

Thoughts from our campers...

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

Teddy- “The boat.”
Michael- “Planning the concert.”
Hunter- “Rec!”
Terry- “Playing tag.”
Sarah- “Swinging.”
Keely- “Free time so I can swing.”
Jayde- “Swimming.”
Isaiah- “Sports!”
Devin- “Swimming.”
Braiden- “Swimming.”
Aimee- “Fishing.”

And....

We have a counselor, Missy, who worked here in the 80's. She's back this year and was asked about her experiences so far this year.

"The friendships that I've made with the campers are heartwarming and the memories will last a lifetime."

Cook's Corner: *Our Wonderful Weekly Menu*

Sunday- Popular Pizza Party with Wizardly Watermelon

Monday- Delicious Drumsticks, Fabulous Fries, and Colorful Carrots, Perfect Pineapple Pudding for Dessert!

Tuesday- Magnificent Meatballs Subs, Spectacular Salad and The Best Banana Cake!

Wednesday- To Good Tasty Bites, Tater Tots, Beautiful Broccoli and Frozen Banana Dippers!

Thursday – It's National Hot Dog Day and we are having Grilled Hot Dogs, Hamburgers and Vicky's Famous Mac-n-Cheese! S'mores cooked over the fire 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!



We beat the heat Weds night with Frozen Banana Dippers for dessert!

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

Camp CaPella

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

The CaPella Star

Week 3: July 10 – July 15, Ages 11-15 & Travel Camp 1

Wild Adventures Travel Camp – Week One!

Monday: Travel campers visited Acadia National Park and drove the loop road with stops at Thunder Hole and Cadillac Mountain. They then drove into Bar Harbor to Bar Island and explored the coastline and tide pools.

Tuesday: Travel campers went to Birdsacre Sanctuary in Ellsworth where they were able to learn about coastal birds of Maine and explored some of the many nature trails. They had a picnic lunch in town before going to Camp Jordan to take on the challenge of the zip lines and an afternoon swim.

Wednesday: Travel campers were back in Bar Harbor for an afternoon on the water with the Bar Harbor Whale Watch! They even saw 3 humpback whales!

Thursday: Travel campers explored nature and planned an afternoon at the movies with “Finding Dory”. They will camp overnight on Branch Lake.

Friday: Travel campers spent the night camping out and exploring the low ropes course and boating for the morning.



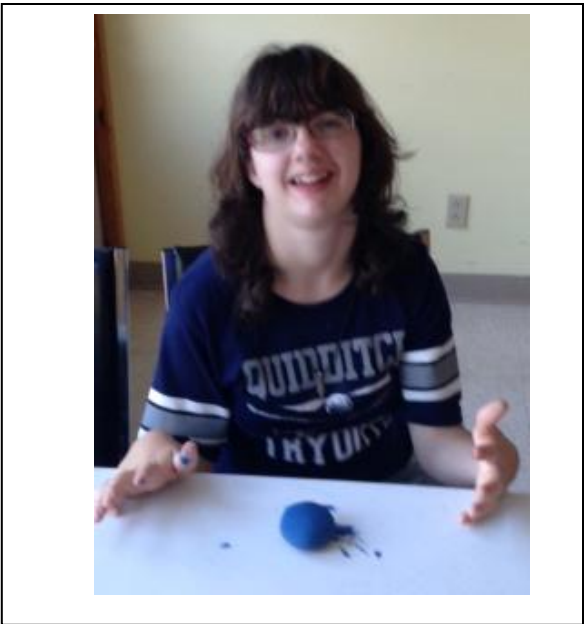
Wild Adventures Travel Camper, Mercy, takes on the zip line!

“Mercy, what did you think about the zip line?”

“I thought it was fun, scary, and fun! It took me forever to climb up!” she answered.



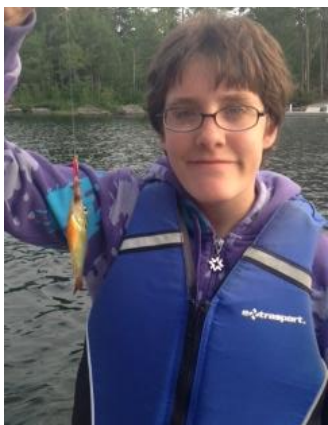
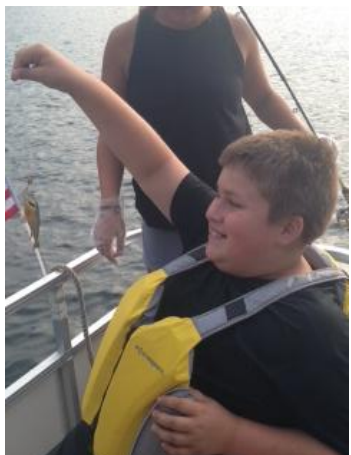
Wild Adventures Travel Campers on top of Cadillac Mountain, Acadia National Park, Bar Harbor Maine.



Monday Night Rock On!

It's not what you think....

Heidi brought us some wonderful rocks. Dana thought it would be cool if we painted them so that our garden would have a little piece of every camper here. We painted lady bugs, caterpillars, and fireflies. They will make a lasting memory in our forever garden!



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 20th – 3rd Annual Maine Oxy Charity Golf Tournament
September 10th – 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!



Welcome Wednesday

When Dana came to camp on Wednesday, he was all excited. He had picked up the mail to find a donation from Emera Maine to help send a kid to camp this Summer! Their only request was that we send them a photo from camp!

That afternoon we all gathered in front of the camera!!

Thank You *Emera Maine* for supporting Camp CaPella!