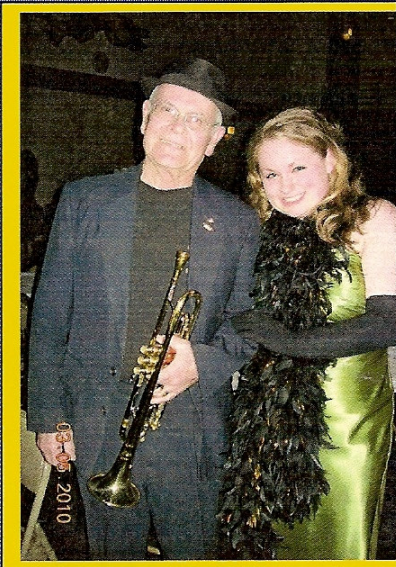


*Providing Help.
Creating Hope*



**LOURDES
FOUNDATION**

Supporting Lourdes students, faculty and alumni



*Lourdes Foundation Annual Report
July 1, 2009 to June 30, 2010*

Generosity is a force of change.
A creator of hope and possibility.
It embraces the real needs of real
People at the same time it celebrates their individual
Humanity. So what does it take to give?
Compassion. Initiative. Purpose
But to travel far, and to reach its full potential,
Generosity also needs integrity and guidance.
Deliberate and responsible supervision.
When people decide to give, and then focus
Their ideas and energies intelligently,
Excellence in a society begins to shine.
Person by person. Community by community.
Anonymous

Table of Contents

<i>What does Lourdes Foundation do</i>	2
<i>Message from Executive Director</i>	4
<i>Message from Lourdes Foundation Board President</i>	5
<i>BOARD OF DIRECTORS 2009-2010.</i>	6
<i>Emeritus Members of the Board</i>	7
<i>Lourdes Foundation Lifetime Members.</i>	7
<i>Estate Bequests of \$10,000 or more</i>	7
<i>Lourdes Foundation Founders</i>	7
<i>Connecting Generations- About the Lourdes Foundation.</i>	8
<i>Tim's Carroll's Trek.</i>	9
<i>In his own words from Tim Carroll</i>	9
<i>Mike Carroll '69 Tribute Scholarship</i>	14
<i>Quick Facts about Tim's Trek:</i>	15
<i>What Will Your Legacy Say About You</i>	16
<i>Lourdes Foundation Program Updates</i>	16
<i>2010 Annual Meeting</i>	17
<i>Lourdes Foundation Scholarship Funds.</i>	18
<i>Contributing Donors 2009-2010.</i>	20
<i>Statement of Financial Position – Year Ended June 30, 2010.</i>	24
<i>Lourdes Foundation Vision Statement and Mission Statement</i>	26

What does the Lourdes Foundation do?

We Provide Help

Create Hope

Build Lives

Connect Generations

Past, Present and Future

- **Provides Help to**
 - **Lourdes High School Students**
 - Through tuition assistance scholarships to Lourdes students and families
 - Through the Music Endowment fund to help Lourdes music program replace and buy new band instruments and equipment
 - **Lourdes High School Faculty**
 - By sponsoring one Lourdes teacher annually to make the trip to Assisi, Italy to walk the same paths as St. Francis walked and return to teach LHS students with renewed Christian faith.
 - Profits from the Annual Sports Hall of Fame event provides extra sports equipment for coaches that could not have been provided in the general budget.
 - **Lourdes Alumni**
 - With the *Aquila* Newsmagazine that is sent to 8,000 homes with news about upcoming Alumni events and updates on classmates as well as other Alumni in the news.
 - By providing assistance in coordinating class reunions ranging from school tours, addresses of classmates and promoting reunions on the foundation's website as well as publications and online alumni directory.
 - By organizing the Lourdes Sports Hall of Fame event where three outstanding athletes and one coach are inducted into the Lourdes Sports Hall of Fame. Also recognized yearly is a Lourdes championship team at this event.

The Lourdes Foundation of Rochester, Minnesota serves the greater Rochester area in the fulfillment of philanthropic goals that benefit to ensure a vital Catholic education at Lourdes High School. We inspire a passion for generosity by providing leadership and programming that is responsive to the interests and needs of those we serve both now and in the future.

Message from Executive Director:



The generosity of our Lourdes Foundation community is truly astounding and unwavering, it is so impressive to see how many individuals give back, thank you all so much. Your financial gifts continue to support Lourdes Foundation's mission of ensuring a vital Catholic education at Lourdes High School. We thank you for your generous support.

Thank you to all who have participated in our annual appeal, we are so grateful to you. **You** have made a tremendous difference in the lives of many Lourdes students. Your continued support makes the possibility of attending LHS a reality for many students and their families who otherwise could not consider Lourdes because of cost.

An important component of support is found in the Lourdes Foundation's ***Round Table Membership***, which honors those individuals who have included Lourdes Foundation in their estate plans. This can be done by naming Lourdes Foundation as a beneficiary of an insurance policy, Individual Retirement Account (IRA), perhaps a percentage of your estate or designating a single amount towards the Foundation. There are other qualified retirement plan accounts as well and your financial planner or legal council can best help you with your plans.

No matter what size your gift is, you have made it possible over the years for the Lourdes Foundation to contribute well over \$1,000,000 just in tuition assistance alone from our endowed scholarship funds. On behalf of those students - ***We Thank You So Much!***

Our work and mission continues and becomes so important, we continually strive to make Lourdes High School affordable, and viable to all who seek a Catholic education at this Christ centered school.

The capacity of our community is tremendous. Thank you for your continued support, we could not do it without you.

Gratefully,

A handwritten signature in black ink that reads "Tim Sitzer". The signature is written in a cursive, flowing style.

Tim Sitzer
Executive Director
Lourdes Foundation

Message from Lourdes Foundation Board President - Bob Gander'73

Thank you everyone for your commitment to the Lourdes Foundation and to Lourdes High School, a special thank you for everyone trusting me as I took on this position of President of the Lourdes Foundation for the year.

There are many challenges we face. I do not have to tell you there is a lot going on in our system. With an exciting capital campaign for the new school well under way, annual appeals, auctions, parish appeals, renovations, additions, it seems as though everyone, in all directions, is asking for your support. All are of equal importance.

Through your generosity, you can change a life, you can give an opportunity, and you can make a dream come true. We are so grateful for your continued support of the Lourdes Foundation. Through our Annual Appeal, we ask for your help so we may continue our vision that ensures a vital Catholic education at Lourdes High School for all who want it.

A little about myself:

My parents, like many of you, sacrificed and sent five of us through the Catholic school system here in Rochester. I went to St. Francis and then on to Lourdes and graduated with the class of '73. My wife Linda attended St. John's and graduated with me in the same class. Don't quote me but I think I got my first kiss from her in the commons in 1969 while having one of the famous Lourdes pizza burgers.

Little did we know that we would be sending our three children through the same schools and all graduated from Lourdes. Linda and I both have a deep passion for Lourdes High School and what we call, *The Lourdes Family*. Our children have been successful because of the education they received at our Catholic schools. Our sacrifice, our investment in them paid off many times over. The special interest that the teachers showed the kids, the small class sizes, and the school spirit, all of this is a reflection of the commitment and positive influence that the different school staffs had on our children. Not to brag, but we are proud parents of three wonderful children who are now all adults and some of them are now great parents as well! We owe a lot to our schools.

