

Looking Back, Moving Forward

by Toni Mims, WLAC President

Looking back at the last 30 years of Women Lawyers of Alameda County, and having the privilege of leading this organization is nothing less than humbling. As we've counted down to this milestone over the last several months I have some spent quality time reviewing valuable pearls of wisdom that have been passed down over the years.

Although our first Judges' Dinner was in the YWCA on Webster Street, this year we celebrate our 30th Anniversary at the historic Claremont Hotel Club & Spa. Most of us know the Claremont has a rich history and fabulous views of the bay. However, I recently learned the original building burned to the ground in 1901, the land was sold, and changed hands once again when it was lost in a game of checkers. Oddly enough you can still find checker boards located in the lobby area and quite as it is kept on the fourth floor you can find a mysterious lock box where guests have written secret notes revealing their innermost thoughts.

Our Mistress of Ceremony for the upcoming Gala is our own Honorable Monica F. Wiley. Judge Wiley was sworn in as a member of the San Francisco Superior Court Bench in October of 2009. Prior to being appointed to the bench she was a senior associate at Carlson Calladine and Peterson, and was a valuable member of the WLAC board. It has been said that back in the day when Judge Wiley played basketball for Cal she had a sweet jump shot. I didn't play college basketball, but "in my head" my shot was just as sweet. Lucky for us, the one thing the Claremont does NOT have ...are basketball courts.

Our keynote speaker, for this momentous occasion, is Nancy E. O'Malley. As many of you know, Nancy is the President of California Women Lawyers, the first woman to hold the position of Alameda County District Attorney, she has been a long time supporter of WLAC and an invaluable member of the board. When I first met Nancy I asked her, where she found the energy and time to accomplish so much. She responded simply, "I find the time because I love what I do".

In keeping with annual tradition, we will be honoring the newly appointed Alameda County Superior Court Judge Tara Desautels. Prior to her appointment Judge Desautels was a senior associate at Pillsbury Winthrop Shaw Pittman, and served the Alameda County District Attorney's Office as a deputy district attorney from 1997 to 2005. Judge Desautels was appointed to fill the vacancy created after the passing of Judge Barbara Miller.

In continuing with our efforts to support women entering the legal profession, during the cocktail hour there will be a silent auction. In addition to receiving donations from various businesses around the bay area, each board member has

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generously donated an item for the auction. The proceeds from our silent auction will go towards our scholarship fund for law school graduates who are studying for the bar examination.

Something about celebrating the past compels us to look ahead, and to that end we will take a historic 30th Anniversary group photograph of the women judges we have honored over the last 30 years; and we will pay tribute to our WLAC past President's thanking them for their tireless efforts and commitment to the organization.

It has been said that WLAC throws great parties....and this year we don't want the fun to end. Most of you who know me are aware that I am not a person that you need to drag to the spa kicking and screaming, and I was thrilled when our board members used their years of legal training and sharp negotiating skills to secure reduced parking discounts, hotel rates, and spa discounts.

The entire WLAC Board wishes to share with you that we are excited about the progress we have made as an organization, we are committed advancing the goals of WLAC, committed to being the voice for women in the legal profession, and committed to advancing issues that are important to women. This event is our collective opportunity to "toot our own horn" and celebrate the accomplishments of women lawyers in Alameda County. Whether or not you stay for the evening or leave the next day, before you leave the Claremont, venture up to the fourth floor and drop a note in the box sharing your wishes and dreams for the Women of Alameda County. If you decide to stay, we would love for you to join us the following morning at the Claremont's Meritage restaurant for an informal networking breakfast.

I hope to see you and celebrate with you at the Gala! To register for the Dinner, please feel free to use the Annual Judges' Dinner Registration form available at http://www.wlaconline.org/news_events or contact our administrative assistant, Pat Delgado, for Dinner information, at wlac@sbcglobal.net.

Peace!

Toni Mims-Cochran

"It has been said that WLAC throws great parties....and this year we don't want the fun to end."

A Message from President Toni Mims-Cochran

This year has been an exciting year for Women Lawyers of Alameda County. I would like to thank and congratulate our board for their efforts. We have made significant progress on ongoing projects and we are excited about the future of WLAC!

