

MAINE COUNSELING ASSOCIATION

NEWS & VIEWS

WWW.MAINECA.ORG

Sketch by Martin Gallant - MeCA Historian



SUMMER 2010

From the President

By Bernadette Willette, President MeCA

It's hard to believe that it's been a month since being in Pittsburgh at the annual conference for the American Counseling Association. It's even harder to believe that another Maine Counseling Association conference has now come and gone. I came back from Pittsburgh exhausted and a bit overwhelmed, I came back from the Samoset tired but invigorated. Seriously, there is something wonderful about having so many counselors getting together in your home state to share their expertise, to network, and to have fun.

MeCA's conference - deemed a success by so many of the attendees - was as usual a planned event which showcased as many of the divisions as were willing to present; I am not sure there is another event in Maine where one can choose to learn more about groups, ethics, DBT, careers and the ACT all in one day. Again, thanks goes out to the well healed conference committee who has over the years, divided and conquered the many tasks of putting on such a successful venue.

I am amazed that this year is nearly over. It has been a year of personal challenges and growth for me as president of MeCA. I have been able to go to Pittsburgh where leadership is modeled and the "larger picture" is present; I have listened to some of the big names in the counseling profession and have found their messages

to be meaningful and helpful. I have been able to sit at the table with the executive board of MeCA countless times where the "larger picture" gets broken down into workable issues. And it was those "workable issues" which pulled me out of my comfort zone and pushed me to act on behalf of the larger group, rather than at a personal level. This year has been a personally rewarding year, and I hope that I have done what I had promised you all - that I would give 100% to the job, that I would do the best that I could. Thank you to all of you for electing and supporting me as president of your association.



As I look forward to next year, I am honored to be handing over the reins of presidency to Jim Davis. Not only does he have the qualifications and the ability to do an excellent job representing Maine Counseling Association for 2010-2011, but he comes with an entire executive board ready and willing to support his endeavors. Jim, I am proud to be past-president under your rein!

Maine Counseling Association Supports Future Counselors

By Deb Drew

Associate Professor and Coordinator of Graduate Programs in Counseling and Human Relations, Husson University

Fourteen graduate counseling students from Husson University masters programs in Clinical Mental Health Counseling and School Counseling attended the Maine Counseling Association conference in April at the Samoset. Ten of those students were able to attend one day of the conference for free thanks to the generosity of members of Maine Counseling Association! MeCA provides scholarships for one day attendance at the conference to graduate students from Husson University, the University of Maine and the University of Southern Maine. In addition, Eastern Maine Counseling Association provided two rooms for students to stay overnight, enabling several to participate in the second day as well. Students helped out by running errands and introducing and thanking presenters. They participated in conference sessions, attended the Keynote Address, networked with future colleagues, visited vendors, learned about resources, enjoyed the food and the great weather, won prizes, ran or walked in the race, walked on the breakwater, and danced and sang at Karaoke! One even presented a session!

They are still talking about how much fun they had and how much they learned!

Thank you all for your generosity and for your continued support of our future counselors!!

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FROM YOUR NEWSLETTER EDITOR

Lisa Manter

Please do not hesitate to send articles for our next newsletter. As a counseling organization we believe it would also be exciting to hear from some of our students of any age. Additionally, if you would like to submit an advertisement, send or email a camera-ready ad. Your advertisement will run in 3 consecutive issues of News and Views. Please send your check for \$100.00 (made payable to MeCA) to: Lisa Manter, 295 Main Street, Pittsfield, ME 04967. If you have any ideas, articles or questions you can email Lisa at: lmanter@mci-school.org.

SAVE THE DATE! Maine College Admissions Meeting Set for June 24 at University of Maine at Augusta

The annual summer meeting of the Maine College Admissions Association, a division of the Maine Counseling Association, will be held on Thursday, June 24 at the University of Maine at Augusta from 9:00 a.m. - 2:00 p.m.

The morning workshop will offer an update from the Maine Department of Education on assessments, diploma requirements, college readiness and other pertinent issues. The afternoon workshop will feature a speaker (TBD) on the topic of, "Parents in the College Process: Helpful rather than Hyper-Involvement."

Lunch will be served; a nominal fee will be charged to cover costs of the day. Details will be sent by late May. For more information: Jon Henry, Dean of Enrollment Services, UMA, 207/621-3136, jhenry@maine.edu.

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- Field trips and recreational activities

UNE Early College Program

(3 credits) Students concentrate in applied math, history, psychology or writing, and enrich their academic experience with classes in visual arts and writing.

Coastal Marine Ecology Program

(3 credits) Students explore topics of interest in the marine sciences and coastal ecology, work in labs and marine habitats, and learn about current research in the field.

