

NALS OF GREATER SEATTLE

THE INFORMER



...get inspired!

By Brynne Williamson, Certified PP, PLS, President

"There being no further business this meeting is adjourned." Simple and final, these will be my last words to you as the 2008-09 NALS of Greater Seattle President. Has a year passed already? It seems like just yesterday I asked you to get inspired and join me on this exciting ride of a year.

As I am not one to hide my feelings, you may have guessed early on that I have thoroughly enjoyed this year. I feel deeply honored to have had this opportunity to serve the membership of NALS of Greater Seattle. Throughout the year, you have shown that you are willing to try new things and keep an open mind. And, while the board tried their best to inspire you with energy and enthusiasm, it was you who inspired us. Your words of encouragement, participation in contests and continued attendance at events and meetings kept us going and made us want to give back more. Your support of the board and of our organization has been exemplary; on behalf of the board, I thank you!

On April 14, 2009, I hope you will join us as we say good-bye to the members of the 2008-09 Board of Directors and welcome the 2009-10 Board. As you are celebrating our chapter's many accomplishments, be sure to say hello to the many Past Presidents of NALS of Greater Seattle in attendance who continue to support our organization. Without the efforts of these great leaders, our organization would not be where it is today.

I imagine that you are as excited as I am to see what the 2009-10 Board of Directors has in store for us next year. Under the guidance of Kathy Cusack, Certified PLS, it is sure to be great. The enthusiasm of Kathy and her incoming board is bubbling over and I, for one, am thrilled to be a part of it.

Again, I thank you for allowing me to serve as President this past year. It has been wonderful. There being no further business...



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UPCOMING EVENTS:

- ❖ April 3-4, 2009 - NALS of Washington Annual Education Conference, Tacoma, WA
- ❖ April 14, 2009 - NALS of Greater Seattle Installation of Officers and Awards Ceremony, Rock Bottom
- ❖ April 16, 2009 - Noontime Seminar, "The Ins and Outs of Process Service," Riddell Williams, P.S.
- ❖ **NOTE THE NEW DATE:** May 14, 2009 - Noontime Seminar, "Mediation and Arbitration," Riddell Williams, P.S.
- ❖ May 30, 2009 - Planning Meeting, TBD
- ❖ June 11-14, 2009 - NALS Region 7 & 8 Joint Conference Meeting, Las Vegas, NV
- ❖ June 18, 2009 - Noontime Seminar, "A View from the Boss," Riddell Williams, P.S.

Membership Report

By Kathy Cusack, Certified PLS, President-Elect, Membership Director

Here is my last article as President Elect and Membership Chairman. It has been such a great year, lots of new members and educational opportunities. I learned so much from Brynne and Celine as President and Past President. They are outstanding leaders. As President Elect, it was my privilege to be able to go to Tulsa for the Professional Development Conference. There is such a wealth of information at this conference. I came away with lots of new ideas. "**CHANGE**" is the key word for going forward. We had a wonderful speaker on generational issues. Since I am one end of the spectrum, A Traditionalist, and many of our members are from the GenX and Millennium generations, it was a wake-up call for me to accept the younger generation's ideas and changes. I can hardly wait to see what new and innovative ideas these

members will come up with in the coming years. Technology is the key and some of us need to accept what is coming, even if "it isn't how we have always done it". Should be fun!! I want to reach out to the all generations and see what lies ahead for our chapter. We might do things very differently this next year so hopefully you will all keep an open mind. "*Begin Today*" to accept new and exciting proposals.

Please consider coming to our installation on April 14, 2009 at Rock Bottom. The invitation is below and I just know you will want to come and meet your new board. Most of them have never served on the board before so this is a good start at the Change I mentioned above. Please come and meet and support them.



You Are Cordially Invited to the
NALS of Greater Seattle
Annual Meeting and Installation of Officers
Tuesday April 14th, 2009
 At Rock Bottom Brewery
 Seattle, WA

No host bar 5:30 - 6:00
 Dinner and Installation 6:00 - 7:30

Cost is \$25 for Members and \$35 for non-members
 Please RSVP to Natalie Stephenson
 206.428.0541 or nstephenson@kellerrohrback.com

NALS of Greater Seattle Member Spotlight

By Celine Straub, Immediate Past President

Your name: Paulette A. Pettis

Your firm: Emmal Skalbania & Vinnedge (ESV)

Your title: Office Manager/Legal Assistant

NALS Member since: September 2008

Current and previous NALS positions held: None, brand new member.

