

NOVA VOICE



Volume 34, No. 1, Fall 2015

The Voice of the Legal Profession in Nova Scotia



A Focus on Mental Health



**AMY
SAKALAUSKAS**
Nova Scotia
Department of Justice

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With this as my first *Nova Voce* column as your President, I am honoured and excited to have this opportunity, to work with our fantastic executive, volunteers and staff, and to bring value to our members. The CBANS executive already misses our “Past Past” President, Robyn Elliot, QC at our table, but we are pleased to welcome Jean Beeler, QC as Treasurer and Annette Boucher, QC as Membership Committee Chair.

When I spoke at our AGM in August, I highlighted two important themes for this upcoming year: community and change. This issue of *Nova Voce* is focused on good health and wellness, which cross both of those themes. In maintaining good health and wellness, the CBA is an essential ally: we are championing change in the way our profession both views and addresses health and wellness.

Torts, Legal Writing, Business Organizations; I remember all of these courses and related discussions from my law school days. I recall, in law school, being encouraged to research, think critically, and work hard. I do not remember having discussions about health and wellness, other than jokes (yes, jokes) about how lawyers hold second highest in suicide rates.

Fast forward to today. Things are very different. What we once ignored, or gave only passing thought, we now seriously ponder and discuss with colleagues.

A thick skin and the ability to deal with difficult subject matter and “move on” can be a great strength in our work. I practice child protection law and I suppose such attributes serve me well many days. But after doing this for a few years, I have realized that those personality features need to be complimented by intentional steps to maintain and enhance my mental wellness.

I recently completed the Mental Health and Wellness in the Legal Profession free online course, a partnership between the CBA, Bell Let's Talk, and the Mood Disorders Society of Canada. Although I was somewhat skeptical heading in, I left impressed by the offering and thankful for the opportunity to partake. I encourage you to do the same and to consider other free health and wellness supports available via the CBA, such as the Mindful Lawyer Series.

Our CBA has been very active this Fall. In addition to the health and wellness work, we engaged members and the public in our efforts to make equal justice an election issue by way of the CBA Election Engagement Kit. It is a quick, to the point, read. Related to this, check out #whataboutalex if you are on Twitter.

In another timely initiative, Immigration Law Section members across the country are working in partnership with the University of Ottawa Refugee Hub to provide free assistance for those who wish to sponsor Syrian refugees.

Locally, our sections are off to a roaring start (see the Schedule at the back of this issue). The Family Law Conference held on October 23rd had over 100 attendees and the ½ day Young Lawyers Conflict Resolution Workshop held on October 28th had 35 attendees. Both events had great reviews. We hosted a dynamic and amazing event on October 9th to discuss Diversity on the Bench, which was well attended and generated great discussion. Our Branch office has relocated to new digs in the CIBC building on Barrington Street, with our committed staff working overtime to navigate the move without impacting services to the membership. A big thanks to Tina, Jill, and Joanne.

When I speak about community and change as two goals for this upcoming

Continued on next page

The NS Mental Health Court – One Judge’s Journey



**THE HONOURABLE
PAMELA S.
WILLIAMS**
Chief Judge
of Provincial &
Family Courts

As the presiding judge of the Nova Scotia Mental Health Court I have been asked to provide my perspective of the Court, to recount how my career has

and then at Dal Law School (1981-84), I articulated and worked at Nova Scotia Legal Aid for nearly 20 years. During that time I practiced primarily criminal law. My clients were, for the most part, marginalized. They were the poor, the vulnerable, the addicted, and the mentally ill. I acted for young people and adults in the criminal courts and represented the mentally ill before the Criminal Code Review Board. This experience prepared me well for my eventual appointment to the Provincial and Family Courts of Nova Scotia in 2003.

followed this path, and to reflect on the journey.

At the outset I must say that I consider myself truly blessed to sit in the Mental Health Court in Dartmouth. It affords me the opportunity to work in a collaborative environment where therapeutic and restorative practices are used to help people, often vulnerable and marginalized, who struggle with mental health disorders and who find themselves in conflict with the law.

The Mental Health Court takes a ‘problem-solving’ approach to justice. In other words, we identify the root cause(s) of the offending behaviour and develop a recovery support plan that links people to services. All the while, the Court monitors their progress while holding them accountable for their actions and their recovery. Rehabilitation and restoring relationships are two of the primary goals of the Court program.

As for my career path, it might be best described as a journey on a road less travelled; sometimes unfamiliar and daunting but always interesting, challenging and rewarding. I made up my mind at the age of 5 that I was going to be a lawyer so that I could help people; this coming from a fisherman’s daughter with no high school graduates in the family. The more people told me I would never accomplish my dream, the more determined I became to prove them wrong!

Following my post-secondary education, first at SMU (1978-81)

Upon my appointment I was given the opportunity to preside in the Halifax Youth Court – a specialty court where great emphasis is placed on rehabilitating young offenders. There I encountered many disadvantaged young people, often carrying the baggage of dysfunctional family situations. Multi-disciplinary, collaborative, restorative and problem-solving approaches were used to hold them accountable and to monitor and support their progress. I was forever hopeful that with the right supports and the desire to change, those young people would find a better way forward.

In 2010 I was asked to become the judge for the Nova Scotia Mental Health Court. Given my background, working with young people and adults suffering from mental health disorders, I was excited about this new challenge – although I must say that I was saddened to leave the Youth Court.

Reflecting on my journey, I can truly say that I have grown both as a judge and as a person. I have learned much about human suffering and resilience. I have learned that the adversarial legal system is not always effective in every courtroom. Therapeutic and restorative approaches can and do offer viable alternatives in the criminal justice system.

Career Compass is a recurring feature focusing on a lifestyle issue of interest to CBA members.

PRESIDENT’S MESSAGE *Cont’d from previous page*

year, I reflect fondly on our engaged membership. There is a place for everyone in the CBA, whatever your experiences and interests might be. Whether it be through a Section, Forum, Committee, Law Day or otherwise, I encourage all of our members to be active in the CBANS. Not only is it enjoyable and fulfilling, it can also be an important part of maintaining good health and wellness. I’ve come to learn that being a member of the CBA means something different to everyone. I draw on *my* CBA for great experiences, balance, and a community of colleagues and friends who work hard, have fun, and watch out for each other. New faces are always welcome!

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Bragging About Being Busy



**JENNIFER
TAYLOR**
Stewart
McKelvey

“I’m just too busy.” We hear it all the time as a reason why our colleagues can’t make it to CBA section meetings and events. This Section Spotlight column, in our mental health issue, provides an opportunity to talk about the relationship between how busy we (think we) are, and how that affects our equilibrium. (Side-note: isn’t “equilibrium” better than the overused phrase “work-life balance”?)

There was an article in the New York Times a few years ago called “The Busy Trap” by Tim Kreider, part of a series on anxiety. This passage stood out:

It’s become the default response when you ask anyone how they’re doing: “Busy!” “So busy.” “Crazy busy.” It is, pretty obviously, a boast disguised as a complaint. And the stock response is a kind of congratulation: “That’s a good problem to have,” or “Better than the opposite.”

Notice it isn’t generally people pulling back-to-back shifts in the I.C.U. or commuting by bus to three minimum-wage jobs who tell you how busy they are; what those people are is not busy but *tired*. *Exhausted*. *Dead on their feet*. It’s almost always people whose lamented busyness is purely self-imposed: work and obligations they’ve taken on voluntarily, classes and activities they’ve “encouraged” their kids to participate in. They’re busy because of their own ambition or drive or anxiety, because they’re

addicted to busyness and dread what they might have to face in its absence.

I’m as guilty of the busyness boast as the next lawyer. What I try to make clear is that it’s exactly because I’m “so busy” (and *choose* to take on the things that make me busy), especially during the week, that sometimes I schedule pure downtime as a respite from the busy trap. We’re talking “pyjamas/Netflix marathons/naps” kind of downtime. (I realize this is a luxury my colleagues with young children might not be able to enjoy, at least not in such a planned-for kind of way.)

In other words, sometimes I use being busy as a *shield* to say no to plans that might interfere with the times I know I’ll be recharging. Busyness: it’s not just a sword for bragging.

But this “scheduled *Scandal* marathon” approach only works when I *control* the downtime. A few weeks ago, I caught my husband’s horrible cold and sinus mess and was knocked off my feet for several days (let’s just say I will never again tease him about the “man cold”). Being *forced* to stay on the couch and do nothing was far worse than choosing to do it as a reward, and I actually panicked because being sick was interfering with work and weekend chores. My equilibrium was definitely off – and not just because of the boxes of cold meds I was going through.

I know I am not alone here – there seems to be an article every other week saying the same thing: that our busyness is self-constructed, but also self-destructive when it doesn’t go exactly as planned. All those fires we think we need to extinguish? Sometimes we’ve set them ourselves.

I am not a mental health expert. But experts or not, we’re all trying to do our best at work, at home, at the boardroom

table, and everywhere else we’re supposed to be during the too-few hours in the day (including, in my case, on the dance floor). We can share tips, colleague-to-colleague, on how we strive for equilibrium, and hope that someone else might find them useful.

Here are some of mine:

- As has been said before, compare yourself to your iPhone: If you’re stretched too thin and your equilibrium is off, picture it like your phone battery draining. When you feel yourself getting into the red zone, plug in – whatever that looks like for you (trying out one of those fancy new adult colouring books, perhaps?).
- Exercise. You’re never too busy to do something so fundamental to your heart and your mind. No excuses.
- Sleep. If you’re anything like me, this is easier said than done sometimes (not because I’m working late into the night, but because I suffer from occasional insomnia). Talk to your doctor about good “sleep hygiene” and get into a healthy sleep routine. Boring books help.
- Actively prioritize. Have some designated activities that you won’t miss come hell or high water. I take two ballet classes a week, which can be hard to maintain sometimes. But I have a self-imposed policy that I’ll only miss class if I’m away or sick. For those chunks of time, pliés are my priority. Everything else can wait.
- Go beyond “busy” when a colleague asks how you’re doing. Happy you just met a deadline? Frustrated with factum drafting? Tired because you stayed up to watch the Jays game? In short, we can do better than “busy.”

Continued on next page

Destigmatizing Mental Illness: One Lawyer's Story

Jennifer Anderson, tell me a little about yourself.

I'm from Baddeck and commute to work as an associate lawyer at Sampson McPhee in Sydney. I was recently hired by Legal Aid and will be starting there in November. I was called to the bar in 2011. A little over a year ago, I became a mom. While struggling through the darkness of post-partum depression, my partner and I also navigated our way through a new home build. It's been quite a year!

What appealed to you to become a lawyer?

I wanted a career that would allow me to live and raise my family in Cape Breton. I wanted a career helping others. I enjoy puzzles and I enjoy writing. Law seemed like a good fit.

Are there any special challenges that come with being a lawyer?

