

STATE BAR OF MICHIGAN

Legal Administrator Section

Summer 2001 Newsletter

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Mark Your Calendars – State Bar of Michigan – 66th Annual Meeting

******DON'T WANT TO MAKE THE TRIP ALONE?? YOU DON'T HAVE TO!! ******

**Carpool: 6:30 a.m. – Leaving from the Birmingham Baker's Square
528 Bowers Street, Birmingham**



Events: 8:00 a.m. Breakfast

10:00 a.m. – Legal Administrator Section (LAS) Meeting

10:30 a.m. – 11:30 a.m. – LAS Presentation

“Current Issues Affecting the Legal Marketplace”

Presenter : H. Edward Wesemann (Savannah, GA)

Partner, Edge International

A Law Firm Strategic Consulting Group

Ed shares his experience to help others in the legal industry grapple with today's marketplace issues. Consolidation, MDP's, profitability, strategic direction and differentiation are a sample of topics that will be covered.

Date: Friday, September 14, 2001

Place: Lansing Convention Center

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Tips and Tidbits

The following suggestions were taken from "Computer Exercises"

By John R. Quain (FC issue 10, page 192)

Top 10 for taking care of yourself during long hours in front of a computer:

- 1. Get up and Walk around!** Take a 1 minute break from the computer every 30 minutes, and a 5 minute break every couple of hours.
- 2. Learn the Keyboard Commands.** Avoiding the mouse will preserve your wrist and forearm.
- 3. Don't cradle the phone with your neck.** If you are right-handed, put the phone on the left side of your desk so you can hold the handset with your left hand and take notes with your right.
- 4. Keep the Screen Clean.** Dusting it off once a week will relieve eye strain.
- 5. If it hurts, don't do it.** Pay attention to your body.
- 6. Have your eyes checked regularly.** Slaving over a hot CRT only exacerbates improperly corrected vision.
- 7. Change your gear.** From time to time, switch to different keyboards and pointing devices. The more variety you put into your computer work the better.
- 8. Be kind to your mouse.** By using a light grip, you won't tense the muscles and tendons in your arm.
- 9. Keep warm.** Colder muscles and tendons appear to be more susceptible to RSI.
- 10. Is it just your office?** Repetitive activities such as playing a musical instrument can cause RSI. You might have to make some changes outside of work.

2001-2002 Slate of Section Officers and Council Members

<u>Position</u>	<u>Member</u>	<u>Company</u>
Chairperson	John Gorzalski	Dickinson Wright - Bloomfield Hills
Chairperson-Elect	Michelle Kimbro	Dykema Gossett - Detroit
Secretary - Treasurer	Kathy Batts	Patterson, Pirslin & Merry - Detroit
Corresponding Secretary	Jeanne Yee	Jaffe, Raitt, Heuer & Weiss - Detroit
Council Member At Large	Bill Parsons	Miller Canfield Paddock & Stone - Detroit
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Ex-Officio

Anita Monaco

Blue Cross Blue Shield of Michigan – Detroit

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“Fitting In Fitness”

On June 13th, we had a beautiful day for the Metropolitan Detroit Chapter ALA and State Bar of Michigan LAS golf outing. We also received some motivating warm up golf stretches as well as some sound advice for “Fitting in Fitness” from our morning speaker, personal trainer Tom Anderson. He suggested three basic components to a good fitness program:

- 1. Conditioning / Cardiovascular** – Benefits include: energy, stamina, endurance, strengthening the heart, and prevention of circulatory conditions.
- 2. Muscular / Strength Training** – Benefits include: endurance, stamina, improved strength, prevention of injuries, strengthening bone density, strengthening connective tissues, and boosting your metabolism.
- 3. Flexibility** – Benefits include: prevention of injury, reduction of muscle soreness, better muscle development, stress relief and relaxation.

It is important to incorporate all three of these things into a fitness program. This is the foundation of a fitness program that can be developed for the home or the office. Tom demonstrated a number of pieces of equipment that can be used and a number of exercises that can be done at home or in the office (i.e. stepping up stairs, calf raises using stairs, tricep dips using a chair or desk, etc.). The key is to ***Design a Program and Attack:***

1. Set realistic goals.
2. Have appropriate footwear and apparel to prevent injuries.
3. Set aside an area that is conducive to working out.
4. Treat yourself to new equipment.
5. Start slowly and work your way up.
6. Make an appointment to work out and stick to your schedule.
7. Break it down and choose your favorite type exercise:
 - Cardio: Walking, running, biking, aerobics, etc.
 - Strength Training: Weights, resistance, yoga
 - Flexibility: Stretching, yoga, dance
8. Have fun and ***Make fitness part of your everyday routine!!***

9. Reward yourself when you reach goals...does this mean I can have ice cream????

2000-2001 Section Officers and Council Members

Chairperson

Anita Monaco (amonaco@bcbsm.com)
Blue Cross Blue Shield of Michigan - Detroit
Tele: (313) 225-7831 Fax: (313) 983-2470

Chairperson-Elect

John Gorzalski (jgorzals@dickinson-wright.com)
Dickinson Wright PLLC - Bloomfield Hills
Tele: (248) 433-7577 Fax: (248) 433-7274

Secretary-Treasurer

Michelle Schriener (mschriener@dykema.com)
Dykema Gossett PLLC - Detroit
Tele: (248) 568-6643 Fax: (248) 565-5440

Corresponding Secretary

Kappa Mann (kmann@laceyjones.com)
Lacey & Jones L.L.P. - Birmingham
Tele: (248) 433-1414 Fax: (248) 433-1241

Web Site

www.michbar.org/sections/legaladmin

Legal Administrator Section

State Bar of Michigan

c/o Jeanne Yee
Jaffe, Raitt, Heuer & Weiss, PC
One Woodward Ave., Suite 2400
Detroit, MI 48226-3418

Council Members At Large

Kathy Batts (kbatts@mbpia.com)
Patterson, Pirslin & Merry - Detroit
Tele: (313) 465-4795 Fax: (313) 465-4801

Bill Parsons (parsons@mcps.com)
Miller Canfield Paddock & Stone, PLC - Detroit
Tele: (313) 963-6420 Fax: (313) 496-7699

Jeanne Yee (jyee@jafferaitt.com)
Jaffe, Raitt, Heuer & Weiss - Detroit
Tele: (313) 964-8637 Fax: (313) 965-5448

Ex-Officio

Michael Starrs (mstarrs@dykema.com)
Dykema Gossett PLLC - Detroit
Tele: (313) 568-5459 Fax: (313) 568-6545

State Bar of Michigan

Commissioner/Liason

Scott Brinkmeyer (sbrinkmeyer@mmbjlaw.com)
Mika, Meyers, Beckett & Jones PLC - Grand Rapids
Tele: (616) 459-3200 Fax: (616) 459-8065