ABOUT THE OUUC ADULT EDUCATION PROGRAM

The Adult Education Program of OUUC seeks to foster life-long learning and spiritual growth through classes, workshops and events that expand and deepen understanding of Unitarian Universalism; facilitate the search for truth and meaning in all spheres of human knowledge; explore other spiritualities, religions and philosophies; enhance appreciation of the arts; promote social and earth justice; provide opportunities for learning new skills; and encourage sharing ideas and experiences among the participants.

Registration is open to all members and friends of OUUC and members of the larger community. If you would like a copy of this brochure mailed to you, please call the church office at 360-786-6383.

<u>REGISTER ONLINE</u> at <u>http://ouuc.org/education/adult-education/</u>

To reduce the chance of class cancelations because too few people have signed up, please register at least a week before your class begins.

The fee for one class is \$15; a fee of \$30 covers as many classes as you wish to take. Exceptions to this fee are noted in the class descriptions. The fee will be waived if it creates a hardship for you. A waiver can be requested when registering. On-site child care can also be requested when registering. Please feel free to invite your friends within the broader community to use the OUUC website to register for classes, but kindly remind them about the fee.

Unless otherwise noted, all class leaders are members of the OUUC community who generously contribute their expertise, time and hard work to develop their course material, completely gratis. Please make every effort to attend all sessions of each class for which you have signed up, or let the class leader know ahead of time if you can't attend. Newcomers to OUUC can find classes relevant to this faith tradition marked with a chalice logo.

The Adult Education Committee welcomes offers to lead future classes from members of the broader community as well as from the OUUC congregation. Please direct proposals or inquiries to the Adult Education Committee, c/o the OUUC Office (dre@ouuc.org / 360-786-6383), or contact a committee member directly. A committee member will contact you and guide you through the process of setting up your class. Current members are: Nancy Curtiss, Mary Moore, Bobbe Murray, Anne Radford, Ann Rockway (Chair), Julie Rosmond, Pat Sonnenstuhl, Bob Sundstrom, Gary Worthington, and Sara Lewis (Staff).

Because this process takes time, please make certain that you meet the deadlines below for submitting completed proposals for new classes:

For inclusion in the winter-spring 2018 program. (January – June): Oct. 1, 2017.

For inclusion in the fall 2018 program (September - December): May 15, 2018.

ADULT EDUCATION CLASSES

FOR AUTUMN 2017

BOOK GROUP

Date: Thursdays (3 sessions), September 28, October 26, and November 16 Time: 7:00 – 9:00 p.m. Place: OUUC Leader: Nancy Brickell Cost: Registration is free and not required

The OUUC Book Group will continue to meet the fourth Thursday of September and October, and the third Thursday of November to avoid meeting on Thanksgiving. You are invited to join in the discussions, whether for one book or all. The current selections include fiction and non-fiction titles.

September: *A Gentleman in Moscow* by Amor Towle. We are transported to The Metropol, the famed Moscow hotel, where Count Alexander Rostov lives under house arrest for a poem deemed incendiary by the Bolsheviks. Despite being confined to the hallway of the hotel, the Count lives an absorbing, adventure-filled existence, filled with capers, conspiracies and culture. Towle's Rostov is unflinchingly (and hilariously for readers) devoted to his station, even when forced to wait tables or confront communism. Towle magnificently conjures the grandeur of the Russian hotel and the vibrancy of the characters who call it home.

October: *The Book of Joy: Lasting Happiness in a Changing World* by the Dalai Lama and Desmond Tutu, with Douglas Carlton Abrams. An unexpected delight of this book is the frequency and ease with which these two men bring forth their playfulness, wit, wisdom, and laugh-out-loud humor, even when they are immersed in profoundly deep discourse. They teach the many ways in which it is possible to find joy even in the most difficult of times. Both the Dalai Lama and Desmond Tutu endured great hardship and adversity, yet their extraordinarily brilliant spirit shines brightly through every page of this amazing book.

