

PLEADINGS

Issue No. 360

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BEING MORE THAN YOUR JOB

The writing assignment was exceedingly simple: a quick paragraph to introduce myself. I'd just gotten a new job as a columnist at The Wall Street Journal, and it was time to send out the internal announcement. The first few sentences were easy: a recap of my years reporting for the newspaper. Then, a beat about my husband and two young kids. Then...what?

I knew what was supposed to go here, my hypothetical adventures in sourdough bread-baking or open-water swimming or chipping away at that novel in a desk drawer. Something, anything, that rounded out my life away from the deadlines and diaper changes. Problem was, there wasn't anything. My days were a blur of work and kids. And while I loved both things beyond measure, I also felt kind of lost.

"It's like erasure," says Eve Rodsky, the author of books about domestic labor and

carving out time for creativity. So many of us—especially mothers—feel reduced to any of three roles, she says: partner, parent, professional. The resulting mix of boredom and overwhelm makes us feel that we're drowning in daily duties. The antidote is carving out another space, Ms. Rodsky says, an activity outside of work and family that brings happiness and meaning. The kind of experience that makes you say to yourself, "I can't believe I just did that." "Everyone needs an identity that's more complex," she adds.

But I was too tired to figure out what that other identity might be. The one-year-old was waking at night. The column had to be written every week. Maybe this was having it all? I muddled along, doing OK—until I wasn't.

Eventually, the stresses started to mount: toddler tantrums, a department reorganization. One Monday, without thinking, I dug out a pair of gym shorts

from the back of my dresser, laced up sneakers previously exclusively used for walking the dog, and ran—from everything. For 1.25 miles, I was in motion, unreachable, just me and my breath constant, my legs pumping. "Why 1.25?" my best friend asked when I told her what I'd done. "I ran a mile loop, and when I got back to the house, I still felt mad," I said. "So I ran some more."

For most of my life, I'd been the antithesis of an athlete. My grade-school soccer stint began with me begging my parents to buy the highly-cool team jacket and ended with me on the bench for every game. After college, I dabbled in some Indian dance classes but found that my sense of tempo—I can't even clap in time with other spectators at baseball games—was, unsurprisingly, a deal breaker. And every seven years or so, generally when I'd gained a couple pounds, I'd attempt to run as fast I could, promptly feel like death and denounce my body as defective. "There's

something wrong with my legs!” I’d tell my brothers, both marathoners.

This time felt different. I went slowly, focusing on staying in motion. I did not time my runs. I did not care about losing weight. I just liked the way I felt afterward, the rush of euphoria, then calm, the sudden revelatory sense that a tough edit or potty-training debacle wasn’t really a big deal after all.

Something about exercise alters the body, physiologically and psychologically, says Jacob Meyer, a professor of kinesiology at Iowa State University. The resulting feeling is likely not the work of endorphins, he says, adding that scientists don’t really understand the full mechanism. But our heart rate and breathing quicken. Our muscles contract. “Some part of that changes the way that people are thinking and feeling,” Dr. Meyer says. For an hour or two after exercise, anxiety and depression decrease, and cognitive engagement increases, his research finds. (I just knew I felt legitimately high.) If you keep working out, week after week, the effects persist, Dr. Meyer adds, leaving you with better mental health even when you’re not sweaty from a workout.

The best news: you don’t have to sprint. Moderate exercise, like a slow jog, will do it. And Dr. Meyer says it doesn’t matter if you’re obese, underweight, out of shape, whatever. “That doesn’t affect the way that your body will respond to exercise,” he says.

I kept going. I sneaked in lunchtime runs, hopping in the shower with minutes to go before a Zoom meeting. After workouts, I was energized, better able to focus and write. I iced my ankle under my desk, stretched on my yoga mat with a kid crawling on top of me. I got injured and recovered. “I can’t believe I just did that,” I’d think, the first time I ran 3 miles, then 5, then 10.

Privilege and luck were on my side: a supportive spouse, the ability to do my job remotely, bosses who trusted me as long as I did a great job and hit my deadlines. But no matter your situation—if you’re going back to the office full-time, if you’re a single parent—it’s possible to take the equivalent of one night a week for yourself, says Laura Vanderkam, a time-management expert. And it’s necessary. “Having that source of energy in our lives, and that respite from the other responsibilities, is what makes building the career, raising the family, sustainable,” she says. “It reminds you there’s a world outside of work.”

