

IN THIS NEWSLETTER

From our
Executive Director

Where does all this
food come from
anyway?

Food In Motion

SHOP & SUPPORT OSL
GREAT HOLIDAYS GIFTS

Mapping the Regional
Impact of OSL

Employee Highlight:
Taran Graham

Volunteer Highlight:
BRE Properties, Inc.

Board Member
Highlight:
Pam Johnson

EVENTS:
25th Anniversary Gala
Annual Luncheon

Gratitude

DONATE NOW
"FREE GIFT"

OSL
PO Box 4128
Seattle, WA 98194
www.oslserves.org

OSL (OPERATION: Sack Lunch)

Fall 2013



ONLY SERVING LOVE

"Some days are Diamonds, Some days are Stones" ~ John Denver

From our
Executive Director

If you are a rock collector, like I am, you will know that sometimes diamonds are not the rarest stone, and sometimes a rough cut, dirty rock, is a priceless mineral.

2013 has held some interesting challenges for OSL. Some days were diamonds and some days were stones; but even the rough stones gave us priceless life experiences.

Our donations have been down by about 60% and our meal delivery is up by 10,000 per month. Last year at this time we were serving 26,000 meals per month and we are now serving 36,120 meals per month. We were short staffed for most of the year and everyone worked extra to fill in the gaps.

In July, Chef Paul almost lost his foot due to a diabetic infection. He was out of work for more than a month and the OSL staff frantically switched schedules to cover his shifts. He was able to come back and is now working on controlling his diabetes, unknown to him prior to his foot injury, by changing his diet.

Krista, the OSL Operations Director, has been with OSL for 10 years. She unexpectedly became a foster mother to three of her nephews; ages 1, 3 and 6. She went from a single mom of a 14 year old son to a single mom with four rambunctious boys! One of them, a teenager! Krista's world drastically changed and OSL worked through the struggles with her. Although we have always deeply admired Krista, this selfless act exemplified the ethic of OSL.

In March, I was in a forest fire, and became almost fatally ill, with Carbon Monoxide Poisoning. It was misdiagnosed and escalated to latent CO poisoning which included losing mobility, cognitive function, and convulsions that herniated several discs in my spine and cracked two ribs out of my back. After several months of spinal decompression and 30 dives in a life-saving hyperbaric chamber, the crisis was mostly under control.

Those were the stones...and they were priceless.

These difficult moments were symbolic for OSL as an organization. We struggled, we went down on our knees, and we arose from the fire.

The diamonds?

Chef Paul is now creating amazing menus for those we serve that struggle with diabetes. Krista, has stretched and grown and learned the amazing truth about the capacity of love; the more there is to love, the more love there is to give. And I learned what it means to be tempered by fire, to walk away from fear, to embrace breathing in this moment. We have all grown. We have all become just a little more aware of our own fragility, a

little more accepting and patient, and a little more open to living life breathing deep breaths, closing our eyes, and trusting that whatever is next, is what is supposed to be.

Throughout these difficult moments, the OSL staff and board marched stalwartly forward, keeping the ovens turned on, the wheels on the road, and the plates, full of beautiful nutritionally dense food, on the table. We never missed a meal.

Entering our 25th year of service, OSL continues to be essential in both the emergency food system and the sustainable food system in Seattle. Our concept of nutritionally dense food, once considered radically unnecessary, has been instrumental in changing the minds and protocols of other meal providers and governmental agencies. Our strategy begins with our fundamental organizational tenet that *nutritional excellence is a right we are born to, not a privilege that we earn*. It continues with our commitment to serving food that is nutritionally sound and safe, using quality ingredients, organic when possible, sustainably grown, humanely raised, ethically harvested, and local to the United States. We operate from the premise that meals prepared with love, nourish with love; body, mind and spirit.

OSL as an organization has evolved and matured. We can see this maturity, not only in the work we do in the community and the contributions we make to create an equitable food system, but also in our 20 person staff, some formerly homeless, our partners, and our supporters. Many of you have been with us since day one. You have grown up with us, allowed us to do the two things that we do best...

