

# Hertko "Holla"

## Camp Hertko Hollow Newsletter - Spring 2008

### Attend Diabetes Camp this summer!

All kids with diabetes between the ages of 6-18 are invited to attend Camp Hertko Hollow this summer. Why? To meet new friends, and enjoy swimming, canoeing, horseback riding, archery, riflery, ropes, crafts, climbing wall, zip line, rappelling and sports. The daily schedule reinforces good diabetes management under the watchful eyes of experienced health professionals. Informal education sessions cover all aspects of controlling diabetes.

This years sessions:

**June 29 - July 5, 2008**

Teen Week (Grades 6-12)

**July 6-12, 2008**

Kids Week

(Grades K-5, including Mini-Camp for 6-7 year olds)

Call 888-437-8652 to request that the forms be sent through regular US Mail or if you have any questions. We've been doing a lot of fund raising this year - so don't let lack of family finances limit your child from attending diabetes camp. We are here to help!

Physicians, nurses, dietitians, pharmacists, health field students and counselors are encouraged to volunteer to be on staff and have an opportunity to work with these terrific kids. Our medical staff members include Iowa's best endocrinologists and Certified Diabetes Educators who have a passion for helping kids with diabetes. We are working to obtain CEU credits for the education during our Staff Orientation Day.



### Take a yearly CHH Multivitamin:

A week at Camp Hertko Hollow is like the perfect multivitamin yearly dose. You take one and it makes you feel so good that you want to keep on taking it. It contains all vitamins from A-Z: C as in Caring, F as in Friendship, H as in Hugs, L as in Learning, S as in Sharing, U as in Understanding. Recommended for all children with diabetes. Secondary effects: You feel you are not alone; you feel totally recharged. May cause some type of addiction. No sugar, No trans fats.

Visit our website at:

[www.CampHertkoHollow.com](http://www.CampHertkoHollow.com)

For all forms, logo merchandise, upcoming events, photos and more!

This newsletter and the camp brochure are also posted.

**NEW:** Our CHH brochure has been translated into Spanish.

Contact Ann Wolf at (515) 471-8523 to obtain copies.

### WE'VE GONE ELECTRONIC!

Camper families can now use our web site to provide information to reserve a spot at Camp Hertko Hollow this summer and to download the needed forms. You can also register for Family Weekends by copying the registration form and emailing it to: [CampHertkoHollow@aol.com](mailto:CampHertkoHollow@aol.com). Parents can request that paper forms be sent through regular US Mail by calling 888-437-8652. A non-refundable \$50 Registration fee is due at time the forms are sent. The remaining \$600 is due June 10th. Sponsors can pay part or all of the camp fees.

Mail to our office in Des Moines before the May 15th deadline to avoid the \$25 late fee.



# DATES TO REMEMBER

Check our website frequently for updates

**MARCH 9, 2008**

Variety Club Telethon in Des Moines

The annual VARIETY CLUB TELETHON is scheduled for Sunday, March 9th. Everyone can turn on their TV and call to make a pledge for Camp Hertko Hollow. We also need volunteers (parents, campers or staff) to wear a bright colorful CHH T-shirt, answer phones, and take pledges on TV. If you can help, contact Ann Wolf at 515-471-9523 or [a.wolf@CampHertkoHollow.com](mailto:a.wolf@CampHertkoHollow.com)

**MARCH 16, 2008 @ 1:00 PM**

Public Auction in Des Moines at Fraternal Order of Eagles

**APRIL 5-6, 2008**

Family Diabetes Education Weekend at Y-Camp

**APRIL 6, 2008 @ 1:00 PM**

Public Auction in Council Bluffs at Fraternal Order of Eagles

**MAY 3, 2008 @ 10:00 AM - 1:00 PM**

Family Festival at Sports Plex West in Waukee

"MR. STINKY FEET", also known as Jim Cosgrove, will perform May 3 at the Camp Hertko Hollow Family Festival at Sports Plex West in Waukee (890 SE Olson Drive) 10 am – 1 pm Admission is \$6.50 for everyone age 5 and older. FREE ADMISSION FOR KIDS WITH DIABETES ! Enjoy rock climbing, Mad Science of Central Iowa, pizza, and many vendor booths. Get up close and find out if Jim's feet really do smell!