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*High school students entering their junior or senior year in Fall 2010.

After the MeCA Conference - are we better Digital Citizens?

By Beth M. Doane, Past-President/2010 Conference Chair

The 2010 Maine Counseling Conference started with an incredibly informative and engaging message from our Keynote Speaker, Alice Barr. Her ability to show us the extent of our Digital Dossier (check it out on youtube on the following website (<http://www.youtube.com/watch?v=79IYZVYIVLA>) and how we are functioning in the digital world was both exciting and at times intimidating. There are so many implications when our students take that first leap into the digital world.

Ms. Barr's message was just a snap shot of what is out there affecting our students, our schools, and our professions. After the Keynote, I realized there was so much more to learn. Do we, as a State, given that all of our 7th and 8th graders have laptops, need to offer training on Digital Citizenship? I am convinced that our students need to know how their digital footprint affects their every move.

In John Palfrey's book, Born Digital, he talks about our generation being Digital Immigrants and we have to know how to get along with these Digital Natives, who are the children born into and raised in today's digital world. He asks a very poignant question that, as a counselor, I'm worried will be more and more difficult to answer. He asks, "What does identity mean for young people who have dozens of online profiles and avatars and how does the concept of safety translate into an increasingly virtual world?" (<http://borndigitalbook.com/>).

As counselors, we need to be provided with more information about keeping our students safe. From the

bullying that happens online and then brought into school, to teachers 'friending' their students on Facebook®, we need to better educate our students and we as counselors, need more information on boundaries for social media. To some people, they may say, "just use good common sense when managing technology." I know that "good common sense" works when I'm in a counseling situation with my students trying to resolve a conflict, but I feel it is elevated to the next level when technology is involved. I learned through the Ms. Barr's Keynote that there is actually a website called Common Sense Media (<http://www.commonsensemedia.org/>) which gives advice in a variety of different categories including, by age, for parents, and for educators. Their goal is to "improve the lives of kids and families by providing the trustworthy information, education, and independent voice they need to thrive in a world of media and technology."

I spent some time on this website and found that they have tools on Jump Starting Your Parent Media Education Program and specifically on Internet Safety and Digital Citizenship to name a few. We invest thousands of dollars in the State on the Maine Learning Technology Initiative (MLTI) and administering the SAT's to every third year student...it's time we invest in raising good digital citizens.

I'm excited to think that the 2010 MeCA conference has ignited this conversation among the counselors in the State. We are advocates for our students and clients, now we need to be advocates for keeping them safe in a digital world.

MeCA Conference 2010



MECA CONFERENCE 2010



Dear MeCA-Central Region (MeCA-CR)Colleagues

By Eric Rutberg

Thank you so much to those of you who attended our regional meeting at the MeCA conference.

At our regional meeting, MeCA Public Policy Representative, Ben Milster, articulately spoke about the importance - "more than ever before" - of being active in MeCA and making our professional voices heard. This is true on two levels. 1st - at the legislative level we must continue to be a part of shaping issues that impact our profession. 2nd - We must continue to seek out resources and creative ways to strongly advocate for our students/ clients well being.

Recognizing the reality of "Power in Numbers," MeCA-CR is actively launching a retention and recruitment campaign. We want to double our membership for this coming year so we can effectively lobby the legislature and shape our professional presence in Maine.

Just go to <http://maineca.org/> and click on the membership page for our application.
Free workshop CEU's alone will offset the \$45 membership fee !

Four Great Reasons to Renew Membership or Join MeCA-CR in general.

1. Counselors and students who pay their dues before September 7th will be able to write a public service announcement, about a topic important to them personally, that will be included in our Fall media blitz.
2. MeCA members will be able to attend our Fall professional development workshop at no charge. From social services to job search resources, the workshop will provide counselors with information, resources and tools we can use to assist our students and clients weather the economic challenges facing our State. Dr. Theo Kalikow, President of UMF, has just confirmed her intent to be our Key Note speaker !
3. You can help shape public policy by being involved with our newly forming public policy sub-committee.
4. You can network with other professionals in the region on our burgeoning Facebook community.

MeCA Conference 2010



Race Day - 5K Walk/Run

By Sandra Glynn

The weather cooperated for this year's annual road race held during the MeCA Conference at the Samsomet Resort on April 12th and 13th. The temperature was mild, the sky was slightly overcast, and there was a light sea breeze off the water as the participants started their 3.1 mile trek up to Route 1 and back.

There were walkers, joggers, and runners who competed in this year's event; as well as Dave Baldwin utilizing his famous race/walk technique. David has been a member of this "race team" for years. He was always eager to help, gave words of encouragement, and had a smile on his face as he crossed the finish line. David retired from College of the Atlantic last year and has completed his commitment as part of the MeCA Conference Committee at the end of this year's conference. David will be missed.

