



Dear District One,

We are just a few short weeks away from Conference Season and I hope your plans are already in the making to attend your upcoming event. Conference is a time to find out what's happening around your District, to celebrate accomplishments, network with others, spend time with old friends, and make new friends all while doing the work of the District. I know your District Governor and your Host Conference Committee have put many hours in developing an event that you will not want to miss. You will return to your clubs renewed, re-energized, and eager to do the work of Altrusa which is *Service to Others Leading to a Better Community*.

I look forward to hearing about all the wonderful things you're doing in your communities as you strive to live up to the mission of this wonderful organization. Never doubt that you are making a difference, and never forget that ...***United We Can Achieve Much!!***

Kathy Folley
International President
Altrusa International, Inc.



Our Altrusa International Conference Guest, Linda K. Smith

Linda K. Smith has been an Altrusan since 1990. She has been active in all levels of the organization. She first served as local President in 1992 and completed a second term in 2017. Linda has held most local offices and committee chair positions.

On the District level, Linda has served as Membership Chair (2001), Director (2002-2004), First Vice Governor (2004-2006), Governor-Elect (2006-2008), Governor (2008-2011), and Immediate Past Governor (2011-2013). She has also served several Governors as Parliamentarian. She currently serves as DSB Editor (a title she will soon happily relinquish after 8 years!).



On the International level, Linda has chaired some International Committees and served as International Director, International Vice President, and currently serves as President Elect. She will be installed as President in San Antonio TX in July 2023.

Linda is single and lives with her twin sister in Salina, KS, where they are both very active in community, state, and national organizations. Linda served as President of the local hospital auxiliary for 4 years and continues to serve as Scholarship Chair. She has also been President of two state-wide organizations, served 4 years on a national board, and recently completed a term as Chair of Humanities Kansas. She spends much of her time volunteering to make her community better! Professionally, Linda has worked at the Eisenhower Presidential Library for 51 years and will retire on March 31.

Both Linda and her sister will be attending our District One Conference in Kennebunkport.

The 2023 Conference Schedule:

WHEN

WHAT

FRIDAY April 21, 2023

3:00 - 5:00 pm	Hands-On Service Project: NAP Assist with Biddeford/Saco Club Project Volunteers will be sorting donated items, putting labels on baby books, and assembling bags for the newborn baby mothers. (See page 7)
5:00 – 7:00 pm	Registration Open in the Lobby
5:30 - 7:00 pm	Pre-Conference Board Meeting (Officers Only)
7:00 – 8:00 pm	Buffet Supper
8:00 – 10:00 pm	Welcome Party in Governor Pam’s Room

SATURDAY, April 22, 2023

7:00 – 9:00 am	Registration Open
7:30 – 9:00 am	Breakfast Buffet– Free to Members Staying at Hotel the night before (Others can purchase a breakfast ticket for \$25.00)
7:40 – 8:00 am	Flag Ceremony PRACTICE Session
8:30 – 8:55 am	First Timers Session
8:15 – 8:30 am	Delegate’s Briefing
8:40 – 8:55 am	Expeditor’s Briefing
9:00 – 10:30 am	First Business Session <ul style="list-style-type: none">• Flag Ceremony – Sarah Moore• Invocation – Ann Millard• Introduction of Head Table – Pam Lemieux• Welcome and Greeting – Sandy McKenney• Adoption of Conference Rules – Kitty Cunningham• Registration and Credentials Report – Suzen Raven• Nomination of New Officers• Budget Presentation – Wanda Pettersen (see proposed budget on page 13)
10:30 – 11:10 am	Message from International Representative: Linda Smith International President-Elect
11:10 – 12:00 pm	Memorial Service – Christine Johnson
12:00 – 1:00 pm	Lunch Open with Club Presidents Parade with their Banners.
1:00 – 1:30 pm	Keynote Speaker: Ruth Libby of ‘Ruth’s Recyclables’
1:40 – 2:50 pm	Business Session Continued
2:50 – 3:00pm	Announcements and Updates
3:00 – 3:25 pm	Breakout Sessions <ul style="list-style-type: none">a) Treasurer’s Workshopb) Who is Robert? And Why Do We Need to Follow His Rules?! (a Review of Parliamentary Procedures)

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The 2023 Conference Schedule:

WHEN

WHAT

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SATURDAY, April 22, 2023

3:30 – 3:55 pm	Breakout Sessions a) Stand Up and be President: A Review of the Job b) Share Your Favorite Book Club Selections
4:00 – 5:00 pm	FUNdraising Fair – Hilda Schmidt & Cathy Baybutt Foundation Silent Auction – Anne Rash
5:00 – 5:20 pm	Election (if needed) – Nominating Committee
6:00 – 7:00pm	Reception for International Representative and District One Past Governors – All are invited (Appetizers and cash bar)
7:00 – 8:00pm	Dinner Open with Parade of Past Governors
8:00 – 8:20 pm	Announcement of Election Results – Nominating Committee Award Presentations: Membership and Attendance - Wanda Pettersen Newsletter – Denise Doyon Governor’s Award – Pam Lemieux
8:20 – 8:35 pm	Governor Pam - Thanks her Board and Committee Chairs
8:40 – 9:30 pm	Installation of New District One Board
9:30 – 11:00 pm	Welcome to New Governor Party in Governor Rita’s Room

SUNDAY, April 23, 2023

7:30 – 9:00 am	Breakfast – Free to members staying at the hotel the night before
9:00 – 9:20 am	Business Session Continued Registration and Credentials Any Unfinished Business
9:20 - 9:50 am	AWARDS ASTRA – Pam Lemieux Mamie L. Bass Service Award – Anita Chandler Letha H. Brown Literacy Award – Susan Porazzo Nina F. Calhoun International Service Award – Marie Pike Gabrielle Crepeau Leadership Award – Susan Ulino
9:50 – 10:10 am	Foundation Presentation – Anne Rash
10:10 – 10:30 am	Stretch Break – Check out?
10:30 – 11:20 am	Interactive All Conference Leadership Session – Susan Ulino “What Would You Do?” – Creative Problem Solving
11:20 – 11:35 am	Call to Workshop 2023 - Merrimack Valley Club Call to Conference 2024 - Seacoast Club Call to Convention in San Antonio, TX
11:35 – 11:45 am	Benediction – Retire Flags Farewells
12:00 – 1:30 pm	Post Conference Board Meeting (Board Only)

**Altrusa International District One Conference
2023
"Turning Back the Tide"**

Fundraising Fair

The FUNdraising Fair will be held Saturday afternoon between 4PM – 5PM. Your club is encouraged to bring items to sell to other Altrusa members as a fundraiser for your club. In past years, raffle baskets, 50 – 50 raffles, hand crafted items, cookies, candies, etc. have been popular items.



Silent Auction FUNdraiser for the Altrusa International Foundation



At Conference, we will have a Silent Auction to benefit the International Foundation. We are hoping each club will bring an item (or items) to be auctioned off. There will also be a 50 – 50 raffle, in support of Int'l Foundation. All of the money raised will go to support the great work our International Foundation does.



If you have any questions, email or call:
Anne Rash, District One Foundation Liaison annerash@charter.net

The Saturday Keynote Speaker



Ruth Libby from 'Ruth's Reusable Resources', A Free Store for Teachers: Putting Business Surplus to Use in our Schools.

Ruth's Reusable Resources mission is to ensure that all students, from Pre-K through high school, have the basic supplies and creative tools for literacy, STEAM, and health education through the environmentally conscious distribution of donated business supplies. Their vision is to provide every Maine child with the variety and quality of supplies needed to succeed in school.

**Altrusa International District One Conference
2023
"Turning Back the Tide"**



"What's for Supper?"



Below are the menus for the different conference meals.
I think you will find that there is something for everyone.

Friday Night Buffet:

The New England

Romaine Wedge Salad with Bacon, Cucumber, Tomato, Egg, Crumbled Blue Cheese + Maple Balsamic Dressing
Chicken Pot Pie
Grilled Dry Rubbed Pork Chops with Bourbon Glaze + Baked Beans
Herb Roasted Maine Salmon with Summer Squash + Wild Rice
Seasonal Whoopie Pies + Maine Maple Brown Sugar Cookies



Saturday Lunch Buffet:

