



Hello Everyone!

My name is Sarah L, and I am the 2019 NOMAAC Alateen Chairperson!!! I hope you all are as excited as I am for a fun filled weekend of family and recovery! The devoted NOMAAC Board and I have been hard at work this past year planning the most incredible weekend, and we are beyond excited for you all to see what we have in store. This year, our theme is **“Peace, Love & NOMAAC”**, surrounding all things hippie! The conference will be held July 12th - 14th, 2019 at Shippensburg University.

For those of you who may not know, let me explain exactly what NOMAAC is. NOMAAC is the Northern Mid-Atlantic Alateen Assembly and Conference. One spectacular weekend each year, teens young and old gather from across Pennsylvania and surrounding states to enjoy what it means to be in Alateen. Over the course of the conference we celebrate our recovery and work to better ourselves through workshops, speaker meetings, and the love from our program family. Our workshops and meetings explore the different topics used in this program to help us heal. You will hear stories unlike you’ve ever heard before, some of which will seem very familiar to you. This weekend is a safe, loving, and judgement-free zone. There are lots of opportunities to share your struggles and hear other teens share their experience, strength, and hope. There are endless amounts of love and support here. Along with the meetings, there are so many fun things to do throughout the weekend including: a formal banquet, dance, and talent show all held on Saturday night. Plus lots of free time to catch up with old friends and make new ones, too!

NOMAAC helps us all to better understand that none of us are truly alone. We all have lived in similar situations, and as a result, we can help each other through that. This weekend allows us to get all the stresses of the year off of our chests and helps us feel free and alive again.

I have been in the program for almost 10 years now and this will be my 9th NOMAAC. I can honestly say that every year brings me more recovery and serenity than I ever thought possible. One of the best parts about the weekend is meeting new people and seeing all the brave teens coming out to NOMAAC to better themselves. The board and I have put in lots of time and effort into making this year extra special for each and every one of you. Welcome to our Alateen Family, I can’t wait to see all of your sweet faces this summer!

If you have any questions, comments, or concerns, feel free to contact me at (484) 626-2738 or Mary R, the Al-Anon Chair, at (412) 407-7765.

With Love,

Sarah L.

NOMAAC Chair 2019

## **Important Reminders**

Conference dates are **July 12<sup>th</sup>--14<sup>th</sup>, 2019**

The theme for this year's conference is **"Peace, Love and NOMAAC"**

This year's conference is **\$125.00**.

**The deadline for registration is SUNDAY, June 30<sup>th</sup>, 2019.** Any registrations received after that will be subject to a **\$10.00 late fee**. We thank you in advance for sending in your information on time.

**Each Alateen group registration packet sent back by sponsors should include:**

1. One check or money order for the entire group's conference fee.
2. Two copies of each teens permission slip (one copy for us and one for the University's nurse. Make sure to also keep a copy for the group's sponsor)
3. The completed sponsor checklist.
4. Two copies of the group t-shirt order form (please also keep a copy for the group's sponsor)
5. One separate check or money order for all of the group's t-shirts and the completed **Attendance and Room assignment form**.

**\*\*Teens should make Checks or Money Orders out to your Sponsor\*\***

**\*\*Sponsors should then do one (1) money order for the whole group's registration and one (1) money order or check for t-shirts made out to NOMAAC Inc. and send all registration to:**

Sue Cook  
333 Cherry Lane  
Havertown, PA  
19083  
suec99k@gmail.com

**\*\*\*EVERY GROUP IS ASKED TO MAKE A BANNER WITH THEIR ALATEEN GROUP'S NAME ON IT AND A DESIGN WHICH WILL BE PRESENTED IN OUR KICK-OFF MEETING.**

- This is a weekend for **recovery, cell phone use should be minimal.**
- Towels, soap, toiletries, and blankets are NOT provided.

- Please bring your poems and artwork about the NOMAAC theme or Alateen to submit for the media contest. Prizes will be awarded.
- Security will be assigned to Alateens age 16 and over and to **all** sponsors. **Please bring a flashlight if possible.** If you are a sponsor that is driving, please let us know before the conference so that we do not schedule you for a late-night security shift.
- Bring your talent to share for the coffeehouse on Saturday night!

