

DAILY ADVANCES RATE SHEET

Thursday, 03/18/10

| Short-Term Fixed-Rate Bullet | | |
|------------------------------|-------|--------|
| Term | Rate | Change |
| CMA | 0.810 | + .01 |
| 7 days | 0.82 | N/C |
| 14 days | 0.82 | N/C |
| 30 days | 0.82 | N/C |
| 60 days | 0.75 | N/C |
| 90 days | 0.66 | - .01 |
| 120 days | 0.68 | N/C |
| 180 days | 0.75 | N/C |
| 365 days | 0.89 | N/C |

| Long-Term Fixed-Rate Bullet | | |
|-----------------------------|------|--------|
| Term | Rate | Change |
| 2 year | 1.41 | + .02 |
| 3 year | 2.03 | + .01 |
| 4 year | 2.59 | + .02 |
| 5 year | 3.04 | + .02 |
| 7 year | 3.78 | + .01 |
| 10 year | 4.47 | + .01 |
| 15 year | 5.16 | + .01 |
| 20 year | 5.44 | + .01 |
| 30 year | 5.85 | - .01 |

| Offerings and Announcements |
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| <p>What Counts: Strategies for your Financial Success</p> <p>Our monthly online newsletter offers strategies for managing the complex financial issues you face everyday. Go to www.fhlbsea.com and click on the What Counts link to read our latest issue.</p> |

| Fxd-Rate Amortizer ** | |
|-----------------------|------|
| Term | Rate |
| 2 year | 1.22 |
| 3 year | 1.61 |
| 4 year | 2.00 |
| 5 year | 2.34 |
| 7 year | 2.94 |
| 10 year | 3.61 |
| 15 year | 4.32 |
| 20 year | 4.76 |
| 30 year | 5.26 |

| Fxd-Rate Auction-Funded | |
|-------------------------|------------|
| Term | Rate |
| 28 day | 0.750 |
| 63 day | 0.660 |
| 91 day | 0.590 |
| 182 day | no auction |

| Deposit Rates | |
|---------------|-------|
| DDA | 0.050 |
| 7 day CD | 0.090 |
| 14 day CD | 0.090 |
| 30 day CD | 0.110 |
| 60 day CD | 0.130 |
| 90 day CD | 0.150 |
| 120 day CD | 0.160 |
| 180 day CD | 0.160 |
| 12 mo CD | 0.400 |

| Flexible |
|----------|
| 2.25 |

| Adjustable: 1-month | |
|---------------------|--------|
| Term | Spread |
| 1 year | 0.36 |
| 2 year | 0.38 |
| 3 year | 0.41 |
| 4 year | 0.48 |
| 5 year | 0.52 |

| Adjustable: 3-month | |
|---------------------|--------|
| Term | Spread |
| 1 year | 0.31 |
| 2 year | 0.31 |
| 3 year | 0.33 |
| 4 year | 0.40 |
| 5 year | 0.44 |

| Adjustable: Prime | | |
|-------------------|--------|--------------|
| Term | Spread | Initial Rate |
| 1 year | -2.52 | 0.73 |
| 2 year | -2.46 | 0.79 |
| 3 year | -2.41 | 0.84 |
| 4 year | -2.33 | 0.92 |
| 5 year | -2.28 | 0.97 |

| Money Market Rates | | |
|-----------------------|-----------|-------------|
| Prime | | 3.25 |
| Fed Effective | 03/17/10 | 0.180 |
| 11th Dist COFI | Jan-10 | 1.786 |
| 12th Dist COFI | Q3 2008 | 3.100 |
| U.S. Treasury Auction | | |
| 03/15/10 | high rate | invest rate |
| 3 month | 0.165 | 0.167 |
| 6 month | 0.240 | 0.244 |

| Contacts | |
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| Terms and Conditions |
|---|
| <p>These are indicative rates only. The Seattle Bank reserves the right to change posted rates to reflect market conditions and other factors. Contact Member Services for additional information. Other advance structures are available. Call for current indications. **Amortizing rates assume equal principal payments over the life of the advance.</p> |