



WOMEN LAWYERS OF SACRAMENTO

August 2018 Newsletter

P.O. Box 936 • Sacramento, CA
95812 www.womenlawyers-sacramento.org

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SAVE THE DATE!

**Thursday,
September 27,
2018**

WLS September Luncheon
at
Lucca Restaurant
1615 J Street, Sacramento



President's Corner

By: Kelly Pope



Summer has really flown by, and I am excited to share with you some of the upcoming events planned for the fall.

First up is ArtFest on September 6, 2018. The Development Committee has been hard at work planning this lovely event, which is the WLS Foundation's only fundraising event for the year. The WLS Foundation is the charitable arm of Women Lawyers of Sacramento. Each year, the WLS Foundation advances the WLS mission by awarding scholarships to deserving law students, and grants to local charitable organizations assisting women and children. These grants and scholarships would not be possible without the support of our members at ArtFest each year. I look forward to seeing everyone at ArtFest next week!

Next up is WLS's Annual Speed Networking Event on October 18, 2018. Speed networking is a fun and powerful tool to expand your network. The event will be held this year at Foundation Restaurant & Bar, and will begin at 5:30 p.m.

Next is the Unity Bar Association of Sacramento's annual dinner, which offers the Sacramento legal community an opportunity each year to embrace and celebrate how diversity enriches our society and our profession. The Unity Bar is comprised of the Sacramento

County Bar Association's seven minority affiliates:

Women Lawyers of Sacramento

Asian/Pacific Bar Association of Sacramento

La Raza Lawyers Association of Sacramento

Leonard M. Friedman Bar Association

Sacramento Lawyers for the Equality of Gays and Lesbians

South Asian Bar Association of Sacramento

Wiley W. Manuel Bar Association

This year, the Unity Bar dinner will be held on November 1, 2018, and the keynote speaker will be Paul Grewal.

On November 7, 2018, WLS will host its annual Supreme Court Reception, where WLS will once again provide the Sacramento legal community the chance to gather in the foyer of the Stanley Mosk Library and Courts building to welcome the justices of the California Supreme Court.

(Continued on Page 5)

Ten Community Organizations Receive Generous Grants from WLS

By: Jessica Walker, Vice Chair of Grants & Awards Committee

WLS continues its tradition of awarding monetary grants to organizations whose purposes and activities are related to any one (or more) of the following five categories: (1) Women's Issues; (2) Children's Issues; (3) Education Programs; (4) Access to Law; and/or (5) Community-Based Programs. Co-Chairs Vanessa Raven and Allison Callaghan and Vice Chairs Tara Rojas and Jessica Walker met in July 2018 to discuss the grant applications for this year. The Committee received many inspiring applications from numerous deserving organizations. We thank all of the applicants for the important work they do for our community. Out of the record number of applications WLS received this year, the Committee, with Board approval, awarded the following grants:

Aging Up - \$500

Aging UP provides one-to-one mentoring, positive recreation, and independent living skills education to Sacramento region youth (ages 13-17) who have had experience in foster care. There are nearly 2,500 children in Sacramento's foster care. Without support, they face futures from low education attainment to long-term physical, emotional and mental health challenges. According to Aging Up, within two years of becoming legal adults and exiting the system, former foster youth face a 50 percent chance of being unemployed, homeless or incarcerated. However, youth who connect with a mentor have significantly better outcomes. Aging UP mentors are at least one, stable, caring adult to the youth in their program. Mentors also serve as role models, help create new worldviews, model positive ways to spend free time, and help reduce negative and anti-social behaviors. Most importantly, they offer consistency during turbulent adolescent years. Grant funds will go to training more mentors in their trauma-informed, strength-based approach.

All About Hope - \$500

All About Hope serves hospitalized children and their families by providing Hope Boxes filled with art supplies and project ideas. To children with a more terminal diagnoses, the boxes are even more special. These activities may be the last art projects these children ever complete. The over-the-top approach to the box design and the quality of the supplies honors the final

experiences in the lives of these children and families. Each month, the All About Hope team visits their local Ronald McDonald House with a fun activity to take the children's mind off of their treatment and isolation. These regular visits are rounded out by monthly box deliveries to 3 local hospitals and events like carnivals, or holiday parties. In June of 2018, they launched a "Hope for Mom's Box" program as well. Grant funds will be used to purchase art supplies for the Hope Boxes.

