



2010 Annual Report



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Letter from the President

You give but little when you give of your possessions. It is when you give of yourself that you truly give.
-Kahlil Gibran, *The Prophet*

As I reflect on 2010, I'm gratified by the opportunities the George Family Foundation has once again experienced. Our perspectives were broadened and our circle expanded. Our commitment to the programs we funded and their leaders remains strong.

We believe that during a crisis is the worst time to cut back on giving which benefits the common good, and we are grateful to be in a position to continue giving to worthy organizations. As a result, our grantmaking has remained relatively stable over the past two years, through the greatest economic downturn since the Great Depression. The Foundation is committed to maintaining our giving at five percent of the value of our endowment regardless of the economic climate. Our operating expenses are in addition to our grants.

True to this philosophy, this year we supported a wide variety of organizations that are

influencing positive change in our world. We're pleased to share with you those organizations and samples of their work as they continue to be engines of change in their communities.



Each year we seek organizations which take on big challenges – from the integrated delivery of health care to identifying emerging leaders and developing existing leaders to helping people better understand their spiritual selves to sustaining institutions vital to the health of our communities. This year was no exception. We worked with groups from across the United States and as far away as Nepal. Some are small, entrepreneurial groups, others

are well-known institutions. Some grants are relatively small, others larger and extend over multiple years.

We've learned that even a relatively small grant can, over time, make an important difference in one individual's life and, through that

life, in the lives of many others. An example of that is our work with the Women's Foundation of Minnesota and its programs developing emerging leaders from diverse communities.

We are especially pleased when we can leverage our support by bringing together grantees, opening new doors between and among them. Over the years, we have nurtured such connections. The George Institute has partnered with groups like the Children's Hospitals and Clinics of Minnesota and the University of Minnesota Center for Spirituality and Healing, helping expand programs and enhancing our investment.

Both Bill and I are personally engaged in shepherding of our Foundation's resources. We believe being directly involved with many of these amazing leaders helps us continue to learn and grow. Bill's involvement with Tergar International's Mindful Leadership retreat this past summer is just one example of our direct involvement. We are taking advantage of the opportunity we have to watch our grantees making a difference in the lives of those around them. It is satisfying to see how change at strategic times and places can truly transform a system.

In the following pages, we highlight four of this year's grantees, each representing one of our four focus areas.

- Dr Margaret A. Chesney and the Osher Center for Integrative Medicine at the University of California, San Francisco
- Daniel Barnes and The Carter Center in Atlanta
- Cortland Dahl and Tergar International, based in Minneapolis
- Joseph D. Horse Capture and the Minneapolis Institute of Arts

I hope their stories will impress you as much as they have all of us in the George Family Foundation.

Yet, I call your attention as well to the noteworthy work being done by all of this year's grantees and hope that, taken as a whole, the grantmaking we are doing further inspires your own efforts to get behind the individuals and organizations doing the heaviest lifting to change our world for the better.

Sincerely,



Penny George
President

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Our Mission

is to foster wholeness in mind, body, spirit and community by developing authentic leaders and supporting transformative programs serving the common good.

Our Guiding Philosophy

is to invest in people who are furthering the mission of the George Family Foundation and helping build the communities in which we live.

We believe in sharing the blessings we have received and in celebrating the spiritual reciprocity that exists between donors and receivers working collaboratively to make the world a better place.



The Penny George Institute for Health and Healing at Abbott Northwestern Hospital seeks to transform medicine and ultimately healthcare by blending the art of healing and the science of curing to optimize the health of the whole person – mind, body and spirit.

Our Focus Areas

The George Family Foundation funds transformational programs and initiatives in one or more of these focus areas:

Integrative Health & Healing

Promoting integrated approaches to health and healing is at our Foundation's core. We seek to fund programs and initiatives that advance an integrated, patient-centered approach to healing, encouraging people to take responsibility for their health supported by a diverse team of healthcare providers.

