

# BAR BULLETIN

January - February 2024

Vol. XLVIII, No. 1

*NORFOLK & PORTSMOUTH*  
BAR ASSOCIATION



## President's Message

*By Kellam T. Parks*

In my attention on attorney mental wellness, I wrote in the last Bar Bulletin about defining your purpose to set goals and better achieve satisfaction out of the hard work that comes with being a lawyer. While I believe this to be the most important high-level concept to implement, the No. 1 practical tool for success is time management.

I'm not sure I've met a lawyer yet who hasn't felt as though there isn't enough time to get all the things done that need doing. As a practitioner for more than 20 years and a law firm owner for almost 12, I can say with confidence that time is my most valuable resource. I am ruthless about managing my time and feel strongly that everyone should do likewise.

First, be aware of what you are doing with your time. Without a purpose there are no goals to work toward; without defining what you are doing with your time, it will inevitably be wasted. Parkinson's Law is the idea that work expands to fill the time allotted for its completion. To avoid this from happening, I time block. I set out specific blocks of time for categories of activities and do nothing but those activities within those blocks of time. Within each category, I have a list of things that need doing and do not move on to the next item until the first is completed (barring an emergency, of course).

As an example, Monday through Friday I block off an hour at 7 a.m. for reading. Within that category I place everything from legal information to stay current in my practice areas to business management materials. I also block out times during the week for legal case work, both marketing and management work for my law firm and other businesses, and other categories (including work on the NPBA). This blocking allows focused work without interruption. One study reported that it takes an average of 23 minutes and 15 seconds to get back to focused work once distracted.

Understanding not everyone has the freedom to schedule most of your own time, you can always get up earlier or block time after hours. I discovered the principle of time blocking in Cal Newport's book "Deep Work" and believe it to be one of the most important books I've read.

Once you define your time and organize blocks to accomplish necessary tasks, stick to it and jealously guard your time. To further minimize wasted time, I take no unscheduled phone calls (unless it is a court). Anticipating objections, I explain to clients and opposing counsel that I want to ensure I can be prepared to discuss the matter. I likewise do not engage in unscheduled meetings; however, I have set up office hours where anyone at the firm can reach me to discuss anything within that time block. Other than these office hours, I set up specific meetings with clear agendas to ensure everyone maximizes efficiency.

We all have the same 24 hours a day. I have found that by organizing my time to maximize efficiency and guarding my time ruthlessly, I get more done in less time. In turn, this lowers my stress, leaves me time with my family, and overall improves my quality of life.

In the next Bar Bulletin I'll address a practice topic for better efficiency/stress reduction that I've focused on since opening my firm with great success – technology and use in a law firm.

*Continued on next page...*

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## UPCOMING EVENTS

**YLS Monthly Meeting** | 1/11/24 5:30 p.m.

**Monthly Luncheons** | 1/18/24 12:00 p.m.  
2/15/24 12:00 p.m.  
3/21/24 12:00 p.m.

**2024 Bench Bar Conference** | 4/11/24 12:00 p.m.

# NPBA UPDATES

I was pleased to see so many attend our Annual Holiday Party at Hits at the Park; we had double the number of people than in 2022. It is always a good time to see our colleagues, and we appreciate the support of our judges.

The NPBA's luncheon on Jan. 18 will have an important presentation by Patrick J. McKenna, Esq., a co-founder of the Virginia Coalition Against Human Trafficking and Human Trafficking Justice and Freedom International. The Feb. 15 luncheon features Judge Elizabeth W. Haynes from the Eastern District of Virginia U.S. District Court in Norfolk.

Our annual Bench Bar Conference will be held at the Main on April 11, 2024. Hold the date and keep an eye out for more details in the near future. We'll also be sending our usual weekly updates for CLEs, Young Lawyers Section events and other activities being finalized for 2024. All of the NPBA activities can be found on the calendar on the "Events" page at <http://npba.org/>.

As always, I invite you to contact me directly if you have any ideas about Bar projects or anything else related to the NPBA.

- Kellam T. Parks

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# WELCOME NEW MEMBERS

## Hannah Brown

*Regent University School of Law*

## Faith Parker

*Willcox & Savage P.C.*

## Emily Casey

*Willcox & Savage P.C.*

## Karla Soloria

*Norfolk City Attorney's Office*

## Nora Chetcuti

*Willcox & Savage P.C.*

## Allison Stahl

*Regent University School of Law*

## Katherine Currin

*Morris, Crawford & Currin, P.C.*

## Forrest Mitchell Via

*Willcox & Savage P.C.*

## Sarah Dickinson

*Willcox & Savage P.C.*

# MONTHLY LUNCHEONS

The NPBA luncheons are an opportunity to hear from local and state leaders while socializing with your peers. The luncheons are FREE TO ALL MEMBERS, and registration is required. Registration includes boxed lunch and water.

