President’s Message

By Cheryl G. Rice

As we head into summer and approach the new TLAW year, I want to thank our Board, Committee Chairs and Committee members for all their hard work and support of TLAW over the past 11 months. This fantastic group of talented and giving attorneys from many different practice environments across Tennessee has formed a great team and is truly the engine that has powered TLAW forward over the past year!

Hopefully you have benefitted from the fruit of their labor, whether by participating in our first simulcast statewide CLE presented last October in partnership with ETLAW, by attending one of our networking coffees held in Knoxville, Nashville, and Jackson during early April, or another TLAW sponsored event. I expect you have received and enjoyed our quarterly newsletters, which have sported a new look and wonderful content, thanks to Corresponding Secretary, Kristi Rezabek, the Publications Committee members and many generous contributors. Our Committee on Elected and Appointed Positions has kept us informed of opportunities to serve and to support our colleagues seeking to serve in leadership positions. Perhaps you are new to TLAW as a result of the successful mid-year membership drive spearheaded by our Membership Committee. If you haven’t recently, please check out our website at www.tlaw.org. Log in; update your information for our membership directory and review the new page devoted to the Glass Ceiling as well as other new features, including a job postings page and special offers for our membership, all brought to you courtesy of TLAW’s Technology Committee.

Plan to join your sisters and brothers in the law at TLAW’s Annual Meeting and Convention in Memphis on Thursday and Friday, June 18 and 19. Thanks to the hard work of our Annual Meeting Arrangements and CLE Committees, activities abound at costs made affordable by the support of our Annual Meeting and Convention Sponsors. While there, you can obtain 5 hours of credit attending TLAW-sponsored CLE, including a presentation by lawyer and noted career coach, Janice Brown, on authenticity, vision and leadership; connect with TLAW colleagues and other members of the bar at the TLAW/TBA/TABL joint cocktail hour; and help TLAW vote in its slate of officers to start the new TLAW year over breakfast and a festive beverage at the Annual Meeting on Friday morning. More details and registration for each of these upcoming events can be found on the Events page of our website. I look forward to seeing you there!

As this is my last Message of the year, I must say serving as TLAW President has been one of the most rewarding experiences of my professional life. Truly, I have received far more from TLAW than I have given. Thanks to our awesome Board and to each person who has supported and encouraged me throughout this journey! In closing, I would be remiss if I did not advise you-President-Elect Beth Bates has great plans for TLAW in 2015-16. So, stay tuned for coming attractions—or, better yet, get “plugged in” to TLAW and help us shine our light even brighter!

Sincerely,

Cheryl Rice
Modern business management scholars have identified “Authentic Leadership” as one of the most effective leadership styles for organizations with some naming “Authenticity” as “the gold standard for leadership.” According to researchers, persons who live their lives “authentically” and lead their organizations “authentically” achieve optimal results for their companies and enjoy a highly satisfying quality of life. Authentic Leaders possess key traits such as the ability to building meaningful, long-term relationships based on trust.

Attorney Janice P. Brown takes these business concepts and brings them to the law. Ms. Brown will provide seminar participants with concrete methods to enhance their confidence and effectiveness through “Authenticity” thereby producing better outcomes and more fruitful business relationships. As a practicing lawyer and business owner, Ms. Brown will share (with humor) what methods have worked for her and most importantly, what has not worked.

Meet the Speaker
San Diego attorney Janice P. Brown is the founder and senior partner of the Brown Law Group and founder of Beyond Law, a consulting business focused on helping other lawyers reach their full potential -- developmentally, professionally and financially. Over the past seven years, Ms. Brown has routinely spoken on attorney career and business development issues for the ABA and other professional legal organizations, including the Tennessee Bar Association. In addition, she has developed programs within her own law firm that she later tested and taught to others in external law firm environments.

What TLAW members have to say about Janice P. Brown:
Listening to Janice Brown in a TBALL session was the first domino of many that led to exhilarating change in my life. Her advice is simple and straightforward, but, when taken to heart, it can help produce substantial results. Judge Brandon O. Gibson, Tennessee Court of Appeals, Western Section at Jackson, Tennessee.

Janice Brown’s perspective on leadership is like none other. She recognizes that leadership takes many forms, and helps you find and make the most of your own innate leadership qualities. Her presentation empowered me to craft and improve my own leadership style and to discard the perception of what a “perfect leader” looks like. Jamie Ballinger-Holden, Baker Donelson, Knoxville, Tennessee.

