



# Equal Times

Serving the BCWBA for 30 Years

## President's Column

On May 28, 2014, Maya Angelou died. Dr. Angelou was a celebrated poet, novelist, memoirist, educator, dramatist, producer, actress, historian, filmmaker, and civil rights activist. I remember reading *I Know Why the Caged Bird Sings*, the first in her many volumes of memoirs, sometime in my teens. Though I was a voracious reader, Angelou's memoir was like nothing I had read before. The work describes, in poignant detail, Angelou's life from the age of 3 to 17, most of it in the Southern United States. The courage displayed by Angelou, while enduring circumstances and hardships no child should have to endure, was awe-inspiring. And her prose--well, most every word was a gift. (cond' on p. 5).



## June Luncheon: Lawrence Morales II, "What You Post and Tweet Can and Will Be Used Against You in a Court of Law"

Please join us at noon on June 3, 2014 as we welcome attorney Lawrence Morales II, certified by the Texas Board of Legal Specialization as a labor and employment law specialist. Mr. Morales will present "What You Post and Tweet Can and Will Be Used Against You in a Court of Law." He will discuss the legal, practical, and ethical issues raised by social media evidence, including how social media can help and harm your cases, and how it can get an attorney suspended or disbarred. Mr. Morales will address how courts have analyzed whether to allow litigants to obtain social media evidence through discovery. CLE Approved! 0.75 hours (including 0.25 hours of ethics)

**When:** Tuesday, June 3, 2014

**Time:** Noon to 1:00 p.m.

**Where:** Club Giraud

**Cost:** \$25 for members, \$30 for non-members, \$20 for students, payable at the door.

**RSVP:** Club Giraud has asked that we provide a headcount 48 hours in advance of the luncheon so please RSVP by Friday, May 30, 2014 to [Events@bexarcountywomensbar.org](mailto:Events@bexarcountywomensbar.org).

Please include any dietary restrictions in your RSVP. We understand that schedules change, but we cannot guarantee a spot to individuals who do not RSVP by the date above. Walk-ins will be charged \$35 to cover the additional demands on Club Giraud's staff and no-shows will be billed. For more information, contact Lindsay Riley ([lriley@coxsmith.com](mailto:lriley@coxsmith.com)) or Lauren Horne ([Lauren@Rosenblattlawfirm.com](mailto:Lauren@Rosenblattlawfirm.com)). We look forward to seeing you there!

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### Events to Attend

- June 3: June Luncheon
- June 12-13: Annual Retreat
- June 21: Summer Brunch
- July 1: July Luncheon



## Call for Belva Lockwood Award Nominees

By Molly Neck

At Autumn Affair, BCWBF will present two distinguished female attorneys with the Belva Lockwood Outstanding Lawyer and Outstanding Young Lawyer awards. If you would like to nominate someone for either award, please forward the nominee's name and email address to Molly Neck at [molly@rosenblattlawfirm.com](mailto:molly@rosenblattlawfirm.com), no later than June 27, 2014. After the close of nominations, all nominees will be contacted directly and asked to complete the application.

Please consider the following guidelines for the nominations:

- The recipients must be current members, in good standing, of the Bexar County Women's Bar Association.
- Attorneys licensed to practice 7 or more years as of October 10, 2014 will be considered for the Outstanding Lawyer Award, while attorneys licensed to practice less than seven years will be considered for the Outstanding Young Lawyer Award.

The Committee in selecting the recipients will consider:

- Contributions to the community including charitable and volunteer work, appointed or elected offices. Membership and board involvement in community organizations.
- Contributions to improve the status of women in society and in the legal profession. Contributions to the legal profession, as well as experience, reputation and standing in the legal community.
- Contributions to the Bexar County Women's Bar Association and Foundation and its projects.

Because of our desire to honor all women at Autumn Affair who have achieved high honor by their ascent to the judiciary, sitting judges are not eligible for the Belva Lockwood Award. Additionally, members of the selection committee are ineligible.

