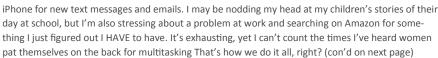


Equal Times

Serving the BCWBA for 30 Years

President's Column

Most evenings when I get home from work and my husband asks how I'm feeling, I say, "My brain hurts." It's not just the challenging work I'm faced with most days that prompts this response. It's the constant "salad spinner" I have going in my brain. I may be behind the desk staring at my computer while researching on Westlaw, but I'm also thinking about upcoming activities at my children's school and the errands I need to run. I may be on the telephone with opposing counsel, but I'm also adding items to my work to-do list while scanning Facebook on my computer. I may be talking to a friend while I'm at lunch, but I'm also checking my





Please join us on September 2, 2014 as we welcome Mary Cheuvront and Miriam M. Elizondo, co-executive directors of The Rape Crisis Center, this year's Autumn Affair Beneficiary. Ms. Cheuvront and Ms. Elizondo will inform attendees about the services The Rape Crisis Center provides, what can be accomplished with the support received from the Autumn Affair, and how to get involved.

When: Tuesday, September 2, 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 for a headcount 48 hours in advance of the luncheon so please RSVP by Friday, August 29, 2014 to Events@bexarcountywomensbar.org. 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. Please make all checks payable to the Bexar County Women's Bar Foundation or BCWBF. For more information, contact Lindsay Riley (Iriley@coxsmith.com) or Lauren Horne (Lauren@Rosenblattlawfirm.com).



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Volunteers for Speed Networking Event

By Hella Scheuerman

Women's Law Association, Bexar County Women's Bar Association, and St. Mary's University School of Law Office of Career Services are hosting a Speed Networking Event at St. Mary's University School of Law on Wednesday, October 29, from 4:30 pm to 6:30 pm. We plan to have attorneys in various areas of practice lead roundtable discussions with the law students. To prepare for this event, we seek three attorneys in each of the following areas of practice: Oil & Gas/Real Estate, Family Law, Criminal Defense, Civil Litigation, In-House & Corporate, Personal Injury/Insurance Defense and Transactional/ Administrative Law. If you are interested in participating in the Speed Networking Event, please e-mail me at hella@dilleylawfirm.com.

"Multi-tasking arises out of distraction itself."

~ Marilyn vos Savant

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

The problem with multitasking is that when done too often, it can be more detrimental than helpful. At least half the time, five minutes after "multitasking," I can't remember what I've done. That means even when I've done something which should make me happy, my partial engagement decreases the reward. Recent research shows that while our mind usually wanders 47% of the time, depending on what activity we are performing, people are substantially less happy when their minds are wandering than when they're not.* Why? One idea is that when our mind wanders, it is often to unpleasant things: worries, anxieties, problems, and regrets in our life. But research has found that even when our mind wanders to more pleasant thoughts, we are less happy than when we concentrate on the activity in which we are actually engaged.

Perhaps in part because of this unhappiness, mindfulness has become a popular practice over the past decade. For those who aren't familiar with the concept, mindfulness can be defined as "a psychological state of awareness, the practices that promote this awareness, a mode of processing information and a character trait." Mindfulness is also defined as "a moment-to-moment awareness of one's experience without judgment."**

I'm not expert on mindfulness, but there are many books, newsletters, Facebook pages, classes, etc. on the subject. Psychologists report research on mindfulness has identified several benefits to the practice of mindfulness, including reduced rumination, stress reduction, boosts to working memory, focus, less emotional reactivity, and more cognitive flexibility. One author discussed the following benefits of mindfulness in the workplace—and in our professional lives:

We might be tempted by the supposed interpersonal benefits [of mindfulness], feeling that if we could handle our working relationships skillfully, our careers will improve.... Actually, mindfulness is a tuning to what we already are, a freeing from the tyranny of shoulds, oughts, and wishes to be better, faster, and more efficient, which are endemic in workplace settings. It is an undoing more than a doing, a recognition that grasping for improvement and success (whether in the form of profit, status, recognition or identity) is stressful in itself, tending to make work an unhappy endeavour. If mindfulness training leads to better focus, performance, and well-being, it comes—ironically—from letting go of the very desires for focus, performance, and well-being that motivates many in their jobs. *** (con'd on next page)

^{*}Killingsworth, Matt; Does Mind-Wandering Make You Unhappy?, http://greatergood.berke-ley.edu/article/item/does_mind_wandering_make_you_unhappy (July 16, 2013).