Luncheons are held from noon – 1 p.m. on the 8th Floor Rotunda of the Norfolk Courthouse.

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## January 18, 2024

*Patrick J. McKenna, Esq., from Human Trafficking Justice & Freedom International*



Join us for the monthly luncheon meeting on Jan. 18, 2024, for special guest speaker Patrick J. McKenna, Esq., of Virginia Coalition Against Human Trafficking and Human Trafficking Justice & Freedom International. Did you know that January is Human Trafficking Awareness Month? Learn about the important work being done with trafficking survivors, a vision for providing access to justice for this under-served community and how attorneys may volunteer their time and talent to help!

To learn more and register, visit <https://norfolkandportsmouthbar.org/event-5408839>

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## February 15, 2024

*The Honorable Elizabeth W. Hanes, United States District Court Eastern District of Virginia*

Join us for the monthly luncheon meeting on Feb. 15, 2024, for a discussion with the Honorable Elizabeth W. Hanes, United States District Court Eastern District of Virginia.

To learn more and register, visit <https://norfolkandportsmouthbar.org/event-5464657>

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## March 21, 2024

*NATO Civilian, Allied Command Transformation, Jay Paxton*



Join us for the monthly luncheon meeting on March 21, 2024, for special guest speaker Jay Paxton.

To learn more and register, visit <https://norfolkandportsmouthbar.org/event-5464666>

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# ANNOUNCEMENTS

## MEMO

**Effective January 3, 2024, the following types of orders that are sometimes presented to the judges of the Norfolk Circuit Court without a hearing will be presented and heard in open court with counsel or the pro se party present:**

1. Orders approving petitions to proceed in *Jonna pauperis*, except when the petitioner is represented by Legal Aid (or an attorney assisting Legal Aid) or is seeking a no-fault divorce and receives public assistance. Code§ 17.1-606(B).
2. Orders allowing counsel to withdraw from a case. This does not include substitution orders.
3. Final orders in proceedings concerning land, e.g., partition suits, delinquent tax sales, interpleader actions for surplus funds from foreclosures, and actions to quiet title; provided, that this does not include nonsuit orders or dismissal agreed orders when land has not been sold or conveyed.
4. Final orders in proceedings seeking the modification or termination of a trust.
5. Final orders of expungement of felony charges.
6. Orders authorizing a minister to perform marriages pursuant to Code§ 20-23.

# LIBRARY LINES

CONTACT NORFOLK LAW LIBRARY AT (757) 622-2910  
WWW.NORFOLKLAWLIBRARY.ORG



*Ashley Reed,  
Norfolk Library Law Librarian  
areed@norfolklawlibrary.org*



*Zahira Flores,  
Norfolk Library Law Associate Librarian  
zflores@norfolklawlibrary.org*

## **Law Library Staff Introduction**

### ***Zahira Flores | Associate Librarian***

I am Zahira Flores, and I recently joined the Norfolk Law Library in October as an associate librarian. While pursuing my bachelor's degree in criminal justice in Puerto Rico, I cultivated my passion for libraries and customer service working as a library assistant. Additionally, my experience as a Library Technician in Air Force libraries allowed me to interact with diverse individuals and serve the military community. My long-term aspiration is to pursue my MLIS so that I can continue actively contributing to our community through the Law Library to the best of my ability.

I am new not just to the Law Library but to Virginia as well, so I am eager for advice and insights to enhance my understanding of Virginia laws. I have observed that many of the attorneys who visit the library seek materials without assistance, but I welcome any input about how the library can better support your information needs. I am an enthusiastic learner and look forward to contributing to the Law Library's initiatives. Please drop by and say "hello"! Your advice and guidance on navigating the legal system and understanding Virginia laws would be greatly appreciated as I continue to grow in this role and work to meet your information needs.



## YOUNG LAWYERS SECTION

*By Garry D. Hartlieb, Chair  
garry.hartlieb@usdoj.gov  
757-441-3173*

In December, YLS volunteered with ForKids to help make the holidays special for less-fortunate families. Gathering after work, our goal was to make the holidays joyful for parents and children alike. We divided into two groups, one with parents and the other with children. The group with parents enjoyed listening to holiday music as we wrapped and decorated presents for their children. The group with the children had a blast decorating holiday cards, and there was even some dancing to help put everyone in a festive mood.

Looking ahead, we will hold our next monthly meeting on January 11, 2024, at 5:30 p.m. Consult the NPBA weekly announcements emails for a registration link.

