

Westchester

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Women's Bar Association

A Chapter of the Women's Bar Association of the State of New York

Fifth Annual Take Your Children to Work Day Celebration Scheduled for April 27, 2006

The WWBA is pleased to announce its Fifth Annual Take Your Children to Work Day Celebration on April 27, 2006. The program is co-sponsored by the Westchester Women's Bar Association, the White Plains Bar Association, the Greenburgh Bar Association, Wilson Elser Moskowitz Edelman and Dicker, LLP, Keane and Beane, P.C., McCarthyFingar, LLP, Jackson Lewis, and the United States District Court for the Southern District of New York. It will take place from 9:00 a.m. to 1:00 p.m. at the United States District Court at 300 Quarropas Street in White Plains. Among the planned activities are meetings with Judges, an Assistant United States Attorney, an FBI agent, and a U.S. Marshall; a demonstration of home detention equipment; and a courthouse tour. In addition, we will be providing a pizza and soft drink lunch for the children. The students will also receive a package, including among other things, handouts about the federal court system. One of the purposes of the program is to have children see that women as well as men can have rewarding careers in law enforcement. The program will also examine the American Bar Association's 2006 Law Day theme of "Liberty Under Law: Separate Branches, Balanced Powers". As it was last year, the program is extended to allow the children of our members to participate along with the children of the federal employees, children of our sponsoring firm's employees and children from local area schools. In light of security concerns at the courthouse, we will need a list of names and ages of all the children and chaperones who will attend. If you or your child would like to participate, please contact Deborah A. Scalise at (914) 472-2300 or DScalise@adcuriam.com or Stephanie M. Roebuck at (914) 946-4777 or SRoebuck@kblaw.com before April 15th. We look forward to providing an educational and enjoyable experience for all. ◆

A Message From The President

Last month, my Grandmother died. I am not looking for sympathy or trying to depress anyone. I want everyone to know that Granny was a



Jody Fay

big fan of The Westchester Women's Bar Association and our monthly newsletter. Granny always wanted to be a lawyer. I suppose she wanted to be a lawyer to correct the injustices she and her family sustained in their migration (and after) from Sicily, Italy to Northampton, Massachusetts. Granny often reminded me how important being a lawyer was and how I should "work hard (Jody Ann) to get ahead". In our hectic lives as attorneys, it is so easy to forget what a valuable service we are able to provide to our community. It is so easy to take what we have for granted. I thank Granny for always reminding me of my responsibilities to my community and certainly, my responsibilities to all of you as President of The Westchester Women's Bar Association. Granny was so proud when I became President. However, she was also in shock when she found out it was a non-paying position! What I don't yield in money, I get in self-satisfaction which is much more valuable. Allow me to

continued on page 3

Women's Bar Seeks Nominations for 2006 Family Friendly Employer Award

The Westchester Women's Bar Association seeks nominations for its prestigious 2006 Family Friendly Employer Award. Eligible employers include all employers, in the public and private sectors, who employ three or more lawyers. Criteria may include the employer's policies on part-time employment, flex-time, parental leaves, telecommuting and partnership opportunities. Anyone familiar with the employer may submit the nomination. The nomination form is available by contacting Rita J. Tino, Esq., Co-Chair of the Association's Lawyering and Parenting

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Westchester
Women's
Bar
Association

MEMBER NEWSLETTER

MARCH, 2006

Published Monthly by the
Westchester Women's
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the Women's Bar Association
of the State of New York

2005/2006

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2005 - 2006
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Environmental & Land Use	Anna L. Georgiou Jeannette Koster	WWBA Delegate to WBASNY Judicial Screening Committee	Loren I. Glassman
Gender Dynamics ...	Hon. Terry Jane Ruderman	WWBA Delegate to WBASNY Mentoring Program	Marcia Smithen-Cohen
Golf Outing	Claire Meadow, Dawn Arnold		
Holiday Party	Joy S. Joseph, Roberta Michael		
Holiday Party/Crafts	Beth Willensky		

PRESIDENT'S MESSAGE

from page 1

highlight some recent news and events which give me great satisfaction.

The Westchester Women's Bar Association has reached out to The Women's Association of Law Students at Pace University Law School and we co-sponsored our first program with them in January. The program held on January 26th was also co-sponsored by Planned Parenthood and entailed a film showing and a panel discussion on the state of abortion in the United States. Our own member, Senator Suzi Oppenheimer was in attendance at the program which coincided with the anniversary of Roe vs. Wade.

