

OREGON STATE BAR
QUALITY OF LIFE COMMITTEE
January 10, 2013 Meeting Minutes

Present		Absent
Heather Decker (Chair)	Anne Villella	Amy Miller
Eva Marcotrigiano (Secretary)		Tanya Hanson (PLF Liaison)
Kyle Dukelow	Damon Tempey (Public Member)	Meloney Crawford (OAAP Liaison)
Mindy Stannard	Stacy Hankin (OSB Liaison)	Michael Reid
		Kali Tara Yost

1. Welcome and Introductions. The meeting was opened by Chair Heather Decker at 12:05p.m., with members present in person and via telephone. Each member introduced themselves and their practice, and discussed the meaning of “quality of life.”

Thoughts such as quality of life being both internal and external, living life on your own terms, and it being a process as opposed to something attained were shared.

2. Approval of Meeting Minutes. The November 8, 2012 meeting minutes were approved with a revision.

3. Chair’s Report.

Heather discussed how we need to keep in mind “Quality of Life” within each of our subcommittees.

We discussed the possibility of participating in/having the OSB sign on as a partner organization for the National Day of Unplugging (<http://www.sabbathmanifesto.org/unplug>) to encourage lawyers to take a break from technology. In its second year, the event will be held from sundown on Friday, March 1st to sundown on Saturday, March 2, 2013. As this event may be associated with a religiously affiliated group, Heather will be contacting the OSB to find out if the religious association would be a problem for the bar.

As we are promoting quality of life on this committee, it was proposed that each member choose their own quality of life-related thing to do, and then at the beginning of each meeting we will have a member check-in to report our progress, keep us on track, etc. The idea is to pick something that we can help you with, something you can check in about, and then we will keep each other accountable in our meetings.

4. Annual Report – 2012 Activities and Accomplishments.

a. Review of the Committee Charge – In December, Heather Decker and Eva Marcotrigiano met to discuss revisions. Heather and Eva will be working together to draft a

revised charge to propose to the committee. We will be updating the charge to be more holistic and integrated, with a focus on the “doing” part.

b. Committee Membership Update: Patrick Ehlers joined the Board of Governors so cannot remain on our committee. Two new committee members are under consideration to be appointed to the committee.

c. Ideas for the Coming Year: We discussed the importance of sleep and the possibility of putting on CLE(s) teaching lawyers how to calm down to go to sleep. Damon Tempey advised that there are a series of articles on how sleep affects your life and health featured on the January cover of the professional journal for psychologists – the monitor of psychology published by the American Psychological Association (APA).

We discussed the book “What do to with a Law Degree,” how Tanya Hanson helped with revisions to the book, and how there is an upcoming CLE at the OSB focusing on this material.

5. Subcommittee Assignments.

a. Law School Presentations. Kyle Dukelow (chair), Mindy Stannard, Michael Reid. Will be beginning to plan and prepare for next year’s law school presentations.

b. Transitions in the Practice of Law. Amy Miller (chair), Damon Tempey, Tanya Hanson. Amy and Kevin Myles (last year’s chair) finished an article for the OSB Bulletin, which has been forwarded to the committee for feedback. Amy contacted Michael Haglund and Ethan Knight about what we could do to help implement the Senior Lawyers Task Force Report, and anticipates more information to report at our next meeting.

c. Home/Work Life Balance. Anne Villella (chair), Kali Tara Yost. Eva Marcotrigiano was on this subcommittee last year, and will contact Patrick Ehlers to follow up on the Sabbaticals CLE that he was in charge of planning before he went to the Board of Governors.

We will need to round out these subcommittees at the next committee meeting. The subcommittees need to start meeting to get off the ground.

d. Website and Publications. If you are interested in doing this, please let Heather Decker know! Damon Tempey expressed interest if he can be assisted by his son with the process.

