

IWIRC•NY

2014 Fall Newsletter

Friends of IWIRC NY,

Fall is here and along with the seasons, things are changing over at IWIRC NY! It is election time, when half of our board will roll off and make way for new members and fresh ideas. While we are sad to see our parting board members go, we are excited to work with what looks to be an impressive field of candidates!

In this newsletter, you will find our event recaps and previews, member news, social media update and other standard newsletter content. In addition, we have a special “Elections” section detailing our ballot, candidates bio and short farewells from our parting members. For IWIRC NY members, please don’t forget to vote!

We look forward to working with this new board to continue providing you with top quality substantive and social programming. In the meantime, we look forward to seeing you at our now famous *Pitch Perfect: A Mock Pitch Event*, taking center stage at Carnegie Hall on October 15th. Good luck teams!

Take care,
Sarah Frankel and Carren Shulman

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Remember, if it's
underlined & blue,
it's got something extra
for you!
HAPPY CLICKING

IWIRC NY Events: Recap



Book Club – *I Leaned In, Now What?* Sister Networks in NY, Dallas and St. Louis

By [Jill Bienstock](#)

We held a modern-age, videoconference book club on July 15, 2014, *I Leaned In, Now What?*, that joined together the IWIRC [New York](#), [Dallas](#) and [Midwest](#) Chapters. The more than 40 attendees accepted the challenge to build the next chapter after Facebook COO [Sheryl Sandberg's](#) book - *Lean In*. Attendees were generous in their time and openness, sharing personal stories, triumphs and victories in balancing their work, career aspirations, and personal priorities, making the event tremendously successful.

This incredible, ever evolving subject, strikes chords in so many people. We discussed the choices of “Opting-In” versus “Opting-Out” and how certain individuals found career success when they strategically chose instances when they made their personal life a priority, while balancing making their career a priority at other times. A central theme emerged that it does not need to be an all or nothing choice, though many admitted struggling with wanting to maintain their status as a “go-to” person in their organization. The elevated discourse on such a personal topic was instrumental in the event’s success. The follower were additional themes from our discussion:

- We should be encouraging women and their choices... *no matter how obvious a statement, a helpful reminder.*
- Emerging out of each chapter were voices encouraging us to shape self expectations, including those of your colleagues and those of your clients to help to manage your schedule and your life.
- More than once someone shared that "life is what happens while everyone is making plans" reminding us not to lose sight of the journey and how much joy can be there - rather than just waiting for a "destination" or "arrival."

We opened and closed our discussion about what happens after leaning in by focusing on the word *freedom*. We each can choose what *freedom* means for us, our careers and our families. Ultimately - maybe, as one commentator stated, freedom is that we are able to make choices - whatever choice that is.

If you missed our event – keep your eyes peeled for next summer’s book club. In the interim, we found a few relevant items that you might find of interest including [the commencement speech by Shonda Rhimes](#) and [the "Ad" For "Like a Girl"](#) (along with [the interesting commentary from the "Like a Girl" campaign](#)).

A tremendous thank you to the more than 20 attendees in NY, the more than 20 attendees in Dallas (including IWIRC NY members Ali Kelly and Denise Kaloudis) and our 3 attendees from Kansas City. And – a special thank you to David Benick, the brave gentleman who attended in NY and provided some welcomed insight from his experience working with and supporting women he greatly admires and that have struggled with this very issue.

IWIRC Events: Recap

[IWIRC Leadership Conference](#)

San Francisco, CA

By [Ali Kelly](#)

On August 6-8, more than 80 IWIRC leaders gathered in San Francisco for the [2014 IWIRC Leadership Summit](#), a two day conference focused on IWIRC leadership initiatives, growth, development and planning for 2015 and beyond. The group included the entire IWIRC International board as well as leadership from each of IWIRC's more than 40 international chapters and boasted women from 20 states as well as Canada, Hong Kong, Grand Cayman, Japan, Germany and Singapore.

