



## President's Welcome...

Summer is nearly over, the leaves are beginning to fall, and a new year is beginning for NALS of Greater Seattle. I am really excited about the activities and events we have planned for the year ahead, beginning with our annual Kickoff extravaganza set for Friday, September 22, the Spooked in Seattle Ghost Tour! (There are still a few days left to register, don't miss it!) Our first noontime CLE, the annual King County Superior Court Rules Update, is scheduled for Thursday, September 21, at Fox Rothschild (formerly Riddell Williams), followed by the annual U.S. District Court Rules Update on October 19. In the year ahead we'll be offering CLE's on many diverse, interesting topics, including the LLLT (Limited License Law Technician) program in Washington, cannabis law, appellate practice and legal ethics along with a happy hour or two and other events set aside for networking and socializing. If you haven't attended a NALS of Greater Seattle happy hour, you're missing out! I hope you will join us this year.

I am personally looking forward to attending the NALS 66th Annual Education Conference and Networking Forum to be held in early October in Norfolk, Virginia, and will share as much as I can with our Seattle members when I return.

This is a year of tremendous change for me, personally, because after 16 years at a large downtown law firm, I've taken a new position with Columbia Legal Services, a nonprofit law firm headquartered in Seattle with offices throughout the state. (Continued on Page 4)

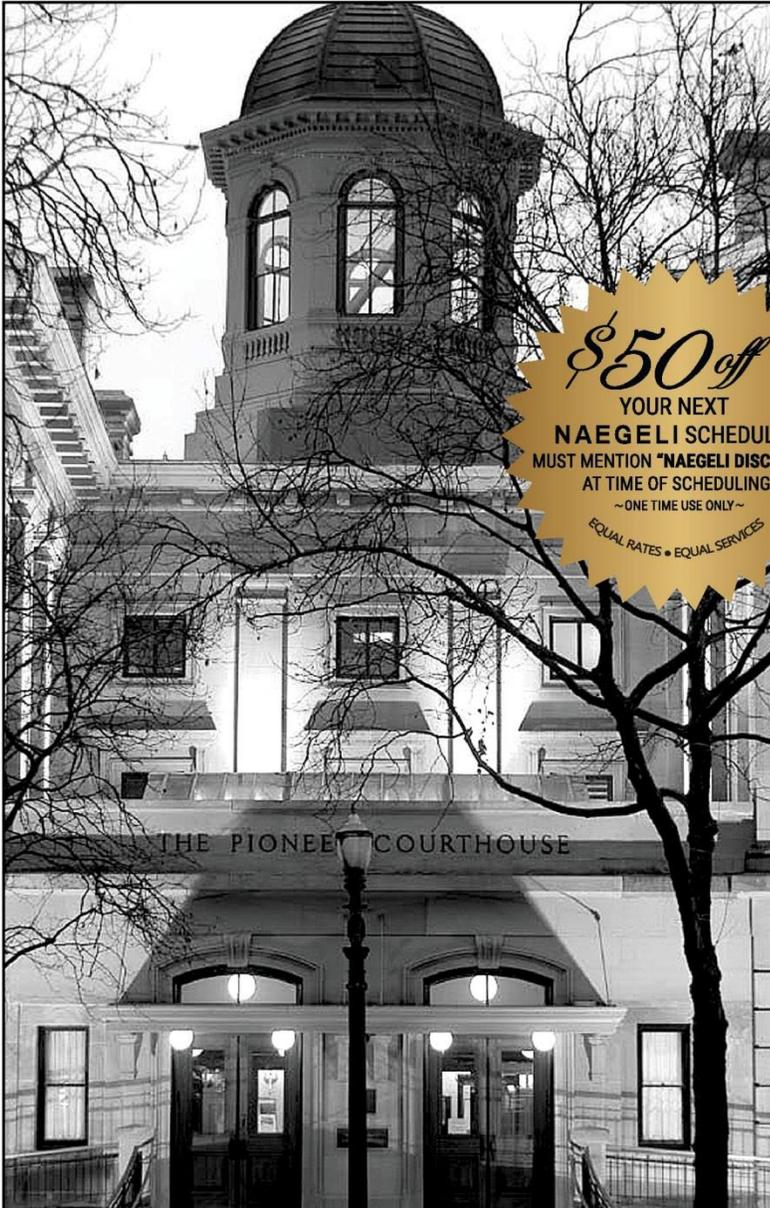
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## Upcoming Events:

