

THE GBA NEWS DOCKET

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Desmond Sheridan
*President of the
Greensboro Bar
Association*

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Message from the President

I'm happy to report that the GBA Board voted this month to make our April Board and membership meetings live. So we'll have a virtual membership meeting on March 17th and our April 21st meeting (the annual joint meeting of the GBA and the 24th Judicial District Bar) will be live back at Starmount Country Club. Also, our pre-summer events (like the May picnic) can be live again. My goal was to start live meetings back in September – we didn't get there of course, but at least we can see the end of the Covid era and get in a round of live meetings before we break for the summer. We've all missed the opportunity to get together so I'm very glad we'll be seeing each other in real life at least once and then on a regular basis starting in the fall. We want to make health and safety our priority (of course) and will keep an eye out for new variants and other developments regarding Covid, but our fingers are crossed that the pandemic disruptions will soon be behind us.

Our February meeting (on Zoom of course) featured Rick French, the CEO of French West Vaughn. I think he was GBA's first executive/movie producer/sports team owner and Rick Hall board member, so lots to talk about. At our March meeting, we'll hear from Winston McGregor of the Guilford Education Alliance – promises to be another interesting program. Also at the March meeting, we'll be presenting the Centennial/Community Service Award – thanks to Jim Bryan and his committee for all the work on that (and our other awards of course).

Our nominating committee led by our immediate past President Lisa Williford (Arthur) has been hard at work on a slate of next year's new officers and board members – the membership will be able to vote on all that in April. I know it will be a strong leadership team (led by next year's President Judge Marcus Shields) to get GBA "back to normal", so stay tuned for more.

Thanks for being a part of the GBA and see you at the March membership meeting.

Desmond Sheridan
GBA President, 2021-2022

You can contribute news or topics of interest to the GBA by contacting Editor Jonathan M. Parisi:
jparisi@spanglerestateplanning.com

MARCH CALENDAR NOTES

- March 9** Board Meeting,
4:00 PM, Zoom
- March 10** Diversity Training,
12:00 PM, Zoom
- March 16** YLS Board Meeting,
12:00 PM, Zoom
- March 17** Member Meeting,
12:30 PM, Zoom
- March 20** Submission Deadline
for April Newsletter

[Click to keep up with GBA Events Online](#)
[Click Here for Legal Community Events](#)

CONNECT WITH US!



[GBA Young Lawyers Section](#)

[Greensboro Bar Association](#)

NEW MEMBERS

Approved February 2022

Andrew Boyd Bowman
Tuggle Duggins
Endorser: Michael J. Wenig

DeLisa L. Daniels
Daniels Law PLLC
Endorser: Sarah H. Roane

K. Paige Bernsten Gilliard
Children's Law Center of Central NC
Endorser: Jennifer G. Mencarini

Wellness Corner

BarCARES is a confidential, short-term intervention program provided cost-free to members of the 24th 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®



NOTICE

Submissions for consideration for the Greensboro Bar Association Newsletter should be made to Jonathan M. Parisi at jparisi@spanglerestateplanning.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 or 800.662.8843.

MY PANDEMIC AFFIRMATION PRACTICE

In early 2020, I was talking to my friend Jennifer Mencarini about the weirdness of it all when she offered to share some Affirmations with me. As I read the words, I knew an Affirmation practice was something I was ready for.

Jennifer shared Affirmations from Mastin Kipp, author of Daily Love:

- I am flexible and able to safely manage change.
- This unforeseen event is a chance to evolve, grow and discover even more of who I am.
- I do not have to solve this problem by myself. I am free to ask for help from others, the Universe or God.

These phrases resonated with me, and I wanted to know more.

What is an Affirmation practice?

This wellness approach uses positive statements to challenge the negative self-talk that often happens in our heads.

These positive mental repetitions can reprogram our thinking patterns so that, over time, we think and act differently.

As I looked back at 2020 and 2021 Affirmations, and set my 2022 Affirmations, I was happy to see how my mind and attitude has shifted in a more positive direction in the past two years. I don't want to discount the importance of other health-related measures I've taken to deal with the upheaval of the world, but I am convinced that my Affirmation practice has made a positive difference.