November: *When Breath Becomes Air* by Paul Kalanithi. A reviewer for the *New York Times* stated, "I guarantee that finishing this book and then forgetting about it is simply not an option." At the age of thirty-six, on the verge of completing a decade's worth of training as a neurosurgeon, Paul Kalanithi was diagnosed with stage IV lung cancer. One day he was a doctor treating the dying, and the next he was a patient struggling to live. What makes life worth living in the face of death? What do you do when the future, no longer a ladder toward your goals in life, flattens out into a perpetual present? These are some of the questions Kalanithi wrestles with in this profoundly moving, exquisitely observed memoir. *U Today* says, "This book is

devastating and spectacular. Kalanithi is so likeable, so relatable, and so humble, that you become immersed in his world and forget where it's all heading."

Nancy Brickell has loved reading since the first grade. Sharing insights and ideas with others in book group adds tremendously to the enjoyment of the experience.

BUILDING YOUR OWN THEOLOGY

Date: Mondays (5 sessions) October 2, 9, 16, 23 and 30 Time: 7:00 – 9:00 p.m. Place: OUUC Leader: Gary Worthington

Building Your Own Theology (BYOT) is a shortened and modified version of the popular long time course. The class offers an opportunity for individuals to clarify their personal religious or spiritual beliefs in an atmosphere of mutual acceptance and appreciation. Participants will set their own individual goals, such as a written credo. We'll use a variety of approaches, including readings, group discussions, guided meditations, and short writing and drawing exercises, all in a nonjudgmental environment. Many of the materials and exercises will come from the BYOT manuals authored by Richard S. Gilbert and published by the Unitarian Universalist Association, but we'll use other resources also.

Participants are asked to bring a notebook or journal for the personal written exercises.

Gary Worthington has been an active member of OUUC since 1994, when he was a participant in a series of two BYOT courses. He has led *Building Your Own Theology, Spirituality and Our Cosmos*, and *Spiritual Perspectives on Time* classes. He has studied both Eastern and Western religions in depth, has been a meditator for many years, and has written two large historical novels set in India in which various faiths and their leaders play major roles. He and his wife Sandra have facilitated OUUC Circles of the Spirit groups for twelve years.

CAKES FOR THE QUEEN OF HEAVEN: A TEN SESSION SEMINAR FOR WOMEN IN FEMINIST THEALOGY

Date: Tuesdays (10 sessions) September 19, 26, October 3, 10, 17, 24, 31, and November 7, 14, and 21 Time: 7:00 – 9:00 p.m. Place: OUUC Leader: Anna Jones Class size is limited to 15 persons This seminar in feminist thealogy by Shirley A. Ranck was "created for those who are interested in exploring women's religious history.... Attitudes derived from religious philosophy and beliefs have had a profound effect on interpersonal relationships among women and men and on family patterns... and an equally profound effect on the power structures of all the institutions in our society. This program provides a vehicle by which adults may examine the historical roots of these phenomena and move toward effecting change ... where desirable and necessary."

Anna Jones has facilitated Cakes for the Queen of Heaven five times since attending one of the original trainings for the seminar in Davis, California in 1987. She most recently co-facilitated the seminar at the Olympia UU Congregation with Tana Gann and Diana Finch.

EARTHQUAKE: PREPARING FOR THE BIG ONE

Date: Mondays (3 sessions) November 6, 13, and 20 Time: 7:00 – 9:00 p.m. Place: OUUC Leaders: Steve Tilley and Robin Thompson

Earthquakes are the most likely natural disaster we face in Olympia. This workshop will help you prepare for them. A significant minor quake could leave you without help for a few days. However, the BIG ONE could leave you on your own for as much as two weeks due to disruption to highways, bridges, water lines, power, emergency services, gas, and communication systems. If you're ready for a big earthquake you'll be ready for most of the other likely disasters.

This class will be based on material Julie Rodwell, Norm Dixon and others developed for previous earthquake classes. If you couldn't attend or if you need a reminder, this is your chance. We'll cover such topics as:

- 1. Surviving the quake itself
- 2. Communications with loved ones
- 3. First Aid
- 4. Grab and go bag
- 5. Evacuation
- 6. Utility safety
- 7. Water, food, heat and shelter
- 8. Securing your home
- 9. Saving vital records

Steve Tilley worked with Julie Rodwell to develop earlier disaster preparedness classes and has taken Thurston Training for Community Emergency Response Teams and first aid training. He's collected supplies and made plans for his own home and will share these with the class and ask participants to share their own strategies.

Robin Thompson has worked in emergency services for over 25 years, including at the local, state and federal levels in Minnesota. She currently works in earthquake preparedness planning and education as Emergency Manager with the Washington State Military Department, where she developed many of the materials that will be used in this class.

