



# PROCLAMATION First Judicial District Bar Association MAY 2023

2022-2023

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1st Judicial District Bar Association  
PO Box 1733 Wheat Ridge, CO, 80034  
303-279-0753 Phone and Fax  
Web Site: [1stjd.org](http://1stjd.org)

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**MEMBER  
SPOTLIGHT  
MEGAN HOTTMAN**



**See Megan in an exciting film.** Info for the film is at EngineInsideFilm.com -- with trailer to watch here: <https://www.youtube.com/watch?v=P4odM4LMTuw>

Info for the golden premiere Megan is hosting in Golden on **June 29** is here: <https://www.engineinsidefilm.com/tour>

## **Having a Therapist and a Coach Changed My Life (and It Could Change Yours, Too) By Megan Hottman**

Colorado Trial Lawyers Association Trial Talk October - December 2022

When my marriage failed after 12 years in 2015, my world fell apart. I went into a deep funk, feeling rudderless and confused. I sensed I needed help but didn't know where to turn. I was getting my hair done one especially bad day when my hairdresser recommended her therapist to me. It was my first foray into therapy, and it saved me; therapy has been a blessing and a gift to me ever since, and I still see that same therapist (Donna Parker) to this day.

Therapy helped me make sense of some of my traits, tendencies, and triggers. I realized that like a lot of litigators and personal injury lawyers, I was vicariously feeling the trauma to which I was exposed in my clients' cases. It was devouring me. Secondary trauma (also known as compassion fatigue) is real; it can manifest like PTSD and shares many of the same symptoms as burnout.

I really appreciate this discussion of "developing a warning system" for Compassion Fatigue/Secondary Trauma Syndrome:

- Say that you were to learn to identify your CF/STS symptoms on a scale of 1 to 10 (10 being the worst you have ever felt about your work/compassion/energy, and one being the best that you have ever felt).
- Then, you learn to identify what an 8 or a 9 looks like for you i.e. "when I'm getting up to an 8, I notice it because I don't return phone calls, think about calling in sick a lot and can't watch any violence on TV" or "I know that I'm moving towards a 7 when I turn down my best friend's invitation to go out for dinner because I'm too drained to talk to someone else, and when I stop exercising."
- Being able to recognize that your level of CF/STS is creeping up to the red zone is the most effective way to implement strategies immediately before things get worse.
- But look back to what also emerges in this process: you are starting to identify the solutions to your depletion.

- If I know that I am getting close to an eight, I may not take on new clients with a trauma history, I may take a day off a week, or I may return to see my own therapist.<sup>1</sup>
- One of my personal warning signs is when I don't want to talk with strangers. Usually, I love engaging with people like Uber drivers, cashiers at the grocery store, and other people at the gym—I really enjoy spontaneous conversation and connecting randomly with strangers. I always learn something new. But when I'm mentally and emotionally fried, I go into energy-preservation mode and don't want to talk or even wave or make eye contact with anyone. I feel myself saying, "This limited energy I have is mine; don't take any from me." When I feel this happening, I know it's time to get some extra rest, clear some space on my calendar, and say "no" to requests.

In our profession, where working long hours, managing massive stress, and shouldering the weight of our clients' horrific events which led to their case (and our involvement in their lives) are commonplace, we must keep an eye out for the manifestation of symptoms and seek help when we recognize them.

According to a 2016 study by the Betty Ford Center<sup>2</sup> "When focusing solely on the volume and frequency of alcohol consumed, more than one in three practicing attorneys are problem drinkers." The study compared attorneys with other professionals, including doctors, and determined that lawyers experience alcohol use disorders at a far higher rate than other professional populations, as well as mental health distress that is more significant.

To me, that's a clear indicator that we're not managing our stress, our own trauma, or our clients' trauma very well. Therapy can provide a way to unpack those things and develop and maintain healthy boundaries with the trauma to which we are exposed in our work. It provides a safe space for us to offload some of the trauma, grief, and anxiety of our work before we bottle up too much of it and it devours us from the inside. The body keeps score, as they say. We must process and work through these things; stuffing them down only leads to mental and physical breakdowns. The best lawyers are healthy lawyers,

I could go on about the benefits of therapy and how I wish it were mandatory for everyone—especially lawyers—but I'll stop here. Suffice it to say, I highly recommend it and hope you find your own "Donna." If you don't jive with the first therapist or counselor you see, don't give up! Try several until you find one that's a good fit for you.

