

Through the Eyes of a New ADHA Delegate

This year I had the privilege of representing District XI as an ADHA Delegate. I can remember the fear I felt when our president, Mary Busch, nominated me as a delegate. I thought to myself, “wow, do I really want this responsibility?” Then I saw my students sitting at the table in front of me just looking at me with those eyes. How could I not agree to run for an ADHA Delegate position?

When AzDHA members voted me in, I thought, HOLY COMOLY, I’m never going to learn all I need to know to be a good delegate; however, I had such a strong support system from my local component, CADHA, my constituent, AzDHA, and from ADHA. Most of all, the other District XI ADHA Delegates and our District XI Trustee, Trinity Cleveland, were amazing. We all worked together as a team and helped each other conquer some of our fears.

One of my greatest fears was giving testimony at the House of Delegates. I prayed I didn’t make any mistakes when I spoke. As it turned out, I didn’t, but what I learned from this experience is that I wasn’t alone. There were a lot of others in the same boat with the same fears. I have to say, now that it is over I would definitely do it again in a heartbeat.

Being a delegate was one of the best experiences I have had. It was such a learning experience and a great bonding moment in my life. I will never forget my time in Columbus. Just being surrounded by other hygienists all in one place is truly amazing. Until next year . . . Cheers!

Pamela Larrabee, RDH, BAS, MA

AzDHA Board Member at Large