Leadership

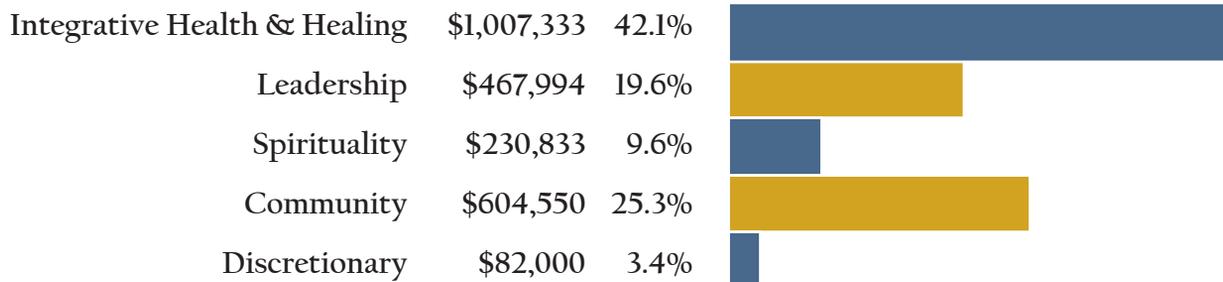
Improving society through developing authentic leaders is a passion for our Foundation. Leaders exist in every part of an organization, regardless of individual responsibilities or titles. We support programs that are developing future leaders who are authentic, values-based and empowering of the leadership of others.

Spirituality

Enhancing the positive impact of religious faith and spiritual connection is important to the Foundation. We fund programs that contribute to interfaith harmony and that enrich the inner lives of individuals, families and communities.

Community

Giving back to the communities that nurtured our own family remains a Foundation value. Developing and sustaining vital community organizations ensures the livability of these communities; we actively foster their work. Creating community within and across funded programs is also a priority.



:: MARGARET A. CHESNEY, PHD ::

OSHER CENTER FOR INTEGRATIVE MEDICINE

Moving patient-centered care mainstream is the goal of our Foundation's integrative health and healing focus. Through programs that help create new and improved models of care, train the next generation of clinicians to focus on the whole person, and leverage philanthropy nationally to create systemic change, we are well positioned to influence healthcare reform, leading to a sustainably healthier nation and not just one with greater access to disease care.

The mission of the Osher Center at the University of California, San Francisco (UCSF) is congruent with our vision. *Advancing Integrative Women's Health*, which seeks to create a comprehensive model of integrative care for women, was selected for funding because of its potential to influence clinical care nationally, and because of UCSF's status as a National Institutes of Health Center of Excellence in Women Care. Dr. Margaret Chesney is UCSF Osher Center's new executive director.

Creating opportunities for leading researchers, educators and clinicians in women's health across UCSF to collaborate focuses attention on advancing integrative women's health. Margaret explains, "We have clinicians who are pioneers, working in small teams, cre-

ating novel approaches to women's health problems from diabetes and breast cancer to health promotion and wellness. In some cases, they don't appreciate how their innovations align with patient-centered integrative care. The Center will reach out and engage these pioneers, adding their perspectives to a new model of integrative care."



Margaret continues, "We will identify liaisons and thought leaders across the campus and medical center to work with our Center. Leveraging UCSF's established communication tools, we'll spread discoveries and innovations to the larger health care community and the public. We are already planning programs in which 'mainstream'

and integrative medicine faculty members will collaborate in presenting the latest information on integrative health for women."

"Margaret Chesney is the perfect successor to Susan Folkman, who recently retired. Both are innovative, collaborative and authentic leaders and, perhaps no accident, both are psychologists as well. We are proud to recognize and support the terrific work at the Osher Center and acknowledge these two phenomenal women", says Penny George. ✨



Integrative Health & Healing

| | |
|--|--------------------|
| Abbott Northwestern Hospital Foundation | \$395,000 |
| In partial fulfillment of a \$1,750,000 grant to support the Penny George Institute for Health and Healing. This figure also includes support of the hospital's Annual Fund and other major fundraising projects. | |
| Allina Center for Healthcare Innovation | \$30,000 |
| In support of the Primary Care Redesign Project Retreat for The Center for Healthcare Innovation. | |
| The Bravewell Collaborative | \$383,333 |
| In fulfillment of a \$1,150,000 grant to support the Bravewell Collaborative's strategic initiatives and membership dues for 2008-2010. | |
| The Center for Mind-Body Medicine / Wounded Warriors Program | \$50,000 |
| In fulfillment of a \$50,000 grant to provide support for advanced training in mind-body medicine for Minnesota psychological services providers who completed the initial training. | |
| Center for Spirituality and Healing/University of Minnesota Academic Health Center | \$50,000 |
| In partial fulfillment of a \$556,000 grant to support the creation of a fellowship and co-curricular program that will prepare advanced practice nurses to be leaders in the integrative healthcare institutions of the future. | |
| Children's Hospitals and Clinics of Minnesota Foundation | \$69,000 |
| In fulfillment of a \$138,000 grant to provide integrative nurse training. | |
| Osher Center of the University of California, San Francisco | \$30,000 |
| In partial fulfillment of a \$60,000 grant to provide support for the enhancement and coordination of an integrative women's health program at the UCSF Osher Center. | |
| TOTAL INTEGRATIVE HEALTH & HEALING FOR 2010 | \$1,007,333 |

