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Members and Friends of IWIRC NY,

It is hard to believe we are already heading into the holiday season. We know 2020 has been challenging for a lot of us — and while it isn't quite over yet, we are excited to have this forum to connect with all of you, despite continued distance.

In particular, we are excited about our recent programming — it was great to see those of you who were able to join us for the Wellness event this month, and we are looking forward to learning more about the challenges and opportunities for distressed advisors in the cannabis industry in November.

And while our minds are likely on other significant electoral outcomes right now, IWIRC elections are also well underway. Look out for an email later this week regarding the positions up for election, the voting process, and next steps.

We've got a great newsletter this month, recapping all of these items and more, including our second section on Justice, which outlines effective allyship, and tips to defeat pre-workweek Sunday dread.

Best,
Samantha Martin
Jasmine Ball
IWIRC NY Co-Chairs

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Joining IWIRC NY is easier than ever.
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Do you have member news to share? [Drop us a line.](#)

IWIRC • NY www.iwirc.com/networks/new-york



Substantive Event: Cannabis Industry - Opportunities & Hurdles in the Distressed Horizon

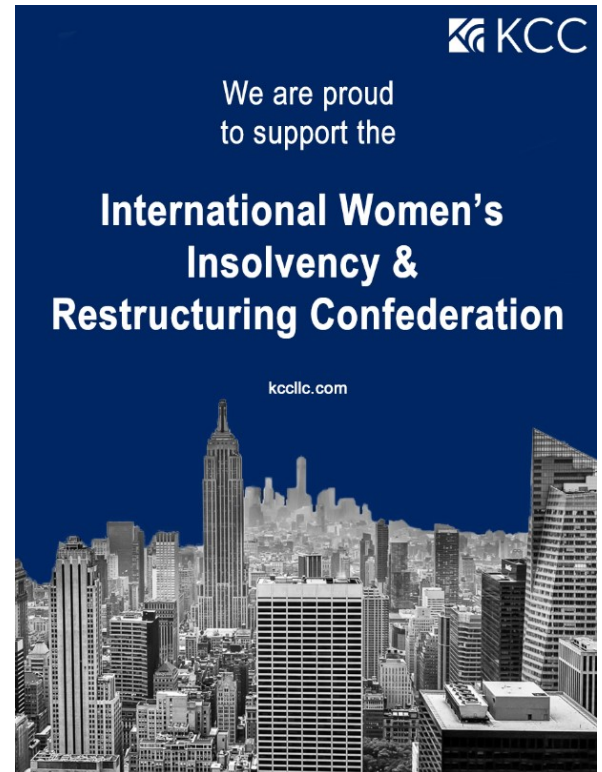
November 19, 2020

Sharmeen Khan and Alissa Nann—
Substantive Events Co-Chairs

Come learn about this relatively novel industry, its challenges, and opportunities for distressed advisors in light of its operational hurdles and upcoming legal reforms/uncertainties.

Panelists:

- [Kate Ashton](#), Partner and co-chair of the Cannabis group, Dentons
- [Jessica Billingsley](#), Chief Executive Officer, AKERNA
- [Elaine Carey](#), Managing Director and Co-Lead of Cannabis Practice, FTI Consulting
- [Saphira Galoob](#), Principal and CEO, The Liason Group, and Senior Public Policy Advisor and Executive Director of the National Cannabis Roundtable
- Moderator: [Leah Eisenberg](#), Foley & Lardner



