

Snohomish County Bar Member Newsletter



Mid-Year Update

We are somehow already halfway through 2025! As was our goal for this year, the SCBA Board of Trustees has been working hard to address concerns and improve services for our members. Below is a quick update on some of the efforts the Board has taken thus far.

Financial Review Update

As many of you know, the Board of Trustees have been working to review our finances and determine the best way forward to address the budget deficit of recent years and ensure that our budget is balanced moving forward without putting significant additional financial strain on our members.

As part of this process, our President, Danielle Pratt, will be leading a discussion regarding a potential increase in our dues and other financial concerns on Friday, July 11 at noon via Zoom.

This will be an opportunity for members to learn more about the dues increase and restructuring proposal and provide feedback and suggestions on how to identify alternative sources of revenue. RSVPs are encouraged, but not required.

The Zoom info is below:

[https://us02web.zoom.us/j/87480367294?](https://us02web.zoom.us/j/87480367294?pwd=Yn0aucHiLzarhngnT6lBMpVf4XQ6ce.1)
[pwd=Yn0aucHiLzarhngnT6lBMpVf4XQ6ce.1](https://us02web.zoom.us/j/87480367294?pwd=Yn0aucHiLzarhngnT6lBMpVf4XQ6ce.1)

Meeting ID: 874 8036 7294
Passcode: 291035



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Bar Calendar

SCBA Board Meetings, 5:00 PM

July Board Meeting Date: 07/17

Bar Poll for Court of Appeals Election

As we do have a contested election coming up, the Board will also be conducting a bar poll for the open Court of Appeals position. This poll will be sent to members later this summer so that results can be published to our membership and the public in advance of the November election. The bar poll will be conducted electronically and will be open only to members. If you wish to participate in the poll and are not yet a member of the SCBA, please be sure to process your membership application by the end of July 2025.

Judicial Evaluations

Additionally, the bylaws dictate that this year we will be conducting a full judicial evaluation. To avoid conflict with the election, the judicial evaluation will be conducted in October, with results posted in the November newsletter after the election deadline. Judicial evaluations provide an opportunity for members to provide anonymous feedback and suggestions for improvement regarding our judicial officers. The judicial evaluations are also only available to our current members, so if you wish to participate in the evaluations, please verify that your membership is current. Be on the lookout for the information regarding this poll in the fall.

Upcoming Member Opportunities

Several CLE opportunities are also in the works, with topics covering tribal law, responding to bar complaints, and TEDRA litigation. Dates for these CLEs will be announced in upcoming newsletters and some of our shorter CLE's will be made available via remote means. "Lunch and Learn" opportunities with some of the Snohomish County Judges and Commissioners will also be scheduled in the near future. Keep an eye out for announcements via our e-blasts and newsletters.

The Board has also been working to find ways to provide additional services and benefits to our members. Danielle is in communication with the Sheriff's office to work to find solutions for the long security line delays. We are committed to continued collaboration with the Sheriff's Office until we find a solution to these issues for more predictable timing for access to the courthouse for our members. This is an ongoing discussion and updates will be provided when they become available.

Our annual Golf Tournament is scheduled for August 22, which will include the tournament, dinner, and an auction. The Board is also exploring additional fundraising and revenue opportunities to occur later in the year.

The New Lawyers division has been reignited under the leadership of Alison Sheets and her team. Alison has been working to arrange for social hours and networking opportunities for our new lawyers, including an opportunity to meet some of our judicial officers after the recent swearing in ceremony. Alison has also spearheaded a mentorship program, working to pair more experienced lawyers with new lawyers looking for advice and mentorship while starting their practices. If you are interested in acting as a mentor, please reach out to Alison to get on the list.

Further updates on all of these activities will be provided in newsletters and email updates in the future, so please make sure to read those to remain informed.

I hope everyone has a great summer and is able to take some time to relax and recharge.

Jenna Lieske
SCBA Trustee

SCBA Team

Cynthia Daste' Executive Director
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Bar News is published monthly by Snohomish County Bar Association, P.O. Box 5429, Everett, WA 98206.

Ads, articles, announcements and changes of address all go to service@snobar.org. Submissions are due by the 15th of the month.

Join Me in Leaving a Legacy of Justice

“ As a fifty plus year member of WSBA, there was no question in my mind about joining the Justice Society and naming the Endowment for Equal Justice in my will. I want to make sure that people who need legal representation at critical times in their lives can access it, no matter how meager their resources. The Endowment is working to take some of the stress out of their lives with civil legal aid. The Endowment provides support in perpetuity for the Legal Foundation of Washington in making our communities more equitable places to live, work and raise a family. Please join me. ”



— **DICK MANNING,**
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Fueling the Legal Mind: Nutrition Tips for Busy Attorneys

The legal profession is demanding—long hours, high stress, and constant mental exertion. Yet, one of the most overlooked tools in an attorney's arsenal is proper nutrition. What you eat directly impacts your energy, focus, and resilience. For attorneys in Snohomish County juggling court appearances, client meetings, and deadlines, smart nutrition isn't just about health—it's about performance.

1. Start with a Strong Foundation: Breakfast

Skipping breakfast can lead to mid-morning crashes and poor concentration. A balanced breakfast with protein, fiber, and healthy fats—like eggs with whole grain toast and avocado, or Greek yogurt with berries and nuts—can stabilize blood sugar and keep you sharp through early hearings or depositions.

2. Smart Snacking in the Office or Courtroom

Instead of reaching for sugary snacks or vending machine fare, keep healthier options on hand:

Nuts and seeds: Packed with healthy fats and protein.

