

Thoughts from our campers...

We asked campers what they enjoyed most about their time at Camp CaPella:

Jamie- "Dance, I'm Faith Hill"

Harold- "Going on a boat ride"

Patty- "Ice cream sundaes"

Donna- "Ice cream sundaes"

Michael- "Elvis"

Angela- "Ice cream sundaes and spending time with friends!"

Christina- "baseball"

Clinton- "good time at camp, swimming to the float, fishing for big fish, flag ceremony."

Mark- "boat rides, sleeping in the bunk house and getting up early, Vicki the cook"

Geneva- "swim"

Noam- "swimming, boat rides and fishing. Suppers were wicked good!"

Travis from ELC said, "They loved the boat rides, fresh air, and just getting out!"

Paige, our new Waterfront Director, felt as though the first week went great. She loved watching how happy everyone was while they were swimming. The daily sing along was also among her favorite things at camp!

Cook's Corner

Our Wonderful Weekly Menu

Sunday- Perfect Pizza Party with Wonderful Watermelon

Monday- Fabulous Fish, French Fries, Beautiful Broccoli and Pineapple Pudding.

Tuesday- Luscious Lasagna, Gorgeous Garlic Breadsticks, Scrumptious Salad. Homemade Strawberry Rhubarb Pie

Wednesday- Cha Cha Chicken with Sage and Garlic, Terrific Tater Tots, and Colorful Carrots. Banana Splits for Dessert!

Thursday- Bountiful BBQ Night- Hamburgers, Hot Dogs, and Vicki's Marvelous Mac-N-Cheese! S'mores by the Campfire for Dessert!

From The Office:

Please take a few moments to complete the Camper Satisfaction Survey and return in the stamped envelope provided! Your feedback helps us to plan for future camp adventures! Thank you!

Be sure to look for more photos on our website and Facebook page!

Camp CaPella★

*Life experiences for people with disabilities
Memories for a lifetime*



Vicky's Mac-N-Cheese Recipe!!

List of Ingredients

3/4 cup butter

1 and 1/2 boxes of macaroni

1 and 1/2 to 2 pounds of Land O' Lakes (White American Cheese) singles

2 cups milk

Dash of salt and pepper

Cook the macaroni, drain and add 1/4 cup of butter in a large cook pot on top of the stove. Melt one stick of butter in a large cooking pot. Add one cup of milk to the melted butter. In the same pot, melt cheese, one single at a time, intermittently with the remaining one cup of milk. Melt thoroughly while stirring constantly. Add a dash of salt and pepper. Pour over the noodles. Bake at 350 degrees for 20 minutes and serve.

Serves 8 people.

www.CampCapella.org

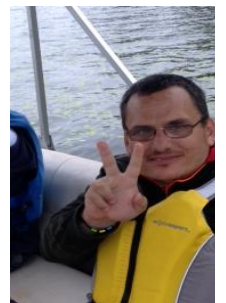
The CaPella Star

Week 1: June 26 – July 1, Adults



Group Activity

Our first group activity was a water game. We all sat on the ground and passed a wet sponge from the beginning of the line to the end. Noam was at the end of the line and had to squeeze what was left of the water out of the sponge and into a bucket. Many campers had a great time getting wet. Patty, Harold, and Scotty all got really wet. When the basket was full, Harold tossed it at Rec. Leader, Jeff. The campers loved watching Jeff get wet!



BRIEF HISTORY OF CAMP CAPELLA

1960-2005: Camp CaPella was founded, owned, and operated by United Cerebral Palsy (UCP) of Maine providing a summer camp experience for children, teens, and adults with physical and intellectual disabilities.

2005: Camp CaPella’s doors were closed for 2 years due to changing priorities at UCP.

2007: A community group of concerned citizens saw the need for this valuable resource and organized themselves with the goal of reopening Camp CaPella.

2008: Camp CaPella was open again offering day camp only.

2009: Doris Buffett and her “Sunshine Lady Foundation” purchased Camp CaPella from UCP. The agreement stated that if after 5 years the camp was operational and solvent, The Sunshine Lady Foundation would forgive the debt and the camp property would be owned free and clear by Camp CaPella. Through generous community support, the mortgage was forgiven in 2014.

2011: Camp CaPella began offering not only a day camp but also a weekly *overnight* camp experience. A family vacation package was organized where parents and siblings “from away” could spend the week at local lodging while their child attended camp. Along with the day camp, provisions of the overnight camp and “vacation package” made it possible for special needs campers from other parts of Maine and the U.S. to attend Camp.

2014: One week of Travel Adventure Camp was introduced.

2015: Camp was at full capacity and had a waiting list. Travel camp was extended to 3 weeks.

2016 and Beyond: We must serve more campers with expanded programs and facilities. Your support is needed to make this happen.

2015 Milestones

- Highest number of campers to date at 179!
- Largest waiting list to date with 26 campers!
- First year with 3 weeks of Travel Adventure Camp.
- 350 additional campers visited with area agencies.
- Campers came from 11 counties and several from out of state.
- Introduced the ocean touch tank in Wild Adventures.
- A custom-made wheelchair swing was donated.
- We also received a donation for a new playground set.



Tuesday Night Dance Party

Here at Camp CaPella, we have some great dancers! We started our evening by listening to Elvis, so Michael could be the "King of Rock and Roll". Then we switched to Shania Twain. That’s when everyone got up and danced! Little did we know that Clinton and Noam could rock the dance floor. A very graceful Noam loved to twirl counselor Meg, as they danced the night away.



Wednesday Washout!

Wednesday was a very rainy day. That didn't stop our day camp from having a really fun day! When it started to rain, counselor Kate said, "no need to worry, we have just the solution." They played *CaPella Monopoly* as a group. It is the same as Monopoly except you can buy places around the camp. You can buy the swing set, the eagles nest, the kitchen, and you can even buy Dana's office! It was alot of fun and the campers loved playing it together as a group!



Fundraisers Help Send Kids To Camp!
Contact our office today to find out how you can help with one of this year’s fundraisers!

In 2015:

Darling’s Ice Fishing Derby Sent ONE Kid to Camp!
The Polar Dip Sent SIX Kids to Camp!
195 Rocks Request-A-Thon Sent ONE Camper!
The Maine Oxy Golf Tournament sent SEVEN Kids to Camp!
The Touch-A-Truck sent SIX Campers to Camp!
ATV Rides from local ATV Clubs sent THREE kids to Camp!

Upcoming 2016 Fundraisers:

August 20th – 3rd Annual Maine Oxy Charity Golf Tournament
September – Annual Touch-A-Truck Event at Speedway 95
Ongoing – 50/50 Raffle: Tickets are \$10 ea, limited to 200 tickets w/ Potential Of Winning \$10,000!!!



Thursday Night Party Time!

Thursday night started with a hot dog and burger bar. We also had Vicki's famous mac and cheese! The campers were able to pick from a buffet of yumminess. After dinner we were making smores and rocking out. We were lucky enough to have two members from the band Recall, Mike and Lix, entertain us by the fire. The campers and staff loved it! Everyone participated. We may have even formed a new group called Paige and the Paigerelles! Overnight camper MIke, accompanied them on guitar and we enjoyed the percussion of Noam. Everyone danced and had a great time!