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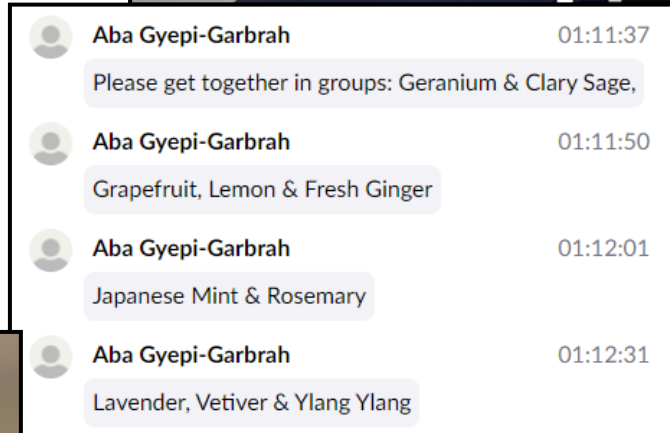
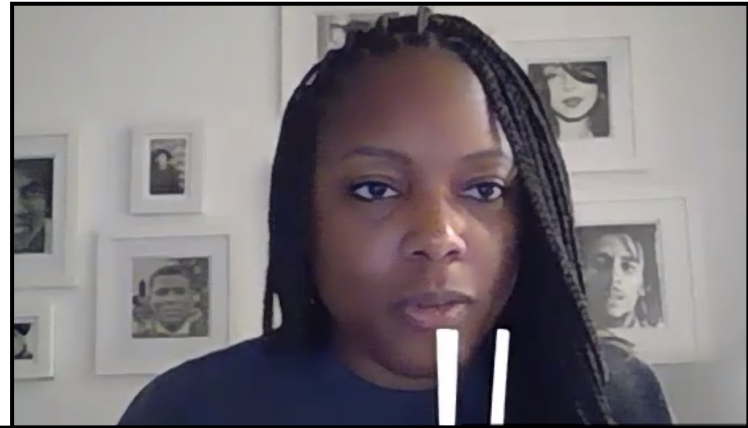
[Substantive Events Co-Chairs.](#)

Networking Event: Wellness

October 21, 2020

Sophia Hepheastou and Maeghan McLoughlin—
Networking Events Co-Chairs

We got back in the saddle for a Zoom social program featuring expert instruction from Aba Gyepi-Garbrah that introduced participants to aromatherapy. In a sold-out session, participants made their own unique blends using a kit of oils.



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[Networking Events Co-Chairs.](#)

Being an Effective Ally

Many of our offices and firms dedicated resources and time this summer to discussing and addressing issues of structural racism and inequity. Beyond this, many people turned inward to evaluate their own positions, biases, and opportunities for allyship. In turn, books about antiracism shot to the top of bestseller lists and podcasts about race topped the charts. But what does it mean to be an ally in the workplace — and how can you continually improve your commitment to issues of racial justice outside of those moments where the national spotlight brings it to the forefront of public consciousness?

An ally is someone who is not a member of an underrepresented group who takes action to support that group. It is not event-driven, nor is it work that is ever really finished. Allyship in the workplace can be difficult — but it is necessary.

1. **Educate yourself** on areas of systemic racism you do not understand. You can do this by diversifying what you read, watch, and follow.
2. **Listen** to individuals at the company that have taken on this work, particularly individuals in underrepresented groups. Let their comments inform and define your role as an ally. Bear witness to the triumphs and triggers your co-workers identify. Learn to identify behaviors you or other colleagues may have that make the workplace more challenging for them. Keep in mind that this shouldn't mean that your underrepresented colleagues always need to educate you or do the labor.
3. **Speak** to your colleagues who are not in underrepresented groups about these issues (and friends and family too, of course!), especially if you are in a position to use your voice to call out behavior or call someone into a conversation.
4. **Create space** for your colleagues in marginalized groups to voice their ideas, opinions and needs. And provide support for their initiatives (from the top-down and the bottom-up).
5. **Use your voice** to amplify the stories and efforts of underrepresented voices.

Want to learn more?

Tune into these podcasts:

- Code Switch, NPR
- 1619, The New York Times
- Floodlines, The Atlantic
- Throughline, NPR
- Intersectionality Matters!, The African American Policy Forum



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Jessica Bonteque Moses & Singer, Partner



The success of our Chapter is due in no small part to the contributions and enthusiasm of our incredible members. In celebration of that fact, each quarter, we recognize an “IWIRC NY Shining Star” to introduce you to exemplary members of the IWIRC NY community.