2020 My Affirmations

In 2020, my affirmations addressed the anxiety I felt in the new role, the isolation of working from home, and the uncertainty brought on by the pandemic.

- I can do this work. I have the skills and experience. I have the network and resources.
- I will look for joy in my work. I am helping people. I am not solving their problems single-handedly, but I am helping them find solutions that ease their pain.
- This is a difficult time, and I will give myself grace.

As I look back on these Affirmations, I remember the exact way I was feeling when I wrote them. I was honest in my declarations. I started every day by reading and repeating the Affirmations. During the day when I was stuck, I would go back to them almost as a breathing exercise.

The Affirmations made me feel much more at peace at a time when the world felt out of control, as did my response to the world.

2021 Affirmations

The MindTools website says that using Affirmations is a way of harnessing positive thinking. Many of us experience the negative thoughts I was experiencing in 2020. A problem with negative thoughts is they can become self-fulfilling prophecies. However, if we deliberately use positive thoughts, the effect can be powerful.

Affirmations are not just "wishful thinking." MindTools compares repetitive positive self-talk to the repetitive exercises we use to improve our physical health.

Here are my 2021 Affirmations:

- What is meant for me will come to me
- Recognize that ruminating will blow events out of proportion. Action is a deterrent to the ruminating mind; stop ruminating and start moving.
- Recognize what I have no control over and stop worrying. Learn what I can control – primarily my own response - and focus on that.
- Let go and let God.

MindTool shares that evidence suggests that Affirmations help us perform better at work.

For example, before a job interview (or performance review, ugh!), spending a few minutes thinking about your best qualities can calm your nerves, increase your confidence, and improve your chances of a successful outcome.

2022 Affirmations

I spent January 4 preparing myself for the New Year. I finalized my goals, I started new

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Judge Patrice Hinnant is one of two North Carolina State Bar Councilors elected to represent the 24th Judicial District and is a retired District 18 Superior Court Judge

A HISTORICAL PERSPECTIVE OF THE NORTH CAROLINA STATE BAR DISTRICT 24

The North Carolina State Bar was created by the legislature in 1933. The allocation of Council seats depends on the number of active members and is subject to review every six years. Our representatives include the following:

Past presidents from Greensboro according to the information available:

- 1935-1936 - Julius C Smith
- 1940-1941 - LP McClendon
- 1950-1951 - Armistead W Sapp
- 1988-1989 - Robert G Baynes
- 1992-1993 - Robert A Wicker
- 2020-2021 Barbara R Christy

Councilors from Greensboro & High Point:

TWELFTH JUDICIAL DISTRICT BAR – one seat allocated as a mutli-county district

Charles A. Hines, Greensboro, NC	1933-1936
Don A. Walser, Lexington, NC	1936-1939
Charles W. McAnally, High Point, NC	1939-1942
H. R. Kyser, Thomasville, NC	1942-1944
Armistead W. Sapp, Greensboro, NC	1944-1947
J. F. Spruill, Lexington, NC	1947-1950
Arch K. Schoch, High Point, NC	1950-1955
Robert H. Dye, Fayetteville, NC	1955-1958

In 1955 Guilford County was moved to District Bar 18.

JUDICIAL DISTRICT BAR 18 – one seat allocated as a single county district

J. E. Shipman, Hendersonville, NC	1933-1939
Dover R. Fouts, Burnsville, NC	1939-1940
Fred D. Hamrick, Sr., Rutherfordton, NC	1940-1946
Charles Hutchins, Burnsville, NC	1946-1948
R.W. Proctor, Marion, NC	1948-1953
Paul J. Story, Marion, NC	1953-1955

Charles T. Hagan, Jr., Greensboro, NC	1955-1957
J. W. Clontz, High Point, NC	1958-1960
Thomas Turner, Greensboro, NC	1961-1963
Louis J. Fisher, Sr., High Point, NC	1963-1967
Rufus W. Reynolds, Greensboro, NC	1967-1967
Richard L. Wharton, Greensboro, NC	1967-1969
Arch K. Schoch, IV, High Point, NC	1969-1972
Harold C. Mahler, Greensboro, NC	1972-1975

Beginning 1980, four seats were allocated to the district.

