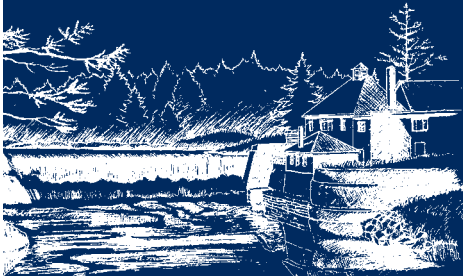


# MAINE COUNSELING ASSOCIATION NEWS & VIEWS

WWW.MAINECA.ORG

WINTER 2013



Sketch by Martin Gallant - MeCA Historian

## From the President -

By John Yasenchak

Greetings, Everyone! And Happy New Year! I am hoping that everyone had a good holiday season and that the New Year will bring many blessings to each of you. Much has happened since our last newsletter and I would like to share some of those happenings with you.

First of all, it goes without saying that our hearts have been broken by the tragedy that occurred at Sandy Hook Elementary School, Newtown, Connecticut, on December 14th. Our thoughts and prayers go out to the families, first responders, and our colleagues who are close to the families and children of Newtown. We send our heartfelt support to the Connecticut Counseling Association and all providers of services there, knowing how challenging it can be to provide a healing presence while healing oneself from the same terrible loss. We also know the strength and the hope that is embodied in our professional colleagues and expressed through their work. In regard to the work of the profession, please see the announcement included in this newsletter.

The tragedy of Sandy Hook has opened a national conversation regarding our schools, the safety of our children, mental health, and gun control. Over the past few weeks, I've had conversations with teachers, counselors, friends, and students about all of these issues as I am sure you have had too. What strikes me most are not the conversations that occur in the bubble of the television – which we have all heard before – but the conversations occurring on the local level....in the hallways, at church, in the lunchroom with colleagues, at home with our spouses, partners, and kids. These are the places where the tender conversations of the heart often occur. Regardless of our political views concerning the national issues, people will turn to us as counselors with the matters of the heart. And we, as counselors, can hopefully support each other in the context of our professional community.

Over the past few months, we have been working in many ways to develop our professional community. I will list just a few examples:

At ACA 2012 in San Francisco, MeCA received an award for best practice based on the ethics work of Dr. Deb Drew and Dr. Jeri Stevens. The outcome of that award has been the development of a MeCA Ethics Committee that is now implemented. The Committee is comprised of ten members and the purpose is to provide consultation and education services regarding ethics to our member. Thank you to all who are willing to serve on this committee.

John Parkman, our representative to the North Atlantic Region of ACA, has been very involved in ACA's 20/20 Project. As a member of the national working committee, John has been involved in the development of the 20/20 vision for professional counseling. This group has been working with other national organizations to develop a definition of professional counseling and standards of practice. You can learn more by visiting the ACA website. By the way, John will be nationally honored this year by the Association for Humanistic Counseling of which he is one of the founding members.

After the Maine School Counseling Conference in the fall, MESCA president Grace Eaton and I met with Department of Education Commissioner Stephen Bowen to discuss several issues of concern. Among those issues was the replacement of Ansley Newton (retired in December) to whom we are grateful for her advocacy work as school counselor liaison within the Department. We advocated for the hiring of professional school counselors in districts where positions are sometimes filled by other professionals. And we discussed the many perceptions of school counseling across the State relative to the emerging understanding of professional school counseling.

On January 4, MeCA co-sponsored a meeting with the Board of the Maine Mental Health Counselors Association in Bangor that was open to LCPC's and other counseling professionals. Around fifty participants engaged in a discussion and education concerning professional identity and advocacy. Specifically, issues that have been arising

*Con't on page 3*

## EXECUTIVE BOARD

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yasenchakj@husson.edu

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NMeCA President

**Mary Warren**

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SMeCA President

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Husson University  
mcintosh79@yahoo.com

## 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, John Bapst. Memorial High School, 100 Broadway, Bangor, ME 04401. If you have any ideas, articles or questions you can email Lisa at: [lmanter@johnbapst.org](mailto:lmanter@johnbapst.org).



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NEW ENGLAND

Maine Counseling Association

Visit our Website at

[www.mainecca.org](http://www.mainecca.org)

## From the President - con't.

in the State regarding misinformation around Mainecare reimbursement were addressed, as well as the need for advocacy regarding the Medicare issue. Both of these issues have real consequences for employment and the provision of services to an underserved population. For information on these issues and future meetings, please visit the MEMHCA website (<http://www.memhca.org/>), as well as the AMCHA (<http://www.amhca.org/>), ACA (<http://www.counseling.org/>), and MeCA sites (<http://www.mainecca.org/>).

Finally, the MeCA Conference Committee has been working very hard as usual, under the co-leadership of Traci Small and Jill Cairns. They, together with all of the dedicated and

participating MeCA Board members, will be bringing you a spectacular conference this spring. Information on the conference can be found on the MeCA website.

This is really the short list of everything your professional community does. It does not mention (for lack of space) the incredibly generous contributions of the Board Members and Officers, as well as all of the activity going on in the Regions and Divisions of MeCA. We have the reputation within ACA as being one of the most active (if not the best in my opinion) branches. The community is alive and our relationships with our colleagues across the counseling professions are strong. So with that in mind, we say "Thank You!" for your work and support, and we look forward to seeing you at the Samoset in April.

## From the President Elect

By Jill Cairns

I recently went on a tour, of sorts, with my colleagues in the University of Maine System. We started in Aroostook County on a blustery cold Monday morning and ended our tour that Friday in Portland. The reason for our tour, you ask? To get the word out to guidance counselors, principals and superintendents, that the University of Maine System has viable, affordable educational opportunities to offer our Maine students.

Although there were phenomenal talents amongst our group (singing, dancing, theater...even olymple hyaking.... those who were there will know what I'm talking about), we didn't have a fan bus and there were no autographs signed. However, in the 15 years that I have been working in college admissions, no recruitment trip was as remarkable as this one. I was struck by the camaraderie of our group, the reception we received from the attendees at each location, and the synergy that we all had for the same cause – educating the students of Maine.

