

Winter 2005

Volume 2, Issue 3

HAMPTON ROADS COUNSELORS ASSOCIATION

Counselors – Enriching Lives Now and in the Future **THE ESSENTIAL PROFESSION**

~ A Message From Our President ~

(From the May 2004 HRCA General Membership meeting at Norfolk State)

My message for you today is a personal story. This could be your story or the story of a friend or relative. As counselors, whether in the school or agency setting, in our families or in our communities, we all know someone who has been affected by serious illness or disease. Those who are blessed to have health insurance (and that's another subject) are able to receive treatments that in many cases will extend their life, improve the quality of their life, or at least provide some help in coping.

If we took a poll, we would probably find people in this room who have dealt with many serious physical and mental health issues in your own life and in the lives of others. Think about your own life and work and the kinds of issues with which you have dealt. Identify the people, their struggles, their victories, their hopes, and dreams.

Maybe your mind goes to the child who probably should be homebound but insists on coming to school as long as she can because school helps her get her mind off of her illness, and she enjoys the social interaction. Or maybe your mind goes to the elderly parent who has recently been diagnosed with depression and dementia, and you are wondering how to best help him. Or maybe your mind goes to the sick colleague who is struggling to make a comeback after surgery. Or maybe you can't relate. You're happy, healthy, in the prime of life and can't relate to all this illness talk and feel like, if people were taking care of themselves, physical and mental issues would not be a problem.

We all are where we are on a continuum of health and wellness, and most of us want to live as long as we can with as high a quality of life as we can. But what happens

when one receives that call or that message, and the rug is pulled out from under us? What happens when the telephone rings at 7:00 in the morning and someone calls your name, pauses for what seems like an eternity, then clearly and kindly gives you the news – the line that you never ever, ever wanted to hear – the line that is like a death sentence – IT'S CANCER. "What?" you say. Your world is never the same again.

In January 2000, the weather was cold and icy, but not as cold as I was inside when my doctor called and told me that the lump in my breast that she had biopsied was cancer. Some of you have had similar experiences. It is not fun. It is not fast. You know what it is like to endure a process of surgery, treatments, and more surgery and treatments, and wonderings – of carrying on your home life, your work life, and your whole life. Only God and the resources He provides keeps you going because during this time you are still a helping professional except you are the one who has to receive in order to give.

Life takes on a whole new meaning. You want to live like you have never lived before. You want to give like you've never given before. Priorities change. All of a sudden you have a new ear for students who are worried about their mom who has recently been diagnosed with breast cancer. I was amazed that after my treatments, the number of middle school students and parents who shared their stories with me.

It is not uncommon for people going through serious illnesses to experience depression and to need treatment for it in addition to their disease. It is not uncommon for helping professionals to seek out counseling themselves from mental health professionals so they can

deal with their own issues. And it is not uncommon for school and community helpers to provide assistance and encouragement to those who are chronically ill.

I have experienced and been treated for both breast cancer and thyroid cancer. Both of these required surgeries. I have had chemo and radiation treatments, and radioactive iodine therapy. I am very grateful to my doctors and all those who provided treatments, and I am grateful for the health I presently enjoy.

I am also grateful to supportive colleagues, family, and friends, who have believed in me and have never given up on me. There are two I would particularly like to recognize at this time – Mrs. Sarah Williams and Mrs., Virginia Folston.

Health and Wellness is a continuous pursuit for all of our clients and us. Just as you have listened so attentively to the speakers today, and to your clients, at other times, listen to your body. Listen to your body. It is a million dollar machine to say the least. It is the vehicle through which you offer those very special counseling services. We may get by with the cheapest fuel for our cars but only use the best fuel for your body. Some of us may at times take better care of our cars than our bodies. Keep it fine-tuned with regular health care. Keep it balanced with physical, mental, and spiritual pursuits. Keep it oiled with a positive attitude and a grateful spirit. Last but not least, keep on traveling down the road of being the best helping professional you can be. Oh, and by the way, don't forget to have loads of fun along the way.