## **NOMAAC CONFERENCE GUIDLINES**

- 1) **NO DRUGS, ALCOHOL, ENERGY DRINKS, OR CAFFEINE PILLS ARE PERMITTED. ANYTHING SOLD OVER THE COUNTER TO STAY AWAKE WILL BE CONSIDERED A DRUG. VIOLATORS WILL BE SENT HOME AND PARENTS NOTIFIED! THIS RULE IS STRICTLY ENFORCED!**
- 2) **NO PEANUTS OR NUTS OF ANY KIND ARE ALLOWED**
- 3) **Any action that endangers the physical or mental safety of another or oneself will be brought to the attention of the NOMAAC board and handled at their discretion. Violators of the guidelines (sponsor or teen) will be sent home at their own expense and parents and/or authorities will be notified.**
- 4) **NO NOMAAC BABIES! NO** inappropriate/sexual acts will be tolerated; the board will practice a zero-tolerance policy. Offenders will be sent home.
- 5) No females on the male floor and no males on the female floor.
- 6) **NO ONE** can switch rooms.
- 7) Check in with your sponsor/teens regularly.
- 8) Workshop attendance is mandatory for all.
  - a) **No sleeping or using cell phones during Workshops.**
  - b) Cell phones will be deposited in a bucket before each workshop.
- 9) Acceptable clothing is to be worn at all times
- 10) The banquet on Saturday night is a dress-up affair. **NO SNEAKERS OR JEANS!**
- 11) Security will be assigned to Alateens age 16 and over and to all sponsors.
- 12) NOMAAC is not responsible for lost or stolen items.
- 13) There is a **\$100 charge for lost room keys.** Your group is responsible for the fee if a key is lost.
- 14) Elevator is to be used only during check-in and check-out.
- 15) When the “Quiet Time” sign is up at the action table, it must be silent. No exceptions.
- 16) If you choose to use the pool, your sponsor must accompany you.
- 17) Please keep the dorm and the campus clean.

- 18) There will be an Al-Anon and Alateen lounge. Sponsors are allowed in the teen lounge, but teens are not allowed in Al-Anon lounge unless given permission or if there is an emergency.
- 19) Only AMIIAS' may have a single room for an extra \$20 charge. If not designated on the form and the room charge is not paid, you will be assigned a roommate.

# 2019 NOMAAC (Northern Mid-Atlantic Alateen Assembly and Conference) Permission Form / Medical Information/ T-shirt Order Form

I hereby grant permission for \_\_\_\_\_, Age \_\_\_\_\_, who is/is not a minor (circle one) with a Date of Birth of: \_\_\_/\_\_\_/\_\_\_ to take part in the 2019 NOMAAC Conference held at Shippensburg University on the following dates: July 12-14, 2019. I agree to hold the Conference and the Pennsylvania Area harmless for any or all occurrences that might occur while my son/daughter is away from home.

The \_\_\_\_\_ Alateen Group, under the sponsorship of \_\_\_\_\_ and \_\_\_\_\_ will travel by \_\_\_\_\_ leaving from \_\_\_\_\_ on \_\_\_\_\_ (date) at \_\_\_\_\_ (time).

I agree that \_\_\_\_\_ (sponsor) is in charge and will at all times make decisions in the best interest of my child. In case of accident or the need of emergency medical attention, the person designated above has my permission to use his/her best judgment. I hereby authorize the person designated above to obtain any emergency medical care necessary for my son/daughter at any licensed medical or dental location during the Conference/Convention/Assembly weekend.

It is understood that this authorization is given in advance of any specific diagnosis, treatment or hospital care that might be required and is given to provide authority and power to the licensed medical or dental professional in the exercise of his/her best judgment in an emergency for my child in my absence.