I was most struck by a particular question that was asked by a local principal at our reception in Farmington. It was a simple question – but it struck as an incredibly thoughtful one. The question was (I am paraphrasing), "What majors do you offer that students don't seem to be interested in but maybe should be considering - what are some promising career fields that students are not considering that maybe they should?" Simple question right? But from an admissions perspective, one that is thought provoking and a great example of, "thinking outside the box".

Our tour of the state and that particular question leads me to my challenge for you this year....to think outside of the box. Let's challenge our students to think outside of the box. Let's challenge our colleagues to think outside of the box. And, most importantly, let's challenge ourselves to think outside of the box. We all have the power to make a difference and we all have the power to raise the bar. I hope to hear your creative, "outside the box thinking" at our conference coming up this spring at the Samoset. See you all soon!

### NOTE FROM THE HISTORIAN

Each year at the conference business meeting, the historian is called upon to read a list of those members who have retired or who will be retiring at the end of the school year.

The historian also announces the names of current or past members who have died. Please contact me prior to the conference with any updates so that I might recognize the members at the conference.

Martin Gallant

Caribou High School, 308 Sweden Street, Caribou, ME 04736  
(207) 493 - 4260 • [mgallant@mail.caribouschools.org](mailto:mgallant@mail.caribouschools.org)

## ASGW Update

**Eric Rutberg, MeASGW President**

Dear colleagues,

The Association for Specialists in Group Work is a division of the American Counseling Association. As Counseling Professionals who are interested in and specialize in group work, we value the creation of community; service to our members, their clients, and the profession; and leadership as a process to facilitate the growth and development of individuals and groups.

On February 1, 2013, from 1pm to 5pm, I am hosting a screening of a teaching-video produced by Dr. Kate Hudgins, followed by a facilitated discussion (by me not Dr. Kate) and snacks. Please join me at Calzalai's Pasta Company, in Wilton, ME.

You may RSVP to Eric Rutberg - 207-491-6014.

Kate Hudgins, Ph.D., TEP, is an internationally recognized healer, consultant, author, and teacher who brings sensitivity, laughter, and deep healing to people and groups. Her practice blends up-to-date knowledge and advances in clinical psychology – especially in the areas of neurobiology and trauma – with the powerful experiential learning of psychodrama ( [http://drkatehudgins.com/meet\\_dr\\_kate](http://drkatehudgins.com/meet_dr_kate)).

To learn more about the ASGW please go to <http://www.asgw.org>

Happy New Year !

## DeMECA

**By Cara Cirrillo, DeMECA President**

Downeast Maine Counseling Association is continuing to look at the college fair situation here for the county and how or if that will continue in the future. That has been our biggest focus this year. We also elected officers at our last meeting. I am the president and treasurer. (I tried to convince everyone that it was a conflict of interest to hold both positions, but no one really believed I would run off with our massive account. Oh, to be so trusted...) Brittany Raye is the VP and Paula McShane is the secretary. That's it for us for now. Have a nice week.

## NMECA - News from North Country

**By Mary Warren, NMECA President**

Well the landscape is snow covered and it is 14 below zero for the Chosen Frozen- those of us who have chosen to live in the far north! Cold it may be, but the beauty of this region transcends any thoughts of becoming a snow bird.

I love it here, and I believe those of us in the Northern Maine Counseling Association love it here as well. We love the climate, yes, but we also appreciate the opportunity of working in such a rural atmosphere. This rural environment provides us with an unexpected benefit: the geographic distance puts us miles closer in hearts and minds. Our association members routinely collaborate on issues and solutions. Perhaps it is the cold, long winters, and the distances that make us physically hunker down during the dark months, but we are energetically linked through our desire to cooperate with one another, and through twenty first century technology.

Our November meeting was held at the northern tip of the state, at the University of Maine at Fort Kent. We were welcomed by Jill Cairns, Director of Admissions and our NMCA past president. We attended presentations regarding UMFKs new Allied Health Program, followed by an interactive discussion concerning Standards Based grading and transcripts with Scott Voisine, Dean of Community Education. We were treated to a lovely luncheon, compliments of UMFK, followed by our NMCA business meeting.

Our next meeting is scheduled for January 23, 2013 at Northern Maine Community College. We have two presenters on our agenda with regards to scholarships, as well as a planned discussion involving ideas for up-coming workshops specific to school counselors. We are all hard at work helping students achieve school and personal success. And when not at work, we are snowshoeing, skiing, dog sledding, snowmobiling, and just plain playing in the bountiful beauty of Northern Maine. Come up and see us sometime....



10/12/12

Dear Counseling Colleagues,

As Rehabilitation Counselors, we are privileged to be a vital specialization within the field of Professional Counseling. As Rehabilitation Counselors, we are proud to share the field with Counselors having expertise in Addictions Counseling, Career Counseling, College Counseling, Marriage and Family Counseling, Mental Health Counseling, School Counseling, and the like. We are deeply committed to sharing how the values and skills of Rehabilitation Counselors blend and complement the expertise of other counseling specializations.

We are particularly excited about the efforts of the American Counseling Association (ACA) to unify the field of Professional Counseling by valuing, developing, and sustaining the identity and vitality of its specializations. To this end, we are pleased to support the Council on Rehabilitation Education's (CORE's) proposal for a consortium for counselor education accreditation (see attached or go to <http://www.core-rehab.org/WhatsNew>). CORE's consortium model proposal calls for a collaborative organizational model that will support the unification of Professional Counseling by establishing a solid foundation of standards ubiquitous to all Professional Counselors while simultaneously recognizing and perpetuating counseling specializations as an indispensable strength of Professional Counseling. In essence, we believe CORE's consortium model for counselor education accreditation embodies the core values of Professional Counseling- a central identity and strength through diversity, unification and inclusion. Actualizing these values will help promote quality services to our clients.

