

THE EQUAL TIMES

Bexar County Women's Bar Association

BCWB

Bexar County Women's Bar Foundation

May 2017

INSIDE:

- President's Column
- Autumn Affair Beneficiary Announcemnet
- Volunteer Opportunities
- NAWJ Color of Justice Program
- May LEAD Academy Luncheon - May 12
- May Around Town Lunch - May 25
- Call for Belva Nominations - By June 2
- June Luncheon - June 6
- BCWB Annual Retreat - June 8-9
- Charity Spotlight - Ronald McDonald House
- Call for Guns and Gals Sponsors
- Family Event - June 25
- MILSA News
- Book Review

THE PRESIDENT'S COLUMN

May is Mental Health Awareness Month. Did you know lawyers experience higher rates of depression, anxiety, and suicide than the general population? "The good news is that healthy coping mechanisms are available and are proven to reduce anxiety and depression among lawyers."* Mediation and mindfulness are options which are readily available and can be put to quick use. Even if you don't take a class or dedicate specific time for practicing mediation, you can use the STOP approach:

Stop

Take a breath

Observe

Proceed Mindfully.

"Small changes like mindfulness can have huge implications, particularly for lawyers who tend to be incredibly disconnected from themselves, according to [Karen] Gifford. 'When you sit with your own mind

Autumn Affair Beneficiary

By Laura Cauley

The Bexar County Women's Bar Foundation is pleased to announce that the Beneficiary for this year's Autumn Affair is THRU Project.

Each year, hundreds of youth leave the foster care system in San Antonio at the age of 18. After a life in foster care full of rejection, separation, instability, and likely, abuse, they will leave foster care without stable housing, no family support, little education or job training and most importantly, they often leave without a single, trusted adult to help guide and support them as they learn to live independently from foster care.

THRU Project matches foster youth with a volunteer mentor to be that trusted support system.

Mentors help youth navigate their resources, advocate for them when needed, and let them know they

are not alone in this critical time.

Having a THRU Project Mentor significantly increases our youth's chances of postponing parenthood, continuing their education, being employed and having stable housing.

THRU Project works with a multitude of organizations to provide the care and resources so desperately needed by these young men and women. But in the end, no organization or service can replace a one-on-one connection. We all need to have someone we can turn to for help. We all deserve to have someone to cheer us on, to believe in us. THRU Project is dedicated to providing that one person to every youth leaving foster care in San Antonio and we thank you for your support.





SABA Law Week Needs Volunteers

The elementary school project is new and the schools are very excited to have an attorney visit their schools. Jury Appreciation is one of those events that sounds like it might be dull, but handing out copies of the US Constitution is rather energizing, gives jurors pride in service and some people even ask for a second copy to bring home to their kids.

Monday, April 24-Friday, May 5

Elementary Reading Program *NEW!*

Northside ISD Volunteer attorneys read to NISD elementary school students and then present the book to the school's library. Limited spots available. <<Sign up to volunteer, [HERE](#)>>

May 1-4

Jury Appreciation

Cadena-Reeves Justice Center

Members of the San Antonio legal community distribute pocket copies of the US Constitution to member of the Bexar County Jury pool. Sign up to volunteer for a morning shift to greet prospective jurors and thank them for their civic service!

<<Sign up for a morning shift, [HERE](#)>>

NAWJ Hosts Color of Justice Program at the San Antonio Young Women's Leadership Academy



On April 25, 2017, Justice Rebeca Martinez from the Fourth Court of Appeals moderated the Color of Justice Program at the San Antonio Young Women's Leadership Academy.

The Color of Justice Program is aimed to educate, encourage, and motivate students to consider a career in the law and judiciary. The program brings judges and lawyers together with young girls and minorities who are elementary, middle, and high school students to learn about life as a law student, the requirements for admission to law school, and the many different areas of legal practice and types of judges.

Over 75 high school students participated in a successful kick-off to Law Week 2017.

