

# NYWBA

## NEW YORK WOMEN'S BAR ASSOCIATION

The New York Women's Bar Association invites you to join us in honoring our special guests

***The Newly Elected, Newly Appointed and Re-Elected Judges of New York County***

at a **Cocktail Reception**

**Wednesday, February 24, 2016**

6:00 to 8:00 p.m.

**The Yale Club**, 50 Vanderbilt Ave., NYC  
(at 44th St., across from Grand Central's west entrance)

**Cost:** **\$85 Members** (*paid in advance*);  
**\$100 Non-Members** (*paid in advance*);  
**\$115 for all if paid at door** (*space permitting*)

**Note:** **No charge for:**

- Judges of the New York Court of Appeals
- Justices of the App. Div., First Dept.
- Judges and Justices who are **newly elected**, **newly re-elected**, or **newly appointed** in New York County or the App. Div., First Dept.

**Sponsorship:** Law firms, companies, and individuals are invited to make a donation to help support this event at the following sponsorship levels:  
**Platinum (\$1,000) Gold (\$750) Silver (\$500)**

Sponsors will be acknowledged at the event, on our website, and in the NYWBA Newsletter, and they will be entitled to free admissions (Platinum-3; Gold-2; and Silver-1) (*Contributions of \$100 or more are welcome and will be recognized at the "Friend" level.*)

(Send an email to [JudgesReception@nywba.org](mailto:JudgesReception@nywba.org) for details on how to contribute at the Friend level.)

**Info:** For questions or info, email Executive Director Karen Lu at [ED@nywba.org](mailto:ED@nywba.org) or call 212-490-8202.

**RSVP:** Online form will be available shortly

### PRESIDENT'S MESSAGE

#### ***Happy New Year***

It is hard to believe that we are starting 2016, and I am halfway through my term as your President. When you are busy, time goes by in the blink of an eye, and boy have we been busy in 2015!

Just in November, we held a jewelry shopping event organized by the Events Committee, a clothing shopping event coordinated by the Litigation Committee and a cocktail reception sponsored by Envision Strategic Financial Group, WBASNY's preferred provider of Disability Income Insurance. We also held the second installment of our Wellness Series, a discussion on Nutrition with Diana Maltz, RN, on December 1st. Look for the article on page 4 to learn about some of the information Diana provided to our members.

Several committees have programs in the works for the New Year, including the Matrimonial Committee's upcoming **"A Night at the Movies – The Art of Cross-Examination"** featuring NYWBA Director **Hon. Laura E. Drager**, and **William C. Herman, Esq.**, scheduled for February 3 (see p. 5 for more information). And now that we have the results of our survey, we will be able to tailor more programs to the specific wants and needs of a wide array of our members.

Our Chapter has continued to be very active at the State level this year, and will continue to be in the year to come. We had a fantastic turnout of delegate and

(Continued on Page 2)

JANUARY 2016



Jennifer P. Brown

#### **Announcements & Calendar of Upcoming Events**

- 1/5 – Reproductive Rights & Women's Health Comm. Mtg. – p. 3
- 1/6 – Mediation of Custody and Financial Issues – p. 3
  - 1/12 – Int'l Women's Rights Comm. Mtg. – p. 3
    - 1/14 – LGBT Comm. Mtg. – p. 3
    - 1/19 – Crim. Law Comm. Mtg. – p. 3
    - 1/19 – Program & Events Comm. Mtg. – p. 3
  - 1/21 – Solo & Small Law Firm Comm. Mtg. – p. 3
    - 1/25 – Legislation Comm. Mtg. – p. 3
    - 1/26 – Litigation Comm. Mtg. – pp. 2, 3
    - 1/28 – Civil Courts Comm. Mtg. – p. 3
- 2/2 – Reproductive Rights & Women's Health Comm. Mtg. – p. 3
  - 2/3 – A Night at the Movies – pp. 3, 5
  - 2/9 – Int'l Women's Rights Comm. Mtg. – p. 3
    - 2/11 – LGBT Comm. Mtg. – p.
    - 2/23 – Crim. Law Comm. Mtg. – p. 3
    - 2/23 – Litigation Comm. Mtg. – p. 3
    - 2/24 – Civil Courts Comm. Mtg. – p. 3
    - 2/24 – Annual Judicial Reception – p. 1

Check [www.nywba.org](http://www.nywba.org) for more Meetings, Programs & Events.

