

LIFE Foundation- 501(c) 3

Annual Report

The theme from 2009 is "Re-design the Form of Swimming for Triathlon Competition"

Activities: Sponsorships:

Donations:

1. "In kind" to the Medical Missions
2. Monetary Contribution (\$3,000) for the 10 K Race on May 30, 2009 held at the Potomac Lakes Pools, Cascades Home Owners Association.
3. June 21, 2009 First International D.C. Triathlon- Sponsored Heather Sifrit (first event), and Heidi Pierce, who finished third.
4. August 3, 2009. 2009 Culpeper Sprint Triathlon, which is part of the Virginia Triathlon Series. At this event Heather Sifrit, Helen Landon, Michelle Miller competed. The latter 2 girls were accompanied by family and it was their first event.
5. Malibu Triathlon, CA Heidi Pierce finished fourth
6. L.A. Triathlon- Heather Sifrit finished First.
7. U.S. Military Counseling Probono Training for returns from Iraq.
8. Israel Community Center in Migdol, Tiberius touring
9. 120 Counseling sessions
10. 12 Cherrydale Nursing Center visits with students.

To read their individual reports e-mail.

The 2009 income is \$28,314. The number of persons contributing to the income is 380, with 429 certifications given out. Some of these certifications are CPR, and First Aid, and Lifeguarding and Swimming Lessons groups 1,2,3,4.

There is a petty change account set up with Chevy Chase that handles some of the money, as it comes in smaller bills, and then it is transferred to LIFE. On Jan 1,2009 this account is \$5.00 and it is \$5.00 at end of year.

The expenses exceeded the income this year due to the increase in activities. The overdraft of expenses was \$16000. This was offset by contributions from owner, and previous year's carry over profits.

The annual report is posted in the end of year newsletter, which goes to customers, and then posted on the web. We have a separate section on the internet site for LIFE.

International influence- Life Foundation had sponsored 26 students on J1 visas, 1 on a student visa for study in the U.S. It trained 27 Russians, 37 Americans, 5 Chinese, 3 Columbians, and gave swimming lessons to 279 students from several community pools, but mainly at the Cascade HOA.