



HCA NEWSLETTER

Inside this issue:

TSCA/TCA Conference

A Call to Action-Lobby Days

Calendar of Events

Seeking nominees for:

- Awards
- Scholarships
- Leadership

Counselor Kudos

Quotable Quotes

HCA Community Service Project

HCA Online Forum

HCA Leadership

Message from the President:



With my term of office at the midway point and with the onset of the new year, this is both a time of reflection and resolutions. This fall was filled with a whirlwind of events starting with the membership drive skillfully led by Susan Putman, our membership chairperson. Sincere thanks go to Houston Baptist University for hosting our Ethics workshop in the fall and special gratitude to Diana Villarreal and Gail Rosenthal for coordinating that event. Then it was on to Fort Worth for the TCA convention with inspiring workshops, networking opportunities, and a time of professional growth and renewal. 2004 HCA activities ended with a delightful holiday party at Christies Restaurant with entertainment, information and a silent auction to raise funds for scholarships for some deserving counseling students. If you would still like to contribute to the HCA scholarship fund, it is tax deductible. Just send your contributions to HCA. Special thanks to Cassy McLaren, TCA regional director, who spoke at the event. Also I want to acknowledge Yolanda Lewis, Rachel Flores, Dionne Redmond, Marlene Rubin, Maurine Garza, Virginia Hayward, Irma Billette, Gail Rosenthal and the Board for all they did to make it a success. And we extend our appreciation to all who attended and brought and/or bought items for the silent auction.

As you can see, it has taken a team effort to accomplish all that we have done. We have some particularly important events coming this spring. Lobby days, the HCA spring workshop, the TSCA/TCA conferences, the HCA community service project are all opportunities to make a difference individually, to the community and to our profession. I extend a request to all of our members to join in the upcoming activities to make an even bigger impact and profound difference to all.

Elementary School Counselors Save the Date - April 24 - 26, 2005

Elementary School Counselors Conference*

Doubletree Hotel - Austin, Texas

Pre-Registration fee: \$75

On-site Registration fee: \$100

Secondary School Counselors Save the Date - March 6 - 8, 2005

Secondary School Counselors Conference*

Doubletree Hotel - Austin, Texas

Pre-Registration fee: \$75

On-site Registration fee: \$100

*Check the TCA website for more details

The Elementary and Secondary School Counselors Conferences are sponsored by the Texas School Counselors Association and the Texas Counseling Association with the support of the Texas Education Agency

A Call to Action -Lobby Days at the Capitol

A message from Marlene Rubin, HCA Legislative Committee Chairperson

The first TCA Lobby Day on February 10th -- during National School Counselor Week -- was a smashing success. We had about 20 people from around the state attend. Our primary goal was to educate members and their aides on the work of professional school counselors and licensed professional counselors. Jeff Grote(TCA Senator, Hill Country Chapter) was called to testify before the House Public Education Committee and engaged in a very dynamic and positive dialogue with the committee members on the role of school counselors and student to counselor ratios. Senator Lucio introduced TCA leaders Mary Lou Padilla, Sadie Woodard, Kathryn Everest and Selma Yznaga on the floor of the Senate and recognized the counselors in the gallery. His resolution honoring school counselors was unanimously passed in the Senate. Rep. Oliveira's resolution was passed unanimously by the House and he also recognized the counselors in the gallery. Special packets and TSCA care bears were delivered to each member of the House Public Education and Senate Education Committee. To continue this momentum, we need some targeted actions next week. To find out who represents you go to www.capitol.state.tx.us.

TARGETED ACTION REQUESTED for constituents of:

- Rep. Dan Branch (463-Highland Park)school counselors call him and ask him to work to include school counselors as part of the instructional team during the debate on school finance.
- Rep. Anna Mowery (463-0608, Dist. 97, Ft. Worth)school counselors call her and thank her for exempting school counselors from the administrator count in HB 557 and for recognizing the value of school counselors.
- Rep. Bill Keffer (463-0244, Dist. 107, Dallas) school counselors call him and ask him to work to include school counselors as part of the instructional team during the debate on school finance. Talk about the Comprehensive Developmental Guidance and Counseling curriculum.
- Rep. Vicki Truitt (463-0690, Dist. 98, Southlake) LPCs call and thank her for carrying the bill to reauthorize the State Board of Examiners of Professional Counselors.
- Sen. John Carona (463-0116, Dist. 16, Dallas) LPCs call and thank him for carrying the bill to reauthorize the State Board of Examiners of Professional Counselors.