Education/Certifications: Bachelor of General Studies (Business Major) and an Elementary Teacher Certificate, both from Gonzaga University.

My favorite thing about NALS is: The opportunity to simply visit with other legal professionals. Due to the nature of the firm's law practice, the attorneys travel to the clients' place of employment and are rarely in the office. And the CLE's – I simply enjoy "learning" something new.

My co-workers don't know that I: Not sure there is anything to tell!

What do you like to do for recreation? Travel whether near or far, though lately more "near" than "far." LOL

What you like most about your job? Our clients. The firm represents public safety employees throughout the State of Washington. Those clients are here to "serve and protect" the public. Their service to the public all too often goes unappreciated.

What are your career goals? I have over twenty-five years in the legal field in a variety of areas of practice. Today, in this economic environment, I am grateful to have a job. But, if I had it to do all over, I would be in politics. I don't want to be the "politician" but his/her right hand!

If I hadn't selected my current career, I would: My legal career was completely an accident and one year led to another. It was always my goal to teach kindergarten and though I did complete the educational process, the stars never seemed to align.

How did you hear about NALS? I have been familiar with NALS for years, and simply never joined. However, thanks to Virginia DeLay – I am now a member!

Where would you most like to live? I am originally from northern California and I think "I left my heart in San Francisco!"

Where is your favorite place to vacation? Italy.

We know that you have been an exhibitor at NALS



of Washington's conferences and we thank you.

Can you tell us a little bit about your company?

'Tini Pleasures specializes in producing unique handmade table accessories for home entertaining and special occasions. The products add a unique touch to events and celebrate the gathering of friends and loved ones through social activities.

Because I enjoy creating – the satisfaction of a finished product - I thought why not get paid and, thus, with the help of a friend the business was founded in 2003. 'Tini Pleasures follows a personal inspiration to create, market, and sell handmade goods. The products are comparable to the style of large retail brands yet exceed them in affordability. The handmade, often personalized, aspects of the products emphasize the charm of non-mass produced goods as well as an artisan hand.

The goods are luxurious and scream sophistication with a touch of metropolitan flare. Most of all, the products are fun and make any event more special. Customized orders and corporate gifts are available upon request.

What piece of advice would you give members who are considering another business?

Research, research, research and be realistic in your choices and endeavors. Take a small business class at the community college; use the on-line benefits of state and county tax information and join a networking group. It's not just hard work, I truly believe that luck can be a factor – being in the right place at the right time! Though I hope that in the future 'Tini Pleasures will prosper and cover at least the cost of a great vacation every year, the crafting relaxes me and I enjoy making gifts for friends and family. Each year, there is a different Xmas project. And doing what one enjoys is life is half the battle.

Do you have any suggestions regarding whom to "spotlight" in the future? I don't feel I have been a member long enough to make a suggestion.

The Time for Certification is Now!

By Jessica Smith, Certified PLS, Certification Director

During my term as Certification Director several members and non-members sat for a certification exam. It is so wonderful that each examinee took the leap of faith and made the choice to get certified!

If you are unfamiliar with certification, NALS offers three different levels of certification – the ALS for secretaries and assistants just starting out in the legal practice; the PLS for seasoned secretaries/assistants; and the PP – the Professional Paralegal certification for those working in the paralegal field. Through certification, you can obtain further knowledge of office skills and substantive law, as well as the satisfaction of knowing that all of your hard work has paid off. If you've been interested in becoming certified, but have found that finances are

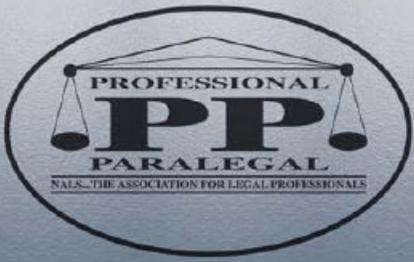
hindering you, please note that the Chapter offers grants and has books on hand to loan.

We still have study groups happening, so please feel free to contact me if you are interested in joining or if you are interested in having a mentor. I can be reached at jsmith@karrtuttle.com.

Thank you all for allowing me to assist you with your certification needs this term. I encourage each of you to take the step and get certified. It will be rewarding and beneficial in so many ways – you'll be amazed if you just give it a try! As I move on to the President Elect chair for NALS of Greater Seattle, I put you in wonderful hands with the upcoming Certification Director, Christie Reynolds.




