



General Frills 2009

Letter from the Chair

Another holiday season is upon us. Can you believe it? What an exciting time of year as all of us become busy between holiday shopping, conference planning, and final schoolwork.

The conference staff has been gearing up for this exciting experience. After seeing all of your lovely faces at MACURH, we are thrilled to play host to the next gathering of RHA confidants!

During our visit to Ralla, MO, our staff was able to come to a better understanding of what is expected and what needs to unfold in the next few months.

Some of the highlights of our efforts include the opening of registration for institutions, the planning of individual registration, organization of RBD retreat details, and schedul-

ing of the remaining tasks. Throughout this newsletter, you will find important details regarding a variety of conference aspects. Please review this information thoroughly so the conference will run smoothly for all involved.

- Howard Stoltz
Conference Chair

T-Shirts

The General Frills conference staff is proud to offer the opportunity to buy a t-shirt to remember our conference by. The t-shirts will cost \$7.00 a piece (\$9.00 for XXXL). Our t-shirts will be orange with the logo printed on the front. The individual registration will have an option for you to indicate your interest in a t-shirt as well as what size you would prefer.

The t-shirts will be not be invoiced at the same time as

your registration. You will be invoiced for registration after you have completed your institutional registration. T-shirts will be invoiced after you have completed your individual registration. Payment will be accepted upon arrival at the Edgewater Resort and Waterpark.

Please submit payment as soon as possible for each aspect of registration.

T-shirt invoices will be sent to your school's contact person via e-mail in a PDF format for easy printing. Payments, if by check, should be sent to:

General Frills 2009: Records
The College of St. Scholastica
CSS Box 2555
1200 Kenwood Ave
Duluth, MN 55811



Logo

You may have noticed that our logo has changed

ever so slightly. We have settled upon this image to

spice it up a little. Hope you enjoy it!

Conference Contacts

Conference Chair: Howard Stoltz

generalfrills09@gmail.com

Sponsorship Chair: Megan Bisek

generalfrills09sponsorship@gmail.com

Facilities & Technology Chair: Kimona Kousins

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Housing & Registration Chair: Stephanie Arneson

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Dining & Philanthropy Chair: Sam Albrecht

generalfrills09dining@gmail.com

Records Chair: Kristina "Nina" Kelleher

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Auxiliary Co-Chair: Priscilla Lamphier

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Auxiliary Co-Chair: Josh Ditsworth

generalfrills09auxiliary2@gmail.com

Advisor: Mary Meyer

generalfrills09advisor@gmail.com

Registration Details

If you have any questions regarding any type of registration, please contact Stephanie Arneson at generalfrills09housing@gmail.com. Any questions regarding payment, invoices, or charges, please contact Nina Kelleher at generalfrills09records@gmail.com.

Delegation Cap:

The delegation cap for General Frills 2009 is set at 5 individuals, including advisors. It is necessary to stick to this delegation cap due to housing constraints. Thank you for your understanding.

Bid Teams:

If your school is planning to bid to host a future conference, whether it be MACURH 2009 or No Frills 2010, there needs to be multiple registrations. There will need to be one registration for your standard delegates (NCC, PCC, NRHH, Advisor) and a separate registration for your bid team. A MACURH bid team may consist of up to 9 individuals, including any necessary advisors. A No Frills bid team may consist of up to 5 individuals, including any necessary advisors.

Deadlines:

Institutional registration closes at 11:59:59 P.M. on December 19th, 2008. At 12:01 A.M., any institutional registration will be assessed a late fee. Also at that time individual registration will open. Individual registration will close at 11:59:59 P.M. on January 16th, 2009. Beginning January 17th, any individual registration submitted will be assessed a late fee. No registrations will be accepted after January 25th, 2009. This is also the deadline for any changes within a delegation. Same gender changes will be allowed at anytime.

Late Fees:

Any late institutional registration (after December 19th) will be assessed a \$10.00 late fee. Any late individual registration (after January 16th) will be assessed a \$25.00 late fee. This means if your delegation of 5 is individually registered late, a \$125.00 late fee will be assessed.

T-Shirts:

On the individual registration website, a location for t-shirt ordering is available. These are optional and come at a cost of \$7.00 a piece (\$9.00 for XXXL). T-shirts will not be invoiced with registration fees. Thank you for your understanding in this matter.