This issue we celebrate Jessica Bonteque, who is a dedicated member of our Substantive Events committee. Congratulations, Jessica!

Professional Background: Jessica is a partner in Moses & Singer LLP's Business Reorganization, Bankruptcy and Creditors' Rights practice group. She has represented secured and unsecured creditors, debtors, official committees of unsecured creditors, equity holders, purchasers of distressed assets, and other parties-in-interest in a wide range of restructuring matters, in multiple industries, in cases under chapter 11 of the United States Bankruptcy Code, out-of-court restructurings and cross-border insolvency proceedings. She also has a wide variety of litigation experience in federal and state courts involving fraudulent conveyance actions, breaches of fiduciary duty, secured and unsecured financings, letters of credit, foreclosures and the enforcement of guarantees.

IWIRC Involvement: Jessica is a member of the Substantive Events committee and in that role has assisted IWIRC NY's Substantive Events co-chairs in planning and executing the excellent and educational substantive events IWIRC NY puts on for its members.

Most Memorable IWIRC event: “My most memorable IWIRC event is the annual trip to Atlantic City for IWIRC At The Shore. I always particularly enjoy the spa day networking event.”

If you didn't have to sleep, what would you do with the extra time? “I would learn to speak Swedish. My husband is from Sweden so I would love to be able to speak Swedish fluently.”

Name your favorite vacation spot you've been to and your bucket list vacation spot that you haven't. “I love to travel so this is a difficult question but if I have to choose, my favorite vacation spot would be Kruger National Park in South Africa, where I went on a safari. My bucket list vacation is to go on a scuba diving trip in the Maldives.”

Who is the most famous person you've ever met “Christian Bale. He was staying in the same boutique hotel as my husband and I in Jaipur, India. We ran into him and his family at the daily high tea hosted by the hotel.”

Tips for Staving Off the Sunday Scaries

We've all been there—Sunday night, sitting on the couch, absolutely dreading the week ahead. As we sit squarely in Fall, unable perhaps to look ahead to holiday parties, winter vacations, and other activities that would typically break up the slog, it is even more important to get the weekends right. In keeping with our aromatherapy event earlier this month, we outline some recommendations for getting rid of the Sunday Scaries for good!

1. **Pace the weekend effectively.** Don't leave all of your weekend work or chores to the last minute. It will make things hang over your head all weekend long if you know the worst is yet to come. It can be tempting to keep the computer shut off on Saturday, but if you have a lot to do, it will only make Sunday that much worse.
2. **Set yourself up during the week.** Even better than not leaving all the chores until Sunday is not leaving them to the weekend at all! It isn't always possible when things are busy, but if you can carve out some time from the work week to get some of the typical weekend tasks done, it can make a huge difference. Particularly working remotely, it can be a bit easier to pop out and run a quick errand or knock that call to your insurance company off your to-do list.
3. **Make a list.** Some of the biggest anxieties come from an ominous feeling that you have a lot to do. Plot it out and work against it to the best of your ability, keeping the items realistic and small enough that they will feel attainable. If a task is big, figure out the smaller pieces you can do in the next 48 hours to set yourself up for success.
4. **Dedicate time for some ritualistic self care.** Build in a Sunday evening ritual you can look forward to — fun takeout, a virtual yoga class, a bubble bath, an extra episode of the show you are bingeing — and infuse some positivity and self care as the bridge between the weekend and work week.
5. **Consider rearranging your schedule.** If you stare down every Monday with dread, it may mean you have too much on tap for the morning. Take a look at regular meetings (that you have control over) and see if they can shift to later in the week or day. And schedule some things you look forward to (e.g. a check in with a mentor, a call with friends).



Congratulate your fellow IWIRC NY members on their recent accomplishment! Click on a name to send a note.

Give yourself some shine! Email us your accomplishments for inclusion in our next newsletter.

Speaking Engagements & Publications

[Carrienne Basler](#), Managing Director at AlixPartners, participated in the "Tips from the Titans" panel on October 28, 2020, as part of the TMA NextGen Leadership Experience.

