



Central Florida Paralegal Association, Inc.

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(407) 672-6372

Contact Us



CFPA Empowers Paralegals to Grow
Through Education, Professional
Development, and Community Service.



CENTRAL FLORIDA PARALEGAL ASSOCIATION, INC. Monthly E-Newsletter

CARPE DIEM - June 2022

WELCOME
NEW MEMBERS

Active:
Marlene Medoza, FRP



We just finished May (this year is flying by!) and are heading into June. In my message last month, I failed to address that May is National Mental Health Awareness month. I would like to talk a little about mental health.

We all know that being a paralegal or any work in the legal profession can be stressful. The stressors include but are not limited to: deadlines, long working hours, demanding clients/bosses, and pressures to bill. According to mayoclinic.org, chronic stress puts you at increased risk for many health problems, including: anxiety, depression, digestive problems, headaches, muscle tension and pain, heart disease, heart attack, high blood pressure, stroke, sleep problems, weight gain and memory and concentration impairment. I personally have experienced many of those health problems at various times over the course of my paralegal career. I hope that you have not experienced any stress related health concerns. But, if you have, I have some thoughts on how membership in CFPA can help you to manage your stressors and improve your physical and mental health.

One great way to relieve stress is to volunteer. CFPA has many opportunities for you to help the community. So far this year, we have helped out at Second Harvest Food Bank, the Coalition for the Homeless and Give Kids the World. I know that I always, always feel better after helping others.

Another perfect stress reliever is getting outside and exercising. This year, CFPA has started our Take a Walk with CFPA initiative. At least once a month we get together for a walk around Lake Eola or for a 5K (which also frequently benefits a charity). In fact, CFPA is made up of award-winning walkers. CFPA was presented the First Place Women Legal and First Place Coed Legal team awards for the Simply IOA Corporate 5K! Do you have a suggestion for a 5K event or a place that we could meet for a walk? Let me know by emailing me at njordahl@hotmail.com.

Sometimes it is stressful when you are unsure of the proper procedure or don't know much about a new area of the law. CFPA's continuing education webinars can help. Knowledge is Power! Let us know if there is an area of the law or a legal topic that is stressing you out and we will see if we can find a speaker.

Finally, I think that one of the best ways to relieve stress is human interaction with your peers. CFPA members help each other out every day. CFPA is made

For Membership Information and Application [CLICK HERE](#)

ALREADY A MEMBER??

If you have recently changed jobs, moved or just have a new email address, PLEASE make sure that you update your membership records by notifying the Membership Committee so that you stay up-to-date with all events:

Email Us

Upcoming EVENTS

- 6/7/22 Walk with CFPA
- 6/19/22 Juneteenth
- 6/28/22 DEI Virtual Book Club
- 6/30/22 Half Year Mixer
- 7/14-16/22 NALA Conference
- 8/1/22 CP Review Course

BOARD OF DIRECTORS



President:

Nancy Jordahl, ACP, FRP, FCP
CFPAPresident@cfpainc.org

with your peers. CFPA members help each other out every day. CFPA is made up of amazing paralegals. Don't be afraid to reach out and get to know each other better. I guarantee it will make you feel better immediately.

In closing, remember that June 30th will be CFPA's Half Year Membership Mixer. Please put the date on your calendar to mingle with us and also encourage your co-workers and friends to join CFPA and reap the healthy benefits of membership.

In case you are wondering, June is National Give a Bunch of Balloons Month, DJ Month, Adopt a Cat Month, Candy Month, Great Outdoors Month, Iced Tea Month (and many more...)! Celebrate! To your health! Cheers!

Sincerely,

Nancy Jordahl, ACP, FRP, FCP
CFPA President 2022



Vice President/President Elect:
Jennifer Diminich, CP, FRP
VicePresident@cfpainc.org



Secretary:
Iris F. Walker, FRP
Secretary@cfpainc.org



Treasurer:
Cassie D. Snyder, ACP, FRP
Treasurer@cfpainc.org



SimplyIOA Corporate 5K

As you may recall in April, CFPA participated in the SimplyIOA Corporate 5K held in Downtown Orlando. We found out after the 5K that CFPA took 2 First Place awards: First Place Women Legal and First Place Coed Legal. Way to go CFPA



NALA Liaison:
Deborah Kallas, ACP, FRP
Nalaliaison@cfpainc.org



Parliamentarian:
Andrea Boykin, FRP
Parliamentarian@cfpainc.org

DIRECTORS



Michelle Coleman, FRP
Director2@cfpainc.org

Take a Walk with CFPA



We are getting together once a month to walk and network. Come join in the fun and camaraderie.

