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NASAP Newsletter

March/April 2015

Jamie Stone O'Brien,
Editor

PRESIDENT'S MESSAGE



Dear NASAP Family,

Have you penciled in the NASAP 2015 Conference in your calendar?

Location: Philadelphia, Pennsylvania; Double Tree Hotel

Dates: May 28th until May 31st

For More Information: <http://www.alfredadler.org/annual-conference>

The conference program will rest upon the theme of, "We the People (and Alfred Adler) proclaim liberty, rights and responsibility for all." This conference will provide a wonderful opportunity for us, as well as non-Adlerians to rejuvenate and dialogue with others about how Adlerian Psychology fits so well with the celebrated and infamous words spoken so long ago.

As I mentioned in a previous newsletter, we are called to consider the decreasing number in NASAP membership. This upcoming conference is a perfect "perk" of NASAP membership that we can share with others. Will you make a concerted effort to share news about the upcoming conference with a colleague, a student, a friend, family member or neighbor? Perhaps you might send an e-mail to a fellow group of students or co-workers about the conference. You might include an antidote about how a past NASAP Conference has

Next submission due date is June 1st, 2015.

Please send submissions, questions, and/or comments to
NASAPnews@gmail.com

made a difference in your life.

In closing, I look forward to seeing all of you again. I also want to encourage each of us to invite at least one person to join us at the conference. (I look forward to meeting your new recruit!)

Warmly,

Jill Duba Sauerheber, Ph.D., LPCC, NASAP President
Phone: 270/996.7396 Email: jillduba.sauerheber@wku.edu
Be Socially Interested, Touch a Life this Week.

EXECUTIVE DIRECTOR'S REPORT



As you can see from other parts of this newsletter, we are now opening the election for President-Elect of NASAP. We have 3 very qualified candidates this year. Voting will take place online for those of you who wish to do so. You will also receive a link for downloading a form that can be returned by mail. All mailed ballots must be postmarked by April 28 and the electronic ballot will be closed on April 28 at midnight EST. Please

vote!

The President-Elect serves on the Board of Directors for one year and then serves as President of NASAP for the next two years and then serves as Past-President on the Board for another two years. This is a 5-year responsibility and it is an important leadership role in our Society. Please vote!

Plans for the conference are now taking form. There is a lot of preparation for a conference like NASAP's Annual Conference and the bulk of it is done by the local group. Things are shaping up for a great conference. Be sure to get registered and get your room reserved. We have a great price for a downtown Philly hotel right in the center of historic Philadelphia. The Early Bird deadline is April 15, so make sure you get your registration in to take advantage of the \$25 reduced price. You can still register up until the last day of the conference, so if you miss it, don't decide you can't come, just pay up that extra fee and join us. It should be a great time for all involved.

In addition to NASAP's Annual Conference, it is also a good time to register for ICASSI and this is the best window for obtaining your flight

to Dublin, Ireland where ICASSI will be held. In addition to NASAP's Conference and ICASSI, the Adler Graduate School of Minnesota is having a big open house event to open Café Central, their new Adlerian Research Center and the Harold Mosak Adlerian Mastery Lab. They will be housing collections from Dr. Harold H. Mosak, Margot Adler and Mim Pew in addition to most of the library from the Alfred Adler Institute of New York. Celebrations include a free workshop by Marian Balla on Understanding Gender – An Adlerian Perspective. This can be attended in person or as a webinar participant. See our website Calendar of Events for more information.

I also just received word that the Adlerian Dialogue – “Dialoghi Adleriani, “ and online publication of the Alfred Adler Institute of Milan has just been released with articles by Giuseppe Ferrigno, on the Socratic Method, and Henry T. Stein, on Creative Power, as well as several other articles that may be of interest. Check it out at <http://www.scuolaadleriana.it/index.php/rivista>.

For those of you who are presenting at the NASAP Conference, please be sure to get registered by April 15, the Early Bird Deadline.

