

OREGON STATE BAR QUALITY OF LIFE COMMITTEE

January 8, 2014 Meeting Minutes

PRESENT		ABSENT
Eva Marcotrigiano (Chair)	Kristy Faricy	Cody Elliot
Anne Villella	Reuben Medina	Damon Tempey (public member)
Amy Miller (Secretary)	Heather Decker (advisory member)	Tanya Hanson (PLF liaison)
Michael Reid	Kyle Dukelow (advisory member)	Mindy Stannard
Virginia Terharr (public member)	Charles Schultz (OSB liaison)	
Mark Rauch	Adina Flynn (advisory member)	
AnneMarie Sgarlata	Michelle Lane (OSB)	
Marilyn Heiken		

- I. **Welcome and Introductions.** Chair Eva Marcotrigiano opened the meeting at 12:07pm, with members present in person and via telephone. Personal introductions were shared. A quorum (7) was met.

- II. **Minutes.** The November 2013 meeting minutes were approved.

- III. **Chair's Report.**
 - a. Personal QOL Goal: Chair Eva Marcotrigiano explained that in the February meeting each member would have a chance to present a personal goal and allow for committee check in throughout the year.
 - b. Committee review of new (11/14/13) mission and objectives. Awaiting BOG approval which should occur in February.
 - c. The 2013 Annual Report as submitted to the OSB was reviewed. Past Chair Heather Decker stated that Tom Kranovich, incoming OSB president, appreciated the detailed report and greatly assisted the Bar in making 2014 committee appointments. Heather believes the OSB is supportive of the committee proceeding with financial education and guidance opportunities.
 - d. Calendar Year Outline: Eva suggested creating a calendar year outline as to timing and tasks of the committee for 2014.
 - e. Committee Listserv: Committee members are to feel free to use as we see fit, however it does not allow attachments. If you would like to change your listserv email address or preferences, you can update using the member dashboard or you may contact Michelle Lane (mlane@osbar.org).

IV. **Subcommittee Reports.**

Committee members to email Eva with preference for subcommittee. There is room for flexibility within the subcommittee tasks. Committee assignments will be determined over the next few weeks. A summary of each committee's role and function was presented.

- a. **Law School Presentations** – There was a group discussion of timing of the presentations in the spring versus fall. Discussion of Heather Decker presenting the 10 Minute Fix CLE to the law schools, with possibly an opportunity to do the CLE for the University of Oregon in the spring. Kyle Dukelow and Eva Marcotrigiano summarized the work of this committee.
- b. **Transitions** – Anne Marie Sgarlata gave an update as to recent subcommittee projects, including the work life balance links and policies. The committee plans to add more information to the website and also to write an article for the OSB Bulletin as to a summary of the policies. For next year, the subcommittee may interview folks who have undergone transitions and what it takes to do so. Virginia Terharr pointed out OAAP has regular transitions presentations and advisors to assist with transitions.
- c. **Work/Life Balance** – Anne provided an update regarding the subcommittee’s work, which met in November 2013. Anne drafted an article and is awaiting feedback from the subcommittee. The OSB December Bulletin contained an article similar to the one drafted by Anne. The committee also discussed Sabbatical CLE #2 and supporting the National Day of Unplugging.
- d. **Website, Social Media & Publications** – As noted in the October 2013 minutes, the webmaster position is to be 2 year position if possible as the learning curve is a little steep. Amy Miller proposed a purpose for the website: that it primarily serve a library for our Committee and contain our roster, minutes, agendas, etc. as well as contain Committee work product and helpful links. The small number of people viewing the website in conjunction with the workload to increase website visibility and maintain it are primary reasons for this proposal. A draft design will be presented at the next Committee meeting. Heather Decker suggested changing the subcommittee name to Website and Social Media committee, and pointed out the uniqueness of the website. Reuben Medina suggested using a Facebook page. Marilyn Heiken uses WordPress at her office and can assist with the site.

V. QOL Exercise

- a. Eva Marcotrigiano shared three stretches to combat computer use fatigue.

VI. Adjourn. The meeting was adjourned at 1:00pm. Our next meeting is Thursday, February 13, 12-1pm, at the Oregon State Bar.

- a. The call-in information is specific to our Committee: 1-888-727-6732, passcode 952692.