

the Aliveline

Serving Our HIV/AIDS Community Since 1985 January/February 2011 Vol. 21, Issue 1

MARCH IS MINNESOTA FOODSHARE MONTH

March is Minnesota FoodShare Month. Due to the current economic situation in Minnesota, one in ten Minnesotans do not have enough food in their homes. Our Food Shelf distributed five percent more food last year and currently serves about 200 members per month. So, please consider sending a donation to help replenish our food shelf supplies during these cold winter months.

MIRACLE ON 38TH STREET

This year's Holiday Basket Program was an amazing success! This year, we distributed 710 baskets with gifts for more than 950 adults and 450 children. What was truly amazing was that 576 baskets (81 percent) were adopted—a significant increase from the previous year. Thanks to everyone who donated presents, made financial gifts and volunteered. Here is what one of this year's recipients said about his basket:

"Such a wonderful expression of Christmas love!... Thanks to all who made this possible. I look forward to it every year, as I get not presents from anywhere else. Thanks for the beautiful blanket with my favorite critters on it. I hope you know how much it means to be remembered in this way during the holidays!"

Special *thanks* to the following businesses, groups and individuals:

- Alexandra House donated over 600 pounds of items.
- Après Party & Tent Rental loaned 42 tables for our Holiday Basket Program.
- Atons of Minneapolis collected 490 pounds of food at their Holiday Party.
- Bachman's donated 500 poinsettias.
- Billy Elliot National Tour adopted 8 baskets.
- Black Guard of Minneapolis collected 192 pounds of food shelf items.
- Cargill employees adopted 7 family baskets.
- The Chair Salon donated 359 pounds of food shelf items and adopted 4 baskets.
- Christ English Lutheran Church donated several hand-sewn quilts.
- Cretin-Derham Hall donated \$350 in gift cards and presents.
 - John Doll of John Doll Studios adopted 72 baskets.
 - Ernst & Young did a clothing and household appliance drive.
 - First Equity Mortgage adopted 5 baskets.

- Frush Family Foundation donated \$1,000 for our Food Shelf.
- Garrett Family Foundation donated \$8,750 for general operating.
- Glad Creations Quilt Block donated dozens of holiday stockings.
- Hamline University Men's Hockey Team collected \$728 in donations during a game.
- Health Partners' Institute for Medical Education adopted 4 baskets.
- Hiawatha Church adopted 5 family baskets.
- Imperial Court of Minnesota adopted 8 family baskets.
- Integrated Healthcare Strategies / Stratford Fidelity adopted 5 baskets.
- Jon Firebough adopted several baskets.
- Lavender Magazine was a sponsor and promoted our Holiday Basket Program during their holiday event.
- Minneapolis Eagle donated \$500 and adopted baskets.
- Minneapolis South Rotary Club donated \$210.
- New Spirit United Church of Christ adopted 5 family baskets.
- Otto Bremer Foundation provided a challenge grant of \$30,000 for our food services.
- Peter Austin, Chris Foss and their friends adopted 35 baskets
- RE/MAX Results was a program sponsor and adopted baskets.
- St. Joan of Arc Catholic Church donated 881 pounds of food shelf items, promoted our Holiday Basket Program to their members and donated \$3,000 from their Justice Fund.
- Target employees volunteered for a couple of days during the holidays.
- Toys For Tots donated several hundred toys.
- Wells Fargo Home Mortgage and Insurance ASC adopted 9 baskets.
- Wilde Roast Café hosted a kick-off party for our Holiday Basket Program and donated \$625 in gift cards.
- Xcel Energy Property Services donated 5 bags of gifts.
- Everyone one else who adopted baskets or donated gifts!

Joe Larson

Executive Director



CAPITAL CAMPAIGN

There is ongoing activity regarding the Positive Impact Capital Campaign. The Capital Campaign continues to follow up on funding sources. We have raised roughly \$700,000 to date. We need to raise at least 50% of our goal of 2.5 million before construction can begin.

In the next six months we hope to exceed that half way mark. We continue working on corporate proposals: Cargill, Imation, General Mills, Target, SuperValu; so if you or a friend works at one of these companies, we would like to speak with you. Please contact **Joe Larson**, *Executive Director*, at **612-822-7946, extension 201**.