Panelists at this year's program included: Justice Irene Rios, Fourth Court of Appeals; Aida R. Rojas, Rojas Law Firm; Laura G. Tamez, The Herrera Law Firm; Stett M. Jacoby, Sinkin Law Firm; Cassie Garza

Matheson, Hornberger Fuller & Garza, Inc.; Captain Heath Slawson, Judge Advocate General (Air Force); and Christopher Below, Law Offices of Christopher Below.

The National Association of Women Judges proudly hosts the COJ Program, a nation-wide effort, which has been held throughout the State of Texas. Co-sponsors for the April 25, 2017 COJ Program included the Bexar County Women's Bar Association, the San Antonio Bar Association, and the San Antonio Public Library.





Special thanks to the San Antonio Young Women's Leadership Academy for hosting us!

The Young Women's Leadership Academy, San Antonio's first all-girls public school, opened in August 2008 as a tuition-free college-preparatory school that focuses on math, science and technology — fields typically underrepresented by women. Consistently rated Exemplary by the state since its inception, YWLA is a collaborative effort between SAISD and the Foundation for the Education of Young Women. Thank you to Principal Delia McLerran!





MAY LUNCHEON PRESENTED BY LEAD ACADEMY

Please join us at 11:30 a.m. on Friday, May 12 at The Pearl Studio, for a special exclusive event. The BCWBF is inviting women in the business community to join them for this amazing presentation. We have secured Los Angeles-based and nationally known speaker Victoria Pynchon of SheNegotiates.com as its keynote speaker for the luncheon.

Are your clients paying you less than your male counterparts? This seminar will give attendees the knowledge, courage and skill to close their own personal wage gap while simultaneously raising the compensation bar for all women.

As a member of the California State Pay Equity Task Force, Ms. Pynchon is acutely aware

of the necessary steps for achieving pay equity. The first step to getting paid what you're worth is understanding your market value. The second step is to ask for fair compensation in a manner that makes your "ask" a win for both you and your clients. Ask yourself when was the last time you were not at the top of the bell curve. Then come ready to learn how to make your compensation match it.

RSVP Deadline: Friday, May 5, 2017. You can register online [here](#). Please include any dietary restrictions in your RSVP. For more information, contact Elena Villasenor Sullivan at elena.villasenor@att.net.

Thanks to NAWBO and WEN for sponsoring the event!

The Details

When: May 12th

11:30 - 1 p.m.

Where: Pearl Studio

\$50 Members

\$55 Non-Members

Free Parking in the
Garage

*The Bexar County Women's Bar Foundation
invites you to an exclusive event*

STEP UP TO YOUR GREATNESS

Know Your Value & Get What You're Worth



Featuring Victoria Pynchon
Attorney, Author, & Mediator, Founder and Owner of SheNegotiates

Friday, May 12, 2017 | Pearl Studio | 11:30 a.m. to 1:00 p.m.
(Located at the Pearl in the Full Goods Building)

RSVP by May 1, 2017 by email at bcwbluncheons@gmail.com or
visit www.bexarcountywomensbar.org

For additional information, contact elena.sullivan@usaa.com

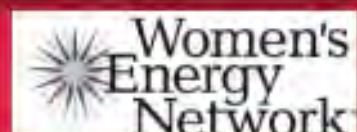
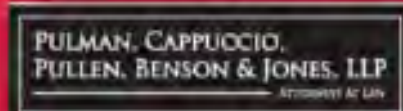
Thank You to Our Title Sponsor



Platinum Sponsors



Gold Sponsors



June Luncheon

The Details

**When: Tuesday,
June 6th @ 12:00
p.m.**

**Where: Club Giraud
\$25 - Members**

Click Here to

RSVP

Now!

We are thrilled to announce that Professor Angela Walch from St. Mary's University School of Law will be our featured guest speaker at our June BCWB lunch at Club Giraud. Professor Walch's research focuses on money and the law, blockchain technologies, governance of emerging technologies and financial stability.

In 2016, she was nominated for "Blockchain Person of the Year" by Crypto Coins News for her work on the governance of blockchain technologies

and her influential article in American Banker arguing that the coders and miners of public blockchains should be treated as fiduciaries.

Please keep your eye out for the registration email because this will be a presentation that you don't want to miss.



Welcome New Members!

