

Thoughts from our campers...

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

- Doug- "All of it!"
- Chelsea- "All of it!"
- Rhyen- "Everything."
- Noah F- "Boat rides."
- Justin- "Friends."
- Tyler- "Friends!"
- Brianna- "Hawaii and swimming!"
- Paul- "Swimming."
- Gabe- "Swimming and boat."
- Alexandria- "Swimming."
- Alex- "Swimming!"
- Moriah-May- "Boat!"
- Noah G.- "Tether ball!"

And.....

We asked new day counselor, Kayla, what she thought as we reached the midpoint of the season. "I love it!" She thinks it's great to watch the kids grow with all of the opportunities that they have here. "It's definitely been a learning experience for me."

Cook's Corner: Our Wonderful Weekly Menu

- Sunday- Perfect Pizza Party with Super Sundae's For Dessert!
- Monday- Crispy Nuggets, Fabulous Fries, and Beautiful Broccoli and Wonderful Watermelon!
- Tuesday- Spectacular Spaghetti & Meatballs, Gorgeous Garlic Bread, Sensational Salad and Fantastic Fudgesicles!
- Wednesday- Happy Hot Dogs and Magical Mac-n-Cheese, Delicious Donuts and Sno-Cones for Dessert!
- Thursday – BBQ Night! Hearty Hamburgers with Terrific Tater Tots and Super Sticky Smores 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!



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

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Week 4: July 16 – July 22, Ages 5-10 & Travel Camp 2

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I Scream. You Scream.  
Camp CaPella Screams  
For Ice Cream!!

Sunday night was check in, and pizza party for all of our overnight campers. After pizza we decided we should celebrate *National Ice Cream Day*. We had ice cream with chocolate sauce, jimmies, and whipped cream. The campers and counselors all loved it!



Wild Adventures Travel Camp :  
Week Two!

Monday: Travel campers visited Acadia National Park with a hike up Beehive Mt and a stop at Thunder Hole.

Tuesday: 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 ropes course.

Wednesday: Travel campers were back in Bar Harbor for an afternoon on the water with the Bar Harbor Whale Watch! They even saw several humpback whales which were so close they could “smell” them.

Thursday: Travel campers hiked around Jordan Pond followed by an afternoon swim at Echo Lake before ending for the week.



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!



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 Luau Party

*Aloha from Kahua Capella!*

Po'akolu was Hawaiian night. We celebrated with a Luau. A Luau is a gathering of friends to enjoy good food, good company, and good times. The girls wore grass skirts and leis, while the boys donned eye patches, pirate rings, and leis. The counselors joined in as well. After a feast of hot dogs and mac and cheese, we all gathered for a group photo. The fun continued with face painting, pin the coconut on the tree, a donut eating contest, sand art, sno- cones, and we ended the night with a game of limbo!



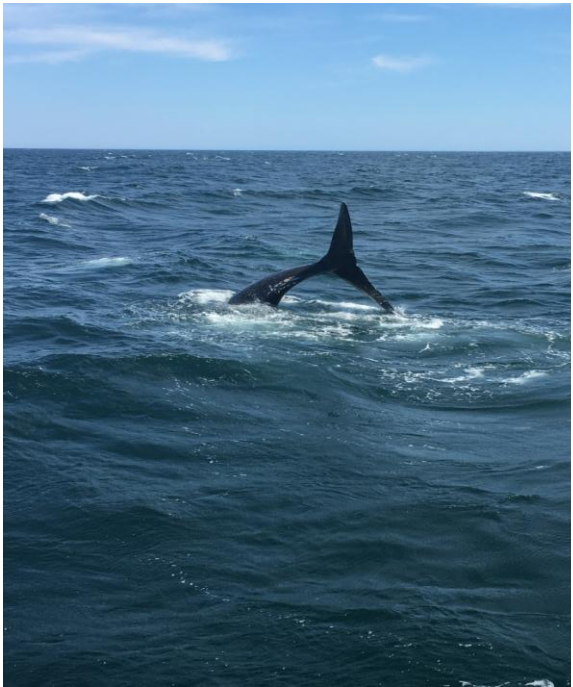
**Camp CaPella**  
*Life experiences for people with disabilities. Memories for a lifetime.*

**Admission:** \$5 per person or \$20 per family (max of 6 ppl)  
**All Proceeds To Benefit Camp CaPella!**

**TOUCH-A-TRUCK**  
Saturday, Sept 10, 2016  
11:00 am to 3:00 pm

**Activities:**  
• Spend The Afternoon in the Driver's Seat of a Big Rig!  
• Tractor Trailer Trucks, Construction Vehicles, Police, Fire, Rescue and Military Vehicles!  
• Food, Face Painting, Bounce House, Ice Cream Truck!

1070 ODLIN ROAD  
HERMON, ME 04401  
207-945-9595



- 50/50 Raffle Fundraiser:
- Tickets are \$10 each.
  - Only 2000 tickets to be sold.
  - Potential winning of \$10,000 and potential funds to help send kids to camp of \$10,000.
  - Call 843-5104 to find out how to get your tickets!!!

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**Summer Long 50/50 Drawing**  
**\$10,000 Potential Cash Award**  
**\$10.00 per ticket**  
**2,000 tickets for sale**  
Drawing to be on Nov. 5th or when all tickets are sold

Phone: \_\_\_\_\_  
E-mail: \_\_\_\_\_