HCA will send members to the next Lobby Day on Tuesday, March 8th.

If you are interested in going, please contact Marlene Rubin at 713-295-3708 (work), 713-721-6363 (home), or by e-mail at mrubin@houstoncounselor.org. The day coincides with the last day of the TSCA conference in Austin, so some counselors may want to try to attend the conference and lobby day. Marlene will try put together carpools as needed.

Information from Jan Friese, our TCA lobbyist

If you plan to attend, please send Jennifer a note at jennifer@txca.org so we can have enough packets and breakfast! Please invite your colleagues -- even if they are not members of TCA. We hope to reach a large number of legislators on our Lobby Day!

Please try to contact your Legislator's office to make an appointment with the member or staff. Go to www.capitol.state.tx.us to find out who represents you and how to contact them. You might also consider inviting the legislator or staff person to be your guest at lunch in the Capitol Cafeteria.

We will convene between 8 and 9 a.m. in the Sturgeon Room at the TCA office, 316 W. 12th Street (TSTA Building.)The schedule is listed below. Parking is available at 301 W. 13th Street, one block north of our office between Guadalupe and Lavaca. TCA will provide tokens to pay for parking in this lot. PLEASE DO NOT PARK AT THE TSTA BUILDING.

TCA staff will be in the Cafeteria from 11:45 to 4 to replenish your materials and to collect Legislative Feedback Sheets.

SCHEDULE

8 - 9 am: Breakfast, registration, lobby teams

9 - 9:45: Legislative Information and Review (How to Lobby; Position Papers; Feedback Forms)

9:45: Head to Capitol -- House & Senate Galleries; Meet with Members

2 - 4 pm: Turn in Legislative Feedback Forms

Editor's note:

Jan Friese is the Texas Counseling Association's paid lobbyist. Through her, our message is heard at the Capitol. And through her we are kept abreast of the challenges and successes facing our profession on the state level. However she is just one person and if our concerns are to be heard and heeded, we must turn out in numbers for the lobby days, as well as write letters and send faxes to our legislators.

Calendar of Events

| | |
|------------------------|---|
| February 1-28 - | Counselor Appreciation Month |
| February 7-11 | National School Counselor's Week |
| February 10 - | TCA Lobby Day #1 |
| March 3 - | HCA Gen. Mtg. /Workshop (3 LPC credits) (tentative date) |
| March 6, 7, 8 - | Sec. School Counselor's Conference, Austin |
| March 8 - | TCA Lobby Day #2 |
| March 14- | Deadline of Scholarship applications |
| March 25- | Scholarship committee meets |
| April 1- | Scholarship awardees notified |
| April 4- | Scholarship award nominations submitted to Awards Committee due |
| April 5 - | HCA Board Meeting |
| April 9- | HCA Community Service Project: Career & Education Day |
| April 13- | TCA Lobby Day #3 |
| April 24-25 - | Elem. School Counselor Conference, Austin |
| May 10- | TCA Lobby Day #4 |
| May 12 - | HCA End of the Year Banquet / Scholarships & Awards at the Junior League |
| June 11 | TCA Senate Meeting, Austin |
| July 1 - | Terms of new Officers & Board members begin |

Seeking nominations

You are a fantastic counselor! Yes, you are and so are your many excellent colleagues. Now is the time to recognize our counselors' great achievements and hard work. Houston Counseling Association will hold its Awards Banquet on May 12, and we need nominations for the following awards:

Houston Counseling Association Awards Nominations

Nominator: _____

Phone: _____

HCA OUTSTANDING COUNSELOR AWARD

Nominee: _____

- HCA Member for at least 3 years
- Member of TCA
- Outstanding service to promote counseling
- Significant contribution toward implementing objectives at local level
- Not a present member of HCA Board
- Include a summary statement on separate sheet and attach