June 7, 2022 - 12:15 p.m.
Lake Eola

Meet Near the Walt Disney Amphitheater

Please RSVP to CFPA President,
Nancy Jordahl, ACP, FRP, FCP
at CFPAPresident@cfpainc.org

www.cfpainc.org



Sara Ferguson, CP, FRP
Director1@cfpainc.org



Denise Marsters, FRP
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Caroline Wilkerson, ACP
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Did you know these National Days in June?



CFPA Committees



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Father's Day - June 19</p>			1 Nail Polish Day	2 Rotisserie Chicken Day	3 Egg Day	4 Cheese Day
5 Gingerbread Day	6 Yo-Yo Day	7 Chocolate Ice Cream Day	8 Best Friends Day	9 Donald Duck Day	10 Iced Tea Day	11 Corn on The Cob Day
12 Red Rose Day	13 Weed Your Garden Day	14 Flag Day	15 Electricity Day	16 Fudge Day	17 Global Garbage Man Day	18 Go Fishing Day
19 Juneteenth	20 American Eagle Day	21 Selfie Day	22 Onion Rings Day	23 Pink Day	24 International Fairy Day	25 Catfish Day
26 Coconut Day	27 Sunglasses Day	28 Pride Day	29 Camera Day	30 Meteor Watch Day		

CFPA's Charity for the Second Half of the Year ...



We will be holding several events where we will be raising funds through raffle sales to donate to The Russell Home. Learn more about this charity and even find out how you can volunteer:

www.russellhome.org

You can always make a monetary donation through the link below:

[Click Here to Donate to The Russell Home](#)

CFPA Committees:

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CLEChair@cfpainc.org

Membership Chair:

Jennifer Diminich, CP, FRP
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Publicrelations@cfpainc.org

Community Service Chair:

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Scholarship Chair:

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Newsletter - Carpe Diem

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DE&I Chair:

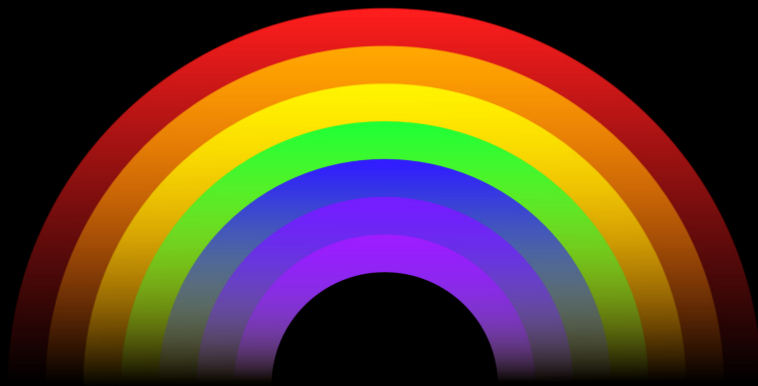
Peonca Grier, CP, FRP
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NEWSLETTER

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Central Florida Paralegal Association, Inc.

Proudly Supports the LGBTQIA+ Community



HAPPY PRIDE MONTH



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Central Florida Paralegal Association

Joins in the

CELEBRATION OF FREEDOM



Juneteenth
June 19, 1865



CFPA's 2022 Charities



www.fightcolorectalcancer.org

Mission:

We FIGHT to cure colorectal cancer and serve as relentless champions of hope for all affected by this disease through informed patient support, impactful policy change, and breakthrough research endeavors.

It was 2005. Founder and Chairman of the Board Nancy Roach had already made huge progress for colon and rectal cancer patients. She was part of a group of survivors, caregivers and friends that formed the first colorectal cancer non-profit — **Colon Cancer Alliance**.

Nancy and a small group of committed individuals formed C3 – Colorectal Cancer Coalition (renamed Fight Colorectal Cancer in 2011). What can we say? The rest is history.