Over the upcoming weeks and months, we plan to engage our leaders in public dialogue about how CORE's proposal can support the unification and diversity of Professional Counseling. We encourage you to join us in this dialogue, here is a limited list individuals you can contact to express your thoughts and questions:

ACA

Brad Erford, ACA President: [berford@loyola.edu](mailto:berford@loyola.edu)

Cirecie West-Olatunji, ACA President-Elect: [cwestolatunji@coe.ufl.edu](mailto:cwestolatunji@coe.ufl.edu)

Don Locke, ACA Past-President: [locke@mc.edu](mailto:locke@mc.edu)

David Kaplan, Administrative Coordinator of "20/20" Committee for ACA: [Dkaplan@counseling.org](mailto:Dkaplan@counseling.org)

CORE

Tom Evenson, President of CORE - [evenson@unt.edu](mailto:evenson@unt.edu)

Frank Lane, Executive Director of CORE- [lane@iit.edu](mailto:lane@iit.edu)

Patty Nunez, Vice President of CORE – [patricia.nunez@cna.com](mailto:patricia.nunez@cna.com)

CACREP

Carol Bobby, CACREP CEO and Chair of "20/20" Educational Workgroup: [cbobby@cacrep.org](mailto:cbobby@cacrep.org)

Sylvia Fernandez, President CACREP Board of Directors, [smfernandez@mail.barry.edu](mailto:smfernandez@mail.barry.edu)

ARCA

Joseph Keferl, ARCA President: [joseph.keferl@wright.edu](mailto:joseph.keferl@wright.edu)

Paul Toriello, ARCA President-Elect: [TorielloP@ecu.edu](mailto:TorielloP@ecu.edu)

Carrie Wilde, ARCA Past-President & ARCA Representative to ACA Governing Council: [cwilde4@gmail.com](mailto:cwilde4@gmail.com)

Again, we thank you for your service to the field of Professional Counseling.

Sincerely,

The Board of the American Rehabilitation Counseling Association



# A Note from Maine Career Development Association

Deborah Walsh, MCDA President

## 2012 – The Year in Review

It has been my honor to serve as President of MCDA for 2012. This year we have addressed many challenges associated with growth and upgrading technology. Some efforts include: upgrading our web site, choosing a new logo, updating our bylaws, completing a full review of our finances and developing a proactive budget, and developing a strategic plan for the future of MCDA. We also delivered excellent professional development opportunities in the form of our Annual Fall Workshop, CareerWell Webinars, and four local Career Cafés. It has been a productive year and I am looking forward to another in 2013.

## 2013 Annual Conference

It is never too early to begin planning the next annual conference. Save the date and register now! We are also accepting presenter proposals. Check out the web site for the Call for Programs before February 15th if you would like to present! Registration is also open now for members and non-members. Get your early-bird discount now!

### ***Social Media: Friend or Foe?***

Opening Keynote: Lisa Severy, President-Elect of NCDA

### ***Using LinkedIn in Career Development***

Afternoon Keynote: Sabrina Woods, Northeastern University

**Friday, May 17, 2013**

**University of Southern Maine, Lewiston/Auburn Campus**  
**Continuing Education Units (CEUs) will be available**

*For conference description and registration, go to [www.maine-cda.org](http://www.maine-cda.org)*

## Career Café

MCDA will be holding a second Southern Maine Career Café on Feb. 7 from 11:30 AM to 1 PM at the Career Center, 185 Lancaster St., Portland. The topic will be working with clients with learning disabilities. Please join us for a discussion on this important topic. All are welcome. Please feel free to bring a brown bag lunch. Please RSVP to Leigh Mundhenk at [mundhenk@usm.maine.edu](mailto:mundhenk@usm.maine.edu).

## Leadership Opportunities

Officer Elections: If your New Year's resolution is to do something proactive to encourage career development, then this is your time to consider an officer or board position with Maine Career Development Association! Join this friendly, positive, and professional team and make your mark on the future of career development! Contact Nominations Chairperson Merle Davis at [Merle.A.Davis@Maine.gov](mailto:Merle.A.Davis@Maine.gov) for more info!

## Donation to Sandy Hook Elementary Fund

John Yasenchak, MeCA President

Dear MeCA Members,

We have all been impacted by the terrible event that occurred in Newtown, Connecticut, on December 14th, 2012. But none have been more affected than the families and first responders of Newtown. Our hearts and prayers go out to them. We additionally hold and cherish our colleagues in this profession who are healing themselves but are also providing support for the grieving.

Deb Del Vecchio-Scully, Executive Director of the Connecticut Counseling Association, and Bob Schmidt, LCP, a resident of Newton, have informed us of a fund created through the CCA and Newtown Lion's Club that is intended to help provide counseling for the families and first responders of this tragedy. You can find all of the information below. Please feel free to distribute to your colleagues at your school or agency.

John Yasenchak, President, Maine Counseling Association

### ***Connecticut Counseling Association Partners with Newtown Lions Club To Provide Counseling to Those Affected by Sandy Hook Tragedy***

Hamden, CT (January 2, 2013)—The Connecticut Counseling Association (CCA), a branch of the American Counseling Association, and the Newtown Lions Club Foundation have partnered to provide counseling services to the families and first responders affected by the December 14 shooting at Sandy Hook Elementary School in Newtown, CT.

The Newtown Lions Club Foundation, a 501(c)3 organization, is partnering with CCA as well as other organizations to assist the families of the victims, first responders, and others in the community. The assistance will be in the form of no-cost mental health counseling provided through CCA and collecting donations.

The counseling services provided by CCA members who are licensed professional counselors (LPCs) will cover co-pays, deductibles and the gap for uninsured and underinsured. Those who need to access the fund should contact CCA and Newtown Lion Club member Bob Schmidt, LPC (Counselor.bob@hotmail.com) who is coordinating the program.