The winners and their racing times in all four categories are listed below:

Female Walkers

- 3rd Place Ellie Duley 45.18
- 2nd Place Kate Kevit 45.12
- 1st Place Beth Doane 34.24

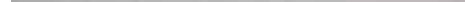
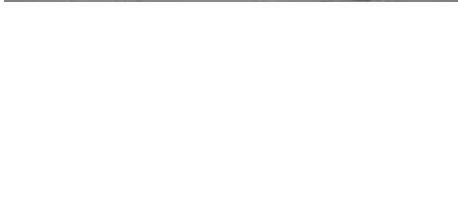


Male Walker

- 1st Place Dominick Varney 35.36

Female Runners

- 3rd Place Julie Armillotti 37.40
- 2nd Place Kathy Jacques 34.12
- 1st Place Merrily Welch 21.15



Male Runners

- 3rd Place Darryl Lyon 26.21
- 2nd Place Stan Pelletier 20.26
- 1st Place James Karcanes 19.29

In closing, I would like to acknowledge and thank FAME for donating the race tee shirts again this year. I would also like to recognize Don Worchester, Jr. who stepped in at the start of the race and volunteered to help record times as the participants crossed the finish line. I truly appreciate his assistance.



20/20 Vision for the Future of Counseling

By John F. Parkman

ACA/NAR Representative on the Maine Counseling Association Board
NAR Delegate to the 20/20 Committee
Spring / 2010

At the latest annual convention in Pittsburgh of the American Counseling Association the 20/20 Committee put the finishing touches on the Goal of defining the term "COUNSELING". As one delegate put it: "if someone got on an elevator on floor one and asked me what I do, I could define counseling before we reached the second floor!"

The following delegates representing all of these Organizations, Regions, and Divisions met to culminate 5 years of work. The following are the "Minutes" of that meeting.

Delegates Meeting

Delegates meeting
1:00pm - 4:00pm March 19, 2010 Pittsburgh, PA

Delegates in attendance (n=25):

| | | | |
|--------------------|---------|------------------------------------|---------|
| Burt Bertram | ASGW | Shane Haberstroh | ACC |
| Francene E. Haymon | ACA | Bradley T. Erford | AACE |
| Rhonda Bryant | CSJ | E.H.Mike Robinson | ASERVIC |
| Adriana McEachern | ACA SR | Jean Underfer-Babalis | ACA MWR |
| Chris Moll | AADA | Ed Cannon | AGLBTIC |
| Judith Hoppin | NCDA | Cheryl Sessoms (substitute) | NECA |
| Laura Veach | IAAOC | Carol Bobby | CACREP |
| Thomas Clawson | NBCC | John F. Parkman | ACA NAR |
| Eric Sparks | ASCA | | |
| Linda Shaw | CORE | | |
| Caroline K. Wilde | ARCA | | |
| Cathy Malchiodi | C-AHEAD | | |
| Linda Barclay | AMHCA | | |
| Kent Butler | AMCD | | |
| J. Barry Mascari | AASCB | | |
| Cindy Chapman | CRCC | | |
| Perry Francis | ACCA | | |
| | | Delegates not in attendance (n=5): | |
| | | Bret Hendricks (IAMFC) | |
| | | Rosemarie Woodruff (ACA-WR) | |
| | | Tom Scofield (ACES) | |
| | | Linda Parker (ACEG) | |
| | | Tom Sweeney (CSI) | |

MINUTES of the MEETING:

- The meeting convened at 1:10pm with Sam Gladding as facilitator. Introductions were conducted.
 - The Oversight Committee then focused on reviewing and tweaking the most highly rated definition of counseling that had emerged after two Delphi rounds.
 - At approximately 3:00pm the delegates approved a consensus definition of counseling: Counseling is a professional relationship that empowers diverse individuals, families, and groups to accomplish mental health, wellness, education and career goals.
 - Delegates also unanimously approved sending this consensus definition to all 30 participating organizations with a request for endorsement with the understanding that this definition provides a basic statement and that all of the participating organizations are welcome to add statements clarifying the role of their particular specialty or area.
 - The delegates then spent an hour discussing where they would like to go from here. Almost two dozen viable possibilities were brainstormed. The delegates then decided that they would like to use the Delphi method to decide on the most desirable alternatives. This will be completed after the conference.

END of MINUTES

The definition above must be seen in the context of the seven underlying Principles and should always be included in presenting the definition to the Public and the Legislative Branches both statewide and nationally.