(Parent/Guardian) Signed: \_\_\_\_\_ Date \_\_\_\_\_

Printed Name: \_\_\_\_\_

Address: \_\_\_\_\_

Main Phone: \_\_\_\_\_

Second/Emergency Phone: \_\_\_\_\_

Name of Insurance Company: \_\_\_\_\_

Policy Number: \_\_\_\_\_ Group No. \_\_\_\_\_

**(Incomplete forms will be returned)**



Doctor's Name \_\_\_\_\_

Doctor's Office Phone Number: \_\_\_\_\_

Dentist's Name & Phone Number: \_\_\_\_\_

My son/daughter has the following condition: \_\_\_\_\_

I give permission for staff to give Motrin/Tylenol (circle one) to my child in the event that they need it. Standard Motrin dose is 400 mg. Standard Tylenol dose is 1000mg. Please specify if a different dose is permitted and what it should be. Only one dose will be administered by staff. In the event a second dose is needed a parent will be contacted prior to administration. We want to keep your children safe and ensure everyone has a happy NOMAAC!

He/she is allergic to the following:

**(Incomplete forms will be returned)**



He/she requires the following medication, (Including dosage, amount, and time taken), which will be given by the sponsor / adult in charge of your child and group.

Medication must be contained within the original prescription container(s):

Any other important information such as dietary needs:

2019 NOMAAC (Northern Mid-Atlantic Alateen Assembly and Conference)  
Permission Form / Medical Information/ T-shirt Order Form

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(Incomplete forms will be returned)



**T-shirts--\$13.00** (circle one) Yes, I would like a t-shirt / No, I would not like a t-shirt

T-shirt size (S, M, L, XL, XXL) \_\_\_\_\_

Please, return this permission form to your sponsor by \_\_\_\_\_

Sponsor Approval Signature: \_\_\_\_\_

## What to Bring

- .. Formal attire for Saturday night banquet. Dresses, skirts, dress pants, button down shirts and nice shoes are appropriate. Jeans and sneakers are **not allowed at the banquet.**
- .. T-shirts, shorts, jeans, sweats, socks, etc.
- .. Sneakers, sandals, etc.
- .. Bathing Suit
- .. Blanket (sheets & pillow are provided by college)
- .. We have air-conditioned dorms, so we recommend you bring pants or a sweatshirt just in case.
- .. 2--Towels for shower and pool
- .. Soap
- .. Shampoo/Conditioner
- .. Toothbrush/toothpaste
- .. Deodorant
- .. Reusable water bottle
- .. Quarters for vending machines
- .. Flashlight if possible (for those 16 or older who will be working security)
- .. You will be provided with food, but **EACH GROUP** is asked to bring a case of water and some snacks...at least one junk food and one healthy snack—**NO NUTS ALLOWED**
- .. Board Games for the dance
- .. Group Banner for kick off meeting
- .. Lots & lots of warm fuzzies 😊

**Most of all a positive attitude & your talent for the coffee house!**



## **SPONSOR GUIDELINES WHILE AT NOMACC**

Exemplary conduct is expected from sponsors and assisting adults.

Sponsors must have a copy of medical forms with them in addition to the copy they send with the registration.

Sponsors are to keep all prescription and non-prescription medication in original containers for teens. Written parental permission is necessary for the release of medications.

At all times sponsors need to help maintain order and enforce the guidelines. This is not the Board's responsibility.

Female sponsors are responsible for the female teens. Male sponsors are responsible for male teens. In the event that one gender is not covered for the weekend, arrangements must be made prior to the conference with another adult to assume responsibility while in the dorms.

Upon arrival, keep registration envelopes. All keys must be returned in the group's registration envelope. There will be a \$100 charge to your group for each lost key.

