

# THE GBA NEWS DOCKET

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Marcus Allen Shields  
*President of the  
Greensboro Bar  
Association*

## Message from the President

Greetings Members,

February was a busy month for the Greensboro Bar Association. We had a fantastic Annual CLE that was well attended. Thank you to President-Elect Gerald Walden, Jr. for putting on a well-rounded and informative CLE. Our Young Lawyers Section is busy and actively engaged in the community. If anyone is interested in the YLS Kickball Team, they are accepting new participants. We want to thank Corporation of Guardianship for their informative presentation at our recent February member meeting.

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Remember to make sure your cup is full  
so that you can be the best version of you  
for your clients and others!

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Don't forget to submit your Herb Falk Society Application to be recognized for your pro bono contributions to the community and our profession. Get a head start on your 2023 pro bono hours as there are many upcoming ways to get involved. We will dedicate the Habitat House to the deserving family on March 4, 2023, at 10AM. We hope to see our members there to support our mission of service.

As always, I want to thank each of you for your continued support of the mission of the Greensboro Bar Association. I hope that everyone will commit to remembering to practice self-care on a regular basis. Remember to make sure your cup is full so that you can be the best version of you for your clients and others!

Sincerely,

Marcus Allen Shields

President, Greensboro Bar Association 2022-2023

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

# MARCH CALENDAR NOTES

- March 8      **GBA Board Meeting,  
4:00 PM, Self Help Building**
- March 8      **Herb Falk Society Submission Deadline,  
5:00 PM**
- March 15     **YLS Board Meeting,  
12:00 PM, Sigmon Klein**
- March 16     **Member Lunch,  
12:30 PM, Greensboro Country Club**
- March 16     **YLS Service Event,  
6:15 PM, Potter's House**

[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 8, 2023

Jennifer Bowden  
*R. Steve Bowden and Associates*  
Endorser: Jarvis T. Harris

Mallory Rae Ward  
*Guilford County Public Defender's Office*  
Endorser: Janet McCauley-Blue

Alston Slay  
*Motley Rice, LLC*  
Endorser: Emily J. Meister

Timisha Henley  
*CR Legal Team, LLP*  
Endorser: Marcus A. Shields

Ian Edward Vance  
*Virginia Legal Aid Society*  
Endorser: Cordon Smart

Kara Neaton  
*Legal Aid of North Carolina*  
Endorser: Brian P. Hogan

## 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®

## NOTICE

Submissions for consideration for the Greensboro Bar Association Newsletter should be made to Jonathan M. Parisi at [jparisi@spanglerestateplanning.com](mailto: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](mailto:camille@lawyersmutualnc.com)  
or 800.662.8843.

# POSITIVITY IS POSSIBLE - EVEN IN LAW

Alabama family lawyer Leigh Daniel felt her work was taking a toll. She felt dissatisfied and miserable. In searching for resources to help, she found the work of author Mike Dooley and became inspired to create the law practice she truly wanted. She became intentional about her path to happiness and positivity, and it wasn't long before referrals and business followed from clients who were also searching for a better experience. According to an article in [Forbes](#), Leigh also managed to triple her income by promoting a positive and peaceful approach to divorce.

## Benefits of Positivity

The Mayo Clinic says positive thinking offers many benefits, ranging from increased life span to better coping skills during hardships and times of stress.

Having a positive culture in your workplace can reduce stress, increase productivity, improve client relationships, improve decision-making, and motivate others.

The upside of developing a culture of positivity for your law firm is that everyone benefits from team members to clients.

## Science of Positivity

Barbara Fredrickson, a psychology researcher at the University of North Carolina published a landmark paper on positive thinking. Professor Fredrickson theorizes that positive emotions broaden your sense of possibilities and open your mind, which in turn allows you to build new skills that provide value to your life.

Negative emotions do the opposite. Building skills for future use is irrelevant when your brain is seeing danger and your fight-or-flight response kicks in.

## Path to Positivity

Negativity is contagious, but so is optimism. I view myself as an optimist – most days my glass is overflowing. That is because most of the time, I intentionally choose to see the day in that way. On the days I fall into office gossip or fretting about deadlines, I'm as gloomy as the next person. But the gloom

weighs me down. My preference is to see the world through rose colored glasses. So, I set positivity as my default.

That may not work for you. So here are five tips to create your own path to positivity.