I am looking forward to further co-sponsorships with WALs and I thank its President, Leicia Grant, for reaching out to the WWBA.

Most of you know how very important our membership is to me. We just finished certifying our membership to The Women's Bar Association of the State of New York (WBASNY) and I am so thrilled to report that we have 571 certified members! This is our highest ever and I am very grateful to our Membership Chairs, Fran DeThomas, Ann McNulty and Lisa Newfield. And special thanks to the WWBA Executive Director, Linda Surace, whose efforts are nothing short of monumental. Because our membership numbers are so high, we will retain our 10th Director to WBASNY which we acquired for the first time last year. I thank all of you who renewed your membership with the WWBA and I hope you share my joy in this wonderful achievement.

Speaking of WBASNY, I have more great news. WWBA member, Lonya Gilbert has been nominated to receive WBASNY's Outstanding New Lawyer Award. This is a tremendous honor which Lonya will be awarded during the WBASNY Convention held at The Sagamore in Lake George on May 19th thru May 21st. Lonya is a Co-Chair of The Westchester Women's Bar Association Matrimonial Committee, the Treasurer of The Westchester Women's Bar Association Foundation and a WBASNY Director, just to name a few of her accomplishments. I hope you can make it to convention this year to support Lonya as she receives this award. Heartfelt congratulations to Lonya and her entire family.

"In our hectic lives as attorneys, it is so easy to forget what a valuable service we are able to provide to our community. It is so easy to take what we have for granted."

Lastly, in addition to our many substantive committee programs, we have several General Membership Programs coming up. On April 19th, we are having a program on WBASNY Legislation which will be held at Graziella's Restaurant in White Plains. We expect the program to yield CLE credits for the attendees and as always, to be affordable. At this General Membership Meeting, we shall vote to approve our slate of candidates for next year, which will all be installed at our Annual Dinner on June 14th. See inside the newsletter for more details on this event. Don't forget to Take your Children to Work on April 27th, see inside the newsletter for further in-

formation. We are also planning our first ever Pro Bono Day in conjunction with Pace Law School and this will be held on May 4th. Our Diversity Committee is planning an excellent program on May 17th entitled "Raising the Bar" (on Diversity, that is) which will be held at The White Plains Women's Club. More details on these events as we get closer but mark your calendars NOW.

Thank you all for your membership and participation in The Westchester Women's Bar Association. You are all what makes it work so well! ♦

Jody

WWBA GOLF OUTING

Save the Date!

SEPTEMBER 14, 2006
HAMPSHIRE COUNTRY CLUB

Making Dates and Getting Published

Please schedule all WWBA dates through Julie S. Kattan, Corresponding Secretary and Editor-in-Chief of the WWBA Newsletter. Please copy or otherwise notify Susan S. Brown, Vice President, with all dates to be included in the WWBA website calendar, at ssbrownesq@msn.com or by facsimile at 914-288-9291. Conflicts in scheduling will be assessed on a case by case basis, with priority for early submissions.

The deadline for newsletter submissions (substantive law articles, notes on members, committee notices) to be considered for publication in the newsletter is **the twelfth of the month**. All notices must be in writing, preferably e-mailed to juliek0601@aol.com. Attachments should be sent in Word or WordPerfect format. If you do not have e-mail capability, please mail or fax your submission to Julie at Glassman & Brown, LLP, 99 Court Street, White Plains, NY 10601, Telephone (914) 686-0108, Fax (914) 288-9291

Any opinions expressed in the articles contained herein are solely those of the author(s) and do not constitute positions taken by the WWBA. ♦

Pace Law School Upcoming CLE Programs

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(Winter/Spring 2006)

Land Use Law Update	Thursday, March 23
Recent Developments in Residential Real Estate	
Part I	Wednesday, March 29
Part II	Wednesday, April 5


(April-June 2006) DETAILS TO FOLLOW

Immigration: A Brave New World	Tuesday, April 18	Carlisle, Halpern and Centone:
Technology and Environmental Litigation		A CPLR Update
in the Courtroom	Saturday, April 22	Wednesday, May 10
Elder Law Update		Pitfalls of Prior Written Notice Laws
Part I	Wednesday, April 26	Wednesday, May 17
Part II	Wednesday, May 3	E-Discovery: The Current State of the Law and
		Introduction to Proposed Rule Changes
		Wednesday, May 24
		Professional Development Event:
		TRIAL AD WEEKEND
		June 2, 3, and 4

Contact: Kathleen M. Carlisle, Director, Center for Continuing Legal Education

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You are invited
to a luncheon featuring
Janet DiFiore
Westchester District Attorney



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The League of Women Voters of Larchmont-Mamaroneck

On Friday, March 17, 2006
At Orienta Beach Club in Mamaroneck, NY
12:00 noon to 2:00 pm

Lunch Fee: \$45 • RSVP: Mail check to LWV of L/M
PO Box 811 • Larchmont, NY 10538

Save the Date!