In private practice, you are hyper-aware of time. Even outside the office, you must be "on" – meeting potential clients at the grocery store, community events, etc. This creates pressure, even on your down time, to appear as though you have it all together. For lawyers struggling with mental illness, aside from reducing your case load, there is no real way to modify your work duties to accommodate your symptoms. You have to be mentally "on" for your clients and confident in your competence.

What do you do to manage your mental health in the practice of law?

I stay organized. I set deadlines for myself in advance of "real deadlines" so that I am not scrambling at the last minute in a panic. I get out of the office for lunch and walk – even if it's just once around the block. I spend time outside work with non-lawyers doing non-law related things. Perhaps most importantly, I seek help when I need it. In the past,

I have accessed the Lawyers Assistance Program for counselling and have taken prescription medication for anxiety.

How do you feel the profession influences you with respect to this?

When you apply to article, you are asked to disclose whether you suffer from a condition that could affect your ability to perform the duties of an Articled Clerk. For me, this question was terrifying. Would having anxiety make me a less skilled lawyer? Would it make me unable to do my job? I answered "No". Although that was the correct answer for me, I fear others may respond "No" fearing stigmatization. The pressure for lawyers to be appear confident and competent is real and it pushes many of those suffering from mental illness into hiding.

What would you say to others in the profession who struggle with anxiety or other common challenges?

Be open about who you are and what you need. Having your assistant in the loop can make a huge difference and improve your relationship with him/her. Prepare, prepare and over-prepare to keep your nerves in check. Remember that life is short. In the end, you are one person – all you can do is your best.

What would you like to see the profession offer, or what changes would you like to see in the profession that would better support lawyers mental health?

CPD credits for stress management classes or courses. Affordable group disability insurance plans at the bar level to ensure lawyers can obtain disability coverage even if they suffer from a pre-existing mental health issue.

Nova Voices features the viewpoints of lawyers and communities around Nova Scotia.



Jennifer Anderson

SECTIONS SPOTLIGHT

Continued from previous page

Back to the name of the column: the next time you plan to attend a section meeting but there's a daunting pile of work on your desk, consider getting out of the office for an hour anyway. You might learn something new, but more importantly, you get to spend some time with colleagues who are going through the same struggles that you are. One small lunch hour, one big step towards equilibrium.

Sections Spotlight is a recurring feature focusing on a recent meeting or initiative of a CBA-NS section.

When perfection...isn't: Lawyers and mental health



**BLAIR
KASOUF**

Recently I was speaking to a young woman who had just been accepted to several law schools. She could be viewed as a “poster person” for the profession....poised, articulate, and brilliant. Besides that, she holds lofty ideals and plans on a career in human rights. I had met her before and given her a pep talk about her applications. What was striking about the later encounter was the obvious signs of fear, anxiety and doubt that had suddenly emerged.

Subsequently I ran into several lawyers from my peer group. In contrast they were tired, disgusted and basically miserable regarding their career choice. I should note that they all have good reputations and as far as I know lead fairly stable healthy lives and have good marriages. The effects of job stress were evident.

In my motivational speech to the young woman I had related an incident from my Bar Admission Course. A member of the Dalhousie Law School Centennial Class of '83, I remember a high-profile lawyer from one of the major law firms telling us that regardless of where we work we were “a force to be reckoned with” should we decide to put the effort into fighting for justice. After admission I was involved in litigation for a dozen years and then among other things spent another dozen years as a Social Worker and have also been involved periodically with NSLAP since its inception in the 1990s.

Most of us have at least heard about studies of lawyers' high rates of depression, pessimism, addiction, workaholism, etc. Some of us like to maintain a veneer of invincibility. Worse

yet, some of us actually believe it. We forget that the full range of human health, life and financial issues apply to us too.

Perhaps one of the factors to consider when looking at the profession and mental health is the actual work process. Often an initial client appointment can amount to “a call to arms” to take on the task of engaging in conflict. While this can be an attraction it can also put a person in a perpetual state of fight or flight. The brain at some level does not distinguish between a real physical threat and other types of symbolic or imagined conflicts whether present, past or future. The body at some level gets the message to get ready for battle or retreat or maybe even to freeze. The reactions that are meant for protection and survival in the wild become a chronic state with all the related effects on circulation, blood pressure, digestion, emotions and stress. These effects can be subtle and corrosive and often lead to suppression of breath which leads to a host of other problems. In nature both predator and prey may hold their breath to avoid detection. These innate reactions are meant for short bursts of energy to deal with immediate threats.

Then there is the question of stigma and mental health; let's face it, despite the rhetoric, it is still a reality. Lawyers hate to think of weakness. Media and some mental health professionals emphasize the word “disorder” over and over again. Labels have their place but can also be harmful ...and wrong.

Our own Canadian Military has taken on a progressive approach in trying to get members to seek help. The phrase “Operational Stress Injury” is applied to a range of problems that can arise from service. The idea is that psychological problems can be viewed as injuries just as much as physical wounds. The implication is that injuries can heal.

Consider, as well, that many psychological problems have a genetic basis, so logically these issues should be no more stigmatizing than being born with diabetes. Lifestyle choices matter but the propensity towards, for example significant depression, is no one's fault.

So what do you do if you think you need help? First, you could talk to a trusted friend or family member. Check the website of the Nova Scotia Lawyers Assistance Program (www.nslap.ca); you may be surprised at the range of services. The CBA Wellness initiative is a great resource. The Mental Health Commission of Canada maintains an extensive web site which includes Canada's first National Mental Health Strategy released in 2012. Your own firm may have a confidential Employee Assistance Program (EAP). Many of these services include 24/7 crisis phone lines. Your employment Medical Plan may also give you private counselling coverage. Don't forget that your domestic partner's EAP or medical plan may cover you too. There are public resources for addictions and mental health in most areas. Your family doctor may be a great resource. They can refer you to a psychiatrist under your provincial medical plan. Your local Hospital ER, paramedics and police can be a help too when the going gets really rough. Many areas of the country have anonymous Help Lines if you check your phone book or look online. Don't forget AA, Al Anon, NA and GA.

Remember most of us do not look down on people who come to us for assistance. Take care of your mental health and just like they say on the airplanes when they discuss the oxygen masks: You need your own air supply before you can save others.

Viewpoint is a recurring feature giving our members the opportunity to share their thoughts and opinions on legislation, decisions, and legal issues making headlines.

Matt Edmonds

Called to the bar: June 2014

Company: Edmonds Legal Solutions (www.edmonds.legal)

Area of Practice: Legal technology consulting, technology law, litigation, general practice

Describe your professional experience to date: I graduated from Dal Law in 2013 and spent my articling year in Truro working with Burchell MacDougall. As a lifelong techie, I became fascinated by innovative uses of technology in legal practice. I was unsure whether I could fully engage in that passion if I joined a firm as an associate—but I didn't want to give up practicing law. I found the right balance by starting my consulting business while practicing law part-time on a contract basis with some busy lawyers.

Describe your current practice: I help fellow lawyers find and use the right technology to make their practices more secure, efficient, and fruitful. This can involve getting firms up and running with better software for managing information, assembling documents, communicating with clients, and handling accounts; advising firms on their data security practices; and assisting with online marketing.

Describe the unique qualities you bring to your practice: I'm a lawyer who's a tech geek, and an IT guy who's also a practicing lawyer. I think that a lot of lawyers miss out on using tools that can make their jobs much easier because their IT service providers don't understand all that's involved in the practice of law. I aim to bridge that gap.

Describe your past and present involvement with the CBA: The wealth of knowledge and advice I've received from fellow CBA members has been instrumental in helping me chart the first legs of my legal career. I've delivered a few CPD sessions for the CBA and other groups, and am happy to be able to give back.

What other activities and volunteer pursuits occupy your time? When the weather's nice, I enjoy sailing in club races, and awkwardly trying my hand at playing other sports with my friends. I was recently elected President and Provincial Co-ordinator of the Nova Scotia Debating Society; having gained much from competitive debate as a student, I enjoy volunteering to help junior and senior high school students get the same experience.

What do you consider to be the greatest challenges facing young



lawyers? One I've faced is the scary choice between trying to land a safe job and hanging up a shingle. Turns out the risk involved in entrepreneurialism can actually prove to be fun.

What do you wish senior lawyers understood about junior lawyers? The young people on the bottom rung of your organization might have the valuable, innovative ideas that your business needs; make sure to create an environment where they feel free to express them.

What are your goals for your career as you become a more seasoned lawyer? The effective use of legal tech really hits its stride when it lowers the cost of legal services and increases access to justice. I'm a happy camper to play even a small part in that.

Lawyers face a lot of pressure. Be it deadlines, client expectations, file loads, or the perennial favourite – billable hours; lawyers are regularly pulled in many different directions while at work. We all know that what goes up must come down, ergo, it makes sense to find something outside work that helps diffuse all that pressure. Whether you call it work-life balance, equilibrium or just straight-up healthy living, all lawyers should take time to focus on what allows them to reduce stress and anxiety, and refocus their energy in a calm and collected manner. Everyone has different ways of decompressing – it is a lot less about what you do to relax, and so much more about finding what works best for you.



The ocean air always centers me. I love to take a walk on the beach or near the ocean to think or relax. It brings me peace of mind. Whether it's alone or enjoying my children, my happy place includes a good pair of sneakers and salt water.

– *Candee McCarthy, Nova Scotia Legal Aid*

Exercise keeps me (relatively) sane - it's as much about my head as it is about the rest of me. If I go a few days without exercise, the negative impact is obvious; my husband will gently suggest that I "might want to go for a run." Spending time in the woods or on a beach helps too - I try to think of it as an actual prescription for sanity.

– *Jill Perry, Nova Scotia Legal Aid*



I try my best to find something outside my practice to focus on. It can be my own kickboxing, it can be coaching my kids in volleyball, or teaching healthy life habits like running which I can share with my family. Any of it, and all of it, help me press the pause button on the daily stress of practice.

– *Chris Conohan, Khattar & Khattar*



I run every morning before work to clear my head and to start the day off on the right foot.

– *Nicole LaFosse, LaFosse MacLeod*

I spend time with my husband, family, and friends and I make sure that we discuss things other than work. I am lucky to have a great support system who can remind me when I need to leave work at the office when I leave for the day. I also used to run, which I found great for stress relief, and I would like to get back into running.

– *Jennifer Kooren, Sealy Cornish Coulthard*



Outside the Office is a recurring feature focusing on a lifestyle issue of interest to CBA members.

Mental Health and Wellness in the Legal Profession: An online course

Health and wellness issues have been a concern of Canadian lawyers for many years. The CBA created the Legal Profession Assistance Conference (now CBA Wellness) in 1989 as a response to those concerns. Provincial lawyers' assistance programs were emerging around that time as well, with Nova Scotia's LAP program being introduced in 1991. The focus of the programs at that time was primarily on addiction issues.

Over time it has become obvious that the practice of law can take a wide-ranging toll on a lawyer's health. As our recognition of health concerns has evolved, so have assistance programs. In 2013 CBA Wellness commissioned a survey of the Canadian legal community to explore health and wellness concerns facing lawyers today. Mental health issues were predominant and while there is a multitude of information available on the internet, respondents to the survey said they found it difficult to know which sources were reliable, and they wanted to educate themselves on mental health issues.