1. Louis J. Fisher, Jr., High Point, NC 1975-1982
 C. Richard Tate, High Point, NC 1982-1990
 Walter W. Baker, Jr., High Point, NC 1991-1999
 Jan H. Samet, High Point, NC 2000-2008
 Richard S. Towers, High Point* 2009-2011
2. Harold C. Mahler, Greensboro, NC 1980-1988
 William L. Osteen, Greensboro, NC 1989-1991
 R. Walton McNairy, Greensboro, NC 1992-1993
 Daniel W. Fouts, Greensboro, NC 1994-1997
 Betty J. Pearce, Greensboro, NC 1998-2003
 Margaret Burnham, Greensboro, NC 2004-2006
 Nancy S. Ferguson, Greensboro, NC 2006-2009
 Barbara Christy, Greensboro, NC 2010-2018
 Patrice A. Hinnant, Greensboro, NC 2019-Present
3. John L. Rendleman, Greensboro, NC 1980-1983
 Robert A. Wicker, Greensboro, NC 1983-1990
 William R. Hoyle, Greensboro, NC 1991-1997
 William O. Cooke, Jr., Greensboro, NC 1998-2000
 G. Stevenson Carihfield, Greensboro, NC 2001-2009
 Robert C. Cone, Greensboro, NC 2010-2016
 (Resigned Jan 2016)
 Stephen E. Robertson, Greensboro, NC 2016-2021
 (Elected to finish unexpired term of Cone)
 Manisha P. Patel, Greensboro, NC 2022-Present
4. Robert G. Baynes, Greensboro, NC 1980-1986
 W. Erwin Fuller, Jr., Greensboro, NC** 1987-1994

JUDICIAL DISTRICT BAR 18HP/24HP

Richard S. Towers, High Point, NC	2011-2017
Raymond Bretzmann, High Point, NC	2018-2021
Kathleen Nix, High Point, NC	2021-Present

The current allocation for Greensboro is two seats. Guilford County is the only county in the state with two courthouses and districts. So, it is—"The tale of two cities."

* 2011 LEGISLATION SPLIT JUDICIAL DISTRICT 18 INTO 18 AND 18HP EFFECTIVE 2011. THE DISTRICT WAS RENUMBERED TO DISTRICT 24 IN 2019.

** AS A RESULT OF REALLOCATION IN 1993, THE 18TH DISTRICT WILL HAVE ONE LESS COUNCILOR. THE POSITION HELD BY W. ERWIN FULLER, JR., WILL NOT BE FILLED WHEN HIS TERM EXPIRES IN 1994.



Nicole Scallon is President of the Greensboro Bar Association's Young Lawyers Section and is an attorney with Henson & Talley LLP.

Young Lawyers Section: Connections

Upcoming Event:

On March 24, 2022, from 5-7 p.m., Say Yes Guilford is hosting an outdoor happy hour for lawyers at Lawn Service in LeBauer Park. Please join us to learn more about and support Say Yes Guilford! This event is sponsored in part by YLS and we encourage all members of YLS to join us for an opportunity to connect. Click [HERE](#) to RSVP!

Connect with YLS:

YLS is organizing a March Madness competition! Keep a lookout for an e-mail blast and Facebook post. We encourage all members of YLS to complete a bracket and participate in this competition!

Do you have any ideas for future YLS events, service projects, and/or socially distant activities? Please share by emailing Nicole Scallon at nscallon@hensonlawyers.com.

Do you want more information about upcoming YLS events or to find out how you can get involved? Check out our website at www.greensboroyls.org. Also follow us on [Facebook @ GreensboroBarYLS](#).

YLS Celebrations:

YLS would like to celebrate life's milestones with our members. Email info@greensboroyls.org to share personal and professional updates about yourself that you would like celebrated on the YLS Facebook page.

If you would like to be added to the YLS email list, please email Nicole Scallon at nscallon@hensonlawyers.com.

MY PANDEMIC AFFIRMATION PRACTICE Continued from page 3

spreadsheets to track progress on projects, and I wrote my new Affirmations.

