



Central Florida Paralegal Association, Inc.

P.O. Box 1107
Orlando, FL 32802
(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 - October 2024



Happy October CFPA Friends!

October is my favorite month of the year. College football is in full swing, the weather (sometimes) cools down, and fall and Halloween decorations are out. Fall is my fresh start and is the beginning of a fresh start for CFPA. Just like in nature where leaves fall from trees to allow for the new growth in the spring, CFPA Board elections will be held this month to allow the new Board to begin their path for the next year.

If thoughts of serving on the Board of this incredible organization have ever crossed your mind, now in the time! I can tell you that serving as Vice-President/President Elect in 2023 and now as your President in 2024 has been a wonderful experience that has helped me grow in many ways. The most incredible aspect of the experience has been the support and assistance from past presidents and the Board. You are never alone. Please feel free to reach out to any Board member with any questions you may have.

In addition to Elections, I look forward to seeing everyone at our upcoming membership mixer of in person Bingo on October 9 at 6:00 p.m. and in person CLE on October 10 at 12:00 p.m. Thank you to the amazing S.K.I. Investigations and Universal Court Reporting for sponsoring these events.

CFPA has joined in a statewide collaboration with the Paralegal Association of Florida (PAF) leading the way in submitting a joint application for approval by the Governor to designate 2024 Paralegal Week for the week of October 21-25, 2024. This week includes National Paralegal Day on October 23, 2024. We will keep you posted as to the decision of the Governor.

Don't forget to get those scholarship applications in! The deadline is November 1, 2024.

Also, Paralegal of the Year Nominations will open soon! Check your email for more information.

Save the date for Annual Holiday Party: Friday, December 6, 2024: 6:00 p.m. to 9:00 p.m. at the Great Southern Box Company. Start planning those outfits to dress to impress.

In closing, here is your useless knowledge trivia for October: October 4 is International Ships-in-Bottle Day; October 28 is Frankenstein Friday and turn your eyes to the sky in the late evening of October 9 for the Draconid meteor shower and the predawn hours of October 21-22

WELCOME NEW MEMBERS

Active:

Mary Rivera
Tiffany Rosenstock
Debbie Henderson
Jeanine Mazzochette
Toni Sweeney

Patron:

Universal Court Reporting

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

10/9/24 - Bingo
10/10/24 - CFPA CLE
12/6/24 - Holiday Party

**BOARD OF
DIRECTORS**

for the Orionid meteor shower.

Until next month,

Denise L. Marsters, FRP
CFPA President 2024

Ronald McDonald House
Share-A-Meal Program

September's volunteer event was a huge success!!
We served 35 people chicken and sausage jambalaya, bread and cupcakes.
The families were thrilled!!



Thank you to everyone who came out, donated, and helped make a meal for families staying at the Ronald McDonald House!!



To All Active Members:

The Elections Committee is calling for nominations for the Central Florida Paralegal Association Inc.'s 2025 Board of Directors. Only Active Members shall be entitled to vote, hold office, or serve on the Board of Directors.

The only position that has not been declared is:



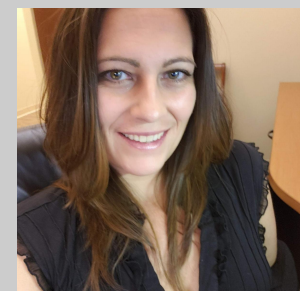
President:

Denise L. Marsters, FRP
CFPAPresident@cfpainc.org
g



**Vice
President/President
Elect:**

Deborah A. Kallas, ACP, FRP
VicePresident@cfpainc.org



Secretary:

Jennifer Diminich, ACP, FRP
Secretary@cfpainc.org

**Board of Directors:
Vice-President/President-Elect**

Nominations are now open to those "Active" category CFPA Members who have been an active member for at least one full year.

In the event no one runs for a particular Officer position, then any Active member of CFPA who has been an Active Member for at least one full year and is current on dues.

The Elections Committee will be extending acceptance of nominations for the following positions until 5:00 p.m. on **October 15, 2024**. Please complete the Declaration of Candidacy and Biography form and email your nomination(s) to: Nancy L. Jordahl, ACP, FRP, Elections Committee Chair, at njordahl@hotmail.com or Elections@cfpainc.org.