FOCUUS ON OUUC – FINDING YOUR NICHE

Date: Sundays: November 5 and December 3 Time: 10:30 – 11:30 a.m. or 12:10 – 1:10 p.m. on each noted date Place: OUUC Leaders: Diana Finch, Lorrie Eaton, Bobbie Adams, Bernadette Farrell, and presenters from different programs

You are invited to consider Belonging – how to find your niche in our congregation. You may come to one session, or to them all. We encourage you to come to as many of the sessions as you can to get a clear picture of all our congregation has to offer. Find out about our congregation's history, Unitarian Universalist Principles and Sources, and how we come together in worship and fellowship. Find out about the many ways we live out our values through faith in action. Learn how we care for one another, and how our congregation is organized – how we make decisions. Bring your questions. Bring your curiosity.

The following lists the topics for each month's sessions. Watch the Weekly Announcements and a display in the Commons for more information.

November: History – UU and OUUC December: UU Principles and Sources and a quick tour January: Worship and Fellowship February: Faith in Action March: Pastoral Care/Caring Friends April: How we are organized and how our congregation makes decisions

FURTHER EXPLORATIONS OF THE SOUNDSCAPE AND DEEP LISTENING

Date: Wednesdays (3 sessions) November 1, 8 and 15 Time: 7:00 – 9:00 p.m. Place: OUUC Leader: Riley McLaughlin

Connecting with the natural soundscape can offer spiritual and mindful benefits as well as a new appreciation of the world around us. We'll review key aspects of the previous Soundscape class

and then look into techniques of deep listening to the world around us as developed by the composer Pauline Oliveros.

Riley is a musician whose career has included film soundtrack design, recording sounds 'in the wild' and explorations in soundscape design. One of his heroes was the composer John Cage, who welcomed unexpected sounds into his concerts so that audiences might learn to appreciate the world of uncomposed sound around them.

GETTING TO KNOW OUR MARINE/ESTUARY WORLD

Dates: (2 sessions) Saturday, September 16 and Monday, September 25 Leaders: Wendy Eklund and Taisha McFall Location: various, see below

This class will introduce people to our amazing Puget Sound estuary. Learn about and see marine life that share our environment and how what humans do affects the marine world.

Beach Walk: Wendy Eklund will meet participants at Burfoot Park, 6927 Boston Harbor Rd NE, on September 16th at 9:30 a.m. for a two hour beach walk. (minus tide .03 at 9:13 at Boston Harbor). Accessibility is limited, the path is steep with no railings.

At the Puget Sound Estuarium, September 25th, 6:30 - 8:30 p.m. Taisha will introduce attendees to the marine ambassadors who live in the aquariums, and the class will participate in an experiment that explains ocean acidification: what is it and why is it a problem. Estuarium is at 309 State Ave. NE. Parking downtown is free after 5:00 p.m.

Wendy Eklund is a retired Puget Sound Estuarium *Meet the Beach* program manager. Wendy has been a beach naturalist since 2011. She holds a B.S. in Environmental Studies from Western Washington University and many years' experience with Puget Sound focused programs.

Taisha McFall is currently Puget Sound Estuarium Manager. She has a B.A. and B.S. from The Evergreen State College with focus on zoology and evolutionary biology with additional experience studying biodiversity and cnidaria (jellies).

MEMBERSHIP CLASSES

For those who are new to Unitarian Universalism, the following four classes are required for membership. For the greatest benefit, participants are encouraged to take the first three classes in order. If you are transferring membership, only class four, *Becoming a Member*, is required.

If you are a long-time member, you may discover or deepen your understanding of what it means to be a Unitarian Universalist by taking the first three classes.

In order to provide the best possible membership class experience, we need a minimum of 8 registrants for each class. This number (or more) allows for a rich discussion among participants. We aim to create a cohort that will have the opportunity to become well acquainted over the course of the four classes, and to enjoy each other's support and friendship as potential new members of the congregation.

Membership class registrations must be submitted at least one week prior to the scheduled classes.

1. UU's Spiritual Heritage from Colonial America

Date: Monday September 18 Time: 7:00 - 9:00 p.m. Place: OUUC Leaders: Michele Hendrickson & Rich Kalman

Enrollment: A minimum of 8 persons must be registered to attend the class or it will not be held until the next series.

