



# The High & Dry

December 2019



## DECEMBER IN OUR HISTORY

### Dec 1

1940 – Chicago Daily Tribune begins a series of articles on AA by Nall Hamilton.

### Dec 5

1985 – Dave B, founder of Montreal Group, dies weeks before 50th anniversary. His story was added to the 4th Edition Big Book.

### Dec 6

1939 – Bert the Tailor lends Works Publishing \$1000.

### Dec 6

1979 – Akron Beacon reports death of Henrietta Sieberling.

### Dec 7

1949 – Sister Ignatia received Poverello Medal on behalf of A.A.

### Dec 10

1975 – Birds of a Feather AA group for pilots is formed.

**Dec 11**

1934 – Bill admitted to Towns Hospital for the fourth and last time (fall '33, '34 in summer, midsummer and final admittance).

**Dec 11**

1941 – Dallas Morning News reports first AA group formed in Dallas.

**Dec 12**

1934 – Bill has Spiritual Experience at Towns Hospital.

**Dec 12**

1937 – Bill meets with Rockefeller Foundation and tries to get money.

**Dec 13**

1937 – Rockland State Mental Hospital takes patients to meeting in New Jersey.

**Dec 13 or 14**

1934 – Ebby visits Bill at Towns hospital, brings William James' book, Varieties of Religious Experience.

**Dec 19**

1939 – Los Angeles hold their first AA meeting there.

**Dec 20**

1945 – Rowland H. dies (he carried the Oxford Group message to Ebby).

**Dec 27**

1893 – Rev. Samuel Shoemaker is born.

## FUTURE TRIPPING

### DECEMBER

**6 Spiritual Growth Through the Program of Recovery** Seabeck Conference Center, 15395 Seabeck Hwy NW Seabeck, WA 98380

**6 Residence XII Candlelight Meeting 2019** Mobius Hall/UW Bothell, 18115 Campus Way NE Bothell, WA 98011

**7 12 Traditions Workshop** Westminster Presbyterian, 5236 E B St. Tacoma, WA United States

**7 Sponsorship Workshop** Greater Seattle Intergroup Office, 5507 6th Ave S Seattle, WA 98108

**7 Seattle Intergroup Jam Night** Greater Seattle Intergroup Office, 5507 6th Ave S Seattle, WA 98108 United States

**8 Celebration of Life for Norm S** Greater Seattle Intergroup Office, 5507 6th Ave S Seattle, WA 98108

**10 Holiday Party** Tibbets United Methodist Church, 3940 41st Ave SW Seattle, WA 98116

**14 Grapevine and Literature Quarterly** First Presbyterian Church of Puyallup, 412 W Pioneer Ave Puyallup, WA 98371

**15 Archives Work Party!** 3905 Steilacoom Blvd SW Lakewood, WA 98499 United States

**15 Greater Seattle Intergroup Open House and Gift Wrapping Extravaganza** Greater Seattle Intergroup Office, 5507 6th Ave S Seattle, WA 98108

**21 Conway Oldtimer's Speakers Meeting** Fir Island Lutheran Ch, 18101 Fir Island Conway, WA

**23 2nd Annual FREE Christmas Dinner** Bethlehem Lutheran Church, 1024 Monroe Ave NE Renton, WA 98056

**31 Clean and Sober New Year 2020** Renton Masonic Hall, 505 Williams Ave S Renton, WA 98057

### NEW MEETING

**Sandpoint AA** Thursdays 12 pm-1 pm 6940 62<sup>nd</sup> Ave NE Seattle 98115

### CANCELLED MEETING

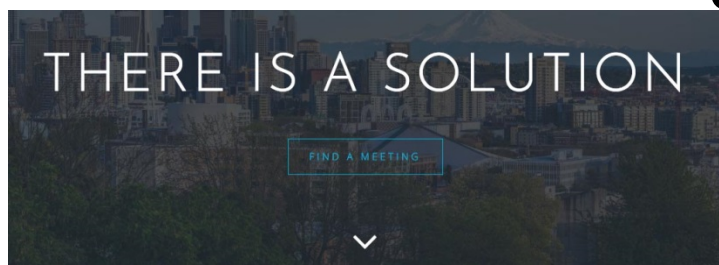
**Muster Point** Saturdays 8pm Shepherd of the Valley Lutheran

### MEETING CHANGES

**Damascus Homes Living Sober** 22608 Marine View Dr S #200, Des Moines, WA 98198 New meeting time is 4 p.m. until 5 p.m.

