

# OREGON STATE BAR QUALITY OF LIFE COMMITTEE

November 14, 2013 Meeting Minutes

PRESENT			ABSENT
Heather Decker (Chair)	Kyle Dukelow	Cody Elliot	Mindy Stannard
Eva Marcotrigiano (Secretary)	Virginia Terharr (Potential Advisory Member)	Damon Tempey (Public Member)	AnneMarie Sgarlata
Michael Reid	George Wolff (OSB Liaison)	Adina Flynn (Advisory Member)	
Amy Miller	Tanya Hanson (PLF Liaison)	Anne Villella	

- I. **Welcome and Introductions.** Chair Heather Decker opened the meeting at 12:00pm, with members present in person and via telephone.
  
- II. **Minutes.** The October 10, 2013 meeting minutes were approved.
  
- III. **Chair’s Report.**
  - a. **Heather’s Thoughts** – Wanting to focus on what quality of life means to each of us personally. It isn’t like a combination lock, where you have to get it perfectly right and it is the same all of the time – there is no specific set of circumstances to “get it right.” It more refers to circumstances that we find ourselves in, and how we respond and manage those circumstances. Still need to prioritize the things that make us feel whole.
  - b. **Draft Quality of Life Committee 2013 Annual Report** – Draft was discussed, edited, and supplemented as necessary with regard to activities and accomplishments
  
- IV. **Subcommittee Reports.**
  - a. **Law School Presentations** – The QOL event at University of Oregon was held on Thursday, September 19, and consisted of a one-hour presentation followed by a one-hour speed networking event. Students at the event were concerned about obtaining employment. Kyle, Mindy, Heather, and Eva will appear at the upcoming Willamette Law School presentation, scheduled for October 16 at 4:30pm. It will begin with Heather presenting on the “10 Minute Fix,” followed by a speed networking session with students.  
*Willamette* – see the QOL Annual Report for the info ☺
  - b. **Transitions** – Amy and AnneMarie will connect next week to add information to the website regarding company policies. *The policies are on the website and are there for us to review. AnneMarie and Amy will be talking next week to create bullet points, summary of these things.*
  - c. **Work/Life Balance** – Heather will connect with Tanya to contact subcommittee members Michael and Anne to set up a meeting. Heather

would still like this subcommittee to pursue a “technology holiday” event in the future. *Anne and Tanya have met, self-imposed deadline of December 4 for a draft for everyone’s review and comment, to get into the publication queue for 2014 (ahh what article?). Move forward with the day of unplugging; will do some research on social media addiction, reasons why attorneys should even consider doing this.*

- d. **Website & Publications** – Amy has taken over this position. It is believed that the OSB technical glitch is rectified, as Molly at the OSB has confirmed the fix. The link to our Committee website from the OSB webpage has been rectified, and the backlog of information has been added to our site. A discussion began about how our website currently lacks appeal, the issue of driving people to our website, adding a Google analytics tracker, the possibility of an additional social media outlet, and whether the site is to be more of a catalogue of information or serve a further purpose. These issues to be further discussed and resolved in the future. *Website is updated and current. Old website is still active, however, despite contact with Molly. If you do a google search they both come up. Google analytics has been added. 10 unique visits in the last month. Would like to post segments from the 10 minute fix for people to click on and do on their own.*

## V. **Old/Continuing Business.**

### a. **Charge Revisions.**

- i. *Mission Statement: Heather culled many of the suggestions and input set forward two options – option one was unanimously adopted by the committee members. Yay we have a new mission statement!*
- ii. *Objectives: Heather culled many of the suggestions and input set forward in the draft revisions by Eva and Heather. The objectives were read aloud with the new language and grammar. Individual objectives were discussed and minor revisions were made. The revised objectives were unanimously adopted.*

## VI. **Adjourn.** The meeting was adjourned at 1:00pm. Our next meeting is Thursday, November 14, 2013, 12-1pm, at the Oregon State Bar.

- a. Meetings are held the second Tuesday of each month. The call-in information is specific to our Committee: 1-888-727-6732, passcode 952692.
- b. *Voicebox for our final meeting in December for a fun end-of-year meeting ☺ in lieu of a formal December meeting.*
- c. *Next formal meeting will be Thursday, January 9 (remember to think about your goals for the year for our monthly check-in)*