• APRIL 20 HRCA
at NORFOLK
STATE

• April 14-15
VSCA Conference
Portsmouth

February 7-11
National School
Counseling
Week

• February 3
VIRGINIA
WESLEYAN
COLLEGE
"Cyber Bullying &
Internet Safety"

Submit articles to
larri-pat@cox.net

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COMMITTEE NEWS

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**FEBRUARY 3
VIRGINIA
WESLEYAN
COLLEGE**



HRCA Members attend Professional Development General Membership meeting at ODU in October

MEMBERSHIP:
 Don't Leave HRCA Without It!
**MEMBERSHIP:
 Don't Leave HRCA Without It!**

Heather Arnett, Membership Chair
 kfarnett@cox.net

Do you know a counselor, therapist, or intern who is not a member of HRCA? Do you know why not?

What makes any organization stand out over others is its members and the gifts, talents, character, experiences, and expertise

they bring to the group.

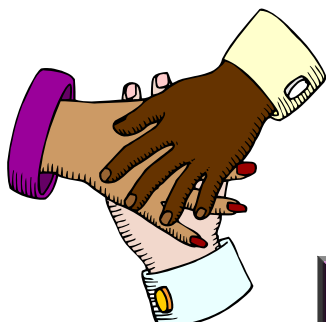
The Hampton Roads Counselors Association membership has historically set a standard known statewide.

We want to regain our status one the largest chapters in the state, but

we need your help.

First, RENEW your membership.

Second, INVITE a colleague to ATTEND the Professional Development meetings and join HRCA.



Ethics Committee

"WE DID NOT WEAVE THE WEB OF LIFE; WE ARE MERELY A STRAND IN IT"
 CHIEF SEATTLE

ARE YOU AN AVERAGE PERSON ON THIS PLANET?

LISTED BELOW (in bold type) ARE THE PERCENTAGES OF THE HUMAN WORLD POPULATION THAT ARE IN THE MAJORITY. (e.g., 57 out of 100 people on this planet are Asian; 70 out of 100 cannot read) CIRCLE THE GROUPS THAT YOU ARE IN TO SEE HOW "AVERAGE" YOU ARE.

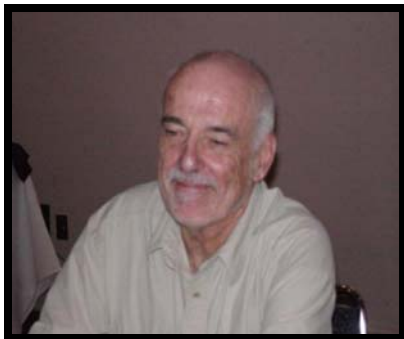
57 Asians **52 female** **70 non-white** 11 homosexual 14 Americans, north and south 48 male 30 white 89 heterosexual 8 Africans

21 Europeans
80 live in "substandard" housing 20 live in appropriate housing
70 cannot read 30 are literate
50 suffer from malnutrition **50 have enough to eat to maintain health**
99 do not have a college education 01 have some specialized training
99 do not own a computer 01 owns a computer.
75 do not have any of these: food in the refrigerator
 25 has at least these **extra pair of clothes a place to sleep tonight.**
92 do not any money in the bank, or in their wallet, or any spare change in a dish someplace
94 possess TOGETHER less than one half of the entire world's wealth (6 percent possess 59% of the wealth and all 6 live in

the United States)
Ponder these categories:
 If you woke up this morning with more health than illness, remember that one million people will die this week. 500 million people will feel the pangs of starvation today. 3 billion people cannot make their own choice of a religious service to attend this week without fear of harassment, arrest, torture or death.

IN HOW MANY "AVERAGE PERSON ON THE PLANET" CATEGORIES ARE YOU A MEMBER? WHAT DOES THIS MEAN? What are the ethical implications for you?

THINK ABOUT IT.



**Skip Earl
 Ethics Committee**

OPERATION BLESSING



(From the OB Web Site)

Operation Blessing is Providing Emergency Relief to Tsunami Survivors

December 26th's tsunami has claimed more than 155,000 lives from the shores of Malaysia to East Africa. In a state of disbelief, survivors are preparing for the next wave of devastation to strike. If they do not receive food, clean water and medicine soon, an epidemic of diseases such as cholera and dysentery could significantly increase the current number of fatalities.

