

PSALA
Alumni Connect
April 2011



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President's Message

by April Campbell, Young deNormandie, P.C.

“It's not the load that breaks you down, it's the way you carry it.” -Lena Horne

Yes, you guessed it. I watched the Oscars, and if you did too you will recognize this quote. As soon as my husband and I saw these words on the screen, we both leapt for the Tivo remote to hit pause. We both “manage” for a living and felt the need to jot this down on a piece of paper as a reminder. Every time I feel myself sighing (or am told that I am doing so by those around me), I now repeat this quote to myself and ask, “Am I letting an opportunity become a burden?”

I consider myself a positive person. I also like to make a lot of lists. There is nothing more discouraging for me than to make a list of my responsibilities. So, I filter them by what needs to be done today, this week, this month and this year. I spread them out and it all becomes less daunting. I am still figuring out how to carry my load, adjusting as necessary. Here is what I have learned so far:

1. **You do not have to carry it alone.** I have never been much of a delegator. It has only been since I began to take on more responsibility in PSALA that I learned there was no other option. Oddly enough, not only were there people out there willing to take on some of the load, many of them had great ideas or experiences that improved the final result over what it would have been had I done it all myself.
2. **You do not have to carry it all at once.** Have you ever tried to carry too many bags of groceries at one time or too many boxes of books? At first glance and attempt, it does not seem too heavy but, after a few steps you realize you are never going to make it to your destination. So, what do you do? You put a few things down, carry on with the rest and then come back and pickup what you left behind. Why is this so hard to do with our obligations? Assess the load and redistribute it or just carry less now and save the rest for later. If it is a load you simply cannot put down, at least take a rest and regain your strength.
3. **Do not look down; look ahead instead so you can see where you are going.** You have heard this before. It is all about attitude . . . and common sense. Focus on where you are going and what the result will be when you get there, not on the number of steps between you and your destination. Surround yourself with others who have already been there so you know it is achievable.

As your 2011-2012 PSALA Board plans for the year ahead, we hope to provide you with the support you need to carry your own loads. If we are not providing the tools you need, let us know. I would also encourage you to attend a section or chapter meeting and/or join a committee. My Managing Shareholder and I have discovered that I am more productive and efficient as my involvement in PSALA grows. The pattern has become the same: I do not think I have time to attend a PSALA meeting because I have a problem to solve at the office; I attend the meeting anyway; on the walk there I clear my head; I mention my issue to other members in attendance; someone else just had the same problem and gives me advice; and I return to the office an hour later with a solution in hand that would have taken me hours to come up with on my own. It does not happen every time, but it happens often enough.

Is this all just a pep talk to myself as I take on this new role as President and try to balance my duties as wife, mother, administrator and leader? Partially . . . and it is already working!

Have You Heard...?

by Char Coulbert, Cairncross & Hempelmann, P.S.

Good News

As many of you know, **Lianne Caster**'s baby, Silvia, arrived way early at the end of the summer. After 167 days in the Swedish Hospital NICU/ISCU, Silvia finally came home in late January. Although Silvia remains on oxygen support, with continuing attention to feeding and respiratory issues on an outpatient basis, Lianne and her husband, Dave, are thrilled to have Silvia home. They thank their many PSALA friends for support, prayers, generosity and good wishes during the intervening months. They also want to acknowledge the amazing nurses and doctors at Swedish Hospital who truly perform miracles!

Congratulations!

Those of you who know **Amy Omenn**, long-time PSALA supporter in her role with *Washington Law & Politics* and now an Associate Publisher with *SuperLawyers*, will be pleased to know that she gave birth to a baby girl on February 7. Weighing in at 7 lbs. and measuring 19", Emma Caralina had a full head of dark brown hair at birth. At last report, mother and baby were doing extremely well. Actually, Amy was beaming and Emma was working on her smile.

On the Road

Mark Angevine of Copiers Northwest returned from a long-planned cruise to the Antarctic in late February, just in time for the Chapter's half-day seminar and vendor hall. Although weary from long flights and unexpected delays, Mark was glad he had been able to join one of the last few cruises to the Antarctic before they were shut down forever—his was the second to last large ship that will ever be allowed to sail through Paradise Bay. Future travel there will be more difficult, but better for the environment and much safer to the passengers. Mark was thrilled to make his goal of seeing all seven continents!

Condolences

Our heartfelt sympathy goes out to **Ann Callahan, SPHR** upon the loss of her mother in late January.

Moving On

After more than a decade, **Julie Livengood** left Tousley Brain Stephens to join Foster Pepper as the Director of Administrative Services on February 1. She was really excited about this opportunity and very much looking forward to working with fellow PSALA members Nancy Giunto, Anne Clark, St. John Braund, Marcia Remington, and Laura Johannesen.

Other Notes

The pet lovers among us might be saddened to learn that one of the two kittens adopted by the Alderbrook Resort on Hood Canal a couple of years ago met an untimely demise on the nearby highway. Those of you on the 2009-10 PSALA Board may remember Alder and Brook from our Board Retreat in the spring of 2009, when those adorable tail-less kittens romped through the resort and played with anyone who had time for them. Although Alder lasted less than a year, Brook remains hale and hearty—in fact, he looks as “hearty” as Garfield, that butterball of cartoon cats.

