We Get E-Mails

We are delighted to hear about our supplies reaching needy ostomates.

Traveling Mercies
...Our mission was to give our friend “Pepito”...supplies we received from a non-profit organization (FOW-USA). In addition...I received a ton of colostomy supplies from other people...The surplus [would] go to [a church] in order to distribute to the needy...Before I left I didn’t understand the value...It was worth every hardship in getting there and back just to know that we were able to care for people in a unique way. Thanks for your efforts.

Kelly Moore
Spanish teacher, Ohio
Part-time missionary, Cuba

Cuban church worker w/ostomy supplies

Dear FOW-USA
The package of ostomy supplies arrived safely last week, and we do appreciate your help with our patients..The bags are just what they like with the open end and being able to cut to the size they need. Thanks, Sr. Daisy Hanna, Zambia

Nepal Conference Participants
Report on 3rd Annual Meeting of Stoma Care Society, Chitwan, Nepal
...President of stoma care society, Mr. Devi Prasad...extended the heart felt thanks to the FOW-USA and all the persons involved in this work of making stoma appliances available to them....Stoma supplies are the means of life, and it’s the only way that makes them [ostomates] re-established in the society.

Nirmal Lamichhane, MD, Nepal

Continued on p. 3

Corporate Support

Grants - In September 2010, FOW-USA received two corporate grants. ConvaTec awarded a charitable contribution of $2,500 to FOW-USA for operational support for the 2010 fiscal year. This contribution will help with shipping and warehouse rental costs. Hollister Incorporated gave a grant of $500 to FOW-USA and continues to supply cartons for all FOW-USA shipments. Thank you ConvaTec and Hollister.

Industry Advisor - Kristen Knox, Senior Product Manager-US Ostomy Care, Coloplast, has joined the FOW-USA Board of Directors as the Industry Advisor Representative from Coloplast. Her first job after college was at the Mayo Clinic. She is looking forward to working with FOW-USA to continue her enthusiasm for helping others. She lives in the Minneapolis, MN area with her husband and two sons. Welcome, Kristen.

Send Supplies and Contributions to:

FOW-USA
1500 Arlington Ave.
Louisville, KY
40206-3177
Tel: 502-736-6360
E-mail: info@fowusa.org
Website: www.fowusa.org
Dear Friends,

I was told by my ostomy visitor a few days after surgery to control my ostomy so that it does not control me. I plan to change my appliance every seven days because issues with my skin and/or pouch will occur if I go much beyond seven days. If I sense itching or observe an issue with the pouch during those seven days then I will change immediately because I have the luxury of having an appliance available. Many ostomates in developing countries are faced with having to somehow make the appliance they are wearing last several weeks or they have to construct an appliance out of whatever materials they may find. In other words, their ostomy controls their life. The mission of FOW-USA is to provide new, clean, modern ostomy appliances to those ostomates so that they have control of their ostomy and are able to live a life of dignity.

You will notice that our shipping expenses rose sharply but overall financial contributions were down for the fiscal year that ended on July 31, 2010. The shipping expenses rose for three reasons: (1) We shipped more products because of the continually increasing demand and events such as the Haiti earthquake (2) Actual expense of shipping per pound increased and (3) It is more expensive to ship to some countries than others. For example, land locked countries are more expensive because the product must go by sea and train/truck or air. We need your financial help to continue the level of support that we are currently providing.

Thank you to all who have donated supplies and continue to do so. On a recent visit to the warehouse, I noticed that a significant amount of supplies had to be discarded because they were beyond the expiration date. I would suggest that supply donors look at the expiration date a little closer so that they do not have to pay to ship supplies to us that must be discarded. Even though we know the product is still good we cannot ship expired products because of customs regulations in recipient countries. We are aware that it is sometimes difficult to determine the expiration date and there are a few products that do not have expiration dates.

I would like to welcome Joan Countess to our Board as an Honorary Director. Honorary Directors fully participate in Board discussions, but do not have a vote.

Most of you are aware that FOW-USA is totally run by volunteers who do not receive funds for their time. All financial contributions go directly to our mission. The critical volunteers are those Louisville UOAA affiliate members who come in one day every week to unpack, sort and repack the donated supplies. Thanks Louisville! Ival
To continue making progress on achieving its mission, FOW-USA works with many related health organizations to share shipping costs, publicize its activities, promote the supply donations, and raise more funds. At their conferences, a table is usually provided to FOW-USA to distribute materials and speak with conference attendees. FOW-USA Board Members have attended the following conferences since June to promote supply and financial donations.