6. Reports.

a. **Transitions Subcommittee:** Submitted an article and it was published in the last OSB Bulletin.

b. Home/Work Life Balance: Upcoming sabbaticals CLE entitled “Recharging your Career – the Importance of Sabbaticals” is scheduled for Thursday, February 7, 2013 from 12-1pm at Stoel Rives. Chris Kitchel, Mr. Lyons, and Patrick Elhers will be presenting about their adventures while on sabbatical.

c. Oregon Legal Jobs Summit: The **Transitions Subcommittee** should contact them to hook up with the task force and follow what they are doing, so that we can see if there is a roll we can be playing and report back to us.

7. Next meeting – February 14, 2013, 12-1pm, Oregon State Bar.

8. Adjourn. The meeting was adjourned at 1:00 p.m.

OREGON STATE BAR QUALITY OF LIFE COMMITTEE

February 14, 2013 Meeting Minutes

PRESENT		ABSENT
Heather Decker (Chair)	Amy Miller	Kyle Dukelow
Eva Marcotrigiano (Secretary)	Cody Elliot	
Anne Villella	Damon Tempey (Public Member)	
Michael Reid	Stacy Hankin (OSB Liaison)	
Mindy Stannard	Tanya Hanson (PLF Liaison)	Meloney Crawford (OAAP Liaison)

- I. **Welcome and Introductions.** Chair Heather Decker opened the meeting at 12:03pm, with members present in person and via telephone. The concept of “quality of life” was discussed and personal goals were shared.

- II. **Approval of Prior Meeting’s Minutes.** The January 10, 2013 meeting minutes were approved.

- III. **Chair’s Report.**
 - a. **Member Spaces** (two available):
 - i. Awaiting the Board of Governors’ approval of Cody Elliot.
 - ii. Todd Cleek may join. He will attend our next meeting.

 - b. **Meeting Schedule:** We will continue to meet on the second Thursday of each month, 12-1pm at the Oregon State Bar (break for July and August).

 - c. **Charge:** Revisions are in progress; we will revisit the charge this spring.

 - d. **“Quality of Life” Considered Article:** Heather will compile QOL Committee member ideas and responses on the meaning of “quality of life” to potentially turn into an article.

 - e. **Initial Committee Report:**
 - i. Heather submitted the Initial Committee Report to the Bar on behalf of the QOL committee.
 - ii. The report outlines (1) the committee’s goals and objectives for this year, and (2) the subcommittees, subcommittee chairpersons, and subcommittee responsibilities.

- IV. **Old Business: Subcommittee Assignments, Chairs, & Tasks.**
 - a. **Law School Presentations** – Kyle Dukelow (chair), Mindy Stannard, Cody Elliott. Schedule and present networking and “10 Minute Fix” CLEs at each of the three law schools.

- b. **Transitions** – Amy Miller (chair), Damon Tempey, new member. Publish recent OSB article to QOL website; follow up on Legal Job Summit Task Force and the Senior Lawyer Task Force Report; solicit examples of quality of life policies (flex time, sabbatical, telecommuting) from small, medium, and large Oregon law firms (urban and rural) to publish on the QOL website.
- c. **Work/Life Balance** – Tanya Hanson (chair), Anne Villella, Michael Reid. Working on new initiatives this year: Day of Unplugging (set up some kind of sharing website where participants can post afterward; submit an article for the Bulletin & QOL website); Sleep CLE & article for Bulletin and QOL website. Stress reduction techniques CLE in conjunction with MBA YLS Professional Development Committee (“10 minute fix”). Heather will teach relaxation and chair yoga; also a presenter on meditation (April or May).
- d. **Website & Publications** – Damon Tempey. Update QOL Roster and information on website; publish articles authored by the Committee and about wellness issues of interest to the legal community; post information about upcoming CLEs and links to CLE recordings and content; publish archive of quality of life law office policies.