The front of the building has all new windows on the first and second floor. This was completed with a matching grant we received from the City of Minneapolis for a new facade. This spring the new panels on the second story will be painted to complete the work.

In December, we received a new freezer for the Food Shelf at the new site. This was provided in part with a grant from Second Harvest. We will continue to report on progress and ways individuals and members can be of assistance to the Positive Impact Capital Campaign.

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The Aliveline

is a bi-monthly publication of The Aliveness Project, Inc. The Aliveness Project is a 501(c)(3) nonprofit organization, founded in 1985 as a membership organization for individuals living with HIV/AIDS. This newsletter may report on experimental and other therapies; however, The Aliveness Project does not recommend any particular therapy. Please consult with your medical provider before trying any new treatment. Views and opinions expressed in this publication are those of the contributing authors and are not necessarily those of The Aliveness Project.

HEALTH & WELLNESS EVENTS

Members, avoid cabin fever this winter by coming to free educational sessions at The Aliveness Project! If you haven't joined us before, Health & Wellness lectures are usually held in our conference room from 6-7:30 pm on Tuesdays or Thursdays. You'll be treated to dinner or a giftcard for attending. Don't forget sign up in advance by calling the front desk!

SOME OF OUR RECENT EVENTS

November 18: *Men's Skincare*

Gretchen Ginter, a local make-up artist and aesthetician, shared tips on how to keep our skin hydrated through winter. She showed us step by step how to exfoliate, cleanse, and moisturize our faces. We discussed skin issues specific to HIV/AIDS, skin types, shaving, and learned tricks like exfoliating your lips with sugar.

December 2: *Men's Spirituality through Writing*

Rena Cade, our resident journaling expert, led a session on "finding light during dark times." It was a cozy evening of conversation and journaling over coffee at Uncommon Grounds in Uptown.

December 9: *Stigma*

Ericka Jones of Bristol-Myers Squibb led a session at a restaurant in Uptown on "Stigma." Over Thai food, we discussed the nature of HIV-related stigma, shared personal stories, and discussed ways to cope with discrimination.

December 13:

Spirituality through Journaling

Rena Cade, Spiritualist, guided an exercise in tapping into the inner spirit and capturing the thought that arose on paper through words and art.

December 14: *Managing HIV Medication Side Effects*

Dr. Mike Low of the Walgreens Pharmacy in Uptown presented a lecture on ways to deal with the most common side effects of anti-retroviral medications. He also fielded questions on new developments in medicine.

December 15: *Key Elements to HIV Treatment*

In this workshop, members learned how to gear up for a healthy holiday season. We enjoyed a meal at Stella's Fish Café in Uptown while discussing ways to cope with winter stress.



UPCOMING EVENTS (Some dates to be announced)

January 11: *Opportunistic Infections*

Mike Low (PharmD) of Walgreens will be back to discuss illnesses that arise when your immune system becomes severely compromised.

January 13: *Intimacy*

Local psychologist Nickey Larson will lead a session on the nature of intimacy in relationships.

January 20: *Ask the Doctor*

Back by popular request, Dr. Mark Sannes will field questions about your HIV care.

January 24: *HIV & Hepatitis*

Dr. Keith Henry, director of HIV Research at HCMC, will share how the common co-infections of HIV and hepatitis impact the body.

February 7: *Current Clinical Controversies in HIV Treatment*

Dr. Keith Henry will discuss the latest advances and debates in treatment.

February 10: *Sexual Addiction*

Dr. Nickey Larson will share her expertise on compulsive sexual behavior.

February 17: *Getting the Most Out of Your Healthcare - Role Play Scenarios*

Join the Health & Wellness team in acting out and discussing health care experiences!

February TBA: *Reading Your Laboratory Reports*

Dr. Mark Sannes will lead this lively interactive discussion. All members are asked to bring copies of their last two lab test reports.

February TBA: *HIV and Meth*

Todd Connaughty, Lead Counselor at the Pride Institute for LGBT mental health & chemical dependency care, will lead a multi-part series on HIV and methamphetamine use.

WOMEN OF ALIVENESS

We tried to start up a women's group here at Aliveness on Saturdays after brunch. It didn't take off so we are taking a break until March. Let us know if you are interested in attending a women's group and what time and date would be best and whether you will need childcare. Please take time to fill out a short survey at the front desk about women's programming at The Aliveness Project.