Tax-deductible donations can be made to the Newtown Lions Club Foundation Fund to benefit the Victims and First Responders of the Sandy Hook Elementary School Tragedy. You can contribute by going to <http://www.newtownlions.com> or sending a donation via US mail to:

Newtown Lions Club Foundation Inc/Sandy Hook Elementary Fund (SHEF)  
c/o Newtown Lions Club Foundation  
P.O Box 218, Newtown CT 06470

# MeCA Ethics Committee: *NEW MEMBER BENEFIT*

**Deborah Drew**

The Maine Counseling Association has formed a new Ethics Committee as a service to its members. The goals of the committee are to:

1. Respond to questions about Ethics from members of the Maine Counseling Association
2. Publish an article on Ethics in each MeCA newsletter
3. Present a workshop on Ethics at the MeCA annual conference

**Procedure for Receiving, Reviewing, and Responding to Member Questions:** Questions about ethics posed by members of Maine Counseling Association may be directed to the chair of the MeCA Ethics committee. The chair will then determine the category of the question as indicated above and hand the question off to the appropriate subcommittee for review. The subcommittee will gather information, identify the relevant code(s) of ethics, and make a recommendation for response. The recommendation and supporting information will then be sent to the entire committee for their review. Consensus on the response will be determined. The committee chair will then send a response to the person asking the question.

## **Maine Counseling Association Ethics Committee 2013**

**Chair:** Deborah Drew, Ed. D., LCPC

### **SPECIALTY AREAS**

#### **School Counseling**

Sandy Robinson, School Counselor

Traci Small, School Counselor

Mary Warren, School Counselor

Lisa Erhardt, School Counselor

#### **Clinical Mental Health Counseling**

John Yasenchak, Ed. D., LCPC

Susan Jones, Ph. D, Licensed Psychologist

Jeri W. Stevens, Ph. D., LCPC

Colleen Owens, LCPC

#### **Career Counseling**

James Westhoff, Career Counselor

#### **Counselor Education**

Annette Nelligan, Ed. D.

Mikal Crawford, Ed. D., Licensed Psychologist

John Yasenchak, Ed. D., LCPC

Susan Jones, Ph. D, Licensed Psychologist

#### **Group Counseling**

John Yasenchak, Ed. D., LCPC

Susan Jones, Ph. D, Licensed Psychologist

Annette Nelligan, Ed. D.

#### **Pastoral Counseling**

Julie Libby, Husson U Pastoral Counseling student

**For more information contact Deb Drew at [drewd@my.husson.edu](mailto:drewd@my.husson.edu).  
See us at the MeCA Conference for more information!**



# Save the Date

Traci Small, Past President

**Maine Counseling Association Conference  
April 8 and 9th, 2013, Samoset Resort**

**Introducing our keynote presenter, Dr. Mark Tappan  
*Engaging Boys: Resistance, Relationships, and Getting Real***

Recent research suggests that boys who resist conventional hyper-masculine stereotypes have closer relationships with mothers and friends, better mental health, and are more engaged in school than boys who conform to those stereotypes. This presentation offers insight and information about how to help boys resist the narrow and artificial version of boyhood that is packaged and sold to them by media and marketers, and how to build positive relationships with boys in schools and beyond.

Mark Tappan is Professor of Education and Human Development and Chair of the Education Program at Colby College in Waterville, Maine. He received his A.B. in Religion from Oberlin College in 1979, his M.A. in Education from the Ohio State University in 1981, and his Ed.D. in Human Development from Harvard University in 1987. He has also taught at the University of Massachusetts/Boston, Trinity College, Clark University, and the Harvard Graduate School of Education. His research and teaching interests include moral development and moral education, identity development, boys' development and education, risk and resilience in childhood and adolescence, and social justice. He is co-editor (with Martin Packer) of *Narrative and storytelling: Implications for understanding moral development* (Jossey-Bass, 1991), and *Cultural and critical perspectives on human development* (SUNY Press, 2001). He is co-author (with Lyn Mikel Brown and Sharon Lamb) of *Packaging Boyhood: Saving our Sons from Superheroes, Slackers, and Other Media Stereotypes* (St. Martins, 2009). He received the 2004 Donald Harwood Faculty Award for Service Learning Excellence, presented by Maine Campus Compact; he is also the co-chair of the Greater Waterville Communities for Children and Youth Coalition and a founding member of the Maine Boys' Network.

He lives in Waterville with his partner, Lyn Mikel Brown, their daughter, Maya, two dogs, and three cats. In addition to this wonderful keynote, we have a multitude of session offerings that will serve as professional development opportunities for mental health counselors, K-12 school counselors and admissions counselors. Please review this MeCA Newsletter for the details on our sessions. We look forward to seeing you in April!!

## CALL FOR NOMINATIONS

**The Maine Counseling Association is seeking nominations for the position of president-elect and treasurer.**

**If you know someone who is a member of both ACA and MeCA whom you would like to nominate....  
....or if you would like to serve the profession and nominate yourself...**

**please send a note with the name of the nominee and contact info to:**

**John Yasenachak, President, MeCA  
yasenchakj@husson.edu  
or  
yogamaine@gmail.com**

This is an opportunity for professional development as well as a way to generously contribute to the profession and your colleagues.

## Maine Counseling Association 2012-2013 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 [beth\\_doane@yarmouthschools.org](mailto:beth_doane@yarmouthschools.org))

### 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 (STU)
- ( ) 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

- \_\_\_ \$15 Maine Association for  
Specialists in Group Work

#### 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)

Mail to: Beth M. Doane  
Yarmouth High School  
286 West Elm St.  
Yarmouth, ME 04096

Email: [beth\\_doane@yarmouthschools.org](mailto:beth_doane@yarmouthschools.org)

*ADMINISTRATIVE USE ONLY:*

*Date received:* \_\_\_\_\_

*Check or PO #:* \_\_\_\_\_

*Amount:* \_\_\_\_\_

## About MeCA Membership

### Member - \$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.

### Student Member - Dues Waived

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.

### Emeritus Member - Dues Waived

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.

### Membership FAQ

**Q:** What if I believe I have paid my dues for this year?

**A:** Contact Beth Doane, Membership Chair, at [Beth\\_Doane@yarmouth.k12.me.us](mailto:Beth_Doane@yarmouth.k12.me.us) and you will receive a prompt response.

**Q:** How do I get a membership card?

**A:** Membership cards are mailed to individuals after the membership fee has been received.

**Note:** All members admitted are required to:

- subscribe to the [purposes of MeCA](#),
- reside or work in the state of Maine,
- maintain ethical standards of professional conduct and
- 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.