V. **Subcommittee Reports.**

- a. **Law School Presentations** – No report, though it is in progress.
- b. **Transitions** – Amy is having difficulty getting a response from the task force; committee members volunteered to assist through their connections.
- c. **Work/Life Balance** – The CLE “Recharging your Career – the Importance of Sabbaticals” was held on February 7, 2013 from 12-1pm at Stoel Rives. Three presenters discussed their adventures while on sabbatical.
 - i. The idea of a Sabbaticals Part II CLE could focus more on how to take a sabbatical/how to plan for it career-wise, financially, etc.
- d. **Website & Publications** – No report. Amy Miller volunteered her technical expertise to assist with the website. .

VI. **New Business.**

- a. **National Day of Unplugging** (<http://www.sabbathmanifesto.org/unplug>) was discussed as a way to encourage lawyers to take a break from technology. In its second year, the event will be held from sundown on Friday, March 1st to sundown on Saturday, March 2, 2013. The Committee decided that the timing on this was too soon to implement this year. The Work/Life Balance subcommittee will consider and outline plans for doing this or an independent technology sabbatical event in the future.
 - i. There is also a Screen-Free Week (http://en.wikipedia.org/wiki/Screen-Free_Week), formerly TV Turnoff Week, which will be held April 29 – May 5, 2013.

VII. **Adjourn.** The meeting was adjourned at 12:53pm. Our next meeting is Thursday, March 14, 2013, 12-1pm, at the Oregon State Bar.

OREGON STATE BAR

QUALITY OF LIFE COMMITTEE

March 14, 2013 Meeting Minutes

PRESENT		ABSENT
Eva Marcotrigiano (Secretary)	Amy Miller	Heather Decker (Chair)
Kyle Dukelow	Cody Elliot	Mindy Stannard
Anne Villella	Stacy Hankin (OSB Liaison)	Damon Tempey (Public Member)
Michael Reid	Tanya Hanson (PLF Liaison)	Meloney Crawford (OAAP Liaison)

- I. **Welcome and Introductions.** Amy Miller opened the meeting at 12:05pm, with members present in person and via telephone. Personal updates were shared.
- II. **Approval of Prior Meeting's Minutes.** The February 14, 2013 meeting minutes were approved.
- III. **Chair's Report.**
 - a. **Member Spaces:**
 - i. Cody Elliot has been approved by the Board of Governors.
 - ii. Todd Cleek was supposed to attend today's meeting but did not. We will need to identify another person to fill the remaining member slot.
- IV. **Subcommittee Reports.**
 - a. **Law School Presentations** – Kyle Dukelow (chair) advised that new member Cody Elliot will be on this subcommittee. The subcommittee will be meeting in 1-2 weeks to discuss divvying up the schools and planning the presentations. The subcommittee will be advising the schools what we can offer, with a focus on quality of life; for example, teaching meditation skills so the students have the skills to use when they are in need.
 - b. **Transitions** – Amy Miller (chair) reached out to the legal task force and obtained the most recent report at that time (January 9, 2013). The Board of Governors has directed OSB staff to work on the modest means program, a rural law program, and a law practice management program. It was discussed how the law practice management program may be an area where the Quality of Life Committee may be able to assist; for example, in accepting and rejecting clients and with health-related policies in law firms.
 - c. **Work/Life Balance** – The subcommittee has met and discussed Ann's article for CLE, talking with Damon Tempey and with Shari Gregory; also, the idea of social media addiction.
 - d. **Website & Publications** – No update.

V. **New Business.**

a. Sabbaticals 2.0 CLE.

- i. There is desire to do a "2.0" CLE relating to sabbaticals to include people from small firms discussing the financial planning aspect of how to go about it, the implications of being gone for a month versus an entire year, and other options such as working for an hour a day remotely from another country using a service such as Skype.

VI. **Adjourn.** The meeting was adjourned at 12:40pm. Our next meeting is Thursday, April 11, 2013, 12-1pm, at the Oregon State Bar.

