

Hertko "Holla"

Camp Hertko Hollow Newsletter-Spring 2007

REMEMBERING 40 YEARS AT CAMP HERTKO HOLLOW

Remember Clinitest kits, testape, the first dextrometer for blood glucose testing with 2 ½ minutes, the history of our totempole logo? Well, times have definitely changed ! To commemorate the 40 years of serving kids with diabetes, the following fund raising events are scheduled to ensure that the camp continues until the day when diabetes is cured and we don't need to educate youth with diabetes. Until that time, Camp Hertko Hollow is here to help educate kids with diabetes live long, productive lives.

Here's a list of the many events that are scheduled. Ticket information and event details are available on our web site: www.CampHertkoHollow.com.

SATURDAY, JUNE 2

Kids Family Fishing Day at Gray's Lake in Des Moines with KCCI's Dan Young

SATURDAY, JUNE 16

Family Festival with Justin Roberts concert at SportsPlex West in Waukee

THURSDAY, JUNE 28

Alumni campers & staff of Camp Hertko Hollow 40th Year Celebration event at Y-camp. Lloyd Knight providing complimentary concert to campers

FRIDAY, JUNE 29

Country singer Lloyd Knight concert at Stony Creek Inn in West Des Moines

JUNE 24-30

Session A for Camp Hertko Hollow for Grades K-5

JULY 1-7

Session B for Camp Hertko Hollow for Grades 6-12

SATURDAY, AUG 25

Car Wash in Des Moines

FRIDAY, SEPT 7

Marvin & Rose Lee Pomerantz Legacy Ball at Marriott Hotel in Des Moines

SUNDAY, SEPT 9

One-man play by Jim Turner, nationally recognized comedian & Iowa native at Des Moines Playhouse

MONDAY, SEPT 10

40th Year Celebrity Golf Fundraiser at Waveland Public Golf Course in Des Moines

SEND A KID TO SUMMER CAMP!

Every kid deserves the chance to spend a week at summer camp to meet new friends and enjoy swimming, going down the two story slide, canoeing, horseback riding, archery, riflery, ropes course, crafts, climbing wall, zip line, rappelling, nature hikes, and sports. It's a welcomed break from TV, cell phones, computers, and video games. Tell school nurses and all families who happen to have a child with diabetes between the ages of 6 to 18 about Camp Hertko Hollow. This year's dates:

June 24-30 for grades K-5

July 1-7 for grades 6-12

Camper Application and Financial Aid forms are available on our web site: www.CampHertkoHollow.com or call 888-437-8652. The cost is \$650 per camper, and many clubs, organizations, and individuals provide partial or full camperships. No child is turned away for lack of financial resources. The important thing is to get the child to camp! Mail by May 15th to avoid a \$25 late fee. All registration forms and camp physical form are due before the May 31 deadline. You can "pre-register" to reserve a bed on our web site before downloading the entire form. It's easy! Call 888-437-8652 to have forms sent by regular mail.

If you have ever attended Camp Hertko Hollow as a camper or staff member during the past 40 years:

Sign in for FREE DRAWING OF CAMP LOGO ITEMS on our web site: www.CampHertkoHollow.com

Drawing includes a hooded sweatshirt, t-shirt, flannel PJ pants, shorts, Carb counting cookbook, fanny pack, stuffed animal, holiday ornament, mousepad, frisbie, and baseball cap. View items by clicking "Store" on our web site. The drawing will be held on June 28th during the Alumni Celebration Event at camp.

Special 40th year commemorative and reunion merchandise is currently being created. Stay tuned!

A BIG THANK YOU TO OUR MAJOR SUPPORTERS

Every donation that is received by Camp Hertko Hollow helps children with diabetes, no matter how large or how small. The following persons and groups have donated \$5,000 or more during the past year and deserve our sincere thanks for their generous support.

Becker, Jeff

Community Health Charities of Iowa

IFMC Community Initiative

Cosmopolitan Clubs

Employers Mutual Insurance

Fraternal Order of Eagles

Griswell, J Barry & Michele

Hertko, Dr. Edward & Vicki

IMS Education Fund

Juvenile Diabetes Assoc of Quad Cities

Lions Clubs of Iowa

Midwest Medical Insurance Holding Company

Prairie Meadows

Ronald McDonald House Charities
of Des Moines & Quad Cities

Variety Club of Iowa

Vredenburg Foundation

Weideman, Dr. Catherine

Wellmark Blue Cross/ Blue Shield

In addition many corporations have donated needed diabetes supplies. We want to especially recognize the following companies have donated more than \$25,000 in value this last year: Abbott Diabetes Care, Aventis-Sanofi, Bayer, Ely Lilly, Johnson & Johnson, and Novo Nordisk. Each of our volunteer staff members are to be commended for their dedication, time, and expertise.

