

Happy St. Patrick's Day!

As we approach one of my favorite holidays, St. Patrick's Day, I am reflecting on the past year. The last pre-Covid family event I hosted was 30 people in my home, eating corned beef, cabbage, potatoes and soda bread. Yes, we Irish are carb loaders. At the same time, the St. Patrick's Day Parades were being cancelled, not without opinions from the Irish and the one-day-a-year Irish. Who knew that over the course of the next year, my already well-developed conflict resolution skills (born out of necessity as the oldest of 8) would be tested to a new level?

Today, I suspect all the conflict resolution skills in all of us have been tested, improved and honed. So, as we train and teach each other how to approach our relationships in and out of the adversarial legal system, we hope you find ways to effectively deal with the difficult issues you are navigating with tact, grace, and--when necessary--a bit of blarney!



While there's progress being made in the fight against COVID-19, we still face many of the same challenges, not the least of which is managing the process of continuing to work and/or school from home! As we approach the one-year mark, these tips are as relevant as ever.

Tips for Successful (and Conflict-Free) Life

1. *Keep, Create (or Re-establish) a Daily Routine.*

What did this last year do to your daily routine? Did it remain somewhat disciplined or did it morph into something you don't recognize? Studies, if you still believe studies, indicate that those who stick to their usual daily routine do better in life. Sticking with the usual activities: setting alarms, getting up, showering, getting dressed, working out, working or schooling, eating at regular meal times, and going to bed at a regular bed time all contribute to good mental, spiritual and emotional health! The Outcomes: Better Conflict Resolution Skills.

Events Calendar

Thursday, March 11, 2021

DCBA Blood Drive

**Are you a bleeder?
This is for you!**

Take Part in a Competitive Blood Drive! Join in and add to our local blood supply to help those in need. All healthy donors welcome!

DuPage County Courthouse
505 N. County Farm Rd.

Look for the mobile blood drive coaches!

8:00 am-3:30 pm

**For more information and to sign up for a time slot, visit:
www.DCBA.org/blood21**

**Thursday, March 11:
A Celtic Celebration!**

2. **One Year Ago.** How many times have you heard...or said "Can you believe, One Year Ago, blah, blah, blah..."? It sounds like when our parents would say, "When I was your age, blah, blah, blah." It's a year later, and yes, there has been unexpected and significant change. How did you do? How did your spiritual, emotional, physical, financial, mental health, really do? Probably better than you expected and probably without the fears you imagined or expected. Many of us have navigated, survived and perhaps thrived. It's easy to fall into "woe is me" thinking. Remember, there are new promises on the horizon and the best is yet to come!

3. **Going Forward.** 2020 jump-started so many things: new projects at home, new learning opportunities, new procedures at home, school, work and court. Excelling in hobbies and purging the past to create a new, different and exciting future...it's been a once-in-a- lifetime opportunity. Make your best effort to embrace the future and Welcome 2021!!!



Join the DuPage County Bar Association for a virtual adventure to Ireland. Zoom access available with your [registration](#).

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Friday, April 2, 2021
Good Friday

Sunday, April 4, 2021
Easter Sunday

Thursday, April 15, 2021
Income Taxes Due

For you for St. Patrick's Day, Brigid shares her award winning Irish Soda Bread recipe with you and your family! Watch Brigid's video to see how to make it. No need to comment on how much younger she looks or why is she wearing a black suit when she is making her Irish Soda Bread. It was a different time and place, LOL! We hope you enjoy the recipe and maybe even like it so much you may call it your own! We include a Tradition and a Blessing as we send you best wishes for a fun filled holiday!

Brigid's Irish Soda Bread - Video



The Recipe:

- 4 cups of flour
- 1 cup sugar
- 1 tsp. Each, baking soda, baking powder

1/4 tsp salt
1/3 cup unsalted butter, (5 1/3 T)
1 egg slightly beaten
1 1/3 cup buttermilk*
2 cups raisins (soak raisins overnight)
2 tablespoons butter (melted)
3 tsp. sugar

Preheat oven to 350 degrees. Grease 9" baking pan.

Combine flour, sugar, soda, powder salt in a large bowl. Take butter and knead through flour mixture. In small bowl, lightly beat the egg and add buttermilk and raisins. Add the buttermilk mixture to the flour mixture. Stir or knead. Place in baking pan. Cut an X across the top of the loaf, and drizzle melted butter over bread. Sprinkle sugar over bread. Bake 40-60 minutes, until golden brown.

** (or add 1 T lemon juice or vinegar to milk to make 1 cup; let stand for 5 minutes)*

New in 2020: If you split the batter in half, it works perfectly in 6" cake pans!

Irish Trivia - It was customary at ancient Irish Weddings for a couple's clasped hands to be tied together by rope as a visual confirmation of their union. That may explain why getting married is referred to as "Tying the Knot"

"Life is like a cup of tea: it's all in how you make it!" - Irish Proverb

The Law Office of Brigid A. Duffield, P.C. wishes you a spectacular St. Patrick's Day filled with magic, traditions, and good luck!

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