- Words matter.
- Embrace the mindset of abundance.
- I choose peace over being right.
- I am exactly where I am supposed to be.
- Everything is unfolding in perfect Divine order in my life.
- Look through eyes of faith and forgiveness.

After writing my new Affirmations, I was struck by the progress I 'd made in two years as I compared my 2022 list to 2020 and 2021. Instead of using words such as "difficult time" my Affirmations seemed to reflect a shift in thought.

Instead of convincing myself through self-talk that I can get to where I need to be, I noted that I *AM* where I need to be. That was a *WOW* moment for me.

Set Your Own Affirmations

Visit [Using Affirmations - Stress Management From MindTools.com](http://UsingAffirmations-StressManagementFromMindTools.com), to learn more about the benefits of an Affirmation practice, how to use Affirmations, and how to create your own Affirmations.

Continue this conversation by contacting Camille Stell at camille@lawyersmutualconsulting.com or 800.662.8843.



HERB FALK SOCIETY DEADLINE EXTENDED TO MARCH 18

The Herb Falk Society was established to honor those members of the Greensboro Bar Association who contribute at least 75 hours of pro bono service each calendar year. The deadline for reporting pro bono work done in 2021 is **March 18, 2022**. The reporting has been simplified in recent years.

How to Submit your Pro Bono Hours:

Complete and submit the online Herb Falk Society form [HERE](#), scan the QR code at left, or complete and mail the [HFS PDF](#) form to the GBA office.



To assist in tracking your 2022 pro bono hours, please use this [template spreadsheet](#) to keep up with all of the work and contributions you make in 2022.

NC Pro Bono Resource Center:

2021 Reporting Form Available Now
Due Date: March 31, 2022

North Carolina Supreme Court Chief Justice has stated, “our state constitution says that justice is to be administered without favor, denial, or delay. Members of North Carolina’s legal profession are uniquely positioned to make this promise a reality by providing pro bono services to those in need.” You can report your hours for the North Carolina Pro Bono Honor Society as well and the form is located here:

[2021 Statewide Pro Bono Reporting form](#)

Questions or concerns? Reach out to Pro Bono Committee Chair [Manisha P. Patel](#).

GBA MEMBERS INVITED TO REGISTER FOR FREE DIVERSITY TRAINING



March 10, 2022
12:00 PM – 2:00 PM

The Greensboro Bar Association is pleased to present Session 2 of The Equity Paradigm’s diversity training.

Last year, **Session 1 - Foundations in Racial Equity** focused on building social, political, historical, and economic context around the construction of race and racism through an analysis of our systems, institutions, interpersonal relationships, and internalized norms

On March 10, 2022 we’ll participate in **Session 2 - Foundations in Internalized Racism**.

This workshop pushes participants to examine their own socialization and the unconscious norms, assumptions and biases that have been ingrained in us, that perpetuate racism and uphold the system as it was designed. We will interrogate our own lived experiences and identities, build community and devise strategies for deconstructing Internalized Racial Superiority and Internalized Racial Oppression through racial identity caucusing, all while building our capacity to work towards racial equity in the spaces we occupy.

All members are invited to include your colleagues and staff members, particularly from small and solo firms where such training may not otherwise be available. Please no more than 5 individuals from the same office/firm.

[Register Today!](#) The deadline is March 5, 2022.

POPULAR ST. PATRICK'S DAY TRADITIONS TO HELP YOU CELEBRATE

by [Alesandra Dubin](#)

Sure, you might love to don your finest green outfit and throw back a [few green beers](#) every year on March 17. But how much do you really know about [St. Patrick's Day](#)? The holiday has centuries of history and there's much more to it than the parades and street parties for which many casual celebrants know it.

Indeed, St. Patrick was born in the 4th century ([and not in Ireland!](#)). And in the centuries since, the facts surrounding the patron saint's life have merged with plenty of folklore and legends to create the foundation for the holiday we celebrate today.

In fact, many of the modern American St. Patrick's Day traditions are much more rooted in the Irish-American immigrant experience than they are aligned with actual Irish traditions. For instance: [Corned beef and cabbage?](#) Not really a thing in the Emerald Isle! And here's another fun fact: There are way more Irish-American people than Irish people comprising the country's whole population!

