

Communiqué

2022 EDITION - Lawyers and Well-Being

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Inside this special second edition of Communiqué dedicated to **Well-Being**, you will find resources, articles and tips from the legal community. While mental health is one important aspect of well-being, there are other critical dimensions which all contribute to optimizing your professional performance. These include physical, emotional, intellectual, social, occupational, spiritual and cultural dimensions.



*"Slowing down is sometimes
the best way to speed up."*

~ MIKE VANCE

See the 2021 Well-Being edition [here](#).

FEATURED ARTICLE:

Introducing...
The Health Recovery Program

10

President's Report



SACHA PAUL
President

On September 28, 2022, the Law Society of Manitoba, along with Robson Hall and the Manitoba Bar Association, held a CPD event entitled "The Path Forward: Conversations around Reconciliation." It was a good event.

I want to take this space just to show you a page of the Truth and Reconciliation Report entitled "*The Survivors Speak*." My father is one of the people quoted. I share the page in honour of all who attended Residential Schools. It reads as follows at p. 107:

Ellen Smith, who was born in Fort McPherson, Northwest Territories, found that residential schooling made it impossible for her to fit back into her home community. "I can't sew; I can't cut up caribou meat; I can't cut up moose meat; work with fish and speak my language. So I was starting to become alienated from my parents and my grandparents; everything."

Raphael Victor Paul spent ten years at the Beauval, Saskatchewan school.

"I thought for a long time that I was better than my parents. That's the thought that they gave you, because my parents didn't talk English, but I did. My parents were very Catholic, and I was very Catholic, but I knew both languages, the catechism and all that. So, you get, I got the feeling that maybe I know more than my parents."

His father believed that the residential school education had prevented his son and his friends from learning the skills they need to survive.

He said, "You know you guys that went to residential school are useless, because you don't know how to survive like they did." "Cause they never taught us that, you know, how to. At that time, there was no welfare, there was, there was no running waters or lights, so we had to do all those things by ourselves, but we didn't know how. So, the people that went back had to relearn how to survive. And at that time, survival was fishing, hunting, and trapping. To this day, I don't know how to hunt. I can trap, I can fish, but I don't know how to hunt, 'cause I, I was never taught that."

Like Ms Smith, I cannot speak my language (Dene). Like my father, I cannot hunt. The residential school experience is not history; but a living present. The public is well served by lawyers who understand this.

You may wish to find time to read (or re-read) the [Truth and Reconciliation Report](#).

What's New

Law(yer) Strong
Resource for Lawyers

THE HEALTH RECOVERY PROGRAM

HELP IS HERE!
Mental Health and Wellness Resources From the Manitoba Bar Association

CEO Report

At the outset of this report, I would like to extend my heartfelt gratitude to the multitude of Law Society staff members who have contributed to this, the second annual wellness edition of the Communiqué. It is not lost on me that their contributions to a special issue on well-being are in addition to attending to all other aspects of their work and this can be very time consuming and stressful.

After 2½ years of a variety of pandemic restrictions, I have come to appreciate the value of meeting in person. I came into the role of CEO in January 2021, right in the midst of the pandemic. All meetings were conducted remotely, and special events were either cancelled or a modified version was offered online. While everyone was striving to make the events meaningful, it was difficult to replace the feelings and the connections made when gathering face to face.

While I recognize the enormous convenience of conducting meetings remotely, particularly with benchers and committee members participating from all regions of the province, many of the personal connections are lost. Those personal connections are incredibly valuable to the nature of legal work, which can be quite adversarial at times. I have come to realize, however, that they also are essential to my well-being.

On September 9, 2022, the benchers and senior staff held their bencher meeting in Gimli, Manitoba and nearly all of the benchers were able to attend in person. It was gratifying to see many individuals greet each other with some excitement as many had only met online prior to this occasion. Following the meeting, Wayne Onchulenko and his wife, Amanda, graciously hosted the entire crew at their cottage. Afterwards, we gathered again for a group dinner. Judging by the noise level in the restaurant, everyone was happy to be gathered again in person.

As we plan our meetings over the next year, although we will continue to capitalize on the remote meeting technology that we have come to adopt, we cannot lose sight of the benefits of meeting in person, at least on some occasions.

This year's articling students have begun their professional work after completing their final two years of law school online. For the most part, the PREP program is offered remotely as well. These students have not had the benefit of forging essential friendships and mentorships that will serve them for the rest of their career. On September 29th, the Law Society hosted a reception for the new articling students. There was no formal program. Rather, it was an opportunity for the students to connect with each other and to meet some Law Society staff members. While this represents one small step towards reconnecting, it is important and meaningful.