The Declaration form is attached. If you do not have the capability to sign, scan and email the form please email the Elections Chair to discuss alternative options.

If you have any questions, you may contact the Elections Committee Chair at njordahl@hotmail.com or Elections@cfpainc.org.

Sincerely,

Nancy L. Jordahl, ACP, FRP, FCP
Elections Chair

[Click Here for Declaration Form](#)



Treasurer:

Iris F. Walker, FRP
Treasurer@cfpainc.org



NALA Liaison:

Caroline Wilkerson, ACP,
FRP
Nalalialiaison@cfpainc.org



Parliamentarian:

Yolanda I. Fuhrmann, CP
Parliamentarian@cfpainc.org

DIRECTORS



Cassie D. Snyder, ACP, FRP

Director1@cfpainc.org



Jodi Peterman, FRP

Director2@cfpainc.org



Aimee Chentnik, CP

Director3@cfpainc.org

Sustainable Legal Career

Posted on **September 25, 2024**

by **Kelli Radnothy**

Building Sustainable Legal Careers: Because Burnout is So Last Season (and Learning Never Stops)!

Let's face it—being in the legal field is like starring in a never-ending episode of Survivor. The deadlines, the clients who think “urgent” means “I need this five minutes ago,” and the constant flow of emails—it’s a jungle out there. But unlike a reality show, where you can hope to get voted off the island, we’re in this for the long haul. So how do we build a sustainable legal career without turning into exhausted zombies? Let me share a few tips!

First, we’ve got to set boundaries. “But Kelli, my clients need me 24/7!” I get it, but trust me—they don’t. I make it a point not to respond to emails after a certain hour unless it’s actually urgent. And by “urgent,” I mean we’re talking filing deadlines or a fire—literal or figurative.

Next, let’s talk about continuing education. If you think the learning stops after paralegal or law school, think

again. Technology is evolving, new laws are popping up like weeds, and if we're not keeping up, we're falling behind. Staying sharp through ongoing training not only makes us better at our jobs but also helps us find smarter, more efficient ways to work. Plus, let's be honest—don't we all want to be the person who drops the latest legal tech tidbit in a meeting and looks like a genius?

Then there's the need to delegate like a boss. After 20+ years as a paralegal, I can tell you firsthand: we don't have to do everything ourselves. Trust your team, use AI, and delegate the tasks that don't need your personal touch. Your future self will thank you when you have time to enjoy your coffee and read up on the latest legal developments instead of tweaking that spreadsheet for the 15th time.

Finally, let's talk about taking breaks. I know, shocking. But those marathon 12-hour days aren't doing anyone any favors—least of all your health. Take regular breaks to breathe, stretch, and maybe even learn something new (because scrolling Twitter doesn't count).

Building a sustainable legal career means finding balance—between work and rest, between staying sharp through education and stepping back to recharge. Trust me, your career—and your sanity—will thank you for it.

How have you built a sustainable legal career? What advice would you add? I'd love to hear from you. Please leave a comment on the **blog** or send an email to kelli@klrparalegal.com.

Reposted from Know Issue and KLR Paralegal
<https://klrparalegal.com/sustainable-legal-career/>



Martha Giller
Director4@cfpainc.org



CFPA Committees:

CLE Chair:

Nancy Jordahl, ACP, FCP, FRP

CLEChair@cfpainc.org

Membership Chair:

Debbie Dollar, ACP, FRP

Membership@cfpainc.org

Public Relations Chair:

Yolanda I. Fuhrmann, CP

Publicrelations@cfpainc.org

Community Service Chair:

Aimee Chentnik, CP

CommunityService@cfpainc.org

Student Relations Chair:

Sara Ferguson, CP, FRP

Students@cfpainc.org

Social Media Chair:

Jennifer Diminich, CP, FRP

Socialmedia@cfpainc.org

Scholarship Chair:

Sara J. Ferguson, CP, FRP

Scholarship@cfpainc.org

Central Florida Paralegal Association



This is awarded annually honoring an exceptional paralegal with an incomparable level of performance. Recognizing a Paralegal of the Year is one of CFPA's many goals as a professional organization for paralegals.

