



# LegalEase

July 2020

*Newsletter of the Peoria County Bar Association, an Accredited Provider of Continuing Legal Education.*

## **President's Page**

This is my final President's Message. I think you will cut me some slack if I say it has been a crazy year. Who could have predicted last July that we'd get the year off to great start after making some hard choices, then have the world do a great imitation of falling apart?



Looking back on the year, I'd like to focus on the positives. The biggest positive – the exemplary manner in which Stephanie Bitner has risen to the job as our Executive Director. Despite losing Linda, shutting down programs and otherwise scrambling to keep things going, Stephanie's transition has been virtually seamless. After every program or event for as long as I can recall, the chair saluted Linda and Stephanie on their hard work. This year was a magnitude of difference, but Stephanie was equal to the challenge. I hope you will all join me in telling Stephanie "Thank You!"

PCBA is in good hands going forward. Please do all you can to support Ambrose, Emily, Mike, Aliesha, and Stephanie.

## **Court News** *By Chief Judge Paul P. Giffillan*



1. July 2020 Circuit-Wide Operational Plan for the Courts now on-line at [www.10thcircuitcourtil.org](http://www.10thcircuitcourtil.org). Also check out Peoria County Courtroom and general information by clicking on the website's Covid-19 Information link. Do your part to protect others and yourself in the practice of law in the TENTH and thank you!
2. See the Illinois Supreme Court's Statement on Racial Justice at its website [www.illinoiscourts.gov](http://www.illinoiscourts.gov) under Latest News. Speaking of doing your part, please do.

## **Annual Membership Dues**

Dues notices for the 2020-2021 fiscal year were emailed on July 1. Contact Stephanie at [pcbaasst@mtco.com](mailto:pcbaasst@mtco.com) if you didn't receive yours!

## **Annual Meeting & New Members' Reception**

The Annual Meeting & New Members' Reception will take place on **Thursday, July 30 from 5:30 p.m. – 6:30 p.m.** in the 3<sup>rd</sup> floor Renaissance room of the Janssen building (110 SW Jefferson Ave.). We will honor Michael Gifford for his year of service as President, and welcome Ambrose McCall as incoming President, along with Emily Wilburn and Michael Fleming as President-Elect and Second Vice President, respectively. We will also vote on the Nominating Committee's motion to approve Aliesha Graves as incoming Secretary-Treasurer. The cost is \$25 per person (new members are FREE) and includes hors d'oeuvres and 1 drink ticket. Registration is now open and can be done by clicking [here!](#)

## **Schedule of Events & Court Holidays**

- July  
30 Annual Meeting & New Members' Reception
- August  
28 PCBA Annual Golf Outing

## **Committee Meetings**

*Meetings are at noon at the PCBA office unless otherwise noted*

- July
- |                                  |  |
|----------------------------------|--|
| 6 Diversity – via Zoom           | 15 Workers' Compensation – via Zoom      |
| 8 CLE – via Zoom                 | 16 Holiday Party – via Zoom              |
| 14 Family Law Section – via Zoom | 21 Fitness, Health & Wellness – via Zoom |

## **Committee Reports**

### **Entertainment – Part I: Golf Outing**

Registration is now open for the 2020 PCBA Golf Outing! This year's event is at Mt. Hawley Country Club. Enclosed is a flyer with all the details. Mark your calendars now and get registered today! Rain date is Friday, September 11.

### **Fitness, Health & Wellness** *by: Kyle Tompkins*

#### **Health & Wellness Post-Quarantine**

(Based upon ISBA Young Lawyers Division Article "Boosting Wellness and Managing Stress During Quarantine" by Erin Clifford, E. Kenneth Wright Jr., & Michael B. Hyman)

In a recent article published in the Illinois State Bar Association Young Lawyers Division Newsletter, the authors addressed various strategies to boost wellness while quarantined in the midst of the COVID-19 pandemic. While society throughout Illinois has begun to slowly open again in a safe and prudent manner, some of the lessons learned from the quarantine may be adopted to live a healthier lifestyle in a post-quarantine world as well. Below is a summary of a few of those health habits that may be incorporated into your daily routine:

*Setting goals and priorities* may help you control your reactions to situations that you cannot control. Keeping your life goals in perspective during difficult times and doing advanced planning will keep you ahead of the curve.