- June 2010–Joint Wound Ostomy and Continence Nurses (WOCN) / World Conference of Enteroostomal Therapists (WCET) Conference in Phoenix, AZ.
- August 2010-Northwest United Ostomy Associations of America (UOAA) Regional Conf., Tacoma, WA.
- September 2010 –MidWest Regional WOCN Meeting in Des Moines, IA.
- September 2010-Northwest Regional WOCN Conference in Tulalip, WA.

IOA - Dr. Harikesh Buch, President of the International Ostomy Association (IOA), reported on the WOCN/WCET meeting in Phoenix in June 2010 in the IOA Today August Newsletter. Regarding his address to the group, he wrote, “I also presented about how IOA works with WCET, Lions for Stoma Care, Asian Society of Stoma Rehabilitation (ASSR), & Friends of Ostomates Worldwide (FOWs) in different parts of the world.” An FOW-USA Board Member plans to attend the IOA World Meeting in Frankfurt, Germany in November 2010.

We regret that we inadvertently omitted the names of the following Financial Contributors to FOW-USA in the Spring 2010 Newsletter. These contributions were made between August 1, 2008 and July 31, 2009.

We Get E-Mails continued

1/12/2010
Dear FOW-USA
It’s been a long time since I last communicated with you or anyone at Freinds [sic] for Ostomates. Communication is difficult in this part of the world…I am now at the Stomaltherapy Clinic, Albert Zinn Medical Centre, Highlands, Harare. Though we are now using US dollars in Zimbabwe, we still have the same problem of accessing Ostomy bags and surgical appliances for poor patients whom our government is not ready to help. So if there is anything you can help with we will be very grateful.
I wish you a happy 2010. Best regards
Sr Rudo Mutekedza, Zimbabwe

Upon determining what was needed, FOW-USA shipped 1,355 lbs. of supplies to Zimbabwe on 4/6/10

8/11/2010
Dear FOW-USA
...Thank you very much for the last consignment you sent. We managed to clear everything without any major difficulties. The appliances are helping a lot of our patients. We can never thank enough Freinds [sic] of Ostomy and everyone involved. Again thank you so much.
Sr Rudo Mutekedza, Zimbabwe

Accidental Omissions

We regret that we inadvertently omitted the names of the following Financial Contributors to FOW-USA in the Spring 2010 Newsletter. These contributions were made between August 1, 2008 and July 31, 2009.

Al Alster Mr. & Mrs. Brekenridge Marilyn & Robert Burnham Jean Burrors Morgan Butler Chonita Colson-Jones Pearl Colton Mary DiLuna Donald Giffhorn Clifford Glidden Harriett Greene Harriett & Sanford Greene Mr. & Mrs. Erwin Gronau Evelyn Hayes Tim Hegarty Edward C. Hodge Carol Holter Addie & Seymour Kawalek Richard Keller

Al Alster Mr. & Mrs. Brekenridge Marilyn & Robert Burnham Jean Burrors Morgan Butler Chonita Colson-Jones Pearl Colton Mary DiLuna Donald Giffhorn Clifford Glidden Harriett Greene Harriett & Sanford Greene Mr. & Mrs. Erwin Gronau Evelyn Hayes Tim Hegarty Edward C. Hodge Carol Holter Addie & Seymour Kawalek Richard Keller


25th Anniversary of FOW-USA in 2011

By Ival Secrest

How did FOW-USA get started? It began with discussions in the early 1980s about good ostomy supplies in the US and Canada being thrown away while ostomates in poor countries were desperate for supplies. This led to the formation of FOW-USA and FOW-Canada. More in Spring Newsletter.
**Shipping Report—August 1, 2009-July 31, 2010**