Serve and Love...

Some of you have just met us and are learning about our work, and what our small piece of the puzzle means to the greater community. As we move closer to our 25th year celebration in 2014, we gaze backwards with wonder at what we have accomplished; we look forward with anticipation at what we can become with due diligence and persistence, and we contemplate the present, the now, and all the lives we touch, we change, we save...We are blessed and graced by our volunteers, our donors, our supporters; those we serve and those who serve with us.

Because of you, because you have gifted us with your trust, believed in our mission of ending hunger, homelessness, and hatred, and applauded our efforts even in challenging times, we continue each day in our commitment to be givers to this life and this world.

***Today, we are
Only Serving Love.***

Beverly Graham



***"I learned what it means to
be tempered by fire, to walk
away from fear, to embrace
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Volunteer Highlight: *BRE Properties, Inc.*

Board Member Highlight: *Pam Johnson*

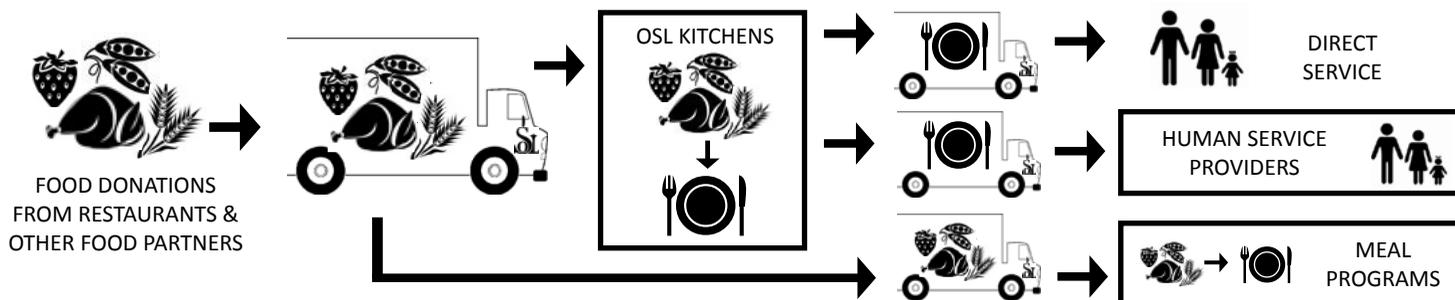
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Where does all this food come from anyway? Food In Motion



OSL's Food in Motion program (FIM) is a vital part of our service, both procuring ingredients needed for the more than 35,000 meals we create monthly, and as an element in food sustainability within our community. Moving nearly half a million pounds of food annually throughout King County, FIM is an eco-friendly way to deliver meals to those in need. Rescuing high quality ingredients such as salmon, halibut, poultry, beef, produce, fresh fruit, and dry goods, from restaurants, caterers, and grocery stores, FIM redistributes food previously slated for the waste stream, yet still fresh and usable. OSL chefs use what we need, crafting the food items into full, hot, nutritious meals, and share what we don't need with other meal programs, and dozens of human service providers. What began informally with the purchase of our first refrigerated vehicle, funded by the Seattle Foundation in 2005, has now grown into more than 2,110,068 lbs. of rescued meal ingredients, used by OSL and shared with more than 25 human service providers. In 2012, OSL rescued 434,000 lbs. and delivered to 26 agencies.

Our commitment to share resources was the impetus behind the creation of FIM to deliver to programs

unable to access these resources, as well as sharing our kitchen, staff, vehicles, and supplies. Food In Motion is unique, not only in the types of nutritionally dense food we rescue, but also food that is specific to meal provision and meal providers. There are no similar programs serving the needs of Meal Providers and the clients they assist in Washington State.

