

# TLAW

Tennessee Lawyers'  
Association for Women



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## President's Message

SPRING 2017

2017! A collective sigh of relief could be heard as we closed the door on 2016 to welcome the New Year. For some, 2016 was a good year. Others could not wait to turn the page for a fresh start. It is refreshing to believe we have a



blank slate and can start anew. For TLAW, 2016 was a good year, and the anticipation for 2017 is even better!

TLAW added a new feature to the website called "Meet Our Members" where we recognize the accomplishments of our membership and put a face with the name. Networking across Tennessee is one of the key benefits of TLAW membership. If you can see what other members are achieving throughout Tennessee, you will have a resource to confer with, a source for referrals, and leadership goals to emulate. Our members did some amazing things in 2016 as shown in this newsletter and on our website.

This next year promises to be equally exiting. The theme for TLAW's 2017 Empowerment Conference is "Women Who Win!" The day-

long conference will feature women who win by accomplishing career goals at the highest levels. The panels will advise and assist other women in learning to achieve leadership in the board room, public office, law firms, and in law practice generally. Not only do the featured women achieve their career goals, they balance careers with their personal lives. Our 2016 Empowerment Conference: Great Expectations was a resounding success, and 2017 is shaping up to be equally powerful and inspiring. Please save the date for March 31, 2017 and for the cocktail reception the evening before.

As we move into 2017, remember to take care of yourselves as you work to realize your personal and professional dreams. Too many of our "wonder women" members are busy taking care of others without regard to their own well-being. Let this year be the year you remember to put yourself on your own "To Do" list. Exercise (or at least, stretch!), take a walk, *talk* to your friends instead of observing them on Facebook, and enjoy moments with your families. (That is good advice I have a hard time following myself!) It was rewarding this past year to put friends on my calendar for lunch and to hear the surprise in someone's voice when I actually called her instead of messaging her. Let 2017 be your year to reconnect with yourself and those you care about.

See you at the Empowerment Conference!  
Ramona P. DeSalvo

# Write Your Own Success Story

By Leslie L. Beale

Messages of success are all around us. We all want to feel successful and to be seen as successful by our peers. And there's certainly no shortage of advice on how to get there.

*Three Habits of Successful Leaders*

*Morning Routines of the Most Successful Women*

*Successful Parenting Tricks You Can Use*

*Secrets of Successful Marriages*

Here is my issue with this approach—it assumes we all think about success in the same way. The same things will make all of us feel successful. The same set of steps create success for everyone.

It seems to me the reality is far different. As I talk to my friends, clients, and the other women I meet, I hear very different ideas of what it means to be a success. For some, it is being wholly invested in their families. Some want to fulfill a passion through their work, and seek to integrate their interests seamlessly into their lives. Still others want to find challenging work that rewards them well financially. Though they are all different, these concepts of success are each valid and meaningful.

*“AFTER  
ALL, IT IS  
YOUR  
STORY  
TO  
WRITE”*

The danger in following the popular notion that success is the same for everyone is you may well end up chasing someone else's dream. We see it happen all the time.

The woman who thinks being a successful mom requires staying home with her children, and can't bring herself to admit that she really would prefer to work. Or the high-paid professional who gives it all up mid-career to pursue a career in non-profit work.

What drives us to leave behind the one-size-fits-all approach? It is fairly simple, actually. Chasing someone else's dream is draining. You spin your wheels and never get the sense of satisfaction that you're looking for. You feel like you don't have the time to do the things that really matter to you. Do it for too long and you can end up feeling like a failure, despite all your apparent achievements. Ultimately, women throw up

their hands and say to themselves, “There has to be a better way.”

Designing your own notion of success, however, is not for the faint of heart. It requires knowing yourself inside and out. What makes you feel energized and satisfied? What are your deepest values and desires? What would a life well-lived look like to you? Each of these questions must be answered from your own heart, free from the influence of your family, your friends, and the ubiquitous “they” who cloud our best judgment.



If you've already answered these questions for yourself, great! But, the journey is far from over. Even when you are on the right path for your own success, you are not insulated from fear, self-doubt and discouragement. It takes real commitment and confidence to keep muddling forward in the face of these challenges, to say nothing of all the critics and naysayers that will stand in your way. But the rewards are there for those who overcome.

Wherever you are in your life, it's never too late to ask whose dream you are chasing. And, if the answer is anyone's other than your own, it is never too late to correct your course in some meaningful way. After all, it is your story to write.

