

Welcome to MEAC 2016

Our 42st Year!

2016 MEAC - ity



Keep Coming Back

The Mid-Eastern Alateen Conference (MEAC) is an annual weekend gathering for Alateen members, sponsors, and prospective sponsors to encourage the growth of Alateen and to increase the understanding of the Twelve Steps and Twelve Traditions through the sharing of ideas, fun, and fellowship with other Alateen members and sponsors. We have a wonderful weekend planned.

When

July 15–17, 2016

Where

Northern Va. 4-H Educational Center
Front Royal, Va.

Schedule

FRIDAY

3–4 pm	Arrival
5 pm	Registration ends
5 pm	Ice breaker for Alateens Orientation for sponsors
6 pm	Cookout/Campfire

SATURDAY

All day Workshops, meetings, free time,
and dance. Dance theme is
1950's Prom.

SUNDAY

1:30 pm Conference closes

Cost

	All Dates enforced for pricing
\$90	Postmarked May 30 (can be paid half up front & half upon arrival at conference)
\$100	Between May 30 & June 30
\$110	After June 30

Who Can Attend

Practicing Alateen group members, ages 7 through 19 with the sponsor's approval are welcome. Special exceptions may be granted.

Sponsors who have been approved in their area and have an active WSO number may attend. Each group must have at least one male sponsor per five male teens and one female sponsor per five female teens. Prospective sponsors, please contact Cindi K.

MEAC operates in strict compliance with Virginia Area safety and behavioral requirements. No Alateen may come to the conference without a prearranged sponsor. Walk-ins must call first to ensure we have space.

Instructions

Everyone must fill out a permission form completely in order to attend. Participants under 18 years old must have the form notarized. Notarized travel authorization form (s) must be with the driver of the vehicle they are riding in.

Questions?

Cindi Kirk
6228 Conklin Way
Haymarket, VA 20169
Cindikirk@aol.com
703-282-1908

Conference Guidelines for All Sponsors and Alateen Members

1. Sponsors of each group assume full responsibility for the conduct and safety of their own group.
2. All sponsors should be responsible for all Alateens members, helping and comforting if lost or in trouble.
3. The conduct expected of those attending conference should be clearly understood by all before leaving the home area.
4. Room assignments will be made by the housing committee. The room assignments are made for the duration of the conference, and rooms will not be changed without the specific permission of the Housing Committee or the Board. Know the housing location of each of your group members. Check each room before leaving the conference.
5. All males and females will be housed in separate rooms and facilities. There will be absolutely no visiting by members of the opposite sex.
6. The house curfew of 12:30 am for young Alateens (age 12 and below) and 2:00 am for Alateens (13+) and sponsors must be adhered to by all and will be strictly enforced.
7. Possession of weapons, alcohol, or drugs, and violent or disruptive behavior are strictly forbidden. MEAC will dismiss any violator(s) from the conference. Parents will be notified and requested to remove the violator(s) from the conference site. There will be no exceptions.
8. All registrants are required to attend all conference sessions and meals. Sponsors will ensure all Alateens under their supervision understand these guidelines.
9. Suggest that each member of your group check in with sponsors at least once each morning and once each afternoon. (A simple "hi" would be sufficient.)
10. Try to have at least one meal with your group each day.
11. Set a good example – try to participate in and share with Alateens in as many activities as possible (workshops, warm-up games, free-time activities, and dance)
12. **No registrants may leave the conference facilities at any time without permission from the sponsor and from the chair of the MEAC Alateen or Sponsor Board.**
13. All conference fees are payable by check or money order made out to the conference. No cash payments, please.
14. The conference will not be responsible for the loss of articles of clothing or personal effects. Personal identification is suggested.
15. No pets are allowed at the conference.
16. No camping is allowed at the conference.
17. Name tags must be worn at all times.
18. Cell phones and other electronic equipment are not to be used during conference meetings or sessions.
19. Sexual activity is a violation of conference guidelines. Violators will be dealt with at the board's discretion. Overt or covert sexual interaction between any adult and Alateen member is prohibited. Overt or covert sexual interaction between Alateen members is prohibited.
20. Virginia state law prohibits the purchase or possession of tobacco products by anyone under the age of 18. There is no smoking in any of the meetings. Designated smoking areas will be established. Wrist bands to be worn by 18 years and older at all times.
21. Conduct contrary to applicable state and federal laws is prohibited.
22. No refunds will be issued unless approved by the Board before the conference.
23. All violators of these conference guidelines are subject to dismissal from the conference. Dismissal may mean the removal of the whole group if the sponsor is forced to escort said individual home due to lack of parent or guardian availability. Violators will be turned over to the Disciplinary Committee for appropriate action.
24. When in doubt, ask a member of the MEAC conference board. You'll be glad you came!!!! Name tags will identify all board members.