**God Don't Make No Junk** Mondays 7:30 pm changed locations to St. Mark's Lutheran 6020 Beacon Ave S Seattle, WA 98109

# www.seattleaa.org



## **Thanks to Our Awesome Daytime Office Volunteers**

|           |                      |                                |
|-----------|----------------------|--------------------------------|
| MONDAY    | Morning<br>Afternoon | Sharon B and Diane L<br>Bill S |
| TUESDAY   | Morning<br>Afternoon | Gary H and Susan D<br>Marci W  |
| WEDNESDAY | Morning<br>Afternoon | Joe M/ Karin<br>Anita S/Al C   |
| THURSDAY  | Morning<br>Afternoon | Vito M and Steve B<br>Joe B    |
| FRIDAY    | Morning<br>Afternoon | Jon C and Thomas H<br>Freda T  |
| SATURDAY  | Morning              | Dan G                          |

SEATTLE SUBSTITUTES: Carolyn B

SOUTHEND BOOKSTORE VOLUNTEER MANAGER: Jim H.  
VOLUNTEERS: : Danny D., Kelly P., Carolyn B.

SOUTHEND BOOKSTORE PHONE NUMBER: 253 288 2237

**NOTE: The Southend Bookstore has an urgent for volunteers. If you are willing and able to help, please contact Jim H. (253 288 2237).**

# BIRTHDAY CLUB

HAPPY BIRTHDAY TO THE DECEMBER CELEBRANTS IN THE HOW DRY I AM CLUB!!!

|              |                          |                     |
|--------------|--------------------------|---------------------|
| Beth A.      | Surrender at Seven       | 7 years (5/31/12)   |
| Chase F.     | The Solution Group       | 13 years (9/26/06)  |
| Tom K.       |                          | 53 years (10/10/66) |
| Tom O.       | Doctors Choice           | 41 years (10/31/78) |
| Terry M.     | Benson Hill Group        | 28 years (12/24/91) |
| Al C. (Bird) | Fremont Fellowship       | 41 years (11/15/78) |
| Linda M.     | Sober Sisters of Seattle | 33 years (12/31/86) |
| Kris S.      | Empire Way               | 9 years (11/17/10)  |
| Diane T.     | Saturday Ladies Study    | 3.25 years          |
| Thomas H.    | Sunday Morning Magic     | 28 years (11/18/91) |
| Jack O       | Queen Anne Gay           | 41 years (11/10/78) |

## High and Dry: News and Notes — DECEMBER 2019

We would love contributions from you. Please share your thoughts, ideas, suggestions and comments with us by emailing us at [high\\_and\\_dry@SeattleAA.org](mailto:high_and_dry@SeattleAA.org). We aren't promising that everything sent to us will be published, but we will be reading everything sent our way.

### Our Pair of New Glasses May be Foggy!?

By Honest Harry

I applaud the 12th Tradition stating: "Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles above personalities."

As we are all aware, anonymity is a loosely used principle, in the sense of controversial thinking of many members of Alcoholics Anonymous.

Some A.A. Fellowships assimilate truth with anonymity because, it is the painful phenomenal nature of human behavior, to place their fellow members in an uncomfortable position.

If anyone is not living up to the expectations of another, the reflection of the Serenity Prayer is also a positive reminder.

Personally, when I discovered my indwelling God, I became aware of - "I am that I am."

By God's design we are unique individuals, striving for the same goals cohesively, our personalities are defined by our thinking - we are what we think!

However, at times we stray off course and render ourselves conveniently, honestly-dishonest, depending on how far we can stretch the truth for our own self interest and ego to judge.

### Seattle Intergroup History of How Dry I Am Club (or Birthday Club as it is now called)

By Vito M.

What is the Birthday Club?

The member sends \$1 for every year of their sobriety (\$1 for 1 year, \$2 for two years etc.). Hopefully it gets to become a habit and members contribute every year.

How did it start?

Before the How Dry I Am Club, Seattle Intergroup started something called The Fifth a Month Club in September of 1958 and ended in April of 1974, an AA member signed a pledge to donate \$5 a month to support Seattle Intergroup. The first year it collected \$2,032.

The first Birthday Club started in Oklahoma City in 1954. The delegate from Oklahoma took the idea to the General Service Conference, which adopted the practice in 1961. It is now worldwide.