As a reminder, our Mentorship Program is open throughout the year. When members express interest in being mentors or mentees, we will continue to make matches on a rolling basis. Please see the NPBA weekly announcements emails and the website for more details if you are interested in participating.



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# GET INVOLVED WITH THE MOCK TRIAL PROGRAM

Each year, the Norfolk and Portsmouth Bar Association works in conjunction with Norfolk Public Schools to provide a mock trial program for middle schoolers. We have also been fortunate over the years to have the involvement of the Norfolk Circuit Court and Norfolk Police Department.

I have had the pleasure of being involved in the program for several years, first as an instructor and now as co-chair of the Mock Trial Committee. The mock trial program is designed to provide a positive and engaging atmosphere for students to learn about our justice system.

We are currently looking for volunteer instructors/coaches for the 2024 program. The program runs from mid-February through April and culminates in a mock trial competition in the Norfolk Circuit Court. Attorney volunteers are asked to commit to going to their assigned school once a week for an hour of afternoon instruction.

Participating schools are each assigned two or three volunteer attorneys to serve as coaches. By assigning multiple attorneys to each school, you are provided with some flexibility should your schedule not allow you to attend a teaching session.

It seems that with each passing successful mock trial program, more and more schools ask to participate in the program which helps us reach more students. However, the growth in the number of participating schools creates our need to solicit more attorney volunteers.

We are extremely thankful to those volunteers who return year over year. We strive to never turn away a school that asks to participate simply because we do not have enough attorney volunteers and thankfully, as a credit to the service-related nature of our fellow NPBA members, we have yet to do so. I ask that you consider assisting us in providing this terrific experience and service for Norfolk middle schoolers.

If you are interested in volunteering as a coach for the upcoming year's mock trial program, or if you have any questions about the program, please contact me at [gohanlon@cooperhurley.com](mailto:gohanlon@cooperhurley.com) or co-chair Wayne Williams at [twilliams@wd-law.com](mailto:twilliams@wd-law.com).

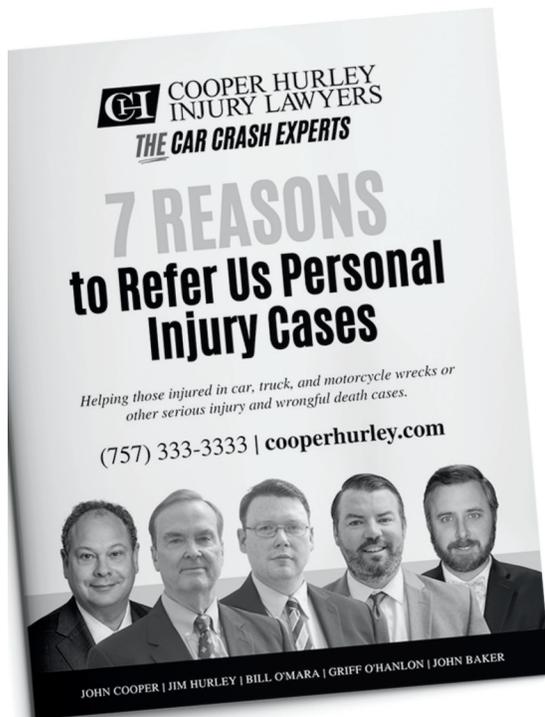
# MENTORSHIP PROGRAM

## NPBA Mentorship Program Accepting NEW Applications

Are you a newly admitted attorney looking for someone to give you advice as you navigate your early years of practice? Are you an attorney seeking to enter a new practice area and looking for advice from an experienced attorney in that practice area? Have you recently moved to Hampton Roads and desire to have an individual who can give you tips and advice for practicing in Hampton Roads? Are you someone who desires to become a mentor to give any of the advice referenced above? If so, the NPBA Young Lawyers Section (YLS) Mentorship Program is for you!

The NPBA Young Lawyers are excited to bring back the Mentorship Program and are accepting new applications! The goal of the renewed program is to accommodate individuals with various goals and from all backgrounds, ages, practice areas and schedules. In accordance with these goals, we have created a questionnaire wherein you can provide information regarding your background, goals and schedule as a mentor or mentee. Once you complete the questionnaire, we will pair you based upon your individual responses, as best we can, with someone who aligns with the information you provide on the questionnaire.