First and foremost we would be honored if you could join us October 21, 2010 for the annual Judges Dinner & 30th Anniversary Gala & Silent Auction. Our Mistress of Ceremony this year is the honorable Monica F. Wiley. Judge Wiley was sworn in as a member of the San Francisco Superior Court Bench in October of 2009. Prior to being appointed to the bench she served as a senior associate for Carlson Calladine and Peterson, and was a valuable member of the WLAC board. Previously, she served as a deputy city attorney for the San Francisco City Attorney's Office from 1996 to 2007. She also worked as a legal research attorney for the San Francisco County Superior Court in 1996. Judge Wiley earned a Juris Doctorate degree from the Howard University School of Law and a Bachelor of Arts degree from the University of California, Berkeley.

With the assistance of Mala Sahai, WLAC implemented a new mentorship program. In August Mala organized a WLAC panel presentation for the Hastings LEOP students. The presentation was extremely successful and equally rewarding for both the attorneys who participated in the panel and the law students. WLAC's new partnership with the Hastings increased our HHK membership and will serve as a valuable networking tool for the LEOP students.

On September 25, 2010 a WLAC team, headed by Kevin Ikuma,



is volunteering for the Girls Inc. Women of Taste event. WLAC has also committed to participating in Girls, Inc.'s Pen Pal program. To help promote Girls, Inc.'s literacy program, WLAC pen-pal volunteers will be partnered with girls in the 1st through 5th grade in order to encourage young girls to communicate through writing.

I would also like to congratulate Nancy O'Malley and the Alameda County District Attorney's Office on their work to fight teenage human trafficking. Nancy's office was highlighted in the October 2010 issue of Essence magazine. The four page article is a must read and definite eye opener.

Please continue to check our website at www.wlaonline.org for further announcements regarding our dinner and free MCLE's. If you would like more information about our mentor program, or volunteer opportunities please contact us at wla@sbcglobal.net.

We look forward to seeing you at the 30th Anniversary Gala! To register for the Dinner, please feel free to use the Annual Judges' Dinner Registration form available at http://www.wlaonline.org/news_events or contact our administrative assistant, Pat Delgado, for Dinner registration information, at wla@sbcglobal.net.

Peace.

Much love to all of my sisters!

Toni Mims-Cochran, President
Women Lawyers of Alameda County

Save the Date!

6:00 pm No-Host Reception • 7:00 pm Dinner • De Anza Ballroom, Portola Hotel & Spa • Monterey

C A L I F O R N I A W O M E N L A W Y E R S

36th Annual Dinner

Dinner Events:

Chief Justice Ronald George will administer the Oath of Office to the incoming Board of Governors.

Special guest: Chief Justice nominee Justice Tani Cantiel-Sakaue

Special Recognition: Judy Johnson, Executive Director, California Bar (retiring)

Fay Stender Awardee: Victoria Jacobs, Sacramento VLSA

Keynote Speaker



Mireille Guiliano, former President & CEO of Clicquot, Inc. and LVMH executive has been hailed as "a true marketing innovator" and "a barrier breaking pioneer." In 1984 Guiliano was tapped to re-launch the 225-year-old flagship brand Veuve Clicquot in the U.S. In two decades under her leadership, it grew from less than one percent to about 25% of the U.S. champagne market. Ms. Guiliano, through lively stories drawn from her experience in the highest ranks of the business world, gives practical advice on topics including: passions and talents, coping with stress and turning yourself into a winning brand.

WLAC Presents:

CONTINUING EDUCATION 2010

Please join us for the upcoming WLAC MCLE Brown Bag Event:

PARTICIPATION IS FREE FOR ALL WLAC MEMBERS!!!

Date: October 12, 2010

Topic: "Finding Your Balance- Balancing Personal and Professional Life for Attorneys"

Presenters: Dr. Margaret Jones, Licensed Clinical Psychologist, and Kimberly Whitaker, Psy.D. Candidate

Location: The Leamington Building

1814 Franklin Street, 9th Floor Conference Room

Time: 12:00 noon- 1:30pm

MCLE: 1 hour, 30 minutes of general credit will be provided.

Cost:Members – Free; Non-WLAC Members - \$15.00

Please note: WLAC does not provide refunds for MCLE registration, but registrations are transferable to another attendee for the same program.

Reserve your space by contacting Toni Mims-Cochran at

(510) 465-3210 or mimscochran@gmail.com.

Please continue to check www.wlaonline.org for updates.



A Voice for Women in the Law since 1980

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Attention Law Students and HTK Members!



Legal Intern Positions Available

The Equal Justice Society (EJS) is a national strategy group heightening consciousness on race in the law and popular discourse. Using strategies including legal advocacy, public policy, communications and alliance building, EJS seeks to restore race equity issues to the national consciousness and foster a society where race is no longer a barrier to opportunity. Our more than 5,000 members throughout the country include advocates, attorneys, jurists, scholars, social scientists, and communications experts. For more information on EJS, visit www.equaljusticesociety.org.

