

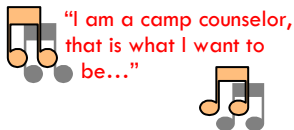
Beats and Rhythms



The purpose of Beats & Rhythms, Inc. is to connect children and families affected by congenital heart disease. Through art programs, summer camp and organized activities, the children are able to focus on what that they can do without worrying about what they cannot. Our goal is to help build a solid support network of children and families growing up with similar experiences.

Fall 2010

Beats and Rhythms needs your help



Beats and Rhythms started as a support group for our families learning to live with congenital heart disease. The activity level has waxed and waned over the years and most recently our major activity has become a camp where our kids are medi-

cally supervised and allowed to be kids. They get to meet other young people with similar scars and experiences. This fosters independence and I believe self confidence. The camp was spear headed by a mom with great enthusiasm, but after the second year has stepped aside for personal reasons. Because so much has been set into place we were able to continue camp last year by the help of office and hospital staff who wanted to see Camp Beats and Rhythms continue. Now we are asking for help.

Contact Information

Call :
509 747 6725 and leave contact information so we can call you back.

Email:
Beatsandrhythms@gmail.com

Volunteer applications available:
Beatsandrhythms.org

Mail:
Beats and Rhythms
PO Box 8571
Spokane WA 99203

Auction Items:

If you or someone you know can donate services or items for auction at one of our events please contact us

If you are a parent or patient or someone who wants to see camp continue please step up and take a leadership role or volunteer role.

Pamela G. Burg, MD
VP Beats&Rhythms



Dr. G. Says "**We need you** to keep these smiles coming".

Support Group:

Be a part of a new support group for kids and families living with congenital heart disease. Visit our website: Beatsandrhythms.org for more information.

Volunteers Needed

- CAMP LEAD TEAM MEMBERS —MEET 3 OR 4 TIMES PER YEAR AND MORE FREQUENTLY AS CAMP COMES NEAR.
- FUND RAISING TEAM—TO WORK WITH ALREADY SET ACTIVITIES OR THINK OF NEW ONES.
- VOLUNTEER LEADERS: ORGANIZE NONMEDICAL VOLUNTEERS.
- PARENTS TO HELP WITH ALL ASPECTS OF FUNDRAISING.

Inside this issue:

CAMP 2010	2
FUNDRAISING 2009-2010	3
JUNIOR COUNSELOR	3
UPCOMING EVENTS AND THANK YOU	3

Beats and Rhythms

Camp 2010



Going for the Gold!!!

2010 was a fun and exciting opportunity for kids with congenital heart disease to let loose and have some fun. This year we were at Lutherhaven Camp in Coeur d'Alene. Our theme was The Olympics with each cabin assigned a different country to represent. We decorated cabins and even had a country-themed dinner and Parade of Nations where everyone

was encouraged to dress as representatives from their country. There were the Grecian Goddesses, the Australian Outbacks, and French Muskateers just to name a few. And who will ever forget Dr. Garabedian as Uncle Sam and Dr. Burg as the Statue of Liberty?

Camp started out on Friday afternoon when the older campers put their nerves to

the test with the climbing tower and zipline while the younger campers put their teamwork skills to good use with the low-ropes challenge course. That night we had a crazy dance where K*lo and her glow-in-the-dark heart shirt led us the conga after an awesome campfire where we heard some great stories and of course had smores. Saturday morning the older

Bake Sale: Tuesday

November 23,
2010 at:
Sacred Heart
Le Café.

*Baked goods
needed!
-drop off at
NWCCHD office.

Camp 2010

campers climbed into the trees for the high ropes course that had them going between different elements. While they were swinging around like monkeys (including Dr. Garabedian) the younger ones made buttons and birdhouses in the Olympic Village where we had a special visit by

the pet therapy dog therapists. There were also basketball and dodge ball games going on. Inside, Nancy "Chocolatte" James was busy introducing Beats and Rhythms Campers to Foods of The World. Boy, there was just no stopping us! After lunch we had a psychology session with

board-certified counselors. Then off to the water we went. There were canoes, canoe races, and swimming as well as archery and hiking for those who wanted a little nature. Saturday night we had a little friendly competition between cabins that was officially judged by the Olym-

Camp 2010

pic Committee. Awards for that were handed out at the campfire so we didn't have to wait too long to see who won the gold. After all that excitement we were ready for the movie and popcorn that followed but what was the best was the lightening storm we saw

through the windows.

Sunday morning it was raining so we didn't get to do the hike or scavenger hunt but that was okay because we were pretty tired from so much fun. We didn't mind sleeping in at all. By the time we got all

our stuff packed and down to where the buses were it was time to say our good-byes. So long Beats and Rhythms 2010 and hello 2011!

Elke Bettger
Activities Director



Having fun....
Making friends!

Fundraising 2009-2010

- **Beats and Rhythms Bake Sale at Sacred Heart Medical Centers' Le Café.** This takes place in November. We supply the hospital staff with cookies and help with Thanksgiving dinner by selling pies. We have a second bake sell in February to celebrate "Heart month". We have had great success with the bake sales usually raising over \$1000.00 each.
- **Rhythm and Brews Fest** in May is an event hosted by Brew Master Dr. Carl Garabedian, his wife Dr. Troiano and his wonderful family. It is a social gathering with great food, beverages and wonderful prize drawings and auctions. It is fun for the whole family. Best of all Dr. Carl's multiple ***GARABREW*** beers. We typically raise \$4-5,000.00 at this event.
- **Fraternal Order of Police Annual Golf Tournament,** is an event for all ages of golf lovers. Participants enjoy 18 holes of golf followed by dinner, prize drawings and silent auction items. This event takes place at the beautiful **Chewelah Golf and Country Club.** In the last 2 years Beats and Rhythms has benefited up to \$4-5,000.00 from this event.



There is nothing better than a game of golf on a June afternoon.

Graduating Senior Cardiac Kids/Potential Jr. Counselor

Are you looking for a Senior Project.?

Do you need credit for community service?

Do you just want to help keep Camp Beats and Rhythms going?

Volunteer for the Beats and Rhythms summer camp activity team.

What is expected?

- Attend meetings either personally or virtually (Skype or phone conference) to plan camp activities.
- Help at camp:
 - Set up and take down of activities.
 - Help young campers with specific activities.
 - Help adults be more fun.
 - Direct traffic at camp.

—Sing camp fire songs at camp.

—Make sure Dr. G doesn't get tangled up on the high ropes course.

Must be 18 or older by July 1, 2011 to participate as a junior counselor.

More Upcoming:
Congenital Heart Disease Awareness Party:
 Feb. 12, 2011
 1-4pm at Providence Auditorium
Camp 2011:
 July 15-17, 2011 at Camp Gifford on Deer Lake

Thank You

Angel Flight West

A special thank you goes to the pilots of **Angel Flight West:** John Trentman, Dr. Bill Owens and Dr. Charles Ivester, for transporting our kids from far away to camp.

Grants

- Wal-mart Airway Heights: \$1,000.00
- Rotary Club/Wishingstar: \$1500.00
- Kalispel Tribe of Indians/Northern Quest Casino: \$500.00
- Healing the Children: \$1,000.00

Upcoming

WII Bowling!! Cardiac Kids of all ages are invited:
 Dec. 18, 2010; 9:30-1:00pm:

WII Silver Bowlers vs Team St. Luke's and Beats & Rhythms Kids!

Contact Nicole through beatsandrhythms@gmail.com



On behalf of Beats and Rhythms, we thank you for your support.

