

Our Favorite Time of Year...

The phone is buzzing, the fax cartridge is low, camper and staff applications are rolling in each day, programs are being planned and summer temperatures are around the corner. Soon we get to have our feet in the lake, catch fish off the pontoon, and sing songs until our voices are hoarse... all surrounded by our favorite heart kids!

As we sit around the table in the Odayin world headquarters and plan the program for this summer, we belly laugh as we reflect on the last four years of activities. Prom Gone Wrong (polyester never felt so good), Disco Bingo (four corners and The Hustle - a great combo), Greek Giggles (make your counselors laugh and they apply mustard like sunscreen as a consequence), Odayin Olympics (How far can you spit a raisin? Have you ever tried to write your name with sidewalk chalk between your toes?), Mardi Gras / Casino night (have you ever been married by an Elvis look a like?) and dunking your favorite nurse in the lake.

We have tons more huge fun planned for this summer - and we're so excited to see all of our campers and staff. Log on to our website during the weeks of camp as we post pictures each day.

Thank you for your continued support of our mission. With your help, we are able to continue to provide this camping experience for some incredible kids. With Happy Hearts,

Jan Michelle Symley

It's not too Late to Have the BEST Summer Ever!

While we are happy to say that we currently have more campers coming in 2006 than ever before, we still have space for a few more! Please contact us right away if you have a camper that wants to join in on the fun. We also are in need of a couple more counselors and nurses - please let us know if you might be able to share your talents with Camp Odayin!

Applications are available on our website for both campers and staff.



As a reminder, here are the 2006 dates:

Day Camp in West St. Paul, MN:

June 19-June 22 (campers ages 6-7)

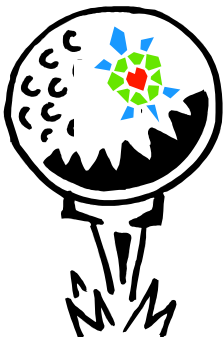
Resident Camp in Crosslake, MN:

July 24-28 Chippewa (campers ages 8-11)

July 31-Aug 4 Flambeau (campers ages 12-14)

Aug 7-11 Namekagon (campers ages 15-17)

Hit the Links to Support Odayin!



The Fifth Annual **Whole Heart Golf Tournament** featuring Fred Hoiberg of the Minnesota Timberwolves and sponsored by Medtronic, is Monday, June 26th at Indian Hills Golf Club in Stillwater, MN. The day is guaranteed to be BIG fun with prizes, raffles, a silent auction, dinner and of course, golf! Please contact us if you'd like to receive a registration form or would like to learn more about hole sponsorship. Call us right away or visit our website and download a registration form, the deadline is June 16th!



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Why Odayin?

Each year we ask camp families to tell us why they are choosing to send their child to camp. Their responses vary from funny to incredibly touching and we love them all. We thought we would share some with you ...

"My son went to camp for the first time in 2005 and came home a changed person. We didn't know the powerful impact that would come so quickly from him being around people with similar heart conditions."

"My daughter can't believe that there will be a whole camp of people with scars like hers!"

"Our son has always been shy. We were shocked to see a picture of him dressed in a crazy costume the 2nd day of camp... He just blossomed in an environment where he felt safe and normal."

"My son has benefited greatly from this camp in the past not only by making new friends and building self confidence but also in understanding his limitations and building on his strengths."

"My child looks forward to sharing the story of her heart with people who will understand."

"Each year my daughter has returned from camp with a renewed sense of self. Her attitude, confidence and determination are at an absolute high."

"This will be my sons first year and he is already counting the days. He has never been accepted at a residential camp before."

"My daughter loves Camp Odayin. She knows she will make new friends and have fun with all of her 'heart buddies' that she has known for years."

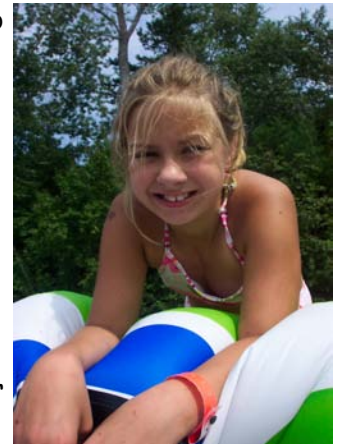


Something you Might not Know about Heart Disease?