1. **Look for small wins.** It's great to celebrate a successful financial quarter or a big court win, but it is equally important to keep your eyes open daily for something worth celebrating. I delight in positive comments from clients about the peace of mind they feel after a consulting call. Or a positive email about an article I wrote, or a compliment on an outfit I wore to work. These small moments make me smile and keep me encouraged during the day.
2. **Encourage others.** I love to spread positive vibes. I'll compliment a new haircut or when IT went above and beyond to help me with a tech problem. Seeing others smile is contagious and I hope they will carry it forward and the office environment will feel uplifted.
3. **Be intentional.** Let's assume that most of us want to be a part of something bigger. Leigh was helping her clients get divorced – solving their legal problem. But in a way that was making her firms and clients miserable. She set out on a path of intentionality to make family law less of a Hunger Games experience than a collaborative effort to move into the next season of life with hope and optimism.
4. **Take time off.** Work is busy and it's hard to get away, but you will benefit from taking time off. Even a staycation affords you the chance to change your daily scenery and constant attachment to technology. You will feel more creative, refreshed, and energized when you return after some time away.
5. **Use a positive vocabulary.** Swearing seems more accepted in our society today. Studies suggest that swearing activates evolutionary structures inside the right half of our brain and that when we swear, our heart rate rises, activating the amygdala and the fight-or-flight response. And the rising heart rate can help us to alleviate pain – hence the midnight swearing when we stub our toe. Swearing also allows us to express strong emotions without resorting to punching someone. However, my personal experience is when I clean up my language, I clean up my emotions. When I avoid swear words and stop ruminating in my anger or frustration, it passes quicker. A positive vocabulary could lead to more positivity in your daily experience.

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# Young Lawyers Section: Connections



Robert Trimble is President of the Greensboro Bar Association's Young Lawyers Section and is an associate attorney with [Sigmon Klein, PLLC.](#)

During the month of February, the Young Lawyers Section sponsored a Speaker Luncheon featuring Janet Ward Black as the keynote speaker. The luncheon, which was held at Undercurrent Restaurant in Downtown Greensboro, had a great turnout of both GBA and YLS members, who received advice from a prominent local attorney on furthering their careers and making the most of the legal profession. Thank you to Janet Ward Black for such informative presentation and thank you to all Young Lawyers Section members and GBA members who were able to join us!



The Young Lawyers Section also held an in-person service opportunity in February at BackPack Beginnings in Greensboro. The GBA and YLS volunteers who participated packed weekend food bags which were distributed to children in need at preschools and elementary schools in our community. The YLS collected grocery bags and canned goods leading up to the event. Thank you to all of the GBA and YLS members who donated and/or participated in this service opportunity!

## Greensboro Urban Ministries In-Person Service Opportunity:

The Young Lawyers Section is holding an in-person service opportunity at Greensboro Urban Ministries Potter's House Community Kitchen. The service opportunity will take place on Thursday, March 16, 2023, from 6:15 pm to 8:00 pm, and volunteers will be preparing and serving food to members of our community. Greensboro Urban Ministries is located at 305 W. Gate City Blvd. in Greensboro. If you would like more information or are interested in attending, please RSVP to [info@greensboroyls.org](mailto:info@greensboroyls.org). Space is limited.

## YLS Kickball Team:

The Young Lawyers Section is recruiting for its 2023 Kickball Team! In 2022, the YLS premiered its coed beginner league kickball team, "Torts Illustrated." 21 members strong, the team had a fun-filled season and was celebrated at the YLS End of the Year Party! We look forward to growing our team and camaraderie in the 2023 spring season. Membership and jerseys are FREE, courtesy of the YLS. All YLS and GBA members and their spouses are welcomed to join. SPOTS ARE LIMITED, so sign up today at [YLS Kickball Team Interest Survey \(surveymonkey.com\)](#). We are also accepting submissions for the 2023 team logo/t-shirt design. Please submit all suggestions to Team Manager, [Elizabeth Robertson](#). We look forward to seeing you on the field! Let's play ball!



Back row, left to right: Tyler Nullmeyer, Mike Henson, Loche Saslow, Gunnar Robertson, Benjamin Raffte, Robert Trimble, Kris Quaas, Jonathan M. Parisi; Front row, left to right: Sarah Nullmeyer, Betty Toussaint, Elizabeth Robertson, Carole Trimble, Chimeaka White, Lauren Quaas

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### MICHAEL DAVID MEEKER

June 13, 1947 – January 31, 2023

Michael David Meeker (“Mike”) passed away unexpectedly on January 31, 2023, at the age of 76. Mike was born on June 13, 1947, in Asheville, North Carolina, to Paul and Edna Meeker. Mike was their only child and grew up in a home of immense love and high expectations. His father was a successful entrepreneur and his mother was a constant source of encouragement for her son, instilling in him the need for appropriate conduct and accountability.

As a small child, Mike grew up in the back room of his parents’ grocery store until they purchased a modest home in front of the Asheville Boarding School. A neighbor, who was a member of the faculty of the school, noticed how bright and capable young Mike was and offered to provide him with a scholarship at the prestigious school. Mike was a very shy and introverted student, but he excelled in his academics and was admitted to the University of North Carolina at Chapel Hill where he earned both a Bachelors and Juris Doctor degree. While at UNC, he pledged and was a lifelong brother of Delta Upsilon Fraternity. Passionate about his alma mater, Mike was a true Tarheel and great representative of the University. There he cultivated a network of lifelong friends whom he met year after year for football games back on the UNC campus. He was such an avid Carolina basketball fan that he would record the games only to watch if he knew the Tarheels had won the game.