When Tom Graf first approached me to be part of the Foundation a few years ago I jumped at the chance. I knew it would be a great way for me to keep in touch with Lourdes, parents, teachers and students. I thought what better way to say thank you for all the things that our schools have done for Linda and I and ,of course, for our children.

I have been on a couple of committees while serving on the Foundation Board, but by far the one that has given me the most enjoyment has been the scholarship committee. We are in contact with people such as you who have a deep appreciation of what Catholic education can mean and how important it is to make it available to all who want it.

I did come up with a word that describes people like you and that word is: DYNAMIC. I have met so many dynamic people such as you who have taught me how to give unselfishly and how to do things from the heart.

Before my involvement with the Foundation I had no idea what the Foundation was and what it promoted. All I knew was that we received a card in the mail and it meant - send money, money, and money. Money I thought I needed for myself. Because of my involvement, I soon found out that our financial gifts make a difference. We do change lives and we can make a Catholic education a reality for so many who might not otherwise get the chance to experience what we had.

What a great feeling it is to know that you have made a difference in a young person's life, it is a feeling that just plain feels good.

Robert Gander '73

Bob Gander'73
Lourdes Foundation, Inc
Board President 2009-2010



BOARD OF DIRECTORS 2009-2010

President: Bob Gander '73
Vice President: Greg Griffiths
Treasurer: Sue Krecke
Secretary: Julie Burgart



Directors: Back Row (left to right): Joyce Even, Mike Kesler, Fritz Kvaternik, John Lawson, Mike Lose, Bob Gander and Tim Geisler.

Middle Row (left to right): Karen Petersen, Greg Griffiths, and Steve Bieniek.

Front Row (left to right): Julie Burgart, Diana Nicolay, Sue Krecke, Therese Armstead, and Mark Stadtherr.

Not Pictured: Mike McNeil and Chris Price.

Board of Directors 2009-2010

President
Bob Gander
Vice President
Greg Griffiths

Treasurer
Sue Krecke
Secretary
Julie Burgart

Directors
Therese Armstead
Steve Bieniek
Joyce Even
Tim Geisler
Mike Kesler
Fritz Kvaternik
John Lawson
Mike Lose

Mike McNeil
Diana Nicolay
Karen Petersen
Chris Price
Mark Stadtherr

Emeritus Members of the Board

Emeritus members of the Lourdes Foundation Board are recognized by election, for their years of service and dedication to the foundation:

Richard R. Arend '65	William P. Cooney, M.D.	Leigh J. Johnson
Dean Ascheman	Barbara DeCramer	Owen J. Korsmo
Wayne Arnold '53 *	Fr. Virgil Duellman*	Mary Ann Remick '60
Richard Bins	Jerry Engelbert	Tim Shea
Judith A. Bird	William A. Fitzgerald	James F. Woodruff, Sr.*
E. Elliott Briese*	Charles Gray '46	John W. Woodruff '65
Marc Carpenter	Larry Koshire '65	Jim F. Woodruff '63
Evelyn Cashman	Kevin Nigon '73	Ray Zeman

Lourdes Foundation Lifetime Members

A lifetime member is a benefactor who has contributed at least \$10,000 in a single fiscal year.

Ms. M. Joanne Ballou '44	Friends & Family of Gary Vanselow
Mr. & Mrs. Art Birdseye	Ms. Maxine Langdon
Mr. John Briese '76	Mr. & Mrs. Jack Remick '60
Mrs. Elaine T. Bromelkamp	Mr. & Mrs. George Restovich '61
Mr. & Mrs. Marc Carpenter	Mr. & Mrs. Gene Rowekamp
Mr. & Mrs. Robert Conway '62	Sisters of St. Francis
Mr. & Mrs. James Dee	Miss Kathleen J. Stewart*
Mr. & Mrs. Lawrence Ferguson	Miss Mary A. Stewart
Mr. & Mrs. William Fitzgerald	Mr. Walter Van Lith*
Mr. & Mrs. Emil Gauthier	Mr. & Mrs. Joe Weis '50
Mr. & Mrs. Patrick Gray	Mr. Francis Wheelock
Hiller's Flooring America	Mr. & Mrs. James Woodruff, Sr.*
Mr. & Mrs. John Hunt	Anonymous
Mr. M. T. Lawler '55	Mr. & Mrs. William Adamson
Mrs. Alice Langdon*	Mr. John C. Gould
Mr. Joe Powers	

Estate Bequests of \$10,000 or more

Wayne Arnold '53	Virgil Daly '22	Thomas Dee
Fr. Virgil Duellman	Anthony Eannelli	Benedict & Eloise Dresbach
Ruth Goblirsch	Margaret Konzem	Mary Fryer
Mary A. McGovern	Mary Margaret Neill	Alice M. Langdon Charitable Trust
Dorothy H. Stewart	Irene & Lloyd Williams	Marjorie Withers

• *Deceased*

Lourdes Foundation Founders

The founding members of Lourdes Foundation are deserving of recognition for their generosity, their vision and their love of Lourdes

Henry J. Bromelkamp*	Virgil M. Elliott*	Richard J. Reitemeier, MD*
Vincent E. Cashman*	Charles F. Gray '46	Richard J. Smith*
John D. Chisholm*	Madonna M. Hanf*	Thomas Wolf '47*
Joseph R. Daly, Jr.	Edgar G. Harrison, Jr., MD*	James F. Woodruff, Sr.*
	Owen J. Korsmo	Raymond F. Zeman



**Lourdes
Foundation**
Connecting
Generations



About the Lourdes Foundation:

- ***Lourdes Foundation was established in 1974 by a group of 15 people who recognized the need to create an independent source of financial support for Lourdes High School.***
- ***Incorporated under the name “Lourdes Development Fund” July 21, 1981***
- ***Established as an independent nonprofit organization with 501c3 status June 27, 1994 when the name was changed to Lourdes Foundation, Inc.***
- ***The Foundation serves as an organization that unites LHS graduates, parents of current and past students, faculty, staff, and friends of Lourdes who share a common commitment of support for:***
 - ***Preserving the history and traditions of Lourdes High School***
 - ***Providing financial support to the school to enhance student activities, educational goals, religious values, staff enrichment, and facility improvements***
 - ***Promoting community involvement***
- ***Foundation leadership includes an independent board of directors separate from the Rochester schools, which oversees and manages a portfolio including marketable securities & private investment. Directors are elected to a three-year term and serve without compensation.***
- ***A portion of the portfolio return is given annually in the form of grants and tuition assistance scholarships to Lourdes High School students***
- ***Since 2000, the Lourdes Foundation is the only foundation that not only works with the scholarship program, but is also the Lourdes Alumni Association. In other schools, alumni activities are through the school itself, not a separate entity. Some of the Alumni Association events are:***
 - ***Class reunions***
 - ***Post homecoming game party***
 - ***LHS Sports Hall of Fame***
 - ***Distinguished Alumni Speaker Event***
 - ***Aquila newsmagazine – two issues per year***
 - ***Sponsoring Two LHS staff on annual Franciscan Pilgrimage trips***
- ***The first 10 tuition assistance scholarships were awarded in 1980 under the name of Lourdes Development Fund. As of the 2010-2011 school year, Lourdes Foundation will have disbursed \$985,136 in tuition assistance to 971 students to continue their Catholic education at Lourdes High School and 61 outgoing seniors to further their college education totaling \$64,335.***
- ***In total, Lourdes Foundation has disbursed tuition assistance to 1,032 students at Lourdes High School for \$1,049,471 to date with your help.***