At the 2013 CBA CLC, Council passed a resolution encouraging the legal profession as a whole to adopt a culture that supports a sensible working environment and promotes good mental health. With this backdrop, when CBA Wellness was faced with the opportunity to partner with Mood Disorders Society of Canada and Bell's Let's Talk to create a mental health education program, the CBA Wellness Board decided unanimously to support the project. With additional financial support from most of the provincial LAP's, a self-directed, online program was created.

Mental Health and Wellness in the Legal Profession is a learning program that aims to help legal professionals recognize the signs and symptoms of mental health



**CHERYL
CANNING**
Burchells LLP

and addiction issues. It offers proactive wellness tactics, as well as treatment and recovery strategies for depression, anxiety, stress and other mood disorders. It aims to reduce stigmatizing behaviours and attitudes that can get in the way of recovery and long-term wellness. It is our sincere hope that participants of this program will expand their own knowledge of mental health issues, and will go on to contribute to the building of a culture of wellness and self-care in the legal profession as a whole.

The program was developed with the expertise of healthcare professionals who not only work closely with lawyers but were also lawyers themselves. In addition to the knowledge to be gained from the substantive portion of the course, participants will hear video testimonials from lawyers and law students. To address mental health issues in the legal profession we must face head-on the problem of stigma. We hope the stories shared by the brave individuals who participated in the videos will inspire a change in the way in which mental health is viewed in our profession.

The course is accredited for Ethics/Professionalism CLE in most provinces. The course is broken down into 4 modules, and you can do as much or as little as you want in one sitting, returning each time to where you left off. To access the program, please visit the CBA Wellness website at www.cba.org/wellness.

Trending is a recurring feature focusing on a new development in the law.

Louis St-Laurent Award of Excellence

**The deadline for nominations:
November 20th, 2015**

The Louis St-Laurent Award recognizes distinguished or exceptional service to the objectives and goals of the CBA.

Eligibility

Any CBA member in good standing except current members of the Board of Directors, Finance Committee, or past Executive Officers. Groups are not acknowledged as candidates. There are no posthumous awards.

Presentation

The Award is presented at the Canadian Bar Association Mid-Winter Meeting of Council in February.

Nomination Procedure

Each candidate requires letters of endorsement from five active CBA members - two of whom must live outside the nominee's province. Each nomination must include the candidate's curriculum vitae, current home and business address, as well as phone, fax and e-mail information. Each nomination must include a brief submission outlining the candidate's suitability for the Award. All supporting documentation must be submitted simultaneously with the nomination to: Louis St-Laurent Award of Excellence, CBA Awards Committee, Canadian Bar Association, 865 Carling Avenue, Suite 500, Ottawa, K1S 5S8.

Selection Process

Applications are reviewed by the CBA Awards Committee, and recommendation made to Executive Officers.

Candidates are responsible for their travel and accommodation expenses to the Awards presentation.

Don't Miss the *Guide to Strategy for Lawyers* by Richard Susskind

Susskind drew on his 25 years' experience advising law firms and legal departments, offering up some of the tools he's used to help law firms develop their own strategies for the future.

Susskind has worked with firms and departments of all sizes and says it is "fundamentally mistaken to assume that small firms do not need to think through their strategies." A portion of the guide is aimed specifically at small firms.

The guide is a member-only benefit available on cbafutures.org.

Call for Nominations for CBA Nova Scotia Annual and Bi-Annual Awards

Deadline: January 10th, 2016

Distinguished Service Award

<http://cbans.ca/Member-Resources/Awards/Distinguished-Service-Award.aspx>

Community Service Award

<http://cbans.ca/Member-Resources/Awards/Community-Service-Award.aspx>

Constance R. Glube Spirit Award

<http://cbans.ca/Member-Resources/Awards/Constance-R-Glube-Spirit-Award.aspx>

The Zöe Odei Young Lawyers Award

<http://cbans.ca/Member-Resources/Awards/Zoe-Odei-Young-Lawyer-s-Award.aspx>

Nominations may be sent via email, fax or mail:

Canadian Bar Association - Nova Scotia
1809 Barrington St., Suite M102
Halifax, Nova Scotia, Canada B3J 3K8
Tel: (902) 422-1905
Fax: (902) 423-0475
E-mail: cbainfo@cbans.ca

A profession worth fighting for: I had a black dog, his name was mental illness



**MEGAN
SETO**
McInnes Cooper

My battle with the “black dog” of mental illness began the same way that many law students and lawyers first encounter it – I developed anxiety in law school. At first, I

didn't even notice the shortness in breath and racing thoughts about law school grades. Routine exercising also gradually gave way to routine obsessing about finding a job in the midst of an “articling crisis.” Also, a lingering sense of sadness was explained away despite the fact that I had moved and left my family and loved ones halfway across the country. For months, I convincingly told myself, “this is normal and I am fine.”

Those around me saw something completely different. At first they noticed small physical changes (well except for the standard law school weight gain, “you look like a Caravaggio [cherub]” – my best friend half-joked). However, after three months my loved ones noticed what it took me nearly a year to realize: that I had suffered a profound loss of self-esteem and optimism. It was a surprise only to me that something was terribly wrong when I suffered two panic attacks while writing two final exams.

It turns out that my unhappy and unhealthy approach to law is unfortunately common in our profession. The initial positive feelings experienced by a law student are replaced with negative internalized emotions, a process commonly referred to as the “undermining effect.” Anxiety, I realized, is commonly associated with other diseases such as depression and, yes, panic attacks. As I would later learn, depression is the foil to every lawyer as it attacks a lawyer's most precious asset – our mind. Depression also has the ability to mask the symptoms of its presence by appearing as the desirable trait of pessimism. I would only learn of this well after my remission from depression, but going back to that first year, I had convinced myself to quit law.

A legal ethics course is just about the last place I expected to find the will to continue in law and the early stages to understanding the profession's great capacity for compassion. I found a small but dedicated community made up of pragmatic risk-takers (who happened to be technophiles) who held onto hope of what the legal *profession* could be. Consisting of practitioners, regulators and the judiciary, they were ahead of the curve in discussing issues that attracted stigma. Pushed by professors teaching in legal ethics, I wrote a paper on a topic I

knew – mental illness in law.

The findings were, unfortunately, disturbing. Statistically, lawyers are 3.6 times more likely to suffer from depression than others with similar socioeconomic backgrounds. We are more successful at killing ourselves, getting divorces, and developing addictions. Pessimism is learned in law school and is actually code for “thinking like a lawyer.”

Finding comfort that I was not the only person to have felt the depths of depression and anxiety in law, and encouraged by the legal ethics community that there was an important message to be learned from my research, my work was circulated and also published. The rest took on a life of its own.

I took to Twitter as the launch pad to discuss mental illness during “Bell Let's Talk” day. The important campaign encourages the use of social media to remove the stigma of mental illness. My goal on Bell Let's Talk day was to tweet about depression and mental illness 140 characters at a time. The campaign has had the effect of humanizing the stereotypes associated with mental illness. The recent focus on mental health in terms of biology has added to changing perceptions. Fuelled by the positive feedback from fellow students after my first Twitter campaign, I continued the Bell Let's Talk campaign as an Articling Clerk and then Associate at McInnes Cooper. I have been fortunate enough to work with supportive mentors within my firm's tax group practice who encourage a meaningful and disciplined approach to the practice of law. More than anything, at McInnes Cooper there is a community of lawyers and colleagues with that similar shared hope of a profession where the stigma attached to mental illness no longer exists.

In truth, despite the public conversations that I have shared with others through community engagement and social media regarding mental health, I have been reluctant to share my own experience because of that stigma. In part, I too held the belief that there *was* something wrong with those with mental illness. In Chinese, the word “depression” does not even exist. However, the adjectives that serve as a substitute are the words “not happy” and “crazy.” For a long time, I was convinced that the line between the two was blurry and easily crossed. There were also equal amounts of guilt and shame in thinking I had crossed the blurry line after my bout with anxiety. My family surprised me by proactively encouraging treatment through psychologists and educating against negative stereotypes in immigrant communities on behalf of the Canadian Mental

Continued on next page

Richness on the Bench



**GAIL
GATCHALIAN**
Pink Larkin

“While there is no doubt that appointees to the judiciary are qualified, hardworking and dedicated individuals, the richness of our judicial tapestry

is deepened when there is gender balance and diversity of background, culture, experience and, ultimately, perspective. When the faces of the judiciary reflect the demographics of our society, including gender and race, the trust that individuals have in the judicial system will be heightened.” Krystle Gill and Alycia Shaw

On Friday, October 9, 2015, the CBA-NS hosted a panel discussion, “You Be the Judge: Demystifying the Path Toward the Bench” at the beautiful Halifax Central Library. The panelists discussed the provincial and federal appointment process, and how being a judge has both challenged and enriched them.

The Honourable Justice Elizabeth Jollimore of the Supreme Court of Nova Scotia (Family Division) moderated an excellent discussion with the other distinguished panelists, the Honourable Judge Jean Whalen of the Provincial and Family Courts of Nova Scotia, the Honourable Justice Lester Jesudason of the Supreme Court of Nova Scotia (Family Division) and Mr. Robert S. Wright, MSW, RSW, who served two terms on the Nova Scotia Judicial Appointments Advisory Committee from 2002 to 2006.

The turn-out for the event was exceptional for the Friday of the Thanksgiving weekend: there were approximately 60 people in attendance. What was more remarkable, however, was the diversity of the crowd: junior (including several law students) and senior, men and women, private practitioners and government lawyers, representatives



October 9th, 2015, Diversity on the Bench – “You Be the Judge: Demystifying the Path towards the Bench” featured speakers: (L to R) Justice Elizabeth Jollimore; Justice R. Lester Jesudason; Robert Wright; and Judge Jean M. Whalen

from small and large firms. We even had some father-son and father-daughter teams in attendance.

The number and the diversity of the lawyers in the audience demonstrates that the message of enhancing the richness of perspectives and experiences within the judiciary resonates with the Nova Scotia bar. This is not surprising, given that this is the province of the Royal Commission on the Donald Marshall, Jr., Prosecution, which recommended that “governments consider the needs of visible minorities by appointing qualified visible minority judges and administrative board members whenever possible.”

For anyone who missed the event and who might be interested in learning more about the judicial appointment process, Mr. Wright has written an excellent paper summarizing his thoughts on the provincial appointment process, entitled “Judicial Appointments: Some Considerations for Applicants of African Descent,” March 4, 2008, available on his website at www.robertswright.ca/JudicialAppointmentsSomeConsiderations.pdf.

GIVING BACK *Continued from previous page*

Health Association. I am so very glad that I was wrong.