*For: American Cancer Society's
Professionals Against Cancer
Business Networking Wine Reception*

Date: Wednesday, April 26, 2006

Time: 5:00 pm - 7:00 pm

*Place: MacMenamin's Grill & Chef Works,
New Rochelle, NY*

*Bringing together the professional community to
network with peers while learning more about the
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THE WESTCHESTER WOMEN'S BAR ASSOCIATION

*** GENERAL MEMBERSHIP MEETING ***

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**Nuts and Bolts of the Legislative
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Video Voyeur Legislation

**Audrey E. Stone, Esq., Westchester
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Moderator: Susan W. Kaufman, Esq.

WBASNY Legislation Co-Chair and WWBA Legislation Chair

CLE ACCREDITATION PENDING*

Sponsored by:

The Westchester Community Foundation

Date: Wednesday, April 19, 2006

5:30-8:30 P.M.

Place: Graziella's Restaurant

95 South Broadway, White Plains

Price: \$35 -- includes complete buffet-style dinner;

\$5 additional to receive CLE credit

***Please R.S.V.P on or before 4/12/06 to administrative assistant Helena Nash at McCarthy Fingar LLP,
11 Martine Avenue, 12th Floor, White Plains NY 10606, tel. no. (914) 946-3700 ext. 235, fax no. (914)
946-0134 and e-mail at hnash@mccarthyfingar.com. Include checks payable to "WWBA".***

* This program is being co-sponsored by the Westchester Women's Bar Association, a chapter of the Women's Bar Association of the State of New York. Approval of CLE credits is pending in accordance with the requirements of the New York State Continuing Legal Education Board for a maximum of 2 credit hours in professional practice, acceptable for transitional credit for established and newly admitted attorneys. WBASNY is an accredited provider of CLE credits. Full and partial scholarships for this program, based on financial need, are available. For information and to apply, please contact Jody Fay, Esq. at (914) 244-3738 or legal2@msb.com. All requests are confidential.

Westchester Women's Bar Association*

Trusts & Estates Committee

**We Are Proud to Present the Following Program for Our Members
and Guests:**

"Surrogate's Court Litigation: The Procedural Necessitates and a Litigator's Perspective"

on

Tuesday, March 28

To Be Presented By

Joseph M. Acetta, Esq.

Westchester County Surrogate's Court Law Assistant;

&

Barbara Levitan, Esq.

**of Greenfield Stein & Senior, LLP, specialist and frequent lecturer on
Surrogate's Court litigation.**

This dinner meeting will be held from 5:30 to 8:00 PM in the 4th Floor conference room at the Bank of New York at 123 Main St., White Plains. Cost is \$15 for dinner and \$5.00 for CLE credits

*WWBA is a chapter of WBASNY, which is an accredited CLE provider. Pending WBASNY approval, 2 transitional CLE credits in professional practice will be given for attendance at this program.

Financial Hardship: Full and partial scholarships for this program, based on financial need, are available. For further information, contact Susan S. Brown, Esq. All requests are confidential.

March Practice Management Tip

Life Tools for Lawyers: The Value of Humor

According to the Humor Project—an organization that runs humor seminars and workshops on such topics as *Jest for Success: Making Humor Work at Work and Taking Your Job Seriously and Yourself Lightly: The Positive Power of Humor*—it is quite possible to be “a serious professional without being a solemn professional.” Laughter is like internal jogging and, as medical researcher Dr. Norman Cousins said in 1979, “he or she who laughs, lasts.”

Like any other work-out, laughter improves your respiration and circulation, oxygenates the blood, suppresses stress-related hormones and releases endorphins in the brain, and it activates the immune system. Evidence has shown that humor can play a role in speeding recovery from injury, reducing allergic response, and promoting mental and physical health.

Humor at work and at home

There is room in the law business for laughter. In a survey of 737 CEOs, over 98% said they would hire somebody with a sense of humor rather than a candidate without one. Ice cream maker Ben and Jerry's has a Joy Committee that provides grants to employees to develop ideas that bring more joy into the workplace.

