

# THE GBA NEWS DOCKET

VOLUME 70, NUMBER 5; JANUARY 2021



Lisa W. Arthur  
President of the  
Greensboro Bar  
Association

## Message from the President

GBA Members,

From all of us at the GBA, happy new year to you and your families! We hope you had a joyous holiday season and got some time away from the (virtual) office.

I want to thank all of you who participated in our virtual holiday party. It was a great time to connect with new and familiar faces. Fred Lind even made an appearance and agreed to take photos for me. I'm including some photos of our time together below. Many attorneys shared the "rose" (or high point) of their year, meaning that we saw many new babies during our party! We played games (where the Hassells had a strong showing), enjoyed live music, won cool prizes, and even watched a magician. Many thanks to Rosetta Davis and Abigail Peoples for thinking outside of the box and planning such a great event.



I also want to thank those of you who took the time to fill out our mid-year GBA membership survey. COVID has challenged our traditional offerings through this organization and we want to make sure that we are meeting the needs of the membership. We are in the process of reviewing the results now, but we want you to know that we are listening and open to consider new approaches in 2021. Stay tuned!

We hope to see you at our next membership meeting on January 21, 2021. Principal Luciano from Jones Elementary will be our featured speaker and will provide an update on how our contributions to Jones Elementary are being used to further their mission. Also included in this newsletter is information about our upcoming Annual CLE in February 18, 2021. Go ahead and reserve your spot now for what promises to be a great program!

Stay safe, be well, and Happy New Year!

Lisa Arthur  
GBA President, 2020-2021

## IN THIS ISSUE

January Calendar Notes . . . . .	2
Wellness Corner . . . . .	2
2021 NCBA Pro Bono Award Nomination Deadline is February 1 . . . . .	2
Stell: 2021: A New Dawn, A New Day, and I'm Feeling Good . . . . .	3
Young Lawyers Section: Connections . . . . .	4
Register Now for Annual CLE February 18, 2021 . . . . .	4
The 2020 Elementary School Book Project, Still a Great Success . . . . .	5
YLS Hosts Virtual CLE with NC Lawyers Assistance Program . . . . .	6

You can contribute news or topics of interest to the GBA by contacting Editor Gabe Snyder:  
[gsnyder@wardblacklaw.com](mailto:gsnyder@wardblacklaw.com)

# JANUARY CALENDAR NOTES

- January 13 Board Meeting, 4:00 PM, Zoom
- January 20 YLS Board Meeting, 12:00 PM, Zoom
- January 20 Submission Deadline  
for February Newsletter
- January 21 Member Meeting, 12:30 PM, Zoom

[Click to keep up with GBA Events Online](#)

[Click Here for Legal Community Events](#)

## CONNECT WITH US!



[GBA Young Lawyers Section](#)

[Greensboro Bar Association](#)

## Wellness Corner

BarCARES is a confidential, short-term intervention program provided cost-free to members of the 24<sup>th</sup> Judicial District Bar and other participating judicial district bars, voluntary bar associations and law schools. If you would like additional information about the program and/or its availability in your area, please contact the BarCARES coordinator at 919.929.1227 or 1.800.640.0735 or click on the icon below.

BarCARES®

## 2021 NCBA PRO BONO AWARD NOMINATION DEADLINE IS FEBRUARY 1

Do you know someone that deserves to be recognized for their pro bono service to others? Please consider nominating an attorney, law firm or collaborative pro bono project for recognition with a 2021 NCBA Pro Bono Award. Award categories include:

- Pro Bono Attorney of the Year (William Thorp Award)
- Legal Services Attorney of the Year (Deborah Greenblatt Award)
- Younger Lawyer Pro Bono Service Award
- Law Firm Pro Bono award
- Law Student Group Pro Bono Service Award, and
- Outstanding Collaborative Pro Bono Service Award (for NCBA Section/Division pro bono projects, local bar association pro bono projects and other group-based pro bono projects).

More detailed information about the Pro Bono Award categories, Nomination Guidelines, and a link to the nomination form can be found on the [NCBA website](#). Nominations of diverse candidates are particularly encouraged. Nominations must be submitted by February 1, 2021. Questions? Email [probono@ncbar.org](mailto:probono@ncbar.org).