Feel free to contact the Health & Wellness team with any questions:



Sandra Johnson
wellness@aliveness.org
(612) 822-7946, Ext. 213

Hanna Dorn
hanna@aliveness.org
(612) 822-7946



PET CLINIC



Free Spay & Neuter Day

On Saturday, November 20, 2010, the Inver Grove Heights Animal Hospital held a "Free Spay and Neuter Day" for Pets of Aliveness Project members. Thanks to Ann Valenti, owner of Inver Grove Heights Animal Hospital for donating the medication, supplies, and clinic to have the work performed.

Dr. Scott Hammel, Dr. Lara Rasmussen, Dr. Ann Winsor, Dr. Jennifer Quast, Shari Cueto CVT, Mary Phelps and other volunteers worked all day long. They performed surgery on 28 animals that day. Thank you so much, Inver Grove Heights Animal Hospital, for your generosity and devotion!

Johnny Herda-Anzaldo

Director of Membership Services

DINING OUT FOR LIFE

THURSDAY, APRIL 28, 2011

Is it that time already? YES! It won't be long before you'll hear me inquire whether you know a restaurant or want to be an ambassador or exhort you to eat throughout the day, so beat me to the punch!

Call me at 612-822-7946, extension 204, and surprise me! We will need over 400 ambassadors and would like to recruit some new restaurants to add. We'll also need prizes and poster distributors. I have one volunteer working on recruitment, but there is much to be done.

We are fortunate this year to again have KARE 11 and Minnesota Monthly participating as Event Sponsors. Check out the fun we had last year...

Tim Marburger

Director of Fundraising & Special Events



A group of ladies at McCoy's have Ireen join them for lunch



All five Pizza Lucas joined in again for Dining Out for Life

**I
ATE**



We Dined Out!



Noah & Magdelyn are ambassadors at Henry's Cafe in Maple Grove

HOLIDAY BASKETS 2010

HAPPY NEW YEAR!! from the Fundraising and Special Events guy. 2010 was an exciting year. As hoped last year (and written about), we **DID NOT** get into our new building before Holiday Baskets, but we made do - even though there was a major increase in the number of families served this year.

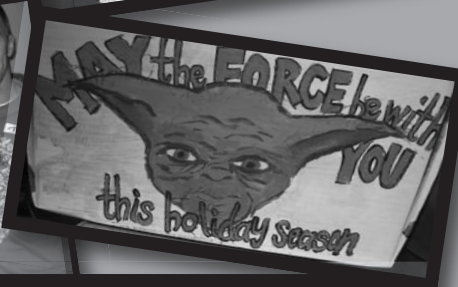
Holidays Baskets, while very crowded, was VERY exciting! We had 710 families request baskets and **576 were adopted!!** **Amazing!** Thank you to the many, many groups and individuals who adopted baskets or hosted (toy, mitten, appliances, etc) drives or donated cash to help purchase gifts to provide our families with a bright light during the often difficult holiday season.

Here are a few of the individuals and groups I would like to thank who adopted multiple baskets or VERY large families: Alzheimer's Association, Loreena Anderson, Peter Austin and Chris Foss along with their many friends, Avalon School - Purple Butterflies GSA, Laura Bachinski and Renee DeLong, Billy Elliot National Tour, Blue Cross and Blue Shield of Minnesota, Cargill and the Cargill, Inc, Treasury group, De LaSalle High School, John Doll, First Equity Mortgage, Fridley United Methodist Church, Friendly Hills Middle School, Girl Scouts of MN/Wisconsin/River Valley - Troop 54209, Health Partners - Institute for Medical Education, Hiawatha Church, Imperial Court of Minnesota, Integrated Healthcare Strategies/Stratford Fidelity, Judson Memorial Baptist Church, Lutheran Church of Christ the Redeemer, Macalester Plymouth United Church - Youth, New Spirit United Church of Christ, Linda and Jeff Raines, Lee Roehl and Paul Shapiro, Amy Ruzick, Smith Partners PLLP, Smitten Kitten, The Chair Salon, Timothy Torgerson, Tres Jolie Salon, TRUST Youth Group, Valley of Peace Lutheran Church - Youth Group, Washington County Library - Woodbury Branch and Wells Fargo Home Mortgage and Insurance ASC.