**JUNE 20-22, 2008**

Great Galena Balloon Race, Galena, IL  
[www.greatgalenaballoonrace.com](http://www.greatgalenaballoonrace.com)

**JUNE 29 - JULY 5** • Teen Week (Grades 6-12)

**JULY 6 - JULY 12** • Kids Week (Grades K-5)

**MINI-CAMP** for 1/2 Week (6-7 year olds)

**JULY 20-26, 2008**

RAGBRAI bicycle trip across Iowa  
[www.ragbrai.com](http://www.ragbrai.com) (Join the team!)

**JULY 23-27, 2008**

Children With Diabetes Conference at  
Sea World in Orlando, FL  
[www.childrenwithdiabetes.com](http://www.childrenwithdiabetes.com)

**AUGUST 23, 2008**

CHH Car wash in Des Moines

**SEPTEMBER 5, 2008**

Black Tie Gala event with the American  
Diabetes Association in Des Moines

**SEPTEMBER 2008**

Golf Tournament in Des Moines  
(date to be announced)



## Enter the "INSPIRED BY DIABETES" contest:

Lilly is proud to collaborate globally with the International Diabetes Federation to offer the Creative Expression Competition as a way to help people with diabetes express and share their daily experiences living with diabetes — and support the care of children with diabetes around the world. YOU can enter the contest before the deadline of March 31, 2008 and "Tell your story" about how diabetes has had an impact on your life. Health Field professionals, friends and family members may also enter essays, poetry, photography and music. For each entry received Lilly will donate a dollar for diabetic youth programs in the US and send you two diabetes "blue circle" pins, illustrating the global symbol for diabetes. To enter, go to [www.inspiredbydiabetes.com](http://www.inspiredbydiabetes.com)

## Senator Harkin extends congratulations on being finalists for Des Moines Register's Iowa Star and Aurora Awards:

Dear Ed and Vicki:

"Dr. Martin Luther King, Jr. said that "Life's most persistent and urgent question is this: What are you doing for others?" You have answered that question in powerful ways, by helping to improve the lives of diabetic Iowans, both young and old. Please extend my congratulations to your colleagues at Camp Hertko Hollow on being honored as a finalist for the Aurora Award. ....Being a citizen in a democracy is not a spectator sport. It requires involvement and engagement, with each one of us contributing to the common good. Thank you for your "can do" attitude, and for your leadership in making Iowa a better, fairer, more compassionate community. Keep up the great work!"

*Tom Harkin, United States Senator*



## AUCTIONS: Fraternal Order of Eagles Charity events have been held in all corners of Iowa.

The auctions have been most successful in local clubs and the members have appreciated the campers and families who have attended. Darwin Thomas, President of F.O.E., and Ann Wolf, our CHH Executive Director, brainstormed and decided to have three public auctions across Iowa with our camp families providing the auction items. Darwin is the auctioneer and Ann does the marketing – what a partnership! The Maquoketa auction already raised \$1,500 on February 3rd. A special thank you to Laura Lomba, mother of Nina and Shayn, for coordinating the event and preparing the delicious cheesecakes. (She said they were low carb with no calories) These public auctions are held at the local Eagles Club and food will be available after 11:30 am. Don't miss the following auctions:

**Sunday, March 16 at 1 pm in Des Moines**  
Coordinator is Deb Holwegner (Jenna's mom)  
at 352-350-3496  
**Sunday, April 6 at 1 pm in Council Bluffs**  
Coordinator is Kallie Muenthal (Tory's mom)  
at 712-310-4229

In addition more Charity events at local Eagles Clubs are scheduled for April 4 in Spencer, April 5 in LeMars, April 19 in Grinnell, and May 17 in Tama. Contact Vivian Murray at 888-437-8652 or [CampHertkoHollow@aol.com](mailto:CampHertkoHollow@aol.com) if you can attend an event near you.