MEAC Permission Slip
Required by all attendees

All attendees must complete this section. Do Not Mail In the Notarized PERMISSION SLIP With Registration: The PERMISSION SLIP must travel in same car as Alateen/Sponsor and then the form is to be given to the Treasurer for emergencies purposes.

Attendee's Name: _____ **Sponsor Name:** _____

Home Phone: _____ Emergency Phone: _____

Name of Insurance Company: _____ Policy and Group Number: _____

Doctor's Name & Phone Number: _____ Birth Date: _____

Dentist's Name & Phone Number: _____

Allergies: _____

Medical Conditions: _____

Medication needed during the conference (Include dosage, amount, and time taken. Medication must be contained within the prescription container): _____

Vegan/Vegetarian/Other important information: _____

This section is for parents/guardians of minors only.

I hereby grant permission for my child, _____, who is a minor with a date of birth of _____ to take part in the 2016 MEAC Conference trip at the Northern Virginia 4-H Center in Front Royal, Virginia, July 15-17, 2016. I agree to hold the MEAC Conference and Virginia Area harmless for any or all occurrences that might occur while my child is away from home.

I agree that _____ 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 or her best judgment. I hereby authorize the person designated above to obtain any emergency medical care necessary for my child at any licensed medical or dental location during the conference 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 or her best judgment in an emergency for my child in my absence.

(Sign in presence of a notary public.)

(Parent/Guardian) Signed: _____ Date: _____

Printed Name: _____

Address: _____

Phone: _____ Secondary Phone: _____

Notary Public

City/County of _____ State _____

The foregoing instrument was acknowledged before me this _____ day of _____, 2016

by _____
(Name of person seeking acknowledgment)

Notary Public

Notary registration number: _____

My commission expires: _____ Seal/stamp

MEAC Planning Guide

What to Bring

- Sheets, blanket, pillow (or sleeping bag), bath towel, and toiletries. These are not supplied or available at the 4-H Center.
- Nicer clothing for the dance Saturday night.
- Comfortable clothes for 2 days, including a light jacket or rain jacket.
- Sneakers or comfortable walking shoes. (We walk a lot over the weekend.)
- A small electric fan for the lodge room, which is not air conditioned.
- A water bottle.

Please label your personal items.

Optional

- Swimsuit, flip flops or pool shoes, sun block, and an extra towel for swimming.
- Bug spray.
- Guitar or other acoustic musical instrument.
- Flashlight and extra batteries.
- Warm fuzzies!!! (If you don't know, you'll learn at conference.)
- A small amount of cash for food & snacks to and from the conference if you are traveling far.

What Not to Bring

- Large amounts of money or personal property.
- Electronic games & devices (cell phones, iPods, MP3 players, CD players, radios, electronic toys).

MEAC and Northern Virginia 4-H Center are not responsible for loss or theft. Plus, this is a weekend to "get away from the every-day".