**For questions on becoming a MeCA member, contact Beth Doane, MeCA Membership Chair, Guidance Department, Yarmouth High School, [beth\\_doane@yarmouthschools.org](mailto:beth_doane@yarmouthschools.org).**

# CONFERENCE SCHEDULE

## April 8 & 9, 2013

### Monday, April 8, 2013

7:00 am - 4:00 pm *State of Maine Room - Registration*

7:00 - 9:00 am *Rockland/Rockport/Camden - Continental Breakfast*

8:00 - 9:00 am **Early Bird Session I:**

*Camden*                      **Strategies to Improve Post-Secondary Placements -  
"A Team Approach"**                      Peter Duston, BA

This panel presentation will focus on pro-active and "practical" team strategies for high school post-secondary placement programs, especially in areas where placement rates are low and with students who need encouragement. Panel will include professionals who "passionately" believe that something must be done to help "our kids" enjoy successful, productive lives after high school. College, community college, military training, Job Corps, employee training programs, etc. will be featured. Participants will include professionals with proven success in the area as well as a representative parent, community person and student. Handouts will be provided enumerating strategies for high schools to consider in improving their post-secondary placement programs.

Target Group = Admissions/Secondary

*Pen Bay*                      **Ethical Decision Making – Considering Culture, Gender,  
Age, Ability and Setting**                      Dr. Deborah Drew  
Dr. Jeri Stevens

Ethical Decision-Making in the Counseling Profession is a complex process, yet often requires quick responses. It is important to consider client characteristics such as culture, gender, age and ability, as well as the setting in which the counselor works in the process of making ethical decisions. In this hour we will review ethical decision-making models and discuss ethical challenges from those perspectives.

Target Group = All

*Schooner*                      **Should I TALK to or PLAY with a child: The Art of Play Therapy**                      Yung-Wei (Dennis) Lin, Ph.D.

Although many studies have proven the benefits of using play in child counseling, the debate between using talk therapy and play therapy while working with child clients still exists. This presentation will address the core values of child-centered play therapy and the sound rationales for using it with child clients. This presentation will also demonstrate the empirical evidence of child-centered play therapy through a meta-analysis based on contemporary outcome studies.

Target Group=Elementary/Clinical/  
Mental Health Counselors

*Monhegan*                      **Leadership, Advocacy, and Professional Identity -  
An Invitation to Participate!**                      John Yasenckak, Ed.D.  
Terri Mitchell, M.Ed.

Interested in professional leadership activities? This workshop is for MeCA members and graduate student orientation. Topics will address the nuts and bolts of getting involved in MeCA leadership and service opportunities. Additionally, the value of networking and advocacy on both the national (ACA) and State (MeCA) level will be discussed. Professional trends will be identified and the importance of "showing up" and telling others who we are as Professional Counselors will be an emphasis of this workshop.

Target Group = All

*Ebb Tide*                      **Cultural Competency in Counseling Veterans**                      Melissa Lyons-Vitalone, B.S., MHRT/C

Viewing veterans through a cultural lens will maximize effectiveness of working with the population. This presentation will increase your awareness of the unique values and belief systems common to military persons to help you better understand how to approach counseling them.

Target Group = Clinical/Mental  
Health Counselors/Career Counselors

Monday – April 8<sup>th</sup> – continued

9:15 – 10:15 **Early Bird Session II:**

*Camden*

**Why Every Maine High School Needs a Student Assistance Program (SAP)**

Peter Duston, BA  
Jessica Nalor, LADC

A life threatening crisis is facing Maine's high school students as alcohol and drug use among adolescents and their families continues to put our youth at risk of death, pregnancy, criminal behavior, failure in school, mental health issues, and most of all impact their ability to create a successful future. A panel discussion made up of experienced educators and substance abuse prevention professionals will offer models and guidance for school counselors and administrators in establishing programs for their schools. The emphasis will be on discussing the prevention-early intervention model approach that is most appropriate for schools including establishing a "Student Assistance Program" (SAP). Presenters will include school personnel from a school already offering an effective program, adolescent substance abuse professionals, a representative of the State Office of Substance Abuse (OSA), an appropriate law enforcement individual, a 12-Step person representing Ala-non, Ala-teen, a parent and a student.

Target Group = Middle/Secondary/  
Clinical/Mental Health Counselors

*Pen Bay*

**Resources for Making Ethical Decisions**

Dr. Deborah Drew  
Dr. Jeri Stevens

Consult, consult, consult. We are always told to consult when we have ethical dilemmas, but with whom? During this hour we will review resources for consulting. Attendees will be invited to share consultations that have worked for them.

Target Group = All

*Schooner*

**Suicide Prevention for Every School**

Marissa Deku, LMLIS

This workshop will provide information on Maine suicide prevention trainings, data, and research for school counselors. Looking at comprehensive planning and how schools can engage staff in free trainings.

Target Group = All

*Monhegan*

**STEM: Fueling the Future**

Janice Traczyk, M.Ed., CAGS

Are your students prepared to compete in the global workplace? In this interactive workshop, learn how to incorporate more STEM into your high school guidance curriculum and to provide your teachers with new, fun ideas that will help ALL students see the relationship between their courses and future career pathways.

Target Group = Secondary/Career Counselors

10:15 - 10:30 am *State of Maine Room* – Coffee Break, Visit our Exhibitors

10:30 – 11:30 am **Session III:**

***Bay Point Room***

**Keynote: Engaging boys: Resistance, Relationships, And Getting Real**

Dr. Mark Tappan

Recent research suggests that boys who resist conventional hyper-masculine stereotypes have closer relationships with mothers and friends, better mental health, and are more engaged in school than boys who conform to those stereotypes. This presentation offers insight and information about how to help boys resist the narrow and artificial version of boyhood that is packaged and sold to them by media and marketers, and how to build positive relationships with boys in schools and beyond.

11:30 – 12:15 pm ***Bay Point Room*** - Business meeting

12:15 noon - 1:15 pm ***Rockport/Rockland*** - Lunch

1:30 - 2:30 pm **Session IV:**

*Owls Head*

**Boys' groups: Fostering Resistant Masculinity in Middle School**

Dr. Mark Tappan

This presentation will describe a program at Colby College in which college students lead boys' discussion groups in local middle schools. The aim of these groups is to encourage boys to resist conventional messages and stereotypes about what it means to be a "real man." We will consider the curriculum used in these groups, the successes and challenges of this program, and how other schools and organizations might undertake a similar effort.

