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President's Message: Seeking Balance Through Moments of Excellence

For years, a buzz topic amongst GAWL members has been work/life balance. How do you find it or, better yet, how do you successfully manage to do everything you want and be happy? We all live chaotic, busy lives, and this week for me was no exception. I found myself juggling many work and professional obligations. For starters, I was facing the end of the 3rd quarter at the office, which meant looming deadlines. I was also busy with GAWL – attending committee meetings and scheduling calls with GAWL Leadership regarding the budget. And lastly, on a personal level, I was finalizing the details of my 25th high school reunion, which I volunteered to chair, and helping my niece make her final choices on college applications. As if these activities were not enough, I came home to a flood in the basement because a pipe burst!

You could say that this was my challenge to Lean In. Many of us have read Sheryl Sandberg's book, *Lean In*, and/or the accompanying article in *Time* magazine. While we may all find our own nugget of wisdom in *Lean In*, this week, I focused on Ms. Sandberg's advice to "ruthlessly prioritize," and the flood in the basement was priority #1.

The reality is that today we constantly face expectations and pressures from all directions. While I do not think that work/life balance is an elusive ideal, my busy week has caused me to realize that my perspective on the subject needs fine-tuning. My childhood friend Lara O'Connor Hodgson, who is also an entrepreneur, recently stated it best when she said that



Cristina C. León, Esq.

she does not seek balance but instead strives for excellence. Whatever she is doing, Lara strives to live in the moment, to enjoy the moment, and to be the best that she can be in the moment. For me, seeking excellence in the moment first requires creating moments for excellence, especially moments for friend time.

It is critical for such moments to include time for yourself – make time for things that you want to do in addition to the things that you have to do! If you don't, you will burn out with both work and personal obligations. This week when my to-do list seemed to run over to page two with no end in sight, I was glad I had been true to myself by scheduling exercise time. I make it a point to keep a block

of "me" time on my outlook calendar each week that is devoted to just me. The to-do list will always exist, but scheduling time for myself makes the unexpected basement floods all the more bearable.

While time for yourself is important, you also should create moments that include friends. Never be afraid to call on your support groups – your friends and professional champions that you know. When you are facing a complex task at the office, more than likely one of your professional champions has faced a similar challenge and can provide you with some advice. Other times, you just need to hear the supportive voice of a friend. I know that I needed the support of my friends and champions more than ever this week.

In the end, I was able to manage everything, even if I was a bit overwhelmed until I started marking tasks off of my to-do list, but I believe that the moments that I had to myself and with my friends and champions were key. Once I brought in some help to help resolve the basement flood and the pipes, I was able to focus my energies on other professional and personal tasks. With a lot of time management – that included precious "me" time – and a little help from my support network, my flood began to ebb.

Cristina C. León, Esq., is a Senior Director of Attorney Recruiting with The Partners Group, a premier national legal search and staffing agency that specializes in placing attorneys in permanent and temporary positions.

Georgia Court of Appeals Presiding Judge Anne Elizabeth Barnes Visits Savannah GAWL

By: Heather Hammonds Lundy

On September 23rd, the Savannah Chapter of the Georgia Association for Women Lawyers welcomed Presiding Judge Anne Elizabeth Barnes as the speaker at its monthly luncheon. Anne Elizabeth Barnes currently serves as the Presiding Judge on the Georgia Court of Appeals. In 1998, she became the first woman elected in a state-wide judicial race without first being appointed to the bench. In 2004, Presiding Judge Barnes was re-elected for a second term. She is currently serving her third term, to which she was elected in 2010.

The Savannah Chapter held its September luncheon in a recently remodeled classroom at the new Savannah Law School, which is located in the heart of Savannah's historic

district, right across the street from the famous Forsyth Park. Savannah Law School is housed in the old Candler Hospital Building, which was originally constructed in 1819 and was mostly vacant since 1980, when Candler Hospital moved to its current location. The building still retains some reminders of its original use as a hospital, but it has been given a fresh, modern renovation, which includes classrooms and hallways with lots of natural light and well-used space. Interestingly, Savannah Law School's property includes the historic Candler Oak, which is listed on the National Register of Historic Trees as Georgia's oldest oak tree.