A Big Thank You to the Des Moines River Front YMCA for allowing Camp Hertko Hollow free office space at their downtown location. Camp Hertko Hollow and the Des Moines River Front YMCA have enjoyed and worked side by side for the past 36 years in helping to serve and offer children in Iowa with diabetes a safe and fun camping experience.



Camp Hertko Hollow, Y-Camp, and DECA Board members joined together to stage the International Diabetes Education & Camping Association conference in October 2006 at our own Y-camp. It was a terrific success with diabetes camp representatives from 22 states and 7 countries. Participants enjoyed keynote speakers and 25 breakout topic sessions, sharing ideas, and taking the train ride, clog dancing, kissing a live pig, and milking a fake cow.



LEAVE A LEGACY®



VOLUNTEER OPPORTUNITIES

Camp Hertko Hollow is always looking for caring persons to volunteer their time, talent and enthusiasm for kids with diabetes in Iowa. These kids are truly awesome!! It doesn't matter if you have diabetes in your family or just want to help kids with our FunRaising campaigns/events/programs. View our Special Events web page for a current listing of events and check back frequently for additions, updates and changes for each event and category.

Hurry and sign up today by sending or emailing your name, address, phone, email address and the event(s) that interest you. There's lots of work to do for each event. Ann Wolf, our Executive Director, is responsible for all fund raising events. Contact her at **515-471-8523** or a.wolf@CampHertkoHollow.com. Then she will contact you with further information on a particular event and how you can help.

FAMILY FESTIVAL, Saturday, June 16, 10:30am-2:30pm, SportsPlex West, Waukee, IA

Justin Roberts, nationally recognized children's songwriter and performer is the top attraction for his second annual Family Festival. It will be held at the SportsPlex West in Waukee, Iowa with plenty of food, fun, musical entertainment and a whole lot more for the whole family. Justin is nationally recognized, former Des Moines native, children's singer, entertainer and song writer.

"Justin turns out some of the best children's music in the business: hip and sophisticated enough for anyone and never losing sight of its target audience. Justin is rapidly becoming a superstar of this scene. His sophisticated music could be mistaken as an unusually jaunty alt-rock band if it weren't for his peppy delivery and lyrics about kid-specific topics." From the Los Angeles Times

The festival includes Dominos pizza, face painting, bounce house, climbing wall, and many prizes. Volunteers will be needed in the various activity areas within SportsPlex West to be ticket takers, money management coordinators, concert monitors, auction supervision, food servers, You could help on a committee for procurement of auction items, marketing & advertising, and pre-financial donations from local businesses and sponsors. **Don't miss this unique event for the entire family! View our website for details.**

CLEAN-UP CAR WASH FOR CAMP HERTKO HOLLOW, Saturday, August 25, 10am-2pm.

The 3rd annual car wash is being planned again for Camp Hertko Hollow. We'll be getting out the scrub brushes, soap, water hoses and towels to wash and clean cars to help support camperships for Camp Hertko Hollow. It's a great way to get dirty and clean all at the same time! Great tasting food will be offered to all volunteers. Location for the event has not yet been determined. Any suggestions???

THE MARVIN & ROSE LEE POMERANTZ LEGACY BALL, in the fight against Diabetes on Friday, September 7, Marriott Hotel, Des Moines, IA

This black tie gala event is in collaboration with the American Diabetes Association, Iowa Chapter. We will need volunteers and committees to serve in numerous capacities to make this a successful and memorable event. We are currently working on the logistics of this very special gala and will keep this website and category up to date as the program itself becomes formalized. Contact Ann Wolf at 515-471-8523 if you're interested in working on a committee.

