

Snohomish County Bar Member Monthly Newsletter



SCBA Calendar of Events

July

16th - SCBA Board Meeting

23rd - Ice Cream Social



2026 SCBA Annual Golf Tournament

The SCBA's Annual Golf Tournament will be held on August 21st at the Nile Shrine Golf Club in Mountlake Terrace.

Our beneficiary for the tournament is the Edmonds School District Athletic Alliance.

Sponsorship opportunities are still available. Please contact Cynthia at director@snoabar.org to receive details.

Click on the link below to register or sponsor the tournament.

<https://www.zeffy.com/en-US/ticketing/scba-2026-annual-golf-tournament>



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Bar Calendar

SCBA Board Meetings, 5:00 PM

Link:

<https://us06web.zoom.us/j/81547773463>

Board Meeting Dates:

2/19	7/16
3/26	9/17
4/16	10/15
5/21	11/19
6/18	12/17

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



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The SCBA thanks the following golf tournament sponsors:



Ice Cream Social

The SCBA invites you to beat the heat on July 23rd at a family-friendly event held at The Ice Cream Bar at 2810 Colby Ave in Everett, from 5 PM - 7PM. Please RSVP to Cynthia Daste' at director@sno-bar.org.



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CHEERS & JUSTICE
Fundraising Event for the Campaign for Equal Justice
Thursday, July 23, 2026 5:00pm at Tapped Social

For those of you who have been around a while in Snohomish County, you may recall the Campaign for Equal Justice's local fund-raising event, Beer & Justice. Over the past 6+ year, we have events at Diamond Knot, Scuttlebutt and Blue Water Distillery, to name a few. The event is happening again this year, just under a new name: Cheers & Justice! But the purpose is the same: Supporting Civil Legal Aid, in Snohomish County and throughout the State of Washington. This year, we will be hosting our event at the new Tapped Social on Grand Ave on Thursday, July 23, 2026 starting at 5:00pm. Former Supreme Court Justice Mary Yu has agreed to speak at our event! In addition, Jane Pak, Executive Director Snohomish County Legal Services and Emily Hepburn-Lane, Campaign Board President will be speaking.

For those of you who may not be familiar with either the Campaign or Cheers & Justice, the Campaign for Equal Justice (CEJ), the fundraising program of the Legal Foundation of Washington, our state's largest private funder of civil legal aid. Each year, CEJ brings together attorneys, firms, and community members across Washington to raise critical funds that help people solve civil legal crises and protect their rights. Funds raised through the Campaign go to the Legal Foundation, who then provides grants to more than 75 legal aid programs across the state, including Northwest Immigrant Rights Project, TeamChild, Legal Counsel for Youth & Children, the Unemployment Law Project, and 16 pro bono programs connected to county bar associations. Collectively, these programs help more than 30,000 families gain access to legal support and justice.

The Campaign for Equal Justice needs your support now more than ever. Donations directly fund civil legal aid, impact litigation, policy reform, and systemic advocacy through the Legal Foundation's statewide grant programs. If you can't attend the July 23rd event, you can still support civil legal aid by donating online. [Donate here.](#)

Thank you for your support of this very worthy and necessary cause! Hope to see you all in July!

Ann M. Brice, Snohomish County Representative for the Campaign for Equal Justice

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We are delighted to welcome attorney David D. Goodwin to our practice.

David earned his undergraduate degree in Political Science from Brigham Young University, graduating in the top 10% of his class. He received his law degree, *cum laude*, from Seattle University School of Law.

Throughout his career, David has represented clients in a wide range of family law matters, including divorce, parenting plan and custody issues, child support, and related family law disputes. He is known for his thoughtful counsel, steady approach, and commitment to helping clients resolve difficult matters with clarity, dignity, and practical solutions.

David is accepting referrals in all aspects of his domestic practice.



David D. Goodwin can be reached at:
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SCBA Golf Tournament

The Snohomish County Bar Association's Golf Tournament is scheduled for August 21, 2026 and will be held at the Nile Shrine Golf Club in Mountlake Terrace. The SCBA has been hosting this tournament to benefit a local charitable organization for more than a decade, creating a longstanding tradition for the SCBA.

Several long-time members of the Golf Committee have worked each year to ensure the event is a success. These committee members work for months to coordinate the tournament, select a beneficiary, and secure sponsorships and auction items. This continued support and coordination has been invaluable and the work of the Golf Committee is appreciated by all.