Author, speaker and business consultant Ken Blanchard says in his book, *Laughing Matters*:

Humor and laughter in organizations can increase the amount of feedback you can get, the honesty, and the capacity for people to tell you

“In business, humor improves performance, encourages positive thinking, energizes meetings, promotes creativity, and gets more work done. Humor is the bonding agent that creates trust and strengthens relationships.”

good things. All the solutions to problems in organizations are within your own people, but the problem is half of them don't want to say anything because they usually get zapped—you kill the messenger. It's through humor that you can open up the lines to communication.

In a ten-year study of married couples by researchers John Gottman and Sybil Careere of the University of Washington found they are able to predict the success of a marriage with 88% to 94% accuracy based on the presence of romance, humor, and affection in the marital partners' communication style. This may be why “his sense of humor” is so often given by women to explain their attraction to a particular male.

Some 69% of couples have perpetual problems, like different attitudes toward finances, which can kill a marriage unless the communication style that frames the discussion reflects those three factors. While the study identified criticism, contempt, defensiveness, and stonewalling as destroyers of marriages, an effective funny bone can ameliorate their effect.

In social situations, humor is a powerful tool to help people get to know one another, to bond teams, to overcome cultural differences, and bring newcomers into the fold. In business, humor

improves performance, encourages positive thinking, energizes meetings, promotes creativity, and gets more work done. Humor is the bonding agent that creates trust and strengthens relationships.

Humor is a proven antidote to stress, a key to good communications, and contributes to healthy relationships. Are lawyers better known for their humor skills or for being offended by lawyer jokes? Jokes about lawyers aside, developing your humor skills is sure to make you healthier and happier. And humor is a skill that can be developed.

Work on it

Don't worry if you're not a stand-up comic: the Humor Project has been operating since 1977, and while 80% of its seminar participants think they have good senses of humor, 98% of them say they can't tell a joke to save their life.

Here are some hints for developing your funny bone:

1. Don't even try to be a stand-up comedian if you are shy or you can't remember punch lines. Or give it a try by joining a comedy workshop at a local community college or center.
2. The truth is often funnier than fiction. Tell your own true-life stories. Didn't “Seinfeld” show us the

success of that approach?

3. Freely share your witty or wry observations about daily life. Just remember humor only works when it meets the AT&T Test: Appropriate, Timely & Tasteful.

4. Collect other people's personal stories or anecdotes to share in future. Just don't forget the lawyer's commitment to confidentiality—keep the characters unrecognizable.

5. Watch Comedy Central.

6. Subscribe to an emailed daily joke or purchase a desk calendar with a daily joke.

I'll never forget the effect of pasting on my office door this quip from Henry Kissinger that was taken from my desk calendar: “There can simply be no crises next week, my schedule is already full.” Everyone who considered bringing a problem to me reconsidered, upon reading then note, whether they truly had a crisis needing my intervention and some decided that bothering me was not really necessary. The power of a joke! ♦

This month's practice management tip was contributed by Cheryl Stephens. Cheryl, who has been called Canada's only professional muse, works with lawyers in Canada and the United States to develop their law practices and enhance their professional and interpersonal skills. She also provides public training in leadership and communication skills, including creativity, innovation and humor. She currently maintains blogs on life in the law firm; women's challenges in law practice; social and business trends; and plain language. Links to all of Cheryl's blogs can be found at www.CherylStephens.com/blogs.html.

WWBA Thanks Our Directory Sponsors

The Westchester Women's Bar Association would like to thank all of the following supporters of WWBA who have placed ads in the 2006 Directory:

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Notes on Members

On January 19, 2006, **Lisa Margaret Smith**, one of our Directors, was appointed the Chief Magistrate Judge for the Southern District of New York. The appointment, which is based on seniority, is for a two-year term.

Karen Cahn recently opened her own practice. She has 27 years experience and specializes in family law and matrimonial law. Her contact information is: Karen L. Cahn, 399 Knollwood Road, Suite 112, White Plains, New York 10603. Telephone: (914) 831-7253 ♦

WWBA Members to Present CLE

Pace Law School CLE: Elder Law Planning Update
April 26 and May 3, 2006; 6:00 - 8:30 pm

April 26, 2006, 6 - 8:30pm (MEDICAID PLANNING)

Frances M. Pantaleo - Basic overview of rules regarding Medicaid eligibility, services provided by the Medicaid program, income, resources and procedural issues.

Robert Freedman - Overview of recent changes to the federal Medicaid statute and the significant changes to the rules regarding transfers of assets and annuities.

