



LATLC President
Griselda Rodriguez
LOS ANGELES TRIAL LAWYERS' CHARITIES



OCTLC President
Michelle West
ORANGE COUNTY TRIAL LAWYERS' CHARITIES



Qualities of a “truly good woman” are the qualities of LATLC women (and men)



A recent article in *Medium Magazine* was titled: **8 Qualities of a Truly Good Woman (According to Psychology)**. They were:

- Empathy
- Resilience
- Integrity
- Patience
- Compassion
- Courage
- Optimism
- Self-love

Those words easily describe the women – and men – who volunteer and support Trial Lawyers' Charities. We would like to focus on just a few of those traits:

Empathy

“The ability to understand and share the feelings of another.” Our work succeeds because we recognize problems in our community, like housing insecurity, and identify ways we can help. Last month, OCTLC participated in a *Habitat for Humanity* team build, an annual favorite where lawyers and legal field volunteers leave their suits and computers behind for a day to put on work gloves and hard hats, helping to paint, dig, nail, build and repair houses. Every hour of labor contributes to reducing construction costs and accelerating home completion, directly helping more families secure stable housing in the community. Habitat projects strengthen bonds, while building homes, hope, and having a lasting impact on the community.

In February, LATLC hosted its fifth *Day of Dignity* for those experiencing homelessness in Hollywood. We provided mobile showers, clothing, a warming station with blankets, beverages and accessories, manicures, chiropractic adjustments, haircuts, legal assistance, podiatry care and even pet supplies. Volunteers and attendees both wore name tags so we could address each other by name. Participants said that was the most powerful component of the morning. We *talked* and *listened* to each other.

Resilience

“An unyielding spirit and be able to bounce back from adversity

with even more determination.” OCTLC and LATLC partner with organizations that help people recover from tragedy. One favorite group is *Triumph Foundation* that helps children, adults, and veterans with spinal cord injuries (SCI) or disorders to “triumph” over obstacles and live fulfilling lives. In April, LATLC will participate in their two-day wheelchair sports festival in Santa Clarita, and OCTLC hosts the water station every year at the Superheroes 5k in Irvine. Setting up the water and cheer station to support family members and participants who walk, run or roll their way along the 5k (3.1 mile) course dressed as their favorite superhero. Once you participate in this event, you will never allow yourself to miss the next one as the joy is contagious and addictive and the athletes inspirational.

Compassion

“Compassionate women feel a deep-seated desire to help alleviate...suffering.” With grocery costs soaring, even those with jobs find themselves living on the edge. They depend on food banks to feed themselves and their families. LATLC regularly volunteers with *M.E.N.D. (Meet Each Need with Dignity)*, to distribute canned and fresh food. More than 600 people visit MEND twice a week for groceries. This month OCTLC returns to *Second Harvest Food Bank* to sort and distribute food for those in need. This wonderful organization provides food for approximately 300,000–450,000 people per month, but not just any food, they focus on fresh nutritional food even growing produce through their Harvest Solutions Farm, a 40-acre farm in Irvine and by rescuing safe high-quality food from grocery stores and farms that would otherwise go to waste.

Optimism

“An optimistic woman believes in possibilities. She knows that every day brings new opportunities, and she's always ready to embrace them.” LATLC is celebrating 20 years of “optimism” in 2026, and OCTLC is moving into its sixth year. We exist because we believe in possibilities. We “think globally and act locally,” identifying problems and finding ways, big and small, where we can make a difference. LATLC and OCTLC organize regular service projects where you can volunteer. We are holding fundraisers like the *HEART OF LA GALA on May 30* and *OCTLC CHARITY ROAST OF BRIAN CHASE on June 6*, so we can support the work we do, and provide even more.

Maybe it is no coincidence that Trial Lawyers' Charities – both in Orange County and Los Angeles – happen to have had women presidents both this year and last. And their sister trial lawyers' organizations, CAALA and OCTLA also are being led by female attorneys Elizabeth Hernandez and Clare Lucich. Empathy, Resilience, Compassion and Optimism – are not traits limited to women. They should be a part of all of us. Join LATLC and OCTLC. Volunteer with us. Support us. Together we can make a difference. ♦