*Creating a daily schedule* and abiding by that schedule is essential to create structure during uncertain times.

*Exercising daily* may be the best defense against coping with the everyday stresses of life. Engaging in physical activity boost feel-good endorphins and distract you from your daily worries. Now that gyms have opened back up, there are more options to keep up a fitness routine, but at-home workouts will always be an option as well. There are many virtual work-outs that can be found on YouTube or fitness apps.

*Managing stress* is a daily struggle whether self-quarantined or not. Mindfulness, or the "science of chill" is one way to consider handling stress. Meditating a few minutes may have a significant effect on emotional and physical health. Focusing on the present moment keeps your focus away from the litany of disturbing news stories or worrying about what the future holds. There are numerous Apps available to start you along your path to enlightenment such as (i) Calm; (ii) Breathe2Relax; (iii) Headspace; (iv) The Mindfulness App; (v) Simply Being; and (vi) Omvava. Even simple breathing exercises can be done at any moment in the ration: 4-7-8 (inhale for 4 seconds, hold for 7 seconds, exhale for 8 seconds).

"Nobel Prize winning philosopher, Albert Camus, once said, 'In the depth of winter, I finally learned that there was in me an invincible summer.' Stay positive. It's only a moment in time so stay hopeful and take care of yourself and your loved ones. A new season is right around the corner."

### **Local Continuing Legal Education**

#### **Spring Professional Responsibility Seminar**

The Spring Professional Responsibility seminar is now available on Vimeo! The first hour of the seminar is on succession planning by John Cesario from the Illinois ARDC. The second hour is on managing & avoiding conflicts of interest by Jeremy Boeder from Tribler Orpett & Meyer, P.C. The cost of the seminar is \$65 for members and \$95 for non-members. Click [here](#) to order!

### **Membership**

We have received an application for membership from Emily Crutchfield, Bradley Vallerius and Melinda Mannlein. Emily and Brad are both employed with Murphy & Dunn, P.C. and Melinda is employed with Hasselberg, Rock, Bell & Kuppler. We also received an application for renewal from Dana Kelly and Nicole Slee. Dana is with Anderson Law Office and Nicole is with Murphy & Dunn, P.C. We also received an application for student membership from Laura Loyd who is with Prairie State Legal Services. If there are no objections, their applications will be submitted to the Board in August for approval.



### **Memorials**

On June 6, 2020, a member of the association, Kendall Tate Chambers, passed away. Tate graduated from Bradley University in 1979 and attended Southern Illinois University School of Law where he graduated in 1982. In 1987 he became an Assistant U.S. Attorney in the Central District of Illinois. Contributions to the Peoria County Bar Association Foundation may be made online by clicking [here](#) or by sending a check to the Peoria County Bar Association Foundation in memory of K. Tate Chambers. *The PCBA has made a \$100 contribution to the Foundation.*

## **Prairie State Legal Services** by: Lydia Wagenbach

### **RECENTLY CLOSED PRO BONO CASES**

Prairie State Legal Services would like to thank the following attorneys who have provided free legal assistance to low income persons through our Pro Bono Program and recently closed their pro bono cases: Abigail Fleming of Fleming Law Office; Andrew Cassidy of Cassidy & Mueller P.C.; Andrew Keyt of Heyl, Royster, Voelker & Allen; James Kane of Johnson, Bunce & Noble, P.C.; and Nicholas Tinsman of Barnhart, Tinsman & Associates, Ltd. We would also like to give a special thanks to the following attorneys who provided legal advice over the phone to the sealing/expungement clients that were scheduled for the cancelled May 2020 clinic: Donald Driscoll; Scott Ostericher of RLI Insurance Company; Yolanda Riley of Kavanagh, Scully, Sudow, White & Frederick; and Michael Brandt of Michael E Brandt, Attorney-at-Law.