Sponsors

1. Photocopy enough conference packets for each member of your group.
2. Read and discuss the Conference Guidelines before the conference event.
3. Register your group as soon as possible.
4. Sponsors should use discretion in bringing any Alateen member to the conference. Normally only those individuals who have been active in the program for the past three months should be considered. Remember, you and those you sponsor are representing Alateen.
5. Be sure you bring telephone numbers where they can be reached in case of an emergency.
6. Remind conference attendees to leave conference information with their parents.
- 7. When traveling, drivers should be sure the permission slips for each Alateen passenger is in the vehicle.**
8. If you wish, please bring a snack for the hospitality room.

MEAC Registration Form

Sponsors please submit one form for each group along with the name of the GR in order to be eligible to vote.

Send this form to

Cindi Kirk
6228 Conklin Way
Haymarket, VA 20169

Email:cindikirk@aol.com
Phone: 703-282-1908

Checks payable to: "MEAC"

<p>Sponsor who is completing this form:</p> <p>Name: _____</p> <p>WSO# _____</p> <p>Address: _____</p> <p>City, State, ZIP: _____</p> <p>Phone: _____ Email: _____</p>	<p>Alateen Group:</p> <p>Name: _____</p> <p>WSO# _____</p> <p>City, State, ZIP: _____</p> <p>Alateen Group Rep.: _____</p>
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Note: **MEAC has some scholarships available that cover only the \$90 early-bird fee.** We also are accepting donations from Alateen and Al-Anon groups and members. Contact Cindi K. to request scholarships.

Scholarship Donation Enclosed: \$ _____

T-shirts may be ordered below for \$10 each in adult sizes S, M, L, XL, 2XL, and 3XL. **Refunds are only honored prior to June 30.** A very limited number of extra t-shirts in various sizes will be available for purchase at the conference for \$12.

	Alateen Attendees	Sex	Age	Early-Bird \$90 by May 30 \$90 paid now	\$100 By Jun 30	\$110 After Jun 30	T-Shirts		
							Size	Quantity	Total Cost
1									\$10
2									
3									
4									
5									
6									
7									
8									
9									
10									
11									
12									
13									
Sponsors									
1									
2									
3									
4									

MEAC Registration Form Continued:

All Non-VA Sponsors need to send a list of their names and WSO#'s 2 weeks prior to the conference.

Must be filled out:

Will your group be at the
Friday night meal? Y / N How many? _____ Sunday pizza lunch? Y / N How many?

Any vegetarians? Y / N How many? _____

Food
Allergies: _____

Help send an Alateen to Conference!



- **Each year, between 50-100 Alateens attended MEAC (Middle Eastern Alateen Conference), a 3 day recovery retreat near Front Royal, Virginia.**
- **The conference includes Alateen closed meetings, trust games, slogan circle, dance, speakers, and general fellowship.**
- **MEAC is a safe, monitored environment with at least 1 WSO-approved sponsor for every 5 Alateens.**
- **The cost this year is \$100 for regular registration which includes room, conference center, and meals from Friday, July 17 - Sunday, July 19.**
- **Unfortunately, not all who want to can go due to financial constraints.**
- **Here's where you can come in: If you or your group desire, you can help support the MEAC Scholarship Fund. Your funding could help provide an unforgettable and life-altering experience.**
- **If you want to contribute please see below (or if you know of someone who may want to apply for a scholarship, please see the 2nd page of this flyer).**

CONTRIBUTION TO SCHOLARSHIP FUND

Amount \$ _____

Name/Group Name _____

Make contribution checks payable to MEAC

Send to:
Cindi Kirk, MEAC Board Treasurer
6228 Conklin Way
Haymarket, VA 20169
(703) 282-1908; cindikirk@aol.com

MEAC Scholarship Request

MEAC (Middle Eastern Alateen Conference) has established a Scholarship Fund for those who would otherwise find it difficult to attend. The number of Scholarships awarded will be dependent on donations to the Fund. Requests for Scholarships will be disposition by the MEAC Board.

