



## Think Spring!

Happy Spring from Camp Odayin! Why are we so excited about Spring around here? Well, it means we are getting closer to camp time! Camper applications are in the mail, staff are making plans to come to camp and we can't wait to be back together, again. This newsletter is filled with information on ways to become involved with Odayin and we hope you will consider participating in one of our upcoming events. It has been a busy winter and we are predicting that our camp sessions will fill in record time. Thanks to everyone for being a part of the Camp Odayin family—together we are making a difference in the lives of our campers. *Sara & Michelle*

## Tee It Up for the Good of Our Campers

It's never too soon to start thinking about hitting the links! The **2005 Whole Heart Golf Tournament**, sponsored by Medtronic, is set for Monday, June 27<sup>th</sup> at Indian Hills Golf Club in Stillwater, MN. The day is guaranteed to be fun with prizes, raffles, dinner and, of course, golf! Please contact us if you'd like to receive a registration form, volunteer as a part of the planning



committee or to learn more about hole sponsorship. In the meantime, clean those clubs and hit the driving range (perhaps indoors—for now!).

## Calling All Campers

**Camper applications** were mailed the first week of March and are due by May 2nd - applications are also available on our website. Included in the application packet are a general enrollment form, and a medical form that needs to be filled out by your child's cardiologist. Applications are processed on a first come, first served basis. After your child is registered, you will receive transportation information, packing lists, authorization forms, and additional details.

### As a reminder here are the 2005 dates:

Session 1: July 25 - July 29 (campers ages 12-17)

Session 2: August 1 - August 5 (campers ages 8-11)

Day Camp: June 20 - June 24 (campers ages 6-7)

## Summer Staff

**Calling all Staff:** If you are hoping to return to camp this summer or you would like to join us for the first time, we'd love to hear from you! We will need nurses and cabin counselors. Visit [www.campodayin.org/volunteer](http://www.campodayin.org/volunteer) for more information and applications or contact us directly.

**Save This Date:** September 24<sup>th</sup>, 2005 is the 3<sup>rd</sup> Annual Fun Run/Walk at Como Park in St. Paul. Join us for a fun morning to benefit our terrific campers!

Have you been to our website lately?

Stay up to date on what's new at:

[www.campodayin.org](http://www.campodayin.org)

## A Letter From a Staff Member

You will not meet better people than the volunteer counselors and nurses who join us each summer. One of our counselors shared with us his reasons for being a part of Odayin and we want to share it with you...

I'm Tom Pavlik, and I first learned of Camp Odayin at the University of Michigan's Young ICD Connection Conference in October 2002. I was there because, until I came across that group, I was by far the youngest person I knew with an implanted defibrillator (ICD). Despite being very athletic, running 20+ miles a week, I had a severe heart attack at the age of 34. The heart attack caused me to go into cardiac arrest several times. While I was very fortunate to live, the heart attack resulted in a lot of heart muscle damage greatly altering my activities and putting me at high risk for sudden cardiac death (the doctors in Reno told my wife I had a 30% chance of living a year!).

I thought my personal experiences with heart disease and the ensuing challenges could serve as educational opportunities for the children at Camp Odayin. While that proved to be a true assumption, the ultimate truth was the children's experiences were just as much an educational opportunity for me.

My week at Camp Odayin consisted of many moments that touched me, but the best moments of each day usually occurred at the end of day during cabin closing discussions. Our cabin crew would connect just before bed to discuss the day's events: what was their favorite activity, what they were looking forward to

doing tomorrow, funny moments of the day.... and the Book of Questions. From these questions we shared many laughs as I learned:

- Tony would like to be a bit taller (At 13 he already has at least 6" on this 38 year old!),
- Spencer's dream car is a neon blue Pontiac Grand Prix,
- Cabela's is where Reese and most the boys would want to have a limitless shopping spree,
- Orange juice was something John could not live without,
- Jonathan covets the Super Bowl championship over any other trophy,
- Jared would rename his hometown to Academy Award Center,
- Ian wouldn't change his first name and could live on just pizza,
- And the horsefly is the one bug Evan would eliminate.

