

## QUALITY OF LIFE COMMITTEE

May 17, 2019 Meeting Minutes

Meeting held at Bennett, Hartman, Morris & Kaplan LLP & by phone

### Present

Michelle Ryan (Chair)  
Cathy Petrecca (OSB liaison)\*  
Linda Larkin  
Kyra Hazilla  
Tim Johnson (by phone)  
Phillip Spicerkuhn (by phone)  
Ellen Pitcher  
C Atha Mansoor  
*Joanne Reynolds?*  
Avalyn Taylor  
Kelsey Herman (NLD liaison)\*  
Carilyn Ellis (by phone) (public member)\*

### Not Present

Meredith Good  
James Meiers  
Amrit Mann  
Tanya Hanson (PLF liaison)\*  
Bik-Na Han (BOG contact/liasion)\*

\*non-members (not counted towards quorum)

- I. Welcome and start of meeting at 12:05. A quorum was present. There were no minutes from the April meeting as there was no meeting.
- II. Ellen Pitcher volunteered to fill the vacancy for Committee Secretary. BOG needs to approve this at their next meeting.
- III. OLIO (Opportunities for Law in Oregon) Retreat  
  
We submitted a proposal for the OLIO August Retreat. Have not heard back from them.
- IV. BOG recommendations  
  
The BOG policy and governance committee met re the Wellness Summit and made a list of follow-ups many of which are directed at the QOL committee

(Cathy to email to QOL committee). They are very excited about the new emphasis on wellness.

The October OSB Bulletin issue will focus on wellness, and the editor will contact Michelle/QOL for input. Tim asked for a clarification of the scope of the Bulletin's focus. Would it include advertising? Tim's employer, BPA, has a "Be Well" program for the past few years and just had a wellness fair. Tim could help with writing an article.

Carilyn and Kyra could help with vicarious trauma. Carilyn is a psychologist in Salem.

#### V. OSB Wellness Summit 2019 Follow-Up &

Reviewed non-dominant culture affinity bar groups, sole practitioners group, new lawyers, and law students lists with intent to have QOL members reach out to these groups just to let them know QOL committee exists and see if they are interested in partnering with any lawyer wellbeing meetings/CLEs.

**Ellen** volunteered to write a letter within two weeks that can be used to contact individual organizations concerning the wellness focus. The following members volunteered to make contact, directly or indirectly with these groups or a member of the bar in each of these groups.

**Tim** volunteered to contact the following:

- Oregon Asian Pacific American Bar Association (oapaba.org)
- Oregon Chinese Lawyers Association (oregonchineselawyers.org)
- Oregon Filipino American Lawyers Association (oregonfala.org)
- Oregon Chapter of the National Bar Association (eugenelife.com/ocnba)
- Native American Bar or Indian Law Section of OSB

**Michelle** volunteered to contact the following:

- Oregon Hispanic Bar Association (oregonhispanicbar.org)
- Benton/Linn County Bar Association ([www.linnbentonbar.com](http://www.linnbentonbar.com))
- Clackamas County Bar Association ([www.clackamas-bar.org](http://www.clackamas-bar.org))
- Coos County Bar Association
- Deschutes County Bar Association ([www.deschutesbar.org](http://www.deschutesbar.org))
- Lane County Bar Association ([www.lanecountybar.org](http://www.lanecountybar.org))
- Malheur County Bar Association
- Marion County Bar Association ([www.marioncountybar.org](http://www.marioncountybar.org))

- Multnomah County Bar Association ([www.mbabar.org](http://www.mbabar.org))
- Solo and Small Firm Section ([ssf.osbar.org](http://ssf.osbar.org))

**Ellen** volunteered to contact directly or indirectly (via OCDLA contacts):

- Twenty-Fourth Judicial District Bar Association – (includes Grant and Harney Counties)
- Douglas County Bar Association
- Mid-Columbia County Bar Association
- Union County Bar Association

OCDLA for possible Grant and Harney county contacts, Mid-Columbia, Douglas County, Lane County, and Tillamook County attorneys.

**Linda** volunteered to contact:

- OWLS
- OGALLA
- Oregon Minority Lawyers Association ([oregonminoritylawyer.org](http://oregonminoritylawyer.org))

**Avalyn** volunteered to contact:

- Washington County Bar Association ([www.wcbabar.org](http://www.wcbabar.org))

**Phillip** volunteered to contact

- Sixth Judicial District Bar Association – (includes Umatilla and Morrow Counties)
- Columbia County Bar Association

**Kelsey** volunteered to contact:

- Lewis & Clark
- Willamette
- University of Oregon
- Oregon New Lawyers Division ([www.osbar.org/onld](http://www.osbar.org/onld))

- VI. Michelle will contact someone connected with the Learning the Ropes CLE for follow-up and to see if we can be helpful, maybe for the lunchtime practitioner part.
- VII. Cathy volunteered to work with someone regarding updating the Bar's QOL website, and Ellen volunteered to be the point person concerning this (content/look).
- VIII. Adjourn at 12:57 p.m.