CChat Center - \$500

Children's Choice for Hearing and Talking (CCHAT) provides language development, hearing technology support, early intervention and literacy development for enrolled children (birth-3rd grade) through a listening and spoken language (LSL) program. CCHAT is a unique LSL program with a mission to teach children with hearing loss to listen, develop spoken language and speak for themselves, while attending to home language needs. Once age appropriate speech and language skills are achieved, CCHAT helps to transition students into typical mainstream educational settings, such as the child's neighborhood school. Grant funds will be used to help support CCHAT's youngest children with hearing loss through tuition assistance and specialized services focused on auditory, language, speech, cognitive and pre-literacy development.

Child Abuse Prevention Center - \$1,500

The Child Abuse Prevention Center, known as The CAP Center, has been preventing child abuse, neglect and abandonment through education, advocacy, health and safety for forty years. One of the successful programs The CAP Center implements is the Safe Sleep Baby Education Campaign, a collaboration of service providers and community members dedicated to decreasing the disproportionate infant sleep-related deaths of African American babies in Sacramento County through education and promotion of safe sleep behaviors for infants. Grant funds will be used to purchase 30 Pack'N Play cribs (each crib is \$49.99) to donate to families with newborns.

(Continued on Page 3)

Ten Community Organizations Receive Generous Grants from WLS Continued

By: Jessica Walker, Vice Chair of Grants & Awards Committee

Children's Receiving Home - \$1,000

The Children's Receiving Home of Sacramento is the only emergency sanctuary for abused children in the Sacramento region. More than 1,500 children are served by the Children's Receiving Home each year, benefiting from innovative therapeutic programs designed to break the cycle of abuse and improve their outcomes after they leave care, including having basic needs met, experiencing rites of passage like birthday parties, learning to ride a bike, trips to the state fair and attending school dances, and being surrounded by nurturing counselors and staff around the clock. Grant funds will be used toward the building and development of three age appropriate "sensory rooms" filled with tools like sand and water trays, soft play objects, action figures, art supplies, and soothing lights and sounds. One would be a calming space for kids to unwind when they are overstimulated (especially important for youth on the autism spectrum or with limited communication skills).

JJ's Hello Foundation - \$500

JJ's Hello Foundation arose from the suicide of an Elk Grove teenager. Suicide is the second leading cause of death for children ages 10-24. Suicidal teens are often too afraid to ask for help, fearing that the humiliation of asking for help would only make things worse. Because of this, JJ's Hello Foundation has created the "Can you hear me" cards. These business size cards allow these teens and others to ask for help without the fear of ridicule. On each card it explains that the person handing you the card needs assistance with a mental health issue. For the person receiving the card, it explains how to assist. Grant funds will be used to print over 10,000 cards to be distributed within the Elk Grove School District.

Sacramento Regional Coalition to End Homelessness - \$1,500

The mission of the Sacramento Regional Coalition to End Homelessness (SRCEH) is to end and prevent homelessness in the Sacramento region through policy analysis, community education, collective organizing, advocacy and civic engagement. SRCEH is partnering with

Women's Empowerment to replicate the Homeless Women's Needs Assessment that was conducted by the Los Angeles Downtown Women's Action Coalition in "Skid Row," Los Angeles in 2001 and 2010. The needs assessment survey identified demographics; education level; access to shelter and housing and any barriers to access; violence against women including sexual assault and domestic violence; health issues, including health issues unique to women [for example access to mammograms and pap smear tests]; mental health issues; employment; access to child care and transportation; and finally interaction with law enforcement. After conducting the survey of at least 250 women experiencing homelessness, SRCEH and Women's Empowerment plan to analyze the results and convene homeless women's programs including Mary House [Loaves & Fishes], St. John's, Next Move, VOA, Salvation Army, Lutheran Social Services and Wind Youth Services as well as women experiencing homelessness to develop a set of recommendations that would be presented to Sacramento Steps Forward [Sacramento County's Continuum of Care], Sacramento City Council and Sacramento City Council. Grant funds will be used to pay the women from Women's Empowerment a stipend for conducting the survey and to purchase a gift card as an incentive and thank you to the homeless women for participating in the survey.