*HAPPY NEW YEAR
and THANK YOU
for all you did to
make the lives of people
better in 2010.*

Tim Marburger

Director of Fundraising & Special Events



VOLUNTEER NEWS *Monica Travis Director of Volunteer Services*

Happy New Year to all of our astounding volunteers! My deepest thanks for all that each of you do to support The Aliveness Project. Whether you help once a year or multiple times a week, together all of us make a huge difference in the success of The Aliveness Project and our continued ability to build and create a true sense of community. Please see our photo collage on page 5 from this year's Holiday Basket Program.

Have you "liked" us yet on Facebook? It is the best way to keep up with our ongoing volunteer needs. Recent posts have asked for help staffing tables at events, moving boxes, shoveling, helping at a food drive, and seeking suggestions for a movie title for our Volunteer Recognition Movie Night. It is a great way to get introduced to volunteering with us, especially when many of our day-to-day operations positions are already fully staffed.

We are still plotting this year's Volunteer Recognition Night. Please keep your eye on Facebook and our website for more information. All volunteers will be welcome and we hope that you will be able to join us.



Join us at the Mall of America on Saturday, February 19 between 10 am - 3 pm as we participate in HandsOn Twin Cities Volunteer Expo. We'll have a booth and be promoting Dining Out for Life and our other activities. You can also learn about dozens of other volunteer opportunities across the Twin Cities. We may still need help staffing our booth, too. Interested? Let me know!

With all this said, remember that Dining Out for Life is but a blink away and we once again will need hundreds of Ambassadors! Qualifications include:

- *Be able to talk glowingly about The Aliveness Project*
- *Inviting tons of friends to your restaurant*
- *Be able to smile and have FUN for 3-4 hours!*



Please think about who you will recruit as NEW Ambassadors this year, because we'll be in need of some new faces. Do be in touch about joining in for breakfast, lunch, or dinner for **Dining Out for Life on Thursday, April 28th!** Look for the sign-up on our website soon.

Dine Out, Fight AIDS

Aliveness Project Need List:

- New space heaters for therapy rooms
- Chiropractic or massage tables in very good condition
- GREAT prizes for our Dining Out for Life Drawing (such as airline, art or sporting event tickets, in-kind services, vacation stays, gift baskets, etc.)
- Colored copy paper
- 10+ inch digital frame for community displays

In Living Memory

Departed this Life

Danny L......November 8, 2010

Jerome C......September 15, 2010

Jim L......September 13, 2010

Sharon A......November 10, 2010

My name is Sabrina Cornell Miller (LAc., MAOM.) and I am the owner of Zhen-qi Acupuncture clinic. I have practiced acupuncture since 1997. I studied at MIAHS with Edith Davis and Northwestern Health Science University.

All my life, I was interested in natural healing modalities, so I studied Herbs and Massage Therapy in Germany. My mother would always give me herbal teas when I was sick and I never forgot the comfort that it produced.

When I came to America in 1987 I learned, because of my own physical and emotional health issues, that I needed to further my knowledge of healing modalities. I started to deepen my studies in herbology and acupuncture and also studied independently with "barefoot doctor," Dr. Viet Duk. I am a pediatric and adult Tui-na practitioner and also a Reiki Master Teacher since 1995.

My work with The Aliveness Project started over 15 years ago when I did my internship for the acupuncture college. I fell in love with this place and the wonderful people and have volunteered ever since! It's like family and we all share so much on so many different levels.

In my free time, I dance (Flamenco and Bellydance) and facilitate dance and drum circles at my clinic. Dance and music clear my spirit!!

I look forward to my continued work at The Aliveness Project.



Sabrina Cornell Miller
LAc., MAOM.
www.zhen-qi.com



Kathy Gagne

My name is Kathy Gagne and I'm honored to now be offering Reiki energy healing at The Aliveness Project. I was introduced to this practice as a way to self-heal, and have found it to be very effective. Reiki treatments are painless and non-invasive, can boost the immune system as well as reduce stress, and can also increase the healing quality of other therapies.

The warm and enthusiastic welcome I have received from staff, volunteers and members have made my first few afternoons at The Aliveness Project genuinely joyful. I am hoping many more members will allow me the opportunity to introduce them to this ancient method of energy healing. I will be at The Aliveness Project on Mondays, with one-hour sessions at 2:00 and 3:00 pm starting near the end of February.

