



# NEWSLETTER

## It's Time for Foothills Bar Association's Annual Dinner

Please mark your calendar for January 29, 2016 at 6:00 p.m. for the Foothills Bar Association's Annual Dinner and Installation of Officers and Directors.

This event will again be held at the Mission Trails Regional Park Visitor Center, a beautiful and unique venue. Dinner will be catered. The evening will include music and fun festivities.

Space is limited so please RSVP. Pre-event registration may be done on-line at <http://foothillsbar.org> or mail a check payable to "Foothills Bar Association", to P.O. Box 1077, El Cajon, CA 92022. The cost is \$60 per person. Please reference the annual dinner in the memo portion of your check, indicate your name and how many guests you'll bring. Also, please indicate whether you would like a vegetarian meal. We hope to see you there! If you have any questions, please contact Glen Honig at [honigesq@gmail.com](mailto:honigesq@gmail.com) or 619-448-6500.

## Upcoming Events Calendar

### January 13

**Foothills Bar Association "Hard to Get" MCLE Seminar**  
**5:00 – 9:00 p.m.**  
La Mesa Community Center  
4975 Memorial Drive, La Mesa

### January 14

**Estate Planning and Probate Section**  
**12:15 - 1:15 p.m.**  
Law Offices of Nancy Kaupp Ewin, Esq.  
8166 La Mesa Blvd., La Mesa  
Topic: TBA  
Speaker: TBA

### January 18

**Martin Luther King, Jr. Birthday**  
**State and Federal Courts Closed**

### January 19

**Family Law Section**  
**12:00 - 1:15 p.m.**  
East County Court, Dept. 7  
250 E. Main Street, El Cajon  
Topic: Myths and Truths about Parental Alienation and Reunification  
Speaker: Dr. Debra Dupree

### January 29

**Foothills Bar Association Annual Dinner & Installation of Officers**  
**6:00 p.m.**  
Mission Trails Regional Park Visitor Center  
One Father Junipero Serra Trail, San Diego

## Checklist for Success in 2016

By Cheryl L. Stengel, Esq.

For most people, it's traditional to look back on the previous year seeking hints as to how to improve and thrive in the year to come. Common wisdom tells us it's beneficial to begin the New Year on a positive note, but that doesn't mean one shouldn't be realistic as well. In this day and age, one needs to move forward with eyes wide open, especially members of the legal profession.

The economic recession continues to impact the middle class, which comprises the primary market of most small law firms. Legal services and forms offered by online providers have also cut into our traditional business model and encourage many of our potential clients to "do it themselves" rather than hire us. Meanwhile, technology continues to take over many routine functions.

There is intense pressure on lawyers to adapt quickly or perish. So, while you're considering your options to morph your practice and avoid obsolescence, consider the following suggestions:

- Put up a simple website to brand you and your firm. This can be done easily and for modest cost.
- Create LinkedIn and Facebook accounts for your law firm and keep the information updated with your professional organizations and activities.
- Add your firm information and biography to online attorney directories, such as AVVO and the Foothills Bar Association.
- Have a professional photo taken to include on the on-line attorney listing directories and your website.
- Read "The End of Lawyers? Rethinking the Nature of Legal Services" by Richard Susskind.
- Be willing to adapt your practice to emerging technologies.
- Write and publish a law-related article. Brag about it – send it to your clients and post it on-line on your LinkedIn and Facebook accounts and your website. The Foothills Bar Association is pleased to publish member contributions on relevant topics in its newsletter.
- Maintain a current curriculum vitae. You never know when a prospective client or organization may ask for this.
- Join a new professional organization.
- Look for an opportunity to speak at an MCLE program on your area of expertise. The Foothills Bar Association's section chairs are always looking for program speakers on various legal topics.
- Make time for regular exercise and hobbies!

Wishing you an exciting and prosperous New Year!

# REMINDER!

As a reminder, on Wednesday, January 13, 2016, the Foothills Bar Association will present its Annual “Hard-To-Get” Seminar at the La Mesa Community Center, 4975 Memorial Drive, La Mesa, from 5:30 - 9:00. This program will provide one hour of continuing legal education credits for legal ethics, elimination of bias in the legal profession and competence issues categories. Pre-registration fees are \$65.00 for FBA members and \$80.00 for non-members, with each category of fees increasing by \$10.00 on the day of the event. Dinner is included. You may register on-line via the FBA’s website, [www.foothillsbar.org](http://www.foothillsbar.org), or by mail (registration form included with this newsletter).