Fruit: Apples, bananas, or oranges are portable and energizing.

Hummus and veggies: A great combo for sustained energy.

3. Hydration is Key

Dehydration can mimic fatigue and reduce cognitive function. Keep a water bottle at your desk or in your briefcase. Aim for at least 8 cups of water a day—more if you're drinking coffee, which can be dehydrating.

4. Lunch That Works for You

Avoid heavy, carb-laden lunches that lead to afternoon sluggishness. Opt for:

Lean proteins (chicken, tofu, legumes)

Whole grains (quinoa, brown rice)

Plenty of vegetables

A grain bowl or hearty salad with protein can keep you full and focused without the crash.

5. Caffeine: Use Strategically

Coffee is a staple in many law offices, but overreliance can lead to jitters and energy dips.

Try to limit intake to 1–2 cups in the morning, and avoid caffeine after 2 p.m. to protect your sleep quality.



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6. Dinner and Downtime

Evening meals should help you wind down. Avoid heavy or spicy foods late at night. Include foods rich in magnesium (like leafy greens or almonds) to support relaxation and sleep.

Final Thoughts

Just as you prepare for trial or draft a motion with care, your body and brain deserve the same attention. Small, consistent changes in your eating habits can lead to better focus, improved mood, and greater stamina—both in and out of the courtroom.

The Snohomish County Chapter of
Washington Women Lawyers presents:

A NETWORKING & SOCIAL EVENT AT SPECIAL BREWS

Thursday, July 10, 2025 from 5:00 - 6:30 P.M.

Starting at 5:00 p.m., meet fellow WWL members and prospective members,
while enjoying beer and cider tasting at **Special Brews** located at
14608 Hwy 99, Suite 307 in Lynnwood.

AND

A NETWORKING & SOCIAL EVENT AT WICK-ED WINE & SOCIAL CLUB

Thursday, August 21, 2025 from 5:00 – 7:00 P.M.

Starting at 5:00 p.m., meet fellow WWL members and prospective members,
while enjoying wine tasting at **Wick-Ed Wine & Social Club** located at
2707 Colby Ave, Suite H in Downtown Everett.



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Snohomish County Bar Association Annual Golf Tournament

Friday, August 22, 2025

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1:30 pm Shotgun Start

The tournament will include a raffle, dinner, prizes, and an auction.

Please scan the QR Code or click the link below to register!

<https://scba2025annualgolftournam.rsvpify.com>

Sponsorship opportunities are available. Please contact Cynthia at director@snohar.org for more information.





NLD Mentorship Program

SCBA and the New Lawyers Division are excited to announce our new mentorship program. In this program, we will pair experienced attorneys with attorneys newer to the practice of law. We already have several attorneys signed up as mentees and are looking for attorneys to serve as mentors.

If you are interested in becoming a mentor, please email Gregory at service@snobar.org. If you have additional questions about the program, please reach out to Alison Sheets at alison@sheetslaw.co.



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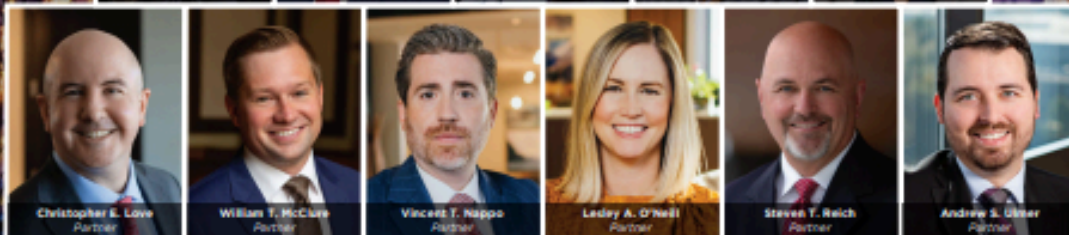
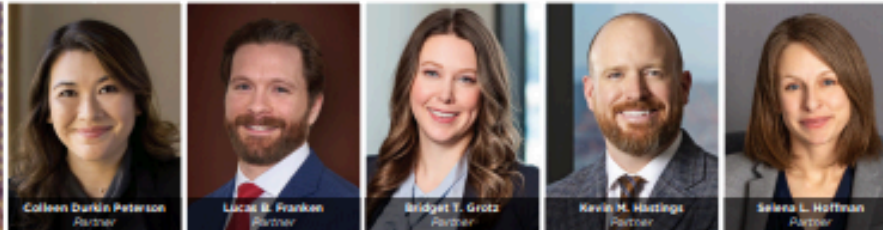
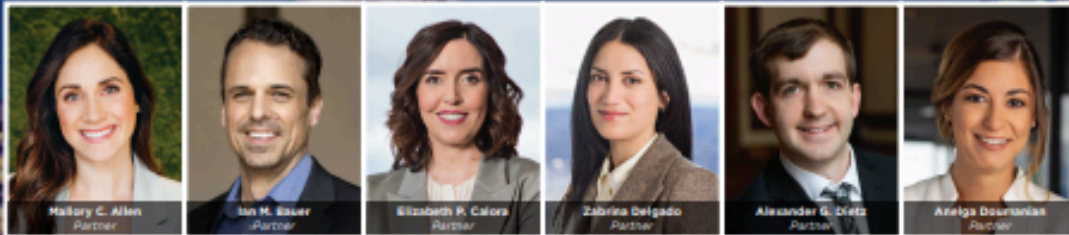
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