THANK YOU DONORS!

Thanks to everyone who gave financial and in-kind gifts
between October 12th 2010 and December 31st, 2010

ORGANIZATIONS

A Shoe - A - New, Inc.
ACES (Athletes Committed
to Educating Students)
Alexandra House
Alzheimer's Association
Ameriprise Financial -
Black Employee Network
Après Party & Table Rental
Atons of Minneapolis
Avalon School, Purple
Butterflies GSA
Bachman's
Bazinet Foundation
Beckman Coulter, Inc.,
Assay Technical Support
Department
Billy Elliot National Tour
Black Guard of
Minneapolis
Blackbird
Blue Cross and Blue
Shield of Minnesota
Calvary Lutheran Church
Cargill
Cargill, Inc Treasury
The Chair Salon
Charles Levin Architects
Christian Brothers of
MN Miguel House
Christ English
Lutheran Church
Clare Housing
Communications Workers
Connections Academy
Core Power Yoga
Cretin-Derham Hall
Cuppa Java
DailyMed Pharmacy
David S. Ascher
Charitable Foundation
De LaSalle High School
Dorsey & Whitney
Foundation
Edward Jones
Ernst & Young
First Christian Church
First Equity Mortgage
Fischer on Finance, LLC
Fridley United Methodist
Church
Friendly Hills
Middle School
Frush Family Foundation
Garrett Family Foundation
Girl Scouts of
MN/Wisconsin/ River
Valley - Troop 54209
Glad Creations
GLBT Pride/Twin Cities
Golden Living Center -
Chateau
GoodSearch
H & B Gallery
Hamline University
HealthPartners Institute
for Medical Education

Hiawatha Church
Hunger Solutions
Minnesota
IBM Employee
Services Center
Imperial Court of
Minnesota
Integrated Healthcare
Strategies/Stratford
Fidelity
Jensen Group
Judson Memorial
Baptist Church
Loring Kitchen & Bar
Living Spirit United
Methodist Church
Lutheran Church of
Christ the Redeemer
Macalester Plymouth
United Church Youth
Mavrik Realty
Minneapolis Eagle
Minneapolis South
Rotary Club
Minnesota College
of Acupuncture
Minnesota Department
of Human Services,
HIV/AIDS
Minnesota Education
Corps
Minnesota Red
Ribbon Ride
Minnesota Stocks,
Debentures & Bonds, Inc.
New Spirit United
Church of Christ
Nicollet-East Harriet
Business Association
Otto Bremer Foundation
Our Savior's
Lutheran Church
Phresh Spa Salon
Prime Timers -
Minneapolis/St. Paul
Chapter
Sawatdee Thai Restaurant
Seven: The Steakhouse
Shir Tikvah: 7th
Grade Class
Smith Partners PLLP
Smitten Kitten
Soup! Party
Southside Farm Store
St. Anthony Park
Lutheran Church
St. Frances Cabrini
Catholic Church
St. Joan of Arc
Catholic Church
St. Mary's University
of Minnesota
Steeple People
Surplus Store
Sustology
The Saloon
Tickles Food & Bar
Toys For Tots
Tres Jolie Salon

TRUST Youth Group
Twin Cities Gay
Men's Chorus
U of M - AAS 3920:
Asian American Youth
and Pop Culture Class
University of Minnesota,
The HIV/STI Intervention
and Prevention (HIPS)
Valley of Peace
Lutheran Church
Wanderers Car Club
Washington County
Library
Wells Fargo Foundation
Wells Fargo Home
Mortgage
Wells Fargo Insurance ASC
Wilde Roast Café
Worldwide Outreach
for Christ
Xcel Energy --
Property Services

INDIVIDUALS

Laurie Aaronson
Jennifer & Ross Abbey
Abbie Abboud
Michael J. Abbott &
Lisa Repka
Vicky Adams & Kathy Bell
Heidi Adelsman &
Mike Everetts
Julie Andberg &
Annika Grahm
Deborah Anderson
Loreena L. Anderson
Sandy Agustin &
Desiree Larson
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KJ Archer
Mary Arrigoni
Stan Atkinson
Jen Augustson
Claudia Auran
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Sue & Mark Austin
Laura Bachinski &
Renee DeLong
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Patrick Bailey
Joanie Balach
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Wendie Bame Riggs
Bryan Banks
Helene Barcelo
Ruth Barrett Rendler
Charles Barriga
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Dawn Bartell &
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Emily Bastian
Amy Baudler
Elisa Becker & Tim Herby
Kathleen Beckmann
Gail Behrens-McArdle
Scott Belcher
Doug, Deanna, Adam &