**FOOTHILLS BAR ASSOCIATION  
OF SAN DIEGO COUNTY**  
Service, Professionalism, Collegiality

THE FOOTHILLS BAR ASSOCIATION PRESENTS ITS ANNUAL:  
**“HARD TO GET” MCLE PROGRAM**

**Speakers:**

**Richard P. Carlton, MPH, Act. Dir. Lawyer Assistance Program –  
Competence Issues**

**Heather L. Rosing, Esq. – Legal Ethics**

**Monty A. McIntyre, Esq. – Recognition & Elimination of Bias**

**Wednesday, January 13, 2016 from 5:00 p.m. – 9:00 p.m.**

**La Mesa Community Center, 4975 Memorial Drive, La Mesa**

This activity is approved for a total of 3.0 hours of MCLE credit by the State Bar of California (1 hour legal ethics, 1 hour elimination of bias, and 1 hour competence prevention). The FBA certifies this activity conforms to the standards for approved education activities prescribed by the rules and regulations of the State Bar of California governing mandatory minimum continuing legal education. Registration from 5:00 – 5:30 p.m.

Registration fee includes dinner. **PLEASE RSVP.** We encourage early registration so that we can have sufficient food and beverages available for all attendees. Please call Keith A. Jones, Esq., at (619) 462-6220 if you have any questions.

---

REGISTRATION FOR “HARD TO GET” MCLE ON JANUARY 13, 2016, 5:00 p.m. – 9:00 p.m.

Complete this form and mail with your check to: Foothills Bar Association  
P.O. Box 1077  
El Cajon CA 92022

Check soon to RSVP and pay through the FBA website at [www.foothillsbar.org](http://www.foothillsbar.org).

Name: \_\_\_\_\_

Bar No. \_\_\_\_\_

Telephone: \_\_\_\_\_

Pre-event registration: FBA Members \$65.00; Non-members \$80.00

Day of Event (by cash or check only): FBA Members \$75.00; Non-members \$90.00

# Notices

**Looking for Speakers for Future FBA Civil Litigation Section Meetings:**

If you have a litigation topic you would like to present at an upcoming Civil Litigation Section MCLE meeting, please contact Section Co-Chairs Mark Raftery at [mark@markrafterylaw.com](mailto:mark@markrafterylaw.com) or Elizabeth Smith-Chavez at [liz@smithchavezlaw.com](mailto:liz@smithchavezlaw.com).

The Foothills Bar Association seeks a chairperson for the criminal law section. Responsibilities will involve scheduling speakers for lunch time MCLE programs on topics of interest and providing Section meeting status reports to the Foothills Board of Directors. Interested attorneys should contact Glen Honig at [glen@familylawsandiego.com](mailto:glen@familylawsandiego.com) or (619) 315-9962.

**Foothills Bar Association Notice of Board Meeting:**

The Foothills Bar Association Board of Directors meets on the third Tuesday of each month. The next meeting will be on January 19, 2016 at the Kriger Law Firm, 8220 University Avenue, 2<sup>nd</sup> Floor conference room, La Mesa, CA 91942. The meeting will begin at 4:45 p.m. If you want your voice to be heard in policy discussion and upcoming events planning or would simply like to learn more about the organization, your attendance is welcome.

The Family Court needs settlement conference judges. Please volunteer and share your expertise. Contact Kelly Fabros at 619-456-4065 or [Kelly.Fabros@SDCourt.CA.Gov](mailto:Kelly.Fabros@SDCourt.CA.Gov).

## Mentoring Opportunity for New Attorneys

I am a retired attorney with 30 years of experience in family law, custody issues and divorce mediation in Massachusetts. I retired in good standing with the Massachusetts Board of Bar Overseers and relocated to the Mount Helix area one year ago. I am willing to volunteer my time to help new lawyers establish their practices. I am willing to work up to 10 hours per week to help with research, investigation, counseling and assistance with clients under stress. I will listen and give support and advice as needed. If interested, please contact Al Esposito at [espositolaw@live.com](mailto:espositolaw@live.com) or text 508-277-7711.

# Advertisements

**Certified Divorce Lending Professional**



**Eric Billock**  
NMLS ID 271844  
760.707.0205  
eric.billock@imortgage.com



**FISCHBECK & OBERNDORFER**  
A PROFESSIONAL CORPORATION  
ATTORNEYS AT LAW  
5464 GROSSMONT CENTER DRIVE, SUITE 300  
LA MESA, CALIFORNIA 91942  
TEL. (619) 464-1200 [WLF@LAMESALAW.COM](mailto:WLF@LAMESALAW.COM)  
FAX (619) 464-6471 [RHO@LAMESALAW.COM](mailto:RHO@LAMESALAW.COM)

VISIT: [WWW.LAMESALAW.COM](http://WWW.LAMESALAW.COM)  
SERVING EAST COUNTY SINCE 1987

**REFERRAL FEES PAID**

Law Office of Patrick F. O'Connor  
Civil Litigation Only  
Serious Personal Injury  
Employment  
Defamation  
AV-Rated. One of San Diego Magazine's TOP LAWYERS of 2015.  
Tele. 619-463-4284  
E-mail: [patrick@pfoloaw.com](mailto:patrick@pfoloaw.com)

**Michelle's Legal Services:**  
Registered Process Server/Notary Public  
Over the counter, Drops, Delivery to  
Opposing Counsel. ~You name it ~  
Will go to any lengths!