So, if you have the option of attending a meeting or event in person, I encourage you to seize that opportunity wherever you can. You never know who you might meet along the way.



LEAH KOSOKOWSKY
Chief Executive Officer

“
... we will continue to capitalize on the remote meeting technology that we have come to adopt, but we cannot lose sight of the benefits of meeting in person...”



Manitoba's Peer Support Program for Lawyers

[Law\(yer\) Strong Inc.](#) is a non-profit organization incorporated in 2021. Our goal is to improve the health of members of the legal community through support, connecting with therapeutic and specialized services; community and education.

We are confidential. We are here to help. We support each other.

We are supported financially by, and independent of:
the Law Society of Manitoba and the Manitoba Bar Association.

Mission Statement

Our Mission is to enhance the immediate and long term well-being of Manitoba's legal community, through peer support, education, community, and liaison with professional therapeutic services. We provide support in a confidential and non-judgmental way. Law(yer) Strong is a non-profit corporation.



Law(yer) Strong

www.lawyerstrong-mb.ca

Contact Us

 204-201-1764

 support@lawyerstrong-mb.ca

 @Law(yer)StrongMB

 LinkedIn

24/7 CRISIS COUNSELLING: 204-786-8880 | 1-800-590-5553

Interested in Volunteering?

Be a
PEER SUPPORTER

The next training session is on November 18th.

Help with monthly drop ins at Robson Hall



Are you a neurodivergent lawyer who would like to support law students and other lawyers?

We need you!

Contact Tamara at support@lawyerstrong-mb.ca for more details.

Healthy Lawyers

Terry Fox Fun



On September 18th an enthusiastic group of walking and running lawyers supported the Terry Fox Run. Thank you for your donations!

Monday Run/Walk Club



Join Us!

We meet at lunch on Mondays!
Contact Tamara for details.
support@lawyerstrong-mb.ca

Does Running Late
Count As Exercise?

Coming Up:

Noon hour Zoom drop in support sessions with different topics each week:

November 2

Feeling Stressed? How to manage deadlines and avoid burn-out.

November 9

Go Your Own Way - Starting your own practice: Pros, Cons, and Tips.

November 16

How is it going? Noon hour check in. Bring us your worries and struggles.

November 23

Those files that “bark”, or make you want to quit.

November 29

Communication: How to have those difficult conversations with colleagues, lawyers, and clients.

Coffee Mug Days: In person coffee and conversation will be starting soon. Stay tuned.

WORLD MENTAL HEALTH DAY



On October 10th we marked [World Mental Health Day](#) by acknowledging the importance of working together collaboratively in our efforts to reduce stigma and raise awareness of mental health and well-being in the legal profession.

We are grateful for the work of our partners at Robson Hall and the Manitoba Bar Association as we know that together we can make progress.

These two pages feature our legal community partners.



Trina McFadyen
Director of Professional
Development

Christine Mazur
Communications Officer

From having embedded counselling services available to law students, to making well-being a topic at Orientation, to now partnering with [Law\(yer\) Strong](#) to be a monthly presence at the law school, the Faculty of Law has student well-being and mental health at the top of our mind.

We all remember the stress and pressure we faced in law school and in our early years of practice. At the Faculty of Law, we want to be pro-active when it comes to student well-being by helping students learn effective skills now so that they can deal with the stresses and issues that may arise in both law school and the practice of law.

Check out this short article from *UM Today* titled [Getting Oriented in a Modern Day Law School](#) that emphasizes mental health which we felt was important information for incoming law students to know.

In January 2022, the Faculty of Law hosted an interview with Thomas Telfer who came to speak at Robson Hall on [The Importance of Mindfulness and Lawyer Well-Being](#).

HELP IS HERE!

Mental Health and Wellness Resources From the Manitoba Bar Association

MICHELLE FALK, Executive Director

The Manitoba Bar Association offers several programs and resources in furtherance of the mental health and well-being of its members.

Several CPD programs on promoting mental health are offered to members throughout the year. These sessions help members develop the tools and resources to manage stress and the many demands of the legal profession.

In addition, the [CBA Wellness Forum](#) has recognized the unique needs of our profession and worked to find solutions that allow our members to lead healthy, balanced lives. CBA Wellness works alongside provincial and territorial Lawyer Assistance programs, providing expertise and guidance to their staff and volunteers.

The MBA is also a proud partner of the new [Law\(yer\) Strong](#) program, which aims to enhance the immediate and long-term well-being of Manitoba's legal community. The program provides confidential and non-judgmental support for legal professionals.

The MBA promotes the well-being of its members by offering opportunities to connect with the legal community and enjoy collegiately with colleagues. By getting to know their peers, members gain connections to informal support networks and mentorship.