Caroline Belden
Kathryn Belknap
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Matthew Benson
Stephen Benton
David Berg &
Mark Hooker
Ruth Berger
Judith Berman
Al & Darlene Bertke
Rex Beyer & Nick Meyer
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Randy Barnhard
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| Amanda & Zebulon Highben | Nikolas Kotz | Gwenetta McMahon | Jay Pearson & Ron Joki | Judy & Dave Saumweber | Carl A. Tubbs & Dr. Gary Gronstedt |
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| Cecilia Jaisle | Molly Lehman | Phil Momont | Debbie & Jim Plattes | Erin Scott | Lee Waage & Sam Owens Family |
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| Monte Jarvis | Kathy & Allen Lenzmeier | Sidney Monroe | Sara Poplau | Gerald Sellman | Eleanor Wagner |
| Debra Jensen | Andrew Leonard | Jo Montie & Carl B. Besser | Jason Poquette | David Shepardson & Rod Simonson | Carol Waldoch |
| Steven Jensen & Mark Numbmacher | Susan Lester | Kathy Moore | Jennifer & Blaise Porter | LouAnne Sexton | Kim Waldof |
| Pauli Jensen Friedmann | Chuck Levin | Marci Moore | Jason Potasnik | Nicky Simon-Burton | Chad T. Walker |
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| Lyle Kohlhepp | | Marion Paulson | | Timothy O. Torgerson | |

*** Denotes Friends of Aliveness Program donors, who have pledged monthly or quarterly donations to The Aliveness Project.**
We apologize if we inadvertently missed including your name on our donor list.

HOLIDAY BASKET THANK YOU

Each year after Holiday Baskets, we hear from many members of The Aliveness Project who are so appreciative of the extraordinary kindness of the adopters, the caring spirit of the volunteers who deliver their baskets, the sweet paintings on their baskets and the act of being remembered where many have no one around to acknowledge them.

From the many letters we received, we have compiled some of them below for your perusal. Please know that each of you made a **HUGE** difference!

"Thank you so much! Wow! Words cannot describe what all these gifts on Christmas Eve 2010 means to me. Upon hearing the news of my HIV+ status in April, I was devastated to my very core... If it wasn't for places like The Aliveness Project, I wouldn't be here today."

"Thank you for your wonderful gifts. If it weren't for your generosity there would be no Christmas."

"Seeing the smile on my daughter's face was priceless."

"To all of you at The Aliveness Project, including donors and volunteers – all of you made Christmas for me and my partner the best. We are alone and you put smiles on our faces. We are so grateful to have someone who cares about us and people living with HIV/AIDS. I've been needing winter boots for a couple of years and now I have them thanks to all of you..."

"This was my first year in Minnesota and most of my family lives in Tennessee. I wasn't expecting a real Christmas. You helped change that for me. I really want to know how much I appreciate everything you have done for me."

"Thank you very much for such a beautiful coat! You guys are really sweet. You have always treated me so well when I come there for therapies or food shelf"

"I thank the donors and volunteers so much for the wonderful gifts they gave to me and my family... may God Bless them and you, The Aliveness Project for all that you do for many families that are going through tough and trying times..."

"Your service is a blessing to us families who live in poverty and can't afford Christmas presents. Our children couldn't be happier. You put smiles on my children's faces....priceless."

"We are very poor and moved away from family. You really helped us feel at home. We would have had nothing and appreciate what you sent!"

"The kindness, generous and thoughtfulness brought tears of joy to our family, whom otherwise would not have had anything... winter hats, gloves, ear muff and thermals were indeed a necessity!... seeing our child's face when she got her first pair of roller blades cannot be described. It leaves me with tears and restores our faith in humanity!"

