



Women Lawyers of Franklin County

"We Are Our Own Best Resource!"

www.wlfc.ws

Sandra R. McIntosh, President
Julie Smith, President-Elect

FALL NEWSLETTER 2009

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President's Message

Dear Members:

This promises to be another exciting year for the Women Lawyers of Franklin County. We have already held a number of successful events, including a monthly luncheon featuring Judge French and the kick-off of year two of the popular Dining Circle networking initiative. I hope you will join us for the following upcoming events:

10/22: Mingle with the Judicial Candidates from 5:30-7:30 p.m. at the CBA

11/3: Monthly luncheon from 12:30-1:30 p.m. at the CBA

12/7: Holiday party from 5:30 -7:30 p.m. at the CBA

We also continue to work to provide opportunities for community service and family events. Please visit the website at <http://www.wlfc.ws/> for updated event information throughout the year. You can also renew your membership by visiting the website if you have not already done so this fall.

We look forward to seeing you this year as we continue to prove "We Are Our Own Best Resource!"

Very truly yours,

Sandy

Sandra R. McIntosh



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FALL CALENDAR OF EVENTS

October 22, 2009 @ CBA 5:30 p.m. – 7:30 p.m.

Meet and Greet with Candidates for the Franklin County Municipal Court

We currently anticipate Judges Barrows, Glaeden, Taylor, Dorrian, Tyack and Hale will attend, along with Magistrate Hummer and Rick Brown, who are both running for the vacant seat of retiring Judge Janet Grubb.

Cocktails and hors d'ouvres will be served.

Cost: Members \$10/ Non-members \$15 /Students free.

Payment can be made by cash or check (made payable to WLFC) at the door.

Please RSVP to Lisa Wafer at lwafer@ferronlaw.com or (614) 228-5225.

November 3, 2009 @ CBA 12:30 p.m. - 1:30 p.m.

The November luncheon will focus on business development through online social networking. The featured speaker will be Traci Martinez of Squire, Sanders & Dempsey who will provide tips to practitioners during her presentation, including using Facebook, LinkedIn and other sites to strengthen your client contacts as well as create new ones

Cost: Members \$10 / Non-members \$15.

Payment can be made by cash or check (made payable to WLFC) at the door.

Please RSVP to Julie Smith at jusmith@ssd.com or (614) 365-2700, and include any helpful tips in your RSVP so we can share them at the meeting!

December 7, 2009 @ CBA 5:30 p.m. - 7:30 p.m.

Holiday Party – details TBA



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CARING MATTERS

Women Lawyers often juggle work, family and many trials in between. The Vedic principals of Yama and Niyama can be our co-chairs on life by giving us a balanced perspective and ultimately increasing our own health and happiness. So, if you didn't get a vacation over the summer, let Yama and Niyama 'take you away from it all'.

Yama: Caring For Others

Nonviolence (ahimsa): This "Do No Harm Principle" protects all beings and extends beyond our physical actions to our innermost thoughts. Does the term *mens rea* ring a bell?

Truth and honesty (satya): Lets take a closer look at what our motives are for our daily actions and the excuses we make when we hurt others.

Nonstealing (asteya): Why not use the limelight to give others credit instead of stealing it to self-boast?

Nonlust (brahmacharya): So maybe your sister's hubby is not that hot; but are you coveting her promotion or relationships?

Nonpossessiveness (aparigraha):
Put simply, let it go.

Niyama: Caring For Ourselves

Purity in Mind, Body, Spirit: (shauca). Observe yama (above) to cleanse your spirit. Refresh your body when you get overheated during the day.

And, keep your home, office and environment tidy. Eat fresh, healthy food. Drink lots of water. Breathe in, breathe out!

Contentment (santosha). Bloom where you are planted and don't forget to prune your self so that your goals will come to fruition.

Austerity (tapas). Practice self discipline in body, speech, and mind. Be an early riser so you can exercise or have a quiet time. Bite your tongue on purpose. Listen without thinking of what you want to say next. Aim high so if you fall short you still hit the board. Think positive!

Sacred Study (svadhyaya). Read a sacred text for inspiration and to improve your perspective on life. Hint: "Proverbial" wisdom is old testament and "Be-attitudes" are new.

Divine Awareness: (ishvara-pranidhana). Be devoted to whatever you consider divine. If you do not believe in a "God", at least know and accept what you cannot control for the sake of serenity. Be humble, become wise.

Thanks to Dr. Linda Spedding, International Lawyer and Advisor, who permitted parts of this article to be reproduced from Women in Law International Ltd., 2003-2009.
<http://www.womeninlaw.com/about/health-happiness>



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WLFC VOICES

"BEATING THE EMPLOYMENT BLUES"

Career Counseling: Dedication to Professional Development leads to Job Satisfaction

By: Deborah Miller-Gnann, Attorney and Life-Coach

deborah@tippingpointcoaching.com

Daily news updates on a free falling economy and thousands of job cuts; not exactly an economic environment to dare ponder job satisfaction; or is it? A recent ABA survey found that at least 55 percent of all lawyers worked over 2400 hours per year, which averages out to 45 hours per week. At least 13 percent worked even longer, billing more than 2,880 hours a year or nearly 60 hours per week. If the job has become a grind, that's a lot of time to live in quiet desperation.

Why do lawyers stay stuck in unsatisfactory jobs? Some of the most common rationales include: the time and energy already invested in developing a practice; practicing law is the only way to produce sufficient income to pay down law school debt; a career out of the law will require investing in another degree and starting over in a new area.

Michael Melcher in "The Creative Lawyer: A Practical Guide to Authentic Professional Satisfaction," takes aim at that attitude. Instead of dutifully plodding along, he advocates making a commitment to change and spend 20 minutes a day on activities that will move you toward a new more satisfying career. Specifically, identify people in your career area that have already accomplished a successful job transition and map out a professional learning strategy. Take a self inventory of what you do and do not like about your current and previous jobs and assess your own strengths and weaknesses. Determine what skills you have now and what you will need to make a change and develop a plan for acquiring them. Build a network of supportive colleagues, friends, mentors and a professional coach to help you develop a plan of action.

Finally and most critically, develop a strong sense of purpose- those who succeed in the face of adversity know their lives have meaning and that a quality work life is worth pursuing.

Are you an WLFC member who wants to voice your opinion on an issue relevant to women and the law? Email your article to regina@voltolinilaw.com. Put WLFC Voices in the subject line.



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ROCK THE BAR

Received any Recognition Lately?

Super Lawyers/ Rising Stars of 2009?
Personal Honors/ Achievements?
New Practices/Partnerships?
Bar Admissions/ Certifications?
Appointments/Elections?
Acts of Service (or Opportunities)?

**If so, send it to Regina Richards at regina@voltolinilaw.com
(Make sure you put WLFC "Rock the Bar" in the subject line.)**

Meanwhile, why not seize an opportunity for community service?

**Ohio Center for Law Related Education
*Editor's Choice for Volunteering!***

OCLRE hosts the Ohio Middle Schools and High Schools Annual Mock Trials at our State Capital and is seeking qualified volunteer judges for the 2009-2010 competition. Contact Kate Strickland at KStrickland@oclr.org if you are interested in volunteering. Then inspire your sisters at bar by sharing your experience in an upcoming newsletter!! It's a 'win-win'!!

**Florence Murray
2009-2010 WLFC Community Service Chair**

If you need inspiration or information on volunteer opportunities with other WLFC members email Florence.murray@development.ohio.gov. And keep your eyes open for notice of community service projects with WLFC to be posted in the listserv or upcoming newsletters.