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Where's Eula Mae?

By The Two Traveling Eulas



Look familiar?

Be the first to identify where Eula Mae is this month and win a fabulous prize!

Email us at: whereseulamae@gmail.com

Don't know who Eula Mae Jett is? Check out our organization's history:

<http://www.nals.org/aboutnals/index.html>

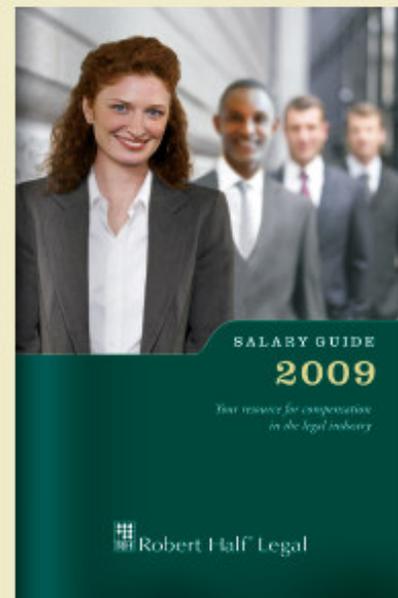
Several of you guessed correctly last month; however, there can only be one winner. Congratulations to Jesica A. Gardner, of Harper Hayes, PLLC. for being the first to reply that Eula Mae was at the Washington Court of Appeals, Division I. Nice job, Jesica!

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NALS of Greater Seattle Town Meeting Recap

By Kathy Cusack, Certified PLS, President-Elect, Membership Director

Below are the questions we used at the Town Meeting held March 10. We did not have a lot of members attend but those that did gave great input. I would appreciate it if you took the time to read the questions and respond to me at kcusack@perkinscoie.com with any feedback you might have. It is invaluable to us for planning next year. We ran out of time and did not get to the last two questions listed. I hope some of you will take the time to send me your thoughts and wishes for next year. Here are some of the comments from the meeting:

Noontime CLEs

- What was your favorite topic?
 - Was the location convenient?
 - Was the price appropriate?
 - Was there a good variety of menu choices?
 - What topics would you like to see covered during next year's noontime CLEs?
1. More Litigation Seminars
 2. Do Federal Courts every year
 3. Have more vegetarian items on the menu
 4. Instead of raising prices, only have 8 noontime seminars instead of 9.
 5. When there is a controversial subject (i.e. Dying with Dignity Act) have both sides represented.
 6. Maybe have more court CLEs at noontime and other subjects at the night time meetings.
 7. Pass out Bios of speakers at CLEs

Membership Meetings

- What was your favorite/least favorite topic?
 - Was the location convenient?
 - Was the price appropriate?
 - Was there a good variety of menu choices?
 - What topics would you like to see covered during next year's membership meetings?
1. Liked the Rock Bottom
 2. The price is fine, most wanted a night out
 3. Have some technology CLEs
 4. Have a choice of dressing for the salad
 5. Find sponsors so price remains the same
 6. Not excited about the Avery presentation; thought he tried too hard to sell his product
 7. Give a NALS of Washington update at our nighttime events to get people excited about our State functions, same with Region and National.

Newsletter

- How did you feel about the new look of the newsletter?
 - What is your favorite piece? (Where's Eula Mae, Member Spotlight, etc.)
1. Send out Link and not the publication
 2. Make the publication private on our website (need a password). This is what we get for our membership dues so we shouldn't have it on the front page of the website.
 3. Do not give to officer administrators to pass out to whole office. Again, this is a member benefit.
 4. Loved the "member spotlight" and "Where is Eula Mae"
 5. Do not send to office administrators; just send them our flyers for upcoming events.

Kickoff Event

- Did you participate in this year's kickoff event? If not, why?
 - Any suggestions for next year's kickoff?
1. Too far away to attend, needs to be downtown or easier to get to
 2. Some suggestions: The Garage, Baseball Game (this was mine ☺) cooking class, Art Museum, and my favorite, El Gaucho's Evening at the Movies.