Those who care for us and work with us have an incredible capacity for compassion. My loved ones and mentors fought hard to make sure I didn't drown in the comfort being quiet on the topic. In the past five years, I have received messages by many others who have shared their own stories. Some are much more tragic than my own. There are also others who have

been defiantly optimistic about their disease. They all share hope for what the legal profession could be, and recognize the continued work required to help those who suffer much more silently. Although I do not discuss my own mental illness in my work and Twitter insights, most read between the lines. Many reach out with a common message worth sharing: “what we are feeling is normal and we *will* be fine.”

SECTIONS MEETING SCHEDULE 2015-2016



THE CANADIAN
BAR ASSOCIATION
Nova Scotia Branch



DELIVERING VALUE TO OUR MEMBERS

SECTION MEETINGS

Tentative dates are outlined in the Section agendas. **MEETING DATES AND TOPICS CAN CHANGE!** Notices will be sent to those who register for particular Sections prior to each meeting, with date, topic, speaker, and location confirmed. In addition, notices of upcoming meetings can be found at and registered for in the following location:

http://www.cba.org/pd/province_en.aspx and choose Nova Scotia.

The Section program year begins in September and concludes in June.

To Receive Proper Notice of Meetings, Please Return Your Section Registration Form! If you have not received your form, please contact the CBANS office at (902) 422-1905. CBA members can attend any Section meeting by confirming attendance with the Branch Office and paying the attendance fee. In addition, in April and May we host the “Bring a Buddy” event, where CBA members are able to bring a non-member buddy to a Section Meeting. Sections provide opportunities for lawyers to further their professional education and to keep ahead of current developments within the profession. The Nova Scotia Branch wants to show non-members what they’re missing!!

Your buddy must register and pay the registration fee as well – spread the word so as not to miss out on this opportunity!

TELECONFERENCING OF SECTION MEETINGS

For those registrants unable to attend Section meetings in person, teleconferencing is available for a \$10.00 fee. Selection of this option should be made at time of registering.

ABORIGINAL LAW

Terms of Reference: This Section deals with law and practice of aboriginal law including federal and provincial legislation relating to aboriginal people; aboriginal and treaty rights including native land claims; constitutional reform; administration of justice, traditional aboriginal law and selected matters.

Chair: Jason Cooke
Burchells LLP
1801 Hollis Street, Suite 1800
Halifax, NS B3J 3N4
Phone: 902-423-6361
Email: jcooke@burchells.ca

Vice-Chair: Bryna Fraser
Evans MacIsaac MacMillan
409 Granville Street
Port Hawkesbury, NS B9A 2M5
Phone: 902-625-0580
Email: bryna@emmlaw.ca

Dates and Proposed Topics:

Date & Time: Wednesday, September 16, 2015, 12:00 noon – 1:00pm ✓
Topic: Protest and Permanent Injunctions in the Aboriginal Context
Speaker: Jason Cooke, Burchells LLP
Location: Burchells LLP, 1800-1801 Hollis Street, Halifax, NS

Date & Time: (Date and Time TBA, Joint Meeting with the Constitutional & Human Rights Law Section)
Topic: Federal Court Decision on Metis Constitutional Status
Speaker: To Be Determined
Location: Stewart McKelvey, 900-1959 Upper Water Street, Halifax, NS

ADMINISTRATIVE LAW

Terms of Reference: Administrative Law deals with legislation conferring judicial or rule-making powers upon any public official and the administration thereof; the jurisdiction, procedure and organization of administrative tribunals and the practice of lawyers before such tribunals; the organization of government insofar as it affects the foregoing or the practice of lawyers; judicial review of the exercise of administrative powers.

Chair: Sandy MacIntosh
Nova Scotia Workers' Compensation Appeals Tribunal
1002-5670 Spring Garden Road, Halifax NS B3J 1H6
Phone: 902-424-2299
Email: macintac@gov.ns.ca

Vice-Chair: Amy Bradbury
Barteaux Durnford
1200-1809 Barrington Street, Halifax, NS B3J 3K8
Phone: 902-429-3400
Email: amy.bradbury@barteauxdurnford.com

ADMINISTRATIVE LAW *(continued)*

Dates and Proposed Topics:

Date: Thursday, October 29, 2015, 12:00 noon – 1:00pm ✓
Topic: “Update on the Restorative Justice Process and Emerging Trends in Human Rights Damage Awards”
Speaker: Kymberly Franklin, Franklin Law Partners
Location: Human Rights Commission, 5657 Spring Garden Road, Halifax, NS

BANKRUPTCY AND INSOLVENCY

Terms of Reference: The purpose of this Section is to examine the law practice related to bankruptcy, receivership and insolvency.

Chair: Joel Henderson
Patterson Law
PO Box 1068, 10 Church Street, Truro, NS B2N 5B9
Phone: 902-897-2000
Email: jhenderson@pattersonlaw.ca

Vice-Chair: Benjamin Durnford
McInnes Cooper
1300-1969 Upper Water Street, PO Box 730, Halifax, NS B3J 1V1
Phone: 902-425-6500
Email: ben.durnford@mcinnescooper.com

Dates and Proposed Topics:

Date & Time: Thursday, October 1, 2015, 12:00 noon – 1:00pm ✓
Topic: “New Model CCAA and Receivership Orders, with a View From the Bench”
Speakers: Honourable Justice John Murphy and D. Bruce Clarke, QC
Location: McInnes Cooper, 1969 Upper Water Street, 13th Floor, Halifax, NS

BUSINESS LAW

Terms of Reference: This Section deals with law and practice affecting business, commerce, trade, mercantile pursuits and banking.

Chair: Jennifer Glennie
Nova Scotia Department of Justice
8th Floor, 1690 Hollis Street, Halifax, NS B3J 3J9
Phone: 902-424-7244
Email: glennija@gov.ns.ca

Vice-Chair: Jennifer Hamilton Upham
Patterson Law
PO Box 1068, 10 Church Street, Truro, NS B2N 5G9
Phone: 902-897-2000
Email: jupham@pattersonlaw.ca

Dates and Proposed Topics:

Date & Time: Tuesday, November 3, 2015, 12:00 noon – 1:00pm ✓
Topic: “Mergers & Acquisitions: How Accountants and Lawyers Work Together”
Speaker: Jillian Murray, Grant Thornton
Location: Grant Thornton, 2000 Barrington Street, Suite 1100, Halifax, NS

BUSINESS LAW *(continued)*

- Date & Time:** Thursday, November 5, 2015, 12:00 noon – 1:00pm ✓
(Joint Meeting with Privacy & Access Section)
- Topic:** “Need to Know Privacy Principles”
- Speaker:** Alayna Kolodziechuk, Patterson law and Derek Brett, Burnside Law Office
- Location:** Patterson Law, 1801 Hollis Street, 21st Floor, Halifax, NS
-
- Date & Time:** Thursday, November 12, 2015, 12:00 noon – 1:00pm
(Joint Meeting with Privacy & Access Section)
- Topic:** “The New Business Transaction Exemption and Other Changes Brought by The Digital Privacy Act”
- Speaker:** Alayna Kolodziechuk, Patterson law and Derek Brett, Burnside Law Office
- Location:** Patterson Law, 1801 Hollis Street, 21st Floor, Halifax, NS
-
- Date & Time:** Thursday, November 19, 2015, 12:00 noon – 1:00pm
(Joint Meeting with Privacy & Access Section)
- Topic:** “How to Help Your Clients Avoid Fines and Stay Out of the Press for Privacy Related Issues”
- Speaker:** Alayna Kolodziechuk, Patterson law and Derek Brett, Burnside Law Office
- Location:** Patterson Law, 1801 Hollis Street, 21st Floor, Halifax, NS
-
- Date & Time:** Thursday, November 26, 2015, 12:00 noon – 1:00pm
(Joint Meeting with Privacy & Access Section)
- Topic:** “Canada-US Cross-Border Privacy Issues”
- Speaker:** Alayna Kolodziechuk, Patterson law and Derek Brett, Burnside Law Office
- Location:** Patterson Law, 1801 Hollis Street, 21st Floor, Halifax, NS
-
- Date & Time:** Wednesday, January 13, 2016, 12:00 noon – 1:00pm
(Joint Meeting with the Real Property Section)
- Topic:** “Insurance Coverage for Organizations”
- Speaker:** To Be Determined
- Location:** NS Department of Justice, 8th Floor, 1690 Hollis Street, Halifax, NS

CANADIAN CORPORATE COUNSEL

Terms of Reference: This Section deals with particular problems of concern to in-house lawyers who are employed by a single client, such as a corporation, a major business concern, or, to some extent, by federal, provincial or municipal governments and boards.

Chair: James G. Spurr
Halifax Regional Water Commission
450 Cowie Hill Road, Halifax, NS B3K 5M1
Phone: 902-490-6101
Email: james@halifaxwater.ca

Vice-Chair: John Cook
Irving Shipbuilding Inc.
3099 Barrington Street, PO Box 9110 RPO CSC, Halifax, NS B3K 5M7
Phone: 902-484-8364
Email: cook.john@jdirving.com

CANADIAN CORPORATE COUNSEL *(continued)*

Dates and Proposed Topics:

Date & Time: Thursday, September 24, 2015, 12:00 noon – 1:00pm ✓
Topic: “NS’s New Pension Benefits Act – What You Need to Know”
Speaker: Hugh Wright, McInnes Cooper and Kiersten Amos, McInnes Cooper
Location: McInnes Cooper, 1969 Upper Water Street, Suite 1300, Halifax, NS

CHARITIES AND NOT-FOR-PROFIT

Terms of Reference: The scope of CBA Nova Scotia Charities and Not-For-Profit section is to address various key practice issues for those lawyers who are involved with charitable and not-for-profit organizations. This is performed in one or more of the following ways:

- Acting for charities and not-for-profit organizations as part of their regular clientele, either as a staff lawyer or as outside counsel, whether for fee or pro bono. Volunteering in a leadership or other role in an organization where he or she brings unique expertise and skills to these organizations.
- Advising and representing clients who volunteer or are employed by these organizations.
- Advising charitably inclined clients on the most effective means of charitable giving as part of their estate and tax planning, or who wish to create a charitable organization or foundation as part of their charitable giving goals.

Like other areas of law, the law relating to charities and not-for-profit organizations is becoming increasingly complex. This new section was created to assist lawyers in addressing these new complexities while continuing profession’s proud tradition of service for charities and not-for-profit organizations.

Chair: Alayna Kolodziechuk
Patterson Law
1718 Argyle Street, 5th Floor, Halifax, NS B3J 3N6
Phone: 902-405-8000
Email: akolodziechuk@pattersonlaw.ca

Vice-Chair: Dary Jessome
Stewart McKelvey
900-1959 Upper Water Street, PO Box 997, Halifax, NS B3J 2X2
Phone: 902-429-4111
Email: djessome@stewartmckelvey.com

Dates and Proposed Topics:

Date & Time: (Fall 2015 – Exact Date to Be Determined, Joint Meeting with Taxation Law Section)
Topic: Charitable Giving for Small Business Owners
Speaker: James K. Cruickshank, Stewart McKelvey
Location: To Be Determined

CITIZENSHIP & IMMIGRATION LAW

Terms of Reference: The primary objects of this Section are to:

- Maintain a dialogue with the Immigration and Refugee Board and to conduct continuing liaison with its Senior Officials;
- discuss existing legislation and proposed legislative changes;
- ensure that abuses in the enforcement and administration aspects of immigration are publicly voiced;
- conduct continuing legal education seminars;
- enhance the professionalism of lawyers dealing in the area of Immigration Law.