Leadership

| | |
|--|------------------|
| Amherst College In partial fulfillment of a \$75,000 grant for the George International Student Scholarship Fund. | \$15,000 |
| Carleton College In partial fulfillment of a \$75,000 grant for the George Fellows International Scholarship Fund. | \$15,000 |
| The Carter Center In fulfillment of a \$250,000 grant to support The Carter Center Education Internship Program. | \$50,000 |
| Georgia Tech Foundation In partial fulfillment of a \$100,000 grant for the George Fellows Fund within the Health Systems Institute. | \$20,000 |
| Harvard Business School In partial fulfillment of a \$250,000 grant to support the George Fellows Program; students pursuing a concurrent degree with the John F. Kennedy School of Government (HKS) who are entering their third year of the Harvard Business School/HKS concurrent degree program. | \$5,000 |
| Harvard University John F. Kennedy School of Government In partial fulfillment of a \$1,000,000 grant to support the George Family Leadership Development Fund. | \$97,744 |
| Harvard University Center for Public Leadership In partial fulfillment of a \$210,500 grant to support co-curricular offerings in leadership development for Harvard Kennedy School students. | \$85,250 |
| Institute of Medicine of the National Academy of Sciences In partial fulfillment of a \$450,000 grant to support the Institute of Medicine President's Initiatives Fund. | \$150,000 |
| Sigma Chi Foundation In partial fulfillment of a \$50,000 grant to support leadership programs for Beta Psi Chapter members at Georgia Tech University. | \$10,000 |
| Women's Foundation of Minnesota In partial fulfillment of a \$60,000 grant to support the Diversity Internship and Fellowship Program. | \$20,000 |
| TOTAL LEADERSHIP FOR 2010 | \$467,994 |

:: DANIEL BARNES ::

THE CARTER CENTER

Working with a former President of the United States is an honor, particularly when it's Jimmy Carter. In the 30 years since President Carter left office, he and Rosalynn have worked tirelessly to spread democracy, alleviate suffering and nurture world peace. Fortunate are the young people who benefit from the Carters' commitment.

Founded in 1982, The Carter Center has helped to improve the quality of life for people in more than 70 countries. Guided by a fundamental commitment to human rights and the alleviation of human suffering, it seeks to prevent and resolve conflicts, enhance freedom and democracy, and improve health.

Since 2003, the George Family Foundation has supported the Center's leadership development programs. Of the 798 internship applicants for 2010, only 116 were accepted. The George Fellows stipend enabled ten of these emerging leaders to spend up to three months working directly with the Center's staff on meaningful projects.

Daniel Barnes was the *Access to Information* (ATI) project's intern in the Center's Americas Programs. His duties ranged from summarizing studies on ATI legislation in Southeast Asian countries to contacting Ecuadorian officials in preparation for the director's visit. Daniel was also invited to observe Bolivia's presidential elections. "I was able to witness firsthand the socio-political movements throughout Latin America



which I had previously studied while earning a master's in International Relations," says Daniel.

Daniel converted his academic knowledge into a deeper comprehension of world affairs. "I was able to see how an international, non-governmental organization operates and the positive influence it can have in a polarized and politically turbulent country. While I no longer work at the Center," explains Daniel, "I continue to use skills I developed during my internship in my current work."

