

WEST HILLS FRIENDS  
ALL CHURCH RETREAT

**April 7 - 9, 2017**

**"Trust: A Risk and an Opportunity"**

Guest Speaker: Eric Muhr  
Barclay Press

Twin Rocks Friends Conference  
18705 Highway 101 N.  
Rockaway Beach, OR 97136  
503-355-2284

[www.twinrocks.org](http://www.twinrocks.org)

## Packing List

We strongly recommend that you bring the following items for the weekend:

Clothes: both casual and beach wear

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Bedding: pillows and sleeping bags or bed linens

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Toiletries and towels

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Dessert or other Snacks for Coffeehouse

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A clever skit or act for our Annual Un-talent Show

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A coffee or tea mug to carry with you

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Toys, books and snacks for infants and preschoolers

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Art supplies for grade schoolers

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Money for pizza

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A flashlight

## Directions to Twin Rocks

# Directions



### **From Portland:**

Drive west from Portland on the Sunset Highway (Hwy. 26). Just west of Hillsboro, bear left on Highway 6 towards Tillamook. Follow Highway 6 west to Tillamook. In Tillamook, turn right onto Highway 101. Follow Highway 101 north for approximately 13 miles to Twin Rocks Friends Camp, located on [your](#) right, just prior to the pedestrian bridge across the highway.

### **From Salem and Eugene:**

Drive west from Salem on Highway 22 to its intersection with Highway 18. Turn left onto Highway 18 and [travel](#) west approximately five miles to Valley Junction. Turn right (again onto Highway 22) towards Hebo. In Hebo, turn right onto Highway 101. Follow Highway 101 north through Tillamook and Garibaldi to Twin Rocks Friends Camp, located 13 miles north of Tillamook. The camp will be located on your right just prior to the pedestrian bridge across the highway.

# Map of Twin Rocks Camp



## Arrival & Registration

Registration begins at 5 PM. If you arrive earlier, you may wait at the Welcome Center, but may not otherwise use the facilities. You may also park and walk over to the beach. When you arrive on Friday evening, please check in at the registration table located in the Welcome Center, between 5-7 PM and in the Dining Center after 7 pm.

If you have not paid in advance, please pay at check-in. You may park in the front parking lot or next to the Welcome Center for check-in and then move to a spot closer to your lodging later.

If you have children in your party, please make sure to have you and your child complete and turn in the Behavior Guidelines form when checking in.

## Housing

Our group has been assigned the cabins and Hadley Hall. You will receive your cabin or room assignment at check-in on Friday evening. Please bring sleeping bags or linens, as these are not provided by the camp.

## Meals & Food

There is complimentary beverage service (coffee & tea) in the dining hall 24 hours a day. There will likely be leftovers from Friday night's Coffee House for much of the weekend. There will also be pizza available beginning at 6:30 PM on Friday. We will be accepting donations to pay for the cost of the pizza.

Undertow Espresso will be open Friday evening from 3-8 PM and Saturday from 7:15-9:30 am and 1:30-5 pm to purchase lattes and souvenirs. It is closed on Sunday.

All meals will be served cafeteria style this year - no family-style dinner on Saturday night. Please take what you know you will eat and return for seconds after everyone has gone through the line. Those with dietary restrictions will have food options along the sides of the dining hall.

To aid in keeping costs down at Twin Rocks, we help with set-up and clean-up of the meals. At the end of the meals, we are expected to clean off the tables and take all dishes to the kitchen counters. Each table is responsible for cleaning off their table. This includes wiping it off with available rags.

## Childcare Information

**Important Note:** Only those who have signed up in advance and watched the required video may help with childcare.

Parents are responsible for supervision and behavior of their minor children at all times that childcare is not provided. Signatures of parent and child on a behavior contract are required to attend the retreat.

It is very important to sign your children in and out of childcare. No child will be allowed to leave childcare without a parent signing him or her out. Please let your children know they are not to leave childcare until their parents sign them out. Please pick up your children immediately after programs are finished.

Please bring toys and books to share in the younger aged childcare rooms, and art supplies to share in the first through fifth grade room. Please make sure all

items are marked with your name. Encourage your children not to bring electronic toys, electronic games or cell phones to childcare.

Middle School and High School students will attend the adult sessions except where other activities are scheduled. They may not be left on their own during this time. Teens may help with childcare with permission of their parent.

## Twin Rocks Facilities

### Welcome Center

This renovated building contains the camp offices and the Undertow Espresso and Camp Store, formerly located in the Dining Hall. Registration will occur here from 5:00 to 7:00 PM Friday evening, before moving to the Fellowship Center during the Coffeehouse. Undertow Espresso is located in the Welcome Center. See hours above.

### Dining Hall

This is generally a place to gather, except around meal times when the tables are being setup. Shirt and shoes are required. Kitchen access is limited to camp personnel only. Please help monitor younger Friends toward this end. Please do not remove cups or mugs from the dining hall; bring your own mug from home to carry around with you.

### Fellowship Center

This is in the same building as the dining hall and is a place to relax and visit. Friday Night Coffeehouse will be here. Gatherings to work on puzzles and play games will often occur here.

### Meetinghouse

This is where we will have our music, guest speaker, worship-sharing sessions and the untalent show. Informal music gatherings may occur at other times.

### Hadley Hall

This hall has rooms for sleeping, plus a lounge that may be used for quiet or for small groups to sit and talk. Childcare for infants, preschoolers, grade schoolers, and middle schoolers will be in rooms at the ground floor and basement level of Hadley Hall. When you enter Hadley at night, please be aware that other people may be sleeping. Please be quiet in the stairway, hallways and bathrooms. (The bathroom doors close very loudly, so please close them quietly.)

### Arts and Crafts Building

Anyone may use this building for art projects.

### The Shelter

The Shelter is a large Gym where you can play basketball, ping-pong,

foosball and other sports. There is also a small playground next to The Shelter.

### The Ocean

The beach is located just across the highway from the camp. There is a covered bridge that crosses over the highway for our use. The pass-code for its use will be provided to all adults. Please be aware that beach conditions change from year to year so use caution when accessing the beach.

Friends under 18 years of age are allowed to go to the beach only with parental permission and when accompanied by an adult.

### Mountain Trails

Hiking trails wind throughout the camp. Please refer to the camp map for trail locations. Please use judgment on the trails. Young friends need to be supervised. The Initiatives Course is completely off-limits during our stay.

### Camp Rules

Pets are not allowed anywhere in the camp grounds or buildings. This restriction also extends to pets in cars.

Smoking is not allowed on the premises.

## Special Diet Needs

Twin rocks kitchen staff is able to help those who have special diet needs in two ways: by providing enough variety in the menu from which they may choose, and by making substitutions for some (although not all) menu items in order to give them well-rounded meals.

Twin Rocks Friends Camp can accommodate the following six special diet needs: non-celiac gluten free allergies, dairy allergies, nut allergies, diabetic, vegetarian, and vegan.”

The camp offers fresh fruit for diabetics as an alternative to dessert, so please bring any sugar-free desserts you may wish to have as an alternative to fruit.

If you have a combination of special diet needs or some other restriction, they can not guarantee that they can accommodate. If you have a combination of needs or a dietary need that is not listed please contact Twin Rock Food Service Director at 503-355-2284 or email at [foodservice@twinrocks.org](mailto:foodservice@twinrocks.org). There is a small refrigerator in the dining room where guests may store well labeled food items to help augment their diet as needed. Larger, well labeled items may also be stored in the camp’s main walk-in cooler.