^{**}Davis, Daphne M., Ph.D. and Hayes, Jeffrey A., Ph.D.; What are the Benefits of Mindfulness; July/Aug. 2012, Vol. 43, No. 7, p. 64; http://www.apa.org/monitor/2012/07-08/ce-corner.aspx (July/Aug. 2012).

President's Column (con'd from p. 2)

If we allow ourselves to submit to this radical approach, things may start to happen, although not the kind of enhancements we might have expected. As we get in touch with our experience through stillness and presence, we may become more aware of our relationship to work. We can start to see and feel clearly what drives us, and whether following these drivers result in satisfaction. We start to see the influence of the wider workplace culture, and notice whether it nurtures or depletes us, and is of benefit to others. As we train further in awareness and resilience, we might make choices that reflect a—perhaps newly discovered—inner alignment. This may mean we become more curious, creative, and centered in our existing work, or it might mean recognizing an uncomfortable mismatch between our current career and a deeper calling, spurring a decision to shift direction. We might recognize the symptoms of pressure put on us at work as part of systemic dysfunction rather than personal failing, and choose to stand up to those pressures, or campaign to change them, or find a healthier place to spend our days.

Mindfulness benefits our personal relationships too. I find that when I allow my mind to run in several different directions while I'm at home, I'm (as expected) only partially engaged with my family members. You know the moment: you are home after a long day, sitting in the comfy chair, feet up on the coffee table, browsing on the laptop and watching TV...while ostensibly "listening" to your children or spouse ask you questions and talk about their day (and by listen, I mean nod your head periodically when the stream of chatter slows...there is no telling what I've agreed to during those conversations)!

"The most precious gift we can offer others is our presence. When mindfulness embraces those we love, they will bloom like flowers."

~ Thich Nhat Hanh

While subconsciously I knew it to be true, it wasn't until I read the quote above several months ago that I came face to face with the realization that this particular practice—"multitasking" while interacting with my family members during the limited time I have with them—was detrimental to my relationships. Since then, I do my best to pry my fingers off my iPhone, close the laptop, and have substantive conversations with my husband and children, showing them with my presence—both physical, and mental—how much I love them and cherish the time I spend with them. My presence is a gift to them, and an even bigger one to myself.

We are all busy, there is no doubt about it. But in this fast-paced world in which we are pushed to do as much as we can in as little time as possible, we owe it to ourselves, and to others, to remain consciously grounded in the moment. Doing so allows us to give our best selves to what we are doing, identify what we appreciate about our lives and what we desire to change, and have gratitude for the wonder all around us.

"Begin doing what you want to do now. We are not living in eternity. We have only this moment, sparkling like a star in our hand--and melting like a snowflake...."

~ Francis Bacon



Tiffanie Clausewitz &
Chief Justice Catherine Stone
at the January luncheon at
St. Mary's University School of Law

Pakistani Women Prosecutors Study Tour

By Karen Norris

During the time period September 22-27, 2014, a group of young Pakistani women prosecutors will visit San Antonio as part of a U.S. Study tour, sponsored by the United States Department of Justice. Charles Jenkins and I, both DOJ Resident Legal Advisors, posted to Embassy Islamabad, will accompany the delegation. The delegation will visit various legal and judicial offices and institutions in San Antonio, including the Fourth Court of Appeals, Federal District Court, State District Court, the City Attorney's Office, the Federal Public Defenders Office, the Bexar County Women's Bar Association, the Junior League, Fifth Circuit Judge Edward C. Prado, and the chief law enforcement officer in Bexar County, Sheriff Susan Pamerleau. The Pakistani delegation will include seven prosecutors from the province of Khyber Pakhtunkhwa and five from the province of Sindh.