She recommends picking an activity that meets at the same time and place each week, ideally with other people present, so you have accountability. If a workout isn’t for you, try singing in a choir or volunteering at a soup kitchen. The point is to stake a claim on something that fills you up, she says.

To make it happen, swap child-care duties with your partner, or a friend who has kids of a similar age. And ask for

flexibility at work. It’s a good moment for that. There’s a built-in transition taking place as employers feel out the return to office, and the tight labor market has made bosses more likely to say yes for fear of losing talent. “It takes some courage,” Ms. Vanderkam says of making a request to tweak your schedule. “But it’s your life.”

I’ve spent this spring training for a half marathon, approaching this coming weekend. When I first set the goal, I joked to friends that once I hit the finish line, I’d be retiring from exercise. But now I know there’s no way. I’m a journalist, a wife, the mother of a three year-old and a four year-old. And I’m a runner now, too.

By Rachel Feintzeig, Wall Street Journal, 04/18/22



**NALS of Greater Kalamazoo
and Consilio invite you to:**

NALS Fall Membership Drive

FOOD, FUN, AND EDUCATION

November 2, 2022, at 5:30 p.m.
Miller Johnson Kalamazoo Office

Presenting: Cherisse M. Lake





NALS of MICHIGAN
HIGH ROLLER LEGAL EDUCATION EVENT
Saturday, November 12, 2022, 9:30 a.m.
FireKeepers Casino; Battle Creek, Michigan
REGISTRATION

<p>Name _____</p> <p>Local Chapter _____</p> <p>Certification(s) _____</p> <p>Badge Name/Nickname _____</p> <p>Address _____</p> <p>_____</p> <p>Phone _____</p> <p>Email _____</p> <p>Guest _____</p> <p>Please describe any accommodations (mobility, dietary restrictions, etc.) you will need: _____</p>	<p style="text-align: center;">Check all that apply:</p> <p><input type="checkbox"/> Member <input type="checkbox"/> Student Member</p> <p><input type="checkbox"/> First Time Attendee</p> <p style="text-align: center;">COST: FREE!!!!!!</p> <p style="text-align: center;">Send completed registration form to: Teresa Garber, PP, CLP 2655 Grand Castle Blvd. SW, #E620 Grandville, MI 49418 tsaenzgarber@gmail.com</p> <p style="text-align: center;">RSVPs due by November 7, 2022</p>
<p>Please check all that apply:</p> <p><input type="checkbox"/> Morning Session only</p> <p><input type="checkbox"/> Afternoon Session only</p> <p><input type="checkbox"/> Full Session</p> <p><input type="checkbox"/> Lunch</p>	
<p style="text-align: center;">HOTEL INFORMATION</p> <p>Reservations can be made directly through the casino : (877) 352-8777 (identify yourself as member of NALS of Michigan); www.firekeeperscasino.com/hotel (use code 111222NALs) FireKeepers Casino Hotel: 111777 East Michigan Avenue, Battle Creek, MI 49014---\$246/night (+tax) BLOCK HELD UNTIL 5:00 PM OCTOBER 28, 2022.</p>	

CLE Topics:

- “Don’t Gamble with Your Ethics” (presented by Victoria Vuletich, Ethics Squared LLC)
- “Deal Yourself a Good Hand in Stress Relief” (presented by Kathleen Amirante, NALS of Michigan)
- “The Residency: Membership Forum”
- “Bing! Bing! Technology Today” (presented by Misty Davis, Davenport University)

**NALS OF GREATER KALAMAZOO
KOEZE NUTS FUNDRAISER**

Again this year, we will be selling Koeze Nuts as our fundraiser for the
Jo Spaulding Memorial Scholarship Fund.

Last year, we made over \$4,000 for the scholarship fund.

We want to fund as many scholarships as possible,
So we need to sell, sell, sell Koeze Nuts!

REMEMBER: THESE MAKE GREAT CLIENT GIFTS!

All items in the catalog are available!

The preprinted items shown on the enclosed order form are those for which
we see the most demand: cashews, mixed nuts, and puddles.