- ❖ September 21, 2017 – King County Local Rules Update
- ❖ September 22, 2017 – Kick Off
- ❖ September 23, 2017– NALS of WA Fall Conference





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## NALS of GREATER SEATTLE 2017-18 Noontime Seminar Schedule

Thursday September 21, 2017 <b>King County Superior Court Local Rules Update</b>	Thursday October 19, 2017 <b>U.S.D.C. Western Washington Federal Court Rules Update</b>	Thursday November 16, 2017 <b>Elder Law</b>
Thursday January 18, 2018 <b>Construction Law</b>	Thursday February 15, 2018 <b>Appellate Practice</b>	Thursday March 15, 2018 <b>Arbitration</b>
Thursday April 19, 2018 <b>Limited License Legal Technicians (LLLT)</b>	Thursday May 17, 2018 <b>Legal Ethics</b>	Thursday June 21, 2018 <b>Cannabis Law</b>

<p><b>Location:</b></p> <p><b>Fox Rothschild LLP</b> 1001 4th Ave Suite 4500 Seattle, WA 98154</p> <p><b>Time:</b> Noon – 1:00 p.m. (Registration opens at 11:45 a.m.)</p> <p>Registration and payment are due by the Thursday prior to the seminar. Checks should be made payable to NALS of Greater Seattle and mailed c/o to:</p> <p>Eva Lee, PLS, Paralegal C/o DuBois Cary Law Group PLLC 927 North Northlake Way, Suite 210 Seattle, WA 98103</p>	<p><b>Cost (circle one):</b></p> <p>Member:                     \$10.00 per seminar only                                       \$15.00 seminar &amp; lunch</p> <p>Non-Member:               \$20.00 per seminar only                                       \$25.00 seminar &amp; lunch</p> <p>Please note: Due to limited space, registrations are only accepted upon receipt of payment.</p> <p>Pre-registration for future seminars is highly recommended.</p> <p>Cancellations for a refund must be received by Friday prior to the seminar. Thank you</p>
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<p>Seminar Date(s): Please check all dates you are registering for and please use one form per person.</p> <p>09/21/17 _____ 10/19/17 _____ 11/16/17 _____                  01/18/18 _____ 02/15/18 _____ 03/15/18 _____                  04/19/18 _____ 05/17/18 _____ 06/21/18 _____</p> <p>Name: _____                  Firm: _____                  Address: _____                  Phone: _____                  Email Address: _____                  Amount Enclosed: _____</p>	<p>We are proudly offering the following lunches from Café 5ive:</p> <p><b>Lunch Order:</b></p> <p>_____ Ham and Cheese                  _____ Turkey                  _____ Tuna Salad                  _____ Veggie                  _____ Turkey Club                  _____ Garden Salad                  _____ Grilled Chicken Caesar Salad                  _____ Chef Salad                  (Sandwich or Salad includes a fruit salad, chips and cookie)</p> <p>_____ Café 5ive Chicken Teriyaki Bento Box                  _____ Café 5ive Beef Teriyaki Bento Box                  (Bento Box includes rice, salad, gyoza, California roll)                  A beverage is included with your lunch.</p>
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President's Welcome continued-

I am finding the position to be rewarding, demanding and challenging, requiring that I work to develop and perfect both my practical skills and my understanding of all of the many intricacies of the processes that combine to form our legal system. There is never a time in our profession that we can say we've mastered all there is to know, but if there were such a time, one thing is certain, it would pass in a heartbeat! Everything is always changing when it comes to our jobs, there is always something new to learn. I find I am grateful as never before for the opportunity to work with and learn from the amazing members of NALS of Greater Seattle. I have such respect for all of you!

It's a pleasure to serve as your President this year. I am really looking forward to it!

*Cheryl*

## Advance Your Career

NALS offers members and nonmembers the opportunity to sit for three unique certifications dedicated to the legal services profession. The exams are of varying levels and are developed by professionals in the industry. Each of the three certifications is developed by NALS and takes advantage of the more than 84 years of experience and dedication to the legal services industry only NALS has to offer. NALS has the certification for you, whether you are beginning a career in the legal industry or are a veteran paralegal ready to display your skills. Visit [www.nals.org/certification](http://www.nals.org/certification) for more information.

NALS offers continuing legal education and exam preparation through our [Online Study Group](#).