Was It Really That Long Ago?

by Shelley Goodwin, McNaul Ebel Nawrot & Helgren PLLC

Maybe it's my age. I'm wondering if you experience the same thing. Was it really 13 years ago that Mark McGwire hit 70 home runs in a year? Or 17 years ago when O.J. Simpson was arrested in the murder of his wife Nicole and her friend Ron Goldman? Or 18 years ago when 80 people died in a fire at the Davidian Compound in Waco, Texas?

How about when gold hit \$880 an ounce, inflation hit 13.5% and the prime rate hit 21%? (That was 1980.) Or when oil fell to \$11 a barrel, the U.S. halted trade to Libya and our president called Gaddafi a barbarian? (That was 1986.) And is it really possible that Boeing's 747 jumbo jet has been around for 29 years?

Yes, it must be my age.

Because I find it hard to believe that I just completed my three-year commitment to the Chapter as President-Elect/President/Immediate Past President, and that I will be observing my 25th anniversary later this year as a member of ALA and this Chapter. Joining this organization and then deciding to be an active participant in it was the best career decision I ever made.

I remember so clearly receiving a phone call from then President-Elect Bob Cannon who asked me to step into my first volunteer position with the chapter, that of Co-Chair of the “Personnel”

Section in 1990. I was flabbergasted. I didn’t think Bob even knew who I was! Despite the sheer terror of saying yes, I accepted the position and that really was the launching point of my professional career (not to speak of the subsequent volunteer positions I ultimately held in ALA).

When I said yes to Bob, that was when I really started to reap the benefits of what ALA offers. It’s not just the incredible education our Association provides (which, by the way, I couldn’t have progressed in my career without). It’s the opportunity to step up to a leadership role and learn all that the role entails. I know there are “natural born leaders” out there, but I’m not one of them. I had to force myself to step “out of the box,” as Linda O’Brien challenged me to do. I’m not exactly sure why I was “in the box” to begin with, but I definitely was.

With each volunteer position I held, I developed more confidence, became more organized, and discovered some surprising things about myself. The most surprising of all, I think, was the realization that I actually enjoy public speaking. (I know there is a huge handful of you fellow members out there who are probably laughing at me right now.) That was the single biggest hurdle I had to jump. I know I’ve said it before, but the thought of getting in front of a room full of people and speaking into a microphone was agonizing. It just goes to show that sometimes we are our own worst enemies. I had myself talked into believing that public speaking was something I simply could not do. How untrue!

I feel so incredibly blessed to have been given the opportunity to serve this organization. In the 25 years since I joined, I have steadily increased my knowledge base, honed my management skills, progressed in my career, and developed a circle of friends I cherish dearly.

Thank you, ALA and PSALA, for all of this!



Puget Sound Chapter Of ALA Volunteer Recognition 2010-2011

The following volunteers gave generously of themselves—their time, energies, creativity, experience and abilities—for our Chapter's benefit during the 2010-2011 fiscal year. These members volunteered in a number of different capacities: serving as a Board member, chairing committees and sections, volunteering for our charity events, writing articles for *Soundings*, and in many other ways. Our Chapter once again has been recognized as a Platinum Level Chapter by ALA, due to the contribution of time and talent by these dedicated volunteers:

Chris Achman
Rita Alli
Donna Baker, CFM
Sophia Bell Lavin, SPHR
Julie Brandsness
Angela Brockman
Ann Callahan, SPHR
April Campbell
Ron Carlile
Lianne Caster
Char Coulbert
Vicki Denning
Marian DiPerna
Jay Dobberstein
Evelyn Dunagan
Kati Dunn, CLM
John Edwards
Sharon Erickson, PHR
Susan Gantt
Dawn Glinemann
Shelley Goodwin
Brenda Higley

Carol Hill, SPHR
Jennifer Jordan
Donna Klein
Lindsay Knight
Patty LaFontaine
Carmen Lewis
Julie Livengood
Rich Logan
Annie Lombroia
Dan MacLaren
Jim Madden
Gloria Masters
Libby Matheny
Lynda Mathews
Lisa Miner
Carol Anne Nitsche, CLM
Brenda Nixdorf
Garth Olson
Devri Owen
Barbara Paige, CLM, PHR
Puthy Pan
Patty Peaquin

Joanne Pegues
Leone Powers
Pete Prekeges
Arlene Rankin
Marc Reynolds, CLM
Peter Roberts
Patty Roberts-Bloom
Linda Salyer
Barbara Schafer, CLM, CPA
Stephanie Sellers
Yvonne Steed
Robert Stevens, CLM, SPHR
Martha Tanner
Ric Thorning
Shari Tipp
Karen Turner
Ruie Victory
Lisa Wabik
Terri Weintraub
Mary White
Richard Wood, CLM

Thank you for being willing to step up for our amazing Chapter! And if, somehow, your name was left off this list through oversight, please accept my apologies and know that everyone's contribution was important!

Barb Paige, CLM
PSALA President, 2010-2011