

Snohomish County Bar Member Newsletter



Judicial Evaluation

Attention members,

Please click on or copy the following link into your browser and complete the Judicial Evaluations for Snohomish County judicial officers.

Judicial Evaluation Link:

<https://www.surveymonkey.com/r/XTBSNWC>

The deadline for completing the evaluation is Wednesday, December 30th.

Applications Now Open for Three Board of Trustee Seats

Applicants must provide their bar number, areas of practice, a statement of interest, and resumé.

If the applicant does not provide the required information, the Board has the discretion to not consider the applicant.

If the number of applicants exceeds the number of open seats, the membership will take a vote and the applicants statements of interest will be included in the Ballot.

Applications are due Wednesday, December 17th!

Please send your applications to Cynthia Dasté at director@snoabar.org.



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Bar Calendar

SCBA Board Meetings, 5:00 PM

December Board Meeting Date:
12/18

SCBA Team

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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.



****50% OFF PROCESS SERVICE****

Jankovic Investigations LLC is offering process service at half-price for new clients! Through December 31st, 2025, rush process service in Snohomish County is only \$75 (regularly \$150), and 3+ day service is now only \$50. We are professional, dedicated and timely – try us today by calling 425-312-3379 or emailing lucas@jankovicinvestigations.com.

Happy Holidays!



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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Seeking Judge and Attorney of the Year Nominations

We are now accepting nominations for the 2025 Attorney and Judge of the Year!

You must be a Snohomish County Bar Association member to submit a nomination.

Nominees must provide their bar number and the reason for their nomination.

If the nominee does not provide all information, the Board has the right to not consider said applicant.

Nominations are due on Wednesday, December 17th.

Please send your nominations to Cynthia Dasté at director@snoabar.org.

Upcoming CLE

What: Cultural Humility in Legal Practice

When: 12:00 - 1:30 pm on Thursday, December 4th

Where: Zoom (link below)

CLE Credits: 1.5 Ethics credit pending approval

Link: <https://us06web.zoom.us/j/82464138014>

Meeting ID: 824 6413 8014

Annual Meeting

The Annual Meeting takes place at Terra Cotta Red Bistro on January 29th. The link will be provided in a future email blast.



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Think of Civil Legal Aid for Your End of the Year Giving

—Make an Impact, Support Justice

By Ann M. Brice, Campaign for Equal Justice

Snohomish County Representative

The Holidays are really upon us, although Costco and Lowe's have had Christmas decorations up since September!!! Maybe you have already started purchasing holiday gifts. I am not that far along. I haven't made my own wish list, let alone started picking out items for others.

But the end of the year is rapidly approaching. Now is the time to think about your end of year financial gifts. I am asking that you consider a gift to the Legal Foundation of Washington through its Campaign for Equal Justice and support justice and civil legal aid. The Legal Foundation is our state's largest private fundraiser for civil legal aid. The Campaign for Equal Justice is its yearly fundraiser and brings together attorneys, law firms and judges from across Washington to raise critical funds to provide free civil legal aid to low-income families and helps them solve civil legal crises and protect their rights. Unlike criminal cases, where a lawyer is guaranteed if you cannot afford one, individuals often face civil issues without an attorney with potentially like changing consequences. Civil issues include domestic violence, eviction, immigration and debt collections. Last year, the Legal Foundation funded more than 70 legal aid programs, including Northwest Immigrant Rights Project, TeamChild and our own Snohomish County Legal Services and Tulalip Foundation. Collectively, these programs have helped 30,000 families across the State gain access to legal support. Since 1984, the Legal Foundation, with its yearly Campaign for Equal Justice fundraising programs, has been ensuring justice is a reality for all people in Washington.

If you haven't already given, there are several easy ways to GIVE. First, you can go online to a secured giving site at www.legalfoundation.org. Second, you can give to the Legal Foundation when you renew your 2026 Bar Due. On your License Renewal Form, you can make an automatic charitable donation of \$75.00 to the Campaign for Equal Justice. Check off the box and you are done! Join with me—take a stand and invest in justice for all. Last year 292 Snohomish County attorneys and judges donated to the Campaign. Let's make it over 300 donors this year!!!

Supporting civil legal aid is part of the responsibility and privilege of being a member of the legal profession. When you give, you help ensure our justice system works for everyone!

And a Very Big Thank you to Everyone who have already given generously to the Campaign this year.