**THE MANITOBA
BAR ASSOCIATION**
A Branch of the
Canadian Bar Association

LET'S SLOW DOWN TOGETHER

EILEEN DERKSEN, Director - Continuing Professional Development

Remember that time during the first year, or maybe the second year, of COVID when so many of us said we had learned some important lessons? We realized that in our pre-COVID life we had been squeezing too much into our days. We understood that we had lost the fertile space between doing and choosing and just being. Being forced to pause all those activities turned out to be a good thing. We vowed to be very mindful of what we would spend our time "doing" when the health restrictions were lifted.

So how is that going for you?

Do your weeks feel balanced, with just enough doing time along with enough time for being and enjoying the moments?

I've noticed that many of us have filled up our schedules and to do lists like never before.

It does make some sense, you know, because we couldn't participate in many things we loved for so long; that now we want to enjoy and see and do all those things we couldn't. There seems to be an increased sense of urgency to everything. We must respond and plan and do NOW... or at least asap! The volume and speed of our expectations has swung far to the extreme. This has been described as an [urgency culture](#) where we are feeling that we must be available and responsive to everything as if it is all equally important and also urgent!

Perhaps this is just a temporary swing of the pendulum and we will settle back to a spot more in the middle, but I worry that it isn't temporary. Or worse, that the only thing that will make us change is some kind of crisis, such as our health.

Let's not forget the wisdom we discovered in the space that the pandemic offered us. Let's help each other to set a healthy pace. Just like the theme for World Mental Health Day encouraged, collaboration and working together is our best hope. It takes a lot of courage to set limits and reasonable expectations for ourselves and it can be draining if it feels like we are alone in the pursuit. So let's start by asking ourselves, is this task, this email, this activity important and if so, is it urgent?

Let's untangle ourselves from the need for speed so we can live and work better, not faster.

Articles and Practical Tips:

[5 Ways to Escape the Never-Ending Trap of "More"](#)

[5 Ways to Get More Free Time Each Day](#)

[Escaping the Overworked and Overwhelmed Cycle](#)

[Managing Stress: 6 Steps to Becoming a Healthier Lawyer](#)

[How to Prioritize When Everything is Urgent and Important](#)

[Practising the Habit of the "Positive No"](#)

*"Slow living is a curious mix of being prepared and being prepared to let go. Caring more and caring less. Saying yes and saying no. Being present and walking away. Doing the important things and forgetting those that aren't." **Brooke McAlary**, SLOW*

Prioritizing Activities that Bring You Joy

Spend time doing what you want, whether it's playing sports, enjoying nature or exploring art.

Mayberry's Exchange District Gallery *The Greg Brodsky Collection*

Winnipeg's Greg Brodsky, Q.C., was an avid art collector who took a particular interest in Indigenous art. From October 11 through November 8, the Greg Brodsky collection is being showcased at [Mayberry's flagship gallery in Winnipeg's Exchange District](#). The artworks can also be viewed on [Mayberry's website Estate Works | Mayberry Fine Art | Canadian Fine Art Dealer](#).



Josh Kakegamic - *Untitled*
Acrylic on Paper - 26.5 x 36 inches



David ARuben - *Flying Shaman*
Bone - Height 7.5 x Width 10 X Depth 18 inches

Don't Forget to Laugh!



You've heard it before, but it's worth saying again...

Laughter really IS good medicine!

Laughter releases endorphins throughout your body, stimulating muscles, nerves, organs and tissues. Studies show these endorphins give relief to chronic pain, help relieve stress and promote functioning of the immune system.

Read more about the benefits of laughter:
[Here's Why Laughter is the Best Medicine](#)

INTRODUCING...

THE HEALTH RECOVERY PROGRAM

RENNIE STONYK, Deputy Chief Executive Officer

In an effort to support lawyers' well-being and to further the public protection mandate of the Law Society, a new and innovative program called the Health Recovery Program will be launched later this fall. The program will offer an alternative to discipline where a member's conduct or competence issues are linked to health conditions, such as addiction, depression, or other mental health issues. The Health Recovery Program focuses on support, rehabilitation and recovery rather than on punitive measures.

While this program is new to our profession in Manitoba, we are not alone in seeking out alternative ways to protect the public while providing support to members. Both the Nova Scotia Barristers' Society and the Law Society of British Columbia have implemented programs with similar objectives.