Single Mom Strong - \$1,000

It is the mission of Single Mom Strong to build a community based on common values, while empowering single mothers and their children to be their best selves through enrichment, encouragement and educational programs. Single Mom Strong addresses the needs of single mothers and children in many ways, including monthly and annual programs. Monthly programs include an Empowerment Workshop, a Mother and Child Event and a Monthly "Mom's Night Out."

(Continued on Page 4)

Ten Community Organizations Receive Generous Grants from WLS Continued

By: Jessica Walker, Vice Chair of Grants & Awards Committee

Grant funds will be used to support the opening of an "Empowerment Center" where Single Mom Strong can house all of its programs under one roof and provide reduced cost child care on a volunteer basis.

St. John's Program for Real Change - \$1,500

St. John's is a very familiar organization to WLS which we have supported in many ways over the years. They specifically focus on single mother led families who have become homeless. They provide residential services, job training, and a childcare team to stabilize the children academically, socially and emotionally. Unfortunately, because they are exclusively focused on women and children, the County of Sacramento has determined they are too "high barrier" and they have lost a 15 year \$730,000 grant as a result. They are fundraising heavily to bridge the financing gap and are still \$240,000 away from their goal. Grant funds will be used to support this important organization.

Warrior Forged Project - \$1,500

The Warrior Forged Project (WFP), based in Sacramento, has provided free self-defense education in Sacramento County since 2016. Seminars are held at local gyms, and schools who donate their facilities. Each WFP instructor shares her own personal stories of survival, enlightens attendees in the areas of self-worth, and teaches simple, yet effective self-defense techniques. Grant funds will be used to purchase supplies/equipment for seminars (Currently instructors utilize personal laptops. Additionally, the TV being utilized was donated by an instructor and needs to be replaced), providing nutritious snacks/water at seminars, printing marketing materials, and mileage reimbursement for instructors.

Representatives from these ten organizations have been specifically invited as guests to the 2018 WLS ArtFest on September 6, 2018, from 6:00 p.m. to 8:30 p.m. at Beatnik Studios, located at 723 S Street, Sacramento, at which time the grants will be distributed.

St. John's Program for Real Change Needs Your Help!

St. John's is experiencing a large funding shortfall this year, as noted above. St. John's serves as many as 270 women and children each day, and they have a long waiting list for people who need their services.

Consider donating to this organization to support its wonderful mission. You can even sponsor a family for a day! Go to www.saintjohnsprogram.org to learn more.

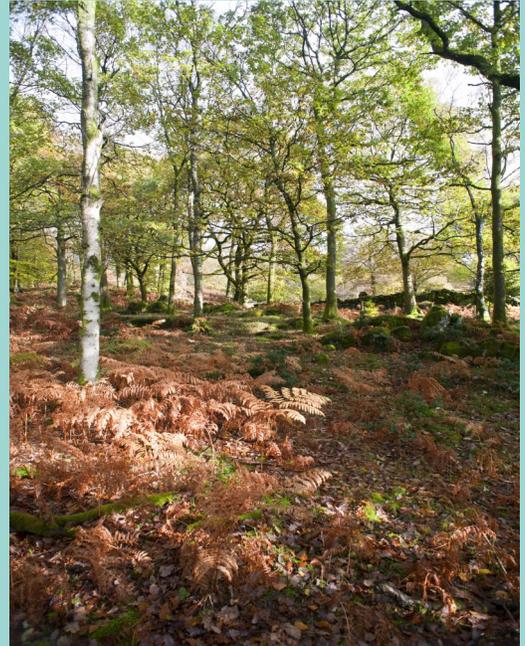
President's Corner Continued

By: Kelly Pope

Finally, now that the summer hiatus is over, I look forward to seeing everyone at our next WLS Luncheon, which will be at Lucca on September 27, 2018.