Janice Brown has changed lives in a positive way and I am one of those fortunate people. I welcome every opportunity to hear her because I believe her message is inspiring, important and true. I am so excited that she is presenting at the TLAW Convention and look forward to introducing more Tennessee lawyers to this fabulous lawyer with a vision she shares to help all of us grow and succeed. Gail Vaughn Ashworth, Wiseman Ashworth Law Group PLC, Nashville, Tennessee.

Register at WWW.TLAW.ORG
Some of you might remember the song from the musical “Oklahoma” titled “I’m Just a Girl Who Can’t Say No”. Although I don’t think the song had the slightest to do with over-commitment, it could very well be my theme song for the last few years. I suspect, since most of us are Type A overachievers, that it could be your theme song too. So, it’s true confession time: I’m tired.

Seriously, when your non-paid commitments take almost as much time out of your week as your actual paying job demands from you, when you feel like home is just a place to grab a nap and a change of clothes, or when dinner is a bowl of Lucky Charms (and you write about health and wellness, therefore throwing guilt and a sense of hypocrisy into the mix), it’s time to take a deep breath and learn to say ‘no’. But, unlike Elton John’s proclamation that ‘sorry seems to be the hardest word’, the word ‘no’ is actually one of the most difficult we find ourselves uttering. Why is that?

Back in January, when it was time for my annual review, my boss looked at me and said “You know, it seems like you’re out of the office a lot”. Now, this statement was on the heels of two months when the majority of my conference travel occurs, and he was out when I was in the office, but he was concerned. He asked, not unreasonably, if I would give him a list of my outside commitments, just so that he could get a handle on what I did in the community. So I went back and made a list: TBA Treasurer (and several committees and a mentor); NBA mentor; LAW Newsletter Editor; Association of Corporate Counsel Small Law Department Programs Chair; ACC Tennessee Board; United Way of Williamson County Community Impact Chair; Make A Wish volunteer…..and my writing. Dang, I was tired when I read the list!

The boss came back to me and, amazed, asked when I sleep (well, I don’t, much. Shoot, I’m writing this article at 2 a.m.). But then he said something pretty profound—‘you need time for you so you can just relax. You do know how to relax, right?’ Funny, my son basically said the same thing to me one day when he looked at me and said “Do you ever just sit and be?” (my son is a talented chef who has the ability to turn off the world and just ‘sit a spell’—I’m jealous).

I once read that when a person says ‘no’ to a request she opens the possibility for someone else to say ‘yes’. Here’s the problem—organizations have a tendency to ask highly visible (read “busy”) people to chair committees, volunteer for fundraisers, or lend their presence to a cause because they know the secret: the busiest people get the most things accomplished. Saying ‘no’ to a request can make us feel guilty, as if we are letting someone down. And, as my boss and I concluded after discussing his own very busy volunteer schedule, it’s a bit of an ego boost to have someone call you and tell you that you’re needed (or, as my very wise daughter once said to me “you’re still the nerdy kid in school doing everyone’s homework so they’ll like you”; I didn’t agree at the time but she’s probably partially correct). So we say ‘yes’, again and again, until we either burn out or have so many commitments that we can’t do any of them justice.

So, I’ve decided to start saying ‘no’. This April, I chose to roll off the LAW board in Nashville. It was a tough decision; LAW is an incredible organization and some of my closest friends are on the Board. But, in January I agreed to head a United Way committee and realized I just can’t do both. Similarly, in June I’ll roll off the ACC-Tennessee Board to give someone else an opportunity to serve. — continued on next page
I’ve been approached to serve on two boards for organizations that I believe do incredible work in the community. The ‘old’ Sherie would have said ‘yes’ without hesitation, and worried later about how to make it all work. Instead I’ve said ‘no’.

I have found that there is peace in that little two letter word: a peace that I won’t let a commitment fall through the cracks, a peace that I have time to spend with my family, to write, to breathe, to work on my meditation practice, to (dare I say it) sleep. There is peace in knowing that someone else will have the opportunity to step up and say ‘yes’. If you’re feeling over-committed and tired, I invite you to join me and learn how to harness the power of saying ‘no’. It might be the best two letter word you’ve uttered in a while. ◊

TLAW to be Memorialized on Women’s Suffrage Monument by Linda Knight

TLAW has been notified of an extraordinary gift that will enable our name to be engraved on granite tablets that will be part of the Tennessee Women Suffrage Monument to be unveiled in October 2015 at the War Memorial Plaza in Nashville. Of the several donor “societies” that will be engraved on the tablets, the names of women’s and other nonprofit organizations will be included if they contribute at least $2,500.00 to the cost of the Monument. An incredibly generous and philanthropic anonymous donor has contributed $2,500.00 in the name of TLAW so that our name will be on this nationally-significant work of public art in perpetuity.