Seattle Intergroup adopted the idea in 1983 and it is still going 36 years later. In the beginning, when the circulation of the High and Dry subscriptions were 600 to 800 copies a month, the Birthday Club was very popular. As the High and Dry paper copy subscriptions waned, so did the Birthday Club participation.

The last couple of years we have made an effort to revive it and members have started to contribute again. We have Birthday Club packages at Intergroup that can be picked up and taken to your home groups and/or district meetings for distribution.

Each package contains 15-20 mailing envelopes and forms. The envelopes have Seattle Intergroup's address on them with a contribution form attached.

This has been a tradition for raising money for more than three decades. It's up to the Intergroup Representative and the District liaisons to make this information known to their respective groups and/or districts.

Seattle Intergroup appreciates all of the efforts by the fellowship to help with this endeavor.

#### **NOTES:**

Our **Fall Assembly** is coming up quickly. We will be hosting our Assembly on December 17. There will be a potluck and historical Greater Seattle Intergroup slideshow starting at 5:30 pm. Please bring a dish to share. We will have our meeting starting at 7 pm. This is when each group has a vote on the motions placed on the agenda. There will be discussions concerning earmarked funds, Abolition on the zone structure, reinstatement of a formerly used structure to increase communication and participation of individual groups with Intergroup. This promises to be a lively meeting with interesting discussion. Please make your voice heard at our Fall Assembly and come to participate in our democratic process.

**Lee Carson** from Fremont Fellowship Hall passed on November 19. There will be a celebration of life announcement on the website shortly. Rest in Peace, Lee C.

**Web and Tech Committee volunteer needed!** We are looking for an IT Generalist. Required skills include knowledge of Windows and Windows Server and the ability to troubleshoot printers. Additionally, nice-to-have skills include experience with QuickBooks, Google Apps Suite, Active Directory and Word Press.

# **Draft Minutes of the Meeting of the Board—November 19, 2019**

## **Opening**

The meeting was opened at 7:00 PM.

## **AA birthdays**

Aaron C - 9

## **Quorum Count**

| Active Zones Present  | Active Zones Absent |
|---|---------------------|
| 108, 112, 114, 116, 117,<br>118, 124, 131, 140, 141,<br>142 | 108, 115(5), 132    |

## **New Proposal to be discussed at fall assembly Board Meeting**

### **Proposal for “Intergroup Monthly Sustainers Program”**

By: GSIG Finance Committee

**What it is:** The GSIG Sustainer’s Program would allow individual AA members to make **monthly recurring donations** to Intergroup by credit card, debit card, or bank debit. It would use the credit card processing system that we already use on the website.

The program would create a professional-level **promotional flier** that explains what Intergroup is, and the need it has for reliable, sustainable income. Then, in cooperation with the Intergroup 3<sup>rd</sup> Legacy Committee, the program would be promoted with **visits to AA District meetings and group business meetings**. At these meetings we would explain the need, answer questions, and **allow members to sign up** for monthly donations to Intergroup using square card processors, their own mobile phones, or the Intergroup website. We would also promote the program on the GSIG website, in the High & Dry paper, and using Intergroup email lists.

**Why is this program needed?** Seattle Intergroup has found itself short of money at the end of most of the last five years, and has had to seek emergency help from AA groups to balance the budget. Intergroup has also had to tap into prudent reserve savings in order to pay expenses. Currently most donations to Intergroup come from AA groups rather than individual members. Regular individual monthly donors could help Intergroup operate with more predictable income and without regular end-of-year financial crises.

**What if members already give to their home groups and those groups give to inter-group?** Group donations are dependent on the group conscience of each group and the financial position of each group. They cannot be counted upon to be made at the same times as previous years, or to be the same amounts. Also, many groups make no contributions to Intergroup, but some members may still want to provide support.

**Will credit card information be saved or visible to anyone in AA? And what about anonymity?** Just like our current web donation system, no credit or debit card information will ever be in the possession of Intergroup or anyone at AA. All card information will reside with our bank and with the credit card processing company. Also, like with current web donations, no donor name or contact information will be visible to the public or outside the Intergroup office.

Please send any feedback on this proposal to [financecomchair@seattleaa.org](mailto:financecomchair@seattleaa.org). Or bring feedback for discussion to the December 17<sup>th</sup> Intergroup Assembly.

## **Reports**

### **Chair (Mike M.):**

Hello, Mike here grateful to be serving AA as Chair for your Greater Seattle Intergroup

We have had some challenges this year. Our two-part time paid employees have left Intergroup. Anita, Assistant Office Manager left to spend more time with her family and shortly after Norm, Office Manager, had to step down due to health reasons.