After Savannah GAWL President Lindsey Hobbs provided an introduction, Presiding Judge Barnes connected with the

*See **Barnes**, page 2*

Barnes, from page 1

audience by sharing her memories of Savannah, which included her first job out of law school with a tax attorney in Savannah. After getting many laughs out of “lawyer jokes” told with her dry, spot-on sense of humor, she moved to her message for the event, “lighting one candle is better than cursing the darkness.” Presiding Judge Barnes encouraged those present to participate in politics, but she cautioned that doing so will not always be an easy road. Politics can be tough, she explained, and those closest to any budding politician may discourage political aspirations in an attempt to protect their loved one.

Presiding Judge Barnes candidly admitted her own initial fears associated with entering the political arena, but

courage, she explained, is feeling fear and taking action anyway. She suggested that it is not always necessary to wait for a perfect plan to be in place before taking action. “Perfect is the enemy of the good,” she stated, recognizing that most attorneys are perfectionists. If we wait until everything is perfect, we might never get anything done. “Sometimes it is best,” she offered, “to ready, fire, aim.”

After sharing her encouraging words with us, Presiding Judge Barnes answered questions. She shared one particularly helpful piece of advice in response to a question concerning oral argument before the Georgia Court of Appeals. She explained that it is crucial for attorneys to reserve time for rebuttal (if arguing for appellant), speak politely



Presiding Judge for the Georgia Court of Appeals, Anne Elizabeth Barnes, speaks at GAWL Savannah's September Luncheon. Photo courtesy of Heather Hammonds Lundy.

to the judges, and refrain from reciting lengthy case citations before the Court. Additionally, she advised that attorneys

should be prepared to stand on their briefs, because oral argument is not always granted.

GAWL's Savannah Chapter currently consists of about 40 attorneys who meet monthly for a luncheon, which regularly features guests who speak on issues of interest and significance to the community or to women in the law. We would like to thank Presiding Judge Barnes for making the trip to Savannah and for sharing her stories and encouraging words.

Heather Hammonds Lundy serves as Secretary for GAWL's Savannah Chapter. She is a member of Hunter-Maclean's specialty litigation group, where she focuses mainly on commercial disputes, real estate litigation, and personal injury litigation.

Jennifer Jakob-Barnes: Iron (Wo)Man In and Out of the Office

By: Megan Hodgkiss

Upon first glance, the decorations inside Jennifer Jakob-Barnes' law firm seem like your typical corporate fare: comfortable furniture, computers, framed degrees and photos of friends and loved ones. Take a closer look, however, and you will see the display of nearly 20 marathon medals that Jennifer proudly hangs on the wall behind her desk. Her newest memorabilia commemorates Jennifer's participation in an Iron Man Triathlon.

In addition to her roles as attorney and active GAWL member, Jennifer is involved with the organization Team in Training. The group is the fundraising arm of the Leukemia and Lymphoma Society; participants train in endurance sports while raising money for cancer research. Jennifer joined Team in Training in 2008, compelled to help raise awareness and money in the fight against cancer. Shortly after becoming a member, she began training for her first ever marathon.

“I was never a runner,” Jakob-Barnes



Jennifer Jakob-Barnes rides in the intermedix 2013 IRONMAN 70.3 Augusta, which was held Sunday, September 29, 2013. Photo courtesy of Jennifer Jakob-Barnes.

admitted. “Before [Team in Training] I just tried to stay healthy by running.”

After successfully completing her first marathon, Jennifer soon progressed from Team in Training participant to a certified marathon coach and organization mentor. Over the years, she has

competed in a number of events, and has helped others make their way across the finish line. In 2012, Jennifer began one of her biggest Team in Training challenges to date: training for an Iron Man Triathlon. For a year, she and her teammates met after-work and on the weekends -- running, biking and swimming for miles at a time. She says she became friends with her teammates, getting to know them better and learning about their personal battles with cancer.

