

BRIEF NOTES

December 2017

Certification ♦ Education ♦ Networking ♦ Leadership



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2017-2018**

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President's Message

First I would like to start by saying thank you to all of you for your support and patience during a very difficult time and the loss of my mom. It means a lot to me. My first couple of months as President were kind of rough and thank you Marina, Nancy and Mary for holding down the fort.

Our next meeting is going to be at Nancy's house and it is our Christmas potluck and gift exchange. Nancy will provide the main dish, so please bring sides, appetizers or deserts. Please RSVP to me at terre@rsulaw.com or Nancy at thayer@carneylaw.com so we have a head count.

The gift exchange is totally on a voluntary basis. It will be a gift grab type of exchange where we draw numbers and steal gifts from each other. "Great Holiday Fun" We will have a dollar limit of \$20.00. This is not a white elephant exchange and it is usually holiday related items.

In years past we have taken donations for the food bank and the women's shelter. In the alternative I urge you to go to Safeway or your neighborhood grocery store and buy one of their food bank grocery bags. Safeway has donation grocery bags for \$10.

One of the things we need to talk about is what we want for the future of this organization. Our numbers are small but we have a core group that continues to participate and come to the meetings. We will have a discussion about what we can do to increase our membership and what to do for speakers while we have such a small group. I would like everyone to think about that and be prepared to share your thoughts.

I look forward to seeing you at Nancy's and if you can't make, I hope you have a wonderful holiday season and I look forward to seeing each of you in the new year.

Terre Skelly, President

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OF KITSAP COUNTY



2017 CHRISTMAS DONATIONS!

AT OUR PARTY THIS YEAR, DECEMBER 12, PLEASE BRING ONE OR MORE OF THE FOLLOWING ITEMS TO DONATE. THANKS!

WHAT FOOD BANKS NEED MOST

[HTTP://FOODLETS.COM/CATEGORY/GOOD-IDEAS/](http://FOODLETS.COM/CATEGORY/GOOD-IDEAS/)

Storage space is often in short supply at food banks, so prioritization is key. Here is what food banks need most:

1. Canned chicken, tuna and ham or hearty, ready-to-go meals like beef stew and chili with meat. “Non-perishable items rich in protein are the most desired food drive donation items,” according to Central PA Food Bank.
2. Canned vegetables: Potatoes, collard greens, beans, carrots, spinach or peas, all with no salt added, according to Houston Food Bank
3. Canned fruit: University District Food Bank in Seattle reports, “we never have enough!” Plus individual fruit cups
4. Canned tomatoes & pasta sauce
5. Shelf stable milk and alternatives (rice, soy, etc.)
6. Snack items for kids to take to school: juice boxes, applesauce containers, granola bars
7. For infants: formula, infant cereal, diapers, and wipes
8. Toiletries: toothbrushes, soap, toothpaste, lotion, shampoo & conditioner, warm socks, Chapstick (consider someone living outside this time of year)
9. Feminine hygiene products: unscented pads will be most universally used, not tampons
10. Single serve macaroni & cheese

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11. Low-sugar cereal like plain Cheerios
12. Peanut or other nut butter, especially crunchy.
13. Instant oatmeal, instant grits
14. Whole grain pasta, brown rice and quinoa
15. Biscuit or baking mixes (that only require water)
16. Spices like cinnamon, oregano, basil, salt, pepper
17. Cooking oil
18. Sliced bread. It's got a long shelf life but always goes immediately.
19. Bags of apples or potatoes. Ditto.
20. It's not a necessity but just a pick-me-up that I would sure appreciate, especially when it comes time to fill stockings.



This year's Christmas Party will be held at the home of Nancy Thayer

DIRECTIONS:

From Silverdale, take the Kitsap Way exit and turn right onto Kitsap Way and immediately get into the left lane.

From Port Orchard, take the Kitsap Way exit and turn left onto Kitsap Way.

From E. Bremerton, follow Kitsap Way and pass under Highway 3.

Turn left on Wilmont Street (this is the road that goes up the hill between the two cemeteries—it looks like you are going into the cemetery but the road curves to the left). Go to the stop sign at the top of the hill (Harlow Drive) and turn left. Take an immediate right into Dockside. Take an immediate left onto Osprey Circle. I am the 7th house on the left – just look for the yard full of Christmas.