If you would like to donate to the fund, please see send money (checks payable to MEAC) to the MEAC Board Treasurer

Conference requested (e.g. MEAC, 2016): _____

Will your decision to attend the conference be based on whether you receive a scholarship or not? (Yes/No)

I agree to abide by all the conference guidelines.

Alateen Member Signature Alateen Member Printed Name Length of Time in Alateen Date

Primary Alateen Group I Attend City & State

Parent/Guardian Signature (if under 18) Parent/Guardian Printed Name Date
(Gives parental consent to attend conference)

Alateen Group Sponsor Signature Sponsor's Printed Name Date
(Approves Alateen as a good candidate for conference)

Group Sponsor contact info to let you know if Alateen member received the scholarship (e-mail / phone number)

Name WSO # Email Telephone

Contact info for Sponsor who will attend conference & be responsible for Alateen member at conference

Other comments (optional):

Please return email, or mail by June 14th to:

Cindi Kirk, MEAC Board Treasurer

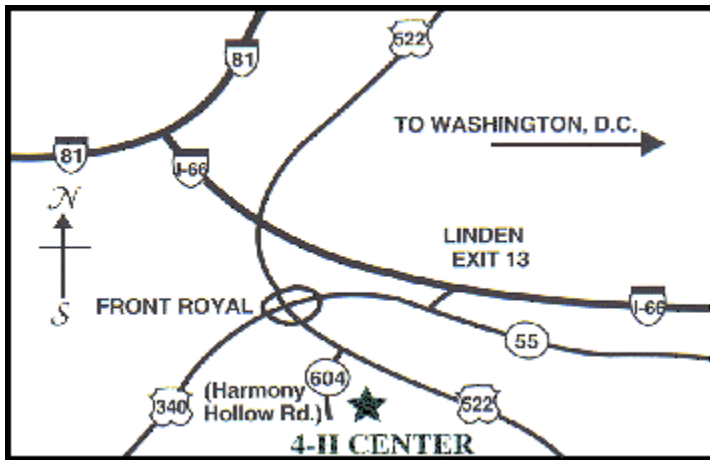
6228 Conklin Way

Haymarket, VA 20169

(703)282-1908

cindikirk@aol.com

Directions to 4-H Center



More information and driving directions:

<http://www.nova4h.com/>

600 4-H Center Drive
Front Royal, VA 22630

Phone: 540-635-7171

Fax: 540-635-6876

From D.C.: I-66W to Exit 13 (Linden). Left off ramp, right on Rt. 55W. After about 6 miles, make a left on 522S. Drive 1.7 miles, right on Rt. 604. Two miles to 4-H Center on left.

Scenic Route from D.C.: I-66W to Rt. 29S (Gainesville). Follow Rt. 29S to Warrenton, Va. Right on Rt. 211W. Follow Rt. 211W for 20 miles, right on Rt. 522N. Follow Rt. 522N for 13 miles, left on Rt. 604. Two miles to 4-H Center on left.

From Roanoke: I-81N to I-66E. At Exit 6 (Front Royal), take 522S. Follow for 5 miles (through Front Royal), right on Rt. 604. Two miles to 4-H Center on left.

From Charlottesville: Rt. 29N to Rt. 231N through Sperryville, Va., to 211E. Follow 211E to 522N, turn left. Follow 522N, turn left onto Rt. 604. Drive two miles to 4-H Center on left.

From Richmond: I-95N past Fredericksburg, Va., to Rt. 17N to I-66W to Exit 13 (Linden). Left off ramp right on Rt. 55W. Second traffic light, left on 522S. Drive 1.7 miles, right on Rt. 604. Two miles to 4-H Center on left.

From Baltimore: I-70W to I-81S to I-66E. At Exit 6 (Front Royal, Va.), take 522S. Follow for 5 miles (through Front Royal). Right on Rt. 604. Two miles to 4-H Center on left.