The delegates have identified seven principles as being critical to the mission of continuing to move the counseling profession forward:

1. Sharing a common professional identity is critical for counselors.
2. Presenting ourselves as a unified profession has multiple benefits.
3. Working together to improve the public perception of counseling and to advocate for professional issues will strengthen the profession.
4. Creating a portability system for licensure will benefit counselors and strengthen the counseling profession.
5. Expanding and promoting our research base are essential to the efficacy of professional counselors and to the public perception of the profession.
6. Focusing on students and prospective students is necessary to ensure the ongoing health of the counseling profession.
7. Promoting client welfare and advocating for the populations we serve is a primary focus of the counseling profession.

Note to all MeCA members and other professional counselors who read this newsletter:

PLEASE USE THIS DEFINITION IN ALL YOUR CORRESPONDENCE AND PUBLICITY.

Counseling is a professional relationship that empowers diverse individuals, families, and groups to accomplish mental health, wellness, education and career goals.

You can then write anything you want about your specific type of counseling or the type of clients and/or students you serve.

Public Policy Update - Spring 2010

By Ben Milster

Historic Health Reform Legislation's Enactment Completes Long Journey Into Law

On Tuesday, March 23rd President Barack Obama signed into the "Patient Protection and Affordable Care Act," Public Law 111-148, making historic changes to the U.S. health care system. The signing ceremony followed passage of the legislation in the House by a 219-212 vote on Sunday, March 21st. A package of amendments to the legislation was approved by the Senate on Thursday the 25th, and then by the House later the same day.

Importantly, the law establishes that essential benefits packages to be provided within health insurance exchanges include coverage of mental health and substance abuse disorder services

Unfortunately, the legislation did not include language establishing Medicare reimbursement for licensed professional counselors under Medicare. Due to the need to constrain the costs of the legislation, many Medicare-related provisions sought by health care consumer and provider organizations—including some wanted by other mental health provider organizations—did not make it into either the new health law or the package of modifications to be signed by the president. While this is a disappointment, it does not diminish the need to expand Medicare

beneficiaries' access to mental health professionals, nor does it diminish our resolve to establish full recognition for the counseling profession. ACA is continuing to work with the American Mental Health Counselors Association, the National Board for Certified Counselors, the American Association for Marriage and Family Therapy, and the California Association of Marriage and Family Therapists to push for enactment of Medicare coverage for counselors and marriage and family therapist later this year.

The new law also includes the Student Aid and Fiscal Responsibility Act (SAFRA), which invests \$36 billion over 10 years to increase the maximum annual Pell Grant scholarship to \$5,975 by 2017. Starting in 2013, the scholarship will be linked to the annual Consumer Price Index. The law also invests \$13.5 billion into the Pell Grant program to overcome a shortfall due to increased demand.

Many counseling organizations are continuing to work toward supporting legislation which will establish Medicare coverage of licensed professional counselors and marriage and family therapists. Stay tuned to the MeCA website for ACA legislative updates.

Why Do We Need School Counselors?

Because every day in America...

- 1 young person under 25 dies from HIV infection.
- 5 children or youth under 20 commit suicide.
- 9 children or youth under 20 are homicide victims.
- 9 children or youth under 20 die from firearms.
- 34 children and youth under 20 die from accidents.
- 180 children are arrested for violent crimes.
- 367 children are arrested for drug abuse.
- 401 babies are born to mothers who had late or no prenatal care.
- 1,329 babies are born to teen mothers.
- 2,019 babies are born into poverty.
- 2,861 high school students drop out.
- 4,248 children are arrested.
- 7,883 children are reported abused or neglected.
- 17,297 public school students are suspended.

(Copyright 2002, Children's Defense Fund)

A School Counseling Program Provides Benefits for Students:

- Ensures all students receive the benefit of the school counseling program by designing content curriculum for every student
- Monitors data to facilitate student improvement
- Provides strategies for closing the achievement gap because some students need more
- Promotes a rigorous academic curriculum for every student
- Ensures equitable access to educational opportunities
- Fosters advocacy for students
- Supports development of skills to increase student success

A School Counseling Program Provides Benefits for Parents:

- Provides support in advocating for their children's academic, career, and personal/social development
- Supports partnerships in their children's learning and career planning
- Ensures academic planning for every student
- Ensures access to school and community resources
- Provides training and informational workshops
- Connects to community and school-based services
- Provides data for continuous information on student progress
- Ensures every student receives the content of the school counseling curriculum
- Promotes a philosophy that some students need more and seeks to ensure they receive it
- Provides a system for co-facilitation of classroom guidance lessons
- Supports the learning environment
- Promotes teaming to increase student achievement
- Analyzes data to improve school climate and student achievement



www.schoolcounselor.org

Eastern Maine Counseling Association and the Identity of Counseling

By John Yasenchak, Ed.D

Clinical Supervisor, Penobscot Nation

Adjunct Professor of Counselor Education, University of Maine

The Eastern Maine Counseling Association held its annual conference meeting at the Samoset on April 13th. There were about twenty five members in attendance. Officers were elected (and in one case, re-elected). The Secretary's position was filled by Rena Lolar, a graduate student in the counselor education program at the University of Maine. Thank you to Charlene Bernard, a Husson grad student, for volunteering last year for this position. The Treasurer's position was filled by Stan Pallitier. Stan is currently a school counselor with a background in community mental health and has been a long-time member of MCA. He is replacing Joshua Jones, a doctoral student at U Maine. Thank you Josh for keeping track of the books. And finally, John Yasenchak was re-elected as President of the EMeCA.

A lively discussion ensued at the meeting regarding the relationship of schools to community mental health. The discussion focused on policy, protocol, and the nature of school-linked and school-based mental health services. In light of that, members may want to investigate the UCLA School Mental Health Website. This site is loaded with information, resources, standards of practice, research , and many other things that may be of interest to both school and community mental health counselors. Here is the link: www.smph.psych.ucla.edu . If that does not work, Google : UCLA School Mental Health Project. You'll probably end up spending some time surfing this interesting site that is the result of the Federally funded school-based, school-linked mental health movement initiated a little over ten years ago.

EMeCA was pleased to be able to sponsor four rooms at the Samoset for graduate students from Husson University and U Maine Orono to be able to attend the MCA Conference for two days. The group discussed options for next year, including the possibility of sponsoring student rooms if possible. In addition, a suggestion was endorsed that EMeCA look at the possibility of sponsoring a practicing counselor's attendance at the conference, especially in light of current budget problems in both the schools and community.

Other issues that were discussed were scheduling of meetings throughout the year, attendance problems, and recruitment of members and also dues.

Finally, this reporter would like to acknowledge the work down by the ACA 20/20 Committee and John Parkman who is the NAR Delegate to that committee. The identity of the counseling profession has historically been challenged over decades, but never as much as now (in my opinion). Practitioners are challenged by regulations, demands, managed care, and efforts to externally control the profession to the point that, at times, the spirit and art of counseling seems to be lost. The issue of identity is definitely not new. When I first joined our identifying organization in 1975 as a graduate student, the name of the organization was The American Personnel and Guidance Association. The color of the journal was green. The name reflected the history and impact of the student personnel movement and guidance on the profession. When developmental guidance became an influential force, APGA changed its name to ACDA, the American Counseling and Development Association. And it is interesting to note that the last name change to ACA possibly relates to the power of three-letter acronyms like APA (American Psychiatric Association) and APA (American Psychological Association) who have historically challenged the identity of professional counseling. The history reflects the on-going issues regarding professional identity, and the name's are symbols that reflect both content and process of that change.

So I was really happy to hear this new definition. I think this will help my own reflection on professional identity as well as that of my grad students who are entering this noble, healing profession that has historically been related to a particular set of human values and a humanistic view of the person in the world. The definition of counseling as proposed by the 20/20 committee, with its focus on empowering diverse populations (individuals,families and groups) regarding mental health, wellness, education, and career, is refreshing and spiritually energizing. I could not wait to share this with my students. The inclusion of the construct "wellness" was enough to get me excited! I wonder if such a definition, adopted by a professional organization, will ever make it into the realm of law....that is, what will be the impact on State definitions of Counseling, if any, as we continually reflect on "who are we" and "what do we do". This is something that I feel continually challenged to think about...to ask students about...Thanks to John and that Committee for moving us forward.

Message from the Historian - Updates and Changes

By Martin Gallant

The following counselors have announced their retirement:

Barbara Adams at Mount View retired last June. She became a middle school counselor in Lawrence in 1976 for six years before doing private practice. She returned to guidance at Mt View as a middle school counselor before moving to the high school. In 2000, she became principal before returning to guidance in 2005. In retirement she and her husband are building a home. No plans currently other than to relax.

David Baldwin retired from the College of the Atlantic after 40 years in education. He started as a history teacher and football coach in Clovis, New Mexico. He received his masters and CAS in New Mexico before returning to Maine. Mom told him about an Admissions Director job at UMM. Dave worked there for 24 years before becoming Admissions Director at COA and then as their registrar. In retirement Dave plans on continuing to be Fire Chief in Harrington, do a little lobstering, photography, operate his ham radio, help restore the Downeast Railroad, and play his banjo. Dave has served many years as the MeCA Exhibitor chair. Your many MeCA friends will miss your humor, dedication, and winning smile. Thank you Dave.