Effective immediately, NALS will be offering a one-year FREE membership to students of approved legal studies and paralegal studies programs who take the ALP or PP certification exam! If you are a student who is registered to take the ALP or PP exam, please contact [NALS Certification Manager](#) to ensure that you receive your free one-year membership.

## MEET YOUR 2017-2018 BOARD OF DIRECTORS



**Cheryl Seelhoff President**

Cheryl has worked in the legal system since the 1970s, when she took her first position as a legal assistant with a firm that was then known as Lane, Powell, Moss & Miller. She attended court reporting school at Green River Community College evenings over several years and passed her court reporting exam (Registered Professional Reporter, RPR) in 1979, then worked as a freelance court reporter for Larsen Smith & Associates in Seattle and Carol James & Associates in Tacoma. In the 1990s she edited a magazine, returning to Lane Powell in 2001 where she worked until August of this year as a litigation legal assistant. She recently moved in a new direction and accepted a legal assistant position with Columbia Legal Services, a nonprofit law firm headquartered in Seattle with offices throughout the state. Cheryl has served on the NALS of Greater Seattle board since 2013 and is really looking forward to her tenure as President this year. In her spare time, she gardens and raises sheep, llamas and chickens on her small farm on the Key Peninsula.



**Bobbie Nielson - Secretary**

Born and raised in the Pacific Northwest. I have been in the legal field for 14 years working primarily working in the medical malpractice arena. I have one grown son and just recently re-married. My hobbies include sewing, crocheting, and volunteering for a national non-profit organization raising money for various charities including Perinatal Interim Care Center, Northwest School for Deaf and Hard of Hearing, local scholarships and drug awareness programs.



**Michele Wilson- Immediate Past President**

**Michele** has worked at JAMS since 2002 beginning as a receptionist, becoming a case manager two years later, and then promoted to senior case manager in 2007. She has a bachelor's degree in History from Washington State University and a paralegal certificate from the University of Washington which she received in 2004. In January 2010, she became a member of NALS and received her PLS Certificate the following year. Michele has discovered a passion for the law over the years and her membership in NALS gives her opportunities to continue learning about the law which is of great value both professionally and personally. She really enjoys her membership in NALS not only for the CLEs but the opportunity to meet other legal professionals. In her free time, Michele spends time with her family, attends the opera, travels, hikes and reads.



### **Marcia Ripley - President Elect**

Marcia concentrates her practice in civil litigation, as well as performing in-house software training. She has been a legal assistant/paralegal with Summit Law Group since its formation in 1997. Prior to that, Marcia worked as a legal assistant at Davis Wright Tremaine LLP in Seattle from 1979 to 1997. Marcia received her paralegal degree from Edmonds Community College. Marcia is a Seattle native, starting out in Ballard before moving to Shoreline in second grade. In later years, Marcia lived in the Ravenna neighborhood in her 1910 Craftsman home. After 27 years, she sold her house to build a custom house (of her own design) at Ocean Shores. Marcia enjoys traveling, especially to the Yakima or Napa Valley wineries in the fall and spending time with her local and coastal friends and spoiling her adorable Chihuahua.



### **Esmeralda Valenzuela – Treasurer**

Esmeralda's practice focuses on civil rights, discrimination, fair housing and employment law. She has been a legal assistant/paralegal with MacDonald Hoague & Bayless since 2015. Although she worked in family and immigration law for several years, she has found a great sense of fulfillment with her new area of law in civil litigation. Esmeralda was raised in Eastern Washington and moved to Seattle in 2007. She obtained her Bachelors of Arts Degree in Dance from the University of Washington in 2011 and continues to be a part of Seattle's growing dance community. Esmeralda volunteers at legal clinics around the state as a Spanish interpreter for immigration and criminal cases. She has also dedicated time as a soccer coach with the West Seattle Soccer Club for eight wonderful seasons. Esmeralda enjoys spending time with her friends and family in Yakima and Seattle and enjoys bike riding, hiking, snowboarding, soccer and traveling around the PNW.



### **Eva Lee – Education Director**

I came from Spokane to Seattle soon after high school graduation to accept a legal secretary job with the Regional Attorney's Office of the U.S. Department of Health, Education & Welfare. I transitioned from government attorneys to working for two sole practitioners, one a well-respected Chapter 11 bankruptcy attorney and the other practicing Maritime Law, specifically representing injured fishermen. We were some of the original tenants to occupy the Columbia Tower. I was with them for 18 years, until their retirement. Since that time, I have worked for exceptional attorneys in the areas of personal injury, class actions, family law and civil litigation. I love what I do.

