



High & Dry

The Newsletter of the **Greater Seattle Intergroup** of Alcoholics Anonymous

Volume 75 Issue 03

March 2023



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Published by the **Greater Seattle Intergroup of Alcoholics Anonymous** — 5507 6th Avenue South, Seattle, WA 98108

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(206) 587-2838 — Helpline is staffed 24 hours a day Email: info@SeattleAA.org Website: www.SeattleAA.org

REFLECTING ON OUR PAST

March in our History

"Never could we recapture the great moments of the past." (BB, page 151). But here we list some.

March 1, 1939 — Readers Digest declined to write article on AA.

March 1, 1941 — Jack Alexander's Saturday Evening Post article was published and membership jumped from 2,000 to 8,000 by year's end.

March 4, 1891 — Lois W. was born

March 7, 1940 — Bill and Lois W. visited Philadelphia AA group.

March 10, 1944 — New York Intergroup was established.

March 14, 1942 — South Orange, NJ group held anniversary dinner with Bill W. as speaker.

March 15, 1941 — First AA group in New Haven, CN, was formed.

March 16, 1940 — Alcoholic Foundation, Works Publishing moved from Newark to lower Manhattan.

March 31, 1947 — 1st AA group formed in London, England.

SERVICE OPPORTUNITIES

GSIG Corrections Committee Opportunities for Service

To jump start bringing meetings inside correctional facilities, the Corrections Committee is hosting three info/signup events arounding County.

The first event is **Saturday, April 1** (no joke!) **1-3 pm** at the Intergroup Office, 5507 6th Ave South in Georgetown.

- Come meet the Corrections Committee
- Listen to speakers, including people who've experienced AA while behind bars or who've taken meetings inside
- Review corrections literature
- Ask questions about different opportunities
- Complete facility applications onsite
- Enjoy tasty refreshments and good company

The other two events will be scheduled later in northing County and southing County. For more info, email volunteer corrections@seattleaa.org

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FUTURE TRIPPING

March GSIG Events

For details about the events listed below, visit the Events page on our website, seattleaa.org/events

4 — Hospital and Treatment Committee

- March 4 @ 10:00 am – 11:30 am — Zoom meeting
- Zoom link: <https://us02web.zoom.us/j/82006087832?pwd=dYt3eThvZUlsSitzMTB1RXM4eFdSUT09>
- Meeting ID: 820 0608 7832
Passcode: 088776

5 — Service Manual Study

- March 5 @ 10:00 am – 11:30 am — Hybrid meeting
- Zoom link: <https://us02web.zoom.us/j/86364837688?pwd=MnBPauU55a2wrZ0RLcXNwKy9OVWExdz09>
- Meeting ID: 863 6483 7688
Passcode: 022841

6 — BLA Planning Meeting

- March 6 @ 7:30 pm - 8:30 pm — Zoom Meeting
- Zoom link: <https://us02web.zoom.us/j/89635482091?pwd=RGRBRkU0V0hrNmpBM1drY1JVZ2s1UT09>
- Meeting ID: 896 3548 2091
Passcode: 330494

11 — 50th Annual Burien Little Assembly

- March 11 @ 11:00 am – 5:00 pm
- Brooklake Church 629 S 356th St, Federal Way, WA

11 — District 24 Gratitude Potluck Dinner

- March 11 @ 5:00 pm – 9:00 pm
5:00pm Dinner, 6:00pm Speakers
- St. Pius X Gymnasium,
22301 58th Ave W, Mountlake Terrace

11 — Open Mic

- March 11 @ 7:30 pm - 11:00 pm
- GSIG Office 5507 6th Ave S., Seattle

17 — 2023 Okanogan Valley Roundup

- Friday, March 17 @ 8:00 am – Sunday, March 19 @ 5:00 pm

- The Winthrop Barn
51 N Hwy 20, Winthrop, WA

18 — Area 72 Eastside Pre-Conference

- March 18 @ 10:00 am – 2:00 pm
- Our Savior Lutheran Church,
745 Front St, Issaquah

18 — 12th Step Workshop

- March 18 @ 11:00 am – 1:00 pm
- GSIG Office 5507 6th Ave S., Seattle

19 — Area 72 Central Districts Pre-Conference

- March 19 @ 2:00 pm – 5:00 pm
- Rainier Arts Center
3515 S Alaska St., Seattle

21 — GSIG Monthly Board Meeting

- February 21 @ 7:00 pm - 8:30 pm — Hybrid meeting
- GSIG Office 5507 6th Ave S., Seattle
- Zoom link: <https://us02web.zoom.us/j/91854375402?pwd=OWkraVZlcjNNQUxweStiK3BZUFZTZz09>
- Meeting ID: 918 5437 5402
Passcode: 035194

23 — Third Legacy Committee

- March 23 @ 8:00 am - 5:00 pm — Zoom Meeting
- Zoom link: <https://us02web.zoom.us/j/85851420330?pwd=R1lSZFpaVURaMFBCZGF0OVk1c0dLQT09>
- Meeting ID: 858 5142 0330
Passcode: 051501

24 — 36 Spiritual Principles Annual Retreat

- Friday, March 24 @ 8:00 am – Sunday, March 26 @ 5:00 pm
- Seabeck Conference Center 15395 Seabeck Hwy NW, Seabeck, Washington

25 — Sponsorship Workshop by GSIG Third Legacy Committee

- March 25 @ 10:00 am – 12:00 pm — Hybrid meeting, potluck
- GSIG Office 5507 6th Ave S., Seattle
- Zoom link: <https://us02web.zoom.us/j/88330954767?pwd=alpQWUdODc2UUFONGJiVytLIy9kQT09>
- Meeting ID 883 3095 4767
Passcode 130933

25 — Benson Hill Potluck

- March 25 @ 6:00 pm – 9:00 pm
- King of Kings Lutheran Church,
18207 108th Ave SE, Renton

28 — Tradition Study by the GSIG Third Legacy Committee

- March 23 @ 8:00 am - 5:00 pm — Hybrid meeting
- GSIG Office 5507 6th Ave S., Seattle
- Zoom link: <https://us02web.zoom.us/j/85851420330?pwd=R1lSZFpaVURaMFBCZGF0OVk1c0dLQT09>
- Meeting ID: 858 5142 0330
Passcode: 051501

31 — The 10 Annual Hot Stove Anniversary Dinner

- March 31 @ 6:30 pm – 8:30 pm
- Kennydale Memorial Hall
- 6:30pm Food and Fellowship
7:30pm Speaker Meeting
A-J Dessert-P Main Dish Q-Z Side Dish

THERE IS A SOLUTION

Meeting Changes

If your meeting information is changing, please let us know so that your changes can be reflected accurately in the schedule and website.