Sue Bumpus is retiring after nearly 40 years. Her first 19 years were spent working in State Government in Augusta. 19 years of politics was enough so she became a K-8 counselor for 5 years in Union 51. She went to Mt View next as a high school counselor for 5 years and then on to Winslow for 9 years as a high school counselor. In retirement she will work part-time at Barnes and Noble and travel. This year includes Vegas, Europe and Hawaii!!

Bill Chubbs retired in November from Mattanawcook Academy after 40 years in education. His teaching career began as a history teacher in Houlton and then Howland. He served as Guidance Director and Vice Principal at Penquis before taking the guidance job in Lincoln in 1997 till 2009. He now skis, works in Adult Ed, does wood working and spends time with grandkids.

Sarah Crosby retired as guidance director at Medomak Valley where she had been director for 8 years. She held many varied positions in her career and I'll just list a few. Special Ed teacher in New York, Director of Education for Adjudicated Delinquents in Massachusetts, School Psych Evaluator, Special Ed teacher in Thomaston and Belfast, Principal at Georges Valley, K-8 Principal in Bristol and Guidance Director at Medomak. In retirement she plans to work!! Currently she is a part-time counselor in MSAD 40.

Charlotte Durr is retiring this year from Southern Aroostook. She worked as an Elementary school teacher from 1966 to 1997 before receiving her guidance degree at U Maine. She then worked as a counselor at Katahdin from 1997-2003 and then Southern Aroostook to present for a grand total of 43 years. Her retirement plans include refinishing furniture, baking for a local restaurant, traveling to and through the Panama Canal, Las Vegas and the Grand Canyon.

Tim Hackett is retiring from Brewer High School after nearly 40 years in education. He taught social studies at Brewer from 1971 till 1985. He subbed for a year as guidance counselor while Ronnie Ellis was on maternity leave. He stayed in guidance for the next 24 years with his last 4 years as guidance director. He feels blessed to have his children nearby but he still hopes to travel and work on his honey do list. Tim had high praise for our professional organization and wanted to thank us for making his job easier.

Irene Jacobs is retiring from Hamden Academy after 36 years in education. She spent 13 years in Augusta as a 4th grade teacher, 13 years in Gardiner as a Secondary School Counselor, and the past 10 years in Hamden as a Secondary School Counselor. In retirement she plans on spending 8 months in Maine trying to improve her golf handicap (currently a 23) and 4 months in Florida going to the beach and golf courses. "Counseling has been such a rewarding career".

After 27 Years, **Sharon Merrill** the guidance director at Cape Elizabeth HS has decided to retire. Sharon has been a strong leader for Maine Counselors, serving on many boards in her tenure. Sharon has decided to go into private college counseling upon retirement.

Linda Penkalski is retiring from Sumner. She worked as a science teacher in New Jersey and then Maine for many years. Her last 12 years have been as the Guidance Director at Sumner. She hopes to work part time in retirement but has no plans. She is footloose and fancy-free!!

Jean Powers is retiring after 37 years in education. She began as an elementary teacher that included stops in Denver and Whitefield Maine. She became a guidance counselor and has worked at Gardiner HS since 1996. In retirement she plans on one good trip a year starting with a trip to Miami to visit her daughter.

Jon Turner retired in June as Director at Houlton. After a stint in the military Jon worked as a middle school PE and Science teacher in Berlin NH. He then came back to Maine and he has been in guidance at Houlton for over 35 years. In retirement Jon plans to travel and visit his two children in California. Jon will continue to stay active skiing, hiking, riding his Harley, going to concerts with Lynn McHatten and joining me for an occasional round of golf. Jon will be missed by his numerous "County" guidance friends. Just a great guy!

Karen Williams-Johnson is retiring after 36 years in education. She began as a teacher before going to California for a year to become a hippie. She returned to the east and taught school in Anson and Madison where she worked in guidance for 14 years. She has been at Mt Blue from 2000 till now. She said, "I loved being a guidance counselor!" In retirement she plans on visiting a daughter in France and a son in Arizona. She hopes to someday hike in northern Spain.

At this time I will read to you the names of four former association members who have recently passed away:

Marijane Fall passed away on February 5th at the age of 69. Marijane lived a full life and touched many lives including friends in this room today. She received her Doctorate in Counseling Education from the University of Maine, which led to a career teaching at the University of Iowa and the University of Southern Maine. She was recognized as a teacher of the year in the U Maine system. She was a researcher and author who was considered a national expert in play therapy. I liked the lines in her obituary that read, "She didn't need to use words to communicate her love and caring. Her system of valuing people was contagious - you just felt better by being around her".