## NYWBA NOMINATIONS COMMITTEE REPORT

At its December 7, 2015 meeting, the *NYWBA Committee on Nominations* nominated the following candidates to serve for the positions and terms stated below. The elections will be held at the Association's Annual Membership Meeting on **April 20, 2016**. (See meeting notice, page 3.)

### OFFICERS (2016-2017)

President:	Deborah G. Rosenthal
Vice Presidents:	Amy B. Goldsmith Andrea Vacca Virginia A. LoPreto
Treasurer:	Jean J. Han
Recording Secretary:	Amanda B. Norejko
Corresponding Secretary:	Magnolia A. Levy

### BOARD OF DIRECTORS

#### Directors to be Installed – Class of 2016-2019

Dawn M. Cardi	Hon. Kelly O'Neill Levy
Felice B. Ekelman	Morgan Fraser Mouchette
Hon. Judith J. Gische	Victoria A. Turchetti
Julie Hyman	

#### Directors (to fill an unexpired term)

Jennifer P. Brown  
Myra L. Freed

#### Directors – Continuing in Office

Michael W. Appelbaum  
Yacine Barry-Wun  
Leona Beane  
Elizabeth A. Bryson  
Hon. Laura E. Drager  
Catherine M. Foti  
Hon. Sherry Klein Heitler  
Jocelyn L. Jacobson  
Kay Marmorek  
Susan M. Moss  
Francesca A. Sabbatino  
Amy Saltzman

### NYWBA DELEGATE NOMINEES TO WBASNY BOARD (2016-2017)

Yacine Barry-Wun  
Jennifer P. Brown  
Elizabeth A. Bryson  
Dawn M. Cardi  
Jo Ann Douglas  
Hon. Betty Weinberg Ellerin  
Julie Hyman  
Virginia A. LoPreto  
Marjorie A. Martin  
Hon. Jacqueline W. Silbermann  
Hon. Lisa A. Sokoloff

### President's Message (Continued from Page 1)

other representatives to the WBASNY meeting in Albany on November 21, 2015. Thank you to those of you who made the trip. The next WBASNY meeting is scheduled for January 30, 2016, and we will be hosting our local and out of town delegates at a dinner the night before. I hope to see many of you there, as all are welcome. It's a wonderful opportunity to mingle with our sisters throughout the State. Please check the website for the location to be announced shortly.

In early December we continued the tradition of participating in the screening and rating of nominees for the Court of Appeals for the new Chief Judge. Thank you to NYWBA Treasurer, and 2016-17 Presidential nominee, **Deborah G. Rosenthal**, for her capable representation of our chapter on the WBASNY Judicial Screening Committee. We are very excited to report that Gov. Andrew Cuomo has nominated WBASNY member, and Westchester District Attorney, **Janet DiFiore** as New York State Chief Judge.

We look forward to our **Annual Judicial Reception on February 24, 2016** at the Yale Club, where we will honor the new Chief Judge, as well as the newly elected, newly re-elected and newly appointed Judges in New York County.

It is very important that we continue to be a powerful voice at WBASNY, and in order to do so, it is imperative that we keep our membership numbers up, and, preferably, increase them. Our number of delegates is directly related to the size of our membership and the strength of our voice is dependent upon maintaining the greatest number of delegates statewide. If you have not renewed your membership for 2015-2016, please do so before January 31, 2016, because that is when our number of delegates is determined. If you know someone who is not a member, but could benefit from membership, encourage her or him to join.