### LIONS AND LIONESS CLUBS:

In their mission to eliminate blindness, the Lions and Lioness Clubs of Iowa have been great supporters of our diabetes camp by providing campership funds for children in their 400 clubs across Iowa. Many of our camper families have given talks to their local clubs to enlighten them about the camp experience. View the long list of clubs who send donations to help Camp Hertko Hollow!  
THANKS!

## November is Diabetes Awareness Month

Last year our CHH Board of Directors launched our first Annual Campaign and had a goal of \$15,000. Volunteer staff and parents made 20 phone calls each and raised over \$18,000. That's really TERRIFIC! Want to be involved this year? Training sessions for the team leaders are provided in Des Moines, but callers can live anywhere in Iowa. Contact Ann Wolf at 515-471-8523 or [a.wolf@CampHertkoHollow.com](mailto:a.wolf@CampHertkoHollow.com) if you are interested.



## Leadership Training available to 16-18 year old campers during Teen Week.

Annie Tighe is our LIT Director, assisted by Larry Adams. View the Leadership Training program on our web site and send in your application if you are a Sophomore, Junior or Senior in high school and interested in this special program. Eight campers who successfully completed the LIT Training last summer have been selected to be Counselor In Training this summer during the Kids Week. Congratulations!



## CONGRATULATIONS TO THE FOLLOWING WINNERS OF THE ALUMNI DRAWING ON OUR WEB SITE:

**Nylon Windbreaker Jacket** - Lori Vitko of Albia and Kimberly Assman Malone of Waukee  
**Camp T-shirt** – Amy Olson Collins of Osage  
**Mousepad** – Marikee Rinker White of Centennial, CO

## Meet Deb Holwegner:

Deb is officially on staff as our part-time CHH Administrative Marketing Assistant to help with event planning, talk to community groups, coordinate the public CHH Auction on March 16th in Des Moines, plan the Family Festival in Waukee on May 3rd, write thank you notes along with other duties. Her daughter Jenna (who happens to have diabetes and Celiac disease) will celebrate her 5th year at camp this summer. She absolutely loves CHH! Deb can be contacted at [d.holwegner@CampHertkoHollow.com](mailto:d.holwegner@CampHertkoHollow.com) or 352-350-3496.

### Memorial donations have been received to remember and honor family members of our CHH staff:

- Myran Mandas, father of Leslie Cox, RN
- Genevieve Caffery, mother of Lisa Caffery, RN
- Jack Sable, grandson of Teri Mishler, RD
- William Hawn, father of Gwen Leonard, Office Assistant and grandfather of Andy Leonard, counselor

**Give at your workplace** by designating "Camp Hertko Hollow, 101 Locust St, Des Moines, IA 50309 on your pledge card for United Way, Community Health Charities, and Leave a Legacy. Contact Ann Wolf at 515-471-8523 or [a.wolf@CampHertkoHollow.com](mailto:a.wolf@CampHertkoHollow.com).



## Camp Hertko Hollow Board member interview with

**June Felice Johnson, B.S., Pharm.D., FASHP, CDM-Diabetes, Associate Professor of Pharmacy Practice at Drake University College of Pharmacy & Health Sciences**

**H**ow did June get involved with CHH? "As a faculty member at Drake University's College of Pharmacy, I had developed a diabetes concentration for pharmacy students in 1999 that required both coursework and experiential learning opportunities. When I contacted Vivian Murray and learned about Camp Hertko Hollow, I knew that it would be a great opportunity for students to learn first-hand about what it's like to live with diabetes, to offer their knowledge, and to provide a service to the medical staff and campers. I first came to CHH in 2000, and had a very positive, inspiring experience. The following year, I precepted my first group of students, and the numbers have grown to capacity (4 students per week for each of 2 weeks). Every single student has been transformed by the experience, and will be a better pharmacist to people with diabetes as a result.