How it Works

A member meeting certain eligibility requirements will be referred by the Law Society to healthcare professionals for treatment *in lieu* of going through the traditional discipline process. Participation in the program is:

- **voluntary.** The member is invited to participate and must consent to participation.
- **confidential.** Society staff and other stakeholders will only learn of the member's participation on a need-to-know basis and with the member's consent.
- **without additional risk to the member or to the public.** Neither the member nor the public is "worse off" if the member opts for treatment in lieu of discipline, even if the member ultimately does not complete their treatment. The member will not face additional sanctions, but rather, their original conduct matter will be returned to the originating process.
- **subject to the public interest.** Referrals to the program will be approved by the chief executive officer, who will consider several factors in determining the eligibility of a member. The overriding consideration is the public interest.

Variety of Well-Being Programs

You might be wondering what distinguishes the Health Recovery Program from other well-being support programs such as the Blue Cross Health and Wellness program and Law(yer) Strong.

The Health Recovery Program is primarily focused on providing an alternative option to certain lawyers who may otherwise be facing professional discipline, whereas Blue Cross services and Law(yer) Strong have a broader focus on any lawyer in need of support.¹

Treatment under the program is likely to be more extensive than the short-term counselling services offered by Blue Cross, or the peer support services offered by Law(yer) Strong.



Law(yer) Strong consists of lawyer volunteers providing support to their colleagues in need. While these volunteers receive training, they are not healthcare professionals. By contrast, under the Health Recovery Program, members will be referred to healthcare professionals for treatment.

Since well-being support is not a one-size-fits-all, these programs are designed to provide a variety of options to our membership and members can engage with all the programs and supports that are offered.

Stay tuned for further announcements about this new initiative as we move closer to launching this new [health and wellness program for lawyers](#).

¹ Health Recovery Program resources will still be available to any lawyer in need of support. The program coordinator can provide information as well as the contact information for healthcare professionals. This would all be provided on a confidential basis.

Volunteer Opportunity!

We are looking for volunteer lawyers to provide pro bono legal advice to lawyers who are considering participation in the Health Recovery Program. This is an opportunity to support your colleagues in need. Anyone interested in this volunteer opportunity is invited to contact the Law Society's Health Recovery Program coordinator, Elaine Kinchen at 204-926-2039 or ekinchen@lawsociety.mb.ca.



National Wellness Study Update Phase 1 Report



A report on phase 1 of the first comprehensive national study on the wellness of legal professionals in Canada was published on Thursday, October 27, 2022.

The initial findings based on the responses from 7,300 legal professionals surveyed across Canada last year identify worrying levels of mental health issues for lawyers and articling students across the country. Recommendations flowing from the study in the coming weeks will assist the legal community in making evidence-based decisions about policies and practices that will help build a healthier profession.

The study is a collaborative initiative of all law societies in Canada, the Federation of Law Societies of Canada, and the Canadian Bar Association and is being carried out in partnership with a research team at the Université de Sherbrooke.

To view a summary of the main findings, see the [Frequently Asked Questions](#), where a link to the full report is available.



Federation of
Law Societies
of Canada



THE CANADIAN
BAR ASSOCIATION
L'ASSOCIATION DU
BARREAU CANADIEN



Université de
Sherbrooke



Manitoba Blue Cross
Employee Assistance & Wellness Solutions

All practising lawyers, articling students and their families have free access to [confidential counselling services](#) for any well-being concerns they may be experiencing. Well-being includes many aspects of our work and personal lives, such as financial, career transitions, relationships, parenting and, of course, mental health. Please reach out any time.

Call: (Winnipeg) 204-786-8880 or Toll-Free: 1-800-590-5553



Check out the
October 2022 edition of
be resilient

**Filling up
the empathy cup**

[View Here](#)

Featured Article:



[Developing a Healthy
Couple Relationship](#)

Other Great Resources

Live Well / Be Well



Explore our
[health and wellness
blog.](#)

NEW!