From day one the focus of Fight Colorectal Cancer has been to get the voices of advocates heard. It's our belief that when leaders see and hear those impacted by their



**June Bingo is
TBD.**

**More information
to follow in the
CFPA Group**

**4 rounds of Bingo
with PRIZES!!**

**This event is FREE to CFPA
Members and
Non-Members!**

COME JOIN THE FUN!!!

**Zoom login and Bingo cards
will ONLY be provided
to those who RSVP!!**

**RSVP:
Membership@cfpainc.org**

[Click Here to Register for Bingo](#)

MEMBER MATTERS

with Jennifer Diminich, Membership Chair

decisions, change occurs. For over a decade we've watched this happen. There's nothing like a personal story to change minds.

Today, Fight Colorectal Cancer is the leading patient advocacy group in colorectal cancer. We're known for our extremely loud, involved (and sometimes even feisty) voices. We have no plans of slowing down or stopping until we reach our goal: a cure.

Donate:

www.fightcolorectalcaner.org/donate



www.russellhome.org

The Russell Home for Atypical Children in Orlando has been in continuous operation for over 60 years without any government support. The Home is the only private, non-profit facility of its kind for severely disabled children in Central Florida.

The Russell Home provides around the clock specialized care, with love and a home-like atmosphere. The love that is in this home, expressed through the eyes, sounds, and smiles from the children will make you count your blessings for the simple things in life.

To make a monetary donation:

<https://russellhome.org/giving>

To make a donation from their

Wish List:



IN THE KNOW: Join CFPA on Facebook, Instagram, and LinkedIn and stay up-to-date on all of our events!!

RESPONSES NEEDED: Are you receiving CFPA emails and announcements? If not, please contact membership@cfpainc.org to confirm your information - we don't want you to miss out!

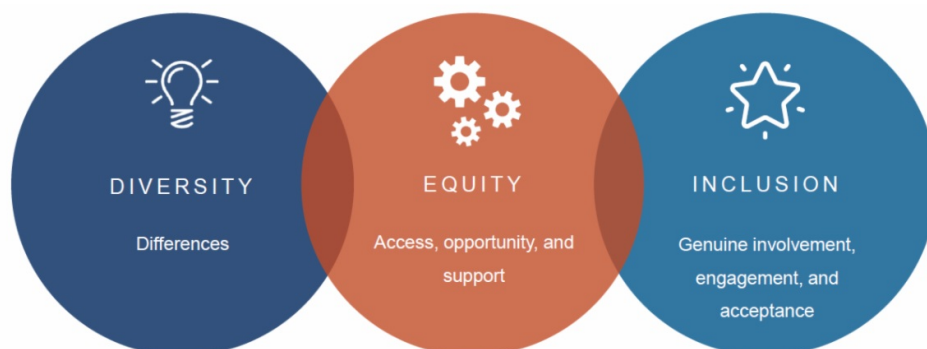
CFPA INVOLVEMENT: CFPA is a top association because of our members and their involvement with events, committees, community outreach, and networking. If you are someone who excels in these areas please reach out and we would be happy to discuss getting you involved!

PR Committee and DEI Committee are looking for members who have time to join and help us grow and excel CFPA! Please contact membership at: membership@cfpainc.org.

MEMBERSHIP MENTORS: I am looking for any CFPA member that would be interested in becoming a Member Mentor, you would be a member of the Membership Committee and would be the initial contact for CFPA's new members. The goal is welcome in new members and encourage their attendance at CLEs, events, and other social activities. Please contact me if you are interested.

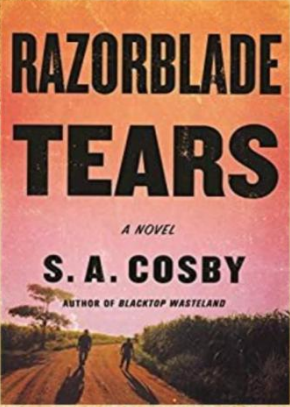


Contact Membership Chair



CFPA's DEI Committee is in its first year of existence. The DEI Committee has brainstormed and came up with the idea of holding a virtual Book Club and has chosen several books that will spark engaging, insightful, and necessary conversations as it relates to diversity, equity, and inclusion ("DEI")

CFPA's Diversity, Equity & Inclusion Virtual Book Club



I READ FOR GROWTH.
FIRMLY BELIEVING THAT WHAT YOU ARE
TODAY AND WHAT YOU WILL BE IN
FIVE YEARS DEPENDS ON TWO THINGS:
THE PEOPLE YOU MEET
AND THE BOOKS YOU READ
— TWILA THARP



Join CFPA's DE&I Book Club, grab your copy of the book, and start reading ... we look forward to discussing this with you!