We estimate the meal supplies FIM will transport in 2013 at a modest \$3.99 per pound or \$1,731,977 dollars; an invaluable resource for the hungry in our community. By expanding Food In Motion we estimate we will effectively serve more than 20,000 unduplicated, food challenged individuals annually. OSL now has 2 refrigerated vehicles and is currently working on the purchase of a mobile food pantry. We currently have five dedicated food delivery vehicles in our fleet. With the recent significant reduction of SNAP (food stamps) benefits this meal service and education is even more paramount.

When you support OSL every dollar is stretched and reaches far into the community. Thank you!

15% of sales donated to OSL
Dec 1-8, 2013
(206) 779-0668
1111 NW 85th St • Seattle

Creative Fundraising Ideas?

Our friends at Home & Garden Art in Ballard and MOD Pizza are generously spreading Holiday cheer by contributing a portion of their sales to OSL in November and the first half of December. By supporting them you are supporting OSL! OSL is always looking for new partnerships to continue to support our work, such as marathon teams and garage sales. These are just some of the ideas we can help with. Contact us. Together we can work to end hunger in our community!

info@OSLserves.org • 206.922.2078



\$1.00 for every MOD Pizza sold
at the Seattle Center location will be donated to OSL

Nov 26 - Dec 1

www.MODpizza.com

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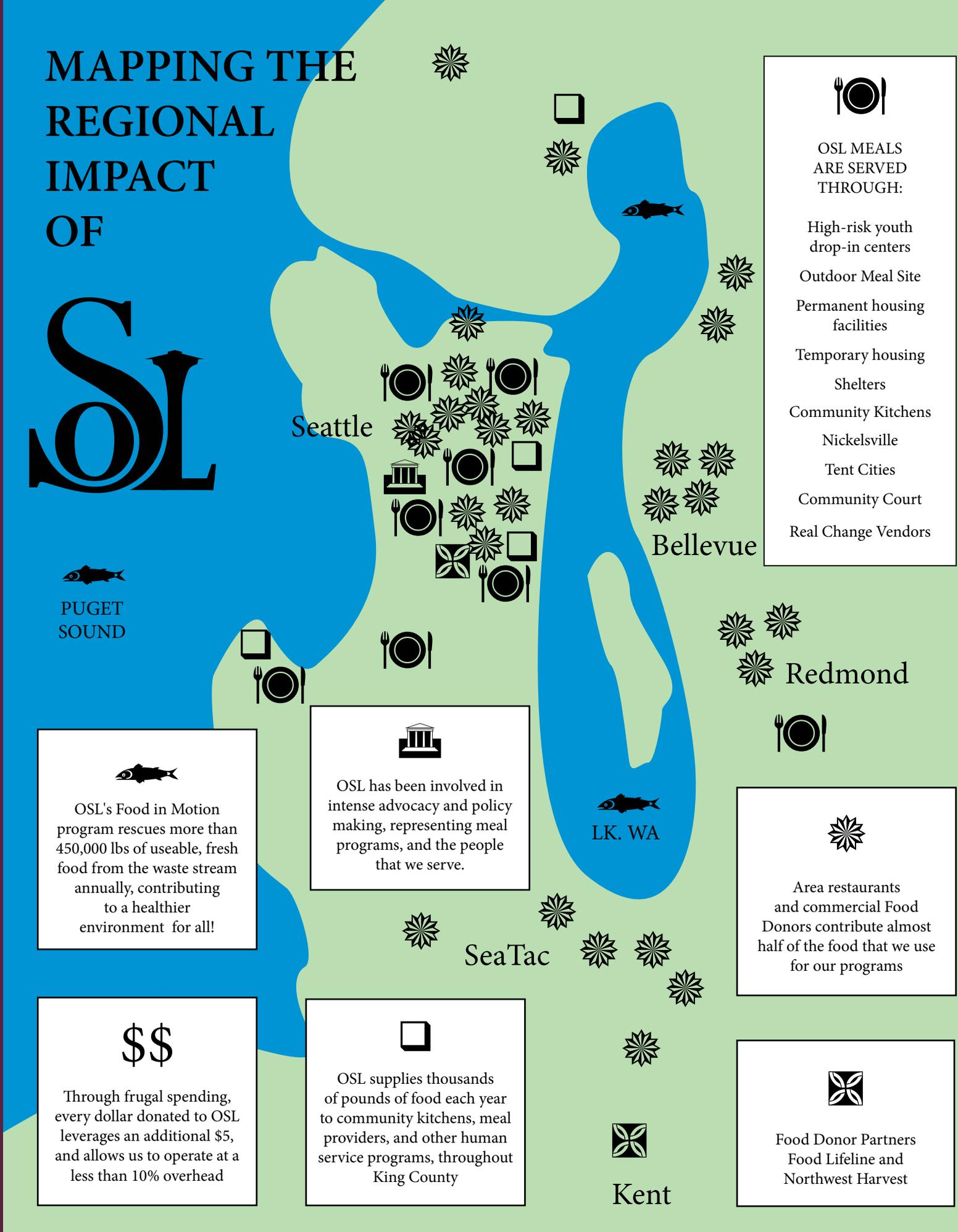
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MAPPING THE REGIONAL IMPACT OF