Soul Nourishment

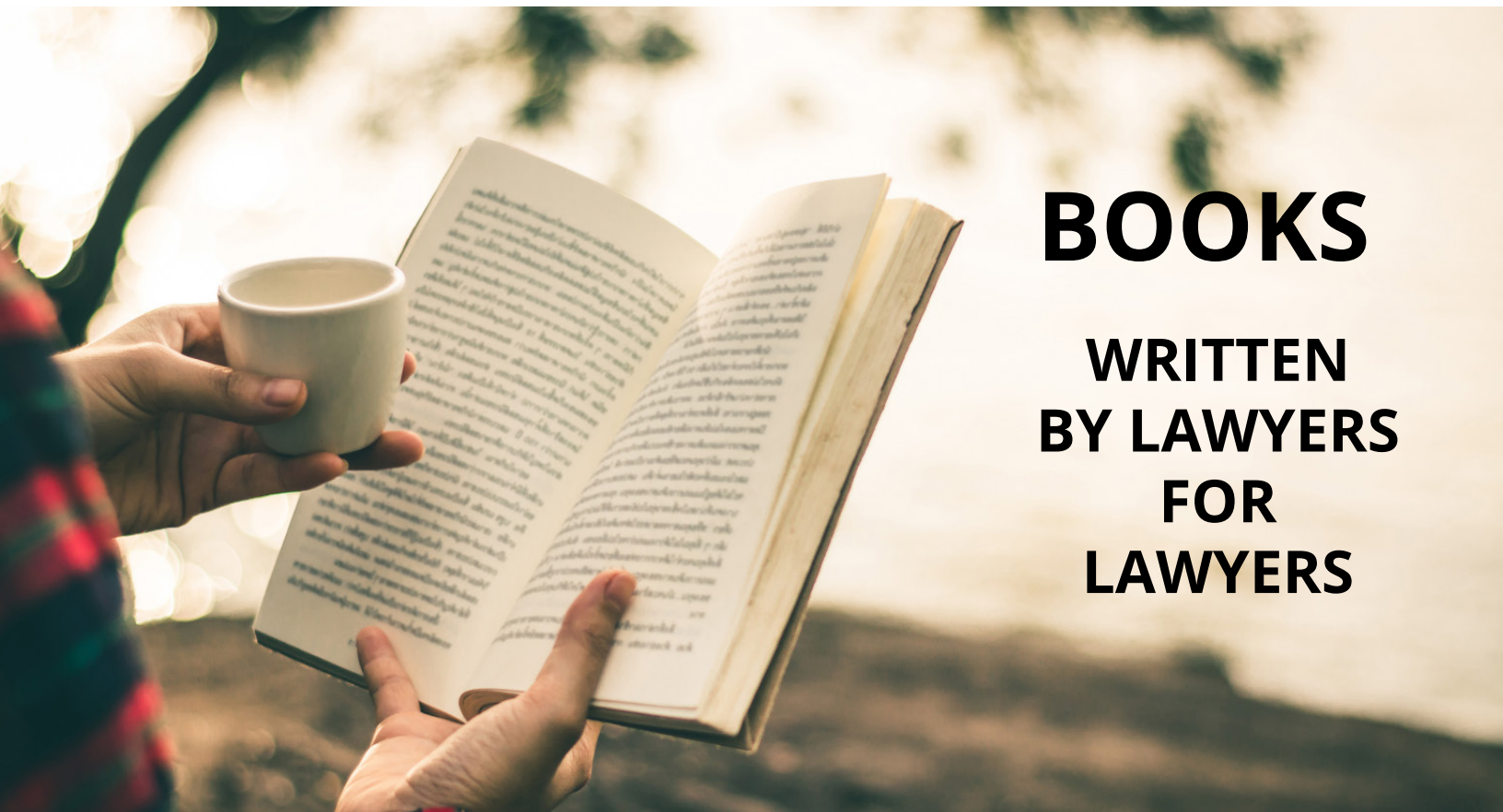


[A series of yoga,
meditation and mudras](#)
to bring you support
whenever you need it.

Wellness Library



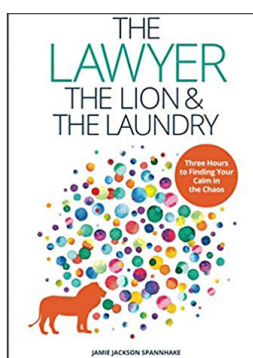
[Articles, advice and tools](#)
to support your overall
well-being.



BOOKS

WRITTEN BY LAWYERS FOR LAWYERS

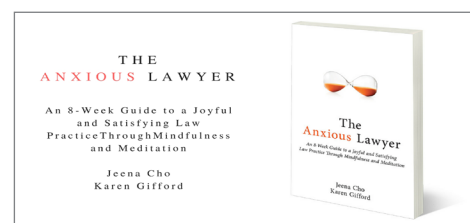
[The Lawyer, The Lion & The Laundry](#) by Jamie Spannhake



Lawyer and certified health coach Jamie Spannhake helps you to find your calm in the chaos so that you can reclaim and enjoy your life.

To see more of Jamie's advice see her contributions to [Attorney at Work](#).

[The Anxious Lawyer: An 8-Week Guide to a Happier, Safer Law Practice Using Meditation](#) by Jeena Cho and Karen Gifford



Many lawyers feel hesitant to try meditation as these authors know from their time in practice. Both found unexpected rewards when they gave meditation a try and now provide concrete guidance on how you can get started.



