



VICTORIA LEGAL SUPPORT STAFF ASSOCIATION

3216 Browning St, Victoria, BC V8P 4C4
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**SPEAKER: Phong Phan, Assistant City Solicitor
 For the City of Victoria**

**TOPIC: Stress Management and Finding the Work and
 Home Life Balance**

In the November 2011 issue of The Advocate, there was an article dealing with anxiety and depression in the legal field. We have all known someone whether clients or co-workers, children or spouses dealing with stress and not realizing the drastic impact it can have if not dealt with or not dealt with properly.

In keeping with this theme, we have invited Phong Phan to speak on the topic. Mr. Phan is the Assistant City Solicitor for the City of Victoria. He is new to this post, but he comes to us as a lawyer for the City of Toronto. Prior to that he was with Borden Ladner Gervais. The topic of the evening is Stress Management: Finding a Balance Between Work and Home Life. As a husband and the father of two small children, this is a topic that is very important to him and has the potential to benefit all of us.

🎯 WHAT'S FOR DINNER -- HIGHLIGHTS 🎯

Date: Tuesday, June 12, 2012

Dinner: Marinated New York Strips,
 Roasted Potatoes, Pasta Salad, Green Salad
 Hot Seasonal Vegetables, Multigrain Dinner Rolls
 Chef's Dessert and Coffee and Tea
(Vegetarian Meal available on request)

Place: Comfort Hotel, 3020 Blanshard St
 (formerly Holiday Inn)
 Cost: \$25.00 Member / \$28.00 Guest
 Cocktails: 5:30 p.m. - Dinner at 6:00 p.m.

Please be sure that Dinner Reservations are received by **Friday, June 8, 2012**. Please forward your reservation and cheque to:

By e-mail to: socialconvenor@shaw.ca
 By mail to: VLSA, 3216 Browning St, Victoria, BC V8P 4C4
 Deliver to: VLSA, Court Box 147

**** Business Attire Only Please****

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For Tuesday, June 12, 2012

Name: _____

Email: _____ Member?

PLEASE MAKE CHEQUES PAYABLE TO V.L.S.A.

PRESIDENT'S NOTES

Our speaker last month was former Victoria Deputy Registrar and Justice of the Peace CLIVE HALL.

He came out of Retirement, joined the Corps of Commissionaires and spoke to us the RCMP accredited identification service provided by the Corps of Commissionaires as well as digital (Livescan) fingerprinting they do for RCMP, FBI and CPIC.

We learned about Immigration and Privacy Act requests, Record Suspensions (formerly Pardon Applications), U.S.A. Travel Waivers. Clive also spoke about Record Suspensions (formerly Pardons) and how the legislation has affected the process as well as U.S.A. Travel Waivers.

Clive even had interesting border crossing stories and some tidbits about meeting with U.S. Homeland Security regarding these issues.

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