## NOTICE

Submissions for consideration for the Greensboro Bar Association Newsletter should be made to [gsnyder@wardblacklaw.com](mailto:gsnyder@wardblacklaw.com). All written submissions should be made in Word format and should be in complete and final form, and any photographs should be submitted in jpeg format. Any photographs submitted should contain a caption identifying the person or persons in the photograph and, where applicable, other information necessary to understand the context of the photograph. Submissions made in other formats, including e-mail text submissions, may not be considered for publication.



Camille Stell  
is President and  
CEO of Lawyers  
Mutual Consulting  
& Services. Continue  
this conversation  
by contacting  
Camille at [camille@  
lawyersmutualnc.com](mailto:camille@lawyersmutualnc.com)  
or 800.662.8843.

## 2021: A NEW DAWN, A NEW DAY, AND I'M FEELING GOOD

I often describe myself as flexible.

My husband laughs. Out loud, mind you, right in front of me!

Because in truth, I yearn to control every situation. I prefer to know the question before it is asked of me. And I'd rather meet with you when I want to and where I want to.

Here's what I know about myself mid-pandemic. I can be almost always flexible, but it does exhaust me.

### How it started

I remember the dates very clearly because I was hosting the third annual Managing Partners Summit on Tuesday March 17. The week prior, the phone calls and emails were coming in fast and furious from speakers, sponsors, and attendees, "what are your plans for next week?"

I talked to everyone for advice, the most risk adverse people in my circle, as well as those who saw things a little differently. I talked to my sister-in-law who works for a clinical research organization. Her company is international and by this time they already had dozens of clinical trials happening across the world. She sent me charts and graphs and articles daily.

And from March 9 – "the show must go on!" – to March 12 – "I'm shutting it down" – we began to see the world around us change. And flexibility became more important than ever.

### Send everyone home

By Friday the 13th (REALLY???), Lawyers Mutual decided to send our work force home, as many of you did. At that time, we thought we would work at home for six weeks and beat this pandemic. It was probably good for us that we didn't know then what we know now. That we would be working remotely for the remainder of the year, or that we would have tough pandemic protocols in our offices monitoring everything from whether we allowed clients inside to taking our temperatures daily.

### Living during a pandemic

I have felt ALL the emotions during this pandemic. Anxious, depressed, tired, lethargic, happy to be home, sad to be isolated, guilty for having a job that allowed me to work remotely.

I was only in the second year of a new business venture so I worried whether I would have business, then worried when I got business whether I could manage it remotely. I'd have a great day with plenty of energy and good client exchanges on Zoom then the next day find myself feeling angry because the internet was down AGAIN and asking myself how I could possibly be expected to work under these circumstances?

It has been hard. And even as I write that, I am inclined to erase it. I imagine there are millions of people across the world who would read that sentence and wonder if I had fallen and hit my head. How hard is it to work from the comfort of a beautiful home office?

I get teary-eyed as I put these emotions on the page. And I think to myself, girl, no one wants to read this.

2020 has been a year like no other I've experienced in my lifetime. And there are plenty of people this year such as the wonderful Laura Mahr, a lawyer and wellness and mindfulness expert, who tell me it is ok to feel all the feelings. And to acknowledge them. Because one thing we do GREAT in the legal profession is to smile and say, "I'm doing great, how about you?"

### It's a New Dawn

I open YouTube and search for Michael Buble singing "Feeling Good". "It's a new dawn, it's a new day, it's a new life for me and I'm feeling good." The jazzy music lifts my spirit. His crooning puts a smile on my face. And I love those horns. It's a big song. Which is what I need, a BIG song.

I am hopeful about 2021. It is a new dawn and it is a new day. There's a vaccine. Winter will end and the days will get longer. Sometime in 2021, I'm going back to the office to work.

Continued on page 7



Hillary Kies is President of the Greensboro Bar Association's Young Lawyers Section and is an attorney with [Turning Point Litigation](#).

# Young Lawyers Section: Connections

Happy New Year! The Young Lawyers Section is so excited for the new year and for your participation in 2021. We look forward to celebrating with all of our members!

## December Recap

In December, the Young Lawyers were active! On December 3, the Young Lawyers Section hosted an informative and relevant virtual CLE for our members on Mental Health & Well-Being During COVID. On December 17, the Young Lawyers Section hosted a virtual holiday wine tasting in connection with the Loaded Grape. Participants were able to learn about wine as well as taste some great samples. We had a lot of fun!