So, sure, get out your shamrock-shaped glasses, your green bead necklaces and your pint of Guinness. Then raise a toast — and maybe a few eyebrows among the parade-side crowd — with your newfound knowledge of St. Patrick's Day traditions and trivia.

Leprechauns are the mascot for the day.



[According to History.com](#), leprechauns have been part of Celtic folklore for centuries and were presented as “cranky souls” who were “known for their trickery, which they often used to protect their much-fabled treasure,” and who possessed magical powers which they could use for good or for evil.

The tradition of wearing green on St. Patrick's Day dates back to Irish immigrants of the 19th century.

As a result of the great famine, also known as the potato famine of the 1840s, many Irish immigrants settled in America in the hopes of finding better economic opportunities. According to [Time](#), these waves of 19th-century immigrants started wearing green and carrying flags from their home country as a way of demonstrating pride in their heritage. (The reference emerged from the green uniforms of the Society of United Irishmen, who in the late 1700s worked to promote nonsectarian, republican ideas in Ireland, inspired by the French and American revolutionaries). This tradition grew as a symbol of the holiday in America.



The shamrock is both a symbol of Ireland and a religious reference.

The three-leaf clover has long been considered the unofficial national flower of Ireland. But in addition to evoking the country, its significance is also rooted in religious history: According to Irish legend, as [cited in Time](#), St. Patrick used the shamrock as a tool to explain the Holy Trinity to nonbelievers as he worked to convert Irish people to Christianity.

St. Patrick's Day is celebrated around the world with parades.

While St. Patrick's Day parades are common around the globe, New York City hosts the event commonly regarded as the world's oldest and largest. The city's first official



parade was held in 1762. By the current century, the parade had grown into a massive annual affair with millions of spectators. (Sadly, it was canceled in 2020 for the [first time in 250 years](#) as a result of the COVID pandemic).

WILLIAM BANFIELD TREVORROW

April 24, 1934 – December 24, 2021

William Banfield Trevorrow, 87, passed away December 24, 2021, at Hospice of the Piedmont in High Point, North Carolina. Bill was born in New York City, April 24, 1934, to mother, Grace Trevorrow, and father, Arthur H. Trevorrow. At the age of 1-year, his parents took Bill and his brother, Art, to England to introduce the sons to their English families. World War II prevented their return home to New York City and Bill remained in England until he was the age of 13. Bill had many interesting stories about waking up in bomb shelters during periods of bombing. Eventually children were evacuated to areas less likely to be bombed and placed in homes with other evacuees. Bill and his siblings were among those evacuated. After it was safer to travel home to New York City, Bill was sent to relatives in Connecticut, where he entered school.

Bill attended the University of Connecticut and then enlisted in the U.S. Army on January 30, 1955. He served in Korea and then at Fort Huachuca in Arizona, where he was mapping parts of the moon that were preliminary for the moon shot. Bill ended his Army career in 1958 and attended High Point College (now High Point University). He furthered his education by graduating from Wake Forest Law School and started his career with the Internal Revenue Service before becoming Guilford County Attorney and later entering private apractice with Richard D. Hall PA.

Bill is survived by his wife Melinda; sister and brother-in-law; brother and sister-in-law; daughters Tiffany Rangel and Tara Trevorrow; son Shay Trevorrow; stepsons R. Gib Cobb (Janelle) and David Cobb (Shannon); grandchildren Colt Rangel, Makenna Rangel, Gavin Cobb, and Jenna Cobb. Bill and Melinda married in Myrtle Beach, South Carolina, on October 4, 2004, then renewed their vows in the presence of his English family at Worcester Cathedral where his niece provided organ music.

Bill enjoyed reading, music, and with his wife, playing in the Christ Moravian Church Band for Easter Sunrise and funeral services. Bill was a member of the DAV Post 20 in Greensboro.

GBA 2022 ANNUAL PICNIC AT THE BALLPARK

Save the Date!
Sunday, May 22

Bring your family (kids too!) for
an afternoon of food, fun,
and BASEBALL!!!

Greensboro Grasshoppers
vs. *Bowling Green Hot Rods*

408 Bellemeade St.
Greensboro, NC



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