WHO CAN NOMINATE??

ATTORNEY/FIRM

An Attorney/Firm can nominate a CFPA Member or a Non CFPA Member

PARALEGAL PEER

Paralegal Peers can only nominate a CFPA Member

Your nomination should include the paralegal's full name, how long he or she has worked at your firm/corporation, as well as a detailed explanation of the talents or qualities exhibited that make this paralegal unique.

DEADLINE TO SUBMIT - November 4, 2024

EMAIL your nomination to:
ParalegaloftheYear@cfpainc.org

www.cfpainc.org

Newsletter - Carpe Diem

Cassie Snyder, ACP, FRP

Editor@cfpainc.org

Paralegal Regulation &

Ethics Chair:

Caroline Wilkerson, ACP,

FRP

Nalalialison@cfpainc.org

Job Bank Chair:

Cassie D. Snyder, ACP, FRP

Jobs@cfpainc.org

CP Review Course Chair:

TBD

ReviewCourse@cfpainc.org

DE&I Chair:

Peonca Grier, CP, FRP,

MSM-HR, SHRM-CP

peoncag@gmail.com

DEICommittee@cfpainc.org

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Evelyn Quintana

Director of Business

Development

Member Perks



**FREE CLE OFFER ENDS
OCTOBER 31ST!!**

Hello CFPA members,

Here is a great membership reward just for you!

Please reach out to me (njordahl@hotmail.com or njordahl@wwhgd.com) for a unique to you coupon code for a **FREE CLE** package from the 2024 Paralegal Cruise (sorry – no free cruise or goodie box involved).

Here are the details:

The coupon will expire on Midnight October 31, 2024.

Link to sign up:

<https://www.perfectlyparalegal.com/p/2024-paralegal-cruise>

CFPA members should choose the \$200 option (CLE package WITHOUT Goodie Box).

On the checkout page, it will prompt you to login to an existing account or if you are new to Perfectly Paralegal you can enter your email address and it will create an account.

Once you have logged in or entered your email address, you can click on "Add Coupon Code" on the right side under Order Summary, enter your code, and hit apply. That should zero out the dollar amount and allow you to register for free. Once you enter the coupon code, the payment information options will go away - no payment information is needed.

Each code can only be used once.

If anyone has any problems signing up or can't access their account etc, Please reach out to Linda McGrath-Cruz, MPS ACP FRP at lmc@perfectlyparalegal.com

Attached is an Excel list of the courses that you will have access to.

The total number of hours available is 16.0 hours:

- ☐ Legal Ethics CLE hours: 4.5
- ☐ Non-substantive CLE hours: 1.0
- ☐ Substantive CLE hours: 10.5

Office: 407-423-9900

Fax: 407-841-2779

Evelyn@milestonereporting.com



Jennifer Magnusson

President, COO, SR

Office: 407-841-2045

Fax: 407-841-2046

jennifer@northstar-legal.com

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Rob Murphy

Director of Business

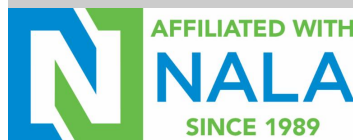
Development/SIU

Manager

Mobile: 407-404-9981

Office: 877-754-7545

RMurphy@skiinv.com





**Newsletter
Recognition:**

JOIN VERITEXT
TO CELEBRATE
OUR NEW SPACE!