HCA'S HUMANITARIAN AND CARING AWARD

Nominee: _____

- Outstanding layperson who has promoted the counseling profession through direct services and consistent support
- Professionally or personally associated with individual member of HCA
- Effectiveness in communicating humanitarian and caring qualities
- Include a summary statement on separate sheet and attach

LAVERNE CARMICAL MEMORIAL AWARD

Nominee: _____

- Member of HCA
- Distinguished by consistent high level of service for at least five years
- Letter of nomination on separate sheet and attach

HCA PROFESSIONAL SERVICE AWARD

Nominee: _____

- Member of HCA
- 50 or more volunteer hours of service in professional counseling since July 1, 2002
- Hours must be unpaid
- Hours documented on letterhead stationery of service organization and signed by appropriate personnel
- Self-nomination is acceptable

HCA RESEARCH AWARD

Nominee: _____

- Member of HCA, TCA, and ACA
- Attach summary of research completed and the value/relevance of the research to the profession of guidance and counseling
- Doctoral dissertations and masters papers will **NOT** be considered
- Research supported by federal grants or other general funding sources will **NOT** be considered

--- Continued on Next Page ---

HCA PROFESSIONAL WRITING AWARD

Nominee: _____

- Member of HCA and TCA
- Attach summary of how the nominee's outstanding professional writing has given impetus to the growth of guidance and counseling and/or how the writing has given our profession increased visibility
- Submit writing materials.
- Doctoral dissertations, masters papers, and writing performed for federal grants or other general funding services will **NOT** be considered

MOLLY GEROLD HUMAN RIGHTS AWARD

Nominee: _____

- Member of HCA and TCA
- Attach summary of specific activities of nominee's contributions to human rights AND documentation or implications for change relative to an area of human rights

Please submit award nominations to:

Lauren Askew
5438 Hummingbird Street
Houston, Texas 77096

Deadline: April 4, 2005

Award Winners will be announced at the Houston Counseling Association Awards Banquet on May 12th.

From our Scholarship Chairman, Dionne Redmond

PASS THE WORD..... Scholarships available

Attention members- If you know a deserving graduate student in a counseling certification program, they could be the winner of a \$500 scholarship. Deadline is Mar. 14, 2005.

The application is at: <http://www.houstoncounselor.org/pdf/HCAScholarshipApp2005.pdf>

Email [Dionne Redmond](mailto:Dionne.Redmond) or call 713-721-1622

Counselor Kudos Corner

- ◆ **Congratulations to HCA Senator, Lisa Pearson on her book review that was published in the Fall 2004 issue of the T.C.A. Journal of Professional Counseling: Practice, Theory & Research**
- ◆ **Kudoes to Debra Rimmer-Mayorga, HCA Board member, on her promotion from Manager of Secondary Guidance to Houston I.S.D.'s Assistant Superintendent of Student Support Services.**
- ◆ **Attention Members– If you have received a professional award, honor or your professional work was published please notify us at: stakahas@houstoncounselor.org**

Happy Counselor Appreciation Month

You Do Make a Difference!

**Counselors know
how to brighten a day,
with heartwarming smiles
and kind words they say.**

**Counselors know
how to gently impart,
the comfort it takes
to cheer someone's heart.**

**Counselors know
how to always come through,
when there's anything that
they can possibly do.**

**Counselors know
how to willingly share.
They know how to give and
they know how to care!**

Quotable Quotes:

“To the world you are just a person, but to a person you may be the world.”

-author unknown

“‘And what is as important as knowledge?’ asked the mind.-

‘Caring and seeing with the heart’, answered the soul.”

-author unknown

HCA launches its 2nd Annual Community Service Project on April 9

The 19th Annual Career and Education Day will provide an opportunity for HCA Counselor Volunteers to participate in a very worthwhile community service event.

Sponsored by the Houston Hispanic Forum in partnership with Houston ISD and 69 other school districts throughout the Gulf Coast Area, the event is endorsed by The Greater Houston Partnership. This event is scheduled for Saturday, April 9 from 8:30 AM to 3:00 PM. at the George R. Brown Convention Center. Students in grades 6th- 12th and their parents are invited to attend.