Through George Fellows, the Foundation continues its longstanding commitment to developing leaders for the next generation. The unique opportunities provided by our fellowship program prepare these emerging leaders for the challenge of making the world a better place. ✨

Spirituality

| | |
|--|------------------|
| The Beatitudes Society | \$25,000 |
| In partial fulfillment of a \$50,000 grant to provide resources and tools for emerging progressive Christian leaders to develop their capacity for preaching, public advocacy and sustained spiritual practice. | |
| Center for Spirituality and Healing | \$40,000 |
| In support of the visit from His Holiness the Dalai Lama and the Tibetan Medicine conference. | |
| House of Prayer | \$2,500 |
| In support of this organization's general operations. | |
| Interfaith Youth Core | \$33,333 |
| In fulfillment of a \$100,000 grant to support this organization's Fellows Alliance Program. | |
| Mind and Life Institute | \$50,000 |
| In partial fulfillment of a \$250,000 grant to support this organization's general operations and to foster scientific work on Buddhist contemplative practices. | |
| Minnesota Public Radio/American Public Media | \$25,000 |
| In partial fulfillment of a \$50,000 grant to support capacity building for the <i>Krista Tippett on Being</i> program. | |
| Tergar International | \$30,000 |
| In fulfillment of a \$50,000 grant to support this organization's general operations and to disseminate and research mindfulness training programs for the public and for health professionals. This figure also includes support of the two-day mindful leadership retreat. | |
| Shambhala Sun Foundation | \$15,000 |
| In support of the enhancements to the Mindful.org website. | |
| Sojourners | \$10,000 |
| In partial fulfillment of a \$20,000 grant to support the Emerging Faith Leaders program. | |
| TOTAL SPIRITUALITY FOR 2010 | \$230,833 |

:: CORTLAND DAHL ::

TEGAR INTERNATIONAL



Occasionally, a private foundation has the opportunity to help a promising new organization. Sometimes this is prompted by the inspiring vision of a far-thinking leader. Other times it's triggered by community need. On rare occasions both factors are present — Tegar International is one of those rare examples.

Tegar makes the wisdom and meditation of Buddhism accessible to a community that can benefit from affordable ways to manage stress and develop peace of mind, and it does so in a secular manner. Tegar provides meditation training and other programming based on the teachings of Yongey Mingyur Rinpoche, one of the leading teachers from the Buddhist tradition bringing the practice of meditation to the West.

Able led by Cortland Dahl and Edwin and Myoshin Kelly, Tegar has grown, in just two years, from a fledgling local group to a worldwide organization. Its programs, centers and meditation groups on four continents benefited significantly from one summer-

long visit by Rinpoche during which more than 200 hours of his teachings were videotaped.

In addition to financial support, the Foundation provided advice and counsel over the past two years. “For those with the means to do so, writing a check may not be all that difficult, but to give freely on so many levels is truly extraordinary. For our small but growing organization, Penny’s and Bill’s support has been valuable beyond measure,” explains Cort.

“With his deep interest in exploring the relationship between spirituality and authentic leadership, Bill met with our staff repeatedly to share his thoughts and offer his help. Likewise, Penny saw a natural connection between our efforts and the work of Abbott Northwestern Hospital’s Penny George Institute for Health and Healing. Her introduction resulted in a pilot meditation training program which has grown into ongoing meditation courses, workshops and retreats which yielded impressive scientific results illustrating the health benefits of even a relatively short meditation training and program.”

“This has been a wonderful learning opportunity for all of us at the Foundation,” says Penny George. “When we made our first, relatively small, grant in 2008, we had no idea it would have such far-reaching impact.” ✨

Community

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| Admission Possible | \$15,000 |
| In fulfillment of a \$30,000 grant to support the programming costs to help promising low-income youth in Minnesota gain admission to college. | |
| Association of Small Foundations | \$495 |
| In support of general operations for 2010. (Washington, D.C.) | |
| Athletes Committed to Educating Students | \$10,000 |
| In support of this organization's general operations. | |
| Bravo! Vail Valley Music Festival | \$10,000 |
| In support of the 24th Season of the Bravo! Vail Valley Music Festival. (Colorado) | |
| Breck School | \$5,500 |
| In support of the scholarships for students from communities of color from the Second Generation Fund on behalf of Jeffrey George and Jonathan George. | |
| Children's Heartlink | \$10,000 |
| In support of this organization's general operations to help save lives of children with heart disease in underserved parts of the world. | |
| Duke University | \$5,000 |
| In support of the Duke University Annual Fund. (North Carolina) | |
| Eagle Valley Land Trust | \$10,000 |
| In support of this organization's general operations to help ensure that the future of Eagle County includes the scenic vistas, wildlife habitat and ranchlands. (Colorado) | |
| East Grand Rapids School Foundation | \$10,000 |
| In fulfillment of a \$50,000 grant to support the Advancing Excellence campaign. (Michigan) | |
| Episcopal Community Services | \$5,000 |
| In support of this organization's general operations. | |

Continued on page 14

:: JOSEPH D. HORSE CAPTURE ::

MINNEAPOLIS INSTITUTE OF ARTS

We are blessed in our community by the presence of the Minneapolis Institute of Arts and its pre-eminent collection of Native American art. We are fortunate, as well, that this collection is presided over by a curator with the knowledge and deep commitment of Joseph D. Horse Capture.