After graduation from law school, Mike started a family and moved to Greensboro for a job opportunity at the firm of Brooks, Pierce, McLendon, Humphrey & Leonard. The focus of his practice was on construction law and complex commercial litigation. He practiced law with the same firm for his entire career as an equity partner before becoming of counsel. Mike won a number of \$1+ million judgments and arbitration awards throughout the Southeast, including the largest monetary judgment ever awarded and paid in a North Carolina construction case. He was recognized by his peers multiple times for inclusion in Business North Carolina’s “Legal Elite” (2005, 2006, 2009, and 2011). He continued his 46-year successful career until 2019, when he decided to retire to focus on the things he enjoyed most in life including cooking, travelling, photography and spending time with his family. He divided his time between Greensboro and a mountain home in Roaring Gap, North Carolina, that he masterfully renovated.

Mike will be greatly cherished and missed by his family and friends. He is survived by his wife, Connie Meeker of Greensboro; sons, Michael A. Meeker (Raquel) and Mark C. Meeker (Emily) of Charlotte; grandchildren Aidan, Hudson, Gavin, Hunter, and Hayden; stepdaughter, Lauren Ritch of Raleigh; cousin, Fay Odum (Everette) of Savannah, Georgia; and numerous other cousins in the Asheville area and elsewhere.

# HERB FALK SOCIETY: 2022 REPORTING DEADLINE EXTENDED

Due Date Extended to March 8, 2023

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 2022 is March 8, 2023. The reporting has been simplified in recent years.

## How to Submit your Pro Bono Hours?

Complete and submit the online form. Scan QR code or click [HERE](#) or,

Complete and mail the PDF form to the GBA office.



## NC Pro Bono Resource Center: 2022 Reporting Form Available Now

Due Date: March 31, 2023

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: [2022 Statewide Pro Bono Reporting form](#).

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

## NC REGIONAL MOCK TRIAL COMPETITION THRIVES

The North Carolina High Point Regional Mock Trial Competition was held on Saturday, February 4, 2023, at the Guilford County Courthouse in High Point. Eight teams from various high schools across the state competed for the Regional Championship and the opportunity to compete at the state level. Thank you to the following members for dedicating their time to the growth of our young leaders at the competition:

Eric Richardson

Jonathan M. Parisi

The Honorable Bill Davis

Molly Hilburn-Holte

Eloise McCain Hassell

The Honorable Robby Hassell

Abigail Seymour

Melvin Holland

Jon Wall

Kermit Robinson

Charlisa Powell

Kathryn Corey

Catherine Stalker

Brenda Brewer

## ATTENTION REAL PROPERTY LAWYERS

Looking for a place to socialize with fellow real property practitioners, enjoy a drink and a meal, see a great view of the ballpark and to also learn about the Tiny House Community in Greensboro? Please join us at 6:00 pm on March 2, 2023 at the office of Tuggle Duggins located at 400 Bellemeade Street, Suite 800 to hear from Scott Jones, the Executive Director of Tiny House Community Development, Inc. Mr. Jones plans to focus on real property issues and challenges relating to the Tiny House Project. To make a reservation, please call Martha Bailey directly at 336-271-5202 or send an e-mail to [mbailey@tuggleduggins.com](mailto:mbailey@tuggleduggins.com)

We look forward to seeing you there!



### **NCAA Tournament Bracket Challenge:**

The Young Lawyers Section is holding an NCAA Tournament Bracket Challenge. The competition is open to all GBA and YLS members and participants can submit a completed bracket for a chance to win a gift card. First, second, and third place winners will receive a prize. Please keep an eye out for more information on the YLS Facebook page.

### **Connect with YLS:**

One of our main goals is to serve our members by providing service opportunities and activities that interest you. We are working diligently to think of new events and that will create additional ways to interact with other young lawyers. We encourage you to consider what service opportunities and activities you would be interested in, and

we would love to hear from you. Please email your ideas and suggestions to the Young Lawyers Section at [info@greensboroyls.org](mailto:info@greensboroyls.org).

The Young Lawyers Section would like to celebrate life's milestones with our members. Email the YLS at [info@greensboroyls.org](mailto:info@greensboroyls.org) to share personal and professional updates about yourself that you would like celebrated on the YLS Facebook page.

If you are interested in more information about the Young Lawyers Section and how you can get involved, visit our Facebook page (Greensboro Bar Association's Young Lawyers Section) or email the YLS at [info@greensboroyls.org](mailto:info@greensboroyls.org).

If you would like to be added to the Young Lawyers Section email list, please email the YLS at [info@greensboroyls.org](mailto:info@greensboroyls.org).

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### **POSITIVITY IS POSSIBLE - EVEN IN LAW** Continued from page 3

Law Life is complex, but it doesn't have to be miserable. It is possible to change your mindset – and even the direction of your law practice – to a path towards positivity.

*Camille Stell is the President of Lawyers Mutual Consulting & Services and the co-author of the newly published book, RESPECT – An Insight to Attorney Compensation Plans available from Amazon. Continue this conversation by contacting Camille at [camille@lawyersmutualconsulting.com](mailto:camille@lawyersmutualconsulting.com) or 800.662.8843.*