FOOD SHELF NEWS

Ho, Ho, Ho! November and December 2010 was a very busy time in the Food Shelf at The Aliveness Project. We received numerous donations this holiday season. Many people have stepped up to the plate and have donated much-needed food, toiletries, and everything in between so we were able to fill everybody's bags to overflowing. Our members appreciated the many extra donated treats such as candy canes, cookies, candy, etc.

There are so many of you that helped us out that I cannot begin to list all of you in this small space. We received donations from businesses, organizations, churches, salons, concerts venues, bars and restaurants, as well as folks that held holiday parties and asked their guests to bring donations of food and just plain folks that like to help in any way they can. There were also many anonymous donors. I hope you all know that you are definitely appreciated!

Even though it is a bit early, I want to plant a seed in everyone's head that this coming **March is Minnesota FoodShare Campaign month. That means we try to get as many people as possible to host food drives at work, school, church, or wherever so we will have a successful campaign again this year.** Every year it gets bigger, so if you want more info about it go to www.mnfoodshare.gmcc.org and read all about it. You can also go to our website at www.aliveness.org and go to the Food Shelf section where you can print a list of items we need in our Food Shelf.

We will also be holding a Food Drive on March 19 and 20 at The Wedge Community Co-op on Lyndale and Franklin. We always need volunteers to help!

The whole Food Shelf gang would like to wish you a very happy holiday season and a wonderful, healthy and happy new year! Thanks again for all you do.

Dan Capelli

Food Shelf Director



Or register online at
<http://www.aliveness.org/dol-restaurant>



2011 DINING OUT FOR LIFE - RESTAURANT AGREEMENT FORM

Restaurant: _____ Contact Name: _____
Address: _____
City: _____ State: _____ Zip Code: _____
Office Phone: _____ Restaurant Phone: _____ Fax: _____
Website: _____ E-mail: _____
Thursday Business Hours: _____ Cuisine: _____ Region: _____

This agreement for participating in the Dining Out for Life event to be conducted on Thursday, April 28, 2011 is between _____ (Restaurant) and The Aliveness Project, Inc. (Collectively "DOL").

Your restaurant, _____, agrees to:

- Donate to The Aliveness Project your designated percentage (**indicate actual percentage on line provided**) of total food and beverage sales on Thursday, April 28, 2011:

☐ **Platinum Level (35% and higher):** _____% ☐ **Gold Level (25 - 34%):** _____%
☐ **Silver Level (20 - 24%):** _____% ☐ **Bronze Level (15 - 19%):** _____%

Check all meals applicable: ☐ **Breakfast** ☐ **Lunch** ☐ **Dinner**

Check one: ☐ **Food & Beverage Including Alcohol** ☐ **Food & Beverage (no alcohol)**

- Promote Dining Out for Life within the restaurant by hanging posters, and distributing other promotional material provided by DOL **at least** three weeks prior and up to the date of the event.
- On the day of the event, distribute to each patron informational material provided by DOL, including donation/feedback envelopes; **and** permit volunteer ambassador(s) at restaurant to thank patrons and answer questions about The Aliveness Project.
- Allow restaurant's name and/or logo to be used in promotional materials as per participation level.
- **Submit a check in the amount of restaurant's above-designated donation, made payable to THE ALIVENESS PROJECT by Friday, May 6, 2011.**

The Dining Out for Life Committee (DOL) agrees to:

- Organize the event, including arranging restaurant participation and public relations.
- Promote Dining Out for Life and participating restaurants by placing advertisements in local media, distributing posters, sending a targeted direct-mail promotional postcard to potential diners, and press releases to local media.
- Solicit media and corporate sponsorship.
- Provide promotional materials to restaurants.

Restaurant Representative's Signature: _____ Date: _____

Aliveness Project Representative's Signature: _____ Date: _____

PLEASE RETURN YOUR COMPLETED FORM TO:

The Aliveness Project – Attn: Tim Marburger, 730 East 38th Street, Minneapolis, MN 55407
www.aliveness.org Tel: 612.822.7946 Fax: 612.822.9668

January/February 2011

730 East 38th Street
Minneapolis, MN 55407

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Ambassadors, it is
not too early to
contact us about
your restaurant
choices and shifts!

DINING OUT FOR LIFE **MARK YOUR CALENDAR!**

Mark your calendars now for the 17th
annual Dining Out For Life event:

THURSDAY,
April 28th, 2011

KARE 11 meteorologist and DOL diner Sven Sundgaard