Please email webmaster@seattleaa.org about changes to your meeting.

Subscribe to the High & Dry

Please consider subscribing to the High & Dry newsletter. Your contribution helps fund the services we provide

Suggested annual donation for hard copy is \$12/year and digital copy \$10/year.

To subscribe visit:
SeattleAA.org/intergroup/newsletter/

Thanks to Our Awesome Daytime Office Volunteers

MONDAY	Susan D. and Bill S.
TUESDAY	Yoshi, Morgan S. and Mikey C.
WEDNESDAY	Stephan M., Cindy H., Pam H. and Amy F.
THURSDAY	Joe M. and Joe B.
FRIDAY	Thomas H. and Riff Raff
SATURDAY	Clay S. and Dan G.

Southend Bookstore Volunteers

Troy O., Carolyn B., Bill S., Rick L., Casey A., Chris H., Brian L., Richard C., Vickie S. and Darren F.

Southend Bookstore hours are Monday through Friday from 10 a.m. to 6 p.m. and Saturdays from 11 a.m. to 2 p.m.

Greater Seattle Intergroup Office Hours

The Greater Seattle Intergroup office is open
Tuesday – Friday, 10 a.m. to 6 p.m. and Saturday, 10 a.m. – 2 p.m.
We're located at 5507 6th Ave. S in Seattle.

HIGH & DRY NEWS AND NOTES

We would love contributions from you. Please share your thoughts, ideas, suggestions and comments by emailing them to us at 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.

We are also seeking a group conscious — and volunteers — for ways to make the High & Dry more relevant and useful for readers. We want to add new AA- and recovery-related content types, including original artwork, cartoons, photos and poetry in addition to recovery themed articles.

To be part of the effort, please send an email to newsletter@seattleaa.org

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BIRTHDAY CLUB

Happy Birthday to March Celebrants in the *How Dry I Am Club*!

Jean Z	PTP	41 years
Robert M	Counterpoint	33 years
Cheryl L	10 years	
Bob J	PTP	24 years
Richard C	SEF	31 years
Courtney S	D41	20 years
Jordie N		41 years
Riff Raff	Seattle Group	14 years
David S	Real Alcoholics	2 years

Link to GSIG Online Contributions

[https://www.seattleaa.org/
online-contributions/](https://www.seattleaa.org/online-contributions/)



How to Join the *How Dry I Am* Birthday Club

The suggested donation for having your annual birthday recognized in the H&D is one dollar (\$1) per year of sobriety.

There are two ways to make your donation:

- 1) print the form on the back of this newsletter and mail it along with a check;
- 2) donate with a debit/credit card online at
[SeattleAA.org/online-contributions](https://www.seattleaa.org/online-contributions) (select "How Dry I Am - Birthday club")

We'll keep an eye out when you join, but please email newsletter@seattleaa.org with your name and number of years of sobriety when you join so we can get you in the newsletter.

The deadline to be listed is the 25th of the month.

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STORIES, STEPS & TRADITIONS

Practicing these principles in all our affairs

By Kelli S-B.

AFTER 34 YEARS OF SOBRIETY, but my life has grown bigger, broader, and more wonderful than I could have possibly imagined. As a stay-at-home mom of two active 16-year-olds, my daily life centers around family, while my underlying foundation and lifestyle centers around recovery in Alcoholics Anonymous. When it became clear that my daughter's sport was taking her to the national level of competition, my whole family came together to pitch-in and make it happen. My spouse and son stepped up to cover my duties at home and make it all work. She and I packed up and prepared for three months of travel. Little did I know that traveling for her sport was going to challenge my recovery, serenity and sense of stable serenity.

As a hunter/jumper in the horse world, my daughter's competitions last a week at a time and she participates in daily classes. I spend my time driving around in a golf cart, feeding her, working at my "mobile desk,"

video taping her rounds, and helping wherever possible. After about two weeks, I was grumpy. Everyone was on my nerves and I was lonely and tired. My first thought was "suck it up and stop feeling sorry for yourself. What a total alcoholic you are!" After a third week of this, I realized something more than human power was going to be needed to successfully and serenely make it through this three-month commitment.

I admitted I was powerless over my bad mood and that my life was unmanageable.

Clearly a Power greater than myself was going to be needed to restore me to sanity because self-reliance failed miserably. I turned my irritability over to the God of my understanding and decided to take inventory of what was wrong with me. I decided to start with the feelings of loneliness. Instead of pushing them away as being ridiculous, I looked for the truth. One of the first things I saw was that I had been going to on-line meetings only and missed the spiritual connection and sense of "feeding my soul" that

comes with attending my home group twice a week in person. I was missing that connection and feeling isolated. So what now?

The answers that came to me were reach out to your home group people and connect with them (cell phones are an amazing thing!), listen to AA speakers (Spotify has free AA speakers on playlists!), and find meetings near me. I also shared with my sponsees and sponsor what was going on and made an effort to connect with them all on a more regular basis.

Another truth I saw was my morning meditations really didn't have anything to do with God. I was going through the motions, thinking I was checking the box, but not really striving to improve my conscious contact with a God of my understanding. This was an easy fix with attention and intention. Finally, I saw that I was in fear about leaving my family at home and how would they get along without me and would my son know he's still important to me, even though I'm spending so

See *Practicing these Principles*
continued next page »

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STORIES, STEPS & TRADITIONS

« *Practice these Principles* continued

much time with my daughter.

The strongest solution I've found to fear isn't faith (if I had faith I wouldn't have fear!), but rather being in the present moment. When I am present, in this moment, I see the truth about right now. My fear is almost always in the future. When I'm present, right now, I can ask the right questions, listen to my Higher Power, trust my instincts, hear that intuitive thought or action and be the person God wants me to be. I thought of creative ways to connect with my son that were meaningful to him (rather than what I thought it should look like) and realized my spouse really just needed reassurance and appreciation. Good to know!

I was willing to have God lift these defects of self-centeredness, fear and isolation because I was willing to change my behavior. Simple but not easy. It took effort and intention. It also required me to live in the present moment, one day at a time. We have two more weeks to go and now I'm at the place of peace and gratitude. I'm so grateful to have come back to center that I am willing and motivated to keep watch for those feelings of irritability in a daily inventory. I regret that I

wasted those first few weeks in the painful bondage of self but am hoping my story can help others. I'm willing to continue to improve my conscious contact with God and practice these principles in all my affairs

because I don't want to slip back to where I was. I am so very grateful for these tools and a Power greater than myself that solves all my problems.