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*As a success coach, Leslie L. Beale, JD, helps ambitious women who want to thrive at work and beyond. After spending fifteen years as a lawyer and executive, Leslie founded Profusion Strategies, where she offers individual and group coaching, consulting, and training programs on a variety of topics of importance to working women. To find out more, visit her website at [www.ProfusionStrategies.com](http://www.ProfusionStrategies.com).*

# Empowered Dressing: Let's Talk Body Shapes...

By Karol Lahrman

The empowered woman has the agony of figuring out what to wear when all she really wants is a superwoman cape and to be out the door!

Fashion is a revolving door. What we see on the runway is often what we would not be caught dead in unless we were a supermodel getting paid. We wait to see what the converted styles look like when they arrive at the department stores. Fashion trends are something we should incorporate into our current wardrobe. Whether it be by just adding a splash of the new or a great accessory we can keep current with a twist of classic.

Let's face it: we are blessed individually with a specific body shape, and the way we dress for that shape is what makes us feel and look good. The key is this year to get out of the oversized look, to step out of the box, and to try different styles on to see what gives your body more of a flattering look. Women easily get stuck into a style because it is easier for fast dressing when you have an active family or when you are not in the mood to take a clear look at yourself. What we reflect as women should be powerful with a sense of femininity. If you know your body shape, it should allow you to dress like a fashionista no matter what size or shape.

**HOURGLASS:** Is considered ideal, because an hourglass shape distributes weight equally from chest to hips, and has a defined waist. We are not all created like Beyoncé, but we can understand what styles work best for our shape. If you are an hourglass, you can get away with any style. Bless your heart!

**TRIANGLE:** This pear shape is when the lower trunk of the body is wider than the top. To give the effect of the hourglass, redirect the visual attention away from the hips and towards the upper body to create a balance. You can do this by wearing a V-neck, scoop neckline, or a scarf, or you can wear a statement necklace, or colorful top and black bottoms



BODY TYPES

**INVERTED TRIANGLE:** Yep, just redirect attention away from the upper body and towards the lower area. Wear an A-line skirt, or pairing a solid top with printed pants or skirt, and what a lady never tires of hearing, wear some eye-catching shoes.

**OVAL:** This apple shape is when the body has a thick mid-section that extends beyond the bustline and hips, preventing the waistline of being defined. To create the illusion of a waistline for visual balance of the body, you can wear a dress that has built-in panels to create a narrowed waistline, or you can try prints or patterns that make the illusion or you can create it by using a belt.

**RECTANGLE:** Sometimes referred to as an athletic or boyish build, this shape is close to the oval, as it lacks a defined waistline. Again, create the illusion of one by wearing a blazer, a cropped jacket, or sweater a dress. You can also try a slim-fitting top and full skirt, or a simply a narrow belt on a solid color dress.

## *What you need to know for Winter 2017*

**Trending:** Bell sleeves, velvet blazers, graphic t-shirts, wrap skirts and dresses, boots—think classic black, suede, leather, tall with low heel

**Casually speaking:** Fuzzy sweaters, long tunic tops, skinny jeans with booties, and add a colorful moto jacket

**After hours:** Black off the shoulder sweaters, skinny heels which are sexier, velvet everything

**Colors:** Red, airy blue, warm taupe, meadow green, spicy mustard, rust or clay, and sharkskin grey

# Eating Well: Soup's On!

## By Jacqueline B. Dixon

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The glow of the holidays faded quickly. The days continue to be short, rainy and often gray. This is my favorite time of the year for comfort food. This potato soup recipe is an old standby that I have been cooking since I was in high school. It makes a quick dinner with a grilled cheese sandwich or a nice first course if you are serving a fancier meal.

### ***Potato Soup***

3 slices bacon  
2 cups chopped onion  
4 cups peeled and sliced potatoes  
1 14.5 oz. can chicken broth or 2 cups homemade broth  
½ cup water  
1 teaspoon salt or to taste  
¼ teaspoon curry powder  
Freshly ground black pepper to taste  
2 cups half and half or 1 large can evaporated milk  
Chopped parsley, optional

In a large saucepan, cook the bacon until crisp. Remove the bacon and all but 2 tablespoons of the drippings from the pot. Drain and crumble the bacon. Cook the onion in the drippings until tender but not brown. Add potatoes, broth, water, salt, curry and black pepper. Cover and cook about 10-15 minutes or until the potatoes are very tender. Mash the potatoes slightly with a potato masher or large wooden spoon. (For a smoother soup, use an immersion blender.) Stir in half and half or evaporated milk and heat just until hot. Serve garnished with crumbled bacon and chopped parsley if desired. Serves 4 to 6.

### ***Variations***

Potato-Kale Soup: Add a cup or more of cooked, chopped kale along with the cream or evaporated milk. If you don't cook the kale first, the soup will be bitter.