Hear the dramatic story of a small band of English colonists who carved the new town of Dedham and their church from the American wilderness in 1637. To understand our liberal free church tradition or to make much sense of deeply rooted realities of UU churches today, UUs need to understand the historical importance of the spirit of love manifest in covenantal organization. This small group of people in early seventeenth century Dedham, New England, stands as an example of this spirit of love and covenant.

2. Building a Beloved Community

Date: Monday September 25 Time: 7:00 - 9:00 p.m. Place: OUUC Leaders: Diana Finch & Lorrie Eaton

Enrollment: A minimum of 8 persons must be registered to attend the class or it will not be held until the next series.

Membership in a community looks different for each of us. It's also a balance between our spiritual selves and the secular/corporate responsibilities required to keep our doors open. What does it mean to be a part of the Unitarian Universalist community? What does OUUC expect of its members? What can its members expect of the community? All these questions and similar topics can make for enlightening discussions.

3. Meaning of Being a Unitarian Universalist

Date: Monday October 2 Time: 7:00 - 9:00 p.m. Place: OUUC Leaders: Diana Finch & Lorrie Eaton Enrollment: A minimum of 8 persons must be registered to attend the class or it will not be held until the next series.

Who are these Unitarian Universalists anyway? How do they thrive as a community without a common creed? What is it that they believe? What is it that they want to see in the world? We invite you to explore the Seven Principles of Unitarian Universalism and our OUUC Covenant.

4. Becoming a Member at OUUC

Date: TBA Time: TBA Place: OUUC Leader: The Reverend Eric Posa

This class provides an intimate view of OUUC. You will meet with OUUC's minister, The Reverend Eric Posa. You will have the opportunity to ask any questions you may have about our congregation. You will also meet with our Connections Coordinator to explore the many ways in which to become involved at OUUC that will best match your talents and gifts.

PRACTICING COMPASSION

Date: Saturday (1 session) October 21 Time: 9:45 – 11:45 a.m. Place: OUUC Leader: Susan Lobel

What is your definition of compassion and do you feel satisfied with the amount you experience in our modern world? This class will discuss compassion on different levels and brainstorm how to bring more compassion into our lives and the lives of others. There is a possibility of an ongoing group for the future. The class will be participatory, not a lecture class. Enrollment is limited to 12.

Susan is from New York City. She earned a Masters degree in both special education and clinical social work. Since moving to Olympia in 1988 she has become immersed in spirituality. Susan has learned a great deal about compassion through her work with bird rescue for the past 23 years. She is a friend of OUUC.

RACE AND ITS DEPICTION IN POPULAR FILMS

Dates: 3rd Thursdays (4 sessions fall) September 21, October 19, November 16, and December 21 Time: 6:30 – 9:00 p.m. Place: OUUC Sanctuary Leaders: Dr. Karen Johnson, the Revs. Tammy Stampfli and Carol McKinley

OUUC's Standing Up to Racism, in collaboration with the Black Alliance of Thurston County and The United Churches of Olympia, hosts a monthly film series to explore and better understand our perceptions and actions as they are reflected in the depiction of race in American popular culture. Films will include "Straight Outta Compton," "The Butler," and "Hidden Figures". Discussion will follow each film.

Facilitating the film showings and discussions will be Dr. Karen Johnson and Ava Underwood of The Black Alliance of Thurston County, The Reverend Dr. Tammy Stampfli, pastor of The United Churches of Olympia, and The Reverend Carol McKinley, affiliated community minister at Olympia Unitarian Universalist Congregation.

RELIGIOUS FREEDOM AND OUR CONSTITUTION

Date: Thursdays (4 sessions) September 28, October 5, 12 and 19 Time: 7:00 – 9:00 p.m. Place: OUUC Leader: Terence Artz

How well do you understand our constitutional protections of religious beliefs? How do you feel about what is commonly referred to as "the separation of church and state"? How should religious or spiritual values be expressed in public policy? In this class, we will build a basic understanding of what expressions the authors of our constitutions – both Federal and State - intended to protect or prohibit. We will expand on that understanding with a robust discussion of our own views of religious freedom, exploring various key issues that have arisen in our nation's history and grappling with what they mean in our lives today. Handouts from *The Federalist Papers* and other texts will be provided to class members.