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Step 3: “Made a decision to turn our will and our lives over to the care of God as we understood Him”

EDITOR'S NOTE: Some folks, like me, cannot get too much of Step Three. In this issue, we offer two takes on this vitally important Step.



The Third Step

By Matt T.

A QUESTION OCCURRED TO ME RECENTLY: To

what extent do I experience the different promises expressed in the Big Book?

I don't just mean the Ninth Step promises, but the ones throughout the text. Having just completed my most recent meditation book, I decided to take some time and meditate on each set of promises for an extended period of time. Currently, I am considering the Third Step promises.

A paragraph employing a series of metaphors regarding our relationship to God precedes the Third Step promises. “Director... Principal... Father,” whatever concept works for you, the key is that we “quit playing God (BB, p, 63.) We are promised that remarkable things will happen when we take such a position.

We had a new Employer. Being all powerful, He provided what we needed, if we kept close to Him and performed His work well. Established on

such a footing we became less and less interested in ourselves, our little plans and designs. More and more we became interested in seeing what we could contribute to life. As we felt new power flow in as we enjoyed peace of mind, as we discovered we could face life successfully, as we became conscious of His presence, we began to lose our fear of today, tomorrow, or the hereafter (p.63).

Moving from conceiving these promises as rewards for being a good AA, to indicators of the extent to which we are “performing His work well,” we can start asking some simple questions. Are we getting what we need? To what extent are we still interested in our little plans and designs? To what extent do we still fear, today, tomorrow and the hereafter? How often do we check the stock market and the status of our retirement portfolios? Do we fret over the decisions and behaviors of our children or elected officials? How much do we enact our little plans and designs in an attempt control the behaviors of others? What does it really mean to quit playing God?

What feels most significantly to me in the present is the question of new power flowing in. This is something I can really use, but seems illusive. Instead, I often feel depleted, from yawning while writing these words, to too frequent breaks in my workday. My little plans and designs say I need more sleep, I need to watch my diet and exercise more. I need to take naps. I need to drink less coffee. I need to drink more coffee. I need to take a trip or not take a trip ... Pre-empting the tendency to this particular form of self-will is a challenge, but it appears a worthy effort if new power can flow in as a result.

One final word – Over the years I have experienced more and less effective employers. I also have been a more and less effective employee. My most effective professional relationships are marked by being empowered and putting forth the effort to effectively perform the responsibilities of my position, combined with an employer who provides a clear vision and the resources to effectively enact that vision. When I have worked under an effective employer, but things have gone off-kilter, it was always a result of falling short on my end of the relationship.

Who is God? Who am I?

By Demitri I.

STEP THREE READS: *“Made a decision to turn our will and our lives over to the care of God as we understood Him.”*

Well, who is God?

That seems like the question we, or at least I, have struggled with the most in regard to Step Three.

It’s not an intellectual program, but my grand sponsor says a little contemplation can be healthy.

So, the more interesting question might be: “Who am I?”

Speaking of my grand sponsor, it’s a question he recently asked me, and it was something his grand sponsor asked him.

The honest answer? I don’t know.

That’s a scary idea to grapple with – not knowing who one is. I sometimes wonder if on some level, the fear of not knowing who I was, was what propelled so much drinking.

Anyways, I’m also not my possessions or my physical things – despite my ego sometimes telling me I am – and I’m not, gulp, my accomplishments. What a difficult and frustrating pill to swallow.

When I drank, I often (maybe without realizing it clearly), moved through life relying on things and accomplishments to define me and to give me worth. That false reliance was jet-fuel for self-will run riot.

So, what am I? Am I a hard worker? A nice person?

Potentially. Some of those things are qualities I strive (and pray) to show up with in the world.

I recently heard someone in a meeting say, “Create space for God.”

This resonated with me.

If I reflect on my own life, the times in which I experience the most peace and serenity are the times I simply let go, and

experience life as it comes. When I’m present like that, and let go of expectations, figuring things out, and ruminating over how I should act, I feel gratitude and connection to the world and people around me.

When I’m not, I show up with pretense – and I experience anxiety, guilt, frustration, shame, and tension.

Okay, so what?

Who am I? And who is God?

Well, maybe I’m just the space for God to show up and to do His will (this is what we pray for in the Third Step Prayer, anyways). And maybe God is, or manifests as, the contents and experience of that space around me. I don’t know, and I honestly don’t want to think about it too hard either.

Instead, I’m working on surrendering, showing up, and turning my will and my life over to the care of God as I understand him. And that feels good.

Tradition 3: The only requirement for membership is a desire to stop drinking



By Peeps

AT ONE LEVEL, from thirty-thousand feet, it's is easy for me to see and accept Tradition Three's prime directive, that everyone, no matter their socio-economic background or motivation or Instagram status, is welcome at AA meetings.

But then there's the view from the front row.

There once was a requirement that potential members have a "sincere desire" to be sober, but that was dropped. One need not be sober to attend a meeting.

Our literature is full of accounts of groups wanting to exclude people who were difficult to be around, for a variety of reasons, only to see the miracle of recovery come true — again — when these folks were given the opportunity to follow our program's suggestions.

Sometimes quickly, sometimes extremely slowly or not at all.

Being a completely self-centered recovering alcoholic, I often forget that I am not in charge of rolling up (and hiding) AA's Welcome mat.

I ran head-first into my self-righteous hypocrisy at a meeting recently. A person I've known and seen at meetings for many years, who as mental health issues (bi-polar), was sitting at the table.

And I could smell from a distance they weren't sober.

Immediately, I went into fear-and-anger mode, my default reactions in such situations. I thought it was so unfair to me to have this person in MY meeting. I presumed to know what was going to happen next, that they would be disruptive and waste my precious time.

How dare they inconvenience and annoy me!

Luckily for me, a person who knew me from my distant youth and using days soon sat by me. I whispered what I was feeling and they burst out laughing, drawing unwanted attention of other meeting attendees.

"What?" she asked. "Are they reminding you of yourself? There was a time when you were equally off-putting. Do I need to bring up your behavior at Seafair parties. You had a way of clearing the room."

And so I did.