**NOW OPEN TO MEMBERS AND
NON MEMBERS!!**

Tuesday, June 28, 2022

6:45 p.m.

Via Zoom

**Please RSVP by 6/27/22 to
DEICommittee@cfpainc.org**

www.cfpainc.org





Juneteenth, America's Second Independence Day

January 1, 1863, dubbed “Freedom’s Eve”, is the day that the majority of enslaved African Americans gathered in churches and homes across the country and awaited news that the Emancipation Proclamation had taken effect. At the stroke of midnight “legal” freedom was granted for all of America’s enslaved people. Unfortunately, as it often is, not all Americans were in agreement with the Emancipation Proclamation. With the fall of the confederacy, many enslavers migrated to Texas, as it became a refuge for them since it was the furthest west confederate-controlled area. They did so with the people they enslaved in order to ‘keep’ them. It is estimated that 150,000 – 200,000 African Americans were forced to migrate. For 2 years following the Emancipation Proclamation, approximately more than 250,000 enslaved African Americans in the state of Texas had not received news of their freedom.

It wasn’t until, June 19, 1865, when US Major General Gordon Granger and approximately 2,000 Union troops arrived in Galveston Bay, Texas, and by public reading, it was announced:

“The people of Texas are informed that, in accordance with a proclamation from the Executive of the United States, all slaves are free. This involves an absolute equality of personal rights and rights of property between former masters and slaves, and the connection heretofore existing between them becomes that between employer and hired labor. The freedmen are advised to remain quietly at their present homes and work for wages. They are informed that they will not be allowed to collect at military posts and that they will not be supported in idleness either there or elsewhere. Even after the announcement of President Lincoln’s Emancipation Proclamation and Major General Granger’s public reading, many Texas slave owners delayed the news of freedom until after the harvest or until a US Agent arrived to ensure forceful compliance.” - *General Orders, Number 3; Headquarters District of Texas, Galveston, June 19, 1865.*

Almost immediately, newly freed African Americans began purchasing “emancipation grounds”; Emancipation Park in Houston, Texas; Emancipation Park in Austin, Texas; and Emancipation Park in Mexia, Texas NKA Booker T. Washington Park and used these sites for Juneteenth celebrations.

Juneteenth is a celebration that started in Texas and has since, made its way across the US.

Juneteenth is one of the most profound traditions honoring the end of slavery in the United States of America and, still, this monumental event remains largely unknown and uncelebrated for most Americans. One heir to the tradition's creation in Texas is quoted in an essay by Hayes Turner as saying – “this is the way it was explained to me, the 19th of June wasn't the exact day the Negro was freed. But that's the day they told them that they was free...and my Daddy told me that they whooped and hollered and bored holes in trees with augers and stopped it up with [gun] powder and light – and that would be their blast for the celebration”.

Happy Juneteenth, America's Second Independence Day.

Works Cited:

Gates, Henry Louis. “What Is Juneteenth? African American History Blog.” *PBS*, Public Broadcasting Service, 19 Sept. 2013, <https://www.pbs.org/wnet/african-americans-many-rivers-to-cross/history/what-is-juneteenth/>.

National Geographic. “Jun 19, 1866 CE: Juneteenth.” *National Geographic Society*, <https://education.nationalgeographic.org/resource/juneteenth>.

Smithsonian. “The Historical Legacy of Juneteenth.” *National Museum of African American History and Culture*, 16 June 2021, <https://nmaahc.si.edu/explore/stories/historical-legacy-juneteenth>.

CFPA Newsletter Sponsor



Founded in 2009, NorthStar Legal began with one simple mission: to find the perfect fit between client and candidate. It is our belief that with a little work and effort, clients and candidates can rest easy knowing that they have found

exactly what they were looking for.