“You form extremely strong bonds... I was excited to train, and I was excited to see my teammates” said Jakob-Barnes.

In June 2013, Jennifer and her Team in Training teammates headed to Idaho for Iron Man Coeur d'Alene. The competition included a 2.4-mile swim, a 112-mile bike course, and a 26.2-mile run. Jennifer completed the course in 14 hours and 21 minutes. Throughout the event, Jennifer said she maintained focus on her teammates and reminded herself to enjoy the Iron Man experience.

“I tried to take in the day and the scenery... I paid attention to, and kept track

of, my teammates,” said Jennifer. “It was a hard day, but we made it.”

As for what is next on her docket, Jennifer is preparing for the Team in Training Olympic Distance Triathlon in Naples, Florida this January. She will be competing in her second Iron Man next September in Chattanooga, Tennessee. To learn more about the Team in Training organization, visit TeamInTraining.org.

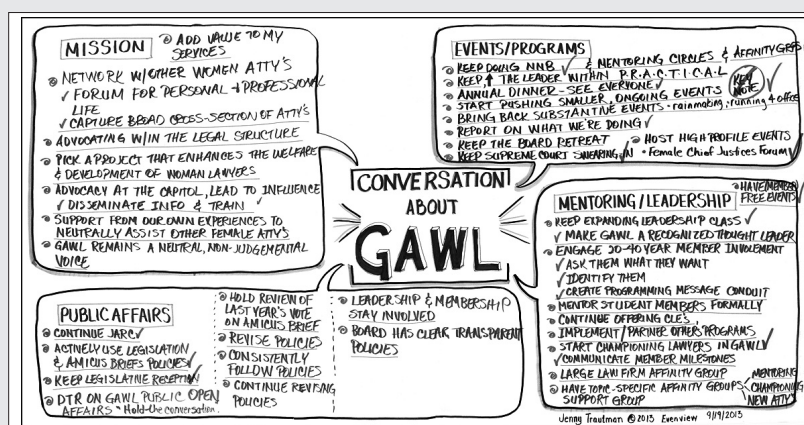
Jennifer Jakob-Barnes serves as GAWL's Chair of Membership. She also hosts GAWL's Perimeter Neighborhood Networking Breakfast on the second Wednesday of every month at Panera Bread on Old Perimeter Way. For more information about the Jakob-Barnes Law Firm, a full-service law firm with a large emphasis on consumer bankruptcy, visit SandySpringsBankruptcy.com.

Megan T. Hodgkiss is an attorney, mediator and freelance writer. She is currently pursuing her Ph.D. in Communication at Georgia State University. Megan serves as VP of Communications for GAWL and the GAWL Foundation.

Conversation About GAWL

GAWL thanks everyone who participated in the Conversation About GAWL on September 19th! If you have suggestions for GAWL as we plan for the future, please email GAWL.repatlarge@gmail.com.

Photos courtesy of visual facilitator Jenny Trautman at Evenview and Laurie Rashidi-Yazd of the Rashidi Law Firm, P.C.



GAWL IS ON LINKEDIN, FACEBOOK AND TWITTER!

Search for us under “Georgia Association for Women Lawyers”.

You can also follow the GAWL Foundation on Facebook. Search for “GAWL Foundation”.

2013 GAWL Fall Kickoff: Membership Drive and Participation Party

By: Laurie Rashidi-Yazd

On September 10th, GAWL invited local attorneys to its annual Fall Kickoff at 5 Seasons Brewing (Westside). Attendees socialized over brews and apps and learned about activities for the 2013-14 GAWL board year. The Membership Committee planned this year's event, which was exclusively sponsored by Manning, Levine & Marlow, LLP.

GAWL committee members welcomed participants at tables showcasing upcoming activities and events, including the Conversation About GAWL, the Atlanta Judicial Luncheon, and the Foundation's Art Auction. The committees also highlighted the organization's various volunteer opportunities and net-

working programs, such as Neighborhood Networking Breakfasts, Mentoring Circles, and the Leadership Academy.

