

February 2006
Volume 3, Issue 3

HAMPTON ROADS COUNSELORS ASSOCIATION

IMPORTANT DATES

FEBRUARY 22-23

**Military Child
Education Coalition**
Transition Counselors
Institute
www.militarychild.org

FEBRUARY 28

HRCA Meeting
Virginia Wesleyan
College - 2-4pm

REGISTER
TODAY!!

MARCH 6

VASGW Group-a-Rama
Annandale, VA - NVCC
Campus. Details at
<http://www.vasgw.org/>

MARCH 10

HRCA Scholarship
Applications Due to Carol
Murphy

MARCH 14

**Awards Nominations
Due**

MARCH 18

**Hampton Roads School
Counseling Leadership
Team:** Mini-Conference
VB Higher Ed Center

MARCH 23

Executive Board
Meeting

MARCH 30 - 31

VSCA Conference
Richmond
www.vasca.org

APRIL 26

HRCA - Norfolk State

Newsletter Highlights

Regent U Meeting	
Highlights	2
Kids & Technology	3
February Charity	4
FEBRUARY Meeting	5
REGISTRATION & Directions	
Executive Board	8



The third meeting of the Hampton Roads Counselors Association will be hosted by Virginia Wesleyan College on Tuesday, February 28, 2006 at 2:00 P.M. Please make plans to attend this professional development opportunity; Virginia Wesleyan is always most generous with their hospitality and the late afternoon meeting time is an effort to better accommodate our busy schedules.

In our variety of work settings, many of us find that a fair amount of time is spent in meeting with parents. The following tips are being shared from Volume 30 of *The Master Teacher*, number 7. Nicholas Hobbs said, "Parents have to be recognized as special educators, the true experts on their children; and professional people including teachers, pediatricians, psychologists, and others have to learn to be consultants to parents." Remembering this advice during parent-teacher conferences can help us avoid possible problems such as failing to understand the total family picture, failing to overcome cultural or language differences or failing to establish realistic goals.

Hampton Roads is a transitional

A Message from Our President

home to many of our families and clients. It is important that communication skills allow for an understanding of information and resources in order to better address educational issues that may affect the transitional family. Hampton Roads Counselors Association is pleased to announce that **Alex Ottaviani, School Outreach Educator, Fleet & Family Support Center of Hampton Roads**, will share a presentation that will be useful in assisting mobile students transitioning in and out of the area, especially children of military deployment.

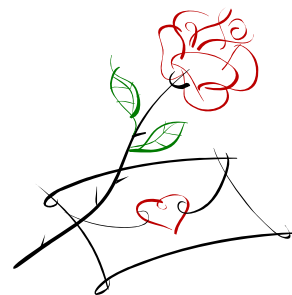
Each meeting, HRCA provides **charity donations** to various local community agencies that support community youth and families. **Susan Smith**, a representative from the **March of Dimes** will meet and provide us with information about this special service to Hampton Roads. A donation raised through a raffle will be given to this worthwhile organization. Also at this meeting, **Mickey Held**, a representative from the **United Jewish Federation of Tidewater and Chair of the Holocaust Commission**, will share insights on developing positive client's relationships through acceptance and appreciation of student diversity and tolerance.

I am pleased to announce that at the recently held VCA conference, HRCA was

recipient of the **Large Chapter of the Year Award (yea!)**. HRCA also won the **Membership Campaign Award** for large chapters again for the second year and **Milinda Underwood** were recognized as **HRCA's Chapter Member of the Year**. Congratulations to all of the members of this great organization! Many thanks to the extra efforts of the past Archives Chair, Teri Thomas-Kuhlman and to the supportive members of the Executive Board; special acknowledgment to Larri Pat Donaldson for her continued dedication of providing HRCA with an outstanding publication.

It's a new year!! Looking for a New Year's Resolution? Please plan to join us at the February HRCA meeting!! Your support and interest is welcomed!

Jenise B. Bond
HRCA President



Regent University Meeting Highlights

December 8, 2005

HIGHLIGHTS

By Sarah Williams



Steve Bruce
Regent University
Director of Admissions

Did you make the December 8, 2005 H.R.C.A. meeting? If not, you missed a treat! It was held at Regent University at 4:30 p.m. We were welcomed by our President Jenise B. Barnes. Steve Bruce, Director of Admission of Psychology and Counseling at Regent brought us warm greetings from the university. The dessert was delicious and beautifully presented. As we all know, Regent is a beautiful place, the decorations the warmth of the staff and even the beautiful music that was presented put us in a festive mood.