Milton Lindholm passed away on February 27th in Brunswick at the age of 98. Milton attended Bates and served as the first Dean of Admissions at Bates College in 1945 where he worked for 32 years. Milton was an outstanding football player who was inducted into the Maine State Football Hall of Fame. Milton was also a beloved uncle to Wendy Ault.

Bruce Stewart passed away on August 28th at the age of 76. Bruce graduated from Northeastern before becoming a classroom teacher, then a high school principal, and then an Admissions Director at Norwich University. In 1990 he became an Associate Dean of Admissions at Elmira College where he worked until 2005. He was as devoted to the students he served as he was to his family. I appreciated how much he loved coming to Aroostook County and to this conference even in retirement.

Charles (Chuck) Wendel passed away November 4th at the age of 67. Chuck received his PHD from the University of Pittsburgh and spent much of his career working as a director of counseling in several schools in Pennsylvania. Toward the end of his career he worked for several years in Greenville and eight years at Southern Aroostook Community Schools. He was a past president of the Pennsylvania State Counseling Association. Chuck loved quilting, birds, and wrote and published a book of poetry.

MeSGW

By Marj Burgess

Greetings from MeASGW, the Maine Association for Specialists in Group Work, and **welcome** to our new members: UMA admissions associate, **Kelly Thibodeau**, our breakfast basket door prize winner and recipient of a complimentary membership for the coming year; **Jen Stanchfield**, group facilitator, experiential educator, and consultant to schools and therapeutic treatment programs; **Keith Tibbetts**, developmental therapist in Belfast's Early Childhood Inclusive Program and graduate intern at Captain Albert Stevens School and Waldo County's Home Health and Hospice Program; **Joshua Jones**, clinician at Acadia Hospital and Penobscot Community School; and **Rena Lolar**, an intern at Leonard Middle School and Wabanaki Mental Health and a leadership grant assistant at the Wabanaki Center. When we people MeASGW with those who have such rich and diverse experiences, the whole really is greater than the sum of its parts.

As our **membership** year comes to a close on June 30th, please consider renewing in July so that you enjoy your group association the whole year. If we renew when we register for the MeCA conference, we are then privy to MeASGW's communications for only a couple of months.

In order to comply with ASGW by-laws, MeASGW needs to have a full executive board. Our position of **clerk**, formerly known as "secretary," is still open, and it must be filled for the coming year. If you have some time to devote to this, I hope you'll consider volunteering. All members of MeASGW's executive board must be members of ASGW.

In September you'll receive Marty Gallant's **call to program** for the **2011 MeCA conference**. Please consider answering the call as MeASGW would like to have groups represented in MeCA's professional development workshops.

Attending the ACA conference in Pittsburgh was certainly one of my year's highlights. Not only did I attend Gerald Corey's excellent pre-conference learning institute, as well as workshops with Jeffrey Kottler, Sam Gladding, and other group practitioners, but I met a number of counselors at the ASGW luncheon who have an interest in what MeASGW is doing.

Fall 2010 NEACAC Fair Schedule

- **NEACAC Fair at University of Massachusetts at Dartmouth**
Tripp Athletic and Fitness Center, North Dartmouth, MA
Sunday, September 12, 2010- 2:00pm-4:30pm
- **NEACAC Fair at Saint Michael's College**
The Tarrant Student Recreation Center, Colchester, VT
Wednesday, September 15, 2010 - 6:30pm-9:00pm & Thursday, September 16, 2010 - 9:00am - 11:00am
- **NEACAC Fair at Western New England College**
Alumni Healthful Living Center, Springfield, MA
Sunday, September 19, 2010 - 4:00- 6:00pm
- **NEACAC Fair at University of New Haven**
Charger Gymnasium, North Campus, West Haven, CT
Monday, September 20, 2010 - 9:00am-11:30am
- **NEACAC Fair at Mount Wachusett Community College**
Fitness and Wellness Center, Gardner, MA
Tuesday, September 21, 2010 - 9:00am-11:30am
- **NEACAC Fair at Berkshire Community College**
Paterson Field House, Pittsfield, MA
Thursday, September 23, 2010 - 9:00am-11:30am
- **NEACAC Fair at University of New Hampshire**
Lundholm Gymnasium; Field House, Durham, NH
Thursday, September 23, 2010 - 7:00pm-9:00pm & Friday, September 24, 2010 - 9:00am-11:00am
- **NEACAC Fair at University of Southern Maine**
Costello Sports Complex, Gorham, ME
Sunday, September 26, 2010 - 1:00pm-3:00pm
- **NEACAC Fair at University of Maine**
Fieldhouse, Orono, ME
Monday, September 27, 2010 - 7:00pm-9:00pm & Tuesday, September 28, 2010 - 9:00am-11am
- **NEACAC Fair at Northern Essex Community College**
Sport and Fitness Center, Haverhill, MA
Sunday, October 3, 2010 - 1:00pm-3:00pm
- **NEACAC Fair at Southern New Hampshire University**
Fieldhouse, Manchester, NH
Monday, October 4, 2010 - 7:00pm-9:00pm & Tuesday, October 5, 2010 - 9:00am-11:30am

