

## Thoughts from our campers...

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

Evan, our littlest camper – “The canoes!”  
Sunny - “The waterfront!”  
Jeb - “Everything!”  
Ella – “Going on the playground and swimming.”  
Philip – Swimming, catching minnows, and kayaking.”  
Brock – “Swimming.”  
Devon – “Swimming and Uno.”  
Darius – “Playing in the water!”  
Claire – “The water.”  
Isaac – “ Fishing”  
Noah – “Games.”  
Madysen - “Sticking zip lock baggies to Sam's head.”  
Miranda – “Being in the bunkhouse.”

And...

We asked our new overnight counselor Steve, what his thoughts were about his first weeks at camp.  
"The most amazing thing is that I grew up on a lake, so being here and seeing these campers’ boat and swim with no need for video games is just great. I love being here!"

### Cook's Corner: Our Wonderful Weekly Menu

**Sunday**- Popular Pizza Party with Wizardly Watermelon

**Monday**- Crispy Chicken Nuggets, Funny Fries, and Colorful Carrots

**Tuesday**- On Top of Spaghetti, All Covered with Cheese, I lost my poor meatball when somebody sneezed! Just kidding! It came with garlic bread and salad and everyone ate it up! Pudding and cool whip for dessert.

**Wednesday**- Terrific Tasty Bites, Celery Stix, and Ranch Dressing

**Thursday** - Its Humerous Hamburger and Hot Dog night with mac-n-cheese! And smores by the fire for dessert! There’s going to be plenty to laugh about!

### 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](http://www.CampCapella.org)



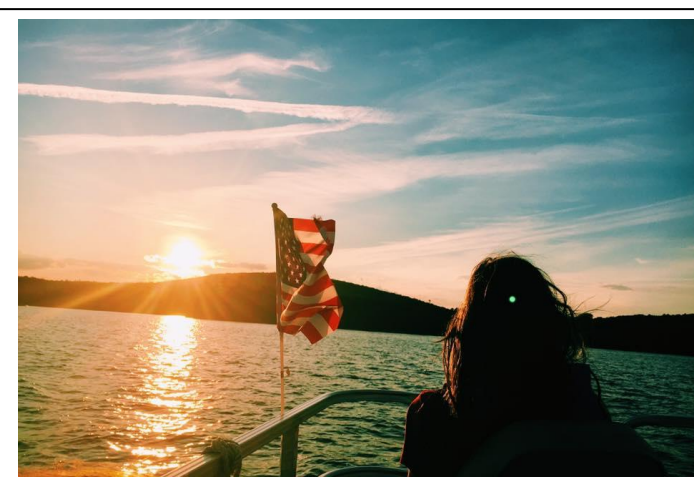
### 4<sup>th</sup> of July: Celebrating Camp CaPella Style

Monday we celebrated the holiday by entering our two boats in the boat parade. The campers loved being a part of this lake wide event. There were over 50 boats stretching from one end to the other!

In Wild Adventures, we made festive paper lanterns.

The evening counselors also took the crew on a sunset cruise. They were lucky enough to see a mama loon and her baby. She dove under and came up with a fish and the campers watched her feed it to him.

We ended the evening with a special red, white, and blue dessert from Vicki.





## Thursday!

After some beautiful weather, our campers woke up to some colder temps, wind and occasional rain showers.

But have no fear; the weather doesn't stop the fun! Campers took turns playing indoor games and reading before going back outside to play. Arts & crafts kept everyone warm too. Vicky served hot cocoa for afternoon snack to warm us all!

We are hoping the weather holds off for the traditional Thursday night cookout. We will also have a camp fire and smores. If it rains, we will have a dance party! (We are still having the smores!)



## Shaving Cream Extravaganza!

On Tuesday night, we had our annual play in the shaving cream night. The campers loved spreading it on the tables and drawing in it with their hands. Before it was over, it was hard to tell who was who! We want to thank Paige, our Waterfront Leader for staying late so we could have an evening swim. It was really warm out and everyone had a great end to their day.



## 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.

### 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 20<sup>th</sup>** – 3<sup>rd</sup> Annual Maine Oxy Charity Golf Tournament  
**September 10<sup>th</sup>** – Annual Touch-A-Truck Event at Speedway 95

#### **\*WIN \$10,000!!**

**Ongoing** – 50/50 Raffle: Tickets are \$10 ea, limited to 2000 tickets w/Potential Of Winning \$10,000!!! Call 843-5104 to get your tickets!

## Touch Tank Tuesday!

Who lives under the sea? Campers learned it's not just Sponge Bob...

Today a group of ladies came from UMO and they set up their Touch Tank in Wild Adventures! Campers were able to hold and touch a variety of sea creatures, while learning about life under the sea!



## Wacky Wednesday!

We couldn't decide if it was going to rain or not! One minute it was cloudy, then sunny, then cloudy!

We really wanted to take the kids out fishing. With the radar looking quite ominous, we decided to do a few activities inside as well as let the camper's fish off the dock three at a time.

We had reading, bracelet making, and free play. The quiet time in the middle of the week was just what the campers needed.

Before bedtime, we enjoyed Vicki's homemade banana upside down cake with cool whip.

