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#HappinessHappensMonth

VOLUNTEERING WITH US NOT ONLY HELPS OTHERS, IT WILL CONTRIBUTE TO YOUR HAPPINESS

There is a lot to be sad about in the world today. Floods, fires, wars, tariffs, ICE, measles – you name it. It seems like the list never ends. It also feels as if we can do nothing to escape this. Nothing to make us “happy.” That is, until we found an article on the *National Day Calendar* site.

Once upon a time, a real group called the Secret Society of Happy People decided to dedicate a day to the pursuit of happiness. Members of the Society wanted to let happy feelings linger inside them every day. In 2000, the Society of Happy People expanded the celebration to Happiness Happens Month in August.

The article also outlines 14 ways to foster happiness. Number 4 (behind *Exercise*, *Infuse Your Social Circle with Happy People*, and *Watch a Comedy*) is our favorite: *Volunteer!*

Needless to say, Trial Lawyers' Charities contribute to the happiness of the groups we assist, but more importantly, volunteering with us contributes to *your* happiness.

We are providing lots of #HappinessHappensMonth opportunities.

Orange County Trial Lawyers' Charities kicked off August with our annual participation in the Children's Hospital Orange County (CHOC) Walk in the Park at, you guessed it, *the happiest place on earth*, Disneyland! Volunteers walked across both Disneyland® park and Disney California Adventure® park – all in support of children's health and well-being and the medical miracles being performed at CHOC.

One of Los Angeles Trial Lawyers' Charities' most meaningful volunteer activities is distributing food through MEND (Meet Each Need with Dignity). Twice a week, more than 600 people regularly receive fresh fruits, vegetables and bread at MEND's Arleta site. Immediately following the Eaton fires, LATLTC not only volunteered, but brought two vans filled with non-perishable food to help replenish supplies and sent more than 500 tote bags. We will again volunteer with MEND on August 22.

It is a tradition that, during the CAALA Convention, attendees can stop by our joint booth (504 and 506) and participate in a fun and easy service project. This year, we are focusing on children's books. We will have cards for you to write the title of *your* favorite book growing up. Heart-shaped magnetic bookmarks will be added to the cards. Then you can choose where these “favorite book” cards will go:

- **LATLTC's COMFORT & JOY event.** Last year we gave away more than 250 books at Lovey's Library booth and we hope to double that number this year.
- **CASA ORANGE COUNTY:** CASA provides a powerful voice and a meaningful connection for children who are forced to go through the legal system because of abuse, neglect, and abandonment.
- **ALTADENA SCHOOLS:** So many libraries not just lost books in the fires, but the ones that survived were smoke damaged and could not be recovered.

Reading is a wonderful way for children (and adults) to escape into “pure imagination” as Willy Wonka once sang. These bookmarks and cards will inspire them!

You can also sponsor actual books – groups of 5 for \$25, 12 for \$50 or 25 for \$100. Your logo will be added to the inside covers. LATLTC and OCTLTC will distribute books to those groups also.

Remember, HAPPINESS HAPPENS does not need to end on August 31. OCTLTC and LATLTC offer volunteer activities throughout the year. They are listed on our websites and in newsletters. Join us!

