

2023

Coming to Camp!

Camp Physical Address: 22505 Black Rock Rd., Falls City

Arrival/Departure

Opening Day: Tuesday, July 25th 3:30-4:30
(Drive thru drop off/pick up, parents remain in the car)

Closing Day: Saturday, July 29th 9:30-10:30

Medication Policy

At check in, families will hand all medications to the nurse in a Ziplock bag that **includes the medication form**. All medications will be in original containers and the medications will be given as directed on the prescription unless a note from the prescriber is included.

General first aid supplies are provided by the camp.

DIETARY INFORMATION

Go over the menu and if there are meals your camper will not eat, you can send a meal to be heated up. Make sure to mark all meals with the day and meal so it can be ready. All meals will be turned into the kitchen upon arrival. There is no food in the cabins. If you need GF or other accommodations, please send the Dietary Form to carinn@asdoregon.org by July 15th.

CAMP STORE

We will only be visiting the store during the dance and we will cover the cost.

Swag is available on our website. Click the top menu and you will see a store option. The camper pack is available to be delivered at drop off.

PACKING LIST (label all items)

Clothing : Running shoes/sandals, swimwear, underwear, socks, modest shirts and shorts, sweatshirts/coat, jeans/sweatpants, laundry bag, hat or sunglasses, pajamas

Dance of the Decades! We will be doing a dance party. Pack your favorite outfit from the decade of your choice!

Toiletries: Shampoo, soap, toothbrush/toothpaste, deodorant, comb/brush, sunscreen, lotion, bug repellent.

Gear: Towels (beach/pond & shower), sleeping bag or twin bedding, pillow, flashlight, camera, backpack, water bottle (16oz is a good size) , camping chair if you have one.

Please do not bring: Valuables, Weapons/ Knives, Lighters, Matches, Wireless Communication Devices (service must be off) or cash.

Facebook

Camper photos will be posted on the Camp Facebook page throughout the camp. Please friend us in advance!

Bunk Sign

Don't forget to make a bunk sign and bring it on the first day! Include campers name and items of interest.

Camper Mail:

Drop off at check in or mail to:
Camp Tapawingo/Odakoda
PO Box 189 Falls City, OR 97344



Contact at Camp:

Text or email Misti (poor reception) will return messages daily.
Misti: 503-320-3103
For urgent help call Camp Tapawingo: 503-787-3828

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Club Descriptions

Clubs: Campers will sign up for morning clubs with their counselors on the first night of camp.

Dungeons and Dragons:

Leaders: Quinn and Gage

There will be a D&D game during morning clubs. If you like a game of imagination and strategy, this game is for you! Come with a character prepared or with no experience at all! Our Dungeon Master will guide a game of twists and turns! This is limited to a small number of campers.

Adventure:

Leader Abby

Explore the beautiful Camp Tapawingo with your fellow adventurers! Perfect for outdoorsy campers that want the full summer camp experience. We'll hike amongst the tall trees, learn the art of archery, and get skilled at practicing slingshot!

Water and Fishing:

Leader Rob

Explore the pond while fishing canoeing, and salamander catching!

Boffering:

Leader: Jonathan

Foam sword building and battles. The club is the only time sword building is available. Bofferling battles will be available in the afternoon.

Green Screen Creations:

Leader Kristin

Work with your team to create, film and edit a short video and pictures using a greenscreen and the app DO Ink. Come with ideas if you think this is the club for you.

Drama:

Leader: Amy

Actors, comedians, and buffoons, look no further! If you enjoy making others laugh and portraying various characters, this club is for you! We'll play around and have some fun with theatre games and improv scenes. We'll collaborate on story ideas and script writing as well - look out Steven Spielberg!

Music

Ukulele lessons, bucket drumming and singing!

Sports: frisbee golf, basketball, GaGa ball...

Art:

Leaders: Brianna and Tara

Tap into your creative side!! Make mugs or hats with personalized designs! Create wooden art with wood burning, and many other artistic creations!

Afternoon Activities : Archery/Sling Shot, Bofferling , Crafts, a visit from Mr. Lizard, canoeing, swimming, water slide, and more!

