

Get Out and PLAY!

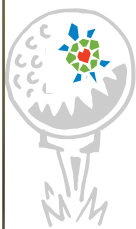
It's sad to say but childhood is moving indoors. Author, Richard Louv has coined the phrase "nature deficit disorder", and in his book, *"Last Child in the Woods: Saving Our Children From Nature-Deficit Disorder,"* Louv argues that children are so plugged into television and video games that they've lost their connection to the natural world.

He spent 10 years traveling around the country reporting and speaking to parents and children, in both rural and urban areas, about their experiences in nature. In his book he suggests children who are given early and ongoing positive exposure to nature thrive in intellectual, spiritual and physical ways that their "shut-in" peers do not.

The American Camp Association slogan "Camp Does Kids a World of Good" rings true especially today. We've got a record number of campers enrolled, camp is just around the corner, and we can't wait to get out and PLAY!

- The Odayin Gals

We're all teed up!



The Sixth annual "Whole Heart" Golf Tournament, featuring Fred Hoiberg and CRUNCH of the MN Timberwolves, is filling up fast! The event takes place on Monday, June 25, 2007 at Indian Hills Golf Club in Stillwater, MN. The day kicks off at 1pm with a shotgun start, and finishes with a 6pm awards dinner, raffle and silent auction.

If you'd like to volunteer at the event, sponsor a hole or donate a raffle item, please give us a call at 651-351-9185. Registration forms are available on our website. We hope to see you there!

Sponsored by:




Camp Odayin Song
- Noelle, Camper

"Come stay here with us and you'll forget your sadness. Happy campers are we, with hearts so joyfully, and when you are gone you'll remember this song. Camp Odayin, Camp Odayin, Camp Odayin, I LOVE CAMP ODAYIN!!"

Last call for volunteer staff!

We are happy to say that camp is filling up at a record pace! We are still in need of cabin counselors and nurses to guide and support all our wonderful campers. Please let us know if you might be able to share your time and talents with Camp Odayin!

**There are 3 camp sessions this year:
July 23-27, July 30-Aug 3, Aug 6-10.
Join us for one, or for all three!**

Applications are available on our website.



Camper in the Headlines!

Hats off to Woody H., a 12 year old camper, who qualified to be in the Junior Olympics skiing event that took place in March of this year.



The 5th Annual PaceMaker 5000 event will take place on June 23. The 5K Fun Run/Walk benefits Children's Hospitals and Clinics of Minnesota where funds are directed toward cardiac related and other family needs. Visit the website to learn more: www.pacemaker5000.org

Do you know your Ejection Fraction (EF)?

Ejection Fraction (EF) is the percentage of blood pumped out of the heart during each heart beat and is a key indicator of the heart's health. An EF less than 50 percent may indicate a weakened heart muscle and means the heart is no longer pumping well enough to meet the body's needs. Medical research shows that people with an EF below 35% have a significant risk for developing dangerously fast heart rhythms and Sudden Cardiac Arrest.

The stats:

50-75% Normal 36-49% Below Normal 35% Low

Keep in mind that a healthy heart does not pump out 10% of the blood-there is always some blood remaining in the heart.

- *Medtronic Rhythms of Life Newsletter*



Racing for Camp Odayin!

As you know, Team Strong Heart is a collection of bicycle racers, crew members and volunteers using the world's most challenging bicycle race to raise awareness and funds for Camp Odayin. Visit www.campodayin.org and click the Team Strong Heart link for all the stories

about the team. They've been training for over a year to prepare for this event and are ready!

The 2007 RAAM starts on June 12th in Oceanside, CA and goes 24 hours a day until the finish in Atlantic City, NJ—approximately 6 to 7 days later. They will be competing against at least 15 other US and International teams. To keep up with them during the race, the RAAM website, www.raceacrossamerica.org, will have updates, video and pictures several times each day. "We are truly grateful for your support and we are thrilled to be racing for all the campers and families of Camp Odayin!"

- Bernie K., Race Director

Medical Technology Awareness Night

First in the series of PaceMaker 5000 events, June 14th will be Medical Technology Awareness Night at the Minnesota Twins game! Proceeds from ticket sales at Medtronic, Boston Scientific and St. Jude Medical will go directly to PaceMaker 5000. Camp Odayin has been given 100 tickets to the game! Campers, staff and volunteers—call the office if you'd like to watch Madelyn throw out the first pitch. Tickets are free, you gotta buy your own hot dogs.





