

CON-Nom-Nom

A free and responsible search for dinner

Brought to you by the many fine and good-looking people of S.P.A.G.

March 12-14, 2010
Friday 6pm - Sunday 10am
University Unitarian Church, Seattle, WA

You may remember SPAG from such recent cons as “CONDensation,” “Cup Half Con,” and “ConArtist.” Our eighth annual social justice con, CON-Nom-Nom will feature workshops and action projects on slow food, healthy food, local food, and much, much more! There will be lots of fun and play, but everyone is expected to participate in the workshops, projects, and worships. We ask you to fast on Friday the 12th before Con starts and commit to SLEEPING ON FRIDAY NIGHT after late-night worship, so that Saturday can be more productive and fun.

Eligibility:

Con is for Unitarian Universalist high school youth ages 14-18 who are **active** in a PNWD or BC congregation. Adult sponsors must be at least 25 years old and must remain in the role of sponsor at all times. **All youth, regardless of age, must have a sponsor.** Each adult may sponsor up to 8 youth.

Registration basics

- Send completed form and \$35 if postmarked before February 14
- Send completed form and \$45 if postmarked after February 14
- No forms will be accepted if postmarked after March 1, 2010.

Send registration form & check (made out to “UUC” with “SPAG” in the memo) to our

registrar: Emerson Lynch
3105 S Irving St
Seattle, WA 98144

YOU MUST BE REGISTERED TO COME and forms must be postmarked by March 1st, 2010. After that date, please call Amanda Ayling at (206) 525-8400 x21 to see if there is room left. **Please make sure you have received email confirmation from us by March 8th.** Unregistered people will be sent home.

Questions? Comments?

Caleb Raible-Clark–Dean
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Emerson Lynch–Registrar
emerson.lynch@gmail.com / 206.303.9438

Brigitte Manos–Vice-Dean
brigittemanos@gmail.com / 206.322.6435
Amanda Ayling–Adult Advisor
amanda@uuchurch.org / 206.525.8400 x21

“**food is our common ground. a universal experience.**” - James Beard

We eat every day, usually several times a day. A large chunk of our time, energy and money go into feeding ourselves. So, how we do that matters. A lot. It matters to our health, the quality of our lives, the health of our planet, and the level of social justice in our communities. **Come to CON-Nom-Nom** to explore eating locally, sustainably, healthily, slowly, sensually, communally, and soulfully. Come eat with us!

INFO about ME!

Name: _____ Age _____

(Circle One) Sponsor / Youth

Congregation: _____

Sponsor's Name: _____

Address: _____

Telephone: (_____) _____

E-Mail: _____

Insurance Company: _____

Cardholder's Name: _____

ID#: _____ Group #: _____

Doctor's Name: _____

Phone: _____

Date of last Tetanus Shot: _____

Any medical conditions, physical limitations, allergies?

Please list any medications you are currently taking:

I love consuming food of the following variety (circle one):

Vegan

Vegetarian

Flesh

I may be interested in...

- ___ Leading a touch group
- ___ Leading a workshop (please send a short proposal and a list of what you will need in an email to Chloe, purplecoco@comcast.net)

The CONtracts

The Rules...

I understand that alcohol, tobacco, drugs, weapons/explosives, and fornication between the neck and knees, leaving the site (without permission), and disrespecting the church and living creatures and their property are anti-CONtastic, which is the complete opposite of what we want at this con. I agree not to engage in the aforementioned lameness, but if I do engage in that... I know that it can result in the possibility of me walking home while the Harlem Globetrotters hurl insult after insult at me (or a CAC). I also agree to abide by the rules of UUC, and by the law, be they those of the city, state, the federal government, or of physics.

Youth Signature: _____

Parent Signature: _____

CON Spirit

At this conference we are trying to promote an environment which is nurturing, accepting, inclusive and educational. I agree to do my best to contribute to this general atmosphere as best I can and do my utmost to respect those around me, as well as those not around me. It is super important that boundaries, whether they be physical, sexual, emotional, or otherwise be respected. Abuse and harassment will not be tolerated. So, let's not have problems.

Youth Signature: _____

For Sponsors Only

Adults are an integral part of the con environment. You play a key role in creating a welcoming and accepting environment at any con. It is therefore important that you read and understand the Con Spirit section above and agree with it, but more importantly be prepared to make yourself accessible to youth who might have a problem or just need to talk. The relationship between youth and sponsor must be one of mutual respect. As a matter of legality and respect, sexual, seductive, or erotic behavior with the youth is not allowed, and appropriate action will be taken if this occurs.

Sponsor Signature: _____

Overnight Permission Slip

Event: SPAG CON

Date of event: March 12-14, 2010

Location: University Unitarian Church, 6556 35th Ave NE, Seattle, WA

Starting time/place: Friday 6:00 pm, UUC

Ending time/place: Sunday 10 am, UUC

Adult sponsors for this event: Amanda Ayling and others

For more information, contact: Amanda

Phone: 206-525-8400 ext. 21

I give consent for my child, _____, to participate in the abovementioned event sponsored by University Unitarian Church. I understand that the church does not accept responsibility for any bodily injury incurred during this event. I hereby give my consent and authority for the staff of the program to take any reasonable action to ensure the safety, health, and welfare of my son/daughter. I give permission for any emergency medical, surgical, diagnostic and hospital care, treatment, and procedures to be performed by a licensed physician or hospital when deemed immediately necessary or advisable by a physician to safeguard my child's health when I cannot be contacted. I agree to be responsible for any expenses not covered by my insurance which may be incurred as a result of an accident or medical emergency involving my child. I understand that my youth will be required to follow the rules of UUC and SPAG CON and that a breach of those rules may result in my youth being sent home at my expense. I expect to be contacted to arrange travel home if it is necessary.

Parent or guardian name(s): _____

In case of emergency during con, I/we can be reached at:

Phone numbers: _____

If unable to reach me, please contact:

Name: _____ Phone: _____

Signature of parent/guardian _____ Date _____

Youth Agreement for Attending Overnights

Class or group: SPAG CON

Name of event: CON-Nom-Nom Date: March 12-14, 2010

Because this event will require my cooperation, interest, and good will in order to succeed,
Because I want to make and strengthen friendships, and
Because I want the adult sponsors to enjoy their experience in hosting this event...

I agree that:

I will stay inside the church building during Con and will not leave the building except with official Con workshops and projects, or with explicit sponsor permission.

I will respect the property of others and the church.

I will obey the rules prohibiting drugs, alcohol, tobacco and sex.

I will help clean up the church so we can leave it as we found it.

I will follow the requests of sponsors.

I will respect the quiet sleeping times and rooms.

I will not bring an unregistered guest (or a pet).

I will help others abide by this agreement.

Signature of Youth

Date