In my free time, I enjoy working on our home in Issaquah, spending time in my garden, and managing our rental properties. Always seeking a challenge, I wanted to build a four-unit condominium project, so I did. It involved tearing down an older triplex and building four luxury townhomes. I am very proud of the project, with only a few regrets.

I am also proud of the role I played in helping my husband who owned a 10-chair hair salon in Issaquah for nearly 20 years. I was his bookkeeper. He sold the salon, and it continues to thrive. He works there part time.

I joined the NALS of Greater Seattle board in 2014, and served as its Secretary, Marketing, and now Education Director. I received the PLS certification soon after joining. As Education Director, I contact speakers and host our monthly noontime CLEs. We have speakers from the King County Clerk's office, USDC's Clerk's Office, and attorneys specializing in various areas of the law. When I think of NALS, I think of the friendships and support I get from the members and women on the Board. They are so awesome! I value the time we spend together. The NALS organization has enhanced my career and confidence in ways that I never thought possible.

Gotta mention our two cats, Lolita and Mija, cooking Mexican food with my husband, trips to Puerto Vallarta, and occasional visits to a karaoke bar.

## Scenes from Last Year's Kick off Flatstick Pub September 2016



# NALS Annual Education Conference

## Las Vegas 2015

By Michele Wilson

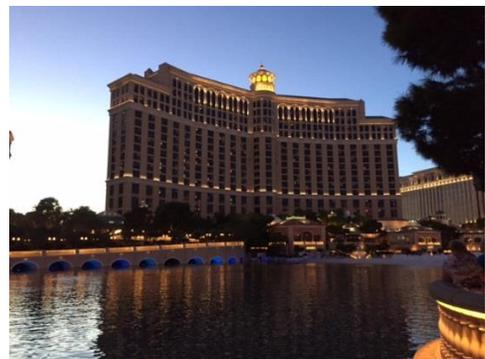
**Viva Las Vegas! This was my first time attending the NALS Annual Education Conference. All the programs I attended were fantastic, entertaining and very educational.**

**The Keynote speaker on Thursday was Deborah Johnson who is an Emmy Award winning writer and producer. Her talk to get us inspired was on finding your authentic strengths. After the keynote, I heard talks on Sports Law which covers just about every area of law one can imagine – contracts, torts, employment, personal injury, etc. Next, I got a little history lesson on The Rat Pack (Sammy, Frank and Dean) and Las Vegas by Michael Green (seriously find his books, he was hilarious) and my last session of the day was on Estate Planning in the Digital Age. Key takeaways were to have a central place for all your passwords and make sure to update the list as you change them and name a digital executor.**

**Day two I learned about Parenting Plans from Judge Sullivan. Judge Sullivan was highly entertaining talking about pre-nuptial agreements at 8:00 a.m. High conflict dissolutions are tough on kids. Kids learn to manipulate. They make influenced decisions, not independent, informed decision. It is helpful for the judge to have a backup plan if the parents cannot agree. In Highlights of the Supreme Court of the United States 2014 term, Dr. Leslie Griffin summarized the key cases from SCOTUS' last term – Obamacare, separation of power, first amendment and online threats, low income housing, etc. Limited Liability Company agreements and Eminent Domain rounded out my day.**

**Day three I heard lectures on prenuptial agreements, how to be a better proofreader and a different session on how to be a better writer. If any of you have questions on grammar, please check out Kathy Sieckman's blog: [proofthatblog.com](http://proofthatblog.com). She made grammar lessons fun. Alina Shell and Randy Fiedler presented a great session on how to improve your writing. They stated that bad writing requires the reader to figure out what you are saying. To keep your writing sharp, short and to the point, have a cohesive narrative, solid introduction and put your best stuff in first. Key "don'ts" – Avoid nominalization such as "spicy compliance tool" aka pepper spray. And don't use passive voice. Since I'm a *Walking Dead* fan, I loved their test. If you can insert "by Zombies" after the verb, you are using passive voice.**

**After all the sessions, we had time to wander Las Vegas. The hotels are amazing and enormous!**





# NALS Annual Education Conference

## Nashville 2016

By Michele Wilson

“Good morning Gorgeous” is one of many phrases the KeyNote Speaker, Dale Smith Thomas, asked us to say to ourselves every morning. In her beautiful Southern lilt, Ms. Thomas got us thinking about the power of words and how just by changing one word, we can remake our outlook. For example – I am not nervous. . . I am energized. I am not stressed out. . . I am blessed out. And I am not overwhelmed. . . I am in demand.