The two types of heart disease in children are "congenital" and "acquired". Congenital heart disease is present at birth and is shown as a defect in the structure of the heart. Defects range in severity from a hole between the two chambers of the heart to complete absence of one or more chambers or valves. Acquired heart disease typically develops during childhood and can include heart damage due to infection (such as Kawasaki disease and rheumatic fever) and heart rate problems (known as arrhythmias). Camp Odayin has campers with both types of heart disease.

Wish List

Looking for additional ways to support Camp Odayin? We are in need of several items for the office and weeks of camp. If you are able to donate any of the following, please give us a call or send them directly to the camp office. A tax-deductible receipt will be sent to you for your records.



- Disposable Cameras
- Colored Copy Paper (8 1/2 x 11, any color)
- Kodak Easy Share Printer Dock Series 3
- Kodak Easy Share Printer paper
- Small Digital Camera Bag
- Lexar 1GB Secure Digital Memory Card
- Otoscope
- Additional Stethoscopes
- Instant Cold Packs
- Band-Aids
- Hot Water Bottles
- Portable EKG machine

A few thoughts from the parent of a camper...

In 2002, we heard about a summer camp starting for kids with heart defects. I thought it sounded like a great idea, but my son would have none of it. He refused to go to a camp for "disabled kids" and he was afraid there would be a lot of talk about illness, medication and surgeries. We convinced him to sign up and after learning more about Odayin, he was ready to give it a try. He has now gone every summer and considers it the highlight of his year. For him, it is better than Christmas, better than the family vacation, better than ANYTHING. I feel that in some small way, this week of fun makes up for all the sickness he's been through, the surgery, the restrictions and for the surgeries and issues he will still have to face... Thank You.

This letter comes from Celeste, her son Collin has a repaired coarctation of the aorta, bicuspid aortic valve, ventricular septal defect and mitral valve regurgitation.



Welcome Aboard...

Welcome to Laura Prekker who takes on a new position as our Program Director this summer. Laura is joining our leadership team after several summers with us as a counselor and we know her wonderful enthusiasm will make 2006 a memorable summer!

Fun for the Whole Family!

We are thrilled to announce our 3rd Annual Family Camp this Fall! We will enjoy a weekend of relaxation, friendship, family time and fun at Camp Knutson October 20th—22nd. Family Camp gives your child a chance to share their experiences at camp with you. Our program is flexible enough to allow you the broadest possible range of activities and will also include some educational opportunities for both parents and campers. Each evening includes a special program designed for the entire family that is sure to create fabulous memories and lots of laughs. Information will be mailed to all 2006 campers in the fall. Spaces will be limited, so let us know if you might be interested!

∞ Heart Healthy Dish ∞

Tomato-Artichoke Toss

Serves 6; 1/2 cup per serving

7 ounces grape tomatoes, halved (about 1 1/2 cups)
1 ounce fresh spinach leaves, coarsely chopped (about 1 cup)
1/2 14-ounce can quartered artichoke hearts, rinsed, drained, and coarsely chopped
1/4 cup finely chopped red onion
1/4 cup chopped fresh basil leaves (about 1/3 ounce)
2 tablespoons balsamic vinegar
1/2 teaspoon sugar
1/4 teaspoon pepper
1/4 teaspoon salt
1/8 teaspoon crushed red pepper flakes (optional)
1 ounce fat-free or reduced-fat feta cheese, rinsed and drained, crumbled

In a large bowl, toss together all the ingredients except the feta. Sprinkle with the feta.

Nutrition Analysis (per serving): Calories 30, Total Fat 0g, Saturated 0g, Polyunsaturated 0g, Monounsaturated 0g, Cholesterol 0mg, Sodium 232mg, Carbohydrates 6g, Fiber 1g, Sugar 3g, Protein 2 g.

This recipe is from the *American Heart Association Low-Salt Cookbook, Third Edition*, Copyright © 2006 American Heart Association

4th Annual Heart & Sole
Walk September 16th!



Mark your calendars for Saturday, September 16th. It's our fourth annual "Heart & Sole Fun Run/Walk" at Como Park in St. Paul. Walk, run, jog or stroll to support Camp Odayin! Registration information will be mailed in August. Hope to see you there!

Sponsored by:



Angel Flight Central® is a non-profit organization that provides air travel to people in special circumstances at **no charge**. This includes transportation to medical care or humanitarian trips including what they call "Camp Missions".

Angel Flight is a wonderful organization that has served several Camp Odayin families over the last few summers. We thank them for their dedication to getting deserving kids to camp and we encourage you to learn more about them:

www.angelflightcentral.com

To add or remove names from our mailing list, please contact us at info@campodayin.org.

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