OSL MEALS ARE SERVED THROUGH:

- High-risk youth drop-in centers
- Outdoor Meal Site
- Permanent housing facilities
- Temporary housing Shelters
- Community Kitchens
- Nickelsville
- Tent Cities
- Community Court
- Real Change Vendors


PUGET SOUND

Seattle

Bellevue

Redmond

LK. WA

SeaTac

Kent


OSL's Food in Motion program rescues more than 450,000 lbs of useable, fresh food from the waste stream annually, contributing to a healthier environment for all!


OSL has been involved in intense advocacy and policy making, representing meal programs, and the people that we serve.


Area restaurants and commercial Food Donors contribute almost half of the food that we use for our programs

\$\$
Through frugal spending, every dollar donated to OSL leverages an additional \$5, and allows us to operate at a less than 10% overhead


OSL supplies thousands of pounds of food each year to community kitchens, meal providers, and other human service programs, throughout King County


Food Donor Partners
Food Lifeline and
Northwest Harvest

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Employee Highlight: Taran Graham

OSL's Development Intern, Peter Lee, conducted an interview with OSL's Chef Taran. Let's listen in!

Peter: How did you get started with OSL? **Taran:** My mother, Beverly, is the founder of OSL, so I was recruited at the age of 7. I helped put hundreds of sack lunches together on the living room floor, packaging them up and driving to downtown Seattle and handing them out around the Occidental Park area. It wasn't exactly voluntary. We did that for many years and the amount of food kept growing and growing

Do you feel OSL has been a major part of your life? I do feel that way, even before it directly was. As a young person, the exposure to different life experiences that were presented through OSL was unique; things that most children do not get to experience. It opened my eyes to the harsh realities of the world and it presented me with an opportunity to be part of the positive change in that world.

It sounds like OSL has been a major shaping force in your life. Had you not had the OSL experience, where do you think you might be today? Loaded question! Who I think I might have been without OSL it is so far away from the person that I am makes it hard for me to even visualize. I had a long struggle with substance abuse from my teens to my mid-twenties, and when I was first hired in 2007 I was in the very beginnings of trying to correct that. OSL was extremely patient and supportive during that process. I do have a lot of gratitude that OSL provided me an environment to change my lifestyle. They have done this for so many staff members. The road I was traveling could have had many outcomes. Bottom line is that OSL altered that path for me for the good.

You mentioned before you joined the OSL staff fulltime, you worked for another employer for 10 years. Where was that? It was the Village pizzeria in Langley on Whidbey Island. I was told I'd only be a dishwasher and then within the first year I was running the kitchen. Back then I was different person because I was in the throes of my substance abuse issues and I only worked to provide myself with recreation. I didn't pay bills, was transient for quite a while. I camped in the woods, slept in my car, crashed on people's couches, kept moving in and out of my parents' house, and thank goodness they were supportive enough of me to allow that to happen.