Stuffed Potato Soup: In addition to the bacon, garnish with finely shredded cheddar cheese, chopped chives, and a dollop of sour cream.



## **TLAW Hosts Spring Social and Get Involved Event**

TLAW members and guests gathered for the Spring Breakfast and Get Involved event on Friday, February 10, 2017 at Pinnacle Financial Partners in Knoxville. Members had the opportunity to meet with TLAW President, Ramona P. DeSalvo, and other TLAW representatives to learn more about TLAW's mission of achieving the full participation of women lawyers in the rights, privileges and benefits of the legal profession and to network with other local attorneys. TLAW's partner, Pinnacle Financial Partners, had trust department representatives on hand to discuss their roles, including working with TLAW attorneys.



## AFFILIATE AND MEMBER NEWS

### East Tennessee Lawyers' Association for Women

The Annual Meeting of the East Tennessee Lawyers Association for Women was held on December 14, 2016 at the Foundry. The Nominating Committee presented the following slate of officers, who were approved by the Membership.

**President:** Alyssa Y. Minge

**President-Elect:** Loretta Cravens

**Secretary:** Crista Cuccaro

**Treasurer:** Heather Ferguson

**Corporate Compliance:** Alicia Teubert

**Membership:** Kati Goodner (*Committee: Katie Waldrop*)

**Community Outreach:** Andi Anderson (*Committee: Elizabeth Carroll*)

**Programming:** Rachel Hurt (*Committee: Elizabeth Carroll, Lindy Harris, John Rice, & Anna Swift*)

**Historian:** Stephanie Coleman

In November, ETLAW hosted the Tennessee Supreme Court for its Annual Supreme Court Luncheon. Chief Justice Bivens gave remarks at the Luncheon, noting that ETLAW serves as a leader and a guiding force for women entering the profession. At the Luncheon, ETLAW also awarded member Wynne du Mariau Caffey-Knight (pictured R, with Alicia Teubert) with its Spirit of Justice Award. Wynne's award was particularly timely. This year, Wynne's leadership for ETLAW's Race for the Cure Team earned the team two awards—one for the largest community group and another for the best t-shirt!

ETLAW also organized two fundraising efforts in December. First, ETLAW matched its members' contributions to the Burn Memorial fundraising efforts. Combined with a private donor's match, ETLAW and its members made an overall impact of \$10,720 to the Burn Memorial fundraiser. The fundraising efforts for the Burn Memorial are ongoing and if you want to learn more or contribute, click [here](#). Second, ETLAW held its Annual YWCA Toiletry Drive. Throughout the fall, ETLAW members collect travel-sized toiletry items, which ETLAW members then package to create welcome bags for the residents of the [YWCA Keys of Hope](#) program. This year, ETLAW packaged 400 bags for the YWCA residents. ETLAW is pleased to continue supporting YWCA, an organization that supports and empowers women in our community.

ETLAW held their CLE, Estate Planning 101, on February 15 at The YWCA in Knoxville. Speaker was Angelia Nystrom from the UT Institute of Agriculture. ETLAW recently concluded its Annual Membership Drive. Members who renewed before February 15 were entered into a drawing to win a \$40 Gift Certificate from Casa Blanca Nail Bar in Bearden. The lucky winner was April Adams Carr.

The UT College of Law, in conjunction with the *Tennessee Journal of Race, Gender & Social Justice* and Law Women, will be hosting "Title IX: History, Legacy and Controversy" conference on March 2-3. This conference will explore current issues under Title IX that impact gender and racial equality and inclusion. Topics include athletics and education, sexual harassment and assault on campus, racial inequality in schools and athletics, inclusion of LGBT students, pay equity and compensation and media coverage of Title IX issues. The conference will honor Pat Summitt, former UT Lady Vols Basketball coaching legend. For more information, visit the College of Law [website here](#).



## AFFILIATE AND MEMBER NEWS

### Lawyers' Association for Women, Marion Griffin Chapter

The Wellness Book Club met on February 16 at the home of Lynn Lawyer in Brentwood. The group discussed Glennon Doyle Melton's *Love Warrior*, which was an Oprah Book Club Selection in 2016.

The February Membership Meeting was held on February 21. It featured a CLE "Lawyers as Introverts: Understanding Personality Typing in Legal Practice and Business Management." Attorney and positive psychologist Candice Reed offered an informative presentation to help attendees understand their place on the introvert/extrovert spectrum. She advised them on how to enhance their practices and wellness by capitalizing on strengths and minimizing weaknesses.

The Practicing Parents Group held a social at Brushfire Pottery on February 25, where members and their children had an opportunity to paint pottery and connect.