Ocean Ave Market

Chef's Kettle of Soup (Vegetarian on Request)
Green Garden Salad with Ranch + Maple Balsamic Vinaigrette
House Ranch Potato Salad with Bacon + Fresh Dill
Mesquite Smoked Turkey, Black Forest Ham, Roast Beef, Tuna Salad
Cheddar, Baby Swiss, Provolone Sliced Cheeses
Lettuce, Tomato, Red Onion + Pickles
Cheese Tortellini + Grilled Vegetable Salad with Roast Tomato Vinaigrette
Assorted Breads, Rolls + Wraps Lemon Blueberry Bars + Cheesecake Brownies

Saturday Night Plated Dinner:

Starter: Salad

Entree: (select one)

Beef: New York Strip Steak with Rosemary Tomato Demi-Glace
Chicken: Herb Seared Statler Chicken Breast with Mushroom Cognac Cream
Fish: Roasted Maine Salmon with Lobster Lemon Buerre Blanc
Vegan: Lemon Herb Risotto with Roasted Vegetables, Foraged Mushrooms + Herb Oil

Altrusa International District One Conference 2023 "Turning Back the Tide"



Friday Afternoon Hands-On Service Project

Newborn Assistance Program (NAP) A Baby Shower in a Bag



The Greater Biddeford-Saco Altrusa Club has a service project called the Newborn Assistance Program (NAP). They prepare bags that include essentials for newborns. The bags are put together, with consideration of the season.

Summer bags would have short sleeved items, winter bags would have long sleeve and heavier material items and Spring and Fall bags would have a combination of short and long sleeve items. They also differentiate between girl baby bags and boy baby bags, by the difference in the clothing or in the color of the items. They avoid items with writing/ slogans / and parental designations, if possible.

The bags are given to mothers of newborns deemed to be needy by the hospital nurses.

Essentials in Every Bag:

ITEM	SIZE
Diapers	Newborn
Onesies	
-Short Sleeve Sets	1 - Newborn, 1- 3 Month
-Long Sleeve Sets	1 - Newborn, 1 -3 Month
Sleep / Play Sets	1 - Newborn, 1 -3 Month
Sleep Sacks	
-Sleeveless	1 - Newborn, 1 -3 Month
-With Sleeves	1 - Newborn, 1 -3 Month



Additional Items:

Receiving Blankets
Hats
Burp Cloths
Bibs
Tiny Facecloths
Regular Facecloths
Pacifiers Packaged
8oz or 9 oz. Baby Bottle
5 oz Baby Bottle
Bottle Brush
And Baby Books !!

Altrusans are asked to bring donations of some items listed above.

On Friday afternoon the Hands-On Service Project is to put labels in Baby Books, Assemble NAP Bags (from items already collected for NAP) and to sort items delivered that day.



Friday Afternoon Hands-On Service Project - Continued

The Greater Biddeford-Saco Altrusa Club is very invested in Recycling. If you have any of the items listed below, you are invited to bring them to Conference and the Biddeford-Saco Club will take care of recycling them for you!

School/Office Supplies.....Going to local schools and Ruth's Reusable
Cell Phones.....Women's Shelters, Cellphones for soldiers.com
Eyeglasses and Cases.....Kiwaniis
Hearing Aids.....Kiwaniis
Women's Pocketbooks.....Purseverance207.org
Greeting Cards – All Kinds.....St Jude's Ranch for children
& Earth Inspired Crafts
Sample size toiletries.....To pack the women's pocketbooks
Plastic Reusable Plastic Bags.....Food Pantries
Wine Corks.....Re-cork.org



**Altrusa International District One Conference
2023
"Turning Back the Tide"**

How to Reserve a Hotel Room

**The Nonantum Resort
95 Ocean Avenue - P.O. Box 2626
Kennebunkport, ME 04046**



Reservation Method

Hotel Reservations can be made by calling **800-552-5651** and identifying yourself with the **Altrusa District One Conference**. Please indicate any special needs, roommate names (if sharing), and bed type preference (i.e., Need two beds, one Queen or one King bed, etc). Please note that requests are not guaranteed and are based on hotel availability. However, I don't think there will be a problem getting the room you prefer, especially for people who register early.

Room Rate

Nonantum's Altrusa Block Room Rate including Taxes: \$118.81/night

This room rate will be available until **Wednesday, March 20, 2023**. Reservations received after this date will be accepted at the group rate based upon hotel availability. Also, the above rate will be honored up to two days after the Conference (Sunday/Monday) for people wishing to spend more time in Kennebunkport.