Volunteer Event

- Did you participate in this year's volunteer event? If not, why?
 - Do you have a suggestion for how NALS of Greater Seattle can provide volunteer support to the community?
1. Too far away
 2. Too busy at Christmas time
 3. Nice idea and should do something during the year but not at Christmas

Meet and Greet

- Were you able to attend this year's meet and greet event? If not, why?
 - Was the location convenient?
 - Did you find it helpful to meet this year's board and vendors?
1. Wonderful Event

(Continued on next page)

(NALS of GS Town Meeting, Continued)

2. Need a bigger place and Perkins Coie was suggested

Court Day/Trial Prep

- Were you able to attend this year’s Court Day and/or Trial Preparation Saturday CLE?
- Was the location convenient?
- Was the price appropriate?
- Was there a good variety of menu choices?
- What was your favorite/least favorite topic?
- What topics would you like to see covered at next year’s Court Day/Trial Preparation CLE?

Leadership

- Would you consider a leadership position in the future?
- If not, what would motivate you?
- How did you feel about communication from the board? Too much? Too little?
- How did you feel about the level of email correspondence regarding NALS?

- Do you have any additional feedback that you would like to give to the outgoing board on their performance during this past year?
- Do you have any feedback that you would like to provide for the incoming board regarding changes you would like to see in the next year?



What do you want? We want to know.

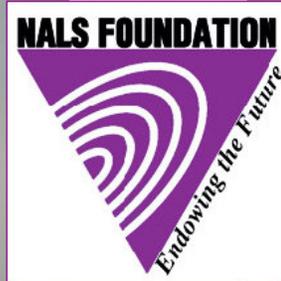
NALS wants to know more about how to better serve young professionals, so who better to ask? If you are 35 years old or younger we want to know what you want NALS to do for you.

There will be a topic in the [NALS Facebook group](#) for you to discuss things with other young legal professionals and you can also email your thoughts to the NALS membership committee at YLPinfusion@nals.org.

We want to build a foundation for young professionals and we need you to help!

Take this opportunity to help shape NALS for the Future!





Cookie Lee



NALS of Greater Seattle Trial Preparation Seminar February 28, 2009



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Thank you to our speakers, sponsors and attendees!



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What a Year!

By Jennifer L. Endres, Corporate Secretary

Boy, how fast time flies. Last year I decided to accept the nomination for Corporate Secretary of NALS of Greater Seattle. I did this with a lot of apprehension as I was only about two months pregnant and wasn't sure how the Board would feel about me being out of the loop for a little while dealing with a newborn. When I told Brynne and Celine the news, they totally understood and still wanted me to serve on the Board with them. I'm very happy they accepted me and my expected child because I have had a fantastic year! The only complaint I have is that it went by way too fast!

From Installation in April, Planning Meeting in June, Membership meetings every month besides December from September to March, and having a baby in September, I had my hands full. I have learned so much this past year it is amazing. Also, I have served on a Board with fantastic women. All of them have been great and I have made some long lasting friendships. I will miss serving on the NALS of Greater Seattle Board this year; however, I will be back next year!

I will now be serving on the NALS of Washington Board as the Membership Director. I'm extremely excited about this. I am looking forward to expanding my horizons and bringing some new and fresh ideas to the NALS of Washington Board. I am quite certain this year that I will learn tons more and meet some more awesome people. I can't wait for the journey to begin.

Here is to a great year for NALS!



Treasurer's Report

By Kimberly Sandstrom, Treasurer

Thank you. - Kim Sandstrom, Treasurer, NALS of Greater Seattle

I want to take the time in this last article of the 2008-2009 term to say thank you. Thank you for voting me in as Treasurer for this term and providing me with an experience and memories that will last a lifetime.

If you have never been active in NALS (or any organization, for that matter), I highly encourage you to do so. It is a lot of hard work, but 100% worth it. Get active, get involved, *get inspired!* I'm glad that I did. ☺



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Controlling Your Breathing To Reduce Stress

By J.A. Gamache

3rd place Champion 2001 Toastmasters International's World Championship of Public Speaking

Here's a tip to improve breathing and reduce stress during a speech: decide in advance when to make a breathing pause.

When we're stressed, our breathing pattern changes and we run out of breath. When that happens we usually stop whatever we're doing at the moment and take a deep breath. If we don't, the people around us suggest we do!

How many times during moments of stress has my sister told me, 'Calm down and breathe through your nose!!!' Instinctively, she knows that when I control my breathing I calm down.