Maine Counseling Association 2009-2010 Unified Membership Application

This unified membership form enables you to make dues payments to not only MeCA, but also other related divisions and councils with one payment. Please complete the form, make your check payable to "MeCA" and mail to the address below. Membership covers ONE year (July 1 to June 30) per MeCA bylaws. (I am available to answer your questions at dcollins@mhs.sad59.k12.me.us.)

Membership Information

Name: _____
 Address you want mailings sent to:

Work Phone: _____
 Home Phone: _____
 e-mail Address: _____
 Place of Employment (please include address if different from mailing address):

Educational Background:
 Degree: _____ Major: _____
 University/College: _____
 # Years in Professional Field: _____
 Occupation (check primary one):
 Career Counselor (CAR)
 College Admissions Counselor (ADM)
 College Counselor (PSC)
 Counselor Educator (CED)
 Emeritus Member (EMS)
 Employment Counselor (EMP)
 Marriage and Family Therapist (MFT)
 Mental Health Counselor (MHC)
 Pastoral Counselor (PAS)
 School Counselor (SC) Check level:
 _____ K-5 (A)
 _____ 6-8 (B)
 _____ 9-12 (C)
 _____ K-9 (D)
 _____ K-12 (E)

Student (STD)
 Substance Abuse Counselor (SAC)
 Vocational Counselor (VOC)
 Other (OTH) Please specify:

Be sure to check below the dues covered by your check or purchase order. **If paying by purchase order, please be sure to indicate the name(s) of the member(s) on the PO.**

MeCA Membership

| | |
|--------------|----------------------|
| _____ \$40 | Regular Membership** |
| _____ No Fee | Student Membership |
| _____ No Fee | Emeritus Membership |

Divisional Membership

| | |
|------------|--------------------------|
| _____ \$10 | Maine Career Development |
| _____ \$10 | MeASGW |

Regional Council Membership

| | |
|------------|---------------------------|
| _____ \$5 | Central Maine Counseling |
| _____ \$5 | Downeast Maine Counseling |
| _____ \$10 | Eastern Maine Counseling |
| _____ \$10 | Northern Maine Counseling |
| _____ \$10 | Southern Maine Counseling |

_____ **TOTAL** (Check payable to MeCA)

**Membership dues are included in the Annual Conference Registration.

Mail to: Dean Collins
 P.O. Box 322
 Temple, ME 04984-0322

Email: dcollins@mhs.sad59.k12.me.us

ADMINISTRATIVE USE ONLY:
Date received: _____

Check or PO #: _____

Amount: _____

Types of Membership

Members



\$40.00

To be eligible, an individual's primary responsibilities must be in the area of counseling and his/her preparation or position is such to qualify him/her for membership in one of the Divisions of the American Counseling Association.

Emeritus Members



Upon retirement from participation in the professional activity that enabled regular membership in the Association, any member who has been in good standing in the Association for 5 years shall be transferred to emeritus status with the full rights and privileges of membership status, and shall thereupon be exempt from further dues and special assessments. Emeritus members are encouraged to notify the Membership Chair of address changes.

Student Members



Students Members shall be, at the time of application, students who are currently matriculated in a graduate program of study leading to an advanced degree in the field of counseling.

The MeCA Membership Application can also be found on the MeCA Web Site at www.maineeca.org.

Check out www.counseling.org to see the benefits to joining the American Counseling Association.

FAQs about Membership

How do I tell what the last membership year was that I paid my dues? Your address label indicates the most current year that you paid your dues, i.e. "07-08".

What if I believe I have paid my dues for this year but my label does not indicate this? Contact the Membership Chair by e-mail at lemarin@orono.u87.k12.me.us and you will receive a response ASAP.

How do I get a membership card? Membership cards are mailed to individuals after the membership fee has been received.

Note: All members admitted are required to 1) subscribe to the purposes of the Association, 2) reside or work in the State of Maine, 3) maintain ethical standards of professional conduct and 4) be approved by the Executive Board by recommendation of the Membership Chair. In exceptional cases the status of member associate may be granted by a two-thirds majority vote of the Executive Board to persons not possessing the above qualifications but seeming significantly qualified in other respects.