At the summit, chapter co-chairs and IWIRC board members held panels on IWIRC-specific issues and then were treated to a fantastic keynote presentation from the featured speaker, Professor [Kellie McElhaney](#) from the [UC Berkeley Haas School of Business](#) on The Value of Investing in Women. After the speaker concluded, the entire group enjoyed an outing to wine country, featuring shopping, private wine-tastings and finally, a fantastic vintner's dinner at the J Vineyards barrel room, where the ladies were welcomed by the J Vineyards owner herself, Judy Jordan. The last day included board and committee meetings, with ample opportunity for networking with and getting to know other attendees. It was a terrific conference with equal parts fun, bonding and working hard to brainstorm and strategize for a successful 2015.

[SPECIAL ANNOUNCEMENT!](#) We are thrilled to announce that IWIRC NY has been selected to host more than 100 women from around the globe the 2015 Leadership Conference in July! We look forward to seeing you all in NYC!

IWIRC Annual Conference

Chicago, IL

By [Carren Shulman](#)

Yet another successful Fall Conference this year in [Chicago](#) with 193 registrants two informative panels, including NY Chapter sponsors [Pachulski, Stang, Ziehl & Jones](#) the introduction of the new board, announcing of the 2014 Rising Star Award, [Lauren McKelvey](#) from [Wiley Rein LLP](#) and some incredible intermezzo events, like the famous architectural tour boat cruise through the Windy City. The registration was the highest yet for the Fall Conference!

The panels included presentations on issues of law firm insolvencies and a session on everything you wanted to know about healthcare and healthcare bankruptcies. The healthcare panel was organized and moderated by NY Chapter Chair, [Carren Shulman](#) from [Sheppard Mullin](#), with an enlightening presentation by panelist Jane Jordan, the Chief Counsel for Emory Healthcare on the transformation of the healthcare system in the US. Emory has been in the news recently for its successful treatment of the first ebola patients recovered from Liberia this summer and we appreciated Jane's time and commitment to the program. Our own [Judge Stong](#) also provided invaluable insight into the handling of healthcare bankruptcy issues and a reminder that these are not your typical hard or soft asset cases; they're first and foremost about human beings.

The panels were followed by our annual luncheon where IWIRC Chair [Jennifer Meyerowitz](#) passed the baton to our incoming chair Beth Hansen and all the new Board members were introduced. The NY Chapter applauds Jennifer's hard work during her very successful tenure as Chair, and we congratulate Beth as the new chair and look forward to another successful year!

IWIRC NY Events: Preview

[Pitch Perfect: A Mock Pitch Event](#)

[October 15, 2014](#)

[Carnegie Hall, New York, NY](#)

By [Michelle Repko](#)



Our 2nd annual [Pitch Perfect: A Mock Pitch Event](#) is tomorrow night! Join us as we bring this popular event to the city's most famous stage, Carnegie Hall.

In true IWIRC NY fashion we are pulling together an impressive group of female professionals. Pitch teams from [Morrison & Foerster](#) and [FTI Consulting](#) will show off their skills and receive feedback from a diverse client panel. The client panel will include [Corinne Ball](#), [Cathy Herschopf](#), [Megan Kane](#), [Lisa Poulin](#) and [Kelly Stapleton](#). Putting a twist on last year's Pitch Perfect event, this year's participants will be pitching committee side advisory work. This unique and interactive event will give you an opportunity to learn best practices for winning business from some of the industry's leading ladies.

Doors will open at 5:30 and the action runs from 6-8. Running late? Don't worry! The panelist feedback and advice to come later in the program is the cornerstone of the event. [Register now!](#)

PSST! Check us out on [Social Media](#) for your chance to win a FREE ticket to Pitch Perfect!

IWIRC at The Shore

March 5-6, 2015

[Borgata Hotel and Casino, Atlantic City, NJ](#)

By [Melissa Hager](#)

The Third Annual IWIRC at the Shore Conference is being held next year on March 5-6, 2015 at the [Borgata Hotel and Casino](#) in [Atlantic City, NJ](#). IWIRC NY is pleased to participate in this exciting conference. IWIRC at the Shore features both social and educational networking events, including CPE/CLE opportunities. And remember what happens in AC. . . .