*Note: We will NOT be keeping any product "in stock" as we have in the
past. We will pick up product only for which we have specific orders.
Therefore, you MUST place an order to get the product you want.*

Item pricing is as shown in the catalog. **However, we will offer a discount
based on order totals.** For orders from \$25 to \$50, you can deduct 10% from
the order total; for orders over \$50, deduct 15%. See the enclosed order form.

We will be picking up an order for delivery prior to Thanksgiving.

We will need this order **confirmed and paid by 5:00 on
Tuesday, November 8, 2022, for delivery prior to Thanksgiving.**

*The final deadline for orders is 5:00 p.m., Tuesday, December 6, 2022,
in order to have everything delivered by Christmas.*

Note: For a minimum order of 12 units, Koeze will ship direct for you!

You can even furnish cards, and Koeze will insert them into the box!

We would be happy to forward your cards and mailing list for you.

The Christmas shipping/ mailing list deadline is November 7.

See the catalog for more details.

Specialized logo nut decanters are also available for order; minimum 48 of one size.

Deadline is November 4. See the catalog for more details.

If you have any questions, please contact:

Cathy A. Zackery, CLP
2641 Orange Meadow Ln
Kalamazoo, MI 49004
269.599.6281
Cathy.Zackery@gmail.com

KOEZE NUT SALE SPONSORED BY NALS OF GREATER KALAMAZOO 2022 ORDER FORM



Name: _____
 Delivery Address: _____

 Phone: _____
 Needed by (date): _____

Order By Catalog Item

Product	Item No.	Page No.	Price	Quantity	Total
Cashews:					
Large Decanter, 30 oz	32955	3	53.50		
Medium Decanter, 20 oz	32954	3	38.50		
Gift Tin, 14 oz	31262	3	28.95		
Gift Box, 10 oz	32918	3	21.50		
Classic Mixed Nuts:					
Large Decanter, 30 oz	32953	9	51.50		
Medium Decanter, 20 oz	32952	9	36.50		
Gift Tin, 14 oz	31263	9	26.95		
Gift Box, 10 oz	32909	9	20.50		
Pecan Turtles (Milk Chocolate)					
Decanter, 19.5 oz	44049	5	49.95		
Gold Box, 8 oz	32860	5	22.50		
Other Products:					
ORDER TOTAL:					\$
DISCOUNTS FOR ORDER TOTALS:					
\$25.00 to \$50.00		Deduct 10%			-
Over \$50.01		Deduct 15%			-
FINAL ORDER TOTAL:					\$

Note: All items in the catalog are available for order. *NOTE: Unlike we have done in the past, we will NOT be keeping any product "in stock."* Also available: Special logo decanters (11/04/22 deadline) and direct shipping (11/07/22 deadline for Christmas delivery). Call Cathy 269.599.6281 for more details.

Orders will be called in beginning November 9, 2022. **The final deadline for orders is 5:00 p.m., Tuesday, December 6, 2022.** Orders will be available approximately 7 to 10 days after orders are turned in. We will make arrangements to get your orders to you. Proceeds from the sale go to the Jo Spaulding Memorial Scholarship Fund.

RETURN WITH CHECK PAYABLE TO NALS OF GREATER KALAMAZOO TO:
 Cathy A. Zackery, CLP
 2641 Orange Meadow Ln., Kalamazoo, MI 49004
 269.599.6281 Cathy.Zackery@gmail.com

REMEMBER: FINAL ORDER DEADLINE IS 5:00 P.M. ON DECEMBER 6, 2022.



Photos from the NALS Annual Forum held in Charlotte in September.

Greetings from your NALS of Greater Kalamazoo Wellness Committee. We hope you are well!

You have heard people talk about the connection between the mind, body, and spirit. Many people have a hazy interpretation of what it means, but it simply pertains to an individual's mental, physical, and emotional/spiritual health.

You have likely noticed that when something is troubling you mentally or emotionally, you actually begin to manifest symptoms physically. Your heart starts racing, you may sweat more than usual, you have a hard time sleeping because you keep thinking about the problem – and you begin to feel lethargic and fatigued. This is when the mind-body-spirit are out of balance.

However, when your mind is at peace, you are more likely to be happier, kinder, and more grateful, because you're not so embroiled from within. Physically, you are relaxed and ready to take on whatever life throws your way.

