

A Chapter of the Texas Counseling Association
CHAPTER NOTES
JANUARY PROGRAM CHANGED!
ADVOCACY: WHO'S BUSINESS IS IT?

If not us, then who? The Texas Legislature is meeting in Austin for 140 days (as specified by our state constitution) beginning in January. It is going to be a tough year since the state is in deficit some 20 billion dollars (plus or minus depending on whose figures you use). Many state programs will be cut and it will be almost impossible to get any new legislation passed that requires additional funding. Although it is going to be tough on our profession and those we represent in the mental health arena, we must not give up on the issues we believe in. A lot is at stake and we must be diligent in our united and concerted efforts to lobby our elected representatives. So many families and children's lives will be affected by the outcome of this legislative session.

The answer to the above questions is clearly that advocacy is everybody's business and we are the ones who must advocate for our profession. Because this is such a critical issue at this time, NCTCA's January 24 meeting has been changed to focus on advocacy. Training will be provided by two special guests to help us learn how to be better advocates. John Shirley, a retired DISD counselor with 35 years in public education, will be one of the speakers. John literally wrote the book on advocacy, *The TCA Advocacy Handbook*. Additionally, John served at the national level with the Washington D.C. Public Policy Institute helping with the infusion of Career Education in public education. Also speaking will be Janie Metzinger, Public Policy Director for Mental Health America of Dallas, a trainer at both the state and national levels. Please do not let this opportunity pass you by to learn how to make our voice heard when the moment is right. This could be the most important North Central meeting you will ever attend. As a professional counselor, you owe it to yourself and to your profession to hear this important program!

NCTCA NEWSLETTER GOING ELECTRONIC!

Unless you notify us that you wish to continue receiving your North Central newsletter through the mail, newsletters will soon be sent via e-mail. Some school districts block mass emails, so if this applies to you, please be sure we have your home email address.

It's nomination time for next year's officers. There will be three different ways to nominate candidates this year.

- 1) Reply back to the newsletter email, or send email to nctca.web@gmail.com
- 2) Bring filled out nomination form to next meeting
- 3) Mail nomination form to Debbie Gardner. See Page 4 for address.

The board meets from 5-6 pm; program from 6-8 pm at the Mental Health Assn. of Tarrant County, 3136 W. 4th (see page 3 for directions). Two CEU's awarded. No charge for members; \$10 charge for non-members wanting CEU's.

NOTES FROM THE PRESIDENT

Claudia Roberts crobe@charter.net

Dear NCTCA Members :

Happy 2011! We have celebrated Christmas and are now in the process of welcoming 2011! This new year may hold the greatest number of changes for all of us in the counseling profession. I am excited about our January meeting. As you know, the Texas legislature is in session. We have an opportunity to make positive changes for our profession. For many of us, we are willing, but just don't know how to get started. It will also provide the "Why" part of Why should we get involved?" For many years I did not get involved and would sit back and eagerly await the decisions made in Austin. It has finally dawned on me, "GET INVOLVED!" I have watched other counseling chapters become very involved and even make changes in the way the state makes decisions. I now feel that we not only have the right, but we also have the duty to get involved and help the legislature make intelligent decisions and choices. With that in mind, I am really excited to know that many of you will be at our January 24 meeting. Please come and bring a friend. When I was growing up, the Baptist Church was always having "pack a pew" church meetings. Well, it's time we started thinking about packing our building with people ready to get involved. See you on January 24, 2011!

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2010-2011 PROGRAMS

Jan. 24: Advocacy: Whose Business Is It? John Shirley & Janie Metzinger

Feb. 21: Bullying & Sexual Harassment, Angie Walston, Parenting Center

April 2: Ethics Spring Workshop

May 2: The Role of Humor in Counseling, Ginger Robinson

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STILL LOOKING FOR VOLUNTEERS FOR THE 2011 TCA CONFERENCE

Fort Worth is hosting the 2011 Texas Counseling Association's Professional Growth Conference. We need your help! We particularly need volunteers to facilitate the sectional meetings, but there are also many other ways you can help even if you can't attend the conference.

Contact MaryAnnMaryol: 817/737-9102 / mmaryol@nolancatholics.org

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Peace of mind should not be an objective of life. More often than not, peace of mind leads to a state of peace without mind. There are causes that should call us; there are cries of help that should move us; there are people who need us; there are conditions that demand us! Floating around in one's own tub of butter should not be a goal for an intelligent life. Let us find tranquility in the doing, not in the being.