I need to remember my own history when judging another drunk, especially at a meeting. I should be reminded that I need to turn to the Traditions and the Steps when dealing with my fellows.

I am literally in charge of nothing.



MARCH CHALLENGE — AA WORD SEARCH

As Bill Sees It

"Word comes to me that you are making a magnificent stand in adversity — this adversity being the state of your health. It gives me a chance to express my gratitude for your recovery in A.A. and especially for the demonstration of its principles you are now so inspringly giving to us all.

"You will be glad to know that A.A.'s have an almost unfailing record in this respect. This, I think, is because we are so aware that God will not desert us when the chips are down; indeed, He did not when we were drinking. And so it should be with the remainder of life. Certainly, He does not plan to save us from all troubles and adversity. Nor, in the end, does He save us from so-called death — since this is but an opening of a door into a new life, where we shall dwell among His many mansions. Touching these things I know you have a most confident faith."

— Bill W., Letter, 1966 (As Bill Sees It, God Will Not Desert Us, page 221)

T	G	N	I	H	C	U	O	T	M	G	S	P	I	H	C
N	H	T	I	A	F	Y	A	P	R	D	E	S	E	R	T
E	Y	J	W	B	R	W	R	A	Z	S	Z	R	D	M	D
C	D	T	G	D	A	E	T	E	N	D	E	A	T	H	P
I	R	G	I	R	M	I	S	O	V	D	W	S	Q	L	R
F	I	N	E	S	T	G	I	P	N	O	E	O	A	Z	R
I	N	I	K	U	R	S	N	I	E	L	C	N	R	T	V
N	K	N	D	W	N	E	A	I	P	C	C	E	R	D	E
G	I	E	Z	A	H	M	V	I	L	O	T	O	R	C	R
A	N	P	M	E	E	D	C	D	N	I	U	B	N	T	T
M	G	O	A	R	R	N	W	F	A	B	A	A	N	H	N
M	W	L	G	O	I	S	I	E	L	R	H	F	I	L	E
T	T	L	C	R	T	D	T	E	L	C	D	N	N	F	N
H	A	E	P	A	E	R	S	A	J	L	G	P	I	U	B
D	R	J	T	N	Y	V	N	Y	N	S	T	L	J	R	Q
K	N	E	T	T	J	Q	N	V	L	D	X	Y	J	L	W

adversity	mansions
aware	opening
chance	plan
chips	principles
confident	record
death	recovery
desert	remainder
drinking	respect
dwell	stand
faith	state
glad	things
gratitude	touching
health	troubles
life	unfailing
magnificent	word

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BOARD MEETING MINUTES

Greater Seattle Intergroup Board Meeting

February 21, 2023

Submitted by Janet A. (Recording Secretary)

Meeting Opening

- Call to Order & Serenity Prayer
- Introductions
- In-Person:
 - Dist. 24: Greg
 - Vice Chair: Jeff
 - Office Committee, Nightwatch On-Call Coordinator: Pete
 - H & T, Committee Chair Member: West
 - Dist. 42, Sunday Nightwatch Coordinator: Mikey C.
 - Office Committee: Bill
 - Corrections: Amy
 - Chair Emeritus: Astri
 - Chair: arla
 - Recording Secretary: Janet
 - District 14: Stacia
- 12 Step Committee: John DD
- Office Manager: Lara
- Treasurer: Dan
- Intergroup Webmaster: Lee
- Zoom Attendees:
 - Accessibility: Laurel W.
 - PI/CPC: Carina W.
 - Special Events: Steve
 - District 16: athleen
 - District 18: Ali
 - District 24: Greg
 - District 31: Thomas
 - District 32: Samantha M.
 - District 40: Ellen
 - District 41: Laurel W

Elected Officer Reports

Please make sure to submit your reports by email. If you have any corrections or changes to the roster or if you are new to GSIG and would like to be added to the roster, please submit the information to secretary@seattleaa.org.

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BOARD MEETING MINUTES

Recording Secretary (Janet A.)

I am so honored and privileged to be here and to be a part of this service structure.

Thank you for allowing me to be of service. I am very grateful to be able to represent Intergroup.

I also appreciate everybody's patience with me as I continue to learn and understand what I am doing.

I will continue to update the roster accordingly to reflect new members, changes to emails, phone numbers, new positions. Thank you to those of you who already sent in your changes. If you haven't already, you can still send in your reports to secretary@seattleaa.org. The deadline to have your reports to me is Thursday, February 23. Are there any Amendments do January Minutes? I would like to have a motion to accept the Minutes from January.

▪ Approval of January minutes

- Moved by: **Dan**/Seconded: **Greg** Any opposed? Motion is passed.

Treasurer (Dan G.)

GSIG TREASURER REPORT January 2023

January 2023 Financial Overview Data (Numbers in thousands of dollars, K)

Month	Net Income (loss)	Group Contributions	Contributions (personal & other)	Sustainers	Room rent, bday club, special events	Net sales income	Cash & Savings
Jan-22	3.3	15	0.7	1.5	0.5	1.8	95
Feb-22	(3)	9	0.7	1.4	0.5	2.5	95
Mar-22	(2.6)	10	1	1.3	0.3	1.5	95
Apr-22	(.6)	11	0.9	1.3	0.6	1.3	95
May-22	(2.7)	9.6	0.8	1.3	0.8	1.6	93
Jun-22	(4.7)	11.2	0.5	1.3	1.4	1.7	88
Jul-22	2.2	10	2.5	1.4	1.8	0.8	90
Aug-22	(5.9)	9	2.8	1.4	3.4	2.1	84
Sep-22	(4.6)	5.5	0.6	1.4	0.6	3	78
Oct-22	(-0.3)	11	0.5	1.4	0.5	3	76
Nov-22	(-2.5)	9	0.4	1.4	0.5	1.5	74
Dec-22	(-2)	8.4	3.3	1.4	1.1	(-0.6)	75
Jan-23	(-0.045)	14.9	1.4	1.4	0.7	1.8	77.5

Treasurer (Dan G) continued next page »

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BOARD MEETING MINUTES

Treasurer Report Comments:

We had a great month of January, similar to last year. For the month we posted a net loss of \$45.

- Group contributions are up.
- Individual contributions are up and above plan and 2022 numbers.

Chair (Karla)

Area 72

The Area 72 Newsletter editor approved at the January Quarterly had to step down. The interim editor is Pauline S.

Pre-Conferences:

The Area 72 Delegate Crystal has received all of the background material for her committee – literature. It is posted on the Area 72 Website if you would like to check it out. She will be going over certain items at the upcoming pre-conferences where everyone is welcome to attend.