To learn more about the **Lourdes Foundation**, please visit our website at www.lourdesfoundation.org

Become a fan on **Facebook** of **Lourdes Foundation Alumni Connection**

Or contact us at:

Lourdes Foundation
621 West Center Street
Rochester MN 55902
Phone: 507-289-2584

Email: lourdesfoundation@rochestercatholic.k12.mn.us

Tim's Carroll's Trek

There are just a few moments in our lives when generosity, compassion, initiative and purpose come together all at once. This is one of those times and the Lourdes Foundation is so proud and thrilled to have been a part of this. I have the honor of introducing you to *Tim Carroll's Trek*, an astounding and physically demanding 2600 + mile trek on the Pacific Crest Trail (starting in southern California at the Mexican border up to the USA/Canadian border).

On April 20, 2010, Tim Carroll, a 2003 Rochester Lourdes grad, started his 2658-mile trek to walk the Pacific Crest Trail to honor his Dad, Mike Carroll, by raising money for a scholarship to help Lourdes students in financial need to attend Lourdes High School. A daunting undertaking considering that less than 300 people attempt the PCT every summer but less than 40% will succeed. Every day, when possible, Tim would update his blog while thousands followed his trek from the Mexican Border to the Canadian Border. To date, his blog counter reads 105,850 visits.

Tim Sitzer
Executive Director
Lourdes Foundation, Inc.

April 2010

In his own words from Tim Carroll



Dear Friends and Family,

I hope life is treating you well. For some of you it's been some time since we've seen each other or even talked. Let me take this opportunity to reconnect. I've decided to take time this year to write down what I have been up to and to make an effort to shed some light on where life is taking me. Some of this may be old news, some of it is new even as I sit here writing. What I really want from writing a letter like this is the chance to stay in touch, and get the most out of my friendships, family, and life.

During the past several years I've had the opportunity to work in places like the Boundary Waters in northern Minnesota, California's Sierra Nevada Mountains, Kentucky's Red River Gorge, the Blue Ridge Mountains of Virginia, Lake Tahoe's Desolation Wilderness, and currently in the Gila mountains of New Mexico. If there's one thing I've learned in all that time in all those places, it's that snow makes the best toilet paper.

Life is good outdoors, and in the past 6 months there's been a steady flow of jobs in my line of work. Trail construction and maintenance to be specific. I currently live in Silver City New Mexico and work as a Crew Leader for high school Americorps crews doing trail work in the National Forest. We camp and work in the back country for 8 days at a time cleaning up trails. Building structures, cutting downed logs, hiking and clearing brush, cooking meals, and staying warm are all tasks of a typical day. Out of the last six months, I have spent 30 days sleeping indoors. I think I can count on my hands and feet the number of showers I have had in that time as well.

It is not a glamorous lifestyle, but trail work is truly a lifestyle that suits me, and I love it. The challenges are so unique. Physically, mentally, and socially, it demands a lot. The needs of 8 high school students, or seeing the same faces all day, every day, can be tough (especially after burrito night). There is no greater satisfaction in my mind than throwing yourself at a trail for days and then getting to walk on the results. I visited places this summer where I worked over 2 years ago and found the waterbars, signs, bridges, and steps just as we placed them, like it was yesterday.



I've been fortunate to have these opportunities mostly because of the support of my parents, who gave me the education, inspiration, and love that I needed to be successful. My dad, who may not always like the random and far from home places that I work, has always told me to do the things that I love and not settle for any less. In honor of that advice, I will make my attempt in 2010 to hike the entire 2,663 mile Pacific Crest National Scenic Hiking Trail.

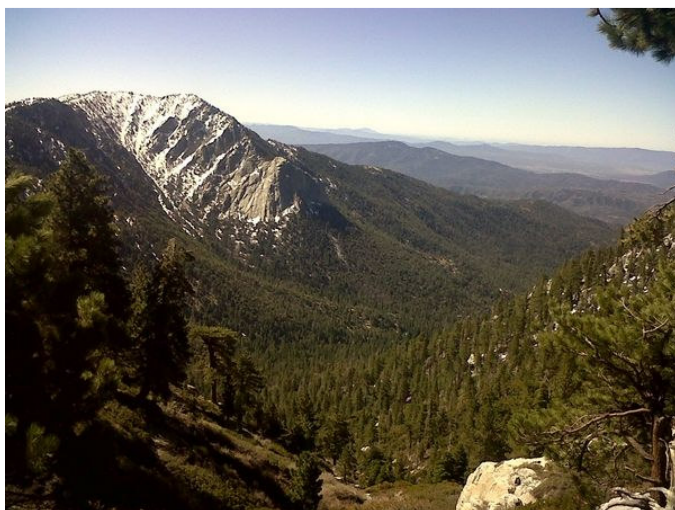
The Pacific Crest Trail (PCT)(www.PCTA.org) stretches from the border of Mexico in southern California through the National Parks and Forests of California, Oregon, and Washington to the Canadian border. The journey will

last about 5 months and cover some of the most beautiful and awe inspiring areas of the west. Because my dad is the main inspiration for most of my adventures, I will make this trip in conjunction with the creation of the Mike Carroll Tribute Scholarship for Lourdes High School student tuition assistance through the Lourdes Foundation. For every mile that I walk, I will donate 10 cents to this fund. I'm asking friends and family, or anyone for that matter, who has had support in the pursuit of their own dreams from my dad to join in their support.

I hope to hear from you all very soon with feedback, comments, or just to talk and hang out. The journey will begin near the end of April and if you feel like hiking with me for a week or two, I've included a draft itinerary for you to look at. Also, if you'd like to send a letter of encouragement, the postal addresses for each leg of my trip will be posted on my itinerary page.

I came up with a quote earlier this year when I said "The journey is the destination." Two weeks later I saw that phrase on a t-shirt in Wal-Mart. Even though someone said it before me, I strongly believe and live by those words.

All the best,
Tim Carroll



Tim Carroll finished his extraordinary 2,658 mile on September 21, 2010. When he spoke at our Annual Meeting, this is an excerpt from his thoughts about walking an average of 20 miles per day for 5 months.