All of these events are wonderful opportunities to network while supporting WLS and its mission. But, seeing this list may remind you how busy the fall season is. Fall is a busy and often stressful time of year during which we juggle not only the demands of our careers, but also the demands of the new school year, our children's extra-curricular activities, and perhaps the approaching holiday season.

Don't forget during this busy season, while you are taking care of your clients and your families, to also take the time to take care of yourselves.



SAVE THE DATE!



2018 WLS Luncheon Schedule

Location: Lucca Restaurant and Bar
1615 J Street, Sacramento, California

Scheduled Luncheon Dates:

September 27

October 25

November 15

December 13 (Holiday Luncheon)



Proud Supporters of
Women Lawyers of Sacramento's
Annual Artfest



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Proudly supports Women Lawyers of Sacramento in its continued efforts to promote and advance women lawyers.



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Christine E. Jacob
(Past President of WLS)



Dacia J. Cenat



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Alissa J. Strong

Announcements & Other News

Job Announcements

The Sacramento office of Fisher Phillips seeks a junior associate with 1-2 years of litigation experience. The ideal candidate will be comfortable drafting and responding to discovery and initial pleadings, drafting motions, and drafting agency position statements. Candidate must have excellent academic credentials, strong writing and analytical skills, and demonstrated ability to manage multiple projects in a fast-paced environment. Must be admitted in California.

We are not accepting resumes from search firms for this position.

Apply at:

<https://apply.fisherphillips.com/virecruitex/virecruitselfapply/ReDefault.aspx?FilterREID=2&FilterJobCategoryID=3&FilterJobID=111>

Announcements Continued...

WOMEN LAWYERS OF SACRAMENTO



Art FEST

SEPTEMBER 6, 2018

6:00 P.M. – 8:30 P.M.

BEATNIK STUDIOS – 723 S STREET, SACRAMENTO, CA 95811

Join us for an evening of art, food and wine, and a silent auction!
Proceeds fund grants to local charitable organizations and scholarships for law students.



DOWNEY BRAND



Ticket pricing: \$40 advance purchase; \$45 at the door.

Information regarding electronic ticketing and ongoing sponsorship opportunities can be found online at: <http://womenlawyers-sacramento.org>



I would like _____ tickets at \$40/person

I cannot attend, but would like to donate: \$ _____



Enclosed is my payment of \$ _____ Check # _____

Name(s): _____

Company: _____

Address/Phone: _____

Email: _____

For information on the event, including ongoing sponsorship opportunities, please contact Katherine Underwood at keunderwood235@gmail.com



DREYER | BABICH | BUCCOLA
WOOD | CAMPORA...



Return form and check payable to "WLS Foundation" to Kathleen Gallagher, Gallagher Jones, LLP, 2945 Ramco Street, Suite 110, West Sacramento, CA 95691

Announcements Continued...

THE SACRAMENTO UNITY BAR
ASSOCIATION PRESENTS

THE **2018**
*Unity Bar
Dinner*

THURSDAY, NOVEMBER 1, 2018
AT 6-8PM
A CONVERSATION WITH



PAUL GREWAL

VICE PRESIDENT AND DEPUTY GENERAL COUNSEL, LITIGATION AT FACEBOOK INC., AND FORMER
UNITED STATES MAGISTRATE JUDGE FOR THE NORTHERN DISTRICT OF CALIFORNIA

MC: THE HONORABLE SHAMA MESIWALA

*Hosted by the South Asian Bar
Association of Sacramento*

*Asian/Pacific Bar Association of Sacramento
Cruz Reynoso Bar Association
Leonard M. Friedman Bar Association
SacLEGAL, Sacramento's
LGBT Bar Association
Wiley W. Manuel Bar Association
Women Lawyers of Sacramento*

*The Grand
1215 J Street,
Sacramento CA*

Announcements Continued...

Cami McLaren: Purpose & Vision Book Study is Coming

What is the Value of Knowing Your Purpose?