A Native A'aninin (“White Clay People”), also known as the Gros Ventre, Joe brings to his work a rare sensibility drawn from his life experience. His father was one of this country’s first Native American curators, working at the Plains Indian Museum-Buffalo Bill Historical Center, and later for the National Museum of the American Indian-Smithsonian Institution. Joe’s upbringing in the museum world, his background and education have contributed to the MIA’s Native American art galleries and collection. Last year he presented an exhibition about his tribe — the first exhibition of its kind.

The MIA is one of the country’s first art museums to have a permanent Native American art display and has been building its collection over many years. The MIA’s location in the midst of one of the country’s largest urban Native American populations makes its collection



all the more relevant. “A great collection of Native American art, respectfully displayed and interpreted, is of critical importance to honoring the art and culture of Native people,” says Joe.

The MIA’s 2010 groundbreaking presentation of the exhibition, *Art of the Native Americans: the Thaw Collection*, exceeded attendance projections by 140 percent. More than 27,000 people, many who had never before visited the MIA, explored its treasures.

Joe reached out to Native American community organizations and schools throughout the state, bringing them to the MIA with special programming and free admission. The exhibition drew more than 4,500 students and 1,475 community members from Native American schools and organizations, sharing with them the glorious works of this priceless collection.

The George Family Foundation grant provides funds to purchase new art for the collection. “We feel honored to be able to celebrate Joe’s leadership and enhance his efforts to broaden and deepen this very special collection”, says Penny George. ✨

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| Grantmakers In Health | \$3,000 |
| In support of the 2010 Funding Partner contribution. (Washington, D.C.) | |
| Guthrie Theater | \$165,000 |
| In partial fulfillment of a \$1,000,000 grant to support the Joe Dowling Guthrie Theater Innovation Fund. This figures also includes support of the theater's Annual Fund. | |
| Hamm Clinic | \$30,000 |
| In partial fulfillment of a \$90,000 grant to support clinical practice training for three interns in the field of professional psychology. | |
| Kairos Dance Theatre | \$5,000 |
| In fulfillment of a \$10,000 grant to support general operations and the <i>Dancing Heart: Vital Elders Moving in Community</i> program. | |
| Karuna-Shechen | \$15,000 |
| In partial fulfillment of a \$45,000 grant to support this organization's general operations. Karuna-Shechen provides education, medical and social services to individuals in Tibet. (New York) | |
| MicroGrants | \$5,000 |
| In fulfillment of a \$10,000 grant to support this organization's small grants program. | |
| Minneapolis Institute of Arts | \$55,000 |
| In support of the enhancement of the Museum's Native American art collections. This figure also includes support for the museum's Annual Fund. | |
| Minnesota Council of Foundations | \$5,555 |
| In support of general operations and annual membership dues for 2010. | |
| Minnesota International Center | \$5,000 |
| In support of this organization's general operations. | |
| Minnesota Public Radio | \$5,000 |
| In support of this organization's Annual Fund. | |

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| National Parks Conservation Association | \$10,000 |
| In support of the Yellowstone Conservation Fund's Wildlife Fellowship program in honor of Edson and Harriet Spencer. (Montana) | |
| One Heart World-Wide | \$5,000 |
| In fulfillment of a \$15,000 grant to support general operations. This organization provides training for rural health workers to combat high maternal and infant morbidity and mortality rates in developing countries. (California) | |
| Page Education Foundation | \$5,000 |
| In partial fulfillment of a \$20,000 grant for general operations to provide students of color with college tuition, adult mentorship and service by recipients to younger students. | |
| Planned Parenthood of Minnesota, North Dakota, South Dakota | \$60,000 |
| In partial fulfillment of a \$300,000 grant to support the Youth Education and Development program. | |
| Project SUCCESS | \$10,000 |
| In partial fulfillment of a \$30,000 grant to support this organization's general operations. | |
| Somali Success School | \$20,000 |
| In fulfillment of a \$40,000 grant to support of this organization's general operations. | |
| Summit Academy OIC | \$25,000 |
| In fulfillment of a \$50,000 grant to support of this organization's general operations. | |
| Teach For America | \$15,000 |
| In fulfillment of a \$30,000 grant to support this program's launch in the Twin Cities. | |
| Twin Cities Public Television | \$2,500 |
| In support of this organization's Annual Fund. | |
| Twin Cities RISE! | \$20,000 |
| In fulfillment of a \$30,000 grant and partial fulfillment of a new grant of \$30,000 to support this organization's general operations. | |