OREGON STATE BAR QUALITY OF LIFE COMMITTEE

April 11, 2013 Meeting Minutes

PRESENT (ALL)		
Heather Decker (Chair)	Amy Miller	Mindy Stannard
Eva Marcotrigiano (Secretary)	Cody Elliot	Tanya Hanson (PLF Liaison)
Kyle Dukelow	Michael Reid	Stacy Hankin (OSB Liaison)
Anne Villella	AnneMarie Sgarlata	Damon Tempey (Public Member)

- I. **Welcome and Introductions.** Chair Heather Decker opened the meeting at 12:01pm, with members present in person and via telephone. Personal updates were shared, and new member AnneMarie Sgarlata introduced herself. The OAAP is not able to have a liaison present for our meetings, so we need to address removal of this non-voting member with the OSB.
- II. **Approval of Prior Meeting's Minutes.** The March 14, 2013 meeting minutes were approved.
- III. **Chair's Report.**
 - a. **Member Spaces:**
 - i. Adina Flynn is an inactive member of bar who works as a financial planner. She will be joining as an advisory member of QOL Committee (non-voting) and will be on the Transitions Subcommittee.
 1. As a committee, we should consider financial well-being as part of our entire well-being. Adina would be an asset re: assistance and resources to manage our finances better, from helping young lawyers deal with their debtload to lawyers planning for retirement. Furthermore, she has been through her own transition from lawyer to financial advisor.
 - ii. Adina and AnneMarie have not been "officially" added to the QOL Committee by the OSB; that should occur by our May meeting.
- IV. **CLE Announcement.**
 - a. **The 10 Minute Fix CLE** is being presented by Heather Decker and Kathleen Bell, RN. They will demonstrate three different stress-relieving things you can do at your desk. The MBA informational flyer was passed around.
 - i. Eva will be rewriting the informational flyer to provide more information about the presenters, and that information will be

distributed via email from the OSB, MBA, and OWLS listserv. QOL Committee members will be receiving an email about this CLE shortly.

V. **Subcommittee Reports.**

- a. **Law School Presentations** – The subcommittee has met, and it turns out that each subcommittee member has a separate alma mater. Contacts with the schools have been made, and the schools are interested. The subcommittee is in a holding pattern until approximately the end of May. The subcommittee wants to do something more related to quality of life, but also do the speed-networking event. It was noted that Kyle’s remarks last year were informative and helpful for the students. A panel re: “day in the life” was suggested.
- b. **Transitions** – The subcommittee will be gathering sample policies and procedures (re: sabbaticals, working at home) from law firms or other companies. They have solicited information from Nike and Intel contacts. Discussion re: the OAAP Lawyers in Transition program, which has speakers once per month.
- c. **Work/Life Balance** – Tanya has called Shari Gregory to see if the OAAP is addressing the topic of sleep deprivation and sleep protocols (CLE or an article). The most recent main article in the OAAP’s “InSight” publication was about lessons on work/life balance and making your boundaries firm (article reprinted from the Benchers/Inns of Court).
- d. **Website & Publications** – Damon has been working on changes, though the updates have apparently not gone through so he will be following up on that issue. Discussion re: what to add to our website, such as a link to “InSight.” Additionally, any time an email goes out from our committee, our website address should be included.

VI. **New Business.**

a. **Sabbaticals 2.0 CLE.**

- i. The transitions and work/life balance subcommittees will work on this. Adina’s financial input would be a helpful aspect to include in this CLE.

VII. **Adjourn.** The meeting was adjourned at 12:55pm. Our next meeting is Thursday, May 9, 2013, 12-1pm, at the Oregon State Bar.

- a. We will meet in June, but not in July or August (except for the law school presentations subcommittee, as that is their busiest time).