Don't forget to mark your calendars for our Annual Membership Meeting on April 20, 2016, where we will vote for our Officers, Directors and WBASNY Delegates for 2016-17. I couldn't be more thrilled to announce that our nominee for NYWBA President is our current Treasurer, **Deborah G. Rosenthal**. Deborah's experience and enthusiasm makes her an excellent candidate. This Association will be in excellent hands under her leadership. The Annual Meeting will be immediately followed by a fantastic and dynamic CLE program on Ethics, moderated by NYWBA and WBASNY Ethics Committees Co-Chair, **Nicole Hyland**.

I look forward to continuing to serve as your President for the second half of my term and I look forward to seeing all of you at our many amazing events to come in 2016.



**NYWBA Litigation Committee**  
*presents*  
**“How to Get What You're Worth”**

A roundtable discussion of your questions about how to ethically bill your time and maximize your value.

**Date:** Tuesday, Jan. 26, 2016, 6:30 p.m.  
**Place:** Wrobel Markham Schatz Kaye & Fox LLP  
360 Lexington Ave., btwn. 40th and 41st Sts.,  
Suite 1502, NYC  
**Cost:** Free for Members\*  
**RSVP:** Email [LitigationChairs@nywba.org](mailto:LitigationChairs@nywba.org).

\* If you are not a current member, join or renew using our secure online membership form at [www.nywba.org/Membership](http://www.nywba.org/Membership).

## COMMITTEE NEWS

- The **Children's Rights Committee** will co-host with the **Matrimonial and Family Law Committee** and the **LGBT Committee** "**Mediation of Custody and Financial Issues**" on **Jan. 6** at 6:00 p.m. with **Andrea Vacca, Esq., Ivy Menchel, CFP, CDFA** and **Margaret (Peggy) Brady, Esq.** at the Law Offices of Virginia A. LoPreto, LLC, 565 Fifth Ave., 7th Fl. Conf. Rm, NYC. RSVP to **MFRsvp@nywba.org**. *Space is limited; advance registration required.* See notice p. 3.
- The **Civil Courts Committee** will host its monthly meetings on **Jan. 28** and **Feb. 24** from 1:00 – 2:00 p.m. at the Civil Courthouse, 111 Centre Street, topics and room to be announced. RSVP to **CivilCourtsChairs@nywba.org**.
- The **Criminal Law Committee** will hold its monthly meetings on **Jan. 19** and **Feb. 23** at 6:15 p.m. at the Hoffinger Firm, 150 East 58th St., 16th Fl., NYC. RSVP to **CrimLawChairs@nywba.org**.
- The **International Women's Rights Committee** will hold its monthly meetings on **Jan. 12** and **Feb. 9** from 6:30 – 7:30 p.m. at Le Pain Quotidien, 81 West Broadway, NYC. RSVP to **IntlChairs@nywba.org**.
- The **Legislation Committee** will host a conference call on **Jan. 25** at 6:30 p.m. For dial-in information email **Legislation@nywba.org**.
- The **LGBT Committee** will meet **Jan. 14** and **Feb. 11** at 5:30 p.m. at Brady Klein Weissman LLP, 501 Fifth Ave., 19th Fl., NYC. To RSVP and more info email **LGBTChairs@nywba.org**.
- The **Litigation Committee** will host a roundtable discussion about how to ethically bill your time on **Jan. 26** at 6:30 p.m. at Wrobel Markham Schatz Kaye & Fox LLP, 360 Lexington Ave., (btwn 40th and 41st Sts.), Suite 1502, NYC. For more information and to RSVP email **LitigationChairs@nywba.org**. See notice p. 2. The committee will also meet on **Feb. 23**, location and time, TBD.
- The **Matrimonial and Family Law Committee** hosts "**A Night at the Movies: The Art of Cross-Examination**" presented by **Hon. Laura E. Drager** and **William C. Herman, Esq.** on **Feb. 3** at 6:00 p.m. at Morgan Stanley, 1290 Avenue of the Americas, NYC, sponsored by the Napolitano Group. To register email **MFRsvp@nywba.org**. *Space is limited; advance registration required.* See notice p. 5.
- The **Program & Events Committee** will meet on **Jan. 19** at 6:00 p.m. at Kirkland & Ellis, 601 Lexington Ave., (at 53rd St.), 50th Fl., NYC. RSVP to **Events@nywba.org**.
- The **Reproductive Rights & Women's Health Committee** will hold its monthly meetings on **Jan. 5** and **Feb. 2** at 6:30 p.m. at Rottenstreich & Ettinger, LLP, 222 E 41st St., NYC. RSVP to **reproductiverights@nywba.org**.
- The **Solo & Small Law Firm Committee** will meet **Jan 21** at 8:30 a.m., location and topic TBD. For more info and to RSVP email **SSFChairs@nywba.org**.