Chair: Andrew J. Munro
Barrister & Solicitor
502-1684 Barrington Street, Halifax, NS B3J 2A2
Phone: 902-405-8550 Email: amunro.law@gmail.com

Vice-Chair: David Nurse
David Hunt Nurse Law Inc.
PO Box 10, Mahone Bay, NS B0J 2E0
Phone: 902-640-3033 Email: david@nurselaw.ca

Dates and Proposed Topics:

Date & Time: Wednesday, September 16, 2015, 10:00 am – 11:15 am ✓
Topic: The CBSA'S Operations at the Robert L. Stanfield International Airport

Date & Time: October 2015 (Date and Time to Be Determined)
Topic: A Meeting with the NS Office of Immigration Featuring Updates on the Nova Scotia Nominee Program – Express Entry Streams
Location: To Be Determined

Date & Time: December 2015 (Date and Time to Be Determined)
Topic: Europe's Migrant Crisis and Canada's Response – A Round Table Discussion
Location: To Be Determined

Date & Time: January 2016 (Date and Time to Be Determined)
Topic: A Meeting with the NS Office of Immigration on New Entrepreneur Stream and New International Graduate Stream
Location: To Be Determined

Date & Time: February 2016 (Date and Time to Be Determined)
Topic: A Meeting with Employment and Social Development Canada on the temporary Foreign Worker Program
Location: To Be Determined

Date & Time: March 2016 (Date and Time to Be Determined)
Topic: A Meeting the Manager of Citizenship and Immigration Canada – Halifax Office for an Update on Federal Programs
Location: To Be Determined

Date & Time: April 2016 (Date and Time to Be Determined) ✓
Topic: A Meeting with Nova Scotia Office of Immigration on PNP Program Update
Location: To Be Determined

CIVIL LITIGATION/ADR

Terms of Reference: This Section deals with any matter of substantive law, not of a criminal nature, and not coming within the work of another section; the administration of civil justice in all the courts of Canada with particular reference to the jurisdiction, procedure and organization of the courts, and the practice of lawyers before the courts.

Chair: Gary A. Richard
Burchell MacDougall
710 Prince St, PO Box 1128 RPO Prince, Truro, NS B2N 5H1
Phone: 902-895-1561
Email: grichard@burchellmacdougall.com

Vice-Chair: Donn Fraser
MacIntosh MacDonnell & MacDonald
260-610 East River Road, PO Box 368, New Glasgow, NS B2H 5E5
Phone: 902-752-8441
Email: dfraser@macmacmac.ns.ca

Dates and Proposed Topics:

Date & Time: Thursday, December 10, 2015 – 12:00 noon – 1:00 pm
(Joint meeting with the Government & Public Sector Lawyers Section)
Location: Legislative Counsel Office, Suite 802, 1809 Barrington St., Halifax, NS
Topic: The New Limitation of Actions Act
Speakers: Edward Gores, QC, Nova Scotia Department of Justice

CONSTITUTIONAL & HUMAN RIGHTS

Terms of Reference: The purpose of the Section is to examine all constitutional and human rights law issues, including division of legislative powers, judicial review of the Constitution, constitutional reform, the Canadian Charter of Rights and Freedoms, human rights codes, and international human rights law.

Chair: Ian McIsaac
Burchell MacDougall
210-255 Lacewood Drive, Halifax, NS B3M 4G2
Phone: 902-445-5511
Email: imcisaac@burchellmacdougall.com

Vice-Chair: Naomi Metallic
Burchells LLP
1800-1801 Hollis Street, Halifax, NS B3J 3N4
Phone: 902-423-6361
Email: nmetallic@burchells.ca

Dates and Proposed Topics: NO MEETINGS SCHEDULED

CONSTRUCTION LAW

Terms of Reference: The purpose of this Section is to examine the law and practice relating to problems in the construction industry, including negotiation and conclusion of contracts, bonding and insurance, claims, arbitration and litigation.

CONSTRUCTION LAW *(continued)*

Chair: Peter Rumscheidt,
Weldon McInnis
118 Ochterloney Street, Dartmouth, NS B2Y 1C7
Phone: 902-469-2421
Email: prumscheidt@weldonmcinnis.ca

Vice-Chair: Kevin Gibson
McInnes Cooper
1300-1969 Upper Water Street, Halifax, NS B3J 2V1
Phone: 902-425-6500
Email: kevin.gibson@mcinnescooper.com

Dates and Proposed Topics:

Date & Time: Tuesday, September 22, 2015 – 8:30 am – 9:30 am ✓
Location: McInnes Cooper, 1969 Upper Water Street, Suite 1300, Halifax, NS
Topic: “Builders’ Lien Act – Personal Liability for Breaches of Trust
Speakers: Kevin MacDonald, Coady Filliter

Date & Time: Tuesday, September 22, 2015 – 8:30 am – 9:30 am ✓
Location: McInnes Cooper, 1969 Upper Water Street, Suite 1300, Halifax, NS
Topic: “Builders’ Lien Act – Personal Liability for Breaches of Trust
Speakers: Kevin MacDonald, Coady Filliter

Date & Time: Tuesday, November 10, 2015 – 8:00 am – 9:00 am ✓
Location: McInnes Cooper, 1969 Upper Water Street, Suite 1300, Halifax, NS
Topic: “Stuart Olson Dominion Const. Ltd. V. Structal Heavy Steel Inc.”
Speakers: John Kulil, QC, McInnes Cooper

CRIMINAL JUSTICE

Terms of Reference: This Section deals with federal and provincial legislation creating offences and crimes, jurisdiction, procedure, and organization of all criminal courts in Canada, the establishment of such courts and the practice of lawyers before such courts; any other matters of a criminal nature.

Chair: Ian Hutchison
Garson MacDonald
1361 Barrington Street, Halifax NS B3J 1Y9
Phone: 902-425-0222 Email: ih@garsonmacdonald.ca

Vice-Chair: Brian Bailey
Bailey & Associates
800-46 Portland Street, Dartmouth, NS B2Y 1H2
Phone: 902-465-4888
Email: bbailey@baileylawyers.com

Dates and Proposed Topics: NO MEETINGS SCHEDULED

ELDER LAW

Terms of Reference: The objectives of the Elder Law Section are tri-fold: to improve the law affecting seniors; to educate the public, the individual Bars, the Judiciary and members of the Association on important Elder Law issues; and to foster professionalism in the practice of Elder Law through communication among Elder Law practitioners.

The Elder Law Section addresses legal issues and problems of the elderly, including:

- Age Discrimination;
- General Planning for Aging: A Case-Management and Multidisciplinary Approach;
- Elder Abuse and Exploitation;
- Undue Influence;
- Housing of Older Persons and Care Facility Regulation;
- Ethical and Practical Aspects of Advising the Older Client;
- Mental Capacity and Consent;
- Guardianship and Court Appointed Substitute Decision Making;
- HealthCare Decision-Making;
- Powers of Attorney/ Mandates;
- Elder Divorce and Separation; and Lawyer referral panels, and advocacy and pro bono work for the elderly of low or middle incomes.

Chair: M. Ann Levangie
Patterson Law
10 Church Street, PO Box 1068 RPO Prince, Truro, NS B2N 5G9
Phone: 902-896-6129
Email: alevangie@pattersonlaw.ca

Vice-Chair: Jessica L. Lyle
Sealy Cornish Coulthard
200-56 Portland Street, Dartmouth, NS B2Y 1H2
Phone: 902-466-2500
Email: jllyle@scclaw.ca

Dates and Proposed Topics:

Date & Time: Tuesday, September 22, 2015 – 8:30 am – 9:30 am ✓
Location: McInnes Cooper, 1969 Upper Water Street, Suite 1300, Halifax, NS
Topic: “Builders’ Lien Act – Personal Liability for Breaches of Trust
Speakers: Kevin MacDonald, Coady Filliter

Date & Time: Tuesday, October 6, 2015 – 12:00 pm – 1:00 pm ✓
Location: Cox & Palmer, 1959 Upper Water Street, Suite 1100, Halifax, NS
Topic: “Final Report on the Powers of Attorney Act”
Speakers: Angus Gibbon, Law Reform Commission of NS

ENVIRONMENTAL, ENERGY & RESOURCES LAW

Terms of Reference: Environmental, Energy & Resources Law deals with matters of legal reform and legal education and management relating to the environment, as well as law and practice relating to natural resources and energy and the development and distribution thereof.

ENVIRONMENTAL, ENERGY & RESOURCES LAW *(continued)*

Chair: Mark V. Rieksts
Department of Justice (NS)
8th Floor, 1690 Hollis Street, Halifax, NS B3J 3J9
Phone: 902-424-1705
Email: riekstmv@gov.ns.ca

Vice-Chair: Trevor MacDonald
Stewart McKelvey
900-1959 Upper Water Street, PO Box 997, Halifax, NS B3J 2X2
Phone: 902-420-3200
Email: tmacdonald@stewartmckelvey.com

Dates and Proposed Topics: NO MEETINGS SCHEDULED

FAMILY LAW

Terms of Reference: This Section deals with law and practice relating to the family unit, relations between members of the family and the family and society, and matters related thereto; the establishment, jurisdiction, procedure and organization of the courts and other tribunals dealing with these matters, and the practice of the lawyers before such courts and tribunals.

Chair: Krista Forbes
Nova Scotia Legal Aid
102-137 Chain Lake Dr, Halifax, NS B3S 1B3
Phone: 902-420-3450
Email: krista.forbes@nslegalaid.ca

Vice-Chair: Jennifer Kooren
Sealy Cornish Coulthard
200-56 Portland Street, Dartmouth, NS B2Y 1H2
Phone: 902-466-2500
Email: jkooren@scclaw.ca

Dates and Proposed Topics:

Date & Time: Wednesday, September 23, 2015 – 5:30 pm cash bar / 6 pm dinner ✓
Location: Prince George Hotel, 1725 Market St, Halifax, NS
Topic: “Pre-Trials and Case Management”
Speaker: The Honourable Associate Chief Justice Lawrence I. O’Neil, Supreme Court of Nova Scotia, Family Division

Date & Time: Wednesday, November 25, 2015 – 5:30 pm cash bar / 6 pm dinner
Location: Prince George Hotel, 1725 Market St, Halifax, NS
Topic: A Sneak Peek at the 2015 Revised User’s Guide to the SSAG
Speaker: Professor Rollie Thompson, Schulich School of Law

Date & Time: Wednesday, January 27, 2016 – 5:30 pm cash bar / 6 pm dinner
Location: Prince George Hotel, 1725 Market St, Halifax, NS

Date & Time: Wednesday, February 24, 2016 – 5:30 pm cash bar / 6 pm dinner
Location: Prince George Hotel, 1725 Market St, Halifax, NS

FAMILY LAW *(continued)*

Date & Time: Wednesday, March 23, 2016 – 5:30 pm cash bar / 6 pm dinner
Location: Prince George Hotel, 1725 Market St, Halifax, NS

Date & Time: Wednesday, April 27, 2016 – 5:30 pm cash bar / 6 pm dinner
Location: Prince George Hotel, 1725 Market St, Halifax, NS

Date & Time: Wednesday, May 25, 2016 – 5:30 pm cash bar / 6 pm dinner
Location: Prince George Hotel, 1725 Market St, Halifax, NS

GENERAL PRACTICE, SOLO & SMALL FIRM

Terms of Reference: The General Practice, Solo and Small Firm Section addresses the needs of lawyers in general practice, ranging from sole and small firm practitioners in both rural and urban settings, to those practising law in medium and large firms. More than 10 per cent of CBA members identify themselves as being in general practice. The Section represents the common interests of general practitioners within the CBA.