Operation Blessing International has outreach centers strategically located in Hyderabad, India; Jakarta, Indonesia; Chiang Mai, Thailand; Manila, Philippines and

Singapore. We responded immediately and are on the forefront of providing emergency aid and medical care to tsunami victims in Indonesia, Sri Lanka, Thailand and India.

In the northern Sumatra area of Indonesia where the epicenter of the earthquake occurred, OB Indonesia has already transported and distributed more than 40 tons of emergency relief supplies such as food, tents, plastic sheeting and medical supplies. With an established relationship with the Indonesian Air Force, OBI emergency medical supplies and volunteer medical professionals were airlifted to Banda Aceh, one of the hardest hit areas.

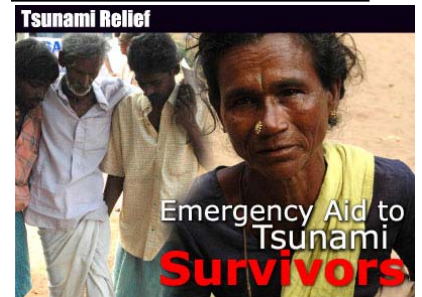
Our disaster response teams - comprised of indigenous medical professionals - are also

responding to the overwhelming needs in the Sumatra area of Indonesia; Sri Lanka; Phuket,

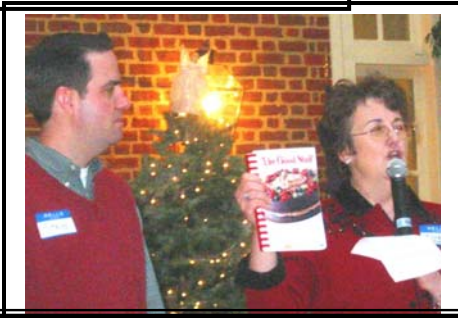
Thailand and the coastal Andhra Pradesh region of India.

"As the full extent of this tragedy continues to unfold, Operation Blessing will utilize its existing operational, logistical and distribution systems to effectively respond to the neediest areas," states William Horan, OBI's president. "We are uniquely positioned to best leverage donations - due to our existing infrastructure at the country level and through the government relationships we have developed. We want to help as many hurting people as we can. We will continue to bring food, medicine and hope."

HRCA SUPPORTS CHARITY WITH



REGENT UNIVERSITY HOSTS HOLIDAY SOCIAL



Attendance at the HRCA Holiday Social was 31 counselors and guests, not counting Regent U staff.

ARCHIVES

Teri Thomas-Kuhlman - Committee Chair



VCA
Cookbooks
\$10

YOU ARE IMPORTANT!

We invite all Hampton Roads Counselors Association members to inform the Archives Committee of any professional or community activity you have been involved in this year. Did you present a workshop for parents or faculty? Will you be presenting at the VCA Convention in November or the VSCA in APRIL? Are you a community Thespian? Do you serve at the local soup kitchen as a volunteer? Have you been recognized by your faculty or office for bringing a uniqueness to your job?

TELL US ABOUT IT!

Please do not hesitate to share your experiences with HRCA. By letting us know of your accomplishments and activities, the other chapters around the state will see how special the members of Hampton Roads Counselors Association are and how you contribute to your community.



Contact Teri Thomas, ARCHIVES Committee Chair, with your information at the **FEBRUARY 3 HRCA General Membership Meeting at Virginia Wesleyan.** **WHAT WE'D LIKE TO KNOW**

You may write a brief paragraph and submit it to the newsletter editor (photos optional). Include name, work place (school & city), brief description of activity, and date(s). If other HRCA members participated, include their names and work place.

FEATURING...

Great Bridge High School is pleased to recognize HOLLY MORGAN as the 2004 05 **TEACHER OF THE YEAR!!!**

LARRI PAT DONALDSON, Sparrow Road Intermediate School (Chesapeake), played the bassoon as a member of the orchestra for the Old Dominion University Concert Choir performance of Giacomo Puccini's *Messa di Gloria*. The November 12, 2004, concert honored the ODU alumni. In December MISS DONALDSON conducted and performed on the clarinet with the Kempsville Presbyterian Church (KPC) Worship and Arts Ministries in their Christmas production of *One King*. She is the Orchestra Director at KPC.
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AWARDS

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DUE
MARCH
14th

Awards Nominations Needed

Jenise Bond. Awards Committee Chair

Make peace with yourself, make peace with others, find joy in the little things (*Women's Day*). It's 2005!! A new year and a time for new awards!! It is time again to nominate outstanding counselors from various HRCA awards. You know who they are! WE all work side by side with dedicated counselors who are often unsung heroes in meeting the needs of others each day.

