



## BAR ASSOCIATION OF NORFOLK COUNTY

### Fall 2022 Newsletter

#### 2022-2023 New Officers and Council Members, Upcoming Programs/Events

#### OFFICERS:

**Carolyn L. Hely, President,** [carolyn.hely@mass.gov](mailto:carolyn.hely@mass.gov)

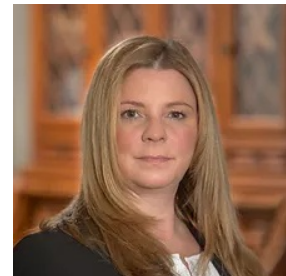


**CAROLYN L. HELY** has been an Assistant District Attorney at the Norfolk District Attorney's Office for seventeen years. She is assigned to the Homicide Unit and prosecutes other serious violent felonies, including domestic violence and arson. She also serves as Director of Training for the office. She holds a B.A. from Middlebury College where she concentrated in economics and Spanish and was a member of the crew team. She received her J.D. from Boston College Law School, where she served as Articles Editor of *Boston College Environmental Affairs Law Review*. Carolyn was raised and currently resides in Norfolk County.

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**Diane Jeffers, President Elect,** [diane\\_jeffers@yahoo.com](mailto:diane_jeffers@yahoo.com)

**Law Office of John P. Gibbons, LLC**



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**Sabrina Bonanno, Vice President,** [sbonanno@RSweeneylaw.com](mailto:sbonanno@RSweeneylaw.com)



**Sabrina Bonanno** has been practicing for twelve years. She began her career as an associate at Sullivan & Sweeney which later became Sweeney & Associates. Her areas of concentration include Criminal Defense and Family Law.

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**Michael F. Walsh, Secretary,** [mike@wcandss.com](mailto:mike@wcandss.com)

Michael is the Founding Partner of the Workers Compensation and Social Security Law Group and has been practicing for more than 34 years. Michael

is a Suffolk University undergraduate and Suffolk University Law School graduate, and he resides in Westwood, where he serves as a Select Board member for the last 9 years.



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**Morgan J. Gray, Treasurer, [mjgray@lomjgray.com](mailto:mjgray@lomjgray.com)**



Morgan J. Gray's practice centers on workers' compensation, Social Security, public employee retirement, public safety personnel injured in the line of duty and maritime personal injury law. Attorney Gray has been qualified as a Proctor in Admiralty by the Maritime Law Association of the United States (May, 2010).

Mr. Gray attended Suffolk University Law School, achieving dean's list honors and receiving his law degree in May of 1991. He received his undergraduate from Saint Michael's College in 1987. Prior to founding his firm in 1996, he worked as an associate attorney for two Massachusetts law firms and presided over evidentiary hearings for the Boston Retirement System.

In addition to being a Sustaining Member of the National Association of Social Security Claimants' Representatives (NOSCR), Attorney Gray is also a member of the Mass Bar Assoc., Maritime Law Assoc., Mass Academy of Trial Attorneys and the Workers' Injury Law and Advocacy Group.

Mr. Gray is a fellow of the Massachusetts Bar Foundation and is the Chair of the Social Security/Public Employee Retirement Practice Group for the Massachusetts Bar Association (MBA). He currently serves as a hearing officer for the Commonwealth of Massachusetts, Board of Bar Overseers, as a member of the MBA's Joint Bar Committee on Judicial Appointments and as Treasurer of the Bar Association of Norfolk County. He is also a past member of the MBA, House of Delegates. The Workers' Injury Law & Advocacy Group has recognized him as one of the nation's leading workers' compensation attorneys.

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## COUNCIL MEMBERS:

**Timothy Foley, Attorney at Law, Quincy, MA - [attorneytimothycfoley@comcast.net](mailto:attorneytimothycfoley@comcast.net)**

The majority of Attorney Foley's practice is criminal defense, parole, and executive clemency. Attorney Foley represented Thomas Koonce in February 2022 and was granted, by Gov. Baker, the 1st commutation from 1st degree to 2nd degree murder in Massachusetts in 25 years. Timothy has been married to his wife Doris Foley for 24 years and they have two daughters, Madelyn 23 and Ava 20 as well as two Portuguese Water dogs, Phineas and Barrymore. Timothy is currently Head Coach of the Boys Varsity Ice Hockey Belmont High School team and he enjoys sailing and golf.