The room reservation includes a buffet breakfast in the morning. However, if people arrive on Saturday morning and wish to have the buffet breakfast, they can for \$25.00.

Check-In & Check-Out

Please note the check-in time of **4:00pm** and check-out time of **11:00am**. Additional charges may arise if the check-in and check-out times are not observed.

Cancellation Policy

If you need to cancel your room reservation for personal reasons, the normal cancellation for a room applies. For the Nonantum Inn, the guaranteed payment of first night's room rate and taxes (which is the deposit to the hold room) **will be fully refunded if cancellation is made 8 days prior to arrival**. For reservations canceled 7 days or less in advance, a cancellation fee equal to the first night's deposit will be charged and the reservation will be canceled.



**Altrusa International District One Conference
2022
"Opening the Door to Service"**

Registration Form



Altrusa International District One
Spring Conference Registration
April 21-23, 2023
Host - Greater Biddeford-Saco Altrusa Club

Registration Info – Please print or type

Complete registration with meals selected and postmark by March 18th for \$10 savings

<p>Name _____</p> <p>Mailing Address _____</p> <p>City _____ State _____ Zip _____</p> <p>Phone _____</p> <p>Circle one: Home / Work / Cell</p> <p>Email _____</p> <p>Preferred Name on Name Tag _____</p> <p>Club _____</p>	<p style="text-align: center;">Please check all that apply for the 2022-2023 year</p> <table style="width: 100%;"> <tr> <td style="width: 50%;"><u>CLUB</u></td> <td style="width: 50%;"><u>DISTRICT</u></td> </tr> <tr> <td>____ President</td> <td>____ Officer</td> </tr> <tr> <td>____ Treasurer</td> <td>____ Past Gov.</td> </tr> <tr> <td>____ Delegate</td> <td></td> </tr> <tr> <td>____ Alternate</td> <td><u>INTERNATIONAL</u></td> </tr> <tr> <td>____ Member</td> <td>____ Representative</td> </tr> <tr> <td>____ First Timer</td> <td>____ Officer (past or Present)</td> </tr> <tr> <td>____ Guest</td> <td></td> </tr> </table>	<u>CLUB</u>	<u>DISTRICT</u>	____ President	____ Officer	____ Treasurer	____ Past Gov.	____ Delegate		____ Alternate	<u>INTERNATIONAL</u>	____ Member	____ Representative	____ First Timer	____ Officer (past or Present)	____ Guest	
<u>CLUB</u>	<u>DISTRICT</u>																
____ President	____ Officer																
____ Treasurer	____ Past Gov.																
____ Delegate																	
____ Alternate	<u>INTERNATIONAL</u>																
____ Member	____ Representative																
____ First Timer	____ Officer (past or Present)																
____ Guest																	

REGISTRATION AND MEAL SELECTION	Fee	Enclosed
Early Bird Registration Postmarked by March 18, 2023	\$75.00	_____
Registration Postmarked after March 18, 2023	\$85.00	_____
Friday Evening Buffet	\$41.00	_____
Saturday Lunch Buffet	\$37.00	_____
Saturday Dinner (select a meal choice)	\$70.00	_____
Chicken _____		
Beef _____		
Salmon _____		
Vegetarian _____		
TOTAL REGISTRATION FEE AND SELECTED MEALS		_____
Please indicate special diet and/or allergy restrictions _____		

Make Check Payable to: Altrusa District One

Send completed registration form and check for the total registration to:

Wanda Petersen

Altrusa District One Treasurer

77 Evergreen Ln.

Windham, ME 04062

To cancel a registration and receive a refund (less \$10 non-refundable fee), a written request must be received by the District Treasurer postmarked (or emailed to Wanda at kettlecove_6@msn.com) no later than April 14, 2023.



**Altrusa International District One Conference
2023
"TURNING BACK THE TIDE"**



Award Submissions – Deadline, March 15, 2023

The full criteria and application of the **Mamie L Bass Community Service Award**, the **Letha H. Brown Literacy Award** and the **Dr. Nina Fay Calhoun International Award** can be found on the altrusa.org website.

- ✓ Login to the altrusa.org website and go to the Service section.
- ✓ Toggle down the page and you will find the option to download the .pdf copy of the criteria, the cover sheet, and the format of the award.