To enjoy Megan's article in full go to: <https://www.meganhottman.com/blog/2022/11/18/having-a-therapist-and-a-coach-changed-my-life-and-it-could-change-yours-too>

# NEUTRALS YOU KNOW PROFESSIONALS YOU CAN TRUST

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## CBA AND LOCAL BAR MEMBERSHIP DUES

The CBA has begun sending membership dues renewals and email invoices for the 2023-2024 period. Watch for your reminder and re-new your dues. We look forward to working with you this year.

## **JUDGES AND AWARDS RECEPTION**

AT  
COLORADO SCHOOL OF MINES  
Friedhoff Hall at the Green Center  
JUNE 10, 2023  
5:00pm to 9:00pm

Enjoy appetizers along with an open bar with fine wines, beer and soft drinks

Register and pay at:

<https://lstjd.org/events/#!event/2023/6/10/judges-and-awards-reception-honoring-award-winners-incoming-and-outgoing-judicial-officers>

Cost \$75 per person

*AWARD WINNERS & GUEST, HONORED INCOMING AND OUTGOING JUDGES  
AND GUEST ARE ENTITLED TO FREE ATTENDANCE*

### **HONORING AWARD WINNERS:**

Award of Merit

**STEPHEN COOK**

Frederick J. Myers Professionalism Award

**MELISSA GARSCIN**

Linda T. Palmieri Award For Outstanding Service to Children

**DEBBIE GABRIEL**

Claudia D. Miller Liberty Bell Award

**MICHAEL COUGHLIN**

Lisa Harness Memorial Award

**ROSETTA CEJA**

### **INCOMING JUDICIAL HONOREES**

District Court Judge Jason Carrithers  
District Court Judge Russell Klein  
District Court Judge Meegan Miloud  
District Court Judge Lindsay VanGilder  
County Court Judge Sara Garrido  
County Court Judge Keith Goman

County Court Judge Graham Peper  
County Court Judge Kristan Wheeler  
Magistrate Bryce Allen  
Magistrate Abbey DeBoyes  
Magistrate Courtney Denson  
Magistrate Blair McCarthy

### **OUTGOING JUDICIAL HONOREES**

District Court Judge Chris Bachmeyer  
District Court Judge Margie Enquist  
District Court Judge Laura Tighe  
County Court Judge K. J. Moore  
County Court Judge Harold Sargent

County Court Judge Thomas Vance  
County Court Judge Jean Woodford  
Magistrate Kolony Fields  
Magistrate Pax Moultrie  
Municipal Judge Anne Stavig



**1st JD Bar Association**

In Person/Virtual CLE  
Thursday, May 18, 2023  
12:00 pm – 1:00 pm  
Jeffco County Courthouse  
Faye Griffith Meeting Room

**Voting for 2023-2024 slate of  
1st JD Board Members****1st JD Bar Association**

**In Person CLE**  
Monday, June 5, 2023  
11:30 – 1:00 pm  
Jeffco County Courthouse  
Faye Griffith Meeting Room

***Admissibility of Evidence at  
Trial: A Primer on Introducing  
Key Exhibits***

This training will provide a review of the relevant case law and rules of evidence that relate to getting specific types of exhibits admitted into evidence at trial. The panelists will discuss methods for gaining admissibility of key evidence as well as views and tips from the bench.

