



CHAPTER MEETING MINUTES
June 23, 2011
Headliners Club at Chase Tower, 11:45 am – 1:00 pm

PRESIDENT REPORT – Chrissie Eastin

Chrissie welcomed all of the guests in attendance and made the following announcements:

1. The first community service event this year was a huge success! Thanks to Shannon Athey-Briggs and her committee for their coordination of the project. Shannon was unable to make it to the meeting today so I'm making the announcement on her behalf. On June 11th, a group of 12 chapter members got up early and headed over to the Capital Area Food Bank. After a strict orientation and training schedule, volunteers inspected, cleaned, sorted and boxed 9,923 pounds of food which will produce 7,920 meals for Austin families! Also, the chapter made a donation in the amount of \$500 to support the Capital Area Food Bank.
2. The Capital Area Food Bank needs lots of help, specifically with donations so please keep them in mind if you, your friends and family or firms are looking for an organization to support this year.
3. The Community Service Committee is planning a community event in the Fall so be on the look-out for more information later this summer.
4. The August Educational Seminar and Legal Expo is scheduled for August 18th at the Hilton Austin. More information to come from the Business Partners Committee and Education and Programs Committee.
5. Chris Bhamani had to step down from chairing the Business Partners Committee. Chris is partaking on a new adventure as her own boss! Chris will continue as an associate member of ALA and the Chapter so we're glad that she will still be a member on the business partners committee. A big thanks goes out to Amanda Koplos for volunteering to Chair the Business Partners Committee! Welcome back to the board, Amanda!



5. Early registration is now open for the Region 3 & 4 Conference Kansas City, MO this September 15-17. The conference hotel is the Intercontinental Kansas City. You should have all received an e-mail from ALA regarding the conference and how to register. It's also posted on the Austin ALA Blog. More information on the Austin Chapter Blog soon.

6. The Joint Chapter Retreat has been scheduled for November 4th and 5th at Horseshoe Bay Marriott Resort. It will be a Joint Chapter Retreat with the Alamo chapter. The chapter retreat committee consists of 6 Austin Chapter members and one San Antonio Chapter Member. They are Angie Vega, Karen Sue Doughty, Amanda Koplos, James Cornell, Barclay Wong with the Alamo Chapter and me. We are cooking up some fun in October so please save the dates!

7. Also, if you ordered a Chapter Logo shirt and you haven't already picked it up, please see me in the foyer after the meeting.

COMMITTEE REPORTS

Website Committee: Barbara Mullen, Chair of the Website Committee, was unable to attend the meeting Chrissie reported that after some hard work from Barbara and the Website Committee on the functional pages of the website, they are much closer to launch.

Education Committee (Brenda Barnes): Brenda reminded everyone about the Tweet Up later in the month. She also went over the upcoming schedule for our monthly luncheons through September.

Business Partners Committee (Amanda Koplos): Amanda reminded everyone that the ALA Austin blog was back up and running. She asked everyone to try to visit the blog often and to be on the lookout for lots of new posts. Amanda also reminded everyone that our Annual Legal Expo funds 75% of our annual activities and encouraged everyone to attend and bring people from their offices.

DRAWING

There was a drawing for "200 Ways to Make your Law Firm an Extraordinary Place to Work" by Rosemary Shiels and Sue Umbdenstock.

LUNCHEON SPONSOR

Chrissie introduced Rex Engelhardt with DOCUmation and thanked him for his generous support of the Austin Chapter. Rex spoke briefly about Documation and announced the speakers.



SPEAKER

Officer Scoggins is a nine year veteran and Officer Martinez is a six year veteran. Both have prior law enforcement and military service. Officers Martinez and Scoggins are currently assigned as Congress Avenue Walking Beat Officers, which is part of the Downtown Area Command District Representative Unit. They spoke to us about the daily happenings downtown and most importantly, safety.

A copy of the power point presentation is attached.

The meeting adjourned at 1:00 p.m.