With nearly 20 years of experience in the legal placement arena, we are confident that no matter your needs we have your perfect placement! Let NorthStar Legal navigate your hiring needs.

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Ex-Biglaw Paralegal Allegedly Embezzled More Than \$600K From Firm

She allegedly used the money to pay her credit card, mortgage, and student loan bills.

Last month, a former Biglaw paralegal was indicted for allegedly stealing more than \$600,000 from the Am Law 200 where she worked, and yesterday, she pleaded not guilty to numerous counts of wire fraud and embezzlement related to her alleged six-figure financial heist.

Becky Louise Sutton, formerly of Saul Ewing's Chicago office, stands accused of transferring bankruptcy estate funds meant for creditors to her own accounts. She allegedly did this from 2009 to 2018, taking a total of \$682,980. According to the indictment, Sutton used the money to pay credit card bills, mortgage bills, and student loan bills, also setting some cash aside in her personal bank account and a PayPal account.

Reuters has the details on how the firm has reacted to the charges:

"We have cooperated with law enforcement and ensured that any impacted client did not suffer any losses," the [Saul Ewing] spokesperson said in an April 21 statement.

Saul Ewing declined to comment on Sutton's plea Thursday. Sutton's lawyer said he would not comment until the discovery process is carried out.

Sutton has posted \$5,000 for bond and faces up to 60 years in prison for three counts of wire fraud and 15 years for three counts of embezzlement.

Reprinted from:

Above The Law

www.abovethelaw.com

By: STACI ZARETSKY

May 6, 2022

Related Story: [Ex-Saul Ewing paralegal pleads not guilty to embezzling \\$600K | Reuters](#)



The June CLE is undetermined at this time. Once we have more information it will be posted to the CFPA Group.

If you have any questions, feel free to email the CLE Committee at CLE@cfpainc.org.





2022 NALA Conference & Expo

The NALA Conference & Expo is the most anticipated paralegal event of the year. This year's conference in Phoenix, AZ will be no exception. To help support the inclusive needs of paralegals across the nation, NALA's excited to launch our first-ever hybrid conference. This means you can choose to attend either in person or virtually, July 14th through the 16th. All attendees will be able to participate in this 3-day educational event featuring a great opportunity to network with like-minded professionals, upgrade your paralegal skills, earn CLE credit, and much more. We hope to see you July 14-16 in Phoenix, AZ!

For more information and to register, please visit the NALA.org website on the homepage under the Education tab.

Spotlight - Check out NALA Happenings

There are lots of interesting articles under NALA Happenings!!! Check it out!!! For further information, please visit the NALA website at <https://nala.org>.

Upcoming Live Webinars

June 1, 2022 at 12:00 p.m. CT/1:00 p.m. EST – W2223-Attorneys: What Makes Them Tick? A Legal Staff Survival Guide. To learn more about this webinar or to register, go to NALA's website at: <http://portal.nalamember.com/live-webinars>.

June 8, 2022 at 12:00 p.m. CT/1:00 p.m. EST –W2222-Legal Writing Outlining 101. To learn more about this webinar or to register, go to NALA's website at: <http://portal.nalamember.com/live-webinars>.

June 15, 2022 at 2:00 p.m. CT/3:00 p.m. EST – First Virtual Candidate Forum 2022. To learn more about this webinar or to register, go to NALA's website at: <http://portal.nalamember.com/live-webinars>.

If you have any questions you can contact our NALA Liaison at NALALiaison@cfpainc.org.

[Click Here to Register for NALA Seminars](#)



Join us at NALA Conference in Phoenix!! Need help convincing your boss? NALA has a form letter for that!

[Register for NALA Convention](#)

[NALA's Convince Your Boss Letter Template](#)



US DOJ to Investigate Police Response in Uvalde Shooting

Nazo Demirdjian | U. Nevada Las Vegas School of Law, US

MAY 30, 2022

The US Department of Justice (DOJ) Sunday **stated** it would investigate the law enforcement response to the recent school shooting in Uvalde, Texas. Specifically, the DOJ will focus on police response time.