Chair: Ryan Brennan
Clyde A. Paul & Associates
Spryfield Professional Centre, 349 Herring Cove Road, Halifax, NS B3R 1V9
Phone: 902-477-2518
Email: rpbrennan@ns.aliantzinc.ca

Vice-Chair: Laurie LaViolette
Bedford Law Inc.
100-1496 Bedford Highway, Bedford, NS B4A 1E5
Phone: 902-832-2100
Email: laurie.bedfordlaw@gmail.com

Dates and Proposed Topics:

Date: Wednesday, September 30, 2015 – 12:00 noon – 1:00 pm ✓
Topic: The New Limitations of Actions Act “What Every Lawyer Needs to Know”
Speaker: Melanie McGrath, Director Lawyers’ Insurance Association of Nova Scotia
Location: Patterson Law, 1718 Argyle Street, Halifax

Date: Wednesday, November 25, 2015– 12:00 noon – 1:00 pm
Topic: Trust Accounts “The Rules and Pitfalls The Devil is in the Details”
Speaker: Sean Walker, Director of Finance & Administration, Nova Scotia Barristers’ Society
Location: The Borden Room, Nova Scotia Barristers’ Society, Cogswell Tower,
800-2000 Barrington Street, Halifax, NS

Date: Wednesday, January 20, 2016 – 12:00 noon – 1:00 pm
Topic: Incorporating Your Law Practice - “The Why and How”
Speaker: To Be Announced
Location: To Be Announced

Date: Tuesday, March 22, 2016 – 12:00 noon – 1:00 pm
Topic: Records Management/Destruction and Client Privacy Issues
Speaker: Stacey Gerrard, Lawyers’ Insurance Association of Nova Scotia Counsel
Location: Nova Scotia Barristers’ Society Class Room, Cogswell Tower, 800–2000 Barrington Street, Halifax

GENERAL PRACTICE, SOLO & SMALL FIRM *(continued)*

Date: Wednesday, May 26, 2016 – 12:00 noon – 1:00 pm
Topic: The Business of Succession Planning “ There is No Time Like the Present”
Speaker: Deborah Gillis, QC, Crowe Dillon Robinson
Location: To Be Announced

GOVERNMENT & PUBLIC SECTOR LAWYERS

Terms of Reference: The Forum is a platform for CBA members who are employed as lawyers at various levels of government or in public sector agencies.
Its objectives are to:

- Provide mechanisms for public sector lawyers to exchange information and ideas; serve as a national network to enable public sector lawyers to connect on shared issues; advance the understanding of the roles played by public sector lawyers; raise the profile of its members by ensuring public sector lawyers interests are represented within the CBA; bring to the CBA the unique perspective of practicing law within a government setting; serve as the national voice of public sector lawyers within the activities of the Forum and those of the CBA; promote networking and delivery of programs through the Forum’s provincial and territory branches

Chair: Karen Kinley
Legislative Counsel Office
PO Box 1116 Stn Central, Halifax, NS B3J 2X1
Phone: 902-424-8941
E-mail: kinleykl@gov.ns.ca

Vice-Chair: Katherine Carrigan
NS Department of Justice
1690 Hollis Street, 8th Floor, PO Box 7, Halifax, NS B3J 2L6
Phone: 902-424-5092
Email: carrigkf@gov.ns.ca

Dates and Proposed Topics:

Date & Time: Thursday, September 17, 2015 – 12:00 noon – 1:00 pm ✓
Location: NS Department of Justice, Michael Baker Boardroom, 1690 Hollis St., Halifax, NS
Topic: The Implied Duty of Good Faith in Contract Performance
Speakers: Michael Pugsley and Sean Foreman, NS Department of Justice

Date & Time: Wednesday, October 14, 2015 – 12:00 noon – 1:00 pm ✓
Location: Nova Scotia Securities Commission, 5251 Duke St., Suite 600, Halifax, NS
Topic: Protecting your Financial Future – A Crash Course in Financial Literacy
Speaker: Heidi Schedler, Nova Scotia Securities Commission

Date & Time: Wednesday, November 18, 2015 – 12:00 noon – 1:00 pm
(Joint meeting with the Municipal Law Section)
Location: HRM Office, 5251 Duke St., Duke Tower, 3rd Floor Boardroom, Halifax, NS
Topic: Waiver of Solicitor-Client Privilege in a Government Context
Speaker: Sheldon Choo, Nova Scotia Department of Justice

Date & Time: Thursday, December 10, 2015 – 12:00 noon – 1:00 pm
(Joint meeting with the Civil Litigation/ADR Section)
Location: Legislative Counsel Office, Suite 802, 1809 Barrington St., Halifax, NS
Topic: The New Limitation of Actions Act
Speakers: Edward Gores, QC, Nova Scotia Department of Justice

GOVERNMENT & PUBLIC SECTOR LAWYERS *(continued)*

Date & Time: Wednesday, January 20, 2016 – 3:00 pm – 4:15 pm, followed by a social time 4:15-5:00 pm
Location: Michael Baker Boardroom, Joseph Howe Building, 1690 Hollis St, Halifax, NS
Topic: Interactive Legislative Drafting Presentation
Speakers: James Charlton and Rachel Jones

Date & Time: Tuesday, February 9, 2016 – 12:00 noon – 1:00 pm
Location: Legislative Counsel Office, 8th Floor, CIBC Building, 1809 Barrington St, Halifax, NS
Topic: The Procedure for Proclaiming Legislation
Speakers: Tina Hall, Nova Scotia Department of Justice and others

Date & Time: Wednesday, March 9, 2016 – 12:00 noon – 1:00 pm
(Joint meeting with the Intellectual Property Section)
Location: Michael Baker Boardroom, Joseph Howe Building, 1690 Hollis St, Halifax, NS
Topic: Official Marks
Speaker: Heather Oke, NS Department of Justice

Date & Time: Thursday, April 14, 2016 – During Law Week
Location: To Be Determined
Topic: A Career as a Government Lawyer
High school and college-aged sons and daughters to be invited for an interactive session

Date & Time: Thursday, May 19, 2016 12 noon – 1:00 pm
Location: To Be Determined
Topic: Update on the NSBS Journey into Entity Regulation
Speaker: Jill Perry, President of Nova Scotia Barristers' Society

HEALTH LAW

Terms of Reference: Any aspect of the law relating to health care, institutions, and professions.

Chair: Margot Ferguson
Mayfly Legal Services
3045 Robie Street, Suite 3, Halifax, NS B3K 4P6
Phone: 902-222-5195
Email: margot.ferguson@mayfly.legal

Vice-Chair: Kimberley Pochini
Patterson Law
10 Church Street, PO Box 1068, Truro, NS B2N 5G9
Phone: 902-896-6160
Email: kpochini@pattersonlaw.ca

Dates and Proposed Topics: NO MEETINGS SCHEDULED

INSURANCE LAW

Terms of Reference: The Insurance Law Section brings together CBA members with an interest in all facets of insurance law. Our members include in-house counsel and private practitioners from all parts of the country. Our members deal with all classes of life, accident, and casualty insurance, as well as corporate governance, human rights, insolvency and administrative law issues for insurance industry stakeholders.

INSURANCE LAW *(continued)*

Chair: Amy MacGregor
Cox & Palmer
1959 Upper Water Street, Suite 1100, PO Box 2380, Halifax, NS B3J 3E5
Phone: 902-421-6262
Email: amacgregor@coxandpalmer.com

Vice-Chair: Stacey England
Burchell MacDougall
710 Prince Street, PO Box 1128, Truro, NS B2N 5H1
Phone: 902-895-1561
Email: sengland@burchellmacdougall.com

Dates and Proposed Topics:

Date & Time: Wednesday, September 23, 2015 12 noon – 1:00 pm ✓
Location: Cox & Palmer, 1959 Upper Water St., Suite 1100, Halifax, NS
Topic: Maximizing the Impact of Your Own Expert – Before Trial
Speaker: Glenn Anderson, QC, NS Department of Justice

Date & Time: Thursday, October 29, 2015 12 noon – 1:00 pm ✓
Location: Cox & Palmer, 1959 Upper Water St., Suite 1100, Halifax, NS
Topic: Getting the Most Out of Your Settlement Conference
Speaker: Justice James L. Chipman, NS Supreme Court

INTELLECTUAL PROPERTY

Terms of Reference: Law and practice relating to all forms of ownership, licensing, transfer and protection of intellectual property and related property rights, including patents, trademarks, copyright, industrial designs, plant breeders' rights, as well as trade secrets.

Chair: Heather Oke
NS Department of Justice
8th Floor, 1690 Hollis Street, Halifax, NS B3J 3J9
Phone: 902-424-4222
Email: okehr@gov.ns.ca

Vice-Chair: Cameron Foster
Stewart McKelvey
900-1959 Upper Water Street, PO Box 997, Halifax, NS B3J 2X2
Phone: 902-420-3200
Email: cfoster@stewartmckelvey.com

Dates and Proposed Topics:

Date & Time: Thursday, September 17, 2015, 5:00pm to 7:00pm ✓
Location: Dalhousie University Club, 1459 Oxford Street, Halifax, NS
Topic: Nova Scotia Intellectual Property Case Law Review and Social

LABOUR & EMPLOYMENT LAW

Terms of Reference: Law and practice affecting labour-management relations and trade unions and their members; jurisdiction, procedure and organization of boards and tribunals dealing with labour-management relations, employment standards and the like; the establishment of and appointments to boards and tribunals and the practice of lawyers before such boards; and, principles and practice relating to collective agreements and arbitration of labour disputes.