IWIRC NY Fall Elections

IWIRC NY Fall Elections New York, NY

It is time to [Turn Out to Vote!](#) This special “Elections” section includes our awesome field of candidates, candidate bios and a farewell from our outgoing board members.

IWIRC NY Members in good standing will be eligible to vote. Members will be contacted directly by our election committee for information on casting your ballot. Please [email us](#) with any questions.

Positions & Candidates

Board Co-Chair

[Samantha Martin](#), Morrison & Foerster

[Tanya Meerovich](#), FTI Consulting

[Blanche Zelmanovich](#), GlassRatner Advisory & Capital Group LLC

Communications Chair

[Camille Bent](#), Stevens & Lee, P.C.

[Christina Pullo](#), Prime Clerk

Substantive Events Co-Chair

[Tanya Meerovich](#), FTI Consulting

[Christina Pullo](#), Prime Clerk

Social Events Co-Chair

[Denise Kaloudis](#), Garden City Group

[Christine Pirro](#), Kirkland & Ellis LLP

[Blanche Zelmanovich](#), GlassRatner Advisory & Capital Group LLC

Candidate bios are listed on the following pages in alphabetical order.

IWIRC NY Fall Elections

IWIRC NY Fall Elections, Candidate Bios

[Camille Bent](#), Stevens & Lee

Camille has been a member of IWIRC since 2011, and is well suited for the Vice Chair/Communications position. In law school, she was Editor-in-Chief of the Southern Region BLSA Law Journal, where she gained relevant experience for running the newsletter. She's also very social media savvy, and if elected, Camille would work to keep members up to date on IWIRC NY events while ensuring that all the information is presented in an aesthetically pleasing and engaging manner.

Camille is a Bankruptcy and Restructuring Associate at Stevens & Lee, P.C. Camille focuses her practice on commercial bankruptcy reorganizations, liquidations, and commercial litigation matters in New York federal and state courts. Camille previously clerked for the Honorable Pamela Pepper of the U.S. Bankruptcy Court, Eastern District of Wisconsin. She received her JD and MBA degrees from Emory University, and her BA in International Relations from The Johns Hopkins University. Camille is a member of the Board of Directors of Directions for Our Youth, a non-profit organization that provides academic enrichment programs to children in the Bronx and Brooklyn.

[Denise Kaloudis](#), Garden City Group

Denise Kaloudis is a Senior Consultant in GCG's Bankruptcy Group. In this role, Denise is responsible for helping drive the group's business development strategy through the maintenance of client relationships, case management and outreach initiatives. Denise has extensive corporate restructuring experience and has worked on numerous large, sophisticated bankruptcy cases in a variety of industries. Prior to her tenure at GCG, Denise was a bankruptcy attorney for nearly 10 years, and practiced at Skadden, Arps, Slate, Meagher & Flom LLP and Akin Gump Strauss Hauer & Feld LLP. Before entering private practice, Denise served as a law clerk for the Honorable Mary F. Walrath, former Chief Judge of the United States Bankruptcy Court of the District of Delaware. Denise received a J.D. from Brooklyn Law School, a B.A. from New York University, and briefly studied at the University of International Business and Economics in Beijing, China.

Denise is a proud member of International Women's Insolvency & Restructuring Confederation (IWIRC) as well the Turnaround Management Association (TMA), The American Bankruptcy Institute (ABI), The New York State Bar Association and the American Bar Association (ABA). She also serves on the Associate Board of the New York Legal Assistance Group, a not-for-profit organization that provides free civil legal services to low income New Yorkers who would otherwise be unable to afford or receive legal assistance.