DIABETES: MY STRUGGLES WITH JIM TURNER on Sunday, September 9, 2007 at the Des Moines Playhouse

Written and performed by nationally recognized comedian and actor, **Jim Turner**, who just happens to be a native of Des Moines, IA and a former patient of Dr. Hertko. This one man play geared for adult audiences is currently being performed around the country by Jim who portrays his life in a very serious funny way and what living with diabetes for him has been all about. Jim explains: "What I hope non-diabetics will take away from this show is a rough idea of the 24-hour, minute to minute, roller coaster life a diabetic lives. And I would love for diabetics (or, peoples with diabetes) to come away feeling that some aspect of this strange, internally violent, emotionally confusing, lonely disease we share was given a voice for a couple minutes to represent what it is we do every damn minute of every day." Ann Wolf is looking for volunteers to be on committees to procure business support and financial donations for the play. Dr. Hertko has been written into the beginning of this play as the physician who diagnosed Jim with diabetes! That really makes this play very special and very important to the community of Des Moines and Camp Hertko Hollow.

(continued on next page)

TEE UP FOR CAMP HERTKO HOLLOW, A 40th Year Celebrity Golf Fundraising Celebration, Waveland Public Golf Course in Des Moines on Monday, September 10, 2007

This golf tournament will be held at the beautiful Waveland Golf Course, set in the middle of Des Moines. With challenging holes, scenic fairways and a wild fox or two, this is a perfect setting to continue a fundraising golf tournament for Camp Hertko Hollow. (John Griep Golf Tournament from previous years).

Volunteers are needed to help with soliciting game prizes, marketing, public relations, entertainment and a 'hole' lot more. If you're interested in getting involved and teeing up with this event be sure to let us know ASAP as we'll be forming our planning committees soon.

MORE FUNRAISING IDEAS TO THINK ABOUT!

There's always room for more FunRaising events that you can also plan on your own in your own community to help support and raise money for camperships to help kids in Iowa and western Illinois with diabetes attend Camp Hertko Hollow. Be creative! The following are a few ideas:

IDEA: Camp-In for Camp Hertko Hollow, an overnight camp out. Create a camping program at a local sports center, public camp ground or even someone's home. Kids can gather sponsorship support for their efforts through door to door donations from businesses or friends. Make it fun for a very serious cause.

IDEA: Hold a bake sale or garage sale at your church, school or community center

IDEA: Arrange to have a percentage of any ticket sold at any sporting event go toward Camp Hertko Hollow

IDEA: Bike races or bike marathons, gunny sack races, contests, dance marathons and more - just be creative!

The Camp Hertko Hollow office will supply you with marketing material you might need to help get the word out about Camp Hertko Hollow and the wonderful diabetes educational programming we offer to kids with diabetes in Iowa not only during our summer camp sessions, but all year long. Just contact Ann Wolf at 515-471-8523 or email her at a.wolf@CampHertkoHollow.com.

All Alumni invited on Thursday, June 28th event during camp

How long has it been since you attended Camp Hertko Hollow and the Y-camp? Have you seen the two story slide at the pool, the equestrian center so we can ride horses in indoors when it's muddy or bad weather, the remodeled kitchen, the new cabins, the Pioneer Conference center, and the new Good Health Lodge just completed in 2006? The tree house and railroad car are gone. Come take a look on June 28th. The Alumni Event will be held 2-8 pm at the Des Moines YMCA Camp. Sign in on our web site to be eligible for drawing of free CHH Logo items.

What are you doing now? What do you remember about your experience at Camp Hertko Hollow? Write a message to Dr. Hertko, Vivian Murray, PK McDonald & other staff members that you remember:

Payroll deductions for charities at your workplace

Camp Hertko Hollow can receive donations through the United Way Donor Choice program. Just write in "Camp Hertko Hollow, 101 Locust St, Des Moines, IA 50309" on the pledge card or designation box. If you cannot locate the box, do not hesitate to ask your campaign coordinator how to designate your gift to your favorite charity. Other established programs include Community Health Charities and Leave a Legacy Program of Estate Planning gifts.



ANOTHER FAMILY WEEKEND SCHEDULED ON APRIL 21-22

Since the nasty winter storm in February canceled the originally scheduled Family Camp Weekend, it has been rescheduled for April 21-22nd at the Y-camp. There's plenty of room for more families to attend and benefit from the diabetes education from our staff members. No chance of icy roads on this date – we hope! The event is especially helpful for families with newly diagnosed children. It's also an opportunity for kids from toddlers to teens to bring best friends, grandparents, and other family members. Just download the registration form on our web site: www.CampHertkoHollow.com or call 888-437-8652.