## SUSTAINING MEMBERS

With their generous contributions, Sustaining Members make it possible for us to accomplish so much more. We honor and thank them for their support.

Marijo C. Adimey  
Mudita Chawla  
Marcy H. Katz

Joseph Korff  
Alexis M. Wolf

## NOTICE TO MEMBERS – ANNUAL MEETING & ELECTIONS

The NYWBA Annual Membership Meeting will be held on **April 20, 2016**, when the President & Treasurer will present reports on the State of the Association and its finances, and the Association will hold elections for Officer, Director, and Delegate positions. (See p.2 for the NYWBA Nominations Committee Report, which includes a list of all open positions, terms of office and nominees, as well as a list of Directors continuing in office.)

Article XIV, Section 1 of the By-Laws provides that only members who are in good standing and whose membership dues were received by **January 31, 2016** may vote at the Annual Meeting.

Article XVII, Section 10 of the By-Laws provides that any fifty members eligible to vote at the Annual Meeting may, by a writing delivered to the Corresponding Secretary not less than *forty days* prior to the Annual Meeting, propose candidates for officer or director positions to be voted on at the Annual Meeting. Such petition must be *received* no later than **March 15, 2016** and must be addressed to Corresponding Secretary Virginia A. LoPreto, New York Women's Bar Association, The Chrysler Building, 132 East 43rd Street, # 716, NYC 10017-4019.

The Annual Meeting and Elections will be held at **Frankfurt Kurnit Klein & Selz, PC**, 488 Madison Avenue, 10th Floor, NYC (btw 51st/52nd Sts). Immediately after the elections, NYWBA will present an Ethics CLE Program (*details to be announced soon*).

## WELCOME NEW MEMBERS

Felicia L. Boles  
Melissa J. Erwin  
Jeanine Floyd  
Michele Hauser

Emily E. Ponder  
Tamara L. Schwartz  
Stacy S. Sragow  
Emily C. Walsh

as of 12/15/2015

### NYWBA Matrimonial and Family Law, Children's Rights & LGBT Committees

present

### "Mediation of Custody and Financial Issues"

Attorney and Mediator, **Andrea Vacca**, Certified Divorce Financial Analyst, **Ivy Menchel** and Attorney **Margaret (Peggy) Brady** will discuss the mediation process, using neutral divorce professionals to reach an agreement and how attorneys can best support their clients who wish to use this process.

**Date:** Wednesday, Jan. 6, 2016, 6:00 p.m.

**Place:** Law Office of Virginia LoPreto  
565 Fifth Ave., 7th Fl., NYC  
(Entrance on 46th St. btwn Madison & 5th)

**Cost:** Free for Members\*

**RSVP:** Email **MFRsvp@nywba.org**. *Space is limited so advance registration is required.*

\*If you are not a current member, join or renew using our secure online membership form at [www.nywba.org/Membership](http://www.nywba.org/Membership).