You said your son was the impetus behind your decision to accept a position with OSL. Do you feel that your time at OSL is reflective of what you want for your family and your son as well? Absolutely; my son and my daughter! My son, who is 7, is at an age where he knows and understands that I work with people who have life challenges and are unable, for whatever reason, to adequately serve their own nutritional needs. He knows that I run one of the OSL kitchens and he wants to help out. So I definitely think that the exposure is important.

Would you say that OSL's value is a kind of a family affair? Definitely! I would like my whole family to be a part of the OSL ethic. It's really the kind of thing that I think kids should be exposed to at a young

age, elementary school, so that when they are teenagers or young adults they are in a better position to make a positive impact. Coming from my own past selfish mentality and evolving to understand compassion, working within the community to make things better for people, is not just something for OSL, it is about doing something for somebody else, somebody other than ourselves.



What are some of your favorite OSL experiences? I have never had a negative experience with OSL. There was a time when I was put on disciplinary probation, I was suspended once for a month, and chastised for chronic tardiness, but none of it was ever done from a negative perspective. It was always so supportive and I was given the opportunity to make the right choices. Empowered, instead of criticized. This was a long time ago. OSL helped me grow up. The best experiences are when things seem totally impossible, and then at the end of the day we look back and realize that we did it! And what we, the OSL staff accomplishes, happens on a regular basis. The fundraisers that we've done in the last two years has showcased the work that we do for those who may think that we just put together some sack lunches, or hot dogs. Not true. The meals the OSL staff puts together daily is 5 star quality; Hot nutritious meals, beautiful food. We might look like a bunch of misfits, but we care about the meals we serve, and the people we prepare them for. So when we do a fundraiser and the attendees eat a meal we've created, and they say "oh my gosh, this is amazing!", that is a unique and gratifying experience.

You said that you really enjoy doing educational piece, working with students and volunteers as well. The one thing that is important for me is that at the end of the day, I want everyone who serves with us and everyone we serve to leave feeling that there is no "them and us". There is just "us" all of us. Sometimes life takes us down unexpected paths, when that happens it is good to know that there are people out there to help. We don't know what someone else's story is, how they got to the street, and what it takes to get out of that environment. Some are so despondent, depressed, or even angry that they have a hard time getting back into the workforce. It starts with a bad situation getting worse. Maybe a bad business decision, maybe a bad financial investment, maybe an illness or an accident, maybe getting kicked out of the house, maybe substance abuse...No matter what the story is, it doesn't make us less of a person, or less worthy of good food. The students that volunteer with us, really end up seeing this. We have been told by them that the volunteer experience with us has altered their perceptions on the stereotype of homelessness

What is the one thing you want to tell people about OSL? Get involved. It doesn't always mean that you have to give money; it doesn't always mean that you have to donate time. Maybe you've got a knack for knitting and can knit hats for the winter or you've got a connection somewhere for garbage bags, or you happen to know youth groups that would like to volunteer or do a food drive. And I don't mean just get involved with OSL, I mean get involved with life. OSL is just one way. There is a whole world out there that needs all of us to participate. Contribute in some way, big or small.

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Volunteer Highlight BRE Properties

As Development Director of OSL, Kim Jones has the pleasure of meeting with corporate and other volunteer groups who help us prepare thousands of meals each week. Volunteers make up nearly 40% of the OSL work force. Being able to introduce individuals and groups to the work that we do in the community, and to be involved in their interaction with each other, our staff, and our clientele, is one of her favorite aspects of her position. OSL creates special bonds with our volunteers, whether it is a corporate group or an individual; adults or children.

One of these corporate groups is BRE Properties, an eastside property management company that came to us through King County United Way. BRE joined us several times over the summer, bringing different staff members each time. We were invited to join in on their awesome "12th-man" themed Community Giving Campaign kick-off event in October. People dressed up in Seahawks gear, and there were many cheers as raffle tickets were traded for pledge forms. It was inspirational to witness an 80 person staff, from accountants to landscapers, get fired up about creating a company-wide commitment to support their collective community.