Both the [Canadian Bar Association](#) and the [Canadian Federation of Medical Students](#) share some recommended wellness resources for students, along with several app suggestions for healthy eating and fitness. Some ideas may also help law students exercise self-care during difficult times. Some topics include:

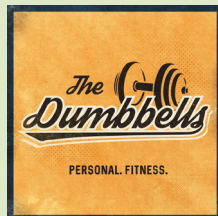
- * Meditation/Well-being
- * Healthy Eating
- * Physical Fitness
- * Staying Connected

Here are some recommendations:



Down Dog - This app features over 60,000 configurations to bring yoga instruction to the comfort of your own home.

This is a light-hearted, comedic fitness podcast that includes everything from jokes to lifting tips to motivation in achieving goals!



'Biggest Loser' trainer, Jillian Michaels, candidly discusses topics such as exercise, healthy eating, and mindfulness to achieve happiness.



To view the full list, check out the [Canadian Federation of Medical Students Wellness Page](#)

PODCASTS

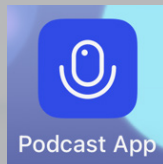
LISTEN UP!

Give your eyes a break. Connect on a different level by listening to podcasts.



A session run by Headspace Studios that takes place every weekday morning, designed to take a few moments to step out of the internal chatter and external noise. The podcast invites listeners to pause and reflect to consider what brings us together in this shared human condition and how we can live a life that best reflects our limitless potential.

Find them on this free app (available in the APP store).



This one is for foodies. Leading nutritionist Rhiannon Lambert provides advice you need to live a healthy lifestyle. She is joined by special guests who are experts in the world of well-being, so that we can learn fact from fiction. Some topics include: diet and sleep, mental health and food, and the diet for a healthy planet.

HEALTHY WORKPLACES

Interested in Training Opportunities for Your Office?

A great place to start is with [Mental Health First Aid](#) training.

We know it is important to have staff who are trained to do CPR and other first aid interventions, and now we are becoming increasingly aware that we also need first aid skills to respond to mental health concerns.



There are a number of organizations that offer training and resources to help you promote a healthy workplace. [The Canadian Mental Health Association \(CMHA\)](#) and the [Mental Health Commission of Canada \(MHCC\)](#), for example, have a broad variety of options for you to consider so you can find a place to start or continue your efforts to cultivate a healthy place to work.

[How to Foster a Healthy Workplace](#)

[Workplace Mental Health Programs](#) such as [Not Myself Today](#)

The MHCC and CMHA have also collaborated to create this [Takeaways Toolkit](#) which provides tools for organizations to implement the recommendations of the [National Standard for Psychological Health and Safety](#).



**Canadian Mental
Health Association**
Peel Dufferin
Mental health for all



Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada

Education Centre Calendar of Events

CPD for your Well-Being

Attending to your well-being is one important way to optimize your competence and performance as a lawyer. You will find a variety of relevant CPD program recordings available to you on-demand on [CPDOnline](#).

You may be particularly interested in these topics:

- [Life Beyond Law: Where Does the Practice of Law Fit Into your Life? \(FREE\)](#)
- [You are Not Alone: The Lawyer's Guide to Dealing with Anxiety \(FREE\)](#)
- [How Did I Get Here and Do I Want to Stay? Surviving and Thriving as a Family Lawyer \(FREE\)](#)
- [Fight the Paper – Organize your Digital Matter File!](#)
- [Email Management](#)
- [Task, Goal, and Deadline Management](#)
- [Mental Health and Lawyers: An Unspoken Struggle \(FREE\)](#)

New and substantial resources to help navigate the continuing evolution of **family law** are now available!

See our [Announcements](#) page for details.

Upcoming Programs

2022 Joint Wills and Estates Program: Fundamentals of Estate Planning and Will Drafting

December 1 & 2, 2022
9:00 a.m. - 4:00 p.m.

[Register](#)

2022 Hot Topics in Real Estate *In-person*

December 8, 2022
1:00 p.m. - 4:00 p.m.

[Register](#)

2022 Hot Topics in Real Estate *Video Webinar*

December 9, 2022
9:00 a.m. - 12:00 noon

[Register](#)

The image shows a modern office interior. In the foreground, there is a lounge area with four black leather armchairs arranged around a low wooden coffee table. The coffee table has some books and a small decorative object on it. A dark rug with light-colored wavy patterns is under the chairs. To the right, a staircase with wooden steps and a dark metal railing leads up. In the background, there is a large window with a view of a city. The window has a sign that says "Winnipeg Room". There are some potted plants on the left and right sides of the room. The ceiling has exposed wooden beams and recessed lighting. The overall atmosphere is professional and contemporary.

