019 Beep Baseball World Series at the end of July in Tulsa, Oklahoma. She also enjoys canoeing and paddle boarding, and Ilse is right up there with her. Heather has a full and satisfying life, and Camp Abilities was a big part of her formative years. Way to go, Heather (and Ilse).

Fish Count

Total Amount of Fish Caught: 39 and counting!

Find all the awesome fishing pictures from this week at the end of Pictures of the Day



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!