## 2021 Kickoff Party

The Young Lawyers Section will be virtually hosting its annual kickoff party in January. Please check the Young Lawyers Section Facebook page and keep an eye on your inbox for details!

## Connect With Us

If you want more information about upcoming Young Lawyers Section events or how you can get involved, follow us on [Facebook](#) (Greensboro Bar Association's Young Lawyers Section), visit our website at [www.greensboroyls.org](http://www.greensboroyls.org), and email Hillary Kies ([hkies@turningpointlit.com](mailto:hkies@turningpointlit.com)) to make sure you receive YLS emails. We hope to see you at one of our 2021 events!

# REGISTER NOW FOR ANNUAL CLE FEBRUARY 18, 2021

Need last minute CLE? GBA is sponsoring a 4 hour CLE event on February 18, 2021 at 1:15 pm, right after the GBA monthly lunch meeting. CLE ends at 5:25. The event will be virtual so it will be easy to attend and get your last minute hours for 2020, or get a jump on 2021.

We have some great speakers and the program will include a special presentation about the legal history of Jim Crow laws in North Carolina, the required substance abuse hour, a refresher on trust account management, a legislative update and a judges panel.

The early registration discounted cost is \$110 for GBA members and \$130 for nonmembers. The non-discounted price (after February 11, 2021) is \$130 for GBA members and \$150 for nonmembers.

[Register Here!](#)

Sponsored by



# THE 2020 ELEMENTARY SCHOOL BOOK PROJECT, STILL A GREAT SUCCESS

On December 15, 2020, GBA Elementary School Project Co-Chair Adam Kerr delivered a set of more than 200 well-wrapped books from the Greensboro Bar Association to David D. Jones Elementary School. Even though the pandemic meant that GBA members did not get to personally put the books in the hands of every K-5 student in the Traditional English program this year, we kept as much of our holiday tradition intact as possible. As in years past, GBA members generously donated more than \$2,600, and the books were purchased through Jones’s Scholastic Book Fair, which provides the school with points that can be used to purchase new books for the school library and classrooms. Unlike in years past, we were not able to wrap the books together at the holiday party, but several volunteers stepped up and offered to wrap books at work or home, including:



- Melissa Byrd (and staff at Schell Bray PLLC)
- Sarah Holmes Crumpton
- Judge Lora Cubbage
- Susan M. Fradenburg (and staff at Fox Rothschild LLP)
- Eloise Hassell
- Diane Lowe
- Joseph Petrack
- Elizabeth A. Ray (and staff at Crumley Roberts, LLP)
- Ashley Sappenfeld (and staff at Lanier Law Group, P.A.)
- Mary Nelle Smith
- Michele G. Smith (and staff at Hill Evans Jordan \* Beatty PLLC)

Thanks go to everyone who donated their time and money to make this program successful! Sufficient funds were raised to purchase additional books as gifts for all fifth graders graduating from Jones Elementary this year in both the Traditional English and Spanish Immersion programs, as well as to make a donation to the school’s Food Bank.

The GBA would like to thank the following individuals and groups for their generosity in donating funds to the annual Elementary School Project:

- |                          |                     |                       |                        |
|--------------------------|---------------------|-----------------------|------------------------|
| Judge A Robinson Hassell | Douglas Wright      | Lisa Arthur           | Justice Robert Edmunds |
| Adam Kerr                | Elizabeth Ray       | M. Corinne Berry      | Ronald Johnson         |
| Amy Klass                | Erin Reis           | MacCord Mason PLLC    | Sabrina Clark          |
| April Kight              | Henson & Talley LLP | Margaret Kantlehner   | Sally Cone             |
| Barbara Christy          | James Bryan         | Mark Cain             | Sarah Holmes           |
| Barbara Morgenstern      | James Slaughter     | Mary Smith            | Sharon Allen           |
| Bill Cooke               | Jamey Lowdermilk    | Melanie Hamilton      | Sigmon Klein PLLC      |
| Judge Bill Davis         | Jonathan Harkavy    | Michele Smith         | Steve Schlosser        |
| Charles Younce           | Kathleen Gleason    | Nancy Ferguson        | Susan Liemer           |
| Diane Lowe               | Kearns Davis        | Judge Patrice Hinnant | Judge Teresa Vincent   |
| Donald Speckhard         | Laura Burton        | Richard Hicks         | Terrill Harris         |

# YLS HOSTS VIRTUAL CLE WITH NC LAWYERS ASSISTANCE PROGRAM

The Greensboro Bar Association’s Young Lawyers Section had the opportunity to host Candace Hoffman of the North Carolina Lawyer Assistance Program for a virtual CLE, *Mental Health and Well-Being During COVID* on December 3, 2020 via Zoom. Ms. Hoffman is a former litigator whose work sparked her passion for the mental health and substance abuse treatment fields.

