

Nov/Dec 2016

Volume 4 Issue 6



Palm Beach County
Chapter

A large, illuminated fountain at night, with multiple jets of water spraying upwards and outwards, creating a wide, conical shape. The water is lit with purple and blue lights. The fountain is set in a dark, outdoor environment with some trees and a small structure visible in the background.

The Palm Beacher

In This Issue...

PRESIDENT'S MESSAGE

3

NOVEMBER MEMBER MEETING

4

HOLIDAY PARTY

5

THANK YOU!

7

STRESS: MOTIVATION FOR WORK/LIFE BALANCE

8

CALENDAR OF EVENTS

15



President's Message



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HAPPY NEW YEAR Everyone!! By the time you read this newsletter, the Holidays will be almost over. I truly wish all of you and your families a safe and Happy Holiday. I am looking forward to 2017 being the best year ever!!!

The New Year is a perfect time to consider new challenges in your life. How about considering a leadership position in our chapter?? We have many committees that could use your help. I can't tell you enough how rewarding it is to work with your peers. The friendships I have made are priceless.

It has been a busy couple of months. Our November luncheon featured Bill Josten from Thomson Reuters. Bill discussed cost recovery and law firm profitability and their impact on law firm management in today's market. Although the topic seems daunting, Bill kept the topic light and was very informative. Also in November, our Chapter hosted the Business Partner Appreciation Luncheon at the Hilton West Palm Beach. It was a

nice way to show our wonderful Business Partners how much our Chapter appreciates them.

In December, our annual Holiday Party was held at the Palm Beach Zoo. The event was very successful and lots of fun. At this event, our chapter members brought their gifts supporting the PEPPI Head Start Child Development Center in Belle Glade for our annual Christmas Angel program. It never ceases to amaze me how awesome our members are. The amount of gifts was phenomenal!! Thank you to Sue Recchia and Mary Aguiar for coordinating the Angel program.

As always, our Board and Committees are hard at work getting ready for next year. Our next educational luncheon will be on January 10th. Rachel Beige will be speaking about Employee Handbooks. In February, Debbie Foster from Affinity will be speaking about law firm leadership. And our annual Legal Expo will be held on March 30th at the Airport Hilton. Mark your calendar now as you won't want to miss these events. I look forward to seeing you there!!!

Happy Holidays and Happy New Year
to all of you!!!!!!



November Member Meeting



Our guest speaker for our November member meeting was William Josten, Esq., Senior Legal Industry Analyst with Thomson Reuters.

Mr. Josten's presentation topic was "Costs and Law Firm Profitability." Mr. Josten gave us an understanding of how these matters impact a law firm's management in today's market.



**Standing: Susan Gavsie, Debbie Giordano
Sitting: Laura Shaw, Kim Ayers**



William Josten, Esq. and Ed Ratka

Holiday Party!



**Gloria Hernandez, Susan Goldstein,
Laura Shaw, Susan Gavsie**



Santa's Haul!



**Susan Gavsie, Laura Shaw,
Michele Parcels, Susan Goldstein**



**Debbie Giordano, Nicole Cutsinger
Lori Ann DeMayo**

[Go to Page 2](#)

Holiday Party!



**Trish Moore
Patti Woods
Laura Shaw
Sue Recchia
Nicole Cutsinger
May Tucholski
Lori Ann DeMayo
David True, CLM
Cheryl Sollenberger, CLM
Susan Goldstein**



Thank You!



We had the joy of handing out the gifts from ALA to the students at Excel Charter School in Belle Glade.

The students lit up when they saw their gifts. The young girl who got the large Barbie Dream House asked "Is that for me?" She couldn't believe it and kept checking the name on the package.



The generosity of the ALA members and firms was overwhelming. My heartfelt gratitude to all of you. Wishing you a blessed holiday season. - Carri Leininger.



Stress: Motivation for Work/Life Balance



By Barry Maher

Experts say that reacting to events as stressful is learned behavior. We can unlearn it and learn new ways to react. Of course none of these experts ever worked for your boss.

Still, it's really not the outside event that's stressing you out, is it? You and your body are stressing you out. You're allowing the outside event to trigger that reaction.

Tactic: Ask yourself, does this really have to be a stressful situation? Do you gain anything from allowing it to generate stress?

Tactic: Consciously work at lowering the stress levels for the people you work with, changing the scale of the ambient stress around you. You'll be surprised how quickly that can lower your own stress level as well.

Tactic: Sometimes simply backing off from a situation can lower your stress. Take meditation breaks. (That's medi-TA-tion not medi-CA-tion.) Get out of the office for lunch. If it helps, play hooky occasionally — even if it's just leaving an hour early on a Friday afternoon for a movie date with your spouse. Take your vacations. They'll make you more successful not less.

Workers at one Japanese firm take a hula break everyday.