See you in Philadelphia!

John F. Newbauer, Ed.D., DNASAP

PRESIDENT-ELECT CANDIDATE: JIM BITTER



Why I Wish to be NASAP President

I am at one of those rare moments in my life when I have the time, the energy, and the interest in making a contribution to an organization I love. I have seven more years before I retire: That's what happens when you have a child at 51. I do not have to work at teaching any more; the practice of counseling is both joyful and fascinating to me these days; and I have time to be of service to others. When I was much younger, I was a

vice-president of NASAP, and a regional representative. I did the latter for six years. Later, I served on the long-range planning

committee, and still later, I was an editor of the Journal of Individual Psychology. Over the last 40 years, I have studied and learned Adlerian psychology and counseling from many of the great masters. I also have a second family inside NASAP, a professional family, and more importantly, a family of my dearest friends. I have come to know NASAP from the inside out. I have received so much from my life within NASAP. It is time to bring what I have been given, everything I have learned, to efforts I hope will make a difference for NASAP and its future.

How I See Myself Qualified

The people who first taught me about Adlerian psychology lived what they taught. In the middle 70s, I was introduced to Ray Lowe, Oscar Christensen, and the man who would become my most beloved mentor, Manford Sonstegard. More than being taught Adlerian psychology, I caught it from these men—and I am a slow learner. In the 80s, Harold Mosak made it possible for me to study at the Alfred Adler Institute, and Bob Powers and Jane Griffith taught me to do therapy by bringing me into their practice. It has taken me a long time, but I have learned in my old age to be the change I want to see in the world, to live my life connected to and in service to others. I have this pride in being an Adlerian, and in knowing that I can add little pieces to its growth and advancement. I know that professionally we all want to have a good convention each year and to have a journal that reports on the latest findings within our psychological model. We actually achieve that almost every year with excellence. So what more? In addition to being an Adlerian, I have had the honor of studying and working with masters like Virginia Satir, Erv and Miriam Polster, and Michael White. These people were giant personalities, and their work will survive for decades. But their models may not grow much without them. The beauty of Adler's work is that, 100 years later, Individual Psychology does not depend on his personality to be meaningful and to keep going. I have spent the last twenty years making sure that the major textbooks in Counseling have full chapters on Adlerian practice. I have spent an equal amount of time teaching and preparing the next generation to have a meaningful place in our work. I would like to use my time as part of the leadership of NASAP to bring these efforts into formalized processes within the organization.

What I Hope to Bring

The work started by Jill Duba Sauerheber has been both significant and fruitful. For the first time in many years, the long-range planning committee has been re-established with two excellent former presidents of NASAP co-chairing it. Thinking about the future of NASAP is so important, having a direction, but also having the experienced and dedicated people in place to move us forward. The same is true for Adlerian Psychology, itself; we have to think about the research, training programs, and professional activities that will keep

the model alive and central to mental health and simply living the good life. For years, our model has been blessed with people like Jon Carlson, Len Sperry, Michael Maniacci, and Richard Watts, to name a few, who have through their writing kept Adlerian work in the mainstream of psychology and psychotherapy. Who will be coming up behind them? How can NASAP nurture them? For even more years, people like Oscar Christensen, Manford Sonstegard, Clair Hawes, Bill Nicoll, Marion Balla, and all the people who teach at ICASSI, again to name a few, have helped to bring Adlerian practices to the world. So, who will be our next great trainers, and how can NASAP support and nurture them? I highly support the work that Jill Duba Sauerheber has started. If I were lucky enough to be President-elect, I would fully support her ongoing efforts, and I would want to add to that the development of the next great group of Adlerian scholars and trainers, the full integration of Adlerian practice in Masters-level training programs, and the expansion of doctoral training programs in Adlerian psychology and counseling.