Dr. Jackie Gatewood
Regent University

Hampton Roads counselors selected Cerebral Palsy of Virginia as the charity to contribute funds for our December meeting. This organization aids any child or adult with any kind of a disability or developmental delay. Ms. Michelle Majority, the agency representative, shared how this organization helps our community. She mentioned the Adult Day Program, the Respite Program, the Technology Library and Equipment for persons with disabilities. Their "Kids on the Block Puppet Programs" was discussed at length. The "Kids on the Block Puppet Programs" has two programs, one promotes disability awareness for grades 3-5 and the other teaches grades K-3 about bullying and school safety. These programs are available for students in our community. If you need more information, call 497-7474.



Members take notes on Ethics



Jenise Shares VCA Large Chapter Award

Dr. Jacquelyn Gatewood Assistant Professor School of Psychology & Counseling at Regent University gave an informative presentation on Ethics. She sees her role at the university as that of mentor, coach, teacher and guide to students who are preparing to engage in a helping profession. Her areas of specialty are: Grief and Loss Issues, Ethical and Professional Issues and Late Life Divorce Family Systems Issues. Dr. Gatewood spoke to us on the topic of "Confidentiality and Informed Consent." She shared definitions and excellent examples of issues dealing with confidentiality and informed consent that all of us present could apply to our workplace or our daily lives. The scenarios that were presented gave us hands on experience in dealing with these important issues.



Dr. Gatewood on Ethics

The Hampton Roads Counselors are very grateful to Regent University and all of our presenters for a great meeting. These gatherings contribute much in enabling us to better serve our community.



Sarah Williams presents
Appreciation Plaque to Michelle
Majority
Representative of United Cerebral Palsy
of Virginia



Members enjoy fine holiday
desserts at the Regent University
meeting

Make your reservation
TODAY

February 28 meeting at

Virginia Wesleyan
2:00-4:00 p.m.

Joe New – jnew@cceva.org
Marilyn Draughon –
mdraughon@vbschools.com

TECHNOLOGY AND KIDS UPDATE

Did You Know? (Technological Gadgets)

iPods

1-Did you know that you can download most anything from the Internet to your iPod?

2-Did you know that because you can download almost anything on your iPod that blogs, vlogs, any site appropriate or not, not just books and music, are accessible to your children?

3-Did you know that there is such a thing as Podporn, and the market is growing exponentially?

4-Did you know that at this time companies have not been able to develop filters for the iPod?

MP3's

1-Did you know that a MP3 is nothing but a flash memory?

2-Did you know that MP3's can download more than just music?

Cell Phones

1-Did you know that video enhanced phones have access to mobile porn?

2-Did you know that there are over 50,000 porn clips available as of Dec 2005?

3-Did you know Cingular has parental controls for their phones?

4-Did you know that worldwide mobile porn sales for 2005 are projected to be \$1 billion, up 175% from 2004?

Deborah B. Finlay
Guidance Director

Western Branch Middle School

Chesapeake Public Schools Information on this page is
from various web sites.

finladbe@cps.k12.va.us

757-638-7920

Information on this page is
from various web sites.



Dr. Walter
"Skip" Earl
Ethics Committee
Chair

AN ETHICAL QUIZ Biases

Quickly answer these two questions before looking at the answers. Have fun!

1. A man and his son were on a trip and there was a terrible accident. The man was killed and the boy was rushed to the hospital. The surgeon entered the operating room, took one look at the injured boy and said, "I cannot operate on him, because he is my son."

Who is the surgeon who cannot operate on the boy?

2. A heterosexual couple is planning to meet for lunch at Zio's at 1 P. M. Who is most likely to be late for the date?
_____ the man? _____ the woman?

EVALUATING YOUR BIASES (Not scientific but fun!)

Who is the surgeon? We all should get this old question right on the first try (unlike Archie Bunker who never found the answer). The boy has two parents. His father is killed and the other parent is the surgeon...his mother, of course. No problem with females in medical roles anymore.

Who are late most often? Males or females? If you are a male and picked the opposite sex, uh uh!! Or if you are a female and picked males, uh uh!! If you got angry and refused to answer such a blind end question, good for you! No research has supported gender differences (as opposed to individual differences) in most personal behaviors.

If you had trouble with these questions, please go talk with a counselor.

Cheers, Skip Earl, Ethics Chair



MACS
MAILING ASSEMBLING COPYING SERVICES

Take It To The MACS! Your solution to mailing,
assembling and copying problems!

takeitothemac@msn.com

Hampton Roads Counselors Association uses The MACS for its Newsletter mailings.