[Lisa Donahue](#), Global Co-Leader of AlixPartners' turnaround and restructuring practice delivered the keynote address at the Kayo Women's Infrastructure Summit, an insightful conversation on disruption across industries, moderated by Isabel Arana de Uriarte, Senior Vice President at AlixPartners.

[Samantha Martin](#), IWIRC NY Co-Chair and Special Counsel at Stroock & Stroock & Lavan LLP, spoke on a panel at the Insolvency 2020 Summit on October 7.

FTI's Global Co-Leader of Corporate Finance & Restructuring [Carlyn Taylor](#) discussed a study conducted by AMEX and the New York Women's Foundation on the female perception of ambition and confidence. The webinar is available for replay [here](#).

Epiq hosted [a panel discussion at Insolvency 2020](#) entitled "Bankruptcy By the Numbers: The Next Chapter in Filing Trends" on October 27. Panelists included [Deirdre O'Connor](#) (Epiq), Chris Kruse (Epiq), Ed Flynn (ABI), Erika Morabito (Foley & Lardner), and Jessica Steinhedge (Reorg).

Honors

Congratulations to our very own [Isabel Arana de Uriarte](#), a Senior Vice President at AlixPartners and the Sponsorship and Membership Chair for IWIRC NY, who has been [named a semi-finalist for IWIRC's 2020 Rising Star Award](#). Watch the [virtual presentation](#) on December 15.

[Erica Weisgerber](#) (Debevoise & Plimpton), [Maja Zerjal Fink](#) (Arnold & Porter), [Jolene Wee](#) (JW Infinity Consulting), [Natasha Tsiouris](#) (Davis Polk), and [Cristine Pirro Schwarzman](#) (Ropes & Gray) were selected as members of the [2020 Class of the American Bankruptcy Institute's "40 Under 40" program](#).

FTI Consulting's [Sheba Bellazain-Harris](#) was named to Crain's [New York Business list of Notable Women in Accounting & Consulting](#).

[Lisa Donahue](#), Global Co-Leader of AlixPartners' turnaround and restructuring practice was also listed in Crain's Notable Women in Accounting and Consulting 2020 and will be speaking at the Crain's Most Powerful Women Summit in November.

[Rachel Chesley](#), FTI Consulting, was named one of [Business Insider's 15 top financial public relations experts](#).

Congratulate your fellow IWIRC NY members on their recent accomplishment! Click on a name to send a note.

Firm Changes & Promotions

[Kate Aiello](#) joined Klestadt Winters Jureller Southard & Stevens.

[Karen Dine](#) joined Pachulski Stang Ziehl & Jones.

[Leslie Chervokas](#) joined Edwards Maxson Mago & Macaulay.

[Melany Cruz](#) Burgos joined Milbank.

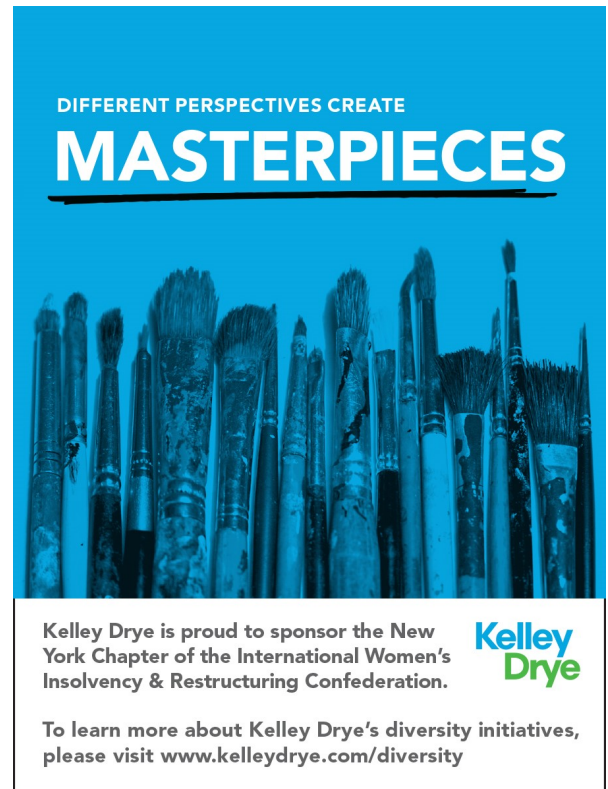
[Sheryl Giugliano](#) joined Ruskin Moscou Faltischek.