Please don't forget to **add your synopsis** (60 words or less) of your entry. The synopsis will be used in the Conference Program.

Submit your entries to the District One Member in charge of overseeing the judging of the respective awards. They will inform you that they have received your nomination within 24 hours. If you do not hear from them, check the email address, and resend it.

Do not assume that your nomination has been received until you are notified it has been.

District Award

**Mamie L. Bass
Community Service Award**

**Letha H. Brown
Literacy Award**

**Dr. Nina Fay Calhoun
International Award**

**Gaby Crepeau
Leadership Award**

**Newsletter Award
(see next page for criteria)**

Submit to:

Anita Chandler, Service Chair
22 Libby St
Portland, ME 04103
achandler@maine.rr.com

Susan Porazzo, 2nd Vice Governor
250 Adams Circle
Hanson, Ma. 02341
smporazzo@hotmail.com

Marie Pike, Secretary
8 Stratton Rd.
Scarborough, ME 04074
pikerino2@aol.com

Susan Ulino, Leadership Chair
135 Whites Hill Road
Coventry, Connecticut 06238
isadorad@charter.net

Denise Doyon, Communications
26 Bayberry Rd.
Biddeford, ME 04005
ddpills@maine.rr.com



Altrusa International District One Conference 2023 "TURNING BACK THE TIDE"



Criteria for Newsletter Judging (total 75 points)

Selection process for the newsletter award: 3 independent judges will be reviewing your newsletters. Below is a template the judges will be using, assigning points based on pre-defined criteria listed below. Send 3 of your best newsletters, which have the criteria for the most possible points.

Notice the points assigned for content and format. Good Luck!

Topic	Points (75 total)	Score	Notes
Considering CONTENT:	60		
President's Message	6		
Advance notice of Club business and program meetings (including date, time and place)	6		
Announcements of upcoming Board and Committee Meetings	6		
CLUB NEWS			
Speaker / Program descriptions	3		
Upcoming & Newly Completed Project News	3		
Committee Reports	3		
New Members Introductions or Member Bios	3		
Club Meeting highlights (Business or Program)	3		
Board Meeting highlights (or minutes)	3		
DISTRICT NEWS			
Dates of upcoming district events	3		
URL of District Website	3		
Highlights from Governor	3		
INTERNATIONAL NEWS			
Dates of upcoming Convention	3		
URL of International Website	3		
Any other International News	3		
ALTRUSA ACCENT			
Altrusa fact (Historical point or Altrusa News)	6		
Considering FORMAT:	15		
Identification (including Full name of club, Newsletter Name, City and State, Club President and Editor Contact Information)	5		
Appearance (ie. Clean reproduction; Attractive and free of typographical errors)	5		
Photos & Graphics (ie. Effective use of photos & graphics to draw attention)	5		
TOTAL POINTS	75		



**Altrusa International District One Conference
2023
"Turning Back the Tide"**



Memorial Service

Dear Altrusa District One Presidents,

Christine Johnson, a member of the Portland Altrusa Club will lead the Memorial Service at our District One Spring Conference to be held at the Nonantum Resort in Kennebunkport, Maine on April 22, 2023.

We will be celebrating the lives of District One Altrusa Members who have passed since our last conference. Please submit to Christine the name of the deceased member, their club, and an electronic photo of your member to be honored in a PowerPoint presentation at Conference.

Also, please let Christine know who from your club will read a memorial of the member at the Memorial Service on Saturday morning. She will say the members name, while displaying the member's picture on the overhead projection and then invite the member you choose to come up and read a memorial (not to exceed one page double spaced).

Wednesday, March 15th, is the deadline to submit names for the Memorial Service for District One Spring Conference. Christine I will confirm receipt of each submission within 48 hours. If you do not receive acknowledgement of receipt from her within that time frame, please resubmit.

Should you have any questions or concerns do not hesitate to contact Christine.