HRCA IS PRESENTING "AFTER HOURS"
Meeting Dates 2005 –2006

February 28	Association Meeting Alex Ottavani, Speaker Program, Fleet & Family Military Support Agency Informational Presentation: Community Relations Council & Holocaust Commission Charity: March of Dimes	2:00 p.m.	Virginia Wesleyan College Brunch/Dessert Bar
April 26	Association Meeting Kevin Brennan, Speaker Program - Multicultural Diversity Agency Informational Presentation: Family Services of Tidewater Charity: Sickle Cell Association	2:00 p.m.	Norfolk State University Lunch

Mark your calendars for these informative programs; consideration for late afternoon meeting hours this year is an effort to better accommodate work days and schedules. Please take these opportunities to meet and greet fellow professionals!

It's an exciting time for HRCA; save the dates and plan to join us!!
No cost to HRCA members; \$5.00 for nonmembers (it's still a bargain!!).

Interested in membership? Join HRCA/VCA at vcaoffice@cox.com.



VSCA PROPOSED BY-LAWS CHANGES

RATIONALE: At the August meeting of the Virginia School Counselor Association Board, a motion was made to split the Post-Secondary Vice-President into two positions: one for school counselor supervisors and one for school counselor educators. An amendment was made at the November VSCA Board meeting to have this go into effect with the 2007 elections due to the need to alter the language of the by-laws. Those changes are attached to this email for your review.

ACTION TO BE TAKEN: At the conference in March, members will receive a ballot with their registration packet to vote for or against the proposed by-laws changes. The ballots will be collected at the conference. Any member wishing to vote that is not attending the conference may do so by **March 31, 2006**, either via email to Tammy Davis (DrD4UNC@aol.com), or by U.S. Mail to Dr. Tammy Davis, 9043 Sudley Road, Manassas, VA 20110.

Thank you!
Tammy Davis
VSCA President



PROPOSED AMENDMENT TO THE
VSCA BY-LAWS

The motion is to amend the VSCA by-laws as follows:

Article III, Section 1.a.: "The officers of VSCA shall be President, President-elect, Immediate Past President, *six* Vice Presidents, and Secretary."

Article III, Section 1.f: "There shall be *six* Vice-Presidents elected at large....."

Within the following *six* work settings : elementary (including pre-school), middle/junior high, secondary, *supervisor, counselor educator*, and student."

Article III, Section 2.a: "the President-elect, Secretary-elect, and *six* Vice-Presidents-Elect (elementary, middle, secondary, student, *supervisor, and counselor educator*)....."

Article III, Section 2.d: ".....and *six* Vice-Presidents elect."

Article IV, Section 1.a.: ".....*six* Vice-Presidents-elect."

**This message is being sent as a service to Virginia School Counselors Association (VSCA) members by the VSCA Technology Committee in collaboration with the Virginia Counselors Association (VCA).
Questions or comments may be directed to vsc@vsc.org**

~ HAMPTON ROADS COUNSELORS ASSOCIATION ~
PROFESSIONAL DEVELOPMENT MEETING

Tuesday, FEBRUARY 28, 2006
Virginia Wesleyan College BOYD Dining Hall
The Shafer Room

HRC&A Members and Their Invited Guests

“Issues of Diversity/ Family Support”
PRESENTERS

Alex Ottaviani, Navy Regional School Outreach Educator,
Fleet & Family Services Center, Little Creek, Norfolk, VA
Susan Smith, March of Dimes
Mickey Held, Chair of the Holocaust Commission
United Jewish Federation of Tidewater

SCHEDULE for Virginia Wesleyan

2:00 - 2:15 p.m. Registration/Check-In
2:15 - 2:30 p.m. Greetings/Info from Hosts
2:30 p.m. Desserts Served
2:50 - 4:00 p.m. Speakers

RESERVATIONS may be by e-mail, mail or phone to **Joe New**, HRC&A
Treasurer [467-7707] (jnew@cceva.org), OR **Marilyn Draughon** [366-
0051] (mbd3@cox.net) no later than **FRIDAY, February 24, 2006.**

RESERVATIONS ARE REQUIRED or HRC&A 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. Request additional directs at Guard House.