James Robert Bitter, Ed.D., NCC
Professor, Department of Counseling and Human Services
East Tennessee State University

PRESIDENT-ELECT CANDIDATE: JOYCE DEVOSS



It is with great enthusiasm and sense of honor that I accepted a nomination for the position of NASAP President-Elect. My first exposure to Adlerian concepts was in the late 1970's, when I worked for a family counseling agency in Phoenix and facilitated groups in Systematic Training for Effective Parenting. During the same time period, I met a well known Adlerian, Oscar Christensen, who further inspired my interest in

Adlerian psychology when he presented a professional development workshop demonstrating a family forum. A few years later, I immersed myself in Adlerian theory in the doctoral program in Counseling and Guidance at the University of Arizona, Tucson, with Dr. Christensen on my committee. I also joined the local NASAP affiliate, the Adlerian Society of Arizona.

My multiple years of involvement in NASAP leadership roles have been professionally and personally rewarding. I served as NASAP local conference chair in Tucson in 2005 and affiliate representative to NASAP for the Adlerian Society of Arizona from 2003-2005. From 2006-2008, I was NASAP Director of Finance and Grants, followed by a term as NASAP Treasurer. As Finance and Grants Committee Director and Treasurer, I was involved in funding decisions for Adlerian projects, publications, scholarships for the NASAP conference as well as affiliate growth and development efforts. While Treasurer, I developed a Wiki for the Board, an electronic location for easy access to the agenda and minutes.

Since 2010 I have served as NASAP's Chair of Education and Professional Development. In that capacity I have become familiar with the many outstanding professional development offerings of our affiliates as I review them for CE approval. In addition, I enjoy interacting with individuals who complete Adlerian home study courses. The education committee has developed some new home study courses from our NASAP conferences. An important ongoing goal of the committee is to promote more use of technology to advance training in Adlerian psychology.

Adlerian psychology has been foundational in my clinical work in community mental health agencies, managed care organizations and private practice. In addition, in my work as professor and coordinator of the M.Ed. School Counseling and M.A. in Clinical Mental Health Programs at Northern Arizona University's Tucson campus, I promote Adlerian ideas and involvement in the Adlerian Society of Arizona (ASA) as well as NASAP training and leadership opportunities. Many of the volunteers at the NASAP 2001, 2005 and 2009 conferences in Tucson were school counseling students from Northern Arizona University. Additionally, one of my students served a term as Education section representative for NASAP. Many students in my program have been members, including board members of the local affiliate, ASA. I remain passionate about mentoring the next generation of Adlerian leaders through service to NASAP and its affiliates.

"Encouragement is, curiously, serious business" (Kouzes and Posner, *The Leadership Challenge*, 2012). NASAP as an organization is curiously serious about the business of encouraging others. I support the goals and the direction of NASAP and am committed to making my unique contributions to its growth and optimal functioning as an inclusive organization that promotes social interest and sense of community. Thank you for the nomination. It would be both an honor and pleasure to serve as NASAP President-Elect.

Joyce DeVoss

PRESIDENT-ELECT CANDIDATE: TIM HARTSHORNE



In 1974, I began my doctoral studies at The University of Texas at Austin and my first class was taught by Guy Manaster. I quickly learned that he was an Adlerian. I had purchased the 'purple book' years before, but knew very little. Guy offered to teach a class on Adler, which I took, and subsequently incorporated Adlerian ideas into my work. That semester there was a semi-annual NASAP conference in Houston, which I attended, and not long after I joined NASAP. I did additional Adlerian training with Bob

Powers and Jane Griffith through their Institute. Within NASAP, I joined the Theory and Research Section, and soon found myself co-chair. Linda Page and I changed the name to Theory, Research and Teaching, we began the TapTalks, and we instituted the poster session at the conference. I continue to review the poster proposals every year, and have been so pleased to see it grow from six to eight posters to the fifty we had last year in Chicago. Other activities for NASAP include being part of a task force looking at governance. Some, but not all, of our recommendations were adopted. In 2007, I was asked to be the founding chair of the NASAP ethics committee, a position I continue to hold. I have been a frequent presenter at NASAP conferences, mostly focused on individuals with significant disability, applying Adlerian ideas to issues of parenting, communication, encouragement, and community living.