The enthusiasm is not one sided. Besides being willing to lend financial support, BRE makes volunteering fun. Here is what Belinda, BRE's Sr. Operations Assistant, had to say about the OSL experience:

What are your favorite volunteering moments with us?

Operation Sack Lunch was a huge hit with the BRE summer service teams. Our associates enjoyed rolling up their sleeves and getting busy in the kitchen preparing a meal under the direction of the OSL chefs. Then, to have the opportunity to serve that meal and connect with the people was so impactful. This has been the most popular BRE volunteer event.

How does OSL's mission resonate with BRE? BRE's mission statement says "be passionate about enhancing lives". While this is pointed primarily at the residents who live in our apartment communities, our associates are given 16 paid hours a year to volunteer...to enhance lives. With OSL: mission complete!

What brings your organization back to volunteer with us over and over again? Our employees! They ask for it. In fact, they love it so much they want to share the experience with their families and friends! As for me personally, my family will be preparing Christmas Eve dinner this year; I can't wait!

Thank you so much BRE for being part of our team this year, and WE can't wait to see you again!



Get Involved!

Volunteering for OSL with your friends, coworkers, and family is an excellent team building event, promoting camaraderie and empathy. Some of the groups that have volunteered with us this year include:

<i>Safeco Insurance</i>	<i>KPMG</i>
<i>UNFI</i>	<i>SD Deacon</i>
<i>Starbucks</i>	<i>BDA</i>
<i>UPS</i>	<i>EK Riley</i>
<i>Farmers Insurance</i>	<i>Northern Trust</i>
<i>Target (various stores)</i>	<i>Brighton Jones</i>
<i>Nordstroms (various stores)</i>	<i>Pinnacle</i>
<i>Ace Hardware (various stores)</i>	<i>McAdams Wright</i>
<i>Modified Dolls</i>	<i>Seattle Metropolitan</i>
<i>Community Health Plan</i>	<i>Credit Union</i>
<i>PACCAR</i>	<i>DLR</i>
<i>Expedia</i>	<i>K&L Gates</i>
<i>Key Bank</i>	<i>Russell Investments</i>
<i>Future Leaders</i>	<i>Seattle Uni.</i>
<i>Seattle Librarians</i>	<i>Executive Leadership</i>
<i>Three Step Dating</i>	<i>United Way of King County's</i>
<i>Pariveda</i>	<i>Up Coming Leaders</i>
<i>Softchoice</i>	<i>UW School of Public Health</i>
<i>Deloitte</i>	<i>Green Planet</i>
<i>Cequint</i>	<i>UW Bothell</i>
<i>AE Keeton</i>	<i>Meet-Up</i>
<i>USIS</i>	<i>NAAAP</i>
<i>Verizon</i>	
<i>DSHS</i>	
<i>BRE Properties</i>	
<i>Accenture</i>	

If you would like more information on OSL's community service options please contact 206.922.2015 or volunteer@OSLserves.org



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Board Member Highlight ~ Pam Johnson

Our Board Members are valued participants of the OSL team. They provide a sounding board, advice, mentoring, expertise, and resources. They help create an organizational environment that allows respectful engagement, a common ideal with the voices of many, and a fiscal safety net. Perhaps you may be interested in a board member position with the OSL board. We would like to introduce our newest board member, Pam Johnson.



Pamela Johnson is currently the vice-president and secretary of the Johnson-Haefling Foundation, a private family foundation that funds a variety of local and international organizations seeking to address issues of poverty (food/water insecurity, homelessness, access to educational opportunity or medical care) and ecology. After earning her doctorate in Organizational Behavior, she enjoyed a 15 year career in higher education, teaching most recently in the master's program at the Leadership Institute of Seattle, and as an organizational systems consultant. After leaving

her teaching position, she served as a trustee of Saybrook University in the positions of vice-chair and chair of Academic Affairs.

