

NEWSLETTER

NOVEMBER 2026

SNOHOMISH COUNTY BAR ASSOCIATION

ASSOCIATION NEWS

Thank you to everyone who participated in our recent survey! Your feedback helps us better understand member priorities and identify opportunities to strengthen SCBA programming, communications, and connections throughout our legal community.

CLEs topped member priorities, with strong interest in practical, locally relevant topics and presentations by local judges and commissioners. Members also expressed interest in more networking opportunities, including bench-bar events, mentorship, and connecting with fellow attorneys.

You also shared ideas for improving communications, including a clearer website calendar, more organized newsletters, and timely updates on local courts, rule changes, judicial vacancies, and upcoming events. Our new newsletter format is one step toward meeting those needs, making it easier to find relevant news, resources, and opportunities to engage with the SCBA.

Thank you for helping shape the future of our association! If you missed the survey or have additional suggestions for next year's programming, we'd love to hear from you. Please send your comments to service@snobar.org by November 16. We appreciate your input and look forward to creating more opportunities for members to learn, connect, and stay informed.

UPCOMING EVENTS

WISHING YOU AND YOUR FAMILY A HAPPY THANKSGIVING

The Snohomish County Bar Association extends heartfelt thanks to our members for their dedication, collaboration, and commitment to our legal community. We are grateful for the connections we share and the work we do together to serve our profession and the people of Snohomish County.



NEXT BOARD MEETING @5PM

11/19

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BEFORE THE HOLIDAY FLIGHTS: BUILDING AN INTERNATIONAL TRAVEL RESTRICTION THAT HOLDS UP

BY DANIEL EHRLICH, SCBA BOARD SECRETARY



The other parent just booked flights for the kids over winter break. The destination is overseas, the return date is "flexible," and the parenting plan says nothing about international travel. Once the children are on that plane, your options shrink to whatever a foreign court is willing to do. Washington has not adopted the Uniform Child Abduction Prevention Act. HB 1121, which would have adopted it, passed the House unanimously in 2023 and 2024 but died in the Senate. Travel and passport restrictions come from the catch-all in RCW 26.09.191(4)(c)(vii), which lets the court limit the parenting plan for "such other factors or conduct as the court expressly finds adverse to the best interests of the child."

Any residential time limitation must be "reasonably calculated to protect a child from the physical, sexual, or emotional abuse or harm" that could result from contact with the parent. RCW 26.09.191(4)(d). If the court limits both parents, as with a mutual clause, it must make written findings on each parent's comparative risk. RCW 26.09.191(7)(c).
In In re Marriage of Katare, 125 Wn. App. 813, 826, 105 P.3d 44 (2004) travel restrictions require express .191 findings and must be reasonably calculated to address the identified harm. Because the trial court checked the "does not apply" box on the .191 section, the travel provisions went back for findings. Id. at 830-31. The Supreme Court later confirmed that restrictions on a parent's travel can be imposed only under RCW 26.09.191. In re Marriage of Chandola, 180 Wn.2d 632, 644-45, 327 P.3d 644 (2014).

After a second remand and another appeal, the Supreme Court upheld the restrictions in In re Marriage of Katare, 175 Wn.2d 23, 283 P.3d 546 (2012). The court "need not wait for actual harm to accrue before imposing restrictions"; a danger of abduction was enough even though the father had never tried one. Id. at 36. Expert testimony on abduction risk factors was admissible as a risk assessment, not improper profile evidence. Id. at 39-40. And there is no fundamental right to travel abroad with a child; strong ties to another country matter because they show how easily a parent could relocate, not as a stand-in for national origin. Id. at 41. Restrictions are not automatic; each case turns on its own evidence and findings.

In re Marriage of Arugonda, No. 84401-6-I (Wash. Ct. App. Feb. 18, 2025) (unpublished), upheld a narrow mutual clause barring either parent from taking the children to a non-Hague country without written consent or a court order.

The UCCJEA treats a foreign country as another state. RCW 26.27.051(1). A holiday trip is a temporary absence and does not break home-state status. RCW 26.27.021(7). Once Washington enters a parenting plan, it generally keeps exclusive, continuing jurisdiction while a parent still lives here. RCW 26.27.211(1). If there is no order yet and the child is kept abroad, Washington stays the home state for six months after the child leaves, as long as a parent still lives here. RCW 26.27.201(1)(a).