Denise loves IWIRC, and treasures all the wonderful friendships she has made through it. As Social Events Co-Chair, Denise hopes to draw from her experience as a business development consultant to bring creative, exciting social events to the IWIRC NY members. The goal is not only to create new forums to make new friends in the restructuring industry, but also to have fun!

IWIRC NY Fall Elections

IWIRC NY Fall Elections, Candidate Bios

[Samantha Martin](#), Morrison & Foerster

I am a senior associate in the Business Restructuring & Insolvency Group at Morrison & Foerster LLP in New York, where I have practiced since 2007. I have represented Chapter 11 debtors, official committees, and other parties in interest in some of the nation's largest and most complex Chapter 11 proceedings, as well as foreign representatives in Chapter 15 recognition proceedings. I am Co-Chair of the Morrison & Foerster New York Women's Affinity Group, and I have been a member of IWIRC since 2012. I am a member of IWIRC because I believe in its mission devoted to the professional advancement of women in restructuring and its strong network for women where, in many instances, business relationships and even true friendships form and thrive. I would like to add my knowledge, energy and experience to IWIRC's network and its professional development programming. Since joining IWIRC, I have participated on the Substantive Events Sub-Committee for the October 2014 Pitch Perfect event, drafted an article for the IWIRC NY newsletter, and attended numerous events. I also will be a member of the pitch team presenting at the Pitch Perfect event in Carnegie Hall in October 2014. I believe the IWIRC NY Network presents a unique opportunity for women to expand their business connections and enhance their leadership skills. I welcome the opportunity to contribute more significantly to the IWIRC NY Network and to participate on both the global and local levels of the organization. I believe my skills and work ethic make me a prime candidate to further the mission of IWIRC and would make me an invaluable addition to the team.

[Tanya Meerovich](#), FTI Consulting

Tanya Meerovich is a managing director in the FTI Consulting Corporate Finance/Restructuring practice. Ms. Meerovich's experience includes providing financial and strategic solutions to distressed companies, their creditors and investors. She has worked with both public and private companies across many industries, including financial services, real estate, non-for-profit, insurance, healthcare, manufacturing, infrastructure, print and retail. Some of her recent engagements include Puerto Rico Highways and Transportation Authority, ResCap, C-BASS, General Growth Properties, Saint Vincent's Catholic Medical Centers in New York, and Workflow Management. Ms. Meerovich's advisory services include assisting senior management teams and various stakeholders in review and assessment of business plans and financial models, preparation of financial projections and cash flow models, financial analysis, cash management, asset management and liquidation, claims analysis, fraud investigations and forensic accounting. Ms. Meerovich is a chartered financial analyst, certified insolvency and restructuring advisor, and certified fraud examiner. She is a member of IWIRC, the CFA Institute, American Bankruptcy Institute, Association of Insolvency & Restructuring Advisors, Association of Certified Fraud Examiners, Turnaround Management Association, and New York Society of Security Analysts.

Ms. Meerovich currently serves on the IWIRC Regional Committee, representing the North East region. She is a member of the IWIRC NY Chapter Substantive Events Committee and has played an active role in planning events, including the Pitch Perfect event scheduled for October 15th. Ms. Meerovich is an active member of the FTI WIN (Women's Initiative Network) and serves as one of the lead members of the FTI WIN Internal Events Committee responsible for planning educational and social events. She launched the "Lunch and Learn" program in NY office and continues to advise the planning committee. Ms. Meerovich also serves on the board of directors of a non-for-profit organization, Rock & Rawhide.