The Pakistani prosecutors from Khyber Pakhtunkhwa Back Row (Left to Right): Amina Bibi, Attia Rafiq, Zobia Bibi, Karen Norris Front Row (Left to Right): Sheema Ayub, Haseena Syed, Yasmeen Ara, Iram Aisha

Pakistan was created as an independent country on August 14, 1947, when the British Indian Empire was separated into India and Pakistan. Today, Pakistan is comprised of four provinces, Punjab, Sindh, Baluchistan and Khyber Pakhtunkhwa (KP) (formerly the North-West Frontier Province); the Islamabad Capital Territory; and the Federally Administered Tribal Areas (FATA). The estimated population for Pakistan in 2014 is over 186 million, making it the sixth most populous country in the world.

The judiciary of Pakistan is a hierarchical system with two classes of courts: the superior (or higher) judiciary and the subordinate (or lower) judiciary. The superior judiciary is composed of the Supreme Court of Pakistan, the Federal Shariat Court and five High Courts, with the Supreme Court at the apex. There is a High Court for each of the four provinces as well as a High Court for the Islamabad Capital Territory. The Constitution of Pakistan entrusts the superior judiciary with the obligation to preserve, protect and defend the constitution. The subordinate judiciary consists of civil and criminal district courts, and numerous specialized courts covering banking, insurance, customs and excise, smuggling, drugs, terrorism, taxation, the environment, consumer protection, and corruption.

Prior to 2002, the prosecution services in Pakistan were part of the police forces which were operated out of the provincial Home Departments. Each provincial police force maintained its own prosecution wing, comprised of uniformed police officers with law degrees. By 2006, however, each of the four Pakistani provinces had passed a "Criminal Prosecution Service Act" to establish "an independent, effective, and efficient service for prosecution of criminal cases."

These nascent prosecution departments face many challenges, including a significant lack of resources. For example, the prosecutors in KP do not have office space, access to libraries, filing systems, or administrative support; computers are essentially non-existent. (con'd on next page)

Pakistani Women Prosecutors Study Tour (con'd from p. 4)

While the provincial public prosecution offices are a recent development, the inclusion of women in these offices, and in the legal profession generally, is an even more recent phenomenon. In KP, out of approximately 267 public prosecutors, only 8 are women, 7 of whom have been with the public prosecution office for less than two years.

The lack of integration of women into the legal profession is driven primarily by the role of women in public society in Pakistan, which has traditionally been very limited. Gender relations in Pakistan have been based on two basic perceptions: women are subordinate to men, and a man's honor resides in the actions of the women of his family. Thus, as in other orthodox Muslim societies, women are responsible for maintaining family honor. To ensure that they do not dishonor their families, society has generally limited women's mobility, placing significant restrictions on their behavior and activities, and permitting limited contact with the opposite sex.

The progress of Pakistani women toward social and political equality has ebbed and flowed over the years. Pakistan's founding father, Mohammad Ali Jinnah, said in a speech in 1944:

No nation can rise to the height of glory unless your women are side by side with you; we are victims of evil customs. It is a crime against humanity that our women are shut up within the four walls of the houses as prisoners. There is no sanction anywhere for the deplorable condition in which our women have to live.

The young Pakistani women who will visit San Antonio are working hard to participate fully in their chosen profession and to achieve the goal of equality for themselves and all their Pakistani sisters.



The Reader

By Lisa P. Alcantar

Life After Life by Kate Atkinson. Do you believe in reincarnation? What if you simply continued to live the same life over and over? Ursula, born in February 1910, does just that. Though she isn't actually aware that she is repeating her, she has strong senses of déjà vu as certain events occur on repeat. Before I began reading the book and upon seeing that it was nearly 500 pages, my bet was that the book would quickly become tiresome; but once I was into the book and understood the narrative structure, I was enthralled with Ursula and her family. As she navigates her lives, her choices invariably land her in different countries, jobs, and love affairs. Depending on the choices she makes, her life is short – snuffed out the moment of her birth — or long lived. I was particularly riveted by her portrayal of living through World War I and II as a woman. Perhaps the best part of this book is Kate Atkinson's characterizations of the women. Ursula, her mother, her sister, and her aunt are fully-rounded, non-conventional characters, who work, make unusual choices, are educated, and ultimately drive this novel. I hope you enjoy it as much as I did.