In this newsletter you will find an AWARDS NOMINATION FORM to complete. Please take a moment to make note of that special counselor who is deserving of this recognition. These recipients will also be eligible to compete for Virginia Counselors Association (VCA) awards on the state level next fall.

In this newsletter you will find an AWARDS NOMINATION FORM to complete. Please take a moment to make note of that special counselor who is deserving of this recognition. These recipients will also be eligible to compete for Virginia Counselors Association (VCA) awards on the state level next fall.

You may MAIL your nomination form to the address noted or you may FAX the information to **Jenise Bond** at (757) 482-5559 **NO LATER THAN MARCH 14TH**. Recipients will be recognized at the **APRIL 20th**

FORM INCLUDED IN THIS MAILING.

~ HAMPTON ROADS COUNSELORS ASSOCIATION ~
PROFESSIONAL DEVELOPMENT MEETING

FEBRUARY 3, 2005

WHERE: **Virginia Wesleyan Dining Hall**, Batten Center, Virginia Wesleyan College

WHO: HRCA Members and Their Invited Guests

TOPIC: **“CYBER BULLYING & INTERNET SAFETY”**
Debi Finlay, Guidance Director, Western Branch Middle School
Sharon Didio, Computer Resource Teacher, Western Branch Middle School
Kathy Paton, PTA Board Member, Western Branch Middle School

Please join us at Virginia Wesleyan College for the third professional development gathering of HRCA on **THURSDAY, February 3, 2005**. Our host, VWC Office of Admissions, provides lunch.

SCHEDULE	
12:30 - 12:45 p.m.	Registration/Check-In
12:45 - 1:00 p.m.	Greetings/Info from Hosts
1:00 p.m.	Lunch Served
1:30 - 2:30 p.m.	Speakers

To make your reservation you may **e-mail, mail** or **fax** this form to Mr. Joe New, HRCA Treasurer-Elect, no later than **FRIDAY, January 28, 2005**. Fax: (757) 455-0833, or E-mail Joe at newjp@drs.state.va.us **RESERVATIONS ARE REQUIRED or HRCA pays.**

Directions to Virginia Wesleyan College:

VWC is located on Wesleyan Drive off Northampton Boulevard. From 64 East take exit 282 (Northampton Blvd./Route 13). Go through one light and turn right at the next onto Wesleyan Drive. From 64 West take exit 282, staying to the right and turn right onto Wesleyan Drive. Proceed past Norfolk Academy and turn right into VWC. Enter VWC’s campus and turn left at the stop sign after the Guard House. Follow the driveway to the circle. At the circle, bear to the right and make your first right. Turn left into the parking lot. There are also spaces available in the parking lot on the right. Enter the Dining Hall through the glass doors and proceed straight down the hallway and enter the Dining Room. If you park in the parking lot on the right, enter the Batten Center doors and proceed down the hallway passing by the trophy cases and aquarium. At the aquarium and clock tower, turn left and follow the hallway into the dining area.

