
Saturday, November 18, 2023

8:00 AM – 9:30 AM	Breakfast Buffet (outside meeting room)	Outside of Ocean View Rooms
9:00 AM – 10:30 AM	<u>Policy & Governance Committee</u> (David Rosen, Chair, Curtis Peterson, Vice Chair, Kellie Furr, Tomás Hernandez, Myah Kehoe, Matt McKean, Apolinar Montero-Sánchez, Joe Pucci, Tasha Winker, and Staff Liaison Helen Hirschbiel)	Oceanview Room
8:30 AM – 10:30 AM	<u>Board Development Committee</u> <u>BDC Confidential Materials</u> (Joseph Hesbrook, Chair, Rob Milesnick, Vice Chair, Chris Cauble, Gabe Chase, Candace Clarke, Stephanie Engelsman, Ryan Hunt, Elizabeth Inayoshi, John Marandas, and Staff Liaison Danielle Edwards)	Moutntain View Room
10:30 AM – 12:00 PM	<u>Budget and Finance Committee</u> (Chris Cauble, Chair, Matt McKean, Vice Chair, Candace Clarke, Stephanie Engelsman, Tomás Hernandez, Joseph Hesbrook, Elizabeth Inayoshi, Curtis Peterson, Tasha Winkler, and Staff Liaison Mike Williams)	Oceanview Room
10:30 AM – 12:00 PM	<u>Public Affairs Committee</u> (Gabe Chase, Chair, Ryan Hunt, Vice Chair, Kellie Furr, Myah Kehoe, John Marandas, Rob Milesnick, Apolinar Montero-Sánchez, Joe Pucci, David Rosen, and Staff Liaison Susan Grabe)	Moutnatin View Room
12:00 PM—12:30 PM	Lunch	Ocean View Room
12:30 PM—5:00 PM	BOG Meeting <u>OPEN</u> and <u>CLOSED I</u> and <u>CLOSED II</u> Sessions	Ocean View Room
5:30 PM—6:00 PM	Social and Drinks	Fireside Room
6:00 PM—9:00 PM	BOG Farewell Dinner	

Sunday, November 19, 2022

Breakfast on Own

Check-Out

Underscored words are links. Click on them to access agendas or websites.



Dear BOG Members and Staff:

In preparation for our November retreat, we wanted to provide a few bits of information and materials (see below). Please do not hesitate to reach out if you have any questions. We are excited to have all of you join us!!

As our work at the Bar has progressed, we have had the opportunity to see that efforts in ATJ, DEI and Lawyer Well Being – while all different – are intrinsically tied together. At the heart of this work that we all move forward is the most important thing over which we have some control: how we show up. How we show up for the work, how we show up for each other, and how we show up for ourselves.

As such, this year we are excited to offer: **Cultivating a Mindful Approach**, led by **Rolf Gates**. Rolf is an acclaimed author and teacher on mindfulness, meditation, and yoga. Rolf's bio can be found here: <https://kripalu.org/presenters-programs/presenters/rolf-gates>.

Our hope for the November retreat is to give each of us an opportunity to look at:

- What does showing up in alignment with how we want to show up look like? An understanding of goals and intention/being. Our relationship to our process - both individually and as a board.
- An examination of wise action and being vs. suffering and attachment. Identifying the wisdom in discerning what we can control vs. what we cannot control. How that understanding impacts and informs our outlook as well as our measure/barometer of success.

This workshop will take place over two sessions that build off each other. We've set up the **first session of the retreat to begin at 1:00 on Thursday**. We recommend arriving at the resort by noon on Thursday to allow time to get settled. Sessions will be Thursday afternoon and Friday morning, leaving Friday afternoon open for downtime/to enjoy the area. There also will be an optional yoga class offered Friday morning (please bring a mat from home if you would like to participate).

Before the Retreat: In advance of our retreat, Rolf has provided everyone with a free link to/copy of Meditations on the Mat. **Prior to arriving at the retreat, please listen to the chapter on Balancing Effort and Ease** (it is less than 10 minutes). A free copy can be downloaded here: <https://www.soundstrue.com/products/meditations-on-the-mat>. Choose: Audio Download + put it in your cart + When You Get to Payment Use COUPON CODE: GATESYOGA.

After listening to the chapter, please consider/reflect on the following: What are the qualities of showing up (or being) that enables individuals and teams to achieve at high levels?

Again, please do not hesitate to reach out if you have any questions. We are excited to have all of you join us!!

Dave Rosen

The logo for the Oregon State Bar, consisting of a dark green square with the words "Oregon State Bar" in white, stacked vertically.

Dave Rosen (he/him/his)
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Helen Hirschbiel

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