I am professor of psychology at Central Michigan University, specialized in school psychology. My primary research is centered on CHARGE syndrome, a relatively rare genetic disorder. Many individuals with CHARGE have severe behavioral issues, and I have built on Adlerian ideas in my work. For the past seven years I have been on the Board of Trustees of the Higher Learning Commission. HLC is the regional accrediting body for colleges and universities in 19 states. When I joined the Board, I, by necessity, reduced my leadership involvement with NASAP; however, my last Board meeting will be in June, and I am eager to re-engage with NASAP. I believe we

are in a precarious position as an organization. Sustaining membership and attendance at the conference has been challenging, in spite of a tremendous group of leaders and excellent programs. But we must do more, particularly by reaching out to students. Our emergent leadership program has been brilliant and we must continue our efforts there. Renewed and expanded engagement with affiliates is also essential. However, to attract new members we also have to look carefully at our organization and continually ask ourselves about the value added by membership. We get a reduced conference fee, we get an excellent journal, we get an interesting newsletter, and we get to join in fellowship with some amazing, like-minded people. This is enough for those of us who are members, but is it enough to bring our membership back up to well over 1,000? NASAP has some significant challenges to address in the next several years, and I want to help lead that discussion, and work as hard as I can to assure a brilliant future for our organization and for Adlerian ideas.

Tim Hartshorne

CONFERENCE CORNER



By the time you read this, it will only be about a month until the conference! As you are well aware, the conference is the premiere place in North America to meet and learn from Adlerian colleagues. It can be so exciting to spend several days rubbing elbows with like-minded people, but then if you return to your home area and feel isolated (being you are the only Adlerian there) it can be anti-climactic.

But it does not necessarily have to be that way! There are many ways to connect informally and formally with others in order to keep the momentum. My purpose here is to talk about the formal means.

As you may know, NASAP has Sections and Affiliates. **Sections** are interest groups formed by NASAP members and each section has two representatives that serve on the Council of Representatives. There are currently six sections: Adlerian Counseling and Therapy; Education; Family Education; Professional Clinicians; Theory, Research and Teaching; and Transformative Leadership and Change. On Friday afternoon, the sections will be holding section meetings and I encourage you to attend one. You will be sitting amidst others that share your interests. These other section members might be just those persons with whom you will enjoy keeping in contact over the year

through listserves, newsletters and other means of communication offered by the sections. (You can learn more about each section and what they offer to their members on the NASAP website, www.alfredadler.org.)

Affiliate organizations are grass root organizations that promote the mission of NASAP on a regional level. There are currently about 30 affiliates. Each affiliate has its own personality. If you are interested in learning about how to start an affiliate in your area, or you are a representative of an affiliate and you would like to meet with other representatives to share ideas, you are invited to a reception that will be held in the President's suite on Thursday evening from 5:30-6:30pm prior to the Ansbacher lecture. If you are interested in attending (an rsvp is necessary by May 15, 2015) or you want more information about starting an affiliate, please contact Teal Maedel. To get a feel for affiliates, please note that elsewhere in this newsletter I describe the Central PA Society of Adlerian Psychology. In the February issue was a description of the Alfred Adler Western Canada Society.

As you know, connection is important to Adlerians. I hope you will take advantage of these opportunities to connect. See you at the conference!

Becky LaFountain, Conference Planner

CONFERENCE COMMITTEE

Philadelphia is happy to welcome NASAP and a conference full of exciting presentations by Adlerian master teachers. We hope you will come early and stay late to enjoy the city.