## Healthy Holiday Eating Habits to Keep You on Track All Year Long

By *Diana Maltz, RN, BSN, Health Coach*

As a health coach I often hear: "It's just what I do this time of year." Year after year, pounds accumulate and we feel sick, tired, and disappointed as we approach a New Year with those extra 5-10 pounds. Understanding our individual habits is a great way to pinpoint how we sabotage ourselves.

Brad Lamm in his book Just 10 Pounds describes six eating habit styles. Perhaps you will recognize yourself in one or two of them, but don't worry if you identify with multiple habits. Below are some strategies to help get you back on track.

**1. The Emotional Eater:** A person uses food as comfort. We eat when we are happy, sad, or bored...and for any other reason! The foods we eat tend to be comfort foods: macaroni and cheese, meatballs and gravy, grilled cheese sandwiches or cookies. I am sure many of us can relate. The problem occurs when you notice you are gaining weight and not feeling good about it.

**Tip:** Become aware of what foods you reach for and how many calories the foods contain. Then, either replace these foods with foods that have fewer calories (such as low fat cheese) or eat a smaller portion size. For a grilled cheese sandwich consider having only half for half the calories. To lose one pound of fat, we have to eat 3,500 fewer calories (or burn it off with exercise). A good strategy is to eat 500 fewer calories per day which could result in you losing one pound in seven days! Consider eating only half of the grilled cheese sandwich and you are on your way!

**2. The Habitual Eater:** A person who is good with structure and sticks with it until they have an emotional trigger. Habitual eaters are not flexible when problems arise, such as time restraints and responsibilities and often end up skipping meals, eating fast food, or eating a brownie every day at 4 p.m.

**Tip:** Take an organized approach to meal planning. Try portion control. Imagine a hand as a way to do meal and snack planning. This is very helpful, as it gives you a visual to plan your weekly food. For example, a fist is one cup or 200 calories of pasta or rice. On a 1,500 calorie diet, you are allowed one fist per meal. So make a pan of rice and divide it into 5 portions in the refrigerator for the week. You can do the same for protein like chicken. The palm of the hand is 3 ounces or 150 calories.

**3. The External Eater:** A person who responds to external cues. In New York City we are inundated by external cues - restaurants, windows, grocery stores and at holiday party settings. It can be difficult to say no.

**Tip:** Since the external eater is visual, take a few moments each day to visualize yourself in that little black dress or your favorite slacks. What weight do you want to be? Keep track of those numbers on a weekly basis. When you go to a holiday party, decide ahead of time which foods will support your desire to keep slim. It's a habit! At a party pick vegetables, eat fruits and protein (cheese, hummus) that will keep you fuller longer. If you are full you are less likely to be tempted.

**4. The Critical Eater:** A person that is knowledgeable about dieting and exercise but can become obsessive about dieting rules. This person engages in all or nothing thinking. They have forgotten how to enjoy food and are very hard on themselves if they make a mistake.

**Tip:** Focus on what foods you want to enjoy and take the focus off "bad" foods. Enjoy cooking, even if it's only once a week, and make something healthy but tasty. Find the joy in healthy cooking and eating with friends.

A good resource for "good-looking," healthy, and delicious foods is: <http://www.nutritionaction.com>.

**5. The Sensual Eater:** A person who really appreciates food and loves every bite and does not know how to say no. This eater enjoys every bit of pasta, lobster, and sauces. These habits can really add calories and weight.

**Tip:** When dining at a restaurant, share a meal. After every bite, drink water to reduce the addictiveness of the flavors. Begin to shift to cooking which will give you a broader range of tastes. Soups are a fabulous example. Add 3 or more vegetables, broth, chicken or tofu and some pasta with herbs like sage and tarragon. It is flavorful, and you are creating a broader range of flavors for the taste buds.