DR. HERTKO RECEIVES MORE PRESTIGIOUS AWARDS

Dr. Hertko was one of the top five finalists for the 2007 Des Moines Register's Iowa Star and Aurora Award that recognizes individuals who make a measurable difference in the community. The Variety Club named him the Humanitarian of the Year in March 2006. He also received the Governor's Volunteer Award last May and the American College of Physicians Chapter Volunteerism and Community Service Award in March 2007. It certainly is wonderful that his passion for Camp Hertko Hollow has been recognized by the community.



WHO SPONSORS CAMP HERTKO HOLLOW?

Camp Hertko Hollow, Inc. is an independent Iowa corporation that runs the camp. It is a 501(c)3 not for profit corporation, so all donations are tax deductible. It is governed by a volunteer Board of Directors. All of the physicians, nurses, pharmacists, dietitians, counselors, and health field students donate their time and expertise to help at the camp sessions to have an educational and memorable experience for the campers. They are truly awesome! The camp does not receive any funds from governmental agencies, the ADA, or JDRF.

THANKS FOR YOUR DONATIONS!!

All donations are mailed to Camp Hertko Hollow, 101 Locust Street, Des Moines, IA 50309. Please make a note if you want to sponsor a particular child or one from your local area. The following donations were received from August 1, 2006 thru March 5, 2007. THANKS FOR YOUR SUPPORT !!!

WE APPRECIATE YOUR GENEROUS DONATIONS!

Without your financial assistance, Camp Hertko Hollow would not exist.

\$25,000

Variety Club of Iowa, Inc.

\$10,000 - 15,000

Employers Mutual Insurance
Griswell, J. Barry & Michele
IFMC Community Initiative

\$5,000 - \$9,999

Fraternal Order of Eagles
Jeff Becker
Prairie Meadows

\$3,000 - \$4,999

Community Health Charities of Iowa
Juvenile Diabetes Assoc-Quad Cities
Drake University College of
Pharmacy
Dr. Edward/ Vicki Hertko

\$2,000 - \$2,999

Iowa Health Medical Staff
Wells Fargo Foundation -
W Des Moines
Nels/ Patricia Lersten
Agnes Parcell/ Ruth Dunn
Richard/ Barbara Savage

\$1,000 - \$1,999

Cosmopolitan Club-Three Rivers
Mapcon Technologies
Wal-Mart - Windsor Heights

\$500 - \$999

Ehrer Trust
Hope's Parent's Day Out
LIONESS - Sioux City
LIONS - Ankeny

LIONS - Clive
LIONS - Guthrie Center
LIONS - Johnston
LIONS - Osceola
LIONS - Sac City
Robert Reid Schreck Living Trust
United Way- Quad Cities
Wal-Mart - Waterloo
William A. Van Orsdel Trust
Richard/ Lucinda Anderson
Debbie/ Monty Branstetter
Leo/ Mary Deters
Robert/ Bonnie Klosterman
Eric Muller
Dave/ Suzy Partridge
Jennifer/ Robinson
Glen/ Kathleen Weaver

\$100 - \$499

Casey's General Stores
DFM Technologies
Iowa Pharmacy Association
LIONESS - Marshalltown
LIONS - Ackley-Geneva
LIONS - Ames Breakfast
LIONS - Brighton
LIONS - Coon Rapids
LIONS - Council Bluffs
LIONS - Creston
LIONS - Creston
LIONS - District 9x8
LIONS - Everly
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LIONS - Ft. Dodge Dodger
LIONS - Gilmore City
LIONS - Greenfield
LIONS - Grimes
LIONS - Grinnell

LIONS - Keosauqua
LIONS - Knoxville
LIONS - Lockridge
LIONS - Monticello
LIONS - New Virginia
LIONS - Preston
LIONS - Runnells
LIONS - Sioux City Evening
LIONS - Strawberry Point
LIONS - Thompson
LIONS - Tipton
LIONS - Treas- Laurel
LIONS - Villisca
LIONS - Vinton
LIONS - Walcott
LIONS - Waukee
LIONS - Waverly
LIONS - Winterset
Local UAW 1540
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Tucker Transport
United Way of Cedar Valley
Wells Fargo Community Support
Campaign
Karen Schultz/ Bob Anderson
Daniel/ Harriet Aten
Vicki/ Darrell Bennett
Monty/ Debbie Branstetter
Eugene/ Loretta Buckhardt
Sherry Buske
Nikki/ Tony Carroll
Dr. Roger Ceilley
Linda Delbrige
Harold/ Carol Edwards
Tim & Jordan Higgins
Lavon Keese
Bill/ Rikki Knight