## Autumn Affair Planning Meeting

By Katherine Noll

You are invited to join us at the next Autumn Affair meeting on June 19, 2014, from 12:00 pm to 1:00 pm, at the law office of Cox Smith, located at 112 E. Pecan, Suite 1800, San Antonio, TX 78205. Several committees have already started planning for the Autumn Affair, including, silent auction, raffle, sponsorship, decorations, fashion show, and much more. We are looking for committee members interested in helping to plan this fabulous event, which will take place on October 16, 2014! If you are interested in serving on a committee, please join us at the June meeting. We will meet in Conference Room F. See you then!

## BCWB Annual Retreat

The BCWB will host its annual CLE retreat June 12-13, 2014, at the Purple Sage Ranch in Bandera, Texas. Special thanks to retreat co-chairs Laurie Weiss, Leslie Hyman, and Renee McElhaney, who have put hours of hard work into making this a sensational event! We would also like to thank our sponsors featured at right.

# Save the Date!

Bexar County Women's Bar Retreat

June 12-13, 2014

Purple Sage Ranch in Bandera, Texas

Thursday evening June 12, through Friday afternoon June 13

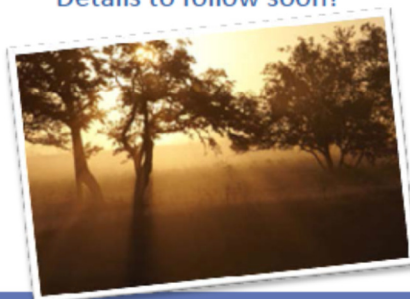
- Relax
- Reconnect
- Earn CLE credits
- Enjoy the beautiful Texas Hill Country



Purple Sage Reviews:  
[www.purplesageranch.com](http://www.purplesageranch.com)

Please join us for an  
unforgettable Retreat at the  
Purple Sage Ranch

Details to follow soon!



- Amazing scenery, world class food
- Top notch accommodations, down home hospitality

### Rosemary Sponsors:

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Laurie A. Weiss

Leslie Hyman

Special Counsel

Tiffanie S. Clausewitz

## April Around the Town Lunch

By Shari Y. Mao

We had a wonderful Around the Town Lunch at Luke in April. My “artistic” attempt to take an impromptu panoramic shot did not quite capture the beautiful spring day on Luke’s porch. Thank you to the wonderful ladies (and gentleman) who joined me. Hope to see you next time!



Connie Arambula, Kevin Bertan Bennett, Vanessa Erps, Cassie Garza Matheson, Renee Foshee, Susan Skinner, Lauren Williams & (back) Kate Nanney



BCWBA Lites: **Cari Rangel**, formerly with the Travelers Insurance San Antonio Staff Counsel office, is now an associate at Espey & Associates, PC where she practices primarily in the areas of insurance defense, personal injury, and premises liability.

## President's Column (con'd from p. 1)

### Phenomenal Woman By Maya Angelou

Pretty women wonder where my  
secret lies.  
I'm not cute or built to suit a  
fashion model's size  
But when I start to tell them,  
They think I'm telling lies.  
I say,  
It's in the reach of my arms,  
The span of my hips,  
The stride of my step,  
The curl of my lips.  
I'm a woman  
Phenomenally.  
Phenomenal woman,  
That's me.

I walk into a room  
Just as cool as you please,  
And to a man,  
The fellows stand or  
Fall down on their knees.  
Then they swarm around me,  
A hive of honey bees.  
I say,  
It's the fire in my eyes,  
And the flash of my teeth,  
The swing in my waist,  
And the joy in my feet.  
I'm a woman  
Phenomenally.

Phenomenal woman,  
That's me.

Men themselves have wondered  
What they see in me.  
They try so much  
But they can't touch  
My inner mystery.  
When I try to show them,  
They say they still can't see.  
I say,  
It's in the arch of my back,  
The sun of my smile,  
The ride of my breasts,  
The grace of my style.  
I'm a woman  
Phenomenally.  
Phenomenal woman,  
That's me.

Now you understand  
Just why my head's not bowed.  
I don't shout or jump about  
Or have to talk real loud.  
When you see me passing,  
It ought to make you proud.  
I say,  
It's in the click of my heels,  
The bend of my hair,  
The palm of my hand,  
The need for my care.  
'Cause I'm a woman  
Phenomenally.  
Phenomenal woman,  
That's me.