More than 100 people attended. GAWL signed up ten new members, and some lucky attendees won prizes, including gift baskets, entertainment tickets, and a football signed by the Atlanta Falcons. Manning, Levine & Marlow, LLP also provided pint glasses as event favors. The 2013 Kickoff Party was the first of several events planned for GAWL's "Year of Membership," during which GAWL will focus on gaining, retaining, and celebrating membership.

Laurie Rashidi-Yazd, GAWL Communications Chair, is a solo practitioner in Marietta specializing in estate planning and litigation.



GAWL President-Elect Cindy Manning and GAWL Foundation President Veronica Higgs Cope attend GAWL's Kickoff Event at 5 Seasons Brewing. Photo Courtesy of Laurie Rashidi-Yazd.

GAWL Foundation Scholarship: Where Are They Now? Rotsen "Chinny" Law

By: Jennifer Gore-Cuthbert

Recently, GAWL reconnected with one of its past Foundation Scholarship winners, Rotsen "Chinny" Law. The GAWL Foundation Scholarship recognizes women law students who have demonstrated a commitment to excellence and an aptitude for leadership and philanthropy. Law, who is set to graduate from Atlanta's John Marshall Law School in 2014, received the scholarship in May. GAWL asked Chinny: "How has the Scholarship made a difference in your professional life, and what are you doing now?"

In June, Chinny secured what she calls her "dream job" – an internship at the Georgia Asylum and Immigration Network (GAIN). With GAIN, she assisted human trafficking victims, domestic violence victims and other individuals seeking asylum. After winning the GAWL Scholarship and receiving an offer to work full-time during the summer, Chinny chose to quit her job as an adjunct professor with Kennesaw State University to pursue both the GAIN internship and law school full-time. She used the scholarship money to pay for travel to and from work. She also purchased a new suit and entered the "Wellspring Living Race To Restore 5K - Fighting Sex Trafficking One Step at a Time" in August. Ultimately, Chinny says the GAWL Foundation Scholarship allowed her to "find her passion for



Rotsen "Chinny" Law

asylum work."

Applications for the 2014 Foundation Scholarship will be available on the GAWL website in November. GAWL will raise funds for the Scholarship from its Annual Art Auction, which will be held March 1st, 2014. GAWL will recognize Scholarship recipients for 2014 at its Annual Dinner in May.

Jennifer Gore-Cuthbert is a personal injury attorney. She is the founder of The Gore Law Firm, LLC, located in Alpharetta. Jennifer serves on the Communications Committee and is the List-Serv Editor for GAWL.

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Upcoming Events Online on GAWL's website

GAWL has a number of networking opportunities every month, including breakfasts, lunches and happy hours. Not a member? Join us sometime, experience the GAWL advantage, and learn how membership with GAWL can help you in your business and personal development plan. We invite you to visit the GAWL Upcoming Events page to RSVP and to begin building relationships.

Upcoming Events:

- November 9: Atlanta Legal Aid Society's 22nd Annual Run for Justice**
- November 9: Belk Charity Day Sale**
- November 13: GAWL Public Affairs Committee Legislative Preview**
- November 14: GAWL Gwinnett Baking for the Holidays Event**
- November 19: GAWL Columbus November Luncheon**
- November 19: Networking 101 at Atlanta's John Marshall Law School**
- November 20: Joint Happy Hour at Monday Night Brewing with GAWL, KABA, SABA and GAPABA**
- November 20: GAWL Savannah Happy Hour**
- December 6: GAWL Douglas/Paulding Holiday Dinner and Girls Night Out**
- December 9: GAWL Savannah Holiday Luncheon**
- December 12: GAWL Gwinnett Holiday Party**
- January 3: GAWL Douglas/Paulding January Luncheon**
- January 23: GAWL Gwinnett Wine Tasting**
- January 28: The Leader Within full day seminar**
- SAVE THE DATE – March 1, 2014: GAWL Foundation Annual Art Auction**

Check out the GAWL Upcoming Events page for more information.