- March 18th – 10am to 2pm – Our Savior Lutheran Church, 145 Front St, Issaquah, WA 98027
- March 19th – 2pm to 5pm - Rainier Arts Center, 3515 S Alaska St, Seattle, WA 98118
- March 26th - 1:30pm to 4:30pm - Lynnwood Alano Club, 4001 198th St SW #6, Lynnwood, WA 98036
- March 29th – 6pm to 9pm - Zoom ID: ID: 848 4378 3139 - Passcode: 846917
- April 1st - 11am to 3pm - Trinity Lutheran Church, 12115 Park Ave S, Tacoma, WA 98444. This event will be a Spanish interpreted event.

GSO

The Area 72 Delegate reported that Linda Chezem, Class A Trustee and Chair of the General Service Board of AA has resigned at the request of the Board. We may or may not learn what precipitated this vote. Our Delegate has not attended the Conference yet nor interacted with many of the Board members, but she does have confidence in the Board as a whole (comprised of 21 Trustees) and believes that they acted in accordance with our bylaws. She may have more information at the pre-conferences.

There will be an upcoming price increase on AAWS books, booklets, and pamphlets. The new prices will go into effect on April 3, 2023, and generally reflect a 20% increase on books and a 30% increase on pamphlets (with rounding and some minor adjustments).

PNC 2023

Chair (Karla) continued next page »

BOARD MEETING MINUTES

« *Chair (Karla)* continued

This year's Pacific Northwest Conference is being held in Portland, OR from June 23-25. It is being planned as an in-person event.

The PNC committee is asking for help to pay for Interpretation. "In order to keep PNC welcoming to all who wish to attend, our committee is in need of monetary assistance for our Spanish and ASL translation/interpretation. Thank you for your voluntary contribution!"

Please send to a check to:

PNC 2023
330 LINCOLN ST.
EUGENE, OR 97401

Or use this QR code:



I facilitated group inventory for the Heartbreakers group right here at GSIG on January 29. We lost power for about an hour but carried on until it returned.

I am always available to contact if you have questions or concerns. If you would like to have an item added to the agenda, please contact me via email or phone prior to the board meeting so we can discuss it and I can add it to the agenda. My email is chair@seattleaa.org. My phone is (206) 769-9115.

I am also available to come to your districts or committees to present on behalf of GSIG. Although, I do not wish to step on the toes of our 3rd Legacy Committee!

Yours respectfully,

Karla L.

GSIG Office Reports

Office Committee (Bill)

- Steve from the Event Committee talked about fundraisers.
- Two members from the North American PI/CPC Conference were asking to GSIG Pin and were informed of other options available to them.
- The committee decided that insurance coverage will be available at District Committee Meetings, but not individual group events outside of their regular meeting facilities.
- The Treasurer report revealed no significant changes that required office committee attention.

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BOARD MEETING MINUTES

Office Manager (Lara)

Inventory: New Jacketless Big Books are on their way. We have printed new book covers that will fit both the jacketless Big Books and Twelve Steps and Twelve Traditions. These are available for \$1.25/each.

There will be an increase to books from World Services starting March 3, 2023. How this will affect our prices here at Intergroup will be discussed at the next Office Committee meeting.

We have put a rush on the printing of more schedule books. Thank you, Lee R., the current Webmaster, for your hard work and timeliness on this project. The price will be approximately the same for printing so logically the price for sale will remain \$1.50+tax per schedule book.

Sno-King Intergroup has made the difficult decision to close its doors after 30 years. They have donated literature and coins to us totaling just over \$1100.00. Thank you Sno-King for your generosity and for your decades of service to the still suffering alcoholic.

Financial: Group Contributions are up as are Individual Contributions for the month. Thank you.

January Call Stats:

- 12th Step Calls: 6
- Meeting info: 69
- Misc.: 32
- Wanted to Talk: 24
- Outside Referral: 15
- Intergroup/AA info: 30
- Total: 176 calls

I would like to welcome three new groups to our phone answering family: Dawn Patrol, Stay Gold and A New Beginning. Thank you so much for your willingness to serve Seattle Intergroup. There are a number of group shifts still available, please email anita@seattleaa.org or lara@seattleaa.org for information.

Anita and I would like to make twelfth step calls a more robust feature of the services that are offered here at Seattle Intergroup. A few months back we formed a twelfth step committee. This Committee meets virtually on the first Thursday of the month at 6:30pm. We have an awesome, very capable and devoted Chairperson for the beginning of what has proven to be already an invaluable addition to our service committees here at Intergroup. This committee will be hosting a twelfth step workshop on March 18th @ 11am. This will be a hybrid event with participation from other Intergroups and Central Service Offices. For more information please contact 12step@seattleaa.org or visit our website under "events".

We will be hosting a "Sponsoring Members with Mental Health Issues" workshop on February 25th @ 10am. This is a hybrid event and is happening in person at both Seattle Intergroup and the Central Service Office in Tacoma. Please RSVP if you are planning to attend this event. See our Facebook page and our website for more information on how to register.

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Service Committee Reports

Accessibility: (Laurel W)

We do have the Blue Can budget that we are using to pay for the meetings that afford interpreters. We have been able to support 2 meetings; Duck Island & Pass it On. We have requests from face-to-face requesting access, and we are noticing that the Blue Can has been completely used up except for \$32. We've used \$4,000 for Duck Island, with a Additionally, we do have an ASL can specifically for online interpreters. We have a specific cost for our business meetings, and we do need an interpreter for each meeting. We also have an upgraded Zoom account which is also a part of the cost. We want to make sure that deaf people and other folks are able to attend.

Archives (Theresa)

02.21.2023: Attended Area 72 Archives Quarterly. Cataloged and labeled a set of 20 "Father John Doe" golden books. Used removable labels. The list of books is posted on GSIG's googledocs site.

Thank you!

Teresa S

Corrections: (Amy F)

Feb 2023 Corrections Report

*Things move slowly in corrections. Applications may take a while to be processed by the facilities. However, I have had an extremely rewarding experience. It has been one of the best parts of recovery for me. We are going to need people available to go into King County Jail (soon, hopefully); as well as the Regional Justice Center and the Kent City Jail.