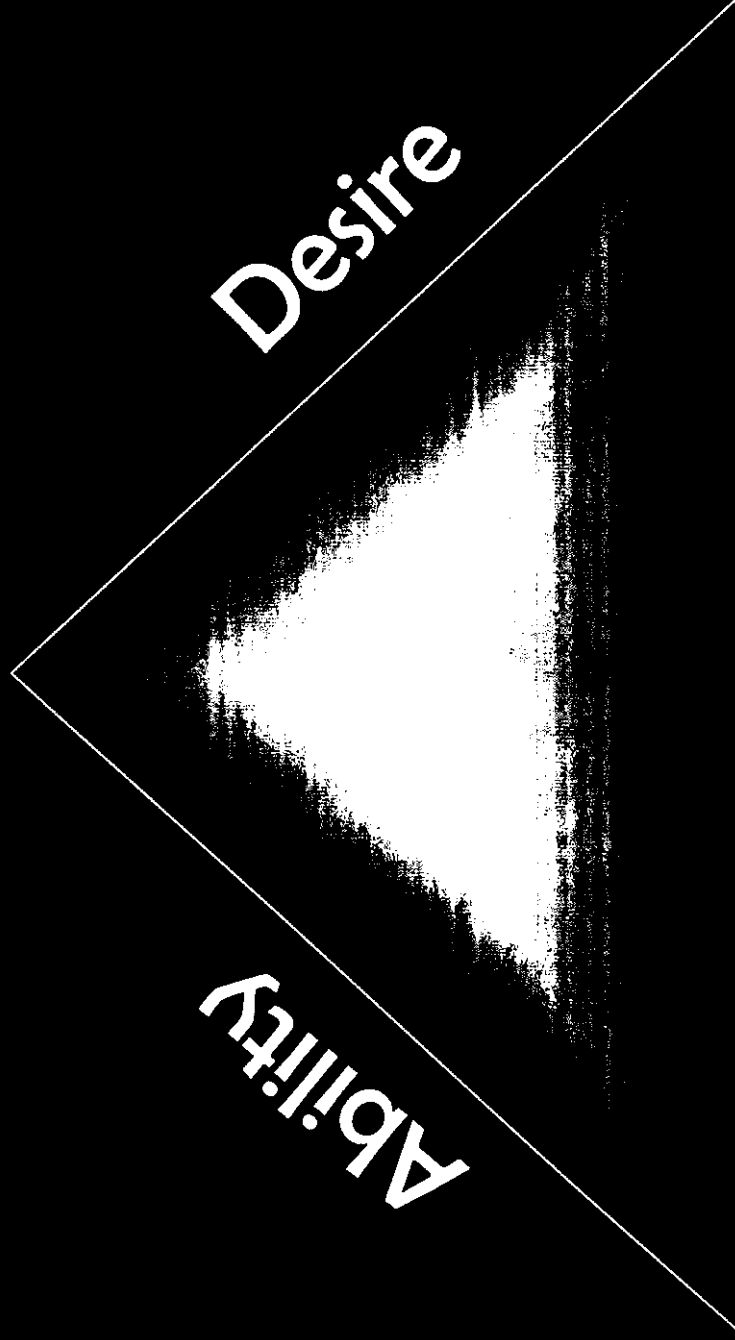
Personal Safety

Making The Right Response

Objectives Of This Class

- ↪ Identify potential predators
- ↪ Identify high risk situations
- ↪ Develop an action plan
- ↪ Practice skills for getting out of situations

Crime Triangle



Ability

Desire

Opportunity

The Predator -

- ▶ Looks for someone vulnerable to control
 - *The first contact between the predator and the prey is the time when the prey has the most control.*
- ▶ If you deny control from the first contact, the predator will usually go onto an easier target.



Predators

- ▶ Watch you like an animal.
- ▶ Follow you waiting for the opportunity.
- ▶ May engage in conversation to test you.
- ▶ Will lie to you (it's natural for them).
- ▶ Want to CONTROL YOU.

HIGH RISK SITUATIONS

Driving Alone – know where you are at all times, letting someone know where you are going and how long it may take to get there.

Stranded - cell phone, flashlight, cones, jumper cables, etc



In Parking Lots - Park in well lit areas



- ⚡ Be alert to any activity near your car.
- ⚡ Avoid parking next to large vehicles.
- ⚡ If suspicious people are hanging around, find another parking spot & call police.

Do Not Leave Targets For Thieves In Plain View

- ↔ Mail
- ↔ Music Accessories
- ↔ Cell Phones & Pagers
- ↔ Clothing
- ↔ Purse/Briefcase.

Habits You Can Live With

STAY AWARE OF YOUR SURROUNDINGS

- ↪ Walk with confidence and look at people approaching you.
- ↪ Don't carry too many items.
- ↪ Have keys readied to enter your vehicle/office/home door.
- ↪ Trust Your Instincts - If you think something is wrong, act immediately, (it probably is).
- ↪ Wear the Proper Shoes.

If Offensive Contact Is Made:

- ↳ Make a scene
 - Scream or yell to attract attention. The more noise one makes, the more likely it will be that someone will help.
- ↳ Fight Your Attacker if Safe to Do So
 - Kick, punch, scratch or do whatever is necessary to break free from the grasp of the attacker.
- ↳ Try All Possible Ways to Get to Safety
 - Divert the attention of the attacker or strike out at them to throw them off guard

When fighting off an attacker, use the same amount of energy that you would use as if you were protecting your own child.

Four Basic Rules When Being Physically Attacked

- ↪ React immediately.
- ↪ Resist - Criminals are expecting resistance, so your first reaction must overcome the expected resistance.
- ↪ Don't go to crime scene #2.
- ↪ Never, **NEVER**, **NEVER** give up!