<table>
<thead>
<tr>
<th>#</th>
<th>SHIPPING DATE</th>
<th>COUNTRY</th>
<th>WEIGHT (lb)</th>
<th>SHIPPING COST</th>
<th>EST. RETAIL VALUE</th>
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<td>33</td>
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<td>517</td>
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<tr>
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<td>6/15/2010</td>
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<td>8</td>
<td>78</td>
<td>380</td>
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<tr>
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<td>Philippines</td>
<td>451</td>
<td>555</td>
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<tr>
<td>29</td>
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<td>Zambia Sister Daisy</td>
<td>5</td>
<td>43</td>
<td>250</td>
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<tr>
<td>28</td>
<td>5/7/2010</td>
<td>Zimbabwe</td>
<td>1,355</td>
<td>8,867</td>
<td>67,750</td>
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<td>27</td>
<td>4/27/2010</td>
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<td>128</td>
<td>1,500</td>
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<tr>
<td>26</td>
<td>4/6/2010</td>
<td>Zimbabwe</td>
<td>4</td>
<td>56</td>
<td>220</td>
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<tr>
<td>25</td>
<td>3/18/2010</td>
<td>Cuba via Ohio</td>
<td>9</td>
<td>12</td>
<td>25</td>
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<tr>
<td>24</td>
<td>3/8/2010</td>
<td>Cuba via Ohio</td>
<td>31</td>
<td>38</td>
<td>1,550</td>
</tr>
<tr>
<td>23</td>
<td>3/3/2010</td>
<td>St. Lucia</td>
<td>590</td>
<td>38</td>
<td>29,500</td>
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<tr>
<td>22</td>
<td>1/25/2010</td>
<td>Ethiopia</td>
<td>4</td>
<td>56</td>
<td>200</td>
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<tr>
<td>21</td>
<td>1/14/2010</td>
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<td>444</td>
<td>71,600</td>
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<tr>
<td>20</td>
<td>1/12/2010</td>
<td>Kenya via Connecticut</td>
<td>50</td>
<td>145</td>
<td>2,500</td>
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<tr>
<td>19</td>
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<td>Zambia Sister Daisy</td>
<td>10</td>
<td>56</td>
<td>490</td>
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<tr>
<td>18</td>
<td>12/21/2009</td>
<td>Haiti via Boston</td>
<td>20</td>
<td>28</td>
<td>1,005</td>
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<tr>
<td>17</td>
<td>12/15/2009</td>
<td>Russia via Cincinnati</td>
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<td>30</td>
<td>2,100</td>
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<tr>
<td>16</td>
<td>12/8/2009</td>
<td>Zimbabwe</td>
<td>17</td>
<td>100</td>
<td>850</td>
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<tr>
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<td>Argentina (Cordoba)</td>
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<td>Ecuador</td>
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<td>11</td>
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<tr>
<td>13</td>
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<td>Uzbekistan</td>
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<td>1,161</td>
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<tr>
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<td>11/3/2009</td>
<td>Zambia Sister Daisy</td>
<td>8</td>
<td>54</td>
<td>419</td>
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<tr>
<td>11</td>
<td>11/3/2009</td>
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<td>42</td>
<td>482</td>
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<tr>
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<td>Kazakhstan</td>
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<td>42</td>
<td>290</td>
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<tr>
<td>9</td>
<td>10/7/2009</td>
<td>Bolivia</td>
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<td>132</td>
<td>65,850</td>
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<tr>
<td>8</td>
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<td>Cameroon</td>
<td>133</td>
<td>792</td>
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<td>7</td>
<td>8/31/2009</td>
<td>Nepal Koirala</td>
<td>335</td>
<td>1,281</td>
<td>16,750</td>
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<tr>
<td>6</td>
<td>8/28/2009</td>
<td>Lebanon</td>
<td>460</td>
<td>130</td>
<td>23,000</td>
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<tr>
<td>5</td>
<td>8/20/2009</td>
<td>Ecuador</td>
<td>24</td>
<td>53</td>
<td>1,175</td>
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<tr>
<td>4</td>
<td>8/18/2009</td>
<td>Paraguay</td>
<td>1,000</td>
<td>2,265</td>
<td>50,000</td>
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<tr>
<td>3</td>
<td>8/14/2009</td>
<td>El Salvador via CMMB*</td>
<td>420</td>
<td>130</td>
<td>21,000</td>
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<tr>
<td>2</td>
<td>8/14/2009</td>
<td>Gaza via CMMB*</td>
<td>894</td>
<td>261</td>
<td>44,700</td>
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<tr>
<td>1</td>
<td>8/3/2009</td>
<td>Zambia Sister Daisy</td>
<td>10</td>
<td>53</td>
<td>475</td>
</tr>
</tbody>
</table>

**TOTALS:**

|               | 12,682 | $25,068   | $633,586 |

*CMMB: Catholic Medical Mission Board

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**Letter from Supply Donor**
I have sent four large boxes of ostomy supplies in sizes I no longer use…. I will be sending two more boxes hopefully this week. Thank you for running a great program, and for providing a way for these extra supplies to be of use to someone.— Emilie Saulnier

---

**PEDIATRIC SUPPLIES NEEDED**—Send to:
FOW-USA, 1500 Arlington Ave. Louisville, KY 40206-3177

RECEIVE NEWSLETTER BY E-MAIL
Send request to info@fowusa.org.
Thank you to all those listed below who have donated at least one box of supplies during the fiscal year. If you are not on the list and should be, or if your name is spelled incorrectly, please e-mail contributionssecretary@fowusa.org.
Supply Donors Continued