Lee Hoffman - Spousal issues: Medicaid rules regarding protection of income and assets for the spouse, spousal refusal, post-eligibility requests for spousal support, the right of recovery against a refusing spouse, and the role of the right of election against the estate of the community spouse.

May 3, 2006, 6 - 8:30 pm (OTHER ELDER LAW TOPICS)

Steven Schurkman - Medicaid planning techniques regarding the residence: strategies for protection of the family residence. Discussion of the advantages and disadvantages of life estates and trusts and the impact of capital gains and estate tax considerations.

Patricia Bave-Planell - Advance Directives- Powers of attorney, health care proxies (w/ anatomical gift giving authority) and living wills. Discussion of the effect of HIPAA. Update on proposed statutory changes.

Jeffrey S. Goldstein - Medicare Part D - A primer on the new drug part - how to advise your clients and your parents on how to make an intelligent decision on whether to sign up and then among the various plans. ♦

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Women's Bar Seeks Nominations for 2006 Family Friendly Employer Award

from page 1

Committee at Rtino@optonline.net or (914) 921-5705, and must be submitted by April 28, 2006.

The award will be announced and the employer honored at the WWBA's annual dinner to be held this year in June, 2006. Past recipients have included Glassman & Brown, The Westchester Legal Aid Society, Cuddy & Feder, Wilson Elser Moscovitz Edelman & Dicker, the Pace Women's Justice Center, and Hyman & Gilbert. ♦

W W B A N e w M e m b e r s

The Westchester Women's Bar Association proudly welcomes our newest members:

DANA BRESCIA, ESQ.

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Law Student



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Law Student

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Four Cromwell Place
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Law Student



WWBA Schedule of Upcoming Events

Sponsor	Date / Time	Place	Topic	RSVP
WWBA	Wednesday 3/1/06 5:30 p.m.	Bank of NY 123 Main Street White Plains	Board Meeting	Regrets to Jody Fay
Practice Management Committee	Tuesday 3/7/06 6:00-8:00 p.m. Cost pro pay \$25 members, \$35 non-members, at the door \$30 members, \$35 non-members.	Stark Business Solutions 445 Hamilton Avenue Suite 1102 White Plains	"The Bottom Line: Fees, Billing & Collections"	Alicia Sandberg @sandberg@sblawyers.com or 914-683-5300
Real Property Committee	Wednesday 3/22/06 5:30-8:00 p.m. Cost \$15	TBD	"Protecting Yourself From Your Client: The Do's and Don'ts"	Pknight.marcus@verizon.net or jsiegel@circlemortgagegroup.com or 914-422-0810
Trusts & Estates Committee	Tuesday 3/28/06 5:30-8:00pm Cost \$15 plus \$5 for CLE (pending)	Bank of NY 123 Main Street White Plains 4 th Floor	Surrogate's Court Litigation: The Procedural Necessities and a Litigator's Perspective	Glassman & Brown, LLP. at 914-686-0108.
ADR and Matrimonial Committees	Wednesday 3/29/06 5:30-8:30pm Cost \$10	Bank of NY 123 Main Street White Plains	Ethical Issues in Collaborative Law	Lynn Maier 328-0160 or Lynnmaier@aol.com, or Marcia Smilthen Cohen @mmisc@aol.com
WWBA	Wednesday 4/5/06 5:30 p.m.	Bank of NY 123 Main Street White Plains	Board Meeting	Regrets to Jody Fay 914-244-3738
Lawyer ng & Parenting Committee	Thursday 4/6/06 12:00 - 1:15 p.m.	190 East Post Road Suite 300 White Plains	"Mind, Body & Spirit"	Rita Tino @921-5705 or Deb Pagrotta @997-8888
WWBA	Wednesday 4/19/06 5:30-8:30 p.m.	Graziella's 95 South Broadway White Plains	General Membership Meeting: "Persuading the Powers that Be"	Helena Nash 946-3700. fax 946-0134, or hnash@mccardhyingar.com

WWBA is a chapter of WBASNY which is an approved provider of CLE credit. Full and partial scholarships for CLE programs based on financial need are available. For information on the guidelines and procedures for applying, please contact the person running the program. All requests are strictly confidential. All programs are for transitional credit unless the program states otherwise.



Westchester Women's
Bar Association
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Elmsford, New York 10523

REMEMBER, YOU CAN FIND THE WBASNY WEB PAGE
AT WWW.WBASNY.ORG.