Chair: Isabelle French
Barteaux Durnford
1200-1809 Barrington St, Halifax, NS B3J 3K8
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Email: isabelle.french@barteauxdurnford.com

Vice-Chair: Andrew Nielsen
Pink Larkin
201-1463 South Park Street, PO Box 36036, Halifax, NS B3J 3S9
Phone: 902-423-7777
Email: anielsen@pinklarkin.com

Dates and Proposed Topics:

Date & Time: Monday, October 19, 2015 12 noon – 1:00 pm ✓
Location: Barteaux Durnford, , Halifax, NS
Topic: An Immigration Primer for Employment Lawyers
Speaker: Elizabeth Wozniak, Elizabeth Wozniak Inc.

Date & Time: Tuesday, November 10, 2015 12 noon – 1:00 pm ✓
Location: Prince George Hotel, Halifax, NS
Topic: Update from the Human Rights Commission and Workers' Compensation Board

LAW STUDENTS

Terms of Reference: The current goals of the CBA Student Section are to increase awareness of the Section among law students, promote the benefits of becoming a CBA member and recruit law students to the section. The Section's ultimate purpose is to supplement law students with resources to excel in their law degree and effectively transition into the workforce.

Chair: Billy Sparks
5-5639 Fenwick Street, Halifax, NS B3H 1R1
Phone: 902-425-9777
Email: halfax@hotmail.com

Vice-Chair: Iain MacDonald
1478 Carlton Street, Halifax, NS B3H 3B7
Phone: 902-889-1043
Email: iain.macdonald@dal.ca

Dates and Proposed Topics:

Date & Time: Tuesday, October 20, 2015, 5:00pm 7:00 pm ✓
Location: Schulich School of Law, Room 207, Halifax, NS
Topic: An Introduction & Overview of the CBA
Speaker: James Rossiter, Department of Justice – Parks Canada

LAW STUDENTS *(continued)*

Date & Time: November 16 2015
(Joint Meeting with the Young Lawyers Section)
Topic: Panel Discussion with the Career Development Office at Dalhousie Law School
Location: To Be Determined

MILITARY LAW

Terms of Reference: This Section deals with military law, including the military system of justice and operational law, as well as uniquely military aspects of established substantive bodies of law practised by civilians such as criminal law, tort law, intellectual property, employment and human rights law, air law, maritime law and international law.

Chair: Hugh Williamson
1841 Walnut Street, Halifax, NS B3H 3S8
Phone: (902) 423-7465
Email: hughrw@bellaliant.net

Vice-Chair: Brian Bailey
Bailey & Associates
800-46 Portland Street, Dartmouth, NS B2Y 1H2
Phone: (902) 465-4888
Email: bbailey@baileylawyers.com

Dates and Proposed Topics: NO MEETINGS SCHEDULED

MUNICIPAL LAW

Terms of Reference: Municipal lawyers practise entirely or substantially in areas of law relating to local government. The Municipal Law Section serves as a co-ordination and communications focus for issues of common interest to lawyers practising in the many areas which touch on the work of municipalities. If you are a member of the Municipal Section you are automatically a member of the National Municipal Section.

Chair: Colin Taylor
Halifax Regional Municipality
PO Box 1749 Stn Central, Halifax, NS B3J 3A5
Phone: 902-490-4226
Email: taylorc@halifax.ca

Vice-Chair: Heidi Walsh-Sampson
Municipality of the County of Kings
87 Cornwallis Street, PO Box 100, Kentville, NS B4N 3W3
Phone: 902-678-5290
Email: hwlshsmpson@county.kings.ca

Dates and Proposed Topics:

Date & Time: Thursday, November 5, 2015 - 12:00pm-1:00pm ✓
(Joint meeting with the Real Property Section)
Location: Halifax Regional Municipality, Legal Services, Duke Tower, 3rd Floor, 5251 Duke Street
Topic: Creation and Registration of Subdivisions and Easements: Current Processes and Possible Improvements
Speaker: Catherine S. Walker, Q.C., Walker Law Inc.

MUNICIPAL LAW *(continued)*

Date & Time: Wednesday, November 18, 2015 – 12:00 noon – 1:00 pm
(Joint meeting with the Government & Public Sector Lawyers Section)
Location: HRM Office, 5251 Duke St., Duke Tower, 3rd Floor Boardroom, Halifax, NS
Topic: Waiver of Solicitor-Client Privilege in a Government Context
Speaker: Sheldon Choo, Nova Scotia Department of Justice

PRIVACY & ACCESS LAW

Terms of Reference: This Section deals with domestic and international law, policy and education related to privacy matters and access to information. Where there is an overlap of interests concerning privacy or access to information matters, the Section works in consultation and communication with other Sections.

Chair: Alayna Kolodziechuk
Patterson Law
10 Church St, PO Box 1068 RPO Prince, Truro, NS B2N 5G9
Phone: 902-896-6157
Email: akolodziechuk@pattersonlaw.ca

Vice-Chair: Derek Brett
Burnside Law Office
9-109 Ilsley Avenue, Dartmouth, NS B3B 1S8
Phone: 468-3066
Email: derekbrettesq@gmail.com

Dates and Proposed Topics:

Date & Time: Thursday, November 5, 2015, 12:00 noon – 1:00pm ✓
(Joint meeting with the Business Law Section)
Topic: “Need to Know Privacy Principles”
Speaker: Alayna Kolodziechuk, Patterson law and Derek Brett, Burnside Law Office
Location: Patterson Law, 1801 Hollis Street, 21st Floor, Halifax, NS

Date & Time: Thursday, November 12, 2015, 12:00 noon – 1:00pm
(Joint meeting with the Business Law Section)
Topic: “The New Business Transaction Exemption and Other Changes Brought by The Digital Privacy Act”
Speaker: Alayna Kolodziechuk, Patterson law and Derek Brett, Burnside Law Office
Location: Patterson Law, 1801 Hollis Street, 21st Floor, Halifax, NS

Date & Time: Thursday, November 19, 2015, 12:00 noon – 1:00pm (Joint meeting with the Business Law Section)
Topic: “How to Help Your Clients Avoid Fines and Stay Out of the Press for Privacy Related Issues”
Speaker: Alayna Kolodziechuk, Patterson law and Derek Brett, Burnside Law Office
Location: Patterson Law, 1801 Hollis Street, 21st Floor, Halifax, NS

Date & Time: Tuesday, November 24, 2015, 12:00 noon – 1:00pm (Joint meeting with the Business Law Section)
Topic: “Canada-US Cross-Border Privacy Issues”
Speaker: Derek Brett, Burnside Law Office and David Fraser, McInnes Cooper
Location: Patterson Law, 1801 Hollis Street, 21st Floor, Halifax, NS

Date & Time: Thursday, January 14, 2016, 12:00 noon – 1:00pm
Topic: Cloud Computing/Software as a Service Agreements
Speaker: David Fraser, McInnes Cooper
Location: McInnes Cooper, 1969 Upper Water Street, Suite 1300, Halifax, NS

REAL PROPERTY

Terms of Reference: The Real Property Section is concerned with the problems inherent in the ownership, devising, mortgaging, loaning, using, leasing and other dealings with real property, including:

- Estates; uses; trusts and settlements; perpetuities; fixtures; titles; workers' and mechanics' liens; leaseholds; mortgages; easements and licenses; planning legislation and restrictions on use, realty taxes, registration and land titles system; vendor and purchaser; ecological control of land; financing problems on real property security

Chair: Mark Tipperman
Barrister & Solicitor
PO Box 2249, Wolfville, NS B4P 2N5
Phone: 902-802-2249
Email: markrelawyer@gmail.com

Vice-Chair: Maureen Ryan
Bedford Law Inc.
100-1496 Bedford Highway, Bedford, NS B4A 1E5
Phone: 902-832-2100
Email: maureen@bedfordlaw.com

Dates and Proposed Topics:

Date & Time: Wednesday, September 23, 2015, 12:00 noon – 1:00pm ✓
Topic: "Real Estate Practice Professional Standards"
Speaker: Matthew Moir, Weldon McInnis
Location: Weldon McInnis, 118 Ochterloney Street, Dartmouth, NS

Date & Time: Wednesday, October 21, 2015, 12:00 noon – 1:00pm ✓
Topic: "Environmental Due Diligence"
Speaker: Robert Rains, Sampletech
Location: Stewart McKelvey, 900-1959 Upper Water Street, Halifax, NS

Date & Time: Thursday, November 5, 2015 - 12:00pm-1:00pm ✓
(Joint meeting with the Municipal Law Section)
Location: Halifax Regional Municipality, Legal Services, Duke Tower, 3rd Floor, 5251 Duke Street
Topic: Creation and Registration of Subdivisions and Easements: Current Processes and Possible Improvements
Speaker: Catherine S. Walker, Q.C., Walker Law Inc.

Date & Time: Wednesday, November 18, 2015, 12:00 noon – 1:00pm
Topic: "Provincial Crown Lands"
Speaker: Mark Rieksts, NS Department of Justice
Location: NS Department of Justice, 8th Floor, 1690 Hollis Street, Halifax, NS

Date & Time: Wednesday, January 13, 2016, 12:00 noon – 1:00pm (Joint Meeting with the Business Law Section)
Topic: "Insurance Coverage for Organizations"
Speaker: To Be Determined from W.C.L. Bauld Insurance
Location: NS Department of Justice, 8th Floor, 1690 Hollis Street, Halifax, NS

Date & Time: Wednesday, March 16, 2016, 12:00 noon – 1:00pm
Topic: "Water Wells and Water Testing"
Speaker: Falk Herd, Perfect Water Nova Scotia

REAL PROPERTY *(continued)*

Date & Time: Wednesday, April 13, 2016, 12:00 noon – 1:00pm
Topic: “Residential Mortgage Lender’s Instructions – Pitfalls and Solutions”
Speaker: Mark Tipperman, Chair of the Real Property Section

Date & Time: Wednesday, May 18, 2016, 12:00 noon – 1:00pm
Topic: “Income Tax Considerations”
Speaker: Brad Olsen, Grant Thornton
Location: Grant Thornton Offices

SECURITIES LAW

Terms of Reference: This Section deals with sources of securities regulation applicable in Nova Scotia including The Securities Act and the regulations, notices and rules arising from it, and the rules and policies set out by any other securities regulatory organizations.