This wonderful fall weekend in Nashville was full of interesting, enlightening and education topics. There were so many to choose from! My first day after the KeyNote was spent listening to attorneys speak on Cybercrime, Understanding the Federal Courts, Dealing with Victims of Human and Constitutional Rights Violations and The “Resonableness” of Medical Expenses in Personal Injury Cases.

My second day started off learning about Football and the Law, then Legal Ethics for the Paraprofessional, Employment Law and the Changing Law of Unmanned Systems aka Drones.

Then Saturday was spent learning about gathering Client Feedback, Shut the Front Door! (Criminal Law) and The Pokemon Go Phenomenon: How to innovate fresh projects, reenergize tired ideas and make things new again.

And the best part of the whole weekend was watching Amylyn Reidling be a finalist for the NALS Award of Excellence. Way to go Amylyn!

Nashville is a wonderful small city. I was lucky to attend a concert at the Grand Ol’ Opry, have the BEST barbeque ever and try hot chicken which was delicious.





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A percentage of purchases made on Amazon will come back to the Chapter; however, you must use the widget to get to Amazon.com that is posted on our website. Thank you all for your support!

**NALS OF GREATER SEATTLE NOONTIME CLE!**  
**October 19, 2017 ~ 12:00 p.m. to 1:00 p.m.**

***Federal Court Updates - U.S.D.C. for the Western District of Washington***  
***Speaker: Valerie Barber, CM/ECF Analyst***  
***U.S. District Court, Western District of Washington***

Join us on October 26 to learn about ECF updates in the U.S.D.C. for the Western District of Washington. Our speaker will devote special attention to the challenges and occasional difficulties of e-filing in Federal Court and Court Updates.

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 Fox Rothschild  
 1001 Fourth Avenue, 45<sup>th</sup> Floor  
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*(Registration opens at 11:45 a.m.)*

**Cost (please circle one):**

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**Please mark your lunch selection:**

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 Tuna Salad \_\_\_ Veggie \_\_\_  
 Turkey Club \_\_\_ Garden Salad \_\_\_  
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 (Sandwich or Salad includes a fruit salad, chips and cookie)

Café 5ive Chicken Teriyaki Bento Box \_\_\_  
 Café 5ive Beef Teriyaki Bento Box \_\_\_  
 (Bento Box includes rice, salad, gyoza, & California roll)

A beverage is included with your lunch

**Please send registration & payment to:**

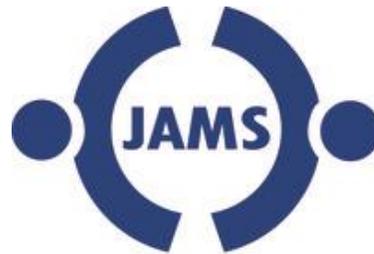
Eva Lee  
 1420 N.W. Gilman Blvd., Suite #2, PMB 2333  
 Issaquah, WA 98027  
 Phone: 425-351-1679  
 Email: evalee2222@gmail.com

**Please note that because space is limited, pre-registration is highly recommended. NO WALK-INS will be allowed. Registrations and payments are due October 12, 2017.**

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**\*Note: 10% Discount will apply for the companies who sponsor any part of two or more meetings and/or provide goods or services to NALS of Greater Seattle, which reduces expenses.**

**Contact Michele Wilson, Immediate Past President for more information.**

**DEADLINE FOR SUBMISSIONS FOR THE  
JANUARY/FEBRUARY ISSUE OF THE INFORMER**

If you have anything you would like to submit for the September/October Issue of *The Informer*, please email your submission to the Immediate Past President at [mwilson@jamsadr.com](mailto:mwilson@jamsadr.com) by December 1, 2017.



**The Official NALS Blog is Now Online!**

Enjoy information from the President and President-Elect as well as from the Resource Center Staff...use *inside NALS* to keep up to date on what is going on with NALS!

**Our Mission Statement...**

NALS is dedicated to enhancing the competencies and contributions of members in the legal services profession. NALS accomplishes its mission and supports the public interest through:

- Continuing legal education and resource materials;
- Networking opportunities at the local, state, regional, and national levels;
- Commitment to a Code of Ethics and professional standards; and
- Professional certification programs and designations.

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