



MEMBER PROFILE QUESTIONS

INTRO :

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Year of Call : [2017](#)

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QUESTIONS :

1- How did you get into criminal law?

From a young age I was fascinated with the criminal justice system. I decided to pursue an undergraduate degree in Criminology at Carleton University. I understood that getting into law school is difficult. So I chose a degree that would provide me alternative paths to working in the criminal justice system, if necessary.

During my undergraduate degree, I was fortunate enough to spend the better of my 3rd and 4th year working at a defence firm in Ottawa (Engel & Associates). It was there that I

truly fell in love with the practice of criminal law. Every step I took after that was made with one goal in mind: to become an excellent defence lawyer.

2- What type of cases do you enjoy defending the most and why?

There isn't one type of case that I enjoy defending over another. Perhaps that may change one day. For now, I enjoy the variety in practicing criminal law and the fact that no case is ever the same.

3- How did the practice of criminal law change you?

It has made me more compassionate and open-minded.

4- If there is one thing only you would like to see change in criminal law, what would it be?

Legal Aid. The criminal justice system depends on an adequately funded defence bar.

5- What advice would you give to your younger self when you first started practising criminal law?

Taking an hour a day to exercise will help – not detract – from the quality of work you produce.

6- How do you deal with bad work days?

My answer is weather dependant. In the Summer, I enjoy going on a hike with a friend/ colleague where we commiserate over the bad day while getting fresh air and exercise. In the Winter, we will commiserate over a glass of wine and a cheesy rom com.

7- What do you think of Zoom court?

Like everything in law, it depends. I don't see any reason to return to in-person administrative/speak-to appearances. But I strongly favour in-person appearances for most substantive matters.

8- Any embarrassing court story you're willing to share?

Almost all involve tripping or spilling water. I am not a graceful person.

9- Who is your role model/inspiration in criminal law?

I could easily list 15 lawyers that inspire me. But my top 3 inspirations are Frank Addario, Alan Gold, and Michael Lacy.

10- What's your favourite song?

Doin This by Luke Combs.

11- How do you maintain work life balance and how do you deal with the stress of the job?

I have two rules: (1) unless necessary, avoid working on Friday evenings and Saturdays (credit to Michael Lacy who provided me with this advice); and (2) play on at least one sport team per season. I only recently started rule #2 and it has made a big difference for my mental and physical health. For at least one-hour a week, I must take my mind completely off work (or I'll likely get hit in the head with a basketball).

12- What do you do outside of the law?

I really love this job. I therefore spend most of time “inside” of the law, especially in the Winter. But when I am “outside”, you will find me at a Jays game, playing softball or at the cottage.

13- What would your defence bar colleagues be surprised to learn about you?

My New Years’ resolution was to learn to play the piano in the hopes that I can play some children songs for my niece this summer. (I have mastered This Old Man!)