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Tyler Beck
★★★★★ 20 weeks ago

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**Co-Parenting Through Technology:
Cultivating Common Ground, Fostering Joint Learning, and Nurturing Family
Intelligence in the Digital Age**
By Tio Jorge, Director of Collaborative Parenting with Tio Jorge, LLC

Navigating the Evolving Landscape of Co-Parenting and Modern Family Life

The 21st century has ushered in an era where technology is not merely a peripheral tool but an intrinsic thread woven into the fabric of our daily existence. This digital ubiquity has profoundly reshaped numerous aspects of our lives, and the realms of parenting and, particularly, co-parenting are no exceptions. As families navigate the complexities of separation, the nuances of cooperative childcare, and the imperative of seamless communication, they are charting new territories unimagined by previous generations. When wielded with mindful intention, technology possesses a remarkable capacity to bridge divides, impart invaluable lessons, and catalyze profound growth, not just on an individual level but within the intricate dynamics of the family unit.

As the founder of Collaborative Parenting with Tio Jorge, LLC, I have had the privilege of observing firsthand the transformative power of thoughtfully implemented digital resources. In numerous instances, these tools have acted as catalysts, turning potentially adversarial co-parenting scenarios characterized by friction and misunderstanding into collaborative parenting endeavors marked by coordination and mutual respect. However, the benefits of technology extend far beyond the realm of separated families. Digital innovations hold the potential to elevate the functioning of all family structures by streamlining logistical processes, enhancing the clarity and efficacy of communication, and, quite simply, injecting a greater degree of ease and even enjoyment into the multifaceted experience of family life.



Family Law Mediation & Arbitration

Wayne Pellegrini

Third Street Mediation

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Mr. Pellegrini is an experienced family law attorney whose practice began in Seattle and has expanded to include continuous case actions in Snohomish, Whatcom, King County, Skagit and Island counties

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This exploration delves into the myriad ways in which technology, when anchored by the foundational principles of Family Intelligence (FQ), can serve as a conduit for connection and progress, rather than a source of division and conflict. We will meticulously examine how families can strategically leverage digital tools to foster seamless collaboration, embark on shared learning journeys, and cultivate emotionally intelligent systems that cater to the needs and well-being of every member, with a particular focus on the children at the heart of these arrangements.

Reframing the Narrative:

Technology as a Connector, Not a Divider

It is essential to address a prevalent concern that frequently surfaces in my professional interactions: the perception that "technology invariably exacerbates existing problems." It is undeniable that the misuse of digital platforms, such as engaging in heated exchanges via text messages late at night or resorting to veiled aggression through social media posts, can indeed inflame tensions and escalate conflicts. However, it is crucial to recognize that these negative outcomes are symptomatic of how the tools are being employed, rather than inherent flaws within the technological instruments themselves. When technology is approached with structure, deliberate intention, and a commitment to positive outcomes, it can become a powerful force for good, offering several key advantages:

- **Mitigating Miscommunication:** Carefully chosen digital platforms can provide a clear and documented record of communications, reducing the ambiguity and potential for misinterpretation that can often plague verbal or informal exchanges.
- **Establishing Neutral Ground for Planning and Coordination:** Shared digital spaces offer a virtual arena where co-parents can engage in logistical planning and decision-making without the emotional baggage that might be present in face-to-face interactions.
- **Promoting Consistency in Parenting Approaches:** Centralized information and shared calendars can help ensure that both parents are aligned on important aspects of the children's lives, fostering a sense of predictability and stability.
- **Facilitating Asynchronous Reflection and Learning:** Digital platforms allow individuals to process information and formulate thoughtful responses at their own pace, reducing the pressure of immediate reactions and fostering more considered communication.
- **Diminishing Emotional Escalation:** The inherent distance afforded by digital communication can provide a buffer, allowing individuals to regulate their emotions before responding, thereby minimizing the likelihood of impulsive or emotionally charged interactions.

At its core, Family Intelligence (FQ) represents the collective capacity of a family system to adapt to challenges, engage in thoughtful self-reflection, and evolve positively and cohesively.

This concept builds on the work of family systems theorists like Dr. Murray Bowen, who saw the family as an interconnected emotional unit. FQ is nurtured by the establishment of consistent routines, the cultivation of emotional self-awareness and empathy as described by Dr. Daniel -



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Goleman, the development of effective communication skills, and the unwavering practice of mutual respect among all family members. Technology, when thoughtfully integrated and aligned with these FQ principles, serves to amplify and reinforce these vital qualities, rather than eroding them.