The SCBA Golf Tournament is more than an enjoyable day on the course, it's an opportunity for members of the legal community, local businesses, and community supporters to come together in support of local causes. The tournament brings together golfers, attorneys, community members, and supporters for a day of friendly competition, networking, and philanthropy.

For the second year, the beneficiary will be the Edmonds School District Athletic Alliance (ESDAA). As indicated in their mission statement, the ESDAA supports Edmonds School District student-athletes and "creates equity in a school or team's ability to access fundraised monies to improve overall programs and enhance opportunities for all student-athletes." These resources help ensure that financial barriers do not prevent students from experiencing the lifelong benefits of school athletics, including teamwork, leadership, discipline, and perseverance. Our partnership with the Edmonds School District Athletic Alliance has allowed the SCBA Golf Tournament to grow, as they have provided invaluable volunteer hours, resources and new ideas to make our tournament more exciting and a smoother process for our small staff.

The tournament welcomes golfers of all skill levels for a day of friendly competition, camaraderie, and networking. Whether you're playing with colleagues, entertaining clients, or simply enjoying time on the course, every foursome helps make a meaningful difference for local students.

Beyond the competition, the event offers opportunities to connect with fellow legal professionals, community leaders, and business partners while supporting an important cause. Contests, raffle prizes, and awards add to the day's excitement, making the tournament an event participants look forward to year after year.

Even if you don't golf, there are many ways to get involved. After the tournament concludes, the SCBA will be hosting a dinner at the golf club along with a live auction. Registrations for only the dinner and auction portion are available if you are looking for another way to participate. Additionally, donations, raffle and auction items and volunteer support all help maximize the tournament's impact.

Sponsorships are essential to the tournament's success. Businesses and organizations have the opportunity to showcase their commitment to the community while gaining valuable visibility among attorneys, judges, legal professionals, and local business leaders. There are various levels of sponsorship available for the tournament and each and every contribution helps make the tournament a success.

We invite you to join us for a memorable day of golf with purpose. Register your foursome, become a sponsor, or contribute to the cause and help us make a lasting impact in our community.

Click on the link below to register or sponsor the tournament.

<https://www.zeffy.com/en-US/ticketing/scba-2026-annual-golf-tournament>

Snohomish Cheers + Justice - July 23, 2026

SAVE THE DATE

Join us to learn how civil legal aid advances equity and justice in Snohomish County!

23
July

Venue to be
announced
soon!



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“Ululani “Lani” Akiona, a divorce and collaborative attorney and mediator at the Everett-based firm Akiona Law, PLLC, has been selected to the 2026 Washington Super Lawyers list for Family Law.”

With over two decades of legal expertise, Ululani combines rare empathy and unwavering integrity to guide clients through complex life transitions. As a champion of collaborative divorce and mediation, she excels at steering families toward peaceful, out-of-court resolutions that protect assets and preserve dignity.

CLE Announcements

UCCJEA Issues in Family Law CLE

July 20th

Noon - 1:30

More details to follow





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The WSBA Board of Governors (BOG) is holding their July Meeting in Marysville. It will be held on Friday, July 23 and Saturday, July 24 at the Tulalip Resort Casino. When the BOG holds meetings outside of the Seattle office, we collaborate with local bar associations to bestow the WSBA Local Hero Award to those who have made noteworthy contributions to their communities. The WSBA Board President Francis Adewale and Executive Director Terra Nevitt then present the award to the honoree during a Local Hero Lunch where all Snohomish County Bar Association members are invited. We're all looking forward to being in Marysville!

Below you will find more information on the nomination process and lunch RSVP instructions.

Local Hero Nominations:

We ask for your help in selecting a deserving Chelan-Douglas Bar Association member who is active in the local legal community. Please complete and submit materials to the Local Hero Nomination Form by Monday, June 22nd.

For an example, learn more about our most recent Local Hero, David J. Bentsen from Olympia.

Local Hero Lunch RSVP:

Please reach out to the SCBA members for their RSVPs to the Local Heroes lunch on Friday, July 24, at Noon at the Tulalip Resort Casino, Chinook 1 Meeting room. Here is the RSVP form link to share with them: [WSBA Local Hero Lunch RSVP](#), including the date, time, and location. The deadline to submit RSVPs is Friday, June 12th. (The form will collect the RSVPs, so there is nothing to do on your part except to share the link with the members.)