Christine Johnson
District One Memorial Service Leader
Email: cejnmaine@gmail.com

Altrusa International District One Conference
Proposed Budget for 6/1/2023 to 5/31/2025 Biennium
Delegates are asked to review the proposed Biennium Budget prior to attending Conference

Altrusa District One	Actual	Budget		Actual	Budget		Budget	Budget	Budget
	2021-2022	2021-2022		Current	2022-2023		2023-2024	2024-2025	2023-2025
				1/14/2023					
Income									
Membership	\$4,590.00	\$5,400.00		\$4,425.00	\$5,400.00		\$5,400.00	\$5,400.00	\$10,800.00
In-Kind-Donations	\$2,904.47			\$244.86					
Consignment Goods Sold	\$189.50			\$4.00					
Miscellaneous (Bermuda wire fee)	\$15.00			\$0.00					
Checking Acct Interest Income	\$4.27			\$8.80					
Total Income	\$7,703.24	\$5,400.00		\$4,682.66	\$5,400.00		\$5,400.00	\$5,400.00	\$10,800.00
Board Expenses									
Club Visits(1st yr inkind \$246.)(2nd yr \$100.)	\$393.20	\$1,500.00		\$335.38	\$1,500.00		\$1,500.00	\$1,500.00	\$3,000.00
Board Meetings(inkind:1134.07)(2nd yr \$144.86)	\$2,643.81	\$2,000.00		\$929.41	\$2,000.00		\$2,000.00	\$2,000.00	\$4,000.00
Teleconference (Zoom Pro) inkind	\$149.90	\$150.00			\$150.00		\$150.00	\$150.00	\$300.00
Board Miscellaneous Expenses		\$100.00			\$100.00		\$100.00	\$100.00	\$200.00
Committee Chairs Misc.Expenses		\$50.00			\$50.00		\$50.00	\$50.00	\$100.00
Total Board Expenses	\$3,186.91	\$3,800.00		\$1,264.79	\$3,800.00		\$3,800.00	\$3,800.00	\$7,600.00
Operating Expenses									
Annual State Filing Fee	\$35.00	\$35.00			\$35.00		\$35.00	\$35.00	\$70.00
Bank Fees (Bermuda wire fee)	\$15.00	\$50.00		\$15.00	\$50.00		\$15.00	\$15.00	\$30.00
New Club Building		\$100.00			\$100.00		\$0.00	\$0.00	\$0.00
Governor's Award		\$100.00			\$100.00		\$100.00	\$100.00	\$200.00
Insurance/Bonding		\$300.00			\$300.00		\$300.00	\$300.00	\$600.00
Miscellaneous	\$86.02	\$50.00			\$50.00		\$100.00	\$100.00	\$200.00
Office Supplies (inkind 25.00)	\$72.80	\$50.00			\$50.00		\$50.00	\$50.00	\$100.00
Postage (inkind)	\$11.00	\$25.00			\$25.00		\$25.00	\$25.00	\$50.00
Revitalization		\$100.00			\$100.00		\$1,500.00	\$1,000.00	\$2,500.00
Governor's Elect Training	\$800.00	\$800.00			\$0.00		\$850.00	\$0.00	\$850.00
Governor's Pin	\$0.00	\$0.00		\$218.55	\$300.00		\$0.00	\$300.00	\$300.00
International Convention(inkind 1338.50)	\$1,695.50	\$1,500.00			\$0.00		\$1,500.00	\$0.00	\$1,500.00
Total Operating Expenses	\$2,715.32	\$3,110.00		\$233.55	\$1,110.00		\$4,475.00	\$1,925.00	\$6,400.00
Total Operating and Board Expenses	\$5,902.23	\$6,910.00		\$1,498.34	\$4,910.00		\$8,275.00	\$5,725.00	\$14,000.00
Net Income (Deficit)	\$1,801.01	(\$1,510.00)		\$3,184.32	\$490.00		(\$2,875.00)	(\$325.00)	(\$3,200.00)
Note: District One's Checking account available to cover any deficit									
Foundation Income/Expenses									
Int'l Foundation Fundraiser	\$4,040.00	\$1,500.00		\$161.00	\$1,500.00		\$1,500.00	\$1,500.00	\$3,000.00
Int'l Foundation Lamplighter-Gaby Award	-\$500.00	-\$500.00			-\$500.00		-\$500.00	-\$500.00	-\$1,000.00
Int'l Foundation Donation	-\$3,540.00	-\$1,000.00		-\$165.44	-\$1,000.00		-\$1,000.00	-\$1,000.00	-\$2,000.00
Total Foundation Income/Expenses	\$0.00	\$0.00		-\$4.44	\$0.00		\$0.00	\$0.00	\$0.00