It saddens my heart to say that Norm passed away peacefully in October. I like to think of it as Norm graduated from AA, he passed away sober and he will be missed. I learned much over the years working with Norm at Intergroup but mostly he was a good example for me of love, tolerance and service. A celebration of Norm's life will be held at Intergroup on Sunday December 8<sup>th</sup> from 1 to 5 pm, it is a potluck and a flyer is posted on the Intergroup website.

All involved with Intergroup have worked extensively with our new staff Dennis E, Office Manager and Lara R, Assistant Office Manager to make this transition as smooth as possible. Thank you to the groups, members, Intergroup Committees and volunteers for helping to make this possible.

Intergroup continues to still operate as of October 31, 2019 year to date at a net loss even though expenses are \$5k under budget. Intergroup is currently still about \$5k under our prudent reserve. Approximately 1/3 of the groups that Intergroup serves make group contributions, thank you for your continued support.

Your Seattle Intergroup serves 12 districts in King County and Southwest Snohomish County. We estimate that this area contains 16,000 recovering alcoholics, attending over 700 groups, who have 1,300 meetings per week. Please take advantage of this resource.

One of the ideas Intergroup is currently discussing is potentially launching a new Seattle Intergroup "Sustainers" program. The basic idea of the program would be for AA members as individuals to make up the deficit from group contributions.

During our November meeting it was decided to form an ad-hoc committee to investigate the format of the new printed meeting schedule that started in 2019. Currently there are many groups voicing concerns that it



is too confusing. More to come as the committee has more time to investigate and discuss any issues and potential solutions.

Our Intergroup fall assembly will be held on Tuesday December 17<sup>th</sup> at Seattle Intergroup. It is a potluck from 5:30 pm to 7pm with an Archives slide show about the history of Seattle Intergroup. Topics that will be discussed at the Dec 17 Intergroup assembly are;

- Vote on the 2020 Intergroup budget
- Discussion of the Sustainer program
- Eastside Intergroup will present about their successful participation from groups and members
- Vote on any potential new motions from groups

Yours in service,  
Mike M, Chair

**Vice Chair (Astri T.):**

Nothing to report.

**Chair Emeritus (Dawna H.):**

Nothing to report.

**Treasurer (Allison B.):**

Quick look at October financials (rounded to thousands):

**Group Contributions:** \$10K (\$1K under budget)

**Other Contributions:** \$1K (at budget. THANK YOU!!)

**Retail Sales:** \$10K (\$2K under budget)

**Expenses:** \$15K (\$1K under budget)

**Net Income:** \$1K (budget: \$1K)

**Cash and CDs:** \$55K

**Non-restricted cash:** \$45K (GSIG prudent reserve: \$46K)

**Summary**

-Thank you for helping to make October a break-even month!

-Year-to-date, Seattle Intergroup has had a loss of \$19K.

-The corrections committee has been spending down their funds, providing literature to AAs in prisons! The accessibility committee also continues to spend their funds, providing ASL interpretation.

-As seen in the payroll expenses, office staff have been working on settling into their expected weekly number of hours. Much gratitude for them for working so hard during the last few months to take over the positions, despite things not going as planned!



## Other

-Reminder that we will be voting on the proposed budget at the assembly next month!