Name _____ Phone Number _____

Guest(s) Name (s) _____ (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 _____

SPEAKERS at Virginia Wesleyan – February 28

Alex Ottaviani



Alexander C. Ottaviani
Navy Regional School Outreach Educator
Fleet and Family Support Center
Little Creek, Norfolk, VA

Alex assumed the School Outreach Educator position in May 2004. He provides an outreach

service for the military families and the Hampton Roads area school districts of Virginia. Alex has a Bachelor of Science in Workforce Education from Southern Illinois University and a Master of Arts in Human Relations from the University of Oklahoma. He retired from the U.S. Navy after 28 years of service in January 2004.



Mission Statement of the Holocaust Commission

The educational mission of the Holocaust Commission of the United Jewish Federation of Tidewater is threefold:

1. To promote an understanding of the uniqueness and magnitude of the Holocaust, its

unfolding stages and its critical lessons.
2. To serve as an Educational Resource Center for students and teachers to learn about the Holocaust, racism, and the dangers of prejudice.
3. To help students apply the lessons of the Holocaust and other historical events – dangers of discrimination, peer pressure, unthinking obedience to authority, and indifference – to the moral decisions they make in their own lives.
The Holocaust Commission works closely with Facing History and Ourselves, a national educational teacher training organization, to engage students of diverse backgrounds in an examination of racism, prejudice, and anti-Semitism in order to promote the development of a more humane and informed citizenry.

Mickey Held is the Speaker

Archives

The Archives Committee would like to chronicle your accomplishments, events and special occasions for the Hampton Roads Counselors Association Scrapbook. We want to showcase all the wonderful things you do with students in school and the community service you participate in such as walk-a-thons, serving at the local soup kitchen, or presenting at the VCA Convention in November.

Don't hesitate to share your experiences and accomplishments with HRCA. The scrapbook in the past has helped HRCA win Chapter of the Year Awards by highlighting all the great *things you are doing* to help students and your community. Let's Help HRCA Win Again! Write a brief paragraph below and submit to the archives committee or the newsletter editor. Pictures would be great but are optional. If *others participated, include their names and workplace. Submissions can be entailed, mailed or faxed to the following numbers listed below* or give them to the committee members at the HRCA meeting. Remember to include name, workplace, date and name of event.

Send your information to either...

phayes@pps.k12.va.us
or donallpa@cps.k12.va.us

Subject: HRCA Archives

or mail to Patricia Hayes,
I.C. Norcom H.S. 1801
London Blvd. Portsmouth,
VA 23704
Fax: 757-393-5449



Patricia Hayes
Archives Chair

Professional & Community Involvement of HRCA Members

JOYCE G. BEAMON, Senior Coordinator of School Counseling for the Norfolk Public Schools (Norfolk, VA), became an Education Trust Trainer and was selected as a consultant with Washington, DC Public Schools (DCPS) in 2002.

As one of six Education Trust trainers, she is helping the DCPS implement the ASCA Model and the Education Trust goal to "Transform School Counseling". She relates that, "It has been exciting working with DCPS but even more so because I am teamed with Dr. Carolyn Stone, ASCA President-Elect, Dr. Vanessa Whitaker, Director of Guidance for Newport News Public Schools, Dr. Deryl Bailey, Author and Counselor Educator at the University of Georgia, Dr. Peggy Hines, Ed Trust Director of the National Center for Transforming School Counseling and a few others."

LARRI PAT DONALDSON, Professional School Counselor at Sparrow Road Intermediate School (Chesapeake, VA) is the Orchestra Director at Kempsville Presbyterian Church (Virginia Beach, VA). After preparing the instrumentalists for two December presentations of the Vader/Rouse Christmas Musical, "Comfort and Joy," she performed with the orchestra on the bassoon.

VCA CONVENTION 2005
PHOTO GALLERY



VCA Large Chapter of the Year
HRCA!



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

As Membership Chair, I would like to take this opportunity to WELCOME ALL NEW MEMBERS and to welcome members who have recently RENEWED their membership in HRCA.

There are many benefits of membership in HRCA. You can help the organization grow by encouraging other counselors to join HRCA.

Members make any organization stand out over others with their gifts, talents, character, experiences, and expertise. Do you know a counselor, therapist, or intern who is not a member of HRCA? Do you know why not?

A membership application is included with this newsletter or you can go to the VCA website www.vcacounselors.org and join online.

If additional applications are needed, contact me at de7695@aol.com or call 757-488-5104.

Membership applications will also be available at our NEXT meeting. Bring a co-worker and make a commitment to your professional counseling association. You'll be glad you did!