It has been related to us that the donor attended the annual meeting of another membership organization, where a motion was passed to provide a similar sponsorship. The donor was pleasantly surprised and decided that TLAW should also support the Monument as TLAW’s mission is so closely tied to the suffragist cause.

TLAW can only hope that the donor has even an inkling of how honored and overwhelmed we are by this wonderful and meaningful contribution.

A brief article about the Monument appeared in a recent issue of our Newsletter. The Monument is now under construction. The Monument itself will consist of five slightly larger than life-size bronze statues of five actual woman suffragists in period dress. Four of them were from across Tennessee. One, Carrie Chapman Catt, was a suffragist at the national level and came to Tennessee to support ratification of the Nineteenth Amendment in the weeks leading up to the fateful vote. On the granite base of the Monument, there will be plaques honoring three modern Tennessee women for their service and contributions to the people of Tennessee: Speaker of the House Beth Harwell, the late Speaker Pro Tem Lois DeBerry, and Hon. Jane Eskind, the first woman elected to statewide office (the Tennessee Public Service Commission).

The Monument will cost about $900,000.00. All contributions are gratefully accepted. There are several “societies” for individuals and businesses, in addition to the one for women’s organizations and nonprofits. Contributions of $500.00 and above will entitle a donor (or a representative of an organizational or business donor) to attend a reception in August. To learn more, please visit the website at http://tnsuffragemonument.org/. It is frequently updated. To see a rendering of the almost-final version of the Monument, click on the tab for the Yellow Rose Society, one of “giving societies.” Business contributions are also sought.

Again, we express profuse thanks to our anonymous donor! ◊
Spring is here, and by the time you read this, we will likely be into full blown summer. My weekly basket from Hill and Hollow Farm has been full of lovely spring greens these past weeks. The recent cold, snowy winter evening meals were full of hearty dishes: big chunks of roasted meat or whole birds, stews and hearty casseroles.

Now, raw salads are a welcome change. For all those raw salads, I love a tart vinaigrette dressing. In addition to dressing seasonal greens, a vinaigrette dressing can turn most any assortment of raw or cooked vegetables, cooked pasta or rice, and grilled seafood or meat into a quick and healthy salad meal.

Vinaigrettes are typically made by combining an acid, such as vinegar or lemon juice, with oil and seasonings. I usually use twice as much oil as vinegar but some recipes call for three or even four times as much oil! Since more oil means more calories, I usually start with a two to one ratio of oil to vinegar and see how that tastes before adding additional oil if needed. Making the dressing is easy: combine the vinegar in a small jar with the seasonings and shake well, add the oil and shake again until the mixture is emulsified.

After everything is combined, taste the vinaigrette by dipping a small bite of the salad ingredients in the dressing. If needed, adjust the seasonings by adding a little more of any needed ingredient and shaking some more to blend. Keep tasting, adding and shaking until the vinaigrette tastes perfect with the salad ingredients you will be using.

I made Berry Vinaigrette recently and served it on a salad made with spinach, strawberries, Vidalia onion, toasted pecans and crumbled feta cheese topped with a boneless chicken breast straight from the grill.

**Berry Vinaigrette**
- 1 T. Dijon mustard
- 1 T. strawberry preserves
- ½ t. salt
- Freshly ground pepper to taste
- 4 T. raspberry vinegar
- 8 T. extra virgin olive oil

Shake or stir all ingredients except oil until salt dissolves. Add oil and shake or stir until mixture is emulsified. Taste and adjust seasonings. Serve immediately or store in the refrigerator for a few days, bring to room temperature and shake or stir before serving.

Berry Vinaigrette is a sweet and tart, basic vinaigrette. The flavor can be varied by using a different sweet ingredient, such as honey, or omitting it entirely. Lemon juice or a different variety of vinegar or a different oil will change the taste of the vinaigrette. Use balsamic vinegar for spicy greens such as arugula. Mellow greens, Boston, Bibb, and the various leaf lettuces, are good dressed with vinaigrette made with only red wine vinegar, olive oil, salt and pepper. A clove of garlic and/or freshly chopped herbs are good additions as is crumbled blue cheese.

Right now, my favorite use for a vinaigrette dressing is on fresh, leafy spring greens with some thinly sliced radishes or salad turnips tossed in the mix. Other good springtime salads made with vinaigrette dressing are:
- Roasted or steamed asparagus topped with vinaigrette and a chopped hard-boiled egg;
- Steamed asparagus, cooked rice, chopped cucumber and green onions tossed with vinaigrette;
- Chopped Chinese cabbage or pac choi tossed with raw apples, carrots, cucumbers and vinaigrette; and,
- Roasted beets or carrots topped with vinaigrette and freshly chopped dill.