**6. The Energy Eater:** A person who listens to their hunger and feeds their body as necessary. These eaters often reach for more fast acting carbohydrates such as breads, crackers and granola bars, which cause more hunger (because of an insulin spike) and as a result they tend to unknowingly eat too many calories.

**Tip:** Eat 3 meals and 2 snacks per day. Limit fast acting carbs and try to incorporate slow carbohydrates like vegetables, fruits and non-starchy grains, such as quinoa, into your daily diet. Stamina foods are protein and fats. Eat protein at every meal. Some protein suggestions are nuts, low fat cheese, cottage cheese, tofu, rice and beans. Avocado is a fabulous fruit/fat for energy eaters. It will fill you up and is good source of the right kind of fat. A great snack can be 1/8 of an avocado crushed and spread over a whole grain cracker.

It's very important to start your day with a breakfast of 24 grams of protein since your body has been fasting all night. I find that smoothies are an easy and convenient way to get the day off to a fabulous start and have fewer problems with cravings.

Set the stage for a fabulous new year and new you with self-knowledge and a shift in habits. I always say, "Where there's a will, there's a waistline!"

*Diana Maltz, RN, BSN, Health Coach, presented to the NYWBA on the topic of Nutrition on December 1, 2015 as part of the NYWBA Wellness Initiative.*

### SAVE THE DATE!

NYWBA Matrimonial & Family Law Committee

hosts

"So, There is Alienation, Now What?"

presented by *Saralee Evans, Esq. and Sara Weiss, Ph.D.*

**Date:** Wednesday, March 2, 2016, 6:00 p.m.

**Place:** Law Office of Virginia LoPreto  
 565 5th Ave., (enter on 46th st. btwn Madison & 5th Ave.) 7th Fl., NYC

**Cost:** Free for Members\*

**RSVP:** Email [MFChairs@nywba.org](mailto:MFChairs@nywba.org). Space is limited so advance registration is required.

\* If you are not a current member, join or renew using our secure online membership form at [www.nywba.org/Membership](http://www.nywba.org/Membership).

## Interim Financial Applications

By *Matthew Goodwin*

On November 4, 2015, the *NYWBA Matrimonial and Family Law Committee* hosted the *Honorable Matthew F. Cooper*, Supreme Court Justice, New York County. Justice Cooper presented on interim financial applications in matrimonial actions.

The new Spousal Maintenance Law, recently signed into law by Governor Cuomo, provided the backdrop for Justice Cooper's presentation but was not its primary focus. Justice Cooper did highlight certain features of the new law, for example, the ability of judges to deviate from awarding the presumptive amount of temporary maintenance without a written opinion, and the reduced income cap of \$175,000; however, the primary themes of his presentation were private resolution of interim financial issues prior to motion practice and, barring resolution, how to make an effective application to the court.

Justice Cooper explained his perspective that temporary judicial orders in a matrimonial case, financial or otherwise, can impede effective, ultimate resolution of the case. Justice Cooper expressed his opinion that it is often to the advantage of parties and counsel to first file for a Preliminary Conference (PC) with the court and attempt to work out any temporary financial issues; counsel and parties should typically resort to motion practice if no resolution is possible after the PC.

Next, Justice Cooper outlined some characteristics of successful interim financial applications: (1) a credible Statement of Net Worth (SNW) which, at a minimum, reflects expenses matching income; (2) where maintenance is requested, the request is based on an actual, credible need of the applicant; (3) if deviation from presumptive maintenance or child support is requested, counsel must explain to the Court the statutory factors they believe rationalize the request. Justice Cooper noted that, while these characteristics may seem obvious, many interim financial applications lack one or all of these features.

Thereafter, Justice Cooper and the *Honorable Lori Sattler*, Supreme Court Justice, New York County, and Matrimonial and Family Law Committee Co-Chair, answered a variety of questions from attendees on topics such as counsel fee applications and exclusive use and occupancy (EU&O) of the marital residence.