There are lots of things going on in Philadelphia during the NASAP conference if you want to get out and about. Options include the following:

Memphis—the Musical

The Lion King

Philadelphia Phillies vs. Colorado Rockies

For art lovers, we have one of the most fabulous collections of modern art in the world at The Barnes Foundation with a \$25 billion collection, including 181 pieces by Renoir, 69 by Cezanne, 59 by Matisse, 46 by Picasso, 21 by Soutine, 18 by Rousseau, 16 by Modigliani, 11 by Degas, 7 by van Gogh, and 6 by Seurat, plus Monet, Manet, Rubens, Gauguin, Titian, El Greco, Goya, Utrillo, Glackens and more. The exhibit is open 10:00 a.m. to 5:00 p.m. at a cost of adults \$25, students \$10.

AFFILIATE NEWS: CENTRAL PA SOCIETY

The Central PA Society of Adlerian Psychology was started 20 years ago at Shippensburg University in Shippensburg, PA when I was a professor there. The group was initially attended by the University's students and graduates of the Counseling program. As the affiliate evolved, individuals from various helping professions became involved, although school counselors have made up the majority of the membership. Over the years, the participants seemed to be more centralized in the Harrisburg/Hershey, PA area so the meetings were moved to various schools in that location. Eventually, we made our home in Hershey, where for 9 years I served as executive director of NASAP. Our mission has been to share Adlerian ideas, to network, and to apply the theory in practice.

Our format has always been very informal. In our initial years, when many of the members were first learning about Adler, we used various formats that were educational in nature. One year, we ran the meetings like a book club and discussed one by one the chapters of Adler's *What Life Could Mean to You*. Another year we took turns bringing in cases and did case consultations following Adler's model of looking at only one line of the case at a time. As members became more solid in their understanding of Adler, they took turns making presentations to the group, and that continues today.

Our affiliate was very fortunate during those years that the NASAP office was in Hershey. We always arranged our monthly meetings to coincide with the NASAP board meetings. We would invite a board member to come in a day early and present to our affiliate. Our members benefitted from such past (and present) board members as Jim Sulliman, Wes Wingett, Al Milliren, John Newbauer, and Susan Belangee, to name just a few.

A highlight for our group was the opportunity to host the NASAP conference when it was held in Harrisburg in 2008. It was an exciting time for us to pull together and help pull off the conference. It was especially significant for those members who hadn't been able to attend a conference before that. They finally were able to meet and attend sessions of many of the Adlerians they had been reading and hearing about.

Our affiliate has been a grass roots organization and training ground. Several of our members have gone on to present at NASAP conferences. We are thrilled that one of our longstanding members, David Colestock, will be representing education on the Plenary Panel "Adler is for Everyone" at the conference next month.

In closing, I want to point out that every affiliate is different. There is no cookie cutter or mold into which a group must fit. The Central PA Affiliate is probably one of the most informal of the affiliates. Our format changes as we see a need, but something that is constant at

every meeting is that we always start out by introducing ourselves and saying, “What I have been doing that is Adlerian is.....” Sometimes that sharing may take up half of the meeting, but it is always very informative, it offers other members ideas that they can take and run with, and many of our programs evolved from those brief exposés. Wouldn’t it be great if your answer would be “I joined an affiliate,” if you were asked the question: “What have you been doing that is Adlerian?”

Respectfully submitted,
Becky LaFountain

YOUNG ADLERIAN CONTRIBUTIONS

CHEERS TO **WESTERN KENTUCKY UNIVERSITY**
COUNSELING AND STUDENT AFFAIRS **ADLERIANS**
WHO ARE MAKING GREAT CONTRIBUTIONS TO ADLERIAN
PSYCHOLOGY!

Current students, **Sarah Hagan** and **Caleb Harper** co-presented with Dr Sauerheber at Affiliate Regional Conferences of the North American Society of Adlerian Psychology during the fall of 2014.

Duba Sauerheber, J., & Hagan, S. (2014). Attunement, presence and choice in Adlerian interventions. Presented at the Georgia Society of Adlerian Psychology Regional Conference. Kennesaw, GA.