Proctor June Johnson with four of her Drake Pharmacy Students

Being a CHH Board member helps me direct my energies to ensuring that CHH is visible to Iowans and that we have the financial support to sustain this wonderful experience for years to come. I believe strongly in giving back and doing something on a personal level to make a difference in people's lives. I have volunteered at our Family Fun Festival days, the Variety Club telethons, and most recently in our first telephone Annual Campaign fund raising event for CHH. I also volunteer to speak to local church, civic, and school groups about CHH as well as alerting my colleagues at Drake to the needs of Camp. My husband and I both commit our financial giving to help support camperships for kids to attend camp if their family struggles financially. The Board members are all passionate about helping kids with diabetes to live well with their disease, and cheerleaders for Camp as a means to help kids with this. It is very energizing to be around such a group of people who truly believe in Camp and selflessly give of themselves to help others."

What does June see in the future for CHH? "I guess in the ideal world, there would be no CHH if diabetes is cured. However, we need to help kids here and now to manage diabetes, so I want to make sure we have the financial resources to reach out to all the kids who need to attend Camp. Anyone who believes in the life-changing experiences at CHH and wants to help kids with diabetes to grow up having "a life without limits" should search their hearts and give generously to support the Camp. Every donor is important, and every donation, no matter how small, is priceless."

## FAMILY WEEKENDS -

**O**ur Diabetes Education Family Weekends that were held last Fall were very successful. Our Dubuque participants enjoyed hearing pilot Michael Hunter tell about his experiences with diabetes and flying. The Sioux City event was held at a recreation center with a huge climbing wall. The next scheduled weekend is at Y-camp in Boone on April 5-6, 2008. Don't miss it! Please register by March 15th deadline. After that date call to see if space is available. Take advantage of riding a horse, playing miniature golf, and enjoying activities. It's a perfect time to bring family members or a best friend to increase understanding about living with diabetes. Use the Registration form in this newsletter or on our web site. Financial Aid information is available upon request.



## DIABETES EDUCATION FAMILY CAMP WEEKEND

**April 5-6, 2008**

Ever wished you could attend diabetes camp, learn about diabetes, and have fun just like the kids? Here's an opportunity for YOU and your family to participate in a weekend camp at Y-Camp, Boone, Iowa. Arrive on Saturday, April 5th at 9:30 am & leave Sunday, April 6th at 11 am. Live in cabins with your family, and participate in education sessions and recreational activities, including horseback riding, indoor climbing wall, miniature golf, games, & crafts.

The staff includes Dr. Brandi Irwin, nurse Jen Dean, dietitian Julie Walker and diabetes counselors. Discussion topics include: Carb Counting, insulin injections, glucose monitoring, school issues, Dad's role in diabetes management, Mom's on overload, & research.

This is an ideal opportunity for families with young children and newly diagnosed youth. Kids of all ages are welcomed. It gives parents a chance to talk other parents for support. The kids will have fun with their peers, and know that Mom or Dad are nearby. Grandparents and close friends may also attend. Each cabin can hold up to 14 persons.

Cost: \$45 per adult, \$25 for children ages 5-14, under 5 free. Price includes 3 meals plus snacks. Parents are responsible to bring all medications, including insulin and supplies. Also provide sleeping bags or bedding, towels, clothing, etc. for everyone in your family. Financial aid is available.

All participants must fill out a registration form. Applications are due March 15 and accepted on a first come, first serve basis as room allows. So apply soon! Directions to the camp and other details will be sent prior to the event.

Any questions? E-Mail: [CampHertkoHollow@aol.com](mailto:CampHertkoHollow@aol.com) or call 888-437-8652 or 352-750-6759

### REGISTRATION FORM    Diabetes Education Family Weekend at Y-Camp    April 5-6, 2008

Parent's names \_\_\_\_\_ E-Mail address: \_\_\_\_\_

Address: \_\_\_\_\_ Home Phone: (    ) \_\_\_\_\_ Cell phone: (    ) \_\_\_\_\_

Town: \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Work phone: (    ) \_\_\_\_\_

Child with diabetes \_\_\_\_\_ Birthdate: \_\_\_\_\_ Age \_\_\_\_\_ Age when diagnosed \_\_\_\_\_