Where interim financial applications are concerned, Justice Cooper thinks that both parties, regardless of their financial circumstances, should have some "skin in the game." In this respect, he noted that an award of counsel fees to the less-monetized spouse is not to be presumed due to the interplay that can arise between maintenance awards, equitable distribution awards and counsel fee awards.

Justice Cooper addressed a piece of "conventional wisdom" among the matrimonial bar that a spouse who wishes to seek EU&O should rarely, if ever, leave the marital residence voluntarily. Justice Cooper observed that when a spouse leaves the marital residence and later seeks EU&O, their motivation is critical; if they departed the home in order to defuse a potentially volatile situation, this could be looked upon favorably by the Court and will not necessarily prejudice that spouse in a later EU&O application.

The presentation concluded with an overview of some of Justice Cooper's written decisions, including his numerous *Sykes* decisions which should be required reading for counsel making an interim financial application in his part.

Justice Cooper's message was clear: parties will generally fare better if they can chart their own course through private resolution of interim financial matters. If this proves impossible, a little common sense will go a long way in any interim financial application.

*Matthew Goodwin* is an associate at *Brady Klein Weissman, LLP*. His practice focuses on matrimonial and family law.

## APPEALING A SOCIAL SECURITY DECISION? CHECK OUT OUR IMPROVED ONLINE APPEAL PROCESS

By *Everett M. Lo*, Social Security Administration  
 in the New York Region

Social Security listened to customer feedback and made the online appeals process even better. Now, people who disagree with our disability decision can complete their appeal using our improved online appeals process.

More than 90,000 people use our online appeals application each month. We've certainly come a long way since introducing the online appeal option in September 2007. Throughout the nation, applicants, their representatives, third parties, groups, and organizations use the online appeal process to request review of disability decisions.

Responding to feedback from our employees and the public, the new online appeals process is easier to use and improves the speed and quality of our disability and non-disability decisions. Users told us that the program needed to be streamlined for easier navigation and that it needed to ask for less duplicate information. They also told us that they wanted to be able to complete both the appeal form and the medical report together, and be able to submit supporting documents as part of the electronic appeal request.

Our enhanced online appeals application incorporates those suggestions and more. People can now submit both the appeal form and the medical report in just one online session and electronically submit supporting documents with the appeal request. The screen messages are clear and concise, the navigation has been improved, and we've beefed up our on-screen help. Additionally, users who live outside of the United States are now able to file appeals online.

As a reminder, representatives who request, and are eligible for, direct fee payments must electronically file reconsiderations or request for hearings on medically denied Social Security and Supplemental Security Income (SSI) disability or blindness claims.

The next time you need to file an appeal, be sure to complete it online at [www.socialsecurity.gov/disabilityssi/appeal.html](http://www.socialsecurity.gov/disabilityssi/appeal.html).

### NYWBA Matrimonial and Family Law and Children's Rights and Issues Committees

present

### "A Night at the Movies: The Art of Cross-Examination"

presented by

*Hon. Laura E. Drager* and  
*William C. Herman, Esq.*

**Date:** February 3, 2016

**Time:** 6:00 p.m.

**Place:** Morgan Stanley, 1290 Avenue of the Americas  
 (Btwn 51st & 52nd Sts.), NYC

**RSVP:** Email [MFChairs@nywba.org](mailto:MFChairs@nywba.org)  
 Advance Registration is Required.

*Sponsored by the Napolitano Group*

\*If you are not a current member, join or renew using our secure online membership form at [www.nywba.org/Membership](http://www.nywba.org/Membership).

**Reflections by Razeen Zaman,  
NYWBA Foundation Fellow  
at the Feerick Center for Social Justice**

My New York Women's Bar Association Foundation Fellowship was a highlight of my 2L year at Fordham Law School. From learning about participatory action research to helping design workshop curricula based on data gathered by the Feerick Center for Social Justice and the Vera Institute of Justice, I was fortunate to undertake a variety of different tasks throughout the year, which allowed me to learn different skills such as organizing events, conducting research, and public speaking.