**Honorable Judge Lindsay VanGilder, 1<sup>st</sup>  
JD District**

**Honorable Magistrate Bryce Allen,  
1<sup>st</sup> JD District**

**Honorable Magistrate Courtney  
Denson, 1st JD District**

**Courtney Baldwin, Polidori, Franklin,  
Monahan & Beattie**

**Victoria Kosobucki, Bloch & Chapleau  
Cates Ongert**

**In –person includes boxed lunch \$25  
Virtual \$10**

Register at:

<https://1stjd.org/events/#!event/2023/5/18/admissibility-of-evidence-at-trial-a-primer-introducing-key-exhibits-presented-by-members-1st-jd-bench-courtney-baldwin-victoria-kosobucki>

\*CLE Credit Requested

***CBA President's Briefing with***

**J. Ryann Peyton**

**Ryann will present**

**A CLE**

**Leading Through Generations**

**Meet Ryann Peyton at 11:30**

**In addition to the  
CLE there will be a  
50 Year Recognition for  
members in practice  
For 50 years**

**In Person with boxed lunch  
\$25.00**

**Register at**

**[https://1stjd.org/events/#!  
event/2023/6/5/cba-  
presidents-visit-with-ryann-  
peyton-meet-and-greet-ryann-  
at-11-30-and-a-cle-leading-  
thru-generations-also-  
recognition-for-members-in-  
practice-for-50-years](https://1stjd.org/events/#!event/2023/6/5/cba-presidents-visit-with-ryann-peyton-meet-and-greet-ryann-at-11-30-and-a-cle-leading-thru-generations-also-recognition-for-members-in-practice-for-50-years)**

**CLE credit requested**

# JOB OPENINGS

Free postings in the Proclamation  
Send to [admin@1stjd.org](mailto:admin@1stjd.org)

## Temporary Law Clerk

**Announcement for a Temporary Law Clerk position with Magistrate Judge Dominguez Braswell, with a preferred start date on or near May 22, 2023. Contact Sayre Deane, Human Resources US District Court, District of Colorado 303-335-2491 for the proper link to apply. Please note that all completed applications must be submitted via email to [Braswell\\_chambers@cod.uscourts.gov](mailto:Braswell_chambers@cod.uscourts.gov) for consideration.**

## County Court DDA Position Open Closes May 28

[https://jefferson.wd5.myworkdayjobs.com/External/job/Golden/County-Court-DDA\\_R-5276](https://jefferson.wd5.myworkdayjobs.com/External/job/Golden/County-Court-DDA_R-5276)  
[\[jefferson.wd5.myworkdayjobs.com\]](https://jefferson.wd5.myworkdayjobs.com)

1st Judicial District Law Day  
May 3, 2023

Thank you and as always, this event  
would not happen without  
Magistrate Marianne Tims  
Chris Radeff  
George Bailey

Mark your calendars for the next Law  
Day on **Tuesday, October 24, 2023**

Thank you to the Self Represented  
Litigants at the Court Resource Center  
who processed a total of 189 customer  
contacts that sought out assistance in  
these categories.

Library 25 plus 5 new library cards  
Sheriff – 19  
Trustee – 9  
MVL – 23  
Family Tree – 2  
Probate – 24  
CSE – 4  
Family Law – 26  
Civil – 35  
Traffic/Crim – 17

Thank you to the attorneys  
who volunteered their time  
and skill to the event

ERIC APJOKE  
MIKE ARNDT  
JON BRADLEY  
PRESTON BRANAUGH  
WILLIAM BURNS  
STEVEN COOK  
MARIE DRAKE  
DAN DROEGE  
DANIEL FLYNN  
MATTHEW GARDNER  
KIMBERLY GENT  
AJ GWIRTSMAN  
ANDREW HART  
ALAN HENDRIX  
JOE LUSK  
KEVIN MASSARO  
LUIS MONROY  
SHAWN PEARMAN  
ANNMARIE SPAIN  
CATHERINE TIEMAN  
TRAVIS WHITSON  
TIA ZAVARAS



Presented by  
First Judicial  
District Attorney  
Alexis King

# Senior LAW & SAFETY DAY

## 18 BREAK-OUT SESSIONS

- ✓ Law and safety sessions
- ✓ Life enrichment/health sessions
- ✓ 60+ vendors with important information
- ✓ A free 15-minute Ask-An-Attorney session, first come/first served

**JUNE 3, 2023**  
**9:00 a.m. -12:15 p.m.**

Jefferson County Administration  
& Courts Facility  
100 Jefferson County Parkway, Golden 80419