Gregory Macaluso
George Macmunn
Madison Co IN Ostomy Assn
Rachel & Wesley Mahon
Dawn Maier
Ann Malys
Letícia Maly
Kelly & Daniel Mangan
Rich Mangiere
Manor Care Health Svcs
Roy E. Marcum
Hector Marcel
Margaret Mary Hospital
Kevin Maring
Mark Drug Med Supply
Mr & Mrs. Francis Marsh
Karen Martin
Paul Martorano
G. Maruca
Lawrence Mason
Renee Masterson
P. Matthews
William Mayfield
Mayo Clinic
Mayo Foundation
Jeannie McAfee
Margaret McClowd
Kevin McCormack
William G. McCullough
Anne Marie & Charles McDevitt
Charles McGee
Mari Mckinlay
Kathleen McLamore
F. McLean
Alvin McMahon
Irene McNulty
Mercy Capitol
Mercy Hospital Med Ctr
Meriden-Middlesex Ostomy Chap-
ter
Edward Merrell
Middle GA Ostomy Assn
Middlesex Co Ostomy Assn.
Jean Miller
Maggie Miller
Roger Miller
Minneapolis Area Ostomy Assn
Gail Mizell
Eve Mobley
Van Montgomery
Bob Moore
James Moore
Terry & William Moore
Sharone Morris
John Hopkins Bayview Med. Ctr
Craig Moss
Yoko & Maxwell Munakata
Debi & Dave Murray
Judith Myers
Maria Nadolski
John Naman
Joyce B. Nap
Nationwide Children's Hospital
Bill Neely
Fred Neill
Newhut, Inc.
Marguerite Newton
L. Nichols
Randi Nigrelli
William Niles
NLCOA
Cindy Norris
Northwest Community Hospital
No Central OK Ostomy Assn
No. MI Regional Hospital
Nova Chapter
NYS Supreme Court Officers
Maureen O'Brien
Ocean Co. Ostomy Assn.
Sandy Oehlsen
Yern Olsen
The Ohaus Building
Orange City Ostomy Assn
Jo Ann Orr-luceri
Osto Group
Ostomy Care Center
Virginia Papp
Elizabrth Parker
David Parker
Danica & Daryl Parsons
Linda Pasto
Gloria Patmore
Jennifer Patton
Pekin Memorial Hospital
Peoria Ostomy Support Grp
Ron Perfetto
Lisa Peters
Philadelphia Ostomy Assn
Lois Phillips
Nancy Pickens
Phoenix Medical Products Ltd.
Susanne Pickman
Polo Country Club
Joan Pountnay
Presbyterian Hospital
Louis Pressburger
Merry Previte
Sarah Prichard
Prosperity Specialty
Gene Pruett
Quad City Ostomy Group
Michael J Quinn
James Rabenhorst
Dorothy Raddatz
Andrew Rath
James Rechner
JSR Redsly Property Mainte-
nance
Beth Reich
J.S. Reid
Carol Rhodes
Richard Kerns Truck Park
Tracy Rider
William Rio
Dana Ritzman
David Rives
Doris Robbins
Barbara Robertaccio
Sherry & Greg Roper
Elissa & David Rosenthal
Susanne Rosenthal
Mary Lou Reush
Rita Rusenas
Kathleen Russell
P. Russell
George Salamy
Salco Engineering & Manu.
Sangeun Park
Nancy Santilli
Ana Santos
R.W. Sardinia
Savannah Ostomy Support Group
Amelia Schaefer
Joy Schank
Edward H. Schaun
e
Schein Research Inc.
Schenectady Ostomy Sup Grp
Martin Schlager
Sharon Schoenholtz
Gloria Schultz
Margaret Scott
Frances Shinnamon
Sibley Hospital
Robbylnn Sickels
Debra Siddi
Richard Simeth
Ann C Simmons
Jackie Smith
Pat Snyder
Sonoma CA Ostomy Assn
Josie Soriano
SOS
So., Brevard Ostomy Assn
South Shore Hosp. VNA
So. Texas Ostomy Assn
Southern UT HomeCare/Hospice
Christina Sowell
Sparrow Reg. Medical Supply
Steven Spielman
Robert Spitzer
Carey Spitzer
St. Francis Medical Center
Florence St. Geroge
St. John's Hospital
St. Joseph Reg. Medical Ctr
St. Jude Medical Center
St. Lkues Reg. Medical Ctr
St. Mary's Medical Center
St. Patrick's Hospital
St. Rita's Medical Center
David Stabel
Alane Stamper
Carolyn M. Starrels
Karlo Stauff
Else Steensem
Sterling Medical Service
Jackie Stevens
Ercell Stout
Starts Area Ostomy Assn
Sturdy Memorial Hospital
Anthonie & Felix Suarez
J. SueFord
Suffolk Ostomy Assn
Sutter Tracy Community Hospital.
SW Suburban Chicago Ostomy Grp
Tacoma WA UOAA 292 Chapter
Kathleen Tait
Tanner Environmental Svcs
Cy Tetenma
The Ostomy Shoppe
The Pouch Place
Toledo Hospital
Torbort Group Inc
Townes in Arlington
Kay Trevarteon
Triangle Ostomy Assn
Barbara Trroglione
Brian Tucker
Catherine Turnbull
Teresa Turner
Twin Lakes Ostomy
Judy Underwood
Robert Underwood-Halpern
U of Chicago Medical Ctr
UOAA
Brenda Uphold
Upper Valley Medical Ctr
Linda & Peter Urbach
L. Vachon
Christine Van Dyne
George Ververka Family
VNA of the Treasure
Helen & Robert Vlack
Willma Voukydis
Doug Wallace
Martin Wallach
Juancie Walthier
Linda Wang
M. Ward
Watauga Medical Center
WellsMedCollege/Cornell Univ.
Andrew Werth
West River Reg. Medical Ctr