Erika Anderson

Sarah Dingivan

Linda Perez

Nicole Sears.

Call for Nominations for Belva Lockwood Outstanding Lawyer and Outstanding Young Lawyer Awards

By Lauren Horne

On October 19, 2017, the Bexar County Women's Bar Foundation will recognize two distinguished attorneys with the Belva Lockwood Outstanding Lawyer Award and the Belva Lockwood Outstanding Young Lawyer Award. Women attorneys in our community who have been licensed to practice law for eleven or more years will be considered for the Belva Lockwood Outstanding Lawyer Award. Women attorneys in our community who have been licensed to practice law for three to ten years will be considered for the Belva Lockwood Outstanding Young Lawyer Award. The recipients must be current members in good standing of the Bexar County Women's Bar Association.

The selection committee will consider:

- Contributions to the community in the form of appointed or elected offices, and 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;
- Experience, reputation, and standing in the legal community;
- Contributions to the Bexar County Women's Bar Association and Foundation and its projects; and
- Other relevant contributions to the community.

Please take some time to consider what outstanding women attorneys you know who are deserving of this very special award.

Please note that because of our desire to honor all women who have achieved high honor by their ascent to the judiciary at Autumn Affair, sitting judges are not eligible for the Belva Lockwood Award.

Please send the name and email address for your nominees no later than June 2nd to Lauren Horne at lhorne@hdr-law.com

or 6243 IH 10 West, Suite 601, San Antonio, TX 78201. All nominees will be sent an application after the close of nominations.



Click
Here to
Register



REKINDLE YOUR LOVE



FOR
THE

LAW

BCWFB ANNUAL
RETREAT & CLE

JUNE 8TH-9TH

YE KENDALL INN, BOERNE TEXAS

HOSTED BY

BEXAR COUNTY WOMEN'S BAR

2017





Depo Texas

Kim Tindall & Associates

Preferred Counsel Legal Placement & Jenny Marshall

Right Images & Tom Vaello

Silotech Group

Upstream Investment Partners & Tammy Swann

Wickley World Wide

Ye Kendall Inn





THURSDAY, JUNE 8:

3:00–4:30pm

Check-in and Relax

4:30–6:00pm

Welcome Reception & Networking

6:00–7:30pm

Dinner/Life Path from Childhood to Partner

Sonia M. Rodriguez, Branton, Hall, Rodriguez, Cruz, P.C.

7:45–9:15pm

Book Review

Rough Road to Justice: The Journey of Women Lawyers in Texas

Facilitated by Judge Renee Yanta and Tracey Tylman

FRIDAY, JUNE 9:

2017

- 7:30–8:30am **Breakfast / How to Love Networking Again**
Beth Watkins, Watkins Appeals, PLLC
Kristal C. Thomson, Langley & Banack, Inc.
- 8:45–9:30am **How to Love the Appeal Process Again**
Chief Justice Sandee Bryan Marion, Fourth Court of Appeals
- 9:30–10:15am **How to Love Computers Again**
Debra L. Innocenti, Innocenti Jones, PLLC
- 10:15–10:30am **Break**
- 10:30–11:30am **How to Love Ethics Again**
Marie A. Haspil, State Bar of Texas, Disciplinary Counsel
- 11:45am–1:00pm **Lunch / How to Love Financial Statements Again**
Kimberly C. Ford, The KFord Group, Certified Public Accountants
- 1:00–1:15pm **Break**
- 1:15–2:45pm **Love the Law: Round Table Discussions**
Choose any Three Table Topics for In-Depth and Interactive Discussions
- 1. Why You Should Love Corporate Counsel,**
Mary Stich, Rackspace
 - 2. Why You Should Love Discovery,**
Lara Brock, Espinoza Law Firm, PLLC
 - 3. Why You Should Love Financial Independence,**
Dana A. Gorelik, Wells Fargo Private Bank
 - 4. Why You Should Love Arbitration/Mediation,**
Phylis J. Speedlin, Dykema Cox Smith
 - 5. Why You Should Love Criminal Law,**
Liza Rodriguez, Law Office of Liza Rodriguez

*CLE approval is pending

May "Around Town Lunch"

Please join Shari Mao on May 25th at 11:30 am for lunch at Pharm Table, located downtown at 106 Auditorium Circle, 78205. Pharm Table serves locally sourced seasonal food from Texas farmers and ranchers. The colorful and healthy flavors and plates span the world in flavors. Come join Shari at this little known restaurant downtown, which was voted as #1 organic restaurant in San Antonio by USA today. No need to RSVP, but feel free to email Shari at smao@jw.com, if you want her to save you a seat. Otherwise, simply pull up a chair - we look forward to seeing you there!