There are two kinds of purpose.

1. The big purpose – your WHY for your practice and for every part of your life. This is your overall guide. Everyone has it but few of us know what it is. Once your purpose is clearly articulated, you are much more likely to get what you want as an attorney, spouse and parent.

Knowing your purpose will bring you a sense of fulfillment, drive and motivation.

2. Your purpose for the present moment – why am I doing what I am doing right now? This is also something few people articulate. When you ask this question, you may discover you are putting your time and energy into the wrong things. When you choose your actions purposefully, you become far more effective.

Knowing the reason for doing what you are doing (purpose) generates

- **Effective time management**– you will be purposeful and directed and get more done in a shorter time
- **Clear and intentional communication** – in being purposeful and directed, you will have effective communication and create better results
- **Ability to get what you want** - quickly

What is the Value of Having a Vision?

When you create a clear and written vision – for your business or elsewhere – you are vastly more likely to get what you want, and in a far shorter period of time.

When your Vision comes out of your known Purpose, you will also experience fulfillment, motivation and effectiveness. You will get what you want and things will become easier.

Starting in September 2018, Cami McLaren will host a 6-class (12-week) bi-weekly book study on the following chapters in her book *Coaching for Attorneys: Improving Productivity and Achieving Balance*:

1. Chapter 2: Creating a Well – Formed Outcome

2. Chapter 9: Purpose and Vision

Purpose of this Book Study: To connect you with what is most important for you in your career and overall. To attain a sense of groundedness and direction in order to get the results you really want.

Outcomes from this Book Study:

- **A purpose statement** for your business and/or life overall
- **A vision statement** for your business and/or a specific project
- **A well-formed outcome [WFO]** (clear outcomes/goals and defined milestones) for a particular time period. You may choose 2019 or you may choose a shorter (or longer) period of time. You may wish to create a WFO for a particular project, event or transition.
- **Knowledge of how to use your purpose and vision** to guide you



Announcements Continued...

Logistics:

- **Bi-weekly meetings** on Tuesdays starting September 25, 6-8pm
- **Accountability partners:** Someone to talk to about homework and help you stay on track between classes. Accountability partners are recommended, but not required.

Dates:	September 25	October 23	November 20
	October 9	November 6	December 4

We will provide a makeup call for classes you cannot attend if you tell me before this series starts.

Location: Sierra 2 in Sacramento

Cost: \$400, plus purchase of the book.

"Efforts and courage are not enough without purpose and direction." –**John F. Kennedy**

Testimonials

"Finding out my purpose allowed me to make very strategic decisions in my personal life and business. When a decision or action feels wrong or I feel anxious, I look to my purpose statement to find out how that decision is aligned or not aligned with who I am and how I want to be in the world. After figuring out and writing down my purpose, I was also able to identify things (or activities) that took time but did not fit my purpose. So, now I have more time for the things I love doing that make me happy. It has also become easier for me to say no to things that I don't want to do, because I have identified that it does not serve my purpose. And for the activities that I say yes to and don't know why, I look to my purpose to find the why and that helps me be at peace with my decisions. I chose them for a reason."

– Ali Goff (Law Offices of Alexandria Goff)

"I have attended three of Cami's book studies and found each of them valuable in different ways. Writing my purpose helped me to understand myself better and to make changes in my practice coming from a place of purpose. I was amazed at the end how well each person's purpose matched who they are individually so well. Without taking the time to do the purpose book study I would not have made the time to create my purpose using the tools from Cami's book on my own. Now I know that my purpose is to connect with people in a way that empowers excellence, and to be generous and strong."

– Jennifer Duggan (Duggan Law Corp.)

"Taking the time to figure out my Purpose and to create a vision for my 'perfect' life has been one of the most positive, life changing experiences I've had in my almost 60 years on this planet. My only regret is that I didn't find Cami and this program sooner. Being able to identify my Purpose has allowed me to find fulfillment in some form every single day while still working to create the vision of my 'perfect' life. It has allowed me to appreciate each day for the gift that it is even when I have a 'bad' day at work. This may sound unbelievable or hokey, but its true. And, this is coming from a 30+ year corporate attorney who has been able to embrace these lessons and completely change her life and, rather than simply looking towards retirement, is embarking on the excitement of a second career unrelated to the law, but fulfilling my Purpose. None of this would have been possible without Cami and this book study."