Several of the event activities will include learning from professionals about careers, receiving guidance from counselors and educators and learning about courses of study, college admissions, scholarships and financial aid on in and out of state colleges and universities. The success of Career and Education Day depends on the number of community volunteers that work the event and are the role models for our youth. HCA Counselor volunteers will join the Career and Education Day Volunteer Force for the second year and help contribute to its success.

HCA volunteer opportunities are as follows:

- ✓ "Counselor On Duty" Educational Information Table for Parents
- ✓ Middle School Activity Sessions
- ✓ College Planning Sessions
- ✓ Monitoring LPC and CEU Credit for LPC Counselors and Educators
- ✓ Other Volunteer Duties as assigned!
- ✓ Secondary School Counselors are encouraged to help sponsor a student group to the Career and Education Day as part of their volunteer commitment.

All HCA Members are asked to sign up now to help continue with the success of this community service project. This volunteer event also provides counselors with the opportunity to demonstrate our roles as student advocates in the Houston Community. To volunteer, please contact Cris Garza at 281-464-9710 or email at mgarza@houstoncounselor.org. For additional information on the 19th Annual HHF Career and Education Day visit www.hispanicforum.org

HCA Forum Established!

With the assistance of our webmaster, we have created a online Forum where members are able to seek and discuss ideas, trends, and concerns for our profession. The forum, also known as a Yahoo group, has been named "HoustonCounselor" which all HCA members can join and select among many options, such as remaining anonymous. You can access the new Forum using the links below:

- Group home page: <http://groups.yahoo.com/group/HoustonCounselor>
- Post messages: HoustonCounselor@yahogroups.com (Need to subscribe first)
- Subscribe: HoustonCounselor-subscribe@yahogroups.com
- Unsubscribe: HoustonCounselor-unsubscribe@yahogroups.com
- List owner: HoustonCounselor-owner@yahogroups.com

To use the forum (post messages, etc.), you will need to send a blank message to the "Subscribe" address above to register. After a short period, a message will be sent to you, reply as requested, and answer a few questions online. You may need to establish a Yahoo username and password first. The username should be one you are currently using elsewhere for convenience. Access to the profile information you enter can be restricted in several ways now or later. The email address can be restricted to members of the forum or hidden. There are several other aspects and options of the forum that are selectable.

Lastly, if something goes wrong, **DO NOT** give up, [email our webmaster](#) and he will help you.

HOUSTON COUNSELING ASSOCIATION,
A CHAPTER OF THE
TEXAS COUNSELING ASSOCIATION

Great ideas and volunteers are always welcomed, wanted and needed!

Do you have ideas/expertise/contacts on:

- Workshop topics
- Speakers
- Possible award recipients
- Expanding our membership
- Newsletter
- Community Service Project(s)
- Locations for workshops/events
- Media Contacts
- Items for the silent auction
- Website

We are always looking for new ideas and approaches to meet the needs of all of our members and make this Chapter an outstanding one.

Call, write or email us with your ideas. Contact information is online at: <http://www.houstoncounselor.org/officers.html>

2004-2005 HCA Officers

President: Sharon Takahashi

Secretary: Yolanda Lewis

Treasurer: Virginia Hayward

TCA Senator: Lisa Pearson

President-Elect: Sara Rodriguez

Secretary-Elect: Alice Leonard

Co-Treasurer: Irma Billette

Past President : Irma Billette

Board of Directors

Gerry Aitken

Shirley McDermant-Raby

Susan Putman

Rosa Lee Robinson

Dalia Gonzalez

Belva Parrish

Debra Rimmer-Mayorga

Diana Villarreal

Chairpersons

Awards: Lauren Askew

Community Service: Cris Garza

Legislative: Marlene Rubin

Prof. Development: Diana Villarreal

Scrapbook: Rachel Flores

Nominations/Elections: Irma Billette

Public Relations: Cris Garza

Hospitality: Gail Rosenthal

Membership: Susan Putman

Scholarship: Dionne Redmond

Silent Auction: Maurine Garza

Website: Susan Putman