EJS has legal intern positions available for SPRING SEMESTER 2011.

Location: San Francisco

Compensation: Unpaid

The positions are open to law students who have completed at least their first year of law school. EJS legal interns participate in developing and executing projects that address civil rights and racial justice, the role of government in American society, affirmative action, and judicial nominations through legal advocacy, policy initiatives, coalition networks, media and public education.

Application Deadline: December 1, 2010

Applications must be received in the office, not postmarked, by the dates listed.

Positions will be filled on a rolling basis; early applications are welcome and will be reviewed as they are received.

Please email COVER LETTER, RESUME and WRITING SAMPLE to rsanford@equaljusticesociety.org with Law Clerk Application in the subject line.

OR mail hard copies to:

Reginald T. Shuford

Re: Clerk/Internship Applications

Equal Justice Society

260 California Street, Suite 700

San Francisco, CA 94111

“Member Spotlight”

by Former WLAC BOARD MEMBER AND CURRENT WLAC JUDICIAL LIAISON
JUDGE STUART HING

As WLAC's judicial liaison, I've had the opportunity to work with Marettta Ward, one of the WLAC board members and ... a published author!!

As many of you may know, Marettta is a Deputy Attorney General with the California State Department of Justice, Attorney General's Office. Prior to her current position, Marettta was in private practice with Murphy, Pearson, Bradley & Feeney. What most of us wouldn't know is the breadth of Marettta's knowledge and legal experience. Marettta has represented the United States in Israel, China, South Africa, and Jordan. She speaks Spanish, French and Arabic. In addition to her duties representing the State, Marettta teaches at St. Mary's College, John F. Kennedy and Lincoln Law School.

Gregarious and well-spoken, Marettta has also served as broadcast host on a local community TV and radio program. In addition to her service to Women Lawyers of Alameda County, Marettta serves on the Board of Directors for the University of California at Berkeley, Big C Society, an organization dedicated to the development of athletics and individuals within the NCAA. (She is a former collegiate track and field athlete.)



She is a member of the Leadership Council for Covenant House, Oakland, California Chapter where her duties include fund development for the children's organization and community strategy for the homeless. She is President and CEO of The W Group, a business consulting organization.

As if that wasn't enough, for many years, Marettta has worked in research, testing and strategy for formalized tests, including the CSET, LSAT, GRE, SAT and of course the California State Bar and the bar exams of other states. She runs a private testing and analysis consulting enterprise called BarEducators (www.BarEducators.com). The goal of all her research is to increase information and access to the professions for which these exams are gateways. She has a particularly strong interest and preference for the bar because she would like to see more judges and lawyers from diverse backgrounds but has worked in many disciplines. Her latest project, a book she co-authored, "Cracking the California CSET" was borne out of that experience. The Princeton Review asked her to complete the Math and Science Prep for the California CSET (California Subject Examination Test for Teachers). Marettta did the analysis on testing and came up with a teaching and prep guide for the exam. Her new book, "Cracking the California CSET" is set for publication by Random House September 7, 2010. Congratulations Marettta!!

Spare Tire? How Stress Can Wreak Havoc on the Female Anatomy!

By: M.D. Ward

Many female lawyers are playing a dangerous game with their professional practice of law that could literally deal them a death blow. It's not so much how they are handling the practice but how they are allowing the practice of law to handle them.

Truth is, if you are a female attorney and you have been sitting behind a desk for more than few years, you may have noticed some more 'padding' at your waist line and on your back side then years prior. Of course, men have the same problem but contemporary health findings demonstrate that the extra padding in the middle has particular consequences for women. Moreover, once the weight is on, it can be particularly difficult for women to lose, and to reverse the weight-gain trend, as women tend to feel they are overloaded, put children, family, and others first and not make their health care and working out a number one priority.

Belly fat is its own living organism and its unique role in women's health has been in the scientific and media spotlight of late. You might think it's just sitting there, but that extra fat isn't minding its own business. It is actively engaged in harming other body functions based on the amount of body processes it can interfere with.

Among other things, excess fat in the belly causes insulin resistance and taxes your liver affecting blood sugar levels and more. It goes without saying that too much fat anywhere is not a good thing, but there are several reasons why too much belly fat is especially bad for women: (1) it's the most likely to cause of health problems; (2) it makes it difficult to find clothes that fit, making it hard to maintain a professional image; (3) it causes self-esteem issues and (4) it also makes strangers draw inappropriate conclusions about who you really are. Moreover, since it is often stress that either caused or continues to increase this particular pattern of fat distribution, the

resulting stress from the consequences may well make the problem even worse.