Read on for Your Regular Law Society Notices

Practice

DID YOU KNOW

The Canadian Bankers Association publishes a list of who to contact at each bank in cases where a mortgage discharge has not been delivered in the ordinary course and the matter needs to be escalated for immediate attention. The CBA updates this list annually. The most current [CBA Mortgage Discharge Escalation Contact List](#) can be found on our website.



Is it an insurance problem?

Is it a practice management problem?

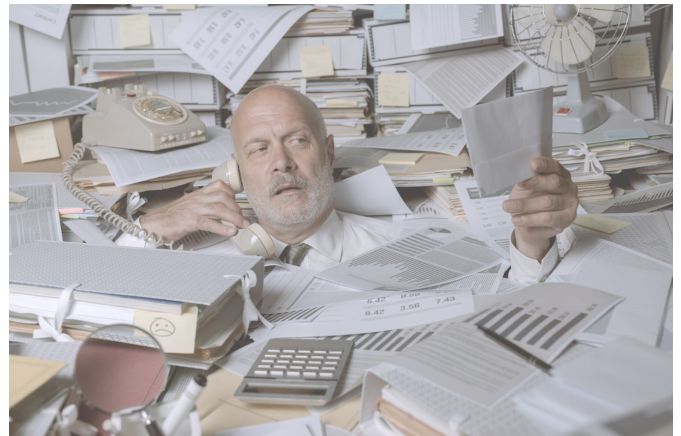
Is it a mental health problem?

Or is it all three?

If this looks like your office (or the office of a lawyer in your firm), the Law Society can help. Call Barney and help will be on the way!

Me: It's fine. I'll just do all my work tomorrow.

Me tomorrow:



If you would like to contact Barney Christianson, Q.C., the Law Society of Manitoba's [Practice Management Advisor](#), for free confidential advice about practice management issues, call him directly at 204-857-7851 or by email at barney.christianson@gmail.com.

Membership Changes

Non-Practising to Practising:

August 22, 2022	Jessica Symington
August 23, 2022	Lisa S. Miclette
September 1, 2022	Elizabeth R.M. McCandless
September 1, 2022	Rory C. Churchill-Henry
September 26, 2022	Susan J. Helenchilde
October 1, 2022	Gurdarshan S. Bedi
October 11, 2022	Jasmine A.A.J. Zurbriggen

Practising to Inactive:

August 20, 2022	Ashleigh B. Smith
August 21, 2022	Chenoah R.S. Down
August 26, 2022	Michael D.W. Donald
September 1, 2022	T. Piper Riley Thompson
September 12, 2022	Jennifer A.F. Guiboche
September 20, 2022	Laurel E. Irvine
October 1, 2022	Valerie L. Suderman
October 5, 2022	Sarah R.S. McKinnon
October 11, 2022	Andrew P. Weber
October 13, 2022	Tyler N. Koshowski
October 17, 2022	Amy E. Robertson
October 19, 2022	Ryan M. McElhoes

Practising to Non-Practising:

September 1, 2022	John I. Omoruan
September 30, 2022	Alex J. Nisbet
October 11, 2022	Natasha J. Szach

Inactive to Practising:

August 23, 2022	Rachel J.O. Smith
September 1, 2022	Sukhmenjit S. Brar
September 6, 2022	Katherine M. Bayer
September 6, 2022	Thomas W. Turner
October 3, 2022	Kelsey M. Brooks
October 7, 2022	Betty A. Johnstone
October 19, 2022	Valerie L. Suderman
October 21, 2022	Leiba R. Feldman

New Admissions:

August 26, 2022	Gurdarshan S. Bedi
August 26, 2022	Samantha J. Myran
August 29, 2022	Al-Zahra Kadhim
September 13, 2022	William Cao
October 11, 2022	Jonathan E. Katz
October 12, 2022	Tyler F. Dennis
October 20, 2022	Tal E. Letourneau

Update your membership information by using the [Member Forms](#) located in the For Lawyers, Membership Services section of the Law Society's website.

IN MEMORIAM

Patricia Grace Ritchie, Q.C., who passed away on June 11, 2022 at the age of 81. Ms Ritchie received her call to the Bar on December 17, 1964. She practised as an associate with Thompson Dilts until 1969 and then as a sole practitioner from 1970 until her retirement in 2001. Ms Ritchie was appointed Queen's Counsel in 1988.

Louise Anna Lamb, who passed away on June 24, 2022 at the age of 69. Ms Lamb received her call to the Bar on June 30, 1977. She practised as a partner with Fillmore Riley LLP for 15 years and as a sole practitioner for one year. In 1999 Ms Lamb joined the Department of Justice (Canada) where she served as counsel until her retirement in 2004.