#### *Upcoming Volunteer Opportunities:*

Members can volunteer at the 3<sup>rd</sup> Annual Weed Wrangle at Percy Warner Park on Saturday, March 4. Weed Wrangle is a city-wide effort to protect native species and help combat the spread of invasive exotic plants in the Warner Parks.

Members can also volunteer at the Nashville Cherry Blossom Festival on Saturday, April 8. Members will work together as a group, as Nashville works in a decade-long effort to plant 1,000 Japanese cherry trees.

### Association of Women Attorneys, Memphis Chapter

On December 6, 2016, the Association of Women Attorneys (AWA), Memphis Chapter held their annual judicial reception at the home of Janna and Andy Lamanna. There was a great turnout from both the bench and the bar. A good time was had by all.

The AWA held its annual banquet on Tuesday, January 31, 2017, at 6:00 p.m. at the Tower Center in Clark Tower. The banquet featured the recognition of Mary Wolff as the Marion Griffin-Frances Loring Award recipient for outstanding achievements in the legal profession. Additionally, the AWA awarded scholarships to several deserving law students from the University of Memphis Cecil C. Humphreys School of Law.



Laurie Christensen, Baptist Memorial Health Care Corp.; Lucie Brackin, The Landers Firm; Judge Robert Childers, Shelby County Circuit Court; Holly Renken, Tennessee Court of Appeals.



Magistrate Garland Erguden, Shelby County Juvenile County Juvenile Court; Judge Dan Michael, Shelby County Juvenile Court; and Judge John Campbell, Shelby County Criminal Court.



## AFFILIATE AND MEMBER NEWS

### TLAW Member News

TLAW member **Lanis Karnes** was recently named a Fellow of the Tennessee Bar Foundation. Newly-elected Fellows were honored at a dinner in Nashville on January 13, 2017.

**Jamie Ballinger-Holden**, an attorney with Baker Donelson in Knoxville, was recently named one of the Knoxville News-Sentinel's "40 Under 40."

TLAW President **Ramona P. DeSalvo** was recently elected as a 2017 Fellow of the Nashville Bar Foundation.

**Elizabeth Pugh Carroll, Kathryn St. Clair Ellis, Kyontze Hughes, Samantha Parris** and **Alicia Teubert** were recently named to the Tennessee Bar Association Leadership Law Class of 2017.

TLAW member and former TLAW President **Wynne du Mariau Caffey-Knight** was awarded the "Spirit of Justice Award" by the East Tennessee Lawyers Association of Women. The "Spirit of Justice" Award is the highest award given by ETLAW.

Several TLAW members will be serving on the Knoxville Bar Association Board of Governors in 2017. **Amanda Busby** will be President, **Wynne DuMariau Caffey Knight** will be Treasurer, **Mary Miller** and **Kathryn St.Clair Ellis** will be on the Board of Governors, and **Samantha Parris** will be the Barristers' President.

### *Do you have news to share?*

The deadline for submission for the Spring newsletter is April 8. Submissions should be sent to Publications Chair, Angelia Nystrom, at [anystrom@tennessee.edu](mailto:anystrom@tennessee.edu).





A word cloud featuring various terms related to empowerment and leadership. The words are arranged in a circular pattern, with some appearing more frequently or in larger fonts than others. The colors of the words range from light blue to dark blue. The words include: TODAY!, motivate, SUCCEED, support, leaders, potential, share, EMPOWER, TOGETHER, mentor, leadership, engagement, service, public, prepared, lead, THRIVE, PREPARED, CONFIDENCE, EMPOWERED, teamwork, encourage, women, empower, growth, peopleskills, excellenc, strengths, individual, culture, VISION, teach, goals, and EMPOWERMENT.



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### **Tennessee Lawyers' Association for Women**

TLAW was founded on July 7, 1989, in Nashville, Tennessee. TLAW is a statewide women's bar association whose efforts have dramatically increased the number of women on the bench and in other legal positions.

Membership is open to any person who is a member in good standing of a State or Federal Bar of the United States. Any person supporting the purposes of TLAW, any student, and any law graduate awaiting admission may be a member.

TLAW's purposes include:

- Achieving the full participation of women lawyers in the rights, privileges and benefits of the legal profession.
- Increasing the number of women serving on the bench.
- Providing opportunities for mutual support and fellowship.
- Supporting the status and progress of women in society.
- Providing a source for continuing legal education.

## **2016-2017 TLAW BOARD OF DIRECTORS**

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AWA Representative— Holly J. Renken

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**Get in touch! Find the Board members' [email addresses here](#).**

## **TENNESSEE LAWYERS' ASSOCIATION FOR WOMEN**

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