Tim Carroll at the Canadian Border marker on Sept 21, 2010



I told my family back during the summer of 2009 that I was going to thru-hike the Pacific Crest Trail in 2010 and the first thing my brother said was that I should do some kind of campaign to raise money for Parkinson's research. Wow, that's a great idea, I thought, but it seemed a bit difficult for me to wrap my mind around. Who would I speak to, how do you even go about something like that. I had no idea so I talked to my parents about it and they were on board right away. I decided that I would go to my parents for inspiration. For some reason they were very supportive of this idea that I had to hike from Mexico to Canada. When I told them my brother's, John-Howard, idea to raise money, they helped me fill in the blanks. I knew that my parents had been talking about the Scholarship

in My dad Mike's name and they suggested that we talk to some people at the Lourdes Foundation about getting the two if these ventures paired up. That was brilliant, it was my parents who have always supported every thing I've attempted and my dad has always drilled into me that life is about doing what you love. My parents worked very hard so that I had just the opportunity to do the things I've done and I couldn't think of anything else that would motivate me more.

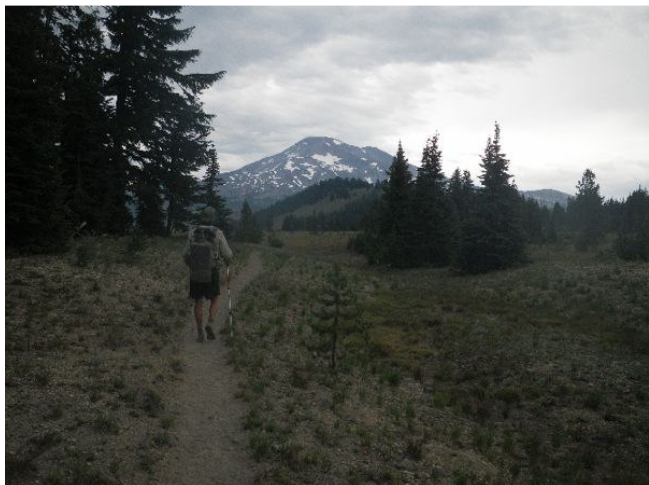
We definitely talked to the right people. I've never seen such passion and such interest in something as the people at the Lourdes Foundation showed for this journey. They spearheaded every detail of the scholarship fund and helped to spread the word more that I could have dreamed to do on my own. Tim, Sheila, and Terry were a true joy to work with and Tim, I'm still holding you to that Dairy Queen promise you made.

When it was finally time for me to start hiking after nearly 6 months of serious planning, the anticipation was so high I could barely stand it. I think now about what the trail meant to me then, and what it is to me now. That first day I was full of excitement and felt like a free man in every sense of the word free. I was free to come and go as I pleased every day with just one clear goal in mind, Canada. After a week I had walked 100 miles, the longest distance I had ever traveled on foot. Soon it was 200 miles, then 300 and I learned very quickly over those first few weeks what it was going to be like to actually hike this thing.

The people on the trail were amazing and every day I woke up with a great feeling knowing that I might meet someone new today and that the day would be completely different yet exactly the same as yesterday. I was introduced to trail angels and learned the true meaning of generosity from these people. Imagine a group of people who haven't bathed in days looking like total bums walking through town. This was a common theme and all the time we were in these towns people offered us help in a variety of ways. I was welcomed into homes like I was a family member, given a place to sleep and bathe and wash my clothes many times. They would even give us food. This is no small gift when you're talking about the most ravenous appetites I've ever seen. It simply blew my mind. Here I was looking and smelling like absolute hell and the first thing some of the trail angels would do is give you a hug. The PCT was designed to travel close to many communities and towns along the way and the town stops quickly became places to rendezvous with other hikers, get in touch with home, and meet new people.

The summer continued on and soon I faced the most difficult challenge of the entire trail. Over 200 miles through the high Sierra's with no roads or power lines for almost 2 weeks. I set off alone from Kennedy Meadows CA, with a pack that was overflowing with mostly food. Over the next 12 days I saw some of the





most awe inspiring places I've ever seen in my life. I summated Mt. Whitney and spent about 80% of every day walking on snow. I had no idea how difficult it was going to be. Every day was the most difficult day I had ever experienced and at the same time I was being overwhelmed with the power and the beauty of these high mountains.

John Muir once wrote "Climb the mountains and get their good tidings. Nature's peace will flow into you as sunshine flows into trees. The winds will blow their own freshness into you, and the storms their energy, while cares will drop away from you like the leaves of Autumn." I couldn't believe how true that was. My mind was so clear and I was so focused every moment of the

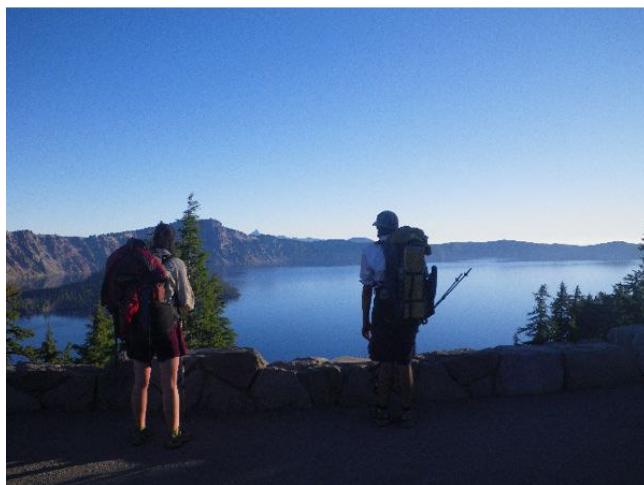
day that I was starting to let everything else just slip away. I was getting new perspectives on things like patience, living in the present, trusting yourself, and mind over matter. I spent those 12 days mostly alone but for a few odd weekenders and other thru-hikers here and there. It was deeply meditative and it was probably the defining part of my trip.

After 3 months of hiking, I had finally reached the halfway point. That was a difficult moment. A triumphant feeling for sure but after hiking over 1300 miles I was still in California. Every day there were reasons to go home, but the more I continued to hike and the more I saw new things, the more I loved it. Soon I began to think of setbacks as great excuses for someone else to quit the trail. I had it branded in my head that I was finishing this trail, and now it was only a matter of time and maintaining what I had done to get this far.

After another month I had reached the 2,000 mile mark and I was starting to look at life much differently than when I had started. I was so thankful to have a stream to drink water from, and just a flat spot in the dirt to sit down sometimes. The pleasure of a warm sunny day and the chance to be alone with my thoughts made the day a success.

At the very end of the trip I realized how spoiled I had been once it started raining. I went from wishing it would stop raining to being thankful that it wasn't snowing while the wind was blowing hard. Mentally I was forced into a place where I was just a small piece of what was going on and during the last few days, the jumble of images and experiences in my head from the entire trip all came together. The miserable weather and the pain in my feet were a part of life at this point and I realized that it wasn't even about finishing the trail any more. I had already finished the trail in my mind and my perspectives on life had been washed clean and I was looking at each day with the enthusiasm of a kid again. Simple things gave me huge amounts of joy and I was very easily entertained at this point. Life was great and every step and every breath felt like a gift."

Tim Carroll -
2003 Lourdes Graduate
2010 Pacific Crest Trail Completion
2010 fully funded (\$10,000) the Mike Carroll
Tribute Scholarship



Mike Carroll '69 Tribute Scholarship

Tim Carroll – Feb 7, 2010

"I'm hiking the PCT because hiking is what I love and I've learned that you've got to take these opportunities when they present themselves. I can't wait to see my Dad's face when I cross the border in Canada."