Experiment, let your creativity show and eat well! ◊

Jacqueline Dixon is a shareholder in Weatherly, McNally & Dixon, P.L.C. in Nashville, Tennessee. She is a former TBA President and former TLAW President.
Stylists have a way with fashion, including the uncanny ability to toss a few clothing items together and quickly turn a boring outfit into a fabulous one! Many clients ask me to assist them with a new look by going shopping with them.

I usually suggest, however, that the first place they should look is their own closet. I can usually show them new ways to work with what they currently have and suggest a few new items to enhance the new style.

Here are a few of my stylist tips:

**Business style:**
- Take a cue from many women of influence and, when you find an especially flattering fit right off the rack, go ahead and buy doubles— in different colors! When it works, why question it?

**Casual style**
- If you want soft and formfitting jeans, look for a blend of 95% cotton, 5% Lycra Spandex. For jeans to hold their shape, look for 2% Lycra.
- For fit, when in doubt in denim, consider the stretch in jeans and go with the smaller size if not over snug. Nothing is more unflattering than the unintentionally baggy derriere.
- “The biggest mistake women make is wearing pants that aren’t the right length for their shoes,” says stylist Kate Young. To fix this, hem to either heels or flats—no going back. Generally, hems should just graze the tops of your shoes and be from 1/2 inch to 3/4 inch off the floor.

**Shoes:**
- When in doubt, wear nude pumps matched to your skin tone. Not only will they make your legs look longer, they’re a pretty safe bet.

**Accessories:**
- Never buy a boring coat. If you’re not wearing something great underneath, they’ll never know.
- A dressy bag with a chain allows you to easily step from business to cocktail. It lends a cool edge to evening wear and fashion savvy to your day style.
- Stash a scarf in your purse or carry-on to transform a simple a T-Shirt just by adding a little something extra.
- Own something in Leopard print.

*Karol Lahrman is Executive Director for TLAW and Owner of Reflection Model and Talent Agency in Franklin, Tennessee. You can contact her at karol.lahrman@tlaw.org.*
**NETWORKING COFFEES** — On April 7, 2015, TLAW co-sponsored three networking coffees in Knoxville, Nashville and Jackson. Approximately a dozen TLAW members and prospective members attended in each location. The Knoxville and Nashville meetings were hosted and co-sponsored by Pinnacle Bank. Pinnacle representatives shared practical information about their financial services, including a discounted checking account for TLAW members. Also, CLE Committee Chair Ramona DeSalvo provided an outstanding TLAW message in Nashville. Special thanks to TLAW President Cheryl Rice, who presented on behalf of TLAW at the Knoxville event.

The Jackson gathering was held at the Baker’s Rack restaurant. TLAW member and TBA President Jonathan Steen spoke to the Jackson group on the importance of participating in legal professional groups. TLAW hopes to make networking coffees an annual event.

**APRIL TLAW BOARD MEETING** — The TLAW Board of Directors held its April Board meeting in Nashville, Tennessee on April 25, 2015 at the offices of Ortale, Kelley, Herbert and Crawford. Board members who could not attend in person attended by phone. Afterwards, TLAW Board members in Nashville enjoyed fellowship and fun by having lunch together.
Linda Warren Seely was one of the recipients of the 2015 Sterling Awards in Jackson, Tennessee. She was chosen as one of West Tennessee’s leading women who have done outstanding and influential work in their communities. Linda and the other recipients were honored on April 4, 2015 during the banquet hosted by The Jackson Sun and Jackson Area Business and Professional Women. Linda’s friends, attorneys Tamara and Robert Hill, celebrated her award by hosting a reception for her on Sunday, May 3, 2015.

The Tennessee Justice Center recently honored Justice Holly Kirby as a “Community Mother of the Year”. The award recognizes Justice Kirby’s efforts on behalf of her son, Scott Lillard, who has Asperger’s syndrome, an autism spectrum disorder. You can read more about it here.

TLAW Past President, Wanda Sobieski, was Awarded the Lizzie Crozier French Award at the 2015 East Tennessee Women’s Leadership Summit in recognition of her efforts to memorialize women’s suffrage with the statue Market Square in Knoxville, Tennessee. Ms. Sobieski, a longtime advocate for the advancement of women, served as TLAW’s President in 1995 and served as ETLAW’s President in 1989 and 1990. Mrs. Sobieski has been named to the Tennessee and Knoxville Bar Foundations, won the ETLAW Spirit of Justice Award in 2008, is the coordinator of the Woman Suffrage Coalition, and is actively involved in numerous community and bar organizations. Ms. Sobieski is President of Sobieski, Messer & Associates, PLLC.