Glen Lawrence Nazaruk, who passed away on July 5, 2022 at the age of 62. Mr. Nazaruk received his call to the Bar in Manitoba on June 29, 1989. He practised in Manitoba for four years before relocating to Alberta.

Hasmukhlal Devshanker Pandya, who passed away on July 11, 2022 at the age of 88. Mr. Pandya received his call to the Bar on June 28, 1972. He practised law for 33 years as a partner with several Winnipeg firms, including Pandya Davids Lazar and Inkster Christie Hughes. Mr. Pandya retired from practice in 2008.

David Paul Tackaberry, who passed away on July 17, 2022 at the age of 59. Mr. Tackaberry received his call to the Bar in Manitoba on June 26, 1986 but was not licensed to practice law in this jurisdiction.

Honourable Charles Nathan Rubin who passed away on July 31, 2022 at the age of 89. Mr. Rubin received his call to the Bar on November 22, 1958. He practised law with Newman & MacLean for 17 years. While practising, Mr. Rubin also served as a part-time judge of the Provincial Court of Manitoba in northern Manitoba from 1966 until 1975. He was then appointed a full time judge of the Provincial Court and served in this position until his retirement from the bench in 2007.

Did You Pay Your Insurance by Instalment? Next Payment is Due: *December 1, 2022*



On November 1st, all lawyers who paid their insurance by instalment will receive a reminder email about the upcoming payment which is due on or before **Thursday, December 1, 2022**.

Watch your email!
Your invoice is in the [Member's Portal](#).

Choose a fast and convenient [payment method](#) that works for you.

Don't Delay! Avoid Penalties!

Notice of Benchers' Meeting

The next regular meeting of the benchers of the Law Society of Manitoba will be held on:

Thursday, November 10, 2022
at 12:30 p.m at the offices of the Law Society of Manitoba,
200 - 260 St. Mary Ave.,
Winnipeg, Manitoba.

The dates of future meetings of the benchers are as follows:

- December 15, 2022
- February 9, 2023
- March 23, 2023
- May 18, 2023
- June 22, 2023

Members of the Law Society are encouraged to attend and participate in the deliberations of the governing body.

If you wish to attend a meeting, please contact Pat Bourbonnais at pbourbonnais@lawsociety.mb.ca.

Agenda and meeting minutes are published on the website [here](#).

PREP and ARTICLING - *Important Dates*

With more than one offering of the bar admission program provided each year, please refer to the following table which highlights the important dates for articling students according to the relevant program, depending on which offering of PREP is being taken.

	December 2021 Intake (December to late September – Results in November)	Accelerated PREP (end of May to start of September – results in October)	Summer 2022 Intake (June to March – results in May)	Winter 2022 Intake (December to late September – results in November)
October 2022		Capstone results issued October 13, 2022	Phase Two Foundation Workshops: Group A (October 3 to 7); Group B (October 17 to 21); and Group C (October 24 to 28)	
November 2022	Capstone results issued November 3, 2022		Phase Three Virtual Law Firm: Business Law Rotation begins November 4 th	Check www.cpled.ca for details on registration
December 2022			Phase Three Virtual Law Firm: Business Law Rotation continues	Students can begin Phase One, Foundation Modules
January 2023			Phase Three Virtual Law Firm: Criminal Law Rotation	Students continue with Phase One
February 2023			Phase Three Virtual Law Firm: Family Law and Real Estate Rotation	Students continue with Phase One
March 2023			Phase Four Capstone Assessment: Group A (March 13 to 16); Group B (March 20 to 23); Group C March 27 to 30)	Students continue with Phase One

Upcoming IMPORTANT DATES At a Glance



NOVEMBER 10
BENCHER MEETING
12:30 p.m.

DECEMBER 1
PAYMENT DUE
2022-2023 Professional Liability Claims Fund
(2nd Installment)
for lawyers paying by instalment

DECEMBER 1
PAYMENT DUE
2022-2023 Practising Fee and Insurance
(3rd Instalment)
for lawyers called to the Bar on June 16, 2022

DECEMBER 15
BENCHER MEETING
12:30 p.m.

DECEMBER 31
DUE DATE
MCPD Hours to be completed
(PLEASE NOTE: This is NOT the reporting deadline.
The deadline to report these hours is April 1st.)



PRESIDENT
Sacha Paul

VICE PRESIDENT
Wayne Onchulenko

CHIEF EXECUTIVE OFFICER
Leah Kosokowsky

DEPUTY CEO
Rennie Stonyk

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Office Hours

Monday to Friday
8:30 a.m. - 5:00 p.m.

Law Society staff working remotely remain available by either email or phone during core office hours.

lawsociety.mb.ca