Target Group = All

Monday – April 8<sup>th</sup> – continued

<i>Camden</i>	<b>Transition to College for Students with Disabilities</b>	Joanne Benica, MS. Director- Office of Support For Students with Disabilities
Participants will gain a better understanding of the legal issues in higher education, hear about trends in disability support services, and learn practical skills for advising students in the college process.		Target Group = Admissions/Secondary/ Clinical/Mental Health Counselors
<i>Spruce Head</i>	<b>Health Professions: Rewarding Careers for Life</b>	Susan Baltrus, RNBC, BSPA, MS, CNE Judith Ripley, MS, RT (R)
The need for healthcare professionals is growing with shortages predicted for the foreseeable future. A variety of healthcare programs and degree options that lead to rewarding careers are available for students who have a strong math and science background. This session will focus on opportunities for students in nursing and medical imaging (radiologic technology, nuclear medicine technology and computed tomography).		Target Group = Middle/Secondary/ Career Counselors
<i>Pen Bay</i>	<b>Using the Maine Counseling Association Ethics Committee: A Member Benefit</b>	Maine Counseling Association Ethics Committee
The Maine Counseling Association has developed a new committee to help provide information and education on Ethics to its members. We will review the services and benefits provided by this committee as well as the process and procedures for bringing ethical questions to the committee. Committee members will introduce themselves and discuss their role on the committee.		Target Group = All
<i>Schooner</i>	<b>Guidance and Admissions Roundtable</b>	Carlana Bean, MSB Ben Milster, M.Ed.
The focus of this discussion will center on issues common to guidance counselors and admissions personnel. What do colleges want to know; what do guidance counselors need to know from colleges; and what common challenges do we face?		Target Group = Admissions/Secondary
<i>Monhegan</i>	<b>Blended Learning – Democratizing College Access</b>	Betsy Peters, MBA
Using blended learning methods popularized by Kahn Academy we will demonstrate how equality of access is attainable in the college admissions application arena. Choosing and using a well thought out set of tools within a curriculum, implemented early, with continuous and diverse support can democratize college access. These personalized tools allow more informed decisions, guiding the student to schools with greater academic, social and financial compatibility thus effecting college success i.e. increased degrees awarded and on-time graduates.		Target Group = Admissions/Secondary/ Career Counselors
2:45 - 3:45 pm	<b><u>Session V:</u></b>	
<i>Owls Head</i>	<b>Integrating Mind-Body-Spirit Practices for Health, Wellness and Trauma Resolution</b>	Elizabeth King McConno, M.Ed., LCPC, LADC
Learn simple holistic practices that can be used for your own self-care and integrated into your practice with clients to add to their tool-box of skills to promote health, well-being and help resolve traumatic stress. Using an approach developed by Capacitar, International ( <a href="http://www.capacitar.org">www.capacitar.org</a> ) the rationale for blending mind, body spirit practices into traditional therapy will be discussed and a few of the practices, such as Tai Chi Chih, Finger Holds to Manage Emotions and Heart Breathing will be demonstrated and taught to participants. An "Emergency Toolkit" from Capacitar will be provided so that those attending can start to use these skills immediately and teach them to clients in individual, group or educational settings.		Target Group = All
<i>Spruce Head</i>	<b>Career Fair: Hosting a Regional Career Fair for Students</b>	Eastern Maine Area School Counselors
For over 20 years, counselors in Eastern Maine have been planning, developing, and implementing a regional career fair for eighth grade students, with 400-600 students attending annually. Come hear from our panel of counselors who have been at this for a while and find out what we've found that works well for our students (or doesn't).		Target Group = Middle/Secondary/ Career Counselors



Monday, April 8<sup>th</sup> - continued

Camden

**Using Non-Cognitive Data in Developmental Interventions: ACT's ENGAGE Assessments**

Sean Corcoran, BA  
Leslie Trundy, MS

One of the challenges in raising achievement and reducing dropout is early identification of students who would benefit most from interventions. Research shows that measuring key psychosocial factors improves prediction of academic success. Session attendees will learn how schools may use ACT's ENGAGE and Engage College to help evaluate students' non-cognitive attributes and determine levels of academic risk. In addition, attendees will learn how combining psychosocial data from ENGAGE and cognitive data from ACT's EXPLORE and PLAN assessments can improve predictive models and intervention strategies.

Target Group = Admissions/Middle/  
Secondary/Clinical/  
Mental Health Counselors/Career Counselors

Pen Bay

**Ethical Case Study**

Dr. Deborah Drew  
Dr. Jeri Stevens  
MeCA Ethics Committee Members

During this hour we will discuss ethical dilemmas through case study. Presenters and Ethics Committee members will facilitate circle discussions with attendees. Cases will include perspectives from the varied counseling professions that make up the Maine Counseling Association.

Target Group = All

Schooner

**Pleasant Street Academy: Blurring the Line Between High School and College**

Scott Voisine, M.Ed.

In its second year, the Pleasant Street Academy, Maine's first early college high school model has continued to grow and develop. At the same time the State of Maine, via Governor LePage's Task Force, is working to expand post-secondary opportunities for high school students in the State. This session will provide insight into both the program being developed at UMFK and Community High School in Fort Kent, and some of the work of the task force.

Target Group = Admissions/Secondary

Monhegan

**A Global Perspective on Counseling: The Increasing Professional Demand for Cultural Competency**

Annette Nelligan, Ed.D.

As the population of Maine continues to diversify, counselors face increasing demands to develop cultural competencies. This session explores the implications of these demands relative to the existing and changing populations in Maine communities. The session will include a panel discussion featuring Maine high school students as well as a discussion of changing requirements for counselors-in-training. Participants will be encouraged to share their experiences and challenges in using culturally alert counseling interventions.