Managing Unavoidable Private Places

- ↖ Sit near bus drivers
- ↖ Remember your cab driver
- ↖ Stand near elevator buttons
- ↖ Try to avoid closed stairwells

DEVELOP YOUR REACTION PLAN

Have something to say -

Look squarely at someone you are concerned about and be firm in your response.

- ↖ NO! Get away from me!
- ↖ Make a scene
- ↖ Be Creative

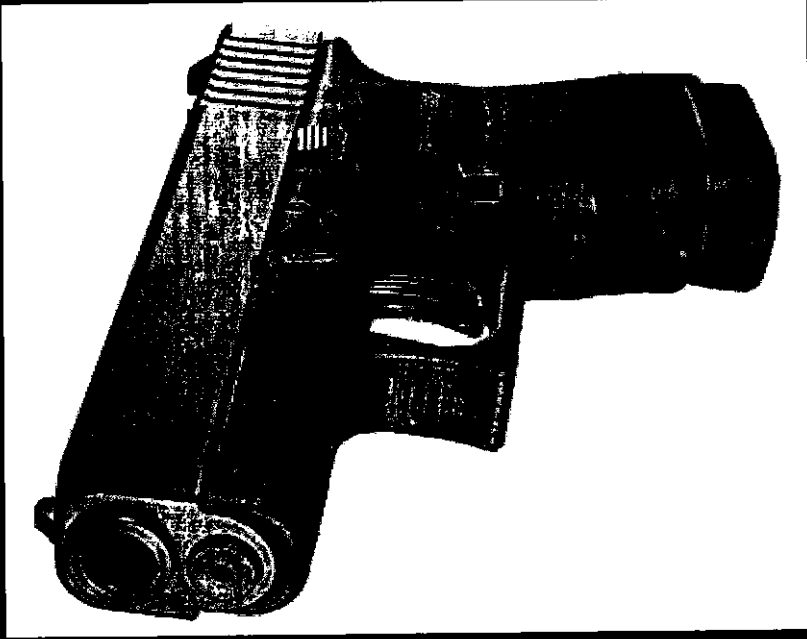
DEVELOP YOUR REACTION PLAN

Have something to do -

- ↳ **Scream while fleeing-this draws attention to the incident.**
- ↳ **Use a personal alarm or self defense spray.**
- ↳ **Use defensive tactics if necessary.**

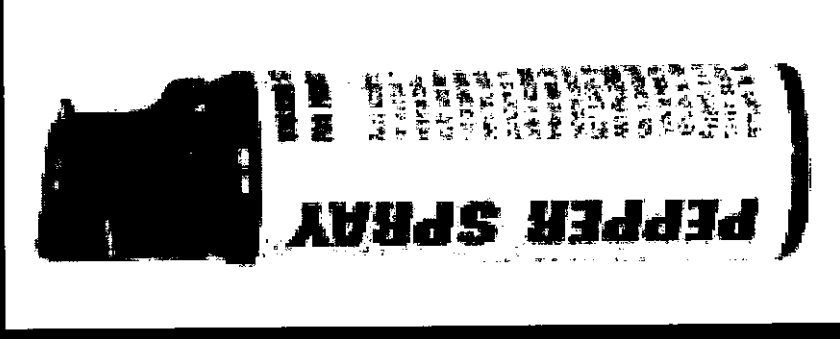
“MIND SET” AGAINST VIOLENCE

- ▶ Visualize yourself in a crime scene.
- ▶ Visualize your actions toward escape.
 - (Be as explosive as you have ever been)
- ▶ Visualize being injured and winning.



Guns Don't Work

because you don't use
them.



Self defense sprays Work

because you use it.

DEFENSE TACTICS

Break



Strike

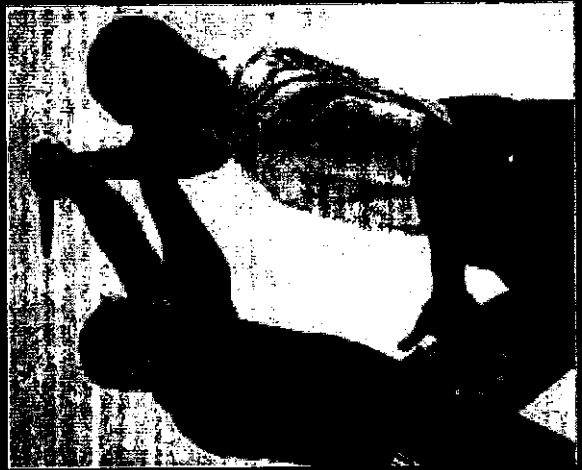
Punch



Smash

Throw

Pull



Move

Push

Attack

Fight

Grab



Turn

Flee

TRUST YOUR INTUITION!!

Be ready to respond...

- ↗ Use your action plans.
- ↗ Employ the defense actions you feel comfortable with.
- ↗ Contact police for suspicious persons - this could prevent an attack on yourself or a friend.

DO WHATEVER IT TAKES

TO SURVIVE!

Personal Safety

Making The Right Response