IWIRC NY Fall Elections

IWIRC NY Fall Elections, Candidate Bios

[Christine Pirro](#), Kirkland & Ellis LLP

I have been part of the New York restructuring community for over four years. After graduating from the University of Pennsylvania (undergrad and law school), I served as a law clerk for Chief Judge Gonzalez in the SDNY, which immediately confirmed my interest in bankruptcy law. I joined the renowned bankruptcy practice at Weil Gotshal after my clerkship and recently lateraled to Kirkland & Ellis, a move that has allowed me to expand my practice and network. I am still close with (and would work well with!) Saima Meyer, another Weil alum and current co-chair of Social Events. I have experience brainstorming and organizing events from my positions as social chair and president of different organizations at Penn, as well as my involvement with the summer committee and various other committees at Weil. After attending this past year's events, my interest in IWIRC has sky-rocketed, and I'd be honored to help continue the good work of the prior board in creating fun, effective social events. As one of the few female associates at Kirkland, I am eager to serve as a mentor and confidante to my fellow restructuring colleagues - I believe a board position at IWIRC is the perfect vehicle to achieve that goal!

[Christina Pullo](#), Prime Clerk

Christina is Prime Clerk's Director of Solicitation, specializing in public securities, complex solicitations and related distributions both inside and outside of bankruptcy. Prior to joining Prime Clerk, Christina co-headed the public securities and solicitation group at Epiq Systems, and was a key advisor on many of the largest chapter 11 cases, including Lehman Brothers, General Motors, Dynegy, Dex One, Supermedia and Hawker Beechcraft, among others. Christina began her legal career as an associate in the Business Finance & Restructuring department of Weil, Gotshal & Manges, where she represented several debtors, creditors and lenders to distressed companies. An active member of IWIRC NY for the past 5 years, Christina not only attended events, but volunteered to assist the current NY board. Most recently, she joined the Substantive Events sub-committee responsible for coordinating the upcoming Pitch Perfect event at Carnegie Hall. In addition, she also assisted the Social Events chairs at this year's IWIRC NY golf event at Harbor Links. Christina is excited at the potential to work in a greater capacity with the NY Board and generate increased awareness for this amazing organization.

IWIRC NY Fall Elections

IWIRC NY Fall Elections, Candidate Bios

[Blanche Zelmanovich](#), GlassRatner Advisory & Capital Group LLC

I have recently joined GlassRatner as a Director on their New York office, after spending 13 years with Zolfo Cooper (and their related companies). I have been an active member of IWIRC since joining in early 2013.

I would be honored to serve on the IWIRC board in New York. I have been fortunate to develop many wonderful relationships with many impressive women through this organization.

As a member of the board, I would strive to help other women like myself to be enriched by IWIRC. The level of collegiality, friendship and mentoring amongst the members of IWIRC in New York is something that every woman, in this male dominated field, should have the opportunity to experience. I look forward to being able to give back to the organization that has given so much to me. Thank you for your consideration



Camille Bent



Denise Kaloudis



Samantha Martin



Tanya Meerovich



Christine Pirro



Christina Pullo



Blanche Zelmanovich

IWIRC NY Fall Elections

IWIRC NY Fall Elections, Board Farewells

[Sarah Frankel](#), Board Co-Chair
October 2012-October 2014



The last two years have been quite a journey! From private poker parties in Meatpacking nightclubs to center court at MSG and center stage at Carnegie Hall, it has been a thrill to bring the members of IWIRC NY new and exciting experiences. IWIRC is an incredible organization that brings together and promotes the women of restructuring. I am proud to leave behind a legacy of innovative signature substantive and social events as well as a strong communication network on both social media and through our interactive newsletter. Enhancing the structure, building a sense of community and furthering the IWIRC vision has been an honor.

I have truly enjoyed every moment working with this talented group of women. While my entrepreneurial spirit is calling loudly and thus my departure from the board, I will not be far. I look forward to continuing as the Outgoing Board Advisor and experiencing all the excitement the new and continuing board are sure to bring us.

[Jennifer O'Neil](#), Vice Co-Chair
October 2012-October 2014



My time serving as Co-Vice Chair of the IWIRC NY board has been enriching and rewarding both professionally and personally. I am grateful to have had the opportunity to work with so many great women in the restructuring industry, my fellow board members and the wonderful women of IWIRC NY and beyond, and would like to especially thank the ladies of the IWIRC NY board. Working together to reinvigorate and strengthen this incredibly dynamic chapter has showcased what a group of talented, motivated, and intelligent women can set in motion. Although stepping down from the board, I am excited to remain involved at the international and chapter levels. You will hear it time and again from anyone associated with IWIRC, but not only do you build valuable professional relationships, you make friends for life.