**Mobile (619) 990-4763**  
Additional services include light office  
duties/hours

**Newsletter Advertising Rates**  
**Business Card Size**  
\$25.00 for two months  
\$125.00 for twelve months

# 2015 FBA OFFICERS, DIRECTORS, SECTION CHAIRS & COMMITTEES

## OFFICERS

<b>President</b>	<b>Cheryl L. Stengel</b>	<a href="mailto:clstengel@outlook.com">clstengel@outlook.com</a>	<b>619-269-2126</b>
<b>Vice President</b>	<b>Glen Honig</b>	<a href="mailto:Glen@FamilyLawSanDiego.com">Glen@FamilyLawSanDiego.com</a>	<b>619-315-9962</b>
<b>Treasurer</b>	<b>Bradley Schuber</b>	<a href="mailto:bschuber@krigerlawfirm.com">bschuber@krigerlawfirm.com</a>	<b>619-589-8800</b>
<b>Secretary</b>	<b>Traci Hoppes</b>	<a href="mailto:Traci@FamiyLawSanDiego.com">Traci@FamiyLawSanDiego.com</a>	<b>619-448-6500</b>
<b>Immediate Past President</b>	<b>Keith Jones</b>	<a href="mailto:kjones9001@gmail.com">kjones9001@gmail.com</a>	<b>619-462-6220</b>

## DIRECTORS

<b>Carolyn R. Brock</b>	<a href="mailto:carolyn@crbrocklaw.com">carolyn@crbrocklaw.com</a>	<b>619-741-0233</b>
<b>Kim Marie Staron</b>	<a href="mailto:kstaron@lawinsandiego.com">kstaron@lawinsandiego.com</a>	<b>619-574-8000</b>
<b>Nancy Kaupp Ewin</b>	<a href="mailto:nancy@nkewinlaw.com">nancy@nkewinlaw.com</a>	<b>619-698-1788</b>
<b>Garrison Klueck</b>	<a href="mailto:Garrison@FamilyLawSanDiego.com">Garrison@FamilyLawSanDiego.com</a>	<b>619-448-6500</b>
<b>Mark R. Raftery</b>	<a href="mailto:mark@markrafterylaw.com">mark@markrafterylaw.com</a>	<b>858-527-0111</b>
<b>Elizabeth Smith-Chavez</b>	<a href="mailto:liz@smithchavezlaw.com">liz@smithchavezlaw.com</a>	<b>619-800-2092</b>
<b>George de la Flor</b>	<a href="mailto:gldelaflor@cs.com">gldelaflor@cs.com</a>	<b>619-246-9544</b>

## REPRESENTATIVES

<b>Dan Bacal, SDCBA</b>	<b>619-588-2064</b>
-------------------------	---------------------

## SECTION CHAIRS/MEMBERS

<b>FAMILY LAW:</b>	<b>Traci Hoppes</b>
<b>CIVIL LITIGATION:</b>	<b>Cheryl Stengel, Mark R. Raftery &amp; Elizabeth Smith-Chavez</b>
<b>ESTATE PLANNING:</b>	<b>Nancy Kaupp Ewin, Carolyn R. Brock</b>

## COMMITTEES

<b>ADVERTISING</b>	<b>Chair: Nancy Kaupp Ewin</b>
<b>LAW DAY</b>	<b>Chair: Carolyn R. Brock &amp; George de la Flor</b>
<b>HARD-TO-GET</b>	<b>Chair: Keith Jones, Garrison Klueck &amp; Elizabeth Smith-Chavez</b>
<b>CREDITS SEMINAR</b>	
<b>MEMBERSHIP</b>	<b>Chair: Bradley Schuber &amp; George de la Flor</b>
<b>ADDRESS CHANGES</b>	<b>Chair: Bradley Schuber</b>
<b>SPECIAL EVENTS</b>	<b>Chair: Garrison "Bud" Klueck</b>

**SUBMISSIONS**

Your submissions are welcome! Send articles, letters, flyers, and other non-advertising submissions to Cheryl Stengel at [clstengel@outlook.com](mailto:clstengel@outlook.com).

**ADDRESS CHANGES**

Send change of address or telephone number to Bradley Schuber at [bschuber@krigerlawfirm.com](mailto:bschuber@krigerlawfirm.com)

---

**Foothills Bar Association  
P.O. Box 1077  
El Cajon, CA 92022**

**Addressee Name  
4321 First Street  
Anytown, State 54321**