



http://www

# Houston LPC Association News

Summer 2006  
Volume 1 Issue 1

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## President's Column

*By Raymond Johnson, Jr.*

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The HLPCA has had an eventful and exciting year thus far. Our training sessions have shown larger audiences, and feedback from attendees is positive. Our membership roster has increased, and we are enthusiastic since many of the new members are students, which speak well for the future of our organization. I want to include a thank you to our board members who work diligently and faithfully to make our organization a great place for personal and professional growth. When you see a board member, who will be wearing a designating pin on their lapel, let them know you are aware of their work.

The board encourages you to share your thoughts and ideas about the organization with them. This group continues to exist because of you, its members.

## Newsletter Revamped

*By Kathy Kelley*

HLPCA is changing to meet the needs of you, the members. You asked for more electronic information from the Association. Culminating from the focus group we held last fall, here is our *new* newsletter.

For those members who do not have an e-mail address, a few newsletters will be photocopied. You will be able to pick up a copy at a meeting. The organization plans to begin to archive old newsletters on the web site. It is [www.houstonlpcassociation.org](http://www.houstonlpcassociation.org)

We are interested in your comments regarding the newsletter. Please send them to [magickat15@earthlink.net](mailto:magickat15@earthlink.net) Use **HLPCA** for your email title.

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*Making a living is not the same thing as making a life.*

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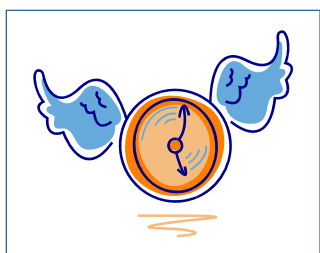
## 2006-2007 HLPCA Board Members

<i>President:</i>	Sherry Malcomb-Gill
<i>President Elect:</i>	Patti Lawlor
<i>Past President:</i>	Raymond Johnson, Jr.
<i>Secretary:</i>	Michael Farnell
<i>Treasurer:</i>	Patricia Ugwu
<i>Membership Chair:</i>	Christian Zela
<i>Program Chair:</i>	Edward Wilson
<i>Communication Chair:</i>	Kathy Kelley
<i>Social Chair:</i>	Ann Kirkpatrick

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*Your new HLPCA  
Officers and Board  
Members*

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*Renew your membership now and  
save money.*

## It's Time to Renew Your Membership

The Houston LPC Association provides low cost quality continuing education units to professionals in the Houston area. Don't miss out on our monthly workshops. Renew your membership today!

**Professional Membership            \$30.00/yr**

NOTE: Members who submit an application with a postmark prior to July 1, will pay a discounted rate of \$25 / yr. With a postmark after July 1, 2006, members will pay \$30 / yr.

**Student / Intern Membership       \$12.00/yr**

You will find the membership application on our website:  
[www.houstonlpcassociation.org](http://www.houstonlpcassociation.org)

## Your Newest HLPCA Officer

Dr. Patricia Ugwu is the department chair for Counseling at HCC-Central with student enrollment of almost 14,000 students. Through her leadership, the department is recognized across the system for its exceptional service and commitment to student success. Dr. Ugwu serves as an unofficial mentor to new department chairs and is actively involved in advocating and promoting counselor and student issues to faculty and upper administration. As a Licensed Professional Counselor, Patricia receives referrals from the dean and others and is asked to work with students who are having problems managing their lives or balancing the many priorities they have as college students.

Patricia started her career as a Medical Record Technician in Yuma Regional Medical Center in the late 80s. She began her work in Social and Human Services in Ohio, first as a Fair Housing Counselor, then as a Case Manager/Social Services Worker. In Texas, Patricia directed and managed the federally funded program, YouthBuild, for the city of Galveston and later, YouthBuild Houston Community College. YouthBuild Programs give high school dropouts another opportunity to acquire employable skills, rebuild their lives while re-building their communities. While in this position, Patricia went back to graduate school and earned another master's degree, this time in Counseling. Soon after, she became a counselor at HCC-Central. In her first year as a counselor, Patricia was selected to chair the Counseling department and she has held this position for over six years.