Doristine Earl
Membership Chair
de7695@aol.com

**** 113 NEW OR RENEWING MEMBERS of HRCA ****
(Since October 2005)

Kathy A. Baker, Beth B. Bangley, PhD, Susan L. Barnum, Alisha Bazemore, Joyce G. Beamon, Deborah E. Bensen, Elaine Benwitz, Sabrina Bingham, Mark T. Blagen, Susan Blalock-Pearman, Heather V. Boan, Priscilla Boggs, Carolyn F. Boocks, Tabatha P. Bowers, Mark W. Bragg, Johnnie Q. Branch, Merita E. Brinkley, Arlene L. Brown, Marion G. Buddo, David F. Capps, Jean R. Carnahan, Teresa A. Carson, Sarah S. Cooke, Natanya L. Cressman, Linda H. Culpepper, Carolyn F. Davis-Smith, Jennifer N. Dew, Suzanne S. Dukes, Doristine G. Earl, Denita S. Eason, Pearly M. Edwards, Bessie Etheridge, Donna G. Faison, Diane H. Feineis, Valerie J. Fenwick, Dianne L. Fish, Vickie S. Fisher, Virginia V. Folston, Gregory B. Forbes, Keith E. Foskey, Jane L. Fowler, Patricia O. Gatling, Rosalin Ada Gilbert, James E. Graham, Ronnie M. Gresham, Deborah L. Guest, Geraldine B. Hall, Bernice Hamilton-Moore, Amanda B. Hansen, Raynell S. Hargrave, April C. Harmon, Pamela N. Harris, Ann S. Harrison, Charity D. Houghton, Rosemarie Scotti Hughes, PhD, LPC, LMFT, Beth K. Hunt, Anne G. Hunter, LMFT, PC, NCC, RN, Lauren P. Jennings, K. C. Joachim, Shelia W. Johnson, Irvin W. Johnson, Jr., Karen I. Jones, Betty M. Jones, Tarri J. Jones, H.B. Karp, PhD, LPC, Laura E. Kerstetter, Linda D. Keys, Barbara C. Kledzik, Glenda Kohlhafer-Regan, Arnita L. Landy, Debra Leber, Douglas S. Lighthart, Joseph N. Lowery, Betty G. Maxwell, Pamela W. Mayo, Heidi J. McFerron, Judy McNulty, Edwin H. Miller, Sr., Paulette J. Mitchell, John R. Moffett, Stephanie D. Morse, Eleanor G. Mosholder, Tiffany Myers, Patrick H. OKeefe, Cov Pack, Melanie R. Pence, Elizabeth H. Pendleton, Randy M. Pike, Gail T. Porter, Kay B. Porterfield, Jill J. Qualters, Lisa F. Randles, Haroleen D. Ray, Denise Reid, Niki Rosett, Joan E. P. Saunders, Frank Scaringello, Joseph S. Schober, Brenda J. Smith, Carmella J. Smith, Monica C. Smith, Malessa Denese Smith, Monica M. Smith, Michelle M. Stegall, Lisa M. Stehling-Willard, Robbin Stratton, Latasha Sykes, Rhonda L. Tatum, Ryan J. Tool, Paulette E. Turner, Carol Stewart Vaughan, Keri L. Vierra, Nancy B. Wagner, Shannon M. Washington, Karen L. Whyland, Michele Whitaker, Sarah W. Williams, Ali K. Winger, Joan M. Wood, and Kathryn R. Young.

(According to VCA records as of February 9, 2006)

**HAMPTON
ROADS
COUNSELORS
ASSOCIATION**

2004-2005
AWARD
RECIPIENTS

COUNSELOR OF
THE YEAR
AWARD
CAROL VAUGHAN

HUMANITARIAN
AND CARING
PERSON AWARD
HEATHER
ARNETT

CAREER
SERVICE AWARD
DEBORAH FINLAY

CHAPTER
MEMBER OF THE
YEAR AWARD
MILINDA
UNDERWOOD

HRCA \$500.00
SCHOLARSHIP
AWARD

BRIA CORPREW-
ROYSTER
Oscar Smith HS

Don't forget to
make your
Reservation for
February 28 at
VWC!