(\$100 - \$499 continued)

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Linda Locker
Nichelle Miedemia
Mr. and Mrs. Donald Neuman
Roy/ Mary Overton
Carol Recker
David/ Julie Ricci
Frances Roberg
Julia Easley/ John Robertson
James/ Marilyn Rock
Louis/ Gretchen Rodgers
Paul/ Libbie Schleuter
Jeffrey Sergeant
Robert/ Karen Shirk
Annie Tighe
Ann Wolf
Dr. Diana Wright

Under \$100

Lake City WBAUSBC
LIONS - Ackley- Geneva
LIONS - Adair
LIONS - Albion
LIONS - Blakesburg
LIONS - Blue Grass
LIONS - Cedar Valley Evening
LIONS - Collins
LIONS - Colo
LIONS - Durant
LIONS - East Des Moines
LIONS - Janesville
LIONS - Lake City
LIONS - Lowden
LIONS - Marengo
LIONS - Marshalltown Evening
LIONS - Marshalltown Noon
LIONS - Melcher-Dallas

LIONS - Morning Sun
LIONS - New London
LIONS - Oxford
LIONS - Reinbeck
LIONS - Rockwell City
LIONS - Stanhope
LIONS - Stockport
LIONS - Williams
LIONS - Woodward
Quad City Parrot Head Club
Slade-O'Donnell Funeral Home
Thrivent Financial for Lutherans
Foundation
United Way - Bank of America
United Way of Greater Fort Dodge
Veenstra & Kimm, Inc
Jill Anderson
Candice Bacon
Roy/ Marcella Barlage
Tom/ Betty Barton
Bruce/ Jill Breneman
JC/ Lois Brown
Lois Brown
Donna Buhman
Merrill/ Ann Burrell
Mavis Butler
John Chambers
Linda Corell
Mark/ Gracie Crawford
Meriel Demuth
James/ Deborah Dill
Ronald/ Sally Donald
Mark/ Kelly Duben
James/ Paula Dummett
Dennis/ Susan Emanuel
Nancy Farmer
Norma Fisher
Ann Foegen

Betty Frahm
Terrance/ Paula Friedman
Pilar Garcia
Kaye Gilles
Kenny/ Martha Hamilton
Dr. Jennifer/ Ryan Hardesty
Angela Hardy
Johanna Hendrich
Susan Huff
John Kramer/ Jan Friedman
Stuart Johnsrud
Richard/ Debra Kazmerzak
Evelyn Keller
Amy Kluender
Ronald/ Judy Kluender
Donna/ Robert Kopsa
Donald Kothenbeutel
Janet Kramme
Rev James/ Lynn Louk
Mark/ Janice Majeski
Mr./ Mrs. I.J. Menke
Polly Moore
Arthur/ Barbara Mott
Michael/ Betty Perry
GW/ Reba Reed
Michael Ruby
Earl/ Ruth Sande
Robert/ Beverly Schader
Sandra Scheib
Dr. Kevin/ Sarah Schminke
Carol Strah
George/ Nancy Turner
Orville/ Joyce Turner
Carroll/ Leona Van Hove
Ronald/ Candace Voss
Barbara White
Joanne/ Robert Wilkison
William/ Margaret Willett

CAMP HERTKO HOLLOW is accredited by the American Camp Association (ACA) and a member of the Diabetes Education and Camping Association (DECA).

CREDIT CARD DONATIONS CAN BE MADE BY CALLING our office at 515-471-8523 and speaking with Ann Wolf, Executive Director, directly.

Kids of all ages with their parents attend our November 4th Family Diabetes Education Day in the Quad Cities. Even Rondal McDonald made an appearance!



MISSION STATEMENT:

To Provide an educational and recreational camping program for Iowa's youth between the ages of 6-18 who have diabetes that promotes diabetes management skills to gain independence and a positive attitude for controlling diabetes.

**HERTKO HOLLA' NEWSLETTER
NOW AVAILABLE ON OUR WEB SITE
www.CampHertkoHollow.com**



Camp

CAMP HERTKO HOLLOW, INC.
101 Locust Street
Des Moines, IA 50309

CALL TOLL FREE: 888-437-8652
E-MAIL: camphertkohollow@aol.com
a.wolf@camphertkohollow.com

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Hertko "Holla"