I suggest you use that same time-honored principle when you speak in public. Decide in advance where you can insert breathing pauses in your text, then memorize these pauses as if they were part of your text. Here's how I proceed.

1- Write down the entire text of your speech.

Some people don't like to write down their text and prefer to have only a few notes outlining their speech. This method is as good as any other. However, since the idea here is to practice your breathing, this exercise can only be done with a written text.

2- Put slashes (e.g., /) where you think you should breathe in your text

Use the system that makes the most sense to you. For me, a slash (/) indicates a pause, two slashes (//), a longer pause, and three slashes (///), a very long pause.
3- Read your text out loud and take breaths only where there is a slash.

From the Education Director

By Melinda Bergquam, Education Director

Greetings! Can you believe that we only have three more months of NALS Noontime Seminars? As a new board member, I have learned a lot and have been very honored to be a part of such a great association and a fantastic board. As a fairly new member to NALS, I was very honored to be nominated and elected to the position of Education Director.

Even though I am not a part of next year's board, I look forward to being a part of the noontime seminars, membership meetings, Saturday CLE's and networking



Don't cheat! Resist the temptation to take in a bit of air just to finish a sentence. When you run out of breath it means you need to add a pause.

4- Once you decide where you'll make all your pauses, learn your text by heart WITH the pauses

If you prefer to read a text in public instead of reciting it, practice reading out loud with the pauses and use your practice text with the slashes during your presentation.

After learning your next speech this way, you'll make pauses more naturally even though you may feel nervous. Since you'll be breathing properly it will be easier to control your stress. You'll be surprised at how easily you'll speak.

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opportunities. I value the friendships I have made through NALS as well.

I am very excited for our newly elected Education Director, Amylyn Riedling. I know next year will be fantastic!

It was a pleasure serving you this year. Thank you.

TULSA 2009!

By Jessica Smith, Certified PLS, Certification Director

Being elected President Elect for NALS of Greater Seattle granted me the opportunity to attend the NALS National Conference in Tulsa, Oklahoma. While much fun was had, I also brought home some helpful tools regarding marketing and membership. One exciting project for the year is the *THINK BIG!* project. This *THINK BIG!* project is a contest of sorts – we have been challenged to increase our region's membership. That means we need to retain members, as well as bring in new members. I ask all members to strive to recruit one new member and/or bring back a member; remind them of the importance of NALS and the wonderful opportunities the association has to offer!

The opening speaker this year was Rita Murray and her topic of discussion was phenomenal! Ms. Murray spoke about the different generations of professionals that make up a law office (or any other office for that matter) and stressed the importance that we ALL bring something important to the table. The generations that were the subject of her talk were the Traditionalists, the Baby Boomers ("Boomers"), Generation X ("Gen Xers"), and the Millennials. Ms. Murray broke down how each of the generations judges the other and their work practice. The Traditionalists and the Boomers tend to have the attitude that they must work until they are crazy and make sacrifices so that their bosses will look good in the end. Whereas, the GenXers and the Millennials have an 8:30 a.m. – 5:00 p.m. work schedule and that's that! After 5 p.m. it's off to the family or whatever else they have happening in their lives. Now, being a GenXer, I can relate to the "check out at 5 p.m." attitude. After 5 p.m. is my time and the word "sacrifice" doesn't really fit in my personal vocabulary. Don't get me wrong, I would stay late and assist if a project was desperately needing to be done, but if it can wait until the following day, then it will most likely be waiting for me the following morning.

A point that Ms. Murray also brought up was regarding technology. The younger generations, having grown up with expanding technology and knowing a computer like the back of their hand, they tend to catch on to program upgrades in an expedient manner. However, the Traditionalists and the Boomers don't catch on quite as quickly and that can make their work day frustrating and cumbersome. So, to all GenXers and Millennials, if you see a Traditionalist or Boomer struggling, take some time to walk them through the program. That short five minute tutorial can make all the difference in the world where work efficiency is involved.

What we need to remember is that no matter how old or young, we all bring something of importance to the table and each of us should give respect and allow the

mentoring to flow back and forth between the different generations.

In closing, I would encourage each of you to attend a NALS conference – whether it be on the national or state level. These conferences are wonderful opportunities to meet other professionals, do a great deal of networking (you never know when you might need a meeting room in another state or county), and make new friends. We shared many laughs and made great memories. Yee haw!!



Photos of the from the Tulsa 2009 Conference

NALS Region 7 Members, if you

think big.