Invoices:

Invoices will be sent to the contact person according to your institutional registration. You should receive your printer friendly PDF file invoice within 48 hours. Please begin the payment process as soon as you receive the invoice. Payment is expected within two weeks.

Payment:

Our conference will follow the "No-Money-No-Key" policy. Payment can be made during institutional registration via credit card. Additionally, check payments are accepted. Once payment is received by conference staff, a confirmation will be sent to your institution's contact.

Institutional Registration Check List:



**Institutional registration is
now open and closes on
December 19th at 11:59 P.M.**

Make sure you have all of the following information available before you fill out the institutional registration form.

- 1. Name of Primary Contact**
- 2. Email of Primary Contact**
- 3. Phone number of Primary Contact**
- 4. Number of delegates, including the advisor, and the names of the individuals attending General Frills, Conference of Champions.**
- 5. Travel Plans: Specifically if you need transportation from the Duluth Airport to the hotel.**
- 6. Type of registration: MACURH bid team, NO FRILLS bid team or NCC, PCC, NRHH delegation.**

***A late fee of \$10.00 for institutional registration will begin: December 20th, 2008**

Individual Delegate/Advisor Check List:



**Individual registration
opens December 20th at
12:01 am and closes on
January 16th at 11:59 P.M.**

Make sure you have all of the following information available before you fill out the individual registration forms.

- 1. Name of each delegate**
- 2. Email of each delegate (primary form of contact)**
- 3. Phone number of each delegate**
- 4. Mailing Address of each delegate**
- 5. Dietary preferences of each delegate**
- 6. Additional accommodations needed for any of the delegates**
- 7. T-Shirt size of each delegate (if purchasing)**
- 8. Emergency Contact Information for each delegate including:**
 - Name of Emergency Contact**
 - Relationship to the Delegate**
 - Phone number of the Contact person**
 - Mailing Address of the Contact person**
- 9. Name of Insurance provider for each delegate**
- 10. Insurance Policy number for each delegate**
- 11. Print off the Delegate waiver and alcohol forms for each delegate and bring them signed to General Frills 2009. (one for each delegate).**

Conference Staff Profiles

Kimona Kousins

Facilities & Technology Chair



Name one characteristic about you that you are well known for.

I am known for being passionate when watching movies.

If you could do your favorite activity for a whole day, what would you pick?

I would spend the day at the beach swimming and reading my book under the sun.

What is your favorite book/movie/game and why?

My favorite video games would have to be Sonic.

What is one of your wildest dreams?

One of my wildest dreams would be to travel to Timbuktu.

What's your favorite month of the year? Any reason?

My favorite month of year would have to be August. It's the beginning of fall.

Recall a quote (personal or inspirational) that applies to you.

Don't stop moving even when your legs are ready to give out.

Name one characteristic about you that you are well known for.

Being awesome.

If you could do your favorite activity for a whole day, what would you pick?

Anything outdoors.

What is your favorite book/movie/game and why?

My favorite movie is Juno because of all of the catchy phrases especially, "You're the cheese to my macaroni."

What is one of your wildest dreams?

To swim in every ocean.

What's your favorite month of the year? Any reason?

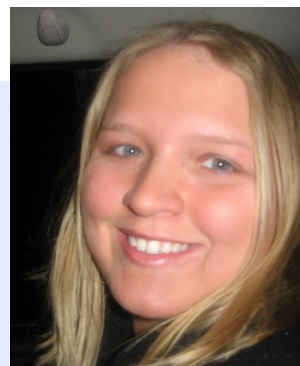
October. Because of all the pretty colors.

Recall a quote (personal or inspirational) that applies to you.

Don't sweat the small stuff.

Megan Bisek

Sponsorship Chair





The Conference Staff Wishes You Happy Holidays



Fun & Games

8			4		6			7
						4		
	1					6	5	
5		9		3		7	8	
				7				
	4	8		2		1		3
	5	2					9	
		1						
3			9		2			5

Last Issue's Solution

1	5	8	2	4	9	7	3	6
7	9	6	5	3	1	2	4	8
4	3	2	6	8	7	1	5	9
2	1	9	3	7	5	6	8	4
8	6	5	1	2	4	9	7	3
3	4	7	8	9	6	5	1	2
5	8	3	9	1	2	4	6	7
9	7	1	4	6	8	3	2	5
6	2	4	7	5	3	8	9	1