OREGON STATE BAR QUALITY OF LIFE COMMITTEE

May 9, 2013 Meeting Minutes

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

- I. **Welcome and Introductions.** Chair Heather Decker opened the meeting at 12:07pm, with members present in person and via telephone. Heather led the committee in a relaxation breathing practice that will be taught as part of the upcoming “10 Minute Fix – Stress Reduction Techniques for Attorneys” CLE.

- II. **Minutes.** The April 11, 2013 meeting minutes were approved.

- III. **Chair’s Report.**
 - a. **Member Spaces:** The Board of Governors approved AnneMarie Sgarlata as a new Committee member and Adina Flynn, J.D. as an advisory (non-voting) member. A new updated committee roster was distributed.
 - i. Adina Flynn, J.D. practiced law for three years and then transitioned to her current position as a financial planner, her career for the last 14 years. Adina’s financial planning expertise and experience with career transition will be helpful in addressing quality of life issues related to financial issues facing lawyers, particularly recent graduates and retiring attorneys. Adina will serve on the Transitions Subcommittee.

- IV. **CLE Announcement/Old Business.**
 - a. **The 10 Minute Fix CLE** is next Thursday, May 16, 2013, noon to 1 pm at Perkins Coie LLP. Presenters are QOL Chair Heather Decker and Kathleen Bell, RN. They will demonstrate and lead participants in three different stress-relieving things you can do at your desk – Relaxation Breathing, Chair Yoga and Meditation. The planning meeting with the MBA YLS Professional Development & Education Committee went well.
 - b. A podcast about Work-Life Balance was recently posted on the OWLS listserv.
 - c. No QOL meeting in July or August; whether the subcommittees meet is up to them. Please let Chair Heather Decker know if you need space, etc. to meet.

V. **Subcommittee Reports.**

- a. **Law School Presentations** – Schools have all committed to QOL presentations in the fall, and dates will be confirmed soon.
- b. **Transitions** – The subcommittee met recently, and will schedule a next meeting in the next month or so. AnneMarie is compiling sample policies and procedures, which will be put on our website. If you have ideas, please let her know. The subcommittee will be reaching out and contacting firms that recently spoke at a CLE on this area. They will also contact the OSB PR representative to obtain the OSB's policies. They are looking into public (law), private (law), and business policies which include telecommuting, parental leave, and childcare options. The information would also help firms who are looking to update their own materials and practices.
- c. **Work/Life Balance** – The subcommittee had a telephone conference yesterday. The recent International Legal Storytelling Project was discussed, and how some of the research could be worked into an article. The subcommittee is working with the OAAP on a CLE related to sleep issues (sleep apnea and other disorders, sleep hygiene and getting enough sleep); Heather suggested local sleep doctor Gerald Rich, M.D. as a potential presenter. Heather suggested a CLE by local author and breathing expert Al Lee who presents seminars to professionals on breathing techniques for relaxation, as well as intellectual and physical performance optimization and energy management. Heather and Stacy Hankin will investigate this further with the OSB CLE office.
- d. **Website & Publications** – Amy and Damon are connecting on how best to update the website with the information obtained by the Transitions Subcommittee.

VI. **New Business.**

a. **Sabbaticals 2.0 CLE.**

- i. The transitions and work/life balance subcommittees will work on this. Adina's financial input will be a helpful aspect to include.

VII. **Adjourn.** The meeting was adjourned at 12:47pm. Our next meeting is Thursday, June 13, 2013, 12-1pm, at the Oregon State Bar.

- a. The call-in information is specific to our committee: 1-888-727-6732, passcode 952692.
- b. The Committee will meet in June, but not in July or August.

OREGON STATE BAR QUALITY OF LIFE COMMITTEE

June 13, 2013 Meeting Minutes

PRESENT		ABSENT
Eva Marcotrigiano (Secretary)	Stacy Hankin (OSB Liaison) (initially, to initiate call)	Heather Decker (Chair)
Kyle Dukelow		Cody Elliot
Anne Villella		Damon Tempey (Public Member)
Michael Reid		Amy Miller
Mindy Stannard		Adina Flynn (Advisory Member)
AnneMarie Sgarlata		Tanya Hanson (PLF Liaison)

- I. **Welcome and Introductions.** Secretary Eva Marcotrigiano opened the meeting at 12:01pm, with members present in person and via telephone. Personal updates were shared.

