

OREGON STATE BAR QUALITY OF LIFE COMMITTEE

March 13, 2014 Meeting Minutes

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

- I. **Welcome and Introductions.** Amy Miller opened the meeting at 12:07pm, with members present in person and via telephone. Personal introductions were shared & updates as to QOL goals. A quorum (7) was met.

- II. **Minutes.** The February 13, 2014 meeting minutes were approved.

- III. **Chair's Report.** The Board of Governors unanimously approved the updated committee charge at their February meeting. Subcommittee assignment updates: Virginia Terharr will join the Work/Life Balance subcommittee and Tanya Hanson will join the Transitions subcommittee. The Work/Life Balance subcommittee chair is an open position; please contact Eva if you are interested in this role. In the meantime, Eva will initiate a conference call with the Work/Life Balance subcommittee members.

- IV. **Subcommittee Reports.**
 - a. Law School Presentations:
Mindy reported that the subcommittee met and made a plan for contacting the law schools. Cody has been in touch with Lewis and Clark Law School about possible presentation topics. Adina volunteered to serve on the presentation panels if they would like to cover financial planning/money management.

 - b. Transitions in the Practice of Law:
The subcommittee met via conference call. The subcommittee members plan to locate individuals who have experienced career transitions and are willing to be a contact for other lawyers who are experiencing or contemplating transitions. AnneMarie asked committee members to identify people who may be able to serve as resources and send their contact information to AnneMarie.

 - c. Work/Life Balance:
Both Anne and Virginia have authored articles relating to Work/Life balance. Anne also summarized the article that she posted to the list serve about the

primary indicators of happiness for attorneys and indicated that the link to the article can be posted to the committee Facebook page and/or website since it is on SSRN. Virginia may write a brief of the article since it is quite long. Virginia gave an overview of her article on what quality of life means to lawyers. The article will be distributed for committee feedback.

d. Website, Social Media, & Publications:

Amy updated the website to reflect current subcommittee assignments. The committee discussed the Facebook page; everyone is welcome to post to it (as long as issues are germane to the group). The subcommittee plans to do a lesson at next month's meeting re: using FB and twitter. Various social media outreach strategies were discussed including: utilizing the OSB twitter account, utilizing the PLF twitter account, the MBA e-newsletter, and the OAAP e-newsletter. Note that *@osbqualitylife* is our new twitter handle.

V. QOL Exercise. Eva read some anecdotes related to quality of life to the group.

VI. Adjourn. The meeting was adjourned at 1:00pm. Our next meeting is Thursday, April 10, 2014, 12-1pm, at the Oregon State Bar.

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