Paul Sheehan is an architect and the CFO of the Dyer Sheehan Group, Inc., a leading investment real estate brokerage in Ventura, California. He's also a former professional musician. Paul handles stress as well as anyone I know. When he does need a break, he shuts off his phone and closes his office door — a sure sign he's not to be disturbed. Then he picks up his guitar.

“I might spend 15 or 20 minutes concentrating intently on whatever song I'm writing,” he says. “And depressurizing. For those few moments, work becomes the farthest thing from my mind.”

Tactic: Take a one minute vacation several times during the day. Close your eyes and imagine yourself on the beach in Bermuda or skiing down a

[Go to Page 2](#)

(Continued on page 9)

(Continued from page 8)

slope in San Moritz. Like the beer commercial says, “It’s a whole new latitude.” And you know as well as I how often a solution to an intractable problem pops up once you stop hassling about it and let it percolate around in your unconscious for a while.

Tactic: Seeing your situation through the eyes of others can’t help but put it in a completely different perspective. That’s why support and peer coaching groups can be so effective. And of course they also allow you to tap into a far broader range of experience than you could possibly gather on your own. Just being able to vent in a truly safe environment — preferably outside the company — can often deflate an overblown problem.

Tactic: In your off hours, if you happen to have any, find something interesting enough to keep you from obsessing about your job. This can be tough, especially when you consider that one of the main causes of lack of sexual interest in both men and women is preoccupation with work. Like Pandas, humans often have difficulty breeding in captivity.

If sex — or at least sex with your spouse — can’t get your mind off your job, find something that will. Learn to dance or play a musical instrument, exercise, play in a softball or bowling league, take courses in adult ed, take a day trip, have a night on

the town, collect matchbook covers — or manhole covers for that matter — or just do something you’ve never done.

If you’ve got to obsess away from the job, do it about something other than work. Back in the early 70s, a good friend of mine got deeply into the “Paul McCartney is dead” hoopla.

“I decided to worry about that,” he said, “so I won’t have to worry about anything more important.”

If all else fails, worry about Paul McCartney. I mean, could Silly Love Song really have been written by the same man who wrote Yesterday? If he’s not Billy Shears, who is? What is really going on here, and isn’t it just possible that Brian Epstein and John Lennon were eliminated because they knew too much? And how does Marilyn Monroe fit into all this?

Final Tip: If you don’t have any off hours, get some.

Barry Maher, www.barrymaher.com, speaks and writes on communication, leadership and management. His clients range from the American Bar Association and the Association of Legal Administrators to IBM and Wells Fargo. You may have seen him on the Today Show or CNBC. And his book, Filling the Glass, has been cited as “[One of] the Seven Essential Popular Business Books.”

The original of this article can be found on <http://www.barrymaher.com/speaking-of-work-life-balance>

Member News!



CALDWELL PACETTI
EDWARDS SCHOECH & VIATOR LLP



By: Sandra Bolin

Dragon Boating is a popular and growing international sport. It is accessible for almost everyone and participation offers many benefits. There is the team building and camaraderie aspect – paddlers have to synchronize their strokes to be effective. Also, regular participation leads to improved fitness, including core strength and both anaerobic and aerobic endurance. And it's fun!

I first learned about it from an attorney in my office, Betsy Burden. She is a Breast Cancer Survivor (BCS) that started Dragon Boating thru a local BCS group. Turns out over 20 years ago a doctor in Canada determined it was good for his BCS patients' recovery – both physically and psychologically.

[Go to Page 2](#)

Dragon Boats are 10 or 20 man boats with a drummer who sits in the bow and helps set the pace/timing and a steersperson who stands in the stern and



(Continued on page 11)

Member News!

(Continued from page 10)

Steers, and may help guide the crew. The paddle is similar to a canoe paddle. When fully dressed for racing, the boats are an impressive sight, resembling Asian dragons.

The Lighthouse Dragons, a local BCS team, and Blazing Paddles, a co-ed team, both practice in Jupiter, starting at the Jupiter Outdoor Center, across the inlet from the lighthouse. No, we do not go out to the ocean – we head in to the Intracoastal and around the islands.

Anyone is welcome to come try it! Our coach will teach you the proper stroke and form. The Sunday practice at 9:15 a.m., and it is geared for new people.

Just let Betsy 561-655-0620 betsylawb@me.com, or me know if you want to try it. If you just can't do Sunday morning let us know as there are other practices on Tuesday and Thursday evenings and we may be able to get you on the boat for one of those.

Dragon Boating is everywhere – there are teams up and down our coast, as well as around the world. Try it - you might like it. You can also check out the web page for Lighthouse Dragons at TeamSOSpbc.org if

you are a breast cancer survivor, or Blazing Paddles at PaddleBP.org.