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Below is the Wikipedia description of a holiday that I remember from my own childhood in Germany. A tradition we carried over into celebrating the Christmas season in the United States, including in my own home after Ken became a part of our family.

Saint Nicholas' Day, observed on December 6 in [Western Christian](#) countries, December 5 in the [Netherlands](#) and December 19 in [Eastern Christian](#) countries, is the [feast day](#) of [Saint Nicholas](#).^[2] It is celebrated as a Christian festival with particular regard to his reputation as a bringer of gifts, as well as through the attendance of [Mass](#) or [worship services](#).^{[3][4]} In Europe, especially in "Germany and Poland, boys would dress as bishops begging alms for the poor."¹ In Ukraine, children wait for St. Nicholas to come and to put a present under their pillows provided that the children were good during the year. Children who behaved badly may expect to find a twig or a piece of coal under their pillows. In the Netherlands, "Dutch children put out a clog filled with hay and a carrot for Saint Nicholas' horse. On Saint Nicholas' Day, gifts are tagged with personal humorous rhymes written by the sender."^[6] In the United States, one custom associated with Saint Nicholas Day is children leaving their shoes in the [foyer](#) on Saint Nicholas Eve in hope that Saint Nicholas will place some coins on the [soles](#), for them to awake to.



When I was a child, the tradition in my home was to put a shoe outside of our bedroom doors before going to bed on December 5th. When we awoke the next morning, it was filled with candy or, as happened once to my oldest brother, a stick. (Since Hans will NOT be the brother speaking at the NALS of Washington Super Saturday CLE, I can share this memory.) The explanation being that if you received a stick, it was because you had not been behaving very well, but by receiving this "warning" on St. Nicholas Day, you had 18 days to shape up! ☺ The first time we introduced this holiday to our son, Ken, he thought it might be advantageous to put 3 shoes outside of his door. We explained to him that it didn't work that way.

Another memory I have of this day involved my grandmother who lived in the city of Frankfurt. We were a family of 7, and we were not well off. It was in America that we owned our first house. We were quite the envy of the relatives we left behind, even

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though this home was very small. It had two bedrooms, one for my parents and one for my little brother, and the rest of us (4) slept in the attic. (Some of the best times of my life were spent in that house!). Anyway, back to my grandmother. As a tradition, she would alternate taking my two older brothers or my sister to a St. Nicklaus festival in the city, but, when I turned 6, I was able to go with my sister! What a wonderful place; the lights, the sparkly tablecloths (Yes! I remember the table cloths.) and, of course, walking down the aisle to see St. Nicholas and get a Marzipan pig and other goodies. It was a dream come true! Sadly, by the time my next opportunity came around, I was already living in Edmonds, Washington.

Now my Christmas celebrations revolve around another “story” entirely, but these memories never fade or lose their significance. Take some time this season to think about a favorite Christmas memory that you have. You might even want to do so with your family or friends. It might be one from long ago, like this one, or a more recent recollection. Christmas is not just about hurrying here and there, shopping for gifts, Christmas parties (though they are fun!), and appeasing everyone by exhausting yourself. It is, and I know this sounds trite, but that doesn’t make it any less true, about MAKING MEMORIES. I know I have plenty, my first Christmas in the U.S., my first Christmas with my husband, with my son, my final Christmas with my father...it never stops. And it never should.

MERRY CHRISTMAS

and

*“God bless us everyone!”

**Charles Dickens in A Christmas Carol*

Submitted by Marina Anna Baker

For a short story of about the St. Nicklaus legend, check out the website below:

<http://www.stnicholascenter.org/pages/legend-of-saint-nicholas/>

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**NALS of Kitsap County
Minutes of the Membership Meeting
Tuesday, October 10, 2017
The Family Pancake House, Bremerton**

In attendance were President/Treasurer Terre Skelly, Vice President Marina Baker, PLS, Secretary Nancy Thayer, and Mary Carter.

The meeting was called to order at 6:15 p.m. Reading of the Code of Ethics was waived.

As the first order of business, Marina Baker was sworn in as the Vice President of NALS of Kitsap.

President Terre Skelly made a motion that the meeting be considered a planning meeting and that NALS of Kitsap pay for dinner for the attendees. The motion was seconded and approved. Discussion ensued on possible locations for future meetings. There is a conflict at the Family Pancake House and discussion turned to changing the day for member meetings. Also, a number of restaurants were suggested and Terre said she would make inquiries.