### CONDENSED PROFIT & LOSS

| Ordinary Income/Expense                          | Oct-19     | Oct Budget | YTD Jan-Oct 19  | YTD Budget   | Jan-Dec 2018   |
|--|------------|------------|-----------------|--------------|----------------|
| <b>Income</b>                                    |            |            |                 |              |                |
| <b>Total Retail Sales</b>                        | 9,612      | 11,630     | 97,943          | 112,500      | 133,906        |
| <b>Total COGS</b>                                | 5,720      | 7,310      | 66,190          | 71,370       | 87,483         |
| <b>Gross Profit from Retail Sales</b>            | 3,892      | 4,320      | 31,753          | 41,130       | 46,423         |
| <b>Gross Profit %</b>                            | 40.5%      | 37.1%      | 32.4%           | 36.6%        | 34.7%          |
| <b>Group Contributions</b>                       | 9,813      | 10,950     | 89,092          | 106,400      | 111,561        |
| <b>Personal and Other Contributions</b>          | 757        | 880        | 10,006          | 8,510        | 9,615          |
| <b>Meeting Room Rent; Birthday Club</b>          | 573        | 740        | 5,988           | 7,180        | 7,995          |
| <b>Special Events Income</b>                     | 259        | 200        | 4,247           | 5,700        | 4,810          |
| <b>Total Items to Cover Fixed Expenses</b>       | 15,294     | 17,090     | 141,086         | 168,920      | 180,404        |
| <b>Expenses</b>                                  |            |            |                 |              |                |
| <b>Expenses--Other</b>                           | 588        | 400        | 6,344           | 4,450        | 5,133          |
| <b>Paid Staff</b>                                | 6,877      | 8,850      | 80,927          | 88,500       | 91,963         |
| <b>Rent and Office</b>                           | 6,724      | 6,420      | 67,578          | 64,200       | 78,392         |
| <b>Standing Committees</b>                       | 605        | 590        | 5,552           | 8,380        | 7,616          |
| <b>Travel and Meetings</b>                       | 0          | 0          | 0               | 0            | 0              |
| <b>Total Fixed Expenses</b>                      | 14,794     | 16,260     | 160,402         | 165,530      | 183,104        |
| <b>Net Ordinary Income (Loss)</b>                | 500        | 830        | (19,316)        | 3,390        | (2,700)        |
| <b>Net Other Income, Chiefly Interest Income</b> | 0          | 100        | 256             | 400          | 362            |
| <b>Net Income</b>                                | <b>500</b> | <b>930</b> | <b>(19,060)</b> | <b>3,790</b> | <b>(2,338)</b> |

**CONDENSED BALANCE SHEET**

|   | <b>Oct 31,<br/>2019</b> | <b>Sep 30,<br/>2019</b> | <b>Dec 31,<br/>2018</b> |
|---|-------------------------|-------------------------|-------------------------|
| <b>ASSETS</b>   |                         |                         |                         |
| <b>Current Assets</b>                                   |                         |                         |                         |
| Checking  | 16,084                  | 14,488                  | 16,635                  |
| CD's--Prudent Reserve *                                 | 40,482                  | 40,482                  | 50,269                  |
| Accounts Receivable                                     | 558                     | 214                     | 1,040                   |
| Inventory and Other                                     | 34,138                  | 32,958                  | 37,365                  |
| <b>Total Current Assets</b>                             | <b>91,263</b>           | <b>88,142</b>           | <b>105,309</b>          |
| <b>Total Fixed Assets</b>                               | <b>2,484</b>            | <b>2,484</b>            | <b>2,764</b>            |
| <b>TOTAL ASSETS</b>                                     | <b>93,747</b>           | <b>90,626</b>           | <b>108,073</b>          |
| <i>Per bylaws, prudent reserve is calculated to be</i>  |                         |                         |                         |
| <i>* 3x average monthly expenses, approx. \$46,000.</i> |                         |                         |                         |
| <b>LIABILITIES &amp; EQUITY</b>                         |                         |                         |                         |
| <b>Current Liabilities</b>                              |                         |                         |                         |
| Accounts Payable  | 8,469                   | 6,913                   | 318                     |
| Payroll & Sales Tax Liabilities                         | (3,905)                 | (4,053)                 | (1,560)                 |
| Committee Earmarked Funds Total                         | 9,390                   | 8,474                   | 10,463                  |
| <b>Total Liabilities</b>                                | <b>13,955</b>           | <b>11,334</b>           | <b>9,221</b>            |
| <b>Equity</b>   |                         |                         |                         |
| 3001 · Opening Bal Equity                               | 694                     | 694                     | 694                     |
| 3101 · Retained Earnings                                | 98,158                  | 98,158                  | 100,496                 |
| Net Income  | (19,060)                | (19,560)                | (2,338)                 |
| <b>Total Equity</b>                                     | <b>79,792</b>           | <b>79,292</b>           | <b>98,852</b>           |
| <b>TOTAL LIABILITIES &amp; EQUITY</b>                   | <b>93,747</b>           | <b>90,626</b>           | <b>108,073</b>          |

**Recording Secretary (Aaron C.):**

October 2019 minutes approved unanimously.

Please use the below to submit your reports. Alternatively send them directly to [secretary@seattleaa.org](mailto:secretary@seattleaa.org).

<https://www.seattleaa.org/intergroup/intergroup-board/intergroup-board-report-form>



With love and gratitude,  
Aaron C.

**Accessibility (Jack M.)**

Nothing to report.