Target Group = Admissions/Secondary/Clinical/  
Mental Health Counselors

4:00 pm

**Fun Run/Walk**

**Yoga** – with John Yasenchak in the Schooner Room (bring a blanket or towel)

5:30 – 6:30 pm

State of Maine Room – President's Reception

6:30 - 7:30 pm

Rockland/Rockport – Dinner, Graduate Student Recognition

8:00-11:00 pm

Rockland/Rockport – Entertainment

Target Group: **EVERYONE!!**

**TUESDAY, April 9, 2013**

7:00 - 8:30 am

Rockland/Rockport - Breakfast

7:00 – 10:00 am

State of Maine Room - Registration

8:00 - 9:00 am

**Session VI:**

Owls Head

**Get Them Moving, Talking, Reflecting and Keep Them Engaged!  
Experiential, Brain-Based Approaches to Facilitating Meaningful  
And Productive Group Work, Teaching, and Reflection**

Jennifer Stanchfield, M.S.

Join in this fun and interactive workshop and explore experiential, brain-based methods to engage learners emotionally, physically, and intellectually in group work. Learn techniques to facilitate meaningful dialogue and reflection and help students practice important social-emotional skills. Increase motivation, buy in, and create a positive and supportive learning community.

Target Group = Elementary/Middle/  
Secondary/Clinical/Mental Health Counselors

Tuesday, April 9<sup>th</sup> – continued

*Camden*                    **“What Can I Say? A Model for Effective Conversations About Tobacco”**                    Fred Wolff, LADC, TTS-C

Tobacco use is the leading cause of preventable disease and death in the United States. This session will delineate the rationale for conducting brief tobacco conversations on the part of all professional helpers in all settings. We will undertake a brief look at the harm associated with tobacco use, a concise description of the dynamics of tobacco dependence and a description of tobacco products currently on the market. This workshop will then describe a model for conducting friendly, brief, effective tobacco conversations with your students and clients. There is strong evidence that even very brief interventions on the part of all helping professionals can lead to increase quit attempts and more effective quit attempts. We will talk about opportunities for addressing tobacco use, brainstorm together on opening lines and describe effective, non-threatening approaches.

Target Group = Admissions/Middle/  
Secondary/Clinical/Mental Health Counselors/  
Career Counselors

*Schooner*                    **Transforming and Translating Transcripts**                    Sheri Fraser, UMA Admissions  
Erin Benson, UMPI Admissions  
Jamie Marcus, UMF Admissions

The New England Secondary School Consortium Advisory Group on Standards-based Transcripts was formed to assist high school and higher education in crafting revised transcripts that work for all parties as Maine moves to fully implement standard-based learning and proficiency-based education. In this session, members of the Advisory Group will share progress to date and gather feedback from participants.

Target Group = Secondary

*Monhegan*                    **Disability Support for College Students:  
What’s There, What’s Not, How to Access Support,  
And Challenges that Students Face along the Way**                    Ann Smith, M.A.  
Sara Henry, M.Ed.  
Disability Support Services, UMO

Are your students with disabilities ready for the independence and change that comes along with starting higher education? Are you operating on the assumption that your students’ IEP or 504 Plan will go with them to college and that’s all they’ll need for documentation? These are just a couple of the questions that will be addressed in our session. In this workshop we will discuss Disability Support Services on college campuses, documentation requirements, accommodations and services commonly provided, challenges for specific populations and more. Using case scenarios we will actively engage participants in discussions about specific situations college students frequently encounter.

Target Group=Admissions/Middle/Secondary/  
Clinical/Mental Health Counselors/  
Career Counselors

*Pen Bay*                    **The Ethics of Self-Care: Getting Caught With Our Shields Down!**                    Mikal Crawford, Psychologist,  
NCC, Counselor Educator

As counselors we strive to develop our identities and form a professional “presence” that we bring to our work with clients. However, our human condition renders us less than perfect and we may cringe at the thought of clients seeing us with our vulnerabilities showing. Such situations remind us that we are perhaps very different in “real life” than how we wish to appear to our clients. This session invites counselors from all levels of training to explore our ethical obligation toward self-awareness, and our own levels of comfort with vulnerability.

Target Group = All

*Ebb Tide*                    **Art Therapy: To See and be Seen,  
Transformational Portraits**                    Penny Hood, M.A., LCPC

Psychotherapy is a dance of deep listening and reflection. Come explore how the portrait can be a powerful tool in transforming relationships, and an opportunity to practice “seeing” on a deeper level. This is an interactive workshop. NO ART EXPERIENCE NECESSARY, just a willing heart. Really.

Target Group = All

9:15 - 10:15 am                    **Session VII:**

*Owls Head*                    **Counseling and Referral Services**                    Jasmine Savio, LCSW

Presentation on PTSD and methods of therapy used with combat veterans and military sexual trauma veterans. Utilized EMDR and CPT. Difficulties of navigating mental health, financial benefits/concerns and military thinking.

Target Group = Clinical/  
Mental Health Counselors

Tuesday, April 9<sup>th</sup> – continued

*Spruce Head*

**The Changing Terrain: Successfully Navigating  
the Divorce/Separation Process with Our Clients**

Diane A. Tennes, Ph.D., LADC

Therapists are frequently called upon to work with clients in the midst of divorce and separation. Gaining an in-depth understanding of this process will allow therapists to develop best practices while working with this population. This workshop will discuss the psychology of divorcing families as well as what is known about the ramifications for children. We will discuss the various roles of professionals involved with these families, such as Guardian ad Litem, Parenting Coordinators, Special Masters, and Referees. In addition, we will review the traditional divorce process and contrast it with more family-oriented forms of separating including the collaborative divorce process.

Target Group = Admissions/Elementary/  
Middle/Clinical/Mental Health Counselors

*Camden*

**Maine's Vision for Public Education**

Don Siviski, Dept. of Education

Maine's Vision for Public Education is to be "learner centered". Maine Legislature passed a law LD 1422 requiring a Standards Based Curriculum leading to a Proficiency Based Diploma by 2018. In order to achieve this goal our infrastructure must become learner centered with the system supporting the personal needs of each child. Wagner: "If not now, then when? If not you, then who?"