**Sandra Gant, Federal Public Defender Office, Boston, MA - [sandiegant@gmail.com](mailto:sandiegant@gmail.com)**

Sandra Gant is an Assistant Federal Public Defender at the Federal Public Defender Office in Boston, MA, but prior to that, she was a trial attorney for nine years with the Committee for Public Counsel Services, where she represented indigent criminal defendants throughout Norfolk County. She graduated from Boston University School of Law with her J.D., and has a master's degree from the School of Foreign Service at Georgetown University and a bachelor's degree from Hobart and William Smith Colleges.

**Yi Ke, Lions Law Group, Newton, MA - [yi@lionslawgroup.com](mailto:yi@lionslawgroup.com)**

Since being raised in Shenzhen city, China, Yi has lived in New York, Milford, and now Canton. She devotes her practice to estate planning, probate, commercial and civil litigation. She assists her clients worldwide in the creation of their estate plans and administers estates. Yi has clerked in the District Circuit Court for the Honorable Sabita Singh, who was subsequently appointed as the Associate Justice of the Appeals Court for the Commonwealth of Massachusetts.

When she is not practicing law, Yi is a volleyball player and spending time with her family and her lovely Samoyeds.

**Amanda Mullaney, Norfolk District Attorney's Office, Wrentham, MA-** [Amanda.mullaney@mass.gov](mailto:Amanda.mullaney@mass.gov)

Attended Wheaton College and then Suffolk University Law school. Originally from Franklin Massachusetts, now resides in the South End of Boston. Amanda has been working with the Norfolk District Attorney's Office since 2018 as an Assistant District Attorney. She previously worked as an ADA in the special victim's unit of Quincy District Court and currently is the supervisor of Wrentham District Court and a member of the motor vehicle homicide team.

**Sarah Westra, Law Office of Sarah Westra, Quincy, MA -** [sarahwestra@gmail.com](mailto:sarahwestra@gmail.com)

Attorney Sarah Westra has been successfully representing clients in a wide range of criminal matters for over ten years. Sarah currently sits on the Board of Directors for the Norfolk County Bar Advocates and is past president of the Quincy Bar Association. With an office in Quincy, Attorney Westra practices primarily in Norfolk and Plymouth counties."

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## Upcoming events:

**October  
3  
4:30 -  
6:30**

QUINCY BAR ASSOCIATION Presents *Mental Health and Criminal Justice* CLE free of charge on the efforts being made to help members of our community suffering from mental health disorders at the Quincy District Court.

**October  
18  
3:30 PM**

*Christopher Earley, Esq. / Author & ABA Columnist, Boston, MA*

### **Effective Time Management for Attorneys: 45 minutes, via Zoom**

This presentation will discuss ways we can better manage our time in order to work more efficiently and productively, make more money, and most importantly, preserve our sanity. As attorneys, time is our stock in trade and needs to be carefully guarded because once it is gone, we can never get it back. This webinar will provide real, actionable time management tips you can easily implement right away.

## **Effective Time Management for Attorneys**

### **LOCATION**

Zoom

### **DATE AND TIME**

10/18/22 3:30pm-10/18/22 4:30pm

Zoom link will be sent prior to the presentation.

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**Oct 25  
6:30 PM**

### **BANC Fall Social Event**

The Tavern Room at Granite Links

## BANC Fall Social Event

### LOCATION

The Tavern Room at Granite Links, 100 Quarry Hills Drive, Quincy

### DATE AND TIME

10/25/22 6:30pm-10/25/22 9:30pm

Friends and colleagues, come and join us as we take a break from our hectic work schedules.

RSVP Deadline: October 20, 2022

Oct/Nov  
Dates  
TBD

### South Shore YMCA - *volunteer opportunities*

October: stocking shelves, organizing pantry, helping families register for gift giving.

November: packing up meals for Thanksgiving, pantry help with stocking and organizing pantry.

## South Shore YMCA Volunteer event

### LOCATION

Germantown Neighborhood Center, 366 Palmer Street, Quincy

## South Shore YMCA Volunteer event

### LOCATION

Germantown Neighborhood Center, 366 Palmer Street, Quincy

**Nov 2**  
**1:00 PM**  
via  
**Zoom**

**View from The Bench Brown Bag Lunch Series through the MBA.**

Featuring the Honorable Beverly J. Cannone and the Honorable Joseph P. Hurley, III.

Topics to be discussed:

- Filing Logistics (e-filing, emergency filings, color, need for paper documents, electronic service)
- Zoom's use in civil proceedings
- Hybrid Court Proceedings
- Technology in the Courtroom
- Technology mishaps
- Exhibits

## **View from The Bench Brown Bag Lunch Series through the MBA**

**LOCATION**

Zoom - a Zoom link will be provided

**DATE AND TIME**

11/02/22 1:00pm-11/02/22 2:30pm