In July 2015, Kristi Robbins Rezabek will begin a two year term as President of the Howell E. Jackson Inn of Court in Jackson, Tennessee. Kristi is a former TLAW President and currently serves as TLAW Newsletter Editor.

TLAW members Jonathan Steen (TBA President) and Rachel Moses (YLD President), along with TBA Executive Director Allan Ramsaur and TBA President-elect Bill Harbison, traveled to the nation’s capital in April as part of the ABA Day legislative effort. The group met with Tennessee legislators and learned about issues of importance to the legal profession.

Rachel Moses was also recently named a National Girls Inc. Alumna of the Year. Ms. Moses was nominated for the award by Girls Inc. of Oak Ridge. There will be a celebratory reception on May 26, 2015 to honor Ms. Moses and to also recognize all of the awards Girls Inc. of Oak Ridge received at the National Girls Inc. convention.
Congratulations to TLAW members, Laura Baker and Josie Beets, for being selected by the Nashville Business Journal to be in the “40 Under 40” class of 2015. Each year the Nashville Business Journal honors “up-and-comers in the business community,” and this year two of the select few are TLAW members!

Laura Baker is a Shareholder with the Law Offices of John Day where she focuses her practice in personal injury, wrongful death, and tort litigation. Josie Beets is a public policy coordinator for the Tennessee Bar Association and is the Tennessee directors of the Military Spouse JD Network, supporting the professional development of more than 1,000 military spouse attorneys.

TLAW Member Sharon Frankenberg of Knoxville was appointed as a Knox County Judicial Magistrate by the Knox County Commission on Monday, April 13, 2015. She fills a vacancy created by the January 2015 resignation of Judicial Magistrate Mark Brown. With almost 30 years experience, Frankenberg is a long time TLAW and ETLAW member and a past President of ETLAW.
East Tennessee Lawyers’ Association for Women held its annual Tennessee Supreme Court Luncheon at The Foundry on May 6, 2015. All five justices of the Supreme Court were in attendance, in addition to other members of the judiciary representing the appellate courts, local and surrounding trial courts, federal district court, and the federal bankruptcy court.

This year ETLaW awarded TLAW member, Mary Miller, the Spirit of Justice Award for her continued support and advancement of women in the bar, involvement in numerous organizations, and dedication to her pro bono clients, her practice, and her family. Join us in congratulating Mary Miller on receiving the Spirit of Justice Award!

Tennessee Supreme Court Chief Justice Sharon Lee was the keynote speaker at the event. Justice Lee challenged the legal profession to set the standard for all professions and make gender equality a top priority. You can read more about her keynote address by clicking here.

LAW Marion Griffin Chapter, Nashville, Tennessee held its Annual Awards Banquet and Election on Tuesday, April 28, 2015. The event took place in the Grand Ballroom at Music City Center. During the meeting, Judge Aleta Trauger was awarded the inaugural “Judge Martha Craig Daughtrey Award.” Attorney Liz Sitgreaves was the first recipient of the “Rising Star Award.” Liz is an associate at Dodson Parker Behm and Capparella P.C. and spearheaded the Coalition for Fair Courts in 2014.

(From L) Elizabeth Sitgreaves, Recipient of the Rising Star Award, Judge Martha Craig Daughtrey and Judge Aleta Trauger, Recipient of the Martha Craig Daughtrey Award.
Joint TLAW CLE Programming with the TBA:

Start Your Solo Gig: How to Step Out on Your Own
Thursday, June 18, 2015 from 3:00-4:30 p.m

Follow the Rhythm of the New Workers' Comp Law
Friday, June 19, 2015 from 3:30-5:00 p.m.

TLAW Stand-Alone CLE Programming:

Authentic Power and Vision: What is Authentic Leadership - and Why you Need to Know.
Presented by San Diego attorney and career coach Janice Brown
(Approved for 2 Hours of Dual CLE Credit)
Friday, June 19, from 9:00-11:00 a.m.

TLAW Joint Cocktail Reception with TBA & TABL
Thursday, June 18, 2014 from 5:00-6:00 p.m.
Peabody Hotel

TLAW Annual Meeting and Breakfast

Buffet Breakfast - Friday, June 19, 2015 from 7:00-8:15 a.m.
DoubleTree by Hilton

For more information and for Full Convention Registration and a la' Carte Options visit

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