I look forward to seeing what's up next from IWIRC NY!

IWIRC NY Fall Elections

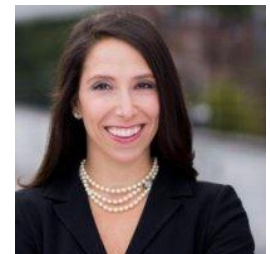
IWIRC NY Fall Elections, Board Farewells

[Michelle Repko](#), Substantive Events Co-Chair
October 2012-October 2014



IWIRC is an outstanding organization with a well-deserved reputation for professionalism, progressive thinking and – not least – the promotion of women in our industry. In my role as Co-Chair of Substantive Programming for our New York chapter, I worked with my fellow board members to design a professional development program for our membership that provided the balance they're looking for; substantive events that deliver both intellectually and socially. This has been a rewarding experience, and I am grateful to have had the privilege of working with and learning from a terrific group of women in restructuring, making new connections and strengthening my relationships. I want to thank my fellow board members for their hard work on the membership's behalf, but more importantly I want to thank my fellow IWIRC members for their enthusiasm and support. Moving from New York to San Francisco with my family may require that I step down from my position in the New York chapter, but I intend to stay involved with IWIRC on the West Coast. This is a special group of professionals, and I look forward to being a part of it for many years to come. Thank you!

[Jill Bienstock](#), Social Events Co-Chair
October 2012-October 2014



It has been an honor and an amazing experience to serve the IWIRC NY chapter as Co-Chair of Social Programming for the last two years. I was "bit" by the passion bug from the very first board meeting where I met some of the most brilliant minds in restructuring. A room of mostly new faces quickly became friends and colleagues - a true example of the power of working towards a common cause. And every event was well worth the hours of planning and work, beginning with my baby - the IWIRC NY Poker Night. My hard work for each event and the work of our board was only a part the equation - our passion as a board was met with equal enthusiasm from our attendees (many of whom are now repeat offenders!) and the real proof is in the incredible increase in membership over the last two years.

I was particularly struck by a recent event that we put together joining the Dallas, Kansas City and NY IWIRC networks for a book club - taking Sheryl Sandberg's "Lean In" one step beyond to look at what the next chapter is for our professionals in "So I Leaned In - Now What?". I learned even more about myself and the power we each wield as female leaders, both professionally and personally. While it has been one of the hardest decisions of my career to (temporarily...) "Opt Out" of my leadership role on the IWIRC NY board, I continue to "Opt In" in my career, my family, and those causes I hold close to my heart - in particular, the [Alliance for Lupus Research](#). I am grateful for having had the opportunity to serve you all and I look forward to attending future network events with you all and participating with you on IWIRC NY subcommittees.

Member News

Congratulations to our IWIRC NY Members on their recent accomplishments. Let us sing your praises! [Email us](#) your accomplishments for inclusion in our next newsletter.

Moves

- [Brenda Adrian](#) joins [KCC](#) as Managing Director, Strategic Communications Services. [Congratulate her!](#)
- [Michelle Repko](#) of [AlixPartners](#), has relocated to [San Francisco](#). [Congratulate her!](#)

Recognitions

- YOU, [IWIRC NY](#), were selected to host the 2015 Leadership Conference where we will host leadership from IWIRC networks around the world. [Congrats!](#)

Speaking Engagements

- On October 8, [Lacey Laken](#), of [Morrison & Foerster LLP](#), moderated a panel sponsored by the Women in the Legal Profession Committee of the New York City Bar called “How to Become a Jack of All Trades When All You Have Ever Done Is” [Congratulate her!](#)