## **NOMAAC CHECK OUT PROCEDURES**

1. GROUP SPONSORS ARE RESPONSIBLE FOR THE CHECKING OUT OF THEIR TEENS!
2. CHECK OUT NEEDS TO BE COMPLETED BY 8:30 AM SUNDAY MORNING.
3. Check each room to ensure that it is clean, and the furniture is where it belongs (pick up all trash).
4. Close and lock windows and close blinds.
5. Remove name sign and tape from the door. (This will be done after inspection).
6. Collect and return all sheets and pillowcases to the designated drop off point.
7. Return keys and lanyards to the action table.
8. Assist in cleaning up common areas **inside and outside** the dorm
  - a. Pick up and throw away trash
  - b. Place furniture back in its original position
  - c. Clean up kitchen

## Sponsor Checklist

I have read over the conference guidelines with my group.  
I have read over the important reminders with my group.  
I have received and sent all completed registration forms for my group.  
I have compiled all the money (cash, checks, money orders, etc...) from my group for registration and made one money order made out to NOMAAC Inc. (excluding the t-shirt money)  
I have compiled all the t-shirt money into one money order made out to NOMAAC Inc.  
I sent my registration to

Sue Cook  
333 Cherry Lane  
Havertown, PA  
19083  
suec99k@gmail.com

I will attend Sponsor's meeting on Friday.  
I realize the board can refuse our registration if:  
    The permission slip is not complete.  
    The medical form is not complete.  
    I have not signed the responsibility paper at the bottom of this page.  
    If one of the forms are missing when registration and the money order are sent.

I accept that as a sponsor, if I violate the conference guidelines and sponsor responsibilities, the group will be denied admission to NOMAAC. The group may submit a group petition that will be under the review of the board.

I realize that as a sponsor, I assume full responsibility for my group while attending NOMAAC.

Name: \_\_\_\_\_ Date: \_\_\_\_\_ WSO #: \_\_\_\_\_

Name: \_\_\_\_\_ Date: \_\_\_\_\_ WSO #: \_\_\_\_\_

Name: \_\_\_\_\_ Date: \_\_\_\_\_ WSO #: \_\_\_\_\_

Name: \_\_\_\_\_ Date: \_\_\_\_\_ WSO #: \_\_\_\_\_

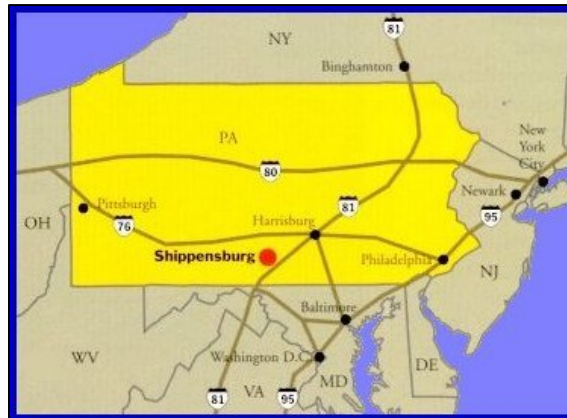
**NOTE: Your WSO number can be obtained from the AAPP. Email [alateen.pp@pa-al-anon.org](mailto:alateen.pp@pa-al-anon.org) and ask for it if you don't know it.**



# Directions to Shippensburg University

1871 Old Main Drive  
Shippensburg, PA 17257

**Important phone numbers: Group Liason: 717-477-1256  
Health Center, (Nurses Office): 717-477-1458, University Police: 717-477-1444**



**East of Shippensburg:** Take the Pennsylvania Turnpike to Exit 16/226 (Carlisle). Follow U.S. Route 11 north to I-81. Take I-81 south to exit 29 (King Street). Turn right at the end of the exit ramp onto PA 174. Travel 2 miles to a "T" intersection. Turn left onto King Street (U.S. Route 11). At the 3rd traffic light, turn right onto North Prince Street. Proceed 1/2 mile to main entrance of the Shippensburg University campus.

**West of Shippensburg:** Take the Pennsylvania Turnpike to Exit 15/201 (Blue Mountain). Turn left onto PA Route 997. At the "Y" intersection bear right onto route 696. At the town of Newburg, watch the signs carefully and stay on Route 696 (requires a left turn followed by an immediate right turn). Continue on Route 696 south another 8 miles to Shippensburg. Entrance to the campus will be on the left.

**Due North or North East of Shippensburg:** Take I-81 south to exit 29 (King Street). Turn right at the end of the exit ramp onto PA 174. Travel 2 miles to a "T" intersection. Turn left onto King Street (U.S. Route 11). At the 3rd traffic light, turn right onto North Prince Street. Proceed 1/2 mile to main entrance of the Shippensburg University campus.