Section 7 of the Uniform Child Abduction Prevention Act (UCAPA) outlines risk factors a court must evaluate to determine whether there is a credible risk of child abduction during a custody dispute or divorce proceeding. These include prior abduction or threats; planning activity (quitting a job, selling a home, closing accounts, gathering the child's documents); domestic violence; refusal to follow custody orders; weak ties here; strong ties to another country; and changes in immigration status.

Then look at the destination. Is it a U.S. treaty partner under the Hague Abduction Convention? Joining the Convention does not make a country a U.S. partner; check the State Department's list. India and mainland China are neither. Does the State Department's annual abduction report cite it for noncompliance? And could the child's own objection defeat a return? A foreign court may refuse return if a child of sufficient age and maturity objects (Convention art. 13). There is no set age.

Continued from Page 2

Drafting options that make a fast return more likely

1. Consent and notice: written consent or a court order before any international travel, an itinerary and contact information in advance, and scheduled calls while the child is away.
2. Destination limits: travel only to U.S. treaty partners, or no international travel in the higher-risk cases.
3. Passports: surrender to a neutral third party, no new applications, and enrollment in the State Department's Children's Passport Issuance Alert Program (CPIAP), which alerts you if someone applies for a U.S. passport for the child. CPIAP does nothing about a foreign consulate issuing its own passport, so address dual citizenship expressly.
4. Return security: an abduction bond, a mirror order from the destination country's courts, and recovery costs assessed against a parent who wrongfully keeps the child abroad.
5. Status quo findings: Washington is the home state, the United States is the child's habitual residence, both parents hold and exercise rights of custody, and the child returns by a fixed date. A foreign court decides those questions itself, but pre-trip findings are strong evidence.

Decision-making language matters to the State Department too. Generally both parents must sign a passport application for a child under 16, and the Department reads a joint decision-making order as requiring both parents' permission or a court order. 22 C.F.R. § 51.28(a)(2), (c)(2). A sole-custody order lets one parent apply unless it contains an inconsistent travel restriction. 22 C.F.R. § 51.28(a)(3)(ii)(D). A parent can also file a written objection before a passport issues, and use a program such as the Children's Passport Issuance Alert Program to receive alerts to block an applicationi. 22 C.F.R. § 51.28(c)(1). A ne exeat right (the right to consent before a child leaves the country) is a Convention right of custody in U.S. courts, Abbott v. Abbott, 560 U.S. 1, 10 (2010).



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SNOHOMISH COUNTY
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FROM TOXIC LIFE AS A LAWYER TO ONE CENTERED IN SELF-CARE

BY PAUL RICHMOND



Parts of the article were first printed in WSBA's NWSidebar, Aug. 18, 2026

My law practice was literally killing me.

A heart monitor I wore in May showed my heart was running up to 231 beats per minute. I was in Atrial Fibrillation, my heart beating out of rhythm, 56% of the time. At first, I didn't even notice. I'd also recent procedures for hernia, and ulcer, and had gotten my first ever bone fracture. Through it all, I had pushed on with my established work-life habits.

Many of us are drawn to the legal profession by a drive to help people. It's what drew me to attend law school around age 40. Law has given me the opportunity to change many people's lives for the better. On a few lucky occasions I've actually been able to change policy, once or twice on a national level. But my law practice had become incredibly toxic.

Looking back, I see that back in law school I felt cut off from most everything I knew before. I believed that my success in law school required me to study at the expense of sleep and decent food. I came to think that most of my existing relationships needed to be cut off for me to be able to focus on my law school success. I also felt that I was being socialized to lead an expected "life of a lawyer." And most of the socializing was around keggers.

I then graduated into a profession in which a substantial number, by some accounts a majority, of us are dealing with mental health or substance abuse challenges. I began to absorb the trauma of my clients. The coping mechanism I had internalized was toughen up and get through it. I still remember February 2001, when a 6.8 earthquake happened in the middle of the Bar exam. Those taking the exam were given minutes, and the test resumed.

My peers? I felt in constant competition with them. When I started to feel and act crazy, or question things about my life in the law, I did not see there was anyone I could talk to about it, to help me see I was not alone.