Chair: Garnet Brooks
Wickwire Holm
2100-1801 Hollis St, PO Box 1054 Stn Central, Halifax, NS B3J 2X6
Phone: 902-429-4111
Email: gbrooks@wickwireholm.com

Vice-Chair: Claire Milton, QC
BoyneClarke LLP
600-99 Wyse Road, PO Box 876, Dartmouth, NS B2Y 3Z5
Phone: 902-469-9500
Email: cmilton@boyneclarke.ca

Dates and Proposed Topics: NO MEETINGS SCHEDULED

SEXUAL ORIENTATION & GENDER IDENTITY

Terms of Reference: The purpose of the SOGI Section is to:

- address the needs and concerns of lesbian, gay, bisexual, transgendered and two-spirited members within the Association
- provide a forum for the exchange of information, ideas and action on legal issues relating to sexual orientation and gender identity
- encourage lesbian, gay, bisexual, transgendered and two-spirited lawyers to actively participate in the work of the Association
- develop and provide continuing legal education and other professional development programs on legal issues relating to sexual orientation and gender identity
- develop member services relevant to lesbian, gay, bisexual, transgendered and two-spirited members of the Association

Chair: Scott R. Campbell
Stewart McKelvey
PO Box 997, 1959 Upper Water Street, Suite 900, Halifax, NS B3J 2X2
Phone: 902-420-3200
Email: scampbell@stewartmckelvey.com

SEXUAL ORIENTATION & GENDER IDENTITY *(continued)*

Vice-Chair: Jack Townsend
Cox & Palmer
1100-1959 Upper Water St, PO Box 2380 Stn Central, Halifax, NS B3J 2V1
Phone: 902-457-9035
Email: jktownsend@coxandpalmer.com

Dates and Proposed Topics:

Date & Time: Thursday, November 12, 2015, 5:00 pm – 7:30pm
Topic: “Annual SOGI-Outlaw Meet and Greet”
Location: The Company House, 2202 Gottingen Street, Halifax, NS

TAXATION LAW

Terms of Reference:

- Review federal and provincial legislation imposing taxes or duties and the practice under such legislation,
- the jurisdiction, procedure and organization of special courts and tribunals relating to taxes and duties,
- the establishment of such courts and tribunals, and
- the practice of lawyers before such courts and tribunals.

Myles Bilodeau
Crowe Dillon Robinson
2000-7075 Bayers Rd, Halifax, NS B3L 2C1
Phone: 902-453-1732
Email: myles.bilodeau@cdr.ns.ca

Vice-Chair: C. Jennifer Campbell
Patterson Law
510-1718 Argyle Street, Halifax, NS B3J 3N6
Phone: 902-405-8000
Email: jcampbell@pattersonlaw.ca

Dates and Proposed Topics:

Date & Time: Wednesday, November 25, 2015
Topic: Update – Review of Changes
Speaker: C. Jennifer Campbell, Patterson Law
Location: Patterson Law, Halifax, NS

Date & Time: Wednesday, December 16, 2015
Topic: Charitable Giving for Small Businesses (Joint Meeting with Charities & Not-for-Profit Section)
Speaker: James Cruickshank, Stewart McKelvey
Location: Stewart McKelvey, 900-1959 Upper Water St., Halifax, NS

Date & Time: April 2016 (Exact Date To Be Announced)
Topic: Current Cases Update
Speaker: To Be Determined
Location: To Be Determined

Date & Time: To Be Announced
Topic: Professional Responsibility- What Options are There When a Mistake Happens
Speaker: To Be Determined
Location: To Be Determined

TAXATION LAW *(continued)*

Date & Time: January 20, 2016 (Exact Date To Be Announced)
Topic: Immigrating to and Emigrating from Canada
Speaker: John Oakey, Collins Barrow
Location: Stewart McKelvey, 900-1959 Upper Water St., Halifax, NS

Date & Time: Date To Be Announced
Topic: Life Insurance Update for 2016

WILLS, ESTATES & TRUSTS

Terms of Reference: Law and practice relating to wills, trusts, estates and their administration, and matters including taxes and duties related thereto; and the jurisdiction, procedure and organization of courts dealing with the foregoing matters, the establishment of such courts and the practice of lawyers before such courts.

Chair: Tanya L. Butler
Cox & Palmer
1100-1959 Upper Water Street, PO Box 2380, Halifax, NS B3J 3N2
Phone: 902-491-4227
Email: tbutler@coxandpalmer.com

Vice-Chair: Amanda Carew
BoyneClarke LLP
600-99 Wyse Road, PO Box 876, Dartmouth, NS B2Y 3Z5
Phone: 902-469-9500
Email: acarew@boyneclarke.ca

Dates and Proposed Topics: NO MEETINGS SCHEDULED

WOMEN'S FORUM

Terms of Reference: The Women's Forum is aimed at promoting the stature and influence of women in the profession, as well as developing programs, networking opportunities and mentoring programs.

Chair: Jennifer Knebel Reid
Casey Rodgers Chisholm Penny Duggan LLP
201-219 Waverley Road, Dartmouth, NS B2X 2C3
Phone: 902-434-6181
Email: jreid@crclawyers.com

Co-Chair: Agnes MacNeil
NS Department of Justice
1690 Hollis Street, 8th Floor, Halifax, NS B3J 2L6
Phone: 902-424-8642
Email: macneiae@gov.ns.ca

Dates and Proposed Topics:

Date & Time: Tuesday, September 22, 2015, 4:00 pm ✓
Topic: She's Beautiful When She's Angry – A documentary about the women's rights movement
Location: Park Lane Cinemas

YOUNG LAWYERS

Terms of Reference: The Young Lawyers Section is made up of members who are under the age of 40 or who have been at the Bar for 10 years or less.
The purpose of the Young Lawyers Section is to promote the interests of young lawyers by:

- imposing responsibility at an early age;
- affording an opportunity of exchanging professional ideas among lawyers of similar age and experience;
- sponsoring programs of particular interest to young people including young lawyers, university or high school students;
- the study of problems peculiar to the young lawyer.

Chair: Amanda Dillman
NS Department of Justice
3-80 Walker Street, Truro, NS B2N 4A7
Phone: 902-896-4865
Email: dillmaam@gov.ns.ca

Vice-Chair: Ryan Brothers
Nova Scotia Department of Justice
8th Floor, 1690 Hollis Street, Halifax, NS B3J 3J9
Phone: 902-424-4776
Email: brothert@gov.ns.ca

Dates and Proposed Topics:

Date & Time: Monday, September 28, 2015, 12 noon – 1:00 pm ✓
Topic: “Tricks for your Treasure Hunt: A Refresher on Legal Research Methods”
Speaker: Jennifer Taylor, Stewart McKelvey
Location: Stewart McKelvey, 9th Floor, 1959 Upper Water Street, Halifax, NS

Date & Time: Wednesday, October 28, 2015, 1:00 pm – 4:00 pm ✓
Topic: “Half Day Conflict Resolution Workshop”
Speaker: Paul Hutchison, a Mediator from Northern Ireland, who has years of experience in mediation/conflict resolution including ground work with some of the most entrenched conflicts in Northern Ireland
Location: McInnes Cooper, 1300-1969 Upper Water St., Halifax, NS

Date & Time: November 19, 2015
Topic: Annual Young Lawyers Bench and Bar
Location: Art Gallery of Nova Scotia

Date & Time: November 16, 2015 (Joint Meeting with the Law Student Section)
Topic: Panel Discussion with the Career Development Office at Dalhousie Law School
Location: To Be Determined

Date & Time: December 2015, Exact Date and Time to be confirmed
Topic: Social
Location: To Be Determined

Date & Time: January 2016, Exact Date and Time to be confirmed
Topic: Trivia Night, Questions Asked by the Honourable Justice Elizabeth Jollimore
Location: To Be Determined

Date & Time: February 2016, Exact Date and Time to be confirmed
Topic: E-Discovery Workshop
Location: To Be Determined

BRANCH SCHEDULE OF MEETINGS AND CONFERENCES FOR 2015-2016

Executive Committee:

September 10th, 2015 (Thurs)	4:00 pm – 6:30 pm (Meeting, Dinner and Orientation)
October 8th, 2015 (Thurs)	4:00 pm - 5:30 pm
November 19th, 2015 (Thurs)	4:00 pm - 5:30 pm
December 10th, 2015 (Thurs)	3:00 pm - 4:00 pm (Immediately preceding Council)
January 14th, 2016 (Thurs)	4:00 pm - 5:30 pm
February 11th, 2016 (Thurs)	4:00 pm - 5:30 pm
April 14th, 2016 (Thurs)	4:00 pm - 5:30 pm
May 12th, 2016 (Thurs)	4:00 pm - 5:30 pm
June 16th, 2016 (Thurs)	3:00 pm - 4:45 pm <i>Note - AGM follows this meeting at 5:00 pm</i>

Council:

December 10th, 2015 (Thurs)	4:00 pm - 7:00 pm (Meeting & Dinner with special guest National CBA President)
March 10th, 2016 (Thurs)	4:00 pm - 6:00 pm (Meeting & Reception)

Annual General Meeting:

June 16th, 2016 (Thurs)	5:00 pm - 6:00 pm <i>Note - Executive meets 3:00 pm - 4:45 pm</i>
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Conferences:

January 28th & 29th, 2016 (Thurs & Fri)	Mid-Winter Conference (Marriott Harbourfront Hotel)
May 13th, 2016 (Fri)	Criminal Law Conference (Venue TBA)
Friday, April 22, 2016	Membertou Trade and Convention Centre (50 Maillard Street, Membertou, NS) Topic and Speakers TBA

Other Events/Meetings:

January 28th, 2016 (Thurs)	Mid-Winter Bench and Bar Reception & Dinner (6 – 10:00 pm, Casino Nova Scotia)
April 14th, 2016 (Thurs)	Law Day
June 16th, 2016 (Thurs)	President's Reception (6:00 - 7:00 pm, immediately following the AGM)

Family Law Conference Thank You

CBA Nova Scotia
would like to thank the following organizers
and speakers for their exceptional contribution to:

Raising the Bar for Family Lawyers Conference

October 23, 2015

Organizers:

The Honourable Justice C. LouAnn Chiasson,
Supreme Court of Nova Scotia, Family
Division
Jane Lenehan, Lenehan Musgrave LLP
Amber N. Penney, Davis Reiersen

Speakers:

The Honourable Justice Carole Beaton,
Supreme Court of Nova Scotia, Family
Division
The Honourable Justice Cindy Bourgeois, Nova
Scotia Court of Appeal
The Honourable Justice Douglas C. Campbell,
Supreme Court of Nova Scotia, Family
Division

Christine Carter, Nova Scotia Department of
Justice, Court Services
Anne Da Silva, Keller Williams Select Realty
The Honourable Judge Jean Dewolfe,
Provincial Court of Nova Scotia
Stacey Gerrard, Lawyers' Insurance Association
of Nova Scotia
Lola Gilmer, Nova Scotia Legal Aid
Wendy Green, Social Worker
Sheila Hounsell-Gray, Nova Scotia Legal Aid
Karen Hudson, QC, Nova Scotia Legal Aid
Chris Johnson, Genworth Mortgage Insurers
The Honourable Justice Elizabeth Jollimore,
Supreme Court of Nova Scotia, Family
Division
Gordon R. Kelly, Blois, Nickerson & Bryson LLP

James Leiper, Nova Scotia Department of
Justice
Ian MacIsaac, Bank of Nova Scotia
W. Blair MacKinnon, Heritage House Law
Office
Peter McVey, Nova Scotia Department of
Justice
Diana Musgrave, Lenehan Musgrave LLP
Richard Niedermayer, Stewart McKelvey
Peter Rumscheidt, Weldon McInnis
Colleen Scheuer, Duty Conciliator, Supreme
Court of Nova Scotia, Family Division
The Honourable Justice Gregory Warner,
Supreme Court of Nova Scotia

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