Names & Ages of siblings or others attending:

1) \_\_\_\_\_ M or F \_\_\_\_\_ years old                      2) \_\_\_\_\_ M or F \_\_\_\_\_ years old

3) \_\_\_\_\_ M or F \_\_\_\_\_ years old                      4) \_\_\_\_\_ M or F \_\_\_\_\_ years old

Other adults attending:

\_\_\_\_\_ M or F grandparent, babysitter, other: \_\_\_\_\_

\_\_\_\_\_ M or F grandparent, other: \_\_\_\_\_

Explain any special dietary requirements for all participants (allergies, celiac diet, etc.)  
\_\_\_\_\_

Amount enclosed: \$ \_\_\_\_\_ (payable to "Camp Hertko Hollow") Enclose check with your registration form.

Mail to: Vivian Murray, Camp Hertko Hollow, 101 Locust Street, Des Moines, IA 50309

Questions? Call 888-437-8652 or E-Mail: [CampHertkoHollow@aol.com](mailto:CampHertkoHollow@aol.com)

# 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 September 1, 2007 thru January 31, 2008. THANKS FOR YOUR SUPPORT TO HELP KIDS WITH DIABETES!!!

## WE APPRECIATE YOUR GENEROUS DONATIONS!

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

### \$35,000

Variety - The Children's Charity

### \$25,000 - 29,999

GALA with American Diabetes Association

### \$10,000

Employers Mutual Insurance Foundation

### 2,000 - 6,000

Becker Family Foundation

Colletier, Dr. Philip

Community Health Charities - Iowa

Hertko, Dr. Edward & Vicki

Iowa Diabetes & Endocrinology Center

Kelley, John

### 1,000 - 1,999

Burnett Family Foundation

Des Moines Playhouse

Kinney-Lindstrom Foundation

LIONS - Red Oak

Mercy Medical Center

Savage, Dr. Richard/ Barbara

Wealth Enhancement Group

### \$500 - \$999

Architectural Arts, Inc

Gilbert & Cook, Inc

Graham Construction Company

LIONS - Altoona

LIONS - Clive

LIONS - Sioux City Evening

Mapcon Technologies

Mercy Medical Center

Merit Resources, Inc

Mid-Iowa Estate & Financial Planners

Taki Japanese Restaurant

United Way of Quad Cities

Brown, Edward

Cech, Dr. Robert/ Annette

Claffin, Edward

Crist, Lawrence

Ehlert, Sally/ Gene

Keck, John/ Mary

Klostermann, Bonnie/ Robert

Kucera, Charles/ Debra

Muellerleile, Michael & Jennifer Robinson

Muller, Eric/ Kim

Ross, Thomas

Shreck, Dr. Robert/ Cheri

Stephensen, Dr. Stephen/ Martha

Tighe, Annie

Young, Dr. Donald/ Karen

### \$100 - \$499

Atlantic Junior Federated

Buchanan County Health Center

Council Bluffs Community Health Center

Decatur County

Des Moines Fire Dept Credit Union

DFM Technologies

Diagnostic & Critical Care Medicine

Grinnell Regional Medical Center

Hawarden Community Hospital

Hawkeye Area Dietetic Association

Iowa - Des Moines Supply, Inc

Iowa Realty Foundation

KIWANIS - Storm Lake Beavers

LIONS - Ackley-Geneva

LIONS - Akron

LIONS - Anita

LIONS - Corydon

LIONS - DeWitt

LIONS - Dike

LIONS - District 9x8

LIONS - Fontanelle

LIONS - Fort Dodge Dodger

LIONS - Fredericksburg

LIONS - Iowa Falls

LIONS - Marshalltown Evening

LIONS - Montezuma

LIONS - New Hampton

LIONS - New Virginia

LIONS - Orange City