The Menu can be previewed at: <http://www.pharmtable.com/reservations/>



The House that Love Built

By Kathleen Church

Summer is quickly approaching and while this season of year usually signifies a time of rest and relaxation, it is also a time when families look for activities they can do together. Enter the Ronald McDonald House Charities (RMHC), or as they proudly call their facilities “the house that love built”. With their first home opened in San Antonio in 1985, RMHC has provided a taste of home and comfort for over 30 years to families with very ill children who travel many miles to endure lengthy stays in local medical facilities. Being ill is difficult enough, finding accommodations for the child’s family so he or she does not suffer alone can sometimes be just as trying. San Antonio is one of the few cities in the nation with multiple Ronald McDonald homes, three homes able to host almost 50 families at a time, and the first city in the nation to provide a home inside an actual hospital, found on the fourth floor of the Children’s Hospital of San Antonio. RMHC takes the old adage, “to be a good caregiver you must take care of yourself” to heart. Not only do these homes provide families with a break from the stresses of illness, but these are also spaces where families can form their own support groups and happy memories. From providing a home for long term stays to simply providing a room for a short



respite, RMHC attempts to create as homey an atmosphere as they can, but they cannot do it alone. The community’s help is greatly needed and appreciated to keep their homes maintained and in working order. There are a variety of ways to help RMHC make life a little bit easier for those in need. Donations of typical items used in daily home life are most needed. Household goods such as dishwasher soaps/bathroom cleaners, garbage liners, sponges, detergents/softeners, air fresheners and towels are high priority on their Wish List. Also kitchenware such as Ziploc bags/saran wrap/foil, pots and pans, silverware, and oven mittens are so useful but not often thought of when donating. Cooking supplies like sugar or cooking oil make it easier for

families be able to sit down to a good meal after a long day. Lastly, if you're like the majority of the people in the world and your day does not start until that first cup of coffee flows through your veins, consider donating a coffeemaker. A full Wish List is published on their site.

(www.rmhcsanantonio.org/index.php/how-to-help/wish-list/)

RMHC also provides hands on volunteer opportunities for families or groups of friends to come together and donate their time. A homemade meal is a surefire comfort during hard times, but as we all know from our own busy lives, a homemade meal is not always possible due to time constraints and commitments. Families and friends can volunteer to cook meals for residents to welcome them home from their days full of treatments and doctor's appointments. While volunteers can make any meal of the day according to their own schedule, RMHC asks mainly for dinners during the week, and breakfast or lunch on the weekends. If a main course or full meal is not your specialty, if you pride yourself on your desserts, there is also a Cookie/Pastry Patrol. Bring your favorite recipe for that special treat that can always lift your spirits, and bake for the residents on site. On the flip side, RMHC is always looking for donations of fresh produce. If you have a garden with food to share, or simply love the produce section at

your local grocer, RMHC has residents thankful to eat fresh salads or side dishes. For anyone who is more arts and crafts inclined, RMHC has Quilting Bees to make blankets for the ill children. If you quilt, knit, crochet or weave, RMHC will gladly take all your blankets. They will of course also take premade blankets from those out there who do none of the above! RMHC is always seeking volunteers to help out in the office or the maintenance of the homes. For a full list of all volunteer opportunities please visit the RMHC website.

(www.rmhcsanantonio.org/index.php/how-to-help/volunteer/) or call Natalie Avalos at 210-704-3157. Finally, monetary donations from small to large are always welcomed. Donations can be made once or on a recurring basis.