On May 24, 18-year-old Salvador Rolando Ramos opened fire at the Robb Elementary School, killing 19 students aged 9 to 11 and two teachers and injuring 17 others. After an hour of the shooting, the police responded, killing Ramos. Timelines from the shooting **show** multiple unanswered 911 requests by students. A lieutenant with the Texas Department of Public Safety said they were slow in engaging the gunman because of fears “they could’ve been shot.” The DOJ’s investigation—a Critical Incident Review—is a consequence of a

request by Uvalde Mayor Don McLaughlin and will be conducted with the DOJ’s Office of Community Oriented Policing. As per the DOJ, the review aims to publish a report providing “an independent account of law enforcement actions and responses” on the day of the shooting and “best practices to help first responders prepare for and respond to active shooter events.” It will not

First responders prepare for and respond to active shooter events. It will not focus on gun reform or the gunman's motives.

The shooting rekindled conversations about the sale of AR-15s since Ramos had legally obtained the AR-15 used in the shooting. Congressman Beto O'Rourke, who is challenging Governor Greg Abbott for the governorship of Texas, **interrupted** a press conference by Abbott regarding the shooting, demanding action. O'Rourke has also **called for** more gun control and criticized Abbott's law easing permit requirements. Republican Congressman Adam Kinzinger **said** he was open to banning AR-15 rifles, indicating there is a conversation in the party about reform.

Gun control will continue to be a contentious topic not only in Texas's gubernatorial election but also in this year's midterm elections.

Reprinted from Jurist:

www.jurist.org

CONTEST TIME!!
ARE YOU READY FOR A CHALLENGE???

Central Florida Paralegal Association





ARE YOU READY FOR A CHALLENGE??

BRING A NEW MEMBER CONTEST

**CFPA's Half Year Membership Mixer
June 30, 2022**

**Help CFPA kick off the 1/2 price
membership dues going into effect July 1st**

Here are the Rules:

1. You must be a current CFPA Member;
2. Guest must complete application and pay dues;
3. If there is a tie for winner of the contest, names will be drawn from a hat.

Questions? Email Membership@cfpainc.org

www.cfpainc.org

If you did not receive an Event Brite invite to the upcoming Membership Mixer, you can RSVP here:

[Register to Attend Half Year Mixer](#)

**CFPA's Half Year
Membership Mixer**



June 30, 2022

5:30 - 8:30 p.m.

Ace Cafe

100 W. Livingston St.

Orlando, FL

Members - FREE

Non-Members - \$5.00

(to be paid online prior to event)

Half Off
Membership
Dues

Free Food
& Drinks

Event Sponsors:



CP Review Course

SAVE THE DATE!! • U.S. Legal System

CLASSES START AUGUST 2, 2022!!!

- Civil Litigation
- Contracts
- Corporate & Commercial Law
- Criminal Law & Procedure
- Estate Planning & Probate
- Real Estate & Property
- Torts
- Professional & Ethical Liability



CFPA/LAPSWV Members \$75.00

Student Members/Non-Members \$50.00

Non-Members \$100.00

Per Class CLE Price: Members \$10.00

Per Class CLE Price: Non-Members \$20.00



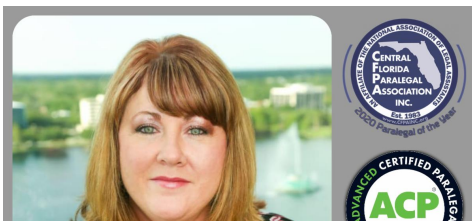
**Classes start August 2, 2022 and will meet twice a week.
Every Tuesday and Thursday at 7:00 p.m.
Classes will be one hour.**

If you are interested in attending the CP Review Course please make sure you register online via our website.

[Register for the CP Review Course HERE](#)

From the Editor ...

I hope you have enjoyed this issue of the Carpe Diem. We would love to hear from you! Have you written an article that has been published that you would like to have placed in our newsletter? Does your attorney write articles that he or she would like to share with our group for publishing? If you are interested in writing an article for the newsletter let me know.



Big THANKS to NorthStar Legal and

Big THANKS to NorthStar Legal and Huseby for sponsoring the newsletter for 2022!!

Thank you,
Cassie Snyder, ACP, FRP
Editor



Cassie D. Snyder, ACP, FRP

[Carpe Diem Archived Issues](#)