- II. **Minutes.** The May 9, 2013 meeting minutes will be voted upon at the September meeting.

- III. **Secretary's Report.**
 - a. **Committee Charge Revisions:** Secretary Eva Marcotrigiano has been working on revisions to the charge. Chair Heather Decker and Eva will present suggested changes to the Committee in the fall. Members interested in proposing revisions, please email Eva at evamarie32@yahoo.com.
 - b. No QOL meeting in July or August; whether the subcommittees meet is up to them. Please let Chair Heather Decker know if you need space, etc. to meet.

- IV. **CLE Updates/Old Business.**
 - a. **The 10 Minute Fix CLE** was held on Thursday, May 16, 2013, from noon to 1 pm at Perkins Coie LLP. QOL Chair Heather Decker and Kathleen Bell, RN successfully presented information and techniques, with multiple Committee members present. The CLE was well-received and will be replicated in some form at the local law schools. A summary of the CLE, written by Eva, will be published in the Multnomah Lawyer.
 - b. The possibility for holding a CLE with Al Lee, local breathing expert and author, has been tabled. Stacy Hankin can report on her discussions with the OSB at our next meeting.

- V. **Subcommittee Reports.**
 - a. **Law School Presentations** – Schools have all committed to QOL presentations in the fall. A traditional presentation will be held at Willamette Law School, which will incorporate information and practice from Chair

Heather Decker's 10 Minute Fix CLE, with a speed-networking session after the formal presentation. Lewis & Clark has opted to hold a type of "career day," where the Committee will have a table set up. The University of Oregon is interested in both speed-networking and a presentation. Dates to be finalized.

- b. **Transitions** – AnneMarie has reached out to a number of companies, both legal and general. The companies are willing to allow for a link to their policies on our website, but are generally opposed to us posting the policies themselves. Eva suggested this may be due to the inability for the companies to update our website if their policies change, and suggested that any policies that are put up on our website be listed as suggestions only and not attributed to a specific company to alleviate this issue.
- c. **Work/Life Balance** – Anne discussed the International Legal Storytelling Conference, which will be held in July. Anne elaborated on how the lawyer-client relationship is increased by a lawyer's listening skills and allowing the client to be heard, and on the theory of storytelling, where the lawyer advocates for their client by successfully conveying the client's story. Anne will be presenting and writing an article in the future on the above.
- d. **Website & Publications** – Kyle has located the University of Oregon Law School networking presentation and has submitted the link to Damon for inclusion on our website.

VI. **New Business.**

a. **Sabbaticals 2.0 CLE.**

- i. The transitions and work/life balance subcommittees will work on this. Adina's financial input will be a helpful aspect to include.

VII. **Adjourn.** The meeting was adjourned at 12:26pm. Our next meeting is Thursday, September 12, 2013, 12-1pm, at the Oregon State Bar.

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

OREGON STATE BAR QUALITY OF LIFE COMMITTEE

September 12, 2013 Meeting Minutes

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

- I. **Welcome and Introductions.** Chair Heather Decker opened the meeting at 12:05pm, with members present in person and via telephone. Personal updates were shared.

- II. **Minutes.** The May 9, 2013 and June 13, 2013 meeting minutes were approved.

- III. **Chair's Report.**
 - a. **The 10 Minute Fix CLE** – Secretary Eva Marcotrigiano wrote an article about the CLE for the Multnomah Bar Association Newsletter, which was published in the September 2013 newsletter. The article will be posted to our website.
 - b. **Website** – Amy Miller is taking over the QOL Committee website. It was discussed that the webmaster position should be a two-year commitment, and that a clear purpose for the website needs to be developed.