LIONS - Peterson

LIONS - Runnells

LIONS - Sac City

LIONS - Sioux City

LIONS - Strawberry Point

LIONS - Sumner

LIONS - Urbana

LIONS - Weaber

LIONS - West Burlington

LIONS - Windsor Heights

Lutheran Community Foundation

Maple Ridge Farms

Mercy Medical Center

Monsanto Fund

North Marion Co Diabetes Support group

Optimist Club of North Liberty

Paul Mueller Company

Pella Regional Health Center

Pella Rolscreen Foundation

Peoples Bank

ROTARY - Rock Valley

ROTARY - Storm Lake

Showmaker & Haaland Engineers

Tim's Amoco

United Way - Clinton

United Way of Olmsted County

UnitedHealthcare Company of the River Valley

Vermeer Sales & Service

Wells Fargo Community Support

Yankee Clipper

YMCA of Greater Des Moines

Albertson, Gordon/ Margaret

Bandstra, MaryLou

Bartlett, Daniel

Branstetter, Debbie/ Monty

Burgeson, John/ Colleen

Caffery, John & Lisa

Casper, Robert/ Peggy

Chambers, Mark

Cole, Cathy/ Albert

Currie, Kevin/ Julie

Dooley, John

Dvorak, Jeffrey/ Amy

Engl, Doyce

Forbes, John/ Cynthia

Fullmer, Mike/ Amy

Gallup, Frank/ Kay

Garcia, Pilar

Gentry, SM & DL

Gloor, Dr. Richard/ Eileen

Hackman, Glenda

Hepplewhite, Dr. JW/ Helen

Johnson, A Severiin/ Linda

Kaalberg, Kay

Kading, David/ D'Ann

Kansy, Terri

Kansy, Janice

Knackstedt, Tom

Leachman, Marak

Lemon, David

Lutz, Terry/ Sherry

Neiss

Nelson, Chris/ Robin

Nurse, Shelley

Nurse, Maury/ Marcella

Peterson, Ronald

Princer, Lanna

Pruett, Jack/ Lou

Purtle, Dr. Mark/ Mary

Reichardt, Duke/ Carole

Rivenburgh, Elizabeth/ Daniel

Rock, James/ Marilyn

Sherry, Dave/ Kate

Shirk, Robert/ Karen

Shofroth, Grace

Simpson, Lyle/ Jan

Slining, Cory/ Kristy

Spielman, Jeff

Starck, Donna

Stewart, Steven/ Ginger

Taylor, Dr. Stephen/ Susan

Tighe, Michael/ Jeanne

Tighe, Susan

Tsalikian, Dr. Eva

Wiebers, Dan

Wigton, Steve

Wolf, Ann

Wood, Larry/ Paulette

Wyant, Misty

### Under \$100

American Legion Auxiliary - North Liberty

Benevolent Patriotic Order of Does

Genesis Medical Center - Sunshine Fund

Handley, Block, Lambert & Gocke, PC

Iowa Optometric Assoc

Leo Club - Urbandale

LIONESS - Bedford

LIONESS - Fort Dodge

LIONESS - Marshalltown

LIONESS - Strawberry Point

LIONS - Adair

LIONS - Albion

## Under \$100

LIONS - Andover	Burke, Julia	James, Lucille	Perkins, Jack/ Jacqueline
LIONS - Blakesburg	Caffery, Lisa & Eric Shofroth	Kabitzke, Ruth	Pierce, Joel/ Ronda
LIONS - Cherokee	Caffery, Bernie	Kansy, Julie	Porter, Rochelle
LIONS - Churdan	Caffery, Sharon	Keck, Kevin/ Bernie	Prenger, Kimberly
LIONS - Collins	Carroll, John/ Marlyne	Keeses, Levon	Preston, Richard/ Phyllis
LIONS - Colo	Clubine, Anne	Keller, Evelyn	Prusha, Brock
LIONS - Donnellson	Corbin, Marianne	Kinrade, Craig/ Indira	Pyrz, James/ Brenda
LIONS - Everly	Coulter, Gary/ Mary	Knudsen, Merlyn/ Jeanette	Reason, Kathleen
LIONS - Garnavillo	Cox, Leslie/ James	Koenig, Dr. W.C.	Riley, Fran/ Mary Kay
LIONS - Grand Junction	Cox, Michael/ Claudia	Kolodzy, Mr. and Mrs. Andy	Riley, Don/ Lois