Personal

- [Jennifer Marines](#), of [MoFo](#), gave birth to a baby boy, Ollie, in August. [Congratulate her!](#)
- [Jill Bienstock](#) of Cole Schotz, and her family, will participate in their 10th [Alliance for Lupus Research Walk](#) on 10/18 at the Intrepid in NYC. Her family has raised nearly \$150K for lupus research and they invite you to [help support the cause!](#)

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Member News (con't)

Welcome IWIRC NY's New Members Through October 11, 2014

[Jessica Arett](#)

Morrison & Foerster

[Liz Park](#)

FTI Consulting

[David Benick](#)

Gavin/Solmonese

[Christine Pirro](#)

Kirkland & Ellis LLP

[Kamila Khairoullina](#)

FTI Consulting

[Zhanna L Khaimov](#)

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Upcoming Industry Events Calendar

October

- 15 – [Pitch Perfect: A Mock Pitch Event](#)
Carnegie Hall, New York, NY
- 24 – [ABI Views From the Bench](#)
Washington, DC
- 28 – [IWIRC Philadelphia Reception](#)
Philadelphia, PA

November

- 6 – [IWIRC Hong Kong Annual Mixer](#)
Hong Kong Island, Hong Kong
- 18 – [TMA/NYIC Holiday Cocktail Reception](#)
New York, NY

December

- 4 – [IWIRC Maryland Holiday Lunch](#)
Baltimore, MD
- 9 – [ABI Winter Leadership Conference](#)
La Quinta, CA
- 12- [IWIRC Chicago Champagne High Tea](#)
Chicago, IL

March '15

- 5-6 - 3rd Annual IWIRC at the Shore
Atlantic City, NJ

*Want us to feature your event?
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Social Media

Social Media

[Facebook](#), [Twitter](#) & [LinkedIn](#)

Being a “Friend” of IWIRC NY on social media has become more rewarding than ever! Our followers, as always, were treated to member news, event photos, and articles of interest. We also gave away 15 tickets to [Pitch Perfect: A Mock Pitch Event](#) by targeting our loyal followers on [LinkedIn](#), [Facebook](#) and [Twitter](#), as well as directly to our sister IWIRC chapters. We hope to see some of our @IWIRCNJ, @IWIRCDE, @WPAIWIRC, @IWIRCHouston or @IWIRCWestCan sisters at Carnegie Hall.

[Like](#), [follow](#) or [join](#) us today!

Helpful IWIRC Web Resources

IWIRC NY

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Other Networks

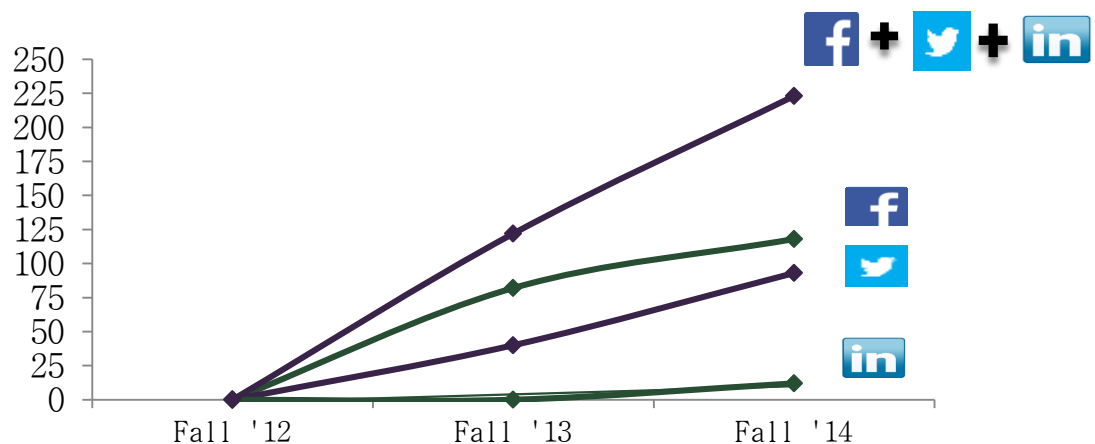
[IWIRC Houston Facebook](#)

Additional IWIRC [Tweets](#)

@iwirc, @iwrchouston, @Michigan_IWIRC,

@IWIRCDE, @WPAIWIRC, @IWIRCNJ

IWIRC NY Followers By the Numbers



TIPS

TIPS

Each month we feature 5 TIPS on how to do something just a little bit better!

