

QUALITY OF LIFE COMMITTEE

MINUTES THURSDAY SEPTEMBER 24, 2015

12:00 – 1:00pm

Oregon State Bar Center

I. Welcome and Introductions

The meeting began at 12:07 PM. Those present either in person or by phone were: Virginia Terhaar, Amy Miller, Mark Rauch, Anne Vilella, Lori DeDobbelaere, Eva Marcitrigiano, Michael Turner, and Charles Schultz (OSB STAFF Liaison). Quorum (7) was met.

The April 2015 and the June 2015 meeting minutes were approved.

II. Subcommittee reports

a. Law School Presentations

- i. Chair: Michael Turner: Michael reported that the Lewis & Clark Bar Prowl is next week; Amy Miller and Michael plan to attend. Michael indicated that is working with the University of Oregon to set up an information session or quality of life committee event; scheduling is a challenge because the U of O wants to do the event later in the year. Michael reported that Erin Sweeney, who is on the committee roster and assigned to the subcommittee, has not attended any meetings and hasn't communicated with Michael. Amy offered to attempt to contact Erin and, if appropriate, work with the OSB to have Erin removed from the roster and a new member added.

b. Transitions in the Practice of Law

- i. Chair: Adina Flynn: Amy is going to contact Adina and get an update on the work of the subcommittee. Dennis reported that he is out of the country for this meeting and hopefully we can connect with him upon his return.

c. Work/Life Balance

- i. Chair: Mark Rauch: The subcommittee is focusing its efforts on a mindfulness and meditation seminar to be held January or February in downtown Portland (Standard Insurance Building), likely Thursday or Friday afternoon. The program itself is likely

to have Liza Bernie serve as a moderator with a panel of lawyers describing their mindfulness practices and a sample experiential component. Amy suggested contacting Kyra Hazilla at the OAAP as she also is putting together a mindfulness group. The whole committee discussed marketing the CLE through OAAP, OWLS and possibly the Oregon Mediation Association. Amy asked whether CLE credits would be available for attendees.

d. Website, Social Media, & Publications

- i. Chair: Eva: Eva will be happy to disseminate any articles; send them her way.

III. Adjourn: The meeting was adjourned at 12:45

The next meeting will be Thursday November 12 at noon.

QOL committee email list (no attachments!): qol@forums.osbar.org

web: <http://qualityoflife.osbar.org/>

fb: <https://www.facebook.com/osbqualityoflife>