This Year's Beneficiary of Autumn Affair Proceeds: The Rape Crisis Center

By Chloe Power, Director of Community Relations for The Rape Crisis Center

It's an honor to be chosen as this year's beneficiary of the Autumn Affair. For nearly 40 years, The

Our overarching mission is to end sexual violence before it occurs. One way we do this is by reaching out to middle school and high-school students in our community and by providing educational sessions aimed at dismantling negative beliefs and attitudes. These educational sessions help the students themselves identify levels of oppression and how they relate to interpersonal violence, increasing students' knowledge of intervention skills, defining power as it relates to oppression, discussing the messages in media as it relates to violence, and increasing skills in developing a plan of action for the prevention of interpersonal violence in schools and in the community. The intent is to help students build their own critical consciousness of the root causes of sexual and physical violence and identify the attitudes that unintentionally excuse the behaviors of perpetrators and place blame and responsibility on the victim. Funds received from this year's BCWBF Autumn Affair will allow The Rape Crisis Center to educate more students in the prevention of rape and violence.

leading up to it. In the meantime, we would like to invite you, your friends, family, and businesses to one of our agency mission tours. Our mission tours, Conversations of Hope, provide the unique opportunity for you to hear directly from service providers about the work they do every day to ensure that San Antonio is a safer and healthier place. Our tours are hosted at The Rape Crisis Center and are less than an hour in length. If coming to our center is not possible with your current schedule, we would be happy to come to your office and speak to your staff regarding

er@rapecrisis.com.

tions of Hope tours 9/25/14 at 6:30pm.

Rape Crisis Center has existed as the only sexual assault program in Bexar County. Our center provides the opportunity for survivors to receive specialized services and support as they journey through a complex and lengthy legal process as well as supporting them in healing from the aftermath that rape and abuse leave behind. The Rape Crisis Center works with children, men, and women who have been directly affected by this crime as well as providing assistance and support to their loved ones, even if the direct survivor does not receive services from our agency.

We are excited to join you at the Autumn Affair and anticipate meeting each of you at the events our services.

Please contact Chloe Power if you'd like to join us on a tour or if you would like to set up an onsite tour at your office. Chloe Power can be reached at (210) 208-5729 or cpow-

Our next Conversaare scheduled for: 9/9/14 at 6:30pm, and 10/7/14 at 6:30pm. We hope to see you there.



Kim Tindall & Associates,

tion Support Services, is

cation of its San Antonio

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and Thousand Oaks, offers four spacious conference

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Autumn Affair

The Bexar County Women's Bar Foundation will hold its annual charitable fundraising event, Autumn Affair, at its new location, the Veranda, at 1746 Lockhill Selma Road, San Antonio, Texas on Thursday, October 16, 2014, at six o'clock in the evening. Proceeds from Autumn Affair will benefit the Rape Crisis Center.

The Rape Crisis Center was founded in 1975 to provide comprehensive services to victims of sexual assault and their friends and families. Today, it serves the community by offering counseling services, a crisis hotline, hospital accompaniment, and primary prevention programs across Bexar County and the surrounding areas. The proceeds from this year's Autumn Affair will help extend its primary prevention education curricula for middle and high school students. In addition to raising money for the Rape Crisis Center through a raffle and silent auction, the 2014 Autumn Affair will spotlight the Center's important work in our community. The event will also allow the Bexar County Women's Bar Foundation to recognize two local attorneys, Leslie S. Hyman and Natalie F. Wilson, as recipients of the Belva Lockwood Outstanding Lawyer and Outstanding Young Lawyer Awards.

Sponsorship Levels:

PLATINUM (\$2,000): Includes ten complimentary tickets to the event, premier "first level" seating for the fashion show, sponsor acknowledgment in pre-event advertising and at the event itself, champagne for your table and 10 raffle tickets for your guests.