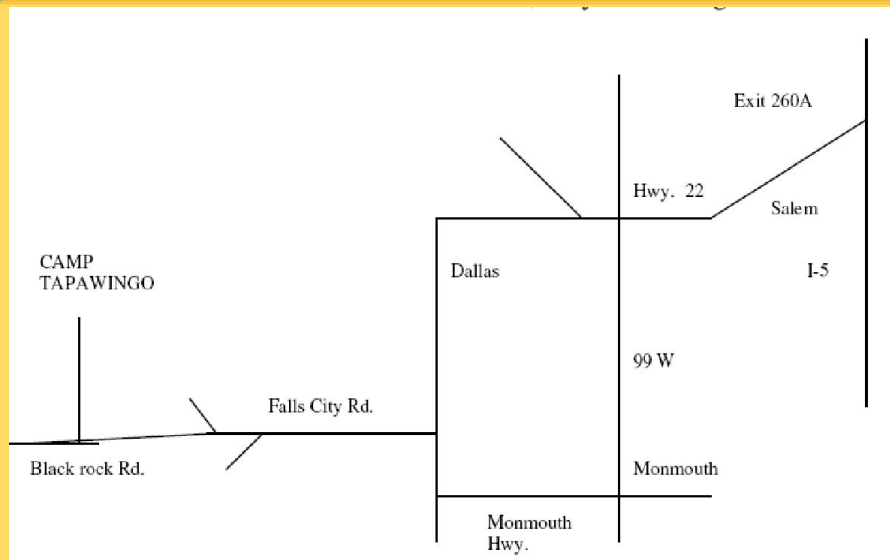
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Camp Odakoda Menu

	Camp Odakoda Menu 2023	TUESDAY Dinner Pizza: Pepperoni, Hawaiian, Cheese or chicken bacon Chips Salad Bar/Carrot Sticks Grapes Water & Milk
WEDNESDAY Breakfast French Toast, Link Sausage Hard Boiled Eggs Bananas & Oranges Cereal Bar, Yogurt Milk & Juice	WEDNESDAY Lunch Chicken Nuggets Mac & Cheese Applesauce Salad Bar/Carrot sticks Water/Lemonade	WEDNESDAY Dinner Hamburgers/Hot Dogs/Garden Burger (Cheese and condiments) Potato Chips, Watermelon Water/Milk
THURSDAY Breakfast Sausage Patty Scrambled Eggs Hash Brown Patty Cereal Bar, Yogurt Bananas & Oranges Juice & Milk	THURSDAY Lunch (Beach) Pizza: Pepperoni, Hawaiian, Cheese Chips Salad Bar/Carrot Sticks Grapes Water & Milk	THURSDAY Dinner Penne Noodles Plain Marinara or with Meat Caesar Salad Garlic Bread Peaches
FRIDAY Breakfast Waffles (butter and syrup) Bacon Hard Boiled Eggs Bananas & Oranges Cereal Bar, Yogurt Apple Juice & Milk	FRIDAY Lunch Grilled Cheese French Fries Salad Bar & Carrot Sticks Apples Water/Lemonade	FRIDAY Dinner Chicken Strips Mashed Potatoes & Gravy Corn Peaches Breadsticks Water/Milk
SATURDAY Breakfast Blueberry Muffins Scrambled Eggs with Bacon Hashbrown Patty Cereal Bar, Yogurt Bananas & Oranges Orange Juice & Milk	Afternoon Snack Each day: Otter Pops, Goldfish, String Cheese,	Evening Snack T: Smores/Granola Bars W: Ice-Cream Sandwich Th: SnoCones/Popcorn F: Cookie/SnoCones

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Camp Directions



Please arrive as close to your timeslot as possible.

Our goal is to get all campers checked in within an hour.

This will make a smooth transition for all campers.

Directions to Camp Tapawingo: (503)787-3828

From the North:

Take I-5 south to the Salem Parkway (Exit 260A). Follow signs to Hwy 22-Dallas while traveling along Salem Parkway. Drive over the Marion Street Bridge and stay on Hwy 22 for about 11 miles. Just past the over pass is the exit for Dallas (left lane).

Stay on Hwy 223 through Dallas following signs to Falls City-Kings Valley to the Fall City Junction. (At the large 3-way intersection in Dallas be sure to stay to the left as you head into the downtown area. This becomes Main Street. You will then make a right hand turn on to Washington...continue to follow the signs to Falls City.