Duba, J.D., & Harper, C. (2014). The use of EMDR in processing early recollections associated with anxiety. Presented at the South Carolina Society of Adlerian Psychology Regional Conference. Myrtle Beach, SC.

Alumni **Cayce Brewer** and **Lauren Early** will co-present with Dr Sauerheber at the upcoming North American Society of Adlerian Psychology conference in Philadelphia on “What would Adler teach today regarding social equality/social justice?”

Current student, **Chelsey Jenkins** publishes Why Adlerian Psychology Makes Sense to Me in the latest North American Society of Adlerian Psychology newsletter.

Student **Sarah Hagan** completed the application process for a Kentucky/Tennessee Affiliate to NASAP, which involved writing a constitution, recruiting members from across Kentucky and Tennessee, and serving as the Affiliate Representative to the NASAP Core of Representatives. She is also preparing the first KY/TN Affiliate 2 day meeting in June.

Student **Normanda Lawless** was named KY/TN Affiliate Newsletter editor.

ADLERIANS RECOGNIZED

Four Adlerians Recognized at the Recent American Counseling Association Conference

At the 2015 American Counseling Association (ACA) Conference in Orlando, Florida, four Adlerians received prestigious awards. Dr. Jon Carlson and Dr. Paul Peluso each received the Presidential Award, Dr. James Robert Bitter received the Don Dinkmeyer Social Interest Award, and Dr. Richard E. Watts received the ACA Professional Development Award. The Presidential award, received by Carlson and Peluso, is given by the President of the ACA to individuals in recognition of their contributions to the ACA and the counseling profession. The Dinkmeyer Social Interest Award, received by Bitter, “recognizes an ACA member or organization that has made a significant contribution to the counseling field in support of families and family members.” The Professional Development Award, received by Watts, “recognizes an ACA member who has developed techniques and systems that have strengthened, expanded, enhanced, or improved the counseling profession and benefited counseling consumers.”

Congratulations to Jon, Jim, Paul, and Richard.

WELLNESS FOR LIFE: A BIT OF WARMTH



Here we are together again, checking the latest in the series of WELLNESS FOR LIFE columns. If you are an avid reader, you may be reading this in stride just to take a break from life or perhaps seeking some warm fuzzies to feel better. There are those of you experiencing what appears to be ‘the forever of winter snows’ and could benefit from a bit of warmth, so to speak. You’re in luck!

It just so happens that this particular column coincides with the time of year in which official recognition is given to something that should be noted all year round, in fact, exposed/experienced every day all year round, based on the physical effects it contributes to the many systems of the body → stimulating the circulatory system for example. Better circulation yields better overall body functioning and what could be translated as ‘warmth’ arising as a possible side effect. At this point, some of you may be attempting to do some ‘conjuring’ while others might be scratching your heads → having one’s wheels turning with the bonus of one’s head becoming warmer as a byproduct. Who’s to say which?

Without keeping you in suspense, one of the things associated with April is humor. I'm referring to humor whether spontaneous or passive. As a matter of fact, it can be found in daily life situations.

Oddly, yet noteworthy, April is also noted for 'Stress Awareness Month'. Now that's interesting. As you become educated about stress, you become familiar with a natural technique to put the 'ka-bosh' on it. Why not take advantage now rather than wait until April rolls around to acknowledge and or embrace?

There's no time like the present to get started. I'll throw in a few 'little known facts' here and there to keep it interesting.