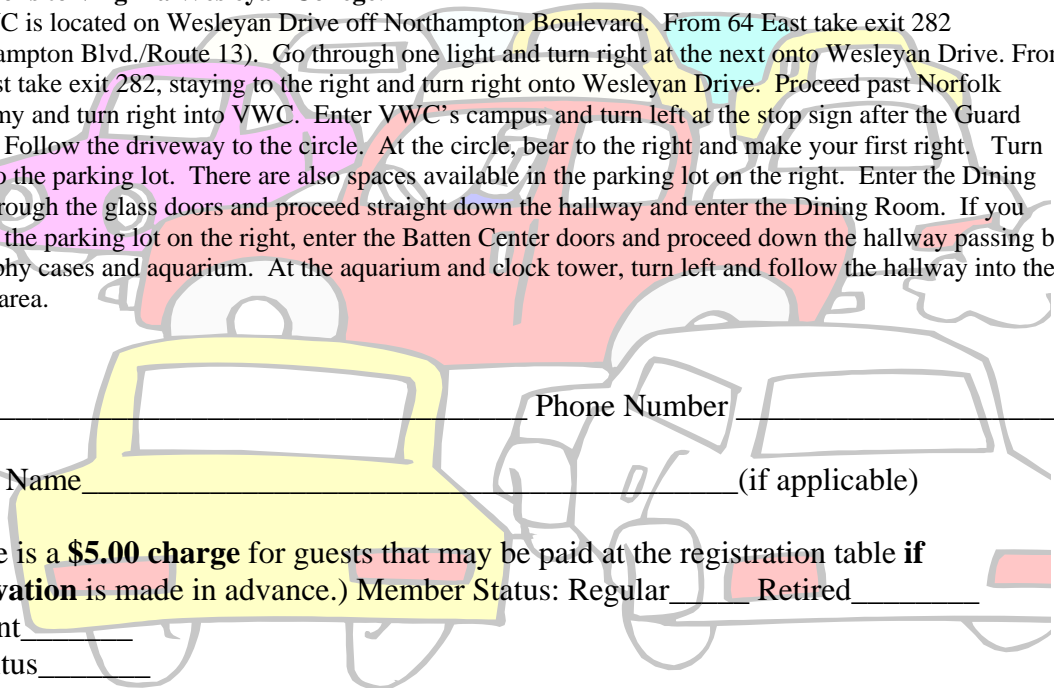
Name _____ Phone Number _____

Guest Name _____ (if applicable)

(There is a **\$5.00 charge** for guests that may be paid at the registration table **if reservation** is made in advance.) Member Status: Regular _____ Retired _____

Student _____

Emeritus _____



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Virginia Beach Public Schools

Gail Chuy
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**JOIN THE HRCA
BOARD FOR 2005-
2006 AND MAKE A
DIFFERENCE IN
YOUR
PROFESSIONAL
ORGANIZATION!!**

**Call a member
today.**

FEBRUARY 3
Virginia Wesleyan
12:30 p.m.

CYBER BULLYING & INTERNET SAFETY

Presented by
 Debi Finlay, Guidance Director
 Sharon Didio, Computer Resource Teacher
 Kathy Paton, PTA Board Member

DON'T MISS THIS ONE!

Debi will share the local research she and other counselors have done on this topic and present UPDATED information since the October presentation to Chesapeake counselors.

Sharon will show us the "Isafe" program that she has been teaching her students in the computer lab.

Kathy will help us learn how to communicate with parents (as a parent) about this critical and often dangerous territory of "cyber space."



Scholarships

HRCA SCHOLARSHIP - Carol Murphy, Committee Chair

The HRCA is offering the opportunity to apply for a \$500 merit-based scholarship to high school seniors residing in Va. Beach, Norfolk, Portsmouth or Chesapeake. Each high school may nominate one student they feel best meets the following requirements:

- * plans to continue their education at an institution of higher learning.
- * will major in Human Resources and/or Education
- * has an overall GPA of 3.2 or above
- * and is involved in school activities and community service.

The final recipient will be selected by the HRCA Scholarship Committee and awarded the scholarship at our April 20th General Membership Meeting. Applications are available at each high school.

UPCOMING WORKSHOP

2 Locations

Feb. 25 or March 18 "Get A GRIP! Accountability "Show & Tell" for School Counselors presented by Dr. Pamela E. Brott, Assist. Prof., Va Tech. More info: ABINGTON HIGHER ED. CTR, doty205@hotmail.com

HAMPTON SCHOOL BD OFF BLDG, Dianne.blakeney@nn.k12.va.us
 OR

Register online at www.vcacounselors.org

VCA Members: \$25
 Non-Members: \$45

RESERVATIONS for February 3

Joe New

newjp@drs.state.va.us

HAMPTON ROADS COUNSELORS ASSOCIATION
 ~ FEBRUARY 3 ~
 VIRGINIA WESLEYAN COLLEGE PROFESSIONAL DEVELOPMENT MEETING

MEMBER STICKER