Pam recently joined the OSL board, attracted by the notion that an organization would offer their intention as "only serving love" with the belief that access to food is a right, not a privilege. OSL has a vital role to play in the ecosystem of organizations responding to issues of food insecurity in this region. In her new role, she hopes to be helpful in magnifying the impact of OSL and enhancing its capacity to serve those most in need. Other interests include travel and art – most recently, pastel and oil painting.

If you are interested in information regarding joining the OSL Board of Directors, please email beverly@OSLserves.org

The 2013/2014
OSL Board of
Directors

Brian Allen
(Chair)
Deborah Jones
(Co-Chair)
Pitt Means
(Secretary)
John Work
Miranda Porterfield
Jeff Mueller
Chris Pence
Ned Gebert
Michael Visaya
Pamela Johnson



SAVE THIS DATE! YOU WON'T WANT TO MISS IT!

OCTOBER 25TH, 2014

*OSL will celebrate its 25th anniversary in 2014
and we are going to do it up right!*

OSL'S 25TH ANNIVERSARY GALA

will feature a concert with

OSL Founder, Fearless Leader, & Recording Artist

BEVERLY GRAHAM

As well as a variety of outstanding musical guests to be announced!

Seating will be limited so stay tuned for more information!

Contact Kim at kim@OSLserves.org or 206 922 2078
to get on our contact list and for reservation information.

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Gratitude We would like to extend our gratitude and deep appreciation to all those who have supported OSL throughout the year. The generous gift of your time, talent, and treasure, allows us to continue to serve our neighbors who struggle with hunger. THANK YOU and many blessing to each of you. Thank you for including OSL in your holiday gifting and year end tax deductible donations.