Discussion turned to how to attract new members and whether NALS of Kitsap should continue or dissolve, allowing its members to become at-large members. The members discussed putting on seminars and getting a grant from National to do a membership drive.

Vice President Marina Baker stated that she intends to contact all of the members to find out what they want from NALS and their expectations for the future. No decisions will be made as to the status of the Chapter until Marina's mission is complete.

It was noted that the new NALS of Washington website is up and running and, if they have not already done so, members are encouraged to check it out: <http://nalsofwa.org/>.

Terre Skelly presented the proposed budget for the members to review. There was not a quorum present to approve the budget and its approval will be tabled for next month's meeting.

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Nancy Thayer showed the members a picture of the art glass coasters she purchased on behalf of NALS of Kitsap to contribute to the NALS of Washington suitcase that was taken to the national meeting in Virginia for a raffle to benefit the NALS Foundation.

There being no further business, the meeting adjourned at 7:20 p.m.

Presented by Nancy Thayer
NALS of Kitsap Secretary



**NALS of Kitsap County
Minutes of the Membership Meeting
Tuesday, November 14, 2017
The Family Pancake House, East Bremerton**

In attendance were Vice President Marina Baker, PLS, Secretary Nancy Thayer, and Mary Carter.

The meeting was called to order at 6:14 p.m. Reading of the Code of Ethics was waived.

President Terre Skelly was unable to attend so Vice President Marina Baker chaired the meeting. Nancy Thayer made a motion that the meeting be considered a planning meeting and that NALS of Kitsap pay for dinner for the attendees. The motion was seconded and approved.

Mary indicated that our speaker for the meeting had a conflict and could not make it. It was decided that until we are able to get better attendance we should not pursue speakers.

Marina reported that we currently have 9 members but since Linda had moved away, the most we could have at any meeting would be 8. Marina cannot access the NALS of Kitsap website because she is not officially on the Board on the website. She gave Irina a notebook which had the steps for changing the roster on the website. Nancy will contact Irina to find out if she still has that notebook. If she does not, Nancy will contact Morgan at National for assistance.

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Nancy distributed copies of the October meeting minutes. It was suggested that since we did not have a quorum present at the October and November meetings to approve the minutes, that the minutes for both months be published in Brief Notes so that the members can vote on their approval.

There was no quorum present to approve the budget; its approval will be tabled for next month's meeting.

Mary noted that her computer is running on an old operating system and she cannot open documents with .docx extensions. She asked that if members send her any documents that they be saved as Word 97-2003 (.doc).

The December meeting will be a potluck at Nancy Thayer's house on Tuesday, December 12, at 6:00 pm. Bring an appetizer, side dish or dessert and Nancy will provide the main course.

The dates for upcoming meetings were discussed. SSCLE will be January 27 at Davis Wright Tremaine in Seattle. Annual Meeting will be at the Best Western Beach Hotel in Silverdale April 20-22, 2018. The theme will be the Roaring 20's and everybody is encouraged to dress accordingly. Upcoming Kitsap meetings will continue to be held at The Family Pancake House in East Bremerton on January 9, February 13, March 13 and April 10.

There being no further business, the meeting adjourned at 7:01 p.m.

Presented by Nancy Thayer
 NALS of Kitsap Secretary

**Important Changes to Filing Procedures
 With
 Washington Secretary of State's Office**

The Washington Secretary of State launched a new filing system on Monday, November 13, 2017. The State has changed the procedures for issuing the "filing" date for corporate filings. In the current filing system, all corporate documents are given the date of submission as their "filed" date. The new system will use the date the document is completed in their system as the "filed" date.

Current Processing Times:

- Same Day Expedite - same day

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- Regular Expedite - 2 to 5 days
- Routine - 2 weeks

Processing times are expected to increase as State employees transition to the new system along with the end of year push.

Additionally, the Secretary of State has changed the look of its site (<https://ccfs.sos.wa.gov/#/>). To file online you now need to create an account. You do not need to create an account, however, to:

- Search for corporations
- Access and print all documents on record for corporations at no charge
- Search trademarks
- Search for name history and mergers of entities
- Subscribe to an entity and receive email notice if anything is filed for them

Upcoming changes include a change in Business License Services which will be incorporated into the Secretary of State's system. Full information is not available at this time.