One final note, every Thursday at 7:30 to 9:30 from now until July 13th, The County Line BBQ, located at 10101 W IH 10, and the San Antonio Food Bank are hosting the Ancira Music Series. Enjoy some good food and live music! Admission is free as long as each person brings a food or money donation. Check the SA Food Bank website for a schedule of performers.

<https://safoodbank.org/ancira-music-series-county-line/>

Gals & Guns - Call For Sponsors

Are you or your company interested in sponsoring a fun, unique and empowering BCWB event? Last year, the BCWB hosted the first-ever Gals & Guns clay shooting social at the San Antonio Gun Club, which was a smashing success. We had a tremendous turn-out of ladies who received valuable safety and shooting instruction in a fun, non-judgmental setting, followed by mingling and happy hour.

We are calling for sponsors to help us make this year's event even bigger and better than last year. If you are interested in learning more about sponsorship opportunities, please contact Brittany Weil at bmweil@csg-law.com.



Central Market Ethics CLE

Our Cooking Demonstration & Ethics CLE Event is back!

Join us at the Central Market Cooking School on Broadway at 6 p.m. on Thursday, May 4 for a Farm-to-Table cooking demonstration, dinner and a presentation of "An Appetite for Ethics on Social Media: The Ethical Use of Social Media in the Course of Legal Representation" by Ellen Pitluk, Ethics Attorney with the State Bar of Texas. One hour of CLE ethics credit has been approved. There is limited seating, so don't wait to reserve your spot.



Mindful

By Mary Oliver

Every Day
I see or hear
something
that more or less
kills me
with delight,
that leaves me
like a needle
in the haystack
of light.
It is what I was born for—
to look, to listen,
to lose myself
inside this soft world—
to instruct myself
over and over
in joy,
and acclamation.
Nor am I talking
about the exceptional,
the fearful, the dreadful,
the very extravagant—
but of the ordinary,
the common, the very drab
the daily presentations.
Oh, good scholar,
I say to myself,
how can you help
but grow wise
with such teachings
as these—
the untrimmable light
of the world,
the ocean's shine,
the prayers that are made
out of grass?

thoughts aren't based on anything real or true—it's just a pattern. So you learn not to take yourself so seriously, which is incredibly freeing. You learn not to always think that opposing counsel is this horrible human being set out to ruin your life. All of a sudden, negotiation with that person has so many more possibilities.”

As we go about our practices, most of us will eventually encounter or experience personally mental health issues. Discussing mental health issues and wellness is no easy task in the workplace or among professionals.

Things to Notice. How do we know when a colleague is suffering from mental health problems? Mental health issues often manifest themselves in changes in behavior. Does she seem less focused, less organized, or is she suddenly struggling to make decisions? Is she withdrawn, tired, overwhelmed? Is she just different in some way you can't pin down? All of these changes may be indicators that your colleague is having a mental health issue.

Dr. Google, step aside. Do not pull the iPhone out of your pocket and start diagnosing! Not only are we not mental health experts, going down that road isn't likely to help the situation and may well create legal issues. Instead, express your concerns to your colleague in concrete terms: productivity, work product, performance issues, and engagement. Approach the conversation with your colleague in private. Express your concerns and allow your colleague to talk, but try not to promise more than you can provide. Finally, you can hand your colleague a list of the many resources available through the [Texas Lawyers' Assistance Program](#). Keeping our minds and eyes open to what is happening with our colleagues may well save a life. * Citations are to the ABA Article available here



The Texas Lawyers' Assistance Program (TLAP) provides confidential help for lawyers, law students and judges who have problems with substance abuse and/or mental health issues.

You can call them any time of day or night at 1-800-343-8527.

COMMONWEALTH

A Book Review by Lisa Alcantar

I chose Ann Patchett's newly released *Commonwealth* because I heard she would be at the San Antonio book festival and I thought I might just make it to see her. Two things, though, I'm not much of a festival-goer, and second, my library loan didn't arrive in time. By the time the book hit my account, I could remember only the vaguest outline of the story -- something about families. The downside about electronic books is you can't simply flip them over for a quick synopsis of the story. The book is split into 9 long chapters and spans 50 years. All through the first chapter, the tension was so high I was certain I was reading a much different - like a kidnapping or murder mystery.