GOLD (\$1,500): Includes ten complimentary tickets to the event, premier "second level" seating for the fashion show, and sponsor acknowledgment in pre-event advertising and at the event itself, and 5 raffle tickets for your guests.

SILVER (\$1,200): Includes ten complimentary tickets to the event, premier "third level" seating for the fashion show, and sponsor acknowledgment in pre-event advertising and at the event itself.

Sponsors as of August 29, 2014:

Platinum

Lee Michaels Fine Jewelry Schmoyer Reinhard, LLP

Gold

Chapa Law Group, PC & Scheuerman Law Firm
Church and Church PLLC
Clausewitz Family
Cox Smith Matthews Inc.
Jackson Walker LLP
Pulman, Cappuccio, Pullen, Benson & Jones, LLP
Rosenblatt Law Firm

Silver

NuStar Energy Porter, Rogers, Dahlman & Gordon, P.C. Sara Dysart, P.C. St. Mary's University School of Law

For sponsorships and tickets, please contact: Hella Scheuerman at hella@dilleylawfirm.com or Shari Mao at smao@jw.com, or visit www.bexarcountywomensbar.org. A sponsorship form is attached as the last page of this newsletter.





Health and Wellness Column

By Greta McFarland

Los Luchadores 5K Walk/Run Saturday, October 11, 2014 @ 8:00 AM Benefiting Seton Home



Please Join the Bexar County Women's Bar Association for Los Luchadores 5K Walk/Run presented by the Institute for Women's Health. The race is October 11 at 8:00 AM at the Olmos Park Basin (651 Devine Road, San Antonio, Texas 78209). All proceeds benefit Seton Home. Seton Home provides a nurturing environment that fosters parenting skills for homeless teens who are pregnant or parenting and have chosen to keep their babies.

There will be water stops every mile and mile markers with photo booths. After the race, enjoy a fiesta with yummy eats, live music, cold drinks, and beer. Cash prices will be awarded to the best Luchador Mask and the most creative Luchador Costume.

Team Registration: \$28 per person. Email Greta McFarling (greta.mcfarling@txcourts.gov) by September 25 to register for the BCWBA team. Registration includes a tech tshirt.

For more details, visit: http://www.ifwh5k.org/

Ongoing Events/Outings

Ladies Social Bike Ride: Last Tuesday of every month at 5:30 pm. Ladies social ride leaving the Bike World Historic Pearl Brewery shop. This fun, relaxing, and enjoyable ride through Downtown and Mission Reach will range from 8 miles to 15 miles, depending on rider interest and ability. Contact Christie at christie@bikeworld.com for more information on routes and times!

Thursday Night Bike Ride: Thursday Night Ride leaving Alamo Heights Bike World Shop promptly at 7:30. Self-supported, semi-fast ride averaging about 15 miles. No sweepers. This ride does occur at night so front lights and rear lights are required. Alamo Heights shop stays open until 7:30 to take care of any last minute needs.

Call for Mock Trial Judges

By Meagan Enriquez

The Lone Star Classic® needs judges for its upcoming mock trial competition, to be held on October 16th-18, 2014 in San Antonio. Sixteen law schools will participate. The competition will involve a criminal matter occurring in the hypothetical state of Lone Star and using the Federal Rules of Evidence.

Preliminary rounds will take place at the Bexar County Courthouse on Thursday, October 16, and Friday, October 17. The teams will break to semi-final rounds on Saturday morning, October 18, with the final round on the afternoon of October 18, at the law school's state-of-the-art courtroom.

Volunteer judges from the San Antonio legal community play a significant role in the continued success of the Lone Star Classic®. For more information on how you can help, please contact Meagan Enriquez at meagannenriquez@gmail.com or by phone at (361) 688-9196.

Spotlights of Past Luncheon Events



Stephanie Strolle (center), Office of Chief Disciplinary Counsel, State Bar of Texas, spoke at the July 2014 luncheon.



below for more details.



Alicia Calzada (second from right) of Haynes & Boone spoke about First Amendment Freedoms and Texas's Anti-SLAPP law at the March 2014 luncheon.