Earlier in the school year, I was introduced to a research study that the Feerick Center and the Vera Institute were in the midst of completing. The research methodology that the Feerick Center and Vera Institute used involved participatory action research, which centralizes the expertise of those most directly impacted by an issue. The Feerick Center and Vera Institute had employed two former unaccompanied immigrant youth to work as peer researchers for the study. I was highly impressed by this research methodology, which showed me a concrete example of implementing a theory of social change that places those most directly impacted by an issue at the forefront of leading a movement and solving a problem. This theory is espoused by various grassroots organizations and a growing number of legal organizations.

Throughout the year, I was able to participate in meetings and strategy sessions that the Feerick Center organized. As a result, I developed a better understanding of the role of a legal advocate who wants to work alongside directly impacted communities and wants to support agendas created by such communities instead of creating agendas for them. I became so invested in these principles that when it came time to search for legal internship for my 2L summer, I actively sought legal internships that would help me continue this training and became an Ella Baker intern at the Center for Constitutional Rights.

Another useful skill I acquired was how to collaborate with different organizations. Through its work on the Unaccompanied Immigrant Children's Project, the Feerick Center collaborates with various organizations such as the Vera Institute, Catholic Charities, and Atlas DIY. I was able to observe what the Feerick Center specifically brought to the table as a legal advocacy organization and how it productively collaborated with other organizations. As an aspiring public interest attorney, I appreciated the opportunity to learn how to collaborate effectively, since public interest legal organizations often have to collaborate with a variety of non-legal partners.

I truly appreciate the opportunity to work at the Feerick Center as a New York Women's Bar Association Foundation Fellow and be part of an innovative and exciting project that examines the experiences of unaccompanied immigrant youth in New York. My work at the Feerick Center allowed me to gain substantive and practical knowledge on migration, law and children's rights, which is invaluable to me as an aspiring immigration attorney. I know I will use the knowledge that I have acquired through my fellowship at the Feerick Center to become a legal advocate who centralizes the voices of those directly impacted.

*Razeen Zaman is a third year student at Fordham University School of Law.*

ADVERTISEMENT



**Diana Maltz, RN**

**Helping savvy professionals stay out of the danger zone.**

Diana Maltz is the founder of Zest for Life, NYC, a business founded in 1987 with the sole aim of taking today's stressed out professional to a more relaxed and fully vital life! Throughout her extensive years in the health and wellness field, she assists her clients to strategize in the areas of nutrition, supplementation, and stress reduction. Ailments she addresses include fatigue, extra weight, lack of sleep, hormonal shifts and digestive issues.

Private clients are seen in her Manhattan office. She does on site consultations with groups and corporations in the Tristate area. Group topics run a dynamic range from Stress Management through Weight Control to preventing diseases and health deterioration. (Diabetes, Cancer etc.)

One on one clients are helped to identify their cluster of symptoms and actualize a personalized plan.

**A 15 minutes complementary phone consultation is offered.**

Join the health conversation, with my blog:  
**[www.zestforlifeny.com/](http://www.zestforlifeny.com/)** or for your unique plan,  
contact her at **[diana@zestylifeny.com](mailto:diana@zestylifeny.com)**.

NYWBA wishes to acknowledge the generous gift from  
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# Counselor Julie Hyman's Holiday Recipe: The Holiday Dump!

## Not Happy With Your Present?

# 50% of assets is better!

### *Divorce Decree*

PETITION FOR DISSOLUTION OF MARRIAGE

is for dissolution of marriage as follows:

BEFORE, Petitioner pr  
a. dissolving the marriage between the Petitioner and Respondent;  
between Petitioner and Respondent according to la  
the parties and resolving child  
Case Plan;



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