

Thoughts from our campers...

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

Alex J. - "Going on the boat."
Tim R. - "Drip Drip Drop!"
Michael - "Drip Drip Drop."
Jewel - "Holding the horseshoe crab."
Alex H. - "Basketball and the fox!"
Tim W. - "Boating!"
Ciarra - "Boys!!"
Emma - "Swimming."
Daniel - "Boating!"



"It was like fun school at the lake!" -Camper Sam I.

Cook's Corner: *Our Wonderful Weekly Menu*

Sunday- Perfect Pizza Party and Wonderful Watermelon

Monday- Sizzling Chicken Fajitas, Cucumber and Corn Salad, Banana Splits for Dessert!

Tuesday- *Luscious Lasagna, Splendid Salad, Garlic Bread, Dirt Cups and Chocolate Covered Pretzels for Dessert.*

Wednesday- Vicky's famous mac and cheese with hotdogs and the best broccoli. Frozen Banana Dippers for Dessert!

Thursday- BBQ night! Hamburgers on the grill and baked tasty tots. Smore's By the Fire Night!

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.



Camp CaPella★

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



Capella's Got Talent!

We had our first annual talent show to finish off Hollywood week!

We now have 9 Capella Stars! The talent was overwhelming!

Alex- "I wanna build a snowman"- most heartfelt performance
Michael- Camp Rock II - best dancing
Jewel- "Frozen" - best vocal performance
Tim W. - Best Man in Black impersonation
Daniel- Shell Shocked - most shocking performance
Tim R- Best comedy performance!
Ciarra- Gymnastic Routine- most flexible
Emma- "Piano Man"- most classical performance
Nate- Guitar Solo- most rocking award

Everyone did a great job and we look forward to the 2017 Capella's got talent





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!

Cucumber and Corn Salad

8 cucumbers, peeled and diced
6 corn on the cob, cut corn off the cob
1 small onion, diced
4 tbs malt vinegar
2 tbs sugar
Salt-n-pepper to taste
Bring water to boil and add corn. Cook for 7 mins. Drain.
Mix with diced cucumber and onions.
Add remaining ingredients.
Mix together and enjoy a cool Summer Salad!

THANK YOU!

Everyone here at Camp CaPella – staff and campers alike – send a **HUGE Thank You to Daniel and Hanne Tierney** for their generous donations of fresh produce all 7 weeks of camp! Vicky was able to treat us all to fresh salads and sides every day! Thanks so much!



Wacky Wednesday!

On Wednesday night, Paige stayed late again so we could have an evening swim! The fun doesn't stop there! Before jumping into the lake, we had what we call, shaving cream blast! We were covered! We got to indulge in banana dippers before heading to the bunks for the night.



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

Saturday, Sept 10, 2016

TOUCH-A-TRUCK

11:00 am to 3:00 pm

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

- 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!

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!



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!!!