Bexar County Court Reporters
Association cordially invites
you to its 2014 Legislative/
Judicial Reception

Thursday, September 11, 2014 5:30 to 7:30 pm The Cadillac Bar & Restaurant 212 S. Flores Street Meal Ticket. \$10 Donatlon



Andrew Borrego (center) spoke about entertainment law at the May 2014 luncheon.

Julian Gold Event

By Brooke S. Waldrep

We had a fabulous time shopping, mingling, and previewing Fall fashions at our Julian Gold shopping event. Julian Gold provided delicious lite bites and refreshments. A good time was had by all. Thanks to everyone who stopped by. Congratulations to Elsa Marie Garza who won a Julian Gold gift card in the door prize drawing. We are grateful to Julian Gold for opening its store to us after hours and for its continued generous support of our organization.









Join Us For a Night of Fun and Friendship at the Bexar County Women's Bar Association/Foundation 2015 Membership Drive

November 18, 2015 5:30 to 7:30 pm StoneWerks – Lincoln Heights 999 E Broadway, Suite 130

Bring in your 2015 Membership Form and Payment and Receive a Free Drink Coupon, bring a Friend with their Membership Form and get a second Drink Coupon!

Date: Wednesday, October 29th

Time: 4:30pm - 6:30pm

Speed Networking

Hosted by: WLA, BCWBA and Office of Career Services

You've heard of Speed-Dating?

Join Women's Law Association, Bexar County Women's Bar Association and Office of Career Services for our Speed-Networking... Speed-Dating for your attorney connections event!

Business Attire is a must as you will be meeting attorneys from many different areas of practice.

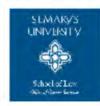
Come take advantage of the opportunity to mix and mingle with essential contacts. In order to attend this event you must RSVP on Symplicity! Dinner will be served. The event will be held in the Law Library Alumni Room.

Space is limited, sign-up now!

NOTE 1L's cannot access
Symplicity until Oct. 15th so to
RSVP please email Kim Meyer at
kmeyer8700@yahoo.com with
your name and that you're a 1L
RSVPing for Speed Networking.

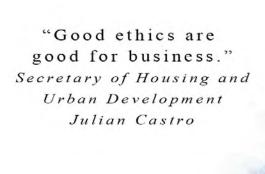






THE ASSOCIATION OF CORPORATE COUNSEL SOUTH/CENTRAL TEXAS CHAPTER PRESENTS

17TH ANNUAL ETHICS AND NETWORKING CONFERENCE





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P.O. Box 2297 San Antonio, Texas 78298-2297

BEXAR COUNTY WOMEN'S BAR FOUNDATION 2014 AUTUMN AFFAIR

THURSDAY, OCTOBER 16, 2014 THE VERANDA 6:00 P.M.

Sponsor Information

Firm/Organization:	
Contact Person:	
Title:	
Address:	

Sponsorship Level

I/we wish to be a sponsor of the 2014 Autumn Affair. A check made payable to the Bexar County Women's Bar Foundation is enclosed for the following sponsorship level:

PLATINUM (\$2,000)

Includes <u>ten</u> complimentary tickets to the event, premier "first level" seating for the fashion show, sponsor acknowledgment in pre-event advertising and at the event itself, champagne for your table and 10 raffle tickets for your guests.

• GOLD (\$1,500)

Includes <u>ten</u> complimentary tickets to the event, premier "second level" seating for the fashion show, and sponsor acknowledgment in pre-event advertising and at the event itself, and 5 raffle tickets for your guests.

• SILVER (\$1,200)

Includes <u>ten</u> complimentary tickets to the event, premier "third level" seating for the fashion show, and sponsor acknowledgment in pre-event advertising and at the event itself.

Please return sponsorhip form and guest list to:

Sponsorship Committee c/o Hella Scheuerman, 635 S. Presa San Antonio, Tx 78210 or via fax 210-228-0493 or via e-mail Hella@dilleylawfirm.com.

<u>Please return check to</u>: Lisa Alcantar, BCWB Treasurer, Porter, Rogers, Dahlman & Gordon, P.C., 745 E. Mulberry, Suite 450, San Antonio, Texas 78212.