**you can win free registration to the
2009 NALS Education Conference and
National Forum in Irvine, California!**

It's easy! All you have to do is sponsor one or more new members from
March 13, 2009 until June 1, 2009.

Your name will be added to the drawing for each new member that you sponsor.
If you sponsor 10 new members, then you have 10 chances to win!

Here's how to win:

1. Get out there and recruit!
2. Make sure your name and membership number is listed as the sponsor on the new Member Application.
3. Once the new member has submitted their application, email Brynne Williamson, PP, PLS (BWilliamson@grahamdunn.com) and Reneé Kleinjan, PLS (rkleinjan@fredlaw.com) and let us know whom you've sponsored. Once the information is verified with NALS, your name will be entered into the drawing.
4. The drawing will be held and the winner announced at the 2009 Joint Region 7 & 8 Annual Meeting in Las Vegas, Nevada. The winner need not be present to win.

Bonus Prize!

For each new member you sponsor, your name and the name of the new member will be listed in the Region 7 newsletter and on the Region 7 NALS Community page (<http://nalsnet.ning.com/group/nalsregion7>)!

Contact any of your Region 7 Think Big Team Leaders for
information and recruiting ideas!

There are no small ideas when you THINK BIG!

Summary of Board Meeting Minutes

By Jennifer L. Endres, Secretary

The monthly meeting of the Board of Directors of NALS of Greater Seattle, held at the offices of Perkins Coie, on March 3, 2009, was called to order by President, Brynne Williamson, Certified PP, PLS, at 12:01 p.m.

Present at the meeting were:

Brynne Williamson, Certified PP, PLS	President
Kathy Cusack, Certified PLS	President-Elect and Membership Director
Celine M. Straub (via telephone)	Immediate Past President
Jennifer L. Endres	Corporate Secretary
Chanda Smith (via telephone)	Marketing Director
Kim Sandstrom	Treasurer
Jessica Smith, Certified PLS	Certification Director
Melinda Bergquam (via telephone)	Education Director

Review and approval of February 6, 2009 Meeting Minutes

The February 6, 2009 meeting minutes were reviewed and stand approved as submitted.

Review and approval of Consent Agendas

The Consent Agendas were reviewed and stand approved as submitted.

Consent Agenda Items

a. President-Elect and Membership Director.

1) Kim’s agenda for the March Membership Meeting looks great. Kathy will check the registration numbers on Friday. If the meeting is going forward she will order the pizza on Monday. She will use the debit card and include a 10 percent tip.

b. Treasurer.

1) Virginia De Lay’s suggestion that the purchase of the textbooks should be changed from the marketing budget to the certification budget was discussed. The Board decided that we would keep it as is. We stand by our decision to handle it the way we did.

2) Kim has been working almost the entire year on obtaining a surety bond for board

protection. Kim feels that every reasonable attempt has been made to research/obtain a surety bond and asked the Board if it was okay to discontinue any further work regarding the same. It was agreed that no further work needs to be done during this term, and that it may be discussed further at Planning Meeting or during the 2009-2010 term.

c. Secretary.

None.

d. Education Director.

1) Melinda wanted to confirm that we are still going to stick with the “panel” style June noontime seminar, “A View from the Boss.” The panel will consist of two attorneys and one human resources manager. Melinda will continue to work on getting the speakers lined-up.

It was also discussed whether or not Glenda Hanson, Certified PLS, was going to have Renton Tech’s shadow day coincide with the June noontime seminar. Brynne will follow-up with Glenda to confirm.

e. Certification Director.

1) See discussion in 4(b)(1) above.

2) Jessica and Brynne will be making goody bags for the examinees taking the PLS exam on March 7, 2009. The funds will come from the Certification budget. We will approve the overage after the items are purchased.

f. Marketing Director.

None.

g. Immediate Past President.

None.

Other Business/Discussion Items

a. Report from Trial Preparation Seminar.

Brynne has not summarized the evaluations yet; however, she has taken a few moments to review them and the speakers got great remarks. The tentative profit from the event is approximately \$694.

b. Upcoming Deadlines

1) Consent Agendas for the March Membership Meeting are due March 5, 2009;

2) Articles and flyers for the April newsletter are due March 23, 2009; and,

(Continued on next page)

(Summary of Board Meeting Minutes, Continued)

3) Consent Agendas for April Board Meeting are due March 26, 2009.