1. Health Problems:

By now, most people know that too much fat upfront and center causes major health problems. We have read for years now that apples are bad - i.e., bodies shaped like apples, with most of the excess fat stored right in the stomach. Why? Apple shaped people have a much higher risk of heart disease, diabetes, and related ailments. In fact, there's now a name for the body shape and its associated conditions: Syndrome X. And syndrome X is bad news indeed.

2. Professional Image:

The clothing industry has yet to catch up to the realities of body fat distribution among an ever increasing number of women. Most clothes that allow for a less than slender waistline are specifically made for pregnant women, and these days, many of them are designed to show off that pregnant belly rather than to camouflage and minimize it. This may work nicely for women who are in fact pregnant, but it makes things worse for those who aren't.

With these constraints, it can be quite challenging to find flattering clothes, short of having them custom made. Some companies are beginning to see the potential in offering flexible waistbands, but far too often, clothes, even in stores specializing in plus-sized women, are designed for pear-shaped women. Women with apple shapes have a much more difficult time finding attractive, well-fitting, and professional-looking clothes.

3. Problematic and Embarrassing Assumptions:

Big bellies in men, sometimes referred to as beer bellies, can cause people to think that the bearer might have issues with excessive drinking. Women with excess fat in that area on the other hand may be assumed to be pregnant, which theoretically has the benefit of being

offered seats in crowded subway trains and such, but more likely causes strangers to feel at liberty to ask when the baby is due or worse- reaching out to touch a woman's belly. While this sort of thing is an inappropriate violation of personal boundaries, it is also extremely humiliating to non-pregnant recipients, to say the least.

4. The Vicious Cycle:

All three of the above consequences of belly fat have yet another unfortunate consequence resulting from the previous three: They cause even more stress, and since stress well may have been responsible for the excess abdominal fat in the first place, and since it makes the body accumulate even more fat right where it's least wanted and prevents the fat that's already there from being burned off, the stress resulting from too much belly fat can easily result in more of the same and makes it even more difficult for affected people to lose weight and improve the situation. Thus, the vicious cycle continues and feeds on itself.

The Solution: Cardio, Ab Work, and a Balanced Diet

You don't have to look like a supermodel in order to be healthy. Anything you do will bring benefits. But if you want a flat stomach you can have one. In order to get rid of the fat that's covering up the flat, sexy stomach that you already have, you need a simple, and effective diet plan to supplement your workout routine, and more importantly to stick to that diet plan. As much as possible avoid processed foods and foods that are rich in fat. Complex carbohydrates, lean protein, fiber rich foods, and lots of veggie and fruits should be the main components of your diet. You also need to commit yourself to a regular routine of some type of cardio exercises, because cardio use up a lot of calories thereby helping your body to burn off excess fat in the process.

more...

Health cont ...

The benefits of cardio is that not only will you burn off stomach fat, you'll also get rid of fat around your thighs, hips, and other parts of your body.

While abdominal workouts alone do not really help a lot when it comes to getting rid of stomach fat, they are effective at toning up your stomach, which is why you should combine your diet plan together with your abs workout routine. The abs workouts help to strengthen your abdominal muscles, and tone up your stomach, while your diet plan helps to get rid of your belly fat.

The only kinds of abs workouts you need to focus on are crunches, and sit ups but if you are really active you can also add like leg lifts.

So, there you have it, a couple of quick, simple tips to help you reduce the amount of belly fat and get a healthier stomach. Simply follow the tips above, and in a short time, your belly fat will be a thing of the past.

WLAC - Discount rates for an overnight stay at the Claremont Hotel and 1st Annual Pamper Me Spa Day

Hello WLAC members!

As you know, WLAC is shaking things up this year to bring new and exciting benefits to our members this year. As you know, we will be hosting our 30th Anniversary Gala Annual Judges Dinner at the Claremont Hotel on Thursday, October 21, 2010.

