

QUALITY OF LIFE COMMITTEE

January 31, 2018 Meeting Minutes

Meeting held at Stoll Berne (and by phone)

Present

Nadia Dahab (chair)
Michelle Ryan (sec)
Aaron Johnson
Ellen Pitcher
Greg Classens
Kara Gorvo
Linda Larkin
Meredith Good
Michelle Lane
Sally Claycomb
Tanya Hanson

Not Present

Bruce Nishioka
Deena Anreise
Emily Farrell
Guy Greco
James Meiers
Shannon Wilson

I. Committee Member Introductions

- Chair started the meeting with a quorum present (including those appearing by phone)

II. Subcommittee Status Reports

A. Social Media & Publications

- a. Membership? Greg, Sally, Kara, Mike? Aaron?
- b. Goals:
 - i. Revive twitter account
 - ii. Engagement via Facebook QOL page
 - iii. Publish articles in OSB Bulletin, OAAP Insight
- c. Project Status:
 - i. Working on twitter account
 - ii. Engaged with FB account
 - iii. Brainstorming topics and outlines for articles

B. Work-Life Balance

- a. Membership? Michelle, Nadia, Tanya, Shannon, Ellen, Kara
- b. Goals:
 - i. Mindfulness for Lawyers noon workshops in metro area
 - ii. Caregiving for lawyers brown bags downtown
- c. Project Status:
 - i. Mindfulness workshops are in planning stages, logistics being finalized

- ii. Caregiving ones are in limbo because Lori was key point person for this and she is no longer on committee. Need someone else to step up to be key point person for this.

C. Law School Presentations

- a. Membership? Greg, Mark
- b. Goals: “survival skills” presentation/roadshow at all three Oregon law schools
- c. Project Status:
 - i. Willamette University Law School: more panelists than students
 - ii. Lewis & Clark Law School: Ellen volunteered to contact them
 - iii. University of Oregon School of Law: Emily works there

III. Subcommittee Appointments and Goals:

- Nadia will provide assignments for the subcommittees
- Each subcommittee meets on the month that QOL does not (at a minimum)

IV. Other Business:

- Michelle suggested that we work with the ONLD and maybe the solo/small firms section
- Compliance with public meeting laws

V. Next Meeting: March 28th at noon at Stoll Berne

V. Meeting adjourned.