Oft-quoted, Angelou's insightful words of wisdom provide relevant guidance for all people, regardless of race, gender, or generation. Reading the many tributes to Angelou following her death, I was reminded that many of my favorite quotes are hers. I was struck by the pertinence of many of her words to our lives as women attorneys:

"I learned a long time ago the wisest thing I can do is be on my own side, be an advocate for myself and others like me." Advocacy is the name of the game in our profession. We all understand the implications of the career we have chosen, and the responsibilities to others we undertake when we are engaged by clients and become their voice in times of need. But we must also remember that we are our own best advocates. Whether fighting for the corner office, equal pay, access to appropriate maternal leave, or the ability to create a meaningful career that best suits our own needs, we must step up and speak out on our own behalf, as well as for others like us.

"Whatever you want to do, if you want to be great at it, you have to love it and be able to make sacrifices for it." I know this quote is "preaching to the choir," so to speak. If you are an attorney, you have made sacrifices. But I am pained when I encounter law students or attorneys who are making the sacrifices, but do not love what they do. Realistically, none of us loves everything about being an attorney. But I whole-heartedly believe that if you want to succeed, the good must far outweigh the bad in order for you to have the passion required to move ahead. Otherwise, the sacrifices simply are not worth the rewards.

"I've learned that making a living is not the same thing as making a life." This one falls hand in hand with the quote above. Maybe I am naïve, but I believe women attorneys are more astute at acknowledging the distinction Angelou references. Just as we must sometimes make sacrifices in our personal lives in order to succeed professionally, so must we sometimes make sacrifices with our careers to ensure a life well lived.

"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel." Okay, so this last one does not necessarily speak to us in terms of our careers, but it definitely speaks to us as human beings. There are some people in my life that bring joy no matter the circumstance, simply because of their presence and heart. Barbara Brown Taylor, another author I enjoy, writes that "every human interaction offers you the chance to make things better or to make things worse." And while it's not always possible, I have made it my goal to emulate those around me who uplift my spirit just by their presence.

"Be a rainbow in somebody else's clouds." In an interview, Angelou explained the "rainbow in the clouds" metaphor, which comes from a 19th-century African-American song popularly known as "God Put A Rainbow in the Clouds." "Imagine!" Dr. Angelou marveled. "I've had so many rainbows in my clouds. I had a lot of clouds, but I had so many rainbows." Always a teacher, Angelou then explained:

The thing to do, it seems to me, is to prepare yourself so you can be a rainbow in somebody else's cloud. Somebody who may not look like you. May not call God the same name you call God -- if they call God at all. I may not dance your dances or speak your language. But be a blessing to somebody. That's what I think.

Rest in Peace, Maya Angelou. May we all strive to be someone's "rainbow in the clouds."

## Mentor/Mentee Gathering

By Hella Scheuerman

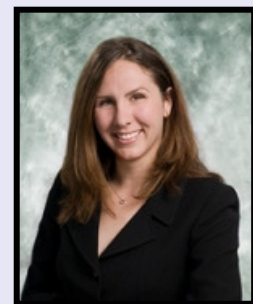
We are pleased to invite all Mentors and Mentees to our Summer Brunch! The Mentor-Mentee Gathering will take place on Saturday, June 21, at 11:00 am. Thank you to Renée McElhaney for hosting the event at her lovely home. Thank you also to Bianca Frisaura for preparing the beautiful invitation shown below. We look forward to seeing everyone at this Brunch, while we enjoy good food and catch up!



## May we ask you a question?

By Lisa Alcantar

Do you have a special interest or background in investments? Do you feel confident giving investment advice? If you answered yes, BCWBA and BCWBF need your help! The Board plans to establish an Investment Committee to provide advice to the Board on its investments. We are turning to the most qualified people we know — our members — to fill this need. While we do not anticipate that this volunteer position will be time consuming, it will be of immense value to the Board. If you believe you are qualified, please contact our Treasurer, Lisa Alcantar, at [lalcantar@prdg.com](mailto:lalcantar@prdg.com).