> *"I sometimes say that I learned there is a difference between hell and purgatory; purgatory has a way out."*

That was then. My health issues finally became a wake-up call, which almost came too late.

I first tried a lawyer group meditation program offered by the Washington State Bar. This program offers a half-hour meeting once a week. Let me be clear: a half-hour of meditation once a week was not a cure for my unhappiness and unhealthiness. But I found it to be a good start. Evidence-based studies show meditation can help overcome deficiencies in dopamine, oxytocin, and endorphins.

Deficiencies cause among other symptoms, anxiety, stress, mood swings, impulsive behavior, insomnia, feeling lonely, and bodily aches and pains.

I sometimes say that I learned there is a difference between hell and purgatory; purgatory has a way out. In my case, I began to prioritize my health because I had no choice.

I pulled back from every case I ethically could while doing so. I found competent new counsel on the most litigious cases and competent co-counsel on the ones I thought I could still handle while focusing on my health. I enrolled in further meditation trainings and practiced repeatedly every day. I did allied treatments including Qigong, yoga, and biofeedback. I prioritized good nutrition, adequate sleep, and getting outside in nature.

Within a few weeks of stepping back and focusing on my recovery, my whole being and demeanor began to change. I lost weight. Though I was still getting the procedure, my heart calmed down to the point the racing cardiac episodes stopped. I was happier. I came to realize being happy was and is my natural state.

What also really helped was having others I could reach out to for support. The lawyer group meditation sessions helped me to get a glimpse to see I was not alone in what I was going through.

As I approached my cardiac procedure, one treatment provider told me that literally all my conditions from a few months ago had been corrected. When I had the cardiac procedure, there were no complications. I was released day of procedure. I was able to begin resumption of nearly all life activities immediately, doing many better than I had done before. I am still growing in my healthy habits, and easing slowly, carefully, back into the full practice of law.

My healing journey has given me the time and space to not only recover physically, but to gain the perspective that repairing myself only to go back to my old law work-life patterns was no way to actually move forward. My law practice and my life have opened up to be better and fuller than ever.

Just by way of example, I had a background in writing that had fallen by the wayside, and I have since met a literary agent who wants to meet with me. I've taught in the past, and I have discovered a number of positions opening where I live.

Now my involvement with WALAL as a peer counselor allows me to be there for others in turn. It continues to support my well-being and that of others.

Paul Richmond is a WALAL Peer Counselor

Washington Lawyers Assisting Lawyers (WALAL) is a 501(c)(3) local non-profit of volunteer lawyers, judges and law students dedicated to applying their lived-through experiences to help others be well and transforming our legal community's approach to mental health and well-being. Confidential, independent, and free peer support: info@walal.org or www.walal.org. In immediate distress? Call or text 988.



CLE & PROFESSIONAL DEVELOPMENT

NOV 13 — **Mental Disorders: How it Impacts Family Law**
12:00 - 1:00PM

NOV 16 — **How to Become a Pro-Tem and a View from the Bench**
12:00 - 1:00PM

DEC 2 — **Ethics and AI**
12:00 - 1:00PM

These CLEs will be virtual presentations. Purchase of a CLE pass is required to attend these events. For more information and to register, contact service@snobar.org.

HAVE SOMETHING TO SHARE?

We'd love to hear from you! Submit an article for an upcoming SCBA newsletter to share your insights, celebrate achievements, highlight important legal developments, or spotlight initiatives making a difference in our legal community. Your voice helps keep our members informed, connected, and engaged. Sumit your contributions to director@snobar.org.

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SNOHOMISH COUNTY
BAR ASSOCIATION

THE RESILIENT DIVORCE

TENDING YOUR SIDE OF THE LOG: THE POWER OF UNILATERAL VIRTUE

Jorge Manzanera, Founder and Director of Successful Co-Parenting.

Family law litigation is notorious for creating 'Mexican standoffs.' Two angry parents stand pointing fingers at each other, with both declaring: 'I will start complying with the agreement once they do.' This mutual refusal to cooperate creates highly toxic, escalating legal battles that drain marital estates and decimate children's emotional well-being. To break these destructive standoffs, family law attorneys must introduce their clients to one of Dr. Rick Hanson's most counter-intuitive yet powerful relationship concepts: Unilateral Virtue. By teaching parents how to relentlessly tend to their 'own side of the street,' lawyers can empower clients to reclaim their peace of mind, secure the 'bliss of blamelessness,' and position themselves as the vastly superior parent in the eyes of the court.