Each year Cox Insurance organizes a fundraiser to support youth organizations. The event takes place at Midland Hills Country Club on October 25th. This year, a portion of the proceeds will be donated to Camp Odayin. Please join us for some great soup and bread, an extensive auction and BIG FUN! Save the date and watch for more information in our next newsletter...

U of M donates

Each year the "Principles of Genetics" biology class chooses to donate the royalties from the sale of their textbooks. We are pleased to share that Camp Odayin was selected as the charity to receive the donation this year! Thank you!



Don't miss the 5th Annual Heart and Sole 5K Fun Run / Walk on September 15th at Como Park in St. Paul.

Registrations will be mailed in August. Hope to see you there!

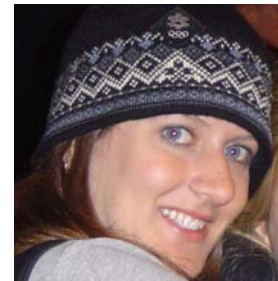
Sponsored By:

**Boston
Scientific**

Ch...ch...ch...ch...CHANGES....

We've added some new folks to the Camp Odayin team and look forward to having you meet them! It is with sad hearts that we say farewell to **Michelle Scanlan**. Michelle was our Assistant Director for three years and we thank her for her endless energy, passion for camping, and love for our campers! We welcome **Alison Fick** as our new Assistant Director. Alison is a graduate of St. Olaf College, has a master's degree in Social Work from the University of Denver, holds a certificate in non-profit management and has worked at camps and hospitals serving children with special needs. A heartfelt THANK YOU to **Amy Atkinson** who filled in for the last three months as we made this transition. **Laura Prekker**, our dedicated Program Director will move into the role of Summer Camp Coordinator and **Kindra Molin** will step in as our Program Director. Kindra is a high school English teacher with tons of camping experience and a big heart for kids!

Welcome Alison, Laura and Kindra! (Why are they all wearing hats?)



Heart Healthy Soup

4 cups low-sodium chicken broth
 1/2 medium cucumber or 1 medium zucchini, sliced very thin
 4 fresh medium mushrooms, sliced
 2 cups fresh spinach, lettuce, or cabbage, shredded
 1 medium tomato, cubed
 1/2 cup cooked chicken or lean meat, shredded

Put all ingredients in a large saucepan. Bring to a boil over medium-high heat. Reduce heat and simmer for 5 minutes.

Camp Odayin Facts

- **2002** Served 53 children during one week of resident camp
- **2003** added a second week of resident camp and served 103 children
- **2004** added family camp and served over 200 people
- **2005** added day camp and served over 250 people
- **2006** added a third week of resident camp and served over 300 people through day camp, family camp and resident camp
- **2007?** We're setting records so far!

Up and Coming...

June 14, 2007: Medical Technology Awareness Night
with the Minnesota TWINS
June 23, 2007: PaceMaker 5000
June 25, 2007: Whole Heart Golf Tournament
July 23 - 27, 2007: Chippewa Camp ages 8-11
July 26, 2007: GUEST DAY at Camp - contact us if
you're interested in seeing camp in action
July 30 - Aug. 3, 2007: Flambeau Camp ages 12-14
August 6 - 10, 2007: Namekagon Camp ages 15-17
August 20 - 23, 2007: Day Camp ages 6-7
September 15, 2007: Heart and Sole Fun Run / Walk
October 19 - 21, 2007: Family Camp
October 25, 2007: Soup it Up for Kids
February 9, 2008: Have a Heart Benefit

What do we do at camp?

8:00 Flag raising and salute to Paul Bunyan
8:15 Breakfast
9:30, 10:30 and 11:30—Activity rotations
(archery, nature, arts & crafts,
water wars, trust games, horseback
riding, canoeing)
12:15 Lunch
1:00 Rest hour
2:00 Waterfront fun (skiing, tubing, fishing,
boating)
4:30 Cabin time
5:30 Dinner
6:15 All camp games
7:00 Themed evening activities (typically sheer
craziness)

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for children with heart disease



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