Tim Carroll's trek is dedicated to his father, Mike Carroll '69, in recognition of Mike's 27 years of service to the athletes and students of the Rochester Catholic Schools community.

For 15 years, Mike taught Religion, History, Civics, Geography, Physical Education and Business Law and affected the lives of each student that entered his classroom. He coached for more than 27 years as a freshman and B-Squad Football coach, Girls B-Squad Basketball coach and freshman and B-Squad baseball coach. It is because of Mike's dedication to his students and athletes that his family, Kathy, John-Howard ('01), Fae ('02) and Tim ('03) have started this scholarship in Mike's name. Mike has always believed that any student wishing to continue their education at Lourdes

High School should not be denied that right due to financial restrictions.

Born to Howard and Freda Carroll in 1951, Mike was a student of Rochester Catholic Schools attending St. Pius Elementary School and graduating from Lourdes High School in 1969. As a student at Lourdes, Mike participated in a variety of activities including football, basketball, track and field as well as participating in school plays and singing in the choir.

Upon graduation from Lourdes, Mike attended Rochester State Community College and the University of St. Thomas, pursuing a degree in business and graduating in 1973. Directly out of college Mike took nine months of Montessori training and then he, with his wife Kathy, moved back to Rochester and opened an in-home family childcare business. In fact, Mike was the first male to be a licensed childcare provider in the State of Minnesota. In the mid 1980's, Mike returned to Saint Mary's College in Winona to pursue his teaching certification in political science. In 1993, Mike began teaching for the Rochester Catholic Schools as a junior high History, Civics, Geography and Religion teacher at Saint John the Evangelist Catholic School. He continued teaching and coaching all three sports at Lourdes until his retirement in January 2008.

Tim says his Dad taught him "Make sure you always do the things you love to do. Then it won't matter what you're doing, because you'll always be having fun." To read more about what Tim says about his Dad (Feb7, 2010 blog entry) visit the Lourdes Foundation website to track Tim's progress, see the incredible scenery of the Pacific Crest Trail, leave Tim a note or make a pledge/donation to the Mike Carroll Tribute Scholarship Fund.

All Scholarship Funds go to help LHS students with tuition assistance.



Tim Carroll with parents, Mike & Kathy Carroll, on the Pacific Crest Trail – August 2010



Quick Facts about Tim's Trek:

There is an old saying that says a trip of a thousand miles begins with the first step. In Tim Carroll's case, it was three steps. On April 20, 2010, Tim Carroll started a trek of 2,658 miles (Tim pictured at the Mexican border monument at the start of the Pacific Crest Trail). In his blog, Tim writes that he took three steps and realized his shoe was untied, then walked one mile and realized he his tent had fallen off his backpack and he had to retrace his steps to find his tent. Not the start he was hoping for!

Here are some quick facts about Tim's trek:

- When he flew out of Rochester on Sunday, April 18 to start his trek, the visit counter on his daily blog read 6,000 visits. Today, his blog visitor counter reads 106,500. That is 6,000 more people than the population of the city of Rochester, MN!
- Tim and the Carroll family prepared for almost a year for the trek.
- On his trek, Tim will walk through:
 - 26 National Forests
 - 8 National Parks
 - 4 State Parks
 - 2 Bureau of Land Management Offices
 - 3 National Monuments
 - 1 State Recreation Area
 - 33 Federally Mandated Wilderness areas
 - County Parks and Indian Lands
 - Congressional Districts - 13 in California, 4 in Oregon, 5 in Washington
 - Highest Elevation: 13,180 feet at Forester Pass, CA
 - Lowest Point: 100 feet at the Columbia River, Oregon/Washington Border
- More people have climbed Mt. Everest than have completed the entire Pacific Crest Trail. In a typical summer, 300 hikers will attempt portions of the PCT (Pacific Crest Trail), but only 40% will finish.
- Tim's backpack weighed about 17-20 pounds without food or water. With supplies, it weighed 40 pounds. Tim planned for a pair of shoes to last about 500 miles.
- Every 4-5 days, Tim's family & friends sent dehydrated foods such as jerky, fruit, veggies, granola, and goats milk to 29 mail drops at Post Offices along the PCT for restocking.
- Tim averaged walking 20 miles per day to accomplish the 2,658 miles in 151 days. He hoped to walk for six days and rest on the seventh day, weather permitting.
- Tim, a 2003 graduate of LHS, a Luther College graduate with a major in geology, an Eagle Scout and current employee of AmeriCorps is establishing a Tribute Scholarship in his father's name. The Mike Carroll Tribute Scholarship will help students in need at LHS with tuition assistance.
- Through the Lourdes Foundation web site, people could follow Tim on his Trek and learn about his journey on his blog, view his photos and even write to him as he hikes the PCT.
- "Trail Angels" are people from towns around the trail that leave water, food and shelter on the trail for PCT hikers.



View from Mt. Baden-Powell, CA on the Pacific Crest Trail

What Will Your Legacy Say About You?

Ten Things You Can Do to Leave a Legacy to Lourdes High School and Lourdes Foundation

1. Prepare a will. Only 50% of people who pass away have one. Without a will, you will lose control of the assets you worked a lifetime to build.
2. Leave a gift in your will for Lourdes Foundation and other organizations that have made a difference in your life. Fewer than 6% of American households have included nonprofit organizations in their estate plans.
3. In your will, consider leaving a percentage of your assets to Lourdes Foundation.
4. Consider using assets as your charitable gift. These can be stocks, bonds, certificates of deposit, real estate, art, etc. Such gifts may provide tax savings.
5. Name Lourdes Foundation as the beneficiary of your individual retirement account or pension plan.
6. If you own a life insurance policy, consider renaming Lourdes Foundation as a partial or sole beneficiary.
7. Purchase a new life insurance policy naming LFI as the beneficiary.
8. Encourage family members and friends to leave gifts to Lourdes Foundation in their wills and help them establish a relationship with a qualified estate planner.
9. Ask your professional advisor to include gifts to nonprofits in his or her counsel to other clients.
10. Learn more about leaving your legacy at Lourdes High School and Lourdes Foundation by calling the Foundation office at (507) 289-2584

Lourdes Foundation Program Updates

Since its inception, Lourdes Foundation has strived to find ways to ensure families can achieve the dream of a Catholic Education for their children as well as support Lourdes High School in its growth now and into the future. There are a variety of funds already established that will allow most donors to find a way to stay involved with Lourdes students as they were as students, parents, grandparents and beyond. Wide ranges of philanthropic options are offered by the Lourdes Foundation. They are:

Alumni Association – Lourdes Foundation Alumni Association sponsors many events including:

- ***Lourdes High School Sports Hall of Fame*** honoring past athletes and coaches; The LHS Sports Hall of Fame celebrated their third annual event in December 2009 with a net profit of \$2500, which will be presented to Lourdes Athletic Coaches at the 2010 banquet.
- ***The Distinguished Alumni Speaker Series*** which allows past Alumni to speak to the current Lourdes students as well as past alumni about their achievements since leaving LHS. In February 2010, Jill Keidl-Mickelson – LHS Class of 1990 – spoke to the students in the morning as well as an evening gathering about her work with the 35W bridge collapse and rebuilding process.