LIONS - Hudson	Crawford, Robert/ Nina	Kraft, Wendy	Sands, robert/ Elaine
LIONS - Lake View	Crowley, Anthoony/ Jennifer	Kramme, JL/ PR	Schebler, Thomas/ Jeanne
LIONS - Lost Nation	D Winal, Lavonne	Kratchmer, Kathy/ Steve	Schmidt, Stella
LIONS - Lowden	Danner, Michael/ Rebecca	Leahy, Paul/ Diane	Schmidt, Carole/ Ronald
LIONS - Madrid	D'Autremont, Laurence/ Donna	Lehman, Clarissa/ Kevin	Slack, Charles
LIONS - Manley	Derderian, Nancy	Leonard, Laura	Smith, Judy/ Jeffrey
LIONS - Maxwell	Dooley, Joseph	Lock, Carl/ Delores	Sobaski, Betty/ Bernard
LIONS - Miles	Drake, Mr. and Mrs. Rodney	Longfellow, Betty	Soll, Donald/ Patti
LIONS - Montezuma	Duffy, Lisa/ David	Lovejoy, Gayle	Soorholtz, David/ Shelly
LIONS - Mt. Pleasant	Eilers, Michael/ Amy	Lykam, James/ Barbara	Sternberg, Avalyn
LIONS - Oxford	Engh, Willis/ Arlene	Madetzke, Mark/ Staci	Stolley, Jim
LIONS - Rockwell City	Eoriatti, Ross/ Christie	Magnani, Jeff/ Kim	Styvaert, Mike/ Julie
LIONS - Stockport	Epping, Elaine	Maher, Joseph/ Jackie	Sundholm, Susie
LIONS - Stratford	Finck, Richard/ Betty	Majeski, Mark/ Janice	Swenson, Judy
LIONS - West Union	Flaherty, Anabel	Mandas, Adeline	Teel, Evelyn
LIONS - Williams	Freeman, Sue	Martin, Marilynn	Textor, Mary/ Thomas
LIONS - Woodward	Fuller, Robert/ Diane	Maynard, Richard/ Maryann	Thieszen, Maurine/ Jon
State Farm Insurance	George, Shirley	McCabe, James/ Tara	Throbe, Nancy
State Farm Insurance Company	Gibbons, Floyd/ Ramona	Mconachie, Jim	Tougas, Troy/ Tonya
The Halter Shop	Gibson, Patricia/ William	McKay, Margaret	Van Camp, Margaret
UnitedHealthcare Company of the River Valley	Giofredi, Tim/ Deb	Mehlhaus, Brian/ Laura	Van Loon, David/ Linda
Uptown Cleaning	Glowacki, Richard/ Phyllis	Mekus, Mary	Walrod, Judith
WellmarkBlueCross BlueShield	Goeke, James	Menke, Mr. and Mrs. LJ	Walters, Richard/ Jeanette
Ales, Janet Beth/ Gerald	Goodale, Mark	Mithelman, Larry/ Pam	Walthall, William/ Arlene
Anderson, Michael/ Susan	Gordon, Grant/ Katherine	Morrissey, Susan	Weideman, Don/ Peggy
Appleseth, Mike/ Ann	Grath, William/ Beverly	Morrow, Linda	Welborn, David/ Ellen
Bachus, Kenneth/ Phyllis	Guinn, Robert/ Martha	Mott, Arthur/ Barbara	Welder, Donald/ Margaret
Bacon, Candace	Guse, Jeffrey/ Heidi	Mueller, Steve/ Kim	Whicker, Lora
Beaudry, Gary/ Peggy	Hansen, Ann/ Dale	Muhs, Jim/ Janet	Wilcken, Lorie
Benton, Julius	Harmson, June	Nelson, William/ Carol	Wulf, Frank/ Dorothy
Berta, C.B.	Harwood, Christe	Nestinggen, Carl/ Regina	Yackley, Suzie/ Jim
Betts, Neal/ Cathi	Hedberg, Martha	Nurse, Lori Jo/ Ken	
Bloodsworth, Linda	Herring, Rebecca	Oberbroeckling, David	
Boche, Kelly & Mary Spriet	Higgins, Tori	O'Callaghan, Donna	
Boes, Dr. Robert/ Elaine	Hoeg, Patricia	Odefey, James/ Paula	
Bomkamp, Loraine	Hoeg, Amy	O'Hearn, John/ Karen	
Brandt, Fred/ Yvonne	Hoffman, Jim	Olerich, Jennier	
Brill, Kirk/ Monida	Hornberger, Dr. & Mrs. Richard	Overton, Roy/ Mary	
	Hunsley, Mr. and Mrs. Jack	Patrick, Elmer/ Edith	
	Irlbeck, Lori	Peiffer, Teresa/ Michael	