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The Neuro-Psychological Model: Unilateral Virtue & The 80/20 Rule

In couples counseling and high-conflict relationship management, most people spend the vast majority of their mental energy obsessing over how the other person should treat them better, rather than thinking about how they can treat the other person better. In his lectures on the Courage Pillar, Dr. Rick Hanson notes that this tendency is severely intensified during a conflict, creating a sense of futility, helplessness, and a toxic marinating in resentment, hurt, and ill will. This pattern often leads to a vicious cycle where Parent A feels mistreated, acts aggressively toward Parent B, who in turn feels mistreated and acts even worse, escalating the conflict indefinitely.

To break this cycle, Hanson proposes 'Unilateral Virtue'—the practice of living by your own ethical code and fulfilling your personal responsibilities in a relationship, *even if the other person does not.* This is explicitly not about being a doormat or waiving your legal rights. Rather, it is a highly strategic, self-protective approach. Hanson suggests using the '80/20 Rule' of relationship repair: focus roughly 20% of your energy on what the other person could do better (and holding them accountable through healthy boundaries), but focus 80% on what you can do better yourself.

Unilateral Virtue provides profound personal benefits: it simplifies complex interpersonal dynamics; it focuses mental energy entirely on where one has direct influence; it pulls a person out of negative, obsessive preoccupations; and it brings a profound sense of internal peace, which Hanson describes as 'the bliss of blamelessness.' It is also the single 'best odds' strategy for eventually eliciting better behavior from the other party. By systematically and relentlessly 'zeroing out' the other party's legitimate complaints, you remove the objective basis for their anger and conflict.

The Co-Parenting Challenge and Attorney Guidance

In custody cases, clients frequently violate minor terms of a temporary parenting plan—such as withholding phone calls or dropping children off late—in retaliation for the other parent's violations. They justify this by saying, 'They did it first.' Attorneys must firmly counsel against this reactive behavior. Retaliatory violations destroy the client's legal credibility, expose them to contempt motions, and perpetuate a hostile environment for the children.

Attorneys should frame Unilateral Virtue as the ultimate legal and psychological weapon. When a client is instructed to strictly and flawlessly follow the parenting plan, regardless of how hostile or erratic the other parent is, they are 'tending their side of the log.' After several weeks of flawless compliance, the client stands on the undisputed 'moral high ground.' This position makes it incredibly easy for the attorney to present a clean, powerful case to a family law judge: 'Your Honor, my client has delivered the goods and fully complied with every court directive. The other parent, however, continues to violate the order.'

Partnering with Successful Co-Parenting for Your Clients' Long-Term Success

As you guide your clients through the legal complexities of divorce, let us equip them with the practical skills needed for their new reality. As Snohomish County Superior Court’s official mandatory parenting seminar provider since 2017—and accepted across WA counties—our live, interactive Zoom classes offer dedicated sessions in both English and Spanish

PARENT HANDOUT: Relentlessly Clean Up Your Side of the Street

When your ex-spouse is being difficult, erratic, or outright hostile, your natural reaction is to fight back or withhold cooperation in return. You might think: 'Why should I be flexible with drop-off times when they were late last weekend?' The answer is simple: your peace of mind and your child's emotional safety depend on you breaking this cycle. This is called 'Unilateral Virtue'—living by your own high standard of parenting, regardless of how your ex acts.

1. Focus on Your 80%: Stop obsessing over what your ex is doing wrong. Instead, focus 80% of your energy on what you can do right. Be on time, facilitate phone calls, speak kindly to your children, and follow the parenting plan flawlessly.

2. Zero Out the Complaints: Look at your ex-spouse's complaints about you. Even if they are delivered in a hostile tone, identify any core grain of truth. Relentlessly fix those items. If they complain you forget the children's inhaler, create a checklist and ensure it is always packed. Give them absolutely nothing legitimate to complain about.