Registration and check-in open at 8am

**Registration is only  
\$10 and includes  
breakfast and mid-  
morning snack**



For more information,  
email [csjohnso@jeffco.us](mailto:csjohnso@jeffco.us)  
or call 303-271-6980



Scan the QR code to register at [eventbrite.com](https://www.eventbrite.com) or fill out the form below and drop it in the mail

**Make checks payable to:  
Senior Law & Safety Day**

**Mail to:  
Senior Law & Safety Day  
500 Jefferson County Pkwy  
Golden CO 80401**

**If the registration fee is a  
hardship, please call in  
advance.**

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_



**SAVE THE DATE**  
**9/21/2023**  
**JOIN US FOR ANOTHER GREAT DAY OF**  
**GOLFING AT HIWAN**



**Looking for a volunteer to represent 1st JD Bar Assn. on the MVL Advisory Board**

Would you like to volunteer to represent the 1st Judicial District Bar Association on the MVL'S Advisory Board? The commitment involves approximately four to 10 hours per month and can make a real difference in the lives of people who are struggling with legal issues.

You will join two other dedicated board members also representing the 1st JD board, Andy Hart and Steve Cook. **Please send a resume to [admin@1stjd.org](mailto:admin@1stjd.org) if you are interested.**

**The following slate of board members are nominated for the 2023-2024 term.**

The nomination will be announced at the In Person/Virtual CLE on **May 18, 2023 at 12:00pm**

**EXECUTIVE COMMITTEE**

President Jennifer Kilpatrick  
President Elect Alan Hendrix

Secretary Treasurer **Joseph Maher** New Nomination

**BOARD OF TRUSTEES**

Ali Brady  
Nic Campbell  
Garen Gervy New Nomination  
Adam Hepp  
Judge Russell Klein  
Andrew McLetchie  
Joshua Raaz New Nomination  
Tariq Sheikh New Nomination  
Judge David Taylor  
Rebecca Taylor  
Catherine Tieman  
Judge Lindsay VanGilder

**BOARD OF GOVERNORS**

Preston Branaugh  
Andy Hart  
Kim Sparks  
Judge Christopher Zenisek

As stated in the bylaws "The members of the Association shall have an opportunity to object to any proposed officers, proposed trustees, and proposed appointees to the Board of Governors of the Colorado Bar Association. The officers and Trustees and representatives to the Board of Governors then elected shall take office July 1 following such election, unless said official is already holding office, in which case he or she shall continue until his or her term expires."

If you wish to attend the CLE and the nomination register at the link below and make payment

<https://1stjd.org/events/#!event/2023/5/18/admissibility-of-evidence-at-trial-a-primer-introducing-key-exhibits-presented-by-members-1st-jd-bench-courtney-baldwin-victoria-kosobucki>

If you wish to attend the nomination portion of the CLE **only** indicate your preference at [admin@1stjd.org](mailto:admin@1stjd.org) at no charge.

# Partners in Recovery Breakfast 2023

## Sponsorship Information

The breakfast is our main fundraising effort for the year. The money raised is used to support the problem solving courts in Jefferson County for the following year. CSJ is a volunteer run organization and nearly 100% of donations go back into the community. Your sponsorship shows your support of this organization and our mission.

June 7, 2023, 7:30 am to 8:30 a.m.  
Holy Shepherd Church  
920 Kipling St, Lakewood, CO 80215

### ☐ \$2,500 DIAMOND

Your company/organization will be introduced at the podium by our emcee. Your logo will be added to our running PowerPoint display during the event, on the back of the program, and on our website and Facebook page for one year.

### ☐ \$1,000 GOLD

Your logo will be in the PowerPoint display, on the program, on our website and Facebook page for one year.

### ☐ \$500 SILVER

Your logo will be on our program, website and Facebook page for one year.

### ☐ \$250 BRONZE

Your logo will be on our website and Facebook page for one year.

To become a sponsor or for questions contact Leah Varnell at 303-271-6535 or [ct.spt.jeffco@gmail.com](mailto:ct.spt.jeffco@gmail.com)