**CAMP HERTKO HOLLOW is accredited by the American Camp Association (ACA) and a member of the Diabetes Education and Camping Association (DECA). It is an independent 501(c)3 non-profit organization and does not receive any funding from national diabetes organizations. All donations are tax deductible.**

**IT'S EASY TO USE YOUR CREDIT CARD TO MAKE A DONATION TO CAMP HERTKO HOLLOW. CALL 515-471-8523 and speak to Ann Wolf, Executive Director directly (Do not leave your credit card information in a message).**



**CAMP HERTKO HOLLOW, INC.**

101 Locust Street  
Des Moines, IA 50309

**CALL TOLL FREE: 888-437-8652**

**E-MAIL: [camphertkohollow@aol.com](mailto:camphertkohollow@aol.com)**

IOWA'S CAMP FOR  
KIDS WITH DIABETES

Presorted-Std.  
U.S. Postage  
**PAID**  
Mt. Dora, FL  
Permit # 120

# Hertko "Holla"



**HAVE YOU MOVED,  
changed your phone  
numbers or email address?**

Please notify  
[CampHertkoHollow@aol.com](mailto:CampHertkoHollow@aol.com)  
or call 888-437-8652 to  
provide current information  
so we can keep in touch.

**NEW COOKBOOK ON THE FRONT BURNER  
FOR CAMP HERTKO HOLLOW!**

**W**e need your help in creating a new CHH cookbook with a goal of 500 recipes by the August 31st deadline. Deb Holwegner is in charge of implementing this cookbook and wants to be creative with it. Staff, parents and campers are asked to submit their favorite recipes, "tell their story" of dealing with diabetes on a daily basis and why Camp Hertko Hollow is so important to their entire family. Drawings can be submitted by campers on their experiences at camp. Younger children are welcome to submit unique recipes on their ideas on how to make their favorite meal or treat. A gluten free section will be added for our families who deal with both diabetes and Celiac Disease – a real challenge! Use the recipe form on our web site and email to [dholwegner@CampHertkoHollow.com](mailto:dholwegner@CampHertkoHollow.com) or bring your entries to camp this summer by July 12th to be in a drawing for \$25 Wal-Mart gift cards.

**Secret Project H:** The Iowa Diabetes Network is composed of diabetes educators across Iowa that meet for monthly meetings. The organization wanted to plan a special project to honor Dr Hertko to commemorate the 40th year of Camp Hertko Hollow. The "Secret Project H" was created to have each county raise campership funds and keep it a secret from Dr. Hertko - not an easy task. No mention of the project could appear in the minutes or emails that he might receive. Members of the Iowa Diabetes Network and the CHH office were successful in keeping the secret. They had the governor declare "Ed Hertko Day", presented a plaque and homemade quilt, and raised \$6,440. Thanks to everyone who participated!

**★** Camp Hertko Hollow has been approved to receive donations through the Donor Choice program for your workplace payroll deduction. Just write "Camp Hertko Hollow" with our address, 101 Locust St, Des Moines, IA 50309, on the pledge card. Programs include United Way, Community Health Charities, and Leave a Legacy. Contact Ann Wolf at 515-471-8523 for more information. All donations are tax deductible and help to sponsor children ages 6-18 to attend diabetes camp.