Important Changes to Filing Procedures With Oregon Secretary of State's Office

The State of Oregon has released new forms for Articles of Incorporation, Articles of Organization, and related forms (i.e. amendments, mergers, etc.). The new form revision date is November 17, 2017.

Beginning January 1, 2018, entities will be required to provide principle place of business and officer/director/ member/manager information when filing their articles instead of having the option to wait until their first annual report filing.

The state will not accept old forms after December 31, 2017.

Here is a link to the new forms: <http://sos.oregon.gov/business/Pages/forms.aspx>

Thank you Nancy Thayer for sharing
This information with us!

Employment Opportunities

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If you know of any employment opportunities
Please let me know so that I can post
them to the NALS of Kitsap website

Tips and Tricks....

Do you have quick tips that you use all of the time?

PLEASE SHARE THOSE WITH US!

Send them to Mary@davidgateslaw.com

After a long day at work, shop-till-you drop Christmas shopping, or preparing dinner for your family after all of that! A good article below about getting those much needed Zzzz's!

Bear Hugs or Heavy Blankets for Good Sleep

By: Shelly Livengood

Nice fluffy comforters are warm and cozy. And normal thinking would suggest that we sleep best with lots of room and freedom to move around when we sleep. And the bigger the bed, the better. But is that a cookie cutter answer to the modern-day problem of how to get a restful and good night's sleep?



Many people today are faced with stressful lifestyles and fast paced living. Winding down at the end of a stressful day isn't always easy. The process can be very difficult, especially when you are looking forward to another mirrored day, with the same stressful situations to face as you had the day before. A known fact is that lack of sleep adversely affects mental alertness, quality decision-making skills and productivity, not to mention fluctuating moods and irritability. So we may take sleeping pills or anti-depressants, a hot bath, drink warm milk or try other sleep enhancing methods. But some of these have no lasting effects and may even have dangerous side effects.

Deep pressure touch stimulation or DPTS has become a viable solution to physical and psychological disorders. With the same feeling a hug can give to bring comfort, a sense of security and well-being, it has been found that DPTS can calm disorders like

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post traumatic stress disorder, obsessive-compulsive disorder, attention deficit hyperactivity disorder (ADHD) and all types of anxiety and sometimes even physical pain. When a child is overstimulated with some of the conditions such as with autism spectrum disorder (ASD) and sensory processing disorder (SPD) or ADHD, calming them down and channeling their thinking can be a very challenging task. Children with these conditions have been known to respond positively to DPTS while medications for these conditions can leave them mentally handicapped and their caretakers majorly frustrated.

One of the most basic of human needs that in practice is known to calm emotions is when we are being held, and held or hugged tightly, as in a loving bear hug. It had been a practice in native America to swaddle babies, meaning wrapping them tightly in a blanket. It soothed them when they were fussy, giving them a feeling of comfort and security. Things were tight in the womb before they were born and swaddling creates basically the same emotional comfort and well-being effect. So does the loving bear hug.

While we are not inclined to hug someone who is irritable and stressed out, there is another avenue to the desired results. Heavy blankets can have the same effect as a hug. The brain responds the very same way. Scientifically, it has been found that certain areas of the body are stimulated by pressure or weight, the chemical serotonin is released by the brain. This neurotransmitter in the brain positively affects moods and thereby results in restful sleep. While many solutions to restlessness in sleep are out there, lots of heavy blankets on your bed will bring calming, peaceful rest with virtually no side effects, just a good night's rest and waking up to a new day with a fresh outlook with well-being having been once again restored.

Shelly Livengood is interested in all types of bedding including comforters, pillows, quilts, duvets, bedding sets, blankets, throws and linen as well as their variety of colors, styles and materials. She loves the elegant as well as the casual and unique. She is also interested in what enhances pleasant and restful sleep experiences. She currently is a publications manager for a website selling high quality and affordable bedding. Visit their site at <http://www.bedsweetbuys.com>

Article Source:

<http://www.articlebiz.com/article/1051642629-1-bear-hugs-or-heavy-blankets-for-good-sleep/>

Here is an easy recipe for the Holidays...Hope you enjoy!

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Easiest PB Fudge EVER

2 cups sugar

1/2 cup milk

1 tsp. vanilla

3/4 cup peanut butter

**Bring sugar and milk to a boil.
Boil 2 1/2 minutes, remove
from heat and stir in PB and
vanilla. THAT IS IT!**