At the Falls City Road junction, turn right on to Falls City road. Travel 4.4 miles into the town of Falls City. One block after the grocery store, the road splits, stay to the right traveling up the hill (this is marked Mitchell Street). When the pavement ends and the road splits again, stay to the left. You are now on Black Rock Road. Travel 2.9 miles until you reach Socialist Valley Road. Turn right on Socialist Valley Road and proceed over the bridge and through the gate into camp.

Alternate Dietary Request Form DUE July 15th

In order to accommodate individual dietary needs, requests must be submitted to the Camp Food Services Manager at least **three weeks prior** to your arrival. This will enable the food services team to plan appropriate meals and order needed foods.

Percipient Name: _____

Group Name: Camp Odakoda

Phone: _____

E-Mail: _____

If you have any of the following **medically necessary** dietary needs: (please check if applicable)

Lactose Intolerant (**No Dairy**) Gluten Intolerant (**No Gluten**) Diabetic (**Extra Protein**)

Camp Odakoda is not able to provide alternative diets while at camp. We do have a few Gluten Free choices, and they are indicated on the menu. If you will be choosing gluten free foods, they need to be ordered in advance. Please make sure to send this form in to ensure the items are purchased.

Food Allergies: These are the 8 most common food allergies. Please check any that are applicable:

Milk Eggs Peanut Tree Nut Fish Shellfish Soy Wheat Corn Yeast

Please be aware that these foods are used in our kitchen and served at our camp. If your allergy is so severe that this may be a problem, please make note of it here:

Other Food Allergy _____ (You will be contacted if this cannot be accommodated.)

We will do our very best to enhance your visit to Camp Odakoda with delicious and healthy meals that meet your individual needs. If there are meals you/your camper will not eat, please pack a meal and label it with the date and meal me. The kitchen staff is able to heat food up, but they are not able to prepare food from home.

Return Form to: ASD Oregon, 12042 SE Sunnyside Rd. #450, Clackamas, OR 97015

or email completed form to: carinn@asdoregon.org

This form must be submitted by all campers bringing medications to camp.

DO NOT MAIL THIS FORM BRING IT TO CAMP WITH MEDICATIONS

Camper Medication Form

Camper Name:	Parent Name:
Day Phone:	Evening Phone:

Please complete this form within **24 hours prior to camper arrival at camp. All medications must be in their ORIGINAL containers.** Place all medication containers in a Ziploc bag with this completed form detailing instructions for the use of each medication your child is to receive at camp. A medical attendant will receive medications at the nurse's table during camp check-in. Inhalers are the only medications that can be kept with the camper. (Please send two in case one is lost; one will be checked in with the nurse.)

NO PRESCRIPTION MEDICATION CAN BE ADMINISTERED UNLESS LISTED ON THIS FORM WITH PARENT OR LEGAL GUARDIAN SIGNATURE.

Name of Medication	Dosage	Breakfast 8:00	Lunch 12:30	Dinner 5:30	Bed 9:30	Other

Medications will be given as directed on prescription containers unless there is a doctors note attached.

Parent/Guardian: I, _____, Parent or Legal Guardian of _____ authorize the camp medical personnel to administer the medications listed above. I authorize the Camp Executive Staff to consent to medical treatment when either I or my assignee cannot be contacted. I understand that every effort will be made to contact me before such action.

Signature _____ Date _____

CAMPER BUNK SIGN

Please have your camper make a bunk sign to put on their bunk. The sign should include their name and some things that they like. 8 1/2 by 11 inch is a good size, but they can be creative. This is a good way for the campers to get to know each other and find common interests.

SAMPLE Bunk Sign



5 POINT SCALE

At camp we use the 5 point scale of emotions. Some campers need this more than others, but this is the common language we will use. If a camper needs a break they can say they are at a 3 and a staff member will help them problem solve. Some kids get annoyed by this system or think they are above using it, but it is important for us to have a common language since we are only together for a short me. We will not force anyone to use it, but an adult may ask a camper where they are if the adult is trying to figure out if the camper needs more support.

The 5 Point Scale	
	I am going to explode Things are not ok. I am extremely upset and feel like I am going to explode. I need a walk and some space!
	Not feeling OK. Things are not OK and I am upset or stressed. I need to take a walk or find a quiet place immediately.
	Starting to get stressed or upset Things are not going so great. I need a break or some space. I should take a
	Feeling OK Things are OK, I am still feeling pretty good, but not quite as calm.
	Feeling Good Everything is calm. I am feeling good. Things are great.