- We also need people to correspond with people in custody. And we need people that are willing to take people that are newly released to a few Burien Little Assembly get them connected to AA. We are going to have a table soon so please stop by and say hello.
- Also, we will be having an introductory Corrections event at Seattle Intergroup on Saturday, April 1st, from 1-3pm – and I'm not foolin! There will be speakers, snacks and all kinds of good stuff! This will be an in person only meeting, so please set aside the date.

We are asking groups to start contributing to the Pink Can funds again. You can even contribute to the Pink Can fund online, at Seattle Intergroup's website. You can contact us about volunteering by sending us an email to volunteercorrections@seattleaa.org.

BOARD MEETING MINUTES

Hospitals & Treatment: (West)

I am grateful to be a part of this. Still a rookie, and I am learning a ton. We met on Feb 4th, we have a couple of new people attending for a total of 10. Hybrid. We delivered our reports orally. The monthly topic of discussion was signing up folks for Bridging the Gap & distributed those forms.

- Seattle Medical Post-Acute Care (SMPAC) is looking for a new group meeting to come in and panel. Knuckleheads from Capitol Hill, in discussion with them about supporting them, however, they are in COVID lockdown, so we will revisit in March.
- I reached out to Virginia Mason about paneling, bringing in literature to them. They are okay with that, and I do have a contact there.
- Myself and Dave B will be paneling this Friday at Renton Lakeside Milam at 9:00 am, we are currently rotating with Eastside Intergroup. I visited Harborview hospital earlier this month and was able to donate 10 Big Books from the drive to their Psychiatric unit. The Substance Abuse Manager has expressed interest in us paneling there and they are currently giving both my sponsor and I the green light to register there. TBD. This is a 3–4-hour Orientation involved for UW Medicine.
- I visited Union Gospel Mission for Riverton Place and The Hope Place, met with the Director & Asst. Director and was able to donate a case of books to them. I will be paneling with another person starting in March and going forward every month.
- I am going to have a H & T panel and table at BLA on March 11th and will continue work with District 31 Treatment Chair & Cascade Behavioral Health for UGN Riverton Place.

PI/CPC: (Carina W)

Yay, I am so pumped and honored for the opportunity to serve... and join the GSIG party train!

Third Legacy (Dan R)

GSIG Third Legacy Committee

Monthly Meeting Capture

The Third Legacy monthly committee was held on Jan 24th. Since our last board meeting the committee facilitated the Tradition Study and presented to District 24.

We would like to thank District 24 for their hospitality and invitation to present about what Great Seattle Intergroup is, how it functions and how it may be able to help support all of the great work that District 24 is doing. We are hopeful that GSIG can be a part of the solution in filling in any gaps with the closing of the SnoKing Intergroup office.

A reminder that GSIG will be hosting the spring quarter Sponsorship Workshop on Saturday, March 25th from 10 am to 12pm. The meeting will be at GSIG and available via zoom. For more information or to participate on a panel, please reach out to thirdlegacy@seattleaa.org.

Third Legacy (Dan R) continued next page »

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BOARD MEETING MINUTES

« *Third Legacy (Dan R)* continued

We would also like to ask our committee chairs and trusted servants to please let us know what service needs you currently have. Our committee will be reaching out to groups and would like to be able to connect any willing members with opportunities to serve. Please send all your requests to thirdlegacy@seattleaa.org.

Our specific ask of the board and its attendees - we need your help in:

- Your participation at the Service Manual Study – 1st Sunday of every month at 11am.
- Facilitating a Traditions panel – panels facilitated hybrid on the 4th Tuesday of every month at 7pm
- Your participation on our committee – we meet virtually on the 4th Thursday of every month at 7pm
- Your participation at the Sponsorship Workshop – March 25th from 10am to 12pm
- Your invitation – to your business or district meeting for a 3-5-minute presentation on Third Legacy.

If you or your group would like to present on an upcoming Tradition or participate in the Sponsorship Workshop, please reach out to thridlegacy@seattleaa.org to see what months are available.

All questions, input, and suggestions are welcome.

In Service,

Dan R.

Twelve Step (John DD)

- Intergroups vision is for the 12-Step Committee to be there for people when the office is closed. When the office is open, they dispatch 12-Step calls and use the same 12-Step list we use, 24/7. When Nightwatch gets a call late at night, on weekends, or early in the morning, instead of waiting like we used to do, we follow-up where indicated. It's fun. There are not a lot of referrals, none this month. *
- We are doing the hospital 12-Step Calls for Seattle, which is picking up a bit.
- Participating with the BLA Committee.
- There will be a 12-Step Call workshop which will be “why to/ how to” and focus on the craft of doing it when it's indicated. Hoping for a lot of Nightwatch participation. March 18th 11am – 1pm at Seattle Intergroup.

As Bill Sees It

T	G	N	I	H	C	U	O	T	M	G	S	P	I	H	C
N	H	T	I	A	F	Y	A	P	R	D	E	S	E	R	T
E	Y	J	W	B	R	W	R	A	Z	S	Z	R	D	M	D
C	D	T	G	D	A	E	T	E	N	D	E	A	T	H	P
I	R	G	I	R	M	I	S	O	V	D	W	S	Q	L	R
F	I	N	E	S	T	G	I	P	N	O	E	O	A	Z	R
I	N	I	K	U	R	S	N	I	E	L	C	N	R	T	V
N	K	N	D	W	N	E	A	I	P	C	C	E	R	D	E
G	I	E	Z	A	H	M	V	I	L	O	T	O	R	C	R
A	N	P	M	E	E	D	C	D	N	I	U	B	N	T	T
M	G	O	A	R	R	N	W	F	A	B	A	A	N	H	N
M	W	L	G	O	I	S	I	E	L	R	H	F	I	L	E
T	T	L	C	R	T	D	T	E	L	C	D	N	N	F	N
H	A	E	P	A	E	R	S	A	J	L	G	P	I	U	B
O	R	J	T	N	Y	V	N	Y	N	S	T	L	J	R	Q
K	N	E	T	T	J	Q	N	V	L	D	X	Y	J	L	W

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Web & Tech (Lee & Dan G)

Lee: Meeting this Saturday online at 9:00 am. We'll discuss and make a motion to move it to 10:00 am on Saturdays in-person moving forward and we are hoping that will spear on more participation.

Dan: Seattle Intergroup provides email boxes to groups that need them. They use it for things like Zoom. We have our own copy of Gmail. You get an email box from us and if you get into trouble, we can reset your account and reset your password, which includes all of the recovery information. It is a Gmail mailbox, no additional cost. If you are interested you can contact me or Lara and we will set it up. treasurer@seattleaa.org.