FEB. 24

**PRESIDENT/
AWARDS**
Jenise B. Bond
1228 Dewberry Dr.
Chesapeake, VA 23320
Great Bridge HS
H: 548-0016
W: 482-4450
F: 482-5559
jbbcounselor@aol.com

PAST PRESIDENT
Milinda Underwood
602 Captain Cooke Way
Chesapeake, VA 23322
Churchland HS
H: 546-7813
W: 686-2500
C: 339-2121
wunderwood2@cox.net

**PROFESSIONAL
DEVELOPMENT**
Sarah Williams
5333 Balfor Drive
Virginia Beach, VA 23464
Hunt-Mapp MS
H: 424-3855
W: 686-2512
SWWilliams1@cox.net

SECRETARY
Diane Fish
905 Blaywicke Court
Chesapeake, VA 23322
Centerville Elementary
H: 482-3206
W: 502-0320
dfish@vbschools.com

SECRETARY-ELECT
Beth Bangley-Hayes
2712 Fayette Court
Virginia Beach, VA 23456
Great Bridge HS
ODU Adjunct
H: 563-9467
W: 482-4450
F: 482-5559
bbangley@odu.edu

TREASURER
Marilyn Draughon
5332 Balfor Drive
Virginia Beach, VA 23464
Red Mill/Thoroughgood Ele
H: 366-0051
mdraughon@vbschools.com

TREASURER-ELECT
Joe New
812 Stockley Gardens #10
Norfolk, VA 23507
H: 622-4890
W: 467-7707
jnew@cceva.org

ADVOCACY
Frank Scaringello
5912 Upper Brandon Place
Norfolk, VA 23508
W: 558-2811
Frank.Scaringello@pps.k12.va.us

ARCHIVES
Patricia Hayes
2216 Locks Landing
Crescent
Chesapeake, VA 23323
Norcom HS
H: 485-8933
W: 393-5477
phayes2@cox.net

ETHICS/INTERNET
Dr. Walter Skip Earl
1225 Llewellyn Avenue
Norfolk, VA 23517
H: 672-8614
C: 641-2299
skipearl1@cox.net

HOSPITALITY
Teri Thomas-Kuhlman
204 Marina Reach
Chesapeake, VA 23320
Cradock MS
H: 436-2688
W: 393-8788
Terit4u@yahoo.com

HOSPITALITY CO-CHAIR
Shawn Ware-Avant
3534 Westminister Avenue
Norfolk, VA 23504
H: 625-0504

HOSPITALITY CO-CHAIR
Martha Johnson
303 Blackgum Court
Chesapeake, VA 23323
H: 572-2153
W: 482-4450
johnsman@cps.k12.va.us

MEMBERSHIP
Doristine Earl
4728 Barn Swallow Drive
Chesapeake, VA 23321
Cradock MS
H: 488-5104
W: 393-8788
F: 393-5020
de7695@aol.com

NEWSLETTER
Larri Pat Donaldson
4948 Cliffony Drive
Virginia Beach, VA 23464
Sparrow Road Intermediate
H: 495-3729
W: 578-7050
F: 578-7054
donallpa@cps.k12.va.us

PUBLICITY
Holly Morgan
Great Bridge HS
W: 482-4450
morgahs@cps.k12.va.us

SCHOLARSHIP
Carol Murphy
412 Prince George Court
Chesapeake, VA 23320
Kempsville HS
H: 549-8163
W: 474-8400
cmurphy@vbschools.com

**EX-OFFICIO MEMBERS
Schools**
PRESIDENT-ELECT
Dr. Rosemary Thompson
304 Cedar Road
Chesapeake, VA 23322
W: 547-0153 (ext. 186)
thompray@cps.k12.va.us

Norfolk Public Schools
Joyce Beamon
18 Eleanor Street
Portsmouth, VA 23701
W: 441-0264
jbeamon@nps.k12.va.us

Norfolk State University
Dr. Norma Brumage
809 Gable Way
Virginia Beach, VA. 23455
nwbrumage@nsu.edu

Old Dominion University
Dr. Alice McAdory
108 Rollins Hall
Norfolk, VA 23529
W: 683-3000
amcadory@odu.edu

**Portsmouth Public
Schools**
Virginia Folston
3651 Hartford Street
Portsmouth, VA 23707
W: 393-8885
Virginia.Folston@pps.k12.va.us

Regent University
Dr. Rosemarie Scotti-
Hughes
1097 Treefern Drive
Virginia Beach, VA 23451
rosehug@regent.edu

**Virginia Beach Public
Schools**
Dr. Alveta Green Sutton
Laskin Road Annex
1413 Laskin Road
Virginia Beach, VA 23451
W: 437-7580
F: 437-7652
alveta.sutton@vbschools.com

**HAMPTON ROADS
COUNSELORS
ASSOCIATION**
Tuesday, February 28
Va. Wesleyan 2-4pm



Address Label