[Janice Grubin](#) joined Barclay Damon as co-chair of its Restructuring, Bankruptcy & Creditors' Rights practice.

[Mette Kurth](#) joined Culhane Meadows.

Kathleen Lauster joined DLA, LLC as a Managing Director overseeing the firm's Capital Advisory & Restructuring practice.

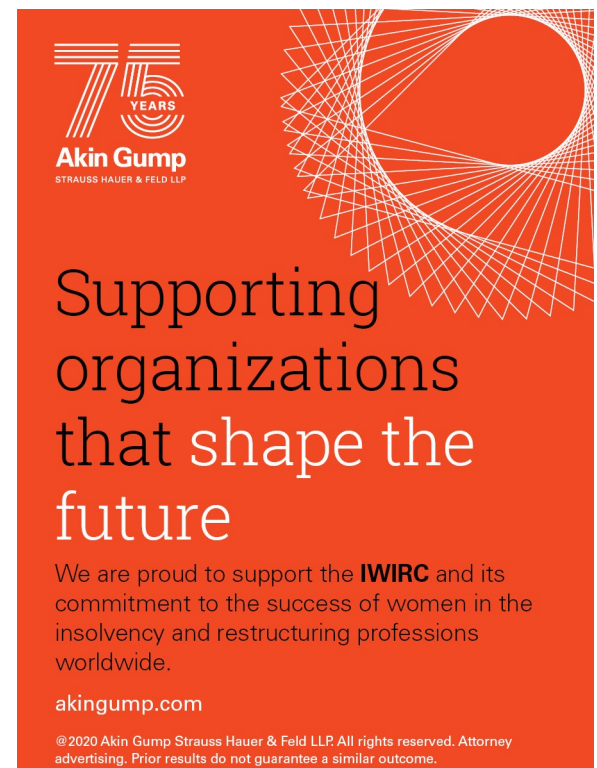
[Maja Zerjal Fink](#) joined Arnold & Porter.



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Welcome to IWIRC NY's New Members

Millie Dent

Reorg

Kizzy Jarashow

Goodwin Procter

Julia McCarthy

Alvarez and Marsal

Daniella Negron La Rosa

AlixPartners

Carina Oriel

Alvarez & Marsal

Jennifer Quinlan

AlixPartners

Lisa Terry

Donlin, Recano & Company

Courina Yulisa

Dorsey & Whitney LLP

Drop them a line personally welcoming these new members by using the hyperlinks on their names.

Need to renew your membership or become an IWIRC NY member? We want to see you here in our next newsletter—Register or renew [HERE](#) today.



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To join the conversation about women in the workplace, visit the Debevoise Women's Review at women.debevoise.com



Membership / Sponsorship Subcommittee

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ABI Virtual Happy Hours

November 4, 11, 18; December 2, 9, 16

ABI

[Register Here](#)

Studio 54: Night Magic!

November 5

IWIRC - SoCal Chapter

[Register Here](#)

NextGen Virtual Cocktail Guru Event

November 10

TMA - NYC Chapter

[Register Here](#)

Consumer Bankruptcy Forum

November 11

ABI

[Register Here](#)

Collateral Disputes: Experts Weigh in on Recent Transactions

November 12

ABI

[Register Here](#)

International Insolvency & Restructuring Symposium

November 18 - 20

ABI

[Register Here](#)

Be Inspired: IWIRC Rising Star Award Presentations and Networking!

December 15

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