-Ilene Block (in-house counsel)

[To register, email cami@mclarencoaching.com](mailto:cami@mclarencoaching.com)

WOMEN LAWYERS OF SACRAMENTO

Mission Statement: Women Lawyers of Sacramento supports and encourages every woman lawyer in her career aspirations and helps promote a society that places no limits on where a woman's skills and talent can take her. Women Lawyers of Sacramento dedicates itself to (1) promoting the full and equal participation of women lawyers and judges in the legal profession, (2) maintaining the integrity of our legal system by advocating principles of fairness and equal access to justice, (3) improving the status of women in our society and (4) advocating for equal rights, reproductive choice, equal opportunity and pay for women, and current social, political, economic, or legal issues of concern to the members of Women Lawyers of Sacramento.

Foundation Mission Statement: Women Lawyers of Sacramento Foundation is the charitable arm of Women Lawyers of Sacramento. This charitable organization seeks to address the unmet needs of women and children and raises funds to support legal educational opportunities and community programs that satisfy these needs.

Principles: Women Lawyers of Sacramento is premised on the belief that women deserve equal rights, respect and opportunities in the workplace and in society at large. Women Lawyers of Sacramento endeavors to support and enhance the participation and representation of women in significant leadership and management positions in the legal profession. Women Lawyers of Sacramento also strives to eliminate all forms of bias, discrimination, and harassment, including all forms of violence against women and children, and supports diversity in the legal profession, in legal education, and in society in general. We work toward these goals through mentoring, legislative and administrative advocacy, community service, networking, educational seminars, and open forums of discussion focused on advancing and supporting women.

2018 WLS BOARD

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WOMEN LAWYERS
OF
SACRAMENTO

2018 Membership Application

January 1, 2018- December 31, 2018

(If you join on or after October 1, 2017, you will receive membership for the remainder of 2017 and all of 2018)

APPLICANT INFORMATION

- Please do not include my information in the membership directory
 New Member (Referred by: _____)
 Renewal

Name _____ CA Bar Number _____ Year Admitted _____

Firm/Office _____

Address _____

City _____

State _____ Zip _____

Phone _____ Fax _____ Email _____

Area(s) of Practice _____

APPLICANT STATUS

Active Member: (Member of the CA/Other State Bar, including retired attorneys and law school faculty)

- \$55: 0-5 years in practice/ gross income under \$50,000
 \$65: 6-10 years in practice
 \$75: Over 10 years in practice
 \$100 or more: sustaining donor
 \$1500 or more: lifetime membership

Associate Member:

- \$25: Law school graduate not yet admitted to Bar
 FREE Law school student (Specify year: _____)

Honorary Member: (Justices, Judges, WLS Past Presidents)

- Dues Waived

Add-ons:

- \$85 : California Women Lawyers dues (WLS Affiliate price) or sign-up at <http://www.cwl.org/Membership/>
 CWL Law School Student Complimentary

- \$____: Foundation donor (tax deductible)
 \$____ TOTAL enclosed by check payable to WLS.

**Please return WLS Applications and Payment to:
 WLS Membership, P.O. Box 936, Sacramento, CA 95812**

COMMITTEE PARTICIPATION

Check those WLS committees in which you are interested in participating or receiving more information:

- | | | |
|---|---|--|
| <input type="checkbox"/> Career Advancement & Retention | <input type="checkbox"/> Legislation & Bar Delegation | <input type="checkbox"/> Publicity/Community Relations |
| <input type="checkbox"/> Grants & Awards | <input type="checkbox"/> Membership | <input type="checkbox"/> Programs |
| <input type="checkbox"/> Development (WLS Foundation) | <input type="checkbox"/> Newsletter | <input type="checkbox"/> Judicial & Other Appointments |