Target Group = All

*Pen Bay*

**Adolescents 101**

Michele Gurtler, LCSW  
K-12 Guidance Certification

A high school guidance counseling job differs greatly from elementary school. We'll look at common guidance counseling issues and how to best deal with them. We will look at specific skills and techniques that work with adolescents. This will be an interactive program that will address the good, bad, scary and great parts of high school guidance.

Target Group = Middle/Secondary

*Schooner*

**Kicking the Bucket to a Brighter Future**

Shannon Freitas, LPC, Ph.D.  
Melissa N. Freeburg, Ph.D.

Counselor wellness is in jeopardy, and this outbreak has led to problems such as professional counselor burnout, personal difficulties and health issues, and therapeutic impairment, which compromises client care. The only way to combat this impairment is to promote strategies and activities that will develop and increase counselor wellness. This presentation will spend time on defining wellness and then will allow each participant a chance to create a "bucket list" through visualizations and dream development, then use that list to lead to counselor wellness, client wellness, and a more fulfilled sense of self.

Target Group = All

*Monhegan*

**Leadership in Increasing and Supporting AP  
Participation and Success for Underserved Populations**

Christy McAllaster, M.Ed.,  
BS, NOSCA

This session will provide school counselors with skills and knowledge necessary for promoting equitable participation and performance of underrepresented student groups in the (AP) Advanced Placement Program. School counselors will learn how to examine participants' capacity through AP and other data, and applying problem-solving strategies to generate best practice intervention.

Target Group=Middle/Secondary

*Ebb Tide*

**Art Therapy: To See and be Seen,  
Transformational Portraits**

Penny Hood, M.A., LCPC

Psychotherapy is a dance of deep listening and reflection. Come explore how the portrait can be a powerful tool in transforming relationships, and an opportunity to practice "seeing" on a deeper level. This is an interactive workshop. NO ART EXPERIENCE NECESSARY, just a willing heart. Really.

Target Group = All

10:15 - 10:30 am *State of Maine Room – Break*

10:30 - 11:30 am **Session VIII:**

Tuesday, April 9<sup>th</sup> – continued

**Division Meetings**

*Camden* - Eastern Maine Counseling Association – Stan Pelletier

*Spruce Head* – Admissions – Carlana Bean

*Monhegan* - Downeast Maine Counseling Association – Cara Cirillo

*Pen Bay* - Southern Maine Counseling Association - OPEN

*Schooner* - Central Maine Counseling – Julie Libby (MeASGW meeting to follow at 11:30 AM)

*Owls Head* - Northern Maine Counseling Association - Mary Warren

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11:30 am - 12:00 noon **Checkout**

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12:00 noon *Rockland/Rockport/Camden—Lunch, Business meeting and giveaways*

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**Contact hours will be awarded for attendance at this conference at the rate of one contact hour for each hour of workshop/keynote attended. 8 contact hours are possible.**

*MeCA is an approved provider for NBCC and for State Licensure.  
Workshop offerings are subject to change.*

## Samoset Resort Room Registration

Please contact the Samoset Resort by **March 7, 2013** for Room Registration.

You must identify that you are with the Maine Counseling Association conference to receive the rate. The number to call is **1-800-341-1650**.

To register online go to [www.samosetresort.com](http://www.samosetresort.com)

Maine Counseling Association Spring Conference
April 8 - 9, 2013
Samoset Resort, Rockport, Maine

Registration Information

Please note that although this is a two-day event, you may choose to attend only one day. Workshop registration fees include: a continental breakfast, lunch, and dinner on the 8th, and/or a full breakfast and lunch on the 9th. Please select the day(s) you plan to attend.

- Conference Registration: Participants may register online via the Maine Counseling Association website (maineca.org) or by mail. No telephone reservations will be accepted. Please use the reservation form below.
Refund policy: A written request for a refund must be made by March 15, 2013.
Conference confirmation: MeCA will confirm receipt of your registration by email ONLY. Please be sure to provide an accurate and legible email address on the form below as this will be the only means of confirmation.
Housing information: The Samoset Resort has offered a special rate (depending on location of room) for workshop participants.
Meals: Buffet meals with vegetarian options will be available.

Conference Registration

Name Last First Middle

First name by which you want to be known

Mailing Address

Name of institution/business

Position

Telephone

E-mail address

(PLEASE provide an accurate/legible email address as this will be the only means of registration confirmation.)

Registration fees and dates: please circle your choice

Table with 3 columns: Registration Type, Professional Fee, Student Fee. Rows include Full Conference (2 days) and One day only.

Make checks payable to: MeCA. Please mail this conference registration form by March 25, 2013 to: Jeannie McKenney, Maine Maritime Academy, Castine, ME 04420 or contact Jeannie by e-mail: jeannie.mckenney@mma.edu

If you prefer to register online you may do so at www.meca.com.

## ***The Annual MeCA SPRING RUN-OFF*** **5K – Run and Walk**

- Distance:** 5K (3.1 miles) wheel measured.
- Course:** START and FINISH at main entrance to the Samoset. Out and back course, miles 1 and 3 fairly flat, the middle of racecourse has a downhill (out) and an uphill (return).
- Date & Time:** Monday, April 8 Walkers 4:00 p.m.  
Runners 4:30 p.m.  
Participants should check in 30 minutes before race begins.
- Prizes:** Ribbons with medals – 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> places in the following categories:  
female & male walkers  
female & male runners
- Plus:** Water at halfway point, mile markers, timing, and results forwarded to the MeCA *Newsletter*.

Name: \_\_\_\_\_ Sex: M \_\_\_\_ F \_\_\_\_

Address: \_\_\_\_\_ Run: \_\_\_\_ Walk: \_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_ Zip: \_\_\_\_\_

e-mail: \_\_\_\_\_ Telephone: \_\_\_\_\_

College or Organization: \_\_\_\_\_

In consideration of your acceptance of this entry, I, intending to be legally sound, hereby for myself, my heirs, executors, and administrators, waive and release any and all rights and claims for damages I may have against any sponsor, their representative, successors and assigns, for any and all injuries suffered by me at said race.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Please mail completed form to:** Dee Gardner  
University of Maine  
75 Clearwater Drive - Suite 202  
Falmouth, ME 04105

Late registration forms will be accepted at the conference until 12:00 noon on race day.