- IV. **Subcommittee Reports.**
 - a. **Law School Presentations** – Lewis & Clark Law School is calling their career day event on Wednesday, September 18, 2013 a “pub crawl,” at which we will have a table set up. The QOL networking presentation at University of Oregon is scheduled for Thursday, September 19, with three new speakers, and will be followed by a speed networking event. Heather Decker will present the 10 Minute Fix CLE on October 16 at Willamette Law School, and a speed-networking session will commence after the presentation.
 - b. **Transitions** – Amy Miller reported on her interactions with the Legal Task Force, which appears to have fallen stagnant. Ethan Knight was leading the charge on this committee, but he is busy prosecuting a large case. Amy has continued to let them know that we are available as a resource. AnneMarie reached out to a number of companies, both legal and general, regarding internal policies, but has received hesitation from them for sharing such information through our Committee. She may contact HR departments directly. It was discussed that any policies that are put up on our website be listed as suggestions only and not attributed to a specific company to

alleviate this issue. The policies could be identified as samples from a “small firm” or “boutique firm,” for example.

- c. **Work/Life Balance** – Heather would still like this subcommittee to pursue a “technology holiday” event in the future.
- d. **Website & Publications** – Amy Miller has taken over this position.

V. **New Business.**

a. **Charge Revisions.**

- i. Heather Decker and Eva Marcotrigiano have prepared a redline document with proposed changes. The document was distributed at the meeting and via our Committee listserv. Ideas re: the Committee mission and the impact of quality of life on finances were discussed. Input is requested from committee members for further revisions.

VI. **Adjourn.** The meeting was adjourned at 1:00pm. Our next meeting is Thursday, October 10, 2013, 12-1pm, at the Oregon State Bar.

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

OREGON STATE BAR QUALITY OF LIFE COMMITTEE

October 10, 2013 Meeting Minutes

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

- I. **Welcome and Introductions.** Chair Heather Decker opened the meeting at 12:00pm, with members present in person and via telephone. Heather conducted a 10 Minute Chair Yoga session.
- II. **Minutes.** The September 12, 2013 meeting minutes were approved.
- III. **Chair's Report.**
 - a. **New Committee Appointments** – Heather and Eva have been working on appointment recommendations to the OSB, which are due October 11, 2013. Sarah Hackbart was present on behalf of the OSB to help determine the needs of our Committee in appointing a new OSB liaison. We indicated that we are looking to diversify, and that it would be helpful to have an attorney as our OSB liaison, who could keep us informed as to Board of Governors updates and possess other relevant connections.
- IV. **Subcommittee Reports.**
 - a. **Law School Presentations** – Lewis & Clark Law School's event "The Bar Prowl" was held on Wednesday, September 18, 2013. Subcommittee members Cody and Mindy ran the QOL table, where they talked with students who were mostly concerned with obtaining employment. This was the first time that L&C held this event, and it had some organizational issues. Adina is on the L&C Alumni Committee, and received the impression that students were confused as to the point of the event. Event sponsors had bigger tables and were placed in a more trafficked area. 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. Again, students at the event were most 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.

- b. **Transitions** – AnneMarie will take over as chair of this subcommittee, as Amy Miller will become the Secretary of the QOL Committee beginning in January, upon approval of appointment recommendations to the OSB. Amy and AnneMarie will connect next week to add information to the website regarding company policies.
- 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.
- 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.

V. **Old/Continuing Business.**

a. **Charge Revisions.**

- i. Heather Decker and Eva Marcotrigiano have prepared a redline document with proposed changes. The document was distributed at the meeting and via our Committee listserv. Ideas re: the Committee mission and the impact of quality of life on finances were discussed. Input is requested from committee members for further revisions.

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. For next meeting check-in – what is your favorite karaoke song?