Patricia immigrated to the United States in 1979. She attended Calumet College, Purdue University, and Southern Illinois University where she earned a B.S. in Radio and Television and a master's in Telecommunications. She earned a master's degree in Counseling from the University of Houston Clear Lake; a Graduate Certificate in Dispute Resolution, and a PhD degree in Educational Administration from the Community College Leadership Program of the University of Texas at Austin. Dr. Ugwu is also an LPC Board Approved Supervisor.

In 2006, Dr. Ugwu opened a private counseling and consulting business known as "Triple Braided Cord Consulting" to capture the notion that individuals and societies are stronger when everyone's talent is harnessed to address the many challenges people face. Triple Braided Cord Consulting will serve as a platform from which Dr. Ugwu will use her multi-disciplinary background to encourage individuals, groups, and organizations to plan and think strategically, to assess current situation(s) and make appropriate changes and to intentionally rejoice and celebrate all successes.

Patricia is married to Dr. David E. Ugwu. They have three sons and a daughter. The Ugwus currently reside in Houston, Texas.



Dr. Patricia Ugwu

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*Individuals and societies  
are stronger when  
everyone's talent is  
harnessed.*

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## Rain, Rain Everywhere...Says Who?

By Patti Lawlor, Master Gardener and President Elect

Remember when it used to rain all January and February? Not this year! Our area is in the midst of a real water crisis. Sure, we had one good day of rain a few weeks ago, but the ground was so hard, a lot of it just ran off...down the drain. Even though our temperatures have been somewhat above normal, the ground has remained near normal temperature for this time of year. The big issue is the howling wind. The strong, Wizard of Oz like, winds we've been experiencing this spring is drying out the soil at an amazing rate.

It's very important to take steps immediately to protect your plants and trees from drought. Water each flowerbed or tree area well, by hand, so you can observe the water penetrating the soil and you can stop watering when it gets saturated. Then cover the beds with at least 2" (inches), about a thumbs length deep, of mulch. These basic steps will go along way towards helping your plants survive our impending hot as, and probably dry as, Hades summer.

What kind of mulch should you use? Whatever kind you like! We prefer pine bark nuggets because they are less likely to float away during the gully-washer storms we occasionally get, and they are slower to "break down", i.e. have to re-mulch less often. You could also use cypress mulch, which is shredded looking and more golden in color.

Now there's even mulch that's red in color. Before deciding, you might go to a soil or garden center to compare the looks, feel and texture of each kind. If you decide on mulch with more color, keep in mind your plant colors and your house color.

OK, so you want to go that extra step to increase the health of your soil and plants. BEFORE you water well, add to the soil some alfalfa pellets (sprinkle them around the flower bed, a cup for an area 3ft x 3ft) and some compost. This adds nutrients to the soil and gives your plants an extra boost. Alfalfa pellets can be purchased at a feed store in large bags for larger gardens. Local nurseries and garden stores carry other forms of alfalfa and compost to use for amending your soil.

Now, just go grab those garden gloves, put on those comfortable old sneakers, and get ready to garden! Oh, and don't forget the sunscreen!

## 2006 HLPCA Meeting Dates

July 7	Children and Grief Presented by Marian Mankin, LMSW
August 4	TBA
Sept 8	TBA
Oct 6	TBA
Nov 4	TBA - Ethics 3.0 hr
Dec 1	Holiday Party

*All presentations are at the West Oak Outpatient Clinic at 6612 Hornwood near Hillcroft and HWY 59*  
The presentation begins at 7:00 PM.

Please check our website for up-to-date information regarding our workshops.

### Houston LPC Association

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HLPCA Website:  
<http://www.houstonlpcassociation.org/meetings.html>

Texas State LPC Website:  
<http://www.dshs.state.tx.us/counselor/default.shtm>