Special Events (Steve R)

I attended the Office Committee meeting. I am trying to put a plan together. I will be focusing on four events for the year and do them well. If you have any ideas for fundraisers or events, please email me at specialevents@seattleaa.org.

GSIG District Reports

District 14 (Stacia)

This is my first meeting as the new district rep for District 14. I am very happy to be here. Kim spoke very highly of her years here and I am very excited to do it and looking forward to this. We are trying to bring in more representation. Everyone is just getting to know their jobs. We are helping out with BLA

District 16 (Kathleen B)

Northgate, University District. We still have quite a few positions open. We need help with that. The Area Treasurer made a visit and spoke about group distributions. We are Co-Chairing with BLA and will be doing a panel.

District 18 (Ali)

First time doing this. We had our very 1st In-person district meeting, which was Hybrid. It was cool and exciting to connect with people.

District 24 (Greg S)

There were several people that wanted help with the Helpline with the phones and wanted to come down to Intergroup as a group. Dan came to District and explained what Seattle Intergroup does for District 24. Chrystal, Area Delegate came out and gave a presentation about GSR responsibilities.

BOARD MEETING MINUTES

District 31 (Thomas)

We worked on our budget, and got a few things resolved. We held a Service Workshop on the 4th of February with Delegates. It turned out good. We donated to BLA. Open positions need to be filled.

District 32 (Samantha M)

Thank you for the information from Dan regarding Web information, and thank you for all the service work that's happening. We currently have 4 open positions. District 32 covers Federal Way, Auburn, Pacific & Algon. BLA takes place at Brooklake Church which is where our District meets on the 3rd Monday of the month. We have been spreading the word about BLA and are excited for March 11th to come around.

District 40 (Ellen)

First time at this meeting. I am grateful to be here and just taking it all in tonight.

District 41 (Laurel)

We will be holding a Pre-Conference on March 19th. There is a New Business Motion/Discussion for the 2024 conference in New York. Deaf communities are asking for translation of the Service Manual. Next month I will present to Intergroup that we would like GSO to consider making plans for the Service Manual. We now have a lot of GSR's that don't benefit from reading English or understanding the interpreted version. It will be brought up at the Area Assembly as well.

District 42 (Mikey C)

Greetings from D42: Shoreline, Richmond Beach, Lake Forest Park

D42 meets every 2nd Thursday at 7: p.m. on zoom Meeting ID 930 1782 3319 p/c 202171,

Everyone is welcome.

- D42 is growing; we had 3 solid groups come back to the district. We welcome back; the Men's room, Lake city big book and DRU north.
- GSR's just a reminder to make sure groups update their meeting information is current with greater Seattle intergroup.

If your group or individuals want to answer phones there are plenty of opportunities to have phone forwarded. What a great way to practice what was freely passed on to us. Call intergroup!

Intergroup has a lot of events going on, Burien little assembly is looking for volunteers for March 11. BLA does have a website at: burienlittleassembly.org

District 42 (Mikey C) continued next page »

BOARD MEETING MINUTES

« *District 42 (Mikey C)* continued

- Also, some jails are opening up and looking for groups to take in a meeting, go to the seattleaa.org and join the 12 step committee.
- Rob at Nightwatch is looking for volunteers for just 1 shift 4 hours a month..
- Finally, Laurel our awesome accessibility chair is asking for donations to the “Blue” can which helps bring ASL to meetings. Funds are needed badly, please help offset costs because it keeps this much needed service running for all.
- Amy is requesting volunteers for Bridging the Gap,
- H & T West, is also asking for funds for the “Pink” can which provides books to hospitals and treatment centers.
- John DD is putting a workshop on the “how and why” of the importance of the 12th step. March 18, starting at 11a.m.

In Service:

Mikey C — D42 Group Rep

Upcoming Events

Seattle Group Saturdays at 6:00PM

- GSIG Service Manual Study 1st Sunday of the month at 11:00am
- Trad Study 4th Tuesday of the month at 7:00pm
- The 50th Annual Burien Little Assembly is March 11, 2023 in person and online at Brooklake Church in Federal Way.
- District 24 Gratitude Potluck Dinner — St. Pius X Gymnasium 22301 58th Ave W, Mountlake Terrace, WA Raffle Baskets and 50/50 Raffle \$5 suggested donation at the door. Doors open at 5:00pm Dinner at 6:00pm Speakers at 7:00pm 2023

MOTION TO CLOSE

Moved by: West /Seconded: Dan

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50TH ANNUAL BURIEN LITTLE ASSEMBLY

**MARCH 11, 2023
IN PERSON AND ONLINE
BROOKLAKE CHURCH, FEDERAL WAY**

BLA is a free one-day event, focused on Service.



Panels and speakers from AA and AlAnon, sharing experience, strength, and hope in service. Fellowship, food, and fun!

This year's theme is
A.A.'s Three Legacies—Our Common Solution

Includes panels with translation between Spanish and English

WE NEED YOU!

Help us plan and organize the day, volunteer for the day of the Assembly, and help support with 7th Tradition Contributions.

Planning Meetings Jan 9, Feb 6, and Mar 6 at 7:30 pm on Zoom:

Meeting ID: 896 3548 2091
Passcode: 330494

For more information about BLA and opportunities to be of service,, email bla@seattleaa.org, or check out

www.burienlittleassembly.org



GREATER SEATTLE INTERGROUP
ALCOHOLICS ANONYMOUS

THE SEATTLE GROUP
An open meeting of Alcoholics Anonymous

**Saturdays at 6:00PM
5507 6th Ave S.
Seattle, Wa. 98108**

**Join us for Fellowship at 5:30PM
Speakers at 6:00PM**

SCHEDULED SPEAKERS

March 4th Dave S.

March 11th Christy D.

March 18th Ron R.

March 25th Chelle L.

April 1st Krista F.

April 8th Bob H.

April 15th Courtney S.

April 22nd Lisa H.

April 29th Rob S.



NEED VOLUNTEERS CARRY AA MESSAGE TO CORRECTIONS

Correctional facilities are starting to reopen for AA meetings and we are short on volunteers. Help the incarcerated suffering alcoholic by committing to one meeting a month. This will help a lot!