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The Language of Peace

Subtitle: Coaching Clients in the High Art of Communication and Active Listening

By Tio Jorge Founder & Director of the “Successful Co-Parenting” Program

I. Introduction

In the intense arena of family law litigation, words are conventionally viewed as the primary currency of power. Counsel chambers and family court dockets are dominated by aggressive assertions, carefully constructed motions, and adversarial positioning. Yet, across years of observing families navigating post-decree adjustments in Snohomish County, a striking clinical truth becomes apparent: the most durable, cost-effective legal resolutions are not achieved by the party who shouts the loudest, but by the one who possesses the disciplined capacity to listen. In my kitchen, we have an old, grounded saying: "God gave us two ears and only one mouth for a reason." During the heat of a legal battle, parents become so hyper-fixated on "building their case" that they completely stop hearing the human being on the other side of the family equation. They are operating under the illusion that by increasing their volume, multiplying their text messages, or filing retaliatory motions, they will finally force compliance. The reality of family systems is entirely different: you do not win a long-term Co-Parenting relationship by talking. You win it by listening. This article explores how family law attorneys can strategically coach their clients to put down the adversarial megaphone and pick up the clinical stethoscope—listening intently for the operational requirements of the restructured family rather than reacting to the emotional noise of the conflict.

II. The Systemic

Hijack When an intimate relationship fractures, the human nervous system identifies the ex-spouse as an active, existential threat. Under the chronic stress of active litigation, the brain automatically drops into an evolutionary "survival mode." In this primitive state, cognitive functioning is severely hijacked; the individual is neurologically incapable of listening to comprehend. Instead, they listen exclusively to gather ammunition, identify threats, or formulate immediate counterattacks. This neural hijack transforms daily communication into a zero-sum battlefield. If a client's inbox is flooded with sporadic, provocative text chains, their default defensive intuition prompts them to fire back an immediate, emotionally charged response. This reactive momentum ensures that minor logistical modifications—such as an unexpected traffic delay during a residential handoff—escalate into full-scale, expensive legal battles that consume your firm's billable strategy hours.

III. Power of Strategic Silence

The structural secret that high-conflict personalities fail to realize is that listening is infinitely more powerful than speaking. In a courtroom, spoken advocacy is essential. But within a divided household, conscious listening is the only tool capable of de-escalating a systemic crisis.



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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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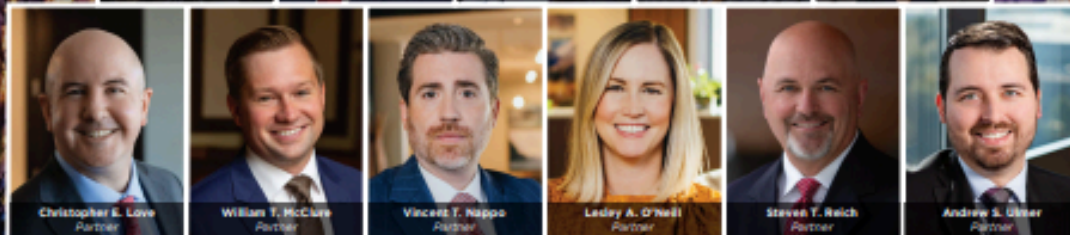
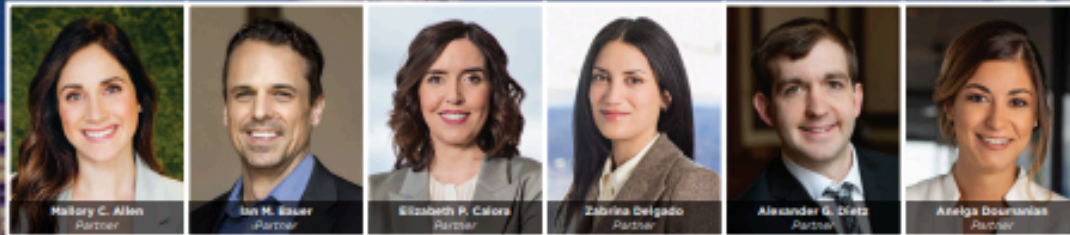
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When a parent masters the discipline of silence, they do not concede ground; they actively retain their personal power. By refusing to react immediately to a provocative email or text, a parent breaks the conflict loop. The person who can remain calm, absorb the emotional impact, and consciously analyze the data longest is invariably the person who remains in absolute control of the situation and the litigation timeline.