### **OPPORTUNITIES TO VOLUNTEER**

Although we have cancelled the past sealing/expungement clinics scheduled for April and May and may have to cancel future clinics, there is still a pro bono opportunity to advise sealing/expungement clients on their record over the phone. The client's documents will be emailed to you well before you plan to call the client, and we will answer any questions you may have before you call the client. Once you've advised the client over the phone, the client's file will transfer back to our office and Prairie State will then file the client's Request on a limited scope so that the 60 day notice period can occur during COVID-19.

Prairie State currently has 2 Peoria County clients on our waiting list for bankruptcy and 1 Peoria County client on our waiting list for divorce. Please consider making a generous gift of your precious time and accept a pro bono case so that these clients can feel that they and their families are remembered by those who truly care.

If you would like to volunteer services, please call me at (309) 621-4015 or email me at [lwagenbach@pslegal.org](mailto:lwagenbach@pslegal.org). Your pro bono service will help PSLS provide legal assistance to individuals within our community who may not otherwise be able to afford legal representation.

### **Directory Changes**

**Borsberry, Joseph** – Borsberry Law Offices, 203 NE Jefferson, Peoria, IL 61602. Phone & fax remain the same.

**Herman, Athena** – Athena Herman Law, LLC, 300 NE Perry Ave, Peoria, IL 61603. Phone: 309-966-0248

Email: [Athena@Athenahermanlaw.com](mailto:Athena@Athenahermanlaw.com)

### **Job Openings | Office Space Available | Misc.**

Job openings and office space available can be found on the homepage of our website or by clicking the following links:

[Job Openings](#) and [Office Space](#) (office space section includes property for sale).

For sale: 6 four and five drawer file cabinets @ \$20 each and a 7' bookcase for \$50. Call Art Inman at 678-1173.

### **2019-20 Board of Directors**

Michael D. Gifford – President

Ambrose V. McCall – President-Elect & Budget

Emily H. Wilburn – Second Vice President

Michael A. Fleming – Secretary-Treasurer

Richard W. Zuckerman – Past President & Nominating Chair

James F. Kane – By-Laws

Robert R. Tenney – Communications & Technology

Christopher S. McCall -- Diversity

Shaun D. Cusack – Entertainment (Golf)

Kateah M. McMasters – Entertainment (Holiday Party)

James D. Van Rheeden – Fitness, Health & Wellness

Katherine L. Swise – Government & Public Interest Law

Mary A. Corrigan – Lawyer Referral Service

Hon. Thomas L. Perkins – Lincoln Memorial Banquet

Ann R. Pieper – Local Continuing Legal Education

Aliesha N. Graves & David B. Mueller –  
Membership & Memorials

Hon. Lisa Y. Wilson – Pro Bono

Seth A. TeBeest – Public Relations

David B. Wiest – Real Property

J. Kevin Wolfe – Substantive Law

Kyle M. Tompkins – Young Lawyers

Joshua D. Herman – Director at Large

Michele A. Miller – Director at Large

Christopher D. Oswald – Director at Large

Melodi D. Green – Director at Large



**PEORIA COUNTY BAR ASSOCIATION  
2020 GOLF OUTING - FRIDAY, AUGUST 28  
MT. HAWLEY COUNTRY CLUB**

**12:00 p.m. Registration**  
**1:00 p.m. Shotgun tee-off**  
**5:00 p.m. Social Hour**  
**6:00 p.m. Dinner (Awards & Door Prizes to Follow)**

**Costs:**

**Golf & Dinner \$120** - includes *unlimited* beer, Gatorade, water and soda while on the course!

**Golf only - \$90** - includes *unlimited* beer, Gatorade, water and soda while on the course!

**Dinner only \$35**

*Format is scramble play only.*

**Deadline to register is Friday, August 21!**



**RAIN DATE: September 11**  
*Reserve both dates on your calendar!*

**Dress code:** All players must wear a collared shirt, men's shirts must be tucked in. No jeans or denim allowed.

**Visit [www.peoriabar.org](http://www.peoriabar.org) to register!**  
**Questions? Contact Golf Chair Kevin Elder at [kelder@goldfineandbowles.com](mailto:kelder@goldfineandbowles.com) or Stephanie at [pcbaasst@mtco.com](mailto:pcbaasst@mtco.com).**