Continued on page 16

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| Walk-In Counseling Center In support of this organization's general operations. | \$5,000 |
| Walking Mountains Natural Science School In support this organization's general operations. (Colorado) | \$10,000 |
| WATCH In support of this organization's general operations. | \$5,000 |
| Youth Farm and Market Project In fulfillment of a \$30,000 grant to support the urban agriculture, youth organizing and cultural nutrition. | \$10,000 |
| The Youth Foundation In support of this organization's general operations. (Colorado) | \$7,500 |
| Youth Frontiers In fulfillment of a \$60,000 grant to support character-building retreats for elementary and secondary students and faculty. | \$20,000 |
| TOTAL COMMUNITY FOR 2010 | \$604,550 |

Note: All organizations are located in Minnesota unless otherwise indicated.



Families and school children alike delighted in the treasures on view during "Art of the Native Americans: The Thaw Collection" at the Minneapolis Institute of Arts in 2010.



LEFT: Grantee One Heart World-Wide trains healthcare workers in remote areas. Tahumara Indians in Chihuahua, Mexico, are among those who benefit from these services. | RIGHT: Elementary students investigate creek life during a Walking Mountains Science Center field program.

TOTAL GRANTS PAID 2010 = \$2,392,710*

**This number includes \$82,000 in discretionary grants*

Financial Summary

Statement of Financial Position* December 31, 2010 and 2009

| | Cost (\$) | | Market (\$) | |
|------------------------------|---------------------|---------------------|---------------------|---------------------|
| | 2010 | 2009 | 2010 | 2009 |
| ASSETS | | | | |
| Investments: | | | | |
| Equities | \$26,821,393 | \$26,427,034 | \$33,294,056 | \$30,536,697 |
| Fixed Income | \$18,309,211 | \$13,462,380 | \$19,427,026 | \$14,016,562 |
| Cash and Cash Equivalents | \$194,394 | \$5,642,361 | \$196,338 | \$5,711,625 |
| Total Investments | \$45,324,998 | \$45,531,775 | \$52,917,420 | \$50,264,885 |
| Fixed Assets | \$1,978 | \$2,473 | | |
| TOTAL ASSETS | \$45,326,976 | \$45,534,248 | | |
| NET ASSETS | | | | |
| Total Net Assets | \$45,326,976 | \$45,534,248 | | |

Cortland Dahl, the director of Terger International, on a pilgrimage with Mingyur Rinpoche in India.