Sign up today at <https://www.surveymonkey.com/r/NPBAMentorship2324>



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# PHOTOS: PORTRAIT UNVEILING

## Portrait Unveiling Judge Junius P. Fulton, III, November 9, 2023



**NOTICE**

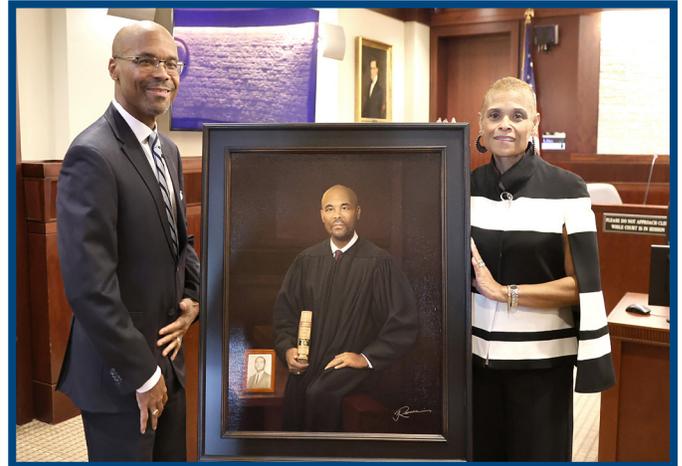
On Thursday, November 09, 2023, the Norfolk and Portsmouth Bar Association will present to the Norfolk Circuit Court the portrait of

**Judge Junius P. Fulton III**

You are invited to attend this ceremony, which will commence at 3:00 p.m. in Courtroom No. 6A of this Court.



RSVP – SANDY CLAXTON by November 3, 2023  
[selaxton@vacourts.gov](mailto:selaxton@vacourts.gov)



Pictured left to right with portrait, Judge Junius P. Fulton, III and wife, Darnell Brown Fulton.



Pictured, Judge Junius P. Fulton, III



Pictured, NPBA President, Kellam T. Parks shaking hands with Darnell Brown Fulton and standing right of his wife, Judge Junius P. Fulton, III.

# PHOTOS: NOVEMBER LUNCHEON

## NPBA November Monthly Luncheon, November 16, 2023

Let's recap with some sparkle...a million lights, to be exact! November's NPBA Monthly Luncheon featured Norfolk Botanical Garden guests Kelly Welsh, public relations manager, and Theresa Augustin, VP of education, for a discussion on "Norfolk Botanical Garden: The Garden of Tomorrow, Dominion Energy Garden of Lights, and More."



# PHOTOS: YLS BREAKFAST

## YLS Breakfast with the Bench, November 30, 2023

Breakfast, anyone? NPBA's **Young Lawyers Section (YLS)** members were invited to **Breakfast with the Bench** with the Hon. Leondras J. Webster, Norfolk General District Court Judge, on **Nov. 30 at Norfolk's The Stockpot**. Everyone enjoyed yummy goodness and great fellowship!



NPBA members age 36 and younger, or who have been practicing for five years or less, are encouraged to participate in YLS.

Learn more at [www.norfolkandportsmouthbar.org/Young-Lawyers-Section](http://www.norfolkandportsmouthbar.org/Young-Lawyers-Section).

# PHOTOS: HOLIDAY PARTY

Celebrate the season, NPBA! There was plenty of joy and camaraderie during NPBA's Holiday Party on Dec. 7 at Hits at the Park in Norfolk's Harbor Park. Thanks to all who attended to partake in the festivities, network and celebrate together before the year's end.



# PHOTOS: HOLIDAY PARTY CONT.



# PHOTOS: YLS DECEMBER MEETING

## YLS Monthly Meeting, December 14, 2023

Thanks to all who came out to the Dec. 14 Young Lawyers Section gathering at Saltine in downtown Norfolk's Hilton The Main.



NPBA members age 36 and younger, or who have been practicing for five years or less, are encouraged to participate in YLS.

Learn more at [www.norfolkandportsmouthbar.org/Young-Lawyers-Section](http://www.norfolkandportsmouthbar.org/Young-Lawyers-Section).

# The McCammon Group

is pleased to announce our newest Neutral



## Hon. John R. Doyle, III (Ret.)

*Retired Judge, 4th Judicial Circuit Court of Virginia, City of Norfolk*

The Honorable John “Jack” R. Doyle, III recently retired after fifteen years of distinguished service on the bench of the 4th Judicial Circuit Court of Virginia (Norfolk). Prior to his judicial career, Judge Doyle served two consecutive terms as Norfolk’s Commonwealth’s Attorney and enjoyed a private practice focusing on civil litigation. Among his many credentials, he served on the Norfolk Electoral Board and is a Past Vice Chair of the Virginia Association of Commonwealth’s Attorneys and the Criminal Law Section of the Virginia State Bar. Judge Doyle now brings this record of dedication and accomplishment to The McCammon Group to serve the mediation, arbitration, judge pro tempore, and special master needs of lawyers and litigants throughout the Commonwealth.

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