By the end of the first evening I realized I was over filtering and questions such as "If you could change one thing about your life, what would it be?" were not only okay, but questions the boys thrived on and made for some great candid conversations about our challenges. These moments reinforced my prior belief that children are much more resilient than adults and we can learn much from them.

Special thanks to Kevin Green, my Tamarack co-counselor and a double special thanks to "The Boys of Tamarack" for helping me enjoy my week in Minnesota while teaching me new lessons on not just living with, but **thriving** with heart disease. I definitely will be flying in again from Portland, Oregon and I look forward to seeing you all in July!

## Staff Updates:

**Justin Seningen** is keeping very busy as a second year medical student at the U of Minnesota. With the board exam coming up, his free time is gradually being swept away. However, we are hoping he makes time for camp!

**Noelle Bach** is getting married this spring, moving to Washington D.C., and then starting a pediatric residency in late June. We wish Noelle the best in the busy months ahead!

**Nate Brakke** is also heading East... He is moving to Virginia in June to train in pediatric anesthesiology after his pediatrics residency.

In the bibs and diapers department, **Michelle Scanlan**, her husband Tim and daughter, Maggie welcomed a little boy, Seamus Patrick, to their family on February 5th. **Deke Wolden** and his wife, Staci are awaiting the birth of their 1st child any day!

**Laura Prekker** is living in Duluth, MN, student teaching at Hermantown Elementary in a second grade class and will graduate in May.

**Clyde Swenson** is in his Junior year in the Nursing program at St. Cloud State and is making sure that his busy schedule does not interfere with his time at camp!



# 5th Annual *Have a Heart* Benefit Was Fantastic!



Thanks to all of those who attended the 5<sup>th</sup> annual *Have a Heart* benefit at the 222 Event Center in February! **Amy Hockert**, news anchor from KARE 11, emceed our Big Heart reception and G.B. Leighton entertained guests all night. A special thank you to the planning committee, silent auction donors and corporate sponsors. With your help we raised over \$34,000 for camp this summer.



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A special thanks to **Minnesota Monthly** our Media Partner for the event.

## American Heart Association Heart Walk

The American Heart Association Heart Walk took place on Feb. 26th at the Mall of America. We had a great Camp Odayin crew that participated in the walk to help fight stroke and heart disease. Thanks to all that participated and donated. It was great to be with camp friends and a fun way to give to a good cause.

Sara and Michelle are pleased to be presenting a session at the American Camp Association Mid-States Camping Conference in Chicago this April along with Mary Kate Williams of Camp Knutson. Camp Odayin's involvement with professional camp associations is a key part of our outstanding program. Learn more about these organizations at [www.acacamps.org](http://www.acacamps.org).

## Thank You O'Malley Family!

Camp Odayin was honored to be chosen by the O'Malley family of St. Paul, MN as the 2004 recipient of funds raised by their annual Holiday Party. Over \$20,000 was raised to benefit Camp Odayin. Their generosity warms our hearts!



## Madelyn's Pacemaker 5000

Mark your calendars for Saturday, June 25th, 2005 for the 3rd Annual Madelyn's Pacemaker 5000. The 5K Walk/Run event is dedicated to Children's Hospitals and Clinics. The race is designed to provide funds and awareness for Children's, with all proceeds being donated to Children's. Visit [www.pacemaker5000.com](http://www.pacemaker5000.com) for more information on the event and to learn about sweet Madelyn's heart.

## Festival of the Heart & Soul

Thanks to all who joined us on January 26th, 2005 at the Mill City Event Center for an evening of great wine, food and music! The event was held by the Heart & Soul Festival to benefit Camp Odayin. To learn about the Heart & Soul Festival and for details on upcoming events, visit [www.heartandsoulfestival.com](http://www.heartandsoulfestival.com).



## Camp Odayin's 2nd Annual Family Camp



If you have a camp-aged child with a special heart, we would love for your family to join us at Camp Knutson for a weekend of family, fun and friendship: October 21st—23rd, 2005. Save this date and look for more info on-line and in our next newsletter.

*To add or remove names from our mailing list, please contact us at [info@campodayin.org](mailto:info@campodayin.org).*

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