The Connection Between Mind, Body, and Spirit

Dealing with struggles is a part of life that cannot always be avoided. Strengthening the connection between the mind, body, and spirit takes effort, so here is how these three factors work together to benefit your overall health:

A Healthy Mind

Someone with a healthy mind keeps the brain exercised regularly, and stress and worry are kept at bay by choice. Positive thoughts, gratitude, and a feeling of joy are present, and there is a thirst for knowledge and learning. Just like the brain requires sleep every night, the brain also requires things to think about and to ponder.

A Healthy Body

A healthy body is free of disease and illness, and it is not riddled with pain. Bodily health is also made possible by a healthy diet, good nutrition, and regular exercise.

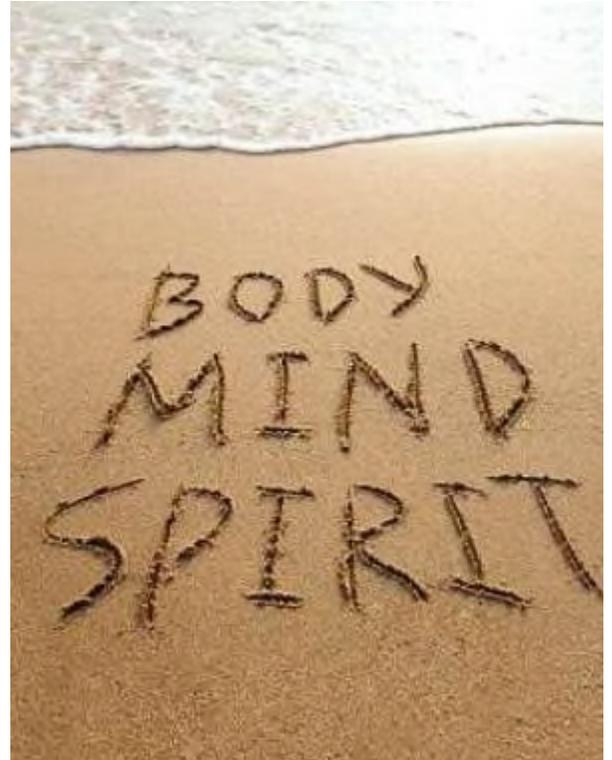
A healthy body naturally wants to move and seeks activity. Maintaining physical health also includes keeping regular checkups with your primary care doctor in order to prevent illness, or to detect it and treat it right away if a disease does exist.

A Healthy Spirit

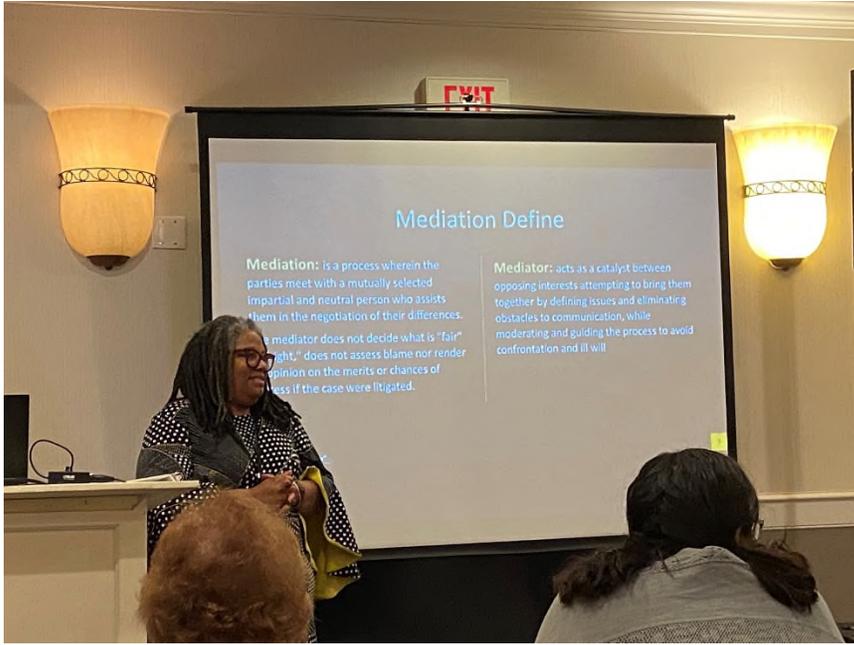
Being spiritual is being centered and having an understanding that you are part of something much bigger than yourself. Facilitating a healthy spirit includes being part of a community to share yourself with others, and to give without expecting anything tangible in return. A healthy spirit requires love.