Action Items

Kim reminded everybody that she will be finalizing the proposed budget on March 13, 2009. She needs to have any comments regarding the budget by then.

Old Business

None

New Business

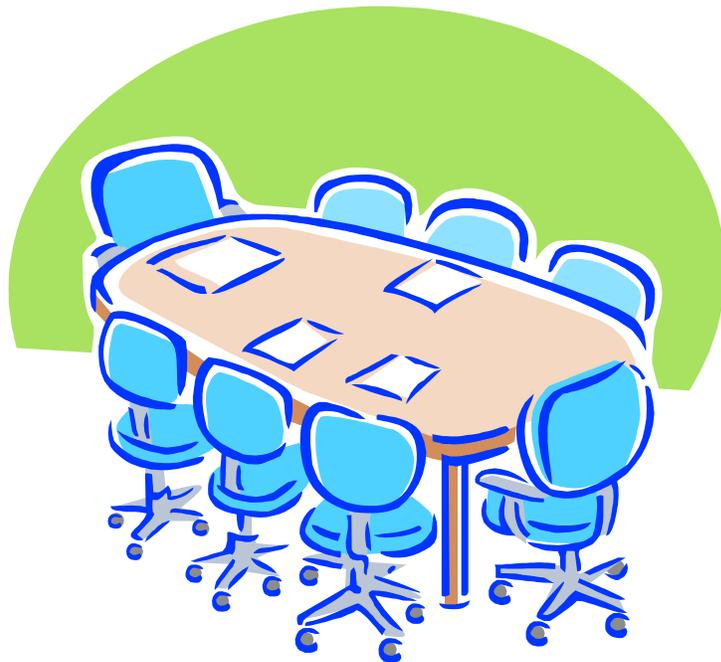
Kathy is working hard to finalize everything for installation. Also, Brynne says the past-president list is almost finalized.

Next Meeting

Board of Directors Meeting on Thursday, April 2, 2009 at 12 p.m. at Perkins Coie.

Adjournment

There being no further business, the meeting was adjourned at 12:37 p.m.



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**PRESENTS:
MEDIATION AND ARBITRATION**

Michelle Nemeth, Business Manager, and Michele Wilson, Senior Case Manager, of JAMS present aspects of alternative dispute resolution, including the mediation and arbitration processes. Collectively, they have 27 years of experience in the ADR field.

When: Thursday, May 14, 2009
Where: Riddell Williams P.S.
 1001 Fourth Avenue,
 45th Floor
Time: Noon to 1 p.m.
 (Registration opens 11:45 a.m.)



COST (circle one):
 Member: \$10.00 for seminar only
 \$15.00 for seminar & lunch
 Non-Member: \$20.00 for seminar only
 \$25.00 for seminar & lunch

Note: Due to limited space, registrations are only accepted upon receipt of payment. Pre-registration is highly recommended. Cancellation for a refund must be received by the Friday prior to the seminar.

<p>Attendee Information:</p> <p>Name: _____</p> <p>Firm: _____</p> <p>Address: _____ _____</p> <p>Phone: _____</p> <p>E-Mail Address: _____</p> <p>Amount Enclosed: \$ _____</p>	<p>We are proudly offering the following lunches from Gretchen’s Shoebox Express:</p> <p><input type="checkbox"/> California Club Express</p> <p><input type="checkbox"/> Cougar Express</p> <p><input type="checkbox"/> Focaccia Margherita Express</p> <p><input type="checkbox"/> Italian Baguette Express</p> <p><input type="checkbox"/> Turkey Havarti Express (Sandwich includes chips and a cookie)</p> <p><input type="checkbox"/> Asian Salad Express</p> <p><input type="checkbox"/> Chicken Caesar Salad</p> <p><input type="checkbox"/> Cobb Salad Express</p> <p><input type="checkbox"/> Farmers Market Salad Express (Salad includes a handmade roll and a cookie) A pop is included with your lunch</p> <p>Menu subject to change</p>
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Registration and payment are due by the Friday prior to the seminar, May 8, 2009. **Checks should be made payable to NALS of Greater Seattle** and mailed c/o Melinda Bergquam, Riddell Williams, PS, 1001 Fourth Avenue, Ste 4500, Seattle, Washington 98154. Phone: 206-389-1591. E-mail: mbergquam@riddellwilliams.com

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