

The Camp Abilities Newsletter

The “CAN”

Volume 15 Issue 2

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 Lieberan’s mother. “The CAN”, as in, yes YOU CAN!

What's Going On

<p style="text-align: center;">Yesterday 6/30</p>	<p style="text-align: center;">Today 7/1</p>	<p style="text-align: center;">Tomorrow 7/2</p>
<p>We had an amazing opening ceremonies with the parents and athletes as they arrived at Camp. The athletes and coaches were able to do a Meet the Specialists Scavenger Hunt. W had a delicious dinner, had evening activities, and partied all night with Terry Kelly!</p>	<p>The athletes will be able to get to know the members of their team more as they do many different sports like track, swimming, SUP, Disc Golf, and goal ball. Later, we will go get lunch and FOB. Then the athletes were able to play soccer, Beep Baseball, Tandem, and Fitness. After that we will enjoy dinner and afternoon activities and then party with Terry Kelly.</p>	<p>We will continue to play amazing sports throughout our day tomorrow. Tomorrow Camp Can Do will be joining us and participating in all the cool sports we will be doing.</p>

Care to Share!

Everyday the athletes are able to share the fantastic accomplishments they achieved.
Here are some of the following achievements.

Yellow Group:

Isla L - Last night Isla was able to try rollerblading for the first time with Coach Kayla.

Remy H - Today Remy did 20 laps on the tandem bike!

Ted C - Ted is very proud about the 41 laps he did on the tandem bike at a super fast pace.



Green Group (Leaf):

Ronan C - Ronan did 44 laps of the tandem bikes today.

Addison A - Last night Addy went fishing for the first time and caught a catfish (which was our first caught fish of the camp). She also found out that she has a birthday twin who is Katarina T.

Katarine T - Kat found out that she had a birthday twin who is Addy. She is also very proud of her basketball skills that she was able to show on the basketball court yesterday and today.

Charles W - Charlie biked today during tandem biking.

Mackenzie B - Mackenzie did stand up paddle boarding today, did 23 laps on the tandem bike, and almost caught a fish last night.

Mari M - Mari tried tandem biking for the first time today and was able to ride a single bike for the first time in a while.



Anneka P - Anneka had a goal of biking 5 miles at tandem today, but she did 8 miles and 1 lap at Tandem biking today!

Valeria S - Val's goal today was to just sit on a tandem bike and then after sitting on the bike she decided she wanted to ride it and did 2 miles on the bike today!



Kiana Y - Today Kiana did 22 laps during tandem biking today, and she rollerbladed for the first time last night

Maxwell S - Today Max did 47 laps on the tandem bikes in hopes to raise money for the Lap It Up For Camp Pledge.

Red Group:

Sean M - Today Sean ran a 6 min and 24 second mile at track, and people said that he "didn't break a sweat."

Braiden W (AKA the friendly neighborhood Spiderman) - Today Braiden swam one length in 35 seconds.

Blue Group:

Dan F - Dan did the 50 meter dash in 18 seconds today during Track & Field.



Zachary S - Zach played basketball last night and made 5 hoops proving that "ball is life!"

Donovan C - Today Donovan swam 2.5 laps, and almost caught a fist last night. He told everyone to "stay determined!"

Jack B - Jack went fishing for the first time last night, and cast the fishing line all by himself. He also did really well in soccer today and that put a big smile on everyone's face.

Faith M - She beat her personal record for the mile with a 15 minute and 4 second mile. Go Faith!

Sonali S - Today during Beep Baseball Sonali was scared to run with a blindfold on because she has never done that before. She was not happy with the time she got so she came back and ran faster and it cut her time in half!

From All Over: Happy Canada Day

July 1 is Canada Day! It is the anniversary of the unification of Canada, and it is celebrated with parades, fireworks and concerts every year. We have staff from Canada, and would like to highlight who they are.

Waterfront specialist Erin Kavanaugh oversees our boating and paddle boarding activities along the canal. She comes from Fort Erie, Ontario and is an orientation and mobility expert. She attended the University of Western Ontario and did her post-graduate work at Brantford. Erin has been coming to Camp Abilities for 15 years. She has also worked at Camp Abilities in Ontario, Tucson, and Oregon.

After 8 years in the Canadian military reserves, including a tour in Bosnia, Erin is now the proud mother of 18-month old Sophie. Her hobbies include walking, running and dancing salsa!

Cassandra (Cassie) Orgeles also comes from Fort Erie Ontario, although she recently moved to Buffalo. She attended W. Ross Macdonald School, a residential school for children with visual impairments. Erin Kavanaugh encouraged Cassie to come to Camp Abilities, and it took Cassie a very short time to love it.

Cassie was a member of the 2012 Canadian Paralympics team for goal ball. She is a sports specialist at camp this year. Her favorite leisure sport is beep baseball.

Hannah Williams comes from Nova Scotia. She was invited to mini-camp in February, and was so inspired, she applied for the graduate assistant position at Brockport. She is officially starting her graduate work this fall, and decided to "warm up" at Camp Abilities. Hannah has a BS in physical education from the University of Maine at Presque Isle.

Hannah is the youngest in an active, sports-minded family and particularly enjoys softball and volleyball.

Special News Today

- Happy Birthday Nurse Katie Giam. We here at camp are really appreciative of everything you do to help us!
- Ronan won the over achiever award for helping fundraise for camp by bringing in a ton of can tabs. He was rewarded "the tab king."
- Kiana Y has an amazing aid. She puts so much love and care towards Kiana to help Kiana become to become the wonderful her aid Kathleen Conklin. Today Conkin was awarded



I Think, Therefore I Can!

This is the message of Terry Kelly, role model, motivational speaker and country music entertainer. You see, Terry became totally blind at the age of two from a hereditary condition called retinoblastoma. Rather than give in and lament his fate, Terry's parents encouraged him to achieve. Terry took life one step further, he excelled Terry attended The Halifax School for the Blind growing up. He credits the special setting for his positive mindset, and his passion now is to motivate others. Terry says we need to believe in ourselves and to be knowledgeable. Our camp motto corresponds perfectly with Terry's philosophy, "Believe you can achieve!"

After graduating from University, Terry worked as a researcher for a time before discovering his real talents. He had planned to become a counselor and realized that, by empowering others to believe in themselves, he is now following through. Terry has been awarded two honorary doctorates and is an honorary officer in the Canadian Air Force. Terry's skills are broadly recognized. He and his wife, Anne, live in Nova Scotia and have attended Camp Abilities every year since the beginning except one. He makes presentations to schools and corporations, sharing his self-empowerment message. We certainly appreciate all he has shared with us. Thank you, Terry and Anne.

Pictures of the Day

Here are the pictures of the day that containing all the fun and love that is all around Camp Abilities.



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!