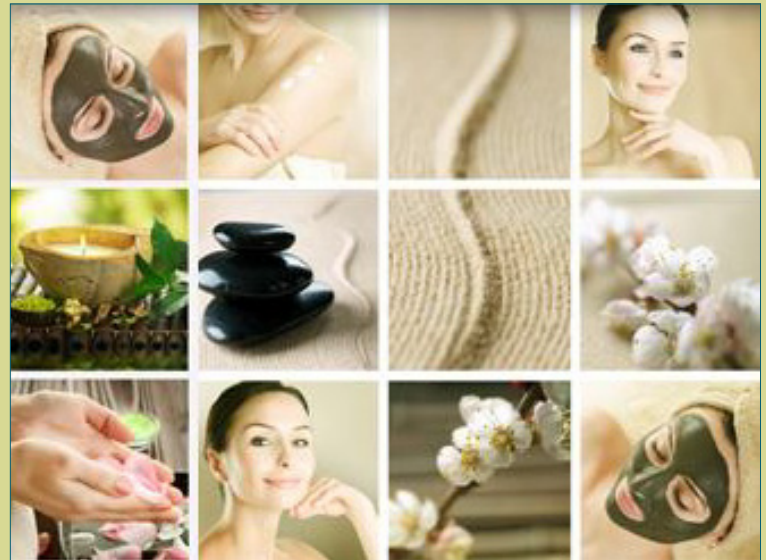
This year we are inviting members to take advantage of the discounted rates (\$179 plus applicable taxes) and stay overnight at the Claremont Hotel following our Dinner.

The following day on Friday, October 22, 2010, we hope to get enough WLAC members to join us the following morning for breakfast, followed by a Pamper Me Party at the Claremont Spa. We hope to make this an annual tradition if we have a successful turnout.

We are still communicating with the Claremont to determine what packages they can offer us as a group. Of course, the more members that attend, the better the packages/rates we will be able to receive.

If you are interested in staying overnight and/or having a Pamper Me Day the following day, please contact LaJoyce Porter at lporter@porterlawfirm.net to express your interest. Once the room rates and spa packages are finalized, they will be sent to you.

Need a Spa Retreat?!



*We want to hear
from you!*

Tell Us Your News

Have an accomplishment, recent success, good news to share, or know of any for a fellow WLAC member? Let the WLAC Newsletter Committee know and we'll include that person in our "Honor Roll!"

You can send updates and information to: Tara M. Flanagan, Newsletter Committee, at taraflan@aol.com.



ANNUAL JUDGES' DINNER & 30TH ANNIVERSARY GALA

Thursday, October 21, 2010

Thursday, October 21, 2010
** Cocktail Attire Optional **

The Claremont Hotel Club & Spa
41 Tunnel Road, Berkeley, CA

No Host Bar: 6:00 p.m.
Dinner: 7:00 – 9:00 p.m.

Ticket range: \$100 – \$200 per person, or \$1,500 – \$3,000 Tables of 10

Direct reservation inquiries to Patricia Delgado at WLAC@sbcglobal.net
or (415) 641-8328

KEYNOTE: Nancy E. O'Malley, District Attorney, Alameda County and
President of California Women Lawyers

HONORING: Recently appointed to the Superior Court:
Hon. Tara M. Desautels in Alameda County

MISTRESS OF CEREMONIES: Hon. Monica F. Wiley, San Francisco Superior Court

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Co-Sponsors: Alameda County Bar Association; Association of Discipline Defense Counsel;
California Association of Black Lawyers; Charles Houston Bar Association; La
Raza Lawyers Association/East Bay

NOTE NEW DONATION REQUEST: Due to past generous clothing donations, WLAC and
Wardrobe for Opportunity invite dinner guests to limit donations to accessory items only – such as
hand bags, jewelry and scarves!

R.S.V.P.

Return this form and your check postmarked by Friday, October 8, 2010.

Make check payable to WLAC.

Mail to: Patricia Delgado
3045 - 23rd Street
San Francisco, CA 94110



Direct inquiries to Ms. Delgado at WLAC@sbcglobal.net or 415-641-8328

Name _____

Firm Name _____

Address _____

Telephone (_____) _____

Email (optional) _____

Please check both reservation category and entree choice:

Individual Tickets Tables of 10

WLAC Member \$125 _____ Supreme \$3,000 _____

Non-Member (*) \$150 _____ Appellate \$2,000 _____

Individual Sponsor \$200 _____ Superior \$1,500 _____

Number of Tickets: _____

Amount Enclosed: \$ _____

Entree Choice (check one):

Salmon Chicken Vegetarian

(If reservation is for more than one person, please attach list with additional names and entree options.)

(*) Non-members may qualify for the member price by including an additional \$75 for 2011 dues.

All Tables and Individual Sponsors will be acknowledged in the program.

(WLAC is an unincorporated association - TIN #94-3241007)