**North West of Shippensburg:** Take rural routes to I-81 and follow directions from North or use rural routes to PA turnpike and follow directions from West.

**Due South or South West of Shippensburg:** Take I-81 north to Pennsylvania. Continue to exit 24 (Fayette Street). At exit ramp, turn left onto Route 696 and travel 2 miles to a "T" intersection. Turn left onto Fayette Street and proceed to another "T" intersection. Turn right onto King Street. At 3rd traffic light, turn left onto North Prince Street. Proceed 1/2 mile to the main entrance of the Shippensburg University campus.

**South East of Shippensburg (Baltimore or DC area):** Take I-70 west to Hagerstown, MD and exit onto I-81 north. Cross into PA and take exit 24 (Fayette Street). At the end of the exit ramp, turn left onto Route 696 and travel 2 miles to a "T" intersection. Turn left onto Fayette Street and proceed to another "T" intersection. Turn right onto King Street. At the third light, turn left onto North Prince Street. Proceed 1/2 mile to the main entrance of the Shippensburg University cam



Directions to Shippensburg University  
1871 Old Main Drive  
Shippensburg, PA 17257

# Directions to Shippensburg University

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Shippensburg, PA 17257

## ATTENDANCE AND ROOM ASSIGNMENT FORM

Please print. Make ONLY ONE check or money order for the group's registration

**\*\*PAYABLE TO: NOMAAC Inc.**

**\*\*Mail forms & check or money order to: Sue Cook 333 Cherry Lane Havertown, PA 19083**

Any questions please call or email Sue: cell—610-608-2528 email—suec99k@gmail.com

**GROUP NAME:**

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**GROUP MAILING ADDRESS:**

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NAME	PHONE #	SEX	AGE	Med s Y/N	DRI VER	INJURI ES	NAME of ROOMING PREFERENCE (indicate if from another group)

Spons ors/ AMII AS	Ph one #	WSO Registration #	Rooming Preference (\$20 extra charge for a single)

# How To Make Warm fuzzies

STEP 1: CUT A PIECE OF CARDBOARD ABOUT 4x6 in.

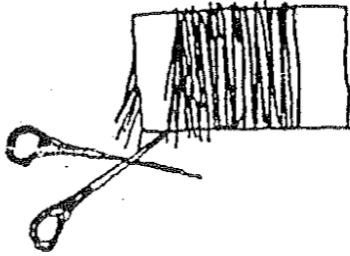


STEP 2: WRAP YARN AROUND CARDBOARD ABOUT 100 TIMES. USE DIFFERENT COLORS.

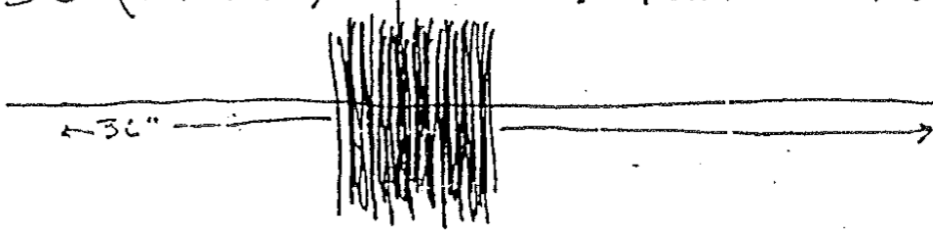


EX. 25xRED  
25xYELLOW  
25xORANGE  
25xCHARTREUSE (BE WILD!)

STEP 3: CUT ONE END OF WRAPPED YARN ALL THE WAY ACROSS.



STEP 4: CAREFULLY LAY STRANDS DOWN ON TOP OF ONE PIECE OF YARN, ABOUT 36" (1 YARD) LONG. PLACE IN MIDDLE.



STEP 5: TIE A DOUBLE KNOT AROUND STRANDS. THEN TIE A KNOT AROUND THE LONG PIECE, SO IT CAN BE WORN AROUND YOURS OR SOMEBODY ELSE'S NECK.