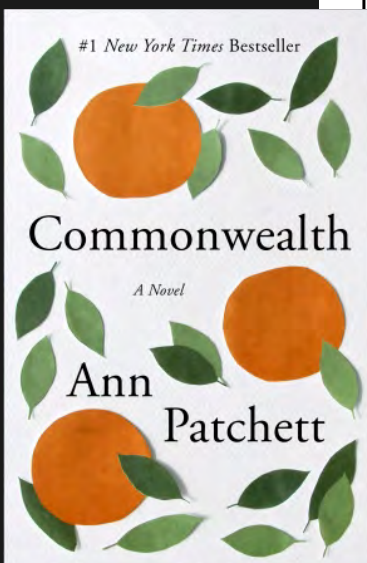
Patchett tells the story of the Keating and Cousins families, which are inevitably intertwined by marriage, divorce, and siblinghood. The story plays out in different periods, some of them being remembered by Francis "Fix" Keating, the octogenarian father of Caroline and Franny.

Other times, it's the memories of the children as children and snippets of their young adulthood. This book illustrates so well the slipping of time: how we luxuriate in childhood and our twenties, only to look up and find ourselves parents and, then in short order, our own parents slipping away.

Patchett is a master of doling out her story, bit by bit. Each character giving a bit of new history and perspective. The main characters: Fix and Franny are well drawn and deep. The other characters are visited in depth to some extent and while they move the story along, they aren't given nearly the same depth of treatment. All in all, this was a speedy, enjoyable read that brought me to tears several times.

Do you read memoirs or non history or cookbooks? We'd love to hear your voice in the book review. Send your submissions to newsletterbexarcountywomensbar.org

He is fifteen.
He is ten and
five. He is an
instant. He is
flying back to
her. He is hers
again. She
feels the
weight of him
in her chest as
he comes into
her arms. He is
her son, her
beloved child,
and she takes
him back.



Family Event at Big'z Burger Joint

Bring the family and come out to Big'z Burger Joint on Sunday, June, 25, 2017, for mid-summer fun with members of the Bexar County Women's Bar and Moms-in-Law San Antonio. No need to RSVP - we'll see you under one of the patios. For questions, please contact Laura Cauley at laura_cauley@txwd.uscourts.gov or (817) 980-5145.

Sunday, June 25, 2017

5pm-7pm

Bigz Burger Joint

2303 N. Loop 1604 W.

San Antonio, Texas

78258

(Between Bitters & Huebner)





CHANGES

Moms-In-Law San Antonio (“MILSA”) was founded in 2013 in an effort to empower attorney moms and to encourage them to succeed while also celebrating their roles as both attorneys and moms. Over the last four years, MILSA has provided enriching continuing legal education programs and created a host of annual events to which the legal community looks forward.

Over the last few years, MILSA and BCWB have partnered up on several occasions to host events and, naturally, our missions and our membership overlap. After much thought and planning, MILSA has made the decision to formalize its partnership with BCWB by becoming an official BCWB committee.

What does this mean for MILSA and BCWB members? BCWB intends to continue MILSA’s traditional events, including Halloween at Kiddie Park and Cookies with Santa, as well as several other new family events. MILSA’s Facebook page will continue to be an incredible community source of information. BCWB is in the process of creating a MILSA dedicated website page and working towards allowing members to opt-in to MILSA announcements. We are so excited about this new venture! If you have a knack for planning social events and want to contribute to our MILSA family committee, let us know by reaching out to Laura Cauley at Laura_Cauley@txwd.uscourts.gov

OUR MISSION

The mission of the Bexar County Women's Bar Foundation is twofold: to provide educational opportunities to its members; and to protect and strengthen local families by supporting legal and charitable programs.

Bexar County Women's Bar Association

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Bexar County Women's Bar Foundation

**Please Direct All
Questions, Comments and
Submissions to:**

Newsletter@BexarCountyWomensBar.Org

THE EQUAL TIMES

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