**Archives Committee (Teresa S.):**

Attended the Area 72 Archives Quarterly on Nov. 2 at the new Area Archives location which is a definite improvement to the former location. The Area Archivist has had to step down for health reasons and a new Area Archivist has been selected. The deadline for groups to submit their group histories to the Area is December 31. Be sure your group submits a form for inclusion in "Our Stories Disclose 3rd Edition". See Area website for details.

**Corrections Committee (Tammi B.)**

Verbal report given.

**CPC/PI Committee (Jennifer S.)**

Verbal report given.

**Newsletter (John P.):**

Nothing to report.

**Hospitals & Treatment Committee (Erin G.):**

We have received and sent out about a dozen Bridge the Gap requests over the course of the month.

Recovery Place Detox Center still needs to fill the 8-8:30 PM detox panel on the 1st and 2nd Mondays of the month.

District 42 has a group of women looking for treatment centers in District 42 to reach out to.

All are welcome to attend the monthly H&T Committee Meeting on the first Saturday of the month at 10 am.

**Office Committee (Richard I.):**

The Committee discussed:

Monthly Financial condition, progress of annual literature inventory, inquiry about Accessibility Committee Reimbursements, Decided to move forward with HVAC unit purchase by coordinating with Landlord, Southend bookstore ongoing interest in supporting it better if we can. (staff will investigate and propose some ideas)

**Office Manager (Dennis E.):**

I am pleased and grateful to submit this Office Manager Report for October 2019

Inventory – Additional Inventory of coins and literature has been ordered to accommodate committee and sales needs.

Process/Organization -

Office/phone weekday volunteer coverage: Current office volunteer openings are as follows: Monday 10 am – 2 pm, Thursday afternoon 2 pm – 6 pm and Friday afternoon 2 pm – 6 pm.

Regarding all Night Watch Phone Shifts: Please contact Pete K. at 360.477.8045 direct or at [nightwatch@seattleaa.org](mailto:nightwatch@seattleaa.org), if you are interested in signing up for a shift. Please let your GSR's and Intergroup Reps know that there are "service opportunities" currently available at Intergroup and Night Watch.

The finance committee will be conducting a physical inventory of literature, pamphlets and coins on Friday the 29th

Respectfully submitted,  
Dennis E.  
Office Manager  
Greater Seattle Intergroup

**Assistant Office Manager (Lara R.):**

Verbal Report Given

**Night Watch Coordinator (Bird G.):**

Verbal Report Given

**Special Events Committee (Allan C.):**

Nothing to report.

**Finance Committee (Carl G.):**

Verbal Report Given

**Web & Technology Committee (Open):**

Nothing to report.

**Third Legacy (James R.):**

Verbal Report Given

## **Zone 112 A New Beginning Hall (Geoff G.)**

NB Hall Held its 34th Annual Gratitude Dinner on Saturday November 9th. Lots of great food was served and we had three great speakers

At our business meeting at the end of October, a new Intergroup Rep (Geoff G) was elected for the Zone/Hall

ANB will Open in the morning on Thanksgiving and have meetings hopefully running all day.

## **District 31 (Jeff U.)**

District 31 Holiday potluck will be Wednesday December 11th 6PM-8PM, John Knox Church, Normandy Park

Area Corrections Chair Tammy gave a great presentation on available corrections service opportunities

We have a new Chair for the Highline Hospital 12th Step program, Kris W!

PI and Treatment Chair positions are still open

## **District 42 (Lyle C.)**

We were visited by Current Western WA area 72 delegate Alan and former delegate Steve. I gave my report requesting volunteers for office and nightwatch. Notified district of items for voting and that all groups have a vote in the fall assembly. I asked for an election next month for my position, then I will bring elected zone rep to Fall assembly. Fremont auction went well, restored prudent reserve.

*Next GSIG Board meeting: December 17th, 2019 at 7 PM at GSIG Office.*

# The High & Dry

Editor: Peeps (John P.)

Contributors: All of YOU

Mailing Team: Irreplaceable Volunteers

The High & Dry is published monthly by an all-volunteer staff at the Greater Seattle Intergroup Office, 5507 6<sup>th</sup> Avenue South, Seattle WA 98108 (Phone: 206-587-2838) [www.seattleaa.org](http://www.seattleaa.org)

**Do you have something you would like to submit to The High & Dry newsletter?**

We would love to see your event flyers, letters, stories, photos, drawings, poetry, interviews, and whatever else you would like to share with other members in and around Seattle.

**H&D deadline is the 25<sup>th</sup> of each month.**