Let's Paint the Town Blue

*Meet the team, enjoy heavy hors d'oeuvres and cocktails,
and tour our new state-of-the-art suite.*

 **OCTOBER 23 | 4PM - 8PM** 
Veritext Orlando
800 North Magnolia Avenue, Suite 400
Orlando, FL 32803

RSVP at
<https://www.veritext.com/event-pttb-florida/>

*Honor paralegals by wearing blue
and get entered to win fabulous prizes!*



CFPA's 2024 Charities

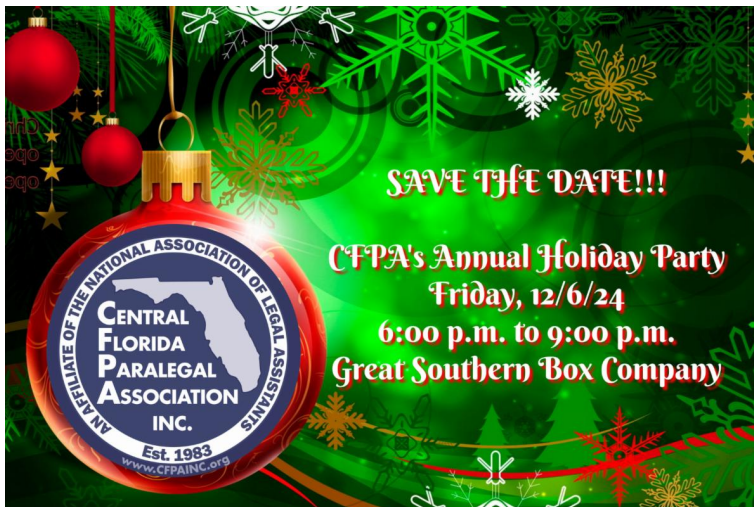


www.brittsbunch.org

Britt's Bunch is an organization founded by a young woman with Down syndrome dedicated to serving children and families living below the federal poverty threshold. With the support of community superstars, Britt's Bunch established a 501(C)(3), a strong board of directors, and a team of volunteers. What sets us apart is that no one is paid, ensuring that every dollar raised goes directly to those we serve.

The mission of Britt's Bunch is to help wherever there is a need by

SAVE THE DATE ...



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PublicRelations@cfpainc.org

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Community Service Corner

VOLUNTEER



If you have any suggestions for volunteer opportunities feel free to contact our Community Service Chair, Aimee

providing activities and resources for Florida children and families who face economic and health challenges.

To make a monetary donation:

www.brittsbunch.org/donate

AND



As former athletes, we see it as our mission to use our platform to serve as a light of inspiration for those in bleak situations. Our status is a constant opportunity to make a difference in the world, and make a difference we will do.

"Impacting the next generation for a better tomorrow. One Kid At A Time!"

To make a monetary donation:

www.onekidorlando.com

Volunteering in Orlando

If you have been looking for ways to give back to your community, volunteering can be a great way to get started. Volunteering is also a great way to meet new people, gives you a sense of purpose, can increase your social skills and self-esteem, and can help you gain professional experience.

The following is a list of great places to volunteer in Orlando. So next time you find yourself with a couple of extra hours in your day, find a cause that aligns with you and volunteer!

Second Harvest Food Bank
Pet Alliance of Greater Orlando
Orange County Animal Services
Give Kids the World
Coalition for the Homeless
Ronald McDonald House
Harbor House of Central Florida
Habitat for Humanity
United Way of Central Florida
The Warrior Foundation
The Mustard Seed of Central Florida
Boys and Girls Clubs of Central Florida
Russell Home for Atypical Children

This is just a small list of the many opportunities available in Orlando. If you know of additional volunteer opportunities or would like to provide suggestions, please email communityservice@cfpainc.org.

CFPA Newsletter Sponsor





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VIRTUAL CLE LUNCH & LEARN SERIES

Employment Discrimination



Speaker:
John Palmerini, Esq.

October 10, 2024
12:00 p.m.

Orange County Public Schools
445 W. Amelia Street
First Floor, Conference Room A
Orlando, FL 32801

LUNCH SPONSORED BY:  **UNIVERSAL**
COURT REPORTING

CFPA Members: FREE
Non-Members: \$20.00
Registration Closes at 1:00 p.m. on 8/20/2024

Please RSVP and
make Non-Member payments online:
www.cfpainc.org/cle



NALA Approved for 1.0 Hour of Substantive CLE

Any questions please email: cle@cfpainc.org

UPCOMING CLE:

November 20, 2024

Workers Comp by Noah O. Sarkwah, Esq.