3. Claim the 'Bliss of Blamelessness': At the end of the day, when you lay your head on the pillow, know that you behaved with absolute integrity and love. Your ex-spouse's behavior is on their side of the street; your side is completely clean. Let that knowledge bring you deep, undisturbed peace.

A Trusted Resource for Family Law Attorneys

While you manage the legal framework, we build the human skills. The WA state Court-Approved Successful Co-Parenting program complements your counsel by teaching real-world communication, boundaries, and conflict resolution:

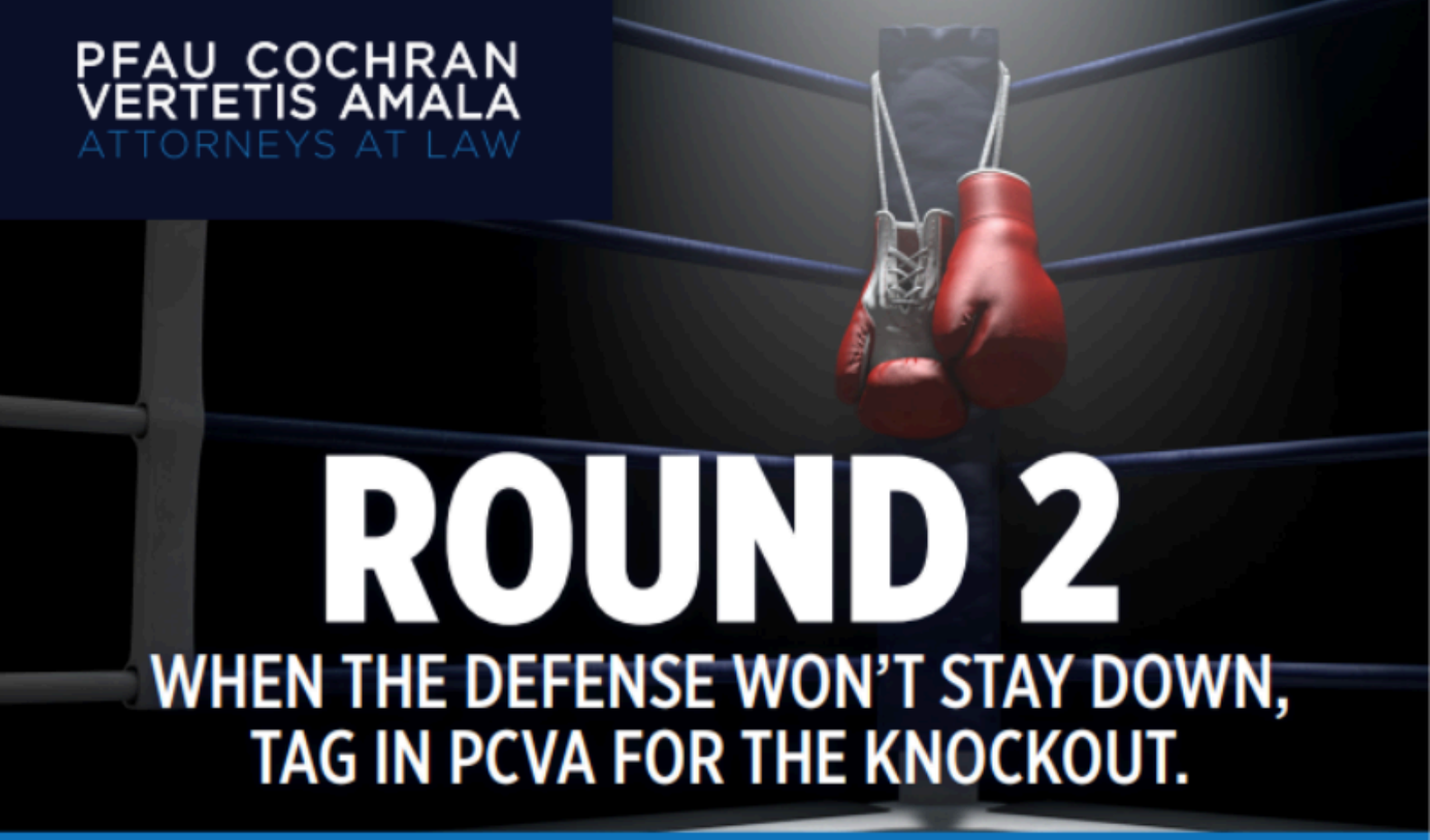
- Court-Approved: Mandatory seminar provider for Snohomish County since 2017, accepted in Skagit, Island, and beyond.
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- Fully Bilingual: Dedicated class dates in both English and Spanish.

