

President

Michael R. Osaer
(586) 739-7325

President Elect

Brian M. Legghio
(586) 493-7000

Secretary

Kathy J. Vogt
(586) 226-3100

Treasurer

Jacob M. Femminino, Jr.
(586) 954-9500

Past President

Peter W. Peacock
(586) 466-7605

Directors

Keith R. Beasley [04]
(586) 469-5166
Sean Cox [04]
(586) 731-7400
James P. O'Sullivan [04]
(586) 465-8230
Annette Gattari-Ross [05]
(586) 574-4544
William L. Staugaard [05]
(586) 307-8900
Charles E. Turnbull [05]
(586) 726-1000
Anthony J. Bellanca [06]
(313) 882-1100
Arthur A. Garton [06]
(586) 226-3100
John J. Kennedy [06]
(586) 274-4664

**Women Lawyers Association of MI
Macomb Region, President**

Karen Transit
(586) 469-5684

Young Lawyers Section Chair

Dana Wamez
(586) 757-0733

Legal Assistant Section Chair

Heather A. Hill
(586) 323-3700

Circuit Court Liaison

Hon. Peter J. Maceroni
(586) 469-5822

District Court Liaison

Hon. Michael S. Maceroni
(586) 447-4450

Executive Director

Rick R. Troy, ext. 106
mcba@macombbar.org

CLE Director

Nikki Fournier, ext. 101
cle@macombbar.org

Communications Director

Dawn Fraylick, ext. 103
mcbainfo@macombbar.org

LRIS Director

Patricia A. Manick, ext. 104
lris@macombbar.org

Consulting Editors

Kimberly M. Cahill
Robert J. Hribar

Light My Fire

By Michael R. Osaer, President

The New Year is upon us.

All of us are making new years resolutions. People resolve to lose weight, exercise or whatever. The New Year is also a time to start over. To re-new one's self. A time to look inward and focus on career, family and relationships.

I recently attended a seminar on positive thinking. If you focus on failure, you reinforce failure. If you focus on success, you can be successful.

Fear stops people from getting what they want. People are afraid of failure or rejection or even the fear of success. People sometimes call these fears by a different name. They call these fears stress.

Stress is a problem that I hear about more and more from attorneys. The stress of dealing with time constraints, judges, opposing counsel and even their own clients. Attorneys tell me the stress wears them down.

Pushing that problem file to the corner of the desk does not ease one's stress level. Nor does not returning that phone call or writing that letter. This behavior only makes the situation worse. In fact, more attorneys' are grieved for this type of conduct



than for any other reason.

Organization and preparation are better ways to deal with stress. Putting off the problem only increases the stress. This delay gives you more time to think about the problem instead of facing the problem head on.

Stress, though, is not necessarily a bad thing. It is how you deal with stress that is important. We must deal productively with our stresses. For example, all attorneys feel butterflies in their stomach prior to starting a trial. The attorney who

is unprepared, unorganized and fearful, tightens up and becomes paralyzed by that fear. The prepared attorney, on the other hand, finds the trial a challenge and responds to that challenge in a positive manner.

You can do anything if you make up your mind to be successful. The speaker at this seminar, John Anderson, advised you could even walk through a bed of hot coals. My reaction was that you have to be crazy to do this. Yet, there I was taking off my shoes and preparing to walk through this bed of fire.

I survived without any blisters or burns on my feet. I will never forget the experience of walking through that bed of coals. John Anderson was right. Positive thinking is a powerful tool.