<https://www.bridgeshealingcenters.com/what-does-mind-body-and-spirit-truly-mean/>

Be safe and be well!
You NALS Wellness Committee



“The world can be in harmony, only when you’re in harmony.”



More photos above and left of some of the speakers at the NALS Annual Forum in Charlotte.



NALS of Greater Kalamazoo members were joined by Jackson chapter members Marion Stone and Janette Carras for the Beer Social held in August.

NALS OF GREATER KALAMAZOO TREASURER'S REPORT

September 1 through September 30, 2022

Fifth Third Bank General Checking Account

Balance on Last Treasurer's Report **\$5,724.52**

<u>Check No.</u>	<u>Date</u>	<u>Disbursements</u>	
3535	09/22/2022	Jennifer Robinson ¹	\$549.75

DEBIT CARD

Total Disbursements **\$549.75**

Total After Disbursements.....**\$5,174.77**

Date **Deposits**

09/15/2022 Deposit² \$20.00

Total Deposits **\$20.00**

Ending Balance **\$5,194.77**

.....
Fifth Third Bank Savings Account – Scholarship

Beginning Balance **\$6,253.64**

Date **Transaction**

09/30/2022 Interest \$.05

Ending Balance **\$6,253.69**

¹ Reimbursement for Hotel—NALS Annual Forum

² NALS Membership Dues

NALS of Greater Kalamazoo
October 2022 Monthly Education Event

Thursday, October 27, 2022
Warner Norcross + Judd
180 East Water Street, Suite 7000
Kalamazoo, MI 49007

SPEAKER

Attorney Richard A. Roane

TOPIC

Toward a More Perfect Union: The Constitution in Times of Change



Ric Roane has been practicing family law and domestic relations litigation for more than three decades, focusing on divorce, complex business valuation and asset distribution, non-marital domestic partnerships, domestic relations mediation, arbitration and collaborative law, spousal support, child custody and support, prenuptial agreements, and LGBTQ+ family issues. He has been a speaker at the Family Business Alliance and the International Academy of Family Lawyers European Chapter Meeting in Lisbon, Portugal. He has authored publications regarding the impact of the stay-home orders on child custody and parenting time and the U.S. Supreme Court's ruling on same-sex marriage.

AGENDA

6:15 p.m. – Presentation

RESERVATION PROCEDURE

E-mail your reservation to President Teri Garber, PP, CLP, at tsaenzgarber@gmail.com **no later than 5:00 p.m. on Wednesday, October 26, 2022** to reserve your spot. **Cost for this presentation is \$10.** Please make your checks payable to NALS of Greater Kalamazoo. Give your payment to President Teri at the event. Checks are welcome. If you do pay in cash, please bring the exact amount. **ONCE A RESERVATION IS MADE, YOU WILL BE RESPONSIBLE FOR PAYMENT IF YOU HAVE TO CANCEL AND DO NOT FIND A REPLACEMENT.**



**NATIONAL ASSOCIATION FOR
LEGAL SUPPORT PROFESSIONALS**

2022 - 2023 Officers

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Nancy Thomas, PLS, *Pleadings* Editor
thomasn@millercanfield.com

CALENDAR

Next Board Meeting

Tuesday, November 1, 2022
6:00 p.m.
via ZOOM

**NALS of Greater Kalamazoo
General Membership Meeting**

Thursday, October 27, 2022
6:15 p.m.

Warner, Norcross & Judd

Program: The Constitution in Times of Change

**NALS of Greater Kalamazoo
Fall Membership Drive**

Wednesday, November 2, 2022
5:30 p.m.
Miller Johnson

NALS of Michigan FREE CLE

Saturday, November 15, 2022
9:30 a.m.
Firekeepers Casino, Battle Creek



**NALS of Greater Kalamazoo
P.O. Box 50221
Kalamazoo MI 49005**