Terence and his family moved to Olympia in 2007. Terence is a cum laude graduate of Seattle University's School of Law, former Washington Assistant Attorney General, and passionate student of American civics and constitutional history. Terence currently serves as the Department of Licensing's Records and Disclosure Officer.

RESISTANCE AND TRANSFORMATION: UU SOCIAL JUSTICE HISTORY

Date: Tuesdays (6 sessions) September 19, 26, October 3, 10, 17 and 24 Time: 9:30 a.m. – 12:00 p.m. Place: OUUC Leader: Sara Lewis Grounded in the belief that even "failures" in our history can be instructive, this program presents the ongoing struggle of our tradition to live up to its ever-evolving ideals of social transformation. Themes include abolition, peace-making, civil rights, free speech, utopianism, counter-culture, the women's movements of both 19th and 20th centuries, sexuality education, and LGBT equality.

Anyone interested may access the entire curriculum online:

http://www.uua.org/re/tapestry/adults/resistance

Sara Lewis is Director of Lifespan Religious Education at OUUC.

REUSABLE HOLIDAY GIFT BAGS

Date: Tuesday (1 session) November 28 Time: 6:30 – 9:00 pm Place: OUUC Leader: Melanie Ransom Class Size: Limited to 8 persons Materials fee: \$5.00 payable at the class

Paper gift wrap is nice, but reusable fabric gift bags last for decades! Learn how to sew a very simple gift bag in various sizes. Imagine never having to purchase holiday wrap ever again! This is a great project for everyone from non-sewers to experienced quilters. Sewing machines, sergers, fabric, and everything you need will be provided. You will leave the class with at least one completed bag, and instructions on how to make more when you get home.

Melanie Ransom has been a member of OUUC since 1998. She has been sewing since 1971 and is a member of the American Sewing Guild. She recently retired from a career in Human Resources, and started a small custom sewing business. Mostly she sews for members of OUUC!

SPONTANEOUS EVOLUTION

Date: Tuesdays (4 sessions) November 7, 14, 21, 28 Time: 7:00 – 8:30 p.m. Place: OUUC Leader: Linden Bentley

This class will provide the opportunity to read and discuss *Spontaneous Evolution: Our Positive Future (And a Way to Get There from Here)*, by Bruce H. Lipton, Ph.D. and Steve Bhaerman. We will read this in sections, discussing it in our class time together. The book is available through the library (sound recording), Amazon, and the OUUC library.

The following is a review of the book by Rabbi Michael Lerner, editor of *Tikkun* magazine, chair of interfaith Network of Spiritual Progressives, and author of *The Left Hand of God*: *"Spontaneous Evolution* is a brilliant synthesis of science, evolutionary theory, and spiritual consciousness that provides a unique explanation of our global situation and how we might move forward to repair the world. It charts a path for a global up-wising that could save us from planetary disaster, recognizing that both we as individuals and the global economic/political systems in which we operate, must evolve quickly to survive."

Linden Bentley is a recently retired international educator putting down roots after 20 years living overseas. She loves learning and exploring interesting ideas in community. She believes we each can make a real, positive, tangible difference in this world and can do so with a sense of hope, an appreciation of humor, and a deepened experience of compassion.

THE ART OF MINDFULNESS

Date: Wednesday (6 sessions) September 20, 27, October 4, 11, 18 and 25 Time: 1:30-3:30 p.m. Place: OUUC Leader: Pat Sonnenstuhl, RN, Retired CNM, and Hypnotherapist

This 6-week series will introduce you to a variety of techniques that will encourage mindfulness in your life. After an introduction to the concept of mindfulness, you will experience relaxation in a quiet environment. Techniques of mindfulness will be applied to stress, sleep and health issues. Opportunities for practice and sharing experiences with others will be part of the sessions. Resources and handouts will be available, but no reading ahead will be required.

Pat Sonnenstuhl has been in the health field for over 50 years, most recently practicing as a nurse midwife and hypnotherapist. Pat has been incorporating mindfulness into her life for the past 5 years, including mindfulness around food and eating issues, stress and increased body-mind awareness.