Ms. Hoffman spoke on an array of mental health issues associated with the COVID pandemic and identified profession-specific frustrations during these unprecedented times. Notably, Hoffman described lawyers as “control enthusiasts” who seek to remain prepared at all times. In a world where many circumstances are beyond our control, Hoffman identified specific strategies that we as lawyers can implement to reduce our stress and anxiety when presented with uncertainty. Those strategies included a variety of self-care techniques, and exercises to increase relaxation and mindfulness.

North Carolina Lawyer Assistance Program (NCLAP) is a service of the North Carolina state bar which provides free, confidential, non-disciplinary assistance to lawyers, judges and law students in addressing mental health issues. If you are experiencing anxiety, depression, unmanageable stress, or burnout, I encourage you to explore the invaluable resources NCLAP has to offer to our profession. Visit the NCLAP website at [www.nclap.org](http://www.nclap.org) for more information.

Explore the following link for a list of helpful resources for the legal profession during COVID-19: <https://www.nclap.org/wp-content/uploads/2020/07/RESOURCES-FOR-THE-LEGAL-PROFESSION-DURING-COVID-19.pdf>.

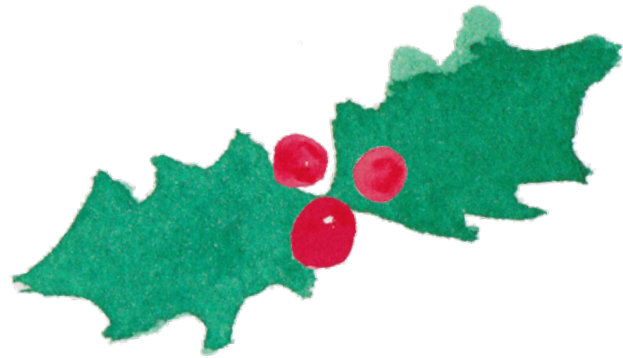
---

**2021: A NEW DAWN, A NEW DAY, AND I'M FEELING GOOD** Continued from page 3

My New Year's wish for you is a healthy 2021. I hope you experience joy this year. I hope your law firm, or law school or business is prosperous in 2021. I hope our families and our communities will thrive this year.

And next month, I'll try to be my normal, flexible self, writing to you about the legal profession and how you can evolve and thrive. But until then, Michael and I are singing pretty loud, because horns can handle the volume.

*Camille Stell is the President of Lawyers Mutual Consulting & Services. Continue this conversation by contacting Camille at [camille@lawyersmutualconsulting.com](mailto:camille@lawyersmutualconsulting.com) or 919.677.8900.*



DAVIS FORENSIC GROUP

*Financial Investigation Professionals*



*The Davis Forensic Group  
provides financial investigation  
support to attorneys and their clients.*

**SPECIALTIES**

- Civil & Criminal Actions
- Special Master in North Carolina Business Court
- Shareholder Disputes
- Examiner in U.S. Bankruptcy Court
- Government Financial Investigations
- Corporate Internal Investigations

**Bert Davis Jr., CPA, CFE, CFF**  
(336) 543-3099 • [bdavis@davisforensic.com](mailto:bdavis@davisforensic.com)  
Greensboro • New York

**DavisForensic.com**



GREENSBORO BAR ASSOCIATION  
24th JUDICIAL DISTRICT BAR  
122 North Elm Street, Suite 805  
Greensboro, NC 27401

Mail: Post Office Box 1825  
Greensboro, NC 27402

Email: [admin@greensborobar.org](mailto:admin@greensborobar.org)  
Phone: 336.378.0300  
FAX: 336.378.0688  
Website: [www.greensborobar.org](http://www.greensborobar.org)