Saul Teplitz

NCTCA SENATE REPORT

NOV. 10, 2010

Submitted by Sandra Dear, Senator

The TCA Senate met in Austin on Nov. 10, 2010 at the Hyatt Regency at Town Lake. President Susan Adams introduced the TCA Emerging Leaders and welcomed the Senate, Board, and guests. She stated that the Emerging Leaders are the future of our organization and asked all who were present to make them welcome and take the time to introduce ourselves to them during the course of the day. She informed us that ACA is in the process of reviewing state by-laws and that they had high words of praise for the Texas model. She thanked Don McCormick for all of his hard work and guidance on our by-laws.

Past president, Judy Nelson, brought several proposals for amending the By-laws and Governance Manual to modify the Nominations and Elections process. After discussion, the Senate decided that changes were not necessary to the By-laws, but that the Governance Manual would be amended to eliminate all campaigning by TCA candidates for offices. The purpose of this change was to allow all candidates equal venues and access through the web-site and the Guidelines. The CEU approval for programs was also moved from the President-elect's position to the Past-president's office and the Wellness Committee's purpose and responsibilities will be added to the Governness Manual.

President-elect, Alma Leal, mentioned the kick-off party in Ft. Worth for next year's conference and was impressed by the level of commitment shown by the people present. It was also announced that the first 100 graduate students who sign up to work the Ft. Worth Conference will receive a \$25 gift card.

Jan Friese reported record membership numbers, but is challenging chapters to recruit

members (one new member, per month, per current member) to help meet the TCA goal of 6800 members. Jan also extended an invitation for current members to present testimony at Legislative Committee sessions on topics that they were knowledgeable about.

Our new Public Service Announcement for TV is currently being shown in communities, including Austin, that have been touched by tragedies . The PSA is Evergreen (not dated and can run anytime). If you have contacts with TV or radio stations, or needs in your community, contact TCA and they will work on getting it aired. The Senate listened to five new PSA radio spots on: suicide, drug use/alcohol abuse, domestic violence, stress, and developmental learning issues. The tag line of each spot is "You are not alone" and gives the TCA web site for contact information.

The Guidelines needs articles of around 400 words about chapter activities, goals, workshops, "save the date", etc. We are encouraged to contact an associate editor for our area for information and ideas. You must be a member of TCA to contribute.

This is a Legislative year and we are encouraged to call our elected officials before the session begins and introduce ourselves as a resource available to them, if needed, on matters pertaining to counseling. Advocacy Days are Feb. 22, March 22, and April 19. The Public Policy Agenda was modified by the Senate to reflect the current trend in Austin and Washington. A copy of the new policy is available from your Senator.

After discussion of problems some chapters/areas were having in recruiting and retaining members due to the diverse areas that some chapters cover, the Senate directed the Board to study area/chapter make-up to see if re-districting needs to be done.

**NORTH CENTRAL TEXAS COUNSELING ASSOCIATION
NOMINATIONS FOR 2011-2012 OFFICERS**

In accordance with the NCTCA By-laws, the Organization is conducting elections for the following offices:

President-Elect (One Year Term) _____
(Includes a year as President-Elect, President and Past President)
Secretary (One Year Term) _____
Treasurer (Two Year Term) _____
Board Member (Three Year Term) _____

Rules:

1. All elected officers must be members of NCTCA and TCA.
2. Senator must be a member of NCTCA, TCA & ACA.
3. The nomination ballot may be returned in one of two ways:
 - a. First class mail postmarked no later than February 1 and received no later than February 7;
 - b. On-line (See website for instructions);
 - c. Placed in a locked or sealed box at the January meeting.
4. The names of the two nominees receiving the highest number of votes for each office shall be placed on the election ballot which shall be mailed to the voting membership no later than March 1.

Directions:

Please write in the names of your nominees on the above lines. Fold in thirds. Affix a first class stamp, seal and mail; **must be postmarked by February 1.**

Thank you for taking time to participate in this important process for North Central TCA.

Debbie Gardner
Nominations & Elections Chair
2729 Winding Hollow Ln.
Arlington, TX 76006