On the humorous side, oh, about the middle of the month is 'Look Up At The Sky Day' - April 14th → a way of relaxing by taking a few moments out of your routine and getting a different gander [female geese] or sight - shapes of clouds [your personalized ink blot test]. On a possible tasty side, which is coincidentally near the beginning of the month → 'National Peanut Butter and Jelly Day' - April 2nd → known as a staple for many families in the United States, created by a snack food maker, George Bayle in 1894. You may want to note that peanut butter can be traced back to the Aztecs. (Wikipedia)

Moving right along, I discovered a couple dates of recognition that maybe near and dear to you as well → 'National Pet Parent's Day' - April 25th. Some of us may be parents of the 'four-legged' as well as the 'two-legged'. If this is you, you may take heart with what I'm about to share. For the rest of you, it falls under the 'little known facts' category.

I guess it is the official time recognizing all the unsung, tireless trials and tribulations of a parent in raising that special 'four-legged' member of the family reminiscing those days/weeks of potty training, scooping all that poop that couldn't be used as fertilizer, the sharing [dominating] the bed & waking up with kisses [having your face physically washed], playing together with a favorite toy and, in some cases, having traveled across that infamous Rainbow Bridge [waiting for you]. Yet throughout, there is a loving, untiring and devoted bond, needing no words, that will always be a part of you. Take the time to acknowledge and own it. (petsitters.org, petinsurance.com) At this time, I'd like to make a brief side-note regarding the Rainbow Bridge. In essence, it is a story about a magical place pets go upon their death, this side of Heaven. They are perfectly revived (healthy, playful, non-injured, basic needs met), romping and playing until the owner's death. Reunited at this bridge → together forever as they cross it into Heaven. No one knows who actually wrote this. Personally, it had to be a person who was able to truly bond on every conceivable level, and then some, with their pet.

The second is 'National Hairball Awareness Day' - April 30th. I know, I know I don't make these up! It's for real. My thoughts for this one

are two-fold: awareness and what you can do to control / prevent it. Those of us whose lives have been unaffected by felines at this time may benefit from a little insight minus the gory details. When hearing the word hairballs, there is a natural association with the word cats. Bottom line, within the process of a cat's self-grooming is the swallowing of hair. Thus, creating hairballs, resulting in an oral release with possible other negative side effects leading you to contact your veterinarian. Regularly brushing and checking with your vet about switching to a food formulated to reduce hairballs, etc. could help in reducing those hairballs. (catster.com)

Then there is 'International Fun at Work Day' - April 1st. Work is usually viewed as attending to the completion of a vital task. There are some people who have fun while putting their nose to the grindstone. You might say that they have the best of two worlds: getting work done and enjoying themselves in the process. Not everyone has the opportunity to have fun. This day was created so people can experience accomplishment and enjoyment / fun at the same time. Perhaps, it is the 'seed planting' that will blossom as the norm in the future.

Speaking of accomplishments, are you aware of 'National High Five Day' - April 16th or 'Blah Blah Blah Day' - April 17th? Taking a look into our crystal ball, there are numerable accounts associated with high fives. For those of you unfamiliar with this gesture, it usually begins with someone saying, "High five", or "Give me five". It is then followed by the meeting / joining of palms from two people as they are raised about head level, slapping / sliding, briefly connecting as one together. The actual creation of 'High Five Day' originated in 2002 by two college students at the University of Virginia. The two most documented 'High Fives' - October 2, 1977 with Dusty Baker & Glenn Burke of the Los Angeles Dodgers Baseball Team and Wiley Brown & Derek Smith of the Louisville Cardinals men's college basketball team during their 1978 - 79 season. This can be the time to 'impulsively' follow through in doing something others have been highly suggesting / nagging at you to do - taking down the Christmas lights, quit smoking, cleaning out the garage, etc.

To round it out, we can observe 'High Five Day' each and every day of the year sharing with others, recognizing and appreciating their "5 C's → CONNECT, CAPABLE, COUNT, COURAGE, CONTENTMENT ". (Bettner & Lew, 1996; Marecek, 2012) Just think! It could be like Humphrey Bogart in Casablanca who said, "Louie, I think this is the beginning of a beautiful friendship." Just by passing along A Bit of Warmth.

As always, stay well and hydrated. Warm Fuzzies

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