Jill Mickelson is an environmental engineer with engineering and architecture firm Short Elliott Hendrickson. On August 1, 2007 the I-35W bridge over the Mississippi River collapsed, resulting in the loss of thirteen lives and the complete severing of a major transportation artery in the heart of the Twin Cities. Over the next year, the project to rebuild the bridge required the efforts of hundreds of engineers and construction workers. Like others, Jill found her personal and profession life consumed by the effort. She shared with Lourdes students her experiences and her unique perspective on this great public works project."

Jill has been the recipient of the Minnesota Society of Professional Engineers Public Service Award for community service. Jill received her BA in environmental engineering from the Massachusetts Institute of Technology (MIT). Jill & her husband, David, have two daughters, ages 4 years & 5 months. Jill is currently serving as a member of the City of Rochester's newly-formed Sustainable Energy Commission. After her presentation, several students asked to meet with her with questions about following her lead into environmental engineering.

- ***Class Reunions*** – Acting as the Alumni Association arm of Lourdes High School, Lourdes Foundation assists classes with their reunion plans. Lourdes High School opened in 1942 which results in a minimum of 12 class reunions each year. Lourdes Foundation honors the class having their 50th reunion by sponsoring a breakfast for them at the school during their reunion. Lourdes Foundation provides mailing addresses, labels and helps with coordination of events each year for past LHS graduates. Many of the classes have started tuition assistance scholarships following their reunions
- ***Website*** - Lourdes Foundation maintains a website for alumni to keep in contact with their alma mater as well as each other through ***Facebook***. It offers online giving as well as any upcoming activities and a majority of existing LHS yearbooks are also available electronically.
- ***Post Homecoming Game party*** – Lourdes Foundation Alumni Association sponsors an after the Homecoming game party at Lourdes High School for past alumni to watch a replay of the game while enjoying memories at Lourdes High School.

Staff Enrichment Funds allow the Foundation to sponsor one Lourdes Staff member annually on a Franciscan pilgrimage trip to Assisi, Italy since 2006 and now two per year beginning in 2009. The purpose of the experience is to learn, embrace, and share a Franciscan spirituality that will be integrated into the curriculum and spiritual life of Lourdes High School by sharing their renewed faith with their students.

Scholarship Endowment Funds have been an integral part of the Lourdes Foundation mission since 1974. Once fully funded at \$10,000, 5% is awarded to a Lourdes student who otherwise may not have the financial means to attend this Christ centered community of Lourdes High School. Each family is required to complete a financial aid assessment that is evaluated by a third party consultant who recommends to Lourdes High School Administration a dollar amount needed for financial assistance. Lourdes High School Administration then meets with Lourdes Foundation Administration to determine which Scholarship criteria would fit the LHS student and their needs for the following school year.

Scholarship Funds can be started to honor families, individuals, LHS classes, organizations and businesses. During the 2009-2010 school year, Lourdes Foundation has helped 64 students with financial assistance to attend Rochester's Lourdes High School and beyond with \$107,000 in scholarships.

Music Endowment Fund has been started for the Lourdes High School Music & Band department. This allows a perpetual funds for LHS music and band department to replace musical instruments and equipment.

Endowment Funds - In 1974, when the Lourdes Foundation was established, the “founding fathers” had a goal to establish a \$1 million endowment that would support the Foundation through any economic times, both good and bad. Despite the recent economic downturn, Lourdes Foundation Net Assets has continued to grow. These funds are considered “restricted” funds meaning that if a donor request the donation be placed in the Endowment fund, it restricts the foundation from spending the deposited amount. Only the interest from the deposit can be spent.

Unrestricted Funds donations are used for the Foundation's area of greatest need as well as operating expenses.

2010 Annual Meeting

The 2010 Lourdes Foundation Annual Meeting was a huge success on Wednesday, October 6, 2010 at the Rochester International Event Center. We are so grateful to the many benefactors who take the time to be with us for a very special evening. It means everything to us.

Award winners (pictured from left to right) for the 2010 Annual meeting were:

- **Woodruff Award – Joe Powers** was honored for his generosity to the Lourdes community, the Rochester Community and the Lourdes Building our Future campaign in his financial gifts, catering discounts for events and his gift of time to support the Lourdes Building our Future campaign.

- **Alumnus of the year – Tim Carroll '03**
As mentioned earlier, Tim Carroll had walked the Pacific Crest Trail (2,658 miles) to raise money for a scholarship in his father's name, Mike Carroll. He had returned to Rochester just days before the Annual Meeting and was welcomed with a standing



ovation from the audience. Lourdes Foundation was very honored to announce that evening that the Mike Carroll Tribute Scholarship was fully funded at over \$10,000 and would be awarded to a student in need the following school year.

- **Presidents Award – Denny Nigon '64** was presented with the Presidents Award for his ongoing efforts with the Lourdes Building our Future campaign to build a new high school as well as his years as teacher and principal at Lourdes High School, that he is also a 1964 graduate of.

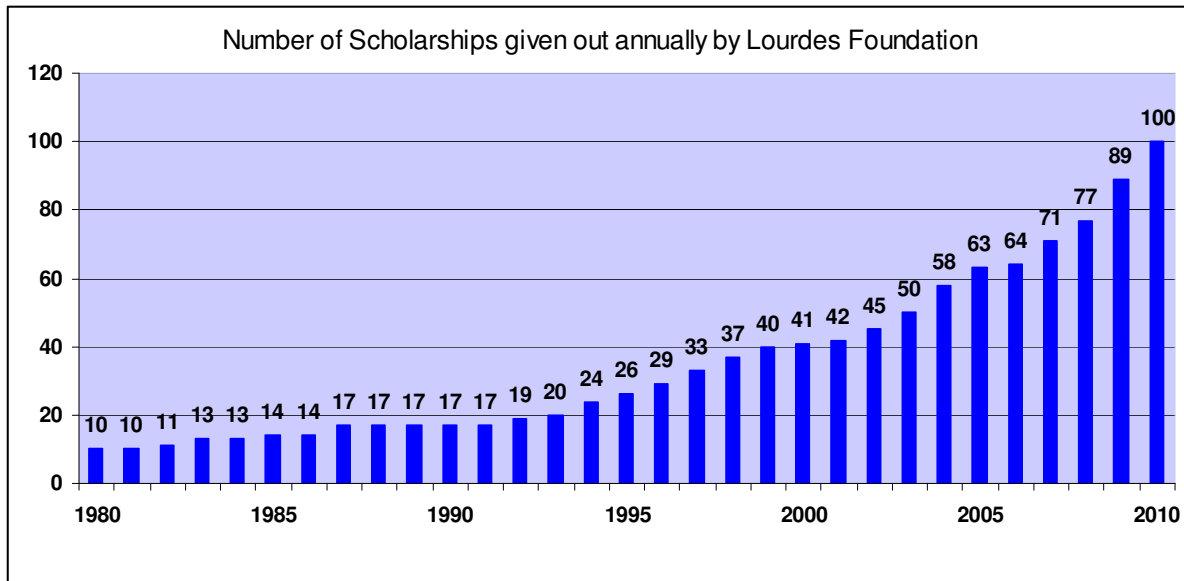
Lourdes Foundation strives to be a responsible financial steward of the gifts entrusted to us.