Do you have a seminar topic you would like to see? Are you interested in being a seminar speaker or know someone who might? If so, please reach out to our CLE Committee.

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

Time for a Brain Break ...

UNITED STATES SUPREME COURT

TRIVIA QUESTIONS

The building is made of marble. Two bronze doors at the entrance weight 6.5 tons each. There are 16 columns at the front entrance. "Equal Justice Under Law" is inscribed on architrave. Throughout the building you will find turtles in the design.

1. Who was the first U.S. Supreme Court chief justice (Hint - he was also the youngest)? A) John Marshall B) John Jay C) John Rutledge
2. How many total justices were on the first U.S. Supreme Court? A) Nine B) Three C) Six
3. Which two justices were the only to ever appear on U.S. currency, the \$500 and \$10,000 bills (which are no longer in circulation)? A) Wilson and Stevens B) Marshall and Chase C) Ellsworth and Randolph
4. No two relatives have ever served on the U.S. Supreme Court. A) True B) False
5. He was the only U.S. president who later became a justice: A) Taft B) Coolidge C) Hoover
6. Which chief justice served for the shortest tenure of only 5 months and 14 days? A) Thurgood Marshall B) John Rutledge C) Earl Warren D) Harlan Stone
7. Who was the longest serving Justice at 36 years, 7 months, and 8 days? A) William Rehnquist B) Warren E. Burger C) Clarence Thomas D) William O. Douglas
8. There is a basketball court on the fifth floor of the U.S. Supreme Court building and it is referred to as the highest court in the land. A) True B) False

Just for Fun!

In the United States Supreme Court, before each oral argument, white quill pens are placed on the arguing attorneys' tables, a tradition dating back to the earliest days of the Court. No one uses those pens for notetaking anymore, but the attorneys are permitted to keep them as a memento.



Answers: 1. B) 2. C) 3. B) 4. B) Two justices were related: John Marshall Harlan and John Marshall Harlan II – grandfather and grandson 5. A) 6. B) 7. D) 8. A)

**This puzzle is courtesy of CFPA Member,
Janet Mahindroo, ACP, FCP**

CP Review Course

**CFPA recorded its first all
virtual CP Review Course
which took place in
August 2022!**



**We are now offering the entire
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MEMBER MATTERS

with Debbie Dollar, Membership Chair



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

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!

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

MEMBERSHIP MENTORS: Katheline Stryker, Caroline Wilkerson, and Jennifer Diminich.

FOLLOW US AT:



Contact Membership Chair



Hello Friends –

In case you missed it, Peonca Grier, CP was NALA's Member Spotlight of the month for September! Peonca has dedicated much of her professional career to volunteering and sharing her legal knowledge and advice with her fellow paralegals. Peonca is our DEI Chair for CFPA but also serves as NALA's Vice-President this year. We are so proud of her!

Read all about Peonca's accomplishments here: [September Volunteer Spotlight – Peonca S. Grier, CP – NALA](#)

NALA is partnering with [PCI \(Publishing Concepts\)](#) to create an Oral History Project in honor of our 50th Anniversary in 2025. You should have received an e-mail and/or postcard regarding details on how to participate. Share your personal journey of how NALA helped you on your career path. Deadline to submit your story is **November 1, 2024**. For more information contact PCI's customer service helpdesk at 1-800-982-1590 or customerservice@publishingconcepts.com.

Did you know NALA has a wide array of resources for paralegals, students and educators? Check out the Paralegal Resource Navigator: [Paralegal Resource Navigator - Paralegal Resource Navigator \(nala.org\)](#) that contains a repository of all kinds of legal topics, trends, research, project management, technology, education opportunities, advice and so much more!

Please do not hesitate to contact me with any questions or concerns about NALA. carolinecwikerson@gmail.com or nalalialison@cfpainc.org.

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

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From the Editor ...



Cassie D. Snyder, ACP, FRP

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 accurateserve, Milestone Reporting,
NorthStar Legal, and S.K.I. Investigations for
sponsoring the newsletter for 2024!!***

Thank you,
Cassie Snyder, ACP, FRP
Editor

Carpe Diem Archived Issues



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