ATS Automation Medina	Westside Unitarian Congregation Zylstra, Kirk & Mariann	Schram, Ken & Sandi Eickelberg, Lorelei	Coxon, Hannah Colangelo, Annapoorne
United Way-King County Safeco Corporation	Hagar, Joseph	Elkey, William	Chu, Frances
Haefling, Carl & Pamela Johnson	Harrelson, Mary	Evans, Mark/Susan	Christiansen, Kim & Bridgette
Marenakos, Inc	Toy, Stephen	Beers, Becky	Cassidy, Lois
Dunham, Sam	Bacon, Dick	Jarman, Megan	Carson, Matt
Allen, Brian & Pamela Bowles-Allen	Easton, Karla	Eyman, Brendan	Byrnes, Gary
MicroSoft	Jordan, Jennifer	Eyman, Colleen & Eric	Burdell, Charles
Seattle Works	Yearsley, Alison	Jacobson, Jane	Brodeur, Nicole
Hockett, Michael	Axley, Vincent	Simpson, Charles and Nancy	Benson, Susan
The Banker Family	Day, Gerald & Molly	IAMAW LOCAL 2202	Becerra, Michelle
United Natural Food Inc	Cline, Brad & Tami	Wakefield, Margo & Steve	Yonemitsu, Hope
United Way-Kitsap	Kimball, Jerry	Huppin, Beth	Andrews, Elizabeth
Evergreen Ortho Clinic	Bulmer, Kurt	Simburg, Melvyn	Lanum, Mark
McKinstry Company	Levine, Luna	Howe, David	Aerojet
TKE, Inc	People To People International	Baum, David	Ryder, John
Montegary, Ioan	McDonald, Grant	Fleming, Katrina	Roth, Richard
Zimmerman, Dolores/Tony	Wilkowski, Ron	Vorass, Melanie	Kathleen
Sec. Of State Employee	Morgan, Sally	Freeman, Richard	Underdown, Mark
Univ. Of Wash	Mulvihill Law Firm	Haven Interior Design	Blake, Colleen
Active Research & Development	Niehl, Gary & Rene	Frey, Robert & Janet	Tempest, Andrew
Boal, John & Michelle	Pankiewicz, Kathleen & James	Valliant, Juli & John	Kirk, Kelli
Boeing Employees Good Neighbor Fund	Quinn, Kathleen	Haley, Michael	McNeely, Betty
Pence, Christopher C.	Mullin, Shirley	Samson, Justin	key Bank Foundation
Guinn, L. Brent & Genevieve	Newton, Mark	Gebert, David	Lee, yong
Gjording, Paul	Schanno, Kathy	Guzzo, Lori Lopez	Comitale, Lauren
Starbucks Partner Giving Program	Schulte, Anne	Ginther, John	Soriano, Alexa
Deacon Charitable Foundation	Riddell, Blythe	Glerum, Jay & Sara	Lewis, Kathleen
James, Thomas	Downing, Kaye	Spring, Brian	Calvo, Aurea
Radovan, Alex & Susan	Hagen, Joy & Stuart	Grimm, Jason & Lisa	Olobia, Augustine
Bodenstab, Gary	Mast, Edward	Grady, Douglas	Berkley, Ro
Young, Silvia	Hansen, Therese	Graham, Lisa	Stutz, David & Julie
Jones, Deborah	Henshaw, Rick	Myers, Roger	Simonson, James
Ries, Philip	Bagshaw, Sally & Bradley	Powell, Micaela	Torres, Frank
Seattle Foundation	Jessup, Toby	Seattle Pacific University	Pearson, Jenn
Kelly, Mary	Bonneleycke, Charlene & Jarl	Bailey, Andrea & Stanley	Arreola, Fe
Wash. Office of Financial Mgmt	Carolus, Joseph	Nicolosi, Paul	Gillespie, George
Shimada, Michi	Smart, William & Anne	Joyce, Michael & Elaine	Bly, Dawn
Ritter, Julia & Bill	Loya, Gillian Bauer	Gardner, Lauren	Vickrey, Margaret
Harbaugh, Charles	Brown, Peri Erickson	Russell Investments Matching	Gauger, Karen & Mark
Lee, Vince/Sandra	Piper, Joseph	Licata, Nick	Friends of TOPS
Gebert, Ned & Kristin	Pettit, Jonathan & Barbara	Goodwin, Mary & Ken	Foster, Zinda
Bodmer, Joseph/Julie	Roe, Perri	Sturtevant, Doreen	Haller, Debra
Wash. St Nursery & Landscape	Gagner, Nicolette	Simpson, Karen	Durham, Amelia
Haakenstad, Jill & Larry	Milne, Tom	Ryder, Josh	Doherty, John
Lyss, Julie	Hulteen, Jan	Barr, Patricia	Dickinson, Elizabeth
Camus, Marlice & Richard	Anonymous	Jacobsen, Patricia	Jellen, Paul Robert
Larson, Stephanie & Chris	UW Wa Snohomish	Chaney, Van	Jones, Darlene & John
Hradec, Mary and Norm	Seattle Academy of Arts & Sciences	Rose, Kelle	Joyce, Richard
Archer, Michael/Mary	Okeefe, Vicki	Hooning, Laura & Michael	Thackeray, Jennifer
Means, Richard	Nofsinger, Chrismon & Rena	Costco	Kaikkonen, Tuomas
Visaya, Michael & Jones, Jennifer	Robinson, Christine	Kampion, Drew	Tang, Jenny
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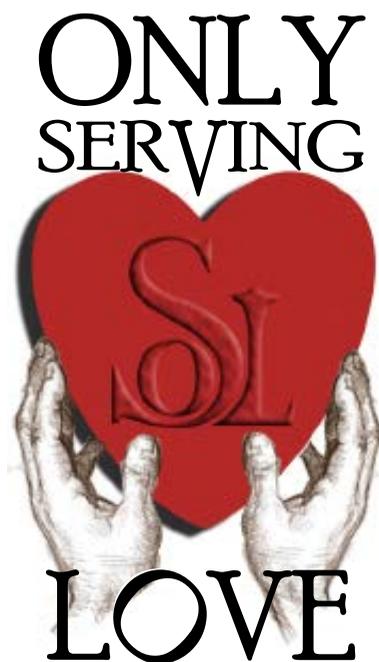
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