West VA University Hospital
Westbury Pharmacy
Westfield Home Care
Westfield Pharmacy
Gail Wheeler
Aimee White
Jeanne Wideburg
Michael Wilson
Chris Williams
Samantha Williams
Janet Willman
Judy Wilmot
Roland F. Witte
R.A, Wolf
Linda & Gregory Wolfe
Theodore Woodard
Dolena Woodward
Wound Therapeutics NE
Douglas Yakich
Micheleen Yenke
Pamela Yerger
Jeanne Young
Karen Zander
Jane Zarrow
Loenarda Zielinska
Marilyn Zuckerman
<table>
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<tr>
<th></th>
<th>Actual FY 2009/10</th>
<th>Budget FY2009/10</th>
<th>YTD % of FY09/10 Budget</th>
<th>BUDGET FY2010/11</th>
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<tr>
<td><strong>REVENUE</strong></td>
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<tr>
<td>Contributions</td>
<td>$30,040</td>
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<td>Interest</td>
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<td>57.7%</td>
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<td>Grants</td>
<td>6,000</td>
<td>5,000</td>
<td>120.0%</td>
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<tr>
<td>Other e.g., Endowments</td>
<td>0</td>
<td>0</td>
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<td><strong>Total Revenue</strong></td>
<td>36,905</td>
<td>46,500</td>
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<td>52,500</td>
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<tr>
<td><strong>EXPENSES</strong></td>
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<tr>
<td>Administration</td>
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<td>0</td>
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<td>0</td>
</tr>
<tr>
<td>Computer (Internet Svcs.)</td>
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<td>Promotion</td>
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<td>122%</td>
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<tr>
<td>Packing</td>
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<td>0%</td>
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<td>Shipping</td>
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<td>15,500</td>
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<td>17,050</td>
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<td>1,500</td>
<td>41%</td>
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<tr>
<td>Travel (Conferences, Mtgs)</td>
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<td>1,000</td>
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<td>950</td>
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<tr>
<td>Education</td>
<td>0</td>
<td>500</td>
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<td>500</td>
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<tr>
<td>Warehouse (Supplies/Rent)</td>
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<td><strong>Total Expenses</strong></td>
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<td>51,500</td>
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<tr>
<td><strong>Net Income/Loss</strong></td>
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<td>-5,000</td>
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<td>Savings Acct. as of 7/31/10</td>
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<td>Checking Acct. as of 7/31/10</td>
<td>22,823</td>
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</tr>
<tr>
<td>Investments: CD as of 7/31/10</td>
<td>33,944</td>
<td></td>
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</tbody>
</table>

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**Friends of Ostomates Worldwide–USA Contribution Form**

**Name_____________________________**

**Giving Level**

- Partner-$50
- Corporate-$300
- Sustaining -$75
- Benefactor-$1,000
- Contributing-$150
- Lifetime/Memorial- $5,000
- Supporting-$300
- Other-$_________
- Chapter/Group/Association $_________

**Total Amount Enclosed - $______________**

Please mail to: **FOW-USA, Attn: Treasurer, 1500 Arlington Ave, Louisville KY 40206-3177**

To Donate On-Line: Go to www.fowusa.org and click on Donations.
Address Service Requested

Fall 2010 Newsletter