Statement of Activities*
For the Years Ended December 31, 2010 and 2009

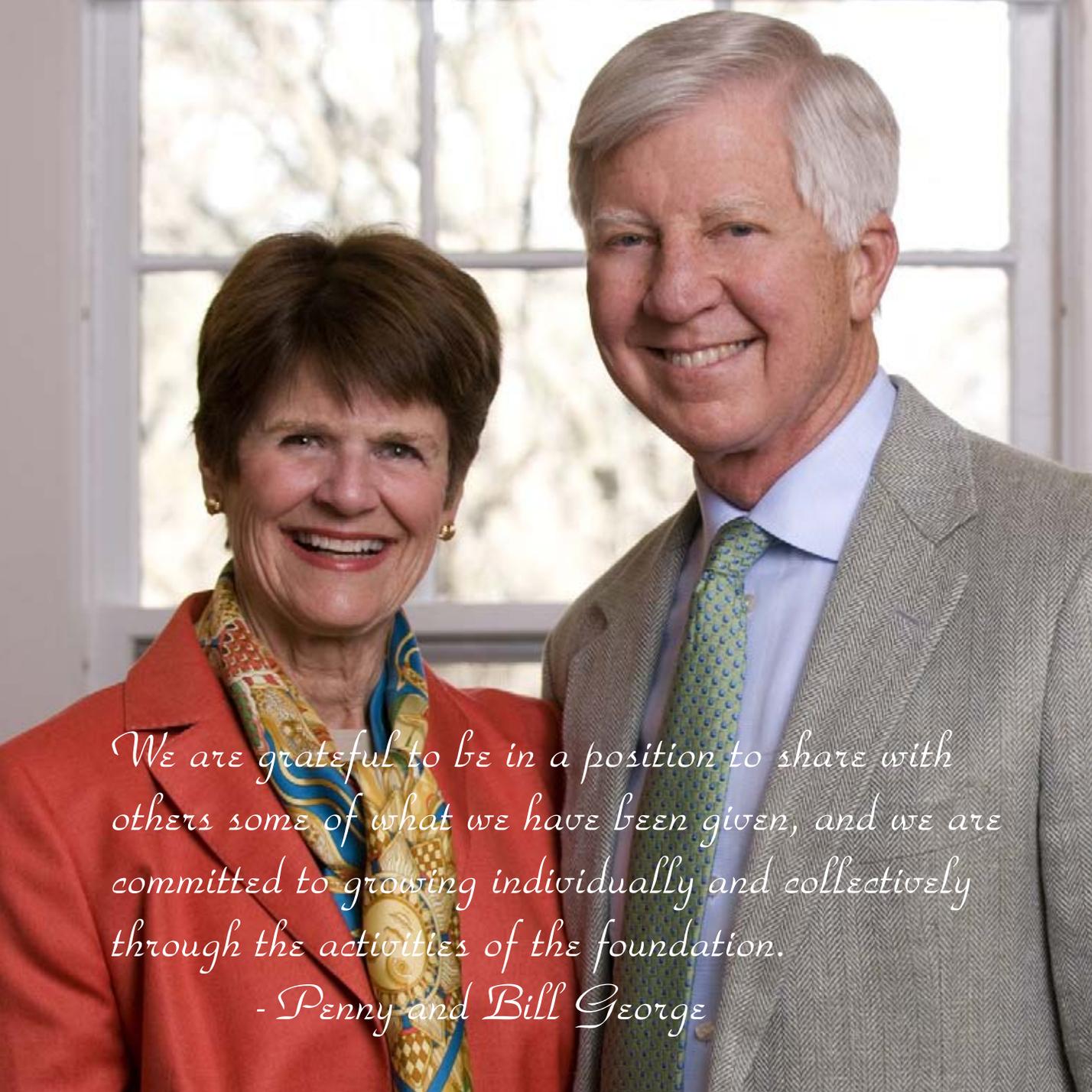
| | 2010 | 2009 |
|--|---------------------|---------------------|
| REVENUE | | |
| Interests and Dividends: | \$1,152,350 | \$875,304 |
| Realized/Unrealized Gain/ (Loss) on Investments | \$1,075,491 | \$(291,234) |
| Contributions | \$599,817 | \$415,000 |
| Other Income | \$1,250 | \$9,050 |
| Total Revenue | \$2,828,908 | \$1,008,120 |
| EXPENSES | | |
| Taxes Paid | \$14,891 | – |
| Program Expense | \$57,738 | \$40,355 |
| General and Administrative Expense | \$47,536 | \$90,832 |
| Professional fees | \$296,018 | \$216,535 |
| Salaries, Taxes & Benefits | \$227,287 | \$312,477 |
| Grant Commitments Paid | \$2,392,710 | \$2,572,965 |
| Total Expenses | \$3,036,180 | \$3,233,164 |
| Net Income / (Loss) | \$(207,272) | \$(2,225,044) |
| Net Assets - Beginning of Year | \$45,534,248 | \$47,759,292 |
| Net Assets - End of Year | \$45,326,976 | \$45,534,248 |

* 2010 and 2009 are actual numbers based on the tax return.



Cherokee is seen here at the Powderhorn Youth Farm and Market Project's 2010 summer program.

He is sorting the morning onion harvest for weekly 'Shares,' a family-sized portion of fresh harvest. Every Friday, each Youth Farmer takes home a share.



We are grateful to be in a position to share with others some of what we have been given, and we are committed to growing individually and collectively through the activities of the foundation.

- Penny and Bill George

The George Family Foundation
1818 Oliver Avenue South
Minneapolis, MN 55405
Phone: (612) 377-3356
Fax: (612) 233-2194
www.georgefamilyfoundation.org