If you have any questions, would like to make a donation, set up a planned giving program or start a scholarship, please contact us at:

***Lourdes Foundation
621 W. Center Street
Rochester MN 55902-6200***

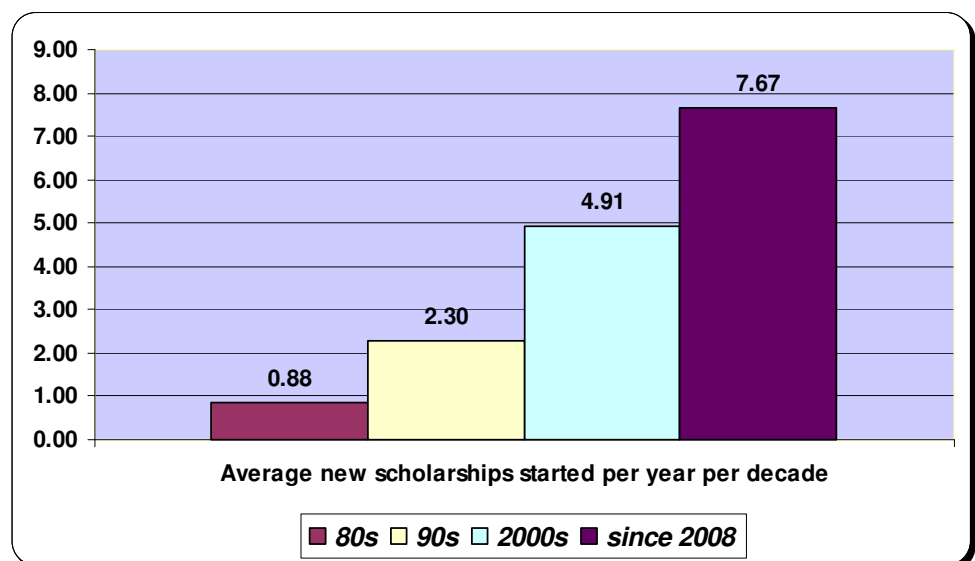
Lourdes Foundation Scholarship Funds

Scholarship endowments have been an integral part of the Lourdes Foundation's mission since its founding in 1974. The first 10 tuition assistance scholarships were given out in 1980 under the name of Lourdes Development Fund. In 1996, the name was changed to the Lourdes Foundation Inc. In 2004, 50 scholarships were awarded and during the 2010-2011 school year, that number had doubled to a total of 100 tuition assistance scholarships awarded to 64 Lourdes families to continue the Catholic education tradition. As the charts below reflect, Lourdes Foundation has been blessed with continued growth in our scholarship program through the continued support of our generous donors.



The impact is immediate and far-reaching. Scholarships allow students & their families who otherwise may not have the financial means to attend this Christ centered community of Lourdes High School. The lifelong effects are invaluable! Despite turbulent economic times, the increase in scholarship dollars has helped to keep pace with the requests for more financial assistance from more families wanting a Christian based education for their children.

A Scholarship Fund can be created for any number of reasons. A Fund can be started to honor families, individuals, LHS Classes, organizations, businesses or as a memorial to those that have passed on. Although there is no minimum amount to start a scholarship fund, the scholarship can not be awarded until the scholarship reaches a minimum of \$10,000 and therefore, is considered a fully funded scholarship. Lourdes Foundation's policy states that 5% of the total amount of the scholarship is awarded. For example, a \$10,000 scholarship, \$500 would be awarded to a Lourdes High School student and family that have successfully completed the financial edibility forms with Lourdes Administration.



Below is a listing of named Lourdes Foundation scholarship funds: Scholarships not fully funded during the 2009-2010 fiscal year are designated by an asterisk (*).

Thanks to the generosity of these donors, Lourdes Foundation awarded \$107,000 during the 2009-2010 school year.

LF Alumni Association Fund
LF Endowment Fund
LF Staff Enrichment Initiative Fund
LF Music Department Endowment Fund
Bill & Carrie Adamson Family Scholarship
Alice Nevenheim Langdon Scholarship Fund
Amy Wentink Memorial Scholarship Fund
Michael Birdseye Memorial Scholarship
E.Elliot Brieze Scholarship Fund
Henry J. Bromelkamp Memorial Scholarship Fund
Donald & Catherine Buske Memorial Scholarship
Class of 1950 Scholarship Fund
Class of 1953 Scholarship Fund
Class of 1954 Scholarship Fund
Class of 1955 Scholarship Fund
Class of 1959 Scholarship Fund
Class of 1960 Scholarship Fund
Class of 1964 Scholarship Fund*
Class of 1965 Scholarship Fund*
Class of 1968 Scholarship Fund*
Class of 1969 Scholarship Fund*
Class of 1970 Scholarship Fund*
Class of 1998 Scholarship Fund*
Gene Campbell Scholarship Fund
William F. Canfield Memorial Scholarship
Marc & Helen Carpenter Scholarship Fund
Vince Cashman Memorial Scholarship Fund
Rochester Area Knights of Columbus Scholarship
LF General Scholarship Fund
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LFI Past Presidents & Emeritus Scholarship*
Dee Libera Tribute Scholarship Fund
Sr. Viatrix Mach Legacy Scholarship*
Joe Mayer Scholarship Fund
Mike Carroll Scholarship Fund
Robb McDonald Memorial Scholarship Fund
Mary A. Stewart Scholarship
Jessica Ann Murray Memorial Scholarship Fund
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Sisters of St. Francis Scholarship Fund
James & Helen Sheehan Memorial Scholarship
Dick Sherman Scholarship Fund
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Vern Strauss Memorial Scholarship Fund
Gary Vanselow Memorial Scholarship
Walters Family Scholarship Fund
William & Jeanette Wentink Scholarship
James A. Wheelock Memorial Scholarship
Irene H & Dr. Lloyd M. Williams Scholarship Fund
Woodruff Family Scholarship Fund
Susanne Zeman Memorial Scholarship Fund
LF Unrestricted General Fund

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We gratefully acknowledge the support of our donors and thank them for their gifts during the 2009-2010 fiscal year. A listing of the donors who supported the Lourdes Foundation is included in the following pages.