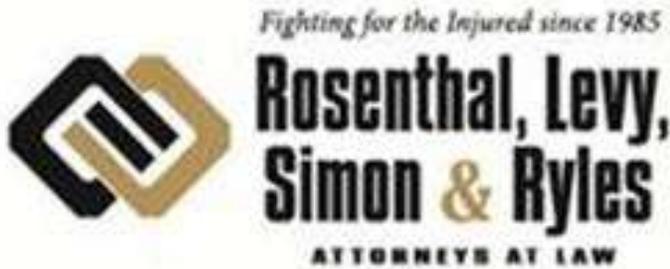


Comiter, Singer, Baseman & Braun is proud to announce that attorney Andrew R. Comiter has been named a partner of the firm.

Andrew R. Comiter received his B.S. in Accounting from the University of Florida in 2003, a Masters of Taxation from Florida Atlantic University in 2004, and a J.D. with honors from the University of Florida Levin College of law in 2008 with a Certificate in Estates and Trusts Practice. He went on to receive his LL.M. in Taxation from the University of Florida Levin College of Law in 2009.

[Go to Page 2](#)

Member News!



Lori Ann DeMayo began working at the law firm of Rosenthal & Weissman in February 2001. She was hired as an administrative assistant working with Ingrid

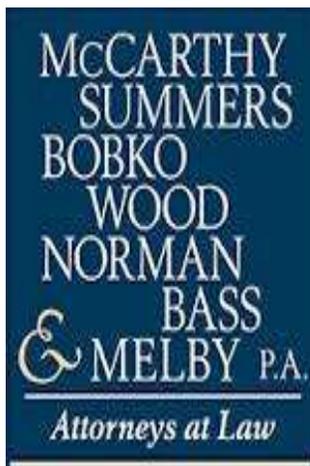
Rosenthal, the senior partner's wife, who was the administrator. Through the years the job has morphed into more responsibility as the firm grew in name, practice areas, employees and space.

Lori's title was changed to co-administrator as Mrs. Rosenthal started to work from home while doing a renovation on their new home. Lori was named the full-time Administrator a few years later.

In May 2004, Lori's dream came true, and she gave birth to her son Justin, at 44 years old. That same month, David Weissman left the firm and moved to Tennessee. The firm name changed to Rosenthal & Levy, and soon after Steve Simon was made a partner and added his name to the door.

Lori has celebrated the milestone anniversaries of 5, 10 and now 15 years. The best part...the firm rewards their 15-year employees with a Rolex watch!

Lori is grateful to have been given the opportunity to work for Rosenthal, Levy, Simon & Ryles, and she looks forward to many more years with them. Congratulations, Lori!



Debbie Giordano, Firm Administrator at McCarthy, Summers, Bobko, Wood, Norman, Bass & Melby, P.A., and on behalf of the firm, is proud to announce that one of the firm's partners, Michael J. McNicholas, has been elected as a Circuit Court Judge to the 19th Circuit.

Mr. McNicholas has been with the firm since 2008, practicing in Real Estate, Zoning, and Litigation, and as a Certified Circuit Civil Mediator. He begins his new position on January 3rd.

We congratulate Judge-Elect McNicholas and wish him all the best.

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*N*ovember

Sandra Bolin

Nicole Cutsinger

Benita Maupin-Koch

Beth Myers

*D*ecember

Tiffany Child

Jean Ann Corrao

Gail Fredrickson

Happy Birthday!



**J
O
B**

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Association of Legal
Administrators

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The Association of Legal Administrators (ALA) was formed in 1971 to provide support to professionals involved in the management of law firms, corporate legal departments and government legal agencies. ALA provides educational opportunities and services to more than 10,000 members representing more than 5,300 employers in 21 countries. ALA is structured into six regions with more than 100 chapters in the United States, Puerto Rico, Canada and New Zealand.

ALA’s mission is to improve the quality of management in legal services organizations; promote and enhance the competence and professionalism of legal administrators and all members of the management team. The Association’s members are law office administrators who manage such areas as finance, human resources, systems and technology, facilities, marketing and practice development.

BOARD OF DIRECTORS

- Michele Parcels, President
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- Dina Lotz, Treasurer
- Laura Shaw, Secretary
- Susan Goldstein, IMD Past President
- Sue Recchia, Past President

Membership Information

Dina Lotz
 Membership Chair
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Calendar of Events

Nov. 8, 2016	Member Meeting
Nov. 22, 2016	Board Meeting
December 6, 2016	Holiday Party @ Palm Beach Zoo
January 10, 2017	Member Meeting
January 24, 2017	Board Meeting
February 14, 2017	Member Meeting
February 28, 2017	Board Meeting
March 30, 2017	Legal Expo
March 28, 2017	Board Meeting
April 2-5, 2017	Annual Convention—Denver, CO
April 11, 2017	Member Meeting
April 25, 2017	Board Meeting
May 9, 2017	Member Meeting
May 23, 2017	Board Meeting
June 13, 2017	Member Meeting
June 27, 2017	Board Meeting
July 11, 2017	Member Meeting
July 25, 2017	Board Meeting



Visit our website!
www.pbcala.org

If you have news you’d like to see included in the newsletter, please email geh@flappellatelaw.com