## July Luncheon

**Luncheon Presentation:** Office of the Chief Disciplinary Counsel, State Bar of Texas

**Speaker:** Stephanie Strolle, Office of the Chief Disciplinary Counsel

**When:** Tuesday, July 1, 2014

**Time:** Noon to 1:00 p.m.

**Where:** Club Giraud

# The Reader

By Lisa Alcantar

*Wild (From Lost to Found on the Pacific Crest Trail)*, by Cheryl Strayed, 317 pages: Strayed recounts her spirit walk, if you will, of over 1000 miles along the Pacific Crest Trail. While I enjoyed this, it was a bit of a labored read towards the end.

*Finding Casey*, by Jo-Ann Mapson, 319 pages: I grabbed this book for free through my Amazon Prime membership. Though a bit predictable, I found myself longing for a trip to Santa Fe and thoroughly enamored with the characters. Grab this one for the beach!

*The Husband's Secret*, by Liane Moriarty, 397 pages: Could you resist the urge to open a curious envelope from your still-living husband that plainly says to "open only in the event of death"? The secret contained inside winds through the lives of Cecilia, Tess and Rachel—three seemingly unconnected women. I found the first chapters slow and a bit awkward. Once I got through the first chapters, I found the narrative to be fast moving, even though I correctly predicted the "secret" fairly well in advance. I would still recommend this book as a fast, relatively light read.

*If I Have to Tell You One More Time...The Revolutionary Program that Gets Your Kids to Listen Without Nagging, Reminding or Yelling*, by Amy McCreedy, 285 pages: I'm not much for parenting how-to books. Not that they don't contain useful information – I'm sure they do – I just find them so very boring. I had to renew this book with the library two different times in order to finish it. Like most instructional books, *If I Have to Tell You One More Time*, in fact, tells you everything at least three times. Once you realize where the repeat is likely to take place, it makes for much faster reading.

As I mentioned before, my daughter is nearing three. I often (in jest, but also with a kernel of truth) refer to her as our adorable dictator. Following our son's arrival in October, bedtimes were turning into a tug-of-war — parents desperate for sleep and a toddler refusing to end the bedtime routine. And forget trying to get out the door in the morning! How is it they manage to slow down so much when you need to go, go, go? While we were already implementing many of the tools McCreedy suggests, we weren't doing it consistently. I felt a little like a rudderless boat, moving, but not with any intentional direction. On the advice of a friend, I perused McCreedy's program ([www.positiveparentingsolutions.com](http://www.positiveparentingsolutions.com)) and opted for the free library book version.

McCreedy's book starts off by exploring the background of parent-child conflicts. The current of her advice starts with this: Children need to feel like they are significant, that they belong, and they have power. To meet those ends, they will use whatever tactics are necessary. Okay – great; I'm with her so far. I definitely want my child to feel like she is significant, belongs, and has some power of her life. To ward off negative behaviors, McCreedy tells us to fill up our child's "bucket" with positive attention. The first step to achieving this? Mind, Body, Soul Time. What's that you ask? Time spent individually with each child, being emotionally available to your child during this time, doing what your child wants to do; ten minutes twice a day.

The next step is to really consider how you relate to your child. Are you directing your child (acting from the parent-ego state)? Are you interacting with your child calmly (acting from the adult-ego state)? Are you engaging with your child on their level (child ego state)? McCreedy suggests we spend more time in the adult-ego state than in the parent ego state and frequently engage with our children in their own ego state. I have to admit that at this point, I began to scratch my head. "I'm the parent," I thought. "Why should I have to interact with my child as I would another adult?"

By the end of the book, I understood the point she was making: "We can't control another person; all we can control is ourselves and the environment." When I read that, I thought, She's right; I can't force my child to brush her teeth; I can't bribe her to do it. But McCreedy's "tools" do offer helpful ways of gaining your child's cooperation. This book won't eliminate all of our struggles, but it has me rethinking my approach and getting frustrated far less often. Ultimately, I think this book is worth the read, even if you only skim.