Federal Detention Center (SeaTac) – Thursdays 5:30-7pm

-minimum 18 mos sobriety; 5 yrs out of custody; not on probation

Regional Justice Center (Kent) – Thursdays 7-8pm

-3yrs off alcoholic & marijuana; 7yrs off hard drugs; 3 yrs off probation

Basic clearance requirements shown above. Email Corrections for additional information and jail application or other ways you can help.

volunteercorrections@gmail.org or corrections@seattleaa.org



The GSI 12th Step Committee invites you to 12th Step Workshop

Learn all about 12th Step Calls

What is a 12th Step Call?

Why do we make 12th Step Calls?

How to make 12th Step Calls?

FOOD PROVIDED

When: March 18, 2023 11am-1pm

Where: In person at Seattle Intergroup

5507 6th Ave S., Seattle 98108

Virtual: Meeting ID 884 6006 6987

Passcode: 257750



Seattle Intergroup Corrections Committee invites you to Spring Sign UP

SATURDAY APRIL 1ST 1-3PM
5507 6TH AVE SOUTH
QUESTIONS?

VOLUNTEERCORRECTIONS@SEATTLEAA.ORG

Refreshments

Speakers

Volunteer opportunities

Carrying the message to the incarcerated Alcoholic

OPEN MIC

March 11TH
SATURDAY - 7:30PM

YOU CAN DO :

Singing Acoustic Guitar

(No Karaoke We will Accompany you)

Acoustic Instruments Comedy

Keyboard Poetry

Whistling & More

Seattle Intergroup

5507 6TH Ave S. Seattle, WA 98108

BRING FOOD & SNACKS

FOR MORE INFO:

Text Yoshi (253)209-6802 / Reith (206)434-2589

District 24 Annual GRATITUDE POTLUCK DINNER Saturday, March 11, 2023

AA Speaker: Astri T.

Young Person Speaker: Desi H.

Raffle Baskets and 50/50 Raffle

\$5 Suggested Donation at the Door
(gets you a raffle/basket ticket)



St. Pius X Gymnasium
22301 58th Ave. W.
Mountlake Terrace, WA
98043

Directions: From I-5, either direction—take the 220th St SW exit, turn east onto 220th St., take the first right onto 58th Ave. Your destination is just past 222nd Place on the left-hand side of the road.

♦ Doors Open at 5:00 p.m.

♦ Dinner at 6:00 p.m.

♦ Speakers at 7:00 p.m.

HOME GROUPS:

PLEASE BRING **RAFFLE ITEM** AND

HAM OR TURKEY

INDIVIDUALS:

PLEASE BRING A **SIDE DISH** OR

DESSERT

VOLUNTEERS: Contact Claire W. at dist.24events@yahoo.com



SERVICE MANUAL STUDY

SPONSORED BY THE
GSIG THIRD LEGACY COMMITTEE

BEGINNING IN 2023 WE WILL START STUDY-
ING THE NEW SERVICE MANUAL.

THIS DISCUSSION AND STUDY WILL BE
FACILITATED BY AREA 72 TRUSTED
SERVANTS.

JOIN US IN PERSON AT GSIG OFFICE OR ON
ZOOM on the *1st Sunday of each month at 11am*

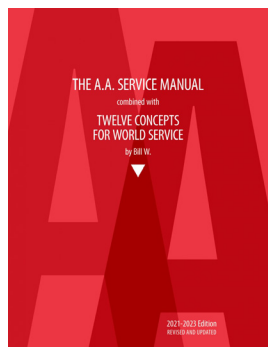
SEATTLE INTERGROUP

5507 6TH AVE S.,
SEATTLE 98108

ZOOM INFO:

MEETING ID 863 6483
7688

PASSCODE 022841



SPONSORSHIP WORKSHOP

WITH SEATTLE INTERGROUP-
THIRD LEGACY
COMMITTEE

WHAT DOES THE AA LITERATURE SAY
ABOUT SPONSORSHIP?

WHAT DO I LOOK FOR IN A SPONSOR?
HOW CAN I BE A MORE EFFECTIVE
SPONSOR?

WHAT IS THE EXPERIENCE OF SOME OF
OUR LOCAL AA MEETINGS AND MEMBERS
WITH SPONSORSHIP?

FIND OUT THE ANSWERS TO THESE
QUESTIONS AND MORE

MARCH 25TH

JUNE 24TH

SEPTEMBER 23RD

HYBRID EVENT

IN PERSON AT SEATTLE INTERGROUP

5507 6TH AVE S SEATTLE 98108

ON ZOOM

MEETING ID 883 3095 4767



High & Dry Call for Entries

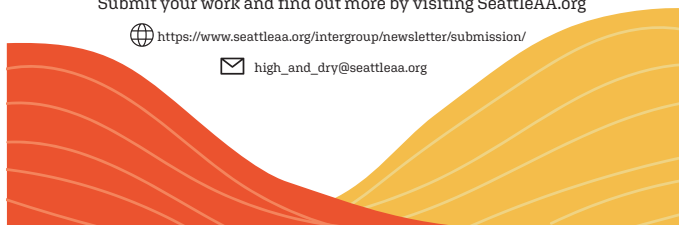
The High & Dry, Seattle Intergroup's Monthly Newsletter,
is looking for original content from local drunks.
This is a great opportunity to serve our fellowship!

- Stories About Recovery
- Poetry & Creative Writing
- Art & Photography
- Comics & Jokes
- Information about Sober Activities & Service Opportunities

Submit your work and find out more by visiting SeattleAA.org

<https://www.seattleaa.org/intergroup/newsletter/submission/>

high_and_dry@seattleaa.org



TRADITION STUDY

WITH THE
GSIG THIRD LEGACY COMMITTEE

STUDY THE TRADITION OF THE
MONTH WITH THE THIRD LEGACY
COMMITTEE.

WHEN: **FOURTH TUESDAY AT 7PM**
Starting January 24, 2023

THIS MEETING IS HYBRID. COME
DOWN TO THE OFFICE OR JOIN IN
ON ZOOM.

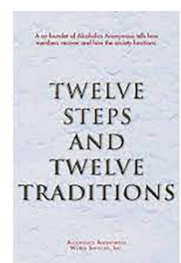
IN PERSON AT SEATTLE
INTERGROUP

5507 6TH AVE S., SEATTLE 98108

ON ZOOM

MEETING ID 858 5142 0330

PASSCODE 051501



High & Dry

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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 6th Avenue South, Seattle WA 98108 (Phone: 206-587-2838) 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 25th of each month.

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Get Involved

If you are interested in getting involved with the Greater Seattle Intergroup, please fill out this form and mail it to us, email it to us at info@seattleaa.org, or give Lara or Anita a call at (206) 587-2838.

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