If we have neglected to list a donor, we sincerely apologize and ask that you let us know by calling the Foundation office at 507-289-2584 or send us an email at srainey@rochestercatholic.k12.mn.us



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Contributions \$501-\$1001

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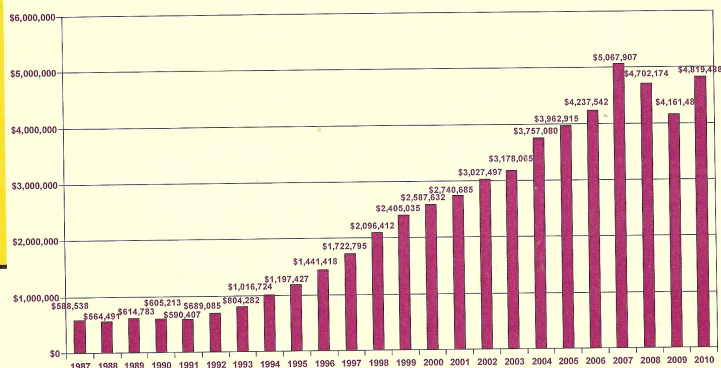
Supporters among Us
Contributions \$1001 and beyond

Mr. & Mrs. William J. Adamson
 Anonymous - LF
 Mrs. Mary Clare Doran
 Mr. & Mrs. Bob Gander
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 Mr. Patrick Gray
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 Mr. & Mrs. Jack Remick
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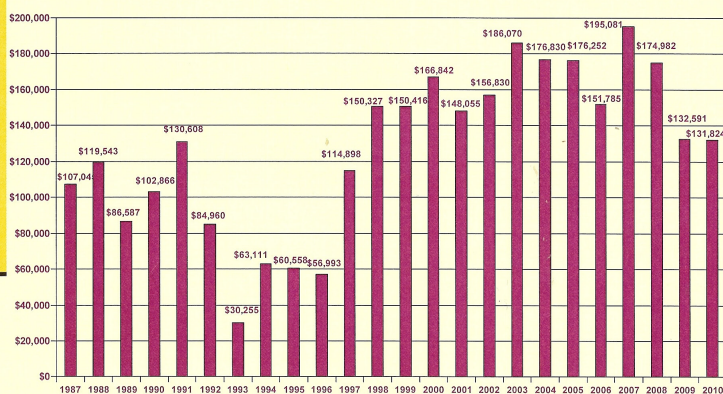
Statement of Financial Position – Year Ended June 30, 2010

<u>Investment Income</u>	2009	2010
Interest and dividend Income	\$169,798	\$102,497
Unrealized loss on investments	-\$830,023	\$311,296
Loss on sale of investments, net	-\$55,597	\$7,821
Investment expenses	-\$15,001	\$-18,592
Partnership income		
Net rental revenue	\$35,422	\$37,762
Total Investment Income (Loss)	-\$695,401	\$440,784
<u>Revenue and Support</u>		
Contributions received:		
General	\$375,442	\$64,965
Music	\$5,100	\$2,100
Scholarship gifts	\$100,692	\$486,513
Hall of Fame event, net	\$2,042	\$2,000
Miscellaneous revenue	\$1,081	0
Total Revenue and Support	\$484,357	\$555,578
Total	-\$211,044	\$114,794
<u>Net Assets Released from Restrictions</u>		
Total	-\$211,044	\$998,533
Expenses:		
Program Services		
Contributions made to Lourdes High School		
Scholarships	\$108,190	\$104,600
Parking	\$30,046	\$28,374
Staff Enrichment	\$4,050	\$4,250
Alumni Association & Athletic department	\$968	\$3,165
Management		
Office Salaries & Payroll Taxes	\$113,255	\$112,801
Professional Fees	\$12,554	\$12,410
Fundraising		
Public Relations	\$26,181	\$24,334
Website	\$2,582	\$12,354
Printing & Office Supplies	\$16,526	\$15,511
Other	\$12,726	\$12,735
Depreciation	\$2,569	\$2,569
Total Expenses	\$329,647	\$340,528
Change in Net Assets	-\$540,691	\$658,005
Net Assets, Beginning of Year	\$4,702,174	\$4,161,483
Net Assets, End of Year	\$4,161,483	\$4,819,488
Net Assets, End of Year	\$4,161,483	\$4,702,174

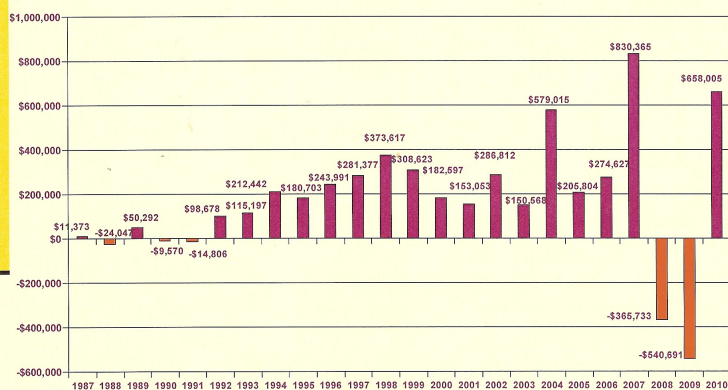
Lourdes Foundation, Inc. Net Assets



Lourdes Foundation, Inc. Contributions to LHS



Lourdes Foundation, Inc. Annual Change in Net Assets



The Lourdes Foundation of Rochester, Minnesota serves the greater Rochester area in the fulfillment of philanthropic goals that benefit to ensure a vital Catholic education at Lourdes High School. We inspire a passion for generosity by providing leadership and programming that is responsive to the interests and needs of those we serve both now and in the future.

Vision Statement

“Lourdes Foundation is a catalyst for the growth and expansion of Lourdes High School through excellence in education”

Mission Statement

“Lourdes Foundation attracts, manages and channels philanthropic resources to ensure a vital Catholic education at Lourdes High School”

Contact Us

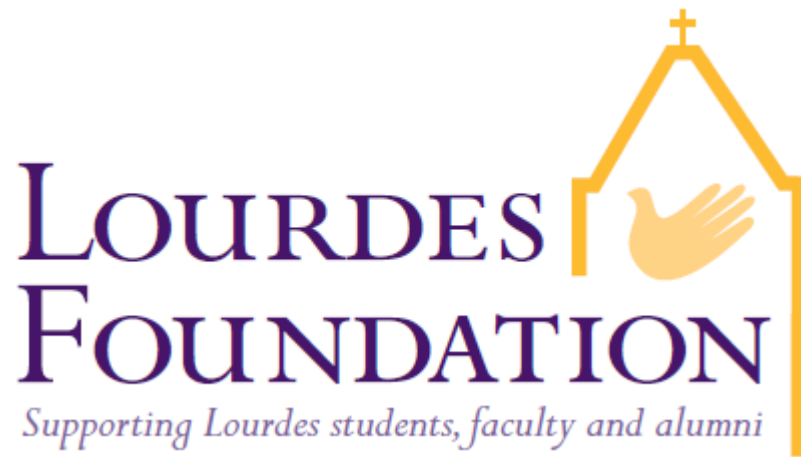
Lourdes Foundation, Inc.
621 West Center Street
Rochester, MN 55902
507-289-2584

Or by email at:

lourdesfoundation@rochestercatholic.k12.mn.us

Visit our website at:

www.lourdesfoundation.org



*Lourdes Foundation
Connecting Generations*

The children of today

“Many things we need can wait. The child cannot. Now is the time his bones are formed, his mind developed. To him we cannot say tomorrow, his name is today”

-Gabriela Mistral, Nobel Prize – winning poet from Chile.