THE TEACHINGS OF THICH NHAT HANH

Dates: Thursdays (2 sessions) November 2 & 9 Times: 7:00 to 9:00 p.m. Place: OUUC Leader: Jo Ann Mitchell Young

This class is open both to followers of the writings of Thich Nhat Hanh and those who are new to his works. Thich, a Vietnamese Zen Master, is a longtime peace activist and author of more than 100 books including *Being Peace*, *Peace is Every Step*, *Breathe You are Alive* and *Present Moment*, *Wonderful Moment*. In 1967 he was nominated for the Nobel Peace Prize by Martin

Luther King and was a delegate to the 1973 Paris Peace Talks which ended the Vietnam War. He is the founder of the spiritual community Plum Village near Paris, France. Class participants will have the opportunity to read and discuss Thich's writings and share thoughts and personal insights. Those who have copies of Thich's writings are encouraged to bring them. Thich's books are available on Amazon for full and half prices. Each class will end with a brief meditation.

Jo Ann Mitchell Young Ph.D., a former classroom teacher and psychotherapist, has been a student of the works of Thich Nhat Hanh for the past 20 years.

UNCONDITIONAL LOVE & FORGIVENESS

Date: Saturday (one session) October 7 Time: 9:00 a.m. – 12:30 p.m. Place: OUUC Leaders: Betsy and Bruce Berquist This class is appropriate for singles, friends, or couples.

Negative feelings and thoughts block the flow of love and life that is essential to our mental, physical, emotional, and spiritual well-being. Whether your feelings and thoughts pertain to an ex-partner, parent, friend, neighbor, boss, colleague, or yourself, unconditional forgiveness is an inner process which does not require you to tell the person who hurt you that s/he is forgiven.

Some of the beliefs that keep us stuck are:

1. I want to forgive, but it seems too hard and I don't know how.

2. I'm afraid to forgive the person who hurt me because I'm afraid I'll be too vulnerable and be more susceptible to further hurt.

3. I think I can't because what was done to me was so unjust that forgiving would be acknowledging that what was done was not unjust.

4. I feel satisfaction in feeling 'right" in my judgment and I'd rather be "right" than be at peace. Holding onto my anger protects my being right.

We cannot be healthy on any level if we carry persistent negative feelings and thoughts toward ourselves or others. Join in learning how to use a powerful forgiveness tool to get all of your life energy heading in the same positive direction.

Betsy is a Licensed Mental Health Counselor with an MA in Liberal Studies from Dartmouth and an MA in Psychology from Antioch Seattle. She is certified by The Institute for Imago Relationship Therapy as an Imago Therapist and Workshop Presenter. For over 20 years, she has specialized in working with couples. Betsy and her husband, Bruce, have led well over 100 couples weekend workshops on both coasts. Unconditional love and forgiveness is integral to their spiritual perspectives in all relationships.

VOICE CLASS

Dates: Saturdays
Time: 10:00 – 11:30 a.m.
Place: OUUC (occasionally other venues; check before you come)
Costs: \$10 for printing sheet music used in class. The fee will be waived if it creates a hardship.
Leader: Troy Arnold Fisher
Note: Registration is required, but there is no registration fee.

During our hour and thirty minutes together we work on posture, scientific theories of breathing and ear training, but that's not all. We sing a variety of songs, ranging from high to low, ballad to scat. We sing together, braving to sing duets and solos! It's a chance to sing your heart out! Come and join the fun. All levels of talent are welcome. For further information or to check venues, contact Bobbe Murray at bobbemm@gmail.com

Troy Arnold Fisher is OUUC Music Director.

REGISTRATION FORM Autumn 2017

PLEASE USE ONLY IF YOU ARE UNABLE TO REGISTER ONLINE AT OUUC.ORG (http://ouuc.org/education/adult-education/)

To diminish the chance of class cancelation because of too few persons enrolled, please register at least a week before your class begins.

Name(s) 1
2
Email (1) (If none, add street address)
Email (2) (if none, add street address)
Phone (1)
Phone (2)
Write the exact name of each class you select and check for which household member(s). more than five, continue on separate sheet.
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The fee for one class is \$15; a fee of \$30.00 covers as many classes as you wish to take (not required for the Book Group, membership classes, Focus on OUUC, and Voice Class).

.....Check enclosed (payable to "OUUC")I/We cannot afford the registration fee (fee waived)Childcare requested

Mailing Address: OUUC 2315 Division Street NW Olympia, WA 98502

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