Building Bridges of Understanding: Leveraging Digital Tools to Forge Common Ground

A significant impediment to successful co-parenting often stems from a fundamental lack of shared organizational systems and agreed-upon frameworks. Digital tools offer a potent solution by creating a shared "third space"—a virtual environment where both parents can collaboratively manage their shared responsibilities and gain a unified perspective on the children's lives.

Concrete examples of such tools include:

●**Centralized Shared Calendars:** Platforms like Google Calendar, Cozi, and OurFamilyWizard enable both parents to maintain a comprehensive and up-to-date overview of crucial dates and commitments, such as school events, medical appointments, extracurricular activities, and visitation schedules. This eliminates confusion, reduces the potential for scheduling conflicts, and ensures that both parents are informed and prepared.

●**Accountable Messaging Applications:** Specialized messaging apps such as TalkingParents and OurFamilyWizard go beyond standard text messaging by providing tamper-proof logs of all communications. This feature significantly diminishes the "he-said/she-said" dynamic that can undermine trust and escalate disagreements, encouraging more respectful and documented interactions.

●**Collaborative Task Management Systems:** Tools like Google Keep or Trello facilitate the creation and management of shared to-do lists, supporting the efficient execution of day-to-day parenting tasks and logistical arrangements. This can include items such as packing school lunches, managing medication schedules, ensuring adequate school supplies, and coordinating transportation.

Shared Digital Repositories: Platforms like Google Drive or Dropbox allow both parents to access and contribute to shared documents and folders containing essential information such as homework assignments, immunization records, progress reports from teachers, and other relevant documentation. This ensures that both parents have readily available access to critical information regarding their children's well-being and education.

While these digital platforms are not a panacea for all co-parenting challenges, they provide co-parents with tangible tools that empower them to function more effectively as a unified team, even when underlying emotions and past grievances may still be present. By establishing these shared systems, parents can foster a greater sense of predictability and cooperation, ultimately benefiting their children.

Fostering Shared Growth: Learning Together, Even Across Distances

The essence of successful co-parenting extends beyond mere logistical coordination; it encompasses a commitment to shared personal and parental growth. One of the most invaluable -



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contributions of technology to families is the unprecedented opportunity it provides for collective learning experiences, regardless of geographical proximity. Whether parents reside in the same household, across town, or in different states, technology can bridge the gap and facilitate joint educational endeavors.

Here are several compelling ways families are leveraging technology to engage in co-learning:

●**Synchronous and Asynchronous Online Parenting Courses:** Platforms like Zoom and Vimeo have democratized access to expert-led parenting education. Co-parents can participate in the same live training sessions, engage with the material independently through downloadable workbooks and exercises, and subsequently come together to discuss key insights and develop a shared understanding and vocabulary. Our own Successful Co-Parenting Workshop incorporates these interactive elements, along with optional access to recorded sessions for flexible learning.

●**Shared Consumption of Educational Media:** Podcasts and curated YouTube playlists featuring insights from leading parenting experts like Dr. Daniel Siegel and Dr. Tina Payne Bryson, offer a flexible avenue for co-parents to absorb valuable information on child development and brain science at their own pace.

●**Collaborative Visual Thinking and Strategy Development:** Mind mapping and digital whiteboard tools such as Miro and Jamboard provide a dynamic and interactive space for visual learners to collaboratively brainstorm strategies, develop action plans, and create visual roadmaps that prioritize the children's needs and well-being.

This commitment to shared learning fosters parallel empathy—a process where each parent engages in independent reflection on the same information, ultimately leading to a convergence in their mindsets and approaches. The tangible outcomes of this shared learning journey include enhanced cooperation, a reduction in misunderstandings, and a greater sense of shared purpose in raising their children.

Beyond Communication:

Cultivating True Collaboration Through Technology

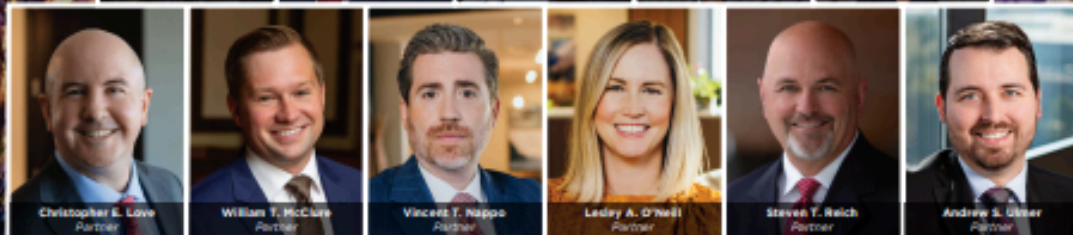
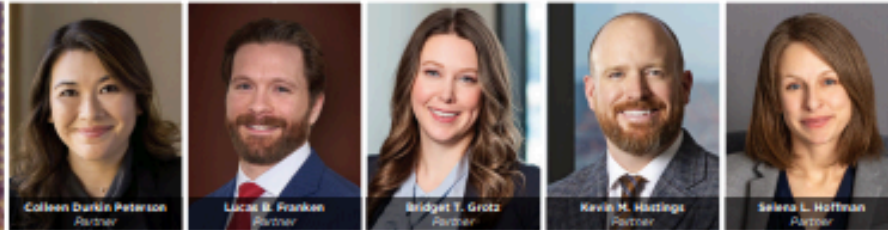
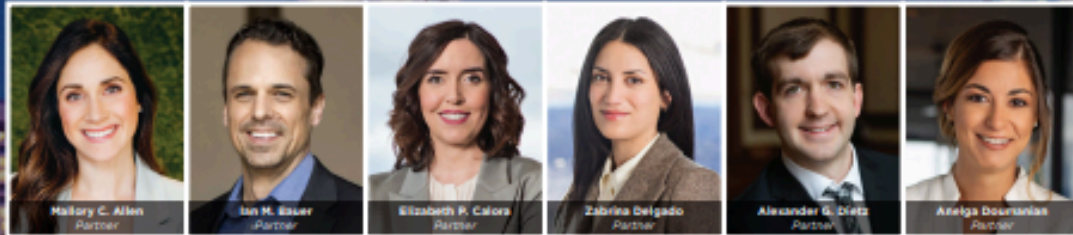
Technology's impact extends beyond simply facilitating communication; it possesses the power to significantly enhance genuine collaboration between co-parents and within the broader family system. This echoes the principles of effectiveness outlined by Dr. Stephen Covey, where interdependent individuals synergize to create outcomes greater than they could achieve alone.

Consider these examples:

●**Remote Access to Professional Support:** Telehealth platforms like Zoom provide convenient and less stressful access to parenting coaches and therapists. Co-parents can attend individual or joint sessions from the comfort of their own homes, overcoming logistical barriers and making professional guidance more readily available.

●**Shared Tracking and Monitoring Tools:** Digital journals and behavior logging apps, such as Daylio or customized Google Forms, enable both parents to track important aspects of a child's life, -

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including their moods, behaviors, sleep patterns, and any relevant contextual factors. This shared data provides a more comprehensive and objective understanding of the child's experiences, facilitating more aligned and responsive parenting strategies.

● **Establishing a Centralized Family Command Center:** Utilizing smart devices or shared applications, families can create a central hub for managing essential information and tasks, such as meal planning, appointment scheduling, and school-related responsibilities. This centralized system reduces cognitive overload for individual parents and promotes greater consistency and predictability within the family routine.

When co-parents actively utilize shared digital tools to manage their responsibilities and address challenges, they not only streamline their own lives but also model collaborative problem-solving for their children. This demonstration of teamwork and shared responsibility contributes significantly to a child's sense of security and well-being, fostering an environment where they witness firsthand how adults can cooperate effectively even when navigating complex post-separation arrangements.

By using shared calendars, expense trackers, communication logs, and other digital resources, co-parents can reduce conflict, improve communication clarity, and ensure consistency across households regarding schedules, finances, and important child-related information.

This proactive approach to co-parenting through technology minimizes misunderstandings, reduces the need for direct and potentially contentious interactions, and allows both parents to remain informed and involved in their children's lives. Furthermore, children who observe their parents effectively using these tools learn valuable life skills in communication, organization, and conflict resolution, skills that will benefit them in their future relationships and endeavors.

Sources:

- Dr. Daniel Siegel and Dr. Tina Payne Bryson (Child Development),
- Dr. Stephen Covey (Interdependence and Synergy),
- Dr. Daniel Goleman (Communication Skills and Social Intelligence),
- Dr. Murray Bowen (Family Resilience)

Author:

Tio Jorge is the founder and director of Collaborative Parenting with Tio Jorge, LLC, a bilingual provider of court-approved parenting and co-parenting workshops across Washington State. With decades of experience in conflict resolution, adult learning, and family systems, he helps families strengthen their communication, resilience, and emotional intelligence through education, coaching, and accessible digital tools.

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