Help your clients move forward with clarity.

Direct your clients to www.SuccessfulCo-Parenting.com or explore our new Courts & Lawyers portal today.



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ROUND 2

WHEN THE DEFENSE WON'T STAY DOWN, TAG IN PCVA FOR THE KNOCKOUT.



In the boxing ring that is the court of law, a victory is only the beginning of the fight. Oftentimes, opposing counsel will do whatever it takes to steal the win back, whether that means filing motions post-judgment or taking the case to the appellate level.

PCVA's Appellate Practice Group attorneys are skilled at taking on defendants for "round two." Their unique experience and know-how make a great difference in successful post-trial procedures, motions, and judgment collections. They excel at developing strategies and will aggressively and fearlessly take on large corporations and insurance giants in complex appeals.

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SNOHOMISH COUNTY BAR ASSOCIATION

CELEBRATING THE NEXT GENERATION OF LEGAL PROFESSIONALS

On October 22, the Snohomish County Superior Court hosted a swearing-in ceremony welcoming 22 newly admitted attorneys to the legal profession. Judge Thompson administered the oath, marking an important milestone in each attorney's professional journey.

SCBA President Aimee Trua also addressed the new attorneys, recognizing this exciting achievement as they begin the next chapter of their legal careers.

Congratulations to all 22 newly sworn-in attorneys! The Snohomish County Bar Association wishes you success as you begin this important and rewarding journey in the legal profession.





CONNECT. LEARN. GROW.

Start building your future with the Snohomish County Bar Association's New Lawyers Division! Explore valuable resources, mentorship opportunities, professional development, and ways to connect with fellow young attorneys. Discover how the YLD can support you at every stage of your career.

Learn more: snobar.org/young-lawyers-division



NOVEMBER 2026

SNOHOMISH COUNTY BAR ASSOCIATION

CALL FOR NOMINATIONS

ATTORNEY OF THE YEAR AWARD

The **Attorney of the Year Award** recognizes an attorney who has demonstrated exceptional professionalism, integrity, leadership, and dedication to the legal profession. Nominees should exemplify the highest standards of ethical practice while making significant contributions to their clients, colleagues, the justice system, and the community.

JUDGE OF THE YEAR AWARD

The **Judge of the Year Award** honors a judge who has demonstrated exemplary judicial temperament, fairness, integrity, and commitment to the administration of justice. Nominees should be recognized for fostering public confidence in the courts and upholding the highest standards of the judiciary.

COMMISSIONER OF THE YEAR AWARD

The **Commissioner of the Year Award** recognizes a court commissioner who has exhibited outstanding service, professionalism, and dedication to the fair and efficient administration of justice. Nominees should be respected for their knowledge, leadership, and commitment to serving the public and the legal profession.

HOW TO SUBMIT A NOMINATION

Nominations should include:

- Nominee's name and position
- A brief statement describing why the nominee deserves recognition
- Specific examples of accomplishments, leadership, service, or contributions that support the nomination

Please submit nominations by December 10 to director@snobar.org.

GET INVOLVED: TRUSTEE POSITIONS OPEN IN 2027

The Snohomish County Bar Association has two Trustee positions open for 2027, and we invite interested members to consider getting involved in shaping the future of our association.

Serving as a Trustee is a great opportunity to share your ideas, support our members, and help guide SCBA initiatives and programming.

Interested? Please submit a letter of interest and your resume to Cynthia Daste at director@snobar.org by December 10. We look forward to hearing from you!

GLP PERSONAL INJURY ATTORNEYS

Thank you to GLP Attorneys for their support and production of this newsletter.

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We appreciate referrals and welcome the opportunity to collaborate as co-counsel.

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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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4.9 ★★★★★ 311 Google reviews

Tyler Beck
★★★★★ 20 weeks ago

I learned a lot during this parenting seminar and would definitely recommend joining it even if you think you don't need it

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