This month, *Tips for Finding Zen in Your Crazy Day*

By Jen O'Neil

1. [Breathe](#). No really. Breathe in for five seconds, out for five seconds, repeat for five minutes. Time yourself.

2. Step away from the device. Even if for only ten minutes. Or maybe make it a habit not to check while commuting. Guarantee the [world will not end](#) and it will give your mind and body a critical chance, albeit brief, to unplug.

3. [Take a walk](#). Even if it's only around the block. The fresh air and the motion will have a positive impact.

4. Eat a [banana](#). Or drink water. Or even better – do both! The potassium in a banana helps regulate blood pressure, which rises when you're feeling stressed. Staying hydrated keeps your body running properly and maintains a healthy level of cortisol (the nasty stress hormone that can lead to all kinds of bad stuff).

5. [Buy a plant](#). Research shows that plants have a calming effect, plus they act as air purifiers. Sounds like a win-win.



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Sponsor Highlights: Member Profiles

Sponsor Profiles: IWIRC NY Platinum sponsorship comes with many perks including member profiles featured in our quarterly newsletter. See below for our latest profiles and sponsor today to take advantage of this and many other sponsorship perks.

[Samantha Martin](#) is a senior associate in the Business Restructuring & Insolvency Group of the New York office of Morrison & Foerster LLP (MoFo). Since joining MoFo in 2007, Samantha has represented Chapter 11 debtors, official committees, and other parties in interest in some of the nation's largest and most complex Chapter 11 proceedings, as well as foreign representatives in Chapter 15 recognition proceedings. Notable engagements include Energy Future Holdings Corp. (official creditors' committee), Residential Capital, LLC (chapter 11 debtors), Fairfield Residential LLC (official creditors' committee and liquidating trust), Extended Stay (mezzanine lender), and Qimonda AG (chapter 15 debtor).

Samantha is Co-Chair of the MoFo NY Women's Affinity Group. In this position, Samantha organizes events designed to address all issues relating to retention and advancement of women lawyers. Samantha also has mentored various female associates and summer associates at the firm.

Samantha has dedicated hundreds of hours to pro bono matters and has focused particular attention to special education issues with Advocates for Children (AFC). In 2010, Samantha was part of a litigation team that succeeded in preventing the NYC Department of Education from expanding the space used by a charter school in a manner that would unlawfully displace autistic students attending a public school. In 2012, Samantha successfully assisted AFC by securing one-on-one

tutoring services and an appropriate school placement for a ninth grade special needs student. In addition to her pro bono work with AFC, Samantha has represented The McCarton School, which provides an educational program for children with autistic spectrum disorder. Over the past few years, Samantha has amended and extended the school's charter, negotiated loan amendments and lease agreements, and assisted with various licensing and trademark matters

Samantha has been a member of IWIRC since 2012 and has participated on the Substantive Events Sub-Committee for the October 2014 Pitch Perfect event, drafted an article for the IWIRC NY newsletter, and attended numerous events. Samantha will be a member of the pitch team presenting at the Pitch Perfect event in Carnegie Hall in October 2014. Samantha believes the IWIRC NY Network presents a unique opportunity for women to expand their business connections and enhance their leadership skills, and she hopes to contribute more significantly to the IWIRC NY Network, as well as the national and regional levels of the organization.

Samantha recently was selected as a 2014 New York Metro Rising Star by Super Lawyers Magazine. Samantha received her J.D. from the Benjamin N. Cardozo School of Law, where she received a Jacob Burns Medal and served as Managing Editor of the Cardozo Law Review.



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