IV. Tactical Tools for Attorneys to Share

Navigating the "complex and awesome responsibility" of raising children across two separate households requires an advanced behavioral skillset that most adults were never formally taught. You can actively lower the temperature of your ongoing case files by coaching your clients to replace defensive communication with these three active listening protocols:

1. Strip the Emotional Noise to Find the Logistical Signal

Train your clients to view all incoming correspondence from the co-parent through a clinical lens. They must understand that high-conflict messages are composed of 90% emotional "noise" (blame, historical insults, sarcasm) and only 10% operational "signal" (the actual childrelated question).

- **The Strategy:** Instruct the client to read the hostile message, completely ignore the noise, and use active listening to identify the single business requirement that requires an answer.
- **Example Noise:** "You are completely disorganized and selfish, you always ruin my weekends by forgetting the soccer gear!" * The Signal: The soccer gear is missing.
- **The Structured Response:** "I will drop the soccer gear off on the front porch by 4:00 PM today."

2. Execute the Three Pillars of the Active Listening Toolkit

When a logistical conversation hits a roadblock during mediation or a handoff, coach your client to deploy three concrete verbal anchors to re-engage the other parent's logical brain:

Reflecting Context: Restate what was heard in objective, non-parroting terms to verify accuracy: "What I hear you saying is that you are concerned the new weekend sports schedule will interfere with our child's study time. Is that correct?"

Validating the Underlying Fear: Acknowledge the emotion behind the words without legally agreeing with the premise: "I can see why navigating that tight schedule would feel incredibly stressful and overwhelming for you right now."

Clarifying with Open Probes: Ask genuine, non-adversarial questions to gather operational data: "How can we adjust the drop-off protocol to ensure they have enough time for homework?"

3. Enforce "Business-Like" Neutrality and Professionalism

Instruct your clients to treat their co-parent exactly like a high-stakes, unlikable corporate business partner. In a corporate joint venture, you do not have to love your partner, but you are contractually obligated to maintain a professional, emotionally detached demeanor. Professionalism requires the cognitive discipline to listen to the business requirements of the other side without letting personal marital history interfere with the company's core mission: the development of the child.

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IV. The Lawyer as a Strategic Connector

When parents finally realize that successful Co-Parenting under pressure is an advanced technical skill rather than an emotional intuition, their parental ego begins to take a backseat. This is where formal psychoeducational training becomes an absolute, non-negotiable operational necessity. Trying harder or relying on raw instinct in a fractured system is a recipe for constant administrative friction. By positioning your family law firm as a strategic connector and referring clients to live, interactive training, you introduce a powerful pattern interrupter into their lives. A client who acquires active listening skills stops calling your office to complain about minor interpersonal disagreements. They learn to handle everyday communication challenges independently, preserving their financial assets and ensuring the legal frameworks you built remain completely stable and durable over time.

V. The Successful Co-Parenting Program

While you expertly manage the legal framework of a family's transition, we can help your clients build the practical skills needed to thrive in their new reality.

We ask that you refer your clients to the Successful Co-Parenting Program. We have been the approved provider for Snohomish Superior Court's mandatory parenting seminar since 2017 and are accepted in numerous Washington counties.

Our program is designed to complement your legal guidance by equipping parents with a deep, practical understanding of healthier interactions, constructive communication, and conflict resolution. All our classes are conducted in real-time via highly interactive Zoom sessions, featuring dedicated, culturally responsive dates for both English and Spanish formats led by Tio Jorge.

www.SuccessfulCo-Parenting.com Court-Approved: Snohomish, Skagit, Island, Grant, Walla Walla, and Kitsap Superior Courts; explicitly approved for registration compliance in King, Yakima, and various other counties across Washington State.*

VI. References & Sources

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4. For EAR Statements (Empathy, Attention, Respect) in Legal Settings: Eddy, B. (2006). *High Conflict People in Legal Disputes*. High Conflict Institute Press. Relevance: Validates the direct strategic legal ROI of teaching clients to deploy immediate verbal empathy and attention to neutralize high-conflict personalities before they trigger court action.
5. For the Psychoacoustics of Conscious Listening and Understanding: Treasure, J. (2011). *Sound Business*. Management Books 2000. Relevance: Proves empirically that conscious, active listening is a active skill that generates shared understanding and structural alignment, acting as the direct antidote to ambient family stress.





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